



# NORTHERN CALIFORNIA RUNNING REVIEW

A WEST VALLEY TC PUBLICATION  
603 SO. ELDORADO, SAN MATEO, CALIF. — 94402  
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The Northern California Running Review, formerly the West Valley Newsletter, is published on a monthly basis by the West Valley Track Club of San Jose, California. It is a communication medium for all Northern California track and field athletes, including age group, high school, collegiate, AAU, women, and senior runners. The Running Review is available at many road races and track meets throughout Northern California for 25¢ an issue, or for \$3.50 per year (first class mail). All West Valley TC athletes receive their copies free if their dues are paid up for the year.

This paper's success depends on you, the readers, so please send us any pertinent information on the NorCal running scene that you would like to have printed. We can always use good photos for our publication. If you have any good contrast, preferably black and white, photos, please send them to the editor of this paper: Jack Leydig, 603 S. Eldorado St., San Mateo, Ca., 94402 (Ph. 342-3181). Be sure and give names of those pictured, event being run, and any photo credits. Any size picture is ok since we can photographically reduce large prints or enlarge small ones (no negatives necessary, we can work from the print).

Our publication is printed by Frank Cunningham. Photographers are: Terri Mejia, John Marconi, Larry Winward, and others from time to time. Our cartoonist is Marin AC's Lee Holley. Some of our contributors for this issue are Harold DeMoss, Ted McRice, Walt Stack, Ross Smith, Greg Chapman, John Romero, Bill Selvin, Ed Knott, Chuck Hall, Wayne Glusker, Bill Ranney, Joel Jameson, Flory Rodd, Runners World Magazine, and many others.

Let us hear from you concerning the form and content of our publication. We can always use helpful suggestions that would improve our coverage. All letters to the editor will be printed, but try to keep them under 200 words if possible. We would like to print a special article each issue, so if you have any ideas, written either by you or someone else, please send them to us for consideration. We can always use results. Don't assume we have already received them. Women's, high school, collegiate, and age group results and schedules are needed most. Don't be afraid to send us anything at all concerning the sport.

## CLUB NEWS

Since we have changed our name to the Northern California Running Review, we have decided to change our format slightly from past issues of the Newsletter. Incidentally, credit for the change-of-name idea goes to Paul Reese. In past issues we had a section on West Valley's new members. We will still have this of course since the publication is a West Valley newsletter as well as a NorCal newsletter. But we have decided to have a "Club News" section (also Paul Reese's idea) where any club can put pertinent news. As long as the news is pertinent to running and kept to a reasonable length, we will print it, possibly in edited form. We have to keep our issues to 6 sheets or less in order to keep our rates at \$3.50 a year. As long as the news is not "profit-making" in nature, we will print it in this section. Material aimed at selling goods should be put in our Classified Advertisement section. Our ad rates have changed slightly...see Classifieds for full information.

## WEST VALLEY TC CLUB NEWS:

During the past month, WVTC gained one new member, Juan

Ramirez. Juan is a freshman at San Jose City College and lives at 646 Jackson Ave., San Jose, 95116 (Apt. 9) - Ph. 258-9865. At 19, Juan has best times of 1:59.7, 4:28.3, and 9:51.7. He ran 19:45 for four miles cross country this past season, and was a key factor in SJCC's high ranking in Northern California.

Some address changes for club members: Rene Yco has moved to 1674 Adrian Way, San Jose, 95122 (same phone); Sean O'Riordan is now attending Washington State Univ. and has a new address of Neill Hall, #428, WSU, Pullman, Wash., 99163; Tony Casillas was inducted into the armed forces in February and can be reached (for a while anyway) by writing Pvt. Anthony Casillas, (551-64-9872), Co. A BN2 BDE-1, Ft. Lewis, Wash., 98433. Those club members who do not have a list of addresses and phone numbers of our clubmates can get one (not too up to date) by writing the editor.

I am attempting to compile a new membership list (in pamphlet form) with addresses, phone numbers, and best marks in your event(s). I also need your marks for contacts with meet directors in the upcoming relay meets, etc. So send them to me right away and keep me posted of any changes in your PR's. Be sure and give me any address changes, phone number changes, etc.

Alvaro and Terri Mejia had their first child on Feb. 25. Christopher Alvaro weighed in at 9 lbs. 14 oz. and was a whopping 21½ inches long. All three will soon leave for Colombia where Al plans to train seriously for the 1972 Olympic Games, probably for the marathon. There will be a farewell party for the Mejias on April 3, Saturday, at Jack Leydig's house on 603 So. Eldorado, San Mateo. The party will start at about 8 p.m. and there will be an informal meeting of all club members at 7 p.m., before the party. Purpose of the meeting will be to discuss upcoming plans for the Boston Marathon (finances), set up a committee for drawing up a new constitution and by-laws, and set up a committee to get our club officially recognized as a non-profit organization. Anyone and everyone is invited to attend the party, including non-club members. Please write Jack in advance to let him know of how many to expect. Please bring your own eats, except for soft drinks, which will be supplied. Hope to see everyone there.

I recently received a letter from Ollan Cassell, Track & Field Administrator of the A.A.U., concerning the financial grant we applied for last fall. Unfortunately, the A.A.U. felt that our club was worthy of no aid at all, while many, many others received from \$1,000 downward. Just how the A.A.U. decided that we didn't qualify isn't quite clear. The grants were to be based on both need and participation in PA-AAU Championships and National Championships. I think we certainly qualify in both these respects, even though we are basically a distance oriented club. Following is Mr. Cassell's letter, and comments on this are welcome: "A review of the minutes from the 1970 Convention indicates the West Valley Track Club was not granted a financial allocation for the 1971 season. The committee took cognizance of your 1971 budget and your 1970 actual expenditures and felt your 1971 expected income would more than guarantee your program continuing at the same rate. Our committee is very aware of your club's activities and sends their continued support." --- It seems to me that the A.A.U.'s support isn't going to help us out very much since no money is involved. It seems to me that the purpose of the grants was to help clubs become stronger...not just leave them to continue at the same pace. Another case of the rich getting richer and the poor getting poorer. Our club is not alone in the PA-AAU I am sure.



The scheduled first meeting between West Valley TC and Athens AC has been called off because of an unforeseen schedule conflict. The Sacramento Invitational, originally scheduled for March 27, we hear has been canceled, and replaced by the Sacramento Relays on April 10, the date we had planned to run against Athens. However, West Valley TC members are welcome to compete in the San Jose State vs. Pacific Coast Club on April 17 at the San Jose State tartan track. If you're interested in competing in this meet, please contact Jack Leydig. In addition, we have been invited to set up any special races (e.g. - 10,000 meters, steeplechase, etc.) before any regularly scheduled SJS meet (collegiate or otherwise). Just let me know about a week in advance of when you want to run and we'll get it set up. We cannot compete in any dual meets between colleges only.

Marks set by West Valley TC athletes, not mentioned elsewhere in this issue: John Sheehan ran a 4:28.3 mile for Aragon High to start off the track season on a strong performance. Bob Crow and Vic Cary, both running for UC Berkeley, ran good two mile efforts on consecutive weekends. Cary ran 9:11.8 against Athens and Sac-State for a PR, and the following week Bob ran a best official 9:09 in the San Jose State dual. In the Simplot Invitational in Pocatello, Idaho, Peter Duffy ran a 220 short in the two mile in 8:19 when officials miscounted and held up the finish tape one lap too soon. Duffy stepped off the track, about 15 yards ahead of WSU's Rick Riley, but Riley proceeded to run another lap and finish in 8:49. The win was still awarded to Duffy. Pocatello is at 5000 foot altitude. Duffy also made a surprise appearance at the DSE Lake Merced run on March 14 to record a fantastic 23:33 for the slightly short (about 150 yards) 5 mile course. In the same race Vivian Harris ran about 35 minutes to come in as fourth woman, just a second behind Connie Cunneen. In PA-AAU road races: Rapidly improving Fred Mendoza took 45th in the PA 20 kilo race on Jan. 17th in 1:17:33. He was just a step in front of Marin's stellar senior runner, T.A. de Lusignan. In the 15 km. title race in Napa, Ted McRice got 68th in 67:54 over a slightly long course. In the Searsville Lake run, 14 WVTC runners competed. Richard Greer was 63rd in 49:33 followed by Frank Cortez (65th, 49:52), Vernon Rose (88th, 52:06), Jeff Goldman (98th, 53:39), Robin Nowinski (99th, 53:47), David Causey (54:31 in 106th), Ted McRice (123rd, 55:51), Vivian Harris (167th, 67:54), Lola Nowinski (182nd, 1:36:07). We still have incomplete results from Vallejo and Martinez. In the West Valley Marathon on March 7, Bob Greer finished 82nd in 3:21:56 and Neil Kruse just missed the 3:30 mark with a 3:30:26 in 96th.

THIS & THAT.... In the past month, Pacific Association athletes have set so many records that it's hard to count them all. It has certainly been one of the most successful months ever for our runners. We can start with a world age group record by Maryetta Boitano who did 3:46:21 for the West Valley Marathon on March 7. This can be followed up by a whole bunch of American bests: Bill Clark set five of them in a two hour run at Foothill College on February 13th (15 miles in 1:17:53.4, 25 km. in 1:20:42.8, 30 km. in 1:37:33.0, 20 miles in 1:44:56.4, and 2 hours was covered by running 22 miles, 1254 yards). On March 13th and 14th, Jose Cortez chewed up 100 miles of bad road in 12:54:30.8 for a new standard, breaking Corbitt's best by some 40 minutes! Paul Reese ran a U.S. age 53 record in the West Valley Marathon with a 2:51:04. Wayne Glusker surprised everyone in the Junior National One Hour Walk in Stockton on March 13th with a new American Jr. mark of 7 miles, 468 yards. Then of course came Alvaro Mejia's new Colombian and South American standard in the marathon, 2:17:22.2 on his first marathon attempt at West Valley. The old record of 2:20 was set in 1960 by Suarez of Argentina during the Rome Olympics. Natalie Cullimore set a world best for women in the 100 miler with a superlative 16:11:00 effort, better than a lot of men could do it. She was second in a field of 17 starters, 15 of whom were men. Well, I guess that's all the records for this month. Not too bad I would say. I hope I haven't forgotten anyone in the process...it's pretty easy when you have so many top athletes. Oh! - Mejia's time is top ranked in the U.S. this year too.

This is your last chance to get in on the Boston Group Fare that WVTC is organizing. You save \$64 on a roundtrip, paying only \$256 instead of the regular \$320. We are still short a few bodies in order to get the necessary 25. So if you're planning on going to Boston and have made other reservations, please see if you can help us out by joining our group. For complete details contact Jack Leydig (Phone 342-3181 evenings and 641-2613 days) immediately. If we don't get the necessary 25 by March 26, then it will be too late. However, if we get 25 by the 26th, then anyone can join afterwards. But we must have 25 signed up with a \$50 deposit (fully refundable should you change your mind) by March 26, so act today. We need your help. Our plane will leave from SF International on April 17th in the morning and your return ticket is open. You choose the time you want to return, but everyone must leave together. Join a great group of people and help California take Boston by storm this year. Any going from Southern California will have their extra fares spread over the entire group if we can't get a full 25. Once the 25 is reached, those signed up afterwards will have to pay anything extra themselves.

Have you ever noticed that we only have about 3 full time AAU officials at our road races? They are Art Butt, Bob DeCelle & Vern Juhl. Without them our races would be disasters. Have you ever wondered what will happen when these people retire from AAU officiating? All are getting on in their years with DeCelle the only really "young" one of the group. The point is, our association needs more qualified individuals for jobs like timing and officiating at our road races. Bob, Art, and Vern have told me that they would be glad to train any interested persons. I figure that if each club has one official, then this would take a hell of a lot of burden off the few that are doing all the work now. Peter Mattei is another who've I've neglected to mention, but Peter is normally running the races and not timing. He is primarily an organizer. So...the point is...we need help at the races and it will soon disappear unless we act now. If you're interested in devoting any of your time to help out our sport, even if it's just one race a year, contact one of our officials at the next race or better yet, call by phone today.

Some corrections on our mistakes: the picture of Don Pickett from last issue was taken by Jeff Kroot. I neglected to say where to get more information on the Southern California senior meets mentioned last time. You can write to the track coach at Cal State College in Fullerton. We finally got the 14th and 15th times and places from the 32 miler: Larry Fox was 14th in 4:36:09 and John Satti was 15th in 5:02:41. Twenty-seven started the race, which was run in high winds and cold temperatures (low 40's). In the point totals from last issue I left out a 7th place finish for Harris which would have given him a 1.333 total. -- Evidently Darwin and Beardall weren't leading the Magnan 20 miler when they got lost, as reported in last issue. Mike Ipsen says that Jose Cortez was in the lead when the two went astray.

It is with the deepest regret that we give you the following information. Bob DeCelle, Chairman of our Track & Field Committee, received a telegram from the War Department, informing him that his son, Capt. Robert E. DeCelle, Jr., died on February 21st from wounds received in action in Vietnam. We are all sorry to hear of his loss and extend our condolences.

Harry Cordellos, the PA-AAU's blind runner, recently qualified for the Boston Marathon by running 3:24:49 at the West Valley Race. He plans to go if the DOLPHIN CLUB can raise his fare. He cannot afford it himself. He is on public assistance or blind relief because he gets only one day a week at Cal-State Hayward. I think that it would be really a great thing if our runners (all Pacific Association runners) could help Harry out by donating. He needs a total of not less than \$256 (if the West Valley Group Fare works out) and not more than \$320 for air transportation. If one out of every 8 runners in our area donated one dollar, Harry could make his dream come true. Even if you can't donate that much, send some spare change, because everything adds up. You should send your contributions to Harry Cordellos, 827 47th Ave., San Francisco. Acknowledgements of those who helped will be printed in the May issue of the DSE Bulletin.

Speaking of qualifying for Boston...many did not because of the new 3:30 mark. Well Pax Beale & Ken Crutchlow have decided to hold a "Boston West, Plodders Marathon", one day before the Boston (Apr. 18). It will be run in San Francisco, and anyone interested should contact Ken Crutchlow at 1801 Bush, San Francisco (Ph. 567-6100) without delay.



On the 14th of February, Harry Cordellos and Peter Mattei ran over the Petaluma Marathon course in an attempt to get Harry a qualifying time for Boston. The result was Harry's personal best in 3:21:13, 39 minutes better than his official Petaluma time last December.

The winner of our USA SWEATSUIT raffle, which was drawn for on March 7 at the marathon, was Dino Gradone of Watsonville. We sold a total of 197 tickets for a profit of \$98.50.

Below are listed the PA-AAU runners who have broken 2:40 for the marathon so far this year (all times):

NEW TOTALS IN 1971 PA-AAU POINT RACE: The point totals below go through the 100 mile run with the following exceptions: we don't have complete results for the Chico 10 kilometer, the Lake Merritt 5 kilometer, the Colfax Carnival and the Vallejo 10 miler. We are missing senior results (except for first) on the Vallejo race. We need all results on the Colfax race (we have only first and second open). We have only the top 5 in the Chico race, and only the top senior in the Lake Merritt run. If you have these results (either from memory or on a result sheet), please send them to the editor immediately. I will return them to you after I copy them, unless you specify I can keep them. Again, for the uninitiated: we figure the relative merit of both open and senior runners in the Pacific Association as follows... We take all AAU sanctioned road and cross country races in our association, except that if there are two races on a given day for a given meet (e.g. - Lake Merritt, Golden Gate Park 8 miler and 4 miler). Then we count only the open (longest) event for the open point totals and count both for the senior totaling. Points are counted only if the open runner finishes in the top ten or if the senior runner finishes in the top six (among seniors of course). Thus, if a runner has a bad day, it isn't counted against his overall performance. The ratings are figured by taking the average placing of a given runner and dividing it by the number of races he has run, thus giving a measure of quality and quantity. During the past month, West Valley TC's Alvaro Mejia took a big jump from a tie for 6th into first on the basis of wins at Searsville, Martinez, and West Valley. He now leads Marin's Beardall by the slimmest of margins, .240 to .250. Beardall was last month's leader and Byron Lowry also slipped a notch to third. Bill Mackey still holds a commanding lead in the senior standings with a .140 total. He is already nearing Peter Wood's Pacific Association record of .107 and the season is only half over. The rest of the top five stayed the same with the exception of Don Pickett moving into fourth past Peter Wood. Rich Delgado, last years winner, finally got onto the charts after a slump and pulled into eighth (15 are listed each month). Jack Leydig dropped off from 11th. New-comers to the senior listing were Flory Rodd (7th) and Bob Malain (9th). Harrison dropped off from 9th.

<u>Runner/Club (# of races run)</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>	<u>Aver. Place</u>	<u>Rating</u>
Bill Mackey/WV Joggers (10)	7	2	1	0	0	0	1.40	.140
Jim O'Neil/SFOC (11)	1	5	2	2	0	1	2.82	.256
T.A. de Lusignan/Marin AC (9)	3	2	2	1	1	0	2.44	.272
Don Pickett/SFOC (10)	1	1	5	1	1	1	3.30	.330
Peter Wood/Marin AC (6)	3	2	0	0	1	0	2.00	.333
Peter Mattei/NCSTC (9)	2	1	2	2	0	2	3.33	.370
Flory Rodd/NCSTC (5)	0	1	1	3	0	0	3.40	.680
Dave Stevenson/Stanford RC (5)	0	0	1	2	1	1	4.40	.880
Bob Malain/NCSTC (3)	1	1	0	0	1	0	2.67	.889

[illegible]



Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
Charlie Harris/West Valley TC (5)	1	0	1	2	0	0	1	0	0	0	3.80	.950
Adam Ferreira/Travis RR (6)	1	0	0	1	0	1	1	1	1	0	5.83	.972
Chris Miller/West Valley TC (3)	0	1	1	1	0	0	0	0	0	0	3.00	1.000
Peter Duffy/West Valley TC (2)	1	0	1	0	0	0	0	0	0	0	2.00	1.000
Bill Scobey/Mad River (1)	1	0	0	0	0	0	0	0	0	0	1.00	1.000

#### LETTERS TO THE EDITOR

Congratulations on a very well run marathon. It was really a joy to run in such an outstanding event. I hope you and some of your fellow runners will be able to make it to our marathon (Madera Regionals) on the 4th of April. -- David Bronzan

Congratulations on a beautifully organized marathon. You even had the Gods lined up. I'm happy to have been a tiny part of making this run the great success that it was. I see you have the Annual out. I glanced through it hurriedly. It's very impressive. It just seems to have everything. -- Walt Stack.

I wish to compliment you and the members of the West Valley Track Club on the fine job you did in putting on the marathon on March 7. Nothing seemed to have been overlooked in an attempt to make things easy for the runners involved. With that kind of attention to details, I'm sure the race will continue to grow in the coming years. Please give my congratulations to the many other people who were involved with the race. -- Tom Mann

You were so busy before and after last Sunday's marathon that I did not want to bother you so I'M writing this note instead. I want to congratulate you and all your helpers for the well-planned and well-run event. After finishing I talked with many seniors, and I believe I am expressing their thoughts as well. -- Emmett Smith, Veterans Commissioner, PA-AAU Exec. T & F Committee

#### ADVERTISING

Since we have changed format somewhat, our ads have changed a little concerning costs. We still charge 50¢ per line per month, but since we get more on a line, the 50¢ charge is for an 8½ inch page with normal type (12 characters per inch)...or actually a 7½ inch wide page with ½ inch margins to make 8½ inches. So for those wanting ads, you will still be billed at the same rate, 50¢ per line. Since we are now mailing first class, the postage will go up with inserts. We now must charge \$15.00 per page (can be both sides) to break even on mailing costs. Large ads that we must photograph and produce ourselves must be sent to me for evaluation of cost. Reduced rates will be given wherever possible. All checks should be made payable to West Valley Track Club and mailed to the editor, Jack Leydig (see first page for address).

**NEW BOOKS FROM TRACK & FIELD NEWS:** Kipchoge of Kenya (new biography of Keino), \$2.50; My Run Across the United States (Don Shepherd's witty account of his 1964 transamerican run), \$3.50; Computerized Running Training Program (computer-generated workouts for runners of every ability take the guesswork out of training), \$4.50. Also: jumbo-sized 1972 Olympic posters in color (23x33") - A. track theme; B. Olympic stadia theme, \$2.00 each, postpaid, \$3.50 for both. Add 25¢ per book for postage. 5% tax in Calif. Box 296, Los Altos, Calif. 94022.

**AGE RECORDS: World, U.S. Bests for 1-73** -- All known world and U.S. best performances by male athletes are listed for each age --ranging from age 1 (26.0 for 50 yds.) to age 73. 37 track and field events are covered, 50 yards to marathon, all field events, hurdles, and decathlon. It's a fascinating fount of information that any sports fan will find interesting. If you have not received a copy of this book, write to Track & Field News, Box 296, Los Altos, Cal. 94022 - only \$1.00 (36 pp., compiled by Hugh Gardner & Jack Shepard.).

**RUNNING UNLIMITED:** (Tiger Distributor) - Pete League, 1515 Cornell St., Berkeley, Cal. 94702 (Ph. 524-5205). Pete is now the largest Tiger distributor in California with a full line of all kinds of running equipment. Pete can usually be found around most of our road races in Northern California with a good selection of running shoes (racing flats, spikes, workout flats, carrying bags, singlets, shorts, insoles, running books, and a variety of other products.) If you are a teacher or student, Pete will give you a \$1.00 discount on the retail price of shoes (per pair). Currently Pete is overflowing with stock in all sizes so order now before he runs short again. You can be assured of fast service if he is out of what you want.

**1970 NORTHERN CALIFORNIA DISTANCE RUNNING ANNUAL:** At long last, the NorCal Annual is out and selling fast. This book is truly a distance runner's handbook, whether he be in high school or college or AAU...you name it. A review of the contents: 1970 PA-AAU Cross Country Team; 1970 Highlights; Winners of 1970 AAU races and their times; 1970 marathon lists for open, seniors, women; sections on seniors, 14 and under, women, clubs, high schoolers, collegians, AAU officials and others connected with promoting our sport; a cross section of all our runners; 1971 Long Distance Schedule; PA-AAU Club Addresses; Advertisements, and more.... A whopping 80 pages in booklet form (6½ x 8½) with almost 100 photographs of our runners in Northern California. Order yours today from Jack Leydig, 603 S. Eldorado St., San Mateo, CA 94402. \$2.00 plus 15¢ mailing costs (checks payable to West Valley Track Club).

**UNIVERSITY SPORTS:** 2455-S Old Middlefield Way, Mtn. View, CA (Ph. 415-967-4150). A complete line of quality running shoes: HUMMEL -PUMA-REEBOK-TIGER. Bring in this ad (no need to clip out) for \$2.00 off on any one pair of spikes or flats. Hours: 10 to 5 on Tues. thru Fri., (closed Monday), 10 to 4 on Saturday.

**1971 MARATHON HANDBOOK:** This book is a must for every marathon runner. It contains 1971 marathon dates for all U.S. and many international races, sections on women's marathoning, 50 mile statistics, all-time U.S., Canadian, and World lists and 1970 lists that go to three hours for U.S. runners. Plus special articles on marathon running and many good pictures. Available from Runner's World Magazine for \$1.75, P.O. Box 366, Mtn. View, CA 94040.

**1971 HIGH SCHOOL ANNUAL:** The 1971 High School Annual, published by Track & Field News, can now be obtained from West Valley Track Club for the same price, \$1.00. Contains statistical lists from 1970 track season, all-time lists, both indoor and outdoor, pictures, and more. A must for every high school athlete. Send your order to 603 S. Eldorado St., San Mateo, CA 94402.

**WEST VALLEY MARATHON T-SHIRTS:** We did not have as many participants as we expected in the West Valley Marathon, and so we have a lot of shirts left over, all sizes at the moment, although we're short on large. We will sell these at cost \$1.25, plus 25¢ postage if you want yours mailed. They are also available at the West Valley TC table at almost all area road races. Get yours now while the supply lasts.



### SPECIAL ARTICLE: ONE MARATHON A WEEK FOR 12 WEEKS

My original intention was to run 12 marathons, 12 weeks. The stipulation being that I would quit the first time I failed to break three hours. Ha! As you can see by the results below, I flamed-out at Las Vegas. But, it was a fun thing while it lasted, and I met some wonderful people in my travels around the U.S., especially the warm welcomes in Georgia and North Carolina when I had an opportunity to live with other runners prior to the race.

The idea that got me started on this madness was an article I read in the last issue of Long Distance Log. It was a quote by Jim Alder of England, after he broke the world record for 30 kilometers (and beat Ron Hill). He was referring to Hill's prior runs and his explanation of beating him..."and no matter how good you are you just can't take six long distance races in a year. Look up the records and you'll see it's never been done." - Jim Alder, Athletics Weekly.

I decided right then that I would test out that theory and see if it was valid. I wasn't in too good a distance shape for my first run so I decided I would go slow and build up a base. That was Culver City. Everyone after that one was all out to the best of my miserable ability. Here they are: (1) Dec. 6 - Culver City, Cal. - 3:36:18; (2) Dec. 13 - Petaluma, Cal. - 25th in 2:51:32, second senior; (3) Dec. 26 - Atlanta, Ga. - 16th in 2:48:30, first senior & new over-40 record; (4) Jan. 3 - Madera, Cal. - 6th in 2:56:01, first senior & new over-40 record; (5) Jan. 9 - Mission Bay, Cal. - 57th in 2:55:49, 8th senior; (6) Jan. 23 - Duraleigh, N.C. - 5th in 2:51:42, first senior & new over-40 record; (7) Feb. 6 - Las Vegas, Nev. - 41st in 3:24:18, crashed and burned.

On the morning of the Las Vegas race I felt great and ready to go for an all out try. Hit the first 5 mile checkpoint in 30:44 and felt fine. About 2 miles later I was in severe trouble, staggering at the 10th, and just hanging on at the 15th mile. Everything after that was just "torture under the sun." It was the toughest race I've ever run and I had to use up every ounce of will power to finish. I've never failed to finish a marathon, but this one was as close as I ever will get. It's funny, but I feel better about the Las Vegas result than all the others. So, with failing to break 3 hours, my experiment comes to an end. My apologies to Mr. Jim Alder. -- Flory Rodd

### WEST VALLEY PORTRAIT

Dick Strand is 28 years old, and is currently a resident M.D. at St. Mary's Hospital in San Francisco. His present address is 100 South St., #108, Sausalito, CA (Ph. 332-9430). He received both his BA and MD from the University of Nebraska.

Dick's major strength lies in the sprints and middle distances up to the 880. He ran his best 440 in 1964 at the Big-Eight Championships where he went 47.2. His best efforts in the 600 and 880 were both indoors in 1965. He did 1:11.4 for 600 at the NCAA Championships in Detroit. His 1:54.7 880 came in a dual meet at Lincoln, Nebraska. Currently Dick is trying to regain some degree of competitive form after a long layoff while in medschool. He ran in and finished the 1970 Dipsea Race, which is where Dick decided to join West Valley.

His most exciting moments in his racing career came when his team won the Big Eight Indoor Title in 1963 and when he ran on the winning mile relay team for Nebraska at the Drake Relays in the record time of 3:09.2 (1964).

Dick is looking forward to regaining some of his form at least during the coming season. Hopefully he will participate on West Valley's distance medley or mile relay teams in the upcoming outdoor relay circuits.

### PACIFIC ASSOCIATION PORTRAIT

Meet Alvaro Mejia: Redwood City, Cal. (West Valley Track Club). 5'10", 145 lbs., 30 years old, born May 15, 1940 (Medellin, Colombia). Married, one boy aged 3 weeks (big). Began running in 1957 at age 17, no extensive layoffs since then. Self-coached. Occupation: metal spinner.

TRAINING: Varies depending on how hard my work is, but I try to aim for a twice daily workout pattern, 7 days a week, 12 months a year - 110 to 130 miles a week currently. Longest ever training run - 26 miles.

BEST TIMES: 200m (24.0), 400m (51.2), 800m (1:53.4), 1500m (3:48.9), 3000m (8:12), 5000m (13:53.4), 10,000m (29:10.2), marathon (2:17:22.2). Favorite frequency of competition: 3 times a month. Favorite distances: 5 to 10 kilometers.

DESCRIPTION OF TRAINING & RACING: My training consists basically of a large volume of distance background, followed by a period of sharpening during track season. Currently I am running mostly distance work and am starting hill repetitions once a week. Most of my distance work is at a comfortable pace, not too fast and not too slow. Unless I have a race on the weekends, I run long workouts of anywhere from 18-25 miles. Tuesdays and Thursdays I also go long, from about 1½ to 2 hours. The other three days I go one hard 10 miles, one track workout, and one hill repetition workout. The repeats are about 1 minute in duration with an equal jog between. The hill is not too steep, but increases towards the top and then levels off. I try and do 20 or so of these. My morning workouts consist of about 30 minutes plus of easy running.

In racing I usually lead if I feel confident that I can win. However, if I'm not sure of myself or my opponents, I usually follow and then make a move when I feel ready. I feel that a runner does not have to have a great amount of natural speed to kick a good final lap in the end of a 5000 meter race. I am not that quick, but can run under 55 seconds for the final 400 meters of a 2 or 3 mile race.

Alvaro is currently in the process of moving back to his home in Colombia, where he will go into training for the 1972 Olympic Games, probably in the marathon, where he essentially still a novice. However, his new South American record of 2:17:22.2 certainly indicates that he may have found his event. The Pacific Association and West Valley TC will be losing a very fine runner and good person. All of us wish you continued success in the future.

### LONG DISTANCE SCHEDULE

Note: All runs below are sanctioned AAU events except those specified as DSE races. These are strictly run-for-fun events that are sponsored by the Dolphin-South End Rowing Club of San Francisco. Some of the races listed are out of the Association and are marked with an asterisk (\*). Road Runners Club races (RRC) are marked as such.

- Mar. 28 - Blossom Hill Run, 8.3 mi. open and age group, shorter run, 9:30 am, Napa; NVRC, Chuck Hall, 4516 Dry Creek Rd., Napa, CA.
- Apr. 3 - Lake Merced (Seniors only) Run, 5 mi., 9:30 am, San Francisco; NCSTC, John Boitano, 3875 21st St., S.F., 94114.
- Apr. 4 - Madera Regional Marathon, Madera, Ca. (\*). Dee DeWitt, 521 Willis, Madera, Cal. Winner sent to Natls. in Eugene on 6/6.
- Apr. 4 - RRC 15 km., Los Altos Hills, Foothill College, 9:30 am.
- Apr. 10 - 14 mile run and barbeque, 11 am, El Dorado, Ca. Peter Mattei, 1000 North Point, S.F., 94109.
- Apr. 17 - RRC 8 mile race, Aptos, Ca. (Manresa Beach), 1 pm.
- Apr. 18 - DeAnza Ridge Run, 9 mi., 10 am, Cupertino. Jogger-nauts, c/o James Woodruff, 531 Benvenue, Los Altos, Ca., 94022.
- Apr. 18 - Boston West Plodder's Marathon, for those not meeting Boston Marathon qualifying standards of 3:30, and all other interested persons, San Francisco, Ca. (time to be announced). Ken Crutchlow, 1801 Bush St., San Francisco, Cal.
- Apr. 18 - Daly City Hill Run (DSE), 6.4 mi., 10 am, Daly City. To top of San Bruno Mt. & back.
- Apr. 19 - Boston Marathon, Boston, Mass. (\*); BAA, c/o Will Cloney, c/o Boston Garden, North Station, Boston, 02114 (Ph. CA7-3200).
- Apr. 24 - Nob Hill Run from SERC up Hyde to Cal. St. & return (DSE), 3 mi., 10 am.
- Apr. 25 - Mt. Diablo Disturbance Race (Kirk's Revenge), 6.6 mi., 9 am Daylight time. Only male runners over 21, must have finished at least 3 Dipseas. Jack Kirk, Star Route 4, Box 35, Mariposa, Cal. 95338.



Apr. 30 - Visalia Ten Mile Run (\*), David Bronzan, P.O. Box 385, Three Rivers, Cal.  
 May 1 - Mt. Vaca Hill Climb, 10.6 mi., 9 am, Vacaville. Bay Area Road Runners, Bill Flodberg, 12925 Foothill, San Martin, Ca.  
 May 2 - Legion of Honor, 3 mi., 10 am, DSE Race.  
 May 8 - 22 Mile Sac'to to Woodland Race, 9 am, State Capitol Bldg., Sac'to. Woodland Chamber of Commerce, 520 Main St., Woodland, Cal. (662-7327).  
 May 9 - Bay to Breakers Practice Run, 8 mi., 8 am, DSE Run.  
 May 15 - 8 Mile Road Race, Golden Gate Park, 9 am. Peter Mattei, 1000 North Point, San Francisco, Ca. 94109.  
 May 16 - Bay to Breakers Practice Run, 8 mi., 8 am, DSE Run.  
 May 22 - Palos Verdes Marathon, Palos Verdes, 8 am, SPA-AAU(\*). Box 6015, North Hollywood, Cal. 91603.  
 May 23 - Bay to Breakers Race, 8 mi., San Francisco, Ca., 10 am. Frank Geis, Suite 601, 942 Market St., San Francisco, 94102.  
 May 29 - Golden Gate Marathon, Tiburon to S.F., 7:30 am. Rich Perry, 330 Gonzalez Dr., San Francisco, Ca. 94132.

#### TRACK & FIELD SCHEDULE

Apr. 10 - West Valley TC vs. Athens AC (cancelled due to schedule conflict).  
 Apr. 10 - Sacramento Relays, Sacramento State College, 5 pm (?); Stan Wright, Sac. State Athletic Dept., Sac. State College.  
 Apr. 17 - Pacific Coast Club vs. San Jose State at San Jose State tartan track. (also West Valley TC athletes, no team score)  
 Apr. 23 - Mt. San Antonio Relays, Walnut, Calif. (\*), 3 day meet.  
 May 1 - San Jose Invitational, San Jose State tartan track.  
 May 7 - West Coast Relays at Fresno State College, 2 day meet. - C.A. Warmerdam, Fresno State College, Fresno, Ca. 93726. (\*)  
 May 15 - Bakersfield Invitational, Bakersfield, Calif. (\*)  
 May 29 - California Relays, Modesto, Calif.  
 June 5 - Kennedy Games at UC Berkeley, write Dave Maggard, c/o athletic dept., UC Berkeley, Berkeley, Cal.  
 June 5 - Compton Invitational at Compton, Cal. (\*) - 7 pm. (correction - L.A. Coliseum)

#### HIGH SCHOOL SCHEDULE

Mar. 27 - Gilroy Invitational at Gilroy (small schools only).	May 3,5 - Foothill AL Championships, site undecided.
Mar. 27 - Watsonville Relays at Watsonville (22 schools).	May 4,7 - Sequoia Dist. Trials 2:30; Finals 7:00; Sequoia HS.
Apr. 3 - Kennedy Relays, 12 noon, at Contra Costa College.	May 8 - Santa Cruz Relays
Apr. 3 - King City Invitational at King City High School.	May 11 - S.P.A.L. Trials, 2:30 pm, Sequoia HS, Redwood City.
Apr. 3 - Hill Invitational at Foothill College, Los Altos Hills.	May 14 - S.P.A.L. Finals, 7:00 pm, either Sequoia or Foothill.
Apr. 10 - Diablo Easter Relays, 11 am, Diablo Valley College.	May 14 - NCS I Meet, 5 pm, James Logan High.
Apr. 17 - Blossom Hill Relays at Leigh High, San Jose.	May 14 - NCS III Meet, 5 pm, Santa Rosa Jr. College.
Apr. 23 - 3rd Charley Eaton Invit., 5 pm, Miramonte, Orinda.	May 15 - NCS II Meet, 11 am, Diablo Valley College.
Apr. 24 - El Cerrito Relays, 10 am, El Cerrito High, El Cerrito.	May 22 - CCS I Meet, Foothill College (?), Los Altos Hills.
Apr. 24 - Downey Games, 10 am, Downey High, Modesto, Cal.	May 22 - North Coast Finals, 9 am, Santa Rosa Jr. College.
Apr. 24 - Pacific Grove Invitational at Pacific Grove High.	May 29 - Central Coast Finals, 7 pm, San Jose City College.
Apr. 30 - Howard Brevick Invit., 5 pm, Mt. Diablo High, Concord.	June 4 - Hollister Relays, Hollister, Cal.
May 1 - Woodland Relays, 10 am, Woodland High, Woodland, Cal.	June 5 - State Meet, 1:30 pm, San Diego.
May 3,5 - Diablo Valley AL Championships, Diablo Valley College.	June 7,8- S.P.A.L. Decathlon, 3:15 both days, Menlo-Atherton HS.

#### COLLEGIATE SCHEDULE

Mar. 27 - Santa Barbara Easter Relays, Santa Barbara, Cal.; contact Track Coach, c/o UCSB Athletic Dept., Goleta, Calif.  
 Mar. 30 - Chico State at Univ. of Nevada, Reno.  
 Apr. 2 - Chabot at Diablo Valley (3 pm); Merritt at Foothill (3 pm).  
 Apr. 3 - San Mateo at San Jose CC (10 am); CCSF, Laney at UC Berkeley (10 am); Oregon State & Arizona State at UC Berkeley; S.F. State at Humboldt State; UC Davis & Athens AC at Cal State, Hayward; Sacramento State at Sonoma State; Chico State at Univ. of Nevada, Reno.  
 Apr. 10 - UC Davis at Humboldt State; Sacramento Relays at Sac. State College (5 pm).  
 Apr. 16 - Laney at San Mateo (2:30 pm); Diablo Valley at San Jose CC (6 pm); Foothill at CCSF (2 pm); Merritt at Chabot (3:15 pm).  
 Apr. 17 - Oregon State at Stanford; Pacific Coast Club at San Jose State; Chico St. & Cal-State Hayward at Sonoma State; Cal-State at Sacramento State (6 pm); Humboldt State and Pacific TC at UC Davis.  
 Apr. 24 - Northern Calif. JC Relays, 10 am, Modesto; USC at Stanford; Washington State at UC Berkeley; Cal-State Hayward at Chico State; UC Davis at Sacramento State (6 pm).  
 Apr. 28 - Golden Gate Conference Trials, 2 pm, San Jose City College, San Jose, Cal.  
 Apr. 30 - Golden Gate Conference Finals, 6:15 pm, San Jose City College.  
 May 1 - San Jose Invitational at San Jose State; UCLA at UC Berkeley; S.F. State and Humboldt St. at Sac. St. (6 pm).  
 May 7 - West Coast Relays at Fresno State College; C.A. Warmerdam, c/o Athletic Dept., Fresno State College, Fresno, Cal.  
 May 8 - West Coast Relays continued; UC Berkeley at Stanford.  
 May 14 - Northern Calif. JC Trials, 1 pm, Modesto, Cal; Pacific Coast AA Championships at San Diego.  
 May 15 - S.F. State and Sonoma State at UC Davis; Humboldt State at Cal-State Hayward; Sacramento State at Chico St. (6:30 pm).  
 May 21,2- Pacific Eight Conference Championships at Seattle, Wash.  
 May 22 - Northern Calif. JC Finals, 1 pm, Diablo Valley College; Far Western Championships at Chico (6:30 pm); Stanford to be announced.  
 May 29 - California Relays at Modesto (day & night), includes State JC Championships; All University meet at UC Davis.  
 June 5 - S.F. State & Sacramento State at Cal-State Hayward; UC Davis at San Bernardino Invitational.

#### WOMEN'S & AGE GROUP SCHEDULE

\*Note: The following schedule is tentative and subject to change. Contact Marcel Hetu, 1513 Sanchez, Burlingame, Cal. for changes.

Mar. 27 - Age Group Sectionals; Campolindo H.S., Moraga - Don Bailes; San Jose Yearlings - Gary Gallego.  
 Apr. 3 - Millbrae Relay Carnival, Mills High School, Millbrae. Contact Dr. Brown, Millbrae Lions TC.  
 Apr. 17 - San Jose Open, San Jose City College, Estle Argabright.  
 Apr. 17 - Hanford Invitational, Hanford High School, Hanford, Calif.  
 Apr. 24 - Salinas Invitational, Harnell College, contact Dick Casper.  
 May 1 - Roseville Invitational, Oakmont H.S., Roseville, contact Gil Duran.  
 May 8 - Orinda Invitational, Campolindo H.S., Moraga, contact Don Bailes.  
 May 15 - Pentathlon/Triathlon Championships, Mills H.S., Millbrae, contact Dr. Harmon Brown, Millbrae Lions TC.  
 May 29 - PA Girls Championships, Mills H.S., Millbrae, contact Dr. Brown, Millbrae Lions TC.  
 June 5 - PA Men's and Women's Championships, Cal-State, Hayward.



## RACE WALKING

Mar. 27 - 10 kilometer track walk, Claremont, Cal., 10 am.  
Apr. 4 - 10 or 20 kilometer walk, San Bernardino, Cal. (Inland Center), 9 am.  
Apr. 10 - 10 kilometer open walk in conjunction with Sacramento Relays, Sacramento State College, 12 noon. (See track schedule).  
Apr. 18 - 10 mile open and 5 mile high school-novice track walks, S.F. State College Track, 10 am.  
May 9 - 10 kilometer walk, Sunnyvale High School track, 10 am.  
May 23 - Senior Natl. 20 Kilometer Championships, Golden Gate Park Tennis Courts (Pan-Am team final trials), 2:30 pm.  
May 29 - California Relays, Invitational 1 mile walk, Modesto, Calif.  
June 5 - Kennedy Games, Invitational 5 kilometer walk, UC Berkeley, Berkeley, Cal.

\*\*\* For further walking information, contact Bill Ranney, One Barker Ct., Fairfax, Cal., 94930 (Ph. 456-2641). \*\*\* There is a new 1970 ruling that high schoolers can walk all year around, even during their school's track and cross country seasons.

January 30 in Stockton: another of the 5 kilometer walks put on by Jim Bentley. Tom Dooley won this track race in near record time of 21:46 (record is 21:43 by Tom). His approximate splits were 6:54, 13:58, 21:00. The only other results we have are that Jim Bean was second in just over 23 minutes, and that Brad Bentley won the Stockton Race-Walkers style award. There were 9 or 10 starters and only one DQ that I have heard about. More may come on this race later. - Reported by Bill Ranney.

Jan. 30 or 31, San Francisco: This five mile handicap walk was held in San Francisco and won by Wayne Glusker of West Valley TC. It turned out to be an excellent race, as the handicaps all came even with about 600 to 700 yards to go--with the exception of Glusker--who won going away. This race also found the return of Jerry Heidenreich to form as a walker. Jerry has been keeping himself trim on his new racing bike--which he trains on regularly. The results: (1) Glusker (WVTC) 42:51, (2) Jim Bentley (Stockton Walkers), (3) Bill Ranney (Athens) 37:15, (4) Jerry Heidenreich (San Rafael HS) 47:28, (5) Jerry Lansing (San Rafael HS) 42:31, (6) Phil Mooers (WVTC) 47:55. - Forgot to put down Bentley's time -- 45:08. - Reported by Bill Ranney.

Bean nips Ranney in Athens Indoor: (Feb. 6) - Posting the best time of his life, Jim Bean proved that his move to Lake Tahoe for training purposes was not an unwise choice. Laird led during the first half of the walk and looked an easy winner, but was called for lifting and left the field. This left Ranney leading, with ever fast Jim Hanley in hot pursuit. Hanley is known for his speed and legal style of sprint walking, and he seemed to be the choice to overtake Ranney. However, on the gun lap up came Bean with no sight of Hanley. The entire last lap was a shoulder up battle with Bean getting the nod at the tape. Among the notable items was the DQ of Mick Brodie. I understand that this is the first ever for Mick. Also DQ'd were Rich Santoro, Steve Lund, and Laird. The results: (1) Jim Bean (Stockton Walkers) 6:45.2, (2) Bill Ranney (Athens AC) 6:45.2, (3) Jim Hanley (SCS) 6:50.8, (4) Bob Kitchen (Athens AC) 7:10.2, (5) Wayne Glusker (WVTC) 7:15.2, (6) Jerry Lansing (unatt.) 7:23. - Reported by Bill Ranney.

Oldest record in PA-AAU is broken!: (Feb. 7) - During the 1966 Sr. Natl. 35 km. in Pomona, Goetz Klopfer set the Pacific Association standard for 35 km. on the roads. That record tumbled today as both Bill Ranney and Tom Dooley broke it, with Dooley winning. The old record was 3:11:13. The two walked close all the way, but Tom was able to gradually pull away over the last few miles to record an excellent 2:56:54. The course was a horseshoe 5 km., and was continual up and down each time around. Eight started, which is a record of sorts for a race this long in our area. A surprise third place was West Valley TC's Phil Mooers. Other starters included fast improving Wayne Glusker of WVTC and Rich Santoro of Milpitas. Manny Adriano and Steve Lund both went part of the way as workouts, as did Pleasant Hill's Glenn Parker. The results: (1) Dooley (Athens) 2:56:54, (2) Ranney (Athens) 2:59:16, (3) Phil Mooers (West Valley TC) 4:06:21. Glusker made it to 30 km. in 3:04:15, Adriano was at 25 km. in 2:48:26, and Santoro made 20 km. in 2:04:30. Lund did 2:14:53 for the same and Parker did 65:53 for 10 km. - Reported by Bill Ranney.

Dooley wins first annual Far Western 20 Km.: (Feb. 21) - In a race designed to "test" the course for the Sr. Natl. 20 km. to be held on May 23, a fast field showed up--even though some locals left the area to go to a 10 km. walk in Indio. The results had Tom Dooley winning by nearly 6 minutes over Goetz Klopfer, with Bowman and Bean a bit further back. The results: (1) Dooley (Athens) 1:32:33, (2) Klopfer (Athens) 1:38:30, (3) Bob Bowman (SCS) 1:39:06, (4) Jim Bean (Stockton Walkers) 1:39:40, (5) Wayne Glusker (West Valley TC) 1:47:11, (6) Jerry Lansing (unatt.) 1:48:46, (7) Steve Lund (unatt.) 1:50:46, (8) Mick Brodie (unatt.) 2:01:58, (9) Glenn Parker (PHTFC) 2:05:16, (10) Jack Halligan (unatt.) DQ - made 15 km. in 1:32:58. - Reported by Bill Ranney.

Ron Laird wins SPA-AAU District 10 km. title: (Feb. 21, Indio) - Ron Laird took an easy victory over Rudy Haluza and John Kelly in the SPA-AAU 10 kilo championship walk. Haluza and Kelly staged a close battle and were given identical times. Three locals made the long trip down and West Valley's Manny Adriano was top placer in 7th with a 53:03, followed by the Stockton Walkers' Jim Bentley (12th, 58:36.7), and Brad Bentley (17th, 64:32.4). Laird's winning time was 47:23.2 with Haluza and Kelly getting identical 48:55 clockings. Jim Hanley was next in 49:15 and then Steve Tryer in 49:27 for the only 5 under 50 min. - Reported by Manny Adriano.

Lund wins 15 km. handicap walk, Ranney has fast time: (March 7) - Steve Lund took advantage of a fair handicap to win easily over a good field at the Northgate 15 km. walk. The weather was ideal for the race. Ranney took top time honors with a 1:11:02 to Lund's second fastest 1:16:05. Adriano had third fastest time and also finished third in placings. The results: (1) Steve Lund (unatt.) 1:16:05, (2) Ranney (Athens) 1:11:02, (3) Manny Adriano (WVTC) 1:19:25, (4) Jerry Lansing (unatt.) 1:20:46, (5) Jack Halligan (unatt.) 1:33:59, (6) Roger Duran (unatt.) 1:26:45. - Reported by Bill Ranney.

Wayne Glusker surprises field to win Jr. Natl. One Hour Walk: (Mar. 13) - West Valley TC's Wayne Glusker, only beginning to take race walking seriously, pulled a big upset to not only win the Junior National title, but also set a new American Junior record for the hour, 7 miles, 468 yards, breaking the old mark of 7-391. Passing the mile in a quick 8:03, Wayne pressed the pace and left Lansing after about 35 minutes. The SC Striders brought a full team and took the championship by placing 2-4-5-9-10. Mike Ryan took second behind Glusker as he caught Lansing in the latter stages. The results: (1) Glusker (WVTC) 7-468, (2) Ryan (SCS) 7-330, (3) Jerry Lansing (Athens) 7-252, (4) Steve Merrilees (SCS) 6-1700, (5) Gary Flinchum (SCS) 6-1696, (6) Jim Bentley (Stockton Walkers) 6-1339, (7) Jerry Heidenreich (unatt.) 6-845, (8) Brad Bentley (Stkn. Walkers) 6-775, (9) Bob Lange (SCS) 6-701, (10) George Mercure (SCS) 6-670. - Reported by Wayne Glusker.

## MISCELLANEOUS RESULTS

Marilyn King, a 21 year old lass who competes for the Millbrae Lions TC, won the women's long jump with a leap of 19 feet, 11 3/4 inches, to take the AAU title in New York (indoors). She defeated such world class competitors as Willye White in the process. Outstanding performer in the meet was Frank Shorter who ran the second fastest ever 3 miles on the boards with a 13:10.6 effort, only a scant second off George Young's record.

Complete results of the Athens Indoor are still in our office. Anyone having a copy, please send to the editor today.



## HIGH SCHOOL & COLLEGIATE RESULTS

Top NorCal Collegiate Marks: (Not necessarily in order) - 100: Hart (Cal) 9.5, Curtis (Cal) 9.6; 220: Hart (Cal) 21.1, Curtis (Cal) 21.4, Francis (Stanford) 21.6, Butler (Diablo Valley) 21.9; 440: Dees (SJS) 48.6, Bonner (Cal) 48.6, Ansley (Cal) 49.1, Andrew (Cal) 49.1; 880: Brown (Cal) 1:51.8; Mile: Kardong (Stanford) 4:08.0, MacDonald (Stanford) 4:08.6, Black (SJS) 4:06, Drew (Cal) 4:10.2; 2 Mile: Kretz (Stanford) 8:49.4, West (Cal) 9:01.4, Amaya (Cal) 9:11.2, Crow (Cal) 9:09.1, Evans (SJS) 9:03.4, Greer (SJS) 9:05.2, Cary (Cal) 9:11.8, Lahde (Stanford) 9:14.9, Hansen (SJS) 9:16.2; MileR: Stanford 3:16.5, UC Berkeley 3:15.0. -- Note: this is not a list of the top performances, but just the performances I have received. There are undoubtedly more I've missed.

Top NorCal High School Marks: (Not necessarily in order) - 440: Legg (Woodside) 50.9, Veal (San Carlos) 51.3, Sellars (Aragon) 51.2; 880: Hicken (Crestmoor) 2:00.9, Van Arkle (B'game) 1:59.8, White (San Carlos) 2:00.3; Mile: Sheehan (Aragon) 4:28.3, Miller (Carlmont) 4:29.5, MacMitchell (Gunn) 4:31.6, Wigney (B'game) 4:36.5, Genschmer (Sunset) 4:30.7; 2 Mile: Hale (Campolindo) 9:06, Gieser (San Carlos) 9:58.4. (List is far from complete...will have list of top NorCal marks in each event next time).

In next issue: A list of top NorCal postal times for 1970 in high school, collegiate, and open competition over 2 and 3 miles.

### HARRIS TAKES UPSET VICTORY AT PA 15 KILO

(Jan. 24): West Valley's Charlie Harris, rapidly improving during the past few months, took everyone by surprise by winning the PA-AAU 15 Kilometer title at Napa over a long course in 51:50.4. It was his first NorCal road win. In second place was Marin AC ace Darryl Beardall who led his team to victory with 48 points to Redwood City's 75 and Napa's 104. Visiting senior star Peter Mundle from the Santa Monica AA made short work of that division as he was two full minutes up on Marin's Peter Wood. He was less than 3 minutes behind winner Harris' time. Bill Mackey grabbed the third senior spot, followed closely by teammate Ross Smith. The top 30 finishers are listed below: (First high school finisher was John Marconi, Schmulewicz was second).

1 - Charlie Harris (West Valley)	51:50.4	11 - Jose Cortez (RC Striders)	54:58	21 - Peter Wood (NCSTC)	56:41
2 - Darryl Beardall (Marin AC)	52:12	12 - Steve Slawson (Solano TC)	55:19	22 - Greg Chapman (Solano TC)	57:00
3 - Darren George (Napa Valley RC)	52:33	13 - Ray Menzie (Marin AC)	55:29	23 - Don Bennette (Napa Valley)	57:05
4 - Russell Pate (Fort Ord)	52:49	14 - Schroeder (Aggie TC)	55:37	24 - Jim Bowles (West Valley)	57:21
5 - John Marconi (West Valley TC)	52:51	15 - Jeff Kroot (Marin AC)	55:39	25 - Bill Mackey (W. Valley JS)	57:57
6 - Adam Ferreira (Travis AFB)	52:58	16 - Steve Parker (Alameda TC)	56:03	26 - Ross Smith (W. Valley JS)	58:18
7 - Wolfgang Schmulewicz (unatt.)	54:01	17 - Randy Lawson (RC Striders)	56:05	27 - Darrell Jeong (CCSF)	58:29
8 - Bob Gormley (Marin AC)	54:15	18 - Gus Cano (RC Striders)	56:22	28 - Scharffenberg (Napa VRC)	58:30
9 - Peter Mundle (Santa Monica AA)	54:38	19 - Lee Holley (Marin AC)	56:27	29 - Jim Engle (Napa Valley RC)	58:30
10 - Bob Darling (RC Striders)	54:52	20 - Conroy (unatt.)	56:36	30 - Kelly Lawson (RC Striders)	58:34

### DUFFY NIPS MEJIA IN VALLEJO 10 MILER

(Feb. 6): West Valley's Peter Duffy and Alvaro Mejia battled it out head to head for about 7 miles and then Mejia had to drop back with stitches. But he recovered and came from 100 yards behind with about a mile to go and came within 4 seconds of catching his English teammate. Both completely obliterated Peter Fredriksson's year old record of 52:15.4 as Duffy recorded 50:21.4 and Mejia 50:25. Ray Darwin was cruising along in third place when he went astray with several miles to go and didn't finish. Despite West Valley's 1-2 sweep, Marin AC walked off with the team title as WVTC failed to finish a complete team. Top senior finisher was Bill Mackey in 31st place with a fine 58:40 clocking. Natalie Cullimore was first woman in 71:39 (105th). There were 197 entries and 177 finishers. The weather was foggy but great for running. We only have the top 25 finishers, so if someone else has the complete results, please send us a copy so we can keep our records straight. Top high school finishers were John Marshall in 4th and Steve Peth in 8th.

1 - Peter Duffy (West Valley TC)	50:21.4	10 - Steve Church (Maranon)	54:39	18 - Butch Alexander (SonomaHS)	56:17
2 - Alvaro Mejia (West Valley TC)	50:25	11 - Steve Slawson (Solano TC)	54:54	19 - Jim Bowles (West Valley TC)	56:18
3 - Darryl Beardall (Marin AC)	52:21	12 - Ray Menzie (Marin AC)	55:33	20 - Wayne Uecker (Solano TC)	57:10
4 - John Marshall (Maranon)	53:11	13 - Curtis Terry (unatt., Reno)	55:57	21 - Steve Parker (Alameda TC)	57:16
5 - Doug Butt (Marin AC)	53:30	14 - Greg Chapman (Solano TC)	56:01	22 - Lee Holley (Marin AC)	57:28
6 - Bob Gormley (Marin AC)	54:02	15 - Mike Conroy (RC Striders)	56:04	23 - Tim Lee (O.V.C.)	57:31
7 - Wayne Badgley (unatt.)	54:11	16 - Jan Remak (Maranon)	56:05	24 - Pete League (Marin AC)	57:33
8 - Steve Peth (Willow Glen HS)	54:12	17 - Wolfgang Schmulewicz (unatt.)	56:06	25 - Ken Scalmanini (SFPD)	57:35
9 - David Garcia (unatt.)	54:21				

### LEE FERRERO CAPTURES CLAM BEACH RUN

(Feb. 6): Lee Ferrero of the Air Force scored a close victory over Mad River's Ron Elijah, but fell way short of Bill Scobey's 1970 pace of 41:50. Lee's winning time was 43:02. The race was run in extremely heavy fog, about 1/4 on the road and the last half on the beach of Humboldt Bay. Visibility was about 50 feet along the beach so most runners were running entirely alone and dis-oriented. Times were fouled up in 9th and 10th spots since Vince Engel and Mike Knott were both together sprinting for the chute at the end. They were listed as 29 seconds apart. The times have been corrected on the assumption that only one time was recorded for the two. Team title went to Mad River with 25 points. Top high school finisher was Mike Knott of the Pleasant Hill Track and Field Club. There were about 8 girls who ran, but unfortunately they were not listed as official finishers. - Reported by Ed Knott. Top 30 are listed below:

1 - Lee Ferrero (Air Force)	43:02	11 - Terry Pintane (Humboldt RR)	46:41	21 - John Crehrion (unatt.)	49:43
2 - Ron Elijah (Mad River Runners)	43:13	12 - John Noonan (Humboldt RR)	47:17	22 - Berry Andersen (ATC)	50:04
3 - Howard Labrie (Mad River)	43:58	13 - Chris DeFazio (EHCCC)	47:18	23 - Ron Olitsky (unatt.)	50:06
4 - Gary Miller (Mad River)	44:16	14 - Craig Watson (Mad River)	47:45	24 - Tim Grace (unatt.)	50:08
5 - Dennis O'Halloran (Humboldt RR)	44:17	15 - Rick Spavins (Otherways AC)	48:04	25 - John Gamache (Mad River)	50:12
6 - Don Makela (Humboldt RR)	44:43	16 - Tom Knott (PHTFC)	48:36	26 - Craig Goucher (MH)	50:17
7 - Tom Wright (Mad River)	45:01	17 - Dave Thomas (PHTFC)	49:08	27 - Robert Malain (NCSTC)	50:20
8 - Mark Byers (Humboldt RR)	45:13	18 - Gary Reed (EHCCC)	49:19	28 - Lenne Escarda (MH)	50:24
9 - Vince Engle (Mad River)	46:12	19 - Jim Fox (unatt.)	49:30	29 - Dan Dozier (PHTFC)	50:49
10 - Mike Knott (PHTFC)	46:12	20 - Fred Leoni (Mad River)	49:31	30 - Mark Hobart (FH)	51:12



### BRINGHURST RUNS 2:20 AT LAS VEGAS

(Feb. 6): Attempting the distance for the first time, Scott Bringhurst, a student at the University of Utah in Salt Lake City, found the marathon to his liking and promptly ran a 2:20:18 to upset favored Skip Houk of Fresno. Houk ran with Bringhurst for about half the distance and then fell back to finish second in 2:30:15. The Santa Barbara AA took team honors by running 3-4-5. Top Northern California finisher was Jose Cortez of the Redwood City Striders who took 7th in 2:38:05. Joel Stein was the only other NorCal runner in the top 10 as he took 9th in 2:43:24. Ross Smith of the West Valley Joggers & Striders took top senior award with his first sub-3 hour effort, a sparkling 2:54:02. He edged out John Romero and Jim O'Neil who also had sub-3 hour clockings. Fourteen year old Mitch Kingery ran a good 2:58:10 and amazing 12 year old David Cortez of the RC Striders ran a great 3:02:17. First woman was Donna Gookin of the San Diego TC in a good 3:26:27, her best ever. Norman Bright, 61 year old from Seattle, Washington, ran 3:23:35 for a personal best. Below are listed the top 30 finishers, followed by all other Northern California finishers that I could recognize:

1 - Scott Bringhurst (U. of Utah) 2:20:18	11 - Shawn McCarthy (unatt.) 2:49:10	21 - Bob Fries (HSTC) 2:59:07
2 - Skip Houk (HSTC) 2:30:15	12 - Ranfla Sergio (INJM, Mexico) 2:50:20	22 - John Moura (U. of Nevada) 2:59:19
3 - Mike Stamm (Santa BarbaraAA) 2:30:45	13 - Bill Peck (High Sierra TC) 2:50:33	23 - Vaughn Meyers (LVTC) 3:01:10
4 - Chuck Smead (Santa BarbaraAA) 2:31:10	14 - Ed Gookin (San Diego TC) 2:53:49	24 - David Cortez (RC Str.) 3:02:17
5 - Craig Stirling (SBAA) 2:36:05	15 - Ross Smith (West Valley JS) 2:54:02	25 - Gary Self (HSTC) 3:04:59
6 - Bill Gookin (San Diego TC) 2:37:55	16 - Jim Van Manen (SBAA) 2:54:14	26 - Mike Edmonds (WVTC) 3:05:47
7 - Jose Cortez (RC Striders) 2:38:05	17 - John Romero (Las Vegas TC) 2:55:20	27 - Warren Smith (LVTC) 3:07:00
8 - Bob Ackerman (Las Vegas TC) 2:41:42	18 - Jim O'Neil (SF Olympic Club) 2:57:40	28 - Charles Morgan (UN, Reno) 3:09:36
9 - Joel Stein (RC Striders) 2:43:24	19 - Mitch Kingery (RC Striders) 2:58:10	29 - John Cochran (LVTC) 3:10:41
10 - John Pagliano (Senior TC) 2:46:06	20 - Randy Lawson (RC Striders) 2:58:34	30 - Aaron Goldman (LVTC) 3:10:41

\*\*\*Other NorCal finishers: 33 - John Jones (Univ. of Nevada, Reno) 3:18:30, 41 - Flory Rodd (NCSTC) 3:24:25, 45 - DeArmond Sharp (Reno AC) 3:29:50, 49 - David Bingley (RC Striders) (11) 3:35:30, 53 - Dick Benner (Sparks, Nev.) 3:40:34, 58 - Bob Sobsey (Univ. of Nevada, Reno) 3:54:25, 62 - Pax Beale (NCSTC) 4:19:55, 66 - Ed Friel (unatt.) 4:28:00, 67 - Howard Cunningham (unatt, Reno) 4:28:15. \*\* The high school age and under team award was retained by the Redwood City Striders with a team of Kingery (14), Cortez (12) and Bingley (11). Bingley was also the youngest finisher.

### STEVE DEAN SECOND IN ANAHEIM MARATHON

(Feb. 6): Running the best time of his life, Sacramento State's Steve Dean ran 2:23:47.4 to place second behind Pat McMahon in the Vigorade Marathon in Anaheim. There were 340 starters and 245 finishers; most of those who dropped out did so because of the rising temperatures. Mexicans Garrido and Gaspar went off course somewhere around the 21 mile mark and both finished way back in the pack. Due to poor planning on the part of the meet directors, both marathons had to start at noon (when it was a sultry 80 degrees) instead of having one at noon and one early in the morning. The Angel baseball team had a clinic and this was not discovered until just before the race. Monty Montgomery broke his world age mark for 64 year olds with a stellar 2:55:45. Monty seems to run well in the heat. Paul Reese and John Satti made the long trip down worthwhile as Paul broke 3 hours for the first time with a 2:59:29 in 41st place and John got 112th in 3:37:44. Both are in their 50's, with John having a few years on Paul. McMahon's winning time was 2:18:47.4. Alfredo Peneloza of Mexico was 2:32:15 in third. Martins Ande of Nigeria, running for Occidental College, finished 4th in 2:32:58 and then came Gary Dobrenz, the second American in 2:33:50.

### BILL CLARK SETS 5 AMERICAN RECORDS

(Feb. 13): Bill Clark came upon his first American record at 15 miles during a 2 hour track run at Foothill College, sponsored by Runners World Magazine. But he didn't stop at that and continued on to break 4 more marks in the process. West Valley teammate Alvaro Mejia paced Clark through 20 kilometers in 64:31 before dropping out. The temperatures were a little to warm for perfect conditions, but that didn't seem to bother Bill too much. He passed 15 miles in 1:17:53.4 for his first record, and then methodically picked up records at 25 km. (1:20:42.8), 30 km. (1:37:33.0), 20 miles (1:44:56.4), and 2 hours (22 miles, 1254 yds.). Sixteen runners began the race and 10 finished, with second going to West Valley TCer Chris Miller in a total elapsed distance of 20 miles, 1427 yds. Jeff Kroot (Marin AC) was third in 20-59. Then came Jim Engle (NVRC) 18-971, Joe Henderson (Marin AC) 17-1383, Stacy Geiken (15) 17-127, Tom Graycar (11) 15-441, Bill Tracey (RC Striders) (10) 14-1153, Dennis Tracey (RCS) (15) 10-821, and Tom Owen (RCS) (7) 9-1320.

### MEJIA RETAINS SEARSVILLE TITLE

(Feb. 20): West Valley's Alvaro Mejia had to push over the last few miles to get away from a determined Ray Darwin, but finally pulled off a 34 second victory to retain his Searsville Lake title over a greatly changed course. His time of 40:07.4 is for a supposedly accurate 8.0 mile course. West Valley also retained their team title for the third year in a row as their top three runners were in the top four places. Howell in 7th and Donahue in 25th gave a low score of 40 points. Bill Mackey had to run for his life to avoid being overtaken by Jim O'Neil in the senior division. Mackey was 31st in 46:11, and O'Neil two places back in 46:19. Next four seniors were Don Pickett (43, 47:46), Flory Rodd (54, 48:56), Dave Stevenson (57, 49:09), and Frank Harrison (62, 49:25). Top three high school finishers were Steve Brooks (8th), George Manriquez (11th) and John Marshall (13th). In the boys 13 and under division, Roy Kissen (13) took top honors with a fine 48:00 clocking, followed by Dean Allen (51:45) and Michael Healy (11) in 54:04. Francie Larrieu again showed why she is such a tough competitor as she garnered 59th place among 182 finishers in a time of 49:15. Jackie Dixon was 50:50 (76th) and Mary Cortez did 52:26 for 91st. First girl under 14 was 10 year old Michelle Healy of Napa. She did a 66:59 in 163rd. Youngest finisher was another Healy, Shannon at 7 years. Oldest was 58 year old Clyde Devine. The Healy family had largest participation with 4 finishing. Paul Sullivan was also 7 years old and finished, but was beaten by Shannon. The top 30 finishers:

1 - Alvaro Mejia (West Valley TC) 40:07.4	11 - George Manriquez (ARRA) 43:29	21 - Bill Bachrach (Alameda TC) 45:22
2 - Ray Darwin (Culver City AC) 40:41	12 - Dave Robertson (RC Striders) 43:30	22 - Willie Cronin (unatt.) 45:24
3 - Rich Delgado (West Valley TC) 40:53	13 - John Marshall (Maranon) 43:36	23 - Mitch Kingery (RC Str.) 45:26
4 - Charlie Harris (West Valley TC) 41:43	14 - Michael Conroy (RC Striders) 43:58	24 - Lee Holley (Marin AC) 45:36
5 - Darryl Beardall (Marin AC) 41:56	15 - Butch Alexander (Sonoma H.S.) 44:03	25 - Frank Donahue (WVTC) 45:37
6 - Jose Cortez (RC Striders) 42:33	16 - Mike Knott (PHTFC) 44:17	26 - Rich Langford (Solano TC) 45:59
7 - Jim Howell (West Valley TC) 42:34	17 - Steve Church (Maranon) 44:25	27 - Tom Knott (PHTFC) 46:02
8 - Steve Brooks (Alum Rock RA) 42:35	18 - Ken Napier (West Valley J & S) 44:39	28 - Pete League (Marin AC) 46:03
9 - Lee Ferrero (USAF-Athens AC) 42:46	19 - Randy Lawson (RC Striders) 45:01	29 - Don Roth (unatt.) 46:04
10 - Bob Gormley (Marin AC) 43:16	20 - Joel Stein (RC Striders) 45:06	30 - Gus Cano (RC Striders) 46:08



### MEJIA RIPS LOWRY AT MARTINEZ 8 MILER

(Feb. 27): Picking up where he left off the previous week, Colombian Alvaro Mejia proceeded to trounce a very strong field in the Martinez 8 miler. His time of 40:03.2 was quite a bit off his winning time of 38:37 last year, indicating that some timing problems might have been made in the 1970 race. Nonetheless, his nearest challenger was over a minute behind. First high school finisher was Don Bennette of the Napa Valley Running Club in 7th place. Butch Alexander followed closely. The top senior was the Olympic Club's Don Pickett in 28th with a clocking of 47:34, followed by fast improving Bob Malain, just 10 seconds behind in 30th. Flory Rodd was third in that division in 35th (48:36). Paul Reese ran a splendid 49:01 for first over 50. Francie Larrie of the San Jose Cindergals was top woman placer with 33rd in 48:03. There were over 100 finishers, so she is really doing some running as of late. There was no official team title and I only have the top 25 placers. Any further results would be welcomed.

1 - Alvaro Mejia (West Valley TC)	40:03.2	10 - Mark Byers (Mad River)	43:34	18 - Joe Brennick (PHTFC)	45:35
2 - Byron Lowry (SF Olympic Club)	41:19	11 - Ric Cowan (PHTFC)	44:16	19 - David Zumwalt (unatt.)	45:47
3 - Rich Delgado (West Valley TC)	41:45	12 - Willie Cronin (unatt.)	44:31	20 - Dick Cordone (San Diego TC)	45:49
4 - Darryl Beardall (Marin AC)	42:19	13 - Kurt Schroers (Aggie TC)	44:35	21 - Harry Scandera (unatt.)	45:51
5 - Don Makela (unatt.)	42:19	14 - Mick Brodie (PHTFC)	44:37	22 - Steve Parker (Alameda TC)	46:09
6 - Dale Severy (unatt.)	42:35	15 - Greg Chapman (Solano TC)	44:59	23 - Frank Vucci (S.E.R.C.)	46:12
7 - Don Bennette (Napa Valley RC)	43:21	16 - Tim Jordan (Elk Grove AC)	45:10	24 - Paul Tjogas (unatt.)	46:36
8 - Wayne Glusker (West Valley TC)	43:27	17 - Bob Stephenson (West Valley TC)	45:13	25 - Nicholas Vogt (Chico St.)	46:40
9 - Butch Alexander (unatt.)	43:30				

### SEASIDE MARATHON: 12 UNDER 2:30

(Feb. 27): Bruce Mortenson, returning to Oregon territory from his home in Minnesota, tore through the wind and snow at Seaside to win in 2:21:09.8, followed by Tom Robinson of W.S.U. in 2:22:00. A whopping 12 runners finished under the 2:30 mark and eight more went under 2:40...86 out of the 240 finishers broke 3 hours. Northern Californians did well in the race as four of them broke the 2:30 barrier, three of them for the first time. The group was led by Bob Deines who did 2:27:11. He was followed closely by Howard Labrie in 2:27:37. Then came Gary Miller (2:28:12) and RC Strider ace Jose Cortez (2:28:21). This was his third marathon in 4 weeks. Ex-Vanden High School ace Dan Drechsel did 2:33:46 for a life best. Harold DeMoss dipped under 2:40 for the first time to take 20th in 2:39:49. Dave Bingley of the RC Striders was the youngest finisher across the line at 11 years of age. Twelve year old Dave Cortez finally broke the 3 hour standard with a 2:59:02! The top 20 and other Northern Californians are listed below: Reported by Bob Anderson, Norman Bright, and Harold DeMoss.

1 - Bruce Mortensen (Minn.)	2:21:09.8	8 - Rich Goldner (Oregon)	2:27:40	15 - Brian Harrington (Ore.)	2:34:08
2 - Tom Robinson (Wash. State)	2:22:00	9 - Gary Miller (Mad River)	2:28:12	16 - Ted Wolfe (Ore.)	2:36:14
3 - Gary Harrison (B.C., Canada)	2:22:53	10 - Lance Thiede (Washington)	2:28:21	17 - Ken Voss (Washington)	2:36:37
4 - Bill Norris (Oregon TC)	2:26:25	11 - Jose Cortez (RC Striders)	2:28:21	18 - Gary Cumiford (B.C.)	2:37:19
5 - Paul Hoffman (Canada)	2:26:52	12 - Scott Daggett (Washington)	2:29:52	19 - James Thorne (B.C.)	2:39:17
6 - Bob Deines (Otherways AC)	2:27:11	13 - Dan Drechsel (Washington)	2:33:46	20 - Harold DeMoss (WVTC)	2:39:49
7 - Howard Labrie (Mad River)	2:27:37	14 - Larry Miller (Oregon)	2:33:57		

\*\*Other Calif. finishers: 40 - Randy Lawson (RCS) 2:47:00, 71 - Rick Spavins (unatt.) 2:55:17, 82 - Noe Vigil (RCS) 2:58:51, 84 - Dave Cortez (RCS) 2:59:02, 85 - Chris Pettis 2:59:30, 94 - Ben Sawyer (Otherways AC) 3:03:29, 101 - Arnold Moritz 3:08:26, 154 - Dave Bingley (RCS) 3:32:22, 157 - Mike Ipsen (RCS Coach) 3:34:11, 160 - James Bole 3:35:48, 174 - Dave Wilson (RCS) 3:40:53, 197 - Bob Anderson (unatt.) 3:49:58. Norman Bright ran a personal best of 3:14:12 as he beat half of the field.

### ALVARO MEJIA RUNS TO SOUTH AMERICAN RECORD IN WEST VALLEY MARATHON

(March 7): This year seems like the year that everyone is trying to get into the marathon act, and many are doing it with great success. In the Western Regional at Burlingame (West Valley Marathon), Colombian Alvaro Mejia ran his first marathon and collected a new Colombian and South American record. The old continental record was set in the 1960 Rome Olympics by Suarez of Argentina (approximately 2:20). The three expected leaders, Bill Clark, Al Mejia, and Byron Lowry, immediately assumed command and broke off from the pack. They passed 5 mile splits of 26:09, 52:05, and 1:18:13 in methodical fashion to build a 3 minute lead over Charlie Harris, he too running his first marathon. Then Clark's foot began giving him troubles and the pain was so severe than he had to call it quits somewhere between 15 and 20 miles. By the 20 checkpoint Al had a couple hundred yards on Lowry in 1:44:30. By 25 miles the outcome was obvious as he had built up a 4 minute lead as he passed in 2:11:39. The only question now was just how fast was he going to run. Surging through his last mile and 385 yds. in 5:43, he came across in an American best for the year (his last mile was in the 4:45 range). Lowry had all he could do to hold off fast-closing Charlie Harris, who closed over 2 minutes on Byron in the last 5-6 miles. Lowry ran his second best ever in 2:22:38, followed by Harris' superlative 2:23:24 effort. West Valley TC took home the team title with a perfect score of 6 as the Olympic Club didn't have 3 competitors. Chris Miller was third man in with 2:30:50, and Jose Cortez, running his 4th marathon in 5 weeks, ran his second best ever in 2:32:17. Many, many runners set personal bests on the flat course, and excellent conditions helped too. Paul Reese set an American age record for 53 year olds with his 2:51:04. Maryetta Boitano set a U.S. and world best for 8 year olds with a superlative 3:46:21. Norman Bright (aged 61) ran a personal best of 3:08:23, after running the week before at Seaside. Mitch Kingery just missed the age 14 record with his 2:47:27. Divisional winners were as follows: Under 15 - Kingery, Mike R. Healy (11) 3:17:38, and Bill Tracey (10) 3:24:34. Under 19 - Randy Lawson, Wolfgang Schmulewicz, Don Bennette. 40-49: T.A. de Lusignan (best in U.S. this year), Brian Freeman, and Jim O'Neil. 50-59: Paul Reese, John Satti (127th, 3:53:47), George Tracy (140th, 5:05:--). 60 and over: Norman Bright, 61st. Women: Natalie Cullimore (74th, 3:18:00) - U.S. best for 1971, Donna Gookin (San Diego TC) (102nd, 3:32:16), Maryetta Boitano, 119th. First 200 pounder was Bill Snavely who did 3:06:07 in 58th. Father-son trophy went to the Healy's (Mike D. in 56th and Mike R. in 73rd). Mother-Daughter award went to the Boitanos (Maryetta and Mary Lucille in 139th, 4:55:--). Second and third place teams were Redwood City Striders with 17 and Marin AC with 29. T-shirts and merchandise awards were available to all 140 finishers. In addition, fine medallions were given in each division. The top 60 finishers are listed below: 192 started, 140 finished.

1 - Alvaro Mejia (West Valley TC)	2:17:22.2	11 - Darren George (Napa Valley)	2:40:13	21 - Jim Barker (US Army)	2:46:45
2 - Byron Lowry (SF Olympic Club)	2:22:38	12 - T.A. de Lusignan (Marin AC)	2:42:06	22 - Mitch Kingery (RCS)	2:47:27
3 - Charlie Harris (West Valley)	2:23:24	13 - Lee Holley (Marin AC)	2:42:43	23 - Jeff Kroot (Marin AC)	2:48:12
4 - Chris Miller (West Valley)	2:30:50	14 - Ken Napier (WV Joggers)	2:43:01	24 - Jim O'Neil (SFOC)	2:48:30
5 - Jose Cortez (RC Striders)	2:32:17	15 - Steve Regas (A.A.I.A.)	2:43:57	25 - Frank Vucci (SERC)	2:50:04
6 - Jim Howell (West Valley TC)	2:35:11	16 - Ed Gookin (San Diego TC)	2:44:07	26 - Flory Rodd (NCSTC)	2:50:07
7 - Randy Lawson (RC Striders)	2:36:45	17 - Brian Freeman (San Diego TC)	2:45:19	27 - Joe Henderson (Marin AC)	2:50:25
8 - Joel Stein (RC Striders)	2:37:36	18 - Don Bennette (Napa Valley RC)	2:45:28	28 - Paul Reese (NCSTC)	2:51:04
9 - Ray Menzie (Marin AC)	2:38:47	19 - Steve Parker (Alameda TC)	2:45:39	29 - Pete League (Marin AC)	2:52:19
10 - Wolfgang Schmulewicz (unatt.)	2:39:12	20 - Dan Anderson (Chabot Coll.)	2:46:05	30 - Darrell Jeong (unatt.)	2:52:48



31 - Peter Mattei (NCSTC)	2:53:40	41 - Dave Brownlee (Claremont HS)	2:57:48	51 - Steve Robinson (SRC)	3:02:57
32 - Jim Engle (Napa Valley RC)	2:54:22	42 - Steve Naylor (Shasta Coll)	2:58:31	52 - Don MacIntosh (Maranon)	3:03:02
33 - Jim Bowles (West Valley TC)	2:54:26	43 - Nicholas Vogt (Chico State)	2:59:07	53 - Don Sommer (NVR)	3:03:21
34 - Tom Pinckard (unatt.)	2:54:35	44 - Noe Vigil (RC Striders)	2:59:15	54 - Don Peterson (SRC)	3:04:01
35 - Frank Krebs (Sac. State Col.)	2:55:08	45 - Jerry Ockerman (unatt.)	2:59:26	55 - Carl Martin (WVJS)	3:04:09
36 - Meryl Belto (Monterey PAC)	2:55:47	46 - Fred Winston (Hartford TC)	3:00:11	56 - Mike D. Healy (NVR)	3:05:01
37 - Mark Byers (Mad River)	2:57:06	47 - Tom Mann (unatt.)	3:01:39	57 - Anthony Stagliano (SERC)	3:05:02
38 - Allen Brady (Reno YMCA)	2:57:23	48 - Bob Campbell (unatt.)	3:01:51	58 - Bill Snaveley (unatt.)	3:06:07
39 - Cameron Munder (Claremont HS)	2:57:30	49 - David Stevenson (SRC)	3:02:18	59 - Walt Shiel (Flagstaff)	3:07:50
40 - John Landaker (Las Vegas TC)	2:57:38	50 - Ron Olitsky (unatt.)	3:02:36	60 - Tom Beannais (Cal-State)	3:08:08

**LATE FLASH:** Jose Cortez of the Redwood City Striders set a new American record for 100 miles on March 13-14 as he ran to a fantastic clocking of 12:54:30.8, breaking Corbitt's record by some 40 minutes. Natalie Cullimore ran an equally fantastic 16:11:00 to set a women's world mark. Only other two runners to complete the grind were Peter Mattei (20:56:30) and RC Strider coach Mike Ipsen (23:26:31). A total of 17 started. Complete results will be found in the April issue with a special write-up.



Maryetta Boitano set a World Age Record for 8 year olds with a 3:46:21 marathon. (Pedersen photo)



Prefontaine leads Sharafyettinov and Kretz on way to 8:34 two mile at Athens Indoor. (Marconi photo)



Ron Genschmer trails Chuck Mork in Athens high school mile, but went on to win. (Marconi photo)



Norman Bright ran 3:08:23 in West Valley Marathon after a 3:14:12 at seaside a week before. (Kroot photo)



Dick Strand, ex-Nebraska quarter-miler, featured in this month's West Valley Portrait



Mad River's Ron Elijah finished 2nd at Clam Beach Run. Shown at Sac. State Invit. (Marconi photo)



Race walker Jim Lopes of the Athens AC. (Photo courtesy of Bill Ranney)



Paul Reese set U.S. record for 53 year olds with his 2:51:04 marathon. (Jeff Kroot photo)



Alvaro Mejia set South American record in marathon with 2:17:22. This month's PA portrait. (Mejia photo)