

# NOR-CAL RUNNING REVIEW

NOV.-DEC. 1976 (No. 63)

ONE DOLLAR



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# Northern California Running Review

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NOV./DEC. 1976 (No.63)

## UP FRONT

(Top) Natl. AAU Masters X-C team champs from the West Valley Joggers (1-r): Mike Healy, Ross Smith, Bob Bourbeau, Ralph Bowles, Bill Flodberg, Kent Guthrie, Ken Napier. (Lower Left) At end of 1½ miles--Darryl Beardall, Guthrie, John Brennan (1st), & Bowles. (Lower Right) Miki Gorman won the Natl. Women's Masters X-C title by over 3½ minutes in 38:54. /Dennis O'Rorke/

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## Contributors

All news, articles, photos, etc., should be sent to the NCCR at the above address. Due to irregularity of mailing dates, all information should be mailed as soon as available. Prospective photographers and volunteer correspondants should request details. Request permission for materials used from the NCCR other than scheduling & results (please give credits). We pay \$15.00 for cover photos (nothing for other photos used except credits). Readers encouraged to submit results, etc.

UNPAID STAFF: All profits go to West Valley T.C. treasury.

MAILING DATES: - This issue should be mailed either Jan. 21 or 24...the Jan./Feb. (#64) issue will be out in early March.

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## EDITOR'S MESSAGE

●NEW PREP EDITOR: - The NCCR is happy to announce that we have a new highschool editor in the person of Keith Conning. Keith helped to put on the California State High School Track & Field Championships at Berkeley last year and is the track coach at Berkeley High School. Keith is also co-author of the booklet "Highlights of the State Track Meet (1915-1975)", which is available through the NCCR for \$2.00 (plus tax and 25¢ shipping). It appears that he will be a great replacement for Chris Kinder, who has done an excellent job over the past few years, but has decided to bow out of the picture. In this issue, Keith has done a great job of choosing, in order, the top prep cross-country runners this past season in Northern California (both boys and girls), as well as the top teams. In addition, Keith has provided us with an excellent writeup on the past season. Besides being a great researcher and obvious statistics fanatic, Keith can take great photos too, as you can tell from the numerous shots in this issue. Welcome to the staff! (Note: He is looking for reliable 'correspondants' this spring to send in weekly or bi-weekly results from various areas...in particular we need help from the Northern Section and the far northern portion of the North Coast Section. If you are interested in helping out, turn to the Prep Review section of this issue for Keith's address. Thanks!

●TRACK SCHEDULES NEEDED: - It's that time of year again already! Yup, and we need schedules from all you coaches and athletes out there. Every year we send out nearly 250 letters to coaches in the Northern California area, requesting a copy of their track schedules...usually we get 10-15 schedules! Really, I think that's pretty apathetic, don't you? Think of the extra exposure you'll get for your meets this way! Not only will you get more spectators...but you'll also get more entries most likely. And, all it'll cost you is a 13¢ stamp and about a minute of your time. So please help us out this year, and help your meet in the process...send us your complete track schedule by not later than Feb. 20th (earlier if possible), and let us know about any other meets you might have heard about. Remember, if everyone waits to let someone else do it, we will never get a comprehensive list of meets. Give us a surprise this year and let's have everyone help out!

●"THIS & THAT" EDITOR NEEDED: - We'd like to expand on our 'people' section of the "This & That" column (next page), but we don't ever seem to get that much gossip. Lot's of things are happening all the time to people in the athletic community, but we really hear about very few of them. We'd like to get someone who is good at picking up information on others (maybe somebody from the CIA or FBI?) and have them write the first part of our monthly column each time. If you think you'd be at all interested (no pay of course...just lots of notoriety!) in doing this, please contact the editor, Jack Leydig (that's me!), as soon as possible. Thanks much.



## PHOTO QUIZ

**RULES:** (1) Submit your guess and mail it to: PHOTO QUIZ, P.O. Box 1551, San Mateo, CA 94401 (one guess per person)...*All guesses must be postmarked by Feb. 20th.* (2) All ties will be broken by a drawing. The prize is a one-year subscription or renewal to the NCR (or \$6 off dues for WVT members). All of our readers are encouraged to submit photos for consideration. We need one for next time!

**\*\*LAST MONTH\*\*** Not as many correct answers as we thought on last issue's quiz. The 1968 'resident' Olympian was intermediate hurdler, Ron Whitney, who lives in Calistoga (Napa Valley). We had only 11 people come up with that one. Taking one vote each were: Peter Snell, Dick Fosbury, Ralph Doubell, and Dave Himmelberger...Fosbury & Doubell are not

Who is this tough Dipsea racer who is currently in his mid-30's? Photo taken in 1962 (Korea).

NorCal residents and I don't recall Himmelberger ever making an Olympic team?! Snell was on the 1960 & 1964 teams, but not 1968. Better luck next time! The winner was Gib Landell of Aptos, who receives a one-year renewal.

## THIS & THAT

• Jimmy Carnes, former Univ. of Florida & Florida T.C. coach, has been elected for a 2-year term as the National AAU's Track & Field Chairman. He immediately proposed a 3-point plan to aid American athletes, calling for government grants to individual athletes, corporation sponsorship of track clubs, and mass participation in a program administered through recreation departments. The 41-year-old Carnes, who was also a member on the Montreal coaching staff, said that this type of program, if implemented properly, could keep the U.S. 'on top of the heap'.

--- Jim Santos, Cal-State Hayward's energetic cross-country and track and field coach, has reportedly suffered a coronary seizure and is 'in pretty bad shape' according to rumors received at our office. We all hope for a speedy recovery for Jim, who has not only done wonders with Hayward State's program over the past few years (on no budget to speak of), but has also gone out of his way to open many of his competitions to club athletes.

--- John Banich, who was the meet director of the Palo Alto 10-Miler for several years (wasn't held in 1976), has reportedly died from unknown (to us) causes. --- Gary Tuttle of the Tobias Striders and Ventura, the current (and 1975) National AAU Marathon Champion, was invited to compete in the Fukuoka Marathon in Japan on Dec. 5. The race was won by Jerome Drayton of Canada in 2:12:54, but Tuttle had an off day and finished in 30th position, recording a pedestrian (for him) 2:26:31, some eleven minutes off his PR. --- Ivo Van Damme, 22, the Belgian middle distance runner who won two silver medals (at 800m and 1500m) at Montreal, was killed in an auto accident around the first of the year. He had been named Belgium's "Athlete of the Year" for 1976 and was scheduled to compete in the local S.F. Examiner Indoor Games, as well as other indoor competitions in the U.S. --- Byron Lowry's time at the Berkeley-to-Moraga run in 1970 was a record 1:10:25, but in 1971 it turns out he ran even faster than that...a 1:09:53. So Maxwell missed the record by just about a minute, and Lowry holds the two fastest times ever recorded on the course. --- Judy Graham and Cyndy Poor were both invited to compete in an international women's 10,000 meter road run at Guayanilla, Puerto Rico, on Nov. 21, based on their 1-2 finish at the National Women's 10-Kilo at Golden Gate Park in September. Judy was in second place with less than a quarter-mile to go when she succumbed to the high temperatures and humidity and failed to finish. She doesn't even remember what happened after she stopped and had to be taken to a local hospital for treatment. She appears to have recovered with no problems, as she led all qualifiers in the 880-yard Examiner Games Trials on Jan. 8 with a 2:11.1 clocking. Cyndy was the third finisher in 37:46.6, while Christa Vahlensieck of West Germany (winner of the Women's International Marathon, reported last issue) grabbed top honors in a quick 35:47.3. Australian Elizabeth Richards was runnerup in 37:00.7. Canada's Thelma Wright still has the course record of 35:42, set in 1974. Peggy Neppel, third placer at the AAU Women's 10-Kilo, was fourth here in 37:47.1, just a step behind Cyndy. --- Roxanne Andersen, who has served in just about every conceivable volunteer position in local

track and field for the AAU, was awarded the 1976 Robichaux Award for outstanding contributions to Women's Athletics Nationally and Internationally at the National AAU Convention last October. --- Mrs. Bobby Shettler received the Outstanding L.D.R. Award (for Masters) for 1976 on behalf of her late husband, Jim, at the AAU Convention in Phoenix. The presentation was actually made following the local Pepsi 20-Miler in Sacramento, but had been awarded at the Convention. --- We have unconfirmed reports that Mac Wilkins, Olympic Games discus champion, is currently (or will soon be) in West Germany, competing for a Masters Chairperson, Ruth Anderson. club in Munich. Anyone wishing to write him can contact him (we think) at: 8084 Inning/Annersee, Birkenweg 1, West Germany. --- One of our contributing photographers, Lorraine Rorke, has recently been employed as the editor of *Sportswoman*, a locally printed magazine (done by Finefrock Publishing Co. in Lafayette...they are also the owner) that covers college athletics, championships (AAU), professional sports, and personalities. They will continue to cover these events and people, but Lorraine reports they are trying to broaden the base of readership and interest so that the stories will appeal to athletes, coaches, and P.E. teachers, as well as the person with only a casual interest in sports. Lorraine also worked as a photo-researcher for *Life Magazine* for four years, done some free-lancing, and has even practiced law for a short time. Congrats on your new position!



(Left) Mrs. Bobby Shettler receives the AAU's "National Masters LDR Runner of the Year" award for her late husband, Jim, from Women's National Masters Chairperson, Ruth Anderson.

## Garment Screening

QUALITY SCREENING AT DISCOUNT PRICES: - Jack Leydig, Box 1551, San Mateo, CA 94401...Ph. 415/341-3119. --- If you have T-shirts, warmups, etc., that you would like to have printed on, or if you'd like to purchase the clothing as well, please contact me at your earliest convenience. I order my screening through a well-known, quality printer, but as a dealer, can offer a substantial discount below his normal retail prices...normally about 20% off. Prices below are for "Texdye" paint screening, a colorfast, completely washable paint. We can also screen in 'Vinyl' & 'Vinylon' paints, designed exclusively for stretchable fabrics such as nylon, etc. Other incidental charges for screens, artwork, and setup are minimal. Turnaround time is usually 2 weeks if the shirts are in stock. T-shirt costs vary, depending on quality--and are currently: Mid-weight white (\$1.45); Mid-weight trimmed (\$1.65); Heavy white & mid-weight color (\$1.95); Heavy color (\$2.35). Children's sizes are generally 25-30¢ less. We can also supply other garments (jerseys, shorts, warmups, etc.). Give us a call or drop a note soon. -- Number of colors is noted in left column below, with quantity above.

	6-11	12-35	36-71	72-143	144-287	288+
1	\$1.45	\$0.95	\$0.75	\$0.60	\$0.48	\$0.40
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3-4	-----	-----	\$1.45	\$0.95	\$0.75	\$0.60

**NOTE:** - For larger orders, please ask for a price-quote!

If you have an idea for a design but don't know quite how to put it together in camera-ready form, please let us know what you have in mind and we'll refer you to our artist...multi-color designs are her specialty.

● **COACHES NEEDED:** - Several openings for high school coaching that we've heard about...if you're interested, contact the appropriate individual below, not the NCRR. --- Sacred Heart High (San Francisco) needs an individual to coach weightmen for three days per week through mid-May. Salary is \$219 for the season, for hours of 3-4 pm at CCSF. If interested, contact Craig Nathanson, Sacred Heart High School, 1075 Ellis St., San Francisco, CA 94109 (Ph. 415/471-8990 between 12:30 and 2 pm weekdays, or 415/566-1338 evenings). --- Capuchino High (San Bruno) needs an assistant track coach to coach the pole vault primarily and maybe also the shot and discus. Teaching credentials are not necessary but desirable. Salary is \$700 for the season (afternoons on weekdays for several hours). If you're interested, contact Dominic Mandella (415/583-1221 at school, ext. 12; or 415/342-1320, home).

● **MEET INFORMATION:** - Both the Junior and Senior Men's International X-C Trials will be held in California this year, with the Under-20 race being in San Diego on Feb. 12, and the Senior competition at Alameda (most likely) the following Saturday. The top four finishers from the Jr. race will represent the U.S. at the International Jr. X-C Championships in Düsseldorf, West Germany, on March 20. Travel expenses from the U.S. and return will be paid for by the AAU Long Distance & Road Running Committee. Team jerseys and shorts will be provided, but warmups, if desired, must be ordered from the AAU at a cost of about \$32! I believe that two more (at least) may make the trip if they pay their own expenses (in order of finish at the Feb. 12 meet). We are not sure as to how many will qualify from the Sr. Trials in Alameda. I know that some have qualified already from the NCAA and AAU meets, but I'm not sure how many. I would guess that at least the top three will get to go from the Trials, but you should check with the meet director (see scheduling section) to find out for sure. We suspect the women's team was chosen from the Nat'l. AAU X-C Championships, but we haven't heard...I don't think that a special trial race will be held. --- Two-Hour Postal: A new Nat'l. AAU Championship this year will be the two-hour postal on the track...the same as the hour run, except you're out there for twice as long! Championship awards will only be offered (individual & team) in the Senior Men and Masters Men & Women classifications. Don't ask me why there won't be a Senior Women's Championship?? There will be a Senior Women's and Junior Men's and Women's division, but they won't be championship. Races must be held on a certified track (440 yards) between Dec. 1, 1976 and Nov. 30, 1977. For further information and entry forms, contact: Connie Rodewald, 852 Sharon Dr., Camarillo, CA 93010. --- The 2nd Annual World Masters Track & Field Championships will be held from Aug. 8-13 in Göteborg, Sweden, this year. Entry blanks and an information booklet may be obtained by writing: World Masters Championship, Ullevi, Skänegatan, S-41140 Göteborg, Sweden. Entries must be received by July 1st.

● **TOURS TO IMPORTANT MEETS:** - The NorCal Running Review is again featuring a special group rate fare to the Boston Marathon in April, but the number is limited to 40 people on a first-come, first-served basis (unless we can get more seats and hotel rooms at a later date). We had 15 signed up and confirmed (with \$50 refundable deposit) as of Jan. 10, before we had even advertised it in the NCRR, so if you're interested, please write for full information...also *look elsewhere in this issue for a special advertisement on this tour and others in 1977.* -- In addition to our regular Boston Marathon Tour, we will be attempting to get together large enough groups to take advantage of reduced rates to the Masters National Track & Field Championships in Chicago (July 2-3), and also to the combined Senior & Masters National AAU Marathon in New York City on Oct. 23. We have blocked 30 seats to the T&F Championships and will probably try for 15-20 to the marathon. -- Summer road racing in Europe? If you're a subscriber, check out our flier from "World Athletic Tours"...or write for one if you didn't get one. This is approximately a two-week tour in mid-August. Also available are other athletic-oriented tours from the West Coast...including a high school track & field competition tour of Europe. If you think you might be interested, contact NCRR for further information. Act now...time is running short and deposits must be in soon, especially for the track tour!

● **CLINICS:** - Nat'l. Track & Field Coaches Clinic will be the weekend of Jan. 28-29 at Rickey's Hyatt House Hotel in Palo Alto this year. Pre-registration is \$30...persons paying at the door must pay \$37. Send inquiries to: Jim Gaughran, Clinic Director, Dept. of Athletics, Stanford Univ., CA 94305. Some of the speakers will be: Frank Shorter, Jim Bush, Dwight Stones, Gayle Hopkins, Janis Donins (USSR), Steve Miller, Vern Gambetta, and others. Two units of credit through Santa Clara Univ. may be registered for during check-in (fees are extra for this).

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● **50-MILE PERFORMANCE LIST:** - Nick Marshall (211 N. 17th St., Camp Hill, PA 17011) is attempting to compile an accurate list of the top 50-miler performances run thus far by Americans. For purposes of age-group records, he's also trying to find the exact birthdates of ultra-distance runners (as well as their hometowns when they ran their race(s)). Any information that can be sent to Nick will be included in an updated listing of marks to be put together Feb. 1...send marks you know of to him by that date.

● **WOMEN'S 100-MILE RELAY RECORD DUE?** - The current record for this bit of fun (insanity?), which requires 100 women to run one-mile each in relay fashion, is something like 13:20. Walt Stack figures that his DSE troops can easily break the mark, but the problem of co-ordinating the effort seemed to be the biggest problem...Soooo, if you're interested in doing this bit of world-record setting (there ain't many around that are easy to be had), contact Pris Myers, Route #2, Box 3538, Oakley, CA 94561. To assure the lowest possible time, the fastest runners will be selected from the pool of names...but don't hold back because you think you aren't fast enough. There will be plenty of room for the middle and back-of-the-pack types. I don't think you have to be a DSE member to participate...any WVTC women interested should write Pris now!

● **NEW SPORTS CLINIC:** - The California Surgery Center & Hospital is Northern California's first bona fide Sports Medicine Clinic, and is now officially open. The Sports Clinic is a formally sanctioned, non-profit corporation, located at 4000 Shafter, Oakland 94609 (Ph. 415/655-8730). Services cover:

(1) Podiatric medicine--evaluation of sports-related foot problems.

(2) Evaluation of ankle, knee, hip and lower back problems which frequently relate to the foot.

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(7) Internal medicine/cardiology.

(8) Physical therapy.

(9) Prescription orthotic devices (shoe inserts designed for the athlete's own foot).

Full-time staff podiatrists, supported by local private consulting podiatrists, are available. Special Note: Charge for podiatry consultation services are on a sliding scale, based on ability to pay. "No Charge" patients are accepted. X-Ray and Physical Therapy services are offered at reduced rates to all holders of a current AAU membership. All other services are at the usual and customary charges prevailing in the community. The Clinic is part of a licensed acute general hospital, approved by the Joint Commission of Accreditation. The latter is an indication of the highest standard of excellence in medical care. The Staff includes among its members, Dr. Joan Ull-yot, world-class women's long-distance runner, a member of the local running community. Dr. Ull-yot sees both male and female patients and is considered an authority in sports medicine. For additional information or appointments, contact us at the address or phone number above. The Clinic is centrally located (just off the freeway near Broadway & MacArthur).

● **SULLIVAN AWARD NOMINATIONS:** - Out of a total of nine nominees for the 1976 Award, two of them were track & field athletes, and both live in California. Bruce Jenner, Olympic decathlon champion, from San Jose, and Arnie Robinson, gold medalist at Montreal in the long jump (San Diego), were the two named. Voting takes place during the month of January, and a candidate will be selected in early February.

● **NATL. AAU INDOOR CHAMPIONSHIP STANDARDS:** - Both the men's and women's nationals will be in New York City again this year, on Feb. 25th. All standards must have been met since Dec. 1st. In the women's qualifying, all sprints of 70 yards or less are acceptable distances for the 60 yard championship distance. The 300 is good for the 220 & 440; the 500-600 distances are ok for 440 qualifying; the 600 thru 1000 qualify for the 880; the 1000 also is good for the mile; the mile is sufficient to qualify for 2-miles; and all hurdle times are to qualify for the 60-yard distance. Intermediate times are not acceptable.

Event	Mark(s)	Event	Mark(s)
50-Yd	5.7/5.94e	2-Mile	10:40.0
50-M	6.2/6.44e	50-Yd H	6.7/6.94e
55-M	6.7/6.94e	50-M H	7.2/7.44e
60-Yd	6.7/6.94e	55-M H	7.9/8.14e
60-M	7.3/7.54e	60-Yd H	7.9/8.14e
70-Yd	7.7/7.94e	60-M H	8.6/8.84e
220-Yd(i)	25.0/25.24e	70-Yd H	9.1/9.34e
220-Yd	24.6/24.84e	Mile Walk	8:10.0
300-Yd(i)	36.2/36.34e	Long Jump	19'2"/5.84m
300-M(i)	40.0/40.14e	High Jump	5'8"/1.73m
440-Yd(i)	56.2/56.34e	4-Kilo Shot	46'6"/14.17m
440-Yd	55.2/55.34e	8-Lb Shot	48'6"/14.78m
500-Yd(i)	1:06.2	Sprt-Med. Relay	1:50.5
500-M(i)	1:14.7	Mile Relay	3:58.5
600-Yd(i)	1:23.9	4x147 Relay	1:09.1(12 Lap)
600-M(i)	1:32.9	4x160 Relay	1:15.6(11 Lap)
880-Yd(i)	2:11.5	4x176 Relay	1:23.4(10 Lap)
880-Yd	2:09.5	4x196 Relay	1:32.6( 9 Lap)
800-M(i)	2:10.5	4x220 Relay	1:44.9( 8 Lap)
1000-Yd(i)	2:33.6	Pentathlon(i)	3300 Points
1000-M(i)	2:47.6	Pentathlon	3500 Points
1500-M(i)	4:32.0		
1500-M	4:27.0		
1-Mile(i)	4:52.0		
1-Mile	4:47.0		
3000-M(i)	10:05.0		
3000-M	9:55.0		
2-Mile(i)	10:50.0		

\*Note: - Regional champions & runners-up do not automatically qualify for the Indoor Championships. Feb. 20 is final qualifying date for women. See next column for men.

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19 Grove Street  
Merrimac, MA 01860

Men's Standards: - Those times marked with an asterisk (\*) must have been set during 1977.

Event	Mark(s)	Event	Mark(s)
50-Yd	5.3	Long Jump	24'8-3/4"
60-Yd	6.2	High Jump	6'11"
70-Yd	7.3	Pole Vault	16'10"
60-Yd HH	7.3	Triple Jump	50'11-1/2"
70-Yd HH	8.4	Shot Put	60'8-3/4"
600-Yd	1:12.0	35-Lb Wgt. Throw	59'8-1/4"
440-Yd*(outdoors)	47.7	Mile Relay(i)	3:20.7
1000-Yd	2:10.8	Mile Relay*	3:14.7
880-Yd	1:50.8	2-Mile Relay	7:44.0
880-Yd*(outdoors)	1:49.8	1-Mile Walk	6:45.0
1-Mile	4:08.5	2-Mile Walk	???
2-Mile	8:47.0	3000-M Walk	???
3-Mile	13:31.4		
Medley Relay	(to be determined by Games Committee)		

Outdoor Standards for both men and women will appear in next issue (for both Juniors & Seniors).

● **UPDATE:** - Just got word that Cal-State Hayward track and cross-country coach, Jim Santos, had the coronary that we spoke about in early December and has recovered enough to resume work after taking about a month off from school. Good to have you back with us Jim!

## NCCR LONG DISTANCE POINT TOTALS

SPA-AAU STANDINGS: (Compiled by Stan Rosenfield) - Stan reports that since John Brennand wiped out his SPA LDR computer programs, he (nor anyone else, including us) has not received any results to speak of. Don't know whether it was an unintentional 'wipeout', or whether John finally got fed up with all the work and decided to get rid of it the easy way... 'delete all files'. If anyone can send us SPA long distance results in the meantime, we'd really appreciate it for our results section.

**PA-AAU STANDINGS:** (Compiled by Art Dudley) - Generally, all AAU races are counted unless we feel they were not sufficiently advertised beforehand in the NCRR or LDR Handbook...or if we feel that there was insufficient competition in any division. We normally count all races of marathon length and above, regardless of the field. Ratings are determined by dividing the average placing by the number of races run (count top 10 open, top 6 masters, top 4 women only). The results on the following pages include all races for 1976 with the exceptions of those we list below. Computational Method--Take your average placing in those races counted and divide that by the number of races to get your 'point total'. Non-locals aren't counted in local races for point purposes...thus, if a non-PA-AAU runner placed in the top ten (open) in a race, everyone finishing behind him would move up a place. Not Counted: *Midnight Run (masters & women...not enough results); Bidwell Park 3-Miler (masters...insufficient numbers); Bidwell Park 12-Miler (women...insufficient numbers); Mt. Diablo Disturbance Run (entry restrictions); Bay-to-Breakers (unfair start); Statuto 4-Miler (masters...insufficient numbers); Felton (runners got lost); The Great Race (mixed events); Golden Empire X-C (too many divisions, distances, small fields); Dipsea (never got results); Lake Tahoe 72-Mile Run (not publicized enough); Millbrae Beach Run (never got results); Foothill College X-C (never got results of open race); PA-AAU Jr. X-C 10-Kilo (entries restricted to under-20).* --- Some interesting results for the final 1976 totals. All the winners were within 0.006 of each other, pointwise. Only one record was broken. Sharon Furtado nipped Penny DeMoss in the women's division (0.102 to 0.106) as both clipped Peggy Lyman's 0.111 record from 1975. Ralph Bowles managed to just get ahead of the late Jim Shettler on the last race of the season, edging out his teammate by a score of 0.107 to 0.111, the same margin of victory as Sharon held over Penny! Jan Sershen, however, made a runaway victory of it in the last few months, and his 0.108 score ranks as the third highest 'open' score of all time, behind Jim Nuccio's 0.080 and Bill Clark's 0.106 from 1975. Another note of interest is that Ralph's 0.107 was a long way off Ross Smith's 1972 standard of 0.059...BUT Ralph did this in only a bit more than 5 months of racing! In both the women's and open divisions, an over-40 athlete got into the "All-Star" rankings. Ruth Anderson finished up the year with her only first place, a tough 100-kilometer one at that, to grab fifth overall at 0.201, while Darryl Beardall made it into the top seven for the umpteenth time we can remember, garnering the last spot at 0.302. Darryl turned 40 with only a few months left in 1976. We've had fun watching the race develop throughout the year. The rankings don't tell you who the 'best' runner is, but do show that you have to run a fair amount of races (probably 10 or more) and do well in them throughout the year. The rankings give the not-quite-so-good runner a chance to excel...but the winner can't be a slouch either. I think the current method reflects a good balance of quality vs. quantity. If anyone has suggestions on how we might improve our selection method, let us know...but don't make it too complicated. The NCRR "Point Trophies" will be re-engraved and passed on to this past year's winners...they will then get to keep them throughout 1977. Our All-Star Team in each division is denoted by having those persons identified in capitalized *ITALICIZED* type. The top seven in each division comprise our Northern California teams.

**WOMEN (\* = Tie)**

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. <i>SHARON FURTADO</i> /WVTC (15)	10	3	1	1	1.533	0.102
2. <i>PENNY DEMOSS</i> /WVTC (17)	7*	8	1	1	1.794	0.106
3. <i>VICKY BRAY</i> /SJC (9)	5	3	1	0	1.556	0.173
4. <i>CAROLYN TIERNAN</i> /WVTC (9)	5	1	3	0	1.778	0.198
5. <i>RUTH ANDERSON</i> /NCS (13) <u>40+</u>	1	6	3	3	2.615	0.201
6. <i>JOAN ULLYOT</i> /WVTC (9)	3	4	1	1	2.000	0.222

**OPEN (\* = Tie; ° = 3-Way Tie)**

Runner/Club (Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. <i>JAN SERSHEN</i> /ETC (23)	8	4	6	3	1	1	0	0	0	0	2.478	0.108
2. <i>BILL SEAVER</i> /WVTC (19)	4	8	2	2	2	1	0	0	0	0	2.632	0.139
3. <i>JIM NUCCIO</i> /WVTC (9)	8*°	0	0	0	1	0	0	0	0	0	1.611	0.179
4. <i>BILL CLARK</i> /WVTC (19)	3	3	3	4	2	2	1	0	1	0	3.789	0.199
5. <i>PETE FLORES</i> /AGRC (16)	5	2	0	2	1	1	3	2	0	0	4.063	0.254
6. <i>DENIS O'HALLORAN</i> /Un (13)	3	1	2	2	3	1	0	1	0	0	3.692	0.284
7. <i>DARRYL BEARDALL</i> /MH (13) <u>40+</u>	2	3	1	2	2	2	0	0	0	1	3.923	0.302
8. Brian Maxwell/Un (5)	2	3	0	0	0	0	0	0	0	0	1.600	0.320
9. Lee Ferrero/SWEAT (3)	3	0	0	0	0	0	0	0	0	0	1.000	0.333



(Left) Sharon Furtado nipped Penny DeMoss for the women's title in the NCRR Long Distance point competition, setting a new low total of 0.102 in the process (Penny also broke the old mark). /Dennis O'Rourke/ (Right) Jan Sershen was an easy winner in the 'Open' race, but missed Jim Nuccio's 1975 record by a wide margin. /Jim Doran/

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
7. <i>JUDY GUMBS-LEYDIG</i> /WVTC (10)	4	2	1	3	2.300	0.230
8. Kathy Himmelberger/WVTC (8)	3	2	1	2	2.250	0.281
9. Jeanie Kayser-Jones/PMK (9)	1	2	5	1	2.667	0.296
10. Sue Munday/Un (6)	<u>40+</u>	2*	2	0	2.083	0.347
11. Phyllis Olrich/WVTC (4)	2	2	0	0	1.500	0.375
12. Diane Williams/PBP (6)	2	1	2	1	2.333	0.389
13. Cathy Coulman/Un (5)	1	3	1	0	2.000	0.400
14. Karen Bain/Un (4)	3	0	0	1	3.250	0.438
15. Yvette Cotte/WVTC (6)	2	0	2	2	2.667	0.444
16. Gail Gustafson/Un (6)	1	1	2	2	2.833	0.472
17. Tina Anex/OPHIR (2)	2	0	0	0	1.000	0.500
Roxanne Bier/SJC (2)	2	0	0	0	1.000	0.500
Skip Swannack/WDS (2)	2	0	0	0	1.000	0.500
Betsy White/WVTC (4)	2	1	0	1	2.000	0.500
21. Carroll O'Conner/NCS (6) <u>40+</u>	0	1	2	3	3.333	0.556
22. Pat Whittingslow/PMK (4)	1	1	1	1	2.500	0.625
23. Karen Scannell/PMK (5)	0	1	0	4	3.400	0.680
24. Kerry Brogan/ARROW (4)	0	2	1	1	2.750	0.688
Caron Schaumberg/VMTTC (4)	1	0	2	1	2.750	0.688
26. Lisa Foy/?? (2)	1	1	0	0	1.500	0.750
Judy Graham/WVTC (2)	1	1	0	0	1.500	0.750
Mary Mapelli/?? (2)	1	1	0	0	1.500	0.750
Catherine Smith/NCS (2) <u>40+</u>	1	1	0	0	1.500	0.750
Peggy Lyman/WVTC (4)	0	0	4	0	3.000	0.750
31. Nancy Edelson/PMK (3)	1	1	0	1	2.333	0.778
Marilyn Taylor/SRRC (3)	0	2	1	0	2.333	0.778
33. Karen Diekmeyer/SUND (4)	0	2	1	1	2.750	0.813

**Meet Directors!!!**

**MAIL ENTRY BLANKS TO 1300 RUNNERS FOR \$15**

CONTACT US IMMEDIATELY FOR FURTHER INFORMATION.

**★NOR-CAL RUNNING REVIEW★**

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
10. Tad Woliczko/PMK (14)	2	4	0	0	2	1	0	1	1	.3	5.214	0.372
11. Ron Wayne/WVTC (7)	4	0	2	0	0	0	0	0	0	1	2.857	0.408
12. Robert Cooper/WDS (10)	2	2	0	1	1	2	1	1	0	0	4.200	0.420
13. Dennis Tracy/WVTC (12)	0	2	1	2	2	2	0	0	1	2	5.500	0.458
14. Pete Sweeney/AGRC (5)	2*	1	1	1	0	0	0	0	0	0	2.300	0.460
15. Ron Zarate/UNTC (4)	2*	1	1	0	0	0	0	0	0	0	1.875	0.469
16. Angelo Martinez/AGRC (4)	2	0	2	0	0	0	0	0	0	0	2.000	0.500
17. Jack Leydig/WVTC (8)	0	2	1	2	2	0	0	1	0	0	4.125	0.516
18. Gene Fitzgerald/PMK (10)	0	1	2	0	3	0	2	2	0	0	5.300	0.530
19. Jim Sane/BC (9)	0	2	1	2	0	1	1	2	0	0	4.889	0.543
20. Chuck Smead/AIA (3)	1	2	0	0	0	0	0	0	0	0	1.667	0.556
21. Ernie Rivas/PMK (8)	2	0	1	1	0	1	1	1	1	0	4.875	0.609
22. Kent Guthrie/WVJS (10) <u>40+</u>	0	0	1	2	1	1	0	2	3	0	6.500	0.650
23. Don Choi/Un (3)	2	0	0	1	0	0	0	0	0	0	2.000	0.667
Benton Hart/Un-BYU (3)	0	3	0	0	0	0	0	0	0	0	2.000	0.667
Henry Perez/SUND (3)	1	1	1	0	0	0	0	0	0	0	2.000	0.667
26. Humberto Hernandez/WVTC (5)	0	2	1	1	0	1	0	0	0	0	3.400	0.680
27. Mike Pinocci/WVTC (4)	2	0	0	1	1	0	0	0	0	0	2.750	0.688
28. Pat Miller/Un (5)	0	1	1	2	1	0	0	0	0	0	3.600	0.720
29. Paul Burke/Un (6)	0	1	0	3	0	2	0	0	0	0	4.333	0.722
30. Gary Blume/Un-Cal (2)	2°	0	0	0	0	0	0	0	0	0	1.500	0.750
Tim Peterson/WVTC (2)	1	1	0	0	0	0	0	0	0	0	1.500	0.750
32. Mike Niemiec/WVTC (5)	0	1	1	1	1	1	0	0	0	0	4.000	0.800
John Routh/WDS (5)	1	0	2	0	0	1	1	0	0	0	4.000	0.800
34. Damon Wood/CAMWST (6)	0	1	2	0	1	0	0	1	0	1	5.167	0.861
35. John Moreno/CAMWST (4)	0	1	1	1	0	1	0	0	0	0	3.750	0.938
36. Daryl Zapata/WVTC (7)	0	0	1	0	1	2	0	1	1	1	6.714	0.959
37. Joe Salazar/Un (6)	0	0	1	2	0	1	0	1	0	1	5.833	0.972

MASTERS (\* = Tie)

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. RALPH BOWLES/WVJS (14)	10	3	0	0	1	0	1.500	0.107
2. JIM SHETTLER/WVJS (9)	9	0	0	0	0	0	1.000	0.111
3. ROSS SMITH/WVJS (13)	7	4	0	2	0	0	1.769	0.136
4. BOB MALAIN/NCS (21)	2	4	10	4	1	0	2.905	0.138
5. JIM NICHOLSON/NCS (19)	5	4	3	2	2	3	3.053	0.166
6. ULRICH KAEMPF/TRAC (15)	4	4	4	1	1	1	2.600	0.173
7. JIM O'NEIL/SFOC (13) <u>50+</u>	3	5	3	2	0	0	2.308	0.178
8. Roger Bryan/TRAC (15)	2	4	4	0	4	1	3.200	0.213
9. Bill Jensen/PMK (7)	3	3	0	1	0	0	1.857	0.265
10. Kent Guthrie/WVJS (4)	3	1	0	0	0	0	1.250	0.313
11. Jerome Lewis/NCS (9)	4	1	0	0	3	1	3.000	0.333
12. Craig Roland/Un (5)	2	2	1	0	0	0	1.800	0.360
13. Ken Napier/WVJS (7)	1	3	2	0	1	0	2.571	0.367
14. Darryl Beardall/MH (4)	2	2	0	0	0	0	1.500	0.375
15. John Finch/NCS (8)	0	3	2	2	1	0	3.125	0.391
16. Don Lucero/WVTC (11)	1	0	3	0	4	3	4.367	0.397
17. Harold DeMoss/WVTC (6)	0	2	4	0	0	0	2.667	0.444
18. Gough Reinhardt/LVRC (9)	0	0	2	3	3	1	4.333	0.481
19. Walt Betschart/BC (7)	0	3	0	2	2	0	3.429	0.490
20. George Martin/AGRC (2)	2	0	0	0	0	0	1.000	0.500
21. Bryan Holmes/WVJS (7)	1	2	1	0	1	2	3.571	0.510
22. Donald MacDonald/PMK (7)	0	2	1	1	3	0	3.714	0.531
Peter Wood/NCS (7)	1	1	0	3	1	1	3.714	0.531
24. Paul Holmes/BC (6)	0	1	2	2	0	1	3.667	0.611
25. Bob Bourbeau/WVJS (3)	1	1	1	0	0	0	2.000	0.667
26. John Jamieson/Un (4)	0	2	1	1	0	0	2.750	0.688
27. Art Waggoner/BC (6) <u>50+</u>	0	0	3	0	1	2	4.333	0.722
28. Ty Hadley/HH (2)	1	1	0	0	0	0	1.500	0.750
John Armstrong/Un (4)	1	0	1	2	0	0	3.000	0.750
30. Harrison Smith/SWEAT (3)	1	1	0	1	0	0	2.333	0.778
31. Dieter Diekmeyer/SUND (5)	0	1	2*	0	1	1	3.900	0.780
32. Ray Menzie/WVTC (4)	1	0	1	0	1	1	3.500	0.875
33. James Jacobs/NCS (5)	0	1	0	1	2	1	4.400	0.880
34. Dennis Teegarden/NCS (3)	1	0	1	1	0	0	2.667	0.889

NOTE: - If your records don't match with ours, we'd like to have you send us a copy of your finish results for 1976 as a check (date, race, place). Remember...count only PA runners!

CLUB NEWS

This section of the NCCR is for various clubs in the area. If your club would like to put an announcement or other news, send it in...with a circulation of 1300, the NCCR will probably reach a good percentage of your members. As long as the news is pertinent and kept to a reasonable length, we will print it...possibly in edited form. Let us hear from your club. We know that all of you don't have newsletters of your own! This section is not just for WVTC members. It's meant to be a service to all area clubs. -- IMPORTANT: If your club does put out a newsletter and the NCCR is not on your mailing list currently, please write us for a possible free exchange with the NCCR. We'd like to see what other clubs are doing!

<b>1976-77 LDR HANDBOOK</b>	
<b>RACE SCHEDULE</b>	<b>CLUB DIRECTORY</b>
<b>X-C SCHEDULE</b>	<b>TOP PA MARATHONERS</b>
<b>PA RECORDS</b>	<b>PA CHAMPIONSHIPS</b>
<b>\$0.50 by mail: PA-AAU, 942 Market, Suite 201, San Francisco, Cal. 94102</b>	



**NEW CLUBS:** - There were four organizations that became official AAU Clubs in the Pacific Ass'n. recently...they are: Tamalpa, a distance-oriented club based in Marin County; Eastshore Hustler T.C.; Sonoma Valley T.C., and the San Jose Stars, who have existed as an entity for some time, but just now got around to applying for A.A.U. membership. They boast such outstanding individuals as Bruce Jenner, etc.

**PROCEDURE FOR CLUB-HOPPING:** - The A.A.U. has a built-in procedure whereby you may apply for a change of 'affiliation' from your present club to another if you so desire. So that your intent to switch clubs is not just a casual thing, it is required that all individuals doing so must remain in 'unattached' status for a period of 4-months first. This means that an athlete must notify the PA-AAU office, using a transfer form, when they wish to be unattached...or, the office will consider the date they receive a request for such a form, rather than the last day of competition for a previous club, in starting the 4-month unattached period. You do not automatically become unattached when you stop competing for one club and put "Un" on your race entry forms...it must be done formally through the AAU office. When the 4-month unattached period is up, you must then renotify the office as to your intent to change to a new club, if any. Any questions in this regard can be answered by calling the PA-AAU Office at 415/986-6725.

**EMPIRE RUNNERS:** - At present this Sonoma & Marin County club is applying for AAU membership and already has a club newsletter. The club's emphasis will be on family activity and moderate length runs (4-8 miles), built around a fun-run program. For further information, contact Glenn McCarthy, 335 Algiers Ct., Santa Rosa, CA 95405, or Hershall Jenkins, 78 Estrella Dr., Rohnert Park, CA 94928.

**TAX REDUCERS AC:** - This San Jose area club has elected officers for 1977 as follows: Pres.-Paul Spangler; Vice-Pres.-Rich Stiller; Treas.-Sandra Vaurs. Four other persons were to be appointed to the club's Executive Committee...don't know who they are.

**LAKE MERRITT JOGGERS & STRIDERS:** - As far as we know, this is a non-AAU club, based in the Oakland area. Their primary interest is organizing "Fun-Runs" in and around the Lake Merritt and Oakland Hills area. They have runs every Sunday evening at 4:30, meeting at Lakeview Library. Call John Notch (568-0784 or 444-2602) for more information. Sponsoring activity is the Oakland Central YMCA.

**WEST VALLEY T.C.** - Before introducing our new members, I'd like to list here, our newly-elected "Exec Council". If you would like more information on a particular level of competition (for example: Masters, Junior, etc.), then you should contact your appropriate "Rep". The club is getting so large that duties obviously have to be spread around, and your "reps" are sort of team captains. If you have complaints, ideas, questions, etc., drop your rep a line or make a quick phonecall.

\*\*\*Officers\*\*\*

**PRES.**--Jack Leydig, PO Box 1551, San Mateo, CA (341-3119).  
**V.P.**--Harold DeMoss, 765 Campbell, Los Altos, CA (941-8975)  
**Secr.**--Peggy Lyman, 1740 Ivy St., San Mateo, CA 94402 (574-1846)  
**Treas.**--Judy Leydig, PO Box 1551, San Mateo, CA (341-3119)

\*\*\*Representatives\*\*\*

**Masters**--Phil Conley, 85 Skywood Wy., Woodside 94062 (851-8254)  
**Women**--Phyllis Olrich, PO Box 3191, Stanford 94305 (329-0387)  
**Jr. Men**--Hal Schulz, 65 Corte Dorado, Greenbrae 94904 (461-4154)  
**XC/LDR**--Daryl Zapata, 150 Hazel Ave., Millbrae 94030 (692-4226)  
**Walking**--Wayne Glusker, 20391 Stevens Crk, Cupertino 95014  
**T&F Reps:** (408/996-1272)

**Sprints**--Greg Marshall, 1144 Fulton, Palo Alto 94301 (328-1775)  
**Dist.**--Jim Nuccio, 617 Meadowsweet, Corte Madera 94925/924-6674  
**Field**--Dick Shelton, 2466 Armstrong, S. Clara 95050 (246-8084)

● **NEW MEMBERS:** - Wow! A whopping 31 new members since last issue. Since we have space limitations, we'll try to merely list names, addresses, vitals, and marks, without any detailed explanations in most cases. Here goes---Paul Adorno (17), 18 East "K" St., Sparks, Nev. 89431 (Ph. 702/359-1841); senior at Wooster High; 2 Mi--10:22. Ron Alvarado (22), 2140 Lyons Ave., Belmont 94002 (Ph. 591-7768); Bus Driver; Mi--4:27 (Ron has also volunteered to be the NCCR's new advertising manager in place of Bill Clark...thanks Ron!). Paul Armstrong (24), 350 Curtner Av., No. 7, Palo Alto 94306 (Ph. 493-5460); Unemployed Librarian; 120HH--15.4, 440(i)--50.0, 440IH--53.3, 600(i)--1:12.4, 1000y(i)--2:16.8, 880(i)R--1:53.7. Dana Bural (30), 103 Cannon Ct., Travis AFB 94535 (Ph. 707/437-2167); Admin. Officer-USAF; -more-

Mile--4:16, 2 Mi--9:29, 3 Mi--14:46, 6 Mi--31:34, Mara--2:45:58, LJ--21'8". Roger Campos (17), 1048 Schwarin St., Daly City 94014 (Ph. 467-5790); senior at Serramonte HS; 880--2:09, Mile--4:50, 2 Mi--10:23. Michael Chastaine (16), 41021 Vattero Dr., Fremont 94538 (Ph. 651-9341); junior at Mission San Jose HS; 880--2:17, Mile--4:53, 2 Mi--9:59, 3 Mi--15:23, 20 Mi--2:00:02, Mara--2:54:50. Aran Collier (16), Box 228, Sausalito 94965 (Ph. 388-1188); senior at Tamalpais HS; 880--2:02.2, Mile--4:18.9, 2 Mi--9:06.8. Peter Eisenberg (31), 223 Hivista, Sausalito 94965 (Ph. 332-3962); Mile--5:10. Kevin Gillette (15), 1150 Mason Dr., Pacifica 94044 (Ph. 355-1416); junior at Terra Nova HS; 440--56.0, 880--1:58.9, Mile--4:51, 2 Mi--10:27, 120HH--15.6, 330LH--42.0, HJ--5'10". Joe Green (18), 401 Aragon Blvd., San Mateo 94402 (Ph. 344-0344); senior at Aragon HS; 880--2:00, Mile--4:24.5, 2 Mi--9:29. Mark Hager (16), 15721 Hesperian, San Lorenzo 94580 (Ph. 352-5895); junior at Arroyo HS; 440--56.1, Mile--4:50, 2 Mi--10:30. Christopher Hamer (18), 8040 Dana Butte Wy., Citrus Hgts. 95610 (Ph. 916/726-2018); frosh at Sac'to State; 440--52.9, 880--2:02, Mile--4:38, 2 Mi--10:10, Mara--2:59:11. Ken Hurst (16), 3524 Lydia Ln., Modesto 95355 (Ph. 209/527-2440); junior at Downey HS; Mile--4:42, 2 Mi--9:59, Mara--2:44:55. Mark Lauer (15), 1536 Grand Ave., Pacifica 94044 (Ph. 359-3768); soph at Terra Nova HS; Mile--4:58. Emil Magallanes (21), 1228 Williams, Boise, Idaho (208/336-0715); junior at Boise State; --an old member rejoining: 440--51.8, Mile--4:22.6, 3 Mi--14:19i, 3000mSC--9:07.6, Mara--2:43:51. Dave McDonald (14), 1247 Galvez Dr., Pacifica 94044 (Ph. 359-3527); frosh at Terra Nova HS; Mile--5:12, 2 Mi--11:32. Lynn Mentzer (17), 3360 Kings Row, Reno, Nev. 89503 (Ph. 702/747-2394); senior at Hug HS; 440--55.0, Mile--4:37.4, 2 Mi--9:38, 20 Mi--1:53:03, Mara--2:51:24. Richard Owen (25), 1630 Sutter St., #12, San Francisco 94109 (Ph. 931-0962); Accountant; 10K--36:34(roads). Michael Porter (23), 273 Ulloa St., San Francisco 94127 (Ph. 681-1617); Secretary-Clerk; Mile--4:10.0, 1500m--3:52.4, 2 Mi--9:09.1, 3 Mi--14:33.4, 10 Mi--51:06, Hour--11 Mi., 315 Yd. Dan Pratt (15), 1972 Via Natal, San Lorenzo 94580 (Ph. 278-4840); soph at Arroyo HS; Mile--5:20, 2 Mi--11:10, 3 Mi--17:18. Ragnar Thaning (29), 1 Culloden Park, San Rafael 94901 (Ph. 454-7522); US Army--Letterman Hospital; Mara--2:36:17. David Ralley (18), 550 San Diego Ave., Daly City 94014 (Ph. 994-0051); senior at Jefferson HS; Mile--4:57. Paul (Pete) Richardson (41), 371 N. Powers Ave., Manteca 95336 (Ph. 209/239-1854); HS Teacher--Calif. Youth Authority; 880--1:52, Mile--4:20 (As Master: 800m--1:58, 1500m--4:12, Mile--4:35...Nat'l. AAU Masters 800m Champ in 1975). Bob Rush (41), 116 Wycombe Ave., San Carlos 94070 (Ph. 591-5226); Coach at College of San Mateo; Mile--4:28.2, 2 Mi--9:51.1 (in 1950's). Rick Skillman (35), 2000 Crystal Springs Rd., Apt. 2311, San Bruno 94066 (Ph. 589-4570); Health Planner; 2 Mi--15:00. Vincent Spangler (39), 1157 Stanyan St., San Francisco 94117 (Ph. 681-4088); Park Ranger; 1.5 Mi--7:01 (1958), 6 Mi--31:36 (1976). Ramsay Thomas (33), 1646 Ontario, No. 5, Sunnyvale 94087 (Ph. 408/732-8241); Teacher--Homestead HS; 440--49.5 (47.5R), 600(i)--1:12.2, 800m--1:50.6, Mile--4:11.5. Jim Van Dine (22), 1228 Williams Ave., Boise, Idaho 83706 (Ph. 208/336-0715); senior at Boise State; Mile--4:16, 2 Mi--9:14, 3 Mi--14:03 (an old member just rejoining). Mike Weidig (25), 2492 Karen Dr., #30, Santa Clara 95050 (Ph. 408/246-1997); Apartment Mgr.; PV--17'1½". Jim Wyatt (22), 428 So. 11th St., #11, San Jose 95112 (Ph. 408/293-7694); senior at San Jose St.; 440--47.6R, 400mIH--51.7. Harry Youkers (16), 201 Mulberry Dr., Suisun 94585 (Ph. 707/422-7908); junior at Armijo HS in Fairfield; 880--2:06, Mile--4:31, 2 Mi--9:33, 20 Mi--1:52:56.

● **CLUB RECORDS:** - Lots of new club records, both on the roads and on the track, since last issue. Remember, if you set a mark that you think might make our all-time top 10 in open, masters, or women's divisions, contact Greg Marshall (addr. in opposite column under T&F reps) and let him know the mark, as well as place and date set. Send for top-10 list.



Joan Ulliyot blitzed the NorCal women's marathon record with a spectacular 2:51:15 in the AAU Women's Nat'l's. /Hume/

# BODY AMMO™

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In the last issue of the NCRR, we mentioned that we would probably be carrying this product in the near future. It will now be available by mail order, or at races from Jack Leydig's "magic bus". BODY AMMO was used during the most difficult parts of the recent American Bicentennial Everest Expedition with very positive results. A CBS Special on this climbing expedition was shown on local TV on Jan. 7th.

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CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Sally McPherson established a super mark for other women walkers to shoot for with her 7:44.6 over the mile distance at SJCC in early December...and then she lowered that to 7:40.8 at a DeAnza College meet. The qualifying mark for the indoor Nationals is 8:10.0, so that gives you an idea of the quality of her times. Wayne Glusker established a new mark in the one-hour walk (we think), with a great 7 miles, 1000 yards... let us know if we're wrong, Wayne! This was accomplished at UCLA in the Natl. Championships (Nov. 21), with Wayne leading the way for a second-place finish teamwise, with Manny Adriano and Dave Himmelberger making up the rest of the squad. Phyllis Olrich has been busy overhauling the women's middle distance & distance track marks. She has set most of her marks at the SJCC all-comers meets (in December). She did a 2:26.0 and 5:10.0 on one day, the latter being a club mark, and then a good triple: 64+ (440), 5:05.3 (Rcd.), and 11:01. On Dec. 18 she lowered her own 2-mile standard with a 10:51.9. She set a 2:17+ (exact time not known) for the 880 at the Examiner Games Trials on Jan. 8, for another club standard, but had it broken in another heat by teammate Judy Graham, who had the fastest qualifying time of the day at 2:11.1. On the roads, Joan Ulyot wasted no time in lowering Judy Leydig's two-month old marathon mark of 2:57:13 by nearly six full minutes with a terrific time of 2:51:15, placing fourth overall at the Natl. AAU Women's Marathon in Culver City. Penny DeMoss also set a PR at the same distance, moving into third on the all-time WVTC list with a fine 2:57:57 at Livermore the following weekend. New masters member, Paul Richardson, didn't waste any time in getting on the club record-book. His 2:04.3 for the 880 at CSM in December is the only mark we have on the books for masters...let's see some more of you guys try to deepen our top-10 listings! He then broke one of the oldest records (1970) by winning the Examiner Games Trials in the mile at 4:45.6, just dipping under Bill Mackey's old time of 4:46.5, set at the Examiner Games (indoors) seven years ago! Paul did a 4:35 just about a week before he

joined up, so you know that mark will come down a lot lower.

●OTHER GOOD EFFORTS: - A quick review of some late season cross country happenings by club members that come to mind. Sorry if I miss anyone...this is all from memory and it's pretty late (early) in the morning. If you're not mentioned here, then you'll probably find yourself somewhere in the results section. Teamwise, WVTC did pretty well for itself in post-season (late season) competition. In a surprise effort, our masters men, who hosted the National AAU Masters X-C 10-Kilo Championships at Belmont, nearly made it into the top three, just being edged out by the Masters Striders of Los Angeles by a few seconds a man. The team was composed of Ray Menzie, Dave Stern (who grabbed 4th overall!), Bob Rush, Ken Paul, and Harold DeMoss (others too...but those were the scoring five). Then, a few weeks later, three of the same guys duplicated their fourth place efforts at the National Masters Marathon in Hawaii, with Ray Menzie leading the way in 2:47:42 for seventh in his division (8th overall). Dave Stern's ninth (2:53:08), and Ken Paul's 25th (3:13:34), rounded out the team's effort. The Senior Men took the PA-AAU X-C Championships, just edging out Nevada TC, with a team of Jim Nuccio, Mike Pinocci, Bill Seaver, Jack Bellah and Bill Clark. The same team, with the addition of Tony Sandoval, scored a disappointing eleventh at the Nationals in Philadelphia two weeks later. Sandoval was top placer in 46th. Only 54 seconds separated the six runners, indicating good balance, however. The depth of the field was indicated by the fact that more than 100 runners crowded into the top two minutes! The WVTC women took the PA-AAU and State X-C titles, the latter with a team of Judy Graham, Phyllis Olrich, Sharon Furtado, Kathy Himmelberger and Carolyn Tiernan...they had a low score of 32 points to runnerup Chico State's 115! Sharon and Phyllis went on to the Nationals in Florida, where both competed in high temperatures and humidity. Sharon was pleased with her 31st place finish, while Phyllis had a lot of trouble with the heat and wound up a disappointed 56th. The junior men made it a sweep (almost) of the PA-AAU Championships by WVTC X-C teams; the only exception was a second place finish by the masters to the powerful West Valley Joggers. A team composed of Hal Schulz, Tim Holmes, Phil Hornig, Boyd Tarin & Harry Youkers placed in the top nine overall (including the top 3 spots) to run away with the Jr. 10-Kilo race at Belmont in December. Schulz, Holmes and Tarin will get PA-LDRC funding to the Jr. International Trials in February (San Diego), via their placings at this meet. Hornig will turn 20 this year and thus is not eligible for the Jr. Championships according to national & international rules (which say you must be 19 or under during the year you compete). The Women's Marathon Championships were held in Culver City in early December. Besides having Joan Ulyot set a new NorCal record for the distance, a three-woman team of Joan, Irene Rudolf, and Peggy Lyman took third place behind San Fernando Valley TC and the Rialto Road Runners. The team had hoped to win, but DNF's by Penny DeMoss and Judy Leydig dimmed the teams hopes of a top finishing place. Our high school runners also competed well during the championship meets for their schools. Tim Holmes made it another victory in the Sac-Joaquin Section Meet, while Rod Berry ran off with the North Coast Section. Aran Collier, who joined up after X-C season, was second in the NCS, and Steve Strangio grabbed seventh. They led their teams to respective 2nd (Redwood), third (Mission San Jose), and fourth place (Tamalpais) finishes at that meet. Joe Green was our highest placer in the CCS meet, taking 13th place in the varsity race. In the 3-mile postal competition, Holmes and Berry staged an exciting duel, with Holmes coming out on top: 13:59.9 to 14:00.4! Individually, Judy Graham and Phyllis Olrich ran one-two at the State Meet, while Jim Nuccio took the PA-AAU Sr. Men's title, tied with Ron Zarate (intentionally). Jim Van Dine led Boise State to the Big Sky Conference X-C title with a second place finish himself, while Emil Magallanes got eighth. Phil Hornig placed a close second to Bob Paulin (the State JC Champion) at the NorCal Meet, recording a 20:20 on the rugged Crystal Springs circuit to Paulin's 20:15. Phil did not compete in the State Meet (at least we can't find him in the results). Whew! A lot of activity. Hope I didn't overlook too many...forgive me if so (brain damage you know!).

●Well, 1976 is over, and Len Wallach is probably happier of that fact than anyone I know. Len's goal for the year was to capture the DSE "Point Trophy" at any cost...points being earned by workout and race (primarily) miles. His 1,443 total is a record by over 400 points as far as we know, and his 161 total races during the year (finished off with a 100-km. jaunt at Lake Merced) tell you why. He beat nemesis Ed Jerome by nearly 200 points. Bet his wife Sharon is happy 1977 is here!

● **NEWS FROM MEMBERS:** - Jost Schmitt, WVTC's West German middle distance (& sometimes marathoner) man, is happy to report that he and his wife Margot have a new member to the family... she is Eva Verena, who weighed in at 8 pounds, 6 ounces. Jost says her first questions was: "Is there any special WVTC membership rate for youngsters?" Yup! But it's probably going to be a while before she can compete, right? The rate is \$3/year... non-NCRR membership for pre-high school members. --- Byron Richardson wondered why he hurt so much during the last half of the Livermore Marathon (answer: you're supposed to feel that way, Byron). Actually, a few days after the race he was taken in for emergency surgery...appendicitis! Byron is now the proud owner of the WVTC marathon record for pre-operative patients. His time of 2:47:59 was quite amazing under the circumstances. --- Gene & Betsy White have settled into business in their new surroundings on Sulawesi (where?). Well, this is just the new name for the Indonesian island of Celebes...now you know exactly where they are, right? Well, if not, take out your world atlas and find out! Good old mail service as it is...they report just receiving #61 NCRR (which was mailed late September). Both continue to run (4-5 miles in the morning & evening), but it's hot all the time and rainy during the winter (which won't be for a bit yet). Betsy reports that the local people are pretty rude (just like home, eh?), yelling at them, so it is hard to find pleasant places to run. They have seen no other runners in the area at all...so obviously no races. Anyone wishing to correspond can write to them at: P.O. Box 80, Ujung Pandang, Sulawesi, Seletan, Indonesia. --- Bob Herten reports that he will be assistant track coach at Cal-State Hayward this spring. He also said that he recently underwent knee surgery...successfully I guess? --- Anyone know the whereabouts of Ed and Melissa Malloy? They moved from Foster City without leaving any forwarding address. --- Art Reade, former Westmoor High coach, who is now living in Brea (LA area), has a new job as head cross-country and track & field coach at Compton College. Anyone interested in attending school in the LA area would certainly find a good coach in Art...drop him a line at 410 E. Buttonwood, Brea 92621, if you're interested.

● **CLUB XMAS PARTY:** - When I got no volunteers to host our annual holiday bash, I stuck my neck out...looking for a home to invade and some friends to lose. Peggy & Rick Lyman finally backed down when I threatened never to invite them to an NCRR mailing party again if they didn't offer their abode. In all fairness, they both said they'd enjoy doing it (with bated breath), and it turned out they were hosts to one of the largest WVTC Xmas gatherings in some time (60 or so I would guess). After the pigout, everyone crammed into the Lyman's living room for a bit of 'election fever'. As usual, most of the offices had only one nominee, holding true to the club's longtime policy of 'battle only on the athletic field'. The number of those being re-elected was heart-warming! The membership is truly showing a tendency toward a democratic dictatorship. In keeping with that trend, the club 'unofficially' stream-lined its Exec Council, trying to weed out revisionists as we went about the task of selecting our 1977 leadership. You'll note on the enclosed club insert, that in addition to requesting you pay your dues before the end of February (or be struck from the mailing list...one warning no longer applies--too much book-work), we've also asked that you formally approve the deletion of certain Exec offices (as well as the creation of others). At the party we assumed everyone would approve, but we need to have your 'formal' ok, in keeping within the bounds of our club constitution...yes, we actually have one. If I ever get around to typing up a club 'directory', I'll show you what it looks like. The newly elected officials are listed at the start of the WVTC Club News section. Boyd Tarin was actually selected as the "Junior Rep", but afterwards I realized that he'd be attending the Univ. of Nevada this spring and wouldn't be able to attend any of the meetings...thus Hal Schulz was appointed in his place. In order to streamline our 'governing process' even further, a proposal to make constitutional changes by a 2/3rds vote of the Exec Council was submitted...instead of the current requirement for a membership vote. It was felt that the Exec Council is probably the only group that really knows what's going on administratively in the club anyway...we're elected, and that should be enough of a 'vote of confidence'. So...in exercising probably one of your last voting rights as a club member (besides electing officers), you're asked to show a lack of apathy and tell us your pleasure. Since you've got to send in your dues anyway, we figured it wouldn't be much more work to pencil in a couple of X's on a sheet of paper too. --- Race-Help Acquisition Committee: You know, putting on races would not be such a drag (did you think it was fun?) if I could get enough volunteers. It's enough trouble just co-ordinating the

meet without having to spend countless hours (& money) on the phone trying to convince people they should feel obligated to help out once in awhile...it's nice to have a central core of people always helping out who know what they're doing, but I'd like to see some new blood once in awhile too! I'm tired of seeing 10% of the membership do all the work and make all the travel money for those that never help out! So, to relieve my mind of some of the burden of being a race director (which I don't really mind in itself), I'm requesting that about 5-6 people volunteer to comprise a 'telephone committee' that will do nothing but secure race help for me when I need it. Ideally they should be spread around the entire Bay Area so they can call members in a toll-free phone area, and have the entire membership covered in the process. Each committee member would then have a list of members in his area and their phone numbers. You'll have a chance to 'sign-up' on the club insert. If I don't get volunteers, then I'll simply appoint some people...but I hope I don't have to do that.

● **ROAD RACE RESULTS:** - Following are listed members who ran in local AAU road races and finished too low to be listed in the regular race-results section. If you were missed, let us know (many results don't list affiliations and so I pull a lot of names from my fast-deteriorating memory only). Don't be shy, we all like our names in print, right? --- Dammit Run: 127-Ken Paul 36:36, 134-Tim Rostege 36:50, 145-Jim Holben 37:24, 375-Jim Luke 45:03, 432-Steve Goettelmann 47:35, 438-Tim Smith 47:42, 466-Roy Aal 48:51, 506-Len Wallach 50:26, 523-Gail Goettelmann 51:41; Angwin to Angwish: 75-Don Lucero 49:18, 185-Len Wallach 65:08; Las Trampas: 101-Monte Dayton 68:42, 111-Len Wallach 93:00; Excelsior West End Run: 113-Ed Dally 41:12, 118-Ray Orwig 41:28, 129-Tom Fodor 42:04, 210-Phil Conley 46:32, 280-Len Wallach 53:09; Masters X-C: 58-Don Lucero 41:05, 93-Phil Conley 47:03, 101-Monte Dayton 48:22, 113-Len Wallach 58:40; PA Sr. X-C: 55-Tim Rostege 39:19, 56-Sonny Reynaga 39:25, 74-Steve Subotnick 44:47, 79-Ellen Clark 48:21; Autumn Ridge Run: (10.76 Mi.) 45-Phil Conley 88:14; Pepsi 20-Miler: 156-Harold DeMoss 2:08:18, 202-Dana Bural 2:12:15, 204-Harry Cross 2:12:18, 482-Ken McRae 2:34:56, 608-Gail Goettelmann 2:49:27, 626-Joe Shami 2:51:58; Livermore 11.8 Mile: 94-Phil Conley 1:32:19, 102-Gail Goettelmann 1:35:02, 140-Joe Shami 1:48:50; Livermore Marathon: 146-Ken O'Neil 3:21:19, 152-Dan Hintz 3:23:31, 298-Len Wallach 4:55:36; PA-AAU Jr. X-C: 65-Ralph Gowen 43:43.

### CLASSIFIED ADS

*Interested in selling your body or promoting your race? The NCRR can probably help you, and at the most reasonable prices you've ever seen for a specialized regional magazine. Currently, a full-page ad (one-time) is only \$40, but you can save up to 40% by taking out a multiple-time contract. Less than full-page ads are even more reasonable...1/4 page for \$15, etc. For full information and a rate-sheet, write to: Ron Alvarado, 2140 Lyons Ave., Belmont, CA 94002 (Ph. 415/591-7768). All ad copies and race inserts should be sent directly to: NCRR, Box 1551, San Mateo, CA 94401.*

**TRACK & FIELD OMNIBOOK (2nd Edition):** - Ken Doherty has spent almost five decades of his life competing, coaching, and writing about the sport he loves: track & field. He was an Olympic decathlete and coached championship teams at Michigan and Penn. Any coach or serious student has to have this book... you owe it to yourself and those you coach to have the latest & best information on all events. New expanded sections on technique and training, plus material from Montreal. Published by Tafnews Press, \$12.00 + 6% Tax (Calif. residents) & \$0.75 postage/handling...514 pp. Available from NCRR today! Send to P.O. Box 1551, San Mateo, CA 94401.

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## LETTERS TO THE EDITOR

PAUL WILLIAMS (Richmond, CA) - "I want to thank you for carrying that small lost-and-found article about a lost watch at the Watermelon Race. I got in touch with Bob DeCelle and sure enough, the watch was mine. I had given it up for lost. That is just one of the many reasons I re-newed my subscription to your great magazine. You may remember I had your magazine forwarded to Swaziland, Africa, while I was away last year."

HARVEY RENTSCHLER (Haverford, Penna.) - "Enclosed is a check for \$25. Please use \$8.50 of this towards my first-class renewal to the NCCR. Please accept the rest as a contribution to your club or magazine. The NCCR has provided me with many hours of reading pleasure and because of it, I almost feel that I'm more in tune with the Northern California running scene than I am with what's happening here in the Philadelphia area. Keep up the super job, and thanks." (Thank YOU Harvey!...for the contribution and the kind words. If ever you're out this way, please feel free to look us up...we'll be happy to find a place for you to stay, 'free of charge', with some local runners.)

WALT SCHAFER (Chico, CA) - "Many thanks for mentioning progress of the Chico Running Club. The original nine members, each of whom chipped in ten dollars in Sept. 1975, to start the club, remain amazed at the enthusiasm and sense of comradship among runners which have developed so quickly in this community. Membership now stands at 211 and continues to grow.

The Club's triple goals are simple: to promote running for fitness, fun and fellowship among large numbers of residents; to promote friendly competition; and to promote more serious competition, especially in distance running.

One of the things we apparently did right was to move directly toward sponsorship of a major AAU road run (the Almond Bowl Run) within two months after organization. This provided an immediate common focus and a basis for cooperation. From the beginning, the modest success of our races--the Almond Bowl Run, the Chico-to-Redding 100-Mile Relay, and the Bidwell Classic Run--can partly be attributed to widely-shared responsibility among 10 to 20 club members in conducting each event. In every case, the race director serves mainly as a co-ordinator.

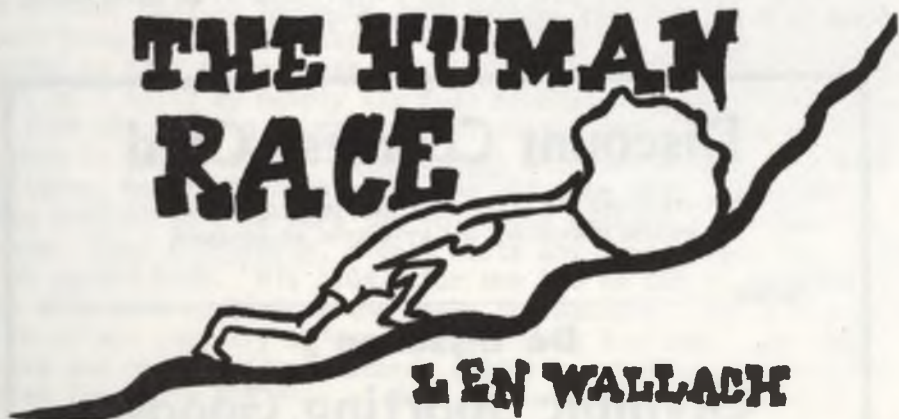
I appreciated your mention of me as race director of our past events. However, I have only co-ordinated the Bidwell Classics of 1976 and 1977. Other director-coordinators have been Don Richey, club President (contrary to your note in the last issue, I am Treasurer, not Pres.), and Frank Burk, both of whom have performed most ably. Don also deserves credit for almost single-handedly organizing monthly fun-runs for over a year before the club was formally organized. These fun-runs were antecedents of our present weekly fun-runs, part of the *Runner's World* national fun-run program.

We now look forward to our first marathon on March 5--one of three simultaneous races (also a half-marathon & three-mile) as part of the Bidwell Classic Marathon and Road Runs, co-sponsored by the local Lion's Club. The new, two-loop course is entirely flat, on excellent surface, and guaranteed fast, regardless of weather. The post-race banquet will include an informal talk by Joe Henderson.

Later in the spring, we expect to conduct our second Bike-and-Run race. The first, a local 7.5 and 17.5 mile prototype this past November, was modeled after the Ride-and-Tie, with one bike and two riders-runners alternating in leap-frog fashion. Effective strategy on how and when to trade off from riding and vice versa, can be as important as speed and endurance.

We look forward to welcoming growing numbers of Northern California runners to Chico for a major event, a Saturday fun-run, or to join Don Richey and his crazy friends for a 6:00 am running tour of Bidwell Park."

# THE HUMAN RACE



**LEN WALLACH**

MEET ROD MILLER: - There are layers and layers to the personality of Rod Miller...to be peeled off one at a time, revealing

new facets of the same man...much like one takes the leaves off of a California artichoke. Each leaf has both fiber and soft portions, but one should beware of hidden thorny spines which can produce an occasional uncomfortable jab.

Rod is close to his friends, but he is always prodding them on to higher achievements and new interests. Like the lowly artichoke, he does this with a refreshing humility which may come from his West Virginia coal-mine country background.

From the "No Smoking" sign over the doorbell at his San Francisco victorian-style home to his body-building workouts in a rundown out-of-the-way storefront gym in the Mission District, Rod is a 'right now' individualist. "The doing is the enjoyment," he burst out between barbell sets of military presses. "It really boils down to trying to live up to our potential," he added by way of explanation, while he politely harassed his workout partner into pushing up the heavy weights just one more time.

His successes and achievements somehow hide what's underneath, and the significant efforts taken to obtain them. Rod doesn't help out much in the digging process, and he had to be repeatedly brought back from his anecdotes about other people and their accomplishments. "Anyone else's successes and happiness doesn't take any from my own but adds to it," he advised as he started questioning me on my slow efforts at earning DSE running points.



Rod Miller, setting a PR in the military press. /Len Wallach/

Rod's roadwork earned him the "Running Man of the Year" award in 1975 from the Dolphin South End Runners, having tallied 1001 points from 106 races. That year he ran the over 1800 miles throughout the United States to get his name enscribed on the DSE trophy which records the previous efforts of such giants as Walt Stack, Pax Beale, Alex Monterrosa, Buck Swannack and Steve Chatterton.

"It gave me a chance to get hold of my life; to be in control. The only person who could do the most for me was me," he said, trying to explain his year's battle on the roads. "But there was the thrill of the hunt. Everyone in the contest knew what he was after...it was kind of seeing who was the toughest guy on the block in a funny kind of way," he added in his usual candid manner.

Charles McCabe, columnist for the San Francisco Chronicle, once advised in an article that failure would narrow a man's nature. Rod may have been the model for the opposite, as he demonstrates the virtue of success. His life is filled with examples of his ability to be victorious through dogged tenacity and positive spirit. He has consciously developed the talent to push ahead through planned effort and by establishing huge goals. But there are many other successful people who have done the same thing...so what makes Rod so special? He has a unique quality to bring others along with him in a kind of benevolent sharing of his agonizing efforts to achieve. The end result of this fraternalism resembles a cross between hand-holding and ass-kicking.

"I may have gotten a certain amount of this from my mother, who would respond to my smug successes as a basketball player by reminding me that she still held the state championship record of 63 points in a single game," he smiled at me from behind the thin-rimmed glasses which make him look as benevolent as some character out of a Walt Disney movie.

Rod, like another yarn-spinning runner, Pax Beale, has a penchant for turning everything into a rambling anecdote or intriguing story. After learning the countermoves of interrupting with a polite cough, or to pause to scribble a few notes, I managed to get out of him some of his background.

Graduating from the Univ. of Arizona with a bachelor's degree in International Marketing, he went on to the Univ. of Indiana for his masters in Business Administration, the Dean's list, and a view of the world of work in 1966. One collegiate experience at Arizona helped him reinforce his values. Rod was a member of a fraternity whose membership list read like a roster of ten thousand dollar bills. "It was a richman frat with the lowest grade point average at the University," he explained with his forehead furrowed with concern. "They were a bunch of hot-shots--pushy guys who had nothing in common with me. I finally had to ask myself what I was doing there, and

the answer came back that I had no idea," he concluded by silence, indicating that he would never again have an alliance which went against his own private and fierce code of ethics.

"My father was the most incredible man I ever knew. Although I lived with my mother following their parting, he had as much influence on me as did she," he explained. "He taught me that small people are just interested in other people; large people are interested in ideas, but the greatest people of all are those that are inventive...the creative ones, the innovators," Rod advised while the alligator tooth set in gold bounced from the necklace he was wearing.

"Although my father died with almost no material possessions or wealth, he taught me the first steps in controlling my own destiny...to grab hold of life by its labels, to work at what I wanted, but to know what that was. The doing is as important as the goal," he added, raising his voice above the chatter of his tiny daughter, Tiffany, and the family dog. Rod's diminutive wife, MuuMuu, made a quick knowing glance my way, letting me know in her charming but direct Phillipine way that Rod looked on her as a full partner in life's match.

MuuMuu and Rod came to California with a bag of pennies and a worn out sports car to begin his business life with Dean Witter & Co., where he found another base for his competitive spirit. "I was not only dumb, but I was really scared when we finally got here and found out that I wouldn't get my first salary check until I had worked for two weeks," he related by way of explaining why they had to live off of the pennies saved in an old bag while in graduate school.

Their life together is almost like a fairy tale of mutual sacrifices to help each other, friends, and even complete strangers. Rod's efforts are partly directed towards the Big Brother movement, where he has partnered up with at least two youngsters. MuuMuu, in addition to her own scientific professional employment in blood function research, contributes considerable time to work with neurologically handicapped youngsters in San Francisco. "Maybe we're just more fortunate to be attuned to each other's and society's needs than other people are," he pondered, trying to explain their mutual charitable efforts.

To the outsider, the world of finance seems to be like some giant shark, hell-bent on devouring you. What the government doesn't take, the stockmarket surely will. It is a quiet, bottom-of-the-line fact, that Rod Miller, who but a few years ago was a kid on the streets of a small West Virginia town, and his wife, who came from the most poverty-ridden and remote barrio of the Philippines, is at the top of the big business heap.

"There's a deepness in my running and body building," he said. "You get so beaten down from the intellectual demands of big business. You have to get your decision-making ability under control to deal with the natural greed and fear that is in the big-money world," Rod advised. "Mostly it's a matter of having your mind and money together at the same time," he added...a simple but profound truth of the market place. He went on to the joys he gets from the physical world of barbells and running shoes, explaining away the fun he receives from just the playtime atmosphere to be enjoyed from both.

His appointment as an Associate Vice-President of Dean Witter last January signifies him as one of the top producers in a company that has giants of achievers in its ranks. He is one of the youngest stockbrokers to climb to that level, but it shows the same approach he uses at body-building.

His goal, as he so bluntly puts it, is 'to have a beautiful body'. "Hell, I can't be creative any other way. I can't write, and I sure can't paint, but I can sculpt...only my subject is not a piece of marble, but me!" He demanded, "What's so wrong with that concept?" Looking at his huge arms and giant chest, I wasn't going to argue with him, and after all, sculpting with weights isn't a bad concept for our french fries and hamburger gobbling society.

Symmetry, mass, and definition are by-words of the world Ron has embraced for the past year. It is easy to see the basis for jests and jibes about narcissism, ego mania, and homosexuality which some people think may accompany the weight-training and body-building environment. "But when you dig deeper and have contact with individuals in these gyms, you find that these are dedicated wholesome folks who are more 'up front' about their appearance," Rod related.

I've had a lot of contact with him since the Holy City Run, where he was publically elated at seeing me, a complete stranger, win the last patch as 200th finisher in that hilly course, but I remember him best when he slowed down the pace for me later in the year at the Mt. Madonna Challenge while he encouraged me to try for the "Running Man of the Year" trophy.

"Go to your capacity. If you died tomorrow and hadn't

tried it, you'd be sorry," he said, and then added a usual Rod Miller hooker..."After all, you'll enjoy being extraordinary." You know, he's right!

## NOR-CAL PORTRAIT

**MEET RON ZARATE:** (By Conrad Walker) - Sometimes a runner and an event can carry on a love-affair. That's the way it's been for Ronald David Zarate in the 10 years since he began to run cross-country.

The turf reputation of the 5-7/140 Zarate has grown steadily over the years, thanks in part to his bullying domination of the USTFF Western Regional Championships, which he won in '72, '74, '75, and '76. But more, in his years at Nevada/Reno and now with the Nevada TC, the California native has consistently build himself a reputation as a national class runner. A 2:19 marathon helps, as does a third in the PA-AAU 25-Kilo run and 4th in the tough Bay-to-Breakers race. Again, however, it is on the cross-country course that the waiter from Reno excels. Ron's own description of his favorite event tells the story best: "10,000 meters cross-country --successful, short, All-American."

In the past three years, Ron has placed 23rd in the AAU X-C in '74, 25th in '75, and a great 14th this past season in Philadelphia. It was an unusual race for Zarate, and his description of it says a lot about both the race and the runner: "My last AAU made me the most proud. Thanks to good training --experience--and last but not least, Ed Mendoza. It may sound corny, but I really feel I owe tribute to him. Okay, I got a real good start at the sound of the gun--I was in about 35th place at the mile and 2-mile marks. Then at 3 miles, people were passing me by 2's and 3's and 5's at-a-time! Gregorio, Centrowitz, Squires, Vigil, Smead, Castaneda, Dyce--everyone! I got some encouragement from Castaneda and Smead, but I couldn't get myself to move quickly. But when Mendoza came by, he said, 'Let's go Zarate! Relax; you can do it! That got me going. We matched strides for about 500 yards. He broke away, and then I started to break away too. Now it was my turn to pass people. I must have gone about from 50th place, or back farther, to 20th (which I heard at the end of the 5-mile mark). With a mile-plus to go, I was worried--it was all flat. I guess I must have recovered faster than those guys (six in front of me) from the hills, and I ended finishing 14th."

The workout schedule which has brought Zarate success is a judicious mixture of distance and intervals. During the December to February period, he averages 85 to 110 miles/week of all distance. From March to May, he hits 85/week, with intervals on Mon-Wed-Fri. From June to August, he goes back to pure distance of 85-110, then hits the intervals again in the September to November period. Ron has been training year-round since 1974.

Of his important interval training, Zarate notes that all sessions start and end with 20 to 30 minute runs. Here are some basic favorite workouts: (A) 30-40 x 220 in 35; (B) 15-25 x 440 in 70; (C) 6-10 x 880 in 2:18; (D) 3 x 1320 in 3:25; (E) 5-10 x mile in 5:00 with a 440 rest; (F) Ladder of 8 x 100, 4 x 220, 3 x 440, 2 x 880, 1 x 1320



(Left) Ron Zarate runs stride for stride with Jim Nuccio at the PA Sr. 10-Kilo X-C. They wound up in an intentional tie for first place. /Dennis O'Rorke/

and then back down. Rests between intervals usually consist of half the distance run. For example: run an 880, rest a 440, etc. All intervals end with the last 220 hard to get 'kicking in' practice. Zarate does hills every Monday during this period, and then he takes an 18-20 mile run on Sunday at a steady pace.

Tactically, the tenacious Zarate says simply, "All I do is try to stay with the leaders---work for a good start--work into a rhythm--but most of all, put my workouts to good use. Make myself look good."

## WEST VALLEY PORTRAIT

**MEET DAVID STERN:** (By Jack Leydig) - A newcomer to the Masters age-group during 1976, David P. Stern is certainly not a novice in the running game. The 5-9/150 Monterey Peninsula College coach began competing 25 years ago when attending high school in Rockford, Illinois, and found success in cross-country... placing 8th in the State championships in 1952 and 6th the following year. While attending Northern Illinois Univ. at DeKalb, Dave displayed his talents on the track as well as on the X-country circuit. In 1958 he placed 14th in the NCAA College Division Nationals in helping his team to the team title. The following year he garnered 7th at the prestigious NAIA X-C Nationals. His most impressive hill-and-dale running was perhaps at the AAU Nationals in Chicago in 1960 where he placed 4th. Coincidentally, sixteen years later, marking his return to competitive cross-country, he placed 4th in the National AAU Masters X-C Championships! On the track he raced to clockings of 4:10, 9:04, and 14:12, before he retired from competitive running for more than ten years. At age 37 he tried the West Valley Marathon, and although not in really good shape, managed a highly respectable 2:43:03.



David Stern /Trend/

Dave, who is currently a PhD candidate (Arizona State in Educational Administration), also has a B.S. and M.S. from Northern Illinois and an M.A. from Arizona State. After graduating from H.S. he signed up for a 4-year stint with the Marines and spent much (all?) of his 'tour' in California at Camp Pendleton.

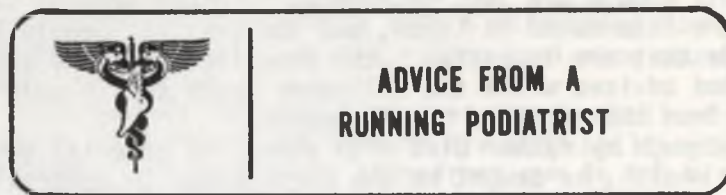
Dave's recent return to competitive running has been a rewarding experience. "I'd like to thank Gary Goettelmann, the Monterey Peninsula College distance runners, and the West Valley TC for the motivation and inspiration to return to competition in 1976." His workouts with the MPC cross-country team have kept him fit...all he was lacking was a bit of competition. So, after an easy road race in early October, where he finished an amazing fourth place overall, Dave decided it was time to go after something with a little bit more import...the National Masters X-C title. Running with the leaders for the first fourth of the race, he soon found the pace a bit too much. However, he pushed hard over the final few miles to grab fourth behind the likes of John Brennan, Darryl Beardall and Kent Guthrie. With a little more racing sharpness, no doubt he might have improved a few places. That race appears to be the beginning of a new competitive era for 40-year-old Stern. Setting his sights high, he took aim at the Nat'l. AAU Masters Marathon in Honolulu a month after the X-C Nationals. He explains how the race developed and where he went wrong.

"I, like most young runners, prefer competing to training. However, this urge can cause problems of too much speed and not enough recovery time between hard practice sessions. This competitive urge got me in trouble at the Honolulu Marathon, as I competed the first 22 miles with others, instead of being a little more conservative and running 'within the pace'. This competitive urge reduced the time that I took to get necessary liquids in during the first 15 miles, and I paid the price at 22 miles (I was 17th place overall at that point after going through splits of 27:45, 57:00, 1:27+ and 1:57+...2:09 at 22 miles). I then crashed to 2:39 at 25 miles and cramped to a 2:53:08 finish! I certainly learned the hard way about getting enough liquids when it is hot and humid. I have always been a front runner and this tactic can get you into trouble in the marathon."

As another bit of advice for beginning marathoners like himself, Dave cautions. "Recover by oneself the week following a marathon. Running with others soon afterwards can cause damage by running at the pace of others. Also, don't compete in any race for any reason until fully recovered...in my case it was 3-4 weeks. I trained with others immediately following the Honolulu Marathon and then ran the opening 10-mile leg of the Christmas Relays. In the process I tore groin and stomach muscles on the downhill section.

Although Dave considers cross-country to be his favorite event (due to varied courses and psychological implications), the lure of a fast marathon makes him hungry to continue trying that distance too. Among his goals for 1977 are: "A trip to Sweden for the International Masters Track Meet; a good marathon in 1977--2:36 or better; a return to the Honolulu Mara-

thon to do well; and another attempt at the Masters X-C Championships." More importantly, however, Dave has set his goals on "a lifetime of healthful, enjoyable running". No doubt with his experience, ability, and thoughtful foresight, he will attain all these goals.



Harry F. Hlavac, D.P.M.

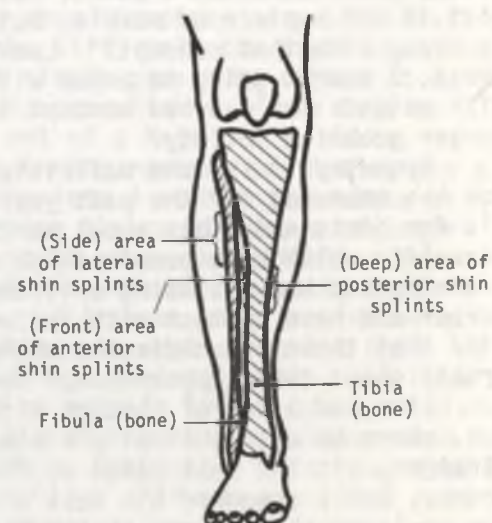
Any readers who have some sort of foot or leg problem can take advantage of our free "Medical Advice Column". ALL QUESTIONS SHOULD BE SENT TO: -- Dr. Harry Hlavac, DPM, 36 Tiburon Blvd., Mill Valley, CA 94941 (Ph. 415/388-0650). Thanks for your support of this column!

**CHRIS ALTHOF:** - "Dear Dr. Hlavac: -- I was very interested in the article you wrote last spring regarding the effect of shoes on specific injury problems. Your information really hit home, because I am having problems with shin splints and am wearing the only shoes that you rated as aggravating the problem. I was unable to really use the information, however, because my problem is the only one that wasn't dealt with specifically later in the article. For most of the conditions you mentioned, you explained what characteristics in a shoe either aggravated or alleviated the problem. You didn't go into this with shin splints. Any information you can give me regarding my problem would be greatly appreciated. Thank you for your help and your column."

**SHIN SPLINTS:** - The term 'shin splints' is non-specific, but it is generally accepted to mean any pain in the lower leg brought about by activity. The Standard Nomenclature of Athletic Injuries, written by the American Medical Association, defines shin splints as 'pain and discomfort in the leg from repetitive running on hard surfaces or forceable use of foot flexors; diagnosis should be limited to musculotendinous inflammations, excluding fatigue (stress) fracture or ischemic (compartment syndrome) disorders'. The term is collectively used to designate any aching pains in the lower leg. It can occur in any sport and is usually associated with an untrained or unconditioned athlete, a change in footwear, an increase in jumping, a change in events, or a change to a hard playing surface. Common sports associated with shin splints are running, football, basketball, hiking, or forced marching. This type of injury usually occurs early in the season, so it is important that the athlete not push himself too much, too soon.

Many things are mistaken as shin splints and often called shin splints: (1) Anterior shin splints--usually the anterior tibial muscle; (2) Posterior shin splints--usually the deep flexors or posterior tibial muscle; (3) Lateral shin splints--usually the peroneal muscles; (4) Anterior compartment syndrome--swelling of the anterior tibial muscle with resulting muscle and nerve damage; (5) Stress fractures--of the tibia or fibula from overuse; (6) Periostitis--inflammation of the covering of the bone from injury.

Shin splints usually refers to an overuse injury in which the leg muscles are microscopically pulled away from their bony attachment on the tibia, or there is pain within the muscle compartment itself. There are two major areas in which shin splints can occur, either in the front of the leg with pain occurring down the outside (lateral) border of the shin bone, or in the medial, back of the leg with associated pain under the inside border of the tibia. These two areas respond differently to treatment so must be considered individually.



FRONT VIEW OF LEG

Let's begin with what we call *anterior shin splints*. This type of shin splint occurs in the front of the leg and secondary to a pulling action of the muscle responsible for raising the foot in relation to the leg (anterior tibial muscle). The cause is one of overuse and can be attributed to predominantly one of the three following reasons: (1) muscular imbalance, (2) running on hard surfaces, and (3) pronated or flatfeet. Once we find the cause, the treatment is clear. With anterior shin splints, there is an imbalance occurring between the front or anterior muscles of the leg and the calf muscles in the back of the leg. The tendency toward tight calves in athletes is very common. The resulting imbalance tends to pull the foot downward (in plantar-flexion). The equilibrium between muscles is lost, and the anterior foot-lifting muscles must continually overwork to raise the foot during gait. Running on hard surfaces such as concrete causes a jarring effect with every foot strike. To dampen this sudden insult, the anterior muscles tense up to splint the foot in preparation for the jolt and then gradually relax to lower the entire foot to the ground. The result again is muscular overuse. Shin splints secondary to the flatfoot is very frequently seen. The flatfoot, when bearing weight, has a lesser amount of bony stability because the foot bones and joints are not aligned in their neutral or desired position. Therefore, instead of propelling from a stable bony formation, the muscles must work in an unconscious coordinated effort to stabilize the weak bony framework. Premature muscle fatigue and overuse is the result.

The pain from anterior as well as posterior shin splints is initially felt as tightness occurring after prolonged use. As the condition worsens, the pain may be present during normal activities or even in the absence of weight-bearing. Running a finger down the tibia usually elicits some tenderness. As the condition becomes more chronic in nature, numerous small lumps may be felt along the tibial border.

Treatment involves ice massage to the inflamed muscle to relieve inflammation and pressure as soon as pain is experienced. Workouts should be limited to tolerance and carried out on grass or soft surfaces to avoid an abrupt heel contact. Ice massage is particularly important after exercise when the muscle swelling is the greatest. After the acute phase of injury, the anterior muscles should be exercised to overcome a possible muscular imbalance with the calf muscles. Temporary soft insoles should be constructed to lessen the shock of foot contact and to stabilize the foot. This usually involves a 1/4-inch heel lift and mild varus tilt. An orthotic device which provides neutral foot control should prevent the future development of shin splints so long as the training methods are not contributing to the problem. With foot control, the muscles that lift the foot need not work out of phase to help support the propelling foot. The stability and force is gained through properly stabilized joints and bones.

The second type of shin splints occurs in the posterior compartment or back of the leg and is called *posterior shin splints*. This type of shin splints can be caused by any of the deep muscles of the leg, especially the toe flexors, and the muscle responsible for maintaining the arch of the foot, (posterior tibial muscle). These muscles originate in the leg and then course around the inside of the ankle bones to enter the underside of the foot. As the muscle tendons swing around the ankle, they form a tunnel-like structure with bone making up the floor of the tunnel. This bend around the ankle works as a fulcrum so the muscle tendons have a greater mechanical advantage into the foot. With exception to very subtle foot deformities predisposing one toward posterior shin splints, we find simple foot pronation as being the most obvious case. When the excessively pronated foot bears weight in activity, the inside arch flattens out; the flattening process overpowers the pull of the muscles coursing around the ankle and the stretch is transmitted into the leg where the muscles attach to the leg bones. The posterior tendons involved have a limited ability to withstand this continued stretching above and beyond their normal function. The fatigue will either present itself as tendonitis in the lower leg or ankle, or shin splints near the muscle origin.

Treatment for posterior shin splints is much the same as for anterior shin splints in its acute phase. Ice before and after workouts and before bedtime if necessary. Modify workouts to tolerance. Do not attempt to run through the pain. Orthotic devices to reduce pronatory tendencies, including medial arch support and metatarsal pads. Muscle exercises to increase strength and maintain flexibility in the injured muscle.

Another cause of posterior shin splints involving the toe flexors is overuse of the normal function of toe flexion. With certain foot deformities, the toes grasp more powerfully than

is necessary with normal foot function. The reason is usually secondary to foot pronation, but can arise from other reasons as well. If the toe flexor muscles seem to be involved, try to limit toe flexion, thereby decreasing the distance of tendon excursion. This is done by placing specially tailored felt or a similar device under the toes where they meet the ball of the foot. This lets the toes have something to grasp during gait.

In considering shin splints in general, we find that the cause is secondary to a foot imbalance in most cases. This necessitates greater muscle activity to compensate for the inherent weakness. The muscle, unaccustomed to the strain, fatigues--in this case at its origin on one of the leg bones to ultimately set up the classical inflammation which we know as shin splints.

Stress fractures of the tibia and fibula are frequently seen in endurance sports and often mistaken for shin splints. Their treatment is usually by means of plaster casting, which is obviously out of the realm of this article. We present the symptoms, however, to stress the fact that they are too frequently mistaken for soft tissue injuries by the athlete.

Stress fractures can occur nearly anywhere on the two leg bones. There is no history of trauma and no audible crack or snap. Pain usually comes on after a period of activity and grows more severe with training. Pain is sensed as deep beneath the skin and with pressure on the bone and usually sharply painful with activity. It does not go away with rest. The most common interpretation of this type of pain is that of shin splints with a large component of bone involvement (periostitis). The pain of a stress fracture is commonly in the same general areas as shin splints. Diagnosis can only be made by means of x-ray. X-rays are often negative for one to two weeks until the minute crack has condensed within the bone matrix and the bone bruise has begun to ossify. Therefore, pain in the leg, giving similar symptoms as those presented above and not responding to shin splint treatment, should be worked up medically to rule out the possibility of a stress fracture.

Certain activities, such as running tight figure 8's or on a banked track may bring on shin splints. As with stress fractures in the foot, the needs of the activity exceed the ability of the bone to stress. Following the healing process, the area of the fracture is stronger than it was prior to injury. During healing, the athlete is advised to continue non-traumatic activities, such as cycling, flexibility, and upper body strengthening. Return from a stress fracture to full activity must be a gradual process.

In all types of shin splints, first treat with I.C.E. (Ice, Compression & Elevation). Then begin stretching and strengthening exercises with a gradual return to activity. Use well-cushioned shoes. If pain is not relieved quickly as a result of these simple treatments, seek professional help.

## SPECIAL ARTICLE

**BAY-TO-BREAKERS RECAP & SUGGESTIONS:** - Several months ago, long distance runners were asked to respond to a questionnaire inserted in the NCR regarding a solution to the Bay-to-Breakers Race. Approximately 75 people, either by mail or verbally, conveyed their ideas to us. Most of them were very good. We feel that this may be our last chance to save the largest race in North America. Sifting through the countless suggestions, we have come to the conclusion that the following ideas best represent the long distance running community. If implemented, the race should operate in a more orderly manner. We don't expect perfection from 10,000 plus runners...just a little honesty and respect/courtesy for their fellow runners!

- (1) Cut off registration between 9:30 and 9:45 and stipulate this in the newspaper and on the application.
- (2) Have a cherry-picker above the starting line, supplied with a loud-speaker system.
- (3) Have experienced persons handling the start and finish...especially the man in the cherry-picker.
- (4) The man in the cherry-picker begins to calm the crowd at 9:45.
- (5) Start the race on the west side of Howard & Spear intersection so runners can't burst in from side street.
- (6) Barricades located on at least the first three cross-streets of Howard...post police officers, etc.
- (7) No parked cars on the first three blocks of Howard.
- (8) Don't pull rope until gun goes off...then lift it.
- (9) Publish race instructions in newspaper 7-10 days prior to the race.
- (10) Put race instructions (including many items mentioned here) on the application...more on following page.

(11) When picking up race number on raceday, one last note of instruction should be given to each runner.

(12) Change design of application to reflect: performances, experience (miles per week, etc.)...for possible seeding.

(13) More manpower...U.S. Army Reserve, Boy Scouts, etc.

(14) Digital clock over start & finish for self-computation.

(15) No parking at south end of beach between Park exit and Lincoln Way.

(16) Use barriers & manpower to keep crowds back at finish.

(17) Wider finishline after 500th place (with flags high enough so runners can see from a distance...clock also high up).

(18) Use two sets of recorders with tape recorders to do a good job of getting times & places of top 500...one backup team.

(19) Registration tables at finish (and those for softdrinks & certificate dispersal should be far away from the finishline.

(20) Spectators should be held far back from this area.

(21) Seed about 500 runners by past performances (open, masters & women) and have them start in front (to help prevent a false start by inexperienced runners & allow for good start by all serious runners who qualify). Special numbers for top 500.

(22) Charge more money (it's free now except for mandatory AAU registration, which has nothing to do with the race) in order to pay for extra manpower if necessary (50¢ entry fee?).

(23) Start the faster, seeded group on another street, parallel to Howard, and merge a mile down (alternate plan to #21).

(24) Clear all runners from in front of the starting line.

## BOSTON MARATHON

### SAVE \$106 ON AIRFARE, 10 PERCENT ON HOTEL

Interested in going to the Boston Marathon this April? If you qualify (under 3 hours; under 3:30 for masters & women since Boston 1976), or if you just want to go for the festivities, write us immediately--we have reserved 40 seats on our "Group Package" and they are filling rapidly already (15 seats gone so far before this notice was even in the NCRR). We may be able to get more seats, but the 40 we've got guaranteed are on a first-come, first-served basis. Write: NCRR Boston Tour, P.O. Box 1551, San Mateo, CA 94401, or call 415/341-3119. We'll send full details.

**WHEN:** - Our group will leave S.F. on April 15 at 10:30 am, and most of us will return April 19 at noon, the day after the race. However, you may return at a different time... the only requirement is that you leave with the group.

**SAVINGS:** - Currently we'll be saving \$106 on airfare, but a rate increase has been applied for by the airlines that may cut the margin down to \$84. The package includes a mandatory 4-nites of lodging. The total package, with all transportation & lodging, will come to \$440-455 roughly.

### OTHER TOURS

**MASTERS TRACK & FIELD CHAMPIONSHIPS:** - We will also be putting together a package deal for this meet, which will be in Chicago for 1977, July 2-3. Full details are not quite worked out yet, but it appears we'll be saving in the neighborhood of \$60 on airfare...30 seats have been blocked. We're working on the hotel. Anyone know exactly where the meet will be? We'd like to get accommodations nearby if possible. Write us for complete details.

**MASTERS & SENIOR NATL. AAU MARATHON:** - The savings here will be approximately \$80 in airfare. The race is on Oct. 23 (Sunday). We will block seats soon, but want to know if people have a preference for leaving Friday or Saturday. Please let us know...we'll do what the majority wants to do. Anyone know the exact location of the race? We want to reserve hotel space in the same general area. Oh, forgot to tell you...the race is in New York City.

**EUROPEAN ROAD-RUNNING TOUR:** - Subscribers will find a complete brochure on this trip, organized by World Athletic Tours of Wisconsin. This won't be the typical hotel-hopping, bus-riding tour...the objective is to give you a very personal look at Europe through the host running clubs you'll be meeting. The tour is capped off with the famous Sierre-Zinal 28-Km. through the Swiss Alps. For further information, please inquire through the NCRR. Also available are track & field tours for high school athletes. Write for a free brochure.

While other more elaborate methods for the finish-line were presented, we felt that to keep things simple would be the best way to do things, keeping in mind that this will always be primarily a 'happening' and not really a race. Therefore, no serious attempt should probably be made to record results past the top 500 runners.

The LDR Committee can take a militant or passive role. If some attempt to implement the above suggestions is not taken, the serious runners can hold their own race at 8:00 am the same morning, or even sanction the DSE run the week before.

The important items to remember are: (1) Keep the masses of runners happy by giving them a chance to record an accurate time; (2) Keep the serious runners happy by a little better control and seeding by previous performances; (3) And most important, keep the race alive...and not get anyone killed in the process by hosting a stampede in place of a controlled race. Further suggestions will be accepted...especially any volunteer help. Contact either the NCRR, Harry Papazian at the Examiner, or Sheldon Gersh. /By Sheldon Gersh/

## Scheduling

### LONG DISTANCE (Also see "Late News")

**NOTE:** - ALWAYS check with the Meet Director to verify the date and time listed in the schedule below...mistakes can and do occur, and races are sometimes (though rarely) cancelled. The AAU "District Contact" should be written in cases where no meet director is listed...this may or may not be the AAU LDR Chairman for that district. FUN RUNS are usually 'sign up on raceday' affairs and require no pre-entry...these include the DSE Runs in the main schedule below. DISTRICT CONTACTS: PACIFIC ASS'N: Harold & Penny DeMoss, 765 Campbell, Los Altos 94022 (Ph. 415/941-8975); SOUTHERN PACIFIC ASS'N: (SPA) Steve Broten, 13512 E. Ramona Dr., Whittier, CA 90602 (Ph. 213/693-4183); PACIFIC SOUTHWEST ASS'N: (PSA) Waters, 4379 Hamilton, #3, San Diego, CA 92104; CENTRAL CALIFORNIA ASS'N: (CCA) Dave Bronzan, P.O. Box 271, Fresno, CA 93708; SOUTHERN NEVADA ASS'N: (SNA) Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101; OREGON ASS'N: (OA) John L. Frey, 1450 Fir St., Salem, OR 97302; DSE FUN-RUNS: (DSE) Walt Stack, 321 Collingwood, San Francisco 94114 (Ph. 415/647-9459...before 8 pm). --- PA-AAU DISTRICT OFFICE: 942 Market St., Suite 201, San Francisco 94102 (Ph. 415/986-6725)...AAU Cards may be purchased here. \*\*\* WHEN REQUESTING INFORMATION ON ANY OF THE RACES OR FROM ANYONE LISTED ABOVE, BE SURE TO ENCLOSE A STAMPED, SELF-ADDRESSED ENVELOPE---YOU MAY FIND YOUR CORRESPONDANCE UNANSWERED OTHERWISE. \*\*\* Please let us know about any meets/races in your area so we can list them on the schedule.

**FUN-RUN SCHEDULES:** (*Runner's World Format*) - These races usually have at least one short race (mile or less) and a longer run up to 6 miles. Contact meet directors for full information. Foothill College (lower parking lot), Los Altos Hills, every Sunday at 10:30 am, contact Bob Anderson, Box 366, Mtn. View 94040; Chico (Hooker Oak Recreation Area in Bidwell Pk.), every Saturday at 9 am, contact Jim Remillard, Box 1417, Chico 95927; Walnut Creek (Heather Farm Park), every Sunday at 10 am, contact Rich Vasquez, 3 Barcelona Way, Clayton 94517; Fresno (Fresno High School, Roeding Park), every other Saturday at 7 am, contact Sid Toabe, 4566 N. Del Mar, Fresno 93704; Stockton (Fritz-Grupe Park), every Saturday at 9 am, contact Frank Hagerty, 3525 Benjamin Holt, #314, Stockton 95209; Davis (Main Quad at U.C. Davis), every other Saturday at 10 am (maybe 9 am?), contact Rich Harley (Ph. 916/758-2687); Tracy (Dr. Powers Park), every Sunday at 11 am, contact Kurt Schroers (Ph. 209/835-8525); Bakersfield (West High School and Beach Park, alternately), every other Saturday at 8 am, contact Larry Arnt, 5000 Belle Terr., #72, Bakersfield, CA 93309; Incline Village, Nevada (Incline H.S., on Lake Tahoe), every Sunday at 10:30 am, contact Skip Youngdahl, Box 4745, Incline Village, Nev. 89450. Rancho Cordova (Cordova Park), every other Sat. at 9 am, contact Henry Rosendale, 2513 Augibi Wy, Rancho Cordova 95670. Aptos (Cabrillo College), near Santa Cruz, bi-monthly (Sun.) at 10 am, contact John Smead, Box 718, Soquel 95073. Santa Rosa (Spring Lake Pk.), every Sat. at 8 am, contact Bob Yee, 1200 Sonoma Av., Santa Rosa 95405. Huntington Beach (Marina HS), every Sun. at 10 am, contact Rick Russ, 5582 Mossuale, Huntington Beach 92649. Ventura (Arroyo Verde Park), monthly (Sat.) at 9 am, contact "Inside Track", 1451 E. Main, Ventura 93001. --- *If your group has a fun-run (no fees and no awards except certificates/ribbons), let us know about it!*



- Jan 29 - So. Lake Tahoe 9-Miler, Meyers, 9 am. Austin Angell, So. Lake Tahoe Track Ass'n., Box 1521, So. Lake Tahoe 95705.
- Jan 29 - Trinidad Beach Run, 8.5 Miles, Trinidad, 3 pm. George Crandall, 495 Evergreen Ln., Arcata, CA 95521.
- Jan 29 - Sunset Park 6-Miler, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Jan 30 - World Masters Marathon, Orange, 7:30 am. Bill Selvin, 2025 N. Tustin, #3, Orange, CA 92665. (SPA)
- Jan 30 - DSE Presidio Gate Run, 3.75 Miles, (Meet at Dolphin Club), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114 (DSE)
- Jan 30 - Peach Bowl Pacers 10-Kilo, near Marysville. (See PA-AAU LDR Handbook)
- Feb 5 - Santa Barbara Winter Road Runs (6 & 10 Mi.), 10:30 am. Bob Aronson, P.O. Drawer P-P, Santa Barbara 93101. (SPA)
- Feb 5 - Bakersfield Marathon & Mini-Marathon (not certified in 1976), 10 am. Larry Arnt, 5000 Belle Terr., #72, Bakersfield 93309
- Feb 5 - ORRC 30-Kilo Run, Delta Pk., Portland, Ore., 11 am. John L. Frey, 1450 Fir St. South, Salem, OR 97302. (OA)
- Feb 6 - DSE Coit Tower Run, 2.483 Mi., (Meet at Dolphin Club), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Feb 6 - Las Vegas Marathon (Univ. of Nevada), Las Vegas, 9 am. Bill Freedman, 309 S. Third St., #316, Las Vegas, Nev. 89101 (SNA)
- Feb 6 - Women's Woodside 5-Miler, Woodside School. (See PA-AAU LDR Handbook)
- Feb 6 - Hermosa Beach 5-Miler, 9 am. Martin DeMott (Ph. 213/376-6984, ext. 48--days only). (SPA)
- Feb 12 - Natl. Jr. 8-Kilo X-C & Internat'l Tryouts, San Diego, 11 am. Ken Bernard, P.O. Box 80512, San Diego 92138. (PSA)
- Feb 12 - Rio Nido 10-Kilo Fun Run, Armstrong Grove, Guerneville, 10 am. Glenn McCarthy, 335 Algiers Ct., Santa Rosa 95405.
- Feb 12 - USTFF Arizona Admissions Day Marathon, Tucson, Ariz., 9 am. J. McGee Evans, 400 N. 2nd Ave., Tucson, Ariz. 85705.
- Feb 12 - (Tentative) Santa Maria Half-Marathon. Contact: Stan Rosenfield, 1561 Hillcrest Pl., San Luis Obispo 93401. (SPA)
- Feb 12 - 5-Mile Handicap (Jackpot Race), Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101.
- Feb 12 - Albany Spike Club Runs (1, 3, & 6 Mi.), YMCA, Albany, Ore., 2 pm. Dave Bakley, 3707 S. Oak, Albany, OR 97321. (OA)
- Feb 12 - Salem 6 & 9 Mile Road Runs, Salem, Ore., 1:30 pm. Chuck Bowles, Willamette Univ., Salem, OR 97301. (OA)
- Feb 12 - Mini-Marathon (15 Mi.), Crater HS, Central Pt., Ore., 11 am. Bill White, Crater HS, Central Point, OR 97501. (OA)
- Feb 12 - Ivanhoe 6-Miler, Ivanhoe, CA. David Bronzan, 1173 W. Eymann, Reedley, CA 93654. (CCA)
- Feb 13 - West Valley Marathon, San Mateo, 9 am. (See PA-AAU LDR Handbook)
- Feb 13 - Valentine's Day Run, 5 & 10-Kilos, Lake Merritt, Oakland, 11 am. A.C.H.A., 11200 Golf Links Rd., Oakland 94605.
- Feb 13 - Hidden Valley Marathon & Half-Marathon, Newbury Pk., 8 am. Larry Ballew, 180 Academy Dr., Newbury Park 91320. (SPA)
- Feb 15 - (Last day to pre-enter for Nike-Catalina Road Race on Apr. 16-17). Contact Nelson Ferris, 1317 Westwood Blvd., LA 90024.
- Feb 19 - Natl. AAU Sr. 12-Kilo X-C Internat'l Trials, Alameda(?), 2 pm. Bob DeCelle, P.O. Box 1606, Alameda 94501.
- Feb 19 - Washington's Birthday 8-Miler, China Lake, 10:30 am. Frank Freyne, 201-A Blue Ridge Rd., China Lake 93555. (SPA)
- Feb 19 - Porterville and CCA-AAU Marathon & Mini-Marathon Championships. Don Kavadas, 283 N. South, Porterville, CA 93257. (CCA)
- Feb 19 - Oregon AAU One-Hour Run, Roseburg HS, Ore., 11 am. Stan Stafford, 900 S.E. Douglas, Roseburg, OR 97470. (OA)
- Feb 19 - 10-Kilo Track Run, Univ. of Nevada, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Feb 20 - SPA-AAU 30-Kilo Championships, Culver City, 8 am. Steve Broten, 13512 E. Ramona Dr., Whittier, CA 90602. (SPA)
- Feb 20 - Excelsior East End Run, 7.87 Mi., Golden Gate Park, San Francisco. (See PA-AAU LDR Handbook)
- Feb 21 - Washington's Birthday Fun Run, Fresno. Paul Buch, 1545 N. Arthur, Fresno, CA 93728. (CCA)
- Feb 26 - Martinez to Port Costa Brick Yard Run, 8.4 Miles. (See PA-AAU LDR Handbook)
- Feb 26 - SNA-AAU 15-Kilo Championships, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101.
- Feb 26 - SCTC Winchester Bay Runs (1, 3.5, 7 Mi.), 11 am. Clint Johnson (Ph. 503/267-2738). (OA)
- Feb 26 - Trail's End Marathon, Seaside, Ore., 11 am. Seaside Chamber of Commerce, P.O. Box 7, Seaside, OR 97138. (Enter By 2/19)
- Feb 27 - LAPD 6.1-Mile Road Run, Elysian Park, L.A., 9 am. Steve Broten, 13512 E. Ramona Dr., Whittier, CA 90602. (SPA)
- Feb 27 - PA-AAU 50 Mile Championships, Pine Grove (near Sacramento). (See PA-AAU LDR Handbook)
- Mar 5 - (Tentative) Pismo Clam Festival 5-Miler (beach run). Stan Rosenfield, 1561 Hillcrest Pl., San Luis Obispo, CA 93401.
- Mar 5 - Bidwell Classic Marathon & Half-Marathon, Bidwell Park, Chico. (See PA-AAU LDR Handbook)
- Mar 5 - San Fernando Handicap, 6 Miles, 10 am. Connie Rode-wald, 852 Sharon Dr., Camarillo, CA 93010. (SPA)
- Mar 6 - PA-AAU 30-Kilo Championships, Corralitos (near Watsonville). (See PA-AAU LDR Handbook)
- Mar 6 - DSE Twin Peaks Run, 3.6 Miles, (Portola & Twin Peaks Dr.), S.F., 10 am. Walt Stack, 321 Collingwood SF 94114
- Mar 12 - Il San Jo Prep Fun Runs, 7 & 2.5 Miles, Spring Lake, Santa Rosa, 10 am. Glenn McCarthy, 335 Algiers Ct., Santa Rosa 95405.
- Mar 12 - Big Creek 15-Kilo (CCA-AAU Championships). Richard Peterson, P.O. Box 206, Laton, CA 93242. (CCA)
- Mar 12 - Garland Ranch Spring Run (8 to 10 Miles), Carmel Valley. (See PA-AAU LDR Handbook)
- Mar 12 - SPA-AAU 25-Kilo Championships, Lunada Bay, 9 am. Carl Paulson, 89 15th St., Hermosa Beach, CA 90254. (SPA)
- Mar 13 - DSE Lake Merced Run, 4.95 Miles, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Mar 19 - Woodward Park 25-Kilo (CCA-AAU Championships), Fresno. Gene Lynch, 5126 N. Angus, Fresno, CA 93710. (CCA)
- Mar 19 - Japanese-American Optimist Club Marathon, L.A., 8 am. Fred Honda, LA Recr. Dept., 200 N. Main St., City Hall East, 13th Flr., Los Angeles 90012. (SPA)
- Mar 20 - DSE Golden Gate Toll Plaza Run (6.93 Mi.), Meet at Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood, San Francisco 94114. (DSE)
- Mar 20 - PA-AAU 50-Kilo Championships & Buffalo Stampede 10-Miler, Sacramento. (See PA-AAU LDR Handbook)
- Mar 26 - USTFF Grand Prix Road Races (10-Kilo), Long Beach. Nelson Ferris, 1317 Westwood Blvd., L.A. 90024. (SPA)
- Mar 27 - Lake Merced Masters Race, 5 Miles, San Francisco. (See PA-AAU LDR Handbook) (Over-40 Runners Only)
- Mar 27 - Lake Il San Jo 10-Miler, Howarth Park, Santa Rosa. (See PA-AAU LDR Handbook)
- Mar 27 - Natl. AAU 15-Kilo Masters X-C Championships, Tapia Park (L.A. area), 9 am (also an open 15-Kilo X-C race). Steve Broten, 13512 E. Ramona Dr., Whittier 90602. (Includes Masters Men & Women Championship races).
- Apr 18 - Boston Marathon, Hopkinton, Mass., noon. Will Cloney, B.A.A. Marathon, Boston Garden, North Station, Boston, Mass. 02114. (Entries close April 1st...qualifying times: 3:30 for masters & women and 3:00 for others).

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## TRACK & FIELD

**ALL-COMERS MEETS:** - San Jose CC--Jan. 29th is the final meet in the winter series...high school & open divisions & women are also allowed to compete. Contact Bert Bonanno, Track Coach, San Jose City College, for further information. Meet begins at 9 am on the new Chevron 440 track. \*\*\* College of San Mateo--Jan. 29, Feb. 5 & 12. Field events start at 11 am and running events at noon...race walk at 11:45 am. There will be both open and high school divisions (masters & women may compete, but not in separate divisions). Entry Fee is 50¢. All-weather track. For further information, contact Harry Young, 41 CreekrIDGE Ct., San Mateo 94402 (Ph. 415/345-5189 after 7 pm). \*\*\* Laney College in Oakland is hosting a series that ends with three meets on Jan. 29, Feb. 5 & 12. Field events at 10 am and running at 9:30. No other information available currently. \*\*\* Merced College also has a series that runs every Saturday until Feb. 12, beginning at 10:30 am. All-weather track. For further information: Grover Prowell, 856 Modoc, Merced 95340. \*\*\* Reedley College will have a meet (championship) on Feb. 12 with all events except the hammer. Age-groups for men & women. Field events at noon and running starts at 1 pm. Contact Hugh Adams, Reedley College (Ph. 209/896-2435).

**INDOOR MEETS:** - These meets are high quality and usually have either qualifying meets, qualifying marks, or invitational events only.

- Jan 29 - Oregon Indoor Invit., Portland, Oregon.
- Feb 4 - Los Angeles Times Indoor Games, Inglewood, Calif.
- Feb 12 - USTFF Indoor Championships, Oklahoma City, Okla.
- Feb 19 - Jack-In-The-Box Indoor, San Diego, Calif.
- Feb 25 - Natl. AAU Indoor Championships, New York City...Contact: AAU Nat'l's., 30th Flr, 444 Madison Ave., New York, N.Y. 10022. (Men's & Women's Championships)
- Mar 13 - Natl. AAU Masters Indoor Championships, New Haven, Conn. (Contact your local AAU Office for addresses)

**OUTDOOR MEETS:** - Not too much will happen before April in the way of major meets, so we haven't listed a lot of events in this issue. PLEASE SEND US YOUR TRACK SCHEDULE or let us know

of any meets you may know about. Coaches and athletes: Please help us! It just takes a moment to drop your schedule in the mail. Last season we got poor response and I had to spend a lot of time writing and calling...I'd like to be able to devote some time to myself too. Thanks! --- THE SCHEDULE IS NOT INTENDED TO BE PERFECT...we make mistakes and so do the people that print the schedules. So check before you travel to a meet to see if it's going to be held.

- Jan 29 - LA State Decathlon (USTFF) Meet (2 days), contact Ron Morris at LA State.
- Feb 6 - 1977 Winter Games, San Jose CC, 10 am (girls/women) (Feb. 4 deadline)...contact Augie Argabright, 18430 Baylor, Saratoga 95070.
- Feb 19 - Cal-State Hayward & Stanislaus @ Stanford.
- Feb 26 - Stanford & Cal-State Hayward @ San Jose St.; Cal-Intrasquad All-Comers Meet, Berkeley or Laney JC, 1 pm.
- Mar 5 - Fresno St. @ Stanford; Golden Gate Conf. Relays at West Valley JC, 10 am; Sac'to St., SJ State & BAS @ Cal-Berkeley, 1:15 pm; WVC @ SF State.
- Mar 12 - San Diego St. & WVC @ Cal-Berkeley, 1:15 pm; San Francisco St. @ Humboldt St.; UC Davis @ Hayward St.; Sac'to St. @ Chico St.
- Mar 16 - Idaho St. @ San Jose St.; Boise St. & UC Davis @ Cal-St. Hayward.
- Mar 19 - Stanford Relays (college, open, high school), 10 am.
- Mar 20 - Brotherhood Games, Laney or Cal-Berkeley (open).
- Mar 21 - USTFF Calif. Collegiate Women's Champs (2 days), Cal-State Hayward; Cal-State Hayward Decathlon (2 days).
- Mar 23 - Oregon St. @ Hayward St.
- Mar 25 - Santa Barbara Relays (2 days), (college, JC, high school, open events limited).
- Mar 26 - Oregon St., WVC & BAS @ Cal-Berkeley, 1:15 pm; Merced College Invit., 11 am (JC); Northridge St. @ San Jose St.; USTFF Decathlon, UC Santa Barbara (2 days); Hayward St. @ Chico St.; Sac'to St. @ SF St.; Humboldt St. @ UC Davis.

**NOTE:** - Please send times of meets and entry deadlines (if any) when you send us your schedule. Thanks!

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## RACE WALKING

**SCHEDULING:** - For all information on scheduling, please contact the following individuals--(For NorCal) Wayne Glusker, 20391 Stevens Crk. Blvd., Cupertino 95014 (408/996-1272); (For SoCal) Jim Bentley, P.O. Box 7767, Van Nuys, CA 91409; (For Pacific NW) Don Jacobs, Box 23146, Tigard, Ore. 97223.

- Feb 13 - PA-AAU 20-Mile Championships (in conjunction with West Valley Marathon), San Mateo, 9 am.  
Feb 27 - Natl. AAU Championships (Indoor), 2 Miles, N.Y.C.  
Mar 6 - SF State 10-Kilo, 10 am.  
Mar 12 - PA-AAU 50-Kilo Championship, Calif. State Fairgrounds, Sacramento, 8 am.  
Mar 20 - San Jose Race Walking Championships (Men's & Women's Age-Groups), 9 am.  
Apr 3 - Natl. AAU Sr. 35-Kilo Championships, Golden Gate Pk., San Francisco, 9 am.

**STRIDERS NIP WVTC AT NATL. HOUR WALK** (Nov. 21, Westwood) - Larry Walker was just short of 8 miles on the UCLA track as he led his Tobias Strider teammates to the National Hour Walk title, just edging West Valley TC, 15 to 17. Larry's 7 miles, 1660 yards was over 600 yards ahead of second-placer Ed Bouldin, competing unattached. Wayne Glusker of WVTC led his teammates with a club record 7 miles, 1000 yards. That was good enough for a fourth place finish. The top finishers: (1) Walker/TS 7-1660, (2) Bouldin/Un 7-1045, (3) Rudy Haluza/TS 7-1020, (4) Glusker/WVTC 7-1000, (5) Laird/NYAC 7-800, (6) Manny Adriano/WVTC 7-167, (7) Dave Himmelberger/WVTC 7-165... (?) Phil Mooers/WVTC (distance unknown). /Dave Himmelberger & Wayne Glusker/

**DEANZA COLLEGE TRACK WALKS:** (Dec. 18, Cupertino) - Various distances were attempted by different individuals. Some very good marks were recorded, among those a super 7:40.8 clocking for the mile by WVTC'er Sally McPherson...well under the Natl. AAU Indoor qualifying time of 8:10. Wayne Glusker went 4 miles in 32:41 and Neil Pyke managed 48:06 for 6 miles (22:55 at half-way). Dave Himmelberger, who has been doing more race walking as of late, tried his first 20-Kilo and was a good 1:49:07.6. Looks like Dave has found a new event! /Wayne Glusker/

## Prep Review

Our new "Prep Editor" is Keith Conning (see page 3 for a small writeup on him). Keith will be doing not only statistical coverage of the NorCal high school scene, but also wants to be kept informed about 'personal interest' items. Please send any information & results to: Keith Conning, 2235 Browning St., Berkeley, CA 94702...Ph. 415/849-4406.

**ALL NOR-CAL CROSS-COUNTRY TEAM:** - This "All-Star" team is sponsored by the NorCal Track & Field Association and by Citizens Savings. The selection committee for this year's team was composed of: Plato Yanicks (Menlo-Atherton), Ken Thomas (Soquel), Terry Ward (St. Ignatius), Bill Thompson (Alameda), Jim Underhill (Piner), Keith Conning (NCR/Berkeley)...other contributors to the team were: Bill Mensing (Downey/Modesto), Chuck Cheley (Chico), Dick Myers (Eureka), Bob Wall (Lassen), and Bob McGuire (Pleasant Hill). The area represented includes six sections of the CIF (North, North Coast, Central Coast, Sac-Joaquin, S.F., Oakland)...geographically from Merced north to the Oregon border. There were only three repeaters from last year's team...Tim Holmes, Carlos Carrasco, and Rod Berry. Holmes joins Ron Larrieu (Palo Alto) and Mike Ryan (Wilcox) as the only runner to ever be chosen as "Runner of the Year" more than once (Ryan made it three times!). Rod Berry was selected as top junior, Carlos Carrasco as top soph, and Jack Kurr of Gunn (Palo Alto) was top frosh. For the first time in the history of these selections (since 1962), an "All-Star" Girls Team was also selected. Top runners in each grade were not determined, however. Darcy Burleson (Chico) was chosen as "Runner of the Year" for the girls. A second team was also chosen for the boys, along with "honorable mention" for both boys and girls, but we lack space to print them. A complete listing of the all-star individuals can be obtained by sending a self-addressed, stamped envelope to: Plato Yanicks, c/o Boy's P.E., Menlo-Atherton High School, Ringwood & Middlefield, Atherton, CA 94025.

**NOTE:** - Our Prep Editor decided that he would rank the top ten boys and girls in Northern California, as well as the top five teams. So we are listing in detail the records of the top ten boys and girls in major meets, and then listing the other 12 members of the "All NorCal" team afterwards, not in any par-

ticular order. We welcome comments as to our ratings. Also, we would like to award special certificates to the top ten individuals, but personally I lack the time (& artistic talents) to design such an award. If anyone out there is interested in doing design work, let the editor know...we'll pay for the printing costs, but we need an artist or something close!

### TOP TEN INDIVIDUAL BOYS

- #1--**TIM HOLMES** (Downey, Modesto)--Firsts at Livermore, Center Meet, Nevada Union, Matador Relays, Conference, S-J Dist. 4, S-J Section, 3-Mile Postal, PA-AAU Jr. 10K (top prep); Third at Mt. SAC Invit.  
#2--**ROD BERRY** (Redwood, Larkspur--junior)--Firsts at San Ramon, Soquel, Pleasant Hill, NCS Redwood Empire, NCS; Seconds at Marin County AL, 3-Mile Postal.  
#3--**ARAN COLLIER** (Tamalpais, Mill Valley)--Firsts at San Ramon, Pleasant Hill, Marin County AL; Seconds at Soquel, NCS Redwood Empire, NCS.  
#4--**CARLOS CARRASCO** (Mt. Pleasant, San Jose)--Firsts at Alum Rock, Stanford Invit., Soquel, Lynbrook, 2-Mile Postal, CCS Region III, CCS...only a soph!  
#5--**GREG HITCHCOCK** (South Tahoe)--Firsts at Alum Rock, South Tahoe, League, Sub-Section; Second at S-J Section.  
#6--**DOUG AVRIT** (Chico)--Firsts at Chico, Rio Linda, League, Northern Section, Jr. Olympic Meet; Second at San Ramon; Fourth at Nevada Union (fell at start).  
#7--**MARK STILLMAN** (Willow Glen, San Jose)--Firsts at Serra, Del Mar, League, his heat of 3-Mile Postal; Second at Central Coast Section; 22nd at 2-Mile Postal.  
#8--**NICK BREUER** (Mira Loma, Sac'to)--First at League; Seconds at Alum Rock, Nevada Union; Third at S-J Sec.  
#9--**GLEN BORLAND** (Del Norte, Crescent City)--Thirds at NCS Redwood Empire and North Coast Section.  
#10--**BOB LOVE** (Carlmont, Belmont--junior)--First in League; Second at Stanford Invit.; Thirds at 2-Mile Postal, Central Coast Section, 3-Mile Postal, third prep at PA Jr. 10-Kilo; 27th at CCS Region Meet.

**OTHERS:** Gonzalo Aguilar (Manteca); Mike Biando (Piner); Paul Brewer (Leigh); Greg Cross (Mt. Diablo); Ken Holladay (Gilroy); Dan Navarro (Oakmont); Tom O'Neil (Jesuit); Stan Ross (Serra); Rich Sechrist (Piedmont Hills); Dan Smith (Eureka); Steve Strangio (Mission San Jose); Rich Vasquez (Clayton Valley). --- Strangio is a soph; Biando, Brewer, Holladay, and Vasquez are juniors.

**TEAMS:** - There were five boys' teams that were very hard to separate--Piner, Mira Loma (Sac'to), Jesuit (Sac'to), Redwood, and Skyline (Oakland). Piner gets the edge based on its decisive victory over Redwood in the NCS Meet. Piner beat Redwood three times and lost only once to them. Piner's only other loss was to Jesuit by 9 points early in the season. Redwood defeated Mira Loma, the Sac-Joaquin champs, at the Soquel Invit. by 2 points. Skyline rounds out the top five with its San Ramon victory and its third place at Pleasant Hill.

- #1--**PINER** (Santa Rosa); #2--**MIRA LOMA** (Sacramento);  
#3--**JESUIT** (Sacramento); #4--**REDWOOD** (Larkspur);  
#5--**SKYLINE** (Oakland).

### TOP TEN INDIVIDUAL GIRLS

- #1--**DARCY BURLESON** (Chico--a soph!)--Firsts at Chico, Nevada Union, San Ramon, Rio Linda, League, Northern Section; Third at Women's State AAU X-C Championships.  
#2--**LINDA ROBINSON** (Pleasant Hill)--Firsts at Antioch, League, North Coast Section; Seconds at College Park, Pleasant Hill, NCS Central Region; Fourth at San Ramon.  
#3--**MICHELLE STEVENSON** (Castro Valley--junior)--Firsts at Hayward Area Invit., Pleasant Hill, League, NCS Southern Area; Seconds at San Ramon, North Coast Section.  
#4--**SARAH SWEENEY** (Marin Catholic, Kentfield)--Firsts at Sonoma St., League, NCS Redwood Empire; Thirds at Pleasant Hill, North Coast Section.  
#5--**DEBBIE RUDOLPH** (Lassen, Susanville--junior)--First at Walnut Festival; Second at Northern Section; Third at Nevada Union; Fifth at State AAU (14-18 Div.) Champs.  
#6--**KAREN BAIN** (Rio Americano, Sacramento)--Firsts at Nevada X-C Carnival, League, S-J Section; Second at Rio Linda; 14th at State Women's AAU X-C Champs.  
#7--**ANN TRASON** (Pacific Grove)--First at Aptos Invit. -- The Central Coast Section doesn't have a section meet yet so she saw limited competition at big meets too.

- #8--MICKY VARDELL (Yuba City)--Firsts at Bella Vista, League, S-J Sub-Section; Seconds at Nevada Union, S-J Section; 16th at State Women's AAU X-C Champs.  
 #9--REBECCA SCHMIDT (Half Moon Bay--soph)--Firsts at Soquel, 2-Mile Postal...No Section meets in CCS for girls.  
 #10--TONI TAYLOR (Sunnyvale)--Firsts at Stanford & Del Mar Invits...No Section meets in CCS for girls.

OTHERS: Jeanette Allred (LaSierra); Pam Powers (American); Jean Fox (Homestead); Diane Kenney (Novato); Linn (Rio American); Heidi Messerschmitt (Montgomery); Heidi Moen (San Mateo); Deena Pearson (San Lorenzo Valley); Karey Robinson (Franklin); Cindy Vaughn (San Carlos); Kathy Way (Alameda); E. Young (Oakmont).

TEAMS: - Chico's girls defeated Granada (Livermore), the North Coast Section champs, by 29 points at the San Ramon Invit. They were undefeated in prep competition and won the Northern Section with a phenomenal score of 24 points. Rio Americano won the Sac-Joaquin Section. Pleasant Hill placed third to Chico and Granada at the San Ramon Invit., and finished second in the North Coast Meet. Miramonte took third at the North Coast Section.

- #1--CHICO; #2--RIO AMERICANO (Sacramento);  
 #3--GRANADA (Livermore); #4--PLEASANT HILL;  
 #5--MIRAMONTE (Orinda)

*SORRY!--Lack of space prevents us from a detailed explanation of how Keith Conning chose the individuals (top 10) in our Prep Rankings. If you are interested, please send 50¢ to cover copy and mailing costs to Keith (address at front of this column).*

CENTRAL CALIFORNIA RANKINGS: - Since we do have a few subscribers in the Central California area, Keith decided to include his top two choices (individuals and teams). BOYS--(#1) Felix Elieff (Highland, Bakersfield), undefeated during season; (#2) Randy White (Shafter), second in Central Section. Teams--(#1) Shafter (Central Section champs); (#2) Hoover (Fresno), runner-up to Shafter (50-58) in Central Section. GIRLS--(#1) Linda Goen (North, Bakersfield), Central Section champ; (#2) Alice Trumbly (Coalinga), second in Central Section Meet. Teams--(#1) Bakersfield (Central Section champs); (#2) Fresno (Central Section runnerups).

1976 TRACK & FIELD NEWS PREP ALL-AMERICAN TEAM: - Four NorCal preps made the team: Jim Sane (Rancho Cordova), #1 in long distances on the roads; Steve Montgomery (Lassen, Susanville), #1 in the shot; Scott Endler (Hoover, Fresno), #2 in the discus; John Lane (American, Fremont), #3 in the high jump.



(Left) All-East Bay Girls X-C Team: (top, 1-r) Behrbaum, Williams, Blevins, Stevenson, Robinson, (bottom, 1-r) Salisbury, Gerdson, Way, Craig. (Right) All-East Bay Boys X-C Team: (top, 1-r) Mullen, Burke, Pearl, Strangio, Williams, (bottom, 1-r) Cross, Kindle, Baker, Romiguere, Vasquez. /Keith Conning/

### TRACK & FIELD RESULTS

USA vs. MEXICO MASTERS MEET: (Oct. 23, Mexico City) - 100(I): 1-Parish/NCS 11.4; 200(I): 2-Parish 23.7; 800(SM): 1-Himmelberger/WVTC 2:04.6; 1500(SM): 1-Himmelberger 4:17.6; 110HH(I): 1-Parish 16.2; LJ(I): 3-Conley/WVTC 19-1; HJ(I): 3-Conley 5-3; TJ(I): 2-Conley 36-11 3/4; DT(I): 4-Conley 105-10 1/2; JT(I): T-Conley (distance unknown). /Dave Himmelberger/

ALL-COMERS MEET: (Dec. 4, San Mateo) - /OPEN/ SP: Johnson/WVTC 50-0; JT: Walker/Cal 247-9; Mile: Richardson/Stanislaus 4:17.8, Wood/Cal 4:18.8; LJ: Bute/CTC 20-3 3/4; 440: Sheats/Stam 48.8, Sterling/Laney 50.0; DT: Tafalis/CSM 139-11; TJ: Dalli/Sky 42-5; 3 Mi: Tracy/WVTC 14:04.4, Seaver/WVTC 14:06.6, Clark/WVTC 14:09.2, Moreno/CAMWST 14:17.0, Mandanis/WDS 14:49.0 (high school); HJ: Dillard/CSM 6-4; 220: Sheats/Stam 22.0;

880: Robertson/WVTC 1:58.9, Sterling/Laney 1:58.9, Foulke/CSM 1:59.3, McMeans/WVTC 2:00.8; Mile: HATC 3:29.9, SFS 3:30.5; 60HH: Almond/SFS 7.6; /HIGH SCHOOL/ 440R: Burbank 44.8; Mile: O'Reilly/SRAF 4:23.4, Maxwell/Wstmr 4:27.8; 440: Peterson/TN 52.2; PV: Beede/CP 12-1; LJ: Brisano/Lib 20-7 3/4; 60: Jones/Srmte 6.3; 2 Mi: Goodstein/Menlo 9:53.6; HJ: McLaughlin/Tam 6-4; 880: Maxwell/Wstmr 2:00.0, Schneider/Sky 2:00.8; 220: Washington/Burb 22.3, Jones/Srmte 22.4; 60HH: Dixon/Seq 7.7, Conelly/Burb 7.7. /Harry Young/

ALL-COMERS MEET: (Dec. 11, San Jose) - /OPEN/ 60: Berry/SJCC 6.3; 60HH: Carty/Un 7.5; Mile: Chain/DA 4:25.3; 440: Hampton/UCLA 50.4; 220: Rachal/SJCC 22.1; 2 Mi: Barraza/BBC 9:46.3; HJ: Gibbs/SJCC 6-8; PV: Chew/Un 15-2; /HIGH SCHOOL/ 60: Maelora/Menlo 6.4; Mile: Schwarz/Seaside 4:34; 60HH: Phillips/SCrk 7.8; 440: Phillips 50.9; 2 Mi: Martinez/Nwk 9:53; SP: McKee/Cam 51-2; DT: Townsend/Prospect 151-5 1/2; HJ: Perkins/MP1 6-4; PV: Alexander/Un 12-6; /WOMEN/ 2 Mi: OTrich/WVTC 11:01. /Keith Conning/

ALL-COMERS MEET: (Dec. 11, San Mateo) - /OPEN/ 440R: CSM 43.7; Mile: Tracy/WVTC 4:18.3, Cox/FP 4:18.3, Jordan/WVTC 4:21.3, Hornstra/SFS 4:21.4; 60HH: Almond/SFS 7.5, Shellworth/Stam 7.5; SP: Smith/CSM 50-7 3/4; 440: Robinson/Un 47.5, Williams 48.3, Marchesi/Cal 49.2, Sterling/Laney 49.6; LJ: LeGrande/CSH 22-6 1/2; PV: Stevenson/CSM 15-0, Dillard/CSM 14-0; DT: Powell/PCC 187-5, Davis/Un 162-10; 3 Mi: Schmulewicz/Un 13:34.0, Geis/Un 13:34.0, Romessor/FP 13:47.6, Kingery/CAMWST 13:55.8, Clark/WVTC 14:04.0; TJ: Toliver/WVTC 44-4 1/4; 60: Hill/SUND 6.2, Clark/CSH 6.2; 220: Randal/Un 22.4; HJ: Friday/Un 6-8, Haber/CSH 6-8, Coleman/WVTC 6-6; 880: Robertson/WVTC 1:54.8, Richardson/Stanislaus 1:55.4, Sterling/Laney 1:57.8; /HIGH SCHOOL/ 440R: Castlemont 43.9; Mile: Slater/Encina 4:27.2; 60HH: Malcolm/Seq 7.6; 60: Vaughn/Okld 6.4; 440: McDaniel/Okld 52.1; 2 Mi: Hutchins/Wooster 9:56.1; DT: Hill/Berk 159-11; PV: Crook/Wooster 14-8; HJ: Crook 6-5 3/4, Kniffin/Serra 6-4; 880: Owyang/Okld 2:02.7; 220: Oroville/Seq 22.6, Beal/SC 22.8; /WOMEN/ Mile: Neufville/Un 5:14.6.



Wolfgang Schmulewicz (left) nipped Paul Geis at a CSM All-Comers meet on Dec. 11, as both recorded a fast early-season 13:34.0. Dennis Tracy (right) won the mile in 4:18.3 in the same meet and doubled back in the 3-mile here. /Jim Engle/

ALL-COMERS MEET: (Dec. 18, San Jose) - /HIGH SCHOOL/ 60: Taylor/Ovflit 6.5; 60HH: Nixon/Ovflit 6.9; 440: Stillman/WG 51.7; 880: Picha/Hmstd 2:03.3; 220: Taylor/Ovflit 22.3; 2 Mi: Christensen/Seaside 9:53.0; PV: Preciado/Hmstd 13-6; SP: McGee/Cam 51-9; DT: Szerski/Cup 150-4; TJ: Blanton/Ovflit 42-10; HJ: Schubert/Un 6-2; LJ: Llorin/PdH 20-8 1/2; /WOMEN/ 60: Costello/SJC 7.3; Mile: Bier/SJC 4:58; 440: Belk/SJC 57.1; 220: Costello/SJC 26.2. /Keith Conning/

ALL-COMERS MEET: (Dec. 18, San Mateo) - /OPEN/ Mile: Schmulewicz/Un 4:11.7, Richardson/Stanislaus 4:13.0, Geis/OTC 4:13.4, Tracy/WVTC 4:16.3, Phelps/WVTC 4:22.2; 60HH: Carty/Un 7.1, Almond/SFS 7.2, Foster/Un 7.2; SP: Smith/CSM 50-1; JT: Rose/NCS(40+) 161-7; 440: Robinson/Un 47.5, Sheats/Stam 48.0, Brown/Un 48.6, Sterling/Laney 49.0, Cazenave/SJS 49.8; 60: Dixon/SUND 6.3, Hill/SUND 6.3; HJ: Livers/Un 7-0; DT: Humphreys/DA 144-1; PV: Stevenson/CSM 15-0; TJ: Toliver/WVTC 45-5 1/2; 3 Mi: Romessor/FP 14:18.6, Tracy/WVTC 14:46.8....

220: Randell/Un 22.0, Robinson/Un 22.3; 880: Owayang/Un 1:57.4, Romain/WVTC 1:57.5, Armstrong/WVTC 1:59.7...Richardson/WVTC(40+) 2:04.3; /HIGH SCHOOL/ 60HH: Dixon/Seq 7.2; LJ: Durham/Okld 22-0 1/2; 440: Maxwell/Wstmr 50.2; 60: Maiocco/Lib 6.3, Jones/Srmt 6.4; PV: Crook/Wooster 15-0; 2 Mi: Hutchins/Wooster 9:51; DT: Hill/Berk 160-7; 220: Schneider/Sky 22.6; 880: Schneider/Sky 1:59.3; HJ: Low/Tam 6-4 1/2, McLaughlin/Tam 6-4.

ALL-COMERS MEET: (Dec. 22, San Jose) - /OPEN/ 60: Hampton/UCLA 6.3; 60HH: Almond/SFS 7.4; 880: Chain/DA 1:57.0; 220: Hampton/UCLA 20.9; 2 Mi: Magallanes/WVTC 9:28; TJ: Bullwinkel/Stan 44-8; /HIGH SCHOOL/ 60: Wilks/SCz 6.4; Mile: Schwarz/Seaside 4:34; 440: Phillips/SCrk 49.1; 880: Johnson/MSJ 2:02.0; 2 Mi: Lua/LvOak 9:58; DT: Schwartz/Hmstd 149-7; /WOMEN/ 220: Regan 26.4; 60: Robin/Ayer 7.4; 440: Regan 59.4. /Keith Conning/

ALL-COMERS MEET: (Dec. 29, San Jose) - /OPEN/ 60: Kennedy/Ariz 6.2; Mile: Chain/DA 4:21.5; 60HH: Kennedy/Ariz 7.4; 440: Harris/SJCC 49.9; 2 Mi: Deis/FSU 9:17.6; HJ: Gibbs/SJCC 6-8; TJ: Steffes/WVTC 48-7; /HIGH SCHOOL/ 60: Wilks/SCz 6.4; 880: Maxwell/Wstmr 1:58.5; Mile: Castro/Logan 4:29.0; 440: Phillips/SCrk 49.6; 220: Pulliam/SCrk 22.7; HJ: Perkins/MP1 6-2; DT: Townsend/Prosp 146-9 1/2; /GIRLS/ 60: Ng/Liv 7.1; 440: Honmann/CY 62.0; 220: Costello/SJC 26.9. /Keith Conning/

EXAMINER GAMES QUALIFYING (Jan. 8--CSM & SJCC) /Next Time!!/

### CROSS COUNTRY RESULTS

SOUTH TAHOE INVIT: (Oct. 2, Lake Tahoe) Teams: SLT 42, Stewart 57, Wooster 62, Hug 81, Sparks 151. 1-Hitchcock/SLT 15:22, 2-Hutchins/W 15:42, 3-Mentzer/H 16:00, 4-Garofalof/SLT 16:13, 5-Poleahla/Stew 16:14. /Keith Conning/

COAST CONFERENCE CHAMPIONSHIPS: (Nov. 6, Belmont) Teams: Skyline 33, MPC 35, Cabrillo 82. 1-Jones/MPC 21:04, 2-LaForge/Sky 21:17, 3-Minor/MPC 21:39, 4-Lange/Sky 21:40, 5-Sanretti/C 22:01, 6-Amable/Sky 22:10, 7-Rumrill/MPC 22:16, 8-Lowmiller/H 22:24, 9-Watkins/MPC 22:31, 10-Cornejo/Sky 22:35.

SAC-JOQUIN SUB-SECTION: (Nov. 6, Gibson Ranch) Varsity: Jesuit 21, Oakmont 60, Foothill 64, Placer 79...1-Navarro/O 15:34, 2-O'Neil/J 15:45, 3-Gaul/J 15:47, 4-Galligan/Marysville 15:55, 5-Slater/J 15:56, 6-Bell/J 16:15, 7-Colbertson/Placer 16:23, 8-Isbell/J 16:38, 9-Martin/F 16:40, 10-Ditler/F 16:44. Girls: Oakmont 33, Foothill 42, Davis 59...1-Vardell/YC 11:47, 2-Young/O 12:11, 3-Webb/Lind 12:53, 4-Negri/F 13:11, 5-Loza/D 13:13. /Keith Conning/

SAC-JOQUIN DISTRICT 4: (Nov. 6, Stockton) Varsity: Franklin 23, Manteca 44, Amador 65...1-Holmes/D 14:35, 2-Aguilar/Mant 15:12, 3-Winkley/Hughson 15:19, 4-Munoz/Fr 15:31, 5-Baker/Stagg 15:45, 6-Perez/Fr 15:49. Girls: Lincoln 44, Downey 53, Lodi 56...1-Robinson/Fr 12:13, 2-Wanamaker/Summerville 12:26, 3-Briscoe/Summerville 12:27, 4-LaGote/Lodi 12:27, 5-Nayares/D 12:30, 6-Minatie/Linc 12:37. /Keith Conning/

NEVADA STATE CHAMPIONSHIPS (SMALL SCHOOL): (Nov. 6, Fernley) Teams: Fernley 29, Whittell 47...1-Johnson/F 13:06, 2-Maestretti/Austin 13:08, 3-Ashley/Wh 13:27, 4-Keathley/F 13:50, 5-Buchholz/Wh 14:00, 6-Conradt/F 14:06, 7-McKnight/Au 14:21, 8-Coleman/PahVly 14:29, 9-Brown/F 14:34, 10-Stoll/Wh 14:35, 11-Keever/F 14:41, 12-McIntyre/F 14:47. /John Salvadori/

CAMINO NORTE CONFERENCE: (Nov. 6, Suisun) Teams: Solano 44, SRJC 47, COM 49, Merritt 101...1-Aldridge/SR 19:50, 2-Hernandez/SR 19:53, 3-Overend/COM 20:22, 4-Wright/Sol 20:26, 5-Suderow/Sol 20:31, 6-McMeans/CCC 20:37, 7-Baez/COM 20:40, 8-Timmerman/COM 20:41, 9-McMullen/COM 20:47, 10-Sophie/Sol 20:50. /Conning/

NATIONAL 2-MILE POSTAL MEET: (Nov. 6, Saratoga) - Varsity: Piner 48:26.0, Carlmont 48:48.6, Watsonville 48:49.9, Gilroy 48:50.7, Skyline 48:58.0, Leigh 49:08.7, Serra 49:09.6, Willow Glen 49:24.0, Saratoga 49:46.0, Cupertino 50:14.0...1-Carrasco/MP 9:09.6 (soph), 2-Sup/Palma 9:12.0, 3-Love/Carl 9:13.7, 4-Brewer/Lei 9:14.7, 5-Vasquez/CV 9:17.2, 6-Siqueiros/Wat 9:21.6, 7-Castro/Logan 9:24.1, 8-Holladay/Gil 9:26.7, 9-Ross/Serra 9:27.6, 10-Biando/Piner 9:29.0, 11-Sechrist/PH 9:29.0, 12-Green/Ara 9:29.5, 13-Thurston/M-A 9:30.8, 14-Schneider/Sky 9:32.0, 15-Bruns/Sara 9:33.0. Girls: 1-Schmidt/HMB 11:36, 2-Paulin/Cam 12:20.6, 3-Valenzuela/Wash 12:28, 4-Bettencourt/HMB 12:31, 5-Fox/H 12:42, 6-Cotte,Y./Cup 12:42, 7-Siegman/HMB 12:46, 8-Hinerner/SFr 12:53, 9-Hintz/Buch 12:53, 10-Cotte,J./Cup 12:57.... Top Frosh: Kurr/Gunn 9:46.0, Trujillo/Gil 9:47.0. /Wainwright/



(Left) Larry Johnson of Fernley H.S. clears a barrier in the State Meet on his way to a third consecutive title (he's only a junior!) for small schools (300 and under). /John Salvadori/ (Above) The Millbrae Lions' winning 14-15 PA-AAU Girls' X-C champions.

/Jim Hume Photo/

WOMEN'S PA-AAU X-C CHAMPIONSHIPS: (Nov. 6, Millbrae) /14-15/ Team: Millbrae Lions...1-Lavelle/ML 15:55.6, 2-Jones/OTC 16:03, 3-Franklin/ML 16:12, 4-Lynch/ML 16:17, 5-Douglas/SJC 16:42. /WOMEN/ Team: West Valley TC...1-Graham/Un-WVTC 17:40.4, 2-O-rich/WVTC 17:55, 3-Furtado/WVTC 18:15, 4-Hagerty/SUND 18:27, 5-Himmelberger/WVTC 18:37, 6-Ullyot/WVTC 19:06, 7-McPherson/Un-WVTC 19:15, 8-Haynes/SJC 19:37. /Jim Hume/

FAR WESTERN CONFERENCE MEET: (Nov. 6, Chico) Teams: UCD 31, Humboldt 41, Sac'to 68, Chico 121, Stanislaus 132...1-Martinez/D 25:00, 2-Innes/Hum 25:18, 3-Birnbaum/Sac 25:23, 4-Britton/St 25:31, 5-Peters/Hum 25:32, 6-Leeper/D 25:36, 7-Palladino/D 25:37, 8-Clark/D 25:41, 9-Emry/D 25:43, 10-Speer/Hum 25:48, 11-Killeen/Hum 25:50, 12-Shuman/Ch 25:51, 13-Tucker/Hum 25:52, 14-Valuska/Sac 25:54, 15-Howard/Sac 25:56. /Larry Burleson/

S.F. ALL-CITY CHAMPIONSHIPS: (Nov. 11, S.F.) Teams: McAteer 68, Mission 83, Balboa 84, Lincoln 86, Wash 103, Lowell 115, Galileo 151, Wilson 276...1-Miller/MA 15:34, 2-Gripenberg/Linc 15:39, 3-Silk/Miss 15:57, 4-Fletcher/Wash 16:04, 5-Pentony/MA 16:10. Sophs: Lowell 39, McAteer 51, Balboa 77...1-Ferguson/MA 11:24, 2-MacPhall/Low 11:37, 3-Judkins/Bal 11:42, 4-Rodriguez/Lo 11:44, 5-Bainton/Lo 11:48. Overall: Lowell 376, McAteer 389, Lincoln 445, Washington 464, Balboa 481. /Conning/



Angelo Martinez (right) on his way to the Far West Conference title, with Bill Britton (Stanislaus) and Jim Birnbaum (Sac'to St.) trailing. /Kevin Kirby Photo/

NCAA DISTRICT 8: (Nov. 13, Stanford) Teams: OU 34, WSU 60, SDS 94, UW 131, CAL 135, FSU 153, Stanford 172...1-Rono/WSU 29:18.6, 2-Williams/O 29:54.2, 3-Kimeto/WSU 30:02.4, 4-Kimombwa/WS 30:18, 5-Chapa/O 30:30, 6-Salazar/O 30:37, 7-Pullen/SD 30:52, 8-Blume/C 30:54, 9-Centrowitz/O 30:57, 10-Murray/W 31:00,...more...

11-McCandless/LB 31:04, 12-Clary/O 31:07, 13-Langford/FS 31:08, 14-Blue/SD 31:19, 15-Stolp/W 31:21...18-Boutin/Stan 31:25, 19-Emory/Stan 31:37, 20-Dean/Cal 31:43, 22-Gruber/SJ 31:47, 28-James/UCLA 32:03, 33-Wood/Cal 32:09, 35-Duffey/Cal 32:14, 39-Schulz/Cal 32:27. /Marshall Clark/

**NOR-CAL J.C. CHAMPIONSHIPS:** (Nov. 13, Belmont) /LARGE COLLEGES/ Teams: ARJC 39, CSM 98, FCC 114, WVC 121, SJD 125, SRJC 126... 1-Paulin/WV 20:15.2, 2-Hornig/Ch 20:20, 3-Hernandez/SR 20:28, 4-Baudendistel/AR 20:33, 5-Mebust/AR 20:33, 6-Aldridge/SR 20:36, 7-Chain/DA 20:40, 8-Sutherland/AR 20:42, 9-Kingery/CSM 20:44, 10-Farrell/AR 20:45, 11-Searls/DV 20:48, 12-Lagomarsino/AR 20:51, 13-Brown/SJD 20:56, 14-Renteria/FCC 21:00, 15-Baker/WV 21:01, 16-Pincombe/CSM 21:02, 17-Arroyo/Mod 21:02, 18-Danielson/DA 21:02, 19-Fritzke/WV 21:09, 20-Rubio/FCC 21:10, 21-Betan-court/FCC 21:10, 22-Hull/CSM 21:12, 23-Barnett/CSM 21:13, 24-Korls/SJD 21:15, 25-Weed/AR 21:18. /SMALL COLLEGES/ Teams: Monterey PC 74, Skyline 92, Solano 112, SJCC 131, Seq 165, COM 194...1-Huff/Cuesta 20:33, 2-Avila/WH 20:43, 3-Dauncey/Las 20:47, 4-Montenegro/SJC 20:49, 5-Jones/MP 20:53, 6-Minor/MP 21:01, 7-Taylor/Seq 21:06, 8-Hanson/Sisk 21:06, 9-Overend/COM 21:10, 10-Lange/Sky 21:13, 11-Wright/Sol 21:17, 12-Loahse/Seq 21:20, 13-Rumrill/MP 21:22, 14-Vineyard/Sol 21:24, 15-Danz/Col 21:25, 16-Giboney/Sierra 21:27, 17-Watkins/MP 21:28, 18-Lee/SJC 21:31, 19-Martinelli/Sky 21:32, 20-Wright/Seq 21:33, 21-Amable/Sky 21:35, 22-LaForge/Sky 21:35, 23-Higley/Con 21:35, 24-Baez/COM 21:38, 25-Cornejo/Sky 21:39. /Bob Rush/

**NCS CENTRAL AREA X-C:** (Nov. 13, Concord) /BOYS/ Pleasant Hill 64, Miramonte 114, San Ramon 134, Mt. Diablo 146, Northgate 164, Campolindo 180, Clayton Valley 183...1-Vasquez/CV 15:02.8, 2-Cross/MD 15:08, 3-Conover/Mir 15:09, 4-Williams/Mir 15:25, 5-Balburz/NG 15:28, 6-Mullin/NG 15:31, 7-Baker/SR 15:35, 8-Van Buskirk/PH 15:36, 9-Hochhaus/CV 15:46, 10-Fike/Berk 15:49. /GIRLS/ Pleasant Hill 55, Miramonte 59, Granada 85, Northgate 110, Acalanes 123...1-Craig/Berk 11:38.8, 2-Robinson/PH 11:50, 3-Roos/Aca 11:52, 4-Williams/Liv 11:56, 5-Blevins/Camp 12:02, 6-Behrbaum/Amad 12:13, 7-Gerdsen/Mir 12:18, 8-Maxworthy/Mir 12:21, 9-Lyons/Gr 12:28, 10-Daley/Gr 12:30. /Keith Conning/



(Left) Tim Holmes wins S-J Section from Greg Hitchcock. /Kevin Kirby/ Mitch Kingery leads State JC Champ Bob Paulin at NorCal's. /Marlowe/

**SAC-JOQUIN SECTION MEET:** (Nov. 13, Sacramento) Varsity: Mira Loma 54, Jesuit 56, South Tahoe 83, Franklin 102, Cordova 140, Oakmont 185, McClatchy 191, Bella Vista 214...1-Holmes/D 14:39, 2-Hitchcock/SLT 14:46, 3-Breuer/ML 14:55, 4-Navarro/Ok 15:06, 5-O'Neil/J 15:13, 6-Aguilar/Mant 15:13, 7-McInturf/McCl 15:17, 8-Gaul/J 15:18, 9-Maxwell/EC 15:25, 10-Munoz/Fr 15:25, 11-Kading/ML 15:26, 12-Perez/Fr 15:28, 13-Bell/J 15:29, 14-Youkers/Arm 15:30, 15-Radican/ML 15:31, 16-Rose/SLT 15:31, 17-Tiernal/ML 15:35, 18-Finer/J 15:35, 19-Schultz/Cor 15:36, 20-Otis/ML 15:37. Girls: Rio Americano 55, LaSierra 95, Lincoln 144, So. Tahoe 129, Oakmont 139...1-Bain/RA 11:38, 2-Vardell/YC 12:01, 3-Young/Ok 12:07, 4-Allred/LS 12:13, 5-Linn/RA 12:22. (Individual Races) Boys: Galligan/Marysville 15:12, Lee/Napa 15:29; Girls: Robinson/Fr 12:12, McKeen/Mills 12:22, Webb/Lind 12:30. /Keith Conning & Bill Mensing/

**STATE A.A.U. BOY'S X-C:** (Nov. 13, Santa Rosa) /9-Under/ VMTC 34, SVTC 46, DVTC 52...1-Munn/SV 5:47, 2-Isenor/Patr 5:51, 3-Hooker/RRR 5:52, 4-Norris/RRR 5:53, 5-Haggard/VMTC 5:56, 6-Man-caruso/VMTC 5:59, 7-Scattini/SV 6:03, 8-Gunderson/VMTC 6:13, 9-Latting/DV 6:14, 10-Scattini/SV 6:15. /10-11/ Arrow 42, DVTC 47, RCF 76...1-Bell/RRR 9:19, 2-Francis/OCBA 9:25, 3-Hickman/

BRAT 9:27, 4-Bergstram/Arrow 9:29, 5-Bray/OCBA 9:47, 6-Kovaks/Arrow 9:49, 7-Mann/SCV 9:52, 8-Chaney/DV 9:53, 9-Stephens/DV 9:54, 10-Sakelarios/RCF 9:56. /12-13/ RRR 54, VMTC 64, DVTC 74...1-Planta/OCBA 10:09, 2-Judson/VMTC 10:31, 3-Assumma/RRR 10:32, 4-Mead/RRR 10:39, 5-Ogden/DV 10:40, 6-Aviles/RCF 10:41, 7-Machado/VMTC 10:51, 8-Christino/OCBA 10:53, 9-Jewett/RRR 10:55, 10-Scattini/SV 11:00. /Fred Kenyon/

**WOMEN'S STATE X-C CHAMPIONSHIPS:** (Nov. 14, Folsom) /9-Under/ RRR 19, SCC 80, BA 110, RG 178...1-Fisher/RR 5:55, 2-Hale/RR 5:56, 3-Miller/Un 6:02, 4-Conn/RR 6:03, 5-Torres/RR 6:04, 6-Rolfe/LBC 6:04, 7-Muschitz/RR 6:05, 8-Martinez/SCC 6:06, 9-Rosman/ATC 6:12, 10-Quezada/SCC 6:13. /10-11/ RRR 23, BA 47, SCC 117, QCC 140...1-Cooke/RR 8:46.4, 2-Cooper/RR 8:58, 3-Kiernan/BA 8:59, 4-Katzer/BA 9:02, 5-Anderson/RR 9:05, 6-Fuller/CN 9:08, 7-Topp/RR 9:11, 8-Crawford/RR 9:16, 9-Kirkhorn/BA 9:19, 10-Cerbartea/RRR 9:20. /12-13/ RRR 37, SCC 86, BA 89, SJC 186...1-Lantry/RR 12:07, 2-Denz/Pat 12:13, 3-Hulse/Un 12:24, 4-Mejica/SCC 12:42, 5-Bottlik/RR 12:44, 6-Brogan/Arrow 12:49, 7-Hollins/RR 12:55, 8-Wintermute/SCC 12:58, 9-Carda/BA 13:04, 10-Washington/BA 13:06. /14-15/ SBS 57, SJC 62, WDS 97, RG 117...1-Barrett/Un 15:31, 2-Jones/OTC 16:48, 3-Bower/SBS 16:53, 4-Schroeder/Un 16:56, 5-McGinley/SBS 17:26, 6-Galus/WDS 17:29, 7-Shols/CRC 17:36, 8-Mavis/SJC 17:40, 9-Roberts/Un 17:45, 10-Douglas/SJC 17:46. /Jr. Women/ Club North 55, RRR 66, SJC 67, BA 86...Bray/SJC 15:02, 2-Assuma/RRR 15:11, 3-Burleson/CRC 15:18, 4-Meed/BA 15:21, 5-Rudolph/CN 15:29, 6-Harrell/LBC 15:34, 7-Wotherspoon/SJC 15:35, 8-Nachbar/CN 15:37, 9-Keith/RRR 15:39, 10-O'Neil/UR 15:39. /Sr. Women/ WVTC 32, Chico St. 115, SJC 116, WDS 118...1-Graham/WVTC 17:48, 2-Olrich/WVTC 17:57, 3-Heald/SF 18:06, 4-Rouda/CP 18:52, 5-Furtado/WVTC 19:08, 6-Hagerty/SUND 19:12, 7-Brodock/RRR 19:24, 8-Spence/CSU 19:33, 9-DeNoon/BA 19:39, 10-Himmelberger/WVTC 19:41. /Coleman/

**OAKLAND A.L. CHAMPIONSHIPS:** (Nov. 17, Oakland) Teams: Skyline 15, Oakland 50, Castlemont 96, Fremont 97...1-Schneider/Skyl 10:16, 2-Johnson/S 10:23, 3-Busby/S 10:29, 4-Valdez/S 10:31, 5-Downs/S 10:32, 6-T.Downs/S 10:34, 7-Owyang/O 10:46, 8-Gonzales/O 10:55. JV's: Skyline 15, Oakland 50...1-Gonden/S 10:47, Wells/S 10:50, Green/S 10:54, Corley/S 10:55. /Conning/

**CCS REGION III:** (Nov. 18, San Jose) Teams: Leigh 65, Gilroy 82, Silver Crk 96, Willow Glen 102, Pdmt Hills 160, Camden 180...1-Carrasco/MP 14:24, 2-Stillman/WG 14:39, 3-Brewer/Lei 14:41, 4-Eberly/LG 14:46, 5-Sechrist/PH 14:48, 6-Lua/LO 14:54, 7-Russell/Bik 15:01, 8-Diaz/SCrk 15:02, 9-Barrigan/Camp 15:03, 10-Ritt/Lei 15:08. /Keith Conning/

**NORTH COAST SECTION:** (Nov. 20, Santa Rosa) Varsity Boys: Piner 60, Redwood 88, Mission 95, Tamalpais 99, Pleasant Hill 139, Eureka 142, Canyon 148, Moreau 202...1-Berry/Red 12:15, 2-Collier/Tam 12:24, 3-Borland/DN 12:33, 4-Cross/MD 12:34, 5-Vasquez/CV 12:35, 6-Smith/Eur 12:40, 7-Strangio/MSJ 12:41, 8-Bi-ando/Pin 12:43, 9-Romiguere/Cnyn 12:44, 10-Moreno/Pin 12:46, 11-Chapman/Red 12:52, 12-Burke/DLS 12:55, 13-Williams/Mir 12:56, 14-Bullano/Pin 12:57, 15-Kindle/Aia 12:58, 16-Castro/Lg 13:02, 17-Martin/Pin 13:03, 18-Baker/SRam 13:04, 19-Ruffing/MSJ 13:06, 20-Balburz/NG 13:09. F/S Boys: PH 78, DLS 114, TL 115, NG 128...1-Whisler/MD 10:25, 2-Royal/Pet 10:34, 3-Horand/Uk 10:35, 4-Gleason/DA 10:35, 5-Allsop/Pin 10:35. Varsity Girls: Granada 80, PH 96, Miramonte 99, Montgomery 131, Redwood 138...1-Robinson/PH 11:53, 2-Stevenson/CasV 11:54...more



(Above) Linda Robinson beats Michelle Stevenson for NCS title. (Right) Aran Collier was second in NCS boy's race. /K. Conning/

3-Sweeny/MC 12:01, 4-Kenny/Nov 12:05, 5-Craig/Berk 12:14, 6-Messerschmidt/Mont 12:19, 7-Bowers/Am 12:20, 8-Daley/Gr 12:22, 9-Way/Ala 12:23, 10-Broderick/Tm 12:24, 11-Salisbury/NG 12:25, 12-Blevins/Camp 12:26, 13-Williams/Liv 12:33, 14-Gerdsen/Mir 12:40, 15-Bubanja/Mir 12:41. F/S Girls: Del Norte 51, Moreau 61, San Ramon 76, MSJ 93...1-Strangio/MSJ 12:33, 2-Mangelson/CV 12:49, 3-Coon/MSJ 12:49, 4-Hayes/Dub 12:49. /Ruffing, Conning/

USTFF WESTERN REGIONALS: (Nov. 20, Fresno) Teams: Nev/Reno TC 25, AGRC 66, FSU 77, FPTC 93, Sac-St 121...1-Zarate/Nev 29:22, 2-Harms/AGRC 29:29, 3-Wysocki/Nev 29:44, 4-Barton/Nev 29:50, 5-Romesser/FP 29:53, 6-Fredericksen/Nev 29:54, 7-Aguirre/FS 29:55, 8-Sutherland/AGRC 30:00, 9-Sweeney/AGRC 30:01, 10-Van Horn/Sac 30:05, 11-Dagg/Nev 30:17, 12-Hartig/FP 30:28, 13-Cruz/UNLV 30:30, 14-Haake/FS 30:41, 15-Prowell/Merc 30:45, 16-Murphy/Nv 30:59, 17-Ybarra/Nev 30:59, 18-Beck/CSB 31:05, 19-Jurkovich/FS 31:07, 20-Flores/Sac 31:13. /Bill Cockerham/

STATE JC CHAMPIONSHIPS: (Nov. 20, Valencia) /Large School/ Grossmont 44, Fullerton 76, Am.Rvr. 88, CSM 109, MSAC 132, SD Mesa 146, EC 186, WVC 193, SJD 207, FCC 213...1-Paulin/WV 19:45, 2-Hernandez/SDM 19:50, 3-Burkin/LAV 19:59, 4-Mapstead/SBVC 20:00, 5-Russell/LAP 20:04, 6-Davies/Gr 20:05, 7-Kingery/CSM 20:11, 8-Helgeson/Gr 20:14, 9-Ebner/MSAC 20:15, 10-Best/Gr 20:17...16-Barnett/CSM 20:31, 17-Chain/DA 20:32, 18-Hernandez/SR 20:33, 19-Sutherland/AR 20:35, 20-Mebust/AR 20:36, 22-Brown/SJD 20:44, 23-Baudendistel/AR 20:45, 25-Farrell/AR 20:47, 26-Lagomarsino/AR 20:49, 28-Baker/WV 20:51, 37-Hull/CSM 21:02, 38-Pincombe/CSM 21:03. /Small School/ Glendale 90, San Diego City 103, Monterey PC 112, Canyons 115, Solano 122, SJCC 127, Skyline 147, Shaffey 158, Citrus 163, Seq 193...1-Ramirez/Oxnard 19:53.4, 2-Rubino/Glen 20:23, 3-Huff/Cues 20:25, 4-Blackburn/Moorpk 20:28, 5-Burch/SDC 20:38, 6-R.Burch/SDC 20:39, 7-Jones/MP 20:40...9-Montenegro/SJCC 20:53, 13-Minor/MP 21:08, 14-Overand/COM 21:10, 17-Wright/Sol 21:19, 18-Danz/Col 21:21, 19-La-Forge/Sky 21:24, 25-Suderow/Sol 21:32, 27-Lange/Sky 21:38, 29-Fabms/SJCC 21:41, 30-Rumrill/MP 21:42. /Cartwright/

NCAA CHAMPIONSHIPS: (Nov. 22, Denton, Tex.) Teams: UTEP 62, Oregon 117, WSU 179, BYU 182, Illinois 227...8-San Diego St. 361...1-Rono/WS 28:06, 2-Kimombwa/WS 28:16, 3-Virgin/Ill 28:26, 4-Lindsay/MS 28:30, 5-Treacy/Prov 28:34, 6-Waigwa/UTEP 28:39, 7-O'Shaughnessy/Ark 28:43, 8-Maritim/UTEP 28:46, 9-Chapa/Ore 28:49, 10-Munyala/UTEP 28:52...13-Hunt/Ariz 28:57, 16-Williams/Ore 29:01, 18-Cotton/Ariz 29:04, 29-Taylor/Ore 29:18, 54-Hart/BYU 29:44, 57-Esparza/Boise 29:45, 66-Langford/FS 29:48, 99-Collier/Boise 30:02, 107-VanDine/Boise 30:06, 110-Blume/Cal 30:07, 113-Dean/Cal 30:08, 146-McCandless/LBS 30:23, 155-Emory/Stan 30:28, 158-Boutin/Stan 30:30, 162-Magallanes/Boise 30:31, 199-Ramirez/FS 30:53. /The Harrier/



(Left) Carlos Carrasco leads Mark Stillman on way to CCS victory. /Jay Marlowe/ Frosh Jack Kurr won F/S title. /Lois Gowen/



Start of the varsity race at the Central Coast Section High School Championships in San Jose's Hellyer Park. /Lois Gowen/

CENTRAL COAST SECTION MEET: (Nov. 23, San Jose) Varsity: Wil-Tow Glen 107, Carlmont 113, Leigh 120, Watsonville 122, Serra 150, Silver Crk 155, Gilroy 168...1-Carrasco/PM 14:11, 2-Stillman/WG 14:25, 3-Love/Carl 14:27, 4-Brewer/Lei 14:35, 5-Sechrist/PH 14:43, 6-Holladay/Gil 14:44, 7-Mandanis/Carl 14:44, 8-Hartman/Milp 14:48, 9-Boynton/Cup 14:48, 10-Avila/Cup 14:51, 11-Munoz/Wat 14:53, 12-Ross/Serra 14:56, 13-Green/Ara 14:56, 14-Barragan/Camp 15:01, 15-Diaz/SCrk 15:03, 16-Siqueiros/Wat 15:05, 17-Thurston/MA 15:06, 18-Ritt/Lei 15:07, 19-Christensen/Sea 15:09, 20-Lua/Lo 15:11. Soph: Overfelt 71, HMB 98, Carlmont 105, Leigh 132, Lick 174, Silver Crk 175...1-Kurr/Gunn 15:11, 2-Hernandez/Ind 15:25, 3-Bosley/Ar 15:31, 4-Mojica/Ov 15:39, 5-Marshall/Milp 15:41, 6-Colvin/Lyn 15:41, 7-Gonzalez/MVw 15:42, 8-Alvergre/Cre 15:43, 9-Yeh/Gunn 15:44, 10-Gomez/Ov 15:45. (Course is 2.85 Miles) /Vern Thornburg/

REGION 13 J.O. X-C CHAMPIONSHIPS: (Nov. 27, Fresno) /Girls 9/U/ 1-Rossmann 5:50, 2-Garcia 6:03, 3-Veatch 6:07. /Boys 9/U/ 1-Wall 5:44, 2-DeBrine 5:45, 3-Isenor 5:56, 4-Murray 6:04, 5-S.Isenor 6:05. /Girls 10-11/ 1-Ramirez 7:15, 2-McVicar 7:30, 3-Carter/RTC 7:31, 4-Washman 7:32, 50Duart 7:38. /Boys 10-11/ 1-Rossmann/6:57, 2-Cambron 6:58, 3-Haggard/VMTc 7:01, 4-Burns 7:04, 5-McGee 7:05. /Girls 12-13/ 1-Campbell 8:39, 2-Crown 8:44, 3-Wilcox 8:50, 4-Ball 9:00, 5-Vaughn 9:01. /Boys 12-13/ 1-Ogden 7:47, 2-Aviles/RCF 7:51, 3-Black 7:52, 4-Larson 7:58, 5-Flores 8:00. /Girls 14-15/ 1-Goen 11:40, 2-Barrett 11:53, 3-Heaton 12:10, 4-Satowski 12:15, 5-Templeton 12:20. /Boys 14-15/ 1-Williams 10:08, 2-Thornton/HSTC 10:12, 3-Hutchins/HSTC 10:13, 4-Stokes 10:22, 5-Dander 10:22. /Girls 16-17/ 1-Moen 12:01, 2-Kamps/HSTC 12:29, 3-Muller 12:37. /Boys 16-17/ 1-Avrit/Chico 15:05, 2-Guaderrama 15:12, 3-Strangio/WVTC 15:19, 4-Youkers/WVTC 15:23, 5-Ruffing/WVTC 15:26. /Joe Herzog/

NATL. AAU SR. MEN'S X-C: (Nov. 27, Philadelphia, PA) Teams: Jamul Toads 45, Colorado TC 63, NYAC 79, Florida TC 159, UCTC 189, NVTC 204, Club NW 207, AIA 212, GBTC 239, Quantic 283, Atlanta TC 291, WVTC 312...16-Santa Monica TC 416...1-Rojas/Col 30:23.8, 2-Cotton/JT 30:26, 3-Bradley/RB 30:27, 4-Pfeffer/JT 30:33, 5-Brown/FTC 30:34, 6-Finucane/ET 30:37, 7-Castaneda/Col 30:38, 8-Thomas/Macc 30:40, 9-Mendoza/JT 30:41, 10-Foster/FTC 30:43, 11-Flemming/NYAC 30:43, 12-Malley/NVTC 30:43, 13-Lundberg/UCTC 30:44, 14-Zarate/NevTC 30:47, 15-Harper/JT 30:47... 23-Lux/JT 30:55, 26-Smead/AIA 31:04, 27-Timm/AIA 31:05, 35-D. Waltmire/AIA 31:16, 38-Kardong/CNW 31:17, 46-Sandoval/WVTC 31:31, 56-Nuccio/WVTC 31:42, 65-Dulaney/AIA 31:46, 66-Bryant/SMTc 31:46, 77-Hunt/JT 31:59, 81-Pinocci/WVTC 32:02, 82-Clark/WVTC 32:02, 95-Innes/SMTc 32:12, 99-Patterson/AIA 32:12, 100-Nitti/SMTc 32:12, 104-Best/JT 32:17, 113-Bellah/WVTC 32:22, 116-Fleet/JT 32:24, 118-Seaver/WVTC 32:24, 123-Mounts/SMTc 32:30. /Tom Sander, Bill Clark/

NATL. AAU WOMEN'S X-C CHAMPIONSHIPS: (Nov. 27, Miami, FLA) - /9-Under/ RRR 36, SCC 85, BA 123...6-RG 175...1-Slusser/STTC 5:34.4, 2-Hale/RRR 5:42, 3-Shegog/MSHEL 5:42...22-Cervantes/RG 6:05, 23-Bain/RG 6:06, 39-Morgan/RG 6:25, 41-McCarty/RG 6:28, 67-Brogan/Arrow 7:13. /10-11/ RRR 54, BA 151...4-SCC 174, 10-RG 344...1-Craven/SCIO 7:57, 2-Jackson/CYOW 8:15, 3-Cook/RRR 8:20...5-Fuller/CN 8:28, 17-McKeen/RG 8:49, 67-Braswell/RG 9:40, 81-Edwards/RG 10:09, 87-Sylvester/RG 10:23. /12-13/ RRR 74, BA 141...6-SCC 206, 8-RG 306...1-Denz/Patr 11:12, 2-Lantry/RRR 11:17, 3-Zepeda/SCOTD 11:19...24-Brogan/Arrow 11:59, 27-McKeen/RG 12:02, 35-Boitano/RG 12:10, 80-Harris/RG 14:25, 86-Strickland/RG 17:22. /Jr. Women/ Liberty AC 97, RRR 105...5-CN 170...1-O'Conner/CYOW 14:10, 2-Jennings/LIBAC 14:37, 3-Lashley/TENCC 14:38, 4-Assunma/RRR 14:54...9-Broderick/UCLA 15:08, 11-Nachbar/CN 15:15, 33-Munday/UNLV 15:54, 34-Adams/CN 15:54, 38-Varde/CN 15:56, 40-Rudolph/CN 15:58, 47-Bain/CN 15:58. /Sr. Women/ LATC 92, Iowa St. 104, SFVTC 124...1-Merrill/AGAA 16:37.6, 2-Brown/LATC 16:52, 3-Valaitis/Canada 16:55, 4-Kinsey/LATC 16:57, 5-Heritage/Falc 17:14, 6-Neppel/IS 17:19, 7-Forbes/Port 17:31, 8-Mills/PASU 17:34, 9-Prosser/Can 17:36...more...

10-Vetter/ISU 17:41, 11-Gorman/SFV 17:43, 12-Cook/ISU 17:56, 13-Bankes/KK 17:56, 14-Tolford/SFV 17:57, 15-Bridges/LATC 17:58 ...28-Poor/AIA 18:26, 31-Furtado/WVTC 18:32, 38-Costello/LATC 18:52, 53-Hagerty/SUND 19:30, 56-Olrich/WVTC 19:38. /Olrich/

NAT'L. 3-MILE POSTAL: (Dec. 4, Saratoga) Teams: Piner 74:52.5, Redwood 75:33.9, Carlmont 75:37.7, Watsonville 75:46.0, Leigh 77:12.1...1-Holmes/Downey 13:59.9, 2-Berry/Red 14:00.4, 3-Love/Carl 14:21.4, 4-Sup/Palma 14:30.0, 5-Brewer/Lei 14:39.8, 6-Castro/Log 14:43.8, 7-Munoz/Wat 14:48.2, 8-Biando/Pin 14:48.8, 9-Mandanis/Carl 14:49.0, 10-Bullano/Pin 14:52.9, 11-Moreno/Pin 14:53.8, 12-Martin/Pin 14:55.2, 13-Chapman/Red 14:56.6, 14-Siquerios 14:56.8, 15-Boynton/Cu 15:02.0. Frosh: O'Conner/Carl 15:18.0, Kurr/Gunn 15:35.5. /Bill Hotchkiss, Keith Conning/

NAT'L. JR. OLYMPIC X-C CHAMPIONSHIPS: (Dec. 11, St. Louis, MO) /Girls 14-15/ 1-O'Connor/Md. 10:36.6...3-Goen/Bak'fld 11:11; /Boys 9-Under/ 1-Nie/Ill. 5:39...8-Wall/Susanville 5:54; /Boys 10-11/ 1-Williams/Md. 6:45.4...8-McGee/Albany 6:56; /Boys 14-15/ 1-Clark/Fla. 9:48.8...6-Williams/Chico 10:00. /Rick Harmon/

## LONG DISTANCE RESULTS

NOTES: - We are lacking most results from Southern California because John Brennan's computer was wiped out...hopefully, he will have things back together shortly and we'll be able to print past results. Anyone having even partial results should send them to us...we ain't got nothin'.

1ST ANNUAL LAS TRAMPAS TRAIL RUN: (Nov. 1, 1975...Alamo) Yup! We got the date right. Just received a copy of the results a few weeks back, along with the 1976 results. Since we never did print the 1975 results, we'll put them here...not too many, but just enough for a bit of nostalgia. --- 1-Seaver/WVTC 45:08, 2-Guthrie/WVJS 45:34, 3-Lower 46:09, 4-Tracy/WVTC 46:24, 5-Benz/Un 46:27, 6-Cathcart/LVRC 47:17, 7-Rowley 47:39, 8-White 47:55, 9-Shettler/WVJS(40+) 49:29, 10-Finch/NCS(40+) 49:52, 11-Tutino 50:15, 12-Malain/NCS(40+) 50:27, 13-Flodberg/WVJS(40+) 52:19, 14-James 52:37, 15-Jewett 53:20, 16-Garnett(40+) 53:25, 17-Pinckard 53:45, 18-Lee 53:50, 19-Woodliff 54:00, 20-Evans(40+) 54:10 ...35-Skip Swannack/WDS 60:59, 39-Nancy Edelson/PMK 65:59. Approx. 8 miles. /Peter Mattei/

NIKE/OREGON TC MARATHON: (Oct. 10, Eugene, Ore.) 1-Hensley 2:21:56, 2-Merrill 2:23:27, 3-Oja 2:25:46, 4-Steinke 2:33:49, 5-Jenes 2:34:40, 6-Ross 2:35:18, 7-Storbeck 2:36:19, 8-Mineau 2:37:52, 9-Kershar 2:37:57, 10-Babich 2:38:02...15-Schafer/CRC 2:40:12, 37-Jerome/TRAC 2:49:52, 39-Diane Barrett/Fresno 2:51:05, 63-Brewer/Davis 2:57:16, 67-Richey/CRC 2:58:27, 99-Harold DeMoss/WVTC 3:14:14, 107-Penny DeMoss/WVTC 3:18:46, 129-Wurm 3:27:38. /Goeff Hollister/

SANTA BARBARA MARATHON: (Oct. 17, Santa Barbara) - The top 20 finishers were listed in last issue...here are some other Nor-Cal finishers that we did not have data on last time: 22-Stein/TRAC 2:54:31, 29-Sawyer/SoqRC 2:57:06, 34-Jerome/TRAC 2:58:20, 44-Reinhardt/LVRC 3:02:40, 47-Moberg/LVRC 3:03:11,...Ryon/LVRC 3:20:24, Campbell/LVRC 3:23:38, Crosetti/TRAC 3:23:45, Collins/WVJS 3:40:17, Kimberling/MVS 3:42:18, Siitonen/Un 4:10:35. /John Brennan/

NEW YORK CITY MARATHON: (Oct. 24, New York City) 1-Rodgers/GBTC 2:10:10, 2-Shorter/FTC 2:13:12, 3-Stewart/Engl 2:13:21, 4-Hughson/TOC 2:16:10, 5-Paivarinta/Fin 2:16:17, 6-Fleming/NYAC 2:16:52, 7-Hatfield/WVaTC 2:17:26, 8-McDaid/Ire 2:17:48, 9-Mielke/WG 2:18:16, 10-Hill/Engl 2:19:43, 11-Usami/Jap 2:20:30.... 36-Rivas/PMK 2:29:49...(Women) 1-Gorman/SFVTC(40+) 2:39:11 (2nd fastest of all time), 2-Brown-Heritage/Falc 2:53:02...8-Curtin/Un-Cal. 3:22:26, 39-Jung/DSE 4:10:03. /Fred Lebow/

JOURNAL JOG: (Oct. 24, Reno, Nev.) /5 Miles/ 1-Zarate/NevTC 23:44, 2-Pinocci/WVTC 23:57, 3-Barton/NevTC 24:08, 4-Dicus/WVTC 25:09, 5-Dauncey/Susanville 25:27, 6-Jones/WVTC 25:28, 7-Burrell 25:28, 8-Paulson 25:30, 9-Hernandez 25:59, 10-Sinnott/NevTC 26:23...(40+) Bourbeau/WVJS 27:19, Smith/WVJS 27:51; (Women) K. Bain/CN 29:44. Guyer/Reno 31:11. /552 Starters/ /M.Pinocci/

BAY-AREA INDUSTRIAL LEAGUE RACE: (Oct. 24, Sunnyvale) /10 Km./ 1-Clark/GESV 32:41, 2-Meinhardt/GESJ 33:35, 3-Bonner/LLL 33:41, 4-Smith/BayCh 34:25, 5-Galloway/GESJ 34:27, 6-Lewis/Lkhd 34:32, 7-Moore/LLL 34:41, 8-Lee/LLL 34:44, 9-Specker/GESJ 34:51, 10-Johnson/LLL 35:10...Teams: LLL 39, GESJ 41, RayChem 87, Lockheed 89, GESV 154, Measurex 227. /Ken Napier/



Tim Holmes leads Rod Berry during the final stages of their 3-Mile Postal battle. /Conning/

FUND-RAISING HOUR RUN: (Oct. 26, Arcata) 1-Innes 11-1210, 2-Munoz 11-1200, 3-Peters 11-550, 4-Hammer 10-1705, 5-Little 10-1650, 6-Davey 10-1548, 7-Cottrell 10-1490, 8-Kausen 10-1320, 9-Tucker 10-1320, 10-Caputo 10-1160...Marilyn Taylor 9-880, Sue Gribbsby 9-460. /Meyer/

NATL. AAU 20-KILO: (Oct. 31, Gardner, Mass.) 1-Smead/AIA 61:52, 2-Thomas/GBTC 62:12, 3-Crawford/NYAC 63:28, 4-Dowling/BAA 63:38, 5-Amer/SAC 63:41, 6-Buckley/GBTC 63:50, 7-Talkington/SAC 63:56, 8-Duggan/GBTC 64:30, 9-Reed/SS 64:53, 10-Griffin/SAC 65:24...23-Wayne/WVTC 66:53. Teams: GBTC, Summit AC, Sugarload Mtn. AC. /Bob Campbell/

NATL. AAU 50-MILER: (Nov. 6, NYC) 1-Bozanich/USMC 5:36:02, 2-Garlepp/MAA 5:42:03, 3-Ayers/Un 5:46:51, 4-Molnar/HERC 5:48:21, 5-Marshall/HAA 5:51:38, 6-Erskine/MAA 5:53:46, 7-Barner/HAA 5:54:22, 8-Hess/HERC 5:54:33, 9-Green/HERC 5:55:55, 10-Osche/ESSC 6:02:53. /Pete Cava/

DSE TURKEY TRIATHLON: (Nov. 7, San Francisco) /7 Mile Bike, 4 Mile Run, 1/2 Mile Swim @ 58°/ 1-Roth 50:31, 2-Hemmersbach 53:58, 3-Ball 53:59, 4-Patti Baier 55:19, 5-Chew 56:08, 6-Harley 57:44, 8-Cunneen 58:13 (40+). /DSE Newsletter/

TURKEY TROT: (Nov. 13, Pacifica) /2 Miles/ 1-Moreno 9:42, 2-Hornstra 9:42, 3-Berwick 9:59, 4-Skiff 10:06, 5-Heim 10:26, 6-Peterson 10:35, 7-Anderson 10:40, 8-Findlay 10:44, 9-Linhares 10:48, 10-Marsh 10:49...Porter(40+) 11:25...Judy Leydig 11:53, Kerry Lauer 12:09...Evans(50+) 12:10. /Judy Leydig/

DSE YACHT HARBOR RUN: (Nov. 14, San Francisco) /7.6 Miles/ - 1-Gullit 40:54, 2-Swezey/PMK 41:08, 3-Weidinger/ETC 41:19, 4-Smith/PMK 41:30, 5-O'Brien 41:34, 6-Myers/PMK 42:03...88-Vicki Blankenship 51:58, 93-Pat Whittingslow 52:30. /DSE News/

PIONEER NINE-MILE ROAD RUN: (Nov. 14, Phoenix, Ore.) 1-Tibbetts 47:18, 2-Norton 49:00, 3-McIntosh/SOS 50:13, 4-Ashton/SOS 51:26, 5-Barry/SOS 53:13. /Jerry Swartsley/

CUP AND SAUCER RUN: (Nov. 20, Napa) /8.7 Miles/ 1-Flores/AGRC 44:15, 2-Beardall/MH(40+) 47:32, 3-Durbin 48:52, 4-Lee 48:52 (HS), 5-Meyer (nt)...35 entrants. /Brian Newell/

LOMPOC VALLEY TURKEY TROT: (Nov. 20, Lompoc) /6 Miles/ 1-Warwick/CP 32:40, 2-Reynoso/CP 32:40, 3-Small/CP 32:40, 4-Raynes/CP 34:45, 5-Casper/SLDC 35:37...9-Gil/STC(50+) 36:52...18-Cristen Uhler/UCSB 41:30. /Joe Sciamé/

DSE GOLDEN GATE PROMENADE RUN: (Nov. 21, San Francisco) /7.5 Miles/ 1-Leydig/WVTC 38:27, 2-O'Brian 39:52, 3-M.Smith/PMK 40:20, 4-Wm.Smith 40:43, 5-Fields 40:50, 6-Lee 40:57...88-Skip Swannack/WDS 48:39, 119-Jeanie Jones/PMK(40+) 50:40, 123-Elizabeth Brown 50:49. /DSE Newsletter/

TURKEY TROT: (Nov. 21, Pleasant Hill) /8.1 Miles/ 1-Vasquez/CVHS 45:40, 2-Fitzgerald/PMK 47:36, 3-Fuller 48:33, 4-McMeans/WVTC 49:20, 5-Searls 49:41, 6-Hochhaus 50:13, 7-Gulli 50:39, 8-Swezey/PMK 50:43, 9-Watts 50:59, 10-Jones 51:23, 11-Ogden 51:41, 12-Myers 51:57, 13-Coke 52:51, 14-Sampson 52:52, 15-Wilson/KJ 52:53...(40+) Holmes 57:02, Tillson 57:15, Bowles/WVJS 58:40...Linda Robinson 59:40, Patty Allen 65:27. /Bob Berggren/

STATE CENTER 5-MAN, 15-MILE RELAY: (Nov. 27, Fresno) /OPEN/ 1-Fresno Pac. TC (Romesser, Cox, Hall, Jeffers, Hartig) 75:06, 2-AIA (Hitt, DeLach, Waltmire, Swift, Odum) 75:06, 3-High Sierra TC 77:30, 4-Merced TC 80:22. /PICK-UP/ 1-Unat./Fresno (Foley, Jurkovich, Reneteria, Cords, Ramirez), 2-Fresno Pacific TC (Rubio, Betancourt, Thompson, Lomel, Ward) 79:52, 3-Bad Bears 83:07. /FEMALE/ 1-Bakersfield HS Girls 98:38. /HIGH SCHOOL/ 1-Fresno HS 85:48. /JUNIOR HS/ 1-John Muir (Corcoran) 85:48, 2-Kings Canyon 89:53. /Bill Cockerham/

REDWOOD SHORES BIATHLON: (Nov. 28, Redwood City) /3 Mile Run, 1/2 Mile Swim/ - (Overall) 1-Scott Molina 22:14, 2-Drummond 23:15, 3-Dave Scott 23:48, 4-Reel 24:10, 5-Spano 24:17...more



6-Dawson 24:30, 7-Roth 24:32, 8-Beck 24:38, 9-Chapman 24:43, 10-Matheson 25:18, 11-Harper 25:48, 12-Morimoto 25:53, 13-Christian 26:05, 14-McCarthy 26:12, 15-Price 26:15, 16-DeGrazia 26:39, 17-Scott 26:44, 18-Walter 26:51, 19-Green/WVTC 26:52, 20-Stevenson/SRC(40+) 27:06, 21-Fuchs 27:17, 22-Fulton 27:24, 23-Hanlon 27:42, 24-Ball 27:51, 25-Glusker/WVTC 27:59, 26-Chew 28:05, 27-Knochenhaver 28:15, 28-Arroyo 28:24, 29-Puryear 28:28, 30-Patti Baier 28:35, 31-Flynn 28:42, 32-Newton 28:45, 33-Clark 28:46, 34-Garcia 28:54, 35-Miller 29:01, 36-Mahaney 29:02, 37-Hildebrand 29:06, 38-Suda 29:08, 39-Gourley 29:13, 40-Will 29:24. Division Winners: (Men) HS--Scott Molina 22:41; (18-29)--Dave Scott 23:48; (30-39)--Don Roth 24:32; (40+)--Dave Stevenson/SRC 27:06; (Women) HS--Shane Felix 32:35; (18-29)--Patti Baier 28:35; (30-39)--None; (40+)--Robyn Paulson 35:51. /Judy Matray/



Start of the First Annual Run 'n Swim Biathlon at Redwood Shores... note the squeeze-play on the far left! /Lois Gowen/

**NATIONAL AAU WOMEN'S MARATHON CHAMPIONSHIP:** (Dec. 5, Culver City) - We are still awaiting complete results on both the Nationals and the regular Culver City Marathon. However, we'll print as much as we know of the women's results below...they are not 'official', but they are the only results we've got! --- San Fernando Valley TC, without the services of Jackie Hansen and Miki Gorman, still managed to grab team honors with an amazing display of depth, coupled with a notably off day for WVTC's women, who were the favorites going into the race. Leg troubles side-lined both Judy Leydig & Penny DeMoss, and the hope of a team title went down the drain. Julie Brown grabbed the individual title in her first ever attempt at the distance, recording a very easy-looking 2:45:32. Diane Barrett of Fresno (just recently moved from Arizona) was less than a minute behind Julie (2:46:23), and was the top Junior finisher. Two other women knocked big chunks off their PR's, as a total of eight broke three hours. Leal Reinhart went under that barrier for the first time, and in good fashion too with a super 2:50:36, holding off a fast-closing Joan Ulyot, whose 2:51:15 was some 7 minutes below her previous best time. Joan's time is also a new Northern California best, erasing Judy Leydig's 2:57+ time from Germany in October. Nicki Hobson of the San Diego TC was the top masters runner and managed to place sixth overall with a fine 2:58:14. --- Teams: SFVTC (Reinhart, Milkie, Peterson) 9:12:58, RRR (Ikenberry, Assumma, ?????) 9:15:16, WVTC (Ulyot, Rudolf, Lyman) 9:31:02. --- 1-Julie Brown/LATC 2:45:32, 2-Barrett/Un 2:46:23, 3-Reinhart/SFVTC 2:50:36, 4-Ulyot/WVTC 2:51:15, 5-Heale/Canada 2:57:49, 6-Hobson/SDTC(40+) 2:58:14, 7-Bevans/Balt.Suns 2:58:29, 8-Eikenberry/RRR 2:58:38, 9-Hom/SMTC 3:06:02, 10-Arenz/TCTC 3:06:49, 11-Milkie/SFVTC 3:06:56, 12-Krenn/SDTC 3:07:17, 13-Assumma/RRR 3:07:29.

**CULVER CITY MARATHON:** (Dec. 5, Culver City) - Just a quickie rundown on the top finishers as we haven't received complete results as of this printing. \*\*\* 1-Lionel Ortega/UNM 2:18:18.6, 2-Tom Lee 2:21:41, 3-Perry Forrester/SMTC 2:22:04, 4-Ed Chaidez 2:22:14, 5-Tom Heinonen/OTC 2:23:23, 6-Kiilholma/Fin 2:24:47, 7-Swift/AIA 2:24:48, 8-Kurrle/SFVTC 2:25:28. /Jack Leydig/

**DSE SOUTH EMBARCADERO RUN:** (Dec. 5, San Francisco) /6.3 Mi.??/ 1-Muela/ETC 33:26, 2-Weidinger/ETC 33:33, 3-McMillan 33:44, 4-Smith 34:23, 5-Randolph 34:23...73-Maryetta Boitano/RG 40:52, 81-Skip Swannack/WDS 41:14. /DSE Newsletter/

**MT. MADONNA CHALLENGE:** (Dec. 5, Gilroy) /Distance unknown/ 1-Francis Mason 1:13:26, 2-Salazar/SJCC 1:13:54, 3-Kadoch/LickHS 1:15:10, 4-Nickols/HollisterHS 1:15:58, 5-Blaha/Leland HS 1:18:40, 6-Hernandez/LickHS 1:19:37, 7-Christensen/SeasideHS 1:20:14, 8-Weaver/CAMWST 1:20:30, 9-Mahan/Leland HS 1:20:30, 10-Schwartz/Seaside HS 1:21:24...15-K.Campbell/LVRC(40+) 1:25:21, 18-Ann Trason/PGHS 1:27:22 (Rcd). /Jay Marlowe/

**LAS VEGAS MINI-MARATHON:** (Dec. 5, Las Vegas, Nev.) /13.1 Mi./ 1-Tom Wysocki/Nev-R 1:07:45, 2-Weaver 1:10:25, 3-Ybarra/Nev-R 1:10:58, 4-Eubank 1:11:24, 5-Fridly 1:12:01, 6-Hammons 1:12:14, 7-Leeming/Nev-R 1:13:15, 8-Jackson 1:13:42, 9-Ross Smith/WVJS (40+) 1:13:55, 10-Guyll 1:14:37. /Las Vegas TC Newsletter/

**FIESTA BOWL MARATHON:** (Dec. 11, Scottsdale, Ariz.) 1-Ed Mendoza/JT 2:18:58, 2-Castaneda/CTC 2:19:22, 3-Kurrle/SFVTC 2:19:57 ...Robt. Lopez (H.S.) 2:28:11, Joe Livesay (40+) 2:46:13, Reggie Heywood (13) 2:48:02 (Age Rcd.), Marjorie Kaputt 2:56:05. /Las Vegas TC Newsletter/

**WEST END RUN:** (Dec. 11, Arcata) /4.6 Mi./ 1-Innes 22:30, 2-C. Lowry 22:45, 3-Cottrell 23:50, 4-Brown 24:20, 5-Harper 24:56, 6-Medel 25:11, 7-Wesp 25:31, 8-Moss 25:51, 9-Washington 26:10, 10-Rocha 26:18...18-Geo.Crandell(40+) 27:27, 20-Lengyel(40+) 27:33, 22-Marilyn Taylor 27:42, 29-Jane Wooten 29:34. /Meyer/

**LIVERMORE 11.8-MILER:** (Dec. 11, Livermore) /Note: course seems to be a bit long. Bill Seaver & Bill Spence were leading at about half-way and took a wrong turn, following the marathon course instead/ 1-Jon Higley/WVTC 1:05:44, 2-Walter 1:08:16, 3-M.Buzbee 1:08:59, 4-Cowling 1:10:33, 5-Cathcart 1:11:35, 6-Antel 1:12:04, 7-Puryear 1:12:11, 8-Deschler 1:12:20, 9-Cantanesse 1:12:25, 10-Hughes 1:13:01, 11-Moss 1:13:13, 12-Robinson 1:13:31, 13-Flather(40+) 1:14:06, 14-Whittingslow 1:14:17, 15-Cross/WVTC 1:14:58, 16-Rostege/WVTC 1:15:08, 17-Basinger 1:15:17, 18-Judy Leydig 1:15:46, 19-Mayer 1:16:49, 20-Craig 1:17:41, 21-Spear 1:17:46, 22-Keefe 1:18:06, 23-Felgar 1:18:12, 24-Dally(40+)/WVTC 1:18:41, 25-Blaine/WVTC 1:18:44, 26-Rogers 1:18:47, 27-Suyehiro 1:19:03, 28-Houston 1:19:28, 29-Pettibone 1:20:11, 30-Thiessen 1:20:12...33-Louise Adamson 1:20:37, 36-Dede Mavis 1:21:35, 44-Carolyn Tiernan/WVTC 1:23:12. /D.Moore/

**HONOLULU MARATHON:** (Dec. 11, Honolulu, HI) 1-Duncan Macdonald/MPRR 2:20:37, 2-Wayne/WVTC 2:21:26, 3-Fultz 2:24:05, 4-Galloway 2:24:42, 5-Moore/OTC 2:24:42, 6-Moynihan 2:27:26, 7-Sandoval/WVTC 2:28:02, 8-Foster/NZ(40+) 2:28:12, 9-Barker/WVTC 2:28:25, 10-Haller 2:29:05...17-Kardong/CNW 2:33:24...Joan Ulyot/WVTC 3:07:13. (Nat'l. Masters Marathon) (Div.I-A) 1-Gallup/MPRR 2:32:32, 2-Mueller/NYC 2:35:10, 3-Faerber/MPRR 2:39:21...7-Menzie/WVTC 2:47:42, 9-Stern/WVTC 2:53:08, 14-Lualhati/NCS 2:59:05, 25-Paul/WVTC 3:13:34, 38-Settlemyer/DSE 3:53:57; (Div.I-B) 1-Darty Cronin/STC 2:51:18, 2-H. Daniel/Redding 2:53:44...25-Cain/Un 4:13:44, 28-Wolfekohler/Un 4:49:11; (Div.II-A) 1-Jim O'Neil/SFOC 2:40:56, 2-Freeman/SDTC 2:51:38; (Div.II-B) 1-Wm. Zappas/STC 3:20:29...6-Middaugh/DSE 5:13:48; /WOMEN/ (Div.I-A) 1-Murchie/HMC 3:29:51, 2-Carlson/NCS 3:54:40; (Div.I-B) 1-Ruth Anderson/NCS 3:18:17. Teams: MPRR 8:08:59, SDTC 8:31:02, STC 8:35:31, WVTC 8:54:24, Metro Toronto F.C. 9:13:22. --- Macdonald becomes the first two-time winner of the event. Kim Merritt was first woman finisher in a fine 2:44:44, her fastest time yet. Australia's Elizabeth Richards and Gayle Barron were 2:50:26 & 2:52:16. /Ferguson & Menzie/



(Above) Honolulu Marathon winner, Duncan Macdonald. /Mike Niemiec/ Don Choi in route to his 100-Km. win. /L. Rorke/



**MADERA MARATHON & MINI-MARATHON:** (Dec. 18, Madera) 1-Jack Case/Porterville 2:38:23, 2-Coke/GPPMB 2:39:14, 3-Renteria/Madera 2:42:05, 4-Rubio/Madera 2:44:35, 5-Gonzales/Strathmore 2:44:58, 6-Bowles/WVTC 2:45:20, 7-Wegener/FP 2:46:56, 8-Chandler/Clovis 2:48:42, 9-Nickols/Hollister 2:48:58, 10-Daugherty/Napa Vly 2:49:55 (28 finishers). /Mini-Marathon/--13.1 Mi.--1-Fred Carnahan/HSTC 1:06:34, 2-Lucero/FPTC 1:10:40, 3-Jeffers/FPTC 1:12:53, 4-Grieco/FPTC 1:13:00, 5-Higginbotham/HSTC 1:13:23, 6-Lozano/Visalia 1:13:57, 7-Bronzan/HSTC 1:15:13, 8-Garcia/Madera 1:15:24, 9-Thornton/HSTC(40+) 1:15:30, 10-Lennemann/FPTC 1:16:10 (63 finishers). /Dee DeWitt/

**NATL. 3000-M TEAM CHAMPIONSHIP:** (Dec. 18, LaCrescenta) /Sr.Div./ Teams: AIA 45:11, SMTC 45:16, SFVTC 47:11, SDTC 47:40, Aztlan 48:04...1-Babiracki/SFV 8:49.2, 2-Dulaney/AIA 8:52, 3-Jones/SMTC 8:54, 4-Bryant/SMTC 8:59, 5-Timm/AIA 9:00, 6-Simons/Aztl 9:01, 7-Smead/AIA 9:03, 8-Nitti/SMTC 9:04, 9-Walshire/AIA 9:06, 10-Mounts/SMTC 9:09, 11-Patterson/AIA 9:10, 12-Rios/SMTC 9:10, 13-Cornish/SMTC 9:15, 14-Caldwell/AIA 9:16, 15-Cancho/SFV 9:17. /Masters/ Teams: STC 50:53, TS 51:03, SMTC 55:04, CCAC 55:18...1-Smart/TS 9:51, 2-Crum/STC 10:00, 3-Fekkes/STC 10:03, 4-Williams/STC 10:05, 5-Thompson/STC 10:08, 6-Logan/TS 10:11, 7-Emmerling/TS 10:13, 8-Davis/TS 10:14, 9-Waco/CCAC 10:22, 10-Clark/TS 10:34, 11-Cronin/STC 10:37, 12-Fields/SMTC 10:42, 13-Hernandez/SMTC 10:43, 14-Mora/SMTC 10:45, 15-Sturak/TS 10:50. /Women/ (Non-Championship) 1-Heald/SFV 10:38, 2-Tolford/SFV 10:53, 3-Reinhart/SFV 11:28, 4-Arnoh/SMTC 11:39, 5-Firestone/SFV 11:40, 6-Andrews/SFV 12:07...Teams: SFVTC 56:46, SMTC 62:18, Basin Blues 72:49. /Sam Nicholson/

**CHOI RUNS TO THIRD FASTEST 100-KILO:** (Dec. 26, San Francisco) - Running pretty much by himself for the entire race, Don Choi showed that he's a factor to be reckoned with in the ultra-distances. Jack Wiley's dream of a long race around Lake Merced

**SEAVER JUST MISSES COURSE MARK AT DAMMIT RUN:** (Aug. 28, Los Gatos) - The third annual "Dammit" run is beginning to turn into an alternate race choice for those that don't care to maim themselves on the Dipsea trails. This time a total of 613 finished the ever-growing 5.6 mile race. West Valley's Bill Seaver had a fairly easy time of it, however, coming out on top by nearly 100 yards over SF State's John Moreno, competing for Camino West. His 30:10 just missed teammate Bill Clark's 30:07 mark, set the previous year. It seemed to be a race for the young this year, as four of the top seven slots were gobbled up by 14-17 division runners. Joe Salazar, a frosh at San Jose CC, led this group with a 30:54 and got third spot overall. Defending champ Bill Clark was another second back. Ralph Bowles continued his domination of the masters circuit with a relatively effortless win over teammate Ken Napier, 32:35 to 33:17. Fast-improving Roger Bryan grabbed the third over-40 position. Judy Graham got some spirited competition from Vicky Bray before she won her division, 36:03 to 36:23, with Sue Munday another minute back. /Rick Chappell/

came true, as 21 hearty starters braved cold weather at 7 am on the day after Christmas. The competitors had a choice to either run 50 miles (non-championship), or the full 100-Kilos, and could even decide after they had reached 50 miles if they still wanted to go on. The only competition that Choi had was Jim Bowles, who led him through ten miles and then dropped off, stopping at 29.7 miles with foot problems. Pushing through fast early splits that sometimes dipped into the 31's for 5 miles, Choi wisely backed off a bit, but still came through 50 miles in 5:58:50, in route to a final clocking of 7:44:42, unofficially the third fastest time ever by an American (thru Sept. 15). Wayne Glusker, normally a race-walker, decided to give it a go and managed 34.65 miles in 4:13+. Others that went beyond the marathon distance and their times: (50-Miles) 1-Bill DiVita/Un 6:44:27, 2-Ed Jerome/TRAC 6:46:00, 3-Lynnard Phipps/USCG 7:47:25, 4-Tom Chuey/PMK 7:47:52, 5-Jack Wiley/PMK 9:40:27. (100-Km.) 1-Don Choi/Un 7:44:42, 2-Ruth Anderson/NCS(40+) 11:22:46 (was 8:30:01 at 50 miles), 3-Harry Siitonen/NCS(50+) 16:24:35 (was 12:50:21 at 50 Mi.), 4-Len Wallach/WVTC 21:30:19 (was 12:53:54 at 50 Mi., then went home to eat and shower and returned at 1 am to finish...ahhh!, for the love of points!). Ruth Anderson also set a record for the 100-Kilo distance...fastest on record before her was a 13:22:05. /Jack Wiley/

**17TH ANNUAL LOS ALTOS MID-NIGHT RUN:** (Jan. 1, Los Altos) /5 Mi./ 1-Benton Hart/BYU 23:45 (Old Rcd. was 24:25 by Rich Kimball in 1976), 2-Bill Seaver/WVTC 24:22, 3-Sutherland/CSN 24:26, 4-Berka/WVTC 24:29, 5-Geiken/Stam 25:10, 6-Nance 25:19, 7-Hall 25:32, 8-Bellah/WVTC 25:37, 9-Clark/WVTC 25:47, 10-Lawson/Un 25:55, 11-Freemuth/Pomona 26:10, 12-Kindle 26:10, 13-Stillier/TRAC 26:23, 14-Willis 26:27, 15-Orwig/WVTC 26:30, 16-Boynton 26:46, 17-Ford 26:49, 18-Behrmann 26:51, 19-Schmidt 26:55, 20-Howell 26:56, 21-S.Sutherland 27:01, 22-J.Hall 27:06, 23-Gass 27:13, 24-T.O'Halloran 27:18...Sharon Furtado/WVTC 30:14. /Henderson/

1-Bill Seaver/WVTC	30:10	28-Greg Miller/Un	32:30	55-Ed Price/SoqRC	34:07	94-Jim Doran/WVJS	35:33
2-John Moreno/SFS-CAMWST	30:23	29-Ralph Bowles/WVJS	32:35*	56-Gerald Werner/OkvTC	34:09	95-Mike Barnes/SLDC	35:36
3-Joe Salazar/SJCC	30:54	30-Bob Love/CAMWST	32:40	57-Jaime Altamirand/Un	34:16	96-Unidentified Runner	35:37
4-Bill Clark/WVTC	30:55	31-Terry Boynton/Un	32:41	58-David Salinger/Un	34:18	97-Mike Young/Un	35:38
5-Rod Berry/WVTC	31:02	32-Rick Sanders/Un	32:43	59-Mike Gourley/CAMWST	34:19	98-Fred Kenyon/VMTC	35:39
6-Paul Burke/Un	31:13	33-Jerry Hall/Un	32:48	60-Pat Bryant/Un	34:20	99-Jim Caldwell/Un	35:44
7-Rich Vasquez/DVTC	31:17	34-Keith Kruse/Un	32:54	61-Mike Hoffman/Un	34:21	100-Robert Felsch/Un	35:45
8-Damon Wood/CAMWST	31:18	35-John Sup/Un	33:00	62-Steve Coronado/Un	34:22	101-Henry Melin/Un	35:46
9-Bruce Rider/WVJS	31:19	36-Bob Paredes/CAMWST	33:02	63-Fred Acosta/Un	34:27	102-Mike Paredes/Un	35:50
10-Paul Thompson/Un	31:20	37-Keith Shepardson/Un	33:11	64-Sonny Reynaga/WVTC	34:28	103-Larry Fritz/Un	35:51
11-Bob Lange/CAMWST	31:23	38-Bob Woodliff/WVJS	33:13	65-Larry DeWitt/VMTC	34:29	104-Frank Soares/Un	35:52
12-Gary Goette/Imann/WVTC	31:26	39-Steve Wiedraver/Un	33:15	66-Nick Nickols/Un	34:33	105-Rene Rivera/Un	35:53
13-Willie Diaz/Un	31:31	40-Ken Napier/WVJS	33:17*	67-Greg Durbin/Napa JC	34:34	106-Tracy Johnson/Un	35:55
14-Bill Weed/Un	31:41	41-Kevin Klein/Un	33:26	68-Ken Salet/CAMWST	34:35	107-Stan Rosenfield/SLDC	35:56
15-Armand Moreno/VMTC	31:44	42-Bill Joseph/Un	33:29	69-David Weikel/CAMWST	34:36	108-David Clingan/Un	35:57
16-Dan Cruz/CAMWST	31:50	43-Peter Dolan/Un	33:31	70-Pete Kraus/Un	34:37	109-Sheldon Larson/Un	35:59
17-Javier Barragan/Un	31:52	44-Tom Massey/WVJS	33:33	71-Phil Sanfilippo/WVJS	34:38	110-Tony Hutchins/Un	36:01
18-Keith Crowder/WVJS	31:53	45-Mike Tambini/Un	33:34	72-Mark Mirza/MVAC	34:40	111-Judy Graham/Un	36:03
19-Mike Macallair/Un	31:54	46-Ed Tico/WVJS	33:36	73-Luis Hidalgo/Un	34:41	112-Bruce Gouveia/Un	36:05
20-Chris Kadoch/Un	31:55	47-Roger Bryan/TRAC	33:37*	74-Tom Thiabault/PMK	34:43	113-Eric Eccleston/Un	36:06
21-Gilbert Munoz/Un	32:03	48-Manny Mahon/WVJS	33:38	75-Glenn Pruitt/Un	34:45	114-Bill Hotchkiss/Un	36:08
22-Mike Duncan/WVTC	32:04	49-Urich Kaempf/TRAC	33:48*	76-Martin Isenberg/Un	34:46	115-Adolph Moncibias/Un	36:18
23-Kurt Lua/Un	32:08	50-Tom Pawl/Un	33:49	77-Eryn Quinn/WVTC	34:47	***WOMEN***	
24-John Higley/WVTC	32:11	51-Danny Hernandez/Un	33:53	78-Larry Pugh/Un	34:50	111-Judy Graham/Un	36:03
25-Jay Marlowe/CAMWST	32:12	52-Eric Windes/Un	33:54	79-Kurt Porter/Un	34:51	118-Vicky Bray/SJC	36:23
26-Dave Himmelberger/WVTC	32:13	53-Gilbert Brooks/Un	33:57	80-Stan Newton/Un	34:52	146-Sue Munday/Un	37:25
27-Wayne Glusker/WVTC	32:14	54-Dave Castro/Un	34:06	81-Rob Ripplinger/Un	34:54	176-Diane Williams/PBP	38:32
				82-Unidentified Runner	34:55	184-Sally McPherson/SJC	39:02
				83-John Hilbrink/Un	35:00	190-Peggy Lyman/WVTC	39:15
				84-Greg McDonald/CRR	35:05	191-Ann Wotherspoon/SJC	39:21
				85-Jerome Lewis/NCS	35:06*	192-Dede Mavis/SJC	39:22
				86-Tom Alarcon/CRR	35:09	223-Cheri Williams/Un	40:23
				87-Steve Hatfield/Un	35:13	272-Tracy Weber/SJC	41:36
				88-Kurt Sterling/Un	35:14	277-A. Slivkoff/SJC	41:46
				89-Ed Jerome/TRAC	35:22	281-Alicia Munoz/Un	41:58
				90-Walt Van Zant/WVJS	35:24	288-Megan Hayes/Un	42:06
				91-Peter Wood/NCS	35:25*	289-Michelle Miller/Un	42:07
				92-Ron Wieand/WDS	35:26	295-Cathy Demmelmaier/SJC	42:17
				93-Robert Coell/Un	35:29	296-Maria King/ArrowTC	42:18



Start of the Angwin-to-Angwish Run. /Photo by Jim Aldied/

FLORES COASTS TO VICTORY AT LAKE WILDWOOD: (Sept. 11, Grass Valley) - Although missing Ron Zarate's ten-mile standard of 54:32, set in 1974, Aggie TC's Pete Flores didn't really need to run too much faster to ensure an easy win, so there's no telling how fast he might have gone with some competition. His 56:26 was nearly a minute up on Brent Cushenbery, who was also the top high school runner to finish. Ross Smith continues to amaze (he's approaching 50 now) everyone, including perhaps himself. His 59:20 today was good enough for fifth place overall (out of 62 finishers), and he smashed his own masters standard by nearly a minute in the process (old mark was 60:16 back in 1973). Teammate Bob Bourbeau just missed that time with a 60:19, good for sixth overall. Top female to finish was Catherine Smith, who competes in the masters division. Her 87:18 might be a record for that age-group, but it misses Michelle McKeen's 68:18 standard by a long shot. Catherine's nearest competition was about a mile behind. Following are the 40-percent or so of the finishing field. /Ross Smith & Brent Cushenbery/

1-Pete Flores/AGRC	56:26	8-Paul Keller/HH	61:41	15-Ed Stromberg/BC	63:54	22-Mike Foster/Un	68:27
2-Brent Cushenbery/BC	57:14	9-Randy Hansen/OPHIR	62:25	16-Mark Gallo/BC	64:34	23-Guy McMahon/GSTC	68:42
3-David Call/BC	58:18	10-Ed Jerome/TRAC	62:32	17-Don Jardine/OPHIR	65:24	24-Ron Stillwell/Un	69:05
4-Doug Butt/WVTC	59:09	11-Guy Ealy/AGRC	62:59	18-Gough Reinhardt/LVRC	65:27*	***WOMEN***	
5-Ross Smith/WVJS	59:20*	12-Bob Malain	63:09*	19-Dave Carbill/Un	66:33	56-Catherine Smith/NCS	87:18*
6-Bob Bourbeau/WVJS	60:19*	13-Larry Sumner/BC	63:19	20-Britt Brewer/Un	67:19	58-Joan Wright/Un	95:51
7-Abe Underwood/BC	60:29	14-Robert Fetach/Un	63:40	21-Don Spickelmier/BC	67:19	60-Sandi Gialiani/Un	95:51

BLUME CRUSHES ANGIN TO ANGWISH RECORD; GUTHRIE BLITZES MASTERS STANDARD: (Oct. 24, Angwin) - Cal's Gary Blume wasted no time in running away from his coach, literally. Canadian, Brian Maxwell, the 1976 Marathon Champion from 'north of the border', is the distance coach at Cal-Berkeley. Guess Blume was just trying to show Brian he was ready. The course is most likely quite a bit short of it's advertised 8.2-mile distance...otherwise Blume would have averaged about 4:41/mile with his course best of 38:24!! That's a bit much when you figure all those hills too. So Maxwell had to settle for second, and barely held off Jan Sershen, who was only three-seconds back, 39:16 to 39:19. Darren George held the old mark of 39:33, set back in 1974. Kent Guthrie, new arrival to the over-40 crowd, wasted no time in establishing a masters record for himself, obliterating the 42:52 time that Ross Smith had set in 1975. His 41:16 was good enough for eighth overall in a race that saw 206 finishers. Another newcomer, Darryl Beardall, was over two minutes back of the fleeting Guthrie. Caron Schaumberg won the women's competition as she pleased (53:56 to 56:23 over Nancy Edelson), but was way off Joan Ulyot's super 48:43 of 1975. /Ken Bullington/

1-Gary Blume/Cal	38:24	18-F.L. Mason	43:40	35-Dana Burall/WVTC	45:44	52-Mike Souza	47:10
2-Brian Maxwell/Un	39:16	19-Bob Myers/PMK	43:48	36-Mike Howaldt	45:48	53-Alan Hart	47:11
3-Jan Sershen/ETC	39:19	20-Kees Tuinzing/Tamalpa	44:27	37-Robert Neal	45:56	54-Joel Martin	47:24
4-Mark Proteau/Un	40:01	21-Gerald Werner	44:33	38-Todd Ferguson/AIA	45:58	55-Charles Morgan	47:27
5-Tad Woliczko/PMK	40:02	22-Fraser Rasmussen	44:41	39-Larry Sumner/BC	45:59	56-Raymond Simone	47:28
6-Pat Stordahl/WVTC	40:25	23-John Lynde	44:44	40-Brian Newell/NVRC	46:04	57-Alvin Hamilton	47:30
7-Richard Govi	40:25	24-Kent George	44:48	41-Pepe Cendejas	46:05	58-Robert Affeldt	47:31
8-Kent Guthrie/WVJS	41:16*	25-Jim O'Neil/SFOC	44:52*	42-Don Spickelmier	46:14	59-Don Mason	47:33
9-Bruce Wolfe/WVTC	41:20	26-Larry Pugh	44:54	43-Orin Dahl	46:24*	60-Marvin Pettey	47:34
10-Kevin Searls	41:22	27-Bill Posedel	44:54	44-Mike Healy/WVJS	46:25*	***WOMEN***	
11-Bob Woodliff/WVJS	41:31	28-Charles Keck	44:55	45-Reg Harris	46:26	120-Caron Schaumberg/VMTC	53:56
12-Mike Duncan/WVTC	42:10	29-Rodney Mowbray	45:06	46-Kirk Grace	46:46	140-Nancy Edelson/PMK	56:23
13-David Muela/ETC	42:52	30-Ray Menzie/WVTC	45:09*	47-Ralph Whitehead	46:46	144-Bettina Brownstein	57:24
14-Darryl Beardall/MH	43:19*	31-Ed Stromberg	45:10	48-Craig Roland	46:48*	145-Sally Edwards	57:24
15-Clifford Stewart	43:25	32-Paul Holmes/BC	45:13*	49-Michael Kinnicutt	46:51	150-Lucy Shapiro	57:49
16-Gary Alderman	43:28	33-Don Capron/Tamalpa	45:22	50-Moche Casnateda	46:53	166-Pris Myers/PMK	60:01
17-Doug Butt/WVTC	43:32	34-Mark Reese	45:36	51-Monty Shafer	47:07	172-Louise Burns/NCS	61:03

COOPER EATS UP THE HILLS TO WIN SECOND LAS TRAMPAS HILL RUN: (Oct. 30, Alamo) - Fast-improving Woodside Strider distance-man, Robert Cooper, showing that he can go with the best on the hills, had no trouble in capturing the second annual affair on Peter Mattei's own personal running country. However, although Bob's 42:23 is far superior (timewise) to Bill Seaver's 45:08 of last year, Pete admits that the race was run on newly-graded firetrails and not the sloppy mess of 1975. Don't know if it was really the same course or what...we assume it was. Pete Flores' 43:05 in second, and the next three finishers as well, were all far under last year's winning time. Kent Guthrie showed teammate Ralph Bowles that he'll have to do some working in 1977 if he wants that NCRR "Point Trophy", as he collected his second win over tough competition in a week. Kent's 44:20 was 5 minutes(!) under Shettler's standard. Ralph was 1:17 behind. Sharon Furtado's 50:26 was equally impressive, eclipsing Skip Swannack's 1975 time by over ten full minutes (are you sure it's the same course as last year Peter?). Her nearest opposition was several miles back! The finishing field was nearly double (111) that of 1975...next year maybe 250? /Peter Mattei/

1-Robert Cooper/WDS	42:23	9-Lane Mason	46:05	17-Gary Montante	49:21	25-Gerald Flynn	51:18
2-Pete Flores/AGRC	43:05	10-Danya Kasapligil	47:17	18-Steve Hehner	49:45	26-Wm. Lovelace	51:30
3-Jan Remak	43:45	11-Jim Nicholson/NCS	47:24*	19-Miles Pepper	49:52	27-T. Robinson	51:34
4-Dennis Tracy/WVTC	43:51	12-Rey Corano	48:45	20-Ed Jerome/TRAC	50:20	28-Gough Reinhardt/LVRC	51:37*
5-Kent Guthrie/WVJS	44:20*	13-Don MacDonald/PMK	48:46*	21-Bob Malain/NCS	50:22*	29-Tim Rostege/WVTC	51:48
6-Bob Woodliff/WVJS	45:25	14-Ray Randolph	48:55	22-Sharon Furtado/WVTC	50:26	***WOMEN***	
7-Ralph Bowles/WVJS	45:37*	15-L. Sampson	48:58	23-Tom Mann/ETC	50:50	22-Sharon Furtado/WVTC	50:26
8-Greg Jewett/Un	45:41	16-Mike Wheeler	49:04	24-Harry Skandera	50:52	79-Gail Gustafson/Un	61:30

SERSHEN ALL ALONE AT WRONG-TURN MARATHON: (Oct. 31, Rohnert Park) - After the problems with last year's race, Jan Sershen probably didn't feel too much like taking the lead. But it seemed to be the natural pattern of things and he soon found himself all alone, striding on towards his second best marathon ever (2:26:10). Southern California import, Pat Miller, was all along in second with a 2:31:58, less than a minute off his PR. Surprise third-placer was 39-year-old Michael Tymn of Honolulu, who knocked 26 seconds (that's a second a mile, right?) from his previous best time with a 2:34:21. Darryl Beardall ran his first 26-miler as a master and nearly got a sub-2:40 effort (2:40:01), placing sixth overall. His all-time mark is 2:28:52, set some 5 or so years ago. Roger Bryan, who says his son got him running on a bet that he couldn't run the Bay-to-Breakers last May, was 2:45:43 and second in the over-40 division. Now how's that for improvement? Penny DeMoss ran a 3:02:00, making it look pretty easy in the process and defeating Jeanie Kayser-Jones by some twenty-minutes. Although there was not an abundance of fast times in any division, there were the few standout marks. What was significant was the fact that 230 finished. /Bob Lynde/

1-Jan Sershen/ETC	2:26:10	7-Tom Lunne	2:43:19	13-Terry Hughes	2:47:58	19-Gene Schaumberg	2:51:12
2-Pat Miller/Un	2:31:58	8-Fred Fravnens	2:44:06	14-Mike Larsen	2:48:33	20-Ted Wilson/KJ	2:51:58
3-Michael Tymn/Hawaii	2:34:21	9-Dick Ratliff	2:44:29	15-Fred Forsberg	2:49:23	21-Ted Castro	2:52:14
4-John Lodin/Un	2:34:59	10-Roger Bryan/TRAC	2:45:43*	16-Guy Ealey	2:49:29	22-Frank Hagerty/SUNC	2:52:14
5-Frank Krebs/BC	2:36:31	11-Ronald Kunst	2:46:48	17-Doug Garibaldi	2:50:21	23-Kieth Whittingslow	2:52:23
6-Darryl Beardall/MH	2:40:01*	12-Jesus Garza	2:47:29	18-Don Chaffee/ETC	2:50:21	24-Kerry Kilgore/SUND	2:53:45

25-John Notch/WVTC	2:54:32	43-Valmore LaPierre	2:59:30	61-Don Lucero/WVTC	3:06:24*	79-Keith Campbell	3:12:29*
26-Ben Sawyer	2:55:01	44-Robert Welck	3:00:25	62-Paul Holmes/BC	3:06:59*	80-Dean Metcalf	3:12:41
27-Doug Rennie	2:55:22	45-Howard Crangle	3:00:28	63-Pete Kraus	3:07:06	81-David Lodin	3:12:41
28-Robert Ernst	2:55:42	46-Don Dugdale	3:00:30	64-Andrew Lewis	3:07:40	82-Server Sadik	3:12:44
29-Clyde Helms	2:56:26	47-Ed Fuller	3:00:38	65-H.L. Butler	3:07:57	83-Rick Plume	3:13:02
30-Phillip Watson	2:56:38	48-David Innes	3:01:24	66-Dan Goodwin	3:08:12	84-Peter Stein/TRAC	3:13:50
31-Dave Sjostedt	2:56:47	49-Cliff Janoff	3:01:30	67-Steven Deschler	3:08:39	85-Chester Valdes	3:13:58
32-David Black	2:56:50	50-Penny DeMoss/WVTC	3:02:00	68-Hal Baker	3:09:17	86-Jackson Wiley	3:14:02
33-Dennis Kroll	2:57:08	51-Kees Tuinzing/Tam	3:02:12	69-Jonathan Brown	3:09:22	87-Greg Nelson	3:14:11
34-John Graham/Penna.	2:58:00*	52-Mike Fenner	3:03:03	70-Dennis Byrne	3:09:55	88-Larry Sellers	3:14:24
35-Ed Stromberg	2:58:08	53-Terry Noyes	3:04:31	71-Mickey Moberg	3:10:13*	89-Gary Crangle	3:14:36
36-Jim Bowles/WVTC	2:58:42	54-Orin Dahl	3:04:41*	72-Mike O'Donnell	3:10:25	***WOMEN***	
37-Lee Holley/WVJS	2:58:54*	55-Rodney Mowbrey	3:04:52	73-Gary Alderman	3:10:36	50-Penny DeMoss/WVTC	3:02:00
38-Phil Sanfillipo/WVJS	2:58:58	56-David Muela/ETC	3:05:04	74-Alan Swartz	3:10:39	112-Jeanie Kayser-Jones	3:22:44*
39-Chris Hamer/SacSt	2:59:11	57-Tom Pierce/PMK	3:05:13*	75-Charles Hubay	3:11:31	121-Ellen Sadofsky	3:24:43
40-Walt Van Zant/WVJS	2:59:21	58-Jim Doran	3:05:20	76-Robert Felsch	3:11:37	132-Caron Schaumberg/VM	3:29:28
41-Ed Jerome/TRAC	2:59:29	59-Warren Moorman/PMK	3:06:01*	77-R.M. LaJeunesse	3:11:53	154-Barbara Carlson/NCS	3:36:47*
42-Ross Rowley	2:59:30	60-Edward Lee	3:06:11	78-Bruce Campbell	3:12:14	161-Liz Kemp	3:39:24



(Left) Pete Sweeney of the Aggie Running Club tied with teammate 'Peanut' Harms in winning the Almond Bowl 6-Miler...shown here at the Aggie Invit. /Dave Stock/ (Center) Cal's Gary Blume running to an intentional first-place tie with Jim Nuccio and Wolfgang Schmulewicz at the Excelsior West End Run. (Right) The West End Run started with a dash to see who could get to the 'water jump' before anyone else did. /Dennis O'Rourke Photos/

**FERRERO, SWEENEY AND HARMS TAKE HONORS AT ALMOND BOWL RUNS:** (Nov. 6, Chico) - Nearly two-hundred & fifty runners finished both races in the Almond Bowl Classic, showing just how much running has grown in and around the Chico area recently. Lee Ferrero of Weed opted for the short race and bounced Chico's Jim Price over 3 miles, 14:18 to 14:28. Peanut Harms and teammate Pete Sweeney paired up at the finishline in a good 29:20 for double that distance. Robert Deis followed, some 20 seconds back. We don't know the course records for the shorter of the two races, but the open 6-mile time set by Dennis Swart in 1975 withstood the challenge (by three seconds!). The masters really gave Walt Betschart's 6-mile mark of 34:57 a trouncing, with Ross Smith doing an amazing 31:12, pulling three others under the old mark as well...but about a half-mile back! Tena Anex destroyed Merrill Cray's 40:47 with an equally fine 35:10, and three others went below the old time as well. Marilyn Taylor just missed a six-minute per mile average with her 36:14. Lisa Foy placed very high (19th) in the 3-mile to record a fine 17:19 time, with Kathy Spence nearly 200 yards behind. The masters men appeared to put all their 'good guys' in the longer run, and this left the race wide open. The battle went down to the wire between Thomas Jennis (18:28) and Harrison Smith (18:32). Top finishers in both these races are listed below...three mile first. /Mike Andrews/

1-Lee Ferrero/SWEAT	14:18	11-David Callnon	15:43	21-Clint Simis	17:41	31-Frank Swoboda	18:30
2-Jim Price/Chico	14:28	12-Michael Hovas	16:00	22-Leon Gillett	17:48	32-Harrison Smith	18:32*
3-Dennis Rinde	14:33	13-Bill Anderson	16:05	23-Esteban Nava	17:54	33-Martin McManus	18:50
4-John Clary/TRAC	14:56	14-Nelson Cobb	16:11	24-Kathy Spence	17:57	34-Thomas Browning	18:53
5-Mike Sweeney	15:03	15-Joshua Strong	16:12	25-Arturo Sanchez	18:00	35-Gary Brittner	18:55
6-David Leopold	15:08	16-Brian Newell/NVRC	16:56	26-Kathy Sullivan	18:05	***WOMEN***	
7-Brian Farrell	15:23	17-Vincent Soto	16:58	27-Jack B. Frost	18:08	19-Lisa Foy	17:19
8-Richard Stiller/TRAC	15:24	18-Roberto Chavez	17:16	28-Richard Henneman	18:16	24-Kathy Spence	17:57
9-Tom Burns	15:25	19-Lisa Foy	17:19	29-Clarence Ashcroft	18:25	26-Kathy Sullivan	18:05
10-Stan Edwards	15:33	20-Jerry Arnat	17:32	30-Thomas Jennie	18:28*	58-Carol Stanley	20:56
1-Peanut Harms/AGRC	29:20	16-Rodger Stordahl	31:25	31-Dick Look	34:28	46-Jim Claesgens	35:42
-Pete Sweeney/AGRC	29:20	17-Michael Garrett	31:31	32-Bob Malain	34:35*	47-Mike Patrick	35:45
3-Robert Deis	29:40	18-David Mineau	31:32	33-Lloyd Sampson	34:37	48-V.I. Wexner	35:49
4-David Wood	29:57	19-DeWayne Little	31:40	34-Larry Pugh	34:44	49-Dave Cargill	35:51
5-Dennis Swart	30:15	20-Mike Buzbee	31:45	35-John Armstrong	34:51*	50-Steve Daniels	35:52
6-John Flores	30:32	21-Steve Ellis	31:53	36-Don MacDonald/PMK	35:01*	51-Don Andrews	36:11
7-Ray Darwin	30:33	22-Bob Meyers	31:57	37-Lyle Lough	35:02	52-Marilyn Taylor	36:14
8-Russell Black/TRAC	30:35	23-Robert Ricketts	31:59	38-Steven Crescenti	35:09	53-Don Richey/CRC	36:23
9-Dave Boyet	30:36	24-Joe Ferreiro	32:06	39-Tena Anex	35:10	54-Gerald Flynn	36:37
10-Bruce Caputo	30:43	25-Guy Ealey	32:17	40-Larry Summer	35:15	***WOMEN***	
11-Pat Stordahl/WVTC	30:45	26-Chris Hamer	32:21	41-Jeff Wray	35:18	39-Tena Anex	35:10
12-Jim Bowles/WVTC	30:51	27-Edwin Jerome/TRAC	32:30	42-Don Mason	35:20	52-Marilyn Taylor	36:14
13-Steve Barr	30:57	28-Robert Felsch	32:38	43-Harry Daniell	35:36*	67-Merrill Cray	38:15
14-Ross Smith/WVJS	31:12*	29-Tom Hayes	33:00	44-Britt Brewer	35:37	71-Jane Wooton	38:54
15-Pat Buzbee	31:18	30-Paul Holmes/BC	34:22*	45-Wayne Moss	35:41	98-Regina Silva	42:46

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The Spare Pair is a full resoling service which includes full replacement of the sole and foxing, new insoles if needed and new laces. All shoes are repaired on factory lasts (like the originals your shoes were made on) to insure that your shoes will return to you in the same size that you sent.

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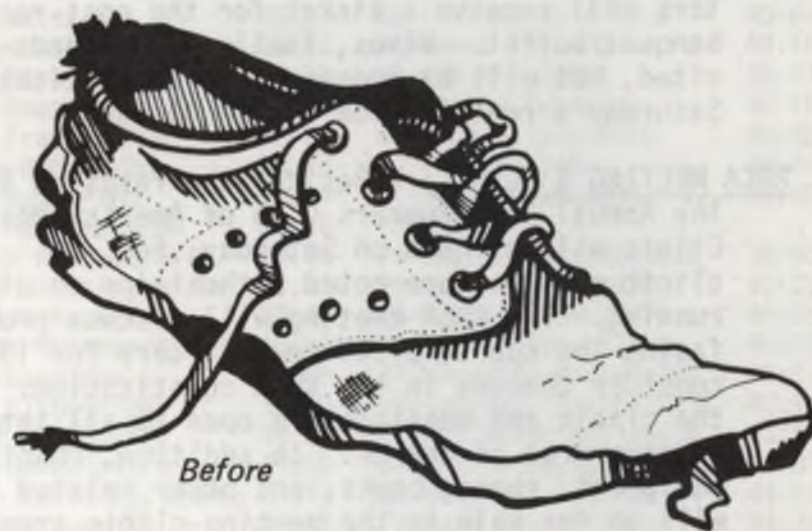
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# ROAD RUNNERS CLUB of AMERICA



## 1977 NATIONAL MARATHON CHAMPIONSHIP

**DATE:** FEBRUARY 27, 1977

**TIME:** 8:00 A.M.

**SPONSOR:** ST. LOUIS T.C. (A Chapter of the R.R.C.A.)

**PLACE:** ST. LOUIS, MISSOURI

**EVENTS:** 5TH ANNUAL THIRD-OLYMPIAD MEMORIAL MARATHON; 10,000m RUN; 1-MILE RUN

### Details

**BANQUET:** - All entrants in the marathon and 10,000 meters will receive a ticket for the post-race awards banquet/buffet. Wives, family, or friends are invited, but will be requested to buy a ticket at Saturday's registration for \$4.00 each.

**RRCA MEETING & CLINIC:** - Besides the races on Sunday, the Annual Road Runners Club of America Meeting & Clinic will be held on Saturday, Feb. 26. The clinic will feature noted authorities on distance running. The RRCA meeting will discuss problems facing the sport, elect new officers for 1977, and consider changes in the RRCA constitution. Both the clinic and meetings are open to all interested runners free of charge. In addition, running equipment, shoes, books, and other related items will be for sale in the meeting-clinic area.

**REGISTRATION AND ENTRY FEE:** - The entry form provided below is to be used for both the 10,000 meter and marathon runs. Pre-entries will be accepted until Feb. 21, 1977, accompanied by the \$6.00 fee. After Feb. 21, a late registration of \$8.00 will be charged. *The entry fee covers the cost of awards, post-race buffet, transportation to starting line and results booklet.* All runners must pick up their numbers and race information at Rodeway Inn on Saturday, Feb. 26, from 8:00 am to 4:00 pm, or on Sunday, Feb. 27, from 6:00 to 7:00 am.

**ELIGIBILITY:** - The races are open to all runners, regardless of age, sex, or ability. However, police protection on the course will stop after 4½ hours.

**ONE-MILE FUN RUN:** - No Entry Fee...Certificates to all.

**COURSE:** - The marathon course is an RRCA certified 26 miles, 385 yards. It follows closely the route of the 1904 Olympic Games Marathon. Course is rolling with a hilly section between 9 and 13 miles. Marathon starts at Francis Field (Big Bend & Forsyth Blvds.) and finishes at the Rodeway Inn.

**HOUSING:** - Rodeway Inn is offering special rates for the runners (\$21 single; \$27 double; \$31 triple; \$35 quadruple). Reservations should be made directly with Rodeway Inn, 2600 Market St., St. Louis, MO 63103, via letter or registration card before Feb. 15th if possible. The RRCA Clinic & Meeting, race registration, finish area, and buffet awards ceremony are being held at Rodeway Inn.

**TRANSPORTATION:** - Transportation to the race starting line will be provided for all runners, with the buses leaving the Rodeway Inn at 7:00 am sharp.

**AWARDS:** - *MARATHON*--Tailor made blazer to the winner. Special awards to the top finishers in each of the RRCA Championship Divisions: Jr. (19-Under), Open (20-39), Veteran (40-49), Master (50-59), Senior (60-Over), Women Open (39-Under), Women Veteran (40-Over). Team awards for official RRCA, USTFF, AAU, or college teams given in the Open (39-Under) Veteran (40-Over), and Open Women's divisions for 3-person teams. Paul Ciaccio Trophy to oldest finisher. All finishers will receive a specially designed commemorative award. *10,000M*--Special awards to top finishers in following divisions: Jr., Open, Veteran, Master, Senior & Women. Team awards for same divisions as marathon...specially designed commemorative award for all finishers.

(ENTRY FORM - MARATHON AND 10,000 METERS)

The undersigned releases and discharges the Road Runners Club of America and the St. Louis T.C. from all claims of damage, demands, actions, and causes of action whatsoever, in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event and I am in adequate physical condition. I agree to follow all the rules of the race and to permit myself to be removed from competition if in the opinion of the race medical director my continuing would endanger my health.

\_\_\_\_\_  
(Entrant's signature; parent if under 18) (Date)

NAME \_\_\_\_\_ ADDR \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIPCODE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE ON 2/27/77 \_\_\_\_\_

CIRCLE SEX: MALE FEMALE RACE ENTERED: \_\_\_\_\_ Marathon \_\_\_\_\_ 10,000m (Non-Championship); CLUB \_\_\_\_\_

BEST PREVIOUS TIME FOR RACE ENTERED: \_\_\_\_\_ NUMBER OF EXTRA BANQUET TICKETS REQ'D (\$4 Each): \_\_\_\_\_

*ENTRY FEE* of \$6.00 must accompany this form; after Feb. 21, 1977, entry fee is \$8.00 (includes banquet, bus, etc.)  
*\*\*Event entered above can't be changed; fee is not refundable.* MAIL TO: Jerry Kokesh, 1226 Orchard Village, Manchester, MO 63011

**THREE-WAY TIE AT EXCELSIOR WEST END RUN:** (Nov. 7, San Francisco) - It was a funny kind of race...the three runners that were to eventually tie for first place spent most the race running with someone else. At the first mile, Nuccio, Seaver, Pinocci, and Schmulewicz had broken away from the pack and appeared to have the top four spots sewn up. Then, moving down Kennedy Dr., Cal's Gary Blume slowly picked away at the gap as Schmulewicz fell back. By the time they were on the Great Hiway, Blume had moved up to Nuccio's shoulder and the others had dropped a bit. Blume and Nuccio then ran stride for stride until they were joined by a resurgent Schmulewicz over the final half-mile. I seemed like an exciting buildup, but I guess nobody really wanted to race that much on such a nice Sunday morning. The winning time of 31:02 for the 10-Kilo circuit was quick considering the hills. Ralph Bowles had his hands full trying to place high in today's talented crowd, but nonetheless grabbed twenty-fifth in 34:22, better than a minute ahead of Ulrich Kaempf's 35:32. Sharon Furtado displayed her talent in cross-country as she demolished the other women with a 38:46. Joan Ulliyot was second in 40:22, with Penny DeMoss another half-minute back. Nearly 350 finishers helped to make this one of the more popular runs on the schedule...nearly a third of them are listed below. /Paul Koski/

1-Gary Blume/Cal	31:02	29-Mike Duncan/WVTC	35:12	57-Richard Cooper/Navy	37:39	85-Bryan Holmes/WVJS	39:13*
-Wolfgang Schmulewicz	31:02	30-Tim Swezey/PMK	35:13	58-David Garcia/TRAC	37:40	86-Ryan Smith/Un	39:27
-Jim Nuccio/WVTC	31:02	31-Mike Gulli	35:16	59-Gus Cano/ETC	37:42	87-Steve Bailey/Un	39:29
4-Bill Seaver/WVTC	31:15	32-Ernie Rivas/PMK	35:21	60-Bruce Carradine/Un	37:43*	88-Jack Wiley/PMK	39:35
5-Mike Pinocci/WVTC	31:27	33-Bruce Wolfe/WVTC	35:25	61-George Scott/Un	37:49	89-Marco Martin/PMK	39:38
6-Boyd Tarin/WVTC	32:17	34-Ulrich Kaempf/TRAC	35:32*	62-Tim Rostege/WVTC	37:54	90-C. Burnal/Un	39:41
7-Bill Clark/WVTC	32:31	35-Donald Swanson/Un	35:42	63-Michael Kinnicutt/Un	38:09	91-William Lovelace/Un	39:47
8-Pete Flores/AGRC	32:36	36-Greg Jewett/PMK	35:43	64-Tom Mann/ETC	38:09	92-R.D. Caughron/Un	39:53
9-Dennis Tracy/WVTC	32:38	37-Mike Plummer/MVS	35:43	65-Gary Grellmann/Un	38:20	93-Leonard Stein/Un	40:01
10-Denis O'Halloran/Un	32:39	38-Mike Smith/PMK	35:58	66-Myron Neuraumont/Un	38:27*	94-Pete Alexander/PMK	40:08
11-Brian Maxwell/Canada	32:46	39-Joel Caldwell/Cal	36:00	67-Joe Camisa/Un	38:27	95-Richard Mayers/Un	40:09
12-Daryl Zapata/WVTC	32:49	40-Don Paul/Un	36:05	68-George Gilbert/ETC	38:30	96-Ramon Towne/Un	40:10
13-Tad Woliczko/PMK	32:54	41-Kees Tuinzing/Tam	36:07	69-Dana Burall/WVTC	38:32	97-Jim Allen/NCS	40:11*
14-David Fuller/Un	33:08	42-David McCann/Un	36:14	70-Jeff Houston/Un	38:38	98-Thomas Burns/Un	40:19
15-Chris Berka/WVTC	33:09	43-Kim Schaurer/Un	36:22	71-Dick Fragulia/Un	38:38	99-Joan Ulliyot/WVTC	40:22
16-John Routh/WDS	33:21	44-Larry Main/WVTC	36:27	72-Steve Hehner/Un	38:42	100-Tom Martz/Un	40:40
17-Lester DeVoe/Un	33:33	45-Rick Maloney/Un	36:28	73-Bill Bugler/Un	38:44*	101-Steve Baker/Un	40:45
18-Daniel Cruz/CAMWST	33:34	46-William Smith/Un	36:33	74-H.B. Harsfield/Un	38:45	***WOMEN***	
19-Paul Thompson/Un	33:35	47-Richard Owen/Un	36:34	75-Sharon Furtado/WVTC	38:46	75-Sharon Furtado/WVTC	38:46
20-Gary Goettelmann/WVTC	33:44	48-Ray Menzie/WVTC	36:40*	76-Ralph Worthington/Un	38:47	99-Joan Ulliyot/WVTC	40:22
21-Mike Spino/Esalen	33:56	49-George Green/Un	36:50	77-Charles Keck/Un	38:48	105-Penny DeMoss/WVTC	40:55
22-Rich Hornstra/Un	34:03	50-W.L. Reinhart/Un	37:07	78-Warren Moorman/PMK	38:58*	108-Morijo Connelly/Un	40:58
23-Clark Rosen/PMK	34:05	51-Mike Wheeler/Un	37:14	79-Tim Chavez/Un	39:05	123-Maryette Boitano/RG	41:51
24-Peter Jones/Cal	34:07	52-Mac Larson/MillroseAA	37:14	80-Dave Clingam/Un	39:06	150-Carolyn Tiernan/WVTC	43:14
25-Ralph Bowles/WVJS	34:22*	53-Jeffrey Wall/Un	37:15	81-James Jacobs/NCS	39:08*	161-Pat Whittingslow/Un	43:50
26-Jeff Zimmerman/Cal	34:23	54-George Ridout/Un	37:16	82-Doug Gambaldi/Un	39:09	162-Jeanie Kayser-Jones	44:01*
27-Roland Watson/WVTC	34:49	55-Jim Nicholson/NCS	37:25*	83-Keith Whittingslow/Un	39:12	164-Mary Mapelli/PMK	44:03
28-Robert Nash/Cal	35:02	56-Ray Randolph/Un	37:30	84-Gerald Flynn/Un	39:12	179-Gail Gustafson/Un	44:38



(Left) Women's Championship Team from Nat'l. AAU Masters X-C--San Diego T.C. (l-r): Dorothy Stock, Elsa Evans, Nicki Hobson, Kathy Muller, Donna Gookin & Cathy Hargus.  
(Right) "What the hell you mean, 'Pick it up!'" Jim O'Neil (Sacramento Slim) on his way to the Div. II title at the Men's Masters 10-Kilo X-C. /Dorothy & Bill Stock/

**GORMAN AND BRENNAND CAPTURE MASTERS X-C:**

(Nov. 14, Belmont) - The National Masters 10-Kilo X-C Championships were held in two stages...one for the women and one for the men. Miki Gorman led the women from start to finish and would have been 34th in the men's race with her 38:54 clocking. The fact that she ran the entire race along is even more impressive. Her nearest competitor, SDTC's Nicki Hobson, was more than three and a half minutes back! Hobson led her teammates to the team title in this first-ever National Women's Masters X-C Championships. They had a low point score of 33, as opposed to the NorCal Seniors' 43. In the 50+ division, however, an All-Star team from the Pacific Ass'n, led by Ruth Dettering (who was also the top Division II runner), tallied 100 points but had no opposition. A total of 27 women finished the race, almost one-fourth of the men's field, and a good showing for their first national championship race. In the men's race, John Brennand had a lot more company (see cover shot), but pulled out a convincing victory over the last mile or two, recording a 34:36. That time would have placed him 25th in the talent-laden PA-AAU Sr. Championships, which were the third race of the day (see following page for story and results). Darryl Beardall, who had just turned 40, was a solid second in 35:10, followed by Kent Guthrie's 35:30. Jim O'Neil, now 51, outclassed his Division II competitors completely. He took 14th overall and bested Sid Toabe, the runnerup in his division, by over two minutes. John Wall of Maryland likewise had an easy time besting Frank Cuzzillo for the 60-and-over individual title (41:49 to 44:17). There were even two competitors in the Division IV medal-hunt. Lou Gregory came all the way from Florida to score a 1:43 margin of victory over Paul Spangler of San Luis Obispo. The almost unstoppable West Valley Joggers gobbled up the forty-plus team title with a team time of 3:02:41, compared to SDTC's 3:06:01 and the Masters Striders' 3:09:46. The NorCal Seniors tallied a total time of 3:36:12 to SDTC's 3:37:34 to grab the Division II team title. Complete results are available if you didn't receive them...please send a self-addressed, stamped envelope. Below are the top placers in each of the Championship races. Div. II athletes noted with an asterisk (\*), Div. III with (\*\*), etc.

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1-Miki Gorman/SFVTC	38:54	5-Donna Gookin/SDTC	46:11	9-Barbara Carlson/NCS	50:10	13-Catherine Smith/NCS	52:17
2-Nicki Hobson/SDTC	42:28	6-Ruth Anderson/NCS	46:37	10-Martha Maricle/Un	50:15	14-Ruth Dettering/PA-50+	53:27*
3-Dorothy Stock/SDTC	43:09	7-Ruth Waters/NCS	47:32	11-Elsa Evans/SDTC	51:13	18-Els Tuinzing/PA-50+	57:41*
4-Jeanie Kayser-Jones/PK45:17		8-Carroll O'Conner/NCS	48:29	12-Kathy Muller/SDTC	51:55	19-Cathy Hargus/SDTC	58:47*
1-John Brennand/Un	34:36	5-Jerry Smartt/MS	35:50	9-Ralph Bowles/WVJS	36:26	13-Bob Bourbeau/WVJS	36:50
2-Darryl Beardall/MH	35:10	6-Fred Best/Shore AC	35:57	10-Ulrich Kaempf/TRAC	36:31	14-Jim O'Neil/SFOC	37:02*
3-Kent Guthrie/WVJS	35:30	7-Edwin Gookin/SDTC	36:17	11-Jerome Lewis/NCS	36:35	15-Roger Bryan/TRAC	37:10
4-Dave Stern/WVTC	35:45	8-Ross Smith/WVJS	36:21	12-Joe Livesay/SDTC	36:37	16-Bob Wiermaa/SDTC	37:16

# T-SHIRTS

## A.A.U. X-C & Xmas Relays

If you were one of the unfortunate people who didn't get a souvenir T-Shirt from either the Christmas Relays or the National Masters/PA-AAU X-Country Championships, then we've got good news. We still have shirts available from both races at \$3.50 Each (includes shipping). The X-C shirt is a two-color (red & blue) design with trimmed neck & arms; the Xmas Relays is a great three-color job. But don't wait...our supply is limited, and we are already out of some sizes, as indicated below, and very low on others. Make your check or money-order payable to: West Valley T.C., P.O. Box 1551, San Mateo, CA 94401.

PLEASE INDICATE NUMBER OF EACH: AAU-XC  Sm  Med  Lg  X-Lg  
 XMAS  Sm  Med  Lg  X-Lg

Total amount enclosed is \$ \_\_\_\_\_ for \_\_\_\_\_ T-Shirts.

NAME \_\_\_\_\_

ADDR \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

tie during the final mile. Paul Frederickson had a close battle for third spot with Mike Pinocci, with the Nevada runner coming out on top by two seconds. In addition to the regular Sr. Championship awards, there was a special women's division...not a PA-AAU Championship, because the women were having their State X-C Meet the same day over 3 miles in Sacramento. Joan Uillyot showed definite signs of being ready for a good marathon as she defeated Penny DeMoss, 41:27 to 42:23. A small turnout but super competition seemed to be the name of the game, as only 85 finished the 10-Kilo circuit, but half of those averaged six minutes a mile or better on very rugged terrain. Most of the finishers are listed because of the quality of marks. /Jack Leydig/

1-Jim Nuccio/WVTC	31:41	14-Jairo Vargas/UNTC	33:35	27-Daniel Cruz/CAMWST	34:50	40-Kees Tuinzing/Tam	36:48
Ron Zarate/UNTC	31:41	15-Terry Ybarra/UNTC	33:36	28-Clark Rosen/PMK	34:55	41-Larry Main/WVTC	37:05
3-Paul Frederickson/UNTC	31:53	16-Daryl Zapata/WVTC	33:45	29-Mike Spino/Esalen	34:58	42-Terrence Casey/ETC	37:15
4-Mike Pinocci/WVTC	31:55	17-Gene Fitzgerald/PMK	33:50	30-Jeff Zimmerman/Un-Cal	35:01	43-Don Swanson/Un	37:31
5-Bill Clark/WVTC	32:20	18-Ramsay Thomas/Un	33:56	31-Bruce Wolfe/WVTC	35:19	44-Joe Fields/Un	37:35
6-Bill Seaver/WVTC	32:23	19-Rudy Munoz/CAMWST	34:04	32-Peter Jones/Un	35:30	45-Manny Mahon/WVJS	37:39
7-Tom Wysocki/UNTC	32:25	20-Dave Murphy/UNTC	34:05	33-Francis Mason/Un	35:32	46-Dana Burall/WVTC	37:40
8-Robert Kuhn/UNTC	32:36	21-Erniv Rivas/PMK	34:07	34-Frank Duarte/Un	35:57	47-Clifford Stewart/PMK	37:45
9-Jack Bellah/WVTC	32:47	22-Rich Hornstra/Un	34:08	35-Randy Belzer/Synanon	35:59	48-Dave Robertson/WVTC	37:59
10-Mike Dagg/UNTC	33:03	23-Denis O'Halloran/Un	34:11	36-Michael Duncan/WVTC	36:00	49-Ted McRice/Un	38:26
11-Boyd Tarin/WVTC	33:21	24-Chris Berka/WVTC	34:27	37-Robert Woodliff/WVJS	36:13	***WOMEN***	
12-Dennis Tracy/WVTC	33:28	25-Russell Black/TRAC	34:40	38-Kevin Christensen/UNTC	36:14	63-Joan Uillyot/WVTC	41:27
13-Grover Prowell/MercTC	33:33	26-John Routh/WDS	34:46	39-Harry Hoffman	36:39	66-Penny DeMoss/WVTC	42:23

PINOCCHI AND SERSHEN CAPTURE RIDGE RUN TITLES: (Nov. 21, Milpitas) - Records tumbled in both the short and long races today, as probably one of the best turnouts ever here stimulated competition. Mike Pinocci was in command most of the way in the 6.07 miler, recording a fine 31:57 to eclipse the old course record of 32:55 by Mike Emry. Bill Seaver was also under the old mark with his 32:34. New standards were set in the masters and women's divisions too as Jerome Lewis nipped Jim Simpson's 37:09 with a 36:46. Vicky Bray set a very quick 39:00 clocking that will probably stand for awhile. Jan Sershen destroyed Doug Butt's 1975 mark of 65:38 with a super 62:48, and second-placer Bruce Wolfe was also under the old time with his 64:54. Ulrich Kaempf's 70:48 rewrote Ross Smith's 71:40 record in the masters division, and Roger Bryan was also two seconds under the old time. The only strange thing about the race was that no women/girls competed...so Roxanne Bier's 77:31 will stand until at least the next race on this course. A total of 127 completed the shorter race, while 59 were successful in doing the hilly 10.76 miler. /Ron Landrum/

1-Mike Pinocci/WVTC	31:57	14-Allen Flemming	36:29	27-Ralph Worthington	39:02	40-Kenny Apperson	42:02
2-Bill Seaver/WVTC	32:34	15-Jeff Nixon	36:39	28-Kurt Porter	39:23	41-Tom Proscant	42:08
3-Boyd Tarin/WVTC	33:17	16-Jerome Lewis/NCS	36:46*	29-Myron Neuraumont/Un	39:24*	42-Dave McDonald	42:08
4-Pat Miller/Un	34:16	17-Fred Reichert	37:19	30-Chris Mills	39:31	43-Richard Collins	42:08
5-Armando Lugunas	34:44	18-Peter Borden/WVTC	37:41	31-Don Lucero/WVTC	40:18*	44-Mary Mapelli	42:26
6-Ernie Rivas/PMK	34:55	19-Ed Jerome/TRAC	37:47	32-Edward Baker	40:38	45-John Dunlavey	42:26
7-Donal Day	35:17	20-Michael Kinnicutt	37:48	33-James Saldivar	40:47	***WOMEN***	
8-Bob Woodliff/WVJS	35:22	21-David Black	37:48	34-Glenn Olds	40:53	26-Vicky Bray/SJC	39:00
9-Keith Crowder	35:28	22-Larry Pugh	38:20	35-Ron Kovacs	40:54	44-Mary Mapelli	42:26
10-John Notch/WVTC	35:59	23-Michael Brown	38:27	36-James Turner	40:56	48-Michelle Miller	42:37
11-Joe Fabris	36:09	24-David Garcia	38:39	37-Dale Thiessen	41:26	50-Cathy Demmelmaier	42:50
12-Brent Cushenbery/BC	36:23	25-Robert Felsch	38:57	38-Kenneth O'Neil/WVTC	41:40	51-Rosemarie Lagunas	43:16
13-Sheldon Larson	36:29	26-Vicky Bray/SJC	39:00	39-Douglas Stevens	41:54	64-Pauline Vasquez	44:26
1-Jan Sershen/ETC	62:48	9-John Armstrong	71:25	17-Keith Crowder	73:46	25-Jeff Richnan	76:11
2-Bruce Wolfe/WVTC	64:54	10-Roger Bryan/TRAC	71:38*	18-Kurt Sterling	73:49	26-Larry McGrael	77:15
3-Hal Tompkins/WVTC	66:08	11-Dennis Anderson	71:48	19-Bob Malain/NCS	73:50*	27-James Jacobs/NCS	77:59*
4-Joe Salazar/SJCC	66:48	12-Marty Kruger	71:49	20-Torrence Parsons	74:44	28-Roy Scellato	78:17
5-Nick Nickols	67:33	13-Tom Adams	71:51	21-Santos Reynaga/WVTC	74:15	29-William Lovelace	78:47
6-Tim O'Halloran	70:18	14-Walt Van Zant/WVJS	72:34	22-Ed Jerome/TRAC	74:16	30-Ed Fuller	79:10
7-Bob Woodliff/WVJS	70:27	15-Robert LaRoque	72:37	23-Don Dugdale	75:07	31-Jim Gaughran	79:24*
8-Ulrich Kaempf/TRAC	70:48*	16-Robert Weaver	72:42	24-Dick Croteau	75:27	32-Larry Arata	80:03





San Diego TC's 2nd place Div. I team at the Natl. AAU Masters X-C...(left to right in order of finish) Ed Gookin, Joe Livesay, Bob Wiermaa, Bill Phillips and Don Evans. Non-scorers in the back row: Dave Worthen, Jack Johnstone and Bill Stock. /Donna Gookin/

FLORES IN PEPSI UPSET; TINA ANEX BLITZES WOMEN'S RECORD: (Nov. 28, Clarksburg) - Who would have believed a few years ago that nearly a thousand runners would start the Pepsi 20-Miler some day? Needless to say, it would not draw that many runners if a certain man (Paul Reese) and his helpers didn't put on a super show every year. With superb organization, the word gets around, and pretty soon everyone wants to do it...and besides, it IS a fast course! This year was one of surprises. Pete Flores pulled one out of his pocket to upset sub-8:30 two-miler Benton Hart of BYU. His 1:45:58 winning time is still a long way off Byron Lowry's 1:42+ (I noted the handbook says Steve Dean has the mark...someone wanna check on it?), but when you win, who cares? Jan Sershen was all alone in third position with a good 1:47:14, as Flores only won by some 100 yards. The big story was that of Tena Anex. We can't remember her ever having tried anything approaching this long, at least in a race, but there's no doubt in anyone's mind that she has the ability to run a good marathon now! Her 2:03:56 equates to 6:12 per mile, or a 2:42+ marathon at the same pace. Sharon Furtado's 1975 mark of 2:13:21 was also erased by Penny DeMoss, who did a fine 2:10:14. Other new standards came in the sub-masters division, where Gary Goettelmann raced to a 1:49:25, good for seventh overall. Tom O'Neil was hot on Gary's heels (only 4 seconds back) in setting a new high school standard of 1:49:29. Kent Guthrie clipped over five minutes from Jim Shettler's over-40 mark, and Darryl Beardall was under it too, despite getting a late start...and Bob Bourbeau was under the mark too. Jim O'Neil decided if his son could set a record, then so could he. His new

50-and-over mark is now 1:57:25, which averages out to 5:52 per mile! Frank Cuzzillo likewise lowered the 60-and-over record to a quick 2:24:11, and Tim Smith even got into the act with a new 'heavyweight' (over 200#) mark of 2:26:26. Paul Spangler, not to be outdone, recorded a new 70/over time (was there one before?) of 2:49:14, while Ruth Dettering established a 2:56:02 for women 50-and-over. Even the 60-and-over women got into the act as Mavis Lindgren (any relation to Gerry?) took 4:12:40 to establish her bit of history. And so, that's it folks...another super race. I'm sure the runners agree, there isn't quite anything like it around these parts. Following is an attempt at listing some of the finishers. /Paul Reese/ \*(Jeanie Jones set 40+ Record)\*

1-Pete Flores/AGRC	1:45:58	35-Tim Jordan	1:55:20	69-Chris Turney	1:59:30	103-Tena Anex	2:03:56
2-Benton Hart/BYU	1:46:16	36-Bob Bourbeau/WVJS	1:55:23*	70-Richard Raferty	1:59:34	104-Frank Burk	2:04:03
3-Jan Sershen/ETC	1:47:14	37-Jim Sane/BC	1:55:39	71-Chris Little	1:59:49	105-Aaron Goldman	2:04:06*
4-Adam Ferreira	1:48:42	38-Ted Pawlak	1:55:41	72-David Fuller	1:59:57	106-Kurt Graves	2:04:08
5-Robert Kuhn/Nev-R	1:49:01	39-David Mineau	1:55:45	73-Mike Chastaine	2:00:02	107-Jeff Nicklow	2:04:12
6-Tad Woliczko/PMK	1:49:09	40-Tim Lee	1:55:48	74-Mike Buzbee	2:00:04	108-Benjamin Sawyer	2:04:20
7-Gary Goettelmann/WV	1:49:25	41-Mike Conroy/ETC	1:55:54	75-Bill Amable	2:00:12	109-Randy Hale	2:04:32
8-Tom O'Neil/Jesuit	1:49:29	42-Kerry Kilgore/SUND	1:56:04	76-Ray Menzie/WVTC	2:00:48*	110-Joe Ferreira	2:04:34
9-Daryl Zapata/WVTC	1:50:16	43-Abe Underwood/BC	1:56:21	77-Santos Reynaga/WVTC	2:00:49	111-Jesus Garza	2:05:03
10-Tom Castro	1:50:38	44-Art Baudendistel	1:56:30	78-Michael Souza	2:00:52	112-Robert Ernst	2:05:04
11-Jim Bowles/WVTC	1:51:01	45-Tom Lunne	1:56:35	79-Chuck Stagliano	2:00:57	113-Frank Custino	2:05:08
12-Rich Vasquez	1:51:04	46-Kurt Dicus/WVTC	1:56:51	80-Brian Bonner	2:00:58	114-Don Dugdale	2:05:15
13-Kent Guthrie/WVJS	1:51:07*	47-Andrew McBride	1:56:54	81-David Warren/ETC	2:01:03	115-Daniel Houchell	2:05:24
14-Mark Proteau	1:51:43	48-Steve Barr	1:57:07	82-Steve Finn	2:01:03	116-Paul Holmes/BC	2:05:25*
15-Bradley Brown	1:51:56	49-Frank Hagerty/SUND	1:57:08	83-Larry Morton	2:01:04	117-Ken Hurst/WVTC	2:05:26
16-Roland Watson/WVTC	1:52:04	50-Jim O'Neil/SFOC	1:57:25*	84-Donald Swanson	2:01:33	118-William Andrews	2:05:31
17-Bob Paulin/WVC	1:52:10	51-Bob Myers/PMK	1:57:25	85-Craig Hochhaus	2:01:46	119-Mike Plummer/MVS	2:05:34
18-Clark Rosen/PMK	1:52:19	52-Frank Goss	1:57:29	86-T.J. Lokke	2:01:51	120-John Notch/WVTC	2:05:35
19-Bruce McInturf	1:52:50	53-Terry Hughes	1:57:39	87-Dan Smolich	2:01:59	121-Ed Jerome/TRAC	2:05:36
20-Harry Youkers	1:52:53	54-Kevin Kirby	1:57:51	88-Norman Boyd	2:02:02	122-Glenn Pruitt	2:05:38
21-Lynn Mentzer	1:53:03	55-Lee Ferrero/SWEAT	1:57:58	89-Chris Hamer/WVTC	2:02:08	***WOMEN***	
22-Fred Emerling/WVTC	1:53:07	56-Kevin Searls	1:58:12	90-William Peck	2:02:11	103-Tena Anex	2:07:56
23-Darryl Beardall/MH	1:53:11*	57-Robert Calvert	1:58:26	91-Fred Forsberg	2:02:13	182-Penny DeMoss/WVTC	2:10:14
24-Pat Buzbee	1:53:16	58-Frank Lemus	1:58:33	92-Guy Ealey	2:02:15	259-Joan Ulliot/WVTC	2:16:29
25-Pete Gaul	1:53:32	59-Ed Nicholson	1:58:36	93-Tom Mann/ETC	2:02:16	260-Ann Trason	2:16:32
26-Bob Coulson	1:53:53	60-Brent Cushenbery/BC	1:58:46	94-Mike LaPierre	2:02:17	315-Eileen Barger	2:19:29
27-Frank Krebs/BC	1:54:08	61-Michael Coke/GPPMB	1:58:55	95-Robert Ogg	2:02:39	320-Sally Edwards	2:19:34
28-Dennis Dillie/WVTC	1:54:29	62-Stan Winkley	1:58:58	96-Bert Johnson	2:02:46	347-Jeanie Jones/PMK	2:22:01*
29-James Howard	1:54:31	63-Rick Rockwell/ETC	1:59:04	97-Jim Nicholson/NCS	2:02:56*	357-Pam Best	2:22:50
30-Mike Wright	1:54:32	64-Paul Mallory	1:59:05	98-John Sullivan	2:02:56	383-Gail Gustafson	2:25:33
31-Robert Herrick	1:55:01	65-Jim Cook	1:59:08	99-John Leeper	2:02:58	392-Irene Rudolf/WVTC	2:26:18
32-Tim Farrell	1:55:08	66-Roger Bryan/TRAC	1:59:17*	100-Ricky Buck	2:03:14	416-Louise Adamson	2:28:19
33-Earl Lagomarsino	1:55:17	67-Kees Tuinzing/Tam	1:59:23	101-Bill Catanese	2:03:35	423-Karen Diekmeyer	2:28:47
34-Jake White/TRAC	1:55:20	68-Richard Stiller/TRAC	1:59:28	102-Keith Whittingslow	2:03:47	437-Ruth Anderson/NCS	2:29:59*

VAN HORN NIPS JONES AT CHAMPION GOLD MINE RUN AS RECORD FALLS: (Dec. 4, Nevada City) - Sacramento State's Mike Van Horn, prepping for the PA-AAU Jr. X-C the following weekend, really came alive and won a tight race with WVTC's Skyler Jones over the 8-mile circuit in the Mother Lode area. Tom O'Neil's 42:33 mark went by the wayside to both runners, with Van Horn getting credit for a new course record of 41:41. Bob Bourbeau made sure he got a record too by knocking nearly a minute from Jim O'Neil's 1974 time...and to make sure everything was broken, Madeleine Roese of the Aggie RC chipped in a fine 56:33 effort to erase Karen Van Tassel's 60:55 from last year. The masters race was a tight one, with Bourbeau pulling teammate and new NCRR Point Trophy holder for 1976, Ralph Bowles, under O'Neil's old record too. This was the last race that Ralph wanted to run (anything but a marathon, right?) in order to pull ahead of the late Jim Shettler in the 'point ratings'. He figured it would take a second place, and he was right. The weather cooperated well and this year saw a total of 49 runners make it through the entire race. Following are the top half or so of that finishing field. /Nick Vogt/

1-Mike Van Horn/BC	41:41	8-Nick Vogt/GSTC	45:35	15-Bill Carson/Un	48:48	22-Stephen Storelli/Un	50:51
2-Skyler Jones/WVTC	41:45	9-Mike Buzbee/CRC	45:46	16-Thomas Regan/Un	48:51	23-Fred Brock/Un	51:00
3-Pat Buzbee/Un	44:36	10-Bob Bourbeau/WVJS	45:51*	17-Mike Souza/BC	49:03	24-Britt Brewer/Un	52:24
4-Randy Sturgeon/WVTC	nt	11-Ralph Bowles/WVJS	46:13*	18-Larry Pugh/Un	49:25	***WOMEN***	
5-Dale Fuller/Un	44:56	12-Mark Nygaard/GSTC	47:33	19-Jim Holben/WVTC	49:35	33-Madeleine Roese/AGRC	56:33
6-Bruce Jones/Un	45:13	13-Andy Gonzales/OPHIR	47:44	20-Tim Holdener/MV	49:46	41-Carol Moses/Un	62:05
7-Doug Butt/WVTC	45:27	14-Bob Felsch/Un	48:28	21-Paul Holmes/BC	49:55*	45-Carol Catton/AGRC	64:50



(Above) Portions of top three teams at PA-AAU Jr. X-C. (Others, from left) PA-AAU Jr. Champ, Hal Schulz; Tim Holmes leading Phil Hornig at same meet; Mike Van Horn, winner of Gold Mine Run at PA Jr. X-C. /Conning/



**VICKY BRAY STARS AT LIVERMORE MARATHON:** (Dec. 11, Livermore) - San Jose Cindergal, Vicky Bray, took most of the limelight at the PA-AAU Marathon Championships at Livermore as she cruised to a 2:53:14 in her first serious attempt at the distance. Her time is the second fastest ever for a Northern California woman, only two minutes behind Joan Ulyot's record, set the previous week in Culver City. What makes this even more amazing is that Vicky is only 15 years old. Wait until she builds up some endurance! Almost lost in the shuffle was Penny DeMoss' PR 2:57:57, the fourth fastest NorCal clocking of all time. The men's race seemed to be all Jan Sershen's through about twenty miles, but then problems developed in his legs which forced him to drastically cut down his pace, yielding to Adam Ferreira and Bob Cooper, both of whom broke 2:30. Ferreira won in what we believe to be a PR of 2:26:31. Likewise, Cooper dipped under 2:30 for the first time (2:28:36) we think. Sershen wound up with a 2:30:30, but was lucky to have finished at all he said. UCLA geologist Art Boettcher was the top man over 40 in 2:46:42, which tied, would you believe, Jim Simpson's 1975 record. Ferreira's time was also a course standard. John Armstrong of San Jose became the PA-AAU masters champion, but only because of Boettcher's non-residency. As it was, John was only 9 seconds back at the finish. Flory Rodd took the Ray Hominger award for the top over-50 runner for the second year in a row with a fine 2:58:47. WVTC won the PA-AAU open men's team award while host Livermore edged out the Pamakids for second. The NorCal Seniors were the top masters men's team with the Livermore masters second...no complete women's teams! Jeanie Kayser-Jones was top masters woman with a 3:12:12, just two minutes off Ruth Anderson's 1975 record. A total of 302 survived the full marathon & many are listed here. /D. Moore/

1-Adam Ferreira/Un	2:26:31	30-K. O'Halloran/Un	2:49:23	59-D. Hendrix/Un	2:58:57	88-R. Hansen/Ophir	3:06:36
2-Bob Cooper/WDS	2:28:36	31-Steve Simpson/WVTC	2:49:50	60-R. Sellato/TRAC	2:59:02	89-P. Foster/Un	3:06:42
3-Jan Sershen/ETC	2:30:30	32-B. Johnson/LVRC	2:49:53	61-T. Edwards/KJ	2:59:37	90-J. Cook	3:07:28
4-Gary Goettelmann/WV	2:32:12	33-Ted Wilson/KJ	2:50:50	62-D. Casmev/FresnoJ	2:59:57	91-E. Peterson	3:07:51*
5-Roland Watson/WVTC	2:32:35	34-N. Boyd/Un	2:51:05	63-Phil Lenihan/Un	3:00:04*	92-D. Dagdale	3:08:37
6-Pat Buzbee/Un	2:34:42	35-Steve O'Brien/PMK	2:51:26	64-Larry Pugh/Un	3:00:16	93-D. Ramirez	3:09:02
7-B. Bonner/LVRC	2:37:09	36-Santos Reynaga/WVTC	2:52:01	65-B. Brace/CSU	3:00:59*	94-D. Peck/WDS	3:09:06
8-Denis O'Halloran/Un	2:37:21	37-Vicky Bray/SJC	2:53:14	66-Gough Reinhardt/LVRC	3:01:13*	95-Keith Campbell/LVRC	3:09:13*
9-Mike Spino/Esalen	2:37:53	38-Peter Wood/NCS	2:53:36*	67-Joe Maher/Tamalpa	3:01:26	96-L. Czelusta	3:09:16
10-Bob Bunnell/Un	2:38:35	39-Dennis Kroll/Un	2:53:52	68-P. Sanfilippo/WVJS	3:01:31	97-T. Duffy	3:09:25
11-R. Kunst/Un	2:38:54	40-C. Helms/Un	2:54:20	69-G. Krawies	3:01:47	98-T. O'Dell	3:09:38
12-Z. Gagzenko/Un	2:39:07	41-E. Fuller	2:54:36	70-M. Hoschler	3:01:56	99-B. Hintze	3:09:50
13-T. Pawlak/Un	2:39:11	42-M. Conover/Un	2:54:51	71-Brian Newell/NVRC	3:02:02	100-Jack Wiley/PMK	3:09:51
14-Jack Leydig/WVTC	2:41:49	43-Drew Stevick/WVTC	2:55:22	72-Hoyt Walker/LVRC	3:02:02	101-Walt Van Zant/WVJS	3:09:58
15-T. O'Halloran/Un	2:43:28	44-Ed Jerome/TRAC	2:55:44	73-Ted Brock/Un	3:02:09	102-Mike Fenner	3:10:37
16-Greg Jewett/PMK	2:44:16	45-Chris Hamer/WVTC	2:56:15	74-R. Fletcher	3:02:29	103-Dave Stevenson	3:11:20*
17-Jim Bowles/WVTC	2:45:12	46-Tom Pierce/PMK	2:56:17*	75-A. Lewis	3:02:41	104-Richard Houston/NC	3:11:34*
18-Randy Belzer/Syn	2:45:37	47-B. Woodward/Un	2:56:48	76-B. Savett	3:03:06	105-Don Lucero/WVTC	3:11:44*
19-T. Chavez/Un	2:45:53	48-R. Scott/Un	2:57:10	77-K. Leal	3:03:08	106-T. Bennett	3:12:01
20-B. Dunlop/LVRC	2:45:59	49-T. Parsons	2:57:28	78-F. Lee	3:03:17	107-S. Shearer	3:12:11
21-M. Williams/Un	2:46:35	50-Ross Rowley	2:57:29	79-M. O'Donnell	3:03:46	108-Jeanie Jones/PMK	3:12:12*
22-Art Boettcher/Un	2:46:42*	51-L. Sellers	2:57:30	80-M. Post	3:04:02	109-M. Fish/NCS	3:12:31*
23-John Armstrong/Un	2:46:51*	52-D. Halverton	2:57:41	81-Mark Reese	3:04:05	***WOMEN***	
24-Byron Richardson/WV	2:47:59	53-Penny DeMoss/WVTC	2:57:57	82-Orin Dahl	3:04:52*	37-Vicky Bray/SJC	2:53:14
25-John Notch/WVTC	2:48:02	54-Bill DiVita	2:58:06	83-J. Carr	3:05:16	53-Penny DeMoss/WVTC	2:57:57
26-T. Mikchevich/Un	2:48:36	55-S. Cushner	2:58:11	84-L. Sampson	3:05:48	108-Jeanie Jones/PMK	3:12:12*
27-D. Anderson/Un	2:48:49	56-Marv Winer/WVTC	2:58:14	85-W. Frank	3:06:14	140-Kathy Rankin/Un	3:19:49
28-Dennis Rinde/Ophir	2:49:00	57-Wakabayashi	2:58:31*	86-Ron Kovacs/TRAC	3:06:16	186-B. Pike/Un	3:30:38
29-Ben Sawyer/Un	2:49:01	58-Flory Rodd/NCS	2:58:47*	87-K. Crowe	3:06:27	207-Karen Diekmeyer/SD	3:39:04

**SCHULZ LEADS WEST VALLEY SWEEP OF PA-AAU JR. 10-KILO:** (Dec. 12, Belmont) - Hal Schulz, Tim Holmes, Mike Van Horn, Boyd Tarin, and Greg Mandanis all won free trips to the Jr. International Trials in San Diego as a result of their finishes in the PA-AAU Jr. 10-Kilo...funding coming from the Long Distance Running Committee. Holmes, the NorCal Prep of the year, and Phil Hornig, second in the NorCal JC Championships, took the early lead, along with Boyd Tarin. Schulz lay back comfortably and finally made his move coming up the second long hill and pulled away over the final two miles for a 14-second victory. Holmes and Hornig had a spirited battle for second, with Hornig almost catching Holmes at the wire before the Downey senior looked over his shoulder and dug in for the sprint. WVTC defended their team title with a cumulative time of 2:44:27, with Camino West (2:55:29) and Woodside Striders (2:57:00), taking the other two award spots. Those not turning 20 in 1977 are eligible to compete at the Natl. 8-Kilo (and International Trials) in February in San Diego (see scheduling section for details). /Jack Leydig/

1-Hal Schulz/WVTC	32:05	10-Kurt Dicus/WVTC	34:20	19-Craig Corey/WVTC	35:22	28-Kevin O'Conner/CAMWST	36:17
2-Tim Holmes/WVTC	32:19	11-Javier Barragan/Un	34:22	20-Joe Green/WVTC	35:30	29-Dave Hull/CAMWST	36:26
3-Phil Hornig/WVTC	32:21	12-Pete Gaul/Un	34:23	21-Luis Hidalgo/Un	35:35	30-Greg McDonald/Un	36:27
4-Jerry Emory/CAMWST	32:53	13-Tim Minor/Un	34:27	22-Federico Arroyo/Un	35:43	31-Brian Hurdal/CAMWST	36:28
5-Mike Van Horn/BC	33:05	14-Tom O'Neil/Un	34:38	23-Dave Cortez/WDS	35:48	32-Stan Newton/Un	36:31
6-Boyd Tarin/WVTC	33:31	15-Gary Goodstein/WDS	34:46	24-Ken Hurst/WVTC	35:49	33-Greg McKinstry/Un	36:34
7-Greg Mandanis/WDS	33:53	16-Ken Romiguere/Un	35:10	25-Bill Amable/CAMWST	35:52	34-Peter Ild/Un	36:42
8-Bob Love/CAMWST	34:01	17-Bob Coulson/Un	35:12	26-Rodney Rodriguez/Un	36:10	35-James Durocher/Un	36:47
9-Harry Youkers/WVTC	34:11	18-Danny Martinez/WDS	35:20	27-Mike Plummer/Chabot	36:15	36-Steve Watkins/MPC	36:52

NOTE: - The results for the Xmas Relays will be in next issue. Printed results and misc. items (ribbons, plates, etc.) will be mailed to your team captain shortly if it hasn't been yet. Send self-addressed, stamped envelopes for all correspondence please!



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