

# 1974 MEN'S SENIOR NATIONAL CROSS COUNTRY CHAMPIONSHIP



50¢

74



GOING FOR THEIR FOURTH STRAIGHT TEAM TITLE---FLORIDA TRACK CLUB (LEFT TO RIGHT): BRUCE CARPENTER, JEFF GALLOWAY, BYRON DYCE, KEN MISNER, JACK BACHELER, FRANK SHORTER, BARRY BROWN...SHOWN AFTER THEIR 1973 AAU VICTORY AT GAINSVILLE, FLORIDA. /Bob Kasper; T&FN/

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High school runners head out on the first mile of the Crystal Springs Course. /Marconi/

### THE COURSE

Welcome to what we feel is the best cross country course in America...both spectator and competition-wise. The Crystal Springs XC Course is high atop a ridge in the watershed lands east of the Crystal Springs Reservoirs, thus affording an excellent view in all directions (San Francisco to the north, Belmont and Hayward to the east, Palo Alto & San Jose to the south, and the coast range to the west). From a small area near the start/finish of the race, a viewer may see about 90% of the entire race with a good pair of binoculars. Runners are never more than a half-mile distant, and they pass by close-at-hand a total of five times during the 10 kilometer circuit. So, you are always atune to what is happening in the race.

Just looking around the course, it might appear that very little has been done ...I mean, afterall, it's just a couple of dirt roads on a hillside! Well, if you manage to look a bit more carefully, you'll see that things on the loop are well manicured, and that there are signs, and also permanent finish-chute areas. The improvement of this area for cross country running has been a long and difficult, albeit rewarding task for a few dedicated individuals. For those runners who've been around a few years, perhaps you can remember when

no one was allowed to go on the other side of 'the fence'...for any reason, jogging or whatever. The San Francisco Water Department, who owns these lands, wanted to preserve the beauty of the area, and so obviously the best way to do this was to keep people out altogether. Slowly, more and more people managed to violate the rules by jumping the fence and running through the watershed...and nothing changed. The beauty remained. Policy changed.

Soon there were high school cross country races over the rolling hills, and everyone seemed happy. So, with continued good use of the lands by running groups, development progressed rapidly. What you see today is primarily because of the cooperative efforts of College of San Mateo's track/cross country coach, Bob Rush, and the San Francisco Water Dept. In particular, Ed Fonseca (Asst. Mgr., Peninsula Div.) and Archie Akers (Watershed Keeper & Supervisor) have given athletes their support. Plans are being made to further improve the area for running, and its use will remain open to all as long as we 'keep it clean'. So please use the waste cans that are provided. Thanks for your cooperation.

We hope that when you return home you will keep fond memories of our course, and hopefully the nationals will return here again in a few years. By that time, things should have improved considerably.



RONALD REAGAN  
GOVERNOR

State of California  
GOVERNOR'S OFFICE  
SACRAMENTO 95814



It is my pleasure to extend warm greetings and good wishes to everyone participating in the American Championships for Cross Country Running for Men.

Today's race will be the culmination of months of perseverance and self-denial and will demonstrate your personal commitment to excellence. I admire your dedication and congratulate you for being able to participate in this event.

Just to compete in the American Championship is an honor, but more important to each of you is your resolve to endure the difficulties that go with achievement.

Sincerely,

*Ronald Reagan*

RONALD REAGAN  
Governor





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West Valley Track Club  
P. O. Box 1551  
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Gentlemen:

Belmont extends its welcome and hospitality to the participants and spectators of the 1974 American National Championships for Cross Country Running.

There is an obvious comparison of the significance of this event to the beauty of its setting in the Belmont hills. I am sure that both will make a life long impression on your lives.

We, in Belmont, share with you the good fortune of your visit here and hope that you will take full advantage of the many interesting and fulfilling leisure activities the bay area offers.

Sincerely,



Ferdinand J. Giuliani  
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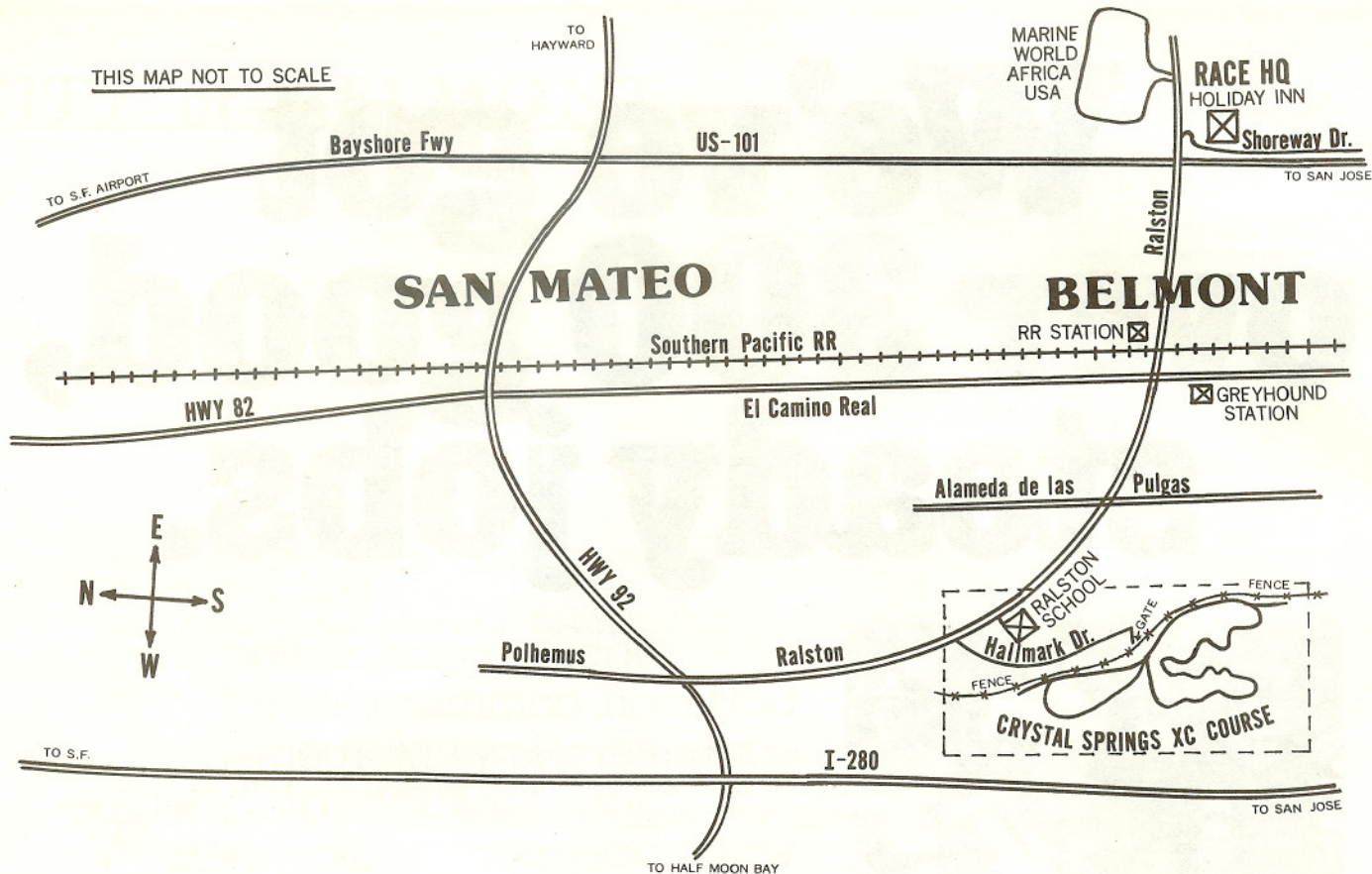
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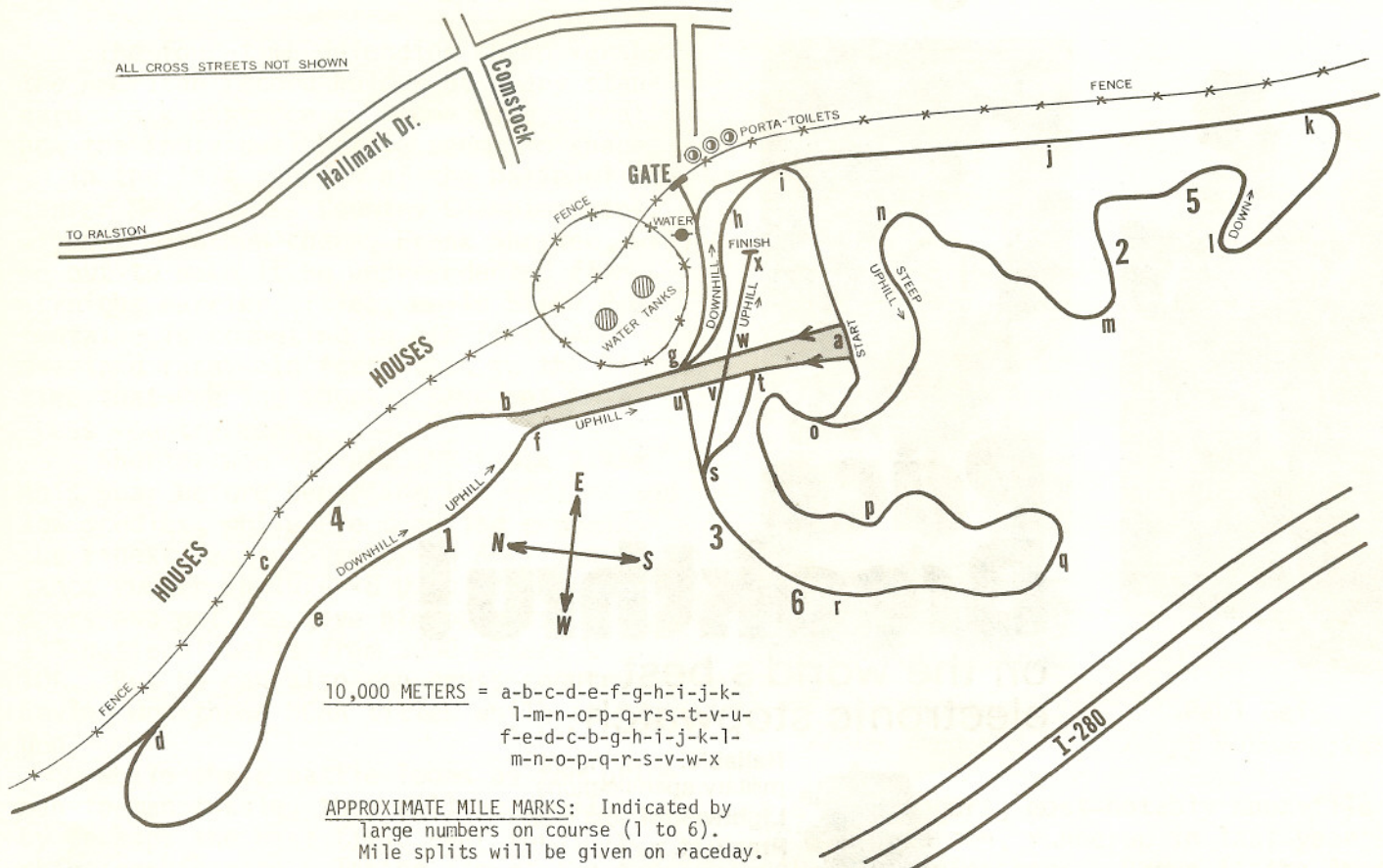
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## COURSE MAP



# NATIONAL X-C AWARDS

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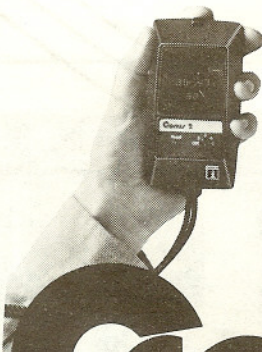
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# Who's Running?

The four-time defending champ versus the American record holder at every standard track distance over one mile...that's how the individual battle seems to shape up in the 1974 running of the National AAU Senior Men's Cross Country Championships. Olympic marathon champ, Frank Shorter, will be out to make it an unprecedented five straight harrier titles, while Steve Prefontaine is competing in his first AAU overland race. In fact, this is the first time that Pre and Shorter have met in a cross country meet.

Shorter won the AAU 10K track title this year before departing for England and law studies, while Pre compiled probably the finest season ever by an American distance runner in 1974--8 U.S. standards, indoors and out, to give him possession of all national bests from 3000 meters through 10K. But he can also run cross country, having won three NCAA titles while at Oregon.

While their battle looms as the prime man-to-man tussle, they will be challenged by perhaps the best field ever for this championship race. Taking aim at the two defending champions will be the likes of Nick Rose, a close runnerup to Pre in last year's NCAA harrier title meet. It wasn't until the latter stages of that race that the Oregonian managed to run down the fleeting Englishman from Western Kentucky. Rose is one of the heavy favorites to win the NCAA this fall as we take our program to press...his only loss in the past two seasons coming to Pre in the 1973 championships. Several others loom as possi-



Frank Shorter  
*/John Marconi/*



Paul Geis  
*/Jeff Johnson; T&FN/*

ble challengers, most notably Knoxville TC's Doug Brown, runnerup in last year's AAU XC Championships. Brown is the American record holder for the steeplechase at 8:23.2 and has won the past two NCAA titles over the barriers. This year's Boston Marathon champ, Ireland's Neil Cusack, now competing for the New York AC, is also rated as a good bet for the title, and seems to be in the best shape of his life. His recent win in the prestigious Florida Forest Festival Run indicates he will be a definite threat for first in this race. Oregon's Paul Geis, who is in the process of picking up where Pre left off, has a quick 12:55.8 three-mile to his credit this year on the track, but it remains to be seen if he can do the job on the rugged Belmont hills. Canada's Grant McLaren is one of the best consistent competitors in North America and holds the Canadian record for 5K. He recently won the high-class Springbank 4-miler against a tough field. And Pacific-Eight champ, John Ngeno of Washington State, could also turn the tables and come up the winner. He obliterated Pre's Stanford course standard at the title meet with his 27:37.6 (old mark was 28:05).

Pre leads a strong Oregon TC team which includes Geis, Kenny Moore (4th in the Munich Marathon), and Mike Manley (a sub-8:30 steepler). Florida TC's three-



(Left to Right) Nick Rose, Steve Prefontaine, John Ngeno, Neil Cusack, Doug Brown, Pat Mandera (all entered). */Jeff Johnson; T&FN/*





Ted Castaneda  
*/Tom Chadez; T&FN/*



Tom Fleming  
*/Steve & Paul Sutton; RW/*



Bill Clark  
*/John Marconi/*

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**Northern California  
Running Review**



Tom Howard  
*/John Marconi/*



time champs will be hard-pressed by the Ducks, as well as at least four other very well-balanced squads. Last year's team runnerup, New York AC, will be running without the services of Dick Buerkle, but looms very formidable with Cusack, Boston Marathon runnerup (twice) Tom Fleming, Irishman Ed Leddy, and ever-present Marty Liquori (8th in last year's run). Florida will run their 'standard five'--Shorter, 1973 3rd-placer Jeff Galloway, Jack Bachelor (9th in Munich Marathon), Barry Brown (sub-8:30 steepler), and Ken Misner, as well as middle-distance ace Byron Dyce.

Two squads that are loaded with foreign talent could very well come out on top of the heap. Western Kentucky's Hill-toppers were favored at the NCAA (about 8 hours after we go to press) after going 1-2-4-5 in their NCAA Division meet. The lack of a strong fifth man could hurt their title chances in today's race, however. Besides Rose, they host the likes of fellow Englishmen Tony Staynings, Chris Ridler and Dave Long in the top slots. Eastern New Mexico brings a solid Kenyan contingent that is further bolstered by the presense of UTEP ace Wilson Waigwa (also from Kenya). They are two-time NAIA harrier champions and feature Olympic 800m third-placer Mike Boit and versatile Philip Ndoo, winner of the recent Charleston Distance Run. ENMU's Dennis Williams was the NAIA individual harrier titlist in 1973.

The darkhorse, so to speak, for the team title, would be the Colorado TC from mile-high Boulder. The altitude-trained club is loaded with seasoned veterans, including internationalist Ted Castaneda who has done 13:10.6 (same as teammate John Gregorio). Always full of surprises, this team has fifth-placer John Lunn, a real 'darkhorse', in the 1972 title race. Rick Trujillo (Pikes Peak Marathon record-holder) and dependable Mike Peterson round out their 'veterans', while NAIA 3rd placer Charles Vigil makes them even more formidable.

Several other clubs have the depth to surprise and sneak into the top five slots. The Philadelphia Pioneers have put together a good distance squad for the first time with the likes of Greg Fredericks (former American 10K record holder at 28:08), Charlie Maguire (1973 AAU 6-mile titlist), and Reggie McAfee (3:57.8 miler). Iron-man Tommy Fulton, who ran so many races in the NCAA College Nationals a few years back, gives further depth to a squad that could surprise. Club Northwest is led by 12:57

3-miler, Don Kardong, and 1974 AAU steeple champ, Jim Johnson. With strong performances from their other runners, the Seattle-based crew might knock off a few of the better teams. Jamul Track Club, from the San Diego area, has a good start with 1973 USTFF XC Champ, Ed Mendoza. Steepler Dale Fleet (8:37) and ex-WSU teammate Dave Harper add further class. The always dangerous Beverly Hills Striders are led by Bay-to-Breakers champ Gary Tuttle, who has a 28:35 best for 10K (this year). They also have Pac-8 runnerup, Terry Williams and Ron Pryor (27:52 for six miles in 1972). Bill Scobey gives added depth to the team.

Host West Valley TC has never finished worse than sixth in this meet in the last four years (the only 4 times they've run), but they will have to go some to manage that trick this time. Led by American Hour Run record holder Bill Clark (12 miles, 527 yards), 1972 AAU steeple titlist Jim Dare, and 1971 Boston Marathon winner Alvaro Mejia (3-time Olympian from Colombia), the team has the depth (probably eight runners within a minute), but lacks the one or two high finishers that are necessary to finish close to the top.

U.S.A.

## 1974 NATIONAL MEN'S X-COUNTRY CHAMPIONSHIPS



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Jim Dare  
*/John Marconi/*



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Other top individuals include: American 3-mile indoor record holder, Tracy Smith; International Junior X-C titlist, Rich Kimball; 1974 NCAA-III and IC4A gold-medalist David Moller of the Univ. of Rochester; 27:48 six-miler, John Jones; 2:20 marathoner and 27:23 six-miler Scott Bringhurst of Utah; 3:55 miler Dennis Fikes of the Quantico Marines; Canadian marathon champ Tom Howard (2:14:34); 1973 National 20K titlist, Bill Rodgers of Boston; Duncan Macdonald, former Stanford miler with a PR of 3:58.4; Hans Menet, runnerup to Ed Mendoza in last fall's USTFF title run; Domingo Tibaduiza of the Univ. of Nevada, who has finished in the top dozen in this race for two years straight; and super-prep Eric Hulst (8:50 two-mile as a sophomore).

All this talent, and undoubtedly one or two darkhorses, add up to a mighty competitive race over the 10K route. The course standard of 31:51.4, set by Colombian, Domingo Tibaduiza earlier this fall, is indicative of the difficulty factor... he is South American record holder for 5K at 13:43+. It will probably take a sub-30 minute time to win this race, but not too many will probably go that fast.

So get your juices going and good luck if you're a competitor. If you're a spectator, we hope that this course will be enjoyable for you. The Crystal Springs XC Course is probably one of the most 'viewable' circuits around. We appreciate your attendance and welcome all comments on the course, the race, and anything else that strikes you as either good or bad about what you see today. Please mail all comments to: WUTC, P.O. Box 1551, San Mateo, CA 94401. -- Incidentally, the 50¢ admission fee, which we trust was not excessive for the caliber of competition you'll see, is channeled back into our club's and the area's running program...so think of it as a charitable 'donation'.

Awards will be given out at Ralston School (on Ralston Ave. just east of Hallmark Dr.) about 1:30 pm today. We hope that most of you can make it for the presentation.



Tracy Smith  
/Paul J. Sutton, RW/

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Hans Menet & Ed Mendoza  
*/John Marconi/*



Kenny Moore  
*/John Marconi/*

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Mike Boit



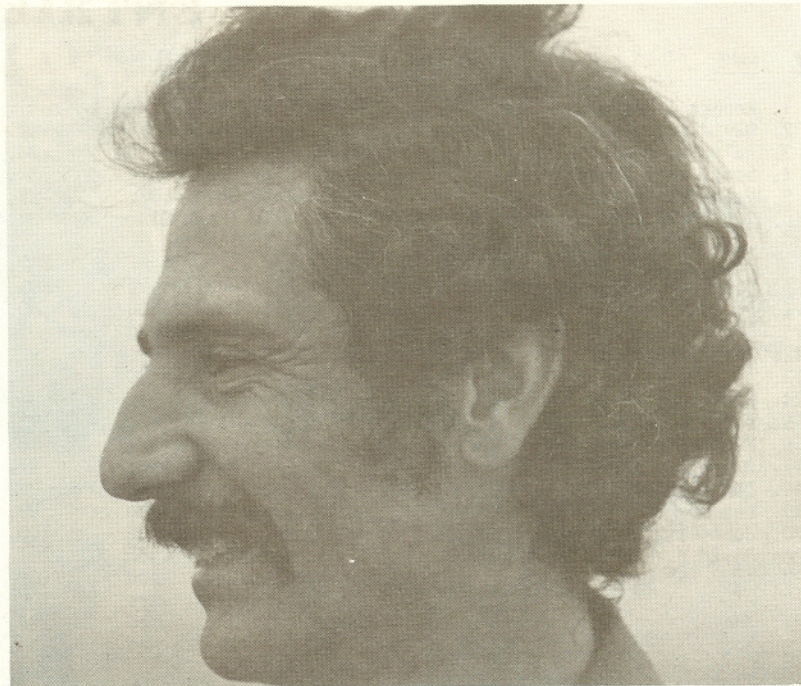
# ENTRIES

#	NAME	AFFILIATION	#	NAME	AFFILIATION
1.	Robert G. Arnold	Menlo Park/Unattached	81.	Richard A. Wolters	San Jose/Unattached
2.	David C. Boles	Brea/Unattached	82.	Sam Young	Cal-State Univ. L.A.
3.	Ralph W. Bowles	Pleasant Hill/Unattached	83.	Ron Zarate	Univ. of Nevada T.C.
4.	Scott John Bringham	Salt Lake City/Unattached	84.	Phil Camp	Alameda Track Club
5.	Frank L. Britton	Cal-State Univ. L.A.	85.	Steve Gray	Alameda Track Club
6.	Douglas C. Brown	Knoxville Track Club	86.	John Johnson	Alameda Track Club
7.	Howard Burgess	Fullerton JC	87.	Rich Kimball	Alameda Track Club
8.	Doug Butt	Marin AC	88.	Angelo Martinez	Alameda Track Club
9.	Mike Buzbee	Chico/Unattached	89.	Mark Proteau	Alameda Track Club
10.	Pat Buzbee	Chico/Unattached	90.	Ted Quintana	Alameda Track Club
11.	Gary R. Camp	Carmichael/Unattached	91.	Mark Payne	Alameda Track Club
12.	Dennis Capello	San Juan Striders	92.	Joe Taxiera	Alameda Track Club
13.	Armando Cendejas	Fullerton JC	93.	Todd Ferguson	Athletes in Action
14.	Paul Cook	Glendora/Unattached	94.	Darren George	Athletes in Action
15.	Darrel Cox	Fresno Pacific College	95.	Ed Haver	Athletes in Action
16.	Martin S. Dean	Berkeley/Unattached	96.	Mark Newton	Athletes in Action
17.	Bruce D. Degen	Marin A.C.	97.	Bob Price	Athletes in Action
18.	Dennis Delmott	Emporia, Kansas/Unattached	98.	Don Riggs	Athletes in Action
19.	Lester Devoe	Santa Clara/Unattached	99.	Tracy Smith	Athletes in Action
20.	John C. Dickey	U.S. Air Force	100.	Don Timm	Athletes in Action
21.	David H. Engle	Hartford Track Club	101.	Terry Valentine	Athletes in Action
22.	Adam Ferreira	North Highlands/Unattached	102.	Steve Wyper	Athletes in Action
23.	Jim Freeman	San Juan Striders	103.	Bill Blewett	Atlanta Track Club
24.	Joe Frisbie	Garden Grove/Unattached	104.	Greg Camp	Atlanta Track Club
25.	Don Gallagher	Palo Alto/Unattached	105.	Karl deSantos	Atlanta Track Club
26.	Leon Garcia	Las Cruces, N.M./Unattached	106.	Lee Fidler	Atlanta Track Club
27.	John Geer	Whittier College Alumni Track Club	107.	Wayne Roach	Atlanta Track Club
28.	Bill Graves	Santa Ana/Unattached	108.	Randy Stroud	Atlanta Track Club
29.	Gary Green	Davis/Unattached	109.	Bob Varsha	Atlanta Track Club
30.	Larry Greer	Lakewood/Unattached	110.	Bill Walsh	Atlanta Track Club
31.	Gordon W. Haller	Hawaii/U.S. Navy	111.	Jerry Alexander	Beverly Hills Striders
32.	David Wm. Hansen	Berkeley/Unattached	112.	Maury Greer	Beverly Hills Striders
33.	Richard B. Hart	Foothill JC	113.	Ron Pryor	Beverly Hills Striders
34.	Glenn Herold	Univ. of Chicago TC/Unattached	114.	Bill Scobey	Beverly Hills Striders
35.	Jon M. Higley	Mather AFB/U.S. Air Force	115.	Gary Tuttle	Beverly Hills Striders
36.	Leonard Hill	Phoenix, Oregon/Unattached	116.	Terry Williams	Beverly Hills Striders
37.	Pat Holleran	Univ. of Chicago TC/Unattached	117.	Bob Barnett	Camino West Track Club
38.	Eric Hulst	Laguna Beach/Unattached	118.	Ron Fritze	Camino West Track Club
39.	Kenneth A. Israel	San Mateo/Unattached	119.	Mitch Kingery	Camino West Track Club
40.	Allan Jackson	Newport Beach/Unattached	120.	Keith Larsen	Camino West Track Club
41.	David Jansen	Flagstaff, Arizona/Unattached	121.	Bob Miller	Camino West Track Club
42.	John W. Jones	Minot, N.D./Ohio Track Club	122.	Steve O'Brien	Camino West Track Club
43.	Jack Knebel	Orinda/Unattached	123.	Bruce Sayre	Camino West Track Club
44.	Steve Lawry	Menlo Park/Unattached	124.	Damon Wood	Camino West Track Club
45.	Glen Leckman	Santa Ana/Unattached	125.	Tom Brown	Chico State Univ.
46.	John Leeper	Aggie Track Club	126.	Pat Finn	Chico State Univ.
47.	Les Loeder	Redwood City/Unattached	127.	Greg Griffin	Chico State Univ.
48.	Steve Lough	Cal-State Univ. L.A.	128.	Tony Ruggle	Chico State Univ.
49.	Duncan Macdonald	Kailua, Hawaii/Unattached	129.	Corbin Scott	Chico State Univ.
50.	Richard Maher	Merced College	130.	Carl Shakley	Chico State Univ.
51.	Chris McCubbins	Winnipeg, Manitoba/CANADA	131.	Tim Stone	Chico State Univ.
52.	Grant McLaren	London, Ontario/CANADA	132.	Tony Webb	Chico State Univ.
53.	David Meza	Fullerton JC	133.	Richard Albright	Club Northwest
54.	Rodney J. Miller	San Francisco/Unattached	134.	Herman Atkins, Jr.	Club Northwest
55.	David Moller	Univ. of Rochester (NY) AC	135.	Doug Hansen	Club Northwest
56.	James K. Mosher	U.S. Navy	136.	Jim Johnson	Club Northwest
57.	Ken Napier	West Valley Joggers & Striders	137.	Don Kardong	Club Northwest
58.	Craig Nathanson	San Francisco State	138.	Hal Michael	Club Northwest
59.	John Ngeno	Washington State Univ.	139.	Sam Ring	Club Northwest
60.	Mike Ogden	Costa Mesa/Unattached	140.	Riley Shirey	Club Northwest
61.	David Andrew Ramer	Golden West Track Club	141.	Joseph Stewart	Club Northwest
62.	Anthony Reynoso	Aggie Track Club	142.	Patrick Tyson	Club Northwest
63.	Bill Rodgers	Greater Boston Track Club	143.	Theodore Castaneda	Colorado Track Club
64.	Tomas Rodriguez	Long Beach State/Unattached	144.	Steven Flanagan	Colorado Track Club
65.	Ric Rojas	New Mexico Track Club	145.	John Gregorio	Colorado Track Club
66.	John Routh, Jr.	Menlo Track Club	146.	John Lunn	Colorado Track Club
67.	Jose Saavedra	Fullerton JC	147.	Michael Peterson	Colorado Track Club
68.	Anthony Sandoval	Stanford Univ./New Mexico Track Club	148.	Michael Ruffatto	Colorado Track Club
69.	Benjamin Sawyer	Otherways AC	149.	Richard Trujillo	Colorado Track Club
70.	Edward S. Schelegle	Aggie Track Club/U.C. Davis	150.	Charles Vigil	Colorado Track Club
71.	Al Siddons	Anaheim/Unattached	151.	Mike Boit	Eastern New Mexico TC
72.	Carey Simons	Cal-State Univ. L.A.	152.	Tom Boit	Eastern New Mexico TC
73.	P.G. "Clem" Sweeney	Marin AC/U.C. Davis	153.	Larry Brown	Eastern New Mexico TC
74.	Gary L. Upham	Good Earth Runners	154.	Rex Maddaford	Eastern New Mexico TC
75.	Lupe Vargas	Merced College	155.	Joseph Mengich	Eastern New Mexico TC
76.	Nick Vogt	Gold Spike Track Club	156.	Frank Munene	Eastern New Mexico TC
77.	Alan T. Waterman	Stanford Running Club	157.	Philip Ndoo	Eastern New Mexico TC
78.	James Weil	DSE Runners	158.	Wilson Waigwa	Eastern New Mexico TC
79.	Jim Williams	Peach Bowl Pacers TC	159.	Bob Wallace	Eastern New Mexico TC
80.	Gary Wolfram	Berkeley/Unattached	160.	Dennis Williams	Eastern New Mexico TC





Rex Maddaford



Alvaro Mejia /Marconi/

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FOR ENTRIES AND INFORMATION: Bill Gookin,  
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ENTRIES CLOSE JAN. 6, 1975

COURSE RECORD 2:17:20 by DOUG SCHMENK, 1974



Leonard Hill



# ENTRIES

#	NAME	AFFILIATION	#	NAME	AFFILIATION
161.	Jose Amaya	East Los Angeles Track Club	241.	Greg Carlberg	Plains Track Club
162.	Joe Carlson	East Los Angeles Track Club	242.	Elliott Evans	Plains Track Club
163.	Bob Macias	East Los Angeles Track Club	243.	Mike Gregorio	Plains Track Club
164.	Ben Martinez	East Los Angeles Track Club	244.	Neal Hermmsmeyer	Plains Track Club
165.	Gus Cano	Excelsior Track Club	245.	Cliff Karthaus	Plains Track Club
166.	Don Chaffee	Excelsior Track Club	246.	Lynn Lee	Plains Track Club
167.	Mike Conroy	Excelsior Track Club	247.	Chuck Wallerstedt	Plains Track Club
168.	Robert L. Darling, Jr.	Excelsior Track Club	248.	Robert L. Boglione	Quantico Marines
169.	Frank Donahue	Excelsior Track Club	249.	Thomas R. Childers	Quantico Marines
170.	Willie Gogas	Excelsior Track Club	250.	Victor Elk	Quantico Marines
171.	Dave Maula	Excelsior Track Club	251.	Dennis Fikes	Quantico Marines
172.	Dave Warren	Excelsior Track Club	252.	Jeffrey Kramer	Quantico Marines
173.	Jack Bacheler	Florida Track Club	253.	Phillip Meyers	Quantico Marines
174.	Barry Brown	Florida Track Club	254.	Danny J. Morris	Quantico Marines
175.	Coswell DePeiza	Florida Track Club	255.	Frank Ybarbo	Quantico Marines
176.	Byron Dyce	Florida Track Club	256.	John Currie	Richmond Kajaks T&F Club/B.C., CANADA
177.	Jeff Galloway	Florida Track Club	257.	Ken Elmer	Richmond Kajaks T&F Club/B.C., CANADA
178.	Ken Misner	Florida Track Club	258.	Tom Howard	Richmond Kajaks T&F Club/B.C., CANADA
179.	Frank Shorter	Florida Track Club	259.	Ross Jackson	Richmond Kajaks T&F Club/B.C., CANADA
180.	Jerry Slaven	Florida Track Club	260.	John Martens	Richmond Kajaks T&F Club/B.C., CANADA
181.	Scott Boyd	Ft. Collins Track Club	261.	Colin O'Brien	Richmond Kajaks T&F Club/B.C., CANADA
182.	Wes Crist	Ft. Collins Track Club	262.	Jim Scorgie	Richmond Kajaks T&F Club/B.C., CANADA
183.	Jim Hays	Ft. Collins Track Club	263.	Chris White	Richmond Kajaks T&F Club/B.C., CANADA
184.	Mike Lohman	Ft. Collins Track Club	264.	Mike Burke	San Diego Track Club
185.	John Morton	Ft. Collins Track Club	265.	Mike Cour	San Diego Track Club
186.	Bob Steele	Ft. Collins Track Club	266.	Anders Gardenborn	San Diego Track Club
187.	Randy Yaussi	Ft. Collins Track Club	267.	Bill Gookin	San Diego Track Club
188.	Mike Breen	Jamul Toads "A"	268.	Thom Hunt	San Diego Track Club
189.	Gary Close	Jamul Toads "A"	269.	Dennis Kasischke	San Diego Track Club
190.	Dale Fleet	Jamul Toads "A"	270.	Kris Larnmark	San Diego Track Club
191.	Dave Harper	Jamul Toads "A"	271.	Jeff Mathews	San Diego Track Club
192.	Mark Malec	Jamul Toads "A"	272.	Wayne Akiyama	San Fernando Valley Track Club
193.	Ed Mendoza	Jamul Toads "A"	273.	Dave Babiracki	San Fernando Valley Track Club
194.	Kirk Pfeiffer	Jamul Toads "A"	274.	Charles Horn	San Fernando Valley Track Club
195.	Dennis Wilson	Jamul Toads "A"	275.	Cliff Morden	San Fernando Valley Track Club
196.	Frank Aguirre	Jamul Toads "B"	276.	Carl Smith	San Fernando Valley Track Club
197.	Gil Esparza	Jamul Toads "B"	277.	Jon Sutherland	San Fernando Valley Track Club
198.	Rick Lord	Jamul Toads "B"	278.	Robert Thomas	San Fernando Valley Track Club
199.	Mike McGrath	Jamul Toads "B"	279.	John Beaton	San Luis Obispo Distance Club
200.	Dave Mills	Jamul Toads "B"	280.	Robert Lyons	San Luis Obispo Distance Club
201.	George Pullen	Jamul Toads "B"	281.	Ed Marshall	San Luis Obispo Distance Club
202.	Tom Smith	Jamul Toads "B"	282.	Gordon Rado	San Luis Obispo Distance Club
203.	Bob Wilson	Jamul Toads "B"	283.	Jim Schankel	San Luis Obispo Distance Club
204.	Matt Centrowitz	New York Athletic Club	284.	Bryan Tracy	San Luis Obispo Distance Club
205.	Cliff Clark	New York Athletic Club	285.	Jim Warrick	San Luis Obispo Distance Club
206.	Jim Crawford	New York Athletic Club	286.	Dave Boyet	Santa Barbara A.A.
207.	Neil Cusack	New York Athletic Club	287.	Mike Chambliss	Santa Barbara A.A.
208.	Tom Fleming	New York Athletic Club	288.	Art Rodriguez	Santa Barbara A.A.
209.	Ed Leddy	New York Athletic Club	289.	Allen Schofield	Santa Barbara A.A.
210.	Marty Liquori	New York Athletic Club	290.	Scott Schweitzer	Santa Barbara A.A.
211.	Pete Squires	New York Athletic Club	291.	Brook Thomas	Santa Barbara A.A.
212.	Gary Barger	Oregon Track Club	292.	Mike Elder	Santa Monica Track Club
213.	Whit Bass	Oregon Track Club	293.	Dan Johnson	Santa Monica Track Club
214.	Bruce Dewsberry	Oregon Track Club	294.	Randy Kilpatrick	Santa Monica Track Club
215.	Paul Geis	Oregon Track Club	295.	Harvey Kluvers	Santa Monica Track Club
216.	Bob Gray	Oregon Track Club	296.	Larry Lawson	Santa Monica Track Club
217.	Tom Heinonen	Oregon Track Club	297.	Lewi Patterson	Santa Monica Track Club
218.	Damien Koch	Oregon Track Club	298.	Carter Reusse	Santa Monica Track Club
219.	Tom Lux	Oregon Track Club	299.	Jerry Swartz	Santa Monica Track Club
220.	Mike Manley	Oregon Track Club	300.	Dan Hall	The Spur of the Moment TC/Oregon
221.	Tom McChesney	Oregon Track Club	301.	Brock Hinzmann	The Spur of the Moment TC/Oregon
222.	Kenny Moore	Oregon Track Club	302.	Brad Pinkstaff	The Spur of the Moment TC/Oregon
223.	Steve Prefontaine	Oregon Track Club	303.	Bob Ray	The Spur of the Moment TC/Oregon
224.	Ken Shaw	Oregon Track Club	304.	Keith Woodard	The Spur of the Moment TC/Oregon
225.	Robert Smith	Oregon Track Club	305.	Ken Woodard	The Spur of the Moment TC/Oregon
226.	David Taylor	Oregon Track Club	306.	Capt. Frank A. Bozanich	U.S. Marines/Camp Pendleton
227.	Robert Williams	Oregon Track Club	307.	PFC Juan Garza	U.S. Marines/Camp Pendleton
228.	Tom Donnelly	Philadelphia Pioneers	308.	Lt. Ed Granchalek	U.S. Marines/Camp Pendleton
229.	Gary Fanelli	Philadelphia Pioneers	309.	PFC Mike Kelly	U.S. Marines/Camp Pendleton
230.	Tom Fulton	Philadelphia Pioneers	310.	1/Lt John McAndrew	U.S. Marines/Camp Pendleton
231.	Greg Fredericks	Philadelphia Pioneers	311.	Cpl. Chris Watness	U.S. Marines/Camp Pendleton
232.	Walt Hawkins	Philadelphia Pioneers	312.	Ken Blakely	U.C.L.A.
233.	George Lokken	Philadelphia Pioneers	313.	Doug Boswell	U.C.L.A.
234.	Charles Maguire	Philadelphia Pioneers	314.	Gordon Innes	U.C.L.A.
235.	Reggie McAfee	Philadelphia Pioneers	315.	Mark Kushner	U.C.L.A.
236.	Paul Stemmer	Philadelphia Pioneers	316.	Mark Luevano	U.C.L.A.
237.	Karl Thornton	Philadelphia Pioneers	317.	Jay Moore	U.C.L.A.
238.	Trini Balderrama	Phoenix Track Club	318.	Gary Titti	U.C.L.A.
239.	Gary Casa Grande	Phoenix Track Club	319.	Glenn Behnke	Univ. of Chicago Track Club
240.	Don Tate	Phoenix Track Club	320.	Blair Bertaccini	Univ. of Chicago Track Club





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#	NAME	AFFILIATION	#	NAME	AFFILIATION
321.	Peter Farwell	Univ. of Chicago Track Club	363.	Wally Montenegro	Westside Track Club
322.	Bruce Fischer	Univ. of Chicago Track Club	364.	Lynn Ryan	Westside Track Club
323.	Dan Hildebrand	Univ. of Chicago Track Club	365.	Gilbert Uresti	Westside Track Club
324.	Tom Hoffman	Univ. of Chicago Track Club	366.	Jack Bellah	West Valley Track Club "Blue"
325.	John Lesch	Univ. of Chicago Track Club	367.	Jim Birnbaum	West Valley Track Club "Blue"
326.	Pat Mandera	Univ. of Chicago Track Club	368.	Bill Clark	West Valley Track Club "Blue"
327.	Jim McLatchie	Univ. of Chicago Track Club	369.	Jim Dare	West Valley Track Club "Blue"
328.	Lowell Paul	Univ. of Chicago Track Club	370.	Skyler Jones	West Valley Track Club "Blue"
329.	Ken Popejoy	Univ. of Chicago Track Club	371.	Roy Kissin	West Valley Track Club "Blue"
330.	Larry Swanson	Univ. of Chicago Track Club	372.	Alvaro Mejia	West Valley Track Club "Blue"
331.	Mike Dagg	Univ. of Nevada/Reno	373.	Jim Nuccio	West Valley Track Club "Blue"
332.	Ben de la Garza	Univ. of Nevada/Reno	374.	Dave Cords	West Valley Track Club "Red"
333.	Hans Menet	Univ. of Nevada/Reno	375.	Charles Harris	West Valley Track Club "Red"
334.	Domingo Tibaduiza	Univ. of Nevada/Reno	376.	John Hayes	West Valley Track Club "Red"
335.	Jairo Vargas	Univ. of Nevada/Reno	377.	Dave Himmelberger	West Valley Track Club "Red"
336.	Tom Wysocki	Univ. of Nevada/Reno	378.	Joe McDevitt, Jr.	West Valley Track Club "Red"
337.	Terry Ybarra	Univ. of Nevada/Reno	379.	Bill Seaver	West Valley Track Club "Red"
338.	Richard Alexander	Valley of the Moon Track Club "A"	380.	George Stewart	West Valley Track Club "Red"
339.	Mark Dawson	Valley of the Moon Track Club "A"	381.	Dennis Tracy	West Valley Track Club "Red"
340.	Jeff Jahn	Valley of the Moon Track Club "A"	382.	Marty Conway	West Valley Track Club "Green"
341.	Mario Lazzaretto	Valley of the Moon Track Club "A"	383.	Marc Lund	West Valley Track Club "Green"
342.	John Lynde	Valley of the Moon Track Club "A"	384.	Doug McLean	West Valley Track Club "Green"
343.	Glenn McCarthy	Valley of the Moon Track Club "A"	385.	Bob Nanninga	West Valley Track Club "Green"
344.	John Mollring	Valley of the Moon Track Club "A"	386.	Dave Robertson	West Valley Track Club "Green"
345.	Steve Slawson	Valley of the Moon Track Club "A"	387.	Don Roth	West Valley Track Club "Green"
346.	Mike Fornaciari	Valley of the Moon Track Club "B"	388.	Dave Stock	West Valley Track Club "Green"
347.	Jerry Haslam	Valley of the Moon Track Club "B"	389.	Bruce Wolfe	West Valley Track Club "Green"
348.	Fred Kenyon	Valley of the Moon Track Club "B"	390.	Humberto Hernandez	West Valley Track Club
349.	E.B. Hartel	Western Kentucky Univ.	391.	Kenneth Paul	West Valley Track Club
350.	Dave Long	Western Kentucky Univ.	392.	Mark Quinn	West Valley Track Club
351.	Ross Munro	Western Kentucky Univ.	393.	Tom Read	West Valley Track Club
352.	Chris Ridler	Western Kentucky Univ.	394.	Bob Cooper	Woodside Striders
353.	Nick Rose	Western Kentucky Univ.	395.	David Cortez	Woodside Striders
354.	Steve Smith	Western Kentucky Univ.	396.	Steve Fuller	Woodside Striders
355.	Tony Staynings	Western Kentucky Univ.	397.	Stacy Geiken	Woodside Striders
356.	Joe Tinius	Western Kentucky Univ.	398.	Bryan Gieser	Woodside Striders
357.	Alex Aguilar	Westside Track Club	399.	Tom Jordan	Woodside Striders
358.	John B. Bettencourt	Westside Track Club	400.	Mike Kasser	Woodside Striders
359.	Roy Hoglund	Westside Track Club	401.	George Kirk	Woodside Striders
360.	Shawn James	Westside Track Club	402.	Greg Mandanis	Woodside Striders
361.	Martin Krenn	Westside Track Club	403.	Matt Yeo	Woodside Striders
362.	Anthony Mezzapelle	Westside Track Club	404.	Eric Sigmont	Oregon Track Club

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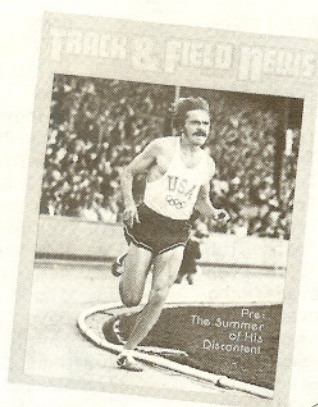
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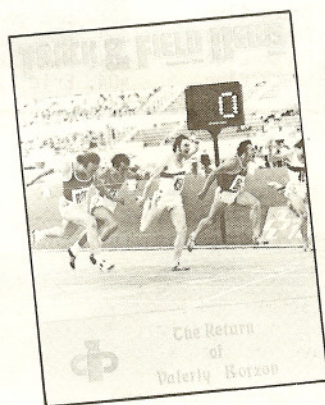
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## RACE ORGANIZATION

Sponsoring Organization: West Valley Track Club.

Sanctioned By: Pacific Association of the A.A.U.

Host City: Belmont, California; Jim DuChaine (City Manager).

Primary Financial Sponsor: American Athletic Shoe Company (Tred<sub>2</sub>).

Race Director: Jack Leydig (Pres., WUTC).

Assistant Race Directors: Len Wallach (Natl. Masters Sub-Committee Chairman for Men's Long Distance & Road Running).  
Rich Perry (Superintendent of Parks & Recreation, Belmont)

Honorary Starter: Peter Snell (1964 Olympic gold medalist at 800 and 1500 meters).

Meet Referee and Finish Judge: Robert E. DeCelle (Natl. Men's Long Distance Running Committee Chairman).

Youth Volunteer Coordinators: Ritch Valenti and Mike Altieri; San Mateo County Recreation Dept.).

Technical Assistance: California Parks & Recreation Society (District IV); California Association of Health, Physical Education and Recreation (CAMPER).

Hospitality and Registration: San Mateo County Convention & Tourist Bureau; Excelsior T.C.; Harold DeMoss and Len Wallach (Chairmen).

Traffic Control: San Mateo County Monitors; Belmont Police Dept.

Communications: San Mateo County Monitors.

Course Improvements: Bob Rush (College of San Mateo Cross Country Coach); Ed Fonseca (Asst. Manager, Peninsula Div., San Francisco Water Dept.); Archie Akers (Watershed Keeper & Supervisor).

Publicity: Bill Clark, Wayne Glusker, and John Marconi.

Timing: Omega Sprint Photo-Timer (Seagull Enterprises).

Race Program: Jack Leydig, Bill Mackey, and John Marconi.

Medical Assistance: Dr. Joan Ulyot (U.C. Medical Center); Harry F. Hlavac, DPM; San Mateo County Monitors.

Awards Site: Ralston School, Belmont (Claude C. Turner, Superintendent of Belmont Schools; Paul V. Greene, Principal).

Race Headquarters Hotel: Holiday Inn of Marine World, Belmont, Calif. (Huguette MacKeon, Director of Sales and Public Relations).

Awards: The Trophy Center, Redwood City, CA (John Crevelt, Owner).

Video-Tape Equipment: College of San Mateo.



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## RACE ORGANIZATION

Trouble-Shooter: Harold DeMoss (PA-AAU Men's Long Distance Chairman).

Public Address System: Redwood City Fire Dept.

Course Crowd Control: Dave Shrock (Chairman); John Marconi (Co-Chairman); Law Enforcement Classes of College of San Mateo (Lt. Harold Bogan, Instructor--San Mateo Police Dept.); Serra High School and College of San Mateo cross country team members; Members of Lakeshore and Shoreview Recreation Centers, San Mateo.

Course Measuring & Manicuring: Jack Leydig, Len Wallach, Harold DeMoss, John Sheehan, Don Roth, Roy Kissin, John Marconi, Dave Shrock, Sharon Wallach.

Finish Chute Construction: John Marconi & Dave Shrock (Co-ordinators).

Posters: Penny Tomei (Design); Douglas Hurd (Screening).

T-Shirts: Penny Tomei (Design); John-John, Inc., Santa Clara, CA (Screening).

Entry Blanks: Jack Leydig.

Transportation to and from Race Site: Holiday Inn, City of Belmont, West Valley TC.

Housing Co-ordinator: Ellen Clark.

Entrance Gate: Jim Holl (Co-ordinator); Millbrae Lions Track Club.

Race Numbers: Harold DeMoss & Bill Clark (Co-ordinators); Tred<sub>2</sub> (Sponsors).

Head Timer: George Newlon.

Time Recorder: Dick Barbour.

Scorer: Jack Leydig.

Course Guides & Mile Splits: John Sheehan (Chairman); Leigh High School Cross Country Team (San Jose); San Mateo County Monitors.

Finish Line: Mike Duncan (Chairman); College of San Mateo; Millbrae Lions TC; San Diego TC; San Mateo High School; College of Marin; Livermore Valley Running Club.

- - - - -

A Word of Thanks: - I have tried not to miss anyone, although I know of many individuals who've put in long hours of 'busy work' on race that I've neglected to mention. The number of helpers on raceday alone is well in excess of 100!! It is obvious that without the unselfish involvement of this large number of individuals and organizations, the 1974 A.A.U. Cross Country Championships would never have come about. It is to them that I am deeply thankful as race director. To those that have never been involved in putting on a running event, we would like to suggest that you get involved. By putting your efforts into race organization, you are upgrading the quality of our sport. Let's not take these volunteers for granted! They would certainly appreciate any supportive statements concerning their involvement.



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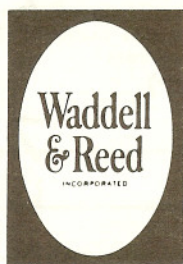


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TERIAKI CHICKEN	4.65
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KING CRAB & SIRLOIN	7.25
KING CRAB (CURRENT PRICE ON REQUEST)	



# COACHES, ATHLETES, TRACK & FIELD ENTHUSIASTS:

## ANNOUNCING... THE 1975 NATIONAL TRACK COACHES CLINIC

RICKEY'S HYATT HOUSE — — PALO ALTO, CALIFORNIA

FRIDAY, SATURDAY — JAN. 31, FEB. 1, 1975

Featuring: A speaking staff of America's finest track coaches

THE NATION'S PREMIERE TRACK & FIELD  
CLINIC.....DON'T MISS IT!!

Location: Rickey's Hyatt House, Palo Alto, California (25 miles south of San Francisco, adjacent to Stanford University)  
Clinic Fee: Pre-register \$25.00 (\$10.00 deposit required); \$32 at door.  
Academic Credit: 2 semester units through the University of Santa Clara may be registered for at check-in.  
Housing: Special rates available at Clinic Headquarters, Rickey's Hyatt House.  
Hotel registration card and full clinic information will be sent upon receipt of pre-registration or other request. Pre-registration is requested to insure housing and admission to clinic.  
Information: Write Jim Gaughran, Department of Athletics, Stanford University, Stanford, California 94305

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

ZIP \_\_\_\_\_

AFFILIATION \_\_\_\_\_

PRE-REGISTRATION FEE ENCLOSED \$ \_\_\_\_\_

SEND WITH FEE TO: JIM GAUGHRAN, CLINIC DIR.,  
DEPT. OF ATHLETICS, STANFORD UNIVERSITY,  
STANFORD, CALIFORNIA 94305

### — CLINIC SPEAKERS —

BILL BOWERMAN  
UNIV. OF OREGON

DR. HARMON BROWN  
CAL STATE HAYWARD

JIM BUSH  
U.C.L.A.

MARSHAL CLARK  
STANFORD

PAYTON JORDAN  
STANFORD

LEO LONG  
LOS ALTOS HIGH

ED PARKER  
MILLBRAE LIONS T.C.

JIM SANTOS  
CAL STATE HAYWARD

BERNY WAGNER  
OREGON STATE UNIV.

BUD WINTER  
SAN JOSE STATE

VERNE WOLFE  
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A NON-PROFIT CORPORATION FOUNDED BY THE CATHEDRAL HILL MEDICAL CENTER

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  - "IUD"           Foam
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  - Including Test for Cancer
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- BLADDER & VAGINAL INFECTIONS
- PRE-MARITAL LAB TESTS
  - and Sex Counseling

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- VACUUM ASPIRATION ABORTION
  - (Up to 12 Weeks of Pregnancy)
- AMNIOCENTESIS ABORTION
  - (From 16 to 24 Weeks of Pregnancy)
- TUBAL LIGATION
  - (Female Sterilization - No Hospital Stay)
- VASECTOMY
  - (Male Sterilization - Male Counselors)
- SPERM BANKING
- PREGANCIES TO TERM
- ADOPTION AGENCIES
- LICENSED MEDICAL DOCTORS

## PAYMENTS

GOVERNMENT OR PRIVATE INSURANCE: Bring your current card.

GRANTS: You may be eligible for services at no charge.

SACRAMENTO: (916) 446-0222  
616 Alhambra Blvd.  
Sacramento, CA 95861

SAN FRANCISCO: (415) 567-6100  
1801 Bush St.  
San Francisco, CA 94109

SAN JOSE: (408) 255-2773  
5150 Graves St.  
San Jose, CA 95129

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Located in Cathedral Hill Medical Center  
1801 Bush Street, San Francisco, CA 94109  
Program Coordinator: E. Pedersen, R.N.

## **RACE of the YEAR**

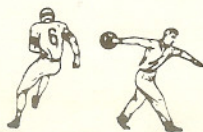
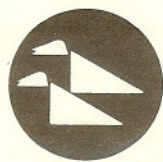
### **Golden Gate Celebrity 6 Mile Run**

- Across the Golden Gate Bridge
- Past Historical Forts
- Entertainment and Picnic
- Spring, 1975 - Send Self-addressed,  
stamped envelope
- Free Lodging for National Class Runners

### **TOO MANY MARATHONS??**

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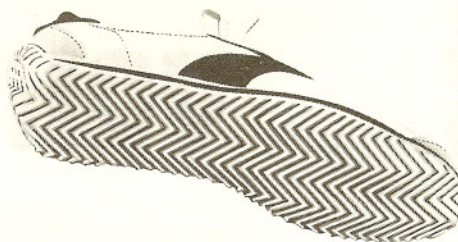
FACTORY STREET  
HANOVER, PENNA. 17331



## THE PENN 280

Mellow top grain leather upper with red suede Brooks stripe and full white padded heel and collar. Towel sock lining and foam arch support. Lightweight traction sole with blue heel wedge, full crepe midsole and rubber toe bumper.

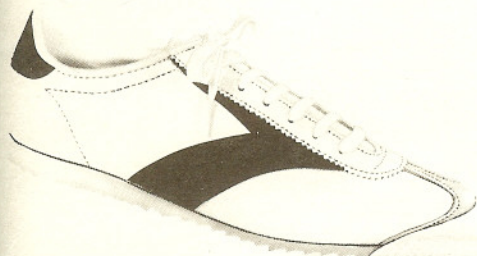
SIZES: 4, 5, 6 to 12 including half sizes, and size 13.



## THE AMERICAN 295

**New Brooks wrapped heel design.** Soft top grain leather upper with green suede Brooks stripe and green suede heel tab. Full white padded heel and collar. Towel sock lining and foam arch support. Lightweight traction sole which is wrapped around the heel. Full grain crepe midsole and natural crepe heel wedge.

SIZES: 4, 5, 6 to 12 including half sizes, and size 13.



## THE KANSAS 260

White soft side leather upper with blue suede Brooks stripe and full white padded heel and collar. Towel sock lining and foam arch support. Molded unisole with built-in wedge and rubber toe bumper.

SIZES: 4, 5, 6 to 12 including half sizes, and size 13.



## THE TEXAN 250

Blue nylon upper with white leather Brooks stripe and full white padded heel and collar. Blue suede leather tip and outside counter pocket. Towel sock lining and foam arch support. Lightweight traction sole with blue heel wedge.

SIZES: 4, 5, 6 to 12 including half sizes, and size 13.



## THE VASSAR 210 (Women's)

Women's Gold Nylon and Gold suede leather training shoe with white full padded heel. White leather Brooks stripe, Brooks long wearing three piece sole assembly with color coordinated midsole. True women's last. B-C width.

SIZES: 4 to 10 including half sizes.

*finest in athletic shoes*

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**YOU CAN'T BEAT**

**7-UP, THE UNCOLA**

