

In the Long Run
it's the
Long Distance Log

VOLUME 21

JULY-AUGUST 1975

NUMBERS 235, 236



Francie Larrieu (Pacific Coast Club) winning 1500 meter
at Athens, Greece in July 1975, wearing USTFF uniform.

TIME
 LOGS
 DISTANCE
 LOG

A Publication
 For Runners
 by Runners

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RESPONSE TO LAST ISSUE'S 27th WILE ON THE RUNNING IMAGE

Submitted by "Mac" V. J. McGrath

In reacting to the strange strategies who make less than complimentary comments as they see us demonstrating our interest in running we should remember that in the past 100 years most everyone in America has become a creature of comfort-avoiding physical activity as if it were unpleasant.

continued on
 page 18



ARIZONA

David Shoots (left), age 17, freshman at the University of Arizona, Tucson, Arizona, twice state champ, cross country (13.58) 3 mile Golden West, current 2 mile record holder (9.04) in track. 12th best in the nation.

Art Menchald, 18, freshman at the University of Arizona, city champ, cross country, Tucson, Ar, outstanding high school track man (indoor) at Flagstaff, Arizona February 8, 1975.

NEW YORK

Winner's Time—31:21—

Dave Dobrzynski Wins Road Race; 240 Finish Koch - FFF Spectacular

By BILL HANNING

Syracuse's Dave Dobrzynski, a spring graduate of the Christian Brothers Academy, was first to cross the finish line in Saturday evening's Koch Brewery-Fredonia Farm Festival 10 K (6.2 mile) Road Race.

Approximately 240 runners completed the race through the streets of Fredonia, but none faster than Dobrzynski, who hit the tape in 31:21. Destined for the University of Georgetown this fall, Dobrzynski won the New York State High School's Cross-Country title a year ago, and also placed third in the prestigious "Golden West Track Meet" 3-mile run in June.

On hand to present Dobrzynski with the first place trophy was John Koch of the Koch Brewery in Dunkirk, co-sponsor of the year's biennially-sanctified race.

Mark Flanagan of East Tennessee State was runner-up to Dobrzynski, finishing in 31:46.

John Evans (formerly of Bishop Grimes H.S. in Syracuse, took third in 31:57, while Dunkirk's Willie Hayes was fourth in 32:04. Hayes, a student at Geneva State, finished two seconds ahead of Bathurstville's Don Page. Page is headed for Villanova after a high school career that included a 15.8 half mile, and a 6:11 mile.

Completing the elite top 10 were Bill O'Brien, Mark Sautter, Gerald Scholder, Geneva State's Don Parker, and Mike Wyckoff.

Former FFB star Bruce Carter, now running for Hamilton College, placed 12th in 33:06.

Top Women

The top female finisher in the race was Katy Schilly. The 18-year-old Miss Schilly placed 36th in the field. Her closest competition came from Syracuse Striders teammate Kelly Miller, who was home 400.

The Striders won both the men's and women's team trophies, while the "We Hope To Finish Club" from Fredonia High School took the Chautauque County team title.

Numerous trophies were handed out by event-presenters. Race Chairman Carl Olson on the steps of Fredonia's Village Hall following the race. The Northern Chautauque Amateur Radio-Club handled all of the communications for the race, while several local clubs and businesses donated trophies.

The results:



TOP WOMAN — Another Syracuse Charger, Katy Schilly (left) was the top woman finisher. She placed 36th in the field. Presenting her with a trophy is Race Chairman Carl Olson. (OBSERVER Photo)



CHAMP — Dave Dobrzynski, representing the Syracuse Chargers, took first place in the Koch-Fredonia Farm Festival Race. His winning time was 31:21 for the 6.2 mile distance. John Koch (right) presents Dave with the first place trophy. (OBSERVER Photo)

see complete results on page 3

EVENING OBSERVER, Dunkirk-Fredonia, N. Y. Monday, August 18,



THEY'RE OFF and running in the Koch Brewery-Fredonia Farm Festival's 10 K (6.2 mile) Road Race Saturday evening in Fredonia. Approximately 240 runners

completed the course that wound its way through the streets of Fredonia. (OBSERVER Photo)

PIKES PEAK MARATHON 1975

COLORADO OVER ALL RESULTS

1. Rick Trujillo	3:31	26. E. Jerome	4:47
2. Rick Lower	3:50	27. R. Cruse	4:47
3. Wm. M. Whiton	3:54	28. T. Wojcik	4:56
4. Ed Staragel	3:55	29. Wm. Cowles	4:58
5. R. Ortega	4:02	30. S. DeLong	5:01
6. Jose Naylor	4:07	31. R. McDaniel	5:02
7. Jas E. Berka	4:09	32. E. Olson	5:03
8. John H. Cappis	4:11	33. B. Messenger	5:03
9. John Butterfield	4:11	34. D. McClendon	5:04
10. Mike Bordell	4:20	35. A. Indritz	5:05
11. Mike Fryt	4:21	36. M. Georgi	5:06
12. F. Lusted	4:22	37. R. Sadowske	5:07
13. T. Swezey	4:23	38. B. Tegtnoir	5:11
14. G. Fitzgerald	4:32	39. S. Gachupin	5:12
15. V. Carlson	4:35	40. V. Weaver	5:13

Finish Sequence Men 15 and Under

1. Tom White	3:15	11. Alan D. Bruns	3:58
2. Robt. Jackson	3:18	12. D. Messenger	4:18
3. Mark Stevers	3:18	13. Tony Messenger	4:18
4. Allen Neil	3:26	14. Alex Bangert	4:18
5. Mitchell Dilman	3:26	15. Steve Kienr	4:22
6. Gary Carlson	3:27	16. M. Slaughter	4:33
7. R. Packard	3:32	17. Forest Narajo	4:41
8. Mark Everett	3:42	18. Tim Everett	4:49
9. Mark Fryt	3:43	19. Gene McDaniel	4:56
10. Ray Kopoc	3:51	20. Chick Andonie	5:24

Finish Sequence Men 16-19

Results:

1. J. Altemus	2:30	26. L. Houge	3:22
2. Michael Bordell	2:35	27. Clay Ferguson	3:24
3. Maclean Wilson	2:37	28. Ray Alvarado	3:26
4. Paul Grundy	2:40	29. Mike Morales	3:27
5. Curtis O'Conne	2:49	30. Ian Sutherland	3:30
6. Tom Geslin	2:52	31. T. Diepenbrok	3:34
7. Robt. Keller	2:52	32. Jeff Marion	3:35
8. Justin Moody	2:57	33. F. Wehmler	3:36
9. Phil Kelloff	2:58	34. John Previtt	3:41
10. Ruben Ruiz	2:58	35. Tom Hinkle	3:42
11. Allen Housley	2:58	36. Robt. Radnoti	3:46
12. David Villegas	3:00	37. Chris Hoppie	3:49
13. Art Mejia	3:01	38. Steve Packard	4:00
14. Mark Stephens	3:07	39. Danny Soliz	4:01
15. Mike Sayers	3:07	40. D. Woodragon	4:03
16. Jess Murry	3:09	41. Jeff Estes	4:03
17. Herb Leyba	3:10	42. Tim Barnes	4:10
18. Grant Newsham	3:10	43. Ed Kelloff	4:10
19. Erin Rankin	3:13	44. Dennis Nichols	4:11
20. Robt. Radnoti	3:14	45. Kevin Hardwick	4:12
21. Kevin Crystal	3:14	46. Mathew Bert	4:16
22. Norm Carlson	3:19	47. Robt. Witter	4:18
23. Wm. Martin	3:20	48. Brian Greenwood	4:23
24. Durt Thompson	3:21	49. Michael Innes	4:27
25. Pat Marquis	3:22	50. Philip Bertoz	4:31

Continued on page 7



Following his finish, Trujillo took time to refresh himself with a long, cool drink while waiting for his nearest competitor, who was 29 minutes behind Trujillo.

(Gazette Telegraph Photos by Paula Morris)



"THE MANAGER WILL BE WITH YOU SHORTLY, SIR... WOULD YOU LIKE SOME T-SHIRTS TO READ WHILE YOU WAIT?"

from The Finish Line - August 1975

Cooperation in doing with a smile what you have to do anyway.

2ND HIDDEN VALLEY OVER THE HILL
RACE NUMBER 660 DATE--06/15/75

SOUTHERN PACIFIC ASSOCIATION
DISTANCE--11,500 FEET

COURSE RECORD 11:12.4 BY COVERT '75

OFFICIALS: NORM AND CONNIE HODEWALD, MARK HAHNE

WEATHER: COOL AND OVERCAST

MEET DIRECTOR: GERALD BEESON

GERRY DID A TERRIFIC JOB WITH THIS RACE.

PLC	NAME	AGE	ASSN	FAST TIME	HC TIME	HC PL
1	MARK COVERT			1101104		
2	PAT MOLLER	24	CCAC	1101111	54:51	3
3	MARK KUSHNER	22	SWAA	1101123	54:33	7
4	CARL SWIFT			1101133		
5	DENNIS CALDWELL			1103112		
6	STEVE GROEN	23	STC	1103158	50:48	4
7	BOB COOD			1104148		
8	LARRY PONTINEN	33	SBA	1105107	57:47	1
9	STEVE SMITH			1105115	1 02	
10	RON WISE			1105156	1 54	
11	RONALD KUBBLE	27	BHS	1106185	1104:45	22
12	JOHN BRENNEMAN			1106124		
13	SKIP SHAFER	37	CCAC	1106194	2 54	59:34
14	ROBERT RIDLEY	27	CCAC	1108122	103:42	19
15	RANDY BOYD			1108130		
16	PAUL STUDDER			1109105	2 03	
17	CARTEL GROSS		CCAC	1109137	103:27	18
18	IRVIN HERRIN	25	CCAC	1109142	100:42	12
19	JOHN STARR	39	CCAC	1110124	3 54	54:24
20	MIKE MORTON			1110131		
21	DENNIS STANSAK	18	UNAT	1110137	4 03	50:27
22	LEWIS ROBERTS	48	UNAT	1110153	1 40	1101:41
23	BRIAN STANSAK	23	SVPT	1110156	57:56	2
24	RENE ROMERO			1111126	2 02	
25	BURELIO CANADON	44	STC	1111133	2 40	1102:41
26	JIM VAN HANEN			1111157	3 48	
27	GILBERT PEREZ	42	STC	1112142	4 40	1101:32
28	BARRY BOTTCHER			1113135	1 03*	
29	GENE SHARP			1113133		
30	MIKE VERNON			1114106	5 03	
31	MIKE ROZA			1115112	3 03*	
32	TONY DE BRUNO			1115157		
33	RICHARD DURAND	46	STC	1116114	5 40	1103:44
34	ROBIN TALIAPERO	30	SBA	1117102	1109:22	28
35	RON ROUTH			1117123		
36	YOSH SAKAZAKI	48	UNAT	1117144	1101:04	13
37	SCOTT MONTGOMERY			1118108		
38	SANDY DORRIN	42	UNAT	1118116	1112:26	24
39	JERRY HEDGES	43	STC	1118135	1104:55	23
40	KEN SIMPSON	35	UNAT	1119148	1103:48	21
41	GERETHO WILLER	55	UNAT	1120104	1 50	54:26
42	DAVE BIEDERMAN	44	BHS	1120130	1107:40	15
43	ED ARDESSI			1120132		
44	FRAN COONE			1120136		
45	DON HERRITT			1120150		
46	JOHN DUNDO			1121129		
47	D. A. ROBINSON			1121144	7 50	
48	WES ALDERSON	34	CCAC	1121155	1106:00	25
49	JIM PANGER			1122124		
50	SAM DI LUCA	47	STC	1122144	1102:44	17
51	DOUG DEWITT			1123147		
52	F. WHITE			1124113		
53	PHIL CLARKE	44	CCAC	1124122	1105:12	26
54	FRED SELVA			1124144		
55	HENRY LAMSTAD			1125117		
56	JAY HIRMAN			1125148		
57	CARL SCHROEDER			1125154		
58	FRED CUNNINGHAM			1126108		
59	JIM BROWN			1126134		
60	BOB ARDESSI			1127120		
61	JESS CALDERON			1127144		
62	MIKE GREENBERG			1128108		
63	DAVE PEREZ			1128109		
64	GERALD NELSON	37	UNAT	1128132	1123:42	31
65	MARGARET HILLER	48	VCTC	1128137	1 54	1112:47
66	GREG PERO			1128129		
67	IAN ROBINSON			1128144		
68	A.R. DICONTI			1128150		
69	GARY STANSAK	24	UNAT	1129126	1107:04	24
70	JOHN MC HANUS			1130135		

* STARTED 5 MINUTES LATE

Sam, You Made the Facts Too Short

by Jim Steinbrigg

Or maybe the AAU thought Marilyn King would look good in pool pants.

It was early spring 1965 and Staten Island was cold and wet, the wind whipping off the Atlantic Ocean in blustery eddies. Anybody with a way to get out of town certainly would, and 15-year-old Marilyn King had a way out. At least she thought she did. Finishing third in a hurdles race at Madison Square Garden some weeks before, Marilyn had qualified for an AAU track tour to Europe.

It was a big Marilyn had never dreamed she'd make. Looking through the morning paper one day, she found out she hadn't. The tour was already in Europe. Without her. By her own assessment, Marilyn was, at that age, "100 percent naive," and she couldn't imagine what had gone wrong. After all, hadn't the AAU given her forms to fill out and promised to call her at some later date? A call to AAU headquarters yielded the explanation that "We didn't have time to process you." Another girl, they said, had been taken because she had her passport and visa in hand.

It was Marilyn's first taste of top-level experience.

King is now 26 and one of the top three pentathlon athletes in the country, but things haven't changed much with either the Amateur Athletic Union or the U.S. Olympic Committee in these 11 years. Oh, what's changed all right. She's not naive any more. But she still sees the same kind of expediency, the same lack of regard for the athlete's well being or point of view. The same trouble with details like uniform sizes. The same structural riddles.

No one ever sends out questionnaires to find out who the athletes might prefer as their national coach or what location might suit them best for national team training. There is still little help in finding jobs and little chance of arranging regular clinics or national camps in non-Olympic years (though some progress is being made here). Trip assignments are still rife with politics.

"I'm not a revolutionist. I'm not for tearing everything up for the sake of doing it," King told track directors, "but there are changes that need to be made. The USOC and AAU are separate organizations but they are both meant to help athletes and they have turned into self-perpetuating institutions."

One of the first priorities in making these two august bodies more responsive, King contends, is to increase athlete input into the AAU and USOC. Recently the Olympic Committee sanctioned an athlete advisory board of 15 members. But the USOC itself selects the 11, from all different sports, and does not give them a vote.

"Since the Munich Olympics I have made an effort to meet and talk with some of the officials individually," King said. "You find that the problem is not so much with the people as it is with the structure, the way the organizations function without much communication with the people they're supposed to be helping. They want to help but they don't understand our needs or what we're going through."

And what these amateur athletes are going through can be quite miserable. As a competitor in pentathlon, King's involvement of time and concentration on technique is by definition greater than that of most athletes since she is working on five events all of the time—long jump, high jump, shot put, 200-meter and 100-meter hurdles. It is a full-time, eight-hour-a-day job with no pay, no vacation and little assurance of advancement.

King turned down a full scholarship from Syracuse University so she could focus all her energies on track. She moved to Southern California to get into what she saw as "the hotbed of track and field in this country." When she met pentathlon coach Ed Parker and his protégé Pat Window of the Millrose Lane, Marilyn picked up stakes again and moved to the San Francisco Bay Area to rejoin Parker's coaching.

Within the last few months King has moved from Oakland to San Francisco to San Jose, where she can work out every day with other athletes who share the struggle to reach the 1976 Olympics. San Jose has become sort of the track and field capital of the U.S., with Brian Oldfield, Al Frazier, John Powell, Karen Seidler, Linda Langford, Pete Schrock, Larry Kennedy, Bruce Jenner, Fred Beavers and Gary King all living and training there.

Continued on page 10

PIKES PEAK MARATHON Results - Cont.

Results: Men 20-34

1. Rick Trujillo	2:01	26. Wm. McDermott	2:01
2. Chuck Smead	2:07	27. John C. Everly	3:01
3. Rick Lower	2:16	28. Roger Wiegand	3:02
4. Michael Harris	2:21	29. Wm. A. Cowles	3:03
5. Edward Strabel	2:25	30. Edwin Jerome	3:03
6. Kenneth Young	2:25	31. Ray Wade	3:07
7. Wm. Whiton	2:28	32. Jack Kloeppfer	3:08
8. James Berka	2:30	33. Michael Scull	3:09
9. John Cappis	2:31	34. Bobt. Bruner	3:10
10. Fred Lusted	2:42	35. Gracme Badger	3:11
11. Gene Fitzgerald	2:46	36. R. Kruczek	3:13
12. Dia Davis	2:48	37. H.S. Wells	3:15
13. Fr. M. Fryt	2:49	38. R. McDaniel	3:16
14. Tim Seesoy	2:50	39. R. Sadowske	3:13
15. Chris Kalk	2:53	40. Bob Tegimeir	3:14
16. Jeffrey Keck	2:54	41. James E. Scott	3:15
17. Chas. Perry	2:56	42. Keith Marr	3:14
18. Donnie Welsh	2:55	43. Rick Day	3:16
19. S. Stadelmen	2:57	44. Wm. R. Fryer	3:16
20. Paul Cain	2:58	45. Wm. Mandviller	3:16
21. Dave Tobey	2:59	46. Michael Georgi	3:17
22. S. Hammerstein	2:60	47. S. De Long	3:19
23. Eric T. Olson	3:00	48. Mark P. Ware	3:20
24. R. L. Crume	3:01	49. Scott Scholl	3:21
25. A. Indritz	3:02	50. Steve Gachupin	3:22

Finish Sequence Men 35-39

1. J. Butterfield	2:30	11. Roger Anderson	3:20
2. Joss Naylor	2:41	12. Bill Riggle	3:21
3. Ted Wilson	2:47	13. K. Whittingslo	3:23
4. Tom Mayfield	2:47	14. Al Cyr	3:31
5. Bobt. McAndrews	2:51	15. Dan Ulliyott	3:38
6. Dennis Brass	3:04	16. D. Kavanaugh	3:40
7. Berry Leonard	3:04	17. Lynn Stafford	3:41
8. Ken Simons	3:07	18. W. S. Jackson	3:50
9. Guy McFarland	3:16	19. Ray Hamilton	4:10
10. Wayne K. Holm	3:17	20. Kent Sales	4:18

Finish Sequence Men 40-49

1. Bob Greene	2:28	11. Lorne Ninkle	3:18
2. Verne Carlson	2:47	12. B. Dingwall	3:27
3. Bob Holtel	2:51	13. Lindsay Fisher	3:29
4. Gar Williams	2:55	14. John Wilson	3:32
5. Ben Magsamen	3:01	15. Harry White	3:34
6. Wm. Jackson	3:02	16. Mike Fenerty	3:42
7. J. M. Francis	3:05	17. Donald R. Cham	3:43
8. B. Messenger	3:08	18. Mel Cotter	3:45
9. Carter Glass	3:11	19. Harry Siitonen	3:47
10. Frank Collins	3:16	20. Ken Atwell	3:50

Finish Sequence Men 50-59

1. Hubert Morgan	2:53	11. Seymour Colli	3:42
2. Bob Carlson	2:56	12. John D. Hale	3:50
3. Bob Harmon	3:01	13. L. Sekulich	3:54
4. Frank McCabe	3:10	14. B. Burnside	4:02
5. Bill Hudson	3:19	15. W. Moranville	4:10
6. Larry Fox	3:20	16. Roger Anavalt	4:12
7. John Getas	3:27	17. Frank Grims	4:13
8. Don Greenwood	3:35	18. Vern Whiteside	5:00
9. Roger Cisneros	3:36	19. Flory Rodd	5:02
10. Birger A. Larsen	3:36	20. Ed Coverley	5:33

Continued on page 9



GOOD LUCK handshakes prior to Thursday's two-mile masters' race on the Cape May peninsula are exchanged by prior winners Dr. George Sheehan, left, and Joe Burns. Sheehan here won his fifth consecutive division title while Burns came in second in his division.

Runner, 56, Wins Again

Highlighted by 56-year-old Eugene H. J. 10:20 around Dr. George Sheehan winning the 50 years and over division for the fifth consecutive year, the 19th Annual Atlantic Coast Two-Mile Masters Championship Race held on the peninsula last Thursday was a major success with nearly 50 entries in the competition.

Sponsored and directed by the Cape May Events Club and the Colonial Hotel, whose proprietor Robert S. "Dick" Fife was again one of the competitors, the action featured the overall winner being 40-year-old Peter Duberly of Mahan, Conn., who turned in a fine time of 18:03.

A total of three 40-year-olds finished second, third and fourth in the overall competition. They were Joe Burns, of

Rogers, N. J., 18:20; around Ed King, of Philadelphia, 18:25, third, and Dave Collins, of State College, Pa., 18:31, fourth.

Dr. Sheehan of End Beach turned in an excellent time of 11:17 to capture his record fifth consecutive title in the 20 years and over group.

John Wall, 62, of Baltimore, Md., was third in 12:07 to win his honors in the 40 and up contingent.

Fife, a former outstanding distance runner for Cape May High School and Cornell University, finished 12th in a total field of 48. He is 57.

A dinner for the runners, their wives and guests took place at 7 o'clock Thursday in the Colonial Hotel Dining Room and featured Dr. Sheehan's talk on sports medicine.

See Complete Results on Page 10

The most valuable gift you can give another is a good example.

NEW YORK**KOCC BREWERY - FREDONIA FARM FESTIVAL 10 KM**

August 16, 1975

Results:

1. Dave Dobczynski	31:21	26. D. Possehl	34:43
2. Mark Finucane	31:44	27. G. Duszynski	34:48
3. John Evans	31:51	28. Joseph Come	34:52
4. Willie Saueze	32:04	29. David Smith	34:55
5. Don Paige	32:06	30. Joseph O'Brien	35:00
6. Bill O'Brian	32:07	31. John Edwards	35:07
7. Mark Stauffer	32:14	32. Mike Quinn	35:08
8. G. Scholder	32:22	33. Thomas Osler	35:12
9. Daniel Parker	32:29	34. David Bogdan	35:14
10. M. Wyckoff	32:32	35. Robert O'Tier	35:19
11. Jim Boyle	33:04	36. Katy Schilly	35:20
12. Fred Gordon	33:05	37. Wm. McMullen	35:34
13. Bruce Carter	33:06	38. D. Landin	35:36
14. Derck Frecheet	33:07	39. M. Weinstein	35:45
15. Roger Hauck	33:12	40. J. Johnston	35:48
16. Bruce Rapose	33:16	41. M. Farrar	35:52
17. Mark Sutton	33:35	42. Daniel Chesney	36:00
18. Mark Taylor	33:38	43. Peter Bodine	36:01
19. John Dackley	33:49	44. Joe Terranova	36:07
20. Mike Doherty	33:50	45. Gordon Schafer	36:10
21. Joseph Merenda	34:15	46. Dean Walize	36:17
22. S. Mosgrober	34:16	47. M. Schwendler	36:18
23. Steve Ketchum	34:20	48. Matthew Morley	36:25
24. Brian Bisson	34:23	49. Kathy Mills	36:30
25. Mike Bradley	34:24	50. John McDonald	36:32

QUEENSBOROUGH COMMUNITY COLLEGE**EASTERN REGIONAL AAU 10,000 METER TRACK CHAMPION**

Saturday, July 12, 1975 Queensborough, New York

Weather: Cloudy 72°

Track: 440 yard rubberized. No spikes allowed.

Results:**Men 10,000 Run**

1. Art Hall	31:54	16. L. Parr	36:30
2. Steve Crooke	32:06	17. Charlie Vital	36:39
3. Jon Williams	32:56	18. Kevin McGrath	36:49
4. John Kearney	33:01	19. Tony Keavey	37:01
5. Paul Petscher	33:10	20. Don Supper	37:11
6. Raphael Lusa	33:16	21. Mathew Prigo	37:15
7. Jack Calasei	33:28	22. David Gershon	37:30
8. Harold Oymelod	33:59	23. Ron Bloutelle	37:42
9. Dennis Carmody	34:30	24. Barry Blake	37:45
10. Larry Casassa	34:55	25. Josh Forrest	37:53
11. Bruce Koehler	34:58	26. Joe Blane	38:49
12. Vince Chiappeta	35:03	27. Mike Ornstein	39:04
13. Al Diiovanni	35:38	28. Pat White	39:23
14. Jon Folber	35:53	29. Alan Druskman	40:02
15. Al Pastore	36:25	30. Peter Beckett	40:23

SOUTH DAKOTA**PRAIRIE STRIDERS TRACK CLUB**

Lake Oakwood State Park, Bruce South Dakota

Distance: 5.5 miles Weather: 68°

Results:

1. Jay Dirksen	30:51	9. Jean Huby	44:50
2. Gene Asp	32:09	10. Pat Sterud	46:25
3. Terry Clark	32:10	11. John Lasher	46:44
4. Lynae Larson	34:38	12. Mike Morrill	52:12
5. Gordon Tolle	37:28	13. Steve Nordstrom	52:15
6. Bob Bartling	40:30	14. Ken Nordstrom	52:18
7. Harvey Mills	40:35	15. Pat Krysen	56:28
8. D. Engebretson	41:47	16. Keith Morrill	57:30

Rojas sets 15 km. record;

Olympic Marathon champ 2nd

By Howson Waring

Rick Rojas, 21, of Los Alamos, N.M., who ran the mile in 4:08 in college, set a new 15-kilometer record in Littleton Saturday at Western Welcome Week festivities opened.

In covering the 9.3-mile course along Ridge rd., S. Windermere st. and S. Prince st., Rojas outran Olympic Marathon gold medal winner Frank Shorter, 21, of Boulder.

NEW MEXICO**Rojas Defeats****Shorter, Smead****In 15 Kilometers**

LITTLETON - Rick Rojas of Albuquerque, N.M., thrust himself into the 1976 U.S. Olympic team picture here Saturday, beating 1972 Olympic marathon champion Frank Shorter of Boulder and setting a course record in winning the U.S. Track and Field Federation national 15-kilometer championship.

Rojas covered the 9.6 miles in 45:50.8 to break the year-old record of Chuck Smead of Santa Barbara, Calif. Smead's mark was 47:01. Smead finished third behind Rojas and Shorter, also under the old mark with a time of 46:45.

PIKES PEAK MARATHON Results - Cont.

Veterans 35-39 Ascent Only

1. John Butterfield	2:30	11. Roger Anderson	3:20
2. Jose Naylor	2:41	12. Bill Riggle	3:21
3. Ted Wilson	2:47	13. K. Whittinsiw	3:23
4. Tom Mayfield	2:47	14. Albert Cyr	3:31
5. Bobt McAndrews	2:51	15. Dan Ulloyt	3:38
6. Dennis Brans	3:04	16. D. Kanvanugh	3:40
7. Leonard Berry	3:04	17. Lynn Stafford	3:41
8. Ken Simons	3:07	18. Wayne Jackson	3:50
9. Guy McFarland	3:16	19. Ray Hamilton	4:10
10. Wayne E. Holm	3:17	20. Kent Sales	4:18

Finish Sequence Women 17-30

1. May Wichera	3:03	5. Sue Fox	4:34
2. Sharon Children	3:31	6. Marsha Weiss	4:57
3. Candace Nutter	3:41	7. Marcia Mannig	5:07
4. Alexandra Boies	4:03	8. Sue Reber	5:33

Finish Sequence Women 31 and over

1. Donna Messenger	3:52	9. Skip Svannack	4:45
2. Jean Ulloyt	3:10	10. Alice Dingwall	4:50
3. Louise Burns	3:21	11. Diane McEwen	4:50
4. Ruth Anderson	3:27	12. E. Pedersen	5:24
5. Gail Gustafson	3:45	13. Burnis Hicks	5:36
6. M. St. James	3:46	14. Gayle Glass	5:39
7. Joan Chambers	4:05	15. Anna Jackson	5:43
8. Jean Stefanich	4:13	16. Anna Marsh	6:10

First 20 places

Others in the top 20, all winning trophies or medals, were: 1. Skip Hamilton; 4. Edward Brubaker; 7. Mark Bevela; 8. John Branson of Denver; 9. Frank Swartz; 10. Steve Allen; 11. Michael Lohman; 12. Steve Salbrecht; 13. Edward Fuchs; 14. T. E. Berger of Ft. Collins; 15. Stephen Fink; 16. Philip Weiser; 17. Alvin White of 780 W. Oxford; 18. Alexander Ware of 2811 S. Buffalo St.; 19. Ben Andrews; 20. Don Morris; 21. Bill Hess; 22. of Oakdale, Idaho; 23. Tom Wilson; 24. Don Starbuck; 25. Ed Hagerman; 26. Karl Pflueger of Cheyenne; 27. Steve Lehman; 28. Bob Craighead; 29. Don Frickler; 30. Elmer Mosberry; 31. Alan Florida, Leppel.

PAST WINNERS

1961 Robert Griffin, C.M.
1962 Jim Murphy, A.A.
1963 Joe Arvella, D.F.C.
1964 Conrad Nottingham, K.S.
1965 Don Moore, N.Y. Farmers
1966 Pat McWhorter, Dublin, Ire.
1967 Skip Fink, Alben A. Club
1968 Mike McDonald, Adams S.
1971 Tom Hagner, Chi. U.
1972 Chuck Smead, Santa Barb.
1973 Chuck Smead, Santa Barb.
1974 Chuck Smead, Santa Barb.
1975 Chuck Smead, Santa Barb.

Rojas' time was 41:58.8, bettering the record set in 1974 by Chuck Smead who made the run last August in 46:38.4. In 1974, Rojas placed second.

The lean New Mexico runner has competed several times against Shorter, but he has never before beaten the Olympic champion by such a margin. Shorter's time was 46:45 - good enough to have won in any previous year.

Rojas slept the previous night in the home of Chas Jackson, Jaycee race chairman, at 480 W. Caley on Race 2 miles before race.

"Rick had a regular breakfast with us Saturday morning," Jackson said. "He had a soft-boiled egg, bacon, toast, and fruit juice. His routine before the race started at 3 a.m. was to take a 2-mile run around the neighborhood. He then went down to his bed in the basement and took a nap. His next effort is to try out for the Pan-American team in California. Rick's brother, Tom, 31, also ran Saturday. He came in 11th in the field of 90."

Rojas told Jackson that he will be back in Littleton next August to defend his title.

Frank Shorter, Boulder lawyer

Frank Shorter, educated at the University of Florida, practices law in Boulder with the firm of French and Little. He won the Marathon (26 miles, 385) in the Olympics at Munich in 1972 in 2 hours, 12 minutes, 58.7 seconds. This is the second lowest time for the Marathon since the Olympics were revived in Athens in 1896. At that revival, a Greek ran the distance in 3 hours 10 minutes, 30.5 seconds. The only time better than Shorter's was set in 1964 by Abebe Bikila of Ethiopia, who ran the course 8.3 seconds faster.

Shorter's short Saturday beat the week, Val Sanders.

Smead was 1 in row

In third place Saturday was Chuck Smead, winner of the Littleton race for the previous three years. It was the fourth time he has entered.

Smead, now 31, represented the Colorado Track Club of Boulder.

"I'm not in as good training as in my other runs here," Smead told the Independent before the race. "I taught high school science in Durango the past year, and this summer I've been helping to train runners at Camp Crockett near Pueblo. I may try that racing Pike's Peak Sunday if I'm not too sore."

Smead takes only fruit juice before a race. "I'm also experimenting with Gerber's baby food to see if it helps," he revealed. His time Saturday was 47:48.

Fourth place was won by Tom Hoffman of Leesden, Wis., in 48:34. He won the race here in 1971.

Littleton women finishes

Only women to run this year was Lynn Kringsaker, 31, native of Bridgeport, Conn., who now lives at 625 S. Bellevue st. Her time was 52:32.

Best runners under 18 were: Karl Pfeifferle, 11, of Cheyenne, 34:50; Steve Lohman, Arapahoe high school grad, 34:52; Tom Mulhern, 16, Cheyenne, 36:40.

Fastest men over 40: Bob Craighead, Arwood, Kan., 34:52; Arne Richards, 57:25; and Thomas Bailey, 45, no time available. Eight other men ran.

Joe Trivette again furnished the trophies and the Jaycees gave the medals. As costs of the race are close to \$100, the runners were charged \$2.50 and \$1 for registration. Time was kept by Jackson, Wayne Norcross, and Morris Vogel.

Best quality ever

"The weather was not too hot but not as cool as a year ago," Vogel, Arapahoe high cross country and track coach, said. "Saturday's race had by far the best field of quality runners in the 13 years of the event here. Littleton has to hand it to the Jaycees and Jayceettes for putting on this run every year, and also thank the police and firemen, as well as the Arapahoe Rescue Patrol for their aid."

The race was officially the National Senior 10 km championship run of the U.S. Track and Field Federation. There were two check points and three water stations at which runners could grab a soaked sponge to moist the mouth or cool the brow.



Rojas crosses in record time

Rick Rojas of Los Alamos, N.M., crosses the finish line in record time of 41:58.8 in winning the annual 15-kilometer race in Littleton Saturday. Photo by Kendrick Inn.

NEW YORK**QUEENSBOROUGH COMMUNITY COLLEGE****FOURTEENTH ANNUAL RRC**

September 7, 1975 Queensborough CC New York

Weather: Partly cloudy, 70's*

Track: 440 yard rubberized asphalt surface.

Results:

1. Pete Squires	43:30	12. Stan Dubin	50:59
2. Frank Crooks	46:25	13. D. Kirmayer	51:27
3. Paul Fisher	46:59	14. Chuck Crowley	51:28
4. Steve Morris	47:01	15. Gerry McCarthy	52:30
5. Don McParlin	48:37	16. G. Shilling	53:08
6. Steve Gulotta	48:49	17. Joe Witte	54:02
7. Tom Raymond	48:55	18. Nat Cirulnick	54:59
8. Al Daini	48:58	19. Joe Mangano	54:40
9. Kent Simon	50:09	20. Peter Beckett	58:54
10. Dennis Kook	50:37	21. Mary Hart	1:00.47
11. Pete Goetz	50:59	22. Diane Aikon	1:05:57

ALABAMA**SOUTHEAST ROAD RUNNERS' CLUB OF AMERICA****6 MILE CHAMPIONSHIP**

July 27, 1975 Troy, Alabama

Memorial Stadium Weather: 85° overcast.

Track: 440 yds, asphalt. Starters/Finishers 30/15

Results:

1. Mike Wilson	30:09	9. Dr. Jere Beck	35:17
2. Heinz Wiegand	30:15	10. Stuart Towns	36:20
3. Richard Pipkin	31:57	11. W. Howell	39:17
4. Rick Steaton	32:21	12. Jack Bailey, Jr	43:46
5. Mike Nam	32:25	13. Gene Hanson	48:16
6. Nick Costea	34:01	14. Bruce Hall	48:17
7. George Cobb	34:31	15. D. Tennant	56:39

NEW JERSEY**ATLANTIC COAST CHAMPIONSHIP 2-MILE MASTERS**

Cape May, New Jersey June 26, 1975

Weather: clear & Windy.

Results: Age 40-44 Men

1. Peter Doherty	10:09	7. S. Chodnicki	11:09
2. Al Wick	10:41	8. Mike Coran	11:09
3. V. Fandetti	10:42	9. D. Stan Brason	11:58
4. Colin Beer	10:51	10. John Held	12:03
5. S. Hagarty	11:01	11. P. Diroio	13:09
6. Frank Wick	11:02	12. Jim Klein	13:21

Age 45-59

1. Joe Burns	10:20	7. Ed Mather	11:29
2. Bill King	10:23	8. J. Wilkes	12:13
3. Dave Colton	10:31	9. Bill Walsh	12:27
4. Bill Prater	10:41	10. Red Grande	12:38
5. Tony Diamond	10:59	11. Bob Parsons	12:39
6. Bob Fite	11:23	12. Joe Severini	13:18

Age 50-59

1. Dr. G. Shehab	11:42	5. D. Williams	12:59
2. Loud Lago	11:44	6. Jack Brinkley	13:21
3. Guyer Candy	11:59	7. Jerry Hooh	16:52
4. Bob Mimm	12:06		

Age 60 and over

1. John Wall	12:07
2. Don Logan	12:30
3. William Shafer	13:34

"Javier is the national decathlon champion and he's just five minutes from where I live," said King. "Two doors down lives Jim Bennett, who is ranked third in the U.S. I work out with them just about every day. There is this incredible energy in San Jose now and I can see where it will just be booming next year before the Olympics. It's great. Everybody is very supportive and helpful."

But being supportive is not the same thing as being supported, and like many other national caliber athletes, King has to struggle to make ends meet. She got enough from her government rebate check to last through the spring but faced a difficult search for part-time work during the summer. AAU rules forbid an athlete from capitalizing on his or her knowledge of sports as job possibilities aren't too promising.

Marvin Seider, the U.S. shot put record holder, used to sell-screen tee-shirts to keep herself afloat and now answers angry complaints about late deliveries and wet papers for the San Jose Mercury-News. In the past few years King has demonstrated organizational skills, delivered packages for United Parcel, sprayed grapes for the Santa Clara County Department of Agriculture and done the full gamut of tasks required of a contractor's assistant, from taping down walls to interior finishing.

"When the money runs out, you start thinking every thing like how you might find a sugar daddy or what you'd do if somebody offered you a lot of money to turn a trick," said King, her blue eyes full of sadness. "Some athletes have to steal the vitamins they need to keep training. . . . None of us are looking for a handout, just a hand so we can keep on working."

"There is always all that rah-rah stuff about 'let's win a gold medal for the USA,' but people don't understand the work that goes into an Olympic medal. I'm not saying that we should go to the European system where athletes are given jobs where they don't have to show up. . . . But why can't we get help in the form of part-time work or inexpensive housing, vitamins or wear that doesn't cost an arm and a leg?"

The athletes in San Jose, unable to wait till help comes, have begun to help themselves. Through the Sports Institute of Greater San Jose they hope to provide clinics, a speaker's bureau and other services to the community in exchange for financial support and help in finding work. Just as it was beginning to yield some results it was stopped to a degree by the creation of the Greater San Jose Sports Association, a group of big-money businessmen who want to accelerate sports development in the Santa Clara Valley.

And while survival remains the prominent issue, there are other matters that eat at the athletes. It is a constant source of irritation, for instance, that trip assignments for coaches, managers, trainers and chaperones are made on the basis of years of service rather than competency—a sort of rotating reward system—and that specialized coaching is so hard to come by. Only in the last year have there been any national clinics for women and some USOC funding (however limited) for trips to receive coaching assistance.

For a multi-event competition like the pentathlon, the effects of this coaching breakdown are staggering. Last year there were 12 women in the world who scored at least 4,400 points. The U.S. record of 4,281 is held by Jane Prosterick, who spent a year training in Italy. Only eight American women have ever scored more than 4,000.

"The potential we see in this country is amazing," says King. "In the USSR, they have summer training camps for kids from the time they are ten and they just reap the harvest. Here there is not too much coaching help in the event and not much incentive because there aren't many trips you can make with the pentathlon. You can't combine one there aren't a lot of Americans who could not excel in the event but we aren't finding them."

"Not many people here even know what the word means, let alone which events are involved. Sometimes I wonder why I don't just stick with the long jump. . . . I could probably qualify for more trips doing that. But I just couldn't leave the pentathlon. Not now. I want to know how far I can go. . . that doesn't mean a world record, just the best I can do."

Indications are that her best could be as good as any American has ever been. Her record of 4,281 was accomplished in a 1971 meet with the Canadian national team when her right ankle was

Continued on page 13

OHIO

SECOND ANNUAL DUNKERK RUNNERS KIMBER CLUB, 10 KILOMETER RUN
Dunkirk, Ohio July 5, 1975

Results:

1. Rick Callison	31:17	26. Jim Heider	39:06
2. Duane Gaston	31:31	27. Norm Grimes	39:11
3. John Shull	32:06	28. Steven Gaston	39:56
4. D. Krizlar	32:30	29. Mike Graham	39:57
5. Aaron Polson	33:00	30. Kevin Woods	30:05
6. C. P. Renner	33:31	31. Felix Labiano	40:20
7. Tom Fries	34:08	32. Mary Coombs	40:33
8. Bob Bowman	34:10	33. Todd Labonte	40:37
9. Jim Ackley	35:10	34. Jack Knoll	40:45
10. Doug Roby	35:19	35. Ed Henry	41:12
11. N. Kingsbury	35:21	36. F. Boldenbaugh	41:46
12. Mark Diehl	35:32	37. Bob Haas	41:46
13. Jerry Miller	36:02	38. Bob Sink	42:02
14. Mark Lingo	36:22	39. R. Thompson	42:05
15. W. Schuler	36:34	40. Steve Hannall	42:22
16. D. Vadderboegh	36:52	41. Ed Kraft	42:38
17. Ed. Stockwell	37:01	42. Don Hull	42:44
18. Carroll Wolf	37:06	43. Dennis Miller	42:54
19. Dan Greenwald	37:26	44. Steve Combs	43:01
20. Bob Coldren	37:34	45. Ken Galsler	43:37
21. Bruce Shealy	37:37	46. Robt. Caulkins	43:43
22. Kent Lecrow	38:08	47. Steve Felce	43:44
23. Alvin Bolt	38:18	48. Larry Logue	44:30
24. Brent Devlet	38:27	49. Dan Treace	44:55
25. Roland Anepach	38:39	50. Dan Irwin	45:30

NEW YORK

TWELFTH ANNUAL ROAD RUNNERS CLUB OF NEW YORK

STUDIER SPEED PROGRAM

Queensborough Community College BaySide, New York
Three Mile Run Aug. 26, 1975

Weather: Sunny, 85°
Track: 440 yd asphalt.

RESULTS: Teenage Three Mile Run

1. Jim St. George	15:21	7. Al Daini	17:29
2. Don Dilonai	15:49	8. Dean Rendell	17:31
3. Bob Higgins	15:41	9. Peter Morales	17:41
4. P. Schwartz	16:08	10. J. Mangano	17:52
5. Joe Pelczar	16:46	11. Andy Tansy	17:54
6. Mike Cox	16:57	12. Vlanle Giamm	17:56

Veteran Three Mile Run

1. Pat White	18:45
2. Leon Tadoff	19:44
3. Najim Jabbar	20:28
4. Fred Labov	20:59

NEW HAMPSHIRE

ROAD RACE RESULTS HAMPTON, NEW HAMPSHIRE
Temperature: 84°, High humidity, slightly breezy.
Distance 10.2 July 10, 1975

Results:

1. Earl McIlwery	53:28	11. C. Partler	59:57
2. Ralph Thomas	53:49	12. H. Fowler	60:13
3. Kevin Crowley	54:51	13. D. Gellins	60:30
4. James Green	56:52	14. M. Malkoske	60:53
5. Don Frazee	57:20	15. M. Stancowicz	61:17
6. Fred Doyle	57:37	16. M. S. Laurent	62:01
7. J. Butterfield	58:09	17. G. Emery	62:27
8. Tom Evans	58:46	18. Ron Baskel	62:50
9. Sam Winebaum	59:04	19. Ed Erast	64:29
10. Dana Smith	59:40	20. Kevin Smith	64:34

MISSISSIPPI

RESULTS OF THE BYRAM VS FOREST HILL DUAL MEET

Byram, Mississippi August 30, 1975

Weather: 81° Distance: 2.0 Miles

Results:

1. John White	11:27	11. Ralph Smith	12:57
2. Chuck Lavender	11:27	12. R. Strawarski	13:10
3. Mitchell Sand	11:36	13. K. Ferguson	13:10
4. Morris Coleman	11:36	14. Bill Ross	13:10
5. Joe Welch	11:42	15. D. Strickland	13:18
6. Alms Blunt	11:55	16. Danny Scruggs	13:27
7. Bud Thompson	12:01	17. Kerry Nations	14:03
8. James Robinson	12:12	18. Ronnie Burton	14:19
9. Wayne McCowan	12:21	19. Mike Dyer	14:20

NEW YORK

ROAD RUNNERS CLUB OF NEW YORK 4TH ANNUAL PERTACILON

Van Cortlandt Park Stadium, Bronx New York

Weather - Clear, sunny. Starters/Plalshers 138/113

Distance: 5 Miles Sunday July 27, 1975

Results:

1. K. McCarey	23:41	11. M. Samuels	28:46
2. B. Szamanski	25:59	12. E. Elyshy	29:10
3. T. Weaver	26:04	13. D. Murray	28:17
4. F. Handelman	27:32	14. B. Pringle	28:42
5. J. Schmeyer	27:26	15. B. La Belle	28:05
6. S. Karlin	27:53	16. A. Pselitz	28:28
7. H. Hirsch	27:59	17. B. Glover	29:15
8. M. Cotton	26:50	18. E. Rivera	28:32
9. M. McCowan	27:44	19. D. Blackas	27:36
10. K. Simon	28:44	20. M. Cea	29:11

WEST VIRGINIA

MARTINSBURG'S TEN MILE RUN

Martinsburg, West Virginia Aug. 1, 1975

Weather: Hot, humid 87°. Flat course.

Results:

1. Carl Hatfield 52:58	13. Gary Maugle 61:34
2. Wayne Vaughn 53:19	14. Ludwig Gatman 61:40
3. Dennis Beatty 55:56	15. Don Wood 62:12
4. Steve Hubbard 56:58	16. Keefe Walker 63:05
5. Mark Weber 57:34	17. John Krasich 63:08
6. Alan Carirale 58:47	18. Chuck Kagel 63:55
7. Chris Fox 58:52	19. Louis Kotzman 64:23
8. Rudy Williams 59:23	20. Gilbert Stucke 64:45
9. Chuck Hall 60:08	21. Lon Wood 64:51
10. Larry Runtz 60:35	22. Walter Greene 65:26
11. M. Spinneler 60:45	23. Rick Hamilton 65:45
12. C. Johnson 60:55	24. Brian Engle 68:54

**YES — It's...
HATFIELD... again!**



Carl Hatfield at the 7-mile mark in Martinsburg's 10-miler. Photo by Ken Lipscomb.

typed from D.C. Roadrunners Newsletter
Volume IV, No.1, July 1975.

THE 17th MILE---THE RUNNERS TAKE OVER By Phil Stewart

"...Say, you are a distance runner? How many miles do you run a day?... wow...I saw a movie about distance runners once, the loneliness of the long distance runner, is that what its really like?"

What is all this about loneliness? Sure there is a certain sense of solitude in an early sunrise run along a woodchip covered path, that even happens now and then. But what about the weekend 20-milers when the temperature and humidity approach the 90 mark, or even the afternoons when after a hard day at the office...these times when the doubts arise, and the little extra incentive is needed. Or even the pleasant days, when something has happened to you, or the DCRC Newsletter has presented such an enlightening article that must be discussed, or there is a feeling of wanting to share your enjoyment of the sport.

I, for one, do not feel that this image of "our solitary nature" is a valid one. I find my running to be a social sport both on the roads and off. I am not the endlessly pounding recluse others believe is a characteristic of runners. From what I have seen of the DCRC, most of our members aren't either. Certainly the weekly races have a social function, and the more involved I have come in DCRC affairs, the more people I have met.

Club competition also fosters this sort of comradeship. This has been evident in DCRC races. This leads to joint training runs and interval sessions. For myself, this is the core of the sport.

For this month the 17th mile is looking for responses to our solitary image. But more than that, perhaps you have some good, light-hearted moments that were shared during the comradeship of the long distance run.

MORE
on page sixteen

NEW YORK**TWELFTH ANNUAL ROAD RUNNERS CLUB OF NEW YORK
SUMMER SPEED PROGRAM**

Queensborough Community College, Bayside, New York
August 26, 1975 Weather: Cloudy, 76°
440 Yard Rubberized.

Results:**Teenage Three Mile Run**

1. Don Didonato 14:59	6. W. Pawlowski 17:43
2. Jim S. George 15:07	7. D. Kirmayer 17:43
3. B. Woodley 16:25	8. P. Morales 19:34
4. Mike Cox 16:31	9. J. Distanislael 19:44
5. Kevin Farragher 17:21	

Veteran Three Mile Run**Results:**

1. Tom Hoffman 17:26	4. Leon Zadoff 19:54
2. Art Kijek 18:14	5. Majim Jabbar 20:50
3. Fred Lebow 19:43	

Open Three Mile Run**Results:**

1. Darryl Reese 14:48	10. Wm. Sullivan 16:19
2. Jon Williams 15:15	11. Mark Helms 16:19
3. Paul Fisher 15:28	12. Tony Keavey 16:40
4. John Ditner 15:29	13. Alan Kaufman 16:40
5. Mike Konig 15:34	14. R. Innamarato 17:18
6. Bob Fisher 15:36	15. Mike Florio 18:00
7. P. Horton 16:00	16. Greg Kormayer 18:12
8. Owen Paris 16:01	17. Mike Ornstein 19:12
9. D. Gonzalez 16:13	

not yet healed from minor surgery. Since 4,300 points was the Olympic qualifying standard that year Ot is 4,200 for '80, Marilyn needed an all-out gutsy effort in the 200 meters to pull it off and the 200 is not one of her stronger events.

"That was the only time in my life I ever hallucinated," she said. "Gail Fitzgerald was off to my right in the stagger and that made me nervous. She's a good sprinter and as hard as I was running, she just kept pulling away. All of a sudden—right in the middle of the race—I pictured myself on the back of the States Island Ferry waving goodbye to her. Well, I snapped out of it and started thinking to myself, 'You're not going to leave ME behind, you're not going to leave me,' and I just headed me. I got exactly the time I needed to qualify."

Once in Munich, King started having trouble with the ankle again and was unable to compete. She watched from the stands as Europeans took the first nine places. A win in the 1975 AAU Championships is King's best result but she was also runner-up in both the AAU and Final Olympic Trials of 1972. At the last Pan Am Games at Cali, Colombia, she finished fifth.

Having finally had proper surgery on that injured ankle earlier this year, King is entering her best condition in years. A practice jump of 20' 4" in late May is better than her listed PR of 20' 1" and she had another jump as good from a foot behind the board that she is afraid to talk about it. With Coach Parker, Marilyn is working on a carefully prepared program that will bring all of the events to a peak in time for the nationals and the Pan Am Games.

She is doing everything possible to succeed. But it's not just up to her. The question is how much of a commitment the AAU or USOC will make to assist athletes like Marilyn King. How much are they willing to do to see that American athletes succeed in international competition? Or will Marilyn King and her fellow athletes have to wait another 21 years?

**COLIN CUMMING WINS TULSA RUNNING CLUB 15 KILO RACE**

Tulsa, Okla., Saturday, August 9, 1975 - Colin Cumming really ran a blue streak around the Tulsa Mohawk Park course and ran a fantastic 46:54 for the 3.3 mile distance. Ken Norton also ran a fine race but Colin beat him by about 2 minutes. The temperature was in the low 70's with 70% humidity and calm. 34 starters and 24 finishers.

Name	Age	City	6-Mile	9-Mile	9.3-Mile
1. Colin Cumming	22	Stillwater	30:10	45:20	46:54—New Record—Old—48:17
2. Ken Norton	24	Springfield, Mo.	30:39	47:10	48:49
3. John Haraughty	35	Lenexa, Ks.	33:03	50:17	52:04—New 30 Yr. Record
4. Brent Hooten	25	Wichita, Ks.	34:20	51:39	53:21
5. Lanny Endicott	31	Tulsa	35:01	52:02	53:51
6. Jimmie Gray	32	Okla. City	35:32	52:56	54:52
7. Bill Welch	20	Tulsa	35:12	54:05	56:03
8. David McClendon	19	Tulsa	36:12	54:30	56:26
9. Ted Isoldi	15	Plainview, N.Y.	36:52	55:00	57:02—1st 17
10. Wilmer Von Schonfeldt	38	Ponca City	36:45	55:15	57:15
11. Larry Hanna	17	Ponca City	36:55	56:07	57:59
12. Stan Warren	37	Okla. City	37:07	56:15	58:17
13. Richard Eggerman	29	Stillwater	38:34	57:30	59:29
14. Harold McDonald	47	Tulsa	38:45	59:00	61:07—1st 40
15. Rich Boeck	25	Tulsa	37:58	60:20	62:16
16. Bill Taylor	19	Tulsa	39:37	60:40	62:53
17. Bill Thompson	42	Jacks	40:21	61:10	63:35
18. Benjamin Stuart	24	Stillwater	41:35	62:55	65:08
19. Eddie Oelenberger	16	Chelsea	40:45	62:57	65:23
20. Bill Ryan	44	Tulsa	43:55	66:05	68:12
21. Gary Tien	26	Tulsa	---	68:48	70:58
22. Ray Conn	45	Tulsa	43:53	68:40	71:00
23. Jimmy Butler	56	Newalla	---	69:50	72:15
24. Edgar Geddes	43	Ft. Smith, Ark.	---	71:00	73:47

NEW YORK

METROPOLITAN ASSOC. AAU ONE HOUR RUN CHAMPIONSHIPS
 July 20, 1975 Queensborough Community College
 Bayside, New York Weather: sunny. Temp 80°

11 Mile Run**Results:**

1. P. Bonfiglio	11:42	26. Robert Busen	9:30
2. Ed Burns	10:14	27. Tom Cameron	9:72
3. Bob Braile	10:30	28. R. Smolenski	8:68
4. J. Schmeier	10:34	29. Peter Morales	8:40
5. Jose Bautista	10:28	30. Jan Mithcoll	8:46
6. Mark Odgen	10:67	31. Paul Litwin	8:38
7. Pat Burke	10:68	32. Alan Druckman	8:13
8. P. Petscher	10:59	33. Don Supper	8:12
9. Joe Burns	10:46	34. Dean Meandsall	8:16
10. Jim Pillis	10:38	35. Mike Ornstein	8:10
11. Bill Gordon	10:45	36. Al Mauro	8:53
12. B. LaBelle	10:38	37. Gus Prince	8:94
13. Norb Sander	10:77	38. MatCirulniek	8:89
14. Chas Castiglino	9:16	39. Matt Arigo	8:88
15. Bill Johnson	9:169	40. Pete Beckett	8:82
16. Jim McDonough	9:67	41. Kevin McCoy	8:64
17. Joe Viverto	9:38	42. R. Macnicholl	8:50
18. Pat Bastieck	9:12	43. Garry Reuter	8:31
19. Richard Seeker	9:13	44. Stephen Linder	8:37
20. Al Giovanni	9:11	45. Fred Lebow	8:30
21. Gary Muehleman	9:13	46. Leon Esdoff	8:61
22. Bob Clover	9:82	47. Ed Quinlan	7:16
23. Larry Farr	9:57	48. Tom Wortaugh	7:18
24. Tony Keavey	9:45	49. Bob Higgins	7:52
25. Brian Woodley	9:39	50. Bart Ross	7:52

**TWELFTH ANNUAL ROAD RUNNERS CLUB OF NEW YORK
 SUMMER SPEED PROGRAM**

July 15, 1975 Queensborough Community College
 Bayside, New York Weather: Cloudy 78°

Results:**Teenage Three Mile Run**

1. Jose Bautista	15:22	11. Peter Morales	18:00
2. Paul Schwartz	16:03	12. Andy Tansey	18:05
3. Rich Branaghan	16:08	13. Joe Manago	18:07
4. Kent Simon	16:18	14. T. Visenberger	18:08
5. S. Chianowitz	16:31	15. Tom Brogan	18:12
6. Ed Jennings	16:42	16. Joe Melnikoff	18:29
7. John Doyle	16:43	17. Russ Dale	18:41
8. Joe O'Neil	17:20	18. Edson Holley	19:17
9. Dean Mendell	17:36	19. Bruce Cohen	19:18

Open Three Mile Run

1. Jim Rafferty	15:45	11. Barry Futtner	17:52
2. Wm. Sullivan	16:28	12. Joe Blaneck	18:27
3. Bob Fischer	16:29	13. Mike Ornstein	18:39
4. Dan Gonzales	16:31	14. Richard Innan	18:44
5. Kevin McGrath	16:44	15. Steve Fastenb	18:55
6. P. Castillo	16:49	16. Greg Kirmayer	19:44
7. Dave Moia	16:54	17. Mike Harris	20:48
8. Pat O'Neil	16:55	18. Bill Gehrhart	21:37
9. Greg Clark	17:02	19. Ed Sturm	21:43
10. Ralph Williams	17:35		

Bishop Snares The Ridge Run

BISHOP SNARES THE RIDGE RUN

Atlanta's Dave Bishop won the overall title as well as his age group trophy August 17 in the Missionary Ridge Five-Mile run sponsored by the Chattanooga Track Club. Bishop, running in the 20-29 age group, turned in a sparkling 25:11, edging Marshall Adams of North Carolina who was clocked in 25:39.

The event drew a record field of 72, including Dennis Beach, age 7, and Jimmy Beach age 8.

The 13-under title went to Chris Payne, who ran the tough course in 25:41. Greg Putsem was second in 27:33. Neal Davis' 27:43 was good for third place.

Behind Bishop in the 20-29 age division were Jerry Graham, 25:45, and Richard Westbrook, 27:21.

Marshall Adams, second overall, won the 30-39 division, finishing ahead of Doug Hawley, Dalton sportswriter who was clocked in 26:21. Jim Beach was third in 28:43.

Following Beach were Barry Ligon, 29:52, Earl Marler 30:04, and Charles Gibson 30:48.

David Bishop, a stereotyper at The Chattanooga Times and no relation to the overall winner, won the 40-49 division with a 32:12. Ben Granger was second at 33:13 and Charles Norman third with 33:14.

Betty Assaf won the 29-under women's event in 37:43, edging out Debbie Karstens, who had 40:40 and Marian Lacy, with a 43:49 time.

Tamara Beech was fourth in the division with a 44:22 time.

Behind Mrs. Sanders in the 30-over women's division. Beverly Ligon was second with a 39:11 while Sixie Bishop was third in 41:40.

Diane Dillard took fourth in 43:00 while Freida Williams had a 44:13 good for fifth place.

NEW YORK

1975 ANNUAL GOLD MEDALS CLUB OF NY SINGLE SPEED PROGRAM

Van Cortlandt Park Stadium, Bronx, New York July 11, July 11, 1975 Weather: Buid. 79°

TEENAGE TWO MILE RUN

1. Paul Schwartz	10:12	5. Keith Bennett	11:50
2. Kent Simon	10:19	6. Jack Hale	11:35
3. Kent Gline	10:31	7. Mike Jittner	11:35

OPEN & VET TWO MILE RUN

1. Jared Kallister	9:50	9. Frank Horton	10:24
2. Curtis Minnie	9:42	10. Jim Filipp	10:35
3. Hal Owseloh	9:57	11. Mike Young	10:40
4. Paul Uetzel	10:04	12. Mike Bell	10:49
5. Ralph Lema	10:00	13. Alan Kaufman	10:51
6. Jerry McCarty	10:01	14. Gene Westenscho	11:02
7. Andrew Civian	10:15	15. C. Countryman	11:10
8. Pierre Teyssie	10:17	16. Jose Calas	11:10
9. Frank Horton	10:24		

WISCONSIN

MADISON, WISCONSIN

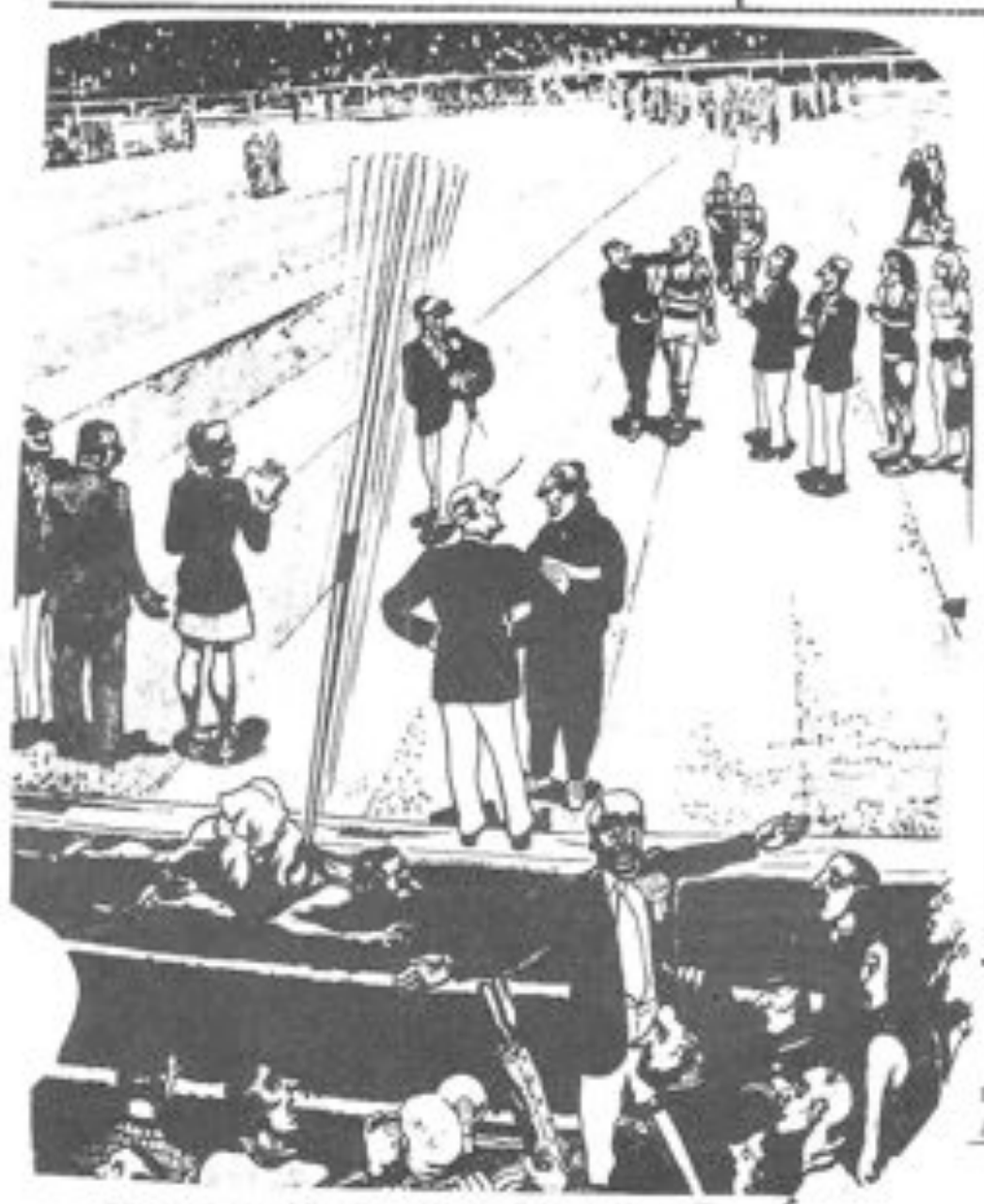
USTFF NATIONAL JUNIOR MARATHON CHAMPIONS

Weather Conditions 79°

Starters/Finishers 146/119

Results:

1. Joe Kreutz	2:36
2. Craig Burns	2:37
3. Shawn Flanagan	2:38
4. Tom Slater	2:42
5. Don Fass	2:44
6. Peter Senzig	2:48
7. Dave Bashaw	2:49
8. Tompeon Webb	2:49
9. Larry Ridgeway	2:50
10. Steve Ross	2:52
11. Tom Aitomas	2:52
12. Ed Dally	2:57
13. Ron Leathe	3:00
14. Bill Hine	3:00
15. Larry Swanson	3:00
16. Mark Parish	3:01
17. V. Devinatz	3:03
18. N. Burdick	3:04
19. Isa Lopez	3:06
20. Ray Hints	3:07
21. Paul Croissant	3:07
22. Dave Mackesey	3:08
23. Randy Ramey	3:09
24. Bob Hunderosse	3:09
25. John E. Joyce	3:09
26. K. Zeigle	3:10
27. Wm. Marten	3:11
28. John Greist	3:12
29. Peter Powers	3:12
30. Herb Kimpel	3:13
31. Tom Dowers	3:14
32. Wm. Sergeants	3:16
33. Nick R. Smith	3:17
34. J. Hofmeister	3:20
35. Allen Wilkins	3:22
36. Chas. Fischer	3:23
37. M. Lefcowitz	3:23
38. Tom Miller	3:23
39. Jeff Hawley	3:24
40. Pat Cullen	3:24
41. M. Hasbrieh	3:29
42. Ken Brunner	3:29
43. Steve Habb	3:29
44. Mike Herbery	3:30
45. Michael Scott	3:34
46. Bob Myers	3:31
47. Roger Eischens	3:31
48. Steve Weld	3:32
49. Mark Squires	3:32
50. Allan Westman	3:32



from The Finish Line -
August 1975

"Now just hold on, Jellis, this could be the all-time world record!"

NEW YORK**TWELFTH ANNUAL ROAD RUNNERS CLUB OF NEW YORK
SUMMER SPEED PROGRAMS**

August 18, 1975 Queensborough Community College
Bayside, New York Weather: Clear 75°

Teenage Two Mile Run**Results:**

1. Jim St. George 9:44	11. Joe Mangano 11:11
2. Don DiDonato 9:48	12. Andy Tansey 11:14
3. Mike Cox 10:31	13. David Kirmayer 11:14
4. Joe Pelozar 10:34	14. Joe Melnikoff 11:24
5. Al Daini 10:38	15. Ernie Wrummon 11:54
6. Pat Solvin 10:41	16. Mike Chung 12:41
7. Kevin Farragher 10:42	17. J. DiStanlao 12:46
8. Bryan Woodley 10:53	18. Mark Vanden 13:41
9. Kevin Casey 10:54	19. Eric Vanden 13:50

Open Two Mile Run

1. Jon Williams 9:30	10. Juanito Hernan 11:14
2. Remulo Mejia 9:34	11. Rick Innamoto 11:14
3. Steve Keating 9:37	12. Bob Clement 11:25
4. Dave Tomas 10:01	13. Mike Florio 11:30
5. Wm. Sullivan 10:05	14. C. Countryman 11:36
6. Mike Konig 10:06	15. Tom Ludwinski 11:49
7. Dan Gonzalez 10:06	16. G. Kirmayer 12:11
8. Bob Fischer 10:07	17. Don Chung 13:07
9. Ken Stevens 10:30	

Women Two Mile Run

1. Brenda Saunder 11:57	2. Don Jamison 11:39
2. Kathy Corrigan 12:01	3. Pat White 11:42
3. Ann Dolan 13:33	4. Leon Sadoff 12:41
4. Vicki Saunder 15:06	5. Fred Lebow 12:46

Veteran Two Mile Run

1. Tom Hoffman 10:54
2. Don Jamison 11:39
3. Pat White 11:42
4. Leon Sadoff 12:41
5. Fred Lebow 12:46

14th ANNUAL WOMEN 5,000 METER ROAD RUNNERS CLUB

Van Cortlandt Park, New York
Starters/Finishers: 36/32.

Results:

1. Nise Cotton 16:01	11. Paul Schwartz 17:04
2. Brendan Sheey 16:07	12. Bob Higgins 17:05
3. Des Cotter 16:22	13. Kevin Hopkins 17:08
4. Howard Hirsch 16:35	14. Ed Galah 17:10
5. Tom Arcata 16:46	15. R. Jansardot 17:19
6. F. Rafferty 16:48	16. Mike Hirsch 17:23
7. Al Dvoeni 16:54	17. G. Di Vetta 17:23
8. Andy Halpin 16:55	18. John Sullivan 17:24
9. Joe Chishoon 16:56	19. Jim O'Shea 17:25
10. Char Kodak 16:58	20. Jim Sprangler 17:31

OKLAHOMA**MARK KRAEMER WINS 5 KILOMETER RACE**

Tulsa, Oklahoma July 19, 1975

Results:

1. Mark Kraemer 17:17	11. David Dixon 19:18
2. Dwayne Twilley 17:26	12. E. Oelenberger 19:19
3. Kent Zwyer 17:48	13. J. Sorroche 19:27
4. Bill Welch 17:52	14. D. Cundiff 19:35
5. J. Holderman 18:02	15. C. Sheffield 19:36
6. Mike Decker 18:07	16. B. Stuart 20:02
7. Jack Daniels 18:25	17. D. Marquer 20:23
8. D. Smith 19:01	18. B. Singletary 21:08
9. Ken Ellis 19:16	19. John Stevens 21:05
10. Bobby Ladd 19:17	20. F. M. Hombs 23:02

People can be divided into three groups: those who make things happen, those who watch things happen, and those who wonder what happened.

JOHN W. NEFFREN

WOMEN ON THE RUN

By Elizabeth Sadoff

The Rowe sisters are causing a stir the likes of which we haven't seen since the Andrews sisters took the nation by storm 35 years ago.

Dottie, 19, and Hannah, 17, have literally run wild over this summer's Suncoast Derby. Hannah was second at the 6-mile opener at Caslerock, Md. (Dottie couldn't make that race). They finished one-two at the July 4th Takoma Park race and one-four at the Langley High 3-mile (13:08 for Dottie, 36:47 for Hannah).

Hannah again served solo duty at the Reston Predict Your Time Race. She didn't mind one bit being off her 18 minute prediction when she was the first girl-woman finisher in 34 minutes plus. That was a personal best for her over a five mile course.

At Ft. Dupont Park the sisters were again one-two, Dottie in 17:09 and Hannah, 40:34, for 5.5 miles.

They wreaked their havoc in another one-two sweep in the July 24 tetrazoom; Dottie's times for the 40, 80, one-mile and two-mile were: 67; 2:37; 5:47 and 12:17. Hannah chased her around the track with times of 83; 2:54; 6:20 and 14:33.

I thought perhaps a brief poem would be in order commemorating the recent feats of these formidable sisters:

In all this world there's
no tougher foe
Than Dottie and Hannah
all in a Row.

OKLAHOMA

RICHARD MARTIN WINS 10 KILO HANDICAP RACE

Tulsa, Oklahoma July 19, 1975
 Weather: 70's* Starters/Finishers 33/31

Results:

1. Richard Martin 46:51	16. B. Swearingen 42:55
2. Stan Warren 38:24	17. B. MacMullin 41:07
3. Alan Porter 41:38	18. Vern Whiteside 43:05
4. Ted McRice 37:14	19. Bill Thompson 41:15
5. Jimmy Gray 35:54	20. L. Endicott 37:02
6. R. Eggerman 40:22	21. Ron Niedrauer 42:33
7. Don Potts 35:01	22. P. Barydopad 52:35
8. H. E. Barker 37:17	23. E. Hissworth 36:10
9. Rick Houck 38:09	24. Bob Baker 41:12
10. Brent Wooten 34:39	25. Art Browning 41:46
11. H. McDonald 40:20	26. Larry Hanna 39:19
12. Bill Ryan 43:00	27. Norman Sloan 41:16
13. Larry Aduddell 32:17	28. Daniel Thurman 55:04
14. Colin Cumming 31:54	29. D. Thurman 55:04
15. Tom Kempf 36:52	30. Jim Maross 40:02

NEW YORK

TWELFTH ANNUAL ROAD RUNNERS CLUB OF NEW YORK SUMMER SPEED PROGRAM

Queensborough CC Bayside, New York July 22, 1975

Weather: Clear 81*

Event: Teenage One-mile run

Results:

1. Don DiDonato 4:30	11. Joe Pelezer 4:46
2. Frank Rafferty 4:31	12. Bryan Woodley 4:41
3. Dennis Carmody 4:32	13. Ed Jennings 4:57
4. Robt. Higgins 4:34	14. P. Morales 4:59
5. Louis Cintron 4:36	15. D. Hendell 4:59
6. Jose Bautista 4:38	16. Mike Cox 5:06
7. Kent Simon 4:41	17. J. Mangano 5:09
8. Paul Schwartz 4:44	18. John Nunn 5:10
9. Al Delrossi 4:45	19. A. Tansey 5:28
10. Marty Brown 4:46	20. Russ Dale 5:47

Event: Open One Mile Run

Results:

1. Darryl Reese 4:20	11. P. O'Neill 4:51
2. Ramalo Mejia 4:25	12. Jack Fogarty 4:53
3. Jared McCallister 4:25.2	13. B. Fischer 4:56
4. Ciarun McGovern 4:30	14. Billy Rondi 4:57
5. Bill Harris 4:30	15. B. Glover 4:58
6. J. Rafferty 4:37	16. R. Williams 5:00
7. Mike Russo 4:39	17. Hal Stern 5:01
8. Alan Fielitz 4:40	18. V. Hoffman 5:04
9. Pat Gibbins 4:42	19. Alan Kaufman 5:05
10. Dan Gonzales 4:46	20. B. Kuttner 5:08

GEORGIA

EMORY ATC 6 MILE ROAD RACE

Lullwater Estate Emory University June 21, 1975
 weather: warm sunny Humid 70-80*

Results

1. Scott Eden 30:11	11. Dennis Gandy 34:20
2. Bob Versha 30:55	12. Jim Webster 34:40
3. Greg Camp 31:35	13. Dave Harris 35:06
4. Lee Fidler 31:53	14. Joe Fowler 35:14
5. Karl DeSantos 31:58	15. J. Thyme 35:16
6. Randy Stroud 32:30	16. Mike Roberts 35:18
7. David Bishop 33:11	17. J. Dunaway 35:43
8. Earl Owens 33:23	18. T. Maffaker 35:46
9. Mike Caldwell 33:35	19. J. Ewald 35:54
10. Ken Winn 34:06	20. Wm. Hogg 36:04

ALABAMA

SOUTHEAST ROAD RUNNERS' CLUB OF AMERICA 6 MILE CHAMPIONSHIP

July 27, 1975

Troy, Alabama

Results:

1. Mike Wilson 30:09	9. Dr. T. Beck 34:43
2. Heinz Wiegand 30:15	10. Dr. Towns 36:20
3. Richard Pipkin 31:57	11. Winston Howell 39:17
4. Rick Stetson 31:59	12. Jay Bailey, Jr. 43:46
5. Mike San 32:25	13. Dr. Hanson 48:16
6. Nick Costes 34:01	14. Bruce Hall 52:22
7. George Cobb 34:31	15. Donald Tennant 56:39

NEW HAMPSHIRE

STRATISAM FAIR ROAD RACE

Stratham, New Hampshire

July 26, 1975

Distance: 6 miles Temp: 71*

Starters/Finishers 72/72

Results:

1. Mike Canty 30:41	11. Dan Parker 33:32
2. Phil Kaler 31:36	12. G. McAllister 33:40
3. Robt Wilson 31:51	13. Don Dennis 33:50
4. Ron Gaff 32:47	14. Peter Ananis 33:51
5. Dana Heath 32:50	15. Robt Aucoin 33:56
6. Sam Winebaum 32:54	16. Scott Weber 33:58
7. Carl Scott 33:15	17. R. Dyke 33:58
8. John Jaworski 33:19	18. J. Stefanski 34:09
9. Tom O'Leary 33:19	19. Joe Keenan 34:43
10. Harry Fowler 33:24	20. Ed Ernst 34:44

NEW YORK

PUERTO RICAN HISPANIC HALF-MARATHON

Sunday August 24, 1975 Central Park NYC
 Distance: short lap Starters/Finishers 305/285
 Weather: Rainy, cool mid 70's Distance: 14 Miles

Results:

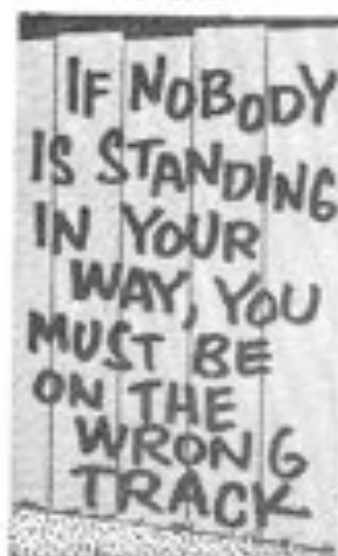
1. Justin Gubbin 1:12	51. Alex O'Dood 1:24
2. S. Karlin 1:13	52. Alan Fielits 1:24
3. Victor Serrano 1:13	53. Hal Stern 1:24
4. A. Hall III 1:14	54. Rivera 1:24
5. Wm. Bragg 1:14	55. Steve Mix 1:25.3
6. Tim Weaver 1:14.6	56. Unknown 1:25.7
7. M. Wilson 1:14.7	57. Achim Knust 1:25.8
8. P. Fetscher 1:15.0	58. Tom Calade 1:25.8
9. R. Veneman 1:15.4	59. Kevin Kearney 1:25.19
10. P. Bonfiglio 1:17	60. Cassie Roberts 1:25.30
11. Mike Cotton 1:17.7	61. Mejia Fabio 1:25.36
12. Ralph Luna 1:17.8	62. Erick Dietman 1:25.38
13. Jose Velazquez 1:18.1	63. Jack Martin 1:25.43
14. Hugh Sweeney 1:19.1	64. Jim McDonage 1:25.46
15. Mike Knoig 1:19.1	65. Louis Cintrom 1:25.54
16. R. Becker 1:19.4	66. Bill Greenwald 1:26.04
17. Bruce LaBelle 1:19.5	67. Chas. Santapill 1:26.16
18. Larry Barnett 1:20.1	68. not given
19. T. Stoothoff 1:20.2	69. Mike McGrath 1:26.19
20. A. Williams 1:20.3	70. Jeff Sorkin 1:26.27
21. Joe Boyle 1:20.3	71. Robt. Hamilton 1:26.28
22. R. Carmen 1:20.3	72. Wm. Leonard 1:26.28
23. Carl Jackson 1:20.5	73. Bob Frankum 1:26.29
24. H. Ognelodh 1:21.4	74. Robt Lutz 1:26.30
25. C. Minnie 1:21.1	75. D. Jamieson 1:26.31
26. Mitchell Cohen 1:21.1	76. L. Reich 1:26.41
27. B. O'Flaherty 1:21.2	77. Tom O'Grady 1:27.03
28. Joe Burns 1:21.3	78. Joe DeMaio 1:27.04
29. M. Sayers 1:22.1	79. Pat White 1:27.6
30. Joe Low 1:22.1	80. Bill Indek 1:27.10
31. R. Mejia 1:22.1	81. Jim Mitchell 1:27.12
32. G. Spillene 1:22.4	82. Frank Lento 1:27.16
33. Tom Walak 1:22.5	83. M. Schmitz 1:27.23
34. Fred Walker 1:22.5	84. J. Cocher 1:27.24
35. Bill Gordon 1:22.5	85. C. Countryman 1:27.25
36. Don Murray 1:22.5	86. E. Bredholdt 1:27.27
37. Gerry McCarthy 1:22.6	87. G. Buxton 1:27.30
38. B. Kaplan 1:23.0	88. John Howes 1:27.50
39. Bernie Wright 1:23.4	89. M.J. Rios 1:28.05
40. Werner Tersagel 1:23.4	90. D. Rosenbaum 1:28.07
41. Gene Toomey 1:23.11	91. Phil Heit 1:28.07
42. Tom Horner 1:23.42	92. John Neary 1:28.09
43. Cliff Cosanor 1:23.45	93. Jim Shea 1:28.14
44. C. Griffith 1:23.48	94. Mike Cleary 1:28.21
45. R. Groser 1:23.49	95. Dave Smith 1:28.26
46. Tom Celic 1:24.20	96. L. Schwartz MD 1:28.27
47. J. Viverito 1:24.21	97. R. Branghan 1:27.33
48. Mike Barnow 1:24.21	98. Art Sommer 1:27.34
49. J. Sookbraing 1:24.22	99. Steve Saffer 1:27.44
50. Ed Machinski 1:24.3	100. Stan Malas 1:27.46

Men do not stumble over mountains, but over molehills.

CONFUCIUS

D.C. Roadrunners Club
 Newsletter July 1975

Graffiti



During my 30 years in the Army, particularly as a paratrooper, running was a part of our daily life. During that time I always knew I felt better but honestly didn't understand why. As a result, when I retired in 1966, I stopped running partly from the reaction of the neighbors who looked upon the activity as unusual. Then one morning in June 1968, I was listening to the Today Show and heard Kenneth Cooper (then Major, USAF, M.D.) introducing his newly written book, AEROBICS. I bought a copy that day. He told the story about the beneficial effects of jogging so well that I immediately resumed my program. At age 34 it took me 3 months to increase my running time to 15 minutes.

Since then I have steadily increased time, distance and speed. At age 61 I can say I have missed only three days of running since June, 1968. I currently do 5 3/4 miles each evening and once or twice a week do 10 to 11 miles. This, in combination with good nutrition, gives me more than the forecast of increased longevity—it also gives me a quality of life that cannot be purchased or purchased at the drug store.

I think that as our numbers increase to 50 or higher and more publicity is given to our great experiences healthwise that we will see a more rapid increase in the number of converts from the sedentary way of life to that of the Road Runner. This is a way of life that cannot be bought for a million dollars. We must continue to articulate the benefits and demonstrate the process.

NEW YORK

QUEENSBOROUGH COMMUNITY COLLEGE

TWELFTH ANNUAL ROAD RUNNERS CLUB OF NEW YORK

Boyside, New York July 23, 1975
Weather: Clear & Warm 79°. Track 440 yd asphalt.

RESULTS: Teenage Two Mile Run

1. Robert Higgins 9:48
2. Jim St. George 9:48
3. Don DiDonato 10:05
4. P. Schwartz 10:18
5. Louis Cintroni 10:25
6. Ed Jennings 10:31
7. Bryan Woodley 10:49
8. Al Daini 10:51
9. J. Dellavala 10:51
10. J. Melnikoff 10:56
11. Pete Morales 10:58
12. Dean Mendell 11:00
13. John Nunn 11:14
14. Tom Brogan 11:15
15. Andy Tansey 11:22
16. Joe Manegano 11:27
17. Vince Giannone 11:29
18. A. Pabelli 11:41
19. Mike Moran 11:42
20. J. Cristanini 12:40

Veteran Two Mile Run

1. Ed Halpern 11:34
2. Gas Frisco 11:41
3. Leon Zadoff 13:10
4. Fred Lebow 13:11

Open Two Mile Run

1. Joe Williams 9:39
2. Remulo Mejia 9:40
3. Vince Ambicco 10:14
4. Dan Gonzales 10:17
5. Bob Fischer 10:25
6. Bill Sullivan 10:27
7. Hal Stern 10:28
8. Ralph Samsari 10:28
9. Alan Kaufman 10:33
10. Pat O'Neill 10:47
11. K. Innamorato 11:19
12. Barry Kuttner 11:21
13. Joe Blasco 11:40
14. Mike Florio 11:41
15. Ed Quinlan 11:45
16. Stan Helas 11:57
17. G. Kirmayer 12:20

SOUTH DAKOTA

PRAIRIE STRIDERS TRACK CLUB

Lake Oakwood State Park, Bruce, South Dakota
Race Distance: 5.5 miles Weather: 60°
Terrain: Asphalt Roads, Rolling Hills

Results:

1. Jay Bireen 30:51
2. Gene Asp 32:09
3. Terry Clark 34:38
4. Lymao Larson 35:58
5. Gordon Tolle 37:28
6. Bob Bartling 40:30
7. Harvey Mills 40:31
8. D. Egebreets 41:47
9. Jean Hruby 44:50
10. Pat Sterud 46:25
11. John Lasher 46:44
12. Mike Morrill 52:12
13. S. Nordstrom 52:15
14. K. Nordstrom 52:16
15. P. Krysen 56:28
16. Keith Morrill 57:30

STEVE PREFONTAINE MEMORIAL 5,000 METER OPEN RUN

Van Cortlandt Park, Bronx, N.Y. July 13, 1975

Starters/Finishers 81/70 Weather: Flooded, maddy.

Results:

1. Tim Weaver 15:58
2. Ed Burns 16:00
3. Curtis Minnis 16:14
4. Pat Gubbins 16:37
5. Dave Thomas 16:42
6. Fred Garcia 16:46
7. Larry Barnett 16:48
8. Brian Maughan 16:49
9. Pat Burke 16:55
10. M. Scarborough 17:00
11. Jon Schaeffer 17:07
12. Alan Filitz 17:12
13. Ralph Lena 17:18
14. Mike Barrow 17:28
15. Marvin Sasuel 17:29
16. Mike Honig 17:31
17. Tom Goreny 17:32
18. Joe Burns 17:33
19. Gene Tocomy 17:34
20. G. Goodwin 17:40
21. Andrew Kivlan 17:45
22. Pierre Vovules 17:53
23. Chas. Vitale 17:59
24. Mike Gea 18:02
25. Jim Filitz 18:04
26. Greg Kirsh 18:10
27. Pat Bastick 18:20
28. Bob Glover 18:28
29. John Fieber 18:29
30. Don Crowley 18:36
31. Frank Morton 18:41
32. Don Supper 18:47
33. Bob Caplin 18:48
34. Tom Cameron 18:54
35. Frank Leato 19:00
36. Mike Cunney 19:23
37. R. Bonilla 19:25
38. D. Dougherty 19:36
39. Marcus Kants 19:46
40. David Pichee 19:50
41. Emil Leschter 19:52
42. Sauss Elias 20:00
43. S. Ludwinski 20:04
44. D. Weinstein 20:08
45. Bill Coyne 20:19
46. Larry Hilbert 20:21
47. Peter Roth 20:24
48. Chuck Country 20:28
49. Dan Gavin 20:33
50. Dave Martin 20:33

PRAIRIE STRIDERS TRACK CLUB

1 MILE "GUESS YOUR TIME" RUN

Saxauer Field, SCSU, Brookings, S.D. July 20, 1975
Weather: 76° Clear, W wind 3-5

Track: 8 lanes all weather surface

Results:

1. Dan Tollefson 14:00
2. Oscar Archan 11:59
3. Mike Davis 13:59
4. Greg Rhoda 13:59
5. Robt. Wilson 14:01
6. P. Kammeyer 10:48
7. Chas. Ault 13:57
8. Dick Bartling 11:59
9. Erick Olson 13:56
10. Scott Underwood 11:01
11. L. Bartling 13:50
12. W. Vandenberg 13:52
16. Randy Kantack 10:40
17. Russ Schmeichl 11:10
18. D. Underwood 17:49
19. John Frank 10:43
20. Roy Plioth 10:46
21. K. Molland 11:01
22. Brad Brane 11:28
23. Pete Mikkelson 13:09
24. P. Lepisto 13:09
25. Pat Sterud 15:52
26. Arlen Len 14:11
27. Pat Red Dog 11:13

MICHIGAN**MOTOR CITY STRIDERS MEMORIAL**

Detroit, Michigan July 13, 1975

Weather: Pt. Cloudy 70-72° Course: Good

Results:

1. Don Richardson 27:49	26. Bill Barton 31:38
2. Gary Rizzo 28:19	27. Dale Brown 31:41
3. Dennis Kurtis 28:29	28. Wayne Ocolisan 31:48
4. John Dawe 28:42	29. Graham Walker 32:02
5. Pete Onios 29:03	30. S. Stewhoff 32:04
6. Hugh Kuchta 29:05	31. Ron Barker 32:13
7. Martin Cobin 29:28	33. Rick Daimondo 32:13
8. Vic Sipes 29:32	34. Mike Anderson 32:51
9. Steve Baker 29:50	35. Bill Ford 33:18
10. G. Crotori 29:51	36. Max Monaxi 33:48
11. Lou Putnam 30:00	37. Sandy Nouviow 33:54
12. G. Fairbanks 30:16	38. Kirk Smith 34:25
13. Ed Storach 30:20	39. Dave Liebrock 34:52
14. Mike Redford 30:21	40. D. Blievernick 34:55
15. Larry Nestuck 30:23	41. P. Kapsuniak 34:56
16. Kevin Kitze 30:33	42. Bob Hays 35:02
17. Steve Goldberg 30:52	43. Tom Raczycki 35:06
18. Bill Morgan 30:59	44. John Baranor 35:09
19. J. Weber 31:00	45. Gerry Munrow 35:10
20. Bill Martin 31:16	46. Jack Habel 35:27
21. Mike Koenigba 31:25	47. Ed Applebee 35:37
22. Mike Anderson 31:29	48. Dan Solomon 35:48
23. Fred Umjama 31:31	49. Kent Bryant 36:15
24. Doug Bank 31:32	50. Dick Taddonio 36:30
25. Earnes Taylor 31:34	
	32. Bruce Belmont 32:32

POTOMAC VALLEY SENIORS TRACK CLUB
By Bruce Burnside

The race handicapper tries to have everybody come to the finish line at the same time. At the Univ. of Md. on June 1, an exciting Masters Handicap Mile almost achieved this as four competitors, starting an overall 75 seconds apart, were within 8 seconds in the home stretch. George Major, age 61, ran a 5:47 mile to hold off a charge by Glyn Wood, 41, whose actual time was in the low 4:30's. Tony Diamond, 46, and Frank Baliffson, 49, were third and fourth with net times of 5:06 and 5:08.

The winner, George Major, competing that day in his 300th race, has set numerous national age group records since taking up running 11 years ago. George said he was really buoyed up by the crowd's applause. And the P.A. announcer who had the spectators on their feet, cheering wildly, was Dave Theall, who was also the handicapper. With success like that, have you tried the horses, Dave?

D.C. Roadrunners Newsletter
Vol. IV No. 1 July 1975July 26, 1975
Barricane, West Virginia**Six-Mile
Run Won
By Dotson**

HUNTINGTON - Marshall University's Jerry Dotson made like a greyhound Saturday in leading the 70-runner field in the first annual Putnam Midway Fair road race.

The slender Dotson, a product of DuPont High School who is looking forward to his sophomore season in cross country at Marshall this fall, led virtually all the way. He won with a time of 30 minutes, 43 seconds over the rolling course measuring approximately six miles.

"It seems as though I'm getting stronger every time I run," Dotson said.

Dotson was third in the St. Albans Town Fair 10,000 meter run three weeks ago, trailing well known marathoners Carl Hatfield and Eddie Hereford Hereford.

Former Fairmont State College runner Fred Waybright was runner-up in 31:22 and ex-St. Albans High School star Brian Sloan ran third in 31:35.

PUTNAM MIDWAY FAIR RUN

1. Jerry Dotson 30:43	2. Fred Waybright 31:22	3. Brian Sloan 31:35
4. John Frazier 31:37	5. Roger Bunker 31:40	6. Dave Theall 31:41
7. Gary Rizzo 31:42	8. Bill Barton 31:48	9. Wayne Ocolisan 31:50
10. John Dawe 31:52	11. Pete Onios 31:55	12. Hugh Kuchta 31:58
13. Martin Cobin 32:02	14. Dale Brown 32:05	15. Graham Walker 32:08
16. S. Stewhoff 32:10	17. Ron Barker 32:13	18. Rick Daimondo 32:15
19. Mike Anderson 32:20	20. Bill Ford 32:25	21. Max Monaxi 32:30
22. Sandy Nouviow 32:32	23. Bruce Belmont 32:32	24. Dick Taddonio 32:35
25. Kirk Smith 32:40	26. Dave Liebrock 32:45	27. D. Blievernick 32:50
28. P. Kapsuniak 32:55	29. Tom Raczycki 33:00	30. Bob Hays 33:05
31. Jack Habel 33:10	32. Gerry Munrow 33:15	33. John Baranor 33:20
34. Ed Applebee 33:25	35. Dan Solomon 33:30	36. Kent Bryant 33:35
37. Steve Baker 33:40	38. G. Crotori 33:45	39. Lou Putnam 33:50
40. G. Fairbanks 33:55	41. Ed Storach 34:00	42. Mike Redford 34:05
43. Larry Nestuck 34:10	44. Kevin Kitze 34:15	45. Steve Goldberg 34:20
46. Earnes Taylor 34:25	47. Doug Bank 34:30	48. Fred Umjama 34:35
49. Mike Anderson 34:40	50. Mike Koenigba 34:45	51. Bill Martin 34:50
52. J. Weber 34:55	53. Bill Morgan 35:00	54. Steve Baker 35:05
55. G. Crotori 35:10	56. Lou Putnam 35:15	57. Ed Storach 35:20
58. Mike Redford 35:25	59. Larry Nestuck 35:30	60. Kevin Kitze 35:35
61. Steve Goldberg 35:40	62. Earnes Taylor 35:45	63. Doug Bank 35:50
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70. Steve Baker 36:25	71. G. Crotori 36:30	72. Lou Putnam 36:35
73. Ed Storach 36:40	74. Mike Redford 36:45	75. Larry Nestuck 36:50
76. Kevin Kitze 36:55	77. Steve Goldberg 37:00	78. Earnes Taylor 37:05
79. Doug Bank 37:10	80. Fred Umjama 37:15	81. Mike Anderson 37:20
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523. Larry Nestuck 74:10	524. Kevin Kitze 7	

OKLAHOMAOKLAHOMA CERTIFIED AND COURSE ALL COMERS RECORDS

			<u>Date</u>	<u>Time</u>	
<u>5 Kilometers (3.1 Miles) Mohawk Park</u>					
Open	Randy Melancon	20	Fayetteville, Ark.	1-19-74	15:10
17-Under	David Sanders	16	Tulsa	11-11-72	16:27
30-39	Larry Adoddell	30	Tulsa	8-9-75	15:28
40-49	Hub Barker	45	Mustang	8-9-75	17:34
50-Over	Vern Whiteside	55	Tulsa	4-12-75	20:15
Women	Carol Cook	20	Springfield, Mo.	9-7-74	17:39
60-Over	John Stevens	66	Tulsa	8-9-75	20:43
<u>10 Kilometers (6.2 Miles) Mohawk Park</u>					
Open	George Stewart	22	Stillwater	10-9-71	30:07
17-Under	Jeff Fetterman	17	Tulsa	10-9-71	35:03
30-39	Glen Derrough	30	Tulsa	8-19-72	35:11
40-49	Hub Barker	45	Mustang	7-19-75	37:17
50-Over	Tom Kempf	50	Bartlesville	7-19-75	36:42
Women	Staci Storer	10	Joplin, Mo.	7-28-73	59:49
<u>15 Kilometers (9.3 Miles) Mohawk Park</u>					
Open	Colin Cumming	22	Stillwater	8-9-75	46:54
17-Under	Jeff Fetterman	17	Tulsa	12-15-73	56:26
30-39	John Harraughty	35	Kansas City	8-9-75	52:04
40-49	Hub Barker	44	Mustang	4-12-75	56:02
50-Over	Tom Kempf	50	Bartlesville	4-12-75	55:42
Women	Lorraine Storer	14	Joplin, Mo.	12-15-73	1:15:57
<u>20 Kilometers (12.4 Miles) Mohawk Park</u>					
Open	Tom Von Raden	26	Stillwater	11-14-70	1:04:33
17-Under	Ron Prohaska	17	Tulsa	11-14-70	1:15:46
30-39	Karl Saylor	34	Topeka, Kansas	4-15-72	1:14:08
40-49	Hub Barker	43	Mustang	9-15-73	1:18:20
50-Over	Tom Kempf	50	Bartlesville	9-7-74	1:17:15
<u>25 Kilometers (15.5 Miles) Mohawk Park</u>					
Open	Terry Ziegler	23	Sorman	1-19-74	1:23:40
17-Under	Jeff Fetterman	17	Tulsa	2-5-72	1:35:45
30-39	Glen Derrough	30	Tulsa	2-5-72	1:40:34
40-49	Jim Hershberger	43	Wichita, Kansas	11-9-74	1:29:58
50-Over	Tom Kempf	50	Bartlesville	11-9-74	1:36:29
Women	Nancy Laird	29	Houston, Texas	4-10-71	1:58:51
<u>30 Kilometers (18.6 Miles) Mohawk Park</u>					
Open	George Stewart	22	OSU/California	11-13-71	1:40:42
17-Under	Jeff Fetterman	17	Tulsa	11-13-71	2:06:42
30-39	Dan Metcalf	33	Oklahoma City	2-16-74	1:53:53
40-49	Hub Barker	43	Mustang	11-17-73	2:00:43
50-Over	Tom Kempf	50	Bartlesville	2-15-75	2:01:11
<u>Marathon (26 Miles 385 Yds) Oil Capitol</u>					
Open	Terry Ziegler	24	Sorman	3-22-75	2:18:10
17-Under	Jeff Feterman	17	Tulsa	3-25-72	2:49:33
30-39	Harold DeMoss	37	Mountain View, Calif.	3-24-73	2:44:50
40-49	Norm Alenbrook	42	Dallas, Texas	3-24-73	2:58:00
50-Over	Tom Kempf	50	Bartlesville	3-22-75	2:58:52
Women	Nancy Laird	30	Houston, Texas	3-25-72	3:29:47

SOUTHERN PACIFIC ASSOCIATION
DISTANCE-- 3,100 MILESNATIONAL JUNIOR 5K
RACE NUMBER 858 DATE--060775

1	RON ADAMS	19	UNAT	16:18	20	DAVID TRUSEL	11	MRR	18:47
2	FRANK ASSUMMA	14	SURR	16:18	21	CHMEL SILVERA			19:00
3	CHARLES ASSUMMA	14	SURR	16:31	22	WAYNE SCHUBT			19:04
4	JIM MARIN			16:43	23	STAN HUGHES			19:07
5	LOUIS SILVA			16:56	24	CALVIN SPAUGH			19:13
6	JOHN FISANDOTTI	19		16:57	25	JEFF SATER			19:18
7	DON MOSES			17:02	26	EDWARD LARSCHE			19:25
8	ROGER SCHOENBER			17:05	27	JIM FARRIS			19:33
9	MICHAEL HARRIE	19	MRR	17:09	28	GARY POTLET			20:29
10	LOU HURTADO	17	UNAT	17:17	29	ERIC OSTERBERG			20:35
11	HANUEL REYNOSO			17:18	30	PAT WOJLAN			20:47
12	MARIO HILDADO			17:23	31	BILL GRUBB			20:52
13	GREG PARKS			17:30	32	ROBERT FRETCH			21:03
14	DENNIS CARDAMORE			18:05	33	WIEE BOGGS			21:10
15	FRANK SPRIBOSKI			18:05	34	MARY BARCLOWSKI			21:22
16	MARK THIMBLE			18:07	35	ED VELARDE			22:23
17	JAMES SHAN			18:15	36	LEE BALAIN			23:25
18	RAYMOND COOK	12	SURR	18:22	37	ED WILES			23:28
19	TELESIAS DIMAS	18	MRR	18:39	38	JOHN FRY			24:22

OFFICIALS: TOM CORY, MIKE POLIZZI, RON LAKE, JOE KLESS, AND CHUCK BARONE
TEAM SCORES
WEATHER: OVERCAST AND COOL

157 NORTHBRIDGE SAN ANTONIO
RACE NUMBER 857

PLC									
1	CARL SWIFT	18:43	21	LARRY AVILES	20:25				
2	MARVIN ROWLEY	18:59	22	DON KLINGER	21:19				
3	MICHAEL LAMONT	17:21	23	DOREEN ASSUMMA	21:21				
4	JIM FLANDAN	17:29	24	ERIC HAMMERSTEIN	21:22				
5	JOHN RUPP	17:34	25	GARY BURNETT	21:43				
6	RICHARD HUGHES	17:37	26	BENETRIO WILLEN	21:44				
7	STEWART BOOEN	17:38	27	JERRY HEDGES	21:45				
8	PAT HOLLER	18:05	28	MARIO HURTADO	21:54				
9	FRANK FREYNE	18:17	29	WES ALDRISON	22:08				
10	THOMAS CORY	18:27	30	ERIC HUSS	22:15				
11	TONY GALOVICH	18:47	31	FLOYD DUSS	22:24				
12	GLENN TURNER	18:48	32	LEW SEATER	23:03				
13	NICK AGOSTINELLI	19:12	33	MARGARET WELLEN	23:14				
14	OSUE RAYFORD	19:16	34	BILL OFFNER	23:15				
15	NIC WALKER	19:24	35	CHUCK JONES	23:18				
16	RAY SIL	19:27	36	REGINA SCHUTJE	23:25				
17	DICK RICHARDS	20:02	37	JERRY HICKEY	24:15				
18	BYRON RICHARDSON	20:12	38	LOUIS LAUFER	24:24				
19	JOE LAMONT	20:27	39	DOREEN LEVER	24:32				
20	KEN SIMPSON	20:34							

KANSAS

LIME SPRING TEN MILE ROAD RACE

Litchia, Kansas July 26, 1975

Starters/Finishers: 129

Results:

1.	Alan Walker	52:45	11.	J. Wisnaker	56:57
2.	Tim Tobin	52:50	12.	Ken Katsar	57:41
3.	Chuck Copp	53:12	13.	D. Swithsaler	57:41
4.	Bill Lowry	53:13	14.	D. Christensen	58:04
5.	A. McDonald	53:40	15.	D. Jackson	58:07
6.	Dennis Katsar	53:25	16.	M. Leinwetter	58:17
7.	Steve Drake	54:11	17.	Yon Halberg	58:33
8.	Paul Shimon	56:22	18.	Mike Coburn	58:40
9.	Low Fritz	56:30	19.	Jim Herzhberg	58:45
10.	Ray Schlegal	56:49	20.	K. Taylor	58:53

5,000 METER MEDIAN OPEN A YET 2011

Starters/Finishers 93/95 July, 1975

Course Record: 14:55.4 Heathorn, Vern.

Results:

1.	Harvin Wilson	15:28
2.	Mike Wilson	15:28
3.	Tim Weaver	15:28
4.	Drew Kearns	15:34
5.	Jan Schmeier	16:11
6.	D. Thomason	16:33
7.	Larry Barrett	16:47
8.	Pat Burke	16:50
9.	Paul S. Sires	16:55
10.	Kevin Griffith	16:55

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