

10/9/77

WEEKLY WORKOUT

- MON. 1. Warm up
2. Run reverse Deercreek
(4 mi. 26-32 min.)
3. Meet at "Le Bump"-Bump Ramps(15)
4. Warm down
- TUE. 1. Warm up
2. Easy distance run
9 - 11 miles 1 $\frac{1}{4}$ -1 $\frac{1}{2}$ hr.)
3. Weight room
- WED. 1. Warm up
2. "Team" 3 mi. loop
3. 5 x 660 1:50 - 2:10
4 min. rest cycle
4. 1 x 880 Best effort
5. 1 mi. warm down
- THUR. Center meet at Crystal Springs
Bus leaves at 2 p.m.
- FRI. Daner Fun Run 2 - 3:15
- SAT. Distance run - 6-8 miles
- SUN. Fun Run or easy 5 miles

NOTES

1. Juniors will bring GatorAde to meet on Thursday.
2. Report mileage today
3. Top Performers
Yeh (Var.), Dyal (J.V.) Sanchez (G)
Keehn (S) Day (F)

NEWS

The "Titans" showed some fine running form at Coyote Park Thursday. The Titans placed second in the Varsity, J.V. and Girls and First in the soph. The Gunn Varsity also handed arch rival Cubberley its first city defeat of the year.

New Coyote P.R.s:

Dyal	18:45	(-87)	Wilkerson	(-48)est.
Rose	17:37	(-82)	McGannon	17:01 (-48)
Pringle	17:12	(-55)	Henninger	18:22 (-35)
Weir	18:22	(-50)	Stryer	19:53 (-13)

Results of Coyote

Weather: Clear
Temp: 74°

Varsity

Yeh	16:02	(4)
Evans	16:11	(7)
Pringle	16:17	(8)
Packer	16:48	(15)
McGannon	17:01	(19)
Poage	17:27	(26)
Weir	17:32	(28)
Rose	17:37	(31)

Girls

Huston	20:56	(5)
Ernst	21:05	(6)
Sanchez	21:07	(7)
Rumore	21:18	(10)
Ortenberger	24:03	(23)
Tucher	24:07	(24)

J.V.

Hawes	17:40
Wilkerson	
Kurth	18:02
Dyal	18:45
Young	18:49

Soph.

Keehn	17:05
Saxena	17:45
Garwin	18:00
Henninger	18:22
Stryer	19:53

Open

Day	16:57
Fessenden	17:43
Steele	20:12
Zaroda	21:16

SCOUTING

Gunn Varsity vs. Cubberley at Coyote

Vavoris	1 C	15:42	Kashima	6 C	16:42		
Yeh	2 G	16:02	Packer	7 G	16:48		
Wilson	3 C	16:07	Clarke	8 C	16:49	Cubberley	28 82:35
Evans	4 G	16:11	McGannon	9 G	17:01	Gunn	27 82:19
Pringle	5 G	16:17	Passell	10 C	17:15		

Soph. Mountain View at Crystal Sat., 10/8/77

Gonzales 16:45; Miller 17:48; Reiling 18:06; Springer 18:08; Aoyagi 18:26