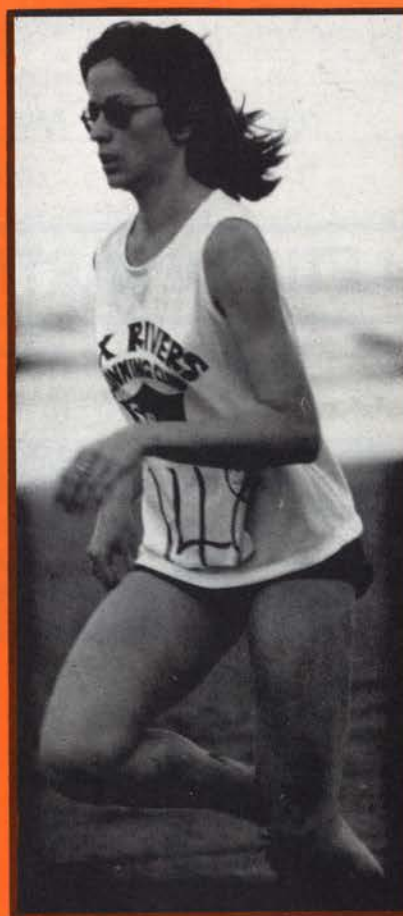
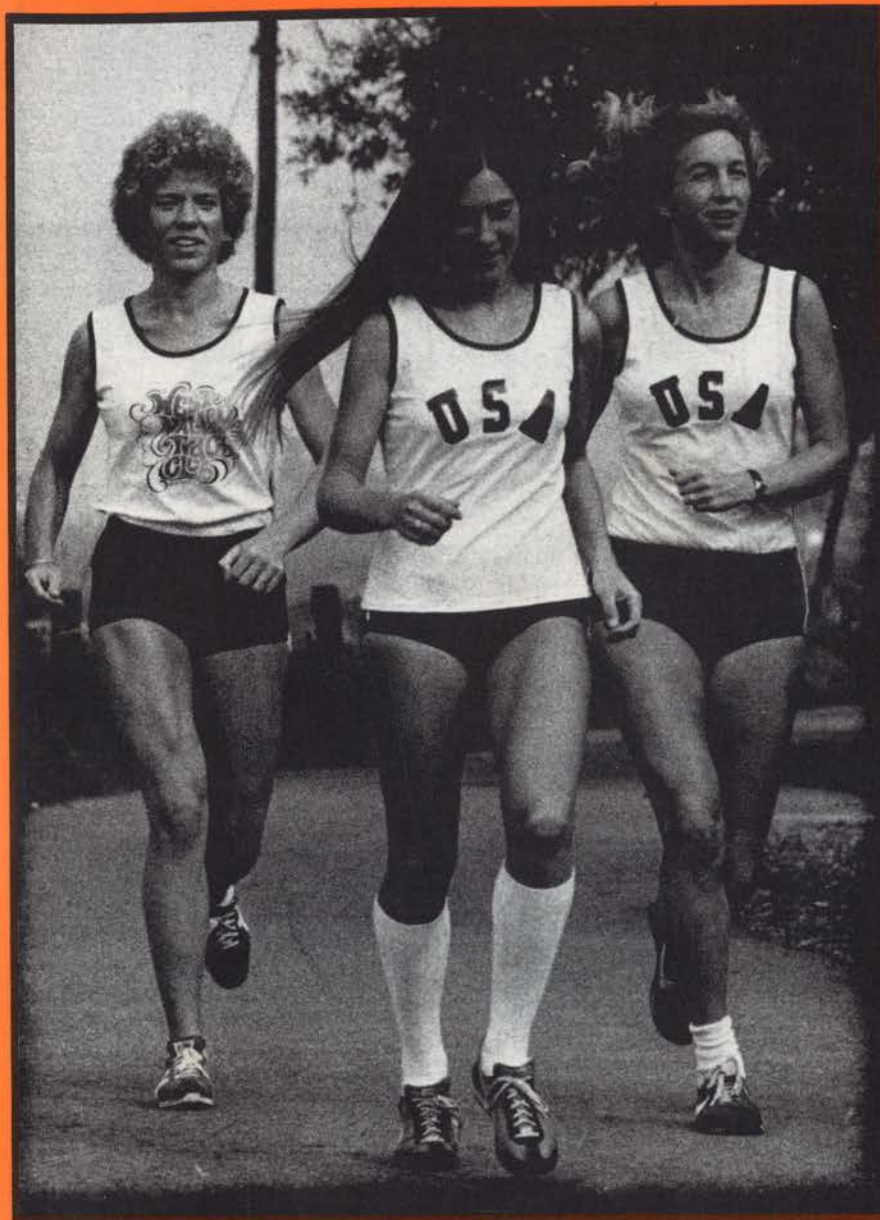


NOR-CAL RUNNING REVIEW

SEP.-OCT. 1977 (No. 68)

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Northern California Running Review

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SEP.-OCT. 1977 (No. 68)

UP FRONT

WVTC women won the National AAU Women's Marathon Championships in St. Paul on Oct. 23. The team members, (1. to r.); (4th) Judy Leydig 2:50:40 (PR); (8th) Penny DeMoss 2:55:24 (PR); (14th) Joan Ulyot 2:58:17; and (16th) Marilyn Taylor 3:01:59 (non-scoring). Judy set a new NorCal record in the race with her fourth place finish in a quality field which had 15 under 3 hrs. /Sven Simon/

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Staff & Rates

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PUBLISHER: DeMoss Designs
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CONTRIBUTING PHOTOGRAPHERS: Kevin Kirby, Lorraine Rorke, Lani Bader, Dennis O'Rorke, Dave Stock, Wayne Glusker, Jim Hume, Jeff Searls, Jeff Zimmerman, Jim Engle, Keith Conning, John Marconi, Len Wallach, Lois Gowen, Don Melandry, Mike Fenner, John Sheretz.

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RATES: \$6.00/Year or \$3.00/Six-months...3rd Class Bulk Rate. Multiple-year subscriptions no longer available. Add \$2.50/Yr for 1st-Class in the U.S., Canada & Mexico...these will automatically be sent airmail in the U.S. Add \$1.50/Yr for 3rd-Class to all foreign countries, including Canada & Mexico. Foreign airmail rates on request (generally \$10/Yr). Special Rates: \$3.50/Yr for newsmedia and libraries in the U.S. only. Dealer Rates: \$3.60/Yr for each issue ordered (5 copies per issue minimum)...this is a 40% Discount on cover price and includes postage! *** No inserts mailed with 1st-Class subs.

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 possible. 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 at present...credits given). Readers encouraged to submit results. -- **UNPAID STAFF:** All profits go to West Valley T.C. treasury for athletes' travel. No salaried staff members. Thanks for your support!

MAILING DATES: - This issue should be mailed either Nov. 15 or 22 (a bit late). Look for #69 by mid-January.

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EDITOR'S MESSAGE

●**EIGHT-YEAR ANNIVERSARY:** - It doesn't seem quite possible, but this issue marks the beginning of our ninth year of publication! We started as merely a club newsletter (*The West Valley Newsletter*) with 100 copies being printed up and given away for free! That was in November of 1969. In February of 1971 we changed our name to its current title at the suggestion of Paul Reese. It became much less club-oriented, and thus the old title didn't seem to fit. We now retain only a small section to keep members up to date (other clubs may also send in news) and also run a feature article on some WVTC athlete. In its early years, the NCCR was merely several sheets that were stapled together in the upper-left corner. Then, in January of 1973, the magazine went to its present format. The first magazine-style issue was 35¢ (16 pages), but our current rate of \$1.00 is really not much more (40 pages minimum most of the time now). So even though subscription prices have increased over the years, you're getting more reading for your money. We'll probably be planning a big celebration of sorts for our 10-year anniversary. If anyone has ideas as to a format and/or location, please let us know. It will most likely include a race of some sort and a picnic with some sort of awards banquet to honor those individuals who have helped to make the Bay Area running scene what it is today.

●**SPEAKING OF ANNIVERSARIES:** - Judy and I celebrated our first year together on Oct. 23rd...actually she was in Minnesota running the Women's National AAU Marathon, where she took fourth in 2:50:40, a new NorCal record. After surviving our first year together (it's supposed to be the hardest), Judy has more-or-less learned to accept my "NCCR insanity", which lasts for about a week or so while I'm frantically trying to make (but rarely making it) printing deadlines. As a matter of fact, Judy has now moved up to the position of Advertising Manager. When I'm in the middle of a 40-hour closing session, she'll keep me fed and intercept spurious phone calls. Needless to say, without this very supportive atmosphere, the NCCR would not be what it is today. Even though I do all the typing and pasteups, this magazine is a team effort!

●**LETTERS & PHONECALLS:** - Remember, the NCCR is not a free information bureau...if you want information such as entry blanks, etc., send a self-addressed, stamped envelope. Otherwise you may not get a reply. I will use my discretion in returning phonecalls (when messages are left on my recorder)...if you don't state your reason for calling you will almost surely not receive a reply. If you wish me to return other than purely business calls, specify if I should call collect, or simply try again later. Hope you can see the problems and expenses involved here if a few simple courtesies are not followed. Neither the NCCR nor West Valley TC can afford to be spending several dollars a day returning calls, etc. Thanks!

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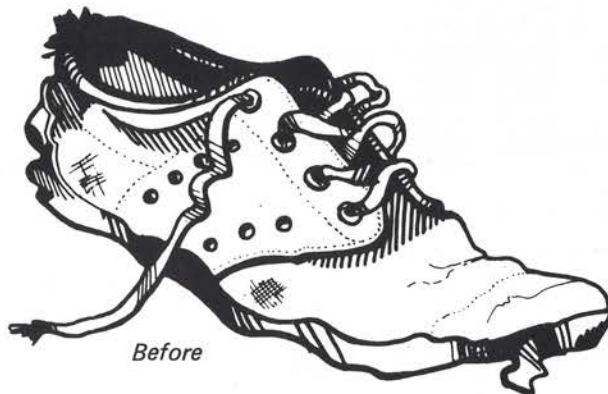
We repair just about all the major brands: Adidas, Puma, Tiger, Head, Tretorn, K-Swiss, Fred Perry, New Balance, Pony, Hyde, Nike. If the brand you own is not on the list, just write us and let us know the brand name and model and we will let you know if we can repair it.

How do I order?

Fill out the Spare Pair coupon with your name and address. Make your check for \$11.95 payable to Loeschhorn's New Balance and send it with your shoes and your Spare Pair coupon. We will repair your shoes and pay the postage back to you.

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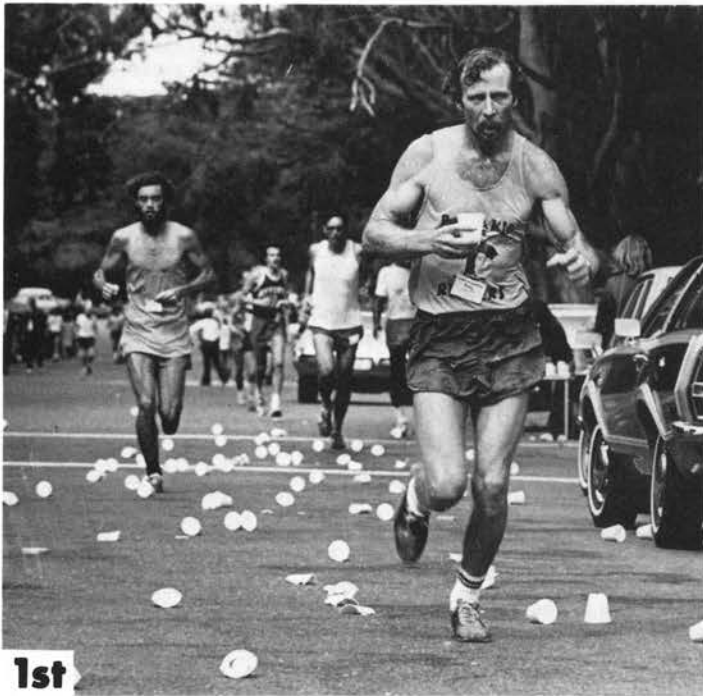
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PHOTO CONTEST WINNERS



"CUPS" /Jim Engle/

The first annual N.C.R.R. Photo Contest got off to a somewhat slow start but gained momentum at the end of the allowed time period. Photographers submitted twenty-six pictures, making the judging quite difficult for our distinguished panel. We had hoped to get enough entries (50) at \$2 each to pay for the initially-stated awards, but received only half of the necessary entries. First-place received \$25.00, followed by \$12.50, \$7.50 and two awards at \$2.50 each.

The original panel of judges included Lorraine Rorke, former editor of *Sports Woman* and a frequent contributor to a wide selection of national publications. However, as she was in New York during the week of final selection, Dick Draper substituted for her. Draper, former correspondent for the Associated Press in Australia and currently sports writer for the *San Mateo Times*, has won numerous national photographic and writing awards.

Linda Boyd, a member of the faculty at the College of Notre Dame and College of San Mateo in their photographic programs, was published in the anthology "Women See Women". She has had shows at both the Focus Gallery and the Oakland Museum. /Continued on next page./



"LONG JUMP" /Joe Melena/



"SHOES" /Dennis O'Rorke/



"COACH" /Joe Melena/



"THE TASTE OF VICTORY" /Paul Sakuma/

The third member of the panel is John Marconi, our own Photo Editor, who has been with the magazine since its beginnings. John is regarded as one of the better Bay Area photographers, and his photos have appeared in many national publications.

Photos were judged on composition, subject matter, print quality, and use of light and dark. We hope that our offset reproduction (opposite page) will do justice to the fine work that was received.

First place went to Jim Engle of Napa for his photo entitled "Cups", taken during the PA-AAU 25-Kilo in Golden Gate Park. Second went to Dennis O'Rorke of San Francisco for his rendering "Shoes", a striking contrast of old and new. "Coach" by Joe Melena of Palo Alto took third, showing the aftermath of a track effort. Paul Sakuma of Palo Alto had his photo, entitled "The Taste of Victory", take fourth, and Melena repeated his good camera work to take fifth with "Long Jump".

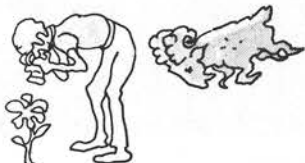
First runnerup was a repeat by Jim Engle, a picture of Harvey Glance at the Olympic Trials in 1976, and O'Rorke made the third double winner in second runnerup spot with his photo of Bill Clark and Bill Seaver battling for the finishline at the Golden Gate Charity Run. Belmont's Len Wallach took a shot of Ross Smith and Ralph Bowles on the turn at West Valley College to become third runnerup, as fourth runnerup O'Rorke tripped with a whimsical picture of the back of the pack in Golden Gate Park. "Final Marathon Finish Effort, Hawaiian Style" by Jim Barker of Palo Alto took the fifth and final runnerup spot.

Honorable mentions went to Don Melandry, Susan Perry, Stacy Geiken, Patrice Boothe, Dennis O'Rorke, and Jim Engle.



9th

"BACK OF THE BACK" /Dennis O'Rorke/



"CLARK & SEAVER" /D. O'Rorke/

"HARVEY GLANCE" /Jim Engle/



7th



6th



Name the above Bay Area runner who was nationally ranked in the 1960's. Two free years if you can also name the race!

PHOTO QUIZ

RULES: (1) Submit your guess to: Photo Quiz, PO Box 1551, San Mateo, CA 94401 (one guess per individual)...all guesses must be postmarked by Dec. 15th. (2) A drawing will break all ties. The prize is a one-year subscription or renewal to the NCRR (or \$6 off dues for WVTC members). Readers are encouraged to submit photos for consideration...we desperately need one for #69!

****LAST MONTH**** The correct answer for last issue's quiz was Frank Shorter (photo taken at the 1976 Olympic Trials by Marc Lund of San Mateo). We received a total of 23 correct answers and only one incorrect one (Dwight Stones), although he was a two-time Olympian too. The winner by drawing was Ricky Flores of King City.

****SUGGESTIONS**** We don't have to put a Photo Quiz in each issue...if someone can provide us with other items (trivia quizzes, mix-and-match, etc.), we'd be happy to print those for a bit of variety. We know there are some trivia freaks out there!!



8th

"BOWLES AND SMITH" /Len Wallach/



10th

"HAWAIIAN STYLE" /Jim Barker/

NCRR Retail Outlets

If you don't care to subscribe and live near one of the following stores, why not stop by and get the latest issue? If you'd like a store near you to carry NCRR, let us know!

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THIS & THAT

●PEOPLE NEWS: - Christa Vahlensieck recently lowered the women's world record in the marathon with a sterling 2:34:47.5 at Berlin (Sept. 10), running a superlatively paced race with 5-Km. splits that varied only 5 seconds through the first 30 kilometers. Manuella Preuss-Angenvoorth was right with Christa through that point, and then faltered a bit but still ran a super 2:38:09. In the same race, 54-year-old Ursula Blaschke set a world age-record of 2:56:12! The men's German nationals were held the same day (same course), and Paul Angenvoorth ran 2:15:42 (third). Guess which married couple now has the fastest combined marathon time? --- The following day in Eugene, Oregon, Kim Merritt was busy setting a new American record with her 2:37:57, with her last 10 kilometers taking only 36:56! ---



Walt Stack at the PA-AAU 25-Kilo, just before his 70th birthday. /John Sheretz/

Our apologies to Ann Trason of Pacific Grove High School. In our cross-country preview last issue we failed to mention her, mostly because we didn't know she was still in high school. At any rate, she appears headed for a number-one ranking this season, as she is virtually destroying her opposition, mostly by 15-20 seconds per mile! We don't believe she has run against the top NCS or Sac-Joaquin Section runners yet, however. --- Walt Stack reached the magic age of 70 in September and shortly after that did his 70th marathon (Wrang-Turn Marathon at Sonoma State). In mid-October he did a 3:59 in Greece (1400 starters, but only half finished), following his effort at Sacramento a few weeks earlier! They don't call him the 'iron man' for nothing I guess. Ethiopians swept the top three spots (2:14:41 won it), as runners from 18 countries (including 75 Americans) competed. When full results are available, we'd appreciate someone sending us a list of California finishers if possible. --- Duncan Macdonald was victorious at the prestigious Springbank Races in London, Ontario (late Sept.), clocking a

course-record 19:28 for the roughly 4.5-mile circuit, some 13 seconds in front of Tony Staynings. The following weekend in Hawaii he annihilated a field that included 2:15-marathoner, Ron Wayne, to annex the Sr. Natl. 25-Kilo title in 1:17+, better than Frank Shorter's record for national championships. --- Domingo Tibaduiza, former WUTC'er and Univ. of Nevada runner from Colombia, set PR's of 28:05.7m and 7:55.0m in West Berlin in early September after a poor showing at the World Cup. --- The University of California at Berkeley is restructuring its women's coaching staff (track & field) and has Marilyn King as head coach, with Linda Langford as assistant. Vern Gambetta is the head cross-country coach. --- Dave Prokop, editor of *Nordic World* and meet director for the Springbank Races, makes a habit of looking at the ground in front of him when he works out. It really paid off recently when he spotted what he thought was a commemorative medallion lying in the gutter. To his surprise (he didn't discover it until he got back from his run and examined it more closely), he had scooped up a five-dollar gold piece in mint condition, save some deep scratches that had been picked up from passing auto traffic. In other exciting news, Tom Mann grabbed a silver dollar from the pavement during the recent Brass Pole Run in Oakland, wasting several seconds in the process. --- Robert Bishop of Berkeley has obtained a contract with Celestial Arts to do a book on Walt Stack. His research will include talking to and corresponding with many of Walt's friends and acquaintances. Because he's interested in gathering as much material as possible, and knowing that many people will want to get their two-cents worth in on Walt, you should call Bob (or write) at: 1515 McGee Av., Berkeley, CA 94703 (Ph. 415/525-8920) if you have any interesting information on Walt that you can share. All responses will be greatly appreciated.

●RACE INFORMATION: - Some date changes to note: The Western Regional J.O. X-C Championships, originally scheduled for Nov. 26, has been moved to Dec. 3rd...same location in Chico. --- The Lake Istanjo 10-Miler will be run on Saturday, March 25 instead of March 26 (Easter Sunday). --- The United 30-30 Relays, scheduled for Dec. 4 at the S.F. Airport, will be offering T-Shirts to all finishers and plaques to the top teams. United Airlines is generously sponsoring this race (they sponsored a very successful race like this in Hawaii earlier in the year). --- Another big company that has sponsored many races in the east is looking for sponsorship of an all-women's race in the Bay Area

early next year. Bonne Bell, sponsor of the highly successful New York Mini-Marathon for women (10,000 meters), wants to put on a dozen all-women races across the country in 1978. Jess Bell, president of the company, recently called your editor to inquire about the possibility. It is anticipated at this time that the Golden Gate Park 5-Kilo loop be utilized for this purpose during the latter part of January, probably the 29th. Penny DeMoss, PA-AAU Women's LDR Chairperson, will serve as the meet director. Further information on this race will be known before I finish typing this issue, and you should refer to the advertisement on page 25 for further details. An entry blank or informational insert may also be enclosed in this issue for subscribers if we receive them in time for mailing. Bonne Bell will give cosmetic kits & shirts to all finishers. --- The 5th Annual Christmas Relays will have a new twist this year...see enclosed application blank and information sheet for subscribers. Because of the growing number of participants, we have been forced to split the start into two groups. It will work like this: at 9 o'clock the slow teams will start out...this group will be composed of Div. A & B teams (AAU Clubs and all 'pickup' teams) that expect to average slower than 7 minutes per mile, and all other divisions. An hour later, at 10 a.m., the fast Div. A & B teams will start (those that can average faster than 7 minutes per mile). In this way we hope to have the exchange points a little less free of traffic congestion. This problem has almost caused cancellation of the race the past two years. Teams will be 'on their honor' to select the correct starting time (A & B Divisions). They will only hurt themselves by entering the wrong group (e.g. - slow teams running in the fast group will be very 'outclassed', and fast teams running in the slow group will not get any competition). Since the A & B Divisions are very competitive, we wanted to keep these two groups together (based on speed); and all the other divisions will be competing with each other too. This year there will be no pre-entries...everyone will sign up at the start (UC Santa Cruz). Registration will close shortly after 9 a.m., even though the second group won't start until an hour after that. Please park off the roadway and do not block traffic by wandering out into the roadway. Thanks for your cooperation in making this race something we can continue to have from year to year.



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•EVENTS: - *Runner's World Magazine* is putting on its second National Running Week extravaganza from Dec. 24-31 at the Holiday Inn in Palo Alto. Starting off with the "National Fitness Run" at 7:30 am on the 24th, the week is filled with interesting workshops and lectures/clinics, costing a mere \$1.00-\$2.50 each. For only \$20 (\$25 after Dec. 5) you can attend as many clinics and workshops as you wish, as well as the "Runner's Night Banquet" on Dec. 30...normally \$15 by itself! All in all, this promises to be a great way to spend your holidays, learning more about the sport and meeting with the many great celebrities that will be present (see elsewhere in this issue for full information on workshop/clinic schedule, as well as a registration form, and more...). --- Autograph Signing Party: Harry Hlavac, the NCCRR's Medical Advisor, has just had his new book, *The Foot Book*, published by World Publications, and it is a real winner! Both he and Joe Henderson, author of *Jog, Run, Race* (most recently) and several other running books, as well as being senior editor of *Runner's World*, will be on hand to sign their books and chat with people at: Robbin's Bookshop, The Great Petaluma Mill, 6 Petaluma Blvd. No., Petaluma (Ph. 707/763-9122 for directions). The date is Nov. 19th from noon to 3 pm. Refreshments will be served. Hope to see you there.

•WOMEN'S RIGHTS? - The International Olympic Committee (IOC) has rejected a proposal to include the 3000 meter run for women in the 1980 Olympics at Moscow. The men get to run the 5000m, 10,000m, marathon & steeplechase beyond the metric mile currently at the Games, while the women are limited to 1500m as their longest event (and that was only instituted in 1972 at Munich!). Seems like there is certainly enough participation worldwide in the 3000m event to justify including it. And as for the marathon...we think that the 15 finishers under three hours at the recent Natl. AAU Championships can attest to the popularity and readiness of women to run the classic distance. The IOC certainly cannot use such a flimsy excuse as 'cluttering the program' to justify exclusion of this event! How long do the runners actually stay in the stadium? So much for progress and equality!

•NEW TIMING DEVICE FOR LDR COMMITTEE: - The PA-AAU Long Distance Running Committee has invested \$645 in the purchasing of a Chronomix Sports Timer for use in local runs. This amazing

device times runners as fast as you can push a button and then prints out both the time and place to the tenth of a second. It was recently used in the Oakland Brass Pole Run and successfully timed all 1600 finishers without any know errors. This unit is on loan to any race director (AAU races have priority) for a \$10 rental fee (to help with upkeep and put some needed funding into the LDR Travel Fund). If you are a race director and are interested in using the Chronomix for your race, you should contact Jack Leydig (c/o NCCRR). He will act as 'keeper' for the timer. Race directors are encouraged to sign up early, as it is rented out on a first-come basis only. There is a \$5/day 'late return' fee if the unit is not returned when agreed upon at checkout time. Directors of non-AAU races can check out the unit also (2nd priority), but the fee may run \$5 more (that's to be voted on shortly). If you have not seen this little gadget work, check it out at the next race (without bugging the timers!). It's well worth the \$10 rental fee.

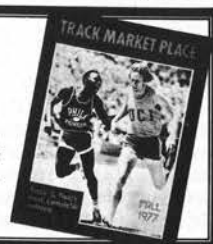
•NEW LDR CHAIRMAN? - Still no definite volunteers for a replacement to Harold DeMoss, the Men's PA-AAU LDR Chairman. There must be someone out there that's willing to take on the job. Otherwise, all the strides that LDR has taken over the past several years will probably just go by the wayside once the current schedule runs out. I, your editor, certainly do not plan on taking any more of an active role than I am already doing...believe me, I have more than enough to do already! The Chairmanship doesn't have to be all that much work if there is a good working committee behind him. There are only a few races that the LDR Committee puts on each year, and the remainder of the work is involved with everyday correspondence and paperwork, and an active role in the LDR Scheduling Booklet, which Harold & Penny will both continue helping out with in 1978. So, if you think you might even be remotely interested in the job, you should call Harold at 415/941-8975, or write: 765 Campbell Av., Los Altos, CA 94022. At least find out a bit more about the job. It does have its rewards! Regarding races that don't follow LDR guidelines: It's obvious that the Chairman can't personally go to all the AAU runs and check to see if they are doing a halfway decent job of living up to the standards set forth by the LDR Committee as 'minimum requirements'. There are a lot of races that aren't living up to these standards at present and the easiest way to check on them would be to have a committee of 6-8 people that would simply sign up to go to certain races during the year and report on them to the Chairman. Then a letter could be written to Meet Directors whose races need to be improved a bit (or a lot). The race would have one year in which to correct its shortcoming(s), and if no improvement(s) takes place, then the race could be dropped from the AAU schedule. There is a place for 'fun runs' and unorganized races, but the AAU should stand for good race administration.

•RESULTS? - Speaking of not living up to minimum standards, what about those races on the schedule currently that take a year (or sometimes a bit less) to get out results? What do we do about the Dipsea...they charge \$4 for an entry fee and you don't get results until the following year's race, and that's with 'computerized' results! What about the high fee charged at the Wharf-to-Wharf Run...and still no results despite two phonecalls and four letters and two promises to send them to me? Has anyone gotten them? I suggest flooding him (Wayne Fontes) with letters and calls (his home phone number is 408/475-3627) until something happens. You can help! I have not yet received results on the Dammit Run or Marine Air Reserve Run either...has anyone? It's been almost two months (or more) for these races.

•REGARDING MONEY FOR ALL NCCRR PHOTOS: - Still not much interest in receiving money for each photo if it's only \$1.00 each. Seems like most people would rather shoot for the jackpot (\$15 for cover shot). Lani Bader wrote the following: "I am very opposed to payment of anything other than for the cover because: (a) It doesn't begin to come close to adequate compensation and we'd rather work for free if it's a good cause; (b) It will add to your costs and time (more checks)."

New Catalog Now Available

The Fall 1977 issue of the TRACK MARKET PLACE is now ready. Track and field's most complete catalog, the Market Place is an essential buying guide for every coach, athlete and fan. Offerings include track books, periodicals, films, Olympic tours, posters, t-shirts, stopwatchs and other timing devices, and other merchandise and equipment. Write now for your free copy from Track & Field News, Box 296, Los Altos, CA 94022.

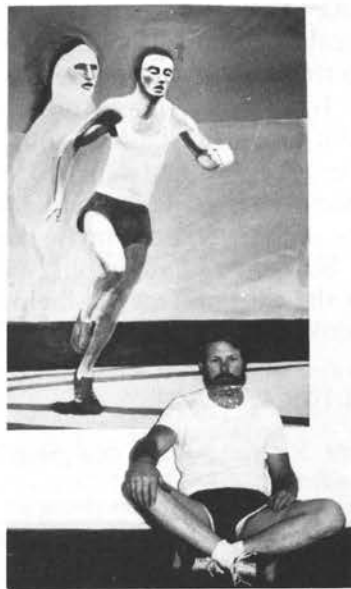


● **MORE PEOPLE NEWS:** - At the recent National A.A.U. Convention in Ohio, Dr. Harmon Brown received the Robichaux Award for contributions to women's track and field. Dr. Brown is a coach for the Millbrae Lions TC and lives in San Mateo. Miki Gorman of the San Fernando Valley TC was recipient of the Women's Masters Long Distance Running Award.

● **OPPORTUNITY FOR FITNESS INSTRUCTORS:** - An excellent opportunity exists for a number of people to become fitness instructors with a national company which will soon be opening four Bay Area locations. Applicants should possess the following qualifications: (a) A personal commitment to physical fitness; (b) An enthusiastic, positive personality; (c) Good public speaking ability; (d) A neat and well-groomed appearance; (e) Ambition to grow with an exciting company; (f) Teaching experience is helpful but not a prerequisite. --- Excellent salary; both part-time and full-time positions open. Contact either Chuck Stagliano or Mike Calhoun (Ph. 415/434-3633), "Focus on Fitness", 747 Front St., San Francisco, CA 94111.

● **RUNNING ART** (by Len Wallace)

- There's a few hundred yards of a paved and dirt incline at the southern end of San Francisco's Folsom Street which is steep enough to be suitable for either a race or an art show that might attract the attention of runners. At the Nanny Goat Gallery (just at the foot of the hill from which it got its name) the works of Jim McCair are on display. The tiny gallery was the location of a month-long showing of his paintings. The bearded artist took up running in the Belmont hills and continued it into his self-expression, illustrating "a phase of his life". He has successfully transferred his impressions of running into paint and onto canvas. Whether or not his running or artistic talents are in the front or back of the pack is not the subject for the NorCal Running Review, but that running has merit to the art community is welcomed news.



Jim McCair poses in front of one of his paintings.

● **1978 AAU REGISTRATIONS:** -

The Pacific Association is now putting into effect a blanket insurance policy that will cover all AAU-Sanctioned events and protect the meet sponsors from lawsuits, etc. As noted in the previous NCCR, at least one race already imposes a \$1.00 "insurance fee" that is required by county law. This blanket policy would relieve the burden of paying such a fee at a growing number of races that must now seek insurance protection (most notably those in Golden Gate Park). When you get your 1978 PA-AAU card, the fee will now be \$4.00 (up \$1.00 from 1977), and this extra dollar will cover the insurance. As soon as procedures for requesting coverage of individual races is known, the NCCR will make it known. This is certainly a most constructive step forward by the A.A.U. and will save us all money in the years ahead, as well as protecting meet directors. The Road Runners Club of America is also investigating such coverage and we'll keep you posted on any news as Jeff Darman, RRCA president, informs us of up-to-date happenings. This could apply to local DSE "Fun Runs", as they are members of the RRCA.

● **REGARDING NON-AAU SANCTIONED RACES:** - Evidently the AAU, at least locally, is taking a hard line on non-sanctioned races. Whether or not this applies to true "fun runs", or just organized runs, is not clear. In a recent PA-AAU Newsletter, the following statement was made: "Any person who competes or exhibits at games, meets, benefits, exhibitions or entertainments of any kind, unless given under sanction of the Amateur Athletic Union, shall thereby disqualify himself from competition at any sports given under the sanction of the AAU. Athletes competing in these unsanctioned meets will not be eligible for further competition in any AAU sanctioned meets and will disqualify himself from AAU Championships, international meets, and Olympic competition. Two of these unsanctioned meets have been held recently: The Bridge-to-Bridge Run on Sept. 18, and the Pleasanton Pumpkin Run on Oct. 30. These are unsanctioned races, and registered AAU athletes competing will be disqualified." (Ed. - Doubt if the AAU will disqualify the thousands of runners in these two races, but it appears that a few may be disqualified as 'scapegoats'. Too bad that politics have to enter into road running.)

● **AAU CONVENTION NEWS:** - The entry fees for National Long Distance Running Championships have gone up (except the postal one-hour run is still \$1.50): Jr. & Sr. entry fees up to \$3.00 and Masters fees up to \$4.00. --- The 3,000 meter team race has been dropped from the National Championship list and the 10-kilometer road run has been added to the senior division... so far nobody has made a bid for the new distance. The West Coast got quite a few Championships for 1978, and included are: (Masters) 10-Km. International X-C (Canada & US) in Seattle on Nov. 18th; 25-Km. in Southern California on March 12th; Marathon on Dec. 3 at Culver City; 50-Mile track run in Santa Monica (probably Sept. again); 5-Km. Road Run in San Diego (date to be arranged); (Seniors) 25-Km. in Southern California (in conjunction with Masters race on March 12); 50-Mile track run (see masters, above); 10-Km. X-C (in Seattle on Nov. 25); the SPA-AAU (John Brennand) will again co-ordinate the one and two-hour postal competitions. Other important championships that we know about: Sr. Marathon will be on Oct. 21st in Buffalo, N.Y.; 12-Kilo International X-C Trials (Sr.) will be Jan. 28th in Atlanta; Jr. 8-Kilo International X-C Trials will be Feb. 4th in Gainesville, Florida; Masters 10-Km. X-C will be Nov. 11th in Madison, Wisconsin; Masters 15-Km. X-C will be Oct. 29th in Pittsburgh (how come both are on the east coast?...probably because nobody out here bid on them, but we're not sure of that); Women's Marathon will be in Tennessee (fall sometime I think); Women's X-C will also be east of the Rockies I think...will have location and date in a later issue; the 1979 Men's Marathon (Sr.) will be in Houston on Jan. 20th; Sr. Men's & Women's Track & Field (outdoor) will again be in Los Angeles (first weekend in June). Or maybe it's the second...more on that in a later issue. --- **Resolution: The Marathon as an Olympic Event for Women:** - The following resolution was passed at the Convention (let's hope it gets some results): "The Women's Long Distance Running Committee request that the Women's Track & Field Committee recommend and give direction to the Women's IAAF Committee member to bring this proposal, for the marathon as an Olympic event for women, before the IAAF Women's Committee." (Ed. - Women's LDR Committee is not recognized as an entity by or directly represented in the IAAF & must go thru Women's T&F).

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●1978 ROAD RUNNERS CLUB ANNUAL MEETING: - The RRCA's National Convention will be held in Baltimore, Maryland, on Feb. 11th. A busy program is planned which will include a work session, presentation of annual awards, a clinic, and a broad spectrum of running events. The business meeting will be highlighted by the election of officers and will include discussions of the RRCA Personal Fitness Program, Championships, and many other important topics. The Natl. Men's & Women's RRCA 20-Kilometer Championships will be held on Feb. 12, and a 'fun run' will also be included. For further information on the weekend's events contact: John Roemer, Route 1, Box 246, Evna Rd., Parkton, MD 21120. -- The RRCA and Perrier, the maker of natural sparkling mineral water from France, have jointly announced their agreement to have Perrier underwrite the cost of the RRCA-Perrier Award for the long distance road runners of the year. The awards will be presented by the RRCA at its annual meeting to the outstanding male and female runners (road runners) in the U.S. Perrier has agreed to pay all expenses incurred in bringing the winners to the RRCA annual meeting and, in addition, will make a donation to the RRCA each year. It will provide funds for the awards themselves.

NCRRL LONG DISTANCE POINT TOTALS

Due to lack of room in this issue, our largest ever, we will omit the "Point Standings" and print the final 1977 ratings in issue #69. At this point the women's and masters' trophies are pretty well assured to go to Judy Gumbs-Leydig and Kent Guthrie, respectively (Kent is featured in this issue's NorCal Portrait). Both have set new division records (low point total) and they should go even lower in the weeks ahead. We hope to get in all the results by the time next issue goes to press. We are still missing some important results, including the Wharf-to-Wharf and Dammit standings...if anyone has these or can send us the top finishers for our standings, please do so right away. The battle for 'open' division is probably pretty tight right now, but we suspect that Bill Seaver has probably slipped past Brian Maxwell, who hasn't raced much this fall because of coaching responsibilities (he's Cal's head cross-country coach). Bill Clark is also probably right up there still. At any rate, tune in next time to see who won the awards!

CLUB NEWS

This section of the NCRRL is for various clubs in the area. If your club would like to put an announcement or other news in this section, please let us know. We will print anything, as long as it's pertinent and kept to a reasonable length. This section is not just for WUTC members. It's meant to be a service to all area clubs. --- If your club has a newsletter and would like to keep us informed via that method, please put us on your mailing list. Thanks!

TAMALPA: - For those who are curious about the affiliation of the Dipsea Indian Running Team (D.I.R.T.), they are the masters division (over-40) of the Marin-based Tamalpa club. I just got this information myself after getting confused while attempting to score the masters division at the recent PA-AAU X-Country Championships in Carmel Valley...some members had put Tamalpa and others had put DIRT, so I had scored them as separate teams. I would suggest that team members get together and decide what they are going to call themselves (one or the other, but not both), because otherwise there will be a lot of confusion in team scoring. Incidentally, the Marin Harriers, who mostly joined Tamalpa, are no longer an AAU club, as they failed to pay their annual dues.

WEST VALLEY T.C.: - The club welcomes 21 more members that have joined since last issue. Here are their vital statistics: --- Steve Bule (25), 193 Poplar Av., San Bruno 94066 (Ph. 588-7533); Tab technician and track coach at Crestmoor High; 100--9.8, 440--48.9, LJ--24'10". Vic Cary (27?), 1426 Fourth Av., Oakland 94606 (Ph. 465-6229); Vic has rejoined after several year's of absence from the running scene and a long series of injuries, but he's back in good shape and hopes to get back to his 9:00 two-mile form from his days at UC-Berkeley. Tom Chiavetta (42), 2610 Debbie Pl., San Carlos 94070 (Ph. 593-3943); Life insurance agent; hopes to run a marathon soon and has times of 65 minutes for the Bay-to-Breakers and 45 minutes for Wharf-to-Wharf Run. Clare Choate (23), 1720 Halford Av., #226, Santa Clara 95051 (Ph. 408/241-0795); student-teacher; Mile--4:54.6, 2 Mi--10:11, 3000m--9:39.7, 3 Mi--16:12.2, 5000m--16:45.5 (Clare held the American record for 3 miles in 1974 but has been inactive since then and is just now returning to competition...watch out!).

Ernie Coublucc (39), 301 Monroe Dr., Mtn. View 94040 (Ph. 941-0544); employed in food preparation; Ernie has been running for eight months, has run one marathon (3:43), and is interested in running more races and improving his times. Laurie Crisp (16), 601 Weyer, Modesto 95351 (Ph. 209/523-8838); junior at Downey High; Mile--5:14, 2 Mi--11:01.5, Mara--3:14:52 (altitude)... Laurie is a talented addition to WVTC's women, as she has both good speed and endurance, as indicated by her times; the 3:14 marathon was her first (and only) attempt and her 11:01 came at the recent high school postal meet. Lester DeVoe (26), 2000 White Oaks Rd., Campbell 95008 (Ph. 408/371-7296); teacher at SJCC and guitar maker; mile--4:18, 2 Mi--9:04, 3 Mi--14:23, 6 Mi--29:29. Patricia English (24), MEDDAC, Dental Activity, Ft. Ord 93941 (Ph. 408/633-3727); dental hygienist; recently moved here from Portland, Oregon, where she was averaging 6:35-6:40 for 6-9 mile runs, and finished second at the recent Garland Ranch Run. Nancy Gregory (37), 3550 Emerson St., Palo Alto 94306 (Ph. 493-4045); biologist; a fun runner who is interested in future competition. Amy Haberman (23), 617 Madrone, Sunnyvale 94086 (Ph. 408/734-0870); student at DeAnza College; Mile--4:58, 1500m--4:36, 2 Mi--10:34. Cary Hunter (30), 1720 Halford Av., #226, Santa Clara 95051 (Ph. 408/241-0795); expediter; 4 Mi--21:15, Mara--3:05. Jack Knebel (38), 5 Tarabrook Dr., Orinda 94563 (Ph. 254-4935); lawyer; 440--48.2 (in 1960), (recent marks: 880--2:00.2, 1500m--4:08.5, Mile--4:32, 6 Mi--32:16... Jack is an old member who just rejoined and brings the 1977 Pan-Am Masters Games 1500m title with him in the 35-39 division). Arvid Kretz (27), 1515 N. Cherry St., Chico 95926 (Ph. 916/343-2464); Retail Dept. Mgr. at Mervyn's; Mile--4:07.0, 2 Mi--8:49.0, 3 Mi--13:32.8... Arvid is another old member who has started running again after a rather lengthy layoff; he wishes to regain or surpass his past levels of running proficiency, set while he attended Stanford. James Lipscomb (44), 1239 Beach Park Blvd., Foster City 94404 (Ph. 573-1332); YMCA Director; Mara--3:19. Michael Lovera (33), 3139 Middlefield Rd, Redwood City 94063 (Ph. 369-6382); printer; PV--15'2", JT--220". Phil Rice (22), 2299 Piedmont Av., Room 505, Berkeley 94720 (Ph. 642-9220); grad student at UC-Berkeley; 880--1:52.6(r), 800m(r)--1:51.0, 1000--2:12.0, 1500m--3:47.2, Mile--4:08.4, 3 Mi--14:39... Phil will be a welcome addition to our track team this spring with his quick middle-distance times, and the club should have some pretty quick relay times if everyone stays in good health. Kim Schnurpfeil (16), 371 El Portal, San Mateo 94402 (Ph. 347-1360); junior at San Mateo High; 2 Mi--11:36... Kim took 5th in the CCS 2-mile last spring on only 5 months of training (her first season) and promises to be one of the better high school runners in NorCal this coming spring (she finished a close second at the Stanford Invit. but hasn't competed lately as she is just coming off an injury). Arnie Silva (19), 981 Terrace Dr., Oakdale 95361 (Ph. 209/847-2433); student; 220--24.1, 440--52.4, 880--2:00.4 (1:59.5r), Mile--4:33.1. Mike Smith (19), 36089 Rosewood Dr., Newark 94560 (Ph. 797-4542); Mile--4:20, 2 Mi--9:15, 3000mSC--9:25. Waights Taylor (40), 1015 Cadillac Way, #112, Burlingame 94010 (Ph. 347-4135); Mgr., United Airlines; competes for satisfaction and enjoyment and has a goal of running under 3:30 for the marathon. Gary Wagner (32), 600 Coffee, Modesto 95355 (Ph. 209/524-1211); physician; Mile--5:21, 2 Mi--11:54, Mara--3:20. Welcome to all our new members!

● **CLUB RECORDS:** - Not too many of 'em this time of year, but two significant records were set by our women in the month of October. On Oct. 23rd, Judy Leydig lowered Joan Ulliot's marathon record from 2:51:15 to 2:50:40, taking fourth place and leading the WVTC women to the National AAU Marathon title in St. Paul, Minnesota (see cover). That time was also a NorCal best, again breaking Joan's mark. Laurie Crisp had been a member for less than a week, & broke Yvette Cotte's high school two-mile standard for girls (12:42) with a super 11:01.5 effort at the postal meet in Saratoga (West Valley College), missing first place by only a few seconds. That's also the second best time on the all-time club list, behind Phyllis Olrich's 10:51.9.

● **OTHER GOOD MARKS:** - While there were not too many records, there didn't seem to be a lack of good performances in all divisions of the club. Mike Pinocci notched a big PR 2:17:33 in the Eugene (Nike) Marathon in September, moving to third on the all-time list behind Bill Scobey and Alvaro Mejia (the fastest marathon by a club member since 1971). Fritz Watson was hot in winning the Santa Barbara Marathon in 2:25:02, and setting a record for the course in the process (a real toughie) while beating 2:19 marathoner Ron Kurrle. Steve Strangio led his Mission San Jose teammates to the team postal win at West Valley College by taking second in 9:19, while Scott Ruffing and Mike Chastaine did 9:38 and 9:39, respectively. Their total team time was a quick 47:39 (Strangio is only a junior). Duncan Macdonald was hot (and still is) in September and October, winning Springbank

and setting a new course record while beating the likes of Nick Rose and Tony Staynings, among others. Then the following week he annexed the Natl. 25K title in Hawaii, running to a 1:17+ under warm and muggy (typically Hawaiian) conditions. Two other impressive wins came at the Stanford Invit., where he beat all of UTEP's Kenyan's handily (Munyala didn't run), and then at the PA-AAU X-Country where he upended Paul Geis by some 20 seconds. Pinocci was only about 30 yards back of Geis. Ray Menzie and Dave Stern represented the club well at the Masters Natl. 25K in Oregon, with Stern taking sixth (1:29:15) and Menzie eighth (1:31:18). Two weeks later in Columbus, Ohio, Ray got fifth spot in the Natl. Masters 15K in 52:35. WVTC's high schoolers have been doing well, with Steve Strangio having a 9:19 to his credit and placing well in many large invitational. Greg Valdez of Skyline (Oakland) is also running very impressively, as Skyline and Mission San Jose are probably going to be ranked in the top three NorCal schools this fall. Craig Hochhaus of Clayton Valley is also performing extremely well, having won the always tough DVAL meet in pursuit of a high NCS placing in November. Rod Berry has been sidelined by mononucleosis and reportedly is out for the season, although we have also heard rumors that he may run in the NCS meet to help out his team's chances of scoring high. Rod was a sure bet to capture the individual title off his 8:53 last spring. Lots of other action by WVTC'ers in the harrier events, but since we're so cramped for space this issue, we'll let you travel through the results section to find out how other members have been doing lately. WVTC pulled a good double at the Stanford Invit., with the women winning handily over Cal-Poly (SLO) and others, and the men taking a strong third behind UTEP (ranked number one in the nation in most college polls) and UC Irvine (also in the top 5 teams), while upending teams such as Fresno State, Cal, Stanford, etc. Benton Hart was busy winning the Utah Invit. in 30:00 over 10-Km. in altitude on the same day. Benton is having some foot problems but is still running as BYU's top man. He, along with seven other WVTC men, will travel to the National AAU X-C Championships in Houston on Nov. 26. The others are: Duncan Macdonald, Mike Pinocci, Hal Schulz, Roy Kissin, Bill Seaver, Mike Porter and George Stewart (who is living in Houston). Best of luck guys!

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(More club marks)--Penny DeMoss and Joan Uilyot teamed up with Judy Leydig at St. Paul, as mentioned earlier, to win the AAU Marathon, with Penny recording a PR 2:55:24, and Joan also dipping under three hours with a 2:58:17. Marilyn Taylor was the club's fourth finisher (16th) in 3:01:59, moving into sixth on the all-time list. -- Jim Nuccio was 4th in Natl. 15K (45:42).

●NEAL PYKE, who set American records at both 10 and 20-Km. this summer, was the recipient of the Ron Zinn Memorial Award, presented to the country's outstanding race walker at the AAU Convention. This is a terrific honor. We are proud of you Neal!

●TONY SANDOVAL, a member of WVTC in 1976, becomes the first club member to make the big time (cover of *Track & Field News*)! His mug classes up the cover of the latest issue (Nov.), although the race is the wrong year (1976 Stanford Invit.). He shares the front page with other notables such as Eric Hulst and Ralph Serna, along with another ex-WVTC'er, Rich McCandless. The full-color cover is really spiced up by WVTC's flashy multi-color jersey.

●MEMBER NEWS: - Sharon Wallach has just been appointed the Assistant Director of the College of Notre Dame Art Gallery in Belmont, a very outstanding achievement, as the Gallery is quite highly recognized in art circles. --- Judy Nuccio is expecting a little one in February, and soon father Jim will have a steady training partner! --- Dave Romain, who was featured in last issue's West Valley Portrait column, writes that he is not a U.S. citizen (merely a permanent resident), and so does not qualify for several American sub-masters records. Only his 48.7m and 48.3y times may qualify as records (for Trinidad & Tobago), but he's not sure of that either...but as he says, "I don't feel I'm over the hill yet." --- Jack Bellah reports that he's safe and sound in New York City (is that possible?) but that we goofed up a bit when we reported him attending dental school...he is going to medical school! Married life and school has kept Jack from anything serious (running-wise) lately, but he hopes to get down to business more in the spring. In case anyone is in the area and wants to drop by, Jack's immediate location is: 1740 Second Av., Apt. 3-D, New York, N.Y. 10028 (Ph. 212/348-6072). --- Member Bob Hertan is nearing completion of his master's degree and has had the good fortune of being hired by a Cardiologist for the position of Exercise Physiologist. The position deals mainly with EKG stress tests and exercise prescription for both cardiac and non-cardiac patients. He is offering discounts to club members of 20% on the regular fees... most if not all insurance companies will pay up to 80% of these charges, and those payments will be considered payment in full to members. The normal fee is \$175, so \$140 would be the WVTC member fee. The program is individually prescribed to anyone desiring a greater knowledge of physical fitness, from the weekend jogger to the very serious athlete. The full test includes: Exercise stress test with treadmill EKG; Executive Blood Panel

that tests or measures 40 items in the blood; percent body fat measurement; spirometer test, used in determining functional respiratory capacity; maximal oxygen uptake determination; individualized exercise prescription; plus an optional postural analysis and muscle group testing. All these services are covered by insurance if physician referred. To facilitate the coverage, a contraindication screening evaluation will be conducted by our consulting cardiologist (no charge), and he will then order the tests. For further information, contact Bob at 20406 Redwood Rd., Suite F, Castro Valley, CA 94546 (Ph. 415/886-6878). --- Anyone know the whereabouts of Amon Memphis (used to live in Oakland)? He moved without leaving a forwarding address. Let us know if you have information as to his whereabouts.

●CLUB INSERT: - Be sure that you sift through the volume of entry blanks and miscellaneous fliers in this issue and find the "Club Insert". It has many very important items on it. Don't put it aside...please read it now! -- Included are sign up instructions for the upcoming United 30-30 Relays and the club-sponsored Christmas Relays. We need help on the latter race, mostly at registration (and beforehand making numbers, etc.). Call me immediately if you can spare a few hours of your time. We also need help on the Jr. X-Country meet in early December. Let's have a strong WVTC representation at this meet (I'd like to see all our junior men run this one if possible...you must be under 20 years of age). -- Club Xmas Party will be Dec. 16 (Friday) this year, and will be at Fort Mason (near the Marina in San Francisco). Mike Porter has obtained some good facilities there for us (see insert for instructions on signing up). We will have our yearly elections there too...however, nominations will have already been made at our Exec Meeting on Nov. 13th, and you will simply vote on those nominees. Anyone wishing to serve in 1978 on the Exec Council should notify me as soon as possible (I'll let you know what the duties are if you're not sure). -- In regards to the Xmas Relays...we need all the bullhorns we can get, so if you can obtain one for the 18th of December, please let me know right away (non-members can help out too).

●CLUB DIRECTORY: - Believe it or not, things are falling together for the first club directory in about five years. I haven't started typing it yet, but the following information will probably be included: All-time club track & field and standard road-race marks (10-deep), as compiled by Greg Marshall (features open, women, masters, and also the top high school performance); All-time club bests at Bay Area road runs (same divisions), as compiled by Ralph Gowen (don't know how deep we'll go in that, but it'll be at least the top mark, although Ralph went ten-deep!); Address & phone directory, with possibly other information pertaining to ability and events competing in; Club constitution and by-laws and a list of the club's officers and Exec Council (1977); other useful information...if you have other ideas, please contact me right away. I'm hoping to get this in the mail sometime before Christmas (don't hold your breath).

●ROAD RACE RESULTS: - Following are listed members who ran in local road races and finished too far back to be listed in the regular results section of the NCRR. If you were missed, let us know (many results don't list club affiliations and I can't always pick them out from memory). Don't be shy! We all like to see our names in print. --- 1976(!) Dipsea: (we listed some last time, but the top finishers we didn't...I decided at the last minute, due to lack of space, not to print these results because I figured it was a *little* late anyway, so we'll print them here)...scratch times listed: 28-Boyd Tarrin 51:38, 43-Don Lucero 63:05, 90-Steve Strangio 56:23. Lake Wildwood 10-Miler: 26-Chris Hamer 75:36. Silver State Marathon: 84-Dick Fugett 3:21:00, 92-George Sheehan 3:24:02, 115-Dana Bural 3:29:23, 123-Norm Shaskey 3:31:27. Double Dipsea: 78-Norm Shaskey 2:19:40, 87-Byron Richardson 2:13:21, 102-Jack Cover 2:37:11, 159-Len Wallach 3:08:08 (all times are actual times), 179-Gary Chan 3:24:24. PA-AAU 25-Kilo: 105-Don Carpenter 1:40:13, 106-Kevin Gillette 1:40:13, 141-Jim Brustar 1:43:19, 158-Roger Campos 1:44:19, 161-Dick Fugett 1:44:32, 190-Sam Thornton 1:47:06, 213-Steven Goettelmann 1:49:40, 218-Jim Bowles 1:50:00, 241-Bill Zigmant 1:52:44, 252-Ed Syrett 1:54:24, 259-Charlie Dangel 1:55:06, 310-Gail Goettelmann 2:02:32, 327-Pax Beale 2:06:17, 406-Gary Chan 2:41:25. Walnut Festival (Boys 13-18): 9-Ralph Gowen 19:29. SF Jaycees 10-Kilo: 142-Gary Chan 49:21, 189-Pax Beale 54:24. Sacramento Marathon: 88-Jim Brustar 3:11:35, 107-Dana Bural 3:17:45, 132-Bob Cummings 3:25:24, 156-John Cover 3:33:36, 204-Larry Cosden 3:53:11. Berkeley Waterfront Run: 90-Dan Hintz 31:33, 344-Pax Beale 42:46. Garland Ranch: 88-Jim Van Vleck 50:52, 114-Dennis Mar 55:13, 120-Chris Nevis 57:00.

RUNNING AND LIVING IN OAKLAND



Gertrude Stein was wrong! There definitely is a "there" in Oakland and its environs. Once considered the "Mysterious East Bay," Oakland is now known among the cognoscenti as the place to find the most house for the least money. Homes here offer more space and privacy and average two to three times less than comparable housing in San Francisco, Marin, or the Peninsula.

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With these qualifications, NorCal Running Review extends a running and editorial welcome to Rich.

The week I graduated from high school in June of 1964 a song called "I get around" by the Beach Boys was easily cruising to the top of the charts in rock music. The song told of a group of guys getting tired of their usual haunts and getting into their car to scout out new territories of burger shots and drive-in movies and other kids their age to spend a talkative night with. The song became popular nationwide because it was something high school kids in any part of the country could relate to: there was as much cruisin' going on down the main drag in Evanston, Illinois, as there was in our town of Jim Thorpe, Pennsylvania. Knowing that cruisin' was essentially cruisin', however, there was a strange quality about the song. Underlying the words and music was the realization that the cruisin' that the Beach Boys were talking about was taking place in California.

So were the drag races and the surfin' and everything else that the Beach Boys and Jan & Dean and other California-based rock personalities were singing about. Midwesterners and East Coasters devoured the music more than the native Californians, because to Californians, it was all old-hat, no big deal, so plentiful and a natural part of their lives that it was taken for granted. We spent hours listening to the Beach Boys and fantasizing about the California lifestyle. On long winter nights, with the snowdrifts blowing against the doors and making it necessary to crawl out an upstairs window to get out of the house, we'd play Beach Boy records and talk about how someday we'd go to California. We really knew we wouldn't, of course, but it was great escapism to imagine sand and drag strips and eternally beautiful weather. Being something of a rebel against populated causes (I loved Farrah Fawcett in the Wella Balsum commercials, but I can't stand her now that she's made it big), I dutifully frowned on everyone silly enough to express their foolish intention of going to California when they graduated. "If everybody goes to California who says they're goin'," I'd say, "it'll fall off the end of the world-- and I don't wanna fall off the end of the world."

Everyone else dreamed of moving to California immediately; I found it impractical and envisioned a state full of wild-eyed dreamers who'd come in hordes only to find that there were so many of them they couldn't get past each other to place a toe in the Pacific Ocean.

Safely in college, I did occasionally think of California --that perfect California that the Beach Boys sang of. It was especially vivid in my mind while, as a member of the Bloomsburg State College cross-country team, I topped a rise on our hilly course and felt cold winds entering my body in the front, piercing their way through my internal organs like so many thin needles, and exiting my body through my back, where the little perspiration that had managed to form between my shoulder-blades had turned to an icy banana taped to my back. I thought, at those moments, of running along sandy beaches in my canvas training flats, my chest naked to the gentle sun, the grand Pacific Ocean tumbling in like so much blond hair teasing the beach. I learned to become an expert at fantasizing during the mid-portion of cross-country meets. My really expert fantasizing though, came during the middle of my Saturday 18-mile runs, when the perspiration had broken after three miles and I shifted into that phantom overdrive where the body keeps going and the mind begins leisurely jogging through one topic after another, solving problems, super-charging dreams into almost-realities, sifting through feelings and emotions that were too crowded down by mundania all week to surface. I'd fantasize that Interstate 80 was really the Coast Highway. I'd live the California running lifestyle between mile three and mile seventeen of my 18-milers, coming back down just in time to cross busy Route 11 and head back to college. Although I knew nothing about California, had never been farther west than State College, Pennsylvania, and had no real intentions of ever going 3000 miles from home, the running I did in my mind became perfect running. Perfect running became synonymous with California...because the Beach Boys said California was perfect for everything. And I was getting increasingly tired putting on hipboots in the middle of winter to do runs through 20 inches of new-fallen snow.

After college my periodic running couldn't find time for 18-milers on Saturdays; my job occupied every weekday and many weekends. California was forgotten, left floating somewhere like a magic kingdom sitting atop a friendly cloud out along the Interstate Highway System.

Through a rather complex series of events, though, the member of the 1964 class of Jim Thorpe Area Jr.-Sr. High School who



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THE MAGIC BUS: - Jack Leydig's VW 'shoe van' will be making the rounds at some races in the upcoming months...probably the following will be covered: Pepsi 20-Miler, Jr. Men's X-C, Livermore Marathon, Campbell Rotary Club 6-Miler, Christmas Relays, Lake Merritt Women's Run, Champagne Marathon, and selected DSE runs.

GUEST EDITORIAL

Rich Benyo is the new Managing Editor of Runner's World Magazine. By his own admission, he advises: "I often take a stage spur route to get the baggage delivered," referring to the style of his first California writing contribution, which follows in our "Guest Editorial" spot.

Benyo, who was the former editor (for 5 years) of Stock Car Racing, a magazine dedicated to a different form of human speed, but he has considered himself a California runner ever since his first morning run in the Los Altos hills.

No newcomer to slopes, Benyo comes from Jim Thorpe, Pennsylvania, which, as he stated, "is impossible to leave...without going up a mountain." He was the co-director of the "Switchback Scamper", a commemorative October race which was initiated and maintained to save an historic trail from the bulldozers of land developers.

felt least likely to experience the California lifestyle dropped through a bank of dark storm clouds that were raining down lightning (to start unwanted forest fires) but no rain (to extinguish the fires), touched down in San Jose, and found himself a California runner.

The first morning out along the roads at six o'clock was a revelation. Running in California was nothing like my fantasy California had been. I'd never taken into consideration the different vegetation, the different birds, the early-morning chill with the first hints of the warm afternoons already intertwined.

In less than a week, with a Fun-Run under the elastic of my faded shorts, I found that Northern California was a close to the perfect place to run as it was possible to find. The weather was almost always ideal; when there was a hot afternoon, the fog waiting off the coast would roll in and cool the area down; there were challenging hills and winding, peaceful country-like roads minutes from Interstate highways; runners were accepted as part of the scenery instead of being considered freaks who'd nominated themselves for early extinction by every motorist using the public roads; running clubs were as common as sunny days. Everything I'd imagined California running to be fell far short.

Although I haven't been back home to Pennsylvania since moving west, I know I'll be unbearable when I do return for a visit--my letters are already becoming unbearable with details of the great weather, the nice runs, the regular Sunday morning Fun Runs, the great new trails and roads I've been finding, the presence of so many other runners...

California adopts new residents so fast and makes them part of her lifestyle that it's becoming difficult to prevent myself from becoming missionary about it. The Beach Boys, at one point in their career, said that they "wished they all could be California girls." As winter approaches and I don't have to pull out my running boots, I wish they all could be California runners.

LETTERS TO THE EDITOR

JIM HOLBEN (Colfax, CA) - "After reading all the letters about the Tahoe Relays, I too have come to the conclusion that the Relays should be cancelled due to the lack of safety.

People must realize that on a weekend in the Lake Tahoe basin, the traffic is bumper to bumper and travelling at a rate as fast as one may travel on a narrow, two-lane road that has little or no shoulder for eighty percent of the distance. Now when you have a hundred or so teams on the road up there, something is bound to happen...and I mean somebody is going to get killed. So, if it's going to continue until somebody does get killed, then I pity the race organizer for the conscience he or she will have to bear.

As for a solution to the problem...how about holding the relay in a rural farming area (like near Davis) on back roads. I believe they have a 100-mile bike race somewhere in that vicinity. Though my solution is not new, I do feel that we all should unite in stopping the Lake Tahoe Relays...before something does happen!"

(Ed. - This is a good idea, but there is another problem if the race is held at the same time of year...a central valley location would probably be too hot, as the race would continue through the warmest time of day. Perhaps a smaller loop could be established in the Tahoe area (is there a road around Donner Lake?...how long is it?). Suggestions for an alternate location should be sent to the NCR, with specifics if possible).

ROBERT E. DeCELLE (Alameda, CA) - "Alameda Cross Country Carnival seemed to sum up the run of horrible events that beset the Alameda Track Club's efforts to give long distance running a happy time.

The Alameda Golf Commission decided the course would be loaded with golfers on this particular day, so they wanted to switch the starting time to 3:00 pm. Over the past several years, there have been cries enough about the 2:00 pm starting time. With these issues in mind, we took the total plunge, moving the event to the Robert Crown Memorial State Beach and moved the starting time to 9:30 am. Too few people follow the advice in the LDR Schedule, advising to call the Meet Director listed, just in case there is a cancellation or change. Our Watermelon Run was shot down with an error for the date in the running schedule and also the hottest day of the year (those watermelons sure tasted good though!).

Alameda Track Club, contrary to rumor, is alive and well, but thanks to the two setbacks, is having financial problems which are only temporary. Keith Kindle, our new president-elect, promises a new era of activities for the club.

We'd like to thank those who supported our efforts, in spite of the problems."

SCOTT HAMILTON (Honolulu, Hawaii) - *(Ed. - Although the following is not a 'letter to the editor' per se, we thought that it was pertinent to the problems in our own Pacific Association in Northern California, and very worthy of printing.) - Volunteer Running Leadership: The Critical Problem.* In many areas of rapid growth, the critical problem this year is not the runner but the leader, and his or her 'care and feeding'. Leadership can be damaged as much by drought as by tidal wave. This is not just an AAU or RRCA problem, but it affects every aspect of running on all levels. While running begets like rabbits, running leadership begets like the Emperor Penguins (i.e. - one egg per year, and someone has to keep it warm all the time). The pressures and obligations of professional work, community leadership, wife and family happiness, and continued running training often means a limited margin of time, money, and energy for administrative volunteer running leadership. The 'burn-out' rate has begun to be felt in Hawaii and manifests itself in refusals to serve in office, disconnected telephones for privacy, occasional divorce or job loss, or complete running withdrawal. Unless care is taken now, within a year or two active leadership in growth areas will be limited to paraplegics in wheelchairs (or those hit by Fiat automobiles), 'Golden Sunset' residents of retirement homes, coupon clippers among the independently wealthy, or recent widows or widowers (dressed in black). Thomas Malthus would have a field day!" *(Ed. - The above is all too easy to apply to our own LDR Committee...too few doing all the work and very few new volunteers. If we don't care enough as a group to pull ourselves out of disaster by our own bootstraps, then we may all feel the closeness of sinking together!)*

THE HUMAN RACE



The road climbs and winds into the hilly suburbs past the tidy manicured lawns, neatly bricked walkways, and well-to-do children playing with well-to-do dogs. The small columns labeled "Sleepy Hollow" were outdone by the pseudo village-type street signs signaling each crossing with some cute name thought up by a land developer drying to hustle property sales.

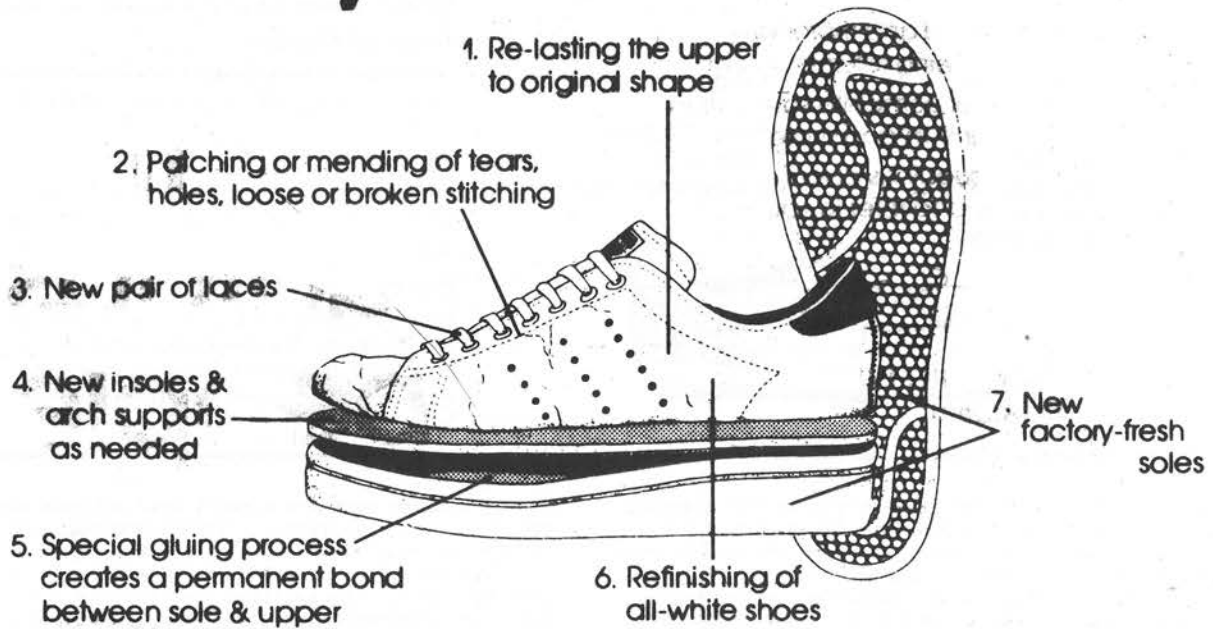
As the hills became steeper, the saccarin community disappeared and the roads became narrower, partly due to the push golf course crowding its edges. Further on, the inclines put my old car into low gear and my running appetites into high as I contemplated the ground's angle and wondered what it would feel like under my feet. In front was a badly cracked concreted stretch of one lane up the last of the steep slopes. A left turn brought me to a post marked "Carlson".

The view back towards San Francisco Bay was blocked by scrub oaks, Lombardy poplars, and rolling California hills. In front of me was a slim and attractive blond in a classic pageboy haircut, looking more like a young debutant rather than a 43-year-old mother of a daughter in college, a teenage son who is a ranked tennis player, and an eleven-year-old student at Sleepy Hollow School.



Barbara Carlson

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Barbara Anna Carlson, whose incredibly blue eyes constantly dominate her face, walked to greet me with a quiet, well-mannered confidence which only comes when a person really knows herself thoroughly. It's easy to confuse this characteristic's origin as being derived from wealth, education, and elegance, but in Barbara's case it comes from a genteel and dignified composure resulting from her own self-development and personal commitment.

Monte Dayton, Promotion Manager for the San Mateo Times and my old college journalism classmate from San Jose State, always gets a particular gleam in his eye when the subject of Barbara Carlson comes up. Monte, who dated only the best looking coeds at State, is the geriatric set's thermometer of female class. If Monte's head turns, you can take bets that whoever is deserving of his discerning eyes, just has to be worth the peek. Barbara heads his list.

Sitting in an inlaid chair after walking ankle deep in beige rug into her split level living room, Barbara admitted that she's an incurable flirt. Born in Santa Paula, California, she grew up in Davis and graduated from UC Berkeley with a bachelor's degree in Fine Arts. Modestly turning me down for a view of her pastels, she hurried to add that the most influential person in her life is her husband, Don, who she met on a blind date when she was only 18. "He took me to the rauchiest bar in the world," she added, with a reminder that she was underage at the time. The bar must have worked, however, as they have been married for over twenty years. Don is the Chairman of the Board of Directors of Consolidated Capital, a large real estate and land management firm.

Her running career started six years ago as part of an effort to improve her lifetime interest in tennis. "I used to jog around the Piedmont track looking for a way to build up my endurance for tennis," she advised, "But I got talked into running the Pamakid Lake Merced Race was hooked, giving up tennis in the process," she explained. "At the time, I didn't think I would ever make it back to the finish line of the race," she added, obviously comparing her present running achievements to her beginning efforts. And run she does. That blond hair and those damned blue eyes seem to be at every race. There was a time when Barbara ran behind me, but now-a-days my only view of her is watching her attractive curves disappear in front of me.

"I'm not even a good runner," she confessed modestly. "The only times I can remember is that I ran the West Valley Marathon two years ago in 3:32:18 in one of my first efforts at the longer distances. I wasn't in the best shape, but I thought that a year later, after training hard, feeling better, and being mentally ready that I would qualify for Boston (3:30)," she went on. "But when I crossed the finish line, the timer read '3:32:18'...which is why I can remember both times," Barbara laughed.

The bookshelf near my elbow Mark Twain, Sherlock Holmes, and Jacques Yves Cousteau, the latter explaining part of her love of the outdoors, including the sea. Her sailing and skin-diving ventures bring a certain lilt to her voice and light to her eyes as she described portions of her Caribbean, Tahitian, and Hawaiian excursions.

Around her neck was a small gold and jade annulet which she always wears in races. "If I'm winning, it's in front; if it gets around in back, I'm out of luck," she advised.

Another of her pasttimes is bicycling, which she enjoys with her family. In addition she took up ice skating two years ago along with her daughter. "I used to get up every morning at 4:30 to rent a patch of ice to practice," she gestured enthusiastically. "I also took up flying, but after twenty-two hours in the air and a whole lot on the ground, I found I couldn't fly and run, as each demanded total commitment," she philosophized her decision to stay with running. Barbara has run eleven marathons, a commitment in hours that far exceeds her flying time.

Running for the Northern California Seniors T.C., she is a member of a distinguished set of older female athletes, including Ruth Anderson, National Chairperson of Women's Masters (A.A.U.), Carroll O'Conner, Marge Heinlein, Robyn Paulson, Ruth Waters, and others.

"It's important to have a good self image," came her reply to my queries about her youthful and attractive appearance. "With it, life is easier to cope with," she advised with a refreshing bluntness. "I don't think you can separate the appearance thing from the desire to be physically and emotionally healthy. Being attractive is important to me but being fit and healthy does the total thing," Barbara added. "The aging process is something we can't control, and I want to be as attractive as I can for my age," she related. "I don't know anybody who wants to turn into a little old lady," she confessed. Then, looking deeply into my lined and wrinkled face, laughingly added, "or want to be a little old man either!"

She looked out from her comfortable setting to the steep hills where she runs daily and opened up her mental door just a bit with: "Running is something that is my very own. I can compare myself to myself. It belongs to me only. I can concern myself with myself and my ability or inability to perform well." She went on, "I don't want to ever give it up. I want to run my entire life. Running has become a way of life for me. It bothers me *not* to run," came the sentences in short intense spurts before she settled back into a more relaxed mood, describing the beauty of the countryside where she runs.

Then back she came with, "I like to be by myself. I like running that way too, rather than in a group. I can have a quiet time to myself when I'm running. I enjoy being alone. There's a time for people and a time to be alone," she clipped off in quick bullet-like frankness.

"I like the people in running too," she added. "But that's before and after the running," she explained. "I really like the runners. They're special people. There are special people in anything, but the runners are really SPECIAL," she added for emphasis. "All of us have some pressure on us to do well at something, but somehow the runners seem to manage the pressure better," she smiled with a contentment that revealed her obvious pleasure at being a runner.

Back down through the rows of neat houses, and the village-like signs; past the wealthy folks riding in electric carts on the golf course; out onto the concrete freeway and

past the silvered steel of the BART train leaving a glistening suburban station; and through the Berkeley tunnel until my eyes caught my beloved San Francisco rising from its tiara of fog.

All through this drilled my mental hunger to find the theme of Barbara Carlson. I can hardly wait to see what she's going to look like at eighty. I bet she'll still turn Monte's head, that is if he is still around.

So what is it that makes blond Barbara so special to all of us? Barbara Anna Carlson...there's some real stuff to you. You're not just some passing face in the crowd!

NOR-CAL PORTRAIT

KENT GUTHRIE (By Don Hintz) - Kent Guthrie's quiet demeanor does nothing to reveal the intensity of his dedication to athletic excellence. After questioning him about his running and training philosophy, however, one easily notes the correlation between it and his soft-spoken manner. In his words, he explains: "During the year I have come to appreciate more and more the mental aspects of the sport. I try to stay mentally relaxed and physically loose and to always run that way." Kent serves as excellent testimony to the wisdom of such an approach: he is undefeated this year in 26 PA-AAU races as a master (as of Oct. 24th).

Almost as astonishing as Kent's unrivaled distance running achievements is the short period of time he has been running competitively. Before running came into his life, basketball was his primary sport (even though he is only 5'10" and 145 lbs). For one and a half years he taught school in Sydney, Australia, during which time he played basketball with Australia's Olympic team and some of her better collegiate players. When he found a teaching position in Contra Costa County, he moved his family to Pleasant Hill, but was disappointed at having no basketball teams nearby of a caliber equal to his skills. He therefore devoted more of his time to fitness running and found it to his liking.

In 1972 he was persuaded by a friend to enter his first road race - the Bay to Breakers - where he placed 'about 280th.' Pleased that he wasn't further back, he decided to try other races. The aerobic conditioning he acquired as a basketball player proved beneficial in these early races, but Kent attributes most of his incentive for improvement to a man he met at Diablo Valley College in an all-comers track meet in the summer of 1973.

Kent was entered in the mile run with Jim Shettler, when he saw, firsthand, what an excellent runner Jim was. Jim was easy to spot since he was in his customary position near the front of the pack. Later, when they spoke to each other for the first time, Kent was surprised at the willingness of this talented and vastly more experienced runner to share his training ideas. Kent discovered in Jim a wealth of knowledge stemming from more than twenty years of first-rate running and coaching which, during the late fifties, had included the famous Hungarian coach, Mihaly Igloi. He also discovered a friend. Eventually they became training partners and teammates in the talent-laden West Valley Joggers & Striders club. Under Jim Shettler's guidance, Kent's talent as a long distance runner emerged.

The results are enough to make most any runner envious, whether competing in the masters category or not. In 1975 Kent recorded a 9:53 for two miles at a DVC all-comers meet. At the Pepsi 20-Miler he finished thirteenth place overall in a field of 1100 with a 1:51:07, improving Jim Shettler's over-40 record by more than five minutes! Last winter he turned in a 4:38 clocking at the Examiner Games Masters Mile. On Sept. 24, 1977, nine days after he and teammate Ralph Bowles intentionally tied for a victory at the PA-AAU 25K Championship, Kent won the Natl. AAU 25K Championship in Medford, Oregon, in a very quick 1:26:17 (5:34/mile). Second place went to his WVJS teammate, Bowles, in 1:26:50.

The foregoing results tell only part of the story, though. Perhaps the most difficult of Kent's records to break will be

the total number of long distance races won during a year. He has averaged more than one victory every other week during 1977 (26 wins so far through Oct. 24). The previous record was 18 victories set by Ross Smith in 1972. Kent's goal is 30 wins, which he should attain with little difficulty if he continues to run as he has over the first part of the year. He frankly admits that many people will probably regard him as crazy for racing so much, but he doesn't care. "I have no illusions about my records holding up for very long with so many other capable masters runners around, and with the likes of Tom Laris and Homer Latimer about to turn 40. So, I thought I'd like to set 30 wins as a goal." How did he arrive at this number? "It was just an arbitrary figure," he says. "But whoever comes along in the future will have a tougher time than I've had because the competition is continually improving. They will also have to be very lucky with avoiding injury." He might have added that they will also have to be extraordinarily talented distance runners!

Another of his goals is to be on the victorious West Valley Joggers and Striders team at the National Masters X-Country Championships on Nov. 13th in Washington, D.C. (which will be history by the time you receive this issue). Kent will be joining teammates Ralph Bowles, Roger Bryan, Bryan Holmes, and Ross Smith (& others?) in this effort.

When Kent discusses his training mileage, another surprise is in store. He usually averages only 45-50 miles per week with one month of 70 miles during August or September to prepare for the longer races in the fall. Now for the catch: most of his training is over hilly terrain--either on the roads between Moraga (where he teaches elementary school) and his home in Pleasant Hill, or on the demanding trails of Briones Regional Park, a short distance away. He feels the need for the faster tempo of occasional track work to stay tuned for shorter races but admits, "This year has been based on frequent competition (3-4 times a month). You could say that my training has been racing."

Although he likes to train fast, this is tempered by an apprehension about injury which, he feels, can be especially devastating to a masters division runner. Consequently, "I try to get 35-40 miles by midweek and spend the last few days resting or running easily on the grass." As a further hedge against injury (he has had few, and none this year), he routinely spends half an hour stretching before running. His stretching is of the yoga-type (i.e., slow and gradual). He emphasizes whatever muscles might be causing problems and then spends extra time working on the hips since he feels that power and speed come from this area.

He has come to regard meditation as an important adjunct to successful racing. It is apparent from his remarks while running the trails of Briones Park that he feels an intense aesthetic appreciation for the oak and madrone covered hills and relies, in part, on runs through them to help purge his mind of the day-to-day mental noise. Dwelling on a race beforehand, he believes, frequently results in a poor performance because how a person thinks he will do is often inferior to what he is actually capable of.

"I have been fortunate in having the motivation, support, and encouragement of excellent training partners, teammates, and many running friends. Often in races I feel I am being carried along by the flow of the race, and as I look back on the last few years, I see that what running success I have had is not so much the result of individual effort as it is the result of the flow of the running scene. It's a great scene, and I hope to continue enjoying it for many years."

(Editor's Note: - At the PA-AAU Masters X-Country Championships in Carmel Valley on Nov. 6, Kent lost his first masters race of 1977, finishing third to Darryl Beardall and newcomer to the over-40 scene, Bob Wellock. We hope that the NCFR hasn't served as a "Sports Illustrated" jinx! We doubt it... it only shows that we are all human and have our off days.)



Kent Guthrie at the 1977 PA-AAU 25-Kilo Championships. /John Sheretz/

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WEST VALLEY PORTRAIT

MEET JIM NUCCIO (By Bill Clark) - Jim Nuccio has been described by *Track & Field News* as "one of the new breed" of runners: those who race almost exclusively on the roads. Anyone who has been involved in road racing the past 10-20 years knows that there is not really anything "new" about people racing exclusively on the roads. What is rather unique about Jim is that he has the ability to compete at the national level on the track, but has simply not chosen to do so. Perhaps even more unusual in these days of over-emphasis on marathoning is that Jim has established a national reputation as a road racer through outstanding performances at distances shorter than the mystical 26 miles, 385 yards.

There doesn't appear to be any deep philosophical rationale behind Jim's chosen range of competition; merely a desire to do what he enjoys most. His enjoyment has probably reached new peaks during the last six months, because during that period his performances have improved substantially from their already quite lofty level. In July, he hammered an outstanding field at the PA-AAU 25K, running 45:41 on a very hot day. Then in September he caught Duncan Macdonald in the last lap of the PA-AAU 25K and annihilated the old course record with a spectacular 1:17:22 (see above photo). Most recently, Jim finished fourth in the National A.A.U. 15K in New Hampshire in a very respectable 45:42 after several nights with little sleep.

Unfortunately, there is no secret behind Jim's great performances. Rather, it's the old story of the guy who works hardest and smartest getting ahead. Jim has developed enormous conditioning by running 120-130 miles per week over most of the last five years. He does admit to some slight adjustment in his training during the last year: one is to not race as frequently (about twice per month), and another is to only bash a ten-miler at five-minute pace once each week, rather than twice.

His weekly training regime is very consistent, as described by Jim: "All runs, morning and afternoon, are followed by 15 x 110's, alternating one at good pace and one at 'shake-up' pace, just to get the cobwebs out and add a mile." Every morning he will put in a 5-7 miler, except for Sunday, when he'll run about twenty miles on Mt. Tam with friends. The afternoon workouts go like so: Mon.--13 miles medium effort; Tues.--8 miles fartlek; Wed.--13 to 15 miles with friends; Thurs.--8 miles fartlek; Fri.--5 miles easy; Sat.--Race or very hard 10-miler. "On my 8 mile fartlek runs, the first 4-5 miles are at a steady, hard pace, almost race pace, the next couple of miles are fartlek, and the final mile or less is a medium pace run. On Tuesday the fartlek consists of intervals of about a 440 or more. On Thursday, the interval is about a 220-330."

Despite the double daily diet of 110's, Jim feels he has lost most of his speed. In high school he sprinted times of 10.3, 50.2, and 1:52.5. While at the University of Portland, he moved up to 4:11.4, 13:45.4, and 28:25.1. Jim has his own theories regarding his perceived loss of speed: "Everyone tells me you don't lose speed. While speed is inherent, I've done little in recent years to develop or maintain it. The speedwork I do now accentuates tempo and is really not all-out sprinting. I think there are a couple of factors (besides lack of motivation and proper training) why I can't sprint like I could in 'my youth'--loss of overall strength and versatility. In high school I played football, basketball, and also ran track. I was fairly mobile from weathering endless hours of agility drills. All I do now is run in straight lines. I have zero lateral movement and am completely maladroit on a basketball court (aside from the fact that I can't see the basket). My overall body strength has dwindled too. While I



Jim Nuccio shows the strain from running 1:17:22 at the PA-AAU 25K, where he defeated Duncan Macdonald and Paul Geis, among others./*Sheretz*

was in high school I was a couple of inches shorter than I am now, but I weighed twenty pounds more, although I had a smaller waist (by two inches). After a morning jog of a couple miles, I would do 100 legitimate pushups, 30-40 pullups, and about 250 situps. I also bench-pressed 200 pounds. Now I injure my arms trying to steer my 1960 Ford Falcon!"

Although Jim may not be able to sprint like in the old days, anyone who has tried to stay with him during a race can attest to the fact that he continues to benefit from the leg speed previously developed. Although far from being anti-social, Jim has a way of discouraging people from trying to stay with him in a race. He's content to let someone else lead the early stages, but when it's time to start moving, he employs a series of surges to separate the chaff. Surviving the first few surges is not necessarily an encouraging event because by then the pretender to the crown will have realized that each surge is longer and harder than the last!

What's ahead for Nino? Most importantly, the mild-mannered real estate broker and his wife, Judy, are expecting their first bambino in February, which requires adjustments in Jim's training schedules (most likely). Understandably, the 1980 marathon trial also figures in the Italian Stallion's long-range plans. For although his favorite racing distances are in the 15-20 kilometer range, he realizes that there are no Olympic events at that distance. So Jim may be forced to become a marathoner yet!

(Ed. - Jim "Nino" Nuccio is our latest 'feature editor', and will head up a new column, entitled "The Running Gourmand", or "Runner's Zoo", depending on his mood. His first contribution follows...)

The Running Gourmand

by Nino 'the Fowl' Nuccio

(NOT TO BE CONFUSED WITH "THE GALLOPING GOURMET")



As a runner, you are often asked the annoying question: "Why do you run?" As an annoyed runner, you quickly retort with several pet answers, such as, "The government can't do it for me," or, "I run because I O.D. on the exhilarating sensation of acute leg cramps, the provocative redolence of perspiration blending with Arrid Extra Dry, and the glorious experience of severe oxygen debt resulting in minor brain damage," or the utterly absurd riposte, "I like it!"

The truth of the matter is that most folks run for one simple reason -- *they can eat more!* It is with a heavy stomach and the highest esteem for the trencherman's sacred vows of poverty, chastity and gluttony, that I am inspired to write this occasionally informative, quite innocuous, and very occasional column on where to and where not to dine in the Bay Area.

Information in this column will be acquired primarily through personal experience and from the expert opinion of other qualified Sybarites. Quite often, when my job, school, family and running limit my leisure time and interfere with my culinary pursuit, I will resort to creative improvisation and deceptive plagiarism as my sources of material.

The caliber of restaurant visited will depend primarily

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If you're thinking of making a move to Marin, now is the time - prices have stabilized, interest rates are low, the wood nymphs are frisky (College of Marin distance runners don't get stitches during their runs on Mt. Tam; they get hickeys).

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on my financial status for that month. If I sell a waterfront lot in Tiburon or a rambling ranch house in Kent Woodlands, I'll be dining in Lucullan splendor, sampling the Quenelles Truffles du Bistrot at Maurice et Charles or the succulent Beef Wellington at the Blue Boar. If all I can generate that month is the rental of an Airstream Mobile Home in Contempo Marin, I'll be testing the Deepsea Finger Lobster (sans steak) at the local Sizzler and the Fat Burgers and fries at Robbie's Rib Cage in Petaluma. Some of the restaurants I'll review have received plaudits from Holiday Magazine and Gourmet; others have been targets of tirades from critics working for Ladies Home Journal, Model Airplane News and Mad.

The "New Zoo Review Crew" stars The Running Gourmand (Nino the Fowl), Zapata the Fat, family, friends, derelicts, and other adventurous eaters. On rare instances when there are left-overs, a special critique will be rendered by that dashing bon vivant, Hugo the Magnificent, the Magical Mystery Dog.

The gastronomic credentials of the Review Crew are sterling. Zap once ate 3 Swanson Salisbury Steak TV Dinners in a single sitting. Not impressed? (Have you ever tried one?). It was actually a remarkable feat considering he also devoured the aluminum containers they're packaged in too.

As for Hugo, his eating habits while an inmate at the Sunnydale Puppy Reform School are legendary. At a normal meal he would down 7 Gainesburgers, half a case of Alpo Chicken Deluxe, a bag of Nacho Cheese Doritos, 4 cloth napkins, 3 Dolly Madison Zingers, and a pregnant June Bug - and that was during the depletion phase of his carbo-loading diet!

While I didn't set the real estate world on fire this last month, Mom and Dad were up for a few days from California's lunatic fringe (L.A.) and were, naturally, taken advantage of by their ungrateful son ("So, Dad, you're taking us out to dinner tonight? I've heard that Ernie's is a nice, inexpensive place.") So gather up your steelhead gear, Thomas Brothers Map and appetite, as next issue (November or December, whichever comes last) the Running Gourmand and Crew venture to the rugged coast for a memorable and filling "Pt. Reyes Pilgrimage".

Side Order: When I've had my fill of food, if that is at all possible, this space will be used as a Rumor Control Column in which I will ruthlessly slander some of the Bay Area's most respected runners. The name of the column will then change from "The Running Gourmand" to "Runner's Zoo". Any contributions will be gladly accepted and readily scrapped.

Don't miss the next exciting issue! Make sure you let the editor know your address change if you move.



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! Let's send in the letters!

The following article is taken from Harry's new book, entitled "The Foot Book", available from either Harry himself, the NCCR, or World Publications, or at various bookstores...\$10.95 in hard-back only...nearly 400 pages of information geared to the athlete that is written in what is hopefully easily understandable language. The following is taken from the Introduction to the book.

A highly trained athlete in good mental and physical condition doesn't suffer injuries. Proper training methods, good equipment, preventive medical procedures (including proper food, rest, individual attention and biomechanical therapy, when necessary) will establish a system of good health. Injuries will be minimized and will be less disabling.

The athlete will feel the emotional and physical support through this approach, and perform at his best. Good health is a lifelong process. Coaches and trainers have the opportunity to share in this development. Their attitudes will determine the achievements and attitudes of the athlete. Performance in sports is based on motivation (desire, attitude), training (conditioning), and genetics (hereditary structure).

Motivation of the athlete and the development of the best training methods long have been goals of physical education teachers and coaches. This book presents positive attitudes toward personal achievement in sports and a review of conditioning methods for fine tissue structure and function. Until recently, genetics or hereditary structure dictated (helped or hindered) athletic ability. Now it is possible to alter structural stability and make the athlete function more efficiently.

Proper function of the foot is essential in almost all sports. The foot is that complex structure which must absorb

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forces coming up from the ground and down through the body. The foot must control and direct the center of gravity of the body.

The Foot Book describes the mechanics of the foot and leg in different types of sports, and prescribes conditioning activity to prevent injury at points of maximum stress. Our goal is to show the reader what ideal foot structure is, how to recognize the abnormal, how the athlete can condition himself to prevent injury, and how the athlete can provide initial self-treatment and rehabilitation when injuries do occur. We also describe those types of injuries which require professional evaluation and treatment.

Our goal is to keep the athlete in condition during the healing period, and to get him back to participation and competition as quickly as possible within sound medical judgment. We have included a listing and discussion on the value of medications, vitamins, preparations, tapes, padding and supportive materials which are available over the counter. In addition, we have included a glossary of sports and medical terms.

As podiatrists, our specialty includes the medical, mechanical and surgical management of the foot and ankle. Many problems of the limb and body above the foot are related to foot function, and the reverse is also true. The book does not attempt to deal with medical or metabolic problems affecting the foot, but rather the structure, function and reaction of tissues to conditioning, stress and injury.

THE INJURED ATHLETE: - Many research studies have established that injuries and pain in the lower extremities are a major area of disability. A survey of runners responding to a *Runner's World* magazine questionnaire indicated that more than six out of ten runners were disabled during some part of a year because of injury.

Proper coaching, conditioning methods (including strength, endurance and flexibility training), warmup and cooldown periods as well as good equipment and facilities will prevent many of these injuries.

Most disciplines of medicine consider the study and treatment of internal or cardiac problems, and the effects stress and trauma on the restoration of health in the average man, are of essential concern. The main effort of American medicine has been the treatment of disease. Little attention has been paid to prevention of disease and still less to the establishment of the healthy individual.

A highly trained athlete has attained an elite state and is approaching an ideal. He is in tune with his body and his body responds to his needs. His body does not function like that of an average man. His total metabolism is not "normal". He often asks his body to do abnormal things, eat abnormally and train under abnormal conditions. He associates with people like himself who have shared the same experiences.

Those athletes who have not yet attained this elite state have short periods of success, exhilaration, and awareness of this oneness with body and spirit. They become totally involved. They achieve a positive addiction. They become anxious, jittery, and obsessed without daily activity. They need a daily activity "fix".

This attitude is difficult for doctors familiar with average patients to understand. Normal prescriptions of rest, drugs, and other medications are not accepted by the injured athlete. The athlete wants to understand the mechanics of the problem and condition himself through it. Many doctors are so involved with the sick that they don't see the importance of treating overly healthy patients.

Podiatric medicine evolved to fill a void. It shares responsibility with the orthopedist for bone, joint and muscle problems, with the neurologist for nerve problems, with the vascular specialist for blood vessel problems and the dermatologist for skin problems of the foot. Podiatrists also attempt to work with the family doctor, internist or pediatrician when foot problems are recognized. Podiatrists attain the degree of DPM through a specialized course of medical training and are fully aware of the relativity of the foot to the entire body.

We are trained in the recognition of medical disease. For the most part, foot and ankle problems are not life-threatening and for that reason are not studied by other medical specialties. Podiatrists are concerned with "little things", such as an understanding of the structure and function of the 26 bones in each foot, shoes, supporting devices, overuse injuries, pressure points, and the integral function of the leg.

Much of the work of a podiatrist is the simple relief of pressure and pain, the care of people who are unable to care for themselves, and the prevention of foot and leg problems by early treatment in children.

Surgical correction of foot and ankle problems is, for the most part, elective rather than emergency in nature. These surgeries may be performed in hospitals, but many times are performed in a private office for those cases in which the patient may walk immediately after the surgery is performed. Most foot and ankle procedures afford minimal disability. Foot surgery may be performed by a podiatrist, orthopedic surgeon, or general surgeon.

When a doctor takes the time to understand the "little things", the mechanics of the particular activity and the emotional effects of lost training, he will then be able to prescribe a series of activities to keep the athlete in condition while the injury heals. This satisfies the doctor, coach, and trainer, and helps the attitude and performance of the athlete.

TRENDS IN SPORTS MEDICINE: - The greatest trend currently is the establishment of preventive medicine as it applies to sports. This entails: pre-season evaluation of each athlete; specific conditioning programs to establish strength, endurance and flexibility of the mechanically inefficient areas; and education of athletes, coaches and trainers on specific initial treatments. In applying his knowledge, the doctor should understand the mechanics and ideal technique of a particular athletic endeavor. It is helpful if he gains this knowledge by involvement as a participant observer.

Traumatic injuries with pain, swelling and disability require immediate professional treatment, usually calling for rest and immobilization. But for the most part, injuries to the lower extremities of athletes result from imbalance or overuse.

When injuries occur after sustained activity, or produce recurrent stresses, strains or sprains on muscles, bones and joints, they can be treated mechanically with such devices as pads attached to the foot or outside ankle braces. Physical therapy is used on an ongoing basis to keep inflammation down. Progressive resistance exercises are used when training muscles to overpower injured areas. Through a science of measurement procedures, we are now able to set up a consistent control between the ground and the foot in the form of a functional orthotic device. This insert can be used in regular shoes, and during vigorous activities.

By preventing the adaptation motion between the foot and the ground, we are able to prevent inefficient motion, directly control action of the foot, and indirectly control motion of the knee and hip. Orthotic devices help prevent trauma due to increased stress on the feet and legs. They make the body more efficient in sports by preventing wasted motion. They prevent side-to-side motion in runners and provide inside-edge control in skiers. Orthotic devices do not correct feet; they correct gait, just as contact lenses or eyeglasses do not correct eyes but correct vision.

ATTITUDES TOWARD THE INJURED ATHLETE: - There should be an open, helpful relationship among everyone involved. We encourage cooperation and respect. The doctor, coach and trainer are present to help the athlete, and should not be there for personal gain. If there is a conflict between the doctor and coach or even the parents of the younger athlete, the individuals should meet, away from the athlete, and resolve problems.

If injured, the athlete should be informed of the nature of his problem fully. Both treatment and the reasons for the plan should be explained so that he can participate in rehabilitation without further injury. In the case of foot injuries, he should be encouraged to stay in condition through a non-stressing activity for that part (such as cycling or swimming) while the foot injury heals. He should be included in all non-stressful team activities.

The sports medicine podiatrist must make firm medical decisions. He will often be asked for medical decisions out of his field of expertise. At these times, he may give advice on general conditioning and first aid or emergency treatment when necessary. Along with the coach and trainer, his help should be for the welfare of the athlete.

In general, we advise against oral and injectable medications which mask deeper problems. Specific examination and evaluation must be done prior to this type of treatment.

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SPECIAL ARTICLES

NATIONAL RUNNING WEEK (By Len Wallach): - Ordinarily those poor souls who reside in California and are not runners manage to resist the joys associated with races, fun runs, marathons, clinics, and constant testimonials and reminders foisted upon them by the running community. Some of the Californians, even in the Bay Area, have even avoided knowing that America's largest sporting event, the Bay to Breakers foot race, occurs in May of every year in San Francisco.

But from Christmas even until the New Year is well underway, *Runner's World Magazine* is determined to let the whole world know that it is the 1977 National Running Week, a gala repeat performance of the magazine's first such event, which was staged two years ago to commemorate the tenth anniversary of the founding of the magazine. Under the sponsorship of the magazine and with the backup of such prestigious companies as Brooks, Converse, Eaton, New Balance, adidas, Nike and Pony, National Running Week will provide local residents and those intense enough to come to the Bay of Saint Francis, eight days of fun runs, clinics, lectures, equipment shows and workshops, as well as a wide variety of advice on footcare, nutrition and weight training.

If that isn't enough, the magazine and its friends will have batteries of experts talking about marathoning, cross-country, acupressure, race management, stretching, and just about anything runners will want to discuss, both at the formal question-and-answer periods and in the post lecture bull sessions.

Headed up by Phil Lenihan of World Publications, fleet-footed notables will include Bob Anderson and Joe Henderson, the magazine's publisher/editor and senior editor, respectively. These two distinguished men will lead off such celebrities as Dr. George Sheehan, Hal Higdon, Dr. Steve Subotnick, Dr. Joan Ulliot, Senator Alan Cranston, Marty Liquori, Coach Bill Bowerman, Eric Segal, and Peter Cavanaugh. The list of Californians who may attend the variety of events reads like a Who's Who of running.

Featured as the week's opener will be the National Fitness Run, which begins at Sausalito, crosses the Golden Gate Bridge, wanders through the Presidio of San Francisco, Golden Gate Park, and down the Esplanade of the Great Highway to Sloat Boulevard, where it is scheduled to end. This course is the repeat of the first four legs of the 1975, sixty-mile segmented run to Mountain View. However, this year, in deference to Santa Claus, who would have to face Christmas Eve traffic potentially delayed by the spectators and runners, it was wisely decided that Saint Nick would take preference.

The event will feature three other running opportunities, including the regular Sunday Fun Runs at Foothill College on Christmas and New Years days. The other will be the 18th Annual Midnight Run, starting in downtown Los Altos.

Cost of the numerous events vary from \$15 for a full-course dinner at Runner's Night at the Holiday Inn in Palo Alto, to \$1 for attendance at one of the Runner's Clinics, to \$2.50 for a session at one of the Runner's Workshops.

If National Running Week doesn't do anything else than to help focus the world's attention on putting one foot hurriedly in front of the other, then the event will have accomplished its purpose. But what will most surely happen, in addition to that, is that the membership of the running fraternity will recharge their batteries for another year of good health, fun and friendship.

SWEDISH MASSAGE (By Dave Martin, Ms.T.): - Scientific massage is a healing therapy for the body which is relatively unknown and untried by athletes in various sports, including those involved in distance running. You don't know what you're missing!

Just what is massage? Medical authorities have defined it as "a term which is used to signify a group of systematic and scientific manipulations of bodily tissues, which are best performed with the hands, for the purpose of affecting the nervous and muscular systems and the general circulation."

Massage is a branch of the healing arts. It is a method of natural treatment which has been recognized from the earliest days of history. Massage therapists rightfully take pride in their historical roots. Hippocrates, recognized as the "Father of Medicine", advised the application of massage in the year 460 B.C. Therapeutic massage is rooted in the early writings of scholars in ancient Greek, Roman, Egyptian and Persian tablets. It is the earliest form of healing known to man, coming ahead of medicine! It appears in Homer's writing in 1000 B.C. Other names involved in massage are Herodicus (500 B.C.), Galen (130 B.C.), and Celsus (25 B.C.). The use of massage dates back

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to 1000 B.C. in Japan and is today recognized as one of the foremost forms of healing. Many physicians consider it an important technique and view it as an added form of medical therapy.

The use of massage has been recognized since ancient times. There is evidence that the Chinese used massage over 3000 years ago, as did the Hindus and Persians. The natives of the Sandwich Islands, the Maoris of New Zealand, and the natives of Tonga Island, all used massage in some form or other in the treatment of the human body. Since the early part of the present century, massage has made great progress in England, being prescribed by prominent English surgeons, especially in the treatment of sprains, and other injuries of the joints.

Among the well-known advocates of massage in the pre-Christian era were Herodicus, Homer, Cicero, and Pliny. During his lifetime, Julius Caesar suffered from headaches and submitted to daily massages of his body in an effort to seek relief. As mentioned, massage occurs in Greek and Persian literature. It appears in the tracts of the Chinese physician Hwang-Ti in 2697 B.C. Alexander the Great enjoyed the services of native masseurs when he stopped in India in 327 B.C. It is thought that members of his army brought the practice back to the Mediterranean.

Now there are several different forms of massage such as the French, German and Russian systems, however, as these are adaptations of the Swedish system, today most of the large hospitals in the country are using the Swedish technique in their treatments. Swedish Massage is, without a doubt, the most scientific and finest of all systems. It produces deep and lasting effects which other methods do not.

Fad type massages such as Esalen style massage, or Touch-For-Health and other types offered today should be avoided. These do not produce deep, sustained benefits and are of little therapeutic value outside of momentary transitory pleasure. Most massages make one feel good for a few hours. My clients consistently report feeling good for 3-4 days following the Swedish Massage I give them. In some cases clients have said they felt very well for a week!

A good massage is the equal of jogging or running for 3 miles, but WITHOUT the fatigue and stress the body suffers from the physical exertion. The benefits to the nervous system are tremendous. It is also the equivalent to 4 hours of sleep in



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refreshing and renewing the body.

P.H. Ling (1776-1839), the Swedish Fencing Master, who having cured himself of arthritis by the administration of self-massage, later studied the different methods then being used, and coordinated them into a scientific group of manipulations. He based it on techniques developed by Kung Foo, a Taoist priest.

It is Peter Henrik Ling who may be considered as the Father of Scientific Swedish Massage. In order to soothe the aches and strains of his fencing pupils, and to improve their overall muscle tone, Ling refined and reduced down the hundreds of intricate movements taught by the Orientals into just five basic methods. Today we now know this as Swedish Massage. There is no rough handling of the body, or pounding, or pain involved. Many people have a preconceived stereotyped concept about massage and what it must be like. Forget it! Swedish is 100% pleasureable and is one of life's greatest joys.

Massage can be effective in a number of ways. It relieves aches, muscle strain, stiffness and cramps. It removes tension, reduces soreness from physical stress and restores muscle tone. Swedish Massage not only relieves sports fatigue, it removes mental and physical fatigue, improves circulation, removes toxins from the body and increases total relaxation. It should be given by a trained therapist--one who has studied at a professional accredited school and who has extensive experience.

How often should one experience massage? Answer: once a week or every ten days. European cultures include massage as part of their daily living. Americans make a big deal out of it if they get massaged once a year! This is further evidence of how out of tune we are in this country when it comes to the restoring of bodily harmony. Athletes themselves are good examples of this. Even though they are into physical activity, they are unaware of what body awareness consists of unless it's related to sports participation. The finest way to tune into this is through massage since it opens up all the corners and feelings within the body...many of which are completely unknown until this experience takes place.

The performance of marathon runners is even improved by massage because all of their energies become balanced before a running event. Following the run, the toxins and fatigue should be removed by follow-up massage therapy.

Like any other branch of the healing arts, massage has its limitations. What NOT to do is often more important than what to do. Contraindications are always kept in mind. Massage should not be given for the following conditions: heart problems, diabetes, stomach ulcers, varicose veins, hypertension, or after the fifth month of pregnancy; to name a few.

The psychological effects of massage are many. It is a release or letting go of all of the accumulated junk--the mental and physical tensions which have stacked up over a period of time. A therapeutic massage is of incalculable value. How can you put a price on something which is so effective and beneficial to the body and will keep the doctor away?

When one goes on the massage table you should let go both physically and mentally. To let go physically is the easier of the two. Not to have to move the body or expend energy in any way is truly a joy. Let the therapist do all the work--lifting the body and all the body parts. The client should assume the state of a dish-rag or play 'dead-dog', and not have to do anything physically. Not even moving the little fingers! The therapist does it all.

To let go mentally is more difficult. Why lie on the table and churn thoughts and worries thru the brain constantly? I ask everyone to forget EVERYTHING that is going on in their business and personal life. In other words, shut out the world for two hours. This is your personal time which belongs to you as a very private experience which means excluding everyone and everything. I request that you leave your mind and flow into the inside of your body. Tune in to your body awareness and all of your feelings.

There are different pleasure experiences which come about with different clients. Some will pass out, falling asleep for short periods of time to awaken and discover the pleasure is still continuing. Some people wish to remain completely awake and avoid sleep because they wish to enjoy all the strokes, all the uncovering of new feelings and awareness for the first time in their life.

Some clients drift off to the edge of sleep but never quite cross over into a sleep state. They hover on the edge of sleep, trying to keep awake barely so they do not miss anything. What spiritual meditation does for the soul, good massage does for the body. The best definition I know of is that massage is

truly "meditation for the physical body". Swedish Massage is the only system I know of which satisfies both the mind and the body. It is very important to achieve mental satisfaction and not leave the mind frustrated and upset. The control center for regulating function throughout all parts of the body is the brain. Thus, effective treatment in many functional disorders is to send the right kind of messages to the brain, so that the brain, in turn, will send messages to the organs and cells by way of nerves to activate normal function. This is the way scientific massage works to promote health. I personally feel it is so important to reach the brain that I always begin my massage by starting on the head.

Since massage is a pleasure trip, everyone has a slightly different reaction to it. Many have said their body feels to be floating. They feel very much lighter, like suddenly losing 25 pounds. The floating feeling is quite common. Some have commented they noticed flashing lights or other hallucinations during the massage. At the finish there is a great overwhelming mellowing-out feeling. Some say it is a conscious-raising experience like meditation. A changed peaceful, sedated outlook occurs. One does not want to be disturbed or moved, and one does not want to leave the massage table. It feels too good to move. Many have felt they couldn't move off the table, at which time I always mention I have ambulance service available to get them home. When the body finally begins to move, there are more joyous bodily feelings to experience.

It is very difficult to write about the effects obtained from a good therapy program. It is a little like trying to explain the meaning of spiritual or mystical experiences. It cannot be done. Each individual must tune in to their own feelings. It is a transformation. You move from one space into a completely different space. You become someone else.

Clients use massage for different purposes. Some use it to help overcome mental depression; others use it after long trips to remove travel fatigue; females use it to smooth over monthly menstruation problems; businessmen suffering from stress at work require it; others in heavy sports programs use it to remove physical fatigue and tone up the body.

There is no pill or prescription that can achieve the results obtained from good massage. The high from marijuana or alcohol is nothing by comparison to the natural high and re-sponses the body receives from Swedish Massage. Compare the harm to the nervous system that booze and drugs cause to the beneficial effects of massage and you have a very valuable method of changing body conditions scientifically. If you feel you must get stoned, why not do it the right way? You can't beat it!

THE WAY IT WAS AND THE WAY IT IS: DISTANCE RUNNING HAS COME A LONG WAY (By John Weidinger): - Since 1960, many noticeable changes in long distance running in the San Francisco Bay Area have taken place which are obvious to those who have been associated with running during the last eighteen years. Some of the changes have been good for the sport, yet others have been not so good.

Some of the runners who ran in the early 1960's are still running today. Such runners as Darryl Beardall, who has won many races, including the Dipsea (1974), is now a strong masters division runner, yet he still places well in open competition. John Satti and Jack Kirk were also Dipsea winners (in 1965 and 1967 respectively). James Vanya, Vince Spangler, James Jacobs, Tony Stratta, Bill Morgan, and John Weidinger are others who have remained active since then.

Others from the early 1960's include Keith Conning, who is now a writer and photographer for the NCRR and a school teacher; Bill Ranney, who has switched from running to race walking; and the late Jim Shettler, who won many races, including the 1962 Cross City Race (later to be known as the Bay to Breakers) with a record time and was still winning races in the masters division until his unfortunate death in July of last year.

Still others who were associated with the Pacific Association of the AAU's long distance running program in the early 1960's were Thomas F. Laughran, PA-AAU Running Commissioner, and Art Articary. Both Laughran and Articary worked hard for the running program. They, in many cases, measured the courses that were used for races, and they also, in most cases, had to take care of race registration, starting and timing races, and it was they who were usually the ones at the finish line recording times, names, and determining team places.

Frank Geis, who was an AAU official in the early 1960's, is still with the Pacific Association today. Geis has the task of handling the Bay to Breakers Race entries and is a

'regular' at the PA-AAU Office in San Francisco. Andrew MacCono runs a strict Walnut Festival Race today as he has for many years.

In the early 1960's the annual traditional races drew the largest fields of runners. Races such as the 1960 Statuto had a whopping 25 starters; the 1960 Dipsea had 72 runners; the 1961 Cross City Race had 31 competitors; and the 1961 Walnut Festival had 32 starters. The Columbus Day Races at Lake Merritt in Oakland was another of the traditional runs. Yet the field of runners in the non-traditional races were smaller! In 1960, only nine runners finished the PA-AAU 25-Kilo Championship race, and the 1961 15-Kilo Championship had 18 finishers.

In the early 1960's the field of runners in each race was small and most runners knew each other. It was very possible to pick the top finishers in exact order at many of the races. Today the number and quality of runners are so much greater that it is difficult to pick even the winner in many of the races. In 1961 thirty-one runners started and completed the Cross City Race as compared to an estimated 12,000 (official and unofficial) starters in 1977. In many of the races it is not uncommon to have from 300 to 500 runners, yet there have been other races that have drawn well over a thousand runners, some in their first year on the schedule.

The increase in the number of runners has created problems: races starting late due to large numbers registering late; unofficial runners competing in races and finishing with official runners, often throwing off the places and times of the entered participants; traffic problems caused by the large number of runners and following vehicles and bikes; parking problems.

Not only have the number of runners increased but also the number of teams has multiplied in a similar fashion. The early 1960's featured only a handful of teams. The most powerful club at that time was the Santa Clara Valley Youth Village with such good runners as the late Jim Shettler, Ray Hughes, Tom Oakley, Ray Batz, Frank Wulftange, Wilford King, Jack Marden, Joe Szurcsik, Jerry Laird, Merle McGee, Tom O'Riordan and Ned Sargent. The S.C.V.Y.V. was so powerful that they swept the first six places in the 1961 Cross City Run.

The San Francisco Athletic Club had Craig Spillman, James Jacobs, Walt Van Zant, James Maddox, Jose Valle, Tony Stratta, John Satti, Vincent Spangler, Mike Gibeau and Herb Potter.

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(THE WAY IT WAS...Continued) - Marin A.C. had Darryl Beardall, Jack Kirk, Jesse Ochoa, Stuart Sparling, Wes Hildreth and John Weidinger. Pleasant Hills T&F Club had Michael Brodie. The San Francisco Olympic Club and the Culver City A.C. also had runners competing in local races.

Today the number of clubs in the Bay Area are numerous. The clubs range from top flight competitive teams to less competitive social and run-for-fun clubs. A handful of clubs from 18 years ago have now developed to over seventy-five.

Not only have the number of runners and clubs grown, but the number of races has also increased proportionally. In the early 1960's there might be two races in a month if it was a 'busy' month, but now there are AAU races, RRCA races, USTFF races, and many fun-runs, including the popular DSE races. The number of races is so plentiful today that there can be as many as a half-dozen or more races to choose from on a given weekend. The runners can be very selective in picking the races they want to run, and yet still run a good number of races in a year.

Many of the courses that were used in the early 1960's have since changed. Two courses that were frequently used for various distances were the Lake Merced and Golden Gate Park courses, both in San Francisco. The Lake Merced course consisted of the streets that surrounded Lake Merced. The Golden Gate Park stint started on Lincoln Way next to Kezar Stadium and proceeded west to the Pacific Ocean and came back up South Drive to the finish.

The Cross City Race started at the beginning of Market St. and proceeded to Turk St., Divisadero, and on to Fell St. thru Golden Gate Park on Main Drive (now Kennedy Dr.) and north on the Great Highway to the foot of the hill below the Cliff House. This race has gone up Golden Gate Ave. in place of Turk Street. The present course starts on Howard St. between Main and Spear and goes to Ninth St., across Market on to Hayes, to Divisadero, to Fell, through Golden Gate Park on Kennedy Dr. and ends on the Great Highway at the south end of the Park.

In the early 1960's the Statuto Races (3.67 and 7.35 miles) started on Columbus St. at Union and went down to Bay St., to Van Ness, to Sutter, to Stockton, and through the Stockton St. tunnel back to Columbus and ending at the start for the 3.67 mile race while the 7.35 miler was two laps over the same loop but finishing on Stockton St. between Union and Filbert in front of the San Francisco A.C. Today the races start on Stockton between Union and Filbert in front of the S.F.A.C. and go down Stockton to Bay, to Van Ness, to Post, to Kearney, to Columbus and back to Stockton and the finish, which is the same as the start. One lap is now 4.29 miles, and two laps is twice that.

The Columbus Day Races around Lake Merritt in Oakland were 5 and 10 kilometers long and the course simply entailed the streets around the Lake, with one lap being 5 kilometers.

The Walnut Creek Festival Run went from a three-lap 5.7 mile race to a five lap race, still covering approximately the same distance (5.57 miles). The Dipsea Race has had small changes over the years since the early 1960's that have made the course shorter, yet its reported distance of 6.8 miles has never changed on its programs and entry forms! For many years the course was considered to be 'open' (follow the quickest route you know from Mill Valley to Stinson Beach), but as of late, race officials encourage runners to follow the marked course because of growing complaints from property owners.

Medical certificates which used to be required when entering races has almost disappeared. A written note from a physician stating a runner was examined and fit to run had to be dated within six months of a race. Today almost all races require only the signature of the runner (or parent) on the race entry form waiver which releases the sponsor, the city where the race is held, the A.A.U. and anyone else involved in putting on the race of any claims due to injury. The legality of this waiver is questionable, however. A good thing about the medical certificate requirement was that the runner had to get a physical examination and therefore had a better idea of how physically fit he really was, and this was a race requirement that had merit. In addition, the entry form asked if the runner had trained for the event. Now the A.A.U. Code has a standard 'waiver statement' pertaining to the participants' knowledge that they have been checked out and are 'fit to compete'. The actual presentation of the physician's verification is no longer a 'requirement', although race directors may still require it if they wish.

The training of most runners has increased substantially over the last two decades. In the early 1960's, if a runner ran 6, 8, or 10 miles a day it was thought by many to be a good workout. Today many runners put in 15, 20, and more miles a day. The increase in training and the increase in the number of runners competing has led to more high-quality runners, and this is reflected in the improved times that are being achieved.

One of the more distressing changes that has appeared over the years is the number of runners who complain about race conditions: course being too difficult; not enough aid stations; no mileage markers; and not enough awards. Whoever said racing was going to be easy! Today most entry forms will state the racing conditions (terrain), course aid-stations, if any, and the number of awards given. If the entry form does not give information that is desired by the runner, then the athlete should inquire before the race. The runner should decide after knowing the various race conditions if he or she wants to enter. One valid complaint a runner could have relates to poorly marked courses. If nothing else, a runner should know which route to take.

Today there are many age-group race divisions available to both men, women, and children. This was not true in the early 1960's. The age-group categories which are found in most races today help to stimulate competition for those in the same age range, and the runner, regardless of age, can have a chance to win awards.

At one time Junior and Senior National and District A.A.U. Championships were not based on age requirements. As long as you had not won a Senior championships race, you could compete in either the Junior or Senior event. Junior was equated to a 'non-champion'. Today there are Masters Championship races on the national and district levels at various distances, but this is a recent innovation (over the last ten years). These divisions, like Junior and Senior events, are based on age.

Awards have gone from a few trophies and medals to a greater number, due entirely to the larger fields of runners and the age-group categories. In the early 1960's, awards of just medals and trophies never went beyond fifth place in many of the races, if they went that deep. Today awards are no longer restricted to just trophies and medals but may also include merchandise, ribbons to all finishers, certificates of completion, T-shirts noting the particular race, etc. Some races such as the Statuto and Dipsea have given medals to all finishers, and some race sponsors hold raffles at the conclusion of a race where any finisher is eligible to win a prize.

Commercialism has stepped into the running picture. In the early 1960's you did not see people selling shoes, books, photographs or running apparel. This is now common practice.

Valentine Day Run

Join Kenneth Cooper, M.D., at the 3rd Annual Valentine Day Run and Educational Program, sponsored by the Alameda County Heart Association on Saturday morning, February 11, 1978, at Oakland Auditorium and Lake Merritt in Oakland...5 and 10 km. runs; free t-shirts to all participants; registration fee \$5 adults, \$3 16-and-under. For brochure send self-addressed, stamped envelope to: Alameda County Heart Ass'n, P.O. Box 5157, Oakland, CA 94605 (Ph. 415/632-9606).

The shoe industry has come out with many brands of running shoes. Each brand has several models for both training and racing. The numerous models have various features to provide both protection and comfort, yet it is hard to find just one shoe that contains all the good features. In the early 1960's, runners could choose from three or four brands of shoes. Now they can choose from dozens.

Books and magazines can be purchased at most races telling you how to train, what to eat, how to treat your body, what to wear, when to run, and how to race. There are books on running personalities, as well as special events such as the Olympics and the Boston Marathon. Magazines and newspapers can be purchased which give results of races, upcoming scheduling information, personality and human interest stories, and of course advertisements on the many running products and aides available to the runner. Powdered mixes can be purchased where all you do is add water and the resultant drink replaces the electrolytes lost from the body through perspiration. Shorts, socks, running tops, warmup suits, head bands, and other apparel can be purchased at the race.

The medical profession has also entered the running picture. Many different types of doctors are trying to help the runner with various running-related injuries. One such doctor, the podiatrist (foot doctor), states that leg injuries are usually related to muscle imbalance in the legs, poor foot structure, or improper placement of the foot to the ground. The help of the medical profession is a valuable addition to the running world. Yet rest will always be valuable to the runner in both helping to prevent injuries and also during an injury-recovery period.

Running camps have also recently come into existence. Runners can go to the camps and learn the basics in various aspects of training. Camps of this nature can be questioned as to their worth. To run, all a person has to do is go out and run. An individual can improve in their ability by starting out with small amounts of running and increasing their distance when they feel able to do so. One big problem some people have when running is the carrying of a watch to see if they can better their previous day's time. A runner should seriously consider the training philosophy of "run the way you feel". If the runner tries to improve on his previous day's time and the body is tired, then injury can sometimes follow. There are many books to tell you how to train, so why spend money to go to running camps when it isn't necessary?

Finally, one of the biggest changes in the long distance running program since the 1960's has been the advent of women runners. In the early 1960's women could not be found running or were not allowed to run in road races. But this is a thing of the past and a good change for the sport. The women's running program has developed quickly. They not only run in local competitive races, but they have their own district and national championship races as well. Women's running has also blossomed at the international level, and there is now a yearly (or at least bi-annual) world marathon championships. The quality is improving as rapidly as the quantity, and the women athletes should be commended and given support on the local, national, and international levels. There should not be any reason why women cannot have a 5,000 meter, 10,000 meter, and marathon race in the Olympic Games. These events added to the Games would not only be a positive step in the women's running program but would also be a deserving one.

Yes, if you were involved with long distance running in the San Francisco Bay Area in the early 1960's, then you too would have seen the changes that have taken place over the last eighteen years. They have certainly been noticeable!

Scheduling

(More on pages 28, etc.)

LONG DISTANCE (Also see "Late News")

NOTE: - ALWAYS check with the Meet Director to verify the date, time and location of races in the schedule...mistakes 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...fees are usually minimal (if not free). These runs include DSE races listed below. DISTRICT CONTACTS: PACIFIC AAU: Harold & Penny DeMoss, 765 Campbell Ave., Los Altos, CA 94022 (Ph. 415/941-8975); SOUTHERN PACIFIC AAU: (SPA) John Duhig, 1642 Trafalgar Pl., Westlake Village, CA 91361 (Ph. 805/497-2011); PACIFIC SOUTHWEST AAU: (PSA) Will Rasmusen, 1542 Hillsmont Dr., El Cajon, CA 92020; CENTRAL CALIFORNIA AAU: (CCA) Dave Bronzan, P.O. Box 271, Fresno, CA 93708; SOU-

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6.2 miles
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For entry form & info write:

Penny DeMoss, 765 Campbell Ave.
Los Altos, Calif. 94022

THE NEVADA AAU: (SNA) Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101; OREGON AAU: (OA) Steve Gould, 2139 S.W. Edgewood Rd., Portland, OR 97201; DSE FUN-RUNS: (DSE) Walt Stack, 321 Collingwood St., San Francisco, CA 94114 (Ph. 415/647-9459 before 8 pm). --- PA-AAU DISTRICT OFFICE: 942 Market St., #201, San Francisco, CA 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 self-addressed, stamped envelope---otherwise, you may find your correspondence unanswered! *** Please let us know about any meets in your area so we can list them on the schedule. POLICY--The NCRR reserves the right not to print a race in our schedule if we feel that it conflicts with 'AAU-Scheduled' events. Generally, we will list any true 'fun run', but races that try to bypass the Bay Area's scheduling procedures and openly conflict with a pre-scheduled run, will not be listed unless the parties involved do not object. We would like to keep some semblance of order and not have 'racing chaos'. Two races may appear on the same day and not conflict if they are greater than 75-100 miles apart, or if they are of sufficiently different distances.

U.S. REGIONAL SCHEDULES - The Road Runners Club of America has five individuals who compile quarterly schedules of races in their areas. Anyone interested in a regional schedule should send a self-addressed, stamped envelope to: WEST: Herb Parsons, 170 Rosario Beach Rd., Anacortes, WA 98221; CENTRAL-ROCKIES: Russ Niemi, 8229 Eby, Overland Park, KS 66204; NORTH-MIDWEST: Bob Martin, 5834 Stony Island Av., Chicago, IL 60637; SOUTH: Nick Costes, c/o Troy State Univ., Dept. of HPER, Troy, AL 36081; EAST: Ray Gordon, Route 2, Box 835, Front Royal, VA 22630. (Note: - These schedules come out quarterly.)

Meet Directors!!!

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★NOR-CAL RUNNING REVIEW★

1977 RUNNER'S WORLD NATIONAL RUNNING WEEK

DEC. 24-
DEC. 31



National Headquarters: HOLIDAY INN, Palo Alto, California

National Running Week is sponsored by *Runner's World* and the following participating companies:

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Nike
Pony
Starting Line Sports

National Running Week will bring together many of the nation's authorities on running and related subjects. Here are some of the personalities who will be in attendance:



Peter Cavanagh, Ph.D. Director of the Penn State University Biomechanics Laboratory. He was in charge of the lab testing for the 1977 RW shoe survey.

Nathan Pritikin. Heads Longevity Institute in Santa Barbara, Ca. He is a co-author of *Live Longer Now*.

Steve Andresen. Runner and orienteering expert. Author of *The Orienteering Book*.



George Sheehan, M.D. Medical Editor for *Runner's World*. Physician and runner. Author of *Dr. Sheehan on Running*. Has held world record for Masters in age category. First man over 50 to run under 5 min. for the mile (4.47). His new book *Medical Advice for Runners* will be published in mid-1978.

Steven Subotnick, D.P.M., M.S. A running podiatrist, Dr. Subotnick was one of the early podiatrists to get involved in the treatment of runners, and much of that experience is chronicled in his book *The Running Foot Doctor*.

Bill Rodgers. Premier American marathoner today. Holds the first and second best marathon times for an American. Winner of the '75 Boston and last two New York City Marathons. Midnight Run entrant.



Erich Segal. Teacher and author ("*Love Story*"). Long time runner. He has competed in over a dozen Boston Marathons. He assisted ABC during the 1976 Olympics with their coverage of the marathon.



Kathy Switzer. 1967 first woman to compete and finish at Boston with an official number, but expelled. She is an active promoter of women's running and races. Organizing the first International Women's Marathon in USA which will be held next March in Atlanta.



Tom Osler. A former National Champion runner in the 1960s. He is the author of *Conditioning of Distance Runners*. He has won national championships from 25 kilometers to 50 miles.



Hal Higdon. Editor at large for *Runner's World*. He is a freelance writer and runner. His latest book is *Fitness After Forty*. He was a World Champion Masters competitor in the steeplechase for 1975 and 1977.

Joan Ulliyot, M.D. Author of the best-selling book *Women's Running*. Has run 2:50 marathon and competed in both International Women's Marathons representing the USA.



Marty Liquori. For the past 10-12 years Marty Liquori and distance running have been synonymous. His most recent accomplishment was his 2nd place in the 5000-meter at the World Cup, while setting an American record for 5000 meters in 13:15.1. Midnight Run entrant.



Joe Henderson. Consulting Editor of *Runner's World* magazine. He has authored a number of books including *The Long Run Solution*, *Run Gently*, *Run Long* and *Jog, Run, Race*.



Bill Bowerman. Probably the best known American distance running coach. Now retired, he was the 1972 Olympic track coach.

Richard Schuster, D.P.M. The leading podiatrist on the East Coast. He has successfully treated thousands of runners.

Don Kardong. Don was a 3rd place qualifier on the American Olympic Marathon team in 1976. Finished 4th at Montreal.

1977 NATIONAL RUNNING WEEK SCHEDULE

Clinics are one half hour in duration
Workshops are two hours in duration

Use bracketed reference numbers for registration

Dec. 24, Sat.	National Fitness Run	7:30 a.m.
Dec. 25, Sun.	Christmas Fun Run	9:30 a.m.
Dec. 26, Mon.	Runner's World Open House	9:30 a.m.
	Noon Social Run	
	Beginning Running Clinic (C1)	2 p.m.
	Women's Running Clinic (C2)	3 p.m.
	Fun Running Clinic (C3)	7 p.m.
	Marathoning Clinic (C4)	8 p.m.
Dec. 27, Tues.	Putting on a Race Clinic (C5)	11 a.m.
	Cross Country Running Clinic (C6)	11:30 a.m.
	Noon Social Run	
	Runner's World Open House	1 p.m.
	Runner's Equipment Show	4 p.m.
	Beginning Running Clinic (C7)	7 p.m.
	Running After Forty (C8)	7:45 p.m.
Dec. 28, Wed.	Marathoning Clinic (C9)	10 a.m.
	Orienteering Clinic (C10)	11 a.m.
	Noon Social Run	
	Weight Training Workshop (W1)	3 p.m.
	Runners' Equipment Show	4 p.m.
	Stretching Exercises Clinic (C11)	7 p.m.
	Training Advice Workshop (W2)	8 p.m.
Dec. 29, Thurs.	Training Advice Workshop (W3)	10 a.m.
	Noon Social Run	
	Women's Running Clinic (C12)	2 p.m.
	Acupressure Clinic (C13)	3 p.m.
	Runners' Equipment Show	4 p.m.
	Foot Care Workshop (W4)	4 p.m.
	Beginning Running Clinic (C14)	5 p.m.
	Medical Advice Workshop (W5)	8 p.m.
Dec. 30, Fri.	Medical Advice Workshop (W6)	10 a.m.
	Noon Social Run	
	Diet and Nutrition Workshop (W7)	1 p.m.
	Runner's Night Banquet	7 p.m.
Dec. 31, Sat.	Foot Care Workshop (W8)	10 a.m.
	Noon Social Run	
	Diet and Nutrition Workshop (W9)	1 p.m.
	Midnight Run	Midnight
Jan. 1, Sun.	New Year's Fun Run	9:30 a.m.

Registration Form



- () Sign me up for _____ package ticket(s), for admission to all clinics, workshops and Runner's Night Banquet. \$20.00 each (After Dec. 5 \$25.00)
- () Sign me up for _____ ticket(s) to the Runner's Night Banquet. \$15 each
- () Sign me up for the clinics and workshops listed below. Clinics \$1.00 each and workshops \$2.50 each.
- () Send hotel information.

Qty	Event—Date & Time or Ref. No.	Price	Total

Total enclosed \$ _____

Name _____

Address _____

City/State _____ Zip _____

National Running Week
Box 366, Mountain View, CA 94042

FUN-RUN SCHEDULES: - These races usually follow the *Runner's World* format, having at least one short race (mile or less) & a longer run of up to 6 miles. Contact meet directors for full information. Foothill College, Los Altos Hills, every Sunday, 9:30 am, contact Bob Anderson, Box 366, Mtn. View 94042. Chico, Bidwell Pk., every Sat., 9 am, contact Jim Remillard, Rt. 5, Box 79-DA, Stilson Canyon Rd., Chico 95926. Walnut Creek, Heather Farm Pk., every Sun., 10 am, contact Rich Vasquez, 3 Barcelona Wy., Clayton 94517. Fresno, either Fresno HS or Roeding Pk., every other Sat., 7 am, contact Sid Toabe, 4566 N. Del Mar, Fresno 93704. Bakersfield, West HS or Beach Pk., every other Sat., 8 am, contact Larry Arnt, 5000 Belle Terr., #72, Bakersfield 93309. Incline Village, Incline Village Community Bldg., every other Sun., 10:30 am, contact Lake Tahoe TC, P.O. Box 5983, Incline Village, NV 89450. Stockton, Fritz Grupe Pk., every Sat., 9 am, contact Frank Hagerty, 7309 Camellia Ln., Stockton 95207. Huntington Beach, Huntington Central Pk., every Sun., 10 am, contact Rick Russ, 17733 Newland, Huntington Beach 95670. Rancho Cordova, Cordova Pk., every other Sat., 10 am, contact Henry Rosendale, 2513 Augbibi Way, Rancho Cordova 95670. Aptos, Cabrillo College, bi-monthly (Sun.), 10 am, contact John Smead, Box 718, Soquel 95073. Tracy, Dr. Powers Pk., every Sun., 11 am, contact Kurt Schroers, 1801 Newport Ct., Tracy 95376. Santa Rosa, Spring Lake Pk., every Sat., 8:15 am, contact Bob Yee, 1200 Sonoma Ave., Santa Rosa 95405. Ventura, Arroyo Verde Pk., monthly (Sat.), 9 am, contact Inside Track, 1451 E. Main, Ventura 93001. Pacifica, Terra Nova HS, every other Sun., 10:30 am, contact Dave Barry III, 170 Santa Maria Av., Pacifica 94044. Reno, Reno YMCA, monthly (Sat.), 8 am, contact Cal Pettengill, 2670 Thomas Jefferson, Reno, NV 89509. Loma Linda, Loma Linda Univ. track, monthly (last Sun.), 8 am, contact Don Hall, 25788 Lomas Verdes, Redlands 92373. Solana Beach, San Dieguito Pk., every other Sat., 9 am, contact Wayne Whiting, 244 Hillcrest Dr., Leucadia 92024. Modesto, Legion Pk., every Sat., 10 am, contact Bob Gausman, 810 Lucerne, Modesto 95350. Colusa, Colusa-Sac'to River State Pk., every other Sat., 9 am, contact Dr. Paul Williamson, 813 Webster St., Colusa 95932. Palm Desert, College of the Desert, every other Sun., 9 am, contact Tracy Schultz, 46-209 Oasis, Indio 92201. Santa Barbara, UCSB (lagoon behind UCEN), every Sun., 10 am, contact Chuck Rundgren, 785 Camino Del Sur, #35, Isla Vista 93017. San Francisco, Embarcadero YMCA, every Fri., 12:15 pm,

BOSTON MARATHON TOUR

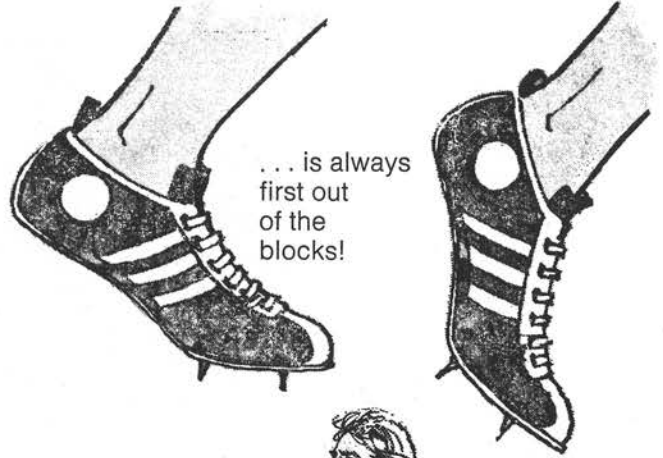
The NorCal Running Review will again be sponsoring a gala Boston Marathon Tour in 1978, and although it seems like a long time in the future, you had best start making plans now! Last April we took over 50 Californians to this 'classic' run, and we expect that we'll have even more in 1978. We've reserved 60 seats on TWA Flight 32, leaving San Francisco at 8:30 am on April 14 (Fri.) and we've reserved the same number on the return flight (TWA Flt. 33), leaving on April 18 (Tues.). The race is on April 17th, a Monday (Boston Patriot's Day, a local holiday). However, you may return any time you wish...the only thing that all tour members must do is leave together. We have also reserved 30 rooms (double occupancy) in the nearby Boston Park Plaza Hotel, just a few blocks from the finishline. Both the Sheraton and Colonnade Hotels were booked in October. COST: - The total cost of the package, which includes roundtrip airfare, airport transfers, four nights of hotel, and all baggage handling, etc., will run \$450, give or take a few dollars (\$347 airfare portion). Rates can obviously change between now and then. Write for a free informational brochure today. Don't be left out. The \$50 deposit is fully refundable should you decide not to go. The NCR is featuring this tour with the help of George Cornelius at the Travel Consultants in San Carlos. Hope to have you with us in April.

contact Ralph Love, 74 Lloyd Dr., Atherton 94025. Carlsbad, Tamarack Beach, every Sat., 9 am, contact John Sonnhalter, 561 Vale View Dr., Vista 92083. Davis, Main Quad at UC Davis, every other Sat., 9 am, contact Rich Harley (Ph. 916/758-2687). Belvedere, Belvedere Town Pk., every Sat., 9 am, contact Jim Nuccio, 617 Meadowsweet Dr., Corte Madera 94925. Merced, Applegate Pk., every Thurs., 6 pm, contact Dave Donaldson, 1931 Carol Av., Merced 95340. Foster City, Bowditch School Field, every Sat., 9 am, contact Foster City R&J, 917 Lido Ln., Foster City 94404. Angwin, Pacific Union College (track), every Sun., 9 am, contact Dave Nieman, P.E. Dept., Pacific Union College, Angwin 94508. --- IF YOUR GROUP PUTS ON A FUN RUN SERIES AND WOULD LIKE THEM PUBLICIZED IN THE N.C.R.R., PLEASE SEND US FULL INFORMATION. THANKS!

- Nov 26 - Women's Griffith Pk. 10Km., Los Angeles, 8:30 am. John Rupp, Box 2161 T.A., Los Angeles 90051. (SPA)
 Nov 27 - Anaheim Community Bank 10Km., Anaheim, 9 am. Floyd Caldwell, 2629 Clarendon, Huntington Park 90255. (SPA)
 Nov 27 - DSE Golden Gate Park 4-Miler, Polo Fields, San Francisco, 10 am. Walt Stack, 321 Collingwood St., San Francisco 94114.
 Nov 27 - Pepsi 20-Miler, Delta High School, Clarksburg, noon. (Entries closed Nov. 19...but come and watch!) (See LDR Handbook)
 Nov 27 - Redwood Shores Run & Bike (6 miles each), Redwood City. (See PA-AAU LDR Handbook)
 Nov 27 - Lake Merritt J&S Fun Run (5, 10 & 15Km.), Lake Merritt, Oakland, 9 am. John Notch, P.O. Box 2365, Oakland 94614.
 Dec 3 - Natl. AAU 50-Kilo Championships (all div.), Central Pk., N.Y.C., 9 am. Fred Lebow, 226 53rd St., New York, N.Y. 10022.
 Dec 3 - Spring Lake Women's 10-Kilo, Santa Rosa (5 mile fun-run for men). (See PA-AAU LDR Handbook)
 Dec 3 - Champion Gold Mine Run, 8.2 Miles, Nevada City. (See PA-AAU LDR Handbook)
 Dec 3 - Women's 5-Kilo "Balboa Boogie" X-C Run, San Diego (Balboa Pk.), 8:30 am. Nicki Hobson, 2777 Caminito Cedros, DelMar 92014
 Dec 3 - Fresno 6-Mile Road Run, Chandler Airport, 1 pm. Ron Gates, 2237 N. Valeria, Fresno 93726. (CCA)
 Dec 3 - ERA Runs (1 Mi., 5 & 10 Km.), Polo Fields, Golden Gate Pk., S.F., 10 am (\$4 Fee). Women Voters, 12 Geary, #605, SF 94108.
 Dec 3 - Barrio Runs, 3 & 6 Mi., San Diego, 8:30 am. Frank Saiz (Ph. 714/235-6135). (PSA)
 Dec 3 - SNA-AAU 6 Mile X-C Championships, Sunset Pk., Las Vegas, NV, 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, NV 89101. (SNA)
 Dec 4 - PA-AAU Jr. Men's X-C Championships, 10-Kilos, Belmont (for men under 20 only). (See PA-AAU LDR Handbook)
 Dec 4 - United Airlines Friendship Runs (30 Mile Relay & 30 Kilo individual race), UAL Maintenance Base, SF Airport. (LDR Handbk.)
 Dec 4 - Natl. AAU Sr. Men's Marathon Champs, Culver City, 8 am. Carl Porter, Culver City Pk. & Rec., 4117 Overland, C.C. 90230.
 Dec 4 - Apple Valley 6.3-Miler (LA Area), 11 am. Jim Gorrell, 14576 Hopi Rd., Apple Valley 92307. (SPA)
 Dec 4 - DSE Golden Gate Promenade Run, 7.5 Mi., Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood, San Francisco 94114.
 Dec 4 - RRCA Mt. Madonna 12.1 Mile Hill Challenge, near Gilroy, 11 am. Bill Flodberg, 12925 Foothill, San Martin 95046.
 Dec 9 - RTC Indoor Runs (15 & 30 Minute Runs), Fairgrounds nr. Roseburg, Ore., 6:30 pm. Stan Stafford, 900 SE Douglas, Rbg. 97470
 Dec 10 - Lake Oswego 8-Miler, Oregon, 1 pm. Dan Sigler, P.O. Box 33, Lake Oswego, OR 97034. (OA)
 Dec 10 - PSA-AAU 10-Kilo X-C Championships, UCSD, San Diego, 10 am. Dennis Kasischke, 4433 - 42nd St., San Diego 92116. (PSA).
 Dec 10 - Desert Hot Springs Women's 10-Kilo (Wardman Pk.), 10 am. Don Huff, P.O. Box 338, Desert Hot Sprgs., CA 92240. (SPA)
 Dec 10 - Livermore Marathon (Lawrence Rad Lab). (See PA-AAU LDR Handbook)
 Dec 10 - Fiesta Bowl Marathon, (tentative?), Cave Creek, Ariz., 9 am(?). Fiesta Bowl, 3410 E. Van Buren, Phoenix, AZ 85008.
 Dec 10 - Mt. Tom Hill Climb (distance?), Glendale College, 9 am. John Tansley, 1500 Verdugo Rd., Glendale 91208. (SPA)
 Dec 10 - 25-Kilo Run, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas T.C., P.O. Box 869, Las Vegas, NV 89101. (SNA)
 Dec 11 - Honolulu Marathon, 6:30 am. Honolulu Marathon Ass'n, Box 27244, Chinatown Sta., Honolulu, HI 96827. (Pre-Entries Req'd?)
 Dec 11 - Lake Merritt J&S 5 & 10-Kilo Fun Runs (Bay Refuge Pk., Oakland), 9 am. John Notch, P.O. Box 2365, Oakland 94614.
 Dec 11 - Campbell 6-Mile "Decemberfest" Road Run, San Jose Area. (See PA-AAU LDR Handbook)
 Dec 11 - PA-AAU 100-Kilo Championship & 12-Hour Run (track), Woodside High School. (See PA-AAU LDR Handbook)
 Dec 11 - Compton 6-Miler (approx.), Compton College Stadium, 9 am. Art Reade, 410 E. Buttonwood, Brea 92621. (SPA)
 Dec 11 - DSE South Embarcadero 6.5-Miler, Meet at Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood, San Francisco 94114.
 Dec 11 - OTC Pre's Trail Run, 5 Miles, Eugene, OR, 1 pm. (No Meet Director listed...meet behind Autzen Stadium).
 Dec 11 - Misty Redwood Run, 7.6 Miles, Redwood Regional Pk., Oakland, 10 am. Bill Bigelow, 11500 Skyline Blvd., Oakland 94619.
 Dec 17 - McIntosh's Sports Cottage Fun Runs (1/2-mile, 3 Mi., & 6 Mi.), Sacramento, 8:30 am. McIntosh's, 4120 El Camino, Sac. 95821
 Dec 17 - Xmas 5-Miler, Shoreline Pk., Mtn. View, 10 am. Norm Shaskey, Mtn. View Jaycees, 600 Rainbow Dr., Mtn. View 94041.
 Dec 17 - Mission Bay 25-Kilo, San Diego, 9 am. Contact Simeon Baldwin (Ph. 714/583-1578). (PSA)
 Dec 17 - Heart of the Valley 3 & 7-Milers, Corvallis, Ore., 11 am. Dan Eden, Corvallis Pks. & Rec., 601 SW Washington, Corv. 97330
 Dec 17 - Lakewood 2-Man 10-Mile Relay (alt. 1/2-Mi. legs), 9:30 am. Mit Hunt, P.O. Box 158, Lakewood Pk. & Rec., Lakewood 90714.
 Dec 17 - Madera Marathon, Madera High School, noon. Dee Dewitt, 200 So. "L" St., Madera 93637. (CCA)



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Entry blanks also available at prominent running shops.

- Dec 17 - 5-Mile "Guess Your Time" Race, Sunset Pk., Las Vegas, NV, 9 am. Las Vegas T.C., P.O. Box 869, Las Vegas, Nev. 89101.
- Dec 18 - 5th Annual Christmas Relays (UC Santa Cruz to Half Moon Bay), 5 & 10-Mile Legs (many divisions). (Note: - There will be two starts this year: one at 9 am for slower teams and one at 10 am for fast teams...see entry blank & elsewhere in NCR.)
- Dec 18 - Skunk Hollow 15-Kilo Handicap (L.A. Area), 9:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
- Dec 18 - SCTC Sunset Bay Runs (1, 3.2 & 6.2 Mi.), Coos Bay, Ore., 1 pm. Mike Hodges, SW Oregon Community Coll., Coos Bay, OR 97420
- Dec 18 - San Bernardino Marathon, 7:30 am. San Bernardino Chamber of Commerce, P.O. Box 658, San Bernardino 92402. (SPA)
- Dec 24 - "Santa Claus" 15-Kilo Run, Sunset Pk., Las Vegas, NV, 9 am. Las Vegas T.C., P.O. Box 869, Las Vegas, NV 89101. (SNA)
- Dec 24 - Rose Bowl Handicap, 15-Kilos, Pasadena, 10 am. Steve Broten, 13512 E. Ramona Dr., Whittier 90602. (SPA) (& LDR Meeting)
- Dec 24 - Natl. Fitness Run (Sausalito to S.F. Zoo; run any distance), 7:30 am. Runner's World, Phil Lenihan, Box 366, Mt.Vw. 94042
- Dec 31 - Midnight Run, 5 Miles, Los Altos (downtown), midnight start. Runner's World, P.O. Box 366, Mtn. View 94042. (Fun Run)
- Dec 31 - Elysian Park 5-Kilo X-C, L.A. Area, 8 am. Tom Cory, 1915 Kenneth Rd., Glendale 91201. (SPA)
- Dec 31 - 5,000-meter track run, Univ. of Nevada, Las Vegas, NV, 9 am. Las Vegas T.C., P.O. Box 869, Las Vegas, NV 89101. (SNA)
- Dec 31 - 5-Kilo "Resolution Run", Balboa Park, San Diego, 12:15 pm. Contact Don Coleman (Ph. 714/469-9226). (SPA)
- Jan 1 - ORRC Hangover Handicap, 10 Mi., Portland, Ore. (Delta Pk.), 2 pm. Contact Gordon Hartwig (Ph. 503/644-6689). (OA)
- Jan 2 - Coyote Hills to the Bay 6.8-Miler, Newark, 10 am (\$3 Fee). Darryl Reina, 35501 Cedar Blvd., Newark 94560.
- Jan 7 - Oregon AAU 15-Kilo Championships, near Roseburg, 1 pm. Stan Stafford, 900 SE Douglas, Roseburg, OR 97470. (OA)
- Jan 7 - Lake Merritt Women's 5 & 10-Kilo Runs (Boathouse), Oakland. (See PA-AAU LDR Handbook)
- Jan 7 - SNA-AAU 10-Kilo Championships, Sunset Park, Las Vegas, NV, 9 am. Las Vegas T.C., P.O. Box 869, Las Vegas, NV 89101. (SNA)
- Jan 7 - Marine Corps Reserve 5 & 10-Kilo Runs, Elysian Pk. (LA Area), 9 am. Maj. John Connors, 12th Staff Group, Navy & MC Trng. Center, 1700 Stadium Way, Los Angeles 90012. (SPA)
- Jan 8 - "California 10" (10 Miles), Lincoln H.S., Stockton. (See PA-AAU LDR Handbook)
- Jan 8 - (Tentative) DSE Muni Pier Run, 1.24 Miles, Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114.
- Jan 8 - Saratoga/Los Gatos & Los Gatos/Saratoga 4-Milers (two races), time & place TBA. Contact Mimi Baca (Ph. 408/255-4700).
- Jan 14 - Salem Road Runs (3 & 5.8 Mi.), Judson Jr. H.S., Oregon, 1:30 pm. Chuck Bowles, Willamette Univ., Salem, OR 97301. (OA)
- Jan 14 - OTC Skinners Butte 5-Miler, Eugene, Ore., 1 pm. Athletic Dept., 99 W. 10th, Suite 104, Eugene, OR 97401. (OA)
- Jan 14 - 30-Kilometer Run, Sunset Park, Las Vegas, NV, 9 am. Las Vegas T.C., P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Jan 14 - Mission Bay Marathon (& Half-Marathon), San Diego, 8 am. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. (PSA)
- Jan 15 - Long Beach Ocean Run (10-Kilos), 3 pm. Geza Bottlik, 4119 Exultant Dr., Palos Verdes Peninsula 90274. (SPA)
- Jan 15 - PA-AAU 20-Kilo Championships, Justin-Siena H.S., Napa. (See PA-AAU LDR Handbook)
- Jan 15 - (Tentative) DSE Double Muni Pier Run, 2.49 Miles, Dolphin Club, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114.
- Jan 15 - S.F. Sports & Boat Show 6-Miler, Cow Palace, Daly City, 9 am. S.F. Sports/Boat Show, 615 Front St., S.F. 94111.
- Jan 21 - High Sierra 10-Mile Road Run, Woodward Pk., Fresno, 11 am. Len Thornton, 5768 N. Millbrook, Fresno 93710. (CCA)
- Jan 21 - 3 & 6-Mile Fun Runs (& 1/2-Miler), Sacramento, 8:30 am. McIntosh's Sports Cottage, 4120 El Camino, Sacramento 95821.
- Jan 21 - Sea King Half-Marathon, Corona del Mar H.S., 9 am. John Blair, 1162 Dorset Ln., Costa Mesa 92626. (SPA)
- Jan 21 - 15-Kilo Run, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas T.C., P.O. Box 869, Las Vegas, NV 89101. (SNA)
- Jan 21 - SCTC Bullards Beach Road Runs (1, 3.2 & 6.2 Mi.), nr. Bandon, Ore., 1 pm. Mike Hodges, SW Oregon C.C., Coos Bay, OR 97420
- Jan 21 - ORRC Terwilliger 6-Miler, Duniway Pk., Portland, Ore., 9 am. Lionel Fisher (Ph. 503/646-4534). (OA)
- Jan 21 - Cascade 4.5-Miler, 12 miles SE of Salem, Ore., 1 pm. Darrel Deedon, 5647 Valley View Rd. SE, Turner, OR 97392. (OA)
- Jan 22 - Champagne Marathon, Paul Masson Winery, Saratoga. (See PA-AAU LDR Handbook)
- Jan 22 - Zoo Run, 4 Miles, San Francisco Zoo (south gate). (See PA-AAU LDR Handbook)
- Jan 22 - Pico Rivera 5-Mile Anniv. Run, 9 am. Armie Briones, Pico Rivera Recr. Dept., 6615 S. Passons Blvd., Pico Rivera 90660.
- Jan 22 - Last Place 12-Miler, Anderson, 10 am. Frank Swoboda, 7496 Socille Trail, Palo Cedro 96073.
- Jan 28 - Glen Ellen Fun Runs (3 & 11.5 Km.), Glen Ellen, time TBA. Empire Runners, 335 Algiers Ct., Santa Rosa 95405.
- Jan 28 - Natl. AAU Sr. Men's 12-Kilo X-C Champs (& Internat'l X-C Qualifying Trials), Atlanta, GA. Dr. David Martin, 510 Coventry Rd., Stone Hill, Decatur, GA 30030. (Not sure how many from this meet will qualify for Internat'l X-C.)
- Jan 28 - 5-Mile Handicap Run, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas T.C., P.O. Box 869, Las Vegas, NV 89101. (SNA)
- Jan 29 - (Tentative) Bonne Bell Mini-Marathon (10-Kilos)...check page 25 of this issue for ad. DeMoss, 765 Campbell, Los Altos
- Jan 29 - Bonne Bell Mini-Marathon (10-Kilos), Los Angeles area (check Runner's World & Track & Field News for ads). 94022
- Jan 29 - Peach Bowl Pacers 10-Kilo (near Marysville). (See PA-AAU LDR Handbook)
- Jan 29 - CCTC Lower River Road Runs (2 & 4.5 Mi.), Vancouver, WA, 2 pm. Bob Moser, 5600 NE 45th St., Vancouver, WA 98661. (PNW)
- Jan 29 - Casitas Dam 10-Kilo Handicap, L.A. Area, 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
- Jan 29 - World Masters Marathon (not for 40+ only), Chapman College, Orange, 7:30 am. Wm. Selvin, 2025 N. Tustin, #3, Orange 92665
- Feb 4 - Natl. Jr. AAU 8-Kilo X-C Championships (& Internat'l X-C Trials), Gainesville, Fla. Roy Benson, Box 14485, G'vle 32604.
- Feb 5 - Las Vegas Marathon, Las Vegas, Nev., 8 am. Las Vegas T.C., P.O. Box 869, Las Vegas, NV 89101. (SNA)
- Feb 12 - West Valley Marathon, Turnbull School, San Mateo. (See PA-AAU LDR Handbook)
- Feb 12 - Hidden Valley Marathon (and 1/2 & 1/4-Marathon), Newbury Pk., 8 am. Larry Ballew, 180 Academy Dr., Newbury Pk. 91320.
- Feb 25 - Trail's End Marathon, Seaside, Ore., 11:30 am. (Enter by Feb. 18) Ralph Davis, Seaside C of C, Box 7, Seaside, OR 97138.
- Feb 26 - PA-AAU 50 Mile Championships, Marysville to Sacramento. (See PA-AAU LDR Handbook)

CROSS COUNTRY

- Nov 28 - Natl. 3-Mile Postal, WVC, Saratoga, 2:30 pm (H.S.).
- Dec 3 - Region 13 J.O. Champs, Hooker Oaks Complex, Chico (BAG/GAG)--(See LDR Handbook; changed from 11/26).
- Dec 4 - PA-AAU Jr. Men's X-C (Under 20), Belmont (10-Kilos), (See PA-AAU LDR Handbook).
- Dec 10 - Natl. Jr. Olympic Champs, Longview, WA (BAG/GAG)--You must qualify from Region 13 Meet on Dec. 3rd.
- Jan 28 - Natl. AAU Sr. Men's 12-Kilo X-C (& International Qualifying Trials)--(See LDR Schedule above for contact).
- Feb 4 - Natl. AAU Jr. Men's 8-Kilo X-C (& International Qualifying Trials)--(See LDR Schedule above for contact).

TRACK & FIELD

HELP!! - Please send us your spring track schedules as soon as possible for next issue (meets through March will be listed in issue #69)...we need all kinds of schedules (college, high school, age-group, women, etc.) and are interested primarily in big invitationals and college dual meets. It doesn't take much effort to just drop your schedule in an envelope...don't depend on someone else to do it (that's what usually happens & we wind up getting next to nothing! Thanks for your help.

ALL-COMERS MEETS: - We got pretty good response to our pleas for all-comers meets and are listing them in the next column.

If you know of other meets of this type that we've missed, please notify us immediately...remember, this is the only source of scheduling information for many athletes! --- SAN MATEO: the NorCal T&F Ass'n will conduct their winter series of men's meets at the College of San Mateo (no mention of women's events, but I'm assuming they may still compete with the men...check with the meet director to be sure) on the following Saturdays--Dec. 10, 17, & 24; Jan. 7, 14, 21, & 28; and Feb. 11. The open division will run metric distances (except 60y dash and 60yHH). The high school division will use non-metric distances. In the last three meets, the 60 will be replaced by the 100y or 100m dash, and the 60yHH will be extended to 120yHH or 110mHH. A 50¢ entry fee will be charged (enter as many events as you wish) and locker/shower facilities are available...all-weather tartan track (bring 1/4" spikes or flats)...meets will start at about noon (earlier for field events?). Meets may be cancelled due to weather (contact: Harry Young, 41 Creekridge Ct., San Mateo 94402 -- Ph. 415/345-5189(H) or 415/574-6452(W), for more info.) --- UC BERKELEY: Events will start at 11 am on following Saturdays: Dec. 10, 17; Jan. 7, 14, 21, 28; Feb. 4, 11. There will be an open and high school division. Only 1/4" spikes allowed on tartan track & runways (Edwards Field). All field events except hammer throw...50¢ entry fee. Men & women will be allowed to compete in both open & high school divisions. Contact Ervin Hunt, 2731 Cardiff Ct., Richmond 94806. --- (More on next page)

(More All-Comers Meets) --- LOS GATOS H.S.: - Four divisions & 50¢ entry fee at new Chevron 440 track (only 1/4" spikes please) --Girls, Jr. High, High School & Open. Meets will be Dec. 23 & 30 (Fridays); Jan. 7, 14, 21, & 28 (Saturdays). Final meet is "Championships Meet", featuring the top 8 individuals in each event from the five previous meets. Medals to winner in every event. Field events start at 1 pm; running events at 1:30 pm. Contact: Glenn Harmatz (408/354-5673 or 356-2225), or Steve Chapell (408/295-9308).

EXAMINER GAMES TRIALS: - Trials races will be held at College of San Mateo (in place of all-comers meet) on Feb. 4. At this time we have no information as to if there will be other Trials locations. Usually the high school events are at CSM, and San Jose CC has college trials...if anyone knows, please inform us.

OTHER EARLY SEASON MEETS AND INDOOR EVENTS: - We don't have any information (much) as to Indoor dates at present, but what we do have is listed below...anyone know dates for LA Times, Sun-kist, San Diego, Portland, etc.? Drop us a line if you do!

- Dec 10 - Glendale College USTFF Decathlon (2 days), contact John Tansley, Glendale College, Glendale, CA 91208.
 Jan 7 - Muhammad Ali Indoor Games, Long Beach, contact Harold Smith, 9701 Wilshire Blvd., #710, Beverly Hills 90212.
 Jan 28 - Cal-State L.A. USTFF Decathlon (2 days), contact Ron Morris, Los Angeles State Univ., L.A. 90024.
 Feb 18 - San Francisco Examiner Indoor Games, Daly City (Cow Palace), contact Jim Terrill, c/o Track & Field News, P.O. Box 296, Los Altos 94022 (Ph. 415/965-2433) for invitational events only (Trials in other events).

RACE WALKING

SCHEDULING: - For all information on scheduling, please contact the following individuals--(NorCal) Wayne Glusker, 20391 Stevens Creek Blvd., Cupertino 95014 (Ph. 408/996-1272); (SoCal) Connie Rodewald, 852 Sharon Dr., Camarillo 93010 (Ph. 805/482-5360); (Oregon) Jim Bean, 336 Jerris St. SE, Salem, Ore. 97302.

- Dec 4 - United Airlines 15-Kilo Walk, UAL Maintenance Base at S.F. Internat'l Airport; contact: Al Bangert, 118 Dunman Way, S. San Francisco 94080. (Starts at 10 am.)
 Dec 18 - Year-End 20-Kilo, College of Marin, Kentfield, 10 am.

PYKE LEADS WVTC TO NATIONAL TITLE AT 15K (Aug. 27, Santa Monica): - (Temp. 82°) - Neal Pyke won his first-ever national championship here in impressive style, upending Larry Walker of the Striders by over 40 seconds. He and teammates Wayne Glusker and Bryan Snazelle teamed up for the championship, with the Striders taking a close second. Bill Ranney, while finishing third for WVTC, was competing in the Masters Division (sixth overall), where he was runnerup to ageless Rudy Haluza. Dan Martinez of the Woodside Striders led his team to the Junior title...nice going Bay Area walkers! -- (SENIORS) 1-Pyke/WVTC 1:09:50.0, 2-Walker/TS 1:10:32, 3-DiBernardo/Army-CNW 1:12:51, 4-Glusker/WVTC 1:13:29, 5-Snazelle/WVTC 1:18:52, 6-Reilly/TS 1:19:39, 7-Hall/VCTC 1:20:35, 8-Adriano/WVTC 1:21:52...18-Laird/NYAC 1:39:01, 21-Ipsen/WDS 2:02:30. (MASTERS) 1-Haluza/TS 1:14:40, 2-Ranney/WVTC 1:16:30, 3-Allen 1:22:10, 4-Lori Maynard/WDS 1:34:30, 5-McWilliams 1:38:11. (JUNIORS) 1-Martinez/WDS 1:23:55, 2-Veon/MM 1:25:32, 3-Jacobs/WDS 1:28:19, 4-Garcia/WDS 1:42:43, 5-Slates/MM 1:43:57. /Wayne Glusker/

Track Equipment at Savings

- Fiberglass Cross Bars--(HJ & PV), new at \$50-60; priced at \$40-50 and below.
 5-Part Event Forms (no carbons required); all events on one form (\$20 per box of 100).
 Long-Jump Sighting Measure Device--no tape needed. Just sight to find the distance, ala Olympics. New for \$100; priced at \$80.
 Numbers (1 to 100); \$5 per 100.
 Shot Put Scale--Finest made, \$80.00.
 Pro Track Pacer Lights System--\$1500 complete, a \$3000 plus value.
 Long Jump Indicator--\$30 (new over \$50).
 High Jump/Pole Vault Height-Measuring Rods--\$40.

IF YOU'RE INTERESTED IN PURCHASING OR LOOKING AT ANY OF THE ABOVE ITEMS--Call or Write: Jim Terrill, Business Mgr., T&FN, P.O. Box 296, Los Altos, CA 94022...Ph. 415/965-2433.



(L) Irene Obera winning 400m heat at World Masters in Sweden. (R) NCS teammate Van Parish taking a similar win in 100m heat.

TRACK & FIELD RESULTS

WORLD MASTERS CHAMPIONSHIPS (Aug. 8-13, Göteborg, Sweden): - Many thanks to Al Waterman, Van Parish, Irene Obera, Shirley Dietderich, and others for sending us partial and complete results from this prestigious meet. Hope we didn't miss anyone who made the finals (that's about all we had results for) from NorCal...if we did, speak up! Don't be bashful! /MEN/ 100m: (1A) 7-Parish/NCS 11.4, (1B) 7-Marlin/NCS 11.9, (2A) 7-Roemer/NCS 12.4, (4A) 1-Packard 13.9, (4B) 4-Pennock/NCS 17.8; 200m: (1B) 5-Marlin 24.1, (4A) 1-Packard 29.2; 400m: (4A) 1-Packard 64.6; 800m: (1A) 7-Richardson/WVTC 2:00.4, (2A) 10-Koerner/NCS 2:15.5, (3B) 7-Bright 2:40.5; 1500m: (3B) 5-Bright 5:26.9; 5000m: (2A) 3-O'Neil/SFOC 16:15.4, (4B) 1-Spangler/SLDC 21:20; 10,000m: (2A) 2-O'Neil 33:58.6, (3B) 5-Bright 40:58.2, (4B) 1-Spangler 48:44.5; 110mHH: (1B) 8-Brenda 23.4, (3B) 5-Dick/NCS 25.1; 400mH: (2A) 6-Roemer/NCS 66.4, (3B) 3-Bierlein/NCS 88.6, 5-Dick 90.9; 3000mSC: (1A) 13-Carradine/DIRT 11:00.0, (2B) 3-Waterman/SRC 11:39.2 (World Age 59 Rcd.), 8-Hutchinson/NCS 13:54.4; X-Country: (3B) 8-Bright 43:54, (4B) 2-Spangler/SLDC 58:13; Marathon: (Results Incomplete) (2A) 3-O'Neil 2:47:39; (3B) 5-Bright 3:40:07, (4B) 2-Spangler 4:06:54; 400mR: (I) 1-USA (incl. Van Parish) 43.9, (II) 3-USA (incl. John Satti) 55.9; Pentathlon: (1A) 5-Conley/WVTC 3,257; HJ: (1A) 10-Rose/NCS 5-3, (1B) 12-Brenda 4-11, (2A) 13-Roemer 4-7½, (2B) 7-Henderson/NCS 4-7½, (3B) 8-Dick/NCS 4-5½, 15-Bierlein/NCS 4-1½, (4A) 4-van Gelder/NCS 3-9½, (4B) 2-Pennock/NCS 3-9½; LJ: (4A) 4-van Gelder 12-5 3/4, (4B) 2-Pennock 10-2½, (1A) 16-Conley/WV 19-7 3/4; TJ: (1B) 10-Brenda 35-1 3/4, (3B) 7-Dick 26-11 3/4, (4A) 2-van Gelder 24-1; SP: (2B) 9-Stone/NCS 38-4 3/4, (4B) 4-Pennock 26-3 3/4; DT: (2B) 7-Stone 117-0, (3B) 6-Dick 117-1½; JT: (1A) 4-Conley/WVTC 207-8, (2B) 4-Stone 120-2½, (3B) 3-Dick 108-4, (4A) 1-Curtice/NCS 122-11½; /WOMEN/ 100m: (1A) 7-Sherard/NCS 13.2, (1B) 1-Obera/NCS 13.0, 3-Parish/NCS 13.2, (2B) 4-Dietderich/NCS 16.5, (3A) 1-Kolda/NCS 17.3; 400m: (1B) 2-Obera 62.4, 3-Parish 62.7, (2B) 4-Dietderich 80.7, (3A) 3-Kolda 92.6; 1500m: (2A) 4-O'Conner/NCS 5:31.8, (3A) 1-Kolda 8:20.6; 3000m: (2A) 8-O'Conner 12:26.5; X-Country: (1B) 1-Anderson/NCS 39:57, (2A) 7-O'Conner 43:31; Marathon: (1B) 4(?) -Anderson 3:15:20; 400mR: (I) 1-USA (Miller, Sherrard, Parish, Obera) 51.4, (II) 1-USA (incl. Dietderich & O'Conner) 63.9, (III) 1-USA (incl. Kolda) 72.5; (Incomplete results on field events).

NATIONAL JR. OLYMPICS (Aug. 12-14, Lincoln, Nebr.): - Only Region 13 (California and Nevada) athletes are listed, along with some winning marks. - /BOYS/ 220: 8-Threatt/Pittsburg (nt); 440: 4-Wilkens/Okld 49.15; Mile: 4-Woodland/LaJolla 4:16.18; 2 Mi: 4-Alvarez/Thermal 9:15.2; Milew: 4-Martinez/WDS (nt); HJ: 1-Hice/Okld 7-0; PV: 1-Buckingham/Kans 16-0, 2-Crook/Reno 15-6; LJ: 1-Jenkins/Kans 24-2½, 2-Fowler/Fontana 23-9½; TJ: 6-Goodson/Porterville 44-5½; 440R: 6-Region 13 43.03; /GIRLS/ 100y: 8-Jackson/Okld (nt); 440: 1-Gorham/Mo 54.67, 3-Emerson/Westminster 55.48; Mile: 7-Brown/LA (nt); 2 Mi: 6-Williams/SJC-Livermore 11:18.2; 400mH: 1-Robinson/Mass 60.3, 2-Hawthorne/Richmond 62.5; HJ: 1-Alston/Chico 5-10, 4-Rienstra/Sun Valley, NV 5-8; LJ: 3-Wright/Fresno 18-11; SP: 5-Betham/Arcata 44-5; DT: 1-Kobza/Nebr 146-0, 2-Deniz/Grdly 144-1; JT: 1-Rona/HuntingtonBch 132-7, 8-Hollingsworth/Ontario 109-2. /P. Cava/

WORLD CUP (Sept. 2-4, Dusseldorf, W.G.): - (NorCal's Only): SP: 4-Atbritton/Stanford 65-1½; DT: 2-Wilkins/PCC 218-8; 1500m: 2-Larrieu-Lutz 4:13.0; LJ: 7-Frederick 20-1½; SP: 4-Seidler 50-10½.

PAN AMERICAN MASTERS GAMES (Sept. 3-4, Westwood/UCLA): - 100m: (OB) 2-Romain/WVTC 11.0, (1B) 3-Marlin/NCS 11.8, (3A) 1-Jordan/Stanford 12.5, 4-Satti/NCS 13.9; 200m: (OA) 4-Harris/WVTC 23.1, (3A) 1-Jordan 26.1, 3-Koppel/NCS 29.2, 4-Satti 29.2; 400m: (OA) 1-Harris/WVTC 49.1, 4-Growdon/WVTC 56.9, (OB) 3-Knebel/Un 53.3, (1A) 3-Parish/NCS 55.1, (3A) 1-Koppel/NCS 66.5, (tie) Satti/NCS 66.5; 800m: (OA) 2-Harris/WVTC 2:01.5, (OB) 2-Knebel 2:02.8, (3A) 1-Mahannah/NCS 2:24.0; 1500m: (W) 2-Anderson/NCS 5:30.4, (OA) 1-Camp/SDTC 3:55.8, (OB) 1-Knebel 4:08.5, (3A) 1-Mahannah/NCS 4:55.4; 5000m: (W) 1-Anderson/NCS 20:05, (OA) 1-Camp/SDTC 14:22, 2-Goettelmann/WVTC 15:18, (2A) 1-O'Neil/SFOC 16:19.4; 10,000m: (W) 3-Anderson/NCS 42:06.5, (OA) 1-Goettelmann/WVTC 31:28, 2-Zapata/WVTC 31:30, (1A) 2-Bowles/WVJS 33:25, 4-Stern/WVTC 34:29, (2A) 1-O'Neil/SFOC 33:40.1; 5000mW: (OA) 1-Himmelberger/WVTC 24:47.1, (1A) 1-Ranney/WVTC 23:50, (2B) 1-Smith 29:44; 400mR: (SM) 3-WVTC 44.0, (1) 3-NCS 46.1; 110mH: (OA) 3-McCormick 14.7, (1B) 2-Gallardo 18.0, (3A) 3-Satti/NCS 25.0; 400mH: (OA) 1-McCormick 57.4, (1A) 3-Parish/NCS 61.2, (1B) 3-Gallardo 72.4; HJ: (1B) 3-Gallardo 5-0; LJ: (OA) 1-Silva/WVTC 23-3½, (1A) 3-Andrews/BAS 19-11 3/4, (3A) 1-Satti/NCS 16-3½; SP: (3A) 3-York/NCS 42-10; DT: (OA) 2-McCormick 141-1, (1A) 3-Gallardo 94-3; JT: (OA) 2-McCormick 165-10, (1A) 1-Conley/WVTC 197-11, (4A) 1-Curtice/NCS 123-3 3/4; HT: (3A) 3-York/NCS 86-6; TJ: (OA) 1-Silva/WVTC 46-10, (1A) 2-Andrews/BAS 39-10, 3-Conley/WVTC 38-1, (3A) 3-Koppel/NCS 23-3½. /Bill Adler/

Prep Ramblings

by Keith Conning

Notice to Fans: - Please send me results & stories about cross-country from your local papers. As you know, Northern California is a large area, and no one paper covers the news completely. Thanks for your help! --Keith Conning, 2235 Browning St., Berkeley, CA 94702 (Ph. 415/849-4406). Incidentally, I'm not paid for doing this. I do it because I enjoy high school cross-country (& track), and there is a lack of information about what is going on around Northern California in the sport. Thanks to the following coaches (& others) for sending results & stories: CHUCK SHELEY (Chico), DAVE PETERSON (Skyline, Oakland), BILL HOTCHKISS (Leigh, San Jose), and WAYNE MOSS (Weaverville).

IMPORTANT CIF RULE CHANGE: - The State C.I.F. Federated Council passed the following proposal at their Oct. 7 meeting concerning unattached competition in a non-school or non-CIF event during the season of that sport: "Unattached competition is permissible for a student in other than school contests during the season of the sport, provided the student enters in the individual sports of cross-country, track & field (lists other sports that fall into this category), etc. In addition to those sports listed above, girls participation on girls teams may compete unattached in (lists several other sports)." What this means is that any high school athlete involved in cross-country or track can now participate in any outside event in that sport (such as all-comers track meets, long distance races, etc.). Only drawback is that the athlete must enter as 'unattached' in these outside events and cannot represent his club (if any). We assume that between seasons an athlete may still compete for his or her club. (Ed. - It's about time! This rule should have been changed long ago. Now it is up to the individual coaches to decide if their athletes should use non-CIF events as fun and competitive tuneups for important scholastic races, or as good hard (or easy) workouts.)

HIGH SCHOOL CROSS-COUNTRY REPORT: - The big news this fall is not who is running, but rather, who is not running! Rod Berry of Redwood in Larkspur has mononucleosis and has not been able to compete this fall. Carlos Carrasco of Mt. Pleasant (San Jose) dropped out of the sport after winning the Alum Rock Invitational. At the Soquel Invitational, his coach Jim De Diego told me that Carlos would resume running for the team the following week.

Dave Coulman of San Marin (Novato) is burning up the invitational circuit with three big wins in a row--San Ramon, Soquel, and Pleasant Hill. Right behind Dave is Tom Downs of Skyline (Oakland), who along with his twin brother Peter has shown great improvement this season. Tom finished second to Dave at Pleasant Hill, but he had a faster time at San Ramon in winning the large school race. Tom was also second at Alum Rock (to Carlos). Also outstanding this season have been the performances of Joel Madison of Wooster (Reno). Joel won the South Lake Tahoe Invitational, the Nevada Northern AAA Zone Meet, and the Lassen Invitational. Steve Strangio of Mission San Jose (Fremont) won at Hayward, was second at San Ramon, and

third at Alum Rock and Pleasant Hill. Jon Schmidt of Anderson has won twice (at Chico and Enterprise Invitionals). Paul Brewer of Leigh (San Jose) has demonstrated his fine conditioning by winning three meets--Sunnyvale, Stanford, and Crystal Springs Invitionals. Ken Romiguere (Castro Valley) won the Livermore Invitational, but then fell to fourth at Hayward. Mike O'Reilly of San Rafael, who likes running the short flat courses, won at Stinson Beach and was second to Coulman at San Ramon. Ken Holladay of Gilroy won at Aptos and was second to Coulman at Soquel by six seconds. Bob Love of Carlmont (Belmont) has two wins (at the Artichoke Invit. and a Center Meet) and a second at Crystal Springs to Brewer. Matt Hartman of Milpitas has won twice, at Leigh-Lynbrook and at Soquel in the small schools division. Greg Williams, a junior from Chico, has also been running very well, annexing the junior race at Nevada Union, and grabbing top honors at Rio Linda, among other fine performances. Many other fine runners have done well.

Ann Trason of Pacific Grove is running away from all the other girls by huge margins in the CCS invitionals. Ann has defeated Nancy Huyck of Aptos, the second best half-miler in NorCal last spring, three times by long distances--51 seconds at Artichoke, 38 seconds at Soquel, and 58 seconds at Aptos. Laurie Crisp, a junior at Downey in Modesto, is tearing up the Sac-Joaquin Section. Laurie upset Darcy Burleson of Chico, the number-one girl last season, at the Rio Linda Invitational, and won the Cordova Invitational as well. She ran a PR 11:01.5 at the two-mile postal to take second behind Overfelt's Irene Crowley. Burleson won at Chico and Nevada Union. Sue Richter of Chico won at San Ramon in the large school division and took thirds at Rio Linda and Nevada Union. Diana Bujanja of Piedmont has run impressively so far with wins at the OAL, San Ramon, and Pleasant Hill. Diana broke Burleson's record at San Ramon. Diane Kenny (Novato) also ran under Darcy's record time at that meet and won the McAteer Invitational. Julie Hayes has won twice at Livermore and Hayward and ran a close third to Bujanja and Kenny at San Ramon. Julie attends Dublin High. Shelly Nieto (Merced) won at Frogtown and was third in the two-mile postal with a fine 11:11 clocking. She was also second at Nevada Union (to Burleson). Numerous other girls have shown that girls cross-country is definitely here to stay. Kim Schnurpfeil (San Mateo), after taking a close second (Tess than a second) at the Stanford Invitational, came up with an injury soon after that and lost several weeks of training...she may be back for some late-season meets.

In team competition through late October, there were three unbeaten boys teams: Carlmont, Merced, and Petaluma...but the real powerhouses are the large schools of Skyline and Mission San Jose. They have met three times and Skyline has won two of those encounters. However, Mission San Jose knocked both Carlmont and Merced from the ranks of the unbeaten at the postal meet in clocking a fine 47:39, ahead of Piner's (Santa Rosa) 48:25. Skyline did not compete. Our next bets for the team rankings are Mira Loma, Jesuit and Piner. Close behind comes Carlmont and Leigh. It should be a tight race when the rankings come out in next issue.

In girls team competition, Rio Americano, Chico, and Half Moon Bay are the class of the field. We may never know which school has the best team, as they will not meet again. Rio Americano handed Chico its only loss of the year at Rio Linda. Other good teams include Mission San Jose, South Tahoe, San Ramon, Tamalpais, Piedmont, Pleasant Hill, Clovis, Shasta, Miramonte, Bella Vista, and Carlmont.



(L-R) Ann Trason, Greg Valdez, and Sue Richter. /K. Conning/

CROSS-COUNTRY RESULTS

JR. OLYMPIC X-C QUALIFIER (Sept. 3, Santa Rosa): - /BOYS/ (14-15)
1-Noonan 13:17.2, 2-Ogden 13:32, 3-Fairchild 13:39, 4-Allsop
13:46, 5-Judson 13:53; (16-17) 1-Hale 16:15.3, 2-Dixon 16:20,
3-Smith 16:45, 4-Baker 16:52, 5-Potter 17:07; /GIRLS/ (14-15)
1-Farnsworth 17:09, 2-LeGate 17:09, 3-Jordan 19:53; (16-17) 1-
Neff 23:10, 2-Beatie 28:05. /Fred Kenyon/

PEBBLE BEACH INVIT. (Sept. 10, Pebble Beach): - (Combined Small
& Large School placings) Teams: MSAC 81, MPC 82, Lane 85, SJCC
116, DVC 166, FCC 176, AHC 176, COM 218. (4 Miles) 1-Leano/Port
19:23, 2-Martin/Lane 19:25, 3-Boettcher/MSAC 19:37, 4-Ebner/MSAC
19:38, 5-Keranen/AH 19:45, 6-Renteria/FCC 19:49, 7-Sutherland/SB
19:51, 8-Minor/MPC 20:00, 9-Sup/MPC 20:02, 10-Jones/MSAC 20:08,
11-Hollister/SB 20:13, 12-Watkins/MPC 20:17, 13-Magnus/Lane
20:19, 14-Searls/DV 20:19, 15-Seachrist/SJCC 20:21, 16-Criner/DV
20:25, 17-Russell/Lane 20:26, 18-Kennada/MPC 20:28, 19-Timmerman
/COM 20:29, 20-Ramos/FCC 20:30, 21-Miller/SJCC 20:31, 22-Zentner
/COM 20:33, 23-Fabris/SJCC 20:35, 24-Hammit/Lane 20:36, 25-Par-
ish/SJCC 20:37. /GIRLS/ Teams: Cuesta 29, SBCC 37, COM 60, Ca-
brillo 75. 1-Munday/SJCC 25:25, 2-Hester/FCC 25:52, 3-McCarthy/
Cu 25:58, 4-O'Donnell/Cu 26:14, 5-Hughard/Cu 26:38, 6-Branch/SB
27:11, 7-King/SB 27:20, 8-Miller/Cabr 27:21, 9-Rieboldt/DV 27:34,
10-Jackson/SB 27:39. /Dave Stern/

CENTRAL CALIF. X-C MEET (Sept. 17, Clovis): - (4 Miles) Teams:
Fresno 39, Boise 43, FPTC 73, Northridge 83, Sac'to St. 102.
1-Deis/F 19:04.2, 2-Romesser/FP 19:04.6, 3-Collier/B 19:10, 4-
Blackburn/B 19:11, 5-White/Sac 19:16, 6-Knapp/B 19:18, 7-Hernan-
dez/F 19:25, 8-Santizo/F 19:25, 9-Langford/F 19:26, 10-Breneman
/N 19:27, 11-Steffens/B 19:31, 12-Ramirez/FP 19:33, 13-Miller/St
19:35, 14-Cox/FP 19:35, 15-R. Aguirre/F 19:36. /WOMEN/ (2 Mi.)
Teams: CSBak 25, FPTC 31. 1-Trumbly/B 11:35, 2-Barrett/Un 11:42,
3-Anderson/B 12:26, 4-Washman/FP 13:53. /Bill Cockerham/

MT. SHASTA INVIT. (Sept. 17, Weed): - (4 Mi.) Teams: Sierra 45,
Shasta 57, Umpqua 58. 1-Sane/S 20:12, 2-Dauncey/L 20:12, 3-
Navarro/S 20:26, 4-Smith/U 20:29, 5-Klousner/Sh 21:03, 6-Sanders
/Sh 21:12, 7-Riley/Sh 21:26, 8-Boone/Butte 21:27. /Bruce Friend/

ALAMEDA BEACH RUN (Sept. 21, Alameda): - Teams: Skyline 25, San
Rafael 48, Encinal 57. 1-T.Downs/S 13:00, 2-O'Reilly/SR 13:06,
3-Valdez/S 13:11, 4-P.Downs/S 13:13, 5-King/E 13:32. /Conning/

CASTRO VALLEY 3-WAY (Sept. 22, Castro Valley): - Teams: CV 36,
Alameda 37, BOD 49. 1-Romiguiere/CV 16:25, 2-Leeds/A 17:15, 3-
Maroney/OD 17:16, 4-Scannell/OD 17:17, 5-Fenn/A 17:29. /GIRLS/
Teams: Alameda 32, BOD 32, CV 67. 1-Scannell/OD 14:45, 2-Way/A
15:03. /Keith Conning/

CORDOVA INVIT. (Sept. 23, Rancho Cordova): Teams: Cordova 58,
Bella Vista 60, SLT 77, Lincoln 93, Highlands 111. 1-Swan/Lin
16:12, 2-Dixon/Lin 16:15, 3-Dickenson/BV 16:20, 4-Dietler/Fthl
16:21, 5-Pineiro/SLT 16:39, 6-Fernandez/H 16:40, 7-Oakden/BV
16:42, 8-Szekeresh/C 16:43, 9-Bird/CB 16:48, 10-Pugh/H 16:54.
/GIRLS/ Teams: SLT 56, BV 83, El Camino 91, Cordova 119, Downey
123. 1-Crisp/D 13:03, 2-Dennison/EC 13:17, 3-Negri/Fthl 13:29,
4-Kuphaldt/BV 13:38, 5-Metoyen/SLT 13:44, 6-Gaunino/D 13:55, 7-
Haase/SLT 13:57, 8-Price/BV 14:06, 9-McKeen/C & S. McKeen/Mills
14:12. /Bill Mensing/

FROGTOWN INVIT. (Sept. 24, Angels Camp): (LARGE SCHOOL) Teams:
Merced 30, Stagg 34, Turlock 60, Rio Americano 102, Edison 121.
1-Munoz/S 15:33, 2-Baker/S 15:33, 3-Hale/S 15:33, 4-Salcido/M
15:52, 5-G.Salcida/M 15:52. (SMALL SCHOOL) Teams: Riverbank 26,
Ceres 54. 1-Oliveira/R 15:43, 2-Saldana/R 15:55, 3-Nakahara/Alb
16:04. (IND. RACE) 1-Allen/Beyer 16:01. /GIRLS/ Teams: Rio
Americano 21. 1-Nieto/Merc 8:38, 2-Bain/RA 8:47, 3-Holliman/RA
8:53, 4-Roberts/RA 8:58, 5-Linn/RA 9:03, 6-Smith/Tur 9:09, 7-
Jenkinson/RA 9:13, 8-Slater/Enc 9:14, 9-Harrigfield/Bey 9:24,
10-Hughes/Merc 9:30. /Coach, Bret Harbe H.S./

ALUM ROCK INVIT. (Sept. 24, San Jose): Teams: Skyline 72, MSJ
79, MiraLoma 82, Hoover/Fresno 107, Lick 191. 1-Carrasco/MP
11:17, 2-T.Downs/S 11:19, 3-Strangio/MSJ 11:26, 4-Valdez/S
11:28, 5-P.Downs/S 11:29, 6-McDonald/H 11:30, 7-Thornton/H
11:30, 8-Holladay/G 11:33, 9-Marden/MSJ 11:36, 10-Martinez/Nwk
11:38. /GIRLS/ Teams: MSJ 60, SilverCrk 87, S.Teresa 102, Ama-
dor 108, Skyline 128. 1-Crowley/Ov 14:23, 2-Jones/S 14:46, 3-
Behrbaum/A 15:02, 4-Coon/MSJ 15:15, 5-Coensger/A 15:25, 6-Duey/
MSJ 11:36, 7-Strangio/MSJ 11:37, 8-Kelley/G 11:43, 9-Bordenave/
ST 11:45, 10-Benevento/ST 16:03. /De Diego; Dave Peterson/

SOLANO INVIT. (Sept. 24, Rockwell Pk.): Teams: Vacaville 25,
Fairfield 35. 1-Youkers/Arm 15:31, 2-Peterson/F 16:05, (more)--

3-Harbatch/F 16:15, 4-Markhurst/Dix 16:26, 5-Whalen/V 16:33.
/GIRLS/ Teams: Vacaville 27, Delta 28. 1-Stewart/F 12:31.
/Sacramento Bee; Keith Conning/

SUNNYVALE INVIT. (Sept. 24, Sunnyvale): Teams: Los Gatos 62,
Leigh 75, Half Moon Bay 101, Cubberley 129, Fremont 154. 1-
Brewer/L 12:01, 2-Avila/Cup 12:10, 3-Morton/LG 12:14, 4-Jen-
kins/L 12:21, 5-Sanchez/Sun 12:23. /Bill Hotchkiss/



(L-R) Some top area prep x-country talent: Paul Brewer (Leigh)
/Lois Gowen Photo/; Mike O'Reilly (San Rafael) & Steve Stran-
gio (Mission San Jose) /Keith Conning Photos/

MARYSVILLE INVIT. (Sept. 24, Marysville): Teams: Yuba City 43,
McClatchy 58, Lindhurst 71. 1-Turner/Colfax 14:13, 2-Zunia/L
14:42, 3-Espinoza/M 14:51, 4-Cooper/YC 14:53, 5-Carroll/M
14:55. /GIRLS/ Teams: El Dorado 47, Placer 79. /Sac'to Bee/

STINSON BEACH X-C RELAYS (Sept. 24, Stinson Beach): Teams:
Redwood 41:47, San Rafael 41:53, Tam 44:08. 1-O'Reilly/SRaf
7:41, 2-Brock/R 8:13, 3-Saveliff/SRaf 8:16, 4-Mickle/R 8:16,
5-McCune/R 8:19. /GIRLS/ Teams: Marin Cath. 53:24, Redwood
53:48, Tam 53:56. 1-Flynn/Tam 9:38.2, 2-Sweeny/MC 9:43, 3-
Kenny/Nov 9:53, 4-Brennan/MC 10:03, 5-Stewart/R 10:23.
/Maxin Independent Journal; K. Conning/

CHICO INVIT. (Sept. 24, Chico): Teams: Petaluma 52, Oakmont
91, Del Oro 93, Arcata 108, Chico 116, Saratoga 148. 1-Schmidt
/Anderson 12:55, 2-Williams/A 13:00, 3-Royal/P 13:09, 4-Marti-
nez/Shasta 13:09, 5-Williams/C 13:15, 6-Ball/P 13:17, 7-Campos
/DO 13:21, 8-Haupt/O 13:27, 9-Long/P 13:31, 10-Johnson/S 13:33.
/GIRLS/ Teams: Chico 22, Sunset(Beaverton,Ore.) 68, Shasta 87,
Bishop(So.Section) 135, Del Oro 143. 1-Burleson/C 10:54, 2-
Richter/C 11:07, 3-Wierson/S 11:09, 4-Selchau/C 11:18, 5-M.
Wierson/S 11:20, 6-Symons/C 11:23, 7-Sessums/B 11:37, 8-Beau-
champ/O 11:40, 9-Park/C 11:41, 10-Knedler/RB 11:45. /C. Sheley/

UNLV X-C INVIT. (Sept. 24, Las Vegas, Nev.): /COLLEGE/ Teams:
UCI 138:21, FSU 138:54, BYU 139:04, Nev-R 139:09, Weber 140:31.
1-Cabanillas/BYU 19:07.5, 2-Scott/UCI 19:22, 3-Ramirez/C-Luth
19:25, 4-Morris/BYU 19:28, 5-Murphy/NR 19:29, 6-Packer/CSN
19:30, 7-Langford/FSU 19:32, 8-Munoz/NR 19:36, 9-Deis/FSU
19:37, 10-Koningh/UCI 19:37, 11-Netto/WS 19:40, 12-Chavez/WS
19:41, 13-Anlmeyer/UCI 19:44, 14-Bernstein/UCI 19:45, 15-Marsh
/BYU & Aaake/FS 19:45...21-Wysocki/NR 19:47. /OPEN/ 1-Mencha-
ca 19:23, 2-Waugh 19:26, 3-Ramirez 19:46, 4-Blum 19:52, 5-Dan-
iels 19:55, 6-Greer 20:01. /MASTERS/ 1-Kinzel 22:58, 2-Gold-
man/LVTC 23:41, 3-Mirth 23:48. /Tommy Hodges, LVTC Newsletter/

STANFORD-WVTC-SAN DIEGO ST. (Sept. 24, Stanford): Teams: SDS
31, Stanford 45, WVTC 46. (4.2 Mi.) 1-Hunsacker/SD 19:35.0,
2-Geis/Un 19:38, 3-St.John/SD 20:10, 4-Kissin/S 20:18, 5-Malec
/SD 20:19, 6-Clark/WV 20:20, 7-Sheehan/WV 20:22, 8-Archibald/
SD 20:29, 9-Celms/S 20:32, 10-Haldeman/S 20:34, 11-Laris/WV
20:41, 12-Porter/WV 20:49, 13-Gail/S 20:56, 14-Geiken/S 20:59,
15-Goettelmann/WV 21:02, 16-Emory/S 21:05, 17-O'Neil/S 21:07,
18-Wasterlain/S 21:07, 19-Breen/SD 21:10, 20-Tompkins/WV 21:19.
/WOMEN/ Teams: WVTC 15, Stanford 40. (5km) 1-Graham/WV 18:24,
2-O'Rich/WV 18:36, 3-Lyman/WV 19:46, 4-Himmelberger/WV 19:58,
5-Taylor/WV 20:05, 6-Kemp/S 20:14, 7-Ernst/S 21:05, 8-Wooten/H
21:09, 9-J.Himmelberger/Un 21:14, 10-Briscoe/S 21:16. /Clark/

NOTE: - Due to space limitations, we are usually only listing
Varsity Boys & Girls in high school meets. Sorry 'bout that!



(Above) Start of the Small School Varsity race at the Artichoke Invit. /Lois Gowen/ (Right) Skyline's Tom Downs winning the Large School race at San Ramon; & Dave Coulman (San Marin) winning the Medium School title at the same meet. /Keith Conning Photos/

STANFORD INVIT. (Sept. 29, Stanford): /Only Boys results rec'd./ Teams: (Sec. 1) Carlmont 96, Leigh 118, Independence 135, Serra 180, Saratoga 187; (Sec. 2) Menlo-Ath. 123, Del Mar 144. (Top 10 Times) 1-Brewer/L 14:18.9, 2-Avila/Cup 14:29, 3-G.Dean/J 14:30, 4-O'Conner/C 14:38, 5-Hernandez/I 14:40, 6-Jenkins/L 14:42, 7-Gil Dean/J 14:42, 8-Jones/MA 14:46, 9-Rochford/Se 14:50, 10-Water/SC 14:51. /B. Hotchkiss/

SOUTH LAKE TAHOE INVIT. (Sept. 30, S. Lake Tahoe): Teams: SLT 31, Stewart 52, Sparks 64, Fallon 117, Reed 141. 1-Madison/Wooster 15:54, 2-Pineriro/SLT 16:01, 3-Bently/Sp 16:03, 4-Devine/Ro 16:08, 5-Gonzales/Rd 16:12. /GIRLS/ Teams: SLT 29, Reno 66, Carson 100, Fernley 115, El Dorado 122. 1-Metoxen/SLT 13:19, 2-Guyer/C 13:38, 3-Sprague/SB 13:39, 4-Valentine/R 13:51, 5-Haase/SLT 13:54. /Keith Conning/

NEVADA UNION UNVIT. (Oct. 1, Grass Valley): Teams: Mira Loma 37, Jesuit 67, Cordova 123, Oakmont & McClatchy 136. 1-Foster/J 15:56, 2-Mackey/Dav 15:58, 3-Otis/ML 15:59, 4-Allen/Bey 16:01, 5-Lopez/Dav 16:07, 6-Little/J 16:09, 7-Redican/ML 16:12, 8-Kading/ML 16:17, 9-Youkers/Arm 16:19, 10-Dietter/Fthl 16:23. /JUNIORS/ 1-Williams/Ch 16:09, 2-Salcido/Merc 16:32. /GIRLS/ Teams: Chico 20, Bella Vista 93, Merced 100, Del Oro 108, Fthl 138. 1-Burleson/Ch 12:38, 2-Nieto/M 12:58, 3-Richter/Ch 13:05, 4-Seichau/Ch 13:16, 5-Symons/Ch 13:21, 6-Negri/F 13:26, 7-Beauchamp/Oak 13:35, 8-Chamness/LS 13:37, 9-Warga/Pond 13:38, 10-Park/Ch 13:40. /Tim Kay; Humberto Hernandez/

COLFAX INVIT. (Oct. 1, Colfax): Teams: Colfax, 17, Amador 38. 1-Turner/C 15:09, 2-Parkhurst/Dix 15:35, 3-Lahr/Portola 16:18, 4-O'Leary/C 16:45, 5-Bruns/C 16:49. /GIRLS/ Teams: Delta 28, Colfax 46, Portola 67. 1-Shanks/Quin 11:26, 2-Thomson/C 12:13, 3-Nunley/Ama 12:29, 4-Russell/Jack 12:30, 5-Albarian/BH 12:36. /Larry Campbell/

LIVERMORE INVIT. (Oct. 1, Livermore): /LARGE SCHOOL/ Teams: MSJ 85, CastroVly 93, Redwood 93, San Rafael 143, Tam 154. 1-Romiguere/CV 13:59, 2-Marden/MSJ 14:08, 3-Wentworth/Liv 14:12, 4-Baker/SRam 14:15, 5-Chastaine/MSJ 14:17, 6-O'Reilly/Sraf 14:43, 7-Read/MSJ 14:51, 8-Goldaney/Tam 15:02, 9-Brady/Pin 15:04, 10-Hickle/Red 15:05. /SMALL SCHOOL/ Teams: Lick 27, Monte Vista 113, Newark 117, Memorial 120, Fthl 121. 1-Martinez/Nwk 14:22, 2-Kadoch/L 14:45, 3-Hartman/Milp 14:52, 4-Norris/L 14:55, 5-Thompson/Acal 15:13. /GIRLS/ MSJ 67, San Ramon 86, Tam 96, Northgate 101, Redwood 124. 1-Hayes/Dub 10:03, 2-Flynn/Tam 10:28, 3-Roos/Acal 10:30, 4-Smith/Tur 10:32, 5-Coon/MSJ 10:33, 6-Duey/MSJ 10:52, 7-Salisbury/N 10:53, 8-Greene/N 10:55, 9-Ste wart/Red 10:58, 10-Buti/MSJ 11:00. /Hayward Daily Review/

OAL INVIT. (Oct. 1, Oakland): /LARGE SCHOOL/ Teams: Skyline 21, El Cerrito 78, McAteer 86, Berkeley 91, Logan 91. 1-T.Downs/S 11:35, 2-Valdez/S 11:47, 3-P.Downs/S 11:53, 4-Castro/L 11:59, 5-Millar/McAt 12:00. /SMALL SCHOOL/ Teams: Alameda 52, Pleasant Hill 58, B.O'Dowd 63, Piedmont 112, Encinal 116. 1-Maroney/OD 11:57, 2-Fenn/A 12:08, 3-Leeds/A 12:10, 4-King/E 12:12, 5-Scanelli/OD 12:12. /GIRLS/ Teams: Piedmont 40, Pleasant Hill 75, Skyline 89, O'Dowd 102, Moreau 102. 1-Bubanja/P 10:30, (more...)



(Above) Diana Bubanja edging Diane Kenny and Julie Hayes in San Ramon Small School Varsity Run. /Conning/

(OAL Cont'd.) 2-Wieking/P 10:47, 3-Martel/P 10:50, 4-Jones/S 10:51, 5-Gonzalves/OD 10:58. /Dave Peterson/

ARTICHOKE INVIT. (Oct. 1, Half Moon Bay): /LARGE SCHOOL/ Teams: Carlmont 74, Watsonville 115, Westmoor 162, Granada 162, Menlo-Atherton 163. 1-Love/C 11:35.8, 2-Avila/Cup 11:45, 3-O'Conner/C 11:51, 4-Vasquez/Wat 11:59, 5-Sanchez/Svyle 12:05, 6-Ramirez/YB 12:09, 7-Sanchez/Wstmr 12:11, 8-Poures/WG 12:12, 9-Nalsor/WG 12:12, 10-Gomez/Ov 12:14. /SMALL SCHOOL/ Teams: HMB 69, Riverbank 86, DeLaSalle 104, PacGrove 181, Bellarmine 188. 1-Gruber/ Ap 11:41.5, 2-Glenn Dean/Jeff 11:46, 3-Gil Dean/Jeff 11:53, 4-Olivas/HMB 11:56, 5-Molina/DLS 11:57, 6-Oliveira/R 12:04, 7-English/PdH 12:09, 8-Sawrey/HMB 12:11, 9-Nakahara/A 12:12, 10-Wagstha/B 12:12. /GIRLS/ Teams: HMB 61, Carlmont 100, Granada 133, Cupertino 194, Salinas 206. 1-Trason/PG 13:06, 2-Huyck/ Ap 13:57, 3-Crowley/Ov 14:08, 4-Daley/Gr 14:13, 5-Choy/Sal 14:14, 6-Schmidt/HMB 14:24, 7-Nielsen/Ca 14:33, 8-Behrbaum/AV 14:38, 9-Sweeny/MC 14:46, 10-Bettencourt/HMB 14:50. /D. Calvin/

BERKELEY INVIT. (Oct. 1, Berkeley): Teams: UCD 35, Chico 37, Cal 48. 1-Anex/D 19:38, 2-Matteer/C 20:04, 3-Mastain/Ch 20:21, 4-Aubuchan/Ch 20:45, 5-Sprague/Ch 21:17, 6-Gregg/D 21:21, 7-Burger/D 21:27, 8-Carey/C 21:35, 9-Brandt/D 21:47, 10-Campbell/C 22:15. /Vern Gambetta/

FRESNO STATE INVIT. (Oct. 1, Fresno): Teams: FPTC 41, Nev-Reno 51, Fresno St. 68, Stanford 81, CP-SLO 93. 1-Wysocki/N 29:54, 2-Romesser/FP 30:08, 3-Murphy/N 30:15, 4-Deis/FS 30:21, 5-Hartig/FP 30:29, 6-Schanke/CP 30:37, 7-Cox/FP 30:47, 8-Ramirez/FP 30:51, 9-Kissin/S 30:53, 10-Munoz/N 30:56, 11-Haldeman/S 30:59, 12-Hernandez/FS 31:03, 13-Langford/FS 31:11, 14-Kingery/CP 31:14, 15-Celms/S 31:19, 16-Bray/CP 31:20, 17-Menet/N 31:21, 18-G.Aguirre/FS 31:26, 19-Kelly/FP 31:29, 20-Mentzer/N 31:34, 21-Haake/FS 31:45, 22-Norton/S 31:48, 23-Avila/CP-Pom 31:50, 24-Wasterlain/S 31:51, 25-Burch/CSBak 31:52, 26-Weed/CP 31:54, 27-O'Neil/S 31:58, 28-Edds/CP-Pom 32:02, 29-McCormick/S 32:11, 30-Jordan/CSBak 32:17, 31-Aldridge/CP 32:21, 32-R.Aguirre/FS 32:23, 33-Foley/FS 32:26, 34-Emory/S 32:29, 35-Gail/S 32:30. /WOMEN/ Teams: Stanford 29, CS-Bak 54, FPTC 69, Redlands 81. 1-Barrett/Un 18:15, 2-Trumbly/CSB 18:25, 3-Anderson/CSB 18:57, 4-Kemp/S 19:19, 5-Datz/FP 19:24, 6-Ernst/S 19:26, 7-Briscoe/S 19:38, 8-Munga/S 19:47, 9-Lamb/S 20:07, 10-Herre-ra/S 20:10. /MASTERS/ 1-Peterson/HSTC 37:09, 2-Toabe/HSTC 39:01, 3-Keller/FJ 41:42. /Red Estes/

CAL-STATE SACRAMENTO 22, WVTC 39 (Oct. 1, Sac'to): 1-White/Sac 31:01, 2-Sheehan/WV 31:34, 3-Howard/S 31:50, 4-Baudendistel/S 32:05, 5-Zapata/WV 32:11, 6-Sutherland/S 32:14, 7-Van Horn/S 32:24, 8-Rendy/S 32:31, 9-Porter/WV 32:36, 10-Garrett/S 33:04. /Noel Hitchcock; Daryl Zapata/

GOLDEN GATE INVIT. (Oct. 1, San Francisco): Teams: WV 1:50:23, SJCC 1:50:25, FresnoCC 1:50:38, CSM 1:50:45, DVC 1:52:55, Del-ta 1:53:09. 1-Mello/CSM 21:10, 2-Avrit/WV 21:23, 3-Renteria/F 21:25, 4-Paulin/WV 21:34, 5-Katepa/Seq 21:39, 6-Timmerman/COM 21:40, 7-Brown/D 21:46, 8-Sechrist/SJ 21:48, 9-Miller/SJ 21:56, 10-Ramos/F 21:58, 11-Searls/DV 21:59, 12-Elming/F 22:00, 13-Cassara/Fthl 22:05, 14-Criner/DV 22:07, 15-Baldochini/CSM 22:08, 16-Fabris/SJ 22:09, 17-Eberly/WV 22:11, 18-Joseph/SJ 22:14, 19-Drew/SR 22:17, 20-Pincombe/CSM 22:18, 21-Salazar/SJ 22:19, 22-Koris/D 22:20, 23-Grimes/DA 22:21, 24-Parish/SJ 22:24, 25-Mc-Bride/CSM 22:27, 26-Bumbaca/WV 22:28, 27-Plummer/Ch 22:30, 28-Cross/DV 22:32, 29-Zentner/COM 22:35, 30-Balderos/F 22:37, 31-Hulce/F 22:38, 32-McQueeney/DA 22:39, 33-Baker/D 22:39, 34-Lind/DJ 22:41, 35-Petit/CSM 22:42. /Bob Rush/

ROSEVILLE GAZELLES INVIT. (Oct. 1, Rocklin): /BOYS/ (9/U): RG 24, VMTC 52. 1-Smith/VM 6:17, 2-Traynor/RG 6:29, 3-Sah/1/RG 6:32, 4-Gibbons/RG 6:37, 5-Newman/AGG 6:47. (10-11): RG 46. 1-Griffith/AR 10:14, 2-Haggard/VM 10:22, 3-Kegg/VM 10:42, 4-Shamli/ESH 10:54, 5-Clark/AR 11:02. (12-13): Arrow 28, PBP 70. 1-Nieto/VM 12:41, 2-Watkins/VM 12:45, 3-Carroll/AR 12:58, 4-Lee/AR 13:23, 5-Ragsdale/AGG 13:33. /GIRLS/ (9/U): CY 45, RG 66, Arrow 124, SLT 125. 1-Garcia/CY 6:20, 2-Bratton/CY 6:26, 3-Rogers/SJ 6:30, 4-Chretien/SJ 6:32, 5-Clark/AR 6:38. (10-11): SJ 27, SLT 79, RG 110, CY 124, Redding 133. 1-Helmebecker/SJ 10:21, 2-Vasquez/Un 10:24, 3-Yaninek/SJ 10:50, 4-Bonnett/SJ 10:51, 5-Carter/R 10:53, 6-Salinas/Un 10:55, 7-Olson/SJ 10:58, 8-Schreder/R 11:08, 9-Fort/SLT 11:12, 10-Leply/CY 11:16. (12-13): SJ 34, CY 57, RG 129. 1-Demmelmaier/SJ 13:08, 2-King/Un 13:09, 3-Martinez/WS 13:21, 4-Weber/SJ 13:27, 5-Miller/CY 13:38, 6-Devine/SJ 13:40, 7-Manning/Or 13:52. (14-15): 1-Lagunas/CY 16:05, 2-Brogan/Un 17:08, 3-Skaden/WS 17:32. /WOMEN/ 1-Hagerty/SUND 15:57, 2-Williams/PBP 17:17, 3-Hooper 17:28. /MEN/-1-Kenyon/VM 16:34. /Gilbert Duran/

CRYSTAL SPRINGS INVIT. (Oct. 8, Belmont): Teams: Carlmont 44, Leigh 50, St. Francis 71, Leland 72. 1-Brewer/Lei 15:06, 2-Love/C 15:11, 3-Jenkins/Lei 15:30, 4-O'Connor/C 15:34. /Hotchkiss/

ENTERPRISE-CENTRAL VALLEY INVIT. (Oct. 8, Central Valley?): Teams: Pleasant Vly 47, Enterprise 57, Anderson 73, Oroville 115, Central Vly 115. 1-Schmidt/A 16:21, 2-Melahn/KF (nt), 3-Andrew/A (nt), 4-Cote/L (nt), 5-Noon/KF (nt). /GIRLS/ Teams: PV 68, Red Bluff 74, Anderson 81, Klammath Falls (Ore.) 104, Enterprise 116. 1-Claiborne/PV 15:12, 2-Prince/A (nt), 3-Smith/L (nt), 4-Thomason/CV (nt), 5-Donahue/Nova (nt). /Moss/

SAN RAMON INVIT. (Oct. 8, Danville): /BOYS/ (LARGE SCHOOL) MSJ 43, Skyline 50, Clayton Vly 154, Livermore 158, Montgomery 163. 1-T.Downs/S 8:10, 2-Strangio/MSJ 8:15, 3-Valdez/S 8:17, 4-Wentworth/L 8:19, 5-P.Downs/S 8:20, 6-Castro/Lg 8:22, 7-Marden/MSJ 8:30, 8-Chastaine/MSJ 8:31, 9-Hochhaus/CV 8:31, 10-Brady/Pin 8:38. (MED. SCHOOL) Pleasant Hill 82, Chico 108, Miramonte 113, Alameda 115, San Rafael 130. 1-Coulman/SMar 8:14, 2-O'Reilly/Sraf 8:17, 3-Williams/C 8:21, 4-Conover/M 8:22, 5-Martinez/Nwk 8:29, 6-Baker/SRam 8:29, 7-Graf/M 8:30, 8-Van Buskirk/PH 8:35, 9-Leeds/A1a 8:39, 10-Foster/PH 8:43. (SMALL SCHOOL) Petaluma 43, DeLaSalle 72, Campolindo 120, Ft. Bragg 143, Piedmont 149. 1-Molina/DLS 8:31, 2-Ball/Pet 8:37, 3-Ostenberg/LL 8:44, 4-King/Enc 8:47, 5-Long/Pet 8:48. /GIRLS/ (LARGE SCHOOL) Chico 40, Shasta 105, Miramonte 112, Granada 120, Pleasant Hill 144. 1-Richter/C 7:55, 2-Symons/C 8:00, 3-Selchau/C 8:01, 4-Daley/G 8:01, 5-Peikert/Sh 8:03, 6-Spurrier/Mir 8:10, 7-Bitz/I 8:10, 8-Park/C 8:14, 9-Lyons/G 8:17, 10-Anay/G 8:17. (SMALL SCHOOL) San Ramon 73, Piedmont 75, Marin Cath. 134, Carondelet 152, Moreau 159. 1-Bubanja/P 7:51, 2-Kenny/Nov 7:52, 3-Hayes/Dub 7:54, 4-Sweeny/MC 8:09, 5-Marte/P 8:13, 6-Roos/Aca 8:16, 7-Wieking/P 8:23, 8-Manning/Car 8:27, 9-Oddone/SMar 8:28, 10-Brenna/MC 8:32. /1,138 runners finished! /Bob Vincent/

APTOS INVIT. (Oct. 8, Aptos): (LARGE SCHOOL) Watsonville 64, HMB 79, Los Gatos 95, Fremont 114, Gilroy 147. 1-Holladay/G 12:43, 2-Vasquez/W 12:52, 3-Olivas/HMB 12:56, 4-Christiansen/Sea 13:00, 5-Moreton/LG 13:01. (SMALL SCHOOL) Lick 78, Santa Cruz 79, PacGrove 87, Stevenson 121, Aptos 129. 1-Gruber/Ar 12:38, 2-Nickols/Hol 12:51, 3-Simms/Palma 12:59, 4-Rembao/SC 13:01, 5-Hernandez/L 13:12. /GIRLS/ HMB 43, Homestead 127, Salinas 135, Aptos 135, Soquel 164... (more...)

(Aptos Invit., Cont'd) 1-Trason/PG 12:40, 2-Huyck/Ar 13:38, 3-Schmidt/HMB 13:45, 4-Choy/Sal 13:58, 5-Schneider/SC 14:12. /Beacom/

CRYSTAL SPRINGS INVIT. (Oct. 8, Belmont): (LARGE SCHOOL) Amer. River 37, CSM 85, Fresno 95, WVC 102, Modesto 121. 1-Holmes/M 20:56, 2-Farrell/AR 21:00, 3-Renteria/F 21:06, 4-Breuer/AR 21:12, 5-Avrit/WV 21:22, 6-Pincombe/CSM 21:32, 7-Feenstra/AR 21:32, 8-Coulson/AR 21:33, 9-Elming/F 21:35, 10-Searls/DV 21:36, 11-Mello/CSM 21:37, 12-Renos/F 21:39, 13-Green/CSM 21:42, 14-Eberly/WV 21:45, 15-Santos/WV 21:47, 16-Brown/AR 21:48, 17-Cassara/Fthl 21:49, 18-Criner/DV 21:51, 19-Winkley/M 21:54, 20-Swift/M 21:55. (SMALL SCHOOL) MPC 75, Porterville 137, Sierra 138, Solano 150, Chabot 164. 1-Leano/P 20:45.5, 2-Katepa/Seq 21:08, 3-Minor/MP 21:15, 4-Timmerman/COM 21:21, 5-Navarro/Sier 21:29, 6-Watkins/MP 21:32, 7-E.Leano/P 21:35, 8-Wright/So 21:37, 9-Gradone/Cabr 21:39, 10-Sane/Sier 21:42, 11-Guilfoy/MP 21:50, 12-Vineyard/So 21:56, 13-Galaviz/Y 21:58, 14-Dauncey/Las 22:01, 15-Galligan/Y 22:04, 16-Jensen/MP 22:08, 17-Plummer/Ch 22:10, 18-Cowling/Ch 22:12, 19-Grennier/Merc 22:15, 20-Sanders/Shasta 22:20. /WOMEN/ DeAnza 60, Canada 76, Yuba 82, Marin 103, CSM 106. 1-Furtado-Hehner/DA 18:04.5, 2-Taylor/DA 18:38, 3-Munday/SJ 18:56, 4-Hester/F 19:25, 5-Powers/DA 19:30, 6-Sakelarios/C 19:49, 7-Webb/Y 20:01, 8-Cervantes/Seq 20:15, 9-Fisher/Sier 20:24, 10-Connelly/C 20:37, 11-Vargas/F 20:47, 12-Robles/F 20:50, 13-Brucker/CSM 20:51, 14-Papas/Y 20:55, 15-K.Stok/C 21:01. /Bob Rush/

CAL-AGGIE INVIT. (Oct. 8, Davis): /OPEN/ Teams: FPTC 28, AGRC 33, HRC 83, Stanford 134, SJS 196. 1-Romesser/FP 24:14, 2-Harms/AG 24:29, 3-Hartig/FP 24:39, 4-Sheehan/WVTC 24:44, 5-P. Sweeney/AG 24:48, 6-Ramirez/FP 24:53, 7-Yeo/AG 24:58, 8-Cox/FP 25:00, 9-Boyet/AG 25:04, 10-Lobsinger/S 25:10, 11-Kelley/FP 25:24, 12-Innes/Un 25:28, 13-Wolfe/Un 25:31, 14-Reeder/HRC 25:35, 15-Schelegle/AG 25:39. /UNIV.-COLLEGE/ Teams: FSU 48, Cal 53, SacSt. 80, Stanford 105, Humboldt 108, UCD 148. 1-Schulz/C 24:14, 2-Deis/FS 24:26, 3-Peters/H 24:31, 4-Moreno/SFS 24:32, 5-White/Sac 24:40, 6-Haldeman/S 24:48, 7-Burke/C 24:49, 8-Hernandez/FS 24:50, 9-Baudendistel/Sac 24:55, 10-Blume/C 24:56, 11-Santizo/FS 24:57, 12-G.Aguirre/FS 24:58, 13-Emry/UCD 25:00, 14-Elieff/C 25:02, 15-Haake/FS 25:06, 16-R.Aguirre/FS 25:07, 17-O'Neill/S 25:08, 18-Rinde/Sac 25:09, 19-Celms/S 25:10, 20-Speer/H 25:12, 21-Clifford/C 25:13, 22-Leeper/UCD 25:17, 23-Miller/Stanis 25:19, 24-Van Horn/Sac 25:20, 25-Tucker/H 25:22, 26-Garrett/Sac 25:23, 27-Ebner/H 25:24, 28-Palladino/UCD 25:27, 29-Quintana/CSH 25:28, 30-Harvey/SJS 25:34. /Daryl Zapata/

CENTER MEET (Oct. 13, Belmont): Teams: Carlmont 46, HMB 66, Menlo-Atherton 92, Cubberley 161, Gunn 196. 1-Love/Ca 15:13, 2-Dean/Jeff 15:41, 3-Smith/Aw 16:17, 4-O'Connor/Ca 16:19, 5-Pryor/Ca 16:21, 6-Schmidt/HMB 16:24, 7-Davies/MA 16:26, 8-Sanchez/SV 16:27, 9-Olivas/HMB 16:27, 10-Hulagan/Pet 16:37. /GIRLS/ Teams: HMB 58, San Carlos 68, Carlmont 79, Gunn 103, Camden 113. 1-Schmidt/HMB 19:51, 2-Thorpe/HMB 20:15, 3-Seigman/HMB 20:22, 4-Logano/SC 20:47, 5-Vaughan/SC 20:53, 6-Vavarts/Cu 20:54, 7-Foianini/Ca 20:56, 8-Bettencourt/HMB 21:01, 9-Paulin/Cam 21:13, 10-Lera/SFr 21:32. /Loren Lansberry/

SOQUEL INVIT. (Oct. 15, Soquel): (LARGE SCHOOL) MiraLoma(Sac)

43, Clovis 109, Redwood 122, Serra 168, Soquel 169. 1-Coulman/SMar 13:20, 2-Holladay/Gil 13:26, 3-Soto/MP1 13:26, 4-Gruber/Ar 13:29, 5-Avila/Cup 13:35, 6-Otis/ML 13:41, 7-Trujillo/Gil 13:44, 8-Ifland/Soq 13:49, 9-Redican/ML 13:50, 10-Torres/MP1 13:51. (SMALL SCHOOL) HMB 47, Cubberley 79, PacGrove 117, Stevenson 118, Tam 134. 1-Hartman/Milp 13:45, 2-Nickols/Hol 13:50, 3-Marsshall/Milp 13:53, 4-Olivas/HMB 13:57. /GIRLS/ HMB 41, Clovis 79, Tam & Lina 82, Soquel 114. 1-Trason/PGr 11:39, 2-Huyck/Ar 12:17, 3-Schmidt/HMB 12:18, 4-Flynn/Tam 12:20, 5-Choy/Sal 12:22, 6-Schneider/SCz (nt), 7-Goldthorpe/HMB (nt), 8-Satowski/Clo (nt), 9-McPherson/Clo (nt), 10-Siegman/HMB (nt). /Keith Conning/

DEL MAR INVIT. (Oct. 15, San Jose): 1-Knott/Le 10:35, 2-Vasquez/W 10:38, 3-Morton/LG 10:45, 4-Hernandez/I 10:46. /GIRLS/ 1-Fox/Hom 13:17.



Matt Hartman (Milpitas) wins Small School Race at Soquel. /K. Conning/



(Left) Roy Kissin leads (from left to right) Alvarez, Gatei, Wysocki and Schulz during Stanford Invit. (Center) Duncan Macdonald, shown leading here, won that star-studded race over (left to right) Boit, Maritim, Munene, Sirma and Gomez, among others. /John Sheretz Photos/ (Right) West Valley TC's squad among the women's division at that meet with (left to right): Kathy Himmelberger (18th), Judy Leydig (9th), Penny DeMoss (17th), Phyllis Olrich (3rd), Judy Graham (2nd), and Joan Ulliyot (16th). /Bill Robinson/



STANFORD INVIT. (Oct. 15, Stanford): Teams: UTEP 29, UCI 81, WVTC 126, FSU 140, Stanford 179, FPTC 194, Cal 197, UCR 206, CP-SLO 217, Nev-Reno 218. 1-Macdonald/WVTC 30:07, 2-Maritim/UTEP 30:23, 3-Serna/UCI 30:32, 4-Sirma/UTEP 30:35, 5-Munene/UTEP 30:39, 6-Gomez/UTEP 30:42, 7-Boit/Un 31:01, 8-Scott/UCI 31:03, 9-Schankel/CP 31:05, 10-McCandless/Un 31:07, 11-Romesser/FPTC 31:08, 12-Wysocki/NR 31:13, 13-Kissin/S 31:15, 14-Gatei/UTEP 31:17, 15-Schulz/C 31:19, 16-Alvarez/UCR 31:20, 17-Garcia/UCR 31:22, 18-Deis/FS 31:24, 19-Blakely/AS 31:25, 20-Garcia/UTEP 31:27, 21-Koningh/UCI 31:28, 22-Hernandez/FS 31:30, 23-Koeh/UTEP 31:33, 24-Moses/UCI 31:34, 25-Tomisato/UTEP 31:39, 26-Hartig/FP 31:41, 27-Seaver/WV 31:42, 28-Blume/C 31:43, 29-Santizo/FS 31:44, 30-Lugan/LB 31:45, 31-Sheehan/WV 31:45, 32-Clark/WV 31:47, 33-Ongaga/UTEP 31:49, 34-Ahlmeier/UCI 31:52, 35-Schriver/UCI 31:53, 36-Lobsinger/S 31:57, 37-Cornell/LB 31:58, 38-Schlegle/AGRC 31:59, 39-Menet/NR 32:02, 40-Burke/C 32:03. /WOMEN/ WVTC 33, CP-SLO 48, Stanford 60, Cal 109. 1-Pearson/UTEP 17:40, 2-Graham/W 17:47, 3-Olrich/WV 18:15, 4-Keys/CP 18:37, 5-Rouda/CP 18:45, 6-Hagerty/SUND 18:52, 7-Kemp/S 18:56, 8-Metteer/C 18:57, 9-Leydig/WV 18:57, 10-Thrupp/S 18:58, 11-Furtado-Hegner/DA 19:09, 12-Soderholm/S 19:13, 13-Kraemer/CP 19:13, 14-Sandidge/UTEP 19:24, 15-Powers/DA 19:25, 16-Ulliyot/WV 19:30, 17-DeMoss/WV 19:34, 18-Himmelberger/WV 19:35, 19-Mastain/Chico 19:38, 20-Webber/CP 19:38. /Marshall Clark/

LASSEN INVIT. (Oct. 15, Susanville?): (No team scores kept.) - 1-Madison/Wooster 17:22, 2-Beatley/Sp 17:32, 3-Hood/PV 17:39, 4-Miles/LP 17:46, 5-Cote/L 17:47. /GIRLS/ 1-Sprague/S 14:04, 2-Shanks/PV 14:14, 3-Rudolph/L 14:34, 4-Weaver/P 14:35, 5-Clairborne/PV 14:36. /Bob Wall/

RIO LINDA INVIT. (Oct. 15, Sacramento): (LARGE SCHOOLS) Teams: Bella Vista 48, Yuba City 75, Davis 98, McAteer 102, Highland 123. 1-Millar/MA 15:40, 2-Mackey/D 15:48, 3-Lopez/D 15:54, 4-Dickenson/AV 15:51, 5-Silva/YC 16:06. (Jr.-Sr. Indiv. Race): 1-Youkers/Br 15:56, 2-Dietler/Fthl 16:10, 3-Espinoza 16:19. Jr. Teams: Merced 52, El Camino 76. 1-Williams/Ch 15:59, 2-Scott/EC 16:06, 3-Salcido/Merc 16:16. /GIRLS/ Teams: Rio Americano 41, Chico 55, Bella Vista 112, Merced 126, Downey 136. 1-Crisp/D 11:25, 2-Burleson/Ch 11:28, 3-Richter/Ch 11:31, 4-Bain/RA 11:45, 5-Nieto/Merc 11:48, 6-Selchau/Ch 11:51, 7-Halliman/RA 11:53, 8-Negri/Fthl 12:03. (SMALL SCHOOLS) Teams: SLT 37, Lindhurst 37 (lower placing 5th man), Ponderosa 75. 1-Zuniga/L 16:04, 2-Pineiro/SLT 16:12, 3-Powell/P 16:14, 4-Maas/SLT 16:15, 5-Munoz/L 16:32. /GIRLS/ Teams: SLT 22, Delta 140. 1-Metoxen/SLT 11:59, 2-Warga/Pon 12:18, 3-Simmons/SLT 12:43. /R. Seward; Bill Mensing; Chuck Sheley/

HAYWARD INVIT. (Oct. 15, Hayward): (LARGE SCHOOL) MSJ 48, Piner 51, Castro Vly 61, Alameda 111, Tennyson 119. 1-Strangio/MSJ 15:17, 2-Marden/MSJ 15:21, 3-Martinez/Nwk 15:30, 4-Romiguere/CV 15:36, 5-Chastaine/MSJ 15:51, 6-Moreno/P 16:02, 7-Allsop/P 16:06, 8-Castro/Log 16:07, 9-Read/MSJ 16:10, 10-Judson/P 16:16. (SMALL SCHOOL) 0'Dowd 71, Moreau 75, Hayward 76, Del Valle 79, San Marin 110. 1-Scanneil/OD 16:11, 2-Krajcar/M 16:44, 3-Smith/DV 16:47, 4-Mahaney/Sun 16:48, 5-Porto/M 16:52. /GIRLS/ MSJ 32, 0'Dowd 50, Moreau 63, Holy Names 91, Piner 96. 1-Hayes/Dub 11:51, 2-Scanneil/OD 12:28, 3-Strangio/MSJ 12:32, 4-Larson/MSJ 12:39, 5-Way/Ala 12:43. /Conning; Hayward Daily Review/

HANCOCK INVIT. (Oct. 15, Santa Maria): (LARGE JC) 1-Keranen/H 20:24, 2-Hilton/G1 20:35, 3-Gibson/G1 20:42, 4-Sutherland/SB 20:50, 5-Cory/G1 21:01, 6-Searls/DV 21:04, 7-Salazar/SJCC 21:06, 8-Hollister/SB 21:08, 9-Sechrist/SJCC 21:20, 10-Criner/DV 21:20. (SMALL JC) 1-J.Leano/Por 20:30, 2-Mitchell/Cuesta 21:36, 3-Gradone/Cabr 21:39, 4-Gilvan/AV 21:44, 5-Amable/Sky 21:45, 6-E.Leano/Por 21:49, 7-Wheeler/Por 22:10, 8-Gull/Sky 22:13, 9-Caldera/Por 22:13, 10-Cornejo/Sky 22:34. (WOMEN) 1-Munday/SJCC 17:18, 2-Moran/G1 17:23, 3-Castro/H 17:50, 4-Robinson/H 18:08, 5-O'Donnell/Cues 18:28. (OPEN) 1-Rubino/Un 20:40, 2-LeBoyd/UCSB 20:48, 3-Canchela/UCSB 20:53, 4-Reith/UCSB 20:53, 5-Edwards/UCSB 21:16, 6-Huff/CP 21:19, 7-Seeker/UCSB 21:20, 8-Roy/Un 21:24, 9-Doran/UCSB 21:29, 10-Wojcik/UCSB 21:47. /Ray Kring/

AZTEC INVIT. (Oct. 15, San Diego): (UNIV.-OPEN) NAU 82, Ariz 90, JT 103, CSN 119, OXY 135. 1-Hunt/A 29:05.5, 2-Babiracki/SFV 29:21, 3-Hunsaker/SDS 29:34, 4-Trapp/NA 29:51, 5-Close/JT 29:52, 6-Malec/SDS 30:08, 7-Simons/GSLA 30:11, 8-Simonian/Mac 30:12, 9-Walshire/AIA 30:13, 10-Lux/JL 30:14, 11-Munoz/CSN 30:16, 12-Merchaca/Pima 30:17, 13-Shoots/A 30:18, 14-James/UCLA 30:19, 15-Gerich/NA 30:24, 16-Colley/Oxy 30:27, 17-Dowling/UCLA 30:32, 18-Ottosson/NA 30:34, 19-Lazo/NA 30:41, 20-Fernandez/A 30:44. /SDTC Newsletter/

CENTER MEET (Oct. 20, Belmont): (VARSITY #1) Carlmont 51, St. Francis 66, Lick 101, HMB 134, M-A 173. 1-Love/C 15:15, 2-O'Connor/C 15:40, 3-Kadock/L 15:52, 4-McCarty/SF 15:55, 5-McClure/SF 15:58, 6-Mellquist/C 16:00, 7-Sullivan/SF 16:01, 8-Rockford/Ser 16:04, 9-Olivas/HMB 16:06, 10-Jones/MA 16:07. (VARSITY #3) /Missing Heat #2?/ Leland 78, Fremont 96, SI 102, Westmoor 105, Soquel 146. 1-G.Dean/Jeff 15:18, 2-Gruber/AP 15:20, 3-Gil Dean/Jeff 15:30, 4-??/Fre 15:54, 5-Hannawalt/SI 15:55, 6-Colvin/Lyn 15:57, 7-Ifland/Soq 16:12, 8-Sanchez/SV 16:16, 9-??/Fre 16:16, 10-Waptaff/B 16:19. /GIRLS/ San Carlos 43, Soquel 70, Carlmont 78, Cupertino 101, Santa Cruz 109. 1-Huyck/Ap 18:37, 2-Schneider/SCZ 19:11, 3-Lozano/SF 19:33, 4-Vaughan/SC 19:51, 5-Foiannini/Ca 20:11, 6-Chavez/Cup 20:22, 7-Vavuris/Cub 20:24, 8-Miller/Ca 20:33, 9-Spence/Soq 20:41, 10-Gulich/Soq 20:42. /Loren Lansberry/

MT. SAC INVIT. (Oct. 21, Walnut): /Top 20 all divisions combined/ 1-Burkin/LAV 19:46, 2-J.Leano/Por 19:52, 3-Becker/Full 19:57, 4-Breuer/AR 19:59, 5-Avrit/WV 20:05, 6-Mello/CSM 20:08, 7-Blue/Gr 20:10, 8-Austin/Gr 20:11, 9-Allison/Full 20:11, 10-Boettcher/MSAC 20:16, 11-Thornberry/Gr 20:18, 12-Dean/Full 20:20, 13-Aguero/SA 20:21, 14-Cendejas/Full 20:22, 15-Buckingham/Gr 20:23, 16-Brown/AR 20:24, 17-Nelson/COD 20:25, 18-Nicholson/AR 20:25, 19-Hughes/Gr 20:27, 20-Coulson/AR 20:27. (Medium) Fullerton 35, AR 45, LAV 127, OCC & WVC 136. (Small) Grossmont 22, CSM 79, Santa Ana 85, R.Hondo 131, Harbor 143. (Small) MPC 92, S'Wstrn 100, Citrus 107, SDCC 123, Saddleback 134. /GIRLS/ 1-Caldwell/Citr 18:19, 2-Hester/FCC 19:43, 3-Gallagher/OCC 19:52, 4-Longdoc/SW 20:09, 5-Sheeler/OCC 20:10. /Don Ruh/

NATL. USTFF X-C CHAMPIONSHIPS (Oct. 22, Madison, Wisc.): Teams: UCTC 56, Wisc. 56, Kentucky 67, W.Mich. 103, Drake 140. 1-Virgin/AW 28:31, 2-Stintzi/Wi 28:47, 3-Wysocki/Nev-R 28:53, 4-Nansel/Dr 28:57, 5-Lindsay/UCTC 28:59...10-Murphy/Nev-R 29:23.



(Left) Mark Conover of Miramonte High, shown winning small school race at Pleasant Hill Invitational in 9:23. (Center) Lisa Van Buskirk (Pleasant Hill) taking second in her race at the same meet. /Keith Conning Photos/ (Right) Part of the pack in the Shasta Invitational at Redding. /Tom Hayes Photo/

SHASTA WOMEN'S INVIT. (Oct. 22, Redding): Teams: Oregon 23, SJ Cindergals 75, Stanford 82, Oregon St. 123, Cal 151. 1-Graham/WVTC 16:54, 2-C. Craven/Hum 17:09, 3-Olrich/WVTC 17:14, 4-Schmidt/O 17:22, 5-Tolford/O 17:25, 6-Thrupp/St 17:38, 7-Richie/O 17:42, 8-Morton/O 17:46, 9-Spir/O 17:48, 10-Marino/O 18:04, 11-Lovelace/OSU 18:10, 12-Regan/SJC 18:11, 13-Metteer/C 18:12, 14-Bates/O 18:13, 15-Mastain/Chico 18:22, 16-Mountain/O 18:29, 17-Belk/SJC 18:32, 18-Kemp/St 18:34, 19-Olavarrri/Un 18:35, 20-Mavis/SJC 18:38... (3 Miles). /Len Edholm; Phyllis Olrich/

PLEASANT HILL INVIT. (Oct. 22, Pleasant Hill): /OPEN/ Teams: WVTC 37, Aggie RC 72, SJS 95, Cal 97, Pt.Loma 141, Stanford 150, UCD 151. 1-Harms/AGRC 24:15, 2-Pinocci/WVTC 24:17, 3-Sweeney/AGRC 24:33, 4-Schulz/C 24:42, 5-Seaver/WVTC 24:45, 6-Emry/UCD 24:46, 7-Schelegle/AGRC 24:47, 8-Harvey/SJS 25:00, 9-Laris/WVTC 25:01, 10-Sheehan/WVTC 25:04, 11-Porter/WVTC 25:05. (LARGE SCHOOL) Skyline 69, MSJ 70, Jesuit 100, Piner 143, Clayton Vly 148, Castro Vly 159. 1-Coulman/SMar 9:13.6, 2-T.Downs/S 9:16, 3-Strangio/MSJ 9:19, 4-Wentworth/Liv 9:24, 5-Romiguiere/CsV 9:27, 6-P.Downs/S 9:28, 7-Valdez/S 9:28, 8-Moreno/P 9:31, 9-Baker/Stagg 9:35, 10-Castro/Logan 9:36. (SMALL SCHOOL) Petaluma 88, PH 90, Miramonte 124, DLS 141, Lindhurst 154. 1-Conover/M 9:23.0, 2-Anklam/SRam 9:32, 3-Baker/SR 9:35, 4-Royal/P 9:37, 5-Graf/M 9:38. /GIRLS/ Miramonte 96, Piedmont 116, Pleasant Hill 125, MSJ 167, San Ramon 177. 1-Bubanja/P 11:11.6, 2-Van Buskirk/PH 11:33, 3-Felix/Ant 11:40, 4-Sweeny/MC 11:40, 50 Manning/Car 11:43, 6-Martel/P 11:47, 7-Jones/Sky 11:47, 8-Kutuljis/PH 11:52, 9-Wiekling/P 11:54, 10-Spurrier/M 11:58. /McGuire/

CAL-POLY/USTFF X-C INVIT. (Oct. 22, Morro Bay): Teams: SMTC 39, CP-SLO 40, UCSB 51. 1-Schanke/CP 31:14, 2-Romesser/FPTC 31:17, 3-Bean/SMTC 31:27, 4-Bray/CP 31:31, 5-Canchola/SB 31:41, 6-Jones/SBAA 31:48, 7-Nitti/SMTC 31:50, 8-Lebold/SB 31:58, 9-Bryant/SMTC 32:04, 10-Aldridge/CP 32:09, 11-Reith/SB 32:10, 12-Colburn/SMTC 32:19, 13-Lawson/SMTC 32:24, 14-Weed/CP 32:25, 15-Fields/SB 32:30. /WOMEN/ Teams: SJC 32, UCLA 34, CP-SLO 71, UCSB 109. 1-Bier/SJ 17:32, 2-Wotherspoon/SJ 17:39, 3-Williams/SJ 17:40, 4-Broderick/UCLA 17:40, 5-Keves/CP 17:52, 6-Heinmiller/UCLA 18:12, 7-Chisam/UCLA 18:14, 8-Trumbly/CSBak 18:26, 9-Flournoy/UCLA 18:31, 10-Ralston/UCLA 18:33, 11-Bray/SJC 18:33, 12-Schultze/UCLA 18:39, 13-Roberson/UCLA 18:44, 14-Kraemer/CP 18:50, 15-Weston/UCLA 18:57. /Steve Miller/

MATADOR RELAYS (Oct. 22, Sacramento): /GIRLS/ Chico 52:36 (Rcd), SLT 53:26, Villa Nova 54:58, El Camino 55:32, Foothill 56:12. (Only results available.) Sue Richter/Chico did 9:53. /C.Sheley/

McKINLEYVILLE/CLAM BEACH RUN (Oct. 22, McKinleyville): Teams: Chico 64, Brookings(Ore.) 71, Marshfield(Ore.) 75, Arcata 76, Eureka 87. 1-Williams/C 15:23, 2-Purdue/B 15:26, 3-Lyle Purdue/B 15:27, 4-Edgerton/M 15:35, 5-Williams/A 15:36, 6-Romero/E 15:37, 7-Martien/A 15:48, 8-Growder/C 15:49, 9-Mullen/A 15:52, 10-Johnson/C 15:54. /GIRLS/ Brookings 34, Marshfield 49, Eureka 59, Fortuna 102, Arcata 109. 1-Rudolph/Lassen 12:17, 2-Davis/B 12:19, 3-Miller/E 12:27, 4-Alcorn/DN 12:27, 5-Batty/B 12:33, 6-Crouser/M 12:44, 7-Evonick/M 12:52, 8-Cooley/F 12:57, 9-Truffelli/B 13:03, 10-Lawrence/E 13:09. /Eureka Times-Standard/

FOOTHILL INVIT. (Oct. 22, Los Altos Hills): /OPEN/ 1-Fabris/Un 20:40, 2-Howell/WVTC 20:42, 3-Boit/Un 20:54, 4-Hidalgo/Fthl 21:05, 5-Churney/CW 21:13, 6-Kaempff/Un 21:28, 7-Hurst/Un 21:30, 8-Lewis/Un 22:02, 9-Salazar/Un 22:16, 10-Henderson/Un 22:20. /SENIOR-H.S./ 1-Moreton/LG 15:57, 2-Pringle/Gunn 16:07... (more)

(Foothill Invt. - Cont'd) 3-Johnson/Sar 16:08. /JUNIOR-H.S./ 1-Avila/Cup 15:42, 2-Sapp/Fre 16:00, 3-Hulgan/Pet 16:20. /SOPH-H.S./ 1-Miller/Fre 16:14, 2-Gonzales/MVw 16:23, 3-Kaspari/SFR 16:28. /FROSH-H.S./ 1-Herman/LG 17:12, 2-Scott/SFR 17:22, 3-Gajewski/SyvTe 17:39. /GIRLS/ 1-Vavuris/Cub 13:10, 2-Ervin/SCI 13:14, 3-Chavez/Cup 13:21. /San Jose Mercury/

LEIGH-LYNBROOK INVIT. (Oct. 22, San Jose): Teams: Leigh 57, Overfelt 67, Independence 68, Del Mar 100, Westmont 107. 1-Hartman/Milp 14:48, 2-Martinez/Nwk 14:50, 3-Soto/MP1 14:59, 4-Jenkins/L 15:05, 5-Torres/MP1 15:07. /GIRLS/ Santa Teresa 47, Silver Crk. 52, Hollister 76, San Lorenzo Vly 81, Overfelt 95. 1-Crowley/Ov 17:39, 2-Kollborn/H 19:04, 3-Pearson/SLV 19:11, 4-Tersigni/Scrk 19:20, 5-Wirth/OG 19:23. /B. Hotohikiss/

McATEER INVIT. (Oct. 22, San Francisco): Teams: HMB 56, Aragon 102, Lowell & McAteer 118, SI 138. 1-Glenn Dean/Jeff 15:11, 2-Millar/MA 15:11, 3-Gil Dean/Jeff 15:20, 4-Olivas/HMB 15:33, 5-Ford/MA 15:41, 6-Bosley/A 15:48, 7-Rhodes/Lo 15:49, 8-Parreira/HMB 15:52, 9-Tristant/SI 15:53, 10-Gerrans/O 15:58. /GIRLS/ Teams: HMB 24, Mercy 58, San Marin 111, Lowell 118, Novato 138. 1-Kenny/N 12:43, 2-Bettencourt/HMB 12:50, 3-Schmidt/HMB 12:54, 4-Goldthorpe/HMB 13:05, 5-Oddone/SM 13:14, 6-Siegman/HMB 13:17, 7-Boitano/Me 13:21, 8-Lavelle/Me 13:51, 9-McGregor/HMB 13:55, 10-Cunneen/Me 14:35. /Herb Blanchard/

NORTHERN NEVADA AAA ZONE (Oct. 26, Reno): Teams: Sparks 68, Wooster 70, Reed 78, Reno 81, Carson 95, Hug 99. 1-Madison/W 14:32, 2-Holly/Reed 14:54, 3-Bentley/S 14:58, 4-Devine/Reno 15:02, 5-Gonzales/Reed 15:07. /GIRLS/ Teams: Carson 33, Reno 35, Reed 39. 1-Guyer/C 17:28, 2-Wong/Reno 17:43, 3-Valentine/RO 18:42, 4-Reetz/Reed 18:53, 5-Mason/C 19:32. /K. Corning/

PAC-8 SOUTHERN DIVISION (Oct. 29, Westwood-UCLA): /Arizona & Arizona St. also in meet/ Teams: Ariz 35, Stanford 68, Cal 71, UCLA 83, ASU 101. 1-Hunt/A 30:34.6, 2-Blakely/AS 31:15, 3-Kissin/S 31:25, 4-Schulz/C 31:27, 5-James/UCLA 31:28, 6-Shoots/A 31:38, 7-Blume/C 31:50, 8-Peckham/A 31:54, 9-Fernandez/A 32:02, 10-Lobsinger/S 32:13. /Marshall Clark/

PAC-8 NORTHERN DIVISION (Oct. 29, Corvallis, Ore.): Teams: Oregon 28, WSU 48, Washington 58, OSU 125. 1-Rono/WS 29:57, 2-Cheruiyot/WS 30:02, 3-Salazar/O 30:07, 4-Clary/O 30:55, 5-Chapa/O 30:55, 6-McChesney/O 30:55, 7-Stolp/W 31:04, 8-Fulton/OS 31:33, 9-Kimbowa/WS 31:34, 10-Boileau/O 31:43... 20-Kimeto/WS (nt). /Marshall Clark/

NATIONAL HIGH SCHOOL 2-MILE POSTAL (Oct. 29, Saratoga-WVC): Teams: Mission San Jose 47:39.0, Piner 48:25.4, Carlmont 48:54.8, Leland 49:11.0, Merced 49:18.0, Leigh 49:25.0, Gilroy 49:34.0, Overfelt 49:54.0, Menlo-Atherton 49:59.0, St. Francis 50:03.8, Watsonville 50:09.2, Mt. Pleasant 50:28.7, HMB 50:29, Westmont 50:37, Del Mar 50:52. 1-Holladay/G 9:19.0, 2-Strangio/MSJ 9:19.0, 3-Avila/Cup 9:20.0, 4-Marden/MSJ & Love/Carl 9:22.0, 6-Moreno/P 9:22.1, 7-Martinez/Nwk 9:25, 8-Soto/MP1 9:25.2(soph), 9-Knott/Le 9:26.0, 10-Jones/MA 9:29, 11-McCarthy/SF 9:30.4, 12-Glenn Dean/Jeff 9:32, 13-Hartman/Milp 9:32, 14-Trujillo/G 9:37, 15-Dalke/Le, Marshall/Milp & Rufing/MSJ 9:38.0, 18-Chastaine/MSJ 9:39, 19-Read/MSJ & Gil Dean/Jeff 9:41.0, 21-Grames/P 9:41.5, 22-Bergkamp/Lei 9:41.8, 23-Mellquist/Carl 9:42.5, 24-Jenkins/Lei 9:42.8, 25-Marson/Mills 9:43.4, 26-Judson/P 9:43.5, 27-Rembao/Scz 9:43.8, 28-Powers/WG 9:44, 29-Hernandez/Ind 9:45, 30-Allsop/P 9:45.8... (more...)

(*Natl. H.S. Postal, Cont'd*) Sophs besides Soto are: Trujillo, Read, Bergkamp, Marson, and Judson... a total of six in the top 30 finishers! Steve Strangio was top junior (Holladay is a senior). Gustavo Garcia of Merced (9:49.9) was first frosh. /GIRLS/ HMB 59:14.0, Merced 62:22, Soquel 62:40, Carlmont 62:59, San Carlos 63:06. 1-Crowley/Ov 10:59.6, 2-Crisp/Downey 11:01.5, 3-Nieto/Mer 11:11.2, 4-Schmidt/HMB 11:19, 5-Figliomeni/Sar 11:35, 6-Siegan/HMB 11:42, 7-Schneider/SCz 11:50, 8-Goldthorpe/HMB 11:50, 9-Bettencourt/HMB 11:53, 10-Fox/Hom 11:53.5, 11-Nayares/Downey 11:54, 12-Huber/SC 12:01, 13-Vaughan/SC 12:03, 14-Spence/Soq 12:07, 15-Blake/OG 12:13, 16-Pearson/SLV 12:13, 17-Worth/OG 12:14, 18-Polanini/Carl 12:15, 19-Sanchez/Wat 12:16, 20-Gretchen/Soq 12:16, 21-Strangio/MSJ 12:16, 22-Chavez/Cup 12:20, 23-Hughs/Mer 12:20, 24-Baker/Hom 12:22, 25-Jengsten/Carl 12:26. /A total of 69 runners broke 10 minute! /B. Hotchkiss/

GOLDEN GATE CONFERENCE CHAMPIONSHIPS (Nov. 4, Rocklin): Teams: SJCC 49, CSM 66, WVC 68, DVC 83, DeAnza 124. 1-Mello/CSM 19:59, 2-Pincombe/CSM 20:10, 3-Paulin/WV 20:11, 4-Fabris/SJ 20:15, 5-Avrit/WV 20:27, 6-Green/CSM 20:39, 7-Sechrist/SJ 20:43, 8-Parish/SJ 20:44, 9-Salazar/SJ 20:46, 10-Searls/DV 20:48, 11-Criner/DV 20:50, 12-Cassara/F 20:52, 13-McQueeny/DA 20:53, 14-Grimes/DA 20:54, 15-Dowling/DV 21:00. /WOMEN/ Teams: Canada 27, Fthl 49, CSM 65, Chabot 79. 1-Munday/SJ 18:08, 2-Powers/DA 18:23, 3-Dobbs/Fthl 18:45, 4-Naylor/DA 19:29, 5-Cortez-Connolly/Can 19:37, 6-Brucker/CSM 20:05, 7-P.Stok/Can 20:21, 8-Newton/CSM 20:25, 9-K.Stok/Can 20:30, 10-Knott/Can 20:41. /Dave Shrook/

AIWA WESTERN REGIONALS (Nov. 5, Berkeley): Teams: CSN 27, UCLA 40, Stanford 96, Hawaii 105, UCSB 129, CSLB 130, Cal 176. (Top 3 teams and top 10 individuals not on top 3 teams qualify for Nationals). 1-Brown/CSN 17:38.4, 2-Kinsey/CSN 17:42, 3-Troffer/CSN 17:50, 4-Thrupp/S 18:04, 5-Broderick/UCLA 18:17, 6-Heinmiller/UCLA 18:23, 7-Scatena/CSN 18:49, 8-Weston/UCLA 18:49, 9-Abare/SDS 18:57, 10-Chisam/UCLA 19:00, 11-Jewell/CSLB 19:04, 12-Robertson/H 19:05, 13-Flournoy/UCLA 19:06, 14-Metteer/Cal 19:18, 15-Dandoy/CSN 19:09, 16-Dendo/UCSB 19:10, 17-Jackson/UCLA 19:12, 18-Soderholm-Difatte/S 19:16, 19-Pagala/H 19:31, 20-Kemp/S 19:34.../57 finishers/. /Vern Gambetta/

CCAA CHAMPIONSHIPS (Nov. 5, Bakersfield): Teams: CP-SLO 31, CSN 44, CSLA 63, CP-Pomona 110, CSBak 118. 1-Schanke/SLO 30:10.6, 2-Rubino/CSLA 30:28.5, 3-Kingery/SLO 30:40.8, 4-Simons/CSLA 30:47, 5-Munoz/CSN 30:58, 6-Packer/CSN 31:02, 7-Traba/CSN 31:16, 8-Aldridge/SLO 31:20, 9-Bray/SLO 31:22, 10-Arreola/SLO 31:24, 11-Burch/CSB 31:33, 12-Burns/CSN 31:40, 13-Ruiz/CSLA 31:42, 14-Wendler/CSN 31:49, 15-Lugo/CSN 31:51. /Steve Miller/

LONG DISTANCE RESULTS

WHARF-TO-WHARF RUN (July 24, Santa Cruz to Capitola): - A few days ago I received the 'complete results' of the fifth annual race from meet director, Wayne Fontes. After three letters and two phonecalls, I had expected a bit more than what I got... a list of the top ten finishers in each of the six divisions! But...that's not all. There were not even any finish times for any of the runners...except Benton Hart's 27:48 winning time, which was a course record by 24 seconds (Hans Templeman held the old mark in 1975). They also mentioned in passing that the first girl finisher was Terri Schneider in 34:05. True, she was the first 'girl' finisher (high school division), but Judy Leydig was the first female, and her time was 34:05...not Terri's! Since no times were given, I have no way of knowing the top four women (or top ten overall) for the NCCR Point Race... if anyone could help here, please let me know. I am sure that for a \$3.00 entry fee (\$4.00 late entry), the meet promoters could at least have mailed results to all the finishers. I am sure they 'made a bundle' on the race, since T-shirts were being sold and all the drinks at the finishline had been donated by the 7-11 Stores of Santa Cruz. And Harold DeMoss recently informed me that they were complaining about paying the regular 10 percent of their entry fees to the A.A.U! My suggestion is that all of you who ran should flood Mr. Fontes with phonecalls and letters (106 Cliff Av., Capitola, CA 95010) (Ph. 408/475-3627...home) until we get some results, or drive him crazy in the process! I know that they had places and times at the finish because they read them off when presenting awards. In addition, I would suggest that those of you who would like to protest this do so by not attending the race next year. I think it's about time runners started doing something about the obvious ripoffs that are occurring in some of our local runs. I am sure they will keep happening unless we do something collectively to stop them. I'd appreciate any further comments in this regard as "Letters to the Editor". Thanks for your help.

(*Wharf-to-Wharf, Cont'd.*) - I won't list too much in the way of results because they don't really mean too much without times...and even then they are only meaningful within their divisions. /OPEN/ 1-Benton Hart/WVTC 27:48, 2-Bob Deis/FSU, 3-John Moreno/CW, 4-Darren George/AIA, 5-John Sup/WVTC 6-Bill Clark/WVTC, 7-Rudy Munoz/Nev-R, 8-Tom Smith/WVTC, 9-Tom Laris/WVTC, 10-Matt Sommer/Un. /MASTERS/ 1-Paul Holmes/BC, 2-Roger Bryan/Un, 3-Ken Napier/WVJS, 4-Myron Nevraumont/Un, 5-Len Thornton/HSTC, 6-Carl Martin/WVJS, 7-Maynard Orme/WVJS, 8-Derl Crowder, 9-Rod McKenzie, 10-Ed Dally/WVTC. /WOMEN/ 1-Judy Leydig/WVTC 34:05, 2-Judy Graham/WVTC, 3-Marilyn Taylor/Un, 4-Gail Campbell/WVJS, 5-Sue Grigsby/HSU, 6-Skip Swannack/WDS, 7-Barbara Wangoe, 8-Lindy Hayes, 9-Carol Young, 10-Dena Wallace. /HS BOYS/ 1-Paul Burke/DLS, 2-Steve Strangio/WVTC, 3-Nick Nickols/Hollister, 4-John Marden/MSJ, 5-Scott Thornton. /HS GIRLS/ 1-Terri Schneider/SCz, 2-Deena Pearson/SLV, 3-Cathy Demmelmaier 4-Lori Medlen, 5-Jody Cobb. /13-UNDER/ 1-Mike Kennedy, 2-Brian Marler, 3-Steve Goettelmann/WVTC, 4-Gannon Myall, 5-Michelle Miller. /Wayne Fontes/ (Approx. 1600 finishers!)

DSE FT. POINT RUN (July 24, San Francisco): /3.7 Mi./ 1-Mike Spino 18:10, 2-Gormley 18:28, 3-Jim Moore 18:40, 4-(not known), 5-Abbell 19:23, 6-Lavelle 19:25, 7-Thomas 19:26, 8-Jensen/PMK (40+) 19:30, 9-Deschler/PMK 19:33, 10-Smith 19:36...47-Pat Cutler/Un 22:58, 79-Pat Whittingslow/PMK 24:21, 84-Elaine Miller 24:32...380 finishers. /Tom & Louise Burns/

DSE GOLDEN GATE BRIDGE RUN (July 30, San Francisco): /4+ Mi./ 1-Pete Hamilton/ETC 23:34, 2-McVeigh 24:07, 3-Cross/WVTC 24:37, 4-Horning 24:57, 5-Gilbert 24:59, 6-Parry 25:16, 7-Wong 25:46, 8-O'Donne 25:53, 9-Knight 26:00, 10-Thacker 26:06...56-Cindy Chapman 29:31, 83-Colleen Fox 30:14, 107-Carroll O'Conner/NCS 31:18...360 finishers. /Tom & Louise Burns/

DSE OCEAN BEACH RUN (July 31, San Francisco): /6 Mi./ 1-Clark Rosen/PMK 30:15, 2-Lavelle 31:13, 3-McVeigh 31:23, 4-Bashiruddin 31:25, 5-J. McVeigh 31:41, 6-Thomas 31:51, 7-Casey/ETC 32:08, 8-Jensen/PMK(40+) 32:21, 9-Berg 32:33, 10-Burton 32:56...54-Phyllis O'rich/WVTC 36:49, 57-Pat Cutler 37:26, 60-Ruth Anderson/NCS(40+) 38:13, 86-Swannack/WDS 40:08, 98-Pat Whittingslow/PMK 40:56...352 finishers. /Tom & Louise Burns/

PEAR FAIR ROAD RACE (July 31, Courtland): /10.3 Mi./ 1-Dean/Un 54:13, 2-Schelegle/AGRC 54:50, 3-Sweeney/AGRC 55:36, 4-Borga 56:10, 5-Boyet/AGRC 57:13, 6-Ferreira 56:36, 7-Bowles/WVTC 58:20, 8-Krebs/BC 58:53, 9-Winje 59:26, 10-O'Neil/SFOC(50+) 59:46, 11-Summer 60:02, 12-Hamer/WVTC 60:16, 13-Vredenburg 60:17, 14-Feenstra 60:26, 15-Rennie/BC 61:07, 16-Baudendistel 61:15, 17-Colbert 61:17, 18-Lange/BC 61:31, 19-M.Reese 62:00, 20-Hedges 62:03...147 runners. /Jim Bowles/

IRVINE PARK 5-MILER (Aug. 7, Irvine?): 1-Joe Carlson/FCAC 23:50, 2-Konigh/ICC 24:09, 3-Wilson/JT 24:12, 4-Cook/AIA 24:16, 5-Estrada 24:48, 6-Rios 25:01, 7-Appell/OCTC 25:04, 8-Avila 25:12, 9-Levinson/STC 25:23, 10-O'Hara 25:28, 11-Kendall/Oxy 25:36, 12-Edds 25:39, 13-Hughes/SFV 25:40, 14-Kovatch 25:45.../Masters/ 1-John Davis/Un 25:28, 2-Cronin/STC 27:13, 3-Vasquez/AZTL 28:17, 4-Winton/STC 28:55, 5-Freedman/LVTC 29:20.../Women/ 1-Susie Sanchez/RRR 27:49, 2-Jennie Cervantes/RRR 30:05, 3-Irons/Un 32:00, 4-Vollmer/PCR 32:08, 5-Bianco/Un 32:15...400 runners. /Bill Holt; John Brennan/

HUNTINGTON BEACH DISTANCE DERBY (Aug. 13, Huntington Beach): /10.0 Mi./ 1-Ralph Serna/UCI 50:10, 2-Colley 51:20, 3-NoIosco 51:46, 4-Forrester/SMT 52:29, 5-Kurrie/SFV 52:38, 6-Greifinger 53:13, 7-Unknown 54:10, 8-Crowell 54:12, 9-Jones 54:40, 10-Willis 54:45, 11-Haralson 55:01, 12-Caldwell 55:18, 13-Kester 55:19, 14-Alfaro/AZTL 55:20, 15-Gerson 55:24...45-Sue Sanchez/RRR 58:35, 105-Kathy Jewell 63:33, 110-Sue Peterson 63:54...332 finishers. /Bob Thrall; John Brennan/

DSE PRACTICE DIPSEA (Aug. 14, Mill Valley): /6.8 Mi./ 1-Lattimer 49:38, 2-Pruitt 56:51, 3-Lee 57:07, 4-Lawrence 58:37, 5-Bennett 59:33, 6-Wall 59:37, 7-Bashiruddin 60:41, 8-Dresser 60:47, 9-Larson 61:03, 10-Mohr/PMK 61:06...57-Louise Burns/NCS 70:16, 68-Jane Sowersby 72:15...214 finishers. /T. & L. Burns/

PIKES PEAK MARATHON (Aug. 14, Manitou Sprgs., CO): (ROUNDTRIP) 1-Rick Trujillo/CO 3:46:21, 2-Ken Young/AZ 3:47:40, 3-McDonald/CO 4:02:44...20-Hicks/AngelsCamp 4:46:03, 41-Standing/S.F. 5:05:04, 56-Waggoner/BC 5:16:59, 62-Miller 5:21:31, 77-Houston/NCS 5:31:15, 95-Stromberg/BC 5:39:43, 107-J.Houston/Cal 5:46:31, 117-Fox/WVJS 5:54:49, 119-Burke/SF 5:58:49, 128-Hannickel/Loomis 6:05:29, 138-Lola Houston/NCS 6:16:15...More---

(Pikes Peak Marathon, Cont'd.) 153-Forehand/Sacto 6:33:51, 166-Martin/Fresno 6:56:37, 169-Pyne/SF 7:00:54, 174-Nourse/Oakland 7:05:27, 180-Letl/Cool 7:15:10, 185-Burleigh/SF 7:30:12, 188-Martha Poppy/Atherton 7:42:54, 189-Gwinn/Rocklin 7:44:01, 194-Jane Johnson/Fresno 8:04:29, 199-Stratta/SF 8:59:00, 200-Deanne Gwinn/Rocklin 9:08:24, 201-Marjori Hannickel/Loomis 9:08:24. (ASCENT ONLY) /WOMEN/ (16-19) 2-Sue Miller/WVTC 4:17:04; (20-29) 11-Gwinn/Rocklin 4:35:20, 16-Johnson/Fresno 5:00:42, 23-Wickenheiser/Palo Alto 6:09:25; (30-34) 8-Hill/Sac'to 7:25:00; (35-39) 6-Standley/Sac'to 5:25:55 (also did 8:04:30 for roundtrip), 7-Laird/MWV 5:25:56; (40-49) 2-Poppy/Atherton 4:01:00, 3-Houston/NCS 4:07:52, 5-Shenefield/Mill Vly 4:43:04, 7-Walker/Oakland 5:50:00; (50-59) 2-Hannickel/Loomis 5:15:33, 3-March/NCS 6:11:12; (60/Over) 1-Atkinson/NCS 5:54:56. /MEN/ (16-19) 28-Houston/Cal 3:27:27, 34-Hannickel/Loomis 3:36:45; (20-29) 1-David Casillas/Illinois 2:12:24 (fastest ascent), 58-Miller/Aptos 3:25:12, 115-Martin/Fresno 4:17:33; (30-34) 7-Hicks/AngelsCamp 2:59:47, 15-Stromberg/BC 3:10:20, 64-Forehand/Sac'to 4:13:48, 73-Gwinn/Rocklin 4:31:15, 77-Yount/Campbell 4:47:51, 85-Brent/SF 6:10:45; (35-39) 6-Standing/SF 3:15:40, 37-Fritzlan/Sausalito 4:16:45, 41-Nourse/Oakld 4:36:16; (40-49) 30-Burke/SF 3:51:05, 37-Pyne/SF 4:17:21, 41-Letl/Cool 4:28:02, 44-Burleigh/SF 4:46:57, 49-Stratta/SF 5:41:41; (50-59) 1-Waggoner/BC 3:05:12, 6-Houston/NCS 3:30:16, 8-Fox/WVJS 3:34:17, 9-Hannickel/Loomis 3:43:50, 11-Wirick/Sac'to 3:48:47, 23-Sekulich/NCS 4:33:33, 27-Johanson/Larkspur 5:26:47; (60/Over) 2-Cole/SF 4:18:09, 4-Werten/SF 4:21:51, 5-Stack/DSE 4:35:00 (also did roundtrip in 7:00:00).
/Rudy Fahl/

PRACTICE DIPSEA (Aug. 21, Mill Valley): /6.8 Mi./ 1-Kees Tuinzing/TAM 53:19, 2-Schaurer/TAM 54:13, 3-Stagliano 56:20, 4-Pickett/TAM 56:29, 5-Schoenerger 56:34, 6-Krogh/TAM 57:46, 7-Larsen 57:55, 8-Hastings 58:43, 9-Greenwald 59:05, 10-Roenau/TAM 60:02 ...20-Linda Broderick 62:48, 52-Cindy Chapman 67:34, 90-Judith Harte 72:06...257 finishers. /Tom & Louise Burns/

SANTA MONICA 10-KM. (Aug. 27, Santa Monica): 1-Dave Babiracki/SFV 29:26, 2-Tuttle/TS 29:29, 3-Lee/CCAC 30:12, 4-Wagenbach 30:49, 5-Forrester/SMTC 31:00, 6-Butler 31:06, 7-Jones/SMTC 31:11, 8-Scobey/Un 31:25, 9-Engel/BB 31:30, 10-Greifinger/SMTC 31:35, 11-Caldwell/AIA 31:48, 12-Jones/SBAA 31:49, 13-Whalen/SMTC 31:54, 14-Nolasco/JT 31:57, 15-Lawson 32:27...20-Bruce Rider/WVJS 32:45.../Masters/ 1-Smartt/TS 33:50, 2-Bartek/SBAA 34:50, 3-Vasquez/AZTL 35:34.../Women/ 1-Vicki Cook/SURR 35:56, 2-Carol Cook/ISU 36:06...328 finishers. /Mary Esposito/

GOLDEN EMPIRE X-C (Aug. 27, Penn Valley): /MEN/ (9/U) 1-Smith/VMTC 7:02, 2-Flage/CB 7:27; (10-11) 1-Haggard/VMTC 8:22, 2-Gunderson/VMTC 8:23; (12-13) 1-Brewer/CRC 10:54, 2-Marler/CB 11:43; (14-15) 1-Dahlquist/VMTC 15:37, 2-Peavy/GSTC 16:06; (16-17) 1-Turner/ColfaxHS 19:21, 2-Will/Un 20:59; (18-34) 1-Flores/AGRC 27:07, 2-Boyet/AGRC 27:07, 3-Hamer/WVTC 28:33, 4-Bowles/WGTC 29:00, 5-Vogt/GSTC 29:16, 6-Holben/WVTC 30:18; (35/Over) 1-Smith/WVJS 29:49, 2-Hanson/Ophir 31:27, 3-Turner/Un 31:37, 4-Malain/BC 31:59; /WOMEN/ (9/U) 1-Deckard/GSTC 10:05; (12-13) 1-Denison/CN 12:23; (14-15) 1-Roberts/WS 16:18; (16/Over) 1-Bain/CN 23:23, 2-Warga/CN 23:30; (35/Over) 1-C-Smith/NCS 42:10, 2-Brewer/CRC 48:42. /Calvin Piston/

DSE FT. POINT RUN (Aug. 28, San Francisco): /3.7 Mi./ 1-Mike Porter/WVTC 18:44, 2-J.McVeigh 19:20, 3-Gormley 19:31, 4-Casey/ETC 19:51, 5-Jensen/PMK(40+) 19:56, 6-Wong 19:59, 7-Robinson 20:00, 8-Millar/McAteer 20:01, 9-Kearns 20:04, 10-Fanelli 20:15 ...48-Peggy Lyman 23:05, 74-Skip Swannack/WDS 23:56, 79-Gail Gustafson/Un 24:05, 83-Pat Whittingslow/PMK 24:09...371 finishers. /Tom & Louise Burns/

DSE BIATHLON (Sept. 3, San Francisco): 1-Rob Hatch 24:42, 2-Spano 24:50, 3-Scott 26:05, 4-Horning 26:07, 5-Lambie 26:17, 6-Stanbridge 26:30, 7-Unknown 26:31, 8-McDonald 26:50, 9-Rogers 27:37, 10-Notch/LMJS 27:42...43-Cheryl Houston 36:29, 44-Diane Major 36:38, 46-Susan Allen 37:03, 54-Maryetta Boitano 38:44...111 finishers. /Tom & Louise Burns/

BASS LAKE HALF-MARATHON (Sept. 3, Bass Lake): /13.2 Mi./ 1-Steve Kelley/FPTC 1:11:34, 2-Homer Latimer/Un 1:12:00, 3-Meyer/Un 1:15:07, 4-Case/HSTC 1:15:20, 5-Taylor/WTC 1:16:02, 6-Hulce/FPTC 1:17:00, 7-Lohse/HHS 1:18:26, 8-S.Thornton/HSTC 1:19:21, 9-Lung/FPTC 1:20:02, 10-Taylor/WTC 1:20:18...14-L.Thornton/HSTC (40+) 1:23:06, 17-Delgado/FPTC(40+) 1:24:49, 41-Linda Datz/FPTC 1:37:51, 48-Jennifer Heaton/Un 1:44:16...76 finished. /CTN/

BALBOA PARK 8-MILER (Sept. 3, San Diego): 1-Pullen/JT 41:40, 2-Kelly 41:51, 3-Peterson 42:09, 4-Cour/SDTC... (more---)

5-Nolasco 42:55, 6-Mosher 43:01, 7-Rigdon/SDTC 43:11, 8-R. Burch 43:22, 9-Lebold 43:30, 10-S. Burch 43:47...79-Ann Wotherspoon/SJC 50:48, 101-Sue Krenn/SDTC 52:28...369 finishers. /SDTC Newsletter/

DSE LAKE MERCED RUN (Sept. 4, San Francisco): /4.95 Mi./ 1-Jan Sershen/ETC 25:13, 2-Rivas/PMK 25:24, 3-Wheeler 26:19, 4-Mazoney 26:21, 5-Parades/LGP 26:21, 6-Lavelle 26:29, 7-Sevald/PMK 26:48, 8-Wall 26:53, 9-Bashiruddin 27:01, 10-Casey/ETC 27:03...13-Jensen/PMK(40+) 27:14, 91-Mary Mapelli 31:54, 94-Pat Cutler/Un 32:38, 115-Dana Booth 33:01, 122-Gail Gustafson 33:15...487 finishers. /Tom & Louise Burns/

MT. BALDY RUN-TO-THE-TOP (Sept. 5, L.A. Area): /8 Mi./ 1-Ray Hughes/SFV 65:12, 2-Chase/Un 65:58, 3-Freemoth 68:22, 4-Colley 70:56, 5-Grosz/CCAC 71:08, 6-Blum 71:18, 7-Simonian 71:42, 8-Freriks 72:13, 9-Schaller 72:42, 10-Borbon 72:57...21-Ed Gookin/SDTC(40+) 79:16, 23-Effron/CCAC(40+) 80:25, 88-Sue Conroy 1:44:26...124 finishers. /Gary Wilson; John Brennan/

NATL. AAU 50-MILER (Sept. 10, Santa Monica): /track run/ 1-James Czachor/NYAC 5:26:54, 2-Moffitt/AZTL 5:34:16, 3-Marshall/HAA 5:43:17, 4-Bob Cooper/WDS 5:45:12, 5-Levinson/STC 5:56:24, 6-Dave Prokop/Un 6:10:34 (Canadian Rcd.), 7-Abe Underwood/BC 6:14:17, 8-Pearson/FFRR 6:15:01, 9-Sheeran/STC(50+) (AR) 6:15:28, 10-Alfaro/AZTL 6:22:10, 11-Eron/STC(40+) 6:24:07, 12-Wade/SDTC 6:27:32, 13-Jose Cortez/WDS 6:40:05, 14-Judy Ikenberry/RRR 6:44:43 (WR), 15-Fay/Un 6:52:05...21-Paul Reese/BC (60+) 7:16:29 (AR), 22-Doug Peck/WDS 7:17:14, 28-Donna Gookin/SDTC(40+) 7:38:33. Teams: STC 19:27:48, WDS 19:42:31; (Masters) STC 21:18:26. (32 finishers) /Tom Sturak/



Bob Cooper finished 4th at the Natl. AAU 50 Mile Championships in a time of 5:45:12. /R.A. Beehler/

NIKE/OREGON T.C. MARATHON (Sept. 11, Eugene, Ore.): 1-Jeff Wells/Texas 2:13:15, 2-Kardong/CNW 2:14:22, 3-Smead/AIA 2:14:39, 4-Wayne/BASC 2:15:04, 5-Halberstadt/SA 2:15:18, 6-Hensley/Ore 2:16:54, 7-Harper/JT 2:17:05, 8-Pinocci/WVTC 2:17:33, 9-Rose/SA 2:17:46, 10-Lodwick 2:17:47, 11-Atkins/CNW 2:18:18, 12-Hatfield/WVaTC 2:20:03, 13-Canchola 2:21:50, 14-Galloway/ATC 2:22:15, 15-Anderson(Jr.) 2:23:03...17-Kurrie/SFV 2:25:17, 19-Slawson/BASC 2:25:51, 31-Kim Merritt 2:37:57 (AR), 32-Brian Maxwell/BASC 2:37:58, 34-Rocha 2:39:06, 51-Gayle Barron 2:48:34, 65-Sue Peterson 2:53:38, 71-Lisa Lorrain/ATC 2:55:15, 82-Joan Ulyot/WVTC 2:58:28...251 finishers. /Geoff Hollister/

ROHNERT PARK RUNS (Sept. 11, Rohnert Park): /5.8 Mi./ 1-Doug Rustad 29:14, 2-Sjostad 30:45, 3-Haslam(40+) 30:49, 4-Peterson 33:41, 5-Alves 36:01...28 finishers. /13.1 Mi./ 1-Hersh Jenkins/ER 1:12:23, 2-Reichle 1:15:00, 3-McCarthy/ER 1:16:28, 4-Kesecker 1:17:11, 5-Schaumburg 1:18:35...44 finishers. /D.Eck/

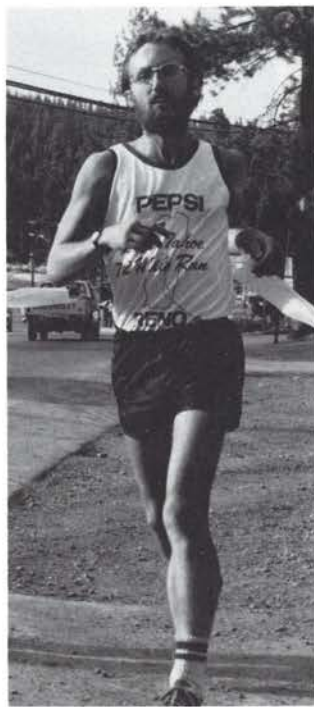
LA FIESTA X-C RACES (Sept. 17, Grover City): /4 Mi./ 1-Bob Nanninga/WVTC 21:14, 2-Mitchell/SLDC 21:20, 3-Trimble/Un 21:32, 4-Casper/SLDC 22:24, 5-Welch/SLDC 22:40...9-Cline/SLDC (40+) 23:42, 11-Coffey/SLDC(40+) 24:07, 21-Laura McCarthy/SLDC 28:19...31 finishers. /Stan Rosenfield/

FALSE START RUINS BRIDGE-TO-BRIDGE RESULTS (Sept. 18, San Francisco): /7 Mi.+/- A backfiring motorcycle caused several hundred runners to 'jump the gun', while most of the crowd of 3000 runners in the City Sports/KNBR sponsored race waited until the 'official' start some ten minutes later. However, there was no way to tell who started in what group and so it turned into a 'fun-run' with results being quite meaningless. Wayne Badgley broke away from Mike Pinocci (tired from the previous week's 2:17+ marathon effort) over the last few miles to score a rather easy victory, while Judy Leydig, who started in the second group, had the fastest time (actual), but other runners in front of her (in the first group) got the awards. A list of finishers was run in City Sports, but we won't run them here because they don't mean much (no times).

MAD RIVER RUN (Sept. 18, Blue Lake): /6.0 Mi./ 1-Gordon Innes 32:32, 2-Little 32:35, 3-Dyer 32:35, 4-Kovach 33:15, 5-Arrison 33:44, 6-R.Innes 34:05, 7-Cottrell 34:17. /Dick Meyer/

SPA-AAU 20 KILO CHAMPIONSHIPS (Sept. 24, Los Angeles): Teams: AIA, Aztlan, STC. 1-Chuck Smead/AIA 62:28, 2-Waltmire/AIA 62:54, 3-Smith/AIA 62:58, 4-Romesser/FPTC 63:10, 5-Dulaney/AIA 63:37, 6-Chambliss/BB 63:43, 7-Hughes/SFV 65:10, 8-Hayes/AIA 65:23, 9-Kurrle/SFV 65:25, 10-Padgett/AIA 65:34, 11-Swift/AIA 66:16, 12-Fricke/SFV 67:16, 13-Moffitt/AZTL 67:56, 14-Durand/STC 68:17, 15-Rupp/STC 69:08, 16-Kendall/Oxy 69:16, 17-Duarte/Un 69:25, 18-Coventry/STC 69:35, 19-Hemphill/SBAA 70:08, 20-Pagliano/GWAA 70:15...24-Effron/CCAC(40+) 71:33, 26-Brennand/SBAA(40+) 71:42, 27-Smartt/MS(40+) 72:01, 72-Sue Peterson 80:24, 80-Terry Hom/SMTC 81:45...159 finishers. /Tom Cory; Brennan/

NATL. AAU MASTERS 25 KILO CHAMPIONSHIPS (Sept. 24, Medford, OR): Teams: WVJS, BC, SOS. 1-Kent Guthrie/WVJS 1:26:17, 2-Ralph Bowles/WVJS 1:26:50, 3-Ellis/WA 1:27:05, 4-Pietsch/FL 1:27:19, 5-Parsons/WA 1:29:10, 6-Stern/WVTC 1:29:15, 7-Smith/WVJS 1:30:21, 8-Menzie/WVTC 1:31:18, 9-Davis/OR 1:31:47, 10-Healy/TAM 1:32:06, ...12-Holmes/BC 1:33:04, 16-Pierce/PMK 1:35:28, 18-Holmes/WVJS 1:36:17, 19-Nicholson/PMK 1:36:20, 21-Napier/WVJS 1:36:52, 22-Escarda/SRRC 1:37:39, 23-Jacobs/NCS 1:38:22, 24-Daniell/SWEAT 1:38:45, 25-Betschart/BC 1:38:48, 27-Byrd/PMK 1:40:05, 29-Waggoner/BC 1:40:34, 31-Russell 1:42:20, 32-Flodberg/WVJS 1:42:32, 37-Ruth Anderson/NCS 1:44:12, 41-Smith/SWEAT 1:49:00, 42-Letl/BC 1:49:18, 43-Walker 1:50:38, 46-Geurtsen 1:55:38, 47-Martha Marie/NCS 1:57:12, 48-Cuzzillo/NCS 1:57:54, 53-Schultz/SWEAT 2:01:38, 59-Catherine Smith/Reno 2:07:57, 64-Abbe/Redding 2:16:32...66 finishers. /Jerry Swartzley/



Nick Marshall finishing the Pepsi Tahoe 72-Miler in a quick 10:41. /A. Underwood/

Mike Chatterton (30 miles).

PEPSI-TAHOE 72-MILER (Sept. 24, Lake Tahoe): - Nick Marshall of Camp Hill, Pennsylvania, took the lead after thirty miles and finished in 10:41, well ahead of the 12:16 recorded by Mike Williams of Santa Cruz, but well off Don Choi's 9:45 record. What was remarkable about the performance was the fact that Nick had competed in (and finished third) the Natl. AAU 50-Miler just two weeks previously. Harvey Cain (47) of Sacramento won the masters division, taking fifth overall in 15:31. Only repeat performer was Harry Siitonen of San Francisco who clocked 17:18, some four hours faster than in 1976. The race attracted 18 starters, and seven of them finished, with most of the non-finishers going 30-40 miles. 1-Nick Marshall/PA 10:41:18, 2-Williams/Scz 12:16:41, 3-Evans/Truckee 14:06:43, 4-Lyda/Truckee 14:16:41, 5-Cain/Sac'to 15:31:20, 6-Siitonen/SF(40+) 17:18:29, 7-Nakama/Chico 17:55:40...Carl Toepfner (54 miles), Ed Jerome (50 miles), Bob Woodliff (46 miles), John Cover (45 miles), Dennis Godby (40 miles), Tate Miller (40 miles), Terry Chatterton (40 miles), Elmer Taylor (40 miles), Mike Fowle (32 miles), John Paulson (30 miles). /Charles Mersereau/

SPRINGBANK ROAD RACES (Sept. 25, London, Ontario): /4.5 Miles/ 1-Duncan Macdonald/WVTC 19:28 (Rcd), 2-Staynings/MDAC 19:41, 3-Lindsay/Mich 19:57, 4-Rose/MDAC 20:04, 5-E.Fikes/PPC 20:09. /12 Miles/ 1-Bill Rodgers/GBTC 54:31 (Rcd), 2-Rojas/CTC 55:52, 3-Drayton/TOC 56:21, 4-Stewart/GB 56:48, 5-Hollander/GLTC 57:42, 6-Lavalee/NAC 57:58, 7-Hughson/TOC 58:10, 8-Simmons/GB 58:16, 9-Fanelli/Un 58:31, 10-Bannon/TOC 58:38. /WOMEN'S 4.5 Miles/ 1-Brenda Webb/Tenn 22:43, 2-Cook/ISU 23:57, 3-Craven/Ohio 24:01, 4-MacHarg/OhioTC 24:02, 5-Lavalee/NAC 24:14. /Dave Prokop/

BEAR FOOT RACE (Sept. 25, Bear Valley): /10 Km./ 1-Homer Latimer 35:29...Holly Beattie/Tahoe 52:46 (other results not available). /Jan Paavelius/

CITY TO PORT RUN (Sept. 25, San Luis Obispo): /10 Miles/? 1-Mitch Kingery/CP 61:01, 2-Schankel/CP 62:15, 3-Bray/CP 62:16, 4-Weed/CP 62:27, 5-Arreola/SLDC-CP 62:55, 6-Rubio/CP 63:07, 7-Trimble/CP 63:20, 8-Stock/CP-WVTC 63:25, 9-Nanninga/WVTC 64:45, 10-Mandanis/CP-WDS 64:45...81 finishers. /Stan Rosenfield/

WHISKEYTOWN LAKE RELAYS (Sept. 25, Whiskeytown): /20.5 Miles/ (4-person teams) - Fifty-two teams entered this year, as compared to 22 in 1976. The SWEAT "A" team came in first in a time of 1:54:58, composed of Lee Ferrero, Rick Sanders, Jim Price and Tom Klausner. First Masters team (5th overall) was the West Valley Joggers in 2:09:23, just back from the Natl. 25-Kilo the day before in Medford, Oregon. The team members included Bryan Holmes, Ken Napier, Bill Flodberg and Ralph Bowles. First women's team was the Chico Running Club, composed of Merrill Cray, Suzan Condon (other names not available). They recorded a fine 2:30:26 for 24th spot. First 30-39 team was SWEAT (4th overall) in 2:08:28 (Jim Middleton, Tom Hayes, Wayne Moss and Glenn Reed). Scott Claypoole of SWEAT ran the entire distance along in 2:14:47 for tenth place overall! /Len Edholm/

DSE DALY CITY HILL RUN (Sept. 25, Daly City): /6.2 Mi./ 1-John McVeigh 40:13, 2-Gormley 40:19, 3-Swezey/PMK 40:30, 4-Sevald/PMK 40:37, 5-Jensen/PMK(40+) 41:38, 6-Lisowek 41:56, 7-Horning 42:37, 8-Chaffee/ETC 42:54, 9-Bashiruddin 43:17, 10-Aldana 43:35, 11-Jerome 43:37...33-Pat Cutler 48:34, 72-Janet Calmels 54:32...149 finishers. /Tom & Louise Burns/

HARVEST FESTIVAL 10-MILER (Oct. 1, Arroyo Grande): 1-Jim Hiserman/SLO 57:38, 2-Reynoso/SLO 57:38, 3-Arreola/SLO 59:05, 4-Lozano/SLO 60:00, 5-Mena 60:10, 6-Beaton/GC 61:43, 7-Cline/GC (40+) 62:16, 8-Coffey/SantaMaria(40+) 62:55, 9-DeNike/AG 64:03, 10-Vernon 65:24, 11-Rosenfield/SLDC 67:34...25-Amber Pappé/SLO 78:26, 26-Beth Schultz/SLO 78:26...48 finished. /Rosenfield/

YOSEMITE PARK RUN (Oct. 8, Yosemite): /4.6 Mi./ (Men) 1-Kilgore/SUND 26:41, 2-Rowley 27:18, 3-Duke 27:32; (Masters) 1-Peterson/Laton 27:45, 2-Toabe/HSTC 29:24, 3-LaCasse/LosGatos 31:27; (Women) 1-Thomas/Fresno 37:11, 2-Cook/Clovis 31:06, 3-Toabe 43:17. /3.35 Mi./ (Men) 1-Patterson/Oklid 20:50; (Women) 1-Duke/Oklid 28:31, 2-Huddleson/Oklid 29:29, 3-Keller/Clovis 29:54; (Masters Women) 1-Corbo/Fresno 32:25, 2-Kuhl/Fresno 33:34, 3-Barnes/Fresno 37:28. /Jim Martin/

NATL. AAU MASTERS 15 KILO CHAMPIONSHIPS (Oct. 9, Columbus, OH): 1-Harris/Mich 50:38, 2-Olrich/Ky 51:20, 3-Veronsky/Md 51:38, 4-Hagerman/Ohio 52:17, 5-Ray Menzie/WVTC 52:35...27-Ruth Anderson/NCS 61:47...53 finishers. /Ruth Anderson/

NATL. AAU SENIOR 15 KILO CHAMPIONSHIPS (Oct. 16, Manchester, N.H.): 1-Randy Thomas/GBTC 44:27, 2-Colon/NYAC 45:23, 3-Hodge/GBTC 45:38, 4-Jim Nuccio/WVTC 45:42, 5-Chuck Smead/AIA 46:02, 6-Foley/Summit 46:03, 7-Ron Wayne/BASC 46:05, 8-Duggan/GBTC 46:12, 9-Olson/NMC 46:15, 10-Tarkington/Summit 46:26...44 runners under 50 minutes! Teams: GBTC 2:29:57, Summit AC 2:36:09, Boston AA 2:42:14. /Bob Campbell; Stan Rosenfield/



Fritz Watson had a big win (and set a course record) at the Santa Barbara Marathon (2:25:02). Shown here winning Aptos Beach Run. /J. Sheretz/

There was a half-marathon in conjunction with the full marathon. Top times were: 1-Keith Jeffers 1:12:29, 2-Chase 1:13:07, 3-Lacie 1:14:58, 4-Shaffer 1:15:26, 5-Close 1:15:55, 6-Brennand/SBAA(40+) 1:16:34, 7-Smallen 1:16:44, 8-Cronin/STC (40+) 1:16:47, 9-Rudberg/STC(40+) 1:16:49. /John Brennan/

NEW YORK CITY MARATHON (Oct. 23, N.Y.C.): 1-Rodgers/GBTC 2:11:28, 2-Drayton/TOC 2:13:52, 3-Stewart/GB 2:13:56, 4-Tikkanen/Fin 2:14:32, 5-Bjorklund/UCTC 2:15:16...More---

(NYC Marathon, Cont'd.) 6-Thomas/GBTC 2:15:51, 7-Kolbeck/France 2:16:25, 8-Moore/OTC 2:16:28, 9-Orzell/Poland 2:16:48, 10-Ortega/NMTC 2:17:07, 11-Kardong/CNW 2:17:09, 12-Fleming/NYAC 2:17:11, 13-Thompson/GB 2:17:46, 14-Wayne/BASC 2:18:38, 16-Fierestad/Nor 2:18:46, 17-Viren/Fin 2:19:33, 18-Hill/GB 2:20:00, 19-Mora/Col 2:20:17, 20-Hatfield/WVaTC 2:20:31...Miki Gorman/SFV 2:42+ (we will list more finishers in next issue when complete results are available...approx. 5000 starters!). /San Jose Mercury/

LONG BEACH MARATHON PREP (Oct. 23, Long Beach): /16.2 Mi./ 1-Joe Carlson/CCAC 1:26:46, 2-Chambliss/BB 1:26:46, 3-Kurrle/SFV 1:27:28, 4-McDermott 1:27:38, 5-Rude/SLDC 1:29:32, 6-Cook/AIA 1:30:32, 7-Ramirez/Un 1:30:37, 8-Broten/Un 1:31:15, 9-Perez/AZTL 1:31:31, 10-Duarte 1:32:20, 11-Burgasser/STC 1:33:48, 12-Effron/CCAC(40+) 1:34:38, 13-Shaffer/CCAC 1:35:15, 14-Brown 1:35:21, 15-Chavis 1:35:30, 16-Cronin/STC(40+) 1:35:43...48-Terry Hom/SMT 1:47:13, 51-Sue Peterson 1:47:57...190 finished. /F. Bole/

WOMEN'S NATIONAL AAU MARATHON (Oct. 23, St. Paul, MN): - This was the first-ever 'women's only' AAU Marathon, and the runners responded by setting a record for the most number of finishers ever under three hours (15 of them). To the best of our knowledge, the old record was 10 under that mark in the 1976 Women's International Marathon at Waldniel, West Germany. A good-sized contingent of Nor-Cal women went and took away the lion's share of prizes. Leading the onslaught was Judy Gumbs-Leydig (that's my wife!) with a new NorCal record of 2:50:40 in fourth spot. She led her WVTC teammates to their first-ever national team title (for women), as Penny DeMoss (2:55:24) set a PR and Joan Ulliyot (2:58:17) dipped under the three hour mark for the umpteenth time. Marilyn Taylor's 3:01:59 was just off her best, as she completed WVTC's foursome (see cover photo). Other Nor-Cal runners who did very well were Diane Barrett of Fresno, who had placed second in 1976, with a 2:51:49, Tena Anex (with a PR 2:52:06), and Ruth Anderson (3:09:54), who won the National Masters' title. Californian's completed the sweep with Leal-Ann Reinhart taking top honors (2:46:34), taking four minutes from her best in the process. Leal-Ann is from the talented San Fernando Valley TC (she is only third-best on the club). In all, eight Californians were under three hours in this race. Temperatures were in the 40's and low 50's, ideal for records. --- Teams: WVTC 26 (8:44:21), TCTC 33 (8:55:01), SDTC 98 (10:33:54), NCSTC 164. 1-Reinhart/SFV 2:46:34, 2-Dalrymple/Hawaii 2:49:11, 3-Kuscik/NY 2:50:22, 4-Leydig/WVTC 2:50:40, 5-Hanson/TCTC 2:50:48, 6-Barrett/Fresno 2:51:49, 7-Anex/AGRC 2:52:06, 8-DeMoss/WVTC 2:55:24, 9-McKeachie/Mich 2:55:33, 10-Albert/RRR 2:55:40, 11-Arenz/TCTC 2:57:48, 12-Bange/Wisc 2:58:03, 13-Krenn/SDTC 2:58:06, 14-Ulliyot/WVTC 2:58:17, 15-Tuthill/LAC 2:58:41, 16-Taylor/WVTC 3:01:59, 17-Lutter/TCTC 3:06:25, 18-Anderson/NCS 3:09:54...23-Skrimstad/Hawaii 3:15:57, 24-Gookin/SDTC(40+) 3:16:29, 29-Church/Ore. 3:23:38, 36-Diekmeier/SUND 3:32:25, 51-Blum/Cal 4:06:50, 61-Kostrubala/SDTC 4:19:19, 62-Clitsome/SD 4:20:52, 71-Marsh/NCS(40+) 4:52:53, 75-Atkinson/NCS(40+) 5:09:42 (missed one---50-Monsauret/Cal(40+) 4:06:47)...79 finishers. Leal Reinhart's splits: 31:06, 61:54, 1:21:25(half), 1:33:19, 2:05:22, 2:38:25. /Jim Ferstle/

RENO JOURNAL JOG (Oct. 23, Reno, Nev.): /5 Mi./ 1-Athol Barton 24:08, 2-Menet/Nev-R 24:18, 3-Dawcey/Susanville 25:06, 4-Dagg/Nev-R 25:28, 5-Sanchez/Reno 25:48, 6-Devine/Reno 25:55, 7-Cruz/Sparks 25:59, 8-Hernandez/Reno 26:00, 9-Madison/Reno 26:20, 10-Williams/Reno 26:20. /Masters/ 1-Bourbeau/WVJS 26:54, 2-Smith 28:03. /Women/ 1-Guyer/CarsonCity 30:10, 2-Klaben/Sparks 30:32, 3-Wong/Un 31:37, 4-Thomas/OV 32:12, 5-Reetz/Sparks 33:07...760 finishers! /Tom Mann/

MORE KENWOOD 10-KILO RESULTS (July 4, Kenwood): - A couple of people responded to my pleas for complete results of this race... the meet director wouldn't send them to me (just top divisional places)! Look on page 28 of the last issue for top women's and masters' marks. Here we'll list finishers fairly deep in the divisions below masters. /Paul Holmes; Glenn McCarthy/

OPEN MEN(19-29)	14-Dennis Doris/Un	38:42	7-Dan Preston/Un	38:32	***JR. BOYS***(16-18)
1-Jim Nuccio/WVTC	15-Michael Swanson/Un	39:13	8-Ken Howe/ER	38:43	1-Armand Moreno/VMTC
2-Brian Maxwell/BASC	16-Rex Stromes/Un	39:51	9-Don Madronich	38:59	2-Frank Paula/LHH
3-Darren George/AIA	17-Gary Crangle/Un	41:59	10-Dan Goodwin/YMCA	39:10	3-Rudy Balli/LHH
4-Tad Woliczko/PMK	18-Tom Patterson/Un	41:59	11-Clive Davies/Un	40:41	4-Dave Royal/LHH
5-Andy Clifford/PASC	19-Jack Potter/Un	42:30	12-Roger Nelson/Un	41:49	***14-15 BOYS***
6-Hersh Jenkins/ER	20-Michael Reynolds/Un	43:10	13-Jack Moerschbaeche/Un	41:50	1-Leo D'Acquisto/Noyo
7-Dan Berry/Cal	***SUBMASTERS MEN***(30-39)		14-Roger Price/Un	41:52	2-Mike Judson/VMTC
8-Tim Swezey/PMK	1-Daryl Zapata/WVTC	34:33	15-John Daly/Un	41:53	3-Brian Hoyt/Un
9-Ron Kessecker/VMTC	2-Dave Sjostedt/VMTC	36:04	16-Jon MacPherson/Un	42:17	***13/UNDER BOYS***
10-Fred Kenyon/VMTC	3-Russell Kiernan/TAM	36:26	17-Dave Fraser/ER	42:42	1-Eddy Nieto/VMTC
11-Glenn McCarthy/ER	4-Jim Moore/ETC	36:42	18-Dave Freed/BFTC	42:42	2-Chuck Haggard/VMTC
12-Ross Rowley/SUND	5-Ernest Christopher/Un	37:03	19-Bob Shorrock/Un	43:03	3-Matt Gunderson/VMTC
13-Ed Carr/VMTC	6-Gene Schaumberg/ER	37:52	20-Joe Phaby/Un	43:12	4-Adam Hirsh/Un



(Left) Tena Anex set a PR of 2:52:06 to finish seventh at the Natl. AAU Women's Marathon in St. Paul. /Ralph Gowen/ (Right) Homer Latimer repeated his 1976 Dipsea performance by winning for the second year in a row, this time in a PR 47:56, some 4 minutes in front of second place! /Sue Perry/

DIPSEA WINNER REPEATS PERFORMANCE (Oct. 23, Mill Valley): - In spite of having the race called off once because of hazardous fire conditions, the Mill Valley Jaycees managed to pull off a successful 67th running of the famed Dipsea run from Mill Valley to Stinson Beach. There was not as large a group as usual because many people didn't know when it was rescheduled (we didn't learn in time to put a notice in the NCR), and also the high school runners were missing. Amazing 38-year-old Homer Latimer grabbed the title for the second straight year, and had the fastest scratch time to boot, a sizzling 47:56, despite a supposedly longer course this year (200 yards). The Marin-based Tamalpa Runners had little trouble in winning the team title with Bob Bunnell (3rd), Darryl Beardall (4th), Byron Lowry (5th), Russ Kiernan (7th), and Bob Biancalana (8th)...this year there were several starts, based on previous marks and a handicap system as well. It seemed to go off well at the start but wonder if it'll take the usual year to get results mailed. Others in top ten (most times not known): 2-Don Chaffee/ETC 51:50, 6-Bob Malain/BC, 9-Don Pickett/TAM, 10-Jim Nicholson/PMK. /Marin Independent Journal/

DIPSEA TANKTOPS - \$4.00

This year the PA-AAU Long Distance Committee is making money for the travel fund by selling Dipsea "tanktops" instead of T-Shirts (same design as last year...4 colors!). We have a lot left over from the race, so help us get out of the hole and send for yours today. Price includes postage! Tanktops are light yellow with navy trim and come in sizes: S, M, L, XL. They are 50/50 material and very soft. -- Send a check payable to PA-AAU LDRC, c/o PO Box 1551, San Mateo, CA 94401. Specify sizes!





Start of the Daly City-Camino West 10-Kilometer Run at Westmoor High School. There were 181 finishers in first year. /Melandry/

DOUG McLEAN EDGES TEAMMATE TO GRAB BIATHLON TITLE (Aug. 14, Redwood City): - Over 300 runners participated in the 2nd Annual Redwood Shores Biathlon, co-sponsored by Mobil Oil Estates and Camino West TC. Of the starts, only 210 braved the cold waters to complete the course, which consisted of a 4-mile run and a 400-meter swim in the Bay. Doug McLean of West Valley TC won the overall title, just edging clubmate Craig Hochhaus of Clayton Valley High School in Concord, 29:33 to 29:39. Third placer was Don Roth, known for his swimming and pentathlon (modern) abilities, but obviously a very strong runner too. Jerry Lewis handily took the masters division from Ed Healy, 34:09 to 34:52, while Roxanne Bier had an even easier time in her division, clipping off a quick 35:47 to defeat Tracy Weber (36:52). Craig Wilson was the 12-and-under winner (41:45). First runner into the water was Craig Hochhaus, who clipped off the four miles in 21:05. He was followed closely by Doug McLean, who eventually passed him for the win. A very successful event! /Pete Michon/

1-Doug McLean/WVTC	29:33	19-G. Wimmer	32:49	37-H. Berggren	34:47	55-R. Fessenden	36:12
2-Craig Hochhaus/WVTC	29:39	20-T. Morse	32:54	38-P. Hugens	34:48	56-M. Healy	36:14
3-Don Roth/Un	29:39	21-M. Long	33:10	39-Ed Healy/AA	34:52*	57-T. Leland	36:16
4-K. McCormick	29:55	22-Dave Zumwalt	33:17	40-Ken Napier/WVJS	35:04*	58-R. Stirm	36:25
5-T. Labelle	30:00	23-Jon Gerrans	33:23	41-D. Towle	35:17	59-D. Lutz	36:29
6-C. Tempey	30:35	24-J. Jiminez	33:25	42-B. Healy	35:22	60-M. Kimberling	36:36
7-D. Harper	30:45	25-R. Worthington	33:37	43-R. Pearson	35:23	61-E. Lopez	36:36
8-Tom Lambie	30:46	26-K. Young	33:49	44-R. Lambert	35:31	62-B. Brown	36:36
9-I. Waters	31:22	27-C. Bannan	33:51	45-Ted Wilson	35:39*	63-Don Carpenter	36:36*
10-J. Sterbentz	31:31	28-D. Innis	34:00	46-Roxanne Bier/SJC	35:47	***WOMEN***	
11-J. Scott	31:36	29-P. McAhaney	34:02	47-S. Ulsh	35:53	46-Roxanne Bier/SJC	35:47
12-M. Leslie	31:51	30-S. Nelson	34:06	48-C. McNally	35:53	67-Tracy Weber/SJC	36:52
13-J. Farmer	32:13	31-Jerry Lewis	34:09*	49-Norm Shaskey	35:55	84-S. Schnell	37:53
14-R. Herzog	32:18	32-D. Hull	34:11	50-J. McCrillis	35:59	85-Cathy Demmelmaier/SJC	37:54
15-T. Schreck	32:23	33-G. Ray	34:13	51-D. Bogin	36:02	87-T. Chavez	38:05
16-J. Cvekso	32:25	34-D. Kraus	34:20	52-C. O'Connor	36:04	98-M. Champagne	39:05
17-Glenn Gaesser/WVTC	32:36	35-J. Bechet	34:23	53-W. Stenberg	36:08	99-T. Hollister	39:07
18-J. Willis	32:45	36-M. Norman	34:23	54-K. Cole	36:10	104-Irene Rudolf/WVTC	40:05

BADGLEY, BOWLES & LEYDIG IN DALY CITY 10-KILO VICTORIES (Aug. 20, Daly City): - New Zealand's Wayne Badgley, currently living in Stockton and running for the Sundance TC, waged a head-to-head battle with Camino West's John Moreno over the hills of Daly City near Skyline Blvd. and came out on top in the closing stages, 30:11 to 30:18 over a slightly shortened (runners took wrong turn) 10-Kilo course (was 9.835 Km.). Last year's NCRRC Point Winner, Ralph Bowles, showed he hasn't lost anything in grabbing the masters title from Ulrich Kaempf, 32:40 to 33:19. Judy Leydig started out slowly, then overhauled eventual second-placer Cheryl Williams at the top of the first long hill (at about a mile) and was never headed. Her 36:26 was a good half-lap ahead of the Livermore High graduate at the finishline. Penny DeMoss was a close third, just eight seconds back. The high school division produced the tightest divisional battle of the day as Jefferson's Glenn Dean got the nod over Carlmont's Kevin O'Connor, with both getting identical 33:01 clockings. Weather was damp (foggy) with temperatures about 60° as 181 runners finished. /Bob Miller; P. Michon/

1-Wayne Badgley/SUND	30:11	19-J. Romiguere	32:40	37-B. Weaver	34:46	55-M. Post	35:54
2-John Moreno/CW-SFS	30:18	20-Ralph Bowles/WVJS	32:40*	38-B. Gouviea	34:46	56-C. Mickey	35:56
3-Jim Van Dine/Boise St.	30:34	21-Dave Muela/ETC	32:41	39-D. Bryan	34:50	57-R. Plant	36:13
4-Matt Yeo/AGRC	30:48	22-Glenn Dean/CW	33:01	40-Steve Deschler/PMK	34:54	58-Robert Schug	36:14
5-Ed Schelegle/AGRC	30:55	23-Kevin O'Connor	33:01	41-Ed Jerome/TRAC	34:54	59-G. Crangle	36:18
6-John Sheehan/WVTC	31:12	24-Bob Parades/LGP	33:12	42-J. Smith	35:00	60-Judy Leydig/WVTC	36:26
7-Bob Lange/CW	31:19	25-K. McCormick	33:18	43-D. Sanchez	35:01	61-Don Mohr	36:27
8-Dennis Tracy/WVTC	31:35	26-Ulrich Kaempf/TRAC	33:19*	44-L. Sperandeo	35:10	62-B. Williams	36:30
9-Boyd Tarin/WVTC-NevR	31:41	27-J. Roth	33:21	45-D. Moon	35:11	63-P. Horsefeld	36:30
10-Mike Smith/Un	31:44	28-Brian Hurdal/CW	33:26	46-F. Ruona	35:12	64-Jack Byrd/PMK	36:32*
11-T. Schreck	31:47	29-G. Green	33:42	47-Gary Grellman	35:13	65-Bob Cummings/WVTC	36:37
12-Steve Brooks	32:01	30-Stan Ross	33:51	48-D. Garcia	35:18	***WOMEN***	
13-Steve Palladino/CW	32:02	31-E. Rios	33:55	49-D. Wilkins	35:25	60-Judy Leydig/WVTC	36:26
14-Ernie Rivas/PMK	32:06	32-Pat McVeigh	34:03	50-Tom Robinson	35:26	77-Cheri Williams/SJC	37:08
15-P. Dolan	32:07	33-Roger Bryan/Un	34:11*	51-J. Batz	35:26	80-Penny DeMoss/WVTC	37:16
16-John McVeigh	32:27	34-S. Larson	34:24	52-I. Watts	35:34	85-Marilyn Taylor/Un	37:48
17-Dave Hull/CW	32:34	35-Tim Rostege/WVTC	34:32	53-Hal Crangle	35:37	99-Madelyn Roese/AGRC	39:17
18-G. McCarthy	32:35	36-H. Bashirrudin	34:39	54-D. Brusher	35:44	100-Peggy Lyman/WVTC	39:20

PAT FINN WINS TOP-OF-THE-STATE 7-MILER (Aug. 20, Weed): - Pat Finn of Chico and Robert Mazzei of Weed were the big winners in the 2nd Annual Top-of-the-State Seven-Miler in Weed. Finn, competing for the Chico R.C., clocked a good 40:23 over the hilly route, but was well off Leonard Hill's 1976 standard of 39:06. Mazzei, a junior at Weed High School, ran an unpressed time of 26:44 in a special 4-mile race that was run in conjunction with the longer race. His time was a new course record. On the distaff side, Jennifer Daniell of SWEAT ran 32:56 to win the 4-mile, while Barbara Becker and Kathy Sullivan tied it up at 52:48 in the longer event. Bruce Friend, College of the Siskiyous X-C coach, won the 40-49 division at 52:06. Rick Martinez was second overall in the 7-miler with a 40:41, and that also won the high school (17/Under) title. Tom Hayes took the 30-39 title in 43:52 and Carl Martin the 50-and-over award (46:40), after travelling all the way from the Bay Area. Fifty-three competed (next pg.). /Ferrero/

1-Pat Finn/Chico RC	40:23	8-Mark Burch/CRC	44:57	15-John Lanzavecchia/CRC	48:26	22-Rich Emerson/Un	51:22
2-Rick Martinez/SWEAT	40:41	9-Evan Quate/Un	45:12	16-Marc Cullen/CRC	49:18	23-Bob Davis/CRC	51:31
3-Tom Olson/SWEAT	43:16	10-Don Richey/CRC	45:43	17-Norm Spencer/SWEAT	49:44	***WOMEN***	
4-Tom Hayes/SWEAT	43:52	11-Steve Daniels/SWEAT	46:05	18-Ron Webb/Un	49:59	28-Barbra Becker/CRC	52:48
5-Dick Look/SWEAT	44:14	12-Carl Martin/WVJS	46:40*	19-Scott London/Un	50:40	29-Kathy Sullivan/CRC	52:48
6-Walt Schafer/CRC	44:22	13-Glenn Reed/SWEAT	47:07	20-Harrison Smith/SWEAT	50:56*	30-Susan Prielipp/Un	53:20
7-Britt Brewer/CRC	44:31	14-V.I. Wexner/SWEAT	47:18	21-Pete Larko/SWEAT	51:15	33-Susan Condon/CRC	58:05

PAUL BURKE IN EASY LAFAYETTE RIM VICTORY; GUTHRIE SETS MASTERS MARK (Aug. 21, Lafayette): - Paul Burke, headed for UC Berkeley in the fall, tuned up for the cross-country season with an easy win over Jeff Cowling on the mountainous rim trail around Lafayette Reservoir. He was well off the 1974 best set by Tom Hale (36:20), but his quarter-mile victory was not conducive to pushing oneself into an all-out effort either. Kent Guthrie had to work some to keep his undefeated string going as teammate Ralph Bowles tried to make sure he wouldn't lose his course record (40:11). Well, both of them destroyed the record, with Kent coming out on top with his 39:08 (to 39:22 for Ralph), good enough for fourth (& fifth) overall! Kathy Way was runnerup to Nancy Pannell in the women's battle (51:17 to 52:43), but neither were close to Vicky Bray's 47:47 record from the previous year. Mike McManus was a two-minute victor in the junior class (over Zachary Caldwell). A good number of runners (154 finishers) turned out for this popular 'masochists delight'. /Charles MacMahon/

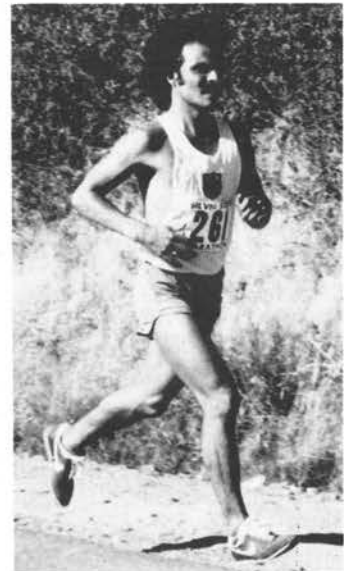
1-Paul Burke/Cal	37:30	17-Craig MacMahon	42:20	33-Brian MacMahon	45:05	49-John Bell	48:01
2-Jeff Cowling	38:44	18-Ted Wilson/Un	42:28*	34-Mike McManus	45:10	50-George Kilian	48:06
3-Tom O'Neil/BC	39:06	19-Raynold Wieand/WDS	42:53	35-Tom Pinckard/NCS	45:27	51-Jim Finnerty	48:21
4-Kent Guthrie/WVJS	39:08*	20-Paul Holmes/BC	43:09*	36-Timothy Morse	45:38	52-Keith Doerge	48:27
5-Ralph Bowles/WVJS	39:22*	21-Michael Coke	43:14	37-Robert Hodge	45:47	53-Hank Davis	48:43
6-Mark Conover/Miramonte	39:30	22-Dean Harper	43:20	38-Frank Leeds	45:55	54-Thomas McManus	49:01
7-Gordy Vredenburg	39:56	23-Anthony Deichler	43:24	39-Joe Camisa	46:06	55-Stan Kowalczyk	49:06
8-Michael Graf	40:28	24-Ed Grueb	43:28*	40-Tim Chavez	46:38	***WOMEN***	
9-Mike Plummer/WVTC	40:52	25-Myron Nevraumont	43:33*	41-Russell Clough	46:40	71-Nancy Pannell	51:17
10-James Sterbentz	41:04	26-Robert Sorenson	43:37	42-Donald Diola	46:51	80-Kathy Way	52:43
11-Doug Rennie/BC	41:25	27-James Engle	44:03*	43-Joe Scarborough	47:05	88-Brooke Myers	54:21
12-Ross Rowley/SUND	41:31	28-Larry Arata	44:04	44-Zarchy Caldwell	47:15	91-Maria Vaughn	54:34
13-David Zumwalt	41:34	29-Bryan Holmes/WVJS	44:20*	45-James Cross	47:31	104-Peggy Stok/WDS	56:19
14-Lloyd Sampson	42:01	30-Rudy Petri	44:31	46-Marvin Pettay	47:48	105-Karin Stok/WDS	56:19
15-Bruce Wolfe/WVTC	42:05	31-Charlie Eiriksson	44:33	47-Mike O'Neil	47:53*	106-Julia Wiley	56:45*
16-Dennis Killian	42:20	32-Mike Kimberling	44:55	48-Lee Sorenson	47:55*	122-Celeste Scanlon	59:35

BADGLEY HOT--DEFEATS FLORES AND NETS COURSE RECORD AT WILDWOOD 10-MILER (Sept. 3, Grass Valley): - Rounding into good shape for an attempt at the Sacramento Marathon, Wayne Badgley did some sharpening up by slicing a whopping 45 seconds from Ron Zarate's 1974 course standard with a quick 53:47 on a very tough and hilly circuit. He pulled along Pete Flores, almost too close for comfort, as the Aggie RC ace finished only eight seconds behind. No other major records were threatened, as Joe Sloan's 66:47 missed Ross Smith's mark by a literal mile, but it was still good enough for a mile victory over second master, Joe Dana. Sue Schnell of Sundance likewise had an easy go of it, winning by over four minutes. First sub-master was Al Hernandez of WVTC, although Wayne is over thirty but opted to enter the 'open' division. A total of 56 runners completed the scenic run. /Calvin Piston/

1-Wayne Badgley/SUND	53:47	8-Abe Underwood/BC	63:20	15-Larry Pugh/Un	69:01	22-Lyle Eufelt/Un	73:00
2-Pete Flores/AGRC	53:55	9-Lawrence Sumner/BC	63:57	16-Ron Prior/Ophir	69:45	23-Jim Gordon/GSTC	73:27
3-Al Hernandez/WVTC	58:00	10-Greg Tinloy/GSTC	65:53	17-Richard Browning/PBP	70:16	24-Don Seurer/Un	73:55
4-Jim Bowles/WVTC	59:15	11-Joe Sloan/Ophir	66:47*	18-Dave Cargill/Un	70:55	***WOMEN***	
5-Nick Vogt/GSTC	61:15	12-Jeff Nickalow/Un	67:54	19-Tony Baccelli/Un	71:30	42-Sue Schnell/SUND	86:41
6-Fraser Rasmussen/BC	62:17	13-Dennis Godby/Un	68:41	20-Bob Curtis/Un	72:00	46-Carol Ann Lane/Un	90:51
7-Lyle Freeman/Un	62:47	14-Dave Lampson/GSTC	68:49	21-Joe Dana/Un	72:11*	48-Kay Johnson/Un	91:04

RECORDS FALL AS ZARATE ZIPS TO SILVER STATE VICTORY (Sept. 4, nr. Reno, Nev.): - Reno's Ron Zarate was supposed to be 'just out for a workout', but the pace got to be pretty hot, as the final 2:30+ clocking indicates...not so impressive until you realize that Reno is nearly 5000 feet high! Ron pulled the top three runners under the old mark of 2:39, set by Bob Cooper in the 1976 race. Russ Jones' 2:33:33 and Brad Roy's 2:34:07 were both well under that time. Bob Bourbeau led the masters division with a superlative 2:46:42 clocking, but Roger Bryan wasn't far back at 2:48:48...not bad considering Bob lives in Reno and Roger is a lowlander. The women's race was also rather crisp...first-timer Melissa Duffy of Truckee went out hard and made Joan Ulliot and Laurie Crisp work a bit to catch her. Joan pressed on to a new Nevada State record of 3:10:26, while Laurie finally caught the fading Duffy, 3:14:52 to 3:15:34. It was Laurie's first marathon attempt too. She's a junior at Downey High in Modesto. Art Waggoner of Sacramento clocked a 3:07:02 to take top honors in the 50-and-over category. A total of 335 finished this ever-growing race that has a well-attended seminar in conjunction with it. /Stephen Dow/

1-Ron Zarate/Reno	2:30:19	20-Athol Barton/Reno	2:54:02	39-Jay Helgerson/FC	3:04:52
2-Russ Jones/Fallon	2:33:33	21-Charles Ferguson/Id	2:54:04	40-John Prewitt/Ore	3:05:31
3-Brad Roy/Carlbad,CA	2:34:07	22-Kees Tuinzing/TAM	2:54:23	41-Allen Barry/B.C.	3:05:45
4-Clayton Steinke/Ore	2:42:25	23-Mike Catlin/Berk	2:54:34	42-Rick Sylvester/OV	3:05:47
5-Ted Pawlak/San Jose	2:45:37	24-Thomas Walsh/Minden	2:55:07	43-Robert Ogg/RanCordv	3:06:40
6-Frank Lemus/Reno	2:46:31	25-Ed Jerome/TRAC	2:56:22	44-Ed Dally/WVTC	3:06:44*
7-Bob Bourbeau/WVJS	2:46:42*	26-Tim Hicks/AngelsCmp	2:56:56	45-Art Waggoner/BC	3:07:02*
8-John Lavin/Reno	2:48:22	27-David Ferguson/Id	2:57:15	46-Bruce Jones/Pt.Rich.	3:07:10
9-Noel Lincome/Reno	2:48:40	28-David Challed/Nebr	2:58:15	47-Perry Linn/Orgyle	3:07:44
10-Roger Bryan/Un	2:48:48*	29-Sean Crom/Reno	3:00:00	48-Harold Rosen	3:07:55
11-Robert Hedges/Sacto	2:49:07	30-Bill Fraser/Idaho	3:00:50	49-Brian Stansauk	3:08:12
12-Terry Hughes/WalCrk	2:49:30	31-Jack Byrd/PMK	3:01:55*	50-Bill Foulk/Ore	3:08:27
13-Gary Alderman/WalCrk	2:49:30	32-Michael Kimberling	3:03:15	51-Bob Luathati/NCS	3:09:20*
14-Richard Martinez	2:50:44	33-Michael Gourley/SLO	3:04:08	52-Don Richey/CRC	3:09:25
15-Joseph Maher/TAM	2:52:12	34-Rick Bowen/Reno	3:04:10	53-V.I. Wexner/SWEAT	3:09:35
16-Dennis Stansauk	2:52:30	35-Juneus Kendall	3:04:22*	54-Mike Rowerdink/SUND	3:09:52
17-Marc Hoschler	2:53:00	36-G. Van Hooser/Reno	3:04:25	55-Walt Calcagno/S.F.	3:10:00
18-Doug Peck/SLT	2:53:37	37-Bob MacLean/Trcke	3:04:30	56-Ray Binder/LasVegas	3:10:05
19-Robert Stauts/Reno	2:54:00	38-Mark Burch/CRC	3:04:39	57-Ken Crowe/SLT	3:10:09



Ron Zarate on his way to a 2:30 marathon win at 2nd Annual Silver State Marathon near Reno. /Studio Kaminski/

58-James Hamlin/CitHghts 3:10:26
(More Results on Next Page...)

59-Joan Ulyot/WVTC	3:10:26	64-De Armond Sharp/Reno	3:12:15	69-Parker Williams	3:12:44*	***WOMEN***
60-Steve Livingston/Az	3:10:45	65-Kent Robison/Reno	3:12:22	70-Jeff Collins/Sparks	3:12:57	59-Joan Ulyot/WVTC
61-Ken Yocum/Reno	3:11:26	66-Barry Turner/NewCity	3:12:25	71-Don Lucero/WVTC	3:13:51*	74-Laurie Crisp/Downey
62-Jack Byrom/Reno	3:11:35	67-Britt Brewer/CRC	3:12:29	72-Walt Currier/SLT	3:14:37*	76-Melissa Duffy/Trcke
63-Raul Hernandez/Reno	3:12:03	68-Mark Cardin/Truckee	3:12:36	73-Bert Borda/Reno	3:14:42	176-Martha Maricic/NCS

DOUBLE DIPSEA: BEARDALL WINS HANDICAP RACE; CHAFFEE COLLECTS FAST-TIME AWARD (Sept. 10, Stinson Beach): - This year's winner of the double trek over Mt. Tam was 40-year-old Darryl Beardall. His win in this year's Double Dipsea makes him the second person (after Homer Latimer) to have won both the Dipsea and Double Dipsea...Darryl won the regular Dipsea back in 1974. The fastest time this year was by Don Chaffee (1:47:52), who, at 38, is the oldest person to have won this honor (Homer Latimer is also 38, but he didn't run this year). Louise Burns, DSE newsletter co-editor (with husband Tom), was the quickest female entrant this year, running the course in 2:19:20. Handicaps ranged from 9 thru 30 minutes (except for those poor souls who had to run from scratch... 20-29 division); only 3 scratch runners in the top fifty finishers--you guys had better do something about the handicap system or you'll scare all that division away! A fairly small turnout this year (158 finishers). /Walt Staak; Don Chaffee/ (Actual Times)

1-Darryl Beardall/15	1:49:45*	13-Louise Burns/NCS/30	2:19:20	25-Bob Myers/PMK/9	2:02:21	37-Jeff Crane/0	1:57:55
2-Bob Malain/BC/25	2:03:44*	14-Edward Lee/9	1:59:03	26-John Soubier/20	2:13:28*	38-Keith Hastings/9	2:08:11
3-Don Chaffee/ETC/9	1:47:52	15-Mike O'Neill/53	2:15:04*	27-Tom Bennett/9	2:02:36	39-Cedric Collett/9	2:08:23
4-Bob Gormley/9	1:48:46	16-Ted Wilson/Un/40	2:05:28*	28-Barbara Magid/30	2:24:09	40-Colleen Fox/30	2:29:45
5-Mike Healy/DIRT/20	2:00:06*	17-Arnold Knepper/20	2:10:41*	29-Martha Maricic/30	2:24:22*	41-Fraser Rasmussen/9	2:08:48
6-Russ Kiernan/TAM/9	1:51:25	18-Tom Lunne/9	2:00:32	30-K.Whittingslow/9	2:03:25	42-Tom Standing/9	2:09:12
7-Gene Fitzgerald/PK/9	1:51:27	19-John Emery/20	2:11:41*	31-William Main/25	2:19:34*	43-Carl Olsen/9	2:09:57
8-R.Paffenbarger/25	2:08:21*	20-Murray Anixt/0	1:51:52	32-Eileen McGowan/30	2:24:38*	44-Gregor Weiss/9	2:09:59
9-Dick Houston/NCS/25	2:08:38*	21-Jack Ball/9	2:00:58	33-Bill Dickerson/20	2:15:03*	45-Earl Norgard/15	2:16:41*
10-Hans Roenau/TAM/20	2:04:09*	22-Lloyd Sampson/9	2:01:17	34-Charles Cauldwell/9	2:05:00	46-Jim Miller/9	2:10:45
11-Ed Jerome/TRAC/9	1:55:57	23-Tom Mota/9	2:01:45	35-Tom Poulsen/0	1:57:33	47-Walt Schorno/15	2:16:48*
12-Orin Dahl/Un/15	2:02:10*	24-Dick Greenwald/9	2:01:46	36-Frank Evans/20	2:17:43*	48-Irene Rudolf/WV/30	2:31:49

NUCCIO BLITZES DISTRICT 25-KILO; GUTHRIE & BOWLES SET RECORD (Sept. 11, San Francisco): - Conditions were perfect for fast times, and that's just what happened. A starting field of over 400 featured a lot of depth and talent. In the open race, Jim Nuccio, Duncan Macdonald, and Paul Geis broke away from the pack early and were together through 15 kilometers before Geis had to pull back with a bad stitch. With about two miles to go, Macdonald made a move and opened up some 30-40 yards on Nuccio and it looked like it was all over. But the game PA 15-Kilo champ wasn't about to give it up yet. By the top of the last hill (less than 100 yards from the finish), Jim had pulled even and started to kick. All of a sudden Dunc stopped dead in his tracks and heaved up some of his breakfast (or was it dinner from the night before?). Guess the excitement was too much! Jim came across, not looking too great himself, in 1:17:22, with Dunc jogging through the line slowly. Both had obliterated Ron Wayne's 1974 course standard of 1:18:54, and Geis would have been under too without the stitch problems. As it was, he clocked a very credible 1:19:30. Ralph Bowles and Kent Guthrie ran neck-and-neck the whole way, and rather than expend energy with the National 25K coming up in a few weeks, decided wisely to tie it up. Still, they both broke the course record, held by Dick Bartek, by nearly a half-minute. Their 1:27:16's were good enough for a nineteenth place tie. Ray Menzie (1:30:31) was a distance third. In the women's race, Judy Leydig went out in nearly PR 10-Kilo pace, then slowed a bit, but still notched PR's at both 15 and 20K on her way to a sterling 1:36:35, just 1:21 off of Cyndy Poor's 1975 record. Penny DeMoss hung tough the whole way and was also well under 1:40 with her 1:38:05. Kathy Himmelberger just missed it with a 1:40:25 for third. Ruth Anderson was also in on the record-making, notching a 1:47:37 win in the women's masters division. West Valley TC took both the men's and women's team titles, with the West Valley Joggers annexing the masters men's crown, and the NorCal Seniors the masters women's trophy. /Jack Leydig/

1-Jim Nuccio/WVTC	1:17:22	30-George Green/PMK	1:30:18	59-Dick Croteau/WVJS	1:35:00	88-Louis Daugherty/NVRC1	1:37:57
2-Duncan Macdonald/WV	1:17:30	31-Robert Welck/Un	1:30:27	60-George Minarik/Un	1:35:06	89-Cliff Wolery/Un	1:37:58
3-Paul Geis/Un	1:19:30	32-Ray Menzie/WVTC	1:30:31*	61-Marty Post/Un	1:35:08	90-Penny DeMoss/WVTC	1:38:05
4-Bill Clark/WVTC	1:20:13	33-William Jenney/Un	1:30:32	62-Ross Rowley/SUND	1:35:17	91-David Black/Un	1:38:18
5-Pete Flores/AGRC	1:20:34	34-Michael Conroy/ETC	1:30:38	63-Bill Catanese/DIRT	1:35:33	92-Tony Deichter/Un	1:38:20
6-Steven Dean/Un	1:20:46	35-Mike Wheeler/Un	1:30:39	64-James Jacobs/NCS	1:35:39*	93-Anthony Helfet/CPTC	1:38:20
7-Gary Goettelmann/WV	1:23:06t	36-Greg Thomas/Un	1:31:37	65-Norm McAbee/PMK	1:35:43*	94-Fred Wellman/Un	1:38:27
8-Jan Sershen/ETC	1:23:06t	37-Keith Kruse/Un	1:31:37	66-Jim Doran/WVJS	1:35:46	95-Dave Mulford/DSE	1:38:37
9-Fritz Watson/WVTC	1:23:31	38-Bill Sevald/PMK	1:31:59	67-Sonny Reynaga/WVTC	1:35:47	96-Ted Levine/Un	1:38:38
10-Daryl Zapata/WVTC	1:23:48	39-Clyde Rockwell/ETC	1:32:07	68-Paul Orgeron/BASC	1:35:51	97-Jim Wurm/Un	1:39:07
11-Adam Ferreira/Un	1:24:43	40-Doug Black/Un	1:32:11	69-Fred Coleman/Un	1:35:53	98-Charles Eiriksson/Un1	1:39:08
12-John Sheehan/WVTC	1:25:00	41-Steve Deschler/PMK	1:32:12	70-Nicholas Winter/LVRC1	1:36:00	99-Derl Crowder/WVJS	1:39:13*
13-Kim Schaurer/TAM	1:25:48	42-Bruce Jones/Un	1:32:26	71-Marco Martin/PMK	1:36:03	100-Mike Swanson/Un	1:39:45
14-Bruce Rider/WVJS	1:25:51	43-Phil Sanfilippo/WVJ	1:32:34	72-Russ Kiernan/TAM	1:36:06	101-Harold DeMoss/WVTC	1:39:47*
15-Michael Duncan/WVTC	1:25:52	44-Gordon Gane/LVRC	1:32:44*	73-Jim Nicholson/PMK	1:36:08*	102-H.P. Castellanos/Un	1:39:51
16-Paul Thompson/Un	1:26:11	45-Tom Robinson/PMK	1:33:25	74-Terry Mullen/WVJS	1:36:10	103-Michael Skiff/Un	1:40:05
17-Ernie Rivas/PMK	1:26:22	46-Arne Nelson/Un	1:33:27	75-Dennis Kroll/Un	1:36:24	104-Joel Caldwell/Un	1:40:07
18-Chris Hamer/WVTC	1:27:10	47-David Moon/TSRC	1:33:29	76-Marvin Winer/WVTC	1:36:26*	***WOMEN***	
19-Ralph Bowles/WVJS	1:27:16t*	48-Dan Williams/Un	1:33:49	77-George Ridout/DIRT	1:36:34	78-Judy Leydig/WVTC	1:36:35
20-Kent Guthrie/WVJS	1:27:16t*	49-Hoyt Walker/LVRC	1:33:58	78-Judy Leydig/WVTC	1:36:35	90-Penny DeMoss/WVTC	1:38:05
21-Jim Howell/WVTC	1:27:26	50-Tom Pierce/PMK	1:34:06*	79-Thomas Aldana/Un	1:36:53	108-Kathy Himmelberger	1:40:25
22-Brian Bonner/LVRC	1:27:37	51-Tim Rostege/WVTC	1:34:32	80-John Lilygren/AGRC	1:37:30	135-Peggy Lyman/WVTC	1:42:37
23-Barry Foose/SFV	1:27:44	52-Jim Engle/DIRT	1:34:36*	81-Robert Plant/WDS	1:37:33	148-Pat Cutler/Un	1:43:40
24-Atkins Chun/Un	1:27:52	53-William Smith/Un	1:34:38	82-Mike Kimberling/MVS	1:37:34	154-Morijo Connelly/PMK	1:44:07
25-Victory Cary/Un	1:28:56	54-Dieter Diekmeyer/SUN1	1:34:43*	83-Ed Daily/WVTC	1:37:38*	197-Ruth Anderson/NCS	1:47:37*
26-Bill Spence/WVTC	1:29:04	55-Joe Maher/TAM	1:34:51	84-Thomas Estill/Un	1:37:41	204-Karen Diekmeyer/SUN	1:48:29
27-Greg Jewett/PMK	1:29:05	56-Art Riggs/Un	1:34:53	85-Frank Ruona/Un	1:37:47	223-Gail Campbell/WVJS	1:50:19
28-Keith Crowder/WVJS	1:29:06	57-Don Dugdale/Un	1:34:55	86-Thomas Knight/Un	1:37:49	224-Gail Gustafson/Un	1:50:23
29-Philip Kay/TAM	1:29:29	58-Myron Nevraumont/Un	1:34:59*	87-Raul Mendez/Un	1:37:54	227-Skip Swannack/WDS	1:50:46

MILLER WINS HANDILY AT PEACH BOWL PACERS 5-MILER (Sept. 11, Marysville): - Bob Miller of UC Davis and Camino West TC ran to an 18-second victory over Chico RC's David Wood at the Pacers' new 5-mile course just east of Marysville. His 27:57 will thus stand as a course record. Paul Holmes (30:41) and Sally Edwards (35:59) will likewise get credit for automatic marks in the masters and women's divisions, respectively. Larry Sumner of Citrus Heights, competing for the Buffalo Chips, was tops in the sub-masters category at 29:55, edging ahead of Walt Schafer (Chico RC), who ran 30:04. David Maldonado of Sacramento was the first high school finisher, competing in the 16-17 division. His time of 29:58 was good enough for seventh place overall. There were a total of 108 finishers (120 starters). Places for the top finishers can be found on the opposite page, including the leading women.

/Ed Williams/

1-Bob Miller/CW	27:57	12-Larry Pugh/Un	30:24	23-Doug Rennie/BC	31:23	34-Danilo Sanchez/CW	32:19
2-David Wood/CRC	28:15	13-Paul Holmes/BC	30:41*	24-Dave Cargill/Un	31:33	35-Mike Lambert/BC	32:40
3-Dave Robertson/WVTC	29:02	14-Gilbert Dean/CW	30:42	25-Steve Salandez/Un	31:34	36-David Nyquist/CRC	32:44
4-Mike Galligan/PBP	29:04	15-Glen Dean/CW	30:45	26-Joe Sloan/Ophir	31:40*	37-Pete Schoener/BC	32:47
5-Bill Galaviz/Un	29:24	16-Guy Ealey/AGRC	30:47	27-Glenn Reed/SWEAT	32:07	38-Andre Laforge/Un	32:59
6-Larry Sumner/BC	29:55	17-Chuck Nichols/BC	30:51	28-Ian Watts/PMK	32:10	39-Brian Newell/NVRC	33:08
7-David Maldonado/Un	29:58	18-Robert Felsch/Un	31:02	29-Don Mason/NVRC	32:12	***WOMEN***	
8-Walt Schafer/CRC	30:04	19-Ray Maldonado/Un	31:04	30-Steven Caudle/Un	32:13	59-Sally Edwards/Ophir	35:59
9-Lyle Freeman/Un	30:06	20-Bob Woodliff/Un	31:08	31-Fred Jackson/PMK	32:15	69-Brenda Shanks/Un	37:12
10-Bob Hedges/BC	30:10	21-Rick Browning/PBP	31:18	32-Don Seurer/Un	32:17	79-Sue Schnell/SUND	39:01
11-Barry Rounds/PBP	30:15	22-Bryan Holmes/WVJS	31:21*	33-P.J. Downey/Un	32:18	81-Nancy Panne11/PMK	39:07



(Left) Chris Manning winning the Girls 12-13 Division at the Walnut Festival. (Center) Nanette Garcia winning in the 9/Under Division at the same meet. /Ralph Gowen Photos/ (Right) Tom O'Neil strides to victory in the 13-18 Boys Division. /Lois Gowen/

MIKE EMRY IN SOLO WALNUT FESTIVAL VICTORY (Sept. 18, Walnut Creek): - Aggie ace Mike Emry, a graduate of Clayton Valley High in Concord, won pretty much as he pleased in the 33rd annual running of the Walnut Festival Races. His time of 28:21 was a full minute off Jim Nuccio's 1975 standard (27:23), but still ranks as one of the better times ever run on the 5-loop course. Ex-Aggie John Sheehan, now competing for West Valley TC, was runnerup in 28:45. Jim O'Neil ran a quick 32:08 to beat Bryan Holmes and Bob Malain, but was a mile from George Martin's amazing 30:22 mark of last year in the masters division. Surprising Ruth Anderson took on all comers and wound up top female overall, despite her running in the masters division. Her 37:26 was a couple of minutes off Phyllis Olrich's 35:11 time from 1974. The Davis Aggies had an easy time over Sacramento State for the team title, winning 22-88 and placing their scoring five in the top seven spots. In addition to the race (5.575 Mi.), there were numerous age-group races and family runs. No times were kept in the boys 13/under run, but Jeff Rossman of Saratoga came out on top of Jack Kegg (Petaluma) and Richard Clark (Mtn. View). In the 13/18 division, Stanford frosh Tom O'Neil cruised to a 20-second margin of victory over Clayton Valley High's Craig Hochhaus, clocking 17:12 for the 3.345 mile course. Chris Hamer was another 35 seconds back. Other divisional placers are listed below. A smaller than normal group attended this year's festival, most likely because of the conflicting Bridge-to-Bridge Run, which turned out to have its troubles too (see page 39 for story). /A. MacComo/

GIRLS 9/U(1.5 Mi.)		***BOYS 13/18***(3.345 Mi.)		5-Javier Barragan/AGRC	30:02	20-Terry Hughes	33:06
1-Nanette Garcia/CY	9:22	1-Tom O'Neil/BC	17:12	6-Dirk Rohloff/AGRC	30:15	21-Bryan Holmes/WVJS	33:10*
2-Karen Himines/Concord	9:29	2-Craig Hochhaus/WVTC	17:33	7-Mike Sweeney/AGRC	30:28	22-Bob Malain/BC	33:34*
3-Shannon Clark/WalnutCrk	9:30	3-Chris Hamer/WVTC	18:07	8-Kevin Kirby/AGRC	30:35	23-Jim Carr	33:35
GIRLS 10/11(1.5 Mi.)		4-Rod Van Buskirk	18:54	9-Donald Lichten/AGRC	30:44	24-Brad Tarr/AGRC	33:40
1-Diana Rossman/LGatos	8:59	5-Paul Marquez	18:59	10-Tom Burns/Un	31:04	25-Paul Orgeron/BASC	33:50
2-Dina Davis/Eastshore	9:28	6-Scott Wilson	19:03	11-Gary Alderman/PMK	31:18	26-David Sebo/AGRC	33:57
3-Andrea Lepley/CY	9:33	7-Danya1 Kasapligil/AGRC	19:08	12-Gary Singer	31:48	27-Larry Arata	34:17
GIRLS 12/13(1.5 Mi.)		8-Craig Fry	19:17	13-Ricky Delesik/SacSt	31:55	28-Joe Ferreira/SacSt	34:25
1-Chris Manning/OTC	8:38	9-Ralph Gowen/WVTC	19:29	14-Steve Ellis/SacSt	32:03	29-Jim Kallett/SacSt-WV	34:27
2-Sherrill Miller/CY	8:55	***OPEN RACE***(5.575 Mi.)		15-Jim O'Neil/SFOC	32:08*	30-Russell Escobedo	34:38
3-Karen Kwong/LGatos	9:01	1-Mike Emry/AGRC	28:21	16-Jeff Simons/AGRC	32:14	***WOMEN***	
GIRLS 14/OVER(3 Mi.)		2-John Sheehan/WVTC	28:45	17-Ross Rowley/SUND	32:27	45-Ruth Anderson/NCS	37:26*
1-Tena Anex/Davis	17:59	3-Peter Sweeney/AGRC	29:12	18-Tim Rostege/WVTC	32:30	55-Cindy Olavarri/PH	39:25
2-Rosemarie Laguna/CY	18:51	4-Jim Bowles/SacSt-WVTC	29:56	19-Mike Pratt/AGRC	32:59	64-Carolyn Tiernan/WVTC	40:52

ROUTH, KAEMPF & LEYDIG TAKE JAYCEES 10-KILO TITLES (Sept. 24, San Francisco): - Woodside Strider John Routh pulled away from John Clary over the last 5-Kilo loop to win the 1st Annual SF Jaycees event going away. Race was held on the well-known 5K loop near the Golden Gate Park Polo Fields. Judy Leydig was the women's winner, but times listed on next page are probably incorrect because of unofficial runners screwing things up. I think she is two places (timewise) ahead of where she should be, but then Pat Cutler's time (2nd woman) doesn't make sense, so your guess is as good as mine. Ulrich Kaempff and Jerry Lewis placed high in the standings (7th and 9th) to take the top two masters spots, with Kaempff recording a fine 33:30. Results on next page. /Jarva Petrovich/



(Left) Pat Cutler, second place woman in the SF Jaycees 10-Kilo. /*Shereta*/ (Above) John Routh shown heading for the finish in same race, which he won in 32:49. /*Aaron Perkins*/

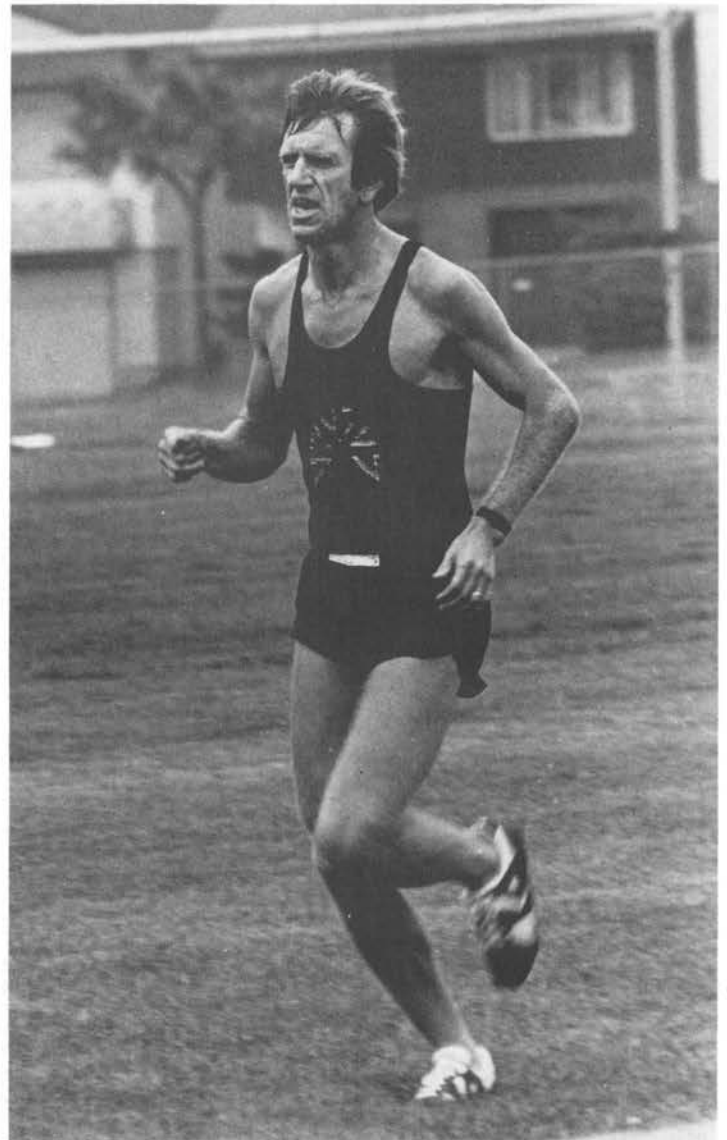
1-John Routh/WDS	32:49	7-Ulrich Kaempf/TRAC	33:30*
2-John Clary/WVJS	33:04	8-Byron Richardson/WVTC	33:46
3-Richard Stiller/WVJS	33:16	9-Jerry Lewis/Un	34:01*
4-John Bork/Un	33:20	10-James Willis	34:46
5-Bob Brunkan/Un	33:22	11-Geoff Henderson	35:11
6-Rick Brown	33:29	12-Roger Bryan/Un	35:27*

13-Jeff Smith	35:36	43-Pat McAnaney	39:21
14-Dennis Gustafson	35:37	44-Terence Clarke	39:22
15-Don Dugdale	35:39	45-Scott Thomason	39:42
16-Allen Robertson	35:47	46-Brad Iverson	39:47
17-Gary Crangle	35:49	47-Donald Kurtz	39:57
18-Jim Doran	35:50	48-Earl Norgard	40:09*
19-Norm McAbee/PMK	36:01*	49-Anne Hamilton	40:09
20-Doug Latimer	36:12	50-Joseph Campi	40:22
21-Timothy Treacy	36:14*	51-Gregg Harvey	40:29
22-Harold Rosen	36:15	52-Karl Bollinger	40:37*
23-Dick McCullough	36:18	53-Gail Campbell/WVJS	40:40
24-Rodney Horsfield	36:20	54-Thurman Cheatham	40:46*
25-Timothy Morse	36:46	55-Bruce Ryner	40:56
26-Michael Swanson	37:00	56-Norman Gatzert	40:57
27-Todd Watkins	37:13	57-Bruce Wint	41:04
28-Jeff Houston	37:23	58-William Brewster	41:12
29-Frank Smith	37:37	59-Gail Gustafson/Un	41:20
30-Carroll Holthaus	37:41	60-Peter Dahl	41:22*
31-Judy Leydig/WVTC	37:43	61-Bud Kaufman	41:23
32-David Cummins	37:52	62-Nicolas Epanchin	41:30
33-James Armstrong	38:19	63-Joseph Camisa	41:34
34-John Carlson	38:30	64-Jack Weiss	41:36
35-Don Lucero/WVTC	38:31*	***WOMEN***	
36-Carlton Beeson	38:32	31-Judy Leydig/WVTC	37:43
37-Patricia Cutler	38:33	37-Patricia Cutler/Un	38:33
38-Gary Nathanson	38:34	49-Anne Hamilton	40:09
39-Matt Chepin	38:35	53-Gail Campbell/WVJS	40:40
40-Save McCain	38:40	59-Gail Gustafson/Un	41:20
41-Michael Korbholz	38:59*	71-Theresa Gilreath	42:11
42-Stan Kowalczyk	39:12	72-Susan Bugler	42:13

BADGLEY WINS ANOTHER...2:25:49 AT SACRAMENTO MARATHON (Oct. 2, Sacramento): - The first annual Sacramento Marathon had a couple of problems, primarily with the course (guides and markings), but the remainder of the race was conducted exceedingly well for a first-time effort. Temperatures kept performances a bit on the slow side (near 80°), but there were still a number of fine times, particularly by division winners. Sundance's Wayne Badgley, running virtually by himself for the majority of the race, recorded a fine 2:25:49, which would have probably been 3-5 minutes faster under cooler conditions. Gary Green (2:35:46) was his nearest competition. Paul Holmes broke 2:50 to easily take the over-40 prize locally...but he didn't count on Ed Almeida coming up from San Diego to run. Ed's 2:45:15 (age 55) is certainly one of the better times ever run, under any conditions, for that age. The women put on the best competitive show of the day as the first three finishers were only a little over four minutes apart. Sacramento's Sally Edwards dipped very close to three hours and knocked a big chunk from her PR by running a quick 3:03:33. Karen Rosenblatt was a surprise second place at 3:04:15, and Caron Schaumberg ran her best marathon in quite a few years with a 3:07:55. Despite the high temperatures, 305 marathoners managed to get themselves to the finishline. Below and on the following page are the top times from this race.

/John McIntosh/

1-Wayne Badgley/SUND	2:25:49	29-Fraser Rasmussen	2:53:35
2-Gary Green	2:35:46	30-Michael McLain	2:53:46
3-Adam Ferreira	2:36:42	31-Larry Pugh	2:54:05
4-Jim Bowles/WVTC	2:40:33	32-Thomas Estill	2:55:19
5-Rudy Dressendorf	2:40:47	33-Chuck Nichols	2:56:25
6-Chris Hamer/WVTC	2:42:22	34-Bruce King	2:57:10
7-Ernie Rivas/PMK	2:43:19	35-Michael Brown	2:57:19
8-Bob Cooper/WDS	2:43:19	36-James Finnegan	2:57:28
9-Tony Baccelli	2:44:01	37-David Hansen	2:57:29
10-Mark Reese	2:44:31	38-Douglas Peck	2:57:53
11-Dan Smolich	2:44:50	39-Frank Delgado	2:58:37*
12-Marc Hoschler	2:44:50	40-Larry Arata	2:58:43
13-Ed Almeida/SDTC	2:45:15*	41-Jonathan Brown	2:58:46
14-Jay Helgerson	2:46:17	42-Joe Sloan	2:58:51*
15-Larry Sumner/BC	2:46:38	43-John Bribiescos	2:59:11
16-Bill Sevald/PMK	2:46:53	44-Crosby Heafy	2:59:31
17-Kim Schaurer/TAM	2:47:11	45-John Ulate	2:59:44
18-Joe Maher/TAM	2:47:24	46-Save Lyons	3:00:17
19-Bob Hedges	2:47:32	47-Jose Cortez/WDS	3:00:27
20-Mike Souza	2:48:21	48-Walt Betschart/BC	3:00:36*
21-Joe Delgado	2:48:52	49-Vikram Gosain	3:00:36
22-Tom Robinson/PMK	2:48:55	50-Don Lucero/WVTC	3:00:46*
23-Doug Rennie/BC	2:48:59	51-Perry Linn	3:00:57
24-Paul Holmes/BC	2:49:46*	52-Richard Hanna	3:01:10
25-Ross Rowley/SUND	2:50:06	53-Dave Mulford	3:01:20
26-Richard Herzog	2:50:39	54-Save Silberberg	3:01:42
27-Kees Tuinzing/TAM	2:50:40	55-Dan Williams	3:01:55
28-Tim Hicks	2:52:54	56-Dave Donaldson	3:02:56



Wayne Badgley, Sacramento Marathon winner. /*Mike Fenner Photo*/

57-Mark Bullock	3:02:37	67-Michael Moore	3:05:38	77-Peter Stein/TRAC	3:08:38	87-Chris Delgado	3:11:31*
58-Ken Crowe	3:02:52	68-Glenn Bailey	3:05:46	78-William McGuire	3:08:43	88-Jim Brusstar/WVTC	3:11:35*
59-V.I. Wexner/SWEAT	3:03:06	69-Dan Davidson	3:06:13	79-Dick Fugett/WVTC	3:08:53*	***WOMEN***	
60-Sammy Truitt	3:03:17	70-Robert Felsch	3:06:17	80-Joe Schieffer	3:09:04	61-Sally Edwards/Ophr	3:03:33
61-Sally Edwards/Ophir	3:03:33	71-Roy Stone	3:06:18	81-Ray Maldonado	3:09:25	64-Karen Rosenblatt	3:04:15
62-Rick Silvester	3:03:38	72-Steve Woodcock	3:06:27	82-Web Chadwick	3:09:53	74-Caron Schaumberg	3:07:55
63-Richard Purdy	3:03:59	73-Stephen O'Donoghue	3:07:15	83-Pete Schoener	3:10:07	100-Candy Hearn	3:15:33
64-Karen Rosenblatt	3:04:15	74-Caron Schaumberg	3:07:55	84-Stephen Boutin	3:10:08	106-Joan Ulyot/WVTC	3:17:45
65-Bruce LaBelle	3:05:37	75-George Minarik	3:08:09	85-Paul Reese/BC	3:10:39*	140-Andrea Carvey	3:27:00
66-Art Waggoner/BC	3:05:38*	76-Vic Crosetti/TRAC	3:08:27*	86-Joe Blenkle	3:11:01	146-Diane Williams/PBP3	29:07

GEIS WINS BIG AT BERKELEY WATERFRONT RUN (Oct. 8, Berkeley): - In a rematch from the recent PA-25K Championships, the trio of Jim Nuccio, Duncan Macdonald and Paul Geis went at it over a shorter distance (5 miles). This time the order of finished was reversed, with Geis' speed winning out over Nuccio's endurance. Macdonald stayed in the middle slot, although he was suffering from a slight cold that obviously affected his performance adversely. Paul's 23:49.2 was a new record, smashing Nuccio's 24:23 from 1975. That averages out to about 4:40 per mile...the course is 5.09 miles. The field was fast even after third, with both Bill Clark and Tom Laris also dipping under 25 minutes. Kent Guthrie produced his usual fine performance is winning the masters title in a 26:52, off Ralph Bowles' 26:44 standard. Paul Holmes of the Buffalo Chips was next at 27:43. The women were led by Judy Leydig's 30:17 record, which knocked twelve seconds from Joan Ulyot's 1975 time. Joan was second today in 31:16. First junior finisher was WVTC's Mike Smith, ninth overall in 25:58. Weather conditions were perfect at 60° on a clear day with only a slight wind. The sponsoring Athletic Dept. & Sierra Designs gave out merchandise awards to top finishers at the finishline. A good crowd of 408 completed the run, which took place in Berkeley's waterfront area as the name implies. /Ron Wayne/

1-Paul Geis/Un	23:49	37-Allen Robertson	28:55	73-Richard Houston	30:57*
2-Duncan Macdonald/WVTC	24:06	38-Bill Brusher	28:56	74-Robert Cummings/WVTC	30:58
3-Jim Nuccio/WVTC	24:34	39-Jay Juncosa	29:00	75-Daryl Preston	31:10
4-Bill Clark/WVTC	24:52	40-Marty Post	29:03	76-Frank Graetch	31:11
5-Tom Laris/WVTC	24:58	41-Randy Margo	29:05	77-Rod McKenzie	31:14*
6-Bill Seaver/WVTC	25:21	42-Dan Gustafson	29:06	78-Dave Cummins	31:15
7-Dennis Tracy/WVTC	25:52	43-Phil Wilder	29:07	79-Joan Ulyot/WVTC	31:16
8-Victor Cary/WVTC	25:53	44-Dennis Kroll	29:08	80-Paul Curry	31:17
9-Mike Smith/WVTC	25:58	45-Dennis Coulter	29:11	81-Russ Langer	31:18
10-Jack Leydig/WVTC	26:26	46-Kevin Coulter	29:12	82-Ray Gatchlian	31:20
11-John Clary/WVJS	26:31	47-Paul Armstrong/WVTC	29:26	83-Peiter Visser	31:25
12-Jake White/WVJS	26:33	48-Dave Allen	29:29	84-Kevin Grady	31:26
13-James Tracy	26:47	49-Steve Simpson/WVTC	29:31	85-Walter Schorno	31:28*
14-Kent Guthrie/WVJS	26:52*	50-Ed Jerome/TRAC	29:34	86-Pat Doyle	31:30
15-Rick Brown	26:54	51-Mike White	29:39	87-Kathy Himmelberger/WV	31:31
16-Richard Stiller/WVJS	26:57	52-Dana Burall/WVTC	29:40	88-Jim Connerton	31:32
17-Mike Wheeler	27:02	53-Ron Brisco	29:44	89-Dan Hintz/WVTC	31:33
18-Don Hickman	27:41	54-Dan Zocchi	29:47	90-Mike Hofmayer	31:39
19-Paul Holmes/BC	27:43*	55-Don Capron/TAM	29:49	91-Glenn Olds	31:42
20-Bill Jenny	27:51	56-Joe Schieffer	30:02	92-Richard Mayers	31:43
21-Doug Rennie/BC	27:54	57-Don Elsener	30:14	93-Glen Harada	31:47
22-Jerome Lewis	27:56*	58-Kevin Peak	30:15	94-Walter Radloff	31:52
23-Jim Holben/WVTC	27:59	59-John Mohr/PMK	30:15	95-John Gonsalves	31:54
24-Ray Orwig/WVTC	28:04	60-Ed Tico/WVJS	30:16	96-Frank Smith	31:54
25-Dave Levitsky/WVTC	28:15	61-Judy Leydig/WVTC	30:17	97-Dan Hirano	31:55
26-Roger Bryan/Un	28:16*	62-Mark Grans	30:21	98-Richard Austin	32:00*
27-David Garcia	28:19	63-Charlie Erikson	30:29	99-Dennis Dougherty	32:01
28-Lloyd Sampson	28:20	64-Mike O'Donnell	30:31	100-Stan Kowalczyk	32:03
29-Bob Colboin	28:23	65-Brian Williams	30:37	101-Hank Davis	32:05
30-Bryan Holmes/WVJS	28:26*	66-Gary Upham	30:42	102-Jim O'Conner	32:08
31-Bob Woodliff	28:28	67-Dave Houston	30:43	103-Dave Engle	32:10
32-Rod Horsfield	28:33	68-John Foley	30:44	104-Alan French	32:14
33-Kurt Mayne	28:40	69-Lee Sorenson	30:45*	105-Rich Ludt	32:15
34-Roy Scellato	28:41	70-Dennis Lem	30:49	106-Monroe Rosenthal	32:25
35-Peter Demarias	28:47	71-Peter Fisher	30:53	107-Carolyn Tiernan/WVTC	32:26
36-Bruce Jones	28:54	72-Carroll Holthaus	30:54	108-Jim McKinnen	32:27
				109-Jack Hodges	32:28*



Paul Geis defeated a good field at the Berkeley Waterfront Run. /Mike Fenner/

110-Mike Coffield	32:31
111-Sid Wolinsky	32:32*
112-Joe Dana	32:33*
WOMEN	
61-Judy Leydig/WVTC	30:17
79-Joan Ulyot/WVTC	31:16
87-Kathy Himmelberger/WV31	31:31
107-Carolyn Tiernan/WVTC	32:26
113-Gail Gustafson/Un	32:34
161-Barbara Pike	34:33
163-Martha Maricle	34:39*
164-Tina Chee	34:49



Emil Magallanes winning Garland Ranch Run in record time. /Gail Goettelmann/

MAGALLANES SHATTERS GARLAND RANCH RECORD (Oct. 9, Carmel Valley): - Boise State's Emil Magallanes made quick work of Bill Clark's course record at this scenic Carmel Valley run by slicing more than two minutes from the old 36:36 standard. Clark's mark had come in slippery, wet conditions, but Emil's time was without a doubt far superior. Even fourth-placer Rich Stiller tied Clark's old time. His nearest competition was Steve Brooks' 36:08. Always strong Ulrich Kaempf ran away with an easy victory over Ross Smith in the masters race. His 37:27 was a new course record too. Judy Leydig failed to get Ann Trason's course record, but won handily, 43:10 to 44:38 for runner-up Patricia English. Martha Maricle's 49:24 was also a record in the masters women's category. In other divisions, Jim Christensen was first high school boy in 38:03, while Sean Greer was the winner in the boys 13/under group in 47:07. Nicole Chowenec's 1:05:30 was tops in the girls 13/under age-group. A total of 143 finishers made this the most successful race yet. Results of the top placers follow below and on the next page. /Skip Marquard; Gary & Gail Goettelmann/

1-Emil Magallanes/Boise	34:30	8-Jim Christensen/Un	38:03	15-Roy Scellato/TRAC	40:24
2-Steve Brooks/Un	36:08	9-Ross Smith/WVJS	38:44*	16-Bob Malain/BC	40:29*
3-John Routh/WDS	36:23	10-Roger Bryan/WVJS	39:02*	17-John Brazinsky/MPAC	40:43
4-Richard Stiller/WVJS	36:36	11-Tim Rostege/WVTC	39:17	18-William Flodberg/WVJS	40:49*
5-Kurt Dicus/WVTC	36:58	12-Don Dugdale/MPAC	39:42	19-Mike Kimberling/Un	40:57
6-Doug Butt/WVTC	37:13	13-Robert Radovich/Un	39:48	20-Jeff Magallanes/Un	41:00
7-Ulrich Kaempf/TRAC	37:27*	14-Jay Cook/WVTC	39:56	21-Fred Coleman/Un	41:04

22-Dete Kraus/WVJS	41:20	30-Glenn Wells/Un	43:03	38-Ernie Coublucq/WVTC	43:55	46-Tracy Hammond/Un	44:49
23-Russell Clough/Un	41:21	31-Richard Bawcom/Un	43:06*	39-Harold DeMoss/WVTC	43:58*	***WOMEN***	
24-Dick McCullough/Un	41:29	32-Judy Leydig/WVTC	43:10	40-Steve Wallace/Un	44:23	32-Judy Leydig/WVTC	43:10
25-Dennis Gustafson/SFPD	41:35	33-Bob Blonder/WVJS	43:16	41-Wes Farr/Un	44:24	43-Patricia English/Un	44:38
26-Dave Riffle/Sylvania	41:47	34-John Blankenship/DSE	43:29	42-Frank Dice/Un	44:35	49-Penny DeMoss/WVTC	45:02
27-Olin Boschker/Navy	41:58	35-James Dix/Un	43:37	43-Patricia English/Un	44:38	65-Vicki Blankenship/DSE	47:49
28-Dennis Smith/CY	42:24	36-Franz Brazil/Un	43:47*	44-Ed Johnson/Un	44:44	70-Carol Young/Un	48:45
29-Danny Moon/CY	42:43	37-Dick Fugett/WVTC	43:51*	45-David Key/MPAC	44:45	75-Martha Maricle/TAM	49:24*

SOUTHERN CALIFORNIAN WINS ANGIN RACE (Oct. 30, Angwin): - Lou Patterson, flown up from Huntington Beach at the expense of Pacific Union College to 'improve the class of the field' responded with a decisive victory. Patterson put in a strong surge after a mile to break up a lead group of five, and only Darren George could manage to hang on. A similar spurt at three miles later dropped George, and Lou went on to win as he pleased in 39:19 (as compared to Gary Blume's 1976 course record of 38:24). Darryl Beardall was the top master and ran an outstanding race to finish eighth overall and nip Kent Guthrie's course standard by a scant second with a 41:15 clocking. Karen Nachbar, an 18-year-old from the Sacramento area, ran a strong final half to upend Diane Williams by 24 seconds. Joan Ulyot's 1975 record of 48:43 still stands. WVTC's Chris Hamer nipped Jack Betschart by 8 seconds to finish as top junior. His 40:52 was good enough for eighth place overall. There was a record number of starters (261) and 244 of that group finished under cool, sunshiny skies. If you haven't tried this race, you really ought to...it's probably the most scenic race course in Northern California (or close anyway). Top finishers are listed below. /Darren George/

1-Lou Patterson/Un	39:19	31-Larry Pugh/Un	44:23
2-Darren George/AIA	39:40	32-Bob Hedges/BC	44:26
3-Bob Cooper/WDS	40:15	33-Robert Felsch/Un	44:33
4-Mark Proteau/AGRC	40:18	34-Tim Rostege/WVTC	44:35
5-Michael Duncan/WVTC	40:33	35-Reg Harris/SS	44:50
6-Chris Hamer/WVTC	40:52	36-John Myers/Un	45:04
7-Jack Betschart/Un	41:00	37-Ed Stromberg/BC	45:05
8-Darryl Beardall/TAM	41:15*	38-Bob Malain/BC	45:07*
9-Stephen Roberts/CBJVT	41:19	39-Dave Smith/Cal	45:09
10-Doug Haake/Cal	41:34	40-Mark Wootan/JT	45:13
11-Lyle Freeman/Un	41:37	41-Tony Baccelli/Un	45:33
12-Tad Woliczko/PMK	41:40	42-David Hooper/Cal	45:33
13-Chuck Harris/Un	41:45	43-Grant Meyer/Un	45:34
14-Rick Brown/SRRC	41:49	44-Alemaz Tsegoya/Un	45:38
15-Hersh Jenkins/Un	42:08	45-Mike Swanson/Un	45:40
16-Greg Jewett/PMK	42:15	46-Dave Nieman/Un	45:52
17-Kees Tuinzing/TAM	42:20	47-Gerald Warner/Un	46:07
18-Gerard Capron/Cal	42:36	48-John Hawkes/WVTC	46:15
19-Dan Smolich/Un	43:08	49-Brad Williams/Un	46:16
20-Michael Stanfield/Cal	43:11	50-Donald Mason/Un	46:25
21-Mark Reese/BC	43:25	51-Orrville Fischer/FCA	46:28
22-Paul Holmes/BC	43:28*	52-Craig Roland/ER	46:30*
23-Bruce Wolfe/WVTC	43:41	53-Dane Larson/Un	46:33
24-Bob Myers/PMK	43:48	54-Jim Engle/TAM	46:40*
25-Abe Underwood/BC	44:00	55-David Cargill/Un	46:48
26-Larry Sumner/BC	44:05	56-Brian Newell/NVRC	46:50
27-Michael MacLain/MR	44:06	57-Rich Hardcastle/Un	46:56
28-Marc Hoschler/BC	44:09	58-Rory Axel/BRAT	47:11
29-Kent George/Un	44:14	59-Howard Clemens/Un	47:22
30-Fraser Rasmussen/BC	44:18	60-Gough Reinhardt/LVRC	47:29*



Mark Proteau displays his fourth place trophy at the Angwin to Angwin Run. /Jim Engle Photo/

61-Russell Erikson/Un	47:35	75-John Dressler/Un	48:46
62-Bob Rusk/NHF	47:39	76-Scott Bauclar/Un	48:49
63-Mark Gallo/BC	47:42	77-Rob Affeldt/Un	48:50
64-Ignacio Ceja/Un	47:50	78-Charles Landers/Un	49:08
65-Bruce von Borstel/Un	47:52	***WOMEN***	
66-Walt Betschart/BC	48:00*	85-Karen Nachbar/Un	49:47
67-Bob Curtis/Un	48:05	88-Diane Williams/PBP	50:11
68-Tom Doughts/Un	48:15	123-Beckie Simmie/BRC	54:10
69-Don Capron/TAM	48:21	158-Susan Page/Un	57:00
70-Ivan Miller/Un	48:29	170-Kimberly Walton/Un	57:54
71-Mac Forbes/SWEAT	48:30	177-Judy Peterson/DSE	58:40
72-J.H. Jacobson/DSE	48:42	178-Barbara Carlson/NCS	58:45*
73-Rusty Knowles/Un	48:43	182-Susan Griffin/Un	59:15
74-Roberta Cazares/Un	48:43	187-Marilyn Rusk/NHF	59:47

LATE GNUS

MEET INFORMATION: - Got some information on the indoor meets I was referring to in the scheduling section...here they are: Jan. 21--Sunkist Meet (Los Angeles Sports Arena); Jan. 28--Oregon Indoor (Portland); Feb. 3--LA Times Indoor (Inglewood, The Forum); Feb. 17--San Diego Indoor (Sports Arena); Feb. 24--National AAU Championships (New York City, Madison Sq. Garden).

NEW SUB-MASTERS DIVISIONS IN PA-AAU LDR MEETS: - Starting on Jan. 1st, all PA-AAU Championships (LDR) will have an added championship division--Senior Men (30-39), *Individual Awards Only...No Team Awards*. Senior teams will still remain the same (under 40). There are certainly enough runners in this division, and once you get into your mid-30's, face it, most of us are not competitive with the younger guys. As of now, there will be no similar division for women, as the number of competitors does not yet warrant it. Things may change, however, and the LDR Committee always lends an open ear to such things.

CORRECTION ON 50-KILO TEAM SCORES: - It has been brought to my attention that there was a misunderstanding in the method of scoring teams at the PA-AAU 50K Championships on March 20. The final decision is now as follows: Masters: TRAC (only team);

Seniors: - (1) BC"A", (2) BC"B", (3) TRAC, (4) WVTC. We aren't listing the scores, but the preceding is the finish order.

MEET RESULTS: - Still a lot of meets that have been long gone that we don't have results for yet. We mentioned the Wharf-to-Wharf problem in the results section and elsewhere and hope you runners out there will see fit to act upon my suggestion. Other overdue results are: Dammit, Marine Air Reserve Run, and Pamakid Lake Merced Run. These have taken place well over a month ago. I have the Times-9 results, but there were some errors that needed correction and so I'll save them until next issue. Anyone have the above results? Or is everyone in the same boat as I am? Give me a call if you have them and can spare your copy. Thanks.

LATE RESULTS: - Here is some news you may not have heard yet (we don't have full results at this time)---Steve Slawson won Berkeley-to-Moraga with Homer Latimer second. Both were quite close to Byron Lowry's record we hear. Skip Swannack nipped Carolyn Tiernan in a finishing sprint at the Golden Gate Women's Run. Mike Pinocci won the Halloween Race in Los Gatos while Bill Seaver was besting about 1600 other runners in the Brass Pole Run. Duncan Macdonald beat Paul Geis by 20 seconds at the PA X-C, with Pinocci third. PA-30K: Pinocci 1:36:02.

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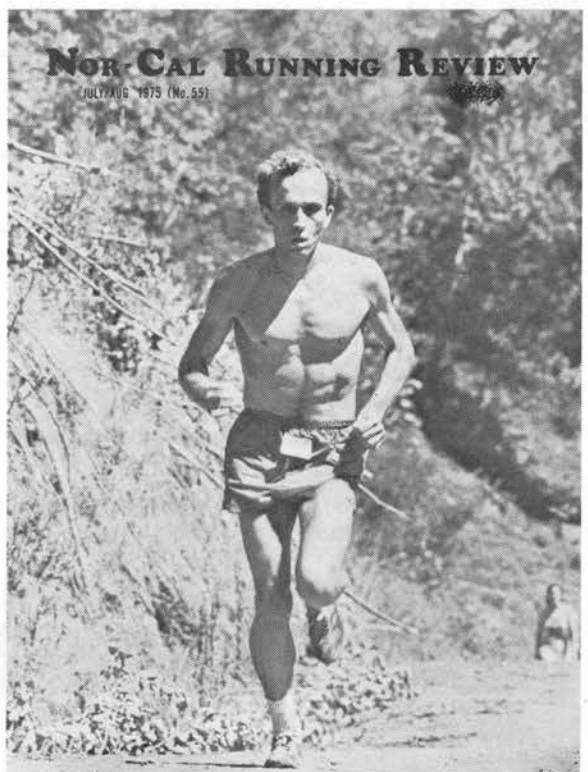
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