

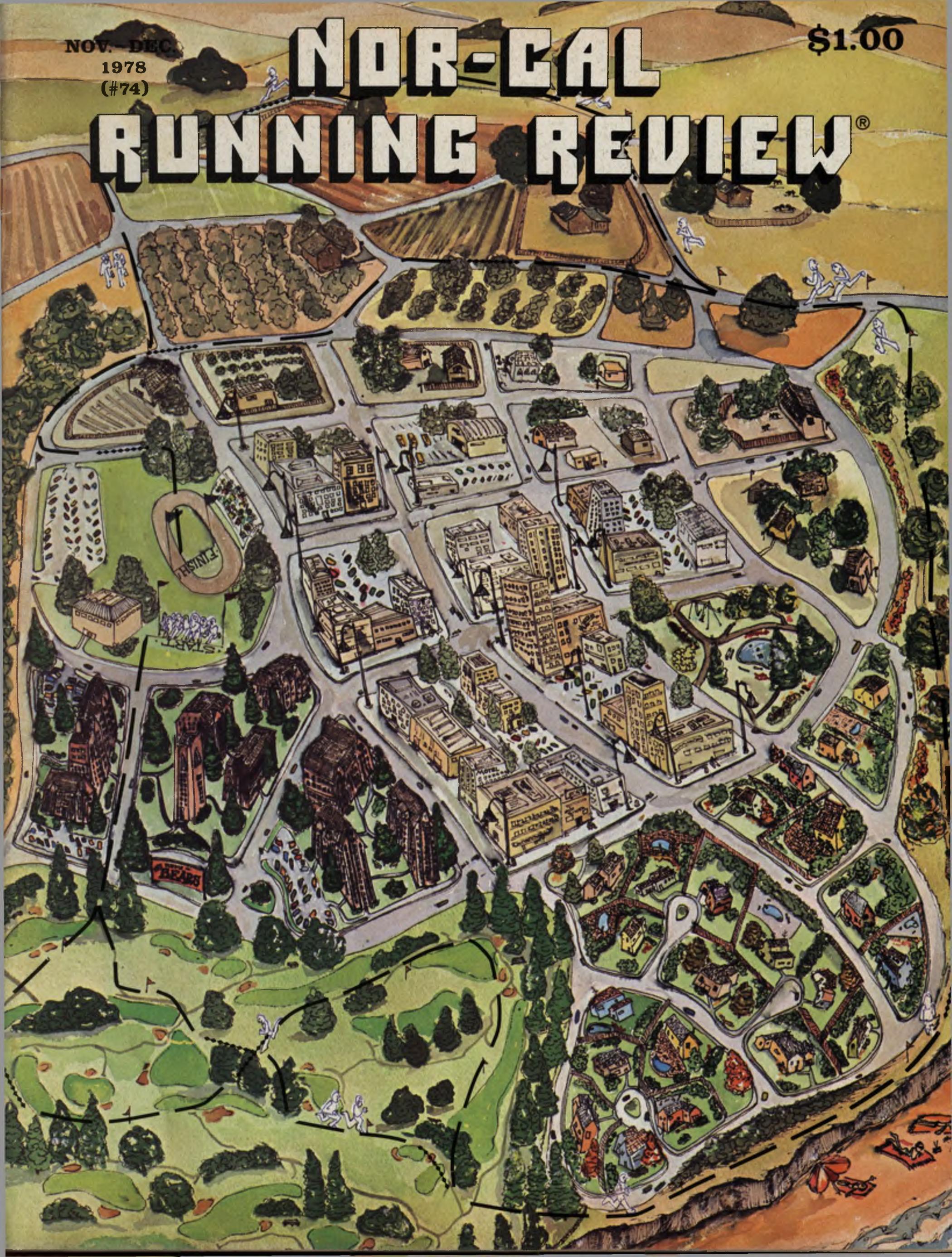
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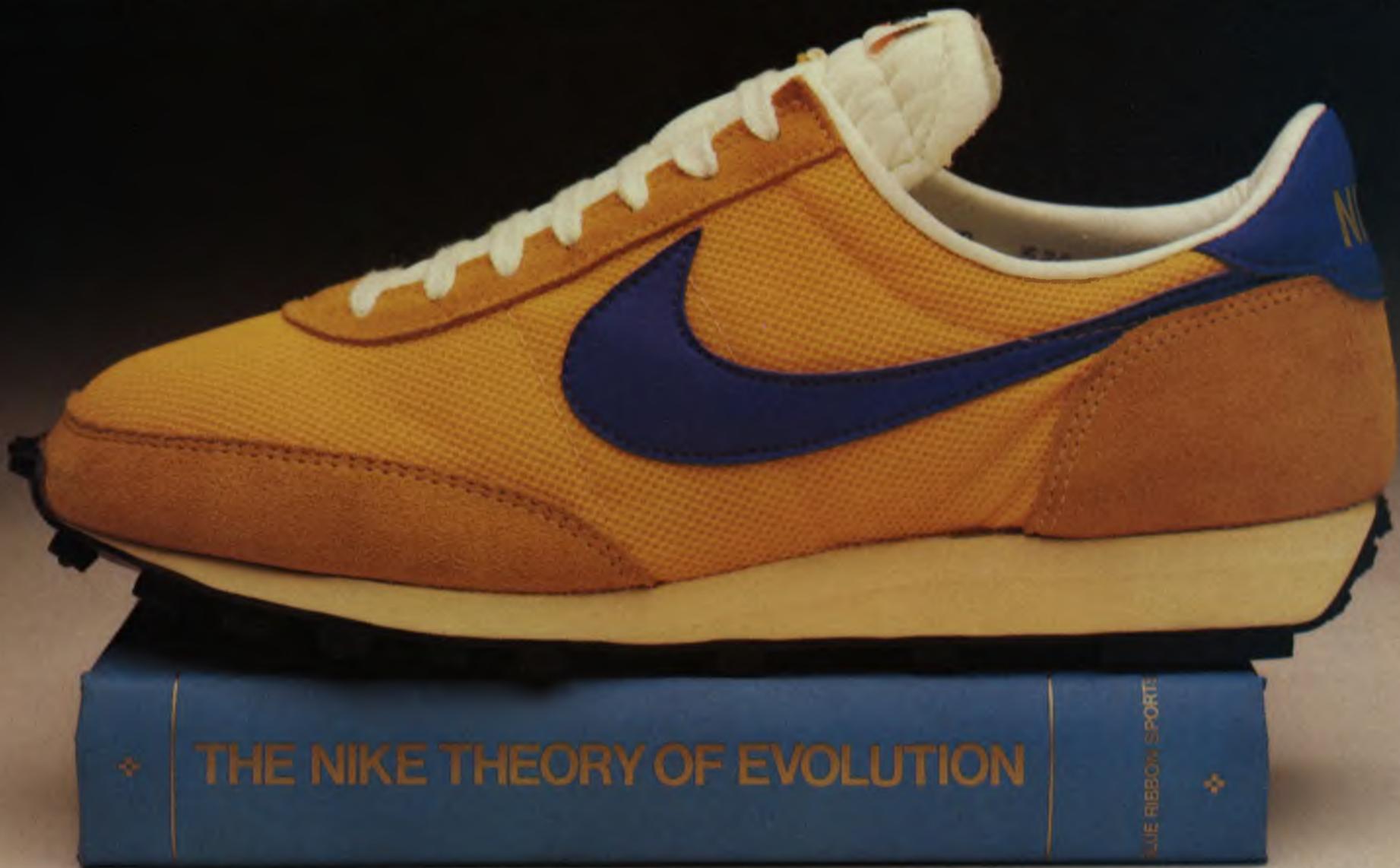
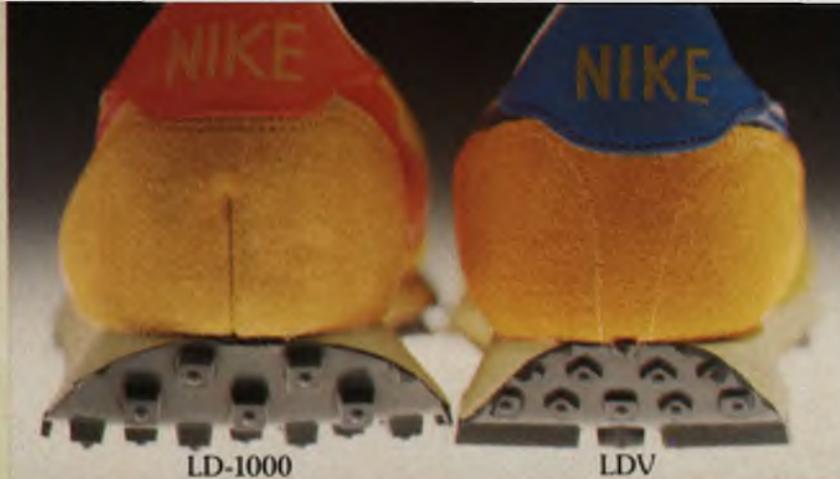
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UP FRONT

Two local runners, Cary and Clare Hunter, have designed a challenging game for runners. The game-board appears on the cover of this issue; the artwork for the game was done by another local runner, Teri Hagerty. This is a game that can be both fun and challenging...see page 49 for more info.

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NOV.-DEC. 1978 (No. 74)

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DEALERS: If you wish to carry the NCRR in your store or simply wish to make money for yourself (or club), you can save 40% by ordering 10 or more copies per issue...write for full info.

AGENTS: Anyone can become a 'salesman' for the NCRR, and it does not require any 'direct sales approach'. You may simply distribute our subscription blanks at races, clinics, etc., & get a \$1.00 commission for each new subscription we receive with your name or agent number on it (you must be signed up as an agent...it is not automatic).

FREQUENCY: The NCRR is published 6 times a year with a guaranteed minimum of 40 pages per issue (we're usually 48+). Publication dates may vary slightly due to volunteer labor!!

CIRCULATION: The NCRR guarantees an average circulation of 7500 copies/issue, consisting of paid subscriptions, newsstand & specialty shop sales and samples. Please subscribe now!

UNPAID STAFF: All help is voluntary; profits to athletes' travel fund. COVER PHOTO: \$25 (color transparencies only).

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EDITOR'S MESSAGE

● WE'VE GONE 4-COLOR! - Thanks to our advertisers, the NCRR is now able to publish in full color (at least on the cover). In the future we hope to be able to expand and print full-color pictures on the inside too...but that depends on our advertisers and YOU. Remember, subscriptions are what will allow us to keep improving our magazine. Be sure to patronize all our advertisers, as they help keep us afloat too! And a special thanks to Brooks, adidas, Nike and Clare & Cary Hunter for making this first 4-color issue possible.

Because we'll now need color transparencies for the cover pictures, we'll be paying \$25 if we use yours. It costs us about \$125 to do a 4-color separation on your transparency, so that's why it'll take more advertisers and subscriptions before we're able to do color on the inside too. If you are interested in contributing photographs, either for the cover or inside (black & white), drop us a line for full details.

● A NEW COLUMN - Harry Hlavac has been our foot specialist now for quite a few years, but the body consists of more than the foot, so we've added a new feature which will be presented by Dr. Tim Smith of the Total Health Medical Center in Oakland. This will simply be a "Medical Advice Column", dealing with various ailments as related to running and jogging and possibly other field events (jumps, weights, etc.). From time to time we'll have a 'guest writer' in place of or in addition to our regular writer, Dr. Smith.

● WHAT HAPPENED TO THE INSERTS? - Most of our subscribers are probably wondering why they didn't get any 'race entries' included with this issue (or in a separate mailing). Well, we have come to the point where it's probably more expensive for a meet director to print up and deliver 2500+ entry blanks to us and then pay for bulk-mailing privileges, mechanical collating, etc., than it would be to simply have us print up a full page advertisement (could include an entry blank) in the magazine itself. And...it is a LOT easier for your slave-labor crew here at NorCal Central. So, we know that a lot of our readers will be missing the stack of litter that usually comes tumbling from the innards of the NCRR, but the time has come. We're encouraging meet directors to put full-page ads in the NCRR...they get added circulation from the store copies and freebies we distribute, whereas before they were only reaching our individual paid subscribers.

● DO YOU HAVE A NEED FOR TYPESETTING SERVICES? - The NCRR is seriously considering leasing a \$15,000 typesetting system in the near future, but we can't afford the monthly costs by ourselves. We'll most likely hook this unit (a small computer in itself) to a small printer that's capable of printing address labels, as well as other hard-copy products. This system will be feasible if we can line up a half-dozen or so regular users (6 hours or more per month for each user) that could be 'trained' to use the system themselves and pay a nominal rental fee. If you think you (or a friend or business) might be interested in this, please give us a call immediately.

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• PHOTO CONTEST WINNERS •

Photography contests are a little like a long distance road race in that they can take awhile to finish, and there are numerous judges who control the participants on their way to victory or defeat. It also takes a certain amount of courage to toe up to the white line, whether it be the start of a foot race or artistic contest.

This year there were 23 entries in *NorCal Running Review's* second annual photographic competition. The idea must be a good one, as we noticed that *The Runner* is hosting a similar competition.

Our panel of judges this year was a winner all by itself, consisting of four very distinguished individuals. Coming back for his second year as a judge was Dick Draper, prize-winning photo journalist and sports writer for the *San Mateo Times*. Others included Marlin Darrah, film maker and Director of World Sports Films, which produced *Marathon*, and their newest, soon to be shown, *Moment of the Runner*; Jill Losson, designer for California Living Books, and formerly an illustrator for Time-Life Books and an artist with *People* magazine; and Gene Anthony, photographer-author of *The Eternal Sea* and formerly with *Time*, *Life*, and *Newsweek* magazines, as well as *Manchete*, the Brazilian equivalent to *Life*.

A tie for first place is shared by Jim Engle for "Non-Stop Pit-Stop" and David Papazian for "Moving On". They will split the total prize money for first and second (75% of the total). Papazian's photo, which was in color, will most likely appear on the cover of next issue. Taking third place was "Splish Splash" by John Sheretz, while fourth went to Ernest Stifel for an entry entitled "Power". Fifth would have gone to Len Wallach for "Sweat in the Afternoon", but he disqualified himself, as he was administering the contest. Thus, Chuck Fox, Jr. was the final money-winner with his "Relay".

Honorable mentions (6th thru 10th) included (not shown): 6th--Mike Fenner's portrait of an embattled Ed Jerome in "Ugh!"; 7th--Ross Bowling's "Cops"; 8th--John Sheretz's second winning entry, entitled "Old and New"; 9th--Jim Engle's "Fencing"; and 10th--"Xmas Relay" by Linda Thomsen, which was the second winning entry submitted in color. Lack of space prevents us from printing the second five photos, so we will most likely print them next issue.



1st "Moving On" /David Papazian/



1st "Non-Stop Pit-Stop" /Jim Engle/

1978-1979

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4th "Power" /Ernest Stifel/



5th "Sweat in the Afternoon" (DQ) /Len Wallach/

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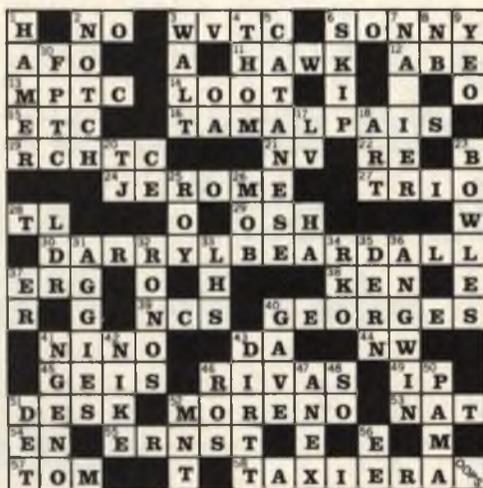
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FUN & GAMES

This time our contest is a *PHOTO QUIZ* and the winner gets a year's subscription to NCRR...ties broken by drawing. ALL ENTRIES TO BE RECEIVED BY DEC. 23RD... only one guess per person. Please send us pics, etc.



Name this sub-2:20 marathon ace (a bit younger here!).



The solution to last issue's puzzle is shown above. We received no responses at all! There were two slight errors: 52-Down is not the usual abbreviation, and there was no clue for "CE" (next to 20-Down).

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THIS & THAT

● **PEOPLE NEWS:** - Adolf "Adi" Dassler, the man who made adidas the sporting goods empire it is today, is dead at the age of 77. Dassler stepped into the shoe world in 1920, and his company is by far and away the leader in athletic footwear. His brother's outfit, Puma, is second. --- Dennis Rainear, 26, of Midland, Michigan, was hit in the head by a 22-calibre bullet while running in a marathon in Allendale, Mich., November 4. Although he was only ten miles into the race when he was hit, he kept on running. He believes the bullet kept him from finishing the race in under three hours and thus qualifying for the Boston Marathon next April. A few days after the article was published in papers throughout the country, Dennis learned that he had been given a special invitation to run at Boston because of his ordeal and perseverance. He believes he was hit by a stray bullet from a small-game hunter rather than being the target of some crackpot. --- Walt Stack is the subject of a new book entitled *The Running Saga of Walt Stack*. See the book review in this issue (following "this & that") for an overview of the contents. --- The AAU has confirmed reports that middle distance runner, Francie Larrieu, will be reinstated in time for the 1979 indoor season. Larrieu, 25, of Long Beach, was suspended on June 23 by the SPA-AAU along with Dwight Stones, Kate Schmidt and Jane Frederick for receiving payments for their appearances in "Superstars" competition. She applied for reinstatement as an amateur through the Southern Pacific AAU registration committee in September and that committee recommended to its board of directors that Larrieu be reinstated as of Jan. 1st. --- An over-30 team from Six Rivers Running Club set a new record in the 10-man, 10-mile relay in a match with S.W.E.A.T. on HSU's all-weather track in Arcata. SRRC ran 9:57 while SWEAT did a 10:02. --- On Friday, Sept. 22, Track & Field Chairman George Newlon headed a group to the Redwood City home of terminally ill Harry Papazian to present him with a plaque from the PA-AAU Board of Athletics expressing the deep appreciation for his leadership over the years in such annual endeavors as the Examiner Indoor Games, Bay-to-Breakers and Golden Gloves Tournament. Incidentally, Harry's son won our recent (see page 6) NCCR Photo Contest. --- The track at Hughes Stadium in Sacramento has been named after Maree Rodebaugh at a ceremony on Oct. 29th. In addition to her many years of officiating, Maree was the meet director for the Golden West Prep Meet. She was struck by a shot put in the 1977 PA-AAU Track & Field Championships and died two hours later. --- Ex-San Mateo High (& College of San Mateo and Oregon State) coach, Bernie Wagner, has arrived back in America after a coaching stint of several years in Saudi Arabia. He has been appointed the Executive Director of the newly-formed Track & Field Ass'n/U.S.A., based in Kansas City. --- Some omissions in the 1978-79 PA-AAU LDR Handbook records section have been noted. Complete results of the Avenue of the Giants Marathon were not available at publication time, and so they were unintentionally omitted. Masters women who should make the list are: Jeannie Kayser-Jones 3:21:31, Virginia Collins 3:23:28, Michelle Gauthier 3:23:57, and Martha Maricle 3:24:08. Others may have been inadvertently left out because no home towns were listed in preliminary results. Hillery Huddleson of Oakland also should have been included in the women's open division at 3:09:17. More--also, in the women's masters division, add: Eileen McGowan (3:36:34), Marlys Hayden (3:38:59) and Joyce Hanna (3:47:28).

● **MEET INFORMATION:** - The United States Olympic Committee has approved the Boston Marathon, April 16, 1979, as the Pan-American Marathon Trial. There will, in all probability, be some funding available for travel to the top athletes based on times over the previous year...more on this when available. The date will allow those athletes who fail to make the marathon squad ample time to recover for the 10,000 meter trials.

/// NCCR Retail Outlets ///

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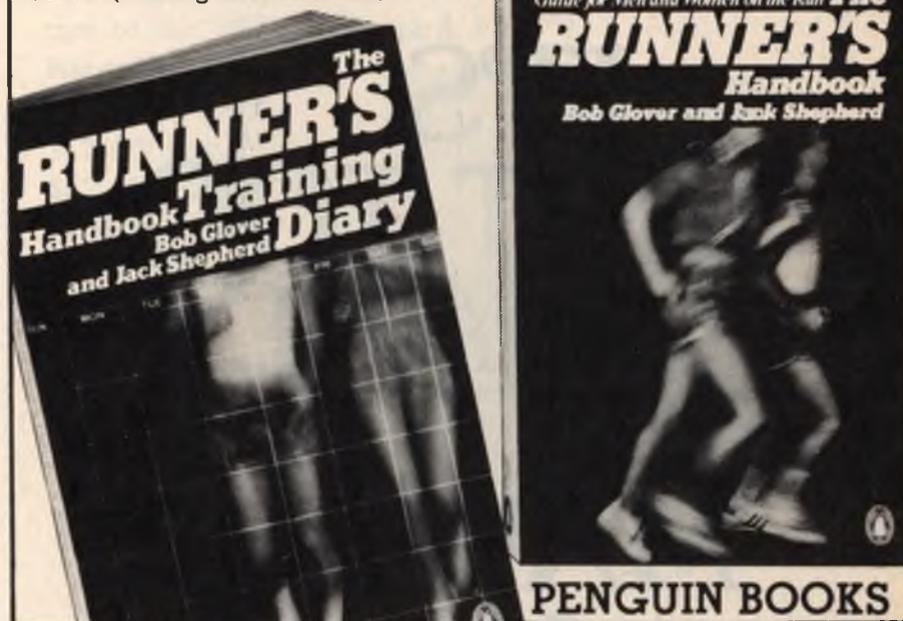
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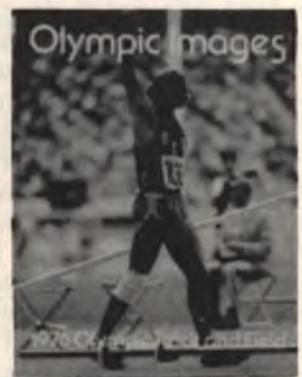


--- California Run to Benefit World Peace Run: as mentioned in last issue, a "World Peace Run" will start at the United Nations in New York on Aug. 27, 1979. The U.S. portion of the run will only cover the southeastern and eastern coasts and so a group at Stanford is organizing a California run, tentatively scheduled for the week of Jan. 6-13. The plan so far is to run from the northern to southern border through every conveniently located college and university wishing to participate. A core of two runners from each school will run the whole distance in relay fashion, and other runners will be welcome to run, informally, any part of the route. All runners will solicit donations on a per mile basis to benefit the World Peace Run. For full information, contact World Peace Run, P.O. Box 7350, Stanford, CA 94305 (Tom O'Neil, Carl Gutierrez and Robin Furness). --- We have just learned that the Champion Mine Gold Run, listed in last issue's 'Late Gnu's', and schedule for Dec. 2nd, has been cancelled (postponed) until next spring sometime...location will probably still be Grass Valley area. --- The United Airlines Friendship Run (30K), scheduled for Dec. 3 at the UAL maintenance base, has been moved to the Yacht Harbor at Coyote Point in San Mateo...entry blank says 9 a.m., but I called the meet director and convinced him he should begin at 10 a.m., as scheduled in the Handbook. --- Penny DeMoss will again be meet director (along with husband Harold) for the Bonne Bell 10K, to be held Feb. 4th in San Francisco...see scheduling section and advertisement in this issue for full details. A portion of the proceeds will go to the PA-AAU Women's LDR Travel Fund. Penny needs HELP in putting this one on, so if you're available before (packet-stuffing) or during raceday (come on all you men...you can watch the women and work too!), please give her a call at 415/941-8975, or write: 765 Campbell, Los Altos, CA 94022. Remember, this race benefits our entire local program, so let's all try and pitch in somewhere. --- Christmas Relays plans are in full swing...if you wish to send for an entry blank (one per team), send a S.A.S.E. to meet director Dan Hintz, 861 Hancock, #805, Hayward, CA 94544. There are several important changes this year, and the primary one, of course, is that the race goes from Half Moon Bay to Santa Cruz this time. There will be two starts again, with the fast group (only open, pickup and sub-masters divisions), or those that can average under 7:00/mile, beginning at 8:30...cont'd...

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(Christmas Relays, cont'd.)...while the second starting group will go a half-hour later, at 9:00 a.m. The start will be at Cunha School in Half Moon Bay (site of last year's finish). A leadoff leg of only about 4 miles will enable the first checkpoint to be clear of traffic by the time the second group arrives, but will necessitate teams getting their 2nd leg runner to the handoff spot before the race starts to allow time to get there...if you wait until the gun goes off, you'll probably not make it, so we suggest only those timing their teams stay for the start. Also, this year we've decided to only time the top 20 teams at each checkpoint, as the 'fast leg' awards have always pretty much been within those teams. We'll time every team at the finish, of course. **IMPORTANT--We are going north to south this year in an attempt to alleviate traffic jams... caused mostly by cars pulling across the hiway in front of cars & other runners. Since large parking areas are on the west side of the hiway, there will be no need to park on the east side...and ANY TEAM FOUND PARKING ON THE EAST SIDE OF HIWAY 1 WILL BE FACING DISQUALIFICATION.** If we want to keep this beautiful route for the Relays, YOU must follow the rules. Anyone wishing to help at any of the checkpoints should contact your editor immediately. Thanks for your cooperation. Also, we have added a new division this year for Law Enforcement Teams. Team members must be from the same jurisdiction but can be active employees or retired or reserve officers...police, CHP, fire, sheriff's departments, etc., are eligible. Pre-entries are encouraged this year...team members can be changed on race-day if necessary. The fee is \$10 if received by Dec. 13th with entry blank; \$20 per 7-person team thereafter, no exceptions!!

● **BOSTON MARATHON CHANGES:** - Will Cloney, Meet Director, has gone on record as saying there will be a women's team trophy when there are at least ten women's teams finishing. Also, the awards for women will now go ten-deep, the same as the men... but with medals going to 4th thru 10th place finishers.

● **NEW AREA CLUB:** - Bob Blonder is in the process of applying for AAU membership for a club in the Santa Cruz area, the Redwood Coast R.C. For full information, contact Bob at P.O. Box 1382, Aptos, CA 95003 (Ph. 408/688-3700).

● **NATIONAL WOMEN'S LDR STATISTICIAN:** - Joe Kleinerman is the statistician and record-keeper for women's long distance running in the U.S. Results of all major LDR events, particularly Championships and record-setting performances, should be sent to him: 2825 Claflin Av., Apt. 6-G, Bronx, N.Y. 10468 (Ph. 212/543-5140)...also to: Ken Young, Box 6444, Tucson, AZ 85731.

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● **WOMEN'S MASTERS & RACE WALKING RECORDS CHAIRMEN:** - For the second year Masters Women's age-group records will be published in the Masters Age Record Book and will include all standard track & field events up to and including the two-hour run and marathon. Please send all marks to: *Masters Women's Marks*--Katharine Brieger, 1211 Grizzly Peak Blvd., Berkeley, CA 94708; *Sub-Masters Women's Marks*--Miriam Gerard, 1350 Phyllis Av., Mtn. View, CA 94040; *Race Walking Marks*--Lorna Maynard, 2821 Kensington Rd., Redwood City, CA 94061.

● **MAP OF RUNNING TRAILS AVAILABLE:** - The long-promised "Guide to Running Trails of Golden Gate Park" has finally been published by Nike in conjunction with the Park and Recreation Dept. The 4-color brochure charts 7 routes in the Park, along with three Parcourses in the City. You may order a copy by sending a SASE and 10¢ to: John Nihill, Park & Recr. Dept., McLaren Lodge, Golden Gate Park, San Francisco, CA 94117.

● **"THE RUNNING JOURNAL" RADIO SHOW:** - On Nov. 21st, from 7 to 7:30 p.m., KPFA-FM (94.1) in Berkeley premiered a live radio show entitled "The Running Journal". The purpose of the show is to offer runners of every ability a network of information for their sport. Hosted by runner and radio personality Mark Jaqua, along with international-class marathoner, Ron Wayne and his wife Barbara, the show will feature race results, upcoming events, a trivia question, and one main topic for discussion. This bi-weekly show will also feature call-ins from listeners regarding questions and feedback. A list of the two shows for December: Dec. 5--Jack Leydig, editor of NCRR, and Judy Leydig, national-class marathoner; Dec. 19--"Sports Medicine Today", a panel from Peralta Hospital in Oakland. Future topics to include: Women's & Master's Running, Nutrition, Stretching, Marathoning, etc. Special guests will include authors, celebrities, coaches, medical personnel and athletes.

● **KNEW TO BROADCAST RUNNING NEWS:** - Not to be outdone, and for those that don't have an FM radio, Oakland's KNEW (910) is now broadcasting news about running and jogging on a regular basis. The broadcast is every Tues., Thurs. and Fri. at 7:00 a.m., noon, and 6:00 p.m. Each broadcast offers schedules of local events and races, with results included in some airings. Feature items will be included in some of the broadcasts too.

● **STARTING A RUNNING CLUB:** - The Road Runners Club of America offers a booklet on how to start a club...write: RRCA Club Kit, 2737 Devonshire Pl., NW, #119, Washington, DC 20008.

●REGARDING PA-AAU MEET LIABILITY INSURANCE: - Effective immediately, the insurance carrier holding our District blanket liability policy has elected to make a surcharge of \$50 whenever a Certificate of Insurance is required for another agency (other than the sponsoring AAU club(s) or organization). All AAU Clubs in good standing can obtain one free certificate per event (covering themselves and any other co-sponsoring AAU organization), but all other organizations (non-AAU) requiring a certificate will be required to pay the \$50 fee with application for sanction, and likewise, if an AAU Club needs coverage for a third party (local jurisdiction such as a city, etc.), they will be required to pay the \$50 fee for each jurisdiction that needs such certificate.

●TRAVEL FUNDING: - Juniors (14-19) get their own travel fund! --- We owe a hearty thanks to Frank Geis for steering the year's idle Harold Berliner Memorial Fund of approximately \$8,000 into the junior coffers. It will henceforth be known as the Harold Berliner Fund for Junior Boys & Girls, and will be used to get our qualified (PA-AAU) athletes to their national championships where international team selections are made. As an act of faith in this fund coming through, the Senior Travel Fund advanced \$1,800 to our juniors could have a crack at making the team that went to the USSR this summer. For those of you who plan to come before the Board of Athletics for financial assistance to national championships, it is mandatory that: *applicants for funding have an AAU card for the current year by the end of February...all who don't will automatically be rejected.* In other words, if you plan on using AAU funds, you should be willing to support the program by getting a current card as soon as possible...don't wait until it's too late!

●1979 AAU REGISTRATION: - New card applications are now available at the PA-AAU Office (942 Market St., #201, San Francisco, CA 94102). The \$4.00 fee, excluding optional personal insurance (\$2 for LDR, Track & Field, and Race Walking), is spent by the AAU as follows: \$1.00 goes to the National office for services and information they provide which gets passed on down to the local district and its clubs; \$1.00 goes to pay for liability insurance (a must), which covers sponsoring clubs against losses in the case of a suit...if you didn't pay with AAU registration, you'd wind up paying a lot more if individual meet sponsors had to purchase their own policies at a much higher premium. They'd simply tack the extra cost on to the entry fees. The PA-AAU gets to keep \$1.50 of the total \$4 fee in order to cover rent, salaries, phone, postage, office equipment, etc. And, your sport retains 50¢, which reverts to the Natl. AAU Travel Fund for the sport you designate on your AAU card application. Now you know where your \$ goes!

Book Review

THE RUNNING SAGA OF WALT STACK (by Bob Bishop) - *Reviewed for N.C.R.R. by Len Wallach.*

Writing any book is a monumental task, but when an author takes on a biography of a living individual, there is the additional burden of total accuracy placed on the scribe. Add to that the dimension of the subject's eccentricities, and most writers would throw in the towel and find other easier material for their typewriters.

To this difficult format came a writer and publisher with well-recognized skills when Bob Bishop and Celestial Arts tackled the likes of *The Running Saga of Walter Stack*. The San Francisco writer and the Millbrae, California, publisher tamed the old man long enough to gather 120 pages of prose, photos and date selling for \$4.95.

Using the difficult vehicle of pacing the biography with asides during the Paul Masson Marathon, Bishop had his hands full with the complex weave of Walt's obvious external characteristics of toughness, salty language, and sociability, coupled with the profundity of his lesser-known personal commitments to assorted political and philosophical beliefs. The task of portraying the complete Walt Stack could have taken a few volumes; consequently Bishop and Celestial had to make some hard editorial decisions as to the length and format of this manuscript containing 16 uncredited photographs taken by Lorraine Rorke and three yet-to-be-identified camera persons.

In the exercise of Bishop's and Celestial's respective editorial judgements, there might be some criticism of their selection of material, feeling perhaps that certain aspects of Walt's melodrama should have been in a different mix or emphasis. Others, less enchanted with the colorful aspects of Stack's biography, might hunger to read more about his strong

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political beliefs or yearn for some of the meaty philosophizing which he occasionally shares from his scholarship of the school of hard knocks and university of the streets.

I personally found the diminutive book a delight, recognizing many of the told and retold anecdotes which most of the Californios collect about our favored geriatric human beer-powered Sherman tank. Somehow, there's a certain San Francisco charm which emanates from such written treasures like "screwed, stewed and tattooed" or "blowing a little smoke up their asses" and even little gems like "maggot shit" and "turd detectives". They don't seem to shock, but they rather flavor the world of running prose.

It was a genuine pleasure to discover other morsels, including a few about Walt's beloved wife Marci, and his artist daughter. Bishop even managed to squeeze in kindly tidbits on other runners in Walt's life, like specks of ginger in a Chinese dinner. You don't quite expect the little surprises of flavor, but they taste delightful, especially when one sees one's own name on the printed page. For this alone, the book has a special value to runners.

Some criticism has already been leveled by other publications at the style of Bishop's writing, but chronicling Walter lends itself to the journalistic method, as any attempt at simile, metaphor or increasing the fabric of the man by excess adjectives and verbiage would be overstating an already taxing assignment. This is not a defense of Bob Bishop's technical ability, as it is not needed. Rather, it is a writer's disclaimer that handling a subject with so many complex facets is a Herculean task. In view of the effort expended and publishing restraints in the rock-hard business of book selling, it is no small miracle to have put Walt into print at all!

For those who might have expectations of an in-depth treatment of Stack...don't, as there just isn't any room in the book except for an impression of the intensity of the man. The book does lead one to want to know more about what was either left unsaid or wound up on the editor's floor. However, it is an easily read, thoroughly entertaining, thumbnail sketch of a San Francisco phenomena. Don't fret if you want to see more of Walt. He hasn't even touched the media marketplace yet. There are probably 20 television folks trying to conjure up a film documentary, and the medical community no doubt wants to write him up in technical literature. Consequently, it's just a matter of time before we'll see a welcomed sequel.

Long Distance Ratings

PA-AAU STANDINGS: (Compiled by Art Dudley) - Beginning this year, we've decided to limit the number of races counted in our point standings to thirty (30). These races are listed in issue #71, and some additions and changes were mentioned in #72. We count only the top PA-AAU finishers and go only 4 deep for women, 6 deep for masters and 10 deep for open men. To determine a runner's rating: take the average place (when finishing in a 'counting' position) and divide it by the total number of races which count. For example, a 1st, 3rd & 6th = $(1+3+6)/3/3 = 1.111$. We are listing all those that have scored below 1.00 in this issue, but you can figure your own average by using the above rules.

HELP! - We got some help to our pleas in last issue...we know that Thomas Kennedy is a local runner (Paul Masson Marathon), but still aren't sure about Joe Maddux being a local masters runner...does anyone know for sure? In the Midnight Run we need to know if John Armstrong is a local or not. We learned from several readers that both Chuck Burrows and Debbie Anderson are not local (from Hour Run). Here's one more for our readers--San Francisco Marathon (July): does anyone know if Henry Barksdale is local or out-of-district? We need to know by Dec. 20th at latest for our final 'point calculations for 1978. Thanks for your help in making our ratings as accurate as possible.

Following are the ratings through Oct. 14th, excepting the PA-AAU Masters X-Country Championships, for which we didn't have results in time for tabulating...even though they are in our results section. At the moment, it appears as if Elaine Miller will win the women's division, but Darryl might catch Ralph Bowles for the masters title, and the open race is a real tossup between Maxwell and Sershen. Tune in next time!

WOMEN

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Elaine Miller/Unat-WVTC (8)	4	2	1	1	1.875	0.234
2. Judy Leydig/WVTC (6)	5	0	0	1	1.500	0.250
3. Roxanne Bier/SJC (3)	3	0	0	0	1.000	0.333
4. Ruth Anderson/NCS (7) (40+)	0	3	1	3	3.000	0.429
5. Judy Fox/WVTC (4)	1	1	2	0	2.250	0.563
6. Kathy Perkins/SJC (3)	1	1	1	0	2.000	0.667
7. Joan Uillyot/WVTC (4)	1	1	0	2	2.750	0.688
8. Merrill Cray/CRC (2)	1	1	0	0	1.500	0.750
Laurie Crisp/WVTC (2)	1	1	0	0	1.500	0.750
Penny DeMoss/WVTC (2)	1	1	0	0	1.500	0.750
Candy Hearn/OPHIR (2)	1	1	0	0	1.500	0.750
12. Sue Brusher/BASC (5)	0	0	1	4	3.800	0.760
13. Caron Schaumberg/ER (3)	0	2	1	0	2.333	0.778

MASTERS

Runner/Club (Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Ralph Bowles/WVJS (9)	6	3	0	0	0	0	1.333	0.148
2. Darryl Beardall/DIRT (6)	4	2	0	0	0	0	1.333	0.222
3. Bob Wellck/WVJS (5)	3	2	0	0	0	0	1.400	0.280
4. Ulrich Kaempf/TRAC (6)	3	1	2	0	0	0	1.833	0.306
5. Harvey Ferrill/SUND (5)	2	2	1	0	0	0	1.800	0.360
6. Kent Guthrie/WVJS (7)	1	2	2	2	0	0	2.714	0.388
7. Jim O'Neil/BC (6) (50+)	2	1	2	1	0	0	2.333	0.389
8. Bryan Holmes/WVJS (7)	0	3	1	0	2	1	3.571	0.510
9. Ross Smith/WVJS (4) (50+)	1	1	1	1	0	0	2.500	0.625
10. Ted Wilson/KJ (7)	0	0	2	1	2	2	4.571	0.653
11. Doug Latimer/Un (5)	1	0	1	1	1	1	3.800	0.760
12. Russ Kiernan/DIRT (5)	0	1	1	1	0	2	4.200	0.840
13. Myron Nevraumont/WVJS (5)	0	0	1	2	1	1	4.400	0.880

OPEN (* denotes 2-way tie)

Runner/Club (Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Jan Sershen/ETC (12)	2	1	2	0	3	4	0	0	0	0	4.083	0.340
2. Brian Maxwell/BASC (6)	4*	1	0	0	0	1	0	0	0	0	2.083	0.347
3. Mike Pinocci/WVTC (4)	2	2	0	0	0	0	0	0	0	0	1.500	0.375
4. Angel Martinez/AGRC (6)	1	3	1	0	1	0	0	0	0	0	2.500	0.417
5. Wayne Badgley/SUND (3)	2	1	0	0	0	0	0	0	0	0	1.333	0.444
6. Duncan Macdonald/WVTC (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
7. Bill Clark/WVTC (7)	1	0	1	0	2	1	1	1	0	0	5.000	0.714
8. Pete Flores/AGRC (5)	0	1	1	2	1	0	0	0	0	0	3.600	0.720
9. Steve Brooks/WVTC (4)	2	0	0	1	0	1	0	0	0	0	3.000	0.750
10. John Moreno/CWTC (3)	0	2	1	0	0	0	0	0	0	0	2.333	0.778

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We are all aware how tough it is for a world-class athlete in this country to train seriously and earn enough to make ends meet at the same time. There should be a better way, but there simply isn't.

Recently, I was contacted by Debbie Heald, a world-class distance runner (4:10--1500m; 4:31--Mile) who is moving to Berkeley to train shortly after Christmas. She is looking for economical housing and a "flexible" work situation to allow her time to train.

If you have any ideas, please give me a call as soon as possible. She's an Olympic-caliber athlete and I'd like to help her out.

Contact: Leal-Ann Reinhart (Ph. 415/548-3855, evenings).

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HALLOWEEN RUN SHIRTS--We have a few size large shirts left from the run at West Valley College on Oct. 29th...if you're interested in getting a souvenir from this race, send \$4.00 per shirt (includes tax and shipping) to: Jack's Athletic Supply, Box 1551, San Mateo, CA 94401.

WANTED: HIGH SCHOOL OR JR. COLLEGE COACHING JOB--I've had many years of coaching experience in track and cross-country at the high school level but am currently dissatisfied with my location (it's HOT in Yuba City in the summer, and there are not a lot of races close by). I'm looking for a position with a Bay Area school that has a serious desire to build or maintain a quality program. I prefer to teach and coach. If you know of a possible opening along these lines, please contact: Humberto Hernandez, 1341 Dustin, #31, Yuba City 95991 (Ph. 916/674-5343).

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Our Readers Speak Out

Refreshing!

DON PICKETT (Tiburon, CA) - "During a time when the national running magazines are 'dumping' articles on us like the one about a guy who shoots some baskets, runs around the block, and then tackles the Dipsea course, it's refreshing to read Leydig's "rag"...I can't get used to your cumbersome NCCR name (P.S. - How about *California Runner*?).

I can refer to "Runners' Zoo" by Jim Nuccio as an example of 'refreshing'...the "Runner vs. Jogger" article in particular. Don't let him get away. Give him a raise!"

Unofficial Runners

TIM SMITH (San Francisco, CA) - "My missive concerns that nemesis of race directors everywhere, "The Unofficial Running Deviate", hereinafter referred to, for the sake of brevity, as T.U.R.D. In every race this phenomenon manifests itself to the detriment of many. T.U.R.D. interferes with other runners, helping him/herself to aid intended and paid for by the official racers and takes advantage of the measured course and official times as well as the efforts of many volunteers without so much as a "thank you" for compensation. Well, we've all seen plenty of T.U.R.D.s in our travels. The question is how to dispose of this problem.

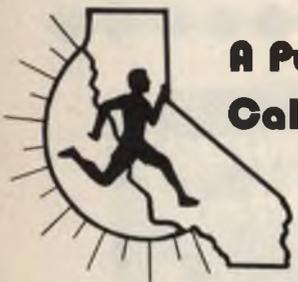
I have a modest suggestion to clean up this blight or at least help with the problem. After talking to a number of T.U.R.D.s, I have reason to believe that they are what they are for some good reasons. Some do not like to register officially for a race because they plan only to run part of it and at the same time do not want the stigma of "DNF", so they have no middle ground, and become, perforce, T.U.R.D.s. But others have little time and/or patience for the long registration lines and just jump into the race after it starts. And still others are just cheap, mean and low and, I suspect, would be T.U.R.D.s in any situation.

If we could have one other category at the registration areas we might eliminate a significant part of these T.U.R.D.s and fatten the club/charity coffers. We should have a table at which the would-be T.U.R.D. could pay the registration, or even one-half the fee, for a large "U" to affix to his/her person somewhere. That way, in a marathon he could avail himself to aid without incurring the opprobrium of the officials/spectators. He would have a designated finish area if he so chose (to finish that is), where only his time would be announced. He would not be listed in the race results nor would he share in the awards.

The "U" table would require no long forms to fill out and no AAU numbers. No waiting...just pay your small fee and show everyone you are not T.U.R.D. Those who refused to even perform this perfunctory duty would stand out even more as true, unrepentant T.U.R.D.s. Let's give T.U.R.D.s a chance to get off the streets!"

Dipsea

RICHARD HINTZ (Berkeley, CA) - "Like many others I've complained about the long wait for the Dipsea results. In response to a question some months ago, *City Sports* magazine said the 1977 results made a trial run through the computer in April with the final, full results that were expected to be out in June. Have these been published? This whole results business comes to mind because of a few recent 500+ runner races whose organizers managed to get finishing lists out to competitors within two to three days!...(continued, page 18).



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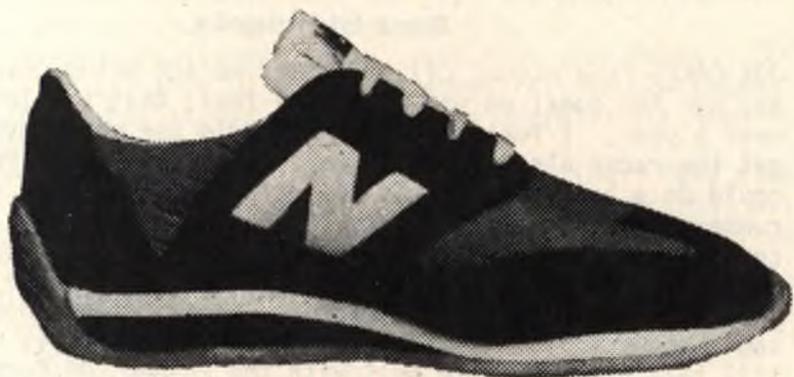
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Perhaps this was intended to be a joke since it is so clearly impossible. It was a hot day and the scheduled relatively late starting time was delayed by an immense turnout; a number of runners, having reached the eight-mile mark, exhausted after a final push to the expected end (at the advertised 8-mile distance), were discouraged and dismayed to see an arrow instructing them to continue to an as-yet-invisible finish line. The race turned out to be 8.5 miles, a length apparently not due to a last-minute course change since the ribbons were imprinted with the actual, rather than the advertised, distance.

In at least one of these cases, a race organizer was overheard to say that he purposely advertises distances as shorter and courses as less difficult than they are in reality in order to attract more runners. Paradoxically, racers and organizers are complaining about fields of unmanageable proportions, and racing by untrained runners who pose hazards to themselves, other runners, and race organizers. Under the circumstances, it might be argued that races should be advertised as longer and more difficult in order to discourage the marginally fit. However, the purpose of a course description should be to inform the potential racer of what he/she will encounter, and therefore the objective should be accuracy rather than to 'sell' a race. Then the race should be run on the advertised course insofar as weather and law enforcement officers allow."

Race Standards

JOE OAKES (Los Altos, CA) - "I feel we are being cheated. We pay our AAU dues; we pay our entry fees; that's a lot of bucks over a year. I feel that the AAU could use more leverage to get the races cleaned up. I feel that some race directors could do a lot more to make the races more designed for the runners than for their 'causes', whatever they might be. Because I feel so strongly, I am going to do the following:

(1) Continue to race and enjoy it. When a race is well done, I'll tell the race director. When it shows need for some improvement, I'll tell him nicely. When it is really bad, I'll tell him and raise hell with the PA-AAU LDR Committee.

(2) Attend LDR meetings and do my part to fight for more quality runs in the area, and less garbage. We don't need more...we need better...continued on next page.

(Letters, cont'd...) These results weren't beautiful; but they were legible and, as far as I could tell, complete. What's more, they show that results don't have to necessarily be typed.

The Dipsea itself is the main subject of this letter, however. My concern is not so much with the organizers mailing out results within a few months as with the possibility that the race may not be held at all in coming years.

The usual Dipsea participant gets no more than a worm's eye view of the race. The runner's concerns are with starting procedures, course markings, aid, transportation back to the start, and so on. The permits required, the traffic control arranged, and all of the rest of the actual mechanics of holding the race concern the average racer only if there's a foul-up somewhere that affects him.

I was surprised to hear on the TV news coverage of the Dipsea that it was a miracle that the race was held at all. The reporter mentioned that the Marin Board of Supervisors had voted unanimously against allowing the race to be held. Various environmental groups were opposed to large numbers of runners pounding down the Dipsea Trail. The emergency services people were worried about the lack of access to their vehicles because of the usual traffic crush on Shoreline Highway.

Well, the starting times were moved up and Fidelity Savings fixed the traffic problem by providing buses for runners and spectators. Will a sponsor provide buses next year? Will all the other objections be overcome?

The organizers, the Mill Valley Jaycees, should present a clear statement of the problems that the race is having. I, for one, would like to know what we can do as individual runners to ensure that future Dipseas take place."

How Far?

DAPHNE FAUTIN DUNN (San Francisco, CA) - "I have been struck by a disconcerting trend in race advertising recently, as epitomized by my three most recent races within Marin County. In one case, a number of people quit the race after tripping over tree roots while stumbling down steep, narrow dirt trails within a mile of the start, on a course that had been described as flat with 'rolling' hills. In another race, it was announced immediately prior to the start, after participants had registered and paid their fees, that last-minute permission had been obtained to lengthen the course by about 30%. The third example was a loop race promoted as 'all flat and downhill'.

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(3) Scream for PA-AAU to nail those few bums who are *using* the runners merely as a source of funds, with emphasis on those cases where the runner is treated with disdain and a general lack of consideration. Probably the best way to do that is to remove sanctions. (Hit men are illegal. Any other ideas?)

(4) Help to develop a system by which the PA-AAU can make really sure that a plan exists before a race; that the plan meets with PA-AAU LDRC standards, and that it is closely adhered to.

(5) Encourage the PA-AAU to have the current standards made even more stringent, with the health and comfort of the runner in mind. Raise them high and keep them high!

(6) See what can be done to have the PA-AAU make sure that race officials are trained at what they are doing. Too many of them don't know how to even start a stop watch.

(7) Hope for the day when NCRR will take sufficient interest in the problem to RATE RACES based on reports from runners. (Ed. - We'll be happy to do that now, as soon as someone comes up with a quantitative way of doing it.)

George Sheehan says that most runner-types are passive, uninvolved, shy and retiring folks. In this world, you get no more than what you ask for. If you constantly permit yourself to be treated shoddily, you deserve it! If you regularly let other people make your decisions for you, you deserve Nixon, bad races, and poor quality in what you buy.

As a runner, it is your money, your AAU, your races. If you don't like it, then *DO* something about it. An old legal principle says that if you don't struggle or yell, you aren't being raped.

Not everyone will agree with me down the line. That's OK. Some people appreciate any bone thrown in their direction; will settle for any level of quality tossed at them. But when I am paying for steak, I want steak, not hogwash. I know that no one is going to fight my battles for me if I am not willing to do some fighting myself. If you're unhappy with the direction things are going in, open your mouth and do something about the situation."

(Ed. - Joe has formed a "Standards Sub-committee" in the PA-AAU LDRC and a set of preliminary items have been drawn up. When finalized, we'll print 'em. Thanks for caring, Joe.)

RESOLING

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GUEST EDITORIAL

-by Len Wallach

The recent proliferation of articles holding running up to satire, criticism and ridicule are increasing at a high rate. Highly capable writers from well-regarded publications are scribing anti-running epistles with brickbats and feathers; with sophistication and sometimes crudeness.

This pastime of the fraternity of ink may be an easy way to fill the pages to meet newsprint deadlines...a kind of indolent journalism. Or, they may actually reflect the genuine feelings of the contemporary press! Some of these paragraphs are probably well-deserved, as the reading public may have grown weary of the written word on the world of the people with fast-moving feet.

However, if one will accept a small voice of another point of view, I submit that running is only a contemporary vehicle of a long-smoldering American urge to find new directions; a means to determine new beginnings. There is a search going on in running, and it's not for other races but rather for the spaces of our own minds and bodies. Running is not the goal but the manner. It may be a quest for inner peace or planned simplicity in life style. It may be an avenue for personal development or merely a self unscrambling, but to label the running explosion as its own cause is to miss the entire point of the enormity of it all.

This is not meant to be a detractor from the sheer sport of this glorious activity but rather a specification of its full dimensions; a mapping of its uncharted boundaries; a chronicle of its profundity.

For those entertaining writers yet to print another story or editorial on the 'other side' of running...beware! We runners have not yet scratched the surface!

Next issue will feature editorial comment on the growing concern by runners on corporate involvement in the road racing scene. What are the pros and cons? Note: Just as this issue goes to press, news has broken on the Quaker Run controversy.

FOR WOMEN RUNNERS!

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THE HUMAN RACE



LEN WALLACH

Probably the only reason one would take notice of Margaret Jean Weimer is that her running togs are so outlandish (see photos below). These are not the silks of the fashionable or well-to-do, but are rather the all-but-tattered rags of the poor, stitched together in a last desperate attempt to keep them surviving for a few more days. The patches on the rear aspect of her Salvation Army rejects are the finish ribbons from Bay Area races where she earns her back-of-the-pack status with both pride and dogged footwork.

No newcomer to stress and confrontation, she tackles running with the same clinical dedication that she does in her work as a psychiatric social worker where she handles human crisis situations. "I think not," she replied contemplatively when asked if competition was worthwhile, having spent much of her professional life working with those who have fallen off their pace and dropped out of the human race. "Only if one can deal with the reality of what's happening in competition can it do them any good," she mused.

After a somewhat rambling, free-wheezing dialog while we huffed and puffed up the north slope of the Crystal Springs cross-country course in Belmont she was able to complete her explanation that winners who don't know the relative value of their accomplishments simply don't benefit from competition. "To the person in the back of the pack, not winning has its own reward," she continued. "Those who realize that physical speed doesn't mean one has more value but rather merely faster...they are on the right track." Then she added for emphasis, "faster, not better..."

Marge Weimer spends a lot of time thinking about running and what it means in terms of her own personal development. As a full-blown professional with academic and experience credentials to deal with human problems, she finds running as a means to personal power...a getting in touch with your real self and not the one that society programs you to be.

Graduating from Ball State University and upon completion



Marge Weimer enjoying the Belmont X-C course. /Pat Grabinski/

of an advanced degree from the University of Indiana, she found her own professional and personal beginnings somewhat lacking. "I didn't have the correct attitude...I wanted more closeness. I wanted to grow faster, more fully...I was not only slowing down or even just standing still...I was going backwards!," she described in revealing bursts her eastern life before she followed a typical runner's pattern: throwing everything she owned into her Triumph and coming to San Francisco without a job and with but a few contacts. "I loved jazz and consequently coming to California was a natural extension of that. I felt comfortable here," she went on, explaining a gradual turn to the healthy and interesting lifestyles so readily available in the Golden State.

"I was still burdened by my personal life and ran just a little as an exploration." National Running Week came along in 1976 about the time she was starting out on the roads, and it helped to remotivate her to think about running seriously. "I met a guy in the Fitness Run who said that he ran one hour a day and didn't care how far he would get. That really impressed me," she explained, and by doing so pointed out the frequent happenstance of an accidental chance remark by a runner having a significant impact on the life of a non-runner... a lesson she constantly points out.

"What really happened inside was that I recognized that as the distance fell behind me I began to end one more depression of a long series of depressions," she went on. "Finally I guess I just said: this depression will continue unless I take ahold of things and go. So I did," she concluded, thus explaining her intellectual and emotional commitment to running.

"Running can be a small turning point or a major one," she advised, but pointed out that the key to it is to throw away any ideas of competition which usually result in coming up short. "The basic issue is your own development, no matter what anybody ahead of you or behind you is doing. It's just a pure raw spirit that's in each of us. It's not the relationship to other runners that we should be after." She thought for just one more moment and added, "It makes you feel like you could be a cougar!", smiling at the last word.

Prior to a recent shift to private practice, she had been a member of the Crisis Intervention Team in the San Mateo County Department of Mental Health. Her work was all encompassing, but the crisis folks were the first-line troops dealing with people with serious and immediate problems. As a result of these experiences, often involving real danger from potential violence, she gained considerable insight into the need for a total approach to human health. Not content to take the clinical approach to her clients nor to deal exclusively in the abstract, Marge Weimer was as venturesome with her talents as is a small skiff trying to make its way home through the rips and currents of the straights under the Golden Gate Bridge. One of her efforts was setting up *Moving to Joy*, a happy gathering of people exploring their inner selves through a variety of mutual experiences which included group discussions, social outings, and running.

"In my present clinical work, over 50 percent of my clients have taken up running," Weimer advised, but with an explanation that she doesn't initiate the suggestion. However, when the subject comes up, as it will sometimes during the exploratory monologs and dialogs, she cements the tentative thought into concrete decision. "I may have selected the wrong distance, but I tell each of them that when they can run three miles that we'll run together," she gestured at the tough three miles of the Crystal Springs course ahead of us. It passed my mind that the stress of this particular three miles might send some of the more normal folks into psychosis; consequently, I privately hope that she selected a more downhill site for the duos.

Although she speaks in soft easy sentences, there is an underlying discipline and directness in her which, once turned loose, jabs at you with punchy intellectual pokes, occasionally knocking one's glass jaw into contemplative revelations. She took on the likes of *Runner's World*, chastising them for what she felt was a sexist picture on one of their covers. As it turned out, a small hornets nest resulted, with none of the subsequent Letters to the Editor supporting her position. Weimer brushed the incident off with a comment indicating that one shouldn't do one's thinking in relationship to the boxscore of Letters to the Editor, no matter how vitriolic. As I have frequently been on the receiving end of this kind of boxing match, her conclusion fell on welcomed ears. I thought I detected the faint traces of a smile when she intimated that *Runner's World* might be publishing one of her articles in the future, as if to

say that she walked into the public lion's den and plucked a thorn or two.

In the final analysis, Margaret Jean Weimer, runner, psychiatric social worker, author, lecturer, woman and human being, sees in her profession the same thing she sees in running --people under stress. Her mind comprehends and her heart reaches out.

For those who need her, she's there waiting. I wonder how many among us she can help?



NOR-CAL PORTRAIT

by Doug Rennie

Septembers are *HOT* in Sacramento, and today is no exception. It is nearly 90 degrees...steaming and humid as a horde of green and gold clad runners approach the 4-mile point in a 6-mile cross-country race. Humboldt State and Cal-State Sacramento, traditional rivals for Far Western Conference supremacy, are going at it once again. The rapidly approaching pack consists of three Humboldt harriers and two CSUS athletes, all of whom share one common symptom: taut facial muscles straining against flushed, red skin and the squinting half-closed eyes that every competitive distance runner immediately recognizes as overt evidence of the "holding on" syndrome. There are still two more agonizing miles to travel, however, as all five athletes--each suffering in his own private Hades--struggle to get a tactical shoulder in front. Only one element keeps this from being the powerfully dramatic moment it would seem to be: these runners are fighting it out for second place! Nearly 300 yards ahead of this gaggle of tortured souls, moving in a stride that is as effortless as it is efficient, is 22-year-old CSUS ace, Jim White.

White is travelling at just under 5 minutes per mile and yet his face manifests the effort of a leisurely jog. While the rest of the field, composed of some of the best Division II runners in Northern California, labors and grunts nearly a quarter mile to the rear, White's features reflect a tranquility that belies the punishing pace he is setting. Less than 10 minutes later, White, still looking relaxed and serene, crosses the finish line in 29:52 for the 6-mile plus course.

Those of us watching this race were impressed, but we were hardly surprised at the outcome, for Jim White's talent has been similarly showcased on many occasions over the past few years. Last year Jim finished sixth overall in the NCAA Division II Championships. Running in 24-degree weather on the frozen tundra outside of Chicago, Jim sped to a superb 30:10 clocking for 10,000 meters and, in so doing, approached national-class status as a runner.

This year seems to hold yet more promise for White. He has already clocked a swift 24:03 for 5 miles at the Cal-Poly Invitational and on Oct. 21st won the FWC Championships with a 31:21 10K victory that paced his CSUS Hornet team to a 25-31 triumph for the team title over Humboldt.

Team goals and the camaraderie generated by them have become increasingly important to Jim this year. Once known as the "Lone Eagle" because of his penchant for solitary training sessions, Jim has chosen to run most of his workouts with his teammates over the latter part of the season. "Although I am used to training on my own both off-season and during the season," Jim reports, "I have recently started training with my team for greater unity. It has apparently helped the team (according to my teammates), and I have discovered that there is such a thing as team unity and cohesiveness in cross country. The sport not only involves individual runners going out and running their best; it also involves runners helping and drawing from one another..." Still, Jim recognizes the essentially individualistic component of running which he defines as a "gutsy" sport, demanding the maximum of self-confidence, self-motivation, self-respect, self-discipline, and consistency of training.

What is the essence of White's training? Nothing very different--just the usual pairing of high volume (up to 120 miles a week) and periodic sustained intensity through half-mile and mile intervals which Jim prefers over shorter repetitions. Like many top athletes, Jim believes almost religiously in carefully monitoring his body and running as he feels. "One of the main reasons I prefer training along," he recounts, "is that I feel less pressure to run hard when I don't feel like it." Jim pushes the pace of his intervals, striving for 4:40 tempo for his repeat miles, however, control and relaxation, rather than pure speed, dictate his efforts. Unlike many high-echelon

distance runners, Jim eschews track work, preferring instead the long, grassy expanses of local parks for his intervals. Supplementing his intensive sessions are plenty of long, slow (6:50-7:00 pace) miles to maintain aerobic fitness. Runs of up to 30 miles on Sundays are not uncommon elements in his training regimen.



Sacramento State's ace distance runner, Jim White.

Jim ran no track last spring after sustaining a serious ankle injury--the result of a hot-dogging attempted flip on Sierra ski slopes! White intends to be more prudent in his choice of winter activities this year and anticipates sub-30 minute times in the 6-mile and clockings in the low 14-minute range at 3 miles this spring.

Although his longest-ever competitive race has been ten miles, the unholy magnetism of the marathon is slowly carving a niche for itself in Jim's mind. White admits that his high training volume, the regularity of 20-30 mile Sunday training runs, and the fact that "the longer I run, the stronger I feel" all suggest that the marathon may be his best event in the future. White's slender 5-7, 130-pound body exudes the raw, wiry power endemic to sub-2:20 marathoners, and such a time is certainly feasible in the next few years. He has been reluctant to run a marathon to date because he has seen "enough good young runners get into marathoning and get injured or burned out by the time they are 20 and never run again. And I didn't want that to happen to me." Now, however, White is 22 years old and his rare ventures into longer races and training runs have been successful and buoyed him with confidence. "I am attracted to the longer stuff," he says, "and I'm thinking about running either the Pepsi 20 (Nov. 19) or the Culver City Marathon this winter. I have heard that both are flat and fast and I'm really seriously considering trying one of them." If he does (did by the time you get this issue), look for a spectacular debut.

Marathons, however, are at the moment only a future concern for White. Team and individual honors at regional and national level NCAA Division II Championship meets are more pressing matters. Under the relaxed tutelage of CSUS coach, Noel Hitchcock, Jim White--a man whose running career began in 1972 as a high school freshman who chose distance running over sprinting because "I didn't know the difference between the two"--can be expected to affirm anew his credentials as one of this nation's better college division runners.

(Ed. - As this issue goes to press, we've learned that Jim improved on his 1977 placing at the NCAA Division II Nationals, held in Pennsylvania, taking fourth in a time of 31:23 over 10 kilometers. His Sacramento State team took a fourth in the team standings.)



RUNNERS' ZOO

by Jim Nuccio



What? No "Carbos by the Bay" as promised?!? What could possibly be more important than a subject of such international significance as where to get good coffee and Danish in the Bay Area? Why, the first and last PA-AAU BELATED FALL FLAGRANCY AWARDS, that's what! Here are the awards and their unfortunate recipients as presented by the Marin County Roadrunner Association & Wrecking Crew at their recent annual banquet, held in the Deep Dish Room of the Kentfield Straw Hat Pizza Parlor:

- *Big Bertha Shell-Shock Award for constant mental awareness, perception and calm beyond compare -- *Bonus Jack Leydig*
- *Bactine-Bonechip Award for incurring crippling foot injuries while casually jogging on soft, marshmallowy, spongy surfaces -- *Dave Himmelberger and Mike Conroy*
- *Pentax-Honeywell Flagrant Flash Award for overexposure above and beyond the call of duty -- *John Marconi*
- *Big Ben-Timex Punctuality Award for consistently arriving at races 3 minutes before the gun -- *Bob Darling*
- *Yves St. Laurent-Bill Blass Executive Designer Chic Award for displaying impeccable taste in casual and formal running wear -- *No one*
- *Jason Robards Award for the best supporting actor in a dramatic role -- *The entire Aggie Running Club* for their stunning rendition of the feared "Aggie Start", performed prior to the gun of the 1977 Sacramento Relays 5000 meters.
- *Bill Scobey-Brillo Award for the most determined abortive attempt at an afro by a Caucasian -- *Mike Porter*
- *Body Ammo-Body Punch, Most-in-Need-of-a-Body Award -- *Mike Porter*...sorry Mike; anyone who goes to the University of Portland, runs for Jim Grelle, and openly admits it, deserves excessive mention in this column!
- *Mike Porter Look-a-Like Award -- *Otis Sistrunk*
- *Ric Rojas Look-a-Like Award -- *Ron Zarate & Lionel Ortega*
- *Bill Clark Look-a-Like Award -- *Bill Clark, Jr.*
- *Bob Bunnell Look-a-Like Award -- *thankfully, no one*
- *Running Gourmand Look-a-Like Award -- *Robert Redford, Sam Elliot, John Travolta*...guess who initiated this award?

TIP OF THE MONTH: - 48-second quarter-miler and WVTC'er, Bob Hertan, and his wife, recently opened a restaurant that sounds like a winner! Called "Pinay-Salsa", the featured cuisine is Filipino and Mexican and definitely deserves a visit or two. "Pinay-Salsa" is opened for lunch Tuesday thru Sunday from 11:30 to 2:30 and serves dinners Friday thru Sunday from 5 to 9. It's located at 123 First St. in Benicia. Now I finally have a reason to go to Benicia!

FOOD FOR THOUGHT: - The running craze has challenged some basic economic principles. The more entrants in a race, the lower the entry fee, right? Wrong! Despite being affiliated with a charity which receives a portion of the proceeds and the added expense of controlling runners en masse, \$4 and up is a bit steep. And why is it that it's the "new races" that are charging the exorbitant fees, while some of the "originals" (Berkeley Waterfront, Felton, Excelsior Beach, West Valley Marathon, etc.) still charge a buck or two?? This corroborates the theory that runners are weird---imagine paying \$8-10 for the privilege of ravaging your bod and scrambling your brain for 26 miles! I'm glad I've been injured for awhile; I couldn't afford to be healthy!

NEWS ITEM: - Runners--bicyclists are one up on us. Not only do they train on LSD (Long Slow Distance, or Lotsa Safe Driving), but they also advocate the extensive use of (shudder) POT--Plenty of Tempo!

Typesetting/Mailing Lists

If you have a need for typesetting services on a fairly regular basis (8-10 hours per month) and are interested in doing it yourself (or possibly having us do it for you), please give NCRR a call at 415/341-3119 immediately. We are seriously considering leasing such equipment, but we need a few others to make it financially feasible. Other possibilities include using the system for regular mailing lists.

Medical Advice

TOTAL MEDICAL CENTER HEALTH

by "Tim" Smith, M.D.

THE EXERCISE OR "STRESS" EKG--WHAT IS IT? - One of the marvels of the human body is its tremendous reserve capacity. This capacity functions at the cellular and chemical level as well as the physiologic. It means simply that a significant portion of a system must be damaged or obliterated before any signs of defects occur. Most of the tests that are taken in the yearly physical and even most of the clinical tests of bodily function cannot reveal beginning problems. Many tests don't turn 'positive' until the damage has been done to an irreparable degree. Another reason for many tests being of limited value is that the range of "normal" in the American population is so broad that you could have a reading on a test of, say, 20 this year and come back next year for the same test and have a reading of 100 and still be said to be "normal". One of the best reasons for having tests that apparently don't tell much is to establish a sort of "baseline" for your own chemistry and physiology. Your own range of "normal" may be at a certain level and then when a subsequent test shows that you are out of that range, although still in the "normal" range for the overall population, it may be the first subtle sign that there is something wrong with YOU. There are a number of tests that one should have done on a regular basis, but the one I want to talk about here is the *EXERCISE ELECTROCARDIOGRAM*, also known as the *STRESS EKG* and the *EXERCISE EKG*.

Anyone over the age of thirty who is beginning an exercise program who has not been previously active in strenuous sports or who has known medical conditions such as obesity should have an exercise EKG. Persons over the age of thirty-five should have such a test yearly, even if physicians such as Thomas Basler say that marathoning confers immunity to coronary heart disease. The exercise EKG is simple, relatively inexpensive, and has had a very low rate of complications.

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The basis for the electrocardiogram (EKG) is that as the heart muscle contracts and relaxes, it creates electricity of a very low level which can be displayed on a TV-like screen and written on paper. When the heart muscle is functioning properly and has an adequate amount of blood bringing oxygen and fuel, it produces a characteristic electrical signal, and when it is not functioning properly, it produces other, fairly characteristic signals. By examining the heart's electricity when it is under a load, such as that required by running to your maximum level on a treadmill, we can tell to a fair degree whether or not the vessels supplying the heart with blood (the *coronary arteries*) are open enough to carry all that is required.

So the idea of the test is simply that after you are connected to the electrodes, you are encouraged to run on the treadmill, which goes faster and faster as the adjustable grade is elevated until you reach your maximum effort and can go no longer. Contrary to the fears of some, the electrodes don't put electricity *into* you; instead they only pick up your natural electricity and send it to the machine. Your blood pressure is taken throughout the test and is continued, along with the signal readings, through a ten-minute post-exercise period.

So how good is this test at finding out who has blockage in the coronary arteries? I'm very sorry to report that it is not nearly as good as we would like it to be. We call a test "positive" if it shows the signals we have associated with blockage in the arteries and "negative" if it does not show these changes. Smart of us, huh? Those of you who are familiar with any kind of testing know that there are test results which are called "false positives" and of course there are "false negatives". This means of course that sometimes the test will look positive, but the person really has the condition or disease and that sometimes the person will have the condition but his tests are still negative. We don't like it any more than you do, but those are the limitations of the test. The stress EKG has, unfortunately, a high rate of false positives and many times people are worried about their hearts when they don't have to be. There are additional tests which can be done to see if there really is a problem with the heart. These follow-up tests are more sensitive and can show more than the exercise EKG. So why don't we do them in the first place and not scare people by telling them that there may be something wrong? Well, the other tests are more complicated, more expensive, and sometimes more risky.

The other area of concern to people is the estimation or calculation of the maximal oxygen uptake. By measuring how long the runner stays on the treadmill, how fast the treadmill is going, and at what grade the machine was elevated, the ability of the system to bring in and deliver oxygen to the muscles can be determined. Maximal oxygen uptake is measured in milliliters (that's 1/28th of an ounce) per kilogram of body weight (2.2 pounds) per minute. The average sedentary 35-year-old man would have a maximal oxygen uptake, abbreviated VO_2 -max, of about 35-40. The highest VO_2 -max ever recorded was 94 in a Norwegian cross-country skier. Some values of well-known runners are Frank Shorter-71, Derek Clayton-69, and the highest recorded in an American runner was the 84 of the late Steve Prefontaine. The higher the VO_2 -max, the more potential as a runner you have, assuming other factors being favorable.

If your VO_2 -max is only 55 and you are in fairly good shape, we can pretty well tell you to stop dreaming about the Olympic 10,000 meters and look toward fencing or something else for your gold medal. You can improve your VO_2 -max by training but only by about 20% or so. Just another example of the statement "Champions are born, not made." In fairness, it should be said that you don't really need an exercise EKG on a treadmill to determine your VO_2 -max. You can just do the Cooper 12-minute test in which you run as far as you can in exactly 12 minutes. In Cooper's Aerobics books are the tables to tell you rather closely just how high your oxygen uptake is based on the distance you cover in the allotted time. If you can run more than 2-miles in the time allotted, the tables leave you out; they are for the middle- and back-of-the-packers.

The exercise EKG is only part of the testing package that you ought to have every year so that you can detect departure from *YOUR* normal at an early stage. Just because you are a runner doesn't mean that the forces of biochemistry and physiology are suspended for you. Health is a total concept. Running is a big part of it, but not all of it.

This column will be a regular feature of NCRR for as long as you may like. Specific questions or suggestions for topics should be sent to: Tim Smith, MD, Total Health Medical Center, 390 40th St., Oakland, CA 94609. If we use your topic suggestion for a full column, we will be pleased to conduct an exercise EKG on you in appreciation...gratis!



ADVICE FROM A RUNNING PODIATRIST

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! From time to time we will reprint letters written by our readers.

SKIN PROBLEMS IN RUNNERS: - Every athlete is sooner or later confronted with a skin or nail abnormality. It is for this very reason that we put particular emphasis on skin and nail deformities in this section. These ailments are usually easy to differentiate and, barring any complicating circumstances, should respond to basic first aid or self-treatment. If progressing conditions are ignored, however, infection can result and turn a minor condition into a serious incapacitating problem.

LACERATIONS--The severity of a laceration or cut must be evaluated to determine if medical care (usually cleansing and suturing) is necessary. The basic issue to be concerned with is in determining the depth of the injury and if any underlying structures have been disrupted or severed.

A proper evaluation of the wound cannot be carried out until the bleeding has slowed or stopped and the area is clean. Direct pressure with a sterile gauze or clean towel will allow for clotting of the small vessels and will slow bleeding. Usually, about two minutes of compression should significantly slow the blood flow. It is important to use direct pressure and not "blotting" action. If blood continues to pour from the wound, medical attention should be sought. Keep applying moderate pressure in the interim.

If you wish to take on the responsibility of treatment,

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place the injury under cold, running tap water. While immersed in water, lightly but thoroughly scrub the area with a sterile gauze or clean towel using ordinary soap. Hydrogen peroxide (a 3% solution), if available, is also very good for irrigation. (Note: 6% solution is used to lighten hair and is too strong to use on the skin.) The depths of the wound must be cleansed, as minute unseen particles or foreign bodies may be trapped within the injured tissue. This irritating process is often quite uncomfortable, but is necessary for even the cleanest injury has the potential to cause infection. If the interior of the wound cannot be exposed and cleansed, medical help should be sought. It is possible to get tetanus (lockjaw) if infection is trapped deep within the wound.

Once the area is cleansed, look at the wound. If the skin edges are gaping, you should go immediately to your doctor or nearby emergency room for evaluation. A gaping wound usually means the injury has penetrated through the skin and has entered the fatty tissue. Next, make sure you have full function of all parts far from (distal to) the injury and have no numbness distal to the injury. Squeeze the edges together to make sure the skin will approximate well. If a small piece of skin was gouged out at the time of injury, the healing process will have to fill this area in. If the edges of the wound will not come together, there is a good chance of having a scar or deep adhesion.

Apply a generous sterile bandage that will keep the injury dry and free from contaminants. Apply the bandage from side to side so that the tension helps hold the wound together. A minor laceration should heal sufficiently in 4-5 days to allow bathing of the part. Complications may arise if the location of injury is near an area of flexion or at a joint level. In this case, normal movement will continue to open the wound and prolong healing. So it may be necessary to immobilize or 'splint' the area. If you have any doubts about the severity of the injury, contact your physician immediately.

FOREIGN BODIES--Foreign bodies in the skin, such as splinters, splinters and sand, should first be cleansed, then removed with a sterile instrument. If a deep foreign body is suspected, such as broken glass or a needle, it must be removed professionally.

ABRASIONS--The abrasion occurs secondary to some traumatic force occurring nearly horizontal to the skin surface. The

resistance of the surface exceeds the elasticity of the skin. The abrasive nature of this injury is most likely to be seen in a sport where sliding occurs, either intentionally as in baseball or unintentionally as in ice skating or basketball.

Treatment for an abrasion is similar to that of a burn, since a sizeable portion of raw skin in both cases is exposed to the air and can easily become infected. As with the laceration, cleansing is vitally important to remove all foreign particles. Light scrubbing may cause marked pain since a larger portion of skin is exposed, but the bits of dirt and gravel that are frequently embedded in the abrasion must be removed to prevent infection. It helps to do this under cool, running water.

Evaluation of the cleansed wound should reveal only partial loss of the skin layer. If the base does not appear "skin like" the injury is in need of medical care. Sterile bandages should be applied along with a first aid ointment to protect the wound. The bandages should exceed the borders of the injury and be kept dry. Athletic participation is allowable as long as the dressing is reapplied after bathing and no infection is present. Padding should be applied around the injury for protection if reinjury is possible.

INFECTIONS--Infections of the skin may be caused by bacteria, fungus or virus penetration. They may come from the external surface or internal environment. If you have a skin injury from a dirty object or material, or if you have an ongoing infection in your system, such as acne, gum infections or bladder infections, then you are very likely to get an infected wound.

The first and most important treatment is to keep the wound clean, so that it can heal from the bottom up, and not from the top over. If there is pus, drainage, throbbing or red lines (lymphangitis) extending away from the injury, seek medical attention immediately. Any area that has been bleeding and open to the air is likely to become infected. After an injury, it is a good idea to take your temperature daily. Elevated temperature is one of the first signs of infection. This is true for deep injuries as well as skin problems.

CORNS & CALLUSES--Corns and calluses are local accumulations of keratin or thickened skin in reaction to stress. For clarification, we refer to a corn as occurring on the toes and a callus as occurring on the bottom of the foot, but they are

ROAD RUNNERS CLUB of AMERICA HANDBOOK

A GUIDE TO CLUB- AND RACE ADMINISTRATION

Edited by former RRCA and Washington DC, RRC president, Gar Williams, the RRCA Handbook is really a book without peer. Williams, a former national marathon champion and organizer of Run For Your Life programs, has edited a Handbook that picks up where other Handbooks leave off (or never even think to go). For many years, distribution of this book was limited to local RRCA chapter presidents and RRCA national officials. But now it is available to the general public at \$10.75 per copy (postpaid). --- The RRCA Handbook is not a rulebook. Rather it is the perfect "how to" manual for the new or experienced race director or club administrator. As the *Yankee Runner* magazine said in its review of the Handbook, "this book is to clubs and race directors what running shoes are to the runner--necessary." Topics covered include: how to form and manage a club; how to finance a club program; how to conduct handicap races; how to measure courses; how to develop a schedule; how to conduct meetings, put on awards banquets and how to get a newsletter published. And the new edition (3rd) includes a 70-page section entitled: "Successfully Staging a Major Race." This chapter alone is worth the price for anyone involved in a "big race" or thinking of getting involved in one. Supplies of the book are limited, so order your copy today! -- RRCA, 2737 Devonshire Pl., NW, #119, Washington, DC 20008.

NAME _____ ADDR _____

CITY _____ STATE _____ ZIP _____ PRICE: \$10.75 Each (postpaid)

Each important organ and gland in the body is connected by a network of nerves to a point on the foot where it terminates. If the circulation in the feet is blocked due to various causes such as illness, shoe problems, bad posture, or an acidity condition in the blood, calcium is formed at these terminal points. Deposits of acid crystals accumulate at these nerve endings which impede normal circulation of the blood to various parts of the body.

By gently pressuring these pockets of crystal deposits, they can be dissolved. Deposits often make a "crunching" sound as they are broken up by the thumb or finger. In the process, the blood carries them away as it travels to the feet and returns to the heart at the rate of about 3 times per minute. Crystals are eliminated through the blood stream, urine or sweat glands. Think of these crystals as obstacles in the energy channels which impede the energy flow. Thus, the corresponding organ is adversely affected. Just how much depends on the length of time and the extent of the blockage.

This method of Foot Reflexology must be applied gently, with a slow, gradual movement, using a rotary movement as the thumb or finger moves over the area. The thumb is repeatedly bent in a continuous movement as it travels along to give a smooth, even pressure to the stroke. The ball of the thumb isn't used as much as the corner part towards the end of the thumb. In other words, use the inward or medial side of the thumb at the corner of the nail. It is important that the work be done in this correct way for maximum results. The system is quite simple itself, yet the technique must be carried out in an exact way. All surfaces should be dry. No oil or lotion should be used on either hands or feet.

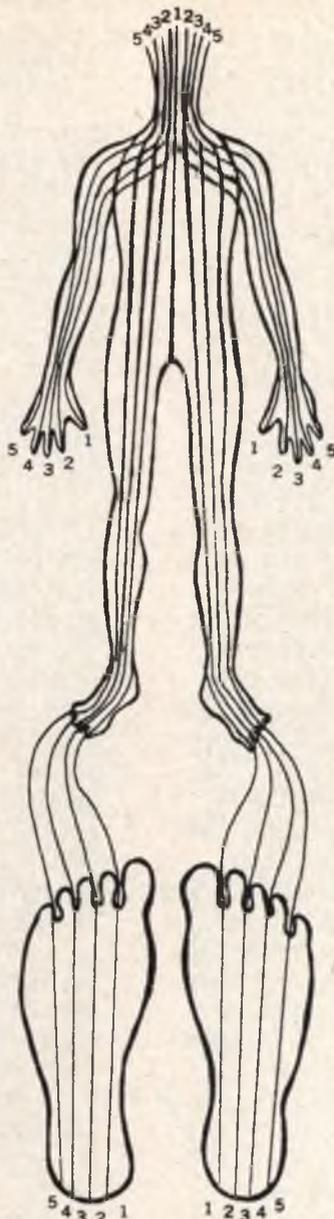
In the early part of this century, this method was called Zone Therapy, referring to the various energy currents that circulate through the body and end in the hands and feet, which are the terminal points. The currents flow in meridian-like lines and are called zones. The theory of Zone Therapy is that crystal deposits form at the nerve endings. These keep the electrical contact or impulse of the nerves from grounding. Rubbing out these deposits enables the nerves to ground.

Dr. William H. Fitzgerald of Hartford, Connecticut, is credited with introducing Zone Therapy in America. He learned of it while in Europe. He divided the body into ten long zones running from the tips of the toes to the tips of corresponding fingers and also the corresponding zones of the head. Dr. Edwin F. Bowers, M.D., an associate, is the one who coined the generic term, "Zone Therapy".

Dr. Fitzgerald was a graduate of the University of Vermont and spent 2½ years in Boston City Hospital. Later he served 2 years in the Central London Nose and Throat Hospital, England, and then 2 years in Vienna where he was assistant to two famous medical men, Professors Politzer and Chiari, known for their contributions to medical literature and text books.

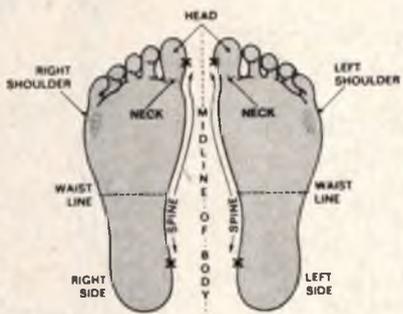
For several years Dr. Fitzgerald was nose & throat surgeon at St. Francis Hospital, Hartford, Connecticut. While there, his method of Zone Therapy was first brought to the attention of the medical world in America. In 1907 he published his first book on Zone Therapy. A revised edition later appeared in 1917 with Dr. Bowers as co-author. This classic is still in print.

Body Zones

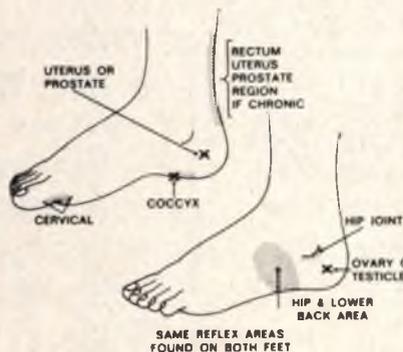


Foot Zones

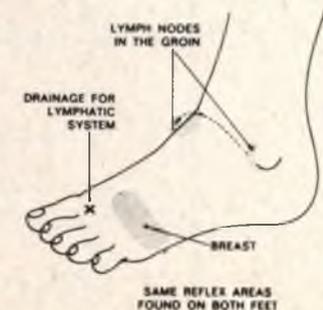
RELATION OF THE BODY TO THE FEET



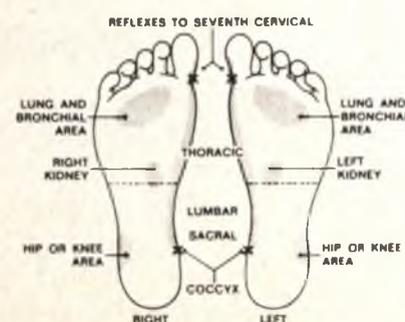
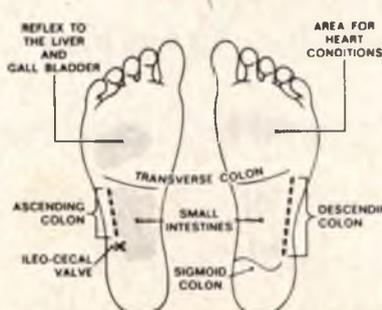
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SAME REFLEX AREAS FOUND ON BOTH FEET



SAME REFLEX AREAS FOUND ON BOTH FEET



Later Dr. Joseph Riley, D.C., M.D., N.D., refined the earlier Fitzpatrick work by carrying the technique out to fine points and made detailed diagrams and drawings. He also explored and charted the face for reflex spots. Zone Therapy is mentioned in several of his published medical text books: Zone Therapy Simplified (1919), The Mastery of Disease (1924), and Science and the Practice of Chiropractic (1925). Years later another physician named Dr. Benedict Lust wrote his work on the subject, calling it simply, Zone Therapy (1928).

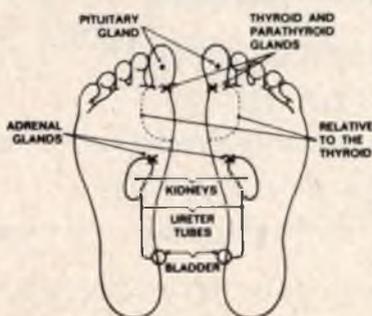
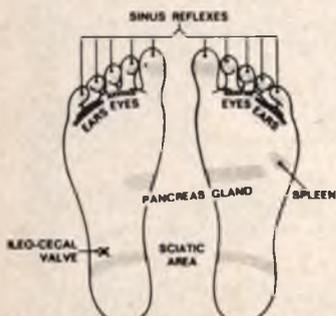
In recent years the leading person in Reflexology work was Eunice Ingham Stopfel (1889-1974). Mrs. Stopfel was born in South Dakota and later moved to New York in the 1920's. She became a physiotherapist who included massage in her therapy treatments. She worked for Dr. Joe Riley and was influenced by his work in Zone Therapy. While in Dr. Riley's office she began to apply it specifically to the feet of patients. Out of extensive experience and the charting of the points on the feet came the present Reflexology method. Mrs. Stopfel's reputation grew and she became the most well-known exponent of the system.

Many students of this work today are under the impression that Dr. Fitzgerald originated the work on the feet, but he actually confined his system to the hands, concluding that if there is a problem in one zone, it could affect anything within the same zone. Mrs. Stopfel also practiced in Miami and St. Petersburg, Florida. She became a member of the New York State Society of Medical Masseurs and the Florida State Massage Association.

In the early 1930's Eunice Ingham Stopfel read a strange story in a Birmingham, Alabama, newspaper. It concerned an opera singer in New York City unable to hit the high notes as she had formerly done. She commented on this to a man friend who saw a small callous on the singer's thumb. He suggested that she check to see if there was a similar callous on her big toe, and if so, to visit a chiropodist for professional help. The callous was there, and both the toe and thumb callouses were removed and the singer found she could now sing 3 notes higher than she could before. Why should the removal of a few callouses restore a fading voice? Mrs. Stopfel gave this much consideration, exploration and experimentation. Her years of research work and experience resulted in the writing of 2 books on the Ingham Method of Foot Reflexology, both of which are in print today.

She conducted 25 classes a year by traveling from coast to coast, lecturing, demonstrating and teaching her method for locating reflexes. Her famous comment was: "any abnormal condition in the body shows by reflexes in the feet. No such reflexes will be found in a person with perfect health." The accuracy of these reflexes as illustrated in her books has been carefully checked many times and verified by authorities. Her foot charts are the only accurate ones available compared to diagrams published by other practitioners in similar work, which often have errors in the location of the reflex points.

The National Institute of Reflexology is now continuing with Mrs. Stopfel's work. A staff of employees, headed by her nephew and niece, continues each year to teach and give illustrated seminars from coast to coast. While much information can be obtained from their books, the best way to learn the system is to attend the 2-day seminar, which includes personal instruction. Schedules, charts, books and other literature is



RELATIVE TO THE THYROID

available from the Institute by mail: P.O. Box 12642, St. Petersburg, FL 33733.

Some therapists believe that we cannot give ourselves a proper foot treatment because to reach the feet we have to bend the knees. When the knee bends, the electrical impulses between the head and feet are thought to be changed, so that the treatment is not effective. This is also not very conducive to relaxing the body.

The feet are structural masterpieces. A combination of elastic tissue, ligaments, capsules, 26 bones in each foot, 20 muscles and a complex network of nerves and blood vessels, these structures also reflect our state of health. We should give them loving care at all times.

In prehistoric times, primitive man walked or ran from place to place either barefooted or with a thin foot covering of some kind. Thus, he stepped on sticks or stones, and in so doing automatically pressed and stimulated the various reflexes on the bottom of the feet. He used his hands also and again activated the reflexes in them. Today we can use these same sets of reflexes to help the body. Reflexology is not a cure-all, but it is a valuable addition in therapy work.

REMINDER: - *Massage Gift Certificates make ideal Christmas presents. Please see my ad on page 25 of this issue for rates address/phone. Thank you.*

Scheduling

LONG DISTANCE (Also see "Late News")

WHEN REQUESTING INFORMATION on any of the races listed in our scheduling section, be sure to enclose a self-addressed, stamped envelope--otherwise you may find your correspondence unanswered! ALWAYS check to verify date, time and location of races on the schedule...mistakes do occur and races are sometimes changed or cancelled due to unforeseen problems. The *NCCR* assumes no responsibility for incorrect information being listed, whether it be our fault or the race director's.

AREA CONTACTS: - 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. Remember that self-addressed, stamped envelope! *** PACIFIC AAU: Roger Bryan, 950 E. Hillside Blvd., Apt. 210-B, Foster City 94404 (415/574-5229); SOUTHERN PACIFIC AAU: (SPA) Tom Cory, 2632 Hollister Terr., Glendale 91206 (Ph. 213/956-8075); PACIFIC SOUTHWEST AAU: (PSA)

Will Rasmussen, 1542 Hillsmont Dr., El Cajon, CA 92020; CENTRAL CALIFORNIA AAU: (CCA) Dave Bronzan, P.O. Box 271, Fresno 93708; SOUTHERN NEVADA AAU: (SNA) Las Vegas TC, 309 So. Third St., #316, Las Vegas, NV 89101; OREGON AAU: (OA) Steve Gould, 2139 S.W. Edgewood Rd., Portland, OR 97201.

AAU CARDS: - If you intend to compete in AAU-Sanctioned events, you should secure a current (1979) AAU card from your local district office. Contact the local representatives above for addresses, or check with Directory Information. The Pacific AAU Office (PA-AAU) is: 942 Market St., Suite 201, San Francisco, CA 94102 (Ph. 415/986-6725)...1979 cards are \$4.00 (insurance is \$2.00 extra). If you are competing in other than a legitimate "Fun Run" (includes DSE races listed in main portion of schedule), it is your responsibility to check with meet directors to determine if meet has proper sanction (RRC, AAU, etc.).

LDR HANDBOOK: - Sales of this comprehensive booklet benefit the PA-AAU Travel Fund. So as not to affect sales adversely, the *NCCR* does not usually list the complete information on local races listed in this booklet unless there are changes.

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: Steve Ryan, 9804 W. 12th St., Wichita, KS 67212; 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: Dale Van Meter, 66 Summit Av., Sharon, MA 02067. (Note: *The NCCR covers Oregon, Nevada & California scheduling.*)

POLICY: - Generally we will list any true "Fun Run" and most other races on our comprehensive schedule. However, races that try to bypass the Bay Area's (Northern California's) scheduling procedures and openly conflict with a pre-scheduled run may not be listed unless the parties involved do not object. Two races appearing on the same day and of similar distances and in the same area do not necessarily conflict, but there should be communication and agreement between race directors. It is imperative that we all do our best to have good COMMUNICATION with each other. Changes in dates, times, contacts, etc., should *always* be communicated with the LDR Chairman, PA-AAU Office & the *NCCR*, as well as other affected races. Thanks for your cooperation on these items.

BAKERSFIELD MARATHON AND HALF-MARATHON

FEB. 3, 1979 8:00 A.M.

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11:00 A.M.

SUNDAY - DECEMBER 10

- Dec 9 - Livermore Marathon (& 1/2-Marathon), Lawrence Rad Lab, 10 am. Dick Jones, 228 Scherman Way, Livermore 94550.
- Dec 9 - DSE Land's End Run, 4 Mi., Balboa & Great Hiway, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Dec 9 - 25-Kilometer Run, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Dec 9 - Women's Desert Hot Springs 10 Km., Desert Hot Sprgs., 9 am. Doug Huff, P.O. Box 338, Desert Hot Sprgs 92240. (PSA)
- Dec 9 - ORRC Oak Hills Runs (2 & 7 Mi.), Oak Hills, Ore., 9 am. Ken Winters (Ph. 503/227-5802). (OA)
- Dec 9 - Run For Human Rights, 5 Km., Polo Fields, Golden Gate Pk., S.F., 10 am. Nancy Buxton, 3618 Sacramento St., S.F. 94118.
- Dec 9 - Oceanview 10K, Carlsbad, 9 am. Leigh Cortez, 5850 Avenida Encinas, Carlsbad 92008. (PSA)
- Dec 9 - Southampton Bay Runs, 3.5 & 6.9 Mi., Benicia (West "I" & 9th), 10 am. Dick's Sport Shop, 927 1st St., Benicia 94510.
- Dec 9 - Bakersfield Hill & Dale Run (distance?), time TBA. Larry Arnt, 433 E. Belle Terr., Bakersfield 93307. (CCA)
- Dec 9 - Clovis Stampede, 5 Miles, Clovis H.S., time TBA. Sandy McPherson, 1023 Oxford, Clovis 93612. (CCA)
- Dec 10 - Apple Valley 3.1 & 6.3 Mi. Runs, Apple Valley, 11 am. Jim Gorrell, 14756 Hope Rd., Apple Valley 92307. (No Pre-Entries)
- Dec 10 - Compton 6-Miler, Compton College, 9 am. Art Reade, 410 E. Buttonwood, Brea 92621. (SPA) (No Pre-Entries)
- Dec 10 - PA-AAU 60K Championships, W. Sacramento, 9 am. Abe Underwood, 6555 Park Riviera Way, Sacramento 95831.
- Dec 10 - San Francisco 10-Mile Classic, Golden Gate Pk. (Polo Fields), S.F. (See PA-AAU LDR Handbook)
- Dec 10 - LMJS Industrial Park 10K, Bay Park Refuge, Edgewater Dr., Oakland, 9 am. John Notch (Ph. 562-2210).
- Dec 10 - OTC 5-Miler, Pre's Trail, Eugene, Ore., 1 pm. Clark Meinert, 877 E. 13th, Eugene, OR 97401. (OA)
- Dec 10 - South County YMCA Pismo Beach 6-Miler, 2 pm. Steve Henderson (Ph. 805/773-4182, days). (SPA)
- Dec 10 - Lake Merritt Tunnel Run (Oakland Auditorium), 3.3 & 6.4 Mi., 10 am. John Balicki, Parks & Recr., 1520 Lakeside, Oakland
- Dec 10 - Over the Hill & Thru the Woods (3K, 8K & 20K), Howarth Pk., Santa Rosa, 10 am. Empire Runners 335 Algers Ct., S. Rosa.
- Dec 10 - Misty Redwood Run, 7.6 Mi., Rdwd. Regional Pk., Oakland, 10 am. Joe Rubini, c/o EBRPD, 11500 Skyline, Oakland 94619.
- Dec 16 - Holiday X-C Runs (1 & 4 Mi.), Compton (LA Southwest Coll.), 9 am. Municipal Sports, 2000 N. Main, 13th Flr, L.A. 90012.
- Dec 16 - SCTC Sunset Bay Run, Coos Bay, Ore., 1, 3 & 6.2 Mi., 1 pm. Mike Hodges (Ph. 503/267-7255). (OA)
- Dec 16 - Heart of the Valley Runs, 3 & 7 Mi., Crescent Valley HS, Corvallis, Ore., 11 am. Dan Eden, 601 SW Washington, Corvallis
- Dec 16 - 5-Mile "Santa Claus" Race, Sunset Pk., Las Vegas, Nev., 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101.
- Dec 16 - Madera Mini-Marathon (13.1 Mi.), 11 a.m. Dennis DeWitt, Madera High School, Madera 93637. (CCA)
- Dec 16 - Wasco Road Races (distances?), time TBA. Wasco Parks & Recreation Dept., P.O. Box 840, Wasco 93280. (CCA)
- Dec 16 - Arcata to Willow Creek 40-Miler (foot of Calif. St.), 8 am. Six Rivers RC, Rt. 1, Box 153-A, Eureka 95501.
- Dec 17 - 6th Annual Xmas Relays, Cunha School, Half Moon Bay (49.061 Mi., 7-person relay) to Santa Cruz, 8:30 am. Dan Hintz, 861 Hancock, #805, Hayward 94544 (Ph. 886-0526). (See "This & That" section of this issue for further discussion of Relays)
- Dec 17 - Mt. Tom Hill Climb, 4 Mi., Glendale Coll., 9 am. John Tansley, 1500 Verdugo Rd., Glendale 91208. (SPA)
- Dec 17 - Skunk Hollow 15 Km. Handicap, Camarillo, 10 am. (No Pre-Entries) Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
- Dec 17 - Festival of Lights 10K, San Diego area, 8 am. Eli Meltzer (Ph. 714/583-3300). (PSA)
- Dec 23 - Rosebowl Handicap, 10.08 Mi., Pasadena, 10 am. (No Pre-Entries) Gayle Cory, 2632 Collister Terr., Glendale 91206. (SPA)
- Dec 23 - Newark Recreation/Coyote Hills to the Bay Run, 6.8 Mi., Fremont. (See PA-AAU LDR Handbook)
- Dec 23 - 5-Mile "Predicted Time" Race, Sunset Pk., Las Vegas, Nev., 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas 89101.
- Dec 23 - Mission Bay 25-Kilo, San Diego, 9 am. San Diego TC, c/o Will Rasmussen, 1542 Hillsmont Dr., El Cajon 92020. (PSA)
- Dec 24 - DSE Christmas Eve Twin Peaks Run, 3.6 Mi., Portola & Twin Peaks Blvd., S.F., 10 am. Walt Stack, 321 Collingwood, S.F.
- Dec 24 - LMJS Lake Merritt Runs (5, 10 & 15K), Old Boathouse, Oakland, 9 am. John Notch (Ph. 562-2210).
- Dec 26 - Holiday Invit. 15K Run, Camarillo, 10 am. Jim Fagnant, 58 Calle Escalon, Camarillo 93010. (SPA)
- Dec 29 - Resolution Run, 3 Mi., Balboa Pk., (6th & Laurel), San Diego, 12:15 pm. SDTC, c/o Rasmussen, 1542 Hillsmont, El Cajon

NOR-CAL RUNNING REVIEW®

Bi-Monthly - Only \$6/Year

INCLUDES: - Entry Blanks; Feature Articles & Training Tips; Very Comprehensive Scheduling; In-Depth Results; Medical Advice Columns; High School Rankings; and Much More. --- Covers Track & Field, Road Racing, X-Country, Race Walking... 40 or More Pages Each Issue (8½ x 11).

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1978 RUNNER'S WORLD NATIONAL RUNNING WEEK DEC. 26- DEC. 31

**Here are just a few of those that will be attending
the greatest running week of all times.**

★Ron Clarke ★Derek Clayton ★Dr. David Costill ★Dr. George Sheehan
★Chuck Smead ★John Walker ★Jacqueline Hansen ★Amby Burfoot

3rd ANNUAL NATIONAL

DECEMBER 26-31, 1978 PALO ALTO, CA

TIME	WORKSHOP/EVENT	SPEAKERS/INFORMATION
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Saturday, Dec. 23

8:00am	National Fitness Run (All Welcome)	Start downtown Sausalito, California—No Entry Fee
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Tuesday, Dec. 26

11:00-12:00am	The Fun Runner (A-1)	Joe Henderson/Jim Howell
1:00-2:00pm	Ride and Tie (A-2)	Don Jacobs
5:00-6:00pm	Stay Loose With Yoga (A-3)	Jean Couch
7:00-8:00pm	How Much Exercise is Enough? (A-4)	Michael Pollock
8:30-10:00pm	Ultra Marathoning: The Next Challenge (A-5)	Tom Osler
10:00-4:00pm	Film Festival	Selection of top films—Free
2:00-5:00pm	Runner's World Open House	Come see the Runner's World magazine offices—Free

Wednesday, Dec. 27

10:30-12:00am	Women's Running (B-1)	Ruth Anderson
11:00-12:00am	Running After Forty (B-2)	Fritz Mueller/Dr. Michael Pollock
1:00-2:00pm	Beginning Racing (B-3)	Walt Stack/Joe Henderson
3:00-5:00pm	Footcare and Running Shoes (B-4)	Dr. John Pagliano/Dr. Peter Cavanagh/Dr. Steve Subotnick
7:00-8:00pm	The Corporate Cup Concept (B-5)	Bob Anderson
8:30-10:00pm	Diet and Nutrition (B-6)	Dr. David Costill/Amby Burfoot
9:00-10:00pm	Mental Health and Running (B-7)	Dr. Thaddeus Kostrabala
10:00-3:00pm	Film Festival	Selection of top films—Free
3:00-10:00pm	Equipment Show	Latest equipment on display—Free
7:00-10:00pm	Film Festival	Selection of top films—Free

Thursday, Dec. 28

10:00-11:00am	Weight Training For Runners (C-1)	Vern Gambetta
11:00-12:00am	Mental Attitudes and Performance (C-2)	Thomas Tutko
1:00-2:00pm	Beginning Running (C-3)	Joe Henderson/Hal Higdon/Walt Stack
1:00-2:30pm	Diet and Nutrition (C-4)	Amby Burfoot/David Costill/Susie Jones
3:00-5:00pm	Training Ideas To Improve Performance (C-5)	Ron Clarke/Ken Swenson/Brendan Foster/Amby Burfoot
6:30-7:30pm	Acupressure (C-6)	Dr. Charles W. Smith
7:00-8:00pm	Running After Forty (C-7)	Hal Higdon/Fritz Mueller
8:30-10:00pm	Marathoning (C-8)	Derek Clayton/Chuck Smead/Joe Henderson/John Kelley
9:00-12:00am	Runner's World Open House	Come see the Runner's World magazine offices—Free
9:00-12:00am	Film Festival	Selection of top films—Free
3:00-10:00pm	Equipment Show	Latest equipment on display—Free

Friday, Dec. 29

10:00-11:30am	Running Style (D-1)	Hal Higdon/Mike Spino
11:00-12:00am	Putting on a Race (D-2)	Jack Scaff/Len Wallach
1:00-2:30pm	Foot Care (D-3)	Dr. Peter Cavanagh/Dr. Steve Subotnick/Dr. John Pagliano
4:00-5:30pm	Medical Advice (D-4)	Dr. George Sheehan/Jack Scaff
8:00-10:00pm	Training Advice From the Top (D-5)	Brendan Foster/John Walker/Derek Clayton/Ron Clarke
9:00-12:00am	Film Festival	Selection of top films—Free
11:00-9:00pm	Equipment Show	Latest equipment on display—Free

Saturday, Dec. 30

10:00-12:00am	Medical Advice (E-1)	Dr. George Sheehan
1:00-2:00pm	Women's Running (E-2)	Dr. Joan Uillyot/Jackie Hansen
11:00-3:00pm	Equipment Show	Latest equipment on display—Free
6:30-12:00pm	Runner's World Awards Banquet	Awards given in all categories to top runners in 1978.

Sunday, Dec. 31

1:30-2:30pm	The New Runner (F-1)	Special surprise guests
2:00-3:00pm	The Advance Runner (F-2)	Special surprise guests
9:30am	Fun Run	5-mile, 1/2-mile, 1/4-mile—Foothill College—Los Altos Hills
11:00pm	2nd Annual Runner's World Midnight Invitational	Men's and Women's race—5 mile—Downtown Los Altos
12:00pm	19th Annual Midnight Fun Run	5-mile—All Welcome—Downtown Los Altos

Sponsored by Runner's World Magazine

RUNNING WEEK



1 Ron Clarke—One of the greatest names in track during the 1960s, Ron was a multiple world record-holder for distances up to 10,000 meters. He competed in the 1964 and 1968 Olympics for his native Australia. His best 10,000 meter time came in 1965 when he did 27:39.

2 John Walker—John is the current world record-holder in the mile at 3:49:4 and the 2000 meters at 4:51:4. He won the 1500 meters gold medal at the 1976 Olympic Games in Montreal. Walker plans to pursue times below his current records during the coming year.

3 Jacqueline Hansen—she has won the women's division of the Boston Marathon and has held the six-mile world record. She has bettered the world women's marathon record twice and most recently broke 11 world records in splits on the way to completing a track 50-mile race.

4 Chuck Smead—The American 50-kilometer record holder with a time of 2:50:46, Chuck is one of the world's most famous mountain runners. He is also the California with the best time in a marathon, 2:14:39.

5 Tom Osier—A runner for 24 years, Tom has held three championship titles: AAU 25 Kilometers in 1965, the AAU 30 Kilometers in 1967, and RRC 50 Miles in 1967. He is a veteran of more than 750 races, at distances ranging from the mile to a 24-hour run in which he completed 114 miles. (Not Pictured)

6 Joan Ulliot—Author of *Women's Running*, is an exercise physiologist. A graduate of the Harvard Medical School, she has tested many runners in her research. She's been a competitive long-distance runner since 1970, with several sub-3:00 marathons to her credit.

7 Amby Burfoot—Winner of the 1968 Boston Marathon, Amby is east coast editor of *Runner's World*. He still runs competitively and is an accomplished speaker and writer on running and physical fitness. (Not Pictured)

8 George Sheehan—George is often referred to as the "guru of running." To a generation of runners he has offered sound medical advice mixed with humanistic philosophy. He has written three best selling books, his most recent being *Dr. Sheehan's Medical Advice For Runners*. (Not Pictured)

9 Derek Clayton—He set the world's marathoning record in 1969 at 2:08:33.6: A record that has stood longer than most in recent history. Clayton is considered one of the most dedicated runners and toughest competitors of all time.

10 Brendan Foster—From England he holds the second fastest 10,000 meter time in history, at 27:30.3. He took first place in the 10,000 at the recent Commonwealth Games, and third in the 10,000 at the 1976 Olympic Games. He is a former record holder in the two-mile and 3000 meters.

11 David Costill—One of the foremost experts on the physical capabilities of the human body, David is director of the Human Performance Laboratory at Ball State University in Muncie, Indiana. A marathon runner, Dr. Costill has studied the effects of physical stress on the human body. (Not pictured).

12 Fritz Mueller—He is the 42-year-old masters competitor who ran a 2:20:47 in this year's Boston Marathon. Later in 1978 he won the World Masters' Marathon and then defended his title as the AAU's 50 Kilometer champion.

Headquarters for National Running Week is Rickeys Hyatt House, 4219 El Camino Real, Palo Alto, Calif.

NATIONAL RUNNING WEEK Registration Form

Package Ticket \$35 (Includes admission to all workshops and Awards Dinner)

Day Tickets \$10 per day (Includes admission to all workshops on that day.)
 Tuesday Wednesday Thursday Friday (Check days ordered.)

Individual Tickets \$2.00 each (Admission just for workshop listed) (List code when ordering) _____

RW Awards Banquet \$15.00 each (Dinner and Awards Ceremony)

All Workshops, Awards Dinner, Equipment Show and Film Shows will be held at Rickeys Hyatt House, 4219 El Camino Real, Palo Alto, Calif.

No mail orders accepted if postmarked after December 18th. Bring this coupon to National Running Week for registration.

Total amount enclosed _____ No refunds. No billing. Check here to have hotel information sent.

Name _____ Address _____

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NATIONAL RUNNING WEEK, RUNNER'S WORLD MAGAZINE, Box 366, Mountain View, Ca. 94042.

Runner's World

MIDNIGHT INVITATIONAL 5-MILE RUN & 19th ANNUAL FUN RUN

The second annual Runner's World Midnight Invitational Run, led by England's Brendan Foster, holder of the second fastest 10,000m time in history, will be held Saturday, December 31 at 11pm in downtown Los Altos, Calif. This race will mark the first time that Brendan Foster, the 10,000m Commonwealth Games winner, has raced in the United States. He has challenged us to put together a field that will offer him competition. The word is getting around and already Gary Tuttle, Chuck Smead, Amby Burfoot, John Walker, if the world record holder is over his injury, and many others have accepted the challenge. Others like Henry Rono, Bill Rodgers, and Frank Shorter are being invited. If you have run 5-miles in under 27 minutes or equivalent, and would also like to be in this world-class event, drop us a note or call Bob Anderson, Runner's World, Box 366, Mountain View, Calif. 94042 (415) 965-8777. Entries close December 27.

Starting at 11:05pm, Jackie Hansen, who has bettered the world's women's marathon record twice, will lead the Women's Midnight Invitational race. Women who have run better than 32 minutes for 5-miles are urged to submit qualifications. The women's race should be as exciting as the men's.

Everyone is invited to come watch this final event of the 1978 National Running Week, then to run in the 5-mile Midnight Fun Run, which is open to all runners. Over 3000 persons participated last year. For the Fun Run, just be in downtown Los Altos by 10:30 pm.

Sponsored by Runner's World Magazine

P.O. BOX 366, MOUNTAIN VIEW, CA 94042



- Dec 30 - Holiday Half-Marathon, San Luis Rey Downs (San Diego area), 9 am. Rey Downs (Ph. 714/433-9000, ext. 290). (PSA)
 Dec 30 - Elysian Park 10K X-C, Los Angeles, 8 am. LDRC - Brutus, 2632 Hollister Terr., Glendale 91206. (SPA)
 Dec 30 - 30K Sunset Park Run, Las Vegas, Nev., 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
 Dec 31 - New Year's Eve Fun Run, (3, 5 & 10 Mi.), Corvallis H.S., Ore., 11 pm. Dan Eden, 601 SW Washington St., Corvallis 97470.
 Dec 31 - New Year's Eve Run, 4 & 6 Mi., Alton Baker Pk., Eugene, Ore., 11:30 pm. Al Tarpenning, Lane CC, 4000 E. 30th, Eugene, OR
 Dec 31 - Runner's World Midnight Invit., 5 Mi., Los Altos, 11 pm (*Invit. or Quality Time Only*). RW, Box 366, Mtn. View 94042.
 Dec 31 - Runner's World Midnight Fun Run, 5 Mi., Los Altos, midnite. Runner's World, Box 366, Mtn. View 94042.
 Jan 1 - New Year's Day Resolution Run (benefit for Natl. Library of Sports), 10 Km., tentatively DeAnza College, Cupertino, 11 am. Wes Mathis, 180 W. San Carlos, San Jose 95113.
 Jan 1 - ORRC Hangover Handicap, 10 Mi., Delta Pk., Portland(?), Ore., 2 pm. Warren Finke (Ph. 503/244-0902, home). (OA)
 Jan 6 - SNA-AAU 10K Championship, Sunset Pk., Las Vegas, Nev., 9 am. Las Vegas TC, 309 S. 3rd, #316, Las Vegas, NV 89101. (SNA)
 Jan 6 - Oregon AAU 15K Championship, Roseburg, Ore., 1 pm. Stan Stafford, 900 S.E. Douglas, Roseburg, OR 97470. (OA)
 Jan 6 - Dipsea Indians Fun Run, 2 Mi. (hilly), College of Marin, Kentfield, 10 am. For info: 415/924-2405.
 Jan 6 - 1st Box-to-Box Run, Approx. 11 Mi., Huntington Beach, 9 am. Dave Murphy, 13211 Illinois, Westminster 92683. (SPA)
 Jan 6 - Miles of Smiles, 4.36 Mi., Ventura, 9 am. Inside Track, 1410 E. Main St., Ventura 93003. (SPA)
 Jan 6 - In-and-Out Burger 10K, West Covina, 8 am. Hester Teall, 1021 S. Hillborn, W. Covina 91791. (SPA)
 Jan 7 - California "10" (10 Mi.), Lincoln H.S., Stockton. (*Field limited to first 1000 entries*) (See PA-AAU LDR Handbook)
 Jan 7 - Great Race(s), 3.7 Mi., Los Gatos to Saratoga or vice versa. (See PA-AAU LDR Handbook)
 Jan 7 - Jog for Justice, 10 Km., site TBA (LA area), 8 am. Sherry Leslie, 304 S. Broadway, #210, Los Angeles 90013. (SPA)
 Jan 7 - The Great Holmes 6-Miler, Northridge, 8 am. Charles Horn, 714 E. Acacia, Glendale 91205. (SPA)
 Jan 7 - Daisy Hill VIII, 13.5 Mi, Sonoma State Univ., Rohnert Pk., 10 am. (*Raceday entry only*) Bob Lynde (707/664-2357, days).
 Jan 13 - "Wreck" Run, 3 Mi. Fun Run, Beresford Pk., San Mateo, 9 am. San Mateo Recr. Dept., 330 W. 20th Av., San Mateo 94403.
 Jan 13 - Governor's Trophy Run (2 Mi., 10K & 13.1 Mi.), Salem, Ore., 1 pm. Governor's Office, Salem, OR 97310. (OA)
 Jan 13 - 5,000 Meter Track Run, Univ. of Nevada, Las Vegas, Nev., 9 am. LVTC, 309 S. Third, #316, Las Vegas, NV 89101. (SNA)

FUN-RUN SCHEDULE

These races usually follow the *Runner's World* format, having at least one short race (mile or less) and a longer run of up to 6 miles. No entry fee (or 50¢ maximum in some cases); enter on raceday; certificate awards to all finishers on those runs with *Runner's World* format (contact meet directors for full information). Be sure to enclose a self-

addressed, stamped envelope, or you will receive no reply. **DSE RUNS:** Since these runs follow no particular weekly pattern, they are listed in the main scheduling section, but they are still 'Fun Runs', with a 50¢ entry fee, usually only one race, and ribbons to all finishers. **IF YOU KNOW OF ANY OTHER FUN-RUN LOCATIONS, PLEASE SEND US FULL INFO.**

LOS ALTOS HILLS: Foothill College; every Sunday, 9:30 am; Bob Anderson, Runner's World, Box 366, Mtn. View, CA 94042.

SANTA ROSA: Spring Lake Park; every Saturday, 8:15 am; Bob Yee, 1200 Sonoma Ave., Santa Rosa, CA 95405.

SAN DIEGO: Mira Mesa Mall Shopping Ctr.; monthly (Sat.), 8:30 am; B4 Sports, 8150 Mira Mesa, San Diego, CA 92126.

CHICO: Bidwell Park (Hooker Oak Recreation Area); every Saturday, 9:00 am; Jim Remillard, Rte. 5, Box 79-DA, Stilson Canyon Rd., Chico, CA 95926.

VENTURA: Arroyo Verde Park; monthly (Saturday), 9:00 am; Inside Track, 1451 E. Main, Ventura, CA 93001.

SAN DIEGO: Westwood Club; every Sunday, 7:30 am; Gary Leander, 17394 W. Bernardo Dr., San Diego, CA 92127.

WALNUT CREEK: Heather Farm Park; every Sunday, 10:00 am; Rich Vasquez, 3 Barcelona Way, Clayton, CA 94517.

PACIFICA: Terra Nova H.S.; every other Sunday, 10:30 am; Dave Barry III, 170 Santa Maria Ave., Pacifica, CA 94044.

SAN PEDRO: Pt. Fernum Pk.; monthly (Sat.), 7:30 am. John Norton, 1342 W. 36th St., San Pedro, CA 90731.

FRESNO: Cal-State Fresno (1st Sat.), or Roeding Park (3rd & 5th Sat.), 7:00 am; Sid Toabe, 4566 N. Del Mar, Fresno 93704.

RENO: Foster Field Track; monthly (Saturday), 8:00 am; Susie Gosar, 1970 S. Marsh Ave., Reno, Nev. 89509.

THOUSAND OAKS: California Luthern College; every Sunday, 8:00 am; Joseph Nardo, 573 Houston Dr., Thousand Oaks, CA 91360.

BAKERSFIELD: West H.S. & Beach Park, alternately; every other Saturday, 8:00 am; Larry Arnt, 5000 Belle Terr., #72, Bakersfield, CA 93309.

LOMA LINDA: Loma Linda Univ. (track); monthly (last Sunday), 8:00 am; Don Hall, 25788 Lomas Verdes, Redlands, CA 92373.

ANGWIN: Pacific Union College (track); every Sunday, 8:00 am; David Nieman, Pacific Union College (P.E. Dept.), Angwin, CA 94508.

STOCKTON: Fritz Grupe Park; every Saturday, 9:00 am; Frank Hagerty, 7309 Camellia Ln., Stockton, CA 95207.

SOLANA BEACH: San Dieguito Park; every other Saturday, 9:00 am; Wayne Whiting, 244 Hillcrest Dr., Leucadia, CA 92024.

NORTHRIDGE: Cal-State Northridge; every other Sunday, 10:30 am; Charlie Horn, 714 E. Acacia Ave., Glendale, CA 91205.

HUNTINGTON BEACH: Huntington Central Park; every Sunday, 10:00 am; Rick Russ, 17733 Newland, Huntington Beach, CA 92647.

MODESTO: Legion Park; every Saturday, 10:00 am; Bob Gausman, 810 Lucerne, Modesto, CA 95350.

LOS ANGELES: Westchester H.S. (track); every Saturday, 8:00 am; Westchester YMCA, 8015 S. Sepulveda Blvd., Los Angeles, CA 90045.

RANCHO CORDOVA: Cordova H.S. or Mills JHS; various Sat. dates, 9:00 a.m.; H. Rosendale, 2513 Augibi Way, Rancho Cordova, CA 95670.

COLUSA: Colusa-Sacramento River State Park; 2nd & 4th Saturdays, 9:00 am; Dr. Paul Williamson, 813 Webster St., Colusa, CA 95932.

DAVIS: Univ. of California (Main Quad); every other Saturday, 9:00 am; Rich Harley (Ph. 916/758-2687).

APTOS: Cabrillo College; bi-monthly (Sundays), 10:00 am; John Smead, Box 718, Soquel, CA 95073.

PALM DESERT: College of the Desert; every other Sunday, 9:00 am. Larry Bloom 56-209 Oasis, Indio, CA 92201.

CASTRO VALLEY: Lake Chabot Regional Pk.; every Sunday, 9:00 am; Sharon Donovan, 26381 Whitman St., #110, Hayward, CA 94544.

TRACY: Dr. Powers Park; every Sunday, 11:00 am; Kurt Schroers, 1801 Newport Ct., Tracy, CA 95376.

SANTA BARBARA: The Lagoon behind UCEN, U.C. Santa Barbara; every Sunday, 10:00 am; Chuck Rundgren, 193 N. Kellogg, Santa Barbara, CA 93111.

MERCED: Applegate Park; every Thursday, 6:00 pm; Dave Donaldson, 1931 Carol Ave., Merced, CA 95340.

UKIAH: Ukiah High School; 1st & 3rd Sundays; Chris Jenkins, P.O. Box 355, Ukiah, CA 95482

SAN FRANCISCO: Embarcadero YMCA; every Friday, 12:15 pm; Ralph Love, 74 Lloyd Dr., Atherton, CA 94025.

FOSTER CITY: Bowditch School Field; every Saturday, 9:00 am; Foster City R&J, 917 Lido Ln., Foster City, CA 94404.

VILLA PARK: alternates Villa Park H.S. and Canyon H.S.; every Sunday, 10 a.m.; Bill Holt, 2733 Villa Vista Wy, Orange, CA 92667.

LOS ANGELES: Encino Velodrome Parking Lot; every 3rd Sat., 8 a.m.; Paul Ritschel, 2133 Lemoyne St., Los Angeles, CA 90026.

TREASURE ISLAND: S.F. Bay; every Sunday, 10 a.m.; Charles Payne, Special Services Base Gym, Bldg. 9402, Treasure Is. 94130

PLACERVILLE: El Dorado H.S.; every other Saturday, 9 a.m.; Placerville Parks & Recr. Dept., 487 Main St., Placerville, CA 95667.

SANTA ANA: Pat's Ski & Sport Shop; every Sunday, 9 a.m.; Pat's Ski & Sport Shop, 2235 N. Tustin Av., Santa Ana, CA 92701.

RIVERSIDE: Arlington H.S.; every Sunday, 10:30 a.m.; Riverside Runners, 10749 Cass St., Riverside, CA 92505.

SAN BRUNO: Capuchino High School; 1st & 3rd Sat., 9:30 am; Bill Frisbie, 567 El Camino Real, San Bruno, CA 94066

SAN LORENZO: Grant Av. (Little League Pk.); every Sun., 9 a.m.; Myron Boice, 16163 Via Sonora, San Lorenzo, CA 94580.

AUBURN: Auburn Recr. Dist. Regional Park; every other Sat., 9 a.m.; Auburn Recr. District, 123 Recreation Dr., Auburn, CA 95603.

DEL MAR: Seagrove Park; bi-weekly (Sat.), 9 am; Brent Thorne, 118 Solana Hills Dr., Solana Beach, CA 92075.

SUSANVILLE: Athletic Field at Lassen High School; 2nd & 4th Sat., 9 am; Bob Wall, 512 Lakewood Way, Susanville, CA 96130.

- Jan 14 - Red Cross Water Temple Run, 10 Km., Canada College, Redwood City, time TBA. Sequoia Red Cross (415/366-3851).
- Jan 14 - Arby's Super-Country Fun Run, 7 Mi., Pleasanton (fairgrounds), 10 am. Marlen Wightman, 14701 Vickery, Saratoga 95070.
- Jan 14 - Patricks Point Race, 2.2 & 6.2 Mi., north of Arcata, 1 pm. Six Rivers RC, Rt. 1, Box 153-A, Eureka 95501.
- Jan 14 - Mission Bay Marathon, San Diego, 7 am. San Diego TC, Mission Bay Marathon, Box 1124, San Diego 92112. (PSA)
- Jan 14 - Long Beach Ocean 10K Run, Long Beach, 3 pm. Geza Bottlik, 4119 Exultant Dr., Palos Verdes Peninsula 90274. (SPA)
- Jan 14 - Sunkist Qualifier 10K (5K for women), Los Angeles, 8 am. Sports Clinic, 1150 1/2 S. Elm Dr., Los Angeles 90035. (SPA)
- Jan 14 - St. John Hospital & Health Ctr. 10K, Marina del Rey, 8:30 am. Donna Miller, 1328 - 22nd St., Santa Monica 90404. (SPA)
- Jan 20 - Cascade Road Run, 4.5 Mi., Cascade H.S., Turner, Ore., 10 am. Darrel Deedon, 5647 Valley View Rd., SE, Turner, OR 97392.
- Jan 20 - ORRC Terwilliger Run, (2 Mi. & 10K), Duniway Pk., Portland, Ore., 9 am. Lionel Fisher (503/646-4534, home). (OA)
- Jan 20 - Natl. AAU Sr. Men's Marathon, Houston, Texas, time TBA. Pete League, 2043 Round Spring, Kingwood, TX 77339.
- Jan 20 - Sunset Park 15K, Las Vegas, Nev., 9 am. Las Vegas TC, 309 W. Third St., #316, Las Vegas, NV 89101. (SNA)
- Jan 20 - Covina 5 & 15K, Covina, 9 am. Fran Delach, 125 E. College, Covina 91723. (SPA)
- Jan 20 - Run for the Cookies, 3 & 10K, Lake Merritt, Oakland, 9 am. William Gaffield, 925 Sea View Dr., El Cerrito 94530.
- Jan 21 - Zoo Run, 4 Miles, S.F. Zoo, San Francisco. (See PA-AAU LDR Handbook)
- Jan 21 - Pico Rivera 5-Mile Anniversary Run, 9 am. Dennis Tarango, 6615 Passons Blvd., Pico Rivera 90660. (SPA)
- Jan 21 - Somis 10K, Somis, 10:30 am. Dale Smith, Box 1136, Somis 93066. (SPA)
- Jan 21 - Super Bowl Sunday Morning 10K, Redondo Beach, 8:30 am. Redondo Beach Chamber of Comm., 1215 N. Catalina, R.B. 90277.
- Jan 27 - Super Race II, 10K, Dennis the Menace Pk., Monterey, 10 am. Earl Collins, c/o YMCA, 404 Camino El Estero, Monterey 93940
- Jan 27 - Sunset Park 5-Miler, Las Vegas, Nev., 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Jan 27 - Peter's Canyon Half-Marathon, Irvine, 10 am. Irvine Community Services Dept., 17200 Jamboree, Irvine 92714. (SPA)
- Jan 28 - Champagne Marathon, Saratoga...*Pre-Entries by Jan. 20th (no raceday entries).* (See PA-AAU LDR Handbook)
- Jan 28 - Casitas Dam 10K Handicap, Foster Park., 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
- Jan 28 - World Masters Marathon (open to all), Orange, 7:30 am. Bill Selvin, 2125 N. Tustin, Space #3, Orange 92665. (SPA)
- Jan 28 - Pomona Progress-Bulletin 10K, site TBA, 9 am. David Hostetter, 1311 Paseo Anacapa, San Dimas 91773. (SPA)
- Feb 3 - ORRC/Oregon AAU 30K Championship, Delta Pk. (Portland?), 9 am. David Granum (Ph. 503/281-3039). (OA)
- Feb 3 - Dipsea Indians College of Marin Fun Run, 4 Miles, 10 am. For info: 415/924-2405.
- Feb 3 - Trinidad Beach Run, 8.5 Mi., Trinidad, 10:30 am. Six Rivers RC, Rt. 1, Box 153-A, Eureka 95501.
- Feb 3 - Bakersfield Marathon and Half-Marathon, West H.S., 8 am. Bakersfield TC, Box 9391, Bakersfield 93309. (CCA)
- Feb 4 - Bonne Bell 10K (*Women Only*), Golden Gate Pk., San Francisco (Polo Fields), 9 am. Penny DeMoss, 765 Campbell, Los Altos 94022. (*Note: Portion of profits to PA-AAU Women's LDR Travel Fund...call Penny at 415/941-8975 if you can help out.*)
- Feb 4 - Daly City Westside Run, 7 Miles, Washington St. & Sullivan Av., Daly City. (*No Pre-Entries*) (See PA-AAU LDR Handbook)
- Feb 4 - Avenue of the Olives Marathon, Puta Creek Lodge, UC Davis. Aggie RC, Box 312, Davis 95616. (See PA-AAU LDR Handbook)
- Feb 4 - Las Vegas Marathon, Univ. of Nevada, Las Vegas, Nev., 8 am. Las Vegas TC, 309 S. 3rd St., #316, Las Vegas, NV 89101.
- Feb 10 - Sunset Park 10K, Las Vegas, Nev., 9 am. Las Vegas TC, 309 S. Third St., #316, Las Vegas, NV 89101. (SNA)
- Feb 10 - SOS 25-Kilo (Oregon AAU Championship), Crater H.S., Central Pt., Ore., 11am. Jerry Swartsley, Box 1072, Phoenix, OR.
- Feb 10 - Salem RR #1, (3, 6 & 9 Mi.), Salem, Ore., 1:30 pm. Chuck Bowles, Willamette Univ., Salem, OR 97301. (OA)
- Feb 11 - West Valley Marathon, San Mateo. (See PA-AAU LDR Handbook)
- Feb 11 - Chinatown Run, 3 & 6 Miles, Chinatown YMCA, San Francisco. (See PA-AAU LDR Handbook)
- Feb 11 - Hidden Valley Marathon (& 1/4th Marathon), Newbury Pk., 8 am. John Duhig, 1642 Trafalgar Pl., Westlake Village 91361.
- Feb 24 - Trail's End Marathon, Seaside, Ore., 11:30 a.m. (*Entries Close Feb. 17*) Seaside C of C, Box 7, Seaside, OR 97138. (OA)
- Feb 25 - PA-AAU 50-Mile Championship, Ellis Lake (Marysville) to Sacramento. (See PA-AAU LDR Handbook)
- Feb 25 - Greater Los Angeles Marathon, Los Angeles, time TBA. Tom Sturak, Box 1602, Santa Monica 90406. (SPA)

CROSS-COUNTRY

INTERNATIONAL CROSS-COUNTRY TRIALS: - When this issue went to press, the AAU Convention (San Antonio, Texas) had not yet taken place and so we don't know where these meets will be at the moment. There is a possibility that the PA-AAU will host one or the other (Jr. or Sr. Trials), co-sponsored by West Valley T.C. and College of San Mateo. The meets will be in either late Jan. or early Feb. (not on the same weekend). Top finishers from these meets will qualify for a trip to Europe in March for the International X-C Championships. Since the next NCRR may be out too close to these meets to be of any use, those interested individuals should contact the AAU Office, 986-6725, in San Francisco, or the NCRR for verification of dates/sites.

TRACK & FIELD

INDOOR MEETS: - The meets listed below are for the entire indoor season and include the major West Coast meets that we know about. Entry into the majority of these meets is by invitation only, and *quality* marks are required...meet directors below.

- Jan 6 - Muhammad Ali Track Meet, Long Beach Sports Arena--9701 Wilshire Blvd., Suite 710, Beverly Hills 90212.
- Jan 20 - Sunkist Indoor, Los Angeles--Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211.
- Jan 26 - Examiner Games, Cow Palace, Daly City--Jim Terrill, Box 1032, Los Altos 94022. (*Possibly on Jan. 27?*)
- Jan 27 - Oregon Invit., Portland--Bob Newland, 1177 Melvina Way, Eugene, OR 97402.
- Feb 2 - Los Angeles Times Indoor--Will Kern, Special Events Dept., Los Angeles Times, Los Angeles 90053.
- Feb 3 - Albuquerque Jaycee Indoor--Ken Hansen, 5505 S. Emporia Circle, Englewood, CO 80110.
- Feb 16 - San Diego Indoor--Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211.
- Feb 23 - Natl. AAU Indoor Championships, New York City--Heliodoro Rico, Statler Hilton, 401 7th Av., Suite 612-A, New York, N.Y. 10001 (Ph. 212/564-0700).

ALL-COMERS MEETS: - College of San Mateo: A replacement series for this regular winter meet is being sought elsewhere on the Peninsula by Chairman George Newlon (CSM track closed: damaged).

--- UC Berkeley: Cal will host a series on its new track for meets on: Dec. 9-16-23, Jan. 6-13-20, Feb. 3-10. The Examiner Trials will be the meet on the sixth of Jan...we're not sure at this time if there are other sights or not. Men's, women's and high school track & field events starting at 11:00 a.m. Entry fee is 50¢ per person; 1/4" spikes required. Meet Director is Erv Hunt, Head Track Coach at Cal. --- Los Gatos HS: Every Sat. afternoon from Dec. 23 to Jan. 27 (6 meets), with the final meet a "Championship Meet" (Jan. 27)...top 8 individuals in each event from previous meets to final meet. Entry fee is 50¢ per athlete. Five divisions: open, high school, junior high, girls & masters (100, Mile, X-C only). All-weather Chevron 440 track (1/4" spikes req'd). Field events start at 1:30, running events at 2:00, except X-C (Dammit Run) at 1:00 pm. Medals to 1st in every event. Meet Director: Glenn Harmatz, Ph. 356-2225(H), 354-2730(LGHS)...both area code 408. --- Skyline College: We have heard rumors that there may be a series here (to replace CSM meets?)...call Coach Bob Lualhati at Skyline (San Bruno) for verification. --- more? Call NCRR!

Race Walking

SCHEDULING: - For all information on scheduling, please contact the following persons--(NorCal) Bill Ranney, 101 Sunnyhills Dr., #65, San Anselmo 94960 (Ph. 415/456-2641); (SoCal) Connie Rodewald, 852 Sharon Dr., Camarillo 93010; (Oregon) Jim Bean, 336 Jerris St. SE, Salem, OR 97302.

- Dec 17 - Year-End Walk, S.F. State track, 9:00 am (awards for 20K and 50K only).
- Jan 14 - 10-Mile Handicap Walk, Greenbrae Marina course, Marin County, 10:00 am.
- Jan 26 - S.F. Examiner Games, (1 Mile), Cow Palace, Daly City--contact Bill Ranney if interested

HIMMELBERGER TOURS EUROPE: - Combining a holiday with 4 competitions, Sequoia SC's Dave Himmelberger competed in a 15K near Milan and placed 15th in a PR of 1:11:08.6; he then competed on a mixed team in the Arriolo-Chiasso Relay and did the final 25K leg in 2:04:47 (4th best on that leg). In other races, he was 2nd in 45:14 (10K) and 2:45:14 (also 2nd) over 31.6K.

PAN-AM MASTERS GAMES (Aug. 19-20, Santa Ana): /5K/ 1-Bouldin/30 23:00, 2-Raney/WVTC/43 23:07, 3-Sutton/SDTC/38 24:00, 4-Allen/51 24:41...7-Lori Maynard/WDS/42 27:02, 11-Smith/57 29:04, 14-Siitonen/52 29:58, 25-Anawalt/58 33:42. /20K/ 1-Raney/WVTC/43 1:38:10, 2-Bouldin/30 1:40:01, 3-Allen/52 1:43:28...7-Lori Maynard/WDS/42 2:01:47, 9-Smith/57 2:09:05, 11-Siitonen/52 2:12:38, 22-Anawalt/58 2:47:05. /Hilliard Summer/

ONE-HOUR POSTAL (Oct. 15, San Francisco State): 1-Neal Pyke/SSC 8 miles, 1020 yards (new U.S. record), 2-Glusker/WVTC 8-731, 3-Doolley/WVTC 8-730, 4-Henderson/SSC 7-1512, 5-Adriano/WVTC 7-501, 6-Siitonen/NCS(40+) 5-1422. /Harry Siitonen/

TRACK AND FIELD RESULTS



PAN-AM MASTERS GAMES (Aug. 19-20, Santa Ana): - Note: Only Nor-Cal athletes are listed, when known...no club affiliations were listed in results, so let us know if we missed you so we can list you next time around. -- /MEN/ 10,000m: (1A) 2-Wellick/WVJS 36:06.6; 800m: (1B) 1-Napier/WVJS 2:07.3; 400m: (OA) 2-Harris/WVTC 49.5; 200m: (OA) 3-Dungan 22.5; SP: (2A) 3-Siitonen/NCS 19-5; 5000m: (1A) 2-Wellick/WVJS 16:06.8; 1500m: (OA) 3-Rupp 4:34.9; (OB) 2-R. Lee 4:05.1; (1A) 1-Wellick/WVJS 4:22.0; 3000mSC: (2A) 2-Siitonen/NCS 16:40.3; (2B) 1-Anawalt 16:39.0; HJ: (1A) 3-Conley 5-2; JT: (1A) 1-Stuart 238-0(AR), 2-Conley 192-3; TJ: (1A) 2-Conley 35-0. /WOMEN/ 800m: (I) 1-Parish 2:53.8(WR); 400m: (I) 1-Parish 65.0; 100m: (SM) 1-Sherrard 13.3; (I) 1-Parish 13.8; (III) 1-Kolda 17.1(WR); DT: (SM) 1-Sherrard 92-3; SP: (SM) 3-Sherrard 23-11; LJ: (SM) 1-Sherrard 15-0½; 200m: (SM) 1-Sherrard 27.8; (I) 1-Parish 28.6; (III) 1-Kolda 36.9(WR); 1500m: (I) 1-Eberly/WVJS 5:23.7(WR), 2-Parish 6:26.4; HJ: (SM) 1-Sherrard 4-4. /Hilliard Summer/

Needed: Track & Field Coaches

- NEEDED:** - Part time track & field coaches to work with boys and girls, age 7 to 15. (Some compensation.)
- WHERE:** - Arrow Track Club, Los Altos -- We have had several National Age-Group Champions.
- WHEN:** - Mondays, Tuesdays & Thursdays from 4:45 p.m. to 6 p.m. Starting on Jan. 29, 1979.
- WHY:** - You'll have fun teaching our children and earn a little money too!
- WHO:** - If you think you might be interested, call us at: (415) 969-1594 or (415) 965-9634 in the evening, or at (408) 245-1381 during the day.

Prep Ramblings

by Keith Conning

CONTRIBUTIONS APPRECIATED: - Please send results & stories of high school athletes and competitions directly to me: Keith Conning, 2235 Browning St., Berkeley, CA 94702 (415/849-4406).

MISCELLANY: - The Berkeley girls' track team is the early favorite for the 1979 State Meet Championship. Although they lost Freida Cobbs through graduation and distance runner Bridgett Flynn to Tamalpais, they have picked up three new competitors with State Meet experience. From El Cerrito comes long jumper Judy Young; from DeAnza comes sprinter Kim Webster; from Oakland Tech comes hurdler Sherifa Sanders. All three girls have been competing for Coach Willie White's AAU club -- Berkeley East Bay Track Club.

Darcy Burlison, the number-one ranked cross-country runner in 1976 as a soph, has transferred from Chico to Pleasant Valley.

Bob Woods, the track coach at Camden, called to report that Mark Stewart had run a 9.6 at the WVAL Trials at Los Gatos on May 8th. He was inadvertently left off the list in issue number 73.

Carlos Carrasco of Mt. Pleasant in San Jose is not running cross-country but will return for track season.

OUR READERS SPEAK OUT: - Cheri Williams vs. Kelia Bolton...I would like to respond to Ed Heinlein's letter in the last issue.

I chose Kelia over Cheri as a result of their performances at the State Meet. Kelia pulled off an extremely difficult sprint double against some of the fastest competitors in the country. I don't mean to downplay the excellent performance of Cheri, but I do think the competition in the sprints was more rigorous. However, if you include the post-high school competition of the summer, then I would choose Cheri as the top prep. In fact, I voted for Cheri as number one in the *Track & Field News* poll.

REACTION TO READER SURVEY: - I don't believe the high school coverage should be cut back. Our younger readers, who are interested in this coverage, simply did not reply to the survey. Many coaches and athletes have thanked me for the excellent coverage we give to prep cross-country and track. Remember, these are the people who will help sustain this publication in the future.

PREP X-C RESULTS

In this issue, and probably in future issues, we'll keep all the high school stuff together...it makes for better continuity and is just a logical thing to do. So, below and on the following few pages we are summarizing most of the top meets we have results for through the end of October. If you don't see a meet listed and you have the results, please send us a copy by Dec. 20th (or earlier). We generally print only the invitationals, Region & Section Championships...there are just too many league meets to list them all.

ALUM ROCK INVIT. (Sept. 23, San Jose): /VARSITY/ Teams: MSJ 44, MiraLoma 47, Lick 109, Mt.Pleasant 146. 1-Strangio/MSJ 11:22.8, 2-Trujillo/Gil 11:37, 3-Jay Marden/MSJ 11:37, 4-Balderas/SJ 11:43, 5-Foran/ML 11:43, 6-Soto/MP 11:45, 7-Read/MSJ 11:47, 8-Shoemaker/ML 11:54, 9-Kading/ML 11:54, 10-Torres/MP 11:55, 11-Ramirez/YB 11:56, 12-Vail/ML 11:58, 13-Tiernan/ML 12:06, 14-Wagstaffe/Bel 12:11, 15-Munoz/JL 12:12. /GIRLS/ Teams: MSJ 32, SantaTeresa 65, MiraLoma 90, Newark 130. 1-Fuller/ML 13:34, 2-Strangio/MSJ 14:16, 3-Larson/MSJ 15:04, 4-Stearns/Scrk 15:22, 5-Coon/MSJ 15:33, 6-Tersigni/SC 15:44, 7-Benevento/ST 15:51, 8-Slingerland/ML 15:55, 9-Bordenave/ST 15:56, 10-Duey/MSJ 16:12. /Mt. Pleasant H.S./

SUNNYVALE INVIT. (Sept. 23, Sunnyvale): /VARSITY/ Teams: Homestead 82, Leigh 93, Westmont 104, Watsonville 107. 1-Cooper/WG 12:04, 2-Vasquez/Wa 12:09, 3-Hoch/MA 12:10, 4-Colvin/Lyn 12:13, 5-Moulton/HMB 12:16, 6-Barreza/Wat 12:16, 7-Marquez/Ay 12:18, 8-Hunt/Wes 12:19, 9-Dulin/Lei 12:20, 10-Cort/H 12:24. /GIRLS/ Teams: HMB 37, Homestead 52, Leigh 129, Sunnyvale 176. 1-GoIdthorpe/HMB 13:52, 2-Fox/H 13:59, 3-Koudela/MV 14:34, 4-Kwong/H 15:03, 5-Schmidt/HMB 15:12, 6-Berndt/Cub 15:43, 7-Huston/Gunn 15:44, 8-Bettencourt/HMB 15:50, 9-Vavuris/Cub 16:01, 10-Hamilton/HMB 16:02. /Keith Conning/

BLOCK D INVIT. (Sept. 23, Concord): /VARSITY/ Teams: Northgate 40:03.6, San Rafael 40:30, Livermore 40:35, Amador Vly 40:50, Pleasant Hill 41:17. 1-Baffert/SR 7:34, 2-Foster/PH 7:40, 3-Cox/N 7:47, 4-Hamilton/Ant 7:50, 5-Wilson/N 7:56, 6-Robinson/N 7:57. /GIRLS/ Teams: Carondelet 49:42, Antioch 49:49, Northgate 50:31, Miramonte 50:34, San Ramon 50:37. 1-Carol Manning/Car (nt)...girls individual results unknown. /Keith Conning/

BRET HARTE INVIT. (Sept. 23, Angels Camp): /VARSITY/ Teams: Bella Vista 38, Lodi 46, Merced 57, Cordova 72. 1-Garza/L 15:22, 2-Albert/L 15:42, 3-Garcia/M 15:44, 4-Vincent/BV 15:48, 5-Eddy/BV 16:04. /GIRLS/ Teams: Bella Vista 56, Rio Americano 79, Merced 101, So.Tahoe 110. 1-Crisp/D 8:12, 2-Nieto/Merc 8:15, 3-Roberts/RA 8:27, 4-Haas/ST 8:35, 5-Kuphardt/BV 8:47. /Keith Conning/

BLOCK P RELAYS (Sept. 23, Petaluma): /VARSITY/ Teams: Skyline 72:56, Petaluma 74:06, Drake 76:40. 1-T.Downs/S 9:21, 2-Howard/U 9:34, 3-Royal/P 9:40, 4-P.Downs/S 9:51, 5-Robins/U 10:11. /GIRLS/ Teams: Drake 63:31, Ukiah 63:55, Sonoma 64:03. 1-Flint/U 11:32, 2-Geoffrion/D 11:52, 3-Schake/S 12:16, 4-Hallam/SV 12:25. /Keith Conning/

HOMESTEAD INVIT. (Sept. 28, Cupertino): /VARSITY/ Teams: Homestead 45, St. Francis 67, Watsonville 78, Leigh 82, Lynbrook 95. 1-Colvin/Lyn 12:09, 2-Vasquez/Wat 12:27, 3-Demo/Ho 12:31, 4-Gonzales/MV 12:32, 5-Barraza/Wa 12:32, 6-Westwood/Ho 12:36, 7-McCure/SF 12:38. /GIRLS/ Teams: Homestead 30, Leigh 45, Watsonville 80. 1-Fox/Ho 14:13, 2-Kwong/Ho 15:20, 3-Sandez/Wa 15:38, 4-Farrell/Lei 16:19, 5-Berry/Lei 16:21, 6-Whipple/Lyn 16:22, 7-Wilmot/Lei 16:23. /Rick Milam/

OAL INVIT. (Sept. 30, Oakland): /LARGE VARSITY/ Teams: Skyline 31, Castro Vly 52, Irvington 104, Berkeley 128, Lowell 139. 1-T.Downs/S 11:35, 2-P.Downs/S 12:01, 3-Gamboa/S 12:09, 4-Harb/CV 12:15, 5-Shea/CV 12:27, 6-Moraida/I 12:30, 7-Smith/PV 12:31, 8-Brown/B 12:37, 9-Pena/I 12:38, 10-Serrano/L 12:40. /SMALL VARSITY/ Teams: Pleasant Hill 27, Alameda 58, Piedmont 68, Encinal 114, Marina 141. 1-Foster/PH 11:55, 2-King/E 12:19, 3-Jordan/P 12:21, 4-Fay/PH 12:24, 5-Leeds/A 12:26, 6-Ogden/PH 12:31, 7-Maher/PH 12:36, 8-Diola/A 12:40, 9-Wayne/PH 12:42, 10-Moch/P 12:43. /GIRLS/ Teams: Piedmont 75, Encinal 83, Pleasant Hill 118, Berkeley 122, Castro Vly 144. 1-Martel/P 10:33, 2-Gaffield/EC 10:47, 3-Ottaviano/E 10:56, 4-Howard/P 10:58, 5-Stevenson/CV 11:10, 6-Brown/L 11:14, 7-Lee/CV 11:17, 8-Van Buskirk/PH 11:20, 9-Kopkins/E 11:25, 10-Bitz/I 11:38. /D. Peterson/

CHICO INVIT. (Sept. 30, Chico): /VARSITY/ Teams: Vacaville 71, Chico 80, Paradise 95, Petaluma 102, Woodland 112, Arcata 141, Del Oro 142. 1-Royal/Pet 12:49, 2-Williams/A 13:00, 3-Growdon/C 13:05, 4-Dippel/Par 13:14, 5-Williams/C 13:15, 6-Rubio/V 13:15, 7-Beehm/O 13:24, 8-Massar/YC 13:26, 9-Knowles/V 13:27, 10-Jolly/A 13:27. /GIRLS/ Teams: Pleasant Vly 43, Del Oro 75, Woodland 107, Petaluma 109, Nevada Union 119, Chico 120. 1-Claiborne/PV 11:17, 2-Burleson/PV 11:35, 3-Unknown 11:43, 4-Betschart/YC 11:48, 5-Peikert/Un 11:50, 6-Geil/DO 11:53, 7-Bagley/Un 11:54, 8-Girimonte/Un 11:54, 9-Weaver/Par 11:59, 10-Shanoff/Pet 12:02. /Keith Conning/

SOUTH TAHOE INVIT. (Sept. 30, S. Lake Tahoe): /BOYS/ Teams: SLT 50, Reno 65, Carson City 70, Sparks 70, Stewart 95. 1-Prado/CC 15:30, 2-Mass/SLT 15:32, 3-Lauri/Sp 15:50, 4-Johnson/Fallon 15:52, 5-Powell/Pond 16:01, 6-Mueser/SLT 16:03, 7-Devine/R 16:06, 8-Beartley/Sp 16:11, 9-Honyaktewa/St 16:18, 10-Long/R 16:23. /GIRLS/ Teams: SLT 33, Reno 50, Carson City 83, Fallon 98, Hug 130. 1-Long/R 13:30, 2-Haase/SLT 13:33, 3-Sprague/Sp 13:51, 4-Ratt/Fallon 14:00, 5-Ehrgott/Sp 14:17, 6-Maison/CC 14:19, 7-Hitchcock/SLT 14:19, 8-Poe/SLT 14:45. /K. Conning/

CERES INVIT. (Sept. 30, Modesto): /BOYS/ Teams: MSJ 41, Jesuit 72, El Camino 80. 1-Strangio/MSJ 14:48, 5-Jay Marden/MSJ 15:07, 6-Read/MSJ 15:09, 8-John Marden 15:11 (no other finishers available). /GIRLS/ Teams: Bella Vista 33, MSJ 62, Merced 85. 1-Strangio/MSJ 11:29, 2-Nieto/M 11:46, 3-Kuphaldt/BV 12:03, 4-Hayes/Dub 12:09, 5-Price/BV 12:10, 6-Klopsch/BV 12:10, 7-Larson/MSJ 12:21. /Keith Conning/

SAN RAMON INVIT. (Oct. 7, Danville): /LARGE BOYS/ Teams: Mission San Jose 36, Skyline 86, Pleasant Hill 93, Castro Vly 154, Northgate 156. 1-Strangio/MSJ 7:38, 2-T.Downs/S 7:42, 3-P.Downs/S 7:58, 4-Howard/Uk 7:59, 5-Jay Marden/MSJ 8:00, 6-John Marden/MSJ 8:00, 7-Read/MSJ 8:01, 8-McDonald/ME 8:06, 9-Foster/PH 8:08, 10-Romero/Eur 8:09. /MEDIUM BOYS/ Teams: Chico 43, Pittsburg 76, SanRafael 76, SanRamon 88, Alameda 93. 1-Baffert/SR 8:03, 2-Williams/C 8:11, 3-Growden/C 8:12, 4-Leeds/A 8:20, 5-Gama/Ten 8:21. /SMALL BOYS/ Teams: LasLomas 56, Petaluma 67, DLS 108, Piedmont 119, Encinal 154. 1-Royal/Pet 8:08, 2-King/E 8:10, 3-Perlman/LL 8:13, 4-Sargeson/DLS 8:14, 5-MacMahon/LL 8:17...more

(San Ramon Invit., Cont'd).../LARGE GIRLS/ Teams: MSJ 65, Ukiah 82, Antioch 111, Northgate 130, Castro Vly 147. 1-Kenny/Novato 7:43, 2-Strangio/MSJ 7:53, 3-Flink/U 7:57, 4-Felix/A 8:02, 5-Gaffield/EC 8:03, 6-Larson/MSJ 8:17, 7-Richardson/Con 8:19, 8-Wilson/Nov 8:20, 9-Coon/MSJ 8:22, 10-Stevenson/CV 8:24. /SMALL GIRLS/ Teams: Carondelet 87, MarinCath 108, Miramonte 118, Acatanes 123, Pleasant Hill 157. 1-Chris Manning/Car 7:39, 2-Martel/Pied 7:47, 3-Carol Manning/Car 7:52, 4-White/Mir 8:00, 5-Hayes/Dub 8:02, 6-Fraser/LL 8:03, 7-Schalk/SR 8:11, 8-Brennan/MC 8:13, 9-Murphy/MC 8:13, 10-Troxel/Ac 8:15. /Bob Vincent/

APTOS INVIT. (Oct. 7, Aptos): /LARGE VARSITY/ Teams: Watsonville 61, Leigh 63, Independence 93, Soquel 129, Gilroy 130, Mt. Pleasant 161, Sunnyvale 161. 1-Soto/MP 12:32, 2-Vasquez/Wat 12:41, 3-Trujillo/G 12:42, 4-Ifland/Soq 12:53, 5-Hernandez/Ind 13:01, 6-Torres/MP 13:09, 7-Barraza/Wat 13:11, 8-Green/Ind 13:22, 9-Bergkamp/Lei 13:25, 10-Maurer/Lei 13:25. /SMALL VARSITY/ Teams: Lick 62, Lincoln 71, Santa Cruz 134, King City 154, Gunderson 158. 1-Baldoras/SJ 12:39, 2-Gonzales/Linc 12:52, 3-Rembao/SC 12:55, 4-Magallanes/Sea 12:57, 5-Gonzales/Linc 13:00, 6-Munoz/Lick 13:10, 7-Gayton/SB 13:11, 8-Marquez/Ayer 13:18, 9-Salazar/Lick 13:26, 10-Canales/SB 13:30. /GIRLS/ Teams: Leigh 87, Santa Teresa 109, Gilroy 110, Santa Cruz 152, Soquel 176. 1-Schneider/SC 13:50, 2-Choy/Sal 13:58, 3-Kelley/Gil 14:47, 4-Weaver/Apt 14:54, 5-Sanchez/Wat 14:56, 6-Benevento/ST 15:07, 7-Carpenter/SB 15:08, 8-Hernandez/Gund 15:12, 9-Barry/Lei 15:12, 10-Donat/Mon 15:13. /Jim Beacon/



Start of varsity girls race at Artichoke Invit. /Lita Calvin/

ARTICHOKE INVIT. (Oct. 7, Half Moon Bay): /LARGE BOYS/ Teams: Mira Loma 38, Carlmont 138, Livermore 161, Terra Linda 186, Amador Vly 187. 1-O'Connor/Ca 11:28.5, 2-Wentworth/Liv 11:32, 3-Shoemaker/ML 11:33, 4-Cooper/WG 11:34, 5-Ramirez/YB 11:36, 6-Moraida/Irv 11:37, 7-Kading/ML 11:39, 8-Vail/ML 11:39, 9-Radicant/ML 11:40, 10-Mellquist/Ca 11:41. /SMALL BOYS/ Teams: Riverbank 46, Mills 49, Bellarmine 123, HMB 175...see page 33...



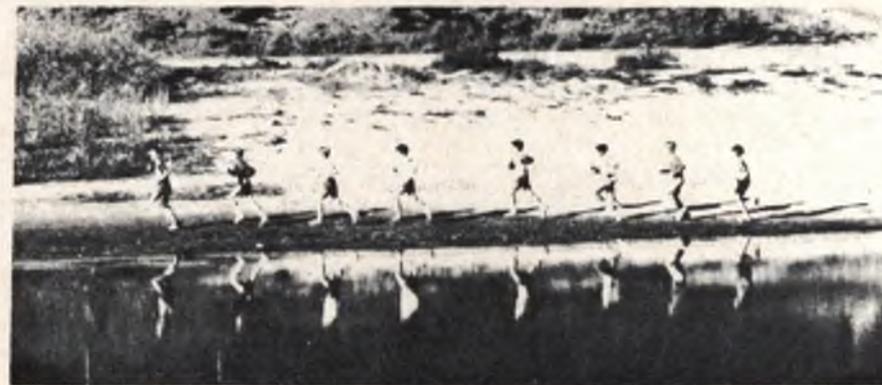
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- _____ Send me a correspondent's kit.

(Artichoke Invit., cont'd).../SMALL BOYS/ 1-Saldema/RB 11:35, 2-Marson/M 11:36, 3-Olivera/RB 11:36, 4-Wagstafe/B 11:45, 5-Cuevas/EU 12:01, 6-Wirdzek/M 12:04, 7-Moulton/HMB 12:07, 8-Peterson/TN 12:07, 9-Garza/RB 12:14, 10-Vavoris/Cub 12:17. /GIRLS/ Teams: HMB 82, Mira Loma 99, Redwood 119, Carlmont 135, San Mateo 201. 1-Fuller/ML 13:16, 2-Goldthorpe/HMB 13:25, 3-Schnurpfeil/SM 13:30, 4-Koudela/MVis 13:32, 5-Flynn/Tam 13:38, 6-Schmidt/HMB 14:03, 7-MacSwain/TL 14:06, 8-Van Housen/Wood 14:15, 9-Jungsten/Ca 14:17, 10-Foianini/Ca 14:25. /Dick Calvin/

NEVADA UNION INVIT. (Oct. 7, Grass Valley): /VARSITY/ Teams: El Camino 44, Jesuit 55, McClatchy 92, Vacaville 102, Cordova 107. 1-Turner/Colfax 15:47.5, 2-Little/J 15:48, 3-Betker/CR 15:56, 4-Scott/EC 16:05, 5-John Scott/EC 16:07, 6-Cary/EC 16:12, 7-Overoye/J 16:18, 8-Miller/Wdld 16:20, 9-Walentschka/Sac 16:26, 10-Warr/Vac 16:28. /GIRLS/ Teams: Bella Vista 30, Encina 55, Woodland 86, San Juan 113, Ptacer 122. 1-Roberts/RA 12:49, 2-Kuphaldt/BV 13:15, 3-Negri/Fthl 13:21, 4-Dietler/Fthl 13:27, 5-Lewis/Enc 13:36, 6-Klopsch/BV 13:41, 7-Skaden/Enc 13:42, 8-Keeton/Wdld 13:49, 9-Price/BV 13:50, 10-Balch/Wdld 13:50. /Tim Kays/

MERCED INVIT. (Oct. 7, Merced): /BOYS/ Teams: Lodi 27, Clovis 48, Hoover 68, McLane 86. 1-Garza/L 16:13, 2-Gonzales/C 16:33, 3-Verg/L 16:41, 4-Getzchow/L 17:01, 5-Gutan/M 17:02, 6-Garcia/C 17:05, 7-Alberto/Mod 17:07, 8-Montoya/C 17:09, 9-Ross/H 17:11, 10-Ansen/L 17:15. /GIRLS/ Teams: 1-Clovis 35, Merced 47, Lodi 65, Downey 98, Hoover 130. 1-Nieto/M 11:51, 2-Barrett/H 12:24, 3-Satowski/C 12:42, 4-Wilcox/C 12:48, 5-Hughes/M 12:50, 6-Nagley/Man 12:58, 7-Penniger/C 13:06, 8-Redfern/L 13:10, 9-Owen/L 13:16, 10-Crabtree/C 13:17. /Keith Conning/

CENTER MEET (Oct. 12?, Belmont): /VARSITY/ Teams: Carlmont 48, Mills 62, Watsonville 130, Bellarmine 170, Mtn. View 186. 1-O'Connor/Ca 15:38(?), 2-Barraza/W 15:43, 3-Melquist/Ca 15:59, 4-Wagstafe/B 16:06, 5-Vasquez/W 16:21, 6-Wirdzek/M 16:26, 7-Gonzales/MV 16:31, 8-Marson/M 16:43, 9-Pryor/Ca 16:51, 10-Carroll/LA 16:56. /GIRLS/ Teams: HMB 47, Carlmont 79, Gunn 99, Watsonville 128, Leland 158. 1-Coudela/MV 18:34, 2-Goldthorpe/HMB 18:44, 3-Choy/Cal 19:10, 4-VanHousen/W 19:27, 5-Schmidt/HMB 19:55, 6-Huston/G 20:21, 7-Jungsten/Ca 20:37, 8-Berndt/Cub 20:44, 9-Vavuris/Cub 20:45, 10-Siegman/HMB 20:46. /L. Lansberry/

ANTIOCH INVIT. (Oct. 14, Antioch): /LARGE BOYS/ Teams: MSJ 38, Skyline 93, Northgate 117, Cordova 136, Irvington 148. 1-Strangio/MSJ 9:34, 2-T.Downs/S 9:34, 3-Walentschka/Sac 9:37, 4-P. Downs/S 9:51, 5-John Marden/MSJ 9:52, 6-Jay Marden/MSJ 9:53, 7-Read/MSJ 9:54, 8-Moraida/I 10:05, 9-Languemi/Amdr 10:06, 10-Cox/N 10:07. /GIRLS/ Teams: Carondelet 65, Antioch 86, MSJ 94, San Ramon 104, Acalanes 178. 1-Chris Manning/C 11:20, 2-Carol Manning/C 11:27, 3-Strangio/MSJ 11:28, 4-Felix/A 11:36, 5-Fraser/LL 11:58, 6-Larson/MSJ 12:02, 7-Schalk/SRam 12:13, 8-Troxel/Ac 12:18, 9-VanBuskirk/PH 12:27, 10-Rich/A 12:28. /SMALL BOYS/ Teams: PH 48, Las Lomas 66, DLS 93, Pittsburg 97, San Ramon 104. 1-Baffert/SR 9:55, 2-Foster/PH 10:01, 3-Perlman/LL, 4-Sargeson/DLS 10:16, 5-Peterson/P 10:17, 6-Fry/PH 10:18, 7-Gama/Ten 10:20, 8-McMahon/LL 10:21, 9-Romero/P 10:22, 10-Berry/PH 10:24. /Keith Conning/

DEL MAR INVIT. (Oct. 14, San Jose): /BOYS/ Teams: Westmont 56, Fremont 77, Los Gatos 108, Willow Glen 128. 1-Soto/MP 10:25, 2-Balderas/SJ 10:26, 3-Cooper/WG 10:34, 4-Torres/MP 10:41, 5-Hunt/W 10:43, 6-DeLore/F 10:47, 7-Lambeth/W 10:48...more...

(Del Mar Invit., cont'd).../GIRLS/ Teams: Del Mar 81, Saratoga 91, Willow Glen 100. 1-Harper/Pr 12:27, 2-Miller/F 13:23, 3-Elliott/S 13:40, 4-Powell/DM 13:41, 5-Hicks/LG 13:50, 6-Lanini/Lick 13:54, 7-Niedrauer/WG 13:55. /Keith Conning/

RIO LINDA INVIT. (Oct. 14, Sacramento): /LARGE BOYS/ Teams: McClatchy 53, El Camino 57, Bella Vista 61. 1-Maldonado/M (no times available), 2-Watson/Wdld, 3-Gary/EC, 4-Phelps/Fthl, 5-Scott/EC. Individ. Race: 1-Williams/Ch, 2-Warr/VV, 3-Grubbs/EG, 4-Galeaze/Mer, 5-Rubio/VV. /LARGE GIRLS/ Teams: Bella Vista 43, Pleasant Vly 76, Fthl 79, Merced 87. 1-Claiborne/PV, 2-Nieto/Mer, 3-Chambers/LS, 4-Negri/Fthl, 5-Price/BV. Individ. Race: 1-Roberts/RA, 2-Jenkinson/RA, 3-Wosett/EC, 4-Lewis/Enc, 5-Gong/L. /SMALL BOYS/ Teams: Riverbank 26, SLT 34, Oakmont 62. Individ. Race: 1-Turner/Col, 2-McCoy/Gr, 3-Francis/BH, 4-Braden/Van, 5-Sterling/Van. /SMALL GIRLS/ Teams: SLT 36, El Dorado 72, Delta 83. Individ. Race: 1-Weaver/Pon, 2-Wanamaker/BH, 3-Haase/SLT, 4-Negley/Man, 5-Poell/SLT. /Keith Conning/

LASSEN INVIT. (Oct. 14, Susanville): /VARSITY/ 1-Lauri/Sparks 17:14, 2-Devine/Reno 17:29, 3-Bentley/Sparks 17:40, 4-Long/Reno 17:47, 5-Keyes/LP nt. /GIRLS/ 1-Wong/Reno 13:48, 2-Sprague/Sparks 14:18, 3-Erghott/Sparks 14:20, 4-Davis/Yer 14:27, 5-Smith/Lassen 14:34. /Keith Conning/

SERRA INVIT. (Oct. 14, Belmont): /BOYS CHAMP. VARSITY/ Teams: St. Francis 45, Carlmont 49, Leland 76, Homestead 93, Bellarmine 96. 1-Melquist/C 15:29, 2-Wagstafe/B 15:39, 3-O'Connor/C 15:59, 4-Breseke/L 16:02, 5-McClure/SF 16:06, 6-Kasper/SF 16:12, 7-Kimzy/Hom 16:19, 8-Demo/Hom 16:20, 9-Gale/SF 16:21, 10-Lammle/L 16:39. /BOYS VARSITY/ Teams: Watsonville 82, Menlo-Atherton 88, Independence 90, San Mateo 90, Mills 92. 1-Trujillo/Gil 15:23, 2-Ramirez/YB 15:29, 3-Hernandez/I 15:42, 4-Hoch/MA 15:48, 5-Marson/M 15:56, 6-Green/I 15:52, 7-Barraza/W 16:06, 8-Jones/MA 16:14, 9-Vasquez/W 16:16, 1-Mason/Gil 16:23. /GIRLS/ Teams: HMB 49, Carlmont 69, Homestead 102, Watsonville 147, San Mateo 148. 1-Schnurpfeil/SM 18:10, 2-Goldthorpe/HMB 18:16, 3-Schmidt/HMB 19:14, 4-Kwong/H 19:34, 5-Sanchez/W 19:43, 6-Bettencourt/HMB 19:48, 7-Stearns/SC 19:50, 8-Jungsten/C 19:57, 9-Sigma/HMB 20:05, 10-Blunt/Leland 20:47. /R. Fambrini/

HAYWARD INVIT. (Oct. 21, Hayward): /LARGE BOYS/ Teams: MSJ 56, PH 92, Jesuit 101, Castro Vly 103, Skyline 129. 1-Strangio/MSJ 14:56, 2-T.Downs/S 15:10, 3-Read/MSJ 15:11, 4-Little/J 15:16, 5-John Marden/MSJ 15:20, 6-Baffert/SR 15:21, 7-P.Downs/S 15:34, 8-Foster/PH 15:40, 9-Robinson/Nor 15:46, 10-Reyes/J 15:46. /SMALL BOYS/ Teams: Las Lomas 51.5, Pittsburg 80, Tennyson 90. 1-Williams/Dub, Thompson/Ac & Perlman/LL (all 16:19), 4-Peterson/Pitt 16:21, 5-Mendez/Sun 16:23, 6-Gama/Ten 16:28, 7-Powell/LL 16:30, 8-McMahon/LL 16:32, 9-Leeds/AI 16:37, 10-Coleman/OD 16:38. /GIRLS/ Teams: MSJ 54, Acalanes 92, San Ramon 107, Piedmont 144, PH 162. 1-Strangio/MSJ 11:29, 2-Martel/P 11:39, 3-Fraser/LL 11:47, 4-Kenny/Nov 11:53, 5-Richardson/Con 11:58, 6-Larson/MSJ 12:08, 7-Coon/MSJ 12:10, 8-Stevenson/CV 12:13, 9-Schalk/SR 12:17, 10-Hayes/Dub 12:21. /Norm Guest/

SOQUEL INVIT. (Oct. 21, Soquel): /LARGE BOYS/ Teams: Madera 109, Fremont 119, Redwood 132, Berkeley 162, San Mateo 166. 1-Trujillo/Gil 12:00, 2-Soto/MP 12:03, 3-Ramirez/YB 12:09, 4-Hernandez/I 12:23, 5-Wagstafe/Bel 12:34, 6-Govi/TL 12:35, 7-Green/I 12:38, 8-DeLore/Fre 12:39, 9-Garcia/M 12:41, 10-Lenschau/TL 12:41. /SMALL BOYS/ Teams: Lick 45, Mills 68, Santa Cruz 114, Terra Nova 114, HMB 118. 1-Balderas/SJ 12:18, 2-Rembao/SC 12:19, 3-Marson/M 12:39, 4-Moulton/HMB 12:45, 5-Salazar/L 12:47, 6-Peterson/TN 12:48, 7-Felhaber/Burl 12:50, 8-Munoz/L 12:52, 9-Wirdzel/M 12:53, 10-Marshall/Milp 13:03. /GIRLS/ Teams: HMB 37, Redwood 70, Watsonville 104, Soquel 118, San Mateo 124. 1-Goldthorpe/HMB 14:15, 2-Koudela/MV 14:15, 3-Schnurpfeil/SM 14:21, 4-Schmidt/HMB 14:37, 5-Choy/Sal 14:39, 6-Schneider/SC 14:56, 7-MacSwain/TL 15:04, 8-Sanchez/W 15:16, 9-Miller/Fre 15:24, 10-Guelich/Soq 15:32. /Conning/

MT. SAC INVIT. (Oct. 27-28, Walnut): /BOYS/ Teams: So. Eugene 94, MSJ 125, Monte Vista/SD 145. 1-Nelson/Burbank 14:32, 2-Medvin/Univ-LA 14:58...8-Strangio/MSJ 15:20, 9-Read/MSJ 15:27, 12-John Marden/MSJ 15:30, 17-Jay Marden/MSJ 15:42...more on page 34...



(Left) Tom Downs & Steve Strangio in near dead heat at Antioch. (Right) Carondelet won Antioch (l-r) Archambault, Brennan, Coach Shively, Chris Manning, MacMahon, Carol Manning, Knafelc. /Keith Conning/

(Mt. SAC Invit., cont'd).../GIRLS/ Teams: 8-MSJ. 15-Strangio/MSJ 12:52, 23-Coon/MSJ 13:02, 33-Larson/MSJ 13:22. /Conning/

CARLMONT INVIT. (Oct. 28, Belmont): /BOYS/ Teams: Westmont 48 (78:46.2), Homestead 48 (78:50.4), Carlmont 68, Independence 88, St. Francis 111. 1-Hernandez/I 15:06, 2-Soto/MP 15:13, 3-Marson/Mills 15:16, 4-Lambeth/W, 5-O'Connor/C 15:19, 6-Melquist/C 15:20, 7-Torres/MP 15:30, 8-??/Mills 15:31, 9-Green/I 15:32, 10-Westwood/H 15:37, 11-Demo/Hom 15:38, 12-Kimzy/Hom 15:39, 13-Stiegle/W 15:40, 14-??/Mills 15:42, 15-Todd/W 15:44, 16-Scott/SF 15:48, 17-Igel/Hom 15:49, 18-Nelson/W 16:00, 19-Hunt/W 16:02, 20-Clifton/H 16:05. /Keith Conning/

LATE NEWS--Although we didn't have the results at the time this issue went to press, we heard unofficially that Steve Strangio and Tom Downs did 9:04 and 9:05 respectively in the 2-mile postal competition. Tune in next time for a season wrapup of this meet and Region/Section Championships.

Cross Country Report



CENTRAL CALIF. X-C MEET (Sept. 16, Fresno): /MEN/ Teams: FPTC 37, CSUS 42, FSU 69, UCR 117. 1-White/Sac 25:32, 2-Hartig/FP 25:51, 3-Cox/FP 25:55, 4-Santizo/FS 25:57, 5-Ramirez/FP 26:02, 6-Alvarez/UCR 26:03, 7-Farrell/Sac 26:05, 8-Van Horn/Sac 26:19, 9-Higginbotham/FPC 26:21, 10-Sutherland/FS 26:22, 11-Rinde/Sac 26:25, 12-Torres/FS 26:26, 13-Hall/FP 26:36, 14-Foley/FP 26:44, 15-McInturf/Sac 26:48. /WOMEN/ Teams: FresnoCC 24, FPTC 31. 1-Barrett/FP 11:52, 2-Hester/FCC 12:21, 3-McPherson/WBTC 12:31, 4-Domingues/FCC 12:46, 5-Ramirez/CSB 13:05. /Bill Cockerham/

SIERRA COLLEGE INVIT. (Sept. 23, Rocklin): Teams: Sierra 19, SJCC 67, ARC 68. 1-Hitchcock/S 20:12.5, 2-Hamer/S 21:21, 3-Dietler/S 21:40, 4-Sechrist/SJ 21:46, 5-Molina/LM 21:48, 6-Navarro/S 22:08, 7-Sane/S 22:17, 8-Otis/CRC 22:37, 9-Hunter/SJ 22:44, 10-Torres/AR 22:48. /WOMEN/ 1-Crowley/SJ 19:18, 2-Van Housen/Can 20:09, 3-West/SJ 20:25, 4-Swannack/Can 20:30, 5-P. Stok/Can 21:36. /Chris Hamer/

BERKELEY INVIT. (Sept. 23, Berkeley): Teams: Cal 19, LBS 74, SDS 105, Chico 123. 1-Oehm/C 17:54.9, 2-Richter/C 18:00, 3-Meek/C 18:32, 4-Abare/SD 18:45, 5-Trumbly/C 18:58, 6-Symons/Ch 19:10, 7-Reinhart/Un 19:29, 8-Bubanja/C 19:35, 9-Flournoy/Sac 19:44, 10-Jewell/LBS 19:48. /Vern Gambetta/

FRESNO STATE INVIT. (Sept. 30, Fresno): Teams: CPSLO 24, Nev-R 67, Stanford 95, FPTC 100, FSU 130. 1-Schanke/CP 31:16, 2-Aldridge/CP 31:32, 3-Wysocki/NR 31:39, 4-Romesser/FP 31:52, 5-Leano/NR 32:13, 6-Kingery/CP 32:15, 7-Munoz/NR 32:18, 8-Capriotti/CP 32:28, 9-Kissin/St 32:33, 10-Bautista/CP 32:38, 11-Cox/FP 32:51, 12-Hartig/FP 32:55, 13-Berry/St 32:59, 14-Lob-singer/St 33:02, 15-Bray/CP 33:03. /WOMEN/ Teams: Cal 23, CP/SLO 51, SJ Cindergals 63, WVC 116. 1-Oehm/C 17:14, 2-Richter/C 17:15, 3-Olrich/SJC 17:22, 4-Keyes/CP 17:26, 5-Meek/C 17:33, 6-Trumbly/C 17:38, 7-Munday/CP 17:41, 8-Bier/SJC 17:54, 9-Hjelte/C 17:55, 10-Perkins/WVC 17:55, 11-Kelley/CP 17:57, 12-Symons/Ch 17:57, 13-Brogan/SJC 18:04, 14-K.Keyes/CP 18:09, 15-Rouda/CP 18:15. /Steve Miller/

CSM INVIT. (Oct. 7, Belmont): /LARGE SCHOOL/ ARC 89, Sequois 89, WVC 101, Modesto 104, CSM 121. 1-Hurst/M 20:20, 2-Breuer/ARC 21:06, 3-Katepa/COS 21:12, 4-Dixon/SJD 21:13, 5-Dyer/WVC 21:21, 6-Lozeno/COS 21:27, 7-Baumsteiger/COM 21:31, 8-Holmes/M 21:32, 9-Drew/SR 21:32, 10-Maxwell/ARC 21:34, 11-Carlson/COM 21:38, 12-McBride/CSM 21:39, 13-Will/ARC 21:40, 14-Thurston/CSM 21:41, 15-Ostenberg/DV 21:44. /SMALL SCHOOL/ Sierra 31, Sky-line 89, Monterey 92, Yuba 96, Butte 104. 1-Hitchcock/S 20:21, 2-Hamer/S 20:56, 3-McDaniel/Sky 21:15, 4-Navarro/S 21:39, 5-Christensen/MPC 21:43, 6-Reyes/Cuesta 21:48, 7-Calligan/Y 21:49, 8-Adams/MPC 21:55, 9-Dietler/S 21:58, 10-Masterson/Shasta 22:01. /WOMEN/ Fresno Pacific 66, Yuba 76, Canada 124, Diablo Vly 143, DeAnza 155. 1-Kearns/Y 18:24, 2-Williams/Y 18:25, 3-Hester/FP 18:39, 4-Swannack/C 18:43, 5-O'Donnell/Cuesta 19:05, 6-McPherson/DA 19:06, 7-Knedler/Sh 19:07, 8-Blevins/DVC 19:17, 9-Robinson/SJC 19:24, 10-Pappas/Y 19:28. /Bob Rush/

AGGIE INVIT. (Oct. 7, Davis): /OPEN/ Teams: AGRC 40, FPTC 45, CW 94, SacState JV 141, WBTC 176. 1-Hart/WBTC 24:21, 2-Romesser/FP 24:24, 3-Moreno/CW 24:26, 4-Yeo/AGRC 24:35...more...

(Aggie Invit., cont'd)...5-Hartig/FP 24:45, 6-Flores/AGRC 24:28, 7-Hoglund/CW 24:49, 8-Ramirez/FP 24:50, 9-Harms/AGRC 24:52, 10-Sweeney/AGRC 24:54, 11-Martinez/AGRC 24:57, 12-Hurst/PTC 25:05, 13-Magallanes/AGRC 25:05, 14-Foley/FP 25:13, 15-Britten/AGRC 25:14, 16-Cox/FP 25:15, 17-Harvey/CW 25:17, 18-Kelley/FP 25:21, 19-Rinde/Sac 25:23, 20-Van Dine/AGRC 25:25. /COLLEGE/ CPSLO 18, SacSt 54, FSU 98, Cal 100, Davis 161, FPC 161. 1-Schanke/CP 23:52.4(CR), 2-Kingery/CP 24:01, 3-White/Sac 24:03, 4-Aldridge/CP 24:10, 5-Capriotti/CP 24:17, 6-Bautista/CP 24:50, 7-Bray/CP 24:54, 8-Elieff/C 24:57, 9-Farrell/Sac 24:58, 10-Brown/Sac 24:59, 11-VanHorn/Sac 25:01, 12-Lara/FS 25:02, 13-Burke/C 25:05, 14-Huff/CP 25:06, 15-Garza/FP 25:08. /Steve Miller/

CAL INVIT. (Oct. 7, Berkeley): Teams: Cal 43, Oregon 56, Colorado 83, CPSLO 85, Washington 130, UCLA 147. 1-Slater/CO 17:43, 2-Oehm/C 17:49, 3-Richter/C 17:50, 4-Decker/CO 18:00, 5-M.Keyes/CP 18:08, 6-Meek/C 18:08, 7-Trumbly/C 18:08, 8-Baker/O 18:14, 9-Wilson/CO 18:20, 10-Williams/O 18:23, 11-Griffith/O 18:27, 12-Munday/CP 18:36, 13-Mountain/O 18:39, 14-Morton/O 18:42, 15-Parker/O 18:44. /Vern Gambetta/



(Left) Dana Slater (1) and Suzanne Richter (5) battle it out in the Cal Invit.; Slater won in 17:43. (Right) Jan Oehm finished in second in 17:49 to lead Cal to team title. /Gosney/



ORINDA INVIT. (Oct. 14, Walnut Creek): /GIRLS/ (9/U) CY 30, RG 64. 1-Covione/Un 6:20, 2-Bratton/CY 6:25, 3-Fong/RG 6:33, 4-Berg/RG 6:52, 5-Carney/CY 7:01. (10-11) RG 53, CY 76, OTC 81, WDS 85. 1-Vasquez/SJC 9:01, 2-Calegari/WDS 9:19, 3-Manning/OTC 9:26, 4-Himenes/WDS 9:29, 5-McDowell/RG 9:30, 6-McAfee/RG 9:31. (12-13) CY 46, RG 97. 1-Morse/OTC 12:10, 2-VanHousen/Un 12:23, 3-Martinez/SS 12:36, 4-Carney/CY 13:20, 5-Swicegood/OTC 13:27. (WOMEN) 1-Swannack/WDS 15:43, 2-Wolfe/WDS 16:28, 3-P.Stok/WDS 16:33, 4-K.Stok/WDS 16:46, 5-Gerard/WDS 17:02. /BOYS/ (9/U) DVTC 39, DCD 44, RG 85, SVTC 108. 1-Morgan/DCD 5:45, 2-Scattini/SV 5:59, 3-Heredia/DV 6:08, 4-Odell/RG 6:11, 5-Tull/DCD 6:13, 6-David/TC 6:16. (10-11) DVTC 29, DCD 40, DVTC "B" 90. 1-Cajero/DCD 7:31, 2-Callahan/DV 7:47, 3-Latting/DV 7:54, 4-Gutierrez/DCD 9:06, 5-Scattini/SV 9:08. (12-13) DVTC 28, DCD 42, Arrow 87. 1-Carroll/Un 10:45, 2-Morse/DV 10:55, 3-McMahan/DV 11:05, 4-Sariacino/DCD 11:06, 5-Morgan/DCD 11:16. /D.Bailes/

STANFORD INVIT. (Oct. 14, Stanford): /WOMEN/ Cal 28, CP/SLO 37, WVC 91, Chico 131, CSH 151. 1-M.Keyes/CP 17:35, 2-Richter/C 17:37, 3-Oehm/C 17:50, 4-Meek/C 17:50, 5-Trumbly/C 17:50, 6-Munday/CP 18:01, 7-K.Keyes/CP 18:12, 8-Wotherspoon/WV 18:18, 9-Perkins/WV 18:19, 10-Symons/Chico 18:36, 11-Kelley/CP 18:37, 12-Kramer/CP 18:39, 13-Thrupp/Stn 18:41, 14-Hjelte/C 18:44, 15-Bubanja/C 18:45. /MEN/ - Leaders went off course with less than a mile to go...individual & team results are therefore meaningless...since we don't know who did or did not go off the course, we won't list results. Jim Schanke (Cal-Poly) was leading most of the race before the wrong turn. Santa Monica TC did and probably would have won team race in either case. /Dean Clark & Treon/

SHASTA INVIT. (Oct. 21, Redding): Teams: Oregon 24, SJC 44, WVC 71, Chico 133. 1-Baker/O 16:58, 2-Bier/SJC 17:00, 3-Schmidt/O 17:02, 4-Olrich/SJC 17:05, 5-Williams/O 17:14, 6-Wotherspoon/WV 17:20, 7-Morton/O 17:21, 8-Mountain/O 17:22, 9-Parker/O 17:25, 10-Brogan/SJC 17:31, 11-Symons/Chico 17:32, 12-Perkins/WVC 17:34, 13-Regan/SJC 17:44, 14-Alzner/O 18:09, 15-Demmelmaier/SJC 18:12, 16-Warga/O 18:16, 17-Bowers/WV 18:22, 18-Carter/RTC 18:22, 19-Bates/O 18:33, 20-Davis/WV 18:36, 21-Makovich/Un 18:36, 22-Hendrickson/WV 18:44. /Phyllis Olrich/

NATIONAL USTFF CHAMPIONSHIPS (Oct. 21, Madison, Wisc.): /10,000 meters/ Teams: Wisc. 25, Kentucky 101, Minnesota 103, Tennessee 110, Nevada-Reno TC 114. 1-Virgin/Un 29:43, 2-Lacey/W 29:53, 3-Randolph/W 30:20, 4-Jackson/W 30:24, 5-Wysocki/NR 30:27...10-Leano/NR 30:46, 11-Munoz/NR 30:48, 19-Innes/KnoxTC 31:14.

HAYWARD STATE INVIT. (Oct. 21, Hayward): Teams: CSH 37, Stanford 52, Cal "B" 83, SFS 101. 1-Thrupp/St 17:53, 2-Aubuchon/CSH 18:17, 3-Zorrich/Cal 18:25, 4-Behrbaum/CSH 18:40, 5-Robinson/SJD 18:49, 6-Gazafy/CSH 18:55, 7-Robinson/CSH 18:56, 8-Mungai/Stan 18:57, 9-Campbell/Cal 19:02, 10-Harrison/Stan 19:29, 11-Hooper/SFS 19:38, 12-Bower/SFS 19:42, 13-Stohr/Chab 19:52, 14-Saia/Cal 20:05, 15-SantaMaria/Chab 20:07. /Bob McGuire/

GOLDEN GATE PARK INVIT. (Oct. 21, San Francisco): Teams: CW 29½, SJS 59, WVTC 75½, Cal 94. 1-Porter/WVTC & Moreno/CW 31:54, 3-Chavez/SJ 32:00, 4-Hoglund/CW 32:05, 5-Harvey/CW 32:12, 6-Sheehan/Un 32:13, 7-Palladino/CW 32:15, 8-Churney/WV 33:41, 9-Capron/Cal 33:45, 10-Devoe/WV 33:48, 11-Riggs/SJ 33:49, 12-Salazar/CW 33:50, 13-Boynton/SJ 33:50, 14-Fishbaugh/Cal 33:54, 15-Muela/ETC 33:56, 16-Ross/SJ 33:57, 17-Bachand/Cal 34:00, 18-Sanchez/SJS 34:06, 19-Darling/ETC 34:09, 20-Ruffing/SJ 34:21. /Jack Leydig/

CAL-POLY USTFF INVIT. (Oct. 21, Morro Bay): /MEN/ Teams: CP/SLO 21, UCSB 48, Oxy 111, Inside Track 116. 1-Schanke/CP 25:21, 2-Tuttle/IT 25:24, 3-Romesser/FPTC 25:56, 4-Kingery/CP 26:02, 5-Aldridge/CP 26:07, 6-Bautista/CP 26:20, 7-LeBold/UCSB 26:22, 8-Hughes/UCSB 26:25, 9-Huff/CP 26:27, 10-Bray/CP 26:34, 11-Ebner/UCSB 26:40, 12-Foley/FPTC 26:43, 13-Capriotti/CP 26:46, 14-Hochhaus/UCSB 26:52, 15-Brumwell/UCSB 26:53. /WOMEN/ Teams: CP/SLO 15, UCSB 36, FPTC 105. 1-M.Keyes/CP 18:05, 2-Munday/CP 18:44, 3-K.Keyes/CP 18:55, 4-Kelley/CP 19:09, 5-Kraemer/CP 19:09, 6-Sweeney/UCSB 19:14, 7-Rouda/CP 19:31, 8-Thrupp/UCSB 19:35, 9-Morris/Oxy 19:45, 10-Dendo/Un 19:56. /Steve Miller/

PAC-10 SOUTHERN DIVISION (Oct. 28, Stanford): Teams: Arizona 30, Stanford 48, Cal 59, UCLA 77. 1-Hunt/A 30:49, 2-Kissin/S 31:09, 3-Shoots/A 31:12, 4-Lakeman/A 31:18, 5-Schulz/C 31:32, 6-Simonian/UCLA 31:37, 7-Berry/S 31:51, 8-Bécklund/A 32:01, 9-Haldeman/S 32:10, 10-Burke/C 32:16.

PAC-10 NORTHERN DIVISION (Oct. 28, Pullman, WA): Teams: Oregon 20, WSU 49, Washington 58, OSU 112. 1-Rono/WS 39:37, 2-Salazar/O 39:42, 3-Clary/O 40:04, 4-Chapa/O 40:30, 5-McChesney/O 40:39, 6-Boileau/O 41:22, 7-Martin/O 41:31, 8-Cheryiot/WS 41:38, 9-Hollenback/W 41:42, 10-Kimet/WS 41:43...14-Kimombwa/WS 41:59.

NCAA DIVISION II WESTERN REGIONALS (Oct. 28, Belmont): Teams: CP/SLO 27, 2-CSUS 73, UCR 101, CSLA 107, CSN 110. 1-Schanke/CP 30:46, 2-White/Sac 31:08, 3-Alvarez/UCR 31:31, 4-Rubino/CSLA 31:48, 5-Kingery/CP 31:50, 6-Capriotti/CP 32:03, 7-Aldridge/CP 32:16, 8-Bautista/CP 32:18, 9-Huff/CP 32:25, 10-Westfall/UCR 32:28...14-Van Horn/Sac 32:43, 15-Bray/CP 32:47, 18-Sutherland/Sac 32:57, 19-Farrell/Sac 32:58, 20-Brown/Sac 33:11. /Steve Miller/

GOLDEN GATE CONFERENCE CHAMPIONSHIPS (Oct. 28, Hayward): /5k/ Teams: SacSt 41, CSH 56, Chico 65, Humboldt 82. 1-Symons/Ch 18:05, 2-Aubuchon/CSH 18:20, 3-Flournoy/Sac 18:26, 4-Robinson/CSH 18:40, 5-Mastain/Ch 18:43, 6-Rudolph/Sac 18:45, 7-Foy/Sac 18:47, 8-Behrbaum/CSH 18:49, 9-Grigsby/HSU 18:52, 10-Oddone/Ch 18:58. /Bob McGuire/

PA-AAU AGE-GROUP X-C CHAMPIONSHIPS (Oct. 29, Rocklin): /BOYS/ (9/U) Teams: DVTC 35, SVTC 73, RG 75. 1-Scattini/SV 6:02, 2-Odell/RG 6:14, 3-Mertens/DV 6:17, 4-Heredia/DV 6:22, 5-Schreder/Red 6:23. (10-11) (results not available) 1-Weidlein/Red 7:53, 2-Scott/Red 7:58. /GIRLS/ (9/U) Teams: CY 36, RG 65, SVTC 86. 1-Fong/RG 6:26, 2-Bratton/CY 6:30, 3-Covione/Un 6:37, 4-Berg/RG 6:44, 5-Ryan/SV 6:50. (10-11) Teams: SJC 21, SJC 80, Redding 77. 1-Carter/Red 8:02, 2-Vasquez/SJC 8:05, 3-Garcia/Un 8:10, 4-Schreder/Red 8:24, 5-Johnson/B 8:26. (14-15) Teams: SJC 27, RG 53. 1-King/SJC 11:31, 2-Morse/O 11:42...more

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(PA-AAU Age-Group Champs, cont'd)...3-Heimbecker/SJC 11:48, 4-Bonnet/SJC 11:49, 5-Martinez/SS 12:00. (14-15) Teams: SJC 27, RG 53. 1-Brogan/SJC 14:35, 2-Nieto/Un 14:53, 3-Deemelmaier/SJ 15:07, 4-Weaver/Un 15:16, 5-Weber/SJC 15:32, 6-Thorpe/SJ 15:34, 7-Spencer/RG 15:34. (Junior) 1-Wolfe/WDS 18:10. (Open) Teams: SJC 16, WDS 47. 1-Olrich/SJC 15:38, 2-Bier/SJC 16:34, 3-Regan/SJC 16:54, 4-Bray/SJC 17:23, 5-Swannack/WDS 17:29. /J. Colman/

VALLEY CONFERENCE X-C CHAMPIONSHIPS (Nov. 4, Fresno): Teams: (no scores on results sheet). 1-Hurst/Mod 19:33.8(CR), 2-Hale/SJD 20:10, 3-Breuer/AR 20:27, 4-Holmes/Mod 20:34, 5-Will/AR 20:34, 6-Dixon/SJD 20:39, 7-Pope/FCC 20:41, 8-Otis/CRC 20:52, 9-Maxwell/AR 20:53, 10-Winkley/Mod 20:56. /Bill Hurst/

WESTERN AIAW CHAMPIONSHIPS (Nov. 4, Long Beach): Teams: Cal 32, Northridge 58, CP/SLO 62, UCLA 102, Hawaii 188. 1-Brown/Nor 17:02, 2-Kinsey/Nor 17:07, 3-M.Keyes/CP 17:12, 4-Oehm/C 17:14, 5-Hjelte/C 17:27, 6-Trumbly/C 17:30, 7-Meek/C 17:33, 8-Thrupp/Stan 17:34, 9-Munday/CP 17:36, 10-Richter/C 17:38, 11-K.Keyes/CP 17:42, 12-Broderick/UCLA 17:47, 13-Declerq/H 17:53, 14-Hogge/Nor 17:56, 15-Haney/H 17:58. /Steve Miller/

CAMINO NORTE CONFERENCE CHAMPIONSHIPS (Nov. 4?, Indian Valley College): Teams: SRJC 38, COM 60, Napa 68, LM 96. 1-Baumsteiger/COM 21:31, 2-Jones/SR 21:46, 3-Molina/LM 21:56, 4-Turner/AI 22:02, 5-Carlson/COM 22:07, 6-Drew/SR 22:17, 7-Balli/SR 22:18, 8-Lee/Napa 22:23, 9-Luttrell/SR 22:24, 10-McMillan/COM 22:38, 11-Tony Lee/Napa 22:42, 12-Avalos/AI 22:49. /WOMEN/ Teams: SRJC 25, COM 44, Napa 55. 1-Neff/SR 21:21, 3-Simmie/SR 21:39, 3-Hunt/COM 22:12, 4-Vincent/SR 22:20, 5-Beatie/Napa 22:24. /Tony Bailey/

WEST COAST ATHLETIC CONFERENCE (Nov. 4, Portland, Ore.): Teams: Nevada-Reno 19, Portland 41, Santa Clara 106. 1-Munoz/NR 33:58, 2-Tarin/NR 34:26, 3-Minor/NR 34:40, 4-Hunz/Port 34:58, 5-Leano/NR 35:07. /The Harrier/

NOR-CAL JC CHAMPIONSHIPS (Nov. 11, Belmont): /LARGE SCHOOL/ Teams: WVC 84, Sequoias 92, Modesto 102, American River 122, San Mateo 145. 1-Hurst/Mod 20:09.8(CR), 2-Grime/DA 20:39, 3-Dyer/WV 20:44, 4-Holmes/Mod 20:54, 5-Breuer/AR 20:55, 6-Baumsteiger/COM 20:59, 7-Sechrist/SJ 21:00, 8-Hale/SJD 21:08, 9-Winkle/Mod 21:11, 10-Katapa/Seq 21:12, 11-Lohse/Seq 21:13, 12-Will/AR 21:16, 13-McBride/CSM 21:19, 14-Zapata/SFS 21:20, 15-Lozano/Seq 21:23. /SMALL SCHOOL/ Teams: Sierra 28, Skyline 76, MPC 87, Cuesta 107, Yuba 111. 1-Hitchcock/S 20:07(CR), 2-Sup/MPC 20:32, 3-Hamer/S 20:43, 4-Navarro/S 20:54, 5-Galligan/Y 21:01, 6-Christensen/MPC 21:14, 7-Reyes/Cu 21:27, 8-Scott/Butte 21:29, 9-Vargas/Hart 21:32, 10-Woodlife/S 21:33, 11-McDaniel/Sky 21:33, 12-Dietler/S 21:35, 13-Sane/S 21:46, 14-Gulli/Sky 21:47, 15-Torres/Sky 21:51. No women's results are available at this time. /Dave Shrock; Don Capron/

NCAA DISTRICT 8 MEET (Nov. 11, Fresno): Teams: Oregon 26, WSU 66, Arizona 97, Washington 105...7-Stanford 184, 8-Nevada-Reno 192, 9-Cal 210, 15-SJS 386. 1-Rono/WS 29:29.5, 2-Salazar/O 29:34.4, 3-Hunt/A 29:55, 4-Clary/O 30:00, 5-Chapa/O 30:07, 6-Kimeto/WS 30:16, 7-Martin/O 30:20, 8-McChesney/O 30:29, 9-Daniels/UCI 30:34, 10-Lakeman/A 30:43...12-Leano/NR 30:50, 20-Kissin/Stan 31:08, 22-Schulz/C 31:25, 23-Tarin/NR 31:32, 24-Berry/Stan 31:33, 28-Emory/Stan 31:48, 37-Burke/C 32:04, 41-Minor/NR 32:11, 44-Coulman/FS 32:19, 45-O'Reilly/C 32:21, 46-Hochhaus/UCSB 32:22, 47-Gruber/SJS 32:23, 49-Corey/Stan 32:24...97 finishers. /Dave Shrock/

NCAA DIV. III REGIONALS (Nov. 11, Belmont): 1-Harnett/CPP 26:53, 2-Innes/HSU 27:04, 3-Ebner/HSU 27:31, 4-Gilve/Oxy 27:33, 5-Morales/HSU 27:48...more complete results next issue.



(Left) Mitch Kingery finished fifth in the NCAA Division II Western Regional Championships at Crystal Springs. /Lou Vincenti/ (Right) Susie Meek of UC Berkeley. /Don Gosney/



LONG DISTANCE RESULTS

SANTA ANA FASHION SQUARE 10K (June 10, Santa Ana): - /547 finishers/ 1-Ralph Serna/ITC 31:18, 2-Frank Duarte/OCBA 31:22, 3-Ron Kurrle/MUTC 31:28, 4-Schrifer/UCI 31:33, 5-Rios 31:40, 6-Villa 32:22, 7-Siddons/MUTC 32:32, 8-Garcia/SCR 32:34, 9-Harris/SCR 32:37, 10-Kovatch 32:49, 11-Slick 33:05, 12-Coventry/STC 33:16, 13-Kendall/OXY 33:26, 14-Pontinen/SBAA 33:32, 15-Schlottter/SCR 33:39...18-Dirkin(40+) 33:52, 19-Shaffer/CCAC(40+) 33:52, 78-Teresa Hom/SMTC 38:16, 87-Marilyn Nippold/PTC 38:36, 99-Fran Solomon 39:17. /John Brennan/

BANNING 11 MILE RUN (July 1, Banning): - /101 finishers/ 1-Dave Fricke 54:37, 2-Steve Alvarez 57:18, 3-Mike Garcia 57:52, 4-Hanzlik 58:21, 5-Nelson 58:54, 6-Terrones 59:38, 7-Kendall/OXY 60:06...23-Hanson(40+) 65:51, 32-Bryant(40+) 69:46, 40-Bernadett Carmack 74:03, 52-Diane Dedianous 78:36. /John Brennan/

KPFK 10-KILO (July 1, Elysian Pk., Los Angeles): - /550 finishers/ 1-Gerardo Canchola 31:53, 2-Ron Kurrle/SFV 32:27, 3-Steve Chase/Un 33:26, 4-Bush 33:42, 5-Durand/STC 34:02, 6-Murphy 34:53, 7-Foose/SFV 35:13, 8-Reyes 35:32, 9-Loeb 35:40, 10-Totten 35:48, 11-Neiswonger 35:48, 12-Toco 35:52, 13-Efron/CCAC (40+) 36:14, 14-Morrow 36:22, 15-Gleason/Un 36:37...18-Vasquez/AZTL(40+) 37:08, 24-Durand/STC 38:19, 33-Pam Firestone 39:16. /John Brennan/

OLDMINERS RUN (July 9, Big Bear): - /19.0 Mi., 7000-8000 feet; 46 finishers/ 1-Steve Chase/Un 2:00:32, 2-Ben Martinez 2:01:00, 3-Kellogg 2:05:33, 4-J. Carlson 2:07:31, 5-Moses 2:09:18, 6-P. Ryan/GWAA 2:09:18, 7-Burgasser/STC 2:15:25...13-Linda Sippelle 2:32:40, 21-Harold Daughters/SCS(40+) 2:48:56. /John Brennan/

DESERET NEWS MARATHON (July 24, Salt Lake City, Utah): - Complete results not available at this time. 1-Cabanillas/Mexico 2:27:47, 2-Segura 2:32:48, 3-Michaels 2:36:07, 4-Chavez 2:36:40, 5-Yazzie 2:40:54...Jane Wipf 3:03:17, Sheila Maskovich/SRRC 3:18:40, Jill Molen 3:22:17. /Six Rivers RC Newsletter/

FREESTYLE SPORTS 5.5-MILER (July 29, Scotts Valley): /679 finishers/ 1-Dan Gruber 27:19, 2-Fritz Watson/WVTC 27:41, 3-Tim Gruber/SJS 28:07, 4-Langley/WVTC 28:46, 5-Woliczko 29:15, 6-Hellman 29:50, 7-Macalialo 29:54, 8-Hober 30:01, 9-Kruse/PTC 30:12, 10-Gyorey 30:27, 11-Larson 30:28, 12-Rostege/WVTC 30:32, 13-Dunn 30:37, 14-Armstrong 30:50, 15-Jenkins 31:14, 16-Bryan Holmes/WVJS(40+) 31:17, 17-R. Clark 31:25, 18-Sawyer/SOQ(40+) 31:26, 19-Carilli 31:42, 20-Grellmann 31:43, 21-Reynaga/WVTC 31:51, 22-Polanszek 31:56, 23-Hotchkiss 31:57, 24-Nevraumont/WVJS(40+) 31:57, 25-Crider 31:58...31-Blonder/WVJS(40+) 32:39, 38-Sue Munday/CW nt, 61-Kerry Brogan/SJC nt, 63-Terry Schneider nt. /Ted Ruiz/

DSE GOLDEN GATE BRIDGE RUN (July 30, San Francisco): /637 finishers; 4 miles...short?/ 1-Tom Schreck 19:43, 2-Phil Kay 19:50, 3-McVeigh 20:19, 4-Sheehan 20:21, 5-Kearcher 20:22, 6-LaForge 20:34, 7-Guinee 20:45, 8-Morris 20:53, 9-Mota 20:58, 10-McCallum 21:06...134-Michelle Miller/SJC 25:52, 138-Pauline Vasquez/SJC 25:54, 149-Liana Wilson 26:19, 160-Colleen Fox 26:32. /DSE Newsletter/

SANTA CRUZ CITY LIFEGUARDS RUN-SWIM-RUN (Aug. 5, Santa Cruz): - /2 mile run, 1/2-mile swim, 1-1/2 mile run/ 1-Patrick Gilbert 28:11, 2-Craig Tempey 28:14, 3-Jay Rockwell 28:41, 4-Roth 28:47, 5-Bill Phillips(50+)!! 28:54, 6-McCarty 29:15, 7-Matheson 29:34, 8-Kosinski 30:00, 9-Harvey 30:10, 10-Berg 30:19...17-Stevenson (45+) 32:57, 22-Catherine Davis 34:20, 27-Betsy Henry 34:53, 33-Mary Leatham 35:51...79 finishers. /Don Roth/

HOT FOOT 5-MILER (Aug. 6, Napa): /219 finishers/ 1-Peanut Harms/AGRC 22:05, 2-Schelegle/AGRC 22:29, 3-Brown/SUND 23:07, 4-White/AGRC 23:14, 5-Kaprys/AGRC 23:14, 6-Killeen 23:14, 7-Howell/WVTC 23:21, 8-Alexander/VM 23:40, 9-Tracey/AGRC 23:45, 10-Gamma 23:47, 11-Proteau/AGRC 24:00, 12-Boyet/AGRC 24:24, 13-Lowe 24:28, 14-Pratt 24:49, 15-Coggen 24:57, 16-Collins 24:58, 17-Rubio 25:25, 18-Darbin 25:45, 19-Ramirez 25:49, 20-Roland(40+)/ER 25:54...23-Engle/TAM 26:03, 43-Tina Anex/AGRC 27:55, 54-Diane Killeen 28:57, 61-Connie Giannini 29:38, 89-Michelle Gauthier/SYN(40+) 31:41...short course. /Jim Engle/

SIERRA PINES 40-MILE RELAY (Aug. 12, Bass Lake): /20 teams finished; 6 runners per team/ OPEN: 1-FPTC 3:40:07, 2-HSTC 3:49:01, 3-HSTC 4:48:00; PICK-UP: 1-FP 3:48:10, 2-FP 4:18:55; WOMEN: 1-FPTC 5:11:03, 2-Wild Women TC 5:39:30; MASTERS: 1-BC 4:18:23, 2-HSTC 4:22:00; JUNIORS: 1-HSTC 3:54:04...more next column---

(Fast Legs): /6 Miles...legs #2, 4 & 6/ 1-Jim Hartig/FPTC 29:04, 2-Renteria/FPTC 29:10, 3-Jeffers/FPTC 31:08, 4-Lohse/HSTC 31:12, 5-Campbell/FP 31:29; /7 Miles...legs #1, 3 & 5/ 1-Darrel Cox/FPTC 40:31, 2-Hall/FPTC 41:28, 3-Garza/HSTC 42:19, 4-Thornton/HSTC 42:55, 5-Case/HSTC 43:44. /Darrel Cox/

SAN PABLO DAM 15-KILO RUN (Aug. 13, San Pablo): /83 finishers/ 1-Jan Serphen/ETC 50:24, 2-Bill Sevald/ETC 51:59, 3-McDaniel/PMK 52:28, 4-Muela/ETC 53:42, 5-Wall/ETC 54:15, 6-Zumwalt/PMK 55:06, 7-Swezey/PMK 55:46, 8-Brady/PMK 56:18, 9-Coulter/BARF 56:25, 10-Bennett/PMK 56:25, 11-Doug Bell/Un(40+) 56:27...36-Jane Sowersby/PMK 67:02, 38-Consuelo Underwood/LMJS 67:27, 52-Dana Hooper/TAM 71:15. /Jon Mohr/

PIKES PEAK MARATHON (Aug. 13, Manitou Sprgs., CO): Note--Only NorCal finishers listed in most cases...ascent time listed first when round-trip was made, with place at halfway listed. Ascent is 14.3 miles. -- /WOMEN/ (20-29) 1-Martha Cooksey 2:46:44, 22-Doris Rozzi 4:33:27, 23-Jacqueline Stack 4:40:03, 30-Sharon Albert 4:45:41; (30-34) 2-Stephanie Ricardo 3:25:14, 3-Ellen Clark/WVTC 4:15:29/6:58:11, 4-Daphne Dunn 4:22:53, 9-Diana Bernstein 5:19:27; (35-39) 4-Skip Swannack/WDS 3:52:37/6:34:19, 6-Anne Neeley 3:58:19, 8-Kathryn Singer 4:16:06/6:30:17, 12-Ann Ludwig 5:56:30; (40-49) 4-Martha Maricle/NCS 4:01:06, 7-C. Shenefield 4:17:50; (50-59) 3-Annabel Marsh 6:15:00; (60-69) 1-Kay Atkinson 5:55:27, 3-Jane Coverley 6:20:00; /MEN/ (15/UNDER) 4-Raoul Kennedy 3:09:18; (20-29) 6-Richard Alexander 2:40:00/4:11:07, 91-Santos Reynaga/WVTC 3:39:31/5:31:46, 154-Tom Landecker 4:53:47; (30-34) 12-Bill Clark/WVTC 2:52:01/5:02:05, 15-Rodney Mowbray 2:57:49/4:45:54, 29-Bob Hedges 3:10:00/5:16:59, 33-Al Stanbridge 3:11:36/5:10:16, 47-Jim Carr 3:24:56, 62-Brian Juri 3:38:36; (35-39) 1-Ken Young 2:23:13/3:50:44 (1st place ascent and roundtrip), 18-Bill Jenney 3:15:15, 25-Michael MacKenzie 3:22:33, 47-Karl Ludwig 3:38:18/6:00:57, 55-Lloyd Sampson 3:43:48, 56-Howard Jacobson 3:43:59/6:04:50, 63-Neil Mishalof 3:50:57/6:04:19, 72-Kirby Gale 4:13:17, 76-David Rutgers 4:17:43; (40-49) 10-Ted Wilson/KJ 3:09:58/5:29:24, 17-Don MacIntosh 3:20:25/5:19:08, 26-Fred Dunn 3:40:04/6:30:38, 45-Ken Walker 4:32:35, 47-George Pyne 4:36:38/7:37:00, 51-Tony Stratta/WVTC 4:50:59; (50-59) 2-Art Waggoner/BC 3:24:48/5:45:04, 5-Larry Fox 3:31:30/5:44:08; (60-69) 5-Steve Cole 4:05:44/6:39:26, 7-George Wertin 4:43:03; (70/OVER) 1-Walt Stack/DSE 4:30:11/8:05:04, 2-Avedano Motroni 5:20:18. --- This was Ken Young's seventh Pikes Peak race in a row. He missed Rick Trujillo's record of 3:46:21 by just over four minutes. A record field of 902 participated this year. /Rudy Fahl/



(Left) Michelle Gauthier, winner of masters women's division at Napa Hot Foot Run, with daughter Erika. (Right) Abe Underwood is 1978 Natl. AAU Masters 50-Mile Champ. /Jim Engle/

DSE OCEAN BEACH RUN (Aug. 20, San Francisco): /227 finishers; 6 miles in sand/ 1-Ken Phelps/WVTC 31:13, 2-Kearcher 32:00, 3-Berg 33:03, 4-Burton 34:13, 5-Revelli 34:17, 6-Addisan 34:31, 7-Sheleketensky 35:21, 8-O'Donoghue 35:48, 9-Ruppe 35:50, 10-McDonagh 36:03...25-Anne Hamilton 37:40, 43-Sue Brusher/BASC 40:18, 65-Nancy Pannell 42:27. /DSE Newsletter/

AMERICA'S FINEST CITY HALF-MARATHON (Aug. 26, San Diego): 1-Ben Wilson 66:37, 2-Thomas Kelley 67:40, 3-Ed Mendoza 68:35, 4-Varley 70:53, 5-Davies 71:27, 6-Day 71:39, 7-Beyster 71:58, 8-D. Varley 72:10, 9-Johnson 72:22, 10-Pope 72:40, 11-Wade 72:43, 12-Shaw 72:48, 13-Holden 72:13, 14-Luiken 74:09, 15-Fountain 74:23...20-Martha Cooksey 75:04 (world road record), 25-Dave Worthen(40+) 75:39, 29-Saiz 76:05, 30-Bell 76:18, 130-Yvonee Yanke 83:11, 171-Debbie Lewis 84:38. /SDTC Newsletter/

OCEANSIDE 10-MILE RUN (Sept. 4, Oceanside): 1-Ed Mendoza 50:45, 2-Ben Wilson 51:10, 3-S. Ryan 53:10, 4-Nolasco 53:20, 5-Heaton 54:05, 6-Sager 55:15, 7-Wade 56:45, 8-Carras 56:50, 9-Hagin 57:10, 10-Sue Arnett 57:20. /SDTC Newsletter/

NATIONAL AAU 50-MILE CHAMPIONSHIPS (Sept. 9, Santa Monica City College): /440-yard dirt track; 65 starters; 34 finishers/ 1-Ken Moffitt/AZTL 5:21:22 (new American track record; old was 5:26:40 by Martin Smith in 1973...8th fastest track performance ever anywhere), 2-Frank Bozanich/SDTC 5:33:43, 3-Lundkvist/SMTC 5:54:02, 4-Jose Cortez/WDS 6:05:29, 5-Abe Underwood/BC(40+) 6:08:54, 6-Jim Barker/WVTC 6:10:50, 7-Don Choi/WDS 6:10:55, 8-Wade/SDTC 6:11:01, 9-Bob Cooper/WDS 6:12:06, 10-Almeida/SDTC (50+) 6:13:17 (American, probably world, 50+ record)...20-Jacqueline Hansen/SFV 7:14:58 (broke 11 intermediate marks thru 50Km before laying out for a total of 32-35 minutes), 26-Gil Cortez/AZTL 7:52:46 (Nat'l. Junior best), 32-Jesse Smith/STC 9:31:37 (masters women's champ). Teams: SDTC 17:58:01, Woodside Str. 18:28:26, Aztlan 19:38:02; (Masters) (50-59) Seniors TC 24:03:35. /Tom Sturak/



Start of the Synanon-Tamalpa 6.2-Miler on Sept. 9. Buth Alexander (2nd from left) ran 35:13 for a course record. /Engle/

TAMALPA-SYNANON 10K (Sept. 9, Marshall): /122 finishers/ 1-Butch Alexander 35:13, 2-Coburn/TAM 36:34, 3-Beardall/TAM 37:07, 4-Mickle 37:42, 5-Scalmanini 38:15, 6-Aldana/ETC 38:30, 7-Von Borstel/TAM 38:36, 8-Bollman/VM 38:40, 9-Belzer/SYN 39:07, 10-McEntire/TAM 40:23, 11-McCune 40:23, 12-J. Mickle/TAM(40+) 40:27, 13-Hohe/TAM(40+) 41:28...44-Daphne Dunn/PMK 48:11, 56-Jytte Fruchtmann/TAM 50:37, 60-Michelle Gauthier/SYN(40+) 51:55. (Note: Darryl Beardall was first master, 3rd.) /Jim Platt/

NIKE/OTC MARATHON (Sept. 10, Eugene, Ore.): /436 finishers/ - A good showing by local runners...ex-Stanford runner, Tony Sandoval, now living in Los Alamos, New Mexico, took the runnerup spot behind fellow New Mexican, Lionel Ortega, 2:14:24.5 to 2:14:36.9. Ron Wayne grabbed fifth in 2:15:16, and Mike Pinocci was eighth in 2:16:26, a personal best. Only other NorCal runner under 2:20 was Bill Seaver, who got 15th in 2:19:17 in his first marathon attempt. -- 1-Ortega/NM 2:14:25, 2-Sandoval/NM 2:14:37, 3-Lodwick/TX 2:14:41, 4-Hattersley/El Cajon 2:14:45, 5-Wayne/BASC 2:15:16, 6-Atkins/CNW 2:15:23, 7-Halberstadt/SAfr 2:16:21, 8-Pinocci/WVTC 2:16:26, 9-Anderson/Col 2:17:23, more...

10-Dimick/VT 2:17:50, 11-Hensley/CT 2:17:50, 12-Galloway/ATC 2:18:12, 13-Durden/ATC 2:18:40, 14-Fidler/ATC 2:18:58, 15-Seaver/WVTC 2:19:17, 16-Frickel/LaVerne 2:19:43, 17-McCarey/Ore 2:19:49, 18-Mencin/Col 2:20:14, 19-Yeo/AGRC 2:20:21, 20-Derderian/GBTC 2:20:41, 21-Wells/AW 2:20:43, 22-Schelegle/AGRC 2:20:44, 23-Canchola/Tarzana 2:21:19, 24-Harper/LaMesa 2:21:42, 25-Devaney/Col 2:22:07, 26-Ellis/Laguna Hills 2:24:30, 27-Castellanos/Oakland 2:24:35...51-Wheeler/LMJS 2:31:30, 53-Castellanos/Oakland 2:32:47, 55-Nabers/SF 2:34:02, 56-Rocha/SRRC 2:34:21, 61-Julie Brown/LAN 2:36:23 (Amer. Rcd.), 72-Hosler/RW 2:41:11, 74-Dressendorfer/Davis 2:41:30, 75-Patti Lyons/Mass. 2:41:31, 87-Post/LMJS 2:44:39, 88-Sue Petersen/Laguna Beach 2:44:52, 90-Rose/WVTC-SAfr 2:44:53, 120-Puryear/Berkeley 2:51:10, 128-Harper/Piedmont 2:53:03, 135-Judy Leydig/WVTC 2:54:05, 136-Tena Anex/AGRC 2:54:19, 145-Mathiasen/San Jose 2:56:07, 194-Nathanson/PMK 3:04:04, 195-McManus/Okld 3:04:09, 196-Miller/SF 3:04:16, 225-Ruth Anderson/NCS 3:09:59(40+), 235-Sue Stricklin/SF(40+) 3:11:51, 245-Shaskey/WVTC 3:14:11, 267-Lenderking/SF 3:17:45, 290-Ann Bower/SF 3:22:14, 346-McIntosh/BC 3:34:27, 362-Harrison/Yreka 3:42:01, 369-Williams/SRRC 3:43:29, 389-Herbert/Piedmont 3:53:30. /Nike-Oregon T.C./

ROUND THE ISLE RUN (Sept. 16, Mare Island - Vallejo): /79 finishers; distance not known/ 1-Save Haas 37:25, 2-Sullivan 37:45, 3-Fee 37:46, 4-Richardson/WVTC 38:12, 5-Engle/TAM(40+) 39:17, 6-Holmes/WVJS (40+) 39:22, 7-Lindbergh 39:42, 8-Evans 40:24, 9-Meegan 41:12, 10-Fischer 42:29...64-Dutra 59:28 (1st woman).

NATL. AAU 50-KILO CHAMPIONSHIP (Sept. 17, Brattleboro, VT): 1-Fritz Mueller/CPTC(40+) 2:58:19, 2-Brennan/CPTC 3:04:15, 3-Nelson/RI 3:04:34, 4-Cederholm/BAA 3:06:00, 5-Caruccio/GBTC 3:06:54...8-Bozanich/Spartan AC 3:12:23...Team: Central Park TC, New York...80 started. /B. Campbell/

VINE VILLAGE FESTIVAL (Sept. 17, Napa): /10 Km./ 1-Alexander/VM 31:34, 2-Proteau/AGRC 33:06, 3-Wright 33:06, 4-Deatherage 34:13, 5-Sjostedt 34:14, 6-McCarthy 34:21... (40/Over) Underwood/BC 35:15, Carrađine/TAM 36:04; (Women) Donna Andrews 41:07, Mitchell/TAM(40+) 41:18, Morgan 41:32, Schaumberg/ER 41:53, Maricle/NCS(40+) 42:11. /Jim Engle/

BEVERLY HILLS/PERRIER 10-KILO (Sept. 17, Beverly Hills): 1-Bill Rodgers/GBTC 29:06, 2-Tuttle/IT 29:16, 3-Vernon/SMTC 29:24, 4-Wilson 29:35, 5-Lawson/SMTC 29:53, 6-Daniels/Un 29:55, 7-McCullough/SMTC 30:00, 8-Lee/Un 30:05, 9-Bryant/SMTC 30:16, 10-Simons/SMTC 30:21...16-Macdonald/WVTC 31:04, 19-Maxwell/BASC 31:16, 36-Razo/AZTL(40+) 32:52, 40-Burgasser/STC(40+) 33:11, 44-Mundle/SMTC(50+) 33:26; /WOMEN/ 1-Marty Cooksey/Un 33:43, 2-Gorman(40+) 35:23, 3-Cook/SCRR 36:14, 4-Fischer/RRR 37:17, 5-Torrans/Un 37:47. /Bruce Rankin/

LAKE TAHOE 72-MILE RUN (Sept. 22, Lake Tahoe): 1-Skip Houk/SSS 10:09:53, 2-Notch/LMJS 10:39:13, 3-Adams/Sparks 10:43:13, 4-Choi/WDS 10:47:16, 5-Hoschler/Freeport 10:58:40, 6-Williams/Santa Cruz 11:15:08, 7-Miller/Aptos 11:15:08, 8-Hedges/BC 11:29:39, 9-Prewitt/Ore 11:31:31, 10-Marcy Schwam/SF 12:01:32, 11-H. Smith/Redding(50+) 12:04:38, 12-Woodliff/AGRC 12:05:16, 13-Helgerson/FosterCity 12:09:55, 14-Parrott/Carmichael 12:44:11, 15-Shaskey/WVTC 12:44:11...19-Cheatham/Campbell(40+) 13:08:29, 20-Sally Edwards/CRC 13:15:15, 21-McKenzie/SJose(40+) 13:33:16...36 finishers (56 starters). /Charles Mersereau/

WOMEN'S NATL. AAU 20-KILO CHAMPIONSHIPS (Sept. 23, Los Angeles): /very hot!--100°+/ 1-Julie Brown/LAN 75:51, 2-Mike Gorman/SFV(40+) 78:23, 3-Kathy Perkins/SJC 81:42, 4-Wendy Walker 82:11, 5-Marie Albert/SCRR 86:00, 6-Sandy Kiddy 87:36, 7-Barbara Paterson 93:15, 8-Sue Hutchison 94:32, 9-Terry Kozlowski 95:23, 10-Kathy Duarte(Jr.) 95:39...22 finished. /S. Broten/



Julie Brown set an American record at the Nike Marathon in Eugene by running 2:36:23. /Dave Stock/

COYOTE HILLS REGIONAL PARK MASTER'S RUN (Sept. 24, Newark): /10.8 Mi./ 1-Jerome Lewis/TRAC 66:07, 2-Ulrich Kaempf/TRAC 67:13, 3-Nevraumont/WVJS 70:41, 4-Nicholson/PMK 72:24, 5-Peck (30+) 72:58, 6-Wakabayashi/Un(50+) 74:38, 7-O'Neil/WVTC 75:05, 8-Williams/DSE 75:13, 9-Meyer/NCS(30+) 76:26, 10-Meeks/Un 78:41, 11-Romano/TRAC 79:21...16-Ruth Anderson/NCS 82:17, 19-Marty Maricle/NCS 85:08, 25-Tertius Chandler/Un(60+) 89:00, 32-Carroll O'Conner/NCS 92:48...54 finished. /Frank Cuzzillo/

NISENE MARKS PARK RACE (Sept. 24?, Santa Cruz area?): /10 Km./ 1-Dan Gruber 31:46, 2-Woliczko 32:37, 3-M. McConnell 35:35, 4-Driscoll 35:51, 5-SooHoo 35:53, 6-Jenkins 36:17, 7-Fitzgerald 37:08, 8-Hayden 37:30, 9-Young 37:53, 10-Ruiz 38:08...13-Flodberg(40+) 38:39, 18-Dorbin(40+) 39:23, 29-Karen Kressenberg/WV 42:04, 32-Kim Baer 42:24, 44-Sandy Sears 45:59...86 finishers. /Fritz Watson & Ben Sawyer/

BIG BEAR LAKE 10-MILER (Sept. 30, Big Bear City): 1-Bill Knapp /USMC 56:57, 2-Schmidt/Un 57:44, 3-Polhill/Un 58:39, 4-Morris/Un 59:31, 5-Kellogg/Un 59:55, 6-Oldham/Un 60:42, 7-Hitt/AIA 60:52, 8-Halloway/Un 61:12, 9-Waggener/CDM 61:31, 10-Bricker/USMC 61:51, 11-Richards/CDM 61:53...13-Crum/STC(40+) 62:31, 22-Ives/Un(40+) 66:28, 56-Carol Cartwright/SFV(50+) 74:54, 67-Carol Doody/SCRR 77:47...108 finished (6750'). /Edgar Hurt, Jr./

PLANET-EARTH 50-MILE X-C CHAMPIONSHIPS (Oct. 7, Cow Mountain, nr. Ukiah): 1-Mike Catlin/Davis 7:11, 2-Joe Maher/TAM 7:29, 3-Woody Woodliff/AGRC 7:54, 4-Cowman/Nev. 8:31, 5-Faley 8:31, 6-Gustafson/SF 9:36, 7-Burkett/Bakersfld 9:36, 8-Soloman 9:40, 9-Lenihan(40+) 9:47, 10-Hunkapillar 9:50, 11-Metcalf/SCruz 9:51, 12-Benyo/RWRC 9:58, 13-Cassell 11:57, 14-Murphy/Nev. 11:57, 15-Weil/DSE 12:32, 16-Stratta/WVTC 14:27. /P. Lenihan/

HUNT LOOP RACE (Oct. 8, Arcata): /6.95 Mi./ 1-Scott Peters 35:47, 2-Becker 36:40, 3-Labrie 37:03, 4-Munoz 37:18, 5-Cottrell 38:03, 6-Heistuman 38:18, 7-Maxon 38:21, 8-Resh 39:01, 9-Davy 39:51, 10-Walker 39:54...21-Gilchrist(40+) 43:04, 22-Escarda (40+) 43:41, 26-Sheila Maskovich 44:26, 47-Gayle Kerstetter 50:44...91 finishers. /SRRC Newsletter/

SPA-AAU COASTAL SECTION TWO-HOUR RUN (Oct. 8, San Luis Obispo): 1-John Beaton/SLDC 20m-28y, 2-Cheney/AHC 18-755, 3-Coffey/SLDC (40+) 18-744, 4-Rosenfield/SLDC 18-23, 5-Waterbury/SLDC 17-1257, 6-Seekins/STC(60+) 17-604...11 finishers. /Stan Rosenfield/



Roxanne Bier finished ninth in the Bonne Bell National 10K at Boston. /Jeff Johnson/

15-pound wheels of cheese, one for the first man and one for the first woman. There was a 2.3-mile fun run as well, but we don't have results for that race. /Jim Rude/

BONNE BELL 10K NATIONAL CHAMPIONSHIPS (Oct. 9, Boston, MA): - Joan Benoit of Cape Elizabeth (Maine) established a new women's world record (roads) for 10K with a 33:15 on a sunny day with temperatures in the low 60's. Over 4300 women participated, ranging in age from 6 to 77. Top finishers: 1-Joan Benoit/LAC 33:15, 2-Goodall/Duke 33:20, 3-Shea/NC 33:28, 4-Cooksey/Un 33:35, 5-Bridges/OklaSt 33:41, 6-Springs/FL 33:47, 7-Berry/PennSt 34:04, 8-Lavallee/Canada 34:32, 9-Bier/SJC 34:48, 10-Elliman/LAC 34:50...(others) Lyons/BAA 35:01, Barron/ATC 36:05 (Div. 30-39 winner), Cushing/SMAC(40+) 40:12, Syvari(50+) 44:04. /Conventures, Inc./

RIVERBANK WINE & CHEESE FESTIVAL (Oct. 14, Riverbank): /7.8 Mi./ 1-Bill Hurst/ModJC 38:17, 2-Britten/AGRC 39:03, 3-Loux/Un 40:11, 4-Arroyo 40:42, 5-Danz 40:47, 6-McKinshy/MTC 41:23, 7-Ferrill/SUND(40+) 42:07, 8-Steve Hurst 42:43, 9-A. Bettencourt 44:02, 10-Silva/WVTC 44:36, 11-Bryan/WVJS(40+) 45:01...62-Pat Dahlstrom/MTC 51:43, 65-Paula Ferrill/SUND(40+) 51:56, 94-Sharon Price/SUND 56:21...181 finishers. -- There were two



Irene Rudolf slashed some 5 minutes from her PR in running 2:55+ (we don't have complete results yet) at the Women's AAU Marathon in New York City. /Lani Bader/

(40+) 2:20:30, 49-Kardong/CNW 2:26:05, 121-Mike Duncan/WVTC 2:34:01, 136-Ratelle/TCTC(50+) 2:36:09, 188-Frank Nolan/WVTC 2:40:04 (Ed. - your editor did not run, as listed in the papers & results...meet director gave me an 'ok' to give my number to someone else but I couldn't change names!). --- /Women's Natl. AAU Marathon/ - Held in conjunction (different start) with the NYC Marathon was the women's national championships. Norway's Grete Waitz blitzed to a new world record of 2:32:30 in dominating the field. Martha Cooksey, the 15K record-holder, was surprised when passed by Waitz at the 17-mile mark. She was unable to hold on and faded badly in the warm temperatures (mid-70's). She was near collapse at the finish but still recorded a 2:41:55 and won the AAU Championship. Some of the times are incorrect below and will no doubt be adjusted in the official results. The team title is still up in the air but it was a close battle (only a few minutes total team time) between the Greater New York AA, the Mid-Pacific Road Runners (Hawaii) and defending champs, West Valley TC. The order appears to be as listed, but things may change...we'll see. Top times as listed in preliminary results: 1-Waitz/Nor 2:32:30(WR), 2-Cooksey/LAN 2:41:55, 3-Petersen/SFV 2:44:46, 4-Ennis/Montc 2:48:14, 5-Mendonca/Brazil 2:48:55, 6-Lockley/GB 2:51:17, 7-Shafer/FTC 2:52:21, 8-Young/BASC 2:52:32, 9-Penny/GB 2:53:40, 10-Butterfield/Bermuda 2:53:47, 11-Schreiber/Un 2:54:35, 12-Dalrymple/MPRR 2:54:40, 13-Leydig/WVTC 2:55:17, 14-Walker/LAN 2:55:26, 15-Pedrinan/GNYAA 2:55:28, ??-Rudolf/WVTC 2:55:50(?)...not sure of other places and times but Joan Ulliot/WVTC ran 3:01+ and Elaine Miller/Unat approximately a 3:03. More results will follow in next issue...8000+ finishers!!

LAGRANGE DITCH RUN (Oct. 22, Weaverville area): - /6.42 Mi./ A steep mountainous course that climbs 1500 feet up the side of a mountain, then follows the historic LaGrange Ditch right-of-way and finally plunges down to an icy crossing of East Weaver Creek. 1-Lee Ferrero/SWEAT 40:40, 2-Davy/Arcata 42:04, 3-Jordan/Redding 43:46, 4-Moss/Weaverville 44:49, 5-Daniels/Redding 45:49, 6-Weidlein/Redding(13&Under) 46:04, 7-Keller/Redding 46:07, 8-Frost/Redding 46:10, 9-Gibbons/Willetts 46:47, 10-D. Weidlein/Redding 48:17, 11-Forbes/Redding(40+) 48:50...17-Jennie/Redding(40+) 51:34, 33-Chris Law/TrinCtr 59:51, 36-Denise Martin/Redding 64:32, 37-Rita McFarland/Redding 74:28...38 finishers. All runners were rewarded with all the pop they could drink & applies they could eat. /Moss/

DETROIT INTERNATIONAL MARATHON (Oct. 22, Detroit, Mich.): - 1-Mike McOmber/Ohio 2:17:37, 2-Heath/Mich 2:21:50, 3-Mayer/Wis 2:23:21, 4-Hinz/Mich 2:23:43, 5-Hearn/Colo 2:26:07...12-Bill Sevald/ETC 2:29:49...1576 finishers.

NATIONAL AAU SR. MEN'S MARATHON (Oct. 21, Buffalo, N.Y.): - Ron Wayne of Alameda led for the first 20+ miles of the Skylon International Marathon, but then Carl Hatfield slowly pulled ahead to victory, 2:17:20 to 2:18:09. Defending champ Ed Schelegle of the Aggie RC didn't have a good day and finished in 38th (2:38:53) after running a 2:20 at the Nike Marathon the month before. Only other Californian was Ron Kurrle who did 2:29:07 in 15th (we don't have results past 50th)...3000 runners started! /Ron Wayne/

NEW YORK CITY MARATHON (Oct. 22, NYC): - Only partial results are available at this time...more in next issue: 1-Bill Rodgers/GBTC 2:12:12, 2-Thompson/BG 2:14:12, 3-Wright/GB 2:14:35, 4-Marchei/Italy 2:16:55, 5-Antczak/Unat 2:17:12, 6-Foster/NZ(40+) 2:17:29, 7-Stewart/GB 2:17:48, 8-Haviland/OhioTC 2:18:40, 9-Ambrosioni/Italy 2:19:09, 10-Sieben/NJAA 2:19:12...12-Shorter/CTC 2:19:32, 20-Ron Hill/GB

NOTE TO OUR READERS: - We've noted that many meet directors are still failing to indicate sex or age in their race results. Page 2 of the current PA-AAU LDR Handbook gives suggestions as to the standardization of results, but it appears that either meet directors don't read the Handbook (or the dittoed flier the NCRR sends to most race directors that says essentially the same thing), or they just don't care. In the following results, we've tried to indicate masters (with an asterisk following the time, "**") and women (an "F" following the time)... if we've made a mistake, it's probably because of incomplete information in results (we guess at times). All of you can be a help by telling race directors you'd like better results.

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JORDAN, MILLAR AND PINOCCI GRAB MAY DAY VICTORIES (Apr. 30, San Francisco): - Nearly a thousand runners turned out for the Heart Association's second annual series, held in Golden Gate Park on the standard 5K loop. Winner of the one-loop race was *Track & Field News*' assistant publisher, Tom Jordan, clocking 15:38.8 for a 10-second win over Danny Hernandez. Elaine Miller was an easy victor over Stephanie Atwood, 18:57 to 19:31, while Division 3 (over-60) master, Ray Mahannah, was a surprise winner in the 40-and-over category. Thurman Cheatman's 19:55 was close behind. McAteer High senior, Brian Millar, had a good battle with Doug Black in the 10K race (held concurrently), coming out a 6-second winner, 33:13.4 to 33:19.6. Skip Youngdahl came all the way from Lake Tahoe to take the masters title for the two-looper at 38:45 (we have no idea who was second, as the race directors did not indicate either age or sex in their results). Pauline Vasquez's 40:00 was nearly a minute ahead of Kathleen Bonnet's 40:59 in the women's division. In the longest race of the day, 15 kilometers, Mike Pinocci had a huge lead and somehow managed to take a wrong turn (he was leading the 10K winner at the time). But he got back on course and still won comfortably over Mike Fanelli, 50:18 to 51:29, with Greg Jewett a tight third at 51:31. Doug Latimer's 54:52 beat Myron Nevraumont (55:02) to take the masters division, as they finished 4th and 5th overall. Vickie Blankenship's 63:15 led all women. /Tom Jordan/

1-Tom Jordan/WVTC	15:39	13-Gil Hernandez	17:52	25-Michael Longwich	19:05
2-Danny Hernandez	15:48	14-Inaki O'Kelly	17:54	26-Joe Gallagher	19:15
3-Rick Brown	16:01	15-Gary Chan/WVTC	18:02	27-Thomas Chuey	19:15
4-Danny Greco	16:18	16-Tom Jefferson	18:04	***MASTERS***	
5-Greg Thomas	16:25	17-Ed Luckel	18:26	36-Ray Mahannah/NCS	19:51*
6-Art Beckert/WVTC	16:34	18-Bob Rogers	18:27	37-Thurman Cheatman	19:55*
7-Philippe Gailly	16:43	19-Dan Sheldon	18:27	***WOMEN***	
8-Michael Eshia	16:44	20-Robert Faberman	18:30	32-Stephanie Atwood	19:31
9-Tim Rostege/WVTC	16:47	21-Jack Driscoll	18:36	33-Sharon Yaninek/SJC	19:37
10-Andy Gonzales	16:58	22-Mitch Rudoff	18:49	42-Linda Mantynen	20:28
11-Brad Carpenter	17:10	23-Tony Salaski	18:50	56-Sheri Smith	21:42
12-Alex Sheleketinsky	17:41	24-Elaine Miller/PMK	18:57F	62-Sheila Frost	22:11
1-Brian Millar/Un	33:13	14-Mark Scheuer/TAM	37:05	27-Jon Rosenberg	39:16
2-Doug Black	33:20	15-Bob Matthews	37:37	28-Bob Gunderson	39:21
3-Harvey Ferrill/SUND	34:28	16-Tim Bernard	37:48	29-Michael Johansen	39:24
4-Mike Green/WVTC	34:30	17-Fred Walker	38:01	30-Neil Fleishon	39:41
5-Scott Molina	35:08	18-Bob Ward	38:06	31-Robert Kaye	39:45
6-Harvey Franklin	35:17	19-Carlton Beeson	38:24	32-Gary Wagner/WVTC	39:53
7-Fidel Serrano	35:47	20-Tim Chavez	38:39	***WOMEN***	
8-John Myers	35:48	21-Skip Youngdahl	38:45*	34-Pauline Vasquez/SJC	40:00
9-David Nieman	35:58	22-Richard Clymer	39:05	47-Kathleen Bonnet	40:59
10-Frank Smith/PMK	36:57	23-Randy Meadors	39:08	51-Maria Regalado	45:46
11-Dan Smilkstein	36:59	24-Dewey Mar	39:10	76-Tone Nerdrum	43:32
12-Ron Perterson	37:01	25-Jeffrey Phillips	39:12	83-Barbara Meihaus/WVTC	44:21
13-Ernie Stanton	37:03	26-Bob Butchart/PMK	39:13	84-Colleen Fox	44:27
1-Mike Pinocci/WVTC	50:18	12-Thomas Willis	57:21	23-Richard Flecher	58:59
2-Mike Fanelli/PMK	51:29	13-Rich Henderson	57:40	24-Ronald Grabowski	59:05
3-Greg Jewett/ETC	51:31	14-Leo Ruiz	57:50	25-Rick Gilroy	59:07
4-Doug Latimer	54:52*	15-Thomas Morrison	58:00	26-Russell Enos	59:09
5-Myron Nevraumont/WVJS	55:02*	16-Thomas Knight	58:00	27-James Norman	59:14
6-Reginald Bedell	55:14	17-Garrett Banning	58:09	28-John Montgomery	59:14
7-Dennis Reager	55:16	18-Robert Gehl/DSE	58:14*	29-William Hackley	59:18
8-Walter Basager	55:20	19-Rob Sladen	58:15	30-David Cummins	59:30
9-Jim Nicholson/PMK	55:46*	20-Ross Campbell	58:19	31-Tom Everett	59:31
10-Chuck Swanson	56:54	21-Tom Martz	58:49	32-Floyd Davison	59:40
11-Tom Beardsley	57:10	22-Dennis Kroll	58:57	33-Geoff Farrell	59:43



Tom Jordan won the May Day 5K race in 15:39...shown here in a mile relay race. /Marconi/

34-Siegfried Mattern	59:59*
35-David Harcos	60:08
MASTERS	
50-George Sheehan	61:27
52-Waights Taylor/WVTC	61:34
67-Ed Burke	63:11
WOMEN	
68-Vicki Blankenship/PMK	63:15
79-Kathryn Lundquist	64:15

JUNE CHUN SETS RECORD AT CANADIAN BACON RUN (Aug. 5, Rancho Cordova): - Hawaiian marathon ace, June Chun, handily defeated course record holder Laurie Crisp by two full minutes in breaking the latter's 1977 standard for the 10-kilometer by a wide margin. Her 38:57 easily shattered the old mark of 40:13. Overall winner Pete Flores found the going a bit rougher in trying to get the 1976 record of Adam Ferreira (31:45). However, his 32:31 was still 24 seconds up on second-placer Eric Wolfe. Walt Howard's 35:55 won the masters division with virtually no competition, as Abe Underwood's 38:18 was nearly a half-mile back. Paul Holmes' 35:33 mark from last year remained intact. Abe had to dig in to hang on to second, as fast-closing Bob Malain finished just three seconds back. A smaller than usual (165 finishers) field completed this tough course, which winds along the American River through several miles of very loose sand. /Larry Merler/

1-Pete Flores/AGRC	32:31	11-Rick Edson	36:36	21-Randy Fairchild	37:37	32-June Chun/MPRR	38:57F
2-Eric Wolfe	32:57	12-David Overoye	36:43	22-Ron Souza	37:46	33-Steve Heaps	39:04
3-Chris Hamer/WVTC	33:45	13-Gordy Vredenburg	36:48	23-Earl Hardy	37:50	***MASTERS***	
4-Fred Veliz	34:15	14-Paul Alvarez	36:54	24-Tim Jordan/BC	37:53	34-Walt Betschart/BC	39:09*
5-Erik Winje	34:20	15-Dan Wood	36:57	25-Mark Kirchmeyer	37:59	47-Gerald Kirkpatrick	40:34*
6-Dennis Rinde/OPHIR	34:45	16-Larry Smith	37:10	26-Abe Underwood/BC	38:18*	52-Art Waggoner/BC	41:12*
7-Ken Hurst	34:50	17-Dan Smolich	37:11	27-Bob Malain/BC	38:21*	67-Bob Potter	43:45*
8-Jim Bowles/WVTC	35:18	18-Gary Dobrenz	37:16	28-David Watt	38:24	***WOMEN***	
9-Walt Howard	35:55*	19-Frank Turner/Colfax	37:17	29-Christian Getschow	38:35	49-Laurie Crisp/WVTC	40:56
10-Dan Betker	36:23	20-Jim Kitz	37:33	30-Ron Souther	38:42	64-Karen Bain	43:18
				31-Jon Agnew	38:47	89-Franci Negri	46:30

PINOCCI ECLIPSES HART RECORD AT DAMMIT RUN (Aug. 26, Los Gatos): - WVTC's Mike Pinocci, running virtually a solo race for most of the 5.6-mile loop in hilly West Los Gatos, clipped 2.6 seconds from the record set by Benton Hart the previous year. Actually Mike himself had a share of the record but was given second place last year by a matter of inches, so technically Hart had a slightly better time. Camino West standout, John Moreno, was a distant second in 29:04. As was the case last year, the race was broken into two groups, with the open men and 14-17 boys divisions going first, and everyone else a bit later. Scott Thornton came all the way from Fresno to capture the high school title in 31:02, with Mike Immoos of Elk Grove next in 31:30. Master Gary Nielsen grabbed top honors in the 40-and-over race, with Scott Thornton's dad, Len, coming in runnerup, 34:11 to 34:52. A few 'open' runners got in the wrong race in error and are listed, but [bracketed]. Amazing Roxanne Bier pulverized Ann Wotherspoon's women's course standard by blitzing to a 34:27, well under the 1977 mark of 36:00. Her fast pace led the next three women under the old mark too, with amazing 37-year-old Judy Fox leading the runnerups in 35:11, and Kathy Perkins a close third at 35:14. Ruth Anderson paced the masters women in 39:49. There were a total of 955 finishers in the two heats. /Lee Hughes/



Mike Pinocci broke Benton Hart's course record at the Dammit Run by 2.6 seconds in 28:19.4. /Tom Elliott/

1-Mike Pinocci/WVTC	28:19	25-Gilbert Dean/CW	32:10	49-J. Doran/WVJS	33:46
2-John Moreno/CW	29:04	26-K. Carilli/OSHTC	32:12	50-Santos Reynaga/WVTC	33:50
3-Boyd Tarin/WVTC	29:29	27-P. Salazar/Un	32:20	51-J. Kajiwara/OTHTC	33:51
4-Denis O'Halloran/AGRC	29:55	28-B. Simpson/Un	32:22	52-Glenn Pruitt/ETC	33:55
5-Lou Patterson/AGRC	30:03	29-A. Bettencourt/Un	32:24	53-C. Fox/Un	33:56
6-Joe Salazar/SJCC	30:42	30-T. Bogatton/Un	32:39	54-W. Joseph/Un	34:03
7-Rick Hornstra/CW	30:48	31-Ed Tico/WVJS	32:46	55-T. Baker/Un	34:05
8-Ray Kindle/PMK	30:49	32-R. Gonzales/LHS	32:47	56-D. Bryan/Un	34:06
9-Scott Thornton/HSTC	31:02	33-A. Welch/Un	32:49	57-P. Moreton/Un	34:07
10-Tony Munoz/CW	31:06	34-C. Perry/Un	32:51	58-C. Saldivar/Un	34:07
11-C. Karbowski/Un	31:14	35-J. Jordan/Un	32:53	59-J. Grubbs/Un	34:16
12-Joe Fabris/CW	31:16	36-Jack Kurr/Un	32:54	60-Ed Jerome/TRAC	34:16
13-G. Munoz/Un	31:17	37-P. Alvarez/Un	33:14	61-T. Proceno/Un	34:19
14-P. Dolan/CW	31:18	38-R. Canales/Un	33:18	62-A. Gonzalez/Lions	34:21
15-Wayne Hurst/PTC	31:18	39-Tim Rostege/WVTC	33:19	63-J. Fox/Un	34:22
16-Mike Immoos/Un	31:30	40-D. Kadish/Un	33:23	64-A. Garcia/Un	34:26
17-Vance Eberly/PTC	31:35	41-M. Lucas/Un	33:24	65-Tom Lucas/WDS	34:33
18-Dave Levitsky/WVTC	31:37	42-R. Browning/Un	33:30	66-D. McMaster/Un	34:34
19-Ian Mickle/Un	31:44	43-R. Smith/Un	33:34	67-K. McNab/Un	34:35
20-Ken Apperson/Un	31:47	44-R. Smith/Un	33:38	68-A. Brave/Un	34:38
21-J. Hall/Un	31:48	45-Mike Green/WVTC	33:39	69-Don Dugdale/MPAC	34:40
22-Wally Montenegro/CW	31:53	46-K. Krichko/Un	33:41	70-D. Garcia/Un	34:46
23-Keith Kruse/Un	31:54	47-Manny Mahon/WVJS	33:45	71-J. Saldivar/Un	34:50
24-P. Brock/Un	32:00	48-R. Fairchild/Un	33:46	72-B. Whitman/Un	34:54
1-Gary Nielsen/Un	34:11*	18-M. Morris/Un	[35:52]	35-Dennis Egle/Un	37:45*
2-P. Smith/Un	[34:20]	19-R. Muramoto/Un	[36:23]	36-P. Larson/AFA	37:48*
3-C. Cotton/Un	[34:23]	20-C. Roskosz/WVJS	36:28*	37-M. Mister/Un	37:49*
4-Roxanne Bier/SJC	34:27F	21-R. Levy/Un	[36:29]	38-Bryan Kovacs/Arrow	37:53
5-W. Walton/Un	[34:36]	22-J. Warren/TRAC	36:31*	39-F. Dunn/PMK	37:54*
6-G. Moore/Un	[34:44]	23-W. Williams/OSC	36:32*	40-J. Hendrickson/Un	37:59F
7-J. Norvell/Un	[34:45]	24-Kerry Brogan/SJC	36:37F	41-P. Leal/Un	38:02*
8-Len Thornton/HSTC	34:52*	25-Carl Martin/WVJS	36:42*	42-K. Demmelmaier/SJC	38:06F
9-Walt Betschart/BC	35:07*	26-F. Munoz/JLHS	36:46	43-P. Spickerman/WVJS	38:07*
10-Judy Fox/WVTC	35:11F	27-Ken Paul/WVTC	36:58*	44-R. Ragsac/Un	[38:10]
11-M. Waters/JGN	35:11*	28-Rich Mueller/Un	37:08*	45-L. Schmidt/Un	[38:16]
12-Kathy Perkins/SJC	35:14F	29-Bob Mackey/WVJS	37:10*	46-R. Delozier/TRAC	38:18*
13-J. Bierber/SIV	[35:15]	30-M. King/SJC	37:12F	47-A. Heimbecker/SJC	38:22F
14-T. Schwager/Un	[35:38]	31-Vicky Bray/SJC	37:13F	48-J. LaFuente/Un	38:22F
15-Phyllis Olrich/SJC	35:44F	32-John McCrillis/Un	37:17*	49-K. Indquistbunn/Un	38:22F
16-M. O'Brien/Un	[35:49]	33-T. Gardner/Un	[37:27]	50-B. Stubbe/ESC	38:27*
17-G. Pfister/Un	[35:50]	34-L. Lindquist/WVJS	37:32*	51-Louis Stojanovich/WVJ	38:28
				52-L. Correa	38:35*
				53-Ed Tico/WVJS	38:38*
				54-Pauline Vasquez/SJC	38:39F
				55-D. Faccino/Un	38:48*
				56-R. Wallace/Un	[38:56]
				57-T. Gutierrez, Sr./RRC	38:58*
				58-S. Norman/Un	[39:08]
				59-C. Kiernan/Un	39:14F
				60-Joan Fox/SJC	39:17F
				61-B. Hall/Un	39:23*
				62-E. Young/Un	39:33*
				63-B. Puterbaugh/Un	[39:44]
				64-C. Gleason/Un	39:46F
				65-Gail Campbell/WVJS	39:47F
				66-Ruth Anderson/NCS	39:49F*
				67-J. Elliot/WVJS	39:50*
				68-T. Thorp/SJC	40:06F

BOB MALAIN CONQUERS DOUBLE DIPSEA FIELD (Sept. 2, Stinson Beach): - A record 331 finishers enjoyed a beautiful, cool, foggy run over the slopes of Mt. Tam before the sun came out. Buffalo Chip Bob Malain conquered all with his 25-minute handicap and actual time of 1:57:50. Together they garnered him a 1:32:50 handicap time and a 1:17 victory over Russ Kiernan of Tamalpa. His time of 1:49:07 (actual) was good enough for the third fastest mark of the day behind Kim Schaurer's 1:47:58 and Scott Molina's 1:49:05. Barbara Magid took good advantage of a 30-minute handicap to place ninth overall and first among the women with a good 2:13:40 (actual), which broke Debbie Rudolph's 2:13:52 course record of last year. Incidentally, Kiernan also got a record, displacing Darryl Beardall's 1:49:45 from last year (he finished third in 1:50:59 today). Byron Lowry's 1:42:37 from 1977 remained safely intact. Following are the top 78 finishers, with handicap (in minutes) preceding the actual running time. The times may appear slow for 13.6 miles, but they are quick when you consider the mountainous terrain involved. /Walt Stack/

1-Robert Malain/BC(25)	1:57:50*	16-Dana Hooper(30)	2:18:25*	31-Bob Myers/PMK(9)	2:00:34	46-Nora Crans/WVTC(30)	2:25:30F
2-Russ Kiernan/TAM(15)	1:49:07*	17-C. Underwood(30)	2:18:31F	32-Skip Swannack/WS(30)	2:22:03F	47-Arnold Knepper(20)	2:15:39*
3-Darryl Beardall(15)	1:50:59*	18-Sal Citarella(9)	1:57:44	33-Don Paul(0)	1:52:07	48-Suzanne Kalman(30)	2:25:44F
4-Jim Nicholson/PK(20)	1:56:43*	19-Scott Molina(0)	1:49:05	34-Pat Whittingslow(30)	2:22:13F	49-Jeff Crane(0)	1:55:54
5-Hans Roenau/TAM(25)	2:03:16*	20-Bob Woodliff(9)	1:58:08	35-Ralph Webb(20)	2:13:22*	50-Michael Lisowski(0)	1:55:54
6-Jim Howell/WVTC(9)	1:50:09	21-Bill Dickerson(25)	2:14:17*	36-John Carlson(9)	2:02:43	51-Scott Anderson(0)	1:56:21
7-Don Pickett/TAM(25)	2:06:14*	22-Bob Eichstaedt(9)	1:58:24	37-Paul Hohe/PMK(15)	2:08:51*	52-Sally Edwards(30)	2:26:35F
8-Don Chaffee/ETC(9)	1:51:40	23-Tom Rearcher(0)	1:49:32	38-Jim Gault(25)	2:18:59*	53-Bill Lindsell(0)	1:56:43
9-Barbara Magid(30)	2:13:40F	24-Cedrick Collett(9)	1:59:35	39-Doug Latimer(15)	2:09:06*	54-Keith Kruse/PTC(0)	1:56:50
10-Bruce Carradine(20)	2:04:57*	25-Tom Vaughn(15)	2:05:49*	40-Richard Emmons(20)	2:14:21*	55-Dennis Egle/Un(25)	2:21:56*
11-David Sharp(25)	2:10:04*	26-Glenn Pruitt(9)	1:59:55	41-Charles Cauldwell(9)	2:03:25	56-Carroll O'Conner(30)	2:27:15F*
12-Orin Dahl(15)	2:01:23*	27-K. Whittingslow(9)	1:59:59	42-Rod McKenzie(20)	2:14:38*	57-Scott Claypoole(0)	1:57:31
13-Mike MacKenzie(9)	1:56:41	28-Louise Burns/NCS(30)	2:21:04F	43-Jim Miller(15)	2:09:44*	58-Evan Custer(9)	2:06:38
14-Kim Schaurer/TAM(0)	1:47:58	29-Charles Keck(9)	2:00:11	44-A. Bettencourt(0)	1:54:51	59-Jay Longacre(15)	2:12:47*
15-Bruce VonBorstel(9)	1:57:11	30-Pete Churney(0)	1:51:21	45-Frank Smith/PMK(9)	2:03:59		

(Continued on next page...)

<i>(Double Dipsea, continued...)</i>		64-Leigh Forsberg(15) 2:14:45*	69-Ann Bower(30) 2:30:08F	74-Steve O'Donoghue(9) 2:10:45
60-Sid Wolinsky(15) 2:12:56*	65-Kurt Schroers(9) 2:08:50	70-Dave Collins(0) 2:00:11	75-Lynn Harris(30) 2:31:48F	
61-Santos Reynaga/WV(0)1:58:30	66-Roxanne Marterie(30)2:29:53F	71-Jim Crumpler(9) 2:09:18	76-Jess Chavez(20) 2:21:51*	
62-Paul Bragstad(9) 2:07:46	67-Tom Dresser(9) 2:08:54	72-Richard Mayers(9) 2:10:21	77-Pete Eisenberg/WV(9)2:10:57	
63-John Soubier(20) 2:18:56*	68-Peter Morris(0) 2:00:07	73-Joe Camisa(9) 2:10:22	78-Tom Standing(9) 2:10:57	

BRAD ROY PUSHES SILVER STATE RECORD (Sept. 3, Washoe Valley, Nev.): - Brad Roy of Carlsbad, California, completed the 3rd Annual Silver State Marathon in a near record 2:30:44, just missing the 2:30:19 standard set by Ron Zarate last year. Brad improved on both his 1977 finish (3rd) and time (2:34:07) in pulling Skip Houk, now 36, to a quick 2:31:56. Bill Foulk of Bozeman, Montana, came 'down' to Reno and ran off with the masters title in 2:45:52, good enough for sixth place overall. Top local master was Myron Nevraumont with a 2:51:33 in ninth. Foulk's time chopped nearly a full minute from Bob Bourbeau's 2:46:42 of 1977. Reno's Pam Schmidt was unsuccessful in making it a complete sweep of the records, but her 3:17:50 was good for a 4:38 victory over Colleen Connors. Jeanie Jones of San Francisco annexed the women's over-40 trophy with a 3:34:32, as she finished seventh among the women. A record 492 completed the popular mile-high race, as the sponsoring Nevada Heart Fitness Institute put on their usual superlative show, including a well-attended pre-race seminar. The race was followed by a great picnic feast. /Heart Institute/



Skip Houk, who helps direct the Silver State Marathon, was second in his own race (shown here in the Lake Tahoe Relays some years ago). /J. Marconi/

1-Brad Roy/Carlsbad 2:30:44	29-John Offner 3:01:26	57-William Smith/Reno 3:09:21	
2-Skip Houk/SSS 2:31:56	30-Jose Cortez/WDS 3:01:43	58-Kent Robison/Reno 3:09:49	
3-Marc Hoschler 2:42:38	31-Juneus Kendall 3:01:53*	59-John Clark 3:10:09	
4-Noel Lincicome 2:44:34	32-William Keller 3:01:54	60-Douglas Peck 3:10:21	
5-Clifford Steward 2:45:10	33-Timothy Treacy 3:02:40*	61-Perry Linn 3:10:50	
6-Bill Foulk/Mont. 2:45:52*	34-Gary Stansauk 3:03:00	62-Egil Krogh/TAM 3:11:11	
7-Tom Iredale/Reno 2:47:55	35-John Prewitt 3:03:00	63-Bill Crawford 3:11:31*	
8-Ted Pawlak 2:48:36	36-Steve Daniels 3:03:30	64-Michael Hicks 3:11:36	
9-Myron Nevraumont/WVJ2:51:33*	37-Jim Carter 3:03:39*	65-Stephen Yahner 3:11:43	
10-Jim Bevins 2:52:03*	38-Arthur Branchini 3:04:31	66-Thomas Zavortink 3:12:21	
11-Bob Bourbeau/WVJS 2:52:38*	39-Herb Killackey 3:04:31	67-Peter Fisher 3:12:27	
12-Roger Bryan/WVJS 2:52:56*	40-Mark Reese/BC 3:04:39	68-DeArmond Sharp/Reno 3:12:36*	
13-Frank Lemus 2:54:03	41-Bruce Brinkema 3:04:47*	69-James Wilkins 3:12:56	
14-James Hamlin 2:54:39	42-Ken Yocum/Reno 3:04:47	70-Robert Smith 3:13:17	
15-Lance Koll/WVTC 2:57:09	43-Cory Bedell/Reno 3:05:07	71-Austin Angell 3:13:21	
16-Kees Tuinzing/TAM 2:58:04	44-Robert Adelson 3:05:46	72-Art Waggoner/BC 3:13:45	
17-Bob Hedges 2:58:09	45-Robert Sobsey 3:06:18	73-David Edgar 3:13:55	
18-Tim Hicks 2:58:22	46-Tom Regan 3:06:35	74-Fred Dunn 3:14:24*	
19-John Finney/Reno 2:58:49	47-Larry Farmer/Ore. 3:07:00*	75-Paul Reese/BC 3:14:42*	
20-Bill Beckwith 2:59:10*	48-Brian Kemp 3:07:27	76-Michael Kovach/Mass. 3:15:38	
21-Ed Stromberg 2:59:33	49-Kenneth Adams 3:07:30	77-Roy Scellato 3:16:14	
22-Ed Jerome/TRAC 2:59:50	50-Wayne Smith/Ariz. 3:08:12*	78-Don MacIntosh 3:16:16*	
23-John Prochnau/Reno 2:59:54	51-William McGuire 3:08:31	79-Robert Davis 3:16:20	
24-William Fitzpatrick 2:59:56	52-S.T. Mason 3:08:32	80-Dennis Brinson 3:16:33	
25-Bill May 2:59:59	53-P.J. Downey 3:08:35	81-John Armstrong 3:16:34	
26-Bill Fraser/Idaho 3:00:36	54-Cowman Shirk 3:08:36	82-Michael Matus/Reno 3:16:50	
27-Billy Hicks/Ariz. 3:00:43	55-Steve Higgins 3:08:39	83-Don Lucero/WVTC 3:16:55*	
28-Bob Cummings/WVTC 3:00:44	56-Nik Epanchin 3:09:06	84-Fred Copeland 3:17:49	
		85-Pam Schmidt/Reno 3:17:50F	
		86-Jack Byrom/Reno 3:18:28	
		WOMEN	
		105-Colleen Connors 3:22:28	
		116-Donna Dearborn/Mont. 3:25:00	
		153-Lori Brusali/Reno 3:31:51	
		158-Daphne Dunn 3:32:19	
		163-Tracey Harvey/Rialto 3:33:31	
		170-Jeanie Jones/PMK 3:34:32*	
		215-Sandy Gadwood 3:46:11	

PORTER AND MILLER TAKE CLOSE VICTORIES AT PLAYBOY/KMEL RUN (Sept. 3, San Francisco): - In a 7.5-mile race designed to raise support for the U.S. Olympic Team, 777 runners showed their support. They were led by WVTC's fast-improving Mike Porter who pulled away from Dan Gruber and Chris Hamer, his two nearest competitors, over the closing stages of the race. At the tape he had a 9-second advantage over Gruber and another 4 seconds on Hamer with his 37:44 clocking. Meanwhile, the women were likewise having a close battle as Elaine Miller edged Cindy Farmer, 46:17 to 46:31, with high-schooler Liz Strangio next in 47:29. Bryan Holmes led the masters parade with a much easier victory in 43:09, with his nearest competitor, Russ Kiernan, over a minute back in 43:22. Ruth Anderson's 50:50 led the women over-40, almost two minutes ahead of second-placer Martha Maricle. Barasa Lelechkei, who finished 19th overall, is a 16-year-old student at Santa Barbara High and ran the entire course barefoot! David Shintaku, a 25-year-old from San Francisco, won an all-expense paid trip for two to the Playboy Casino in the Bahamas, while Meredith Grubbe, a 46-year-old, won himself a new Toyota car! /Don Capron/

1-Mike Porter/WVTC 37:44	26-J. Johnston 42:33	51-J. Wirdzek 44:11	77-A. Edmonds 45:39
2-Dan Gruber 37:53	27-R. French 42:46	52-J. Monteveroi 44:21	78-T. Watkins 45:40
3-Chris Hamer/WVTC 37:57	28-John Rupp 42:47	53-Russ Kiernan/TAM 44:22*	79-B. Staley 45:41
4-Mark Sisson/WVTC 38:40	29-Bruce Wolfe/WVTC 42:51	54-J. Carlton 44:22	80-Sigfried Mattern 45:41*
5-Jan Sershen/ETC 38:55	30-R. Ripplinger 42:52	55-Bill Lovelace 44:26	81-M. Martin 45:45
6-T. Schreck 39:21	31-Rob Trumbull 42:54	56-E. Hagerman 44:30*	82-C. James 45:49
7-Dave Muela/ETC 39:23	32-F. Bajak 43:00	57-Walt Basinger 44:32	83-S. Hora 45:53
8-Phil Kay 39:33	33-C. Steele 43:02	58-D. Schorno 44:35	84-Lance Kuykendall/WVTC 45:54
9-Bob Darling/ETC 39:43	34-Joe Mouille 43:06	59-M. Milewski 44:37	***MASTERS***
10-Jim Bowles/WVTC 40:03	35-Bryan Holmes/WVJS 43:09*	60-M. Himes 44:42	89-Walt Williams 46:13*
11-Mike Wheeler 40:08	36-J. Addison 43:13	61-Hoyt Walker 44:45	99-John McCrillis 46:40*
12-Dennis Rinde/OPHIR 40:21	37-Santos Reynaga/WVTC 43:21	62-P. Wilder 44:46	156-Hans Roenau/TAM 48:52*
13-Hank Lawson 40:40	38-Tom Aldana 43:26	63-R. Deglymes 44:48	158-F. Dawson 48:57*
14-Gary Singer 41:06	39-T. Bennett 43:28	64-J. Holly 44:58	160-R. Rahmer 49:04*
15-G. Walder 41:12	40-D. Skoufos 43:41	65-A. Koslofsky 45:01	161-G. Zeilenga 49:06*
16-Greg Jewett 41:29	41-B. Jones 43:46	66-A. Robertson 45:02	167-Walt Schorno 49:18*
17-Al Hernandez/WVTC 41:33	42-R. Cohen 43:47	67-Larry Feigenbaum 45:08	***WOMEN***
18-Keith Kruse/PTC 41:43	43-B. Bekes 43:48	68-R. Drewes 45:08	90-Etaine Miller/Un 46:17
19-Barasa Lelechkei 41:51	44-J. Zarkarian 43:54	69-John Danner 45:11	95-Cindy Farmer 46:31
20-Hashim Bashiruddin/ETC 42:00	45-Al Stanbridge 43:58	70-R. Lucas 45:19	114-Liz Strangio/WVTC 47:29
21-D. Magee 42:17	46-S. Armstrong 43:58	71-M. Croft 45:20	145-Sue Brusher/BASC 48:24
22-D. Kadish 42:17	47-Stan Hockerson/AGRC 43:59	72-R. Hansen 45:25	147-Irene Rudolf/WVTC 48:37
23-Tom Mota 42:23	48-M. Brandner 44:00	73-Mike MacKenzie 45:30	150-Pauline Vasquez/SJC 48:43
24-Tim Rostege/WVTC 42:28	49-D. Hansen 44:00	74-Frank Ruona 45:32	177-Debbie Gazafy/CSH 49:42
25-Rick Baldocchi 42:30	50-J. Hurd 44:01	75-Robert Gehl 45:35*	203-Jane Sowersby/PMK 50:39
		76-B. Carpenter 45:36	209-Ruth Anderson/NCS 50:50*



Judy Fox whipped a strong women's field at the Times-9 10K race, running 39:30 on a rugged course. /Don Melandry/

JUDY FOX STARS AT TIMES-9 RACES (Sept. 4, Belmont): - Steve Watkins pulled out a narrow 6-second victory over Joe Salazar to cop the feature race (10K) at the Times-9 affair, but it was 37-year-old Judy Fox that opened eyes. Not only did she record the second fastest time ever on the hilly course at Crystal Springs in the Belmont hills, but she made quick work of two tough competitors as well. Her 39:30 was just over a half-minute off Miki Gorman's course standard, set in the Nationals a few years back, and it was good enough to whip Sue Munday by well over a minute today (40:42), as well as Phyllis Olrich, who did 42:28. The masters men had a fairly tight battle with Malcolm Stewart's 39:29.5 getting the nod over Waights Taylor, who did 39:42. Ruth Anderson grabbed another title for the over-40 women with a fine 45:47, fifth overall among women. Nearly 200 finished. In the 9-mile relay, a group called Mrs. Weedpatch (don't know the members) were clear winners in 48:58, with the Disqualified TC next at 50:02. Top masters team was Mr. Weedpatch (all over 50!), taking 8th overall in 52:59! The San Jose Cindergals were easy winners in the women's division with 59:27, with all team members being 15-and-under! The Nancy Lane Team was next at 64:12. A total of 81 three-person teams completed the relays. There were a variety of other distances open to various age-groups. Dave Romain, noted more for his middle distance ability, took the '999 foot race' in 12:22.3, over a half-minute ahead of Bill Waldron. Wendy Massey was first woman in 14:07. In the 999 yard race (short or downhill?), the top two places went to women: Fennelle Miller (3:33.0), & Mimi Gerard (3:36.6). Steve Dittman was third in 3:48.7. In the "Toddlers 99 Yard", limited to 5 to 6 year olds, Greg Zolotar nipped Cindy Brown, 35.9 to 36.7. The "Tots 99 Yard" event featured 44 competitors, and Michael Cutlip took top honors in 52.6, followed by Jeff Zolotar in 54.1. A great turnout for what is becoming a very popular event. The races are sponsored by the *San Mateo Times*. /Len Wallach; G. Musante/

10 KILO

1-Steve Watkins	33:58
2-Joe Salazar/SJCC	34:04
3-Dave Dunbar/Skyline	35:11
4-Dan Anderson/WVTC	35:25
5-Mike Warr	35:35
6-Dave Robertson/WVTC	35:55
7-Doug Butt/WVTC	35:56
8-Walter Haight	36:35
9-Jeff Cowlang	36:45
10-Hashim Bashiruddin/ETC	37:15
11-David Kadish	37:27
12-Rusty Knowles	37:52
13-Gary Grellman	37:58

14-Raoul Kennedy	38:07
15-Phil Sanfilippo	38:09
16-Sheldon Larson	38:29
17-Jon Keyes	38:42
18-Dale Nelson	39:02
19-Alfredo Bravo	39:27
20-Daniel Garcia	39:29
21-Malcolm Stewart	39:30*
22-Judy Fox/WVTC	39:30F
23-Waights Taylor/WVTC	39:42*
24-Ron Tanaka	39:47
25-Lance Kuykendall/WVTC	39:49
26-Steve Stark	39:58
27-Al Stanbridge	40:33

28-Albert Lozano	40:36
29-Richard Keene	40:42*
30-Steve O'Brien	40:45
31-Sue Munday/CW	40:46F
32-Mark Fenner	40:50
33-Evan MacBride	40:54
34-Pete Stefanisko	41:24
35-Ken Paul/WVTC	41:26*
36-John McCrillis	41:48
37-Robert Segura	41:55
38-David Cummins	41:55
39-Walter Williams	41:56*
MASTERS	
41-Rich Mueller	42:14*

45-Siegfried Mattern	42:55*
49-Joe Dana/SS	43:28*
50-Ed Preston	43:29*
52-Bob Polston	43:40*
53-Frederic Holloszy	43:42*
59-Gerald Zerlenga	44:06*
WOMEN	
42-Phyllis Olrich/SJC	42:28
62-Gail Campbell/WVJS	44:23
70-Ruth Anderson/NCS	45:47*
91-Vicky Bray/SJC	47:18
95-Helen Dawson	47:36
107-Carroll O'Conner/NCS	49:18*
109-Foo Kennedy	49:41

9-MILE RELAY

1-Mrs. Weedpatch	48:58
2-Disqualified TC	50:02
3-Cam West	50:50
4-Q.T.C.	51:38
5-DeAnza Striders	51:50
6-W.V.J.S. (30+)	52:24

7-Mixed Nuts	52:24
8-Mr. Weedpatch (50+)	52:59*
9-Canyon T.C. Blue	53:04
10-Jerry Hall Team (30+)	53:13
11-Machos	53:45
12-White Punks	54:13
13-Tim Kuta Team	55:06

14-Camino West (15/Under)	55:29
15-Bill Clark's 30+ Mixed	55:37
16-Pablo Cruisers	55:50
17-Stevens Team	56:07
18-Three's Company (15/U)	56:37
MASTERS	
23-W.V.J.S.	58:23*

29-W.V.J.S. (50+)	60:32*
WOMEN	
26-S.J. Cindergals (15/U)	59:27
40-Nancy Lane Team	64:12
41-Stars (15/Under)	64:54
44-Last Minute Team	66:07
45-S.J. Cindergals (15/U)	66:10

MUELA AND HOGLUND CAPTURE FOUNDER'S DAY RUNS (Sept. 10, Rohnert Park): - Excelsior TC's David Muela clipped teammate Bill Sevald by just over a minute in grabbing an easy victory over the 13.1-mile race, 71:10 to 72:13. Meanwhile, Camino West's Roy Hogleund took a 25-second victory margin in the shorter 5.8-mile event over the Aggies' Stan Hockerson. In the masters competition, Bill Bugler had a rather easy time capturing the longer race in 79:33 while Bill Jensen likewise had no problem in copping the short race in 33:48. Elaine Miller won another race at 87:20 over Caron Schaumberg's 93:20. In the shorter run, Marilyn Taylor's 37:32 was by far the class of the field as she won handily over Liana Wilson's 42:05. /Glenn McCarthy/

1-David Muela/ETC	71:10
2-Bill Sevald/ETC	72:13
3-Hersh Jenkins/ER	72:59
4-Glenn McCarthy/ER	73:18
5-Mike Wright/SS	73:35
6-Jeff Wall/ETC	73:49
7-Pat Miller/Un	75:02
8-Greg Jewett/ETC	75:27
9-Mike Warr/SS	75:42
10-Ted Pawlak/Un	77:18

11-Bob Laurence/TAM	77:43
12-Dan Preston/VMTC	78:01
13-Roger Scott/Un	78:50
14-Ray Pugh/Un	78:09
15-Dave Cargill/Un	79:02
16-Ron Kesecker/VMTC	79:19
17-Bill Bugler/PMK	79:33*
18-Michael Deatherage/SS	79:44
19-Gene Schaumberg/ER	80:33
20-Dennis Doris/VMRC	80:55

21-Ken Howe/ER	81:20
22-Hoyt Walker/LVRC	81:36
23-Brian Williams/Un	83:04
24-C.O. Henmans/VMTC	83:07*
25-Dick Johnston/SRRC	83:09
26-Todd Watkins/DSE	83:59
27-Harold Schultz/ER	86:14*
28-Randy Drews/Un	86:32
29-Bryan Holmes/WVJS	86:46*
30-Jon MacPherson/ER	86:51

MASTERS	
34-Ron Kinney/ER	87:05*
42-Jess Chavez/Un	90:11*
44-Joe Dana/SS	90:47*
WOMEN	
35-Elaine Miller/Un	87:20
53-Caron Schaumberg/Un	93:20
58-Lisa Capaldini/HA	94:29
79-Jeanie Jones/PMK	99:34*
89-Barbara Carlson/NCS	103:35*

1-Roy Hogleund/CW	28:07
2-Stan Hockerson/AGRC	28:32
3-Dave Sjostedt/VMRC	28:34
4-Bill Jensen/PMK	33:48*
5-Hugh McWilliams/VMRC	33:54
6-Bob Dahlstet/Un	34:19

7-Colin Murphy/Un	34:39
8-George Bousquette/AGRC	34:40
9-Bob Cushen/PMK	34:55*
10-Don Madronich/Un	35:11
11-Dick Fugett/ER	35:40*
12-Dennis Lem/PMK	36:07

13-Dennis Bollman/VMRC	37:11
14-Al Wall/ER	37:23
15-Peter Woodward	37:31*
MASTERS	
22-W. Poore/TAM	39:24*
32-Mike Morgan/ER	44:34*

WOMEN	
16-Marilyn Taylor/WVTC	37:32
28-Liana Wilson/Un	42:05
29-Lilian Woodward/NCS	42:23*
34-Carol Barclay/Un	45:43
37-Katie Huffman/Un	46:54

FLORES PACES AGGIES TO WALNUT FESTIVAL WIN (Sept. 10, Walnut Creek): - Woodland's Pete Flores had little trouble handling a weaker than usual field at the 34th annual event at Heather Farms. Pete's 28:08 was well off Jim Nuccio's 27:23 of 1975, but nearly a quarter-mile ahead of teammate Mike Pratt. Ralph Bowles is rounding into super shape as his 30:18 course record in the masters division shows. He left teammate Kent Guthrie far behind (30:43). Linda Robinson won a close victory over Sports Afoot teammates Marianne Bruder and Mary Coburn with her 38:23. The Davis Aggies had little trouble handling Cal-State Sacramento, 34-51, for the team title. There were only 83 finishers this year. Bob McGuire, Jr. took the family race (2.23 miles) with a 12:31 over David Saylor's 12:41, but the Wallach's (Len, Scott & Sharon) won the family award with 20 points to the Saylor's 26. Other brief results in age-group races: Boys 13/Under: 1-Doran McGee 13:13, 2-Neil Leary 13:45, 3-Noah Pickus 13:50; Boys 14-18: 1-Peter Foster 17:04, 2-Anthony Robinson 18:23, 3-Scott Wilson 18:28; Girls 9/Under: 1-Kerry Beaton 9:28, 2-Karolyn Covione 9:36, 3-Alica Fong 10:06; Girls 10-11: 1-Michelle Miller 8:48, 2-Nanette Garcia 8:54, 3-Doniece Johnson 9:12; Girls 12-13: 1-Maria King 8:35.6, 2-Andrea Heimbecker 8:44, 3-Kathleen Bonnet 9:00, 4-Jada Chretien & Sharon Yaninek 9:01; Girls 14/Over: 1-Roxanne Bier 17:06.6, 2-Kerry Brogan 17:38, 3-Phyllis Olrich 17:44, 4-Kathy Perkins 17:47, 5-Joan Fox 18:04...girls ages 13/under ran 1.5 miles and those 14 and over did 3 miles. Boys 13/under did 2.23 miles & 14-18 did 3.345 miles....results next page. /Andy MacCono/

(Walnut Festival, cont'd.)

1-Pete Flores/AGRC	28:08
2-Mike Pratt/AGRC	29:18
3-John Sheehan/Un	29:34
4-Dirk Feenstra/Un	29:42
5-Steve Dillard/CSUS	29:58
6-Steve MacKay/CSUS	29:59
7-Bryan Gieser/AGRC	30:10
8-Ralph Bowles/WVJS	30:18*
9-Dan Anderson/WVTC	30:25
10-Bill Gregg/AGRC	30:27
11-Bill Joseph/CSUS	30:31
12-Kent Guthrie/WVJS	30:43*
13-Paul Alvarez/CSUS	30:58
14-Kevin Kirby/AGRC	31:06
15-Anthony Bettencourt/Un	31:08
16-Tom Klousner/CSUS	31:13
17-Mario Espinosa/CSUS	31:24
18-Gary Alderman/DRR	31:33
19-Tim Rosteque/WVTC	31:41

20-Jim O'Neil/BC	32:02*
21-Sal Citarella/Un	32:12
22-Larry Arata/Un	33:00
23-Santos Reynaga/WVTC	33:01
24-William Turrentine/DRR	33:46
25-Mike Dickenson/CSUS	34:12
26-Michael Levin/Un	34:20
27-Scott Orvis/AGRC	34:38
28-Dennis Gulbransen	34:56
MASTERS	
30-Lee Sorenson/Orinda	34:59*
31-Walter Williams/DSE	35:05*
33-George Grimes/NCS	35:20*
34-Ed Preston/SFPAC	35:37*
39-Arthur Kessner/Un	36:46*
WOMEN	
45-Linda Robinson/SA	38:23
46-Marianne Bruder/SA	38:36
47-Mary Coburn/SA	38:37
64-Mary Ellen Lentz/Un	42:56*



(Left) Linda Robinson was the first woman finisher at the Walnut Festival in 38:23.

(Above) Pete Flores was over-all winner in same race in a time of 28:08. /Don Gosney/

PORTER PULLS UPSET AT PA-AAU 25K; AGGIES WIN TEAM TITLE; BIER AVERAGES 6:00/MILE IN WOMEN'S RACE (Sept. 17, San Francisco): - A record field of 512 finishers attacked a set of excellent records at the District 25-Kilo Championships in Golden Gate Park and three major marks fell. Mike Porter broke away from a good field that included Angel Martinez, Matt Yeo, Pete Flores, Bill Clark, and others, opening over a minute in the final 10K to cruise to an unpressed 1:19:25 win, well off the course record of 1:17:22 set by Jim Nuccio in last year's race. Martinez and Yeo battled it out for the next two spots, 1:20:42 to 1:20:44, with Flores and Clark also under 1:21. In the other divisions, high school soph, Roxanne Bier, annihilated a good field in smashing Cyndy Poor's 1:35:14 standard from 1975. Runnerup Elaine Miller was a full mile behind in 1:39:24! Lucy Shapiro, celebrating her first race as a master, ran an impressive time of 1:47:01 in tipping Ruth Anderson's 1:47:37 record. Ruth was runnerup today in 1:49:22. Ralph Bowles set the other record by improving his and Kent Guthrie's shared record from the previous year. He moved it down to 1:27:01 from 1:27:16. Darryl Beardall was a well-beaten second at 1:28:38, with 53-year-old Jim O'Neil taking the third spot (1:29:00), ahead of Kent Guthrie's 1:29:29, as the top four masters broke 1:30. The Davis Aggies put their 5 scorers into the top eight places to unseat West Valley as team champs, with Excelsior third. The West Valley Joggers took a two-minute margin of victory in the masters division over the Dipsea Indians. West Valley TC's women likewise scored a two-minute victory over the local Pama-kids, and the NorCal Seniors won the masters women's team trophy. A total of 576 started the race. /Don Capron/

1-Mike Porter/WVTC	1:19:25	9-Chris Hamer/WVTC	1:22:40
2-Angel Martinez/AGRC	1:20:42	10-Brock Hinzman/ETC	1:22:59
3-Matt Yeo/AGRC	1:20:44	11-Dave Muela/ETC	1:23:53
4-Pete Flores/AGRC	1:20:48	12-Gary Goettelmann/WVTC	1:24:28
5-Bill Clark/WVTC	1:20:59	13-Tad Woliczko/Un	1:24:38
6-Jan Sershen/ETC	1:21:12	14-Daryl Zapata/WVTC	1:24:39
7-Denis O'Halloran/AGR	1:21:20	15-Tom Laris/WVTC	1:24:47
8-Peanut Harms/AGRC	1:21:37	16-Skyler Jones/WVTC	1:24:57

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(PA-AAU 25KM, cont'd.)

17-Atkins Chun/Un	1:25:07
18-Stein Rafto/Un	1:25:11
19-Patrick Miller/Un	1:25:22
20-Brian Bonner/LVRC	1:25:27
21-Perry Linn/BC	1:25:32
22-Bill Sevald/ETC	1:25:37
23-Dave Dunbar/Un	1:25:45
24-Garry Green/BC	1:25:59
25-Rick Brown/AGRC	1:27:00
26-Ralph Bowles/WVJS	1:27:01*
27-Tom Paul/PMK	1:27:14
28-Mike Fanelli/PMK	1:27:25
29-Mike Lisowski/Un	1:27:33
30-John Sheehan/Un	1:27:47
31-Greg Jewett/ETC	1:27:53
32-Tim Swezey/PMK	1:28:32
33-Dave Levitsky/WVTC	1:28:35
34-Darryl Beardall/DIRT	1:28:38*
35-Hashim Bashiruddin	1:28:40
36-Jim O'Neil/BC	1:29:00*
37-Layne Mason/Un	1:29:08
38-Phil Sanfilippo/WVJS	1:29:17
39-Nick Winter/LVRC	1:29:24
40-Ray Taketa/Hastings	1:29:49
41-Frank Nolan/Un	1:30:12
42-Dave Collins/Un	1:30:26
43-Dave Zumwalt/PMK	1:30:28
44-Kent Guthrie/WVJS	1:30:29*
45-Fidel Serrano/Un	1:30:35
46-Jim Doran/WVJS	1:31:23
47-Dan Williams/LMJJS	1:31:27
48-Dan Moore/LVRC	1:31:28
49-Dennis Dillie/Un	1:31:52
50-Chris Steer/PMK	1:31:57
51-Doug Bell/PMK	1:32:01*
52-Sandy Lawrence/DSE	1:32:02
53-Hoyt Walker/LVRC	1:32:04
54-Don Dugdale/MPAC	1:32:07
55-Ned Elliot/Un	1:32:42

56-Russ Kiernan/DIRT	1:32:44*
57-Santos Reynaga/WVTC	1:32:46
58-Mike Healy/DIRT	1:32:50*
59-Tom Bennett/PMK	1:33:02
60-Joe Schieffer/Un	1:33:04
61-Roxanne Bier/SJC	1:33:05F
62-Norm McAbee/ETC	1:33:08*
63-Sargon Nona/Un	1:33:10
64-Joe Hurd/Un	1:33:14
65-Todd Watkins/DSE	1:33:17
66-Art Riggs/Un	1:33:18
67-Mike Shearer/DSE	1:33:35
68-Steve Lyons/SFOC	1:33:46
69-Ray Menzie/WVTC	1:33:58*
70-Jim Bowles/WVTC	1:33:59
71-Ross Rowley/SUND	1:34:00
72-Ted Orzelaowski/LVRC	1:34:01
73-Charles Key/Un	1:34:05
74-John Revelli/Un	1:34:14
75-Myron Nevraumont/WVJ	1:34:19*
76-Anthony Bettencourt	1:34:23
77-Rick Schwertfeger	1:34:53
78-Mike Brown/ETC	1:35:04
79-Ted Wilson/KJ	1:35:37*
80-Brian Williams/Un	1:35:51
81-Roy Greenwald/LMJJS	1:35:56
82-Ben Sawyer/Soq	1:35:56*
83-Jim Wilkins/TYMM	1:35:56
84-Larry Feigenbaum/TAM	1:35:57
85-Bob Blonder/Un	1:36:00*
MASTERS	
103-Robert Gehl/DSE	1:37:54*
106-John Armstrong/Un	1:37:58*
111-Joe Sloan/OPHIR	1:38:23*
112-Jim Brusstar/WVTC	1:38:28*
113-John Jamieson/Un	1:38:29*
114-Jack Simonton/DSE	1:38:30*
116-Sig Mattern/DSE	1:38:35*
126-Hans Roenau/DIRT	1:39:08*
131-Lee Holley/WVJS	1:39:20*



(Left) Leaders about midway into the PA-AAU 25K (l-r): Jan Ser-shen, Angel Martinez and Mike Porter, the eventual winner in 1:19:25. /John Sheretz/ (Right) Roxanne Bier ran what is probably a national road record of 1:33:05 for the same distance in averaging 6 minutes per mile! /Mike Fenner/

TRACY AND LARIS TRIUMPH AT MARINE AIR RESERVE RUNWAY RUNS (Sept. 23, Alameda): - A good turnout (650 runners) made this second annual event a success, as all finishers received T-shirts for a small (by today's standards) \$2.50 entry fee. Dennis Tracy's 15:22 took the 3-mile event over Don Paul (15:27), while WVTC teammate, Tom Laris, now 38, captured the 6-mile distance in 31:31, 15 seconds ahead of Gary Singer. Bryan Holmes (17:01) had to hold off Robert Sikora (17:03) in the masters division, while Nancy Mohorovich's 19:08 led the women in the shorter race. Jim O'Neil's 33:39 was a virtually solo effort in the 40-and-over race in the longer run (35:27 was second), while Ruth Anderson set the only course record of the day, a 40:08, knocking a mere second from Nancy Pannell's standard. She not only annexed the masters title, but was also first woman overall, improving on her 40:53 of last year. /Roland Root/

1-Dennis Tracy/WVTC	15:22
2-Don Paul	15:27
3-Mike McCormick	15:36
4-James Tracy/ETC	15:41
5-Anthony Bettencourt	15:53
6-Bill Benz/WVTC	16:03
7-Tim Rostege/WVTC	16:09
8-John Thias	16:31
9-Rick Cairo	16:38
10-Sargon Nona	16:39
11-John Danner	16:50
12-Larry Feigenbaum	16:51
13-Hector Vega	16:54
14-Steve Dean	16:57
1-Tom Laris/WVTC	31:31
2-Gary Singer	31:46
3-Steve Haas	32:47
4-Jeff Wall/ETC	33:11
5-Larry Sumner	33:24
6-Jim O'Neil/BC	33:39*
7-Greg McDonald	34:15
8-Doug Perez	34:21
9-Derrick Hamilton	34:21
10-Dean Harper	34:40
11-Dennis Gustafson	34:41
12-Ray Bonner/LVRC	34:47
13-Ross Rowley/SUND	34:53
14-Santos Reynaga/WVTC	34:57
15-Nick Korevar	35:04
16-Thomas Varela	35:05
17-Dennis Coulter	35:08
18-Kevin Coulter	35:10
19-James Mickle	35:27*

15-Michael Boitano	16:57
16-Bryan Holmes/WVJS	17:01*
17-Jon M. Irons	17:01
18-Robert Sikora	17:03*
19-Terry Chavez	17:09
20-John Weidinger/ETC	17:13
21-Robert Edwards	17:16
22-Sammy Brown	17:19
23-Edward Tam	17:22
24-Dan Alarid	17:27
25-Ron Tanaka	17:32
26-Andre La Rorge	17:36
27-Joe Aranju	17:49
28-Robert Gunderson	18:06
29-Walter Williams/DSE	18:13*
20-Robert Gehl/DSE	35:51*
21-David Brown	35:56
22-Bruce Sobsey	36:02
23-Terry Higgins	36:04
24-Ed Jerome/TRAC	36:12
25-William Turrentine	36:13
26-Richard Piper	36:20
27-Evan MacBride	36:22
28-Dennis Kroll	36:23
29-Leo Ruiz	36:34
30-Allan Stanbridge	36:37
31-Mark Scheuer	36:43
32-Wesley Hurlburt	36:46
33-George Sandoval	36:51
34-Ken Johnson	37:04
35-Walter Radloff	37:11
36-John H. Bouldt	37:16
37-James Rader	37:23
38-Michael Hicks	37:31

143-Walt Williams/DSE	1:40:36*
WOMEN	
132-Etaine Miller/Un	1:39:24
154-Judy Fox/WVTC	1:41:35
166-Joan Ulyot/WVTC	1:42:53
191-Vicki Blankenship/PK	1:44:36
195-Judy Irving/Un	1:44:51
197-Sue Brusher/LMJJS	1:44:52
205-Karen Diekmeyer/SUND	1:45:43
39-Brian O'Neill	37:42
40-Jeff Houston/UCB	37:43
41-Ron Peck	37:48
42-Doran McGee	37:53
43-Fred Dunn	37:55*
44-Terence Clarke	38:06
45-Robert Segura	38:10
46-Norm Unrau	38:17
47-Lawrence Duke	38:18
48-Cole Buxton	38:22
49-Tom Foolery	38:23
50-Mike McManus	38:26
51-Walden Lim	38:30
52-Aaron Low	38:32
53-Jess Chavez	38:51*
54-Steve Downey	39:06
55-Gus Albers	39:11
MASTERS	
57-Woody Wooden	39:12*

206-Vicky Bray/SJC	1:45:43
230-Lucy Shapiro/WVTC	1:47:01*
234-Gail Campbell/WVJS	1:47:42
236-Barbara Magid/TAM	1:47:50
239-Jane Sowersby/PMK	1:48:05
252-Pat Whittingslow/PK	1:48:58
258-Ruth Anderson/NCS	1:49:22*
266-Karen Kressenberg/WV	1:49:53
275-Karen Scannell/PMK	1:50:14*
62-Bob Garner	19:35*
66-Anthony Chavez	19:42*
70-Ron Kreuzberg	19:55*
74-George Rodriguez	20:04*
WOMEN	
51-Nancy Mohorovich	19:08
57-Diane Young	19:27
59-Sue Schnell/SUND	19:29
72-Miriam Gerard/WDS	20:01
75-S. Quesenberry	20:07
80-Molley McManus	20:24
86-Liz Ray	20:43
89-L. Jew	20:49
98-Jenny Ray	21:18
99-Paula Bell	21:25
65-Tom McManus	39:40*
68-David Wallace	39:56*
69-Jack Fairchild	39:59*
72-Ronald Hakola	40:04*
75-Don Reid	40:14*
83-Rolland Langley/WVTC	40:48*
87-Gert Henry Brieger	40:58*
99-Robert Kennedy	41:40*
WOMEN	
73-Ruth Anderson/NCS	40:08*
78-D. Bigelow	40:21
80-Kathy Way	40:38
100-F. Kroyer	41:59
108-Marilyn Harbin	42:33*
113-Virginia Sink	42:57
117-Daphne Dunn	43:12
119-Carroll O'Conner/NCS	43:18*
144-Terry Forsell	44:42
145-Kathrine Brieger/NCS	44:44*

JANUARY 14, 1979

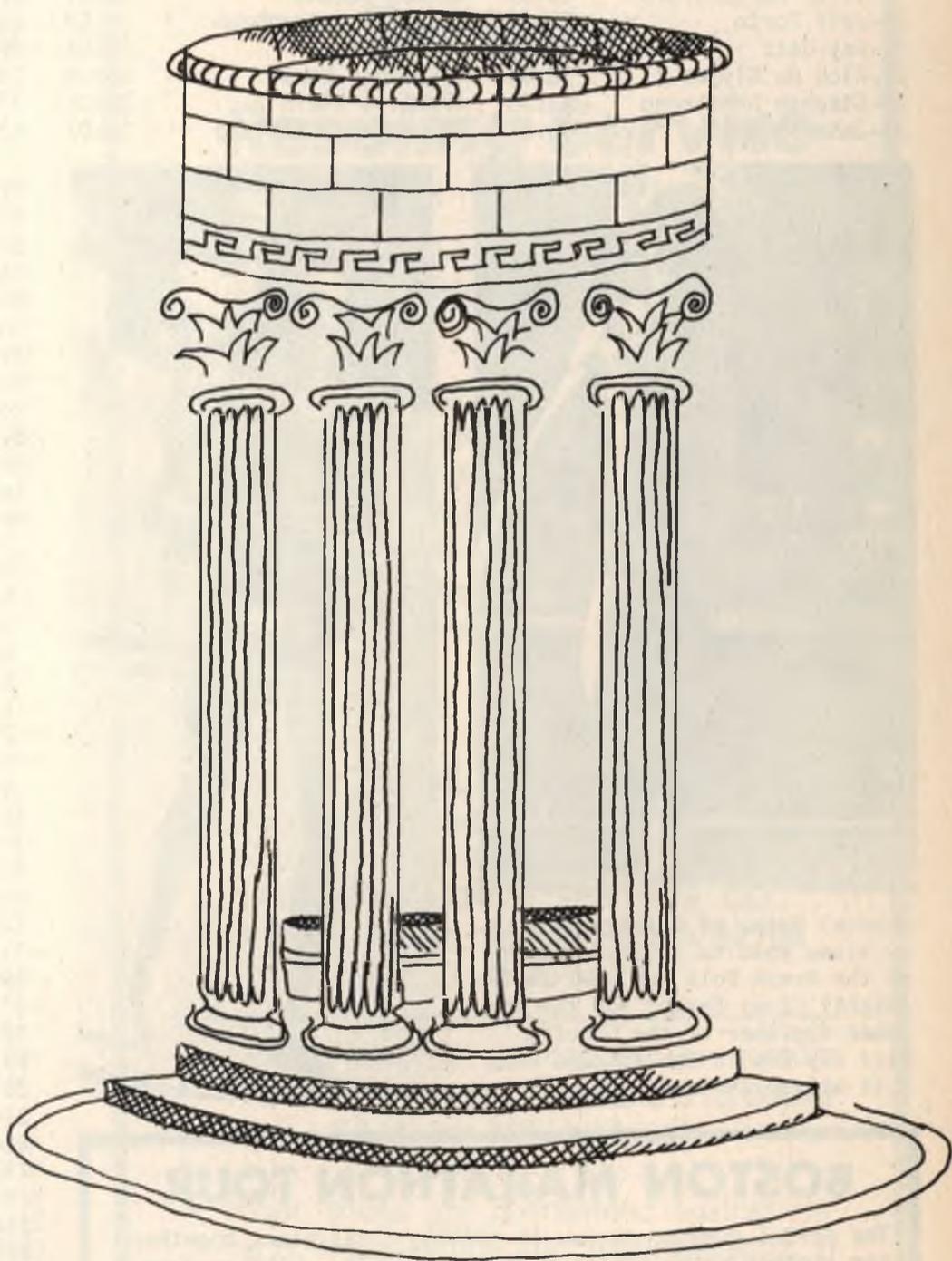
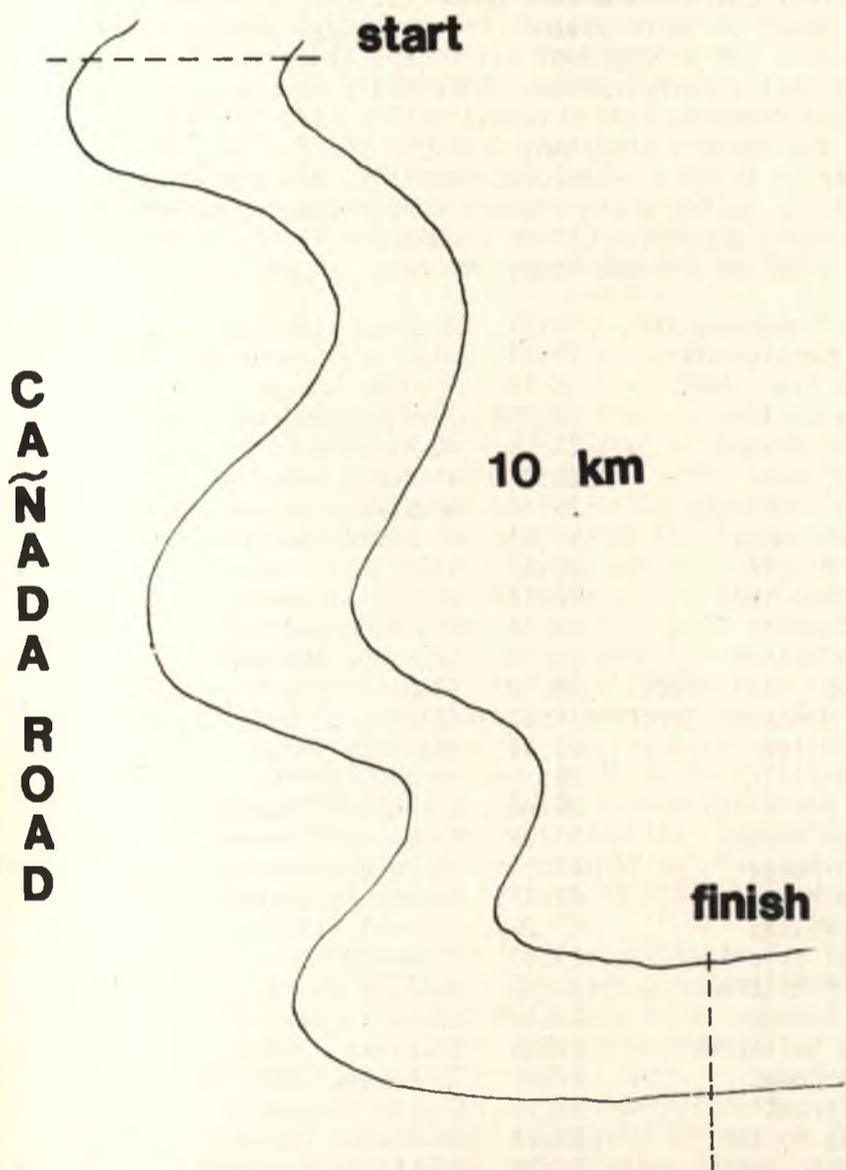
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BLUME WINS QUICK BRASSBOLE RUN (Sept. 24, Oakland): - We understand that the course may have been shortened or at least changed near the finish this year because of problems with crossing the railroad tracks going into Jack London Square, but nothing was mentioned in the results so we don't know for sure if the course was the same distance or not (anyone know?). Assuming it was, then Gary Blume clipped an even minute from Bill Seaver's 1977 mark, and in the process he dragged Pete Flores (29:33) and Ed Schelegle (29:57) under it too. Tom Mota's 32:52 led the over-40's, with Walt Betschart a distant second in 34:44. Roxanne Bier continued to destroy the recordbook with her sizzling 34:22 over the 10K, mostly downhill course. Teri Hagerty had the old mark at 36:31. Sue Brusher was a distant second today in a still-quick 37:36. The results we received go up through 736th place and just under 48 minutes, so I suspect there were several thousand competitors...and *TOO MANY UNOFFICIAL RUNNERS*...or people just lost their tags a lot. If runners persist in doing this, we'll be losing a lot of good meet directors. /Kal McGuire/

1-Gary Blume/UCB	29:15	25-Lloyd Sampson	33:42	49-Hugh Gloverson	35:09	73-James Batz	36:01
2-Pete Flores/AGRC	29:33	26-Brian Williams	33:44	50-John Danner	35:10	74-Jack Betschart	36:01
3-Ed Schelegle/AGRC	29:57	27-Ray Bonner/LVRC	33:46	51-Darrell Jeong	35:12	***MASTERS***	
4-Kent Mulkey	30:54	28-Ross Rowley/SUND	34:02	52-Bill Connolly	35:12	76-Ron Grabowski	36:04*
5-Bernd Heinrich	31:06	29-Kevin Kennedy	34:04	53-Floyd Redman	35:15	88-Gary Suihula	36:25*
6-Ted Quintana/WVTC	31:27	30-Wayne Cottrell	34:08	54-Ron Felzer	35:20	99-Blair Stock	36:55*
7-James Tracy/ETC	31:34	31-Harry Cross/WVTC	34:17	55-Ira Moch	35:22	104-Darrell Gee	37:04*
8-Michael Wheeler/LMJS	31:50	32-Fred Lambie	34:21	56-Sherman Lamb	35:27	107-Dan Farkas	37:12*
9-Steve Haas	31:51	33-Roxanne Bier/SJC	34:22F	57-Paul Farren	35:30	126-Tom McManus, Sr.	37:42*
10-Brad Kearns/OPD	31:53	34-Tom Varela	34:27	58-Kevin Coulter	35:32	135-John Jamieson	37:51*
11-Ken Scalmanini	32:10	35-Tony Mattern	34:35	59-Leonard Iventosch	35:32	142-W. Evan Gobler	38:09*
12-H. Franklin	32:14	36-Jon Coleman	34:38	60-Doug Bogin	35:33	155-Jerry Wendt	38:23*
13-Joe Maher/TAM	32:18	37-Walt Betschart/BC	34:44*	61-Marvin Winer/WVTC	35:37*	***WOMEN***	
14-Dan Williams/LMJS	32:24	38-John Monteverdi	34:46	62-Michael Banks	35:40	119-Sue Vinella-Brusher/BA	37:36
15-Bruce Wolfe/WVTC	32:42	39-Sid Ennis	34:47	63-Ron Golay	35:40	136-Marcia White	37:56
16-Tom Mota	32:52*	40-Ed Jerome/TRAC	34:48	64-Vince Prugh	35:41*	169-Consuelo Underwood	38:41
17-David Gowen	33:02	41-Thomas Barthold	34:49	65-Jim Cross/WVTC	35:42	240-Toni Yale	40:06
18-Gary Alderman	33:02	42-Robert Cummings/WVTC	34:49	66-Steve Hyland	35:43	243-Jolie Houston	40:08
19-Vince Hurtado/OPD	33:09	43-Ron Botano	34:57	67-Richard Locksley	35:55	277-Debbie Nelsen	40:56
20-Jeff Porto	33:28	44-Larry Feigenbaum	34:58	68-Dennis Coulter	35:56	290-Joan Ennis	41:11
21-Ray Batz	33:29	45-John Yost	35:04	69-Dennis Kroll	35:56	296-Rosalie Ayor	41:16
22-Rich de Glymes	33:31	46-Sargon Nona	35:05	70-David Brown	35:57	308-Sue Johnston	41:26
23-Stephen Armstrong	33:36	47-David Klein	35:06	71-Dan Alarid	35:58	316-Linda Skinner	41:40
24-John Thompson	33:37	48-Leonard Gilliana	35:07	72-Jeffrey Vines	36:00	330-Mari Kolb/WVTC	41:53



(Above) Univ. of California's Gary Blume sped to a 29:15 victory at the Brass Pole Run. /J. Engle/
(Right) Cindy Farmer was the top woman finisher at the Country Fair Day Run in San Anselmo over 4.44 miles. /Mike Fenner/



TIMMERMAN AND ZENTNER TIE IT UP AT COUNTRY FAIR DAY RUN (Sept. 24, San Anselmo): - College of Marin teammates Mike Timmerman and Greg Zentner agreed to tie midway through the 1st Annual Country Fair Day Run and came home in 23:47.1, a comfortable 32 seconds ahead of third placer, Bryan Tracy. Temperatures in the low 80's and a couple of hills kept times relatively slow over the mostly shady course. Mike Healy passed newly-turned master and teammate Bill Catanese after 1-1/2 miles and held on to take the masters division, 26:18 to 26:27. Baby Cakes (Cindy Farmer we think?), 40th place overall, was top woman finisher in 29:22, taking a big victory margin (over a minute) in defeating Donna Andrews. Lilian Woodward's 33:04 led masters women. A total of 332 completed the run. /Barry Spitz/

1-Mike Timmerman/COM	23:47	36-Doug Kline	29:16
2-Greg Zentner/COM	23:47	37-Cindy Farmer	29:22F
3-Bryan Tracy/AGRC	24:19	38-John Dodge	29:25
4-Brian Collins	24:39	39-John Sanders	29:29
5-Curtis Miyaji	24:55	40-Richard Aster	29:30
6-David Barni	25:02	41-Harry Jones	29:37*
7-Thomas McCarthy	25:17	42-Stan Eriksson	29:44
8-Fred Frauens	25:33	43-David Geoffrion	29:57
9-Iain Mickle	25:42	44-Arvid Olson	30:01
10-Laurence Sims	26:12	45-Ray Jacques	30:02*
11-Don Swanser	26:14	46-Elden Jacobson	30:04*
12-Henry Walker	26:15	47-Donna Andrews	30:25F
13-Michael Healy/DIRT	26:18*	48-Bill Bright	30:28
14-Bill Catanese/DIRT	26:27*	49-Charles Green	30:33
15-Phil Wilder	26:33	50-Bruce Grant	30:34*
16-David Mills	26:39	***MASTERS***	
17-Rich Henderson	26:44	51-Robert Thomas	30:42*
18-George Roach	27:02	53-Larry Mulryan	31:02*
19-Kevin Runge	27:11	72-Jerry Hansen	32:18*
20-Steve Hoots	27:15	73-Roy Daisley	32:24*
21-Brad Wilson	27:26	74-Paul Feldstein	32:32*
22-Miguel Soloria	27:30	***WOMEN***	
23-Mike McEntire	27:31	58-Anne Neeley	31:10
24-Doug Basham	27:32*	62-Sally Savitz	31:24
25-Frank Smith/PMK	27:35	63-Liana Wilson	31:30
26-Steve Dodge	27:57	75-Eleanor Errante	32:35
27-Jeff Kroot	28:16	81-Pam Chappelle	32:47
28-Dennis Norton	28:24	86-Shelby Thorner	33:02
29-Wolfgang Green	28:24	88-Lilian Woodward	33:04*
30-Dennis Lanterman	28:26*	96-Claudia Schenefield	33:26*
31-Craig Wilson	28:33	98-Karen Lanterman	33:29
32-Fassil Fesseha	28:42	100-Tina Chee	33:38
33-Peter Woodward	28:47*	101-Judy Vaughan	33:47*
34-Steve Arago	28:54	114-Kathy Herald	34:47
35-Mike Lehner/WVTC	28:59	126-Roberta Hoots	35:24

BOSTON MARATHON TOUR

The *NorCal Running Review* is getting final plans together for another super Boston Marathon in 1979. Last year we had about 60 in our group, and this year we've planned for 80...we've already booked 40 double rooms at the Boston Sheraton, so the hotel is set (right on the finishline). We'll be leaving on Friday and returning on Tuesday (or you can return at another time if you wish). Complete details will be available soon. If you're interested, send a self-addressed, stamped envelope to: NCRR Boston Tour, P.O. Box 1551, San Mateo, CA 94401 (Ph. 415/341-3119).

GRUBER CRUSHES FIELD AT SALINAS SKYCLIMB (Sept. 30, Salinas - Toro Regional Park): - Ex-San Jose Stater Dan Gruber cruised to an unpressed victory in the 1st Annual Salinas "Skyclimb" on a very hilly 7.5 course that featured 1525 feet of elevation change (gain & loss). His time of 47:22 is super-quick considering that factor. Gilbert Munoz of Watsonville was the runnerup, over two minutes behind. John Warren of Los Altos was likewise a two-minute winner in the masters division at 57:48, with Richard Bawcom of Salinas next, just ahead of Bill Flodberg. Miriam Girard of the Woodside Striders took an even larger victory in a time of 69:45, leaving Dorothy Bell of Salinas over four minutes back. A total of 135 finished. /Don Dugdale/



Dan Gruber, winner of Salinas "Skyclimb", heads for finish. /Salinas Californian/

1-Dan Gruber/Aptos	47:22	26-Jim Hart/WVTC	62:37
2-Gilbert Munoz	49:25	27-Javier Naranjo	62:53
3-Anthony Bettencourt	51:13	28-Jim Corbett	62:54
4-Harold Huff	52:31	29-Babe Ramirez	63:28
5-John Dullaghan	53:17	30-Christian Li	64:02
6-Clark Argue	53:19	***MASTERS***	
7-Robert Radovich	55:13	32-Albert Hurd	65:00*
8-Alan Pollard	56:07	41-Thomas Gutierrez	66:22*
9-Ken Kitz	56:19	49-Angelo Micalizio	67:45*
10-Frank James	56:59	50-Paul Foster	67:50*
11-Rafael Tierrafria	57:01	65-Leo March	70:09*
12-Mike Higgins	57:29	***WOMEN***	
13-John Warren	57:48*	63-Miriam Gerard/WDS	69:45
14-Edward Kolofer/SLO	59:06	85-Dorothy Bell	74:19
15-Jim Turner	59:17	90-Elizabeth Bawcom	76:02
16-Thomas Morrison	59:24	101-Allison Hansen	78:48
17-Jim Chaney	59:36		
18-John Morse	59:36		
19-Richard Bawcom	59:58*		
20-Bill Flodberg/WVJS	60:11*		
21-Bruce Eisenman	60:57		
22-Will Wild	61:23		
23-William Henson	61:25		
24-Pat McMahan	61:50		
25-Andy Chesaneck	62:06		

8,000 RUNNERS IN BRIDGE-TO-BRIDGE RUN (Oct. 1, San Francisco): - A surging mass of humanity nearly as large as the Bay to Breakers charged down the Embarcadero from the Ferry Building and out through the Presidio before returning to the Marina Green. Benton Hart had a good lead as he approached the finish when he was misdirected (or not directed at all?), and he pulled several other runners with him. With the mixup, Mike Fanelli actually came across the line first, but in a gesture of good sportsmanship, he voluntarily turned over his crown to Hart, who should have been the rightful winner. Because of the mixup, we're not sure what everyone else did (who followed Hart and who didn't), so we're just listing finishers as they appeared in *City Sports*. Marilyn Taylor was an easy victor (48:46 to 50:59) over Amy Harper in the women's competition, while Kenneth Riding's 46:36 was tops among masters men. We're just guessing at the other masters men since the results did not bother to list age, division or sex! Any omissions should be sent to NCRR. /City Sports/

1-Mike Fanelli/PMK	41:06	15-Eric Ellisen	44:08
2-Dave Cullie	41:37	16-Jeff Johnson	44:12
3-Benton Hart/WVTC	42:18	17-Gary Alderman	44:19
4-Tom Laris/WVTC	42:18	18-Keith Kruse/PTC	44:28
5-Mark Sisson/WVTC	42:27	19-J. Kerr	44:33
6-Hank Lawson	42:33	20-Stephen Roberts	44:39
7-Rick Moraida	42:35	21-David Garcia	44:44
8-Jose Dearanoso	42:45	22-Bradley Pilon	44:49
9-Bill Meinhardt	42:45	23-Jerome McFadden	44:58
10-Stephen Bond	43:07	24-Chuck Stagliano	45:04
11-Mike Lisowski	43:41	25-Fred Lambie	45:04
12-Gary Goodstein	43:45	26-Dave Royal	45:18
13-Dave Collins	44:01	27-Joseph Hurd	45:18
14-Jerr Edelbrock	44:06		

(Continued on next page...)

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(Bridge-to-Bridge, Cont'd.)

28-Sherman Arnold	45:21
29-Larry Fiegenbaum	45:21
30-Jim Moyles	45:24
31-Michael Haniger	45:36
32-Santos Reynaga/WVTC	45:37
33-Mike Boucher	45:50
34-R. Eichstaedt	45:50
35-Randy Hamerly	45:51
36-Samuel Rogas	45:51
37-Douglas Rader	45:53
38-Robert Chee	45:54
39-John Bribiescas	46:29
40-David Gould	46:27
41-Gary Kaufman	46:30
42-Frank Ruona	46:31
43-Steve Lyons	46:32
44-Paul Farren	46:35
45-Kenneth Riding	46:36*

46-Byron Spicer	46:38
47-John Carleton	46:46
48-Arnie Silva/WVTC	46:52
49-Edward Lanzarin	46:56
50-John Revelli	46:56
51-Ron Treabes	47:01
52-Gerald McIntosh	47:02
53-Robert Colborn	47:06
54-Robert Cummings/WVTC	47:08
55-Siegfried Mattern	47:09*
56-Thomas Jacobson	47:10
57-Mike Dierleu	47:12
58-Robert Gehl	47:14*
59-Robert Plant	47:16
60-Keith Wallace	47:17
61-Allan Kosliephy	47:18
62-Raymond Gin	47:19
63-Bob Lualhati	47:20*
64-H. La Pier	47:20

65-Ron Briscoe	47:21
66-Walter McAdams-Tice	47:23
67-Richard Kinsel	47:24
68-Frank Husic	47:28
69-Jack Holly	47:35
70-James Armstrong	47:35
71-Ron Genschmer	47:38
72-Mark Scheuer	47:40
73-Roy Greenwald	47:40
74-Larry Crabb	47:41
75-Tom Barlow	47:42
76-Steve Hoots	47:43
77-Lawrence Huiras	47:44
78-Roger Vorse	47:45
79-Mike Kimberling/MVS	47:46
80-Brad Carpenter	47:54
81-Walter Radleff	47:55
82-Rick Alvarez	47:57
83-Abelardo Molina	47:58

84-Charles Putnam	47:59
85-Peter Freman	48:01
86-Thomas Willis	48:02
87-Lawrence Beck	48:03
88-Steve O'Donoghue	48:04
89-Bernhard Fricke	48:07
90-James Nelson	48:12
91-Charles Becker	48:15
92-Charles Freeman	48:18
93-Angelo Sposeto	48:19
94-William Jenkins	48:20
95-Gregory Armstrong	48:23
96-Patrick Doyle	48:24
97-Duane Mathiowetz	48:27
98-Thomas Hart	48:30
WOMEN	
109-Marilyn Taylor/WVTC	48:46
203-Amy Harper	50:59
219-Vicki Blankenship/PMK	51:12



Jan Sershen was an easy winner at the Berkeley Waterfront Run in a time of 25:08. /D. Gobney/

1-Jan Sershen/ETC	25:08
2-Bill McIntosh	25:59
3-Bruce Degen/TAM	26:40
4-Ralph Bowles/WVJS	26:57*
5-Pat Stordahl	27:12
6-Harvey Ferrill/SUND	27:14*
7-Tom Castro	27:29
8-Ulrich Kaempf/TRAC	27:43*
9-Brad Kearns/OPD	27:55
10-William Gogas	28:15
11-Lloyd Sampson	28:16
12-Joe Schieffer	28:16
13-David Gowen	28:26
14-John Coots	28:30
15-Dennis Reager	28:31
16-Ray Bonner/LVRC	28:31

SERSHEN AND MILLER ARE VICTORS BY WIDE MARGINS AT BERKELEY WATERFRONT RUN (Oct. 7, Berkeley): - In the absence of all the 'stud' runners, many of whom were at the UC Davis Invitational or were saving themselves for the Schlitz Lite 10K the next day, Excelsior TC's Jan Sershen had the day pretty much to himself, winning in a 25:07.5 clocking over the 5.09-mile circuit. Paul Geis' record of 23:49 was not approached. Bill McIntosh was all along in the runnerup spot, 51 seconds behind Sershen. Ralph Bowles regained his masters title of 1976, but failed to improve on his standard for that year (26:44). His 26:57 was 17 seconds in front of Harvey Ferrill of Stockton, who is a relative newcomer to the masters scene and should prove to be stiff competition in the years ahead. Elaine Miller scared Judy Leydig's 30:17 record of last year with a fine 30:19.3 on the all-flat course. Joan Ulyot was a distant second at 31:01, with fast-improving Irene Rudolf third at 31:32. Lucy Shapiro and Paula Ferrill pulled Marty Maricle under her old course record for masters women (34:39), as the old standard bearer had to settle for the bronze today. Shapiro's 33:01.5 was only 8 seconds in front of Ruth Anderson (who we omitted above) in the closest divisional battle of the day. Mark Hall was top junior at 28:41. Many fine merchandise awards were handed out to top divisional winners as 310 finished under cool, overcast skies. The race was co-sponsored by the Athletic Dept. & Sierra Designs. /Dan Williams/

17-Dave Cargill	28:36
18-Mark Hall	28:41
19-John Monteverdi	28:42
20-Bill Cantanese/TAM	28:42*
21-Ross Rowley/SUND	28:48
22-Kurt Mayne	28:55
23-Ted Wilson/KJ	28:56*
24-Alex Sheleketinsky	28:56
25-Mike Banks	28:57
26-Hugh Globerson	28:58
27-George Ridout	29:00
28-Mike Mee	29:07
29-Chuck Keck	29:09
30-Jim Reichle	29:13
31-William Turrentine	29:14
32-Ron McBride	29:20
33-Bill Brusher/BASC	29:34
34-Carl Gayden	29:35
35-Larry Main/WVTC	29:35
36-Robert Felsch	29:45
37-Frank Smith/PMK	29:46
38-David Cummins	29:50
39-Dave Larson	29:54
40-Rich Mayers	30:04
41-Michael Hicks	30:07
42-Dennis Kroll	30:09
43-Russ Langer	30:12

44-Todd Watkins	30:14
45-Elaine Miller	30:19F
46-Ronald Bates	30:20
47-Don Pickett/TAM	30:24*
48-Paul Armstrong/WVTC	30:25
49-Jon Baumbartner	30:27
50-Tim Chalmers	30:28
51-Walter Williams/DSE	30:32*
52-Harry Wyeth	30:33
53-Paul Todd	30:35
54-Charles Becker	30:36
55-Fred Dunn	30:44*
56-Norm Shaskey/WVTC	30:45
57-Joe Burger	30:46
58-John Woodmansee	30:52
59-Sherman Lamb	30:55
60-Charlie Mayrs	30:56
61-Don Krenke	30:58
62-Gary Nathanson	31:00
63-Joan Ulyot/WVTC	31:01F
64-Peter Cartwright	31:02
65-Gary Svihula	31:06*
66-Larry Schaleger	31:08*
67-Art Portocarreon	31:15
68-Manuel Ramos	31:15
69-Gene F. White	31:16*
70-Gough Reinhardt	31:18*

71-Richard Malkin	31:23
72-Bob Curtis	31:25
73-Bruce Williams	31:25
MASTERS	
76-Ed Tico/WVJS	31:28*
83-Jess Chavez	32:01*
88-Michael Korbholz	32:22*
98-Gil Miranda	32:52*
105-Mort Weisberg	33:01*
106-James Gallagher	33:01*
107-Steve Nichols	33:01*
WOMEN	
77-Irene Rudolf/WVTC	31:32
81-Sue Brusher/BASC	31:51
89-Pat Whittingslow/PMK	32:22
91-Birgit Otto	32:28
108-Lucy Shapiro/WVTC	33:02*
109-Kathleen Mayrs	33:04
111-Tania Gleave	33:05
114-Ruth Anderson/NCS	33:10*
122-Paula Ferrill/SUND	33:43*
126-Laury Belzer/SYN	33:52
130-Daphne Dunn	34:02
131-Gail Gustafson/WVTC	34:06
134-Lisa Craig	34:17
142-Marty Maricle	34:36*
143-Lilian Woodward	34:38*

FANELLI AND CATHCART TAKE TOP HONORS AT CONTRA LOMA RESERVOIR RUN (Oct. 8, Antioch): - In a rare occurrence for Bay Area road running (nowadays), only 85 completed the 1st Annual Contra Loma Reservoir Run. Leading the small field was Mike Fanelli of the Pamakid Runners, the host club of the 10-kilo event. His 33:15 was 35 seconds in front of Hersh Jenkins of the Empire Runners. A relative newcomer to the masters scene, Tom Cathcart of Pleasanton, proved he'll be a force to reckon with as he upended strong Douglas Bell of the Pamakids, 35:49 to 36:07. Meet director, Jack Byrd, took third in 38:38. Christi Chisholm led the women finishers with a 49:01 clocking, well ahead of Pris Myers' 50:34. Other divisional winners were: Bob Myers, men's sub-masters - 36:14; Chris Romey, men's youth - 53:20; Nancy Felix, women's open - 52:59 (Chisholm is a sub-master); Audrey Nyser, women's teen - 50:50. Incidentally, Chris Romey, the men's youth winner, is only 7 years old! /Jack Byrd/

1-Mike Fanelli/PMK	33:15
2-Hersh Jenkins/ER	33:50
3-Don Paul	34:29
4-George Green/ETC	34:30
5-Phil Kay	34:38
6-Dan Anderson/WVTC	34:46
7-Tim Swezey/PMK	34:58
8-Ernie Rivas/ETC	35:33
9-Tom Cathcart/WVTC	35:49*
10-Douglas Bell/PMK	36:07*

11-Bob Myers/PMK	36:14
12-D.J. Durbin	36:25
13-Larry Pugh	36:46
14-David Zumwalt	36:53
15-Terry Hughes	37:30
16-Chris Steer	37:52
17-Bart Simons	38:04
18-Thomas Gurse	38:27
19-Jack Byrd/PMK	38:38*
20-Wesley Hulburt	38:51

21-Marvin Winer/WVTC	39:10*
22-Chuck Vanderlinder	39:50
23-Cliff Stewart	39:50
24-Craig Van O'Hern	40:03
25-John Jamieson	40:17*
26-Mark Gallo	40:24
27-Michael Impastato	40:31
28-Frank Smith/PMK	40:32
29-Marvin Pettey	41:19
30-David Ragsdale	41:45*

31-Hank Fragoza	41:52*
32-William Lee	42:05
MASTERS	
33-P.W. Stone	42:08*
42-David P. Wallace	43:32*
WOMEN	
56-Christi Chisholm	49:01
59-Pris Myers/PMK	50:34
60-Audrey Nyser	50:50
66-Nancy G. Felix	52:59

Did you see the latest issue of Nor-Cal Running Review?

Yes! Jack's gone full-color!

Oh, you know Jack Leydig?

Ask about the cover!

Well, hello! I'm Clare. This is my husband Cary.

Hi!

Sure do. I run for the West Valley Track Club -- same as you kids, judging from those WVTC shirts you're wearing.

Fred. Nice to meet you.

Damn. We've wasted 25% of the ad-space already. This Fred guy is going to talk and talk and...

Hey! My turn.

Beautiful day! Must be 4 or 5 hundred runners here. My kids are running. They're up ahead. Suzie's 8. This is her first race. ...

After he tells us about his 3-year-old, he'll no doubt mention that his grandmother is in that pack at the top of the hill!

My turn. My turn.

Say, Fred, what did you think of the cover? The cover!

I think I'll just let this guy talk!

Wow! Forget Fred! Let's interview her!

Hey! Lemme in!

The cover? Yes, that was nice. Full color! You know, I think Jack is going to double the circulation of NCRR...

Talk about a game for runners by runners -- this is it!

Clare, I was just thinking, maybe -- to get the female perspective, you know -- we should strike up a conversation with that young lady in the neat shirt... uh, shorts... uh, never mind.

Hey, why am I being cut from the ad? Isn't this an ad for the ^{new} game?

I love it when I get the last word.

Not an exploitation of the popularity

Enough, Enough! We are cross country runners in high school or college, or we're older or we're younger, and maybe we run competitively or for fun, ... maybe we just

run for fun, ... but we're all runners ... or we know someone we'd like to give your game to. For Christmas. It's perfect! How?!

Hello, I'm Teri Hagerly.

You did the artwork for the game that's featured on the cover of the latest issue of NCRR

How'd you know that?

This is too easy.

I'm what's called your basic straight man.

Well, have you played the game... that is, **Cross Country** -- the runners' game?

Oh yes. 57 times in the last week!

Bought 4 games for my family & 96 for my friends. One hundred in all!

To order: For each game, make your check for \$7.00 payable to Cross Country, 1720 Halford Ave., Apt. 226, Santa Clara, CA 95051. (408) 241-0795.

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Luck, strategy, and knowledge are equally involved in this game.

Good races for \$7.20 all-inclusive. Cheap as a movie-for-two.

THOMAS AND HOLL TIE IT UP AT STANFORD GREAT RACE (Oct. 8, Stanford): - Ramsay Thomas and Steve Holl tied intentionally to capture the first annual Stanford Great Race, sponsored by Western Federal Savings, in a quick 19:51 over a 4-mile course. The 34-year-old Thomas was awarded the first-place prize. Bill Clark, another 34-year-old, grabbed third in 20:20, just a step ahead of Rick Brown. Jerome Lewis pulled out a tight victory over Hike van der Wal, who was a national-class steepler for Canada in the 1960's, in capturing the over-40 trophy at 21:28...a mere 4-second victory. Stanford's Ann Thrupp, nationally ranked 10,000 meter runner, was an easy winner in the women's division with her 24:41. Her nearest rival, Lynn Pittinger, finished a quarter-mile back in 26:13. Top masters woman was Diane Pfeffer in 329th place, timed in 27:49. The over-40 men weren't indicated after 50th place, so we're just guessing who they are and may have missed some. Again, we're encouraging meet directors to at least put age and sex with individual results...it makes the results a lot more meaningful to the finishers. There were well over 1000 finishers in what turned out to be an extremely well-attended race. /Pete Michon/

1-Ramsay Thomas/WVTC	19:51	24-Bill Merryfield/Stan	22:26	47-John Stoneman/Un	23:14	70-Ian Leslie	23:58
2-Steven Holl/Un	19:51	25-T.F. Smith/Un	22:29	48-Tony Martinez/Un	23:15	71-David Korb	23:58
3-Bill Clark/WVTC	20:20	26-Gerl McIntosh/Un	22:31	49-Eric Sommer/Stanford	23:16	72-James Berg	24:00
4-Rick Brown/AGRC	20:21	27-John Andron/Stan	22:32	50-Charles Bayliss/Un	23:22	73-Kater	24:01
5-David Levitsky/WVTC	20:34	28-Gary Kaufman/Un	22:34	51-Don Carpenter/WVTC	23:22*	74-Tom Colby	24:04
6-Jessie Colvin	20:42	29-Dennis Early/Un	22:35	52-Kevin Gillette/WVTC	23:23	75-Mike McKenna	24:04
7-Jerry Hall	20:47	30-Brad Bartenen/Stan	22:39	53-Rich Nichols/WVTC	23:24	76-Peter Wood/NCS	24:05*
8-Tom Jordan/WVTC	20:56	31-Jeff Osborn/Un	22:39	54-Bob Parades	23:27	77-Robert Seigel	24:06
9-Dick Shupbach/Un	21:14	32-John Deagan/Un	22:40	55-Scott Duggan	23:28	78-William Mason	24:08
10-Tom O'Neil/BC-Stanford	21:23	33-Ted McRice/Un	22:41	56-Kent Malacic	23:35	79-Lloyd Sakazaki	24:08
11-Jussi Pohjola/Un	21:25	34-Paul Taylor/Un	22:41	57-Ron Kovacs/TRAC	23:38	***WOMEN***	
12-Jim Gorman/WVTC	21:27	35-Ron McBride/Un	22:42	58-Gary Smith	23:40	103-Ann Thrupp/Stanford	24:41
13-Jerome Lewis/TRAC	21:28*	36-Mike Poulsen/Stan	22:43	59-David Gonzalo	23:45	178-Lynn Pittinger	26:13
14-Hike van der Wal/Un	21:32*	37-Terry Higgins/Un	22:50	60-John Cuddington	23:45	182-Sue Bragdon	26:17
15-Davie Burgess/Stan	21:37	38-Frank Ruona/Un	22:55	61-Paul Anderson	23:47	216-Esther Berndt	26:44
16-Alan Branhan/Stan	22:06	39-Bryan Correll/Un	23:01	62-Dave Polnaszak	23:48	227-Carolyn Lazer	26:51
17-Layne Rolston/Stan	22:10	40-James Lavin/Un	23:02	63-Marty Bell	23:51	242-Barbara Pike	27:05
18-Nick Korevaar/Un	22:13	41-Dennis Lanterman/Un	23:06*	64-Paul Tally	23:52	244-Nancy Alleman	27:06
19-Charles Fox/Un	22:17	42-Vance Mason/Stan	23:07	65-John McCrillis/TRAC	23:53*	246-Karen Lanterman	27:07
20-Rich Rafferty/Un	22:21	43-Mike Macy/Stanford	23:10	66-Eric Dawson	23:55	259-Irene Vavuris	27:14
21-Charlie Hoyt/Un	22:22	44-Ross Campbell/Un	23:13	67-Paul Brunner	23:55	260-Jeannette Vavuris	27:14
22-Dave Johnson/Un	22:24	45-Bob Casmann/Stan	23:13	68-Steve Livingston	23:55	280-Barbara Meihaus/WVTC	27:22
23-Martin Vavuris/Un	22:25	46-John Ulate/TRAC	23:14	69-Jeff Phillips	23:57	287-Karolyn Coleman/WDS	27:28

ROJAS DEFEATS CLASSY FIELD AT SCHLITZ 10K (Oct. 8, San Francisco): - The sponsoring Schlitz Beer Company flew Colorado TC's Ric Rojas down for this big race (1118 finishers), and he didn't disappoint anyone. After running with Brian Maxwell for much of the longer-than-advertised 10K race (6.374 miles to be exact), the altitude-trained ex-AAU cross-country champ turned on the afterburners and easily pulled away for the victory. His 30:13 was equivalent to a 29:27 for the correct distance. Debbie Heald came up from Los Angeles and proved too much for all the women and all but two masters men. Her 34:47 equates to a very quick 33:55 for 10K. Amazing Judy Fox, just about to turn 38, was a solid second place at 36:10, well ahead of 1977 AAU Marathon champ, Leal Reinhart (37:19). Darryl Beardall churned to a 33:33 clocking in turning back Jim O'Neil, who did 34:40, only one place in front of Heald, the women's champ. Marilyn Harbin, 41, was the women's over-40 champ at 43:10. She was only a bit less than 100 yards ahead of Marty Maricle (43:32) and Jeanie Jones (43:35) in a tight three-way battle for the divisional awards. For those running the course at about 6-minute pace, subtract about a minute to get your 10K time. /Don Capron/

1-Ric Rojas/CoITC	30:13	29-Ron Nabers	33:31
2-Brian Maxwell/BASC	30:38	30-Gary Singer	33:32
3-Hal Schulz/Cal	30:53	31-Darryl Beardall/TAM	33:33*
4-Mike Porter/WVTC	31:03	32-Ken Scalmanini	33:42
5-Emil Magallanes/AGRC	31:19	33-Rick French	33:43
6-Mike Cassidy	31:46	34-Scott Molina	33:45
7-Mark Sisson/WVTC	31:52	35-Harvey Franklin	33:51
8-Stein Rafto	32:14	36-Jeff Wall/ETC	34:02
9-Bill McIntosh	32:18	37-Hashim Bashiruddin/ETC	34:05
10-Hank Lawson	32:21	38-Mike Wright	34:08
11-Mike Niemiec/WVTC	32:31	39-Dave Collins	34:09
12-Eric Williams	32:36	40-Steve Roberts	34:10
13-Tom Laris/WVTC	32:37	41-Win Thibodeaux	34:11
14-Mike Gulli	32:39	42-Joe Hurd	34:19
15-Bob Darling/ETC	32:41	43-Frank Nolan/WVTC	34:31
16-Ed Dux	32:45	44-Joe Becerra	34:32
17-Tad Woliczko	32:49	45-John Rupp	34:34
18-Dennis Tracy/WVTC	32:57	46-John Addison	34:34
19-Jim Price	32:57	47-Ed Elliott	34:35
20-Les Devoe/WVTC	33:02	48-Dan Moore/LVRC	34:37
21-Dan Cruz/PTC	33:08	49-Keith Kruse/PTC	34:39
22-George Pfeiffer	33:15	50-Jim O'Neil/BC	34:40*
23-Jim Bowles/WVTC	33:18	51-Debbie Heald/SFVTC	34:47F
24-Bill Sevald/ETC	33:18	52-Bill Benz/WVTC	35:00
25-Mike Wheeler/LMJS	33:24	53-F. Serrano	35:03
26-Mike Duncan/WVTC	33:27	54-Gary Grellmann	35:08
27-Ken Phelps/WVTC	33:29	55-Morse	35:08
28-Perry Linn	33:29	56-Jerome McFadden	35:09



(Left) Colorado TC's Ric Rojas burned off all challengers over the final few miles to capture the Schlitz Light 10-Kilo in San Francisco. /Dennis O'Rourke/ (Right) Debbie Heald, shown here leading Phyllis Olrich in the 1977 AAU Track & Field Championships, ran 34:47 for the course (which was 284 yards long) to dominate the women's field. /Lani Bader/

57-Hans Giesecke	35:13	73-Norm McAbee/ETC	35:53*
58-Dave Parish/WVTC	35:21	74-Jim Moyles	35:56
59-Tim Rostege/WVTC	35:22	75-Dennis Reager	35:56
60-Leslie Dumont	35:24	76-Steve Lyons	35:57
61-Mike Haniger	35:25	77-Al Stanbridge	35:58
62-Ray Bonner/LVRC	35:30	78-Santos Reynaga/WVTC	36:01
63-Bob Nelson	35:31	79-Joe Schieffer	36:02
64-Tony Baccelli	35:32	80-Al Sheleketinski	36:05
65-Henry Walker	35:34	81-Raye Clark	36:07
66-Kevin Cruikshank/WVTC	35:37	82-Howard Reed	36:08
67-John Semler	35:37	83-Bob Malain/BC	36:08*
68-Robert Radovich	35:38	84-Bob Cummings/WVTC	36:09
69-Sargon Nona	35:39	85-James Wilmot	36:09
70-Randy Hansen	35:42	86-John Revec	36:10
71-Steve Armstrong	35:49	87-Judy Fox/WVTC	36:10F
72-Brian Hollins	35:50		

(Continued on page 52...)

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(Schlitz Light 10K, cont'd.)

88-Iain Ross	36:11
89-Mike Brown	36:13
90-Tom Aldana	36:14
91-Dave Steindorf	36:18
92-John Coleman	36:19
93-Steven Hyland	36:22
94-Chris Bell	36:24
95-Hoyt Walker	36:25
96-Mike Milewski	36:30
97-Bob Lualhati	36:34*
98-Samuel Rojas	36:36
99-Tom Jacobsen	36:36
100-Marco Martin/PMK	36:37
101-Terry Casey/ETC	36:40
102-John Weidinger/ETC	36:44
103-David Barni	36:44
104-Glenn Vonderwerth	36:46
105-Gary Bluth	36:47
106-Don Ardell	36:51*

107-Doug Perey	36:54
108-Lance Kendall	36:55
109-Adrian Wong	36:56
110-Jim Nicholson/PMK	36:57*
111-Al Lopez	36:58
112-Tom Mann/ETC	36:59
113-Bruce Sobsey	37:00
114-Chuck Nagan	37:03
115-Brad Carpenter	37:04
116-Robert Gehl	37:05*
117-Russell Cohen	37:07
118-Ron Peck	37:08
MASTERS	
123-Waights Taylor/WVTC	37:15*
135-Siegfried Mattern	37:38*
142-Glen Krawiec	37:49*
158-Ron Grabowski	38:07*
163-James Jacobs	38:11*
171-James Brusstar/WVTC	38:19*
181-Darrell Gee	38:31*

189-Walt Williams/DSE	38:36*
218-Arnold Schulz	39:24*
220-Harlan Barry	39:25*
224-Ron Rahmer	39:37*
244-Joe Oakes	40:13*
255-Link Lindquist	40:21*
259-Eugene Silver	40:22*
261-Ramon Menon	40:25*
262-Don Lucero/WVTC	40:25*
263-Meredith Grubbe	40:27*
278-Bill Hitch	40:47*
286-Jess Chavez	40:55*
WOMEN	
129-Lea Reinhart/SFVTC	37:19
147-Judy Leydig/WVTC	37:53
154-Kathlene Koudela	38:01
167-Cindy Farmer	38:15
174-Denise Hamilton	38:22
190-Vicki Blankenship/PMK	38:41
204-Merill Cray/CRC	39:09

213-Ann Duvaneck	39:19
222-Skip Swannack/WDS	39:32
235-Audrey Kemp	39:53
236-Irene Rudolf/WVTC	39:56
266-Sue Brusher/BASC	40:31
269-Judy Irving	40:34
285-Moira Casey/ETC	40:55
349-Denise Bigelow	42:14
356-Jolie Houston	42:22
359-Maria Ng/WVTC	42:26
363-Leslie McMullin	42:30
380-Sally Savitz	42:49
387-Mari Kolb/WVTC	42:58
397-Marilyn Harbin	43:10*
399-Ann Bower	43:16
406-Florianne Harr	43:26
413-Robyn McSwain	43:30
414-Valerie Heimark	43:31
416-Marty Maricle	43:32*
417-Jeanie Jones/PMK	43:35*



Ralph Bowles, PA-AAU Masters 10K X-C winner. /Mike Fenner/



Elaine Miller won the F.O.R.E. 10K and then set a record the following day at the Berkeley to Moraga Run. /Mike Fenner/

BEARDALL LEADS DIPSEA INDIANS TO MASTERS X-C TITLE (Oct. 14, San Francisco): - Darryl Beardall successfully defended his PA-AAU masters cross-country title despite a cast on his broken arm and led his Dipsea Indian Racing Team (DIRT) to victory over the host Pamakids, 49-88. The DSE Runners took the bronze with 152 points. Beardall, some thirty yards back at halfway, cruised past Ralph Bowles and Bob Welck to annex another championship. Ruth Anderson also raised some eyebrows as she won easily, just minutes after accompanying her daughter through half of a 10K women's race (see below). She led her team to victory with Marty Maricle edging Karen Scannell for the second women's spot. The course turned out to be a quarter-mile short and toured a scenic but tough route in Golden Gate Park. /Frank Smith/ (Note: 50+ runners noted with an "*".)

1-Darryl Beardall/DIRT	32:29
2-Ralph Bowles/WVJS	32:37
3-Bob Welck/WVJS	32:58
4-Tom Cathcart/WVTC	33:29
5-Kent Guthrie/WVJS	33:43
6-Jim O'Neil/BC	34:32*
7-Ulrich Kaempf/TRAC	34:47
8-Norm McAbee/ETC	35:18
9-Russ Kiernan/DIRT	35:23
10-Bruce Carradine/DIRT	35:46
11-Jim Nicholson/PMK	35:50

12-Bob Cushen/PMK	36:04
13-Walt Betschart/BC	36:09*
14-Mike Healy/DIRT	36:15
15-Bill Cantanese/DIRT	36:31
16-Don Pickett/DIRT	37:43*
17-Waights Taylor/WVTC	38:01
18-Pat Cunneen/PMK	38:07
19-Walter Williams/DSE	38:13
20-Floy Dawson/Un	38:35
21-Jon Baumgartner/DSE	38:40
22-Gene White/Un	39:05

23-Tim Treacy/PMK	39:24
24-Fred Dunn/PMK	39:37
25-Alan Schmeiser/Un	39:46
26-Don Kiernan/SVRC	39:51
27-Michael Korbholz/DSE	40:14
WOMEN	
31-Ruth Anderson/NCS	40:44
38-Marty Maricle/NCS	42:35
41-Karen Scannell/PMK	42:56
46-Lilian Woodward/NCS	43:21
49-Betsy White/WVTC	43:44

ELAINE MILLER VICTORIOUS AT F.O.R.E.-RUNNERS 10K WOMEN'S RUN (Oct. 14, San Francisco): - With temperatures in the mid-sixties and a competitive field, Elaine Miller continued her winning ways with a 38:11 clocking, with Penny DeMoss crossing the line some 39 seconds later. Lucy Shapiro stepped away with the masters title by clocking 41:40 on the two-loop course in Golden Gate Park. Denise Bigelow, the first Junior, finished in 19th place overall with a time of 43:55. This was a run for runners: good race organization, a small but tight field of 170 runners; classy plaques to the top 3 in four divisions; merchandise awards to 18 finishers; ribbons to all. Those qualities brought to mind some of the finer points of race organization which sometime get lost in the 'bigger is better' syndrome. /Pam Fisher/

1-Elaine Miller/Un	38:11
2-Penny DeMoss/WVTC	38:50
3-Irene Rudolf/WVTC	39:01
4-Joan Ulliot/WVTC	39:18
5-Judy Irving/Un	39:45
6-Jolie Houston	41:24
7-Lucy Shapiro/WVTC	41:40*
8-Cindy Farmer	42:05
9-Daphne Dunn	42:05
10-Mari Kolb/WVTC	42:14
11-Gail Gustafson/WVTC	42:18
12-Christine Carriere	42:22
13-Maria Ng/WVTC	42:27
14-Val Heimark	42:57
15-Lisa Capaloini	43:02

16-Diane Wayman	43:09
17-Laury Belzer/SYN	43:19
18-Marti Menz	43:46
19-Denise Bigelow	43:55
20-Joyce Rankin	44:04
21-Claudia Shenefield	44:11*
22-Marilyn Moreton	44:13
23-Liz Ray	44:15
24-Pamela Provol	44:23
25-Eleanor Errante	44:52
26-Mary Healy/WOTR	44:56
27-Patty Richmond/Un	45:10
28-Patty Kline	45:12
29-Laura Leather	45:16
30-Colleen Moran	45:18

31-Ellen Singler	45:53
32-Teri Slattery	45:55
33-Martie Comarell	45:55
34-Adele Sloan	46:02
35-Bridgitte Cruz	46:08
36-Judy Peterson	46:21
37-Joanna Dawson	46:29
38-Pamela Chappelle	46:45
39-Eva Leong-Casey	46:45
40-Laurie Jew	47:21
41-Marsha McCaleb	47:31
42-Magda Mendoza	47:48
MASTERS	
44-Vicki Bigelow	47:58*
48-Edith Freeman	48:44*
53-Gretchen Snyder	49:23*

ELAINE MILLER SETS RECORD AT BERKELEY-MORAGA RACE (Oct. 15, Berkeley): - Running her second effort in 24 hours, San Francisco's Elaine Miller scooted to a new course standard at the rugged but popular (307 finishers) 13-mile trek through the East Bay hills. Her 1:26:34 was 11 seconds better than Sharon Furtado's 1976 time and well over three minutes ahead of runnerup Sue Brusher, who also dipped under 90 minutes with her 1:29:55. While Elaine was working on her record, Bob Page was likewise building a huge margin of victory over Pat Miller. At the tape, there was a gap of 2:19, but Byron Lowry's 1:10:25 record from 1970 held up well as the winning time was only 1:12:15, still a very fast pace. Kent Guthrie's 79:17 was more than enough to capture the masters trophy, as runnerup Ed Greub was nearly a quarter-mile back. Ralph Bowles' masters record of 1:16:08 remained safe, however, as the PA X-C runnerup didn't show up to defend his title. Lucy Shapiro added another laurel to her competitive masters record with a fine 96:33 victory...we're not sure if that's a record or not. Because the results failed to list age or sex, we've had to make an intelligent(?) stab at them. Again, we're sorry if we missed anyone (masters are indicated with an asterisk "*", and women with an "F"), but if you'd like to see more accurate results, you should contact meet directors and tell them yourself. /G. Wetzork/ ...more



(Berkeley-Moraga Run, cont'd.)

1-Robert Page	72:15	20-Goubau	80:38	40-William Brusher/BASC	84:16	60-Robert Gehl	87:23*
2-Pat Miller	74:34	21-Edward Greub/WVTC	80:45*	41-Siegfried Mattern	84:49*	61-Allan Koslofsky	87:28
3-Gregory Jewett/ETC	75:01	22-Charles Keck	80:47	42-Tom Mann/ETC	84:55	62-Dick White	87:30
4-Mike Wheeler/LMJS	75:04	23-Kurt Schroers	81:08	43-M. O'Donnell	85:08	63-Tom Knight	87:43
5-Keith Kruse/PTC	75:38	24-Lloyd Sampson	81:13	44-Ray Hosler/RWRC	85:12	***MASTERS***	
6-Bert Johnson	76:29	25-E. Fernbach	81:24	45-Dennis Kroll	85:14	65-Don Pickett/DIRT	88:05*
7-Joe Maher/TAM	76:30	26-J. Schieffer	81:27	46-Marvin Winer/WVTC	85:24*	67-Gunter Hemmersbach	88:30*
8-Dan Williams/LMJS	76:58	27-M. Hernandez	81:47	47-Douglas Schrock	85:35	72-Tom Pinckard/NCS	89:21*
9-Dave Collins	76:58	28-M. Brown	82:12	48-Jack Jamieson	85:39*	***WOMEN***	
10-Chris Steer	77:52	29-Michael Percy	82:25	49-Charles Putnam	85:53	75-Sue Vinella-Brusher/BA	89:55
11-William Jenney	77:53	30-Edwin Jerome/TRAC	82:32	50-Arne Nelson	85:58	95-Jane Sowersby/PMK	92:16
12-Bob Bunnell/TAM	78:15	31-Orin Dahl	82:37*	51-Robert Sobsey	86:01	96-Louise Aaron	92:51
13-Nick Winter	78:19	32-Theo Jones/PMK	82:45	52-N. Epanchin	86:06	102-Carolyn Tiernan/WVTC	93:33
14-Kent Guthrie/WVJS	79:17*	33-Jim Nicholson/PMK	82:48*	53-Joe Camisa	86:14	103-Mary Gaffield/PMK	93:37
15-Don Dugdale/MPAC	79:37	34-Ron Peck	82:51	54-Rip Talavera	86:25	111-Pat Whittingslow/PMK	94:10
16-Sonny Reynaga/WVTC	79:41	35-Michael Coke	83:21*	55-Mark Scheuer	86:30	125-Margaret Livingston/WV	95:37
17-Tom Bennett	80:02	36-Ted Wilson/KJ	83:23*	56-Elaine Miller/Un	86:34F	133-Lucy Shapiro/WVTC	96:33*
18-Harry Cross/WVTC	80:25	37-Todd Watkins	83:45	57-G. Slater	86:48	138-Gail Gustafson/WVTC	97:13
19-Sal Citarella	80:31	38-Mark MacMahon	84:02	58-Walter Williams/DSE	86:57*	144-Mari Kolb/WVTC	97:33
		39-William Lamb	84:06	59-C. Cauldwell	87:17	168-Laury Belzer/SYN	99:53

FLORES OUTCLASSES FIELD AT LAGOON VALLEY LOPE (Oct. 15, Fairfield): - After a week of hot days, raceday dawned cool with a light breeze from the west, making for almost perfect conditions. Taking advantage of this, Pete Flores of the Aggie R.C. sped to a quick 49:14 clocking over the 15K course, winning as he pleased, some 1:40 ahead of runnerup Perry Linn of the Buffalo Chips. Consistent Darryl Beardall of Tamalpa had an even easier time handling the masters division, clocking 52:52 for a near 5-minute margin of victory over Jim Engle. Bob Malain of the Chips was a close third, just 6 seconds back of Engle. He was the 50-and-over winner. Kathy Berggren's 67:14 paced all women finishers, and similarly, her opposition was left to scramble for the runnerup spot, with Kim Keeton taking second by a mere one-second margin over K. Balch. The sponsoring Solano Striders tallied 76 points to defeat the Buffalo Chips in the men's competition, and they were the only complete women's team, thus winning that division too. The Chips had 113 for second place in the men's scoring. A field of 141 completed this first annual event, co-sponsored by Anheuser Busch. /Joe Dana/

1-Pete Flores/AGRC	49:14	27-Walt Betschart/BC	58:12*
2-Perry Linn/BC	50:54	28-A. Lozano/Un	58:18
3-Butch Alexander/VM	51:45	29-W. Johnston/Un	58:37
4-R. Laxon/Un	52:33	30-P. Doyle/Un	59:01
5-Darryl Beardall/TAM	52:52*	31-W. Jenkins/SALZ	59:40
6-M. Wright/SS	53:01	32-D. Bollman/VM	59:47
7-Keith Golding/Un	53:08	33-R. Felch/SS	59:58
8-Bob Woodliff/AGRC	53:15	34-J. Rice/Un	59:59
9-M. Larson/V	53:32	35-R. Wink/Un	60:04
10-Scott Molina/WTS	53:47	36-R. Hutchinson/SS	60:08
11-R. Vega/SS	54:14	37-M. Mendonca/SS	60:18
12-Larry Sumner/BC	54:16	***MASTERS***	
13-R. Mellor/Un	54:24	39-J. Ball	60:40*
14-Doug Butt/WVTC	54:42	46-B. Johnson/BC	61:52*
15-M. Warr/Un	54:48	50-A. Schulz/ER	62:29*
16-B. Stevens/Un	55:23	52-D. Ragsdale/AGRC	63:12*
17-Tim Rostege/WVTC	55:54	54-B. Hackley/SS	63:38*
18-M. Deatherage/SS	56:13	56-J. Gray/SS	63:55*
19-D. Cargill/SS	56:27	62-Paul Reese/BC	65:28*
20-R. Beemer/Un	56:37	***WOMEN***	
21-D. Richardson/LTC	56:40	74-Kathy Berggren/Un	67:14
22-L. Pugh/SS	56:42	89-Kim Keeton/Un	72:28
23-C. Vineyard/SS	56:46	90-K. Balch/Un	72:29
24-Lou Daugherty/NVRC	57:16	93-L. Cowan/Un	74:06
25-Jim Engle/NVRC	57:40*	99-J. Mellor/Un	76:02
26-Bob Malain/BC	57:46*	103-M. Barnett/Un	77:32

BLUME SMASHES ANGIN TO ANGWISH RECORD (Oct. 29, Angwin): - UC Berkeley runner, Gary Blume, completely outclassed a strong field to chop over a minute from his own 38:24 record of 1976. His 37:16 was nearly a full minute ahead of Brian Maxwell, who also dipped under the old mark at 38:12. Pete Flores was a distant third in 39:48 over the hilly course (7.6 miles). Darryl Beardall won another masters title by a wide margin, clocking 41:30 to clip teammate Roger Daniels (43:59) by well over two minutes. Tamalpa's Dana Hooper ran off with the women's title in 51:54, besting Barbara Magid's 52:20. Sue Mitchell made it a clean sweep for the Tamalpa team by capturing the masters women's title in 53:20, well ahead of WVTC's Betsy White, who was clocked at 54:10. A record (438) number of finishers almost doubled last year's turnout, as Pacific Union College put on another terrific show with lots of prizes for a \$1.50 entry fee...it can still be done! Results on next page. /D. Nieman/



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IMPORTANT NOTICE: - Beginning with this issue of the *NCR*, it will only be on very rare occasions that we will allow single-page inserts (or separate entry blank mailings). It has gotten to the point where it is actually the same or *cheaper* to simply take out a full-page ad...considering printing, mailing, collating, etc. So if you have a race coming up, contact *NCR* right away. Closing deadline for next issue is Dec. 20-25; for Mar/Apr issue, figure on Feb. 15. **RACE DIRECTORS GET A 25% DISCOUNT ON OUR RATES!!**

(Angwin to Angwish, Cont'd.)

1-Gary Blume/Cal	37:16
2-Brian Maxwell/BASC	38:12
3-Pete Flores/AGRC	39:48
4-Darren George/AIA	39:52
5-Hersh Jenkins/Un	40:01
6-Mark Proteau/AGRC	40:07
7-Butch Alexander/VM	40:14
8-Rob Larson/Un	40:39
9-Kim Schaurer/Un	40:48
10-Michael Duncan/WVTC	41:11
11-Darryl Beardall/TAM	41:30*
12-Michael McGrath/AGRC	41:57
13-Bob Cooper/WDS	41:59
14-Mike Wright/SS	42:06
15-Bruce Wolfe/WVTC	42:15
16-Tony Lee/BB	42:24
17-Dan Smolich/Un	42:27
18-Gary Alderman/CS	42:28
19-Tim Lee/BB	42:37
20-Ron Souther/SS	42:39

21-Rusty Knowles/Un	43:00
22-Doug Butt/WVTC	43:13
23-Perry Linn/BC	43:19
24-David Robber/Un	43:21
25-Don Spekelmier/BC	43:22
26-Woody Woodliff/AGRC	43:23
27-Mark Reese/BC	43:25
28-Keith Golding/BB	43:42
29-Brian Oldham/Un	43:51
30-Dane Larsen/Un	43:57
31-Roger Daniels/TAM	43:59*
32-Tim Healy/Un	44:11
33-Larry Pugh/SS	44:18
34-Howard Clemens/PUC	44:23
35-Randy Belzer/SYN	44:24
36-Bill Stevens/Un	44:25
37-Phil Bellan/Un	44:28
38-Allen Coggan/BB	44:30
39-Kent George/Un	44:38
40-George Ridout/MR	44:46
41-Dave Cargill/SS	44:56

42-Bob Myers/PMK	44:59
43-Dave Nieman/PUC	45:09
44-Emory Mitchell/Un	45:23
45-Richard Roadcap/Un	45:24
46-Ron Peck/NCS	45:25
47-Richard Hanna/Un	45:26
48-Ed Strainberg/BC	45:27
49-John Hawkes/WVTC	45:30
50-Joe Kattenhorn/BC	45:31
51-Dennis Bollman/VM	45:33
52-Jim Rice/Un	45:37
53-Paul Bragstad/RR	45:39
54-Gene Schaumberg/Un	45:41
55-Craig Roland/WV	45:43*
56-Albert Lozano/Un	45:50
57-Reg Harris/Silverado	45:52
58-Robert Hedges/BC	46:05
59-Mike Andrews/CRC	46:06
60-Ralph Whitehead/Un	46:16
61-Steve Wallis/Un	46:18
62-Bruce Carradine/DIRT	46:18*

63-Vincent Wilcox/Un	46:27
MASTERS	
74-Abe Underwood/BC	47:12*
75-Waights Taylor/WVTC	47:17*
77-Walt Betschart/BC	47:33*
103-Gene White/Un	49:25*
104-William Dickerson/TAM	49:25*
109-W. Sandvoss/TRAC	49:36*
117-Joe Dana/SS	50:06*
WOMEN	
136-Dana Hooper/TAM	51:54
149-Barbara Magid/TAM	52:20
159-Kim Keeton/Un	53:05
170-Susan Mitchell/TAM	53:20*
189-Martha Maricle/NCS	54:18*
202-Betsy White/WVTC	55:10*
216-Vicki Randall/BASC	55:43
219-Ann Bower/PMK	55:50
220-Renee Wilcox/Un	55:50
243-Marlys Hayden/Un	57:03*
246-Devera Mason/Un	57:15



SHAPIRO SETS RECORD AT SONOMA STATE MARATHON; WALL RETAINS OVERALL TITLE (Oct. 29, Rohnert Park): Rapidly improving Lucy Shapiro, finding renewed vigor now that she's in the masters division, dominated the women's field at the 4th and final "Wrong Turn" Marathon. Her 3:09:16 was not only a masters record by some 13 minutes, but also goes into the books as third fastest ever on the course by a woman. Only Penny DeMoss (3:02:00) and Peggy Lyman (3:06:12) have run faster. What was most amazing about today's effort was that the runners had to battle stiff winds over long sections of the course. Jeff Wall, last year's winner at 2:36:16, retained his title with a slight improvement to 2:35:24, running virtually by himself for the majority of the distance, as Philip Sanfilippo was nearly eight minutes back in the runnerup spot. Roger Price nipped Hans Roenau in a fairly close masters matchup, as the Santa Rosa airline pilot clocked 2:57:37, less than a minute in front of the over-50 divisional winner. Mari Kolb made it a 1-2 sweep for WVTC in the female competition, as she won the 'open' division in 3:24:17, just ahead of Frances Sackerman's 3:25:34, who was runnerup to Shapiro in the 40-and-over race. Only 131 managed to complete the race today, as the inclement weather discouraged a high percentage of the starting lineup. We hope that the athletes who've competed over the years in this marathon will take time to drop a note of thanks to the meet director...guess he figured it was just time to 'phase out'. Anyone else who's been a racedirector in a marathon can sympathize. /Bob Lynde/

1-Jeff Wall/ETC	2:35:24
2-Phil Sanfilippo/WVJ	2:43:14
3-Mike Conroy/ETC	2:47:01
4-Sal Citarella	2:48:25
5-Brian Collins	2:48:48
6-Roy Scellato	2:50:00
7-Jim Bowers	2:53:56
8-Thomas Bowen	2:55:11
9-R.M. LaJeunesse	2:55:11
10-Dennis Doris	2:56:46
11-Roger Price	2:57:37*
12-Hans Roenau/TAM	2:58:14*
13-David Zumwalt	2:59:24
14-Robert Dahlstet	3:00:45
15-Kelvin Buchanan	3:01:06

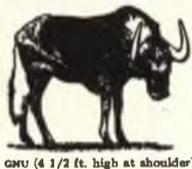
16-Glen Krawiec	3:01:06*
17-Joe Wakabayashi	3:02:40*
18-Timothy Treacy	3:03:13*
19-Mark Cardin	3:08:06
20-David Moon	3:08:30
21-Jim Pointer	3:08:44
22-Roy Swartout	3:08:46
23-Lucy Shapiro/WVTC	3:09:16F*
24-Richard Valencia	3:10:35
25-John Robinson	3:11:53
26-Robert McQueen	3:12:23.
27-Richard DeYoung	3:14:20
28-Curtis Imrie	3:14:27
29-Peter Laskier	3:14:33
30-James Nelson	3:14:45

31-Rene Casteran	3:15:33
32-George Nichols	3:16:47
33-Jon Baumgartner	3:18:12*
34-Robert Clay	3:18:38
35-George Parrott	3:19:08
36-William Gee	3:20:25
37-Harry Fumkin	3:20:35*
MASTERS	
42-Jim Collins	3:23:28*
52-Stashu Geurtsen	3:30:14*
WOMEN	
43-Mari Kolb/WVTC	3:24:17
44-Frances Sackerman	3:25:34
61-Valerie Doyle	3:34:33
71-Sharon Tanberg	3:47:08

Lucy Shapiro sped to a record 3:09:16 at the Sonoma State "Wrong Turn" Marathon, moving into third on the all-time list for the course despite windy conditions. /J. Sheretz/

LATE GNUS

RESULTS: - At publication date we hadn't received the results men-



tioned below that we heard about through the grapevine...PA-AAU Men's 10K X-C--Tom Wysocki dropped down from Reno and ran away from the field in a fine 29:16.9 for the flat course in Davis. Second was a battle between Gary Romesser of Fresno Pacific and Jim Van Dine of the host Aggies (29:39.2 to 29:40.4). WVTC's Mike Porter (29:43.3) and Duncan Macdonald (15 seconds back) took the next two spots. In a super-close team battle, the Aggies came out on top with a total team time of 2:31:40.5, with the runnerup Fresno Pacific squad next, just 7.8 seconds back, and then defending champs West Valley TC with 2:31:45.8, another 6.5 seconds back. Scored on points it came out 44-46-53, but the total team time is the official way to score it and indicates just how close things were. The Aggies also took the women's race, as only Fresno Pacific provided any competition (had a team). Tena Anex won the 5K race in 18:24.3, more than a minute ahead of teammate Kathy Way. --- Mike Porter beat Ron Nabers in winning the YMCA Golden Gate Marathon in his first attempt (2:24+). --- Mike Pinocci won the Bay Bridge Run.

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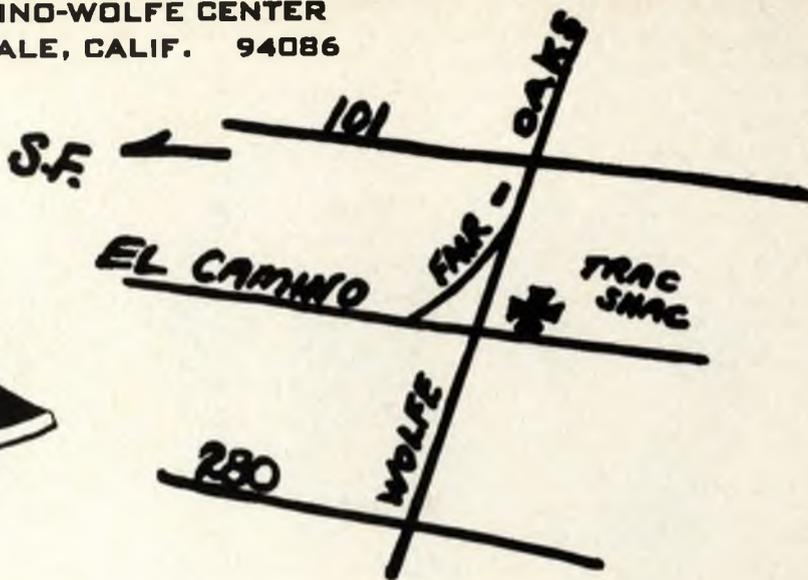
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*MEN 40+--Top 15	*GIRLS 19 & UNDER--Top 5
*MEN 50+--Top 5	*OPEN WOMEN--Top 10
*MEN 60+--Top 2	*WOMEN 40+--Top 3

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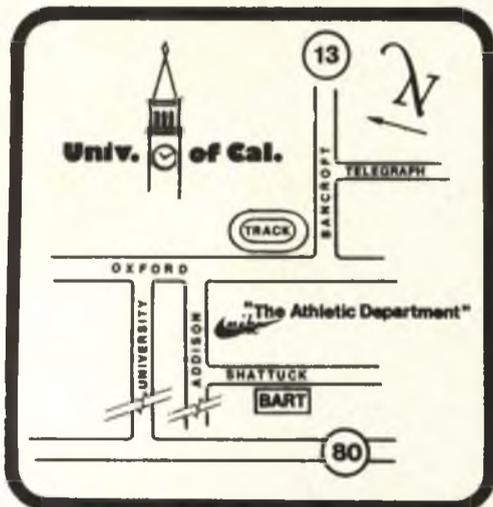
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