

THE **Harrier**



EXCLUSIVE NATIONAL CROSS-COUNTRY COVERAGE

Bonus Issue

Spring, 1976

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Hulst & Hunt

et. al.

(Stories Inside)



HOW JUNIORS TOOK INT'L SUMMER RUNNING CAMPS

Editor's Notebook

Back again, a little late. I had hoped to have this spring issue mailed in early April, but a few late ads and other commitments held things up. As I type this I expect that the issue was mailed about Apr. 20, assuming there was no printing delay...I think this issue is a large improvement upon last year's bonus issue... The ad volume stayed about the same, with a few accounts added and a few dropping out...I want to thank our advertisers for their support and for their confidence in The Harrier's reach out into the cross-country and running market, even in only its second year of publication.

Take Notice

1. Correspondence: All correspondents will receive a kit at the end of the summer for use next season. We welcome new sources of info and are in need of HS reports from the following states: Utah, Arkansas, Alabama, North Carolina and South Carolina.
2. Coaches: You'll remember last fall's "Clinic" articles. Any coach, high school or college, who'd like to write a piece for this section for use next fall, write The Harrier. Send us your idea--not an article--and we'll send an immediate reply.
3. New Subscribers: If this free issue is your first one, you might be misled by its contents. Since this is a bonus, free issue, it is designed more for advertising accommodation than for editorial concerns. The regular 10 weekly issues are 95% results, features, photos and the like, as our ads indicate. You'll see that in Sept. (Back issues are available. Use form at back.)
4. Renewals: Please renew now. Remember the new rates are \$6.50--due to the postal increase. If you wait till the fall, you'll overload us with paperwork.
5. Meet Directors: Want to give out free copies of The Harrier at your meets next fall? Let us know. We'll make you an offer you can't refuse.
6. Advertisers: You made a mistake if you neglected to take space in this issue. Besides our 1,000+ subscribers getting their copies, a few thousands copies will be circulated for free for subscription promotion. Also, all running camps will receive a whole batch to give out. Same deal next year: \$70(full), \$40(half), \$25(quarter). (Same rates apply for the fall.)

COVER PHOTO

Cover Photo: Victorious Eric Hulst over the barrier in the AAU Junior Cross-Country trials in Irvine, Cal, Jan. 24. Alberto Salazar and Thom Hunt, who placed 3rd and 2nd, are to Hulst's left. Photo by Ted Brazil.

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Carlos Lopes of Portugal wins the IAAF X-C title.

Below, Gary Tuttle(left) and Anthony Sandoval of the U.S., 7th and 20th, respectively.

All IAAF photos by Ed Lacey.

Chepstow, Wales, Feb. 28--California schoolboy Eric Hulst took his distance running show on the road and wound up as the leading American figure here in the International Cross-Country championships.

Hulst, the Laguna Beach High standout, gave the Europeans a taste of his world-class potential with a stunning Junior-division victory. Hulst ran a 23:34 time for the 8-kilo course as the U.S. squad won the team title convincingly.

"I ran psyched," said Hulst. "It was a great course. All that grass is easy on your legs."

Hulst was followed again by his rival Thom Hunt, of San Diego's Patrick Henry High, but pulled away from the indoor mile recordholder midway through the race to a 33-second triumph. Hunt remained second in 24:07.

With Alberto Salazar (Wayland, Mass) and Don Moses (Crescenta Valley, Ca) 5th and 8th, the U.S. tallied a remarkable low of 16 points. 44 ahead of runnerup Spain.

Marty Froelick of Houston, the big trials surprise, showed his consistency with an 11th-place finish. Ralph Serna, not at his best, was 19th for the U.S.

Last year the U.S. also won, but by only 6 points. And Hulst's win gave the U.S. its third straight individual gold--after Rich Kimball and Bobby Thomas.



Runnerup Thom Hunt, left, and victorious Eric Hulst, Calif. schoolboy rivals, lead Junior team to IAAF win...Carmen Valero of Spain takes Women's title.

The senior field of recognized running masters was upended by surprising Carlos Lopes of Portugal. The 29-year-old Lisbon bank clerk, a 13:33.8 5,000 man on the track, opened a large lead on the favorites early in the race and won by 16 seconds over Tony Simmons of England. Lopes' time was 34:48 for 12 kilos.

The top American finisher was Gary Tuttle, winner of the U.S. trials, who took 7th in 35:19.

On a six-man scoring system, the U.S. placed a predictable 6th with 243 points. England, which also put Bernie Ford up there in third, won the trophy with 90. Last year England was runnerup to New Zealand, which did not send a team this time.

Tony Sandoval (20th), Don Kardong (37th), Dave Bibiracki (39th), Glenn Herold (58th) and Henry Perez (82nd) completed the U.S. scoring.

With defending champ Julie Brown remaining on the U.S. indoor circuit, '75 third-placer Carmen Valero of Spain romped to an easy triumph in the Women's division with a time of 16:20 for the 4-kilo route.

The U.S. had 64 for third in the team standings, behind the victorious Soviet Union and runnerup Italy.



The International Chute

World Cross-Country Championships
Chepstow, Wales, Feb. 28, 1976

Men's Senior--Team Scores

1.England 90(2-3-15-16-26-28)
2.Belgium 118(4-13-17-19-27-38)
3.France 187(9-18-25-32-46-57)
4.USSR 219(6-12-23-42-45-91)
5.Italy 224(8-14-33-40-62-67)
6.USA 243(7-20-37-39-58-82)
7.West Germany 292; 8.Wales 304; 9.
Finland 348; 10.Scotland 348; 11.Spain
390; 12.Portugal 394; 13.Eire 397; 14.
Morocco 482; 15.Algeria 498; 16.Tun-
isia 574; 17.Sweden 600; 18.No.Ireland
742; 19.Brazil(only five men finished).

Men's Senior(12 kilo, 7.45 miles)

1.Lopez Portugal 34:48
2.Simmons England 35:04
3.Ford England 35:07
4.Lismont Belgium 35:08
5.Uhlemann Germany 35:17
6.Sellik USSR 35:17
7.Tuttle USA 35:19
8.Fava Italy 35:21
9.Eoxberger France 35:24
10.Kantanen Finland 35:28
11.Harro, Spain, 35:28; 12.Merkushin,
USSR, 35:30; 13.Roelants, Belg, 35:30;
14.Ortis, It, 35:36; 15.Slater, Eng,
35:37; 16.Tuck, Eng, 35:40; 17.Schoofs,
Belg, 35:41; 18.Rault, Fran, 35:42; 19,
Kombaux, Belg, 35:43; 20.Sandoval, USA,
35:44....
...29.Karst, WG, 36:00...30.Cusack,
Eire, 36:00...37.Kardong, USA, 36:07...
39.Bibiracki, USA, 36:08...56.Walsh,
Eire, 36:30...58.Herold, USA, 36:31...
82.Perez, USA, 37:00...92.Flanagan, USA,
37:08...108.Hartnett, Eire, 37:28...
139.Kissin, USA, 38:36(153 finished).

Men's Junior-Team Scores

1.USA 16(1-2-5-8)
2.Spain 60(9-12-15-24)
3.England 91(7-26-27-31)
4.Italy 97(16-21-28-32)
5.Morocco 107(6-18-33-50)
6.W.Germany 115; 7.Canada 120; 8.
Belgium 125; 9.Scotland 143; 10,Fin-
land 144; 11,France 160; 12,Algeria
168; 13.Wales 187; 14.Eire 235; 15.
No.Ireland 315.

Men's Junior(8 kilo, 4.84 miles)

1.Hulst USA 23:54
2.Hunt USA 24:07
3.Muir Scotland 24:17
4.Watrice France 24:23
5.Salazar USA 24:36
6.Hadka Morocco 24:38
7.Lees England 24:42
8.Moses USA 24:43
9.Llorante Spain 24:45
10.Servamckx Belgium 24:46
11.Froelick, USA, 24:47; 12.Gon-
salez, Spa, 24:49; 13.Betz, WG, 24:50;
14.Laukkanen, Fin, 24:51; 15.Nunez,
Spa, 24:56; 16.Bosca, It, 24:58; 17,
Morceli, Alg, 25:00; 18.Jaddor, Mor,
25:01; 19,Serna, USA, 25:02; 20,Leek,
Wales, 25:03. (81 finishers)

Women's--Team Scores

1.USSR 33(2-8-11-12)
2.Italy 59(3-10-15-31)
3.USA 64(7-17-19-21)
4.England 78; 5.Poland 87; 6.France
107; 7.Belgium 120; 8.Eire 122; 9.
Scotland 127; 10.Spain 129; 11.Fin-
land 137; 12.Wales 247.

Women's(4 kilos, 2.48 miles)

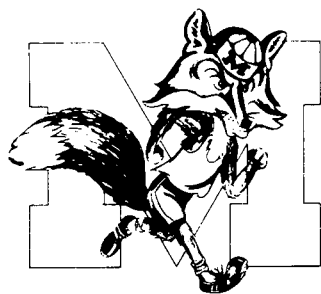
1.Valero Spain 16:19
2.Kazankina USSR 16:39
3.Dorio Italy 16:56
4.Ford England 16:57
5.Pentlinowska Poland 17:00
6.Debrouwer France 17:01
7.Bjorklund USA 17:02
8.Romanova USSR 17:03
9.Stewart Scotland 17:04
10.Gargano Italy 17:05
17.Heritage, USA, 17:19...19..
Quatier, USA, 17:21...21, Graham,
USA, 17:24...24, Neppel, USA, 17:27

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The Harrier.



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Jrs/Hulst, Of Course

Irvine, Cal, Jan. 24--In the Junior Cross-Country Trials, where a U.S. qualifying berth is the gold at the end of the rainbow, you can either play it cool or go for broke. Eric Hulst went for broke and sheared the opposition into little pieces.

Hulst is so good--so fast and so strong--that the method matters not. He is in control, and he calls the shots. The Laguna Beach (Cal) High School senior took off after a mile and a half of the 8-kilo (4.84M) qualifier and romped to a 125-yard triumph and the lead spot on the U.S. Junior squad headed for the Wales International five weeks hence.

Hulst completed the mostly-flat San Joaquin Golf Course route in 22:48, very quick as shown by rival Thom Hunt's runnerup finish of 23:08, a tick ahead of Alberto Salazar. It was Hunt, from Henry High, San Diego, who had beaten Hulst in their three previous outings--in the Mt. Sac cross-country race, in a marathon and in an indoor mile. And it was Salazar, the Wayland (Mass) prep whiz who had run so sensationally in the AAU Senior Champs at Annapolis, taking 24th, not too far off the pace.

But Hulst, fifth last year, was too much this time. One wonders if he would have been pressed by the conspicuously absent pair of Bill McChesney (Eugene, Ore) and Rudy Chapa (Hammond, Ind).

"I was running fast and I guess they did not want to go out with me," Hulst told Ted Brazil of the Santa Ana Register. "I really felt good today."

Said Hunt: "I was running just to qualify. It was helpful to have Eric go out. All we had to do was hold on."

Salazar agreed, in part. "I let him go but later regretted it," he said. "I should have stayed with him. I just wanted to qualify. I felt pretty strong during the race."

Hulst hit the mile in 4:24 Salazar (4:25), Ralph Serna of Cal-Irvine (4:26) and Hunt (4:27) at close range. But Eric reached the deuce at a stinging 9:04 as Serna slipped to 9:15, Salazar to 9:16 and Hunt to 9:17. Hulst's 3M and 4M splits were 13:59 and 18:49.

Serna, fourth last year, finished fourth again. His time was 23:15. In November he won the NCAA Division II harrier title. He reportedly had a long winter layoff and "was just planning on hanging on" for a second straight U.S. berth.

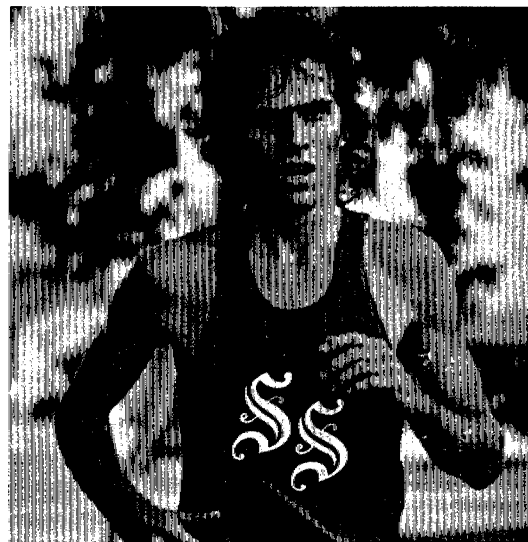
The most surprising runner out there was Marty Froelick of Houston's Scarborough High. Froelick, who won the Texas State X-C title in December, placed fifth in 23:18. Texas preps run a maximum of two miles for X-C and one mile for track.

Don Moses, another top Southern California schoolboy (Crescenta Valley HS), was sixth in 23:19. Roy Kissin, a Stanford freshman who was third last year, was seventh in 23:21.

Other Harrier All-Americans to finish were: Alan Scharsu (Austintown Fitch), the soph who won the Ohio State title, in 13th; Chris Hallinan (Bernards, NJ), the Eastern States titlist, in 17th; and Ron Craker (York), the Illinois champ and newly-crowned postal recordholder, in 27th; and Rick Bishop (Cheyenne East), the Wyoming victor, in 35th.

An incredible performance was turned in by Frank Assuma, a prep freshman representing the Rialto Road Runners. Assuma, 14, took 24th in a field of 68 finishers.

The first four finishers--Hulst, Hunt, Salazar and Serna--qualified for the Wales meet Feb. 28. Two other runners would be allowed to make the trip--at their own expense.



The surprise qualifier, Marty Froelick of Houston's Scarborough High, racing toward a 5th-place finish. Photo by Don Chadez.

Kindle, ATC, 24:24; 18, Chris Hallinan, Bernards HS (NJ), 24:31; 19, David Haake, San Barb AA, 24:34; 20, Jeff Dale, Corona Del Mar HS (Ca), 24:35.

21, Mike Muller, Rialto RR, 24:35; 22, Richard Aguirre, San Barb, 24:37; 23, Jerome Emory, West Valley, 24:38; 24, Frank Assuma, RRR, 24:43; 25, Francis Dauncy, Orange HS (Ca), 24:44; 26, Craig Corey, WV, 24:52; 27, Hal Schultz, WV (Redwood HS-Ca), 24:52; 28, Dan Reynolds, unat, 24:54; 29, Ron Craker, York HS (Ill), 24:54; 30, Rod Berry, WV (Redwood HS-Ca, soph), 24:55.

31, Terry Gibson, Hoover HS (Ca), 24:56; 32, Cipriano Gomez, RRR (Workman HS-Ca), 24:57; 33, Mark Flynn, RRR (San Geronio HS-Ca), 25:04; 34, Steve McMahon, San Barb, 25:09; 35, Richard Bishop, Chey TC (East HS-Wyo), 25:17; 36, Joe Dowling, unat, 25:19; 37, Doug Haake, San Barb, 25:20; 38, Stan Heinrichs, San Barb, 25:21; 39, Marv Alvarez, unat (HS), 25:23; 40, Jim Arriola, Gahr HS (Cal), 25:25. (68 finishers)

Junior Trials (8K-4.84M)

1. Eric Hulst	Laguna Beach HS (Cal)	22:48
2. Thom Hunt	Henry HS (Cal)	23:08
3. Alberto Salazar	Wayland HS (Mass)	23:09
4. Ralph Serna	Cal-Irvine	23:13
5. Marty Froelick	Scarborough HS (Tex)	23:18
6. Don Moses	Crescenta Valley HS (Ca)	23:19
7. Roy Kissin	West Valley TC	23:20
8. Brian Hunsaker	Cal-Irvine	23:21
9. Tim Holmes	Downey HS (Cal)	23:44
10. George Aguirre	Santa Barb HS (Cal)	23:54
11. Tim Earle	San Barb AA, 24:01; 12, Mike Bordell, Pikes Pk TC, 24:03; 13, Alan Scharsu, Austintown HS (Oh), 24:05; 14, Mark Spillsberry, Foothill HS (Ca), 24:06; 15, Ed Bundy, Colo St, 24:12; 16, Rich Nance, San Fern TC, 24:19; 17, Ray	

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There are five main reasons for this: Eric Hulst, Thom Hunt, Bill McChesney, Rudy Chapa and Alberto Salazar.

This quintet, all Harrier cross-country All-Americans last fall, were so sensational through the winter and early spring that almost every record from the mile to the marathon appeared destined to topple from their sacred perches by Independence Day.

Two marks, the six-mile/10,000 combo, has already been knocked off by three of the runners. More on that later on.

Add to their unilateral promise the chances of several matchups in post-season invitational, and the speculation about eventual performances is further heightened.

And for the ultimate high put all five in the same race--this is unlikely--at, say, 10,000 meters--and look out! (Last year, all but Salazar were hooked up in that Knoxville Junior 10,000 when Chapa nipped Hulst and both got credit for the national record. McChesney and Hulst also placed well with fast times, while Salazar was taking second to collegian Ralph King in the 5,000.)

At The Harrier's deadline on the second weekend in April, the unquestioned leaders of this elite group were Hulst and Hunt.

Hunt beat Hulst in a record-breaking Mt. Sac cross-country run back in October and then twice at two miles indoors, 8:56.4 to 8:59 and 8:52.4 (the national best) to 8:55.8. It was getting to be like last season's Hulst-Serna rivalry, with Eric generally on the short end.

But Hulst more than atoned for the setbacks with convincing triumphs in the Junior X-C trials and the International Junior championships (see stories elsewhere). In both events Hunt was a distant second.

"We took the lead after a half-mile," said Hulst. "There was one European with us. A half-mile after that it was just Hunt and myself. Then I pulled away going downhill..."

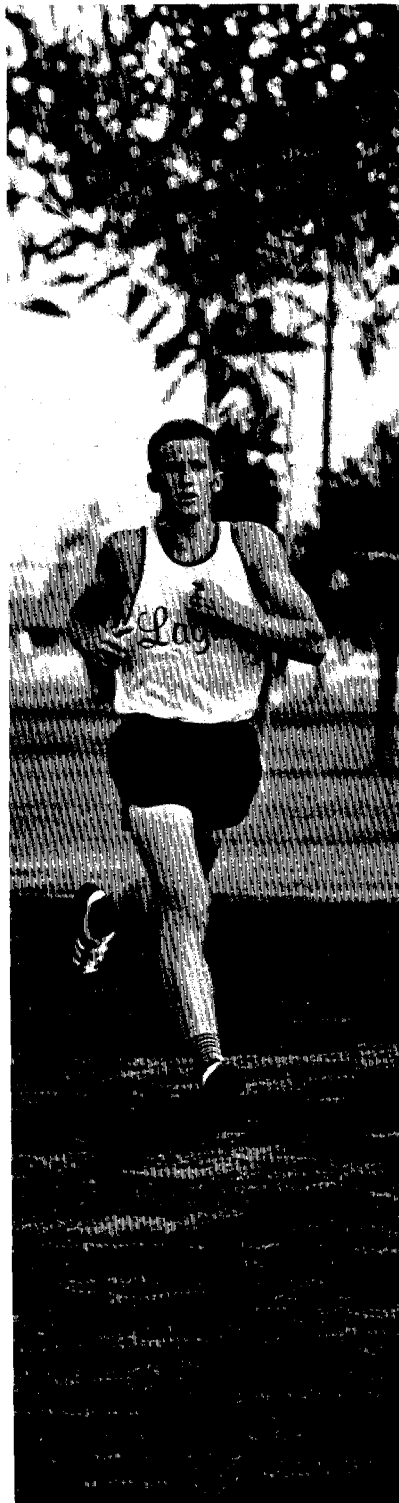
Since Hunt is considered better in the shorter races--as shown in his incredible 4:02.7 indoor mile record--it was a bit embarrassing for Hulst to be taken at his own game when the pair competed in the AAU Marathon in Culver City, Cal., Dec. 8. Hunt hit 2:24:06 to miss the prep record by 19 seconds. Hulst's time was 2:30:56.

Let's not forget Hulst's remarkable 7th in the U.S. Senior trials, a week after his Junior victory.

But the race that really turned heads came Mar. 28 at the Irvine Meet of Champs. Hulst regained the 10,000 record with a 28:54.8 performance while placing second to Gary Tuttle (28:41). He passed three miles in 13:51 and got the 6-mile record en route with a 27:58 time.

"I'm enjoying it," said Hulst of the record. "But I'm kinda tired now. My legs are stiff. I stayed with Tuttle for four miles. Then he pulled away."

Eric's goal for the season is to reach the Olympic qualifying standard of 28:40. He says his chances are good. "I'll have another month of training. I'll be a lot stronger. I haven't had much speedwork yet."



Eric Hulst winning the AAU Junior cross-country trials in Irvine, Cal. Jan. 24, way ahead of rivals Thom Hunt and Alberto Salazar. Hulst won the International title five weeks later in Wales. As Bill McChesney says, "There are so many guys around this year, it's unbelievable." Photo by Don Chadez.

Hulst expected several meetings with Hunt, who ran an unspectacular 14:34.6 5,000 the same day. On Apr. 9-10 there was supposed to have been a Fri/Sat mile/2M double at Laguna Beach. On Apr. 17 the pair was slated to make an all-out assault on the 2M record. The following week was Mt. Sac and a 2M-distance medley combo. Again, head-to-head in the June 5 States.

That 10,000 mark had taken quite a beating in the early spring. On Mar. 20 Bill McChesney of South High, Eugene, Ore. lowered the standard to 29:06.8 (and the 6M to 28:09.4). On Mar. 26 Rudy Chapa of Hammond, Ind. bettered his old record of 29:11 but fell short of McChesney's effort with a mark of 29:09.4 in the Florida Relays.

After an unbeaten cross-country season, McChesney, still a junior (his 6M/10K times were junior-class and world age-17 bests), skipped heavy indoor races and the Junior X-C trials "to get in my basic background work. You can't peak 10 months a year. It's impossible," he said.

McChesney who went from a 9:30 freshman two-miler to 8:55 as a soph, passed the 3M in 13:59.7 in that 10,000 race, held in the Oregon Invitational Relays.

Under the guidance of Harry Johnson, the highly-successful South coach, McChesney's entire season--every big race and stage of development--is meticulously planned in advance.

Bill said that his entry into the Junior meet again (Knoxville June 8-9) seemed likely. Hulst said that he would probably skip the meet if he had reached the Olympic 10K standard, as he hoped. Incidentally Hulst is headed for Irvine, the NCAA Division II X-C champion.

Speaking of college, Salazar, the Wayland, Mass. senior, has announced that he will go to Oregon next fall.

Since his 24th in the AAU's in November, Salazar has fallen from the limelight.

The Cuban-born Alberto posted an 8:57.4 deuce in his first indoor meet. After the Junior X-C races he concluded the season in March with a 9:01 victory in the Eastern States championships at Princeton.

But his reputation suffered against Hulst and Hunt. In the trials Al ran third, with Hunt a step ahead and Hulst by himself for the victory. In Wales, at the International, he took fifth, 29 seconds behind Hunt and 46 in back of the triumphant Hulst.

"That psyched me out," said Salazar. "I didn't move out fast enough. And I was never a factor in the race."

It was somewhat of a "sprinter's" course, to Al's disadvantage.

"I expected it a lot tougher--lots of hills and loose footing," he explained. "But there were only a few gradual hills. You didn't lose any time at all."

The rotten spring weather in the Northeast was expected to detain Salazar's revival. It would probably be just like last year, when he went into the Juniors with little following and came out with a spot on the U.S. team.

If the Juniors don't produce it, then the International Prep (June 12) or Golden West (June 19) would seem likely to bring three or four of the above five onto the track in the same race.

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CROSS COUNTRY

1976

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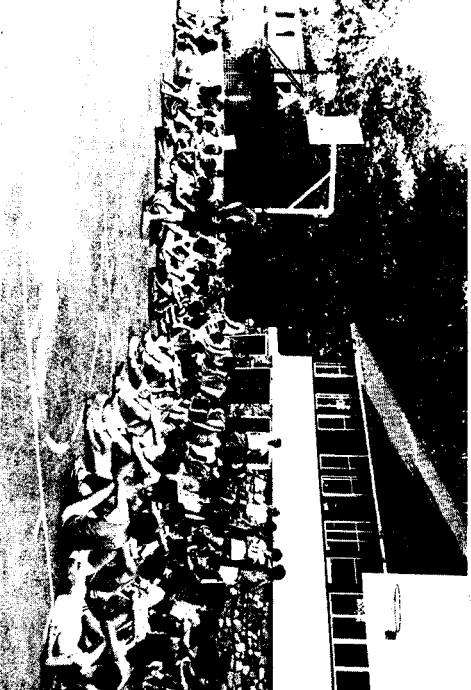


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Starts his ninth season at Lehigh. In his first 8 years, Covert's teams compiled a dual meet record of 84-15 while winning six Conference titles and five I.C. 4-A championships.

Covert also compiled quite an impressive record at Osining (N.Y.) High School. In ten years there, his cross country teams registered a 98-7 dual meet record and won ten straight District titles and six State championships.

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Belmont, Cal, Jan. 31--The positions on the U.S. Senior cross-country squad usually go to the runners that happen to be at the right place at the right time. Geographical convenience and a conducive winter schedule will put key harriers on the starting line with a good shot at an all-expenses-paid berth to the Internationals.

This year's trial run, on the rugged 12,000-meter (7.45M) course at Crystal Springs, saw four figures from the AAU title gain qualifying spots. A collegiate conference champion and an AAU road-roading victor rounded out the team.

The quartet of AAU holdovers was comprised of Steve Flanagan(Colo TC), 6th; Glenn Herold(Wisc TC), 4th; Don Kardong(Club NW), 3rd; and the winner, Gary Tuttle(Beverly Hills Striders). All were part of the blazing AAU finish at Annapolis Nov. 30(won by Greg Fredericks).

Dave Bibiracki(San Fernando TC), the AAU 20-kilo champ, was second. Stanford's Tony Sandoval, the Pac-8 South winner, was 5th.

This group of six broke away from the 80-man pack, with Herold nabbing the early lead on a route marked by steep upgrades and four barriers, European style. But Herold faltered in the second half of the race and Tuttle seemed the certain winner with about 1½ miles to go.

Tuttle's winning time was 37:23.4. Runnerup Bibiracki was caught in 37:29.2. Kardong hit 37:34.2 for third. Herold's fourth-place time was 37:41. In fifth Sandoval ran 37:46 to beat Flanagan by 11 seconds.

Remarkably, Eric Hulst, the Laguna Beach High School phenom who won the Junior title, placed 7th in 38:15. Hulst had stayed with the leaders for the first couple of miles.

"I started conservative," Tuttle told Tom Jordan of Track & Field News. "Once Hulst dropped off, I started to take some chances, run the hills hard and go for it."

Tuttle's remark underscores the pedestal Hulst now is placed upon even by runners many years his senior.

So, it was on to Chepstow, Wales for the U.S. team.



Glenn Herold, at right, 4th in the U.S. Trials, on the course in Chepstow, Wales in the Internationals, where he placed 58th. Also seen is WG's Hans-Jurgen Orthmann. Photo by Ed Lacey.

Senior Trials(12K-7.45M)

1. Gary Tuttle	Beverly Hills TC	37:23.4
2. Dave Bibiracki	San Fernando TC	37:29.2
3. Don Kardong	Club Northwest	37:34.2
4. Glenn Herald	Wisconsin TC	37:41
5. Anthony Sandoval	Stanford	37:46
6. Steve Flanagan	Colorado TC	37:57
7. Eric Hulst	Laguna Beach HS	38:15
8. Chuck Smead	Colorado TC	38:20
9. Henry Perez	Sundance TC	38:21
10. Tom Bryant	Santa Monica TC	38:28
11. Rich Kimball, unat, 38:51; 12. Jim Nuccio, West Valley TC, 38:54; 13. Kirk Pfeffer, Grossmont, 39:00; 14. Tim Steele, Shore AC, 39:07; 15. Carl Hatfield, WVa TC, 39:15; 16. Tom Wysocki, Nev, 39:28; 17. Paul Cook, Ath-Action, 39:34; 18. John Jones, unat, 39:37; 19. Dave Sutherland, unat, 39:55; 20. George Pullen, Jamul Toads, 40:07.		

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Harry Groves, Penn State
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Jim Fraley, Sewanhaka
Bruce Lockerbie, Stony Brook
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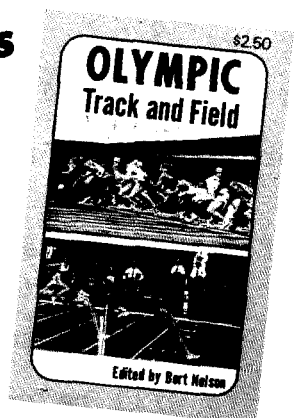
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Craker, York Postal Champs

HIGH SCHOOL 5x2-MILE TEAM (Record: Lompoc, Cal, 46:21.72)

1. York, Elmhurst, Ill	46:42.0
2. Cretin, St. Paul, Minn	47:03.4
3. Redwood, Larkspur, Cal	47:34.8
4. St. Petersburg, Fla	47:48.0
5. Jesuit, Carmichael, Cal	47:51.2
6. Maine E. Park Ridge, Ill	48:04.6
7. Deerfield, Ill	48:07.8
8. Largo, Fla	48:08.8
9. La Sierra, Carmichael, Cal	48:14.6
10. Molloy, Jamaica, NY	48:16.2
11. York B	48:18.4
12. Paramus Catholic, N.J.	48:26.2
13. Palos Verdes, Cal	48:34.0
14. Mt. Pleasant, San Jose, Cal	48:45.0
15. Lindbergh, St. Louis, Mo	48:46.2
16. South Salem, Ore	48:46.4
17. Carlmont, Belmont, Cal	48:59.0
18. Lindbergh B	49:05.0
19. San Clemente, Cal	49:09.0
20. Osseo, Minn	49:10.6



Ron Craker (York, Elmhurst, Ill) setting a Postal two-mile record of 8:51.0.

HIGH SCHOOL TWO-MILE INDIVIDUAL (Record: 8:51, Ron Craker, York, 1975)

1. Ron Craker, York-Ill	8:51.0
2. Brett Hoffman, St. Pete-Fla	9:01.8
3. Tim Holmes, Downey-Cal	9:10.6
4. Mike Warre, Largo-Fla	9:11.0
5. Hal Schultz, Redwood-Cal	9:12.2
6. Kevin Byrne, Paramus Cath-NJ	9:14.4
7. Mark Tomasik, Maine East-Ill	9:14.8
8. Tim Farrell, La Sierra-Cal	9:16.8
9. Kevin Roth, Cretin-Minn	9:17.8
10. Rod Read, Jesuit-Cal	9:18.6
11. Greg Miller, Mt. Plsnt-Cal	9:19.2
12. Bob Love, Carlmont-Cal	9:20.2
13. Rod Berry, Redwood-Cal	9:20.8
14. Joe Metzger, Cretin-Minn	9:21.4
15. Earl Lagomarsino, Jesuit-Cal	9:21.8
16. Kurt Roth, Cretin-Minn	9:22.6
17. Bob Paulin, Camden-Cal	9:22.8
18. Jim Driscoll, York-Ill	9:23.6
19. Tom Gusloff, York-Ill	9:24.6
20. Don Cotter, Molloy-NY	9:24.8

Leading cross-country runners ran as well on the track as through the hills last fall and accounted for top performances in the National Postal Competition, sponsored by Track & Field News and the USTFF.

In the coveted High School 10-mile team race, York (Elmhurst, Ill) rebounded from a stinging state meet loss with a 46:42 clocking, 2nd best ever. That's a 9:20 average.

Coach Joe Newton's squad was led by All-American Ron Craker, whose 8:51 bettered the previous individual record of 8:56 set by Ralph Serna.

The 2nd and 3rd best marks went to juniors Brett Hoffman (St. Petersburg, Fla) and Tim Holmes (Downey, Modesto, Cal), at 9:01.8 and 9:10.6. Both Harrier All-Americans, Hoffman won his state title while Holmes was tops in Northern Cal.

HIGH SCHOOL 3-MILE INDIVIDUAL (Record: 13:43, Rich Kimball, Concord, Cal,

1. George Aquirre, Santa Barb-Cal	13:56.4
2. Ron Craker, York-Ill	14:05.8
3. Tim Holmes, Downey-Cal	14:12.2
4. Hal Schultz, Redwood-Cal	14:21.0
5. Bob Paulin, Camden-Cal	14:24.8

HIGH SCHOOL 5x3-MILE TEAM (Record: 73:17.6, York, Elmhurst, Ill, 75)

1. York, Elmhurst, Ill	73:17.6
2. Redwood, Larkspur, Cal	74:16.6
3. York B	76:32.4
4. Carlmont, Belmont, Cal	76:56.8
5. Leigh, San Jose, Cal	77:04.8

Other Winners:

HS Frosh 5x3M: Carlmont, Cal, 83:24.2
HS Frosh 3M: Greg McDonald, Camden, Cal, 15:41.0.
HS Frosh 5x2M: Westminster, Cal, 52:10.4.
HS Frosh 2M: Carlos Carrasco, Mt. Pleasant, Cal, 9:31.2 (Record).
HS 2-man, 10M: Ron Craker, Jim Driscoll, York (Ill), 45:29.
North Amer. 5x3M: U-Wash, 69:14.4
North Amer 3M: Gordy Braun, Wash, 13:42.
North Amer. 2-man, 10M: David Boyet, Scott Schweitzer, Cal-San Bar, 43:21.

The runnerup in the 5x2M team race was St. Paul Cretin, Minnesota 2A champion, in 47:03.4. Redwood (Larkspur, Cal) was third in 47:34.8 in standings dominated by California and Illinois schools. The times by York, Cretin and Redwood rank 2nd, 3rd and 9th all-time for the event.

There were 30 runners under 9:30, as compared with 25 last year, in the 5x2M category. The number of teams under 50 minutes--29--was the same as in '74.

The results were compiled by Don Steffens.



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Throughout 1976, the NJA newsletter, *The Jogger*, will carry reported stories of interest on particular courses or distances run in honor of the Bicentennial.

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GENERAL INFORMATION

Registration will be in the Dining Hall from 1 to 6 P.M. on Sunday. Instruction periods will be held each day, Monday thru Friday. Parents should plan to pick up participants after 1:00 on Friday.

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The Nationals

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In The Chute

There was good news and bad news that came out of the NCAA convention in St. Louis in January. Track and Cross-country people were up in arms over new regulations that threatened to curtail participation in and development of the sports ("Runners Beware, The NCAA is Here"--Vol 2, No 3, Oct. 22, 1975). The proposals that were to put ceilings on meet participation and scheduling were axed. However, the all-important scholarship maximum of 14 (instead of the old 23) over a four-year period will soon become a reality.

Leading cross-country coaches Sam Bell (Indiana), Stan Huntsman (Tennessee) and Berny Wagner (Oregon State) have been awarded coaching assignments for the Olympic team. Bell is in charge of the long distances and decathlon, Huntsman the middle distances and Wagner, departing O.S. for Saudi Arabia, the jumps and hammer... You all read of the unfortunate news involving Indiana Harrier Steve Heidenreich, the victim of a hit-and-run collision Mar. 17 while on a workout near his Bloomington apartment. Having incurred severe head injuries, Heidenreich was reportedly on the way to recovery at press time in early April.

It is always interesting to compare cross-country performance with in-season track efforts. The first six in the NCAA indoor two-mile were Nick Rose, Craig Virgin, Mark Brown, Josh Kimeto, Tony Staynings and Randy Melancon. In the NCAA X-C race, their respective finishes were Rose (2), Virgin (1), Brown (26), Kimeto (14), Staynings (13), Melancon (266)... In the three-mile the places were John Ngeno, Samson Kimombwa, Chris Ridler, Paul Bannon, Herb Lindsay and Dean Reinke. Back in X-C the places read: Ngeno (3), Kimombwa (37), Ridler (100), Bannon (11), Lindsay (12), Reinke (71)... In the AAU three-mile, a thriller, Greg Fredericks and Ted Casteneda, 1st and 11th in the X-C run, were 2nd and 3rd (behind Tanzania's Nyambui).

NY Times columnist Dave Anderson, quoting Frank Shorter: "I'm very satisfied with the way I'm running. I seem to be in racing shape but yet training hard. Maybe it's because I'm older and stronger now. And maybe it's because I'm running at altitude... For a marathon runner 120 miles a week isn't a lot. But maybe it's enough at altitude. I've run 120 miles a week for the last seven years." Anderson computes that total to be 43,680 miles. Talk about the seven-year itch!

Letters

I'm the cross-country coach at Westville Boys High School, Natal, South Africa. I'm very keen to bring a team of X-C athletes from the school to the States next December ('76).

Everything--accommodations, transport, the lot--has been organized; yet, I'm really battling to find schools or Junior Clubs to run against.

We are hoping to race in coastal areas, but, in fact, we will race anywhere where a team will run against us.

We are arriving on the 6th of December (I hope not too late for any X-C races), and we have a strong team (by So. African standards). Four of our runners have broken 26 minutes for five miles of flat X-Country while the other eight are all faster than 28 minutes. We are the 1975 South African Junior champions.

--Doug Anderson, X-Country Coach, Westville HS

Natal, South Africa

(Interested coaches are urged to contact Anderson at the school, address: P.O. Box 1019, Wandsbeck 3631, Natal, S.A.)

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In our final issue of the fall, The Harrier reported the intermediate (14-15) and senior (16-17) boys divisions of the AAU Junior Olympics. Here are the winners of the other divisions of the meet, held Dec. 13 in Houston:

Girls, 9-under (1M)

Terkeler Shogog,
Memphis, Tenn
6:05

Girls, 10-11 (1.25)

Kari Jonassen,
Bothel, Wash
7:09

Girls, 12-13 (1.5)

Tania Wells,
Memphis, Tenn
8:24

Girls, 14-15 (2.0)

Kelly O'Toole
Lynbrook, NY
11:50

Girls, 16-17 (2.0)

Lalani Kelly,
Wash, DC, 11:24

Boys, 9-under (1.0)

Joey O'Connor,
Metuchen, NJ, 5:50

Boys, 10-11 (1.25)

Roy Swintek,
Bethel Pk, Pa, 6:57

Boys, 12-13 (1.5)

Mark Abel,
Richmond, Va, 7:46



(Skip Wright Photo)
Lalani Kelly of Washington, D.C.,
Senior Girls Jr Olympic Champion.

All-American Fallout: The Harrier's exclusive High School All-American team of the top 50 runners across the U.S. was widely circulated. There were at least two errors in class notation. Jim Eubank (Clark, Las Vegas) is a junior, and Tom Graves (Sandburg, Orland Park, Ill) is a soph. Also, the U.S. Junior trials brought up a situation that surfaced at last year's trials when Alaska's Don Clary placed 11th--and then 5th in the International title race. We acknowledged then that our perspective on Clary had been weak and that he was obviously deserving of retroactive All-American status. The same applies this year with Marty Froelick of Houston's Scarborough High. The Texas state champ shocked followers with a 5th in the trials and an 11th in the Internationals.

Besides Hulst, Hunt, McChesney, Chapa, and Salazar (see feature inside), many other prep All-American cross-country runners enjoyed outstanding indoor seasons...

Some examples: In New York Dave O'Connor (Valley) set a state junior record of 9:11.8 for 2M Luis Ostolozaga (Loughlin) ran a 3:03.8 3/4 leg after a lengthy illness; Jim Shields (Chaminade) ran 8:32.4 for 3,000 meters and a 14:24 3M... From New Jersey Kevin Byrne (Paramus Cath.) won the Millrose Games Prep mile (4:18) and Chris Hallinan (Bernards) was runnerup (to Salazar) in the Eastern States 2M (9:09)... From Pa, Mike Thom (Archbishop Ryan) anchored his foursome to a national distance medley record and Cliff Wimer (Solanco) posted a 9:13 2M... Iowa's Rick Fuller (Davenport) and Randy Jackson (Iowa City) posted runnerup times of 4:17.4 and 9:27 at the Dickinson Relays... In Virginia John Henry ran on the Woodbridge team than ran a 7:53.2 two-mile relay... In Colorado Randy Stoneman of Aurora ran a 4:15.3 mile, in the Albuquerque meet.

Lalani Kelly, seen above, had the greatest margin of victory--18 seconds--of any of the Jr. Olympic winners. Kelly is a high school teammate of sprint sensation Shiela Ingram... A record of 715 entries from 38 states took part in the Jr. Olympic meet... Next fall's meet is in St. Louis, Dec. 11.

THE Harrier

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