

MARCH

NORTHWEST TRACK &amp; FIELD NEWS

1977

# the nor'wester

SCHEDULES, RESULTS, FEATURES, AND INFORMATION FOR THE PACIFIC NORTHWEST -- FROM CLUB NORTHWEST

President	General manager & Editor	Team manager	Secretary	Treasurer
Don Kardong	Bill Roe	Steve Gough	Jim Johnson	Bob Goiney
West 2021 College	2557 - 25th Avenue East	2908 Northeast 12th	1810 West Tenth	2428 East Louisa
Spokane, WA 99201	Seattle, WA 98112	Renton, WA 98055	Kennewick, WA 99336	Seattle, WA 98112
(509) 326-2944	(206) 325-3167	(206) 271-2980	(509) 582-8838	(206) 322-2117

VOLUME V, NUMBER VI

50 CENTS

SEATTLE, WA

INDOOR SEASON - ITS BEEN GOOD SO FAR  
from Bill Roe

There seems to be good tidings in the air in the Northwest these days. Indoor track is back with a vengeance, as participation is up leaps and bounds over past seasons.

The number of meets hasn't increased all that much, but the number at the University of Washington have made the difference. With Club Northwest and the University Track programs combining talents to offer two large all-comers meets, the total entries exceeded 1300 for the meets. Costs were high, though, as Pavilion set-up is not cheap, and the meets just broke even.

The men's all-comers meet the weekend after the second open all-comers had low participation, but it bucked the trend which seems to attract more athletes - having co-ed meets - and the good weather may be affecting the meets as well. In the second open meet at the UW, the crowd forced three events outside, and the athletes loved the weather and the new Chavelle track.

State High School Indoor participation remains high - over 1030 entries for the second year in a row. Mike Keller at Idaho reports that his meets have attracted many kids in the high school divisions, and the Vandal Indoor was a successful low-budget affair again. The Portland Indoor attendance was up, the early session packed, and the results the best in a long time as director Bob Newland presented some fine fields.

Remaining are two more Idaho meets and one at the University of Washington. The attempt to revive the Seattle Indoor has been scrubbed with an eye toward several potential major sponsors and a 1978 date fitting in with the major west coast meets.

CONGRATULATIONS TO CLUB NORTHWEST'S BILL ROE for having been selected National Team manager for the U.S. team which will compete indoors against the Russians and Canadians in Toronto on March 3-4. Why, we don't know, but congrats...



THE NOR'WESTER embarks upon a new era as we present the Washington Track and Field News coverage for the 1977 track season. Inside (pages 2-7) are previews provided for us by new staff members. Club NW news is on 10-11, with results, masters, and walking news corralled on pages 12-15. And, as promised, the new WHOLE YEAR CALENDAR is on our center spread.

Keep in mind as you go through this issue that we are still in need of new contributors for Nor'wester. We can offer more information to our readers if we can get that information from YOU!!

A CLUB NORTHWEST SERVICE

These are the yearly preseason predictions from Washington Track and Field News by your editor, Richard McGann.

100AAA

Bruce McDowell of Mead appears on top after his big meet success. Mike Grant of Curtis and Mike Bathurst of Lk. Washington should be the leading contenders. If Vince Coby of Wilson can be healthy, he'll also be in the thick of it.

AA

Defending champ Ken Combs of Franklin Pierce will have a challenger in Pullman's Mark Armstrong.

A

If decathlete Terry Scott of Moclips decides to run this race, defender Mike Erland of Goldendale will be hard pressed with him and Bob Green of Washougal in the race.

220AAA

Defending champion McDowell's cool in the big meets may be enough for him to run down Bathurst, the time leader. Quarter miler Jeff Ramsey of Olympia and Coby bring their strength to the event along with Grant's talent.

AA

Combs appears to be weaker in this event, giving Keith Koplitz of North Thurston a chance to repeat is high placing.

A

Bob Green is the class of this field.

440AAA

Top returner Jeff Ramsey may dominate the entire season. Mark Campbell of Foss and Mike Jahns of Lakes are his closest competitors.

AA

Dennis Feeney leads a contingent of North Thurston quarter milers along with Bryan Hoddle. Kirk Nelson of Fife may be the one to break them up.

A

Greg Hansen of Woodland is the tentative leader, but the event is wide open.

880AAA

In an unusually weak event, Bob Bundy of Mead is the clear leader. Randy Gherts of Kentridge may be the only one to challenge at State.

AA

Timberline's Rod Egolf is the big leader. Tyee will probably provide a challenger.

A

Absolutely wide open as no one returns from a state placing.

1 mileAAA

Darrell Martin of Everett will be hard pressed to defend his title as 3 runners

return with faster times. The leader, Dick LaLonde of Ferris has been inconsistent, leaving it open for the four between 4:20 and 4:21, including Prentice of Glacier, Held of W. Seattle, Martin and Bradbury of Queen Anne. Bob Sargent of Clover Park is the best of the rest. Watch soph Steve Kaestner of Shoreline.

AA

John O'Brien of O'dea is tops over the Johnson brothers, Dan and Dave of Shelton and Jim Harding of Foster, all of whom are injured. Tyee's John Urrita could be a factor.

A

Chris Villani of Mt. Baker, who won the A cross country title the last two years should also repeat easily here.

2 mileAAA

Davis's consistent Tom Hamel is the leading returner, but a tight group follows him. Lead by cross country champ Jay Bendewald of Mead and Craig Ollinger of North Central, who placed 2nd, the pace could be hot to get rid of the few kickers. Jeff Hotsko of Foss should be one of the pacers.

AA

A close pack, led by Chip Pierce of Selah AA cross country champ, will lead the chase. Kole Tonnemaker and Jim Forgath of Tyee come off of good x-c seasons and Gary Barklind of Anacortes, the time leader, has run well indoors.

A

Villani should run away with this race, too. Scott Ried of Stevenson, if healthy and Gary Gonser of Castle Rock should pace the rest of the pack.

1200 HHAAA

Aaron Williams of Wilson leads a typically small group of quality returnees. Karlos Brown of Columbia River and Pat Steinkamp of Hudson's Bay have run well indoors. Bob Rowe of Mt. Rainier is the only other returning state hurdler along with Williams.

AA

With no placers returning, the race is wide open.

A

Mike Erland of Goldendale should repeat easily after running 13.9 this summer to equal the state record.

180 LHAAA

A tight race as Williams will be challenged by Mike Balderson of Ft. Vancouver. Gary High of Clover Park and Mike Flynn of Mt. Rainier are back a couple of tenths.

AA

The Olympia area appears to have the leaders as Keith Koplitz of North Thurston and Maurer of Capitol return to a slow year with no returning placers.

A

Mike Erland will have more of a challenge here from Keith Collins of Cashmere, especially if Erland is tired from his other races. They were the top two last year.

#### Long Jump

AAA

Larry Costello of Kentridge leads this and has jumped very well indoors. But Kentridge may be too concerned with beating Mt. Rainier. Ken Gardner of Blanchet was the best placer last year. Wilson's Williams should score here, too.

AA

Carl Thompson, who will be coached at Cleveland by a former state championship coach at Franklin, Frank Ahern, is the favorite after jumping well indoors. Bill Fogelman of Pierce should be his closest pursuer.

A

Terry Scott comes off his fantastic summer decathlon PR's to defend his title. Greg Hansen of Woodland spans the gap between Scott and the others.

#### Triple Jump

AAA

Seattle dominates this event with 4 of the top 7 in the AAA. Kevin Turner of Franklin and Walter Terry of Seattle Prep are over 46 feet. Russel Real, also of Franklin, is next at 44-10. Larry Costello is a force here.

AA

Thompson should have no problem as he is also over 46'. He may even beat Turner consistently.

A

Scott has a clear edge. No placers from '76 return.

#### High Jump

AAA

Mercer Island may hold on to its title if Pete Dawson continues to jump well. Jeff Barnett of University doesn't seem to jump as well at so the other 3 returnees over 6-6 should be in the chase at the end.

AA

Nick Harvey of Anacortes will have experience over Brian Martin, junior at Shelton. Don Pratt is next from Timberline almost 2 inches lower.

A

If Dan Korte of Colfax can repeat his '75 jump of 6-9, he should have little trouble. But he must contend with defending champ Kevin McCready of Pt. Townsend and possibly Terry Scott.

#### Pole Vault

AAA

Keith Gjernes of Meadowdale is off to a good start with an indoor vault over 13 feet. But he must beat the consistent vaulting of Undra Simpson and Mike Washington of Lincoln/Tacoma. Simpson

leads a surprising depth at Lincoln after placing 2nd last year at state.

AA

This is perhaps the strongest and most competitive event in AA. Alan Campbell of Shorewood, who placed 2nd last year as a sophomore, must overtake Dave Mailloux of Stanwood with a best mark of 14-6.

A total of 8 vaulters are above 13-1 in AA. Surprisingly, no Sumner vaulters.

A

Scott is the leader off his 14-0 at the National Junior Olympics decathlon, which he won. Greg Hansen of Woodland returns from a 4th place.

#### Shot Put

AAA

THE event of 1977. World age-16 record holder Vincent Goldsmith of Mt. Tahoma returns at a state record 65-10 after winning State, the National Junior Olympics and placing 4th at the Junior Nationals. Rick Schwartz of Auburn and Lance Neubauer, high school record holder for the decathlon shot, look like they should break 60 feet. The next putter is at 55-9.

AA

Pat Spooner of Sumner, though inconsistent last year, is the class of the field. No one else is within 5 feet of him.

A

Chris Friday of Woodland leads a rather weak field.

#### Special-Jr. High

Mike Shill of East Valley Jr. High/Spo. is following in Goldsmith's footsteps. He has put the 12 lbs. shot 55-½ indoors so far this year to reach second all-time on the ninth grade list. He has reportedly done little work on the event, so watch for bigger and better things.

#### Discus Throw

AAA

A weak field led by the same shot trio and Brian Vincent of Clover Park.

AA and A

Very weak event with only 2 returnees over 151 feet. Stockwell of Pierce leads the AA and Cochran of Cathlamet leads the A.

#### Javelin Throw

AAA

Another weak throw with only one returnee over 200 feet and 2 over 190.

AA

Porky Lyon's brother Gerald from Desales is the only returnee over 190 feet, but there are close pursuants. Teamates Mike Houst on and Jon Wuerch of West Valley/Spokane are within 5 feet of Lyons along with Don Pratt of Timberline and Mark Palmer of Centralia.

A

Sophomore John Nelson of Stevenson, second best all time freshman and state placer, has the edge on Dave Halliday of Pt. Townsend.

TeamsAAA

- 1) Mead has top line strength through all of the running events and relays. Their Cross Country championship shows distance corps depth.
- 2) Wilson has good strength in the short events and vertical jumps, but will probably be hurt severely at the Tacoma meet.
- 3) Franklin has tremendous depth in the vertical jumps in a weak league. Their speed may get them a relay too, although they'll have to beat Roosevelt.
- 4) Mt. Rainier has overall speed for the first time along with hurdlers of state caliber and strong half milers in a weak year. They lack Rainier's usual depth and experience.

AA

- 1) Franklin Pierce shows strength in every area except the distances.
- 2) Timberline is strong in the vertical jumps, javelin and has Egolf for the 880 and mile.

A

- 1) Woodland has two top individuals in Hansen and Friday. They only need to find some backup.
- 2) Pt. Townsend has many middle line points that may accumulate enough to pull off the win.

An interesting individual battle may occur between Mike Erland of Goldendale and Terry Scott of Moclips. One of them may walk off with the team title by himself.

These previews are the opinion of this editor. Send all comment, complaints and threats to:

Richard McCann  
009 Smith Hall URS  
Tacoma 98416

P.S. Send track info too

All lists of returning runners can be garnered from Jack's Track Book '77. Information about the book can be found elsewhere in this newsletter.

1977 College/Open Men Prospectus

by  
Mike Hubbard

The year following an Olympic year is usually somewhat of a let-down. Athletes who were at their peak are taking it relatively easy while new faces begin to emerge. The Northwest has one of the biggest new names of the season in WSU frosh from Kenya Henry Rono.

Henry was a member of Kenya's nonparticipating Olympic team with an 8:29.0 steeplechase to his credit, including a victory over countryman James Munyala of UTEP, the defending NCAA champ. With these credentials, Rono went to Pullman and promptly went undefeated in the cross country season, becoming an NCAA champ in his own right.

He has followed that up with some fine indoor running including marks of 4:03.9/7:58.4(3000)/13:08.4. He is obviously the next in a long line of outstanding Cougar distance runners.

Washington will have a few of its own stars. Soph Scott Neilson is defending Canadian and NCAA champ in the hammer. Another soph, Robert Gaines, was an Olympic Trials finalist and PAC-8 champ a year ago. Russ Vincent was the PAC-8 shot champ, but will be hard pressed to retain his title with Terry Albritton, former world record holder, at Stanford.

Other leading returnees and newcomers, by event:

Sprints: Very thin with only Pablo Franco(UW) 9.4/10.26/20.7(all in 75) and Leroy Jordan(Spok Falls) at 9.5/10.5/21.2 of much quality.

400: Keith Tinner(UW) looks in better shape than in the past two seasons(46.7 in 75). WSU returns Mike Cornell(47.4), Tim Giesa(47.3) and Dave McDuffie(46.8 in 75).

800: Loaded! Greg Gibson(UW) 1:48.6y in 73; Mike Radford(UW) 2:10.31(1000); Jim Brewster(WSU) 1:48.8; Mike Kosgei(WSU) 1:50.1. Steve Kiesel of Eastern looks great but may concentrate on 400.

1500: Another good event. Gibson 3:59.11; Josh Kimeto(WSU) 4:01.41; Rono 4:03.91; Murray(UW) 4:06.2; Sam Kimombwa(WSU) 4:05.1; Gary Gustafson(UW) 4:06.0. Bob Maplestone(CNW) 4:08.1 in 77 looks like could be a factor.

steeple: Along with Rono are UW's Gary Gustafson 8:44.4; Devon Flynn 8:57.2 and WSU's Phil English at 8:58.4 and Mark Higginson 9:02.8.

distance: As always, the state's strong point. Rono, Kimimbwa, and Kimeto for WSU along with Steve Surface, Bill Stolp and Gordy Braun at UW. College and CC divisions are led by Jim Hennessy(CWSC) and Bruce Greene(Highline).

highs: Besides Gaines, WSU picked up 13.9er Andre Hall. Rick Dahl at 14.2 returns to Eastern as does Lorenzo Bellamy(14.4) to Green River. Watch for Jeff Bruce and Jeff Bachmeier at Spokane CC.

intermediates: Brian Mondschein(UW) looks as if he will concentrate on decathlon. Larry Minor(51.9), Darrel Seymour(52.5) and Dave McDuffie(51.8) are all a WSU. Lenny Hayden of Green River(52.9) looked good in late 76.

high jump: UW added 7-1 frosh Lu Moore to go with John Hayes(6-11). WSU still has 3 excellent jumpers in Lee Braach(7-2½); Al Darneille(7-1) and Don Rasmussen(6-10½).

pole vault: WSU has 17 footer in Dennis Dudley and potentially in Brian Worden(16-9). Not much else.

long jump: Vesco Bradley(CNW) only quality(?) jumper at 24-11 3/4i. Robert Williams(WSU) did 24-9½ but was inconsistent with injuries.

triple: Frosh Ian Campbell(WSU) is at 52-9½i. Wayne Hinkley(CNW) 52-5 3/4(75); Dennis Cook(UW) 49-9. Fred Cummings(Spok CC) could be a great one.

shot: Vincent all alone. Orestis Rossides(WSU) 59-6½(75) and frosh Mike Westlin(WSU) 55-½i.

discus: Vacant without Chambul.

hammer: Neilsen plus Dwight Midles(WSU) 196-6; Rossides 168-9 and Henry Midles(CWSC) 162-3.

javelin: another rich event, even with big loses of Fred Luke and Cary Feldmann to retirement. Rod Ewaliko will throw for CNW. UW returns Duncan Atwood(263-6) and Tom Sinclair(239-1 in 75). WSU has Harry Kooznetsoff(250-4/75) and Gene Lorenzen(245-3) with transfer Gary Schaefer(252-1). Dave Andrews(224-8) returns to Central.

decathlon: Steve Gough is only in it for fun this season but Brian Mondschein is finally in it for real. UW also picked up Dan Eitelberg(6461) to go with Stan Vegar(6659). Randy Moon at UPS(6488) and high school senior Terry Scott are the best of the rest.

## WASHINGTON'S HIGH SCHOOL GIRLS PREVIEW

Washington's high-school girls are coming of age. After eight years of state meets, they are reaching levels of consistent quality. League championships or state titles do NOT come easily. Women athletes from Washington high-schools are national-class performers (Sherron Walker makes the Olympic team, Marcia Mecklenburg scores 16 points in her first AIAW national meet, Sonja Bennett places in the AIAW, Debbie Quatier wins the AAU Juniors 1500, Patsi Walker sweeps the national J.O. long jump and high jump -- all as teenagers).

Nevertheless, few of the state's best prep women graduated in 1976. The state-meet sprints all were sweeps a year ago -- Debbie Adams of Roosevelt in AAA, Kathy Dropalski of Centralia, AA, and Sarah Level, Port Townsend, A -- and all three athletes return this season. Adams overcame the challenge of two sophomores, Janice Nomiya of Federal Way and Joanne Hudson of Mt. Tahoma, to sweep the 100 and 220 in the rain in Seattle a year ago, and Janice and Joanne of course are back again to resume that chase.

The increasing competitiveness shows in all the events. Sue Monda of Newport returns to try for three AAA 440 championships, but what a field she will face: Dana Arnim of Edmonds (55.4), Kelsie Giles of Kennedy (55.5), Lois Jensen of Sammamish (56.6), Rhonda Massey of Mercer Island (57.0). Monda's best is 55.9.

The state's most precocious girl runner will not be competing for high school, as Deanna Coleman (2:08.7, 4:49.0) says she will represent Falcon Track Club this spring rather than Issaquah High School, where she would have been eligible as a ninth-grader this year.

The events which did lose many of the best 1976 performers are the weights, although Jeanne Eggart of Walla Walla returns to defend her AAA javelin title and triple-threat Joanna Norton of Othello (43-2 sp, 145-7 disc, 122-11 jav PLUS 5-4 hj) returns in AA. The weight events also seem to be keys to team chances, especially for North Thurston in AA and Sammamish and Battle Ground in AAA.

Thurston is led by Lori Dresser in the shot and discus (128-6) and Katy Robbins in the disc (115-2) and jav (133-2), plus Shannon Hora, excellent long and high jumper (5-4½). All are juniors.

Battle Ground, aside from the Lahti sisters, has Nancy Ellertson (126-6 jav) and Pat Herrington, defending champion in the discus (12701). Doris and Joanne Lahti, 2-3 in the state cross-country meet last fall, have run the mile in 5:07.3 and 5:19.3 respectively.

But the AAA team favorite has to be Sammamish. In the weights the Totes return Cindy Klouse (41-5½) and Jane Sealey (39-10½, 118-6 dt). Maureen Dunn, defending champ in the hj(5-7), also has run 11.0 and jumped 18-8½, and her teammate, Julie Crosgrove, has jumped 5-9! Add quartermiler Jensen, and an energetic new coach, Roger Hansen, plus the competitiveness of the Kingco Conference.

The A championship probably will be won again by Port Townsend, which also will be with a new coach. Kim Seelye, winner of the 440 and 880, has graduated, but Level, 3-event winner, and Irene Griffith are back. Irene has run 4:57.7 in the mile and has posted top time in the state in our newest girls' event, the two-mile (10:39.8).

Addition of the 2-mile to the state meet is an extraordinary step considering the fact many states still do not have even a girls' state meet, those that do have no girls' race longer than an 880 (in most cases), and the longest Olympic race for women is only a 1500!

If Port Townsend does not win the A title, it could be won by a one-person team, Yelm (Patsi Walker). This is the senior season for Patsi, and she is state leader for all divisions in three events (10.2 hurdles, 5-10, 19-6 3/4) and A leader in a fourth (56.9).

### OPEN WOMEN'S PREVIEW

Women's track in Washington state is in the midst of revolutionary changes. The University of Washington's financial and administrative support of a women's track program -- after years of pressure from women athletes and from American feminists of all types, in all arenas -- is bringing maturity to this area's development of women's track.

That is not to downplay the powerful influence of the program under Ken Foreman at Seattle Pacific, years ahead of its time in women's athletics, but it has taken the prestige and financial influence of Washington to push this particular ball over the hill.

The changes are occurring rapidly: Washington will begin to have combined men-and-women track meets this season, including its traditional dual with Oregon in Eugene April 2. The school offers financial aid to women athletes and has two coaches for its women's track team. Forty women are turning out for the team.

One of those, Caryl Van Pelt, is on her way to becoming the school's first individual woman track star. State AAA shot-put champion last year at Bellevue, she already has twice defeated Marcia Mecklenburg, crosstown rival at Seattle Pacific, in winter indoor meets. She may -- as did Mecklenburg last season -- break 50 feet her first year out of high school.

But Washington's team is no match for SPC's. SPC was second in last year's AIAW collegiate championships, and ALL of those points are back plus: Cyndie Cummings of Federal Way and Debbie Quatier of Edmonds, outstanding high-school recruits; Lorna Griffin, 1976 collegiate champion from Flathead Valley CC (Montana) and collegiate recordholder in the discus (164-9), AND, as if that isn't enough, Lynne Bjorklund, one of America's greatest female distance runners, who has been hampered by injuries the past two seasons. She has run 9:08.6 for 3,000 meters, American record at the time.

SPC of course also has two Olympians (Sherron Walker, 21-7½, and Pam Spencer, 6-½); Sonja Bennett (jav), Mecklenburg, Julie Hansen (150-9 disc), Denise Anderson (61.2 intermediates), AIAW runnerup

Aside from the UW, SPC, Falcon Track Club and now Club Northwest (Pam Riggs and Jamie Day for starters), there are no significant developments in women's track in the state. Washington State University is dragging its feet with a token program, and the community colleges are doing little (Spokane Falls the most receptive thus far). The state's high schools will be turning out hundreds of quality women track athletes in 1977; where will they go?

/jack pfeifer/

### JUNIOR COLLEGE MEN'S FIRST LIST /ed hopfner/

#### 100 YARDS

- 9.5 Leroy Jordan, Spokane Falls
- xLeon Pullum, Spokane
- 9.7 Mike Krause, Highline
- 9.8 xJim Ammons, Everett
- xWendell Armstead, Spokane
- Bob Blackburn, Tacoma
- xRick Collins, Spokane
- Gary Namba, Seattle Central
- xEd Starkey, Green River
- 9.6 xDick Michelson, Bellevue (?)

#### 220 YARDS

- 21.0 xLeon Pullum, Spokane
- 21.3 Leroy Jordan, Spokane Falls
- Mike Krause, Highline
- 21.5 Mark Robinson, Spokane
- 21.7 xWendell Armstead, Spokane
- 22.0 xRick Collins, Spokane
- 22.1 Russ Wilson, Green River
- 22.3 Gary Namba, Seattle Central
- Bart Taylor, Spokane
- 21.5 xDick Michelson, Bellevue (?)

#### 440 YARDS

- 48.4 xSteve Avolio, Spokane
- 48.6i xRick Collins, Spokane
- 49.1 Kurt Bower, Spokane
- 49.2 Jeff McGougan, Spokane Falls
- 49.4 Brian Kuepper, Mount Hood
- 49.6 xPaul Harris, Spokane Falls
- 49.8 Steve Johnson, Highline
- 50.0 xDon Rouse, Spokane

relay: 46.9 xPullum  
47.8 xCollins  
48.5(75) xMichelson

#### 880 YARDS

- 1:52.6(75) xLarry Weber, Spokane
- 1:53.5 xRon Overbeck, Spokane
- 1:53.8 xDon Rouse, Spokane
- 1:54.1 xPat Bottiger, Spokane
- 1:54.3 xRick McMartin, Everett
- 1:54.5 Dan Butler, Spokane
- 1:54.6 Al Balcom, Spokane
- 1:54.8 xDel Childs, Spokane Falls

#### MILE

- 4:11.2 Bruce Greene, Highline
- 4:11.3 Paul Eichenberger, Highline
- 4:13.1 Tim Riley, Spokane
- 4:18 xBob Fulton, Spokane
- 4:18.3i(77) xScott Conley, Highline
- 4:19.8 xLarry Weber, Spokane
- 4:20.1 xRick Geiter, Spokane
- 4:20.4 xDon Rouse, Spokane
- 4:23.4 xBob Walls, Highline

3MILE-6MILE

8:59.0i(77) Bruce Greene, Highline  
 9:05.6 xSeth Brown, Spokane  
 9:09.0i(77) xScott Conley, Highline  
 9:17.8(75) xMark Anderson, Highline  
 9:18.6 xBob Walls, Highline  
 9:19 xSteve Taylor, Spokane  
 9:21.6/14:29<sup>0</sup> Paul Eichenberger, High  
 9:22.2(74)/14:34.6/30:25.8  
     Jeff Keeton, Skagit Valley  
 9:26.6 Russ Smith, Spokane  
 9:27.2(77) xTracy Clarke, Highline  
 9:29.4 xJon Elslip, Everett  
 14:27.2/31:02.7 Mark Van, Green River  
 31:18.3 Denny Armstrong, Spokane

120 HIGH HURDLES

14.4 Lorenzo Bellamy, Green River  
 14.5 Greg Rooney, Spokane  
 14.7 Dick Pangallo, Bellevue  
 14.9 Al Ungar, Bellevue  
 HS hurdles:  
 14.3 xJeff Bruce, Spokane  
 14.4 xJeff Bachmeier, Spokane  
     xClarence Secright, Spokane Falls  
 14.5 xGary Little, Spokane  
 14.8 xDwight Simeona, Highline  
 14.9 xDave Blackburn, Tacoma

440 INTERMEDIATE HURDLES

53.2 Lenny Hayden, Green River  
 58.9 xScott Roulrier, Spokane Falls  
 HS hurdles:  
 19.1 xJeff Bachmeier, Spokane  
 19.5 xJeff Bruce, Spokane  
 19.6 xCharlie Norris, Mount Hood  
 19.7 xDwight Simeona, Highline  
 19.9 xGary Little, Spokane  
     xTim Nickson, Highline  
 20.1 xClarence Secright, Spokane Falls  
 20.3 xDave Blackburn, Tacoma

LONG JUMP

24- xMark Darby, Spokane  
 23+2<sup>1</sup>/<sub>4</sub> Bob Blackburn, Tacoma  
 23-1 xKeith Elliott, Spokane Falls  
 22-7<sup>1</sup>/<sub>4</sub> xCurt Buck, Highline  
 22-7 Eric Fuller, Spokane Falls  
     xPaul Harris, Spokane Falls  
 22-5 xSteve O'Shea, Spokane  
 22-3i(77) Robin Woolhiser, Mount Hood  
 22-2<sup>1</sup>/<sub>4</sub> xJeff Bachmeier, Spokane

TRIPLE JUMP

47-2<sup>1</sup>/<sub>4</sub>i xJeff Bachmeier, Spokane  
 46-9 3/4 xRandy Heidenreich, Spokane  
 46-8<sup>1</sup>/<sub>2</sub> xDave Myrland, Everett  
 46-7 3/4 Steve O'Shea, Spokane  
 46-6<sup>1</sup>/<sub>2</sub> xKyle Jones, Spokane Falls  
     i Gary Lacey, Mount Hood  
 45-9 xCurt Buck, Highline  
 45-5 xJohn Reinholz, Highline  
     Lynn Evans, Spokane

HIGH JUMP

6-8 Sam Allen, Bellevue  
 6-7 xCurt Buck, Highline  
     Dan Wold, Spokane Falls  
 6-6<sup>1</sup>/<sub>4</sub> xRob Stone, Spokane Falls  
 6-6 xMark McCready, Everett  
     xChris Smith, Spokane  
 6-5 3/4 Greg Arlt, Spokane  
 6-5 xDarren Jamieson, Everett  
     (75) xTim Nickson, Highline  
     xGordon Weed, Bellevue

POLE VAULT

15-3i xMark Channing, Highline  
     Rob Thayer, Spokane  
 15-1 Jeff Koosman, Mount Hood  
 15-0 xMike Ryan, Bellevue  
     Jeff Wilson, Spokane Falls  
 14-1<sup>1</sup>/<sub>2</sub> xRandy Heidenreich, Spokane  
 14-0 xBart Deiss, Spokane Falls  
     xRon Richardson, Spokane Falls  
     Mike Ward, Highline

SHOT PUT

53-6 3/4 Roy Martin, Spokane  
 52-9<sup>1</sup>/<sub>2</sub> Chuck Cacek, Spokane  
 51-9i(77) xBrian Slater, Spokane Falls  
 51-2 Steve Tyner, Everett  
 49-6i(77) xBrad Boland, Everett  
 46-7<sup>1</sup>/<sub>2</sub> Greg Wheelock, Spokane  
 46-4<sup>1</sup>/<sub>2</sub> Jim Kruckenberg, Mount Hood

DISCUS

156-7 Chuck Cacek, Spokane  
 156-5 Roy Martin, Spokane  
 134-2 Steve Tyner, Everett  
 HS discus:  
 190- xRick Shoulkin, Spokane  
 174-7 xBrian Slater, Spokane  
 164-11 xCurt Ransford, Spokane  
 159-4 xDarrell Riste, Spokane Falls

JAVELIN

212-0 xCurt Ransford, Spokane  
 211-9 xBrad Boland, Everett  
 207-4 Brad Knigge, Clark  
 204-8 xMike Gill, Spokane  
 202-5 xMark Cox, Spokane  
 198-11 xRick Wolfer, Spokane

You might notice that the type style and size varies quite a bit from one column to the next. Well, the style won't change unless we buy everyone new typewriters; but the column widths we hope to get straightened out by the next issue to present a more readable format.  
 /bill roe, editor/



MARCH 1977

- 3-4 USSR-USA-Canada Indoor meet, Toronto, Canada (Bill Roe, Club NW, USA Head manager)
- 5 Lake Run, Longview, WA; 12:30pm, 25¢ entry fee; Dwight Cranston, RA Long HS, director.
- 5 Vandal Indoor Games (all-comers) men and women high school and open, 9am, \$1; Mike Keller, University of Idaho, director; at Kibbiedome.
- 5 Arlington 5-mile run, Jim Pearson/director, at 11am at Arlington HS; check on this before you go because there was no one there last time. 12
- 5 Hour run, Sehome HS, Bellingham, 11am, 50¢ entry fee, six divisions, both sexes. 17
- 5-6 Whitworth Pentathlon, Spokane; call school for more information.
- 11-12 NCAA Indoor championships, Detroit (see meet standards elsewhere). 19
- 12 BCC Polar Bear Relays, Bellevue Community College, 11am to 3pm; standard field events and relays, some individual events; primarily for men, junior college and open; Fred Andrew is director, contact him at BCC 641-2391. 19
- 12 Martin Relays, Walla-Walla; contact school for more information. 19
- 12 TAG Clinic at Tyee JHS, Bellevue (see more complete information under Clinics and Camps).
- 12 WSU Indoor for men, John Chaplin, WSU coach, director; call WSU for entry information, time schedule. 19

## CLUB NORTHWEST SPRING DATES

March 4 - UW Mini-meet outdoors (replaces meet originally listed as Seattle Indoor); early afternoon, call Al Bonney for entry. (PE)

March 12 - Polar Bear Relays, Bellevue CC, 11am to 3pm; call Bill Roe or Steve Gough before March 9th for pre-entry. (PE)

March 19 - Salzman Relays, Tacoma; usually mid-morning to mid-afternoon, mostly relays with some individual events; call Gough or Roe before March 16 for pre-entry. (PE)

March 26 - Club Northwest Relays, hopefully Husky Stadium, Seattle, mid-morning to late afternoon, distance runs, relays, field events, call Roe or Gough or (women) Bonney for pre-entry by the 23rd of March. (PE)

April 2 - Western Wash. Invitational, in Bellingham; open events for men; call Gough or Roe for pre-entry by March 29. (PE)

April 9 - CNW/UW/BC at Husky Stadium; limited team entry, so let us know if you're interested in competing in this one. Usual limit is three per event, and we'll use our best three. Call Gough to get on the team list. (PE)

## Eastside events

Whitworth all-comers March 17 and 31; Eastern Washington Invitational on April 2; call Dale Kennedy on the Eastside (Spokane Community College athletics and PE Department) to get more information (509) 456-5020.

## THE WHOLE Y

THIS CALENDAR IS ONLY and Club Northwest will be responsible for expenses incurred time or other incurred have and will continue unattached athletes to all of these events b

- 2-mile Handicap race, Pioneer JHS track, Walla-Walla; Russ Akers, contact. 8am.
- Whitworth All-comers, Spokane; call the school (we're sorry to have to keep asking you to call the school, but we're not getting the total picture from these people; you might mention it to them when you call).
- UW Women at Cal-State Northridge Relays. Salzman Relays, Tacoma (Spanaway); put on by Pacific Lutheran, call director Paul Hoseth for more information. For men and women.
- PNA 20-kilo championships with accompanying 10-kilo Monroe Boosters Club run (see more information page 11).
- Como Lake Relays, Burnaby BC; 11am, two races one of 4x3-kilo, one 4x1-kilo. Cheetahs of Como Lake sponsors, Doreen Pitre, director at 939-7223. \$2 per team entry.
- 15-mile run as part of the Fort Steilacoom Road Run series. Not AAU sanctioned or advised, since best competitive run will be in Monroe. For recreational types. 9am at Pt. Defiance Park.
- 19 ORRC Jogathon/15-kilo runs; Blue Lake parking lot on I-80 out of Portland off 181st Avenue exit (follow signs); 9am, \$1 fee for 15-kilo; Les Smith, 224-3380.
- 20 One hour run at Pioneer JHS, Walla-Walla; Russ Akers, director/contact.
- 21 UW Men at Long Beach State.
- 22 Spokane CC all-comers meet, Spokane; call John Buck or Dale Kennedy, 456-5020.
- 25-26 Florida Relays, Gainesville, Florida.
- 26 Two-Four-Six mile Fun Runs, Wa-Hi track, Walla-Walla; Russ Akers, contact. 8am.
- 26 Club Northwest Relays, Husky Stadium, from mid-morning on with events for open men and women; basic relays format with some individual running and all field events; must pre-enter by noon day of meet for events at any time of day. \$.50 for individuals and \$1 per relay team. Bill Roe 325-3167.
- 26 Vandal Indoor All-comers, \$1 per event for events from 8am on for open & hs, both men and women. Mike Keller, Idaho, coach. At the fabulous Kibbiedome.
- 26 Palmer Road Relay, Stanley Park in Vancouver, BC. 4 x 5-kilo loop, \$2 per team; Robert Mackenzie, VOC, meet director; 11am start.
- 26 UW Men at San Diego State, Women at Univ. of Redlands Relays, both California.
- 27 STC Gig Harbor run, 50 trophies and ribbons for the many divisions; 10-kilo and 5-kilo runs both for serious and recreational types. Jacques Pittet, director, race at 11am, Scandiagaard Park, Gig Harbor; call 858-9996 for more information.
- 27 Masters 10-miler, Golden Ear Park, Haney, BC, 10am, \$1 entry; handicap event.
- 31 Whitworth All-comers; again, call school.



# AR CALENDAR

GOOD AS ITS SOURCES  
take no responsibility  
ward a wrong date or  
information. We always  
to encourage coaches and  
get prior information on  
ore travelling.

## APRIL 1977

- 2 WWSC Invitational, Blhm. (men)  
EWSC Inv., Cheney (co-ed)  
Edgemoor Hill Run, Bellingham  
Oregon vs Washington, Eugene, OR  
(co-ed) SPECTATOR EVENT  
ORRC Run and Jog, Oak Hills, OR  
Abbotsford Relays, BC  
Frostbite Relays, Richmond, BC  
Spokane Metric Meet, Spokane CC
- 4-5 CWSC Decathlon, Ellensburg, WA
- 8 Chandler 14-kilo Run, Vancouver, BC
- 9 Birch Bay Marathon (Spring PNA  
Championship - part of PNAC series)  
Blaine, WA  
Spokane Inv., Spokane CC  
Olympic Development Meet (Washington  
vs Club Northwest vs British Colum.  
men and women) SPECTATOR EVENT
- 16 Spokane Prep for Fun Run  
UW vs Oregon State, Seattle  
Peace Arch Run, border, at Blaine, 12k  
Blue Mountain Inv., Pendleton, OR  
Olympic Inv., Bremerton, WA  
Simon Fraser Inv., Burnaby, BC  
UW Women at OR/Cal Inv., Salem, OR  
Fort Steilacoom 20-miler, Tacoma, WA
- 22 Mount Hood Relays, MtHCC, Gresham, OR
- 22-23 NW Community College Women Champs.,  
Kalispell, MT  
Drake Relays, Des Moines, IO  
Mt. SAC Relays, Walnut, CA
- 23 Lions Gate 20-kilo Run, Stanley Park,  
Vancouver, BC  
OSU Invitational (men), Corvallis, OR  
Falcon Invitational (women), West  
Seattle Stadium, Seattle  
SPECTATOR EVENT  
UW Invitational (men & women), Seattle
- 24 Oak Harbor Road Run, Oak Harbor, WA
- 29 Arnie Pelleur Twilite, Cheney, WA
- 30 Discovery Park Fun Run, Seattle  
UW vs Washington State, Seattle  
SPECTATOR EVENT  
Lilac Bloomsday Clinic, featuring Dr.  
Joan Ulllylt, Spokane  
Willamette Twilite, Salem, OR  
High School Vancouver, BC, Relays

## MAY 1977

- 1 Lilac Bloomsday Run, Spokane  
National Jr. 5-k walk, Portland, OR
- 5 Spokane Falls CC Twilite, Spokane
- 6 UW Twilite, Seattle
- 6-7 West Coast Relays, Fresno, CA  
Evergreen Conf. Champs., Cheney, EWSC

- 7 NAAU 20-kilo Walk, Seattle  
Eight-hour relay, Sehome HS, B-ham  
Eastside Invitational Age-group meet,  
boys and girls, Sammamish HS  
Vancouver, BC, Relays Open division  
Eastern NCWSA Regional, Spokane Falls CC  
Los Angeles Invitational, CA
- 12-13 Spokane Open, Spokane CC
- 13-14 NCWSA Meet, Husky Stadium, Seattle  
SPECTATOR EVENT  
Pacific-8 Track Championships, UCLA  
SPECTATOR EVENT  
High school league meets generally this  
weekend as well, all good to watch
- 19 Vancouver High School Championships, BC
- 20-21 NW Community College Men's Champs., at  
Spokane CC  
Big Sky Conference M-et, Bozeman, MT  
AIAW National Championships, UCLA  
NAIA District, Cheney, EWSC
- 21 FSRC One hour run, Spanaway, Tacoma, WA  
Everett Fun Run, Bicentennial Park
- 26 All-comers kickoff meet, Husky Stadium,  
Seattle (start of biggest ever all-comers  
program of over twenty meets)
- 26-28 NAIA Nationals, Arkadelphia, AR
- 27-28 High School State Meets:  
AAA - Renton  
AA - Highline  
A - Yakima  
SPECTATOR EVENTS
- 28 Lions Gate Marathon, Stanley Park, BC  
10-kilo Run, Bremerton  
California Relays, Modesto, CA
- 29 Spring Green Lake Relays, Seattle

## JUNE 1977

- 31-4 NCAA Championships, Illinois
- 3-4 State Decathlon-Pentathlon, Lacey, WA  
BC High School Champs., Burnaby, BC
- 4 Sound-to-Narrows Run, Tacoma  
Juneau Marathon, Juneau, AK  
Newman Lake 25-kilo run, Spokane area  
State Prep Invitational, Seattle  
Bellingham Road Run, WA
- 7 First Tuesday night all-comers at West  
Seattle Stadium from Club Northwest  
Every Tuesday until August 16th.
- 9 First Thursday night all-comers at  
varying sites; from CNW for age-group  
kids
- 9-12 National AAU Outdoor Men & Women, UCLA
- 12 STC PNA-AAU 30-kilo, Seward Park, Seattle  
Midnight Sun Marathon, Fairbanks, AK
- 12-13 West Coast Relays, Bear Creek Park, BC
- 13-14 Junior AAU Womens Nationals, UCLA
- 15 Prefontaine Meet, Eugene, OR
- 18 Mayors Marathon, Anchorage, AK  
First all-comers on Saturdays for open,  
high school, and masters men and women;  
varied sites. About six dates.  
Victoria "Y" Times meet for age-group, BC  
(have conflicting dates on this one - also  
have 25th as date.)  
Wenatchee Pacers Inv. for age-group, WA
- 18-19 National Junior AAU Men, Knoxville, TN
- 25 Cheetah Relays, West Seattle Stad, Seattle
- 25-26 BC Decathlon-Pentathlon, Kelowna, BC
- 26-27 National Women's Pentathlon, Dayton, OH

9

sched  
e



JULY 1977

- 1 Track Clinic at Everett, WA, Memorial Stadium
- 1-2 USA-USSA senior dual meet, in Russia
- 2 Bellevue Striders/Issaquah Gliders Invitational, on the Eastside sometime and place
- 2 Possible Junior Olympics Qualifier in Everett
- 2-3 Junior USA-USSR meet, somewhere in the United States
- National Masters Championships, Chicago
- National Junior Olympics Championships for Decathlon and Pentathlon, Yakima, Washington
- 4 Everett Fun meet, Memorial Stadium, and Fort Ward-to-Winslow Race, Bainbridge Island
- 6 Junior Olympics possible qualifiers, Lacey and Tacoma
- 9 Shuksan Fields Runs, Bellingham, WA
- Nanaimo Bathtub Race, Nanaimo, BC
- 9-10 Lakefair Invitational age-group meet for boys and girls, Lacey, WA
- 10 Fun Run, five miles, Stanley Park, Vancouver, BC
- 13 Possible Junior Olympics final qualifier, West Seattle Stadium, Seattle
- 15-17 National Age-group Boys meet, site unknown
- 16 Anderson Island Fun Run, 15-kilo run, Fort Steilacoom Running Club
- Burke-Gilman Trail Fun Run, Snohomish TC, Seattle
- 16-17 BC Novice Championships, BC
- 20-21 Junior Olympics Association Finals, Seattle (tentative)
- 23 Mountlake Terrace Stampede Halfathon and Quarterthon, Seattle
- Washington vs British Columbia Junior dual meet, Seattle
- 23-24 BC Junior Development meet
- 28-31 Seattle Seafair meet (PNAC regional), Seattle, including the Summer Run in downtown Seattle
- 30 Junior Olympics Regional, Portland (tentative)
- 30-31 BC Junior Championships

This is courtesy Dingy Don Kardong:

## ATHLETES NEED BEER

Athletes should drink more beer especially after strenuous games like basketball, football, and marathons. That's the advice of Dr. Hans-Dieter Bastian, a well-known urologist in Bonn, Germany. At a recent symposium of German scientists, Dr. Bastian explained: "Beer is high in carbohydrates and vitamin B. The sugar deficiency which occurs after strenuous athletics is compensated for by the malt contained in the beer."

AUGUST 1977

- 6 Baker to Bellingham 55-mile relay (five people)
- 6-7 BC Senior Championships
- Big Wally's Bellingham Bash and Bicentennial leftovers, WA (tentative)
- 12-13 Washington vs British Columbia all-star meet, site undetermined (decathlon only Friday; meet and decathlon Saturday)
- 14 Everett Marathon, Bicentennial Park, Everett, WA
- 12-14 National Junior Olympics Multisport Meet, Lincoln, NB

THE REMAINDER OF THE SCHEDULE FOR 1977 and EARLY 1978 WILL BE IN THE NEXT ISSUE OF THE NOR'WESTER, PLUS ANY CORRECTIONS TO THIS ONE.

PNAC  
CLUB NORTHWEST  
ROAD RUN  
SERIES

WATCH FOR DETAILS  
ABOUT THE WAYS TO  
WIN A TRIP TO THE  
1978 SAN FRANCISCO  
BAY-TO-BREAKERS

CHECK ELSEWHERE IN  
THE NOR'WESTER FOR  
ADDITIONAL DETAILS  
ON THIS NEW FUN  
IN RACING!

ENTRY FORM FOR CLUB NORTHWEST EVENTS

NAME		PHONE	SEX
ADDRESS		zip	
AFFILIATION		AAU NUMBER	
BIRTHDATE	AGE DAY OF MEET	COMPETITIVE DIVISION	
NAME OF MEET ENTERING			
DATE OF MEET		USE SEPARATE FORM FOR EACH EVENT IN EACH MEET. DO NOT USE IN PLACE OF SPECIAL ENTRY FORMS.	
EVENT NUMBER	EVENT NAME	BEST MARK	

Enclosed find a check/money order for \$\_\_\_\_\_ for the above event at stated fees and made payable to the meet sponsor. I hereby release Club Northwest and all sanctioning, sponsoring, co-sponsoring, host, or otherwise involved firm or individual(s) from all responsibility for damages or injury during or arising from my participation in this event. I understand that all entry fees are non-refundable.

ATHLETE'S SIGNATURE

PARENT/GUARDIAN SIGNATURE IF UNDER 18

CLINICS AND CAMPS

Tenth Sports Medicine Clinic - March 12 & 13, 1977, at the Sea-Tac Motor Inn, Seattle; The registration is highly limited for this great annual clinic, presented by Keith Peterson's Sports Medicine Clinic in Seattle. Fees vary according to you and your wants from the multi-sessions, so best to call or write the Sports Medicine Clinic in Seattle at 5409 - 17th Northwest, 98107. (206) 782-3356.

TAG Track and Field Clinic - March 12, 1977, at Tye Junior High School in Bellevue. The fee is \$2, and the sessions run from 10am to 5:00 p.m. Presenters include Wayne Hinkley, Borys Chambul, Jeff Taylor, and Rod Ewaliko from Club Northwest, Brian Mondschein from the UW, Mike Strong from SeattleU/Gazelles, Jerry Bamberg from Sammamish, Bill Green at Newport HS, and Mrs. Faye Haas at Misland. Food will be available at reasonable cost.

Fort Casey Summer Track Camp - June 19-24 and June 26 to July 1; sponsored by Seattle Pacific College and aimed at senior and junior high school athletes. Guest teachers will include Paul Ward, internationally renowned throwing coach, and Ed Parker, coach of the Millbrae Lions of California. Costs to be announced for one week sessions at Camp Casey Campus of Seattle Pacific on Whidbey Island.

FIRST MONROE BOOSTERS CLUB 10-KILO RUN in conjunction with  
ELEVENTH PNA-AAU 20-KILO CHAMPIONSHIP RUN  
A PNAC Road Run Series Event  
 Sponsored by the Monroe Boosters Club, the Snohomish Track Club, and KRKO-Radio.  
 Saturday, March 19, 1977  
 Meet directors: Don Foltz & Dolly Hunnicutt

SEND ALL ENTRIES TO: Monroe Boosters Club  
 Box 551  
 Monroe, WA 98272

ENTRY DEADLINE: Post entry allowed  
 ENTRY FEE: \$1 through mail, \$2 day of race  
 SITE: Start and finish on athletic field to the west of Monroe High School.  
 TIME: 11am. Register 10am to 10:45am.

DIVISIONS: (M) Open, Seniors, Masters, High School; (W) Open, check on others; all divisions in both races.

NOTES: Trophies, medals, ribbons thru tenth in all divisions. 10-kilo course is loop - fast, accurate, scenic, and no traffic. Special events beside Monroe Field Day activities are jogger's predicted time 2-mile and businessman's 20-kilo relay. A bikeathon for Cystic Fibrosis is at 1:00pm. Special awards will include KRKO tee-shirts to all, and free trip including per diem and entry fee to Lion's Gate Marathon in May for 20-kilo winner. Use entry address for more information.

Third Clear Lake Cross-Country Camp - August 14-19; limited to ninety-five high school boys and forty high school girls; Art Hutton, camp director, headed lineup last year that had Doris Heritage, Brock Hogle, George Olsen, Sam Ring, Terry Rice, Herm Caviness, and featured a beautiful location near White Pass. Cost is \$85 complete room and board. For information and applications write Art Hutton, 304 Stanley Boulevard, Yakima, 98902.

AREA FUN RUNS

SUPER JOCK AND JILL FUN RUNS AT GREEN LAKE  
 Sundays at 11am, Thursdays spring thru fall at 6pm. Contacts made at the Shop, 401 NE 71st, for women needing nighttime partners for running.

FORT STEILACOOM FUN RUNS IN TACOMA  
 second and fourth Sundays of each month at Waughop Lake in Steilacoom Park at 2pm. Runs are currently averaging 25-35 regulars.

BELLINGHAM TRACK CLUB SERIES

A race a month is planned by the new Bellingham Track and Field Club, head man Ralph Vernacchia announced recently. Included are an hour run on March 5th, and a 55-mile relay for five-man teams in August. The Bellingham area is a great growing area for runs, and more information can be gleaned from Ralph at Western Wash. St. Coll.

NINTH ANNUAL BIRCH BAY MARATHON  
 A Snohomish Track Club Event  
 SPRING MARATHON CHAMPIONSHIPS  
 A PNAC Road Run Series Event  
 Saturday, April 9, 1977  
 Meet director: Jim Pearson

SEND ALL ENTRIES TO: Jim Pearson  
 2509 Chuckanut Drive  
 Bellingham, WA 98225  
 (206) 734-2311

ENTRY DEADLINE: April 4, 1977-NO POST ENTRIES  
 ENTRY FEE: \$2.00  
 SITE: begins near the beach house in the State Park, located five miles southwest of Blaine, Washington. The course is out three miles, two loops of a ten mile lap, and back. All on roads, with one steep hill and two shorties.  
 TIME: noon - must report by 11am for numbers, instructions, etc.

DIVISIONS: (M) Open, high school, 40+, 50+, 60+; (W) Open.

NOTES: Shirts to all finishers, trophies to top five, winners of divisions. Team scoring will be in effect for three man teams. All runners must be a member of their AAU association for 1977 - cards will be available only for PNA at the race site, and cards will be checked. The course is certified. Accomodations are available at Birch Bay, Blaine, and Bellingham.

## STANDARDS AND MORE STANDARDS...

As of last issue, we had given you AAU standards. This issue, we let you know who has met those standards, and what the Collegiate National Meet standards are for men and women.

## QUALIFIERS:

NAAU INDOOR/MEN: Vesco Bradley, Club NW, 60-yards and Long jump; Bob Maplestone, CNW, Mile run; Don Kardong, CNW, Two-mile run; Steve DiBernardo, CNW, Mile walk; Spider Gaines, UW, 60-hurdles; Jeff Taylor, CNW, Pole vault; Russ Vincent, UW, Shot put; Scott Neilson, UW, 35-pound weight throw.  
NAAU INDOOR/WOMEN: Liane Swegle, Falcons, Mile run; Debbie Quatier, Falcons, 3000-meters; Pam Spencer, Falcons, and Maggie Garrison, UW, High jump; Caryl VanPelt and Marcia Mecklenberg, UW and Falcons, Shot put.

ADDITIONAL: Mike Radford, UW, 1000-yards

STANDARDS:	outdoor	indoor	outdoor
event	AIAW	NCAA	NCAA
60y	n/a	6.1	n/a
100y	11.0	n/a	n/a
100m	12.0	n/a	10.3
220y	24.5	n/a	n/a
200m	24.4	n/a	20.9
440y	56.5	48.4	n/a
400m	56.2	n/a	46.4
600y	n/a	1:10.3	n/a
880y	2:17.8	1:52.2	n/a
800m	2:17.0	n/a	1:49.1
1000y	n/a	2:10.5	n/a
1500m	4:35.7	n/a	3:46.0
Mile run	4:56.7	4:06.0	n/a
3000m	10:00.0	n/a	n/a
Two-mile run	10:45.0	8:40.0	n/a
Three-mile run	17:36.0	13:40.0	n/a
5000m	18:15.0	n/a	14:15.0
10000m	n/a	n/a	29:52.0
60y-hurdles	n/a	7.2	n/a
100m-hurdles	14.7	n/a	n/a
110m-hurdles	n/a	n/a	13.9
400m-hurdles	62.6	n/a	51.5
Steeplechase	n/a	n/a	8:55.0
400m-relay	48.0	n/a	40.6
880y-medley relay	1:46.9	n/a	n/a
1600m-relay	n/a	n/a	3:09.7
Mile relay	3:55.4	3:15.0	n/a
Two-mile relay	9:33.0	7:33.0	n/a
Distance-medley relay	n/a	9:53.0	n/a
Pentathlon	3200	n/a	n/a
Decathlon	n/a	n/a	7100
High jump	5-5	7-1	7-1
Pole vault	n/a	16-6	16-6
Long jump	18-2	25-0	25-0
Triple jump	n/a	52-3	52-0
Shot put	41-8	59-0	59-0
Discus	134-0	n/a	177-0
Hammer	n/a	n/a	190-0
Javelin	130-0	n/a	240-0
35-pound weight throw	n/a	59-6	n/a

## WORLD, NATIONAL RANKERS PICKED

Track and Field News, the "bible of our sport", recently picked their 1976 rankings for the world and national track and field scene. The two-gold winner Alberto Juantoreno was the Athlete of the Year.

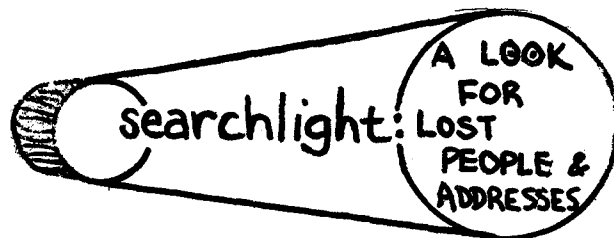
The Northwest athletes included in the rankings were:

## WORLD:

- 4 rankers in three events; 2 men, 2 women  
4. Don Kardong, Club Northwest, Marathon  
8. Doris Heritage, Falcon TC, Marathon  
11. Sherron Walker, Falcon TC, Long jump  
12. Spider Gaines, Washington, 110m-hurdles

## NATIONAL:

- 14 rankers in twelve events; 8 men, 6 women  
2. Don Kardong, Marathon  
2. Sherron Walker, Long jump  
3. Pam Spencer, Falcon TC, High jump  
3. Marcia Mecklenberg, Falcon TC, Shot put  
4. Don Kardong, 5000-meters  
4. Fred Luke, Club Northwest, Javelin  
5. Jim Judd, Club Northwest, Javelin  
5. Bob Rosencrantz, Washington, 50-kilo walk  
6. Steve Gough, Club Northwest, Decathlon  
6. Spider Gaines, 110m-hurdles  
6. Rod Ewaliko, Washington, Javelin  
7. Denise Anderson, Falcon TC, 400m-hurdles  
8. Jim Johnson, Club Northwest, Steeplechase  
8. Marcia Mecklenberg, Discus  
10. Julie Hansen, Falcon TC, Discus  
10. Sonja Bennett, Gazelles TC, Javelin



The following people are without addresses:

Harry Haslam, Club Northwest  
Dave Wollkind, Club Northwest

The following people are being dropped from Club Northwest for non-response, payment of dues, or other reasons:

Mark Snow, Renton  
Clint Patton, Bellevue  
Norm Keitges, Seattle/Pullman  
Dave Arnold, Eugene/Salem  
Mark Edman, Seattle/Bremerton  
Dave Garton, Canby, Oregon  
Bob Hamel, Vancouver, WA  
Clary Reinsma, Seattle  
Gary Prout, Seattle

## VANDAL INDOOR: BIG MAC A WINNER TWICE

Mac Wilkins had an easy time of two events at the second Vandal Invitational. The meet, held January 23 in the Kibbie Dome in Moscow Idaho, was a good low-budget track show, with Wilkins living up to expectations as the star. He won the shot and then set a world indoor discus record at 205-1.

The Huskies two-mile relay took care of the good field director Mike Keller had assembled, with particularly strong legs from Mike Radford and Greg Gibson. The relay provided the only strong showing from westsiders in the otherwise strictly Inland Empire meet. Pam Riggs was just off a seldom-run 300-meter American record, although she was third behind two British Columbia talents, Joyce Yakabowich and Anne Mackie-Morrelli.

Results: Shot: Wilkins 64-10 3/4; MR: Howard Banich, Oregon, 57-7 1/4; Jeff Stover, UO, 55-11 1/4; High jump: Rick Cuttall, BC, 7-0; Al Darnielle, WSU, 6-10; Greg Fries, UO, 6-10; Greg Mitchell, un., 6-8; Pole vault: Scott Fisher, OSU, 16-6; Brian Worden, WSU, 16-6; Jeff Taylor, CNW, 16-0; Long jump: John Okoru, OSU, 24-5; Dave Burton, Calgary, 23-7; Triple jump: Ian Campbell, WSU, 52-9 1/2; Osita Nsofer, Idaho, 50-3/4; Joe Stanbury, un. 48-4; Women's 300m: Yakabowich, 38.65; Morrelli, 39.40; Riggs, Club NW, 39.8; Women's 1500m: Debbie Scott, BC, 4:30.39; Cathy Homer, Calgary, 4:33.60; Kim Jeffrey, Calgary, 4:35.50; 60-hurdles: Phil Bransom, UO, 7.84; Stan Whigham, UO, 7.85; Andre Hall, WSU, 7.90; 60-dash: Tyrone Gray, WSU, 6.77; Jerry Jordan, OSU, 6.78; Ray Fabien, Club NW, 6.81; 400m: Rick Collins, SCC, 48.61; Frank VanDoorn, Calgary, 48.75; Steve Willson, Idaho, 49.17; 300m-hurdles: Darrel Seymour, WSU, 38.15; Duncan Margach, Calgary, 39.20; Rick Dahl, EWSC, 39.25; 600y: Mike Kosgei, WSU, 1:11.92; Brian Mondschein, UW, 1:12.69; 1000y: Tom Griffin, BC, 2:08.36; Randy Makolosky, Calgary, 2:09.0; Jim Brewster, WSU, 2:09.9; Mile: Josh Kimeto, WSU, 4:04.0; Rick Kerm, OSU, 4:10.3; Doug Beckman, Idaho, 4:10.5; 3-mile: Henry Rono, WSU, 13:08.04; Samson Kimambwa, WSU, 13:15.5; Don Kardong, CNW, 13:46.3; 1600m-relay: Idaho 3:13.29; Montana 3:15.8; Spokane CC 3:16.57; 2-mile relay: Washington (Beaty, Charouhas, Radford, Gibson) 7:32.97; WSU 7:37.1; EWSC 7:43.7; Discus: Wilkins, 205-1; Borys Chambul, UW, 195-3; Ray Burton, Oregon, 179-9.

## PORTLAND INDOOR HIGHLIGHTS FOR NW PEOPLE

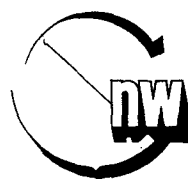
(Oregon coverage is so good, they don't need it again.) January 29, Memorial Coliseum, Portland (A-8700) Afternoon: Bill Tolbert, UW, long jump winner at 22-6 3/4; Julie Crosgrave, Falcons, high jump winner at 5-8; Terri Winney, Falcons, Mile 1st at 5:05.44; Caryl Van Pelt, UW, won shot at 46-3 3/4; Steve DiBernardo, CNW, won 3000m-walk at 13:36.92.

Evening top four included: Spider Gaines, UW, 2nd hurdles, 7.69; Wayne Hinkley, CNW, 3rd Triple jump, 49-9; Bob Maplestone, CNW, 4th Mile run, 4:08.55; Vesco Bradley, CNW, Long jump Winner at 24-8 1/4; Tolbert 4th at 22-8 1/2;

500-meters: Denise Anderson, SPU, 1:16.89(3); Pam Riggs, Club NW, 1:19.27 (4); Jeff Taylor, CNW, 3rd in Vault at 17-0; Brian Mondschein, UW, 3rd in 500m at 1:06.43; Pam Spencer 3rd for SPU in high jump at 5-9; Patsy Walker, Falcon TC, 4th at 5-7; Washington won mile relay (Coatney, France, Mondschein, Eitelberg) in 3:23.

SECOND UW/CNW INDOOR ALL-COMERS: February 6, noon to six pm and 808 entries forced three events into the outer air which was a nice 60°. Highlights: 35# weight: Scott Neilson, UW, 67-2 1/2 for a Pac-8 and school record; Debbie Brill, BC, 6-2 in the high jump; Marcia Mecklenburg, SPU, 48-2 in the shot; Spider Gaines, 7.3 hurdles effort for the UW soph; Bob Maplestone, CNW, 8:58.0 indoor 2mile; Liane Swegle, Falcons, great 2:10.8 880 in the tough Pav; Joyce Yakabowich, BC, 55.8 great 440y; Wayne Hinkley, CNW, 49-10 triple jump.

HUSKY INDOOR 1977; February 13, 10am on; small crowd compared to previous week; highlights: Russ Vincent, 60-9 shot; Bob Maplestone, CNW, 8:52.4 and Herm Atkins, CNW, 8:52.8 2-mile dual; Gary Gustafson 8:56.0 and Tim Murray, 8:57.8, both UW, same race; hot 1000y with Mike Radford of the UW winning in 2:10.3 (record for Pavilion) and Greg Gibson second 2:11.0 both UW; Pat McKeethen, CNW, 2:11.8; Western Regional AAU Pentathlon qualifier for USA-USSR-Canada meet saw it all come down to the 600y, after CNW's Wayne Hinkley and Steve Gough had led to that point. Hinkley's first ever saw him high jump 6-8 and hurdle 7.8 for two event lead. Bob Coffman of the Houston Hurricanes won with a good all-around effort, 3950 points. It will depend on the final results from the East before any determination is made as to who goes to Toronto.



club  
northwest

## NOR'WESTER STAFF

or finally, some help...

Editor... ...Bill Roe, Club Northwest  
Publishers... ...GAD Productions, Seattle

High school news - Richard McCann  
Junior College news - Ed Hopfner  
College/Open Mens news - Mike Hubbard  
Women and Girls news - Jack Pfeifer  
Road Race Series reports - Graham Barr  
Long-distance results - Tom Campbell  
Walkers news - Martin Rudow  
Masters news - Orvil Driver  
Club Northwest news - Bill Roe

MERCER ISLAND HALFATHON -  
WE'VE GOT SOME GOOD NEWS AND SOME BAD NEWS  
from Graham Barr and Bill Roe

First, for the good news. The combined efforts of Bill Roe and the Club Northwest Nor'wester and Bob Langenbach's press notices attracted a field of runners to the Mercer Island Half-marathon and three-mile run at Luther Burbank Park on February 12 of nearly two-hundred finishers. The previous year, 29 athletes had finished the halfathon; this year, 162 finished - a 550% increase!

Now, for the bad news. Impressions left by the Snohomish Track Club race officials were not good, especially with the first four runners. Twelve miles into the race, at the only point on the course requiring a course marshal, there wasn't anyone stationed. Bill Stolp, leading by over one minute over Graham Barr, took what he thought to be a correct left turn (Langenbach later admitted that his race instructions left something to be desired) and wandered off the course for at least three minutes. Barr was off route for two minutes, both of them realizing their error when they met going opposite directions. At that point, the Super Jock and Jill Sports Store van, piloted by John Störbeck of Club Northwest, found the two runners and led them back up a steep hill onto the course, where third placer Devon Flynn, who had been behind by more than two minutes in arrears of Barr, met them as he almost took the same turn. Bob Renouard caught the group as, losing the racing spirit, they jogged back in. All four of the first four times were invalid, with Stolp and Barr having run several minutes ahead of record pace the entire 'correct' portion of the event.

Other minor problems cropped up - not enough forms for entry into the event, running out of finish cards well before the runners had all finished. But these were minor compared to the course error by sponsors Snohomish.

With the increasing numbers of runners entering our events as a result of the Bay-to-Breakers prizes being offered for the series, race sponsors will have to be doubly on their guard for future events. Running events can die rapidly with poor reputations.

Results: Bill Stolp, UW/CNW, 1:10:06 (actual time would have been minimum 1:06:30); Graham Barr, CNW, 1:10:07 (would have been 1:07:30); Devon Flynn, UW, 1:10:07 (1:09:30); Bob Renouard, UW, 1:10:08 (1:09:50); Dick Holloway, CNW, 1:10:24 (actual time); Karl Weiser, CNW, 1:11:06; first 30-39: Weiser; first 40-49: Earl Ellis, STC, 1:16:46; first high school: Mike Dowd, Nathan Hale, 1:16:18; first walker: Steve DiBernardo, Club NW, 1:46:39; first open woman: Karen McKeachie, Ann Arbor TC, 1:22:06; first woman 30-up: Vicki Foltz, STC, 1:26:47; total of 162 finishers from approx. 175 starters. Open three-mile held with halfathon: open winner: Larry Potter, Lake Washington HS,

15:18; Mike Pyeatt, 15:42; Dale Hornung, 16:22; first masters: Neil Riebe, 17:32; first woman: Alice Kelly, UW/FTC(?), time not listed.

#### SIX MILE ROAD RACE THREE MILE ROAD RACE

February 5, 1977, at Spokane CC; Cloudy. 28°  
Open six: Steve Taylor, 30:35.4; Dan Fulton, 30:56; Denny Armstrong, 31:13; Seth Brown, 31:52; Rick Geiter, 32:15; Tim Riley, 32:52; first high school boy: Craig Ollinger, 33:01; first 30-39: Barney Kinnick, 47:56; first 40-over: Bill Sleeth, 47:34.  
Open three: (actually 3.2) Russ Smith, 16:35; Mike Rubrecht, 16:48; Dan Butler, 17:21; Karl Zeiger, 17:29; Don Rouse, 18:01; first woman: Debbie Larson, 21:00; first high school boy: Frank Martin, 23:59.

#### PNAC SERIES EXPANDED: MORE AWARDS, TRIPS from Bill Roe

We've got a good thing going with the PNAC series of runs, and we are going to keep them growing. The basic idea behind them is participation, and we have to develop more reward for that end of the series as well as maintain the sharp competitive points we've seen in the first two races.

The series winner will be determined on a point system which rewards both competitiveness and participation. Each finisher in a race receives five points, and the top twenty receive bonus points. In addition, athletes who participate in more than six races can receive five bonus points per race over six up to a maximum of twenty. The leader after two races is Devon Flynn, University of Washington, with 48 of 50 possible points. He will probably not compete in the series again until the summer because of team commitments. In second right now, Graham Barr of Club Northwest and Bill Stolp of the UW are tied with 47 points. Both also have team commitments in the spring, although Barr will be a little more able as a CNW athlete to break away from team competition and run a road race.

As previously announced, the winner of the point title will get a free trip to the 1978 San Francisco Bay-to-Breakers madness. Not previously announced is a second trip, this time to be drawn from a barrel after the last race in the series from names of all finishers of each race. If an athlete finishes (and reports in - many who competed in the Mercer Island race did not report back in and will not receive any points) seven races, that name will appear in the barrel seven times.

It's still possible to add additional trips if the participation keeps up. Run, run, run... We're also trying to dicker with sporting goods people in the area for merchandise prizes, both as winners gifts and as raffle items among the racers. All of this depends on continued good support of the series. Next race - March 19, Monroe.

## RESULTS

## DIBERNARDO DOMINATES PORTLAND 3000-METER!

Portland, Jan. 29. A good field found itself entirely outclassed by Steve DiBernardo here as 'DiBo' lapped almost the entire field, set a new meet record, and looked just about unbeatable doing it.

DiBo's final time of 13:36.9 was over 30 seconds ahead of 2nd-placer Jim Bean, who pulled away from Martin Rudow, Phil Millard, and Duke Henslee in the latter stages of the race. Some good competition between these three.

Results: 1.DiBernardo 13:36.9 (new meet record)  
2.Bean 14:11 3.Rudow 14:15 4.Millard 14:29 5.Henslee 14:41

Judges--Dean Ingram, Chuck Howard, Don Jacobs

## ROSEY OVER DIBO IN SEATTLE INDOOR/OUTDOOR MILE!

UW, Seattle, Feb. 6. The Indoor Mile scheduled here today became an outdoor mile at the last minute, in time to let Bob Rosencrantz turn in the nation's fastest outdoors time at this distance for the year so far.

Rosey convincingly best Steve DiBernardo, having an off day, just when DiBo was looking unbeatable... even on an off day. Rosey's continual improvement at the sprint distances is very encouraging.

Dean Ingram and Evan Schull rounded out the field. Evan is starting a walking training program, aiming at the upcoming Senior 20 km.

Results: 1.Rosencrantz 6:53.2 2.DiBernardo 7:07  
3.Schull 8:00 4.Ingram 9:35 (880 time for the leaders was 3:18).

Timers--Mary Hovey, Bill Roe

## HELP!

As everyone connected with track & field at any level in the PNA should know, few people do more to help the program, give more of their own time and money, than Dean Ingram, the PNA (and National) Race Walking Chairman.

Well, now Dean, myself, and others connected with our walking program, are asking for help from some of the many who have been helped by Dean. As you should know by now, we're holding the National Senior 20 km Race Walking Championship here on May 7.

WE NEED VOLUNTEER HELP--for timing, course monitoring, scoring, etc. Please let us know if you can do anything to help May 7th from 2:00 to 6:00 or so. Call Dean Ingram at 623-1920 (days) or Martin Rudow at 524-6081. THANKS!!!

## SCHEDULE OF WALKING RACES

WOW - - We've got a great schedule upcoming for the spring and summer of 1977. The highlight is, of course, the National 20-kilometer in May. We will lead into the "big" one with several other good events, including a revival of the 10-mile handicap, a 10000m over the National's course, and a new event in Monroe. A walkers division will be added to the Longacres Walk'r Run, named last year with us in mind, but with no walkers among the forty-plus entries.

This is the best schedule we've ever been able to offer, and we hope that it will attract not just the old standbys, but some new faces who are willing to join our growing program!

February 26 - Seaside Marathon has a walker's division, but the entry deadline is February 19th. AAU cards required. High noon start.

February 27 - if you can't make Seaside, the UW is sponsoring an outdoor 5000m in conjunction with their indoor UW Relays. The race will be on the new UW Track in Husky Stadium, which Rosey and Dibo tested on February 6th. Start will be at around 1pm.

March 6 - with the cancellation of the March 5 UW indoor, this will be the only test of the weekend. Seward Park is the site, with an 11am post time. Very popular event in years past.

March 19 - Open 10000m, Monroe High School start at 11am. A NEW EVENT we should support. The school is in the downtown area, and we start with the PNA 20-kilometer runners and make one large loop to their two. Awards to the top three finishers.

March 26 - Club Northwest Relays will include a 5000m walk in Husky Stadium (tentative site) at around 1pm.

April 9 - (CHANGE) Open two-mile walk, Husky Stadium as part of Washington/BC/Club NW meet. Race at around 1pm.

May 1 - Junior National 5-kilometer, Portland. There will also be open events. Rides from Seattle will be available.

May 7 - NATIONAL SENIOR 20-KILOMETER CHAMPIONSHIP at the University of Washington (start and finish in Husky Stadium). We expect the nations best for this race, as national teams berths will be at stake. We need assistance in the officiating end of things, as well as in-shape performances from all PNA walkers.

Summer - Tuesday nights will also be all-comers nights for us again as Club NW will present the great series again. Longacres looms as a great one-hour test, with date to be announced.



## PACIFIC NORTHWEST ATHLETICS COMMITTEE

### OUR PACIFIC NORTHWEST AFFILIATIONS AND WHAT THEY DO FOR US

**AMATEUR ATHLETIC UNION OF THE UNITED STATES** - affiliated through the Pacific Northwest Association of the A.A.U., Dr. Dean Ingram, President, and George Wilson, Registration Chairman. The National AAU is the governing body for all track-related activities in the United States for the International Amateur Athletic Federation (track's international governing body). Although sometimes the brunt of much criticism, the AAU has an enormous job coordinating the total track and field programs of the nation, and there are occasional breakdowns, personality clashes, and poor rulings. On the whole, however, the AAU does a good job considering the number of volunteers, sports, and athletes they deal with. One of the areas they do not deal with well is fund-raising, and that will be the key to their future. Addresses: local - Post Office Box 5098, Kent, WA, 98031; national - AAU House, 3400 West 86th, Indianapolis, IN, 46268. National administrator - John Jackson (acting).

**UNITED STATES TRACK AND FIELD FEDERATION** - affiliated through Club Northwest, State of Washington agent of the USTFF. The USTFF was founded during the disputes between the AAU and the NCAA over international jurisdiction in the early 1960's, and has found its niche as the representative for interscholastic and school-related programs on all levels. There are separate USTFF national championships for track and field and regional and national cross-country meets, although all of these are generally aimed toward the college level athlete, with secondary importance given to the high school level programs. Use the Club Northwest address for local contacts, and write to Carl Cooper, Executive director, for national matters at 30 North Norton Avenue, Tucson, AZ, 85719.

**ROAD RUNNERS CLUB OF AMERICA** - affiliated through Club Northwest and the Oregon Road Runners Club, this group had a shabby history until Gar Williams took over the group as president. In four years of leadership, Williams took the group from a basically eastern association to a national group with representation in both the AAU and the USTFF. Clubs all over the national scene now number over eighty, and athletes totals near one hundred thousand, from serious competitors to fun runners and at all age levels. Locally, write to CNW or ORRC (Ken Weidkamp, secretary, 14230 S.W. Derby, Beaverton, OR, 97020) for information. Nationally, the two co-presidents are Jeff Darman (#119 - 2737 Devonshire N.W., Washington, DC, 20008) and Stu Brahs (803 Brice Road, Rockville, MD, 20852).

**NATIONAL JOGGING ASSOCIATION** - affiliated through Club Northwest, this is a newer National group more related to jogging as a healthy pursuit than to running competitively. They encourage mass participation through annual goals with emblematic rewards. Gary Olsen, who remembers Seattle's Green Lake Park as a great place to run even though he's only stopped on his way through many years ago, is the Executive director. The ad on the inside back cover should give you some idea of the group's "tack", and you can write them further for more information.

**THE NOR'WESTER** is printed seventeen times annually by Club Northwest under the auspices of the Pacific Northwest AAU, Dr. Dean Ingram, President; Bill Roe, Track Chairman and Editor.

**SUBSCRIPTION RATES:** \$7.00 per year (monthly issues plus five track season supplements)  
\$5.00 per year for monthly issues only  
\$3.00 per year for monthly issues only to AAU members  
\$2.00 for supplemental issues

Other help is needed on the Nor'wester. If interested, contact persons on the masthead for info.

THE NOR'WESTER  
A PNA-AAU PUBLICATION  
2557 - 25th Avenue East  
Seattle, WA 98112

NON-PROFIT ORG  
U.S. POSTAGE  
**PAID**  
Seattle, WA  
PERMIT ##263

Jon Hendershott  
Track and Field News  
P.O. Box 296  
Los Altos, CA 94022  
MEDIA

ADDRESS CORRECTION REQUESTED  
RETURN POSTAGE GUARANTEED

SUBSCRIPTION THRU 