

for
International Cross Country Championships
Chapetow- Wales England

Held At: Crystal Springs Course
12 Kilometers (7.45 miles)

/ College of San Mateo
January 31, 1976 10:00am

1st six Represent U. S. (Paid)

Conditions: Clear-Mild

1. Gary Tuttle	Beverly Hills TC	37:23.4
2. David Babiracki	San Fernando TC	29.2
3. Donald Kardong	Club Northwest	34.2
4. Glenn Harold	Wisconsin TC	41
5. Anthony Sandoval	Stanford	46
6. Steve Flanagan	Colorado TC	57
7. Eric Hulst	Unat	38:15
8. Chuck Smead	Colorado TC	20
9. Henry Perez	Sundance TC	21
10. Tom Bryant	Sanja Monica TC	28
11. Rich Kimball	Unat	51
12. James Nuccio	WVTC	54
13. Kirk Pfeffer	Crossmont College	39:00
14. Timothy Steele	Shore AC	07
15. Carl Hatfield	West Virginia TC	15
16. Thomas Wysocki	U of Nevada	28
17. Paul Cook	Athletes in Action	34
18. John Jones III	Unat	37
19. Dave Sutherland	Unat	55
20. George Pullen	Jauni Toads	40:07
21. Mike Ruffatto	Colorado TC	09
22. Lewis Patterson	Athletes in Action	18
23. Duane Waltwire	Unat	27
24. Bob Hayes	Unat	29
25. Edward Bingham	Unat	40:47
26. Jerry Tucker	Sundance T.C.	41.19
27. Phil Camp	U.S.N.	.22
28. Bruce Robinson	Wash. Running Club	.33
29. Skip Hamilton	Colorado Track Club	41.39
30. Douglas McLean	WVTC	.46
31. Larry Reyes	South Coast Harriers	.53
32. Ernie Rivas	Pamkid	42.01
33. Mitch Kingery	CSM	.25
34. Gordon Innes		43.06
35. Keith Jacobson	Sundance T.C.	43.08
36. Joe Cordova Jr.	Sundance T.C.	.08
37. Neal Pyke	Florida Track Club	.38
38. Bernie Jordan	Sundance Track Club	44.10
39. Fred Carnahan		.21
40. Alan Sauer	Panakids	.42
41. Ross Smith	Unat.	45.35
42. Robert Darling	Excelsior T.C.	46.03
43. Dave Smith	Unat.	50.09
44. Dennis Egley	Unat.	51.36
45. Harry Siitonen	NCSTC	56.01

U.S.A. SENIOR
I.A.A.F. WORLD CROSS COUNTRY TRIALS

SANCTIONED BY: THE PACIFIC ASSOCIATION OF THE A.A.U. SANCTION NUMBER: 867-56

SPONSORED BY: LONG DISTANCE & ROAD RUNNING COMMITTEE-PA AAU/COLLEGE OF SAN MATEO.

MEET DIRECTORS: ROBERT E. DECELLE/ BOB RUSH. SEND APPLICATIONS TO: P.O. Box 1606,
ALAMEDA, CALIFORNIA 94501. NO COLLECT TELE. CALLS 415-523-2264.

COURSE & REPORTING AREA: 12,000 METERS, 3 HILLS, BARRIERS, DIRT & GRASS SURFACE.
REPORT TO COLLEGE OF SAN MATEO GYM, 1700 WEST HILLSDALE, SAN MATEO.
BETWEEN 8:00 AM AND 9:00 AM, ENTRIES CLOSE 9:30 AM.

STARTING TIME: 1000 AM SHARP! 31 JANUARY 1976. ENTRY FEES: \$2.00 PER PERSON. NO
TEAMS. ENTRIES CLOSE 9:30 AM ON DAY OF RACE. ADVANCE REGISTRATIONS
APPRECIATED. THERE WILL ALSO BE AN ADMISSION DONATION OF 50¢ PER PERSON.

MEET HOTEL: VILLA HOTEL, 400 EL CAMINO REAL, SAN MATEO, CA 94403; INNKEEPER--JOE
GREENBOX, 415-341-0966. \$17.00 SINGLE, \$20.00 DOUBLE. MAKE RESERVATIONS
DIRECTLY WITH THE INNKEEPER. TRANSPORTATION TO AND FROM AIRPORT.

TROPHIES: PLACE 1-7. DONATED BY JOHN CREVELDT, KREFELDT TROPHY CENTER, REDWOOD CITY, CA

SPECIAL ACKNOWLEDGEMENT: CHANCELLOR GLEN SMITH, COLLEGE OF SAN MATEO; BOB RUSH, HEAD
TRACK COACH, CSM; HARRY YOUNG, PRES. NCT&F ASS'N.; EDWARD L. FONSECA,
ASST MANAGER, SAN FRANCISCO WATER DISTRICT.

ADDITIONAL INFORMATION: IT IS MANDATORY THAT YOU HAVE A 1976 AAU CARD, WITH LD AS THE
PRIMARY SPORT. A RECEIPT FROM YOUR REGISTRATION COMMITTEE IN LIEU OF
A CARD IS ACCEPTABLE. THE PURPOSE OF THIS MEET IS TO SELECT SIX OR
MORE ATHLETES TO COMPETE IN THE WORLD CHAMPIONSHIPS IN WALES, ENGLAND
2-28-76. FUNDS ARE FROM THE AAU-LD & RR COMMITTEE. TRANSPORTATION,
FOOD, HOUSING & PARTIAL UNIFORMS WILL BE PROVIDED. WE CAN TAKE UP
TO NINE (9) RUNNERS, WE INVITE THOSE WHO WISH TO PAY THEIR OWN WAY,
TO JOIN THE TEAM. HOWEVER, WE MUST SEND TEAM NAMES NOT LATER THAN
3 FEB. 1976. DEPARTURE DATE IS 2-24-76, RETURN IS 3-3-76. SHOULD A
SELECTEE BECOME ILL OR INJURED, THE NEXT IN LINE WILL AUTOMATICALLY
MOVE ONTO THE TEAM. SELECTION IS IN ORDER OF FINISH IN THIS RACE.
CONTACT ROBERT DECELLE FOR MORE DETAILS.

APPLICATION FORM

DATE: _____

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I THE UNDERSIGNED, INTENDING TO BE LEGALLY
BOUND, HEREBY, FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE ANY
AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE PACIFIC ASSOCIATION OF THE
A.A.U., THE LONG DISTANCE RUNNING COMMITTEES, COLLEGE OF SAN MATEO, SAN FRANCISCO WATER
DISTRICT, OFFICIALS, OR THEIR REPRESENTATIVES, SUCCESSORS, AND ASSIGNS FOR ANY AND ALL
INJURIES SUFFERED BY ME IN THIS EVENT. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND
HAVE SUFFICIENTLY TRAINED FOR THE COMPLETION OF THIS 12,000 METER RACE AND MY PHYSICAL
CONDITION FOR PARTICIPATION IN THIS TYPE OF EVENT HAS BEEN VERIFIED BY A MEDICAL DOCTOR
DURING THE LAST SIX (6) MONTHS;

SIGNED _____

PRINT NAME _____ TELEPHONE NUMBER _____

ADDRESS _____ CITY & STATE _____ ZIP _____

AAU NUMBER _____ AGE _____ CLUB OR SCHOOL _____

LIST OTHER ADDRESS & TELEPHONE NUMBERS _____

NEWSPAPER SERVING YOUR AREA _____

National x-country trials Saturday

1/30/76
By ED JACOBOWSKY

SAN MATEO—The 7½ miles they run Saturday in the Belmont hills will be lot tougher than the 5,000 miles the top seven finishers travel next month following the United States team trials for the World Cross Country Championships in Chepstow, Wales, Feb. 24.

Many of the top distance runners in the nation, led by National AAU marathon champion Gary Tuttle, will be competing over the specially designed 12-kilometer course in the San Francisco watershed.

Under the supervision of Bob Rush, cross country and track coach at College of San Mateo, which is sponsoring the event, the Crystal Springs course has been revamped for the trials, both in length and with the additions of several log jumps.

Members of Rush's CSM team, along with anybody else he could corral, did most of the work on the course.

The end result found Joe Henderson, editor of Runners World Magazine and unofficial czar of international cross country running, huffing and puffing after running the course, which he praised as being "obviously laid out by runners for runners."

The course consists of seven log jump barriers and 7½ miles of tough hills, switchbacks and deceptive slopes.

Toughest part of the course is Ngeno hill, named after Kenya's John Ngeno, who won the 1974 national AAU crown there.

Unlike the normal cross-country races on the course, this one will not only have the log jumps—in which two hefty-sized logs are laid across the path—but the runners also will actually reverse themselves, running the entire layout in both directions.

"I don't know of any course like it," Henderson says.

Rush, who took the event on short notice, just one month ago, and has neither sponsors nor budget, has had trophies donated.

If all goes well, there is a chance, say Rush and CSM Chancellor Glenn Smith, who will be the starter Saturday, they will form a committee to bid for the World Championships sometime in the not-too-distant future.

About 200 runners, including ex-Stanford star Don Kardong and current Card distance ace Tony Sandoval, are expected to be on the line for the 10 a.m. start.

As entries for the trials are being accepted up to one-half

hour before the start, there is no way of knowing what other standouts will be in the field.

Right now Rush, with an apology to the farmers, is keeping his fingers crossed for continued good weather, at least until 11 a.m. Saturday.