



In the Long Run
it's the
Long Distance Log

VOLUME 20

AUGUST 1974

NUMBER 224



Rick Trujillo crossing the finish line in record time of 3:36:40 in the Pikes Peak Marathon, August 11, 1974.

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THE LONG DISTANCE LOG

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4th ANNUAL SWITCHBACK SCAMPER - from Summit Hill to Jim Thorpe, Pa. 6, 5-Miles along former Switchback Railroad right of way, Oct. 20, 1974 2 P.M. AAU sanctioned. Entry blanks from Ed Gildea, 302 W. Water St., Lansford, Pa. 18232.

BUFFALO TO NIAGARA SKYLON INTERNATIONAL MARATHON - Saturday, October 26, 1974 12:30 P.M. Delaware Park in Buffalo, N. Y., across famous Peace Bridge into Canada, along Niagara River to beautiful Niagara Falls; certified course; trophies for all age groups, women, team; free post-race smorgasbord; information: Alan Gross, 378 Elmwood Ave., Buffalo, New York 14222, Phone (716) 883-9447.

SECOND ANNUAL CHARLESTON DISTANCE RUN

Charleston, West Va., Sat., August 31, 1974 9:00 A.M.

Phillip Ndoe, a 28-year-old native of Kenya, about to enter his sophomore year at Eastern New Mexico University, outkicked perennial runner-up John Vitale to win the most important non-marathon road race ever held in the United States. The 1602-man field, hyped by meet promoter Donald P. Cohen's promises of free food and lodging for the two days prior to the race, free jackets, T-shirts and bags to all starters; the chance to witness the inauguration of a T&F Hall of Fame, included an all-star cast of talent almost beyond belief. Eight of the first eleven American Boston Marathon finishers were in the race, as were a host of talented foreigners. So strong was the competition that several big names notably Charlie Messenger (122nd), Greg Fredericks, former American 5 mile record holder (125th), Bill Scokey (81st), Terry Ziegler (82nd), Grant Colehour (90th), Alvaro Mejia, 1971 Boston winner (49th), Ron Martin, 11:04 3-miler (40th), Brian Armstrong, 2:13 marathoner (13rd), Bob Moore, 2:08 marathoner (27th) and Bernie Allen, 2:07 marathoner, finished far down on the list. Jeff Galloway retired after four miles with a pulled muscle in the buttocks, but was never in contention.

Messenger, under 28:00 for 5 miles in 1972, led the long line for the first two miles, until a tough two mile long series of hills separated the field. Ndoe, Vitale, Will Rogers and Jan Anderson then formed a lead group, which lasted until Ndoe and Vitale pulled away and ran together to the finish. Vitale, second in three consecutive AAU marathon championships, led briefly on the backstretch of the finishing track, but Ndoe bolted past in the last 200 yards to win the 15 mile plus race by 10 yards in 1:18:03.

Western Kentucky's "English Brigade" of Chris Ridler (4th), Nick Rose (5th) & Tony Staynings (10th) won the team prize from such powerful outfits as the Oregon TC (1973 Boston winner Anderson, 8th; 1974 AAU marathon champ Ron Wayne, 9th; Ross Pate, 19th and 1969 AAU marathon champ Tom Heinonen, 16th), the New York AC (two time Boston runner-up Tom Fleming, 11th; Cliff Clark, 28th & Bill Bragg, 22nd), & the Toronto Olympic Club (Armstrong, Moore, and Andy Boychuk (38th).

The all-star cast was made possible by the astronomical expense budget provided by Charleston businessmen to meet director, Donald P. Cohen, a local optometrist. In addition to the aforementioned free food and lodging, many of the leading runners were given free transportation to the race. With the Charleston business community solidly behind the race and the new Track Hall of Fame, this road race promises to be an important fixture for years to come. Because of the strength of the field and the intermediate distance, it must be considered the American Road Racing Championship. --Hugh Sweeney--

1. Phillip Ndoe, ENMU, 28, 1:18:03; 2. John Vitale, 26, Conn., 1:18:04; 3. Will Rodgers, Greater Boston TC, 1:18:24; 4. Chris Ridler, 20, Western Ky. U., 1:18:54; 5. Nick Rose, 22, Western Ky. Univ., 1:18:57; 6. Leician Ross, 30, U. Wisconsin-Parkside (Ceylan), 1:19:00; 7. Gary Tuttle, 26, Beverly Hills Striders, 1:19:27; 8. Jan Anderson, 25, Oregon TC, 1:19:54; 9. Ronald Wayne, 25, Oregon TC, 1:20:15; 10. Tony Staynings, 21, Western Ky. U., 1:20:39; 11. Tom Fleming, 21, NYAC, 1:20:44; 12. Steve Hoag, 27, Twin Cities TC, 1:21:05; 13. Brian Sobczak, 24, Lake Erie AA, 1:21:13; 14. Wayne Roach, 21, Atlanta TC, 1:21:21; 15. Edwin Fry, Indiana Univ. of Pa. TC, 1:21:36; 16. Tom Heinonen, Oregon TC, 1:21:47; 17. John Loeschhorn Jr., West Valley TC, 1:21:54; 18. Dave Long, 20, Western Ky. U. TC, 1:22:06; 19. unknown; 20. Barney Hance, 22, College of St. Francis, 1:22:20; 21. Carl Hatfield, West Va. TC, 27, 1:22:35; 22. Bill Bragg, 25, New York AC, 1:22:53; 23. Brian Armstrong, 26, Toronto Olympic Club, 1:23:02; 24. Kevin Foley, 19, Edinboro State College, 1:23:05; 25. Robert Varsha, 23, Atlanta TC, 1:23:08; 26. Kim Nutter, 20, West Va. TC, 1:23:13; 27. Bob Moore, 32, Toronto OC, 1:23:34; 28. Cliff Clark, New York AC, 1:23:46; 29. Ron Kurrie, 26, Beverly Hills Striders, 1:23:47; 30. Bernard Allen, 27, Washington SC, 1:23:55; 31. Terry Baker, 19, Hagerstown Junior College, 1:24:04; 32. Tom Findley, 28, Santa Monica TC, 1:24:08; 33. David McKannan, 19, Haverhill TC, 1:24:13; 34. Melvin Boyd, 18, Calif. State College TCA, 1:24:22; 35. John Dimick, 25, Green Mountain AA, 1:24:25; 36. Royce Harsick, 27, Kegonsa TC, 1:24:26; 37. Hugh B. Sweeney, 27, N.J., 1:24:30; 38. Andy Boychuk, 31, Toronto OC, 1:24:32; 39. Donald Slosser, 22, Indiana U. of Pa. TC, 1:24:35; 40. Ronald Martin, 20, William & Mary, 1:24:36; 41. Joseph Crowley, 22, Greater Boston TC, 1:24:37; 42. Henry Wiager, 18, Edinboro State College, 1:24:42; 43. John Skisalak, 25, Shore AC, 1:24:46; 44. Dennis Packard, 19, Edinboro State College, 1:24:48; 45. Joe Costello, 21, Genesee TC, 1:24:50; 46. Swag Hartel, 22, Western Ky. TC, 1:24:52; 47. Dennis Spencer, Atlanta TC, 1:24:57; 48. Kenneth Korzhau, 23, Wellsville TC, 1:25:07; 49. Alvaro Mejia, 30, West Valley TC, 1:25:11; 50. Donald Jayroe, 29, North Carolina TC, 1:25:17; 51. Samuel Benedict III, 28, Atlanta TC, 1:25:23; 52. Dennis Trujillo, 20, USA Military Team, 1:25:28; 53. Mark Linder, 19, Edinboro St.

1:25:32; 54. Charles H. Copp, 24, Bluegrass Running Club, 1:25:35; 55. Lee Fidler, 35, Georgia, 1:25:40; 56. Dennis Diereckman, 21, Indiana, 1:25:41; 57. Don Jernigan, 21, West Liberty State, 1:25:44; 58. Bruce Rapson, 18, Edinboro State, Pa., 1:25:53; 59. Alex Kaich, 18, WVU TC, 1:25:54; 60. Ross Munro, 21, Western Ky. TC, 1:25:57; 61. Roger Rowler, 36, West Va. TC, 1:25:59; 62. Steve Randall, 20, Calif. State College, 1:26:03; 63. Bruce Robinson, 24, Washington SC, 1:26:10; 64. Jim Peltz, 21, Springfield College, 1:26:24; 65. Lawrence Bova, 23, Shore AC, 1:26:28; 66. Dan Matogoch, 20, Eastern Ky. TC, 1:26:30; 67. Bruce Carpenter, 23, Florida TC, 1:26:31; 68. Chuck Koeppe, 28, Indiana Striders, 1:26:35; 69. Carl Hereford, 27, North Carolina TC, 1:26:36; 70. Mark Bateman, 36, Upper Arlington, 1:26:36; 71. Aaron R. Fulsom, 21, Kettering Striders, Ohio, 1:26:36; 72. Roger Barnes, 23, Summit AC, 1:26:40; 73. Charles Trayer, 20, Appalachian AC, 1:26:46; 74. Gary Fanelli, 24, Phila. Pioneers, 1:26:50; 75. John Frazier, 16, St. Albans High, 1:26:58; 76. Tim Cook, 23, College of William & Mary, 1:27:03; 77. Ray Crothers, 32, Mohagan Striders, 1:27:04; 78. Rick Bayko, 27, North Medford Club, 1:27:06; 79. Bill Scobey, 28, Beverly Hills Striders, 1:27:08; 80. Terry Ziegler, 23, Tulsa RC, 1:27:08; 81. Eugene Schultz, 21, College of William & Mary, 1:27:09; 82. Steven Foster, 21, Shore AC, 1:27:20; 83. Daniel W. Sekerak, 27, Ohio TC, 1:27:32; 84. Curt Althe, 19, USA Military Team A, 1:27:38; 85. Mark Baldiano, 21, Va. Tech, 1:27:44; 86. John Baxter, 21, Morehead State Univ., 1:27:48; 87. Grant Colchour, 28, UGTC, 1:27:57; 88. Wm. Scholl, 23, Shore AC, 1:28:00; 89. Harry Harwick, 19, Mt. Lebanon TC, 1:28:09; 90. Tom Donnelly, 27, Phila., 1:28:25; 91. Jim Doherty, 26, U.S. Naval Academy, 1:28:29; 92. Raddy Foster, 19, Ohio University, 1:28:32; 93. Kevin Breen, 23, Tennessee, 1:28:33; 94. Frank Goldcamp, 26, Sports East, 1:28:37; 95. Doug Boyd, 24, Calif. State College, 1:28:39; 96. Karl Kule, 21, Summit AC, Ohio, 1:28:45; 97. Tom Cron, 20, Virginia Tech, 1:28:51; 98. Wm. Shirley, 20, Rensselaer Poly Inst., 1:29:02; 99. John Hexem, 22, Florida TC, 1:29:06; 100. John Foreman, 20, Edinboro State College, 1:29:18.

TRUJILLO BREAKS HIS PIKES PEAK RECORD

August 11, 1974 Start 50 degrees, Summit 40°, Rain 73. Last year Rick Trujillo set a record of 3 hours 39 mins. and 45 secs., just one second under the record held by Steve Gachopin. But the tall, lanky Trujillo, 26, a geologist from Duray, Colorado, covered the 26.8 mile distance up and down the Barr Trail in 3:16:40. This shaved off three minutes and six seconds from his previous mark. Rick summoned enough energy to wander into Pioneer Lounge, adjacent to the Marathon finish line at Manitou and Ruston Avenues in Manitou Springs, to fill his body with water. Within minutes, he was walking around, accepting congratulations, posing for pictures and talking to spectators. Sam Benedict 27, Atlanta, Ga. came in second 25 minutes and 45 seconds later.

The wind above timberline at about 25 miles per hour, hindered both Chuck Smead, 23, Santa Paula, California and Trujillo from breaking the 13 mile ascent record of 2:07:38 made last year by Smead. However, Chuck made the summit of 14,130 ft. Pikes Peak in 2:09:59 for the third year, and Rick crossed the line in 2:11:59 only to turn around and fly down the famous mountain in one hour 25 minutes and 36 seconds, 13.4 miles to the finish line. Rick doesn't consider this a true marathon because of the terrain. He just calls it "a mountain run" and will

be back next August 3, 1975 for his third marathon.

Sam Benedict followed Trujillo in 4:02:25, with Ken Young 32, Boulder, third in 4:08:48; Lee Courkamp 31, Arvada 4:15:30, fourth; Mike Bair, 22, Larned, Kansas, 4:16:49 fifth; Ken Kater, 30, Lincoln, Nebraska, sixth; and Bill Waters, 28, Aspen, Colorado, 4:18:00 seventh. Of the 259 who made the 13 mile ascent there were 111 in the Champion Division (20-39), 54 in the Teenage (16-19), 38 in the Junior Boys (15 & under), 17 in the Masters I (40-49), 14 in the Masters II (50-59), four in the 60 and over, four in Girls 13 & under, ten in the Women's Div. (17-39) and eight in the Senior Women (41 & over).

Several records were broken in the age divisions. Wilbur Arnold, 60, Crestasee, Colorado, won the Superman class with the time of 3:34:23 in his ascent to the summit. He eclipsed the year-old mark of Lew Wills, Rock Springs, Wyoming of 3:37:00. Iron Man Walt Stack, 66, of San Francisco, was second in 3:46:28, Russell Gugeler, 61, Woodland Park, Colo. third in 4:10:20 and the Professional Librarian, Ben Hirsch, 72, San Francisco, was fourth in 5:25:15, which was amazing for the oldest competitor.

In the Masters II Division (50-59), Hubert Morgan, 52, of Johnstown, Pa., just missed the record held by Dr. Frank McCabe of 3:00:50, when he finished in 3:09:52 to take first place. McCabe, 56, of Denver, came in second in 3:01:46.

In the Junior Division (15 & under), Paul Grundy won in the incredible time of 2:45:15 to break the record of Dave Curtis, Redwood City, Calif. of 2:53:35, 1971.

Donna Messenger, 31, won the Senior Women's Div. in 3:04:54, setting a new record which was nine minutes & 59s faster than Dr. Joan Ulyot did last year. Marcie Frost, 31, Anchorage, Alaska, came in second in 3:17:36 and made a new record of 5:21:10 for the up and down run.

The race was proclaimed the best marathon in nineteen years thanks to the cooperation of the race officials and various committees & sponsors. --Rudy Fahl--

26.8 MILE ROUND TRIP OVERALL FINISH

1. Rick Trujillo, 26, Duray, Colo., 3:16:40 Record; 2. Sam Benedict, 27, Atlanta, Ga., 4:02:25; 3. Ken Young, 32, Boulder, Colo., 4:08:48; 4. Lee Courkamp, 31, Arvada, Colo., 4:15:30; 5. Mike Bair, 22, Larned, Kansas, 4:16:49; 6. Ken Kater, 30, Lincoln, Neb., 4:17:53; 7. Bill Waters, 28, Aspen, Colo., 4:18:00; 8. Zephyr Iacly 25, Aurora, Colo., 4:23:25; 9. J.E. Phillips, 28, Aspen, Colo., 4:24:13; 10. Chas. Montoya, 16, Pueblo, 4:26:03; 11. Tom Swozey, 24, Pinole, Calif., 4:28:50; 12. Dave Mallory, 21, Colo. Springs, 4:29:38; 13. F. Lusted, 31, CO, 4:31:42; 14. R. McAndrews, 34, CO, 4:32:05; 15. Rick Bagwell, 18, CO, 4:34:19; 16. R. Tegmeyer, 25, Manitou Springs, 4:34:40; 17. G. Sawyer, 25, Aspen, Colo., 4:34:55; 18. F. Flanagan, 26, Boulder, 4:35:52; 19. T. Lewis, 26, England, 4:40:20; 20. Pat O'Malley, 17, Belmont, Calif., 4:43:25; 21. Roy Bulley, 32, England, 4:43:59; 22. Ted Wilson, 37, Denver, 4:44:13; 23. Jeff Arnold, 32, Rye, Colo., 4:45:04; 24. Steve Gachopin, 33, James Pueblo, N.M., 4:47:13; 25. Verne Carlson, 41, Sedalia, Colo., 4:48:55; 26. Hubert Morgan, 52, Johnstown, Pa., 4:50:24; 27. Mike Fryt, 19, Manitou Springs, Colo., 4:50:24; 28. John Francis, 39, Colo. Springs, 4:52:18; 29. Bob Bracewell, 33, Colo. Springs, 4:54:11; 30. Arne Richards, 41, Manhattan, Kansas, 4:55:36; 31. Dan Poore, 25, Albuquerque, N.M., 4:56:38; 32. Louis Fritz, 30, Verdon, Neb., 4:56:37; 33. Joe Martin ex, 17, Pueblo, 4:56:47; 34. Jay Mandel, 35, Colo. 4:58:02

NEAAAU SILVER & JUNIOR ONE HOUR RUN CHAMPS, July 26, 1974

1. Stanley Moulton, NMC, 10m, 12:45y; 2. John Vercoliano, GBTC, 10m, 9:33y; 3. Ron Drogaz, NMC, 10m, 8:44y; 4. Ron Knies, NMC, 9m, 14y; 5. Jack Barnett, NMC, 8m, 17:34y; 6. James Brodeur, Bridge, AC, 8m, 9:40y; 7. Edward DiLorenzo, SLMAC, 8m, 7:35y; 8. James Hays, NMC, 8m, 6:31y; 9. Tom McGrath, Jr., NMC, 7m, 15:57y; 10. Harry Fosdick, CSU, 7m, 9:48y; 11. Ed Whitney, NMC, 7m, 3:42y; 12. Sig Podlosny, NMC, 6m, 49y. (Silver winner: Stanley Moulton; Jr. Winner: Tom McGrath, Jr.) --Fred Brown Sr.--

NEAAAU SR. & NATIONAL POSTAL ONE HOUR RUN June 20, 1974. Very hot & humid.

1. Jim Cappozzato, Boston AA, 11m, 12:4y; 2. Ken Mueller, BAA, 11m, 14:5y; 3. Mike Baxter, BAA, 11m, 13:0y; 4. Earl McGilivray, NMC, 10m, 17:57y; 5. Stan Moulton, NMC, 10m, 6:75y; 6. Thomas Knatt, NMC, 10m, 6:10y; 7. Richard Johnson, NMC, 10m, 3:0y; 8. Louis Paul, CSU, 10m, 38y; 9. Kirk Pirangle, GBTC, 10m, 6y; 10. Wm. Squires, BAA, 9m, 15:40y; 11. Paul Schell, NMC, 9m, 12:6y; 12. Harold Gabriel, NMC, 9m, 12:56y; 13. Phil Ryan, BAA, 9m, 12:30y; 14. Robert Press, NMC, 9m, 10:5y; 15. Wayne Dingham, CSU, 9m, 4:00y; 16. Edward Hill, NMC, 9m, 10y; 17. Anthony Baxter, BAA, 8m, 14:00y; 18. Thomas McGrath, Jr, NMC, 8m, 8:2y. --Fred Brown Sr.--

ALL-COMERS MEET, MONDAY EVENING, JULY 15th D. W. Field Park, Brockton, Mass.

3-Mile- 1. Ed Spinney, 43:39; 2. Roger Welch, 46:20; 3. Jack Barnett, 46:23; 4. Ruben Bigelow, 47:56; 5. John Campbell Sr., 48:18; 6. James Brodeur, 50:10; 7. Ken Hayden, 56:13.
4-Mile- 1. John Babington, 19:13; 2. Jim Libby, 19:47; 3. Leo Libby, 20:22; 4. Mel Lightfoot, 20:47; 5. Ronnie Leonard, 21:44; 6. Russ Bigelow, 22:31.
2.5-Mile- 1. Wayne Doliad, 12:41; 2. Norman Leonard, 11:08; 3. Dan Leonard, 11:19; 4. Chris Spinney, 14:26; 5. Tony Libby, 15:00; 6. Craig Parent, 15:18.

5th MINI MARATHON, CONCORD, NEW HAMPSHIRE July 20, 1974 6:00 P.M. 75 degrees, 63 Miles

1. Ray Currier, unat., 1:10:53; 2. Harold Pfeife, HRR, 1:11:24; 3. Tom Dowling, BAA, 1:11:36; 4. John Dimick, GMAA, 1:11:38; 5. Ralph Thomas, ATRC, 1:11:49; 6. Dan Paul, NU, 1:12:50; 7. Keith Woodward, unat., 1:12:56; 8. Mike Baxter, BAA, 1:13:23; 9. Lesay Hall, NCAC, 1:13:33; 10. N. Coville, CSU, 1:13:39; 11. Pete Kuchinski, NMC, 1:13:45; 12. Terry Gallagher, unat., 1:14:09; 13. J.P. Sevis, TTAC, 1:14:30; 14. Chris Chambers, SAA, 1:14:58; 15. Walter Renaud, unat., 1:15:06; 16. Rock Meschon, NMC, 1:15:36; 17. Don Putnam, NMC, 1:15:54; 18. Jim Srenach, NMC, 1:16:06; 19. Scott Severance, LRTC, 1:16:44; 20. Mike Berry, GMAA, 1:16:49; 21. Stan Moulton, NMC, 1:16:59; 22. Sam Wincham, NMC, 1:17:06; 23. John Kettle, NCAC, 1:17:09; 24. Ron Stafford, NCAC, 1:17:29; 25. Mike Cryans, NCAC, 1:17:42; 26. Larry Stinson, LHAC, 1:17:56; 27. Walt Chadwick, TTAC, 1:18:48; 28. Tom Marr, NCAC, 1:18:48; 29. Kevin Haddock, LRTC, 1:19:14; 30. Bill McNulty, BAA, 1:19:43; 31. James Gray, NMC, 1:20:53; 32. Larry Berman, CSU, 1:21:03; 33. Keith Martell, unat., 1:21:52; 34. Charles Hanson, CSU, 1:22:03; 35. Robert Ludwig, NMC, 1:22:04; 36. Paul Schell, NMC, 1:22:10; 37. Al Feresbetian, TTAC, 1:22:54; 38. Steve Aldrich, TTAC, 1:22:57; 39. Mike

Hurton, NMC, 1:23:47; 40. Randy Brough, LRTC, 1:24:09; 41. Steve Ellis, BAA, 1:24:11; 42. Steve Durris, TTAC, 1:24:40; 43. John Clark, unat., 1:25:23; 44. Byron Riley, BAC, 1:25:41; 45. Dan Ellison, unat., 1:25:57; 46. Russ Cutting, TTAC, 1:26:08; 47. Mike Hughes, SSAA, 1:26:10; 48. Tom Foley, unat., 1:26:47; 49. Dick Saltmarsh, unat., 1:26:49; 50. Don Stowell, unat., 1:26:50; 51. Anthony Searbotta, TTAC, 1:26:55; 52. Eric Divers, LRTC, 1:26:59; 53. Bob O'Regan, NMC, 1:27:04; 54. Barry O'Neill, unat., 1:27:50; 55. Larry Martin, unat., 1:28:10; 56. Roland Vermette, NMC, 1:28:16; 57. Bill Keegan, SDC, 1:29:02; 58. Dick Perkins, unat., 1:29:34; 59. Mike Hanley, unat., 1:30:02; 60. Dean Albarino, GMAC, 1:30:17; 74. Sara Max Berman, CSU, 1:34:12, (98 finishers) --Fred Brown Sr.--

5.4-MILE RUN, CRANSTON, RHODE ISLAND July 21, 1974 Weather: Hot!

1. John Cedarholm, Boston AA, 27:27; 2. John Goodwin, BAA, 27:31; 3. Ray Danforth, RIC, 27:33; 4. Gen. Hagen, unat., 27:45; 5. Ron Dillon, URITC, 28:12; 6. Robert Gossley, Marin AC, 28:13; 7. Mike Griffin, unat., 28:18; 8. Terry Gallagher, unat., 28:24; 9. Willie Speck, BAA, 28:30 (ran off course with a long lead!); 10. Frank Carroll, CMS, 28:35; 11. Ray Marshland, unat., 28:45; 12. Tim Murphy, CMS, 28:50; 13. Bill Wynne, unat., 29:00; 14. James Gallagher, RIC, 29:08; 15. George Schobel, NMC, 29:10; 16. Jonathan Eber, unat., 29:22; 17. Dave McGilivray, NMC, 29:40; 18. Steve Olson, Bryant College, 29:46; 19. Harris Prescott, unat., 30:22; 20. John Davey, unat., 30:42; 21. Jim Shapiro, BAA, 30:45; 22. John Krolowski, unat., 30:50; 23. Jack Thornhill, NMC, 30:56; 24. John Douglas, unat., 31:03; 25. Phillip Prescott, unat., 31:08; 26. Ray Nelson, unat., 31:09; 27. Charles Ratti, NMC, 31:05; 28. Joe Crowley, unat., 31:39; 29. Bill Funicella, NCAAC, 31:46; 30. William Smith, unat., 31:55; 31. Mike Sherlock, unat., 32:05; 32. Matthew Hurd, NMC, 32:10; 33. James Storey, unat., 32:19; 34. Jeff Marcino, CMS, 32:21; 35. Mike Krolowski, unat., 32:27; 36. Albert Metayer, unat., 32:36; 37. Gordon Warren, CMS, 32:37; 38. Ed Hill, NMC, 32:42; 39. John L. Sullivan, CSU, 33:04; 40. Bill Doctor, CMS, 33:05, (76 finishers) --Fred Brown Sr.--

DEVELOPMENT MEET, BROCKTON, MASS. July 22, 1974

3-Mile Run (Short)- 1. Peter Kuchinski, 39:40; 2. John Lamade, 39:53; 3. Ed Spinney, 40:55; 4. Charles Ratti, 44:08; 5. Harry Nettler, 45:21; 6. Roger Welch, 45:47; 7. Henry Chyngas, 46:17; 8. Ruben Bigelow, 46:51; 9. Jack Barnett, 50:07; 10. Ken Hayden, 55:07.

4-Mile Run- 1. Robert McCusker, 18:35; 2. Jim Libby, 19:18; 3. Jason Washburn, 19:19; 4. Leo Libby, 20:09; 5. Donald Guidabios, 21:02; 6. Ronnie Leonard, 21:19; 7. Russell Bigelow, 21:42; 8. Ed Flannery, 21:57; 9. John Spinney, 22:20; 10. Dan Cole, 22:26.

2.1/2-Mile Run- 1. N. Leonard, 12:53; 2. Danny Leonard, 13:03; 3. Chris Spinney, 13:16; 4. Neil Cadorette, 13:35; 5. Tony Libby, 14:58; 6. Mike Doliad, 15:05.
4.5-Mile Walk- 1. Francis Maher, 37:47; 2. Fred Brown Sr., 38:27.

5-MILE RUN, LANCASTER, MASS. July 23, 1974. Weather: Ideal.

1. Roy Helm, unat., 26:25; 2. Kevin Krassicki, NMC, 26:36; 3. Cliff West, NMC, 26:57; 4. Jim Vinal, NMC, 27:00; 5. Dennis Siggins, NMC, 27:12; 6. Jason

Washburn, unat., 27:17; 7. Tom Knott, NMC, 27:28; 8. Chris Youngsaki, NMC, 27:30; 9. Louis Aguir, NMC, 27:34; 10. Jack O'Rourke, NMC, 28:21; 11. Eric Abi, NMC, 28:41; 12. Jake Mahoney, NMC, 28:53; 13. Bill Smith, unat., 28:59; 14. Paul Schell, NMC, 29:06; 15. Ed Hill, NMC, 29:25; 16. Stuart Thurston, NMC, 29:27; 17. Walter Hansen, NMC, 29:34; 18. Dave Kiddle, unat., 29:39; 19. Dwight Howe, NMC, 29:40; 20. Bruce Migell, NMC, 30:08; 21. Jake Laferriere, unat., 30:22; 22. Phil Sherman, NMC, 30:23; 23. Joe McCarthy, unat., 30:24; 24. Steve Gastonguay, unat., 30:41; 25. Ed Drapp, unat., 30:58; 26. Lionel Stewart, NMC, 31:13; 27. Austin Killeen, NMC, 31:18; 28. Bob Madden, unat., 31:21; 29. Ronald Dean, unat., 31:22; 30. Joe Piacentino, NMC, 32:00; 31. Chris Collins, unat., 32:03; 32. Ron LaFreniere, Sr., NMC, 32:05; 33. John Campbell, Sr., NMC, 32:06; 34. Jim Coggshall, NMC, 32:07; 35. Robert Yaffe, NMC, 32:30; 36. Claude Ellis, NMC, 32:33; 37. Bob Blanchett, NMC, 32:38; 38. Dave Withersbee, unat., 32:56; 39. John Nettle, NMC, 33:16; 40. Bob Smith, NMC, 33:28. (68 finishers) Record held by Jim Daley - 26:55.

5.6-MILE ROAD RACE, ASHBURNHAM, MASS.

July 27, 1974

1. Robert Gormley, Maria AC, 29:38; 2. John Jarek, NMC, 30:13; 3. Chet Fortier, NMC, 30:17; 4. Greg Mivala, Gardner H.S., 31:09; 5. Steve Proust, NMC, 31:24; 6. Gene Dumarzano, Con. Cath. HS, 31:45; 7. Eric Abi, NMC, 31:49; 8. Joe Keegan, Fitchburg HS, 32:02; 9. Ray Haaker, U. of Kansas, 32:12; 10. Bill Smith, unat., 32:28; 11. Jeff Bean, Murdock HS, 32:37; 12. Charles Katti, NMC, 32:38; 13. John Leger, St. Bernard's HS, 33:06; 14. Walter Hanson, NMC, 33:10; 15. Steve Gastonguay, St. Bernard's HS, 34:42; 16. Jim Storey, Uxbridge HS, 35:29; 17. Austin Killeen, NMC, 35:38; 18. Robert Madden, unat., 35:50; 19. Steve Nettle, NMC, 36:24; 20. John Campbell Sr., NMC, 36:50; 21. George Lattarulo, NMC, 37:43; 22. John Nettle, NMC, 37:55; 23. Richard Rogers, NMC, 40:30; 24. Joe Hebert, unat., 41:45; 25. Ernie Miles, unat., 41:56. (38 finishers) --Fred Brown Sr.--

1st ANNUAL 8.2-MILE RUN, CHELMSFORD, MASS.

July 28, 1974. Weather: Hot! Sponsored by the Chelmsford Elks. (95 starters, 89 finishers)

1. Earl McGilvary, NMC, 41:16; 2. Joe Kolb, NMC, 41:29; 3. Ken Mueller, Boston AA, 42:00; 4. Jim Stronach, NMC, 42:07; 5. Don Puzam, NMC, 42:48; 6. Walter Renaud, unat., 43:02 (1st Over 40); 7. Louis Aguir, NMC, 43:36; 8. Dave McGilvary, NMC, 43:50; 9. Larry Newman, GBTC, 43:52; 10. Tony Sapenza, BAA, 44:07; 11. Ron Gail, NMC, 44:24; 12. John Robertson, Jr., NMC, 46:05; 13. Steve Curran, unat., 46:34; 14. Paul Schell, NMC, 46:39; 15. Gary Shanahan, unat., 47:32; 16. Bruce Celmins, unat., 47:40; 17. Bill Evans, NMC, 47:51; 18. Steve McCabe, NMC, 48:01; 19. Mike Durdovic, CSU, 48:28; 20. Robert Accoin, NMC, 48:33; 21. Ed Hill, NMC, 49:04; 22. Tom Peters, YMCA, 49:10; 23. Roger Perham, NMC, 49:31; 24. Charles Simons, Lowell Tech, 49:43; 25. Tom Faucher, unat., 49:52; 26. Robert Dehan, unat., 50:26; 27. Bill Day, CSU, 50:35; 28. Robert Clarizia, NMC, 50:52; 29. Bernard Shapiro, Lowell Tech, 50:58; 30. Frank Donovan, CSU, 50:59; 31. Ed Norton, NMC, 51:09; 32. Clair Paine, CSU, 51:12; 33. Joe Piacentino, NMC, 51:53; 34. Joe Kara, NMC, 52:09; 35. John Cah-

lane, NMC, 52:34; 36. James Sweeney, NMC, 52:47; 37. Jack Barnett, NMC, 52:49; 38. Richard Bernardin, unat., 52:53; 39. Pat Lynch, BAA, 53:05; 40. James Denamore, unat., 53:15; 41. Jim Tuckey, CSU, 53:35; 42. Bruce Elliott, unat., 53:39; 43. Jack Martin, unat., 53:41; 44. Bill Bradley, NMC, 53:49; 45. James Brodeur, unat., 53:56; 46. Mark Bugdon, Marion HS, 54:09; 47. Jim Hays, NMC, 54:13; 48. Dennis Slattery, LBC, 54:24; 49. Robert Blanchette, NMC, 54:36; 50. Mike Regan, LBC, 54:43; 51. Richard Prescott, unat., 54:44; 52. James Brodeur, unat., 55:08; 53. Oscar Costa, unat., 55:27; 54. John Begden, NMC, 55:32; 55. Henry Murphy, NMC, 55:44. --Fred Brown Sr.--

MONDAY EVENING MEET, D.W. FIELD PARK,

Brockton, Mass., July 29, 1974

5-Mile (Short) - 1. Ed Spinney, 40:14; 2. Peter Kuchinski, NMC, 40:59; 3. Jay Jardin, 42:28; 4. Russ DePenna, 44:40; 5. Harry Mettler, 45:10; 6. Paul Mettler, 45:41.
4-Mile (Short) - 1. James Libby, 20:00; 2. Ed Flannery, 20:22; 3. Charles Bell, 21:41; 4. Ron Leonard, 21:57; 5. Dan Cole, 22:29; 6. Bill Libby, 24:17.

2.5-Mile - 1. Norman Leonard, 13:07; 2. Chris Spinney, 13:39; 3. Tony Libby, 14:47; 4. Mike Dolloff, 14:51; 5. Brenda Carey, 15:34; 6. Craig Parent, 15:47.

1.5-Mile Walk - 1. Bruce Douglas, 41:51; 2. John Spinney, 42:04; 3. Neil Cadavere, 47:01; 4. Fred Brown Sr., 47:36. --Fred Brown Sr.--

1st ANNUAL HANSON LIONS 5-MILE ROAD RACE

Hanson, Mass., July 28, 1974 2 P.M.

1. Jim Kasia, CSU, 26:04; 2. Peter Kuchinski, NMC, 26:02; 3. Dick Field, BAA, 27:08; 4. Fred Doyle, BAA, 27:13; 5. Rusty Lamare, BAA, 27:32; 6. Robert Gormley, Maria AC, 27:51; 7. Robert Gray, NMC, 28:20; 8. Jim Libby, unat., 28:26; 9. John Saunders, NMC, 28:39; 10. Ed Sheehan, unat., 28:44; 11. Leo Libby, Jr., unat., 28:57; 12. Jake Mahoney, NMC, 29:08; 13. William Doolittle, unat., 29:08; 14. Ed Spinney, unat., 29:32; 15. Paul Roche, NMC, 29:23; 16. Richard McPherson, unat., 29:34; 17. Charles Dani, NMC, 29:37; 18. Mike Madsen, CSU, 29:41; 19. Larry Thode, GBTC, 29:51; 20. Ed Costello, unat., 30:18; 21. Bill Smith, NMC, 31:00; 22. John L. Sullivan, CSU, 31:14; 23. Joe Nes, Quincy YMCA, 31:23; 24. Jake LaFerriere, unat., 31:31; 25. Roger Welch, unat., 31:51; 26. Jim Storey, unat., 32:56; 27. Joe Ryan, unat., 33:04; 28. Harry Mettler, unat., 33:36; 29. Ed Menzies, unat., 33:33; 30. Fred Murray, unat., 33:40; 31. Clifford Brown, unat., 33:47; 32. Bob Haines, unat., 33:57; 33. Ronald Leonard, unat., 33:52; 34. Ken Soderholm, unat., 33:55; 35. Henry Chipman, unat., 33:58; 36. John Campbell Sr., NMC, 34:24; 37. Brian Lehey, NMC, 34:27; 38. Mike McCabe, BAC, 34:34; 39. Norm Leonard, unat., 34:43; 40. Philip McNulty, unat., 35:22; 41. John Spinney, NMC, 35:38; 42. Doug Mlich, unat., 35:40; 43. Frank Madico, NMC, 35:53; 44. Frank Perry, YMCA, 36:02; 45. Vic Urquaiola, NMC, 36:03; 46. Daniel Leonard, unat., 36:20; 47. Richard Rogers, NMC, 37:08; 48. Ed D'Amorino, unat., 37:35; 49. Ken Hayden, NMC, 38:10; 50. Robert Lakey, unat., 38:43; 51. Anthony Libby, unat., 39:04; 52. Chris Spinney, unat., 39:26; 53. Ken Taylor, unat., 39:44; 54. George Lebrun, unat., 39:45; 55. Brenda Carey, unat., 40:06 (1st Girl); 56. Alan McIsaac, unat., 40:57; 57. John Campbell Sr., NMC, 41:25; 58. Gregory O'Rourke, unat., 42:41; 59. Ronald Bruce, unat., 43:31; 60. Craig Parent, unat., 44:41; 61. Gary Sullivan, CSU, 47:25; 62. Tara McNulty, LAC, 48:08.

8-MILE RUN, NORFOLK, MASS.Sponsored by the North Medford Club, July 30, 1974
7:00 P.M. Weather: Hot & humid.

1. Bob Gormley, Marin AC, 43:52; 2. Joe Catalano, Boston AA, 43:53; 3. Ken Mueller, BAA, 43:54; 4. Robert Gray, NMC, 44:13; 5. Ron Drogan, NMC, 44:37; 6. Jack O'Rourke, NMC, 45:14; 7. Jake Mahoney, NMC, 45:43; 8. Charles Ratti, NMC, 47:15; 9. Henry Phelan, unat., 47:40; 10. Bill Smith, NMC, 47:54; 11. Joe Zooni, NMC, 48:00; 12. Ed Hill, NMC, 48:06; 13. Harold Gabriel, NMC, 48:07; 14. Bill Treeful, NMC, 48:53; 15. Julius Siegel, NMC, 49:27; 16. Steve Ruben, unat., 49:47; 17. Bill Dove, NMC, 49:48; 18. Ron Kmiec, NMC, 49:58; 19. Bob Torosian, unat., 50:06; 20. John Lisscott BAA, 50:15; 21. John Allison, NMC, 50:16; 22. Ted Datri, NMC, 50:18; 23. Dave Wassenaar, unat., 50:36; 24. Jim Stavey, unat., 50:44; 25. Ed Norton, NMC, 50:51; 26. Dario Herrera, M.D., NMC, 51:27; 27. Jeff Roberts NMC, 51:29; 28. Lionel Stewart, NMC, 52:08; 29. Jack Barnett, NMC, 52:13; 30. Pat Lynch, BAA, 52:18; 31. Joe Kara, NMC, 52:43; 32. Russ Underkoffler, unat., 52:53; 33. Bob Yoffe, NMC, 52:54; 34. Steve Noffle, NMC, 53:30; 35. Claude Ellis, NMC, 53:45; 36. Ron LaFreniere, NMC, 54:04; 37. Mark Bugden, NMC, 54:38; 38. John Noffle, NMC, 55:56; 39. John Bugden, NMC, 56:42; 40. Ken Hayden, NMC, 56:47. (54 finishers)

--Fred Brown Sr.--

6-MILE RUN, LYNN WOODS, MASS.

July 31, 1974, Hot & humid.

1. W.F. Newhall, Swampscott HS, 35:37; 2. Rick Purdy, Northshore TC, 36:28; 3. Chris Buchanan, Northshore TC, 36:52; 4. Phil Sheridan, Peabody HS, 37:17; 5. John Bird, Peabody HS, 37:23; 6. Roger Perham, NMC, 37:30; 7. Joe McClary, St. Mary's HS, 37:34; 8. Dave Cone Ayer HS, 38:29; 9. Chris Callahan, Bates, 38:36; 10. Dennis Baldwin, Salem State, 38:52; 11. John Robertson, NMC, 39:27; 12. Dan Dunn, Westfield State, 40:07; 13. Marty Dye, Swampscott HS, 41:37; 14. George Beza, Ayer HS, 41:50; 15. Phil Pelittier, Salem State, 41:55; 16. Ray Cusano, Waltham TC, 42:29; 17. Ron Freeman, English HS, 43:03; 18. Marty Kennedy, St. Mary's HS, 43:19; 19. John Kellnowski, Ayer HS, 46:25; 20. Jim Feldman, Ayer HS, 47:53; 21. John Reichold, Waltham TC, 53:55; 22. Fred Brown Sr., NMC, 64:48.

10-MILE ROAD RACE, PORTSMOUTH, N.H.

August 3, 1974 Very hot. 97 starters, 90 finishers.

1. Bruce Butterworth, 54:13; 2. Dana Heath, 60:18; 3. Don Dennis, 60:40; 4. Peter Anania, 60:43; 5. Harold Gabriel, NMC, 61:00; 6. Steve Prouty, NMC, 61:25; 7. Kevin Heath, 61:05; 8. Jeffrey Blanchard, 64:37; 9. Edward Hill, 65:10; 10. Paul Cynewski, 65:30; 11. Michael McCaffery, 65:15; 12. Alan Nathan, 66:00; 13. John Mastromardi, 66:30; 14. Marshall Jordan, 68:29; 15. Joel Stefanaki, 69:02; 16. John Campbell Sr., NMC, 69:45; 17. Steve Weber, 69:49; 18. James Donahue Jr., 70:29; 19. Robert Madden, 71:25; 20. Mark Bugden, NMC, 71:33; 21. David Weber, 71:39; 22. David Roberts, 71:46; 23. Richard Jaides, 72:00; 24. Howe Locke, 72:52; 25. Michael Sheffield, 72:53; 26. Charles Ott, 72:55; 27. John Bugden, NMC, 73:12; 28. Robert Blanchette, 73:35; 29. John Meehan, 73:20; 30. Claude Spence, 74:08; 31. Basil Richardson, NMC, 74:40; 32. Andrew Saltmarsh, 75:12; 33. Marty Schmidt, 75:40; 34. Peter Loughlin, NMC, 76:09; 35. Richard Rogers, NMC, 76:40; 36. Joe Luvial, 77:35; 37. Clifton Locke, 77:46; 38. James Gerow, 79:30; 39. Michael Gluchacki, 80:09; 40. Glen

- Erlandson, 80:45; 41. Alan Housewright, 82:49; 42. Daniel Rooney, 83:34; 43. Sigward Podloony, NMC, 84:05; 44. Henry Wolstat, 84:06; 45. Paula Davenport, 84:28; 46. Robert Ogg, Jr., 86:17; 47. Kenneth Sergeant, 86:26; 48. Christopher Daley, 86:28; 49. David Hopkins, 89:15; 50. Duncan McEachern, 89:27.

--Fred Brown Sr.--

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- 8th ANNUAL BEVERLY HOMECOMING 6-MILE ROAD RACE, BEVERLY, MASS.** August 5, 1974 6:30 P.M.
1. Mike Sabino, Baltimore CC, 32:28; 2. Brian Reinhold, Brandeis Univ., 32:40; 3. Earl McGilvery, NMC, 32:49; 4. John Cedarholm, BAA, 33:06; 5. Scott MacKenzie, unat., 33:10; 6. Dean Shonta, Shore AC, 34:30; 7. Fred Doyle, Boston AA, 34:19; 8. Joe Frontiero, NMC, 34:28; 9. Jeff White, unat., 35:13; 10. Dan Grace Millross AA, 35:28; 11. Chris Buckman, NMC, 35:40; 12. Michael Woods, unat., 35:43; 13. Michael Doherty, CSU, 35:52; 14. Paul Smith, unat., 35:53; 15. Tom Doherty, Boston State, 36:21; 16. Howard Radonhiser, Boston State, 36:24; 17. Michael Silverg, unat., 36:37; 18. Glenn Charboneau, BAA, 36:43; 19. George Dz, unat., 36:59; 20. Bill Mullen, NMC, 37:05; 21. Barry Reichold, unat., 37:30; 22. Paul Schell, NMC, 37:35; 23. Roger Perham, NMC, 37:37; 24. Bill Squires, BAA, 37:40; 25. Stephen Maston, unat., 38:13; 26. Stewart Rice, unat., 38:24; 27. Gerald Grasso, MVTC, 38:39; 28. Stephen Page, Beverly HS, 38:50; 29. Robt. Clarais, NMC, 39:08; 30. Stephen Cassala, unat., 39:15; 31. Rene LeClaire, unat., 39:41; 32. Paul Jordaa, unat., 39:42; 33. Tim Doherty, unat., 39:51; 34. Steve London, CSU, 40:15; 35. Richard White, unat., 40:29; 36. Jerry Pratt, unat., 40:42; 37. Mark Ginsberg, unat., 40:55; 38. John Puder, unat., 41:13; 39. Don Richard, unat., 41:19; 40. Phil Burns, unat., 41:20; 41. Craig Burton, unat., 41:23; 42. Robert Yoffe, NMC, 41:32; 43. James Tucker, CSU, 41:48; 44. Dave Flanders, NMC, 42:55; 45. Keith Barsanti, unat., 40:55; 46. Rick Purdy, unat., 41:56; 47. John Tomeson, unat., 42:19; 48. Russell Rollins, unat., 42:26; 49. John Campbell Sr., NMC, 42:44; 50. Steve Vartona, unat., 42:50. (89 finishers) --Fred Brown Sr.--

MONDAY EVENING MEET, D. W. FIELD PARK,

BROCKTON, MASS., August 5, 1974

- 8-Mile Run**- 1. Mike Baxter, BAA, 38:57; 2. Ed Spinney unat., 42:04; 3. Steve Ginns, unat., 43:00; 4. Ed Flannery, unat., 43:45; 5. Larry Thode, GBTC, 43:48; 6. Mike Madern, CSU, 44:10; 7. Charles Ratti, NMC, 44:54; 8. Jack Barnett, NMC, 46:03.

- 4-Mile Run**- 1. John Babington, NMC, 19:14; 2. Jim Libby, unat., 20:03; 3. Ronnie Leonard, unat., 21:29; 4. Joe Flannery, unat., 22:14; 5. Russell Bigelow, unat., 22:37; 6. Norman Leonard, unat., 23:37; 7. Al Doherty, NMC, 24:05; 8. Frank Melice, NMC, 24:14

- 2.5-Mile Run**- 1. Wayne Dolloff, unat., 12:48; 2. Neil Cadarette, unat., 14:00; 3. Chris Spinney, unat., 14:05; 4. Tony Libby, unat., 14:48; 5. Mike Dolloff, unat., 14:49; 6. Brenda Carey, unat., 15:40; 7. Stacey Dolloff, unat., 15:50; 8. Craig Parent, unat., 16:22.

- 5-Mile Walk**- 1. John Spinney, NMC, 43:19; 2. Fred Brown Sr., NMC, 49:00. --Fred Brown Sr.--

5.2-MILE ROAD RACE, HUDSON, MASS.

- August 6, 1974 7:00 P.M. - 1. Bruce Butterworth, 26:17 (New course record; Old mark, 26:51, 5 by Tom Dergerian, 1973); 2. Dean Shonta, Shore AC, 27:26; 3. Rick Bayko, NMC, 27:56; 4. Chris Younsdahl, 28:05;

5. Jake Mahoney, 28:38; 6. John Foster, 28:40; 7. Bill Doves, 28:45; 8. Jack O'Rourke, 29:03; 9. Steve Presby, 29:12; 10. Dave Wassenaar, 29:22; 11. Bill Moore, 29:24; 12. John Cahalane, 29:39; 13. Bill Smith, 29:46; 14. Steve Gardner, 29:53; 15. Bill Harriman, 30:04; 16. Paul Schell, 30:20; 17. Joe Zocch, 30:36; 18. Stewart Thurston, 30:47; 19. Dwight Howe, 30:55; 20. Charles Zilembo, 30:56; 21. Bruce Migell, 30:57; 22. Tom Faucher, 31:00; 23. John Allison, 31:17; 24. Ed Hill, 31:18; 25. Harry Fowler, 31:19; 26. Jim Storey, 31:20; 27. Bob Toranian, 31:29; 28. Lowell Stewart, 31:38; 29. Julian Siegel, 31:52; 30. John Peterson, 32:03; 31. Ed Drapp, 32:09; 32. John Donahoe, 32:10; 33. Ray Danahy, 32:12; 34. Harvey Fontaine, 32:19; 35. Ed Norton, 32:23; 36. Bob Madden, 32:30; 37. Russ Underkoffler, 32:32; 38. Fred Bertelsen, 32:43; 39. Ted Datri, 32:45; 40. Ron LaFreniere, Sr., 32:49; 41. Jeff Roberts, 32:53; 42. Bob Yaffe, 32:57; 43. Dario Herrera, M.D., 33:00; 44. Jim Brady, 33:21; 45. Chris Collins, 33:22; 46. Mark Bugden, 33:24; 47. Claude Ellis, 33:25; 48. Joe Kara, 33:28; 49. Ronald Dean, 33:43; 50. David Ellis, 33:46; 51. John Campbell Sr., 34:10; 52. Dave Schaffield, 34:24; 53. Joe Placentino, 34:28; 54. Jim Hays, 34:38; 55. Ray Furbush, 34:47; 56. Ed Morley, 34:49; 57. David Baagoe, 34:58; 58. Cyrus Kendrick, 35:13; 59. Victor Urquidolo, 35:17; 60. Stan Buslak, 35:17; 61. John Conliffe, 35:52; 62. Ken Hayden, 36:40; 63. Tom Lawrence, 36:41; 64. John Bugden, 37:19; 65. Ed Whitney, 37:42. (85 finishers)

NORTH MEDFORD CLUB 4.8-MILE HANDICAP RUN
Barrington, New Hampshire, Sat., August 20, 1974 1 P.M.
Weather: Hot! Rick Bayko, the time prize winner, fell a bit short of the 21:27 record which he set last year.

(65 starters, 60 finishers)	Actual Time
1. Paul Robertson, 36:10	4:00 32:10
2. John Robertson Sr., 37:52	3:00 34:52
3. Kasey Moulton, 39:44	13:00 26:44
4. Pat Mesere, 39:45	8:00 31:45
5. Tom McGrath Sr., 39:49	5:00 34:49
6. Stanley Keyes, 40:04	12:00 28:04
7. John Bugden, 40:23	9:00 31:23
8. Joe Placentino, 40:31	11:00 29:31
9. Claude Ellis, 40:58	12:00 28:58
10. Scott Webber, 40:54	15:00 25:54
11. John Lawlor, 41:06	15:00 26:06
12. Tim LaFreniere, 41:33	5:00 36:33
13. Carol Accola, 41:34	8:00 33:34
14. David Ellis, 41:37	12:00 29:37
15. Paul Trechal, 41:38	1:00 40:38
16. Ed Sienkiewicz, 41:21	8:00 33:21
17. Joel Stefanski, 41:24	18:00 23:24
18. Walter Hanson, 41:28	15:00 26:28
19. Bob Gordon, 41:41	6:00 35:41
20. John Campbell Sr., 41:44	12:00 29:44

FAST TIMES
L. Rick Bayko, 23:43; E. Jim Vital, 24:52; 3. Ron Dragan, 25:10; 4. Scott Webber, 25:54; 5. John Robertson Jr., 26:00; 6. John Lawlor, 26:06; 7. Walter Hanson, 26:25; 8. Paul Schell, 26:29; 9. Joe Zilembo, 26:42; 10. Kasey Moulton, 26:44. --Fred Brown Sr.--

10-MILE ROAD RACE, IPSWICH, MASS.
August 6, 1974 6:00 P.M. Temp. 72°, breezy.
L. Terry Gallagher, unat., 52:28; 2. Fred Doyle, unat., 54:13; 3. David McQuillan, NMC, 54:59; 4. Robert Gormley, Marin AC, 55:32; 5. Ron Gaff, NMC, 56:03; 6. Jeff White, unat., 56:14; 7. Charles Lang, unat., 57:59; 8. Mike Silveira, unat., 58:19; 9. David Frealey,

unat., 58:30; 10. Alan Hoffman, unat., 58:50; 11. Roger Parham, NMC, 59:14; 12. Charles Rami, NMC, 60:00; 13. Scott Webber, NMC, 60:18; 14. Jim Sheehy, unat., 60:22; 15. Jeff Ring, unat., 60:59; 16. Ralph Leonard, unat., 61:09; 17. Charles Shurcliff, unat., 61:39; 18. Everett Sandner, unat., 61:46; 19. Robert A. D'Alessandro, unat., 62:11; 20. Barry O'Neil, unat., 62:30; 21. Robert Accola, NMC, 63:17; 22. Phil Sheridan, unat., 64:22; 23. Joel Stefanski, NMC, 65:13; 24. Desmond McGuire, unat., 66:19; 25. Jim Tucker, CSU, 67:01; 26. Richard Bernardin, unat., 67:10; 27. Tony Fabrisas, unat., 67:17; 28. Richard Prescott, unat., 67:56; 29. Steve Valtonen, unat., 70:33; 30. William Crocker, NMC 70:19. (47 finishers) --Fred Brown Sr.--

4.8-MILE ROAD RACE, COHASSET, MASS. (NMC)
August 12, 1974 7:00 P.M. Weather: Warm.
Record for course held by James Crawford, 1973(21:55)
1. Scott MacKenzie, 22:42; 2. Rick Bayko, 23:55; 3. Dave McQuillan, 24:07; 4. Paul Roche, 24:26; 5. Jake Mahoney, 24:39; 6. Bill Harriman, 25:13; 7. Ron Gaff, 25:23; 8. Charles Rami, 25:26; 9. Bob Whitney, 25:47; 10. Ed Hill, 26:08; 11. Bruce Migell, 26:10; 12. John Allison, 26:43; 13. Ed Norton, 27:24; 14. Bob Yaffe, 27:50; 15. Tom Klich, 28:22; 16. John Campbell Sr., 28:31; 17. Joe Placentino, 28:58; 18. Tom McGrath, Jr., 29:14; 19. Henry Murphy, 29:28; 20. Frank Medico, 29:44; 21. Victor Urquidolo, 29:50; 22. John Bugden, 30:01; 23. Ken Hayden, 30:27; 24. Robert Myette, 30:40; 25. Pat Messere, 30:45. (13 finishers) --Fred Brown Sr.--

10,000 METERS ROAD RACE, SALEM, MASS.
August 18, 1974 6:45 P.M.
1. Bruce Butterworth, Seacoast TC, 31:06; 2. Brian Redbold, Ipswich Univ., 31:23; 3. Ken Mueller, BAA, 31:28; 4. Phil Ryan, BAA, 31:34; 5. Steve Ellis, BAA, 31:44; 6. Ron Cuyler, unat., 31:45; 7. Mike Sabina, BOC, 31:51; 8. Joe Catalano, BAA, 31:58; 9. Terry Gallagher, unat., 32:11; 10. Peter Ciomo, Tufts, 32:24; 11. John Cederholm, BAA, 32:19; 12. Richard Field, BAA, 32:28; 13. Michael Baxter, BAA, 32:28; 14. Mike Beard, CSU, 32:42; 15. Dave Beutick, NMC, 32:55; 16. Joe Ferro, NMC, 33:54; 17. Peter Stupe, BAA, 33:59; 18. Samuel Winbaum, NMC, 34:08; 19. Robert Severe, GBTC, 34:18; 20. Jeff White, Gloucester HS, 34:19; 21. Tim Thompson, Gloucester HS, 34:21; 22. Dana Heath, Seacoast TC, 34:23; 23. Mike Burton, NMC, 34:31; 24. Larry Brinson III, LRTC, 34:33; 25. Kevin Haddock, LRTC, 34:33; 26. W.F. Newhall, unat., 34:36; 27. Thomas Conneck, Lowell Tech TC, 34:39; 28. David Kramer, Bentley College, 34:42; 29. Tony Sapienta, BAA, 34:49; 30. Kevin Dalton, NMC, 35:11; 31. Jim Strosach, NMC, 35:28; 32. Jim McCarthy, Bentley College, 35:32; 33. Alan Hoffman, Gen. Mass. Striders, 35:33; 34. Jim Shapiro, BAA, 35:37; 35. Jack Thorhill, NMC, 35:40; 36. Mike Silveira, Gloucester HS, 35:45; 37. Wm. Dumil, unat., 35:46; 38. Kevin Heath, Seacoast TC, 35:47; 39. David Frazier, unat., 35:52; 40. Harold Gabriel, NMC, 35:58; 41. Roger Parham, NMC, 36:10; 42. Randy Brough LRTC, 36:17; 43. Brian Taylor, LRTC, 36:18; 44. John Lawlor, NMC, 36:26; 45. Scott Webber, Amesbury HS, 36:27; 46. John Robertson, NMC, 36:28; 47. Paul Schell, NMC, 36:32; 48. Stewart Thurston, NMC, 36:33; 49. Steven Masten, unat., 36:42; 50. Jonathan Steeves, unat., 36:48; 51. Harry Reinhold, B&W, 37:02; 52. Bruce Allison, B&W, 37:03; 53. John Bird, unat., 37:05; 54. Wm. Barth, NMC, 37:09; 55. Steve Borria, unat., 37:23; 56. Michael Tucker, Salem HS, 37:25. (157 finishers)

5-MILE RUN, FRESH POND, CAMBRIDGE, MASS.

August 1, 1974. Weather: Very hot. 118 finishers.

1. Mike Beard, CSU, 26:32; 2. Mike Roodlett, unat., 27:07; 3. Howard Rodenhiser, NMC, 27:26; 4. Ron Gaff, NMC, 27:43; 5. John Desmond, unat., 27:56; 6. Tom Cooper, unat., 28:12; 7. Bill Malia, CSU, 28:22; 8. Mark Berman, unat., 28:32; 9. Gale Smith, unat., 28:35; 10. Gary Lyons, BAA, 28:45.

5-MILE RUN, FRESH POND, CAMBRIDGE, MASS.

August 15, 1974. (59 finishers)

1. John Goodwin, Boston AA, 26:12; 2. Will Van Dyke, CSU, 26:59; 3. Louis Paul, CSU, 26:59; 4. John Hahington, NMC, 27:03; 5. Jim Stronach, NMC, 27:16; 6. Mark Berman, unat., 27:44; 7. Ron Gaff, NMC, 27:44; 8. Mike Hurten, NMC, 27:46; 9. Ed Connor, NMC, 27:54; 10. Ed Wood, CSU, 28:05. --Fred Brown Sr.--

5.7-MILE ROAD RACE, SCITUATE, MASS.

Sponsored jointly by the South Shore Dartmouth Club & the Scituate Chamber of Commerce. Saturday, August 17, 1974 11:00 A.M. Weather: Not a humid, 168 starters, 60 finishers)

1. Peter Kuchinski, NMC, 31:20; 2. Rusty Lamada, BAA, 32:42; 3. James Libby, Middleboro AC, 33:02; 4. George Junior, unat., 33:11; 5. Ron Gaff, NMC, 33:16; 6. Paul Roche, NMC, 33:22; 7. Bill Doolittle, unat., 33:36; 8. William Hess, unat., 33:46; 9. Leo Libby, Middleboro AC, 34:36; 10. Charles Ratti, NMC, 36:35; 11. Lonnie Bergeron, unat., 37:04; 12. Michael Rydberg, unat., 37:09; 13. Don Goldoboni, unat., 37:13; 14. Mike McGeeath, unat., 37:23; 15. Steve Magarian, unat., 37:27; 16. Bruce Migell, NMC, 37:31; 17. Steve McLaughlin, NMC, 37:33; 18. Christopher Williams, unat., 37:38; 19. Edward Hill, NMC, 38:15; 20. John Campbell Sr., NMC, 38:23; 21. Ronnie Leonard, Middleboro AC, 38:30; 22. Roger Welch, unat., 38:40; 23. Ted Mahoney, unat., 39:01; 24. Arthur Nargarias, unat., 39:18; 25. Bob Yudin, NMC, 39:43; 26. Russ Bigelow, Middleboro AC, 39:44; 27. Norman Leonard, unat., 39:45; 28. Dick Jordan, unat., 39:55; 29. Ed Norton, NMC, 40:04; 30. Tom McGrath Jr., NMC, 40:05; 31. Bill Libby, Middleboro AC, 40:24; 32. Chris Lindsey, unat., 40:35; 33. Danny Leonard, Middleboro AC, 40:05; 34. John Bugden, NMC, 41:08; 35. Nancy Caron, CSU, 41:14; 36. Dick Rogers, NMC, 41:15; 37. Victor Urquola, NMC, 42:22; 38. Larry Snow, unat., 42:39; 39. Frank Corey, unat., 42:52; 40. Neil Caddoretto, Middleboro AC, 43:40; 41. Ed Whitney, NMC, 43:44; 42. George Moyer, unat., 46:06; 43. Jim Doolittle, unat., 46:51; 44. Tom McGrath Sr., NMC, 48:59; 45. Craig Parant, Middleboro AC, 49:30; 46. Ed Field, NMC, 49:36; 47. Tony Libby, MAC, 49:43; 48. Sigmond Podlosny, NMC, 49:49; 49. Brenda Carey, unat., 49:56; 50. Thor Treadal, NMC, 50:53. --Fred Brown Sr.--

NEAAAU 20 KILO WALK CHAMPIONSHIP (OPEN)

August 18, 1974. (Course short due to bridge being closed)

1. Tom Knatt, NMC, 1:28:49; 2. Bob Faciele, Shore AC, 1:31:50; 3. Shaul Ladany, Long Island AC, 1:33:26; 4. Dennis Blattery, Lowell BC, 1:34:17; 5. Paul Scholl, NMC, 1:37:12; 6. Ray Floriani, Shore AC, 1:38:28; 7. George Lattarolo, NMC, 1:39:44; 8. Robert Morse, NMC, 1:40:39; 9. Peter Kuchinski, NMC, 1:42:08; 10. Tony Medeiros, NMC, 1:43:08; 11. John Gary, NMC, 1:44:30; 12. Bruce Douglas, NMC, 1:47:18. 130 starters, 29 finishers)

--Fred Brown Sr.--

STADIUM, MEDFORD, MASS.

Tuesday, August 20, 1974 6:30 P.M.

2-Mile- 1. Dave McGilvary, 10:20; 2. Paul Schell, 11:07; 3. John Spinney, 12:38; 4. Lionel Stewart, 12:41.

Masters 2-Mile- 1. Ron Gaff, 11:02; 2. Bruce Migell, 11:18; 3. Ed Norton, 11:51; 4. Daris Herrera, 12:45.

Women's 2-Mile- 1. Stephanie Nicolas, Liberty AC, 13:14; 2. Maureen Hanley, Liberty AC, 17:36.

3-Mile- 1. Peter Kuchinski, 16:00; 2. Ron Gaff, 16:17; 3. Bill Harriman, 16:33; 4. Louis Aguiar, 16:34; 5. Harold Gabriel, 16:51; 6. Leo Mallard, 17:00; 7. Bob Whitney, 17:40; 8. Joe Carlini, 17:42.

5K- 1. Fred Doyle, BAA, 21:04; 2. Howard Koliakosel, unat., 2:07; 3. Marty Callahan, unat., 2:09.

Mile- 1. Fred Doyle, BAA, 4:36; 2. Mark Berman, unat., 4:42; 3. Daniel Woodin, unat., 4:50; 4. Mark Dietemeyer, unat., 4:50; 5. Jim Stronach, 4:57; 6. Harold Gabriel, 5:08; 7. Bob Whitney, 5:08.

Women's Mile- 1. Cheryl Amalee, Liberty AC, 5:52; 2. Robin Meehan, Liberty AC, 6:23; 3. Kathy Walkmeyer, NMC, 6:24; 4. Elaine Thomas, Liberty AC, 6:29.

2-Mile Walk- 1. Paul Schell, 16:28; 2. Steve Babman, 16:37; 3. John Spinney, 17:38; 4. Peter Kuchinski, 17:50.

3.25-MILE CROSS COUNTRY RUN, LYNN, MASS.

August 21, 1974. Course: Rough. (Handicap)

1. Terry Gould,	21:51	1:00	20:51
2. Leon Freeman,	22:03	Go	22:03
3. Wes Foy,	22:37	1:00	21:37
4. Ron Freeman,	22:40	2:30	20:10
5. Richie Sokolow,	22:40	1:00	20:40
6. Brian McDermott,	23:08	1:30	22:38
7. Marty Callahan,	23:10	1:30	19:40
8. Clayton Becker,	23:15	Go	23:15
9. Carl Cox,	23:22	2:30	20:52
10. Richard Krivitsky,	23:53	Go	23:53
11. Robert Green,	24:05	Go	24:05
12. Dave Bergman,	24:07	1:45	22:22
13. Steve Rynkowski,	24:07	1:45	22:22
14. Dave Whitaker,	24:32	4:30	20:02
15. Paul Smith,	24:49	4:00	20:49
16. David Rubin,	25:10	Go	25:10
17. Elliot Ehrlich,	25:13	Go	25:13
18. Bob Smith,	25:35	6:40	18:55*
19. Robert Civilella,	25:38	Go	25:38
20. Kevin Fallon,	25:54	Go	25:54

(26 finishers) --Fred Brown Sr.--

10th ANNUAL SSC OF N. Y. SUMMER SPEED PROGRAM

Tuesday, August 13, 1974 7 P.M. at Queensborough

Community College, Bayside, N.Y. Sunny & warm 81°

Open 2-Mile- 1. Jim Rafferty, 21, unat., 9:39; 2. Pat Fallon, 20, Suffolk CC, 9:41; 3. Wayne Danzay, 20,

St. John's U, AA, 9:48; 4. Kenneth Mejia, 21, East Coast AC, 9:59; 5. Darryl Reese, 24, unat., 10:15; 6. Tom Toomey, 20, NYAC, 10:26; 7. David Mox, 19, unat., 10:31; 8. Fernando Castilla, 18, East Coast AC, 10:39.

Teenage 2-Mile- 1. Jon Williams, 18, Bruce TC, 9:43; 2. Tom Beasant, 18, Freeport TC, 10:02; 3. Dennis Carmody, 18, unat., 10:04; 4. Frank Rafferty, 16, unat., 10:19; 5. Bob Medley, 18, Bruce TC, 10:22; 6. John Bye, 17, Freeport TC, 10:27; 7. Wm. Jones, 17, ECAC, 10:29.

Women's 2-Mile- 1. Kathy Corrigan, 13, Brooklyn Strid, 12:53; 2. Ann Delan, 12, Brooklyn Striders, 13:13; 3. Miriam Persan, 16, O.H. Chesters, 13:40.

--Matt Cole--

Race Director

NORTH MEDFORD CLUB TRACK MEET, HORNEL

5. 6-MILE CROSS COUNTRY RACE

CAMP MATOLIGNEQUAY, MEDFORD LAKES, N. J.
(Held in conjunction with the 5th annual Mid-Atlantic
Cross Country & T&F Camp) Sunday, August 23, 1974
7:00 P.M.

1. Joe Germano, Sports East, 26:54; 2. Jim Allahand,
Penn AC, 27:59; 3. Mike Exton, Sports East, 28:09;
4. Ken Kling, Sports East, 28:22; 5. John Rosas, Glass-
boro State, 29:34; 6. Jay Hurley, Boardwalk Runners,
29:33; 7. John Coffey, Sports East, 29:36; 8. Scott
Chase, George Washington H.S., Phila., 29:40; 9.
Peter Dane, unat., 30:17; 10. John Wade, Glassboro
State, 30:38; 11. John Alexander, Widener College, Pa.
31:20; 12. Jack Exton, Sports East, 31:58; 13. George
Doring, unat., 32:32; 14. Jim Witcher, Phila., 34:29;
15. Steve Yanai, Sports East, 34:29.

5. 3-Mile Women- 1. Susie Buchanan, Paduklee, 16:
06; 2. Pat Barrett, Glassboro State, 16:44; 3. Val
Fisher, Paduklee, 17:29; 4. Cathy Wils, Paduklee,
18:32; 5. Ruth Yanai, Moorestown HS, 18:33; 6. Joanne
Zarrillo, 19. Matland Regional HS, 18:34; 7. Peggy
Fritz, Clayton, N.J., 18:42; 8. Robin Stryker, Paduk-
lee, 19:17; 9. Joann Stewart, Paduklee, 21:48.

5. 3-MILE ROAD RACE, YMCA CAMP CROCKETT,
AVIS MIL., N.J., Sunday, August 28, 1974 6:00 P.M.

1. Tom Donnelly, unat., Phila., 25:45; 2. Larry Rush,
Sports East, 26:32; 3. Tom Robinson, New York AC,
26:51; 4. Ken Kling, Sports East, 27:42; 5. Mike
Exton, Sports East, 27:59; 6. Seth Bergmann, unat.,
Phila., 28:31; 7. Michael Weinstein, Buffalo, N.Y.,
29:11 (1st HS); 8. Jay Hurley, Atlantic City HS, 29:19;
9. John Pitts, Palmerton, Pa., 29:35; 10. Rick Boone,
unat., 29:49; 11. Jim Witcher, unat., Phila., 30:00; 12.
Dave Harris, Sports East, 30:05; 13. Jim Hock, unat.,
30:09; 14. Bob Romanaky, Sports East, 30:18 (1st Vet.);
15. Leon Dreher, Penn AC, 31:03; 16. Jim Cordingly,
unat., 31:29; 17. Rick Love, Shore AC, 31:56; 18. Mark
Campton, unat., 33:24; 19. Roger Crockett, Carney's
Point, N.J., 33:38; 20. Steve Yanai, Sports East, 33:48;
21. Bill Piper, Palmerton, Pa., 36:35.

OHIO RIVER ROAD RUNNERS CLUB 6-MILE RUN
Terre Haute, Ohio, August 11, 1974

1. Jim Ackley, 32:36; 2. Jeff Rawlins, 35, 32:57; 3.
Bob Bowman, 17, 33:09; 4. Dave Lightle, 33:09; 5. Joe
Beasley, 33:26; 6. Barry Weaver, 33:46; 7. Howard
Wingert, 35:14; 8. Mark Diehl, 36:02; 9. John Farmin,
36:35; 10. Felix LeBlanc, 38:18; 11. Jerry Steinmetz,
38:29; 12. John Zerkle, 38:50; 13. Scott Sargent, 39:19;
14. Elver Gaston, 50, 39:35; 15. Bob Thompson, 40:
46; 16. Mike Deening, 40:52; 17. Jim Brown, 42:04; 18.
Gene Helton, 41:10; 19. Dick Quigley, 41:36; 20. Stewart
Johnson, 42:50; 21. Jack Sargent, 43:40; 22. Chuck
Smith, 44:39; 23. Jeff Meldon, 45:08; 24. David Ladd,
45:08; 25. Steve Schoemann, 46:48; 26. Mike Meldon,
52:00. (Course: 1 mile loop followed by a 5 mile loop,
rolling hills throughout.) Weather: Partly cloudy, 81°
*17 runners also participated in a 2 mile Fitness Run.

--Felix LeBlanc--

11th ANNUAL RRC OF N. Y. SUMMER SPEED PROGRAM
Clove Lake Park, Staten Island, N. Y., Aug. 27, 1974
7 P.M. (Third & final meet in series of three)

3-Mile Open & Vet Run- 1. Tony Colon, 22, NYAC,
14:09.1 (Fastest time for Series); 2. Al Buhl, 26, CJTC,
15:15; 3. Ray Lusa, 20, ECAC, 15:21; 4. Tom Moran,
20, Brooklyn, 15:35; 5. Ed Grizzo, 23, NYAC, 15:56;

6. Frank McCann, 23, Millrose AA, 15:56; 7. Jim Ber-
sen, 47, ECAC, 16:33 (1st Vet.); 8. Walter Gordon, 43,
SIAC, 16:37; 9. Bob Watson, 27, SIAC, 16:45; 10. Allan
Kaufman, 31, LI, 16:50; 11. Dan Dougherty Sr., 45, SIAC,
17:17; 12. Art Kijek, 46, LIAC, 17:38. (21 finishers)

3-Mile Teenage Run- 1. Hal Ognalgh, 17, ECAC, 15:25.2
2. Mike O'Donnell, 16, SI, 15:29; 3. Anthony Martinetti,
17, SI, 15:41; 4. Mark McCabe, 17, NY, 16:08; 5. Tom
Raymond, 15, GFTC, 17:03; 6. John DiFore, 18, Brook-
lyn, 17:21; 7. Via Damiano, 16, NYC, 18:00; 8. Bill Wolf,
16, NYC, 18:09; 9. Jim Ralho, 17, NYAC, 18:40; 10. Bob
Doran, 18, SI, 19:24. (Course Records: Open- Tony Col-
on, 1973, 13:35.8; Vet.- Joe Beasel, 1973, 15:24; Teen-
Mam Centrowitz, 1973, 14:00. --Joe Kleiserman--

11th ANNUAL ENCORE 5,000 METER RUNS
Van Cortlandt Park, Bronx, N. Y., Aug. 11, 1974
12:00 A.M.

5,000m Teenage Run - 1. Mike Hagon, 18,
BRRC, 16:08.6; 2. Curtis Minnie, 18, ECAC,
16:22; 3. Jerry Centrowitz, 18, NYAC, 16:
34; 4. Don Cotter, 16, Queens,
16:39; 5. Bob Siehl, 16, CJTC,
16:44; 6. Joe Chisholm, 15, BRRC, 16:43; 7. Mike Fair-
banks, 16, Scranton, Pa., 16:56; 8. Paul Gentile, 16,
Albany, 16:59; 9. Frank Rafferty, 16, Hollis, 17:00; 10.
Kevin Muehler, 17, Brooklyn, 17:05; 11. Jim Spangler,
15, BRRC, 17:06; 12. John Sullivan, 14, NYC, 17:07; 13.
Tom Grimes, 16, Glen Head, 17:10; 14. Kevin Nolan, 18,
NYAC, 17:17; 15. Tom Dowd, 16, Glen Head, 17:29; 16.
Tom Clark, 17, Brooklyn, 17:26; 17. Eric Krummenker,
17, L.I., 17:34; 18. John Bye, 17, FTC, 17:40; 19. Steve
Hurley, 17, Brooklyn, 17:49; 20. Claude Thomas, 16,
MFK, 17:52; 21. Jeff Rosen, 18, Ossining, 17:58; 22.
Mike Brennan, 16, Scranton, Pa., 18:00; 23. Chuck
Clark, 15, Albany, 18:18; 24. Charles Kondak, 17, BRRC
18:11; 25. Eileen Britt, 16, Flushing, 18:14. (60 starters,
55 finishes) Course Record: 15:33 by Matt Centrowitz,
1973.

5,000m Open Run- 1. Kevin McCarey, 20, New York
AC, 14:53.4 (New meet & course record; old record,
15:00.6 by Tony Colon, 1973); 2. Tom Nolan, 21, NYAC,
15:22; 3. Morgan Fenech, 23, Millrose AA, 15:39; 4.
Bill Bragg, 23, NYAC, 15:54; 5. Bruce Robinson, 23,
WBC, 16:01; 6. Jan Schmeier, 19, LIAC, 16:16; 7. Art
Hall III, 27, CTC, 16:20; 8. Paul Filiero, 21, Yorkers,
16:32; 9. Jim Berles, 24, WYTC, 16:34; 10. Hal Ognalgh,
17, ECAC, 16:44; 11. Hal Seal, 19, West Point, 16:54; 12.
Ray Lusa, 20, ECAC, 17:04; 13. Dr. D. Thomasow, 29,
Millrose AA, 17:23; 14. Jack Levy, 22, Brooklyn, 17:24;
15. Gene Toomey, 18, Millrose AA, 17:30; 16. Bill Web-
er, 16, N. Y., 17:34; 17. Bill Jones, 17, ECAC, 17:35;
18. Joe Beasel, 44, NYAC, 17:42 (1st Vet.); 19. Jared
McAllister, 30, Arona, 17:43; 20. Richard Becker, 28,
ECAC, 17:44; 21. Matteo Cucchiara, 31, NYAC, 17:56;
22. Don Pancross, 17, Mahopac, 18:03; 23. Joe Burns,
45, ECAC, 18:02 (2nd Vet.); 24. Frank Cucchiara, 19, LIAC,
18:20; 25. Jason Greider, 26, LIAC, 18:21; 26. David
Meins, 19, Flushing, 18:29; 27. John Murphy, 23, Mill-
AA, 18:35; 28. Larry Langer, 27, CJTC, 18:36; 29.
Anthony Keavey, 18, LIAC, 18:40; 30. Dan Dougherty,
36., 48, SIAC, 18:41 (3rd Vet.); 31. George Haller, 49,
NYC, 18:48; 32. Dex Ryan, 34, Bronx, 19:05; 33. Craig
Bennett, 25, BRRC, 19:07; 34. Ray Bevilia, 20, Bronx,
19:08; 35. Walter Gordon, 43, SIAC, 19:10; 36. Erol
Andersen, 19, MFK, 19:15; 37. John Calkin, 28, NY,
19:17; 38. Carlos Lopez, 19, MFK, 19:21; 39. Ray Flori-
ani, 22, Shore AC, 19:30; 40. Barry Kuttner, 20, 19:37.

N. Y. RRC SUMMER SPEED PROGRAM

Clove Lake Park, Staten Island, N. Y., August 6, 1974
1-Mile Open- 1. Brian Walsh, 19, S.L., 14:33; 2. Hugh Sweesy, 27, N.J., 15:26; 3. Dan Dougherty Jr., 19, SIAC, 15:30; 4. Bernie Wright, 27, SIAC, 16:05; 5. Fab Caputo, 23, SIAC, 16:09; 6. Dennis Driscoll, 22, Brooklyn, 16:19; 7. Phil Hein, 30, Brooklyn, 16:23; 8. Allen Kaufman, 31, Freeport, 16:43; 9. Jack Latoero, 19, Hunter College, 16:58; 10. Dan Dougherty, Sr., 46, SIAC 17:02 (1st Vet.); 11. Walter Gordon, 43, SIAC, 17:06; 12. Rene Gutierrez, 35, 52, 18:06; 13. Rich Wright, 27, SIAC, 18:36; 14. Bob Muller, 49, Brooklyn, 18:22; 15. Roberto Renny, 57, SI, 18:28. (24 finishers)

1-Mile Teenage- 1. Steve Keating, 18, St. John's AA, 14:43; 2. Mike O'Donnell, 16, SI, 14:56; 3. Joe Walsh, 17, Oakwood TC, 15:28; 4. Brian Swenson, 18, SI, 15:41; 5. Anthony Mannisetti, 17, SI, 15:54; 6. Frank Leasha, 17, Gary Frontier TC, 16:24; 7. Tom Raymond, 18, Brooklyn, 16:37; 8. Greg Haynes, 17, East Coast AC, 16:53; 9. Greg McLathie, 18, ECAC, 17:11; 10. Kevin Walsh, 18, SI, 17:26. (23 finishers) --Joe Kleinerman--

VAN CORTLANDT PARK STADIUM, August 9, 1974

6:00 P.M. (Last in series of four meets)

1-Mile Open & Vet.- 1. Morgan Fennell, 24, Millrose AA, 9:23.8; 2. Dr. Norbert Sander, Jr., 31, Millrose AA, 9:28; 3. Paul Piliero, 21, Yonkers, 9:54; 4. Billy Kleynia, 23, ECAC, 10:33; 5. Pat Baastick, 40, Mill. AA, 10:53 (1st Vet.); 6. Steve Russell, 35, ECAC, 11:08; 7. Joe Burns, 43, ECAC, 11:11 (2nd Vet.); 8. Jerry Neuberger, 21, NYPC, 11:08; 9. Rod MacNicholl, 43, Mill. AA, 11:33 (3rd Vet.); 10. Asher Gee, 22, Bronx, 11:52. (19 finishers)

1-Mile Teenage- 1. Curtis Minnie, 18, ECAC, 9:51; 2. Ray Allmendinger, 18, LEAC, 9:51.9; 3. Dennis Caromy, 16, Queens, 10:33; 4. Nick Murphy, 16, Mill. AA, 10:57; 5. Kevin Farragh, 16, Queens, 11:09; 6. Mike Ryan, 17, Queens, 11:19; 7. Chris Ryan, 18, Queens, 12:17; 8. Tyrone Williams, 12, MFK, 15:19; 9. Dawn Pearson, 16, MFK, 16:11; 10. Crystal Ingram, 16, MFK, 16:56; 11. Carol White, 14, MFK, 18:32.

HUDSON-MOHAWK RRC RESULTS

July 28, 1974 Albany, N. Y. - 1-Mile- 1. Stan Rosenberg, 23:57. 1/2-Mile- 1. Walt Kinsley, 39:02; 2. Nat Friedman, 40:45; 3. Howard Stratton, 43:09; 4. Burke Adams, 44:07.

7th ANNUAL ALBANY YMCA DISTANCE RUNNING

JAMBOREE (SUNY) July 21, 1974

1-Mile- 1. Larry Fredrick, NYAC, 55:40; 2. D. Larsen, CTC, 57:49; 3. Lloyd Rysylainen, unat., 58:02; 4. Jim Bowles, WVTC, 59:17; 5. T. Bourgeois, unat., 66:58; 6. R. Decker, unat., 69:37; 7. E. Thomas, Jr., CTC, 72:26; 8. J. Malloy, unat., 84:55.

1/2-Mile- 1. S. Jones, Adie TC, 26:20; 2. Larry Fredrick, NYAC, 26:47; 3. Tom White, unat., 27:16; 4. R. Wiltshire, NYPC, 28:04; 5. B. Mastia, CTC, 28:08; 6. W. Roe, CTC, 28:38; 7. P. Nash, unat., 29:05; 8. B. Boyle, CTC, 29:52; 9. Jim Bowles, WVTC, 29:56; 10. B. Diets, CBA, 30:26.

1.25 Miles (10-19 Years)- 1. K. Kiril, CTC, 17:57; 2. P. Stewart, DRR, 18:21; 3. Bill Shrader, CTC, 18:40; 4. Burke Adams, CTC, 22:12; 5. S. Shores, TF, 23:35. 16-19 Years- 1. Gage Hotchkiss, CTC, 20:17; 2. Dave Willig, unat., 20:50; 3. R. Kurts, unat., 21:27; 4. B. Rother, unat., 21:30; 5. J. Aronson, unat., 24:08. (50-59)- 1. J. Ross, CTC, 22:57; 2. W. Shrader, 23:58.

1.5-Mile Boys (14-17)- 1. D. Shrader, CTC, 12:46; 2. S. Cummings, WAS, 12:51; 3. P. Gestle, CTC, 13:02. 1-Mile Women- 1. Cathy Shrader, ECGAC, 32:07; 2. M. Pulver, ECGAC, 39:45.

1.5-Mile (Girls 14-17)- 1. Cathy Shrader, ECGAC, 16:21; 2. D. Soeller, ECGAC, 17:01; 3. A. Christina, TF, 17:26

THE FIRST ANNUAL ROXBURY DAY MASTERS RACES

July 27, 1974. 85%, high humidity. Course is a six-mile loop on gently rolling asphalt roads in Succasunna, N. J.
Men's 5-Mile (40-49)- 1. Via Fassetti, 42, Wethersfield, Conn., 32:43.8 (av. 5:27/mile); 2. Colin Beer, 41, Englewood, N.J., 34:29; 3. Walt McConnell, 42, Jefferson Twp., N.J., 34:57; 4. Carman Hagelgans, 43, Bethlehem, Pa., 35:09; 5. Russell Glaz, 42, Beeson Twp., N.J., 36:36; 6. Ray Alley, 46, Madison, N.J., 37:29; 7. Art Kijak, 44, Oceanide, N.Y., 37:45; 8. Harry Henriquez, 47, Basking Ridge, N.J., 38:05; 9. Gene Maynard, 42, Chester, N.J., 38:29; 10. Bob Kapell, 48, Mountain Lakes, N.J., 39:31; 11. Nat Cirovnick, 44, Rosedale, N.Y., 39:15; 12. Wm. Henn, 43, Clifton, N.J., 40:45; 13. Robert Hibbert, 41, Lexington, Ky., 43:08; 14. Alex Campbell, 46, Lexington, Ky., 44:54; 15. Frank Davis, 40, Lake Hopatcong, N.J., 46:48; 16. Jerry Leighty, 43, Succasunna, N.J., 47:17; 17. James McGrath, 46, Sparta, N.J., 48:00; 18. Joe Severini, 46, Wharton, N.J., 50:15; 19. Mary Ann Hodgeon, Succasunna, N.J., 51:18.

Men's 4-Mile (50-59)- 1. Dr. George Sheehan, 55, Rumson, N.J., 37:57; 2. Louis Lago, 56, Stanhope, N.J., 40:53; 3. Ross Yates, 53, Bethlehem, Pa., 44:40; 4. William Daniel, 58, Morristown, N.J., 51:31; 5. Wendell Wright, 53, Sparta, N.J., 55:43.

Men's 6-Mile (60-69)- 1. John Wall, 60, Baltimore, Md., 39:09; 2. George Major, 60, Camp Springs, Md., 40:03; 3. Cole Keeig, 68, Westfield, Mass., 43:11; 4. William Brobeton, 61, NYC, 43:26; 5. Michael O'Hara, 61, Union Dale, L.L., 48:20.

Men's 4-Mile (70+)- 1. Percy Perry, 70, Jersey City, N.J., 61:33.

Women's Mile (Over 30)- 1. Sarah Lucynak, 41, Hopatcong, N.J., 7:04.1; 2. Maria Lago, 42, Stanhope, N.J., 8:00; 3. Ann Cirovnick, 39, Rosedale, L.I., 8:16; 4. Isabel McConnell, 41, Jefferson Twp., N.J., 8:43; 5. Elsie Henn, 40, Clifton, N.J., 9:02. --K.G. Campbell--

1st ANNUAL STOCKBRIDGE (MICH.) 5-MILE ROAD

RACE, August 18, 1974 (84°)

1. Eric Kemper, 30, Lansing, 24:08; 2. Richard Bennett, 17, Jackson, 24:15 (1st MS); 3. John Haslem, 33, Lansing, 24:19; 4. Forest Brown, 18, Jackson, 24:23; 5. Dan Zemper, 17, Howell, 24:29; 6. Peter Chetnik, 18, Ann Arbor, 24:37; 7. Palmer Schock, 22, Ann Arbor, 25:06; 8. Pat Bueher, 18, Ann Arbor, 25:13; 9. Clark Beegle, 17, LaSalle, 25:39; 10. Steve Georgopoulos, 18, Jackson, 26:44; 11. Tim Froux, 15, Brighton, 26:45; 12. Brian Beckwell, 16, Leashe, 28:13; 13. Ed Ranso, 13, Lansing, 28:52; 14. Don Miller, 15, Saline, 28:52; 15. Jeff Sprague, 18, Chelsea, 28:57; 16. Rick Owen, 23, Leapear, 28:42; 17. Rusty Edmonds, 16, Howell, 28:46; 18. Dave Avery, 20, Rochester, 29:26; 19. Duncan Howard, 17, Jackson, 29:22; 20. Tim Roby, 18, Plainfield, 30:18; 21. Jerry Smith, 25, Lansing, 30:21; 22. Al King, 17, Gregory, 30:25; 23. Chet Wallenwie, 55, Jackson, 30:29; 24. Joel Van Roekel, 25, Lansing, 30:43; 25. Drake Vader, 15, Brighton, 30:52; 26. Jim Davis, 15, Brighton, 30:52; 27. Tim Markham, 14, Brighton, 31:11; 28. Raymond Kubisiak, 15, Brighton, 31:36. (55 starters, 47 finishers)

MID MICHIGAN TRACK CLUB 5.4 MILE RUN

Baneroff Park, Lansing, Michigan, August 13, 1974
 Milly, loop course. Temp. 81 degrees.
 1. Williams, 26:57; 2. B. Keller, 29:29; 3. Leisbach, 29:53; 4. Haslem, 30:30; 5. Putter, 30:36; 6. Mark Hansen, 30:38; 7. Schafer, 31:03; 8. Crane, 31:25; 9. Dave Biergans, 31:55; 10. Dave Hansen, 31:55; 11. Mark Barrow, 32:18; 12. Tom Townsend, 34:42; 13. Danell Tamant, 34:45; 14. Chris Clark, 35:01; 15. Jim LeClear, 35:13; 16. Fred Halsbeck, 36:13; 17. Mike Bahr, 37:33; 18. Kevin Leeman, 37:33.

1.6-Miles- 1. Bob McClansley, 21:54; 2. Steve Smith, 23:05; 3. Mary Hall, 24:35; 4. Vern Shipley, 25:09; 5. Chris Hansen, 25:54; 6. Howard Robinson, 35:56.

1-Mile- 1. Tim Willie, 16:59. --Gordon N. Schafer--

PAUL STEMMER OUTDUELS 800 NAMES IN FORT STANWIX RUN, ROME, N. Y., Sunday, August 4, 1974

The pre-race hoopla over a pair of four-minute millers failed to upset Paul Stemmer.

It apparently pushed the Rochester Track Club star to new heights as he breezed past Barry Brown of the Florida TC in the final two miles to win the Fort Stanwix 20 kilo run over the historic route to the Oriskany Battlefield Monument.

Practically from the start of the race, marked by the musket fire of the Mohawk Valley Muscle Leaders, the cream of the roared field of more than 100--Stemmer, Brown, Charles McMullen of the New York AC and Brian Dodge of Utica, Stemmer's teammate at Allegheny Junior College - moved to the top.

Stemmer, who is headed for Penn State this fall, was neck and neck with Brown as they returned up Erie Blvd. on the home leg from the Battlefield. He pulled away with a gutsy final two-miles. The pair had traded the lead several times.

Brown and McMullen were being touted as the class of the field since both had shattered the magic four-minute mile barrier within the past three months. McMullen ran an outstanding sub-four mile last month in the Boston Invitational, while competing for the University of Missouri.

"I'm not as good a distance runner as I am a miler," McMullen offered. "Some of those guys run 300 miles a week, while I do about 30."

Brown, who was visiting in the Albany area, ran a 3:58 mile last May in Gainesville, but doesn't put much stock in it.

The 30-year-old, who starred for Colton Central and Providence College, is basically a steeplechaser who says he doesn't have the blazing speed a miler needs for the last-lap kick.

"I had been setting the pace for Marty Liquori and was going to run three quarters before dropping back. But I felt good and kept going," he said.

1. Paul Stemmer, Rochester TC, 64:40.8; 2. Barry Brown, Florida TC, 65:34; 3. Brian Dodge, Utica, 65:43; 4. Charles McMullen, NYAC, 67:04; 5. Larry Fedrick, Iliac, 67:23; 6. Herb Lorens, Penn AC, 68:35; 7. Tom Stember, 69:36; 8. Francis Verdoliva, 69:59; 9. Dave Dohertynski, Syracuse, 69:54; 10. Dave Cortal, 70:21; 11. Keith Bennan, Utica, 70:57.

1st Rome Runner: Budd Coates, 73:29.

1st Master's Div: Fred Davis, Mansfield, Pa., 78:27 (47th overall)... 1st Senior Master's Div: Arnie Briggs, 59, Syracuse, 87:07 (105th).

Kathy Shrader, 16, of Albany, was the top woman finisher, taking 99th in 86:53. Team: Utica Pacemakers.

3rd ANNUAL HUNTSVILLE TC-ALABAMA ABM

10,000 METER ROAD RACE, June 22, 1974

Despite morning heat and humidity causing nine runners to quit, 34 finished.

1. Wayne Roach, Atlanta TC, 32:37; 2. Charles Gover, DTC, 33:19; 3. Dave McKanaan, HTC, 33:24; 4. Steve Bolt, HTC, 33:40; 5. Bob Varaha, ATC, 33:58; 6. Harold Tinsley, Sr., 37, HTC, 38:49; 7. Tim Black, 15, HTC, 38:57; 8. Chuck Rabin, Huntsville, 38:57; 9. Royce Williams, DTC, 38:59; 10. Mike Dickerson, 18, HTC, 39:09; 11. Tony Liu, HTC, 39:56; 12. Jerry Halsey, Haleyville, 39:59; 13. Harold Tinsley, Jr., 11, HTC, 39:59; 14. Mike Sewell, Haleyville, 39:56; 15. Bob Duncan, HTC, 40:48.

TROY TRACK CLUB MULTI-RUNS-FOR-FUN

Troy, Alabama, June 26, 1974

10-Miles- 1. Nick Coates, 47, 55:57 (av. 5:35.7); 2. Larry Grant, 19, 64:54; 3. Winston Howell, 32, 66:48; 4. Jack Bailey, 30, 68:23.8.

5-Miles- 1. Matt Thomas, 18, 34:48; 2. Don Foy, 30, 35:10.

1-Mile- 1. Doug Kelley, 18, 17:30; 2. Ronnie Uptain, 14, 18:10; 3. Pat Fagan, 18, 23:22.

2-Miles- 1. Tom Barrantino, 18, Tallahassee, 11:59; 2. Ron Stephens, 18, Montgomery, 12:18.

3-Mile (Women)- 1. Pam Coates, 12, 5:33.6; 2. Ashley Vickory, 7, 6:42; 3. Carolyn Davis, 19, 8:29.

1-Mile (Men)- 1. Dale Dirksens, 17, NW Fla., 5:21; 2. Thad Parsons, 46, Montgomery, 5:27.

These multi-runs were conducted under good conditions at night on the asphalt track in Memorial Stadium.

ATLANTA'S 10 KILO RACE DRAWS RECORD 765

Atlanta, Ga., July 4, 1974- Barry Brown, Fla. TC & Scott Eden, of Duke, got led off course near the end, permitting Wayne Roach of Atlanta TC to win. Partial results of this fantastic race.

1. Wayne Roach, ATC, 30:47 (Record); 2. Lee Fidler, ATC, 31:24; 3. Don Kennedy, Appal., 31:28; 4. Barry Brown, Fla. TC, 31:32; 5. Greg Camp, Atlanta TC, 31:36; 6. David McHannon, HTC; 7. Scott Eden, 31:43; 8. Dennis Spencer, 31:47. 20-24- Rick Stetson, Troy TC, 33:37 (Age Record); 2. Alec Plem, FTC, 34:32; 3. Ken Webster, 34:38, 35-39- L. H. Tinsley, Sr., HTC, 34:42, 40-44- L. Jim Montgomery, Daytona Beach, Fla., 37:40; 2. Bill Mead, 37:49, 45-49- 1. Vernal Spaulding, DTC, 38:23, 50-54- 1. Chas. K. Gibson, CTC, 38:28. Over 50- 1. Joe Shepherd, KTC, 42:59; 2. John Calmann, NYTC, 42:50. Women- 1. Gail Barron, 38:40 (4th win in 3 years!) --Nick Coates--

DC DEC 10 KILO ROAD RUN, ANNANDALE, VA, August 6, 1974

1. Cliff Clark, 19, USAF, 31:39; 2. Jack Mahoris, NC-TC, 32:17; 3. Ray Morrison, WSC, 33:21; 4. Don Dewitt, 33:33; 5. Nils Forstvedt, Norway, 33:41; 6. John Henry, 16, 33:58; 13. Mike Heylin, 43, 35:55; 26. Bob Norman, 30, 35:38; 54. Kathy Good, 16, 45:52. 60 finished. 75°, cloudy, overcast.

1-Mile Track - 1. Gary Darby, 9:25; 2. John Barnes, 9:49. --Henry Dale--

N. Y. ERC SUMMER SPEED PROGRAM

Queensborough Comm. College, Bayside, L.I.

Tues., August 20, 1974 7:00 P.M. 80°, sunny.

Open 2-Miles- 1. Kevin McCarey, 20, NYAC, 8:56.8

CCC Track Record; 2. Tom Cappellano, 20, SJUAA.

9:54; 3. Paul Coffin, 22, unat., Iowa, 9:59; 4. David Moin, 19, Flushing, 10:09; 5. Tom Balleasare, 19, Shore AC, 10:31; 6. Tony Keavey, 38, LLAC, 10:41.

Teenage 2-Mile- 1. Tom Bessel, 18, Freeport TC, 10:01.3; 2. Dennis Carmody, 16, Whitestone, 10:04; 3. John Bye, 17, Freeport TC, 10:17; 4. Pete Aiello, 16, Rockland RRC, 10:19; 5. Charles Kondak, 17, RRRCC, 10:36; 6. Jose Inquierdo, 17, Freeport TC, 10:41.

Veteran's 2-Mile- 1. Joe Bessel, 44, NYAC, 10:38; 2. Art Kijck, 44, LLAC, 11:11.

Women's 2-Mile- 1. Kathy Corrigan, 13, Brooklyn Striders, 12:39; 2. Miriam Perzan, 16, O.H. Chesters, Woodhaven, L.I., 12:55. --Matt Cole--

PLANKTON FESTIVAL 1-MILE RUN, AVILA BEACH, CALIFORNIA, August 17, 1974

1. John Beaton, 20, Cal Poly SLO, 15:24; 2. Martin Melasco, 25, Cal Poly SLO, 15:32; 3. Luis Arreola, 17, San Luis Obispo HS, 15:52; 4. Jon Root, 20, U.S. Int'l Univ., 16:17; 5. Len Thornton, 43, Sierra TC, 16:27 (Vets course record); 6. Vic, Ray Berguia, 17, Arroyo Grande HS & Brian Waterbury, 26, San Luis Distance Club, 16:37; 8. Danny Wolfe, 17, Arroyo Grande HS, 16:37; 9. Roger Warner, 18, Cal Poly SLO, 16:57; 10. John Herbo, 25, Harvard Univ., 17:04; 11. Gary Carnes, 16, Atascadero HS, 17:11; 12. Jack Chao, 40, San Luis D.C., 17:13; 13. Mark Anderson, 27, Atascadero, 17:14; 14. Richard Welch, 16, Atascadero HS, 17:15; 15. Mike Thornton, 16, Sierra TC, 17:16; 16. Stan Rosenfield, 26, San Luis Distance Club, 17:17; 17. Jim Casper, 31, SL-DC, 17:20; 18. Scott Thornton, 13, Sierra TC, 17:23; 19. Tony Arreola, 14, San Luis HS, 17:27; 20. Ray Penn, 34, Corona Del Mar TC, 17:30; 21. Dave Farmer, 29, San Luis DC, 17:47; 22. Tony Gravance, 18, Cuesta College, 17:57; 23. Dan Williamson, 39, San Luis Obispo, 17:58; 24. Frank van der Baan, 28, Culver City AC, 18:03; 25. Allen DeWosco, 26, Univ. of Fla., 18:37...35. Barbara Arreola, San Luis Jr. HS, 20:19...41. Paul Spangler, 75, Multnomah AC, 25:12...44. Lisa Ann Saria, 7, San Luis Obispo, 28:20...43. Dana Casper, 8, Arroyo Grande, 28:43. --Stan Rosenfield--

ADUDELL BEATS ZIEGLER IN 10 KILO RACE

Tulsa, Okla., Sat., August 17, 1974- Larry Adudell beat Terry Ziegler in the Tulsa Bunning Club's 10km (6.2 miles) race at Mohawk Park. It was a very warm day with the temp. in the low 80's and the humidity around 75%.

3-mi. 6-mi.
 1. Larry Adudell, Tulsa, 29, 32:01 (39:28, 30:59)
 2. Terry Ziegler, 21, Norman, 32:53 (35:24, 30:29)
 3. Chas. Cottle, 79, Bartlesville, 33:51 (39:34, 32:10)
 4. Larry McDonald, 20, Broken Arrow, 34:58; 5. Brent Wooten, 24, Tulsa, 35:47; 6. Howard Short, 22, Tulsa, 35:56; 7. Glenn Town, 24, Tulsa, 35:56; 8. Michael Eilia, 22, Norman, 36:03; 9. Larry Endicott, 30, Tulsa, 36:27; 10. Tom Kempf, 50, Bartlesville, 37:16; 11. Gary Martin, 22, Lawton, 37:56; 12. Jimmy Gray, 32, Okla. City, 38:17; 13. Norman Sloan, 37, Tulsa, 39:06; 14. Dave Watts, 27, Stillwater, 39:26; 15. Bob Baker, 37, Broken Arrow, 39:29; 16. Art Browning, 43, Tulsa, 40:04; 17. Paul Rodden, 33, Tulsa, 40:11; 18. Harold McDonald, 46, Broken Arrow, 40:45; 19. Jon Richardson, 17, Tulsa, 42:06; 20. David McClendon, 18, Tulsa, 42:12; 21. Bruce Macbulla, 39, Tulsa, 42:50; 22. Stan Warren, 36, Oklahoma City, 43:21; 23. Rich Houch, 24, Tulsa, 43:44; 24. Robert Greenwald, 17, Bartlesville, 44:26; 25. Arnold Lakowitsch, 43, Bartlesville, 44:31; 26. Jimmy Butler, 53, Nowalla, 55, 44:43; 27. Bill

Thorpeon, 41, Jenks, 45:32; 28. Bill Ryan, 43, Tulsa, 45:54; 29. Wendell Shaffer, 35, Ponca City, 48:44.
 (31 starters and 29 finishers)

2-MILE RACE

1. Mike Houghton, 14, Tulsa, 11:29; 2. Kent Zwayer, 16, Tulsa, 11:36; 3. Bill Boggs, 39, Tulsa, 11:37; 4. Mark Ross, 33, Tulsa, 12:28; 5. Bobby Ladd, 15, Tulsa 12:34; 6. Charles Clark, 24, Tulsa, 13:06; 7. Sylvia Daniels, 25, Austin, Texas, 13:12; 8. Dixie Marques, 16, Tulsa, 13:16; 9. Ismael Marques, 36, Tulsa, 14:23; 10. Dan Thurman, 13, Tulsa, 14:32; 11. Art Wade, 53, Tulsa, 14:39; 12. G.T. Goswick, 57, Tulsa, 14:40.
 (28 finishers) --Vern Whiteside--

LARRY ADUDELL WINS ANDY PAYNE MARATHON

Weatherford, Okla., Sat., August 3, 1974 - Larry Adudell ran a personal best and won the 2nd annual Andy Payne Marathon. A field of only 10 started and 6 finished. The weather was excellent for racing. The temperature was in the low 60's with slight rain showers.

1. Larry Adudell, 29, Tulsa, 2:31:23 (New record; old mark, 2:55:00); 2. Nolan Grayson, 25, Norman, 2:36:52; 3. Al Becken, 45, San Antonio, 2:42:02; 4. Tom Kempf, 49, Bartlesville, 2:51:58; 5. Don Burnes, 29, Okla. City, 2:59:40; 6. Steve Night, 16, Oklahoma City, 3:43:42. DNF: J.C. Brown, 26, Okla. City; C. Heap-of-Biras, 36, Weatherford; Paul Hart, 17, Hammond Holly Oaco, 17, Elgin. --Vern Whiteside--

TRUST YOUR HOPES, NOT YOUR FEARS.

DON'T MISS THE MEL VOS MEMORIAL MARATHON, Topeka, Kansas, November 30, 1974...ANOTHER TOP ONE IS THE TRI-STATES MARATHON, Falls City, Nebraska, October 20, 1974.

WHEN A MAN BEGINS HIS FIGHT WITHIN HIMSELF, HE'S WORTH SOMETHING.

COLUMBIA TRACK CLUB RESULTS

Columbia, Mo., July 27, 1974

30 KILO RUN- 1. Dick Messler, 1:54:00 (5km split: 18:55, 39:02, 58:02, 1:17:02, 1:33:20); 2. Rich Todd, 1:55:20 (18:55, 39:02, 58:02, 1:17:02, 1:36:00); 3. Dan Kacprowicz, 1:56:26 (18:55, 38:44, 57:03, 1:16:24, 1:33:44); 4. Ben Londersee, 40, 1:57:50 (18:55, 39:02, 58:13, 1:17:34, 1:36:53); 5. Sandy Lawrence, 2:03:34; 6. Rex Frazer, 42, 2:03:36; 7. Dean Neal, 2:04:26; 8. Don Granberg, 2:04:58; 9. Al Klein-Alma, Mo., 2:06:00; 10. William Fox, Yarkio, Mo., 2:07:10; 11. Rick Clear, CMSSU, 2:08:37; 12. Jon Herbert, SWMSU, 2:09:28; 13. Turk Stovvck, 46, 2:15:23; 14. Joe Duncan, 40, 2:25:17; 15. Don Carman, 2:26:44; 16. Charles Geiss, 2:27:30; 17. Don Johnson, 45, 2:27:38. (39 starters)
AND AT THE SAME TIME LARRY YOUNG DOES 10KM WALK IN 1:45:46; 2. Angie Hirt, 1:46:00; 3. Leonard Busen, 44, 1:58:01; 4. Bob Young, 54, 2:05:39; 5. Rob Spier, 51, 2:06:25; 6. Jim Fields, 42, 2:08:56.

THREE MILE RUN August 10, 1974

1. Charles Evans, 15:36; 2. Dennis Stewart, 15:45; 3. Dan Kacprowicz, 15:50; 4. Ben Londersee, 40, 16:03; 5. Rich Todd, 16:11; 6. Dean Neal, 16:14; 7. Dick Messler, 16:17; 8. Dan Lewis, 16:24; 9. Whimsey Hicks, 17:10; 10. Don Granberg, 17:31; 11. Jim Snowden, 17:33; 12. Rex Frazer, 42, 17:19; 13. Turk Stovvck, 46, 17:48; 14. Don Johnson, 45, 19:06; 15. Joe Duncan, 40, 19:08.

4 KILO DAREDEVILS OBSTACLE COURSE RACE

Toledo, Ohio, August 25, 1974

"That was a blast!"

"We had a ball!"

These were the exclamations of the scratched and bruised runners who ran in the Daredevils Obstacle Race. The run was held on the campus of the University of Toledo and was composed of jumping fences, climbing walls, scrambling under bridges, balancing across ledges, and squeezing between staircases. It was a hilarious change of pace from the usual weekly run.

let 19 to 29: Nolan Weil, 28:18

let 30 to 39: Lou Wagner, 25:05

let 40 & Over: Sy Mah, 29:57

let 16 to 18: Terry White, 24:15

let under 16: Mark Jackson, 29:37

let Woman: Marianne Lapoint, 39:32.

--Sy Mah, President, U. of Toledo Road Runners--

THE UNIVERSITY OF TOLEDO NATIONAL BRC ONE HOUR RUN POSTAL CHAMPIONSHIP

Sept. 1, 1974 2:00 P.M. Sunny, 75°, light winds.

1. Craig Harms, 23, 10 miles, 590y; 2. Tom Fauble, 18, 10m, 496y; 3. Jim Harmon, 47, 9m, 454y; 4. Brian Loux, 17, 9m, 432y; 5. Terry White, 17, 8m, 394y; 6. Dennis Reimer, 16, 8m, 1135y; 7. Ron Wojnacki, 39, 8m, 3043y; 8. Doug Norvell, 18, 8m, 615y; 9. Dave Schultz, 17, 8m, 443y; 10. Ralph Waite, 25, 8m, 332y; 11. Marty Falter, 16, 8m, 221y; 12. Nolan Weil, 21, 8m, 221y; 13. Jim Moca, 15, 8m, 169y; 14. Art Johnson, 50, 8m, 168y; 15. Pat Gallaher, 39, 7m, 964y; 16. Jesse Mosqueda, 27, 6m, 1402y; 17. Marianne Lapoint, 14, 6m, 1401y (let Woman); 18. Tom Kovacs, 32, 6m, 490y; 19. Sue Kovacs, 9, 6m, 493y. --Sy Mah--

THE UNIVERSITY OF TOLEDO ROAD RUNNERS FIXTURES (OPEN)

Nov. 3 - National BRC Postal Championship, 10 mile 2 man relay; jogger's 4 km. prediction. U. of Toledo track, 2:00 P.M.

Nov. 10 - 2:00 P.M. Ottawa Park 10 Km. XC Meet at Walden Pond parking lot.

Dec. 1, 2 P.M. - 25 Kilo and jogger's 4km at Secor Pk.

Dec. 8, 2 P.M. - 15 Kilo and jogger's 4km at Secor Park

Dec. 22, 2 P.M. - Christmas Egg Jog, 10 and 3 km prediction at Secor Park.

Dec. 29, 8 A.M. - National BRC Postal 30 mile at Secor Park.

March 16, 2 P.M. - Heartwatchers Marathon at Univ. of Toledo. For additional information, Sy Mah, University of Toledo, Toledo, Ohio, 43604.

PUERTO RICAN HISPANIC HALF-MARATHON

(13.1 Miles) Sponsored by the Puerto Rican Hispanic Sports Council Inc., Central Park, New York City Sunday, August 25, 1974 10:15 A.M. Course: Certified. One short loop and then two loops of six miles.

1. Morgan Fennell, 23, Millrose AA, 1:28:11; 2. Arthur Hall, 26, Oakwood TC, 1:28:44; 3. Jose Elias DeJesus, 20, Puerto Rico, 1:29:07; 4. Joe Pasce, 21, Staten Island 1:29:34; 5. Tim Smith, 26, Mobegan Striders, 1:30:10; 6. Dr. Norbert Sander, Jr., 31, Millrose AA, 1:31:32; 7. Mike White, 19, CJTC, 1:31:16; 8. Larry Fredrick, 25, New York AC, 1:32:06; 9. Kevin MacDonald, 24, North Jersey Striders, 1:32:44; 10. Kynle Rivas, 24, Bronx, N.Y., 1:33:50; 11. Ed Burns, 24, Central Islip, 1:33:12; 12. Billy Ott, 19, CJTC, 1:33:53; 13. Al Buhl, 26,

CJTC, 1:34:40; 14. Dave Hudson, 24, Shore AC, 1:34:51; 15. Dave Blackstone, 33, Central Park TC, 1:34:52; 16. Bruce Robinson, Washington SC, 1:35:12; 17. William Nestor, 18, Brooklyn, 1:35:14; 18. Paul Fisher, 23, Central Park TC, 1:35:19; 19. Pat Bastick, 40, Mill. AA, 1:35:42; 20. Remulus Meljus, 21, East Coast AC, 1:35:47; 21. Francois Vargas, Jr., 15, Puerto Rico, 1:35:53; 22. Larry Farrell, 27, Lake Rock., L.I., 1:36:03; 23. Kevin Cobby, 29, NYAC, 1:36:19; 24. Mike Kasig, 28, Central Park TC, 1:37:00; 25. Brian Sullivan, 25, Brooklyn, 1:37:03; 26. Mike Brown, 20, Levittown, 1:37:32; 27. Paul Fetscher, 27, LIAC, 1:37:37; 28. John Carlepp, 36, Millrose AA, 1:37:58; 29. Chas. Blumentstein, 21, N.J., 1:38:09; 30. Joe Burns, 45, Bronx, N.Y., 1:38:13; 31. Richard Becker, 27, East Coast AC, 1:38:23; 32. Bill Gordon, 40, St. Ann, BC, 1:38:43; 33. Bernard Wright, 27, SIAC, 1:38:49; 34. Don Padgett, Jr., 27, LIAC, 1:39:03; 35. Craig Barbehenn, 21, Somerville, N.J., 1:39:14; 36. Steve Lohse, 21, St. Ann, BC, 1:39:25; 37. Joe Berard, 44, Shore AC, 1:39:27; 38. Frank Sinatra, Jr., 24, Millrose AA, 1:39:36; 39. Gerard McKeegan, 21, Brooklyn, 1:39:32; 40. Robert Kaplan, Millrose AA, 1:39:30; 41. Steve Nix, 30, CJTC, 1:39:40; 42. Wm. Bess, 16, Puerto Rico, 1:39:44; 43. Phil Bonfiglio, 22, LIAC, 1:39:46; 44. Gene Tamney, 28, Millrose AA, 1:39:46; 45. Lawrence Barnett, 21, New Garden, 1:39:58; 46. Joe Viverito, 41, LIAC, 1:40:01; 47. Howard Basis, Brooklyn, 1:41:28; 48. Alex O'Dood, 24, Bronx, 1:41:32; 49. Paul Bennett, Shore AC, 1:41:44; 50. Fred Donnelly, 34, Larchmont, 1:41:52; 51. John McCabe, 15, NY, 1:42:17; 52. Stephen Sep, 23, Yorkers, 1:42:41; 53. Gary McStee, 29, LIAC, 1:42:47; 54. Martin Braljeffer, 36, E. Meadows, 1:42:57; 55. Ed Machinski, 23, Brooklyn, 1:43:03; 56. Joe Law, CJTC, 1:43:03; 57. Alan Kaufman, 31, Freeport, 1:43:23; 58. Ray McGaffrey Jr., 15, NY, 1:43:29; 59. Wm. Brobston, Jr., 22, Central Park TC, 1:43:42; 60. Dave Mehn, 16, Flushing, 1:43:50; 61. Richard Reich, 23, CJTC, 1:43:54; 62. Phil Hein, 26, Brooklyn 1:44:22; 63. Art Kujak, 42, LIAC, 1:44:26; 64. Jesse Swain, 19, Brooklyn, 1:44:34; 65. Herman Petron, 18, Brooklyn, 1:44:47; 66. Jim McDonagh, 50, Millrose AA, 1:44:50; 67. Rod MacNicholl, 44, Millrose AA, 1:45:04; 68. Kevin Healy, 25, L.I., 1:45:08; 69. Richard Katterson, 18, Central Park TC, 1:45:09; 70. Juan Rodriguez, 21, Brooklyn, 1:45:08; 71. Robert Frankum, 40, LIAC, 1:45:14; 72. Gerard McCarthy, 23, Bronx, 1:45:32; 73. Steve Rothberg, 34, Brooklyn, 1:45:41; 74. Mitchell Cohen, 16, Verona, N.J., 1:45:48; 75. Nat Czarnecki, 43, East Coast AC, 1:45:50; 76. Pat Gobbies, 21, Millrose AA, 1:45:50; 77. Paul Grange, 22, L.I., 1:45:53; 78. Steve Russell, 35, East Coast AC, 1:45:52; 79. J.F. Fletcher, 28, Phila., Pa., 1:45:56; 80. Kevin Maloney, Bronx, 1:46:07; 81. Gerard Fitzpatrick, 43, Queens Village, 1:46:08; 82. John Hack, 32, Fayette TC, 1:46:12; 83. Louis Margan, 31, White Plains, N.Y., 1:46:17; 84. Victor Lopez, 22, Bronx, 1:46:35; 85. Joe Jones, 29, SIAC, 1:46:40; 86. David Hoguet, 23, NYC, 1:47:03; 87. Anthony Keavey, 39, LIAC, 1:47:12; 88. Dr. Geo. Sheehan, 18, Shore AC, 1:47:08; 89. Frank Reilly, 39, East Coast AC, 1:47:12; 90. Mike Bruno, 29, Anona TC, 1:47:40; 91. John Murphy, 23, Millrose AA, 1:47:46; 92. Bill Coyne, 53, Millrose AA, 1:47:59; 93. Jack Martin, 35, Verona, N.J., 1:48:00; 94. Geo. Gardella, 31, L.I., 1:48:02; 95. Ray Fiorani, 35, Shore AC, 1:48:20; 96. James Mitchell, 25, Briarwood, 1:48:28; 97. Ephraim Martin, 36, Brooklyn, 1:48:43;

3-Miles- 1. Terry Crews, 15:35; 2. Dr. Jere Beck, 16:07; 3. Ron Jarman, 25, Jacksonville, Fla., 16:10; 4. Ed Sears, 31, Valparaiso, Fla., 16:44; 5. John Jarman, 31, Birmingham, 16:54; 6. Jack Bailey, 30, Dothan, Ala., 17:00; 7. Verrast Spaulding, 49, Birmingham, 17:44; 8. Tad Dobbe, 54, Pensacola, Fla., 18:02; 9. John Oelmann, 61, Ft. Walton Beach, Fla., 18:34; 10. Thad Persons, 46, 18:36.

Boys Mile (12 & Under)- 1. Fred Carley, 11, Nicoville, Fla., 5:54; 2. R. Frazier, 12, 6:10; 3. Vance Beck, 4, Phenix City, 7:11.

Women's Mile- 1. Becky Sears, 29, Valparaiso, Fla., 6:09; 2. Pam Costes, 12, 6:26; 3. Beth Beck, 9, 6:43.

Mile- 1. Terry Crews, 17, Tampa, Fla., 4:37; 2. Bob Clark, 18, Birmingham, 4:49; 3. A. Crawford, 17, Birmingham, 4:56. 6. --Nick Costes--

LAKE OAKWOOD 3, 5-MILE RUN

Sunday, September 8, 1974 4:00 P.M. Start at the South Entrance of Lake Oakwood State Park near Bruce, South Dakota. Approximately 3.3 miles. Weather: 73 degrees, clear. Terrain: Asphalt road, rolling hills.

1. Ken Koehn, Philadelphia AC, 29:55.0 (New course record; old record, 31:18 by Paul Beersma, SDSU, '73); 2. Scott Underwood, Prairie Striders TC, 30:43; 3. Tim Miller, SDSU, 31:44; 4. Dale Tribby, SDSU, 31:57; 5. Chuck Sutton, SDSU, 32:23; 6. Jerry Suttelgite, unan., Verdi, Minnesota, 32:29; 7. Bob Bartling, PS-TC, 32:44; 8. Joe Suttelgite, unan., Verdi, Minn., 33:37; 9. Dick Karsach, SDSU, 34:20; 10. Mike Brockhoff, SDSU, 34:34; 11. Terry Clark, SDSU, 35:42; 12. Jim Welch, SDSU, 36:06; 13. Tom Hruby, PSTC, 36:42; 14. Dick Bartling, PSTC, 36:54; 15. Ray Roghair, SDSU, 37:01; 16. Burt Eng, PSTC, 37:21; 17. Lorne Bartling, PSTC, Chuck McMullen, PSTC & Harvey Mills, PSTC, 39:19; 20. Craig Hayes, SDSU, 40:21; 21. Juan Hruby, Prairie Striders TC, 43:48.

OSU Student Captures YMCA's Mini-Marathon

By BOB LARKIN
Squier Sports Editor

Kim Nutter, a 20-year-old cross-country runner from Ohio State University, won the fourth annual Galton YMCA Mini-Marathon on Sunday with a time of 21 minutes and 19 seconds over the 12.5-mile course.

Nutter, who hails from Parkersburg, W. Va., and attended West Virginia University before transferring to OSU, edged out Brian Selsack of Maple Heights. The 20-year-old Selsack turned in a 21:12 clocking, just two seconds off Nutter's pace.

In third place was Jim Stanley, 21, of Euclid with a 21:17 time; in fourth position was Kevin Foley, 19, of Willoughby with a clocking of 21:20, and in fifth place was Tom Bryant, 21, of Worthington, turning in a 21:36 effort.

The Mini-Marathon course itself stretched throughout northern Galton, beginning and ending on Heise Park Lane. A total of 223 runners finished the race with the last five coming in more than one hour after Mayor Marval Langstroth fired the starting gun slightly after 2 P.M.

Despite Nutter's impressive performance during the slightly windy but otherwise mild afternoon, his mark fell 21 seconds shy of the 12.5-mile course record in Galton, Neil Oseck, who won this year's Boston Marathon and was second in the most recent NCAA cross-country championship, had a 20:49 in 1973 for top honors.

Galton, who came to Galton last year when he was a student at East Tennessee State University in Johnson City, has apparently returned to his native Ireland.

Azale from the overall division, runners in 28 classifications completed Sunday for trophies. Winning the 12-and-under bracket was Jeff Wilhelm, 11, of Anshert, O. He turned in a 24:28 effort.

Taking the 16-through-18 class was Rick Mack, 17, of Fairport with a 20:40 clocking. Crossing the finish line first in the 19-through-24 age bracket was Felix Foudine, 21, of East Lake, O. His time was 21:12.

Another divisional winner was Carl Hatfield, 21, of Phillip, W. Va., with a 21:08 effort in the 25-through-29 classification. Hatfield was also 19th in last April's Boston Marathon and currently has the fourth fastest marathon clocking in the U.S.

Winning the 30-through-34 bracket was Larry Fox, 34, of Dacula with a 21:25 time, and taking the 35-through-39 division was Roger Smoller, 36, of Parkersburg with a 22:28 effort.

Bob Colburn, 41, of Delaware, O., ran a 24:19 to capture the 40-through-44 bracket and Roland Anagnost of Springfield, a 40-year-old, was the winner in the 45-through-49 class in 26:48.

Taking the top prize in the 50-and-over category was Bill Kyrright, 54, of Niles with a time of 31:31. And winning in the women's division was Beth Welch, 26, of Worthington. She was timed in 26:34.

Barney Brown, who will be a senior at Galton High School and who is a member of the Tigers cross-country and track teams, was the first Galton finisher across the line yesterday. He ran a 26:36. The youngest competitor Sunday was Thad Littlewood, 4, of Grass Lake, Mich., and the oldest was Hugh Yeomans, 81, of Cincinnati. Yeomans' wife, Ernestine, also ran the 12.5-mile.

This year's race fortunately wasn't marred by runners collapsing from heat exhaustion along the course, which happened to two contestants in 1973. The severe humidity and heat last year sent Neal Griffin of Ashland and Jim Sprague of Bucyrus to Galton Community Hospital for treatment. But yesterday, no one was apparently affected by the weather.

Therapy unfortunate situation, in fact, occurred when Ann Hamilton of Toledo became lost Sunday along the course before eventually finding her way "home." Mrs. Hamilton accompanied her husband, John, and her daughter, Marianne, to Galton for the Mini-Marathon. The Hamiltons have been cross-country runners for over a year, and Marianne has placed first in her particular division at the 26-mile Toronto Marathon. The Hamiltons as a family have also run in the Glass City Marathon. Marianne finished second yesterday in the women's division with a 41:42 effort, which was also Mr. Hamilton's time.

Many runners expressed a great deal of satisfaction afterward, not only with the degree of competition but also with the layout of the course. A number of contestants were competing in their first Galton YMCA Mini-Marathon yesterday while many others returned after running in previous years. "Such an event is really terrific for a small town," noted John Hamilton before Sunday's run.

A total of 50 gallons of soft drinks was donated yesterday by Casey's and McDonald's to contestants after the race.



MARATHON WINNER Kim Nutter, a 20-year-old Ohio State University student from Parkersburg, W. Va., approaches the finish line after completing the 12.5-mile mini-marathon course around Galton Sunday afternoon with a winning time of 21:19.

LYNN STINE and the staff has finished in 49:03. (Continued on page 17) OSU's fourth annual Galton YMCA Mini-Marathon. Overall: 1. Kim Nutter, Columbus, 21:19; Brian Selsack, Parma, 21:20; 2. Jim Stanley, 21:17; 3. Kevin Foley, 21:20; 4. Tom Bryant, 21:36; 5. Jeff Wilhelm, 24:28; 6. Rick Mack, 20:40; 7. Felix Foudine, 21:12; 8. Carl Hatfield, 21:08; 9. Larry Fox, 21:25; 10. Roger Smoller, 22:28; 11. Bob Colburn, 24:19; 12. Roland Anagnost, 26:48; 13. Bill Kyrright, 31:31; 14. Beth Welch, 26:34; 15. Barney Brown, 26:36; 16. Thad Littlewood, 26:36; 17. Hugh Yeomans, 26:36; 18. Ernestine Yeomans, 26:36; 19. Ann Hamilton, 41:42; 20. Marianne Hamilton, 41:42; 21. Tom Hruby, 43:48; 22. Tom Hruby, 43:48; 23. Tom Hruby, 43:48; 24. Tom Hruby, 43:48; 25. Tom Hruby, 43:48; 26. Tom Hruby, 43:48; 27. Tom Hruby, 43:48; 28. Tom Hruby, 43:48; 29. Tom Hruby, 43:48; 30. Tom Hruby, 43:48; 31. Tom Hruby, 43:48; 32. Tom Hruby, 43:48; 33. Tom Hruby, 43:48; 34. Tom Hruby, 43:48; 35. Tom Hruby, 43:48; 36. Tom Hruby, 43:48; 37. Tom Hruby, 43:48; 38. Tom Hruby, 43:48; 39. Tom Hruby, 43:48; 40. Tom Hruby, 43:48; 41. Tom Hruby, 43:48; 42. Tom Hruby, 43:48; 43. Tom Hruby, 43:48; 44. Tom Hruby, 43:48; 45. Tom Hruby, 43:48; 46. Tom Hruby, 43:48; 47. Tom Hruby, 43:48; 48. Tom Hruby, 43:48; 49. Tom Hruby, 43:48; 50. Tom Hruby, 43:48; 51. Tom Hruby, 43:48; 52. Tom Hruby, 43:48; 53. Tom Hruby, 43:48; 54. Tom Hruby, 43:48; 55. Tom Hruby, 43:48; 56. Tom Hruby, 43:48; 57. Tom Hruby, 43:48; 58. Tom Hruby, 43:48; 59. Tom Hruby, 43:48; 60. Tom Hruby, 43:48; 61. Tom Hruby, 43:48; 62. Tom Hruby, 43:48; 63. Tom Hruby, 43:48; 64. Tom Hruby, 43:48; 65. Tom Hruby, 43:48; 66. Tom Hruby, 43:48; 67. Tom Hruby, 43:48; 68. Tom Hruby, 43:48; 69. Tom Hruby, 43:48; 70. Tom Hruby, 43:48; 71. Tom Hruby, 43:48; 72. Tom Hruby, 43:48; 73. Tom Hruby, 43:48; 74. Tom Hruby, 43:48; 75. Tom Hruby, 43:48; 76. Tom Hruby, 43:48; 77. Tom Hruby, 43:48; 78. Tom Hruby, 43:48; 79. Tom Hruby, 43:48; 80. Tom Hruby, 43:48; 81. Tom Hruby, 43:48; 82. Tom Hruby, 43:48; 83. Tom Hruby, 43:48; 84. Tom Hruby, 43:48; 85. Tom Hruby, 43:48; 86. Tom Hruby, 43:48; 87. Tom Hruby, 43:48; 88. Tom Hruby, 43:48; 89. Tom Hruby, 43:48; 90. Tom Hruby, 43:48; 91. Tom Hruby, 43:48; 92. Tom Hruby, 43:48; 93. Tom Hruby, 43:48; 94. Tom Hruby, 43:48; 95. Tom Hruby, 43:48; 96. Tom Hruby, 43:48; 97. Tom Hruby, 43:48; 98. Tom Hruby, 43:48; 99. Tom Hruby, 43:48; 100. Tom Hruby, 43:48.

THIRD ANNUAL SHOKIE YOUTH COMMISSION TWO MAN 10 MILE RELAY (All, 440's)

Niles West High School, Skokie, Illinois (Cinder track) September 2, 1974. Weather: Cold at 49° with light rain and wet track.

OPEN DIV. - 1. Jim Jacobson (Calton JC) & Larry Zinner (Skokie), 49:15.1; 2. Tom Cooney (Chicago) & Pat Cullen (Loyola U.), 49:48.0.

COLLEGE DIV. - 1. Jim Brown, Bill Jarocki, Northwestern U., 45:23.1; 2. Bob Gagne & Gary Lee, Northwestern U., 45:23.9; 3. Tom Stark & Scott Williams, Northwestern U., 46:45.2; 4. Tim Riley & Bill Gabriel, Loyola Univ., 50:08.2.

JUNIOR COLLEGE DIV. - 1. Pete Hansen & Steve Spector, Oakton Comm. College, 47:52.9; 2. Paul Beiseck & Scott Heapers, Oakton Comm. College, 49:03; 3. Tom Kopf & Rick Reynolds, OCC, 49:42.0.

M.S. VARSITY DIV. - 1. Tom Becker & Brian Tolan, Niles W., 47:52.9; 2. Chris Arndt & John Komonds, Niles West, 51:58.0; 3. Tom Zoroc & Ron Richman, Niles W., 53:56. --Pat Savage--

P-TOWN 8-MILE ROAD RUN

Piedmont, Indiana, August 17, 1974

1. Chuck Koeppen, 42:00; 2. Hank Nash, 42:22; 3. Greg Johnson, 43:04; 4. Terry Donovan, 43:23; 5. Steve White, 43:37; 6. Carl Carey, 44:09; 7. Bob Cox, 44:54; 8. Jim Ackley, 44:57; 9. Berry Evans, 45:00; 10. Steve Kearney, 45:01; 11. Doug Kiraop, 45:13; 12. Bill Fox, 45:40; 13. Dave Mercer, 46:37; 14. John Ganssen, 46:46; 15. Roger Oliver, 46:59; 16. Robin McCart, 47:20; 17. Jerry Warner, 47:52; 18. Dennis McNulty, 47:54; 19. Jack Beasley, 48:07; 20. Scott McEitt, 49:47; 21. Tom Graves, 49:53; 22. Charles Hanzell, 50:51; 23. Scott Beasley, 51:07; 24. Brad Smith, 51:08; 25. Tim Beakle, 51:40; 26. Bill Hendy, 51:44; 27. Bernie Middleton, 52:45 (let Over 50); 28. Bill Doyon, 53:03; 29. Mike James, 53:09; 30. David Van Pelt, 53:21; 31. Mike Stader, 53:29; 32. Dennis McInnes, 53:33; 33. Jonathan Beasley, 53:34; 34. Eric Schmidt, 53:38; 35. Lonny Hunter, 53:40; 36. Cy Van Pelt, 53:44 (let Over 40); 37. Eric McCart, 53:49; 38. Gary Wheeler, 54:34; 39. Jim Kirkwood, 55:33; 40. Keith James, 56:53; 41. Charles Houck, 57:22; 42. Bill Fink, 57:31; 43. Chuck Houck, 58:07; 44. Joe Strumpf, 59:47; 45. Doug Johnson, 60:24; 46. Tom Yeaton, 62:13; 47. Bill Jennings, 62:58; 48. Tom Bigley, 63:00; 49. Eric Bardes, 66:22; 50. George Houck, 70:34; 51. Hunter Gola, 70:56; 52. Ted Wheeler, 74:24; 53. John Titcomb, 74:27; 54. Jerry Pierce Jr., 77:26.

4-MILE WOMEN: 1. Lisa Cartwright, 26:29; 2. Michelle Evans, 28:08; 3. Becky Pierce, 28:52; 4. Brenda Beasley, 30:38; 5. Diane Cartwright, 32:19; 6. Jane Beasley, 33:49.

--Garry L. Letic--

USTFF NATIONAL 10-MILE CHAMPIONSHIP

Cudahy, Wisconsin, Sunday, August 4, 1974

1. Glen Herold, UCTC, 50:00.5 (Breaks Bob Fitz 1971 record of 51:26); 2. John Leach, UCTC, 50:33; 3. Glenn Behrke, NCWFC, 51:11; 4. Jeff Shoemaker, IS, 51:27; 5. Tom Hoffman, UCTC, 51:35; 6. Gary Romoser, IS, 51:36; 7. Thomas Slater, unat., 51:40; 8. Eric Draxton, unat., 51:43; 9. David Erlav, unat., 51:49; 10. Chuck Koeppen, IS, 51:57 (Breaks Coaches record of Chuck Koeppen of 53:42 - 1973); 11. Royce Harsick, Kegonsa, 52:03; 12. Peter Farrell, UCTC, 52:15; 13. Doug Oshourra, IS, 52:26; 14. Al Claremont, unat., 52:40; 15. Joe Sberman, IS, 52:42; 16. Larry Loomis, unat., 53:24; 17. Tom Burridge, NCWS TC, 53:39; 18. John Cramer, UCTC, 53:41; 19. Tom Darleson, Indiana Striders, 53:46; 20. Dave Peters, unat., 53:57; 21. Mike Cassidine, NCWF, 53:50; 22. Eric Thomson, NCWF, 53:59; 23. Joe Hanson, unat., 54:00; 24. Peter Elliott, UCTC, 54:03; 25. Greg Johnson, IS, 54:13; 26. David Elger, NCWF, 54:33; 27. Kenneth Gehrt, S. Lakes, 54:40; 28. Robert Sanderson, NCWF, 54:42; 29. Gregory Vidak, unat., 54:44; 30. John Miller, UWMTC, 54:49; 31. Dale Roe, unat., 54:53; 32. Mark Ardington, UWMTC, 54:54; 33. Thomas R. Anccak, unat., 55:00; 34. Gerry Walter, UCTC, 55:02;



KIM NUTTER, A 20-YEAR-OLD OHIO STATE UNIVERSITY STUDENT, crosses the finish line first Sunday in the fourth annual Galton YMCA Mini-Marathon. Nutter, who is from Patterson, W.Va., turned in a 31:18 clocking for the 10,000-meter race, which is 6.2 miles. Clocking Nutter's time is Galton High School football coach Bob Miller (in Nutter's immediate right).



FIRST-PLACE FINISHERS AT THE GALTON YMCA MINIMARATHON are (front row, left to right) Beth Welch, Nancy Brown, Fella Rondina and Carl Herold; (top row) Kim Nutter, John Nigo (accepting for Larry Fox), Roger Romler, Bob Colburn, Robert Anzack and Bill Eppright. Not pictured are two other divisional winners, Jeff Williams and Rick Mousk.

WALT LONG LOCOMOTIVE RUN (5-MILES) EAST LANSING, MICHIGAN, September 7, 1974 Campus Road, MSU.

1. Ed Griffin, 24:45; 2. Duane Spitta, 24:48; 3. Walt Gantz, 25:10; 4. Jim Carter, 25:40; 5. John Haslam, 27:08; 6. Bill Keller, 27:13; 7. Kim Dammers, 28:03; 8. Gordon Schafer, 28:16; 9. Tom Townsend, 28:36; 10. Kim Morris, 28:41; 11. Jack Allan, 42, 28:43; 12. Tom Szykowski, 30:13; 13. Rick Jamory, 31:13; 14. Lori Schafer, 32, 31:46; 15. Brad Hall, 31:56; 16. Ben Cogan, 32:05; 17. Mark Pittman, 34:10; 18. Al Kayner, 39:46; 19. Tom Connor, 39:46. . . Not entered- Gray Sweet & Steve Drake, 31:59.

--Gordon N. Schafer, D. D. S.--(Mid-Michigan TC)

35. Dennis Spars, UTC, 56:09; 36. Greg Birk, NWCST, 56:21;
37. Wayne Rody, unat., 56:23; 38. James Blackledge, Lake
Shore, 56:07; 39. Don Hildebrand, UCTC, 56:12; 40. Walter
Sager, Jr., Kogona, 56:23; 41. Glen Lyle, UCTC, 56:28;
42. Peter Hinks, Lake Shore, 56:31; 43. Ronald Lass,
unat., 56:36; 44. Sean Hartnett, Turtle Creek, 56:38;
45. Richard Walte, UWMTC, 56:39; 46. Steve Kearney,
unat., 56:42; 47. Tim Hendricks, NWCSTC, 56:44; 48.
Dennis McNulty, IS, 56:55; 49. Iva Lepaj, NCWF, 56:
58; 50. Richard Zaborske, NCWF, 57:03; 51. Al Brod-
sik, unat., 57:01 (Breaks Over 40 record of 58:08 by
John Kotsubka, 1973); 52. Ron Fink, LOAC, 57:06; 53.
Ed Steingraber, NCWF, 57:21; 54. Dale Beam, Slip
Streamers, 57:33; 55. Dean Kusik, unat., 57:37; 56.
T. P. Markel, unat., 57:39; 57. Dirk Gelbold, unat.,
57:41; 58. Larry Ridgeway, UWMTC, 57:48; 59. Bill
Brozna, NCWF, 57:58; 60. John Dowell, unat., 58:09;
61. Aris Antipas, UCTC, 58:18; 62. Mike De La Bruere,
NWCST, 58:19; 63. Kim Bartel, NCWF, 58:21; 64. John
Armstrong, Lake Shore, 58:26; 65. Mark O'Donnell,
Twin Cities TC, 58:27; 66. David R. Merritt, South
Lake, 58:36; 67. Chris Ramsey, Turtle Creek, 58:45;
68. Duane Holz, UWMTC, 58:47; 69. Jerry Kokesk,
St. Louis Y, 58:52; 70. Rosy Packer, unat., 58:54.
...110. Elmer Beth, unat., 63:29 (Breaks Over 50
record of 63:42 by Dr. Wm. Ansborg, 1971) 197 Finishers.
TEAM- 1. Univ. of Chicago TC, 53; 2. Indiana Striders,
38; 3. North Central Winged Foot Club, 67.
Over 40 Team Championship - UWM Track Club, 21.

USTFF BOYS UNDER 19 FIVE MILE RUN

1. Tony Kodias, Buzzard Knobs TC, 26:13 (Breaks Steve
M. Cooy's record of 26:27, 1973); 2. Dave Mackesey,
Buzzard Knobs TC, 26:17; 3. Steve Chaplin, Northfield
TC, 26:28; 4. Robert Mead, Buzzard Knobs TC, 26:29;
5. Charles Skanzadore, BKTC, 26:42; 6. Bill Nelson,
UWM TC, 26:45; 7. Dennis O'Brien, BKTC, 26:50; 8.
Tom Lambert, Northfield TC, 26:56; 9. Kevin Zeigler,
West Striders, 26:59; 10. Bob Linzmeier, DePaul Univ.
TC, 27:09. (127 Finishers) Team: 1. Buzzard Knobs TC,
19; 2. Northfield TC, 68; 3. Racine Comets, 30.

USTFF NATIONAL GIRLS 3-MILE CHAMPIONSHIP

Cudahy, Wisconsin, Sunday, August 14, 1974

(Also Boys under 14)

1. Scott Beasley, Indiana Striders, 17:17 Record; 2. Car-
ol Cook, unat., 17:29 Record; 3. Shannon Mullen, Mad-
ison Badgers, 17:51; 4. Jonathan Beasley, 18:10; 5. Rich-
ard Running, Brownstown, 18:21; 6. Jeff Fojtik, unat.,
18:21; 7. Bruce Claremont, unat., 18:39; 8. Georgetown,
Gooan, Mad. Red., 18:49; 9. Laurie Mullen, Mad. Red.,
19:00; 10. Thomas Skanzadore, unat., 19:08. (97 Finish-
ers) TEAM- 1. Madison Badgerettes, 19; 2. Heron A.C., 49;
3. UWMTC, 72. --Vernon A. Nelson--

UWMTC SECOND ANNUAL ONE HOUR POSTAL RACE

Parkside, Wisc., July 20, 1974 - John Archer, Vice
Pres. at Schilitz, ran almost 9 miles in the hour to put
him in contention for the Nat'l. Championship Div. 3,
60 & Over. Archer, 60, ran 8 3/4 miles, 284 yd.
Div. 2, 50 & Over- 1. John Williams, 58, 6 1/2 miles,
93 yds. Div. 1, 40 & Over- 1. Duane Holz, 42, 10 mi.,
330yds; 2. Grant Nelson, 40, 9 mi., 292 yds.
Open Div.- 1. Dick Waltz, 35, 10 1/4 miles, 238yds; 2.
Jim Wojcik, 28, 7 1/2 miles, 232yds.
Junior Div.- 1. Jeff Miller, 15, 8 1/2 miles, 40 yds.
2. Dave Ruffalo, 18, 8 1/4 miles, 170 yds.

--Vernon A. Nelson--

MISSOURI VALLEY AAU MASTERS T&F CHAMPIONSHIPS at KSU's Christian Track, Saturday, July 13, 1974

40-49- 3,000m S'chase- 1. Arne Richards, 12:48.
4... Mile- 1. Arne Richards, 5:23.6... 2-Mile- 1.
Jim Herzberger, 10:34; 2. Arne Richards.
Herzberger is a Wichita oilman and multi-
millionaire and a regular Masters competitor
who donated a \$125,000 all-weather track to the
University of Kansas and chipped in on Christian
track... Thane Baker, 48, won the 100 and 220
in 9.8 and 22.3 - both possible world records.

SMITH WINS CYCLONE COUNTRY MARATHON

Ames, Iowa, Sat., June 1, 1974- Martin Smith
of Cedar Rapids was timed in 2:35:00 to win the
fourth annual Cyclone Country Marathon. Bill
McDermott, an Iowa State University student,
won the 13-mile 195-yard half marathon.

Smith, who holds the U.S. record for 50 miles
on a track (8 hours, 26 minutes), didn't take the
lead until the final two miles when he overtook
Lynn Lee. Lee, a former Drake runner from
Extra, had led since the 13-mile mark.

McDermott pulled away from former teammate
Mike Burke of Ames around the 10-mile mark to
win the shorter race in 1:14:07.

Bob Post of Ames was the first veteran (over 40
years) runner to finish the full marathon and was
timed in 3:02:29.

1. Martin Smith, Cedar Rapids, 2:35:00; 2. Jim
Barker, Boise, Idaho, 2:36:42; 3. Lynn Lee,
Extra, 2:40:04; 4. Galen Green, Newton, 2:50:38;
5. Larry Fochler, Cedar Rapids, Cedar Rapids,
2:52:47; 6. Mark Mueller, Cedar Rapids, 2:53:02.
(eventch 5th & 10th); 7. Mark Steinberg, Des Moi-
nes, 2:57:19; 8. Jim Palmieri, Ames, 2:58:57;
9. Bob Post, Ames, 3:02:29; 10. Arne Richards,
Manhattan, Kansas, 3:03:52; 11. Ed Hoyem, Cedar
Rapids, 3:07:08; 12. Paul Kellehals, Ames,
3:15:45; 13. Todd Steinberg, 15, Des Moines,
3:19:30; 14. Dale Grosvenor, 48, Ames, 3:32:16;
15. John Garsema, 3:35:14; 16. Irv Steinberg,
Des Moines, 3:46:37.

1/2-MARATHON

1. Bill McDermott, Des Moines, 1:14:07; 2. Mike
Burke, Ames, 1:15:27; 3. Nick Johnson, Des
Moines, 1:17:58; 4. Ron Gernia, Johnson, 1:17:53;
5. Bob Barkers, Danville, 1:20:48; 6. John Lan-
holz, Iowa, (Iowa City), 1:20:57; 7. Ron Barker,
Boise, Idaho, 1:21:28; 8. Tom Adams, Okaloosa,
1:24:12; 9. Larry Leckhart, Ames, 1:27:16; 10.
Keith Jones, Okaloosa, 1:30:28; 11. Dick Bailey,
Ames, 1:30:29; 12. Tom Farrel, Des Moines,
1:20:26; 13. Dean Dass, Ames, 1:30:54; 14. Tim
Phillips, Cedar Rapids, 1:33:46; 15. Rich Hickie,
Des Moines, 1:34:49. (28 finishers)

--Arne Richards--

McCONNELL'S MILL 7-MILE RUN

August 18, 1974 at Gold Medal Camp, Postersville
Pa. (This race was part of the Mini-Camp for
distance runners conducted by the Greater Pitts-
burgh Road Runners Club and Gold Medal Camp)
(a month long training camp for cross-country).
McConnell's Mill is a Pennsylvania State Park.
1. Carl Hatfield, West Virginia TC, 39:04.6; 2.
Bobby Warwick, Dartmouth College/Mt. Lebanon

TC, 40:53.8; 3. Tim Gavlik, West Millis North HS, 41:48.2; 4. Jim Zikash, Alderson-Brooks College, 42:59; 5. Rudy Williams, A-B College, 42:58.9; 6. Dave Cale, West Millis North HS, 43:38; 7. Chris Gaidrich, A-B. College, 46:06; 8. Marlene Harwica, Mt. Lebanon TC, 46:45 (1st Woman); 9. Jack Pypich, Slippery Rock State College, 47:55; 10. John Harwick, Mt. Lebanon TC, 52:20 (1st Over 40); 11. Stuart Levy, Mt. Lebanon TC, 52:26; 12. Bill Lennox, Slippery Rock State College, 54:07; 13. Susan Galley, Mt. Lebanon TC, 54:16; 14. Nina Crampe, Mt. Lebanon TC, 57:01; 15. John Galley, Mt. Lebanon TC, 1:09:36; 16. Odumide Okuneye, Alderson-Brooks College, 1:10:38; 17. Leigh Ann Miller, 13, Mt. Lebanon TC, 1:13:36; 18. Scott Levy, Lebanon TC, 1:14:05; 19. Carol Scheid, Mt. Lebanon TC, 1:28:24.
--John Harwick--

4-MILE RUN, WALES, MASS.

August 14, 1974

1. Tony Wilcox, SMAC, 31:55; 2. John Jarek, NMC, 32:44; 3. John Babington, NMC, 32:48; 4. Jonathan Hird, NMC, 33:09; 5. Ken Wilson, Mt. Park AA, 33:38; 6. James Dillon, Mt. Park AA, 35:17; 7. Paul Schell, NMC, 35:25; 8. Rick Schnable, NMC, 35:44; 9. Mark Stehlin, Mt. Park AA, 35:47; 10. Edward Hill, NMC, 36:30; 11. Dennis LaBranche, Mt. Park AA, 36:36; 12. Ben Delmonico, Mt. Park AA, 37:05; 13. Jeff Marcimo, Central Mass. Striders, 37:11; 14. Scott Loomer, Cen. Mass. Striders, 38:25; 15. Ed Norton, NMC, 39:15; 16. Brian Dillon, Mt. Park AA, 39:28; 17. James Darmi, unat., 40:31; 18. Bill Doctor, Cen Mass Striders, 41:25; 19. Ray Letva, NMC, 41:36; 20. Ronald Dean, unat., 41:58; 21. John Spinney, NMC, 42:37; 22. Philip McNulty, unat., 43:15; 23. John Bugden, NMC, 46:25; 24. Ed Whitney, NMC, 46:27; 25. Bill Marst, NMC, 48:14; 26. Thor Treefal, NMC, 52:45; 27. Marty Cavanaugh, NMC, 52:02; 28. Paul Treefal, NMC, 55:13; 29. Sigmund Podlozny, NMC, 58:22; 30. Fred Brown Sr., NMC, 63:45.

WOMEN- 1. Debbie Mueller, Liberty AC, 39:48; 2. Stephanie Nicholas, LAC, 46:44; 3. Tara McNulty, LAC, 58:34; 4. Susan Donahoe, Mt. Park AA, 63:39.

--Fred Brown Sr.--

5-MILE ROAD RACE, ALTON BAY, NEW HAMPSHIRE

August 17, 1974 11:00 A.M.

1. Len Hall, NCAC, 26:07; 2. Gary Johnson, NCAC, 26:19; 3. Mark Stason, MAC, 26:14; 4. David Severance, LRTC, 26:23; 5. Dan Stabel, Vermont RR, 26:31; 6. Daniel Paul, MTC, 26:40; 7. Rocky Meehan, NMC, 26:45; 8. Mike Contry, Vermont RR, 27:12; 9. Stanley Moulton, NMC, 27:29; 10. Steven Brewster, MTC, 27:33; 11. Carl Mitchell, unat., 27:50; 12. Kenneth Kiric, CTC, 27:57; 13. Thomas Phillips, LRTC, 28:09; 14. Eric Drivers, LRTC, 28:25; 15. John Kastle, NCAC, 28:26; 16. Al Fereshchan, TTAC, 28:40; 17. Randy Phillips, LRTC, 28:44; 18. Carl Scott, Vermont RR, 28:48; 19. Thomas Evans, unat., 28:53; 20. Mark Malkaski, LRTC, 28:58; 21. John Jaworski, Vermont RR, 29:00; 22. John Cooke, Sugarloaf Mt. AC, 29:07; 23. Michael Hurton, NMC, 29:18; 24. Gary Cickle, NMC, 29:29; 25. Kasey Moulton, NMC, 29:30; 26. Wm. Smith, NMC, 29:36; 27. Clint Whiting, unat., 29:38; 28. Richard Perkins, TTAC, 29:50; 29. Matty Toms, unat., 30:06; 30. Michael Cryane, NCAC, 30:30; 31. Robert Asselin, NMC, 30:36; 32. Michael Stamoslaroma, unat., 30:57; 33. Jim Storey, unat., 31:34; 34. Robt. Madden, unat., 32:03; 35. Donald Skantz, unat., 32:11. (72 finishers) --Fred Brown Sr.--

FALMOUTH ROAD RACE, CAPE COD, MASS.

7.3 MILES Sunday, August 18, 1974 Hot 80's
409 starters, 404 finishers.

1. Will Rogers, Greater Boston TC, 34:16 Record; 2. Marty Liquori, New York AC, 35:25; 3. Charles Diehl, Greater Boston TC, 35:44; 4. Hamilton Amer, Somerville, Mass., 35:57; 5. Scott Graham, Greater Boston TC, 36:04; 6. Ken Mueller, Boston AA, 36:21; 7. Patrick Doherty, Everett, Mass., 36:23; 8. Robert Sevens, Greater Boston TC, 36:34; 9. John Goodwin, Hyde Park, Mass., 36:41; 10. Vin Fleming, Boston, 36:52; 11. Joe Catalano, Quincy, Mass., 36:55; 12. Joe Crowley, Lynn, 37:00; 13. Mark Duggan, Reading, Mass., 37:07; 14. Terry Gallagher, Arlington, Mass., 37:32; 15. Mike Baxter, Stoughton, Mass., 37:37; 16. Dan Parker, East Dennis, 37:42; 17. Max White, Charlottesville, Va., 37:47; 18. Fred Doyle, Lynn, Mass., 38:00; 19. John Bahington, Cambridge, Mass., 38:02; 20. George Tutbill, Newton Centre, 38:25; 21. Steve Liquori, Boston College, 38:45; 22. Larry Newman, Gr. Boston TC, 38:59; 23. Robert Gray, East Walpole, 39:02; 24. Bruce Nilsson, East Sandwich, 39:03; 25. George Schobel, NMC, 39:05; 26. Louis Paul, Dorchester, 39:17; 27. Joe Clancy, Na. Falmouth, 39:20; 28. J. Vercollone, Milton, 39:25; 29. Bill Bove, Frammingham, 39:28; 30. Steve Lowell, Brockton, Mass., 39:35; 31. Mickey McCartney, Falmouth, 39:44; 32. Peter Bortolotti, Foxboro, 39:49; 33. Bob Congdon, Ithaca, N.Y., 40:03; 34. John Ladd, Cotuit, 40:05; 35. Tom Doherty, Everett, 40:09; 36. Brian Devlin, Milton, 40:22; 37. Bob Mitchell, Brighton, 40:15; 38. Ed Connor, Brockton, 40:21; 39. Tom Johnston, Falmouth, 40:25; 40. Jack O'Sourke, Medford, 40:29; 41. Mike Doherty, unat., 40:42; 42. Joe Jamieson, Long Branch, N.J., 40:52; 43. Bill Chapman, Falmouth, 40:58; 44. Doug Fish, Osterville, 41:03; 45. Bill Squires, Wakefield, 41:03; 46. Louis Allano, Falmouth, 41:09; 47. Don Doolley, Cambridge, 41:22; 48. David Eszaryk, Brockton, 41:32; 49. Glen Charbonneau, Lynn, 41:33; 50. Jeff Babrineau, East Dennis, 42:37; 51. Gary Souza, Osterville, 41:50; 52. John Kent, NMC, 41:53; 53. Phil Tracey, Lexington, 41:59; 54. Bob Monahan, Newport, 42:04; 55. John Sullivan, 42:08; 56. Bill Funicella, Malden, 42:13; 57. Ken Perez, E.P.A. RI, 42:14; 58. Dick Mahoney, Waltham, 42:24; 59. Jack MacDonald, GBTC, 42:26; 60. Kevin Callahan, Reading, 42:27; 61. Wayne O'Hara, 42:32; 62. Myron Bigelow, 42:45; 77. Debbie Richie, Concord, 44:31 (1st Woman) 1975 RACE DATE:

August 17, 1975 (The 3rd Sunday in August) --Dave Thead

10-MILE ROAD RUN, HAVERHILL, MASS. (95 finished)

August 18, 1974. Weather: Hot & humid, 85 degrees.
1. Ray Currier, Bedford AC, 52:51; 2. Michael Buskley, unat., 53:52; 3. Chris Chambers, Sugarloaf Mt. AC, 53:53; 4. Ralph Thomas, ARTC, 54:35; 5. Earl McGilvary, NMC, 54:34; 6. Rick Bayko, NMC, 54:49; 7. Dan Paul, Maine TC, 55:04; 8. Tom Dowling, Boston AA, 55:30; 9. Mike Sabino, Balmore OC, 55:39; 10. Mark Sleson, Maine TC, 55:59; 11. Steve Ellis, BAA, 56:25; 12. Bill Muller, GBTC, 56:35; 13. Don Putnam, NMC, 57:32; 14. Paul Dairon, NMC, 58:02; 15. Ken Kay, CSU, 58:35; 16. Steven Hamel, unat., 59:13; 17. Howie Scribner, NRTC, 59:14; 18. Tony Sapienza, BAA, 59:25; 19. Joe Frontiero, NMC, 59:43; 20. Dave McGilvary, NMC, 59:57; 21. Paul Roche, NMC, 60:07; 22. Robert Laprel, GBTC, 60:21; 23. Gene DiMariano, unat., 60:45; 24. Ron Dragan, NMC, 61:09; 25. Steve Brewster, Maine TC, 61:45; 26. Jeff White, unat., 62:07; 27. Steve Olson, Bryant College, 62:26; 28. John Orowski, CMS, 62:33.

MIKE WILSON CAPTURES MIDDLE ATLANTIC REC 5-MILE RUN ON EAST RIVER DRIVE COURSE

Phila., Pa., Sunday, September 8, 1974 2:15 P.M.
Lanky Mike Wilson, Delaware State College's top runner for the past three years, indicated that he is ready for a good senior year as he outran a field of 44 over the flat, sidewalk course along the East River Drive in Fairmount Park. Wilson poured on the coals on the return section of the out & back course to win by 22 secs. over improving Gary Fanelli of the Phila. Pioneer Club. Weather: Hot & humid.

1. Mike Wilson, Delaware State College, Dover, Del., 23:57; 2. Gary Fanelli, Phila. Pioneers, 25:59; 3. Joe Stelicki, Phila. Pioneers, 26:06; 4. Ken Kling, Sports East, 26:12; 5. Frank Goldcamp, Sports East, 26:50; 6. Paul Luczak, Penn AC, 26:58; 7. Mike Egan, Sports East, 27:03; 8. Alan Johnson, New Mexico TC, 27:31; 9. Ken Sheppard, unat., 28:18; 10. Larry Savage, Delaware State College, 28:21; 11. Jim Witcher, unat., Phila., 28:41; 12. David Wilkinson, Univ. of Pennsylvania, 28:45; 13. John Fellip, Rider College, 29:01; 14. Jerry Kane, unat., 29:06; 15. Tom Galer, Penn AC, 29:12; 16. Leon Dreber, Penn AC, 29:15; 17. Keith Fife, unat., 29:21; 18. Marty Lieb, Phila. AC, 29:23; 19. Jack Hirt, Penn AC, 29:30; 20. Ross Becker, unat., 29:54; 21. Dave Coleman, unat., 29:58; 22. Charles McNulty, unat., 29:58; 23. Wm. Hanson, unat., 30:16; 24. Roger Bryant, Delaware State College, 30:43; 25. Raymond Escobar, Delaware State College, 30:45; 26. Larry Diodato, unat., 30:47; 27. Rocky Wilder, unat., 31:04; 28. Franklin Pringle, unat., 31:12; 29. Jerry King, unat., 31:24; 30. Fred Mannis, unat., 31:37; 31. Jim Williams, unat., 31:54; 32. Ron Moolay, Delaware State College, 32:02; 33. Bill Smith, unat., 32:17; 34. Nat Patterson, unat., 32:29; 35. Tom Elasser, Tidewater Striders, 33:12; 36. Dave Starkin, Frankford HS, 33:37; 37. Don Conroy, Germantown YMCA, 33:45; 38. Frank Holgerson, Doylestown, Pa., 33:59; 39. Reg Blackwell, unat., 34:15; 40. Dick Farmer, unat., 34:24; 41. Jim Komieczny, unat., 34:36; 42. Peggy Kosherzenko, 37:13 (as woman); 43. Tom Thacker, 38:00; 44. Roger Waters, Phila., 38:04.

5-MILE VETERANS (OVER 40) 1:00 P.M.

1. Browning Ross, 50, Sports East, 29:22; 2. Marvin Hackett, Dover, Del., 30:22; 3. Luther Burdette, Phila., 31:13; 4. Carl Davis, Mallory TC, 32:18; 5. Ross Yates, Bethlehem, Pa., 35:08; 6. Dan Wiese, 37:08; 7. George Braceland, Phila., 37:25; 8. Ed Conway, Phila. Masters, 38:07; 9. Wm. Smith, 38:20; 10. Ralph Atma, 41:19; 4.

1-MILE WOMEN & GIRLS (1:30 P.M.)

1. Donna Gardner, Padukies, 18:22; 2. Roberta Anthes, Villanova, 18:50; 3. Pam Dumen, Padukies, 19:24; 4. Val Fisher, Padukies, 20:15; 5. Rose Richardson, Padukies, 20:43; 6. Colleen Dunn, South Jersey Chargers, 20:45; 7. Dawn Foreman, Padukies, 21:09; 8. Vanessa Landis, Mallory TC, 23:19; 9. Yvette Nixon, Padukies, 24:07; 10. Carol Davis, Mallory TC, 28:52.

HEART OF AMERICA MARATHON

Columbia, Mo., September 2, 1974 - Lynn Lee, of Exira, Iowa, won the Missouri Valley Labor Day Marathon over 80 starters in 2:41:47. Weather: Lower 50's, cloudy, ideal conditions. There was a lot of fresh rock on the gravel road and some extremely sloppy stretches which cost a few minutes. Lynn Lee ran four years for Drake University. He is

now a schoolteacher and had come off a fairly modest running program during the summer. He took over for good after 18 miles from Martin Smith (a 50 Mile Run specialist). Tim Hendricks, 4 times champion, finished 5th. Tim had done a 1:32 marathon on August 4th in Omaha, finishing third, but then he had a mishap with a steam boat, suffered extensive burns on the inner aspect of his left thigh, spent eight days in the hospital--so obviously he was not in top form. Rex Frazer won the over 40 trophy to set a new age 40 record of 2:53:12, beating the 2:53:55 set by Alex Kabelle.

1. Lynn Lee, Exira, Iowa, 2:41:47; 2. Martin Smith, 2:42:39; 3. Larry Adoddell, 29, Tulsa, Okla., 2:44:23; 4. Lou Feite, 31, Verdus, Nebr., 2:44:32; 5. Tom Hendricks, 28, Peru, Nebr., 2:47:11; 6. Roberto Bassalis, 31, McPherson, Kansas, 2:47:18; 7. Dick Hessler, 33, Columbia TC, 2:47:34; 8. Karl Naylor, 37, Topeka, Kansas, 2:50:27; 9. Ken Geest, 21, K.C., Mo., 2:52:40; 10. Rick Caracolelo, 18, Valley, Nebr., 2:53:02; 11. Rex Frazer, 42, CTC, 2:53:12; 12. Thom Wilkins, 28, K.C., Kansas, 2:54:00; 13. Charlie Schmidt, 19, K.C., Mo., 2:55:06; 14. Don Granberg, 32, CTC, Mo., 2:55:07; 15. Leland McCrary, 35, Florissant, Mo., 2:55:38; 16. Darrell Steinhoff, 16, Cape Girardeau, Mo., 2:55:52; 17. Ben Londerree, 40, CTC, 2:56:50; 18. Richard Caldwell, 23, Kirkwood, Mo., 2:56:57; 19. Bob Humerdross, 27, Fairfield, Iowa, 2:57:25; 20. Dean Neal, 26, CTC, 2:58:07; 21. Wm. Fox, 32, Tarkio, Mo., 2:59:46; 22. Alan Ellett, 24, Alma, Mo., 2:59:46; 23. Joe Dickman, 24, Clayton, Mo., 3:01:10; 24. Rich Todd, CTC, 27, 3:02:07; 25. Jerry Kokesh, 24, Manchester, Mo., 3:03:45; 26. Arne Richards, 41, Manhattan, K., 3:06:21; 27. Joe Herbert, 24, Springfield, Mo., 3:09:49; 28. John McCuary, 18, Cape Girardeau, Mo., 3:11:45; 29. Wm. Craig, 18, St. Louis, Mo., 3:11:24; 30. Lanny Endreem, 10, Tulsa, Okla., 3:14:33; 31. Robert Alzman, 21, Greenville, Ill., 3:15:42; 32. Joseph Hoyt, 42, Ft. Leavenworth, Kansas, 3:18:25; 33. Bob Putter, Ft. Riley, K., 35, 3:21:11; 34. Robert Lewis, 23, Edwardsville, Ill., 3:21:40; 35. Jeffrey Keek, 28, Rolla, Mo., 3:23:20; 36. Terry Spangler, 30, Potosi, Ill., 3:26:17; 37. Joe Duncan, 40, CTC, 3:26:58; 38. Charles Geiss, 34, CTC, 3:30:10; 39. Paul Mingo, 24, Atlanta, Ga., 3:33:30 (missed the turn at Stadium Blvd., had to come back and lost; perhaps 25 minutes!); 40. John Ritchie, 16, Cape Girardeau, Mo., 3:34:52; 41. Charles Gardner, 44, K.C., Mo., 3:35:35; 42. Dan Lonngvist, 28, Columbia, Mo., 3:39:12; 43. Dick Moe, 23, Columbia, Mo., 3:39:23; 44. John Holak, 21, Greenville, Ill., 3:43:56; 45. Larry Cane, 28, K.C., Mo., 3:47:41; 46. Leon Gwaltney, 55, St. Louis, Mo., 3:47:58; 47. Frank Murphy, 23, St. Louis, Mo., 3:49:30; 48. Manfred Wuttig, 41, Rolla, Mo., 3:49:47; 49. Jean Madden, 47, CTC, 3:51:48; 50. Phillip Simon, Maryland Hgts, Mo., 3:52:00; 51. Dennis Blossom, 35, CTC, 3:53:08; 52. John Bennett, 20, Columbia, Mo., 3:55:32; 53. Dick Carr, Pittsburg, K., 3:58:28; 54. Don Johnson, 45, CTC, 4:02:59; 55. Greg Buss, 24, St. Paul, Minn., 4:05:53, (67 finishers)
--Joe Duncan--

5,000 METER RUN, COLUMBIA, MO. August 24, 1974
1. Dennis Stewart, 15:57 (4:55, 10:09, 15:28); 2. Brian Cooper, 16:22; 3. Ben Londerree, 40, 16:25; 4. Dean Neal, 36:58; 5. Mike Choppendale, 17:09; 6. Whitney Hicks, 17:21; 7. Don Granberg, 17:35; 8. Aagie Hirt, 17:44; 9. Rex Frazer, 42, 17:55; 10. Turk Storwick, 46, 18:11.
25 finishers --Joe Duncan--

Woodbury, N.J. T&F MEET

July 4, 1974 Mile Run

Mark Yellie (2nd) & Dan Matosach (3rd) lead Willie Marino (1st), John Wade, Mike Exton, Joe Siodlowski (4th) and Bruce

Marino



Bob & Vince Marino tie for first in 5-Mile Road Run at Gloucester County College, Sewell, N.J.

ANNAPOLIS BRC RESULTS

Anniversary Run, U.S. Naval Academy
June 13, 1974

4-Mile Open- 1. Bruce Robinson, 20:03; 2. Sheldon Karlin, 20:03; 3. Ray Morrison, 20:52; 4. Gar Williams, 21:20; 5. Bruce Talawyma, 21:39; 6. Tony Diamond, 22:00; 7. Martin Guzman, 22:36; 8. Rod Steele, 22:29; 9. Arthur DuBlaine, 22:30; 10. Ed Jerome, 22:32; 11. Thomas Messer, 22:35; 12. Damien Howell, 22:37; 13. Brent Johnson, 22:42; 14. Ed O'Rourke, 22:42; 15. Dave Beinke, 22:43; 16. Charles Ross, 22:50; 17. Bob Norman, 23:00; 18. Bob Jones, 23:18; 19. Stu Weeks, 23:27; 20. Ken Pugh, 23:35; 21. Jim Good, 23:37; 22. Val Lewtan, 23:56; 23. J. Bradner, 24:00; 24. Ron Knode, 24:06; 25. Dave Theall, 24:21; 26. Brent Carter, 24:38; 27. Kevin Verelde, 24:43; 28. Norm Lee, 24:49; 29. Glen Sickle, 24:54; 30. Ray Gordon, 24:55; 31. Joe Shea, 25:04; 32. Ed Barron, 25:09; 33. John Woods, 25:17; 34. John Capper, 25:35; 35. Herb Chisholm, 25:37; 36. George Major, 25:43; 37. Rick McGowan, 26:18; 38. Roger Burkhardt, 26:23; 39. Linton Young, 26:26; 40. John Knepley, 26:40. (54 finishers)

2-Mile RPYL (Track)- 1. Dennis Hollidayoake, 11:17; 2. Weems McFadden, 11:23; 3. Kent Carter, 11:31; 4. Scott Stephens, 11:41; 5. Mike Tucker, 11:45; 6. Dave Owens, 12:00; 7. Herb Tolbert, 12:11; 8. Ted Good, 12:08; 9. Bob Weeks, 12:08; 10. Kim Bader, 12:13. (29 finishers)

Beginners One-Mile- 1. Richard Diamond, 6:26; 2. Sean Smith, 6:42; 3. Jane Jackson, 7:33; 4. Bob Ward, 7:53. (12 finishers)

4. 3-MILE OPEN, CHARTWELL, MARYLAND 4/23/74

1. Jack Whitelaw, 45:36; 2. Rick McGowan, 45:36; 3. Bob Coombs, 47:54; 4. Damien Howell, 50:00; 5. Tom Betty, 50:35; 6. Brent Johnson, 52:30; 7. Norm Lee, 52:35.

2-Mile RPYL- 1. Ed Purpura, 11:11; 2. Mike Kemper, 12:05; 3. Craig Stephens, 16:44; 4. Chrissy Bollman, 17:11.

8-MILE OPEN, CROFTON, MD. July 2, 1974

1. Ed Jerome, 46:26; 2. Ed O'Rourke, 46:48; 3. Charlie Ross, 47:31; 4. Damien Howell, 49:57; 5. Ken Pugh, 50:52; 6. Arthur Osborne, 54:02; 7. Ed Loomis, 54:27; 8. Norm Lee, 55:58; 9. Rick McGowan, 58:23.

2-Mile RPYL- 1. Brent Johnson, 10:06; 2. Kent Carter, 10:08; 3. Kevin Verelde, 11:05; 4. Scott Stephens, 12:08; 5. Bob Weeks, 13:22; 6. Diana Ross, 13:57. (12 finishers)

6-MILE OPEN, BAY RIDGE, MD. July 13, 1974

1. Ed Jerome, 47:40; 2. Damien Howell, 48:33; 3. Ed O'Rourke, 49:16; 4. Joe Shea, 50:26; 5. Norm Lee, 53:57; 6. John Woods, 54:15; 7. George Major, 54:32; 8. Dan Hanes, 57:01; 9. Jack Whitelaw, 57:58; 10. Alex Powell, 59:33.

2-Mile RPYL- 1. Jay Gallagher, 14:09; 2. John O'Dell, 16:36; 3. Chrissy Bollman, 17:11; 4. John Woods, 17:13.

5-MILE OPEN, ST. JOHN'S COLLEGE, ANNAPOLIS, MARYLAND, July 24, 1974

1. Ed Purpura, 27:08; 2. Ken Pugh, 28:14; 3. Norm Lee, 29:17; 4. Ken Verelde, 29:54; 5. Rick McGowan, 31:32; 6. Jack Whitelaw, 32:02; 7. David Butler, 34:00; 8. Bill Shafer, 34:06.

2-Mile RPYL- 1. John Cooper, 11:20; 2. Mike Tucker, 12:43; 3. Bob Weeks, 13:03; 4. Chrissy Bollman, 15:45; 5. Jack Ward, 16:28.

6-MILE OPEN, NAVAL ACADEMY X-COUNTRY COURSE

August 3, 1974 - 1. Bill Weeks, 36:37; 2. Charlie Ross, 38:07; 3. Mark Mackey, 39:18; 4. Dave Theall, 39:41;

5. Norm Lee, 40:53; 6. Ron Knode, 41:28; 7. Fred Weeks, 48:04; 8. Margaret Crockett, 50:07; 9. David Butler, 52:03; 10. Bill Morris, 55:46.

2-Mile RPYL- 1. Bill Weeks, 11:20; 2. Mark Mackey, 11:26; 3. Charlie Ross, 11:50; 4. Dave Theall, 12:55; 5. Scott Stephens, 13:04; 6. Bill Morris, 14:00. (34 fin.)

4-MILE BENEFIT RUN, U.S. NAVAL ACADEMY

August 13, 1974- 1. Dale Bateman, 21:40; 2. Steve Hubbard, 21:40; 3. Doug Smith, 21:40; 4. Ed Purpura, 22:47; 5. Ed O'Rourke, 23:29; 6. Jeff Darman, 23:30; 7. Norm Lee, 25:18; 8. John Woods, 25:37; 9. Jerry Mobley, 26:20; 10. Rick McGowan, 26:26; 11. Jack Whitelaw, 26:40; 12. John Knepley, 26:47; 13. Bob Coombs, 28:02; 14. Bill Morris III, 28:59; 15. J.M. Cochran, 29:36; 16. Dave Butler, 29:38; 17. Bill Shafer, 29:55; 18. M. Barres, 30:57; 19. Bill Morris, 32:38.

2-Mile RPYL- 1. Norm Lee, 11:27; 2. Weems McFadden, 11:48; 3. Scott Stephens, 12:30; 4. Carly Cochran, 12:53; 5. Mike Tucker, 13:15; 6. Bill Morris, 13:22; 7. Jay Gallagher, 13:33. (12 finishers)

5-MILE OPEN, ANNE ARUNDEL COMMUNITY

COLLEGE (TRACK) August 24, 1974

1. Ed Purpura, 30:43; 2. Brent Johnson, 31:05; 3. Norm Lee, 31:18; 4. Bill Shafer, 38:11; 5. Tom Betty, 41:39.

2-Mile RPYL- 1. Weems McFadden, 11:17; 2. Norm Lee, 11:40; 3. Scott Stephens, 12:28; 4. Mike Tucker, 13:03; 5. Bob Coombs, 13:05; 6. Jay Gallagher, 13:09; 7. Luther Turner, 13:56; 8. Craig Stephens, 14:56.

--Luther Turner--

NATIONAL AAC 50 KILO WALK CHAMPIONSHIP

Seattle, Wash., Sept. 1, 1974 (Green Lake, 5km paved loop) Warm & humid. 20km 40km

1. Larry Young, 4:25:51 (1:46:10 3:29:45); 2. John Knifton, 4:30:30 (1:46:10 3:30:18); 3. Angie Hirt, 4:42:01; 4. Ron Kulk, 4:48:18; 5. Tom Kaas, 4:50:21; 6. Bob Bowman, 4:54:20; 7. Bob Rosenkrantz, 4:58:37; 8. Dan O'Connor, 4:59:53; 9. Roger Duran, 5:12:52; 10. Chris Amaro, 5:15:27; 11. Bob Young, 5:40:00; 12. Dick Arkley, 5:47:13; 13. Steve Geiver, 5:59:00; 14. Craig Jones, 6:00:15; 15. Don Jacobs, 6:22:38.

--Don Jacobs--

HUDSON-MOHAWK BRC RESULTS

Albany, N. Y. (SUNY) August 11, 1974

9-Mile Run- 1. Ted Dick, 57:01; 2. Faustin Baren, 58:30; 3. Cape Hotchkiss, 59:08.

3-Mile Run- 1. Al Pastore, 16:58; 2. Bob Flick, 19:38; 3. Raji Soch, 20:19; 4. Mike Derrick, 20:19; 5. Tom Derrick, 22:50; 6. Stan Rosenberg, 22:57; 7. Bill Derstok, 23:19; 8. Jackie Hart, 29:59.

(SUNY) August 21, 1974 - 1-Mile Run- 1. Tom Galarneau, 11:39; 2. Bill Galarneau, 16:48; 3. Hank Vandenberg, 17:10; 4. Bob Flick, 18:47; 5. Stan Rosenberg, 22:18; 6. Bob Gray, 23:41; 7. Barbara Vandenberg, 24:14

2. 5-MILE RUN, FRESH POND, CAMBRIDGE, MASS.

August 22, 1974. Very hot & humid. 138 finishers.

1. Rick Bayko, NMC, 12:25; 2. John Babington, NMC, 12:38; 3. Kevin Crotty, unat., 12:50; 4. Jim Stronach, NMC, 12:53; 5. Bruce Goodchild, CSU, 12:58; 6. Mike Hurten, NMC, 13:00; 7. Tom Joyce, unat., 13:02; 8. Edmund Conner, NMC, 13:05; 9. David McGilivray, NMC, 13:13; 10. Howard Rodenblaur, NMC, 13:23; 11. Ron Gaff, NMC, 13:29; 12. Jim Butterfield, unat., 13:33; 13. Phil Tracy, CSU, 13:34; 14. Bob Thomas, unat., 13:35; 15. Louis Aguilar, NMC, 13:56. --Fred Brown Sr.--

FIVE BY THREE: A STORY OF MEN AGAINST THEMSELVES

By Lionel L. Fisher

SURELY THE MOMENT of doubt and pain that Ken Zell had been seeking came at dawn as he slipped quietly into the frigid waters of the Columbia.

Any regrets he experienced during the 12-hour ordeal had to have surfaced then, as the purging cold of the river surged through his wet suit, numbing not only his body but the will to continue.

"The real shock comes when you first get in," Zell said later. "It's dark and the water is icy. It runs through your wet suit and for a few minutes before your body starts warming up the water, that's all you can think about. The cold! And how numb your hands and feet feel especially."

Zell, a Portland sculptor, was the sixth man into the river on the Saturday morning of May 25. The time was a minute before 5 a.m., and he was starting the second leg of a Herculean event being attempted by a total of 18 men, only three of whom would go all the way.

Called the 2nd Annual Portland Pentathlon, it's something you'd have expected John Wayne as Sergeant Dryker in "The Sands of Iwo Jima" to dress up. Actually, the Portland Pentathlon was the brainchild of real-life Marine Captain Alan Jones. To top it off, Jones went on to win the event personally, a feat probably not even all-time Marine's Marine Duke Wayne could have achieved.

A pentathlon is simply an athletic contest divided into five distinctive parts, with the winner compiling the most points or completing all components of the contest in the fastest time. Capt. Jones' special version of the classic Olympic event consisted of five of the most prevalent forms of exercise in the U.S. today — bicycling, swimming, rowing, sit-ups and weightlifting — with one major difference. They came in massive doses.

First there was the bike race—27 miles from Portland's Jantzen Beach to Beacon Rock State Park in Washington. Then a plunge into the whirling 50 degree waters of the Columbia for a 24-mile swim to Blue Lake Park. Next a 12-mile run along Marine Drive back to Jantzen Beach where the final two events took place smack in the middle of a shopping mall on Saturday of Memorial Day weekend. These last



Ken Zell gets final words of advice from S. Sgt. Don Gerlach prior to start of race.

events consisted of 1,000 sit-ups apiece, followed by weightlifting. And total collapse.

Who would be insane enough to even seriously consider competing in such a test of mental and physical endurance? Perhaps the key to the answer lies in the only common denominator that can be found to link the three individuals able to give the distance in all five trials. For the three men, physical fitness is a daily reality of life rather than the occasional endeavor it is for the rest of us.

Both the winner, Jones, age 27, and the runner-up, Curt Taylor, 21, a member of the Navy's Underwater Demolition Team, are U.S. servicemen with specialties peculiarly related to extreme physical conditioning. The third man, Zell, 26, is a civilian but also a part-time YMCA physical fitness instructor whose daily activities have long been devoted to the numerous subtle nuances of physical discipline and

development.

The Army had also prepared for the Portland Pentathlon by conducting a series of its own mini-pentathlons and selected two winners from its elite Ranger Airborne unit in Fort Hood, Texas. The two paratroopers, Lt. Charles Frost, Jr., 23, and SP4 Robert Gilchrist, 21, were dispatched to the Rose City specifically to compete in the contest which was staged in conjunction with the "Armed Forces Today" show put on at Jantzen Beach Center over the long Memorial Day weekend.

Branding out the roster of participants were four other non-military personnel, all Northwesters, among them Michael O'Neal, 21, and his brother, high school junior Francis O'Neal, 17, and colleagues James White, 25, and Carl Finch, 20, from Clark College in Vancouver. The O'Neal brothers and Jim White represented the Oregon Road Runners Club.

Counting back, then, from Capt. Jones, there was a total of nine Pentathlon entrants—a Marine officer, a Navy bugman, two Army paratroopers and five civilians. Their median age was 23.8 years, the youngest being 17, the oldest 32.

They were complemented by two military relay teams of five men apiece. One team consisted of the Navy's famed, rugged SEALs, the other made up jointly of local Marine recruiters and recent enlistees from Medford High School. Whereas the first nine participants would attempt to complete all events, each man vying with the others, only one member of each relay team would participate in one event, the two teams doing battle.

And so at 2 a.m. on the cold, drizzly Memorial Day Saturday, 12 determined men on 10-speed bikes were out of the parking lot adjacent to the Jantzen Beach Thunderbird Motel on the first leg of a long, arduous journey.

The bikers sped across the Interstate 5 bridge into Washington, then proceeded east paralleling the Columbia toward Beacon Rock State Park. The race had deliberately been started at 2 in the morning to reduce hazards from motorists. Nevertheless, the racers still encountered holiday drivers. Two miles from the starting point, Jim

White was grazed by a car as he attempted to exit from the highway. Luckily he sustained only a sprained ankle but his bike was disabled, eliminating him from the contest.

The SEAL relay member had to dismount continuously to pump air into the rear tire of his bike and finally gave up on it several miles from Beacon Rock. His mount vehicle then sped ahead to borrow another bike from one of the founders as the SEAL could complete the first leg of the race.

First to reach the Beacon Rock boat launching area were Jones and Ranger SP4 Gilchrist, both arriving at 4:13 a.m. Gilchrist wasted no time getting into the water at 4:15 after a quick change into his rubber wet suit. Jones followed two minutes later, taking the extra time to down some liquid energy food. By 4 a.m. with daylight having broken some 45 minutes earlier, the remaining eight swimmers had slipped into the boat Columbia—in full participation and the two relay members.

Taylor, the Navy UIC man who was to finish second, was third into the river. Zell finished his bike ride at 4:27 but deliberately took a full half-hour before embarking on this toughest portion of the race. Perhaps of all the participants apart from Jones, Zell had most thoroughly "thought" his way through the race and had fully prepared for it.

For one thing, for a long time his diet had consisted solely of "things able to do my body some good," as he put it. He supplemented these foods with liberal helpings of a stress 2 vitamin recommended by a pharmacist friend, who advised logically, "mega vitamins for mega miles." Zell also puts considerable store in large quantities of vitamin C. In preparation for the pentathlon he not only logged in hundreds of miles biking and running but even most of the Columbia course from both ends.

This writer was part of Zell's support team, consisting also of his wife, Kathy, brother-in-law Chris McNichols and a friend, John Cregan. McNichols drove the van that accompanied Zell throughout the race carrying all the necessary equipment, food and changes of clothing, including a rubber raft that Cregan wanted to accompany Zell on his swim. As things turned

out, the vigorous currents that hampered the raft's progress forced Zell to leave Creagan bobbing for behind halfway through the swim. Finally, the writer's job was to keep Zell company during the 13-mile, third-leg run back to Justice Beach.

In addition to the raft, Zell's run-bag of equipment included two wet suits (one for himself, the other for Creagan in the raft since the water temperature was just above 50 degrees), two thermos bottles of hot chicken soup, three jars—two filled with orange juice, one with tomato soup—with plastic surgical tubing attached to each container, Zell's 10-speed Peugeot racer plus two spare tires, and for the bike ride a light knapsack containing a jar of trange juice blended with crushed pineapple with the necessary length of surgical tubing attached to enable Zell to partake of the swimmer as well without the use of his hands.

During the first part of the swim in which Creagan was able to keep pace with Zell, Creagan fed the swimmer with doses of juice and soup every 20 minutes, helping to move off the effects of the deep river's swirling cold and ferocious currents.

As it turned out it was the jelly-wed river that eliminated most of the participants from the competition. It is difficult but at least possible for the average boat-cleaning armchair athlete to envision undergoing a 23-mile bike ride and a 13-mile run, then even doing 1,000 sit-ups and finally a half-hour of weightlifting. But donning a wet suit and putting off into the strong, steadily current of the Columbia River in the murky dawn of a cold, drizzly May Saturday is another matter altogether and perhaps beyond comprehension.

One by one, the river took its toll of challengers. SP4 Glisford, first man into the water, managed to finish the swim but took a full eight hours to do it in an ill-fitting wet suit that failed to keep him warm. By the time he reached his destination the cold and strain had taken its toll and Glisford could not continue the race.

The brothers O'Neal somehow got deluged into an island tight and couldn't find their way out. They finally called it quits after 13 hours in the water. Two others were thoroughly beaten by the Columbia's temperature and its intimidating currents. They threw in the sponge during the swim, one of them clinging, spent and helpless, to a log until rescuers arrived. Only seven men — two of them relay team members — were to complete the swim, and out of the five full participants, only the three finalists were to have enough strength after the river to continue.

Pressed to reexamine his exact feelings during the swim, surprisingly Zell associated very little danger with it. "What about the current?" he was asked.

"It's definitely a strong current," he replied, "moving at about three to five miles an hour, pulling you forward but not downward at all, but maybe I just didn't hit any undertows. There's no sensation of moving, though."

"The river is so large, so wide and you're right out in the middle so as to be lined up with the channel markers, that you just don't have any sense of motion. It's when you pass something stationary in the water such as a buoy or channel marker that you realize how fast you're going. Otherwise, you have nothing against which to check your progress."

"There are a lot of misconceptions about the Columbia," Zell explained. "Many funny myths are attached to it, but it's not all as dangerous as many people think. People usually get into trouble in the water because they panic, because they're suddenly not sure of what's happening to them. With a wet suit on there's no way you're going to get pulled down. You're too buoyant for that to happen. Knowing and believing it is half the battle."

Nevertheless, the prospect of a 24-mile swim down the middle of the Columbia in water temperatures of 50 degrees presents as a thoroughly intimidating one, although not without a certain reptilian fascination to it.

"When you first start," Zell related, "after the initial shock of the cold and when your body temperature has begun warming the water coursing through your suit, you're excited, even elated. You watch the scenery go by and you see Multnomah Falls and Horsetail Falls and it's kind of a hell."

"Then the monotony sets in. Three hours, four hours go by and you know you're only about a third of the way through the swim. The scenery gets repetitious. You get to see channel markers, then see yourself up with another and it seems forever before you finally get to it."

"What swimming strokes did you use?" Kne was asked. "Mostly the dog paddle," he said. "Or I did a flutter kick, alternating with a broad scissor kick. Back water strokes. You couldn't swim the whole distance with a crawl stroke. It's a demanding stroke and not the most comfortable one in a wet suit, anyway."

Halfway through, according to Zell, he began to tire. And to get cold. He was not only doing physically but simply tired of doing it, fatigued by the monotony. And with the fatigue the bone-chilling cold seemed to settle in.

"About two-thirds through the swim I started seeing Camus," Zell recalled. "I remember when I made out the town I said to myself, 'Well, the finish is just around the corner.' But I'd forgotten that after Camus there were some power lines I had to pass under west of the town, slide to a full hour stop, and getting to them seemed forever."

The Zell, the end of his swim came at 12:05 p.m., seven full hours after entering the water at Brown Rock. Jones, on the other hand, had covered the 24 miles in five hours and 51 minutes, emerging from the river opposite Elm Lake Park at exactly 10:00 a.m. He quickly stripped off his wet gear, whipped on a pair of flannel shorts and a sweatshirt discarded on the bank with a smile face and the words, "Have a nice day, the Martins are on duty," took several swallows of F&B (a manufacturer's drink laced with papaya juice) and was running on Marine Drive at 10:05.

It was a full hour and 40 minutes later before a second swimmer was sighted by the Marine check-off crew. Navy frigate Zett Taylor stroked his way and climbed ashore at 11:45, starting his 13-mile run within three minutes. Zell emerged from the water 20 minutes after Taylor but did not start on his run for a full ten minutes. Although 20 minutes behind the frigate who, was perhaps a bit out of his element on land, Zell, accompanied by the author, made good time on the 13-mile run. They caught Taylor at the entrance of the Justice Beach

center shopping mall at 2:30 p.m.

Amidst gawking weekend shoppers in the busy mall, Jones moved into high gear as he approached the finish. He had completed his run in five hours and five minutes, arriving at Justice Beach at 10:00 p.m. Taking a few minutes of rest before

(Continued on page 26.)



The final test.



Winner Capt. Alan Jones (left) receives congratulations from Capt. Burt Gierney.

beginning his 1,000 sit-ups, the Marine methodically cranked them off, stopping only briefly for sips of fruit juice and an occasional downsing of water as his fully shaven head. By 1:15 he had finished.

Although Traylor and Zell reached Justice Beach simultaneously, Zell deliberately took more time than the younger UDT man from San Diego in preparation for his sit-ups, again pacing himself. For a time during the early portion of the sit-ups, Zell seriously considered giving his opponent a run for second place.

However, always the clinical physical education instructor, Zell noticed that he was not perspiring at all, whereas all the times he had previously done sit-ups in any quantity he had perspired profusely.

"It puzzled and bothered me," he

said later. "I didn't feel hot, but I started thinking my body chemistry balance had gone wrong. During last year's Savile Island marathon I took care of a kid who had suffered heat exhaustion because he hadn't taken any liquids during his run."

So Zell stopped for awhile and drank a large quantity of fruit juice, then paused every 100 sit-ups after that to partake of more liquids. As a result, Zell fell behind his opponent, and the two men's official completion times for the sit-up portion of the pentathlon were 3:09 p.m. for Traylor and 3:27 for Zell.

By then Jones had long finished the fifth and final test. In fact he had taken first place even before Traylor and Zell had completed their runs. It took Jones only 11 minutes to zip through the weightlifting final event. Each participant

had to lift a certain number of pounds, predetermined by his age and weight, and do it in increments of no less than half his body weight—all within half an hour. Upon completing his sit-ups, each competitor stepped onto the scales. His weight was then multiplied by 1,000 pounds and this total was divided by his age to determine his full lift-load.

For instance, weighing in after his sit-ups at 148 pounds, Jones had to lift 2,481 pounds within the 30-minute limit. He selected 80 pounds as his barbell weight (his minimum would have been 76 pounds), then proceeded to crank off 88 repetitions, each one raised from the floor to a full position over the head. It took him just 12 minutes. He was declared the 2nd Portland Pentathlon winner at 1:48 p.m., 12

minutes shy of 12 hours after when he had shaved his hair long enough to start the race.

By 4:00 p.m. both Traylor and Zell had completed their weightlifting assignments and were designated second- and third-place winners respectively. The relay-team competition was won by the Navy SEALs who barely edged out the combined ion Marine Corps-Medford High School contingent.

What's ahead for Jones, chief architect and current champion of Portland's own unique pentathlon?

He's already talking up another pentathlon which has been scheduled for November 2. This one may be swam in the Sandy rather than the Columbia, and, according to Jones, the weightlifting portion will vary slightly. All competitors,

regardless of age or weight, will have to lift 10,000 pounds in sixteen increments of 300 pounds. No time limit will be involved, however.

Zell, for one, has already pledged to return for a second try.

Asked whether he possessed him to undergo his ordeal of May 25, Zell, a developing metaphysical sculptor, replied, "First of all, as an artist I wanted to experience that moment of doubt and pain, as someone once phrased it. Sports writers sometimes refer to it as crossing the threshold of pain. I wanted to reach

that moment, endure and conquer it."

"Secondly, I consider myself an average person physically. And I firmly believe that anyone who makes physical fitness a way of life can reach succeeding plateaus of physical and mental achievement that, looking back, he might think he never could have even approached. The pentathlon was merely a point in a journey that started for me on a low, low, plateau. The important thing is to start."

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WHAT NEXT, CAPTAIN?

Apparently Alan Jones has just begun.

On July 12 he again jumped into the Columbia River (this time near The Dalles) and chambered out late the afternoon of July 14 under the Independence Bridge at Portland. He had swum 100 non-stop miles, leaving the river only briefly near The Dalles and Bonneville to walk around each dam.

Then what? On July 4, 1975, Jones will embark on yet another long swim, this one lasting from seven to ten days based on one of two routes he's relatively mapped out. As the Marine Corps' contribution to the nation's bicentennial celebration, Jones will either swim from Lewiston, Idaho to the Pacific Ocean or from South Dakota to St. Louis, Missouri.

The Northwest swim would cover approximately 400

miles, beginning in the Snake River at Lewiston and transferring to the Columbia at Pasco, Washington, and ending at Astoria.

The Midwest swim would be a bit longer — some 700 miles, starting in the Missouri River in South Dakota near Sioux City, Iowa, and progressing through Iowa, Nebraska, Kansas, Missouri and into the muddy waters of the Mississippi to the Gateway Arch in St. Louis.

What's his present physical fitness regimen? Better all down while you read this. He starts off each day with a four-mile run, followed by a one-mile swim and then does 500 sit-ups. In the evening he goes for another four-mile run, then adds flexibility and abdominal exercises topped off with an additional 1,500 sit-ups.



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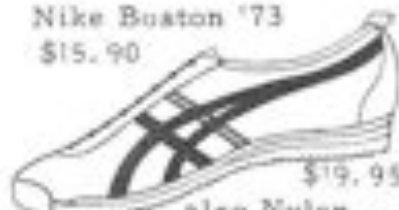
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