$\mathcal{O} \times \gamma$ September 28, 1971

Dear Friends of Tiger Cross Country,

As some of you may be aware, a great amount of change has occured at Oxy with regards to Track and Cross Country since last June. Some of these changes, such as the appointment of Steve Haas to fill the position vacated by Dixon Farmer, are now cuite familiar to you. However, there are some changes which I feel I should relate to you in this, the first, newsletter of 1971-72. Jerry Weiner, the Occidental Sports Information Director will no longer be writing the news releases. Instead, as I understand it, his job has been divided into four categories, one of which is Track and Cross Country. Each of these categories or team groupings will have one student publicist writing all the articles related to his individual group. In this way, it is hoped, a more accurate and clearer-picture of what's happening in sports at Oxy will be made available to the public, because each publicist will be able to get better accuainted with the athletes and the program. I am happy to say that I have been selected as the Track and Cross Country publicist for this year. As a senior English major and hopeful young writer, I have a lot of ideas which I feel will give you better news. However, I am open to suggestions and, while I as of now have no telephone, I hope you will writeme if you have any comments regarding the newsletter, Track brochure, or news releases, As I have mentioned to Bill Rhinehart and Bob Lord, to cite one example, one of my goals is to produce a mistake free Track brochure. So, if any of you are gambling men, and I understand a few of you get together on the night before the Track banquet and bet on who can come closest to the number of errors found in it, well, I hope you go for O. What you are reading is another facet of my program. I hope to be able to put out a newsletter bimonthly during the Cross Country season to better inform you of the progress of our FANTASTIC Cross Country team.

Speaking of which, Oxy hosted an A.A.U. run last Saturday on our home course. The normal 4.3 course was for the open runners as a number of high schoolers competed in the novice division over a special 2.2 mile course. This was Oxy's first must of the '71 season and they performed excellently. The course record of 1 hour 51 min. and 30 sec. for the first five Oxy runners to finish was broken by 1 minute and 37 seconds. Senior All-American Al Rude. clipping 2 seconds off of his all-time best, ran 21;36 for first place. He remains second on Oxy's all time list behind school record holder Bob Deines's 21:10. He also remains seventh on the courses all time list. Sophomore sensation Ken Moffit, who improved tre-mendously as a Freshman, continued his amazing betterment as he slashed 13 minutes off of his best time of last year. His clocking of 22:06 enabled him to place fifth in the race. It also moved him to fourth on the Oxy All-time list. He was the second Oxy finisher. The third orange-black runner to finish was one Hector DeAnde, no doubt an unknown to you. Preceding the race Hector was just another untried freshman. He left no doubt that he is to be recknned with, however, as he broke Frank Newbold's 22:27 Freshman record with a time of 22:17. While placing sixth overall, his time moved him up to seventh on the All-timeelist. Another relatively unknown freshman Oxy

Bob Stogsdill, ran a great race as he too eclipsed the old standard of 22:27 with a 22:21 time. This was good enough to place him 7th. Directly behing Stogsdill was Junior Art Ting, who ran 22:33, just four seconds off of his life time best. Other times for Oxy per-sonnel are Alejandre 24:15, Ande 23:02, Burrows 24:19, Fr. Bob Gollnick 23:50, Jantos 25:01, Fr. Steve Jaskala 24:10, Kendig 23:05, Fr. Pat Kennedy 23:20, Long 27:16, Fr. Dave Tomerlin 26:56, and Jr. college transfer from PCC, Frank Ferris 23:39. As you can see, these times are most impressive. I thought it might be interesting to find out what special extra enabled these runners to do so well. After speaking with Coach Haas, I knew the answer. Sophomore Keith Burrows set up a kind of high altitude running camp in which 5 freshmen, 6 veterans, and the coach participated. Camping out about thirty minutes (ask Ferris) from Bishop, California, they ran betwee 50 and 55 miles at a place known as Rock Creek Lake which is situated at 9,500 feet above sea level. Their jaunts did take them as high as 11,000 feet. While this must have had to do a lot with already superbly conditioned young men, the general thought was thatit was simply the experience of camping and cooking with a bunch of fellows that felt about running as they themselves did. The freshmen were quickly indoctrinated into the group and the team spirit Oxy is noted

Well friends, I have sincerely enjoyed this first newsletter as I hope you will enjoy it. If you can come to Pomona Friday Oct. 1, the Cross Country team will be competing at 4 pm. I will be there and I look forward to meeting each and every one of you.

Sincerely,

michael C. Wigton

Michael C. Wigton Track & Cross Country Publicist Box 842 Occidental College Los Angeles, Calif.