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northwest track and field news

the nor'wester!

a club northwest service

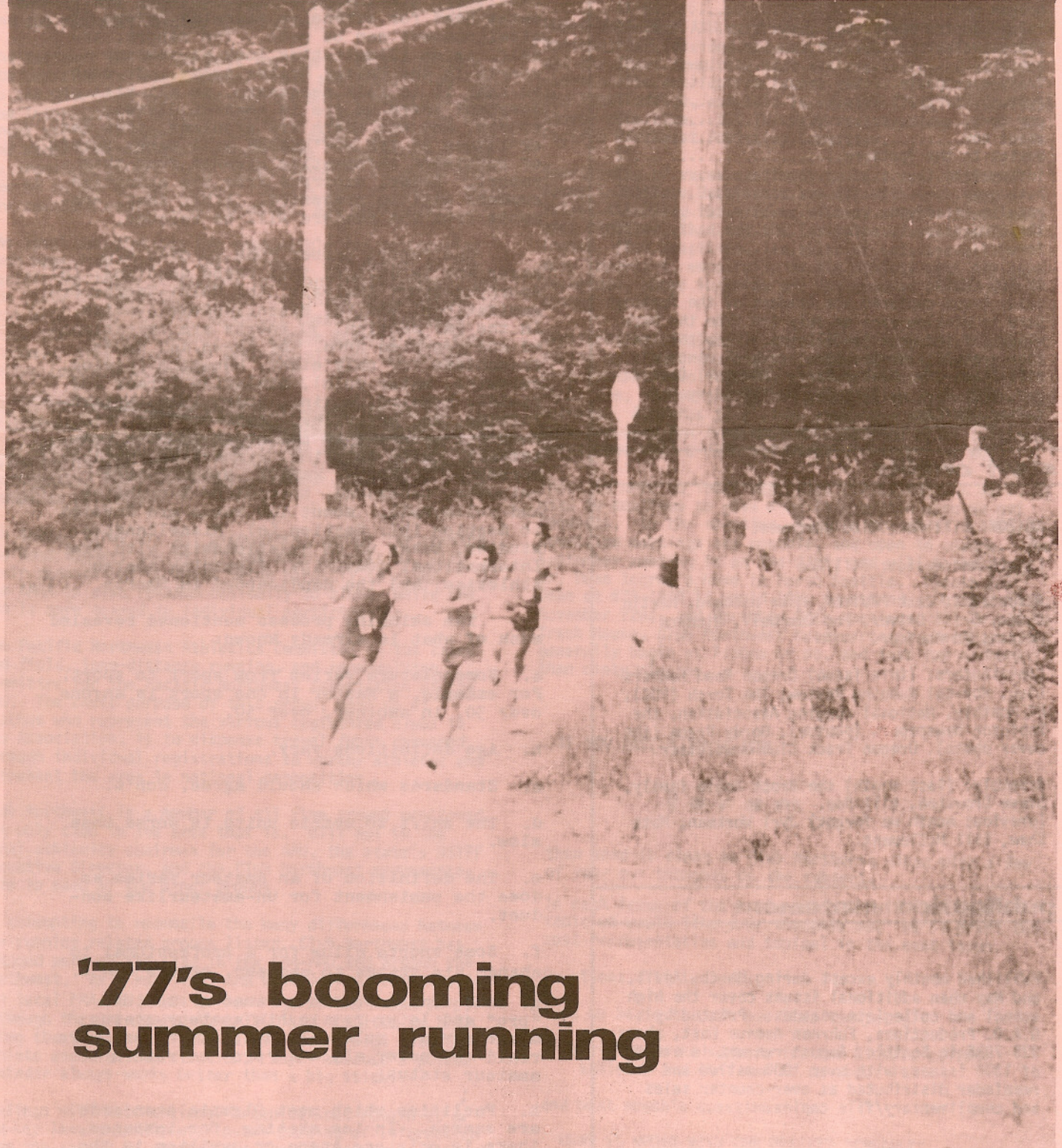
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'77's booming summer running

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ON THE COVER:

Gordy Braun captured the leaders of the Fort Ward to Winslow race on July 4th from the back window of the Jock 'n Jill van. From the left, they are: Bill Stolp, CNW, eventual winner; Bill Glad, CNW; Graham Barr, CNW; Karl Goetzinger, CNW; Mark Hallenbeck, UW/CNW; Gary Gustafson, UW/CNW.

staff credits

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Assembly: (last month) the Brock Hogle family, Steve Crowston, Bill Roe.
(previous month we forgot) Jyr'l Workman, Matt Shaw, Bill McClement.

publication statement

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THE PRESIDENT'S COMMISSION'S

REPORT ON OLYMPIC SPORTS

This much heralded report together with its executive summary has finally been received. A skimming of its contents indicates need for extensive scanning before logical comment can be made. The report, itself, is an illuminating look at amateur sports in the United States today. So much so that it is felt necessary, so all will understand where we are in amateur Olympic sports, and why there are problems, that later issues of THE NOR'WESTER will carry briefs of pertinent information gleaned from this report. Later, excerpts from the executive summary will be presented. After that, comments from the readers will be welcome.

The report proper runs to over 470 pages and is divided into three sections; (a) Sport-by-Sport Analysis, (b) Multi-Sports Organizations, and (c) Miscellaneous studies. In the (a) Section, 30 sports are investigated and reported upon. Of these, AAU holds franchises for only eight, aquatics (diving, swimming, water polo), athletics (track and field), bobsled, boxing, judo, luge, weightlifting, and wrestling. Additionally, AAU conducts programs in ten other sports: basketball, baton twirling, gymnastics, handball, horseshoe pitching, karate, synchronized swimming, taekwondo, trampoline & tumbling, and volleyball. About 160 pages are devoted to Section (b). Section (c), Miscellaneous studies, takes up US Relationships with the International Community, Financing Amateur Athletics, and the Handicapped in Sports.

The skimming process mentioned revealed much of what is already known:

- Nomenclature varies from sport to sport. For example, a Master in one sport is anyone over 30, in another, over 50.
- Age definitions vary.
- Standards which should agree, don't.
- The shift to metric units is worse than slow.
- The definition of an amateur varies as does the punishment for un-amateurlike conduct.
- Some sports allow for a professional to change his status to amateur, others don't.
- Some sports permit an amateur to turn "pro" and later regain his amateur status after certain rules are met; others are more rigid and never allow a "pro" to return to amateur status.
- Facilities which meet Olympic standards are scarce. In ice skating, for instance, there is only one arena or pavilion in the

entire country with metric distances for Olympic candidates. Worse, this facility is being abandoned for lack of maintenance funds.

i. The power struggle between some governing bodies often results in athletes being punished for belonging to a different organization.

j. No one keeps an up-to-date list of the athletes that would, ordinarily, make up our national track and field team. Instead, reliance is put in quadrennial Olympic trials. The latter, though on the surface eminently fair, often results in our not fielding our best team.

k. The rules for selection and granting of expenses for international competition vary widely.

l. The rules for international competition are based on national teams, not clubs nor individuals. Members of the latter two are, in effect, deprived of their personal right to compete as an individual and also, by means of requiring a travel permit, deprives them of their inherent right to travel freely. For instance, your reporter has lived 11 years in post war Japan and has many friends there. If I want to go to Japan to run, I must get a travel permit, if no permit, then I am banned from running there as the Japanese practise the same game.

m. Though our American system is weak at discovering talent early and then providing the instruction and competition to develop it, it is practically non-existent outside of our school systems.

n. Individual clubs, though numerous, have little capital equipment, and, in general, are treated by both the public and the media as poor country cousins, to be accepted in fact but overlooked in general.

As the most important part of the report is the executive summary, a copy is being ordered for Bill Roe. For those also interested, a copy may be obtained from the Superintendent of Documents, US Government Printing Office, Washington, D.C. 20402, for 40 cents. The complete title is "The Final Report of the President's Commission on Olympic Sports, 1975-1977, Executive Summary."

The Commission has, undoubtedly, done a thorough job of analyzing the situation. In the case of AAU vs. UST&FF it pulls no punches, tells where the difficulties are and also mentions why earlier attempts to iron out the differences failed. It was that neither side would voluntarily compromise. The government's position is still not one of coercion but rather that the NGB, National Governing Bodies, must be given a fair trial to eliminate existing problems without eliminating each other. The government's direction for action is indicated; now is the time to act!

Well, it happened. We established a column for letters to the editor on a regular basis and - alas - no letters.

Well, if you like cartoons, then that's fine with you. But if you would like to air an opinion, or let us know about a particularly fine event somewhere, or a particularly poor one, then write.

Letters can be of any length, but we reserve the right to abridge - say the same thing in a shorter context - if we need to save space. Unusually fine letters will be printed intact.

Come'on - write away right away.

Li'l Sports



"Just because you saw me walking, Madam, doesn't mean I haven't been jogging."

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I will will not participate in the Hawaii Marathon

5

running series

Four races remain on the running series sponsored by Club Northwest and the Pacific Northwest Athletics Committee. After eight races, there might be some conclusions you can draw from it all.

If Bill Stolp were (1) injury free and (2) out of school, he'd be right in there.

If Jim Johnson lived on the west side of the Cascades, he would be one of the leaders.

If Herm Atkins weren't timid about running all of these crazy events, he'd be leading.

If Bill Glad stays healthy, he's got a lock on the first prize trip.

THESE ARE THE FIRST EIGHT RACE RESULTS:

January's 15-kilo: Devon Flynn, UW, 46:53; Kirk Spangler, UW, 46:57; Graham Barr, CNW, 47:07; Bill Stolp, UW/CNW, 47:15; Mark Anderson, Highline CC, 47:56.
February's Half-marathon: Bill Stolp, UW/CNW, 1:10:06; Graham Barr, CNW (remember the times don't mean anything for this race) 1:10:07; Devon Flynn, UW, 1:10:07; Bob Renouard, UW, 1:10:08; Dick Holloway, CNW, 1:10:24.
March's 20-kilo: Jim Johnson, CNW, 1:01:43; Graham Barr, CNW, 1:02:17; Bill Glad, CNW, 1:02:46; Dick Holloway, CNW, 1:04:29; Karl Weiser, CNW, 1:05:26.
April's Marathon: Bruce Shaw, BC, 2:32:11; Roy Prior, un., 2:34:03; Greg Adams, un., 2:36:20; Jim Pearson, Freedom Flower Runners, 2:38:00; Mark Winder, Seattle, 2:41:21.
May's Hour Run: Bill Stolp, UW/CNW, 11-1416; Don Kardong, CNW, 11-1255; Tim Murray, CNW, 11-893; Dick Holloway, CNW, 11-700; Bill Glad, CNW, 11-437.
June's 30-kilo: Bill McClement, CNW, 1:42:34; Bill Glad, CNW, 1:43:43; Matt Henderson, Tacoma, 1:45:41; David Hambly, Mercer Island, 1:47:14; Bill Stolp, UW/CNW, 1:49:27.
July's SUMMERUN: Herman Atkins, CNW, 21:46; Jim Johnson, CNW, 22:02; Mark Hallenbeck, UW/CNW, 22:17; Gary Gustafson, UW/CNW, 22:21; Graham Barr, CNW, 22:22.
August's 10-kilo: Mike Layman, CNW, 30:37; Bill Glad, CNW, 30:42; Bob Goiney, CNW, 30:51; Dan Winger, CNW, 30:59; Richard McCann, CNW, 31:33.



The leader (above) without winning a race is Bill Glad, Club Northwest 112; Dick Holloway, CNW, 107; Evan Shull, CNW, 106; Graham Barr, CNW, 105; David Hambly, un., 94; Bill Stolp, UW/CNW, 93 (only four races); Maurice Pratt, STC, 74; Paul Ladniak, CNW, 69; Matt Henderson, un., 69; Karl Weiser, CNW, 59; Gary Hocking, CNW, 55 (only eleven over 50 points).

THESE ARE THE REMAINING FOUR RACES:

September 5 - Red Brick Road Halfmarathon, Redmond, 9:30am, Marymoor Park check-in. NO DAY OF RACE ENTRIES. Race starts at 9:30am sharp.

October 8 - Fort Casey Cross-Country Invitational, on Whidbey Island; basically a team meet, entries thru Ken Foreman, Seattle Pacific Univ. 10-kilo, 11am.

November 26 - THE SEATTLE MARATHON, 11am, Seward Park and Lake Washington Boulevard; deadline 11-16 for entry, no day of race entries.

December 17 - 25-kilo run at Seward Park, 11am, day of race entries okay.

NEXT YEAR'S SERIES

We are already looking at the 1978 series of runs, and have decided to make a few changes.

There are two marathons, and that's one too many. We'll replace the Birch Bay Marathon with a road run which will start in conjunction with a track meet at Husky Stadium.

The 30-kilo is too long for June's usual weather, and the 15-kilo is too short for January. The obvious solution is to switch them. So we will.

The Summerun is not right for a series race. It is a fun run, pure and simple. And since the Hour Run in May is another bad timing idea, we'll move that latter event into July where most of the activity is and have another road run in May.

The April run will most likely be a 10-kilo, and the May run a 10-miler.

The remainder of the schedule looks okay.

Recapping 1978:

January - 30-kilo at Seward Park

February - halfmarathon at Mercer Island

March - 20-kilo in Monroe

April - 10-kilo at the University of Washington

May - 10-miler (got any ideas as to site/sponsor?)

June - 15-kilo at Juanita Beach

July - the hour runs

August - 10-kilo at Green Lake

September - halfmarathon at Redmond

October - 10-kilo cross-country at Fort Casey

November - THE SEATTLE MARATHON

December - 25-kilo at Seward Park

NEXT YEAR'S PRIZES

will definitely not be connected to the Bay-to-Breakers in San Francisco. The madhouse attitude of the people by the bay is too much for us to make that award to a serious racer. We'll give next year's (and possibly this year's) winners their choice of several events within a similar cost range.

nw distance scene

6

a tale of 24-hours

As a result of a vote taken at 7:30am on the morning of August 13, 1977, the next Club Northwest member to speak seriously of Club involvement in a twenty-four hour relay in the presence of Pat Tyson, Jim Johnson, Bob Skar, Mark Hallenbeck, Graham Barr, Don Kardong, Sam Ring, Herman Atkins, Gary Gustafson, or Arny Stonkus will be shot.

In the early summer, as a part of a massive fund-raising effort for Federal Way schools extra-curricular sports and activities, Bob Skar (manager of Sea-Tac Athlete's Foot) agreed to help organize a Club Northwest fund-raising twenty-four hour relay. That's one of those cute little alternating relay events, ten men each running a mile and waiting while the other nine run for their turn again.

After contacting Bill Roe, Club GM, it was decided to get the best ten we could and try for the American and World records. The American record, over 295 miles, was set in 1970 at the US Training Camp in Pullman, while the Blackheath Harriers of Great Britain hold the world mark at just over 298 miles.

The above mentioned ten were the finalists who made up the team which began running at noon on August 12, 1977, and were to run until noon the next day. If world marks were to be garnered, each man would have to run 30 miles during that time.

The conspiracy began with the day. It was the hottest day of the past twelve years - 97° and even more on the black rubber-asphalt track and astroturf of Federal Way's Stadium.

The conspiracy continued with the runners. Sam Ring developed achilles problems which have nagged him off and on over his career, and almost from the start was slower than the other nine. When he dropped out after finishing sixteen miles, he had still averaged 4:47.0, well under the needed average of 4:48.9 for the world mark.

But the next two casualties killed the chances of the CNW group for the record. And it wasn't the fact as much as the method they left the group.

Herman Atkins developed problems about the time that Sam dropped out. He ran his 18th mile at 5:15 and announced that he'd had it. Then he came back, realizing that all were still under 4:48 and it was more important to give the others rest by running, even slowly. His times then slowly dropped back down to 4:53 on his 22nd mile, before skying to a 5:07 on his 23rd and final mile. On the same lap, Gary Gustafson (who has just run his previous two miles over 5:00) developed a cramp while waiting in the exchange zone for Arny Stonkus. Nearly three minutes were melted away while working the problem out, and the cramp reoccured during the next interval, forcing Gary's departure.

Before the problems and dropouts, the Club had built a lead on the record pace of 4:48.9 of over twenty-four minutes. When Atkins and Gustafson dropped out at 223 miles, there were still over seventeen minutes built up. But Pat Tyson and Graham Barr were suffering, and Don Kardong looked a sure candidate to join them in agony. Arny had been fluctuating between poor and fair, while Bob Skar was feeling the effects of several fast miles

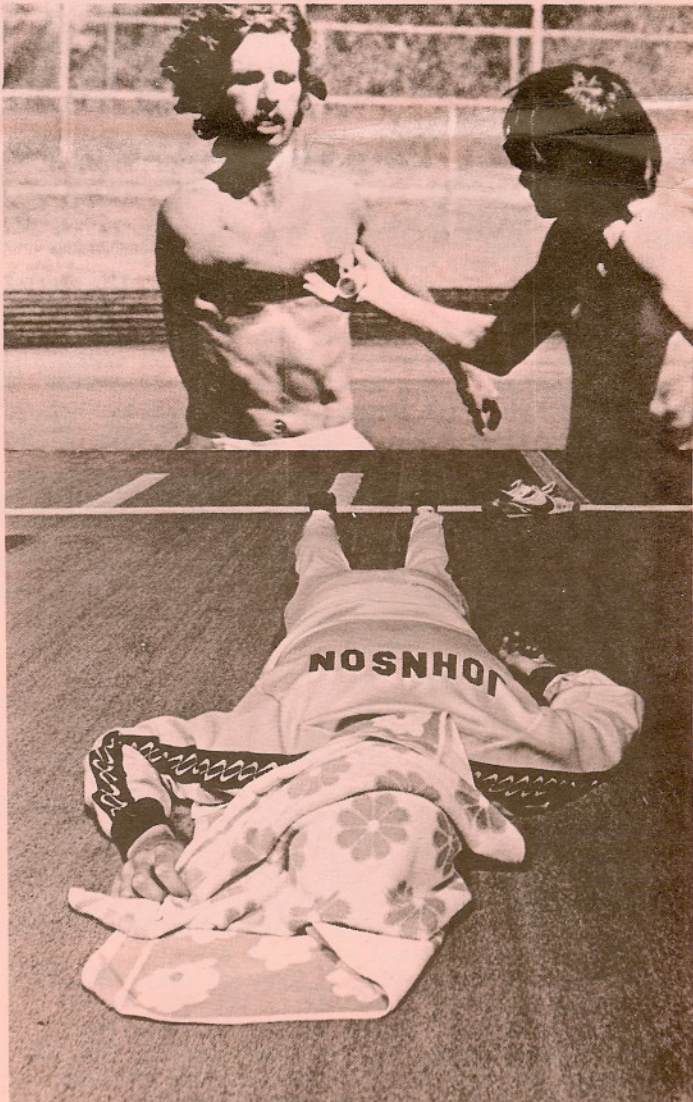
(one at 4:26.6, three others at 4:30 or under). It was just not to be, and the decision was made just after 7:00am to have everyone run one more effort, which would bring the effort to a close at 250 miles.

At the twelve hour point, the group had run 154 1/4 miles. The best average was Jim Johnson's phenomenal 4:39.6 (including a last mile of 4:39.2) for 27 miles. Even at the finish, over seven minutes were still built up on record pace. But it was not in the cards to chance destruction of a potential nationally-rated cross-country squad for a little-run relay record.

The final results of the Federal Way fund-raising effort were more positive. The schools will have their sports programs in the fall, and the relay was directly responsible for over \$4,000 in funds, including \$100 for the baton used and signed by the members.

"If we had it to do again, we know now what it takes to run a twenty-four hour relay," said Club GM Bill Roe. "It takes 100-mile-plus weeks along with a cooler track and atmosphere. We'd change the starting time a little as well as the time of year. That's the way we'd do it."

"But no one wants to."



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Everyone who completed the Summerun (or entered for that matter) received a copy of the results, so this will be only a short recap for those who didn't enter.

PLACES WITH TIMES

1. Herman Atkins, Jr. (Club NW)	M-0	21:46	69. John Lermusik (un.)	M-14	:13
2. Jim Johnson (Club NW)	M-0	22:02	70. Erick Lindbergh (un.)	M-0	:14
3. Mark Hallenbeck (UW/CNW)	M-0	22:17	71. Bob Fulton (Oregon State U.)	M-0	:17
4. Gary Gustafson (UW/CNW)	M-0	22:21	72. Jay Cooley (Shoreline HS)	M-14	:19
5. Graham Barr (Club NW)	M-0	22:22	73. Scott Keenan (un.)	M-0	:23
6. Bill Glad (Club NW)	M-0	22:25	74. Roger Hall (un.)	M-0	:26
7. Don Kardong (Club NW)	M-0	22:50	75. Chris Garrett-Petts (un.)	M-0	:35
8. Sam Ring (Club NW)	M-0	22:53	76. Jon Noll (un.)	M-30	:39
9. Dan Winger (Club NW)	M-0	22:56	77. Mark Mullen (un.)	M-0	:39
10. Tom Stacey (Club NW)	M-0	22:57	78. Paul Iacobazzi (un.)	M-0	:42
11. Bill McClement (UW/CNW)	M-0	23:12	79. Peter Spendelow (un.)	M-0	:43
12. Joe Stewart (Club NW)	M-0	:14	80. Leon Bombardier (un.)	M-0	:44
13. Louis Boudreaux (un.)	M-0	:17	81. John Sherrill (Club NW)	M-30	:45
14. Bob Goiney (Club NW)	M-0	:17	82. Bill Hanson (un.)	M-14	:47
15. Martin Osborne (Yale)	M-14	:20	83. Bruce Stinshoff (un.)	M-14	:48
16. Mark Picillo (U.Wash.)	M-0	:20	84. Darrell Lee (un.)	M-0	:50
17. Ken Bell (Club NW)	M-0	:23	85. Paul Glaze (un.)	M-0	:51
18. Joe Hurd (un.)	M-0	:25	86. Chris Hudson (Newport HS)	M-14	:52
19. Richard McCann (UPS/CNW)	M-0	:26	87. Hurley DeRoin (un.)	M-30	:52
20. Richard Holloway (Club NW)	M-0	:29	88. John Storbek (Club NW)	M-30	:52
21. Bob Renouard (UW/CNW)	M-0	:36	89. Debbie Quatier (SPU/FTC)	F-0	:53
22. Tom Charouhas (UW/CNW)	M-0	:38	90. David Smith (un.)	M-30	:53
23. Doug Rustad (un.)	M-30	:40	91. Greg Erwin (un.)	M-14	:53
24. Dave Bacher (un.)	M-0	:50	92. Gene Warner (un.)	M-14	:54
25. Tim Jordan (Club NW)	M-0	:55	93. Len Bone (Super Jock 'n Jill)	M-0	:54
26. Kirk Spangler (U.Wash.)	M-0	:57	94. Bill Dove (un.)	M-30	:54
27. Steve Jurich (Lynnwood HS)	M-14	:57	95. Paul Morris (Frank Pierce HS)	M-14	:55
28. Jeff Keeton (un.)	M-0	:59	96. Mike Clusserath (un.)	M-14	:55
29. David Harding (un.)	M-14	24:03	97. Steve VanWieringen (un.)	M-0	:55
30. Mike McGavick (UW/CNW)	M-0	:04	98. Greg Greer (un.)	M-14	:55
31. David Hamby (un.)	M-30	:07	99. Cliff Richards (un.)	M-14	:55
32. Morgan Edwards (un.)	M-30	:08	100. Mark Carlstrom (un.)	M-0	:56
33. Tom Garcia (U.Wash.)	M-14	:12	101. Steve Bottle (un.)	M-30	:58
34. Steve Kaestner (Shoreline HS)	M-14	:13	102. Tom Campbell (Maltby PCJS)	M-30	:59
35. Phil Codd (Club NW)	M-0	:15	103. Jay Strickland (un.)	M-14	26:00
36. Roy Prior (un.)	M-0	:16	104. John Urrutia (Club NW)	M-14	:01
37. Evan Shull (Club NW)	M-30	:20	105. Wayne Mitton (Snohomish TC)	M-30	:02
38. Terry Kelly (un.)	M-0	:25	106. Byron Cattell (un.)	M-40	:03
39. Dennis Stonehocker (Arizona)	M-0	:26	107. Bob McClement (Coupeville HS)	M-14	:04
40. Army Stonkius (UW/CNW)	M-0	:27	108. Gary Meier (un.)	M-0	:05
41. Paul Ladniak (Club NW)	M-30	:28	109. ((no record of this place))		:05
42. Dale Bradbury (SnohoTC/UW)	M-14	:29	110. Stan Chapin (un.)	M-0	:06
43. Ed Hopfner (Highline CC)	M-0	:30	111. Glynn Donahue (un.)	M-14	:06
44. Dwight Crocker (un.)	M-0	:30	112. Dan Spencer (un.)	M-14	:07
45. Bob Johnson (Snohomish TC)	M-0	:30	113. ((did not turn in card))		:08
46. Tom Morrison (Snohomish TC)	M-30	:34	114. Maurice Pratt (Snohomish TC)	M-40	:10
47. Greg Adams (un.)	M-0	:36	115. Scott Rusch (un.)	M-0	:11
48. Wes Hikida (un.)	M-14	:38	116. Orly Waller (Puyallup HS)	M-14	:13
49. Jim Phillips (un.)	M-14	:40	117. Alan Bonney (UW/Club NW)	M-30	26:14
50. Jeff Coulter (un.)	M-0	:44	118. Gale Decker (un.)	M-0	:15
51. Loyd Case, Jr. (un.)	M-0	:45	119. Ray Robertson (un.)	M-14	:16
52. Salie Mungia II (un.)	M-14	:47	120. John Hardtla (un.)	M-40	:17
53. Chuck Collins (un.)	M-0	:49	121. John Bell (un.)	M-0	:17
54. Jerry Maris (White River HS)	M-14	:50	122. Steve VanSwearingen (un.)	M-0	:17
55. George Naden (un.)	M-0	:53	123. Lee Alston (un.)	M-0	:19
56. Mark Winder (un.)	M-0	:53	124. Jeff Parietti (Stanford)	M-0	:20
57. Mike Haglund (un.)	M-14	:53	125. Charles Lindbergh (un.)	M-0	:22
58. Michael Hill (Baltimore)	M-0	24:53	126. Robert Richards (un.)	M-30	:24
59. Jim Campbell (Club NW)	M-0	:53	127. Roy Schuler (un.)	M-14	:27
60. Buddy Carmody (un.)	M-0	:54	128. Warren Wong (un.)	M-0	:28
61. Kelly Hanson (un.)	M-14	:55	129. John Adams (un.)	M-0	:29
62. Philip Walkden (Snohomish TC)	M-30	:56	130. Jimmie Hagler (un.)	M-0	:31
63. Gary Hocking (Club NW)	M-0	:59	131. Hugh Weber (un.)	M-40	:31
64. Daryl Schruhl (un.)	M-0	25:00	132. Jon Klinkman (un.)	M-14	:31
65. Mark Van (U.Wash.)	M-0	:06	133. Alan Mayer (un.)	M-0	:33
66. Bruce Cyra (un.)	M-14	:07	134. ((no record of this place))		:35
67. Ken Christen (West Valley TC)	M-0	:08	135. Lane Loland (un.)	M-14	:36
68. Scott Taylor (un.)	M-0	:12	(at this point, timing became impossible)		

TOP MEN'S OPEN PLACES

Well over fifty open men are included in the placing and timing list. No other divisional places will be provided.

TOP TWENTY MEN 30-39

Eighteen places are included in the above listing.

19. Dennis O'Hara (un.)	139th
20. Sid Fatten (un.)	141st

TOP TWENTY MEN 14-18

Over thirty places are reported in this division in the above listing.

TOP TEN MEN 40-49

Four are reported in the above listing.

5. Bernard Babbitt (Club NW)	233rd
6. Bob Burd (Snohomish TC)	237th
7. John Bodoia (un.)	252nd
8. Jack Moran (un.)	253rd
9. Andu Iaua (un.)	266th
10. Ben Grevstad (Snohomish TC)	315th

TOP TEN MEN 13-UNDER

1. Ed Clarke (Holy Smokes TC)	260th
2. Jeff Cowan (Maltby Perrinvi)	268th
3. Robert Cardoza (un.)	330th
4. Rowen Punsalan (un.)	360th
5. Darin Eyring (un.)	431st
6. Marty Griffith (Pt. Townsend)	452nd
7. Ed Scott (un.)	535th
8. Timothy Steen (un.)	652nd
9. Joseph Seabott Jr. (un.)	705th
10. Tom Pasic (un.)	755th

TOP TEN MEN 50-OVER

1. Norman Hansen (un.)	343rd
2. Frank Grey (un.)	464th
3. Bob Phelps (un.)	470th
4. Sam Mitsui (un.)	631st
5. Bill Burmester (Snohomish TC)	698th
6. Robert Maynard (un.)	803rd
7. Frank Robinson (un.)	969th
8. E. W. Lynch (un.)	983rd
9. Boyce Cannon (un.)	1011th
10. Homer Perkins (un.)	1197th

TOP TEN WOMEN OPEN

1. Debbie Quatier (Falcon TC)	89th
2. Rainey Roetman (CNW/UW)	152nd
3. Linda Knipher (un.)	277th
4. Laurel Miller (Falcon TC)	301st
5. Verri Kranda (un.)	321st
6. Pat Engberg (Falcon TC)	361st
7. Terrie Winney (Falcon TC)	364th
8. Dana DuCharme (un.)	383rd
9. Deborah Morgan (PLU)	453rd
10. Suellyn Olson (un.)	490th

TOP TEN WOMEN 30-OVER

1. Vicki Foltz (un.)	163rd
2. Jeanette DeSilva (un.)	236th
3. Jane Robinson (un.)	406th
4. Irene Lev (un.)	638th
5. Sonja Firing (Snohomish TC)	789th
6. Mary Miller (un.)	1071st
7. Judie Boman (un.)	1095th
8. Julie Stiles (un.)	1105th
9. Jody Borgersen (un.)	1166th
10. Lynn Sealey (un.)	1189th

TOP TEN WOMEN 14-18

1. Irene Griffith (Pt. Townsend)	143rd
2. Laurie Shansby (Cheetah TC)	271st
3. Vicki Meagher (un.)	328th
4. Sheri Rochel (un.)	424th
5. Kelly Warren (un.)	443rd
6. Margie Edwards (un.)	456th
7. Debbie Christensen (un.)	457th
8. Nancy Quatier (MPCJS)	514th
9. Nell Justice (un.)	700th
10. Brenda Reed (un.)	703rd

TOP FIVE GIRLS 13-UNDER

1. Ann Lynagh (un.)	1020th
2. Laurie Vickery (un.)	1139th
3. Robin Mather (un.)	1208th
4. Sharon Roberts (un.)	1255th
5. Jill Shaw (un.)	1275th

OLDEST FINISHER

Glenn Powell, 70-years old. No award to the youngest finisher.

THE RACING SCENE FOR THE NEXT MONTH

September

- 3 Lake Padden 3 & 10 Mile Runs, Lake Padden Park near Bellingham; \$3 entry, shirts to finishers; eight divisions, 11am start; Dick Henrie, 2810 Lyle St. Bellingham 98225 (206) 676-8247 or 6465
- 5 Labor Day Red Brick Road Halfmarathon, 9:30am at Marymoor Park near Redmond; \$2 entry, no day of race entries; Super Jock 'n Jill for info.
- 10 The Beside the Point Run, Three Tree Point near Burien (South Seattle); \$3 entry, to benefit Ruth School for girls; five mile loop on roads; late entry or day of race \$5; contact Bruce Blizard, Highline Times, 242-0100 for more info or entry form. Starts at 10am, Sylvester JHS.
- 11 Alpine Days Road Race, 7.25 miles over flat paved roads; eight divisions, trophies and ribbons; no entry fee, no pre-registration necessary, just show up before 10:45 by the North Bend Museum, North Bend (stoplight city).
- 17 Green Lake Relays and Biathlon; 10am start for the Biathlon, \$2 entry, enter day of race, several divisions; \$1 entry and 11am start for the Relay, teams of three runners each going around Green Lake once (no batons); ribbons and trophies for all. Call Super Jock 'n Jill for more information, as well as Club Northwest.
- 17 McChord AFB All-comers Runs, 3k and 10k, Holiday Park, McChord AFB, Tacoma, 10am; Craig Hatton, Steilacoom, information.
- 24 UW Varsity/Alumni Cross-country, Lower Woodland, 10am.
- 25 RUN AMERICA RUN - SEATTLE RACE - the first in a new series of races which will tie together the running programs of the US in a different way. See ad pages 28-29 for more information.
- 27 PNAC Meeting, Dean Ingram's house, 6pm; must call 623-1920 and let Dean know you are coming; call before the 27th - give him some time to prepare for the mob.

RESULTS

THE GREAT AMERICAN FOOTRACE: August 28, 1977, at 11am sponsored by Club Northwest, Bellevue Boys/Girls Club, and Bellevue Journal/American; 6.1 miles, hilly, some flat; 312 entrants, 286 finishers.

- 1. Gary Gustafson, Club NW/Univ. Washington, 30:03;
- 2. Bob Goiney, Club NW, 30:41; 3. Dave Bacher, un. from Bellevue, 30:56; 4. Tom Charouhas, UW, 31:00; 5. Roy Prior, un. from Bellevue, 31:47; 6. Army Stonkus, Club NW/UW, 32:13; 7. Tom Garcia, UW, 32:16; 8. Greg Gibson, CNW, 32:37; 9. Bill Hanson, Bellevue HS, 32:59; 10. Roger Hall, un., 33:26.

DIVISION WINNERS:

- M-OPEN: Gustafson, Goiney, Bacher, Charouhas, Prior.
- M-30-39: Albert VanTroba, David Morris, Ken Neville, James Utt, Allyn Schwinkendorf.
- M-40-49: Jack Moran, Bob Burd, Jon Bryan.
- M-50-over: Ray Deland, Sam Mitsui, Bruce Greene.
- B-14-18: Garcia, Hanson, David Barnett, Tom O'Hara, Terry Hodge.
- B-13-under: Gerry Doyle, Ed Scott, Rob Nollan.
- W-OPEN: Carol Whipple, BCC, 38:54; Linda Irwin, SPU, 38:54; Alice Kelly, UW, 40:02; Robin Grieve-Jenkinson, un., 43:36; Terri Ruthruff, un., 44:12.
- W-30-over: Judy Groombridge, 41:56, Faye Haas, Doris Schwinkendorf.
- G-14-18: Lisa Mitchell, Gliders, and Linda Mitchell, Gliders, 42:48, with Linda Jacobson in third.
- G-13-under: Elizabeth Nark, no others.

PNAC 10-KILO RUN: August 20, 1977, a flat 10-k around Green Lake in North Seattle; 11am, a series race (see page 5). 71 starters, 69 finishers.

Other than being the series race of the month, there wasn't much of an attraction to this event this year, what with the furious activity of the previous weeks and the multitude of small races on this date as well. Mike Layman, who is a medical student from Montana and will attend the University of Washington, was the newest addition to the Club Northwest group and the winner narrowly over Bill Glad.

- 1. Mike Layman, CNW, 30:37; 2. Bill Glad, CNW, 30:42;
- 3. Bob Goiney, CNW, 30:51; 4. Dan Winger, CNW, 30:59;
- 5. Rich McCann, CNW, 31:33; 6. Dick Holloway, CNW, 32:04; 7. Evan Shull, CNW, 32:18; 8. Army Stonkus, CNW/UW, 32:18; 9. Tom Morrison, STC, 33:21; 10. John Lermusik, Ingraham, 33:45; 11. Wayne Mitton, STC, 33:46; 12. Gary Hocking, CNW, 33:59; 13. Maurice Pratt, STC, 34:22; 14. Robt. Steiner, CNW, 35:24; 15. Paul Merca, Quaker TC, 35:30; 16. Hal Michael, CNW, 35:40; 17. Bill Butler, STC, 35:43; 18. Ed Johnston, un., 35:52; 19. Dave Morris, STC, 36:32; 20. Jack Moran, un. 36:45.

DIVISIONS: M-OPEN: 1-2-3-4-5

- M-30-39: 7-9-11-13-19 M-40-49: Pratt; Moran; Bob Burd. M-50-over: Robert Phelps, UWRC; Paul Rygg.
- M-14-18: Lermusik; Merca; Robert Wells, Edmonds; John Mudge, Edmonds; Chris Jurich, Lynnwood.
- M-13-under: Heath Spencer, un., only one.

WOMEN: (four entries only, to be expected after the Sportswest run the week before): Nancy Leimbacher, Lynn Magnuson, Kathleen Huntington, Eureka Mothershed; all women in open division.

FORT WARD: TO WINSLOW FOOTRACE

July 4, 1977/sunny and warm/5.8 miles mostly uphill with many runners running out of puff/334 finishers

Bill Stolp of Club Northwest added to his string of victories in the road race series with a triumph over the terrain in 29:30. This ties the record set last year by Bill Glad. Earl Ellis continues to show amazing distance running ability winning the 40-49 division in 31:59. Capturing the women's title was Club Northwest's Rainey Roetman, running a 37:18 effort. Orvil and his crew should be commended on their finish line efforts as the results of the race were available in short time. The finish board allowed everyone to note their time and place before leaving the race.

One of the interesting winners of a fun award was that for first Father/Son to finish. The winners the last two years, Sam Clarke Jr. and his son Michael, were upset by a new team of Bryon and Michael Cattell. The Cattell's combined time of 74:32 was only 73 seconds better than that of the Clarkes. Perhaps '78 will see these two excellent teams run it out again.

A suggestion has been made to make this an afternoon race starting at 3:30 and finishing in mid-town. The advantages would be a cooler sun, more time to get to Ft. Ward, and, with the crowd thinning out, a chance to finish where the spectators are. Anyone

having strong feelings on this suggestion, either way, call Bill Roe (325-3167) or Orvil Driver (842-5365).

WOMEN (29 & Under)

1. Rainey Roetman(19) 37:18, 2. Bonnie Tuller(17) 39:34, 3. Kelly Redman(19) 39:57, 4. Vicki Meagher(18) 41:11, 5. Jennifer Reed(20) 41:31

WOMEN (30 & Over)

1. Kathryn Nancy(32) 46:46, 2. Susan Roberts(36) 49:06, 3. Linda Bush(31) 49:35, 4. Jacqueline Hall(33) 49:42, 5. Marilyn Dunn(33) 50:20

MEN (6-14) Hull

1. Bill(14) 35:54, 2. Ed Clarke(12) 37:03, 3. Jeff Cowan(14) 37:03, 4. Brian Blue(13) 40:58, 5. Rowen Punsalan(13) 41:50

MEN (15-19)

1. Bill Stolp(19) 29:30, 2. Clancy Devery(17) 31:45, 3. Martin Osborne(18) 32:47, 4. Mark Stensland(18) 33:00, 5. Leo Cerney(17) 33:42

MEN (20-24)

1. Mark Hollenbeck(20) 29:37, 2. Graham Barr(23) 29:54, 3. Dan Winger(24) 30:32, 4. Gary Gustafson(20) 30:32, 5. Bill Glad(22) 30:33

MEN (25-29)

1. Guy Renfro(29) 32:50, 2. Kim Micklesen(25) 32:54, 3. Richard Heald(27) 34:20, 4. Peter Thompson(29) 34:40, 5. John Michael(27) 35:14

MEN (30-39)

1. Tom Morrison(33) 32:20, 2. Gary Hocking(32) 32:34, 3. Morgan Edwards(30) 32:37, 4. Wayne Mitton(31) 33:22, 5. Jacques Pittet(31) 33:26

MEN (40-49)

1. Earl Ellis(41) 31:59, 2. Roy Burt(40) 34:31, 3. Maurice Pratt(40) 34:38, 4. Bryon Cattell(44) 34:45, 5. Neil Riebe(41) 35:55

MEN (50 & Over)

1. Frank Grey(56) 38:50, 2. Norm Bright(67) 39:02, 3. Sam Mitsui(50) 40:38, 4. Charles Pickering(53) 45:00, Paul Rygg(53) 45:54

SEATTLE WOMEN'S 10,000 METER RUN

August 13, 1977/6.2miles/Green Lake/989 starters and 705 finishers/ 68' temp

The women came out in droves for this second-of-its-kind women's only run in the USA, and leading the pack at the finish line was 18-year-old sophomore, Kathy Mills, from Penn State. Terri Anderson Of Athletes in Action captured second while current 10K record holder Peg Neppel of Iowa State(32:14) placed third. On June 4th in the Bonnie Bell Mini-Marathon in New York, Neppel had beaten Mills 34:16 to 34:35 over a hilly course. Debbie Quatier of the Falcon Track Club was the top local finisher, fourth, in the event which was dedicated to Seattle's Doris Brown Heritage for her pioneering contributions to women's distance running. Two other local distance veterans, Sue Rossiter and Vicki Foltz, easily captured titles in their age groups. The younger women were equally as impressive as their older counterparts. Lauri Shansby (Cheetahs), a soph at Shorecrest High, placed 15th in 38:52 and looks to be a state title contender in the fall cross country season. The Mullin sisters(Julie, Teri, Lisa) from

the Spartan TC in Oregon came sweeping across the line in 13th, 17th, and 29th places. Not new to the distance running scene, however, Julie(age 10) ran 2:58:01 in the Trail's End Marathon last February while sister Lisa(age 12) ran 3:12:57. Julie's time is an age-group worlds' record. SportsWest and Pay N Save are to be commended for sponsoring such a race: most of the competitors hoping that this will become annual competition. Al Bonney, Bob Cary, and the CNW crew are to be applauded for their tremendous efforts in administering the meet in superb fashion. After all the women had crossed the finish line and spent a day or two recovering from their racing efforts, most felt that this was the race and meeting place that finally got women's distance running off the ground for Seattle and the suburbs.

Open Division

1. Kathy Mills 34:13, 2. Terri Anderson 35:00, 3. Peg Neppel 35:11, 4. Debbie Quatier(FTC) 35:46, 5. Katy Schilly(Iowa) 35:49, 6. Carol Fridley 35:49, 7. Carol Cook 36:06, 8. Lynn Lashley 36:10, 9. Rainey Roetman(CNW & UW) 36:46

10 & Under

1. Julie Mullin 38:32, 2. Kristi Ewing 41:12, 3. Carmen Armstrong 42:32, 4. Natalie Roni 48:54, 5. Kathy Gibson 50:32, 6. Michelle Thatcher 54:05, 7. Heidi Schaffenberg 54:13, 8. Julie Johnston 54:58, 9. Angi Goebel 55:02, 10. Laurie Vickery 57:00

11-14

1. Teri Mullin 39:02, 2. Pam Vasey 39:27, 3. Lisa Mullin 40:39, 4. Kari Jonassen 40:53, 5. Katie Frahm 40:53, 6. Kathleen Knowlton 41:28, 7. Debbie Koffel 42:49, 8. Leanne Buckley 43:18, 9. Linda Jacobsen 43:28, 10. Karen Gibson 44:37

15-24

1. Heather Tolford 36:23, 2. Charlene Marino 38:48, 3. Lauri Shansby 38:52, 4. Tina Blizzard 38:53, 5. Debbie O'Connor 39:26, 6. Linda Irwin 39:45, 7. Krri Kranda 39:57, 8. Kelly Warren 40:01, 10. Gail MacKean 40:06

25-30

1. Sue Rossiter 38:19, 2. Jane Robinson 39:06, 3. Meg Gordon 39:45, 4. Kathy Van Veen 40:38, 5. Robin Bondy 40:50, 6. Janet Heinomen 41:02, 7. Jennifer Stewart 41:20, 8. Sharon Smith 41:28, 9. Nancy Church 42:20, 10. Robin Grieve 42:36

31-39

1. Vicki Foltz 35:58, 2. Helen Spiegelman 39:19, 3. Marilyn Paul 40:54, 4. Sally Friedland 42:54, 5. Judy Groombridge 43:04, 6. Sonja Firing 43:08, 7. Anne Trygstad 43:34, 8. Faye Haas 44:12, 9. Dee McQuesten 44:20, 10. Jeanne Jackson 44:52

40 & Over

1. Jerry Peterson 41:53, 2. Karen Tate 47:30, 3. Tamaki Mitsui 48:56, 4. Eleanor McElroy 51:05, 5. Julie Harme 53:09, 6. Valerie Hanna 54:12, 7. Nola Brunn 54:32, 8. Sally Davis 55:36, 9. Arlene Meissner 55:57, 10. Helen Shaw 57:11

Jog-A-Thon Joins Bike-A-Thon

Portland joggers are invited to participate in this year's statewide bike-a-thon on behalf of the Oregon Diabetes Association on Sunday, September 25.

The route is being designed by the YMCA and will start at Duniway Park with checkpoints on the Terwilliger bike path. Route maps and brochures will be available at the YMCA, athletic stores, and park bureaus at a later date.

By governor's proclamation the fourth Sunday in September has been established as Diabetes Bike-A-Thon Sunday. Last year many joggers participated in several routes which led to the decision this year of one route designed for joggers only.

Bike-A-Thon routes in Portland will be in the southeast and northeast. Other metropolitan routes have been designed in Milwaukie, Gresham, Beaverton and Lake Oswego. Other cities already committed are: Salem, Corvallis, Eugene, Newberg, McMinnville, Roseburg, Grants Pass, Medford, Klamath Falls, and La Grande with others still in the formative stages.

Diabetes ranks as the third largest killer and affects well over 100,000 Oregonians. All monies raised go to support the goals of the Diabetes Association which are three-fold: research for a cure; patient and professional education; public education and detection.

The bike-a-thon is cosponsored by the Oregon Jaycees and McDonald's Family Restaurants.



ISLAND MARATHON TO CHANGE FORMAT

The ORRC Island Marathon will take on an entirely new look next November.

Leo Sherry, race director, reports that the new race headquarters will be at the University of Portland.

The course, formerly contained entirely on Sauvie Island, is in the process of being redesigned in the St. John's area. Runners will have the athletic facilities of the University at their disposal.

A dinner is planned at which the awards presentation will be made.

A map of the course and other marathon details will be available shortly.

BON VOYAGE TRAVEL SERVICE
THE BON MARCHE SOUTHCENTER
SEATTLE, WASHINGTON 98108

RUNNERS (and friends) TRAVEL to
HONOLULU MARATHON "Running in Paradise"



COST: \$389.00 per person (based on two persons sharing room, reduced rate for children sharing room with parents and triple rooms) Deposit \$50.00 per person, final payment 45 days before departure. Cancellation fee \$10.00 per person until Nov. 1, after Nov. 1 \$10.00 plus expenses required by hotel

INCLUDED: Round-trip economy class airfare from Seattle, lei greeting, round trip transfers between airport and hotel, 7 nights accommodations at Moana Hotel including tax and baggage handling, sightseeing as described above or 1 day car rental may be substituted, unlimited mileage, you buy gas (based on 2 people sharing car)

NOTE: Registration fee for race not included. Modifications in travel available. Additional islands may be added.

FOR RESERVATIONS OR INFORMATION CALL:

BON VOYAGE TRAVEL (206)246-5960

SUPER JOCK N JILL (206)522-7711

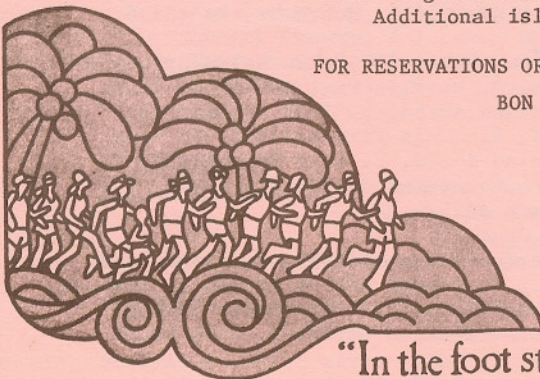
Wed. Dec. 7 Leave Seattle

Sun, Dec. 11

5th Annual
Honolulu Marathon

Wed. Dec. 14

Leave Honolulu
Arrive Seattle



"In the foot steps of the Kings' Runners"

Favorite Road Runs:

THE WILDWOOD TRAIL

By Lionel Fisher

It has to be one of the prettiest 17-mile runs in the Northwest. Which makes it one of the most scenic anywhere. And if you live in or around Portland, it's a shame if you don't avail yourself of it periodically.

The Wildwood Trail. You can run it from the Western Forestry Center to Saltzman Road — a distance of 17 picturesque miles — and even a mile and a half beyond Saltzman, if you wish, to where the trail finally dwindles into wilderness in the heart of Forest Park.

From the junction of Wildwood Trail and Saltzman Road it's perhaps two and a half miles down Saltzman to St. Helens Road where, hopefully, you've arranged for a vehicle to be waiting to transport you back to the Forestry Center.

There are many variations to the full Wildwood Trail run, of course. The above route from the Forestry Center to Saltzman Road to St. Helens Road measures about 19½ miles. If you care to explore Wildwood beyond Saltzman to where it ends in the forest, then double back, the extra three miles would make it a 22½-mile outing.

Should you wish to shorten the run somewhat, there's a point on the trail just before you reach fire lane #3 where Wildwood intersects with Maple Trail. Here you can bear right onto Maple (although the sign also says "Wildwood Trail") and follow it to where it crosses Saltzman approximately a mile and a half above St. Helens Road. This route will provide you with 15½ miles from the Forestry Center to Saltzman Road and the additional mile and a half on Saltzman to St. Helens Road, for a total of 17 miles.

Also, there are many other access areas onto Wildwood from which you can begin and end your run. Should you wish to explore the trail on your own, you can pick up a free map of Forest Park from Portland's Bureau of Parks and Recreation or the Chamber of Commerce.

If you'd like some company and a tour guide, try calling Ken Weidkamp or Bill Gorman, both of whom count the Wildwood Trail as one of their favorite runs. Each has gone the full distance four or five times this year, leading parties of from five to twelve runners. Other Oregon Road Runners who have long frequented Forest Park and know it well, according to Ken, are Richard Goodhead, John Helmer, Gino Pieretti and Dick Forbes.

The trail runs led by Weidkamp and Gorman have departed from the Forestry Center promptly at 7:00 a.m., usually on Saturdays but occasionally on a Sunday. Some who have joined them in recent months are Wes Christianson, Bill Elliott, Jack Schmeer, Lionel Fisher, Jim McDevitt, Bob Heldfond, Leonard Lee, Jane Underhill, Lou Lauman, Leslie Hillman, Dave Crowe and John Shaw.

It's taken them approximately two and a half hours to complete the distance at a pace Ken estimates to average out at 8½-minute miles. The condition of the trail, of course, helps determine both the length of the run and its enjoyment quotient. It can be dry and fast or wet and sloppy, but either way it adds up to a visually and emotionally fulfilling experience.

"For the most part it's a very safe trail," is Ken's evaluation, "with acceptable grades for both joggers and runners. There are sections approaching Pittock from the Forestry Center and further along where one occasionally wishes the upward pull would end. But, for the most part, it's an undulating course with a suitable trail width that allows runners to negotiate most of the distance shoulder to shoulder."

For obvious reasons, the best seasons on the trail are summer, autumn and fall — all forthcoming.

So run Wildwood! Where else can you traverse 17 miles of rain forest and restore your soul while you indulge your body? What a loss to have it in our midst and not enjoy it fully.

Spotlight on

DOUG CRICHTON

In 1973, four short years ago, *The Oregon Distance Runner* consisted of a few sheets of mimeographed paper stapled together and dropped in the mail. ORRC membership was small (35 members) but growing. The club needed a stronger, more professional publication.

It was at this time that Doug Crichton took over the ODR, every phase of it, from writing to stamp licking. He was editor, production supervisor and advertising manager. He spent countless hours running down race results, tabulating them, typing the entire issue (with the help of girlfriend Cathy Thomas, now Mrs. Crichton) and finally collating and stapling with the help of volunteer ORRCers.

Doug's enthusiasm and talent for communicating were infectious. Membership blossomed. He put the ODR on its running feet.

Doug tackled long distance running with the same intensity and tenacity that he approached everything else. He prepared for marathons by running what his fellow-runners regarded as enormous mileage. As his running increased, his weight diminished (he started at 190 pounds, now weighs 145).

In January 1974, Doug broke the 3-hour barrier, running the NIKE marathon in Eugene in 2:58.

Then disaster struck.

Doug, an army reserve officer, was training at Fort Bragg with a 7-man army team destined for Boston. A bizarre injury left him with a fractured foot and torn ligaments.

Operations followed, and the bleak prediction that he would never run again. Even walking was difficult.

Doug turned to swimming. He not only swam; he organized a Masters Swimming program at the Multnomah Athletic Club. His swimming feats and promotional activities have become legendary.

During this recuperative period, Doug was organizing the largest runs the NIAC had ever held, directing the annual ORRC Council Crest Hill run and serving as announcer for the Sauvie Island Marathon. In addition, as captain in the 451st Civil Affairs Army Reserve Unit, he was handling officer recruiting and public information duties. This included editorship of the BUGLE, Army Reserve publication.

Doug's day by day occupation is that of manufacturers' representative for office supplies and furniture throughout Oregon, Washington, Idaho and Alaska. A journalism graduate from the University of Oregon in 1969, Doug is now 29.

Slowly, the injured foot improved and limited jogging became part of Doug's comeback training. By January 1, 1977, he was able to run the ORRC Hangover Handicap in 1:06:23. It had been a long road back. Persistence and a fighting spirit had paid off.

On the wall in Doug and Cathy's home hangs a plaque with this inscription:

"All things cometh to him who waiteth,
so long as he who waiteth, worketh
like hell while he waiteth."

That just about sums up Doug's philosophy. The waiting is over. The future looks bright. His eye is on the next Sauvie Island Marathon in November. And this time Doug will be running, not announcing.

Oregon news this month reprinted from

The Oregon



DISTANCE RUNNER

The Oregon Distance Runner is published quarterly by the Oregon Road Runners Club, 14230 S.W. Derby Street, Beaverton, Oregon 97005, and is mailed free to all club members. Publication dates are: January 1, April 1, July 1, and October 1.

inland empire news 12

NEWS...

The Inland Empire will host the Region XII Junior Olympics Cross-country meet in the Wenatchee area on November 27. Oregon will not field representation because the national meet is in their association and they qualify a team outright. The PNA and IEAAU got together and decided to find a central location to both. Wenatchee won.

SCHEDULE OF INLAND EMPIRE EVENTS

September 4 - Liberty Lake Biathlon, 3-mile run and 1/2-mile swim, 11am, \$2, Ken Hendrix, So. 1621 McDonald, Opportunity, 99216.

September 10 - Heart Marathon and 10-miler, Spokane, Ed Rockwell, 1107 W.33rd, Spokane 99203.

September 24 - Kalispell Marathon, Kalispell JHS, 1:30pm out and back not certified, Cliff Collins, 45 E. Wyoming Kalispell, 59901.

November 5 - Northwest Collegiate Women's Cross-country meet, Whitworth College, Spokane.

October 29 - Club Northwest East vs West Dual Meet over the 10-kilo Hangman Valley NCAA Course; 11am.

November 19 - Cheney Marathon

November 21 - NCAA Cross-country, Spokane

RACE INFORMATION FOR ALL EVENTS AVAILABLE AT THE HUMAN RACE, WEST 605 FIRST, SECOND CITY, SPOKANE (838-8092)

KRAZE DAZE INTERSTATE RUN: 9.25 miles between Moscow and Pullman; 135 regis/127 finishers. Aug.6.

OVERALL:

1. Sam Williams, Pullman (third consecutive victory; breaks own record), 48:17; Derek Shirley, Lewiston, 48:43; Gary Walton, Pullman, 48:51; Paul Johnson, Pullman, 49:17; Doug Jacobson, Pullman, 51:11; Bob Mott, Moscow, 53:56; Gary Bryan, Pullman, 54:04; George Woodbury, Missoula, 55:04; Brad Harris, Moscow, 55:07; Joe Frank, Richland, 55:19.

DIVISIONS:

M-OPEN: Johnson, Jacobson, Mott, (13) Vince Obersinner, Moscow, 58:21; (14) Michael Gulfoil, Pullman, 59:07.

M 30-OVER: Williams, Walton, Bryan, Woodbury, Frank;

M 14-18: Shirley, Harris, (44) Shawn Jacobson, Pullman, 64:19; (76) Chris Mulligan, Pullman, 69:26; Jeffrey Anderson, Pullman, 75:08.

WOMEN: Carolyn Woodbury, Missoula, 78:32; Mary Haskins, Pullman, 80:02; Joelle Johnston, Pullman, 80:26

Next year's date: August 5.

CHENEY INVITATIONAL TRACK MEET: July 16, Eastern Wash. State College, Cheney; all day. Track rubber-asphalt with temp in 80's and gusty headwinds (strong enough to break the wind gauge).

Some of the especially good marks and performances: Rich Olsen, NW Kiwanis, 54-1 in shot, 187-5 in disc (latter a national record)

Harry Kooznetsoff, TT&F, 217-5 in open javelin

Rick Bartlett, MUSA, 48.8 in 440, closely followed by Steve Kiesel, CTC, in 49.0

Robert Gent, 30-over, set marks in Long jump, Discus, and 120-hurdles (18-5, 133-6, and 18.2)

Ed Rockwell, 40-over, set records in 880, Mile, 2-mile, and 6-mile (2:26, 5:01, 10:53, 33:51.)

Jeanie Kinney, BFTC, 42-7 in 8# shot.

Shawn Beeman, 9-under, won Long jump (14-2 1/2), 100 (13.5), and 220 (31.2).

WE ARE HAPPY to print meet results, but would appreciate the meet director's starring the good performances or even writing up a little capsule report for us.

CLUB NORTHWEST EASTERN NEWS

We had a meeting the evening of July 31 at Don Kardong's house. The notice was too short for many members to make adequate plans to attend, but Rick Riley, Don, Dick Moody, Keith Thomas, and Bill Roe had a good discussion about the future of CNW in eastern Washington.

Communications, because of the long distances involved with having the western people try to run everything, was the main concern. It was decided that The Human Race would be the Club headquarters and information center on the east side, with Don and Rick gathering entry forms and the like for members' use.

So, if you are a CNW member and want to get into an event, contact Don or Rick at the store (see ad). If they don't have the entry information, they'll attempt to get it. The general public will also be able to make use of this service for open races.

...the East/West cross-country dual looks to be a good one if we can get everyone committed to the race. The matchups are fairly even with Don, Jim Johnson, Rick, Ken Bell, and Bruce Thornton on the east (they'll be fresh and altitude trained too) and Herman Atkins, Sam Ring, Graham Barr, Pat Tyson, Tim Murray, Bob Maplestone, and others on the west. The numbers advantage rests with the west, but the east can place just as high with fewer numbers.

MAKE SURE... you all read the regular Club Northwest news section of the nor'wester as well as this eastern section. The announcements of a general Club nature, plus what's happen'n' on the west side will be always on that page, plus maybe one or two key items of interest.

THIS EASTERN SECTION

This new Inland Empire News section of the nor'wester can, with your help, be the best information source you'll get.

There are over fifty people on the east side of the Cascades who have been regular receivers of the nor'wester since its inception. It only takes a minute or two of your time, and that will grow as we provide more and more information.

Putting on an event? Then phoning Rick and Don should be your first order of business - even before getting a sanction. They can tell you what's going on elsewhere that might conflict with your event.

Want to be in an event? Once meet directors learn that they can increase their entry rosters in whatever way they want (quality, quantity, or both) by getting the information to Rick and Don at the Human Race, they'll be happy to forward it. So call there.

It shouldn't be necessary to send anything to Club Northwest on the west side. We'll get the information each month from Rick, as he will be acting as our east side editor.

Rest assured that the inland empire area will get as much space as there is activity to report, and we'll find the room to print everything we can.

FIRST ANNUAL AUTUMN LEAF FESTIVAL 3 & 10 MILE RUNS

SPONSORED BY.....WENATCHEE Y M C A

AWARDS....TROPHIES FOR FIRST RIBBONS FOR 2ND THRU 4TH

DATE & TIME.....SATURDAY SEPT 24, 1977 9AM START, 8AM REGISTRATION

ENTRY FEE.....\$2.00 PRE-ENTRY, \$3.00 DAY OF RACE

LOCATION.....START AND FINISH IN THE CENTER OF BEAUTIFUL LEAVENWORTH

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OPEN, HIGH SCHOOL, JR HIGH(7TH THRU 9TH), GRADE SCHOOL,
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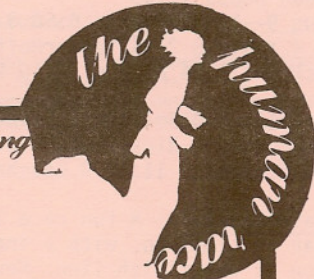
I DO HEREBY, FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE AND RELEASE FOREVER THE AUTUMN LEAF FESTIVAL COMMITTEE, YMCA, AND ALL SPONSORS OR CO-SPONSORS OR INDIVIDUALS FROM RESPONSIBILITY FOR ANY INJURIES OR DAMAGES I MAY SUFFER AS A RESULT OF MY PARTICIPATION IN OR TRAVEL TO OR FROM THIS EVENT. I HAVE READ THE ENTRY INFORMATION AND CERTIFY MY COMPLIANCE BY SIGNATURE BELOW.

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SEATTLE, 98115
206-522-7711

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DI BO, RUDOW OFF TO ENGLAND!

The Lugano Cup, race walking's world championship event, will see strong PNA representation, as Steve DiBernardo goes as a competitor at the 20-kilometer distance, and Martin Rudow goes as team manager.

The events will be contested the weekend of September 24-25, and representation from the top walking countries will be strong. DiBo will take on no less than Olympic Gold Medalist Daniel Bautista of Mexico and sprint-record shatterer Reimo Salonen of Finland, among others.

We came within two minutes of having a third representative from the PNA, as Bob Rosencrantz just missed making the 50 kilometer four-man team at the National Championship last month.

Seattle residents may remember the National 20 km we hosted at Greenlake last June. The 20 km Lugano Cup team will be comprised of six men who walked here: Todd Scully, Jim Heiring, DiBo, and Neil Pyke at 20km; Dan O'Connor and Tom Dooley at 50.

RACE RESULTS

All-Comers: A late-season surge in entries brightened the All-Comers picture considerably this Summer. Age-groupers as well as 'old' vets combined to fill out some very respectable fields. When he was there, Steve DiBernardo won as he pleased. In his absence, Martin Rudow cleaned up but failed in his bid to break 7:00 for the standard mile distance.

July 26--1.Rudow 7:01.7 other results next issue

Aug 2--1.Rudow 7:01.2 2.Doug VerMeer 7:50 3.Ed Glander 7:56 4.Paul Kaald 8:17 5.Ann VanderHoff 9:04 6.Dean Ingram 9:07 7. Linda Tenneson 10:21 8.Greg Lewis 10:58 9.Wendy Stone 11:05 10. Bitsy McKee 11:06 11. Kristin Hickman 11:09 12. Greg Lane 11:15 13.Tim Gaughan 11:16 14.Sean Hopps 11:40

Aug 9--1.DiBernardo 6:58.3 2.Glander 7:48 3.VerMeer 8:02 4.Kaald 8:27 5.VanderHoff 8:57 6.Tenneson 10:23 7.Hickman 11:24 8.Lane 11:40 9.Gaughan 12:20 10. ? 12:26

Aug 16--1.DiBo 6:52 2.Evan Shull 7:31 3.Glander 7:57 4.Kaald 8:20 5.Rick Lewis 9:24 6.McKee 10:44 7.G.Lewis 10:50 8.Hickman 11:01 9.Gaughan 12:59

Seafair Run/Walk: A fun race to be in, but meaningless as far as times go, with an inaccurate course and confusion at the finish line. Martin Rudow was about 1300th out of 2100 entrants, and first walker. Next was Phil Millard, then Ed Glander, AnnVanderHoff, and Dean Ingram. It's amazing how many runners even a so-so walker (like your editor) can beat in a race of this type.

Wash-BC Invitational: Special walks were held as part of this annual meet. In the open two-mile, Bob Rosencrantz, just back from Israel, won rather easily over an injured Phil Millard. Claude Wrathall made one of his infrequent appearances and walked very well. 1.Rosey 15:16 2.Millard 16:19 3.Wrathall 17:23 4.Paul Kaald 17:50 5.Dean Ingram 19:40 DQ-Evan Shull

The women's two mile saw Ann VanderHoff win as expected, but with competition for a change. Looks like this branch of race walking is enjoying a interest explosion in the PNA 1.VanderHoff 19:23 2.Martha Neville 22:22 DNF-Joanne Landakers

In the accompanying age-group mile, we saw several good efforts as styles continue to improve radically race-by-race. 1.Rick Lewis 9:13 2.Karen Jones 9:46 (1st 12-13W) 3.Linda Tenneson 10:09 (2nd 12-13W) 4.Greg Lew-

is 10:38 (1st 12-13M) 5.Wendy Stone 10:42 (1st 10-11W) 6.Kristin Hickman 11:05 (1st 8-9W) 7.Megan Eggers 11:16 (2nd 10-11W) 8.Greg Lane 11:27 (1st 8-9M) 9.Tim Gaughan (2nd 8-9M) 10.Shaun Hopps 12:24 (2nd 8-9M)

All races were held in hot weather on the UW track. Martin Rudow judged.

ROSEY TRIUMPHS AT MACCABIAH GAMES 3000 M WALK!

Tel-Aviv, Israel, July 17. Seattle's Bob Rosencrantz overcame a stiff challenge by two-time Olympian Shaul Ladany of Israel to win the Maccabiah Games 3000-meter walk today.

For Rosey, it was a very satisfying victory and his best sprint performance to date. He narrowly missed the meet record of 13:42 and speculated that he may have been able to get it if kept informed of his lap times.

A few days later, Rosey again faced Ladany, this time in a 50km event which reportedly went off in 100degree-plus conditions. Trying to keep pace with the veteran Ladany proved to be too much for Rosey, and he was forced to drop out of the race, the first time he has ever quit a '50'.

Rosey's time in the 3000m was 13:45.4.

SCHEDULE

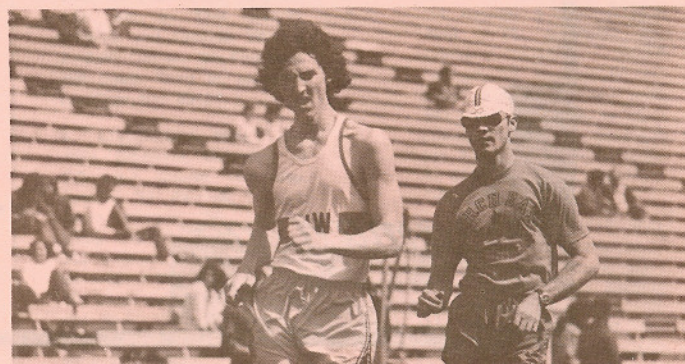
Sept. 10 or 11--North Bend 'Alpine Days' Run/Walk. Seven miles around the town of North Bend. Trophies for the 1st man & woman finisher, ribbons to the rest. Call Dean Ingram for details.

October 2--Third Annual Issaquah 'Salmon Days' Four-Mile. Certainly one of our most enjoyable events. Come out and walk, and then enjoy a old-fashioned 'small town' carnival atmosphere at Issaquah. Awards to Open Men and Women finishers. Two-mile age group will be held concurrently, with awards to the top three in each division.

October 29--National Hour Walking Championship, PNA section, West Seattle Stadium, 10:00AM. This event is all, but awards and national ranking will go to male walkers only. National awards will go to top six nationally, and team prizes are also available. CNW could be in contention. Please bring a friend or two to help with timing and measuring.

November 19--Annual 'Turkey Day' 5000 Meter Handicap. Shortened this year to give everyone a chance, this is always one of the fun events of the year. To the winner (on handicap) goes a turkey and trimmings to enjoy the following (five days) Thanksgiving. Dr. Dean Ingram will preside, as usual dressed in his turkey outfit. Starting time 10:00AM

November 26--Seattle Marathon Walking Division. No half-marathon this year. Awards to the top finishers.



Bob Rosencrantz and Steve DiBernardo at Husky Stadium

MASTERS' NEWS

HERE AND THERE

The following were winners in the recent 1977 AAU Masters National Track and Field Championships at North Central College Naperville, Illinois.
Age Divisions are: 1A, 40-44; 1B, 45-49; 2A, 50-54; 2B, 55-59; 3A, 60-64; 3B, 65-69; 4A, 70-74.

1500M

MEN-1A #1, Glynn Wood, 4:07.4; #2, Dick Kloeper, 4:21.8; #3, John Weldy, 4:24.8

MEN-1B #1, George Vernosky, 4:23; #2, Tom Sturak, 4:25.3; #3, Duane Peterson, 4:25.9.

MEN-2A #1, Dean Smith, 4:33.2; #2, Roland Anspach, 4:35.9; #3, Loius Schneider, 4:38.6.

MEN-2B #1, Jim Oleson, 5:04.5; #2, Bill Winslow, 5:04.6; #3, H. Strassenberg, 5:25.5.

MEN-3A Bill Dyer, 5:28.9

MEN-3B #1, Bill Andberg, 5:07.3; #2, Sydney Madden, 6:05.3

MEN-4A #1, Lou Gregory, 6:13.9; #2, Paul Hobe, 7:18.2

MEN-4B #1, Harold Chapson, 5:30.7; #2, Paul Spangler, 6:38.9

5000M

MEN-1A #1, Bill Olrich, 15:49; #2, Otto Volkman, 16:40; #3, Robert Coldren, 17:18.

MEN-1B #1, George Vernosky, 16:24; #2, Walt McConnell, 16:39; #3, Duane Peterson, 17:22.

10,000M

MEN-1A #1, Bill Olrich, 32:57; #2, Joe Johnson, 34:17; #3, Bil Coldren, 34:26

MEN-1B #1, Hal Higdon, 32:57; #2, George Vernosky, 33:19; #3, Pete Mundle, 33:51.

MEN-2A #1, Jim O'Neil, 33:46; #2, Gerald Morrison, 35:27; #3, Ronald Anspach, 36:32.

MEN-2B #1, Jim Oleson, 38:42; #2, Bob Bruce, 38:56; #3, Bob Long, 42:02.

MEN-3A #1, Don Johnson, 46:08; #2, Harold Comm, 50:20

MEN-3B Bill Andberg, 39:43

MEN-4A #1, Ray Sears, time not recorded; #2, George Jacobs, 47:54; #3, Lou Gregory, 55:05.

MEN-4B Paul Spangler, 47:23

WOMEN #1, Roberta Widman, 44:50; #2, Marian Schreyer, 48:48; #3, Isabel McConnell, 50:29.

NOTICE For those planning on staging a jogging contest during National Jogging Fort night, 8-22 October, it is not too late to place your estimates for number of certificates needed as the suspense date has been extended. However, in requesting appropriate publicity from the local dailies, it will help a lot to know the dates scheduled, the distance set, the location, time of start, and prizes, if any. Your contact is Orvil Driver, 842-5369, or, by mail, 10918 NE Bill Pt. Court, Bainbridge Isl, 98110.

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Progress of a sort seems to be evident in the thinking of how the International Masters Meet should be conducted. In 1975, at Toronto, a debacle occurred when the host government reversed its word and injected politics into the meet by banning all athletes from South Africa and Rhodesia. The athletes got together and raised the money for the stadium rent and, when the Canadian officials were prohibited from taking part in the meet, the athletes agreed to referee the meet themselves. After a very successful meet in which the banned athletes participated and won some medals, it was agreed in future meets to steer clear of governments and their insensitivity to athletes. To this end they agreed that the 1977 meet would be held in Sweden but on an informal basis. Later, for reasons your reporter has not been able to discover, when it came time for formal voting, the parties representing the various countries voted that the meet would be in Sweden but with sanctions. This means, of course, that athletes from two African countries are barred as the IAAF has these countries on the no-no list.

The Masters involved, though disheartened, have swallowed their feelings, for the most part, and have supported the meet. Information contained in an article by Al Sheahen in the August issue of USMITT why some progress has been made.

"At the Western Regional Track and Field Championships at Santa Ana, the competitors unanimously voted that:

'Masters competition shall be open to all individuals 40 and over. No competitor shall be barred from competition due to race, religion, ethnic background, profession, or national origin.'

In Chicago, the sentiment was the same. There was not a single dissenting vote to the concept of open competition. A motion to pass the above resolution was ruled 'unnecessary and academic' by National AAU Masters Chairman Bob Fine, since 'the AAU has already gone that far and further in trying to promote open competition among US Masters and in international competition.'

feature schedule

16

This month's featured schedule consists of just two upcoming events - the Run-America-Run race with Frank Shorter, and the Fort Casey Cross-country Invitational on October 8.

THE RUN AMERICA RUN RACE

Those of you familiar with skiing will recognize the NASTAR flavor to the Diet Pepsi-sponsored 10-kilo road run series called "Run America Run" (see ad pages 28-29 this issue).

The skiing series presumes to tabulate everyone of an equal talent and age level and compare them with their peers on a national level. That is what the series of 10-kilo races around the country will be known as - the 'comparison series'.

The Seattle race on September 25 is a test race for this series. It will attempt to find out the problems with races of this size, and perhaps begin to deal with size limitations on fields, standard courses, and the ever-present chute and timing problems.

In 1978, this race will join five others as national qualifiers. The six regional races will, presumably, each qualify a certain number of individuals in each division for a national race. The national race will be held in late September in New York at the world Pepsico Headquarters. The present plans call for the race to be televised on Wide World of Sports, and to attract the finest runners in the country.

On a regional level, then, Seattle will be the focal point of the series. Details have yet to be worked out, but there will most likely be some limitation to the field of next year's Seattle race, as it will be the regional qualifier. The initial indication seems to point to eight races in the fun-run category all around the Northwest being qualifiers to the Seattle final. These eight races, at this point, might be a run in Eugene, one in Portland, the Lilac Bloomsday in Spokane, the Seward to Madison and Summerun in Seattle, the Everett Fun Run, the Sound-to-Narrows, and a run in the Yakima/Tri-Cities area. Those are not firm connections, and in fact some meet directors have not been contacted yet about this idea. This is just an idea.

The Seattle race on September 25 will help race sponsors Pepsico, Club Northwest, and Try, Inc., in determining what directions they take.

Of course the attraction to the race and the series next year is the presence of the national 'pacesetter' Frank Shorter as the first entrant in the Seattle run. Don Kardong and Herman Atkins will join Frank in the series run in Seattle this year, and Don and Herman will play a large part in the local races next year.

The only sponsor or promoter with a chance of gaining any monetary sum from these races in the northwest is Club Northwest. Proceeds will be used to further their programs.

THE FORT CASEY CROSS-COUNTRY INVITATIONAL

Dr. Ken Foreman is one of the world's better-known women's coaches, especially in the distances where he has coached, among others, Doris Brown Heritage. Each year, he puts on a little cross-country meet up at the Casey Campus of Seattle Pacific University, right next

to the State Park known as Fort Casey.

The only problem with this annual event has been the constant factor - the course is never the same. The same will be true this year, but it will hopefully be the last change.

Both the men's and women's races will be run over a new 5000-meter loop, the men running the loop twice. It starts at a large field, where it also finishes, and uses a large wooded area to the north and the Fort Casey area to the south. An excellent spectator event, the men's course passes the field area twice on each side - an opportunity to view the race as it shapes up.

The men's and women's races are also accompanied by an age-group series of races. In the past, these races were girls only, but now that change has been made to accommodate boys. Beginning at 11:00am on Saturday, October 8, 1977, the day promises to be full of fast running.

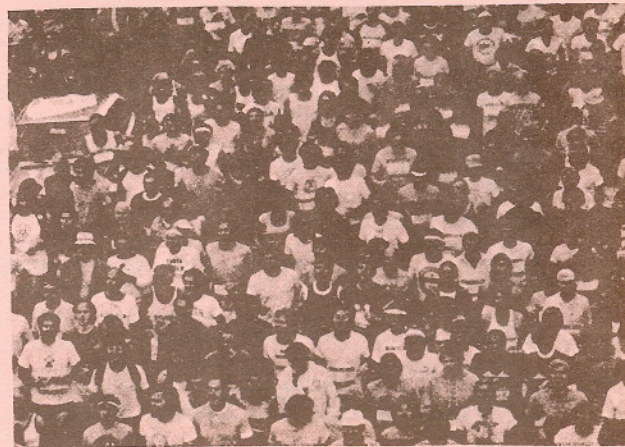
This year, the entire series of races will be the PNA-AAU championships for all ages from open on down, and the open men's race is a part of the series of running events for the Club NW series.

The men's race looks good. Early indications have the University of Washington, the University of Idaho, the Spokane colleges, interest from two California schools and several Oregon colleges, Highline Community, and defending champion Club Northwest all entered. Club Northwest is using the race as one of its national meet qualifiers, so all of the big guns should be on hand.

The women's race will be spiced by the presence of the women from British Columbia. While their men will make their participation felt in the men's race, the women come in as co-favorites with the hosts Falcon Track Club and Seattle Pacific University. The Husky women will be elsewhere on this weekend this year, avoiding having to race the Falcons every week as is usually the case. Last year, Oregon attended, too - that might be again this year, and will make the race the best in the Northwest for the women, too.

All of the age-group races will be held, and the early standout is Laurie Shansby of the Cheetahs, who has always raced well at Casey.

Entry information and forms are available from Dr. Ken Foreman, Seattle Pacific University, Seattle, 98119. Dr. Foreman's office number is (206) 281-2081.



To say the least, it has been a booming summer for running in the Pacific Northwest.

In just a five month period, races which were brand new to the running schedule (Lilac Bloomsday, Seward to Madison Shore Run, Terrace Stampede, Summerun, The Great American Footrace, Bremerton Street Run, Run with the Wind, Coulee Dam Run, others) attracted over six thousand runners in their combined entry lists.

Existing races also felt the pinch. The Sound-to-Narrows jumped to 4554 entries from 1773 starters the year before. The Chuckanut run doubled to over 300. The Walk-r-Run had 165 runners in three events, compared with 28 the previous year. The 30-kilo had over 125, while it had never seen thirty before.

What caused the growth of summerrunningggg? Don't ask PNAC chairman and Club Northwest head Bill Roe. He doesn't have an answer. "It could be so many things. We could be more aware of our health and what serious running or fun running can do for that," he volunteered. "Better, more organized promotion, which includes the fantastic growth of the nor'wester, surely resulted in some entries. The new influx of sponsors certainly helped, too, like R.E.I. and K.V.I. on the Summerun. That freed me from worries about money and entries, and let me concentrate on the race.

Roe wasn't the only one impressed by the growth of running in the Northwest. In the void of the night at the twenty-four hour relay attempt at Federal Way High School, much of the discussions turned to recapping the summer's races and racing opportunities.

"It was great," said Herm Atkins. "Even though I wouldn't run every weekend, any weekend I wanted to run there was something, maybe two or three."

"Usually there've been long dead spots where we've had nothing," remarked Sam Ring. "It's been one summer where I wish I'd been 100-percent."

Pat Tyson, freshly back from Europe, commented that he "never expected to miss that much. I couldn't have lost either way - Europe or home."

And the multitude of people introduced to running by the new 'packed' scheduling seems to have no end. There were by rough estimates over fifty people turned away after the entry deadline passed on the Summerun, even more at races like the Shore Run. "The new races, people tend to think we'll let them sign up day-of-race right up until the gun goes off," Roe said. "They now realize that an

entry deadline has some meaning, although we fudged a few days on most deadlines as well. And, too, these were races that many didn't hear about until after the entry deadlines had passed in many cases. Give some of them a few years and - bang! Remember that Sound-to-Narrows was only around 300 its first year - we had seven new races at that this year alone."

For sure, one of the things that is helping the summer and general running programs is the information being provided by the nor'wester. People are getting the information about the races, and that is the first step towards running in an event.

But, as well, there are a couple of factors, both of which are connected with the national media. One is called the Boston Marathon, and the other is named Frank Shorter.

The publicity surrounding the Boston Marathon has rubbed off on many of the new races, and affected the ones that have been around a few years as well. Many races, including the Bay-to-Breakers, the Peachtree Street Run, and others have attracted national and international attention because of the prestige given them by association as running events with the Boston event.

And Frank Shorter - even the growth of interest in the Boston event can be traced to the rise to the top in 1972 of this country in world marathoning with Shorter winning the gold medal in Munich. There is an attraction about the marathon because of that, and because it is such a damnable tough event - the ultimate sane challenge of the distance runner (the reference to 'sane' eliminates such events as the twenty-four hour relay, the fifty-mile run, and others) - that is the ultimate event.

At the same time this awareness of running filters down on top of the anonymous community of runners from the top (national media), it is being pushed up by the people who for years have loved running events, and would have starved trying to put them on. There is no lack of directors and sponsors - only now have we begun to look for them.

Look ahead for good things, too. Club Northwest will soon initiate a second running series to compliment the PNAC/CNW series. The latter will remain a tough twelve-race series, although several changes in the schedule of events are anticipated. The former will emphasize the fun runner.

It will be in conjunction with the Run America Run series highlighted in the Feature Schedule section, although the details have yet to be worked out. Meet directors should keep the possibility of connecting their events with this new series because of the appeal of competing with Frank Shorter, the national pacesetter for the Run America Run series.

The whole summer has been great, and we're not stopping there. The future looks even brighter.

Of course, there are the common pitfalls of being a seemingly 'new' way of getting exercise. We don't want our running events to go the way of the hula hoop, but then the hula hoop was never man's oldest and cheapest form of recreation. It will be up to meet directors in every area to keep the participation as enjoyable and fulfilling as possible for every entrant.



MEMBERSHIP ROSTER... Mark Lookabaugh has volunteered to head the committee to type up this massive list, which has grown by another twenty members since proposed last issue. We may have a typing party at a University of Washington office sometime within the next month, trying to get the roster completed in one evening on the same type of typewriters.

THE NEW UNIFORMS... in the form of 200 jerseys arrived the other day, and will be sent out to the sixty-plus men who ordered them. Women awaiting uniform shipments can be assured that we'll get to those at the same time, but we've been waiting for the men's stuff to get here. If you wish to order a replacement for some part of your uniform, now's the time.

CLUB OFFICIAL SWEATS... have been discontinued by the manufacturer. It seems orange with the blue shoulder cap doesn't sell nationally, and they won't make up orders as "small" (fifty of each size is small?) as we ordered. At last report, the company was requesting an order of over \$18,000. And we just got out of debt. We may still be able to work something out, as the West Valley Track Club of San Mateo, California, which used to claim Don Kardong as a member, has been using the same sweats and wants to work out a deal with the Korean company which makes them. We'll keep you posted.

WE ARE STILL... putting together the meet van, which is a Volkswagen bus already crammed with equipment. The most important item is a sound system, which we still have not been able to locate cheaply. The system must be powerful enough to reach several thousand, and still run off of an old (well, still charged) car battery. As well, timing devices are being looked into, and if anyone out there is buying new watches and surplus using an old one or ten, they can donate them (tax-deductable) to Club Northwest. The same is true of any meet equipment donated to the Club, including the public address.

RECYCLING... last time, we went through the list of items we could use, and since then a few more deliveries have been made. But we still need about twenty more people working on this project. If what to do about the stuff getting to Bill Roe or Rick Albright is a problem, then phone them. If it's enough (more than a six-pack and one week's papers), we will pick it up. Rick's numbers: (office) 464-7907 (home) 774-6487 Bill's number: 325-3167

CALLING BILL ROE... is quite a habit with many, and, truthfully, I don't mind calls from most. But I and the guys living here at the Track House do mind calls before 9am and after 10pm. The telephone rings enough that we don't feel we should have to answer Club calls then. Try to get ahold of us during those times. We realize that the line can be busy for hours on end, but that's just the volume of business we're doing these days.

KEN SHANNON and JEFF TAYLOR... are back from the World Student Games, where Ken served as head coach and Jeff vaulted. Jeff cleared 17-2 for seventh, which is probably news to all of you since our local papers didn't carry it at the time. Both liked the hospitality of the Sofia, Bulgarian, people, and indicated that the meet was run in the best possible way. Two worst items were the food and the return trip, when everyone got to Chicago after going through customs in New York only to find their luggage had been shipped back down to the customs at O'Hare. Those of you who have come in with international flights at O'Hare know, as I do, what a debacle that place is.

A VERY NICE LETTER... was received from the Citizens for School Activities director Harry Wirth by Bill Roe and also addressed to Gerry Lindgren and Bob Maplestone:

"It is difficult to express adequately our deep appreciation for what you and the (twenty-four hour relay) runners did for our school district at the Federal Way Memorial Stadium on August 12th and 13th. The world record attempted showed a tremendous stamina and training and we know how much each runner gave of himself and is still feeling the physical and emotional strain.

Please tell Arny Stonkus, Gary Gustafson, Herm Atkins, Bob Skar, Jim Johnson, Don Kardong, Pat Tyson, Mark Hallenbeck, Sam Ring, and Graham Barr how great we think they are and that we will be interested in their future races.

To each and every one of you, we say thank you and best wishes."

Those of you who want to know more about the results of the twenty-four hour relay, it's on page 6 of this issue.

THE SHORTER RUN AND OFFICIALS... we will need a huge crew of officials to put on the Run America Run race on September 25th, a Sunday. The course itself will take an estimate 150 people to monitor, and the finish line system always takes more than we get. Those of you who worked the Women's 10-kilo can think about that system, and then add three times that number to the roster of runners. It will be difficult to say the least. Lawrie Robertson and his officials committee will be getting ahold of each of you to line up support. If you work with a school or age-group team, then we would like them to be involved as well, and can put you on the course with your group as monitors. Let Lawrie and his helpers know what you can do when they call.

DON KARDONG... is a member of the formulating committee for athlete's rights of the reorganized United States Olympic Committee. He wants to know what input any of you have, so send any comments to him at the Human Race store in Spokane (see ad this issue). It's an important job which has been too long neglected by the USOC and the AAU, and we wish the committee well.

GREG GIBSON, JEFF TAYLOR, AND PAT TYSON... got together over in Europe for a couple of weeks between Scandinavia and Italy. The major source of concern and entertainment seems to have been Jeff's vaulting poles and the methods used to ship them from one place to (hopefully) another. As Jeff puts it "it seems they're always about a 1000 miles behind me". Jeff cleared 17-1 and 16-11 in meets, while Pat reports he ran a 13:56 5k for a seasonal best. Greg had several good races place-wise, but ended up in the slow heat more often than he'd like to remember. It was an education, they all agree, and they are planning to repeat it next year. Greg got an offer while there to move to New Zealand for the winter and train (during their summer) with John Walker. He's looking right now for a job which will get him there and back, figuring he can get a job for the short term he is there.

ROSTER... for the Track House this fall includes Arny Stonkus, Graham Barr (holdovers), Greg Gibson (until he leaves for New Zealand for awhile), Gordy Braun (back after a brief stay at home), and Gary Gustafson. Mike McGavick is leaving for a house with Mark Hallenbeck and friends from Seattle Prep.

become a part of our growing program of track and field activities for athletes, officials, coaches, spectators, and boosters

MEMBERSHIP CLASSIFICATIONS...

REGULAR ACTIVE

These are the bulk of the active members of Club Northwest, and most of our operation depends on satisfying the needs of this group. Competitively, they range from near-elite status to funrunners. Some join Club Northwest to support the elite and other programs while they compete, and others because of the need for competitive outlets which Club Northwest provides. Anyone may become a regular active member of Club Northwest. All they need do is apply.

WHAT CLUB NORTHWEST PROVIDES TO ACTIVE MEMBERS

The monthly newsletter the *nor'wester* is sent to all members of Club Northwest. In addition, information on meets of special interest to Club members is sent to active members, with ticket information sent to support members as well. All CNW Events are free to members, except where noted in entry information. And the entry fees to team and national competitions are paid for qualified individuals.

as OFFICIALS...

a void on the running scene is being filled by the Club Northwest Officials Association, a group which will direct, among other events, all University of Washington and Club events. Training and certification are provided for novices, and officials can work as few or as many meets as they wish.

REGULAR SUPPORT...

These are simply donors to the program, in amounts of \$10 or more per year. There are no limits to the number of these members Club Northwest could use. The funds are used for many purposes, including travel to National Championship events for the elite team and funding for the local racing program.

AND OTHERS...

Coaches, subscribers to the *nor'wester*, and general members of the Northwest track and field community are encouraged to join Club Northwest: (1) to support the best athletes in the area as dues-paying members, (2) to get the information and opportunities to become more of a part of the track and field world through active non-active, officiating, and other roles, and (3) to be associated with all Club Northwest members on other levels, social especially.

CLUB NORTHWEST PROGRAMS

WRITE CLUB NORTHWEST about any and all of these programs and how you can become involved. Or use the handy membership application and join us!

the *nor'wester* is Club Northwest's newsletter and serves over two-hundred club members as well as nearly five-hundred subscribers and an additional number of contacts. It is monthly all year 'round, with supplemental issues in the spring during the hot and heavy track season. The most important feature is the Whole Year Schedule, printed four times each year, which anticipates events as much as twelve months in advance.

the PNAC/CNW Running series is twelve monthly races (one per month) during each calendar year. Points are awarded both for finishing and placing, and a point winner will receive a trip. Races will be of varying distances all year.

the CNW Summer all-comers meets were started in 1969 and in recent years have expanded to cover the entire summer schedule. Meets are held at various locations around the Puget Sound area, and schedules for the current series are obtainable from CNW. Meets usually last from three to four hours, and have events for men and women, high school and open.

the Seattle Marathon is one of the larger in the area, and is now a Thanksgiving weekend fixture on the running schedule.



CLUB NORTHWEST CONTACTS

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(206) 623-1920

Herman Atkins, Everett
7915 Upper Ridge Road
Everett, WA 98203
(206) 353-6491

the *Junior Olympics* is a local program leading to competition on the national level for youngsters ages 14 to 17, and provides separate competition for those younger athletes age 13 and under.

the State High School Indoor is one of the best state meets in the nation, in terms of quantity and quality. Started in 1970, the meet has grown from just over 300 athletes to well over 1000 entries the past two years.

and much, much more as we look to other ideas to raise the opportunities for competition at all levels in the Northwest. The Seattle Indoor, a Seattle Summer run, more running events year-round, expanded *nor'wester* coverage, and the improvement of existing programs are all in the works for the immediate future.

Application for membership CLUB NORTHWEST PLEASE PRINT!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONES: HOME _____ WORK _____

OCCUPATION _____

EMPLOYER _____

WEIGHT _____ HEIGHT _____ BIRTHDATE _____

BIRTHPLACE _____

MEDICAL INSURANCE WITH _____

ACTIVE MEMBERS: give brief competitive history and your personal bests in favorite events.
SUPPORT MEMBERS: give brief description of how you intend to support Club NW (officiating, coaching, etc)

TYPE OF MEMBERSHIP WANTED

Regular active or support ...dues are \$ 10.00

Family active or support ...dues are \$ 15.00

NOTE: also available is an individual Life membership for \$100 which can be paid over a six-month period. Indicate interest by checking here

NOTE: List additional family names, ages, on reverse side.

AAU CARDS

An AAU card is required for active membership.

If you don't have one, fill out the attached form and include the necessary fees.....\$

IF YOU HAVE AN AAU CARD, LIST NUMBER AT TOP.

UNIFORMS

Because of the constantly changing cost of obtaining uniforms, we will send you a current price list when we receive your application. We will also be able to have a better selection available for you.

TOTAL DUES and FEES.....\$ _____

DONATION in addition to above dues and fees..\$ _____

TOTAL in check or money order to "Club NW"...\$ _____

Marathon Calendar

this marathon listing is to give you an idea of the opportunities marathoners have in the western United States. Already, it is out of date in that it doesn't include the new Couer'd'Alene and Spokane Heart marathons. We'd like the up-to-date scoop on all marathons in the northwest, so when you ship them off to Runner's World, drop a copy in the mail for the nor'wester.

West

- **AVENUE OF THE GIANTS** (6th), Weott, California (Humboldt Redwoods State Park), May 1, (9:00 a.m.). Course: out-and-back twice, certified '72. Records: 2:17:43, Bill Scobey '73; 2:50:18, Jacqueline Hansen '76. 1976 Results: 408 finished, 10 under 2:30, 98 under 3:00, 229 under 3:30, 337 under 4:00; won by Ernie Rivas, 2:23:17, and Hansen. Contact: Dick Meyer, Rt. 1, Box 153-A, Eureka, Calif. 95501.
- **BAKERSFIELD** (3rd), Bakersfield, California (Fjord Street), February 5, 1977 (8 a.m.), February 4, 1978. Course: two loops, certified '76. Records: 2:24:13, Paul Cook '76; 3:09:24, Marie Albert '76. 1976 Results: 44 finished, one under 2:30, 19 under 3:00, 34 under 3:30, 43 under 4:00; won by Cook and Albert. Contact: Larry Arnt, 5000 Belle Terrace No. 72, Bakersfield, Calif. 93709.
- **BIDWELL CLASSIC** (new race in 1977), Chico, California (Bidwell Park), March 5, 1977 (10 a.m.), March 4, 1978. Course: four laps, certification pending. Contact: Walt Schafer, 1413 Salem, Chico, Calif. 95926.
- **BIG ISLAND** (3rd), Hilo, Hawaii (Wailoa Park), July 3 (6 a.m.). Course: out-and-back, certified '76. Records: 2:29:26, Dan Moynihan '76; 3:07:47,

Cindy Dalrymple '76. 1976 Results: 144 finished, two under 2:30, 12 under 3:00, 46 under 3:30, 85 under 4:00; won by Moynihan and Dalrymple. Contact: Al Lavery, 895 Ainako Ave., Hilo, Hawaii 96720.

- **BIRCH BAY** (9th), Blaine, Washington (Birch Bay State Park), April 7. Course: out 2½ miles, two laps of 10.6 miles, back 2½ miles, certified '72. Records: 2:26:26, Jim Pearson '72; 3:19:06, Janet Heinonen '74. 1976 Results: won by Jim Pearson, 2:30:19. Contact: Jim Pearson, 2509 Chuckanut Dr., Bellingham, Wash. 98225.

- **CHENEY** (6th) Cheney, Washington (Moos Field), November 19 (11 a.m.). Course: one loop, certified '73. Records: 2:23:00, Terry Heath '72; 3:57:00, Denise Hoskins '76. 1976 Results: 48 finished, five under 3:00, 19 under 3:30, 31 under 4:00; won by Pat Wilson, 2:40:55 and Hoskins. Contact: Ruth Van Kuren, Cheney Track Club, 418 Cocolalla, Cheney, Washington 99004.

- **EQUINOX** (15th), Fairbanks, Alaska (University of Alaska), September 7. Course: one loop, not certified. Records: 2:53:59, Ole Kristensen '76; 3:51:39, Mel Langdon '74. 1976 Results: 115 finished, one under 3:00, 11 under 3:30, 33 under 4:00; won by Kristensen and Marcie Trent, 4:24:51. Contact: William

Smith, P.E. Dept., University of Alaska, Fairbanks, Alaska 99701.

- **HIDDEN VALLEY** (2nd), Newbury Park, California (Newbury Park Academy), February 13 (8 a.m.), February 12, 1978. Course: out-and-back, not certified. Records: 2:45. 1976 Results: 33 finished, six under 3:00, 18 under 3:30, 26 under 4:00; Contact: Larry Ballew, 180 Academy Dr., Newbury Park, Calif. 91320.

- **HONOLULU** (5th), Honolulu, Hawaii (Aloha Tower), December 11 (6:30 a.m.). Course: out-and-back, certified. Records: 2:17:24, Jack Foster '75, 2:44:44, Kim Merritt '76. 1976 Results: 1452 finished, 11 under 2:30, 103 under 3:00, 340 under 3:30, 679 under 4:00; won by Duncan Macdonald, 2:20:37 and Merritt. Contact: Honolulu Marathon Association, P.O. Box 27244 Chinatown Station. Honolulu, Hawaii 96827.

- **ISLAND** (6th), Portland, Oregon (Sauvie Island), November 26 (11 a.m.). Course: two laps, certified '73. Records: 2:19:00, Larry Miller '74; 2:54:13, Marilyn Paul '75. 1976 Results: 403 finished, six under 2:30, 101 under 3:00, 249 under 3:30, 343 under 4:00; won by Sam Williams, 2:22:13 and Ann Sherry, 3:04:19. Contact: Island Marathon, Portland Jaycees, 824 S.W. Fifth Ave., Portland, Ore. 97204.

- **LAKE TAHOE** (2nd), Incline Village, Nevada, July 7. Course: out-and-back, elevation 6300 feet, certified '76. Contact: Skip Youngdahl, Box 3193, Incline Village, Nev. 89450.

- **LAS VEGAS** (11th), Las Vegas, Nevada (University of Nevada, Las Vegas), February 6, 1977 (9 a.m.), February 5, 1978. Course: one loop, certified '72. Records: 2:19:24, Scott Bringhurst '72; 3:27:02, Alexandra Boies '75. 1976 Results: 62 finished, one under 2:30, 16 under 3:00, 43 under 3:30, 59 under 4:00; won by Tom Wysocki, 2:26:18, and Deborah Winters, 3:43:00. Contact: Bill Freedman, 309 South Third St. No. 316, Las Vegas, Nev. 89101.

- **LIVERMORE** (4th), Livermore, California, December 10 (10 a.m.). Course: one loop, certified '74. Records: 2:26:31, Adam Ferreira '76; 2:53:14, Vicky Bray '76. 1976 Results: 302 finished, two under 2:30, 63 under 3:00, 183 under 3:30, 250 under 4:00; won by Ferreira and Bray. Contact: Livermore Jaycees, P.O. Box 524, Livermore, Calif. 94550.

- **LOS ALAMITOS** (2nd), Los Alamitos, California (Los Alami-

tos Community Center), March 5 (7:30 a.m.). Course: one loop, certified. Records: 2:28:00, Truman Clark '76; 3:41:11, Sue Peterson '76. 1976 Results: 46 finished, nine under 3:00, 42 under 4:00. Contact: Mitch Landsell, Recreation Director, 10911 Oak St., Los Alamitos, Calif. 90720.

- **LOS ANGELES** (7th), Los Angeles, Calif. (Police Academy), March 19, 1977 (8:00 a.m.), March 18, 1978. Course: not certified. Records: 2:24:19, Bill Scobey '74; 3:06:57, Marie Albert '75. 1976 Results: 149 finished, three under 2:30, 19 under 3:00, 62 under 3:30, 65 under 4:00; won by Carl Swift, 2:25:31, and Susan Kieffer, 3:21:15. Contact: Frederick Honda, 3900 Chevy Chase Dr., Los Angeles, Calif. 90039.

- **MADERA** (8th), Madera, California (Madera High School), December 17 (noon). Course: two loops, not certified. Records: 2:26:11, Skip Houk '72; 3:26:44, Lucy Bunz '73. 1976 Results: 30 finished, 12 under 3:00, 16 under 3:30; won by Jack Case, 2:38:23. Contact: Coach Dee Dewitt, 200 South "L" Street, Madera, Calif. 93637.

- **MAUI** (23rd), Kaluhui to Kaanapoli, Maui, Hawaii, March 13 (6:30 a.m.). Course: point-to-point, certification pending. Records: 2:31:45, Dan Moynihan '76; 3:23:47, Leah Ferris '74. 1976 Results: 101 finished, seven under 3:00, 24 under 3:30, 57 under 4:00; won by Moynihan. Contact: Dave Wissmar, Wailea, Box 888, Kihei, Maui, Hawaii 96753.

- **MAYOR'S** (4th), Anchorage, Alaska, June 7. Course: not certified. Records: 2:28:26, Vern Campbell '75; 3:25:06, Betsy Haines '75. 1976 Results: 66 finished, nine under 3:00, 18 under 3:30, 26 under 4:00; won by Greg Cartwright, 2:51:48. Contact Terry Martin, 3960 Reka Dr. No. B-6, Anchorage, Alaska 99504.

- **MISSION BAY** (13th), San Diego, California (Mission Bay Park), January 15, 1977 (8:00 a.m.), January 14, 1978. Course: two dissimilar loops, certified '74. Records: 2:16:33, Ed Mendoza '75; 2:54:28; Judy Ikenberry, '75. 1976 Results: 609 finished, 19 under 2:30, 147 under 3:00, 369 under 3:30, 541 under 4:00; won by Mario Cuevas, 2:18:05, and Nicki Hobson, 3:05:18. Contact: Bill Gookin, 5946 Wenrich Dr., San Diego, Calif. 92120.

- **NIKE OREGON TC** (6th), Eugene, Oregon (Athletic Department), October 7. Course: point-to-point, certified '74. Records: 2:16:08, Jon Anderson '75; 2:38:19, Jacki Hanson '75. 1976 Results: 172 finished, 76 under 3:00, 134 under 3:30, 162 under 4:00; won by Bob Hensley, 2:21:56, and Diane Barrett,

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2:51:05. Contact: The Athletic Dept., 99 W. 10th, Suite 104, Eugene, Ore. 97401.

● **OCEAN TO BAY**, Martins Beach, California, August 7. Course: not certified. 1976 Results: 140 finished, nine under 3:00, 49 under 3:30, 92 under 4:00; won by Denis O'Halloran, 2:41:02, and Judy Gumbs, 3:07:24. Contact: Ken Israel, 305 Del Rosa Way, San Mateo, Calif. 94403.

● **PALOS VERDES (11th)**, Palos Verdes Peninsula, California (Peninsula Center), June 11 (7:30 a.m.). Course: point-to-point, certified '75. Records: 2:20:04, Ed Chaidez '75; 2:59:51, Penny DeMoss '76. 1976 Results: 953 finished, 75 under 3:00, 584 under 4:00; won by Joe Carlson, 2:26:42, and DeMoss. Contact: Les Woodson, 2209 Via Anocopa, Palos Verdes, Calif.

● **PAUL MASSON CHAMPAGNE MARATHON (5th)**, Saratoga, California, January 16 (9 a.m.). Course: three loops, certified. Records: 2:21:12, Ron Wayne '75; 3:05:32 Nancy Ihrman '73. 1976 Results: 163 finished, 16 under 3:00, 61 under 3:30, 109 under 4:00; won by Ernie Rivas, 2:34:49, and Yvette Cotte, 3:36:29. Contact: Dan O'Keefe, 20032 Rodrigues Ave., Cupertino, Calif. 95014.

● **RESURRECTION PASS TRAIL (7th)**, Hope, Alaska, July 30 (10 a.m.). Course: out-and-back, not certified. Records: 2:41:59, Chris Haines '73; 3:25:16, Marian May '73. 1976 Results: 52 finished, five under 3:30, 14 under 4:00; won by Peter Haley, 3:07:08, and Becky Forbes, 3:53:47. Contact: Lyla Richards, Assoc. Director of Student Services, University of Alaska, 2651 Providence Dr., Anchorage, Alaska 99504.

● **SAN BERNARDINO**, San Bernardino, California, December 7. Course: not certified. Records: 2:21:56, Cresencio Martinez '75; 3:13:38, Marie Albert '75. 1976 Results: 37 finished, six under 3:00, 26 under 3:30, 34 under 4:00; won by Stewart Boden, 2:34:22, and Judy Ikenberry, 3:02:25. Contact: Chamber of Commerce, Box 658, 546 W. 6th St., Santa Barbara, Calif. 92402.

● **SAN MARTIN (6th)**, San Martin, California, April 2. Course: one loop, certified '72. Records: 2:59:53, Steve Dean '75. 1976 Results: 21 finished, four under 3:00. Contact: William J. Flodberg, 12925 Foothill Ave., San Martin, Calif. 95046.

● **SANTA BARBARA (13th)**, Santa Barbara, California (La Plaza Stadium), October 16 (7:30 a.m.). Course: out-and-back, certified '67. Records: 2:25:48, Carl Swift '76; 3:17:08, Judy Milkie '76. 1976 Results: 244 finished, 3 under 2:30, 37 under 3:00, 122 under 3:30, 184 under

4:00; won by Swift and Milkie. Contact: John Brennand, 4476 Meadowlark Lane, Santa Barbara, Calif. 93105.

● **SANTA MONICA (5th)**, Santa Monica, California, August 21. Course: two laps, not certified. Records: 2:24:12, Bill Scobey '73; 3:09:00, Linda Heinmiller '75. 1976 Results: 413 finished, 44 under 3:00, 178 under 3:30, 314 under 4:00; won by Carl Swift, 2:28:15, and Sandy DeNoon, 3:18:07. Contact: Mary Esposito, 1685 Main St., Room 202, Santa Monica, Calif. 90401.

● **SEATTLE (8th)**, Seattle, Washington (Seward Park), November 26 (11 a.m.). Course: out-and-back twice, certification pending. Records: 2:23:03, Arnie Stonkus '76; 3:00:18, Anita Scandurra '76. 1976 Results: 291 finished, six under 2:30, 68 under 3:00, 157 under 3:30, 239 under 4:00; won by Stonkus and Scandurra. Contact: Evan Shull c/o Dr. Dean Ingram, 507 Cobb Medical Center, Seattle, Wash. 98101.

● **SENIOR OLYMPICS (8th)**, Irvine, California (Mason Park), May 15 (7 a.m.). Course: out-and-back, not certified. Records: 2:33:19, Kaj Johansen '76; 3:21:09, Tisha Whitney '76. 1976 Results: 72 finished, 15 under 3:00, 35 under 3:30, 52 under 4:00; won by Johansen and Whitney. Entry restriction: must be at least 25. Contact: Senior Olympics, 5225 Wilshire Blvd., No. 302, Los Angeles, Calif. 90036.

● **SILVER STATE (2nd)**, Reno, Nevada, September 7. Course: one loop, certified '76. Records: 2:39:09, Bob Cooper '76; 3:37:11, Debbie Rudolph '76. 1976 Results: 186 finished, 11 under 3:00, 54 under 3:30, 110 under 4:00; won by Cooper and Rudolph. Contact: Tom Feroah, Nevada Heart Fitness Institute, Reno YMCA, 1300 Foster Dr., Reno, Nev. 89502.

● **SONOMA STATE (3rd)**, Rohnert Park, California (Sonoma State College), October 30 (9 a.m.). Course: out-and-back twice, not certified. Records: 2:26:10, Jan Sershen '76; 3:02:00, Penny DeMoss '76. 1976 Results: 234 finished, one under 2:30, 44 under 3:00, 135 under 3:30, 196 under 4:00; won by Sershen and DeMoss. Contact: Bob Lynde, PE Dept., Sonoma State College, Rohnert Park, Calif. 94928.

● **SUN BEAR MIDNIGHT SUN (4th)**, Eielson AFB, Alaska (Field House), June 11 (8 a.m.). Course: out-and-back, not certified. Records: 2:41:05, Ben Beach '76; 3:02:41, Marian May '75. 1976 Results: 41 finished, three under 3:00, 14 under 3:30, 16 under 4:00; won by Beach and Helen Desinger, 4:41:17. Contact: Lt. Col. Paul D. Vanture, Army ROTC, Box 95552, University of Alaska, Fairbanks, Alaska 99701.

● **TRAIL'S END (8th)**, Seaside, Oregon (turnaround), February 26, 1977 (11:30 a.m.), February 25, 1978. Course: out-and-back, certified '73. Records: 2:16:28, Tom Howard '74; 2:56:07, Lili Ledbetter '75. 1976 Results: 605 finished, 21 under 2:30, 154 under 3:00, 307 under 3:30, 450 under 4:00; won by Brian Maxwell, 2:17:13, and Debbie Koffel, 3:04:26. Contact: Seaside Chamber of Commerce, P.O. Box 7, Seaside, Ore. 97138.

● **WESTERN HEMISPHERE (30th)**, Culver City, California (Veterans Memorial Auditorium), December 7. Course: out-and-back, certified '69. Records: 2:15:21, Bill Scobey; 2:43:54, Jacki Hansen. 1976 Results: won by Lionel Ortega, 2:18:18, and Julie Brown, 2:45:32. Contact: Carl Porter, 4117 Overland Ave., Culver City, Calif. 90230.

● **WEST VALLEY (7th)**, San Mateo, California (San Mateo High School), February 13, 1977 (9 a.m.), February 12, 1978. Course: five loops, certified '73. Records: 2:15:48, Doug Schmenk '73; 2:55:17, Judy Ikenberry '74. 1976 Results: 196 finished, 13 under 2:30, 66 under 3:00, 141 under 3:30, 174 under 4:00; won by Steve Dean, 2:19:13, and Kathy Himmelberger, 3:00:36. Contact: West Valley Track Club, P.O. Box 1551, San Mateo, Calif. 94401.

● **WORLD MASTERS (7th)**, Orange, California (Chapman College), January 30 (7:30 a.m.), January 29, 1978. Course: one loop, certified '73. Records: 2:17:44, Dave White '72; 3:19:28, Linda Bottlik '76. 1976 Results: 288 finished, 10 under 2:30, 85 under 3:00, 176 under 3:30, 236 under 4:00; won by Carl Swift, 2:19:39, and Bottlik. Contact: Bill Selvin, 2125 N. Tustin No. 3, Orange, Calif. 92665.

● **YMCA ROSE BOWL MARATHON (2nd)**, San Pedro, Calif., November 20. Records: 2:28:20, Don Moses; 3:11:01, Judy Milke. Contact: John Provost, San Pedro and Peninsula YMCA, 301 S. Bandini St., San Pedro, Calif. 90731.

'75; 3:25:17, Francine Poirier '74. 1976 Results: 51 finished, 20 under 3:00, 35 under 3:30, 50 under 4:00; won by Marc Corcoran, 2:36:32, and Carol Sigouin, 3:35:24. Contact: Jean-Guy Cote, 26 rue Goudreau, St. Brigitte de Laval, Quebec, Canada, GAO 3K0.

● **LABOR DAY (6th)**, Winnipeg, Manitoba (St. Vital Park), August 7. Course: seven laps. Records: 3:00:20, Tom Devine '76; 3:40:01, Jan Vallentyne '75. 1976 Results: five finished, none under 2:30, none under 3:00, four under 3:30 and five under 4:00; won by Tom Devine. Contact: Steve Gajerski, 47 Royal Salinger Rd., Winnipeg, Manitoba, Canada K2J 2P1.

● **LION'S GATE (6th)**, Vancouver, British Columbia. Course: laps. Records: 2:14:33, Tom Howard '74; 2:47:34, Doris Brown-Heritage '76. 1976 Results: 138 finished, 51 under 3:00, 107 under 3:30, 129 under 4:00; won by Ross Jackson, 2:20:30, and Brown-Heritage. Contact: Don Basham, 1505-1640 Albemni St., Vancouver, B.C., V6G 1A7 Canada.

● **MOLESON-GOLDEN (8th)**, Regina, Saskatchewan, September 7. Course: laps. 1976 Results: 12 finished, none under 2:30, three under 3:00, seven under 3:30, 11 under 4:00; won by Phil Davis, 2:31:56, and Karen Woolley, 4:22:25. Contact: Goerge Reed, Sales Promotion Manager, Moleson Saskatchewan Brewery Ltd., 1300 Dewdney Ave., Regina, Saskatchewan, Canada.

● **MONTREAL (5th)**, Montreal, Quebec, March 20 (11:30 a.m.). Course: four laps. Records: 2:34:17, John Grobowski '76; 3:08:08, Maria Brzenska '76. 1976 Results: 49 finished, 14 under 3:00, 46 under 3:30, 48 under 4:00; won by Grabowski and Eleanor Thomas. Contact: Michel Rose, 12 232 Armand Bombardier, Montreal, Canada Que HIE 1W7.

● **NATIONAL CAPITAL (3rd)**, Ottawa, Ontario (Carleton University), May 15 (9 a.m.). Course: out-and-back. Records: 2:16:32, Wayne Yetman '76; 3:09:27, Eleanor Thomas '76. 1976 Results: 410 finished, 24 under 2:30, 124 under 3:00, 263 under 3:30, 352 under 4:00; won by Yetman and Thomas. Contact: National Capital Marathon, Dept. of Community Development and Recreation Branch, 111 Sussex Dr., Ottawa, Ontario Canada K1N5A1.

● **POLICE GAMES (10th)**, Toronto, Canada (CNE Stadium), August 6 (9 a.m.). Course: out-and-back. Records: 2:22, Wayne Yetman '75. 1976 Results: 45 finished, 14 under 3:00, 34 under 3:30, 45 under 4:00; won by Bob Knuckey, 2:30:54. Contact: Deke McBrien, Metro Toronto Police, 590 Jarvis St., Toronto, Ontario.

Canada

● **ALBERTA (10th)**, Calgary, Alberta (Bowness Park), May 7. Course: two laps. Records: 2:30:00, Peter Moore '76; 3:59:12, Carmin Robinson '75. 1976 Results: 36 finished, eight under 3:00, 19 under 3:30 and 30 under 4:00; won by Peter Moore, 2:30. Contact: Bill Wyllie, 2932 13th Ave. NW, Calgary, Alberta, Canada T2N 1M2.

● **ILE D'ORLEANS (5th)**, Ile d'Orleans (Quebec), St. Pierre I.O., St. Jean I.O., October 7. Records: 2:34:43, Pat Muntoro

advice to the footsore 22

ORSELL'S LAW: WHEN ONE PERSON SMOKES, EVERYONE SMOKES!

REPRINTED FROM THE NATIONAL JOGGING ASSOCIATION NEWSLETTER

A "blue cloud of tobacco smoke" in a banquet room slows down every marathoner present, not by much, only a fraction of a second. But the damage is permanent! One hour in a "blue haze" is equal to the "passive" consumption of one full cigarette...slowing the marathon time by 1/50 second. Urinary nicotine is a good index of "passive smoking" (1). It is measured in "nanograms" (billionth of a gram). After smokers and nonsmokers spend an hour in a closed room, the nicotine they absorb ends up in the urine. Some nonsmokers can absorb more nicotine than the smokers! (2). This great ability of nonsmokers to absorb nicotine is due to their healthier lungs and higher VO-2 Max. In the case of marathoners, this ability to absorb oxygen may be three times higher than the smoker's (VO-2 Max. of 60 ml/kg/min. in the runner vs. only 20 ml/kg/min in the sedentary smoker.)

Smoking a pack-a-day for a year lowers the VO-2 Max. about 1 ml/kg/min and slows the marathon about 2 minutes. This can be the result of smoking 6,000 cigarettes or spending 6,000 hours in a "blue haze of smoke". This lung damage can be seen with the naked eye when autopsy material from smokers is examined. (3).

Most of us could train up to a VO-2 Max of 80 with the lungs we are born with. This means we could run sub-2:40 marathons if we put in the training. Unfortunately, it only takes one or two smokers to contaminate a vehicle or building, so urban children are "passive smokers" most of their lives. If one parent smoked, they may have exposed the child to 60,000 hours of fumes by age 20 slowing his marathon capability to 3 hours, no matter how hard he tries! Carry this train of thought a bit further and live with a roommate who chain-smokes and pick up another 60,000 hours of "passive smoking" to arrive at age 40 with the capability of "only a 3:20 marathon!"

What we have done is allow our parents and our roommates to rob us of 40 minutes in the marathon by being polite and respecting their "right" to smoke!

"Visiting the iniquity of the fathers upon the children" is not a quote from Euripides or Exodus 20:5; it is an article on the effects of smoking on children (4). So is this--obviously--"influence of passive smoking and parental phlegm on pneumonia and bronchitis in early childhood" (5).

It is a fallacy to think that the smoker is only harming himself! Most urban non-smokers have measurable amounts of nicotine in their body-fluids for most of their lives; and there are 2,000 other components in the pyrolyzed products of tobacco that are being absorbed along with the nicotine. "Distressing symptoms" have been reported in allergic persons and those already affected by heart or lung disease (6) when they are forced to be passive smokers.

We should not compromise on the issue of clean air! Second-hand smoke should be viewed for what it is... a form of assault! Parents should not smoke in the same room with children! Beneficiaries should not be allowed to smoke in the same room with the "insured". Marathoners should stay out of rooms with smokers.

1. N Engl J Med 292:858, 1975
2. Lancet 1:179, 1975
3. N Engl J Med 286:853, 1972

4. Am J Dis Child 129:887, 1975
5. Lancet 2:1031, 1974
6. Practitioner 210:645, 1973



A West Valley TC Publication

Northern California Running Review

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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!

WHEN/WHEN NOT TO GO TO THE FOOT DOCTOR: - I am delighted to report that all the "running" Podiatrists and most members of the American Academy of Podiatric Sports Medicine who are sincerely interested in helping injured athletes are very busy with rapidly increasing numbers of patients. Through the work of *Runner's World Magazine's* Medical Editor, Dr. George Sheehan, and

many involved Podiatrists, most runners are now aware of the types of foot and leg problems that can be helped by podiatric care. The athlete is too often faced with a dilemma on where and when to turn for medical care.

In previous articles I have answered runners' questions and given descriptions on how to diagnose and treat your own problems, and suggested when to go to the doctor. There is a need within traditional medicine and a trend among progressive practitioners to understand "good health". These practitioners are seeking an understanding of wellness rather than the treatment of disease states. Runners are good examples of the healthy (elite) people who are concerned with the maintenance of good health. They want to understand the best ways to develop strength, endurance, and flexibility, and to increase personal performance. Therefore, those doctors involved in their treatment are asked to be counselors and coaches on exercise physiology, nutrition, psychology, and psychiatry(!). Most forms of traditional medicine treat a person until he's free of discernible disease, but they do not concern themselves with wellness (fitness).

When an athlete is looking for a doctor, he must find one who is anxious to give advice on the achievement and maintenance of good health, rather than the treatment of disease. Traditional medicine dictates that if something hurts: (1) Stop doing it, (2) take medications, and (3) consider reconstructive surgery. The application of podiatric principles often allows the athlete to maintain fitness in the presence of a physical disorder. Podiatry includes the medical, mechanical, and surgical management and treatment of the human foot and ankle. In treating the foot, it is essential for a Podiatrist to understand the anatomical structures, the circulatory system, the nervous system, etc., as well as the bio-mechanics of the foot and leg during gait and in various sports. Likewise many knee, hip, and low back problems are related to improper foot strike and/or abnormal foot structure. Movements and therefore compensations of the foot cause simultaneous movements of the entire lower extremity. It is sometimes difficult but always important to isolate those problems of the lower extremity which are primary in nature, secondary to foot imbalance, or a combination of the two. In review of the charts of athletes I have met, I find that about 30% have knee pains, and greater than 50% complained of non-foot problems. In many cases it is important to refer directly to an orthopedist for treatment. In any problem above the foot where there has been a direct injury with bone or soft tissue damage, it is out of the scope of practice for a Podiatrist to treat. State laws vary, and the trend is for Podiatrists to be licensed as physicians of the lower extremity, but this is not presently the case in all states, so it is essential that the injured athlete go to his personal physician, orthopedist, or emergency care physician for treatment. Podiatrists are licensed and qualified to treat all types of foot and ankle problems, but for injuries above the foot, especially to growing bones in children, possible bone or joint injuries to the knee, hip, or low back area, or any injuries which cause swelling, clicking, locking, or 'giving way' in joints where they should be considered an internal joint derangement and out of the scope of the Podiatrist. You should not go to a Podiatrist if you have these symptoms.

Our experience in private practice and at the Sports Medicine Clinic show us that we can help the athlete with all types of foot and ankle disorders and injuries, the overuse syndromes, and the acquired muscle imbalances of the lower extremity. The term overuse implies 'under condition' and produces symptoms at the weakest link in the biomechanical chain of events. It is especially common in those types of sports which require repeated stresses, such as long distance running on hard surfaces. The overuse syndrome in the lower leg may show up as 'shin splits', tendonitis, muscle cramps, or stress fractures of bone. In the knee, overuse syndromes usually develop around the sides of the knee joint or knee cap (patella) but not within the knee joint. "Runner's Knee" (Chondromalacia Patella) is a painful roughening of the back surface of the knee-cap, often associated with excessive side-to-side movement of the or pronation (flattening) of the foot, and therefore helped with biomechanical examination and functional orthotic control with custom foot supports. Our experience with treatment of problems around the knee-cap has been very gratifying. Problems above or below the knee-cap, often called "Jumper's Knee", do not respond as well, but sometimes they are helped by cushioned foot inserts, and physical therapy of the injured parts. Problems around the medial joint line of the knee are associated with excessive pronation of the foot, and those around the lateral joint line with impact shock, or lack of sufficient absorption of contact stresses; about 50% of these respond to foot support. Joint problems at the back of the knee do not respond to our treatment very well. Problems around the thigh, especially the muscles, respond well to our care, but problems around the hip and low back area have mixed, non-predictable results. Excessive pronation of the foot produces mobility in joints and is associated with internal rotation of the thigh, pain in front of the hip joint, and a forward tilt of the pelvis. Therefore, if sciatica or low back pain is associated with poor posture, it may be helped with functional foot control.

Particular sports produce acquired muscle imbalances, so it is essential to maintain strength and flexibility in opposing muscle groups. No matter what form of treatment, some injuries take time to heal; in general, soft tissue injuries heal within three weeks; injuries to bones and joints from six to eight weeks. We can learn from Walt Stack, who puts faith in "MA and PA"...Mother Nature and Father Time.

ARTICLE
REPRINTED
FROM
NOR-CAL
RUNNING
REVIEW

A WEST
VALLEY
TRACK
CLUB
PUBLICATION,
SAN MATEO
CALIFORNIA

PACIFIC NORTHWEST RUNNING SCHEDULE
some of the highlite events of the next year.

September 17 - Green Lake Relays and Biathlon, beginning at 10:00 am at East Green Lake - limited fields, so pre-registering is advisable.
 September 25 - Diet Pepsi 10-kilo Run with Frank Shorter at Alki Point in Seattle at 11:00am - another pre-register race.
 November 26 - THE SEATTLE MARATHON one of the prestige marathons of the Northwest - entry information available soon from CNW.
 January 14 - Northwest 15-kilo Run
 February 11 - Mercer Island Half-marathon
 March 18 - Northwest 20-kilo Run
 May 6 - Lilac Bloomsday Run in Spokane
 May 20 - Everett Fun Run
 June 4 or 11 - Sound-to-Narrows in Tacoma (date depends on NCAA track and field meet in Eugene)
 June 24 - Gardens to Gasworks Run in Seattle
 July 4 - Fort Ward to Winslow on Bainbridge Island
 July 8 - Seward-to-Madison Park Shore Run in Seattle
 July 15 - Walk-r-Run at Longacres in Renton
 July 22 - Mountlake Terrace Stampede
 JULY 29 - SUMMERUN TWO, SEATTLE

Send all requests for race information to:

Club Northwest
 2557 - 25th Avenue East
 Seattle, WA 98112

Include your request and a self-addressed stamped #10 (letter size, not note size) envelope for prompt reply.

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 (206) 839-6978

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 Dave Field and the devil, Laurel James and the Panther, Graham Barr with Wyle E., and Jeff James with the shoes

SPECIAL FOR SEPTEMBER: keep the water out of your eyes with a Super Jock 'n Jill visor, free with every purchase of a warm-up suit during the month of September.

\$6.5 million in grants only down payment

By Bob Mellor
Citizen staff writer

The \$6.5 million in federal grants announced Thursday for Canada's amateur sports organizations is only the down payment on a projected \$19 million which the government will spend in that area before the year is out.

Still to come, according to Peter Lesaux, assistant deputy minister for fitness and amateur sport, are government contributions to the competitive programs of most winter sports.

Seventy-five organizations were included in the grants announced by the office of sports minister Iona Campagnolo, with the biggest bundle going to track and field.

The Canadian Track and Field Association heads the list at \$326,363.

The second largest grant in this package went to the Canadian Volleyball Association, which will receive \$301,634.

Gymnastics, among the fastest growing

sports, is to receive \$284,440, and the Canadian Yachting Association is allotted \$250,495. The Canadian Swimming Association gets \$247,159, and the Canadian Rowing Association, \$211,301.

The grants range all the way down to \$1,605, which goes to the Canadian Physiotherapy Association.

Some of the payments announced, like the \$60,000 to the Canadian Ski Association, are interim allotments to meet immediate expenses. The skiers are asking for grants approaching the \$600,000 figure this year.

Other major grants made Thursday include: Shooting Federation of Canada, \$189,140; Canadian Badminton Association, \$186,761; Canadian Canoe Association, \$171,176; National Equestrian Federation, \$177,634; Canadian Amateur Synchronized Swimming Federation, \$159,470; Canadian Water Polo Association, \$160,000; Canadian Amateur Wrestling Association, \$159,833.

B.C. FIXTURES FOR SEPTEMBER

- 2-4 National Senior Championships, Ontario
- 10 Autumn Track Championships, Victoria
- 11 Master's Cross-country, Stanley Park
- 17 VOC All-comers Cross-country, Vancouver
- 24 Abbotsford Cross-country, Abbotsford
- 24 Hampton's Handicap, Brockton Oval

OCTOBER

- 1 Lion's Gate Road Run, Stanley Park
- 1 Simon Fraser Cross-country
- 2 Westwood Farms Cross-country, Nanaimo
- 8 South Fraser Cross-country, Bear Creek
- 8 Cheetahs Schools Inv., Mundy Park
- 15 Pacific Invitational, UBC, Vancouver
- 15 Pinetree Classic, Mundy Park
- 16 Bazett Farms Cross-country

WOMEN'S INTERNATIONAL 10km ROAD RACE

Sponsored by the Alta Lake Sports Club to provide international competition for women in all age categories, this race around the Stanley Park seawall is scheduled to take place on Sunday, SEPTEMBER 18. Further information may be obtained by contacting:

Mr. Les McDonald
1154 West 24th Street
North Vancouver, B. C.
V7P 2J2
Phone: 987-0092

FOR INFORMATION ON ALL BRITISH COLUMBIA EVENTS, CALL BRIAN MCCAULDER, PROVINCIAL CO-ORDINATOR.

BRITISH COLUMBIA TRACK & FIELD ASSOCIATION

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ATHLETICA...Canadian Track & Field Magazine

published 10 times per year...order from Athletica, Box 4981, Vancouver V6B 4A6

SPOTLIGHT ON By Norah Klett*long distance champion*

This spring, LOUIS FINBAR GROARKE completed a tremendous cross country and road racing season as he won every race he entered and established new course records each time! His crowning achievement might have been placing well up amongst the early finishers at the World Cross Country Championships held in Dusseldorf, West Germany, in March, but although Louis was selected for the Canadian national team, he declined to go as he felt it unfair that the athletes' track clubs should be responsible for funding the costs incurred instead of the bills being paid by the CTFPA.

Louis is very busy with his post-graduate studies at UBC, where he is working towards his Master's degree in the history of art. His thesis is on the work of Paul Gauguin. Louis likes modern art as he feels it accurately reflects our current culture in the twentieth century. On the other hand, he thinks Renaissance art belongs to a different way of life foreign to present-day Canadian customs.

Louis was born in London, England in 1953, one of a trio. His triplet brothers are Leo and Paul, both of whom run middle distances but have not been so dedicated as he. Leo spent a year at SFU and now runs only for pleasure to keep in shape. Paul spent a year at Colorado State on an athletic scholarship and also a year at SFU. He has just recently returned to running competitively. Perhaps you saw both Louis and Paul at the Swangard dual meet with the Australians and did a double take when Louis went by in a red track suit followed seconds later by another "Louis", this time wearing a blue track suit!

Besides the triplets, there are six other Groarke children. Only their youngest brother is now becoming interested in running. The family lived first in Fort St. John upon arrival in Canada, then resided in Montreal and Edmonton before moving to Calgary where Louis received all his high school education. At school, Louis played hockey, basketball and volleyball, but since Grade 10, when Calgary first got its indoor track, running has been uppermost with him. Awarded an athletic scholarship, Louis attended Colorado State University at Fort Collins (about seventy miles northwest of Denver). The three Groarkes were co-founders of Calgary's Plastic Ono Track Club.

Louis is self-motivated and self-coached, although he discusses his training programme occasionally with Lloyd. He likes distance running as it can be fitted into an individual's own schedule and for him, the self-discipline involved in running has become a way of life. Lloyd says that Louis has great talent. This was proven when at seventeen, he was the Canadian Juvenile 3000m Champion at Abbotsford and placed third in the 1500m. In Vancouver he ran what was then a Canadian Junior 1500m record of 3:49. In 1973, at the Pacific Conference Games held in Victoria, he set the existing Canadian Junior 5000m record of 13:49.2 which he con-

siders his best race as a junior. At the 1975 Canadian Senior Championships held at Sudbury, his 13:48 5000m placed second to Grant McLaren, but a week later, he ran it in 13:42 at an invitational international meet there.

Although he runs an occasional 800m, Louis prefers the 5000m distance, but as it requires a lot of time for interval training, he is now looking toward the 10,000m and even the marathon events. He feels he has the endurance for the latter.

VOC welcomed Louis as a member a little over a year ago, after he had moved to Vancouver to attend UBC. Apparently, during a training run on the campus, Louis met Rob MacKenzie, who recommended that he join us. Louis appreciates the help he has received from the Club, from Lloyd and from our members, especially John Laniec, who drove him to the various road race and meet sites (before John moved to Edmonton).

Future plans for Louis include another year of study at UBC and he would like to participate in either the 5000m, 10,000m or marathon at the 1978 Commonwealth Games, especially as they are being held in his former home town of Edmonton. If he keeps up his present running form, he should certainly be entered there.

Good luck, Louis! ■

Sprinter DARLENE HASKINS

DARLENE BARBARA HASKINS is a young sprinter who eats, sleeps and lives for track. Heather Watson got Darlene first interested in our sport when they were both in Grade 8 at Magee, and now, three years later, they are both still very actively involved! Sandra Coupland, Nancy McCarthy and Leona Gregg are also fellow students there, while another pal, Lori Stubbs, attends Sir Winston Churchill, but they all have belonged to VOC for varying lengths of time. While these girls have been friends for some years, Sandra has been going to school with Darlene since kindergarten days!

Darlene has two brothers, David (a skier) and Gordon (a baseball player), and a sister, Debbie. A year younger than Darlene, she would like to become a sprinter too. Darlene enjoys biking, skiing, swimming and school grass hockey, but track is always uppermost in her mind. At present, she is learning to drive, but restricts her driver-training periods to early morning hours on Saturdays and Sunday so that she has the rest of those mornings free for track training. Math is not one of Darlene's favourite subjects but she does like home management,

especially the food technology. During the summer months, she cleans fish for B.C. Packers. Darlene has spent many happy hours at the Stubbs' family cabin on Mount Seymour as well as at the Haskins summer camp at Ocean Park. She supported our Club's Walks in the Park and helped with our rummage sales.

This Vancouver native has trained hard all winter, has a good attitude and is not easily discouraged. She is easy to coach as she follows instructions well.

Darlene was a member of the 4 x 100m Magee team which won that event at the High School Division of the Vancouver Relays and placed second in the B.C. High School Championships (when Bridget McCarthy replaced her sister Nancy and ran on the team with Darlene, Heather, and her other sister, Carrie). Also, Darlene was on Magee's 4 x 400m team that finished second to Burnaby Central in the V&D final. Only recently has this talented sprinter run the 400m distance, but it may well become her best one.

We wish our 1976 Club All Round Champion another successful year. ■

B. C. SPORTS HALL OF FAME

Lloyd Swindells

Vancouver Hotel - Thursday, May 19, 1977

Lloyd Swindells was inducted into the B. C. Sports Hall of Fame at the Banquet of Champions held on May 19 in the Hotel Vancouver with almost a thousand people in attendance. Lloyd merited this recognition and honour for his thirty years devoted to track and field as an athlete, coach and administrator.

Judoist Doug Rogers, trap and skeet shooter Frank Opsal and water skier George Athans, Jr. also received this distinction. Each of these men from four different amateur sports was presented with his Hall of Fame framed Scroll of Honour by Lieutenant Governor Walter S. Owen.

Of the many guest speakers, all representing various professional sports, only one mentioned the importance to sport of "builders" such as Lloyd. Golfer Dave Marr of Texas stated that without the information, encouragement and support that he received as a youngster from his golf instructor, he would never have attained the goals he had, nor would his life have been as good or as enriched as it proved to be.

We hope all who have come under Lloyd's guidance and influence are as appreciative of the many years Lloyd has voluntarily and selflessly devoted to track and field without any reward other than the gratitude of his athletes and their families.

Thanks a million, Lloyd, and sincere congratulations from us all!

INTERVIEW AND BIOGRAPHICAL ARTICLES
COURTESY "THE TORCH", CLUB NEWS
OF THE VANCOUVER OLYMPIC CLUB.

The summer season has shown a lot in the field events and sprints, but surprisingly little in the distance events, partly due to the greater number of road races this year. The biggest mark of many great performances is the reported 7-2 of Terry Ellis from tiny Pateros. He has also jumped 7-0. If he is a sophomore as reported and his leaps were in legal competition, he would tie the national record. Mike Schill finished out his Frosh year with a 58- $\frac{3}{4}$ put at the Regional Junior Olympics. The mark moved the West Valley of Spokane student to second on the all-time frosh national list. Another frosh, John Hayward of Gault Jr High, which feeds into Mt. Tahoma, moved into 3rd on the national list with a 54-8. Vince Goldsmith put the shot 69-8 to win the International Prep and then went 69-11 in Hawaii. A narrow foul cast him a 70-footer at IPI and he passed up a sure spot on the Junior Team when he went to Hawaii. The state disc leader, Rusty Olsen of Lewis and Clark topped his best to 187-5.

Elsewhere, Aaron Williams, junior at Wilson tripled at the Western Washington JO with 14.3, 23-2 and a state record of 50- $\frac{3}{4}$. At Nationals, he ran 14.5 for 6th, jumped 23- $\frac{5}{8}$ for 4th and won the triple jump with 49- $\frac{3}{8}$. Greg Hansen from Woodland joined the four returning 23 footers with a 23-2 of his own. He also vaulted 14-0.

In the high jump, along with Ellis, Jeff Barrett tied for second at the Golden West Invite with a 6-10. Wilbert Horsley, junior at Lincoln of Tacoma, improved to 6-10 $\frac{1}{2}$ and has become consistent at 6-8.

Steve Jurich of Lynnwood won several prep divisions in road races and placed 8th at the GWI in 9:19.4. But the really hot running has come out of junior Scott Reid from Stevenson. He ran 31:15.8 for 10k, 9:43.2 in the steeple, 8:47.2 (3k), and topped it off with a 30:45.7 10k, going thru in 14:36.8 (3mi) and 29:48.8 (6mile) His 10,000m is 5th on the national all-time list and breaks the old state junior class 6mile and 10 km records by a healthy margin.

The other state record is our first fully electronically time: 10.05-frosh Jeff DeGallier, Coweeman JH/Kelso. The other sprinting news is headed by Jeff Ramsey's big meet performances with a 4th place 48.2 at Golden West and a 48.4 win at the National JOs. James Watson of Foss now leads the returning dashmen with his 21.6 at the Tacoma JO qualifying meet.

Keith Collins won the JO decathlon in Yakima, scoring 7178 with high school implements and running 14.4 over his highs.

For the cross country season, Ed Hopfner and I would like to compile and report results from major high school competition including important dual meets. I'd also like to compile a

list of records for courses older than 5 years. Please send any results etc. to my home address:

18315 4th SW Seattle 98166 or the address that I'll supply next issue.

More High School Results :

6/23-xChris Friday, Wld 164-0 PR

6/30-xScott Reid, Stev 4:08.5(1500)

7/8-xKarlos Brown, CRiv 14.3w

7/2-xWatson, Foss 10.6m/22.3

xxxEllis, ?? 10.7m!! (anyone know who he is?)

xMark Stensland, Edm 32:36.7m

6/21 xGary White, Kr 14-0

National JO Decathlon-Yakima 7/2-3

Senior Boys

1) Keith Collins, Cashmere 7178

11.1 22-6 44-0 6-2 50.5 3797(1st)

14.4 130-2 10-10 162-0 4:36.2 3381

3) xScott Wells, Davis 6643

11.3 21-8 $\frac{3}{4}$ 39-8 6-0 49.6 3609 (2nd)

15.2 109-2 11- $\frac{3}{4}$ 147-4 4:50.2 3034

6) Doug Larsen, Meridian 6437

11.7 20-1 $\frac{3}{4}$ 37-5 $\frac{1}{4}$ 6-2 54.2 3222

15.9 109-6 12- $\frac{3}{4}$ 162-5 4:37.3 3215

12) Dave Lorvick, Shorecrest 6181

16) Terry Scott, Moclips 6053 (10.9, 22-11 $\frac{1}{2}$)

17) Lee Rath, Eastmont 5944

18) xKen Collins, Cashmere 5915 (54-4)

19) xGreg Hall, Connell 5878 (50.9m)

Intermediate Boys

1) xxxKraig Klicker, Walla Walla 5722

11.8 20-3 47-1 $\frac{3}{4}$ 5-4 $\frac{1}{4}$ 56.0 3102

17.8 114-0 10- $\frac{1}{2}$ 146-11 5:13.6 2620

~~7/14-Barron~~ Rutheford, Oly? 196-6

7/14-Barron Rutherford, Oly? 196-6

Western Washington JO -7/20

xxxWalt Hines, Wil 15.1, 42.0(330 int)

Ramsey, Oly 48.8, 22.5; xWatson, Fo 22.1

xHorsley, L/T 6-8; Freshour, Shc 6-6

Scott, Moc 22-9, xJohn Shaw, Evr 45-6

Regional JO Portland-7/23

xWatson 10.1, 21.9; Saint, Brew 22.3

Ramsey 49.5; Webster, Wil 1:57.6

xxxHugh Hazelquist, Hunt JH(Wil/T) 1:58.8

xSargent, CPk 4:23.4, xShaw, Evr 45-7 $\frac{1}{4}$ (2)

xxEllis, Pat 6-7 $\frac{1}{4}$, xAnderson, Nas 57-8 (2)

Olsen, L&C 179-2, xWollen, Pull 171-0

xGerald Lyons, BeS 218-4 (surpasses his

brother's high school best), xWells, Dav

39.7 (330 int)

/from richard mccann/


ALL-COMERS SLOW IN 1977 - FEWER PLANNED FOR 1978

/from bill roe/

The 1977 all-comers had fewer entries by nearly one hundred per meet than over previous years, testimony to the success of the road running growth and to the saturation of these meets.

Performances were generally in the fun vein, with weekly serious competition from Lennie Hayden in the 400 and 400-hurdles and Vic Bennett and Larry Woodworth in the middle distances. Frequent visitors with vaulting poles included regulars Fory Thomson, Stu Jones, and John Winters. Hayden was named "comer of the year" for his total season, and joins '75's Harry Haslam and '76's Duncan Atwood on that illustrious list.

Next year, there will be eight Tuesday meets, with some breaks in the schedule. Some Saturday meets may also be held, but we'll look for one site such as Tacoma to build continuity.



NIKE

OTC

Marathon

Olympians Don Kardong, Jeff Galloway and Jon Anderson are only a few of the top track and field athletes who will participate in the NIKE/OTC Marathon on September 11 in Eugene.

The women's field is headed by Jacki Hansen, who is currently training hard to regain her women's world record. She selected Eugene over two other courses. Her main competition will come from Atlanta's Lisa Lorrain, third place women's winner in the 1977 Boston Marathon, and Gayle Barron. Noted author and exercise physiologist Dr. Joan Ulliyot will join the field, and American junior record holder, Dianne Barrett, winner of last year's women's division, will also be in Eugene.

In addition to Kardong, Galloway and Anderson, Brian Maxwell, third place men's winner in the Boston Marathon will also be running, along with Tony Sandoval, Jeff Wells and Benji Durden. Also accepting invitations are Ron Wayne, Dave Harper, Bob Hensley, Chuck Smead, Carl Hatfield, John Lodwick, Barry Brown and John Samore, all of whom have times of 2:19 or faster.

Round trip tickets to Hawaii for the December Honolulu Marathon will be awarded to the top five men and top three women runners in the race. The open winner in each division will receive a free pair of NIKES, and everyone who finishes the race will receive a commemorative tee shirt.

Help needed!

Tom Heinonen will be in charge of the finish line, and Peter Thompson will be in charge of the course. Both can use some help--timers, recorders, people at key intersections. Anyone who can be available for a couple of hours starting at 8 a.m. on Sunday, Sept. 11, should phone Nike Sportshoes at 345-6266.

Also, organizers would rather have the invited group of men and women stay in private homes rather than a motel room. Some will be in Eugene as early as Sept. 3 so they can contribute to the success of the Pre's Trail run on Sept. 5. They would then be able to participate in a series of clinics and events leading up to the marathon and sample Eugene's feeling for distance running. Some of the runners will not be able to arrive in town until Sept. 10. Anyone with a room for any of these people should phone Nike Sportshoes at 345-6266.

COMING IN NOVEMBER...
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DEADLINE: November 16, 1977

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the seattle marathon

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ENTRY FORMS AND INFORMATION
will be available soon from Club NW and
Super Jock 'n Jill. Send a stamped
self-addressed envelope (large #10 please
so that we don't have to fold your entry
card) to: Club Northwest
2557 - 25th Avenue East
Seattle, WA 98112

1976 WINNERS: Arny Stonkus, UW/CNW, 2:23:03 (record)
Anita Scandurra, SPU, 3:00:18 (record)
386 entries, 291 finishers recorded
NOTE: no half-marathon with marathon this year.

NORDSTROM is official race headquarters
Administered by **CLUB NORTHWEST**



**AN OPEN COMPETITION FOR
RUNNERS OF ALL AGES AND PACES:**

**SEATTLE
DIET PEPSI
RUN
AMERICA
RUN
WITH FRANK SHORTER**

**THE SEATTLE DIET PEPSI 10,000 METERS (6.2 MILES)
11 AM SUNDAY, SEPTEMBER 25, 1977
ALKI PENINSULA**

RUN WITH . . .

Frank Shorter, Olympic Marathon Gold and Silver Medalist . . .
Don Kardong, Washington's Olympic Marathoner
Dr. Jean Uilyot, author of Women's Running.

**FREE T-SHIRT TO
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Fill out the entry form on the back of this flyer and a Run America Run T-Shirt is yours as part of your race packet

**CERTIFICATES FOR
ALL FINISHERS**

Finish the race and you'll receive a Diet Pepsi merit certificate.

**POST-RACE
REFRESHMENTS**

Seattle's Pepsi bottler will be on hand with refreshments free to all racers.

HOW DO YOU COMPARE WITH THE RUNNERS OF AMERICA?

A program has been developed to compare your performance in this race with the standards set by runners in your age group nationwide.

A NATIONAL STANDARD RACE

Each finisher will receive his personal Diet Pepsi rating comparing his performance to the national standard for his or her age group.

SPECIAL AWARD PATCHES

If you run faster than the median national standard time for your age group, you'll earn a special Diet Pepsi Run America Run patch.

SEATTLE DIET PEPSI RUN AMERICA RUN OFFICIAL ENTRY FORM:

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Include \$3.00 Registration fee by check or money order payable to: TRY, INC., and mail this form to:
DIET/PEPSI 10,000 Meters
Club Northwest
2557-25th Avenue, East
Seattle, WA 98112

Additional information:

AGE _____ MALE _____ FEMALE _____

BIRTHDATE _____

PHONE NO. _____

CLUB AFFILIATION (Optional) _____

AAU No. (Optional) _____

Please read the following statement and sign below before submitting entry.

In consideration of your accepting my entry, I intending to be legally bound for myself, my Heirs, Executors and Administrators, do hereby release and discharge Pepsico, Inc., Nordstrom, Inc., Club Northwest, Try, Inc., The City of Seattle, King County and the State of Washington and any and all sponsors from any and all liability arising from injuries and damages I may suffer as a result of my participation in this event. I have read the entry information provided and certify my compliance by my signature below. I also understand entry fees I pay are non-refundable.

SIGNATURE _____

*PARENT/GUARDIAN _____

*If applicant is under 18 years of age, form must be co-signed by parent or guardian.

Please indicate at which one of the following Nordstrom branch stores you wish to pick up your race packet.

Downtown Northgate South Center Aurora Village Bellevue Tacoma

nordstrom IS OFFICIAL RACE HEADQUARTERS

Send your entry form now. Then pick up your race packet at Nordstrom's official race headquarters.

The packet contains your free Diet Pepsi Run America Run T-Shirt, your competitor number, a map of the Alki Peninsula course and a schedule of special events.

Your packet will be available any time after September 12 at the Active Sports department of the Nordstrom outlet you've selected.



The Diet Pepsi 10,000 Meter Race is sanctioned by Try, Inc. Administered by CLUB NORTHWEST.

the aau

What is the AAU?

The Amateur Athletic Union is a national organization of sports lovers who work voluntarily to promote and encourage amateur sport and physical fitness throughout the United States.

What does the AAU do?

Through its nationwide membership of athletic clubs, schools, colleges and countless other organizations interested in amateur sports and games, the AAU promotes the ideal of "sports for sport's sake," protects the interests of the amateur athlete or team, establishes and maintains standards of amateurism, and sponsors a general athletic program for all amateurs, without regard to class, age, color or creed.

What role does the AAU play in the Olympic Games?

The AAU has taken the lead in developing outstanding representation for the United States in the Olympic Games in conjunction with other sports groups. Since 1896, when the Games were revived, it has shared the burden of raising funds necessary for the participation of American athletes and conducting Olympic tryouts for the selection of the most capable competitors.

What are the Junior Olympics?

More than 15 million boys and girls compete each year in the AAU's Junior Olympics program embracing basketball, gymnastics, judo, luge, swimming, diving, synchronized swimming, track and field, trampoline, volleyball, water polo, weight lifting, boxing and wrestling.

In what amateur sports does the AAU have development programs?

Basketball, baton twirling, bobsledding, boxing, gymnastics, handball, horseshoe pitching, judo, karate, luge, swimming, diving, synchronized swimming, trampoline, track and field, volleyball, water polo, weightlifting, and wrestling.

How does the AAU keep a check on the amateur status of athletes?

Registration is the backbone of the AAU, providing a means of identification and control of all competing athletes. Only registered and properly certified athletes are permitted to participate in open athletic events sanctioned by the AAU or in international competition.

Is there an organization in my community that has membership in the AAU?

In all probability, there is. AAU membership includes athletic clubs, chamber of commerce, service clubs, fraternal organizations, industrial clubs, recreation departments, high schools, colleges, YMCA's, YWCA's, YMHA's, YWHA's, American Legion Posts, National Guard units, Bureau of Parks, swimming clubs, Boys' Clubs, booster organizations, Catholic Youth Organizations, church leagues, Boy Scouts,

winter sport clubs, handball clubs, fire and police departments, newsboy organizations, life saving corps, weightlifting clubs, country clubs, physical training clubs, body building clubs, judo clubs, cross country clubs and every conceivable type of organization of permanent charter actively promoting or participating in amateur sports and games.

How does the AAU obtain funds to carry on its work?

AAU income is derived from member clubs' dues, from a portion of sanction fees and from major championships. Contributions are received from individuals, from corporations, from Sustaining and Life Membership contributions and from other organizations interested in expanding amateur athletics in the United States.

Who are the paid employees of the AAU?

They include Ollan C. Cassell, executive director, and a staff of 25 other administrators, secretaries, and clerks. The annual budget of the AAU is smaller than that of the average small college athletic department because over 300,000 sports-minded Americans volunteer their services and many also contribute funds.

Are receipts from AAU championship events sufficient to support the athletic program?

Decidedly not. Most AAU sports are not self-supporting, but are conducted by volunteers with contributions from individuals and companies.

Aren't amateur sports only for those who can afford to pay their own way?

That is a misconception that the AAU seeks earnestly to correct. Amateur sports are for all people, the rich and the poor, and the athlete in fact and the athlete in heart alone. The AAU unites the millions who are interested in sports for sport's sake in an athletic program designed to give boys and girls of all faiths, all races, and all economic levels, an equal opportunity to reap the benefits and satisfactions of clean, wholesome sport.

Who runs the AAU?

The AAU is governed and directed by a Board of Governors elected from delegates representing the 58 associations. They serve without compensation.

Why does the AAU need my support?

The AAU needs your support because it depends almost entirely upon public-spirited volunteers to reach all those who find health and happiness in the organization's general athletic program.

NATIONAL OFFICE: AAU House
3400 West 86th
Indianapolis, IN 46268
(317) 297-2900
EXECUTIVE DIRECTOR: OLLAN C. CASSELL
PRESIDENT: Joel Ferrell
NATIONAL ATHLETICS CHAIRMAN: Jimmy Carnes

LOCAL OFFICE: PNA-AAU
P.O. Box 5098
Kent, WA 98031
LOCAL PRESIDENT: Dean Ingram
REGISTRATIONS: George Wilson

LOCAL ATHLETICS: Club Northwest
2557 - 25th Ave. East
Seattle, WA 98112
(206) 325-3167
LOCAL CHAIRMAN: Bill Roe

MORE INFORMATION ABOUT THE PNA-AAU ATHLETICS COMMITTEE NEXT PAGE!!

This month's forum deals with local politics and methods of governing our related sports in athletics - track and field, long-distance running, and race-walking.

First, there are the national bodies to which we are connected. They include the National AAU, the United States Track and Field Federation, the Road Runners Club of America, the American Masters Athletics Association, and the National Jogging Association.

The National AAU is the most important, solely because of its position in international track and field. The AAU is the governing body that has the only connections with the International Amateur Athletics Federation, the world track and field governing body and agency for the Olympics and other international competitions. The National AAU is organized around local "associations", of which there are 58 in the United States. Within each of those, there are constant events, registrations, and conflicts.

The local associations are responsible for registering each bone-fide club in their areas. Our region of the Pacific Northwest is divided into many associations, and the State of Washington itself has three associations to deal with - the Pacific Northwest (western Washington minus the Vancouver area), the Oregon Association (the Vancouver area belongs to that group), and the Inland Empire (eastern Washington).

The United States Track and Field Federation is the NCAA's answer to the AAU, but the group has never gotten the international recognition it was after. It relates basically to the schools, from high schools up, and is organized along state lines. Each state has its own Executive director.

The latter three are all promotional groups for running. The Road Runners are by far the most successful, with their connections to areas being directly to clubs. The AMAA is also related basically to clubs, while the NJA is more geared to individual participation.

The Pacific Northwest Athletics Committee is the track and field, long-distance running, and race-walking committee for the Pacific Northwest Association of the AAU. The basic purpose of this group, made up of coaches who represent the various registered clubs in the Association, is to dispense travel funds garnered through individual registrations to worthy athletes who represent the area in national competition.

Club Northwest is a member of all five groups mentioned, the only club in the area that is. Bill Roe is the local athletics chairman for the AAU, the state's USTFF Executive Director, and the Club Northwest representative to each of the other groups.

In attempting to reconcile the many differences between the running related groups listed, Club Northwest has assumed much of the load in the PNA-AAU and around the Northwest. As a result of CNW's influence, registrations for local PNA-AAU races do not require AAU membership, although they recommend it. This has resulted in 1977 being the fourth straight year of record-high totals in athlete and club registration. Why? because a gentle reminder always works better than a big stick.

Dealings with most national organizations remain at a low-key level, mainly within the passing of information from one agency to another, or from the agencies through

Club Northwest's nor'wester to the athletes and coaches. There is active work with the AAU each year, generally involving the national convention of that group, to which the PNA-AAU usually sends three to five athletics representatives. Because the convention legislation can affect our local programs for years, it is important that this support continues.

Where does your AAU card money go? \$1.50 goes to the National AAU, divided between the national office (\$1) and the sport committee each athlete indicated as their sport on the application (sport code). \$1.50 goes to the local office, and half is rebated (75¢) to the local sports committee. All TF/LD/RW registrations go to the Pacific Northwest Athletics Committee.

Sanctioning of races continues to be a real problem. Races in eastern Washington are hit with much tougher rules, thwarting the efforts of many a well-intentioned meet director, than are the lax rules of western Washington. But sanctions, lax rules or not, are still very important, especially to the athlete with AAU card insurance, whose injuries are not covered in an unsanctioned race.

Registration of clubs is another real problem. Groups spring up almost overnight, in some cases almost seducing runners into thinking that they are a god-send. Clubs are, however, a sacred thing to most directors and runners. Athletes join clubs expecting many things; they get very few from most unregistered clubs (although there have been a few registered clubs fail as well).

There is more to local athletics (TF/LD/RW) and we'll be glad to continue to give more information when we get requests. In the meantime, Pacific Northwest Athletics Committee meetings are monthly, and open to anyone. The September meeting is on the 27th, and will be held at Dr. Dean Ingram's home in North Seattle. Please call Dean at 623-1920 if you'd like to attend. October 25th, November 22nd, and December 20th meetings will be at the Track House, Club Northwest headquarters. Meetings generally begin at 7:30pm or so, and last for no more than ninety minutes.

IF YOU HAVE A TOPIC FOR

f o r u m

then send it along to Club Northwest along with a few of your own thoughts on the subject.

In each issue of the nor'wester, we will announce a topic we would like your thoughts on. We'll print the most representative and topical in the next issue.

Questions will include:

Do we begin to push our kids too young?

Why is there no support for our Olympic caliber athletes and what can we do about it?

and next month's question:

WHAT IS WRONG WITH OUR PRESENT SCHEDULE?

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Fill out the form below, checking "NEW" in the upper right hand corner.

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Present rates are:

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NOTE: AAU card holders can receive twelve monthly issues for \$3.00 rate. You must list AAU number on the application form, and it must be a current number from any AAU association.

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IV. COMPLIMENTARY POLICY

Each member of Club Northwest receives one monthly issue with their membership.

Selected members of the press receive one monthly issue.

Some regional and national association and governing body representatives receive monthly issues.

As subscription rates climb along with the number of subscribers, fewer complimentary issues will be sent out. Club Northwest continues to encourage complimentary issue receivers to subscribe and support our efforts to spread the word.

V. APPLICATION FORM FOR NOR'WESTER SUBSCRIPTION

Send the appropriate fee (check or money order made payable to "Club Northwest") along with the subscription information asked for below to: NOR'WESTER, 2557 - 25th Avenue E., Seattle, WA 98112

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the nor'wester

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