



# BUFFALO CHIPS



RUNNING CLUB

NUMBER 24

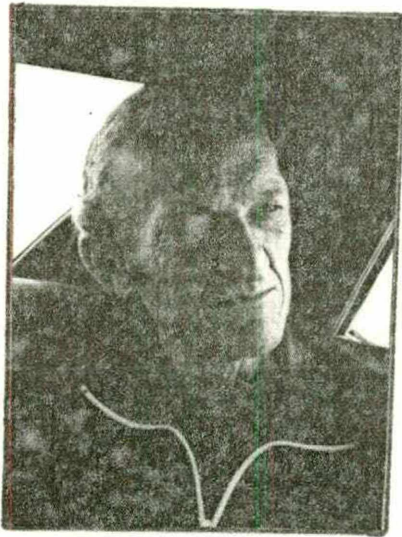
Paul Holmes  
 Fraser Rasmussen  
 Bettina Brownstein  
 Art Waggoner  
 Abe Underwood  
 Dave Davis

High Lunger  
 Vice Lunger  
 Secretary  
 Treasurer  
 Editor  
 Membership Coor.

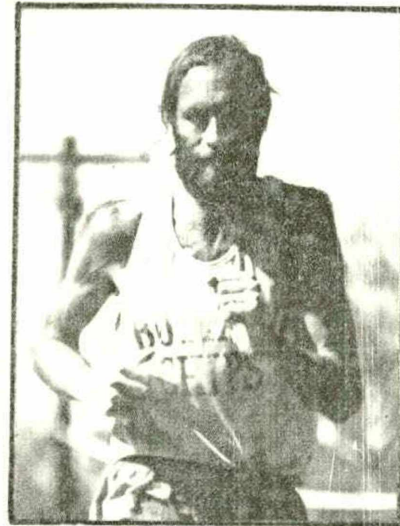
Sacto 929-5817  
 Davis 756-7636  
 Sacto 456-5738  
 Sacto 383-4667  
 Sacto 392-7672  
 Sacto 363-9142

APRIL 27, 197

## Bad Buffaloes



Guess the age of this  
 60 year old Buffalo  
 Chip and win a life  
 time subscription to the  
 National Running  
 Inquirer .....



WHO  
 Where else can you run  
 2:50 and finish 600th ??  
 Find out next month.  
 FIND OUT WHERE TOO!

### BUFFALO CHIPS

...late one fall day the Chief called the Tribe together for a pow-wow. The Chief said; I've got news for you, some good, some bad. So I'll give you the bad news first. Due to our own improvidence, we have only Buffalo Lung to eat this winter. And now for the good news,...we have piles of it!!!

THERE'S MORE DUMB  
 STUFF INSIDE ....  
 PLUS SOME IMPORTANT  
 CLUES TO THE IDENTITIES  
 OF THE BAD BUFFALOES!



## CHICO-REDDING RELAY

By Mike McIntyre

4-9-77 You missed a great relay race Chips! Without a whole lot of effort or organization, a motley crew of Ophir Chips or Buffalo Prisoners depending on your perspective, made the trip to Bidwell Park in Chico for the start of the 10 person(or 9 person as I will explain later) relay. There were 14 teams entered, including a very fast (I saw the Busby Brothers for sure) Chico A team. They were very disappointed at not having the opportunity to have a go at a Chip "A" Team. I pass on to you A Runners (and others interested in relays) the Chico Running Club's disappointment for this year and challenge to get it together next year and have a go with them. (The race will probably go from Redding to Chico next year.)

With the exception of one leg along 99E, the course winds along beautiful back country roads with only a couple of hilly legs and very little motorized traffic. The biggest hazard I faced was a tractor & the cattle which wandered around on the stretch of open range along which I had the pleasure of running.

One really interesting feature of this race is that the B teams & female teams and Seniors get a 10 mile head start by starting their 1st person at the beginning of the second leg simultaneously with the A person at the beginning of the first leg. From that point on, it's hound and hare time folks with the A teams trying to overcome a 10 mile "lead". I don't have results yet but the Chico or Aggie females were leading at the beginning of the 8th leg with the Chico men in hot pursuit.

All in all it's a very interesting concept and I'm of the opinion that a really strong Chip B team could win the event. How bout it Chips? Have a bash at it next year and show our running neighbors to the north that we support their runs as they do ours!!!

## LETTER TO THE EDITOR:

Re: Delivery of Club Newsletter

I'm using the newsletter as a forum to present an idea which, when first suggested at one of those memorable Chips' business meetings, was met with general derision. However, I'd like to reiterate and expand upon it in hopes of eliciting a serious response.

Last year, A.J., in his official capacities as treasurer and editor, informed us that the newsletter was an expensive item to produce and distribute, postage being the most costly factor. This being the case, I repeat my original question: why can't the newsletter be delivered by those renowned Chip harriers--- on foot? It would be simple to arrange those Chips living out in the boonies, such as Apple Pete and Jane in Fresno could, of course, continue to receive the treasured epistles by mail. The remainder could be divided geographically; when the newsletter is ready, on a rotating basis, a runner or two from each division would be responsible for distribution in his or her area.

The newsletters could be deposited at a convenient location, say Fleet Feet or a MacIntosh store for the runners to pick up their load. (For former paperboys, this should be easy.) Since the newsletter has a somewhat erratic schedule anyway, runners could have a few days grace to complete their assignments. If assigned on a rotating basis, delivery duties would only befall the same individual every few months.

My reason for advocating a return to such a primitive messenger service is not primarily financial, although saving money would be an added inducement. Mainly I'm concerned with making running a more functional part of our lives. There is a fundamental contradiction in a lifestyle which has us sitting on our asses 90% of the time being serviced by automation, and running our legs off for the remaining 10%, purely for recreation. Delivering our newsletter on foot would be a start toward easing this contradiction.

Bettina Brownstein



## LETTER TO THE EDITOR

I'd just like to thank the friends that worked and ran with us at the 50 mile run. Until you run something like this you wouldn't believe how low you can get mentally. To have these guys running and yelling out times and encouragement makes all the difference between staying in the race and dropping out. I would particularly like to thank Fraser who ran the last 30 miles with me, without him, I know I would have run much slower. Doug and Selina were also a great help. Thanks.

I also heard that there is still a need for pit-crew members for Avenue of the Giants. Those planning to attend, if not running, plan to help.

Mike Souza

## THANK-YOU

A special note of thanks is in order for the folks who dedicated 6 hours + of their time to giving aid to the 50K runners. The people we were out there to support, the runners, appreciated our efforts greatly and many expressed their thanks to the race director.

Thanks again Jeff O'Neil, John Costar, Mike O'Neil, Ralph Navarro, Henry, Mike Marshall, Charlie Albert, Mickey Brodie & LuAnn and Rita.

Mike McIntyre

Dear Chips:

Hi! I'm a new member, and having first heard of the Buffalo Chips in a race called Wharf to Wharf, I must admit I first thought it was a bunch of B.S. Later on in the race as the herd stampeded on, I learned they were just a bunch of B.C.'s. As I ran in more races, I thought it would be profound to belong to the Buffalo Chips. Now, being the proud member that I am, I can hardly wait to get my gold tank top to display this Club's distinctive name. I am writing this letter to tell you of an upcoming race in June, the Fair Oaks Fiesta Five Mile Run. Fliers are enclosed in this newsletter giving full details but please note that this is another race that John McIntosh is helping to sponsor and please extend him a special thanks for his conscious and continuous effort to promote running in the Sacramento area.

If you have questions about the race, contact me at 966-3963 or John McIntosh at 488-7184.

Thanks,  
Jim Friedrich

## THE CHAMPAGNE OF BOTTLED MARATHONS

By Mike Souza

If you like running and you want to try a marathon just for fun, let me suggest Paul Masson. Each mile is marked, the course is very scenic and there are three gentle hills. I think all the Chips except Paul and Art, were just running for a good workout which I believe is the best way to approach this one.

I had an extremely enjoyable run starting from dead last to finish 19th in an unexpected PR of 2:50:02. The next Chip to finish was Richard Szekeresh who won the 15 and under division in the fabulous time of 2:57:00 in his first marathon ever. To run his first marathon and break three hours was not enough for our young Chip;...He also buried the Sundance TC's Mike Rowerdink, a veteran marathoner, by a full 19 seconds.

The third Chip to finish was Art "Sonny Bono" Waggoner whose 3:10:46 gave him 2nd in his division, i.e. 50+. Paul Reese was 4th in that division in 3:14:29. I might just say that Paul is 59 and was forty minutes ahead of the next finisher his age or older. The next Buffalo to bull his way thru the finish was none other than Jon Brown, Chief Chip himself, in 3:20:17; snorting and shouting "Mayer was lucky he went to San Diego." Bill Starks, former Sac High half-miler moving up in distance was the next Chip to finish in 3:24:55, not bad for his first 26 miles!!

Dennis Letl came in next in 3:28:38 which must have been a good learning and conditioning experience for him because at the "West Valley Marathon" he ran near 3 hours. After Dennis came Charlie Mersereau, who just missed breaching 4 hours by 42 seconds.

The last Chip but not the least was John Clark in 4:20:03. At the banquet after the run, John's wife, Ingrid, really liked the wine glasses, enough to buy some, right?

Altogether it was quite a day, that none of us will soon forget.

Overheard at the Buffalo Stampede.  
"How much is 50 Kilos?" ..... to which came the response, "Oh, I don't know, about 125 pounds maybe."

SECOND (AND LAST ANNUAL)

MT SHASTA CLIMB SET FOR JUNE 17

If you are interested in putting all that aerobic conditioning to some useful purpose, other than running up & down the Bike Trail, join this one-day climb up Mt Shasta. This will be a joint Ophir/Chip affair and should be fun (the Ophirs are better at this kind of thing than they are at running). The climb will start at daybreak on Saturday morning the 16th at the Mt. Shasta Ski Lodge. You should plan to arrive the night before and sleep in the parking lot. The snow is already off Shasta so crampons will not be required. This is a tough one day climb and takes 12 hours or more---but it is worth it. Essential items include -- good boots, a down parka, sunglasses, some food in a day pack, camera, etc. Jim Wirick of the Ophirs is coordinating. Give him a call if you have questions at 421-5110 before 2:00 PM or at 442-3103 after 7:00 PM. Any climb of Shasta is subject to last minute cancellation in case of bad weather.



RACE SCHEDULE ADDITIONS

- SAT. APRIL 30 - SHASTA RIVER RUN (?)  
5.4 Miles The Sacramento County Department of Parks and Recreation will sponsor the 5.4 mile race, open to both male and female runners. Registration begins at 8 AM at Gate 12 of Cal Expo (near Ethan Way), race begins at 10 AM and costs \$2.00.
- SUN. MAY 1 - KAISER MAY RUN  
5 & 10 Kilo 11:00 AM Lake Merritt Boathouse, 1520 Lakeside Drive, Oakland. 750 Free T-Shirts but entry fee is \$4.00.
- SAT. MAY 21 - McINTOSH FUN RUN  
3 & 6 Miles 10:00 AM 4120 El Camino, Sacramento. 50¢ entry. Ribbons
- SAT. MAY 21 - ARMED FORCES DAY RUN  
5 Miles 11:00 AM Sharp Army Depot Stockton. Roth Rd off I-5. Many divisions, awards. No entry fee.
- SUN. MAY 22 - 5TH ANNUAL SUNRISE TRAIL RUN 7.5 Miles 9:00 AM Rancho Cordova Community Park. Take Coloma Road to Chase Drive. 175 T-Shirts \$2.00 entry fee. Sponsored by Mee Moving & Buffalo Chips.
- SUN. MAY 22 - RUN FOR YOUR HEART  
.4, 1.25, & 3.3 Miles 9:00 AM Auburn Recreational Park. Take Hwy 49 toward Grass Valley, left on Dry Creek Road and then next left to High School. This is a family affair sponsored by the Ophirs.
- SUN. MAY 29 - PA-AAU SENIOR MEN'S & WOMEN'S TRACK MEET - ALL DAY Diablo Valley College, Concord. Entry blanks from Henry Patton, 151 Manor Drive, San Carlos 94070 or call (415) 593-2637. Entries close May 24.
- SUN. JUNE 5 - FAIR OAKS FIESTA 5 MILE RUN 9:30 AM Plaza Park in Fair Oaks. Many divisions. \$1.00 pre-entry, \$2.00 at race. Call 966-1011 or 488-7184. Sponsored by Fair Oaks CC & McIntosh Sports Cottage.
- SAT. JUNE 4 MT. MISERY RUN 10 KILO  
10:00 AM (?) 8 MILES EAST OF  
PLACERVILLE ON NEWTON RD.



CHIP MASTERS 100 MILE  
RELAY TEAM

MARCH 13, 1977

CONGRATULATIONS ARE IN ORDER FOR THE "OLD GUYS" OF THE BUFFALO CHIPS RUNNING CLUB. YOU BETTERED LAST YEARS TIME BY ONE HOUR, ELEVEN MINUTES AND FIFTY SIX SECONDS. EVERYONE WAS ON TIME, EXCEPT YOUR TEAM COORDINATOR. HE ALMOST BLEW IT AS HE WAS FRANTICALLY TRYING TO GET OUT OF HIS SWEATS AS JEREMIAH ARRIVED AT THE END OF THE FIRST LEG.

FOLLOWING ARE THE TIMES AS TAKEN FROM THE TIMERS SHEETS AT EACH RELAY POINT. THE MINUTES PER MILE AVERAGE FOR THE FIRST LEG ARE ASSUMING A DISTANCE OF 9.3 MILES

		ELAPSED		
		SPLITS	TIME	AVG
LEG 1-9.3 MILES	HOLMES	56:05	56:05	6:01.8
LEG 2-11.4 MILES	REESE	74:15	2:10:20	6:30.6
LEG 3-9.2 MILES	BETSCHART	61:04	3:11:24	6:38.4
LEG 4-9.2 MILES	FARRELL	62:41	4:14:05	6:18.6
LEG 5-10.0 MILES	MARSHALL	71:42	5:25:47	7:10.2
LEG 1-9.3 MILES	RUSSELL	60:34	60:34	6:30.6
LEG 2-11.4 MILES	WAGGONER	75:03	2:15:37	6:34.8
LEG 3-9.2 MILES	HUNTER	63:40	3:19:17	6:55.2
LEG 4-9.2 MILES	O'NEIL	70:02	4:29:19	7:36.6
LEG 5-10 MILES	KOERNER	72:22	5:41:41	7:14.4
TOTAL TIME		11:07:28		
1976 TOTAL TIME		12:18:24		

FROM AET WAGGONER

CHIPS HEAD SOUTH

4-2-77 By Jane Johnson  
With television cameras rolling and spectators lining the streets, the Roeding Park 6 Mile Run began. Frank Delgado, just a little speedier than his brother, Chris, here in Sacramento, has put on this run for 4 years. The course is flat and consists of three 2 mile loops passing by the start/finish each time. Being outcasts in our Classy Chip Uniforms, I knew we'd monopolize the news that evening on T.V. As Jeremiah had trained diligently over the past few

months, and I had barely managed 10 miles a week, he ran a PR of 37:29 and I struggled to the finish, latching on to a slower runner, in 53:40. Jeremiah's spectacular performance (3rd of about 12 masters) awarded him his first trophy of his entire running career. Later in the day, much to my dismay, I found out that each time the cameras were set up and rolling they were filming the woman in back of me who was somewhat heavy, obviously a beginner but employed by KFSN Channel 30 and in charge of covering the event.

### TRAIL TALK

The latest addition to the Buffalo Chips is a bit fresher than most. He's Christopher Baker at 8+ pounds. Mother, Maria, is glad to be back to normal and Hal says he's catching on to carbo loading very quickly. Press time came before we were able to get write ups on the Boston Marathon but the Chips were highly visible with Fraser Rasmussen at 2:50 (about 600th place), Jim Yaniglos at 3:03, Mike LaPierre along with Paul Holmes at 3:13. Ophir, Pam Bast was about 3:15. We have to get some good accounts of this classic for the next issue. Speaking of the Ophir (& I don't know why I should but...) Head Warden, Jack Sanchez, has been sick for several months (and the condition of the club shows it). A nasty cold that won't go away will keep him from yet another marathon---! Pity, could it be all that swimming back and forth across the river at night is his problem??? The DSE newsletter (SF) reports that Evan MacBride has been doing well in their local runs e.g. 1st of 600 in the Zoo Run and a 1:18:50 in a 20 Kilo in January. Ageless Paul Reese recently hit the big "6" "0" just one day before the Pear Blossom Run (with Frank Shorter) in Medford Oregon. Paul got an honorable mention for his timing but not his effort..... Mark Reese, Martin Szekeresh, Jane Johnson and yours truly also ran with Frank.... There must be plenty of this kind of news, but I either don't hear about it or don't remember much of the stuff that might be of interest... So, help please by sending me a note. We don't need long fancy typed essays just a hand scratched note will do.

### "DON'T FORGET"

THE SUMMER TRACK MEETS ARE THE FIRST TUES. OF EACH MONTH AT RIO H.S. 6:00 P.M.

### HONOLULU "77"

THERE WILL BE MORE ABOUT THIS LATER ... BUT BIG JOHN IS PUTTING TOGETHER A HONOLULU TOUR PACKAGE ... THINK ABOUT IT! WATCH THE NEXT ISSUE OF "THE PAPER"

### DEADLINE

THIS NEWSLETTER IS A BIT SHORTER THEN SOME PAST EDITIONS ... BUT, THE ARTICLES WERE FEW IN COMING ... I'M STILL BURNED OUT BY THE STAMPEDE .. YOUR NEXT DEADLINE IS MAY 21<sup>ST</sup>.

### EXECUTIVE COMMITTEE

THE HIGH DUDGER HAS CALLED FOR HIS FIRST MEETING. IT WILL BE HELD IMMEDIATELY AFTER THE TUES. CLUB RUN ON MAY 10<sup>TH</sup> AT THE CAMPUS PIZZA. CALL PAUL IF YOU WANT TO BE A MEMBER

ABE



5th Annual Sunrise Trail Run  
 Sunday, May 22, 1977 - 9:00 a.m.  
 Sponsored by Mee Moving and Storage Company

- Where: Race starts from Cordova Community Park, behind Cordova high school, Chase Drive off Coloma Road (east from Hwy. 99).
- Awards: Medals to the first three in each division; ribbons to all finishers; Tee-shirts to the top 125 men, 50 women; merchandise awards.
- Course: Start from Cordova Park, east along the bike trail to Sunrise Bridge, loop around the parking area, and return. The course is along some of the prettiest parts of the bike trail, with some gently rolling hills. This is a fast course--last year's winner averaged under 5:08 per mile for 7.5 miles. This year's course is longer by 3/4 miles.
- Entry fees: \$2.00 per entry; sign-ups begin at 8:00 a.m.
- Divisions: See below for specifics
- Facilities: Bathrooms, picnic areas, playgrounds, lots of parking, and swimming pool.

Make any checks payable to Dan Davidson, 6910 Greenbrook Circle, Citrus Heights, CA 95610

A representative from Mee Moving and Storage, our sponsor, will be the honorary starter.

The start of the race will be at 9:00, or as soon to it as possible. If you pre-enter, you aid in the reduction of pre-race chaos and last minute entry confusion.

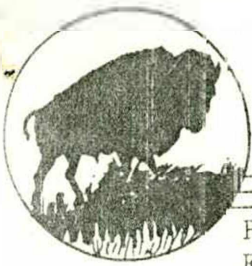
WAIVER: In consideration of my entry, I hereby waive all rights to claims of any kind against the race sponsors and their agents. I attest I am physically fit and have sufficiently trained for competition in this event.

Check only one:

	Male		Female	Name (please print)	Age on 5/21/77
12 and under	<input type="checkbox"/>	15 and under	<input type="checkbox"/>	Street Address	City      Zip
13 - 15	<input type="checkbox"/>	16 - 29	<input type="checkbox"/>	Club affiliation or unattached	
16 - 19	<input type="checkbox"/>	30 and over	<input type="checkbox"/>	Signature of runner	Date
20 - 29	<input type="checkbox"/>			Signature of parent/guardian	Date
30 - 39	<input type="checkbox"/>			(for runners under 18 years of age)	
40 and over	<input type="checkbox"/>				

**BUFFALO STAMPEDE**  
6555 Riverside Blvd.  
Sacramento, Ca. 95831





# BUFFALO CHIPS

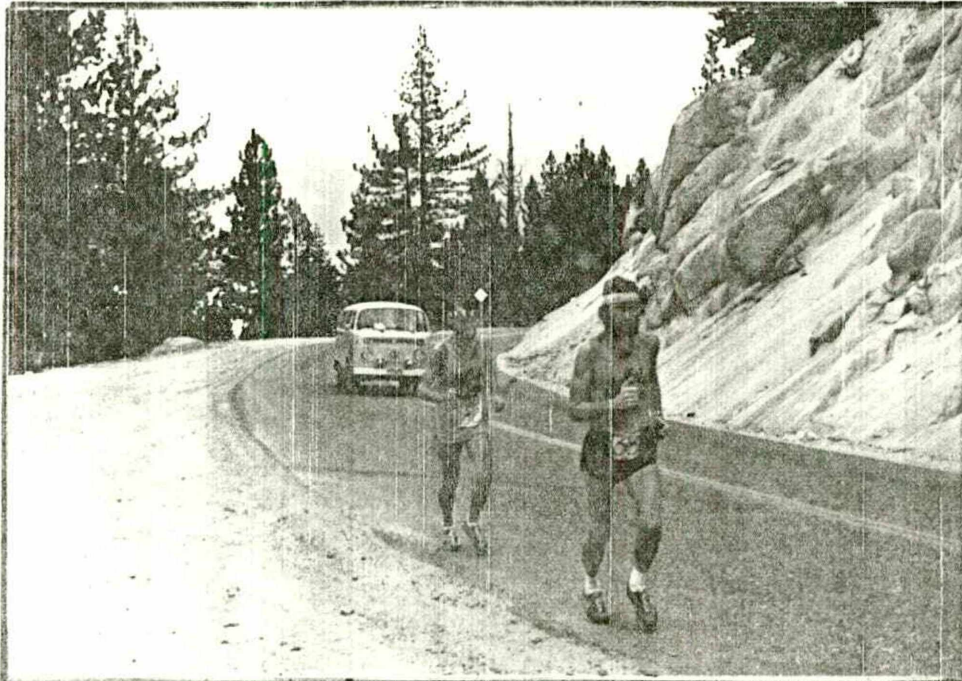


## RUNNING CLUB

Number 26

Paul Holmes	High Dunger	Sacto	929-5817
Fraser Rasmussen	Vice Dunger	Davis	756-7636
Pettina Brownstein	Secretary	Sacto	456-5738
Art Waggoner	Treasurer	Sacto	383-1667
Abe Underwood	Editor	Sacto	392-7672
Dave Davis	Membership Coor	Sacto	363-9142

August 10, 1977



"TAKING TAHOE IN STRIDE"

BOB HEDGES & EDITOR ABE AT APPROXIMATELY  
ELEVEN MILES OUT & ONE & ONE HALF UP

PHOTO BY CELESTE HEDGES  
STORY INSIDE

### 1977-78 LDR HANDBOOK

RACE SCHEDULE	CLUB DIRECTORY
X-C SCHEDULE	TOP PA MARATHONERS
PA RECORDS	PA CHAMPIONSHIPS

65¢ by mail: PA-AAU, 942 Market, Suite 201,  
San Francisco, Cal 94102

## T-SHIRTS

I am an avid collector of race T-shirts. Considering the number of Coors, Fleetwood Mac, and Happiness is... T-shirts one may purchase, I prefer to adorn my body with further evidence of my uniqueness by sporting my Buffalo Stampede, Dipsea, Tahoe-Relays, etc. T-shirts. Unfortunately my passion for acquiring such testimonial apparel is hampered by the poor quality of T-shirts that race organizers invariably choose to dispense to participants. I am not your basic sleek edition of runner. Fifty miles a week keeps me a husky 195 pounds. I detest close fitting clothes and most participant T-shirts rival my skin for closeness (I always buy extra-large). I'd gladly pay more for a better quality shirt. My Sacramento Relay and Stampede shirt come dangerously close to asphyxiating me, if I try to wear them. I want to advertise (even flaunt) my runner status but the T-shirts are a consistent disappointment. An example of a good T-shirt is the Buffalo Chip shirt sold by Fleet Feet. Now there's a durable nonsense upper torso covering designed to please the pickiest of compulsive T-shirt collectors. Any Ideas?

Paul Brimberry



EXHIBIT "A"

## SUNRISE TRAIL RUN

By Lee Fox

Adam Ferreira led approximately 145 runners through the 8 mile, 600 hundred yard Sunrise Trail Run with a course record of 44:03. Over 30 Buffalo Chip runners competed in the race under cool and windy conditions.

Frank Krebs led the B.C. crowd with a 45:12 clocking and first in the 30 plus division. Frank's overall position was 6th, Paul Holmes took the 40+ division with an overall finish of 39th with a 50:39 time.

6. Frank Krebs	45:12
7. Dirk Feenstra	45:50
10. Garry Green	46:40
12. Tim Jordan	46:55
14. Brent Cushenberry	47:08
18. Fraser Rasmussen	47:34
21. Ed Stromberg	48:04
23. Bob Hedges	48:37
27. Doug Rennie	48:56
28. Abe Underwood	48:59
29. Mike Souza	49:06
32. Joe Kattenhorn	49:22
37. Don Spickelmier	50:04
39. Paul Holmes	50:39
40. Gordy Vredenburg	50:40
41. Steve Barr	50:41
44. Jim Finnegan	51:30
47. Walt Lange	52:27
55. Barry Boyle	52:58
59. Jim Farrell	54:09
64. Lee Fox	55:00
65. Robert Bakich	55:00
69. Ronan Scholz	55:51
72. Ed Walsh	56:34
75. John McIntosh	57:05
83. John Clark	58:02
86. John Giniel	59:25
87. Dennis Letl	59:25
95. Charles Mersereau	60:43
98. Bettina Brownstein	61:02
105. Martin Szeheresh	63:24
111. Henry Rosendale	65:08
123. Stanley Greenberg	68:30

Hope I didn't miss anybody. I used results from "The Paper" and merged in club members from our latest roster. Ed Note:

Thanks to one generous sponsor, Bill Mee of Mee Moving & Storage, everyone went away a winner with a T-Shirt.

P.S. Bill admitted later that he must have looked like something out of an old western movie as he stood before the runners giving a prayer as he held the starting gun in his hand.



# CHIPS STAMPEDE AT LAKE TAHOE MARATHON

by Bob Hedges

The Second Annual Lake Tahoe Marathon sponsored by the Lake Tahoe Track Club took place on July 17 along the shore of scenic Lake Tahoe. A starting field of 107 (about 50% more than last year) included 15 Chips. Prior to the start I overheard a comment that whenever a chalkline is placed in the street, out of nowhere a contingent of Chips is snorting and stomping in anticipation of the start.

The Lake Tahoe Track Club should be congratulated on a fine job of organization. The race was started on time, splits were given every 5 miles, aid stations were at the advertised intervals of 2.5 miles from the 5 mile point on and t-shirts, certificates, beer and soft drinks were provided to all who finished. LTTC also deserves a high mark for their results summary which was out in less than one week and included 5, 10, 15, and 20 mile splits for all finishers as well as times for non-finishers.

The race started below the Hyatt Lake Tahoe Hotel-Casino in Incline Village with the first 6 or 7 miles over relatively flat terrain. However, from the 7 mile point to the turn around at 15 miles the elevation increased from 6300 to 7200 and was a real tester at several stages. It was definitely a welcome relief to finally hit the downhill return trip.

Art Waggoner and Paul Reese finished 1st and 3rd respectively in the Masters Division and each received an attractive trophy. An outstanding effort was made by Tim Powell(16) who ran his first marathon in 4:03:00. Good effort on a demanding course. I understand that John McIntosh was experimenting with a new body fluid replacement technique which apparently was not 100% successful. Any comments or tips you have to share John?

All Chips finished the race, giving the club about 18% of the total finishing field. The following is the list of Chips in the race:

7th	Abe Underwood	2:58:33
10th	Bob Hedges	3:01:57
18th	Tim Hicks	3:09:59
20th	Brent Cushenberry	3:12:43
20th	Marc Hoschler	3:12:43
24th	Ed Stromberg	3:17:08
30th	Art Waggoner	3:26:12
36th	Paul Reese	3:31:03
42nd	Greg Mayer	3:38:40
50th	Dennis Letl	3:49:33
54th	John Clark	3:53:08
58th	Robert Ogg	3:55:43 (Ex-chip)
62nd	Tim Powell	4:03:00
64th	Elliott Eisenbud	4:03:39 (Ex-chip)
67th	John McIntosh	4:11:20

Other Sacramento area runners(non-chips) who participated were: Jim Bowles(5th-2:51:45); Chris Hamer(8th-2:59:48); Fred Fahlen(46th-3:43:01); Bill Starks(47th-3:47:01); Clint Whitney(20 miles-3:08:43). Jim Sane ran a good 15 miles for a workout.

### WOMEN RUNNERS TO MEET

In the July newsletter, I announced that the Chip women would be holding a meeting to discuss safety and other problems particular to women runners. Well, the great event has finally been scheduled for Thursday, September 15 at 7 PM at my house--1315 42nd St., Sacramento. We have invited a speaker from the Sacto Police Department who will talk and show a film on how to avoid rape and answer our questions on where to run, how to deal with obnoxious males, etc. After the presentation, we can carry on the discussion among ourselves. All interested women, not just Chips, are invited and urged to come and participate.

Bettina Brownstein

### CLASSIFIED

Lydiard Marathons  
Size 6½ Low mileage \$25.00  
See at Fleet Feet

Lydiard Marathons  
Size 10½ Low Mileage \$15.00  
Fristo Apollo wrist stopwatch  
60 second face Like new \$15.00  
See p. 83 of August Runner's World  
Hanhart double-split timer  
Excellent care-Retail 74.50  
Asking \$35.00  
Call Walt Lange 487-6615

Nike Elite-Used Twice  
Size 11 Very Low Mileage \$30.00  
Shoes run small, will probably  
fit normal size 10½.  
Call Abe Underwood 392-7672

PUT OCT 9 ON YOUR  
SCHEDULE FOR THE  
"APPLE HILL RUN"  
A PETE SCHAMBERG SPECIAL

### CHIPS TRIP TO LOMPOC By Walt Lange

The week-end of June 24-26 featured the annual Flower Festival races in Lompoc. Lompoc is the flower seed capital of the world and stages this festival every year to commemorate this notable fact. The running program begins with a 5 miler on Saturday morning on the Flower Festival parade route. This writer PR'd somewhere in the low 25's, casting serious doubt on the measured distance. Each mile was marked and I covered the last mile in 4:00 (also a PR)! Chip Feenstra, and Un-Chips Hobbs and McCarry were late to the starting line due to an all-night card game and McCarry's 40 minutes in the shower prior to the race. After watching the fantastic parade (seriously, it's supposed to be one of the better ones in the state), we visited Solvang, the Danish tourist town about 20 miles down the road. That evening we watched the series of track races at Lompoc H.S. Feature race is the USTFF National Invitational Junior Six Mile. Joe Sciame, the meet director, has a budget to work with, and pays room and board for invitees across the nation. The result was one of the best six mile track races in High School history. Tom O'Neil and Pete Gaul, both of Jesuit H.S., and Buffalo Chips, finished 4th and 10th respectively, with times of 29:39.6 and 29:59.0. Both times are of national caliber and we believe Jesuit is the first high school to have two runners under 30 minutes. The next morning's events were the Marathon & 1/2 Marathon, run simultaneously. Over 300 showed up and the 1st mile was run on the track! It was like something out of a surrealistic movie, after a couple of laps the track was covered with all kinds of people. Conditions were perfect (60 degrees & overcast) and times were good. Feenstra (after another card game-3hours sleep) ran 1:10:23. I ran 1:18:18 struggling (20th place-5th sub-master), Jacobson 1:42:17, McCarry 1:14:15 & Hobbs 1:22:47. 247 finished the 1/2 and the marathon winner finished near 2:34. I'd recommend the trip to everyone as it was very enjoyable and to quote a vintage club newsletter headline "Buffalo Chips were on everyone's lips" as I got numerous inquiries about our jersey and where one could be obtained.



## MOTHERS' DAY RUN

By Jane Johnson

Mothers' day - Sanger California  
In the Fresno area, the Fresno Joggers really know how (when) to hold a race. Starting in the spring, all races have a starting time of 7:00 AM or earlier (and you call Folsom-Beat the Heat!!!).

Jeremiah and I were at the starting line (Pat Stroud's Ranch) at 6:30 AM donning sweats and our B.C. tank-tops. The course was a flat 2½ mile loop with the option of doubling that for 5.

Since I was trying for under an eight minute pace and Jeremiah was ready to do battle with Frank Delgado (Chris' brother), I chose the 2½ mile loop & Jeremiah ran 5.

As the gun went off, we found Jeremiah in the lead (proof-photo available on request) and with half the race completed he had only dropped back to about 4th.

The usual Fresno fasties were there along with some of their infamous joggers (dedicated to the slower pace.) 25 miles passed for me in 19:50 leaving me 2nd woman but 1st in my division.

As Jeremiah rolled around the second lap, Frank was ahead finishing in 29 something with Jeremiah hot on his heels with a PR effort of 30:30, 7th. Since this was a Mothers' Day Race, all men ran against each other ( no divisions, no special recognition). As for the women, there were trophies, in each division in each race, special recognition for accomplishments and a prize drawing for women only. A potluck was held in the back yard just following the awards ceremony. Think about it, Lady Chips, that's a nice way to spend Mothers' Day!

WE WROTE STORIES &  
PICTURES. B & W IS  
BEST. FINAL TYPE  
IS ALSO A HELP.

## MEMORIAL DAY RUN 5-30-77

Woodward Park, Fresno By Jane Johnson

The Day's events included a mile, 2 mile, 3 mile and 6 mile fun run, meaning a race for everyone.

Since Underwood finally made it down the valley for a Fresno race, I decided to run only 3 miles and be able to get a picture of him as he crossed the line for 6.

I remember cruising along (slow as always) for the first ½ mile until I suddenly heard fast footsteps approaching behind me. I recognized the woman as she passed as Dorothy Thomas, a Fresno Jogger and figured that at that pace, she was only running 1 or 2 miles, and I didn't want to embarrass her by asking. I did have to speed up considerably to stay with her and she finally asked me how far I was going to run. I told her I'd only go three and gave her my weak excuse about photo-taking. I decided I could now ask her what distance she was going since we were about at the 1 and 2 mile turn off. She told me she was running the Six Mile Race and kept encouraging me to go ahead ~~if~~ I was being held back by her-(What a joke!) I finished in 23:something, Dorothy finished near 47 and Underwood finished in about 34:30, 2nd place overall.

P.S. The photo didn't turn out!!!

## HAWAII FIVE-0 (Plus 21.2)

Aloha fever has struck the Sacto area! It's not serious, no more discomforting than your normal 26 mile run, but it does have it's offsetting pleasures-like sunshine and 70-80 degree weather in December. The cure isn't all that bad either. \$345 provides you with the means of getting there and back including 4 days in bed at Waikiki. Think about it!! Watch McIntosh's "The Paper" for details.

## SACRAMENTO TWENTY SIX-0

Things are going together for Sacramento's first ever (?) marathon. John McIntosh has been getting all the key people together & decisions are made-there still remains a lot of detailed work to be done and things to tie down but here's how it looks. Sunday, October 2, Sacramento City College (not Sac State as published) 8:00 AM. The course'll proceed in and around William Land Park, over to Miller Park, through some of the Downtown area to the turnaround in Old Town and then reverse itself to the finish in Land Park. Call McIntosh's for details.

SUMMER RACING POTPOURRI  
by Paul Holmes

The following are the results of races involving club members that I have competed in this summer. Some of the places and times are from memory, since I haven't received the results yet.

June 25th, Y to Y Run, Pinole, 5.3 miles. Approximately 130 finishers in a race that was highlighted by the return of Gordy Vredenberg to road racing competition.

4. Brent Cushenbery	27:30	1st Age 17-18
5. Gordy Vredenberg	27:40	3rd Age 26-35
9. Paul Holmes	28:30	2nd Age 36-40
(?) 15. Tim Powell	29:50 (?)	1st Age 15-16

July 2nd, Excelsior Beach Run, 10 Kilos. Approximately 196 finishers in this tough annual event on the beach near the zoo in San Francisco. Almost 4 miles of the run is on soft sand.

24. Paul Holmes	38:58	2nd Master
44. Evan MacBride	41:44	

July 4th, Kenwood 10 Kilo. While the rest of Sacramento was participating in the local River Run, I ventured over to Kenwood for the annual 10 kilo hoping to pick up some master points. Beardall and Jensen wrecked my plans. About 137 finishers on a tough hilly course.

17. Paul Holmes	36:46	3rd Master
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July 9th, Lafayette 10 Kilo. This double loop course around Lafayette Reservoir drew 250 participants. It was a nice cool day for running, but not for standing around before the race.

32. Paul Holmes	35:56	3rd Master
67. Evan MacBride	39:56	
84. Tom Blamey	41:10	
116. Mike O'Neil	43:37	

July 24th, Santa Cruz Wharf to Wharf Race, 10 Kilos. This 5.813 mile race drew an incredible 1,634 finishers. Three years ago, when I first ran the race, it was backed up at the finish line with only 400 runners. This is the annual event when I run far beyond my capabilities. For some reason I can get an extra shot of adrenalin to carry me through the quiet residential course from Santa Cruz to Capitola. This year it was probably my best ever competitive race.

68. Paul Holmes	31:28	1st Master
250. (?) Tom Blamey	34:30 (?)	
350. (?) Paul Reese	36:00 (?)	23rd Master

JULY 5, 1977

TRACK MEET

I remember the old days when an event or two or even the whole track meet could have been cancelled due to lack of interest. So glad those days are over as evidenced by the growing number of runners entered each month. Hope people save these newsletters or at least keep records of their times in order to note improvement over the years.

Jane Johnson

<u>440</u>		<u>880</u>		<u>MILE</u>	
Kenny Bolden	:53	Bolden	2:02	Souza	5:02
Freeman	:54	Colbert	2:19	Reese	5:06
Hoschler	:57	Yaniglos	2:20	Hedges-Sumner	5:11
Reese	:59	Hedges	2:23	Rennie	5:12
Koerner-Hedges	1:01	Koerner	2:30	Yaniglos	5:17
Clark-Finnegan	1:05	Finnegan	2:32	McIntosh	5:22
Lavis-McIntosh	1:07	Davis	2:35	Waggoner	5:23
Baker-Waggoner	1:09			Bertoli	5:26
Mersereau	1:13			Reese	5:27
Bertoli	1:06	<u>TWO MILE</u>		Baker	5:28
Souza S.	1:20	Jordan	9:57	Barr	5:32
Evorak	1:40	Rennie	10:26	Navarro	5:36
		Bowles	10:27	Hoschler	5:38
		Fairchild	10:36	Davis-Betschart	5:42
		Winje	11:18	Borland	5:58
		Yaniglos	11:38	Bertoli	7:37
		Barr	11:57	Borland G.	7:48
		Vredenberg	12:12	Those breaking that magic FIVE	
		Bakich	12:16	MINUTE BARRIER included:	
		Nichols	12:25	Maxwell_VanHorn	4:29
<u>FIVE MILE</u>		Cushenberry	12:41	O'Neil	4:40
Razo	30:31	Finnegan	12:55	Bolden	4:46
Yaniglos	32:05	Sumner	12:55	Ferria	4:48
Davis	32:12	Betschart	13:18	Cooper	4:49
Reese	32:35	Underwood	13:38	Lange	4:50
Nichols	33:42	Clark	14:12	Holmes	4:53
Finnegan	33:43	Hoschler	14:12	Winje	4:54
Bakich	33:59	Cooper	14:12	Cushenberry	4:57
Baker	34:27	Navarro	14:36		
Bertoli R	34:27	Baker	14:36		
Navarro	34:27	Bertoli	14:36		
Koerner	38:09	Souza S	17:20		
Borland	38:14	Waggoner	17:22		
Mersereau	38:22	Davis	17:23		

Sorry times are out of order, left out and incorrect. The new timing system used for the August track meet proved to be a little bit better than this month's.

Abe



TRACK MEET AUGUST 2, 1977

Now... with our fool-proof time reporting system, the track meet has become the easiest running event the Buffalo Chips put on. All participants (regardless of the number of events they're planning to run) are to sign up at the Buffalo Sign-up Sheet Area and record their own times after each event run.

440		880	MILE		
Freeman	:57	Colbert	2:15	Colbert	4:46
Nichols	:59	Hedges	2:20	Underwood	5:03
Colbert	:60	Koerner	2:24	Yaniglos	5:13
Koerner	:60	Yaniglos	2:27	Holmes	5:27
McGuire	:62	Waggoner	2:37	Baker	5:29
Yaniglos	:62	Forehand	2:52	Betschart	5:35
Navarro	:63			Nichols	5:36
Hoschler	:64	TWO MILE		Brown	5:40
Underwood	:65	Gallo	10:53	Waggoner	5:40
Betschart	:65	Colbert	11:02	McGuire	5:43
Bertoli R	:66	Hedges	11:40	Hedges	5:42
Baker	:66	Yaniglos	11:49	Bertoli R	5:49
Waggoner	:75	Nichols	12:15	Koerner	5:51
Forehand	:76	Waggoner	12:16	O'Neil M	5:53
Bertoli	:90	Underwood	12:16	Hoschler	6:04
		Baker	12:17	Borland	6:05
		Navarro	12:33	Brownstein	6:11
FIVE MILE		McGuire	12:33	Karver	6:28
Hedges	32:19	Koerner	12:49	Clark	6:34
Brown	34:24	Betschart	12:50	Navarro	6:42
Baker	34:45	Hoschler	13:09	Squiller	6:52
Forehand (37:25)	35:12	Karver	13:24	Forehand	6:53
Navarro	35:25	Clark	13:38	Standley	7:33
Nichols	36:15	Forehand	13:56		
Borland	36:26	Squiller	13:57		
Betschart (38:43)	36:30	Brownstein	14:02		
Karver (36:30)	38:43	Standley	16:30		
Colbert	40:00				
Squiller	40:00				
Waggoner	40:00				
Underwood	40:15				
Yaniglos	40:25				

Please remember when signing up to PRINT your name and whether or not you actually write your own time, make sure it's legible. All times are recorded as read.

Ed Note: If you are a new member or a member who (for one reason or another) has not been to one of the monthly runs, try and make to the September meet on Tuesday evening (the 6th) at 6:00 PM. If it seems that most of the times in these results are good, it's because those are the members who show up to try themselves on the track. Just because you can't run under 6:00 minutes for the mile doesn't mean that you are not welcome. No one need feel that they will be embarrassed at one of the meets. It's one of the best times to meet other members. Secondly, if you don't want your time printed, you simply don't have to record it after the race - simple as that. We would like to see everyone participate. Try it - you might like it.

P.S. September is the last regular Tuesday night track meet. The Club Championship (handicapped) will be Saturday, October 15.

intersection of Hi-ways 50 & 79 (Safeway parking lot) & proceeds counterclockwise around the lake. (9 am). DIVISIONS: AAU Club, Open (pick-up teams), Masters Men, Open Women. Contact: Robert E. DeJelle, P. O. Box 1006, Alameda, CA 94501. Ph. 923-2264 (9-5). Entry Fee: \$10/Team. Course Records--Men: WYTC 6:24:43 (1975); Masters: WJCS 7:41:05 (1974); Women: WYTC 8:22:08 (1976). Sponsored by PA-AAU LER Committee.

- AUG. 14:** REDWOOD SHORES BIATHLON, 4 mile run, 400 meter swim, Marine World Parkway, Redwood Shores, Redwood City. (10:30 am). Contact: Judy Matray, 350 Marine World Parkway, Redwood City, CA 94065. Ph. 922-4170. Entry Fee: \$1.50. Mixed Divisions. Flat, hard dirt. Sponsored by Mobile Oil Estates and Casino W.
- AUG. 20:** 2ND ANNUAL TOP-OF-THE-STATE SEVEN MILLER, College of the Siskiyous, Weed. (9 am). Contact: Lee Ferrero, 450 College Ave., Weed, CA 96094. Ph. 916/938-4689. Entry Fee: \$2.00. Course Records--Men: Leonard Hill 39:07 (1976); Masters: Harry Daniell 46:41 (1976); Women: Jennifer Daniell 57:12 (1976). Hilly, 4000' elev., 5% dirt. Sponsored by Weed Recreation District.
- AUG. 28:** THE DALY CITY-CAMERO WEST 1.7 MILE RUN, Gallert Park, Daly City. (10 am). Contact: Bob Miller, 3 Santa Elena, Daly City, CA 94011. Ph. 920-2023. Entry Fee: \$1.50. Late Fee: \$2.00 after Aug. 19). New Course. 20% hilly, 75% pavement. Sponsored by Casino West TC.
- AUG. 21:** 5TH ANNUAL LAFAYETTE 10K RUN, 10 Miles, Lafayette Calvervoir, Lafayette (9 am). Contact: Charles McMahon, 1400 Grove Ln., Walnut Creek, CA 94596. Ph. 937-0610. Entry Fee: \$2.00. Course Records--Men: Tom Hale 32:00 (1974); Masters: Bill Hale 40:31 (1976); Women: Vicky Gray 47:47 (1974). Hilly, trails, 2000' to 12 and under. Sponsored by East Bay Road Runners.
- AUG. 27:** 4TH ANNUAL DUMMIT RUN, 5.97 Miles, Los Gatos High School. (9 am). Contact: Lee Hughes, 106 Delvale St., Los Gatos, CA 95030. Ph. 408/356-9532. Entry Fee: \$2.00. Register at Race Day. Many age-group divisions. Men and Women. 9-10 am. Contact: Lee Hughes, 106 Delvale St., Los Gatos, CA 95030. 20:07 (1975); Masters: Jim Chettler 31:44 (1975); Women: Betty Graham 36:03 (1976). Hilly, 5% trails. Sponsored by Lee Sator AA.
- AUG. 28:** 4TH ANNUAL GOLDEN EMPIRE 7-8 AGE-GROUP 5K RUN, Penn Valley, CA. (Sat) Distance: (see "age-group" schedule) for Men and Women. 35 and up-5 miles. (10 am). Contact: Nick Van, 100 Footwall Dr., Penn Valley, CA 95945. Ph. 916/771-8880. Entry Fee: \$2.00. Flat trails. Sponsored by Gold Spike TC.
- AUG. 28:** 6TH ANNUAL DIBBA RACE, (handicap) 1.5 miles, Mill Valley (down-town) to Stinson Beach. (10 am). Contact: Mill Valley Jaycees, 300 Miller Ave., Mill Valley, CA 94041. Entry Fee: \$1.00 (late Fee: \$4.00). Contact: Jaycees--Don Siljan 3:41 (1971). Sponsored by Mill Valley Jaycees. NOTE: Race may be cancelled due to drought conditions, check for details at Mill Valley Jaycees.
- AUG. 28:** 4TH ANNUAL GOLDEN EMPIRE 7-8 AGE-GROUP 5K RUN, Penn Valley, CA. (Sat)

- SEPT. 3: LAKE WILLOWOOD 10 MILE ROAD RACE, Lake Willowood (Grass Valley). (Sat) (10 am). Contact: Nick Vogt, 106 Footwall Dr., Grass Valley, CA 95949. Ph. 516/273-7880. Entry Fee: \$2.00. Course Records--Men: Ken Zarate 34:32 (1974); Masters: Ross Smith 59:20 (1976); Women: Michelle McKeen 68:18 (1975). Hilly, pavement. Sponsored by Gold Spike TC.
- SEPT. 3: 8TH ANNUAL ALAMEDA TO X-C CARNIVAL, 6.6 miles--Masters, Seniors, and ME; 3.6 miles--Juniors and women. (1:30 pm). Contact: Robert E. DeSelle, P. O. Box 1606, Alameda, CA 94501. Ph. 523-2264 (9-9). Entry Fee: \$1.50 (late fee: \$2.00). Course Records--Men: Mike Pinocci 30:11 (1976); Masters: Ralph Bowles 33:07 (1974); Women: Kathy Adams 17:02 (1975). Flat, dirt and grass golf course. Visitors and observers must stay off greens and fairways No Picnicing. Sponsored by Alameda Track Club.
- SEPT. (Mon) 5: TIMES NINE, Relay (9.99 mile) and Individual races, divisions and distances from "toddler" to Masters, male and female. Crystal Springs X-C course, Belmont (Hailmark Drive). (9-11:30 am). Contact: Len Wallach, 1060 Continentals Way, #107, Belmont, CA 94002. Ph. 574-5730 (work)-531-8327 (home). Divisions-check ad on opposite page. Sponsored by San Mateo Times.
- SEPT. 10: 1ST ANNUAL MARINE AIR RESERVE RUN, 3 & 6 miles, Naval Air Station, Alameda. (10 am). Contact: John Hausman, 3020 Encs Ave., Oakland, CA 94619. Ph. 531-5450. Entry Fee: \$2.00 (late fee: \$3.00 after Sept. 2). New Course. Flat loop, pavement. Sponsored by VFW(AVR)-9, NAS Alameda
- SEPT. 10: 6TH ANNUAL DOUBLE DIRTBA, 13.4 Miles, Sinton Beach to Mill Valley and return. (9:00 am). (handicap). Contact: Walt Stack, 321 Collingwood St. San Francisco, CA 94112. Ph. 777-9422. Entry Fee: \$2.00 (late fee: \$3.00 after Sept 4). Course Records--Men: Byron Lowry 1:42:37 (1975); Masters: Jim Nicholson 1:03:40 (1976); Women: Pebbie Rubolgh 2:13:52 (1974). Very hilly rough trails. Sponsored by D&S Runners.
- SEPT. 11: PA-AAU 25 KILO CHAMPIONSHIPS, Golden Gate Park, (palo fields). (Sun) San Francisco. (9:30 am). Contact: Jack Leydig, P. O. Box 1541, San Mateo, CA 94401. Ph. 3-1-3114. Entry Fee: \$1.50. Course Records--Men: Ron Wayne 1:11:54 (1974); Master: Jim Shettler 1:27:48 (1975); Women: Lyndy Peck 1:41:11 (1975). Slight uphill, pavement. Sponsored by West Valley Track Club.
- SEPT. 11: PEARL BOWL RACERS SEPTEMBER FIVE MILES, 5.1 miles east of Maryville on HWY 20. (11 am). Contact: Ed Williams, 935 Epiva Ave. Yuba City, CA 95991. Ph. 315/674-0302. Entry Fee: \$2:00 (late fee: \$3.00 after Sept 11). 11 Divisions, 4 men, 3 women. New course. Rolling hills, 100' trail. Sponsored by Pearl Bowl Rac.
- SEPT. 16: 14TH ANNUAL WALNUT FESTIVAL RACES, 4-5 mile group girls, 1-1/2 & 3 miles (see "age-group" schedule); Family & Boys U/13 (2.2 & 1.2 miles). Contact: Walnut Festival, 1000 Walnut Street, Walnut Creek, CA 94597. Ph. 925-939-1444. Entry Fee: \$1.00. Course: Slightly rolling hills, 100' trail. Sponsored by Walnut Festival.



Records--Men: Jim Nuccio 37:23 (1975); Masters: George Martin 30:22 (1975); Women: Phyllis Glrich 35:11 (1974). Rolling pavement. Sponsored by Walnut Festival Ass'n. (See ad-opposite page)

SEPT. 23: LAKE TAHOE-PEPSI 72 MILE RUN, Tahoe City, Wells-Fargo Bank parking lot. (6 am). Contact: Charles Messereau, P. O. Box 7052, Sacramento, CA 95826. Ph. 916/383-4141 (days). Entry Fee: \$3.00. NO POST ENTRIES, entries close Sept. 19. Course Records--Men: Don Choi 9:45:22 (1976); Masters: Dr. Ralph Paffenbarger 11:34:24 (1976). Loop course around the lake, hilly pavement. Sponsored by Buffalo Chips RC and Pepsi of Reno.

SEPT. 24: SAN FRANCISCO JAYCEES 10 KILO CHARITY RACE, Golden Gate Park (Polo Fields). (9 am). Contact: Jarwa Petrovshich, c/o SF Jaycees, 270 Sutter St., San Francisco, CA 94104. Ph. 398-0444 or 864-8205 ext. 722. Entry Fee: \$2.00 (race day \$5.00). New course Rolling pavement. Sponsored by San Francisco Jaycees.

SEPT. 25: WHISKEYTOWN LAKE RELAYS, 22.5 miles. (4 man teams) (legs about 5 miles each). Whiskeytown Marina on Whiskeytown Lake-8 miles west of Redding. (9 am). Contact: Len Edholm, P. O. Box 1150, Redding, CA 96001. Ph. 916/243-2541. Entry Fee: \$8.00/team. Course Records--Open Men: Chico RC 1:52:14 (1975); 30-39 Men: Chico RC 2:10:19; Master: SWEAT 2:28:17 (1974); Women: Chico RC 2:26:10 (1976). Loop course around the lake, hilly pavement and dirt. Sponsored by S.W.E.A.T.

OCT. 2: SACRAMENTO MARATHON, Cal-State, Sacramento, 6000 J-Street. Sac. (8 am). Contact: Jean McIntosh, 4125 El Camino Ave. Sacramento, CA 95821. Ph. 916/489-7124. Entry Fee: \$2.00 (late fee: \$5.00 after Sept 25). Course, Flat pavement. Sponsored by McIntosh's Sports Cottage, Buffalo Chips RC and Cal-State, SAC.

OCT. 2: 6TH ANNUAL PANMID LAKE MERCER RUN, 7 miles, Westlake Park Clubhouse, Daly City. (9:30 am). Contact: Jim Scannell, 305 4th Ave. #4, San Francisco, CA 94102. Ph. 777-3344. Entry Fee: \$1.00 (late fee: ?). Course Records--Men: Jon Anderson 34:22 (1972); Masters: Ralph Bowler 37:42 (1975); Women: Joan Ulyot 42:29 (1974). Rolling pavement. Sponsored by Panmid Runners.

OCT. 8: 4TH ANNUAL BERKELEY WATER FRONT RUN, 3.25 miles. Start at and finish at Aquatic Park. (9 am). Contact: Don Wayne, 2114 Addison St., Berkeley, CA 94704. Ph. 843-7707. Entry Fee: \$1.00. Course Records--Men: Jim Nuccio 40:13 (1975); Masters: Ralph Bowler 44:11 (1975); Women: Joan Ulyot 49:29 (1975). Flat Pavement. Sponsored by Athletic Department and Sierra Designs.

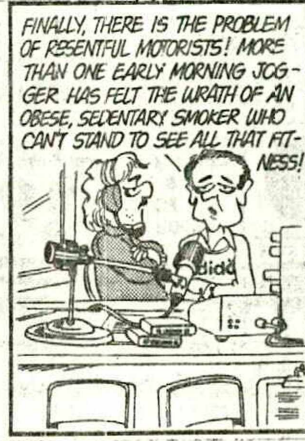
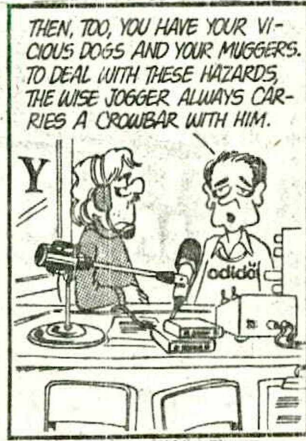
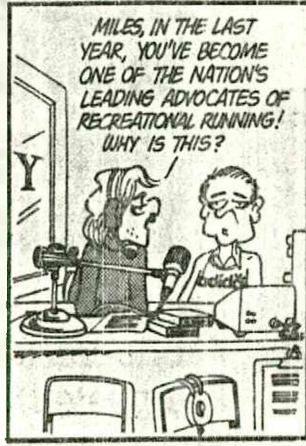
OCT. 9: SARLAND RANCH 10 KILO X-C RACE, Sarland Ranch, Carmel Valley, (8.5 miles east of Hi-way 1 on Carmel Valley Rd.) (11 am). Contact: Gary Joettehmann, Story Rd. Carmel Valley, CA 95944. Ph. 403/459-4114. Entry Fee: \$1.50. New Course. Hilly, trails, Sponsored by West Valley RC.

OCT. 9: SACRAMENTO DAY X-C TRIATHLON, 12 miles. (4 man team). (11 am). East side of Spring Lake County Park, Santa Rosa. (9:00 am). Contact: Fred Kenyon, 1609 Mariner Dr., Santa Rosa, CA 95402.

Ph. 707/823-8338. Entry Fee: \$0.00/team (late fee: \$7.50/team, postmarked after Oct 5). Many Divisions. New Course, 80% dirt, 75% rolling hills. Sponsored by Valley of the Moon TC.

- OCT. 16: 12TH ANNUAL BERKELEY TO MORAGA RIDGE RUN, 13.9 miles, Claremont Hotel (lower parking lot). Berkeley. (10 am). Contact: Charles McMahon, 154 Grover Ln. Walnut Creek, CA 94596. Ph. 937-0806. Entry Fee: \$2.00. Course Records--Men: Byron Lowry 1:09:53 (1971); Masters: Ross Smith 1:17:46 (1973); Women: Sharon Furtado 1:26:45 (1976). Point to point, hilly pavement. \$0.50-12/under. Sponsored by East Bay Road Runners.
- OCT. 22: GOLDEN GATE WOMEN'S RUN, 10 Kilo, Golden Gate Park, (Polo Fields), San Francisco. (10 am). Contact: Janis McCormick, 456 40th St. #9, Oakland, CA Ph. 653-0343. New Course, Flat, 75% pavement and dirt. Sponsored by F.O.R.E. Runners.
- OCT. 22: FOOTHILL COLLEGE 4 MILE Y-C RUN, Los Altos, (2 pm). Contact: Hank Ketels, Track Coach, Foothill College, Los Altos, CA 94022. Ph. 941-5947. Entry Fee: \$1.00. (Not open to students competing in high school). Loop course, 70% hilly, dirt and pavement. Sponsored by Foothill College X-C Team.
- OCT. 23: PA-AAU MASTERS X-C CHAMPIONSHIPS, 10 KILO, site and sponsor (Sun) TBA. Check later issues of NorCal RR for further information. Sponsored by PA-AAU LER Committee
- OCT. 30: 3RD ANNUAL SONOMA STATE COLLEGE "WRONG TURN" MARATHON, Rohnert Park, CA (9 am). Contact: Bob Lynd. Track Coach, PE Dept., Sonoma State College, Rohnert Park, CA 94928. Ph. 707/664-2357. Entry Fee: \$3.50. Registration limited to first 500 entrants. Pre-register only, NO race-day registration. Course Records--Men: Jan Serchen 2:15:10 (1976); Masters: Darryl Beardall 2:40:01 (1976); Women: Penny DeMoss 3:02:00 (1976). Flat, Pavement. Sponsored by Sonoma State College P.E. Dept.
- OCT. 30: HALLOWEEN RACE, 5 miles, WV Alcohol Center, Capri Dr. Los Gatos. (Sun) (10 am). Contact: Christine Baumgardner, 14195 S. Capri Drive, Los Gatos, CA 95030. Ph. 408/379-7020. Entry Fee: \$1.00. New course. Flat, pavement. Sponsored by WV Alcohol/Mental Health.
- NOV. 5: 3RD ANNUAL ALMOND BOWL RUN, 3 1/2 miles, Bidwell Park, Chico, CA. (10 am). Contact: Frank Burk, Rt. 2, Box 142B, Chico, CA 95926. Ph. 916/343-5473. Entry Fee: 1<sup>st</sup> over-\$2.00 (race-day \$2.50); 17<sup>th</sup> under \$0.50 (race-day \$1.00). Course Records--Men: Dennis Swart 29:17 (1975); Masters: Ross Smith 31:12 (1976); Women: Tina Anex 35:10 (1976). Flat, Pavement. Spon. By Chico RC
- NOV. 6: 4TH ANNUAL EXCELSIOR WEST END RUN, 6.25 miles (10 Kilo), Golden Gate Park (Polo Fields). (10 am). Contact: Bob Darling, Jr., 1403-41st Ave. San Francisco, CA 94122. Ph. 566-2491. Entry Fee: \$1.50. Course Records--Men: Gary Elms, Wolfgang Schenckel 1:11:11 (1975); Masters: Ross Smith 1:24:22 (1976); Women: Sharon Furtado 32:46 (1976). Rolling, 50% trails, 50% pavement. Sponsored by Excelsior Track Club.







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# QUANTITY AND QUALITY MAKE 5th ANNUAL FOLSOM 10-kilo A SMASHING SUCCESS....

by Doug Rennie

The 5th Annual Historic Folsom Road Race, once merely a "time trial" to determine which Chips ran on which teams at the Tahoe Relays, has blossomed into one of the larger and more quality-laden races on the NorCal summer circuit. Chip William Fairwell was heard to remark that the field was as tough through the first 50 places as any (non-championship) Bay Area race, a contention that few local runners would debate. 44 runners under 35:00 (5:38 per mile) for a 10.2 mile race over rolling hills is a more quantitative statement of the quality of the field. In addition to a high number of fast runners, the 5th edition of Folsom drew a record 260+ entrants, once again insuring the Club of an indecent profit margin in a race that Frank will have to eventually re-name the "John Kenneth Galbraith Classic" if this despicable trend toward money-grubbing continues! As for the race.....

Defending champ Mitch Kingery of San Carlos finished 23rd this year after apparently getting lost (?) starting late (?) multiple relief stops (?) or whatever. Anyway, he came streaking by this tiring plodder shortly after 5 miles and was fairly flying at what had to be sub-5:00 pace. Still, Mitch ended well behind winner Bob Deis (13:50 3-miler from Fresno State via ARC) whose winning 31:17 was impressive but well off Kingery's 1976 course record of 30:40. Trailblazing Deis were Camino West's Steve Palladino in 31:32, CSUS cross country coach Noel Hitchcock (31:44), California state JC steeplechase champion Bill Reed (31:51) and semi-Chip Bob Cooper of the Woodside Striders in 31:56. Bob finished 3rd in the San Francisco marathon the following weekend, a distance he likes to his liking.

Boyd Farin (32:48) and Frank Tunner (32:50) finished 1-2 in the Men's 17-19 division thanks partially to the fact that the Buffalo Chip Juniors---O'Neil, Paul, Maxwell, Feenstra, et al---opted for a 16 mile trek at Rattlesnake Bar and bypassed the race.

The competitive 30-39 division was dominated by the gracefully aging Chips with Tim Jordan's superb 32:58 (12th place overall) leading the way. This was Tim's best race in over 6 months, his lowest and most humiliating point being reached in January when Underwood beat him in the Peach Bowl Classic. Now finishing 39, Tim should make quite an impact on the Master's scene and those of us in the sub-master's division won't be sorry to see him "graduate". Second in the division was Unchip Bill Fairwell who donned his now legendary black socks and uncorked a sizzling 33:35 for his best road race in years. The "Plains (Ga.) poet", as Bill's known to his redneck friends, was surprised to receive a congratulatory telegram the next day from his homestate sidekick Jordy Powell. Frank Krebs finished 3rd in a subpar (for him) performance. Still, his 33:45 is a time that most of us would sell our firstborn male to the Arabs for. Jordy ("Hey, fellas, I'm Back...") Vredenbrug ran a fine 34:02 to finish 8 seconds ahead of Doug Rennie who rounded out the division medal winners. Larry Sumner and Bob Hedges ran their finest road races ever to finish but a few seconds out of the awards. Larry was 34:24 (I think) and Bob in the 34:30 range...big improvements for both of them.

Buffalo Chip Chris Little (33:09) finished over a minute <sup>AHEAD OF</sup> Del Campo HS star Harvey to cop the men's 15-16 division. Chris was to finish 16th overall in the San Francisco marathon the next weekend and first in his division with 2:41 in his first attempt at the distance. Jesuit coach Walt Lange will be counting heavily on Chris this fall and, judging from his summer performances, Chris will be ready to deliver.

The Master's division was the exclusive province of the High Dunger, Paul Holmes, whose 34:27 obliterated the course record of 35:40 set last year by Ty Bradley. Folsom was the second star in Paul's Triple Crown as he finished 2nd in the tough Excelsior Beach Run in SF the day prior to Folsom and 3rd in the Kenwood Classic the day after Folsom. Not satisfied with 3 high caliber races in 3 successive days, Paul raced to a PR 4:53 mile in the CSUS Hill-Comer meet the very next day. The man is amazing....a living, breathing testimony to the power of Geritol. Second in the division at 34:50 was someone named Ross Smith. Anyone ever heard of him? Paul says he's good.

Perhaps even more impressive than Holmes was Stockton's Teri Hagerty who winning 37:37 was more than FOUR MINUTES under the old course record set in 1975 by local businessperson Sally Edwards. Teri, sveltd and supple wife of Sundance TC President Frank Hagerty, edged out internationalist Judy Leydig by 3 seconds in one of the most exciting and competitive of division races. Teri's time works out to just a shade over 6 minutes a mile, a performance a lot of guys would lust after. Teri's not too hard on the eyes, either---a "pert and saucy little vixen", in the words of world class lecher Walt Lange. Ophir Prison's Rita Scalise finished 3rd in the division in a commendable 39:50, all well under the old course record.

The Chip's Ultra-Master "El Supremo" Art Waggoner ran an eye-popping 36:07 his first time under a 6-minute-per-mile pace (5:49 avg) to win the 50+ division by nearly 3 minutes! Art (known as "Waggie" to Greg) has been hitting upward of 100 miles a week for months and is now beginning to reap the rewards of diligent training

OTHER THINGS WORTH WATCHING AT FOLSOM INCLUDED.....Frank's short but eloquent and moving dedication of the race to the memory of Rod and Dick Read, Jeff Bolen, and Andy Strange, 4 young runners who died in a tragic automobile accident 4 days before the race...Well done, Frank.....John Brown decimating Greg Mayer in what is rapidly becoming an un-rivalry (John ran in the range for a PR).....Connie Spicklemeyer.....Paul trying very hard not to sneer when handing Ross Smith his 2nd place medal.....Vredenburg swaggering around like a new gunslinger in town looking for notches.....Lange trying to borrow Lee Fox's driver's license for "proof" that he (Lange) was really over.....Walt Betschart's timely and skillful rendition of the "running one-finger noseblow" a few feet past the finish line.....a super PR 34:42 for Mark Gal.....and a swift 34:15 for Mike Souza in his new Brooks Brothers outfit..... a record SIXTY Chips completed the race.....what a mob.....nice to know that club has the economic power to make or break any race in the area! Following is a complete list of all Club members with place and time.

12. Jordan	32:58	93. R. Bertoli	38:27	230. Mangiaracini	
15. Little	33:09	94. J. McIntosh	38:28		53:31
24. Krebs	33:45	95. Elgert	38:29	233. Greenberg	
28. Vredenburg	34:02	101. P. Reese	39:05		54:14
29. Rennie	34:10	103. Squiller	39:15	235. Hocking	
31. Souza	34:12	109. Fox	39:46		55:52
34. M. Reese	34:15	113. Backich	39:46	247. Szekerich	
35. Fursberg	34:19	116. Clark	40:04		58:26
36. Sumner	34:23	120. Mayer	40:20	253. S. Bertoli	
37. Holmes	34:27	125. Walsh	40:48		74:00
39. Hedges	34:42	126. Koerner	40:52		
40. Cushenberry	34:33	132. Hunter	41:31		
41. Gallo	34:44	135. Borland	41:39		
43. Underwood	34:59	139. Hussey	41:49		
46. Fairchild	35:22	150. Freeman	42:17		
52. Hoschler	35:24	154. Hall	42:41		
52. Spicklemeyer	35:56	157. Phillips	42:59		
54. Davidson	36:02	164. Jack Riddle	43:41		
55. Nichols	36:05	165. John Riddle	43:42		
56. Waggoner	36:07	169. Mersereau	43:49		
57. Hicks	36:12	201. Lloyd	47:51		
64. Lange	36:51	202. Kock	47:54		
67. Finnegan	37:01	206. Marshall	49:59		
70. Schoener	37:11	207. Campbell	50:01		
71. Davis	37:15	218. Goodwin	52:24		
75. Brown	37:29	226. Barb Riddle	52:59		
80. MacBride	37:37	227. P. McIntosh	53:17		
91. Stillwell	38:27				



### TRAIL TALK

Had a note from Dave Call at San Luis Obispo. He reports he's getting in shape by working out with a 17-6 pole vaulter. See what happens when you send a good runner away to school. Joe Cook has moved to Citrus Heights (from Carmichael) but I've misplaced his address--whoops just found it! 6514 Crosswoods Cr. Citrus Heights, 95610. Speaking of addresses--add this behind Charlie Albert's name: 6101 Fair Oaks Blvd. Carmichael 95608

And while you're at it, drop him a note. I'm sure he'd appreciate it. Charlie has a way to go yet with his recovery. Everyone seems to be recovering from something most of the time and another is Dave Spottiswood whose knee has put him out of action for nearly a year but he reports he's coming back. We owe an apology to Gordon Hall, my somewhat less than accurate membership system lost him completely but thanks to Dave again, he's back. Another loss (voluntary) may be Doug Rennie! He admitted he hasn't been running a marathon-a-month and may be compelled to become an Ophir!! While that decision is pending, sturdy Jim Yaniglos (who's always been good for a marathon) will be off to Bangor Maine for a tour (compliments of the Air Force). One consolation-Boston's only 200 miles away, Jim. See you there. Other traveling members are Vance Koerner, Will Shank & Tom O'Neil. They are in Sweden this week Aug 7 for the World Master's meet. Vance will compete in the 100 and 800 meters & Tom will be watching his dad Jim & Will do battle in the 5000 & 10,000 meters. Back on the home front the ill effect of endurance competition is starting to show on at least two members. Jon Brown has managed to fall down and come up bloody in both his last two marathons. Jon should reread Buffalo Bob's theory of running. Maybe the real reason is because Jon has finally reached child bearing age! The (heat) of Battle also caught up with Mike Souza at the Annual Ice Cream eating contest. Complete results are not available (Greg!) but Mike undid Chuck Nichols and Art Waggoner for a very decisive win. However, he was last seen in a stupefied condition the next morning alternately running and walking around McKinley Park probably trying to work off his 5000 calorie O.D.

### MASTERS LOOK NORTH AND UP (& DOWN)

Medford Oregon will be the site of the National AAM Marathon 25 Kilo on Sept. 24th. The Club has a better than even chance of picking up a team award and a move in the making<sup>is</sup> to get as many masters as possible to carry the B.C. to victory. Paul Holmes, Art Waggoner, and Walt Betschart are coordinating the effort. All interested masters should contact one of the above.

The masters will also be the probable Club team representatives at the DIPSEA (Aug 28th). Because the handicapping heavily favors the experienced runner they are the most likely to finish in the top. Note - there will be T-Shirts to the top 35 finishers. This is a very special prize considering the size of the field 2000+.

### JUNIOR COORDINATOR NEEDED

Walt Lange has suggested that we need a member who could act as coordinator to the growing number of members that are still in school and have special needs. The Club fathers (Ho Ho) agree. Please contact Walt if you are interested.

### TAHCE RELAY TIME

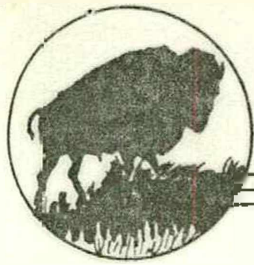
The Lake Tahoe Relay is on for next week-end ((Sat Aug 13)). This is a big event and is usually fun for everyone. An effort will be made to get all interested members on a team---but it's up to you to let a coordinator know you want to run. Call any of the following. Fraser Rasmussen, Hal Baker, Davis (Master) Bettina Brownstein (Women) ACT NOW.

### EDITOR REFLECTION

As we get ready to go to press, I'm still feeling the effects of the Canadian Bacon. I ran then followed it with a 17 mile run measuring session with McIntosh of the Sacto Marathon (long way to push a wheel). The result is that a lot of news didn't get in this newsletter. I wanted to introduce new members since the 1st of July but just ran out of time. Maybe next month. I did not get several articles that were promised, so maybe next time. I need results or write ups on several recent or upcoming happenings. For example, the S.F. marathon and races between now and Labor Day. That's the cut off for the next newsletter. We want to hear about Pike's Peak, Silver State Marathon, Dipsea, Lafayette, etc.

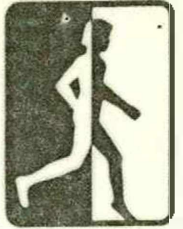
BUFFALO STAMPEDE  
6555 Riverside Blvd.  
Sacramento, Ca. 95831

Abe Underwood  
6555 Riverside Blvd.  
SACD. 95831



# BUFFALO CHIPS

**RUNNING CLUB**



NUMBER 28

Paul Holmes  
Fraser Rasmussen  
Bettina Brownstein  
Art Waggoner  
Abe Underwood  
Lave Davis

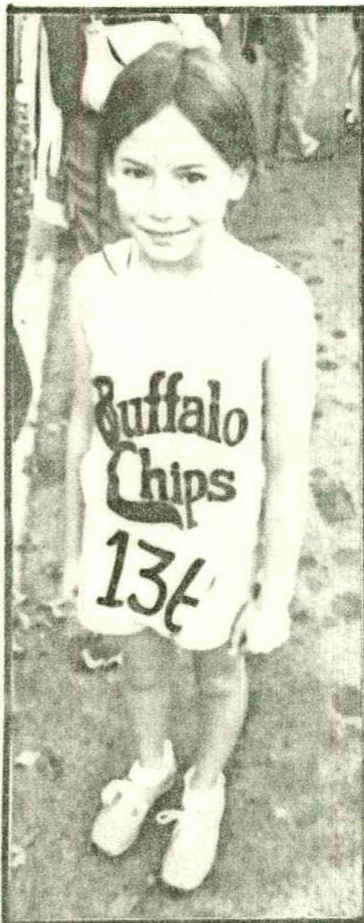
High Dunger  
Vice Dunger  
Secretary  
Treasurer  
Editor  
Membership Coor.

Sacto 929-5817  
Davis 756-7636  
Sacto 456-5738  
Sacto 383-4667  
Sacto 392-7672  
Sacto 363-9142

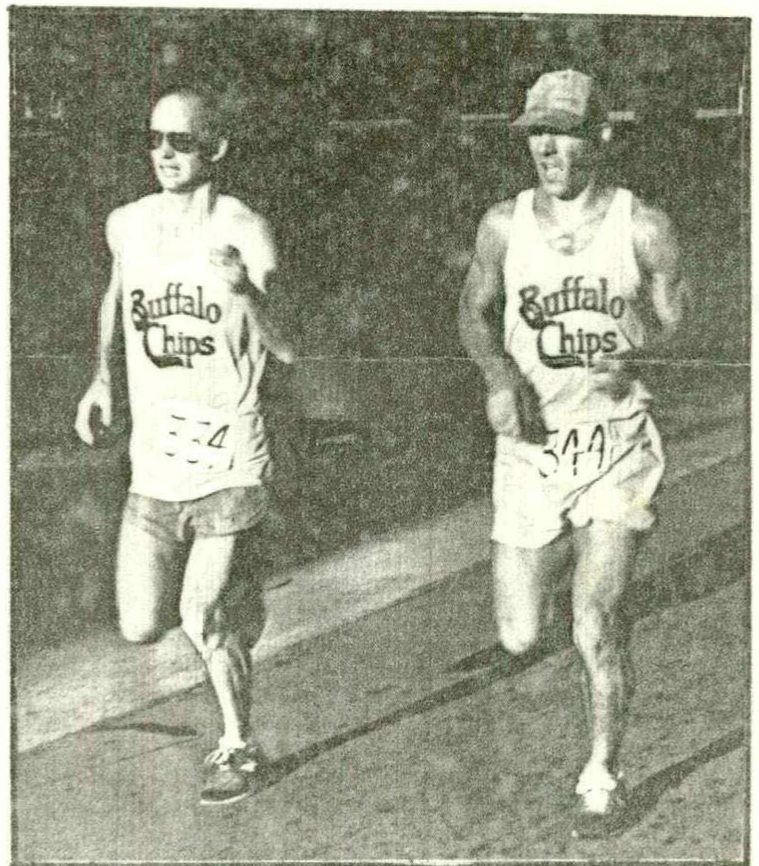
DECEMBER 6, 1977

## SACRAMENTO MARATHON ISSUE

AND OTHER GOOD STUFF



MARK REESE PHOTO



MARK REESE & MIKE KOUBA

DURING THE RACE AND LOOKING GOOD.

MEESHA MANGIARACINA

AFTER THE RACE AND LOOKING BETTER ?



SACRAMENTO MARATHON

By John McIntosh

Normally you have to run a long way to get "the Runner's High". Well, it's not necessarily true! Being the Race Director for the Sacramento Marathon on October 2nd gave me that HIGH and I only got in about seven miles during the whole day. I got that HIGH because of all the help that I received during the months and weeks before the marathon, the help the day before the race, and of course, the day of the race. More than 200 different people were involved in some way and I can't thank you all enough!

There isn't enough room in this newsletter to mention all of the names, but one name must be mentioned, Abe Underwood. I would guess that I called Abe no less than 100 times prior to the race for help and advice. Thank you, Abe.

All in all, the race was a Super Success. The City of Sacramento would like to see some improvement on the part of the National Guard and traffic control. Everyone has mentioned that some changes are needed on the actual course. Abe and other people already are coming up with ideas in that area. More on that as it develops.

Most of the things that went wrong on the day of the race were of a comical nature and not a catastrophe. A bicyclist knocked over the aid station on Front Street. The runners were led into Miller Park backwards by the Police. This caused the 10 mile times to be about 9 miles instead. The criss-cross that happened at Front and Broadway was also a first in history. Most of these things bothered the front runners more than the pack.

Anyway, this whole day went sooo smooth because of all the help and work that went into the time before. The day of the race ended up being a total delight for me.

Results as follows: (Chips)

Garry Green	25	2:35:46
Mark Reese	28	2:44:31
Marc Hoschler	27	2:45:15
Larry Sumner	33	2:46:53
Rob Hedges	32	2:48:21
Doug Rennie	36	2:49:46
Paul Holmes	41	2:50:06
Tim Hicks	34	2:53:35
Fraser Rasmussen	34	2:53:46
Chuck Nichols	27	2:57:10
Jim Finnegan	36	2:57:29
Jonathan Brown	31	2:58:51
Walt Betschart	50	3:00:36
Perry Linn	26	3:00:57
Dan Davidson	35	3:05:17
Art Waggoner	51	3:05:35
William McGuire	28	3:08:53
Fete Schoener	36	3:10:08
Paul Reese	60	3:11:01
Chris Delgado	44	3:11:35
Rob Bakich	27	3:15:33
Jim Carter	29	3:16:27
Lennis Lett	20	3:16:14
Howard Jacobson	34	3:18:43
Roger Brown	31	3:23:00
Joan Clark	35	3:23:11
Martin Szekeresh Jr.	39	3:27:43
George Koch	52	3:33:55
Charlie Mersereau	53	3:36:57
Chris Sorland	30	3:44:00
Jim Kerver	30	3:46:24
Greg Mayer	31	3:48:29
Paul Goodwin	56	3:52:17
Robin Marrs	38	3:51:54

Stanley Greenberg	54	4:14:27
Ernie Taveila	31	4:25:39

LADY CHIPS

Andrea Carvey	24	3:27:00
Bettina Brownstein	29	3:43:47
Meesha Mangiaracina	9	4:11:27
Geri E. Scott	20	4:19:56
Allen Standley	35	4:21:56
Patty Zindler	30	4:46:20

Sorry, but we missed these on the first go around.

Mike Souza	28	2:48:21
Web Chadwick	36	3:09:53
Dick Forehand	31	3:25:44
Bill Phillips	28	3:39:09
Bill Ridgeway	44	3:53:24
Richard Gross	34	3:56:45

Total Chips - 47 not Bad!!!  
Hope we acknowledged everyone.

THE SACRAMENTO MARATHON  
By Abe Underwood

There are over 100 different versions of the First Sacramento Marathon. One each from the 300+ participants and yet another from the 100 or so people it took to put it all together and pull it off. This is a story of both.

A full marathon in Sacramento has been the dream of many over the years. From the time I first knew Paul Reese, he has talked about it and I'm sure there have been visions in the minds of others before Paul. Sacramento is the home of long races, several 100 miles, plus annual 50 mile and 50 kilo (31 miles) runs are common. So why no marathon?

As many of us have learned, marathons are special. Runners know that and race directors know it also. The marathon requires (demands) special attention, and it has taken a long time for the right combination of people and attitudes to come together, enabling its creation. I believe the Sacramento marathon was worth the wait.

My personal involvement goes back over a year to those first casual discussions with John McIntosh about the possibilities, problems, and all the infinite considerations to be dealt with. Meanwhile, John was working behind the scenes (from the top down) with the city officials that could ultimately make such an event possible. Possible dates and potential courses went through many revisions. Unknown to most was the fact that the "success" (read, trouble and complaint free) of the River Run held on July 4th was critical to the go ahead decision by the City Managers.

The FD finally approved (and actually originally recommended) the final course. Our original plans were for an across town route that would have tied up traffic like a two hour long freight train. The trade off was the "compact" course we ended up with.

Pre-race deadlines for printing the announcements, advertising, ordering awards, etc., all forced the critical decisions on exact course routing. Many repeated runs in 100+ degree heat were made pushing a measuring wheel over the frequently revised course. It was complex, but it could work.

The final hours before the race amounted to a Saturday night coaking party by over a dozen faithful Chips. Fortunately we had the aid of Walt Stack who showed us all some of the finer points of pre-race carbohydrate loading (I kept finding beer cans in my VW for the next week). My initial optimism sunk to a new low as I began to realize the true complex nature of a course as we put the finishing touches on it that night. My spirits were only slightly raised by the good Italian food and friendship of the Chips later that evening.

The race day was perfect, as you know, and as I arrived at William Land Park my attitude lifted. National Guardsmen were placing cones and themselves along the course. The chalk from the night before was still in place. Things were looking up! The pre-race rituals were actually enjoyable, having so many local runners together sharing their nervousness.

Finally the race started and the search for a comfortable pace began. Several Chips, including Holmes, Rennie, Betschart and myself settled into something that approximated a 6:20 pace as we shared tales of woe of how we were surely going to crash and that this was at least 30 seconds faster than any of us had planned to run. Each of us had heard it all before! As we rounded turns strung out in a seemingly endless chain of runners, I felt much relieved that my concerns of the previous evening were all for naught. The first eight miles went smoothly as we turned onto Broadway and approached Miller Park. Suddenly my heart sunk as I looked ahead and saw a line of runners that was not turning in to the Park at Front Street. Everyone was going the wrong way----how could it be happening? I ran on in disbelief and quickly reached the 10 mile check point (about a mile too soon). At that point I chucked in the whole thing, ripped off a bicycle (from an ex-jogging class student) and peddled off to see how badly things were going at other key inter-

sections. It appeared that no distance would be lost if everyone just ran all the Miller Park sections in reverse (of course, having all the mileage marks off caused a bit of confusion for all the runners and having people going in three different directions at one intersection wasn't exactly in our original scenario).

Things seemed to be under control in the downtown loop and at the turn-around in Old Town. My mood was starting to improve (at least all was not lost!) when suddenly, as I rode back past the aid station on Front Street, this bicyclist approached the stand, promptly lost his balance, and went headfirst into the 5 gallon Gatoraid container, dumping the whole thing on the ground. Laugh In couldn't have staged it any better----however, I wasn't laughing. I simply put down my head and reddled on, not believing what I had just seen. (I found out later the Gatorade rep was right there and pulled off an oversized act of instant electrolite replacement.)

I returned the bicycle and jogged directly back to Land Park completely away from the runners----I didn't want to be around any more "mishaps". I located John and we discussed how we might handle all the complaints and protests that we would surely get as the runners finished.

Of course the rest is history, the runners finished, most even had smiles on their faces (just like a normal marathon). I heard a few remarks about the course being a bit confusing at times but we didn't get the wrath of complaints I had conjured up in my head. Slowly the black cloud (a la L'Abner) lifted from over my head and the whole day seemed a bit brighter. Actually there were a lot of bright spots----the great work of the high school XC teams at the aid stations; Gordon Hall really had things organized; the great support from the Sacramento IL; Keren Montgomery's timing crew on the courses; the course marking crew who almost had enough milk; the W's; the City Recreation and Parks Department; the weather man; and of course all of McIntosh's employees who really made the start and finish, timing, sign up, awards, refreshments, and everything else operate smoothly.

The result, of course, wasn't the disaster I had imagined--infact, it was quite the opposite. It turned out to be a day and an event which included all the unique qualities that make a marathon the mystical and compelling force it is. I managed to catch the Channel 10 news coverage of the marathon that night just as they showed a runner standing at an intersection, as he looked in three different directions. I laughed at the reporter's comments about the distance being a personal challenge for some and confusing for others. Now each time I see one of the sharp Sacramento Marathon Tee Shirts on someone and read the message on the back "I Made It", I quietly say to myself, "Thank <sup>U</sup>oodness".

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#### EDITORIAL NOTE :

THIS ISSUE WAS INTENDED TO BE A SMALL END-OF-YEAR SPECIAL!  
THANKS TO ALL THE CONTRIBUTORS - IT WORKS! WE CAN STILL USE  
MORE. WHEN THINKING IN YOUR MINDS, IS I STILL NEED HELP  
WITH A SCHEDULE - ANY IDEAS? ALSO - HOW ABOUT A PERMANENT  
REVENUE? AND BECAUSE THE GOOD & BET DEBT HAS BEEN SAVED  
LATELY, WE MAY BE USING OUR MAGAZINE PRINTING SERVICE.  
OUR BUDGET IS ABOUT \$1000 FOR THE YEAR. DOES ANYONE  
KNOW OF A SOURCE AT A CONSIDERABLE PRICE FOR OUR NEXT ISSUE?



ANGWIN TO ANGWISH

Angwin (10/30) This annual event through a scenic course in the hills above St. Helena in the Napa Valley was attended by a large herd of Chips. It was a gorgeous day in which many were rewarded with T-shirts and merchandise awards.

The course starts at Pacific Union College, winds in the hills through wooded paths, up a brutal 3/4 mile hill, and finishes with a 2 mile down hill ending back at the college.

The Chip contingent was lead by young Jack Betschart who ran a superb 41:00 over the 7.6 mile course. This was good for 2nd place in the junior division. The next Chip in was Mark Reese who nipped me by 3 seconds. In the Masters Division the Chips were second and third with Paul Holmes and Bob Malain behind Darryl Beardall who set a course record.

Chip finishers and times were as follows:

PL		TIME	PL - DIV
7	J. Betschart	41:00	2nd Jr
21	Mark Reese	43:25	
22	Paul Holmes	43:28	2nd Mast
25	Abe Underwood	44:00	
26	Larry Sumner	44:05	
28	Marc Hoschler	44:09	
30	F. Rasmussen	44:18	
37	Ed Stromberg	45:05	
38	Bob Malain	45:07	3rd Mast
63	Mark Gallo	47:52	
66	Walt Betschart	48:00	7th Mast
95	Paul Reese	51:00	10th Mast
226	Elaine Hocking	72:30	

BERKELEY WATERFRONT RUN

Berkeley (10/8) Many local runners missed an opportunity to witness a duel between our Bay Area Olympians at this annual 5.1 mile run in which Ron Wayne rewards his running friends with merchandise awards. Paul Gies cruised the course at a 4:40 per mile pace to beat Duncan MacDonald 23:49 to 24:06. Jim Nuccio was a distant 3rd in 24:34 as all three demolished the old course record.

Chip finishers included only Paul Holmes (2nd Master) and Doug Rennie in 19th and 21st place. Times were 27:23 and 27:33, respectively.

CHICO ALMOND BOWL RUN

Chico (11/6) Bidwell Park is the site of this annual 3 mile and 6 mile event. No Chips chose the 3 mile apparently, but there were at least 7 who I could identify from the results in the 6 mile race. This is a fast flat 6 mile course the distance of which is currently called into question. When I ran it in 34:05 and 34:25 the past 2 years no eyebrows were raised. This year when several Chips ran excellent times under cool ideal conditions some doubt has been cast on the accuracy of the course.

Walt Betschart started out like it was a 100 yard dash and ran what must be his best race in some time. Relatively new Chip Perry Linn was 2 seconds behind Mike Souza with a superb time of 31:49.

Chip finishers and times were as follows:

PL		TIME	PL - DIV
8	Mike Souza	31:47	7th Open
9	Perry Linn	31:49	8th Open
10	Paul Holmes	32:05	1st 40-49
11	Larry Sumner	32:13	2nd 30-39
19	Bob Hedges	32:57	6th 30-39
21	Ed Stromberg	33:15	7th 30-39
28	W. Betschart	34:01	1st 50-59

INTERNATIONAL RICE FESTIVAL MARATHON

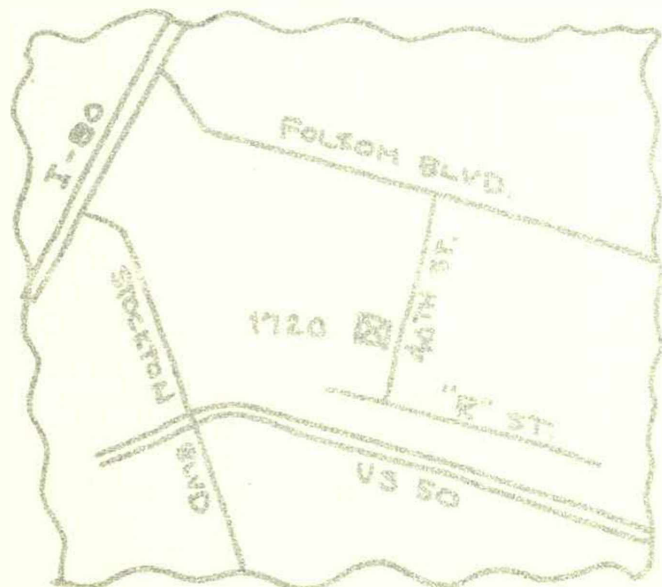
Crowley, La (10/23) This point to point run from Lafayette to Crowley is in the heart of Acadian Country. The race is not well managed in my opinion particularly with regard to aid stations and timing. Times of a sort were provided every mile and aid every 2 miles. From 6 miles to 18 no water was available. At some of the stops water was depleted, and I was running in 40th place of a race with over 800 starters.

At the timing points the times were given to the nearest minute. Fine in the later stages, but difficult for pacing early. At the 20 mile point I requested my time, and got "Oh, about 10 after 10".

The food in the area is superb. In Lafayette the place is "Carroll's" I managed 33rd place in a field of 500+ with a time of 2:54:29.

CLUB MEETING SET FOR FRIDAY, JAN. 20th

There's no such thing as "best for everyone" meeting time so we'll just keep trying different days. A Friday evening get together will keep the week-end free and avoid the "Sundgy night post-race burnout" we've experienced in the past. Patty Zindler has offered her place at 1720 40th Street (See map). **IMPORTANT NOTICE:** The food will be self served at 7:30 PM and not before. Of course, if you miss the starting gun by fifteen minutes, you'll be left to eat your own pie (or whatever). By example, we experienced our first signs of underorganizing and overcrowding at Gene Marshall's after the Pepsi. There were far too few salads and hot dishes and far too many desserts (did I say that?). So, please help out by bringing something according to the following guide: Last names starting with A thru F bring salad, G thru L bring hot or main dish, M thru R bring dessert & S thru Z bring miscellaneous such as bread, drinks, paper plates or napkins. There will be a serious business meeting immediately following the ingesting period (about three minutes later probably!). Some of the more exciting items may include the election of officers (there's always a great deal of tension and suspense here), a treasurer's report (a virtual STAR WARS of interest) and last but not least, the annual presentation of special awards (what more could you ask?). Hopefully we can have some pictures of the Pepsi, the X-mas Relays or whatever anyone happens to have. Let me know sometime before the meeting if you wish to show any slides, movies, etc.



1977 PA-AAU 30 KILO CHAMPIONSHIP

By Abe Underwood

Stockton-November 13th. The good ole Chips made a good-ole show at this recent championship event. The "Open" runners were mostly "also-rans" but the B.C. masters came through like flying Chips. Bob Melain and Paul Reese picked up championship patches and medals for their respective wins in the 50-59 division and 60+ divisions. Walt Betschart and Art Waggoner completed the 50-59 sweep. Paul Holmes managed a 4th in 40-49 and would have been 3rd were it not for a "nervous" stomach around the 15 mile point. The masters also picked the 3rd Team Medals. While we were doing battle, the Sundance Track Club held a 3 mile charity run. Elaine Hocking finished 110th of 180 in 25:35. The races produced \$250 for a local football player who was paralyzed. Finishers numbered 149.

17.	Abe Underwood	1:52:03
19.	Loug Wennie	1:52:56
21.	Mark Boschler	1:53:10
22.	Robert Hedges	1:54:57
32.	Paul Holmes	1:57:30
33.	Tim Hicks	1:57:41
34.	Mike Souza	1:57:50
36.	Robert Melain	1:58:04
52.	Walt Betschart	2:02:11
145.	Bob Montgomery	2:52:03

Plan to run the California 10 on January 8th. The Sundance Track Club's equivalent to the Buffalo Stampede.

— DONT FORGET —

McINTOSH FUN RUNS

TEST YOUR SKILL AT

3, 5, 6 MILES

9:00 AM

1/2 MILE FOR KIDS

8:30

DEC 17<sup>TH</sup> SAT.

JAN 21<sup>ST</sup> SAT.

FEB 18<sup>TH</sup> SAT.

AT SPITS COTTAGE ON EL CAMINO.

## DOUBLING OVER THE DIPSEA TRAIL

by Fraser Rasmussen

Trying to better the previous week's masochistic experience at Wildwood I headed for the parched Dipsea trail to attempt my third Double Dipsea. Unlike the previous two years, this day was overcast and cool but the crowd hadn't increased noticeably since last year. True to form, Walt Stack was as vociferous as ever in shouting out last minute instructions for the handicapped start.

A paucity of Chips were in attendance this year with Charlie Mercereau, Mike O'Neil and I holding up the Club's honor in this challenging event. After many more frustrating injuries and irritations than any runner should have to endure, Mike O'Neil blazed over this rugged trail like a mountain goat. Mike's ability at hill climbing, stair running and overall scrambling brought him to the finish line with a handicap time of 1:50:04 placing him 15th out of 183 finishers. Tremendous effort Mike.

The trail had been somewhat improved with additions such as stairs in Steep Ravine and a more defined trail in a few of the rugged spots. These improvements still didn't prevent me from making my usual wrong turn. In fact my wrong turn came at exactly the same point as it did two years ago -- the stairs going down to Mill Valley. Instead of going right and missing the stairs completely as I'd done previously, for some unknown reason I made an abrupt left and found myself on the sundeck of one of the local residents. After getting back on course and literally hobbling down the never-ending stairs I was hardly ready for the return trip. As I was dogging it and walking the last few stairs on the return trip I met the oldest competitor in the race (age 73) coming down the stairs and to add insult to my already injured ego he exclaimed, "get goin' you're runnin like a little kid". After that bit of encouragement I thought I had better put a little more effort into this event.

Much to my surprise things seemed to improve on the way back. As always it was satisfying just to have completed this crazy race in one piece. One of my Pike's Peak compatriots, Dave Weill keeps suggesting that the perfect challenge to Pike's Peak enthusiasts would be a Double, Double Dipsea. Fortunately, so far, no one has paid much attention to his demented proposal.

Annual Christmas Relays will have a new twist this year. ~~enclosed application blank and information sheet for subscribers.~~ Because of the growing number of participants, we have been forced to split the start into two groups. It will work like this: at 9 o'clock the slow teams will start out...this group will be composed of Div. A & B teams (AAU Clubs and all 'pickup' teams) that expect to average slower than 7 minutes per mile, and all other divisions. An hour later, at 10 a.m., the fast Div. A & B teams will start (those that can average faster than 7 minutes per mile). In this way we hope to have the exchange points a little less free of traffic congestion. This problem has almost caused cancellation of the race the past two years. Teams will be 'on their honor' to select the correct starting time (A & B Divisions). They will only hurt themselves by entering the wrong group (e.g. - slow teams running in the fast group will be very 'outclassed', and fast teams running in the slow group will not get any competition). Since the A & B Divisions are very competitive, we wanted to keep these two groups together (based on speed); and all the other divisions will be competing with each other too. This year there will be no pre-entries...everyone will sign up at the start (UC Santa Cruz). Registration will close shortly after 9 a.m., even though the second group won't start until an hour after that. Please park off the roadway and do not block traffic by wandering out into the roadway. Thanks for your cooperation in making this race something we can continue to have from year to year.

FRASER RAS

## XMAS RELAYS - DEC 18TH

IF YOU WISH TO RUN - IT'S UP TO YOU TO LET SOMEONE KNOW. AND DON'T WAIT TILL THE LAST MINUTE - THE TEAM COORD. HAVE ENOUGH PROBLEMS. CONTACT THE FOLLOWING:

FRASER RASMUSSEN	-	OVERALL COORD.
MARK RUBE	-	A TEAM
HAL BAKER	-	B TEAM
MARK ELGERT	-	C TEAM
BETHELBA BRAWNSTEIN	-	WOMEN
DOUG RENNIE	-	30-39
SOMEONE ?	-	MASTERS



FEW CHIPS CHALLENGE WILDWOOD

This dubious annual road run, more commonly referred to as a "masochist's delight", is the only race on the circuit that draws a smaller crowd each year. After this year's "slap-in-the-face" welcome by the Lake Wildwood development it might be only Nick Vogt and his cross country boys who show up at the starting line next year. When the race director greets a group of already sun-baked runners with the good news that we can no longer use the shower facilities and all runners must leave the premises immediately following the race, it leaves you asking; why did I come to this inferno to be insulted as well as suffer heat stroke?

Well, heat stroke it was as the temperature was in the high 80's by the 10:00 AM start. Not only was the host inhospitable but the race organizers were rather disorganized. Either by design or poor planning the two aid stations provided water for only the faster runners. By the time the less competitive, moderate paced group arrived at the location of the first aid station the watering hole had dried up. To add insult to heat prostration the security guard for the Wildwood development would not allow those in vehicles assisting the runners to enter the development at the 3 mile mark. Thus, at the finish line there were more than a few exhausted, dehydrated participants.

A half-dozen B.S.'s were either gummy or stupid enough to punish themselves once again. Yours truly went out a bit too fast as usual, and thought I had finished about 1/2 mile out. However, after 1/2 mile I came cruising by and Larry Soumer was hot on my heels that last bit of adrenalin ignited some latent glycogen that belted me over the last few hills. Whatever the source of the recovery surge it stayed with me to the finish line giving me a PR of approx. 50 min. for the 10 mile. Larry and Larry were close behind in about 6- min. The 10 mile race completed the roster of Chips in attendance. Medals were awarded to almost everyone secreted as the race organizers were a bit overly optimistic in the number of participants they expected.

Fraser Rasmussen

NEWS FROM THE NORTH

Hill Race Jane Johnson

The Great Merced Hill Race was both created and directed by Jeremiah Russe L. Over 100 runners tested their abilities on the 3 Mile and 15 Mile courses. I managed to get through the hike trail and country road course in 76:35 - while Jeremiah took care of the finish line activities and results board, too demanding to allow for the opportunity to run.

Turkey Trot 1-1-80  
This 10 Mile race was a bit over a chance to show off on the hills. It was also a bit short to include country roads.

take time to look at the scenery and my 48:22 shows that I did!

Reply to Bettina: Also for new, Am. people everyone-tries to do... consider fun runs where people predict their times. The winner is the one that gets the closest to the prediction not the one that suceeds along. Merced has Thursday night runs (as such) in the summer of 1500 Meters, 3 Mile and 5 mile. Winners get their names in the paper.

## SO YOU REALLY WANT TO BE DENSE// or COVERT BAILEY'S FAT FORUM

For three days in November the Holiday Inn in Sacramento was converted into a fat forum for Runners. Sponsored by Fleet Feet, the Forum was a presentation by Covert Bailey, who is an MIT graduate whose major interest in the last few years has been to pursue American's FAT. The FAT FORUM included, besides a lecture, the chance to be weighed under-water, to have a measurement of your lung capacity and your heart recovery rate.

The lecture was quite informative and at times amusing. Covert is a man of about 45 years with a rather shifty eye and a tendency to speak with a slight German accent when wanting to emphasize a point. His concern for American diet standards is similar to other diet gurus such as Nathan Pritikin and Dr. David Ruben. The Pritikin diet advocates that all persons should reduce to an absolute minimum their intake of fats, eliminating several types of prepared meats and high fat meats such as pork or lamb. Pritikin also advocates reducing your intake of meats to 4 oz. per day. The central point of the Pritikin (and Bailey) diet is the consumption of complex carbohydrates. These foods are believed to reduce the cholesterol levels in one's system. Pritikin claims (with some documentation) that following his diet will also reverse the accumulation of fats which is present in most of our bodies.

Bailey had little good to say for the Weight Watcher's type programs who are only concerned with losing weight. In fact the Pritikin system also includes a program of exercise. Bailey said that there are two types of fat present in each of us; subcutaneous and inter-muscular. An aerobic method of exercise tends to reduce the percentage of fat a person carries, and thus makes that person more efficient. (in mobilizing energy) Aerobic exercise on a consistent basis tends to also create a greater supply of the necessary enzymes which help the body to utilize stored energy.

For those of you who are interested in carbohydrate loading Bailey had little positive to say about the practice. He commented that while the body may be able to add a small additional margin of energy in a pre-race regimen such as loading that most runners over-do the loading phase and thus realize nothing but extra weight to carry on race day. Bailey also commented that the normal load diet should stick with the simple sugars, as those will be the ones which would be most easily utilized during a race.

The interesting part of the program for most of us was the weigh-in under water. Physiologists found out that you could find more about a person's condition by weighing a person's density rather than his dry weight. Since fat weighs less than muscle and bone, the denser a person, the greater his level of fitness. Bailey feels (as do several other physiologists who engage in this technique) that the maximum a male should be is about 15% fat, a female should not exceed 22% fat. The fat content can also be measured by using pincers, this method has been criticized because it only measures subcutaneous fat not inter-muscular. The average American is way above these levels and the average runner is way below them. I found that it was probably unrealistic for me to aspire to the weight standard set by Dr. Sheehan (two times your height should equal weight) because using that standard I would be less than .6% fat (something less than Frank Shorter. Bailey admitted that the scale may err on the high and low ends of it because the researchers have not done enough testing at these levels.

Also included in the tests were a structure, which measures your cardio-vascular recovery rate after exercise. The faster your heart rate declines after exercise the more fit you are (generally). Also a test was done of your lung capacity and your ability to expel air from your lungs.

The tests are fairly standard for a stress lab. The same program at DAVIS STRESS LAB costs \$75 but they also do an analysis of your blood chemistry and provide a program of fitness designed to your level of ability.

The usual Bailey fee is \$65 but with some persuasion by Fleet Feet's owners he was willing to do the program for about one new pair of shoes, \$40. I thought that the program was useful and informative but found that much of it was a repeat of things I had read or heard before. The day after the forum I read an article in the LA TIMES about the burgeoning Fat (or un-fat) industry in this country and if Bailey is part of that industry, he is certainly from the best five per cent. If you once take the weigh-in and want a re-check he even offers that for a reduced rate, \$25. When he comes around again you may want to sign up, if you're not sure just how dense you are (and that is something that is important to you!!!!)

----- Ovis Criblecrobis (13.8%)

One post script---If you're having a hard time explaining to your spouse that you want to go to the Bailey lecture, spend the evening with a group of people who took turns jumping in a big vat and riding on a bike, all the while scantly clad---then you may not want to go to a Bailey lecture.

4.278 RE: REC. STRAT. W. 11  
The AAU is putting into effect a blanket insurance policy that will cover all AAU-Sanctioned events and protect the meet sponsors from lawsuits, etc. As noted in the previous NCRB, at least one race already imposes a \$1.00 "insurance fee" that is required by county law. This blanket policy would relieve the burden of paying such a fee at a growing number of races that must now seek insurance protection (most notably those in Golden Gate Park). When you get your 1978 AAU card, the fee will now be \$4.00 (up \$1.00 from 1977), and this extra dollar will cover the insurance. As soon as procedures for requesting coverage of individual races is known, the NCRB will make it known. This is certainly a most constructive step forward by the A.A.U. and will save us all money in the years ahead, as well as protecting meet directors. The Road Runners Club of America is also investigating such coverage and we'll keep you posted on any news as Jeff Darman, RRCA president, informs us of up-to-date happenings. This could apply to local OSE "Fun Runs", as they are members of the RRCA.

\*REGARDING THE AAU'S POLICY ON NON-SANCTIONED RACES - Evidently the AAU, at least locally, is taking a hard line on non-sanctioned races, whether or not this applies to true "fun runs", or just organized runs. In fact, in a recent AAU Newsletter, the following statement was made: "Any runner who competes or exhibits at games, meets, or events, sanctioned or unsanctioned, of any kind, unless under the sanction of the Amateur Athletic Union, shall be ineligible to compete from competition at any sports given under the sanction of the AAU. Athletes competing in these unsanctioned events will not be eligible for further competition in any AAU sanctioned event and will disqualify himself from AAU (Track and Field, Cross-Country, and Olympic) Competition. Two of these unsanctioned meets have been held recently: The Bridge Run on Sept. 18 and the Mountain Run on Oct. 1. Both were unsanctioned events and registered AAU athletes competing will be disqualified." AAU - Should be one AAU well known fact, that if you compete in these non-sanctioned events, you are ineligible to compete in any AAU sanctioned event.



## THE PEPSI RUN - 20 MILE RACE

By Nancy Zinke

Yesterday was the great race - my first real competition. I took Tad Kostrubala and my Dad's advice and kept it easy. I had fun - chatted with people along the way - but mostly I preferred to run alone. I like the feeling of being into myself, experiencing my body and my soul, keeping an inner dialogue going between the two. It's such a balance to maintain - feeling fatigue and pain - feeling exhilarated, feeling high - feeling strong and fast and sure. Calling out, encouraging other runners, being uplifted by them. Then alone again - with the subtle nuances of the run - the gray skies turned quickly to blue and sunny - the cool air, the sweat pouring down my torso and face. Gratefully accepting the water at the aid stations every five miles. Feeling beautiful - knowing my lungs are clear, my hair is shining, blowing in the air rushing past me, my eyes glorifying in the countryside surrounding me. My muscles are lean and strong. Remembering what Tad has taught me (and my other San Diego trainers) - and remembering what Bettina Brownstein (my Sacramento Friend and trainer) has taught me. I ran slowly the first ten miles - I must have past at least 100 people on the way back. I felt good - still checking out my body - it's not worth it - I refuse to destroy my body, by pushing too hard. I feel pain in my right large toe - there is a corn or kernel on the bottom - it hurts. I slow down - try a different gait - try running on the outside of my foot - try running alongside the road on the ground ( that doesn't work - too uneven). Soon the pain subsides and disappears. Mile seventeen and I'm tired. "Anyone can run three miles!" I call out to another runner, trying to encourage him, and especially, me. I have felt proud of all the "Buffalo Chip" Tee-Shirts I have seen along the way. "Hey, keep it up, Chip," we say to each other.

Nineteen miles - there is a woman ahead of me - I am running fast. I want to pass her. A small child on a bicycle crosses the road into me - startled - we almost knocked each other over. For the first time during the run, I felt a flash of anger. Where are that child's parents? I see my friends with their cameras - I call out to them. It excites me to see them. I feel deep gratitude for such friends. I want to pass that woman - I start sprinting - the finish line is in sight - I run faster. I hear people yelling along the sidelines. We cross the finish line together - taking our envelopes - for a moment we grasp hands and congratulate each other. I feel close to that woman... soon, my friends surround me, Bill and Duane with the camera, Marina with my warm-up suit and then Bettina. I am loved - I am Happy - I am exhausted. I finished in three hours - my goal. I finished!

The San Diego Marathon is coming in January. That's 26 miles! I know I can do it!

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Official notes of the Nov. 27th Buffalo Chips Meeting  
Submitted by Betting Brownstein

In the absence of High Dunger Paul Holmes, Vice-Dunger Fraser Rasmussen called the meeting to order. At first he had difficulty making himself heard over the noise of smacking lips. (Once again I must voice my amazement at the speed at which my fellow Chips consume victuals. Some dishes actually failed to make it from the front door to the serving table.) But the murmur soon died down in anticipation of the weighty matters to be discussed.

First on the agenda was the Year Relays, which are to be held Sunday, Dec. 18. There will be A and B men's for the hotshots, additional open teams, a masters, women's teams, and a possible submasters to be coordinated by Doug Rennie. I made a pitch for women runners to participate and stated that we plan to have two teams in order to accommodate all women who wish to run. Fraser mentioned that the Club wanted to enter several teams without overdoing it. This would avoid that last-minute scramble to fill teams.

Second, John Brown announced that he and Doug Rennie, that irremovable duo, were accepting nominations for the Chips annual Special Awards. Members were urged to vote in their abilities. There will be half a dozen serious awards i.e. most improved runner and four or five less serious, such as the runner with the most painful chronic injury. Both John and Doug are eligible for awards, but were warned that they are responsible for the careful auditing of all running year.

Paul Holmes notified us of his intention on the upcoming election of officers. He stated that he was aware of the increased interest and participation in the Club and stated that he was not the case with an elected leader. If you are nominated for an office, don't think you will win the matter more considerable.

The next item on the agenda was the 1982 Stampede. It will be a Chip-Aid in the form of a combined effort, with each club contributing 4-5 committees. The amount of work thrown on A.I.'s shoulders, who is only beginning to recover from last year's Stampede. Someone asked if the first prize would continue to be the same as previous years. The answer was that it would be a cowboy in '82. Fortunately, both prizes were present.

Fifth, Fraser moved to the agenda with some impassioned rhetoric on the need to re-organize the Club and to reduce the competitive aspect of club activities, especially the club runs. (See the letter explaining this.) There seemed to be a general consensus that something had to be done to make the club more cohesive and to make the weekly runs a joy. I suggested that we should have a general meeting with Dave Davis and Nancy Zinke present. The meeting was called for the 1st or 2nd. The overwhelming majority of the Club members were present. It was informally decided that the 1982 Stampede would be held with an informal period and for the first time the award would be given to the slowest runner. Doug Rennie was asked to coordinate this arrangement.

Dave Davis also mentioned that he had some suggestions for new people.

*Betting Brownstein*  
Nov 28, 1982

## AN OPINION ON OUR CLUB'S DIRECTION

Bettina Brownstein

At the Nov. 27th meeting after the Pepsi 20, I spoke to what I consider to be a growing problem facing the Chips. This is a pervasive competitiveness that manifests itself particularly at the weekly club runs, which could be more properly labeled weekly sprint sessions. I was propelled to voice this opinion after talking to many men and women club members and to prospective members, many of whom are beginning runners. These beginners are often eager to join a club that will offer encouragement and camaraderie with runners at all levels of fitness and ability. I feel that our club is shirking it's responsibility to the beginning and slower runners among it's membership. The blurb on the Chip application form states as one of the goals of the club to encourage new runners, to make it a family affair etc. It is this goal that I feel we must reexamine and reemphasize. Here I must add that I am not saying all Chips neglect runners slower than themselves. <sup>Am. J.</sup> A.J. is an exception, having been most helpful to me and others.

Our main focus, I think, should be on changing the character of the weekly runs, so that they are a lower-key, more social affair and more welcoming to newcomers. Too often I get phone calls from people who want to join our club and have heard of the weekly runs, but who only can go three miles at a slow pace. What do I tell them? That if they go to the Guy West Bridge, possibly no one will speak to them and that suddenly everyone will take off like bats out of hell? This is specially a problem for women. I know several women who won't come to the run unless they know another woman will be there. I am not against people racing if they want to, but I think that if runners join a club that means that they assume some responsibilities in the interest of all club members.

At the meeting we brought up examples from the San Diego TC. They have an exercise period before each club run and subsequently divide the group according to the distance and pace people want to run. It was tentatively decided to try the exercise period and to run at the pace of the slowest person for the first three miles. I was very happy to see that there was a lot of general concern over this problem and support for doing something about it. Several of the runners said that they fell pray to the trap of going fast even when they didn't want to. Hopefully, starting this Saturday, we can start to change all that to make the weekly runs and other club events enjoyable experiences for all participants. Also, a change should do a lot toward attracting more persons to the runs.



Dear Fellow Chip,

At the post-Pepsi club meeting and foodfest, Bettina Brownstein raised the question regarding what could be done to alter the image of the club being a highly competitive running group. She indicated, and was supported by a number of others, that many potential members as well as current members feel intimidated by the hardcore membership that shows up at the weekly club runs and take off like scared rabbits. Is it possible to make the club runs more sociable? I don't see why the club needs to be either social or competitive. Why can't it serve both types of runners?

I suggested that we have an executive council meeting in the near future and discuss the issue in order to make some recommendations for the club at the next meeting. Prior to that I'm going to express my own thoughts on the issue, apologizing in advance for inconsistencies and contradictions.

It seems that we must each answer for ourselves two basic questions. First, why do I run? Second, why did I join a running club?

I'm compelled to answer the first question "to be more competitive". I'm not sure he can, but Greg Mayer is the only person I can think of who might be able to give a rationale for running 75 miles or more per week and not competing. I run 55 to 75 miles per week for the purpose of improving my race times. As long as I have a modicum of success I intend to continue. If fitness were my goal, 20 miles would be adequate. Since more than half of it is alone, and at this time of year, after dark, there is very little social value.

The Buffalo Chips Running Club was formed around a nucleus of runners who were running local races and competing with other teams in relays. I joined the club for the competition and the camaraderie that it offered. As the club has grown from the original 25 or 30 to its present size of more than 160, it apparently represents a greater variety of running needs. The message the other evening was that the hardcore worship the great god "Speed" and shun all who don't.

We're a group that hovers somewhere between unsociable and anti-social. At the weekly runs new members are permitted entry to the hardcore if they are literally able to keep up. Abe has been pointing this out to me for at least a year, and perhaps the time has come for us to change our once a week format. Suggestions are welcome. Perhaps there is a middle ground <sup>some</sup> where between the antisocial clique and the sociables other than the slowest common denominator.

HIGH DUNGER

TRAIL DROPPINGS FROM BUFFALO BOB.....

Well folks they've let me out of that special runners camp again so I can keep you up on all the news. First and foremost(let's milk this one for all it's worth)Are the CHIPS attempting to capture the AAU 6 months and under titles???? With the September edition of Bob and Janet Bakich's new son the CHIPS seem to be building a new generation of speedstars. Congratulations Bakich's - when are you going to have the little one running??? Also we've got some new jobs to talk about.... BOB HOWSE (who has stepped up his running in the last few months, to the level of outright seriousness) will be leaving the City of Sacramento to become a representative for a developer in town.... We also hear that Greg Mayer has a new girl-friend... I'd like to disspell some very nasty rumors-- first, Greg's new flame is considerably younger than he, she seems to pant an awful lot. Second, she is quite attractive but did recently have to have her ears clipped. Third, Greg has not really gotten a new S-M fetish, his friend broke her leg on her own. Bill Starks commented(as the one who got the two together) that this new flame, Tasha by name, is perfect for Greg; if he can only get her paper trained. Finally one Chip was heard to say that she may be young but she is certainly more mature than him... Someone else in the conversation thought that she was a real dog but I'll leave that for you to decide.....

If you weren't at the Pepsi 20 you missed the award for PAUL REESE, the Sacramento Running Community wanted to give Paul a token of appreciation for all the things that he has done for running in the last several years. Also recognized for her achievements was ELAINE HOCKING, her award had symbolic attachment, as well as practical significance... rumor has it that the Lipton can mounted on her award was the actual missile used by a certain runner several years ago. Discussing the Pepsi I've heard that this was the largest race in Clarksburg in several decades----there were over 1500 pre-entries. I won't go into the finishing times of all the Chips that ran in it(or in the calories logged that night at Gene Marshall's), just ask(or read on in the newsletter).

BUFFALO BOB'S QUESTION OF THE MONTH -- Does it ever snow in Portland Oregon?? For the answer ask Chris Borland, Fraser Rasmussen, or Jon Brown.

Charles Albert has a new residence.... Chas. has moved to the Residence Club at 22nd. and V in Sacramento. He says he is glad to get back to 3 squares a day. Rumor has it that he really did not enjoy gum-jello pudding that he got in his previous abode. Stop by to see him... his number is 452 9501.

If you have contributions for the column send them in to the editor.. please include you own three dots.....

One more thought which comes to mind as I rip this sheet from the typewriter to meet the UNDERWOOD deadline.....

The PAUL MASSON MARATHON will be coming up in January(RACE DAY January 22-entries close on the 13th.) The course is demanding but if you talk to the Chips who went last year I think that every one would say that this is one of the best monitored courses on the Norcal circuit. Bill Starks ran his first at PM and di an amazing 3:24. John Clark(starting a year which so far has included at least 12 other marathons), Former Chief-chip Jon Brown, Mike Souza [watch out this year--if Mike has a good day he could be right at the top), Paul Reese, and Dennis Lettl; ran the race and thought it was really great. There are lots of divisions and a special award for everyone who breaks 3 hours. If you're looking for a friendly race in January--Check out the Paul Masson. Applications are available from FLEET FEET and MCINTOSH's and will be available at the December MCINTOSH Fun Run.

TRAIL DROPPINGS (or Rennies Remains)

Buffalo Chip Lee Fox was married on November 26....congratulations from the Herd.....some guys will resort to anything to get out of the Pepsi! Lee told close friends that his marriage to Linda was the "second greatest moment of my life", ranking just behind his graduation to Master's standing earlier in the year....you incurable romantic!.....Greg Mayer is reportedly making a low budget porno film in his garage....the film will star Greg, his \$15,000 Cobra, 2 German Shepherds, and the Sacramento Symphony Orchestra...Chips will be entitled to a family discount at the premiere.....Pete Schoener will be called before a Placer County Grand Jury later this month to explain the distribution of funds acquired through his Apple Hill runs....Pete claims that he expected only a "handful" of runners and not the 350+ who showed up.....John Clark is a runaway leader in the Chip Marathon Derby, having run sixteen of the buggers through November; Art Waggoner is a distant second with "only" about a dozen or so.....speaking of marathons....Walt Lange is one of the few Chip runners still qualifying as a marathon virgin; thus, he does not deserve to be regarded as a "real" runner and Chips are encouraged to heap invective and abuse on his head at every opportunity....some people respond only to shame and humiliation; let us hope for the reputation of the Club that Lange is in this category (his many unpleasant personal traits suggest that he probably is)....Larry Sumner's rise from an obscure also-ran who used to get beat by Paul Holmes and runners of that ilk to a Submaster Superstar has been meteoric. A first in his division (and 6th overall) at the Peach Bowl 5-miler in September and a recent 13th place overall in the tough Santa Rosa 15-kilo have established him as the man to beat at the submaster level---especially since Tim Jordan is currently sidelined (he's under indictment on a morals charge involving a giraffe or something) and Frank Krebs is still recovering from a bout with Anemia (although his weight is nearly back up to its robust 123 pound level as of this writing)....A few visits to the Vidal Sassoon tonsorial parlor in the downtown J. Magnin store has turned Abe Underwood's hair into a bouncy, fluffy, really darling little coiffure that is the envy of all....Paul Holmes has made his presence felt on the NorCal Master's scene; racing with the intensity of a Tasmanian Devil, Paul has elevated himself to either 3rd or 4th in the Norcal point standings.....Where has Gordy Vredenburg been of late? Injuries kept him out of the Pepsi and he failed to show up at the Pre-Pepsi Carbo Loading Championships at Churchill's....Paul phoned him and urged him to attend but Gordy replied that he was "marinating his meat"....and afterwards he was going out to dinner....strange lad.....Chip Randy Fairchild has blossomed into an outstanding high school runner, finishing 2nd in the sophomore race at the Sac Joaquin Section Championships on November 12 and turning in a PR 2:06 at the Pepsi 20-miler....also in the Pepsi; outstanding performances were registered by Walt Lange with a sterling 1:57:34 in his first "long" race in over ten years (a marathon next, Walt?) and Chris Little (Jesuit jr.) who hit the low 1:57's....Frazer Rasmussen recorded a PR 2:44+ marathon in Portland on November 26 with Jon Brown 2:59 in the same race.....Jack Betschart had a fine cross country year for Sac City College, running several 4 mile races in the 5:05/mile range....this achievement is all the more remarkable considering young Jack's deplorable home life and bankrupt genetic inheritance....speaking of Walt Betschart--he has returned! Like a phoenix, Walt has been reborn, emerging from a corpulent ex-runner to a National AAU over 50 15 kilometer champion (Oregon in October)....Just last year, he was a real porcupine with a bloated, pear-shaped torso that in just the right light looked exactly like an over-inflated football...or a 37-piece set of china, complete with soup tureen....he was so large he could barely get into his breakaway raincoat (much to the relief of neighboring elementary schools)....since then, Walt's flashiness has been limited to that done across finish lines....informal Chip gatherings on Friday Night at the Arden Way (opposite Sears) Tia Maria...cheap drinks, go munchies, and the entertaining spectacle of Hedge and Underwood trolling for dental hygienists.....Let's adopt Bettina's proposal (post-Pepsi meeting) that henceforth at least the first few miles of the Club runs be slow, social, and conversational.....there are plenty of other opportunities to race.....



ROSTER

BUFFALO CHIPS RUNNING CLUB

Name	Address		Home Phone	Work Phone	Birth Date
AINSLIE, Kevin	210 S Jackson St	Dixon	95620	678-3402	10-13-55
ALBERT, Charles	2130 27th St Rm #6	Sacto	95818	452-9501	8-25-44
BAKER, Hal	1142 Cowanough Way	Sacto	95822	443-4514	8-20-42
BAKER, Stephen	230 Commons Dr	Sacto	95825	925-1779	9-5-54
BAKICH, Robert	314F Kaiser Way	Carmichael	95608	487-0445	9-19-50
BALLANTINE, Bill	4511 Marshall Ave	Carmichael	95608	967-7395	11-6-24
BARR, Steve	11090 Strathmore Dr #25	Los Angeles	90024		1-20-55
BENNETT, Michael	3950 Parileu Dr	Sacto	95822	443-3033	3-20-38
BERTOLI, Ron	6641 Penham Way	Sacto	95831	421-8617	5-12-42
BETSCHAHT, Walt	4120 A St.	Sacto	95819	451-9076	7-13-27
BLAKEY, Tom	5040 Del Pio Rd	Sacto	95822	447-1020	11-8-60
BLASINGAME, Jon	2020 London Lane #4	Sacto	95825	487-1774	12-28-48
BOGLE, Marcia	7242 East Parkway D3	Sacto	95823	391-2993	4-22-55
BORLAND, Chris	1520 40th St.	Sacto	95819	457-4469	9-11-33
BRIMBERRY, Paul	2011 Yale St. #4	Sacto	95818	455-4049	8-3-47
BROWN, Jonathan	2725 Florence Place	Sacto	95818	451-5565	6-25-46
BROWN, Roger	1224 Snuder Dr	Davis	95616	758-2479	7-30-46
BROWNSTEIN, Rollina	1315 42nd St	Sacto	95819	456-5738	5-27-48
BUDNEY, Larry	2400 Sierra Blvd #65	Sacto	95825	485-4490	5-17-47
CALL, David	4920 Bradford Dr	Sacto	95820		7-10-55
CAMPBELL, Lynn	1415 18th St #3	Sacto	95814	443-3048	12-19-55
CARGILL, Dave	343 Shoveller Dr	Sulsun	95855	425-5759	11-24-48
CARTER, Jim R.	127 Touchstone Pl	W. Sacto	95691	371-3374	9-2-38
CARVEY, Andrea	429 Howe Ave #97	Sacto	95825	922-6388	10-7-52
CHADWICK, Wob	3971 12th St	Sacto	95822	447-2146	2-24-41
CLARK, John	6946 Greenbrook Cir	Cit Hqts	95610	961-7827	4-29-42
CIRELL, Frank F.	5515 State Ave	Sacto	95819	455-2880	11-8-22
COHEN, Joseph	8129 La Riviera Dr	Sacto	95826	383-4632	11-11-16
COLBERT, David	2354 American River Dr B	Sacto	95825	485-5690	3-8-58
COOK, Joseph	6514 Crosswoods Circle	Cit Hqts	95610	726-8409	6-24-16
COOKE, Jerry	4509 Fernwood Way	Sacto	95841	332-2480	4-26-36
COOPER, Charles	5248 Acorn Way	Carmichael	95608	483-3020	7-23-36
CUSHENBERRY, Brent	2280 Pinon Rd	Rescue	95672	677-1593	7-23-59
CROW, Donald R.	3948 Brule Court	Sacto	95821	482-8031	11-16-34
DAVIDSON, Dan	6910 Greenbrook Cir	Cit Hqts	95610	967-3001	4-23-42
DAVIS, Dave	9142 Firelight Way	Sacto	95826	363-9142	6-17-30
DAVIS, Rodney	1371 Commons Dr	Sacto	95825	929-3472	2-14-49
DELGADO, Chris	6025 Parkoaks Dr	Cit Hqts	95610	967-7124	9-29-34
DOWNS, Rob	2613 Marc Lee Way	R. Cordova	95670	635-4488	9-21-28
DVORAK, Rosalie	2319 "T" St R	Sacto	95816	457-4262	1-31-45
ELBERT, Mark	10501 Croetto Way #2	R. Cordova	95670	362-8227	6-5-54
HOFF, John E. III	9130 Firelight Way	Sacto	95826	362-4245	2-12-42
FAIRCHILD, Randy	6504 Harlow Way	Sacto	95828	383-2882	12-23-61
FARLINGER, Rich	3351 Sierra View Ln	Sacto	95821	482-2221	363-3161
FARWELL, Brian	3632 Voloun St	Carmichael	95608	944-3234	11-8-56
FARWELL, Jim	3632 Voloun St	Carmichael	95608	944-3234	5-4-30
FENSTRA, Kirk	3440 Crandall Dr	Sacto	95825		10-16-57
FIELDS, Gary A.	1950 Maple Glen Rd	Sacto	95825	481-8911	1-29-40
FINNEGAN, James	1836 Carmelo Dr	Carmichael	95608	489-3410	11-22-40
FORTIER, Norbert	3905 H St	Sacto	95819	451-9206	12-12-61
FOX, Lee	4900 Royal Villa Dr #28B	Sacto	95841	331-4045	5-31-57
FREEMAN, David	10540 Croetto Way #2	R. Cordova	95670	362-6479	6-3-50
FRIEDRICH, James (Jim)	10503 Fairoaks Blvd	Fair Oaks	95628	966-3963	3-10-55
GALLO, Mark	1008 23rd St	Sacto	95816	446-7132	4-26-43
GAUL, Pete	6712 Linda Sue	Fair Oaks	95628		4-2-59
GOODWIN, Paul J.	408 Sunrise Ave Suite #4	Roseville	95678	791-1255	3-5-21
GREEN, Garro	1818 "E" St. #D	Sacto	95814	442-5635	7-13-52
GREENBERG, Stanley	4305 Catalina Way	Sacto	95825	487-9890	6-6-23
GROSS, Richard C. M.D.	4407 Eureka Road	Roseville	95678	791-7439	2-26-43
GUILFAULT, Carol	2521 K St	Sacto	95816	441-3017	10-8-43
HALL, Gordon	6612 Rappahannock Way	Carmichael	95608	967-1638	2-3-32
HAGLEY, William	4408 Paron Ave	Sacto	95821	487-1081	7-14-29
HANLON, Richard A.	254-5 Selby Ranch Road	Sacto	95825	485-2055	4-5-37
HARTIGAN, Matt	1421 12th Ave	Sacto	95818	446-0554	11-8-61
HEDGES, Rob	7000 Reichmuth Way	Sacto	95831	391-8320	9-28-45
HICKS, Tim	Box 712	Angler Camp	95222	736-4738	8-30-43
HOCKING, Elaine	800 Riverview Ct.	Sacto	95822	447-8647	3-10-30
HOLMES, Paul	P.O. Box 2043	Sacto	95810	929-5817	8-31-36
HOSCHLER, Marc	8625 River Road	Fresno	95832	665-1850	10-2-50
HOWARD, Walt	3004 Comstock Way	Carmichael	95608	489-6131	9-19-37
HOWSE, Robert	500 Douglas St #6	Proderick	95605	371-9150	7-30-44
RUSSEY, Wm. P.	P.O. Box 8316	Sacto	95818	482-2555	1-5-50
ISERI, Howard	616 Robertson Way	Sacto	95818	448-6463	11-23-59
JACKSON, Anne	2112 I St	Sacto	95816	444-0858	444-0858
JACOBSON, Howard	2713 T St	Sacto	95816		6-15-43
JAKOB, Kathleen R.	2615 P St #4	Sacto	95816	451-7353	10-31-49
JAKSON, Elizabeth	2408 J St	Sacto	95816	441-1123	7-17-48
JOHNSON, Jane	1446 No. 5th St	Fresno	93703		2-19-53
JORDAN, Tim	8825 Orion St.	Elk Grove	95624	685-3868	2-6-40
KEMPS, Donald E.	2808 La Riviera Dr #322	Sacto	95826	383-2400	8-22-50
KATHING, Ron	5817 Mark Tunin Ave	Sacto	95820	455-7770	2-5-44
KATTENBORN, Joe	9542 Shumway Dr	Orangevale	95667	948-4118	6-24-47
KOCH, George	4400 Barrett Rd	Carmichael	95608	967-0820	2-23-20
KOCHNER, Vance	7425 Telegraph Ave	Orangevale	95662	908-0072	12-26-26
KRERS, Frank	8406 Taramora Ct	Orangevale	95662	725-4616	2-13-43
KRYER, Jim	341 Sandburg	Sacto	95819	451-5049	7-27-38
LAMBERT, Mike	10003 R Garber Rd	Sacto	95823	642-9232	1-12-47
LANGF, Walt	4920 Oak Leaf Ave	Carmichael	95608	487-6615	10-17-42
LAPIERRE, Mike	P.O. Box 1769	Tahoe City	95730	583-2067	5-26-39
LETL, Dennis	2910-Painted Rocks Dr	Geol	95614		3-28-37
LIGHTFOOT, Larry	983 Fulton Ave #465	Sacto	95825	488-2621	3-12-44
LIMBERGER, Bill	1401 Perkins Way	Sacto	95818	446-5670	428-0857
	4801 "Y" St. # D	Sacto	95817		11-13-38

LIANN, Perry	5916 Doran Way	Orangevale	95662	948-5627	643-2032	4-21-51
LLOYD, Russ	2338 American River Dr	Sacto	95825	487-7103	445-2610	3-12-42
LITTLE, Christopher	1061 44th St	Sacto	95819	455-8465		6-14-61
MACBRIDE, Euan	3521 Arden Creek Rd	Sacto	95825	489-2066	444-0440	7- 5-66
MAEK, Bill	1025 Loch Broe Rd	Sacto	95815	282-8002	322-3604	5-28-52
MALAIN, Robert J.	6335 Silvalra Way	Sacto	95831	392-3075	445-5571	4- 3-27
MANGIACINA, Moasha	4 Abbeu Ct	Woodland	95695	662-0738		2-10-68
MARSHALL, Gene	2709 10th Ave	Sacto	95818	455-1544	322-3342	9- 7-31
MARTIN, Chris	5421 Palm Ave #24	Sacto	95841	331-5887		12-31-58
MAXWELL, Malcolm	8128 Villa Oak Dr	Cit. Hots	95810			1-26-59
MAYER, Greg	2585 Sierra Blvd	Sacto	95825	485-9490	444-7730	4-29-64
McGUIRK, William R.	1707 P St	Sacto	95814	442-6575		9-13-51
McINTOSH, John	1232 47th St	Sacto	95819	451-2079	488-7184	3- 4-42
McINTYRE, Michael	1770 5th Ave	Sacto	95818	442-3066	322-6671	3-11-39
MEANS, Rob	6630 Harms Way	Sacto	95823	421-0994	445-3853	2- 5-36
MERSEBAU, Charles	P.O. Box 7052	Sacto	95826		383-4141	3-23-24
MICEFSKY, William	4021 Ridina Club Lane	Sacto	95825	489-5066	443-5905	9-28-32
MARRS, Robin	1816 Markham Way	Sacto	95818	443-4230	322-7122	9-12-38
MAVARO, Ralph J.	3017 6th Ave	Sacto	95817	452-6321	445-1090	7-25-47
NICHOLS, Chuck	1729 Bella Casa Dr	Woodland	95695	666-0758	445-1980	10-28-69
O'BRANOVICH, Gregory T.	2430 Fairbanks Blvd #99	Sacto	95825	486-0564	455-2661	10-30-57
O'NEIL, Mike	2911 Morse Ave	Sacto	95821	488-2690	440-6957	5-24-24
O'NEIL, Tom	619 Commons Dr	Sacto	95825			7- 3-59
PATTERSON, Richard T.	6810 Adrenal Ave	Fair Oaks	95628	961-6765	726-4414	9-16-43
PHILLIPS, Bill	118 Cadillac #14	Sacto	95825	455-5822	371-9300	9-18-49
POTTER, Robert G.	6360 Surfside Way	Sacto	95831	392-6401	445-8984	11-13-36
POWELL, Tim	Rt 2 Box 993 H	Shingle Sps	95682	677-1402		2-22-61
POWTEAU, Cynthia	4201 Los Cruces Way	Sacto	95825	485-8683		1-12-55
RASVUSSEN, Fraser	2521 Regis Dr	Davis	95616	756-7636	453-3747	5-31-43
RAY, Bob	2410 N. Fowler	Hohbs, N.Mex	88260	392-8283		1- 5-60
RAZO, Joe	1116 9th St	Sacto	95826		322-3878	7- 7-38
REESE, Mark N.	2789 17th St	Sacto	95818	443-1549		7- 1-49
REESE, Paul	P.O. Box 2271	Sacto	95810		454-8533	4-17-17
REISS, Joan	2100 Rockwood	Sacto	95825	485-8205		7-11-37
RENNIE, Doug	6808 Castello St.	Cit Hgts	95610	725-8508	484-2557	1-16-41
RIDDLE, Jack	2250 River Trails Cr	R. Cordova	95670	363-5604	453-2848	10-14-41
RIDGEWAY, Bill	4855 Alta Drive	Sacto	95822	451-0468	444-0520	8-26-33
RITCHIE, Gary	6209 Shenandoah Dr	Sacto	95841	331-8177	966-5021	8-25-42
ROXBONI, Pete E.	2382 Sierra Blvd. Ant 104	Sacto	95825	482-6120	445-1374	4- 2-41
RODAS, Frank	39 Cavalcade Cr	Sacto	95831	421-0385	445-0220	12-31-38
ROSENDALE, Henry	2513 Avulbi Way	R. Cordova	95670	362-4439	364-4327	2-22-45
RUSSELL, Jeremiah	P.O. Box 2462	Merced	95340	722-8398	723-9121	1-15-36
RYERSON, Diane	1732 Mercury Way	Sacto	95825	487-7956	685-9549	1- 3-43
ROCKSTEIN, Stan	2201 Woodside Lane #11	Sacto	95825	925-6617	322-7587	7- 6-51
SAUNDERS, Ed	3908 Los Pasa Way	Sacto	95825	487-3808	332-3046	4-14-44
SCANGARELLA, Joanne	3121 Mareland Ct.	Sacto	95825	487-4204	483-4945	5-28-53
SCANGARELLA, Mary	3121 Mareland Ct.	Sacto	95825	487-4204		8-25-54
SCHEER, Pete	4221 N. Canaan	Camino	95709	644-1002	991-1704	11-10-40
SCHEIDT, Ronan	1019 California St	Woodland	95695	662-0671	445-0593	4-28-36
SCOTT, Carl E.	2945 Allan Ave	Sacto	95815	927-2198		5- 6-57
SCUZA, Mike	1324 E St	Rio Linda	95673	991-3236		4- 3-49
SCUZA, Susan	7112 Aston Parkway	Sacto	95823	391-4977	452-3271	1- 5-48
SMITH, Roger	1453 Exposition Pl #40	Sacto	95815	929-0759	445-2010	6-28-46
SMITH, Steven A.	3000 Central Ave	Fair Oaks	95628	966-6055	643-6445	5-14-48
SPICKELIER, Don	3830 T St	Sacto	95816	457-7969	929-2389	11- 1-40
SPOTTISWOOD, Dave	6644 Gloria Drive	Sacto	95831	421-1564		6-10-40
STANDLEY, Ellen	2279 Ransom Ave C	Sacto	95825	922-8269	449-7356	6- 7-42
STROBER, Ed.	2824 Kartel Ct	Sacto	95826	383-2616		5-20-43
SUMNER, Larry	7363 Ballflower Ct	Cit Hots	95610	726-2183	991-3387	2-24-44
SZEKRESH, Martin	10617 Chardonnay Dr	R. Cordova	95670	645-6570	445-3304	5-25-38
TALBERT, Greg	721 30th St.	Sacto	95816	452-2348		6- 1-62
TAYLOR, Ernie	4505 Juno Way	Sacto	95825	488-7368	725-6824	7-29-46
TEMPLE, Gordon	P.O. Box 15141	Sacto	95813	483-2134	421-9068	6- 5-31
THOMPSON, Kirk	5812 Woodlark Dr	Carmichael	95608	952-1955	643-4552	8-13-18
THURMAN, Fred	5412 State Ave	Sacto	95819	456-6943	445-7268	11-14-38
UNDERWOOD, Abe	6555 Riverside Blvd	Sacto	95831	392-7672	322-6671	3-30-38
VAN HORN, Mike	1608 Florin Rd	Sacto	95822	421-5774		4- 8-58
VREDEBURG, Gordy	3404 Toledo Way	Sacto	95821	482-6147	332-6554	2- 2-44
WAGNER, Art	7940 La Riviera Dr #205	Sacto	95825	383-4667	452-3271	11-26-25
WALKER, Tom	410 Sandburg Dr	Sacto	95819	456-0182		5- 1-62
WALSH, Ed	9258 Medallion Way	Sacto	95826	362-5292	758-0580	8- 1-48
WELSH, Bruan	4931 Pine Ct	Dublin	94566	829-4317		2-25-64
WHITE, John	1605 Clarendon	W. Sacto	95691	371-4855		1-17-63
WILLIAMS, Roger	510 23rd St #18	Sacto	95818	446-6291		9-26-44
WOLFE, John	2536 Curtis Way	Sacto	95818	457-9474	445-5393	12-22-50
YANIGLOS, Jim	3701 Duran Cr	Sacto	95821	482-4876	643-6951	11-12-51
ZINDLER, Patti	1720 40th St	Sacto	95819	455-4671	454-8256	10-25-46
ZIMPE, Nancy A.V.	612 Brickyard Dr	Sacto	95831	392-8357	452-3271	8- 2-51
ZOLLNER, Bill	247 Bartlett Pl	Sacto	95825	925-5302	381-4200	10-10-46
FORCHAND, Dick	2275 Riddle Ct #4	Sacto	95825	927-9516	643-3026	6-17-46
PILPCKE, Stephen R.	2541 Michelle Dr	Sacto	95821	465-8232	643-5916	8-10-47

Sacto = Sacramento      Cit Hgts = Citrus Heights      R. Cordova = Rancho Cordova  
Shingle Sps = Shingle Springs      N. Mex = New Mexico





# BUFFALO CHIPS

## RUNNING CLUB



JAN 7, 1977

NUMBER 22


Jonathan Brown	Pres	2725 Florence Place	Sacto	451-5565
Walt Betschart	V/Pres	4122 A Street	Sacto	451-9076
Abe Underwood	Treas/Editor	6855 Riverside Blvd	Sacto	392-7672
Jane Johnson	Tech. Editor	2060 Sutterville Rd	Sacto	457-5653

## Buffalo Bash

### JANUARY CLUB MEETING

Mark Sunday, January 30th, on your calendar for a full Buffalo Chips Club meeting. This meeting will be at Mike O'Veil's on 2911 Morse Avenue at 6:00 PM. See Map.

Buffalo Brown has several serious items of business to discuss like: The Camellia Relays, 50 mile championship, the Sacramento '1st ever' marathon, special awards, election of officers, etc. The High Lunger asks that if you cannot attend, please be sure to return your ballots before that date. Underwood wants to get things started for the Buffalo Stampede & 50 Kilo on March 21. If it all gets too boring, there will be slides of Underwood's Honolulu trip -- and people with slides or pictures of any race are encouraged to bring them. This will be a traditional pot luck with people asked to bring their specialities and maybe this time some spare utensils and disposable cups.



**THE**  
BY  
**BUFFALO**  
**STAMPEDE**

AND THE 50 KILO CHAMPIONSHIP

**RACES**  
THE THIRD ANNUAL "BUFFALO STAMPEDE" - 10 MILES  
THE 1976 50 KILO CHAMPIONSHIP RUN - 51.07 MILES

**DATE & TIME**  
SUNDAY - MARCH 20. Both races start promptly at 10:00 AM.

**LOCATION**  
Spartanville - Interstate Bridge over Sacramento River. Approx. 10 miles North of Sacramento, between Sacramento & Woodland. Take Vero Airport exit. Follow Garden Highway signs one mile to start area immediately below bridge.

**COURSE**  
Both races are out and back in Garden Highway North along Sacramento River. Course is absolutely flat.

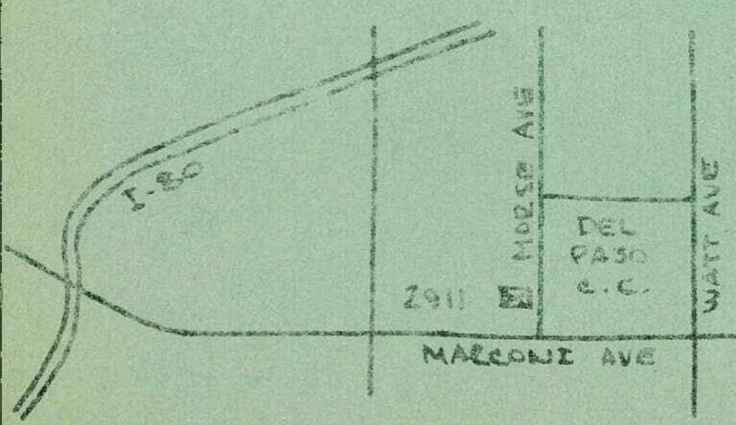
**DISBURSES**  
Many different divisions - Men, Women & Age Groups.

**AWARDS**  
Tee Shirts, Picnics, lots of hardware and Merchandise and Special Awards Drawing.

**RACE INEQU. ENTRY BLANK**  
1976 BUFFALO STAMPEDE, 1055 Riverside Blvd., Sacramento  
CALL 355311. Call ABE UNDERWOOD 318/2547872.

### CAMELLIA 100 MILE RELAY

The 1976 Camellia Relay is set for Sunday, March 13. For those not familiar with the race, it is 100 mi. 10 X 10 mile, 10 person team event (one of the Big 3 relays each year). The course is from Marysville to Sacto on the Garden Hiway. Each team runs two members at a time. Just as last year, we will enter four teams (two open, a womens & a masters). The entry fee will be prepaid from the club treasury. Team coordinators will collect \$3.00 from each member on or before race day. Everyone will receive a T-Shirt. We need four team coordinators. The new (to be appointed) Vice Lunger will be overall coordinator. Let's beat the hated Cphir!!!





Dear Chips,

In the last few weeks, we've made a lot of progress-almost an unbelievable amount. The problem of mailing newsletters has been solved through the help of Evan MacBride's addressograph. Charles Albert has made remarkable progress-to the point that he has been able to take short visits out of the hospital. (There may still be time to add a contribution for his gift if you weren't at the Christmas Relays.)

We've had several nominations for next year's officers & a host of people willing to put in time as a member of the new executive council (as I said at the meeting, this is a voluntary council so if you want to help out call me or next year's H-D). The nominations for awards are also progressing & Abe informs me that the first batch were already sent off to our "independent accounting firm" for verification. I'm still wondering if Howard Jacobson can hold on to the Rise & Moan award two years running; Mike Souza may not be eligible for ~~some~~ reasons. Certainly, Walt Benschart hasn't even been in competition this year.) Doug Renna would like to take the more opportunity to ask for the more serious award nominations (Best ~~idea~~, by ~~event~~; improvement, etc) and I'd still like to drum up interest for ~~some~~ system ~~at~~ Dolphin South End's (Call someone if you have ideas.)

The Christmas Relays were a huge success. The Mares Ophirs were totally incarcerated - I told Jack Sanchez (warden of the motley crew) that it must have been tougher at this race to field a fast team (since all he could choose from was their membership list). This was the first relay team competition under the new Club rules. Hal Baker's team stomped the Freeman & Bertoli aggregations although they accused Baker of getting into the Christmas spirit too soon (by adding two fingers). DID I MISS OUT ON THE BEER PAID OFF TO BAKER'S TEAM FROM THE OTHER TWO? Some of us even got a chance to remove (most of) our sweats before running our legs. You can read all about this elsewhere in the newsletter also read about fantastic performances at the Pepsi Twenty - One member even had something to sing about!

For those of you not at the meeting, it was decided to continue the present newsletter format rather than adding a column to "The Paper". John McIntosh's offer was considered but many members expressed the belief that such a change would reduce the personal nature of our newsletter. The agreement was that several would help out on putting the newsletter together to make sure that Abe & Jane are at least able to run in one or two races a year. Please call Abe or Jane if you can help.

The new VP will have defined responsibilities for next year so that he/she won't feel left out. Included in this task will be chief relay coordinator.

Remember that Dan Davidson will be coordinating the Sunrise Trail Run in January or February and I'm sure he'd appreciate any help you'd like to give - call him. Also, the McIntosh fun runs are scheduled once a month. They're really fun and the entry fees go to a good cause. If you haven't renewed your membership=DO IT TODAY OR WE WON'T MAKE UP A NEW ADDRESSOGRAPH PLATE FOR YOU WHEN WE CHANGE OVER IN JANUARY (a Mighthreat I've never made.)

Jon Brown

#### SUNRISE TRAIL RUN

The annual Sunrise Trail Run (on the Bike Trail in Rancho Cordova) will not be held until late May (tentatively Sunday the 22nd). Dan Davidson is the race director and will coordinate with our new race sponsor who will provide T-shirts to finishers. This race should fit nicely into the spring schedule.

#### BUFFALO CHIPS RUNNING TOPS

If you are still wondering what's happened to the new B.C. running tops-- you need to look no further than the Fleet Feet at 2408 "J" Street. We've made arrangements with B.C., Mic Jansen, to distribute the shirts through her store. The price is still \$6.00.

## CHIP MASTERS STORM COAST HIGHWAY

Half Moon Bay (12/19)--The Buffalo Chip Masters team stormed the Coast Highway in style to take the fourth place position among masters teams in the 4th annual Christmas Relays from Santa Cruz to Half Moon Bay.

The team performed like a well oiled watch with all hand-offs being well coordinated and timely (unlike the problems experienced by the younger teams). The weather was ideal and all runners performed extremely well.

Paul Holmes and Jeremiah Russell ran the first two legs after running PR's in the Fiesta Bowl Marathon the week before. Benefiting from the downhill at the beginning Paul ran a PR for the 10 miles in staking the Chip masters to a respectable early position. Jeremiah took the handoff and ran an excellent leg on the hilly 2nd increment. Walt Betschart, still recovering from injuries, ran an excellent 3rd leg in spite of pain. Jim Farrell running the long 4th leg set a PR for the distance before handing off to Jim Hunter. Hunter's run equalled his effort on the same leg in the prior year's race. Paul Reese showed a few of the younger runners how to run hills as he stormed the tough 6th leg in an impressive time. Art Waggoner finished up for the team with the tough and longest 7th leg. His effort indicated that he is coming back from his autumn injuries.

Specific times were as follows:

<u>Leg</u>	<u>Runner</u>	<u>Distance</u>	<u>Time</u>	<u>Team Time</u>	<u>Per Mile</u>
1	Paul Holmes	10.05	57:16	57:16	5:42
2	Jeremiah Russell	4.83	31:09	1:28:25	6:27
3	Walt Betschart	5.48	34:50	2:03:15	6:21
4	Jim Farrell	9.53	66:45	3:10:00	7:00
5	Jim Hunter	5.10	32:55	3:42:55	6:27
6	Paul Reese	4.51	29:20	4:12:15	6:30
7	Art Waggoner	10.51	70:28	5:22:43	6:44
Team Average					6:27

The official time for the finish as recorded by race timers was 5:23:04, but Abe concurred with my timing that the race was off by about 20 seconds.

We finished 77th overall out of some 200 teams, and managed 4th place in the masters team competition behind the West Valley Joggers and Striders, NorCal Seniors and the Tax Reducers. If the Highway Patrol doesn't cancel the race, we'll get them next year.

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### VICTORY FOR "A" TEAM

The "A" team finished 17th overall at the Christmas Relay. They thoroughly destroyed the Ophirs for our first Relay victory. We owe Tim Jordan a lot of thanks for saving the team. Both Sane and Krebs dropped at the last minute and Tim was able to fill the holes without pulling anyone from the "B's" or "C's". All in all it was a very pleasant and successful day. Congratulations to the 50+ Chips who participated.

BUFFALO CHIPS "Z" TEAM COPS 101st IN 5:34:40

By Dave Freeman

A great effort. Although we weren't aware of it at the time, we beat Bertoli's team by less than 5 minutes.

They were only 3 minutes back at the start of the 4th leg, and although they didn't overtake the mighty "Z" team, they were never far behind from that point on.

Jim Yaniglos started things off for the big Z, running the fastest leg of the day with a 6:12 average for the first 10 miles.

Fresh Chip Mark Elgert was next performing like a seasoned ol' Bison as he covered the second leg in a strong 32:17.

Henry Rosendale, running for the first time in over a month (he's recovering from surgery) also put forth a strong effort on leg #3.

Dave Freeman's 60:38 for the 4th leg was very nearly DNF. As I neared the 9 mile mark, delirious with pain arch rival Ron Bertoli said something to the effect that I had covered at least 9 miles by now. He later apologized for this mistake! All's fair in Love and War and Inter-Club Competition.

Ron Kashing turned in a strong 34:51 effort on the fifth leg--keeping well below the 7 minute barrier.

Another Fresh Chip, Gordon Hall had his initiation to the Club on the fearsome 6th leg. His time of 32:07 over the dreaded hills of this leg promises many more fine races to come.

John Worcester fairly flew up the first long hill on the anchor leg, clocking an exceptional 31:30 for the first 5 miles of this rugged leg, and hanging on to run a very fast 69:16 for a 6:35 average.

The overall time of 5:34:40 (good for 101st place) gave the Big Z a creditable 6:42 average for the distance.

Buffalo Chips "Z" Team (A-16)

<u>Leg</u>	<u>Name</u>	<u>Time/Pace</u>	<u>Elapsed Time</u>
10.052	1. Jim Yaniglos	Time 62:25 Pace 6:12 min/mile	62:25 102:25
4.826	2. Mark Elgert	Time 32:17 Pace 6:40 min/mile	94:42 1:34:42
5.477	3. Henry Rosendale	Time 42:26 Pace 7:45 min/mile	137:08 2:17:08
9.531	4. David Freeman	Time 60:38 Pace 6:22 min/mile	197:46 3:17:46
5.100	5. Ron Kashing	Time 34:51 Pace 6:50 min/mile	232:37 3:52:37
4.507	6. Gordon Hall	Time 32:07 Pace 7:07 min/mile	264:44 4:24:44
10.507	7. John Worcester	Time 69:16 Pace 6:35 min/mile	334:00 5:34:00



By Bettina Brownstein

A valiant Buffalo Chips Womens Team composed of Ellen Standley, Diane Ryerson, Cindy Parto, Sallie Johnson, Joan LaPierre, Kay Marshall, and Bettina Brownstein completed the 4th Annual Xmas Relays somewhere between first and last. The seventh runner crossed the deserted finish line a little before sundown. It is un-

known, seemed to be in attendance, either running or kibbutzing, noticeably conspicuous in the new, bright yellow Buffalo jerseys. Suffice it to say that for some of the women, who train around the neighborhood block, those "rooling" hills loomed up like a series of Pikes Peaks. But determination (and the thought of what their teammates would do to them if they quit) triumphed over physical infirmity; all pulled through the better for wear and looking forward to the flat Camellia Relays.

My own gut dropped four inches at the sight of the monster mountain at the beginning of the seventh leg and I was encouraged to no end by such well-chosen remarks as: "Are you going to run that leg?" Heartfelt thanks to A.J., who escorted me in for the final five lonely miles to Half Moon Bay, even if he did appear after said mountain had receded in the distance.

P.S. Some credit should go to members of the Chips' womens Team for helping the Chips' "A" Team bury their Ophir rival. We kept them up drinking one-half gallon of spirits apiece the night before and refused to loan them aspirin the next morning.

A NOTE ON THE RELAY

The Buffalo Chips "C" and "Z" teams performed admirably and in the best traditions of sportsmanship and fair play. All runners were bonafide members of the club, and the two teams, together with a third "D" team headed by the dastardly Baker/Brown duo appeared to be evenly matched the week before the big event.

So, in the spirit of competition a small rivalry developed, each team pledging a case of beer to the first of the three to reach Half Moon Bay.

Came the day of the big race. At the last minute Bertoli and Freeman are told that the Baker/Brown "D" team was unable to contact 2 of its members, but not to worry --replacements have been found & the wager is on.

All that last minute recruiting paid off. After combing the entire county of Sacramento for the better part of a week, they were able to come up with a couple of High School "ringers"--one of whom was overheard complaining after running something like 53 minutes for that first 10 mile leg.

"Had an off day," I believe he said.

Buffalo Jon was so embarrassed at being caught at his shady dealings that he didn't even stick around to collect his two cases of beer. (He was probably afraid that he'd have to share it with the other members of his "team", many of whom weren't yet old enough to drive, much less drink. You did the right thing though, Jon. After a unanimous vote by the members of both the "C" and "Z" teams, it was agreed that the payoff was to have taken the form of a beer bath for the Chief Chip. Which would have been just another of the many small rewards of running, right Jon?

FUN RUNS

JOHN MCINTOSH HAS SET THE DATES FOR HIS FUN RUNS FOR THE NEXT SEVERAL MONTHS. SEE ENCLOSED SCHEDULE. THEY ARE ALL ON SATURDAY. COMBINED 3 & 6 MILE RACES. SIGN UP AT 9:00 AM - START AT 10:00

### MONTHLY TRACK MEET

The monthly track meet through the winter season has been dropped. There has not been adequate interest (6 to 10 participants) to make it worth the effort. Everyone seems to prefer to run on the trail or in other unstructured ways. Acturally, this will work out just fine as there are other track meets during the winter that should satisfy the hard core round tripper (See schedule on page     ). We'll resume the T.M.'s (sounds spiritual) in the spring after daylight savings goes off (probably the first Tuesday in May. In the meantime, it will be a routine run on the bike trail at 9:00 AM each Saturday! See you there!

Fellow Buffalo Chips,

I saw Charlie Albert today & came away in tears. I can't explain the tears. Pity for Charlie? Seeing a fellow runner so hurt? Why Charlie & not some guy who doesn't care about his health? Realizing the insignificance of my own operation?

I remember biking about 7 weeks ago & seeing Greg Mayer on the trail. He asked me how I was doing & I began to expound upon my aches and pains, my worries about a 2nd operation, wondering if I'll ever race again, etc. He then told me Charlie had a bad accident & suddenly my injury & worries became so minute.

I left the hospital thinking how lucky I really am. I walked my mile at Renfree Field, where I've run so many times, thinking of Charlie lying there & me out here on the road to recovery.

Your own injury is a real bummer but don't ever lose sight of the fact that there is always someone who's in worse shape than you are.

If you can, visit Charlie. Bring him some joy, hope, a lift, a care. I guarantee you that you'll come away a better person. Maybe more humble, or thankful for your own health.

You'll feel good in your heart knowing you gave of yourself & brought a little happiness to someone.

Gordy Vredenburg

### RECOUNTING THE STAMPEDE

Acceptable accounting practices not with standing, I was feeling guilty that I haven't given a fiscal report on the 1976 Buffalo Stampede. It's been only a mere nine months now. Anyway, the balance sheet looks something like the following (rounded off to the dollar):

#### INCOME

Entry fees	\$358
Cash contributions	132

#### EXPENSES

Publicity & Printing	\$58
Mailing	20
Awards & T-Shirts	320
Misc supplies	61
Results	29
	<u>\$488</u>

<u>BALANCE IN ACCOUNT</u>	\$2
(Working Capital)	

That's cutting it pretty close. You can see what would happen without support. The above figures do not include any of the merchandise awards or free drinks that were given away at the race. Keep this figure in mind the next time you think you didn't get much at some race for your one or two buck entry fee.

### SACRAMENTO MARATHON

At long last, it looks like we may get our own real live marathon right here in Sacramento. Plans are not confirmed as yet but things look good for April 3rd. The start/finish would be at Rio Americano High School, down & back on the bike trail (something different), and maybe a couple miles will be added at the start (a la Avenue of the Giants). It may not be the best course but it presents the fewest logistical problems in view of the short time to get the thing organized. B.C. John McIntosh of the Sports Cottage is behind the organizational effort and has the support of the Sacramento Lung Association & several merchants. With some B.C. person power and a little assistance from the Ophirs, we should be able to put together a respectable race. The potential for the race to become a well sponsored event in the future is promising. Stay tuned.

SONOMA MARATHON  
01  
EPISODE LXXVIII of BROWN VS. MAYER

October 31 (Rohnert Park) The morning was cool and some of us had colds, but months of preparation were not to be put aside for reasons that would appear logical to a rational man (person?). A field of 277 started this race over an allegedly flat course, with 234 finishing. The so called flat course had a number of hills in it with only the last 2 or 3 miles being relatively flat.

Two interesting exchanges of conversation took place during the race which might be of interest. First was when John Ford (who ran from Berkeley to Tahoe this summer in some incredibly short period of time) approached Jon Brown at about 8 miles:

Ford: Hi, Jon. What are you doing this morning?

Brown: I'm running a marathon.

Ford: Yeah, I guess you are.

The second occurred at about 12 miles when Doug Rennie approached Jon Brown from behind.

Rennie: How do you feel running over your head?

The race turned out to be another rout in the Brown-Mayer confrontation, with Brown making a shambles out of what most thought would be a close contest.

Two first time marathoners turned in very impressive times. John Worcester, after a couple months of preparation turned in an excellent 3:14:48, while sometimes Chip Dick Hatten did 3:34:07 in his very first marathon effort.

Frank Krebs appearing to be in his best form turned in an excellent 2:36:31 for 5th place overall. Two Chips were in excellent position through 20 miles, but it was not to be their day. Fraser Rasmussen succumbed to leg cramps at about 22 miles while Mike LaPierre had to back off from a previously blistering pace.

The most ominous item in the results was the printing of Greg's name as "Grey Mayer". Even they know he ain't what he used to be.

5th	Frank Krebs	2:36:31
27th	Doug Rennie	2:55:22
35th	Ed Stromberg	2:58:08
43rd	Mike LaPierre	2:59:30
62nd	Paul Holmes	3:06:59
68th	Hal Baker	3:09:17
69th	Jonathan Brown	3:09:22
91st	John Worcester	3:14:48
111th	Greg Mayer	3:22:30
146th	Dick Hatten	3:34:07 (Sometimes Chip)
149th	Dennis Letl	3:35:16



POTPOURRI

By Paul Holmes

At the November club meeting some one expressed an interest in the club newsletter containing results of how the members of the club were doing in various races. The following is a collection of results of races that I have run since September, which have not previously been written up in the newsletter.

September 12th--PA AAU 25 Kilo Championships at Golden Gate Park

This was a very pleasant 15.5 mile race around a 5 kilometer loop. It was a large field of 286 finishers and was held in conjunction with the National Women's 10 Kilo Championships. Buffalo Chip finishers were:

78th	Paul Holmes	1:37:32	6th master
112th	Art Waggoner	1:45:10	11th master

October 9th--Berkeley Waterfront Run - 5.1 miles

This is a fast race on a flat course around the University Avenue and Gilman Avenue turnoffs in Berkeley. There were 328 finishers which was twice the prior year's finishing field. Chip finishers to the best of my knowledge:

22nd	Doug Rennie	27:20	
36th	Paul Holmes	28:10	4th master
59th	Charles Albert	29:43	
96th	Dick Hatten	31:48	(Sometimes Chip)
123rd	Jeremiah Russell	32:33	
295th	Jane Johnson	44:41	

October 17th--Berkeley to Moraga Ridge Run - 13.9 miles

Those who have run this know that it is a brutal run with 6 miles uphill at the very front. Many veterans claim it is as tough as a marathon. Chip finishers in a finishing field of 351 were:

36th	Mike Lapierre	1:24:04	
48th	Paul Holmes	1:25:54	6th master

November 6th--Almond Bowl Run - 6 miles in Chico

This is a flat fast course through Bidwell Park. A field of 139 finished the race which was held an hour before the Far West Conference cross country championships. Buffalo Chip finishers were:

13th	Steve Barr	30:57	(a 5:09 per mile pace!)
30th	Paul Holmes	34:22	2nd master
40th	Larry Sumner	35:15	
63rd	Walt Betschart	37:45	
68th	Ronald Bertoli	38:44	
72nd	Greg Mayer	39:05	

ARDEN RAPIDS 2-MAN (PERSON) RELAYS

Walt Lange is ready to go with this interesting Relay again. It'll be held at Goethe Park (Rancho Cordova) at 10:00 AM on Sat Feb 5th, '77. This is a relay with a twist as each team member runs 4 alternating 1.25 mile legs for a total of 10 miles for each team. Plus it is age group handicapped based on the combined ages of the two team members. The announcement will be out later but you should start lining up partners right away.

WINTER TRACK MEET

SACRAMENTO STATE ALL COMBOS MEET

SAT. JAN 15

FULL TRACK & FIELD SCHEDULE

6 MILE - 10 AM, 1 MILE - 11 AM, 3 MILE - 12:30

ENTRY DEADLINE JAN 14

FOR INFO CALL

BRUCE DRUMMOND 454-6208 / 363-9354

DETTA FONG 452-5681

NO ENTRY FEE

FLATS OR QUARTER INCH SPIKES ONLY

WONDER WHAT THEY MEAN BY THAT

DSE Newsletter

Don't all those flyers for races with which you are constantly inundated begin to sound alike after a while? You know, "classic" business and "challenging course", mixed up with the great "well-known runners" and "largest run". Well, after attending a few of same, our fearless DSE correspondent has supplied us with a glossary of publicity terms unique to the running game:

- The race is "popular"-This means that all the locals turn out to jeer at the funny people and, on out-of-the-way corners try to run them down with their pickups.
- "Challenging course" -usually means that it is all uphill or downhill, torturing your heart/lungs and knees/back in quick succession.
- "No net elevation drop or gain"- This is a good one and is technically correct, but makes no mention of the 700-foot mountain between the start and finish, the latter having exactly the same elevation as the former.
- "Many well-known runners"-Sure, they're well-known-if you happen to live, as they do, in Possum Spleen, Virginia.
- "times called every mile"-That's right, every mile, more or less.
- "markers at one, three, five, and ten miles"-Unfortunately, not necessarily in that order.
- "traffic is monitored"-like the word "popular", it means that there are lots of townies to watch the cars cut you off and/or down.
- "historic course"-The roads aren't paved.
- "We look for over 1000 runners"- That one is obvious and finishes something like "...we never see them. Last year we had 12 people".
- "Free T-shirts to finishers"- Finishers 1 & 2, that is.
- "race results mailed to all finishers"-they may even have the year of the race, so that you may remember it.
- "Classic"-it's our first year and we spent a hell-of-a-lot-of money.
- "Certified"-you ought to be if you run that race.

MIKE VAN HORN SETS NEW COURSE RECORD AT GOLD MINE RUN

By Jane Johnson

A small crowd of people allowed a few Buffalos in to roam the beautiful hills of Nevada City on December 4th. The infrequent noise of automobiles, the sun's shining through the tall pines and the smogless, blue, serene skies made one feel that the little city stayed in bed asleep that morning so as not to disturb the beauty of our run. And run was what Mike VanHorn did. No one, not even West Valley, could catch him as he worked the hills with both arms and legs pounding, rising, balancing... Not even Nick (put a few hills in at the end) Vogt's freshly graveled course could slow Mike as he glided to a new course record of 41:41 over the 8.2 miles. All Chips enjoyed themselves (I won a \$5.00 gift certificate at Farmers by random drawing of entry blanks), did well, and managed to gracefully stumble thru this new torture test that used to be a beautiful dirt road. Thanks to Jeremiah for getting me through this one! Chips' times as best I can remember:

Mike Van Horn	41:41(Record)
Mike Souza	49:03
Paul Holmes	49:55
Ted Brock	51:00
Mark Gallo	53:59
Jeremiah Russell	74:00(Courtesy)
Jane Johnson	74:00

BUFFALO CHIPS GEAR FOR 50 MILE CHAMPIONSHIP

Paul Reese has been at it again and has designed a new course for this annual endurance test. This year's race will be on Sunday February 27 and will be run point-to-point from Pine Grove (east of Jackson) to Sacramento. Contact Paul for details. There is a team championship at stake which the B.C. could have a shot at. Several members are (or could be) trained for this distance. Three finishers make a team so we should try for at least five starters. Think about it!!

## FIESTA BOWL MARATHON

By Paul Holmes

Scottsdale, Az (12/11) On a weekend when Buffalo Chips were running in 3 different marathons (Livermore and Honolulu on the 11th and 12th, respectively) more members participated in the Fiesta Bowl (so-called down hill) Marathon. In addition to the Chip finishers, Chris Delgado's brother Joe ran a fine 2:41:47 and Chip Bob Ray of Hobbs, New Mexico dropped out at 24 miles.

The course is a point to point course on which you can see the finish location (Camelback Mountain) from 23 miles out. It takes a long time for the mountain to loom large as you run towards it for that long a distance. While the course is net downhill with a net elevation drop of about 1,000 feet, the constant climbing in and out of the desert washes takes its toll. The weather was perfect except for some head wind the last few miles.

Tee shirts were awarded to all finishers, and medals were 12 deep in most categories, including a 30 to 39 category.

Chip finishers were:

<u>Place</u>	<u>Name</u>	<u>Time</u>	
72	Paul H. Holmes	2:52:33	7th master, PR
105	Brent Cushenbery	2:59:54	18th high school
237	Jeremiah Russell	3:27:41	1st marathon

Some 537 finished the race out of over 700 starters. There were 107 under 3 hours, and 7 under last year's Olympic Trials qualifying time of under 2:23. The winner was Ed Mendoza who was over 4 minutes off his course record of 2:14:13.

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## RECORDS FALL AT PEPSI 200

By Abe Underwood

By now the pepsi is mostly history & for many B.C.'s it was historical. Personal Records (P.R.'s) were the name of the game as 52 known Chips conquered the distance. There were 26 last year. Most made either a better time or it was for the first time. Congratulations to all!! I've gone over the results so many times I'm cross-eyed and I hope everyone is listed below. If I missed anyone, I'm truly sorry, let me know about it, please. If anyone had a bad time at the pepsi, it's probably his own fault. Many thanks must go to B.Cer Paul Reese for another great show. As usual the race was more than organized, it was orchestrated...he even got the weatherman to cooperate---remember the heavy wind that blew up until the night before? The thoughts I had of running 10 miles back into the teeth of that wind gave me nightmares.

It was a big year for the Pepsi as well as for the Chips. 806 finished this year, up from 518 in 1975. As the numbers go up so goes the competition. For the three prior years, a time of about 2:20 got you a T-Shirt-not so in '76. It took a 2:12:12 (& not a tie, John) to make the big 200 this year! Six B.C.s went under the magic two-hour mark. Many Chips took home awards (trophies, medals, etc.). In my mind, the big winners were the first-timers. Taking a shot at the Pepsi is a big step (accomplished by lots of little ones both before & during) & to finish provides a great feeling of accomplishment. For those of you who didn't or couldn't--you missed a great one!

RESULTS →



PEPSI 20 MILE RESULTS

<u>PLACE</u>	<u>NAME</u>	<u>76 TIME</u>	<u>75 TIME</u>	<u>74 TIME</u>
27	Frank Krebs	1:54:08		
35	Tim Jordan	1:55:20		
37	Jim Sane	1:55:39	1:50:56	1:50:42
43	Abe Underwood	1:56:21	2:02:43	DNF
48	Steve Barr	1:57:46		
60	Erent Cushenbery	1:58:46		
78	Mike Souza	2:00:52	2:11:00	
94	Mike Larriere	2:02:17		
95	Terry Ogg	2:02:39	2:06:59	
116	Paul Holmes	2:05:25	2:06:22	DNF
127	Larry Sumner	2:05:58		
138	Marty Szekeresh	2:06:57		
143	Ed Stromberg	2:07:18		
159	Richard Szekeresh	2:08:27		
175	Fraser Rasmussen	2:09:51	2:11:04	
188	Ted Frock	2:10:46		
195	Lon Spickelmier	2:11:31		
201	John Worcester	2:12:12		
211	Jim Yaniglos	2:13:05		
221	Greg Mayer	2:13:39		
223	Lan Davidson	2:14:08		
225	Hal Baker	2:14:16	2:25:25	
226	Jim Finnegan	2:14:18	2:19:14	
232	Joe Kattenhorn	2:14:34		
267	Howard Jacobson	2:16:49	2:17:58	
271	Chris Delgado	2:17:01		
287	Jon Brown	2:18:08	2:23:05	
304	Greg Talbert	2:18:52		
313	Art Waggoner	2:19:27	2:27:36	
319	Robert Hedges	2:19:33		
332	John McIntosh	2:20:16		
351	Jack Riddle	2:22:06		
359	Walt Betschart	2:22:52	2:06:32	2:14:32
374	Lennis Letl	2:24:22		
435	Web Chadwick	2:29:53		
461	Jeremiah Russell	2:32:27		
486	Randy Fairchild	2:35:11		
492	Bettina Brownstein	2:36:07		
517	Bill Sane	2:38:24		
520	Jim Hunter	2:38:32	2:49:27	
549	Ron Bertoli	2:41:54		
550	Steve Larson	2:41:55		
560	George Koch	2:42:56	2:39:21	
576	William Miofsky	2:44:59		
579	Charlie Mersereau	2:45:34		
604	Ellen Standley	2:48:57		
639	Martin Szekeresh	2:54:57		
640	John Riddle	2:55:29		
671	Ernie Tavella	2:59:57		
699	Mickey Brodie	3:11:02	2:17:18	
181	John Clark	3:17:47		
	Doug Rennie	DNF	2:10:22	2:04:07

1975 & 74 times are noted only for Chips that were members at that time. Some now members prior times may not be listed.

By Abe Underwood

Aloha means many things including affection, compassion, kindness, mercy, love, hello, and good-bye. I learned this meaning from the dictionary before departing last December for the Honolulu Marathon. Although I wasn't searching for any of these meanings, I believe I discovered the spirit behind the word.

My first vision of Hawaii was from the port side of a Boeing 747 (this is probably the case for 99% of the visitors to our 50th state) it was, however, very impressive. The islands are not mere "dots on the ocean", as they seemed to stretch for miles. The planes autopilot certainly must have had to put itself to work making corrections as I believe everyone from the right side of the cabin rushed to the left side straining & pushing their faces against the windows for a better look. My recollection of the departure speech by the United crew as we landed has left me but Aloha was definitely the message-I deplaned in search of adventure. Moments later I was approached by an attractive young lady who handed me a flower, greeted me with an "Aloha" and began asking me questions about where I was from & the ilk. I soon realized she only wanted a donation for something or another. My not overly generous response brought another very pleasant "Aloha"---I moved on to the car rental area in search of a map to guide me through what I was hoping would be six exciting days. My request for a local map brought a "Sorry, we're completely out", from another young lady who had a distinct New England accent. The pile of maps on the counter behind her made me wonder if I had just been "Alohaed" again. My spirits undaunted, I caught the next bus into Honolulu. I was deposited at a monstrous shopping center, which at noon two weeks before Christmas, was caught in an avalanche of shoppers. A costumed Santa Claus (who was visibly perspiring) & I tried to use the same telephone at the same time - I lost. "Aloha" I thought to myself.

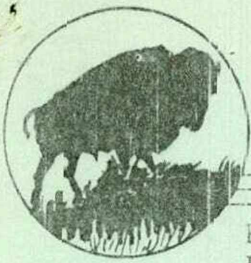
A couple of phone calls put me in touch with some race people who would meet me later. I headed for the nearby beach and promptly fell asleep under a palm tree. The sound of footsteps soon woke me & I was amazed to see "dozens" of people jogging by me. Of the several I talked to that afternoon, interestingly enough only one knew anything about the marathon that was coming up in four days. This left me somewhat confused. I was met shortly after this & taken to a very nice residential area of Pearl Harbor. Upon entering the dining room, my anxiety and mixed reactions to Hawaii were quickly relieved when I spotted stacks of runners' numbers neatly layed out on the floor. I felt at home! My hosts turned out to be the assistant race director & his wife. Suddenly the meaning of "Aloha" had taken on a new definition.

The next day, I was introduced to my host whom I would stay with for the remainder of the visit. He had recently turned "Master" & can best be described as a runners' runner. Besides selling Nike shoes out of his back room, he knew everyone who ever ran more than a mile in Honolulu. When our first visitor that morning was Kenny Moore, I knew this wasn't going to be one of your typical marathons. The next three days were a whirlwind of runs, noted runners and parties all leading up to what is unquestionably the best organized, financed and run marathon of the many I have experienced. Of course, it was special for me because of the fortunate opportunity I had to meet and talk with so many national & world (including Olympic) class runners. However, the "special" feeling I'm left with didn't come from my brief association with these heroes but actually came from the local runners. I will long remember my talks with my host about distance training (incidentally, he finished third master (2:39) and his team won the National Masters Team award); about female competition in the islands and the special problems of heat with several of Honolulu's ultra distance types. Another thing made it memorable, when I was recognized at the sign up table by someone I worked with 10 years ago!

As for the race itself, there were several things: the pre-dawn start, the palm lined boulevards, the sun's breaking the horizon as we rounded Diamondhead at 7:00 AM, the great numbers of people all along the course, the beautiful ice water sponges and a sign at the finish line that reads "Every finish is a victory". Although my time was good, the race was not that difficult for me, however, for many of the 1400 or so who finished after I did (spending many hours on their feet in the heat) I'm sure that sign had a very special "Aloha" meaning to them just as it did for me.

CONT. →





# BUFFALO CHIPS



## RUNNING CLUB

umber 25

Paul Holmes  
 Fraser Rasmussen  
 Bettina Brownstein  
 Art Waggoner  
 Abe Underwood  
 Dave Davis

High Danger  
 Vice Danger  
 Secretary  
 Treasurer  
 Editor  
 Membership Coor.

Sacto 929 5817  
 Davis 756 7636  
 Sacto 456 5738  
 Sacto 383 4667  
 Sacto 392 7672  
 Sacto 363 9142


June 28, 1977

SUNDAY MORNING  
 JULY 3<sup>RD</sup>  
 FOLSOM ROAD RUN  
 FOLSOM

SUNDAY AFTERNOON  
 JULY 3<sup>RD</sup>  
 B.C. SWIM & FEED  
 JOHN CLARKS

MONDAY MORNING  
 JULY 4<sup>TH</sup>  
 JULY 4<sup>TH</sup> FUN RUN  
 GLEN HALL PARK

TUESDAY EVENING  
 JULY 5<sup>TH</sup>  
 CLUB TRACK MEET  
 CSU TRACK



THE LAST ANNUAL WHAT?  
 OH-NO NOT AGAIN!  
 JULY 12



Dear Fellow Chips:

Since our last newsletter several events have transpired. The race schedule for the 1977-78 year has been established, the executive committee format has been determined, and a former intraclub rivalry has become a nolo contendere affair.

The Executive Committee, which will establish club policy between regular club meetings, will meet monthly following the regular Tuesday evening run on the second Tuesday of each month (the week after the monthly track meet). The committee will function as an ad hoc committee (no particular membership) so if you want to put in your 2¢ worth feel free to do so.

The monthly track meet in case you haven't yet heard, is held at the Sacramento State track on the first Tuesday of the month, at 6 o'clock. It is a tartan surface on which you may use flats or 1/8" spikes.

The long distance schedule for 1977-78 was established at a LDR committee meeting following the TRAC 10 kilo race on May 29. Races involving the club or of interest because they are local include the following:

Lake Tahoe 72miler	Friday	September 23
Sacramento Marathon	Sunday	October 2
Pepsi 20 miler	Sunday	October 27
PA AAU 50 Mile Championship	Sunday	February 19
Buffalo Stampede	Sunday	March 19
Folsom 10 kilo	Sunday	July 2 (1978)

A former close competition in the club has turned into a rout with the running of the Avenue of the Giants Marathon. It was a complete reversal of the status of the affair after the Pepsi 20. After annihilating Greg at the Avenue, Jon Brown went and loafed through the Palos Verdes Marathon with a 3:04 as a tune up for the San Francisco Marathon in July. Time to revise the training program yet, Greg?

Paul Holmes  
High Dunger

#### LIVERMORE 8.56 MILER

Livermore (4/23) Only 3 Chips were able to make this warm 8½ miler through the east hills of the Livermore valley. Relatively high early season temperatures kept times somewhat slow. Chip finishers included:

38th	Paul Holmes	52:44	5th Master
86th	Robert Bakich	59:04	
115th	John Clark	61:43	(entered unattached)
165th	John Giniel	67:33	

#### TRAC 10 Kilo

The High Dunger was the only Chip to make this race, and ran a poor 36:40 for the 7th master place.

The real story about the Paul Masson Marathon

by Buffalo Bob

Sometimes you think that the brainpower of our club is going somewhere unmentionable. You may have read the two stories about the PM marathon in January, both from supposedly reliable sources. Our former chief executive wrote about the fun of running one of those as fun run( I don't know about you but when I read that I thought---- maybe it is all right for someone like Mayer to say things like that but doesn't it lessen the psychological credibility of all present and former officers of The Chips to allow something like that in print???) and I also read the more journalisticly meritorious(I still have some of the wine from the run left over) article by Mike Souza. If you're going to get something reported right, however, you must do it yourself.

One of the also runners at the PM marathon was competing in his first race at that distance. He only finished as second Chip, but then he's only 15 years old. When I began running( about two years before Paul Reese) they wouldn't even let high schoolers compete at over two miles. Richard Szekeresh finished his first marathon at Paul Masson in 2:57 which was good enough to net him 42 place and first in his division. I think that Brown and Souza left him out because they couldn't spell his name. The only other explanation is that Jim Sane was worried about his club records falling by the wayside, and ordered silence. Now the story is finally told I'll get back to my wine.

STAMPEDE '77

Aside from Mike's article thanking the guys who helped with the 50-Kilo I didn't receive any Buffalo Stampede write ups. I can understand that because if you felt as I did, you just wanted to take a break from it for awhile. It required the participation of over half the club which is probably made up of all the active members. Approximately 50 members or friends helped in one way or another to make it happen. From myself and the entire club, I want to express our thanks for the hours of time and effort that each of you devoted to helping make this year's Stampede a success. While we're on the subject, a few things about next year--- We've outgrown the Elkhorn facility! It was just right two years ago and tolerable last year but the authorities got very nervous with this year's crowd. Other locations are being considered and we hope to meet as many of the demands of the Stampede as possible. We can reasonably expect to have 500 runners in a couple of years!!!

INCOME		EXPENSES		NET GAIN TO RACE FUND	
339	\$2.00 = \$678	262.26	Awards	\$693.00	INCOME
5	\$3.00 = 15	41.82	Entry Blanks	571.30	EXPENSES
	\$693	32.17	Publicity	\$121.70	PROFIT
		165.75	Miscellaneous		
		69.30	10% to AAU		
		571.30			

### EPILOGUE TO PIKE'S PEAK

Starting up Pike's Peak, on the 28½ mile run, I told the mountain, "I will conquer you---I will not be overwhelmed by your immensity, your ruggedness, your ascending and lofty heights." But, as I trod the mountain, I discovered my mind and body blending with the mountain. I became a part of this Godly creation and my experience with it flickered recognition of Divinity. Up and then down the mountain, so many thoughts staccato. The struggle of ascent and descent over, now off the slopes of the mountain, I thanked the mountain for letting me share its strength, its beauty, its serenity, its escape from worldliness. I realized that I, or any mortal man would never really conquer the mountain. And, in this world, when I am no more, it will still be.

Author unknown

(This note was found scratched on a bloody rock near the base of Pike's Peak.)

### TREASURES REPORT

Out of state B.C. Dr. Bob Ray of Hobbs, N.M. ran an excellent 2:53:50 in the Boston Marathon. He also writes that he completed the American National Marathon in Galveston, Texas in March under somewhat less than ideal conditions. Like temperature of 35, wind 25 to 35 MPH and rain. His time in that one was 3:05:47. Good effort, Bob.

For those Chips who have not met Bob, he first learned of the Chips at the Pike's Peak Marathon last year. His first marathon!

I have just returned from the Bay to Breakers and even if I didn't have a particularly good run, I did enjoy the Fleet Feet bus ride. My thanks to Sally for making this arrangement. I was surprised that more people did not take advantage of it. It was a most pleasant departure from the usual hassle of driving down there, finding a parking place, etc. So, from all of us, Sally, thanks. Sorry we didn't fill the bus.

From Art Waggoner

### SAN MARTIN MARATHON

By John Clark

Ever hear of a marathon won in 3:01:51? And that's with only 1.8 miles thrown in (by accident, of course). Still, subtract this and this still leaves an interesting marathon.

Off to an early start, Ingrid and I counted some 30-40+ runners for the 6th and possibly final San Martin Marathon. Located just 30 miles south of San Jose, ideal conditions prevailed: clear blue skies, temperature 60. Being the only one sporting the 'Chip' tanker, if there was another Chip in the crowd, sorry I did not recognize you.

Somehow course descriptions listed on the flier never fit especially as you are running along trying to remember where this and that hill was mentioned. They're not!!! The first 20 miles have lots of rolling hills: curves and uneven terrain along with the crosswinds that showed up about an hour into the race. Gusting headwinds to 30 miles per hour, seemed to make the last five miles especially interesting.

The extra miles mentioned, were, according to organizer Bill Flodberg an April Fool's Joke. Unfortunately, this was done two years running. Thus Bill Flodberg has declined to take the reins for another marathon but will volunteer to help.

Of all the starters, only 33 were listed as finishers. Maybe the others are still trying to find their way out of those hills. Jim Howell and Chris Berke shared the win at 3:01:51; Ed Jerome third in 3:11:46 and myself 29th at 4:00:00. Ugh!

### PEAR FAIR RUN

2 & 10 MILES

IN

BEAUTIFUL DOWNTOWN  
COURTLAND

SUN. JULY 31

8:30 AM



## CHIP WOMEN UNITE

By Bettina Brownstein

Women runners share the difficulties and problems that plague all runners i.e. injuries, soreness, inertia, laziness; but also have a special one: ill-bred (a euphemism) males. Is there a woman out there who, in the midst of jogging around a park or putting in miles along the bike trail, hasn't been subjected to coarse remarks about her anatomy? Women find this upsetting, depressing, and generally detrimental to their running program.

I have talked this problem over with some of the Chip women, and we have decided that it would be a good idea to hold a rap session with interested women runners in the area: we could share our experiences, discuss various alternatives, and perhaps come up with a way to deal with these unpleasant adjuncts to running. At least, we may help each other to handle our feelings about such male harassment.

I would like to invite the Chip women to hold this meeting at my home sometime toward the end of July. (I can't set a date now but will put a notice in a later Newsletter naming date and time.) Perhaps, we could send notices to the Ophir and Aggie running clubs. If you have any thoughts or ideas concerning this proposed pow-wow, please call me: Bettina Brownstein 456-5738.

## REFLECTIONS OF A DISTRESSED TRACK RUNNER

Prelude to a Workout - Tom Walker

The hour of the day has dawned, indicated by the poignant ringing of the too well known school bell. The anticipation which has encompassed the individual's mind for the past sixty endless minutes is shattered. The body awakens suddenly as reality slowly drifts back into his presence. A quick glance at the watch indicates the long awaited moment: 3 O'clock. Slowly and unwillingly, the individual, clad in blue sweats, impulsively approaches the premises where the daily afternoon routine commences: the interior of the track. The methodical schedule of the day quickly envelops his distraught mind as he disembarks on the dreaded two-lap warm-up, feeling the strains and pains of days gone by. Another workout has begun...

## A QUIET NIGHT AT THE COUNCIL

An event of nonhistorical significance took place after the Tues night run last May 10----the first official meeting of the Buffalo Chips Executive Council! The business of the evening was conducted to the soothing background sounds of hard rock and drunken dart players at Campus Pizza. The first item on the agenda was a suggestion to hold the meeting elsewhere or to forget the whole thing--long distance runners being what they are, we quickly adjusted to the pain (with the help of a couple of pitchers to replace those lost vital body fluids) and the High Dunger deftly led the gathering thru the more serious moments :

The club incorporation is still in process the wheels of justice and law move a bit slowly at times.

The following races were granted official B.C. status (and sponsorship for the LDR schedule year Aug 77 to July 78).

The Pepsi-Lake Tahoe 72 Mile Run for Fri Sept 23, '77. Director Charlie Mersereau.

The Buffalo Stampede & 50 Kilo Run PA-AAU for March 19, '78. Site to be determined Director Abe Underwood.

The Folsom 10 Kilo Run FOR July 2, '78 Director Frank Krebs.

These races will need volunteer helpers.

A new Club Membership Application form was discussed and the draft approved. It should be ready shortly.

The Annual Buffalo Chips Special Awards Ceremony will be held at the next club meeting which will be at John Clark's home after the Folsom Run on July 3. Jon Brown and Doug Rennie will prepare a ballot for mailing with the next newsletter.

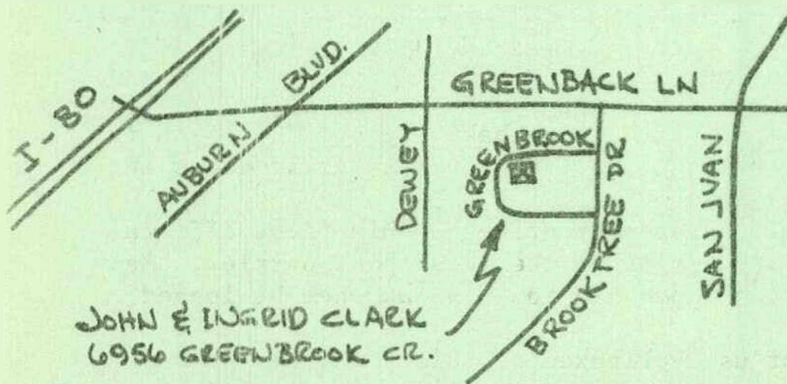
Starting in June the monthly Club Track Meet (first Tues of each month) will be moved to the Sac State Track.

Before drifting off into the night, the group decided to make the meeting a regular monthly thing (second Tues each month after the run), to keep it informal (anyone who wants to show up and stick it out is welcome) and lucky to meet someplace that's quiet (like the median of I-80). P.S. I drove down the street to Chruchill's Pizza & found two customers. Maybe next time. Following members contributed to this small gesture of token democracy: Paul Holmes, Fraser Rasmussen, Art Waggoner, Dave Davis, Jon Brown, Frank Krebs, Joe Kattenhorn, John Clark, Charlie Mersereau, John Blasingame.

Abe Underwood

## POST FOLSOM POT LUCK (4 SWIM)

The annual club party following the Folsom Run will be held at John Clark's place - 6956 Greenbrook Circle, Citrus Heights, 961-7827. (See map). It will be a combination pool party and pot luck. You can swim anytime after the finish of the race. The Pot Luck part will be about 3PM. The usual club rules apply (bring something), but, John asks that you do not bring anything glass. (It's hard to chew & doesn't digest very well). The club will spring for some of the refreshments (beer & soft drinks).



## OINK\*TIME

Yes fellow chips, its that time again. Time for the second annual B.C. Ice Cream Gathering.

Because of last year's overwhelming success, we have had to relocate in larger quarters. Please plan to dine at the ~~Cranthel~~ Ice Cream Parlor on 7-12, after the club run.

Since it is not easy to get the professional stars to come to just a "down home" event, club godfather, Abe Underwood, has guaranteed "Under-the-Table" prize money. How else could we get "31 Flavors" Freeman, "Pack-it-Down" Souza, "10 Scooper" Waggoner, "Fudge-Man" Schoener, and most notorious of all, "Nutty" Brown to our gala event. We will have a drawing and the lucky winners will get a \$2.00 contribution from the club towards their purchase.

Hope to see all ya there!!!

"Rocky Road" Mayer

P.S. The Nutty Sans is located at the University Village Shopping Center at Howe Ave and Fair Oaks Blvd.

## JOGGING

E-222

Sally Edwards

A. J. Underwood

\$15

Sacramento

[J St./24th St.]

Lose weight, stop smoking, feel better about yourself, get in shape, discover the harmony of body and mind in action together. JOG! In this course which combines participation with theory, you will learn the proper technique of efficient movement, how much, how often, how long, and how fast to run; and what positive effects jogging has on your cardiovascular system, mental clarity, and weight condition. The class is set up to accommodate both the novice and experienced jogger. Wear jogging clothes to first session.

Sally holds a Masters degree in PE from Berkeley, and marathons as a hobby. A. J. is an "ultra-marathoner," famous for his run around Lake Tahoe (72 miles).

If you have a friend you would like to see get into jogging, we'd like to help. Sally and I teach the above Jogging class each month. The July class starts Wed. July 6 at 5:30. The first two classes were made up mostly of women (80%) and were very successful. If interested, call Sally at 442-3338 or the Learning Exchange at 452-3919.

Abe

JULY 4TH

FUN RUN - 5 MILES

GLEN HALL PARK  
(NEAR SAC STATE)

MONDAY AT 9:00 AM

NO ENTRY FEE - JUST  
A GOOD TIME & GOOD  
TIMES



A MARATHON TO BE REMEMBERED  
OR - JUST ANOTHER HO-HUM MAYER SAGA

By Greg Mayer

I spoke with Abe today and he asked me to write a short article on some of the Chip participants at the Avenue of the Giants Marathon, Sunday May 1st.

I told Abe that there were so many participants that it would be difficult to cover everybody in one article, but I was assured that there would be numerous articles on different people and hopefully everyone would receive adequate coverage. If I leave some names out, please understand.

There are two runners who stand out in my mind. Maybe it is because I have come to know them through the years as more than just runners, but as close friends that I respect.

Many of us sit and wish we could glide through a marathon with what appears to be an effortless style and grace that Krebs, Rasmussen, Rennie, Souza, and Underwood seem to possess. For them we say, "they're naturals", and "don't they make it look easy?". I'm sure, in their own way, they may train harder than we. Be it as it may, they are in the spotlight a considerable amount of the time because of their talent.

But there is new talent coming up through the ranks, and the drum sounds of Blasingame, Edson, Hedges, Kattenhorn, Brown and Waggoner which were once a faint and distant rumble but now are quickly becoming an earthshaking explosion which is causing some of our top runners to start nervously looking over their shoulders in races, because folks, "the Times They Are a Changin'".

Jon Brown, at one time was a mediocre marathoner at best. His first efforts at marathoning: a 3:17 and 3:24 were hardly a shot at the three hour barrier. Many people, myself included, thought Brown had reached his top plateau when he logged 3:09 at Sonoma.

But there was something that many of us overlooked in this cocky dry-humored stud when we prophesized. Namely stubbornness and determination: the same determination that no doubt dropped him from a stoutly 205 pounds to a "somewhat" more trim 145 pounds.

Possibly Mike Souza knew it all along, for he was one that trained frequently with Jon. Whatever the recipe, Jon set PR's at the 5,10,15,20, and 25 mile marks, logging a 2:54:09 at the Avenue, - that did not just break the 3 hour barrier, but shattered it. Believe it or not, I predict before before too long we'll see him nibbling away at 2:50, and folks, that ain't "Natural".

Art Waggoner is another runner that deserves special mentioning. The way Art looks and certainly the way he runs would infer that he is half his age, and many times because of this and his modesty, much credit and words of praise never materialize.

But what Art did at the Avenue must be recorded and praised. Many times top runners in the club have told me that the marathon should be considered as a 20 mile race in terms of breaking 3 hours. If you're not at the 20 mile mark by 2:14:00, give up going for a sub-3 hour marathon and "try" to enjoy the rest of the race.

There are all kinds of different people. Some are racers, some are fun runners and a special few are like Art Waggoner. "Waggie", as some of his friends call him, recorded a 2:59:49 after crossing the 20 mile mark at 2:15:30 and that isn't bad for his first sub 3 marathon!!!

I saw Art at about 21 miles. I asked him if he was shooting for three hours but by the gleam in his eye, it was a ridiculous question. Hair wet and matted down, arms swinging in what appeared to be an effortless motion, his lean body seemed to draw energy from the air and transfer it to his legs as he sped off, giving one the impression that those last six miles were his first.

I'm glad for the Browns and Waggoners. They are certainly racers in the purest sense of the word. More than that, they are workers. Unsatisfied with the status quo, they demand improvement. For them, the words "give up" or "quit" simply do not exist. Happy they should be, for they are the beacons which light the path for the rest of us to follow.



THANK YOU MICKEY

During the winter of 1975, I had the serendipitous opportunity to spend a long cold night in very cramped quarters with Mickey Brodie. It must have been his quiet, humble, unopinionated and calm personality which drew me to him. The occasion was an overnight snowshoe backpacking trip in the Sierras sponsored by American River College. We shared a snowcave which we had dug. Hey! you Chips are wrong about those Ophir guys-he behaved himself. Unable to sleep (in anticipation of pending doom should our cave collapse) we talked for hours - warmed by one flickering candle. The discussion centered on running, shoes, training, weight, diet, smoking and racing. He mentioned two Sacramento running clubs. Lets see, I think he called them, the Buffalo Poopers and the Olympian Ophirs. He talked about he and his friends running the unbelievable distances of 26 and 31 miles. Not healthy guys like me ( the roll around my waist was merely a precaution should we get snowbound like the Donner party), but skinny, feisty ones, like him. For years I'd tried, unsuccessfully, running in deck shoes on the cement sidewalks of our neighborhood to go past three miles. My knees just wouldn't permit it. Shortly after our trip, the Chips had their 50K race and I watched people actually run that distance.

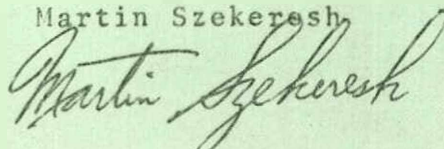
On January 1, 1976, I started dedicated jogging, but only a mile a day. After 18 months of frustration, strains, pains, injuries and minus 10 or 12 pounds, I was leery, but ready. On June 11, 1977, I experienced the exaltation from a jogger to a marathoner. The tides of self satisfaction and elation still surge through me.

Palos Verdes - veni, vidi, vici. Thank you Mickey.

Others (Eg. Note)

Martin Szekeresh	2:48 (8th H.S.)(Son)
Joe Razo	3:03
Jon Brown	3:04
Art Waggoner	3:05
Abe Underwood	3:05
Richard Szekeresh	3:28 (Son)
Martin Szekeresh	3:48 (Father)

by Martin Szekeresh



Mt. Misery by Dennis Letl.

On Saturday June 4, I drove to Placerville to run in the Mt. Misery 10,000 meter race. I had been 40 for 8 days and it would be my first masters race. The closer I got the hotter it became. By the time the first runners left the start (Handicapped race) at 10AM the temperature must have been 90 degrees! The course has been changed from earlier years when it was a 7.5 mile circuit. It is now out and back. Paul Reese went out with the first group (he and some small kid) 15 minutes ahead of the scratch runners as if he was trying to set a record in the quarter. Bob Malain followed in the next group with only a 10 minute head start. I had five minutes on the scratch runners in my group. It took them less than 3 miles to pass me (I wasn't too swift that day). Anyway, 6th in the 40-49 category sounds better than 67th (or something like that) overall. All in all it was an enjoyable run in spite of the heat and the hills. Hope to see you all there next year. Other Chips and their times below.

OPEN MEN (+ 15)

13.	Jack Betschart	53:00
15.	Marc Hoschler	53:06
22.	Abe Underwood	54:50
24.	Robert Ogg	55:24
41.	Marc Elgert	59:35
43.	Ron Bertoli	59:49
50.	(Steve Dean)	63:04 (Ho-Ho, lost)

40-49 MEN (+10)

6.	Dennis Letl.	59:42
7.	Gene Marshall	60:36
11.	Chris Borland	63:31

50-59 MEN (+5)

1.	Bob Malain	45:29
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60+ MEN (SCRATCH)

1.	Paul Reese	43:07 (Overall winner)
----	------------	------------------------

GRADE 10 BOYS (+5)

2.	Greg Walbert	54:52
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(Division Handicap - minutes)

EARLY TRACK TIMES SHOW ROOM  
FOR IMPROVEMENT

The 1977 Summer track schedule got off to a bang at the May Meet. (1st Tues of each month, remember) The turn out was limited but about an equal number of B.C.'s showed up to watch and swap tales of Agony (of the Giants). Many hadn't seen each other since the turnaround point at the marathon. I didn't see even one pair of spikes so everyone must be saving a little something for later in the season. The number of active and participating members is getting large. The meets during the summer months should be great. We may be able to get the women folk interested too.

<u>MILE</u>		440	
Koerner	5:37	Bakich	:72
Davis	5:37	Nockbar	:73
Bakich	5:42	Koerner	:74
Nockbar	5:55	Davis	:79
Clark	6:06	Waggoner	:85
Cohen	7:17	Finnegan	?
Rosie Dvorak	8:57		
Waggoner	8:57	880	
		Souza	2:39
<u>2 MILE</u>		Waggoner	2:40
Blasingame	11:58	Kattenhorn	2:41
Bakich	12:42	Koerner	2:48
Forehand	12:56	Davis	3:01
Davis	13:23		
Finnigan	13:23	<u>5 MILE</u>	
Waggoner	13:51	Krebs	31:48
Koerner	14:47	Vredenburg	32:18
Cohen	15:25	Kattenhorn	32:23
Nockbar	15:40	Finnegan	32:28
Standley	18:10	Davis	32:58
Dvorak	18:10	Bakich	33:20
		Clark	38:25
		Borland	38:35
		Koerner	38:35
		Stankley	43:00
		Forehand	43:00

## "BIG" TURNOUT AT CSU MEET

The June monthly track meet was held on the Sac State track for the first time and proved to be to the liking attraction for a record setting attendance. Between 35 and 40 runners participated. All the following results should be fairly accurate but there may be some errors in the late finishers in the five mile...it got dark and there was some confusion near the end.

### MILE RUN

		<u>440 - 2 heats</u>	
4:54	Krebs	:61	Souza
4:54	J. Betschart	:62	Shigenaga*
4:58	Hoschler	:64	Friedrich
5:10	Kattenhorn	:65	Kattenhorn
5:10	Souza	:65	Davis
5:16	Hedges	:65	Hedges
5:16	Underwood	:67	Baker
5:24	Hicks*	:67	Walsh
5:26	Friedrich	:68	Bertoli
5:33	Baker	:68	Forzhand
5:36	Waggoner	:70	Reese
5:37	Shigenaga*	:71	Waggoner
5:39	Bertoli	:71	Betschart
5:46	?	:71	Squiller*
5:50	Walsh	:77	?
6:11	W. Betschart	:79	O'Neil
6:12	Borland	:88	S. Bertoli
6:19	Squiller*		
6:22	Mersereau	<u>880</u>	
6:23	Davis		
6:29	Rasmussen	2:11	J. Betschart
6:59	O'Neil	2:20	Lindeman*
7:04	Cohen	2:32	Hedges
7:12	S. Bertoli	2:32	?
8:25	Zindler	2:35	Souza
8:27	Standley	2:36	Davis

### TWO MILE RUN

10:47	Krebs	2:48	Waggoner
10:57	Lindeman*	2:52	T. O'Neil
11:05	Rasmussen	2:52	Adams*
11:13	Holmes	3:14	M. O'Neil
11:14	?		
11:35	Souza		
12:30	Waggoner		
12:30	Davis		
12:45	Underwood		
12:54	Squiller*		
13:25	M. O'Neil		

### FIVE MILE RUN

27:06	T. O'Neil
27:08	Little*
28:15	McKery*
30:13	Krebs
30:29	Overye*
31:52	Rasmussen
32:05	Hicks*
33:27	Souza
33:33	Kattenhorn
34:07	Hoschler
35:29	Waggoner
36:02	Shigenaga*
36:07	Underwood
36:19	Nagat*
36:54	Hedges
36:57	?
36:58	Vredenburg
37:11	Squiller*
37:36	?
37:39	Friedrich
39:33	Davis
40:13	Borland
41:08	Brown
41:13	Walsh
41:13	Mersereau
41:34	Carter*
46:20	Zindler
48:15	Standley

P.S. If you recall the results were in some way different from the above please let me know. We obviously missed some people as times were noted but not everyone reported in after each run.

P.P.S. Thanks to Dave Freemans wife for help with scorekeeping.

\* UNKIPS



TRAIL TALK.....

After starting this column last time I expected a barrage of hot gossipie type stuff.....didn't happen. Just some unprintable things from Jon & Greg! Have received several notes from members that took Bettina Brownsteins newsletter delivery idea seriously (I didn't at first .....should we?) The Blasingames just had an addition to the family (boy, I believe). Dave Freeman is unhappy with the unnatural nutritional habits of the B.C.'s and is considering a rival club called the Baskin-Robbins Running Club! Joan Reiss is running for the assembly (6th District). Her committee HQ is 676 55th St. ---- Old reliable Walt Betschart has been temporarily out of action. He claims its a foot or leg problem but actually he got a twitch from looking over his shoulder for Ruth Anderson at the Avenue of the Giants.....best wishes for a quick recovery. Speaking of recovery..... about 15 or so showed up at Churchill's after the Fair Oaks Fiesta Run to honor our latest additions to the ranks of masters. The honorees, Dennis Letl & Lee Fox had to leave early.....something about being tired....Mike VanHorn, ex Kennedy ace and record setter for Sac State was recently married....but unlike Walt, Mike is young & strong & should recover quickly. Speaking of endurance tests.... the Tahoe 72 miler is set for Sept. 23. Charlie Mersereau will head up this effort (race director) for the Chips. Had a nice note from Judy Kelso. She's left the area for a while to be a Parky in Weaverville- watch out for Big Foot!..... and speaking of feet (about 35 or so) helped make the Avenue of Giants what it was...a giant happening. Full results are not out yet but 15 Chips went under three hours! For four of them (Kattenhorn, Blasingame, Finnegan & Nichols) it was their first ever marathon! Quiet Bob Cooper (of Woodside Striders) seems to hang out with the Chips quite a bit.. "In your heart you know he's right."

There's some talk about having a foot race in conjunction with this years Cal Expo in August- more on that when details are available. While on the subject of races we should all thank Jim Friedrich & sponser John McIntosh for their efforts on the Fiesta Run. The same goes for the Sunrise Trail Run under the directorship of Dan Davidson and sponser Bill Mee. The monthly track meets (first Tues) are being held at the Sac State track but some conflicts have developed....we'll see how things work out. That seems to be it for this time...keep sending those cards & letters. Greg Meyer is usually good for some news, but, the Rona Barrett of B.C. land seems strangely silent lately- what's up??

LATE STUFF — REMEMBER.  
TO WATCH THE TUBE ON JULY 19  
(NBC) AFTER THE ALL STAR GAME,  
THE B.C. COLOS (DRAPE OVER  
PAUL REEB) SHOULD MAKE  
NATIONAL T.V. AS PAUL WAS  
COLLECTING 3 SILVER & A BRONZE  
AT THE SENIOR OLYMPICS IN LA.

PLAN TO MAKE IT TO LAKE  
TAHOE FOR THE WEEKEND  
OF JULY 22-24 FOR A  
RUNNING RETREAT. THE  
TRAILS AROUND SUGAR PINE MOUNT  
STATE PARK ARE GREAT.  
IT SHOULD BE A FUN TIME.  
DETAILS ENCLOSED (I HOPE).

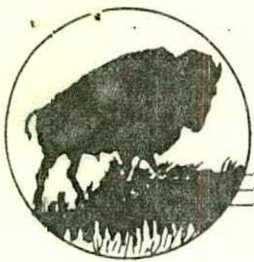
THANKS TO JANE JOHNSON &  
JOHN CLARK FOR THE  
HELP PUTTING THIS ISSUE  
TOGETHER...

LARRY, BOB

BUFFALO STAMPEDE  
6555 Riverside Blvd.  
Sacramento, Ca. 95831



MARK ELGERT  
10501 CROETTO WAY #2  
RANCHO CORDOVA, CA 95670



# BUFFALO CHIPS

RUNNING CLUB



NUMBER 23

Paul Holmes  
Fraser Rasmussen  
Bettina Brownstein  
Art Waggoner  
Abe Underwood

High Dunger  
Vice Dunger  
Secretary  
Treasurer  
Editor

Sacto 929-5817  
Davis 756-7636  
Sacto 456-5738  
Sacto 927-6439  
Sacto 392-7672

MARCH 9, 77

The BUFFALO CHIPS Present the 3rd Annual  
**BUFFALO STAMPEDE**  
& 50-KILO CHAMPIONSHIP

HOLDS THE RANK OF  
"COMMON DUNGER"  
IN THE  
**BUFFALO CHIPS**  
Running Club  
HIGH DUNGER

**AAU CARDS**  
BE THE FIRST KID IN THE  
BLOCK TO HAVE ONE  
(LOOK INSIDE FOR YOURS)

**CLUB MEETING**  
SUNDAY AFTER THE RELAY  
- SAM'S HOF BRAUF -  
WATT & EL CAMINO 4:30 P.M.

HATED  
OPHIR



2-8-77

THE MEETING?

The following is my first attempt at "minutes" in my new official role. As yet I haven't figured out the newsletter schedule so am sending these along, hopefully in time for your deadline.

The Buffalo Chips' general meeting of January 30 at Mike O'Neil's family mansion was swiftly terminated as members, led by out-going president Jonathan Brown, raced through the agenda in time for the final episode of America's epic soap-opera, Roots. A loose application of Robert's Rules of Order kept matters from bogging down with undue discussion, and within two hours, new officers were selected, the current budget presented, and upcoming races discussed.

Frazer Rasmussen and Bettina Brownstein triumphed in hard-fought battles for vice-president and secretary, respectively. Paul Holmes narrowly defeated Art Waggoner for the dubious honor of becoming the next president, while the latter was promptly persuaded by popular acclaim to assume charge of the Club's extensive financial holdings.

Abe Underwood performed his final duty as last year's treasurer by revealing the mystery of the current budget; his brilliant analysis of assets and liabilities reveals a potential operating fund of approximately \$1,000.

It was announced that five Chip teams are now entered in the upcoming March 13 River City Relays. Our competitive spirit soared as the Hated Ophir name was invoked, followed by the proper derision.

Underwood talked about the March 20 Buffalo Stampede, laterally charting out the various activity coordinators required to pull the thing off. An appeal for volunteers went out. Gene Marshall finally offered to head up traffic control, when he learned that it only entailed tacking up a few strategic signs, drawing a chalk line, & talking over a CB radio.

THE MEETING? (Con't)

Paul Reese mentioned the February 27 PA-AAU 50-Mile championships set to begin in the hills of Pine Grove east of Sacramento. The first nine miles are downhill, but participants may have to use snowshoes to start.

The most memorable aspect of this meeting was the way the 100-odd people in attendance made all that food disappear. Those arriving late or returning for seconds were out of luck. It was as if a giant aspirator attached to a huge stomach roved through the kitchen, sucking up everything edible in its path. The various and sundry offerings were Quite tasty (if this had anything to do with the rapidity with which they were consumed). This suggests to me that perhaps the Chips should sponsor a run and eat race. (At least it would be a nice switch from the usual eat and run.)

Bettina Brownstein

FUN RUN PROGRAM....

A Fun Run Program is being held bi-monthly at Mills Jr. High. This is site 46 published monthly in Runners World Magazine. Mills Jr. High is located at the corner of Coloma Rd. & Chase Dr. in Rancho Cordova. The Fun Run starts promptly at 10:00 AM on the Sat mornings listed below. A variety of distances can be run from 1/4 mile to 6.2 miles and certificates are given to all runners according to their individual time. The runs are open to anyone who likes to run.

<u>DATE</u>	<u>TENTATIVE EVENTS</u>
2-12	1/4, 1 mile, 5 mile
2-26	1/4, 1 mile, 4 mile
3-12	1/4, 2 mile, 3 mile
3-19	1/4, 1/2 mile, 6 mile
4-2	1/4, 1 mile, 4 mile
4-16	1/4, 2 mile, 3 mile
4-30	1/4, 1 mile, 5 mile
5-14	1/4, 1/2 mile, 6 mile
5-28	1/4, 1 mile, 4 mile
6-11	1/4, 2 mile, 3 mile
6-25	1/4, 1 mile, 4 mile

Henry Rosendale is the faithful B.C'er who puts these things all together. Henry can be contacted at 362-4439 (H) and 364-4327 (W).

Dear Fellow Chips:

Because of my predecessor's policy of communicating to members through letters to the editor, I am obligated to follow in his footsteps (Hopefully, at a faster rate).

The most distressing news I have received regarding the presidency came to me last Sunday. My predecessor advises me that upon retirement from the office there is an obligation for the ex-president to run a 50 mile race. I will be consolidating my power over the next few months so that I will never be an ex-president.

Congratulations are in order for the finishers and their pacers and crews of the 50 mile championship race from Pine Grove to Sacramento. Mike Souza established a new club record for the distance, while Dennis Letl, Art Waggoner and Jon Brown also completed the distance successfully. Fatigue was the order of the day, and I think that Doug Rennie will attest to the fact that even pacers and pit crews were bushed.

Some of the upcoming club events which I would like to urge members to support, participate in or lend a hand include: the Sacramento River Relay (March 13) and the Buffalo Stampede (March 20). The relay is a fun event, and participants receive T-shirts for their effort. The stampede is also a fun event and participants receive T-shirts for fast efforts. If you are unable to run but would like to assist in the operation of either race, please let me know.

Fun runs are conducted every month at McIntosh's Sports Cottage on El Camino. The races start at 10:00 am with either a 3-mile or 6-mile available. I've never seen more than a dozen Chips at these runs. They are informal, and are a lot of fun. One of our former ace runners, Gordy Vredenburg, even managed to hobble around the 3-mile course during the February run.

I would like to follow up on Jon Brown's idea of establishing an executive council to give the club its direction. I think it would work best with about 10-15 people to meet perhaps every other month. The council would meet every other month consider various club activities. Anyone with an interest in participating in such a council should let me know. I would like to use the existing officers and past presidents, and attempt to get all age and interest groups represented.

Good luck to all the members who will be participating in high school and college track season. For other members try some of the local and bay area road races. They're a lot of fun.

Paul Holmes

#### EXCELSIOR EAST SIDE RUN

Golden Gate Park (2/20) A gathering of some 300+ runners participated in the Excelsior Track Club East Side Run before the clouds opened for the remainder of the day. The race is a double loop course through the east part of the park. Three Chips managed to find their way to participate. Mike O'Neil won the 50-59 division, Brent Cushenbery was 4th in the under 20 division, missing the 3rd place medal by 6 seconds, and Paul Holmes was 6th in the 40-49 division. Places and times were as follows:

19th	Brent Cushenbery	45:06	(4th--under 20 division)
60th	Paul Holmes	47:35	(6th--40-49 division)
183rd	Mike O'Neil	55:06	(1st--50-59 division)

## THE PAUL MASSON CHAMPAGNE MARATHON

By Jon Brown

The course was rumored to be much improved this year so on January 16, 9 Chips journeyed to Saratoga for the 5th running of the Paul Masson Marathon. The race starts from the winery & many of us could have used a pre-race bracer to get started, but that had to wait until after the run. It was a cold & foggy 36 degrees at the start but warmed to the mid 50's by the half-way point of the race. The run makes two loops through farm & suburban areas & then finishes with a 6.2 mile leg which is slightly different. On like many courses, hills are present throughout the 26.2 miles, although none are extreme. Course winner was Paul Thompson with a 2:29:13. Two Chips established new P.R.'S Mike Souza with a very fast 2:50:02 for 20th place. Jim Yaniglos (running his second marathon) with an amazing 2:58:51 for 50th place.

3 Chips also made the Champagne Race their first marathon; Bill Starks with a 3:24:35 (159th place), in an example of almost perfect timing Charlie Mersereau came within 42 seconds of his goal of 4 hours with a 4:00:42 for 267th place. John Clark in one of his first races since returning from Kansas ran a 4:20:03 (299th place).

In addition to a T-Shirt & after race banquet, the race is rich with trophies and prizes. At the awards luncheon after the race, Art Waggoner (92nd place 3:10:46) walked away with second place in the 50 yr old division & Jim Yaniglos was the first finisher in the active military.

DSE President Walt Stack was presented with 2 awards - one for his promotion of racing over the years and one for attaining what he referred to as the "Love Age" (69).

Also running were Paul Reese (108th place 3:14:29 & Chief Chip Jon Brown. (138th place; 3:20:17). In all, there were more than 350 finishers.

When winner Paul Thompson received his first place trophy, he summed up my feelings on long distance running saying, "While most of America was sitting home watching CBS sports spectacular, each of you who ran today were being superstars."  
P.S. Dennis Letl ran 3:28:41 - 172nd place.

## THE PERILS OF WINTER RUNNING

I thought I had best share this rather graphic description of one unfortunate runner's experience in pursuing his sport in sub-zero weather. This was taken from a recent edition of the prestigious New England Journal of Medicine. Beware all you male runners who are planning a winter run in the midwest, east of Alaska; be sure to pack your thermal knit jocks.

### PENILE FROSTBITE, AN UNFORESEEN HAZARD OF JOGGING

*To the Editor:* A 53-year-old circumcised physician, nonsmoker, light drinker (one highball before dinner), 1.78 meters tall, weighing 70 kg, with no illnesses, performing strenuous physical exercise for many years, began a customary 30-minute jog in a local park at 7 p.m. on December 3, 1976. He wore flare-bottom double-knit polyester trousers, Dacron-cotton boxer-style undershorts, a cotton T-shirt and cotton dress shirt, a light-wool sweater, an outer nylon shell jacket over the sweater, gloves, and low-cut Pro Ked sneakers. The nylon shell jacket extended slightly below the belt line.

Local radio weather reports gave the outside air temperature as  $-8^{\circ}\text{C}$ , with a severe wind-chill factor.

From 7:00 to 7:25 p.m. the jog was routine. At 7:25 p.m. the jogger noted an unpleasant painful burning sensation at the penile tip. From 7:25 to 7:30 p.m. this discomfort became more intense, the pain increasing with each stride as the exercise neared its end. At 7:30 p.m. the jog ended, and the patient returned home.

Physical examination at 7:40 p.m. in his apartment at comfortable room temperature revealed early frostbite of the penis. The glans was frigid, red, tender upon manipulation and anesthetic to light touch. Immediate therapy was begun. The polyester double-knit trousers and the Dacron-cotton undershorts were removed. In a straddled standing position, the patient created a cradle for rapid re-warming by covering the penile tip with one cupped palm. Response was rapid and complete. Symptoms subsided 15 minutes after onset of treatment, and physical findings returned to normal.

Side effects. at 7:50 p.m. the patient's wife returned from a local shopping trip and observed him during the treatment procedure. She saw him standing, legs apart, in the bedroom, nude below the waist, holding the tip of his penis in his right hand, turning the pages of the *New England Journal of Medicine* with his left. Spouse's observation of therapy produced rapid onset of numerous, varied and severe side effects (personal communication).

Pathogenesis of the syndrome was assessed as tissue response to high air velocity at  $-8^{\circ}\text{C}$ , penetrating the interstices of polyester double-knit trouser fabric and continuing through anterior opening of Dacron-cotton undershorts, impacting upon receptor site of target organ to produce the changes described.

The patient continues to jog, wearing an athletic supporter and old tight cotton warm-up pants used in college cross-country races in 1939. No recurrences are expected.

MELVIN BERSHKOWITZ, M.D.  
Jersey City, NJ 07304  
Medical Center

The New Eng. Journ. of Med., Jan, 20, 77



BUFFALO CHIP "B" TEAM FARES ADMIRABLY AT CHRISTMAS RELAYS

by Fraser Rasmussen

Although spring is seemingly upon us and last December is eons away, I must inform our loyal herd of the note-worthy performance turned in by the "B" team at the X'mas relays.

With exception of an unsatisfying first leg performance on my part, seemingly due to an intestinal bug (as good an excuse as any) the name of our success was consistency. With Jack Betschart, A.J. Underwood and Doug Rennie reeling off 5:42, 5:42 and 5:48 legs respectively the team was in fine shape after 30 miles. And then came the hand-off for leg #5-- if you could call it that. While Dan Davidson was out in the ice-plant doing some pre-race stretching, Doug Rennie was bewilderedly looking for someone to take the hand-off. Fortunately Mike La Pierre, although scheduled to run the last leg, had the presence of mind to start running and keep us in the race. Moments latter a well stretched but rather shocked Davidson was incurring the wrath of Rennie. Dan started off in pursuit of La Pierre who was doing a rather fast warm up for his leg. All was soon rectified as Mike was hailed off the course about a mile into the leg and Dan redeemed himself with a fast 5:54 pace over a hilly part of the course.

Mike Souza had the distinction of chalking up the fastest leg of the day by averaging 5:30 over a hilly 4.5 miles. Rugged, Sierra trained Mike La Pierre gutted out a very commendable 6 minute pace for the last 10.5 miles, the most demanding leg in the race.

Overall, the "B" chippers finished comfortably under the 5 hour mark with a 4:54:33 placing us 40th among the approximately 200 starting teams.

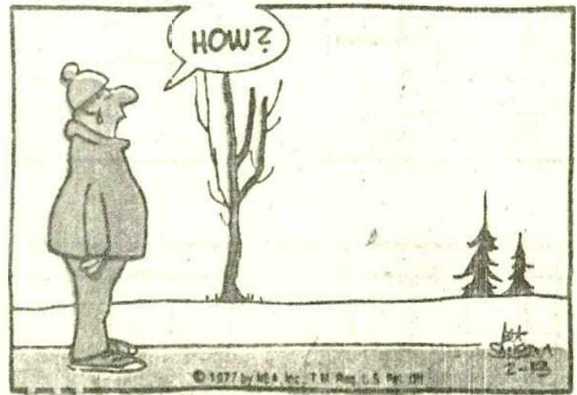
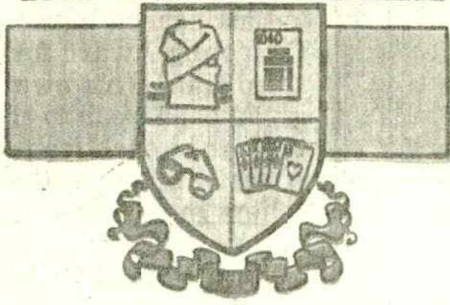
OTHER RACES NOT ON THE SCHEDULE

★ SAT. MARCH 12  
RUN-BIKE BIATHLON  
DAVIS @ 10:30  
(SIGN UP 9-10)  
U.C.D. RECREATION  
POOL & PARKING LOT.  
TWO COULDES -  
• RUN 2.5 BIKES 5  
• RUN 5 BIKES 10  
MANY DIVISIONS  
PHONE 758-7787  
OR 758-1338  
\* 1.00 ENTRY FEE  
REFRESHMENTS &  
CERTIFICATES .

★ ARMED FORCES DAY  
5-MILE ROAD RUN  
SATURDAY MAY 21  
SHARPE ARMY DEPOT  
LATHROP (NEAR STOCKTON)  
MANY DIVISIONS - LOTS OF  
AWARDS - NO ENTRY FEE.  
FOR ENTRY BLANKS, DETAILS  
WRITE

COMMANDER  
SHARPE ARMY DEPOT  
ATTN: CPT ADAMS  
LATHROP CA. 95331

# THE BORN LOSER





# A LONE BUFFALO STAMPEDES TO THE BAKERSFIELD MARATHON

by Paul Reese

Feeling forlorn while stomping at the starting line of the Bakersfield Marathon February 5, I scouted frantically for a fellow Buffalo, but no such mangy creature was in sight. Since I was alone in this adventure, I'm reporting to the herd with the thought that a few Chips might want to join the thundering herd at Bakersfield next year.

Actually, thundering herd is hyperbole, for the field numbered only a 100 or so. Remember that the Las Vegas Marathon was being run at the same time, and that the West Valley Marathon was on tap for the following week. At Bakersfield, a lot of manpower was on hand to take care of those runners who, regardless of speed, got times at 1-5-10-15-20-25 miles and who found aid stations every 3 miles. True, this manpower was also serving a 10,000 meter and 13-mile run held in conjunction with the marathon.

Blessedly, the course is flat, a 13 mile repeat loop. The loop consists, basically, of a wiggly 1½ mile route leading to 4 legs of 1½, 4, 2, 4 miles each. With that layout, a runner has a relatively good idea of where he is at all times---and he does wonder, as he trots along, if the 4 mile straight stretches will ever end. Since the race maps are hard to come by, one is included on page of this issue.

London Fog, Inc. should have been the sponsor of this year's marathon in which the visibility was limited to 30 yards because of the heavy fog. The weather was an invigorating 30 degrees.

As for the goodies, every finisher receives a T-shirt, certificate, and color finish photo. Top 3 finishers in each division get a trophy. Maybe that's why the entry fee is \$4 (\$6 if late).

The distance from Sacramento to Bakersfield is approximately 150 miles more than the West Valley Marathon run at a comparable date, but I think it's worth the drive. WV is in city traffic and in a 5 mile maize; 20 of the Bakersfield miles are in the boondocks. WV is more Big Time; Bakersfield is more fun.

Incidentally, should you ever go the Bakersfield route, and should you be intent on carbohydrate overloading (hear me, Abe!) the night before the race, try Villa Italian on Union Street. Can you imagine minestrone, salad, garlic bread, half ravioli/half spaghetti, dessert, and coffee for \$3.25? All quality food.

The race begins and ends at West High School where showers are available. The high school is close to Highway 99 (a mile or so) and is reached by taking Ming exit west and turning north (right) on Vallahalla.

Off my experience, here's a suggestion to take 5 minutes off your running time---bring some paraphenalia to make your own race number. The official number issued is on very heavy cardboard about 5 x 10 inches. I wore mine on the left side of my shorts and it was so heavy that I listed to port. Besides that, swinging my arms while running, my left arm encountered it three times and each time I barely and luckily escaped a fracture.

The only other aspect of race management, besides the weighty card, that befuddles me is the 8 a.m. start on a wintery morning.

Frankly, I went to Bakersfield to return the courtesy to a number of Bakersfield runners who traveled to the Pepsi. Glad now that I did, for the race is enjoyable and the Bakersfield Track Club manages it well.



## GOING THE DISTANCE

By Jonathon Brown

Somewhere else in the newsletter there is a complete analysis of the PAAU 50 mile championships, but just to add my nickel's worth I thought I'd make the following comments.

First, anyone who finishes a 50 mile race should give a good deal of credit to the handlers. In the first part of the race it is pleasant to have a bit of assistance every 3-5 miles. It breaks the pace up and gives you a lift. In the last half of the race, it is absolutely essential to have some guidance, some aid (liquid, vasaline, encouragement). I'm sure that it is twice as important for those who are going to break a time rather than a mileage barrier, as I was. Thanks, to brother Dave, to Quinlan, Howard, and Carol (Sounds like a movie?)---but also thanks from all of us who ran to the others who helped (Fraser, Line, Ed, Dorothy, John, Hal, Paul, Doug, Jane, Elaine, Ann, Selina, and anyone else I failed to mention).

The race was a fine course. Paul Reese said it may be changed the next time it is run so that we would hold the running along route 16 to a minimum. I don't think I could have made the distance without adequate mileage. At my next effort, I may slow down at the start; pacing yourself at this distance is essential. The course had only three significant hills but parts of it had rolling hills which seemed as tough. The first twenty miles were pure delight; the rolling hills, the anticipation of each new town (Jackson, Amador City, Sutter Creek, and Drytown). The pavement grading was somewhat tricky, but you got used to it. I'll admit that although I had gone almost the equivalent distance in one day that at the marathon point (and for about 10-15 miles after) I had a great deal of apprehension about continuing; after all, I was going over untried ground. At the 40 mile point I consciously attempted to pick up my pace, it took some time for that to sink in but I expect I could "smell the barn". My last 5 miles was twelve minutes faster than the time recorded from 35-40.

I'm also amazed about a few other things. Ten months ago I was wondering if I could finish a marathon (I think the 50 may be as far as I want to carry this equation for at least the next few months!!!). Although I can feel that I ran a race yesterday--I'm much readier to run today than I was after my first marathon or Pepsi 20. Also, I may have found a near perfect fluid replacement for long runs (believe me after 30 miles I wanted to try anything)---Mike Souza (FIRST CHIP, WITH A 6:46) suggested that a diluted mixture of tomato juice and water would work better than ERG, Body Punch or any one of the thousand odd concoctions that I've seen used. It doesn't seem to give you the jolt that some of the dextrose combinations give but it seems to maintain an energy level---also unlike Body Punch it seems to be absorbed into your system on a continuous basis.

Finally, about times in the race. Mike Souza was first Chip with a 6:46. Art Waggoner flew in as first master with a 7:25. Close on his heels was Dennis Letl with a 7:29. Both Dennis and Art had set PR's for the marathon just two weeks before. (That's impressive) Finally, I came in with an 8:22. Abe Underwood was forced to drop out at 33 miles. At this distance it seems certain that one must be fully trained and then have luck follow along; the toll of miles can strike in odd ways. I don't know what I would have done if weather hadn't been near perfect. One good thing about these extra long races; even with my time I still was the thirteenth finisher---that's a lot higher than I've finished in the shorter races, I was even in the top ten for my division. It almost makes the whole thing worth it!

EDITORS NOTE - THE TIMES & PLACES FOR ART & DENNIS SHOULD BE REVERSED.

## CHARLES ALBERT'S RECOVERY

After nearly four weeks in intensive care following his accident, Charles made unbelievable progress and was discharged from the hospital on January 7. I feel the greatest contributor to Charlie's recovery has been his unrelenting positive attitude. For any of you who had visited Charlie in the hospital I know you must have picked up that jovial wit he always seems to possess. In the many days I visited Charles, I never once saw him in depressed mood. Sure, he had his down days, but he never dwelled on the negative aspects of his situation.

During February Charlie has been staying with Jon and Quin Brown and returning to Sac. Med Center twice a week for out patient physical, speech and occupational therapy. As with most persons recovering from severe head injuries progress is very rapid and noticeable during the early stages, and then plateaus into a much slower second phase of recovery. This is where Charles is now. It is during this more prolonged stage of recovery that Charlie really needs all our encouragement and support.

After finally making it through the red tape of Medi-Cal approval, Charles was able to move into Mountain Manor Intermediate Care Facility at 6101 Fair Oaks Blvd., one block north of El Camino. Although the residents here are older people, they are active and it is not an old folks convalescent home. There are many activities and programs Charles can be involved in that will aid in his recovery. Now that his contact is almost totally with older people it is more important than ever that we visit him and include him in some of our activities. I would like to suggest that we invite him to our homes when possible and also include him in attending weekend races. I think this will have a big impact on how quickly he recovers.

There is one immediate need for which I would like to solicit support. As mentioned above Charles is going to Sac. Med Center twice a week for therapy. Anyone who can help in driving him to the Med. Center on Tuesday or Thursday or return him to Mountain Manor please contact me. Appointments can be arranged for either 9:00 AM or 1:30 PM, returning him at Noon or 4:30 PM. If we can get enough people to share in it shouldn't make it difficult for anyone.

One of the greatest contributors to Charlie's progressive recovery and positive attitude has been the continuing support of all of us. Charles expresses this to me frequently and it should give all of us encouragement to see him through this difficult period. He is extremely appreciative for all that we have done for him.

Fraser Rasmussen

## CHIP P.R.'s FALL AT SIZZLING CALIFORNIA TEN!

By Doug Rennie

Stockton (1-10). Stockton's California Ten is rapidly emerging as one of the premier road races in Northern California. Advertised as a P.R. course, the 2 five mile loops through suburban Stockton more than lived up to its advanced billing. The fact that the race is also extremely well-organized, generous with awards, flatter than Underwood's ass and very, very, very fast has also contributed to its burgeoning popularity.

Over 325 finishers vied for positions among the top 100 places this year (T-Shirt Territory) and it took an almost unbelievable 59:19 to crack the top hundred. Averaging under 6 minutes a mile for 10 miles is a common goal for most serious runners and, until recently, such an effort would place you well inside the top 20% of any road race. No more. While a sub-hour 10 miles is still as credible a feat as ever, the deluge of runners over the past few years has somewhat diminished its position in the standings. Poor Ed Stromberg can relate to this. Running a fine 59:22 (a PR, I think), Ed missed a T-Shirt by one place as he finished 101st. Last year, in the same race, Ed's time would have placed him 22nd!!! This year it took under 54 minutes to get in the top 25! "God, I ran 1 (or 2 or 3) minutes faster than last year and lost 10 (or 20 or 30) places!" is becoming a familiar lament on the NorCal circuit this year as new masses of runners in races that attracted not half that number a year or two ago, a situation that fills us with ambivalent attitudes. We are happy that our sport is expanding so rapidly, but are not too thrilled at being relegated to increasingly lower exhelons on the finish level.

One reason for this year's Cal 10's high quality was the presence of a horde of good college runners from UOP, Delta and Modesto JC's and the Bay Area. Thank God, track season starts Feb 1 and we'll see no more of these brigands until June!

In a more optimistic vein, this year's race was a Chip Extravaganza as 31 runners from the Sacramento herd finished the race. Leading the Chip Gang was Jimmy Sane (on a leave of absence from the Nevada TC) whose PR 52:21 (5:14 per mile) placed him 7th overall. Rounding out the top 5 Chip finishers (there was a team award) were Frank Krebs (27th in 54:26/5:27 avg.), Doug Rennie (45th in 55:56/5:35 avg), Terry Ogg (47th in 55:58/5:35 avg), and new Chip and Foothill HS star Chris Martin (49th in 57:16/5:38 avg) In the team race, the Chips totaled 175 points which placed them a close 2nd behind West Valley as the greedy San Mateo gang totaled a mere 31 points. THAC of San Jose was 3rd with 234 points.

Local shoe magnate, Sally Edwards, an Ophir Baddie (they have her name but the Chips have her soul) won the women's division in a sparkling 64:28 and demolished the women's course record by nearly 5 minutes. Reputed to be the illegitimate offspring of Jack Sanchez, the plucky little capitalist finished far ahead of the 2nd woman finisher and received a beautiful marble and pewter plaque for her victory (that's the kind of stuff the ones who win get...but Sally was gracious, letting the rest of us look at it, handle it, and salivate for a few minutes). Sally, as luck would have it, also was the first name drawn in the merchandise awards and, amid gasps of disbelief, passed over 2 brand new pairs of Nike Waffle Trainers and selected a six pack of cheap wine from the table. Underwood's unsavory influence on this situation was all too apparent.

Other Chips making the top hundred included Mike Souza (57:54), 57th - Steve Thompson (61st in 57:28), Brent Cushenberry (72nd in 57:54), Jack Petschart (57:59 for 75th), Mark Gallo (a PR of 59:00 for 91st - way to go, Mark), Others follow:

115. Larry Sumner	60:25 (PR)	149. Bill Sane	63:08 (PR)
116. Rich SZekeresh	60:31 (PR)	150. Greg Talbert	63:14
130. Howard Jacobsen	61:44 (PR)	171. Abe Underwood	64:28
132. Art Waggoner	61:56 (PR)	175. Tim Powell	64:34
134. Jim Finnegan	62:03 (PR)	207. Scott Stevens	67:47
139. Bob Hedges	62:17 (PR)	253. John Clark	75:19
147. Pete Schoener	63:02	259. Lee Fox	76:49
		260. Gene Marshall	76:50
		263. Ernie Tavella	76:58
		288. Jane Johnson	84:53



# STAMPEDING

WERE IN THE FINAL SPRINT  
OF THE BUFFALO STAMPED  
& IT LOOKS LIKE WE SHOULD  
HOLD OUR POSITION -

WITH SOME LAST MINUTE  
CRISES GETTING THE  
T-SHIRTS & SOME TECHNICAL  
PROBLEMS WITH THE MEDALS  
ITS BEEN A NORMAL  
STRETCH DRIVE TO THE  
STARTING LINE -

SOME COMMITTEES STILL NEED  
HELP - CONTACT ANY OF THE  
FOLLOWING CHAIRPERSONS IF  
YOU CAN HELP OUT IN SOME  
WAY.

- PUBLICITY - DON BROWN
- AWARDS - HAL BAKER
- SIGN-UP - JANE JOHNSON
- TRAFFIC - GENE MARSHALL
- TIMING - FRANK RONDA
- SO-KIDSPITS - WALT BETSCHART
- AID STATIONS - MIKE MCINTYRE
- MERCHANDISE - GUS WAYER
- REFRESHMENTS - SMITH/OSTEEN
- RESULTS - EVAN MAC BRIDE

# ALONG

THE T-SHIRT CRISIS CAME  
UP WHEN WE FAILED  
TO GET THE SUPPORT OF  
THE BUFFALO BREWING CO.  
THIS IS UNFORTUNATE BUT  
ONE OF THOSE THINGS -  
THIS MEANT CHANGING THE  
THE T-SHIRT DESIGN AT  
THE LAST MINUTE TO DROP  
THE BEER & ADD OUR  
NEW SPONSOR "BUFFALO BOB'S  
ICE CREAM SALOON" IN  
OLD TOWN A. <sup>(THANKS TO JON)</sup> THE BUFFALO  
CLUB AT 19TH ST IS  
BACK (HELPING US AGAIN),  
SO WE APPEAR TO BE IN  
GOOD SHAPE. THE OTHER  
PROBLEM WAS A 50%  
INCREASE IN T-SHIRT COSTS?  
PLEASE LET OUR SPONSORS  
KNOW YOU APPRECIATE  
THEIR HELP -  
ENOUGH FOR NOW.....  
SEE YOU AT THE  
STAMPEDE

## BIDWELL CLASSIC MARATHON

COMPLETE RESULTS ARENT  
AVAILABLE FROM YESTERDAYS  
RACE IN CHICO (IT'S LATE  
SUNDAY NIGHT & I'VE ONLY  
HAD A COUPLE OF COLLS -  
TOMORROW IS PRESS DAY).  
ED STROMBERG BETTERED  
HIS WEST VALLEY P.R. BY  
3 MIN. TO FINISH 6<sup>TH</sup> IN  
2:48! TOUGH - PROSER  
RAN 2:57. THOSE ARE THE  
ONLY TIMES I HAVE - OTHER  
CHIPS INCLUDED BOB HEDGES,  
JOHN MCINTOSH, FRANK KROES  
RON BERTOLE, PAUL REESE  
JOHN CLARK & BETINA BROWNSTON.  
IT WAS BETINA'S FIRST MARATHON  
& I THINK SHE GOT A 3:39.  
THE B.C.'S DID WELL IN THE  
ONE/HALF MARATHON WITH  
BOUNCE TAKING THE 30-39  
(8<sup>TH</sup> OVERALL). PAUL HOLMES  
WON THE MASTERS DIVISION &  
DEK FENSTRA WAS 7<sup>TH</sup> OVERALL.

ADF

P.S. PLEASE, SOMEBODY  
HELP WITH RESULTS FOR  
NEXT NEWSLETTER.

## CHICO - REDDING RELAY

SPEAKING OF CHICO -  
LET'S NOT FORGET  
TO PARTICIPATE IN  
THIS RELAY. WE HEARD  
LAST YEARS RUN WAS  
A GOOD ONE. THE  
DATE IS APRIL 9  
SAT. DETAILS SHOULD  
BE AVAILABLE AT  
THE SACRAMENTO RIVER  
RELAY. IF YOU  
WANT TO RUN CONTACT  
A RELAY COORDINATOR.

## SPEAKING OF RELAYS

THERE WILL BE A CLUB  
MEETING AFTER THE  
SACRO RIVER RELAY THIS  
SUNDAY - IT IS A  
JOINT MEETING WITH THE  
OPHIRS - ALL FUN - NO  
BUSINESS. IT WILL BE  
AT SAM'S HOF BRAUF  
AT 4:30 - WATT & EL CAMINO  
A FEW OF THE B.C.'S  
CRASHED THE OPHIR PARTY  
LAST YEAR - IT WAS  
GOOD FUN -

## SPECIAL AWARDS

TIME RAN OUT TO ORGANIZE THE FORMAL SPECIAL AWARDS PRESENTATION. THE BALLOT NEEDS TO BE RETYPED & DISTRIBUTED - HOPEFULLY IN THE NEXT NEWS LETTER. CONSIDERING ALL THE LEAD TIME IT LOOKS LIKE WE CAN HOLD IT AT THE NEXT OFFICIAL CLUB MEETING AFTER THE FOLSON 10 KILLO ON THE 4<sup>TH</sup> OF JULY.

JOHN CLARK HAS OFFERED HIS HOME & POOL FOR THE OCCASION. I KNOW THAT SOUNDS LIKE A LONG WAY AWAY BUT DON'T BE FOOLED ... IT ISN'T.

## NEWSLETTER DEADLINE

APRIL 15 SOUNDS LIKE A GOOD DEADLINE TO REMEMBER PLEASE SEND YOUR STORIES ARTICLES ETC (TYPED IF POSSIBLE) BY THIS DATE.

## CARBO UNLOADING

MIKE SOUZA REPORTED ON HIS DIFFICULTIES WITH THE LAST 10 MILES OF THE 50 MILEX - HE CLAIMED HIS TOMATO JUICE & WATER MIXTURE DIDN'T GIVE HIM THE ENERGY HE NEEDED. MAYBE SO, BUT OTHER SOURCES INDICATED THAT ACTUALLY HE RAN OUT OF ANIMAL CRACKERS !

## SUMMER SCHEDULE

THE SUMMER CLUB RUN & TRACK SCHEDULE (SEASON) WILL START ON MAY FIRST. THAT MEANS OUR FIRST TRACK MEET WILL BE MAY 3<sup>RD</sup> (TUES) AT RIO AMERICANO H.S. PROMPTLY AT 6:00 P.M. MIKE RUN IS FIRST EVENT. OTHERWISE IT WILL BE GRACH TUB'S EVENING AT THE GUY WEST BRIDGE AT 6:00 SEE YOU THERE - BRING A FRIEND - - - -



# LAST MINUTE NEWS & OTHER STUFF

★ THANKS TO CHRIS BOYLAND FOR THE NEAT MEMBERSHIP CARDS - CERTAINLY ADDS A BIT OF MUCH NEEDED CLASS . . . .

★ ONE OF THE UNRECOGNIZED FEMALE MEMBERS ARE ABOUT ONE EIGHTH OF THE MEMBERSHIP. I FEEL THEY DON'T GET THEIR FAIR SHARE OF OF COVERAGE IN THE NEWSLETTER. I DON'T BELIEVE IT TRULY REFLECTS THE ATTITUDE OR LEVEL OF FEMALE INVOLVEMENT. ANY SUGGESTIONS ??

★ NOTICE OF CANCELLATION  
THE SACRAMENTO MARATHON WILL NOT BE HELD ON APRIL 3. POSSIBLY NEXT FALL. JOHN MCINTOSH WILL KEEP US POSTED.

★ NEW COURSES NEEDED . . .  
NEW IS NEEDED TO LOCATE TWO NEW RACE LOCATIONS. FIRST WE NEED A 5 KILLO & 10 KILLO CROSS COUNTRY COURSE - SOMETHING LIKE THE TRENCH DOWN IN WINDYVILLE & OUR HILL RUN AT BRANN'S Ravine - FOLSOM LEGG.

SECONDLY, WE NEED A SMALL LOOP ULTRA-DISTANCE COURSE. SOME OF THE CRITERIA INCLUDES, PAVED, FLAT, LIMITED TRAFFIC, LIGHTED IF POSSIBLE. IT SHOULD BE CAPABLE OF BEING MEASURED TO AN EXACT DISTANCE (1 mile, 2 miles, 2.5 miles ETC.)  
GET DOWN YOUR IDEAS WITH MAP OR SKETCH & SEND THEM IN.  
ANY OTHER IDEAS ??

## RUNNING NEWS

IF YOU'RE LIKE MOST PEOPLE YOU DON'T ALWAYS READ THE NEWSPAPER & THEREFORE FREQUENTLY MISS SOME INTERESTING ARTICLES. THERE'S ONE SERIES YOU DON'T WANT TO MISS --- ITS THE BI-WEEKLY BEE COLUMN BY BUFFALO PAUL REESE. THEY PROVIDE EVERY OTHER THUR. IN THE SPORTS SECTION & ARE WELL WORTH LOOKING OUT FOR.

## AAU CARDS

IF YOU PAID WITH YOUR MEMBERSHIP, YOUR VERY OWN AAU CARD SHOULD BE IN THIS NEWSLETTER. IF YOU HAVE A PROBLEM CHECK WITH DAVE DAVIS.

## THE LOST BUFFALO

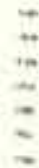
AS MANY OF YOU KNOW THE BUFFALO CAMPS HAVE LOST AN OLD & FAITHFUL MEMBER. JANE JOHNSON HAS ACCEPTED A NEW JOB IN FRESNO . . . . . SHE STARTED LAST WEEK & THE IMPACT WAS IMMEDIATE . . . I'M ONLY BEGINNING TO REALIZE HOW MUCH SHE DID TO MAKE THIS NEWSLETTER WHAT IT IS. JANE WROTE ARTICLES, HELPED WITH THE EDITING, DID MOST OF THE TYPING & FINALLY GOT THE ASSEMBLY & MAILING ORGANIZED. OTHER THAN THAT SHE DIDN'T DO MUCH EXCEPT BUG ME ABOUT GETTING TO WORK ON THE NEXT ISSUE . . . . . WE'RE ALL GOING TO MISS HER!

ABE

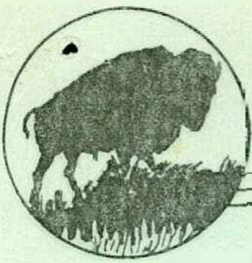
BUFFALO STAMPEDE  
6555 Riverside Blvd.  
Sacramento, Ca. 95831



Mark Elgert  
10501 Croetta Wy #2  
Rancho Cordova CA 95670







# BUFFALO CHIPS

## RUNNING CLUB



NUMBER 27

Paul Holmes	High Dunger	Sacto	929-5817
Fraser Rasmussen	Vice Dunger	Davis	756-7636
Bettina Brownstein	Secretary	Sacto	456-5738
Art Waggoner	Treasurer	Sacto	383-4667
Abe Underwood	Editor	Sacto	392-7672
Dave Davis	Membership Coord.	Sacto	363-9142

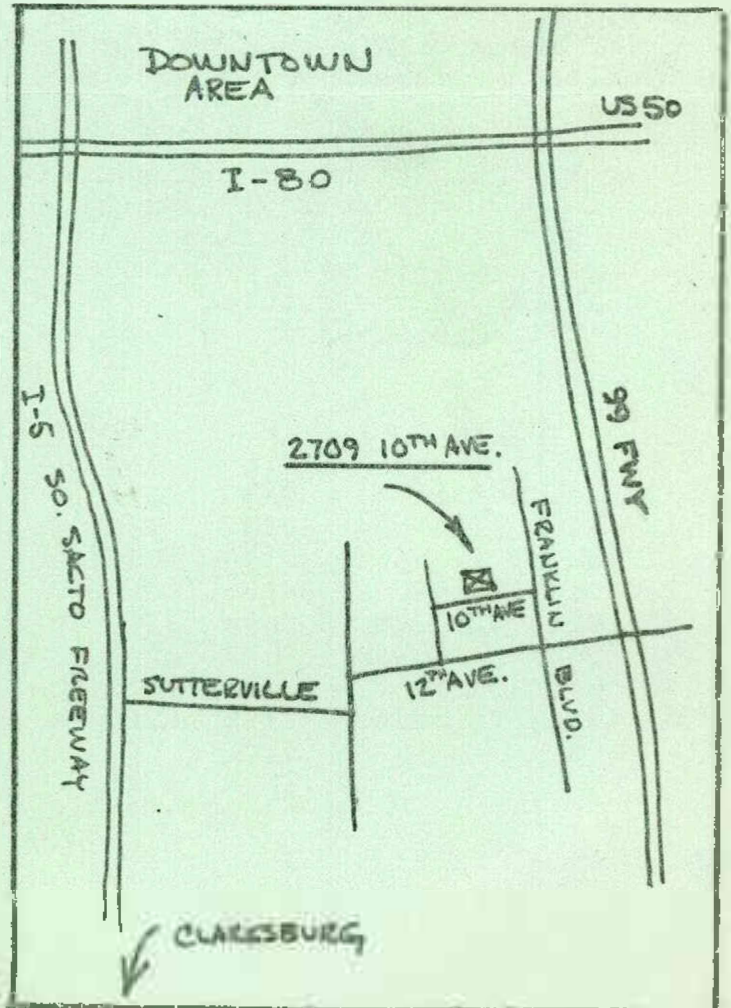
OCT 27, 1977

# UP Chip & Chucker . . . SCHEDULED

It's that time of year again--- The annual BCPFOFT (Buffalo Chip Post Pepsi Orgie of Food Time)! This years spectacular (4th) will be held at the residence of long time Chip Gene Marshall, 2709 10th Ave. Sacramento. See map below. Gene's place is centrally located, good sized and should accomodate what should be a record club turnout. Dave Davis reports we have 168 members so far this year.

The regulars know how this works but if you're new or haven't been to a meeting, it is basicly a pct luck affair. Spagetti is the traditional dish for this get together but anything will do, bread, salad, desert, drink, or any main dish are hardily consumed. Things to eat on and with will be supplied. We'll probably run movies of the Sacto Marathon and the '75 Pepsi. Anyone with slides or whatever is invited to bring them along.

Oh yes -- Things will start about 5:00 P.M. (the Pepsi awards won't be over till after 4:00.) We'll get after the food about 5:00. Try to make it even if you don't run the Pepsi.



SUMNER BURNS AT PEACH BOWL 5-MILER

Marysville (9/11) A sparse crowd of 108 gathered for the first running of the Peach Bowl September 5-miler on a week-end that offered several other racing opportunities. Larry Sumner, known for his exceptional performances in warm weather, led a contingent of Chips with a 6th place finish on the rolling five mile course. Bob Hedges continued his summer surge with a 10th place finish just 15 seconds behind Larry. Paul Holmes slipped by the Master's field with a 13th place finish to capture that division.

Doug Rennie had a sub par day after a 3 day bout with the flu as he came in 23rd well back in the 30-39 division. Some of us will be savoring this day for some time. Chuck Nichols chased me up the final hill for a 17th place and 7th in the open division.

The race also marked the return of Howard Jacobson to the racing scene. He was also seen the prior day at the Marine Air Reserve 6 miler in Alameda. Welcome back, Howard.

The race was run at 11AM this year which made the conditions a trifle on the warm side. One might even say hot. At the request of the participants, it will probably be run at 9AM in the future.

Chip finishers and times were as follows:

PL	RUNNER	TIME	PL	DIVIS
6.	Larry Sumner	29:55	1st	30-39
10.	Bob Hedges	30:10	3rd	30-39
13.	Paul Holmes	30:41	1st	40+
17.	Chuck Nichols	30:51	7th	Open
23.	Doug Rennie	31:23	8th	30-39
35.	Mike Lambert	32:40	11th	30-39
37.	Pete Schoener	32:47	12th	30-39
42.	H. Jacobson	33:23	14th	30-39
66.	Greg Talbert	36:40	8th	14-15

CHIP MASTERS NIPPED FOR TEAM HONORS AS BETSCHART AND WAGGONER WIN IN NATIONALS

Medford (9/24). Five hungry masters were dispatched to the National Masters 25 Kilometer Championships in Medford, Oregon to make their mark on the national scene. Alas, the West Valley Joggers and Striders had their sights set on the same target. To say that the contest was close would be misleading. To say that it was a blitz would be understating the case. With WVJ&S nabbing the first two places the outcome was never in doubt. Only a reasonable effort by Paul Holmes sneaking in between their 3rd and 4th man averted a skunk. Great efforts on the part of Walt Betschart, Art Waggoner, Jeremiah Russell and Dennis Letl enabled us to slip in for the second place team position. Unfortunately team award were only one deep.

Despite the team competition there was very good news for two members in the individual awards. The club now is blessed with a National Champion. Walt Betschart outlegged a close pursuer and Art Waggoner for the first place award in the 50-54 division. Art copped 3rd place in the same division. Congratulations to Walt who on accepting the award said, "I'd like to thank Jim O'Neil for making this possible."

Holmes, Russell and Letl were buried in their 40-44 division. Paul assumed that a 6-minute pace would be competitive, and ran exactly that time. Unfortunately the 6th place medal in that division required a 5:45 pace. I guess we have another year to work on it.

The race was very well organized, started on time, was efficiently managed at the finish line and had the awards presented at the advertised time. The weather was superb as a rain storm went through the night before and cleared for the day of the race.

Chip times and places.

PL	RUNNER	TIME	PL	DIV
12.	Paul Holmes	1:33:04	10	40-44
25.	Walt Betschart	1:38:48	1	50-54
28.	Art Waggoner	1:40:36	3	50-54
31.	Jerem. Russell	1:42:20	24	40-44
42.	Dennis Letl	1:49:18	32	40-44

Note: Only 2 teams competed for the team championship.



## ADDENDUM TO FOLSOM (by Doug Rennie)

My article on the Historic Folsom 10-kilo (July 3) was written without benefit of a set of results (which I had to take over the phone from A.J.) and, consequently, there are a few things to add in order that the article provide a complete and inoffensive overview of the race and its aftermath.

Overlooked in my quick perusal of the results was the dramatic improvement of one of the club's younger members, Randy Fairchild. Randy recorded a fine 35:22 (5:42 per mile) that was about 3 minutes under his previous best for the distance. Randy also ran to a PR 10:35 2-mile at the club's July track meet. His performances of late suggest a strong cross country season this fall as he competes for Elk Grove HS. Sorry about the oversight, Randy!

Walt Lange was apparently upset about my reference to his somewhat questionable status as a submaster-age runner. All I was doing was giving voice to widespread speculation that he is really only about 27 in spite of the apparent ravages of age manifest in his appearance (the results, no doubt, of a dissolute and degenerate lifestyle). To dispel such rumors, Walt obtained a copy of his birth certificate which shows, indeed, that he is the 34 he claims to be having been born July 23, 1943 in Juarez, Mexico, the product of a midnight union of a cabaret dancer of questionable morality and a seedy sourdough from Brownsville, Texas. Well, so much for that rumor. My apologies, Walt.

As you know, Teri Hagerty of Stockton won the women's division with a spectacular time of 37:40. I pointed out in the article that Teri's time was outstanding (really worthy of "oohs" and "ahs") and that her prowess as a runner was a source of both envy and respect from us, her fellow runners. Space was limited but I guess I should have pointed out that she is a PhD from M.I.T. in Astrophysics, a candidate for the Nobel Prize next year, a skilled automechanic and an accomplished long haul truck driver. She plays a mean game of pool and can beat anyone in her weight class at arm wrestling. In addition, she spends her spare time reading Dostoevsky in Russian and conducting DNA experiments aimed at eliminating genetic birth defects. She has never been known to sew, wash dishes, vacuum a rug, or become anxious over yellow wax buildup in her kitchen. Furthermore, she has never been seen any closer than 43 feet to a washer/dryer and finds the prospects of child bearing odious beyond words. She is, in short, a totally developed person in every facet of human endeavor. Some of the male runners at Folsom were heard to mumble in hushed tones that she was not unattractive...but that's just a rumor.

## Hornet Harriers Outrun 2 Foes

California State University, Sacramento whipped defending Far Western Conference champion UC Davis and Stanislaus State in a triangular cross country meet Saturday in Davis.

Hornets Mike Van Horne and Jim White crossed the finish line in unison in 31:20.9 over the 10,000-meter course.

### Results:

1. Mike Van Horne and White, 31:20.9. 2. McGrath, UCD, 31:46. 4. Dennis Rinde, Sac, 31:58. Gary Sutherland, Sac, 32:13. Bruce McInturs, Sac, 32:19. Jim Howard, 32:54. 8. Chris Turney, Sac, 33:21. Nick Kantar, Sac, 33:21. 10. Peck, UCD, 33:25.

SAC STATE IS TOUGH THIS YEAR THANKS  
TO B.C. MIKE VAN HORNE. HE MAKES  
5 MINUTE MILES (6 IN A ROW) LOOK SO  
EASY. GOOD RUNNING MIKE!



3rd ANNUAL CANADIAN BACON--SUNRISE PARK, AUGUST 6, 1977

by Walt Lange

Thirty-two Chips finished this deceptively tough course, or 15% of all the 211 finishers. Since its inaugural two years ago as a strictly local affair (from which Sacramentans could bring home the hardware), the word has leaked out, and entrants came from Hawaii (Hunky Bunch), BYU (Benton Hart), and many from the Bay Area (Judy Leydig, Roger Bryan). The \$3 post entry fee raised some eyebrows--one Chip silently boycotted the race--but all questions were answered when the results were received postmarked "Waikiki". Some Chips were talking of race promotion on a full-time basis, since it appears that a cool \$300 can be socked away from a single race.

The Canadian Bacon has become so popular that one local couple chose to make it the scene of their wedding. However, there were soon two separate affairs when Debaucher Rennie and Un-Chip Fairwell lined up to kiss the bride, complaints from the wedding party ensued, and the harassed meet director was forced to move the awards ceremony to a distant location.

Meanwhile, back on the starting line, things were a bit confusing when the large field was given a staggered start by divisions. This proved no handicap to the High Dunger, for Paul Holmes maintained a lead over his old rival Roger Bryan to win the Masters division. Chips swept the rest of the division, with Art Waggoner, John Clark, and Dave Davis in the top five.

The very tough Sub-masters division saw Tim Jordan place 3rd, Walt Lange 5th, and Doug Rennie 6th. Rennie was seen letting the air out of the tires on Lange's mo-ped following the race. Chip sportsmanship at its finest! Actually, for Doug this was a classic lesson in race tactics, as he spent most of the race looking over his shoulder, when in fact, his eyes should have been focused in the direction of his travel. Rennie's mistake reminded observers of the Landy-Bannister dual of 1954. Documentation of Rennie's classic error will appear in a forthcoming issue of Runner's World.

With a new starting area for 1977, it seems likely that the course used in previous years was shorter. Race officials failed to recognize this however, hence only three new course records were recognized, and five records from the 1976 race endure.

Bob Hedges (BC's answer to Mahatma Ghandi), Abe Underwood, Ed Stromberg, Don Spicklemeyer, and Joe Kattenhorn gave the BC men 8 of the top 12 in the 30-39 division.

In the women's category, Bettina Brownstein led the distaff Chips with 5th place in the division, and ahead of 55 others.

Course records:

Open	Adam Ferreira	31:45	Women Sub-18	Laurie Crisp	40:13
M&Under	David Chun	37:46	15-16	Chris Schultz	35:12
17-18	Dennis Rinde	32:45	30-39	Wayne Badgley	32:43
Masters	Jim O'Neil	34:16	Women Open	Kathy Adams	40:15

Chip finishers: Jordan 34:26, Lange 35:18, Rennie 35:22, Holmes 35:33, Cushenberry 35:38, Hedges 35:42, Underwood 35:53, Stromberg 36:18, Spickelmier 36:27, Kattenhorn 36:53, Waggoner 37:19, Clark 37:21, Linn 37:50, Finnegan 38:33, Schoener 38:55, Davis 39:00, Stilwell 39:47, Brown 39:50, Ogden 42:19, Borland 42:36, Szekeresh 42:37, Phillips 43:31, Rondoni 44:35, Koch 44:39, Rondas 46:04, White 46:06, Welsh 46:42, Brownstein 47:04, Rosedale 47:28, Teaguez 48:54, Thompson 52:14, Johnson 54:55.

ED NOTE: John Clark is a master????

P.S. List of finishers possibly doesn't include some new members. We hope it includes all the old ones!

## PEPSI OF RENO 72 MILE LAKE TAHOE RUN

by Charlie Mersereau

While no Chips were entered this year, the Buffalo Chips were very much a part of the Second Annual Pepsi of Reno 72 Mile Lake Tahoe Run. That's because Charlie Mersereau, along with some great assistance from Abe Underwood and Paul Reese, directed the race.

This year's winner was Nick Marshall of Camp Hill, Pennsylvania. Nick toured the Lake in 10 Hours 41 Minutes only 13 days after placing third in the National 50 Mile Championship in Santa Monica. Don Choi, last years winner, was unable to run because of an injury so he acted as Nick's handler. Don's time from last year, 9 Hours 45 Minutes, still stands as the record.

Eighteen racers started the event at 6 AM on Friday, September 23rd and seven finished, the last just four minutes short of the midnight cut off time. Generally, this year's times were slower than last year with Abe Underwood's third place 11:53 last year ranking as the fourth all time best for the course while Paul Reese's fourth from last year at 13:45 still holds up as sixth all time.

Pepsi of Reno has sponsored the Run for the past two years and has offered to do it again next year. Pepsi's contribution included providing suitably decorated tank tops for all starters and beautiful trophies for all finishers. Unfortunately, five trophies went unclaimed, including three for women, so, dear readers, you had better start getting into shape for next year's Run.

## BOB MALAIN 2ND IN DOUBLE DIPSEA

Buffalo Chip Bob Malain scorched the mountainous Double Dipsea trail run with a red hot 1 Hour 38 Minute 44 Second net time for the 13.6 miles. Just turned 50, Bob was beaten out for first by Darryl Beardall, 40, with a net 1 Hour 34 Minute 45 Second.

This year's race suffered from a smaller than usual turnout (183) but not for speed. While only four Chips showed up, they all did well. Mike O'Neil turned in his 6th PR in 6 tries at the Double Dipsea to take 15th place with a net time of 1 Hour 50 Minute 4 Second. Fraser Rasmussen placed 41st with a 1 Hour 59 Minute 48 Second net while Charlie Mersereau netted 2 Hours 5 Minute 35 Second for 61st.

This year the trail was much improved and well marked making it an even better event than ever before. If you have never run this race, it is one of the best cross country (as distinguished from long distance) races in the nation - 13.6 miles of beautiful scenery plus 4000 feet of up and down!

## THE MOUNTAIN

by Ed Stromberg

I was attempting to run the PIKES PEAK MARATHON because I like challenges and a 28 mile run with a climb in elevation from 6,336 feet to an altitude of 14,100 seemed like a neat thing to do. Buffalo Chippers: Art Waggoner, Dennis Letl, Ellen Standley, Dick Forehand, Jane Johnson, and Tim Hicks along with 589 official entries responded to the starting gun on Manitou Avenue with great enthusiasm. There were a total of 630, counting unofficial entries, making up the field. The start was fun, as the citizens of Manitou and the summer tourists line the streets to wish the runners hale and farewell.

Barr Trail (leading to the top of Pikes Peak) is a hiking, not a running trail, and as such it is strewn with rocks and split with gullies. Over the first three miles, when everyone talks about taking it easy but no one does, it is fairly smooth. It's as you near timberline that things really get rugged.

However, the unkindest rut of all comes just after you get out of timberline, where the path suddenly turns to deep, loose gravel. It's like trying to run on marbles and is really an exhausting experience.

I went out fast and was the first Chip for a few miles until Tim Hicks went by me looking like a thin John McIntosh. First time I've met Tim and what a place to do it. Ponce DeLeon Waggoner zips by me next with 3 miles left to the top. I couldn't believe it--here I have been training with the guy for 1 week and he fakes a groin injury, stuffs me with ice cream and feeds me a foreign diet (all vegetables and no meat) and now he is wiping my butt.

I could run two or three switchbacks and then would have to stagger over to the nearest rock to catch my breath. One time I noticed a rock that had a plaque imbedded in it. The plaque makes the spot where, on her 14th climb, I. Estine Roberts died in 1963. Actually, Roberts, a remarkable woman of 68, died of exposure on her way down the Peak at night, but you don't know that at the time and it isn't the most encouraging news you could encounter.

The final two miles, which contain the coyly named "18 Golden Stairs" are actually a brutal series of tight switchbacks, which come at the worst possible time, since everyone has just about reached their limits by that time. As I finished the ascent I had a tremendous feeling----here I was on top of a 14,100 foot MOUNTAIN----I was reborn. I soon discovered why only half of the runners run the ascent because the MAN OF THE MOUNTAIN nailed me but good on the descent. My legs turned to rubber, I fell twice, and I had to pick my way down in a sort of spastic jog. PIKES PEAK had turned into a monster and seemingly was saying to me you are going to pay dearly for infringing on my private unspoiled world.

Art, Dennis, and I had a beautiful trip. It not only included running PIKES PEAK but other highlights as well such as:

-going to Frank Shorter's store in Boulder, Colorado, and meeting Dick Quax who is the current world record holder in the 5,000 meter run. Dick works in Frank's store while training with him on the trails above Boulder.

--running with Ron Daws who is a former Olympian in the 1968 games in Mexico City and author of Self Made Olympian.

-meeting and talking with Joan Ulliyot, one of the best long distance racers in the world and Rick Trujillo who has won the race 5 times in a row, including this year.

-eating Art and Dennis's food, especially the Barf Balls which consisted of a day old vegetable-rice mixtrue in the shape of a 16 pound shot-putt.

-Hey, I just thought of something! Maybe the old MAN OF THE MOUNTAIN didn't get me, maybe Art spiked the BARF BALL!



### 3rd ANNUAL AMIGO DEL ORO-10 MILER

By Jeremiah Russell

September 4, 1977 Mariposa

After a year of coaxing and cajoling Underwood, high-dunger Holmes and others to come join us on this "nut buster" up in God's country, once again Janie and I were the two lone Chips in a group of about 80 runners on this hot and humid Sunday morning. The course, which winds through the Sierra foothills is one of the prettier and tougher courses around. However, having made the trip to the Lake Tahoe Relays and Pikes Peak a couple weeks earlier, we found the hills much easier to negotiate than a year ago when we ran on guts alone without training. I was able to finish 18th (2nd Master) in 72:03 compared to 1:19:12 last year, while Janie ran a respectable 1:39:36 as compared to 2:03 a year earlier (Not too bad: Maryetta Boitano's women's record is 1:20:49).

Anyway, next year, I sure hope a bunch of you Chips show up and bring that course to its knees.

Personal Note: I really want to thank Holmes, Waggoner, Davis, Fox, Reese, Abe and all the other guys who have unselfishly gone out of their way so much to keep us out-of-towners notified of what's happening. I think the "team spirit" is really great. Jeremiah

### PIKES PEAK MARATHON

August 14, 1977 By Jeremiah Russell

A rather motley group of Buffalo Chips crawled up off the range over the foothills and into the high country for an assault on the formidable rock that lies just outside Manitou Springs, Colorado. Man and woman, alike, they were determined to reach the crest of this majestic mount and make the return trip just as fast as their little legs could carry them. And so they did. Led by grizzled veteran Art Waggoner (winner of the 50+ group with an excellent time of 5 hours 16 minutes), the group smilingly acknowledged their greatness to the throngs that applauded them for their achievement. Ed Stromberg was the 2nd Chip to finish. After a blistering 3:10:20 ascent time, Ed admitted the downhill finish nearly finished him (In his words, "50 people passed me and I passed nary a one."). Nevertheless, his total time of 5:39:43 seems awesome to us lesser mortals. Photographer Dick Forehand, followed close behind in 6:33:51 besides getting pictures that should put National Geographic to shame. Dennis Letl, despite stopping to administer much needed hugs of encouragement to Janie (and who knows how many other women) made the round trip in 7:15:10. Janie Johnson stopped for a couple short naps close to the top, but fortunately Letl's encouragement kept her going until Ellen Standley, with a fantastic show of stamina and determination, caught her about 5 miles into the descent. Together they treked the final 8 miles and finished looking sexy as ever and hardly worse for the wear in a total time of 8 hours 6 minutes.

Congratulations on a job well done-- that's a tough mother!!!

## WATCHING THE RIVER RUN

By Bob Cooper  
Friend of the Chips

An old fisherman doesn't see me as I jog beside the river. He is silent, looking deeply into the sun-splashed currents. The river is speaking to him as it often has to me. Like a dear friend, it consoles me when I'm down, rejoices with me when times are better, inspires me always.

The eye never wearies of following the river; its curls and eddies, the shadows of the waves dancing over the stones, the strange, crinkling lines of sunlight in the shallows. It soothes the mind and lulls the body with its radiant warmth.

Nature embraces the river with her color and her music. As spring slips into summer, the unseen painter strokes the river bank with his brush; the greens of the bushes and trees, the reds and yellows and violets of the wildflowers, and the rich and varied blues of the river.

The unseen composer orchestrates the chirps and whistles and coos of the black-birds, the bluejays and the magpies, at night, the chirping of the cricket and the hooting of the owl, and always, the gentle moaning of the river.

With the progression of summer, the waters will become ever lazier. In autumn, the trails will crackle beneath my feet as leaves fall like ripened fruit. Then, in the winter, tributaries gush down with melted snows from the Sierras and winds from the north whip the river into a raging procession of whitecaps. Enter spring and the world reawakens and the trail is full of surprises, at one turn a pair of mallards or a beaver's dam, at the next a squirrel caught motionless on the base of a willow.

These are the treasures that lie ahead. But for now, I am content to watch the river bathe in the warm afternoon sun, gently running its course as I follow on the sinuous trail, letting it lead me where it may. /For Judy, my favorite Chip/

## SALT IN YOUR BEER?

After using vast amounts of salt on everything I eat (a habit I inherited from my father), I have decided to heed the advice of various dieticians and the medical profession and completely halt my salt intake. My brother-in-law, an MD in Canada, claims that his family has used one pound of table salt in six years for all cooking and kitchen use.

It has been nearly 2 months since I stopped using salt. I have not stopped running or sweating. My sweat is not quite as salty as it was, but I have noticed no other great metabolic changes.

It seems that the old concept that if you do a lot of sweating, you need to increase your NaCl intake, is a lot of B.S. Try it for a while if you are a big salt user. After a brief period, you'll find that you can taste your food, and not just a salty mass!

The whole point of this is that I have lost about 5 pounds of water retention, and it has stayed off. It

## XMAS RELAYS WOMEN'S TEAMS

Buffalo Chip women: It's not too early to begin thinking about the 0-mile Santa Cruz to Half-Moon Bay relay race. Start running those hills--I suggest Brown's Ravine at Folsom Lake. Everyone who wants to run will be able to participate; we should have at least two teams. Let's better last year's performance and have a good time doing it. The Relays take place around the middle of December so you have plenty of time to get ready and arrange your schedules. Contact me around the end of November if interested. (Bettina, 456-5738)

## 2nd MASTERS - 40th OVERALL

The above title is the final score for the Masters team in the 1977 Lake Tahoe Relays. I thought the team came through beautifully with each runner exerting himself to uphold the competitive spirit of the Buffalo Chips. Paul Holmes ran the first leg and put us in excellent position somewhere in the low thirties. (Checkers at the check points were scarce so it was difficult to determine exactly where we were at any one point.) Jim Farrell then took the baton for the tough second leg and ran a good race. I ran the third leg, which turned out to be the easiest one with the last minute changes, and had a nice downhill run for 9.4 miles. Jeremiah Russell ran leg four picking up the only hill that was previously on leg three and turned in a good time of 67:30. Gordon Hall competed in his first relay as a Chip running leg five. Lee Fox ran #6 which has to be the toughest leg since it has been increased in distance to 12.9 miles with the entire distance on hills, either up or down, mostly up. Lee really showed he is a class guy volunteering for the sixth leg after the announced changes. He can run on my team anytime. Our anchor man was Bob Malain and he passed several younger runners on his way to the finish line. We were running head to head with one of the hated Ophir teams and as Bob buried their runner they wanted to know who our anchor man was. But keeping that top secret information to ourselves we refused to tell them.

Following is the box score:

Paul Holmes	11.6 miles	76:27	6.35 per mile
Jim Farrell	9.5 "	75:01	7.53 " "
Dave Davis	9.4 "	60:13	6.24 " "
Jeremiah Russell	9.4 "	67:30	7.10 " "
Gordon Hall	9.3 "	72:36	7.48 " "
Lee Fox	12.9 "	1:44:06	8.04 " "
Bob Malain	9.4 "	61:07	6.30 " "

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### THE TAHOE RELAYS

by Hal Baker

Another version of the Tahoe Relays is completed. It seems to get better each year. The Chips "B" team got much better.

I started things off with the first leg. Who ever put those hills in the last few miles? I'm certainly not ready for the second leg.

Jim Yaniglos looked like he was running the monster hill on the second leg without effort, now I know how he runs those sub three hour marathons. Jim left for Maine the day after the relay.

Larry Sumner got a break of the third leg as it had been greatly reduced. We gave up trying to time each leg as we didn't know what the new distances were. Larry burned off a good one.

Mark Reese was a last minute member of the team. He claimed he wasn't trained to run a good leg. I'd like to see how good he is when he thinks he's ready.

(Ed. note - We all found out at the Sacto Marathon)

Big Ralph Navarro ran the fifth leg, his first relay for the Chips. Ralph has a disadvantage the rest of us don't. At 6'-6" he has an even greater oxygen problem. Having just started running in January he's showing fine improvement.

Bob Hedges took on the extra long sixth leg and turned in a super effort over the hills. I think he wished he could have shared part of it with Larry.

Greg Mayer got serious about things and finished us up in 29th place ending a fun race for all of us.

After coordinating a number of Chip relay teams I can say this was one of the best. I hope to have some pictures for the next get together.



## SAFETY and RUNNING

by Bettina Brownstein

On Sept. 15, a representative from the Sacramento P.D. Community Relations Dept., Virginia Brown, spoke to a small group of Chip and Ophir women at my home about safety while running and rape prevention. Virginia was personable, informative, and friendly, and we were surprised to learn that it was her first such presentation. The program began with a film which discussed and demonstrated various preventative and defensive techniques women can use when caught in a dangerous situation. Techniques include: carrying a set of keys with the keys protruding through a clenched fist--the points to be used as a striking weapon; wearing a whistle around your neck; and generally staying alert to your surroundings and being aware of ~~what~~ people around you at all times. Virginia particularly stressed this last point.

Several women told of their unpleasant experiences and how they coped with them. There followed a general discussion and a question-answer period. Virginia advised us not to run alone in isolated areas, which is something runners find difficult to follow. It's not always possible to find someone to run with--it's also nice to run alone sometimes--and it's also hard to get your quota of miles in if you're confined to city streets. (Parks can be a trouble spot for women.) The American River trails seem to a favorite hunting ground for rapists with several rapes being reported in the past year along the river.

One woman asked about increasing police patrols along the river and in certain parks. Virginia replied that the lack of overall police personnel prevented this, but she recommended that we write letters to the department urging this course of action.

The purpose of the meeting wasn't to frighten women away from running nor from enjoying all the freedoms it is our right to have. Keep in mind that 50% of all rapes take place in the home. So exercise some caution but keep putting in those miles.

## LAFAYETTE (G) RIM RUN

by Paul Holmes

Lafayette Reservoir (8/21). For those of you who measure your level of machismo in terms of numbers of marathons run (regardless of pace), consider this race next year. Do not confuse it with the Lafayette 10 Kilo which is run in the same area in early June. The first application I saw for this race three years ago included such statements as "steep hills, scenic vistas".

The course starts innocently enough across the dam and around a meadow before heading back across the dam. After the dam, you go up a "Lake Wildwood-type" 3/4 mile hill to the rim around the lake. After achieving oxygen debt early on that hill, there is virtually no recovery. Words do not exist which are adequate to describe "THE" hill. The passage of 3 years had faded my memory of the steepness of the hill which virtually everyone walks. No alternative is possible. Further on there are other hills which ordinarily would be permanently etched in one's memory, but by comparison they are nothing.

The race does not draw the ordinary crowd of 300 to 400 that one would expect at a Bay Area race. One time is enough. The Chips who did make it did well. Tom O'Neil running on minimum training over the preceding two weeks took third place. Gordy Vredenberg galloped over the hills like a bighorn sheep for seventh place and fifth in the open division. His wait for the fifth place trophy was for naught. Doug Rennie was eleventh, and Paul Holmes 20th (4th Master). Mike O'Neil came in around 45th to round out the Chip performances.

Times, as best I can recall them were as follows:

3.	Tom O'Neil	39:00
7.	Gordy Vredenberg	39:56
11.	Doug Rennie	41:30
20.	Paul Holmes	43:09
45.	Mike O'Neil	49:00

## CARBOS FOR THOUGHT

by Paul Reese

Well aware that Abe Underwood ran the Crater Lake Marathon and that, journalistic zealot that he is, he will report the gory details of that event, I'll not bend my pen in that direction. However, I do feel duty bound to report one happy discovery as a fall-out from the Crater Lake Marathon. Duty bound for the appreciation of the epicureans of the club and for the tantalization of such natural food addicts as Baker, Brodie, McIntyre, and Underwood. The epicurean discovery that Elaine and I made is this: Welch's Coffee Shop, 100 miles north of Sacramento on Hwy 32 off I-5, where the puddings, pies, and cakes (drool, McIntyre, we sampled all of 'em) are revival food for tired marathoners. And can you imagine a 12 ounce mug of good coffee for thirty cents? Now that Laytonville Inn's strawberry cream pie is no more, looks like Elaine and I will be travelling to the Avenue of the Giants via I-5 and Redding.

Ed. note - Paul is 1% fat!!!!

Editor - Chip News:

There has been some concern shown lately about the safety and well-being of the Lady Chips while out running. May I suggest that within the Chip organization a panel of advisors could be assembled to put on an educational program based on their own expertise.

The panel would consist of: Howard Jacobson - former design consultant for Fredericks of Hollywood; Jon Brown - Local representative of the Chowchilla Underground Van & Storage Company, and Greg Mayer - Former director of the Roman Polanski Child Care Center.

Naturally, the moderator would be Doug Rennie, who could be prevailed upon to display his collection of foreign and domestic ski masks.

-Concerned .

THE RUNNER'S IQ----a continuation of the ramblings of Buffalo Bob

After looking at the course for the Sacramento Marathon and helping race director-editor-ex-high dunger-ultra-marathoner Underwood measure part of it I'm reminded of the story about the guy with a 195 IQ who had a terrible time communication with people, so decided to go to a psychologist to get his head straight. The shrink says: "I have this machine which will lower your IQ by steps so we can bring you down to a manageable level". The 195er says "That sounds great!" The shrink then attached a helmet-like device to the patient's head and turned the machine on. On the side of the machine was a dial that read 195, then 194, then 193, and so on. After the treatment got started the shrink got a phone call from an old friend and they talked and talked, until the shrink realized that his patient had been on the machine for several minutes more than he had planned-- he looked to the dial and it was just switching from 3 to 2 when he disconnected it----the shrink looked at his patient in shock and exclaimed: "My God, this is terrible, your treatment went way over the limits we discussed!" His patient looked up in a vacant stare and said: "Oh, that's all right, want to go for a 26 mile run?"

The leathery but lithe husband of Linda Rennie was heard to exclaim after looking at the marathon course---"What do you get if you make it out of the park, a food pellet?". Actually, the course for the marathon looks like one which should be very fast. It is well designed for both runners and spectators. I would like to dispel two rumors about it however----first, the awards for the race will not be, as former high dunger Brown (you remember the chubby little guy who always beats Mayer----chubby is the qualifier in that sentence because almost everyone does the other) commented----NO CHINESE PUZZLE BOXES. Also, it is not true that AJ has requested 276,672 6" rulers with which to measure the course (after several frustrating attempts by more traditional methods).

As I said the course looks like one made for records. Paul Reese's column in the BEE on September 1 tells the story, you should get it if you haven't been able to get the Davis expert on hydroglyphics (which many wanted after they saw the map of the course). I hope that John McIntosh who has put in many hours of work on this race will remember that part of his job as race originator and entrepreneur is to assure optimum weather on race day (John, you may want to get some instruction from Paul Reese--with the exception of the last Pepsi on the old course he has had amazing luck at getting the seasons to do his bidding at the right time).

The Sacramento would be one course for new marathoners to try their skills. From what I've heard it will be a well monitored course which should be perfect for those who would like to make their first attempt at the distance. If you've had the necessary training to complete the course and are thinking about the Pepsi--the Sacramento might be a good race to run a part of--or to try to complete----if you run it without reference to what time you want you should be able to finish it. Running 6.2 miles more than the Pepsi should also give you extra confidence for racing the Pepsi. Well, the men have come to give me a ride back to my special place now so I'll be signing off 'til the marathon (they always let me out for those)----see you then.....



## LAST MINUTE THINGS

- THIS ISSUE IS LATE FOR SEVERAL REASONS, MOSTLY DUE TO THE LIMITED AMOUNT OF TIME I'VE BEEN ABLE TO DEVOTE TO IT. HOPEFULLY THE NEXT ISSUE CAN GET OUT DURING THE FIRST WEEK OF ~~THE~~ DEC, RIGHT AFTER THE PERI. LET'S WORK TOWARD THAT DEADLINE (DEC 1) FOR GETTING STORIES, PICTURES, ETC IN TO ME. FOR SOME TRY TO SEND PICTURES — EVEN THE INSTANTANEOUS COLOR SHOTS WILL WORK. THANKS TO ALL OF YOU WHO WERE ABLE TO SUBMIT YOUR MATERIAL IN FINAL TYPE — THAT HELPS. WE ALSO HOPE TO INCLUDE A NEW MEMBERSHIP LIST WITH NEW MEMBERS & UPDATED INFO. BE SURE TO LET DAVE DAVIS KNOW OF ADDRESS CHANGES. SPEAKING OF MEMBERS, DAVE REPORTS 168 & MORE NEW MEMBERS ALL THE TIME.
- THE CLUB TRUCK MEET CHAMPIONSHIP WAS CANCELLED FOR LACK OF INTEREST. THERE ARE SOME THOUGHTS OF REPLACING IT WITH A CLUB ROAD OR X-C RUN THAT COULD BE HANDICAPPED LIKE THE ~~SEA~~ DAPSEA. ANY IDEAS??
- THE WEEKLY CLUB RUNS ARE NOW OFFICIALLY AT 9:00 AM SAT. a) BIKE TRAIL AT THE ANY WEST BRIDGE. WELL CONFLICT WITH MCINTOSH ONE A MONTH BUT THAT WILL JUST HAVE TO BE — AT LEAST FOR NOW.
- IF YOU'RE TRAINING FOR THE PERI YOU MAY WANT TO TRY A HALF MARATHON ON NOV. 19 AT DAVIS. IT'S AT 10:00 AM. THIS IS ALSO THE SAME DAY AS

THE MCINTOSH FUN RUN — TAKE YOUR CHOICE!

- I THINK WE SHOULD HIRE PETE SCHUBERT TO ORGANIZE OUR RACES. WE COULD BOTH MAKE MONEY (THE CLUB & PETE).
- BETTINA MENTIONED THE KWAS RAY (RE: THE WOMEN'S TERMS) BUT THE REMINDER GOES TO ALL MEMBERS & ORGANIZERS. LET FRASER KNOW IF YOU CAN BE A COORDINATOR. WE SHOULD BE ABLE TO FIELD 6 OR 7 TEAMS. THEY PLAN TO START THE START WHICH SHOULD IMPROVE THE CONGESTION AT HAND OFF POINTS.
- WOULD SOMEONE LIKE TO TAKE OVER THE TRAIL TALK COLUMN? HERE'S YOUR CHANCE TO GET EVEN!
- WOULD LIKE TO INCLUDE A REGULAR SECTION OF N.L. THAT COVERS THE SCHEDULE OF EVENTS FOR ABOUT TWO MONTHS IN ADVANCE. NEW MEMBERS ARE ESPECIALLY IN NEED OF THIS KIND OF INFO. THERE IS SO MUCH GOING ON & BEING ADDED AT THE LAST MINUTE. DO I HEAR ANY ONE OUT THERE?
- NEW MEMBERSHIP FORMS ARE AVAILABLE FROM DAVE DAVIS OR MYSELF. MCINTOSH'S & FLEET FEET ALSO HAVE FORMS.
- NEXT ISSUE WILL BE ANNUAL MEMBERSHIP RENEWAL TIME. ALL THE DETAILS WILL BE SENT OUT WITH THE NEWSLETTER.
- IT'S ALSO REWRITING TIME. TIME TO FLUSH OUT THE OLD & ..... WELL, WHATEVER.
- DON'T FORGET — DEC. 1

**BUFFALO STAMPED**  
6555 Riverside Blvd.  
Sacramento, Ca. 95831

SACRAMENTO, CA. 95813



Mark Elgert  
10501 Croetto Way #2  
Rancho Cordova ,95670

BC MASTERS WIN BASS LAKE RELAYS

By Jeremiah Russell

THANK YOU

August 12 - Thanks to an Iron-man performance by Abe Underwood who ran both the 4th & 6th legs of the 40-mile Sierra Pines, the BC Masters were able to garner 1st place against two tough southland teams, High Sierra TC and host Fresno Pacific T.C.

The race consisted of 3 laps of 13.3 miles around Bass Lake with legs of 7.7 & 5.6 miles. Willy Walt Betschart led off & put us in good position just behind Fresno Pacific's Frank Delgado. Dave Davis ran the hilly second leg and moved us into 1st with a good lead over both teams. I managed to maintain a short lead over fast-closing Len Thornton of High Sierra. Abe then blistered the 4th leg in a Masters' Record time of 33:54 and handed off to fast improving Bob Potter who gave us a much-needed super effort as he was being hotly pursued by High Sierra's Wayne VanDellen, one of the nation's very best masters runners. Meanwhile, Abe, realizing our anchor man hadn't arrive, had just enough time for a gulp of gaterade, a quickie temper tantrum (screaming "No, no, no, no, I can't run any mo") and there he was back running the same course on the 6th & final leg. His valiant effort was just enough to stave off High Sierra's team by less than a minute. Leg times as follows:

Name	Elapsed Time	Running Time	Pace m/Mile
Walt Betschart	49:03	40:03	6:22
Dave Davis	1:24:30	35:27	6:20
Jeremiah Russell	2:15:06	50:36	6:33
Abe Underwood	2:49:00	33:54	6:02
Bob Potter	3:43:39	54:39	7:06
Abe Underwood	4:18:23	34:44	6:14

Note: Abe's times ranked him 1st and third for the 5.6 mile 2nd leg with Dave Davis' time good for 5th out of 9 runners.

Betschart, Russell & Potter ranked 4th, 5th & 7th respectively of the 9 Master runners on the 7.7 mile 1st leg.

Overall finish: 5th out of 23 teams. This was a well-organized race & will probably draw 50+ teams next year.

I would like to express my appreciation to the following people who helped at the Folsom Road Race: Gordy Vredenburg, timer; Barbra Peach, registration; Ellen Standley and Dick Forehand, registration; Diane Krebs registration and typing; Paul Holmes, awards Art Waggoner, finances; Mark Elgert, registration, timing; Dan Davidson, finish chute; Walt Lange, awards, results, and use of timer and standards; and those Chips who helped with sticks at the end. We made a profit of \$35 after the bills were paid and results were mailed.

Frank Krebs

Aug 19, 1978

Dear Bob, Dave & Buffalo Chips,

It has been brought to my attention that the "Chips," SWEAT & CRC Club Meet scheduled for Oct 1, 1978, is the same day as the Sacramento Marathon. For this reason, I have decided to reschedule the Club Meet for sometime this Winter. I will keep in touch with you and advise as a more definite date is planned. Please pass the word to your Club members, NO CLUB MEET IN CHICO ON OCTOBER 1. See you at the Marathon, Good Luck with the organization.

Paul Resignato, CRC

WANT TO RUN SOME HILLS PRIOR TO THE SACRAMENTO MARATHON? A 12.1 MILE COURSE WILL BE COVERED AS A SOCIAL RUN SUNDAY, SEPT 17 STARTING AT 8 A.M. SHARP! MEETING POINT IS AT THE SOUTH INTERSECTION OF THE DEER VALLEY RD/GREEN VALLEY ROAD. THIS IS ABOUT 4 MILES EAST OF BROWN'S RAVINE. CARS MAY BE PARKED ON DEER VALLEY RD. THE COURSE WILL GO EAST ON DEER VALLEY RD TO THE TOWN OF RESCUE. AID/WATER POINTS WILL BE AVAILABLE AT ABOUT 3, 6, AND 9 MILES.

Here's a suggestion that Chips who are natural food addicts will deplore, whereas the stalwart stuffguts and gourmets will relish it. After your next run in the Marin Hills (be it a Dipsea jaunt, Marin Headlands, Fort Baker, or Tiburon on August 19), treat yourself to a piece of pie at the Hickory Pit in Strawberry Shopping Center, just off Hwy 101 and slightly south of the Tiburon turnoff. Particularly recommended are the pecan (unexcelled) and the strawberry (makes Marie Callender's seem third-rate). Either will soar your spirits about a bad race; either will reward you properly after a good race. --- Paul Reese



# Marathon!

NEARLY 2500 YEARS AGO A GREEK SOLDIER NAMED PHEIDIPPIDES LACED UP HIS WAFFLE TRAINERS AND LOPED OFF ACROSS THE PLAINS OF MARATHON TO DELIVER A SPECIAL MESSAGE.



AND THOUGH HE FAILED TO QUALIFY FOR BOSTON HE SUCCEEDED IN ESTABLISHING A TRADITION!

**Today** 000

THE MARATHON IS A STANDARD FOOTRACE OF 26 MILES 385 YARDS. PREPARATION INCLUDES MILES OF TRAINING AND THE PROPER CHOICE OF EQUIPMENT.



ABOUT A WEEK BEFORE THE RACE THE RUNNER STORES ENERGY BY ENGAGING IN A STRANGE DIETARY PROGRAM CONSISTING OF...

3 DAYS OF CARBOHYDRATE DEPLETION...



3 DAYS OF CARBOHYDRATE LOADING...



3 DAYS OF PSYCHOANALYSIS...



THEN IT'S **RACE DAY!**

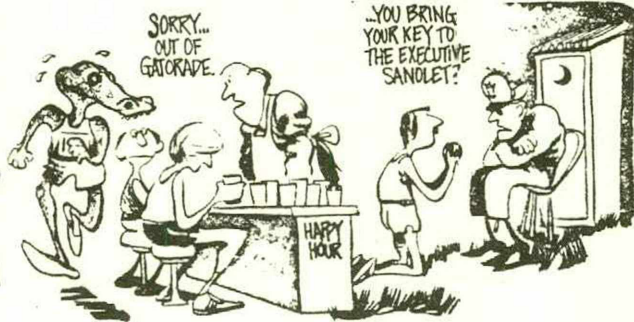
... A VARIETY OF COMPETITORS GATHER AT THE STARTING LINE.



THE GUN SOUNDS AND THEY'RE OFF!



AFTER A FEW EASY MILES THE BODY DEMANDS RELIEF. AID STATIONS APPEAR ALONG THE ROUTE...





# BC MASTERS WIN BASS LAKE RELAYS

By Jeremiah Russell

THANK YOU

August 12 - Thanks to an Iron-man performance by Abe Underwood who ran both the 4th & 6th legs of the 40-mile Sierra Pines, the BC Masters were able to garner 1st place against two tough southland teams, High Sierra TC and host Fresno Pacific T.C.

The race consisted of 3 laps of 13.3 miles around Bass Lake with legs of 7.7 & 5.6 miles. Wily Walt Betschart led off & put us in good position just behind Fresno Pacific's Frank Delgado. Dave Davis ran the hilly second leg and moved us into 1st with a good lead over both teams. I managed to maintain a short lead over fast-closing Len Thornton of High Sierra. Abe then blistered the 4th leg in a Masters' Record time of 33:54 and handed off to fast improving Bob Potter who gave us a much-needed super effort as he was being hotly pursued by High Sierra's Wayne VanDallen, one of the nation's very best masters runners. Meanwhile, Abe, realizing our anchor man hadn't arrive, had just enough time for a gulp of gaterade, a quickie temper tantrum (screaming "No, no, no, no, I can't run any mo") and there he was back running the same course on the 6th & final leg. His valiant effort was just enough to stave off High Sierra's team by less than a minute. Leg times as follows:

Name	Elapsed Time	Running Time	Pace n/Mile
Walt Betschart	49:03	49:03	6:22
Dave Davis	1:24:30	35:27	6:20
Jeremiah Russell	2:15:06	50:36	6:33
Abe Underwood	2:49:00	33:54	6:02
Bob Potter	3:43:39	54:39	7:06
Abe Underwood	4:18:23	34:44	6:14

Note: Abe's times ranked him 1st and third for the 5.6 mile 2nd leg with Dave Davis' time good for 5th out of 9 runners.

Betschart, Russell & Potter ranked 4th, 5th & 7th respectively of the 9 Master runners on the 7.7 mile 1st leg.

Overall finish: 5th out of 23 teams. This was a well-organized race & will probably draw 50+ teams next year.

I would like to express my appreciation to the following people who helped at the Folsom Road Race: Gordy Vredenburg, timer; Barbra Peach, registration; Ellen Standley and Dick Forehand, registration; Diane Krebs registration and typing; Paul Holmes, awards Art Waggoner, finances; Mark Elgert, registration, timing; Dan Davidson, finish chute; Walt Lange, awards, results, and use of timer and standards; and those Chips who helped with sticks at the end. We made a profit of \$35 after the bills were paid and results were mailed.

Frank Krebs

Aug 19, 1978

Dear Bob, Dave & Buffalo Chips,

It has been brought to my attention that the "Chips," SWEAT & CRC Club Meet scheduled for Oct 1, 1978, is the same day as the Sacramento Marathon. For this reason, I have decided to reschedule the Club Meet for sometime this Winter. I will keep in touch with you and advise as a more definite date is planned. Please pass the word to your Club members, NO CLUB MEET IN CHICO ON OCTOBER 1. See you at the Marathon, Good Luck with the organization.

Paul Resignato, CRC

WANT TO RUN SOME HILLS PRIOR TO THE SACRAMENTO MARATHON? A 12.1 MILE COURSE WILL BE COVERED AS A SOCIAL RUN SUNDAY, SEPT 17 STARTING AT 8 A.M. SHARP! MEETING POINT IS AT THE SOUTH INTERSECTION OF THE DEER VALLEY RD/GREEN VALLEY ROAD. THIS IS ABOUT 4 MILES EAST OF BROWN'S RAVINE. CARS MAY BE PARKED ON DEER VALLEY RD. THE COURSE WILL GO EAST ON DEER VALLEY RD TO THE TOWN OF RESCUE. AID/WATER POINTS WILL BE AVAILABLE AT ABOUT 3, 6, AND 9 MILES.

Here's a suggestion that Chips who are natural food addicts will deplore, whereas the stalwart stuffguts and gourmets will relish it. After your next run in the Marin Hills (be it a Dipsea jaunt, Marin Headlands, Fort Baker, or Tiburon on August 19), treat yourself to a piece of pie at the Hickory Pit in Strawberry Shopping Center, just off Hwy 101 and slightly south of the Tiburon turnoff. Particularly recommended are the pecan (unexcelled) and the strawberry (makes Marie Callender's seem third-rate). Either will soar your spirits about a bad race; either will reward you properly after a good race. --- Paul Reese



# Marathon!

NEARLY 2500 YEARS AGO A GREEK SOLDIER NAMED PHEIDIPPIDES LACED UP HIS WAFFLE TRAINERS AND LOPED OFF ACROSS THE PLAINS OF MARATHON TO DELIVER A SPECIAL MESSAGE.



AND THOUGH HE FAILED TO QUALIFY FOR BOSTON HE SUCCEEDED IN ESTABLISHING A TRADITION!

**Today** 000

THE MARATHON IS A STANDARD FOOTRACE OF 26 MILES 385 YARDS. PREPARATION INCLUDES MILES OF TRAINING AND THE PROPER CHOICE OF EQUIPMENT.



ABOUT A WEEK BEFORE THE RACE THE RUNNER STORES ENERGY BY ENGAGING IN A STRANGE DIETARY PROGRAM CONSISTING OF...

3 DAYS OF CARBOHYDRATE DEPLETION...



3 DAYS OF CARBOHYDRATE LOADING...



3 DAYS OF PSYCHOANALYSIS...



THEN IT'S **RACE DAY!**

... A VARIETY OF COMPETITORS GATHER AT THE STARTING LINE.

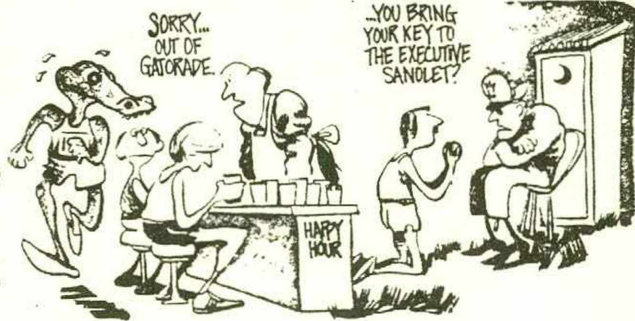


YOU'RE STANDING ON MY GUCCIS, MAN!

THE GUN SOUNDS AND THEY'RE OFF!



AFTER A FEW EASY MILES THE BODY DEMANDS RELIEF. AID STATIONS APPEAR ALONG THE ROUTE...

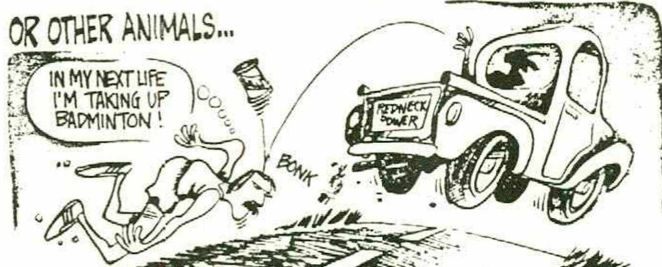




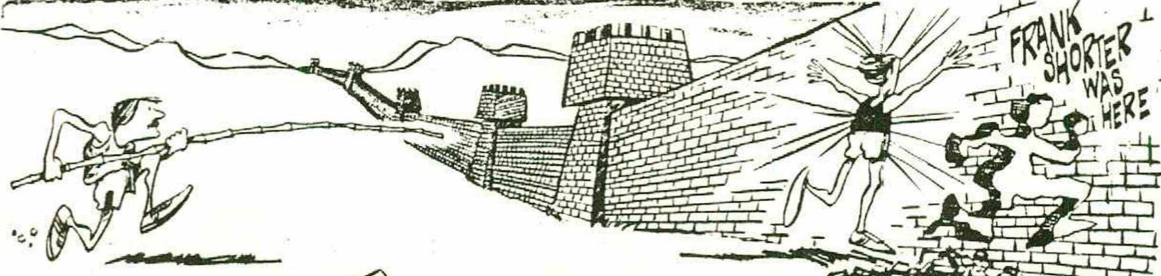
IN ANY LONG DISTANCE RACE THE RUNNER MAY ENCOUNTER UNEXPECTED HAZARDS SUCH AS...  
ANIMALS



OR OTHER ANIMALS...



AT ABOUT THE 20-MILE MARK MANY RUNNERS LEARN THAT THE ENERGY CRISIS IS FOR REAL! IT IS SAID THAT THE FEELING OF RUNNING OUT OF FUEL IS AKIN TO HAVING RELATIONS WITH A BRICK WALL.



SURVIVORS OF THE 'WALL' CONTINUE TOWARD THE FINISH.



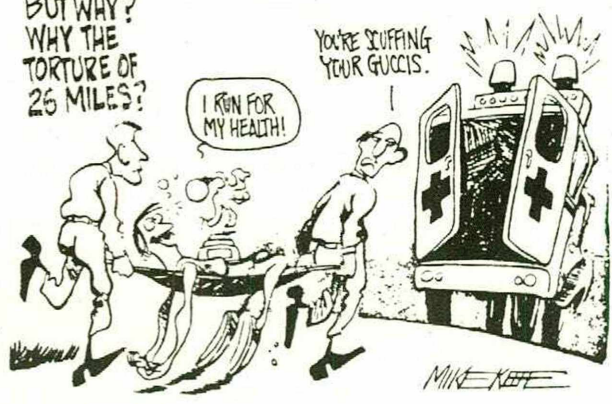
THEN, AT LAST!



A FEW GET AWARDS. BUT FOR MOST THE GIFTS OF SACRIFICE AND ACCOMPLISHMENT ARE ENOUGH.



BUT WHY? WHY THE TORTURE OF 26 MILES?



MIKE KEENE



## WHARF to WHARF

Last January Joyce and I planned to rent a house in Santa Cruz and just lay on the beach for a week and loaf. At that time Joyce was only running 1 mile a day. Little did we realize there was anything called 'The Wharf to Wharf'. During the Paul Masson Marathon I ran into an old friend and he mentioned something about a Wharf to Wharf. You're probably wondering what it is? Well, it's a 5.813 mile road race billed as a 6-mile run from the Santa Cruz Wharf to the Capitola Wharf. Little did we realize last January we would be in the Santa Cruz area during this famous race. We arrived on Sat. July 22nd and went to the local running store to find any information we could about the race. Before leaving Sacramento I was told by a Doctor friend, if I wanted to heal my ham-string, I should not run any races and absolutely no hills! Easy runs only!!

When looking at the entry form, I discovered they were giving T-shirts for places 1-25 in the 40 and over age group. Needless to say I didn't sleep that Saturday night thinking about all the possibilities for the next day. Run slow and no shirt. Run fast and possibly win a shirt and prolong the ham-string injury for another couple weeks. Actually I was 39 but it was only 3 days until my birthday. Anyhow, I was conceived 9 months earlier, and after all I was born late, so why not sign up for the forties.

Well, Sunday morning arrived and it was overcast and approximately 60°. Joyce and I jogged to the race (about 3/4 of a mile). On the way we ran into Paul Reese and Elaine Hocking. Paul said this was a very fast race. More wrestling in my mind as to what to do (slow or fast). After signing up, (the 40 and over line was shorter) we went to the start and ran into another familiar face with his "Chip" shirt on. John Lindquist from Lake Tahoe was also looking for a familiar face. As we were standing there exchanging "injury stories", Tim Miller came up and joined in. Another half hour and the gun signaled the 2,000 runners to begin their 6-mile trek to Capitola.

The first mile was mainly a battle to get away from the crowd and settle into some kind of pace. The first mileage sign I saw was the 2-mile marker and looking at my watch told me I was at 11:42. Well as long as I was this fast, I may as well keep up the pace. Ham-string felt great. Somehow I missed the 3-mile marker, but when I got to the 4, I was fed up with the hills. Actually, looking back on it now, I realize there were only about 4 or 5 hills and they were only 200 to 300 yards long, and the going down was great.

Anyway, my time was 23:50 at the 4. Looking around me I hadn't seen very many guys that looked over 40, and only one woman was ahead of me that I knew of. Somehow I missed the 5-mile marker but I knew the end was near because of the watch and the crowds were becoming heavier along the road. I should have known that one should never ask a spectator "how much farther 'till the end" near the finish of a race. "Only a short way", "Just a little bit", or "Only a quarter mile". At least the last quarter mile was flat or downhill. Finally I saw the "FINISH". My lungs were about to burst! Funny thing though---no ham-string problem. Finally I crossed the line at 35:18. Boy, was I tired, but feeling great because I knew I was close to a 6-minute pace. We went through a chute and received a small container of juice, a popsicle, and a ribbon with a place number on it. Mine was 178. Now I went back to the course to wait for Joyce. She's the smart one. Run slow and enjoy. She came jogging in about 25 minutes later just 15 minutes or so behind Paul Reese and Elaine. John Lindquist was around 32 minutes and Tim Miller was about 34 minutes. Jeremiah Russell ran the race, but I only saw him walking by after the race and didn't get a chance to talk to him.

To give you an idea as to how fast a race this is, the winner was Mike Pinocci at 27:37.1 and Duncan McDonald at 27:38. First woman was Sue Munday at 34:29. Fritz Watson in the age 30-39 was 8th place overall at 28:32 and the first over 40 class was at 34:46. Remember Paul Spangler as the oldest participant at the Ave.? Well he captured the honors at this race also. Joyce had the honor of running with a local hero, Cord Adams. He took home the trophy as the youngest participant at 5 years old. Oh yes--- I did get the T-shirt for a 15th place in the 40 and over category. Can you believe 15 40 and over runners between 34:46 and 35:18?

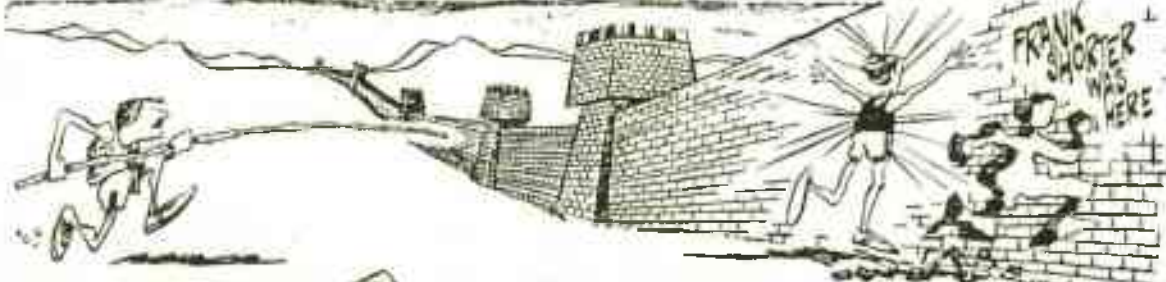
This race was really fantastic. Low price at \$3.00, cool weather, good cause (Soquel High School Track), refreshments, great course, and lots of prizes. Next year maybe we can get more than a .0035% CHIP participation.

Jim Karver

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Jim Karver

I BELIEVE  
THIS IS PART  
OF ISSUE # 31

THE DATES ARE  
ABOUT RIGHT

AT



# BUFFALO CHIPS

RUNNING CLUB



NUMBER 35

Bob Hedges  
Hal Baker  
Art Waggoner  
Dave Davis  
Mark Elgert

High Dunger  
Vice Dunger  
Dung Counter  
Membership Dunger  
Dung Scribe

447-3261  
443-4514  
383-4667  
363-9142  
363-3754

Dec 23, 1978

PA-AAU 60-KILO

By Abe Underwood

West Sacramento - Dec 10, 1978

It was cool and clear, just right for a little 37.2 mile training run. However, 35 of the 38 starters (92%) took it a bit more serious than that and turned the race into a successful event. The two-mile loop course proved anything but boring, and infact probably contributed to high finish rate. As expected, the Chips dominated the race with a total of 11 members entered. The Club took both team titles as well as several individual. Full results as follows:

<u>Place</u>	<u>Name</u>	<u>Time</u>	
3.	Abe Underwood	4:07:20	2nd 40-49 & Masters Team
6.	Tim Hicks	4:27:32	30-39 & Open Team
13.	Dave Davis	4:57:00	Masters Team
14.	Dennis Letl	4:59:07	Masters Team
16.	Hal Baker	5:06:57	Open Team
17.	Jeremiah Russell	5:15:17	
24.	Charlie Mersereau	5:45:37	2nd 50-59
28.	Howard Perkins	5:57:20	Open Team
31.	Bob Montgomery	6:28:08	
33.	Mike Mangiaracina	6:55:43	
35.	Marc Askew	10:39:54	

P.S. The Club was complimented many times for the well organized race. The credit and thanks for this goes to the many members who worked long and hard keeping split times and providing the excellent support at the aid stations. The runners appreciated it greatly.

Buffalo Chips Newsletter  
Medical Dept.

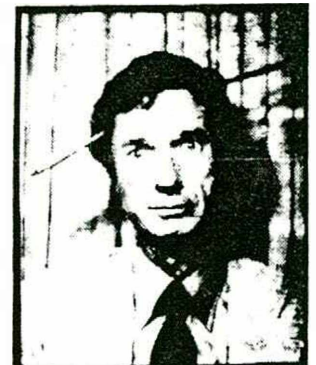
Gentlemen:

At the half-way point of a recent marathon I felt a sharp pain in my head. Being of a Spartan nature, I completed the race. At the finish, a doctor diagnosed my problem as a sinus condition and prescribed aspirin and rest.

Since then the pain has persisted and I have had trouble going through narrow doorways. What do you recommend?

L.C. Nerd  
Elk Grove, Ca.

PS Perhaps the enclosed photo will aid in your diagnosis.



Dear L.C.:  
Obtain a portable chainsaw to enlarge doorways, and avoid running in the Little Big Horn Marathon.



## LETTER FROM THE EDITOR

This month's Newsletter covers a number of various topics, some of which I'll elaborate on here. Bear with me if I seem to ramble and this article runs too long. First, however, let me apologize for last month's N.L. which was not only skimpily, but also quite late. Between schoolwork and my part-time job, I got really bogged down and was unable to devote full attention to the N.L. I regret any inconvenience this may have caused anyone. For penance I've been reading Dr Sheehan while standing outside at midnight clad only in my New Zealand splits running shorts.

In late Sept. I had the privilege of serving as the assistant director of the Pepsi of Reno-Lake Tahoe 72 Mile Run under Race Director Charlie Mersereau. This year's race saw the starting and finishing fields increase dramatically, as well as the first-ever women contestants, of whom four of the original five finished! Credit for a good race goes not only to Charlie and all of the entrants, but also to a little-known individual whose generosity enables the race to exist. Dick Kinner is the Pepsi distributor in Reno, Nev., and along with that is one heckuva nice guy! A non-runner, he nevertheless keeps the welfare of the competitors foremost in his mind, instead of seeking a big commercial splash. Among other things, he insures that each starter receives a tank top, and each finisher receives a plaque with his or her name engraved on it. Dick also sponsors youth baseball and football teams in the Reno area, and has been known to occasionally wine and dine race directors and their assistants. It's a real pleasure knowing you, Dick!

October saw the second annual Sacramento Marathon/Half-Marathon and the affair was a credit to race sponsor/director and BCer John McIntosh as well as to the city of Sacramento. Especially dear to me is the memory of all those people who stood on their lawns cooling us off with the spray from garden hoses. Also in Oct., Merced again proved to be a good place to run as several Chips journeyed down for a 15 km (event there).

November marched in with BCer Pete Shoener's Apple Hill Runs (with quick results this year!) that were deviously routed past a homemade apple-pie "factory"-Pete sure knows how to hurt you! Before the month was out, the Pepsi-20 was renewed, again thanks to the efforts of Paul and Elaine. Rumor has it that in making the switch to the weekend before Thanksgiving, the directors contacted every agency concerned (law enforcement, schools etc) except for the weather bureau, hence the rotten weather that day and beautiful weather one week later. "We were expecting it (the Pepsi-20) to be the Sunday after Thanksgiving, as it usually is," commented one hapless meteorologist about the snafu. Judging by the number of Chips who ran FR's that day, it didn't matter at all. The November 1978 issue of CITY SPORTS which is a monthly tabloid published in San Francisco, had two articles in it that were of interest to us. There was a profile of past H.D. Jon Brown, and an article about the club in general. It describes our start by a handful of relay runners to our present organization, and quotes from several members. Speaking about the role of women in the club, Marcia Bogle said, "But recently its become very supportive of women and beginners." This word needs to get around. So often in talking with women runners I hear the same old refrain, "But don't you have to be a good runner to join the Buffalo Chips?" It doesn't matter that the answer to that is no; what matters is why the question ever comes up in the first place. This is a problem we all have to work on, as well as finding the proper balance between "fun runners" and those who take their racing seriously.

December saw some Chips escape the cold spell in Sac'to to run in the Honolulu Marathon. Those stoics who remained behind were able to run (on the same day) in the first-ever PA-AAU 60 km (37 mi.) Championship Race in West Sac. The brainchild of A.J. Underwood, who also directed

(Cont'd.)

it, the race was an unqualified success. Everyone who ran it that I've talked to enjoyed it. Abe reported 35 of 38 finished. Abe has been honored by Runner's World by being named one of the finalists for RW's 1978 Best Runners Awards in the Ultramarathoner category. A panel chosen by RW will pick from Abe and three other nationally famous runners, and will announce their choice and present their awards at the banquet on Saturday, Dec. 30th during National Running Week. Congratulations and best wishes to you, A.J.

January brings with it elections...Our club has grown tremendously and this has caused some problems for us. We have been fortunate in having excellent leadership so far, but our size is creating a serious problem of apathy among members. The folks who show up at club runs, club socials, and business meetings are for the most part the same faces who have been showing up at those same functions in the two years I've been a Chip. The only difference is that we've now almost doubled in size since I joined. In looking over the club roster I find that I hardly recognize any names anymore. I sincerely hope that I'm surrounded by strangers on Wed. night, Jan. 24th, 1979 at Sam's HofBrau when we convene for elections. THIS IS YOUR CLUB, SO TURN OUT AND HELP SUPPORT IT. We get a lot of complaints about no social functions, no club runs etc, then when one is planned, the same hard core of support shows up. Being a Chip means more than wearing a unique gold-and-black tank top at local races...let's get some support for the organization itself or it will surely become the impersonal monster everyone is already afraid of. Let's nominate dedicated candidates and support the ones chosen by us to lead us...

On Dec. 9th a runner from Carmichael named John Watt collapsed and died at the Livermore Marathon with about 1/2 mi. to go. Although he was not a Chip, John was a good friend and running companion to many of us in the BC, and we feel his loss greatly. His death is certain to provoke hysteria among the news media and those who fail to understand running. It will be cited by "medical authorities" hostile to exercise. The autopsy is incomplete, though I understand that heart attack has been ruled out. Let us remember Nancy and his family during this holiday season.

With that, I'll get down from my soapbox.

See you on the trails...

Mark

---

## CHIPS IN "BLAZING" FINISH AT TAHOE 72

by Mark Elgert

Seven Buffalo Chips were at the starting line for the third annual Pepsi of Reno-Lake Tahoe 72 Mile Run, and five of them completed the grueling run. Marc Koschler was the first Chip to finish (5th overall in 10:58:40) followed by Bob Hedges (8th in 11:29:39). Hedges took the blazing finish bit literally, as when he crossed the finish line, a log cabin about 50 yds. in back of it burst into flames. For the next 1 1/2 hrs runners, police, and volunteer firemen coexisted in the same area, and later finishers were unaware that a conflagration ever took place. George Parrott was the next Chip to complete the superlap (12th in 12:44:11). Sometimes Chip Sally Edwards became the second woman ever to complete the race (20th in 13:15:15). 23 finishers were closed out by Dave "I'll run it as a lark" Davis, who has been heard to say that marathons are too long (22d in 13:34:15). Judging from the look on his face at the finish, he may be reevaluating that statement. Other Chip starters were Abe Underwood, who had won the Masters division one week before at the National 50 Miler in Santa Monica, and Marc "The Ancient Mariner" Askew. A.J. dropped out to join Sally's pit crew, and Marc called it a day after one marathon.

### Racing's Toughest Division

During the ten years I have been active in long distance running, I have heard many complaints about the inequities of age group designations. It seems everyone thinks his is the toughest division. Let me settle the issue once and for all. The toughest division is "40 and over".

Names like Holmes, Howard, O'Neil and Malain don't worry me. I know their capabilities and what I have to do if I want to compete with them. It's the unknown " and over" that worries me.....What if the Russians were to send their Azerbaijan National Team over here. These men live to be 150 years old. Just think of the countless years of base training and experience they have accumulated.

A recent issue of N.C.R.R. (Northern Crimea Running Review) develops the following facts:

Their Junior Team (ages 65 - 99) recently won the Lake Baikal Relay, (800 Miles - 20 Men) and placed 1, 2, and 4 in Mukluk Games at the North Pole

Their Sub-Masters Team (100 - 124) Successfully defended their Golden Curd trophy by winning the Ulan Bator to Tannu Tuva Relay. This race is judged not only by elapsed time but also by the quality of the goat milk curd formed in leather bags suspended beneath their armpits as they run. They not only finished first but also received the Betty Crocker Award in the "Desserts, Other" category.

Their Senior Team (125 and over) is their pride and joy. It is led by Igor Underwood, who daily runs around Finland. Igor comes by his talents naturally. His grandfather, Vladimir, won the fabled Avenus of the Obelisks Marathon in 1703, despite stopping to pillage and plunder three villages and to sodomize a flock of Astrakhan mountain goats along the way, thus earning for himself the sobriquet of "The Walter Stackewski of all the Russias". "It was a P.R." he was heard to murmur modestly after the event.

What more can I say? I can hardly wait for those of you, secure in the womb of your closed end age brackets, to graduate into the "40 and Over" group so you can share with us the anxieties of the impending Russian invasion

Walt Retschart

---

*This might not make it in time, but Dave Davis says that anyone who has NOT renewed their club membership by Dec 29<sup>th</sup> will have to obtain their own AAU cards. Dave will send in the club dues to the AAU that day, as well as those members who have renewed by then.*



THE PEPSI 20 or SOGGY LABELS

By: Elaine Hocking--Reese

It's 2:00 a.m. in the morning and the race has been officially over since approximately 4:00 yesterday afternoon. I think I have checked and rechecked the results boards enough times to have most people in their correct finish places. How is it possible for two and three people to have the same finish place? The finish envelopes were checked three times by three different people before the race and found to be correct..

My vision is blurred and my back and legs hurt from bending over these damn finish boards. Damn the guys that ran through the finish chute unofficially! They have thrown the times off by a minute or two, here and there, and I'll never get them straightened out. And then, there were the guys who ran with women's numbers and even turned in women's labels. Lord, how much is a meet director supposed to take!

All I can remember about the finish is a swaying mass of sweaty stomachs with soggy labels. Thank you, Art, for keeping your label dry! And this nameless young runner kept his label in a baggy; bless you, my son! Why did it have to rain on Pepsi day? We had everything planned so perfectly...I planned to have the runners pass the finish boards, collect their t-shirts and be out drinking Pepsi before they wound down from their finish sprint. Damn the rain anyhow!

One thousand five hundred and eighty runners to keep straightened out...I'm not sure I'm young enough, or patient enough, to survive another Pepsi race. Thank God for my good helpers! I'm sure they are as tired as I. I wonder how they perceived the race. Did the new people expect working at a race to be glamorous? The seasoned helpers should be commended for their tenacity. Bless every one of them.

I'm giving these finish boards one last critical review before pronouncing them reasonably correct...And, as I do, the sweaty stomachs and soggy labels are transforming to people; some dedicated athletes, and some who run purely for the joy of running. Suddenly they are real people and they enjoy running and we gave them a race! How can I be so selfish as to even consider giving up the race. They have run 20 miles in the rain and mud, and are patiently waiting for us to get their labels processed. Some are too late for T-shirts and are feeling very sad. God bless you, my precious runners-you played by the rules!

I think I'll call it a night and stumble into bed...tomorrow is another day! I've got to get together with Paul and start planning next year's Pepsi race. We've got to do something about the possibility of soggy labels.

END

---

*Late Poop... The California 10 will be held on Sun. Jan. 7<sup>th</sup>, 1979 in Stockton. Last day to pre-register is Fri. Jan 5<sup>th</sup>, although they will accept entries on race day (for \$2 more). They have also announced a cutoff this year at 1,000 entrants. Enter early if you intend to go... Applications are available at local sporting goods stores.*

## CHIPS SHINE IN SOUTHLAND

By Jeremiah Russell

October 22, 1978 Several BC'ers journeyed to Merced to spend the night and run in the 15 Kilo Bell Race (83 finishers) that Janie and I put on for the Merced Track Club. Garry Green eclipsed the old course record by more than a minute as he blistered the 9.3 miles in 49:28, 10 seconds ahead of defending champ Curt Elia. Bob Hedges, despite suffering through my form of carbo-loading placed 11th (3rd 30-39) in 55:54, followed by Mark Elgert, 30th (61:20); Bob Montgomery 45th (67:46) and Nancy Remley 72nd, 7th Woman (80:28). Jane Johnson, showing off for her daddy captured 1st place (12:48) in the Women's Open division (34th overall) in the 3,000 meter race (69 finishers).

## MASTERS TAKE FRESNO (250 Starters)

November 11, 1978 The first cold day of the year brought out the best in the BC Masters. I was really surprised and happy to see so many Chips at the FSU gym as I warmed up for the 1st ever Central California Marathon. Bob Malain (2:51:30) and Walt Betschart (2:55:27) finished 1-2 in the 50+ division and Malain won a much-deserved free ticket to either Boston or Honolulu for his efforts (and a little luck of the draw). Not to be outdone, "Old Fart" Chris Delgado really turned on the talent everybody knew he had to win the 40-49 division (2:51:38) and a new nickname in the process. Another high point of the race was the excellent 2nd place team finish (overall) by the Chips behind host Fresno Pacific Track Club. Of the 190 finishers, the Chips stacked up as follows:

11.	Bob Malain	2:51:50	*1st 50+
12.	Chris Delgado	2:51:58	*1st 40+
19.	Walt Betschart	2:55:27	*2nd 50+
30.	Pete Schoener	3:04:48	
37.	Jeremiah Russell	3:07:13	
85.	Susan Martin	3:34:09	*2nd OW
*111.	John Clark	3:48:55	

\*Clark was running the first of 2 marathons in 2 days.

## Future Runs....

With some assistance from John McIntosh, fellow Chip Paul Goodwin, Un-Chip Mitch Moser DPM, and myself are hoping to start monthly 5 km/10 km runs in the Granite Bay section of Folsom Lake Park. Tentatively, the rangers have agreed to close the road in the north half of Granite Bay for our use. The course will be out and back with a halfway turnaround for 5km. It's all paved, fairly flat, and shadey. We're aiming to start on January 13th or 14th with a major run April 29th. As the date approaches further information may be available from McIntosh's. If not, call me at 791-7439.

Dick Gross

## ELECTION TIME IS NEAR...GO TO THE PUB AND VOTE

H.D. Bob Hedges sends word that club elections will be held on Wed. Jan. 24th, 1979 at Sam's HofBrau (corner of Watt and El Camino). We have reserved the back room there (in a break from American political tradition the room will NOT be smoke-filled) for dinner and voting. Proceedings will start at 7:00 P.M. sharp. If you have any candidates for office please contact any club official with your nominations. This year's elections will be for four (4) offices. High Dunger (President), Vice-Dunger (V.P.), Dung counter/ recorder (secretary/treasurer and a new position, Activities Coordinator. We have been fortunate in having good leaders so far-let's find some candidates to carry on club tradition. SEE YOU ALL ON JAN. 24 at Sam's HofBrau.

Dear Sir:

I was appalled to read the account of the Santa Cruz Wharf to Wharf race in the 9/78 Newsletter.

His specious and self-serving excuses notwithstanding, Jim Karver could possibly salvage some modicum of integrity for himself and honor for our club by immediately mailing his ill-gotten Santa Cruz T-Shirt to the 26th finisher in the Master's Division of that race.

*Doug Rennie*  
Doug Rennie

Editor's note: This letter is in reference to an article in Newsletter #33, Sept. 1, 1978 and reflects a number of similar opinions that were voiced to me.

The recent acts of violence against two women runners on the American River Parkway are of concern to us all. The following information has been compiled-with all runners in mind-by a group of women runners with the help of the Sacramento Sheriff's Department, Police Department, and the Rape Crisis Center.

In the last 3 years, there have been 66 reported crimes on the Parkway. There are others that have not been reported.

#### UNPREPAREDNESS LEADS TO VULNERABILITY.

##### AVOID TROUBLE

- . PLAN AHEAD. Know the area or streets where you run. Plan evasive action ahead of time
- . DEVELOP YOUR SENSES. Pay attention. Listen to your intuition.
- . DON'T BE EMBARRASSED. If you sense a problem, run the other way. (Or to the other side of the street.)
- . CONVERSATIONS. You don't have to engage in any-or give directions or any other information. If you do, do it from distance.
- . DON'T RUN or walk or ride ALONE. If you do, consider running on the Parkway levee road. DON'T RUN AFTER DARK.

##### WARN OTHERS OF PROBLEMS

CONSIDER THE ALTERNATIVES on how to act if you are attacked. Have enough information so you are able to act sensibly. INFORM YOURSELF.

- . Consider SELF DEFENSE classes.
- . It is legal to carry MACE if you have taken an authorization class and obtained a license.
- . Know your natural weapons - know what weapons are legal.

IF YOU ARE ATTACKED, KEEP YOUR HEAD. BE CONFIDENT, ACT ASSERTIVE. SHOUT OR SCREAM, FIGHT, RUN, if you can. BE ANGRY, NOT FEARFUL.

GET HELP. CALL THE POLICE. Dial "0". Action is faster on the Bike-trail if you remember that the Sacramento City Police cover Discovery to Watt Ave- and the Sheriff's Dept. covers the rest of the Parkway.

POLICE EMERGENCY 449-5151 SHERIFF'S EMERGENCY 440-5111

REPORT "FLASHERS". Indecent exposures may lead to more dangerous acts. Report suspicious happenings.

##### YOU CAN GET HELP, ADVICE, BOOKLETS, SPEAKERS, ETC.

- . Sacramento Sheriff's Dept. Crime Prevention 440-5152
- . Sacramento Police Dept. Community Resources 449-5732
- . Sacramento Rape Crisis Center-24 Hr. Hotline 447-7273  
Office 447-3223
- . Sacramento City College Mace Authorization Class 449-7443

Thanks to MC INTOSH'S SPORTS COTTAGE AND FLEET FEET for printing costs and other help.

The Runners Group. Candy Hearn, Roberta Ratcliff, Carol Walker.

Sign up for a running companion at McIntosh's!



1973-1974

For this year's elections, details of which are elsewhere in this issue, we would like to have at least three (3) candidates for each position. Nominations may be given to any club officer, and will also be taken on the night of the elections.

Got problems with Christmas gifts you had to return and you're left with the dilemma of what to get? Your troubles are over! Hal Baker still has a supply of small and x-small Buffalo Chips Tee shirts for kids, boney geeks, and jockeys...Call him if you're interested.

The newsletter's most popular feature is missing this month...the Schedule. It will be back next issue as soon as its compiler returns from a trip to the North pole on or about Dec. 25th. Meantime, consult the grapevine or the Nor-Cal Running review.

Your peripatetic editor has moved again...new address is 9005 Casals St #2, Sac'to 95826. Phone is 363-3754...By the way, if you have moved or any other info about you on the club roster is incorrect, please contact Dave Davis about it...his number is printed on the cover of every newsletter.

Bjers George Farrott and Elliott Eisenbud are planning a low-key unofficial "Year's End Marathon" for Dec. 31st in Sac'to...for further details call one of them.

As most of you know, we changed editors at the Newsletter this year. I have enjoyed putting the N.O. out, and hope you find it useful. I would be very interested in your opinions about the "new" N.O. that you like, don't like or would like to see added to the format. I would have liked to see more racing results myself, but the articles weren't forthcoming this year. Any other suggestions, criticisms etc. will be welcomed. Call me, write me or speak to me when you see me.

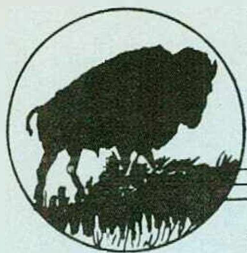
DAVE DAVIS  
BUFFALO CHIPS RUNNING CLUB  
9142 FIRELIGHT WAY  
SACRAMENTO, CA 95826



Abe Underwood  
6555 Park Riviera Way  
Sacramento, CA. 95831

3<sup>rd</sup> CLASS





# BUFFALO CHIPS

## RUNNING CLUB



NUMBER 29

Bob Hedges  
 Kal Baker  
 Patty Zindler  
 Art Waggoner  
 Dave Davis  
 Abe Underwood

High Dunger  
 Vice Dunger  
 Dung Recorder  
 Lung Counter  
 Membership Dunger  
 Lung Editor

Sacto 391-8370  
 Sacto 443-4514  
 Sacto 455-4871  
 Sacto 383-4667  
 Sacto 363-9142  
 Sacto 392-7672

FEB 15, 1978

SPRING THINGS

### SPECIAL EVENTS

MARK YOUR CALENDAR NOW!

MON FEB 20  
 SALMON FALLS TO  
 BROWNS RAVINE RUN  
 10:00 AM - DON'T MISS IT

SUN MARCH 12  
 RUSTY DUCK RUN  
 RIO AMERICANO H.S. AT 9:00AM  
 GUY WEST BRIDGE AT 9:30  
 FINISH AT DISCOVERY PARK  
 BRUNCH AT THE DUCK AROUND 11:00

JUN APRIL 2  
 THE BUFFALO STAMPEDE  
 UC. DAVIS - 10:00 AM

SAT APRIL 8  
 CHICO - REDDING  
 RELAYS  
 TEAM LEADERS NEEDED

FRI EVENING APRIL 14  
 BC CLUB MEETING - 7:00 PM  
 RANCHO CORDOVA CLUBHOUSE  
 2197 CHASE DRIVE  
 • POTLUCK • MOVIES • SLIDES • AWARDS

THIRD SECTION

San Francisco Chronicle

Sat., Oct. 8, 1977





FROM THE TOP OF THE FILE

First of all, I consider it an honor to have been selected High Dunger, particularly since I have been a member only a short time. I am looking forward to the coming year and hope that it will be fun for all members of our club. I encourage suggestions from anyone, especially the new members, on ways that we can improve the club to ensure that everyone will feel that they are part of the club.

A number of people have expressed interest in joining the club but are concerned that they maybe don't run fast enough or are just beginners. Hopefully we can assure these people that regardless of speed or ability, they are welcome.

It appears from the turnout at the last meeting that the friday concept may not be a bad idea. We are going to give it another go (See details later in the newsletter). Should be a good one. Anyone that has pictures, slides or any other items please bring them along.

The informal gathering at Tia Maria (Arden Way) is a continuing Friday after work affair. Allrunners, friends of runners and anyone else is welcome. As Doug mentioned, cold spirits, munchies and plenty of bull is the usual bill of fare. Seems like lately these meetings have extended well beyond the Happy Hour cutoff of 7:00. I don't recall hearing many complaints however.

I was party to a very rewarding experience at the Paul Masson Marathon on January 22. I was fortunate to have been able to run along with Doris Cummins and Bob Montgomery, both running their first marathon. Both ran a very good race and at an even pace. (Something I have been trying to do for quite some time). As I recall, there was a constant line of bull for almost the entire distance. Helped to keep the mind from the tired feet and legs. Sally Edwards was also a member of the foursome and can attest to the fun day. After the race fluid replacement went extremely well I might add.

I was informed this weekend that Meesha suffered a broken ankle and will be in a cast for about two months. Take care Meesha and we'll be waiting for you to get back in action.

Thats about it for this go round. Hope to see you on the trail and at the informal club runs and races. We'll make this club one with which people will want to be associated.

HAPPY RUNNING

*Bob Hedges*

P.S. I HAVE BEEN ASKED NUMEROUS TIMES,  
WHERE ARE THE RESULTS & RIBBONS  
FOR THE APRLE HILL RUN ??



## Pepsi 20 Mile Run

### A REPORT TO THE STOCKHOLDERS

Since so many Chips run in the Pepsi 20, Elaine and I thought a thumbnail report to the stockholders might be in order.

Total liabilities were \$5146.74 which included \$4270.74 cash outlay (printing, T-shirts, jackets, postage, numbers, etc). and \$876.00 of Pepsi products.

Total assets for 1475 entry fees (minus \$20 of bad checks) amounted to \$3667.50.

Thus, the actual cash loss on the race was \$603.24; the actual product cost was \$876.00. In total, it costed us \$1479.24 to put on the race.

Speaking of the PEPPI, a surprisingly large number of race questionnaire/survey forms are being returned to us. The main trends from these runners are:

1. A desire for more T-shirts even though this means raising the entry fee. Accordingly, we are thinking of raising the fee to \$4, staying with the same quality shirt, and giving shirts to the first 1,000 finishers.
2. A desire to have the race the Sunday BEFORE Thanksgiving rather than the Sunday AFTER Thanksgiving. Those traveling complain about the highways being clogged on the Sunday after.
3. The need to have more aid stations or more help/water at the ones we have. (We'll work on that.)
4. The need to bring in some portable potties at the high school. (This, at a cost of \$35-40 each, will be done).

We would like to hear from any Chips who have strong feelings, pro or con, on 1 and 2 above. Write me at P O 2271, Sacramento, 95810. - Paul Reese

---

Faithful Chips who ran the Pepsi and attended the awards ceremony saw me fall victim to a conspiracy. Seems that some of the Chip clan conceived the idea of presenting me with a plaque (engraved with some very flattering phrases which, even if hyperbole, are, day in and day out, a boost to my morale). After conceiving the idea, they connived to present the plaque to me at the Pepsi awards ceremony, this being a complete and most pleasant surprise. Habitually, I've stashed all trophies and plaques in the dark recesses of the garage, except for a plaque presented by the Dolphin South End Club. This Chip plaque will be the second exception, being displayed prominently in my abode, for it carries special meanings being from caring friends and being a personal or person award rather than an athletic award. I appreciate very much. Paul Reese

## CHIPS UNDERWHELMED AT PORTLAND

by Jonathan Brown

The Sixth annual Portland Marathon was held the 17th before the PPSI 20 and three CHIPS journeyed north to test their luck. The Sixth Annual is actually a misnomer for the race was on a new course and according to those that had tried the old SAUVIE ISLAND course, the new route was far inferior. The racing conditions were fairly good -- overcast and until about an hour into the race no wind to speak of. The course started at the University of Portland and wound through city streets following a road which ended at the junction of Portland's two rivers. It was a flat course with the exception of two small hills near the end of the course. The course monitoring and traffic control were excellent unfortunately this did not make up for the less than adequate aid stations, split timing and finish procedure. The aid stations were at 8 miles, then 14, then every two miles after that until twenty. There were three stations between 20 and the finish. This made them of little or no value to me and I think that the majority of runners felt the same way. Split timing was not exactly accurate. One example; a person who finished behind me by more than one minute was credited with a 22 minute five mile split between 15 and 20 miles--possible but not likely. Also, although I thought that there were no more than 5 runners with me at the 15 mile point I counted more than 30 with my time listed in the results. The finish procedure was inexcusable. It took me almost two months to find out my time and place although I left the race three hours after I had finished. The finish chute was virtually unmonitored so that no one called time or place when you crossed and the location for recording places was far enough away from the finish line so the possibility was created for persons to move up in place after the finish by several places. The University of Portland provided ample facilities, although Fraser wasn't overly impressed with the post-race meal.

Each of the CHIPS who ran the course compiled an amazing time. Fraser Rasmussen striving hard after the immortality of listing in Runner's World (for this honor you need a 2:45) ran 2:44:57. Not to be outdone by Greg Mayer (who ran a still unverified 2:52:48 at another Oregon race) came even closer to 3 hours with a 2:59:51. Chris Gorland picked up the valor award for the afternoon running a 4:44:52 with the burden of a terrible cold (caught earlier in the week) going along for the entire ride. The competition at three hours was intense; there were 13 finishers in the last 50 seconds before three hours, five of those finished in the last 10 seconds.

All in all the race could be considered flat but the long straightaways made the thing seem extra long. There was an eight mile segment where runners had to fight a cross wind for most of the distance. If you feel that strongly about getting out of the Pond there might be better courses to run.

---

Hi Dave and Fellow Chips:

Greetings from Minnesota, we moved here two weeks ago and are getting adjusted. Believe me, 19 below zero with 59 below zero wind chill takes some getting used to. I plan to send the Editor (Abe) a few short articles and maybe a photo or two in the near future.

Good Running,  
Marty (Szekeres)

Editor Note: Marty and his family moved to Minnesota almost directly from the Honolulu Marathon - What an environmental shock that must have been!!

## FIESTA BOWL MARATHON

Carefree, Ariz. (12/10) The 6th running of the Annual Fiesta Bowl Marathon was not a paragon of organization. Things looked pretty grim when we showed up the afternoon before the race to pick up our information packets. With 1,500 pre-registered runners, one would have thought that distributing the envelopes might have been easier if they were put in alphabetical order. After a 20-minute break in which those of us at the head of the line helped alphabetize things, the distribution speeded up.

While waiting in line, new maps of the course were distributed indicating a last minute change in two places on the course. One of the changes was the starting line. Judging from the traffic problems encountered during the race, I suspect that the course will be changed again for next year.

In any event the race started nearly at the advertised time of 9:00 AM, and we were off on the downhill sprint, led by Walt Betschart. The first mile was clearly marked, but no one was there to provide the split. Those with their own watch had some idea of their pace. The same thing occurred at the five mile point. Clearly marked, but no timer. Times were provided at the 10 and 15 mile points, but not at the 20 or 25. At the 20 mile point the time was given at the aid station which preceded the actual 20 mile point by about  $\frac{1}{2}$  to  $\frac{1}{4}$  mile.

The race appeared to be put on by non-runners, as runners' needs were not greatly considered.

Chip performances were notable as Art Waggoner had to hire a U-Haul to bring his trophy for 3rd place in the over 50 category home. Walt Betschart was 5th in the same division after slowing down from his early sprint pace. Paul Holmes ran a PR marathon in a time which would have won the 40-49 division the prior year, but was only good for 6th place this time.

Approximate times and places for the 4 chip runners were as follows:

PL		TIME
58	Paul Holmes	2:44:47
184	Art Waggoner	3:01:26
240	Walt Betschart	3:08:54
420	Jack Betschart	3:30:00

This was Jack's first try at a marathon. He's not sure there will be more.

### CHAMPION MINE GOLD RUN

Nevada City (12/3) Only a few Chips made it out of the valley smog for a few bright moments of sunshine and a run through the hills around Nevada City. A relatively small field of 63 completed the up and down Nick Vogt Special. Awards to division winners and some runner-ups consisted of \$5.00 gift certificates at the local Farmer's Market.

Skyler Jones won the race since Chip Mike Van Horn didn't show up to defend his title. Bob Borbeau of Reno won the Master's Division as he lowered his course record by about 20 seconds.

Chip finishers and times were as follows:

PL		TIME	PL	- DIV
6	Paul Holmes	46:57	2	40+
12	Bob Malain	48:53	4	40+
36	Sam Squiller	56:27	10	Open
38	S. Rosenstein	57:47	12	Open
40	C. Mersereau	59:53	8	40+



## HONOLULU REVISITED

by Abe Underwood

December 11 - Honolulu - I made the trip for a second time to experience probably the greatest marathon there is. I had plenty of company as there were over 3000 runners this year. The amazing thing was the number of Chips - would you believe 13!! I've told my story of this race before, so I'll leave that for any of the others that would like to contribute their experiences. I'll just give you the results.

46 Jim O'Neil 2:44 2nd 50+  
109 Abe Underwood 2:56  
156 Martin Szekeresh Jr. 3:00  
239 Mike LaPierre 3:07(now living in  
245 Greg Mayer 3:07 Honolulu)  
351 Paul Reese 3:15 2nd 6C+  
466 Richard Szekeresh 3:23  
563 Rick Edson 3:28  
612 Martin Szekeresh 3:30  
1094 Mike O'Neil 3:51  
2070 Dr. Paul Goodwin 4:44  
2184 Joan La Pierre 4:52 (First marathon)  
2872 Loy Goodwin 7:11(First marathon and  
courageous effort.)

Other Sacramento finishes included Jim Garibay 3:14 and Clint Whitney 3:39. A number of Aggies, led by Rudy Dressendorfer 2:41 and Peanut Harms 2:44, were also among the many happy finishers.

## LOOK HOMEWARD ANGEL

or

## HOW THE PHOENIX SANK BACK INTO ASHES IN ARIZONA

The shimmering, iridescent stars slowly gave way to dawn. The scent of sage blossom wafted across the tranquil desert landscape. A lone coyote wailed in some distant rendezvous. Visions of ancient Navajo couriers treading down the dusty trail upon which I was about to embark danced through my head. --oh shit -- here I am half way through my allotted space and I've blown it on a nauseous conglomeration of Greg Mayer-like sop.

What really happened was that heat, in the form of constant pressure from Art Waggoner, combined with a dry desert sun, wiped me out on my intended triumphant return to the Fiesta Bown Marathon. After cruising through the first 15 miles at a 6:20 pace, I withered to 8:24 the rest of the way. Art caught me at the 23 mile mark. In less time than it takes to examine Doug Rennie's medal collection, he was out of sight on his way to a well deserved 3rd place trophy which was about twice the size of the Heisman. I had to settle for the 5th place medal. Oh well, medal-wise it puts me one ahead of Prince Ranier of Monaco, although still 875 behind Daryl Beardall.

--Walt Betschart

## CHIP MASTERS CHRISTMAS RELAY HAPPENING

By Art Waggoner

In spite of the efforts of Waggoner and Holmes, the Chip Masters not only placed well but were very quick. This herd of Ancient Buffalo was probably the best Masters team yet assembled. Outstanding times were turned in by Bob Malain and anchor man Jim O'Neil. The event happened in this order. No. 1 was Jeremiah Russell, who arrived expecting to run only 5 miles. No. 2 Art Waggoner. No. 3 Fast inspite of an injured left extensor digitorium longus was Paul Holmes. No. 4 One of the Chips new superstars, Bob Malain. No. 5 The "Guru" of Distance Running, Paul Reese (ran even though he was nursing a bad cold). No. 6 Stands tall in many respects no matter what Rennie says, Walt Betschart. No. 7 The newest superstar of the Chips, none other than "Sacramento Slim" Jim O'Neil. Thanks to all for participating and congratulations on a job well done.

## FINANCIAL STATEMENT OF CLUB FOR 1977

Balance carried forward from 1976...	\$89.43
Total deposits made in 1977.....	\$1990.14
Cash position before expenses..	\$2,079.57
Club Expenses.....	\$1,152.57
Balance in checking account	
January 1, 1978....	\$927.00
Special Fund Race	
Balance carried forward from 1976....	\$1.73
Income from three races sponsored	
by club.....	\$552.51
Balance in Special Fund.....	\$554.24
Elect. timer owned by club value....	\$59.00
TOTAL ASSETS .....	\$1,540.24

## WOMEN CHIPS AT XMAS RELAYS

by Bettina Brownstein

When Geri Scott crossed the finish, Doris Cummings was only a minute plus behind her. Thus, the two Chip women's teams completed the Xmas Relay in a near tie. The grueling seventh leg didn't faze either of them, although they gratefully clutched water bottles proffered at the foot of the second big hill. Since she'd been cold all day waiting for her leg, Geri took off wearing her sweatshirt and knit cap. After a mile, she threw them to her support crew, saying she couldn't believe how she'd gotten hot so quickly! As they finished, both Doris and Geri managed to smile and ask when the next relays were coming up.

Organizing the two teams involved the usual hassles and frustration. Kay Marshall got out of competing by falling off her high-heeled wedgie and breaking her ankle. (I nominated her for the Club's "Most Unusual Injury" award.) And our secret weapon, Andrea Garvey, came down with an acute case of tendonitis. At one point I was so desperate, I stopped women running around McKinley Park. That's how I signed up Sandy Giuliani, who'll be a good addition to future relay teams.

Special thanks to Ellen Standley, who really rescued me in the final week by taking charge of the second team. We must have made fifty calls to one another and countless more to other runners during the last three days before the big event.

The morning of the big day, we arose at 4 AM and picked up a full load. As we drove into Santa Cruz, it started to rain. At that point, we considered forgetting the whole thing and heading for the nearest restaurant for a big, hot breakfast!

The rain never really got to bad, clearing after the first leg--my leg. I must admit that it wasn't anything after the swim I took at last year's Sacto. Relays. There were the usual various and assorted mishaps during the long day. A runners ran on the B team and vice versa. Art Weggoner handed his wallet to an unidentified Chip woman; he and Paul Holmes followed us from one checkpoint to the next trying to find out who she was. (It turned out to be Sandy Giuliani.) Art eventually got the wallet back. Sallie Johnston, who was scheduled for the fifth leg, fell ill that morning and didn't show. Ellen and I agreed to split her leg, since both of us had done our ten miles and didn't feel up to five more. Ellen began; at two miles, I sneaked out of a parked car and went the remainder. Thanks to Ralph Navarro, who accompanied me and Hal Baker, who yelled encouragement while cruising the route.

Meesha Mangiaracini did her standard stalwart job. My husband, David ran with her and found he'd never received so much attention in his life. (I suspect Meesha was the attraction.) She did find that the wind was a problem. Her under 20-pound body couldn't put up much resistance.

Running for the Chip teams were: Sandy Julianni, Keesha Manziaracini, Evelyn Profita, Geri Scott, Sarah White, Elaine Hocking, Patty Zindler, Jane Johnson, Doris Cummings, Ellen Standley, Patty H. Diane Hyerson, and Yours Truly.

Even though it was a long and tiring day, Diane, Patty H., Sarah, and Geri endured starvation and waiting good-naturedly. Everyone helped to make it a good time and all want to be included on future teams.

---

#### OFFICIAL MINUTES FROM JAN. 20 MEETING

The following are my final paragraphs as Lung Recorder. I hereby turn the office, with its arduous duties and numerous responsibilities, over to Patty Zindler with my congratulations.

A miracle occurred at the Jan. 20 meeting, one which, to my mind, ranks with anything pulled off by Our Lady of Fatima. After everyone had eaten their fill, there was actually food leftover! Shows what a little organization can accomplish. Our membership seems to be swelling; Patty Zindler's cozy house was crammed, leading to speculation about the necessity of abandoning private homes and hiring a hall for future meetings. Beer was supplied, courtesy of the club fund, which was revealed to have a surplus of over \$1,000. That'll buy enough beer to keep even Chips happy.

Out-going H.D. Paul Holmes called the meeting to order and kept it that way with his acerbic wit and pointed barbs. The most important item on the agenda was the election of officers. In keeping with the Club's democratic tradition, candidates had been duly nominated, and voting was by secret ballot. For Recorder, Patty Zindler defeated Mark Elgart and Bob Bakish. Art Waggoner was returned to the office of treasurer by popular acclaim. (Who can argue with a surplus of one thousand big ones.) Hal Baker is the new V.P., defeating Howard Jacobson and Ed Stromberg. In a close race for High Dunger, Bob Hedges hedged out John Clark and Chuck Nichols.

Other items discussed were the Sacramento and Tahoe Relays. Both have been cancelled for this year. Instead, it has been proposed that we alternate with the Chico Running Club in sponsoring relays. This year we'll support their event in Chico; the following year, we'll put on the Sacramento Relay. As an alternate to the Tahoe Relay, a Donner Lake Relay has been proposed. It'll take place in August, and be run around the lake with seven legs of ten and 7.5 miles.

The Executive Committee decided that the Club should hold an activity a month. Those thus far scheduled are: a Rusty Duck Brunch Run on Feb. 5, (participants run down the bike trail and into the restaurant) and a Hash House Harry Run on Feb. 26, 10 miles, point-to-point from Salmon Falls to Browns Ravine. We're hoping that it will rain, so that the course will be even sloppier and slipperier.

It was also decided that there should be an exercise period preceding the Club runs on Saturday mornings. Yours truly and Doug Rennie were coerced into sharing the honor of exercise leader.



Abe Underwood brought up the Buffalo Stampede, which will take place April 2. This year the ten-mile and 50-kile races will be held in cooperation with the Aggie Kinning Club in Davis. It was necessary to change the location from the Garden Hiway, because Sacramento County wanted to much insurance. Fraser Rasmussen, since he lives in Davis, is a Chip, and is eminently qualified, will serve as meet director. Sharing the sponsorship with the Aggies will relieve Chip members from some of the arduous duties necessary to put the event on and make it more fun for all involved. There was a call for volunteer to head and serve on the various committees. Several hands went up. More volunteers are always needed.

The meeting concluded with a talk by our eminent, local podiatrist and dedicated runner, Randy Sardi. His learned and informative lecture was illustrated with detailed drawings of the structure of the foot. After seeing and hearing all the things that can go wrong, it's a wonder that anyone wants to run again and risk it. Actually, it was a welcome additon to our usual club fare and reassuring to know that we have such an expert in our midst.

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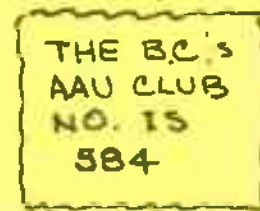
#### TRAIL JOGGING FROM BUFFALO 1977

Is it that time of the month again already..... For those of you who know him Charles Albert has started running again. He is doing a half mile each evening from his residence at 229, and 1/2, Corner Chief and Brown started running with the club cannot get over to his place during the legislative session... anyone who would like to run with them, please call him at 452-9301---he generally runs about five or six miles and will like to build up to a McIntosh fun run by spring. Since he's just getting back to running the encouragement of a pacer will really spur him on..... Speaking about Chief, the Former Chief Brown he would like to know if anyone beat him in the mileage insanity olympics of 1977---don't bother calling if you're under 4100 miles for the year(1977)..... the day after new years saw the renewal of a hallowed tradition in the Chips---the Drunken Gawkies---this annual event was normally scheduled on Thanksgiving and for the past few years had only two runners, this year the group swelled by a factor of 150% (or five for those of you without a calculator handy) The premise of the run was to run a few miles after starting out with a shot of sherry. The course winds through Sacramento's prime bars. This years course hit the Flame Club, Babah's, The Diamond Club, Topper's, the Top Hat, the Zebra Club and ended at the shrine of the Buffalo Club. A few highlights included Howard "the Tustler" Jacobson shooting a masterful game of pool with a former Turlock Wilker at the Diamond club, Mike Souza meeting some royal friends at the Topper (word has it that they were QUEENS), and Mark Hlgart getting slightly tipsy after seeing one of the run organizers wolf down a straight shot of brandy followed by a slice of pumpkin pie and some popcorn as a chaser. Next year's run will have to go a long way to follow the 1978 edition.

## 1978 MEMBERSHIP REPORT

The 1977 year ended with 173 members in the Buffalo Chips Running Club. A total of 80 memberships have been received for 1978 as of January 15th. If you have not renewed your membership for 1978 and wish to remain a club member, please send me your \$5.00 dues along with any change in your address or telephone numbers. I have closed off AAU registrations through the club. If you have not registered with the AAU for 1978 and wish to do so, please mail your registration fee and application form direct to the AAU in San Francisco. If you need assistance or more information give me a call at 363-9142. I mailed registrations and fees to the AAU on January 8th for those of you that sent them to me. We should be receiving our new AAU cards within a week or two. Below is a list of 1978 Club Members. If your name is not on the list, then I have not received your membership application. Your new 1978 Buffalo Chip membership card has either been mailed to you already or it is included with this newsletter. If your name is on the list and you do not have a card, please let me know.

BAKER, Hal	ISERI, Howard	SARTE, Randall
BAKICH, Robert	JACOBSON, Howard	SCANGARELLA, Mary
BALLANTINE, Bill	JOHNSON, Jane	SCHOENER, Pete
BETSCHART, Walt & Jack	KAMPS, Donald	SCHOLZ, Ronan
BORLAND, Chris	KARVER, Jim	SMITH, Roger
BRIMBERRY, Paul	KOERNER, Vance	SPICKELMIER, Don
BROWN, Roger	LETL, Dennis	SPOTTISWOOD, Dave
BROWNSTEIN, Rettina	LINDEMAN, John	STANDLEY, Ellen
CARGILL, Dave	LINN, Perry	STROMBERG, Ed
CARTER, Jim	LLOYD, Russ	SUMNER, Larry
CARVEY, Andrea	MacBRIDE, Evan	TALPERT, Greg
CLARK, John	MACE, Bill	THOMPSON, Dick
COOK, Joseph	MANGIARACINA, Maesha	UNDERWOOD, Abe
CUMMINS, Doris	MARRS, Robin	VREDENBURG, Gordy
CROW, Donald	McGUIRE, William	WAGGONER, Art
DAVIS, Dave	MERSEREAU, Charles	WALKER, Tom
DOWNES, Bob	NICHOLS, Chuck	WALDSMITH, Gary
DRAKE, Jim	O'NEIL, Jim	WALSH, Ed
GRIX, Art	O'NEIL, Mike	ZINKE, Nancy
ELGERT, Mark	OVEROYE, David	
FINNEGAN, Jim	PATTERSON, Richard	EDSON, Richard
FOREHAND, Dick	POTTER, Robert	
FREEMAN, Dave	PROTTEAU, Cynthia	
GALLO, Mark	RASMUSSEN, Fraser	
GROSS, Richard	REESE, Mark	
HALL, Gordon	REESE, Paul	
HEDGES, Rob	RIDGEWAY, Bill	
HOCKING, Elaine	ROSENDALE, Henry	
HOLMES, Paul	RUSSELL, Jeremiah	
HOSCHLER, Marc	RUIZ, Ronald	



A NEW ROSTER WITH ADDRESSES AND TELEPHONE NUMBERS WILL BE PREPARED AND MAILED WITH THE NEXT NEWSLETTER. LETS GET YOUR NAME ON THAT ROSTER. MAIL YOUR APPLICATION TODAY.

Dave Davis

P.S. As of Feb, 12 the membership stands at about 116. This newsletter will be mailed to all 1977 members but it will be your last copy unless you renew before the next newsletter is ready.

Abe

### BUFFALO STAMPEDE REPORT

After three years of growing crowds and the garden highway, it's time to move our race to new quarters. The B.C.'s have teamed up with the Aggie Running Club for this years Stampede and 50 kilo. The new course and accommodations look ideal for our needs -- covered sign-up area, lots of parking, country roads without traffic, olive groves and picnic area. Fraser Rasmussen will be taking over as Race Director and will be assisted by the following committee chairpersons from both clubs. Some committees will need help, for example, sign-up and merchandise awards. Anyone that can help in some way should contact the appropriate committee chairperson.

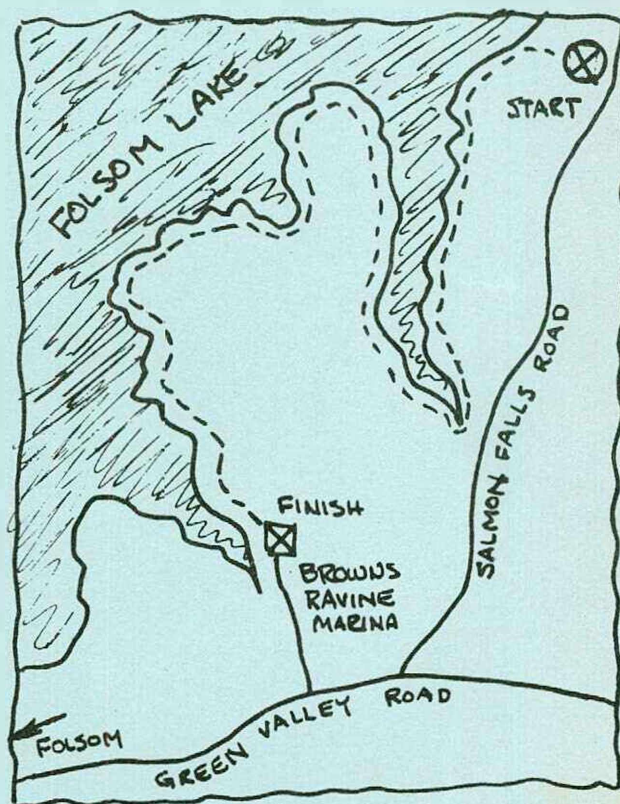
Race Directors -	Fraser Rasmussen BC
	Doug Matheson Aggie
Publicity -	Jon Brown BC
Merchandise Awards -	Bettina Brownstein BC
	Tina Annex Aggie
Race Awards -	Chuck Nichols BC
T-Shirts -	Marc Hoschler BC
Facilities -	Tina Annex Aggie
Sign-Up & Results	Ivnn Rasmussen BC
Traffic Control -	Peanut Harms Aggie
Course Marking -	Peanut Harms Aggie
50 Kilo Aid -	Gary Mack Aggie
50 Kilo Timing -	George Martin Aggie
Finish Timing -	Randy Sarte BC
Refreshment -	Iennis Letl BC
	John Pennington Aggie
Photography -	Kevin Kirby Aggie
	Loug Peck Aggie
Communications -	Cris Borland BC
Mailed Results -	Mike Catlin Aggie
	Paul Holmes BC
	Doug Rennie BC

### SHARE A RUN ??

Evan MacBride has suggested that we try something similar to the Lake Merritt (Oakland) club. They have their members send in details of favorite runs and then they share the info and all go off into the Oakland hills together. Buffalo Bob has already suggested one such course..... any others?

### SALMON FALLS - BROWN RAVINE ENDURO

Say you're tired of the same old flat trails and roads? Say you want to do some hill running? We have your answer! The first and maybe Annual Salmon Falls-Browns Ravine Enduro is set for February 20, Monday, Washington's Birthday. It should be a gas! We guarantee no level ground or hard pavement, but a hard challenging run. It's all horse trails along the shore of Folsom Lake, 10 miles of ups and downs. Note: the course is point-to-point, so runners must arrange for transportation shuttling. Nothing has been worked out on prizes or divisions and there probably won't be either. This will most likely be a fun run (no fee, etc.), maybe we'll get some ribbons printed. Start Time - 10:00 a.m. at the old camp grounds on Salmon Falls Road (See Map).



### SALMON FALLS - BROWNS RAVINE ENDURO

MON FEB 20 10:00 AM

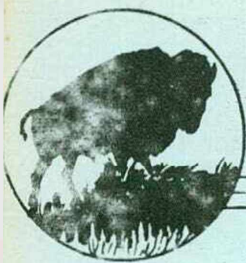


# ~ SCHEDULE ~

RUSTY BACK RUN, SUN 3-12, 9:00 AM	February 11	B.C. Club Run, Guy West Bridge, 9 a.m.
	February 11	Fun Run, Rancho Cordova High School, 9a.m. (362-4439)
	February 11	Valentine Day Runs ( 5 and 10 km.), Lake Merritt, Oakland
	February 12	Sun Run (2 mi. and 10 km.), Nimbus Dam, 1:00 p.m. (2 mi. at 12:15)
	February 12	West Valley Marathon, San Mateo High School, 9 a.m.
	February 18	B.C. Club Run, Guy West Bridge, 9 a.m.
	February 18	McIntosh Fun Run (3 and 6 miles), El Camino Store, 8:30 a.m.
	February 18	Examines Indoor Games - Cow Palace, S.F., 6:30 p.m.
	February 19	Excelsior East End Run (7.87 mi.) , S.F. Golden Gate Park, 10:00 a.m.
	February 20	(Monday, Washington's Birthday), Salmons Falls-Brown Ravine Enduro 10:00 a.m. (See details elsewhere in newsletter)
	February 25	B.C. Club Run, Guy West Bridge, 9:00 a.m.
	February 25	Fun Run, Rancho Cordova High School, 9:00 a.m.
	February 25	Porterville Marathon, Porterville
	February 25	Trails End Marathon, Seaside Oregon, 11:30 a.m.
	February 26	PA-AAU 50 mile championships, Marysville, 8:00 a.m.
	February 26	Adidas-A-Thon (10 km.), San Jose, Evergreen Valley College, 10:00 a.m.
	March 4	B.C. Club Run, Guy West Bridge, 9:00 a.m.
	March 4	Bidwell Marathon (also 3 and 13.1 mi.), Chico, 9:00 a.m.
	March 4	Redwood Empire (15 km.), Windsor, 10:00 a.m.
	March 5	Channel-to-Lake (10 mi.), Vallejo, 10:00 a.m.
	March 11	B.C. Club Run, Guy West Bridge, 9:00 a.m.
	March 11	Fun Run, Rancho Cordova High School, 9:00 a.m.
	March 12	Pamakids Lake Merced Relays (5x5), S.F., 10:00 a.m.
	March 18	B.C. Club Run, Guy West Bridge, 9:00 a.m.
	March 18	McIntosh Fun Run (3 and 6 mi.), El Camino Store, 8:30 a.m.
	March 19	Marin Red Cross Run (3 and 6.5 mi.), San Marin High School, San Rafael, 11:00 a.m.
	March 25	B.C. Club Run, Guy West Bridge, 9:00 a.m.
	March 25	Fun Run, Rancho Cordova High School, 9:00 a.m.
	March 25	Lake Il San Jo (10 mi.), Howarth Park, Santa Rosa, 10:00 a.m.
	March 26	Lake Merced Masters Run (5 mi.-40+only) S.F., 11:00 a.m.
	April 1	B.C. Club Run, Guy West Bridge, 9:00 a.m.
	April 2	Buffalo Stampede (10 mi.) and 50 Kilo, U.C. Davis, 10:00 a.m.
	April 2	Clear Lake Marathon, Lakeport, 10:00 a.m.
	April 8	B.C. Club Run, Guy West Bridge, 9:00 a.m.
	April 8	Fun Run, Rancho Cordova High School, 9:00 a.m.
	April 8	Chico-Redding Relay (8x10 mi) (see details elsewhere)
	April 8	Wine Country Relays (3 persons, 15 mi.), Santa Rosa, 10:00 a.m.
	April 14 Fri.	<u>B.C. Club Meeting</u> Cordova Club House 2197 Chase Dr. R.C. 7:00 p.m.

We have included copies of various schedules in the past but none are complete for our area. The schedule is included this time as an experiment because I think we need one, especially for the many members who are not plugged into the regular schedules (LDR Handbook and NCR). I asked for help with this and received no offers. It is not that much to do but it is just that much more that I don't have time for. If it's useful, let me know and we'll try to make it a regular section of the newsletter. If I don't hear, I'll assume otherwise. As you can see there should be no wanting for places to run.

★ THE MARCH NEWSLETTER DEADLINE IS THE WEEKEND OF THE 4<sup>TH</sup> & 5<sup>TH</sup> ★  
SEND IN ANY ARTICLES OR NEWS ITEMS AS SOON AS POSSIBLE ABE



# BUFFALO CHIPS

RUNNING CLUB



NUMBER 32

Bob Hedges  
 Hal Baker  
 Patty Zindler  
 Art Waggoner  
 Dave Davis  
 Mark Elgert

High Dungen  
 Vice Dungen  
 Dungen Recorder  
 Dungen Counter  
 Membership Dungen  
 Dungen Editor

363-3754  
 443-4514  
 455-4871  
 383-4667  
 363-9142  
 925-3731

June 25, 1978

JULY

## Coming Events

AUGUST

Folsom 10 Km  
 & Picnic July 2d

River Race  
 July 4<sup>th</sup>

Pear Fair  
 July 29<sup>th</sup>

Bass Lake  
 Relays  
 Aug. 12<sup>th</sup>

BC Club Run  
 each Tues.

Fleet Feet  
 Clinic July 1<sup>st</sup>

Details inside....



## LETTER FROM THE EDITOR...

This month's Newsletter is "late" in getting to you for reasons that will be explained in this editorial. Recall if you will the cover of last month's edition, which noted the May 8th business meeting at Dave Davis' place along with the agenda for discussion. Among other topics were included several items pertinent to the operation of the Newsletter itself. It was decided early this year that the Newsletter should be published monthly rather than every two months or so. Later, we did some simple arithmetic and we found out that the N.L. would cost more than \$5.00 per year per person to reproduce and mail. We thought of several solutions: raise club dues; solicit paid advertising; cut N.L. length and increase the interval between issues. The first two proposals were unanimously shot down at the meeting and the last two were similarly accepted. Therefore your Newsletter will now come out every six weeks instead of monthly, and it will be a maximum of 12 pages in length instead of 16. These changes should enable us to stay within the available budget without taxing the club's coffers which are used to support the events the Chips sponsor. Some of you just got out your calendars and said, "Humm—that means that since the last issue arrived in the first week of May, we should've received our 'six week Newsletter' around June 15th." True enough, however June 12-16 was Final Exam Week at City College with the 15th being the Trig final for me, so the Newsletter was forced to wait. As it was, most of the material came to me in the last week or so. This issue probably has the greatest amount of reader-submitted material this year. Keep those articles coming, folks! Since we're down to 12 pages, we may not be able to put yours in the next immediate issue, but we will put it in!!!

June also witnessed the departure of two stalwart Chips from the Sacramento area. Henry Rosendale has left for Baltimore, MD., and Fraser Rasmussen made the trek north to Oregon. Both of these members brought more to the Chips and the running movement in this area than they took away from it. Fraser was one of the BC pioneers, capping his relationship with the club by serving energetically as Vice-Dunger during 1977. However, with the election of this year's officers, he chose not to "retire", but instead plunged into the demanding task of directing the Buffalo Stampede/PA-AAU 50 Kilometer Championship, which moved this year to the UCD campus. Fraser coordinated the efforts of the BC and the meet co-sponsor, the Aggie R.C., and produced a superb race for more than 600 participants. Fraser is pursuing his career as a research biochemist in Portland. Henry Rosendale, also an early Chip, is perhaps best known for his efforts as the director of the Rancho Cordova Fun-Run which is listed as site 46 in "RUNNER'S WORLD" magazine. I happened to be the only person to show up for Henry's first fun-run in Sept. 1976. This was back in the days when my idea of long distance running was 12 laps around a  $\frac{1}{4}$  mile track in \$2.00 tennis shoes. Henry took me on a six and then a 10 mile jaunt along the bike trails and hooked me on long distance. He also dropped names like Buffalo Chips, which only meant round brown things then, and marathons, which were only meant for superhuman masochists like Frank Shorter. Before long, I was a member of the former and running the latter. More recently, Henry volunteered to become Newsletter editor, and asked me to help him. About a week after he became editor, he was notified by his company that they were considering him for a position that would involve both a promotion and a move. He was notified in late May to pack his running shoes. He is developing electronic test equipment for the Navy. To both Fraser and Henry: we salute you, we will miss you, and we want to see you again. Take care, guys.

That's about it for this month—see you on the trails...

Mark Elgert



## NOTES TO THE CHIPS . . . .

As you will note in the Schedule, the next track meet will be held on July 11 so we will not conflict with anyone's 4<sup>th</sup> of July activities. The meet will start at 6:00 at the Sac. State track.

The Pepsi 20 will be held on November 19 this year and Paul Reese has requested our help with an aid/timing station. Paul says that it would require around 10 people. Anyone interested should contact Paul or Elaine Hocking. I think we should provide as much support for Paul as we can.

Patty Zindler, our secretary, has informed us that she will be leaving the Sacramento Area and will no longer be able to handle the secretary duties. Does anyone wish to be considered for the job? Let us know.

I was contacted by the Chico Running Club regarding a possible club run which would include B.C., Chico, S.W.E.A.T and possibly others. Preliminary discussion centered on an 8 to 12 mile run sometime this fall. I will try to get more details for a later newsletter. Anyone have any input on this.

Bob Hedges

## SHUTTING IT DOWN--THE TREND OF THE FUTURE

The successful closure of the roadway for the recent Avenue of the Giants marathon may well be an important trend setter in California. As most CHIPS who were there would agree, the race proceeded much smoother than the previous year. This is especially important considering there were over 2000 runners in attendance. Had the course remained the same, and the traffic permitted to flow unrestricted, the race would have undoubtedly been a disaster. Fortunately, however, the race director had foresight enough to enter into early negotiations with state and local officials. These early coordinations with responsible agencies cannot be overemphasized as the key element to the success of this year's Avenue. It also points up the fact that government is recognizing road racing as a popular sport, and in the case of the Avenue, supporting it.

The permit to close the roadways for the race was prepared by Humboldt County Public Works Department, with the cooperation and coordination of the CHP, Department of Parks and Recreation, and Caltrans. Officials from these agencies were unanimous in their expression of satisfaction with the coordination which preceded the event and the race itself. They also rated the event a success from their respective viewpoints, and emphatically endorsed the road closure as the key element contributing to the safety and success of the event.

I called Lieutenant Daley, the Garberville Area Commander, to express my thanks for his help in the event and he pointed out that public response had been substantial and overwhelmingly positive. He is going to suggest, however, that the access



road to the parkway area be widened to permit two lanes of flowing traffic. This should alleviate the congestion on '01 prior to the race.

The method and race management of the Avenue points to the fact that state and local officials may well bend to reasonable requests in the future. The success at the Avenue certainly cannot hurt our cause.

by Jim Carter

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### PEPSI OF RENO, LAKE TAHOE, 72-MILE RUN

Race Director, Charlie Mersereau, has two requests to make regarding the Pepsi of Reno, Lake Tahoe, 72-Mile Run, which will take place on Friday, September 22nd this year.

First, a runner from the East has requested that someone act as his handler. Being a handler involves driving your car around the Lake and tending to the runner's needs for liquids, encouragement, sympathy, etc. as he pushes himself to the limits of his running abilities. A few other requests for handlers may also be received, and it would be great if we could accommodate any out-of-state runners who might not otherwise be able to participate.

Second, Charlie needs an assistant to help him with the pre-race registration, overseeing the execution of the race and checking in the runners at the finish. It's a tough but rewarding job, starting before 6:00 a.m. and finishing with the last runners at near midnight. Where else will you get a chance to see and associate with some of the country's greatest ultra-distance runners in the toughest AAU distance event in the country?

If you can give Charlie a hand with either of these requests, please give him a call at 383-4141 (days) or 362-9660 (evenings).

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### Tank McNamara





## "OVER FIFTY CHIPS" WIN MASTERS DIVISIONAL LAKE TAHOE RELAY

A stalwart group of over 50 year old chips ran away with the Masters Division Title at the Lake Tahoe Relay on June 10th. First, rumored to have been cancelled, then transplanted to Donner Lake, and finally run in June instead of the traditional August, the race attracted 30, seven-man teams. The running time was 6 hours 58 minutes 55 seconds for the 72-mile jount.

Because of the small turnout, this year's race did not suffer from the traffic and crowd control problems of the recent past. Also, the weather cooperated, with it being reasonably cool and partly cloudy, a great aid to the runners.

Vance Koerner ran the first lap, starting at the Safeway store at the "Y" in South Tahoe and going counterclockwise around the Lake past all the South Shore gambling establishments and into Nevada. Art Waggoner took over from there and faced the four-mile upgrade to Spooner's Summit before starting down the long grade to Incline Village.

Charlie Mersereau, team captain, assigned himself the easiest leg, taking over from Art part way down the hill toward Incline and continuing around the North East corner of the Lake. Here, he handed off to Paul Reese who legged it through the rolling hills to a point about three miles north of Tahoe City. Willard Shank then took over for the ten-mile lap through Tahoe City and southward.

Next, it was Walt Betshart's turn, handling the long, tough lap finishing with the steep two-mile grade, which ends at the summit just north of Emerald Bay. Then Bob Malain stepped in to dash down to the overlook at the Bay, up the hill on the other side and then down the winding road back to the point of beginning. Elapsed time was 8 hours 28 minutes and 59 seconds, best in the over 40 division, and a very fine accomplishment for a bunch of over the hill runners, all of whom are over 50.

Enthusiasm on the team ran high, even though no other chips teams were entered, and many of the members are already looking forward to the Christmas Relay and even a 24-hour relay. If you are interested and over 50, give Charlie Mersereau a call.

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## **Folsom Road Race**

The 10,000 meter Folsom Road Run is set for July 2 starting at 8 a.m. at 50 Natoma Street and Wales Drive, Folsom.

The 6.2 miles of blacktop loop with rolling hills is open to men and women from 12 and under to 40 plus. Trophies will be given to first place finisher in each age group with medals in other divisions.

Entry fee is \$1, payable to "Buffalo Chips." Pre-race entries are available by writing Frank Krebs, 8406 Taramore Ct., Orangevale, 95662. Entries will also be available on the day of the race. For more information, call 725-4616.

## LOOSE ENDS...

Hal Baker has received the long-awaited shipment of tank tops. If you want one, they are available at Fleet Feet, McIntosh's Sports Cottage, and Hal himself will carry them to races and various Chip functions.

For those of you who may feel like a-relaying in August, Hal informed me that there are the Bass Lake Relays on August 12th in Fresno. The race is 40 mi. long, with six legs of 5½ to 7½ mi. each. Call Hal if you're interested.

Employment Opportunity: Sally Edwards of Fleet Feet has informed me that she has an opening at F.F. for a fully trained and experienced full-time bookkeeper to work at the Sacramento store. She would prefer a runner so call or stop by for an interview appointment. The store's accountant will be the interviewer, so know your stuff if you apply. For further info, call Fleet Feet at 442-3338.

Crystal Ball Dept.: A parting of the mists reveals that the second annual Pear Fair 10 mile race will be taking place on July 29th at the High School in Courtland. (Same place as last year.) This year's race will feature T-shirts to all finishers. Entry fee is \$3.00, with no AAU numbers required. Fleet Feet is again sponsoring the run - for more info call them at the above number.

The "4th of July" weekend, i.e. the 1st and 2d, promises to be an interesting one for Sacramento area runners. On Saturday (see the green inserts this issue) there will be a free running clinic featuring marathoner Ron Wayne, DPM Harry Hlavac, and Vern Gambetta, X-C coach at Berkeley at the Fleet Feet store, 2408 J St., Sacramento. Movies, talks and Q and A sessions will highlight the clinic. Sunday is, of course, the running of the annual Historic Folsom 10 Km. Road Race, sponsored by the Buffalo Chips. Frank Krebs is again the director, and he asks that BC members show up early to assist with registration. This race attracts many big-name runners from the Nor-Cal area, so let's give Frank All the assistance he needs to put on a good race. Following the race will be the second annual "4th of July" picnic at the park area in back of the Folsom town hall, near the start/finish point for the race. The club will supply the air and ground— ALL MUNCHIES AND FLUIDS WILL BE FYC!!

It is hoped that this will avoid the 27 salads and main dishes problem that we have encountered at the last several Chip feeds. Besides, you really don't want all of those carcinogenic hotdogs and hamburgers anyway, do you?

Target mailing date for the next N.L. is August 15th.. deadline for articles is August 9th.... dumb typewriter x\$\$\$%!\*&%...

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The second annual 4th of July River Park Race. 5 miles around scenic River Park is a great way to ~~start~~ start out Tuesday the 4th. It's FREE! (so no complaints) The Sacramento Union and The City of Sacramento- Department of Recreation and Parks are the sponsors. Race Director is John McIntosh. The Sacramento Union has agreed to cover this event with pictures and to print the names and times of every participant.

There is no conflict with the Folsom 10K. Everyone that runs that race should be able to do 5 miles on Tuesday. Come out and bring friends with you. This is a distance that every healthy body should be able to do.... we want to encourage even the casual jogger to come out.....Let's make this Sacramento's answer to "The Big Event in S.F."

Entries enclosed.....plus more available at all McIntosh's Sports Cottage stores and in the Sacramento Union....for more information call John McIntosh at 488-7181.

## CHIPS VICTORIOUS AT MERCED

Mark Elgert

During the Memorial Day weekend a mini-herd of Buffalo descended upon Merced to run in the 5 and 10 mile Indian Gulch to Horbitou runs sponsored by the Merced Track Club and directed by BCer Jeremiah Russell. When the dust cleared, the BC were headed back to Sacramento with a plethora of precious metals in tow, as well as memories of a pleasant weekend. Most of us spent the night at Jeremiah's carbo-loading (rumor has it that two bottles of wine were consumed by the thirsty bison) and it was well past the witching hour before the tired beasts bedded down. Most were up by 6:00 a.m., showing no effects of the previous evening. The races both were point-to-point, starting simultaneously with the start of the 5 mi. being the midpoint of the 10 and both finishing together. It began about 8:00 am with conservative guesses having the temperature in the high 80's in the shade. The Chips proved as hot as the mercury as many fine performances were recorded over the undulating course. In the 10 mi., High Dunger Bob Hedges was the first Chip, the second 30-39 yr old, and fourth overall in 60:30. Bob copped a silver medal for his effort, the gold being taken by unChip Mickey Brodie in the 30-39 set. A.J. Underwood, recently Masterized, grabbed the gold in that division with a fine 61:35 time that was good for fifth overall. Bob Branstrom was 17th in 69:04, Bob Montgomery finished in 84:30, and Ophir's Karen Kelly took 100:00. Sally Edwards despite a bad case of bronchitis, captured the silver medal in the women's 30-39 division with a time of 84:31.

In the 5 mile, race director Jeremiah Russell set a torrid pace goal for the Masters gold in 31:06. Fresh Chip John Medina's 34:48 earned him the Open Bronze. Chip women were paced by Nancy Remley's excellent 41:15, APR and also a bronze medal for her. Jean Ohlsson set APR in 59:00. Jane Johnson took 141st place in 90:00 by pacing Jeremiah's young daughter.

Perhaps the best part of the race was at its conclusion. The 200+ participants, mostly local, chatted amiably with us. During the awards ceremony, Jeremiah, who seemed to know all of the winners, introduced each one with a short blurb about his or her other accomplishments. The ceremony had a small-town flavor to it which was refreshing in the midst of so many large depersonalized races. I would enthusiastically recommend a trip to any Merced Track Club race.

### Other is-----Determination

Your comment welcome and I appreciate your letter was sincerely appreciated--no much so that I ordered one and bought a Buffalo "CHIPS" T-shirt to wear in the Senior Olympic marathon at Irving on May 11. For my 50th birthday, too, a TV producer was filming a documentary (I'm not sure) related to a lot of footage of the sport during the race. Oh, by the way, the race! I brought home a third place award (a wonderful weekend, which I'll have to go back and get the memo to take you). While I can't say too much for my time I was extremely proud of the fact that I finished my second marathon. It was very warm and humid and I "piled" in many or less. It was a long and hard course. I time let's just say it was a 5:00:00 at my 27 at Mission Bay in January but well under 5 hours. I figure I'll run a few more this year and try to improve. I don't have to look in your notes. I don't know what I was in, it was the 50-59. I make a determination what I lack in speed.

Marge Lawson



POCKET EIGHT (8.5) CLUB RUN RESULTS

1. Frank Krebs	49:53	13. Gordon Hall	62:11
2. Fraser Rasmussen	50:56	14. Chris Borland	63:51
3. Doug Nennie	51:16	15. Gene Soderlund	63:51
4. Walt Lange	51:32	16. Karen Fritcke	70:52
5. Joe Kattenhorn	52:09	17. Roy Gurd	70:56
6. Roger Hite	52:54	18. Liz Squiller	71:29
7. Perry Linn	55:10	19. George Parrot	74:39
8. Jim Drake	59:42	20. Joe McDowell	75:11
9. Jim Karver	59:52	21. Carolyn Tucker	75:13
10. Roger Brown	60:00	22. Julian Camacho (Turned back to aid)	
11. Lawrence Molina	61:06	23. Daphne Hodgson	81:07
12. Sam Squiller	61:56		

(Most often heard comment, "Is the aid station at Abe's refrigerator?")

After timing and recording the Pocket Road club run, my wife, Josette, suggested the following format for an "official" Buffalo Chips race recording sheet. She felt this would be much more efficient, thus preserving these historical comments of the common dung in the proper place (the dung heap).

#	Name	Time	Just plain others	Other #3	Other #2	Other #1	All of above	Shoes too old	Shoes too new	Race coming up	Tired from last race	Not enough party	Too much party	Too calm	Too windy	Too flat	Too hilly	Too late	Too early	Too short	Too long	Too cold	Too hot

Afterwards, the Chips descended upon the Freeport Cafe only to discover lots of bodies and few tables. Popular vote took over and half the group ended up at Denny's (by Sac State).

QUESTION: Could we get a larger turnout by having a shorter optional route for weaker runners, or possibly drop them off at the halfway point. After all, the monthly club run is supposed to be a club run and there is no way most beginning runners (wives, kids, etc.) can handle 8 or 10 miles. This would also be excellent for internal family politics. If you have any thoughts on this, please let the club officers know your views.

DIGITAL WATCHES

By Chris Borland

If the controls on your Armitron (or whatever) start to become a little erratic and/or the light becomes hard to turn on, check to see if the batteries are properly grounded to the case back. Remove back cover, water and bend up tab on brass battery hold down strap (CAREFULLY). If tab breaks off (called twice by experience) bend edges of strap. Once a good contact is made with back plate every thing will work as good as new or better (at least mine did).

Chris Borland

## THE BASIC "ELEMENTS" OF RUNNING

By A. J. Underwood

The rain squalls blowing up the Hudson became a steady chilling downpour as I turned south on the last few miles of the historic Yonkers Marathon. This was the 42nd year for this race, second only to the Boston. I had maintained a steady seven-minute pace through the first 20 miles over rolling hills; I wasn't exhausted but I certainly wasn't fresh as the unknown of what lay ahead started to concern me. I flashed back to Ted Corbett's book and his description of this famous course when he first ran it as a qualifier for the 1952 Olympic team. Ted wrote, "...was the hilliest, toughest course I had ever seen. The rollercoaster terrain in the last nine miles had a number of man-killer hills." I was beginning to agree. I had thoughts of, "Why am I here," but didn't find an answer, so pressed on knowing full well that getting it over with was my only alternative — my ride was at the finish, six miles away and slowing would only prolong the discomfort! My calves and feet started to cramp as I depleted. The frequent aid stations only offered water and I badly needed some ERG. I struggled on through the hills and traffic, salvaging a 3:01 and finishing only a place or two in front of Nina Kusack, first woman and old friend from several prior marathons. Nina immediately received a wreath of olive leaves on her head and I got a crippling cramp in the calf. "Justice," I thought. The finish was crowded in spite of the rain, but fortunately I quickly found my friend and was in the car and on our way to the airport where I could catch a commuter flight to Washington. I started to feel better (warm and dry) and the numbness was leaving my fingers as I changed clothes. I suddenly had a thought of compassion as I realized 90% (600 - 700) of the runners were still out there in the rain, some with two or more hours of running ahead of them. The Yonkers Marathon has a way of humbling you.

My week-long stay in Washington offered a great opportunity to rest, recover and run. Running in and around D.C. is like going back through history — our conference room looked out over the Potomac, the Capitol, Washington and Lincoln Monuments — the entire capital skyline. The hotel was close to the Potomac Parkway and bike path, but best of all it was only 400 yards from Arlington Cemetery with its miles of gently rolling roads. Running in the Cemetery isn't discouraged but there were some rules to follow. My first involvement with the guards came when I was caught inside before the opening time of 8:00 a.m. — it took me 15 minutes just to find my way out. The next encounter came one afternoon when a guard reminded me I should be wearing a shirt. I said I really didn't feel cold (it was 83° and 85% humidity) but he didn't see the humor in my remark and pointed toward the exit gate.

The final stop on my eastern journey took me back to my home town in Michigan and a much needed rest from the urban oppression of the N.Y.-D.C. scene. What a transition! I had forgotten what quiet really sounds like. About six cars a day go past the old homestead, and none after 8:00 p.m.! The occasional sound of a cricket or frog compares to a 747 at takeoff. I ran nearly every road (gravel of course) for about five miles around and wondered how things could be so dusty in such humid condition (it wasn't unusual to get rained on twice in a two-hour run). On my return flight to the coast my sinuses cleared up somewhat over the Rockies. I guess that's when I realized why I left the midwest in the first place — 30 years without breathing is enough for anyone.



# SIERRA PINES 40 MILE RELAY

"THE GREAT TAHOE RELAY REPLACEMENT"



SATURDAY, AUGUST 12, 1978

#### THE COURSE

Start and finish at the Pines Village, Bass Lake, California--one hour from Fresno.

The race goes three times around the lake. A 7 $\frac{1}{2}$  mile leg (fairly flat and shady) and a 5 $\frac{1}{2}$  mile leg (hilly and sunny) completes once around. Repeat for a total of three times around.

Six person teams.

#### THE DIVISIONS

- 1) Open Men
- 2) Women
- 3) Junior Boys
- 4) Junior Girls
- 5) Masters Men (40+)
- 6) Pick-up Teams

ALL TEAMS MUST BE PRE-ENTERED. ABSOLUTELY NO  
POST ENTRIES WILL BE ACCEPTED! MONDAY, AUGUST  
12, 1978 IS THE DEADLINE.

For an entry blank, map of the course, directions, and a list of campgrounds, send your request, along with a stamped self-addressed envelope, to the meet director:

Darrel Cox  
314 Homsy Avenue  
Fresno, California 93727  
Phone: (209) 255-4041

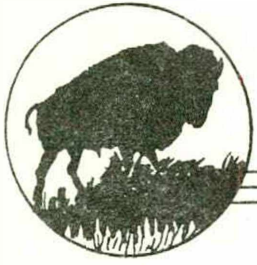
Ed. Note: The pre-entry date is wrong. Call Hal for up-to-date info.

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Ed. Note II: I'd like to put out an Ave. of the Giants issue next month, so if you ran it, please contact me with your time so I can coe up with a club results sheet. Also any articles anyone wants to write about the race will be welcome--give us your impressions, how you felt etc.



DAVE DAVIS  
BUFFALO CHIPS  
9142 FIRELIGHT WAY  
SACRAMENTO, CALIF. 95836



# BUFFALO CHIPS



NUMBER 30

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Bob Hedges	High Dungen	391-8370
Hal Baker	Vice Dungen	443-4514
Patty Zindler	Dung Recorder	455-4871
Art Waggoner	Dung Counter	383-4667
Dave Davis	Membership Dungen	363-9142
Henry Rosendale	Dungen Editor	362-4439

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RUNNING CLUB

MAR 19, 1978

Q. WHAT'S BLACK AND  
WHITE AND READ ALL  
OVER?

A. THE "NEW" BUFFALO  
CHIPS RUNNING CLUB  
NEWSLETTER!  
MORE DETAILS INSIDE; ALSO  
SOME NEW FEATURES... →

## THE HIGH DUNGER WRITES...

With this issue of the newsletter we hope to establish a regular schedule of once -a month. Henry Rosendale has volunteered to be the Editor and will provide some interesting topics to stimulate the masses. A. J. will continue to be called on for his vast expertise. Regular features will include a "new member" profile by our resident sportscaster "Humble Howard" Elgert. Bettina Brownstein will begin a new series on "personalities" which will no doubt be interesting and informative. Since A. J. receives the bulk of information regarding upcoming events, he will take care of the "Schedule". Other ideas for regular features in addition to the ongoing request for as many race write-ups as we can get our hands on are welcome.

It appears that the Salmon Falls-Brown's Ravine run on Washington's birthday was a success. I have talked to quite a few who participated and all enjoyed the day. Next on the schedule is the Rusty Duck brunch run, details of which were in the last newsletter. Any other ideas for a monthly fun event from anyone?

Preparations for the annual Stampede are going fairly well. At this point it looks like there may be a large turnout for both the 10 Mile and 50 Kilometer events. Anyone wishing to help out should get in touch with Abe or Fraser. There is no such thing as "too many helpers" at a race. Remember the date is April 2.

I have received quite a few positive comments about some of the ideas we want to make into reality. The "Schedule" in the last newsletter has proven to be very popular and people seem to like the idea of a regular monthly feature like Brown's Ravine and the Rusty Duck runs.

Seems like this is a rather short article but the ole pen just doesn't want to go anymore. Must have used up all my energy in the 50 Miler. Keep the ideas coming in.

Good Running,  
Bob Hedges

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### BAKERSFIELD MARATHON - FEB. 4

By Bob Hedges

A contingent of three Chips appeared at the starting line on a cool, foggy morning in Bakersfield. The course was a two-loop course with a finish lap around the track. Aid stations were at three mile intervals and well stocked. Following are those who ran:

Third-	Bob Hedges	2:47.5
Fifth-	Mike Souza	2:50
31st--	John Clark	3:20

Awards were given to top five in each division in addition to a T-shirt and color finish photo. An extremely large merchandise drawing was held. Mike Souza came back with a nice warm-up suit. The rest of us were close but no awards for close.

This was the fourth annual at Bakersfield and there were 62 finishers, down from 88 in 1977. This is a good course, well organized and operated. The Bakersfield Track Club deserves much credit for the event.

---

*Forgot To Type Dept...  
Sport Shoe City, 7339 Greenback (corner of San  
Juan) has a roster of B.C. members and will give us 10%  
off on all non-sale items. This includes clothes as well as shoes.  
Just have your B.C. card with you! Thank to Paul "Wholesale"  
Helmes for his efforts.*



### CHIP FEED SET FOR APRIL 14

Buffalo Chips about to be fleeced by the IRS are invited to what may be their last good meal the night before. The Herd's own version of the mythological hero Achilles, Art Waggoner, has set up a Bacchanalian feast worthy of the conquerors of Troy. The revelry begins at 7:30 P.M. at the Cordova Recreation Center District Clubhouse. The hall is equipped with a P.A. system, large movie screen, and modern kitchen facilities. Best of all it will accommodate as many people that want to attend without having their dinners balanced on their neighbors backs.

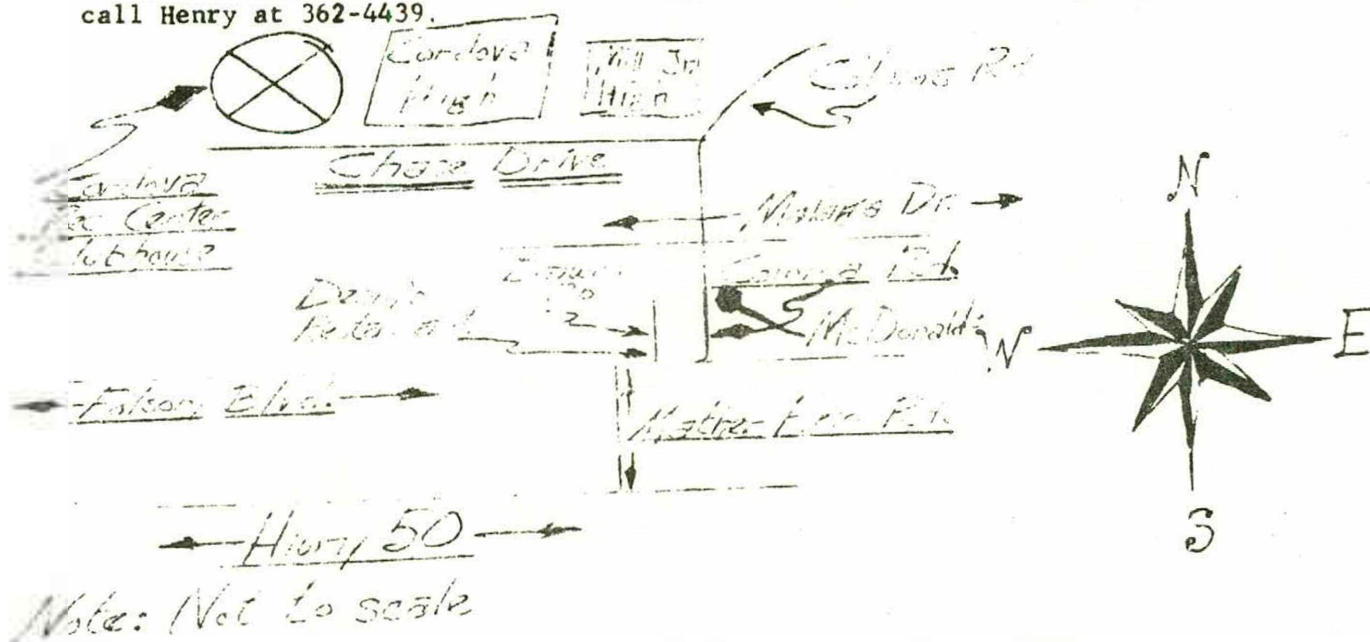
To expedite matters the executive committee requests that you bring the following to the bash-- if your last name begins with A-E: Plastic knives, forks, and spoons; also paper plates; ketchup and mustard etc. F-K: Desserts .

L-R: Main or Hot Dish, \*  
S-Z: Salad, Rolls, And Bread.

\* Those who have original or fantastic main dishes may bring them even if they don't qualify.

The club will provide beer and soft drinks- if your preferences run to other fluids then BYO.

The Clubhouse is located at 2197 Chase Drive, Rancho Cordova. It is near Henry Rosendale's Fun-Run site. See map below for details. If you have any questions call Henry at 362-4439.



### CHICO TO REDDING RELAYS CANCELLED; GARBAGE RUN ON!

Word has been received by Vice-Dunger Hal Baker that the 90 Mile Chico to Redding Relays have been cancelled. For those who are interested there are the Wine Country Relays in Santa Rosa on the same day, April 8. There are three-person teams with legs of 3, 5, and 7 miles. Also on April 8 and much closer to home is the Ophir Prison club's annual Garbage Run in Loomis. You can pick either a 2 mile or a 6 mile run. Let's all go out and really show the hated Ophir what the Chips can do en masse. To get to the Run take I-80E to about halfway between Roseville and Auburn, and take the Loomis exit. The race begins at Del Oro High School at 1:00 P.M. For further information, call Hal at 443-4514. See you there!!

HORNS IN THE HERD

By Mark "My name is NOT Elgart" Elgart

This is the first of what should be a monthly feature-if the editor keeps me supplied with EX-LAX. The intent is to focus attention on new Chips and the lesser known faces in the club, but ~~xy~~ I'll print any tidbits that I hear about or see, especially if it scoops Buffalo Boob er Bob.

In February I had the pleasure k of meeting two Fresh Chips for the first time. I saw Don Crow at the January business meeting but was<sup>n</sup>t able to speak with him until the February McIntosh's Fun Run. Don's been with us since late 1977. I met Jim Drake at the Brown's Ravine Run. He is a familiar sight at a lot of local events, such as the 7 Mile Winter River Run and McIntosh's. He has also been a Bison since last year. Both of these guys are developing that famous Chip hungry look... I would have said "lean" except I saw too many Chip luminaries carbo-loading liquidly at the S. F. Examiner Games to be considered lean. Anyway, welcome to the Herd, guys!!

Speaking of the Herd, we recently had an internal merger- Dick Forehand and Ellen Standly got married in February. Everyone is happy except for Dave ~~Ex~~ Davis. It seems he's got to come up with family rates for the club now. Rumor has it that Dick gave Ellen a present from the Fredericks of Hollywood Athletic Department -- a pair of Nikes with the swooshes cut out... you romantic devil, you!

Bettina Brownstein, seeking a credible alibi for her absence from the sylvan trek at ~~xx~~ Brown's Ravine, was heard to say that there was life after running and there were other sports too!! It seems she opted for a volleyball tournament instead. Reputedly she tried to record a quarter-mile in her distance log to cover all the jumping she did.

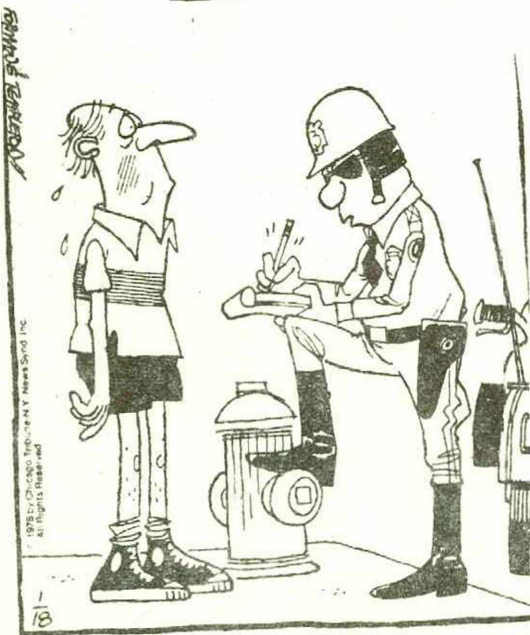
Overheard at the Feb. 26th PA-AAU 50 Mile Championship at about mile 43: " If I run this thing next year, take me out and have me shot!"-- Mike Souza, eventual 3d place finisher in that event.

Coming off of the injured reserve list recently was Doris Cummins. She has started running again just ~~2x~~ 2½ weeks after having her appendix removed!! Glad to have you back, Doris !!!

Try as I may, I can't think of any Greg Mayer jokes, so that's all for this month.

(Next month the typing should be better!)

Comix  
Stuff...  
Approved by the National Running Humor Association



"OKAY, LET'S SEE... JOGGING SUIT NOT COLOR CO-ORDINATED... NOT WEARING EUROPEAN SHOES... NO SWEATBANDS... RUNNING WITHOUT A STOPWATCH..."

READER SUBMISSIONS  
ESPECIALLY WELCOME  
FOR THIS FEATURE!!!



## READ HOW SHE RAN

Unlike Joanne Woodward portraying a runner in the recent television program "See How She Runs", I did not cross the finish line of the 1977 Honolulu Marathon after dark. The only explanation I can logically offer is that it must get dark earlier in Boston.

I arrived in Honolulu full of the "spirit of running" and was soon caught up in the pre-marathon rituals. I was promptly convinced by a running shoe company representative that his "new, revolutionary" shoe was the only shoe for me. I was not about to be conned, but predictably I went out that afternoon and bought a pair.

The next morning was spectacularly beautiful as I jogged along the sidewalk bordering the beach, marvelling at the comfort of my new shoes. The very first thing I saw was an athletic young Hawaiian man jogging along the beach exclusive of clothing except for a pair of equally marvelous running shoes. I was encouraged to continue my run to further encounter other natural Island Wonders. My enthusiasm and running continued for another ten miles. And this dear friends on the day before the Marathon.

That evening my husband was no longer satisfied with my vague answers as to why I didn't want to stand, walk, or otherwise move. I declined an invitation to dinner and I would wear nothing that revealed any portion of my legs above mid-calf. Finally the truth came out. My knees were the size of a large grapefruit. My physician-husband's professional judgement was no match for my pleadings, tears and the turning point, my noisy temper tantrum...So with many misgivings and in stony silence he finally agreed to inject my knees. (Did I mention that I have a history of knee problems ?)

Come the morning of the Marathon. I had already broken in my new shoes, so why not wear them, right? Wrong! It seems ten miles is not sufficient to break in running shoes. Not for a marathon at any rate.

The first fifteen miles were relatively comfortable and enjoyable and I was beginning to wonder what all the fuss was about. Then I hit mile 16 and stopped wondering. That was about the time the race officials began worrying... about me! I was constantly assuring those concerned souls that I always grimaced, especially during natural childbirth.

At one point I decided that an all out rest was necessary if I was to carry on. I spied a stretch of grassy curb area that was bordered on one side by a white Spanish style wall. I gratefully stretched out on my back, resting my bottom against the stucco wall and extending my legs straight up the wall. A perfectly ordinary position for working the kinks out... or, waiting the kinks out! A local rescue squad drove by and one of the attendants yelled, "Hey lady, you O.K.?" "Of course", I answered indignantly, "People don't die in this position." Anyway, I hoped they did not!

During the last three miles (downhill) I kept telling myself that there was no way I could stop now, while praying there was some way I could continue. "Never again! Never, never, never again", I kept muttering to myself. "I'm insane! Everyone here is insane!"

And then I saw the finish line. It simply wouldn't stop moving around. During the last excruciating yards a young official tried to run along to encourage me, but (I am told) I informed him that I had run the entire distance by myself and nobody, but NOBODY was going to cross that finish line with me.

I crossed it!... Swearing I would never, never do such an insane, purposeless thing again.

A beautiful young Tahitian man placed a string of beads around my neck, hugged me, kissed me on both cheeks, placed a beer in one of my hands and a Finisher T-shirt in the other. As I walked dazedly away my strategy had already begun. I was thinking "Now next year.....!!!"

( Ms.) Loy Goodwin  
8050 Morning side Drive  
Loomis, CA 95650 (916) 791-1255



## TRAIL DROPPINGS FROM BUFFALO BOB

You may have noticed something different about this newsletter -- with a new editor the club has made a complete transformation in leadership. For the first time since the start of the Chips all positions of leadership are occupied by non-founders. That is quite a significant step for any volunteer organization to make. Many groups like ours eventually fail because they forget to involve a broad range of members in the day to day activities. I'm sure that everyone is aware of the monumental job A.J. has done for the Chips since its' founding....but he had the foresight that few of us have to set the principle that the President serve for only one year. He waited to step down as editor until he found someone who would be willing to handle the job in its' entirety. It is a measure of his contribution that to replace him as editor will take more than one person. A.J. will now have the opportunity to do more running, which is what the club was originally formed to promote. If you see him on the trails you should thank him for his significant support of the club --- DON'T THINK OF THE FOREGOING AS A RETIREMENT STATEMENT BECAUSE A.J. WILL CONTINUE TO GIVE ADVICE AND ASSISTANCE TO THE NEW CREW --- SEE IT MORE AS A WARNING (BECAUSE HE IS SOON TO TURN 40) TO ALL HOR-CAL MASTERS' DENIERS -- If you thought he was tough when he was running the club wait til you see him when he can concentrate on races. One final suggestion---anyone who would like to help the new editorial staff on the newsletter please call Henry Rosendale..... Several Chips journeyed south to the Bakersfield Marathon (a Paul Reese Favorite) a few weeks ago and discovered that Mike Souza will soon lose his competitive edge for WORST DRESSED-- it seems Souza won a White Stag warm-up at the drawing.... Injuries list---Doug Rennie was injured at the Beach Bowl and has been sidelined for almost a month. Paul Holmes also seems to be injured but this is unconfirmed. Finally the Underwood PORSCHE was injured on the way to A.J.'s attempt (this was serious folks) to run two sub-three hour marathons in two days. A SPEEDY RECOVERY TO ALL.....

A run has been scheduled for the 15th. of April to help out the candidacy of Buffalo Chip Joan Reis...preliminary word is that it will be a 10 Kilo affair---three dollar entry fee with iron on patches to each entrant-- Joan is running in the Democratic primary against Leroy Greene...for more information about the run call Stan Greenberg or the Reis Headquarters---Joan has been a Chip for the last two years so even if you're not into politics you may want to come out---after the race awards will be given out at a fundraiser picnic(\$7)-- awards so far include running shoes and other goodies..... Is there sanity in the Chips department???.The apple tree king of Camino, Pete Schoener (after completing the results for last summer) has decided after running the fifty miler to run the Bidwell Marathon the next week-----and you thought that I was not sane.....Late News Flashes.....From the Apache Junction Gazette (ARIZONA) FOR SALE.. Lovable Doberman, playful, will eat anything, especially fond of Children....does this mean that Mayer is giving up his new found girl friend???? (and you thought that I wasn't going to mention him in this month's column).....For a final suggestion of the day... call AJ and ask to help out on the Buffalo Stampede....this year's race will be the best ever and we should all help out.....

## LETTER FROM THE EDITOR

The newsletter changes editors this month and a re-emphasis of the original goals with ideas for growth seems appropriate. First a Kudo for Abe Underwood, who has been editor since there has been a newsletter. Now at 40 Abe has decided to feast on Masters competition. A.J. you did an exceptional job, thank you from all of us.

After so much positive feedback on the monthly schedule, it will now be a part of every newsletter, as will articles about new Chips, and a monthly vignette exposing some unsuspecting Chip or Chip entourage. If you are a new Chip or know of one contact Mark Elgert and he'll insure we'll all meet you. Our "Up Close and Personal" article will be handled by Bettina Brownstein so any Chips with an ax to grind can give her a call. If controversy adds sparkle, read the response to the Covert Bailey article (in the Dec. 1977 newsletter) from the Adult Fitness Program at UC Davis. I'd not be surprised at a reply to their reply in our next issue next month. Any Chips recruiting new Chips should contact Dave Davis. Dave has a difficult job and we can all make it a little easier. The hardest part of the newsletter is race results. Publishing results isn't difficult, however including all Chip participants is. One idea would be to ask some Chip who has run a particular race that month to write an article for publication the following month. That Chip's name would be in the newsletter as a point of contact and any Chip who ran could call said Chip and be included in the following newsletter. This approach gives everyone a chance for an input and will be used unless a better way is devised.

The best part of the newsletter is the part that you wrote. Why not sit down today and send us something.

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### NOTICE

This note is addressed to the Chip who let another runner use his sweats or towel at the West Valley Marathon. His name is Richard Doty at 2544 Madrone Ave. Stockton, 95207. He would like to return them.

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### WHERE DO AAU REGISTRATION FEES GO?

One of the most frequently asked questions is "What are AAU fees used for?"

1. \$1.00 to the National Office General Fund.
  2. \$0.50 to the National Sports supervising Fund, which is used for team travel, clinics, and as designated by the sports body.
  3. \$1.00 Association third party Insurance for the protection of Pacific Association Clubs sponsoring sanctioned athletic events.
  4. \$1.50 to the Pacific Association- to maintain the office, salaries, rent, telephone, and other service equipment that is necessary for registration, AAU Club membership and Association special events.
-

## UNCOMMON DUNG

At a recent meeting of the new editorial staff, over the inevitable beer and more beer, it was decided that future issues of the newsletter would include a personality profile column to help club members in getting to know one another. Ellen Standley and Dick Forehand were chosen to be the first profilees: solid supporters of Chip activities, devoted runners, they are club favorites, both individually and as a couple. Ellen is famous for her eight-hour tour of Pikes Peak. Dick is well-known as the densest person in the club. Their recent wedding adds a romantic element to these pages, and their support of the club is shown by their showing up for the club run, one week after the nuptials.

(I should interject at this point that I don't want to be held responsible for the veracity of any of the statements in this article. I interviewed Dick during a club run, and I haven't as yet mastered the trick of carrying a tablet and pencil while running. So will the two concerned please write in with corrections.)

Dick and Ellen's meeting strains credulity: she was bridesmaid to his best man at friends' wedding. That was four years ago, when both were into Sierra Club hiking and packpacking rather than running. Ellen has been all over the world with the Sierra Club.

Ellen was absent the day I talked with Dick, so all information about her is hearsay. (Ellen please direct comments to the source rather than yours truly.)

Ellen began jogging about four years ago to get in shape, keep fit for hiking, and to control her figure. She gradually began to increase her running distances, joined the Chips and got Dick to join also. She is presently training at forty miles a week and is known to be a consistent, steady runner, who will tackle any distance up to marathon.

Dick was a college sprinter in Georgia. As a result of poor coaching and training ("the coach told you to go out there and run") he injured his foot. This wound kept him from serious running for several years. After joining the Air Force and earning some money, he bought a sports car with a stiff clutch. The exercise from pressing this clutch, plus orthotics prescribed by the locally eminent Dr. Sardi, alleviated the problem. He's been loping along merrily ever since.

Both Dick and Ellen enjoy the social aspect of running and aren't terribly into pain, stress, or competition. They like to see friends at races, participate in relays, and go to the Mouse Trap for tea and sandwiches after Saturday club runs. Dick says that he'll occasionally try to run his fastest at a race, especially when he's part of a team effort at a relay, but he usually likes to start at a leisurely pace and then speed up or slow down according to



how his body feels that day. When he's feeling good, he gets sadistic pleasure out of speeding up and passing lots of people. He currently trains at about seventy miles a week.

Ellen is Sacramento born and bred. Educated at UCs Davis and San Francisco, she teaches dental hygiene at Sac. City. Described as a "workaholic" by her husband, she is also working on a second masters at Sac. St. in community health.

Dick was an Army brat, who grew up in the south, with an interlude in Japan. He has a masters' degree and is employed by the Air Force as a chemist. He recently served a tour in Thailand. Presently his work is primarily administrative; he looks forward to getting back to research in the future.

When not working or running, they engage in other outdoor activities, such as bicycling, hiking, and camping. Ellen is also an avid antique collector. Their condo is crammed with historical artifacts.

I asked Dick what they liked about the Buffalo Chips, and what they'd like to see improved. He answered that when he'd first joined two years ago, the club had seemed cliquish, with the high-powered runners dominating. This situation is gradually changing with the influx of new members. He likes the club activities and would welcome more of them.

I don't know what they're like at home, but I've always found Ellen and Dick to be friendly and pleasant. Certainly, the Buffalo Chips wouldn't be the same without them.

Bettina Brownstein

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#### WE'VE MISSED YOU, CHARLIE

Hey you Chips--

I've been on the verge of communicating to you through the newsletter for so long, and now I can and will.

Let me introduce myself, Charlie Albert, I hurt myself pretty badly in a car crash of October 1976 and am recovering as well as I can. Though seriously disabled, I have taken inspiration from many people--not the least certainly has been you guys. It is intended here that "guys" means "Chips". You've come to my mind a lot and I'm recognizing more all the time the living thing I'm into with you. If it seems to you that I get a little serious here, I can only say "I give a Chip" ! Anyway, my life has been filled with doctors and hospital business and my own experience has had hopes, fears, joys, and sorrows weaving in and out and I feel OK now and acknowledge you, my friends, my fellows. I say "Thank you" for the beings you are and not for any act you've done-- and for your being. Thank you. Though I speak OK now, I do not breathe too well and one block of running does me in. I'm not frightened anymore about not running but I'll be without it as I want to run very much. But lets still be together, I'll show up and acknowledge you at some runs, you contact me any time and we'll eat, talk, and be together. I won't ever forget your visits when I was in the hospital and I want always to be a "Chip" with you.

I love you  
Charlie

WALNUTH GROUP ASSAULTS THE PAAU 50 Miler -- February 26

If you think that marathoning is getting crowded you should have been at the PAAU 50 mile championships --- this year saw 34 runners finish the Marysville to Sacramento course. The winner was sometime Ophir Dennis Rinde with a record shattering 5 hours and 40 minutes (for those of you without a palatronic handy that is 6:40 per mile). Rinde covered the distance 40 minutes faster than Daryl Beardall had two years earlier. The course is the same one used for the River Relays and like the river relays course is alternated with a second course (Jackson to Sacramento). For those who have covered both courses there seemed to be a consensus that the flat course was somewhat more pleasant(although at that distance the word pleasant is not exactly appropriate). The CHIPS showed up to take strong control of the event with Mike Souza Taking 3rd. overall in 6:07 (7:20 per mile), Mark Heschler was 4th. in 6:15, New High Dunger Bob Hedges on his maiden race at this distance covered the course in 7:04(good for 10th. place--nice race for a guy that said he wasn't running it seriously). Jonathan Brown followed Hedges in 7:09 in 11th. place(that was a 73 minute pr for Brown who had talked to Abe Underwood at 30 miles and indicated a desire to quit-- Underwood gave him the right words to continue), Pete Schoener finished 16th. in 7:32---said that he would have run faster but had spent the night before the race compiling race results for the Apple Hill Run---JoAnn ran 20 miles with Pete. Tim Hicks was 20th. in 7:45. Newly Gasterized Chip Dennis Lettl finished 22d. in 7:52. Souza, Heschler and Hedges made up the FIRST team in the Standings and Brown, Schoener, and Hicks made up the THIRD team, getting squeezed out by the Woodside Striders for Second. The race marked the fall of Daryl Beardall from active competition in the open division. Last year you may remember that Mike Souza lost out on a 5th. place medal in the Open Division because old DB chose to take the Master medal and shove it (to quote Johnny Paycheck) and walk home with the first place in the Open division. DB was 6th. this year and so opted for the first Master, Followed by Lettl who was second in the over 40 division. First woman finisher was Sally Edwards in 7:46(21st. overall); while her finish was not record setting(Ruth Anderson at 7:35) it was a terrific effort for a first try at the distance. Former Chip Elliot Nisenbud finished in 9:10. The last finisher was Tony Strata in 11:06. Last year there were only 24 finishers, with this kind of growth can you imagine the field in 1935???

The distance is one that no one can easily predict results for-- there are just too many things that can happen on the course. Many of the Chips best starters had to drop out along the way. Multi-marathoner John Clark left the race at 28 miles, Abe Underwood was forced out at 30, Fraser Cassmussen(feeling the effects of a late Friday night enjoying jazz in the city--the performer was a runner and asked Fraser for tips) had to drop out at 36.

A second thing which most people miss about the Ultra races is that they cannot be accomplished without considerable assistance from a loyal pit crew -- the need for this assistance is even more pronounced than the marathon. Almost 40 Chips showed up to assist our 10 runners---that meant pacing some of us and giving aid and encouragement along the way for all of us. It meant the difference between finishing and not for some, and it certainly made the run more tolerable(you didn't expect me to say enjoyable???)

Yes, Mike Souza did ask if we had to run back.



DEPARTMENT OF PHYSICAL EDUCATION

DAVIS, CALIFORNIA 95616

February 6, 1978

Abe Underwood, Editor  
Buffalo Chips Running Club Newsletter  
6555 Riverside Blvd.  
Sacramento, CA 95831

Dear Mr. Underwood:

We have just finished reading an article in your recent newsletter (December 6, 1977) about Covert Bailey's Fat Forum. There are several statements made either by Mr. Bailey himself or by the reporter that are not necessarily correct. We would like to bring these to your attention.

First, body density is an indicator of fatness, not necessarily fitness. From body density, accurate estimates can be made regarding the absolute and relative amounts of fat present on a given individual. Granted a person who is highly-trained will probably have a lower percentage of his total body weight as fat than someone who is less fit, although this does not always hold true; in any case, a person's degree of fatness is not an indicator of his fitness.

Also, there is no such thing as the Davis Stress Lab, although we assume you are speaking of our Adult Fitness Program, offered through the Department of Physical Education at U.C. Davis. There are many differences between Mr. Bailey's Fat Forum and our testing program besides just the blood test we do to determine total cholesterol, triglyceride, and glucose levels. To make baseline assessments, we take a 12-lead electrocardiogram and supine blood pressure. We measure residual lung volume through the standard nitrogen-dilution method (as opposed to estimating it, as Mr. Bailey does) for our determinations of body density. The emphasis of our program is placed on the physician-monitored maximal graded exercise test we administer on a motor-driven treadmill. Throughout this test, blood pressure and electrocardiographic activity are monitored, and expired respiratory gases are continuously collected so that the individual's maximal oxygen uptake, and functional capacity, can be determined. Mr. Bailey uses a submaximal test (I. Astrand, 1960), which has a standard error of measurement of  $\pm 10-15\%$ , to estimate maximal oxygen uptake. Thus, Mr. Bailey does not determine the individual's functional capacity, nor does he do any diagnostic testing for the presence of coronary heart disease. All of our electrocardiograms are interpreted by a cardiologist for signs of myocardial ischemia or other coronary problems. Based on the test results we obtain, we design individualized exercise prescriptions for endurance training, and invite participants to join our regularly scheduled supervised exercise groups, or our cardiac rehabilitation program. To undergo testing through our laboratory, participants must receive medical clearance from their personal physicians.

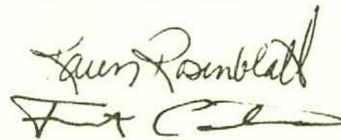
*(continued next page)*



In summary, we do an extensive and comprehensive cardiac risk factor analysis as well as fitness and fatness testing. Our \$75 fee is actually quite reasonable and is not designed to reap a profit as is Mr. Bailey's traveling roadshow. If he were to offer our services, he would have to charge at least \$250. Instead, he charges \$40 for "estimates" of body fat and endurance work capacity. The lack of medical safety in Mr. Bailey's exercise test indicates a disregard for the guidelines established by the American College of Sports Medicine.

Thank you for allowing us to voice our feelings.

Sincerely yours,



Karen Rosenblatt  
Forrest Carmichael  
Graduate Student Coordinators  
Adult Fitness Program



**A DIFFERENT KIND OF HAZARD**—A jogger passes a multilingual sign posted on a road in

Cyprus that is used by trucks carrying ripe grapes. Oozing juice makes the road slippery.

# ~ SCHEDULE ~

March 18	B.C. Club Run, Guy West Bridge, 9:00 a.m.
March 18	McIntosh Fun Run (3 and 6 mi.), El Camino Store, 8:30 a.m.
March 19	Marin Red Cross Run (3 and 6.5 mi.), San Marin High School, San Rafael, 11:00 a.m.
March 25	B.C. Club Run, Guy West Bridge, 9:00 a.m.
March 25	Fun Run, Rancho Cordova High School, 9:00 a.m.
March 25	Lake Il San Jo (10 mi.), Howarth Park, Santa Rosa, 10:00 a.m.
March 26	Lake Merced Masters Run (5 mi.-40+only) S.F., 11:00 a.m.
April 1	B.C. Club Run, Guy West Bridge, 9:00 a.m.
April 2	Buffalo Stampede (10 mi.) and 50 Kilo, U.C. Davis, 10:00 a.m.
April 2	Clear Lake Marathon, Lakeport, 10:00 a.m.
April 8	B.C. Club Run, Guy West Bridge, 9:00 a.m.
April 8	Fun Run, Rancho Cordova High School, 9:00 a.m.
April 8*	<u>Chico-Redding Relay</u> (8x10 mi) (see details elsewhere)
April 8	Wine Country Relays (3 persons, 15 mi.), Santa Rosa, 10:00 a.m.
Sun Apr 9	PA-AAU 30 Kilo plus 5 & 15 Kilo Runs, Golden Gate Park 9 a.m.
Tues Apr 11	BC Club Run, Guy West Bridge 6 p.m. RC 7 p.m.
Fri Apr 14	<u>BC Club Meeting</u> Cordova Club House 2197 Chase Drive
Sat Apr 15	Fun Run, Rancho Cordova High School 9 a.m.
Sun Apr 16	PA-AAU Womens 10 Kilo Championship, Santa Rosa 10 a.m.
Sun Apr 16	Santa Clara Spring Run (6 & 10 Mi), Santa Clara 10 a.m.
Mon Apr 17	Boston Marathon
Tues Apr 18	BC Club Run, Guy West Bridge, 6 p.m.
Sat Apr 22	McIntosh Fun Run (3 & 6 mi) El Camino Store, 8:30 a.m.
Sat Apr 22	Livermore 8 Mile Run, Livermore 10 a.m.
Tues Apr 25	BC Club Run, Guy West Bridge
Sat Apr 29	Fun Run, Rancho Cordova High School 9 a.m.
Sun Apr 30	May Day Run (5-10-15 Kilo), Golden Gate Park 9:30 a.m.
Tues May 2	<u>BC Track Run</u> (440, 880, 1, 2, & 5 mi) Sac State Track 6 p.m.
Sun May 7	Avenue of the Giants Marathon, <u>Entries Closed!</u>
Tues May 9	BC Club Run, Guy West Bridge 6 p.m.
Tues May 16	BC Club Run, Guy West Bridge 6 p.m.
Sat May 20	McIntosh's Fun Run (3 & 6 mi), El Camino Store 8:30 a.m.
Sat May 20	PA-AAU On-Hour Run, San Francisco area?
Sun May 21	Bay-to-Breakers (7.6 mi) <u>Entries Closed April 24</u>
Tues May 23	BC Club Run, Guy West Bridge, 6:00 p.m.
Sat May 27	Fun Run, Rancho Cordova High School, 9:00 a.m.
Sat May 27	Norcal 10 Miler (& 3 mi), Lake Redding Park, Redding 9:00 a.m.
Sat May 27	AAU Masters T & F Meet, Los Gatos H.S. 9:00 a.m. Pre Registration <u>only by May 23.</u>
Sun May 28	TRAC 10 Kilo, Kellyer Park, San Jose 10:00 a.m.
Tues May 30	BC Club Run, Guy West Bridge, 6:00 p.m.

\* Little Pony = Chico-Redding Relay cancelled. See details elsewhere.

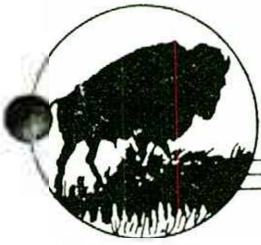


ROSTER  
BUFFALO CHIPS RUNNING CLUB

NAME	ADDRESS		HOME PHONE	WORK PHONE	BIRTH DATE
ASKEW, Marc	2510 Northrop Ave #6	Sacramento	95825	None	2-19-22
BAKER, Hal	1182 Cavanaugh Way	Sacramento	95822	443-4514	8-20-42
BAKER, Stephen C.	730 Commons Drive	Sacramento	95825	925-1779	9-5-54
BAKICH, Robert	3146 Kolser Way	Carmichael	95608	487-0445	9-19-50
BALLANTINE, Bill	4311 Marshall Ave	Carmichael	95608	967-7395	11-6-24
BARR, Steve	11090 Strathmore Dr #25	Los Angeles	90024		1-20-55
BETSCHART, Walt & Jack	4120 A Street	Sacramento	95819	451-9076	7-13-27
BOGLE, Marcia	2242 East Parkway D3	Sacramento	95823	391-2993	4-22-55
BORLAND, Chris	1520 - 40th St.	Sacramento	95819	457-4469	9-11-33
BRIMBERRY, Paul	2011 Yale St. #4	Sacramento	95818	455-4049	8-3-47
BROWN, Jon	2725 Florence Place	Sacramento	95818	451-5565	6-25-46
BROWN, Roger	1224 Snyder Dr.	Davis	95816	758-2479	7-30-46
BROWNSTEIN, Bettina	1315 42nd St.	Sacramento	95819	456-5738	5-27-48
CANACHO, Julian	5391 Moddison Ave	Sacramento	95819	455-1898	9-12-36
CARGILL, Duve	343 Showeiler Dr	Suisun	94585	425-5759	11-24-48
CARTER, Jim R.	127 Touchstone Pl	W. Sacramento	95691	371-3374	9-2-38
CARVEY, Andrea	629 Howe Ave #97	Sacramento	95825	922-6388	10-7-52
CLARK, John	6956 Greenbrook Circle	Citrus Heights	95610	961-7827	4-29-42
COOK, Joe	6514 Crosswoods Ct	Citrus Heights	95610	726-8409	6-24-16
COOK, John A.	9573 Lake Natoma Drive	Orangevale	95662	988-5495	10-28-41
CROW, Donald R.	3948 Brule Court	Sacramento	95821	482-8031	11-16-34
CUMMINS, Doris E.	5706 Haskell Ave	Carmichael	95608	485-1875	6-24-16
DAVIS, Dave	9142 Firelight Way	Sacramento	95826	363-9142	6-17-30
DOXNS, Bob	2613 Marci Lee Way	Rancho Cordova	95670	635-4488	9-21-28
DRAKE, Jim	3442 Whitnor Court	Sacramento	95821	485-8013	6-18-40
EDSON, Richard	555 Capitol Mall Rm 1590	Sacramento	95814	758-4709	7-2-46
ELGERT, Mark	3130 Bell St.	Sacramento	95821	925-3731	6-5-54
EOFF, John E. III	8545 Rocksprings Road	Newcastle	95658	663-3558	2-12-42
FINNIGAN, Jim	1836 Carmelo Drive	Carmichael	95608	489-3410	11-22-40
FOREHAND, Dick	2674 Rio Bravo Circle	Sacramento	95826		6-17-46
FOX, Lee	3300 Park Side Drive #58	Rocklin	95677	624-1808	5-31-37
FREEMAN, David	7721 College Town Dr #23	Sacramento	95826	381-2561	1-30-50
FRIEDRICH, James	10503 Fairoaks Blvd	Fair Oaks	95628	966-3963	3-10-55
GALLO, Mark	1008 23rd St.	Sacramento	95816	446-7137	4-26-43
GOLDSMITH, Edwin A.	912 Shasta Circle	El Dorado Hills	95630	933-2382	1-17-47
GOODWIN, Paul & Loy	408 Sunrise Ave Suite #4	Roseville	95678	791-1255	3-5-21
GRAVES, Bill	7990 Shrawsbury Ave	Fair Oaks	95628	961-7276	3-29-56
GREENBERG, Stanley	4305 Cottage Way	Sacramento	95825	487-9890	6-6-23
GRIX, Art	4436 Otis Court	Carmichael	95608	967-0927	7-8-44
GROSS, Richard C.	6402 Eureka Road	Roseville	95678	791-7439	2-26-43
GURD, L.B. (Roy)	8141 Poppyfield Way	Citrus Heights	95610	725-1336	8-30-39
HALL, Gordon	6617 Pappahannock Way	Carmichael	95608	967-1638	2-3-32
HALVORSON, Dan	8316 Grinaell Way	Sacramento	95826	383-6133	8-30-33
HANLON, Richard A.	254-5 Selby Ranch Road	Sacramento	95825	485-2055	4-5-37
HEDGES, Robert D.	9005 CASALS ST. APT 2	Sacramento	95826	363-3754	9-28-45
HICKS, Tim	Box 712	Angeles Camp	95222	736-2160	8-30-43
HOCKING, Elaine	4921 Crestwood Way	Sacramento	95822	447-8647	3-10-30
HODGSON, Daphne	725 Howe Avenue #46	Sacramento	95825	925-7049	1-7-50
HOLMES, Paul	P.O. Box 2043	Sacramento	95810	929-5817	8-31-36
HOSCHLER, Marc	8675 River Road	Freeport	95832	665-1850	10-2-50
HOSEIT, Max	2020 Marconi Avenue	Sacramento	95821	487-1374	8-1-28
HOSEIT, Pattie	2020 Marconi Avenue	Sacramento	95821	487-1374	3-6-52
HOWARD, Walt	3604 Comstock Way	Carmichael	95608	489-6131	9-19-37
ISERI, Howard	616 Robertson Way	Sacramento	95818	448-6463	11-23-59
JACOBSON, Howard	2713 T St #8	Sacramento	95816		6-15-43
JOHNSON, Jane	1466 No. 5th St.	Fresno	93703		2-19-53
JOHNSON, Ken	7000 Fair Oaks Blvd #43	Carmichael	95608	487-2395	11-19-52
KAMPS, Donald E.	1633 Wauland Avenue	Sacramento	95825	922-9708	8-22-50
KARVER, Jim	341 Sandburg	Sacramento	95819	451-5049	7-27-38
KASHING, Ron	5817 Mark Twain Avenue	Sacramento	95820	455-0452	2-5-44
KATTENHORN, Joe	9542 Shumway Drive	Orangevale	95662	988-4118	6-24-47
KOCH, George	4400 Parrett Rd.	Carmichael	95608	967-0820	2-23-27
KOERNER, Vance	7625 Teleorah Avenue	Orangevale	95662	988-0072	12-26-26
LAWSON, Marjorie	1003 Roundtree Ct.	Sacramento	95831	392-2280	11-6-24
LETL, Dennis	4101 V St Apt D	Sacramento	95817	451-7083	3-28-37
LINDEMAN, John	2904 Latham Drive	Sacramento	95825	485-8925	9-15-61
LINN, Perry	5936 Deary Way	Orangevale	95662	988-5427	4-21-51
LITTLE, Christopher	1061 44th Street	Sacramento	95819	455-6465	6-14-61
LLOYD, Russ	5820 Canary Dr.	No. Highlands	95660		3-12-42
MACBRIDE, Evan	3521 Arden Creek Road	Sacramento	95825	489-2066	7-5-46
MACE, Bill	1025 Lochbrae Rd	Sacramento	95815	922-2388	5-28-52
MALAIN, Robert J.	6333 Silveira Way	Sacramento	95831	392-3075	4-3-27
MANGIARACINA, Meesha	4 Abbey Court	Woodland	95695	662-0738	2-10-68
MARRS, Robin	1816 Markham Way	Sacramento	95818	443-4230	9-12-58
MERCEPEAU, Charles	8895 B Salmon Falls Drive	Sacramento	95826	362-9660	3-23-24
MIOFSKY, William	4021 Riding Club Lane	Sacramento	95825	489-5066	9-28-32



McGUIRE, William R.	1707 P St	Sacramento	95814	442-6575		9-13-51
HAYARRO, Ralph J.	1504 28th St. #C	Sacramento	95816	452-0321	445-1090	7-25-47
NICHOLS, Chuck	1729 Bella Casa Drive	Woodland	95695	666-0758	445-2098	10-28-49
O'NEIL, Jim	619 Commons Drive	Sacramento	95825	922-1095	922-1095	5-14-25
O'NEIL, Mike	2911 Morse Avenue	Sacramento	95821	488-2690	366-2741	5-24-24
PARBOTT, George	1524 Little Ct.	Carmichael	95608	483-6197	454-6884	12-17-43
PATTERSON, Richard T.	6810 Admiral Avenue	Fair Oaks	95628	961-6765	726-4414	9-16-43
PIERCE, Stephen R.	2541 Michelle Drive	Sacramento	95821	485-8232	643-5916	8-10-47
POTTER, Robert G.	6360 Surfside Way	Sacramento	95831	392-6401	445-8984	11-13-36
POTTEAU, Cynthia	P.O. Box 4914	Sacramento	95825	485-8683		1-12-55
RASMUSSEN, Fraser	2521 Reata Drive	Davis	95616	756-7636	453-3747	5-31-43
REISE, Mark M.	2729 17th St.	Sacramento	95818	443-1549		7-1-49
REISE, Paul	P.O. Box 2271	Sacramento	95810		454-8533	4-17-17
REINTE, Doug	6808 Castello St.	Citrus Heights	95610	725-8508	484-2557	1-16-41
RIDGEWAY, William	4855 Alta Drive	Sacramento	95827	451-0468	444-0520	8-26-33
RITCHIE, Geary	6209 Shenandoah Dr.	Sacramento	95841	331-8177	966-5021	8-25-42
RODAS, Frank & Paul	39 Cavalcade Circle	Sacramento	95831	421-0335	445-0220	12-13-38
ROSENDALE, Henry	2513 Auahi Way	Rancho Cordova	95670	362-4439	364-4322	2-22-45
ROSENSTEIN, Stan	2201 Woodside Lane # 11	Sacramento	95825	925-6617	322-7587	7-6-51
RUIZ, Ronald	2570 Land Park Drive	Sacramento	95818	446-1615	322-7014	5-2-36
RUSSELL, Jeremiah	P.O. Box 2462	Mercer	95340	722-8398	723-9121	1-15-36
RYERSON, Diane	1737 Mercury Way	Sacramento	95825	487-7956	682-3321	1-3-43
SARTE, Randall J.	2322 Eulona Dr # 212	Sacramento	95825	383-7534	488-8750	10-24-43
SCANGARELLA, Mary	3121 Koreland Ct	Sacramento	95825	481-7302	483-3289	8-25-54
SCHGNER, Pete & JoAnne	4221 No. Canvon Rd	Camino	95709	644-1002	622-6306	11-10-40
SCHOLZ, Ron	1019 California Street	Woodland	95895	662-0671	322-2610	4-28-36
SMITH, Roger	1463 Exposition Blvd # 40	Sacramento	95815	929-0759	445-2010	6-28-46
SMITH, Steven George	3900 Central Avenue	Fair Oaks	95628	966-6055	643-6445	5-14-48
SOUZA, Susan	7112 Astron Parkway	Sacramento	95823	391-4971	452-3271	1-5-48
SPICKELMIER, Don	3830 T St.	Sacramento	95816	457-7969	929-2389	11-1-40
SPOTTISWOOD, Dave	555 Capitol Mall Suite 950	Sacramento	95814	421-1564	444-3900	6-10-40
STAINBROOK, Harold/Roll	2944 Leta Lane	Sacramento	95821	487-7464	454-8331	1-26-30
STANDLEY, Ellen	2674 Rio Bravo Circle	Sacramento	95826		449-7356	6-7-42
STROMBERG, Ed	2824 Martel Court	Sacramento	95826	383-7616		3-20-43
SUMNER, Larry	7363 Bellflower Ct.	Citrus Heights	95610	726-2183		2-24-44
SZEKERESH, Martin	2199 Randy Street	White Bear Lake, Minn.	55110	426-1685	725-7883	5-25-38
TALBERT, Greg	721 39th St.	Sacramento	95816	452-2348		6-1-62
THOMPSON, Dick	5812 Woodleigh Drive	Carmichael	95608	967-1955	643-4557	8-13-18
TRAKA, Richard L.	2751 3rd Avenue	Sacramento	95818	451-4012	452-8713	8-13-38
UNDERWOOD, Abe	6555 Park Riviera Way	Sacramento	95831	392-7672	322-6671	3-30-38
VREDENBURG, Gordie	3404 Toledo Way	Sacramento	95821	488-5210	332-6554	2-2-44
WAGGONER, Art	9090 Pinata Way #2	Sacramento	95826	362-1996	452-3221	11-26-25
WALDSMITH, Gary	4208 Karm Way	Sacramento	95842	334-2705	391-3000	11-12-40
WALKER, Tom	410 Sandhara Drive	Sacramento	95819	456-0812		5-1-62
WALSH, Ed	9258 Redollion Way	Sacramento	95826	362-5792	758-0580	8-1-48
ZINDLER, Patty	1720 40th St.	Sacramento	95819	455-4871	454-8256	10-25-41
ZINKE, Nancy A.V.	612 Brickyard Drive	Sacramento	95831	392-8357	452-3221	8-2-51
McINTOSH, John	1232 47th Street	Sacramento	95819	451-7079	488-7184	3-4-42
OVEROYE, David	4511 Bailey Way	Sacramento	95825	485-0583		11-3-61
Requera, Don	8740 Merribrook Dr.	Sacramento	95826	381-1417	444-8339	5-19-40
SEIGEL, Bob	9618 Oaken Bucket Ct.	Sacramento	95827	366-1840		9-12-48
IMMOOS, Michael	11900 Pt Pleasant Rd	Elk Grove	95624	685-2896		
FARINGER, Rich	3351 Sierra View Ln	Sacramento	95821	422-2221	363-3163	8-1-44
SHANK, Wilford	4305 Valmonte Dr	Sacramento	95825	489-5225	445-2454	9-11-21



# BUFFALO CHIPS

RUNNING CLUB



NUMBER 34

Bob Hedges  
Hal Baker  
Art Waggoner  
Dave Davis  
Mark Elgert

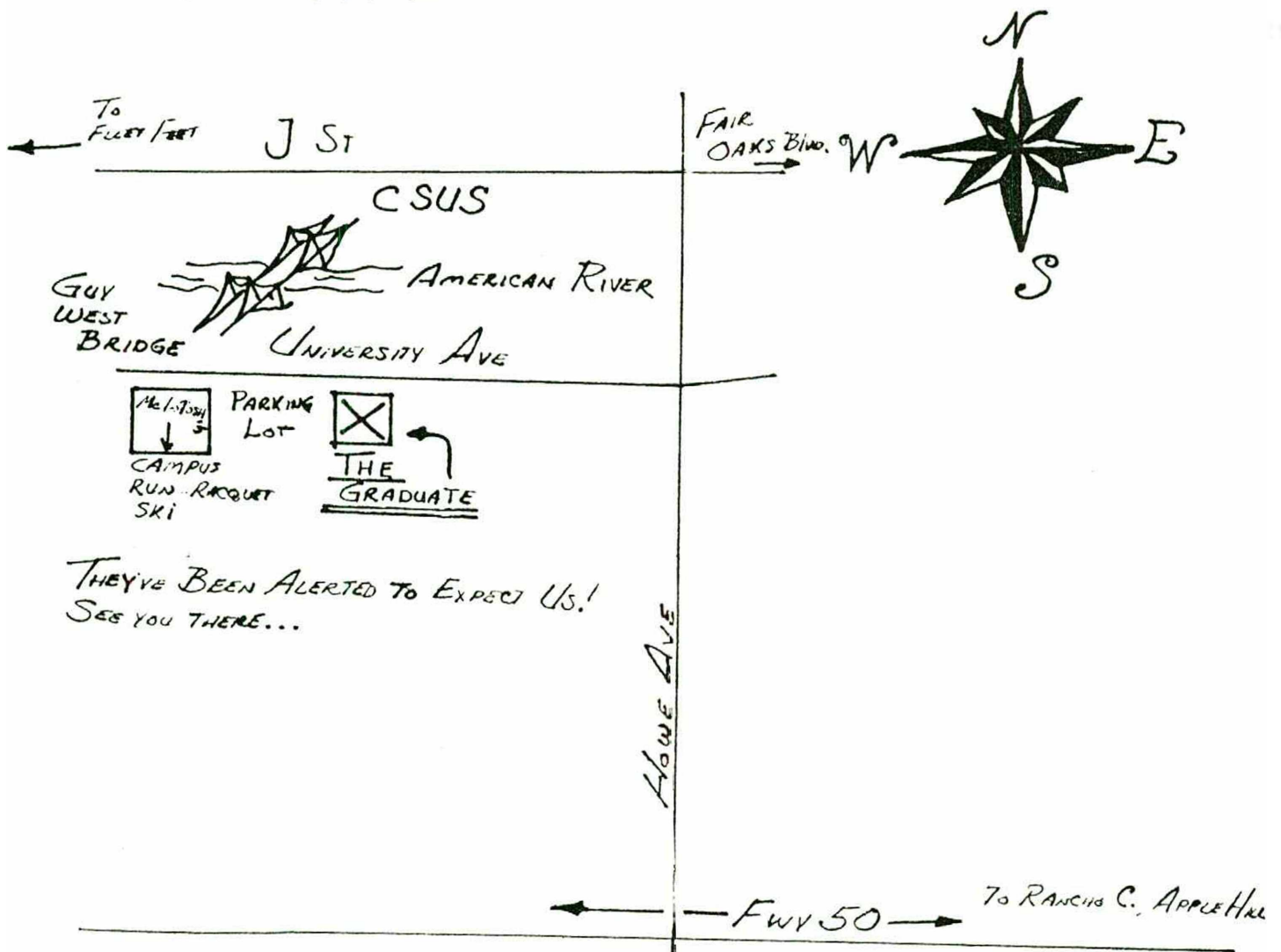
High Dunger  
Vice Dunger  
Dung Counter  
Membership Dunger  
Dung Scribe

363-3754  
443-4514  
383-4667  
363-9142  
925-3731

Oct 24, 1978

Nov. 19<sup>th</sup>

P<sup>3</sup>O\*



THEY'VE BEEN ALERTED TO EXPECT US!  
SEE YOU THERE...

\* POST PEPSI PIG OUT AT THE GRADUATE...  
6:00 PM 'TIL ... EVERYTHING IS BYO (BUY YER OWN!)  
THEY HAVE MUNCHIES, LIQUIDS ETC. (PONG GAMES) ALL REASONABLY PRICED!

# BUFFALO CHIPS

## 1979 RENEWAL 1979

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

HOME Ph. \_\_\_\_\_

WORK Ph. \_\_\_\_\_

CHECK APPROPRIATE BOX AND PAY CORRESPONDING FEE

- BUFFALO CHIP RENEWAL ONLY \$ 5.00
- BUFFALO CHIP RENEWAL AND AAU \$ 9.00
- BUFFALO CHIP RENEWAL AND AAU \$ 11.00  
(AND INSURANCE)

SEND CHECK WITH CORRECT AMOUNT TO:

DAVE DAVIS

9142 FIRELIGHT WAY

SACRAMENTO, CA. 95826

\* IF ANY QUESTIONS CALL 363-9142 \*



<u>NAME</u>	<u>440</u>	<u>880</u>	<u>1 Mile</u>	<u>2 Mile</u>	<u>5 Mile</u>
			<u>AUGUST</u>		
Jim Karver	1:51	3:02	5:42	14:01	39:11
Elliott Eisenbud			6:11	14:01	39:11
Dave Davis			5:40		12:43
Chuck Nichols			5:52	12:59	
Frank Krebs				10:25	27:54
Jack Tucker			6:26		39:27
Walt Betschart			5:29	11:55	35:35
Jim Parsons				16:05	47:05
Ron Blair			6:59		
Bob Seigel			6:58	13:52	38:51
John Addleman				14:27	
Sam Squiller			6:40		35:21
Russ Lloyd			6:23		
Dave Waco			5:01		32:05
Abe Underwood		2:25			36:30
Don Crow			6:22		37:27

### Carbohydrate Loading and Milk

Dr. Robert Lind, Medical Director of the Western States 100 Mile, called my attention to an interesting paper which was presented this past March at a Critical Care Seminar in Las Vegas. The paper, by Dr. John Bethune, Chairman of Medicine at USC, dealt with Hypophosphatemia (low blood phosphate levels). Although it touched only peripherally on carbohydrate loading; I think its implications are important for long distance runners.

To digress, in the years after carb loading was first introduced there were reports of occasional marked decrease in performance sometimes with Myoglobinuria (muscle breakdown products in the urine). This was usually seen only in people who did the protein loading (carb depletion) phase as well as carb loading.

Dr. Bethune has found that phosphate levels drop during carb loading (it is used in transporting and storing the glycogen among other functions). Severe depletion of phosphate (hypophosphatemia) leads to weakness, myoglobinuria, and a form of anemia. While no connection has been proven and Dr. Bethune did not mention the possible relationship; it seems likely that some of the adverse reactions to carbohydrate loading were related to hypophosphatemia.

The solution?? Drink milk!! Each quart contains 1000 mg of phosphate so a glass with each meal during carb loading should be enough.

(A recent article in R.W. says that protein loading/ carb depletion doesn't work if done more than once in 6 months)

--Dick Gross

*WHERE DID IT ALL GO?*

*ONLY ONE MORE NEWSLETTER FOR B.Y. 1978 (BUFFALO YEAR)*

*I'M GOING TO TRY AND HAVE IT TO YOU BEFORE THE HOLIDAYS, SO LET'S HAVE ANY ARTICLES, ETC. BY THE 10TH OF DEC. I'VE ALREADY GOT ONE THAT WILL RP YOUR GUTS, WRITTEN BY W. B. (ENOUGH - YOU GUESS THE REST AND WHEN YER GOT IT FIGGERED OUT, YOU SHOULD HAVE THE N.L. IN YER HOT LITTLE PAWS.*

*BCRCN STAFF WISHES ALL OF YOU TURKEYS A HAPPY TURKEY DAY!*

If you're looking for something to run that's more than a marathon but not as formidable as 50 miles, this could be the run for you. Sixty kilos (37.2 miles) presents the challenge of ultradistance without the pressure of marathon speeds, and it's a distance well within the reach of most conditioned marathoners. Think about it. SUNDAY DEC. 10 IS THE DATE.

The course is easy, a two-mile loop on a flat asphalt street in West Sacramento (Enterprise Blvd.). Frequent aid and the ease of pacing on a loop course are the missing elements in most long road runs.

If you can't see your way to 60 kilos, please try to come anyway. HELPERS ARE NEEDED. We'll need to provide two aid stations and record laps and split times of the runners. Please let me know if you can help (392-7672). Also -- the facilities are sparse out there, there isn't even a tree to step behind! Therefore, we need two portable heads. We can rent them as a last resort but it will blow the budget. If you know of one or two we can get free let me know ASAP.

We would like to make this a low-key but quality club-sponsored event. But, to do that, your help is needed -- actually it will be a good opportunity for club members to run a few laps with the runners and get in a workout.

## MASTERS TAKE NOTICE

THE 1978 AAU NATIONAL  
MASTERS MARATHON CHAMPIONSHIP  
WILL BE HELD IN ORANGE CO.  
ON NOV. 26.  
WE ARE TRYING TO FORM  
SEVERAL TEAMS TO GO.  
THERE ARE MANY DIVISIONS  
AND AWARDS. CALL  
ABE UNDERWOOD 392-7672  
OR WALT BETSCHART 451-9076  
FOR DETAILS. THIS IS  
A MASTERS ONLY RACE!

## AAU 60-KILO CHAMPIONSHIP

By Jeremiah Russell

Sunday, Sept. 17 A small but potent group of Chips tackled the 2-loop Golden Gate Park course and found the competition (576 starters) and the course (3.1 miles of gradual hills) a real challenge. Perry Linn (22nd) and Garry Green (25th) paced the Chippers with times of 1:29:32 and 1:29:59 respectively, just ahead of "Sacramento Slim" Jim O'Neil (37th overall, 7th Master and 1st 50+) who ran an amazing 1:29:00 for the 15 1/2 miles. Our other Super-Super Master Paul Reese was in his accustomed 1st place position for the 60+ group. I chugged around the course for a PR of 1:41:00, only to be informed by O'Neil that my sub-1:30 pace didn't even place me in the top 20 masters (Tennis anyone?). Chip finishers (I hope I got them all):

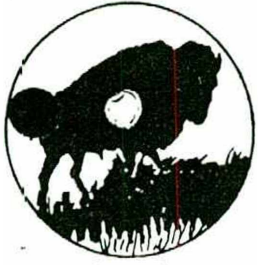
22.	Perry Linn	1:29:32
25.	Garry Green	1:29:59
37.	Jim O'Neil 1st 50-59	1:29:00
148.	Jeremiah Russell	1:41:20
211.	Paul Reese	1:46:03
301.	Howard Jacobson	1:52:15
302.	Tad Kitada	1:52:18
309.	Bob Staub	1:53:00
456.	Jane Johnson	2:11:42
506.	Marjorie Lawson	2:35:51

\*Membership List\*

NAME	ADDRESS	CITY	ZIP	HOME PHONE	WORK PHONE	BIRTHDATE
ADNEY, Connie L.	6641 Briartree Way	Citrus Heights	95610	723-6205	331-9981	4-20-50
AIARID, Daniel P.	7347 Falero Circle	Sacramento	95823	532-0723	445-2450	2-9-62
A RT, Charles	2130 - 22nd St. Rm #6	Sacramento	95818	452-9501	488-7211	8-15-44
A. ARSON, Martin	6773 Langrell Way	Sacramento	95831	391-0308	445-1599	4-4-33
ARNOLD, Gail	1911 1/2 Belcot Road	Sacramento	95825	481-3473	484-4731	
ASKEY, Hare	2510 Northstar Ave #6	Sacramento	95825		483-9516	2-19-22
AUSTIN, Sue Gouge	617 Ironwood Way	Sacramento	95831	392-4213	444-8134	6-4-53
AYRES, Larry E.	2424 Hurley Way Apt 118	Sacramento	95825		362-3222	8-31-40
BAKICH, Robert	19236 38th Place NE	Seattle, Wash.	98155			9-19-50
BACON, Raymond	2807 H St. #10	Sacramento	95816	442-4897	322-6671	8-16-42
BAKER, Hal	1182 Cavanaugh Way	Sacramento	95822	443-4514	445-1090	8-20-47
BAKER, Stephen C.	730 Commons Drive	Sacramento	95825	925-1779		9-5-54
HALLANTINE, Bill	4311 Marshall Ave	Carmichael	95608	967-7595	445-5408	11-6-24
BARR, Steve	11090 Strathmore Dr #25	Los Angeles	90024			1-20-55
BECHARD, Mona C.	8705 Woodman Way #124	Sacramento	95826			3-16-56
BEERY, Dwight MD	3604 Arborlawn Dr	Fl. Worth, Tex.	76109	926-1053	338-4747	10-20-40
BERK, Karen	267 Munroe St.	Sacramento	95825	486-0196	322-3560	7-29-43
BETSCHART, Walt/Jack	4120 A St.	Sacramento	95819	451-5076	440-6733	7-13-27
BESBRIS, Terry	321 24th St.	Sacramento	95816	442-7973	444-8134	1-9-49
BLAIR, Ron	6717 Wyatt Lane	Orangevale	95662	968-1230		9-19-45
BLINK, Jerald B/Kathryn	4709 Knapp Way	Carmichael	95608	485-8710		
BOGLE, Marcia	7242 East Parkway D3	Sacramento	95823	391-2993	428-9065	4-22-55
BORLAND, Chris	1520 40th St.	Sacramento	95819	457-4469	442-0409	9-11-53
BRAKENSISK, Carlule	4437 Otis Court	Carmichael	95608	961-2269	445-9160	3-24-43
BRANSTROM, Robert	9005 Casals St. #2	Sacramento	95826	353-3754	322-3664	9-13-50
BRIMBERRY, Paul	2011 Yale St. #4	Sacramento	95818	455-4049	682-9034	8-3-47
BROWN, Jon	2715 Florence Place	Sacramento	95818	451-5565	446-7626	6-25-46
BROWN, Roger	1224 Snyder Dr	Davis	95616	758-2479	758-4840	7-30-46
BROWNLEE, John B.	1015 Hillcrest Ave	Yuba City	95991	673-0323	674-2160	11-4-23
BROWNSTEIN, Bettina	1315 42nd St.	Sacramento	95819	456-5738	484-8458	5-27-48
CAMACHO, Julian	5391 Moddison Avenue	Sacramento	95819	455-1898	445-9788	9-12-36
CAMPISI, Vincent R.	4126 Chesapeake	No. Highlands	95660	334-7507	438-2859	4-11-34
CARGILL, Dave	343 Shoveller Dr	Suisun	94585	425-5759	643-5671	11-24-48
CARTER, Jim R.	127 Touchstone Pl	W. Sacramento	95691	371-3374	445-1626	9-2-38
CARVEY, Andrea	629 Howe Ave #97	Sacramento	95825	922-6388		10-7-52
CESARINE, Marlene	8759 La Riviera Sct #182	Sacramento	95826	363-9665	752-0431	12-19-51
CITK, John	6956 Greenbrook Circle	Citrus Heights	95610	961-7827		4-29-42
CITK, Joe	6514 Crosswoods Circle	Citrus Heights	95610	726-8409	488-5890	6-24-16
COON, John A.	9573 Lake Natoma Dr	Orangevale	95662	988-5495	643-5076	10-28-41
CROW, Donald R.	3948 Brule Court	Sacramento	95821	482-8031	445-4725	11-16-34
CUPPINGS, James	592- 36th St.	Sacramento	95816	451-3129	447-3237	10-25-52
CUMMINS, Doris E.	5706 Haskell Ave	Carmichael	95608	485-1875	449-7156	6-24-
CUTLER, Jim	9408 Willamette Way	Sacramento	95826	363-3437		6-28-50
DAVIDSON, Dan	6910 Greenbrook Circle	Citrus Heights	95610	967-3001	331-4435	4-23-42
DAVIS, Kelley R.	2306 Glen Cannon Road	Altadena	91001	794-0579	744-250	11-24-40
DAVIS, Dave	9142 Firelight Way	Sacramento	95826	363-9142	445-3483	6-17-30
DECKARD, Larry	7979 Gilardi Road	Newcastle	95658	663-2151	332-0246	11-25-36
DELANEY, Donald E.	1633 Wayland Ave	Sacramento	95825	922-5261		8-22-50
DELGADO, Christopher	6025 Parkoaks Drive	Citrus Heights	95610	967-7124	449-5281	9-29-34
DES VOIGNES, Valerie	9837 Winterwood Way	Sacramento	95826	366-8427		10-6-53
DeWITT, O'Reilly	4091 69th St.	Sacramento	95820	451-9807		9-30-47
DOBSON, Charles V.	4138 58th St.	Sacramento	95820	455-8755		4-18-29
DORF, Frank H	4400 LaMirada Cr	Fair Oaks	95628	966-6540	966-0883	6-30-45
DOWDALL, Sharen	3648 West Curtis Drive	Sacramento	95818	457-5809		2-10-47
DOWNS, Bob	2613 Marci Lee Way	Rancho Cordova	95670	635-4488	961-3030	9-21-28
DRAKE, Jim	3442 Whitnor Court	Sacramento	95821	485-8013	482-4550	6-18-40
DUFFY, Owen P.	6801 San Tomas Drive #124	Citrus Heights	95610	723-6505	782-2921	2-9-40
EDSON, Richard	555 Capitol Mall Rm 1590	Sacramento	95814	758-4709	444-3495	7-2-46
EDWARDS, Sally	222 W 3rd St Fleet Feet	Chico	95926		345-1000	
EISENBUD, Elliott	6401 Coule Avenue	Carmichael	95608	482-1586	966-5404	1-14-43
ELGERT, Mark	3130 Bell St.	Sacramento	95821	925-3731		6-5-54
EVANS, Lance	6927 Ruskut Way	Sacramento	95823	362-5428	421-4163	1-29-54
EVANS, David	5743 Edmonds Way	Sacramento	95841	331-6899		-62
FARLINGER, Rich	5516 Robertson Ave	Sacramento	95821	482-2221	363-3161	8-1-44
FIELDS, Gary A.	1950 Manle Glen Road	Sacramento	95825	481-8911	452-2049	1-29-40
FINNEGAN, Jim	1836 Carmela Drive	Carmichael	95608	489-3410	445-0850	11-22-40
FOREHAND, Dick/Elleen	2674 Rio Bravo Circle	Sacramento	95826		643-6035	6-17-46
FOX, Lee	3300 Park Side Dr #58	Rocklin	95677	624-1808	783-0401	5-31-37
FREEMAN, David	P. O. Box 1423	Medford, Oregon	97501			1-30-50
FRIEDRICH, Jim	10503 Finrocks Blvd	Fair Oaks	95628	966-3963	967-2814	3-10-55
FRINCKE, Karen	8759 La Riviera Dr #89	Sacramento	95826	363-9277		5-2-40
FLANNERY, Barbara E.	7070 Coachman Way	Citrus Heights	95610	723-2417	929-2333	4-18-38
FLANNERY, Joyce	2316 24th Avenue	Sacramento	95822	457-0744		11-1-57
GARD, Dana D.	8005 Mesa Oak Way	Citrus Heights	95610	723-7159	449-5281	1-19-45
GOLDSMITH, Edwin A.	912 Shasta Circle	Eldorado Hills	95620	933-7352	364-2107	1-17-47
GOLDSMITH, Scott	P. O. Box 806	Pine Grove	95665	298-7937		3-5-47
GOODAIN, Paul & Loy	408 Sunrise Ave Suite #4	Roseville	95678	791-1255	782-3153	3-5-21
GRANGER, Fran	4921 Kiellina Drive	Carmichael	95608	479-3544		9-9-40
GRAVES, Bill	2990 Shrovesbury Avenue	Fair Oaks	95628	561-7214	961-8888	3-25-56



GREENBERG, Stanley	4305 Cottage Way	Sacramento	95825	487-9890	929-8810	6-6-78
GRIX, Art	4436 Otis Court	Carmichael	95608	967-6927	461-6101	7-8-44
GROSS, Richard	6402 Eureka Blvd	Roseville	95678	791-7439	783-9111	2-26-43
GURD, Roy	6141 Popoufield Way	Citrus Heights	95610	723-1336		8-30-39
HALL, Gordon	6617 Ranchoanock Way	Carmichael	95608	967-1638	445-1434	2-3-32
HALVORSON, Dan	8316 Grinnell Way	Sacramento	95626	843-6113	484-2421	8-30-33
HAPLIN, James L.	6924 Gumwood Circle	Citrus Heights	95610	723-1767	445-0810	10-16-1
HANLON, Richard A.	254-5 Selbu Ranch Road	Sacramento	95825	487-3058	445-4725	4-5-37
HANSEN, Marce	2416 Edna Street	Sacramento	95822	428-5923	445-5951	10-25-37
HARRIS, Michael	8049 Cornerstone Way	Citrus Heights	95610	726-6805		9-16-44
HATFIELD, Patti	2151 Hillcrest Way	Carmichael	95608	487-6606		5-21-54
HADGES, Robert D.	212 Selbu Ranch Rd #7	Sacramento	95825			9-28-45
HELMS, B. F.	2670 Manor Way	Sacramento	95821	421-4603	421-9024	3-22-35
HERSHIDE, Mary A.	1570 Rosecroft Road #1070	Sacramento	95815	927-9408	447-3232	6-4-54
HICKS, Tim	Box 712	Angels Camp	95822	736-2160	722-1373	8-30-43
HOCKING, Elaine	4921 Crestwood Way	Sacramento	95822	447-2647	454-8137	3-10-30
HODGSON, Darlene	725 Howe Avenue # 46	Sacramento	95825	925-2049		1-7-50
HOMES, Paul	P. O. Box 2043	Sacramento	95810	929-5817	445-7807	8-31-36
HOOVER, Jeanie	Box 763	Kather AFB	95655		369-2078	5-29-56
HOSCHLER, Marc	8675 River Road	Fresno	95832	665-1850		10-2-50
HOSEIT, Max H.	2020 Marconi Ave.	Sacramento	95821	487-1374	922-8423	8-1-28
HOSEIT, Fattie	2020 Marconi Ave.	Sacramento	95821	487-1374	922-8423	3-6-52
HOWARD, Walt	3604 Comstock Way	Carmichael	95608	489-6131	445-1374	5-19-37
HUNTER, Jim	5008 Illinois Avenue	Fair Oaks	95628	961-3445	364-2466	1-16-31
JAYOOS, Michael	11900 Pt. Pleasant Rd.	Elk Grove	95624	685-2896		
ISERI, Howard	616 Robertson Way	Sacramento	95818	448-4463		11-23-59
JACOPSON, Howard	2713 T St #8	Sacramento	95816		685-4656	6-16-43
JOHNSON, Bruce	5921 Oakbrook Drive	Citrus Heights	95610	967-6031	322-1347	7-22-32
JOHNSON, Jane	P.O. Box 6023	Fresno	93203		488-5168	2-19-53
JOHNSON, Kay M.	4723 River College Drive	Sacramento	95841	485-2231	332-5025	7-1-45
JOHNSON, Gary	4723 River College Drive	Sacramento	95841	485-2231		4-16-42
JOHNSON, Ken	3725 Northdope	Carmichael	95608	487-2395		11-19-52
KARVER, Jim	341 Sandburg	Sacramento	95819	451-5049		7-27-38
KASHING, Ron	5817 Mark Twain Ave	Sacramento	95820	455-0452	442-3213	2-5-44
KATTEHORN, Joe	9542 Shumway Drive	Orangevale	95662	588-4118	489-8600	6-24-47
KENNEDY, Mary C.	1633 Vallejo Way	Sacramento	95818	441-0291	445-1951	3-27-51
KITADA, Tad/Barbara	7340 Walnut Road	Fair Oaks	95628	966-9327	685-6740	4-1-52/2-8-1
KNIGHT, Weaver	2391 Cordova Lane	Rancho Cordova	95620	635-4154		4-30-35
KOCH, George	4400 Barrett Road	Carmichael	95608	967-0820	929-0485	2-23-27
KOERNER, Vance	7625 Telegraph Avenue	Orangevale	95662	958-0072	355-4595	12-26-26
KREBS, Frank	8406 Taromere Court	Orangevale	95662	725-4616	725-7191	2-13-43
LANGE, Walt	4920 Oak Leaf Avenue	Carmichael	95608	487-6615	482-6060	10-17-
LAWSON, Marjorie	1003 Roundtree Ct.	Sacramento	95831	392-7280	445-2455	11-6-24
LETL, Dennis	4101 V St. Apt D	Sacramento	95817	451-7883		3-28-37
LEWIS, Harry W.	3218 Root Avenue	Carmichael	95608	487-3277	643-3444	8-16-31
LINDEMAN, John	2904 Latham Drive	Sacramento	95825			9-15-61
LINN, Perry	1100 - 57th St.	Sacramento	95819	457-5244	643-2032	4-21-51
LITTLE, Christopher S.	1051 - 44th Street	Sacramento	95819	455-8465		6-14-61
LLOYD, Russ	5620 Canary Drive	No. Highlands	95660		445-2610	3-12-42
LOMBARDO, Bill	5620 34th Ave	Sacramento	95824	457-1501	445-6810	3-24-45
LUCAS, Jim E.	2948 Leta Lane	Sacramento	95821	481-4193	451-6531	
LUCCHESI, Larry	107 King Road Apt 31	Roseville	95678	782-4240		3-7-48
LUNDQUIST, John W.	P.O. Box 51	So. Lake Tahoe	95705	541-5522		2-3-52
MACBRIDE, Evan	3521 Arden Creek Road	Sacramento	95825	489-2066	444-0440	7-5-46
MACE, Bill	1025 Lochbrae Rd	Sacramento	95815	922-2388	322-3404	5-2-52
MAHLE, Emmett	26 Caselli Circle	Sacramento	95823	392-5407		12-21-44
MALAIN, Robert J.	6333 Silveira Way	Sacramento	95831	392-3075	445-5571	4-3-27
MANGIARACINA, Keasha	4 Abbey Court	Woodland	95695	662-0738		2-10-68
MARRS, Robin	1816 Markham Way	Sacramento	95818	443-4230	445-0247	9-12-38
MARSHALL, Gene	2709 10th Ave	Sacramento	95818	455-1544	322-3342	9-2-31
MARTIN, Susan	8833 Glenroy Way	Sacramento	95826	381-3568	391-7440	3-17-51
MAYER, Greg	944 46th St.	Sacramento	95819	455-6490	444-7730	4-29-44
MARSHALL, Glen	9068 Posada Way	Sacramento	95826	362-6161	449-5281	1-9-48
MEDINA, Johnny J.	250-5 Selbu Ranch Road	Sacramento	95825	489-1888	445-7637	6-24-49
MEIDINGER, Dennis B.	6425 Grant Avenue	Carmichael	95608	944-2375	322-2610	6-2-49
MERSEPEAU, Charles	8895 B Salmon Falls Dr.	Sacramento	95826	362-9660	363-4141	3-23-24
MILLAR, Glenn S. Jr. MD	6606 Castillo Court	Citrus Heights	95610	725-0219	483-7391	6-23-39
KILLER, Tim	4648 U St.	Sacramento	95817	457-7160		2-25-50
MIOFSKY, William	4021 Riding Club Lane	Sacramento	95825	489-5066	920-2551	5-26-32
MONTGOMERY, Bob	1159 Darnel Way	Sacramento	95822	447-0904	441-2345	8-31-50
MOSER, Corey	9443 Shumway Drive	Orangevale	95662	948-6741	364-2228	5-13-37
MUNDY, John P.	338 Larkspur Plaza Road	Larkspur	94939	924-3228	589-7155	6-28-41
MURPHY, Michael	142 East 16th St.	New York, N.Y.	10003	473-0279	747-1260	7-1-46
NAVARRO, Ralph J.	1504 29th St. #C	Sacramento	95816	452-0321	445-1090	7-25-67
NICHOLS, Chuck	1729 Bella Casa Dr	Woodland	95695	666-0758	445-2898	10-28-49
NORLE, Colette	Box 313	Diamond Springs	95619	622-8458	622-2243	
O'NEIL, Jim	619 Commons Drive	Sacramento	95825	922-1045	922-1095	5-14-21
O'NEIL, Mike	1742 Mission Avenue	Carmichael	95608	488-2690	366-2741	5-24-24
OTTEN, Michael	4524 G Farouk	Sacramento	95823	427-6088	445-2776	10-13-39
OVEROYE, David	6511 Railen Way	Sacramento	95825	485-6583		11-3-61
PALERMO, Paul C.	6404 Trojan Drive	Orangevale	95662	966-0685	445-2211	7-27-31
PARR, Linda	2180 Garden Highway	Sacramento	95833	922-4600	322-2040	1-27-51



# Schedule



Sat	Oct 21	<u>NATURAL LIGHT 10 K</u> , Plaza Park, Fair Oaks, 9 a.m.
Sat	Oct 21	* <u>THE STANFORD RUN</u> , (10 Kilo), Angell Field, Stanford U., 12 noon
Sat	Oct 21	* <u>PIEDMONT 5&amp;10 Kilo</u> , Highland & Magnolia, Piedmont, 9 a.m.
Sun	Oct 22	* <u>CONCORD CLASSIC</u> , (10 Kilo & 2 mi.), Clayton Vly H.S., 10 a.m.
Sun	Oct 22	* <u>HAYWARD HALF MARATHON</u> , Kennedy Park, Hesperion Blvd., 9 a.m.
Tues	Oct 24	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sat	Oct 28	<u>CORDOVA FUN RUN</u> , Rancho Cordova H.S., 9 a.m.
Sun	Oct 29	* <u>PUMPKIN RUN</u> , (4 mi.), Amador Park, Pleasanton, 10 a.m.
Sun	Oct 29	* <u>MAYOR'S CUP MARATHON</u> , Treasure Island, S.F., 7 a.m. (10-23 deadline)
Sun	Oct 29	* <u>ANGWIN-ANGWISH</u> (7.6 mi.) Pacific Union College, 10 a.m.
Tues	Oct 31	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sat	Nov 4	<u>McINTOSH CAMPUS RUN</u> (3&6 mi.), Guy West Bridge, 8:30 a.m.
Sat	Nov 4	* <u>ALL CLUBS X-C CHAMPIONSHIP</u> (10 Kilo), Main Quad, UCD, 10 a.m.
Sat	Nov 4	<u>20-30 CLUB RUN</u> (2&5 mi.), Old Sacramento, 9 a.m.
Sat	Nov 4	* <u>TURKEY RUN</u> (10 Kilo), Lafayette Reservoir, 10 a.m.
Sun	Nov 5	<u>APPLE HILL RUN</u> (3&6 mi.), Apple Hill, 9 a.m.
Sun	Nov 5	* <u>EXCELSIOR WEST END RUN</u> (6.25 mi.), Polo Fields, G.G. Pk., S.F., 10 a.m.
Sat	Nov 11	<u>CORDOVA FUN RUN</u> , Rancho Cordova H.S., 9 a.m.
Sat	Nov 11	* <u>ALMOND BOWL RUN</u> (3&6 mi.), Bidwell Park, Chico, 10 a.m.
Sat	Nov 11	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 9 a.m.
Sun	Nov 12	* <u>GOLDEN GATE MARATHON</u> , Embarcadero YMCA, S.F., 8 a.m.
Sat	Nov 18	<u>McINTOSH FUN RUN</u> (3&6 mi.), El Camino Store, 8:30 a.m.
Sat	Nov 18	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 9 a.m.
Sat	Nov 18	* <u>HEART OF EMPIRE</u> (15 Kilo), Springdale Park, Santa Rosa, 10 a.m.
Sun	Nov 19	* <u>AUTUMN RIDGE RUN</u> (6&10 mi.) Piedmont & Sierra, San Jose, 10 a.m.
Sun	Nov 19	* <u>PEPSI 20-MILE RUN</u> , Delta H.S., Clarksburg, 11 a.m. (11-11 deadline)
Sun	Nov 19	* <u>HARVEST CLASSIC</u> (5-10-20 Kilo), Butte College, Oroville (11-5 deadline)
Sat	Nov 25	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 9 a.m.
Sat	Nov 25	<u>CORDOVA FUN RUN</u> , Rancho Cordova H.S., 9 a.m.
Sun	Nov 26	* <u>GARLAND RANCH RUN</u> (10 Kilo), Garland Park, Carmel, 11 a.m.
Sun	Nov 26	1978 NATIONAL MASTERS MARATHON CHAMPIONSHIP, Chapman College, Orange

This schedule is as accurate as possible at the time of printing. It is, of course, subject to change. Local runs are underscored. Runs marked (\*) are Pacific Association AAU-sanctioned runs. The 1978-79 PA-AAU schedule, with full details, is available for 75¢ from the PA-AAU, 942 Market Street, Suite 201, San Francisco 94102. All sanctioned runs require an entry fee and PA-AAU membership (\$4.00). Buffalo Chip (B.C.) Bike Trail Runs and the Rancho Cordova Fun Run are free. McIntosh Fun Runs have a 50¢ donation. If you know of changes or additions to this schedule, call A.J. Underwood at 392-7672.

This schedule is prepared by the BUFFALO CHIPS RUNNING CLUB for your running enjoyment. For additional information about the club, write Dave Davis, 9142 Firelight Way, Sacramento 95826.



## CHIPS STORM CRATER LAKE RIM RUNS

Knowing prior to moving north to Portland I would be a lone Chip amongst an abundance of soggy, pale Northwesterns, I arranged with Ed Stromberg for a rendezvous at Crater Lake for the Marathon, just to lessen the shock of leaving all those great running adventures and companions in No. California. Much to my surprise and delight it was like any other race I've attended in the last 3 years, a good showing by the B.C.'s. Aware of all those who traveled to Crater Lake last year, I guess I shouldn't have been surprised.

Anyway, for the first time in a couple months I didn't feel like the "lone bison" at a race. On the evening prior to the race, many in the campground knew there were some wild-eyed runners in camp due to the arrival of Hoschler and his masochistic companions. Even I was aghast upon hearing about the arduous 36-mile adventure by Hoschler, Sally Edwards, Mark Reese, and Perry Linn on the Western States Trail only 6 days prior to Crater Lake. Are these people human or have they undergone some sort of bionic transformation? I mean this has to go on record as one of the ultimate feats of Chip mania.

All this didn't seem to dull Hoschler's pre-race antics. As Lynn and I were taking a leisurely after dinner stroll on one of the trails we heard what we thought to be a Saswatch (alias Big Foot), but no, it was only Hoschler letting out a few strange screams as he scaled the side of cliff. I took this to be only Marc's attempt to work out his pre-race anxiety and a copious loading diet of beer, but I noticed other campers quickly returning to their camp sites being startled by this strange occurrence.

Morning dawned cloudy and cool which relieved our anxiety about running in heat. However, as we piled off the buses taking us to the starting area an icy wind and temperatures in the mid 30's had most runners huddling together asking, where did summer go.

Finally, after seemingly hours of waiting we reluctantly removed our sweats and moved on the road for the start. It must have taken a half mile just to expel the numbness in my feet and hands from being so cold. Everyone really rolled the first couple miles which was nearly all downhill, but then reality struck. The hills were rolling at first, but gradually became steeper and longer. At 9 1/2 we hit the grade everyone had worried about. For 3 1/2 continuous miles we climbed into the rarified atmosphere at 7,700 feet. Most of us were unconsciously moving from one side of the road to the other with our oxygen depleted brains somehow deceiving us that the opposite side was a little less steep. When we finally crested the summit at 13 miles there was a great temptation to tell yourself, "all I wanted to run was a half-marathon anyway". As there were 3 races, 6 1/2 mile, half-marathon, and full marathon and you needed not commit yourself before the race it was easy to rationalize stopping at the half-marathon.

Gary Green and Perry Linn found themselves hurting more than they wished to endure for another 13 miles and called it a day. Perry went out fast but his 36-mile herculean effort the previous week began to show as we hit the hills. A growing blister convinced him to toss it in at 13 miles, finishing a very respectable 15th. As for Gary, he also succumbed to blisters, but for a different reason. Gary's hands were so cold before the race that he removed his socks to put them on his hands. Not a good move. Unfortunately, I encouraged him to wear something on his hands, but I didn't mean the socks on his feet. Nevertheless, 6th place and a time of 1:24:51 for the half-marathon wasn't a bad showing for someone intending to run the marathon.

At the 13 mile mark, I learned I was in 6th place among the marathoners. I was able to hold this position while coasting the down hills for the next few miles, but just as I was entertaining illusions of finishing in the top 5, I was brought back to reality as Hoschler thundered by me. Who would have believed he had thrashed himself on a dusty trail in the Sierra for 36 miles only 6 days earlier? Maybe his encounter with a bear on the Western States Trail boosted him through that one, or just maybe he rode that bear to Robinson Flats. How else can you explain his energy level at Crater Lake, when I was poking along supposedly well rested. Could it be a dramatic difference in ability?



As Hoschler roared off in the mist, I began my second assault on a never-ending hill. Between 16 and 20 miles my legs felt like they were going to stay on the pavement. After a physical and emotional low point at 20 miles, having slipped from 6th to 10th place, I began to regain some momentum for the last miles.

As many have come to expect when B.C.'s are entered in a race, whether flat lands or Crater Lake, we can be found at the top of the results tally. Well behind Hoschler, with his amazing time of 2:53:02 (5th place), were myself (3:05:32 - 10th), Ed Stromberg (3:06:52 - 12th) and Mark Reese (3:08:33 - 13th). The 3 of us finished in a mood of exhilaration and exhaustion, savoring the accomplishment as well as just being thankful it was over and we made it!

Paul Reese deserves much more than a few passing words as to his accomplishment. Finishing a strong 32nd out of 85 (3:27:01) (at the age of 61) in this event has to be the greatest inspiration to any marathoner over 30. Paul gave the distinct impression from his vigor and stride in the last 1/4 mile that he was ready to make an ultra-marathon out of it by taking another loop around the Lake.

And then there was "Un-Chip" Sally Edwards who also made the Western States 36-mile trek which was apparently only a warm-up to her amazing 1st place finish of 3:35:40 among the women. I can remember Sally saying to me no more than a year and a half ago that she thought these distance masochists were lunatics. She would never punish herself like that. Welcome to the group Sally. Elliott Eisenbud, another one-time Chip, who is vying for the award of most marathons completed on the least amount of training mileage, finished looking very comfortable at 3:35:40.

I'll finish this run-away contribution to the Chip News by saying that Lynn and I miss the companionship and satisfaction of being immediately involved in one of the most unique running clubs around. I hope to still stay involved from a distance. In fact, I've been mulling over thoughts of introducing the Buffalo Chips to the Northwest with an affiliated club - B.C.'s North. I really want to maintain contact with a superb running organization.

A special word of thanks from Lynn and I for the warm send-off you all gave us before leaving the area. The friendships we have made with you will be with us here and we hope to renew them as often as you can visit us in Portland or we can make it down your way.

Fraser Rasmussen

#### MEMBERSHIP REPORT:

Total Membership for the Buffalo Chips Running Club as of October 15, 1978 is 252 for 1978 with two members paid thru 1979. Of the 252 members are 59 female members which is a big gain over last year. Our total membership in 1977 was 173.

#### MEMBERSHIP LIST:

There is an up-to-date list of members elsewhere in this issue. Please check your name, address, phone numbers, and birthdate. If there are omissions or errors, please send the correct information to me so I can correct club records. This list is current as of 10-15-78.

#### RENEWAL FOR 1979:

A renewal application for 1979 also is enclosed with this issue of your newsletter. Renewal fee will again be \$5.00. Renewal fee and AAU registration fee will total \$9.00. If you wish the AAU insurance the total fee will be \$11.00. This can be mailed to me at 9142 Firelight Way Sacramento 95826. At this time, I plan on setting up a renewal table at the Pepsi-20 (weather permitting) to enable members to renew in person if they wish to do so. If you have questions concerning renewal, please call me at 363-9142.

*dave*  
dave davis

# CLUB ROSTER (CONT'D)

PARROTT, George	1524 Little Ct.	Carmichael	95608	485-6197	454-6884	12-17-43
PATTERSON, Richard T.	6910 Admiral Avenue	Fair Oaks	95626	961-6765	726-4414	9-16-43
PARSONS, James K.	4030 Berrondo Drive	Sacramento	95825	485-9432	322-4508	7-10-34
PEACH, Barbara	2334 F American River Dr	Sacramento	95825	455-7497	643-3102	10-30-32
PEARMAN, Jeffrou/Thomas	5008 Patric Way	Carmichael	95608	482-1228		5-1-54/2
FELTON, Barbara A.	P.O. Box 492	Sacramento	95803	443-2392	445-3493	12-31-44
PERKINS, Joan/Howard	2547 22nd St.	Sacramento	95818	452-0812	452-0812	2-12-46/4
PETERSEN, Robert H.	Box 581	Hoodwood	95718	544-1092	541-1969	8-16-46
PETRUZZI, Dick	5806 Twin Gardens Dr	Carmichael	95608	483-2917	463-2917	2-12-33
PHILLIPS, Dale Darlene	1540 Hasket Way	Sacramento	95825	922-6184		
PIERCE, Stephen R.	6305 Coca Court	Citrus Heights	95610	485-8232	643-5916	6-10-47
PLONA, Nancy Ellen	5220 Keystone Avenue	Sacramento	95841	334-3652		5-26-51
POOL, Chris J.	8070 Willow Glen Court	Citrus Heights	95610	723-6329	364-2022	11-4-49
POOL, Robert R. MD	1306 Eisenhower Drive	Sacramento	95825	363-1203	364-2015	6-12-45
POTTER, Robert G.	6360 Sunside Way	Sacramento	95831	392-6401	445-8984	11-13-36
PROFFA, Luellun	P.O. Box 804	Winters	95694	756-2246	433-3223	1-20-49
FROTTEAU, Cynthia	P.O. Box 4914	Sacramento	95825	445-8683		1-12-55
PUTHIA, George	8067 Oak Meadow Court	Citrus Heights	95610	726-2274	482-8663	5-28-48
RASMUSSEN, Fraser	309 S.W. Vermont St.	BRITLAND, ORE.	97219			5-31-43
RECORD, Drew	1925 Argall Way	Sacramento	95822	456-0370		11-30-42
REESE, Mark K.	2789 17th St.	Sacramento	95818	443-1549		7-1-49
REESE, Paul	P.O. Box 2271	Sacramento	95810		454-8533	4-17-17
REGUEIRA, Don	8740 Merribrook Dr	Sacramento	95826	381-1417	444-8339	5-19-40
REISS, Joan	2100 Rockwood Drive	Sacramento	95825	485-8705		7-11-37
REYLEY, Nancy	212 Selby Ranch Road #7	Sacramento	95825	489-9030	322-9393	1-21-51
REMY, Thomas J.	9329 Appalachian Dr.	Sacramento	95827	366-9646	364-2557	4-29-43
RENNIE, Doug	6408 Castello St.	Citrus Heights	95610	725-8508	484-2557	1-16-41
RIDGEWAY, William	4855 Alta Drive	Sacramento	95822	451-0468	444-0520	8-26-33
RITCHIE, Geary	6209 Shenandoah Dr	Sacramento	95841	331-8177	966-5021	6-25-42
ROBERTSON, Bill	6657 Mercenas Ave	Citrus Heights	95610	726-8520	961-1400	4-4-39
ROTHAS, Frank	39 Cavalcade Circle	Sacramento	95831	421-0355	445-0220	12-31-38
ROTH DALE, Henry	Jones Road	Bradshaw, Md.	21021			2-22-45
ROTHSTEIN, Stan	2201 Woodside Lane #11	Sacramento	95825	925-6617	322-7587	7-6-51
RUIZ, Ronald L.	2570 Lund Park Drive	Sacramento	95818	447-0140	322-7014	5-2-36
RUSSELL, Jeremiah	P.O. Box 2462	Merced	95340	722-8398	723-9121	1-15-36
RYERSON, Diane	1737 Mercury Way	Sacramento	95825	467-7956	682-3371	1-3-43
SANDERS, William	2611 Paseo Drive	Rancho Cordova	95670	363-8511	364-2606	4-4-30
SARTE, Randall J.	2322 Putano Dr #212	Sacramento	95825	383-7534	488-8750	10-24-43
SAWYER, Susan A.	5593 Rubian Circle	Citrus Heights	95610	362-0287	985-3644	6-7-50
SCANGARELLA, Mary	3121 Moreland Ct.	Sacramento	95825	481-7302	483-3289	8-25-54
SCHOENER, Pete/JoAnne	4221 No. Canyon Road	Camino	95709	644-1002	622-6306	11-10-40
					332-5707	
SCHOLZ, Ron	1019 California St.	Woodland	95695	662-0671	322-2610	4-28-36
SCHUMACHER, Donald M.	2122 River Vista Way	Rancho Cordova	95670	635-7880	929-0271	1-28-32
SEIGEL, Bob	9618 Oaken Bucket Ct.	Sacramento	95827	366-1840		9-12-48
SHERMAN, Beverly R.	250 #2 Selby Ranch Road	Sacramento	95825	488-1057	322-7091	11-19-50
SJOGREN, Lee Ann	7711 Greenback Lane #282	Citrus Heights	95610	726-7563	445-5741	
SKADEN, Heidi	24 Adelphi Ct.	Sacramento	95825	925-3934	453-2507	7-23-37
SLOTA, Richard L.	2019 18th St. #1	Sacramento	95818	442-2554	447-6961	3-17-47
SMITH, Gary	2308 Marshall Way	Sacramento	95818		452-3981	9-8-46
SMITH, Karen R.	8725 La Riviera Dr #86	Sacramento	95826	362-6952	752-7380	9-9-44
SMITH, Roger	3534 Larchmont Square Lane	Sacramento	95821			6-28-46
SMITH, Steven George	3900 Central Ave	Fair Oaks	95628	966-6055	643-6445	5-14-48
SNYDER, John	PSC Box 55594	Mather AFH	95655	366-5832	364-2557	1-0-56
SODERLUND, Greg	3214 Kaufair Drive	Sacramento	95825	485-1874	456-7881	2-8-48
SOUZA, Mike	1324 E. St.	Rio Linda	95673	991-3236		4-3-49
SOUZA, Susan	7112 Astron Parkway	Sacramento	95823	391-4971	452-3271	1-5-48
SPICKELMIER, Don	3840 T St	Sacramento	95816	457-7969	929-2389	11-1-40
SPOTTISACOD, Dave	555 Capitol Mall Suite 950	Sacramento	95814	421-1564	444-3900	6-10-40
SQUILLER, Samuel F.	3239 Anasaho Way	No. Highlands	95660	334-5660	643-5518	9-20-52
STAIB, Robert M.	9408 Willamette Way	Sacramento	95826	363-3837	364-6350	10-23-44
STAINBROCK, Harold/Bill	2944 Lata Lane	Sacramento	95821	487-7464	454-8331	1-26-30/9
STROMBERG, Ed	2824 Martel Court	Sacramento	95826	383-7516		3-20-43
SUNNER, Larry/Pat	7363 Beilflower Ct	Citrus Heights	95610	726-2183		2-24-44
SZPARESH, Martin	2199 Randy Street	White Bear Lake Minn.	55110	426-1685	725-7683	5-25-38

CLUB ROSTER  
CONT'D NEXT PAGE →

TALBERT, Greg	721 39th St.	Sacramento	95816	452-2348		6-1-62
TATEISHI, Nobu	2201 50th Ave	Sacramento	95822	421-8597	445-2610	11-15-34
TEMPLE, Jackie	P.O. Box 15141	Sacramento	95813	483-7134	421-9098	2-16-39
THOMPSON, Dick	5812 Woodleigh Drive	Carmichael	95608	967-1955	643-4557	8-13-18
THOMPSON, William C. Jr.	158 Collins Drive	Travis AFP	94535	437-4592	438-2297	4-25-42
TRNKA, Richard L.	2751 3rd Ave	Sacramento	95818	451-4012	452-8713	8-13-38
TUCKER, Jack R.	6090 Via Casitas	Carmichael	95608	966-6834	643-4070	7-31-41
UNDERWOOD, Abe	6555 Park Riviera Way	Sacramento	95831	392-7672	322-8921	3-30-36
ULMER, Ron	2913 Chiplaw St.	Sacramento	95826	383-6443	322-4445	4-14-39
VREDENBURG, Gordie	3406 Toledo Way	Sacramento	95821	458-5210	332-6554	2-2-44
WAGGONER, Art	9090 Pinata Way #2	Sacramento	95826	362-1996	452-3271	11-20-25
WALDSMITH, Gary	5208 Karm Way	Sacramento	95842	334-2705	391-3000	11-12-40
WALKER, Connie Lee	1503 Fulton Ave #5	Sacramento	95825	487-0182	643-2505	11-20-49
WALKER, Tom	410 Sandburg Dr	Sacramento	95819	456-0812		5-1-62
WALKUP, Karen	251 Baldwin Way	Sacramento	95825		445-5951	10-26-48
WALLEN, Steve	11721 Cresthill Dr.	Elk Grove	95624	682-3200		5-19-53
WALSH, Ed	9258 Medallion Way	Sacramento	95826	362-5792	758-0580	8-1-48
WRIGHT, Joan P.	3324 Serra Way	Sacramento	95814	455-1539	443-2011	10-1-52
YOUNG, Celeste	7000 Reichmuth Way	Sacramento	95831	391-8370		1-26-56
ZINDLER, Patty	1720 40th St.	Sacramento	95819	455-4871	454-6256	10-25-46
ZINKE, Nancy A.V.	612 Prickyard Dr	Sacramento	95831	392-8357	452-3271	8-2-51

Sacramento's first US Olympic Fund Run will be held Sunday, November 26th.

The US Olympic Committee and the sponsors of the run, McIntosh Sport's Cottages and Dianetics (D) Publications Organization hope to raise at least \$10,000 to help support the 1980 US Olympic team.

There will be two runs; 10,000 meters and 5,000 meters. The proposed site is Capitol Park in Sacramento. Registration fee is \$5.00. The race will start at 11 AM, preregistration at 9:30. T-shirts will be awarded to finishers.

The US Olympic team is one of the few teams in the world which is not government supported. Its support comes from donations and events like these. To enable runners to earn more funds for the Olympians, a sponsorship program is being offered. Runners will be able to obtain letters from the US Olympic Committee authorizing them to solicit sponsors to contribute so much per kilometer. All contributions will go to the US Olympic Committee and are tax deductible.

For further information on the race or the sponsorship program, call (916) 442-7036. Entry forms and sponsor letters will be available at McIntosh Sports Cottages and other sporting goods stores in Sacramento or write to Olympic Fund Run, Publications Org/"Dianetics" 1725 -23rd St. Sacramento, CA 95816.

#### MARATHON REVIEW ARTICLE

A review article on the medical effects of marathoning is in the current issue of Science and Medicine in Sports. Much of it is technical enough that it is incomprehensible to anyone without some medical or physiological background. It is, however, a wonderful, comprehensive review with a huge bibliography. I will be glad to make copies for anyone who will send an addressed envelope (preferably 8 x 11) with 28¢ postage.

--Dick Gross

#### Blood Doping

A recent article from Old Dominion University, Human Performance Laboratory has cast further doubt on the value of blood doping. Blood doping is the withdrawing of blood about one month prior to a major competition and reinfusing it shortly before the Meet to improve performance. You may recall that Lasse Vierre was accused of doing this at Montreal. A charge he denied. Blood doping is not illegal and is undetectable anyway. It now appears that it is also useless; although the book is not closed.

--Dick Gross



BOB MALAIN WINS DOUBLE DIPSEA

Bob Malain, 51-year-old Buffalo Chip, literally ran away with the 9th Annual Double Dipsea Handicap Race with a sensational 1:57:50 time for the 13.4 mile jaunt.

In case you don't know, the Double Dipsea starts at Stinson Beach on the coast, climbs the Coast Range, descends and then climbs part way up Mt. Tamalpais enroute to Mill Valley. At this point, you have climbed and come down 2,000 feet, are exhausted, and are only half-way there! This is because the Double part of the race title means you now return to Stinson Beach.

On a handicap basis, Bob beat out second placer Russ Kiernan and perennial winner Darryl Beardall who placed third. Gross time winner was Kim Schaurer and the winning female was Barbara Magid.

Charlie Mersereau

BUFFALO CHIP TRACK MEET RESULTS

<u>NAME</u>	<u>440</u>	<u>880</u>	<u>1 Mile</u>	<u>2 Mile</u>	<u>5 Mile</u>
<u>MAY</u>					
Abe Underwood	:66			13:20	31:40
Charlie Mersereau			6:05		
Dave Davis	:78	2:44	6:27	14:04	32:49
Paul Holmes		2:27	5:01		
rcia Bogle					51:18
..ancy Remly			7:12		51:29
Dan Halvorson		2:47	5:51	12:05	
Chris Borland	:77		7:57		39:11
Gabrielle Borland			7:56		
Josette Borland			9:10		
Nancy Plona				16:30	
Ed Walsh				14:10	38:43
Ray Bacon (1 Mile 6:30, 5:57, or 5:47 take your choice - couldn't read, 2 Mile 13:09)					
Imelda Bacon				14 --	
Elliott Eisenbud	:81	2:59	6:10	14:10	36:01
Tim Miller	57.5			12:43	
Dave Wallis	:68			12:43	
Don Crow			5:58		38:05
Mike Souza	:61	2:19		10:49	
Chuck Nichols	:66		6:27	12:01	
Frank Krebs		2:20	4:57	10:23	31:16
Bill McGuire				12:32	
Vance Koerner	64.7	2:44	7:04	14:05	
Dave Freeman	:57				35:40
Eob Hedges			4:58		51:29
Ferry Linn			4:41		
Ellen Standley					51:20

<u>NAME</u>	<u>440</u>	<u>880</u>	<u>1 Mile</u>	<u>2 Mile</u>	<u>5 Mile</u>
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JUNE

Abe Underwood		3:12	6:55	15:03	39:06
Dan Halvorson				11:44	38:42
Ed Stromberg			5:15		33:00
Walt Betschart			5:35	12:13	
Dave Waco	:69			10:59	
Mike Souza				10:19	
John McIntosh	:65				
Roger Brown			5:41		37:15
Mark Gallo				10:48	
Bob Potter				12:32	
John Lindeman				10:33	
Elliott Eisenbud	:77	3:08	6:42	14:08	38:12
Vance Koerner	:63	2:56	6:43	13:00	39:04
Pete Schoener	:78	3:18	6:52	13:04	43:59
Fraser Rasmussen				11:20	32:45
Dick Forehand			6:50	14:08	45:08
Ellen Standley			9:09	17:24	
Ed Walsh	:77	3:08		14:08	45:08
Paul H. Holmes			5:04	15:03	
Bill Ballantine	:65	3:11			
Chris Borland	:76		7:08		
Don Crow	:72		6:24		40:47
Jim Karver		2:40	5:30		37:18
Joyce Karver		4:09			

JULY

Abe Underwood				15:13	40:30
Jim Karver	:83:7		6:39:52	14:37	39:08
Walt Howard			5:24	11:07	
Elliott Eisenbud	:89		6:42	14:37	39:08
Bob Potter				12:42	
Walt Betschart			5:20	11:32	
Mike Immoos				10:31	
David Overoye	:65:1		5:33	10:21	
Ron Blair			6:59	7:14(1 Mile)	47:17
Chuck Nichols			5:33	11:40	
Dave Freeman	:55:1				33:07
Ellen Standley			9:06	19:44	47:17
Brian Immoos		2:41:0	5:26:8		
Russ Lloyd			6:17		
Dick Forehand					32:18
Don Crow			6:14		34:53
Nancy Plona					47:17
Bob Branstrom			5:16		47:17

## You've run 18 miles, you've got 8 more to go, but now you're faced with

# The Hill

By Michael Hill

Like most track events, the marathon, the 26-mile, 385-yard endurance contest, enters the consciousness of the nation only once every four years—at Olympic time.

Millions were awaiting that race in the summer of 1976 when ABC's commentator and "Love Story" author Eric Segal toured the Montreal marathon course for the television audience.

But his commentary got nothing but guffaws from anyone who has run the Maryland Marathon.

Segal stopped at the 18-mile point and the camera focused on his face as he gazed ahead with a pained expression. "Good God," he muttered. The camera then showed what caused him to ask for divine aid. It looked like just another stretch of road, but Segal said there was a hill there.

At the 18-mile mark of the Maryland Marathon course, there are no such doubts. You are in the middle of the 320-foot gain in elevation called Satyr Hill. You started climbing when you left Loch Haven reservoir, more than a half mile ago. The last 300 yards have been nearly straight up. And several hundred similar yards lie ahead. You top the hill with shaky legs and face 7½ miles of running to the end.

Segal's comment would undoubtedly be completely unprintable.

"Segal does have a tendency to exaggerate," Don Kardong said this week. "But marathoners are funny. Anything that's not completely flat is a hill. And it actually does affect your race quite a bit."

Kardong is one of the favorites in Sunday's fifth Maryland Marathon that starts from Memorial Stadium at 10:30 A.M. and should finish there about two and a quarter hours later.

He ran the Montreal course as a member of the U. S. Olympic team. His fourth-place finish, a few seconds from third, was ahead of some of the top runners in the world, people like Lasse Viren, Jerome Drayton and Jack Foster.

"I do remember some very slight hills on the course around 18 miles, but nothing very steep," he said.

Though he's never seen the Maryland course, people have told him enough about it.



"I've heard this is the hardest marathon course around," he said.

Runners and writers have waxed eloquently about the difficulties of the Boston Marathon course with its famous Heartbreak Hill. It is admitted that the series of hills in Boston isn't that difficult, but it's where they come on the course—between 15 and 20 miles—that's tough.

That's exactly where Satyr Hill hits on the Maryland course. It's a crucial time for marathoners. Most bodies are about to run out of their carbohydrate-based fuel. Inspiration will be a key factor from here on in. A hill just adds to the physical and psychological discouragement.

Most marathon courses, especially those designed for top runners, take pains to avoid hills and advertise that fact to attract throngs of starters. The Maryland race is the opposite. In five years, Satyr Hill has become well known, and climbing it is a source of pride for those who run the race.

Les Kinien, a local runner and one of the race organizers, traveled to England to run a 52-mile race last September. He reported that most of the British runners knew of Satyr Hill.

That may be because one of their faster countrymen, Ron Hill, has finished first, second and third in the last three Maryland marathons. When he arrived for his initial race in 1974, officials took him for a tour of the course. He asked that the car be stopped at the bottom of Satyr. Getting out, he took a picture.

"My mate will never believe this," he said.

A Maryland Marathon T-shirt worn anywhere in the United States will attract questions about the course and the hill. After Olympian Jeff Galloway tried the race last year, he told Atlanta runners that it was the hardest hill he had ever seen.

"I've had a lot of people tell me that they are not going to run this race because of that hill," Kardong said. "It's a little bit scary to face a hill at 18 miles. I'm usually feeling pretty good at 18, but I've never had to face a hill there before."

"I'm hoping to get there still feeling pretty good, cruise through the hill and then start sprinting."

"That name, Satyr Hill, makes it sound like some mythical Greek beast. And from what I hear that's not too far from fact."



Dave Davis  
Buffalo Chips Running Club  
9142 Firelight Way  
Sacramento CA 95821



# BUFFALO CHIPS

RUNNING CLUB



NUMBER 33

Bob Hedges  
Hal Baker  
Patty Zindler  
Art Waggoner  
Dave Davis  
Mark Elgert

High Dungen  
Vice Dungen  
Dung Recorder  
Dung Counter  
Membership Dungen  
Dung Scribe

363-3754  
443-4514  
455-4871  
383-4667  
863-9142  
925-3731

Sept 1, 1978

*No NEWS is GOOD NEWS!*

*WE HAVE LOTS OF GOOD*

*NEWS INSIDE... SEPT CLUB*

*RUN; SAC'TO. MARATHON & 1/2;*

*AND MORE —————>*

LETTER FROM THE EDITOR.....

Far from being endless, this summer will be over in roughly a month - bringing with it a lot of Fall activities on the part of the Club. We have an interesting September Club activity - details elsewhere - a full-moon run on Friday night the 15th. The "full moon" refers to the state of Earth's satellite and not to anyone's mode of dress (or undress). One week later, the refugees from the state hospital make their annual pilgrimage to Lake Tahoe for that one-lap extravaganza, ably directed by B.C.er Charlie Mersereau. Barely a week after that, B.C.er John McIntosh will stage his second annual Sacramento Marathon and Half Marathon. Course map is printed in this issue. November brings the renewal of the Pepsi-20. Paul and Elaine are still looking for help on that one. If you're available and not planning to run, why not give them a call. December brings an interesting event to Sacramento - the PA-AAU 60 Kilometer Championships (that's 37 some odd miles for all of you Europeans). This race is a good tune-up for those thinking of trying the PA-AAU 50-miler in February. This is a new distance in PA-AAU championship circles (and being run on a 2-mile loop means LOTS of circles!) It was proposed by A.J. and accepted by the long-distance running committee at their meeting in Oakland in May.

Will someone please close the barn door? Following Fraser Rasmussen north to Oregon is long-time Chip (and personal pal) Dave Freeman - but he stopped in Medford instead of Portland. Dave is now one of Jackson County's finest - he says the Sheriffs Dept. (his new employer) is quite liberal - jay-running only draws a 3-year sentence. Good luck, Dave! Drop in on us whilst extradicting some thugs.

Fast AND durable are two things most of us can't seem to put together. When we train for speed, we get hurt; when we try for distance, we go slower. One Chip who successfully combined the two in 1977 is ex-High Dunger Paul Holmes. Paul was ranked 6th in the PA-AAU Masters point standings for last year. Points are awarded based on finishing position in a number of races picked by the PA-AAU and representing various distances (including marathons and shorter events). The competition among NOR-CAL Masters is fierce, and Paul deserves congratulations from all of us for a fine performance.

A new publication about running is making its appearance in this area. It is called, appropriately enough, RUNNING, and is published quarterly in Salem, Oregon. It is primarily technical in nature, though that description should not be construed as criticism. I find it quite interesting, informative, and enjoyable. For one thing, it eschews the glamorous high-fashion advertising of certain slick full-color magazines which claim to stand for the supremacy of the experience of running itself, rather than external additions such as medals and trophies and presumably, attire. At any rate, if you see a copy of RUNNING, check it out.

We close this issue's editorial on a sad note. Dave Davis informed me of the untimely death of B.C.er John Eoff, on Aug 19th, after a swimming accident on Aug 13th. John was a beginning runner who joined the Chips in September, 1977. Unknown to most of us, he was a good friend and neighbor to a few of us, and he will be missed. His passing should cause us all to reflect on how fragile our existence is, and to appreciate the gifts of our bodies and good health which are denied to those who cannot or will not make the effort to care for themselves.

See you on the roads.....

Mark



## The Boston Bunch

\*\*\* Jim Finnegan \*\*\*

By now you have heard enough about the Boston Marathon, but since the official results were just recently released, I felt obligated to say something about the race and the Chips who ran it.

This year's race was the biggest ever with 4764 official entrants. Estimates of unofficial runners ran as high as 1000. A total of 4058 finished by the four hour cut-off time. Later news reports had persons finishing in six hours or more.

One of the highlights for me was the camaraderie among the runners which was expressed by shouts of "Hey, Buffalo Chips!", "Where ya from?", "Are you from Buffalo?", and so on. A big surprise was being passed on Heartbreak Hill by Jim Yaniglas, a former Chip. We ran together for a while before he went on by me. Jim is in the service and is stationed in Maine.

The official results:

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Age</u>
619	Rick Edson	2:42:39	31
1725	Jim Finnegan	2:56:30	37
2878	Greg Mayer	3:16:06	33
3584	Julian Camacho	3:33:04	41
Oh yes, 1378	Jim Yaniglas (Former Chip)	2:52:54	26

### CHIPS MAKE UCP RUN

What a great turnout from the club for the June 3rd run in old Sacramento. Of the 217 participants in the United Cerebral Palsy sponsored 10,000 meter race 41 were Buffalo Chips. Thanks for your support. The \$10.00 per person charge sure didn't keep many away.

Plans are already underway for next years run. The course will be basically the same starting from the alleyway behind the Firehouse crossing into Yolo County via Tower bridge then out South River Road to the deep water channel and back circle around old town to the start. The course was "certified" the Friday after the race by A.J., John Mc, and 4 others. We found the distance to be accurate but in my 6<sup>A</sup>M haze the day of the race while chalking the route I made it short by 275 yards because one block in Old Town did not get included.

Plans are to have the same fine Firehouse buffet brunch, open bar, door prizes, and T-shirts to all participants. Thanks again for your support and to the committee for their great job.

Chip Finishers at the United Cerebral  
Palsy 10 Km Race in Old Sacramento

Place	Name	Time
3	M. Foster Souza	33:08
4	Fraser Rasmussen	33:48
5	Walt Howard	33:58
8	Richard Patterson	34:08
9	Bob Hedges	34:10
16	Dave Davis	36:39
17	Jonathan Brown	36:44
20	Jim Karver	36:51
21	Walt Betschart	36:55
23	Roger Brown	37:11
27	Elliott Eisenbud	37:41
28	Roy Gurd	37:50
29	Willard Shank	37:50
30	Dave Spottiswood	37:59
31	George Parrott	38:02
42	Gordon Hall	39:10
43	Bob Potter	40:10
54	Johnny Medina	41:09
55	Greg Soderlund	41:19
59	Gary Fields	41:54
65	Julian Camacho	42:08
67	Greg Talbert	42:27
70	Richard Gross	43:13
74	Robert Poole	43:40
76	Chris Poole	43:48
83	Russ Lloyd	44:07
106	Doris Cummins	46:25
135	Paul Goodwin	49:16
150	Bill McIntosh	50:54
157	Nancy Plona	51:37
160	Howard Jacobson	51:48
163	Barbra Peach	52:12
167	Louise Towers	52:54
179	Marjorie Lawson	55:46
187	Ruth Fields	57:24
189	Loy Goodwin	58:46

Congratulations to all finishers.  
See you next year!

Jim Drake

*BUSINESS MEETING WILL BE  
HELD WEDNESDAY, 20TH SEP  
TEMBER AT DAVE DAVIS'  
HOME, 9142 FIRELIGHT, SACRTO.  
AT 7:00 P.M. (SEE MAP ON  
COVER OF ISSUE # 31-MAY)  
AGENDA OPEN-BRING GRIPES,  
IDEAS ETC.*

*LOOSE ENDS.....*

*FOR WOMEN ONLY: OCT 15  
AT LAKE MERCED IN GOLDEN  
GATE PARK, A 4.6 AND 1.5  
MILE RUN WILL BE HELD. CHOOSE  
WHICHEVER DISTANCE YOU FEEL  
LIKE! FOR FURTHER DETAILS,  
CALL DAVE DAVIS.*

*AVE. OF THE GIANTS RESULTS  
ISSUE PPD. DUE TO LACK OF RE-  
SULTS. ONLY ONE CHIP RESPONDED.  
IF YOU ARE STILL INTERESTED, CALL  
OR WRITE ME. IF NOT ENOUGH  
INTEREST SHOWN BY TWO MORE  
ISSUES, PROJECT WILL BE SCRAPPED.*

*DEADLINE FOR SUBMITTING  
ARTICLES FOR NEXT ISSUE  
WILL BE FRIDAY, 6<sup>TH</sup> OCT.  
THIS ISSUE IS LATE DUE TO  
LACK OF ARTICLES BY DEADLINE.  
NOW EVERYONE SHOULD BE BACK  
FROM SUMMER EXCURSIONS, SO  
OIL UP THOSE PENCILS AND WRITE  
ABOUT THOSE MEMORABLE RUNS  
AND RACES YOU HAD THIS SUMMER!*

*MANY THANKS TO BARBRA PEACH  
WHO TYPED MOST OF THE FINAL  
COPY. NOTE HOW NEAT AND CRISP  
IT LOOKS (UNLIKE YOURS TRULY) THIS  
TIME. YOU REALLY WENT THE  
"EXTRA MILE", BARBRA!*

## BC MASTERS WIN BASS LAKE RELAYS

By Jeremiah Russell

August 12 - Thanks to an Iron-man performance by Abe Underwood who ran both the 4th & 6th legs of the 40-mile Sierra Fines, the BC Masters were able to garner 1st place against two tough southland teams, High Sierra TC and host Fresno Pacific T.C.

The race consisted of 3 laps of 13.3 miles around Bass Lake with legs of 7.7 & 5.6 miles. Wily Walt Betschart led off & put us in good position just behind Fresno Pacific's Frank Delgado. Dave Davis ran the hilly second leg and moved us into 1st with a good lead over both teams. I managed to maintain a short lead over fast-closing Len Thornton of High Sierra. Abe then blistered the 4th leg in a Masters' Record time of 33:54 and handed off to fast improving Bob Potter who gave us a much-needed super effort as he was being hotly pursued by High Sierra's Wayne VanDellen, one of the nation's very best masters runners. Meanwhile, Abe, realizing our anchor man hadn't arrive, had just enough time for a gulp of gatorade, a quickie temper tantrum (screaming "No, no, no, no, I can't run any mo") and there he was back running the same course on the 6th & final leg. His valiant effort was just enough to stave off High Sierra's team by less than a minute. Leg times as follows:

Name	Elapsed Time	Running Time	Pace p/Mile
Walt Betschart	49:03	40:03	6:22
Dave Davis	1:24:30	35:27	6:20
Jeremiah Russell	2:15:06	50:36	6:33
Abe Underwood	2:49:00	33:54	6:02
Bob Potter	3:43:39	54:30	7:06
Abe Underwood	4:18:23	34:44	6:14

Note: Abe's times ranked him 1st and third for the 5.6 mile 2nd leg with Dave Davis' time good for 5th out of 9 runners.

Betschart, Russell & Potter ranked 4th, 5th & 7th respectively of the 9 Master runners on the 7.7 mile 1st leg.

Overall finish: 5th out of 23 teams. This was a well-organized race & will probably draw 50+ teams next year.

## THANK YOU

I would like to express my appreciation to the following people who helped at the Folsom Road Race: Gordy Vredenburg, timer; Barbra Peach, registration; Ellen Standley and Dick Forehand, registration; Diane Krebs registration and typing; Paul Holmes, awards Art Waggoner, finances; Mark Elgert, registration, timing; Dan Davidson, finish chute; Walt Lange, awards, results, and use of timer and standards; and those Chips who helped with sticks at the end. We made a profit of \$35 after the bills were paid and results were mailed.

Frank Krebs

Aug 19, 1978

Dear Bob, Dave & Buffalo Chips,

It has been brought to my attention that the "Chips," SWEAT & CRC Club Meet scheduled for Oct 1, 1978, is the same day as the Sacramento Marathon. For this reason, I have decided to reschedule the Club Meet for sometime this Winter. I will keep in touch with you and advise as a more definite date is planned. Please pass the word to your Club members, NO CLUB MEET IN CHICO ON OCTOBER 1. See you at the Marathon, Good Luck with the organization.

Paul Resignato, CRC

WANT TO RUN SOME HILLS PRIOR TO THE SACRAMENTO MARATHON? A 12.1 MILE COURSE WILL BE COVERED AS A SOCIAL RUN SUNDAY, SEPT 17 STARTING AT 8 A.M. SHARP! MEETING POINT IS AT THE SOUTH INTERSECTION OF THE DEER VALLEY RD/GREEN VALLEY ROAD. THIS IS ABOUT 4 MILES EAST OF BROWN'S RAVINE. CARS MAY BE PARKED ON DEER VALLEY RD. THE COURSE WILL GO EAST ON DEER VALLEY RD TO THE TOWN OF RESCUE. AID/WATER POINTS WILL BE AVAILABLE AT ABOUT 3, 6, AND 9 MILES.

Here's a suggestion that Chips who are natural food addicts will deplore, whereas the stalwart stuffguts and gourmets will relish it. After your next run in the Marin Hills (be it a Dipsea jaunt, Marin Headlands, Fort Baker, or Tiburon on August 19), treat yourself to a piece of pie at the Hickory Pit in Strawberry Shopping Center, just off Hwy 101 and slightly south of the Tiburon turnoff. Particularly recommended are the pecan (unexcelled) and the strawberry (makes Marie Callender's seem third-rate). Either will soar your spirits about a bad race; either will reward you properly after a good race. --- Paul Reese



# Marathon!

NEARLY 2500 YEARS AGO A GREEK SOLDIER NAMED PHEIDIPPIDES LACED UP HIS WAFFLE TRAINERS AND LOPED OFF ACROSS THE PLAINS OF MARATHON TO DELIVER A SPECIAL MESSAGE.



AND THOUGH HE FAILED TO QUALIFY FOR BOSTON HE SUCCEEDED IN ESTABLISHING A TRADITION!

**TODAY** 000

THE MARATHON IS A STANDARD FOOTRACE OF 26 MILES 385 YARDS. PREPARATION INCLUDES MILES OF TRAINING AND THE PROPER CHOICE OF EQUIPMENT.



ABOUT A WEEK BEFORE THE RACE THE RUNNER STORES ENERGY BY ENGAGING IN A STRANGE DIETARY PROGRAM CONSISTING OF...

3 DAYS OF CARBOHYDRATE DEPLETION...



3 DAYS OF CARBOHYDRATE LOADING...



3 DAYS OF PSYCHOANALYSIS...

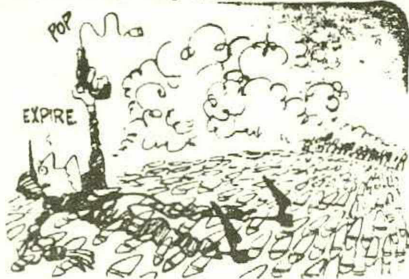


THEN IT'S **RACE DAY!**

... A VARIETY OF COMPETITORS GATHER AT THE STARTING LINE.



THE GUN SOUNDS AND THEY'RE OFF!



AFTER A FEW EASY MILES THE BODY DEMANDS RELIEF. AID STATIONS APPEAR ALONG THE ROUTE...

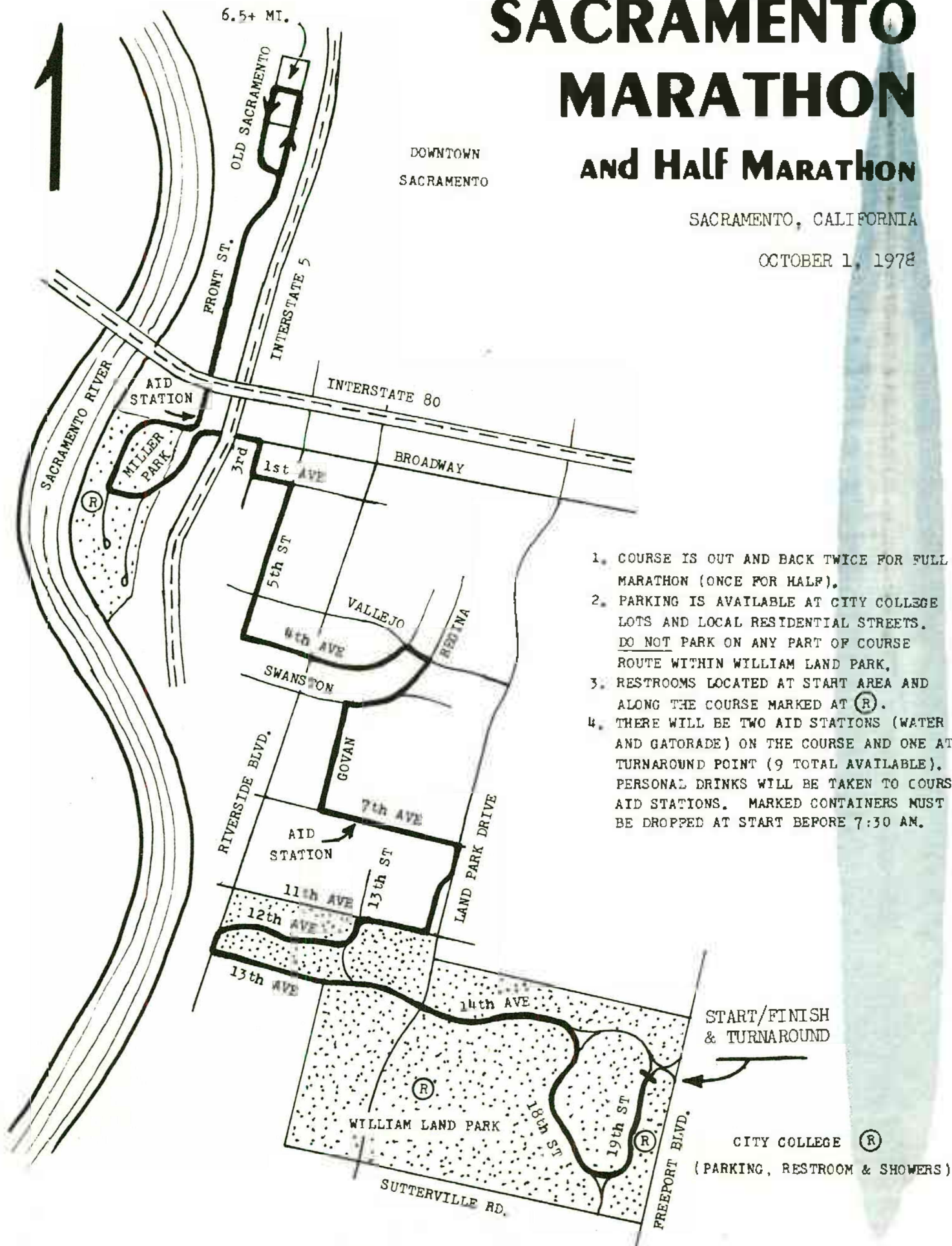




# SACRAMENTO MARATHON AND HALF MARATHON

SACRAMENTO, CALIFORNIA

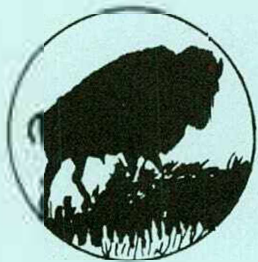
OCTOBER 1, 1978



1. COURSE IS OUT AND BACK TWICE FOR FULL MARATHON (ONCE FOR HALF).
2. PARKING IS AVAILABLE AT CITY COLLEGE LOTS AND LOCAL RESIDENTIAL STREETS. DO NOT PARK ON ANY PART OF COURSE ROUTE WITHIN WILLIAM LAND PARK.
3. RESTROOMS LOCATED AT START AREA AND ALONG THE COURSE MARKED AT (R).
4. THERE WILL BE TWO AID STATIONS (WATER AND GATORADE) ON THE COURSE AND ONE AT TURNAROUND POINT (9 TOTAL AVAILABLE). PERSONAL DRINKS WILL BE TAKEN TO COURSE AID STATIONS. MARKED CONTAINERS MUST BE DROPPED AT START BEFORE 7:30 AM.

START/FINISH & TURNAROUND

CITY COLLEGE (R)  
(PARKING, RESTROOM & SHOWERS)



# Schedule



Sat	Sep 2	SUNRISE TRAIL RUN (8 mi), Cordova Park (Cordova H.S.) 8:30 a.m.
Sat	Sep 2	*DOUBLE DIPSEA (13.4 mi), Stinson Beach, 8 a.m.
Sat	Sep 2	SPRING LAKE 4 (4 mi), Santa Rosa, 9 a.m.
Sun	Sep 3	*SILVER STATE MARATHON, Reno, 7 a.m.
Sun	Sep 3	MARIPOSA 10 (10 mi), Mariposa, time ?
Sun	Sep 3	*PLAYBOY RUN (7.5 mi), Polo Field, G.G. Park, SF, 10 a.m.
Mon	Sep 4	*TIMES - 9 (3x3 Relay & 10 Kilo), Crystal Spgs, Belmont, 8 a.m.
Tues	Sep 5	<u>B.C. TRACK RUN</u> (440, 880, 1, 2 & 5 mi), CSUS Track, 6 p.m.
Sat	Sep 9	<u>CAMPUS FUN RUN</u> (3 & 6 mi), Guy West Bridge, CSUS, 8:30 a.m.
Sat	Sep 9	<u>CORDOVA FUN RUN</u> , R.C. High School, 9 a.m.
Sun	Sep 10	*MARIN SEMI-MARATHON (13.1 mi), Mill Valley, 10 a.m.
Tues	Sep 12	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Fri	Sep 15	<u>10-2-9 MOONLITE RUN</u> (2, 4, 6, 8 & 10 mi) Enterprise Blvd., West Sacto, 9 p.m.
Sat	Sep 16	<u>CORDOVA FUN RUN</u> , R.C. High School, 9 a.m.
Sun	Sep 17	*PA-AAU 25 KILO, G.G. Park, SF, 9:30 a.m.
Sun	Sep 17	*GREAT GRAPE RACE (10 Kilo), Parma Park, San Jose, 9 a.m.
Sun	Sep 17	VINE VILLAGE RUN (10 Kilo), Napa, 9 a.m.
Tues	Sep 19	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Fri	Sep 22	*LAKE TAHOE 72 MILE RUN, Tahoe City, 6 a.m.
Sat	Sep 23	*MARINE AIR RESERVE (3 & 6 mi), Alameda Air Station, 10 a.m.
Sat	Sep 23	<u>MAC INTOSH FUN RUN</u> (3 & 6 mi), El Camino Store, 8:30 a.m.
Sun	Sep 24	*HOSPICE RUN (10 Kilo), Monterey Fisherman Wharf, 10 a.m.
Sun	Sep 24	*BRASS POLE RUN (6.2 mi), Lake Termescal, Oakland, 9:30 a.m.
Sun	Sep 24	*WHISKEYTOWN LAKE RELAYS (4x5 mi), Redding, 9 a.m.
Tues	Sep 26	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sat	Sep 30	*SALINAS SKYCLIMB (7.5 mi.), Toro Regional Park, Salinas 10:30 a.m.
Sun	Oct 1	*SACRAMENTO MARATHON & HALF MARATHON, William Land Park, 8 a.m.
Tues	Oct 3	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sat	Oct 7	*BERKELEY WATERFRONT RUN (5 mi), 4th & Addison, Berkeley, 9 a.m.
Sat	Oct 7	<u>CAMPUS FUN RUN</u> (3 & 6 mi), Guy West Bridge, 8:30 a.m.
Sun	Oct 8	*CONTRA LOMA RUN (10 Kilo), Contra Loma Park, Antioch, 10 a.m.
Tues	Oct 10	<u>B.C. TRACK RUN</u> (440, 880, 1, 2, & 5 mi) <u>CSUS TRACK</u> 6 p.m. (Final Meet of Year)
Sat	Cct 14	*F.O.R.E. RUNNERS 10 KILO (women only), Bay Area (?)
Sat	Cct 14	<u>CORDOVA FUN RUN</u> , R.C. High School, 9 a.m.
Sun	Cct 15	*LAGOON VALLEY LOPE (15 Kilo), Fairfield H.S., 9:30 a.m.
Sun	Cct 15	*RUN FOR CLEAN AIR (10 Kilo), Kellyer Park, San Jose, 10 a.m.

This schedule is as accurate as possible at the time of printing. It is, of course, subject to change. Local runs are underscored. Runs marked (\*) are Pacific Association AAU-sanctioned runs. The 1978-79 PA-AAU schedule, with full details, is available for 75¢ from the PA-AAU, 942 Market Street, Suite 201, San Francisco 94102. All sanctioned runs require an entry fee and PA-AAU membership (\$4.00). Buffalo Chip (B.C.) Trail and Track Runs and the Rancho Cordova Fun Run are free. MacIntosh Fun Runs have a 50¢ donation. If you know of changes or additions to this schedule, call A.J. Underwood at 392-7672.

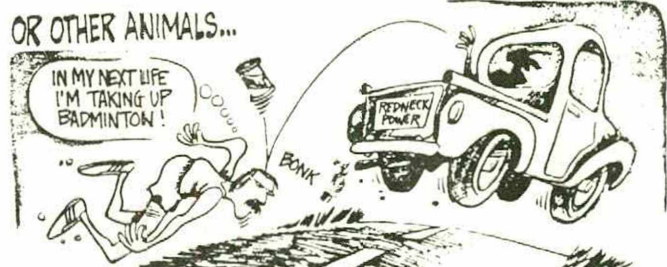
This schedule is prepared by the BUFFALO CHIPS RUNNING CLUB for your running enjoyment. For additional information about the club, write Dave Davis, 9142 Firelight Way, Sacramento 95826.



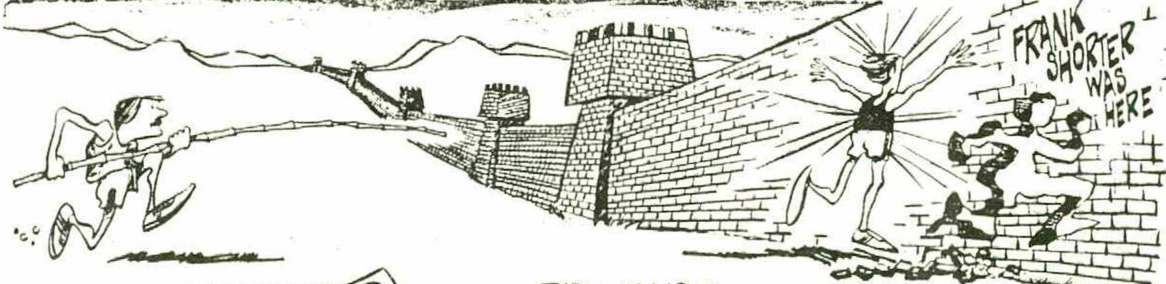
IN ANY LONG-DISTANCE RACE THE RUNNER MAY ENCOUNTER UNEXPECTED HAZARDS SUCH AS...  
 ANIMALS



OR OTHER ANIMALS...



AT ABOUT THE 20-MILE MARK MANY RUNNERS LEARN THAT THE ENERGY CRISIS IS FOR REAL! IT IS SAID THAT THE FEELING OF RUNNING OUT OF FUEL IS AKIN TO HAVING RELATIONS WITH A BRICK WALL.

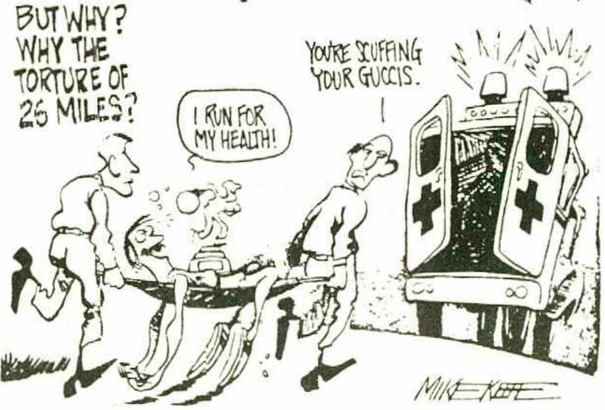


SURVIVORS OF THE 'WALL' CONTINUE TOWARD THE FINISH.



THEN, AT LAST!

A FEW GET AWARDS, BUT FOR MOST THE GIFTS OF SACRIFICE AND ACCOMPLISHMENT ARE ENOUGH.



BUT WHY? WHY THE TORTURE OF 26 MILES?

MIKE KEEFE



## WHARF to WHARF

Last January Joyce and I planned to rent a house in Santa Cruz and just lay on the beach for a week and loaf. At that time Joyce was only running 1 mile a day. Little did we realize there was anything called The Wharf to Wharf. During the Paul Masson Marathon I ran into an old friend and he mentioned something about a Wharf to Wharf. You're probably wondering what it is? Well, it's a 5.813 mile road race billed as a 6-mile run from the Santa Cruz Wharf to the Capitola Wharf. Little did we realize last January we would be in the Santa Cruz area during this famous race. We arrived on Sat. July 22nd and went to the local running store to find any information we could about the race. Before leaving Sacramento I was told by a Doctor friend, if I wanted to heal my ham-string, I should not run any races and absolutely no hills! Easy runs only!!

When looking at the entry form, I discovered they were giving T-shirts for places 1-25 in the 40 and over age group. Needless to say I didn't sleep that Saturday night thinking about all the possibilities for the next day. Run slow and no shirt. Run fast and possibly win a shirt and prolong the ham-string injury for another couple weeks. Actually I was 39 but it was only 3 days until my birthday. Anyhow, I was conceived 9 months earlier, and after all I was born late, so why not sign up for the forties.

Well, Sunday morning arrived and it was overcast and approximately 60°. Joyce and I jogged to the race (about 3/4 of a mile). On the way we ran into Paul Reese and Elaine Hocking. Paul said this was a very fast race. More wrestling in my mind as to what to do (slow or fast). After signing up, (the 40 and over line was shorter) we went to the start and ran into another familiar face with his "Chip" shirt on. John Lindquist from Lake Tahoe was also looking for a familiar face. As we were standing there exchanging "injury stories", Tim Miller came up and joined in. Another half hour and the gun signaled the 2,000 runners to begin their 6-mile trek to Capitola.

The first mile was mainly a battle to get away from the crowd and settle into some kind of pace. The first mileage sign I saw was the 2-mile marker and looking at my watch told me I was at 11:42. Well as long as I was this fast, I may as well keep up the pace. Ham-string felt great. Somehow I missed the 3-mile marker, but when I got to the 4, I was fed up with the hills. Actually, looking back on it now, I realize there were only about 4 or 5 hills and they were only 200 to 300 yards long, and the going down was great.

Anyway, my time was 23:50 at the 4. Looking around me I hadn't seen very many guys that looked over 40, and only one woman was ahead of me that I knew of. Somehow I missed the 5-mile marker but I knew the end was near because of the watch and the crowds were becoming heavier along the road. I should have known that one should never ask a spectator "how much farther 'till the end" near the finish of a race. "Only a short way", "Just a little bit", or "Only a quarter mile". At least the last quarter mile was flat or downhill. Finally I saw the "FINISH". My lungs were about to burst! Funny thing though---no ham-string problem. Finally I crossed the line at 35:18. Boy, was I tired, but feeling great because I knew I was close to a 6-minute pace. We went through a chute and received a small container of juice, a popsicle, and a ribbon with a place number on it. Mine was 178. Now I went back to the course to wait for Joyce. She's the smart one. Run slow and enjoy. She came jogging in about 25 minutes later just 15 minutes or so behind Paul Reese and Elaine. John Lindquist was around 32 minutes and Tim Miller was about 34 minutes. Jeremiah Russell ran the race, but I only saw him walking by after the race and didn't get a chance to talk to him.

To give you an idea as to how fast a race this is, the winner was Mike Pinocci at 27:37.1 and Duncan McDonald at 27:38. First woman was Sue Munday at 34:29. Fritz Watson in the age 30-39 was 8th place overall at 28:32 and the first over 40 class was at 34:46. Remember Paul Spangler as the oldest participant at the Ave.? Well he captured the honors at this race also. Joyce had the honor of running with a local hero, Cord Adams. He took home the trophy as the youngest participant at 5 years old. Oh yes-- I did get the T-shirt for a 15th place in the 40 and over category. Can you believe 15 40 and over runners between 34:46 and 35:18?

This race was really fantastic. Low price at \$3.00, cool weather, good cause (Soquel High School Track), refreshments, great course, and lots of prizes. Next year maybe we can get more than a .0035% CHIP participation.

Jim Karver

## A Chip Looks at the Lompoc Marathon

### INTO THE VALLEY OF THE FLOWERS

Desiring to get miles away from the Western States Trail run, and thus avoid all temptation to enter it, I headed south for Lompoc's Valley of the Flowers Marathon.

And there I learned a few things, to wit:

1. Ancient marathoners should look before they leap.
2. Don't believe all you read in a race flyer.
3. Hal Baker is a show-off.
4. If you stop to smell the flowers, your race time slows.
5. Hal Baker guzzles mucho Michelob.
6. I learned what Lompoc means and that the town's barren of goodies.

Why should ancient marathoners look before they leap? After a 3:08 at hilly Pacific Sun, I anticipated an easy jaunt at Lompoc, flat and fast. But, alas, there was no forewarning of those 35 mph winds we fought most of the course. After the race, the natives told us that such winds are par for the course.

Why doubt race flyers? The race map showed at 15 miles "hill". What it didn't mention is that the "hill" and about 2 1/2 miles of other terrain in this area consists of sandy footing, good for the character but bad for race time. And the flyer promised, "Times will be called at 1, 5, 10, 13, 16, 19, 22, & 25 miles." Only at 6 1/2 and 13 were my times called and only at those two points and at 25 did I know exactly where I was on the unmarked course. The flyer also mentioned 7 aid stations, but I encountered only 4. The flyer was very accurate, though, in saying "special awards" would be given to division winners, one of which I collected in winning the 60+ division. Now, ready for this---it's a gasser! A 5-pound sack of piquitos beans!

Yes, Hal Baker is a show-off. After the race when the rest of us were wrapped in our sweats to keep from chilling, Baker, clad only in shorts, shoes, and a fancy fedora, was running cool-down laps around the track strutting his stuff for the spectators. Least he could have done was to don a Chip shirt. Finished his warm-down, Baker stages himself mid-field and proceeds to down mucho Michelob with gusto.

True, I did learn what Lompoc means. It's an Indian word meaning, "He who stops to smell flowers does not catch pretty girl."

As for the town, despite the most thorough of reconnaissances, there's not a Marie Callender, Baskin Robbins, or other gooey-foeey to be found.

But the flowers were beautiful!

Paul Reese

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### SALLY EDWARDS OF FLEET

FLEET IS REQUESTING THAT ANY  
B.C.ER WHO ALSO KNOWS ABOUT  
ROOFING GIVE HER A CALL AT  
442-FLEET. THE SACRAMENTO  
STORE NEEDS SOME WORK, AND  
SHE WOULD JUST AS SOON HIRE  
A RUNNER. LETS PITCH IN AND IN-  
SURE WE ALL GET DRY SHOES  
FROM FF!



Crater Lake Marathon/Half Marathon

With a 2:53:02 clocking, Marc Hoschler led a contingent of Chips across the finish line in the third Annual Crater Lake Marathon. Hoschler knocked 17 minutes off Abe Underwood's Chip record for the course and placed fifth in the race.

Thom Burleson, of Eugene, won the race in a swift 2:37:39, bettering Jeff Barrie's record of 2:53:18. Barrie finished second in 2:47:38.

In addition to Hoschler, other Chips to finish were: Fraser Rasmussen, 10th, 3:05:32; Ed Stromberg, 12th, 3:06:52; Mark Reese, 13th, 3:08:33; Paul Reese, 32nd, 3:27:01; Sally Edwards, 42nd, 3:33:49; Elliot Eisenbud, 44th, 3:35:40.

The race had 100 starters and 79 finishers.

The Crater scenery remained as exotic as ever and the weather as unpredictable as ever. In the first running of the race, 1976, light snow fell, followed by 10 inches the following day. In the second annual event, 1977, the weather differed with the temperature hovering between 80-85°. In this year's race, the temperature, just prior to the race, was under 50° with a strong wind factor. For the four days preceding the race, the temperature had been in the 80's.

In the Half Marathon, Garry Green placed 6th with a 1:24:51 time and Perry Linn was 16th in 1:31:27.

Most of the Marathon and Half Marathon are run above 7,000 feet elevation.

--Paul Reese

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STOPWATCHES ANYONE:

A survey of electronic stopwatches good--or not good, for runners will be reported in the next issue of the Newsletter if enough Chips can report their experiences to the rest of us. RETURN TO: G. PARROTT, 1524 LITTLE CT., CARM., 95608

What Brand Electronic stopwatch/chronograph owned: \_\_\_\_\_

How long have you used this chronograph? \_\_\_\_\_

What problems, if any, have you encountered? \_\_\_\_\_

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What particularly positive features does this model have? Check as many as apply:

Takes "time outs"       Takes lap time       One-two finishes  
 Readable at nite       Readable in bright sun       water-resistant  
 other(specify) \_\_\_\_\_

How do you rate your overall satisfaction with this unit?

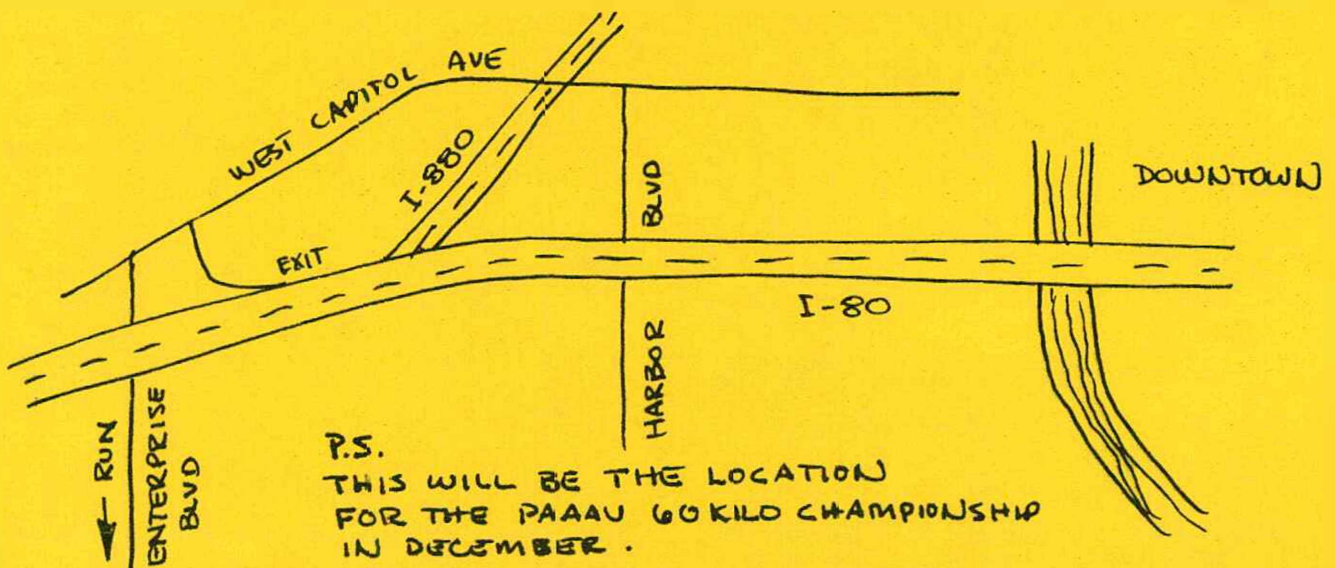
Ripoff/Terrible    1      2      3      4      5      Wonderful/it's GREAT

# 10-2-9

## HARVEST MOON RUN

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- WHEN: September 15, FRIDAY (Yes, Friday) at 9 P.M. under a full moon (that's right, at 9 Friday night).
- WHERE: Enterprise Blvd., West Sacramento (Yes, West Sacramento).
- WHAT: A run for everyone — 2 miles, 4 miles, 6 miles, 8 miles & 10 miles.
- COURSE: A flat two-mile loop that's fully lighted (just in case the moon doesn't show). Run any number of loops up to 5.
- AWARDS: An accurate course, precise times, a different running experience & maybe a ribbon.
- FEES: FREE to all Buffalo Chips — 50¢ donation for others.
- HOW TO GET THERE: Take I-80 West toward San Francisco. Exit at West Capitol Ave. (past Harbor Blvd.), just before you get to the Yolo Causeway.





# BUFFALO CHIPS

RUNNING CLUB



NUMBER 37

Frank Krebs	High Dunger	725-4616
Jim Finnegan	Vice Dunger	489-3410
Dave Davis	Sec-Treas/Registrar	363-9142
Jim Drake	Dung Coordinator	485-8013
Abe Underwood	Race Chairchip (Head Bull)	392-7672
Mark Elgert	Dung Scribe	363-3754

Apr. 2, 1979

## SECOND ANNUAL MUD RUN

Being a new member to the Buffalo Chips, having joined to fill my need to meet other runners and also to broaden my knowledge of "real" runs (as opposed to my laps around Capital Park), I volunteered to help with the Mud Run scheduled for February 17th. Suddenly I was duly appointed "Race Director."

It was a ten-mile cross country run around the poison oak studded shores of Lake Folsom on a balmy Spring-like day. Unfortunately the mud was in short supply (it's best after 3-days of rain), so the run was to most of these hardy participants just like laps around the farm, complete with cows.

There were two women participants, Liz Squiller (97:58), and Mary Ennis (99:10 her first 10-miler ever). In the usual Chip tradition (I'm told) the race was won by an Un-Chip, Bob Cooper at 62:37, and nipping close at his heels was Mad Dog at 62:45, both well below their predicted finish times. The two participants who finished closest to their predicted times (having had good watches and a big tree to hide behind near the finish line) were Sam Squiller at 89:57, predicted 90:00, and Don Crow 79:20, predicted 80:00. Each of them received as their award a delightful, thirst quenching bottle of Pierre's Water (well known for its ability to restore dehydrated Chips). All the participants received "real" race ribbons and were invited to take a snort on the Pierre's Water by our generous winners.

Other Chip participants were:

- Jack Tucker
- Dave Davis
- Jim Drake
- Mark Elgert
- Greg Soderlund
- Bob Branstrom
- Jim Finnegan
- Elliot Eisenbud
- George Parrot

All in all it was a most informative and exciting race for me as a new runner, and I'm looking forward to next year's Mud Run. I'll see if I can arrange lots more mud, though. Till then!

Lynn Johnson  
Honorary Race Director



LETTER FROM THE EDITOR...

First of all, thanks very much for the nice compliments you've given me for the last Newsletter. At least now I know that SOMEBODY reads it!! Actually not many of you said, "Well Done", but the number of unsigned death threats and letter bombs decreased markedly last month...

Continuing a promising trend for 1979 this month's issue is again filled with reader contributions. I was so underwhelmed last year that ANY change would have been an improvement. Thanks for writing and again, if you don't see your article this month, you will shortly.

IMPORTANT EVENT CHANGE: The club social/business meeting has changed both its date and format. It will now be held on Saturday evening, APRIL 7th beginning at 6:30 P.M. It will NOT be a pot-luck (as advertised) but will instead be held at SAM'S HOFBRAU at the intersection of Watt and El Camino. The now familiar back room has been reserved. There will be NO change in the Pocket Eight Run which is still scheduled for 8:00 A.M. on April 8th...

This month's inserts promise a variety of interesting and enjoyable experiences. I urge you to enter and run in at least one of them. Now that the weather is turning good again (read "Finally") us domestic stay-inside types don't have too many non-running excuses left...

As most of you Bike Trail freaks know, there are no water fountains on the trail between the 6 Mile point and Discovery Park. A group called the Committee for Water on the American River Parkway (CWARP) has been formed to try and rectify the situation. They have already done some preliminary research, held a petition drive and BCer John McIntosh has volunteered to donate the proceeds from his April 21st Fun Run. For more info call Mike Owen at 446-0603...

The race managers would like to thank Marge Lawson for her very generous assistance at the recent 50 Mile Marysville to Sacramento Race. There is no doubt that she went the "extra mile" in helping out wherever she was needed, and she contributed immeasurably to the smoothness of the event. Thanks again, Marge!!

No Schedule this month--sorry for any inconvenience. We will have it in our next issue. Cut-off date for articles will be Monday, May 14th...enough time for some stuff about the 1979 Ave. of the Giants...Typed, single spaced material is best, and usually goes in unedited. Other stuff depends on space limitations.

George Parrott takes up a couple of serious issues affecting the BC in his Guest Editorial. Feedback on this (or anything else) is most welcome here. So, without further ado...

See you on the trails... *Mark*

.....  
Announcing: Mid-Week Fun Runs : Wednesdays, 6 P.M.

Starting Wednesday, March 28, there will be regular weekly Fun runs at Huggy's Ice Cream Garden, Madison & Dewey in Fair Oaks. We will be using the measured 5 km (3.1 mile) loop and provide accurate times for one loop (5 km) or two circles or the course (10 km). A kid's 1/2 mile time trial will be provided with this event starting at 5:50 P.M., the 5 and 10 Km. runs will start promptly at 6:00 P.M. Please sign up at Huggy's prior to running. This will be a low-budget program, so don't hold your breath for prizes, etc. The course is accurate, the times will be called out at the finish, and the registration price reflects 1976 and not 1979 (Donation to cover expenses requested: 50¢). A post-run Road Kunning Clinic is planned at Huggy's and all Chips are invited to join in and share their own expertise with other runners less knowledgeable. There will be no fees for the Clinic discussions and a schedule of weekly topics will be posted in Huggy's.

Roger Mann, M.D. presented some interesting studies on the functions of the muscles while running at different speeds & the biomechanics of running. Especially interesting were movies taken at 1/1000 seconds, revealing the torsion of the lower leg which occurs in running. Dr. Mann is Director of the Gait Laboratory at Shriners Hospital in San Francisco and is Vice President of the American Foot Society.

Two nights before the marathon, a mammoth carbohydrate loading party held at the world-famous Aloha Tower was enjoyed by all. Entertaining at this lively event were three separate Hawaiian bands.

The marathon, itself, was again outstanding with 7,200 runners registered. Entrants were moved across the starting line in an unbelievable one minute and forty seconds in the pre-dawn darkness at Aloha Tower. Delighted runners were greeted by the sunrise while running along Waikiki Beach and then by rain at Hawaii Kai. In the 80° temperature the rain was delightful, but unfortunately it lasted only a little while. Nearly all runners enjoyed the first twenty miles, but at this crucial point, a strange, but familiar phenomenon (known as "hitting the wall.") occurred to many of us. Being cheered on by our fellow-runners and the enthusiastic crowd lining the route was inspiration enough to urge most of us on to the finish line where we were greeted with a kiss, a lei, some refreshment and that incomparable "Aloha Spirit." The award ceremony and generous picnic at Kapiolani Park restored (almost) most of us to normal.

By evening the restoration was complete and an elegant thirteen course Chinese dinner was served to members by the AMJA and enjoyed by all attending. Awards were presented at this time and all present enjoyed hearing Don Kardong express his thoughts and feelings about his record breaking "win" earlier that day.

Again, we / said "Aloha" to beautiful Honolulu vowing never to miss this most enjoyable of all AMJA Conferences and Marathon.

**Paul J. Gerstein, M.D.**  
**408 Sumner Ave, Suite No. 4**  
**Roseville, CA. 95678**  
**(916) 782-3153**

CHIEF FINISHERS AT THE AVENUE OF THE OLIVES MARATHON, DAVIS FEB. 4th

<u>Place</u>	<u>Name</u>	<u>Time</u>	
7	Ferry Linn	2:44:42	5th--Men's Open
8	Marc Hoschler	2:44:52	
28	Mark Reese	2:57:27	
45	Evan MacBride	3:07:32	
66	Ken Johnson	3:16:57	
81	Elliott Eisenbud	3:24:00	
85	Sam Squiller	3:25:32	
99	John Clark	3:29:38	
102	Kay Johnson *	3:30:03	4th Woman overall and 2nd Submaster woman
121	Wendy Taylor	3:44:13	4th Submaster woman
122	D.B. Gurd	3:44:20	
124	Helene Eisenbud	3:46:27	5th Submaster woman
141	Jack Tucker	3:55:50	
172	Evelyn Profita	4:15:06	
188	Ralph Navarro	4:58:23	

\* Kay missed qualifying for Boston by 3 seconds in this one, so she went up to Chico where she ran a fine 3:27 and earned a trip to Beantown.

FOR THE FIRST 400

The race starts at the Courtyard and Delta Queen restraurants in Old Sacramento. It proceeds around to the Tower bridge, across the Sacto. River, and then down to the Deep Water Channel. You are now at the half way point (3.1 miles) and the aid station. Now return the same route with a loop around Old Sac. to the finish line where a Dixieland band will be playing as you set a personal record for 10,000 meters.

Now to an Old Sacramento style buffet lunch and open bar which is FREE to all runners and paid guests. Want to be there? Read the enclosed green brochure then send in your \$ ASAP. To make this a quality event there will be a cut-off at 400. Don't be late.

*Sat, June 2, 1979*



By George Parrott

I am hearing a certain disaffection with the Chips whispered among the crowds at local runs, and I am getting concerned about these comments. I hear:

1. The Buffalo Chips is not a club very supportive toward women and/or junior members, and
2. There is no club support for top open age group runners. This argument asserts that Chip support may be available for master's runners, but not for the really serious 18-39 year old member.

I believe that there is some truth to both these complaints, but that remedial action could be taken to meet them. I say "could" because the membership will have to actively work to make some significant changes.

I feel we could do more for women members in escorting training groups, pacing during local races and encouraging all interested women to wear the distinctive BC Club logo. How many of us have helped pace others runners (male or female) through their own PK-barrier? We ought to be running in our club shirts as often as possible and committing ourselves to encouraging others to do well. Gary Fields wrote in a recent Newsletter about how much it meant to him to have Walt Howard lead him through his Fun-run barrier, and I remember Doug Kennie giving me that little extra incentive to hold on in one of my anaerobic attempts. We need more Walts and Dougs and Jon Browns to encourage and inspire. This is something all of us can do once in awhile; don't think others will do good deeds for you-- this is an everyone responsibility.

On the second criticism, the Club should, I believe, build a travel/entry expense fund to support members participating in major or important races. I hear that the Aggie Running Club has supposedly negotiated a \$ 35,000 fund from Converse for such use, and I have to believe that we could generate something for our deserving members. I am thinking of a fund set up like a college "scholarship" award based on performance and need. I think there should be a place in the Chips for Olympic-level runners, but if we can't support these outstanding athletes then they will be drained off into the Aggies, West Valley, etc. I urge the BC officers to immediately poll the club on these action items:

- A. Set up our own race fees to generate a modest club travel and entry fee fund, and
- B. Search out corporate monies in significant amounts (e.g. \$500 and up) for developing a substantial travel kitty.

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## CAMP FLEET in APRIL

A.J. Underwood has announced that the Camp Fleet Feet running retreat are being expanded this year to include a spring camp. The retreat is set for the weekend of April 27th thru 29th at a state park in the Santa Cruz mountains. Like all Camp Fleet Feets, you will be responsible for providing your own tents, bags and food (each person will prepare their own meals).

The format includes guest speakers discussing special topics and group runs for all fitness levels. The cost is \$5.00 per person or \$12 for a family. Registration is limited. Additional camps will be scheduled in June and August. All joggers and runners are encouraged to go to the mountains with us and share a weekend together.

AMERICAN MEDICAL JOGGERS ASSOCIATION'S SIXTH HONOLULU SYMPOSIUM AND MARATHON  
HIGHLIGHTS (6 thru 9 December 1978)

The meeting was chaired by Jack Scaff, M.D., cardiologist and well-known "guru" of running of Honolulu who was his usual witty self. Dr. Scaff is one of the pioneers in the field of cardiac rehabilitation and is the director of the Honolulu Cardiac Rehabilitation Center. Many of Dr. Scaff's graduates of this program are running marathon races even with the disease affecting all the cardiac blood vessels. This remarkable physician is also the very active president of the Honolulu Marathon Association.

Thomas Bassler, M.D., a Los Angeles pathologist discussed running deaths and coronary heart disease. Dr. Bassler is the leading exponent of the theory that myocardial infarction (heart attack) is not seen in marathon runners and has reviewed autopsy slides of all reported deaths of marathon runners world wide. To date, this well known authority has found no "heart attack" deaths among this group.

Otto Appenzeller, M.D., professor of neurology & medicine at the University of New Mexico School of Medicine presented papers on the neurology of endurance running and its' effect on the central nervous system. Dr. Appenzeller is also, editor of the Headache Journal and has authored several books on forementioned topics. This learned gentlemen states that migraine headaches disappear when a <sup>running</sup> training schedule reaches nine miles per day. Dr. Appenzeller is an adventure runner and is scheduled to run the Mt. Everest Trail in Nepal with Jay Longacre this Summer.

Ernst Jokl, M.D. Professor & Director of the Exercise Research Laboratory, Lexington, Kentucky, presented an interesting paper on the future of athletic records along with the interplay of the Arts in sports. In his studies, he has found the effect of heredity in longevity/ <sup>to be</sup> marked at all ages.

## IN PURSUIT OF GEORGE PARROTT

1978 was a good year for my running program; building endurance, strength, setting several personal records, and meeting many fellow runners and enjoying their friendship. 1979 promises more of the same and a special challenge. Sometime in 1978 I became aware of the presence of George Parrott, a fine and dedicated runner. This fellow first came to my attention at a runners' workshop for the Sacramento Marathon when I noticed his "3 Hour Marathon or Bust" T-shirt. Then I discovered he wrote an article for "Running" magazine and tested shoes for them. I would occasionally see George training on the Bike Trail or running at some fun run nearly every weekend. Then to my surprise I finished one place behind him at the Delta Pear Fair 10 Miler. Later I finished two places behind him at the Sunrise Trail Run. At the Livermore Marathon, I actually caught and passed George around 2<sup>nd</sup> miles, but once again finished just one place behind him as I faded in the last mile.

Perhaps in 1979 George will follow me across the finish line, but even if it never happens, he has certainly enhanced my running enjoyment. Look out in 1979, George, because I'm Coming after you!  
by KEN JOHNSON

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### LOOSE ENDS

Sac State's Recreation and Park Majors Association is holding a 10km race on Sunday, April 29th, at Gibson Ranch Park, Sac'to. The race will benefit the new Davis chapter of the Blind Outdoor Leisure Development (BOLD). This group seeks to provide outdoor activities (skiing, backpacking etc.) for the visually handicapped. There is no entry fee--instead runners will obtain sponsors who will pledge a certain amount of money per kilometer. Many awards will be given. For further info call Robyn McCulloch (758-0834) Steven Nuss (383-9820), or Gary Vaught (487-9462)...

Anyone wanting an excuse to visit Canada this summer can try the Manitoba Marathon in Winnipeg on June 17th. Lots of awards in this one including trips to the Honolulu Marathon. For further info call me or write to: MANITOBA MARATHON, P.O. BOX 53 WINNIPEG, MANITOBA R3C 2G1 ...

Mark

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### Hand Offs

As your relay team coordinator, one of the first things I'd like to do is to solicit some help. Anyone who is willing to be a team coordinator should contact me. Typically relay races have the following classifications: Open, age 40 and over; age 50 and over; women.

1979 relays will be Bass Lake (August), Lake Tahoe (no date set), Christmas (scheduled for December this year). We're also thinking about have an intra-club relay event as one of our monthly social runs. More on that later. If anyone hears about other relays which may be of interest to the club, let me know - sometimes I'm the last one to find out about them.

Jim Finnegan  
Vice Dungen



.....  
FLASH!

Elliott Eisenbud, one of the Chips most consistent and regular marathoners, has broken his pattern and left his old reputation behind forever. Last year at the Bidwell Classic Marathon Big El crashed to a nearly four hour performance after running the 50 miler 6 days earlier, but 1979 was to be another story entirely. Arriving in Chico rested, prepped with speed workouts twice a week for the last three months, he saw the weather was ideal for an all-out effort. Elliott sent out briskly, ran in stride with nonChip Jay Helgerson throughout most of the four-lapper, and he cruised into the Boston-club with a beautiful 2:56. Congratulations Big Guy.

.....  
The Casio F-100 Chronograph is available through a 7 UP promotional offer for \$28.50 and two bottle cap liners from a 7 UP product. Cost includes postage & handling; Order from:

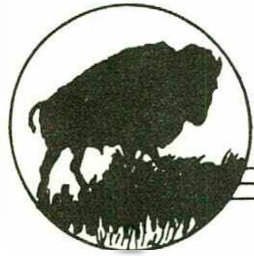
7 UP Outdoor Gear Offer  
P.O. Box 9749  
St. Paul, MN 55197

Allow 6 weeks for shipment; offer expires Dec. 31, 1979

DAVE DAVIS  
BUFFALO CHIPS RUNNING CLUB  
9142 FIRELIGHT WAY  
SACRAMENTO, CA. 95826



Gene Marshall  
2709 - 10th Avenue  
Sacramento, CA 95818



# BUFFALO CHIPS

RUNNING CLUB



NUMBER 39

Frank Krebs	High Dunger	725-4616
Jim Finnegan	Vice Dunger	489-3410
Dave Davis	Sec-Treas/Registrar	363-9142
Jim Drake	Dung Coordinator	485-8013
Abe Underwood	Race Chairhip (Head Bull)	392-7672
Mark Elgert	Dung Scribe	363-3754

AUG 6, 1979

## OLD SAC 10,000

A thundering herd of BUFFALO CHIPS stampeded through the streets of Old Town on June 2nd in a fund raising run for the United Cerebral Palsy Association. Dung Coordinator JIM DRAKE served as race director and should be commended on a job well done. 56 CHIPS raced through the 10K course and then contentedly grazed on a fine buffet and open bar. Special mention should be made of CAROLYN TUCKER'S numerous trips through the chow line and her near-record beer consumption (anything to get her name in the newsletter). CHIPS posted the following fine times:

JIM O'NEIL	3	N/A	GARY FIELDS	86	45:51
SKIP SEEBECK	4	35:15	ELLIOT EISENBUD	87	45:52
DON SPICKELMIER	5	35:26	CAROLYN TUCKER	97	46:32
DAVE ROEBER	6	35:41	RON DAVIS	103	46:54
ABE UNDERWOOD	8	36:11	MARV POYSER	109	47:26
ED STROMBERG	9	36:26	SUSAN POOLE	111	47:32
WALT HOWARD	11	36:31	JO MCDOWELL	118	48:04
DAN ALAIRD	12	36:32	KAREN FRINCKE	120	48:39
BRUCE JOHNSON	16	37:35	LIZ SQUILLER	121	48:44
LAWRENCE BASS	18	38:31	WENDY TAYLOR	129	49:10
JOE KATTENHORN	21	38:48	OWEN DUFFY	131	49:14
GEORGE PARROTT	27	39:24	STEVE CRANE	133	49:20
DAVE DAVIS	30	39:43	BOB LEEVER	138	49:45
ROGER BROWN	32	39:59	MARY KENNEDY	147	50:58
GORDY HALL	46	42:10	JOHN BROWNLEE	149	51:28
BOB POTTER	48	42:18	JOAN WRIGHT	157	53:29
SAM SQUILLER	49	42:19	PAUL GOODWIN	158	53:42
DAVE LAWLOR	51	42:23	RANDY LABARGE	162	54:32
JACK TUCKER	53	42:30	BARBARA PEACH	163	54:36
KEN JOHNSON	55	42:49	DICK FOREHAND	176	55:50
JOHN MCINTOSH	56	43:07	ELLEN STANDLEY	177	55:51
CHRIS EDWARDS	58	43:12	JOE LAWRENCE	181	56:40
JIM PARSONS	61	43:34	KAREN WALKUP	189	57:37
DAVE PARSONS	63	43:49	EILENE EISENBUD	203	59:05
GREG TALBERT	71	44:49	MARGE HANSEN	211	59:35
HOWARD JACOBSON	72	44:49	LOU GOODWIN	231	63:43
JERRY WATKINS	74	44:58	SHAREN DOWDALL	244	69:57
ROBERT POOLE	84	45:45	JOE COOK	248	71:45

What an awesome spectacle if all these CHIPS had worn their BUFFALO CHIPS jerseys.....show some pride in your club and show the world you're a CHIP.

LETTER FROM THE EDITOR...

STAY OF EXECUTION: It appears that I was a bit hasty with my resignation in last month's newsletter. Personal affairs (read financial) have combined to keep me in "The Big Tomato" for a bit longer. So, you'll still have Elgert to kick around for a while yet. Actually, we did have one volunteer to take the job, so now I have an assistant editor, Dennis Dunbar, helping me out. Thanks, Dennis, but next time a little more cream in the coffee, OK?

Now that the important news is out of the way, how do you like the new qualifying standards at the Boston Marathon? As you know, the sub-40 men's time was lowered from 3:00:00 to 2:50; over-40 men to 3:10 from 3:30; and women's from 3:30 to 3:20. This was apparently done to cut down on the size of the field, which was around 8,000 this year. I think Masters and women runners got the shaft on that one. The Boston directors could have tried other things to expedite the start besides eliminating 5,000 people with the stroke of a pen. Such things as several starting areas (a la Pepsi) or starting runners in waves every five minutes. The sophisticated computerized timing system could easily handle that. Anyway, I wasn't planning to run that one for a while...

Scandinavian track meets seem to be the place to run if you're a miler. I think John Walker (unChip) set his 1975 record at one, and of course, Sebastian Coe (also an unChip) just recently broke Walker's record at one. Now if I can get the Chips to subsidize me on a research project there to find out why...

In talking with other people, I've noticed a general dissatisfaction with Runner's World. After looking at the July 1979 issue, I think I know why. I decided to count all of the ads in that issue, and out of 142 pages, fully 66 of them were ads, or 46.5% of that magazine. Only seven of the 66 pages were ads about races. Most of the rest were full-color jobs featuring professional models striking hokey poses for various running clothes or hyping all sorts of useless trivia like "Marathoners' lapel pins" for those occasions such as board meetings and weddings where you can't wear your latest race T-shirt...and of the few articles in it, there was little of substance. It seems like every three months or so there is an article entitled "Running and Mental Illness" by this or that psychiatrist. The articles all seem to be reruns of each other, and in this issue, the mental health article ran a full-page shot of marathoner Jeff Galloway along with a caption mentioning that he was in there only for graphic effect. If you're not enthralled by this type of journalism, I highly recommend a magazine called Running: The Thinking Runners Magazine. It's published in Oregon and is usually available at Fleet Feet or by subscription. It used to be a quarterly, and may still be, but I think I read it was going bimonthly. Correct me on that if I'm wrong. At any rate, check out a copy.

I can't close without mentioning the performance of the Chips team at the Western States 100 Miler. The BC had five starters and five sub-24 hr. finishers. Also impressive were all of the Chips who volunteered to be on the support teams. Congratulations to A.J. Underwood, Marc Hoschler, Candy Hearn, George Parrott, and Elliott Eisenbud.

That's about it for this month-see you on the trails...





### CHIPS FLY (WELL, ALMOST) AT WESTERN STATES 100

A contingent of five Chip competitors and their support crews journeyed to Squaw Valley to participate in the rugged Western States 100 Miler on July 7-8. When the dust had cleared and the sun rose for the second time since the start of the race (5:00a.m. Sat.) all five Chip runners had finished in under 24 hours and earned the coveted silver belt buckle attesting to the fact. The first Chip to finish was A.J. Underwood, despite a half-hour detour in the early stages of the race. (I don't have the official times or places). Next Chip in, and just after A.J. overall, was Marc "Mad Dog" Hoschler, who took his detour vertically, injuring his knee. Candy Hearn\* who ran steadily and finished strong, was the third Bison, minutes ahead of George Parrott, who was fourth. Bringing up the rear of the contingent was Elliott Eisenbud, who finished ~~hour~~ under the limit despite nausea and the beginnings of hypothermia.

A word of praise must be put in for George Parrott, who handled many of the organizational details for the team, including obtaining sponsorship from Brooks and coordinating the support crews. Also to be commended are those Chips-and some non-Chips-who helped the runners through. It was impressive to see all of the Brooks/ Buffalo Chips T-shirts at the various aid stations, and it impressed many of the other runners and their crews. All in all, it was one of our finest "hours".

\* Candy was also the 28 woman finisher overall!

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A recent letter to the ~~new England~~ Journal of Medicine contains an implied warning for all runners and race directors. Two doctors from the University of Wisconsin reported ~~four~~ cases of heat stroke seen in Madison in one year - all related to road racing. In each case the runner was a relative novice (one to none months running experience) and all had been attempting to increase their pace significantly from prior runs. Most of the cases occurred with the temperatures in the seventies and one happened during a 10 km race with a reported ~~XXXXX~~ air temperature of 60. The clothing that the runners wore was not specified ~~and~~ ~~may have played a part in some cases.~~ Too heavy clothing (ie warm ups) may have played a part in some cases. All people involved in road races should be aware that heat stroke can occur during apparently cool days.

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SEPT. ISSUE - DEADLINE FOR MATERIAL IS FRI. SEP. 7<sup>TH</sup>

LET'S HEAR ABOUT SOME OF THOSE OUT-OF-TOWN RUNS YOU WENT ON WHILE ON VACATION...

A letter in this month's RW to Dr. Sheehan touches on a problem that may effect any runner. The writer was told by his company physician that he had chronic active hepatitis ( inflamed liver ) on the basis of some routine lab studies. Nearly all of the multiphasic blood chemistry studies done include at least two of the so-called serum enzyme determinations. These may be elevated in any of several conditions such a hepatitis, heart attack ( the most common cause of marked elevation ) or severe injury. More recently it has been recognised that these enzyme levels are affected by exercise and often remain mildly elevated in athelets in training particularly distance runner~~s~~. I had my enzymes checked after the SF marathon last year and they were so far of the chart that I would have been given a quick trip to Coronary Care Unit by any physician. ~~While~~These elevations are not indicative of any lasting damage of disease state. It is possible, however, that a perfectly healthy runner might have an insurance appliction denied or employment refused because of this"abnormal" lab result. It would seem prudent to avoid having such lab work done during the first several days after a major race or long run ~~and~~

#### CHIPS CLEAN UP IN GRASS VALLEY

A sizeable herd of Chips rumbled through the beautiful hills in the 10 Kilometer Grass Valley Memorial Run on May 27 and came away with a good haul of awards and prizes. FRANK KREBS, ABE UNDERWOOD, and WENDY TAYLOR all won bronze medallions for winning their respective age groups, while also-ran Chips KEN JOHNSON and DICK GROSS won gift certificates of \$15.00 and \$5.00 and RON BLAIR won merchandise.

FRANK KREBS	3	34:40
TIM JORDAN	8	35:15
ABE UNDERWOOD	12	36:54
GORDY VREDENBURG	16	37:51
EVAN MACBRIDE	21	40:06
DICK GROSS	49	44:55
WENDY TAYLOR	58	46:56
KEN JOHNSON	61	47:03
RON BLAIR	79	51:55

TIM. GORDY, and EVAN all would have won merchandise awards but had "run off" before the awards ceremony.

BUSINESS MEETING:

A Business meeting was held on May 30, 1979 at Dave Davis'. Attending were Frank Krebs, Jim Finnegan, Abe Underwood, Ron Blair, Jim Drake and Dave Davis.

Old Business:

The Club is still in search of a WOMENS COORDINATOR. We would appreciate someone stepping forward and assuming this responsibility. We would like more input into club activities from our female runners.

Club Shirts: John McIntosh has ordered the new shirts and hopefully they will be available in his stores by August 1st. Two types will be available, a new mesh knit and the standard nylon. Because of dye problems the new shirts will be blue or yellow instead of brown or yellow. We expect them to cost approximately \$7.50, but could vary slightly from this figure.

Club Incorporation: Frank will contact Paul Holmes for status on this.

The Club's first Tuesday of each month track meet might have to be moved from Sac State to Rio Americano. State wanted to charge for the use of their facilities or require club members to assist at some of their future cross country and track meets next school year. We cannot pay for use of the track and we would not commit our members for their track meets. However, if they need assistance for any meet, we will be willing to canvas Chips for volunteers as there are several of us who would be willing to help. In the meantime we will continue to assemble at State.

New Business:

Several coming events were discussed. It looked like we would have three master and two open teams for the June 9 Tahoe Relays. Since then I heard only one master team made it and they were leading the second place master team by 25 minutes at the end of five legs and our sixth runner did not show. Well better luck next year.

SIERRA PINES 40 MILE RELAY: The second annual Sierra Pines Relay is scheduled for August 11. If you are interested in coordinating a team for this event, please contact Jim Finnegan (H489-3410 or W 445-0850). These are 6-person teams running three times around Bass Lake. One leg is 7.2 miles and one leg of 5.6 miles.

July 8 - San Francisco Marathon - I have entry forms. Aug 10-12 - Camp Fleet Feet at Sugar Pine Point. Aug. 19 - 8 1/2 mile loop around Tiburon Peninsula - limited to 500 entrants - I have information. AND don't forget our own Folsom 10-K on July 1. Picnic afterward - bring your own food.

MARK YOUR CALENDAR FOR THE FOLLOWING BUFFALO CHIP SPONSORED EVENTS IN THE 1979-80 YEAR. Sept. 21 - 72-mile Lake Tahoe contact-Charlie Mersereau 362-9660 for information. Nov. 4 - Sacramento 60-K - contact Hal Baker 443-4514. Feb. 17, 1980 Feather River Fiftu - contact Abe Underwood 392-7672. March 30 Buffalo Stampede - contact Abe Underwood. July 6 - contact Frank Krebs. These dates are tentative and could vary a week either way.

dave davis

WY RACE DIRECTORS SELDOM SMILE AND OFTEN DRINK TO EXCESS(Reason #843)

Shortly after the start of our first ever Granite Bay 5/10 km run we were treated to screams of " There's someone down on the course ." The South Placer Rescue ~~Team~~ Team ( with Chip Loy Goodwin in command ) roared off to ~~the scene~~ offer aid. A few minutes later they were back chuckling. It seems that one of the timers had decided that since the pack was gone and the road was closed to motor traffic he would sprawl on his back in the middle of the road and enjoy a beer ~~with~~ and the sun for a few moments. He was most perturbed when a screaming ambulance disturbed his leisure.



# TRAVEL MARATHONS

NEW YORK '79  
BOSTON '80

CHICAGO - AVENUE OF THE GIANTS  
& OTHERS

Honolulu, Dec. 9  
Hilo, July '79  
Kauai, Oct. '79  
Maui, March '80

Economical group rates, optional and flexible plans and the pleasant company of fellow runners. Friends, wives, sweethearts and Marathon groupies welcome.

For additional information: Send 30¢ postage to:

Dick Ramirez  
10968 Mascarell Ave., Mission Hills, Ca 91345

DAVE DAVIS  
BUFFALO CHIPS RUNNING CLUB  
9142 FIRELIGHT WAY  
SACRAMENTO, CALIFORNIA 95826



Dennis J. Dunbar  
~~3557 Gemini Way~~  
Sacramento, CA 95827



# BUFFALO CHIPS

## RUNNING CLUB



NUMBER 41

Frank Krebs	High Dunger	725-4616
Jim Finnegan	Vice Dunger	489-3410
Dave Davis	Sec.-Tres./Registrar	363-9142
Jim Drake	Dung Coordinator	485-8013
Abe Underwood	Race Chairchip	392-7672
Dennis Dunbar	Dung Scribe	362-2888

Dec. 4, 1979

### CHIPS DOMINATE SIXTY KILO (AGAIN)

-Abe Underwood

The hot bed of ultra-distance runners in Sacramento showed their stuff in the second annual running of the Sacramento Sixty. The Chips were particularly strong again by coming through with 7 of the 32 finishers. Star Chip of the day was the omnidurable Marc "Mad Dog" Hoschler with a strong 4:10 for second overall and first in the Open Division. (The overall winner was San Francisco marathoner Ron Nabers, in 4:06.) The next Chip to finish was fast-improving Glenn Bailey with a 4:45 and fourth 30-39. Elliott Eisenbud just missed a medal with his 4:57. Next to finish was Chip master Bob Hanna in 5:05, taking the 2nd place medal. Joan Perkins ran a strong race to finish second behind Sally Edwards in 5:13. Running steadily (and steadily complaining) was Helene Eisenbud, who spent 6:21 on her feet, but good for 5th 30-39 women. Helene was closely followed by Greg Soderlund in 6:25, who had led her for the first 34 miles. Further details as follows:

2. Marc Hoschler	4:10:59	1st	Open
6. Glenn Bailey	4:45:25	4th	30-39
10. Elliott Eisenbud	4:57:36	6th	30-39
11. Bob Hanna	5:05:12	2nd	40+
13. Joan Perkins	5:13:02	2nd	30-39W
27. Helene Eisenbud	6:21:37	5th	30-39
29. Greg Soderlund	6:25:53	12th	30-39

See all the fun the rest of you missed by going to Apple Hill!

P.S. Many thanks to all the Chips that helped out with the race.

### BUFFALO STAMPEDE POSTPONED

The Buffalo Stampede, normally held in March, has been postponed until some time in the fall--probably October. Several factors contributed to the decision, but, because of unresolved issues regarding dropping the 50 Kilo and moving the Stampede to Sacramento, it was necessary to postpone and replan the race for a future date. Elliott Eisenbud is heading a committee to look at the alternatives. Contact Elliott if you have any questions or wish to help work out the new race format, location and date.

### RUSTY DUCK RUN

SUN. JAN 20

8:00 @ RIO AMERICANO HS. (12 MI)  
 8:45 @ GUY WEST BRIDGE (8 MI)  
 PLAN TO REACH DISCOVERY PARK  
 AT APPROX. 10:00 AM. BRUNCH AT  
 THE RUSTY DUCK ABOUT 10:30.  
 MOST PEOPLE CHANGE CLOTHES AT  
 THE RUSTY DUCK, THIS IS A  
 POPULAR EVENT. DON'T MISS IT.

### END-OF-YEAR MARATHON

DECEMBER 29, 1979  
 SEE RUNNING SCHEDULE  
 DON'T MISS THIS "CHIP  
 CLASSIC" EITHER!

LETTER FROM THE EDITOR....

FIRST THINGS FIRST...It's that time of year again...MEMBERSHIP RENEWAL TIME. Renewal forms are enclosed with this newsletter. Dave Davis had hoped that he would have more time to deal with the renewal forms this month, but I'm late in getting this newsletter out for various reasons (but, tell you something you don't already know, right?). My apologies to Dave. So, give Dave a break, and get me off the hook...mail your renewal forms back to Dave as soon as possible, if not sooner. Don't wait until the last moment. A lot of work goes into maintaining the membership records and Dave will need as much time as he can get in order to have the new roster by the next newsletter. So, do it now! Go ahead, I'll wait until you get back...

SECONDLY... Officer elections have been scheduled for January 10, 1980. The meeting will commence at 7:00 pm in the back room of Sam's Hof Brau. Your nominations should be made to either Frank Krebs (725-4616) or Jim Finnegan (489-3410) prior to the meeting that night. This is an important business meeting and all Chips are encouraged to attend. So **MARK YOUR CALENDAR NOW**, and be at the meeting to help make the Buffalo Chips the kind of Club you want it to be.

THIRDLY...Hi. I'm Dennis Dunbar, your new newsletter editor. Mark Elgert has been transferred to the quaint little cow community of Stockton by his company (what that guy won't do for a pair of shoes). Consequently the reins of the newsletter have been handed over to me. Mark has done a fine job during his tenure as editor and I speak for the club when I say, Thank you, Mark, for the fine publications. With Marks' joke book well in hand I will try to maintain the same high standard of excellence.

I'd like to re-emphasize that the newsletter belongs to the club membership. That means each and every one of you. Your contributions are actively solicited and will be gladly accepted. It would help if articles submitted to me are either typed, printed, or neatly written. I've had extensive experience with hieroglyphics, but, give me a break, O.K.? Also, I request that all articles be signed or identified in some manner. Deadlines for articles will be posted in every newsletter. I'm going to try and get the newsletter out every 4-6 weeks. More on this later as I get more comfortable with the job and as I get feedback from you.

DEADLINE FOR THE NEXT NEWSLETTER: January 12, 1980.  
Send to: 3557 Gemini Way  
Sacramento, Ca. 95827

*Dennis*  
Dennis



CHIP MASTERS BRING HOME 18 MEDALS!

by Abe Underwood

A very experienced group of over 40 Chips gave a strong showing of strength and depth at the recent AAU National Masters X-C Championship in Belmont. With three teams (40+ men, 50+ men, and 40+ women) the BC's probably outnumbered any other club both in quantity and quality. Outstanding performances were turned in by Heidi Skaden (5th overall women) and Jim O'Neil (1st 50+) but it was the total team efforts by the 50+ men and the women that made the day. The men, led by O'Neil, took 2nd in the National 50+ team division being narrowly beaten by a tough San Diego TC team. The surprising (and surprised) women took 3rd in the Pacific division contest and just missed a 3rd in the National division. Despite their great showing the women were doubly handicapped by not being hill trained and not knowing the course. A good old Pacific Ocean fog shrouded the womens' race keeping the visibility to just a few feet. Marge Lawson managed to find her way however winning 3rd place medals in both the Pacific and National 55-59 divisions. The sun finally broke through for the 10 am mens' race with nearly 200 of the nation's best ready to take on the demanding hills of the Crystal Spring International Course. Walt Howard and Paul Holmes lead the Chips for the first mile with O'Neil finally taking over as the other Masters followed mixing it up with the best clubs in the West. (A very strong Snohomish Wa - Seattle area - team placed 5 in the first 12.) When it all shook out, everyone admitted to being put to a real test as most times were 3 to 5 minutes over their flat 10K times. However, the demands were met with hard earned rewards as double individual medal winner Paul Reese put it, "those old buggers get tougher every year." The super club effort brought home more medals than any other club. Just ask any of the following what it was like.

Women's Race

Place	Name	Time	Individual and Team Medals	
			Pacific Div.	National Div.
5	Heidi Skaden	43:52	2nd (40-44) + Team	
23	Joan Reiss	46:22	Team	
43	Marge Hansen	56:22	Team	
44	Barbra Peach	57:12	Team	
49	Marjorie Lawson	59:39	3rd(55-59)+ Team	3rd(55-59)

Men's Race 50 +

28	Jim O'Neil	37:07	1st(50-54)	1st(50-54)+Team
53	Bob Malain	38:46	2nd(50-54)	Team
81	Walt Betschart	40:00		Team
137	Gil Mashburn	43:11		Team
149	Paul Reese	44:11	2nd(60-64)	3rd(60-64)+Team
154	George Billingsley	45:11		
166	Mike O'Neil	46:53		
168	Charlie Mersereau	48:12		

Men's Race 40 + (all men ran together)

39	Walt Howard	37:59
42	Paul Holmes	38:09
45	Bob Bourbeau	38:22
86	Dan Harvarson	40:31
96	Bruce Johnson	40:50
179	Don Holsten	54:08

P.S. Slides of the above races will be shown at the December club meeting. See elsewhere for time and place.

LARGE FIELD EXPECTED FOR THE  
FEATHER RIVER FIFTY

-Abe Underwood

Second only in size to the Western States Trail is our own Marysville to Sacramento 50 miler. One hundred and fifty entrants are expected to go the distance next February 17. With over 100 starters last year, the requests for entry forms are already coming in.

We, of course, expect a large turnout of B.C. to run the race. In last year's race we had nine finishers and took the PA-AAU Masters Team title, with a close second in the Men's Open. Let's go for all the team titles this year.

Although this race is easy to administer, it does require a few helpers at the finish line. Please give me a call if you can help out for a couple of hours that day. The runners will begin finishing about 1:00PM. See the enclosed race entry form for details.

\*NOTICE \* NOTICE \* NOTICE\*  
PAUL MASSON MARATHON IS THE  
1980 AAU CHAMPIONSHIP

Sunday, January 27, is the Paul Masson Marathon (early, huh!). It will also be the Men's and Women's, Open and Master's AAU Championships for 1980. The entry deadline is Jan. 7, 1980. This doesn't give us much time to organize our teams, and there are no specific team instructions with the entry form. Therefore, all club members should do the following if you intend to run this marathon:

1. Complete and mail the enclosed entry form before Jan. 7. Enter "pending" for AAU number.
2. Get your 1980 AAU card by renewing it with your 1980 club membership. (It's faster.) Use the enclosed renewal form.
3. Call Abe Underwood at 392-7672 and let him know that you intend to run. We expect to enter 5 or more teams in various divisions and age groups. All members should plan to run on one of the club teams.

MASTERS' X-C CHAMPIONSHIP RACE  
BELMONT, CALIF. Nov 11, 1979

THANKS - I would like to extend my thanks and appreciation to some great gals:

Elaine Hocking-Reese  
Joan Reiss  
Marge Hansen  
Heidi Skaden  
Marge Lawson

A great big THANKS also to our BC guys and everyone else that encouraged and cheered us on and on and UP and DOWN THOSE HILLS! Your support was great! Our team efforts really paid off - we came home with 3rd place in the women's 40-49 group, PAAU.

Barbra Peach  
BC Womens' Team Coordinator

ED. NOTE - At the last business meeting it was suggested that the mailing of the newsletter be postponed long enough to include results of the Pepsi 20. Well, the newsletter was postponed, and I even saved a space, but so far no results have been sent to me. Will anyone who ran the Pepsi 20 and has the time, energy, and resources provide me with Chip performances? Thanks.

1979-80 WINTER ALL COMERS MEETS

Sponsored by

California State University - Sacramento, Intercollegiate Program  
and  
Sacramento City Department of Community Services

GENERAL INFORMATION:

Dates: December 8 & 15, 1979  
January 5 & 12, 1980

Place: California State University Sacramento, Track and Field  
Stadium

Starting Time: 10:00 a.m. Locker rooms will be opened at 9:00 a.m.  
Bring your own towels, not responsible for valuables.

Entry Deadline: 5:00 p.m., Fri., Dec. 7, 1979 for the Dec. 8, 1979 meet;  
5:00 p.m., Fri., Dec. 14, 1979 for the Dec. 15, 1979 meet;  
5:00 p.m., Fri., Jan. 4, 1980 for the Jan. 5, 1980 meet;  
5:00 p.m., Fri., Jan. 11, 1980 for the Jan. 12, 1980 meet.

To Enter: Complete and send the attached entry blank to:  
  
Noel Hitchcock, Meet Director  
California State University, Sacramento  
6000 J Street  
Sacramento, CA 95819

MEET INFORMATION:

1. An entry fee will not be charged.
2. Events opened to both men and women (women will utilize women's measurements and implements).
3. Footwear will be limited to quarter inch spikes or flats.
4. Implements must be provided by competitors.
5. 1978 NCAA Track and Field Rules and Regulations will govern this meet.
6. Order of events for both meets:
  - 10:00 a.m. 6 mile run
  - 10:30 a.m. 3000 steeplechase
  - 10:45 a.m. 100 yd. preliminaries
  - 11:00 a.m. 1 mile
  - 11:15 a.m. 120 high hurdles hammer-javelin-pole vault
  - 11:30 a.m. 100 yd. finals shot put (discus)-long jump (triple jump)
  - 11:45 a.m. 880 yd. run high jump
  - 12:00 noon 440 yd. hurdles
  - 12:15 p.m. 220 yd. dash
  - 12:30 p.m. 3 mile run
7. For further information:  
Bruce Drummond (916) 454-6208 or (916) 381-7798  
Cornell Gathing (916) 449-5197  
Dexter Fong (916) 449-5197

SEE ENCLOSED ENTRY FORMS!



## TRAIL DROPPINGS

\*\*\*CAN THE EDITOR COUNT DEPT.... Last month I wrote that eight Chips finished the Lake Tahoe 72 Miler and proceeded to list seven. Now, for those of you waiting with bated breath I will clarify this pressing matter. Yes, there were indeed eight Chips who finished the race. The missing name is Dennis Letl. Sorry about the oversight Dennis - honest, I didn't mean to. Actually, this is the second year in a row that I've botched the list of Chip finishers - both times having been at the finish line as the racers completed their runs. Does the Editor really see, or are his eyes mere cosmetic additions? Stay tuned for next years results....

\*\*\*WE-LLL, THEY CALL HIM THE STREAKER.... Dave Davis recently completed his 1,000th straight day of running at least once each day. This includes days after 50 and 72 milers. Dave feels his streak has about run its course and he plans on ending it sometime around the end of the century. (Actually, sometime around the end of the month, if it isn't over already). Congratulations, Dave, on a fine accomplishment.

\*\*\*OF PARTICULAR INTEREST TO BUDGET MINDED CHIPS.... Chips now have an opportunity to prolong the life of their running shoes, as well as their bank accounts. The SECOND SOLE, located at 1537 Howe Ave. (between Hurley and Arden) provides free resoling with the purchase of any pair of running shoe (over \$20. in value). Additionally, effective December 1, 1979 Chip members will receive a 10% discount on their shoe purchases, upon presentation of your membership card, of course. Discount applies to shoes only. If you just want to put new life on the bottoms of your ole faithfuls the cost for resoling is \$12.95. There is no discount applied to resoling, but the Second Sole will give a one time discount price of \$8.95 on the first pair of shoes you bring in. Turn around time for resoling is one week, and these are factory resoles, not copies. So, if you need shoes or resoling, run over to the Second Sole.

\*\*\*FRESHEST FRESH CHIP JOINS THE HERD.... Welcome Fresh Chip Peter Karl McINTOSH, son of the John McIntosh's. Peters' membership became effective October 22, 1979.

\*\*\*CHRISTMAS RELAYS.... Latest word has it that the Christmas Relays have been cancelled for this year.

\*\*\*CONTRIBUTIONS WELCOMED.... Club members are reminded that this is your newsletter and I encourage each and every one of you to include your own contributions. We are all interested in seeing your ideas, pictures, letters, or whatever. All contributions should be sent to Dennis Dunbar, 3557 Gemini Way, Sac. 95827.

CHIEF SACRAMENTO MARATHON RESULTS

Jim Drake

<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>	
20	Bill Stainbrook	2:39:03	
21	Richard Fatterson	2:39:12	
26	Doug Rennie	2:43:06	
28	Ed Stromberg	2:44:45	
32	Robert Bourbeau	2:46:27	
41	Chris Delgado	2:50:27	
46	Bruce Johnson	2:51:07	
62	George Farrot	2:53:52	Ran Tahoe 72 week before
85	Roger Sebert	2:57:33	
88	Art Waggoner	2:58:35	
106	Jeff Fearman	3:00:55	
115	Mark Elgert	3:03:51	
116	Mark Hoschler	3:03:51	
118	Jim Finnegan	3:04:24	
129	Skip Seebeck	3:06:12	
134	Evan Macbride	3:08:11	
152	David Rodrigues	3:11:16	
155	Tad Kitada	3:11:56	
156	Elliott Eisenbud	3:12:09	Ran Tahoe 72 week before
205	Richard Hanlon	3:19:59	
210	Ev Marx	3:20:45	
211	Howard Jacobson	3:20:58	
225	Joan Reiss	3:22:49	
238	Mel Clevenger	3:24:17	
310	Jim Parsons	3:35:03	
323	George Koch	3:36:18	
484	Karen Walkup	4:10:10	

HALF-MARATHON RESULTS

57	Art Aguirre	84:57
83	James Clover	87:25
109	Sam Squiller	1:29:57
120	Paul Reese	1:30:33
123	Gordon Hall	1:30:56
125	Bill Thompson	1:31:10
173	Dennis Dunbar	1:35:08
220	Steve Forsythe	1:37:59
260	Elizabeth Squiller	1:40:16
290	Linda Stainbrook	1:41:45
338	John Brownlee	1:43:57
344	Donald Schumacher	1:44:06
435	Doris Cummins	1:48:54
448	Nancy Flona	1:49:40
460	Carolyn Tucker	1:50:19
467	Jo McDowell	1:50:25
488	Carole Hood	1:51:21
569	Joe Lawrence	1:56:06
577	Bill Worcester	1:56:52
597	David Hammond	1:57:48
663	Marge Hansen	2:02:20
683	Barbara Peach	2:03:52
850	Sally Linn	2:24:31

## LOOMIS BASIN 10

A hearty contingent of Chips thundered through the rolling foothills, against a brisk North wind, to post excellent times at the recent running of the Loomis Basin 10 Miler on October 28. The event was won by un-Chip Christopher Hamer with a 54:14 performance. Chips Doug Rennie, Abe Underwood and Wendy Taylor are to be congratulated for winning their respective age divisions, with Art Waggoner placing third in his division. Chip finishers posted the following times:

Doug Rennie	10	58:26
Abe Underwood	12	1:00:57
Art Waggoner	21	1:04:23
Howard Jacobson	22	1:04:40
Tad Kitada	24	1:05:15
Dan Halvorson	32	1:06:26
Jim Glover	34	1:06:46
Richard Harlon	42	1:08:24
Dennis Dunbar	62	1:13:26
Wendy Taylor	81	1:18:01

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DAVE DAVIS  
BUFFALO CHIPS RUNNING CLUB  
9142 FIRELIGHT WAY  
SACRAMENTO, CA. 95826





# Running Schedule



Sat	Dec	8	<u>ALL COMERS TRACK MEET</u> (all T&F events) CSUS Track, 10 am (enter by 12-7)
Sat	Dec	8	<u>LODI XMAS TREE RUN</u> (10 Kilo), Grape Bowl, Lodi, 10 am
Sat	Dec	8	* <u>LIVERMORE MARATHON</u> (exact location and time not known)
Tues	Dec	11	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm
Sat	Dec	15	<u>MC INTOSH FUN RUN</u> (1/2, 3 & 6 mi), El Camino Store, 8:30 am
Sat	Dec	15	<u>ALL-COMERS TRACK MEET</u> (all T&F events), CSUS Track, 10 am (enter by 12-14)
Tues	Dec	18	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm
Sat	Dec	22	<u>SING AS YOU RUN</u> (approx. 1 hour), 107 S. Harding Bl., Roseville, 7 pm
Sat	Dec	22	<u>HUGGY'S FUN RUN</u> (1/2 mi, 5 & 10 Kilo), Huggy's Ice Cream, Madison & Dewey, 9 am
* Sat	Dec	29	<u>END-OF-YEAR MARATHON</u> (a Chip Classic), 1921 Rockwood Dr., 9 am
Mon	Dec	31	<u>N.Y.'s EVE MASQUERADE RUN</u> (1-1/2 & 3 mi), Meet at the Graduate, CSUS, 11 pm
Sat	Jan	5	<u>ALL COMERS TRACK MEET</u> (all T&F events), CSUS Track, 10 am (enter by 1-4)
Sun	Jan	6	* <u>CALIFORNIA 10</u> (10 mi), Lincoln H.S., Stockton, 10 am (enter by 1-4)
Sun	Jan	6	<u>WINTERLAND 1/2 MARATHON</u> , Shasta College, Redding, 10 am
Tues	Jan	8	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm
Sat	Jan	12	<u>ALL COMERS TRACK MEET</u> (all T&F events), CSUS Track, 10 am (enter by 1-11)
Sat	Jan	12	<u>K-105 FUN RUN</u> (3&5 mi), Sacto Old Town, 2:30 am
Sat	Jan	12	<u>GOLDEN STATE WOMEN'S RUN</u> (10 Kilo), Bidwell Park, Chico, 9 am
Sun	Jan	13	<u>AMERICAN RIVER RUN</u> (1/2, 2 & 6 mi), American River Dr at Wilhaggin, 9:30 am
Tues	Jan	15	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm
Sat	Jan	19	<u>MC INTOSH FUN RUN</u> , (1/2, 3 & 6 mi), El Camino Store, 8:30 am
Tues	Jan	22	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm
Sat	Jan	26	<u>HUGGY'S FUN RUN</u> , (1/2, 5 & 10 Kilo), Huggy's Ice Cream, Madison & Dewey, 9 am
Sun	Jan	27	* <u>PAUL MASSON MARATHON</u> , De Anza College, Cupertino, 7 am (enter by 1-7)
Sun	Jan	27	* <u>PEACH BOWL PACERS</u> , 10 Kilo Run, Brown Valley (east of Marysville) 11 am
Tues	Jan	29	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm

This schedule is as accurate as possible at the time of printing. It is, of course, subject to change. Local runs are underscored. Runs marked (\*) are Pacific Association AAU-sanctioned runs. All sanctioned races require an entry fee. Buffalo Chip (B.C.) trail and club runs are free. McIntosh Fun Runs have a 50¢ donation. Other race details are usually available at local running stores. If you know of changes or additions to this schedule, call A.J. Underwood at 392-7672.

This schedule is prepared by the BUFFALO CHIPS RUNNING CLUB for your running enjoyment. For additional information about the CHIPS, write Dave Davis, 9142 Firelight Way, Sacramento 95826.

Detach and Mail to:  
**DAN O'KEEFE, Chairman**  
 20032 Rodriguez Avenue, Cupertino, California 95014 (408) 257-6670

# APPLICATION

8th ANNUAL PAUL MASSON CHAMPAGNE MARATHON—1980

**FEE SCHEDULE: \$3.00 Pre-Registration with payment postmarked by Jan. 7**

In consideration of your accepting my entry, and on behalf of myself, my heirs, executors and/or administrators, I hereby waive and release forever any and all rights, claims or damages I may accrue against the Amateur Athletic Union of the United States (AAU), the Pacific Association of the AAU, Paul Masson Vineyards and parent Joseph E. Seagram & Sons, Inc., the cities of Saratoga, Cupertino, and San Jose, California and any and all sponsors and volunteer organizers of this Race, their successors, representatives and assigns, for any and all injuries suf-

fered while traveling to and from, and while participating in the annual "Paul Masson Champagne Marathon" to be held January 27, 1980 commencing in the city of Cupertino, California at De Anza College and certify to the best of my knowledge that my training and health are adequate for me to safely compete in long distance running, including a marathon length event, also, my physical condition has been verified by a licensed medical doctor (except where this is a violation of religious principles).

## GENERAL CATEGORIES

(Circle Only One)

♀ Women:	♂ Men:
(A) Under 16	(H) Under 16
(B) 16-19	(J) 16-19
(C) Open	(K) Open
(D) 30-39	(L) 30-39
(E) 40-49	(M) 40-49
(F) 50-59	(N) 50-59
(G) 60+	(P) 60+

## SPECIAL PRE-RACE PROGRAM

Saturday, January 26, 1980

A special pre-race program for participants in the Champagne Marathon is being offered for the third time in 1980. Its objective is to inform runners about the physiological aspects of long distance running and to stimulate camaraderie among marathoners.

The program held on the day preceding the Champagne Marathon, features two special events:

- A series of seminars, beginning at 10:00 AM, held at De Anza College. The keynote speaker will be John Graham. He will be joined by a panel of five distinguished authorities who will speak on various aspects of long-distance running.
- A carbohydrate-loading dinner. More and more runners have accepted the practice of eating a high-carbohydrate meal on the day before the race in order to produce the most efficient energy conversion during the Marathon.

There will be a Greek Marathon folk dancing and Sicilian folk dancing show the evening of the dinner. Because of space restrictions, we can only accept reservations for these two events in advance from the first 4,000 to send in requests. Please indicate below if you wish to participate.

**Champagne Marathon Clinic** — organized by Dan O'Keefe, Dr. Peter Wood, Heart Disease Prevention Center, Stanford Medical School; Dr. Paul Thompson, Assistant Professor of Medicine, Brown University; Mr. John Graham, author, *Target 26: A Practical, Step-by-step Preparatory Guide to Running the Marathon*. Location: De Anza College. (Building and room number will be prominently posted on campus.) No charge for the Clinic. Time: Jan. 26, 10-2.

**Carbohydrate-loading Dinner** — prepared by the Italian-Catholic Federation 189. President: Bill Regis, Head Chef: Salvatore Davide. Location, map and address will be sent to you prior to the race. \$3.00 charge for runners and guests. Fee must be enclosed with this application. Sorry, no refunds. Time: Jan. 26, 4 to 6.

I enclose \$\_\_\_\_\_ [\$3.00/person] for myself and \_\_\_\_\_ guest.

DATE \_\_\_\_\_

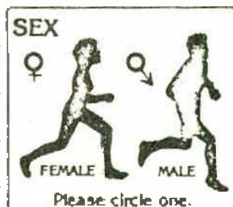
SIGNATURE \_\_\_\_\_ AGE \_\_\_\_\_

PARENT'S SIGNATURE (if under 21) \_\_\_\_\_

PRINT NAME \_\_\_\_\_

Last name

First name



PRINT PERMANENT ADDRESS \_\_\_\_\_

Number

Street, Road, Avenue

Apartment

City, Town

State

Zip Code

TELEPHONE \_\_\_\_\_ Occupation \_\_\_\_\_

1980 AAU NUMBER \_\_\_\_\_ SHOE SIZE \_\_\_\_\_ T-SHIRT SIZE \_\_\_\_\_

PREVIOUS BEST TIME \_\_\_\_\_ NUMBER OF MARATHONS COMPLETED \_\_\_\_\_

PREVIOUS TIMES IN PAUL MASSON MARATHONS \_\_\_\_\_

HOMETOWN NEWSPAPER(S) \_\_\_\_\_

A 1980 AAU number is required of each runner. Please contact your nearest AAU office for information.

All entrants receive a T-shirt in the mail before the race.

# \_\_\_\_\_  
 PLACE \_\_\_\_\_  
 TIME \_\_\_\_\_  
 CLASS \_\_\_\_\_  
 PLACE \_\_\_\_\_

Please fill out this form carefully and legibly, so that the certificate, results and award can be mailed to you without delay.

FOR ADDITIONAL COPIES OF APPLICATION PLEASE PHOTOCOPY.



# AMERICAN RIVER RUN

SUNDAY, JANUARY 13, 1979

1/2 MILE CHILDREN • 2 MILE • 6 MILE

START: Wilhaggin & American River Drive, Sacramento  
9:30 AM CHILDREN — 10 AM 2 & 6 MILERS

Sponsored by:  
Fleet Feet and  
Joan Reiss for Assembly

ENTRY FEE: \$5.00 (or more)  
Checks Payable to:  
Joan Reiss for Assembly

HEALTHY SNACKS AND DRINKS  
SERVED AFTERWARDS AT:  
Cecily Nyomarky  
3900 Dunster Way

CHILDREN UNDER 13 FREE

- **FREE T-SHIRTS TO ALL FINISHERS WHO OUT-RUN JOAN REISS IN 6 MILE RUN**
- **AWARDS FOR WINNER IN EACH AGE CATEGORY**
- **DRAWING FOR ADDITIONAL PRIZES**

FEMALE   
MALE

**AGE:**  
UNDER 13   
13 — 21   
22 — 39   
OVER 40

## ENTRY:

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Fleet Feet and The American River Run, their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of The American River Run. Consultation with licensed medical doctor within the last six months respecting your fitness to participate in this race is recommended.

SIGNATURE IN FULL \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

PRINT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

Parent's or guardian's signature if under 18 years of age \_\_\_\_\_

MAIL ENTRIES TO:

JOAN REISS FOR ASSEMBLY  
676 55th Street  
Sacramento, Ca. 95825

LABOR DONATED  
FREE

For Further information  
Call Sharon Brockman  
at 442-3338



FIFTH ANNUAL WINTER ALL COMERS MEETS 1979-1980

ENTRY BLANK

NAME \_\_\_\_\_ PHONE NO. \_\_\_\_\_  
(First) (Last)

ADDRESS \_\_\_\_\_  
(Street) (City) (State) (Zip)

\_\_\_\_\_  
School or Club Affiliation

MAIL TO: Noel Hitchcock  
California State University, Sacto.  
6000 J Street  
Sacramento, CA 95819

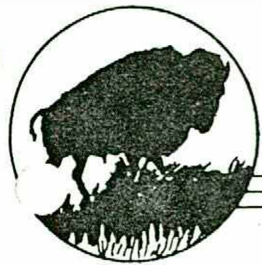
IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THE FIFTH ANNUAL ALL COMERS MEET(S) FOR RECREATIONAL BENEFITS TO MYSELF, I HEREBY, FOR MY HEIRS, EXECUTORS, AND ADMINISTRATORS, WAIVE AND RELEASE ANY AND ALL CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE CALIFORNIA STATE UNIVERSITY, SACRAMENTO; CITY OF SACRAMENTO; OR THOSE ASSOCIATED WITH THE MEET, FOR ANY AND ALL INJURIES SUFFERED BY ME WHILE PARTICIPATING IN THE FIFTH ANNUAL ALL COMERS MEET(S) ON THIS ENTRY BLANK.

\_\_\_\_\_  
Signature of Competitor Date

\_\_\_\_\_  
Signature of Guardian or Parent (If minor) Date

I WILL BE COMPETING IN:

December 8, 1979	Yes	_____	No	_____
December 15, 1979	Yes	_____	No	_____
January 5, 1980	Yes	_____	No	_____
January 12, 1980	Yes	_____	No	_____



# BUFFALO CHIPS

RUNNING CLUB



NUMBER 36

Frank Krebs  
Jim Finnegan  
Dave Davis  
Mark Elgert  
Jim Drake  
Abe Underwood

High Dunger 725-4616  
Vice Dunger 489-3410  
Sec/Treas/Registrar 363-9142  
Dung Scribe 363-3754  
Dung Coordinator 485-8013  
Race Chairman 392-7672

Feb 12, 1979

## BASH DASH, NEW YEARS EVE



Happy New Year 🍷 🍷

LOTS OF INFO INSIDE - ELECTION RESULTS, CLUB RUNS AND ACTIVITIES AND MORE - SO QUIT STARING AT THESE NERDS AND READ, READ, READ!





LETTER FROM THE EDITOR...

Its already more than 1/12th gone, but Happy 1979 to all of you Commom Dungers out there anyway! The new year brought with it a change in club leadership(as noted on the masthead). More news about the elections elsewhere, but from this corner it appears that the Chips are continuing our fine record of leadership. The club was also fortunate in having so many folks turn out for the big event. Of the 45 voters present, I noticed about a 50-50 mix between longtime and fresh Chips. The number represented about 1/3rd of our total PAID UP 1979 members. (More about renewal elsewhere). All electors are to be congratulated-both for their concern for the club, and for their choices. Congratulations to new officers Frank Krebs, Jim Finnegan, Dave Davis, and Jim Drake. Frank has promised to be open to suggestions, so if you have ideas, criticisms etc. please contact him. The same is true for all of our other officers. Our new Activities Coordinator Jim Drake has announced plans to hold a club activity each month. A couple of articles in this issue help explain this plan better.

Last issue I committed one of my rare blunders of 1978 (I allow myself five errors all year; in '78 I only made three, two of which were thinking I was wrong). I inadvertently omitted Elliott Eisenbud from the list of Chips who completed the Tahoe 72 Miler. Don't know what I was thinking about, as his name was on the results sheet I was using, plus I saw him finish! Sorry about that, Elliott, and a "well done" from the Herd for your fine 14:40 time for the Superlap!

Buffalo Bravos to: fresh Chip Jeannie Hoover of Mather AFB. She finished second at the recent U.S. Armed Forces Track Meet in San Diego, running in the 5 km. Also to Chris Little of Jesuit High who ran in the High School 2 Mile at the recent S.F. Examiner Games indoor meet.

The Scouts, as a service project, are putting on a benefit race for the March of Dimes. Its a 4 Miler starting in Goethe Park, with a trophy to the overall winner, and plaques to divisional winners. Cost is \$5 which I believe includes a T-shirt. For more info call Brian Knight, son of BCer Weaver at 635-4159

HELP!! The Chips urgently need several people willing to volunteer as handlers for the Feather River 50 Mi/PA-AAU 50 Mi. Championships on Feb. 28th. We are sponsoring the race this year, and besides handlers for our own runners (we won the 1st place team award last year) several folks from out-of-town and state indicated that they needed handlers. The job is long but very rewarding and I understand we have some "fast guns" coming up for this one. Let's give these runners a "helping hoove" and help the BC put on a first-rate race. If you're interested, call Hal Baker (443-4515)

Anyone thinking of running the Clear Lake Marathon (Sat. April 7th) and who needs an entry can get a photostat from me if you can't find copies at local stores. Just send a SASE to Mark Elgert, (2005 Casals St. #2, Sac'to. 95826) Entry fee for the run is \$4. The marathon is going to be the P A-AAU championship this year, and the organizers are also holding a 20 km. run the same day. Registration closes March 29th with NO post entries.

We've got a lot of info this month about upcoming club activities, so I've shelved a lot of articles that came to me in time. Please bear with me, folks, and your stuff will appear in the next issue. (I even cut myself!!)

*Mark*



MESSAGE FROM THE HIGH DUNGER...

Dear Fellow Runners,

I would like to take this opportunity to thank the executive board (Bob Hedges, Hal Baker, Art Waggoner, Dave Davis, Abe Underwood, Mark Elgert) for the fine job they have done this past year. I know that they have put in countless dedicated hours in each of their specific capacities for the club.

As I look to the New Year I see some goals that I would like to strive for. We have added the position of activities coordinator for this year. We welcome Jim Drake to that position and we are looking forward to club runs and socials that will help acquaint each new member with the B.C. Herd. Also this year I would like to see more involvement with other running clubs in the area (Aggies, Sundance, Ophir Prison, Chico etc.) Hopefully this can come about in the competitive area of track and cross-country as well as club "get togethers". More plans will be coming forth in the next few newsletters.

The B.C. Club this year is sponsoring four road races. I personally know that each race director can use your help. Please contact them directly if you can help in these areas: publicity, registration, traffic control, race timing, awards and refreshments.

We are looking for a relay race chairperson that might be willing to head up the Herd for this year. This would include two or three relays the club participates in each year, such as Lake Tahoe, Christmas Relays, and Bass Lake. If you would like to volunteer please call our new Vice Dunger, Jim Finnegan.

I hope I can be of help to you. Please don't hesitate to communicate with me if you need assistance.

See You on the Run!

Frank Krebs

Race Director:	Race:	Date:
Hal Baker 443-4514	Feather River 50 Mi.	Feb. 25th
Abe Underwood 392-7672	BC Stampede/ 50 km.	March 18th
Frank Krebs 725-4616	Folsom Road Race 10km.	July 1st
Charlie Mersereau 362-9660	Pepsi-Tahoe 72 Miler	Sept. 21st

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FEATHER RIVER FIFTY

Hal Baker reports that things are going great for the 50 miler between Marysville and Sacramento. As many as 75 runners are expected to compete including Frank Bozanich (current 100 kilo American Record holder), Joe Henderson of Runner's World staff, and Rich Benyo, editor of RW. With this kind of participation the new test of "runners High" may be 50 miles and up.

Come out to the finish about 2:00 PM on Sun. Feb. 25th and welcome the finishers. The finish is about a quarter mile north on the Garden Highway from I-5 at Discovery Park. We could also use some handlers to help runners. If you can help please contact Hal Baker or Abe Underwood.

### Granite Bay 5/10 kilometer course

To reach the course enter the Granite Bay gate of Folsom Lake State Park. Continue straight on 66r about one mile. At the "Beach" parking lot turn right and upon entering the lot turn right again. At the far end of the lot on the side away from the beach "START" is marked on the pavement in red.

Leaving the start proceed back through the parking lot and out the driveway. At the main road turn right. Kilometers and miles are marked on the right side of the pavement in red paint. Shortly after the one mile mark bear right and follow the ~~the~~ single lane lake front loop. Stay on this loop for about  $\frac{1}{2}$  mile. Then rejoin the main road at a STOP sign. At the bottom of the first downgrade after rejoining the main road an " X " in the middle of the road marks the 5 kilometer course turn around. The return for 5 km. runners is via the main road to the finish. 10 km. runners continue on the main road. Just beyond the 4km. mark a paved road enters on the right. This road should be followed to the turn around loop on Doton's point. The 10km course returns via the main road ( avoiding the lake front loops  $\emptyset$ . The finish is on the main road just before the parking lot entrance.

The course is all paved, mostly shady, and has several low hills particularly on the Doton's Point road. THE COURSE WILL BE CLOSED TO MOTOR VEHICLES DURING THE RACE.

April 7th - 9:15 A.M. Granite Bay 5/10 km sponsored by Roseville Community Hospital & McIntosh's Sports Cottage. Entry Fee \$1.00 ( \$1.50 race day ) plus \$1.50/car to enter the park ( this admits you for the day)

April 29th ( tentative ) National Foot Health Week 5/ 10 km sponsored by Runski

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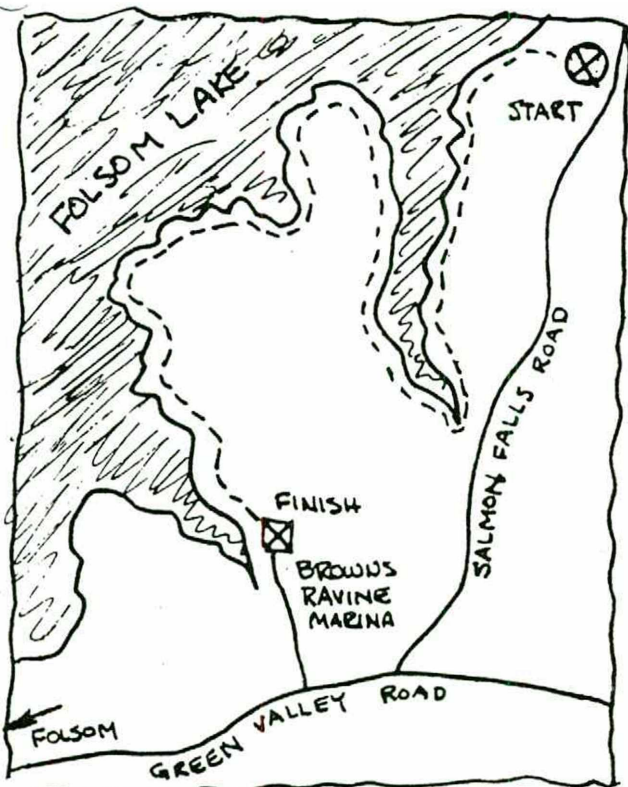
I would like to publicly thank Walt Howard for his great help in enabling me to accomplish a goal which I had attempted for some time. Although a forty-two minute six miles may not seem overly spectacular, it was a goal I had set for myself for some time. With Walt's help, I completed the six miles in just over forty-one minutes. His help, advice, and encouragement I think must represent the spirit of the Buffalo Chips.

GARY A. FIELDS, M.D.

## JUNIOR OLYMPICS:

The Chips had two teams in the recently completed Junior Olympics. The Jr. Olympics began with a meet at Sierra College. The Senior Boys (16-17) event was won by Chip Mike Immoos and the Intermediate Boys (14-15) race was won by Jeff Scott. At this meet 14 runners decided to form two teams and compete in the Pacific AAU Championships at Santa Rosa. Both the Sr. and Int. teams took first place in a drizzling rain with Jeff Scott again copping first with a fine time of 12:08 followed by Jeff Grubbs 8th, Pat O'Leary 12th, Brian Immoos 28th, Lenny LaBrada 33rd, and Dan Helm 37th followed by Gary Gouette and David Lawlor. Tim Powell led the Sr. team with a 4th place finish followed by John Scott in 5th, Mike Immoos in 13th, Matt Gary in 19th, Paul Alvarez in 24th and Dennis Morrison in 29th. The teams then went to the Western Regional Championship at San Diego. Five Districts were represented with the Sr. Boys finishing third led by Tim Powell in 7th place in a time of 15:37, John Scott 26th-16:37, Mike Immoos 30th-16:45, Dennis Morrison 33rd-16:59 and Paul Alvarez 40th in 17:25. The Intermediate team again finished first with Jeff Scott leading the way in 13:33 followed by Jeff Grubbs in 10th 14:00, Pat O'Leary 16th-14:19, Brian Immoos 23rd-14:32, Lenny LaBrada 25th-14:35, Gary Gouette 32-14:45, Dan Helm 47-15:03 and David Lawlor 48-15:03. On to Shawnee Mission, Kansas for the Int. Team and Tim Powell of the Sr. Team. Tim finished 56th in a large and strong field. The Int. Team was 5th out of 15 teams with Jeff Scott again leading the team with an overall 4th place finish in 12:19 out of 162 runners. Other places and times: Jeff Grubbs 61-13:09, Pat O'Leary 95-13:29, Brian Immoos 104-13:34, Gary Gouette 117-13:45, Lenny LaBrada 122-13:50, Dan Helm 134-14:06, and David Lawlor 154-14:42. An excellent finish for a team from Sunny California running in 24° temperature and snow on the ground.

CONGRATULATIONS FROM ALL THE REST OF US CHIPS FOR A JOB WELL DONE.



SAT, FEB 17<sup>th</sup>, 10:00 AM  
SALMON FALLS-  
BROWNS RAVINE  
ENDURO

## CAMP FLEET in APRIL

A.J. Underwood has announced that the Camp Fleet Feet running retreat are being expanded this year to include a spring camp. The retreat is set for the weekend of April 27th thru 29th at a state park in the Santa Cruz mountains. Like all Camp Fleet Feets, you will be responsible for providing your own tents, bags and food (each person will prepare their own meals).

The format includes guest speakers discussing special topics and group runs for all fitness levels. The cost is \$5.00 per person or \$12 for a family. Registration is limited. Additional camps will be scheduled in June and August. All joggers and runners are encouraged to go to the mountains with us and share a weekend together.

### DIAL-A-RACE

As a service to the running community, Fleet Feet is installing a telephone service for those who want to know the when, where, how far, etc., of upcoming races and events in Northern California.

The line will be installed February 1st and all of you will be able to call (916) 442-RACE for free information. Results of races will also be included in the taped message so you can learn of the finishing places or times of locals. Remember "dial-a-race" is 442-RACE.



### MONTHLY CLUB RUNS...

The first two club runs of the year are set and ready to go. On Feb. 17th, 10:00 AM the Folsom MUD RUN from

Salmon Falls to Brown's Ravine, and in March 11th (Sun.) at 8:00 AM We'll have the Rusty Duck Run. A 12 miler from Rio Americano High School on the American River Bike Trail to Discovery Park, Then to the Rusty Duck restaurant for their super brunch.

Both of these runs are repeats from last year by popular demand. On April 8th we will hold the POCKET 8. This is an 8 mile loop in the south area along some of Pocket Road. In May we have scheduled the Goethe Park Relays. This will be composed of 2 person teams. Each runner will run the 1.25 mi. course, then hand off to his teammate. There will be four exchanges so each person will end up running 5 miles. We don't have a date set for the May event or any events after it. These will be set and put out in the next newsletter. June will be Camino Pancakes at Pete's. A run in the Camino Foothills, then an outdoor pancake breakfast at Pete Schoener's home. He doesn't know about this one yet. Hope its okay with you, Pete !! July -ABC track meet with Cal Aggie RC and the Chips. August-open. September- Harvest Moon Run-a night run in West Sacramento.

If you would like to coordinate one of these or just help out, please give me a call. At this time I need a chair-man for each month starting in April.

Jim Drake, Activities Coordinator

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### CLUB FEAST

April 6th (Fri.) at 7:00 PM (site TBA) is the date for the Chips potluck dinner. Movies, slides, a speaker, and great food cause you are bringing it. Get a date, bring your wife or husband or all three. Get to meet other members of the club. I need help on this one--please call me. Also need ideas for the August event .

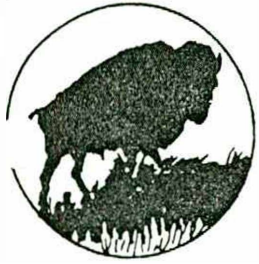
Jim Drake  
482-4550 (work)  
485-8013 (home)

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The Saturday club run seems to have gone the way of the dinosaur. In lieu of it, and until the Tues. evening runs return in the Spring, we will run a list in each N.L. of various training runs including place and time of departure, approximate distance and pace. Submit any additions to me for publications.

Sunday--Teichert Bldg./Matt Ave. Bridge  
7:30 AM 16-20 miles 8:00/mi. pace  
8:00 AM 20 miles 7:30/mi. pace  
Tuesday--Parking lot by Guy West Bridge  
6:00 PM 4-6 miles easy  
Mark

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# Schedule



Sat	Feb 10	<u>EXPO RIVER RUN</u> (6 mi), Cal Expo East Gate, 8:30 am
Sat	Feb 17	<u>B.C. MUD RUN</u> , Salmon Falls Campground, Folsom Lake, 10 am (about 9 mi)
Sat	Feb 17	<u>McINTOSH FUN RUN</u> (1/2, 3 & 6 mi), El Camino Store, 8:30 am
Sun	Feb 18	<u>HUGGY'S ICE CREAM RUN</u> (5 & 15 Kilo), Madison & Dewey, 10 am
Tues	Feb 20	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm
Sat	Feb 24	<u>EPPIE'S FUN RUN</u> (3 & 6 mi), Eppie's Tennis Club, Davis, 8:30 am
Sun	Feb 25	* <u>FEATHER RIVER FIFTY</u> (50 mi), Marysville to SAC, 8 am
Sun	Feb 25	* <u>ADIDAS-A-THON</u> (6 mi), Evergreen College, San Jose, 9:30 am
Tues	Feb 27	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm
Sat	Mar 3	* <u>BIDWELL MARATHON</u> (Full, half & 3 mi), Bidwell Park, Chico, 9 am
Sat	Mar 3	<u>McINTOSH UNIV. RUN</u> (1/2, 3 & 6 mi), Guy West Bridge, CSUS, 8:30 am
Sun	Mar 4	* <u>VALLEJO CHANNEL TO LAKE</u> (10 mi), Vallejo, 9 am
Tues	Mar 6	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm
Sat	Mar 10	<u>GIBSON RANCH FUN RUN</u> (5 mi), Gibson Ranch, Details available later
Sun	Mar 11	<u>RUSTY DUCK RUN</u> (B.C.), 12 mi or less (see Newsletter)
Sun	Mar 11	* <u>WOMEN'S PA-AAU 10 KILO</u> , (women only), Arcata, 10 am
Sun	Mar 11	* <u>NAPA MARATHON</u> , Calestoga to Napa, 8 am
Sun	Mar 11	<u>DAVE'S RUN FOR FUN</u> (1/2, 2-1/2 & 5 mi), Safeway lot, W. Sac, 9 am (372-6230)
Tues	Mar 13	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm
Sat	Mar 17	<u>McINTOSH FUN RUN</u> (1/2, 3 & 6 mi), El Camino Store, 8:30 am
Sun	Mar 18	* <u>BUFFALO STAMPEDE &amp; 50 KILO</u> (10 & 31 mi), UCD Campus, 10 am
Sun	Mar 18	* <u>SAN JOSE MERCURY NEWS RACE</u> (6.6 mi), San Jose, 10 am
Tues	Mar 20	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm
Sat	Mar 24	* <u>NORCAL 10 &amp; 3 X-C</u> , Lake Redding Park, Redding, 10 am
Sat	Mar 24	<u>EPPIE'S FUN RUN</u> (3 & 6 mi), Eppie's Tennis Club, Davis, 8:30 am
Sun	Mar 25	* <u>LAKE MERCED MASTERS RACE</u> , (5 mi), Lake Merced, S.F., 11 am
Sun	Mar 25	* <u>RUN FOR LIFE MARATHON</u> (full and half), Eppie's Tennis Club, Davis, 9 am
Tues	Mar 27	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm
Sat	Mar 31	<u>ARDEN PARK FUN RUN</u> (2 mi & 10 K), Arden Park, 10 am
Sun	Apr 1	* <u>ARROW 10 KILO</u> , Moffett Park, Sunnyvale, 10 am
Sun	Apr 1	<u>HUMAN RIGHTS RUN</u> (5 & 10 Kilo), Miller Park (Time...?)
Tues	Apr 3	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm
Fri	Apr 6	<u>B.C. CLUB MEETING</u> (business & pleasure) Site TEA
Sat	Apr 7	<u>GRANET BAY RUN</u> (5 & 10 Kilo), Granet Bay, Folsom Lake, 9 am
Sat	Apr 7	* <u>CLEAR LAKE MARATHON &amp; 20 KILO</u> , Lake County Fairgrounds, 10 am
Sun	Apr 8	<u>POCKET EIGHT</u> (8 mi), Garcia Bend Boat Ramp, 8 am
Tues	Apr 10	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm

This schedule is as accurate as possible at the time of printing. It is, of course, subject to change. Local runs are underscored. Runs marked (\*) are Pacific Association AAU-sanctioned runs. All sanctioned runs require an entry fee. Buffalo Chip (B.C.) trail and club runs are free. McIntosh Fun Runs have a 50¢ donation. Other race details are usually available at local running stores. If you know of changes or additions to this schedule, call A.J. Underwood at 392-7672.

This schedule is prepared by the BUFFALO CHIPS RUNNING CLUB for your running enjoyment. For additional information about the CHIPS, write Dave Davis, 9142 Firelight Way, Sacramento 95826.

FEBRUARY CLUB RUN...

SALMON FALLS TO BROWN'S RAVINE

The second annual 10 mile run at Folsom Lake is set for Saturday Feb. 17, at 10:00 AM. Last year there were 60 finishers including eight+ gals. This year's field looks to be even larger. This is a good chance to meet other members and have a run on an off-road trail.

We guarantee no level ground or hard pavement, but a good challenging run. It's all horse trails along the shore of Folsom Lake, 10 miles of ups and downs. Note: the course is point-to-point, so runners must arrange for transportation shuttling. If we meet at the finish a little after 9:00AM we can car pool to the start at the old campgrounds. Follow the signs.

For our club runs we don't plan to have prizes but you can expect a ribbon from Lynn Johnson at the finish line. Lynn came up to me after the election meeting and asked to help out in some small way. In the Chip tradition of getting things done, she was at that moment race director for the Salmon Falls Mud Run. Lynn is a new member, kind of new at running and felt 10 miles was more than she should try at this time. She would like company after the start and encourages you to bring friends and family. Why not pack a lunch for a feast at the finish. See you there rain or shine. (Lynn Johnson's home number is 442-7436, work # is 362-9417)

Jim Drake, A.C.

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RUN TO THE RUSTY DUCK

The March club run will be held Sunday the 11th, as

announced by our nes activities director Jim Drake. We will meet at the parking lot of Rio Americano High School. The run will begin at 8:00 Am SHARP at the end of the American River Bike Trail (behind Rio) and proceed to Mile o at Discovery Park.

We will then go to the Rusty Duck for Sunday Brunch beginning at 10:00 AM. No reservations are available but the Duck has assured us of preferred seating when the doors open at 10.

You can run the entire 12 miles or pick up the group at several convenient points along the bike trail. Call me if you want to run a shorter distance and are not sure about the time or access to the trail. We will run at three different speeds so you should find a group that fits your pace and ability. Encourage family and friends to take part. If they do not choose to run have them meet at the Rusty Duck for a nice meal with good company.

Please remember--you will have to arrange your own transportation back to Rio, or wherever. See you on the 11th.

George Putnam  
Duck Run Director  
487-8663 (work)

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### MASTERS MEMBERS ONLY

The Chips haven't done very well when it comes to coordinating our team (Masters) efforts at PA and National races. This task will be shared by Paul Holmes and Abe Underwood during 1979. If you're a Master (men and women) and plan to run any of the following, let one of us know: Feather River Fifty (2-25) Abe Underwood; PA 50 Kilo Paul Holmes; Clear Lake Marathon Abe Underwood

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### BUFFALO STAMPEDE IS CLOSING FAST

The Chips BIG annual event is upon us and plans are moving along very well. We're expecting between 800 and 1,000 entrants! The race is co-sponsored by the Aggie Running Club. The committees and chairrunners are as follows: Publicity--Bob Hedges

Awards-- Hal Baker

Sign Up/Finish Board--Bob Branstrom

Finish Timing--Charlie Mersereau

Merchandise Awards--Roger Brown and Sally Linn

Mailed Results-- Dave Davis

T-Shirts-- Elliott Eisenbud

Refreshments-- George Parrott

50 Kilo splits and aid-- Aggies

Traffic Control--Aggies

Putah Creek Lodge Arrangements--Aggie

Clean Up--Aggie

All these chairchips will need help! They must depend on that help from other club members and friends. Please volunteer to help by calling any of the above. Even if you plan to run there are many jobs that must be done before the actual race. Call now. Notice to Chairchips: The first combined committee meeting will be held in Davis (site TBA) on Tues. Feb. 13 at 7:00PM. P.S. Miller Beer has tentatively offered to sponsor the Stampede. Hopefully there will be T-shirts for all runners!

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### EASTER SEALS WALK-A-THON

For those who do not go to the annual Buffalo Stampede on March 18 but want to get in a long workout and aid a charitable cause, consider participating in the Easter Seals 32 Kilo Walk-a-thon on the same day. The walk will begin and end at Encina H.S. (Arden and Bell Sts.) at 8:00AM. Pledge forms are available at City and County schools, Sambo's, Fleet Feet, McIntosh's, SportShoeCity, and the Easter Seal Center on Hurley Way. Call 485-6711 for additional information. Prizes awarded to those collecting the most money include a trip for 4 to Disneyland, five 10 speed bikes, skate board, gift certificates and others.

Vice Dunger Hal Baker opened the meeting by introducing nominees for 1979 CHIP Offices. to the 45 members present. For High Dunger - Ellen Standley and Frank Krebs, Vice Dunger - Jim Finnegan, Dick Forehand and Nancy Remley, Dung Recorder and Counter - Dove Davis, Activities Coordinator - Barbra Peach, Sally Linn and Jim Drake. Elected: Frank Krebs, Jim Finnegan, Dave Davis and Jim Drake.\*\*\*\* Membership Report: There are 147 members for '79. This same date last year there were 88 members. The year 1978 ended with 272 members.\*\*\*\* Abe Underwood announced several upcoming runs which will be found in the attached schedule. \*\*\*\*Dick Gross (791-7439) said to contact him for information on the Granite Bay (Folsom) run scheduled for April 7. \*\*\*\*Abe gave a treasure report. The Chips have two accounts, one kept by the Dung Recorder which is a general account with funds coming primarily from memberships and supports the newsletter and other miscellaneous items. This account barely survives. The second account is a race fund and is kept by Abe to support the following CHIP sponsored races. 1. Buffalo Stampede, 2. Folsom 10-Kilo, 3. Lake Tahoe "72" (Note: this is a great race, I recommend it for everyone), 4. 60-Kilo, and 5. Feather River Fifty. This account maintains a balance of about \$600 which is needed when conducting a race.\*\*\*\* Easter Seals jog-a-thon will be the same day as the Stampede - more info later on this - \*\*\*\* The Avenue of the Giants Marathon is closed for entries. However, Roger Brown (758-2479, Davis) said he will coordinate runners who can't run and want to relinquish their entry with runners looking for an entry who were not fortunate enough to make the deadline. Give him a call if you are interested.\*\*\*\* Frank Krebs first act as High Dunger was to have everyone introduce themselves. In his inauguration speech he stated there would be better communication within the club by sharing ideas, having all segments of runners represented, more social functions and fun runs sponsored by the CHIPS. \*\*\*\*Abe talked about the Buffalo Stampede scheduled for March 18 which will again be co-sponsored with the Annie Track Club of Davis. Committee Chairpersons were lined up as follows: Publicity - Bob Hedges, Awards - Hal Baker, Sign-up and results - Bob Branstrom, Finish Time - Charlie Mersereau, Merchandise - Roger Brown and Sally Linn, Mailed Results - Dave Davis, T-Shirts - Elliott Eisenbud, Refreshments - George Parrott. \*\*\*\* Abe suggested the Club have Quarterly Business Meetings.\*\*\*\* It was suggested that Club Records be kept. Send me (Dave Davis, 9142 Firelight Way, Sacramento 95826) your best times and I will coordinate and keep the records. \*\*\*\* Salmon Falls to Prowns Ravine Club Run is scheduled for February 17. This is a real fun event. Information elsewhere in newsletter. \*\*\*\* Meeting officially ended at 8:54 P.M. and the social fun began. \*\*\*\* dave davis

SUBSCRIPTION RENEWAL

Do you like reading your  
CHIP NEWSLETTER?

This will be your last newsletter if you  
have not renewed your membership for 1979

RENEW NOW ONLY \$5.00

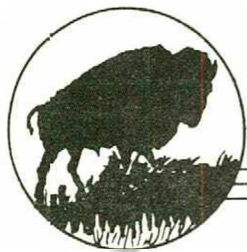
Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Clip out this renewal form NOW and mail with  
your check payable to the BUFFALO CHIPS  
RUNNING CLUB. Mail to Dave Davis, ~~1942~~ 9142  
Firelight Way, Sacramento, CA. 95826



# BUFFALO CHIPS

RUNNING CLUB



NUMBER 38

May 19, 1979

Frank Krebs	High Dunger	725-4616
Jim Finnegan	Vice Dunger	489-3410
Dave Davis	Sec-Treas/Registrar	363-9142
Jim Drake	Dung Coordinator	485-8013
Abe Underwood	Race Chairchip (Head Bull)	392-7672
Mark Elgert	Dung Scribe	363-3754

## RESULTS FROM: "POCKET 8" APRIL 8, 1979 Approximately 8.3 miles

1. Abe Underwood (ran Clearlake Marathon on 4-7-79 in Army boots, then got up at 6 am and ran this course with 50 lbs of chalk to line the route before the 8am start) 54:34
2. Skip Seebeck (kept it an easy jog so she wouldn't look bad) 54:34
3. Don Spickelmier (nice guys always finish 3rd.) 54:34
4. Bob Leever (new member on 4-8. Is a racer.) 64:01
5. Elizabeth Squiller (hasn't missed a race in Nor-Cal in 13 months) 64:07
6. Ken Johnson (will do better when he loses the baby fat) 64:08
7. Sam Squiller (do you let Liz win every one?) 64:10
8. Carolyn Tucker (won Miss Pocket 8 beauty contest and trophy) 68:30
9. Don Scheppmann (was 1st ind #8 for entire race. Great strategy!) 68:32
10. Marv Poyser (New member on 4-8. Paid dues in CASH. That hasn't happened in 2 years.) 69:58
11. Jo McDowell (3rd new Chip on 4-8. Nice run, Jo!) 70:00
12. Sherri Arant (ran in full sweats to collect enough aluminum cans to pay club dues.) 81:30
13. Barbra Peach (preparing to win another trophy at the 2nd annual UCP race.) 81:30
14. Marge Lawson (ran a Masterful race as usual) 82:57

Remember I'm just reporting the facts. I do not judge. Carolyn brought up that ERA stuff and made Spickelmier cross the finish line 3 times while we looked on. OK Carolyn, he has nice hips too, but... "Miss Pocket 8" on his Chips shirt wouldn't get it.

### U.C.P. RACE JUNE 2nd UPDATE...

191 paid entries as of May 12. Race closes at 400 entrants...Only 209 left...Don't be left out...

Jim Drake, Chip Coordinator



LETTER FROM THE EDITOR...

First things first...HELP WANTED... newsletter editor needed for position with local running club. No experience necessary--will train. Position open in Late August, with trainee preferably on board in June or July. Salary:satisfaction plus getting to read what You want to read. Interested applicants please call Mark at 363-3754.

Yes, that's right--after a little over a year I'm stepping down from the Newsletter after the August issue. I'll be leaving Sacramento City College to finish up my degree at the University of the Pacific in Stockton. (No I'm not joining Sundance T.C.) I'm on an athletic scholarship at UOP...as their first ever javelin-catcher! (That's another thing: you won't have to tolerate my humor anymore.) I'll be in River City until mid or late August.

It's not that hard of a job, and takes maybe 5 or 6 hours per month. Your running club is worth that much time, isn't it? You don't even have to write if you don't want to--just know who to get to write, and cut and paste their articles together. Please consider this for a moment or two. Don't say, "Oh, I could never do that." Of the 242 Chips on the roster, there are about 242 potential editors.

Moving on from the classified ads, I've been asked to emphasize the Tuesday night club runs. With Spring and Daylight Savings Time, it's a great time to get out and run with (and meet) your fellow Chips at the weekly club runs.

They begin each Tuesday at the Gray West Bridge (University Ave. & CSUS) at 6:00 P.M. See you there.

Various Chips have turned in some stellar performances recently. Masters runner Gordie Hall turned in a fine 3:14 at Boston, and fellow "graybeard" Hal Stainbrook earned the right to run that one with a 3:27 at Ave. of the Giants. Amazing is the word to describe George Parrott's run at A. of G. He had been hovering around 3:02 or 3:03 for the marathon. Until May 6th, that is. George didn't just break 3 hours, he obliterated it with a fantastic 2:52! If you're going to break 3, that's the way to do it. Meanwhile, the ageless (but Masters) runner Abe Underwood was up in Yakima, Wash. also on the 6th, where he won the 40+ Division (5th overall) in an American age-group record time for 100 Kilometers. (62.14 mi.) His time was 8:21:08 for the run. Congratulations to all of these Buffaloes from the Herd.

Vice Dunger (and Relay coordinator) Jim Finnegan would like anyone interested in coordinating a team for the upcoming Lake Tahoe Relays to give him a call. So far, we have one Masters team entered. The race is on June 9th, and consists of 7 legs--each about 10 miles. Team entry fee is \$15.00 before June 3rd and \$20.00 after. Call Jim at 489-3410 for further info.

Charlie Mersereau has announced that the 1979 Lake Tahoe 72 Mile Run will be held on Friday, Sept. 21st at 6:00 a.m. For further info and/or entries, call Charlie at 362-9660.

H.D. Frank Krebs has announced that there will be a club meeting at Dave Davis's home (9142 Firelight Way, Sac'to.) at 7:00 P.M. on Wednesday, May 30th.

Recently I received an article about one of the Chips most active and outspoken members. The article could most charitably be described as a hatchet job and is therefore not going to be printed. Though I had misgivings about an unsigned article, it would have been included in this issue if it had not consisted solely of unsubstantiated personal attacks. Anyone on the Chips (including yours truly) may be criticized in the Newsletter for ideas or suggestions you may not approve of, however, I will not allow the Newsletter to be used for articles with malicious intent. If you don't like something, write about it or attend one of the club's business meetings (such as the one on May 30th). No one expects 242 people to agree on every thing, but we can't change policies we don't know are disapproved of.

Nuff said...

See you on the trails...

Mark

## NEW YORK MARATHON

Welcome was the Statue of Liberty and a sunny (72°) as the American Airlines plane glided toward touchdown at La Guardia and the New York City skyline on the Saturday before the race. From the St. Moritz Hotel, it was three blocks to the Cultural Center Marathon Headquarters across from Central Park. The natives of New York were sitting on the benches, fountain edges and any other architectural appendages along, in, and around Central Park and the plazas-to enjoy the sun, warmth, and blue sky.

Runners dominated the street crowds; warm-up suits, running shoes, and shorts were the uniform of the day. Vendors had T-shirts, buttons, and all sorts of Marathon souvenirs on every street corner.

From the center it's a few blocks to the Lincoln Center-where 75 busses will transport up to 10,000 to Fort Wadsworth for the start at Staten Island Sunday.

The air is electric at the Marathon Center; two or three floors of registration and the Eighth Floor hospitality Room are teeming with apprehension and excitement. I talked to a 50+ man who runs about a marathon a week and a 13-year-old who started running in December of 1977 and is not ready for a marathon yet. He's a volunteer for baggage. Each person transported gets a plastic bag to send back gear (warm-ups, etc.) to the finish line. He'll help with that effort.

I've had lumps in my throat, chills up my back--a feeling of pride, too--I'm next to the oldest woman runner, apparently.

Sunday-up at 5 and a brisk 8-block walk to the bus to Staten Island and Fort Wadsworth. Only runners with a pass can board. In the early morning, there's a little down Ninth Avenue to the Battery (you can see our Liberty Lady with her torch in the breaking dawn). The trip took about 40 minutes-and I'm thinking-"Now all I have to do is run all the way back."

Thousands of honeymoons wandered in and out of the gym (men) and theatre (women) around the ball diamond, tennis courts at the Fort and each made numerous deposits at one of the handy 200 "Porta-potties". Dozens of helicopters hovered overhead. Onto the bridge at 10 a.m. Someone reminds someone to be sure to look out over the bridge for the view. More helicopters, a truck carrying reporters--a few spectators got through and mingle. The women and first-time men marathoners start separately from the experienced men runners. It was ~~xx~~ warming up fast--already in the 60's. Someone asked me, "Are you someone famous?" I replied, "No, but I'd like to be today (to myself I was hoping maybe I could win or place in my age group and at that moment that was the only "famous" I'd like to be). Later in the run I reflected on how little each of us know about who all the others really are except we have an openness that only runners can appreciate. We don't care who is who and runners don't just run to win anyway.

The cannon blasts and all are off--have you ever started a run with a lump in your throat? I was really running the BIG ONE with 11,000 others. The view from the Verrazano Narrows Bridge was breathtaking. The 2-mile bridge ends in Brooklyn. At the base of the bridge thousands already lined the streets. Cheering faces, smiles, hands out reaching. There were young mothers with babies, grandmas, teenagers, blacks, whites, orientals, Latins, but mostly the children with arms outstretched wanting to touch you to give you the high that lasts throughout the race.

Some of the outstretched hands offer fruit-bananas, apples. One lady thrust a banana at me which I carried a mile or so and then gave to a child. Once I missed touching a small hand and stopped and went back and held it for a second or so with both of mine. It expressed my gratitude to all the people of New York.

I was eight or so miles into the run. The streets were rough and you had to watch your step but I glanced up at ancient apartments above the smiling, cheering faces, at churches, a few trees just before the underpass at 12 miles. I thought of "A Tree Grows in Brooklyn." My pace was exactly what I'd hoped for and I had a cushion of three or four minutes. I felt so good. It was becoming warm and I was drinking plenty of water and pouring it over me but my feet were getting pretty wet. I had thought I was so clever in cutting slits in the toes of my shoes for toe room. Well, my socks were beginning to feel like I had ten pairs on all under my toes. The streets at every mile were up to an inch deep in water. The people were hosing us and offering punch, water and juice. The temperature was moving up. Somewhere the streets were lined with men in black coats and round fur hats and all the young boys wore black felt domed hats and curls hanging from where we normally see sideburns on an adult man (Hassidic Jews, I learned later).

Farther along on my right, Catholic priests dressed in ornate robes and headgear (all white) and their congregations were smiling and waving at us.

A Jewish group in skullcaps were just leaving a synagogue. The cheers, the high, unbelievable--and still the touching, the hands outstretched. One whole bridge was carpeted.

At the Queensboro Bridge, I stopped to straighten my socks. Many runners were now walking. I was still feeling good but my feet burned from wet socks. Someone yelled, "You're over halfway to the finish."

Into Manhattan--oh, the crowds--a tunnel of people now--but I wasn't noticing buildings so much as just my step and the smiling, cheering faces. Into Harlem and across the river in Bronx--I had been seeing mostly black cheering faces for many blocks--then back over to Manhattan and Central Harlem. You could feel the pride in the air but more and more runners were walking. Someone said, "You've run through the wall; you've got it made." I was beginning to lose some time. I slowed to wiggle my right toes and my whole foot curled into a cramp--so I limped along until it worked again and from there I struggled with wind and headed up the grade of Central Park and down--finally to Central Park South. There was my hotel--just a few blocks to the finish now. I had walked it three times already. Finally the finish. I had little left. Through the chute--the medal handed to me, several asked if I was okay. I was wrapped in a foil blanket and the crowd was ushered to the tents--food--drink--WOW!--I felt super!

Marge Lawson

(Editor's note: My apologies to Marge for not including this sooner due to space limitations; and for all the typos and skips. My typewriter picked today to act fussy...)

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May 28: Pacific Sun Marathon

Memorial Day marks the second annual Pacific Sun Marathon around the Tiburon peninsula. Several Chips plan to run this at a projected 3:28 pace. If you are interested in doing this one towards that finish time or so, contact George Parrott (483-6197 eves.) The first mile will be run at a 7:35 or so pace, and an attempt will be made to run an even pace throughout.

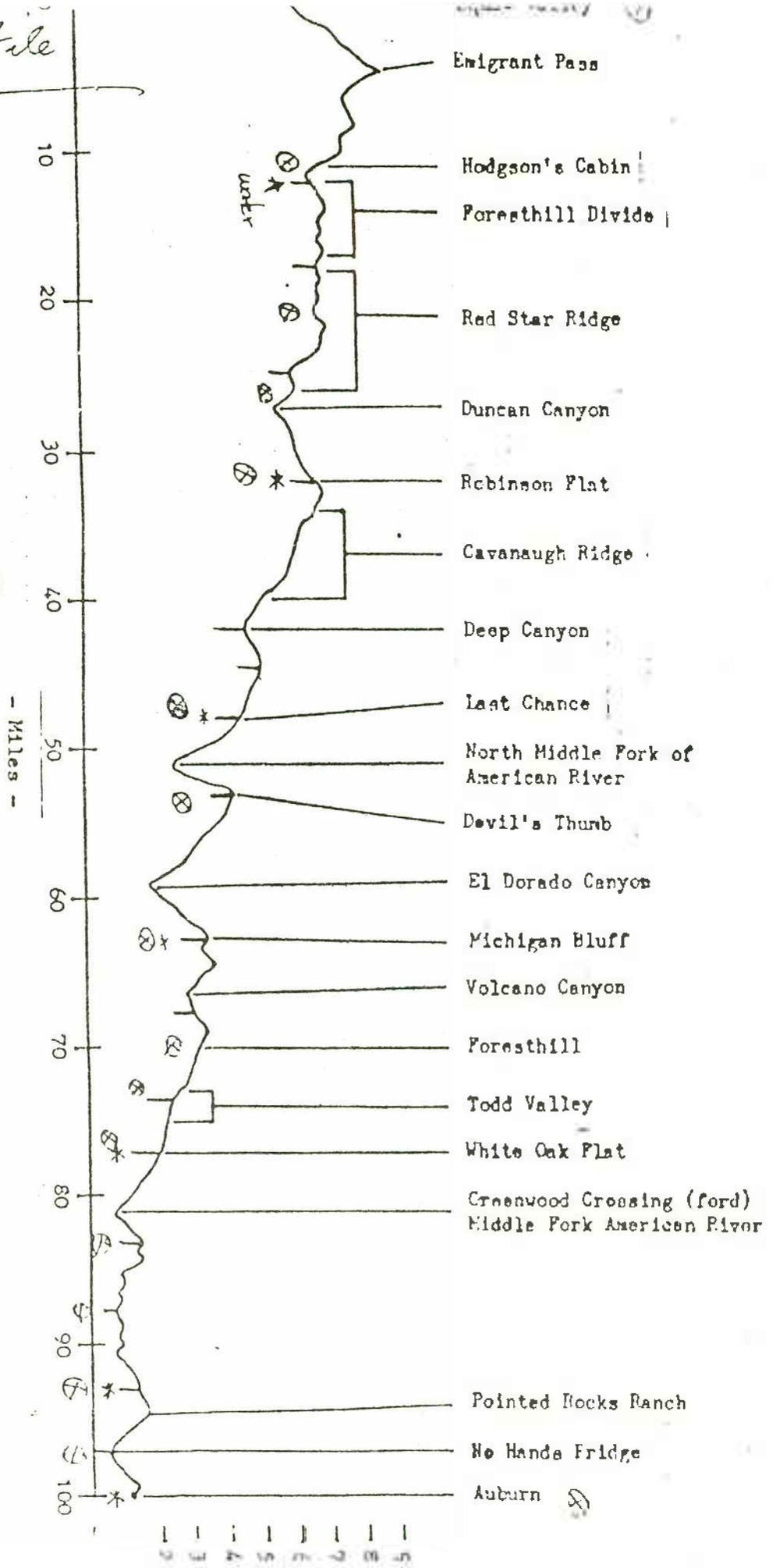


WST Runners File

PHIL GRADNER  
 P.O. Box 1068  
 Coalinga, Ca.  
 (no phone)

Don WICKER  
 P.O. Box 1535  
 Auburn, Ca.  
 835-20154

~~DEVICES~~ DEVICES AND  
 COMMUNICATIONS SUPPORT  
 AUSTINS



Results of the March 4th Vallejo Channel to Lake Run (10 miles) showed the following Chips finishing the tough, hilly course in fine form:  
 BILL THOMPSON.....65th.....65:18  
 KEN JOHNSON.....120th.....70:19  
 LEE FOX.....141st.....72:50  
 BRIAN MAXWELL won the event with a fast 51:01 and the team honors went to KURT'S PERVERTS.

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1979 NAPA VALLEY MARATHON proved to be a beautiful course with near ideal weather conditions, although many Chips were heard grumbling about the advertised "overall 300 foot descent" through the rolling hills of the first 20 miles. Excellent organization and facilities greatly enhanced many fine performances.

H. MALAIN.....32nd.....2:54:43-(first in Men's 50 and over)  
 B. STAINBROOK.....44th.....2:57:16-(personal record and first sub-3)  
 E. EISENBUD.....148th.....3:20:59  
 J. CLARK.....149th.....3:20:59  
 K. JOHNSON.....180th.....3:25:23  
 H. EISENBUD.....233rd.....3:37:26-(personal record, even with an  
 D. LETL.....269th.....3:47:31 early stop in the bushes)  
 M. ASKEW.....434th.....5:00:36-(running as both a BC and member  
 of Fat Old Parts Running Club)

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#### BUFFALOS IN THE SIERRAS

The Western States 100 Miler is coming on July 6, and the herd will be well represented, for we will be there en masse with just about the first club "team" to ever challenge this absurd course. Chips A.J. Underwood, Marc Boschler, Elliott Eisenbud and George Parrott are in training for this now, and new-Chip Candy Hearn will be making this a major race on her year's schedule. Candy, you may recall, won the Marysville to Sacramento 50-Miler women's division in a new course record of 7:11 (4th fastest 50 mile time by an American woman!). Candy also won the 1/2 marathon at Sacramento and holds the course record for women on the Buffalo Stampede 10-Mile course of 03:19. Welcome to the Chips, Candy!

This team effort will be SPONSORED by BROOKS SHOE COMPANY. Brooks has agreed to pay entry fees, provide shoes, clothing, special night lighting gear, AND T-SHIRTS FOR OUR SUPPORT CREW. Thanks, Brooks, we will try to uphold the honor of the Herd and your corporate faith.

#### — HELP —

This means, however, that this team, and some other runners as well, could use the support of any available club members as handlers/crew persons during this trying ordeal. We would like to have some familiar faces at each of the major stopping points and along the night portion of the trail. The duties of such crew persons would involve providing encouragement, perhaps hot coffee or soup, etc. The exact location of both the regular stop points and such special aid stations as we can provide will be planned in conjunction with the runners and the availability of the volunteers. Please note, that if you volunteer as a crew person in this, you will miss the S.F. Marathon which is run on Sunday, July 7! We do NEED volunteers, so contact any of the above mentioned runners to make your availability known. Thanks!

DELAYED DROPPINGS...(LATE POOP)

Stellar performances(cont'd) Kay Johnson ran a terrific 3:36 in the cold and drizzle at Boston, especially considering it took her five minutes to cross the starting line. Good show, Kay!

No, the chart on page four isn't Underwood's EKG—it's a cross-section of the elevation on the Western States 100 trail. Now when a WST veteran tells you about the up and downs of it, you'll have something to refer to besides physiology.

The schedule has returned this month. See elsewhere.

Also included as an insert for your convenience is a complete roster of all paid-up members of the B.C. as of May 1st. New members after that, and any changes to this roster (new addresses, etc.) will be updated in subsequent issues. This will be the only complete roster printed in 1979, so you might want to pull it out and keep it with your phone book.

George Parrott, who is beginning to make Jim O'Neil look overweight, has announced some changes in the Wednesday night fun-runs at Huggy's Ice Cream at Madison and Dewey. Registration will now be from 5:30-6:45 p.m. with the kids' 1/2mi. starting at 6:45. The 5/10 km. will both start at 7:00 p.m., and there will be a post-run clinic inside Huggy's after the runs are completed around 8:00p.m.

Deadline for the June issue will be Wed. June 20th. As usual, any and all articles are welcome. Typed, single-spaced offerings are best, but handwritten articles are OK too--provided I can read them...

Mark

---


Runners,

Join "America's Love Run" by running this coming month for the Muscular Dystrophy Association and all of those physically unable to run!

This year the month of May is designated MDA's "America Love Run" We would like you to support us in our fight against neuromuscular disease by sharing this program with your fellow runners and friends. Please display and/or pass out the enclosed flyer-registration sheet at any club sponsored events. If more information is needed please call me at the above number.

Your support will mean a brighter future for our patients.

Many thanks,

  
Terry L. Walline  
Program Coordinator

Please Reply To: SUITE 2, 2728 "J" Street, Sacramento, California 95816. (916) 446-7755

(Ed. Note: I have a couple of flyers for anyone who might be interested in this. If so, call me at 363-3754, and I will see that you get one.)



FUNNING RUNNIES

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NOTICE OF DATE CHANGE  
BIG TREES RUNNING RETREAT  
CHANGED TO JUNE 22-24  
FOR MORE INFO, STOP BY  
FLEET FEET (2408 J ST.) OR  
CALL THEM AT 442-FEET.  
CAMP IS LOCATED ROUGHLY  
75 MI. OUTSIDE OF SACRAMENTO.

Sporting Life



"Ye.h (sigh) ... the old gang isn't around anymore. Hopkins got hit by a car ... a German shepherd got Russell ... and Farnsworth got wiped out by a kid on a skateboard."

DAVE DAVIS  
BUFFALO CHIPS RUNNING CLUB  
9112 FIRELIGHT WAY  
SACRAMENTO, CALIF 95826



**UNITED  
CEREBRAL  
PALSY**



**Will you run for me?**

**2ND ANNUAL  
OLD SACRAMENTO  
10,000 METER RUN  
(6.2 Miles)  
SATURDAY  
JUNE 2, 1979**

**FIREHOUSE RESTAURANT COURTYARD  
IN OLD SACRAMENTO 9:30 A.M.**

**For the UNITED CEREBRAL PALSY ASSOCIATION  
of Sacramento-Yolo Counties, Inc.**

- ★ **REGISTRATION FEES: Runners- \$10.00  
Guests(not runners)- \$5.00**  
(Tax deductible donation-Larger sums graciously welcome)
- ★ **Pick-up name tags: 8:00 A.M.**
- ★ **"T" shirts to all finishers**
- ★ **Prizes for all classes: Trips, dinners, merchandise,  
& services.**
- ★ **Aid station at 3 miles**
- ★ **Times will be called at each mile**
- ★ **Course: AAU certified 10,000 meters (6.2 miles)**  
Please only registered runners.
- ★ **Entry will be limited to the first 400 applicants!**
- ✓ **A DIXIELAND BAND WILL PLAY WHILE A FREE BUFFET LUNCH IS SERVED  
BEVERAGES OF YOUR CHOICE WILL FLOW UNTIL YOU ARE FULL**

**APPLICATION**

10,000 METER RUN-9:30 A.M. JUNE 2ND-OLD SACRAMENTO FIREHOUSE COURTYARD

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_  
 Home address \_\_\_\_\_ Phone \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Business address \_\_\_\_\_ Phone \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_

Club Affiliation \_\_\_\_\_

"T" Shirt size \_\_\_\_\_ Certificates will be given!

\$10.00 Registration-minimum donation/\$5.00 Guests(not runners)

Please enclose-checks payable to:

UNITED CEREBRAL PALSY ASSOCIATION OF SACRAMENTO-YOLO COUNTIES, INC.  
1608 T Street Sacramento, CA 95814

For additional Information call Jim Drake-Race Director  
482-4550 Business  
485-8013 Home

I hereby certify and will consider this to be legally binding that my training and health are adequate for me to healthily compete in a 10,000 meter(6.2 miles)event and I hereby waive any claim for damages that I might suffer due to participation in this UCPA event June 2, 1979.  
Signed \_\_\_\_\_ Date \_\_\_\_\_





# Schedule



Sat	May 26	<u>EPPIE'S FUN RUN</u> (5&10 Kilo), Eppie's Tennis Club, Davis, 8:30 a.m.
Sat	May 26-28	<u>DAVID COPPERFIELD RUNS</u> (100K, 200K, 300K, 48 hrs.) Woodside HS, 8 a.m.
Sun	May 27	<u>GRASS VALLEY MEMORIAL RUN</u> (10 Kilo), Grass Valley, 9 a.m.
Sun	May 27	<u>INDIAN GULCH-HORNITOS</u> (5 & 10 mi.), Near Merced, 8 a.m.
Tues	May 29	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sat	Jun 2	<u>OLD SACTC 10 KILO</u> , The Firehouse, 9:30 a.m. (\$10 entry fee)
Sat	Jun 2	<u>RUN FOR APRICOTS</u> (5 & 15 Kilos), Patterson, 8 a.m.
Sun	Jun 3	<u>FIESTA FIVE MILER</u> Fair Oaks, 8 a.m.
Sun	Jun 3	* <u>GOLD COUNTRY MARATHON</u> (10 K, Full & Half), Nevada City, 8 a.m.
Tues	Jun 5	<u>B.C. TRACK MEET</u> (440, 880, 1, 2 & 5 mi.), CSUS Track, 6 p.m.
Sat	Jun 9	<u>RUN FOR KIDS</u> (2 mi. & 10 Kilo), Guy West Bridge, CSUS, 8:30 a.m.
Sat	Jun 9	<u>FLEET FEET FUN RUN</u> (3 & 5 mi.), Downtown Davis, 9 a.m.
Sat	Jun 9	* <u>LAKE TAHOE RELAYS</u> (7 x 10 Relay), So. Lake Tahoe, 7:30 a.m.
Sun	Jun 10	* <u>RUSSIAN FIVER MARATHON</u> (Full, Half & 5 mi.), Mendocino County, 7 a.m.
Tues	Jun 12	<u>B.C. BIKE TRAIL RUN</u> Guy West Bridge, CSUS, 6 p.m.
Sat	Jun 16	<u>MC INTOSH FUN RUN</u> (1/2, 3 & 6 mi.), El Camino Store, 8:30 a.m.
Sat	Jun 16	<u>GOLDEN WEST GOLD RUSH</u> (1 mi., 5 & 10 K), CSUS Track, 4 p.m.
Tues	Jun 19	<u>B.C. BIKE TRAIL RUN</u> Guy West Bridge, CSUS, 6 p.m.
Sat	Jun 23	<u>RIVER CITY RUNS</u> (5 & 10 Kilo), William Land Park, 9 a.m.
Sat	Jun 23	* <u>LAKE TAHOE MARATHON</u> , Incline Village (5/8 deadline), 8 a.m.
Sun	Jun 24	<u>RYER ISLAND RELAYS</u> (4 x 5 Relay), Ryde Hotel, 9 a.m.
Tues	Jun 26	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sun	Jul 1	* <u>HISTORIC FOLSOM 10 KILO</u> , Folsom City Hall, 8 a.m. (a Chip Event)
Tues	Jul 3	<u>B.C. TRACK MEET</u> (440, 880, 1, 2 & 5 mi.), CSUS Track, 6 p.m.
Wed	Jul 4	<u>RIVER PARK FIVE</u> (5 mi.), Glenn Hall Park, 9 a.m. (no fee)
Sat	Jul 7	<u>WESTERN STATES 100-MILE</u> , Squaw Valley, 5 a.m.
Sun	Jul 8	* <u>SAN FRANCISCO MARATHON</u> Golden Gate Park, 7 a.m.
Tues	Jul 10	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sat	Jul 14	<u>MC INTOSH FUN RUN</u> (1/2, 3, 6 mi.), El Camino Store, 8:30 a.m.
Tues	Jul 17	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sat	Jul 21	<u>THE GREAT RACE</u> (Bike, Canoe, Run Relay), Eppamondes, Rancho Cor., 9 a.m.
Tues	Jul 24	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sat	Jul 28	<u>EPPIE'S FUN RUN</u> (5 & 10 Kilo), Eppie's Tennis Club, Davis, 8:30 a.m.
Sun	Jul 29	<u>PEAR FAIR RUNS</u> (1/2 & 10 mi.), Courtland, 8:30 a.m.
Tues	Jul 31	<u>B.C. BIKE TRAIL RUN</u> Guy West Bridge, CSUS, 6 p.m.

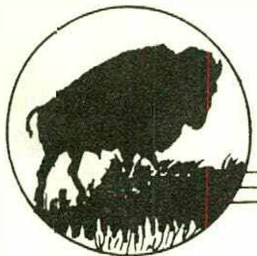
This schedule is as accurate as possible at the time of printing. It is, of course, subject to change. Local runs are underscored. Runs marked (\*) are Pacific Association AAU-sanctioned runs. All sanctioned runs require an entry fee. Buffalo Chip (B.C.) trail and club runs are free. McIntosh Fun Runs have a 50¢ donation. Other race details are usually available at local running stores. If you know of changes or additions to this schedule, call A.J. Underwood at 392-7672.

This schedule is prepared by the BUFFALO CHIPS RUNNING CLUB for your running enjoyment. For additional information about the CHIPS, write Dave Davis, 9142 Firelight Way, Sacramento 95826.

\*\*\* Each Wed night--Huggy's Ice Cream (1/2, 5&10 km.) Fun-Runs, Dewey & Madison, 7:00 p.m.

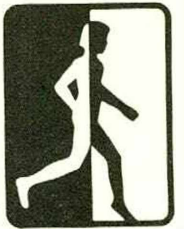


"WHADDYA EXPECT--IT'S FREE"



# BUFFALO CHIPS

RUNNING CLUB



NUMBER 40

Frank Krebs  
Jim Finnegan  
Dave Davis  
Jim Drake  
Abe Underwood  
Mark Elgert

High Dunger  
Vice Dunger  
Sec-Treas/Registrar  
Dung Coordinator  
Race Chairchip (Head Bull)  
Dung Scribe

725-4616  
489-3410  
363-9142  
485-8013  
392-7672  
944-1612

SEPT. 28, 1979

## FALL HAPPENINGS

HARVEST MOON RUN  
FRI NITE, OCT 5TH  
8 PM  
(BE THERE)

SAC TO MARATHON  
SUN, SEP 30TH

CLUB SOCIAL

SAC TO SIXTY  
NOV. 4TH  
(NEED HELP ON THIS ONE!)

PEPSI-20  
SUN, NOV 18TH

PLUS OPPORTUNITIES  
FOR CHIPS MASTERS  
AT UPCOMING NAT'L.  
AALI EVENTS...

MORE DETAILS INSIDE

LETTER FROM THE EDITOR...

Autumn means back to school, back (?) to work, and maybe some relief from the hot weather which has been with us all summer. Some of us will hate to see it go. Call me after one week of overcast and drizzle and I'll probably cuss you out in three languages. Most of us are willing to welcome cooler weather back-- ideal for longer endurance runs and marathons. September 30th marks the third anniversary of what is rapidly becoming Sacramento's premier running event, John McIntosh's Sacramento Marathon and Half-Marathon. The course is the same as last year, but the starting time has been moved up one hour to 7:00 am instead of 8:00 am as it was before. This should lessen the effects of heat if the 30th proves to be as warm as raceday was last year.

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Charlie Mersereau recently retired (Sep. 1st) from PORE in order to pursue his other interests, such as running and travelling. Charlie is best known to most Chips as the director of the Lake Tahoe 72 Mile Run, sponsored by Pepsi of Reno and the BC. Last Friday, at the fourth running of this event, Charlie finally got to fulfill a dream by competing in it himself. He finished first in the over-50 division in a terrific time of 13:48:07. This is a tremendous honor for Charlie, and few have deserved it more when one considers the amount of time and effort Charlie expends on the race each year. Congratulations, Charlie, and may your retirement be as fruitful and enjoyable.

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See you on the trails...

*Mark*

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PERRIER 10 MILE

On a beautiful Sunday morning, August 12, the following CHIPS ran the Second Annual San Francisco Ten Mile Classic in Golden Gate Park, posting fine times and enjoying a well-run race:

FRANK KREBBS	50	56:41
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## HELP - HELP - HELP - HELP

by Abe Underwood

The call for help doesn't go out very often but when it does we mean it and need it. Hal Baker is director of the Sacramento Sixty run (60 Kilos) on Nov. 4, 1979, and help is needed. We had 35 runners last year and expect twice as many this year. We got by with 8 or 10 people last year but will certainly need more this year. The two major jobs (both easy) involve helping with the two aid stations and keeping track of the lap counters (each runner will have his own). Hal may also need a head timer. If you can help (even for only part of the run) call Hal at 443-4514 and let him know. Thanks.

P.S. This race has a lot of action because of the short (2 miles) course. The start, finish, timing point and aid stations were very active spots last year.

## CALLING ALL MASTERS

by Abe Underwood

November is a big month for Masters Championship races. On Sunday, Nov. 11, the National Masters AAU 10 Kilo Cross Country Championships will be held on the Belmont X-C course (see LDR Handbook for details). The B.C. masters certainly have a shot at both some individual and team awards. Masters awards are in 5-year age groups for teams. A masters team needs 5 finishers. We could possibly field both 40 and 50-year-old teams in the men's and maybe even a women's team.

On Sat., Nov. 17 (Pepsi weekend) the National Master AAU 50 Mile championship will be held in Santa Monica on the track. We only need three finishers for a team in this event (thank goodness).

I will try to coordinate the teams for both these races so I have to know who can and wants to run. So give me a call (392-7672) soon, if you're interested. There is no pre-selection of team members (the race does that). We want as many Chip masters as possible to compete in each race. In particular we must be organized in the 10-Kilo if we are going to have both 40 and 50-year teams. Call now.

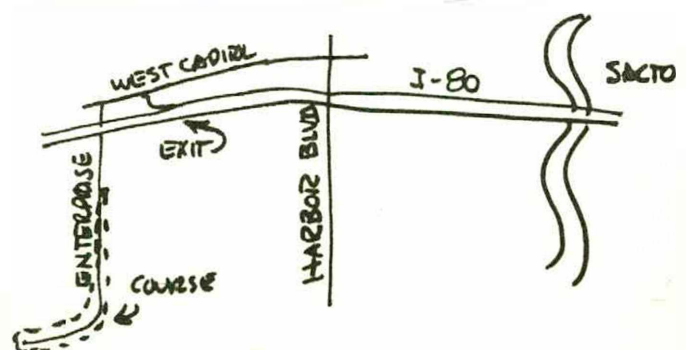
# HARVEST MOON RUN



FRIDAY NIGHT OCT. 5  
ABOUT 8:00 P.M.

MAKE IT OUT TO GOOD OLD WEST SACRAMENTO FOR SOMETHING DIFFERENT. RUN ANY DISTANCE FROM 2 TO 10 MILES ON A PERFECT 2 MILE LOOP COURSE (SAME AS USED FOR 60 KILO). THE COURSE IS FULLY LIGHTED (IN CASE THE FULL MOON DOESN'T SHOW).

THIS IS A LOW KEY CLUB (& OTHER) FUN RUN SO BRING A FRIEND & YOUR GOOD SPIRITS (OR BAD). FOLLOW I-80 TO WEST CAPITOL AVE EXIT & TAKE ENTERPRISE BLVD ABOUT 1/4 MILE TO THE START. SEE YOU THERE!





## CHIPS BUMBLE AT TAHOE 72

Eight Buffalo Chips, including the first husband and wife team to complete the race, finished the one lap Pepsi of Reno-Lake Tahoe 72 Mile Run held on Friday, Sept. 21st. Chip finishers were paced by Mark Reese, who was seventh overall (5th Open), and Bob Hedges, eighth, (6th Open). Elliott and Helene Eisenbud both finished (18th and 24th, respectively), while Race Director Charlie Mersereau, running for the first time, won the Men's 50 and over division and placed 22nd overall. Six of the eight Chips placed in the top 20, with two in the top ten.

### CHIP FINISHERS

Mark Reese	10:54:46	5th Open
Bob Hedges	11:14:52	6th Open
George Parrott	12:23:02	11th Open
Dave Davis	13:16:46	5th 40-49
Elliott Eisenbud	13:16:46	13th Open *
Charles Mersereau	13:48:07	1st 50+
Helene Eisenbud	14:17:43	3rd Woman

\* Elliott later claimed that he was first in the Fat Doctors Division.

---

DAVE DAVIS  
BUFFALO CHIPS RUNNING CLUB  
9142 FIRELIGHT WAY  
SACRAMENTO, CALIFORNIA 95826

Dennis J. Dunbar  
2319 Irma Way  
Sacramento, CA 95825

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RON BLAIR	506	72:23

---



## New Chips Women Runners

Not exactly a new face to Sacramento running, just-turned-17 Heike Skaden has been showing her new Chip Singlet in a way to make us all proud. In the last month (August), Heike has turned in a 14:29 in the Susan B. Anthony (2nd overall) 2.5 miler, a 17:06 on the McIntosh "3 mile" course (first woman and a new women's course record?), and a 3:10 at the Mayor's Cup Marathon (2nd woman, first age group).

Mel Clevenger, a handler for Candy Hearn in the Western States 100 turned in her first marathon time with a 3:29 at the Mayor's Cup, and she looked so fresh and strong afterwards that Sacramento's course should find her up with the leaders. Candy ran most of the Mayor's Cup with Mel, but bothered with some kinds of aches she slowed to a 3:39, yet still managed to pick up an age-group award!

Post-Script: In the Susan B. Anthony Run, Heidi Skaden, 43, won her age division, and Heike won hers, but they received an award only for the mother-daughter combo they had earlier registered in. Heidi's time was 17:11 and she was up among the top dozen finishers.

## New Members:

David Reinecker  
8107 La Riviera Drive  
Sacramento 95826  
H 383-8040 W 362-9271 B/D 6-30-55

David Rodrigues  
7661 San Simeon Drive  
Citrus Heights 95610  
H 723-1477 W 725-7227 B/D 4-3-54

John Sanders  
7300 Leonard Avenue  
Citrus Heights 95610  
H 723-4570 W 453-3797 B/D 11-10-50

Bill Worcester  
26690 Table Meadow Road  
Auburn 95603  
H 878-0343 W 445-1782 B/D 5-12-31

COME ONE —  
COME ALL  
BUFFALO CHIPS  
FALL BUSINESS/  
SOCIAL MEETING.  
THURS, NOV 8<sup>TH</sup>  
7:00 P.M. — BACK  
ROOM AT SAM'S  
HOFBRAU — CORNER  
OF WATT AND  
EL CAMINO. WE WILL  
HAVE MOVIES & YOU ARE  
ENCOURAGED TO BRING  
ANY SLIDES YOU MAY HAVE.  
BRING A FRIEND ALSO!

CHANGES AND ADDITIONS TO MEMBERSHIP LIST:

Renewals:

Jim R. Carter  
8633 La Mesa Blvd #38  
La Mesa, CA 92041  
H(714) 462-6691 B/D 9-2-38

David Freeman  
3120 Hermosa Drive  
Napa, CA 94558  
H226-7117 B/D 1-30-50

New Members:

Art Aguirre  
1582 Response Road Apt 3059  
Sacramento 95815  
H 922-2095 B/D 8-16-49

Glenn Bailer  
2713 T St #8  
Sacramento 95816  
B/D 10-24-47

Jeff Cheuvront  
2920 Summit  
Lincoln, Nebraska 68502  
H (402)423-1609 B/D 10-2-38

Mel Clevenger  
1336 McClaren Drive  
Carmichael 95608  
H 483-8869 B/D 1-26-48

Tom Fish  
2997 Linden Lane Apt C  
Carmichael 95608  
H 488-7820 B/D 3-18-36

Cliff Flores  
912 Persifer St.  
Folsom 95630  
H 985-7196 B/D 3-28-29

Mary Graham  
Box 193  
Pine Grove 95665  
H296-7791 BD 12-25-44

Burl Jones/Carole Hood  
712 Dunbarton Circle  
Sacramento CA 95825  
H 927-6407 W 445-1862 B/DE6-9-45  
C7-3-51

Joan Mayberry  
7891 B Lemon St  
Fair Oaks 95628  
H961-3169 B/D 7-28-44

Steve Miller  
782 21st Ave  
San Francisco 94121

Changes:

Robert Branstrom  
651 Lessley Place  
Davis, CA 95616  
H 758-5695

Mark Elgert (Newsletter Editor)  
8740 Fair Oaks Blvd #39  
Carmichael, CA 95608  
H 944-1612 W967-9442

Karen Frincke  
41 Grand Rio Circle  
Sacramento, 95826

Robert Hedges/Nancy Remley  
27 Nutwood Circle  
Sacramento 95833  
H922-4091

Michael Immoos  
9689 Melrose Avenue  
Elk Grove 95624

Chuck Nichols  
1020 Appollo  
Sacramento 95822

Barbra Peach  
5054 Valley Forge  
North Highlands 95660  
H334-1009

Ron Ulmer  
5608 State Avenue  
Sacramento 95819

Gordie Vredenburg  
3164 Stanford Lane  
El Dorado Hills 95630

Art Waggoner  
118 Touchstone Place  
West Sacramento 95691

-----  
New Members:

David Mullina  
6827 Starboard Way  
Sacramento 95831  
H393-3094 W 322-5462 B/D 1-16-51

Kenneth Pierce  
5468 Primrose Drive  
Citrus Heights 95610

James Pryde  
6809 Kettering Circle  
Fair Oaks 95628  
H 961-8280 W 484-8587 B/D 12-28-37

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## CALLING ALL MASTERS

by Abe Underwood

November is a big month for Masters Championship races. On Sunday, Nov. 11, the National Masters AAU 10 Kilo Cross Country Championships will be held on the Belmont X-C course (see LDR Handbook for details). The B.C. masters certainly have a shot at both some individual and team awards. Masters awards are in 5-year age groups for teams. A masters team needs 5 finishers. We could possibly field both 40 and 50-year-old teams in the men's and maybe even a women's team.

On Sat., Nov. 17 (Pepsi weekend) the National Master AAU 50 Mile championship will be held in Santa Monica on the track. We only need three finishers for a team in this event (thank goodness).

I will try to coordinate the teams for both these races so I have to know who can and wants to run. So give me a call (392-7672) soon, if you're interested. There is no pre-selection of team members (the race does that). We want as many Chip masters as possible to compete in each race. In particular we must be organized in the 10-Kilo if we are going to have both 40 and 50-year teams. Call now.

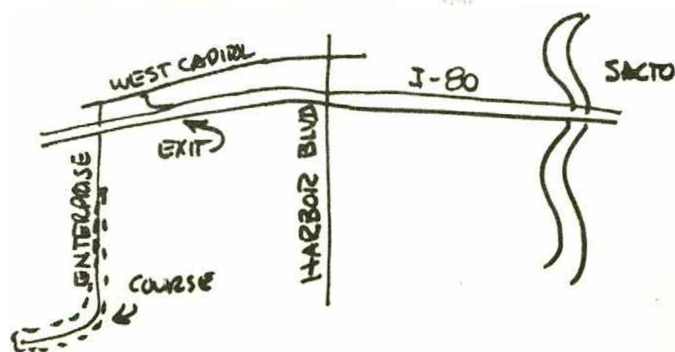
# HARVEST MOON RUN



FRIDAY NIGHT OCT. 5  
ABOUT 8:00 P.M.

MAKE IT OUT TO GOOD OLD WEST SACRAMENTO FOR SOMETHING DIFFERENT. RUN ANY DISTANCE FROM 2 TO 10 MILES ON A PERFECT 2 MILE LOOP COURSE (SAME AS USED FOR 60 KILO). THE COURSE IS FULLY LIGHTED (IN CASE THE FULL MOON DOESN'T SHOW).

THIS IS A LOW KEY CLUB (& OTHER) FUN RUN SO BRING A FRIEND & YOUR GOOD SPIRITS (OR BAD). FOLLOW I-80 TO WEST CAPITOL AVE EXIT & TAKE ENTERPRISE BLVD ABOUT 1/4 MILE TO THE START. SEE YOU THERE!





## CHIPS BUMBLE AT TAHOE 72

Eight Buffalo Chips, including the first husband and wife team to complete the race, finished the one lap Pepsi of Reno-Lake Tahoe 72 Mile Run held on Friday, Sept. 21st. Chip finishers were paced by Mark Reese, who was seventh overall (5th Open), and Bob Hedges, eighth, (6th Open). Elliott and Helene Eisenbud both finished (18th and 24th, respectively), while Race Director Charlie Mersereau, running for the first time, won the Men's 50 and over division and placed 22nd overall. Six of the eight Chips placed in the top 20, with two in the top ten.

### CHIP FINISHERS

Mark Reese	10:54:46	5th Open
Bob Hedges	11:14:52	6th Open
George Parrott	12:23:02	11th Open
Dave Davis	13:16:46	5th 40-49
Elliott Eisenbud	13:16:46	13th Open *
Charles Mersereau	13:48:07	1st 50+
Helene Eisenbud	14:17:43	3rd Woman

\* Elliott later claimed that he was first in the Fat Doctors Division.

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# Running Schedule



Tues	Oct 2	<u>B.C. TRACK MEET</u> (440, 880, 1,2&5 mi), CSUS Track, 6 p.m.
Fri	Oct 5	<u>HARVEST MOON RUN</u> (2,4,6,8,10 mi), West Sacto., 8 p.m.
Sat	Oct 6	<u>RIVER CITY ROUNDUP</u> (2&5 mi.), Old Sacramento, 9 a.m.
Sat	Oct 6	<u>SPECIAL OLYMPICS BENEFIT RUN</u> (2 & 4 mi.+), Cal-Expo, 8 a.m.
Sat	Oct 6	<u>SALINAS SKYCLIMB</u> (7.5 mi), Toro Park, Salinas, 9 a.m.
Sun	Oct 7	<u>MERCY HOSPITAL JOG-A-THON</u> , William Land Park, 8 a.m.
Sun	Oct 7	* <u>S.F. HALF MARATHON</u> , Polo Fields, G.G. Park, 10 a.m.
Tues	Oct 9	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sat	Oct 13	<u>HOT-TO-TROT-CAPITOL RACE</u> (7.5 mi.), William Land Park, 10 a.m.
Sun	Oct 14	* <u>SAM'S TOWN WAGON TRAIL MARATHON</u> (& half), Cameron Park, 9 a.m.
Sun	Oct 14	<u>SACTO BEE OUT &amp; ABOUT 10 K</u> , City Hall, 9 a.m.
Sun	Oct 14	<u>LAGOON VALLEY LOPE</u> (15 Kilo), Fairfield H.S., 9:30 a.m.
Tues	Oct 16	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sat	Oct 20	<u>MC INTOSH FUN RUN</u> (1/2, 3 & 6 mi.), El Camino Store, 8:30 a.m.
Sun	Oct 21	<u>MERCED BELL RACE</u> (3 & 15 K), Applegate Park, Merced, 9 a.m.
Sun	Oct 21	<u>BRIDGE-TO-BRIDGE RUN</u> (8.3 mi), Ferry Bldg., S.F., 8 a.m.
Sun	Oct 21	<u>MANTECA PUMPKIN RUN</u> (2 mi & 10 K), Downtown Manteca, 9 a.m.
Tues	Oct 23	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sat	Oct 27	<u>RUN TO END HUNGER</u> (3 & 6 mi), Glen Hall Park, 8:30 a.m.
Sun	Oct 28	* <u>GOLDEN GATE MARATHON</u> , Embarcadero YMCA, S.F., 8 a.m.
Sun	Oct 28	<u>ANGWIN TO ANGWICH</u> (7.6 mi), Pacific Union College, Angwin, 10 a.m.
Sun	Oct 28	<u>SPORTSMEN OF STANISLAUS</u> (10 Kilo), Modesto J.C., 9 a.m.
Sun	Oct 28	<u>SUNDAE FUN RUN</u> (1/2, 2 & 5 mi), Vicki Maries, 49th & Folsom, 8:30 a.m.
Tues	Oct 30	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sat	Nov 3	* <u>ALMOND BOWL RUN</u> (3 & 6 mi), Bidwell Park, Chico, 10 a.m.
Sun	Nov 4	<u>SACRAMENTO SIXTY</u> (60 Kilo), West Sacramento, 8 a.m.
Sun	Nov 4	<u>APPLE HILL RUN</u> (3 & 6 mi), Apple Hill, Camino, 9:30 a.m.
Tues	Nov 6	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sat	Nov 10	<u>WINSTOCK'S RUN</u> (5 mi), 6th & K Streets, 9 a.m.
Sun	Nov 11	* <u>AAU NATIONAL MASTERS 10 K X-C</u> , Crystal Springs X-C, Belmont, 10 a.m.
Sun	Nov 11	<u>OAKLAND MARATHON</u> , Laney College, 7 a.m.
Tues	Nov 13	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sat	Nov 17	<u>MC INTOSH FUN RUN</u> (1/2, 3 & 6 mi), El Camino Store, 8:30 a.m.
Sun	Nov 18	<u>PEPSI 20</u> , Clarksburg H.S., 11 a.m. <b>ENTRIES LIMITED !!</b>
Tues	Nov 20	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sun	Nov 25	<u>OLYMPIC FUN RUN</u> (3 & 10 Kilo), Miller Park, 10 a.m.
Tues	Nov 27	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 p.m.
Sat	Oct 13	<u>RUN FOR MERCY (HOSPITAL)</u> (1/2 mi, 5 & 10 Kilos), Huggy's, Madison&Lewey 9am

This schedule is as accurate as possible at the time of printing. It is, of course, subject to change. Local runs are underscored. Runs marked (\*) are Pacific Association AAU-sanctioned runs. All sanctioned races require an entry fee. Buffalo Chip (B.C.) trail and club runs are free. McIntosh Fun Runs have a 50¢ donation. Other race details are usually available at local running stores. If you know of changes or additions to this schedule, call A.J. Underwood at 392-7672.

This schedule is prepared by the BUFFALO CHIPS RUNNING CLUB for your running enjoyment. For additional information about the CHIPS, write Dave Davis, 9142 Firelight Way, Sacramento 95826.