

CALIFORNIA TRACK NEWS

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CALIFORNIA TRACK NEWS

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Area Correspondents still needed for many parts of the state. If interested in serving on our staff please write for details.

MEET THE STAFF:

Don Gosney

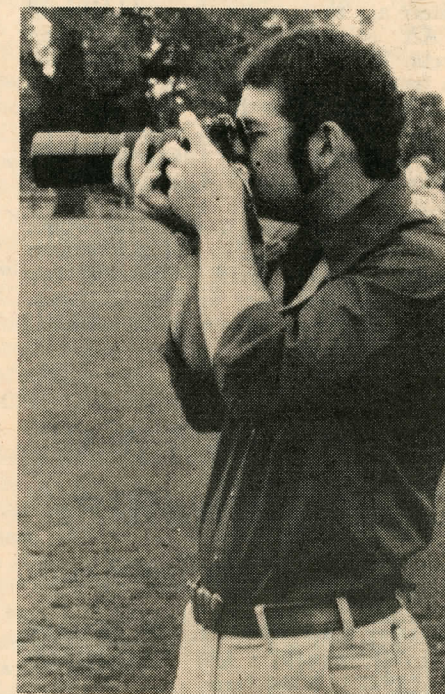
We at *California Track News* feel grateful to our many faithful contributors for supplying such valuable and pertinent data for publication. We know how you, our readers, have enjoyed and benefited by the various features. And, athletes, what could be better than seeing your name in print? Why, a photo, of course!

Meet Don Gosney. Don's name has appeared alongside many of the photos published in *CTN* and his photos serve to enhance and broaden the scope of the articles. Don's photos show us the action of the sport, as well as some insight into the personality of the competitor. We appreciate Don's contribution and felt our readers would like to know more about him.

Don, 25 and a former physics major at Cal earns the money for his film and camera equipment by working as a steam fitter, specializing in the construction of petro-chemical complexes. He lives in El Cerrito — "Just about the best place in the whole world to live," Don states. "One of the reasons I love it here is the fact that almost everybody loves track in this area. You have some of the best preps in the state living in this area year after year. Cal and Stanford always come across with some great stars. There are always great meets all over the area. A person couldn't ask for too much more."

"I've always loved track and I've always loved pictures so I decided to combine the two loves and take pictures of track meets. I'm a contributing photographer to five magazines in the sport. Taking and processing the pictures takes up almost every bit of spare time I have but the end result makes it all worthwhile."

We agree with Don, that he is playing an important role in the sport. "Whenever I see someone looking at my



the athlete is not one of your basic superstars, he doesn't always have reasons to continue with the sport. Enjoying it isn't always enough. That's where I step in. If I can help get the kid a little bit of pub with some of my pictures, then sometimes it can make the difference between staying with the sport or becoming just another face in the crowd. If the media coverage of the

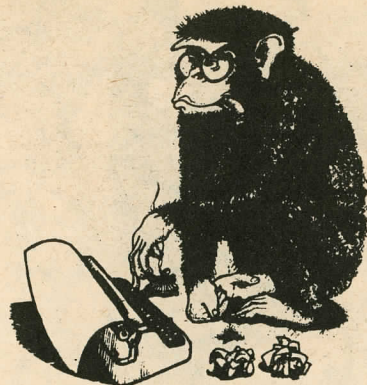
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from the
editor...



I want to reiterate, again, how important our regular correspondents are to the production of *California Track News*. The faithful and regular contributions of information, schedules, results, pictures, etc. by these dedicated "track nuts" is the skeleton around which we build the paper.

It's impossible for Judy and I to get to all the meets (we do a pretty good job in the Fresno area) or to personally gather all the material that goes into *CTN* — without the support of those listed in the credit box, and the many coaches and athletes who send us regular reports, *CTN* couldn't exist.

But we still need more help. If we are to continue to improve our coverage and properly promote all areas of track and running in the state we need still more correspondents. Desperately needed is someone to cover Southern California high schools the way Keith Conning does

with the Northern California high schools; and someone to cover Northern California community colleges and four year schools the way Bill Minarik covers them in Southern California.

If your part of the state or your team needs more coverage you can be sure we need your help. We can't report what we don't know about. If you'd be interested in helping, please drop me a line and I will fill you in on the details.

We had planned to have, in this issue, a reader survey to elicit your ideas and suggestions and better determine how we can best serve the track and running community in California. We decided to hold off on this for this issue but plan to go with it in the upcoming December/January issue.

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We agree with Don, that he is playing an important role in the sport. "Whenever I see someone looking at my pictures and smiling, everything is then alright. I especially love the preps. Although they aren't usually as good as most of the college and international stars, they participate in the sport more for the love of the sport than for the money or the tangible rewards. The enthusiasm is there. Sometimes, when

the athlete is not one of your basic superstars, he doesn't always have reasons to continue with the sport. Enjoying it isn't always enough. That's where I step in. If I can help get the kid a little bit of pub with some of my pictures, then sometimes it can make the difference between staying with the sport or becoming just another face in the crowd. If the media coverage of the sport is good enough, it can be the drawing card into the sport for a lot of marginal fans in the community. My writing won't do the trick so I put all of my marbles in one camera bag. The chump that said a picture is worth a thousand words had to be thinking about my pictures."



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RENEW EARLY

On the Cover:

Top: The Stanford Invitational, where some of the state's top collegiate runners meet head to head. photo by Don Gosney

Bottom: Hayward High School Invitational. Leading the pack is Bruce Williams, the brother of Cheri Williams now at Oregon. Close behind is Jesse Torres. photo by Keith Conning

CROSS COUNTRY BUILD-UP

As we go to press the cross country national championships are just around the corner and the excitement following the qualifying rounds is at its peak.

Here are the results of the AIAW and NCAA collegiate nationals qualifying meets. We don't yet have any information from the NAIA District III Championships other than that Point Loma was awesome, winning with a low score of 21 as they went 1-2-3-7-8. They will be the California hope back in Wisconsin for the NAIA Nationals.

Next issue we plan to have the results of all the cross country national meets: AIAW, NCAA, NAIA, Masters, and AAU. Plus the story on the California State Community College Championships.

REGION 8 A.I.A.W. CHAMPIONSHIPS

BY DON GOSNEY

November 3, Rocklin: A.I.A.W. REGION 8 CHAMPIONSHIPS AND NATIONALS QUALIFIER. 5,000 Meters.

Sunny Rocklin, California was the choice this year for the Region 8 "Western" AIAW Championships for the female college runners. A fine choice the site was. Set in the rolling hills of Sierra College, there was everything that a runner could want: nice grass to run on, some medium grade hills and lots of beautiful scenery. What meet director Jerry Colman couldn't control and what nobody, but nobody, expected was a rain storm the likes of which haven't been seen since Noah went on his little boat ride a few years back. Most runners (at least those with a lick of sense) would have

Although UCLA's Kathie Mintie and Cal Poly's Maggie Keyes showed their superior running talents, their teammates could not do as well. Both UCLA and Cal Poly have outstanding teams but they do not have the superior depth like the University of Arizona and Cal. To win a team championship that depth is so important, and Cal had the necessary depth to edge the title away from U of A and come home as repeat winners.

Although Division II was full of fine runner, there weren't very many of them going to the same schools. UC Santa Barbara took second, third and fourth but didn't have any more runners to help them go for the team championship.

Division III, on the other hand, had plenty of runners and plenty of teams. Although Chico's Jill Symons impressively won the individual honors, Cal State University at Hayward came across with the aforementioned depth. Led by Michelle Aubuchon, the mainstay and workhorse of the Hayward team, Hayward easily outpointed second place Sacramento. A real "come through" for Hayward was the unexpected third place finish for Fresno City College transfer Connie Hester.

Northridge 179; 8. San Diego State 192; 9. University of Hawaii 255.

Division II:

1. Marie Albert (UCR) 18:12; 2. Julie Thrupp (UCSB) 18:41; 3. Melisa Martel (UCSB) 18:48; 4. Gigi Camilo (UCSB) 18:50; 5. Nancy Ramirez (CSB) 18:54; 6. De Anza (CPP) 19:05; 7. Cathy Langdoc (CSB) 19:22; 8. Terry Schmidt (UNR) 19:36; 9. Julie Smith (UNR) 19:37; 10. Robin Dunbar (CSB) 20:03.

Team Scores: 1. Cal State Bakersfield 44; 2. University of Nevada-Reno 46; 3. UC Riverside 51; 4. Cal Poly Pomona 82.

Division III:

1. Jill Symons (Chico) 17:43; 2. Michelle Aubuchon (Hay) 17:50; 3. Connie Hester (Hay) 18:03; 4. Lisa Foy (Sac) 18:16; 5. Mary Scannell (Sac) 18:17; 6. Mary Tracy (Clare) 18:19; 7. Stephanie Strout (Hay) 18:28; 8. Marilyn Brandt (UCD) 18:40; 9. Diana Pappas (Sac) 18:45; 10. Cathy Fulderson (CLC) 18:45; 11. Fran Castro (Hay) 18:47; 12. Karey Robinson (Hay) 18:55; 13. Denise Bigelow (Hay) 18:59; 14. Shane Felix (Hay) 19:00; 15.0 Cathy Onone (Chico) 19:01.

Team Scores: 1. Cal State Hayward 32; 2. Cal State Sacramento 54; 3. Cal Lutheran 99; 3. Cal State Chico 99; 5. UC Davis 120; 6. Humboldt State 121; 7. Pomona Pitzer 188; 8. Sonoma State 222.

anyone remember the last time UCLA ran in the cross country nationals? "Way to go," first year Bruin coach, Bob Larson — is a dynasty building?

Win the PCAA, as expected, was defending champ University of California at Santa Barbara. The Gauchos didn't have an easy time of it though as Fresno State ran their race of the year just 10 points back. FSU's Tim Holmes ran a real come-through performance in winning the PCAA individual title after losing to UCSB's Chris Hughes in a home dual the week before. Holmes 31:16 performance gave him the final individual qualifying spot to the nationals. Roy Kissin of Stanford also qualified with his 31:03 run.

RESULTS

PAC-10:

1. Rono (WSU) 29:07 (course record, old mark 29:18, Rono, 1976); 2. Salazar (O) 29:14; 3. Thom Hunt (A) 30:10; 4. Steve Ortiz (UCLA) 30:29; 5. Bill McChesney (O) 30:29; 6. Rudy Chapa (O) 30:35; 7. Ken Martin (O) 30:50; 8. Don Clary (O) 30:53; 9. Bill Stolp (UW) 30:57; 10. Joel Cheruyiot (WSU) 30:58; 11. Roy Kissin (Stan) 31:03.

Team Scores: Oregon 28, Washington State 66, UCLA 85, Arizona 106, Stanford 113, California 141, Washington 169.

PCAA

1. Holmes (FSU) 31:16; 2. Chris Hughes (UCSB) 31:18; 3. Tarold Lindvigsmoen (Utah St.) 31:36; 4. Joe Ebner (UCSB) 31:59; 5. Tim Gruber (SJS) 32:10; 6. Ernie Reith (UCSB) 32:12; 7. Richard Diaz (LBS) 32:24; 8. Dave Cangelousi (LBS) 32:26; 9. Juan Garza (FSU) 32:28; 10. Mark Hilton (UCSB) 32:29.

Team Scores: UC Santa Barbara 39, Fresno State 49, Long Beach State 76, San Jose State 99, Utah State 124, UC Irvine 125.

photo by Don Gosney



photo by Don Gosney



photo by Don Gosney



November 3, Region 8 AIAW Championships and Nationals Qualifier. 5,000 Meters.

Sunny Rocklin, California was the choice this year for the Region 8 "Western" AIAW Championships for the female college runners. A fine choice the site was. Set in the rolling hills of Sierra College, there was everything that a runner could want: nice grass to run on, some medium grade hills and lots of beautiful scenery. What meet director Jerry Colman couldn't control and what nobody, but nobody, expected was a rain storm the likes of which haven't been seen since Noah went on his little boat ride a few years back. Most runners (at least those with a lick of sense) would have been intimidated by a rain storm that provided better than two inches of rain in a 24 hour period. Most runners, that is, except for those running for Cal-Berkeley.

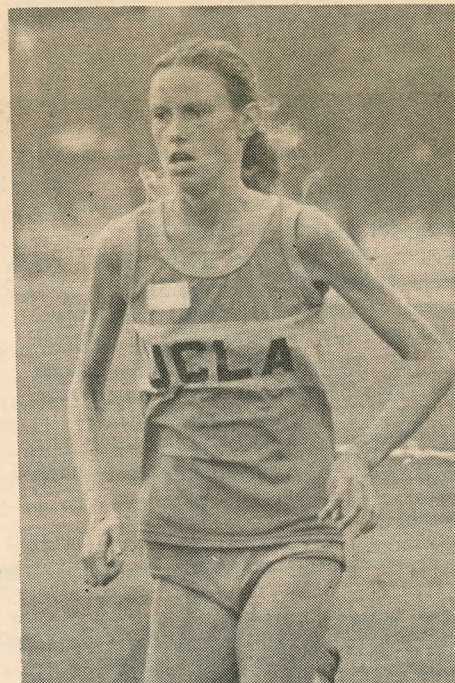
Those brave young ladies from Berkeley came to defend their championship and they knew that the only way they could defeat the very strong teams from UCLA and the University of Arizona was to run. While most of the women were running around the inside of the nice warm gym (where this reporter spent most of his time), the Cal team was following the instructions of Coach Vern Gambetta and soaking themselves to their bones in the freezing rain. When it came time to start the Division I race, most of the runners were still trying to get used to the cold wind and rain that the Cal runners were already acclimated to. It made a difference. Coach Gambetta had laid out the race strategy to his runners and told them what they would have to do to come out winners. At the one mile mark, however, the Bears were to be found way back in the middle of the pack with a lot of ground between themselves and leaders Kathy Mintie, MaggieKeyes and Kim Schnurpfeil.

At the two mile mark, Kathy Mintie and Maggie Keyes were still in command with most of the Cal and Arizona runners fighting desperately for the followup positions.

By the time they had hit the home stretch, former Arizona runner Kathy Mintie had developed a commanding eighty yard lead over Cal Poly's Maggie Keyes with Jan Oehm from Cal coming in a very close third. This was the first defeat of the season for Mustang runner Keyes.

Hayward was the unexpected third place finish for Fresno City College transfer Connie Hester.

photo by Don Gosney



KATHIE MINTIE

As an expected footnote: as soon as the races were over, so was the rain.

RESULTS

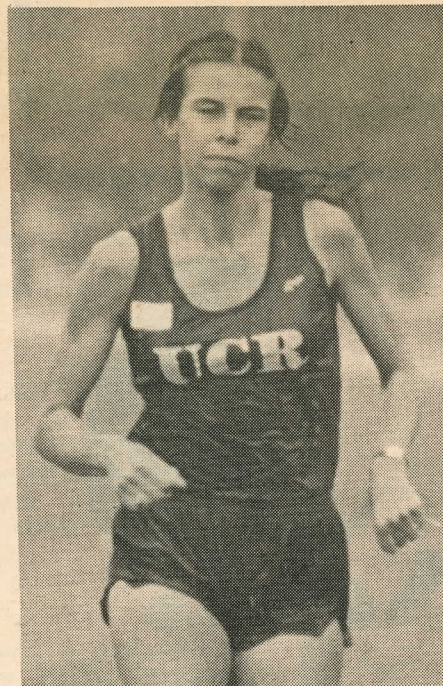
Division I:

1. Kathy Mintie (UCLA) 16:17.4; 2. Maggie Keyes (SLO) 16:50; 3. Jan Oehm (Cal) 16:53; 4. Alice Trumbly (Cal) 17:14; 5. Joy Hansen (Ariz) 17:18; 6. Joan Hansen (Ariz) 17:19; 7. Cindy Schmandt (Cal) 17:19; 8. Lynn Hjelte (Cal) 17:24; 9. Linda Goen (UCLA) 17:28; 10. Tere Wierson (Ariz) 17:31; 11. Kim Schnurpfeil (Stan) 17:35; 12. Sheila Ralston (UCLA) 17:40; 13. Marjorie Kaput (Ariz) 17:40; 14. Ann Thrupp (Stan) 17:41; 15. Linda Broderick (UCLA) 17:42.

Team Scores: 1. UC Berkeley 44; 2. University of Arizona 51; 3. UCLA 70; 4. Cal Poly SLO 97; 5. Stanford 143; 6. Cal State Long Beach 174; 7. Cal State

32; 2. Cal State Sacramento 54; 3. Cal Lutheran 99; 3. Cal State Chico 99; 5. UC Davis 120; 6. Humboldt State 121; 7. Pomona Pitzer 188; 8. Sonoma State 222.

photo by Don Gosney



MARIE ALBERT

NCAA I

November 10, Stanford: NCAA DISTRICT 8 WESTERN REGIONALS and the PCAA & PAC-10 Championships

The NCAA Div. I District 8 Western Championships was also the PCAA and PAC-10 Championships all run at once. Oregon was the class of the field, but Washington State's Henry Rono was the individual star with a course record 29:07 over the 10,000 meter Stanford Golf Course layout. Californian Thom Hunt, running for Arizona, was third and UCLA's Steve Ortiz was super tough in picking up fourth in a very classy field.

The national qualifiers were Oregon, Washington State, UCLA and Arizona, with Stanford just missing out. Can

(PSC) 32:28; 10. Mark Hinton (UCSB) 32:29. Team Scores: UC Santa Barbara 39, Fresno State 49, Long Beach State 76, San Jose State 99, Utah State 124, UC Irvine 125.

photo by Don Gosney



JILL SYMONS

NCAA II

October 27: Riverside. NCAA DIVISION II WESTERN CHAMPIONSHIPS

It was Cal Poly—SLO day, again! It's beginning to sound like a broken record, but Cal Poly dominated the NCAA District 8 Western Regionals on October 27, at the University of California at Riverside. With four of the top five and five of the top nine the Mustangs racked up a low score of a mere 22 points.

Just as redundant was the clean-up by Poly's Jim Schankel who cruised to a 30:12 clocking over the 10,000 meters - 23 seconds ahead of home town favorite

Just as redundant was the clean-up by Poly's Jim Schankel who cruised to a 30:12 clocking over the 10,000 meters - 23 seconds ahead of home town favorite



Humboldt State: front L to R: Danny Grimes, Coach Jim Hunt, Frank Ebner. Back L to R: Mark Conover, Frank Dauncey, Ramon Morales, Kevin Searls, Steve Watkins.

and runner-up Steve Alvarez of UCR. Schankel had mile splits of 4:34, 9:28, 14:24, 19:12, 24:09, 28:56. Most observers weren't aware that Schankel had sprained his ankle the day before jogging the course and wasn't sure right up to the gun if he'd be able to run.

Even though Sacramento State was no match for Poly, they were far and away the next best team in the meet as they sewed up second place by over 50 points.

Since the nationals will be right back at UCR on November 10, you can bet Sacramento State will be a good shot for a second or third place trophy. First place has been conceded to CPSLO. Other national team qualifiers are UC Riverside and Cal State Northridge. Cal Poly Pomona had three individuals qualify but lacked the depth on their improving squad to qualify a team. Raul Aguerre of Chapman and Gilbert Cortez of Cal State Los Angeles were the other

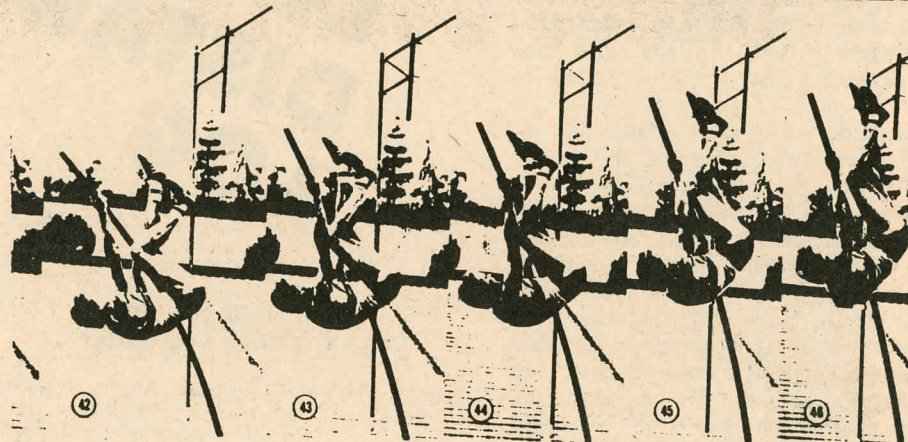
season when they beat Sacramento State by one point.

The other team qualifiers for nationals were Pomona-Pitzer with 67 points. Oxy just missed qualifying when one of their runners collapsed 30 yards from the finish line and was passed by several runners before he could struggle across the line.

Individuals making it to nationals are Dennis Fortthoffer of Whittier and Bill Saiki of Stanislaus State.

This race was run on a neutral and centrally located course at Fresno's Woodward Park with the assistance from Fresno City College, Fresno State University and the Fresno Track Club. This course again proved popular with all the participants.

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High Jump: Dwight Stones (USA) front view, Dwight Stones (USA) side view, Kestutis (USSR) flop, John Dobroth (USA) straddle. **Long Jump:** Igor Ter-Ovanesyan (USSR), Johnny Johnson (USA). **Triple Jump:** Victor Saneyev (USSR), Nelson Prudencio (Brazil). **Shot Put:** Al Feuerbach (USA), Randy Matson (USA). **Discus:** Jay Silvester (USA). **Pole Vault:** Kjell Isakson (Sweden), Jan Johnson (USA). **Start:** Valeriy Borsov (USSR). **Sprints:** John Carlos (USA). **Hurdles:** Willie Davenport (USA). **Javelin:** Jorma Kinnunen (Finland). **Distance:** Jim Ryun (USA). **Hammer:** Romuald Klim (USSR). **Steeple:** Bill Reilly (USA). **Intermediate Hurdles:** Ralph Mann (USA). **Discus:** Ludvik Danek. **Javelin:** Janis Lusis (USSR).

photo by Don Gosney

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RESULTS

1. Jim Schankel (SLO) 30:12; 2. Steve Alvarez (UCR) 30:35; 3. Danny Aldridge (SLO) 30:44; 4. Eric Huff (SLO) 31:19; 5. Manny Bautista (SLO) 31:22; 6. Lance Packer (CSN) 31:25; 7. Mike VanHorn (Sac) 31:29; 8. Angel Carrillo (Sac) 31:30; 9. Ivan Huff (SLO) 31:36; 10. Gary Borbon (CPP) 31:43; 11. Richard Pincombe (Sac) 31:44; 12. Terry Gibson (SLO) 31:45; 13. Stan Winkley (Sac) 31:51; 14. Gian Starinieri (CSN) 31:52; 15. Raul Aguerre (Chap) 31:52; 16. Greg Parks (Sac) 31:53; 17. Chuck Assumma (UCR) 31:59; 18. Mike Galligan (Sac) 32:01; 19. Paul Medvin (SLO) 32:06; 20. Brad Brown (Sac) 32:17.

Team Scores: 1. Cal Poly SLO 22; 2. Cal State Sacramento 55; 3. UC Riverside 107; 4. Cal State Northridge 109; 5. Cal Poly Pomona 118; 6. Chapman 162; 7. Cal State Los Angeles 168; 8. UC Davis 195.

NCAA III

November 10: Fresno. NCAA DIVISION III WESTERN REGIONALS.

If you thought Cal Poly SLO ran away with the Division II Western Regionals wait till you see what Humboldt State did to the Division III field. Would you believe they ran 1-2-3-4-5-7-8? That's a perfect score of 15. Admittedly, the field was down in both quality and quantity, but the Lumberjacks are for real. Humboldt proved just how real they are two weeks earlier in the Far Western Conference Championship meet when they had what must be the "come through" performance by any team this

were Pomona-Pitzer with 67 points. Oxy just missed qualifying when one of their runners collapsed 30 yards from the finish line and was passed by several runners before he could struggle across the line.

Individuals making it to nationals are Dennis Fortthoffer of Whittier and Bill Saiki of Stanislaus State.

This race was run on a neutral and centrally located course at Fresno's Woodward Park with the assistance from Fresno City College, Fresno State University and the Fresno Track Club. This course again proved popular with all the participants.



**CHRIS HUGHES (left)
and TIM HOLMES**

RESULTS

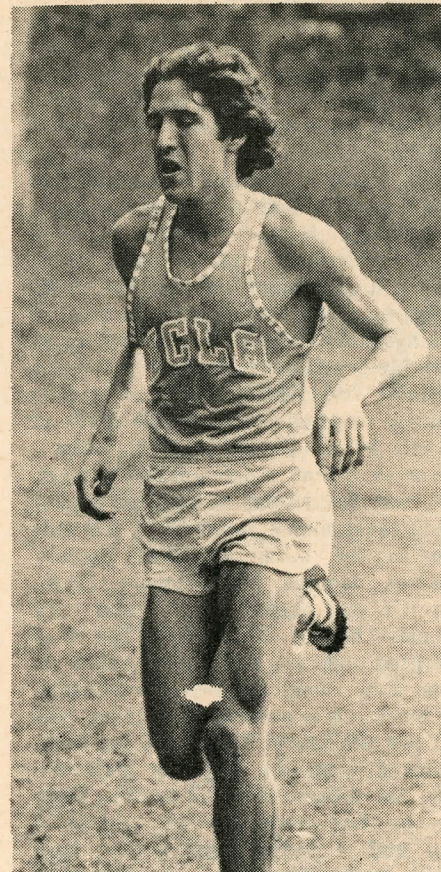
1. Mark Conover (HSU) 25:00.6; 2. Frank Dauncey (HSU) 25:21; 3. Steve Watkins (HSU) 25:29; 4. Ramon Morales (HSU) 25:30; 5. Dan Grimes (HSU) 25:30; 6. Eric Gulve (Oxy) 25:37; 7. Frank Ebner (HSU) 25:44; 8. Kevin

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photo by Don Gosney



STEVE ORTIZ

Searls (HSU) 25:48; 9. Dennis Fortthoffer (Whit) 25:52; 10. Bill Saiki (Stan St) 25:54.

Team Scores: 1. Humboldt State 15; 2. Pomona Pitzer 67; 3. Occidental 71; 4. Stanislaus State 94.

Pole Vault: Kjell Isakson (Sweden), Jan Johnson (USA). **Start:** Valeriy Borsov (USSR). **Sprints:** John Carlos (USA). **Hurdles:** Willie Davenport (USA). **Javelin:** Jorma Kinnunen (Finland). **Distance:** Jim Ryun (USA). **Hammer:** Romuald Klim (USSR). **Steeple:** Bill Reilly (USA). **Intermediate Hurdles:** Ralph Mann (USA). **Discus:** Ludvik Danek. **Javelin:** Janis Lusis (USSR).

photo by Don Gosney



JIM SCHANKEL

Points of Interest

That was nice of Bill Cockerham to toss a bouquet my way in his editorial of the Aug/Sept issue. But the equal time law demands that I be permitted to reply.

Yes, I do cover races that I run in, doing interviews, write-ups and photography. But, not being a Bill Rodgers by the time I get in, most of the winners, even age-group winners, are already into their second six-pack. Part of my secret is two Santa Monica Track Club teammates, Steve Malley and Jan Edwards. Steve is a writer/photographer and close to going under 2:40 in the marathon. Jan is a registered nurse who dabbles very well in photography and is just an injury recovery away from a sub-three marathon. One or the other of these two has covered the finish for me at the races in which I have run. Bill has finally noticed my pleas to give them photo credit. Steve and Jan also fill me in on some of the events that occurred while I was still out on the course. While most of the photos are indeed mine, without their help some of my articles would not have had photos of the winners. And, because I like to run in the big ones, such as Brentwood, their help has been crucial. Of course, as soon as I do check in, I grab my camera from them and quickly get in position to get a shot of the first finisher in the 95-105 age group.

In response to my question about pacers, I received a nice letter from Sandy Kiddy. It seems she did have a pacer in the San Francisco Marathon. And it was not only not her PR, it was her 3rd sub-three hour marathon. About the same time, I got a call from Tom Sturak who pointed out that Sandy has to be the most underrated woman runner in Southern California. For example, she is one of only about four women over 40 in the USA to break 3 hours which easily puts her into world class. She's an AAU National Marathon champ and has an age group 50 kilo record. With or without a pacer, that's not bad...not at all.

LONG DISTANCE LOG

by Richard Slotkin
Long Distance Log editor



SANTA MONICA MARATHON and HALF MARATHON

August 26, Santa Monica: Santa Monica Marathon and Half Marathon.

The first time I attended this event, they had a total of about 2,500 runners, with about two thirds of them in the full marathon. Now, two years later, with about 2,000 runners, the ratio is reversed with the majority choosing the shorter distance. Six hundred finished the marathon to 1450 finishing the half marathon.

Two trends are indicated here: First, except for the super-events such as Boston and Bay-to-Breakers, the numbers are definitely going down. This is evident in most of the races here in Los Angeles. Second, the half marathon is becoming a very popular run, and in time, could rival the 10 kilo.

The reason for the drop-off is probably the result of three factors: 1) there are so many events being held that there aren't enough people to go around. 2)

It's something of a puzzle to me why this event doesn't draw the top runners of the area. Last year we saw Sue Petersen start the string of PR's that put her into world class within a few months period, but that's about it. Tuttle, Babiraki, Smead, Bryant, McMullen et. al.: not there. And, these are all local or near local (actually, Tuttle was down here last year for the discontinued 10 kilo, but arrived too late to finish in the money.) Even Petersen deserted us this year. Part of the reason was a lack of sponsors, I'm sure.

photo by Richard Slotkin

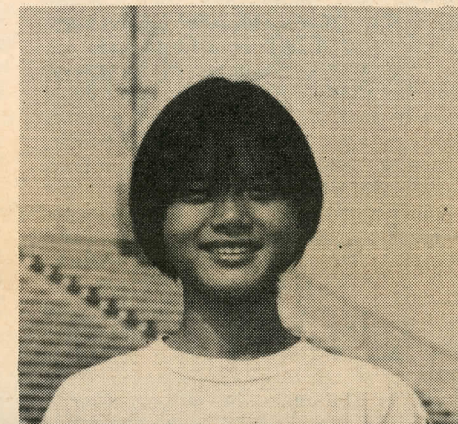


in a marathon without breaking 3 hours. Diana will, soon enough, we're sure.

Two who could have been under three-hours ran the half-marathon, one of them, Paulette Halel, unofficially. The other, Maria Gonzales of Santa Monica Track Club, finished just behind Paulette to take, officially, third place. Winner was SuMei Lee of the Southern Cal Road Runners. Her time of 1:18:35 was 2½ minutes ahead of second place Marilyn Nichols, followed by Gonzales in 1:23:58. The men's winner was Michael Chambers. Running as a sub-master (30-39) he beat out all the kids in the open group for a 1:07:59 clocking. Thirty seconds later, Granada Hills' Farron Fields checked in, for once not chasing Paul Medvin. Third place went to Santa Monica Track Club's Cleveland Whalen, on the comeback trail after taking a breather for most of the summer.

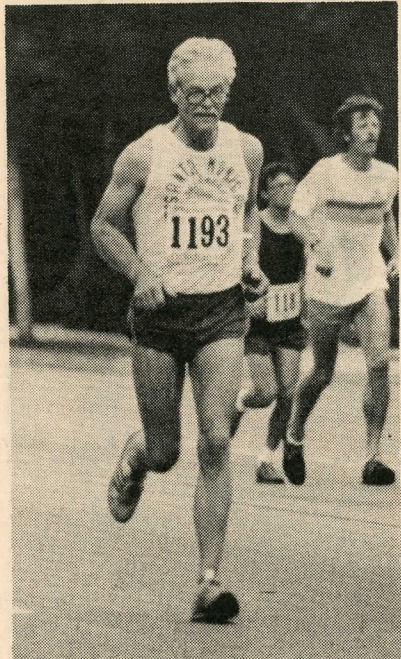
Running her first half-marathon, Theresa Haro went out rather briskly and calmly, pinning her hair up while she was running her first mile in 6:25. By 5 miles, she appeared to be paying the price, having slowed to about an 8 minute mile. By eleven miles, she was back in-stride clipping off those 6:30's and was the 5th female finisher, only 2 seconds behind 4th and second in the 18-29 age bracket. As she went by me at a little before the 12 mile point she greeted me with a cheery "Hi, there." (I had tried to stay with her earlier, then passed her at 5 miles, offering the sage advice to relax, take it easy and enjoy.)

photo by Richard Slotkin



In response to my question about pacers, I received a nice letter from Sandy Kiddy. It seems she did have a pacer in the San Francisco Marathon. And it was not only not her PR, it was her 3rd sub-three hour marathon. About the same time, I got a call from Tom Sturak who pointed out that Sandy has to be the most underrated woman runner in Southern California. For example, she is one of only about four women over 40 in the USA to break 3 hours which easily puts her into world class. She's an AAU National Marathon champ and has an age group 50 kilo record. With or without a pacer, that's not bad...not at all.

photo by Louis Hirsh



ED STOTSENBERG

And speaking of masters, Ed Stotsenberg, who is 65, and recent president of the Santa Monica Track Club, went to Hanover, Germany this summer to compete in the World's Veterans Track and Field Championships. Stotsenberg has been competing for only three years, but he had gained enough skill to come back with 2 silver medals and a bronze. He took seconds in the 1500 meters and 5000 meters, third in the 10,000 meters and was the first USA finisher in all three.

marathon. Now, two years later, with about 2,000 runners, the ratio is reversed with the majority choosing the shorter distance. Six hundred finished the marathon to 1450 finishing the half marathon.

Two trends are indicated here: First, except for the super-events such as Boston and Bay-to-Breakers, the numbers are definitely going down. This is evident in most of the races here in Los Angeles. Second, the half marathon is becoming a very popular run, and in time, could rival the 10 kilo.

The reason for the drop-off is probably the result of three factors: 1) there are so many events being held that there aren't enough people to go around. 2) the "faddists" are dropping out and moving on to racketball or rollerskating. 3) the gasoline situation is causing reluctance to drive to races that aren't close by.

The Santa Monica Marathon/Half Marathon does have a few things going for it though. As part of Santa Monica's annual week-long sports and arts festival, it gets municipal backing. Also, it follows a fairly scenic route for most of its length. A two-loop course starting at Santa Monica College, it winds through a tree-lined residential area and then suddenly empties onto Olympic Blvd. at its only island divided section. After a mile or so of that, more winding through tree-lined residential streets of higher income-level homes, followed by a 2 mile dash to the ocean on that joggers' paradise, famous San Vicente Blvd., with its tree-shaded islands and very expensive homes. Then comes the most overrated mile on the course, that on Ocean Ave. along the cliffs overlooking the beach. It's overrated because you can't see the beach. You're too far back, separated from the edge by Palisades Park. No matter...it's still pretty. However, by then you're getting close to 10 miles and if you're running the half, you're starting to feel it, especially because from there on back, the course is net up. Wind through some more residential, mostly apartments, and some commercial, and you hit a short steep hill just as you're ready to start that last half mile sprint to the finish. Journey's end is on the track in the college's football stadium, half marathoners to the right, full marathoners to the left for another go. (Uh...no thanks. One loop is enough for me today.)

photo by Richard Slotkin



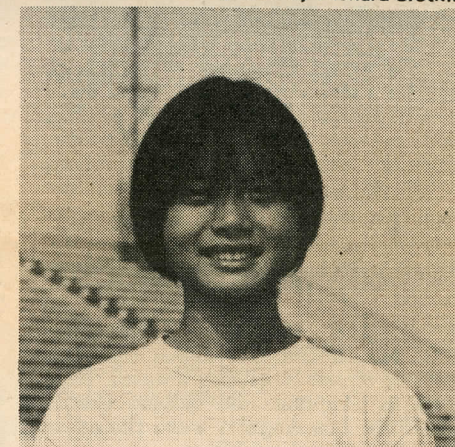
JEFF DETTMER

In any case, the morning was overcast and cool; just right for a distance race. It held out til just about all the half marathoners were in and for a good many of the full marathoners. Then, it began to gradually warm up, but it never got really bad.

Jeff Dettmer, just 18 years old, and a veteran chaser of the likes of Smead, Tikkanen, Bozanich and Bjorklund took advantage of their absence, leading the way all the way and getting the win in 2:22:09. Following him all morning, but unable to match Jeff's pace (which is best described as *impatient*) was Geraldo Conchola of San Fernando Valley Track Club. Fading a bit toward the end, he took second with a time of 2:25:29.

First female was Diana Darg, a distance runner from Harbor Community College in San Pedro. It was only Diana's third marathon, so her 3:08:17 was pretty respectable. But in these days of common sub 2:40's...and, Grete Waitz's 2:27:30 at New York...Wow!...it seems that no one should be *first* female

photo by Richard Slotkin



SUE MEI LEE

I put on a furious finish to try to catch her, but alas, I was 16 seconds short. "Hi, there!" indeed. Hmmp! Rodney Dangerfield ain't the only one who don't get no respect!

The amazing Roger Bourban turned in a fine performance, finishing the half-marathon in about 87 minutes. Roger runs dressed as a waiter, and he carries a tray with a bottle of Perrier Water. He used to really do the waiter bit, complete with bow tie and street shoes. Now, he's gong for time, so he's modified his outfit to include a vest, t-shirt and running shoes to replace the jacket, shirt and shoes. But he still carries that tray shoulder high and his times are definitely out of the jogger class.

RESULTS FULL MARATHON

Men 17 & Under: 1. Chris Roisman 2:56:07; 2. Kurt Allen 3:01:15; 3. Ken Souza 3:03:18. **Men 18-29:** 1. Jeff Dettmer 2:22:09; 2. Gerardo Canchola 2:25:29; 3. Greg Gawlik 2:29:41; 4. Quinn Batson 2:36:04; 5. Michael Norton 2:39:28; 6. Tony David 2:41:41; 7. Rick DeLanty 2:42:58; 8. Ron Newstat 2:43:14; 9. Tony Veney 2:44:12; 10. Tim Sprague 2:44:59. **Men 30-39:** 1. Jim Minami 2:39:41; 2. Charles Hoover 2:40:08; 3. Jesse Cook 2:41:30; 4. Hartzell Alpizar 2:43:07; 5. Jim Czachor 2:43:25. **Men 40-49:** 1. Jim Knerr 2:39:15; 2. Manie Saayman 2:44:36; 3. Jim Gillespie 2:48:47; 4. Tocco 2:51:20;

5. Warren Smith 2:51:55. **Men 50-59:** 1. Tracy Brown 2:54:30; 2. Fred Nagelschmidt 2:55:35; 4. Paul Jernstrom 2:57:16; 4. Pierre Droubay 3:12:25; 5. Keith Albright 3:13:26. **Men 60 & Over:** 1. James Oleson 3:05:11; 2. Burt Simonsen 3:22:16. **Men Walkers:** 1. Mallory Geller 5:05:43.

Women 18-29: 1. Diana Karg 3:08:17; 2. Vvian Chang 3:18:57; 3. Bernadette Mulholland 3:21:26; 4. Lise Goldberg 3:34:39; 5. Peggy Taggart 3:36:22. **Women 30-39:** 1. Pauline Stevens 3:24:01; 2. Tonya Prescott 3:27:18; 3. Carol Mortier 3:30:15; 4. Susana Foreman 3:36:30; 5. Jodi Polk 3:50:59. **Women 40-49:** 1. Judy Carney 3:40:45; 2. Myra Slemmons 3:54:42. **Women 50-59:** 1. Genie Gagen 4:39:19.

RESULTS HALF MARATHON

Men 17 & Under: 1. Farron Fields 1:08:29; 2. Steve Siders 1:10:30; 3. Jim Cano 1:13:09; 4. Mike Closson 1:15:03; 5. Martin Manson 1:15:18. **Men 18-29:** 1. Cleveland Whalen 1:09:00; 2. Alfredo Rosas 1:09:03; 3. Tim Cornish 1:09:24; 4. Ken Blakely 1:10:29; 5. Ron Amundson 1:10:45; 6. Willie Pittenger 1:11:18; 7. Carl Stromberg 1:11:37; 8. Mark Covert 1:12:15; 9. Clyde Matsumuka 1:12:40; 10. Henry Nunez 1:12:55. **Men 30-39:** 1. Michael Chambers 1:07:59; 2. Joe Theron 1:13:49; 3. Paul Maier 1:15:00; 4. Eino Romppanen 1:16:18; 5. Gene Comroe 1:16:43. **Men 40-49:** 1. John Rudberg 1:16:39; 2. Ray Craig 1:17:27; 3. Tom Cvevas 1:22:48; 4. Walt Woodruff 1:22:53; 5. Richard Belliveau 1:23:27. **Men 50-59:** 1. John Perkins 1:23:47; 2. John McManus 1:26:53; 3. Blair Filler 1:27:24; 4. Curt Brownfield 1:29:21; 5. Bill Stanley 1:29:50. **Men 60 & Over:** 1. Eddie Lewin 1:28:06; 2. Lou Dexter 1:35:56; 3. George Boyle 1:39:55; 4. Russell Halton 1:50:27; 5. Dean Scofield 1:52:40. **Men Walkers:** 1. John Kelly 1:52:35; 2. Carl Warren 2:22:25; 3. Milton Creange 2:25:24.

Women 17 & Under: 1. Sue Mei Lee 1:18:35; 2. Marilyn Nicols 1:21:09; 3. Jill Walker 1:28:50; 4. Danica Lisiewicz 1:41:18; 5. Trish Harper 1:41:29. **Women 18-29:** 1. Maria Gonzales 1:23:58; 2.

Flores' record. Mike Warr of Vacaville set a new record for 14-18 division in 52:36. Other new records were recorded by Robert Laxson 30-39 running a fine 50:29 and Darryl Beardall bettering his last year's time in 52:50 in the 40-49 division.

First female was Myra Troske in 64:13, besting last year's mark by 3 minutes. Second was Leslie Cowan in 66:07 bettering the 14-18 mark by 6:21. Leslie was the 13 and under winner last year and now holds the record for both divisions. Two other women's marks were better, Maureen O'Neill of Seattle won the open in 70:20, a 5:40 improvement and Barbara Peach bettering Elaine Hocking-Reese's over 40 time by 6 minutes in 88:36.

RESULTS

1. Frank Goss (Sol St) 49:38; 2. Roy Hoglund (CW) 49:58; 3. Robert Laxson (Unat) 50:29; 4. Rodolfo Vega (Sol St) 52:11; 5. Mike Warr (Sol St) 52:11; 6. Doug Butt (WVTC) 52:37; 7. Darryl Beardall (MW) 52:50; 8. Dan Donohoue (Unat) 52:54; 9. Wayne Bratten (Unat) 52:55; 10. Tim Lee (NVRC) 53:01.

Women:

1. Myra Troske (FANS) 64:13; 2. Leslie Cowan (Sac Sp) 66:07; 3. Kathey Berggren (FANS) 69:31; 4. Maureen O'Neill (Unat) 70:20; 5. Karen Bryan (Unat) 77:08.

BERKELEY TO MORAGA

BY Bill Brusher

October 14, Berkeley: BERKELEY TO MORAGA 13.1 MILE RUN.

This long-time standard of the Northern California road racing schedule was under new administration this year, as the Lake Merritt Joggers and Striders took over from the East Bay Road Runners. New features included two aid stations, a shuttle bus to return runners to the starting area, and an accurate course measurement (long-advertised

ert Alexander, while Sue, seemingly recovered from spring and summer knee problems, had her second consecutive sub 1:30 performance (1:29:53) and was over five minutes in front of Carol Schnake. Two other "standards" of Nor-Cal road racing, Jim O'Neil and Ruth Anderson captured the Masters' Divisions. Other divisional winners were Wolfe Goubau and Laury Belzer (Submasters) and Dan Shanahan (Junior; there were no Female Juniors).

RESULTS

Junior Men: 1. Dan Shanahan 99:01; 2. Steve Caldwell 99:29. **Open Men:** 1. Eric Williams 74:06; 2. Robert Alexander 76:06; 3. Dwight Hendrix 77:51; 4. Scott Molina 79:00; 5. Manuel Hernandez 80:28. **Submaster Men:** 1. Wolf Goubau 78:02; 2. Bert Johnson 78:19; 3. Lloyd Sampson 79:10; 4. David Warren 82:56; 5. Russ Langer 83:42. **Masters Men:** 1. Jim O'Neil 81:16; 2. Bill Bugler 82:16; 3. Robert Malain 84:22.

Open Women: 1. Sue Brusher 89:53; 2. Carol Schnake 95:08; 3. Carolyn Tiernan 96:07. **Submasters Women:** 1. Laury Belzer 100:58; 2. Valerie Doyle 101:55; 3. Hilary Naylor 105:34. **Masters Women:** 1. Ruth Anderson 98:51; 2. Martha Maricle 100:39; 3. Betsy White 103:15.

and mother, Catherine, first in 30-39. Sister Tina, placed. Another placing family was the Smith family, former 20 year Woodland Hills residents. Father, Gary, was overall 4K fifth place (14:13) and third in his age division, 40-49. Also running were son, Sean, and daughters Kimberlina and Tiffani. Tiffani finished with her mother, Sharron Rae, in 28:36.

Robert Conrad, star of NBC's "A Man Called Sloane," officially started both the 4K and 15K. Despite registration delays due to weather, the runs began as scheduled, reported Start Line's Jim Carrico. The rain hurt attendance, but approximately 600 people were entered in the run, said Larry Sack, registration chairman. Bill Mitchell, course and safety marshal had both tracks well marked with people, pylons and police with a LAPD black and white leading the 15K and a 3-wheeler escorting the 4K.

Sutherland and Grundy, with the fastest overall 15K times for men and women, won the Grand Prize. Each will be an entrant in the December Las Vegas Celebrity Marathon as guests of the Las Vegas Classics for 3 days and 4 nights.

photo by J.M. Post



53; 5. Richard Belliveau 1:23:27. **Men 50-59:** 1. John Perkins 1:23:47; 2. John McManus 1:26:53; 3. Blair Filler 1:27:24; 4. Curt Brownfield 1:29:21; 5. Bill Stanley 1:29:50. **Men 60 & Over:** 1. Eddie Lewin 1:28:06; 2. Lou Dexter 1:35:56; 3. George Boyle 1:39:55; 4. Russell Halton 1:50:27; 5. Dean Scofield 1:52:40. **Men Walkers:** 1. John Kelly 1:52:35; 2. Carl Warren 2:22:25; 3. Milton Creange 2:25:24.

Women 17 & Under: 1. Sue Mei Lee 1:18:35; 2. Marilyn Nicols 1:21:09; 3. Jill Walker 1:28:50; 4. Danica Lisiewicz 1:41:18; 5. Trish Harper 1:41:29. **Women 18-29:** 1. Maria Gonzales 1:23:58; 2. Teresa Haro 1:28:52; 3. Tamera Johnson 1:29:35; 4. Cheryl Howard 1:31:09; 5. Quita Lopez 1:31:20; 6. Susan Harmon 1:32:40; 7. Candace Arnold 1:33:06; 8. Nancy Jones 1:33:46; 9. Lynne McGinnis 1:35:19; 10. Susan Simms 1:37:30. **Women 30-39:** 1. Fran Solomon 1:27:20; 2. Nancy Pearlman 1:29:03; 3. Kathleen Faris 1:31:44; 4. Sharon O'Halloran 1:33:37; 5. Barb Winthrop 1:33:38. **Women 40-49:** 1. Sandra Kiddy 1:27:06; 2. Christa Romppanen 1:30:50; 3. Linda Bruce 1:42:09; 4. Barbara Valastro 1:42:50; 5. Nancy Wright 1:43:30. **Women 50-59:** 1. Virginia Terry 2:01:51; 2. Daisy Wong 2:02:36. **Women 60 & Over:** 1. Edith Carlyle 2:05:00. **Women Walkers:** 1. Shiela Smith 2:42:00.

LAGOON VALLEY 15 KILO RUN

by JOE DANA

October 14: Suisan. SECOND ANNUAL LAGOON VALLEY LOPE NATURAL LIGHT 15 KILO RUN.

The Second Annual Lagoon Valley Lope Natural Light 15K turned out even better than the first. Weather was ideal - cool with a light drizzle. Well, almost ideal - there was one catch, about one mile of the dirt portion turned to a mud path! This slowed runners through that area by adding extra weight to the shoes and being slippery. Even with this handicap, six of the thirteen records fell.

Overall winner Frank Goss of Fairfield ran a 49:38 only 24 seconds off Pete

MORAGA

BY Bill Brusher

October 14, Berkeley: BERKELEY TO MORAGA 13.1 MILE RUN.

This long-time standard of the Northern California road racing schedule was under new administration this year, as the Lake Merritt Joggers and Striders took over from the East Bay Road Runners. New features included two aid stations, a shuttle bus to return runners to the starting area, and an accurate course measurement (long-advertised and often questioned as being 13.9 miles, the rugged, hilly course is actually 13.1).

Both Byron Lowry's (1:10:25, 1970) and Elaine Ivaldi-Miller's (1:26:34, 1978) outstanding course records were unthreatened, as the humidity and wet pavement slowed times on this showery



photo by Keith Conning

JIM O'NEIL

morning. However, Eric Williams and Sue Vinella-Brusher turned in strong efforts, building commanding leads during the first four miles (all uphill) and dominating the men's and women's fields. Eric (1:14:06) enjoyed a two-minute margin over runner-up Rob-



Start of Chaminade Reservoir Run

CHAMINADE RESERVOIR RUN

BY MARILYN BARTON

October 20, Chatsworth: First Annual 15 Kilo Chaminade Reservoir Run.

Neither pouring rain, slushy sand nor mud in the Chatsworth Reservoir could stop Jon Sutherland (Northridge) from completing the First Annual Chaminade Reservoir 15 Kilo Run in 48:22! Gian Starinieri (Canoga Park) was a close second with 48:35, while Steve McCalley (Glendale) placed third in 50:16.

Sutherland, partner in Runner's Sole with Tom and Dave Babiracki, kept a good lead on Starinieri until into the mud and slop of the Reservoir. Although running heavy, Sutherland held his lead, finishing 13 seconds faster. Both Starinieri and Sutherland felt the Reservoir was an exciting course and could be extremely fast in good weather.

Christine Grundy (Pomona) led the women with 61:42, followed by Diana Karg (Rancho Palos Verdes) in 63:53 and Debbie Simmons (Lomita) at 64:35.

Four Kilo winners were Len Eiron (Northridge) James Knerr (Simi) and Greg Best (Granada Hills); and Karen Keasbey, Wendy Carrington and Andrea Santwier. The latter were in the 15 and under division.

The Keasbey family (Los Angeles) took honors with Karen first in 15 and under

RESULTS:

15 Kilometer

Men 15 & Under: 1. Mark Roghleder (Canoga Park) 66:44; 2. Steven Laub (Van Nuys) 67:03; 3. Tracy Mullinax (Van Nuys) 72:43. **Men 16-18:** 1. Bill Sack (Canoga Park) 63:44; 2. James Price (Canoga Park) 64:34; 3. James Extract (Woodland Hills) 64:35. **Men 19-29:** 1. Jon Sutherland (Northridge) 48:22; 2. Gian Starinieri (Canoga Park/Italy) 48:35; 3. Steve McCalley (Glendale) 50:16; 4. Will Pittinger (Santa Barbara) 51:28. **Men 30-39:** 1. Joe Toledo (Canoga Park) 53:02; 2. Gib Acuna (Del Mar) 54:30; 3. Don Cochrane (Northridge) 55:23. **Men 40-49:** 1. Waid Woodruff (Sherman Oaks) 58:11; 2. Richard Belliveau (Northridge) 58:13; 3. Karl Ryden (Northridge) 59:23. **Men 50 & Over:** 1. Dick Durand (Thousand Oaks) 61:31; 2. Sam DeLuca (Culver City) 65:56; 3. Maynard Mickelson (Newhall) 69:36.

Women's Division: 1. Christine Grundy (Pomona) 61:42; 2. Diana Karg (Rancho Palos Verdes) 63:53; 3. Debbie Simmons (Lomita) 64:35; 4. Sherry Simmons (Lomita) 64:55; 5. Judy Kewley (Simi) 66:26; 6. Susan Harmon (Van Nuys) 66:30.

4 Kilometer

Men 15 & Under: 1. Steve Dietch (Van Nuys) 14:32; 2. Steve Kobrine (Woodland Hills) 16:05; 3. Paul Staley (Canoga Park) 16:11. **Men 16-18:** 1. Rick Austin (Woodland Hills) NT. **Men 19-29:** 1. Greg Best (Granada Hills) 14:27; 2. Mike Nieves (Covina) 17:31; 3. Nick Alter (Canoga Park) 18:13. **Men 30-39:** 1. Jerome Meisner (Encino) 15:58; 2. Larry Stevens

(Valencia) 16:24; 3. Ron Duncan (Santa Monica) 17:53. **Men 40-49:** 1. Len Efron (Northridge) 14:13; 2. James Knerr (Northridge) 14:17; 3. Gary Smith (Woodland Hills) 14:44; 4. Tom Fletcher (Canoga Park) 14:52. **Men 50 & Over:** 1. Don Dunn (Canoga Park) 16:41; 2. D. Bormel (Chatsworth) 18:15; 3. J.J. Perez (Torrance) 18:30.

Women 15 & Under: 1. Karen Keasley (Malibu) 16:38; 2. Wendy Carrington (Reseda) 18:24; 3. Andrea Santwier (Glendale) 22:13. **Women 16-18:** 1. Marie Arnesen (Chatsworth) 20:47; 2. Marlene Johnson (Saugus) 25:27; 3. Sandy Chittum (N. Hollywood) 28:27. **Women 19-29:** 1. Barbara Jung (Los Angeles) 19:20; 2. Shanthi Haast (Brentwood) 19:50; 3. Sheri Semelsberger (Woodland Hills) 28:26. **Women 30-39:** 1. Catherine Keasley (Malibu) 19:39; 2. Susan Hollicay (Santa Monica) 21:07; 3. Sandy Kobrine (Woodland Hills) 22:13. **Women 40-49:** 1. Diane Chronert (Newhall) 20:14; 2. Pat DeVita (Granada Hills) 23:37; 3. Gloriann Merramble (Newhall) 23:40. **Women 50 & Over:** 1. Vivian Helbrecht (Newhall) 25:29; 2. Martha La Graff (Van Nuys) 29:38.

MID STATE 15 KILO

October 27: Madera. COORS MID STATE 15 KILOMETER RUN

The Coors Mid State 15 Kilo Run was held on a flat fast road course starting and finishing at the Madera Airport, 20 miles north of Fresno. It was billed as a "biggie" with Coors flying in a number of name runners to compete. Some of the local area's best athletes were to meet Olympian Ed Mendoza and international runner Chuck Smead. It may be the best quality road race ever in the Fresno area. The top times over the certified course were blistering.

Another of the top marks of the day came from 55 year old veteran Sid Toabe who placed 26th overall with a super charged 56:32.

In the 2.4 mile fun run Rob Brenner of the Fresno TC recorded a 12:11 victory and Marcia Romesser won the women's section with 14:21.

RESULTS

Men 14-17 Division: 1. Ray Cortez (Merced) 52:52; 2. Dan Ponce (Fresno) 59:19; 3. Hector Sepulveda 60:33. **Men 18-29 Division:** 1. Tony Ramirez (FTC) 45:27.1; 2. Chuck Smead (Santa Paula) 45:34; 3. Ed Mendoza (Arizona) 46:15; 4. Jim Hartig (FTC) 48:06; 5. Juan Molina (HSTC) 49:04; 6. Gary Romesser (ARC) 49:21; 7. Curtis Elia (FTC) 49:35; 8. Tim Cornell (FSU) 49:45; 9. Mike Lennemann (FTC) 50:26; 10. Jeff Merrow (FTC) 50:49. **Men 30-39:** 1. Don Chapin (HSTC) 50:12; 2. Mark Hemphill (FTC) 53:33; 3. Paul Cross (Oildale) 53:36. **Men 40-49:** 1. Dick Cain (Fresno) 56:10; 2. Gene Lynch (FTC) 56:26; 3. Jim Harris (FTC) 58:03. **Men 50 & Over:** 1. Sid Toabe 56:32; 2. Olen Eaton (Modesto) 70:56; 3. Ray Mendoza (Merced) 71:12.

Women 18-29: 1. Paula Ramirez (FTC) 63:30; 2. Becky Deiter 72:04; 3. Betsy Galloway 76:54. **Women 30-39:** 1. Dianne Stauffer 70:31; 2. Irene Escalante 73:38; 3. Margie Timberlake (FTC) 76:29. **Women 40-49:** 1. Shirley Main 89:55; 2. Theanne Woodruff 1:36:10; 3. Mary Jo Fitchhorn 1:39:56. **Women 50 & Over:** 1. Evelyn Drumbein 1:35:32.

S.O.S. NATURAL LIGHT FOOTRACE

by Jeff Highniet

October 28, Modesto: SPORTSMEN OF STANISLAUS NATURAL FOOTRACE. 10 KILOMETER & 2 MILE.

The First Annual SOS-Natural Footrace became the largest road run in Modesto on October 28, with 341 runners completing both the 10 kilo (205) and 2 mile (136) runs.

The overall men's winner in the 10 k was Stanislaus State cross country runner, Bill Saiki, with a time of 31:57.7, followed by teammate Jim Cook with a time of 32:21.5. In third place was Fresno

Russell 37:53; 5. Pete Richardson 38:28; 6. Warren Beckwith 38:35. **51-60:** 1. Jim Hanny 43:11. **61 & Over:** 1. Don Lundberg 42:54.

Female 10 Kilo:

14-19: 1. Laurie Crisp 36:54. **Open (20-30):** 1. Elaine Luccardo 45:12; 2. Maureen Agostine 50:38; 3. Susan Uhrick 50:59. **31-40:** 1. Ida Nankeville 46:51; 2. Winnie Glas 51:55; 3. Anita Walker 51:59. **41-50:** 1. Joanne Felton 48:57.

Male 2 Mile:

13 & Under: 1. Greg Scoggin 11:58; 2. Jimmy Brown 12:03; 3. Alex Stanley 12:32. **14-19:** 1. Rory White 10:34; 2. Toby White 11:11; 3. Alan Hicks 11:21. **Open (20-30):** 1. Jeff Hatcher 11:55; 2. Carl Lasiter 13:18; 3. Gary Wilson 14:00. **31-40:**

1. Glen Jenkins 11:48; 2. Joel Eckels 12:39; 3. Sostenes Rodriguez 12:51. **41-50:** 1. Dick Shorman 11:57; 2. Frank Purdy 13:26; 3. Dave Granceschini 14:25. **51-60:** 1. Don Jackson 12:11. **61 & Over:** 1. Ray Mahannah 13:29.

Female 2 Mile:

13 & Under: 1. Leslay Chay 13:58; 2. Ginger White 14:31; 3. Lisa Gavino 14:56. **14-19:** 1. Teri Gavino 12:25; 2. Marie Fletcher 13:08; 3. Cheryl Alves 14:02. **Open (20-30):** 1. Barbara Baker 13:06; 2. Kay Osborn 14:22; 3. Cathy Honeycutt 14:51. **31-40:** 1. Karen Choy 15:00; 2. Kathleen Benner 15:42; 3. Barbara Palitz 16:34. **41-50:** 1. Sally Franceschini 15:07; 2. Ginger Burrola 15:35; 3. Chiyo Shingu 16:39.



Question Corner

by HOWARD WILLMAN

Howard Willman works as an assistant to Wes Mathis at the National Library of Sports in San Jose. The Library, which is a non-profit organization, was listed in the 1967 edition of the Guinness Book of World Records as the largest sports library in the world. The late Fred Imhof started the library as his own personal library, travelling cross-country to attain anything he could get his hands on. His reputation grew as having one of the most complete collections of sports artifacts in the world. He never tried to capitalize on his remarkable collection as he answered questions from all over the world without charge and with tremendous devotion to accuracy. His chief interests were in boxing and track, although he was interested in any sport.

sprinter who competed in the '48, '52 and '56 Olympics. Three of her medals were gold, one silver and three bronze.

□

Q. What is the oldest world record in track and field among the major events?

A. Jim Hines' 100-meter record of 9.95 seconds in the Mexico City Olympics on October 14, 1968 is the oldest. Two other records are just four days younger than Hines': Lee Evans' 43.86 in the 400 meters and Bob Beamon's 29-2½ long jump were both set in the same Olympics on October 18. Tommie Smith's 200-meter mark of 19.83 would be only two days younger than Hines' (it was set on October 16), but a new mark is pending by Italy's Pietro Mennea, who blazed 19.72 seconds in the World University Games in Mexico City two months ago on September 12.

The oldest women's world record is the Soviet Union's Tatyana Kazankina's 1,500-meter time of 3:56.0, set in Podolsk on June 28, 1976.

□

Q. Has anyone ever won four consecutive NCAA outdoor track and field titles in the same event?

A. Two performers have achieved this

Q. Which track and field athlete has

was held on a flat fast road course starting and finishing at the Madera Airport, 20 miles north of Fresno. It was billed as a "biggie" with Coors flying in a number of name runners to compete. Some of the local area's best athletes were to meet Olympian Ed Mendoza and international runner Chuck Smead. It may be the best quality road race ever in the Fresno area. The top times over the certified course were blistering.



TONY RAMIREZ

The pace went out hard in the early morning fog with Mendoza, Smead, Gary Romesser being chased by local Fresno Track Club members Jim Hartig and Tony Ramirez. At about half way the fog was burning off and so were some of the runners. Smead and Ramirez, however seemed to thrive on the intense pace and just kept pouring it on, with Ramirez gaining a 50 yard lead by the end for a 45:27 victory in the best run of his career which is beginning to take off. He stated his next big race will be the Fiesta Bowl Marathon in December in an attempt to qualify for the Olympic Trials marathon.

Meanwhile back in the pack but not to be outdone was Tony's teammate and spouse, Paula Ramirez, winning the women's division very handily in one of her best performances ever, too.

by Jeff Highniet

October 28, Modesto: SPORTSMEN OF STANISLAUS NATURAL FOOTRACE. 10 KILOMETER & 2 MILE.

The First Annual SOS-Natural Footrace became the largest road run in Modesto on October 28, with 341 runners completing both the 10 kilo (205) and 2 mile (136) runs.

The overall men's winner in the 10 k was Stanislaus State cross country runner, Bill Saiki, with a time of 31:57.7, followed by teammate Jim Cook with a time of 32:31.5. In third place was Fresno Track Club's Al Lomeli with a time of 33:05.8.

The overall winner for women in the 10 k was Laurie Crisp with a time of 36:54.2. The 19 year old was 9th overall, as well.

In the two mile, Rory White, running in the Youth Division (14-19) was the overall male winner in a time of 10:34.8, followed by his brother Toby, with a time of 11:11.3. The overall winner in the women's two mile was Teri Gavino of Modesto Junior College. She placed 14th overall with a time of 12:25.2.

Weather conditions were excellent for this race: clear, blue skies, temperatures in the mid 60's, slight breeze. All participants received a "Rave-Pac" with t-shirt, race number, program, running booklet, and instruction sheet. Certificate of completion and a 2x3 running poster was given each finisher. First place plaques were awarded to overall male and female winners in each race. The first 3 places in each division for both races received gold-silver-bronze medals. Also, a merchandise drawing was held at the completion of the race, and everyone helped themselves to bottles and cans of Chelsea and Root 66.

RESULTS

Men's 10 Kilo:

13 & Under: 1. Jim Foley 43:00. **14-19:** 1. Steve Hurst 34:33; 2. Jeff Whited 36:49; 3. Steve Prigge 37:45. **Open (20-30):** 1. Bill Saiki 31:57.7; 2. Jim Cook 32:31; 3. Al Lomeli 33:05; 4. James Pombo 37:58; 5. Alan Miller 38:46; 6. Tom Drew 38:47. **31-40:** 1. David Carrasco 36:04; 2. Alan Watson 36:29; 3. Don Lenkert 37:20; 4. I.A. Orrasco 37:51; 5. Doyle Cook 38:01; 6. Bill McCall 38:15. **41-50:** 1. Heinie Hartwig 35:55; 2. B.E. Morris 37:07; 3. Travis Chardene 37:47; 4. Franklin

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The oldest women's world record is the Soviet Union's Tatyana Kazankina's 1,500-meter time of 3:56.0, set in Podolsk on June 28, 1976.

□

Q. Which track and field athlete has won the most total medals in the Olympics?

A. Finland's Paavo Nurmi, who competed in three Olympic Games, collected a total of 12 medals (9 gold, 3 silver). In Antwerp in 1920 Nurmi won the 10,000 meters (31:45.8), placed second in the 5,000 (15:00.0) and picked up two more golds by winning the 10,000-meter cross country race (27:15.0) as Finland also claimed team honors.

In 1924 at Paris Nurmi carted home five medals -- all gold. He captured the 1,500 and 5,000 -- while the races were less than an hour apart -- in Olympic records of 3:53.6 and 14:31.2, respectively. He and Finland repeated in the 10,000-meter cross country race and he received another gold by participating in Finland's victorious 3,000-meter team distance race on the track.

At Amsterdam in 1928 Nurmi set his third Olympic record, this one in the 10,000 (30:18.8), garnered silvers in the 3,000-meter steeplechase (9:31.2) and 5,000 (14:40.0).

Nine of Nurmi's medals were won individually -- which is still more than anyone has accumulated with individual and team -- and six of those nine individual medals were gold, second only to the United States' versatile horizontal-vertical jumper Ray Ewry's eight over 1900-1908.

In events that are still run in current Olympic Games, Nurmi totals seven, still the most by any athlete in today's events.

The most medals garnered by a female athlete is seven by Australia's Shirley Strickland de la Hunty, a hurdler-

on October 16), but a new mark is pending by Italy's Pietro Mennea, who blazed 19.72 seconds in the World University Games in Mexico City two months ago on September 12.

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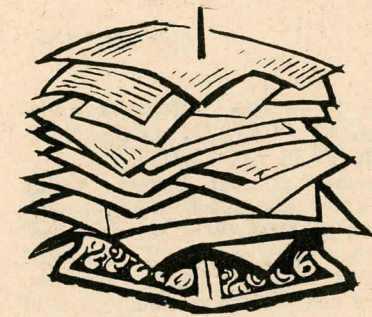
Q. Has anyone ever won four consecutive NCAA outdoor track and field titles in the same event?

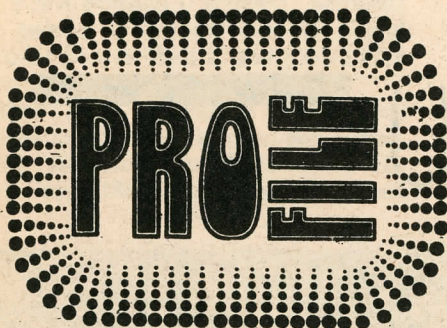
A. Two performers have achieved this feat. Scott Neilson of Washington captured the hammer throw over 1976-79 with distances of 216-8, 228-4, 237-5 and 237-3; and Steve Prefontaine of Oregon won the three-mile run over 1970-73 with times of 13:22.0, 13:20.1, 13:31.4 (5,000 meters) and 13:05.3

Jesse Owens of Ohio State holds the record for most career individual titles with eight. In 1935, he won the 100-yard dash (9.8), 220-yard dash (21.5), 220-yard low hurdles (23.4) and the long jump (26-1 3/8), and came back in 1936 to take the 100-meters (10.2), 200-meters (21.3), 220-yard low hurdles (23.1) and long jump (25-10 7/8).

□

Send questions of general track and field interest to the National Library of Sports, 180 W. San Carlos St., San Jose, CA 95113.





Gary Miller

GARY MILLER: Corona Del Mar Track Club. 5 feet, 10 inches; 145 pounds. 42 years old. Born October 10, 1937 in Hollywood, California.

Best Marks: All as a master— 100 meter- 11.1(78); 200 meter- 22.6(78); 400 meter- 50.78(78); 800 meter- 1:57.1(77); 400 intermediates(33')- 56.1(78); 400 intermediates(36')- 59.1(79).

"Mr. Versatility" that's the best way to describe 42 year old Gary Miller. It's not uncommon for Miller, who competes for the Corona Del Mar Track Club, to run as many as five events in a single track meet. Infact, at the AAU Nationals he won three of them: 100 - 400 - 400 IH. In 1978 he set the American Record for 400 meters and the World Record for 440 yards.

You'd think running so many events would be enough to keep anyone busy at a meet. But not Gary. He likes to run the relays, too, and is now dinking around with the pentathlon. But his favorite remains the 400 dash.

Miller attended Occidental College from 1956-1959 and ran track under coach Chuck Coker. He states reasons for continuing on with track participation as: "1. I can train at any time, 2. I don't

siders Herb Elliot one of the all time inspirations. "I had a great admiration for Herb Elliot. His competitive spirit seemed unparalleled to me. Some called it his 'killer' instinct."

Needless to say, he is sold on masters track. "Master's track has allowed me to vent my competitive desire and be a winner, which I certainly enjoy. I seemed to be striving for perfection that I was unable to attain as a high school or college athlete.

"At Occidental, I was co-captain and thus had peer respect even though I was an average runner. I'm presently enjoying the camaraderie of the masters program and love the fact that I am in good health and that there exists such a track program. I especially love and appreciate relays and that our club has so many fine masters athletes. This really potentiates the fun of running relays.

"Probably the most unique story is that my wife, Chrestel has done equally as well as I have done. She owns many American records."



Track TEASER

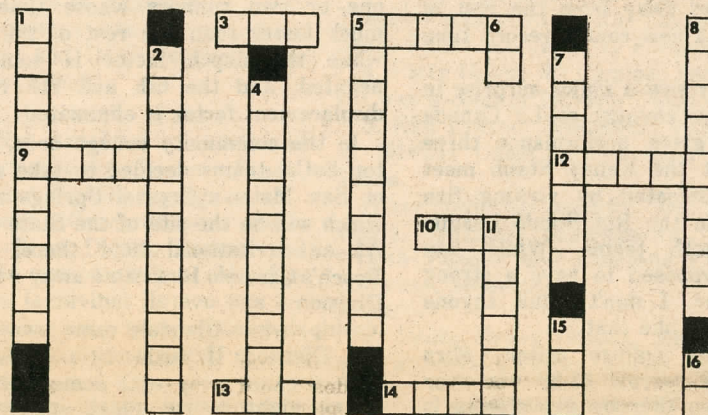
by BOB DEMUTH

Bob DeMuth is a 17 foot pole vaulter who will be attending Fresno State University in 1980. He has put together this cross-word puzzle on the high jump and has agreed to submit other track related cross-words in the future.

The reader submitting the most correct answers will win a free one year renewal to their CTN subscription and a track related gift. In case of a tie a

drawing will determine the winner. Solutions to puzzle must be postmarked by January 15, 1980. The winner and the answers will be published in the February, 1980 issue of CTN.

Last issue's puzzle "Cross Country Challenger" has received a record number of responses. Will give the solution as well as listing all those who correctly solved the scoring problem in the upcoming December/January issue.

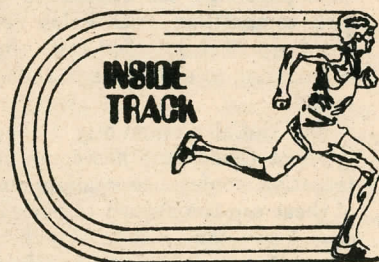
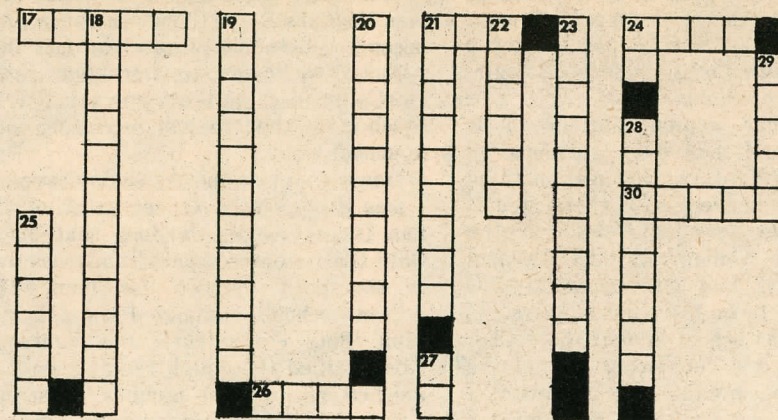
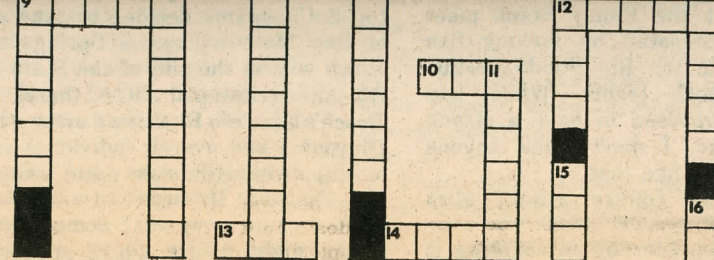


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Miller attended Occidental College from 1956-1959 and ran track under coach Chuck Coker. He states reasons for continuing on with track participation as: "1. I can train at any time, 2. I don't need other athletes such as in team sports, 3. I'm less susceptible to hand-eye injuries, and 4. very little judgment is needed from officials." He got started originally because of, "A family heritage of baseball players and coaches, who strongly suggested not to go into baseball. In high school it was a choice of baseball or track."

Gary who keeps busy off the track field with his dentistry practice, teaching at USC and serving as Chairman of International Students Program, con-



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GARY TUTTLE

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DOWN:

- 1 West German, Carlo _____
- 2 East German, Rolf _____
- 4 men's world record holder.
- 5 1979 AAU runner-up.
- 6 1984 Olympic site - abr.
- 7 1968 Gold Medal winner.
8. West German, Dietmar _____
- 11 top ranked US woman jumper.
- 15 1976 Olympic Gold Medal winner's country - abr.
- 16 life-time best - abr.
- 18 Mickey Mouse jumper.
- 19 1976 Olympic Gold Medal winner.
- 20 first official 7-6 jumper.
- 21 1976 Olympic Gold Medal - women.
- 22 first name of 1972 West German womam Olympic champ.
- 23 Cal State Northridge's star woman.
- 24 three misses at starting height - abr.
- 25 1979 AAU, Pan Am, World Cup champion.
- 27 high jump - abr.
- 28 last US woman to win Olympics.
- 29 only woman to win twice.

ACROSS:

- 3 first name 1979 NCAA winner.
- 5 1979 women's World Cup winner.
- 9 West German, Gerd _____
- 10 Beilschmidt's country - initl's.
- 12 long time US great, Reynaldo _____
- 13 1976 Olympic Silver Medal winner.
- 14 country of men's world record holder - initl's.
- 17 what 18 down argues with at track side.
- 21 What 18 down argues with off the track.
- 24 major men's college sports organization - abr.
- 26 1979 NCAA winner.
- 30 1956 men's Olympic champ.



So. California X-C Diary

by BILL MINARIK

October 4□

The Kenny Staub Invitational brought together most of the Southern Sections top teams last week-end, and as expected Thousand Oaks High cruised to the team victory in Division I. The big surprise of the meet, however, was Division II winner La Canada led by Andy Diconti who posted the top individual time of the day. La Canada which is a Class AA C.I.F. team had a better cumulative time than AAAA powerhouses Santa Barbara and Palos Verdes which competed in Division I.

In the girl's competition, Newbury Park was the winner of Division I with a 3 point win over Palos Verdes, while the La Canada girls made it a sweep for that school in Division II with a comfortable win. In the individual race Vickie Cook of Alemany ran away from the rest of the field with a new course record time of 11:27.

Last Tuesday saw a major surprise in boys prep cross country as La Canada coming off a great performance three days earlier at the Kenny Staub meet was soundly defeated by visiting San Marino 21-36 in the Rio Hondo League opener for both teams. While San Marino was supposed to have a strong team this year, I don't think anyone expected a score like that.

In community college action, Mira Costa scored a narrow 25-30 win over nearby Palomar, thereby establishing it along with Palomar, Glendale, Santa Barbara and Moorpark as the top 5 mens small schools. In the large school mens ranking you may as well take the top 5 from the South Coast Conference beginning with Grossmont.

I can't understand why a rain course was not made available for the meet. This is the first time I can remember a meet of this scope being "cancelled" and teams which traveled hundreds of miles having to go home without competing.

October 10□

Invitationals highlighted last week-end's activity. At Castaic Lake, almost all of the Southern C.I.F. sections top teams participated, as five separate races were used to accomodate all the teams. The results were inconclusive, however, as the scoring was done by combining the times of each teams top 5 runners. This method, while different, gives an advantage to the teams with one or two runners whose times are much faster than the rest of the field, while the depth factor is somewhat negated, and the 6th and 7th runner displacement factor is eliminated.

In the community college area, three top SoCal teams decided to take a look at San Mateo's Crystal Springs course which will be the site of the State Meet. At an invitational held there, Long Beach's Carmelo Rios came away with the Division I and overall individual championship, while Glendale came away with the Division II team title. Moorpark College came away with some memories of the night before which appeared to compromise their performance on the course. The big surprise of that meet was NorCal's Butte CC which ran a close second to Glendale despite the fact they hadn't even begun speed training. Some NorCal insiders on the scene say Butte's

top 4-year schools collided in a cross country extravaganza. It probably wasn't too much of a surprise to see the U.C. Berkeley women and the Cal Poly SLO men run away with top honors; however, the men's race was much closer than the score might indicate. UCLA behind first year coach Bob Larson was actually right with CPSLO for 4½ miles. At that point, the Bruins Ron Cornell developed a cramp and dropped from 3rd to 28th which accounted for most of the point spread between CPSLO's winning total of 40 (1-7-9-10-13) and the Bruin's 68 (2-6-14-18-28). A major disappointment in that meet was UC Riverside. Unless the Assumma brothers can get their act together before season's end, Coach Chris Rinne will have to start looking ahead to next year.

College of the Canyons hosted SoCals top community college action at the Cougar Classic. After a 1-year absence from the elite top 5, Mt. SAC showed it was a force to be reckoned with as it cruised to a Div. I championship in the men's competition. In Division II, NorCal small school power ran away from meet favorite Glendale (28-69) and established itself as a definite contender for the state Div II title. In the women's competition, Ventura took the first 4 places en route to a runaway win in Div II and would have defeated Div. I winner Harbor.

High School action was limited to primarily dual meets.

October 22□

Things were kind of quiet among 4-year schools last week-end, with the

in undefeated, but were out of both varsity races right from the start.

I was somewhat disappointed in the administrative handling of this meet. The following items illustrate what I feel were serious shortcomings:

1) The determination of which schools belonged in men's division I and division II lacked objectivity. Some large schools with good competitive records were put in division II while other large schools with very poor competitive records were left in division I. In addition, a number of small schools were in division I.

2) The women's competition should have been divided into two divisions like the men's. Having 29 teams in one division made the start of the race look like the Oklahoma Land Rush. A women's division II race could have replaced the women's novice race which had only 3 teams, while the women's novice race could have been run concurrently with the men's novice race.

3) Because of a lack of proper instruction at the starting line, a number of people crossed the finish line and took numbers who weren't suppose to, which added to the overall confusion of this meet.

4) The results of the men's races were so late in being posted that a number of schools had to leave without finding out how they had done or what their times were. It would have been easy for officials to make a copy of the timing machine tape for all races and post it immediately so coaches could at least pick off the times before leaving.

5) When the results were finally handed out, either the posted places of runners was incorrect or the teams point

days earlier at the Kenny Staub meet was soundly defeated by visiting San Marino 21-36 in the Rio Hondo League opener for both teams. While San Marino was supposed to have a strong team this year, I don't think anyone expected a score like that.

In community college action, Mira Costa scored a narrow 25-30 win over nearby Palomar, thereby establishing it along with Palomar, Glendale, Santa Barbara and Moorpark as the top 5 mens small schools. In the large school mens ranking you may as well take the top 5 from the South Coast Conference beginning with Grossmont.

The Palomar women continue to be impressive and may even be ahead of Glendale and Ventura. However, nothing will be conclusive until these teams meet. I have very little info on the large school women, but El Camino, Orange Coast and Grossmont at this point appear to be the front runners.

In four-year school action, the UCLA women scored a convincing win in the Florida State Invitational, however, I will have to see how they do against a team like Cal-Berkeley before I start getting excited about their AIAW title chances.

Coach Bob Larson made his UCLA coaching debut at the UCLA Invitational, as his team had four of the top ten places, even though a number of front line runners were held out. Insiders say Bob is considering red-shirting some of his top community college transfers until next year when he will have a more realistic chance of being an NCAA contender.

At the All-University of California meet at UCSB, former Chatsworth High star Dan Caprioglio, now a UCSB freshman, was the individual winner in a very poorly administered meet. It seems that around sunrise of the morning of the meet, UCSB coach Tom Lionvale informed the coaches that the meet was being cancelled because of rains in the area. Around ten o'clock, however, Lionvale decided that the meet should take place and so notified the coaches. Unfortunately a number of the larger schools including most of the UCSB team had taken off for home, leaving only a few small schools and UCSB's Dan Caprioglio, who happened to be on the course doing a workout, available to compete.

top SoCal teams decided to take a look at San Mateo's Crystal Springs course which will be the site of the State Meet. At an invitational held there, Long Beach's Carmelo Rios came away with the Division I and overall individual championship, while Glendale came away with the Division II team title. Moorpark College came away with some memories of the night before which appeared to compromise their performance on the course. The big surprise of that meet was NorCal's Butte CC which ran a close second to Glendale despite the fact they hadn't even begun speed training. Some NorCal insiders on the scene say Butte's coach made the greatest recruiting coup in school history.

Down south at the Aztec Invitational, I was disappointed to see most of the San Diego based CCs duck that meet. Only Grossmont competed and they ran in the open division for men. The Arizona schools dominated the CC division. Both Grossmont's and Ventura's gals justified their high ranking as they finished ahead of a number of strong 4-year schools in an all-inclusive women's competition.

Cal Poly SLO showed why it is an overwhelming favorite to win the NCAA Div. II, as they ran a close second to Div. I favorite UTEP, with SLO's Jim Schankel a strong 3rd, only 6 seconds behind the winner from UTEP. To give you an idea of how tough it is to break into SLO's top 7, two time state high school mile champ, Paul Medvin, who is an outstanding cross country runner, is only 10th man at this time.

As a bit of trivia, some of you may have seen an NBC ad which aired prior to the beginning of school which said, "You turn us on and we'll turn you on." In one sequence they showed a pole vaulter whose jersey bore the NBC insignia. That vaulter was none other than Pierce CC coach Gene Luke. By the way, Gene mentioned that an assistant coaching position will be open at Pierce for track season, which will encompass working with the distance runners. Anyone interested in that job should contact Gene at extension 301 at Pierce College.

October 16□

All eyes were looking toward Palo Alto last week-end as most of the state's

men's competition. In Division II, NorCal small school power ran away from meet favorite Glendale (28-69) and established itself as a definite contender for the state Div II title. In the women's competition, Ventura took the first 4 places en route to a runaway win in Div II and would have defeated Div. I winner Harbor.

High School action was limited to primarily dual meets.

October 22□

Things were kind of quiet among 4-year schools last week-end, with the only big noise being made at the UCLA Women's Invitational, which in reality was a dual meet between UCLA and Oregon. The Ducks won 24-31 but the big news was UCLA's Kathy Mintie who ran an incredible time of 16:20 over the rugged 5,000-meter course. Her winning time was almost a minute faster than the rest of the field which included such big names as Cheri Williams, Linda Goen and Michele Bush. I have concluded that this year's UCLA women's team lacks the depth to win an AIAW title, even with Michele Bush running. However, if head coach Scott Chisum can duplicate this year's recruiting effort (Mintie, Bush, Goen) next year, then the Bruins will be definite contenders.

Most of the community colleges were at Mt. SAC for it's annual extravaganza, as two schools Grossmont and Orange Coast dominated the day's activity. Grossmont as expected, ran away with both the novice and varsity men's divisions, while the Orange Coast women did likewise and Bakersfield came through with their best effort of the year in winning the men's small school crown. The highlight of the day was definitely the individual battle between Grossmont's Dennis Hamlin and Long Beach's Carmelo Rios. Hamlin had a slight lead over Rios heading toward the finish line when it looked like Rios was going to overtake him. About 15 yards from the chute, Rios pulled even and then suddenly dropped back. I heard cries of foul, but I didn't have a good enough angle of the activity to see if there was any contact.

The biggest disappointment of the Mt. SAC meet were the men's and women's teams from Glendale who came

of people crossed the finish line and took numbers who weren't suppose to, which added to the overall confusion of this meet.

4) The results of the men's races were so late in being posted that a number of schools had to leave without finding out how they had done or what their times were. It would have been easy for officials to make a copy of the timing machine tape for all races and post it immediately so coaches could at least pick off the times before leaving.

5) When the results were finally handed out, either the posted places of runners was incorrect or the teams point total was copied incorrectly in a number of instances. The score shown for Grossmont's women's team was 2-3-11-70 -92 = 112.

It surprises me that a meet like Mt. SAC which has been run so well for many years should suddenly break down administratively.

Up at the Santa Barbara Invitational, little Mira Costa may have vaulted itself into the top position among small schools men's teams by posting a convincing win over a potent Palomar squad. In the women's competition, small school powers Ventura and Palomar battled to a 32-32 tie.

In high school action, #1 rated Thousand Oaks justified its ranking in boys competition by winning both the Palos Verdes Invitational and Ventura County Championships on successive days. In girls competition, both Palos Verdes and Newbury Park justified thier top ratings by coasting to easy wins in the same two meets.

The SoCal Communtiy College Realignment Committee has come up with a tentative conference realignment. Some of these are too absurd to even comment on. You can either laugh or cry depending on how you are affected.

October 29□

The NCAA II Regionals at U.C. Riverside was the big meet last week-end, but it was certainly no surprise to see Cal Poly SLO run away from the rest of the field with a 21 point total. Sacramento State was well back in second with UCR and Cal State Northridge edging out Cal Poly Pomona for the third and fourth

spots which advance to the NCAA Finals November 10, at UC Riverside.

At UCLA, Arizona's Thom Hunt destroyed the course and Steve Prefontaine's course record, but it wasn't enough as Stanford behind Rod Berry's second place finish edged out UCLA by a point for the PAC 10 Southern Division title. Arizona was third and Cal fourth in an incredibly close meet where the first and last place teams were separated by only 14 points.

In the WCAA meet at UCLA, the gals from Arizona scored a surprisingly easy win over UCLA and Cal State Long Beach.

In the high school version of the Mt. SAC Invitational, Southern Section boys favorite, Thousand Oaks, was impressive as they defeated a field which included virtually every top team in the state. In the girl's competition, powerful Edison High did likewise to a field that had every top team except Palos Verdes in it.

The community colleges are just about ready for their conference meets, however the contenders for state honors are now evident. In the men's large school, it's Grossmont all the way. In the women's large school division, it's Orange Coast easily winning the SoCal title. However, any team like NorCal power, West Valley, which has the San Jose Cindergals as a farm team, will be tough to beat at state time as everyone from last year will remember. In men's small school competition, Glendale and Mira Costa appear to be slightly ahead of Moorpark and Palomar at this time with NorCal Schools Butte and Porterville the only other contenders. In women's small school action, Palomar, Ventura and Glendale are almost dead even at this time, with the one who eventually emerges on top being the state champ.

A number of athletes and fans in the state have indicated curiosity as to why the California community colleges do not compete with the community colleges from the other 49 states. To set the record straight, let's go back a ways. Community colleges began in California and were so successful that a number of other states began similar institutions.

recognition should be granted to the front-runners, consequently, the three team concept.

November 5

Things were relatively quiet on the cross country scene last week as high schools finished up their dual meet seasons and community colleges had their conference meets. There were no big surprises in the CC action except for the point spread in a few cases. The most exciting competition by far was the South Coast Conference's womens meet where Orange Coast got revenge for last year's one point loss to Grossmont as they used their superior depth to notch a 3 point victory.

I've been able to get some results of NorCal teams and going into this week-end's Nor Cal meet, College of the Sequoias and Santa Rosa both look very tough in the large school mens division; with West Valley an easy winner in the womens large schools. Monterey Peninsula appears to be the class of the women's small schools while Butte after an awesome performance in their conference championships is definitely the class of the men's small schools and is now the favorite for state honors.

While I'm up in Northern California, I should mention the AIAW Regionals held at Sierra College where UC Berkeley scored a close win over Arizona with UCLA third. However, it was for the Bruins Kathy Mintie to steal the show as she continued what she started doing during summer road races and that is running away from every female in sight as she scored almost a 40 second victory over the runner-up. I predict it will not be long before this young lady is on the cover of some running magazine. I noticed where the AIAW has a Division II and III this year with Cal State Bakersfield and Cal State Hayward as the respective winners.

Closer to home, the marathon was in the spotlight as 56 female runners protested the exclusion of distance events over 1500 meters from the

PROFILE ON: dennis maloney

photo by Dave Stock



photo by Dave Stock

DENNIS MALONEY: West Valley College, freshman. Age 18; 6 feet, 1 inch; 165 pounds. Born June 10, 1961, in San Francisco, California. Also competed for Leigh High School. **Best Marks:** 880-1:56.7(79); mile- 4:16.8(79); 2 mile- 9:24.0(79). Coached by Bill Hotchkiss and Dave Stock.

He's only been running for two years, but Dennis Maloney is already an All American. His Leigh High School four mile relay team was ranked number one in the U.S. this year to earn them "All American" status.

Dennis has his own credentials to go along with that relay honor, too. He was this year's West Valley Athletic League mile and two mile champion.

He plans to run, "forever — I enjoy the mental stimulation brought on by training and racing." He goes on to say, "I like to win. It's fun to win." But right now he's shooting for a sub 9:00 two mile (his favorite event) and a 4:05 mile while a frosh at West Valley College.

After this initial college year at WVJC Dennis says he plans to transfer to Cal Poly - SLO, "I like Cal Poly because of its academic reputation and fine running program." He is majoring in political science. He hopes to someday be a world

Palomar at this time with NorCal Schools Butte and Porterville the only other contenders. In women's small school action, Palomar, Ventura and Glendale are almost dead even at this time, with the one who eventually emerges on top being the state champ.

A number of athletes and fans in the state have indicated curiosity as to why the California community colleges do not compete with the community colleges from the other 49 states. To set the record straight, let's go back a ways. Community colleges began in California and were so successful that a number of other states began similar institutions.

An organization was soon formed to organize and administer athletics. Known as the National Junior College Athletic Association (NJCAA or JUCO for short) this outfit soon ran into conflict when the California reps wanted the championship competition held in California while reps of other states wanted the site to be moved around. In addition, there were differences in opinion regarding recruiting, eligibility, and financial aid. Thus, a divorce took place with California forming its own organization and the rest of the states staying with JUCO. There is no general competition among California and JUCO teams. The Arizona CCs are invited to various SoCal track and cross country invitationals, but only on the condition that they don't recruit in California.

With all the differences between the two groups of institutions, there are a number of similarities. Both groups have approximately 100 member institutions; based on the track results from both the California and JUCO championships, both are competitively equal; both have lousy administrators, and both have *All American* teams. That's right! Beginning this year, CTN has established criteria for *All American* honors for California CCs in the sports of cross country and track.

For cross country, the times of both large and small school competitors at the state meet will be combined, with the 7 fastest being on the first team, the next 7 being on the second team, and runners 15-21 comprising the third team for both men and women. Accordingly, coaches will be able to identify their *All American* team members as soon as results are handed out after state meet competition. The JUCO schools just take the first 25 finishers and designate them *All Americans*. However, we felt that a higher

the Bruins Kathy Mintie to steal the show as she continued what she started doing during summer road races and that is running away from every female in sight as she scored almost a 40 second victory over the runner-up. I predict it will not be long before this young lady is on the cover of some running magazine. I noticed where the AIAW has a Division II and III this year with Cal State Bakersfield and Cal State Hayward as the respective winners.

Closer to home, the marathon was in the spotlight as 56 female runners protested the exclusion of distance events over 1500 meters from the womens Olympic schedule by retracing the path of the 1932 Olympic marathon. This protest was not confined to local runners as was evidenced by the winner Beverly Shingles, who came all the way from New Zealand. Beverly is a diminutive 5-2, 103 pound, 39 year old mother of two who came in with a very competitive time of 2:45:46. There was a sour note to this race, however, as Arlene Volkmer, who came all the way from Seattle to compete was hit by a drunk driver near the start of the race and eventually had to drop out because of the injuries sustained.

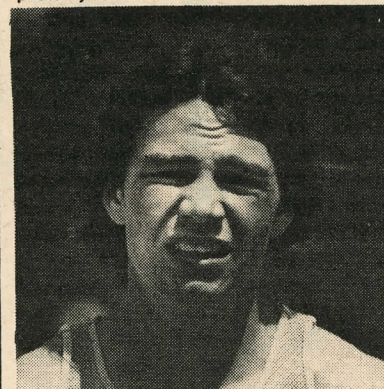
There was a distinct female flavor to "road racing" in the Southland this week-end with the highlight taking place at Hollywood Park Race Track, where Grete Waitz, who is considered the world's top female long-distance runner, showed why as she beat second place Sue Kinsey by almost 4 minutes in a 10 kilometer race.

Address Change?

Be sure to notify *California Track News* as soon as possible of a change in your address. CTN 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 News*, P.O. Box 6103, Fresno, CA 93703.



photo by Dave Stock



Dennis has his own credentials to go along with that relay honor, too. He was this year's West Valley Athletic League mile and two mile champion.

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After this initial college year at WVJC Dennis says he plans to transfer to Cal Poly - SLO, "I like Cal Poly because of its academic reputation and fine running program." He is majoring in political science. He hopes to someday be a world class runner, and says, "I've only been running for two years, and I know that I will improve significantly. I've been working hard, but much of my success is due to my positive mental attitude. My teammates call me "the horse" because I'm a strength type runner."

Training (peak season): Monday- 2x880 at 2:10; 8x440 at 59; 4x220 at 26. Tuesday- 8 mile run at 5:30 pace. Wednesday- 8x880 at 2:05 with 5 minute rest. Thursday- 3 mile jog. Friday- race. Saturday- 10 mile at 6:00 pace. Sunday- 10 miles at 5:45 pace.



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NOVEMBER

NOV 24: State Center 5 Person 15 Mile Relay. Roeding Park, Fresno. Fresno Pacific Track Club, P.O. Box 6103, Fresno 93703. (209) 264-5847.

NOV 24: Galloping Gobbler Run. Bakersfield. Larry Arnt, 5000 Belle Terrace #72, Bakersfield 93309.

NOV 24: AAU National Cross Country Championships. North Carolina.

NOV 24: Coors Desert Run. 15 miles, Palm Desert, 8:00 am. Tim Mercier, Chairman, Carl Garczynski, Dir., P.O. Box 236, Indio 92201.

NOV 24: Occidental Women's 5 Kilo Run. Eagle Rock 9:00 am. Woody Studenmund, 1956 Escarpa Dr., Los Angeles 90041. (213) 254-0440.

NOV 24: AAU Masters Men & Women 5 Kilo XC Champ. San Diego. Bill Stock, 7160 Baldrich St., La Mesa 92041. (714) 466-8700.

NOV 25: Silver Cup Jubilee 5 Mile Run. San Diego. Sea West Properties, 4724 Point Loma Ave., Ocean Beach 92107. (714) 226-8175.

NOV 25: Olympic Fund Run. 10 kilo and 3 kilo, Miller Park, Sacramento 10:00 am. Donna Taylor, 1730 24th. St., Sacramento 95816. (916) 446-6107.

NOV 25: Community Bank River Run. 10 kilo. Dennis Caldwell, %R.A.C.E., 1525 Mesa Verde Dr., Costa Mesa 92626. (714) 545-0425.

DECEMBER

DEC 1: Fiesta Bowl Marathon. Arizona, 7:30 am. Must enter by November 1. Fiesta Bowl Marathon, Box 1032, Scottsdale, AZ 85252.

DEC 1: Region 13 Junior Olympic Cross Country Championships. Western High School, Las Vegas, Nevada. Dean Wieble, 6314 W. Tara, Las Vegas, NV 89102.

DEC 1: City Cross Country Championships. 3 miles, Lompoc. Bob Rich, 1105 E. Hickory, Lompoc 93436.

DEC 1: Fresno Road Race. 6 miles, 1 pm. Howard Buchenberger, 1579 E. Roberts Ave., Fresno 93710. (209) 229-4670.

DEC 1: Datsun Dash 15 Kilo Run. San Diego. Entry forms available at all San Diego Datsun dealers or by calling (714) 566-6447.

DEC 1: Barrio Run. San Diego. 10 kilometer, 9 am. Frank Saiz (714) 281-1401.

Track Coach, Cal State University, 18111 Nordhoff, Northridge, CA 91330.

DEC 8: San Luis Obispo County Cross Country Meet. San Luis Obispo High School, 9 am. All ages.

DEC 15: PSA-AAU 10 Kilo Cross Country Championships. San Diego. Bob Day 222-7161.

DEC 16: Festival of Lights 10 Kilo Run. Balboa Park, San Diego, 7:30 am. Mike Cohen (714) 583-3300.

DEC 22: Mission Bay 25 Kilo Run. De Anza Cove, San Diego, 8 am. Cori Brown-Mosher, 4686 Granger St., San Diego 92107. (714) 222-5130.

DEC 23: Gateway 10 Kilo Run. Guajone Park, Oceanside, 8 am. Marva Bledsoe (714) 757-3500.

DEC 29: Runner's World Invitational and Open 5 Mile Runs. Los Altos. Bob Wischnia, Runner's World, 1400 Stierlin Rd., Mountain View 94042. (415) 965-8777.

DEC 30: Cop'r Bowl 10 Kilometer Run. UC San Diego, 9 am. Dick Sufficool (714) 236-6217.

DEC 31: Resolution Run. 3 miles. Balboa Park, San Diego. Mike Welch (714) 232-7451.

DEC 8: The Great Runs. 10 kilo, Central Park, Redding, 9:00 am. Women only. Regina Silva - Fleet Feet, Downtown Mall, Redding (916) 442-3338.

DEC 8: Bakersfield Hill and Dale Run. 10,000 meters. Larry Arnt, 5000 Belle Terrace #72, Bakersfield 93309.

DEC 8: Clovis Stampede 5 Mile Road Race. Sandy McPherson, 1023 Oxford Ave., Clovis 93612.

DEC 8: Weightman's Pentathlon. Glendale. John Tansley, Dept. of Athletics, Glendale College, 1500 Verdugo Ave., Glendale 91208.

DEC 9: Honolulu Marathon. Hawaii, 6:00 am. Enter by November 12. Honolulu Marathon Association, P.O. Box 27244, Chinatown Station, Honolulu HI 96827.

DEC 9: Apple Valley 6.3 and 3.1 Mile Runs. Van Nuys, 11:00 am. Jim Gorrell

SCHEDULE

JANUARY

JAN 1: Hangover Handicap. 6 miles, Woodward Park, Fresno. Jim Martin, 2530 N. Barton, Fresno 93703.

JAN 1: Runner's World 15 Kilometer Track Invitational. Stanford University. Bob Wischnia, Runner's World, 1400 Stierlin Rd., Mountain View 94042. (415) 965-9777.

JAN 1: New Year's Day Hangover Resolution 3.4 Mile Run. Golden Gate Bridge Toll Gate Plaza, 10 am. Walt Stack, 321 Collingwood St., San Francisco 94114. (415) 647-9459.

JAN 4: Runner's World Indoor Classic. San Francisco Cow Palace, 7 pm. Bob Wischnia, Runner's World, 1400 Stierlin Rd., Mountain View 94042. (415) 965-8777.

JAN 4: Muhammad Ali Invitational Indoor. Long Beach Arena. Lee Smith, 1024 Montana Ave., Santa Monica 90403. (213) 392-3916.

JAN 5: Athletic World 7 Mile Run. Fresno. Ron Koch, Athletic World, 711 West Shaw, #109, Clovis 93612. (209) 298-3969.

JAN 5: Examiner Games Indoor. San Francisco Cow Palace. Jim Terrill, Box 1032, Los Altos 94022. (415) 965-2433.

JAN 6: California 10. 10 mile, Lincoln High School, Stockton, 10 am. Sundance Running Club, P.O. Box 4802, Stockton 95204.

JAN 12: High Sierra TC 5 Mile. Fresno. Joe Herzog, 822 S. Claremont, Fresno 93727.

JAN 13: Red Cross Water Temple Run. 10 kilo, Canada College, 10 am. American Red Cross, 1449 Bellevue Ave., Burlingame (415) 343-4561.

JAN 13: Mission Bay Marathon. San Diego, 7 am. Mission Bay Marathon, P.O. Box 1124, San Diego 92112.

JAN 19: High Sierra TC 10 Mile Run. Fresno. Len Thornton, 5768 N. Millbrook, Fresno 93710.

JAN 19: Fresno All Comers Track Meet. Cal State Fresno, 12:30 pm. Carlo Prandini, Clovis High School, 1055 Fowler Ave., Clovis 93612. (209) 298-4659 or 299-7211.

JAN 20: Zoo Run. 3.65 miles, San Francisco Zoo, 9 am. Norman Gershenz, SF Zoo, Skyline Blvd. & Zoo Rd., San Francisco 94312. (415) 661-2023.

JAN 20: Superbowl Sunday 10 Kilo. Redondo Beach, 8 am. Redondo Beach Chamber of Commerce, 1215 N. Catalina Ave., Redondo Beach 90277.

JAN 26: Super Race III. 10 kilo, Community, El Estero Park, Monterey, 11 am. Earl C. Collins, 404 Camino El Estero, Monterey 93940. (408) 373-4166.

JAN 27: Big Dipper Handicap 6 Mile. Woodward Park, Fresno. Larry Lung, 784 Jana Way, Hanford 93230.

JAN 27: Peach Bowl Pacers 10 Kilo Run. Browns Valley, 11 am. David Bushling, 1039 Teesdale Rd., Yuba City 95991. (916) 674-8736.

JAN 27: Mag 20 Miler. Woodside Elementary School, 9 am. Mike Ipsen, 1251 Hudson St., Redwood City 94061. (415) 368-1095.

JAN 27: AAU National — Paul Masson Marathon. Dan O'Keefe, 20032 Rodrigues Ave., Cupertino 95014. (408) 257-6670.

SPOTLIGHT ON: Maria King



photo by Dave Stock

Maria King may only be 15 years old and 90 pounds in weight; but Maria King packs a lot of dynamite in that tiny young frame. When it comes to track she's worth her weight in gold.

The very personable King, a student at Samuel Ayer High School in Milpitas, was 1979 league champion in both the 880 and the mile, recorded season bests of 2:12 and 4:59 and went on to place fifth in the State Championships. All this was accomplished while she was yet 14 years old. Don't worry about trying to remember

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DEC 1: Barrio Run. San Diego. 10 kilometer, 9 am. Frank Saiz (714) 281-1401.

DEC 1: Kinney Prep XC Championship Western Qualifier. Crystal Springs, Belmont. 5,000 meters both boys and girls. Vern Gambetta, 877 Washington Ave., Albany 94726.

DEC 1: Fall Throwers Meet. Cal State Northridge, 1 pm. Bill Webb, Track Coach, Cal State University, 18111 Nordhoff, Northridge 91330.

DEC 1 & 2: TFA Winter Decathlon. Glendale. John Tansley, Dept. of Athletics, Glendale College, 1500 N. Verdugo Rd., Glendale 91208.

DEC 2: Decemberfest Road Run. 6.2 miles, Campbell High School, 9:00 am. Don H. Campbell, 2392 Rupert Dr., San Jose 95124. (408) 379-5399.

DEC 2: United Airlines Friendship Race. 30 kilo, Coyote Point Park, 9:00 am. Al Bangent, 118 Dunman Way, South San Francisco 94080. (415) 992-9707.

DEC 2: Western Hemisphere Marathon. Culver City, 8:00 am. Carl Porter, 4117 Overland Ave., Culver City 90230. (213) 837-5211.

DEC 2: Oakland Marathon and half marathon. The Oakland Marathon c/o C. Swenson, P.O. Box 2501, Oakland Airport Station, Oakland 94621.

DEC 2: Women's Awareness Fun Run. San Luis Obispo. 2 & 4 miles. Kathy Brindley (805) 541-6717.

DEC 8: Balboa Park Boogie. San Diego. Women only. 9 am. Nicki Hobson, 12991 Caminito Bodega, Del Mar 92014.

DEC 8: Mule Hill to Old Town 32 Mile Cross Country Run. San Diego area. Bob Letson, 4369 Hamilton St., Apt. 4, San Diego 92104.

DEC 8: Nike Valley of the Sun Half Marathon. Ramona, 8 am. David Wilson (714) 789-3890.

DEC 8: Mad Jack 5 and 10 Mile Runs. University of San Diego, 8 am. Scott McCarthy (714) 291-6480 x4272.

DEC 8: Kinney Prep Cross Country Championships. San Diego. See Dec. 1.

DEC 8: Northridge Fall All Comers Meet. Cal State Northridge. For sprinters, hurdlers and jumpers. Bill Webb,

DEC 8: The Great Runs. 10 kilo, Central Park, Redding, 9:00 am. Women only. Regina Silva - Fleet Feet, Downtown Mall, Redding (916) 442-3338.

DEC 8: Bakersfield Hill and Dale Run. 10,000 meters. Larry Arnt, 5000 Belle Terrace #72, Bakersfield 93309.

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DEC 9: Apple Valley 6.3 and 3.1 Mile Runs. Van Nuys, 11:00 am. Jim Gorrell, 14756 Hopi Rd., Apple Valley 92307. (714) 247-2748.

DEC 9: Beverly Hills Perrier 10 Kilo Run. 8:00 am. Carl Anderson, Beverly Hills Recreation and Parks Dept., Room 600, 450 N. Crescent Dr., Beverly Hills 90210. (213) 550-4816.

DEC 9: Madera Mini Marathon. 13.1 miles. Dee DeWitt, Madera High School, Madera

DEC 15: Wasco Mid Winter Road Races. Jess Arriaga, 1503 Claire Ave., Corcoran 93212.

DEC 16: Christmas Relays. 49.061 miles, Cunha School, Half Moon Bay, ends at UC Santa Cruz, 8:30 am. Marc Lund, 902 Rockefeller, #11-B, Sunnyvale 94087. (408) 739-6560.

DEC 16: Mt. Thom Hill Climb. Glendale, 9:00 am. John Tansley, Glendale College, 1500 Verdugo Rd., Glendale 91208. (213) 240-1000.

DEC 22: Big Macathon 10 Mile Run. Palm Desert, 9:00 am. John Marman, College of the Desert, 43-500 Monterey, Palm Desert 92260. (714) 346-8041.

DEC 23: Skunk Hollow 15 Kilo Run. Camarillo, 10:00 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

DEC 29: Neward-Coyote Hills to the Bay Run. 6.8 miles, Coyote Hills Regional Park, Fremont, 10:30 am. Darryl Reina, 35501 Cedar Blvd., Newark 94560. (415) 793-1406.

DEC 29: Holiday Invitational 10 Kilo Run. Camarillo, 10:00 am. Jim Fagnant, 58 Calle Escalon, Camarillo 93010. (805) 482-1587.

DEC 30: Rudyard Kipling Double Marathon Track Run. Woodside High School, 8:00 am. Don Choi, 439 Campbell Ave., San Francisco 94134.

DEC 30: Westlake Village 20 Mile Run. 8:00 am. Brian Pritchard, 1626 Wellington Place, Westlake Village 91361. (805) 495-8705.

DEC 31: Naturite New Year's Eve 11 Kilo Run. Santa Monica, 11:30 pm. Rld Ede, 1424 Lynoak Dr., Claremont 91711 (714) 624-1484.

SPOTLIGHT: Maria King

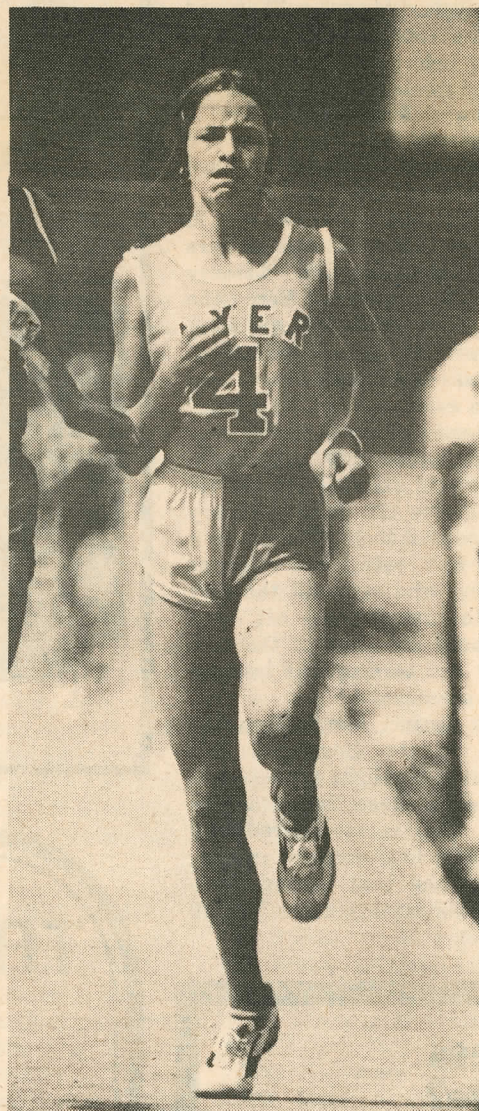


photo by Dave Stock

Maria King may only be 15 years old and 90 pounds in weight; but Maria King packs a lot of dynamite in that tiny young frame. When it comes to track she's worth her weight in gold.

The very personable King, a student at Samuel Ayer High School in Milpitas, was 1979 league champion in both the 880 and the mile, recorded season bests of 2:12 and 4:59 and went on to place fifth in the State Championships. All this was accomplished while she was yet 14 years old. Don't worry about trying to remember the name "Maria King" because you'll be hearing it a lot in the future.

Maria says she got started in track, "When I was 9 years old with the Arrow Track Club in Los Altos. My first year I ran the 440. I thought I would be a sprinter, because I liked it in elementary school. I really enjoy the competition and have made a lot of good friends through track. I love to run."

Although during the academic year Maria runs for her school she is also a member of the San Jose Cindergals and it's Cindergal mentor Augie Argabright she credits leading her. "My biggest inspiration has been my coach, Mr. Argabright," she relates, "because he believes in me and is teaching me to believe in myself."

With all the success at an early age you'd think Maria must be a track fanatic. Wrong! "I feel that being involved in a sport, music or any type of club is good for you. But I don't think that it should be the most important thing in your life. Being dedicated is great but you shouldn't let it completely take over your life.

The future? "After high school I'd like to go on to a four year school in the Bay Area. Stanford, UC Berkeley, etc., and major in journalism."

Workouts:

Sunday- rest. *Monday-* long intervals (1100 to 3 miles). *Tuesday-* 6-8 mile run. *Wednesday-* short intervals (660 and down). *Thursday-* 6-8 mile run. *Friday-* early season: quality interval workout. Late season: short easy workout. *Saturday-* Early season: timed trial. Late season: competition.

MARIA KING: San Jose Cindergals and Samuel Ayer High School. Age 15. 5 feet, 3½ inches; 90 pounds. Born June 18, 1964, in Guam.

Best Marks: 880- 2:12.6 (79); mile- 4:59.0 (79). Coached by Estle "Augie" Argabright.

Bakersfield Natural Light BEER

FULL & HALF

Marathon

13.1 & 26.2 miles

Certified & sanctioned by the A.A.U.

**SATURDAY,
FEBRUARY 2, 1980**

Sponsored by Advanced
Beverage Company;
Distributors of



Entry Fee: \$5.00 before deadline;
\$7.00 after deadline.

Deadline: postmarked no later than 1/30/80.

Pre-Registration: Send completed entry blank
with \$5.00 entry fee to:

**Bakersfield Track Club
433 E. Belle Terrace
Bakersfield, CA 93307**

If you would like to receive
your race number by mail
send \$5.25.

Awards: •T-shirts to all finishers both races.
•Round trip air fare to either
Olympic Trials, New York, Boston,

SATURDAY, FEBRUARY 2, 1980

Sponsored by Advanced
Beverage Company;
Distributors of
Natural Light Beer

Registration: 7:15 am, West High School gym
Start: 9:00 am, West High School at Fjord
and Vahalla Streets.

Deadline: postmarked no later than 1/30/80.
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433 E. Belle Terrace
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If you would like to receive
your race number by mail
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- Awards:**
- T-shirts to all finishers both races.
 - Round trip air fare to either Olympic Trials, New York, Boston, or Honolulu marathon will be awarded to the first male and female full marathon finishers.
 - Awards to top 10 overall.
 - Trophies and medals in six divisions, male and female, both races.
 - Grand prizes of running gear to be awarded by a drawing after the marathon.

ENTRY FORM (please print)

Name _____ Age _____
last first (as of race)

Address _____ City _____

State _____ Zip _____ male _____ female _____

School or club _____ t-shirt size S M L XL

Previous best half or full marathon _____ date _____

1980 AAU Card number _____

Make check payable to Bakersfield Track Club. AAU registration required.

Waiver: In consideration of your accepting my entry, I intend 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 accrue to me against Advanced Beverage Co., the A.A.U., the County of Kern, the officials, agents, representatives, and sucesors, for any and all injuries suffered by me while traveling to and from and participating in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event of 13.1 or 26.2 miles.

Signature: _____ **Date:** _____

Signature: _____ **Date:** _____
parent or guardian signature needed if applicant is under 18 years of age.

PREP NOTES

by KEITH CONNING

Track Wrapup

AAU JUNIOR OLYMPICS August 11-12, Lincoln, Nebraska

On Saturday afternoon, August 11th, I sat down in front of my television set to watch the coverage of the Junior Olympics. Unfortunately the show was shortened, because the baseball game went over the scheduled time. I had looked forward to this chance to see some of our California athletes participate against the rest of the nation. **Don Criqui** was the emcee and he was aided by **Frank Shorter** and **Willie White**. So far so good. Don Criqui said: "We've got young men who step off the 100 yard dash in 9.5 seconds, 16 years old. And of course the junior olympic meet has long been a proving ground for athletes who have later gone on to win gold medals for the U.S. in the Olympic Games. All told there are some 2,000 athletes from 50 states competing here at the University of Nebraska in Lincoln, Nebraska. We have a beautiful day for it. Temperatures in the 80's, clear and sunny skies. There is an outlook for possible record performances." Frank Shorter said, "I'm really excited."

I wonder how many junior olympic athletes have won gold medals. The program has only been in existence 13 years and a number of the best eligible athletes don't participate. For one thing

Please send all Northern California high school results directly to Keith Conning: 2235 Browning Street, Berkeley, CA 94702. Phone: (415) 849-4406.

Cook (San Bernardino) was second in the 440 intermediate hurdles with 54.93.

Susie Ray (Villa Park) placed second in the shot put with 47-6.

Jim Brennan (El Camino, Oceanside) finished third in the 880 with 1:54.05.

Bishop (Covina) was third in the girls javelin at 143-3.

Judy Young (Berkeley) was fourth in the 100 yard hurdles with a time of 14.22, after taking second in a qualifying heat in 14.10, and fourth in the semifinal in 13.98.

Jacobs (Argyle Academy, Los Angeles) was sixth in the 880 at 2:18.6.

Lisa Scaduto (Santa Monica) placed sixth in the two mile with 10:49.87.

Tonya Alston's (Chico) high jump meet record of 5-10 was tied.

Scott Endler (Hoover, Fresno) lost his meet record in the discus by nearly nine feet.

NEW CAL COACH

When **Mike Hurd** was running track at Fresno State in 1968, he spent a lot of time handing a relay baton to **Erv Hunt**. Eleven years later, Hurd and Hunt are teaming up again, this time as coaches.

Hurd, who piloted Antioch High's track team to five Diablo Valley Athletic League titles, will join **Brian Maxwell** as an assistant coach at Cal under Hunt. Hurd, 33, replaces **John Wedel**, who has taken a position at Texas-El Paso. Maxwell, incidentally, ran seventh in the Elite International Marathon at Montreal with an excellent time of 2:15.

"I've always wanted to coach at the University of California," said Hurd, who had been a coach at Fresno State.

RANSOM WINS 3 IN JR. OLYMPICS

Tony Ransom of the Hayward Area Track Club was a triple winner and several athletes who were prominent during the high school season performed well on June 23 as the AAU District Junior Olympics concluded a two-day stand at Merritt College.

Ransom won the senior 120-yard high hurdles in 14.7, the 400-meter lows in 56.9 and the long jump at 22-2. State prep 220 runner-up **Raymond Threatt** of Pittsburg sped to a 21.4, and **Valerie Spence** of San Lorenzo clocked a notable 24.5 in the intermediate girls division.

CAL HURDLER MAKES U.S. TEAM

Bloomington, Indiana -- University of California hurdler **Larry Cowling** has qualified to represent the U.S. in junior track and field meets against the Soviet Union in Bakersfield and in Boston.

Cowling, who will be 19 on July 6, finished second in 51.66 in the 400 hurdles June 24, at the National AAU Junior Championships. State high school high hurdles champion **Jim Scanella** of San Ramon, Danville, finished sixth. Stanford's **Gary Bruner** was a non-qualifying third in the javelin.

B.E.B.T.C CLEANS UP AT AAU

Berkeley-East Bay Track Club girls took home two age-group titles from the AAU National Championships June 29-30 at UCLA.

The 12-13 age group totaled 90 points.

BILL GREEN ROMPS IN EUROPE

Cubberley High School of Palo Alto product, ticketed for USC, won the 400 in 45.95, in a meet July 17, in Lausanne, Switzerland. On July 22, in Rieti, Italy, Italy's **Pietro Mennea** broke the world record for the rarely-run 300-meter dash with a clocking of 32.23. Green was second at 32.60.

In Sweden on July 31 and August 7, the 18-year old Green captured the 400 in 46.27 and then 45.96.

TRACK PREVIEW

Berkeley has three new transfers this season: junior **Pete Richardson** (El Cerrito) 48.8, 1:55.4, state meet competitor; senior **Tommy Ford** (Logan, Union City) 21.7; and junior **Robyne Johnson** (Mt. Eden, Hayward) 18-7, 11.2.

The Berkeley boys team should have an excellent mile relay with juniors **Homer Dotson** 50.4m and **Charles Clewis** joining Richardson and Ford. According to assistant coach **Arno Brewer**, Berkeley now has eight boys capable of running under 50 seconds in the quarter.

Robyne Johnson joins a girls team that only lost quarter miler **Kim White** to Northridge State. If they can hang on to the baton at next year's state meet, they should win.

Northern California XC Roundup

CENTRAL COAST SECTION

Girls:

1. Amy Harper (Prospect, Saratoga) won at Sunnyvale and Postal, and placed fifth at Artichoke.

2. Kerry Brogan (Los Altos) won at Menlo-Atherton and St. Francis, and placed second to Amy Harper at Postal.

3. Linda Van Housen (Woodside) won

course the junior olympic meet has long been a proving ground for athletes who have later gone on to win gold medals for the U.S. in the Olympic Games. All told there are some 2,000 athletes from 50 states competing here at the University of Nebraska in Lincoln, Nebraska. We have a beautiful day for it. Temperatures in the 80's, clear and sunny skies. There is an outlook for possible record performances." Frank Shorter said, "I'm really excited."

I wonder how many junior olympic athletes have won gold medals. The program has only been in existence 13 years and a number of the best eligible athletes don't participate. For one thing it costs a lot of money to go to Nebraska. The cost of sending one club - Berkeley East Bay—was \$3,100.

After all the ads for Sears and coverage of the other sports, I saw exactly one track race (boy's 100) on Saturday. Sunday's coverage was a little better. Now remember this is the television network that is going to cover the 1980 Olympics.

The Berkeley East Bay Track Club quartet of **Sharon Ware** and **Sherifa Sanders** (Berkeley), **Robyne Johnson** (Mt. Eden, Hayward) and **Valerie Spence** (San Lorenzo) won the 440 relay in 47.68. All are 14 or 15 years old, and they had to defeat the nation's best 16-17 year olds to win their gold medals. Johnson, who has long jumped 18-7 and sprinted the 100 in 11.2, has transferred to Berkeley. Ware reached the finals of the 100 yard dash by finishing second in her preliminary heat with a time of 10.89 and second in the semifinal with a time of 11.18. Ware took fourth in the final in 11.00, in a four-way photo finish, and Sanders took seventh in the long jump with a personal best of 19-5.

Freeman Miller (Fremont, Los Angeles) won the triple jump with a wind-aided leap of 50-2½, while **Coy Justice** (Logan, Union City) placed sixth at 47-7¾ w.

Alonzo Jackson (Oakland) placed second in the long jump with 23-10¾, only 1 inch behind the winner. **Darryl Miller** (DeAnza, Richmond) was fourth with 23-10. A mere 1¾ inch separated the first four jumpers.

Raymond Threatt (Pittsburg) was second in the 220 at 21.5 and fourth in the 100 at 9.82.

NEW CAL COACH

When **Mike Hurd** was running track at Fresno State in 1968, he spent a lot of time handing a relay baton to **Erv Hunt**. Eleven years later, Hurd and Hunt are teaming up again, this time as coaches.

Hurd, who piloted Antioch High's track team to five Diablo Valley Athletic League titles, will join **Brian Maxwell** as an assistant coach at Cal under Hunt. Hurd, 33, replaces **John Wedel**, who has taken a position at Texas-El Paso. Maxwell, incidentally, ran seventh in the Elite International Marathon at Montreal with an excellent time of 2:15.

"I've always wanted to coach at the college level," said Hurd, who was born in Pittsburg and earned eight letters in cross country, basketball and track while a student at Antioch in the early '60's. "Over the last few years, I felt I'd reached the point where I was ready to move on."

LAURIE CRISP

Laurie Crisp (Downey, Modesto) will probably attend Modesto Junior College, following a safe training program aimed at gaining back some aerobic foundation lost during this entirely wasted senior year. She may redshirt at MJC one year, compete one year, then transfer to a four year school. She's currently up to 5 miles a day and will take it easy building up over the summer, according to her coach Bill Mensing.

WARE SETS 100 METER RECORD

Sharon Ware blazed to a national junior record in the women's 100 meter dash Saturday (July 14) to lead a host of Berkeley East Bay Track Club members to qualifying berths for the Junior Olympics in Lincoln, Nebraska.

Ware won the 100-meter final in 11.60, while teammate **Valerie Spence** grabbed fourth in 12.04. The two, along with **Sherifa Sanders** and **Robyne Johnson** teamed to win the 400 relay in 47.63.

Alesia Sweeney and **Judy Young**, meanwhile, ran 1-2 in the 100-meter low hurdles. Sweeney tying the national hand-timed record of 13.53, and Young clocking 13.84.

In the boys' 400, **Pete Richardson** placed second with a time of 49.04.

track and field meets against the Soviet Union in Bakersfield and in Boston.

Cowling, who will be 19 on July 6, finished second in 51.66 in the 400 hurdles June 24, at the National AAU Junior Championships. State high school high hurdles champion **Jim Scarella** of San Ramon, Danville, finished sixth. Stanford's **Gary Bruner** was a non-qualifying third in the javelin.

B.E.B.T.C CLEANS UP AT AAU

Berkeley-East Bay Track Club girls took home two age-group titles from the AAU National Championships June 29-30 at UCLA.

The 12-13 age-group totaled 90 points and beat out the Southern California Roadrunners, who accumulated 60½ points.

The 440-yard relay team of **Nedra Rodgers**, **Lana Rice**, **Yvette Bates** and **Denise Williams** set a new national record with an electric time of 48.28. Converted to hand-time, that clocking works out to 48.0, eclipsing the old mark by 0.2 seconds.

"We would have run faster but we had a bad exchange on the anchor leg," coach Arno Brewer said.

In the 14-15 division, BEBTC won with 62 points, beating the Long Beach Comets by 17.

Sharon Ware took home two titles, established a national record with 11.5 in the 100, and ran on the winning 440-yard relay team.

WHITE, FRANKLIN LEAD U.S. JRS.

Boston -- Berkeley High product **Kim White** and Cal-bound **Marian Franklin** helped the United States junior team to a victory over their Soviet counterparts July 5, 188—178.

The California duo was half of the 1,600 relay team which upset the Russians, setting an American junior record in the process, to tip the balance.

Cindy Cumbess of Los Angeles and **Denean Howard** of San Geronio High joined White and Franklin to run 3:36.08, prevailing by about one-half second.

The juniors, men 19 and under and women 18 and under, rallied to win the last three events and capture the meet, the sixth victory in nine meets since dual competition was inaugurated in 1973. The Americans avenged a 201-190 loss in Bakersfield, when the Russians won their first junior meet on American soil.

Northern California

XC Roundup

CENTRAL COAST SECTION

Girls:

1. Amy Harper (Prospect, Saratoga) won at Sunnyvale and Postal, and placed fifth at Artichoke.

2. Kerry Brogan (Los Altos) won at Menlo-Atherton and St. Francis, and placed second to Amy Harper at Postal.

3. Linda Van Housen (Woodside) won at Menlo-Atherton and Center Meet 2, and placed third behind Amy Harper and Kerry Brogan at Postal.

4. Linda Jungsten (Carlmont, Belmont) won at Center Meet 3, placed second at Center Meet 2, placed third at Stanford, fourth at Postal, and seventh at Artichoke and Hayward.

photo by Keith Conning



ROBYN MacSWAIN

5. Paula Foianini (Carlmont, Belmont) took second at Center Meet 3, placed fourth at Center Meet 2, and placed fifth at Stanford.

Other girls to watch include Lori Benevento (Santa Teresa, San Jose), Wendy Huston (Gunn, Palo Alto), Tiffany Choy (Salinas), Kristi Jacobsen

4. Leigh (San Jose) was third at Aptos and Postal, fourth at Sunnyvale and Soquel, and fifth at Crystal Springs.

5. Gunn (Palo Alto) won at St. Francis, placed second at Center Meet 3, fourth at Postal, and seventh at Artichoke.

photo by Keith Conning



Left to right: DAVE SHEA, JAY MARDEN, RICH READ

(Soquel), Debbie Morris (Los Gatos), Karen Kwong (Homestead, Sunnyvale), Judy Peters (Westmont, Campbell), Karen Whipple (Lynbrook, Sunnyvale), Sharon Elliott (Saratoga), and Ruth Day (Willow Glen, San Jose).

Boys:

1. Fernando Balderas (San Jose) won at San Lorenzo Valley, Soquel, and Postal, placed fourth at Aptos, and fifth at Alum Rock.

2. Jesse Torres (Independence, San Jose) won at Crystal Springs, placed

Other teams doing well include St. Francis (Mt. View), Independence (San Jose), Saratoga, Homestead (Sunnyvale), Half Moon Bay and Palo Alto.

Boys' Teams:

1. Leigh (San Jose) has won four invitationals—Sunnyvale, Stanford, Aptos, Soquel—and placed second at Crystal Springs to Mission San Jose (Fremont).

2. Los Gatos won at San Lorenzo Valley and placed second to Leigh at Sunnyvale and Aptos.

Fuller (Mira Loma, Sacramento).

5. Lisa Sandel (Campolindo, Moraga) won at Hayward and placed second to Lori Shanoff at San Ramon. Her time at San Ramon was tied for the second best along with Joyce Richardson.

Other girls who did well in the invitationals included Mary Ann Morse (Carondelet, Concord), Marsha White (Miramonte, Orinda), Mary Gaffield (El Cerrito), and defending section champion Chris Manning (Carondelet, Concord).

Boys:

1. Jay Marden (Mission SAN Jose, Fremont) is undefeated through five invitationals—Alum Rock, Artichoke, Crystal Springs, Hayward and Mt. San Antonio.

2. Rich Read (Mission San Jose, Fremont) was second at Artichoke, Crystal Springs, Hayward, and Mt. San Antonio, and third at Alum Rock.

3. Bret Baffert (San Ramon, Danville) is undefeated in two invitationals—San Ramon and Antioch.

4. Dennis MacDonald (Mt. Eden, Hayward) was second at San Ramon, fifth at Hayward, and seventh at Oakland Athletic League.

5. Dave Shea (Castro Valley) was second at Oakland Athletic League, third at Artichoke and fourth at Crystal Springs, and tenth at Hayward.

Others to observe are Larry Guinee (Castro Valley) and Dave Perlman (Las Lomas, Walnut Creek).

Girl's Teams:

1. Drake (San Anselmo) is undefeated in three invitationals—Stinson Beach, San Ramon, and Crystal Springs.

2. Carondelet (Concord) won three invitationals—Block D, San Ramon, and Hayward—and placed ninth at Mt. San Antonio.

3. Petaluma has won two invitationals—Block P and Chico—and placed second at San Ramon.

photo by Keith Conning



Boys' Teams:

1. Mission San Jose (Fremont) is undefeated in five invitationals—Alum Rock, Artichoke, Crystal Springs, Hayward, and Mt. San Antonio.

2. Castro Valley won at Oakland, and placed third in three mets—Artichoke, Crystal Springs, and Hayward.

3. San Ramon is undefeated in three invitationals—Block D, Antioch, and San Ramon.

4. Amador Valley (Pleasanton) was second at Block D and Antioch.

5. De La Salle (Concord) was first at San Ramon, second at Hayward, and competed at Mt. San Antonio.

Other teams to watch include Pleasant Hill and Las Lomas (Walnut Creek).

SAC-JOQUIN SECTION

Girls:

1. Jeani Fuller (Mira Loma, Sacramento) won at Rio Linda and placed second at Alum Rock and Artichoke to Liz Strangio and Robyn MacSwain respectively.

2. Jeanette Slingerland (Mira Loma, Sacramento) was second at Rio Linda to her teammate Jeani Fuller, third at Alum Rock, and sixth at Artichoke.

3. Suzy Martinez (San Juan, Citrus Heights) was third at Rio Linda behind Jeani Fuller and Jeanette Slingerland.

4. Patty Hoseit (El Camino, Sacramento) was second at Nevada Union.

5. Kim Keeton (Woodland) was fourth at Nevada Union and seventh at Rio Linda.

Other girls to consider are Francis Negri (Foothill, Sacramento), Haase (South Tahoe), and Charlene Chaturas (Downey, Modesto).

Boys:

1. Pedro Reyes (Jesuit, Sacramento) won at Nevada Union, placed second at

photo by Keith Conning



(Soquel), Debbie Morris (Los Gatos), Karen Kwong (Homestead, Sunnyvale), Judy Peters (Westmont, Campbell), Karen Whipple (Lynbrook, Sunnyvale), Sharon Elliott (Saratoga), and Ruth Day (Willow Glen, San Jose).

Boys:

1. Fernando Balderas (San Jose) won at San Lorenzo Valley, Soquel, and Postal, placed fourth at Aptos, and fifth at Alum Rock.

2. Jesse Torres (Independence, San Jose) won at Crystal Springs, placed a close third at Jay Marden and Rich Read at Hayward, third at Postal, and eighth at Alum Rock.

3. Kevin O'Connor (Carlmont, Belmont) has won three invitationals—Stanford, Center Meets 1 and 3, placed second at Postal, fifth at Artichoke, and sixth at Hayward.

4. Nelson Bernal (Westmont, Campbell) won at Sunnyvale, took second at Stanford and Soquel, and third at Aptos and Crystal Springs.

5. John Hoch (Menlo-Atherton) has won three invitationals—both at Menlo-Atherton and Center Meet 2, placed second at Center Meets 1 and 3, fifth at Postal, and ninth at Stanford.

Other runners of note include Angel Vasquez (Watsonville), Jack Kurr (Gunn, Palo Alto), Jeff Magallanes (Seaside, Monterey), Dan Stefanisko (Santa Teresa, San Jose), Jesse Colvin (Lynbrook, Sunnyvale), Sam Barraza (Watsonville), Felix Soto (Mt. Pleasant, San Jose), Alex Gonzalez (Gunderson, San Jose), Dan Gonzalez (Mt. View), Jeff Salazar (Saratoga), Isaac Miller (Fremont, Sunnyvale), Joe Rubio (Willow Glen, San Jose), Jeff Ernst (Monta Vista, Cupertino), Glenn Giovanetti (Mills, Millbrae), Roy Gonzalez (Gunderson, San Jose), Jim Kasper (St. Francis, Mt. View), and Mike McCollum (Palo Alto).

Girls' Teams:

1. Los Gatos is undefeated in three invitationals—Sunnyvale, Aptos, and San Lorenzo Valley.

2. Carlmont (Belmont) won Center Meet 3 and the Postal, and placed second at Artichoke and Hayward.

3. Soquel placed second at Aptos, San Lorenzo Valley, and Postal, and third at Soquel.

Other teams doing well include St. Francis (Mt. View), Independence (San Jose), Saratoga, Homestead (Sunnyvale), Half Moon Bay and Palo Alto.

Boys' Teams:

1. Leigh (San Jose) has won four invitationals—Sunnyvale, Stanford, Aptos, Soquel—and placed second at Crystal Springs to Mission San Jose (Fremont).

2. Los Gatos won at San Lorenzo Valley and placed second to Leigh at Sunnyvale and Aptos.

3. Saratoga has won three invitationals—Homestead, St. Francis, Center Meet 3—placed third at Sunnyvale behind Leigh and Los Gatos, and fourth at Crystal Springs.

4. St. Francis (Mt. View) won at Crystal Springs, placed second at Homestead and Center Meet 3, and fourth at Stanford.

5. Monta Vista (Cupertino) won Center Meet 2, and placed fifth at Oakland Athletic League and Artichoke.

Other noteworthy teams are Watsonville, Santa Teresa (San Jose), Gilroy, Carlmont (Belmont), Westmont (Campbell), Gunderson (San Jose), Hollister, and Mills (Millbrae).

NORTH COAST SECTION

Girls:

1. Lori Shanoff (Petaluma) is undefeated in three invitationals—Petaluma, Chico and San Ramon, where she had the best time of the meet.

2. Joyce Richardson (Concord) is also undefeated in three invitationals—San Ramon, Antioch, and Hayward. Her time at San Ramon was the second best of the meet behind Lori Shanoff.

3. Robyn MacSwain (Terra Linda, San Rafael) has won four invitationals—Stinson Beach, Oakland Athletic League, Artichoke, and Soquel—and placed second at Antioch behind Joyce Richardson.

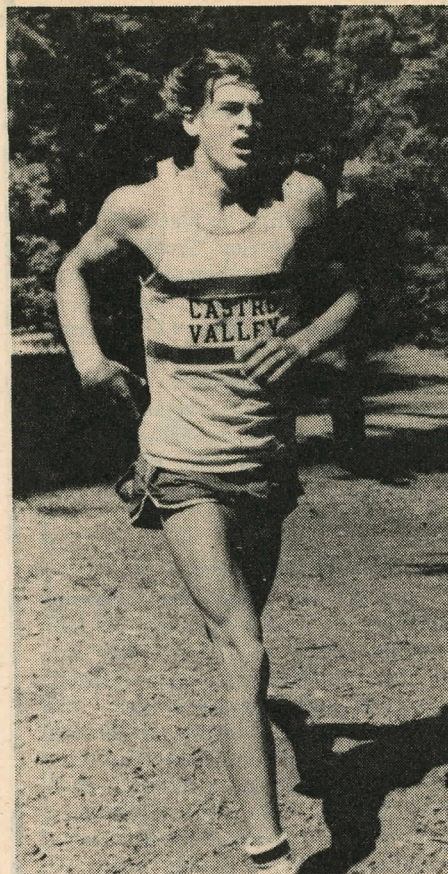
4. Liz Strangio (Mission San Jose, Fremont) has won three invitationals—Alum Rock, Crystal Springs, and Mt. San Antonio—placed second at Hayward behind Joyce Richardson and third at Artichoke to Robyn MacSwain and Jeani

in three invitationals—Stinson Beach, San Ramon, and Crystal Springs.

2. Carondelet (Concord) won three invitationals—Block D, San Ramon, and Hayward—and placed ninth at Mt. San Antonio.

3. Petaluma has won two invitationals—Block P and Chico—and placed second at San Ramon.

photo by Keith Conning



LARRY GUINES

4. Redwood (Larkspur) was first at Soquel, fourth at Stinson Beach and fifth at Artichoke.

5. Terra Linda (San Rafael) won the Oakland Athletic League, placed second at Stinson Beach, Antioch, and Soquel, and third at Artichoke.

Other good teams include Miramonte (Orinda), Acalanes (Lafayette), Piedmont, Castro Valley, El Cerrito, Mission San Jose, and San Ramon.

at Nevada Union and seventh at Rio Linda.

Other girls to consider are Francis Negri (Foothill, Sacramento), Haase (South Tahoe), and Charlene Chaturas (Downey, Modesto).

Boys:

1. Pedro Reyes (Jesuit, Sacramento) won at Nevada Union, placed second at

photo by Keith Conning



LISA SANDEL

Chico, and fourth at Hayward.

2. Dan Betker (Casa Roble, Orangeville) won at Cordova and placed second at Nevada Union and Rio Linda.

3. Jeff Scott (El Camino, Sacramento) won at Rio Linda and Matador and placed third at Nevada Union.

4. Mike Vail (Mira Loma, Sacramento) was fourth at Alum Rock and sixth at Artichoke.

5. Tom Foran (Mira Loma, Sacramento) was second at Alum Rock ahead of Rich Read and seventh at Artichoke.

Others to watch include K. Wright (Stagg, Stockton) and Greg Long (Calaveras, San Andreas).

Girls' Teams

1. Mira Loma (Sacramento is undefeated through four invitationals -- Alum Rock, Artichoke, Rio Linda, and Matador
3. Cordova was second at Cordova and Matador, third at Antioch, and fifth at Nevada Union.

4. El Camino (Sacramento) was second at Nevada Union and third at Matador.

5. Lodi was first at Merced, second at Alum Rock, and seventh at Hayward.

Other teams to watch include Del Oro (Loomis, Placer-Auburn), and Merced.

Boys' Teams

1. Jesuit (Sacramento) won at Chico and Nevada Union, and placed second at Hayward.

2. Mira Loma (Sacramento) won at Matador, and placed second at Alum Rock and Artichoke.

3. Bella Vista (Fair Oaks) placed second at Cordova, Nevada Union, and Soquel, and third at Rio Linda.

4. Casa Toble (Orangevale) placed second at Matador, fourth at Rio Linda, and fifth at Nevada Union.

El Dorado (Placerville) won at Rio Linda and placed third at Matador.

Other good teams include Vintage (Napa), Cordova, Elk Grove, Woodland, Lodi, and South Tahoe.

OAKLAND SECTION

Girls

1. Marta McLeod (Skyline, Oakland) was second at Petaluma to Lori Shanoff, second at Oakland Athletic League to Robyn MacSwain, and eighth at Hayward

2. Wendy Turner (Skyline, Oakland) was third at Oakland Athletic League and Crystal Springs, and tenth at Hayward.

Boys

1. Steve Schneider (Skyline, Oakland) was second at San Ramon, fourth at

photo by Don Gosney



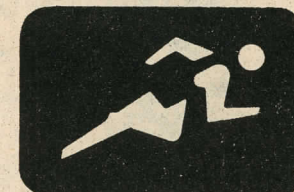
JESSE TORRES

photo by Don Gosney



JOYCE RICHARDSON

bother to send the results of their invitationals to the local newspaper. A case in point was the Crystal Springs Invitational, which was not even reported in the San Mateo Times. How can I possibly know the results? I'm not a mind reader. Another problem is when a newspaper only gives scanty results of the wrong kind. For example, I wanted to find out the results of the San Ramon Invitational. I drove from Berkeley over the hill to Blacks Market in Orinda, which is the closest location that sells the Contra Costa Times. That paper reported team scores and only had a few paragraphs on individuals. In order to get the complete results, I drove all the way to Dublin, which is over 60 miles roundtrip from Berkeley. Maybe now you can understand why I'm starting to tire.



Boys

1. Fidel Serrano (Lowell, San Francisco) was sixth at Oakland Athletic League and ninth at Artichoke.

2. Marco Ibarra (Wilson, San Francisco) was sixth at Crystal Springs and tenth at Artichoke.

Girls' Team

1. Lowell (San Francisco) won at McAteer-Lowell.

Boys' Team

1. Lowell (San Francisco) was third at McAteer-Lowell.

PROFILE

Bill



OAKLAND SECTION

Girls

1. Marta McLeod (Skyline, Oakland) was second at Petaluma to Lori Shanoff, second at Oakland Athletic League to Robyn MacSwain, and eighth at Hayward.
2. Wendy Turner (Skyline, Oakland) was third at Oakland Athletic League and Crystal Springs, and tenth at Hayward.

Boys

1. Steve Schneider (Skyline, Oakland) was second at San Ramon, fourth at Oakland Athletic League, and ninth at Crystal Springs.
2. David Pluth (Skyline, Oakland) was fourth at San Ramon and fifth at Oakland Athletic League.

Girls' Team

1. Skyline (Oakland) was second at Block P and Oakland Athletic League, third at San Ramon, fourth at Hayward, and seventh at Crystal Springs.

Boys' Team

1. Skyline (Oakland) was second at Oakland Athletic League and San Ramon, fourth at Crystal Springs, and ninth at Hayward.

NORTHERN SECTION

Girl

1. Sweeney (Shasta, Redding) was fourth at Chico.

Boy

1. John Frank (Central Valley) won at Chico and defeated Pedro Reyes in the process.

Girls' Teams

1. Shasta (Redding) was second at Chico.
2. Lassen (Susanville) was third at Chico.

Boys' Team

1. Paradise was third at Chico.

SAN FRANCISCO SECTION

Girl

1. Diane Gong (Lowell, San Francisco, was first at McAteer-Lowell, second at Crystal Springs behind Liz Strangio, fourth at Oakland Athletic League, sixth at Hayward, and eleventh at Artichoke.

Boys

1. Fidel Serrano (Lowell, San Francisco) was sixth at Oakland Athletic League and ninth at Artichoke.
2. Marco Ibarra (Wilson, San Francisco) was sixth at Crystal Springs and tenth at Artichoke.

Girls' Team

1. Lowell (San Francisco) won at McAteer-Lowell.

Boys' Team

1. Lowell (San Francisco) was third at McAteer-Lowell.

Denmark Connection:

Dana Flint (Ukiah) who placed third in the North Coast Section Cross Country finals last year as a sophomore, is living on a pig farm in Denmark this year as an exchange student. Meanwhile, Karen Larson (El Cerrito) has come to the United States from Denmark for a year. Although Karen is not as fast in cross country as Dana, she is still making a major contribution to the El Cerrito girls' varsity this season. Dana will return next year.

Thanks to my contributors:

I would like to thank the following contributors for their assistance this fall: Bill Taylor (coach of Drake, San Anselmo), Duncan McSwain (coach of Terra Linda's girls and Robyn's father), Bill Mensing (coach of Downey, Modesto), John Hoch (student at Menlo-Atherton), David Peterson (Skyline, Oakland), Jack Marden (Mission San Jose, Fremont), Howard Willman (San Jose Mercury), Bill Gaffield (Mary's father from El Cerrito), Chuck Sheley (Chico coach), and the unnamed librarians in the newspaper rooms of the Oakland, Berkeley, Hayward, and San Francisco public libraries.

I am starting to burn out. I would appreciate if Northern California coaches and athletes and fans would send me results of major competitions (i.e. when several schools compete at the same time). That way I wouldn't have to live in cold and forboding dungeons also known as newspaper rooms in public libraries. Believe it or not, the majority of results come from newspapers despite the long list of contributors. What really irks me is when coaches will not even

PROFILE

Bill Gail

BILL GAIL: Stanford University, senior. Age 21. 6 feet, 3 inches; 175 pounds. Born April 24, 1958, in Washington, D.C.

Best Marks: 1500 meters- 3:52.5; 3,000 meter steeplechase- 8:53.6; 5,000 meters- 14:27.3 all in 1979. Coached by Dean Clark.

Bill Gail has run 8:53.6 in the steeplechase, the Stanford University school record, but admittedly likes road racing more than track. In road racing he's chalked up a number of good races on his East Coast home turf; including first in the New England 15 Kilo Road Championship and second in the New England 10 Kilometer Road Championship.

Even though roads are his favorite his immediate goals are to qualify for the NCAA Cross Country Championships and the U.S. Olympic steeplechase trials. He states his long range goal as, "To beat Gary Blume."

Gail got started in track after watching the 1972 Olympics on television. "I decided I wanted to run at Montreal. Well, even though I had improved to 4:25 in the mile, I fell a little short of the Olympic Trials. So much for goals, but you have to start somewhere."

As for why he competes in track and how long he plans to continue - Until I drop. I'm crazy like everybody else."

Bill's main inspiration comes from his fellow competitors. "The people who



inspire me are those who are faster than I am, but who tick me off because I don't think they should be."

And how about training rules? "I have run some of my best races the day after hard training runs, sleepless nights, 12 beers, etc. I believe that training rules are not nearly as critical as most people think, and certainly less so than the pre-race attitude."

Workouts:

Sunday: 14-17 mile road run. **Monday:** hard 10 miles at 5:30 pace. **Tuesday:** easy 8-10 miles. **Wednesday:** speed work- 12x440 in 62 with 60 second jog interval or mixed intervals. **Thursday:** 10 miles easy. **Friday:** 4 miles easy in the morning and 3-4 in the afternoon. **Saturday:** race.

Senior Olympics

SENIOR OLYMPICS

Men 25-29 Division:

100: 1. Warren Spikes 10.7; 2. Ralph Tilley 10.8; 3. Michael Black 11.0. **200:** 1. Warren Spikes 22.2; 2. Lawrence McBride 23.5; 3. Christopher Arnold 25.0. **400:** 1. Lawrence McBride 52.7; 2. Rod Petkovic 53.2. **1500:** 1. David Levin 4:04.1. **5,000:** 1. David Levin 21:06.1. **10,000:** 1. Warren Tiff 46:23. **10,000 Walk:** 1. William Waite 62:10. **110 Hurdles:** 1. John Jones 14.8; 2. Ken Satterfield 16.0. **400 Relay:** 1. Fremont Alumni 43.5. **1600 Relay:** 1. Fremont Alumni 3:26.1; 2. Rappers 3:31.1. **High Jump:** 1. Ken Satterfield 5-8. **Long Jump:** 1. David Jackson 22-0¼; 2. Don Williams 19-10½; 3. Robert Palazzo 19-0. **Shot Put:** 1. Robert Palazzo 28-9¾.

Men 30-34 Division:

100: 1. Marion McCoy 10.3; 2. Michael Jackson and Herman Franklin 11.0. **200:** 1. Marion McCoy 22.1; 2. Glenn Johnson 22.1; 3. Michael Jackson 22.3. **800:** 1. Fred Doubell 2:03.2. **1500:** 1. Raul Romero 4:01.2; 2. William Sevilla 4:15.5. **5,000:** 1. Raul Romero 18:23.1; 2. Lawrence Apodaca 18:40.6; 3. Garry Bond 19:49.0. **10,000:** 1. John Rupp 35:44; 2. Gary Bond 41:52. **10,000 Walk:** 1. Mallory Geller 57:42. **3,000 Steeple:** 1. Lawrence Apodaca 12:14.2; 2. Garry Bond 13:07.7; 3. Marshall Risk 14:19.1. **110 Hurdles:** 1. Alan Rigby 15.0. **400 Relay:** 1. SC Striders 42.7. **1600 Relay:** 1. SC Striders 3:22.5. **Discus:** 1. Warren Wilke 116-11. **High Jump:** 1. Charles Rader 6-5½; 2. Steve Lang 6-5½; 3. Timothy Knappen 5-10. **Javelin:** 1. Clyde Fereman 197-3; 2. William Henderson 135-9. **Long Jump:** 1. Carl Flowers 22-9; 2. Michial Clark 21-4½; 3. Alan Rigby 20-0. **Pole Vault:** 1. Warren Wilke 15-0; 2. Wayne Lambert 15-0; 3. Timothy Knappen 14-6. **Shot Put:** 1. George Clifford 40-4¾; 2. William Henderson 34-9¾. **Triple Jump:** 1. Michial Clark 45-5; 2. Andrew Smith 41-4½; 3. Steven Lang 39-9½.

Men 35-39 Division:

100: 1. Paul Dungan 10.9; 2. Doug Wells 10.9; 3. Curtis Roberson 11.1. **200:** 1. Paul Dungan 22.4; 2. Frank Little 24.1; 3. Cliff Matthews 26.7. **400:** 1. Samuel Pinterpe 51.5; 2. Frank Little 53.1. **800:** 1. Tom VonRuden 1:53.9; 2. John Perry 1:56.8; 3. Samuel Pinterpe 2:05.4. **1500:** 1. Tom VonRuden 3:54.2; 2. James Backus 4:03.6; 3. Bruce Kostin 4:10.3. **5,000:** 1. Frank

Bernal 2:14.7; 3. Ray Archibald 2:16.4. **1500:** 1. George DePooter 4:21.8; 2. David Bernal 4:35.7; 3. Ray Archibald 4:37.2. **5,000:** 1. David Bernal 17:32.4; 2. George DePooter 18:41.2; 3. Peter Alexander 20:39.6. **10,000:** 1. David Bernal 38:06; 2. Louis Simms 40:28; 3. Caesar DeCarlo 44:54. **10,000 Walk:** 1. John Kelly 52:10. **3,000 Steeple:** 1. Peter Alexander 13:38.9. **110 Hurdles:** 1. Richard Hickman 16.0; 2. David Jackson 17.2; 3. Jerry Bolden 17.9. **400 Hurdles:** 1. Richard Hickman 61.2; 2. Tony Nasralla 66.8. **400 Relay:** 1. Corona Del Mar 47.7. **Discus:** 1. Philip Brady 149-4; 2. Stew Thomson 137-10; 3. Ed VanPelt 135-1. **Hammer:** 1. Stew Thomson 154-5; 2. Richard Smith 88-7. **High Jump:** 1. Herman Wyatt 6-0; 2. Gustavo Olmos 4-0. **Javelin:** 1. Phil Conley 190-9; 2. Richard Smith 126-0; 3. Clark Devilbiss 114-0. **Long Jump:** 1. Dave Jackson 20-6¼; 2. Shirley Davison 19-11; 3. Tony Nasralla 18-4½. **Shot Put:** 1. Andrew Halle 44-5¼; 2. Philip Brady 44-1; 3. Stewart Thomson 41-1¾. **Triple Jump:** 1. Dave Jackson 40-5½; 2. Tony Nasralla 36-7½.

Men 50-54 Division:

100: 1. Oswald Dawkins 11.7; 2. Robert Watanabe 11.8; 3. Huel Washington 11.9. **200:** 1. Huel Washington 25.3; 2. Robert Watanabe 25.5; 3. Richard Zumwalt 26.5. **400:** 1. Huel Washington 59.2; 2. George Harte 59.9. **800:** 1. Bill Fitzgerald 2:10.4; 2. Robert Holmes 2:15.5; 3. Gunnar Linde 2:18.6. **1500:** 1. Bill Fitzgerald 4:38.1; 2. Robert Holmes 4:40.3; 3. Gunnar Linde 4:48.1. **5,000:** 1. Tracy Brown 17:43.4; 2. Sam Deluca 19:08.5; 3. Harold Willis 22:05.4. **10,000:** 1. Tracy Brown 36:42; 2. John Gianotti 37:48; 3. Sam Deluca 39:53. **10,000 Walk:** 1. John Allen 51:15; 2. Justin Gershuny 59:02; 3. John Friesen 62:30. **Steeple:** 1. John Noble 11:43.3; 2. Harold Willis 13:25.4. **110 Hurdles:** 1. Al Brenda 17.3; 2. Roy Wigginton 19.0; 3. John Friesen 24.0. **400 Hurdles:** 1. Robert Holmes 67.9. **400 Relay:** 1. Corona Del Mar 50.7; 2. Northern California Seniors 51.5. **1600 Relay:** 1. Seniors TC 3:59.0; 2. Corona Del Mar 4:01.7. **Discus:** 1. Harry Hawke 142-10; 2. Donn Maurer 140-3; 3. Al Brenda 106-10. **Hammer:** 1. Paul Evans 115-5; 2. Emson Grimm 58-6. **High Jump:** 1. Burton Otzinger 4-8; 2. Roy Wigginton 4-4; 3. Robert Perry 4-2. **Javelin:** 1. Roy Wigginton 114-6; 2. Paul Evans 73-3. **Robert Perry 61-7. Long Jump:** 1. Al Brenda 17-10; 2. Burton Otzinger 17-8¼; 3. Milton

1. Burl Gist 5-0; 2. James Vernon 4-6; 3. Troy Scoggins 4-6. **Javelin:** 1. Bill Morales 154-7; 2. Dan Aldrich 143-6; 3. Robert Sheard 129-4. **Long Jump:** 1. Gordon Farrell 16-3¼; 2. James Vernon 15-6; 3. William Morales 15-1. **Pole Vault:** 1. James Vernon 10-0; 2. William Burke 7-6. **Shot Put:** 1. Nathaniel Heard 48-9½; 2. Dan Aldrich 45-11¾; 3. Jack Thatcher 45-9. **Triple Jump:** 1. George Poloyins 29-6½; 2. Erich Jordan 28-10; 3. Troy Scoggins 25-6¼.

Men 65-69 Division:

100: 1. Harry Koppel 13.3; 2. John Satti 13.5; 3. Al Simmons 13.6. **200:** 1. Harry Koppel 27.6; 2. John Satti 28.4; 3. Robert Pope 42.6. **400:** 1. Harry Koppel 66.4; 2. John Satti 67.0; 3. Bud Deacon 68.6. **800:** 1. Bud Deacon 2:38.1. **1500:** 1. Bud Deacon 5:38.0; 2. John Montoya 6:01.0. **10,000:** 1. John Montoya 43:41; 2. John Thomson 51:52. **10,000 Walk:** 1. Otto Wenk 1:02:47; 2. Mickey Blakesley 1:07:50. **110 Hurdles:** 1. Al Simmons 19.8; 2. Chester Beach 19.9; 3. John Satti 20.0. **400 Hurdles:** 1. John Satti 78.6. **Discus:** 1. Tom Montgomery 115-5; 2. James York 113-3; 3. Art Vesco 93-0. **Hammer:** 1. Tom Montgomery 126-7. **High Jump:** 1. Ted Wilson 4-8; 2. John Damski and James McCarthy 4-6. **Javelin:** 1. Art Vesco 81-11; 2. Doodles Weaver 64-10. **Long Jump:** 1. Gordon Farrell 15-9; 2. John Damski 14-2; 3. Al Simmons 13-9. **Pole Vault:** 1. Bud Deacon 9-0; 2. Don Hummel 8-6; 3. Art Vesco 6-6. **Shot Put:** 1. James York 44-5½; 2. Tom Montgomery 40-10¾; 3. John Baker 36-6½. **Triple Jump:** 1. Al Simmons 27-7; 2. John Satti 25-8¾; 3. Art Vesco 23-1¾.

Men 70-74 Division:

100: 1. Joseph Caruso 14.5; 2. Harry Durall 15.3; 3. A.J. Puglizevich 15.6. **200:** 1. A.J. Puglizevich 32.6; 2. Harry Durall 37.2. **400:** 1. Melvin Shine 71.1; 2. Harry Durall 86.2. **800:** 1. Melvin Shine 2:51.7. **1500:** 1. Sidney Madden 5:40.0; 2. Harry Durall 7:13.0. **5,000:** 1. Sidney Madden 21:12.0. **10,000:** 1. Ernest Lyons 51:06. **10,000 Walk:** 1. Chesley Unruh 1:06:04. **110 Hurdles:** 1. A.J. Puglizevich 25.2. **Discus:** 1. Red Doms 112-1; 2. Robert MacConaghy 92-6; 3. A.J. Puglizevich 87-5. **Hammer:** 1. Randolph Hubbell 117-11; 2. Red Doms 69-3. **High Jump:** 1. David Marcus 4-0; 2. A.J.

400— 55-59: Diana Smith 1:40.3. **40-44:** Almata Parish 64.6. **35-39:** Miki Hervey 63.3. **30-34:** Margie Tenebaum 70.2.

800— 55-59: Diana Smith 4:10.0. **35-29:** Mike Hervey 2:34.5. **30-34:** Lynda Heuy 2:37.5.

1500— 90-94: Eula Weaver 17:15. **80-84:** Hulda Crooks 12:05. **70-74:** Bess James 8:36. **60-64:** Alice Wervel 7:41. **55-59:** Edith Carlisle 6:38. **35-39:** Reiko Duba 5:33. **30-34:** Lynda Huey NT. **25-29:** Paula Kash NT.

5,000— 70-74: Bess James 31:19.1. **60-64:** Alice Werbel 27:56.4. **55-59:** Jaclyn Caselli 27:20.7. **50-54:** June Miller 28:19.3. **45-49:** Jacqueline Parriaux 24:29.9. **40-44:** June Schneider 25:13.2. **35-39:** Lenna Coomber 22:25.3. **30-34:** Vernette Osborne 28:21.1.

10,000— 70-74: Bess James 64:52. **60-64:** Alice Werbel 58:30. **55-59:** Jaclyn Caselli 51:32. **40-44:** Jane Dods 50:27. **35-39:** Lenna Coomber 46:49. **30-34:** Mary Apodaca 46:40.

10,000 Walk— 50-54: LoLina McNichols 1:24:04. **40-44:** Lori Maynard 56:36. **30-34:** Bonnie Dillon 56:30. **5-292** Paula Kash 51:26.

XC MEET NOTICE

Two big cross country meets in 1980 which may be of importance to Californians are noted here:

February 2, 1980: 1980 National AAU Junior Men's 8 Kilometer Cross Country Championships and International Cross Country Trials. Crystal Springs International Cross Country Course, Belmont (San Francisco peninsula). Must be under 20 for all of 1980. For entry blanks and further information: Dave Shrock, 60 Roberts Rd., #12, Los Gatos, CA 95030.

TFA/USA National Cross Country Championships. Both Men (10,000) and women (5,000). University of Nevada at Reno. For more information: Jack Cook, Track Coach, University of Nevada, Reno NV 89507.

6-5½; 2. Steve Lang 6-5½; 3. Timothy Knappen 5-10. **Javelin:** 1. Clyde Fereman 197-3; 2. William Henderson 135-9. **Long Jump:** 1. Carl Flowers 22-9; 2. Michial Clark 21-4½; 3. Alan Rigby 20-0. **Pole Vault:** 1. Warren Wilke 15-0; 2. Wayne Lambert 15-0; 3. Timothy Knappen 14-6. **Shot Put:** 1. George Clifford 40-4¾; 2. William Henderson 34-9¾. **Triple Jump:** 1. Michial Clark 45-5; 2. Andrew Smith 41-4½; 3. Steven Lang 39-9½.

Men 35-39 Division:

100: 1. Paul Dungan 10.9; 2. Doug Wells 10.9; 3. Curtis Roberson 11.1. **200:** 1. Paul Dungan 22.4; 2. Frank Little 24.1; 3. Cliff Matthews 26.7. **400:** 1. Samuel Pinterpe 51.5; 2. Frank Little 53.1. **800:** 1. Tom VonRuden 1:53.9; 2. John Perry 1:56.8; 3. Samuel Pinterpe 2:05.4. **1500:** 1. Tom VonRuden 3:54.2; 2. James Backus 4:03.6; 3. Bruce Kostin 4:10.3. **5,000:** 1. Frank Duarte 15:33.3; 2. James Backus 16:36.7; 3. Dennis Dillon 17:33.4. **10,000:** 1. John Ramirez 39:32. **3,000 Steeple:** 1. Ira Yawnick 11:19.8; 2. John Risk 12:13.6. **110 Hurdles:** 1. Theo Viltz 15.0. **400 Hurdles:** 1. Tommie White 60.5. **400 Relay:** 1. Corona Del Mar 43.8; 2. LA County Marshalls 47.4. **1600 Relay:** 1. Hog Stampeters 4:31.4. **Discus:** 1. Ed Kohler 166-1; 2. John Lewis 91-2. **High Jump:** 1. John Lewis 4-6; 2. John Lappin 4-4. **Javelin:** 1. John Lewis 124-7. **Long Jump:** 1. John Lewis 17-9½; 2. John Lappin 15-4¾. **Pole Vault:** 1. Anthony Endres 11-0; 2. John Lewis 10-6. **Shot Put:** 1. Doug Wells 51-10 ¾; 2. Edward Kohler 51-3½; 3. Charles Russell 39-6¼. **Triple Jump:** 1. John Lewis 36-3½.

Men 40-44 Division:

100: 1. Doug Smith 11.2; 2. Louis Smith 11.3; 3. David Segal 11.4. **200:** 1. Doug Smith 23.0; 2. Louis Smith 24.0; 3. Terry Cannon 24.4. **800:** 1. Ted Nelson 2:01.7; 2. Melvin Elliot 2:03.5; 3. Philip Cordero 2:16.5. **1500:** 1. Melvin Elliot 4:20.0; 2. Skip Witt 4:35.1. **5,000:** 1. Skip Witt 17:45.8. **10,000:** 1. Thomas Rohrer 45:49. **10,000 Walk:** 1. Ron Laird 48:56. **3,000 Steeple:** 1. James Cullen 12:29.2. **110 Hurdles:** 1. Alvin Henry 15.0; 2. Dennis DeVitt 16.4; 3. Charles Fuller 16.6. **400 Hurdles:** 1. Gary Miller 59.3. **400 Relay:** 1. Corona Del Mar 44.5. **1600 Relay:** 1. Corona Del Mar 3:48.9. **Discus:** 1. Bob Humphreys 151-11; 2. Fred Fate 100-10; 3. John Zoolakis 96-3. **Hammer:** 1. James Hanley 145-1; 2. Fred Fate 107-10. **High Jump:** 1. James Brown 6-0; 2. Dennis DeVitt 5-6; 3. Don Rose 5-6. **Javelin:** 1. Larry Stuart 204-10; 2. Robert Higgins 166-1; 3. Don Rose 148-7. **Long Jump:** 1. Alvin Henry 20-4½; 2. Kermit Walker 20-4; 3. Gary Bane and Dennis DeVitt 18-7. **Pole Vault:** 1. Dennis DeVitt 12-0; 2. Carlos Cota 11-6; 3. Gary Bane 10-6. **Shot Put:** 1. James Hanley 42-3¼; 2. Fred Fate 32-5¾; 3. Joseph White 28-8. **Triple Jump:** 1. Alvin Henry 42-7; 2. Kermit Walker 42-1¾.

Men 45-49 Division:

100: 1. Nick Newton 11.3; 2. Percy Knox 11.5; 3. Tony Nasralla 12.0. **200:** 1. Nick Newton 23.6; 2. Tony Nasralla 25.2; 3. Juan Pedevilla 28.5. **400:** 1. Nick Newton 52.3; 2. Tony Nasralla 55.5; 3. Jack Randolph 60.8. **800:** 1. George DePooter 2:08.7; 2. David

Robert Holmes 4:40.3; 3. Gunnar Linde 4:48.1. **5,000:** 1. Tracy Brown 17:43.4; 2. Sam Deluca 19:08.5; 3. Harold Willis 22:05.4. **10,000:** 1. Tracy Brown 36:42; 2. John Gianotti 37:48; 3. Sam Deluca 39:53. **10,000 Walk:** 1. John Allen 51:15; 2. Justin Gershuny 59:02; 3. John Friesen 62:30. **Steeple:** 1. John Noble 11:43.3; 2. Harold Willis 13:25.4. **110 Hurdles:** 1. Al Brenda 17.3; 2. Roy Wigginton 19.0; 3. John Friesen 24.0. **400 Hurdles:** 1. Robert Holmes 67.9. **400 Relay:** 1. Corona Del Mar 50.7; 2. Northern California Seniors 51.5. **1600 Relay:** 1. Seniors TC 3:59.0; 2. Corona Del Mar 4:01.7. **Discus:** 1. Harry Hawke 142-10; 2. Donn Maurer 140-3; 3. Al Brenda 106-10. **Hammer:** 1. Paul Evans 115-5; 2. Emson Grimm 58-6. **High Jump:** 1. Burton Otzinger 4-8; 2. Roy Wigginton 4-4; 3. Robert Perry 4-2. **Javelin:** 1. Roy Wigginton 114-6; 2. Paul Evans 73-3. Robert Perry 61-7. **Long Jump:** 1. Al Brenda 17-10; 2. Burton Otzinger 17-8¼; 3. Milton Creange 14-0¼. **Pole Vault:** 1. Al Brenda 10-6; 2. Don Grosh 10-0; 3. Robert Perry 6-0. **Shot Put:** 1. Richard Preciado 43-9; 2. Robert Paysinger 38-2; 3. Paul Evans 35-10. **Triple Jump:** 1. Al Brenda 37-4¾.

Men 55-59 Division:

100: 1. Tom Patsalis 12.5; 2. Robert Cooper 12.6; 3. Wilbur Buchanan 12.7. **200:** 1. Tom Clayton 26.7; 2. Wilbur Buchanan 27.0; 3. Robert Cooper 27.0. **400:** 1. Wilbur Buchanan 60.8; 2. Robert Hunt 61.2; 3. Robert Wingo 68.3. **800:** 1. George Puterbaugh 2:16.1; 2. Avery Bryant 2:28.0; 3. David Lewis 4:56.2; 2. Avery Bryant 4:56.2; 3. David Lewis 5:18.5. **5,000:** 1. Avery Bryant 18:42.3; 2. Robert VanNoy 21:36.5. **10,000:** 1. Harold Daughters 38:47. **110 Hurdles:** 1. Tom Patsalis 16.0; 2. Robert Hunt 17.7. **400 Hurdles:** 1. Robert Hunt 67.9. **Discus:** 1. George Ker 132-10; 2. William Bangert 120-10; 3. Frank DeBernardi 95-2. **Hammer:** 1. William Bangert 101-7; 2. Frank DeBernardi 98-5. **High Jump:** 1. David Brown 4-6. **Javelin:** 1. Peter Fetter 143-8; 2. William Bangert 83-4. **Long Jump:** 1. Tom Patsalis 18-8¼; 2. David Brown 15-10; 3. Peter Fetter 14-4¼. **Pole Vault:** 1. David Brown 10-6; 2. Vern Wolfe 10-0. **Shot Put:** 1. William Bangert 46-7; 2. George Ker 44-2; 3. Mark Henderson 35-3½. **Triple Jump:** 1. Tom Patsalis 38-5; 2. David Brown 31-2½.

Men 60-64 Division:

100: 1. Payton Jordan 12.4; 2. Clarence Killion 13.3; 3. Al Guidet and Byron Walls 13.4. **200:** 1. Al Guidet 27.7; 2. Byron Walls 28.6; 3. Kenneth Dugan 32.8. **400:** 1. Al Guidet 62.8; 2. Paul Ganahl 65.6; 3. William Fairbank 66.5. **800:** 1. Don Longenecker 2:28.9; 2. George Poloynis 2:35.0. **1500:** 1. Don Longenecker 5:28.5; 2. George Poloynis 5:48.0; 3. Robert Long 5:48.3. **5,000:** 1. Don Longenecker 18:01.5; 2. Julian Myers 22:27.6; 3. John Wolcott 23:25.0. **10,000:** 1. Ed Lewin 41:27; 2. George Boyle 47:17; 3. John Carr 59:03. **3,000 Steeple:** 1. Harold McWilliams 1:02:35; 2. Joseph Wehrly NT. **Steeple:** 1. Robert Long 14:54.5. **110 Hurdles:** 1. Al Guidet 17.3; 2. Burt Gist 17.5; 3. William Morales and Jack Rawls 19.0. **400 Hurdles:** 1. Al Guidet 73.6; 2. Paul Ganahl 74.3. **400 Relay:** 1. Corona Del Mar 51.8. **Discus:** 1. Dan Aldrich 157-7; 2. Mike Castaneda 145-3; 3. Jack Thatcher 136-6. **Hammer:** 1. Dan Aldrich 141-3; 2. Nathaniel Heard 133-4; 3. James Minah 132-4. **High Jump:**

Shot Put: 1. James York 44-5½; 2. Tom Montgomery 40-10¾; 3. John Baker 36-6½. **Triple Jump:** 1. Al Simmons 27-7; 2. John Satti 25-8¾; 3. Art Vesco 23-1¾.

Men 70-74 Division:

100: 1. Joseph Caruso 14.5; 2. Harry Durall 15.3; 3. A.J. Puglizevich 15.6. **200:** 1. A.J. Puglizevich 32.6; 2. Harry Durall 37.2. **400:** 1. Melvin Shine 71.1; 2. Harry Durall 86.2. **800:** 1. Melvin Shine 2:51.7. **1500:** 1. Sidney Madden 5:40.0; 2. Harry Durall 7:13.0. **5,000:** 1. Sidney Madden 21:12.0. **10,000:** 1. Ernest Lyons 51:06. **10,000 Walk:** 1. Chesley Unruh 1:06:04. **110 Hurdles:** 1. A.J. Puglizevich 25.2. **Discus:** 1. Red Doms 112-1; 2. Robert MacConaghy 92-6; 3. A.J. Puglizevich 87-5. **Hammer:** 1. Randolph Hubbell 117-11; 2. Red Doms 69-3. **High Jump:** 1. David Marcus 4-0; 2. A.J. Puglizevich 3-6. **Javelin:** 1. Emery Curtice 119-11; 2. Robert MacConaghy 117-2; 3. Red Doms 95-11. **Long Jump:** 1. Joe Caruso 13-9¾; 2. David Marcus 11-3¾; 3. Red Doms 9-10¼. **Shot Put:** 1. Robert MacConaghy 37-8¾; 2. Red Doms 36-11¾; 3. Lee Wintner 31-6¼. **Triple Jump:** 1. Joe Caruso 26-3; 2. Red Doms 21-4.

Men 75-79 Division:

100: 1. Sing Lum 15.6; 2. F.A. Rohrman 17.8. **200:** 1. Sing Lum 32.2. **5,000:** 1. Nat Pisciotta 25:33.7. **Discus:** 1. F.A. Rohrman 62-11. **Hammer:** 1. F.A. Rohrman 56-0. **High Jump:** 1. F.A. Rohrman 3-4. **Javelin:** 1. F.A. Rohrman 60-10. **Long Jump:** 1. F.A. Rohrman 9-4¼. **Shot Put:** 1. F.A. Rohrman 27-0. **Triple Jump:** 1. F.A. Rohrman 19-5.

Men 80-84 Division:

200: 1. Paul Spangler 40.9. **Discus:** 1. Walter Wesbrook 57-0. **High Jump:** 1. Walter Wesbrook 3-8; 2. John Whitemore 3-0. **Javelin:** 1. John Whitemore 65-9; 2. Walter Wesbrook 50-10. **Long Jump:** 1. Walter Wesbrook 10-3¾; 2. John Whitemore 7-9¼. **Pole Vault:** 1. Walter Wesbrook 5-6. **Shot Put:** 1. John Whitemore 28-9; 2. Walter Wesbrook 27-8¼. **Triple Jump:** 1. Walter Wesbrook 21-7¼.

Men 85-89:

100: 1. Charles Backus 23.5. **200:** 1. Charles Backus 55.5. **400:** 1. Charles Backus 2:29.2. **Discus:** 1. Charles Backus 21-8. **Long Jump:** 1. Charles Backus 5-8¼.

Women's Division

Discus— 65-69: Edith Mendyka 62-0. **60-64:** Olive Patterson 32-11½. **50-54:** Shirley Kinsey 80-8. **40-44:** Cherrie Sherrard 91-9. **30-34:** Jan Svendsen 158-1. **35-39:** Scylla Nagel 56-8½.

High Jump— 40-44: Cherrie Sherrard 4-6. **30-34:** Alberta Martin 4-8.

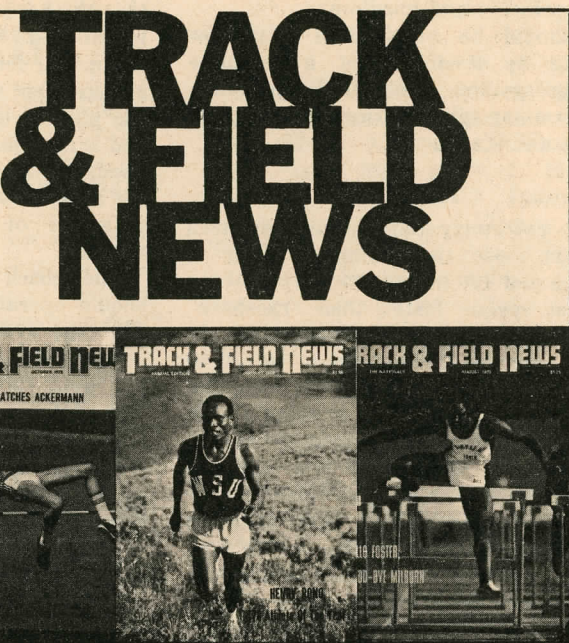
Javelin— 65-69: Edith Mendyka 68-8. **40-44:** Catie Burk 46-8. **30-34:** Janice Henderson 70-2.

Long Jump— 65-69: Edith Mendyka 7-9½. **55-59:** Ruth Christian 11-0½. **40-44:** 1. Jane Dods 11-9½. **30-34:** Gloria Whitfield 14-4¼.

Shot Put— 65-69: Edith Mendyka 28-2¾. **40-44:** Cherrie Sherrard 36-8. **30-34:** Janice Henderson 22-10.

Country Trials. Crystal Springs International Cross Country Course, Belmont (San Francisco peninsula). Must be under 20 for all of 1980. For entry blanks and further information: Dave Shrock, 60 Roberts Rd., #12, Los Gatos, CA 95030.

TFA/USA National Cross Country Championships. Both Men (10,000) and women (5,000). University of Nevada at Reno. For more information: Jack Cook, Track Coach, University of Nevada, Reno NV 89507.



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TRAINING & TECHNIQUE

by VERN GAMBETTA

Tow Training

by JOHN TANSLEY

Many coaches and athletes have asked me for information regarding our "tow" sprint training here at Glendale College. We will be starting our fifth year and I'm still learning more each day. We have had great results but why it works I'm not sure...John Tansley.

Tow training is not new. Coaches have used it before and articles have been written about it. We've been experimenting on and off, here at Glendale College for four years and have had some surprising results. We have never been blessed with good sprint talent here so we had little to lose. In the last four years we have had seven sprinters run under 10.7 and 21.7 in the 100-200 meters of which most had never run better than 10.3 and 23.2 for 100-220 yards in high school. Pete Russell had run 9.9 and 22.6 in high school and clocked 10.4 and 21.4 over 100-200 meters last year.

In our first year we had a five week period of tow training before our first meet with Pasadena CC and we swept them in the 100-220 with three runners

An increase of 1/10th of a stride per second (4.2-4.3) drops your time 2/10ths in the 100 meters. Every inch of stride length improvement decreases your time 1/10th in the 100 meters.

Tow training produces stride lengths of up to ten feet or longer but it is difficult to tell if this carries over to "free" running or not. Certainly the range of motion (high knee - high kick back) is increased. This means that the radius of the leg, out of necessity at high frequency, is being decreased.

Downhill running is another excellent way of training but we have not been able to increase the frequency of stride or get the speeds like you do with tow training. You seem to run faster in downhill running because of the increase in stride length.

Tow Training may seem to be somewhat passive but this is not so. It is very strenuous and the athlete supports his own body weight and has control over his muscles. The amount of *pull* is very slight (you can hold on with a finger). Sprinters will sweat profusely.

the curve, drop off a group and pick up the next one. Use a complete recovery after each interval.

the season without leg problems and had an average increase of 3.75 tenths of a second in the 100 meters.

If you let go of the bar while traveling fast you could have an excellent example of a "hinge moment" and rotary motion - a rolling tumble. This is a very rare occurrence and only happens once to an athlete!

Another problem we've had is with shoes. Tow training can be done in flats or spikes but is tough on shoes. We have had some blisters and have torn the

photo by Bob White



Sprinters are encouraged to "run tall." A 27 mile per hour "tow" creates high knee and high back kick, sore muscles and fast times.

FORM

An upright vertical position is necessary. Athletes have a tendency to look down at their feet or the bar. "Stand tall and be pulled" and "don't push the bar" should be emphasized. We have our athletes look through the cab or keep their eyes on the back of the cab. We consider the arm action the inhibitory

athlete *right out of his shoes* on occasion. Leather spikes and good strong flats work best.

CONCLUSION

There is still a lot to be learned about the use of tow training. We still haven't

College for four years and have had some surprising results. We have never been blessed with good sprint talent here so we had little to lose. In the last four years we have had seven sprinters run under 10.7 and 21.7 in the 100-200 meters of which most had never run better than 10.3 and 23.2 for 100-220 yards in high school. Pete Russell had run 9.9 and 22.6 in high school and clocked 10.4 and 21.4 over 100-200 meters last year.

In our first year we had a five week period of tow training before our first meet with Pasadena CC and we swept them in the 100-220 with three runners (Mike Tanner, Rich Stillwell and P.J. Gold) clocking 9.7-9.8 and 21.6-21.8 on a soggy track. Since then we have continued to consistently develop reasonably good sprinters and hurdlers.

It should be emphasized that tow training by itself is not a complete training system. We still do intervals, jump training (plyometrics), weights, hill sprints and starts.

THEORY

It is extremely difficult for sprinters to train close to maximum speed in practice and 100 meter runners can never train at speeds faster than "racepace" like other distances. We know that 100 meter runners hit top speed at 30-40 meters then they slow down during the rest of the race. Inability to sustain high frequency of stride is the primary reason for this. We think that tow training might increase the ability of the athlete to *sustain* top speed. We know that the ready energy source in the muscle cell, ATP, is used up in a period of about 5 seconds and that oxidative and glycolytic factors are involved. Since these factors often adapt and change in other types of training, we assume that there should be increased ability to restore ATP, tolerate acidosis (lactic acid), oxygen debt and supply glucose to the muscle cells in sprinters as well.

We think that training at high frequency helps the neuromuscular system to function at high speeds for a longer time. There are no scientific studies that we are aware of that prove this, however.

From studying movie film of our tow training we believe we are hitting 4.8 to 5.1 strides per second. Top sprinters can rarely top 4.2 to 4.4 strides per second.

Downhill running is another excellent way of training but we have not been able to increase the frequency of stride or get the speeds like you do with tow training. You seem to run faster in downhill running because of the increase in stride length.

Tow Training may seem to be somewhat passive but this is not so. It is very strenuous and the athlete supports his own body weight and has control over his muscles. The amount of *pull* is very slight (you can hold on with a finger). Sprinters will sweat profusely.

LOGISTICS

After experimenting with parallel bars, harnesses, ropes, straps and a variety of other devices we have found that the horizontal bar at chest height to be the best. We use 2 inch pipe mounted about four feet behind a mini-truck. The athletes feel safe with this arrangement, the pull is closed to the center of mass and is in a normal arm position. This bar needs to be strong and well secured so the athlete can *pull up* or *pin-wheel* if he gets out of control or loses concentration.

The coach or a responsible person should operate the vehicle at all times. We time every *pull* between 100 meter poles. Start out at just under 20 miles per hour (about 11.0 for 100 meters). The operator will develop a feel for time, speed and what each athlete can handle. As many as three or four athletes can be pulled at each time but the coach should group these as to ability, condition, event, etc.

We use tow training for all athletes in which speed is important. Long jumpers, pole vaulters, hurdlers, high jumpers of both sexes have used it. All kinds of distances can be run with tow training, but we have found that 100 meter tows seem to work best. We start our beginners with 4x100 meter tows at slow speeds and work up to 6x100 meters at fast speeds in a period of six weeks. We don't think there is much value in running extremely fast speed but they should be at least one second faster than the athletes basic ability in the 100 meters. Our fastest 100 meters has been 8.8.

Pick up athletes in the center of the curve, accelerate out of the curve and down the straightaway. Decelerate into

Sprinters are encouraged to "run tall." A 27 mile per hour "tow" creates high knee and high back kick, sore muscles and fast times.

FORM

An upright vertical position is necessary. Athletes have a tendency to look down at their feet or the bar. "Stand tall and be pulled" and "don't push the bar" should be emphasized. We have our athletes look through the cab or keep their eyes on the back of the cab. We consider the arm action the inhibitory factor in fast frequency running so every effort is made to pump the free arm vigorously. The athlete should grip the bar lightly and not tighten the grip. There is a slight push-pull movement with the arm holding the bar. Like *free* sprinting the foot will land directly under the center of mass. The arm should swing from the shoulder and be bent 90 degrees at the elbow throughout the swing.

SORENESS

The first two weeks of tow training will produce a lot of muscle soreness even if the sprinters are in excellent shape. **Sprinters should be in good shape to start tow training.** This soreness is most prevalent in the thighs and hamstrings but upper body soreness is quite common also. We're not sure what causes this soreness but it is either *stretching soreness* (as the range of motion is dramatically increased) or soreness caused by the quickness and increased stress put on the quadriceps and hamstrings (like you get when you sprint while out of shape). Once this period of two weeks (six sessions) is over the athlete adapts and soreness is eliminated.

INJURIES AND SAFETY

Our first fear of using tow training would be that we would have muscle pulls and *tuangs* in abundance. Surprisingly, we have **never had** a hamstring or muscle injury (other than soreness) while doing it.

In our first year we were working with three athletes who had all had severe and reoccurring hamstring pulls in the previous years. All three finished

athlete *right out of his shoes* on occasion. Leather spikes and good strong flats work best.

CONCLUSION

There is still a lot to be learned about the use of tow training. We still haven't been able to develop an in season program that works well especially around the important final meets. We have not used tow training on a really fast athlete yet. If a really fast athlete had the same percentage gain we are getting with our slow athletes, a 9.7 100 meters, a 18.0 200 meters and a 42.0 400 would be very possible. We are getting better results in the 200 and 400 meters and our 800 and 1500 meter runners are also getting some good results. Field events are hard to measure but we are getting good results from these events. Women on our track team have had limited success but on minimal participation.

We know that concentration is very important while doing tow training and possibly this could be a factor in our improved results. When you're going as fast as we are you only think about one thing - *control*. Tow training, like all training, can become monotonous and hard work. The coach must discipline himself to set up the gear three days a week and the athlete must stick with it.

Athletes describe the results of tow training as follows: "It makes me loose;" "When I sprint I feel very much in control;" "My tightness goes away and it breaks me loose;" "I lift at the end of 100 and 200 meters;" "I'm just faster." Jim Crouch a former half-miler and coach at Bell-Jeff High School described tow training as "the hardest work I have ever done with my hamstrings."

It's true that you "can't make a racehorse out of a mule" but you have to try and get the most out of the mule if that's all you have to race with. Certainly type II fast twitch muscle cells are better to work with in developing sprinters.

If you decide to use tow training, feel free to call me if I can be of any help. Please let me know what your observations and results are.

John Tansley has been a successful coach for 18 years. He has coached at the junior high school, high school, community college and university levels.

Glendale College has not been defeated in track for over six years, compiling a 56 wins in a row record and winning the tough Western States Conference five years in a row. Tansley has won state titles in both track and cross country.

John has been enthusiastically received at international, national and local clinics. His lively, well demonstrated and vividly informative presentations emphasize the "technique of coaching" and the "mechanics" of the events. John has been an instructor for the National AAU and Olympic Committee clinics. He has done clinics for South American, Japanese and

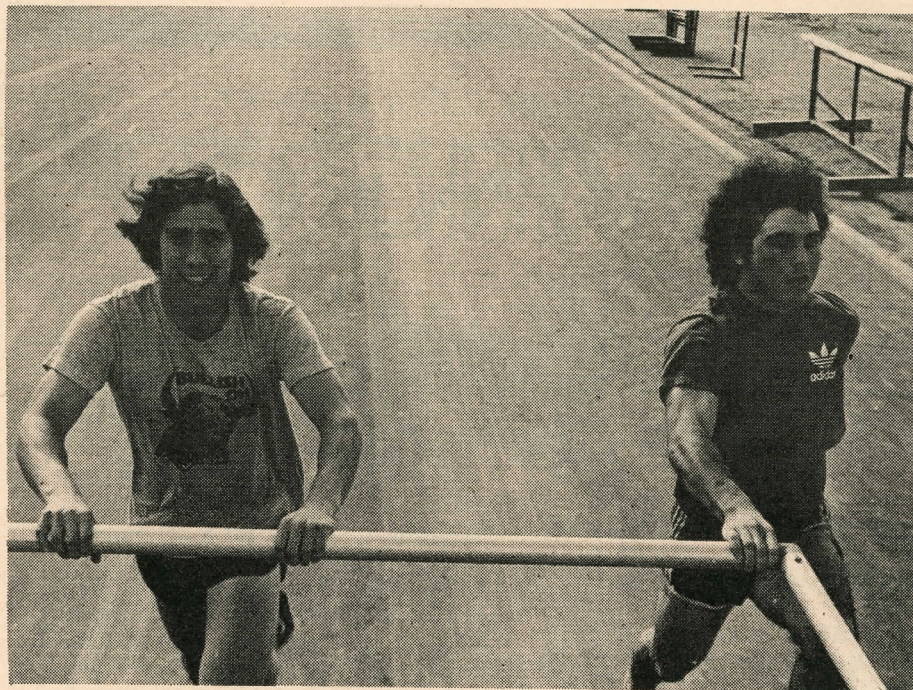
Mexican coaches. In 1976 he was appointed as a high jump coach before the 1976 Olympic Games by the Olympic Committee. He is a member of the U.S. Sports Academy.

Glendale College is called "track country" because Tansley hosts the world's largest decathlon meet, the nation's largest all-comers series, a weightmans pentathlon, the Glendale Relays, road runs and many conference and league track finals.

His new book, *The Flop Book* has been called "one of the most informative books on a single field event ever done." John's articles have appeared in *Track Technique*, *Athletic Journal*, *U.S. Track Coaches Quarterly*, *California Track News* and several other periodicals.

John holds world records in masters decathlon competition and is still an active competitor in masters competition.

photo by Bob White



Beginners start with two hands on the bar. As confidence builds the "free arm" is alternately switched and pumps vigorously.



TUTTLE'S TRACK TOPICS

Besides their hotel rooms, the runners get a lot of frills. First of all they get a quality race with accurate times, aid stations and a fast course. The course is fast because it's during December, which is traditionally cool (50-60 degrees); it's dry in December (12 percent humidity); and December is windless. In addition, "The quantity (limited to 1,00 for each race) and quality of the runners will be excellent," Fowler said.

trip, there will be a small party going to Vegas and a large party returning home.

Those who want a bus ride to Vegas are invited, runners and non-runners, as long as they don't smoke. The round trip ride is \$39 per person.

Our bus is filling fast because the price is excellent. The entry fee for the marathon depends on the package desired. The price for the racer, who runs and stays at the hotel is \$99, which covers

will probably open the bus to Los Angeles people, and make one stop in Los Angeles.

Everyone who is on our tour and buys the full package will be housed on the same floor of the Hacienda. Fowler said, "Along with the European runners attending, Team Inside Track's bus group will be our very special guests, and treated accordingly."

In my opinion, over the next couple of years the Las Vegas Marathon will



LAS VEGAS MARATHON

by Gary Tuttle

"The Las Vegas Marathon will be one of the finest marathons in the world in two years," said Bob Fowler, the man in charge of the 1979 Las Vegas Marathon.

Over the past two months, I have been keeping in touch with Fowler, because I'm helping Team Inside Track Club organize a bus tour to Las Vegas for the marathon and half-marathon. This is our second bus tour, the first having been the successful trip to San Francisco's Bay to Breakers last May.

The Vegas tour is a four-day, three night package to what promises to be a super runner's holiday. According to Fowler, "This is more than a race, this is a special weekend for our runners. We are giving our runners a lot for their money."

Besides their hotel rooms, the runners get a lot of frills. First of all they get a quality race with accurate times, aid stations and a fast course. The course is fast because it's during December, which is traditionally cool (50-60 degrees); it's dry in December (12 percent humidity); and December is windless. In addition, "The quantity (limited to 1,00 for each race) and quality of the runners will be excellent," Fowler said.

Besides the average runners, Las Vegas has commitments from Bill Rodgers, Derek Clayton, Tom Fleming, Don Kardong, Sue Petersen, Sue Krenn and Elenora Mendonca—all super runners who will ensure a fast pace.

Las Vegas will be a tremendous race because "we can involve a few celebrities who are sports nuts," Fowler said. According to Fowler, however, "We'll keep everything in perspective; we don't want to make it a circus."

Fowler said, "It will be a great weekend, because we have some tremendous people supporting us." Apparently the number one supporter is 71-year old Hank Greenspun. Greenspun is the owner of the Las Vegas Sun newspaper, which is funding most of the \$75,000 cost. The Las Vegas Sun is the funder but the Hacienda Hotel is the organizer. The Hacienda Hotel, Marina Hotel and Tropicana are where the runners will be housed, but the race headquarters are at the Hacienda.

Thanks to Fowler and the Hacienda, the pre- and post-race activities will be worth the trip alone. Every runner entered will receive two free pre-race breakfasts, two free post race dinners, and two champagne victory parties. In addition, all the runners are given free tickets to the Ice Follies, and a souvenir jacket and suit bag. Fowler said, "No matter which hotel you are assigned to, you'll be less than three minutes from the start and finish." Fowler finally added, "If that's not enough, just being in Las Vegas for four days is fantastic."

Our bus tour leaves from Ventura on Thursday morning, Dec. 6, and returns Sunday evening, Dec. 9. The bus seats 46, and we will put 45 on it, leaving one seat for the keg. As on the Bay to Breakers

trip, there will be a small party going to Vegas and a large party returning home.

Those who want a bus ride to Vegas are invited, runners and non-runners, as long as they don't smoke. The round trip ride is \$39 per person.

Our bus is filling fast because the price is excellent. The entry fee for the marathon depends on the package desired. The price for the racer, who runs and stays at the hotel is \$99, which covers everything. For the non-running spouse or spectator, the entire cost is \$75. Those people who have cabins or friends to stay with can run in the race and get the souvenirs and parties for only \$25.

Initially, we are accepting local people, but in order to completely fill the bus we

will probably open the bus to Los Angeles people, and make one stop in Los Angeles.

Everyone who is on our tour and buys the full package will be housed on the same floor of the Hacienda. Fowler said, "Along with the European runners attending, Team Inside Track's bus group will be our very special guests, and treated accordingly."

In my opinion, over the next couple of years the Las Vegas Marathon will become one of the great races in the United States. When someone thinks marathon, they'll think Boston, New York and Las Vegas. Come along and be a part of the beginning of a tradition.

Meet you at the blackjack table at 9 p.m.!

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MOVING ON

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Sprints & Hurdles

Chris Dailey (Sacramento CC) 10.4, 20.9 to **Nevada Las Vegas**. Pat Holcomb (San Jose CC) 20.9r, 46.9r to **Washington**. John Hall (Tustin HS) 49.6 to **Saddleback CC**. Pat Nash (Escondito) 37.0 to **UC Irvine**. Greg Marjama (Butte CC) 14.1, 51.9ih to **UC Irvine**. Tony Amezcua (Cerritos CC) 52.6ih to **Long Beach State**. Rick Hicks (Yuba CC) 14.2w to **Long Beach State**. Tim Foster (San Jose CC) 10.4 to **San Jose State**. Willie Jackson (San Jose CC) 10.2, 20.1w to **San Jose State**. Ernest Lewis (San Jose CC) 10.0, 20.7 to **San Jose State**. Byron Carmichael (San Jose CC) 14.1 to **UC Berkeley**. Tony Fuller (Saddleback CC) 21.0, 47.7 to **San Diego State**. Greg Simons (Idaho HS) 20.72, 45.91 to **San Diego State**. Michael Adkins (Chula Vista) 10.5, 21.3, 47.73 to **Nevada Las Vegas**. Rodney Gossby (Pasadena CC) 10.3, 20.9 to **Nevada Las Vegas**.

photo by Don Gosney



(Glendale CC) 10.4, 21.3 to **Stanislaus State**. Pat Croft (Los Medanos CC) 47.4 to **Colorado**. Jim Scannella (San Ramon HS) 13.90 to **Kansas**. Ken Bass (Madera HS) 14.5 to **Fresno CC**. Farrell Purcell (Eureka HS) 14.1w to **Oregon State**.

Sam Brown (Blair HS) 9.8 to **Pasadena CC**. Kirk Campana (Woodside HS) 38.8 to **UC Berkeley**. Darryl Sidney (Long Beach CC) 10.3, 20.9 to **UTEP**. Perry Johnson (Long Beach CC) 10.3, 21.1 to **Arizona State**. Gilbert Basaldua (Long Beach CC) 47.9 to **UC Berkeley**. Kerek Robinson (Long Beach CC) 13.9 to **UC Berkeley**. Dennis Graham (Carson HS) 9.7, 22.1 to **Long Beach CC**. Harold Henry (Fairfax HS) 9.8, 22.2 to **Long Beach CC**. Deandre Jones (McClymonds HS) 9.8, 22.0 to **Long Beach CC**. Anthony Perry (Fremont HS) 9.5, 21.7 to **Long Beach CC**. Leon Reed (Banning HS) 10.3, 21.6 to **Long Beach CC**. Dwayne Stewart (Monroe HS) 9.7, 22.2 to **Long Beach CC**. Glenn Jones (Compton HS) 49.2 to **Long Beach CC**. Lamar Smith (Fremont HS) 50.0 to **Long Beach**

photo by Don Gosney



San Francisco State. Kenneth Cook (Merritt CC) 21.3, 49.5 to **San Francisco State**. John Cary (Westmont HS) 49.5 to **San Francisco State**. Darryl Winston (Laney CC) 52.8ih to **San Francisco State**. Monty Callender (Fullerton CC) 21.5, 47.6 to **Nebraska**. James Wood (Mich. HS) 47.2 to **Fullerton CC**. Ron Carver (Sunny Hills HS) 38.2 to **Fullerton CC**. Tim Jones (Crenshaw HS) 9.7, 21.9 to **Fullerton CC**.

Raymond Threatt (Pittsburg HS) 10.56, 21.12 to **Arizona**. LaMonte King (UC Irvine) 10.39, 20.54 to **Arizona**. Curtis Williams (Butte CC) 49.5 to **Fresno State**. Kevin Chruchill (Moorpark CC) 49.3 to **Fresno State**. Don Poulter (McLane HS) 47.8 to **Fresno State**. Ray Block (Butte CC) 14.6 to **Fresno State**. Corey Miller (Fresno CC) 14.7, 56.1 to **Fresno State**. Don Barrett (El Cerito HS) 14.3 to **Fresno State**. Bryon Barmer (Cabrillo HS) 37.6 to **Fresno State**. Raymond Robinson (Brawley HS) 10.0, 22.2, 49.7 to **Long Beach State**. Robin Messick (Wasco HS) 39.1 to **Bakersfield CC**. Ken Fowler (Fontana HS) 9.88, 22.0 to **San Diego State**. John Gary (Fontana HS) to **Grambling**. Demetrius Holden (Long Beach Poly HS) 10.0 to **Pasadena CC**. Anthony Woods (Long Beach Poly HS) 50.0 to **Pasadena CC**. Gary Lee (Long Beach Poly HS) 13.8, 36.2 to **Oregon State**. Larry Williams (Long Beach Poly HS) 14.5 to **Long Beach CC**. Gary Dunklau (Fresno CC) 55.1ih to **Fresno State**. Brian Crisswell (Fresno Hoover HS) 14.6 to **Fresno CC**. Mike DeBusk (Bullard HS) 38.6, 50.2 to **Fresno CC**. Ken Hendricks (Bullard HS) 49.2 to **Fresno CC**. Keith Moore (Stagg HS) 9.8, 49.7 to **Fresno CC**. Tim Perez (Fresno HS) 14.8, 39.5 to **Fresno CC**. Roy Sears (Edison HS) 9.7, 21.8 to

photo by Don Gosney



Taylor (Cosumnes River) 10.6, 21.4 to **Los Angeles State**. Craig Fulser (Delta HS) 9.9 to **Cosumnes River**. Keith Forman (Burbank HS) 10.6 to **Cosumnes River**. Bill Green (Cubberly HS) 9.56, 20.9, 45.51 to **USC**. Ron Williams (Long Beach CC) 20.92, 45.4 to **USC**. Greg Illorson (Bakersfield CC) 10.1, 20.89, 47.4 to **Houston**. Howard Waugh (Chico HS) 50.7 to **Butte College**. Alfred Montgomery (Nogales HS) 9.7 to **Mt. SAC**. Frank Gordine (Nogales HS) 48.7 to **UC Riverside**. Stan Longino (Nogales HS) 14.2 to **Mt. SAC**. John Ehlers (Arcata HS) 50.6 to **Colorado State**. Marcus Allen (Detroit HS) 13.5 to **UCLA**. Andre Phillips (San Jose CC) 49.47ih to **UCLA**. Larry Goldston (Mt. SAC) 10.4, 20.90, 45.78 to **UCLA**. Leonard Watson (Azusa HS) 49.2 to **Citrus CC**. Mike Martinez (Azusa HS) 39.8 to **Citrus CC**. Wade Stone (Helix HS) 14.6 to **Grossmont CC**. Rick Faucher (Helix HS) 14.7 working. Izzy Allmond (Foothill HS) 9.9 to **Oregon State**. Kevin Gaskins (Foothill HS) 49.1 working. 14.9 Curt Fletcher (Sunnyvale HS) 14.9, 39.7 to **Santa Clara**. Myron Love (Bell HS) 14.1, 37.4 to **Los Angeles State**. Reggie DuCree (Inglewood HS) 14.5, 37.9 to **Los Angeles State**. Anthony Bazley (West LA CC) 10.4 to **Los Angeles State**. Adrian Jones (Inglewood HS) 9.5, 21.3 to **Pasadena CC**. Kevin Stevenson (Locke HS) 49.1 to **Pasadena CC**. Archie Carter (Locke HS) 13.9 to **Pasadena CC**. Theron Jones (Monrovia HS) 14.2 to **Pasadena CC**. Bobby Deary (Locke HS) 28.1 to **Pasadena CC**. Otis Hunter (Pasadena HS) 36.4 to **Pasadena CC**. Demitirus Cook (San Bernardino HS) 9.8, 21.9, 48.9, 54.5ih to **Cal Poly Pomona**. Dwayne Willis [College of Desert] 54.5ih to **Cal Poly Pomona**. Joe Ochoa (Salesian HS) 38.9 to **Cal Poly Pomona**. Joe Smith (Pasadena CC) 10.3 to **Cal State Bakersfield**. Charles Truvillion (Hancock CC) 10.4 to **Cal State Bakersfield**. Claude Grady (Hartnell CC) 10.3, 21.3 to **Cal State Bakersfield**. Jeff Garrett (Los Medanos CC) 21.3, 47.3 to **Cal State Bakersfield**. Andy Frasier (Pasadena CC) 13.9 to **Cal State Bakersfield**. Steve Alford (Southwest CC) 53.7ih to **Cal State Bakersfield**.

CC) 21.0, 47.7 to **San Diego State**. Greg Simons (Idaho HS) 20.72, 45.91 to **San Diego State**. Michael Adkins (Chula Vista) 10.5, 21.3, 47.73 to **Nevada Las Vegas**. Rodney Gossby (Pasadena CC) 10.3, 20.9 to **Nevada Las Vegas**.

Anthony Perry (Fremont HS) 9.5, 21.7 to **Long Beach CC**. Leon Reed (Banning HS) 10.3, 21.6 to **Long Beach CC**. Dwayne Stewart (Monroe HS) 9.7, 22.2 to **Long Beach CC**. Glenn Jones (Compton HS) 49.2 to **Long Beach CC**. Lamar Smith (Fremont HS) 50.0 to **Long Beach**

Hoover HS) 14.3 to **Fresno CC**. Mike DeBusk (Bullard HS) 38.6, 50.2 to **Fresno CC**. Ken Hendricks (Bullard HS) 49.2 to **Fresno CC**. Keith Moore (Stagg HS) 9.8, 49.7 to **Fresno CC**. Tim Perez (Fresno HS) 14.8, 39.5 to **Fresno CC**. Roy Sears (Edison HS) 9.7, 21.8 to

Pasadena CC. Otis Hunter (Pasadena HS) 36.4 to **Pasadena CC**. Demitirus Cook (San Bernardino HS) 9.8, 21.9, 48.9, 54.5ih to **Cal Poly Pomona**. Dwayne Willis [College of Desert] 54.5ih to **Cal Poly Pomona**. Joe Ochoa (Salesian HS) 38.9 to **Cal Poly Pomona**. Joe Smith (Pasadena CC) 10.3 to **Cal State Bakersfield**. Charles Truvillion (Hancock CC) 10.4 to **Cal State Bakersfield**. Claude Grady (Hartnell CC) 10.3, 21.3 to **Cal State Bakersfield**. Jeff Garrett (Los Medanos CC) 21.3, 47.3 to **Cal State Bakersfield**. Andy Frasier (Pasadena CC) 13.9 to **Cal State Bakersfield**. Steve Alford (Southwest CC) 53.7ih to **Cal State Bakersfield**.

photo by Don Gosney



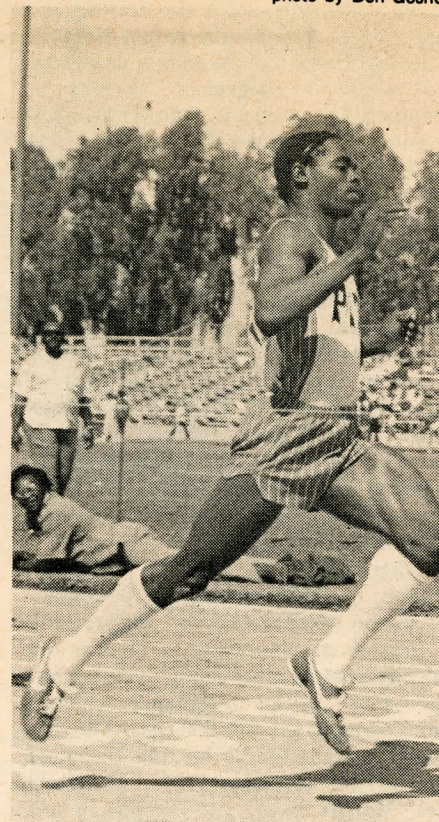
BILL GREEN

photo by Don Gosney



JEFF WEST

photo by Don Gosney



RAYMOND THREATT

Distances

Ken Ernst (El Dorado HS) 9:02.2 to **UCLA**. Farron Fields (Granada Hills HS) 4:10.0 to **UCLA**. Jeff West (Crenshaw HS) 1:48.2 to **UCLA**. Steve Whitcomb (Helix HS) 4:06.5 to **UCLA**. Jeff Woodland (La Jolla HS) 9:03 to **UCLA**. Ron Cornell (Long Beach CC) 3:48.7, 14:14m to **UCLA**. Matt Leddy (Grossmont) 30:24m to **UCLA**. Mark Lewis (Glendale CC) 9:00.8sc to **UCLA**. Steve Ortiz (Grossmont) 3:45.8, 8:41.6, 14:00.9m, 29:08.7m to **UCLA**. Robert Lusitana (Grossmont) 9:10.2 to **UCLA**. Joe Avila (UC Irvine) 3:50, 9:06.7 to **UCLA**. Dave Daniels (UC Irvine) 8:39sc to **UCLA**. Don Moses (UC Irvine) 4:08.5, 8:52.6, 14:21.7m, 30:17.6m to **UCLA**. Dave Schriver (UC Irvine) 14:14.7, 3:52.3, 31:10.0m to **UCLA**. Steve Webb (UC Irvine) 9:02.4, 14:30.3m, 30:31.6m to **UCLA**. Mitch Clark (Tustin HS) 9:38.0 to **Naval Academy**. Paul Hadley (Vintage HS) 1:55.6, 4:20.5 to **BYU**. Pat Carroll (Grossmont) 4:13.1, 9:11.0sc to **Washington**. Ed Aguilar (Anaheim HS) 9:26 to **Fullerton CC**. Jeff Maxwell (Skyline CC) 1:51.5, 3:58.4m to **San Francisco State**. Bill Brennan (Marin CC) 1:54.4 to **San Francisco State**. Raul Rodriguez (Lowell HS) 1:56.6 to **San Francisco State**. Jacob Candelaria (Merritt CC) 3:52.3m to **San Francisco State**. Joe Luiz (Exeter HS) 4:21.0 to **San Francisco State**. Mike Gulli (Skylone CC) 15:13.1m, 32:14.0m to **San Francisco State**. Mike Skiff (Skyline CC) 15:25.2, 32:24.8m to **San Francisco State**.

Bart Anderson (Turlock HS) 37.8 to **Stanislaus State**. Jim Bradley (UNLV) 47.4 to **Stanislaus State**. Henry Dawkins (Cosumnes River) 21.4 to **Stanislaus State**. Clarence Dixon (SJ Delta) to **Stanislaus State**. David Jackson (Cosumnes River) 52.3ih to **Stanislaus State**. George Penna (Ceres HS) 49.1 to **Stanislaus State**. Jeff Roberts (Cosumnes River) 21.5, 48.4 to **Stanislaus State**. Tim Robinson (Merced CC) 10.7 to **Stanislaus State**. Brett Rohrer (Lassen CC) 48.8 to **Stanislaus State**. Pete Russel

CC. Adam White (Apple Valley HS) 50.8 to **Long Beach CC**. Ken Fisk (Dorsey HS) 14.2, 54.6ih to **Long Beach CC**. Bernie Holloway (Apple Valley HS) 14.0, 54.5ih to **Long Beach CC**. Stanley Longino (West Covina HS) 14.3 to **Long Beach CC**. Curtis Perry (Banning HS) 13.9, 36.8 to **Long Beach CC**. Bruce Cunningham (Santa Barbara HS) 9.9 to **Santa Barbara CC**. Tommy Wilson (Dos Pueblos HS) 51.0 to **Santa Barbara CC**. Louis Wilson (Marin CC) 10.2, 20.6 to

Fresno CC. Ozell Thompson (Edison HS) 9.6, 21.3 to **Fresno CC**. George Timmons (Edison HS) 9.8, 21.6, 47.4 to **Fresno CC**. Andre Holtry (Hoover HS) 22.3, 49.7 to **Fresno CC**.

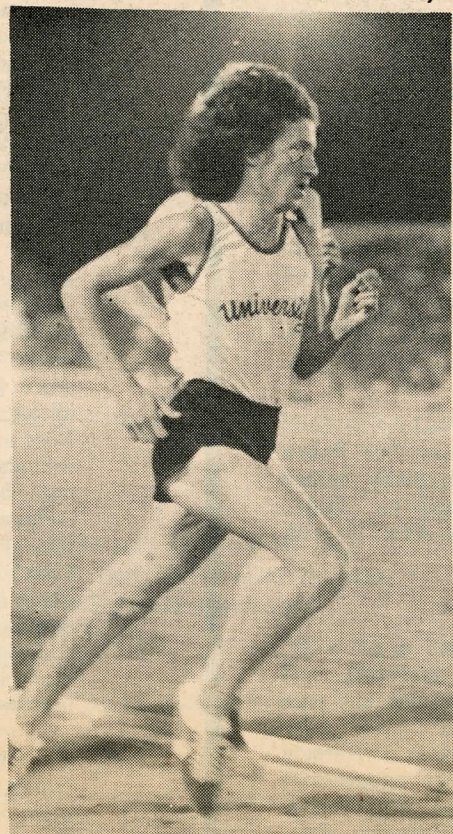
Phil Shea (Norco HS) 40.0 to **Cal Poly SLO**. Eric Raphael (Westmoor HS) 9.9 to **College of San Mateo**. Jeff Richardson (Crenshaw HS) 9.63, 21.8, 48.9 to **UCSB**. Mike Mason (Alemany HS) 50.6, 38.4 to **Glendale CC**. Liam Thornton (Alemany HS) 50.7 to **UC Santa Clara**. Mark

Ken Smith (Dos Pueblos HS) 4:21 to **Santa Barbara CC.** Brian Parker (Dos Pueblos HS) 4:23 to **Santa Barbara CC.** Kevin Deeway (Santa Barbara HS) 4:19 to **Santa Barbara CC.** LaVertis Crawford (Long Beach CC) 1:53.1 to **San Jose State.** Clark Cox (Long Beach CC) 3:55.0, 14:38m to **Occidental.** Steve Kretsinger (Long Beach CC) 4:04m, 14:57m, 9:37sc to **Humboldt State.** Mike Trilevsky (Long Beach CC) 15:25m, 32:20m to **Cal Poly Pomona.** Mark Trilevsky (Long Beach CC) 15:19m, 32:34m to **Long Beach State.** Dick Ongaga (Kenya, Africa) 1:52.1 to **Long Beach CC.** David Robinson (Millikan HS) 1:58.1 to **Long Beach CC.** Kyle Lubsen (Millikan HS) 4:16, 9:10 to **Long Beach CC.** Bill Emerick (Millikan HS) 4:26 to **Long Beach CC.** Eric Terrabonne (Cypress HS) 9:40 to **Long Beach CC.** Glenn Lee (Barstow HS) 9:11 to **Long Beach CC.** Marc Corless (Woodside HS) 1:58.8 to **Dartmouth.** Chris Little (Jesuit HS) 4:25, 9:29.4, 2:41:00 to **Oregon.** John Lindeman (Jesuit HS) 9:40.7 to **UC Irvine.** Pete McCarry (Jesuit HS) 4:25, 9:19.4 to **American River CC.** Franklin Haralson (Mira Costa CC) 3:57m to **Point Loma.** Kirk Spangler (U. Washington) 8:52sc to **Point Loma.** Bill Tokar (CP SLO) 14:20m to **Point Loma.** Rich Medellin (Fullerton CC) 1:56, 32:04m, 9:46sc to **Cal State Bakersfield.** Ken Haney (Canada) 1:50.9, 4:09y to **Cal State Bakersfield.** Joe Berry (Bakersfield CC) 1:54 to **Cal State Bakersfield.** Kevin Lundgren (Hancock CC) 4:07 to **Cal State Bakersfield.** Tim Borland (Saddleback CC) 1:55.1 to **Cal Poly Pomona.** David Brown (Damien HS) 1:55.1, 4:22.8 to **Cal Poly Pomona.** Gary Bourbon (Upland HS) 4:18.1, 9:15.0 to **Cal Poly Pomona.** Tony Reyes (Damien HS) 4:19.3, 9:38.0 to **Cal Poly Pomona.** Ken Zahid (Walnut HS) 4:25.0 to **Cal Poly Pomona.** Matt Blaty (Marina HS) 4:18.1, 9:07 to **Cal Poly Pomona.** Rudy Herman (New York HS) 1:51.9 to **Pasadena CC.** Angelo Porter (Las Vegas HS) 1:55.0 to **Pasadena CC.** Ken Miller (Chicago HS) 1:55.5 to **Pasadena CC.** Al Eubanks (Las Vegas HS) 1:56.0 to **Pasadena CC.** Charlie Smedes (Pasadena HS) 4:21.0 to **Pasadena CC.** Victor Shelton (Manuel Arts HS) 4:32.0 to **Pasadena CC.** George

State. Dennis Maloney (Leigh HS) 4:16.7, 9:24 to **West Valley CC.** Bob Reeder (Arcadia HS) 1:58.1 to **UC Davis.** Isaac Fabunan (Banning HS) 4:24 to **Long Beach State.** John Rembao (Santa Cruz HS) 4:20.3, 9:14.3 to **Cal Poly SLO.** Tom Downs (Skyline HS) 1:56.4, 4:13.2, 8:55.6, 14:08.3y to **UC Berkeley.** Peter Downs (Skyline HS) 9:25.6 to **UC Berkeley.**

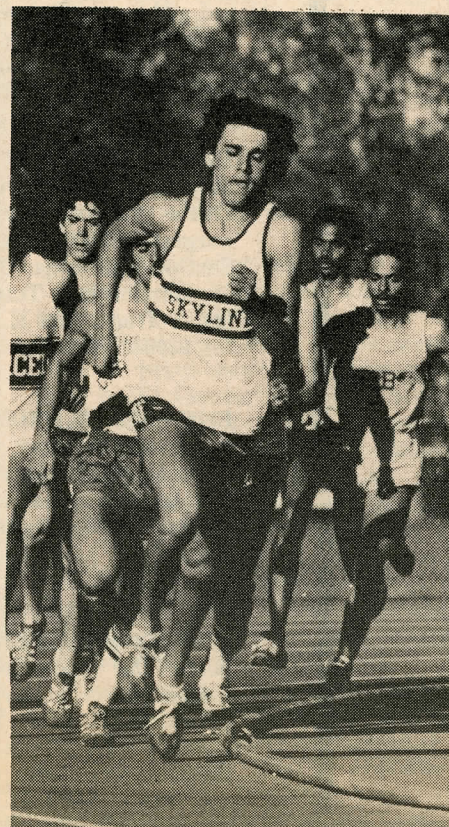
Marco Zubiato (Alemany HS) 1:58.3, 4:21.0 to **Glendale CC.** Kevin Farrington (Indio HS) 1:59.0 to **College of Desert CC.** Casey Perley (Indio HS) 4:25.1 to **College of Desert CC.** Murray Demo (Homestead HS) 1:58 to **UCSB.** Ed

photo by Don Gosney



PAUL MEDVIN

(Fontana HS) 1:58.1 to **Chaffey CC.** John Boyer (Coronado HS) 1:52.0 to **Occidental.** Rick Satterlee (Coronado HS) 4:23.7, 9:35.7 to **Occidental.** Mike Brunner (Eureka HS) 1:59 to **College of the Redwoods.** Steve Romero (Eureka HS) 9:32 to **College of the Redwoods.** Larry Gonzales (College of Sequoias CC) 1:50.9 to **Stanislaus State.** Swift Katepa (College of Sequoias) 1:52, 3:53 to **Stanislaus State.** Bill Saiki (El Camino CC) 31:30m to **Stanislaus State.** Ricardo Vargas (Hartnell CC) 8:58sc to **Stanislaus State.**



PETER DOWNS

Beach Poly HS) 14-7 to **Long Beach CC.** Dennis Hanson (Long Beach Poly HS) 6-6¾ working. David Fields (Long Beach Poly HS) 6-5 service. Kevin Tyler (Long Beach Poly HS) 6-6 to **San Jose State.** Willie Alexander (Fresno CC) 24-10½, 47-2 undecided. Norm Alston (Fresno CC) 6-6, 23-1, 50-9 to **Hayward State.** Ray Eddings (Fresno CC) 23-3½, 48-10 undecided. Kevin O'Reilly (Fresno CC) 16-1¼ undecided. Ryan Whittle (Fresno CC) 47-9½ undecided.

Dan Baker (Hoover HS) 6-8 to **Fresno CC.** Ken Bass (Madera HS) 6-10¼ to **Fresno CC.** Brian Crisswell (Hoover HS) 48-4¾ to **Fresno CC.** Wes Jones (Selma HS) 22-1, 46-3 to **Fresno CC.** Mike Miller (Sanger HS) 6-8 to **Fresno CC.** Stan Shoals (Riverdale HS) 22-0 to **Fresno CC.** Art Cuevas (Sanger HS) 13-10 to **Fresno CC.** Dave Kirby (Mt. SAC) 16-1¼ to **Boise State.** George Steelman (Yucaipa HS) 6-11 to **Idaho.** Steve Chronert (Sherman Oaks HS) 15-0 to **Notre Dame.** Robert Thayer (Grossmont CC) 16-0 to **UCSB.** Lyle Esterkyn (Sacramento HS) 13-9 to **UCSB.** Steve Lazar (Palos Verdes HS) 14-1 to **UCSB.** Jeff Richardson (Crenshaw HS) 23-7 to **UCSB.** Louis Faison (Banning HS) 48-5¾ to **USC.** Greg McTee (Arcadia HS) 15-0¼ to **Mt. SAC.** Mark Robb (La Jolla HS) 14-8½ to **San Diego CC.** Henry Ellard (Hoover HS) 23-6, 52-9 to **Fresno State.** Otis Hutchinson (Cabrillo HS) 6-6 to **Fresno State.** Mike Sula (West Hills CC) 15-6 to **Fresno State.** Phil Jones (Chico HS) 13-6, 44-6 to **Butte College.** Rowland Flores (Nogales HS) 14-6 to **Mt. SAC.** Gus Hunt (Arcata HS) 13-6 to **College of the Redwoods.** Tom LeFevers (Upland HS) 44-2 to **Chaffey CC.** Leonard Watson (Azusa HS) 45-4 to **Citrus CC.** Paul Agnew (Helix HS) 22-1, 44-8 to **Grossmont CC.** Brian Schroeder (Helix HS) 6-6½ to **Grossmont CC.** Tom Walsh (Helix HS) 13-7 to **Grossmont CC.** Dan Rios (Sunnyvale HS) 14-1 to **San Jose CC.** Lee Balkin (Glendale HS) 7-3¼ to **UCLA.** Delvon Davis (Utah St.) 7-3 to **UCLA.** Joao Oliveira (Brazil) 27-0, 58-8¼ to **USC.** Pete Weber (La Sierra HS) 6-6 to **Riverside CC.** Gary Watson (N. Carolina HS) 24-4, 49-11 to **Pasadena CC.** Deon Crockett (Locke HS) 47-8 to

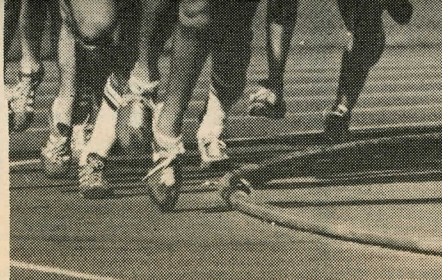
State Bakersfield. Tim Borland (Saddleback CC) 1:55.1 to **Cal Poly Pomona.** David Brown (Damien HS) 1:55.1, 4:22.8 to **Cal Poly Pomona.** Gary Bourbon (Upland HS) 4:18.1, 9:15.0 to **Cal Poly Pomona.** Tony Reyes (Damien HS) 4:19.3, 9:38.0 to **Cal Poly Pomona.** Ken Zahid (Walnut HS) 4:25.0 to **Cal Poly Pomona.** Matt Blaty (Marina HS) 4:18.1, 9:07 to **Cal Poly Pomona.** Rudy Herman (New York HS) 1:51.9 to **Pasadena CC.** Angelo Porter (Las Vegas HS) 1:55.0 to **Pasadena CC.** Ken Miller (Chicago HS) 1:55.5 to **Pasadena CC.** Al Eubanks (Las Vegas HS) 1:56.0 to **Pasadena CC.** Charlie Smedes (Pasadena HS) 4:21.0 to **Pasadena CC.** Victor Shelton (Manuel Arts HS) 4:32.0 to **Pasadena CC.** George Wright (New York HS) 4:22.0 to **Pasadena CC.** Rick Maple (San Marino HS) 9:20 to **Pasadena HS.** Mike Walterhouse (Mission Viejo HS) 4:15, 9:09, 14:30y, 30:30y to **Chapman College.** Mark Nelson (College of Desert CC) 9:22, 15:01m, 31:28m to **Chapman College.** Raul Agüero (Santa Ana CC) 4:00m, 14:48m, 9:15sc to **Chapman College.**

Gilbert Cortez (Keppel HS) 9:25 to **Cal State Los Angeles.** Tom Diederich (Mayfair HS) 9:30 to **Cal State Los Angeles.** Thomas Gurley (LA City CC) 1:54.1, 4:13, 14:52m to **Cal State Los Angeles.** George Shackelford (Fairfax HS) 1:55.7 to **Cal State Los Angeles.** John Perera (Sunnyvale HS) 1:58.9 to **DeAnza CC.** Alan Martin (Whittier Christian HS) 1:57 to **Westmont College.** Rick Ifland (Soquel CC) 4:17 to **Westmont College.** Wayne Savage (Helix HS) 1:57.7 to **San Diego State.** Bill Cleves (Helix HS) 9:05 to **Grossmont CC.** Vern Sallaz (Chabot CC) 1:50.2 to **Colorado.** Bill Hurst (Modesto CC) 8:51.9 to **Kansas State.** Phil Shirley (Sherman Oaks HS) 4:12.5 to **Nebraska.** Mike Lacy (Saddleback CC) 3:48m to **Villanova.** Paul Medvin (University HS) 4:05.1, 9:03.1, 9:10.0 to **Cal Poly SLO.** Mike Williams (Arcata HS) 4:21.6, 9:24.2 to **Humboldt State.** Greg Williams (Chico HS) 1:58.0, 4:21.6 to **West Valley CC.** Steve Growdon (Chico HS) 9:34 to **Stanford.** Ian Gillespie (Canada HS) 1:55.6 to **Fresno State.** Kirk Richter (Moorpark CC) 1:53.5 to **Fresno State.** Bob Tapia (Hancock CC) 1:54.4 to **Fresno State.** Tom Fitzgerald (Moorpark CC) 4:21 to **Fresno State.** Tim Holmes (Modesto CC) 14:35.6m to **Fresno State.** Juan Garza (Fresno Pacific) 30:38m, 9:05sc to **Fresno**



PAUL MEDVIN

Dumas (Poway HS) 1:55 to **UCSB.** Steve Howard (Ukiah HS) 4:19 to **UCSB.** Dave Daily (Foothill HS) 1:56.0, 4:13, 9:30 to **UCSB.** Manual Guaderrama (Grossmont CC) 4:17 to **UCSB.** Dan Caprioalio (Chatsworth HS) 9:17, 31:32m, 2:46:40 to **UCSB.** Gordon Duff (Huntington Beach HS) 9:21 to **UCSB.** Jeff Liedtke (American River CC) 1:55 to **UCSB.** Malcolm Maxwell (American River CC) 14:47m to **UCSB.** Larry Sporks (Sonora HS) 1:53.9 to **UCSB.** Mike Triplett (Long Beach CC) 1:56.0, 3:53.9 to **UCSB.** Mike Graf (Orinda HS) 4:34, 14:43 to **UCSB.** Frank Turner (Colfax HS) 9:28.1 to **Sierra CC.** Kurt Larcher (Westmoor HS) 1:55.6 to **College of San Mateo CC.** Mike Tylman (Poway HS) 9:10.0 to **UC Irvine.** Greg Lillig (Glendale CC) 3:49.5 to **UC Irvine.** Dave Cangelosi (Villa Park HS) 1:52.5, 3:51.1, 9:09.9 to **Long Beach State.** Rob Wentworth (Livermore HS) 4:13.6, 8:55.0 to **Arizona State.** David Mack (Locke HS) 1:49.5, 3:50.8 to **Oregon.** Jeff Nelson (Burbank HS) 8:36.3 to **Oregon.** Dennis Ariola (Artesia HS) 3:51.2 to **Stanford.** Bill Graham (Virginia HS) 9:03.4 to **Stanford.** Michael Melendez (Norco HS) 9:09.2 to **Stanford.** Lin Whatecott (Burbank HS) 9:01.9 to **BYU.** Steve Strangio (Mission San Jose HS) 4:13.8, 9:04.8 to **Cal Poly SLO.** Chuck Assumma (Eisenhower HS) 8:52.4 to **UC Riverside.** Burt Shirley (Sherman Oaks HS) 3:54.2 to **LA Valley CC.** Russ Mayo (Norco HS) 4:25 to **Chaffey CC.** Walter Liztham (Norco HS) 1:59.0 to **Pacific Christian.** Ramon Garcia (Madera HS) 4:26.7, 9:26.0 to **Fresno CC.** John Hendry (Clovis HS) 4:29.8 to **Fresno CC.** Steve Moreno (Sanger HS) 4:30.6, 9:39.9 to **Fresno CC.** Scott Thornton (Hoover HS) 9:42.0 to **Fresno CC.** Rick Bethany

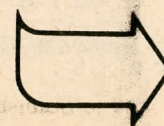


PETER DOWNS

Jumps

Randy Wallace (Grossmont) 6-10¼ to **Colorado State.** Tim McIntyre (Los Alamitos HS) 16-0 to **San Diego State.** Frank Schieffer (San Diego HS) to **San Diego State.** Tyke Peacock (Illinois HS) 7-2¼ to **Modesto CC.** Sid Dutcher (Indio HS) 6-4 to **College of the Desert CC.** Rocky Wilson (Indio HS) 14-6 to **College of the Desert.** Sherman Wafer (Cosumnes River CC) 49-3 to **Hayward State.** Tim Poltl (Alemany HS) 7-3 to **UC Berkeley.** Jerry Johnson (Glendale CC) 15-6 to **Stanislaus State.** Mark Slayton (Merced CC) 50-10 to **Stanislaus State.** Skip Valencia (Hartnell CC) 14-8 to **Stanislaus State.** Rich Williams (Modesto CC) 6-7, 47-6 to **Stanislaus State.** Bart Heard (Eureka HS) 6-6 to **College of the Redwoods.** Carlos Harrison (Wasco HS) 23-2 to **US Marines.** Art Sutton (Fontana HS) 23-0½, 6-4 to **San Bernardino Valley CC.** Doug Nordquist (Fullerrton CC) 7-2¼ to **Washington State.** Bill Abbott (Sacramento State) 7-2 to **Oregon.** Mike Nelson (Washington HS) 7-0½ to **UC Berkeley.** Tyrone Portee (Clovis HS) 23-10¼w to **UC Berkeley.** Paul Bates (Alameda CC) 24-10½, 52-4¼ to **UC Berkeley.** Russ McAlexander (DeAnza CC) to **UC Berkeley.** Felix Bohni (Switzerland) 17-4¾ to **San Jose State.** Joel Wyrick (San Jose CC) 49-7¾w to **San Jose State.** Raul Espeada (Mt. SAC) 16-3 to **Long Beach State.** Phil Chapman (Yuba HS) 7-0 to **UC Irvine.** Anthony Woods (Long Beach Poly HS) 48-5 to **Pasadena CC.** Larry Williams (Long

Rowland Flores (Nogales HS) 14-6 to **Mt. SAC.** Gus Hunt (Arcata HS) 13-6 to **College of the Redwoods.** Tom LeFevers (Upland HS) 44-2 to **Chaffey CC.** Leonard Watson (Azusa HS) 45-4 to **Citrus CC.** Paul Agnew (Helix HS) 22-1, 44-8 to **Grossmont CC.** Brian Schroeder (Helix HS) 6-6½ to **Grossmont CC.** Tom Walsh (Helix HS) 13-7 to **Grossmont CC.** Dan Rios (Sunnyvale HS) 14-1 to **San Jose CC.** Lee Balkin (Glendale HS) 7-3¼ to **UCLA.** Delvon Davis (Utah St.) 7-3 to **UCLA.** Joao Oliveira (Brazil) 27-0, 58-8¼ to **USC.** Pete Weber (La Sierra HS) 6-6 to **Riverside CC.** Gary Watson (N. Carolina HS) 24-4, 49-11 to **Pasadena CC.** Deon Crockett (Locke HS) 47-8 to **Pasadena CC.** Jugunta Mbura (Claremont HS) 47-0 to **Cal Poly Pomona.** Vince Anderson (Citrus CC) 46-8 to **Cal Poly Pomona.** Mack Byrne (UCLA) 6-10½ to **Cal Poly Pomona.** Richie Fallon (New Mexico JC) 6-9 to **Cal Poly Pomona.** Mark Tolbert (El Camino CC) 6-9 to **Cal Poly Pomona.** Larry Rivers (College of the Desert) 15-8 to **Cal Poly Pomona.** Barry Leake (Corona HS) 14-8 to **Cal Poly Pomona.** Reggie Laws (Bakersfield HS) 23-11½ to **Cal State Bakersfield.** Phil Roberts (San Jose CC) 48-10 to **Cal State Bakersfield.** David Quick (Bakersfield CC) 51-9 to **Cal State Bakersfield.** Stuart Spencer (Orange Coast CC) 15-6 to **Cal State Bakersfield.** Pete Valvur (Acalanes HS) 13-6 to **UC Davis.** Tony Zawinul (Blair HS) 23-8 to **Pasadena CC.** Mesha Spivey (Woodside HS) 6-10 to **College of San Mateo.** Jerry Sanders (Long Beach CC) 7-2 to **Cal State Northridge.** Gary Williams (Long Beach CC) 24-10, 51-5¾ to **US International.** Toby Hammond (Long Beach CC) 23-4 to **Houston.** Mark Robins (Inglewood HS) 23-10, 48-2 to **Long Beach CC.** Floyd Reece (New Mexico HS) 22-10 to **Long Beach CC.** Brent Kotinek (UC Irvine) 48-6 to **Long Beach CC.** Barry Mitchell (Washington HS) 46-8 to **Long Beach CC.** Tim Arnwine (West Covina) 6-8 to **Long Beach CC.** Cary Burt (Long Beach Wilson HS) 6-10 to **Long Beach CC.** Brian Stanton (Inglewood HS) 6-10 to **Long Beach CC.** Steve Tully (Millikan HS) 15-4 to **Long**



Beach CC. Paul Young (Millikan HS) 15-0 to **Long Beach CC.** Allen Evans (Oregon HS) 22-10 to **Santa Barbara CC.** Charlie Bolden (Santa Barbara HS) 6-6 to **Santa Barbara CC.** David Spainhour (Santa Barbara CC) 6-7 to **Chico State.** David Baldwin (Fairfield HS) 6-10 to **San Francisco State.** Pat Roland (Lincoln HS) 6-4 to **San Francisco State.** Imad Jamal (Fullerton HS) 6-9 to **Fullerton CC.** Shane Paynter (New Jersey HS) 6-4, 23-6, 44-7 to **Fullerton CC.** Larry Bengner (Esperanza HS) 6-10 to **Fullerton CC.** Jay Boughten (Magnolia HS) 14-0 to **Fullerton CC.** Jim Gorzo (Villa Park HS) 44-6 to **Fullerton CC.** Dave Kahan (Lowell HS) 6-7 to **Fullerton CC.** Jeff Conkle (Cypress CC) 15-7 to **Fullerton CC.** Brett Hyatt (Vintage HS) 15-5¾ to **BYU.**

Throws & Decathlon

Phil Soto (Wasco HS) 151-1 to **Bakersfield CC.** Bill McAuley (Eureka HS) 53-0, 168-0 to **UC Davis.** Lou Bettencourt (Hartnell CC) 208 to **Stanislaus State.** Mario Secrase (Alemany HS) 56-8, 164-0 to **Cal Lutheran.** Mark Songer (Cosumnes River CC) 157-10, 134-10ham to **Stanislaus State.** Darrel Elliott (River City HS) 54-6 to **Cosumnes River CC.** Gary Wipfler (DeAnza CC) 7017 to **Washington.** John Darahalios (Western HS) 54-4, 168-5 to **Fullerton CC.** Ed Cook (Katella HS) 165 to **Fullerton CC.** Nikolai Ayala (Santa Rosa JC) 57-0½ to **San Francisco State.** Eric Seubert (Skyline CC) 52-1 to **San Francisco State.** Vince Brown (UC Irvine) 54-7 to **Long Beach CC.** Elton Brown (Long Beach Poly HS) 57-6 to **Long Beach CC.** Mark Robinson (New Zealand) 207-0 to **Long Beach CC.** Tom Lister (Long Beach CC) 51-5 to **Cal State Los Angeles.** Dean Paleologos (Woodside HS) 55-0 to **UC Davis.** Dave Frohnen (Monte Vista HS) 163-4 to **Idaho.** Brad Dano (Acalanes HS) 167-4 to **Diablo Valley CC.** Ross Ellis (Acalanes HS) 161-3 to **UC Davis.** Tim Cowen (Monrovia HS) 58-0 to **Pasadena**

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USA-USSR- Canada Team Pentathlon

by RICH EDE

Aug. 11: St.foy, Quebec, Canada.

Soviet pentathlete Yekatrina Smirnova scored 4834 points, just five short of the world record, to lead the USSR to an overwhelming victory over Canada and an inexperienced USA squad in their triangular meet at the Universite Laval in Quebec City. Top US pentathlete, Jane Frederick, in third place after four events, withdrew from the competition due to a foot injury, initially diagnosed as a floating bone chip. UC Santa Barbara graduate Joan Russell led the US contingent in the 800 meters at 2:20.0 to finish 11th overall and fourth among the Americans.

Smirnova opened the competition with 12.95 in the 100 meter hurdles and was never to be headed. Her four-event score exceeded the five-event totals of all but her teammates and Canadian Jill Ross and New Zealander (and American collegian) Karen Page, who was competing for Canada. Smirnova's marks included 14.36(47-1½) second only to Frederick's 14.55(47-8¾) in the shot; 1.80(5-11) to lead the high jump; 6.78(22-3) in the long jump; and 2:14.4 in the 800 meters. She needed 2:14.0 to break the record, but, surprisingly, the crowd (numbering nearly 3,500) was never informed of the possibility.

In other activity during the trials for the Americas team for the World Cup (which were held concurrently with the multi-event meet), part-time Californian Debbie Brill cleared a Canadian record 1.94(6-4½), another event of which the majority of the crowd was ignorant until after the fact.

Results: 1. Yekaterina Smirnova (USSR) 4834; 2. Nadyezhda Karyakina (USSR)

Washington. John Daranas (Western HS) 54-4, 168-5 to **Fullerton CC.** Ed Cook (Katella HS) 165 to **Fullerton CC.** Nikolai Ayala (Santa Rosa JC) 57-0½ to **San Francisco State.** Eric Seubert (Skyline CC) 52-1 to **San Francisco State.** Vince Brown (UC Irvine) 54-7 to **Long Beach CC.** Elton Brown (Long Beach Poly HS) 57-6 to **Long Beach CC.** Mark Robinson (New Zealand) 207-0 to **Long Beach CC.** Tom Lister (Long Beach CC) 51-5 to **Cal State Los Angeles.** Dean Paleologos (Woodside HS) 55-0 to **UC Davis.** Dave Frohnen (Monte Vista HS) 163-4 to **Idaho.** Brad Dano (Acalanes HS) 167-4 to **Diablo Valley CC.** Ross Ellis (Acalanes HS) 161-3 to **UC Davis.** Tim Cowen (Monrovia HS) 58-0 to **Pasadena CC.** Billy Davis (Citrus CC) 6881 to **Idaho State.** Ken Mills (Los Angeles HS) 60-11, 182-2 to **UC Irvine.** John Scheerer (Upland HS) 6626 to **UC Irvine.** Jim Barnett (West Valley CC) 6226 to **UC Irvine.** Scott Reid (Chabot CC) 178-3 to **Long Beach State.** Dave Rider (San Mateo CC) 223-10 to **Long Beach State.** Mike Smith (San Mateo CC) 56-8½ to **Long Beach State.** Jim Spillers (Rowland HS) 62-4½ to **San Jose State.** Ross Parish (West Valley CC) 237-3 to **Washington.** John Brenner (Fullerton HS) 64-5½ to **UCLA.** Mark Anderson (Mt. SAC) 210-11, 7555 to **UCLA.** Bruce Mondello (Fullerton CC) 56-0¾, 172-11 to **UCLA.** Chris Lettow (UC Irvine) 58-5, 191-2 to **UCLA.** Ron Alderete (Sunnyvale HS) 55-11, 165 to **DeAnza CC.** Mark Bailey (Helix HS) 60-2, 185-7 to **UCLA.**

Matt McNaughton (return) 54-9½ to **Fresno State.** Leonard Larson (Bakersfield CC) 53-0 to **Fresno State.** Mark McNaughton (Fresno CC) to **Fresno State** Tim Crecelius (Merced CC) 190-7jav to **Fresno State.** Matt Mileham (ERngland) 221-4ham to **Fresno State.** Pete Quartararo (Banning HS) 53-3 to **Harvard.** Jim Galomic (Shasta CC) 7194 to **UCSB.** Robert Thayer (Grossmont CC) 6924 to **UCSB.** Rolf Aposotolos (Westmoor HS) 160-10 to **College of San Mateo.** Kevin O'Reilly (Fresno CC) 209-4 undecided. Kevin Ashford (Sanger HS) 52-3½, 161-3 to **Fresno CC.** Greg Davis (Kerman HS) 55-0½ to **Fresno CC.** Gary Hick (Nogales HS) 57-0 to **Cal Poly Pomona.**

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Frederick's 14.55(47-8¾) in the shot; 1.80(5-11) to lead the high jump; 6.78 (22-3) in the long jump; and 2:14.4 in the 800 meters. She needed 2:14.0 to break the record, but, surprisingly, the crowd (numbering nearly 3,500) was never informed of the possibility.

In other activity during the trials for the Americas team for the World Cup (which were held concurrently with the multi-event meet), part-time Californian Debbie Brill cleared a Canadian record 1.94(6-4½), another event of which the majority of the crowd was ignorant until after the fact.

Results: 1. Yekaterina Smirvova (USSR) 4834; 2. Nadyezhda Karyakina (USSR) 4497; 3. Tatyana Shlapakova (USSR) 4481; 4. Galina Odnodvorkina (USSR) 4209; 5. Jill Ross (Can) 4183; 6. Karen Page (Can) 4129; 7. Joan Jones Anderson (Can) 3821; 8. Mary Harrington (USA) 3807; 9. Theresa Smith (USA) 3788; 10. Susan Brownell (USA) 3783; 11. Joan Russell (USA) 3767; 12. Maggie Woods (Can) 3729; 13. Brenda Wilson (USA) 3656; 14. Sandy Cooper (Can) 3604.

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
COMING NEXT ISSUE:

- MASTER'S CROSS COUNTRY NATIONALS.
- MASTER'S 1979 BEST MARKS UPDATE.
- 1979 FEMALE AGE GROUP BEST MARK LIST.
- THE CROSS COUNTRY NATIONALS.
- COMMUNITY COLLEGE STATE CHAMPIONSHIP.
- KINNEY WESTERN PREP CHAMPIONSHIPS.
- HIGH SCHOOL CIF CHAMPS.
- RESULTS CATCH-UP.

MAILBAG

WANTS MEETS IN CALIFORNIA

Last year we brought our cross country team down to the Mt. SAC cross country invitational and really enjoyed the experience. This spring (March 15-23) we would like to bring about ten members of our track team to the Sacramento or Bay area for one or two track meets. We were Oregon state champions last year in track. Please contact me if you have or know of any possible meets.

Also, our Axeman Relays (May 2, 1980), one of the finest invitationals in Oregon and held at Hayward Field, is being sanctioned for California high schools.

John Gillespie
South Eugene High School
400 East 19th Avenue
Eugene, OR 97401

REMEMBERS WHEN

Having lived and competed in Calif. CTN holds a great deal of nostalgia value for me. Last time I was in Fresno (62) Burleson smoked me on the anchor leg of Oregon's world record 4 mile relay (16:08.7) which stood until 1975. I can still remember the thrill of it and the triple serving of lettuce I received at dinner that evening.

Richard Mach
Lake Orion, MI

AGGIES ALWAYS STRONG

In response to what we considered an unusually petty, crude, uncalled for statement in your last issue, "the Aggies should be strong this year with the help of \$30,000.00 from Converse..." I would just like to remind you that the Aggie Running Club was strong before we received help (which we sincerely ap-

Other than this we really like your magazine, keep up the good work! If by chance we misconstrued your comment — never mind!

Peanut Harms
Competition Coordinator
Aggie Running Club

LIKES WHAT HE SEES

I got ahold of your magazine when I was at the Mt. SAC Relays and was impressed by the track coverage you gave. It seems there isn't another track publication which covers the sport in the same way. *Track & Field News* is fairly nice, but your *California Track News* was very impressive with its California coverage.

I think track is the greatest sport and I hope your track news lasts a long time. It's very fun to follow the athletes through high school and college. So, I would like to try the magazine for one year.

John Magee
Palmdale

KUDOS FOR POYNTER

Many times deeds by outstanding individuals in the world of track and field go unnoticed. San Jose City College has become a sprint power in the community college annuals. Much of the credit is due to coaching and hard work of former San Jose State sprint star Bobby Poynter. He has been a driving force behind that institution since his arrival in 1974, producing a list of sprint champs that reads like who's who in community college track. A partial list includes many familiar names such as Willie Jackson, Tim Foster, Tina Gibbs, Eloise Mallory, Ernest Lewis, Horace Berry, Sherman Jones, Ken Merriweather, Cecil Overstreet, Don Livers, Eugene Rachal, Olympic Games silver medal winner Millard Hampton, and

Homestead girls quit who were great). In this year's invitationals it looks like Los Gatos and Carlmont the top 2 teams!

unsigned
CCS Office

INCORRECT STATISTIC

In your October issue you have an incorrect statistic in your Cross Country Preview. In the article about Southern California junior college teams you said that Grossmont (If your records were correct) hadn't been beaten in *any* invitational or championship meet in 8 years. Well, I was a member of the 1977-78 Fullerton cross country team which in 1977 defeated Coach Larson's greats at the Mt. San Antonio Invitational. We won the sweepstakes race compiled by total team time. Fullerton set the course record and beat Grossmont by a "whopping" one (1) second.

Futhermore, Fullerton also beat Grossmont in the South Coast Conference Championships in 1975, along with the dual meet that same year which you acknowledged. It is true that Fullerton is a constant "bridesmaid" in the state championships but, please give us credit for the hollow victories.

Brian Dean Osmann
La Habra

CLARIFICATION

Just a note to clarify some things about Palomar College in the October *California Track News*.

Men's Team: We have *always* gone to Santa Barbara rather than Mt. SAC because of smog conditions in the Los Angeles area. I coached for 12 years in the Mt. SAC district (Los Altos High) and 1 year, 1961, as cross country coach at Mt. SAC - until the smog situation clears up we will only run in the L.A. area when we have no other choice.

Women's Team: I coached the women's

Matt Leddy missed track last year at Grossmont with a foot injury. He had trouble with it again this summer so he may have to redshirt this season. Glenn Best (first man in first meet) graduated from Grossmont two years ago.

Correction: Rick Rose is still at Grossmont along with Tim Varley, Marc Keller, Manuel Sandoval, etc. We wanted all the freshman to stay there to keep the team strong during the transition period. They're doing great. Also, Ken Ernst from El Dorado is here, not Santa Barbara.

Bob Larson
UCLA Cross Country Coach

FIRST YEAR SURPRISE

Here's a little news for you. On Friday, November 2, 1979, the Golden Gate Conference had its finals and in the women's division West Valley took the #1 spot, but the surprise was that CCSF, in its *first year* of womens cross country took the #2 spot followed by #3 DVC and #4 SJCC.

West Valley (8-0) is strong, but CCSF is really coming on. CCSF was 6-2 and 3rd in conference duals, but the "Cinderella team" came on to beat DVC (7-1) in the finals and finish 2nd overall.

The question is, "who will it be at Nor-Cal?" Well, we'll have to wait and see.

Renee Hicks
member of the rag-tag bunch
CCSF cross country team

BACKWARDS RUNNING

The Camino Real Runners of Gilroy have been scheduling backwards runs on a weekly basis. The club is compiling a list of records set by various club members. The following is a sample of the times and distances of the backwards runs: 100 yards- 18.62; 220- 50.0; 440- 1:47.1; 880- 3:51.2.

leg of Oregon's world record 4 mile relay (16:08.7) which stood until 1975. I can still remember the thrill of it and the triple serving of lettuce I received at dinner that evening.

*Richard Mach
Lake Orion, MI*

AGGIES ALWAYS STRONG

In response to what we considered an unusually petty, crude, uncalled for statement in your last issue, "the Aggies should be strong this year with the help of \$30,000.00 from Converse..." I would just like to remind you that the Aggie Running Club was strong before we received help (which we sincerely appreciate) from Converse, we're strong now, and as long as I'm alive will always be tough, even when we have to go back to stealing nickels and dimes from paper stands for gas money. We pride ourselves on being dedicated to running excellence and the pursuit of happiness, in whatever form it takes and not necessarily in that order. Our philosophy and camaraderie is attractive and unusual in these days where everyone is out to get everyone else. We run hard, practice hard, and party hard.

Other clubs are actually trying to beat us and are mad at us because of our situation, not because they want to see if they have better athletes! If all this energy was used to hustle support for their club they may get funding! It seems that these other clubs are either too diffuse or too busy to really, really, work on this.

Some people (great runners) have come to me wanting to join our club solely because of our funding program. As soon as I find out that money is their prime motivation I politely tell them to get lost! We are not interested in building a team that will conquer the universe; what we are interested in doing is gathering runners with similar philosophies onto one team so they can forget about all this jealousy and reach their full potential as runners and as human beings. The Converse funding has allowed us to pursue these goals and for this we are thankful. I believe that the sponsoring of the Ags has set a precedent for all major shoe companies and corporations and one day we'll all be grateful.

regional and national records. Outstanding individuals in the world of track and field go unnoticed. San Jose City College has become a sprint power in the community college annuals. Much of the credit is due to coaching and hard work of former San Jose State sprint star Bobby Poynter. He has been a driving force behind that institution since his arrival in 1974, producing a list of sprint champs that reads like who's who in community college track. A partial list includes many familiar names such as Willie Jackson, Tim Foster, Tina Gibbs, Eloise Mallory, Ernest Lewis, Horace Berry, Sherman Jones, Ken Merriweather, Cecil Overstreet, Don Livers, Eugene Rachal, Olympic Games silver medal winner Millard Hampton, and several of the national records and top sprint times.

Let's hear it for a great individual who is a stay out of the lime-light tutor.

*Dan Jackson
San Jose track nut*

MORE KUDOS

I believe you have the best track news source in the state. It is invaluable to me in compiling junior and age group results; especially the high school meets. So, keep up the good work.

*Bill Peck
Reseda*

INACCURATE C.C.S. SUMMARY

Your high school cross country good team summary was inaccurate in your last issue.

Homestead lost 6 of their top 7 from last year's CCS championship team and their girls will not even win league this year. Half Moon Bay girls are not that good at all either.

Varsity— the top returning teams from last year are Mills High and Hollister High and Los Gatos High who were 2nd, 3rd and 4th in CCS Finals last year. Almost the entire team on all three teams are returning from last year. As far as who is running great in all the invitationals this year it looks like Leigh and Los Gatos are the best.

Girls— the top returning teams are Carlmont, Soquel and Los Gatos who all finished in the top 5 last year and have at least 5 back on each team. (Two

for the hollow victories.

*Brian Dean Osmann
La Habra*

CLARIFICATION

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Women's Team: I coached the women's team last year and for the record we didn't fold at the end of the season. We tied Citrus (who lost the state title by 1 point) in the conference finals. The day before Southern Cal our number one girl was broadsided on the freeway at 55 mph and spent the day in the emergency hospital and our number four runner was taken ill with appendicitis. We only had seven girls total to begin with - this was a severe blow to a good team.

I know you can't get all the info on what's happening with everyone but this may help clear up some questions.

Also: don't overlook Mira Costa in the Men's.

*Doc Marrin
Palomar College*

FROM BOB LARSON

Because of the lateness of my change in positions to UCLA from Grossmont this summer I didn't have time to do much recruiting but we still hope to be competitive with some of the second division PAC-10 cross country teams this fall. We should be better next year when some of our transfer athletes become eligible, especially Dave Daniels and Don Moses.

We didn't score our team in the first meet because school had just started and we were still completing paper work for eligibility, etc. Steve Ortiz was back at the Diet Pepsi National Championships where he won the junior division in spite of walking some during the last 1½ miles with a cramp.

ella team" came on to beat DVC (7-1) in the finals and finish 2nd overall.

The question is, "who will it be at Nor-Cal?" Well, we'll have to wait and see.

*Renee Hicks
member of the rag-tag bunch
CCSF cross country team*

BACKWARDS RUNNING

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Our club would like to challenge any other track club in the US to beat these marks. Please address any inquiries concerning backwards running to Me at 12925 Foothill Ave., San Martin 95047.

We've set the date for the California State Backwards Championships: June 21, 1980 at Gilroy High School.

I am working with Steve Subotnik, a podiatrist, regarding backwards and sideways running. We will be designing a shoe to be utilized for backwards running.

*Bill Foldberg
San Martin*



Book Review

UNITED KINGDOM ATHLETICS ANNUAL 1979. compiled by the National Union of Track Statisticians. 221 pages, paperback. Available from Richard Hymans, Flat 10, 23 Queensgate Gdns, London SW 7, England. \$5.00 plus \$1.00 postage (surface) or \$2.50 postage (air mail).

A wealth of statistical information on track and field in the United Kingdom. All time lists plus indepth 1978 rankings for men and women, junior and senior; often up to 100 deep. For the real "track nut."

1979-80 OFFICIAL RULES FOR TRACK AND FIELD. Published by the Amateur Athletic Union of the United States, 3400 West 86th St., Indianapolis, Indiana 46268. 127 pages, \$3.50. This is the official rule book for all AAU track and field competition. Includes explanation of recent rule changes, and has a special section for women's rules.

STARTING LINE HANDBOOKS. Published by Starting Line Magazine, P.O. Box 878, Reseda, CA 91335. Two books, one for boys and one for girls, \$2.50 each.

Statistical listings of 1978 best marks for all boys and girls age groups in the United States. Includes many pictures and is very informative. A must for the age-group athlete.

ON THE RUN FROM DOGS AND PEOPLE. By Hal Higdon. Available from the author for \$7.50 (includes postage and handling) at Box 372, Michigan City, Indiana 46360.

A reprint of the original book by that same title that appeared back in 1971, the deep dark ages of long distance running when you didn't have to wait in line to get on your favorite running path. It's not exactly the same book as Hal has added a couple of new chapters, including a long description of the Boston Marathon. The funniest book ever written on the sport of long distance running.

1979 CROSS COUNTRY HANDBOOK MEDIA GUIDE. Compiled by Rich Perelman and published by the Amateur Athletic Union.

It's only 36 pages, but it is a cross country gold mine of information. Stat freaks and history buffs will love it. I don't know if it is for sale or even available to the general public but it would be worth a try. Write the Press Information Dept., Amateur Athletic Union, 3400 West 86th St., Indianapolis, Indiana 46268.

RESULTS? Where are all the results? They're not here!. We've just acquired a photo typesetting machine at CTN and lost a lot of time in the interim period. Please be patient while we suffer through these growing pains. When we get it rolling it will make for a big improvement. We'll catch up next issue.

OLYMPIC TRACK & FIELD. BY THE EDITORS OF *Track & Field News*. 192 pages, paperback, \$6.50. Available from TAFNEWS Press, P.O. Box 296, Los Altos, CA 94022.

This meticulously researched book contains more facts relating to Olympic track competition than any other source. At its heart are the event-by-event descriptions and results for each Olympic final (women as well as men) from 1896 to 1976.

Besides the results, given in both English and metric measurements, *Olympic Track & Field* contains a history of the ancient and modern Games, medal counts by nation, year, and event, a photo gallery of the top champions, and essential information for enjoying the 1980 Games.

ALL ABOUT ROAD RACING. By Tom and Janet Heinonen. 128 pages, paperbound. \$4.50 from TAFNEWS Press, P.O. Box 296, Los Altos, CA 94022.

This is an invaluable primer for the runner who is about to become a racer. The authors, themselves experienced road racers as well as coaches, give the runner the benefit of their knowledge in dealing with the important aspects of racing on the road: how to select races and train for them, strategy and tactics, injuries and their prevention, and most valuable of all, sample training schedules for runners of all abilities and ages.

MIDDLE DISTANCES: Contemporary Theory, Technique, and Training. Edited by Jess Jarver. 128 pages (8 1/2 x 11), paperbound. Available for \$6.50 from TAFNEWS Press, P.O. Box 296, Los Altos, CA 94022.

Jarver, known world-wide for his work in translating and disseminating information about track and field, has drawn from every major sports country in the world for the articles in this book.

Middle Distances is not copy written in stone, however, as Jarver has sought to show the differing shades of opinion held by the world's experts on how to train for the middle distances. This diversity makes the book especially appealing to the coach or athlete wishing a wider exposure to training methods than is generally available in single-author books.

US MARATHONERS 1979. Compiled by the National Running Data Center. Available for \$5.95, plus 50 cents postage, from Running Times Books, 12808 Occoquan Road, Woodbridge, VA 22192.

If your race was run on a certified course, no matter whether your time was 5:09, 4:09, 3:09, or 2:09—your performance is listed in this book. Features include the national rankings of all men under 3 hours and all women under 4 hours in 1978, as well as the names of all marathon finishers regardless of time. Over 80,000 performances!

photo by Don Gosney



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