



BUFFALO CHIPS



RUNNING CLUB

No. 54

Charlie Mersereau	High Dunger	362-9660
Heide Skaden-Ioyser	Vice Dunger	925-3934
Marv Ioyser	Dung Recorder	925-3934
Jim Lobsitz	Dung Counter	488-2212
Mike Miller	Dung Herder	488-3833
Bev Marx	Dung Co-ordinator	927-6882
Abe Underwood	Race Chairchip	392-7672
Dennis Dunbar	Dung Editor	362-2888

Dec. 11, 1981

SIERRA CREST SURVIVAL RUN -Charlie Mersereau-

Stuart Smith, 40, a forest ranger from Anderson, California romped to an easy 7 hour 22 minute victory in the rugged and storm-plagued Sierra Crest Survival Run on October 10th. Second place was captured by Chip Mike Owen, who would have easily taken first in the 75 and/or 100 mile sections of the race, but elected not to because he needed to be sharp for a mid-term examination the next day.

The race was designed and directed by Charlie Mersereau as a "survival run", along 100 miles of trails in the high Sierras near Squaw Valley. Because of the unexpected snow storm, however, the run had to be transferred to a hastily improvised loop on roads starting and ending at Squaw Valley and passing through Truckee, Kings Beach and Tahoe City. Heavy rain was experienced at the 6000 foot elevations with snow pelting the runners as they climbed a four mile grade to 7200 foot high Brockway Summit.

Contestants were required to carry ten pounds or more of survival equipment, including a sleeping bag, tube tent, food and first aid equipment in case of injury, fatigue or hypothermia. Eleven started and nine finished, with only one runner, Dennis Coffee of San Pedro, California, electing to go the 75 mile distance. Because of the weather conditions, no one wanted to do the 100!

P.S. I want to thank all the Chips who helped in terrible weather conditions and were prepared to monitor all 100 miles of the trails had the weather been better. Thanks to Barbra Leach, Stephanie Bryant, Mark Elgert, Bill Prince, George Billingsley, Dennis Letl, and non-Chips Jack Kelly and Jerry Nordby.

FELIZ NAVIDAD
JOYEUX NOEL
MERRY CHRISTMAS



LETTER FROM THE EDITORS...



Well, this is it, the last newsletter of the year. I think it's been a good year for the Club, thanks to the efforts of all Club officers and all Chips who have pitched in to make the year a successful one.

Please note that we will be having an important business meeting, January 8th, 1982. One of the major purposes of this meeting will be to elect new officers for the upcoming year. This is important if we are to have a successful year and demands your presence and participation. So mark your calendar now and plan on attending the meeting with the rest of us on January 8th. See you there.....

This is also my last issue as Dung Editor. I've really enjoyed doing the newsletter during the last two years. I want to thank all who contributed articles for inclusion in the newsletter or made suggestions for improvement. I've always maintained that this is your newsletter and your input is absolutely necessary for its success. I hope that you will continue to support the newsletter by supporting your new Dung Editor, MARGE HANSEN.

'til next time, keep running....

Dennis

Hey CHIPS!

With much pleasure I take over the reins from Dennis who has done a sensational job. (For ? how many years Dennis ?) Hats off to Dennis for a superb job. I hope I can do as well. I'm sure it'll be lots of fun as well as a real challenge. I found that there are some swell writers out there that should be regular reporters - they have a great flair with the pen. Not mentioning names - hope you do another article for the next issue - great writing!!!

Runs to hear about: Lake Tahoe, 72 mile run, Clarksburg Classic 20, & ?.. Runs coming up: Oakland Marathon, Year end marathon?, Stockton 10, etc....?

Deadline date for next issue: January 16th. Call or write: Marge Hansen, 2416 E 4th St., Sacto, 95822--426-5923.

Marge

Frank and Ernest



STATE OF THE HERD

Now that the Clarksburg Classic is behind us, the 1981 running year is coming to an end and so is my journey as High Dunger. Still to be accomplished are our incorporation and election of officers for 1982, both of which should be accomplished at our next meeting, which will be held at Sam's at 7:00 P.M. on Friday, January 8th.

1981 has been a full year, with an extensive schedule of races sponsored by the Club and many notable achievements by a number of our members. We have not had as many social activities as in the past simply because interest and attendance have fallen off. If we want more, we need to make suggestions for activities, help in planning some of them, and ATTEND.

It has been a real pleasure being your High Dunger for the past year and I certainly want to thank all of the officers and committee people who have been such a big help. Also, thanks to our Race Directors and Assistants. And finally, thanks to all of you members, the ones who make it all possible and worthwhile.

See you at our meeting on the 8th
and on the trail..

Charlie

Loomis Basin 10-Miler Bosco Bailey

On a cool, clear and crisp Sunday morning (October 18) 202 energetic souls, of which fifteen were CHIPS, accepted the challenge of running through the rustic foothills. This course, starting and finishing at Sierra College, offers runners ample opportunity to appreciate the beauty of the Loomis Basin. I recommend this 10-miler for all runners in search of new courses in 1982. Below is the list of CHIPS who ran this year.

<u>Overall Place</u>	<u>Name</u>	<u>Group Place</u>	<u>Time</u>
3	Bill Stainbrook	2	55:49
9	Bosco Bailey	3	58:31
11	Jeff Hayes	7	58:58
14	Bruce Fujimoto	10	59:07
28	Frank Benham	10	61:13
41	George Parrot	17	65:04
57	La Donna Washington	1	67:49
72	George Billingsley	3	69:57
87	Chuck Kilbourne	33	71:56
89	Michael Otten	14	72:13
110	Carolyn Tucker	4	75:57
111	Art Goodwin	26	75:58
126	George Koch	9	78:44
150	Nancy Molitor	2	85:45
177	Dave Molitor	29	92:26

A CHIP CHIT
Bosco Bailey

The following comments are merely my opinion, and some of my concerns about the BC Running Club. These comments are not intended to elicit any acrimonious debate, only amicable debate will be tolerable. Certainly, I hope that my concerns may be shared by some others in the Chips. If so, please feel free to use this as a forum for discussion as it appears that our club meetings do not draw a sufficient number of interested parties who are willing to discuss a wide range of topics. Indeed, at club meetings there is not enough time to talk at great length.

1. **Dual Club Membership.** It is apparant some Chips maintain active membership in other running clubs. Herein, I will not evoke any specific names. However, I am certain a cursory glance at our present membership list will reflect a number of examples for most of us (Chips). I would appreciate a statement of policy from the Board of Directors on this issue in a subsequent newsletter. As for me, I intend to retain my status as a -- Chip.

2. **Race Results.** We all like to see our names in print - occasionally. The task of reporting accurately the names of all Chips participating, not merely placing in a division, etc., in a given road race is not simple. One would need a photographic memory to do so infallibly. Without such a marvelous gift, one needs an extraordinary ability to match names and faces (often ones contorted with pain or ecstasy), or the commendable patience to record final results on race day long after the crowd has gone home, or the diligence to sift through results received via the mail. Given the dilatory nature of mail service and race result compilation by some Race Directors, six months or longer can pass before one receives official results. And by then, few care or long to recall all that, uh, pain!

During his reign as Dung-Editor, Dennis Dunbar frequently encouraged Chips to send in race results. Few responded to his call. Yet I hear people grumble about the same names being reported while others, usually the larger percentage of the pack, are omitted. YOU can alter this if you care to expend the time required to report race results. In this issue, I have taken such time to report on the Loomis Basin 10 miler.

In the future, I implore the Dung-Editor to accept and print, in those instances where more than one Chip forwards race results, the more exhaustive and accurate of the two that one should be printed. That is fair in my opinion.

3. **Unchip.** Don Spickelmier is a personable and talented runner. I know Don, run with him on occasion, and like him. Like others, he was once a Chip. Careful review of this year's Chip roaster does not reveal Don's name or Gordy Vredenberg, etc. Moreover, neither runs with a Chip singlet on, to the best of my knowledge. I am not singling out Don or Gordy because of any impropriety on their part. My point is that when it is obvious that certain runners are no longer Chips by choice, then in our newsletter we should not mislead anyone by referring to them as Chips. Unchip is okay, but not necessary.

4. **Encouragement.** During numerous races I have received encouragement from Chips in the pack along the course. Some I know, while others are unknown to me. Nevertheless, I appreciate each word or groan of encouragement. I avail myself of this opportunity now to say--THANKS. For often, I am not able to utter much of anything while on the brink of OD!

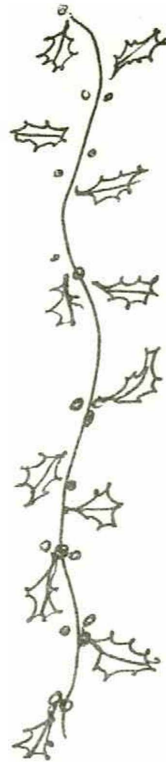
Continued

(Continued CHIP CHIT)

5. Running along the Jedediah Smith Bike Trail. Pursuant to the Sacramento County Ordinance, Chapter 9.36, bicycles have the right of way at all times. Remember Chips-- it is called the bike path or trail, not running trail, etc. Large white signs at various spots along the bike path display certain rules. All of us should adhere to them for our SAFETY and that of others using this recreational trail. For runners, these signs request that "hikers and joggers (that's us, even if you hate that term) use the left shoulder except when too narrow or muddy." Now Chips, this means you run against the traffic, not with it. Got it! Great! Now let's stick with it!

Seriously, I have observed many runners abusing the aforementioned rule or guideline. Running with traffic at night is extremely dangerous, particularly if the runner is not wearing a light or reflective vest. I run against the traffic 99% of the time -- especially at night in the dark. After many close calls (near collisions) with bikes and runners last winter, I have purchased a light-weight, flickering light which I wear on my right arm so that any oncoming bike or runner will clear my body to my right. If the bike is too close to me, I can quickly jump to my left--off the pavement. This evasive move is not possible if one runs with the traffic; for my fellow Chips, you do not have eyes in the back of your head. Furthermore, it is presumptuous and perilous to rely upon the bicyclist seeing you. And if you hear a bike, and move to your left while running with traffic, it is very likely you and the bike will collide. After all, the bicyclist will probably assume that you will move to your right--off the trail, and not toward the center or yellow line!!

Please, be safe and not sorry. Run against traffic on residential streets and on the bike path. And be sensible, not cheap--make yourself visible by wearing a reflective vest or light, if you run at night. See you around, and out and about!



CHIPPERS PARTEA

Dec. 20th at Marge's from 2PM til ? ?
Bring a snack and a gift about \$2.00.
Scx? Insoles? Joke Book? Let's get together and chit chat runnin'.

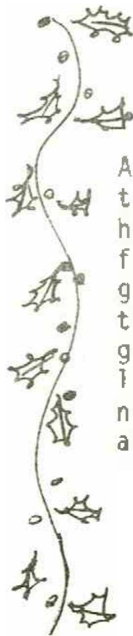
2416 EdnaSt., 99 South to Fruitridge West, 2nd light, turn left - two more lights and turn left onto Edna

For your Delight Marge will make her Granny Dip (rumor has it, Marge is a new Granny herself.)

XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	
X	
X	ROUNDUP OF THE HERD
X	Election of Officers for 1982
X	7:00 P.M., Friday, January 8th
X	Sam's Hoffbrau
X	2500 Watt Ave at Marconi
X	
XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	

ZOO ZOOM

A 5 & 10 K race held October 10th to benefit the Sacramento Zoo and held on the grounds was lots of fun -- lots of "CHIPS" -- lots of great awards, nice T-shirts, even though the weather wasn't the greatest. Sorry -- we have no listing of the winners. Hopefully next year will prove to be better attended and perhaps sunnier.



SIERRA CREST SURVIVAL RUN
Michael W. Owen

Along the Sierra Crest we should go
So thought High Dunger Charlie Mersereau
His idea challenged a few do you see
It even intrigues a big fool like me

Weathermen had smiled wide upon his plan
But God certainly surprised this man
Charlie and his crew knew what to do
They worked up a plan and then two

We'd slip, slide and stride on thru the rain
We'd drop and climb for altitude gain
The crew would ride around in cars
To ensure we avoided all the bars

They made sure you had water
While you swam just like an otter
Long hours were worked by all to be sure
Our survival did not require a cure

Barbara Peach ran the finish place
At the end of this truly "Great Race"
As I slipped off my backpack--
I vowed 'Next year I'll be back'

I tell you true it was really fun
Tho Charlie forgot his starting gun
Charlie says 'competitors were really great'
but the officials are who I appreciate!

Jerry Nordby and Stephanie Bryant
Tis true your help was immense even giant
Dennis Letl chaperoned George Billingsley
Who was closely watching the girls three

Always eating were Mark Elgert and Bill Prinze
Though bad jokes were also among their sins
Our weather investigator was Jack Kelly
And he was the one who turned on the telly

Seriously - I loved the race and there were super people both in the race and putting the race on. There were many nice characters in the race - like Dennis Coffee who went 75 miles in rain, hail and snow. The rest of us quit at 75 miles. The winner was Stuart Smith with a 7:22 in his first 50. Charlie did a great job of legwork for this race under extremely adverse conditions AND footed the bills. I feel he really earned his race directors belt buckle. I was the only Chip in the race and had an 8:19:50 for 2nd place.

FROM THE BETTER LATE THAN NEVER DEPARTMENT...

***It happens occasionally that stellar performances go unsung, for one reason or another. The following Chips have informed me of some of their performances this year that really do need to be mentioned:

Tim Bauer	1:28:02	Sacramento Half Marathon
Chuck Conway	1:03:47	Buffalo Stampede
"	3:19:05	Sacramento Marathon
"	2nd (40-49)	Lodi Triathlon
Jim Lobsitz	1:52:00	Sacramento Half Marathon
Nancy Molitor	1st Female	CDA 5K, Golden Gate Park
"	1st 40-49	Susan B. Anthony
"	1st Master	Sam's Town Half Marathon
"	1st Master	Cook Founders Day Run
"	2nd Master	Loomis Basin 10
"	1st Master	Fleet Feet Pumpkin Trot

(Nancy, you have been busy — hope to hear more from you in the future....)

These are, indeed, impressive performances and I thank these runners for letting me know what they've been doing...

And just as I sometimes miss a runner in posting the results, I'm also guilty of crediting performances where they're not warranted. In the last issue I reported that Dave Low finished in 1:15:34. I've been informed that that was not our Dave Low. In fact, Dave was working an aid station the day of the race. Sorry Dave, but you'll have to return the trophy....

Don't be shy...if your performance is missed at any event, let the Dung Editor know. I've always printed late results that I've received, and I'm sure that Marge will maintain the same policy. Along with that I'd like to add that it will facilitate matters if you call your results into the Dung Editor directly. I have received results from some of the Club officers which seems like the long way around to take the short way home.....

To be sure you're credited properly for your race performances send, or call, the following information to the Dung Editor:

Your Name
Race Name and Distance
Your Place _____ Your Time _____ Division Awards (if any)
(Optional, but very helpful) Other Chip Participants...

HOPE YOU ALL HAVE A LONG RUN
OF HOLIDAY FUN

- MARGE AND DENNIS -

THE BRODERICK BOTTOMS RUN
 (Or AJ's Revenge revisited)
 -Mike Miller-

In the cool of the morning a week after the Sacramento Marathon gathered an incredible mob (compared to last year's inaugural run) of runners. Almost three times as many folks showed up to enjoy making up for all those short courses run during the year in one run of masochism. This 'four mile' courses four miles can even make up for all the Fleet Feet runs advertised as 'five' miles, '10K', etc. Anyway, the 16 or so of us that showed up included the first female runner and the first junior runners ever.

Luckily I had run the course earlier with someone fast enough to keep up with the quicker group of people (Howard, Benham, Hayes, et al) and lead them through the somewhat twisty course. While I was certainly slow enough to go with the slow group for the same purpose. Unfortunately, there was a middle group which strayed slightly from the course. Aside from this and the fact that the run's founder, A.J., could not stay for the run and breakfast, things went well and a good time was had by all, I think. At least until the serious business of the day was joined: Breakfast at the Chart Room. Or anaerobic eating practice. When you get fried potatoes there it means multiple potatoes fried. Several PR's were set and the survivors mostly managed to stagger home, somehow.



Staff Services Commander Marjorie (Marge) Lawson continues to run her way to good health, picking up awards along the way. Shown with a trophy won during the Runner's World Corporate Cup Relays are Lawson; Rick Carlson (left), chairman of the Governor's Council on Wellness and Physical Fitness; and A. J. Underwood (right), a staff services manager I at the Department of Social Services. Two trophies—a first place (regional) and second place (national)—were presented to the Governor's Council on behalf of some 21 state employees who participated in the various runs and relays. Lawson competed on the Women's Masters team.

STOCKTON MARATHON

9.	Ronnie Harries	2:43:31
12.	Jeff Fearman	2:44:52
17.	Jeff Hayes	2:47:05
28.	George Parrott	2:54:04
45.	Abe Underwood	2:59:22
68.	Lino Delgadillo	3:09:56
71.	Geo. Billingsley	3:11:24
85.	Jim Clover	3:18:42
110.	Nancy Remley	3:26:07
111.	Dick Forehand	3:26:07
128.	Gordon Hall	3:32:12
132.	John Clark	3:33:11
195.	Helene Eisenbud	3:55:22
225.	Elliott Eisenbud	4:15:28
229.	Jim Teaters	4:21:25
230.	Jim Parsons	4:21:25

STOCKTON HALF MARATHON

13.	Glenn Bailey	1:16:08
27.	Tom Fearman	1:21:19
29.	Bruce Johnson	1:21:45
41.	Howard Jacobson	1:24:44
46.	LaDonna Washington	1:25:37
55.	Burl Jones	1:27:26
57.	Bob Hedges	1:27:32
65.	Dave Low	1:28:42
111.	Dwight Weathers	1:34:12
129.	Art Waggoner	1:36:16
133.	Tom Fish	1:37:07
144.	Jimmy Low	1:39:03
185..	Jim Wellington	1:43:42
201.	Frank Allen	1:46:21
208.	Carole Hood	1:47:16
273.	Jim Lobsitz	1:58:07
279.	Ron Ulmer	1:59:16
300.	Marie Wright	2:04:24
301.	Bill Wright	2:04:24
314.	Osie Whitten	2:08:53
317.	Sandy Williams	2:11:03
319.	David Mullins	2:11:05

B.C. Women's Recent Progress by George Parrott

Beth Tirapelli (Encina, H.S.) qualified for the NorCal cross country championships and also won her division in the Weinstock's 5 miler with a 30:40.

Kathy Pfiefer, (CSU,S) won the Weinstock's 5 miler with a course record 27:47, placed 2nd to Laurie Binder in the Berkeley 15 km and took All-American cross country honors in the Div. II nationals in Missouri the day before "jogging" the CC-20 in a 2:13 for 5th overall.

Debbie Bispo, working on her own this semester due to school schedule conflicts with workout times, Debbie posted a mid-32 minute 5 mile time to win the Jr. Science Museum run and a new PR at the CC-20.

Bev Marx set a new 5 mile PR with a 29:02 in the Weinstock's race and destroyed Heike's McIntosh 6 mile course record with a 34:22.

Eileen Claugus dropped in on the PA-TAC cross country championship at Golden Gate Park, won the open women's division and broke the course record by almost five minutes. A fast workout at the Davis Mini-Marathon (13.1) was finished in 1:21 (new women's record). The McIntosh 3 mile record was re-written to 15:53 followed by a 2:05 twenty mile at the CC-20 24 hours later!

Heide Skaden-Poyser won the master's womens division of the Weinstock 5 miler with a PR in the 32's and took a second to Joan Ulliyot in the master's division of the Grodin's Women's 10 km in SF.

Joan Reiss finally got her sub 40 minute 10 km with a 39:55 at the Bee's Out and About run (and the overall women's win) then set her sights on the CC-20 master's women's record and rewrote that score by three minutes--2:18 for 20 miles!

1981 in Review--Course Records Now Held by BC Women

Pinole Marathon,	Eileen Claugus	3:15
Crater Lake Marathon,	Joan Reiss	3:28
Sacramento $\frac{1}{2}$ Marathon,	Eileen Claugus	1:16
Davis Mini-Marathon,	Eileen Claugus	1:21
Crater Lake 13.0	Eileen Claugus	1:37
Buffalo Stampede 10 Mi.	Eileen Claugus	58:02
Bridge to Bridge, SF, 8 mi.,	Eileen Claugus	45:30
PA-TAC Cross-Country, SF,	Eileen Claugus	37:28
Cerebral Palsy 10 Km.,	Eileen Claugus	35:50
Great Race, Stanford, 10 km.	Kathy Pfiefer	35:19
McIntosh's (short) 6 mi.,	Bev Marx	34:22
Weinstock's 5 miler,	Kathy Pfiefer	27:47
Sac'to Union 5 miler,	Eileen Claugus	27:44
Macy's Susan B. Anthony 5 km.,	Kathy Pfiefer	17:21
RW Corporate Cup 5 km. Nationals,	E. Claugus	16:53
McIntosh's (short) 3 mi.,	Eileen Claugus	15:53

OAKLAND MARATHON

The following list constitutes some preliminary results of the Oakland Marathon, run on December 6th. I know that there were more of you planning on running this one. If you did, give Dung Editor, MARGE HANSEN a call with your results - we'll get them in the next newsletter. If someone will send a copy of the results when they come out we'll get a complete list in the NL.

1. Mike Layman (Un-Chip)	2:13:01	
Ronnie Harries	2:32:	PR
Dan Alarid	2:35:	PR
Glenn Bailey	2:37	PR
Frank Benham	2:46	PR
George Farrott	2:55	
Sister Marion Irvine	2:55	(Un-Chip) new world record, women 50+
Heidi Skaden-Poyser	3:07	PR
George Billingsley	3:07	PR

(Note: Everyone PR'd but the 'coach'...)

HALF MARATHON

1. Dan Gruber (Un-Chip)	1:04:46	
Jeff Hayes	1:16	
Dave Low	1:26	PR
Howard Jacobson	1:28	
Jimmy Low	1:36	
Leslie Johnson	1:36	

I repeat: this is a preliminary listing of Chip performances. If you don't see your name, give me a call....

MORE FROM THE BETTER LATE THAN NEVER DEPARTMENT...

The Chips women, Eileen Claugus, Kathy Hiefer, and Mary Kennedy took the San Francisco Marathon team award and the Chips men, Walt Howard, Chris Turney, and Glenn Bailey appear to have taken the open men's team award there also. Congratulations are certainly in order...

CLUB SINGLETS/JACKETS AVAILABLE

Racing Singlets with the club logo front and back (even with Sacramento, Calif.), Sub-4 mesh with yellow nylon across front, are available from George Parrott. Men's size S, M. \$14. Other sizes by special order. Call 366-3270 eves or see Geo. at Tu/Thur workout.

Jackets-a very few jackets from the Clarksburg 20 with Club logo are available, Nike, nylon, black and rust with white printing on back. \$20 for sizes as available--if enough want them, more might be ordered.

CC-20 long sleeve shirts in mostly larger sizes, M, L, and XL are available for \$6 to club members (\$8 to nonmembers).

WS 100 short sleeve T shirts in M and L sizes with the club identification on the back and BROOKS (making this a collector's item) on front. \$3

Note: All surplus from above sales goes to a Club Racing Support fund for travel to events by our racers.

CALIBRATION COURSE

-Mike Miller -

With thanks to CALTRANS District III's generosity we now have a certifiably accurate course for calibration of our wheels and bicycles and other measuring devices.

The course is on Riverside Blvd., just west of its intersection with Florin Rd. One point is a couple of hundred feet west of Park Riviera Way, on the north side of Riverside Blvd. It is a roofing nail placed in the outer stripe (nearest the traffic) and has green paint around it. It is in front of house address 6730 Riverside Blvd.

The second point is 2643.33 feet further west on Riverside Blvd. The address there is 7082 Riverside Blvd.

Riverside Blvd at this point is dead straight and almost completely flat so the course should be fairly accurate. Because of a slight rise in the street, however, I would recommend using 2643 feet as the calibration distance.

I'm still looking for a street in the north east area of Sacramento that fits the calibration requirements: Straight (with a line on it that can be followed on a bike easily), flat (level doesn't matter), and hopefully lightly traveled for a section at least $\frac{1}{2}$ mile long and preferably 1 kilometer or 1 mile. Best candidate thus far is Folsom Blvd., and it doesn't meet the lightly traveled criterion.

1981 CLARKSBURG CLASSIC 20

George Parrott

This year's version of the old Pepsi 20 came off very well to the 1000+ entrants and over 800 finishers. Bill Stainbrook, Dave Low and a staff of over 85 eager volunteers processed race registrations and late entrants, re-marked the fast out-and-back course, and handled results and awards efficiently. The new computer system designed and staffed by the Frincke Clan (Gerry, Karen, and Brian) aided all facets of race management.

Long sleeve shirts, elite finisher shirts, trophies, gift certificates, and beautiful Nike jackets awaited deserving finishers. This year invited runners (sub 1:50, 20 miles for men, sub 2:10 for women) with free entries graced the field and Jim Howard (EX-Chip, recalled to YFC) led all with a 1:46 and Sharlet Gilbert (Zephyr RC) moved up to her first 20 and broke the long standing course record of Tena Anex with her 2:03:34. Besides Sharlet's breakthrough effort, the day's other great achievement was a new master's women's record of 2:18 by our own Joan Reiss. Chris Turney led the Chips colors with his 1:52 followed by new-Chip Ronny Harries (1:57) and Bill Stainbrook (1:59) taking a short break from his management chores. EX-Chip, yet inspiration to many of us, Doug Rennie, ran one of his best races of a great year. His 1:52:51 brought him in almost six minutes faster than last year, and only about one minute off one of the toughest records on the course. Are we sure Rennie is 40? Paul Reese came home with his usual gold, now that he can enjoy the 20, and his 2:16 brings him closer to breaking back under 3 hours in the marathon.

It was a very fine day for running; the direct and indirect support of Nike, Fleet Feet, Pepsi-Cola (with the Mountain Dew and cups on the course), Crystal Springs Geyser Water, and the California School of Podiatric Medicine made this a first class event. The super efforts of Dave Low, Bill Stainbrook and almost 100 volunteers made it a pleasure to supervise.

To all the runners Nov. 22, 1981 in Clarksburg, we recognize each of your accomplishments that day and thank you for being part of the 16th annual (Clarksburg Classic) 20 Miler.

It appears that our use of the Sac State track is being restricted (read that prohibited). Use to be the track was available for public use. It seems that since the new track has been put in, the new head track coach (Joe Neff) has decided that no post-collegiate runners will use the track. Consequently, CHAINS have been stretched across the track, forcing runners to become either hurdlers, or stoop shouldered.

What this means is this: as the current policy exists, you can't use the track. Additionally, the Club can't use the track. This impacts the Club only during the summer months, really, during the summer when we traditionally run our once a month track meets. I'd really hate to see us lose our summer track meets. Also additionally, the Tuesday/Thursday group headed up by George Farrott will have to do their interval work on the streets.

It appears that the underlying philosophy of the use of the Sac State track is arbitrary and perhaps politically motivated. It's also too complicated to go into in this space. If you feel that the track should be available to Club use I urge you to contact CSUS and let them know your feelings. At the moment George Farrott is negotiating for use of the track, even if it might cost a small fee (\$15-17); I'm sure he could use your support.

PEANUTS

By Charles Schulz



MIKE MILLER
BUFFALO CHIPS RUNNING CLUB
P.O. BOX 186
Carmichael, Ca. 95608

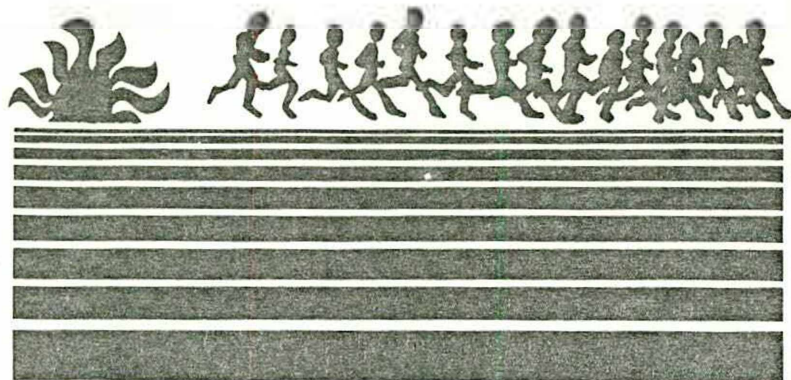


Running Schedule



- DEC 6 - Oakland Marathon, $\frac{1}{2}$ mar.; P.O.Box 2501, Oakland, CA, 94621, 7:45 am
DEC 6 - A.F.S. Fun Run, 5 & 10K, Mira Loma High School, 7:30 am, 488-7181
DEC 12 - K108 Fun Run, 3 & 5 mi., Old Sac., 8:30 am
DEC 12 - Remember Our Children Fun Run, 3 mi. or 10K, 6920 Larchmont DR., N. Highlands, 10 am
DEC 12 - Mix N' Match 10K couples run, Reno YMCA, Reno, NV, 10 am,
DEC 13 - Christmas 5 miler, CSUS stadium, 6000 J st., 10 am, 442-FEET
DEC 13 - Christmas Carol Charity 10K, Bay Club, 150 Greenwich, S.F., 8:30 am, (415)393-8563
DEC 19 - Cordova Christmas Classic, $\frac{1}{2}$, 1, 2.1, 4.3 mi, Cordova High School, 9 am, 362-1841
DEC 19 - Coyote Hills to the Bay, 6.8 mi., Coyote Hills Pk., Newark, CA, 10:30 am, (415)793-1406
DEC 19 - McIntosh Fun Run, 3 & 6 mi, 4120 El Camino, 8:30 am, 488-7181
DEC 20 - Mizuno-Christmas Relays, 5 person teams, 4.5 mi legs, Lake Merced, S.F., (415)739-6560
DEC 25 - Take the day off, Don't feel guilty 10K, Merry Christmas !
DEC 26 - Recover from the Holidays 50 miler, 7 am, (415)941-6287 or (408)354-9935
DEC 27 - European Cross Country Race, 5 mi, Lodi Lake, Turner Rd., Lodi, 10 am, (209)368-7223
DEC 31 - Midnight Masquerade, 1.5 & 3 mi, CSUS Guy West Bridge, 11:59 pm, 442-FEET
- JAN 1 - Hangover Run, 3 mi, Golden Gate Bridge Toll Plaza, S.F., 10 am, Dolphin Club
JAN 3 - Single Muni Pier Run, 1.5 mi, 10 am, Dolphin Club, 502 Jefferson St, S.F.
JAN 9 - Avenue of the Olives, Full & $\frac{1}{2}$ marathon, Central Park, Davis, 9 am, 758-6453
JAN 9 - K108 Fun Run, 3 & 5 mi, Old Sac, 8:30 am
JAN 10 - California 10, 10 mi, Lincoln High School, Stockton, 10 am, limited to 800
JAN 16 - McIntosh Fun Run, 3 & 6 mi, 4120 El Camino, 8:30 am, 488-7181
JAN 17 - Mission Bay Marathon, San Diego, CA, 7 am, (714)295-6459

This schedule is as accurate as possible at time of printing. It is subject to change. Entry blanks for these runs are available at local running stores. Any changes or additions to this schedule, please call John McIntosh (488-7181) or David Low (393-2106), evenings. Running schedule provided for your use by the Buffalo Chips Running Club, Sacramento, California.



- * FLAT FAST COURSE ---
- * NATIONALLY CERTIFIED.
- * PRE-ENTRY ONLY- ENTRIES CLOSE JAN. 5.
- * FIELD LIMITED TO 800.
- * LUNCHEON INCLUDED IN ENTRY FEE.
- * SUB-60 SHIRTS TO MEN
- * SUB-70 SHIRTS TO WOMEN.

California 10

JAN. 10 '82 ... 10 MILES ... 10 AM

JOIN US FOR OUR 11TH ANNUAL CALIFORNIA TEN-10 MILER SUNDAY, JANUARY, 10TH, 1982. 10:00 A.M.

SANCTION: TAC SANCTIONED AND NATIONAL COURSE CERTIFICATION!

LOCATION: Lincoln High School on Alexandria Place in North Stockton. From the I-5 Fwy take the BENJAMIN HOLT EXIT and go east 3/4 mi. to ALEXANDRIA PL. Turn left one block to site. From Hwy 99 take the HAMMER LANE EXIT and go west several miles to ALEXANDRIA PL. Turn left and go one mile to school. (SEE MAP ON BACK OF ENTRY)

REGISTER: INDOOR CHECK-IN AWARDS CEREMONY RACE BANQUET

- * ENTRIES LIMITED TO THE FIRST 800! (PRE ENTRIES ONLY-NO POST ENTRY)
- * Send entry & include one extra self addressed stamped envelope with \$4.00 to CALIFORNIA TEN c/o Frank Hagerty 7309 Camellia Ln. Stockton, Cal. 95207.
- * Registration will be accepted by mail until Tues. Jan. 5th. (Emergency-209-473-4124)
- * Race Packets will be available on race day only at the sign-in tables.
- * THE RACE BEGINS AT 10:00 A.M. SHARP! Be sure to send in an extra S.A.S.E. with fee!

COURSE: PERFECTLY FLAT & FAST ROAD COURSE CERTIFIED AT 10.0 MILES. Starts and finishes at Lincoln High School. Police patrol, splits at each mile with aide at 5 miles. Accurate finish line management and award shirt control.

POST RACE: COMPLIMENTARY SPAGHETTI & ICE-CREAM LUNCHEON, FREE TO ALL RUNNERS! Awards ceremony indoors for 14 age divisions. Team Awards and our special merchants prize drawing. Race shirts also for sale on race day!

- AWARDS:
- * SPECIAL SHIRTS TO ALL SUB-60 MINUTE RUNNERS. (200 in 1981)
 - * SUB-70 MINUTE SHIRTS TO ALL QUALIFYING WOMEN RUNNERS
 - * CERTIFICATES TO ALL FINISHERS
 - * SPECIAL AWARD TO YOUNGEST AND OLDEST FINISHERS
 - * SPECIAL AWARDS AND ONE RACE SHIRT GUARANTEE TO TOP 5 IN DIV. (20 IN MENS OPEN)

SPONSORS: OUR SPECIAL THANKS TO OUR MAJOR SPONSORS FOR THE 1982 CALIFORNIA TEN--10 MILER

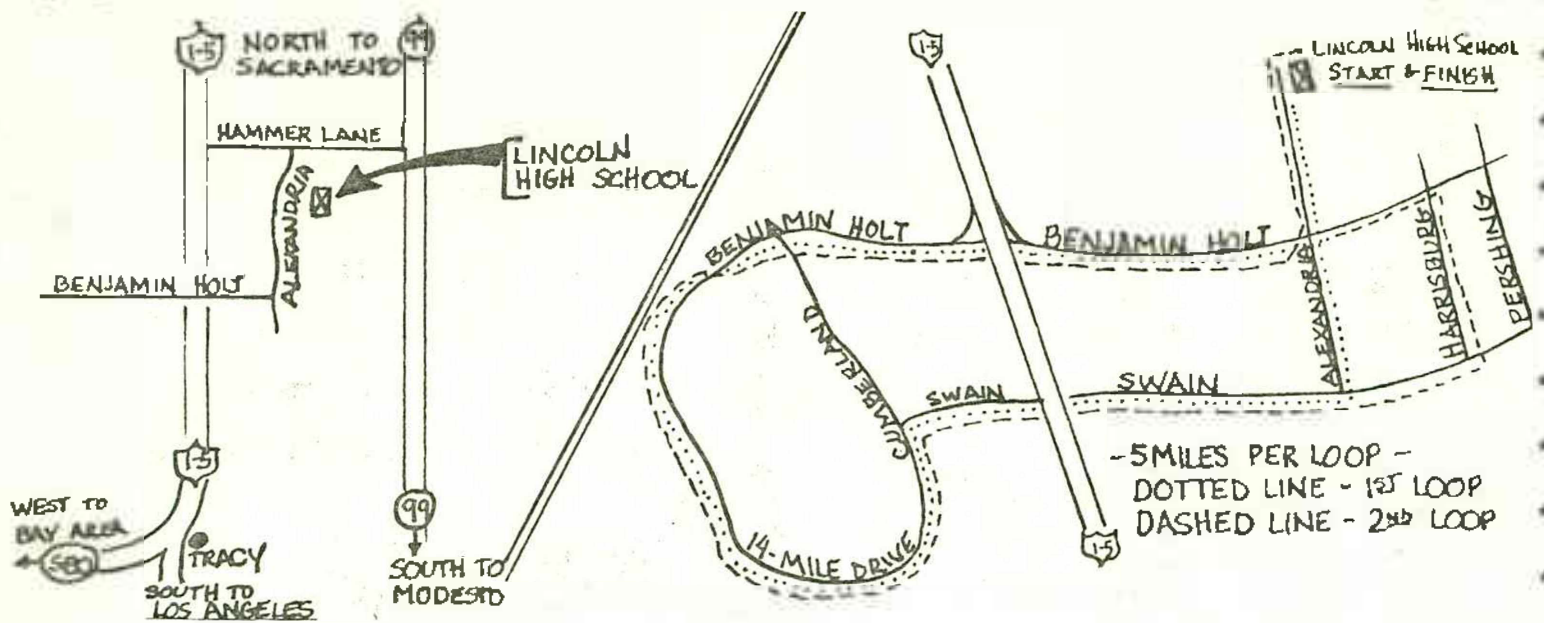
SPORTS SHOE CITY

BASKIN ROBBINS (Stockton)

MIDAS MUFFLER

DELTA DERMATOLOGY

QUAIL LAKES ATHLETIC CLUB



DIVISIONS & RECORDS

MENS	15--Un--K. Apperson	53:50--1979	MENS	50--59--J. O'Neil	55:05--1978
MENS	16--18--B. Tarin	50:21--1978	MENS	60--UP--D. Lundberg	70:24--1981
MENS	19--29--J. NUCCIO	48:37--1976	WOMENS	14--Un--K. Brogan	63:22--1978
MENS	30--34--W. Badgley	49:23--1979	WOMENS	15--18--H. Skaten	59:14--1980
MENS	35--39--B. Clark	51:49--1979	WOMENS	19--29--V. DIFFATTE	56:36--1980
MENS	40--44--S. Vasquez	53:39--1981	WOMENS	30--39--S. Johnson	61:44--1981
MENS	45--49--R. Smith	54:58--1976	WOMENS	40--Up--K. Scannel	61:51--1981

ENTRY BLANK

MAILING: CALIFORNIA TEN, 7309 Camellia Ln. Stockton, Cal. 95207 Return by Jan. 5th with \$4.
 (Please include one extra self addressed stamped envelope with entry!)

Cut & Send

THE ENTRY CONTAINS A LIMITATION ON YOUR LEGAL RIGHTS. READ IT! I wish to enter and participate in the 11th annual CALIFORNIA TEN-10 Mile Run on January 10, 1982. I agree with the rules, conditions, and regulations of the event and will comply with them. I am aware that a run of ten miles is difficult for even well conditioned athletes and that we will be running on and sharing the public roads with automobile traffic. I have been warned that I should not participate in this event unless: a) I am in excellent physical condition b) I have trained sufficiently for a run of 10 miles c) I have recently had a complete physical examination preferably including stress electrocardiogram. Knowing these facts, I nevertheless, in consideration of your accepting this entry, hereby for myself, my heirs, my executors, and administrators, waive release and discharge The California Ten Race Committee members, and all medical or law enforcement personnel assisting with the race and the individual members of the Sundance Running Club, Sports Shoe City, Baskin Robbins, Delta Dermatology, Midas Muffler, Quail Lakes Athletic Club, the city of Stockton, county of San Joaquin, or any of them and any persons connected with this running event, or representatives, successors and assigns, from any and all rights, claims or liability for damage for any and all injuries to me or my property, or for damage caused by me or to anyone else, arising out of or in connection with my participation in this event. I further agree that I will defend indemnify and hold harmless the California Ten Race Committee, Sundance Running Club, the city of Stockton, county of San Joaquin, its members and agents, or any of them against all claims, demands or causes of action including court costs and attorneys fees, directly or indirectly arising from any other proceedings brought by or prosecuted for my benefit contrary to this agreement. This release extends to all claims of any kind and nature whatsoever, whether known or unknown, and I expressly waive any benefits I may otherwise have, under Section 1542 of the Civil Code of California relating to the release of unknown claims.

(I have read my rights) SIGNED: _____ DATE _____

(Parent signs if runner is under 18!)

PRINT NAME CLEARLY _____ AGE _____ M or F _____

ADDRESS _____ CITY _____ ZIP _____

PHONE _____ TAC# _____ CLUB _____

PREDICT TIME _____ SHIRT SIZE (s,m,l,xl) _____



BUFFALO CHIPS

RUNNING CLUB



NO. 49

Charlie Mersereau	High Dunger	362-9660
Heide Skaden-Poyser	Vice Dunger	925-3934
Marv Poyser	Dung Recorder	925-3934
Jim Lopsitz	Dung Counter	488-2212
Mike Miller	Dung Herder	488-3833
Bev Marx	Dung Co-ordinator	927-6882
Abe Underwood	Race Chairchip	392-7672
Dennis Dunbar	Dung Editor	362-2888

Jan. 20, 1981

RUSTY DUCK SUNDAY BRUNCH RUN

February 8, 1981

8:00

It's time once again for that perennial favorite, the RUSTY DUCK SUNDAY BRUNCH RUN. Mark your calendars now for February 8, 1981. The run will be the same as last year, not because the bike trail is underwater as it was last year, but rather the better to avoid paying a \$2.00 fee just to get picked up at Discovery Park. Anyway, meet at the parking lot of the Village Marina, 1/4 mile west of I-5 on the Garden Highway at 8:00. The run will proceed down the highway whatever distance you feel like going and back. You decide. Last year 26 runners participated, some running as few as 6 miles (yours truly), others as much as 14. There really is something for everyone at this run. This is a low key, no fee type of run. Racing is not recommended. Comeraderie is.

Brunch at the Rusty Duck restaurant begins at 10:00 so we should plan on getting there about then. Bring spouses, kids, and/or friends and have a good time.

P.S. Your brunch is on you, not the Club....the good time associated with this Chip Classic will be with the help of Club members. See you there....any questions can be directed to either Hal Baker (322-2474) or myself (Dennis Dunbar, 322-7618).

VALENTINES DAY POT LUCK AND PRE 50 MILER CARBO-LOADER

-Bev Marx-

This event is planned for Saturday, February 14, 1981, at 6:00 to ??? at the Marx residence. Call me and let me know what dish you are going to bring. Participants of the 50 miler are required to bring at least 2 pounds of spaghetti for their own consumption. Come and have a good time....

Randy and Bev Marx
802 Elmhurst Circle (Campus Commons)
927-6882

Ed. Note: Club pot-lucks are a good opportunity to renew old running friendships and make new ones - especially for Fresh Chips. Hope to see all of you there.....



LETTER FROM THE EDITOR....



Don't forget - it's time to renew your membership in one of the best running clubs in California (if not in all of Sacramento....). Please note that your renewals should be sent to the new membership co-ordinator, MIKE MILLER (P.O. Box 186, Carmichael, Ca. 95608). The next newsletter will be the last to be sent out under the 1980 membership roles. If you want your newsletters to get to you with no interruption send in your renewals now! Early renewal will also help Mike get the 1981 roster in the mail to everyone soon...don't hesitate another minute.

1981 is fully upon us and with it new officers for the Chips. Congratulations to the new officers elected at the January 7th business meeting...

High Dunger	Charlie Mersereau
Vice Dunger	Heide Skaden-Poyser
Dung Recorder	Marv Poyser
Dung Herder	Mike Miller
Dung Co-ordinator	Bev Marx
Dung Counter	Jim Lopsitz

Once again Abe underwood will continue as Race Chairchip, maintaining the Race Fund and providing the race schedule. And, as no one made a strong bid to unseat me, I will continue for another year (or until I get a better offer from a major newspaper...) as your Dung Editor. It looks to me like we're going to have another good year. I hope that all of you will give the officers all the support you can to insure another successful year for the Chips.

I want to remind all of you again that this newsletter belongs to the Club membership - that's you. Your articles are actively solicited and I will entertain any suggestions you might have for the improvement of the newsletter. I've heard it said that the best articles in the newsletters are the ones you write.....

I must add, however, that as Dung Editor I reserve the right to edit all material submitted for publication. It is not always a pleasant job. I have received a letter addressing itself to the controversy surrounding the Sacramento Marathon. I have chosen not to print it, nor will I print any other material sent to me concerning this issue. As editor I will not allow the newsletter to become a forum for airing personal differences or making accusations. I feel that this stand is in the best interest of the Club and is non-negotiable. I hope everyone understands. Keep those other articles coming though.....

'til next time, good running

Dennis

DEADLINE FOR NEXT NEWSLETTER: February 28, 1981
Send Articles to: 3557 Gemini Way, Sacramento, Ca. 95827
or call, 362-2888

STATE OF THE HERD

Your new officers want to thank you for your votes and are looking forward to a big year for the Buffalo Chips. We have already met to make plans for the year and here are some of the things that will be happening and the people who will be sparkplugging them.

CHIP RACES

A.J. Underwood, Racing Chairman
Feb. 15 Jed Smith 50 Mile Run
A.J. Underwood/Hal Baker
July 5 Folsom 10 Kilo Run
Frank Krebs
Sept. 13 Buffalo Stampede 10 Mi.
Contact A.J. Underwood
Sept. 18 Lake Tahoe 72 Mile Run
Charlie Mersereau
Sept. 27 Sacramento Marathon
Contact A.J. Underwood
Nov. 8 Sacto. 60 Kilo Run
A.J. Underwood/Hal Baker

SPECIAL EVENTS

Bev Marx, Activities Chairperson
Feb. 8 Rusty Duck Run
Hal Baker/Dennis Dunbar
Feb. 14 Valentines Pot Luck
Bev Marx
Couples Run
Gary Waldsmith & Bob Lowe
Beer Run
Gary Waldsmith & Bob Lowe
Mud Run
Broderick Bottoms Run
Pocket 8 Run
Harvest Moon Run

CONTINUING ACTIVITIES

Tuesday Night Runs (6 P.M. at N.E. end of Guy West Bridge) are continuing straight through the winter. All levels of runners are welcome and Dave Davis and Burl Jones are helping me be certain there will always be someone there to run with new runners and others who don't want to get left behind. Pace is adjusted for slowest runner but a minimum ability of 6 miles in 60 minutes is required.

Other Group Runs There are a number of other groups that meet for runners of various abilities and interests. While not official Chip activities, I'm sure all Chips are welcome as long as their interests and abilities match those of the group.

Bulletin Dennis Dunbar is continuing as editor so we can look forward to lots of good running and racing info--especially if you help out by sending him items.

Other Possible Events Contingent Upon Interest

Team Entries in Various Relays--Tahoe, Christmas, etc. Heidi Poyser Track meet with Sundance Running Club and/or other Running Clubs. You name it, anything is possible as long as there is interest and someone is willing to take responsibility and do the work.

A word about objectives is in order. The Chips are not and should not, in my opinion, become a racing club or a club concentrating on ultramarathons. The Club is for all runners seeking the joys and benefits of running at all levels. Our activities for this year are aimed in that direction with lots of Fun Runs and Family Oriented Events. We have only two short races planned simply because there are 3, 5, 10K and 10 Mile events available almost every weekend.

In the long run, our mix of activities and their success is going to match the interests of our members and their willingness to help. So, if there are events which you would like to see us sponsor, or if you can help with any of those already scheduled, please contact me or the person in charge. We all get a lot out of running. Occasionally we need to put something back in.

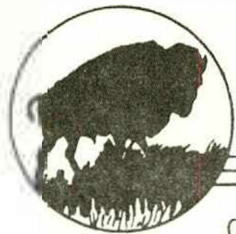
Yours for good runs and good times

Charlie
Charlie Mersereau, High Dungen

3rd ANNUAL YEAR END MARATHON DEC 27,1980

1	J. Keating	30:53	59:45	1:30:55	2:00:06	2:30:25	2:38:40	
2	George Billingsly	37:27	74:55	1:52:51	2:33:22	3:13:10	3:22:30	
3	Pete Schoener	44:00	86:10	2:03:10	2:41:22	3:16:14	3:23:25	
4	Eileen Claugus	37:27	74:55	1:52:51	2:33:24	3:18:10	3:27:00	first
5	George Perrott	37:27	74:55	1:52:51	2:33:24	3:18:10	3:27:01	
6	Jim Finnegan	41:10	82:22	2:03	2:42:15	3:19:02	3:27:31	
7	Art Cahn	41:10	82:32	2:03	2:42:15	3:19:02	3:27:31	
8	Debbie Bispo	38:30	76:37	2:00:22	2:35:11	3:20:15	3:30:15	
9	Elliott Eisenbud	37:27	74:55	1:52:53	2:34:45	3:25:51	3:36:56	
10	John Wilson	39:45	81:20	2:02:50	2:50:10	3:34:25	3:41:37	
11	Mike Miller	41:10	82:32	2:03:31	2:42:14	3:32:25	3:42:55	
12	Pattie Sugarman	44:15	95:00	2:18:27	3:10:11	3:57:35	4:08:05	first
13	John Clark	42:35	83:50	2:16	3:00	3:57:35	4:08:05	
14	Bob Hanna	46:40	96:25	2:39	3:24	4:13:05	4:26:10	
15	Don Person	42:00	82:07	2:17:15	3:11:10	4:13:05	4:26:10	first
16	Barbara Peach	48:54	99:56	2:39:04	3:41:07	4:48:21	5:06:41	first
17	Dave Davis	48:54	99:56	2:39:04	3:41:07	4:48:21	5:06:41	
18	Gary Waldsmith	42:32	92:27	2:39:04	3:41:07	4:48:21	5:06:41	
19	Bosco Bailey	46:40	96:25	2:25	3:14:30	3:52:59		9 mi warm-up
20	Jim Luttig	39:45	81:20	2:07:45	2:56:15	3:18:05	22 mi	
21	Vern Shipley	37:27	74:55	1:52:51	2:33:31			
22	Dave Low	39:45	81:20	2:07:45	2:56:15			
23	Marv Poyser	42:32	83:00	2:16	3:00			
24	LaDonna Washington	46:40	96:25	2:25	3:14:30			
25	Mike Daigle	35:10	68:47	1:40:36				
26	Rob Heidt	39:26	79:38	2:00:32				
27	George Koch	42:00	82:03	2:08:15				
28	Mike O'Neal	44:00	86:00	2:15				
29	Art Waggoner	42:35	93:20	2:17				
30	Marian McKone	44:15	95:00	2:18				
31	Howard Jacobson	46:40	96:25	2:25	left to pump iron			
32	Bob Derry	42:14	82:33	2:31				
33	Steve Forsythe	39:26	79:38	2:22				
34	S. Williams	35:00	69:30					
35	Jim Drake	37:27	79:31	bad cold				
36	Heide Skaden-Poyser	42:32	82:32	left to do speed work				
37	Nancy Derry	49:14	103:42					

HELENE was sick and did not run, but still managed to whip up a great feast of chili, soup, beer and bagels. This year we reversed the direction on every other loop which made it more enjoyable. As usual the High Dunger died and swore off all marathons for at least two weeks.....see you next year.



BUFFALO CHIPS

RUNNING CLUB



No. 50

Charlie Mersereau	High Dunger	362-9660
Heide Skaden-Poyser	Vice Dunger	925-3934
Marv Poyser	Dung Recorder	925-3934
Jim Lopsitz	Dung Counter	488-2212
Mike Miller	Dung Herder	488-3833
Bev Marx	Dung Co-ordinator	927-6882
Abe Underwood	Race Chairchip	392-7672
Dennis Dunbar	Dung Editor	362-2888

Mar. 10, 1981

NEW ZEALAND NEWS AND OTHER THINGS....

-Abe Underwood-

file copy

As most of you know I took a vacation and spent the month of January in New Zealand. It was mostly a running experience as my purpose was to participate in the Fourth World Veterans Games in Christchurch. They have previously been held in Canada, Sweden, and Germany.

The trip started with a two day stop-over in Fiji, a nice beginning to a great trip. The next two weeks were spent in various running events including a weeklong track and field contest much like the Olympics. Over 2500 40 and over athletes from around the world competed. Over 200 came from the U.S with a great many from California. I traveled with ex-B.C.'er Jim O'Neil, who now lives in San Diego, Jim did very well in the 55-59 category picking up a gold, three silvers and a bronze medal. I ran in the 1500, 10K cross country, a 10K and 25K road race. A few days of the flu kept me out of the 5K and 10K track as well as the marathon. The X-C brought an unexpected surprise. I attended the awards ceremony to take pictures and as they announced the 40-44 teams I heard my name as being the third member of the third place U.S. team. Bob Fischer of N.Y. and Ron Daws were the other two. What a thrill!

The remainder of the trip consisted of a site-seeing tour including an airplane landing on a glacier, a launch cruise in Milford Sound and many great training runs through the hills.

I can't describe it all here but I'll be glad to share the story and slides at the next B.C. meeting, whenever it is scheduled.

BIRTHDAY RUN

Join Abe Underwood on Monday, March 30 for all or part of his annual Birthday Run. This years jog will cover 43 miles in three parts. The first 18 miles will involve 6 laps around William Land Park. Meet at starting line of Sacramento Marathon about 5:30 am. The second part will cover 15 miles beginning at 12:00 noon at Gilhooleys Irish Pub (Capitol Towers, 7th & O). The wrap-up run (10 miles) will be on the Bike Trail starting about 6:00 at the Graduate (across from Guy West Bdg.). The last 10 miles should be fairly slow. Hopefully the finish will also be at the Graduate about 7:30. Abe said he will be buying....



LETTER FROM THE EDITOR....



THIS IS IT - the last newsletter for those of you who have not yet taken the time to renew your membership in the Chips. The next newsletter will be sent out under the new 1981 membership roles.

As an inducement let me remind you that in addition to the newsletter card-carrying members are entitled to a 10% discount on their running needs at Fleet Feet, McIntosh's, and Second Sole. Think about it before deciding against membership in the Club...after all, we're coming up with more running activities geared for all levels of runners than we've had in the recent past - a Club for all runners.....

I'd like to add that if you move please take the time to let MIKE MILLER know so that he can change his records, and if it's close to press-time for the newsletter let me know. Third class mail, such as the newsletter is handled, is not forwarded...which means you may miss a copy of the newsletter, a copy that you've paid for.

Well, there's not a whole lot for me to say this time, so I'll turn it over to the folks who do.....

'til next time, good running,

Dennis

DEADLINE FOR NEXT NEWSLETTER: April 25, 1981.
Send Articles to: 3557 Gemini Way, Sacramento, Ca. 95827
or call, 362-2888

TRAILS END MARATHON

-Mike O'Neil-

Four Chips took off Thursday, Feb. 26th, for Seaside, Ore. Party consisted of Jack and Walt Betschart, Greg Talbert, and myself. The first night was spent at Mike Jr.'s home in Roseburg, Ore. about a seven hour drive. Had a run through the Roseburg hills, then out to a pizza feast, then on the next morning to workout on the Prefontaine trail along Willamette River at Eugene. Shopped a little and we had coffee at U. of Oregon. Had a spaghetti feed at Seaside Friday night and then ran the marathon. About 2000 entrants, perfect 70 weather, no wind. Portland Chips, Lynn and Fraser Rasmussen, were encouraging us all the way along the course. Fraser, nearing 40, ran this race in 2:45 last year. Due to a bout with pneumonia and follow up complications he was a spectator this year. Chips Greg, Walt, and Jack ran fast first parts of the race then eased up. I set a new reverse record at 5:29:58, sprinting the last 50 yards to break the 5½ hour mark.

The trip back was as smooth as the trip up with another night spent at Mike Jr.'s with wife Patty serving super gooey dessert.

STATE OF THE HERD

If winning and setting records are any measure, the Buffalo Chips are in great shape. We congratulate the following on some great performances:

A. J. Underwood "A. J." just returned from the World Masters Running Championships in New Zealand where he earned a gold medal as a member of the U.S. Masters Cross Country Team which won the World Masters Championship.

Heike Skaden Heike's tremendous 2:43:00 marathon at Eugene Oregon (Nike), according to the Runners World Annual, ranks as the 15th fastest American female marathon and the 49th fastest marathon by a woman in the world-ever!

George Billingsley Only 58 years young, George turned in an amazing 6:31 at the Jed Smith 50 Miler, to place first in the 50+ category and probably tie down an age group record for his effort. We only know of one faster 50 miles by a U. S. 50+ runner.

Paul Reese Also at the Jed Smith Run, Paul Reese (63) clocked a 7:21 which improved his 1979 time by 11 minutes and probably retains or regains his U. S. championship for 60+ at 50 miles.

Helene and Elliott Eisenbud The Eisenbud's journeyed South to San Diego for the 50 Miles/100 Miles/24 Hour Run which turned out to be a very wet affair. Helene was first woman for 50 miles with a 7:59 and Elliott captured second for men in the 100 with a 19:03.

Congratulations and our thanks, too, to Hal Baker, A. J. Underwood and all those who helped put on the highly successful Jed Smith Run. It was a great event and I was especially happy to see Doug Latimer, age 43, win it. Thanks also to Randy and Bev Marx for the carbo-loading party the night before for runners and officials.

Don't forget the Mud Run on March 29th. See you there. *Charlie*

P.S. We need your help with the Historic Folsom 10,000 Meter Run which is scheduled for Sunday, July fifth. If you won't be running that day and can be available, please call me at 362-9660. *C*

CHIP WOMEN WIN PA-TAC MARATHON TEAM CHAMPIONSHIP

FLASH! Chico, March 7, 1981 Today the Buffalo Chips Womens Team ran away with the PA-TAC Marathon Championship at Chico. (Bidwell Classic Marathon) Consisting of Eileen Claugus, Joan Reiss and Debbie Bispo, with times of 2:57:01, 2:59:38 and 3:14:22 respectively, they placed second, fourth and seventh for women overall and first, second and third in their age groups.

Other outstanding Chip performances were as follows:

Bob Cooper (Former Chip)	Second Open	2:27:48
Jeff Hayes	23 rd Open	2:45:04
George Parrott	35 th Open	2:49:11
George Billingsley	Third 50-59	3:07:45
Paul Reese	First 60+	3:11:32

There were also some great Chip accomplishments in the half-marathon:

Kathy Pfeiffer	Second 18-29	
Heidi Poyser	First 40-50	1:27:24
Jon Shelgren	Third 40-49	1:16:29
Don Spickelmier	Fourth 40-49	1:18:04

A full report on all Chip finishers will appear in our next issue.

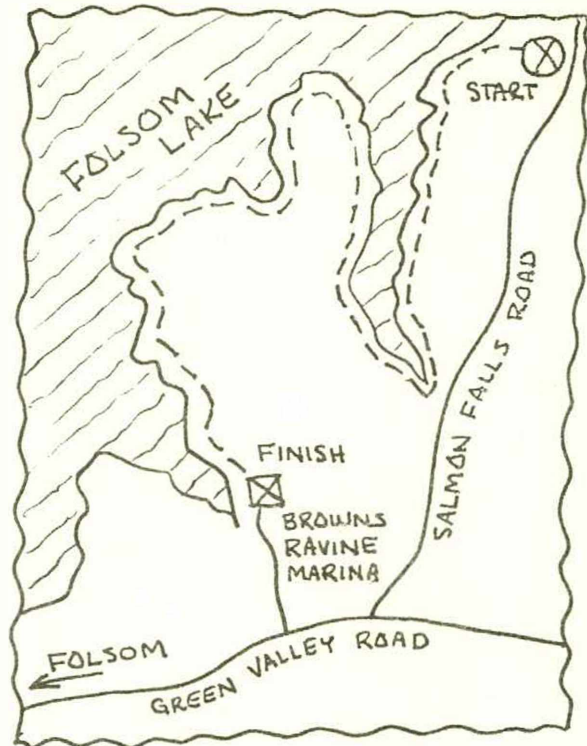
4TH ANNUAL MUD RUN SPECIAL

If you thought the Rusty Duck Run was great, but perhaps a bit too flat for you liking, well, dust off those crusty cross-country shoes you've been hiding in the dark recesses of your closet: we have just the run you've been looking for!!! The 4th ANNUAL MUD RUN SPECIAL has been slated for Sunday, MARCH 29th.

For those of you who've never made this run, it's a point-to-point run of about 9-10 miles of undulating horse trails skirting the edge of Folsom Lake. "Undulating" may be a bit understated but judge for yourself at the run (hint: if you find yourself running on level ground, you're off the course).

The run will begin at the old campgrounds on Salmon Falls Dr. at 9:00 and proceed to the finish area at Brown's Ravine (see Map). As this is a point-to-point run runners will have to arrange their own transportation to shuttle between the start and finish areas, although, for those of you who want the miles or the warm-up it is only 3 miles to the campgrounds from Brown's Ravine if you go on the roads.

This is another low key, no fee Club fun run - all members and guests are invited to participate in a little hill training. Mark your calendars now and don't miss this Chip Classic. Refreshments will be provided at the completion of the run. See you there.....



4TH ANNUAL MUD RUN SPECIAL

SUNDAY

MARCH 29, 1981

9:00

RUSTY DUCK A FOGGY SUCCESS

Exhibiting enthusiasts transcending the somber atmosphere generated by a chilly fog (whew) 24 hearty Chips and guests commenced this year's running of the Club's Rusty Duck Sunday Brunch Run along the Sacramento River. Within minutes of the go-when-you're-ready start runners became enshrouded in fog, oftentimes disappearing in the distance.

It was determined late in the run this year that the actual distances were a touch more than stated - the 6 mile loop being closer to 8, the 12 mile closer to 13. An error that was a boon to those trying to up their mileage, a burden to those not really wanting to go that far in the first place. Perhaps next year we'll get a more accurate measurement on the loops (right H.B.?).

The run culminated at the Rusty Duck Restaurant with all participants immediately replacing their lost body fluids and savoring epicurean delights. A good time was had by all and they are to be thanked for making this run a success. If you couldn't make this run we hope to see next year.

BUFFALO CHIPS RUNNING CLUB
Minutes of Meeting of January 7, 1981

The meeting was called to order by High Dunger Elliott Eisenbud and Mark Reese gave a report on our continuing project to incorporate the Club. Cost is now estimated to be only \$40-50 and steps are being taken to prepare the necessary financial report and to amplify our By-Laws so that an application can be submitted to the State. A waiver for the Club name has been secured from the Buffalo Chip Potato Chip firm.

Tim Bauer gave a report on the Noel Hitchcock Memorial Fund Run which he is trying to organize for the end of May. Persons with Race Directing experience are requested to call him at 488-6233 with suggestions on how best to proceed.

Utilization of our surplus Racing Funds (\$600-1000) was discussed and George Parrott stated that he planned to donate about \$500 to the Fund from the profits at the Pepsi 20 Mile Run. It was then moved, seconded, and passed that the Club use these funds to purchase a Chronomix Timer and other needed race equipment such as a chalk marker, cones, etc. Purchases are to be handled by a committee of officers.

Gary Waldsmith discussed the good deal on health foods which is available from the Health Food Coop on Freeport Blvd. and secured Club approval to have Coop flyers mailed with the Newsletter at no cost to the Club.

There followed a lengthy discussion about the possibility of enforcing the Club's policy against unsportsmanlike conduct by developing a procedure for dropping offenders from membership. A motion to this effect was defeated but this does not alter the Club's position against poor sportsmanship nor preclude the adoption of a procedure in accordance with standard non-profit association By-Laws.

Gary Waldsmith and Dave Love gave a report on the Couples Run and the Beer Run which they are planning. Hal Baker reported on the Jed Smith 50 Mile Run which will be held on February 15 on a loop course starting at Discovery Park.

Dave Davis gave the Treasurer's Report, a copy of which is attached. He also explained what he has been able to learn about membership in The Athletic Congress (TAC) as opposed to the AAU and suggested that members delay joining either until the functions and advantages of each could be clarified.

Nominations were opened for officers for the year 1981 and the following were duly elected without opposition except that Heidi Poyser defeated Gary Waldsmith for the position of Vice-Dunger.

High Dunger	(President)	Charles Mersereau	362-9660
Vice-Dunger	(Vice-Pres.)	Heidi Poyser	925-3934
Dung Recorder	(Secretary)	Marv. Poyser	925-3934
Dung Counter	(Treasurer)	Jim Lobsitz	days 488-2212
Dung Herder	(Membership)	Mike Miller	488-3833
Dung Shoveler	(Activities)	Bev. Marx	927-6882
Dung Piler	(Bulletin Ed.)	Dennis Dunbar	362-2888
Dung Expediter	(Race Director)	A. J. Underwood	392-7672

The meeting was adjourned with all expressing their thanks to Elliott Eisenbud for the great job he did as High Dunger.
Respectfully submitted,
Charles Mersereau,

BUFFALO CHIPS RUNNING CLUB

Financial Statement

1980

January 1, 1980 Balance \$ 675.30

Receipts:

Membership (Includes AAU Dues). \$ 1,139.00

Total Receipts \$1,139.00

Expenditures:

AAU Dues and Fees. \$ 75.25

Newsletters (Includes Printing
and Postage). . . . 1,153.00

Miscellaneous Printing (Labels,
Applications, Rosters, Etc.). 75.14

Postage. 75.00

B. C. CLUB Party 100.00

Bank Checking Account Service
Charge. 2.50

Deposit of 11/21/79 lost in mail. 40.00

[Five members submitted replace-
ment checks totaling \$32.00 which
was deposited and accounted for
under receipts. Total loss was
actually \$8.00.]

Total Expenditures \$1,520.89

December 31, 1980 Balance \$ 293.41

dave davis
Dung Counter

TRAIL DROPPINGS.....

***TAC and AAU applications are enclosed for your convenience. Which to join is a matter of choice. The Athletic Congress is going to be the governing body. If you think you'll be participating in TAC sanctioned events for awards, you'll want to belong to TAC. I believe that TAC membership will be recognized nationally, and internationally. On the other hand, if you don't anticipate competing anywhere other than Northern California for awards the AAU, as a local body, might be for you. Events sanctioned by the AAU will, of course, recognize TAC membership. The reverse is not necessarily true, however; a TAC sanctioned event may not recognize AAU membership. If you're going to join an association it seems to me that the TAC is the more comprehensive of the two. As for me, as I never win anything anyway I doubt I'll bother with either....

***Club singlets are available at McIntosh's for those of you who need them, with the exception of ladies medium. They're on order.

***As a reminder to most of you, and as a point of information for all Fresh Chips, membership in the Buffalo Chips Running Club allows you a 10% discount on your running needs from Fleet Feet, McIntosh's, and Second Sole. Buy a couple pairs of shoes, or shorts, or whatever, during the year and you can make up your membership fee. Not a bad deal, right?

***Application for those of you who are interested in going to Boston this year can be obtained by sending a stamped, self-addressed envelope to: Will Cloney, Director BAAA Marathon, Box 223, Boston, Mass. 02199.

Hats off to the 1980 Board of Directors. The Club had a good year thanks to the management. A special grunt to:

Elliott Eisenbud who brought things together as president and directed the Stampede to a nice profit.

Dave Davis who retires from the board after 7 years having been records, counter, membership, etc., etc....

Dennis Dunbar who started as editor in 1979 and will continue this year. Communication keeps the club together. Thanks to your time and ability we have a great newsletter.

-Jim Drake-

Received from Christchurch, New Zealand:

Scribe and his BC's,

I haven't exactly carried the B.C. colors to victory yet, but then neither have I embarrassed us. The track is fast and the competition tough. A Mexican won the 10K in 29:52! I'm in the 40-44 X-C today but so are 150 others, Many ex-Olympians. They like to eat and drink well down here.

-Abe-

Sporting Life



"WHAT KIND OF IDIOT WOULD RIDE
A BIKE IN THIS WEATHER?!"

HELP WANTED COLUMN - Chip Classifieds.....

DAVID LOW and GARY WALDSMITH will be putting on a couple of races in the near future and will need help from all who can. Dave will be working to get a TWOSOME RACE together - if you can help him call him at Second Sole, 925-5087. Gary will be putting together a BEER RUN, which should also prove to be entertaining as well as physical. Call Gary at 334-2705 (El Dorado Hills).

Happy Birthday to following Chips who make the move to the next age grouping - we wish you luck and good competition in the new group -

Harris Kuhn	12-10-50
David Mullins	1-16-51
Nancy Remley	1-21-51
Debbie Johnson	1-31-51
Barbara Kitada	2-8-51

MIKE MILLER
BUFFALO CHIPS RUNNING CLUB
P.O. BOX 186
CARMICHAEL, CA. 95608

THIRD CLASS

ALL CHIPS GOING TO THE BOSTON MARATHON- ATTENTION!

I am writing an article for the Sacramento Bee.
If you are going to Boston, please call me evenings or week-ends. Thanks!
Joan Reiss 485-8705



Running Schedule



- Sat 3-14 K-108 FUN RUN 3 & 5 mi., Old Sacramento, 8:30 am
- Sun 3-15 St. PATRICKS DAY 5 MILE, Fleet Feet, 2408 J, Sacto 11am
- Tue 3-17 B. C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
- Sat 3-21 MCINTOSH FUN RUN, 1/2, 3 & 6 mi, El Camino Store, 8:30am
- Sun 3-22 GOLDEN STATE WOMENS SERIES 5 & 10 K, Fleet Feet, Davis, 10am
- Tue 3-24 B. C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
- Sat 3-28 TOUR OF ARDEN PARK, 1/2, 1, 5 & 10 K, La Sierra Park, 8:30am
- Sun 3-29 MUD RUN, 9 & 13 mi, Browns Ravine, Folsom Lake, 9:00.
- Tue 3-31 B. C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
- Sat 4-4 AMERICAN FIELD SERVICE 5 & 10 K, Mira Loma H.S., 9am
- Sat 4-4 SACRAMENTO RELAYS, track & field events for sub & masters, CSUS, 10am
- Sat 4-4 MAGICAL MUSICAL MARATHON 1/2 & full, Old Folsom or Goethe Park, 8am
- Sun 4-5 BILLY MILLS RUN, 2mi & 10 K, Consumes River College, 9am
- Tue 4-7 B. C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6am
- Sat 4-11 K-108 FUN RUN, 3 & 5 mi, Old Sacramento, 8:30am
- Sat 4-11 GAZELLES 5 & 10 K, Sierra College, 9:30am
- Sun 4-12 AMERICAN RIVER 50 MILE, Auburn Fairgrounds, Auburn, 7am
- Sun 4-12 CSUS WATER SKI CLUB 2 & 5 MILE, CSUS, 9am
- Tue 4-14 B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
- Sat 4-18 MCINTOSH FUN RUN, 1/2, 3 & 6 mi, El Camino Store, 8:30am
- Tue 4-21 B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
- Sat 4-25 RUN-FOR-ALL, 2 mi & 10 K, Miche Grove Park, Lodi, 10am
- Sat 4-25 ELK GROVE 10 K, no details
- Sun 4-26 SPECIAL OLYMPICS, 1/2mi, 5 & 10 K, Woodland, 10am
- Tue 4-28 B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
- Sat 5-2 BIG BROTHERS 1mi, 5 & 10 K, Guy West Bridge, CSUS, 9am
- Sun 5-3 APPLE BLOSSOM RELAYS, 2 persons, 1.5 & 4.5mi ea., Camino, Apple Hill, 9:30
- Sun 5-3 AVENUE OF THE GIANTS MARATHON, Closed, call McIntosh for cancellations
- Tue 5-5 B. C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
- Sat 5-9 K-108 FUN RUN, 3 & 5 mi, Old Sacramento, 8:30am
- Sat 5-9 PODIATRIST 5 & 10 K, Granite Bay, Folsom Lake, time ?
- Sun 5-10 OPTOMISTS MOTHERS DAY RUN, 1/2 & 10 K, Mills J.H.S. Rancho Cordova, 10am
- Tue 5-12 B. C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
- Sat 5-16 MCINTOSH FUN RUN, 1/2, 3 & 6 mi, El Camino Store, 8:30am
- Tue 5-19 B. C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
- Sat 5-23 NORTH AREA YMCA, 2 1/2 & 5 mi, Eastern Ave, 9am

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This schedule is prepared by the BUFFALO CHIPS RUNNING CLUB for your running enjoyment. For additional information about the CHIPS, write MIKE MILLER, P.O. BOX 186, CARMICHAEL, CA. 95608.

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NAME: _____
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ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

YOUR BIRTHDATE _____

IF FAMILY MEMBERSHIP LIST OTHER FAMILY MEMBERS AND THEIR BIRTHDATES:

MAKE CHECK PAYABLE TO:.....	BUFFALO CHIPS	RUNNING CLUB	
MAIL TO:.....	MIKE MILLER	DUES FOR MEMBERSHIP:	
	P.O. BOX 186	SINGLE-FULL YEAR	\$7.00
	CARMICHAEL, CA. 95608	SINGLE-JULY-DEC.	\$3.50
		FAMILY-FULL YEAR	\$10.00
		FAMILY-JULY-DEC.	\$9.00

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		FAMILY-JULY-DEC.	\$5.00

CATHY HALE/DENISE COOK MEMORIAL RUN

Two women were killed recently in Stockton while out jogging, victims of an alleged drunk driver who lost control of his speeding car. Both women were teachers at the Mabel Barron Elementary School.

Our running compatriots in Stockton, the SUNDANCE RUNNING CLUB, with help from the Stockton Fleet Feet Store, are putting on the CATHY HALE/DENISE COOK MEMORIAL RUN, March 21, 1981. This is a run with the emphasis on participation rather than racing. Trophies, medals, t-shirts, etc., will not be given out. Participants will receive a ribbon however. All the proceeds will go into a Memorial Fund to benefit the students of the Mabel Barron School.

The run will begin at the School at 11:00 a.m. To get to the school head south on I-5 to Benjamin Holt Dr. Turn right (westbound) on Benjamin Holt and proceed to Cumberland. Turn right (northbound) on Cumberland and proceed to the school.

There will be a 4 mile loop for adults (suggested fee \$4.00) and a 1 mile loop for the kids (50¢). Registration will take place on the day of the run from 9:30 to 10:45. You can direct any questions you might have to Fleet Feet in Stockton (209) 957-5646.

There doesn't appear to be many other runs or races scheduled for that day so this is a good opportunity for the Chips to show that we care - for runners and for kids....see you there.....

It's birthday time again..time for some of our ranks to move into the next age groups...our congratulations to the following Chips:

Paul Goodwin	3-5-21
David Hammond	3-15-41
Mary Kennedy	3-27-51
Ferry Linn	4-21-51
Mark Evenson	3-2-51

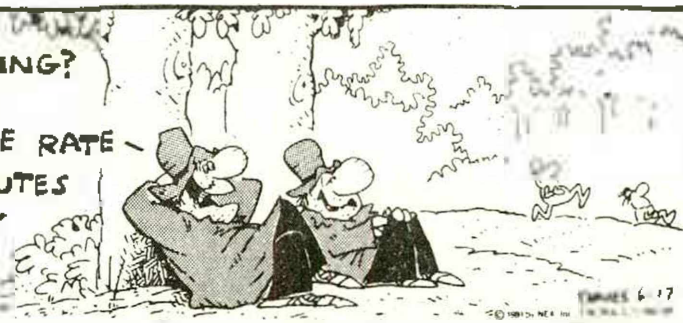
Coach Dennis says:

"Most better marathoners include in their training (in addition to high mileage) the following: long, steady distance (LSD); fast, continuous runs (FCR) of six to 12 miles once or twice a week; and speed training once or twice a week that could include sprints, Fartlek, or intervals, all at 5,000 meter pace or faster."

-Hal Higdon-

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WHO NEEDS JOGGING?
IF I WANT TO
INCREASE MY PULSE RATE -
FOR TWENTY MINUTES
I JUST OPEN MY
UTILITY BILL.



JED SMITH 50 MILE -- LONG BUT FAST....

-Abe Underwood-

I don't know if there's such a thing as "home-court-advantage" in a 50 mile run but the results seem to suggest that the BC's had something going for them at the Feb. 15th running of the Jedediah Smith 50 Mile Classic.

The best Chip performance was by GEORGE PARROTT with an outstanding 5:57:09 for fourth place overall. A sub six hour 50 miles is in the same league as a 2:30 marathon. A total of five runners broke the six hour mark. Most other Chips set PR's as the conditions were ideal in contrast to last years' disaster. Fifty nine year old GEORGE BILLINGSLEY ran a screamer in 6:31:28 to set a national age group record. PAUL REESE did the same with his 7:19:09. GORDON HALL's 7:33:16 filled the winning B.C. Masters team. The open men's team of PARROTT, GLENN BAILEY, and TIM HICKS finished second to the West Valley team, which included overall winner Doug Latimer in 5:33:55.

It was a great day and a successful race due to the faithful help of the likes of Hal Baker, Dennis Dunbar, Dennis Letl, Karen Walkup, Burl Jones, Cliff and Jeanne Flores, Randy LaBarge, Bob Potter, Betti Dolezal, Mike O'Neil, Carolyn Tucker, Art Goodwin, Chris Borland and Dave Davis. Hell, the runners had it easy - all they had to do was run 50 miles. Here's how they did:

4. George Parrott	5:57:09	58. Gary Waldsmith	7:53:50
10. Glenn Bailey	6:19:11	67. Helene Eisenbud	8:08:58
14. Tim Hicks	6:29:31	76. John Clover	8:21:08
15. George Billingsley	6:31:28	85. Elliott Eisenbud	8:44:08
37. Paul Reese	7:19:09	87. Saul Silverman	8:48:57
46. Gordon Hall	7:33:16	92. John Clark	8:54:59
52. Robert Derry	7:42:18	96. Jim Parsons	9:09:52
53. Lino Delgadillo	7:42:58	98. Mary Kennedy	9:24:10

Dear Abe,

Thanks for a super job in putting on the Jed Smith 50. The new course is a real improvement. The out & back helps to equalize the wind factor, and it also solves the problem of how to get your car from Marysville to Sacramento. The course itself was fast and scenic, and having all the mile markers was a big help.

All in all it was a very well organized race. I enjoyed it a great deal and will be looking forward to running it again next year.....

Best regards,
Doug (Latimer)

Dear Abe,

Thank you so much for your note - I was pleased with my effort - especially because I finished strong - using it as a stepping stone for the Western States Run.

Hadn't intended to be so generous with a \$50 check. Although, I must say the effort of the Buffalo Chips in organizing the run was terrific. The spirit of the runners in the Sac area is great.

Please accept a check for \$15 - \$5.00 for the run + \$10 as a donation to the Buffalo Chips.....

Thanks again,
Mike Levin

TRAIL DROPPINGS.....

***For those of you who may not have heard: there will be a women's marathon run in the 1984 Olympic games in Los Angeles. Congratulations to the women! Now, who's going to represent the Chips when they run the race???

***The SACRAMENTO COUPLES 5-MILER is slated for May 24, 1981. This is a Second Sole/Buffalo Chips co-sponsored event. Applications are enclosed with this newsletter, so get together with someone of the opposite sex (...are you the opposite sex, or am I?) and plan on making a strong showing at this race. Who knows, maybe we could make this as big as the TREVIRA TWOSOME....DAVID LOW could still use some help on this race. As it is a B.C. co-sponsored event it is only fitting that we provide personnel to help make it a successful run. If you're not going to run give Dave a call and offer your services. Dave can be reached through Second Sole, 925-5087.

***Is anyone planning on being in the Danville, Ca. area on May 3, 1981? If so, and you've been looking for a cheap way to get a week in Hawaii, the 4th Annual Devil Mountain Run (10K) might just be the ticket. I don't know why I'm telling you this - I don't need more competition and I sure would enjoy going to Hawaii for a week (free, remember?). Anyway, if you're interested you can write to Devil Mountain Run, P.O. Box 727, Alamo, Ca. 94507 for applications, details, etc. The run starts at the Village Shopping Center in Danville; cost is \$6.00. I should point out that the proceeds from the race benefit the Childrens Medical Center, and that the Grand Prize of the Hawaiian trip will be awarded randomly. Why am I telling you this??????????

***Speaking of upcoming races, and believe me I'm giving you plenty of time to get prepared, the 6th ANNUAL LAKE TAHOE MARATHON is set to be run on June 27, 1981. Entry fee is \$7.00 and entry forms can be acquired by sending a SSAE to LAKE TAHOE TRACK CLUB, P.O. Box 5983, Incline Village, Nevada 89450. T-shirts will sport the proclamation "The Lake is Back". Sounds like it might be a good one, hope to see you there....

***In the last issue I made an error (O.K., so I never said I was perfect, just sincere...). GARY WALDSMITH, who is spear-heading a Club BEER RUN, can be reached at 933-3815 rather than the number I published. My apologies to Gary and to those of you who tried to call Gary regarding the run. I believe that Gary can still use some help in getting this run set up (something about testing the beer???), so don't hesitate to call him.

***I'm sure that everyone is familiar with Par Courses. A new course is going to be installed soon along a section of the Bike Trail on the south side of the river. It will be placed between the city water plant and Alumni Grove on the CSUS campus. For those of you who enjoy par courses and live in that area, I'm sure that this is good news. With luck, etc., I understand it will open around May 1st.

SUNDAY CLUB RUNS IN THE OFFING...

Interested in a Sunday Morning Club run? Each Sunday at 8:00 members will meet to commence low key run on a predetermined course. This months course begins and ends at the Village Marina on the Garden Highway, west of I-5. There are 8, 10, and 13 mile loops (approximate distances).

The Club needs to identify a core group of 4-5 runners who will be available most Sundays to provide info and support to other runners.

If there is interest I suggest that a new running site be selected and published in each newsletter. If you are interested in being part of the core group let me know: HAL BAKER 443-4514 (H) or 322-2474 (W). See you on Sunday, Village Marina...

QUESTION: WHO'S WOMEN TEAM WON PA-TAC
MARATHON CHAMPIONSHIP?

QUESTION: WHAT IS A "SACRAMENTO COUPLES 5-MILER"?

QUESTION: WHAT DO ABE UNDERWOOD AND WILLIAM LAND
PARK, GILHOOLEYS IRISH PUB, AND THE GRADUATE
HAVE IN COMMON?

QUESTION: WHAT'S A "MUD RUN"?

FOR THE ANSWERS TO THESE QUESTIONS SEE
DETAILS INSIDE !!!

MIKE MILLER
BUFFALO CHIPS RUNNING CLUB
P.O. BOX 186
CARMICHAEL, CA. 95608

THIRD CLASS



Running Schedule



- Sat 1-31 GLASS TO GLASS RUN, 10K, 1 & 2 mi., I-5 and Hammer Lane Stockton, 11:00
Sun 2-1 BONNE BELL 10K, Golden Gate Park, 9:00
Sun 2-1 SACRAMENTO YMCA 10K RUN, YMCA, 2021 W St., Sacramento, 9:00
Sat 2-7 1ST ANNUAL HANGTOWN CHARITY RUN, Placerville Armory, 5K & 10K, 12:00
Sat 2-7 BOEMAN SCHOOL RUN, Auburn, 1, 3, & 6 mi., 9:30
Sun 2-8 FITNESS JUBILEE RUN, 6.1, 3.1, & $\frac{1}{2}$ mile, Sacramento Union Academy, Carm., 10:00
Sun 2-8 GOLDEN STATE WOMENS SERIES, 10K, Miller Park, 9:00 (in Davis, 3-22, Roseville 5-3)
Sun 2-8 B.C. RUSTY DUCK SUNDAY BRUNCH RUN, Village Marina, 8:00
Sat 2-14 HAVE A HEART RUN, American River College, 3 & 10 mi., 9:00
Sat 2-14 VALENTINES BAY RUN, 5K & 10K, Oakland, 10:00
Sat 2-14 K-108 FUN RUN, 3 & 5 mi., Old Sacramento, 8:30
Sun 2-15 JEDIDIAH SMITH 50 MILE CLASSIC, Discovery Park, Sacramento, 8:00
Sun 2-15 CALAVERAS RUNNERS ROAD RACE, 6.5 mi., Rancho Calaveras Clubhouse, (Hiway 26 & Balwin Ave), 10:00
Sat 2-21 MCINTOSH'S FUN RUN, $\frac{1}{2}$, 3, & 6 mi., El Camino Store, 8:30
Sun 2-22 CHINESE NEW YEAR RUN, 10K, 3.2 mi., BUSH & GRANT ST., SF., 9:00
Sun 2-22 FIFTH ANNUAL EXCELSIOR EAST END RUN, 8.2 mi., McLaren Lodge, Golden Gate Park, San Francisco, 9:00
Sat 2-28 1ST ANNUAL FLATLANDERS ULTRA MARATHON, 50 & 100 miles, and 24 hours Grossmont College, 9:00
Sun 3-1 RUN FOR LIFE, 5 & 10 mi., Folsom City Hall, 10:00
Sat 3-7 BIDWELL CLASSIC MARATHON AND HALF, Bidwell Park, Chico, 8:00
Sun 3-8 CAMELLIA CAPITOL MARATHON AND HALF, CSU-Sacramento, 7:00

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MAIL TO:.....MIKE MILLER

P.O. BOX 186

CARMICHAEL, CA. 95608

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FAMILY-FULL YEAR \$10.00

FAMILY-JULY-DEC. \$5.00

TENTH ANNUAL AVENUE OF THE GIANTS MARATHON ENTRY FORM AND INFORMATION SHEET

DATE & TIME: Sunday, May 3, 1981. Start at 9:30 a.m. sharp.

DISTANCE: 26 miles 385 yards. Course certified by AAU Standards Committee.

SPONSORS: Six Rivers Running Club, Nike, Garberville-Redway Chamber of Commerce, Vichy Springs Mineral Water Co.

SANCTIONED: By the Pacific Association of the A.A.U.

LOCATION: Dyerville flats, where the south and main forks of the Eel River converge, 2½ miles north of Weott in southern Humboldt County, California. Approximately 200 miles north of San Francisco and 50 miles south of Eureka, just off U.S. 101. Start, finish, and staging area is at north end of Dyerville bridge, at junction of Avenue of the Giants and Bull Creek Flats Road. Freeway exit sign reads "South Fork - Honeydew." Staging area and race course are within Humboldt Redwoods State Park.

ENTRY LIMITED: First 2000 paid entries accepted.

ENTRY FEE: \$10, non-refundable.

ENTRIES ACCEPTED IN ORDER OF POST-MARK DATE BEGINNING FEBRUARY 1, 1981.

TO ENTER: Complete entry form, sign waiver statement, mail entry form with \$10 entry fee to Avenue of the Giants Marathon, P.O. Box 214, Arcata, CA 95521. *Do not mail prior to February 1.* Entries will be accepted in order of postmark date beginning on February 1. Entries arriving with postmark dates prior to February 1 will be returned.

If more than 2000 entries arrive postmarked February 1, a lottery will be held to select the 2000. It is permissible to include more than one entry per envelope. If there is a lottery, it will be done by the selection of envelopes rather than individual entries.

ENTRY CONFIRMATION: Each accepted entrant will receive notification of acceptance by mail. Unaccepted entries will be returned.

ENTRY TRANSFER: If an accepted entrant becomes injured or otherwise unable to run in May, the entry may be transferred to another person for a \$2.00 fee. To transfer entry, send completed entry form (or a facsimile thereof) for new person (to whom entry is being transferred), signed permission from original entrant, and \$2 to P.O. Box 214, Arcata, CA 95521.

COURSE DESCRIPTION: Double out and back first on Bull Creek Flats Road, second on Avenue of the Giants. Begins west on Bull Creek Flats Road to seven mile point, then returns to start (14 miles) and proceeds south on Avenue of the Giants about six miles, turns around and finishes at start. Elevation at start/finish is 160 feet above sea level. Course climbs about 100 feet in first five miles, which is only significant uphill in the race. (There is a short uphill pull to cross a freeway overpass at 25 miles that might be called "significant" because of where it occurs.) Course is entirely on paved roads through the park. Roads will be closed to vehicular traffic during the race. Roads will be reopened at 2 p.m. Runners still out after five hours must run at own risk. No bicycles allowed on course during race. Mileage markers every mile. Split times available every five miles. Most of the course shaded by redwoods.

EXPECTED WEATHER: Fair, with temperatures in the 60s at start and 70s at finish, low humidity. Cooler temperatures and/or rain is possible. Has rained three times in eight years.

AID STATIONS: ERG and water will be available approximately every three miles and at start and finish.

FACILITIES AT STAGING AREA: Race is held in undeveloped region, with no showers or dressing facilities. Portable toilets will be available, and a food and drink concession will be operating.

CHECK IN: Numbers, pins and instructions can be picked up at the staging area from 10 a.m. to 7 p.m. on Saturday, May 2, and from 7 to 8:30 a.m. on race day.

DIVISIONS: Men's and women's categories in open (ages 19-34, 35-39, 40-44, 45-49, 50-54, 55-59, men's 60-64, and 65+, women's 60+, junior male and female 14 and under), and High School (male and female 15-18).

AWARDS: Awards to place winners in divisions. Awards donated by Southern Humboldt merchants. Awards ceremony at 2:30 p.m.

T SHIRTS: T shirts to all finishers. T shirts not for sale.

NEXT YEAR: Eleventh Annual Avenue of the Giants Marathon, Sunday, May 2, 1982, 9:00 a.m.

.....

1981 Avenue of the Giants Marathon ENTRY FORM

NAME _____ Social Security Number _____

Address _____ City, State _____ Zip _____

Age _____ Date of Birth _____

Sex _____ T-shirt size _____

Time you expect to run this race _____

WAIVER STATEMENT:

Intending to be legally bound, I hereby certify that my training and health are adequate for me to safely compete in a marathon, and I hereby waive any claims for damages I might suffer due to participation in the Avenue of the Giants Marathon, May 3, 1981.

Date _____ SIGNATURE (If under 18, include parent's also) _____

MOTELS AND RESORTS in southern Humboldt County, with address and phone (area code 707).

GARBERVILLE 95440

Benbow Valley Rec. Vehicle Park
2575 Benbow Dr. 923-2777

Johnston's Motel, Redwood Dr. 923-3327

Lone Pine Motel, 912 Redwood Dr. 923-3520

Motel Garberville, 948 Redwood Dr.
923-2422

Motel Rancho, 987 Redwood Dr. 923-2451

Sherwood Forest, 814 Redwood Dr. 923-2721

White Motel, 965 Redwood Dr. 923-2561

Singing Trees, Box 400, 247-3434

REDWAY 95560

Dean Creek Resort, Redwood Dr. 923-2555

Forty Winks Motel, Redwood Dr. 923-2660

PHILLIPSVILLE 95559

Deerhorn Lodge, Ave. Giants 943-3024

Madrona Motel, Ave. Giants 943-3108

MIRANDA 95553

Greenwood Manor Motel, Ave. Giants
943-3228

Miranda Garden Resort, Ave. Giants
943-3011

Whispering Pines Resort, Ave. Giants
943-3160

MYERS FLAT

Redwood Motel, Ave. Giants 943-3315

Jumble Shop Motel, Ave. Giants 943-3228

Giant Redwoods RV & Camp, Myers Ave.
943-3198

WEOTT

Sequoia Motel, Weott Heights Rd. 946-2276

REDCREST-PEPPERWOOD 95569

Redcrest Motor Inn, Ave. Giants 722-4208

Stafford RV Park, North Rd. 764-3416

RIO DELL 95562

Eeloa Lodge, 140 N. Pacific Ave. 764-5742

Humboldt Gables Motel, 40 W. Davis
764-5609

Rio Dell Motel, 3 W. Center 764-3759

PIERCY 95467

Hartsook Inn 247-3305

CAMPGROUNDS: There is one private campground, Giant Redwoods RV & Camp on Myers Avenue in Myers Flat (707/943-3198). In Humboldt Redwoods State Park the main camping area is Burlington Campground near the Park Headquarters a mile south of Weott on Avenue of the Giants. Additional camping areas are at Hidden Springs (just past Myers Flat) and Albee Creek (five miles up Bull Creek Flats Road). Group camping can be arranged at Williams Grove (just north of Myers Flat) and a Cuneo Camp (off Bull Creek Flats Road past Albee Creek). The availability of some of the camping areas depends on patterns of winter weather. Camping at Burlington and Group Camping at Williams and Cuneo will be on a reservation basis. **Reservations are handled exclusively by TICKETRON, INC.** Burlington may be reserved as much as eight weeks in advance and Group Camping may be reserved as much as 90 days in advance.

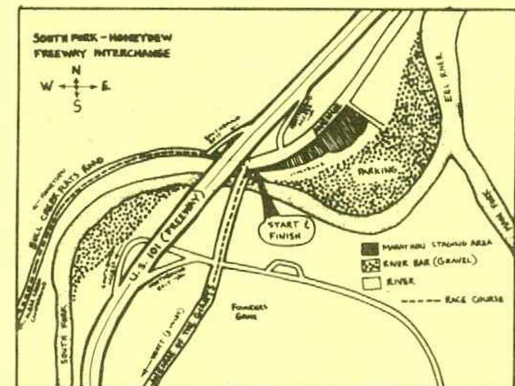
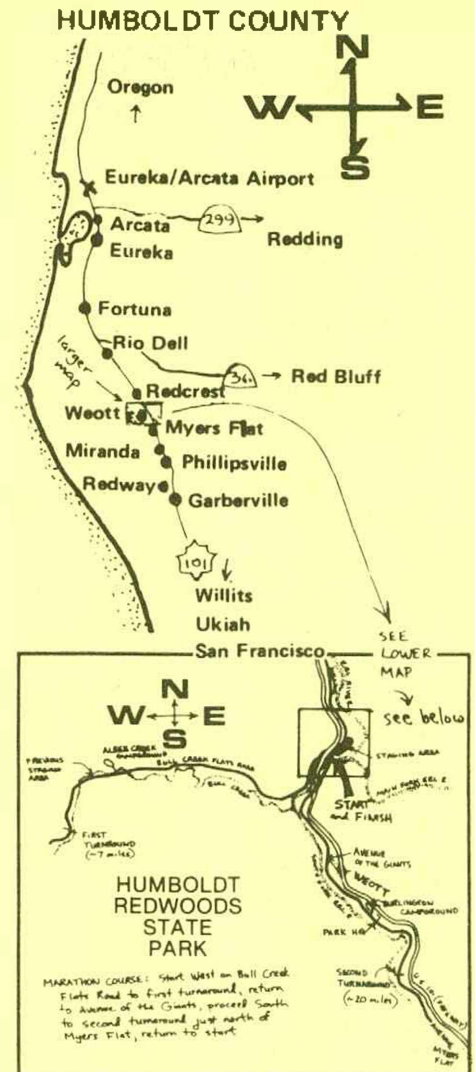
CONSIDER RV: Since motels are limited in regions close to the race, participants might consider the use of a recreational vehicle. RVs can be accommodated at Benbow, Dean Creek and at the several campgrounds.

FURTHER QUESTIONS: Anyone wishing further information on the race may call the Six Rivers Running Club at 707/822-9435.

AIR TRAVEL: Hughes Airwest flies scheduled flights into Eureka-Arcata airport, 20 miles north of Eureka. Small planes can land at Rohnerville (near Fortuna) or Garberville, both of which are about 20 miles from the race.

PARKING: Beginning at dawn on Sunday morning the river bar will be available for parking. Because there is only a single access road to the bar, traffic can pile up. **Please try to arrive by 8 a.m.**

COURSE RECORDS: Men's open 2:17:43 Bill Scobey 1973, women's open 2:47:50 Jane Wipf 1979, men's 30-39 2:18:06 Wayne Badgley 1975, women's 30-39 2:56:10 Irene Rudolf 1979, men's 40-49 2:33:54 Stewart Fall 1977, women's 40-49 3:04:19 Ruth Anderson 1978, men's 50-59 2:39:02 Ed Almeida 1977, women's 50+ 3:16:24 Margaret Miller 1978, men's 60+ 3:05:29 Paul Reese 1978, junior 2:49:39 Robert Govin 1978, Southern Humboldt 2:43:39 Robert Gobin 1978.



THE BUFFALO CHIPS RUNNING CLUB
invites you to participate in the



Jed Smith 50 Mile Classic

and Pacific Association 50-Mile Championships

- DATE:** February 15, 1981, Sunday, starting at 8:00 a.m.
LOCATION: Discovery Park, Sacramento. Near I-5 at Richards Blvd. exit.
REGISTRATION: Pre-registration only, which closes on Sat., February 14, 1981
ENTRY FEE: Entry fee is \$5, which must accompany entry form.
ELIGIBILITY: Open to all runners. However, as this is a Pacific Association Championship race, PA awards can only go to finishers with current (1981) Athletic Congress (TAC) membership.
- AWARDS:** PA medals in the following divisions: Open Men (5), 30-39 (5), 40-49 (5), 50-59 (2), 60+ (1); Open Women (5), 30-39 (5), 40-49 (3), 50-59 (2), 60+ (1). Teams (3 finishers) - Open & Masters (40+), both men and women. Teams must declare before start of race. Non-PA members finishing in the above divisions will be awarded other non-championship medals and PA awards will move down accordingly. Membership applications will be available on race day. Ribbons to all finishers. T-shirts subject to available sponsors.
- COURSE:** The course is basically a 50-mile loop beginning and finishing in Discovery Park. The route is west on the Garden Highway, north on Powerline Road and other rural, paved, low-density roads. The course meets the Garden Highway north of Verona and returns to Discovery Park. See map on reverse.
- SPECIAL INSTRUCTIONS:** No aid, times or directions will be provided along the course. Runners must provide for and be accompanied by their own handlers.
- LODGING:** Runners from out of town may wish to contact the following motels for accommodations. All are located within one mile **from** the start. Prices are for a double room:
- . Discovery Motor Inn - 350 Bercut Dr., (916) 442-6971, \$33
 - . California 6 Motel - 227 Jibbsom St., (916) 441-4733, \$17
 - . Sandman Motel - 236 Jibbsom St., (916) 443-6515, \$31
 - . Waterway Motel - 228 Jibbsom St., (916) 443-4811, \$26
- OTHER INFO:** Make checks payable to the BUFFALO CHIPS and mail to:
Abe Underwood, 6555 Park Riviera Way, Sacramento, CA 95831
Phone (916) 392-7672 or (916) 443-4514

JEDEDIAH SMITH 50-MILE CLASSIC

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, and executors, waive and release any and all claims that I may have against the persons and organizations affiliated with the race, TAC, the officials, the local jurisdictions, the Buffalo Chips Running Club and the sponsors while participating in or traveling to or from the Jedediah Smith 50-Mile Classic on February 15, 1981. I further attest that I am physically fit and have sufficiently trained for competition in this event.

NAME (print) _____ SIGNATURE _____ DATE _____
ADDRESS _____ CITY _____ ZIP _____
DATE OF BIRTH _____ AGE _____ TAC NO. _____ CLUB(team) _____
DIVISIONS (Check) Men _____ Women _____ Team (Check) Yes _____ No _____
CATEGORIES (Circle one) Open 30-39 40-49 50-59 60+
Name of Handler _____

Number _____	FINISH TIME _____	FINISH PLACE _____
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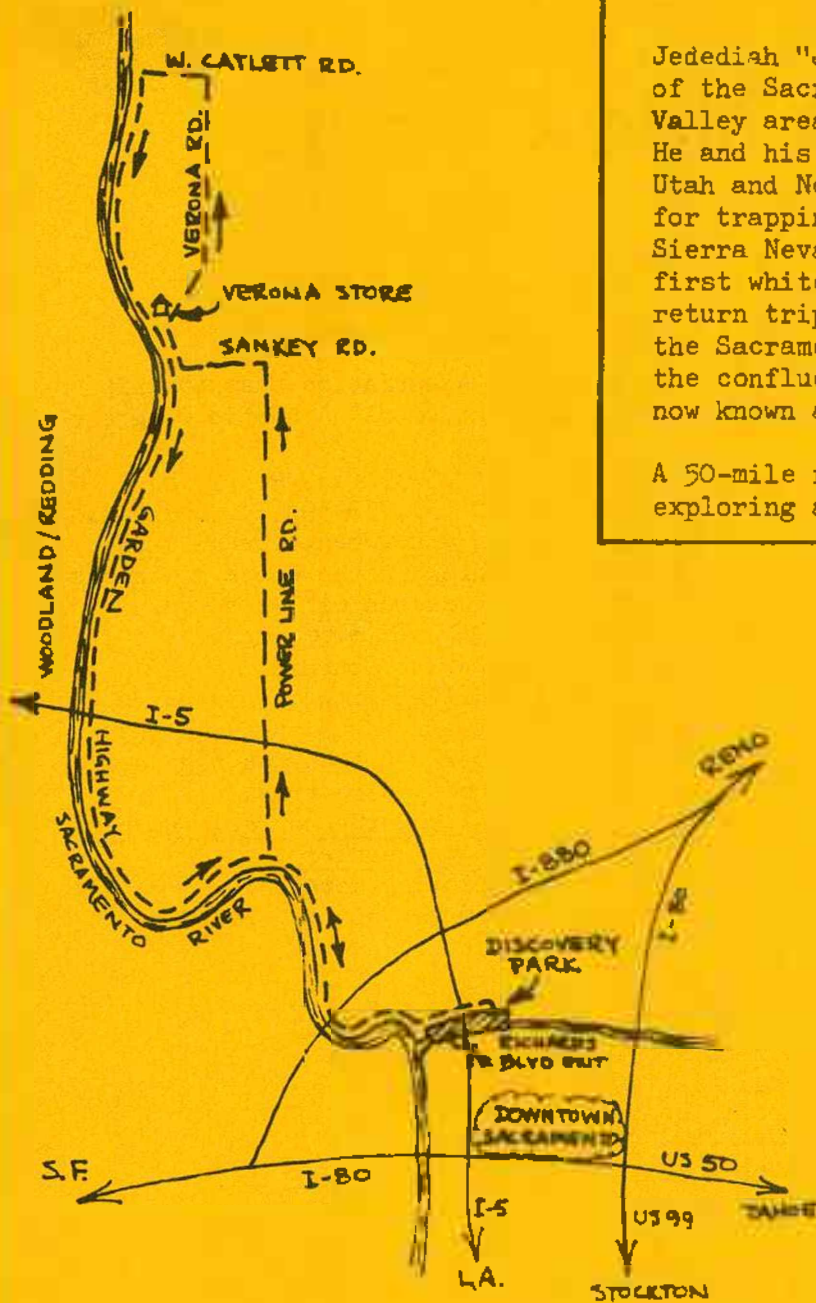
WHO THE HELL IS JED SMITH?

Jedediah "Jed" Smith was one of the early explorers of the Sacramento Valley. He entered the Sacramento Valley area by way of the Los Angeles basin in 1827. He and his men had traveled from St. Louis through Utah and Nevada in search of beaver and other animals for trapping. He returned to Utah, traversing the Sierra Nevada mountains and is believed to be the first white man to accomplish this crossing. On a return trip to California he traveled north through the Sacramento Valley, spending time in the area at the confluence of the Sacramento and American Rivers, now known as Discovery Park.

A 50-mile run seems to be a fitting memorial to the exploring and enduring spirit of Jed Smith.

JED SMITH SE2

1. Runners must run facing traffic on the left side of the road.
2. All official runners must wear a number on front during race.
3. All members of teams must be declared before start of race. Team captain is responsible for sign up.
4. Team scoring will be by total time of top three finishers.
5. Runners must have their handlers complete a time sheet which records all five mile split times. This sheet must be turned in when the runner finishes.
6. Runners who do not finish should notify race officials at finish line and turn in their time sheet.





BUFFALO CHIPS



RUNNING CLUB

No. 52

Charlie Mersereau	High Dunger	362-9660
Heide Skaden-Poyser	Vice Dunger	925-3934
Marv Poyser	Dung Recorder	925-3934
Jim Lobsitz	Dung Counter	488-2212
Mike Miller	Dung Herder	488-3833
Bev Marx	Dung Co-ordinator	927-6882
Abe Underwood	Race Chairchip	392-7672
Dennis Dunbar	Dung Editor	362-2888

July 15, 1981

CHIPS MASTERS RUN IN TAHOE RELAY

This year the Chips were represented at the seventeenth running of the Robert DeCelle, Jr. Lake Tahoe Relay by a Masters Team consisting of Gordon Hall, Bob Leever, Bob Hanna, Marv Poyser, Charlie Mersereau, Bob Malain and Vance Koerner. Running in that order, with an accumulated age of 349 years, they placed fourth among Masters Teams and 50th out of the 77 teams that finished with a total time of 8:46:57.

Highlight of the race was the strong finish of Vance Koerner who was unknowingly being pursued by Gus Henekel of the Ophir Prison Masters Team. After gaining to within 100 yards in the first 8 1/2 miles of the final leg, and with Vance squarely in his sights, Gus was unable to make up the remaining distance with the result that we beat the Ophirs by 18 seconds!

Division Winners Were:

<u>Place</u>	<u>Division</u>	<u>Team</u>	<u>Time</u>
Overall			
1	Mens Open	Harvey's Hotel & Casino	6:27:28
9	Mixed Open	Capitol City Flyers	7:20:50
15	Highschool	Lick High School, San Jose	7:39:39
37	Mens Masters	South Tahoe Teachers	8:23:04
38	Womens Open	Aggie Running Club	8:24:18

CHIPS BARBEQUE

A small but distinguished group of Chips met on the evening of June 12th for a short run and family barbeque. Strictly low key, everyone took a relaxed five mile run down the bike trail from the Guy West Bridge while hosts Randy and Bev Marx fired up the charcoal. Steaks, hamburgers and what have you were then enjoyed in the beautiful surroundings of the Alumni Grove. Some of those attending were the Dave Davis Family, George Parrott, Eileen Claugus, Jim Parsons and his daughter, and the Poyser.

CLUB MEETING SCHEDULED FOR
 AUG. 20TH
 SEE DETAILS INSIDE !!!



LETTER FROM THE EDITOR....



It's vacation time again. If you've had an interesting running vacation, share it with the rest of us. Some of those out-of-town runs can be rather exotic. Write a small piece now while it's still fresh on your mind. I'll print all I have room for....

A little over a year ago I reported that the County Board of Supervisors, in their infinite wisdom, banned dogs from the American River Parkway. This was done, ostensibly, for reasons of safety. As it was runners who were taking their dogs on the Trail, and it was cyclists who were complaining of dog related accidents, it was clear the safety of runners was not the primary concern of the Board.

As everyone is aware, the Trail has had a reputation for assaults, particularly against women. Last month a woman turned the upper hand by cornering a flasher on the Trail, with the help of her German Shepard. The flasher was subsequently arrested.

When I first read the article of Ms. Chris Mason's courageous capture, I applauded her spunk. The thought occurred to me later that perhaps the Board had seen the folly of their decision and rescinded the ordinance prohibiting dogs on the Trail. I contacted the County Department of Parks and Recreation to find out.

I was informed that the ordinance was, indeed, still in effect. I was also informed that Parks and Recreation personnel have more important things to do than issue citations for violations of this ordinance: in fact, not one citation has been issued since this ordinance was adopted in January 1980. City police personnel, while recommending that runners take their dogs on the Trail, are also unable to provide complete protection for runners from undesirable elements that also frequent the Trail.

I recommend that all Chips, particularly you ladies, who use the Trail and would feel safer with a dog in tow, do so. I also recommend, however, that the dogs be maintained on a leash, and that particular attention be paid to cyclists using the Trail; after all, it probably wouldn't take more than one incident where a cyclist is injured by a dog and complains, and enforcement of the ordinance would be a reality. During these summer months, running on the Trail can be enjoyable, but we must be realistically aware of the dangers present...

Hey, what do you think of Chip, JIM HOWARD??? Jim has won the Avenue of the Giants Marathon, the American River 50, the Levi's Ride and Tie, and the Western States 100. Congratulations, Jim; glad to have you aboard.....

'til next time, good running,

Dennis

DEADLINE FOR NEXT NEWSLETTER: September 5, 1981
Send articles to: 3557 Gemini Way, Sacramento, Ca. 95827
or call, 362-2888

STATE OF THE HERD

Congratulations to Jim Howard on his back to back victories in the Ride and Tie and the Western States 100. Your President didn't fare as well, having to drop out of the 100 at Devil's Thumb. Oh, well, some Chips were meant to soar while others fall where they may. More on the Western States elsewhere.

A couple of announcements: First, our First Tuesday of the Month Track Meets are now being held at Jesuit High School. A report on the July Meet appears elsewhere in this Bulletin. Second, there will be a

GENERAL MEETING OF THE MEMBERSHIP
7:00 P.M. Thursday August 20
Sam's Hoffbrau
2500 Watt Ave., Corner of ElCamino

Things to be discussed at the meeting include a proposed set of By-Laws enabling us to become established as a non-profit corporation with special liability and postage advantages and the Buffalo Stampede which is scheduled for Sunday, September 13th. Also, we expect to have some good films and slides of Chips runs and related subjects. If you have any which you would like to share with the group, please call me. This will be an important meeting and we want to see you there. Put it on your calendar now.

See you on the trails,

Charlie

SACRAMENTO COUPLES 5-MILER

-Dave Low-

The first Couples 5-Miler prom race was a smashing success as Chip couples swept three out of four divisions. A total of 77 couples were entered, some to race and all to have a good time. 28 Chips were members of numerous teams and many more Chiperoos helped out with the many duties.

The winning couple in the 30-50 division was composed of 2:28 marathoner, Chris Turney and road rocket, Kathy Pfiefer, who in recent days has shown herself an outstanding track runner, as well. Time was 55:33 (26:44/28:49). The overall winning couple consisted of Avenue of the Giants winner, Jim Howard and lady masterblaster Miss Eileen Claugus. Their combined time was 54:29 (25:41/28:45). In the 81-110 division we saw outstanding performances by two of Sacramento's top masters runners, Joan Reiss and Don Spickelmier, combining for a blazing time of 60:22 (33:03/27:19). The only division won by a non-Chip group was the Husband/Wife division. Judi and Ron Mellor from Loomis came down from the foothills to post a 62:07 winning time, but they did not have an easy time as Chips Randy and Bev Marx were only 20 seconds back.

I hope all the runners had a good time and fast or not-so fast, all deserve congratulations. We had a great time doing it!!

Western states 100

Chip, JIM HOWARD and Doug Latimer (un-Chip) tied in winning the 1981 WST 100 in a time of 16 hours 2 minutes. Bjorg Austreheim-Smith was the first woman finisher in 18:46, followed closely by Sally Edwards in 20:07. Both women finished in the top 10, and ran a very exciting race against each other and the course. Helene Eisenbud was the first woman to finish wearing the Club colors, in a time of 26:33.

The course took its toll on Chips, though. Of the approximately 16 Chips who started the race, 7 went home to bed and hearth early. Chip finishers included the following:

1.	Jim Howard	16:02
	Doug Latimer	
23.	Mike Owen	21:56
49.	Pat Creehan	23:09
57.	Saul Silverman	23:21
83.	Elliott Eisenbud	24:46
97.	Helene Eisenbud	26:33
100.	Paul Reese	26:52
101.	Jim Drake	26:53
139.	Dennis Letl	29:15

There were 251 starters in this race. 146 intrepid soles finished, and 82 of the finishers completed the race under the 24 hour limit to acquire the coveted Silver Buckle.

My apologies to any Chip finishers that I've missed in the listing. Let me know and I'll see you receive the recognition you deserve in the next issue.

Congratulations are due to all participants of this race: it takes a special kind of runner just to start. Finisher or not, you're all to be commended...

COACHES CORNER:

"If in a six-mile race, you feel hard pressed to maintain a given pace in the first two miles but finish strongly and feel fresh afterward, the conclusion might be that you are strongly conditioned but lacking basic leg speed. Hence, more interval (i.e. speed) work may be necessary in your training."

-Marty Liquori-

UNITED CEREBRAL PALSEY
OLD SACRAMENTO 10K
-May 30, 1981-
-Jim Drake-

The Chip women were outstanding this year. Eileen Claugus was the first woman, finishing in 19th place overall in a time of 35:52. This was a PR and, per George Parrott, the fastest 10K run by a Sacramento female. Second female in the 20-29 division went to Kathy Pfiefer (36:15). Super time, considering all the racing she is doing. Sally Edwards won her division (41:05). Mary Kennedy placed 3rd in 43:13 and 4th went to Carolyn Tucker, 44:59, in the 30-39 group. A gal who usually wins her division, Joan Reiss, did it again, 41:31. Don Spicklemier won a 24 second PR for first in the 40-49 group (33:35); he was 6th overall. Ivan Rarick, who gets in his speed work racing motorcycles, came in a fast 5th (38:24).

Thanks to the following Chips for their support, and thanks to the committee who were mostly Chips also:

6.	Don Spickelmeir	33:35
7.	Bill Stainbrook	33:41
19.	Eileen Claugus	35:52
21.	Ed Stromberg	35:56
26.	Kathy Pfiefer	36:15
28.	George Parrott	36:36
33.	G. F. Anderson	37:49
34.	John McIntosh	37:53
37.	Ivan Rarick	38:24
38.	John Wilson	38:48
46.	Eric Natti	39:36
48.	Frank Benham	39:48
51.	David Low	40:13
53.	Chuck Conway	40:19
65.	Larry Walton	41:04
66.	Sally Edwards	41:05
70.	Joan Reiss	41:31
73.	Bob Potter	41:48
80.	Art Goodwin	42:25
82.	Mary Kennedy	43:13
93.	Jim Parsons	44:13
94.	Elliott Eisenbud	44:14
97.	Jimmy Low	44:31
104.	Carolyn Tucker	44:57
105.	Abe Underwood	44:59
109.	Jim Wellington	45:17
112.	Don Owen	45:39
117.	Dick Petruzzi	46:16
155.	James Vaugh	50:08
192.	Diane Walton	53:48

FOLSOM 10K

-Dave Low-

The 1981 Folsom 10K was run on July 4th. There were 282 finishers, with Chips turning in stellar performances:

1st Male: Bill Britten.(un-Chip), 29:58

1st Female: Chip, HEIKE SKADEN, 36:57

Chip finishers:

21.	Jon Shelgren	35:03	108.	Vance Koerner	42:54
26.	Bob Bourbeau	35:50	112.	Bob Potter	43:11
28.	Karl Yamauchi	36:00	119.	Lee Fox	44:00
30.	A.J. Underwood	36:38	133.	Dennis Letl	44:36
37.	Jeff Pearman	37:02	140.	Mike Miller	45:01
42.	Bob Malain	37:29	141.	Glenn Millar	45:02
44.	Tom Pearman	37:31	143.	Art Waggoner	45:04
52.	Jim Finnegan	38:55	152.	Cliff Flores	44:32
61.	John McIntosh	39:25	158.	Steve Macalay	45:59
74.	Bruce Johnson	40:37	182.	Mike Otten	48:15
76.	Brian Burke	40:42	184.	Mike O'Neil	49:07
84.	Marv Poyser	41:15	225.	Joe Lawrence	52:54
86.	Joan Reiss	41:29	231.	Chris Borland	53:33
97.	Gordan Hall	42:21	232.	Nancy Molitor	54:04
103.	Randy Meyers	42:31	242.	Nancy Plona	55:45
107.	Bob Leever	42:53	250.	Patti Sugarman	57:05

Special thanks to Walt Betschart and family for making the job of job administration easier. Thanks also to all the Chips who helped out at the race: Chris Turney, Frank Benham, Jim Howard, Jeff Hayes, Kathy Pfliefer, Monica Meyers (Randy's wife), Barbara Peach, Charlie Mersereau, A. J. Underwood, Jim Low, Glenn Bailey, LaDonna Washington, Jose and Pedro Reyes, Kevin Clarke, and Karl Pryor.

MONTHLY TRACK MEET AT JESUIT HIGH

The Chip's Monthly track meets are now being held at Jesuit High School on the first Tuesday of each month at 6:00 P.M. Events include the 440, 880, 1 mile, 2 miles and 5 miles. Results of the July 7th meet are as follows:

<u>440 Yard Dash</u>		<u>880 Yard Run</u>		<u>1 Mile Run</u>		<u>2 Mile Run</u>	
M Koerner	60	C Turney	2:20	C Turney	4:57	C Turney	10:39
J Hayes	60	F Benham	2:31	J Hayes	5:06	J Hayes	11:45
C Turney	61	K Pfliefer	2:43	V Shipley	5:33	V Shipley	11:59
F Benham	64	J Rote	2:48	K Pfliefer	5:40	K Pfliefer	13:15
V Koerner	68	V Koerner	2:49	B Marx	5:43	D Davis	13:18
K Pfliefer	70	R Pfliefer	2:59	M Koerner	5:52	M Koerner	13:22
V Shipley	71	J Reiss	3:01	E Claugus	5:54	J Reiss	13:29
B Marx	77	J Wellington	3:04	G Parrott	5:54	R Pfliefer	13:44
J Wellington	78			D Davis	5:55	B Marx	13:47
D Davis	78			V Koerner	6:04	V Koerner	13:57
J Reiss	86			J Reiss	6:09	J Wellington	14:32
				R Pfliefer	6:23		
				J Wellington	6:49		

Since it was a hot day and all hands had had a hard weekend (of running, that is), the Five Mile Run was dispensed with in favor of a more sociable 2-4 mile cool-down run along American River Drive.

SAN FRANCISCO MARATHON

-GEORGE PARROTT-

7-12-81

Chips turn in outstanding performances at San Francisco Marathon:

Jim Howard	(2nd overall)	2:19	
Chris Turney		2:27	
Glenn Bailey		2:39	
Jeff Hayes		2:39	
Eileen Claugus	(2nd female)	2:42	(New PA open marathon record)
Dan Alarid		2:42	
Jim Finnegan	low	2:50's	
George Parrott		2:56	
Kathy Pfiefer		2:59	(was holding back - going to Syracuse, N.Y. for collegiate marathon for women.)
Frank Benham		2:59	(First sub 3 hr. marathon)
Elliott Eisenbud		3:30's	
Jim Drake		3:30's	
Art Waggoner		3:30's	
Jim Wellington		3:37	

Sorry about the imprecision on some of these times; it somewhat difficult to get 100% accurate figures the day of the race.

SPEED DEMONS EXCELL.....

This Club gets faster every time you turn around.

Eileen Claugus holds the course record on the McIntosh 3 mile loop with a clocking of 16:27.

At the UCP 10K Eileen clocked a 35:52, and Kathy Pfiefer ran a time of 36:15.

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Not to mention Jim Howard's performances.

Looking good folks, keep up the good work.....

Mike Miller
Buffalo Chips Running Club
P.O. Box 186
Carmichael, CA. 95608

THIRTEEN CLUB



Running Schedule



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BUFFALO CHIPS

RUNNING CLUB



No. 52

Charlie Mersereau	High Dunger	362-9660
Heide Skaden-Poyser	Vice Dunger	925-3934
Marv Poyser	Dung Recorder	925-3934
Jim Lobsitz	Dung Counter	488-2212
Mike Miller	Dung Herder	488-3833
Bev Marx	Dung Co-ordinator	927-6882
Abe Underwood	Race Chairchip	392-7672
Dennis Dunbar	Dung Editor	362-2888

July 15, 1981

CHIPS MASTERS RUN IN TAHOE RELAY

This year the Chips were represented at the seventeenth running of the Robert DeCelle, Jr. Lake Tahoe Relay by a Masters Team consisting of Gordon Hall, Bob Leever, Bob Hanna, Marv Poyser, Charlie Mersereau, Bob Malain and Vance Koerner. Running in that order, with an accumulated age of 349 years, they placed fourth among Masters Teams and 50th out of the 77 teams that finished with a total time of 8:46:57.

Highlight of the race was the strong finish of Vance Koerner who was unknowingly being pursued by Gus Henekel of the Ophir Prison Masters Team. After gaining to within 100 yards in the first 8 1/2 miles of the final leg, and with Vance squarely in his sights, Gus was unable to make up the remaining distance with the result that we beat the Ophirs by 18 seconds!

Division Winners Were:

<u>Place</u>	<u>Division</u>	<u>Team</u>	<u>Time</u>
Overall			
1	Mens Open	Harvey's Hotel & Casino	6:27:28
9	Mixed Open	Capitol City Flyers	7:20:50
15	Highschool	Lick High School, San Jose	7:39:39
37	Mens Masters	South Tahoe Teachers	8:23:04
38	Womens Open	Aggie Running Club	8:24:18

CHIPS BARBEQUE

A small but distinguished group of Chips met on the evening of June 12th for a short run and family barbeque. Strictly low key, everyone took a relaxed five mile run down the bike trail from the Guy West Bridge while hosts Randy and Bev Marx fired up the charcoal. Steaks, hamburgers and what have you were then enjoyed in the beautiful surroundings of the Alumni Grove. Some of those attending were the Dave Davis Family, George Parrott, Eileen Claugus, Jim Parsons and his daughter, and the Poyzers.

CLUB MEETING SCHEDULED FOR
AUG. 20TH
SEE DETAILS INSIDE !!!



LETTER FROM THE EDITOR....



It's vacation time again. If you've had an interesting running vacation, share it with the rest of us. Some of those out-of-town runs can be rather exotic. Write a small piece now while it's still fresh on your mind. I'll print all I have room for....

A little over a year ago I reported that the County Board of Supervisors, in their infinite wisdom, banned dogs from the American River Parkway. This was done, ostensibly, for reasons of safety. As it was runners who were taking their dogs on the Trail, and it was cyclists who were complaining of dog related accidents, it was clear the safety of runners was not the primary concern of the Board.

As everyone is aware, the Trail has had a reputation for assaults, particularly against women. Last month a woman turned the upper hand by cornering a flasher on the Trail, with the help of her German Shepard. The flasher was subsequently arrested.

When I first read the article of Ms. Chris Mason's courageous capture, I applauded her spunk. The thought occurred to me later that perhaps the Board had seen the folly of their decision and rescinded the ordinance prohibiting dogs on the Trail. I contacted the County Department of Parks and Recreation to find out.

I was informed that the ordinance was, indeed, still in effect. I was also informed that Parks and Recreation personnel have more important things to do than issue citations for violations of this ordinance: in fact, not one citation has been issued since this ordinance was adopted in January 1980. City police personnel, while recommending that runners take their dogs on the Trail, are also unable to provide complete protection for runners from undesirable elements that also frequent the Trail.

I recommend that all Chips, particularly you ladies, who use the Trail and would feel safer with a dog in tow, do so. I also recommend, however, that the dogs be maintained on a leash, and that particular attention be paid to cyclists using the Trail; after all, it probably wouldn't take more than one incident where a cyclist is injured by a dog and complains, and enforcement of the ordinance would be a reality. During these summer months, running on the Trail can be enjoyable, but we must be realistically aware of the dangers present...

Hey, what do you think of Chip, JIM HOWARD??? Jim has won the Avenue of the Giants Marathon, the American River 50, the Levi's Ride and Tie, and the Western States 100. Congratulations, Jim; glad to have you aboard.....

'til next time, good running,

Dennis

DEADLINE FOR NEXT NEWSLETTER: September 5, 1981
Send articles to: 3557 Gemini Way, Sacramento, Ca. 95827
or call, 362-2888

STATE OF THE HERD

Congratulations to Jim Howard on his back to back victories in the Ride and Tie and the Western States 100. Your President didn't fare as well, having to drop out of the 100 at Devil's Thumb. Oh, well, some Chips were meant to soar while others fall where they may. More on the Western States elsewhere.

A couple of announcements: First, our First Tuesday of the Month Track Meets are now being held at Jesuit High School. A report on the July Meet appears elsewhere in this Bulletin. Second, there will be a

GENERAL MEETING OF THE MEMBERSHIP
7:00 P.M. Thursday August 20
Sam's Hoffbrau
2500 Watt Ave., Corner of ElCamino

Things to be discussed at the meeting include a proposed set of By-Laws enabling us to become established as a non-profit corporation with special liability and postage advantages and the Buffalo Stampede which is scheduled for Sunday, September 13th. Also, we expect to have some good films and slides of Chips runs and related subjects. If you have any which you would like to share with the group, please call me. This will be an important meeting and we want to see you there. Put it on your calendar now.

See you on the trails,

Charlie

SACRAMENTO COUPLES 5-MILER

-Dave Low-

The first Couples 5-Miler prom race was a smashing success as Chip couples swept three out of four divisions. A total of 77 couples were entered, some to race and all to have a good time. 28 Chips were members of numerous teams and many more Chiperoos helped out with the many duties.

The winning couple in the 30-50 division was composed of 2:28 marathoner, Chris Turney and road rocket, Kathy Pfiefer, who in recent days has shown herself an outstanding track runner, as well. Time was 55:33 (26:44/28:49). The overall winning couple consisted of Avenue of the Giants winner, Jim Howard and lady masterblaster Miss Eileen Claugus. Their combined time was 54:29 (25:41/28:45). In the 81-110 division we saw outstanding performances by two of Sacramento's top masters runners, Joan Reiss and Don Spickelmier, combining for a blazing time of 60:22 (33:03/27:19). The only division won by a non-Chip group was the Husband/Wife division. Judi and Ron Mellor from Loomis came down from the foothills to post a 62:07 winning time, but they did not have an easy time as Chips Randy and Bev Marx were only 20 seconds back.

I hope all the runners had a good time and fast or not-so fast, all deserve congratulations. We had a great time doing it!!

Western states 100

Chip, JIM HOWARD and Doug Latimer (un-Chip) tied in winning the 1981 WST 100 in a time of 16 hours 2 minutes. Bjorg Austreheim-Smith was the first woman finisher in 18:46, followed closely by Sally Edwards in 20:07. Both women finished in the top 10, and ran a very exciting race against each other and the course. Helene Eisenbud was the first woman to finish wearing the Club colors, in a time of 26:33.

The course took its toll on Chips, though. Of the approximately 16 Chips who started the race, 7 went home to bed and hearth early. Chip finishers included the following:

1.	Jim Howard	16:02
	Doug Latimer	
23.	Mike Owen	21:56
49.	Pat Creehan	23:09
57.	Saul Silverman	23:21
83.	Elliott Eisenbud	24:46
97.	Helene Eisenbud	26:33
100.	Paul Reese	26:52
101.	Jim Drake	26:53
139.	Dennis Letl	29:15

There were 251 starters in this race. 146 intrepid soles finished, and 82 of the finishers completed the race under the 24 hour limit to acquire the coveted Silver Buckle.

My apologies to any Chip finishers that I've missed in the listing. Let me know and I'll see you receive the recognition you deserve in the next issue.

Congratulations are due to all participants of this race: it takes a special kind of runner just to start. Finisher or not, you're all to be commended...

COACHES CORNER:

"If in a six-mile race, you feel hard pressed to maintain a given pace in the first two miles but finish strongly and feel fresh afterward, the conclusion might be that you are strongly conditioned but lacking basic leg speed. Hence, more interval (i.e. speed) work may be necessary in your training."

-Marty Liquori-

UNITED CEREBRAL PALSEY
OLD SACRAMENTO 10K
-May 30, 1981-
-Jim Drake-

The Chip women were outstanding this year. Eileen Claugus was the first woman, finishing in 19th place overall in a time of 35:52. This was a PR and, per George Parrott, the fastest 10K run by a Sacramento female. Second female in the 20-29 division went to Kathy Pfiefer (36:15). Super time, considering all the racing she is doing. Sally Edwards won her division (41:05). Mary Kennedy placed 3rd in 43:13 and 4th went to Carolyn Tucker, 44:59, in the 30-39 group. A gal who usually wins her division, Joan Reiss, did it again, 41:31. Don Spicklemier won a 24 second PR for first in the 40-49 group (33:35); he was 6th overall. Ivan Rarick, who gets in his speed work racing motorcycles, came in a fast 5th (38:24).

Thanks to the following Chips for their support, and thanks to the committee who were mostly Chips also:

6.	Don Spickelmeir	33:35
7.	Bill Stainbrook	33:41
19.	Eileen Claugus	35:52
21.	Ed Stromberg	35:56
26.	Kathy Pfiefer	36:15
28.	George Parrott	36:36
33.	G. F. Anderson	37:49
34.	John McIntosh	37:53
37.	Ivan Rarick	38:24
38.	John Wilson	38:48
46.	Eric Natti	39:36
48.	Frank Benham	39:48
51.	David Low	40:13
53.	Chuck Conway	40:19
65.	Larry Walton	41:04
66.	Sally Edwards	41:05
70.	Joan Reiss	41:31
73.	Bob Potter	41:48
80.	Art Goodwin	42:25
82.	Mary Kennedy	43:13
93.	Jim Parsons	44:13
94.	Elliott Eisenbud	44:14
97.	Jimmy Low	44:31
104.	Carolyn Tucker	44:57
105.	Abe Underwood	44:59
109.	Jim Wellington	45:17
112.	Don Owen	45:39
117.	Dick Petruzzi	46:16
155.	James Vaugh	50:08
192.	Diane Walton	53.48

FOLSOM 10K

-Dave Low-

The 1981 Folsom 10K was run on July 4th. There were 282 finishers, with Chips turning in stellar performances:

1st Male: Bill Britten (un-Chip), 29:58

1st Female: Chip, HEIKE SKADEN, 36:57

Chip finishers:

21. Jon Shelgren	35:03	108. Vance Koerner	42:54
26. Bob Bourbeau	35:50	112. Bob Potter	43:11
28. Karl Yamauchi	36:00	119. Lee Fox	44:00
30. A.J. Underwood	36:38	133. Dennis Letl	44:36
37. Jeff Pearman	37:02	140. Mike Miller	45:01
42. Bob Malain	37:29	141. Glenn Millar	45:02
44. Tom Pearman	37:31	143. Art Waggoner	45:04
52. Jim Finnegan	38:55	152. Cliff Flores	44:32
61. John McIntosh	39:25	158. Steve Macalay	45:59
74. Bruce Johnson	40:37	182. Mike Otten	48:15
76. Brian Burke	40:42	184. Mike O'Neil	49:07
84. Marv Poyser	41:15	225. Joe Lawrence	52:54
86. Joan Reiss	41:29	231. Chris Borland	53:33
97. Gordan Hall	42:21	232. Nancy Molitor	54:04
103. Randy Meyers	42:31	242. Nancy Plona	55:45
107. Bob Leever	42:53	250. Patti Sugarman	57:05

Special thanks to Walt Betschart and family for making the job of job administration easier. Thanks also to all the Chips who helped out at the race: Chris Turney, Frank Benham, Jim Howard, Jeff Hayes, Kathy Pfiefer, Monica Meyers (Randy's wife), Barbara Peach, Charlie Mersereau, A. J. Underwood, Jim Low, Glenn Bailey, LaDonna Washington, Jose and Pedro Reyes, Kevin Clarke, and Karl Pryor.

MONTHLY TRACK MEET AT JESUIT HIGH

The Chip's Monthly track meets are now being held at Jesuit High School on the first Tuesday of each month at 6:00 P.M. Events include the 440, 880, 1 mile, 2 miles and 5 miles. Results of the July 7th meet are as follows:

<u>440 Yard Dash</u>		<u>880 Yard Run</u>		<u>1 Mile Run</u>		<u>2 Mile Run</u>	
M Koerner	60	C Turney	2:20	C Turney	4:57	C Turney	10:39
J Hayes	60	F Benham	2:31	J Hayes	5:06	J Hayes	11:45
C Turney	61	K Pfiefer	2:43	V Shipley	5:33	V Shipley	11:59
F Benham	64	J Rote	2:48	K Pfiefer	5:40	K Pfiefer	13:15
V Koerner	68	V Koerner	2:49	B Marx	5:43	D Davis	13:18
K Pfiefer	70	R Pfiefer	2:59	M Koerner	5:52	M Koerner	13:22
V Shipley	71	J Reiss	3:01	E Clausus	5:54	J Reiss	13:29
B Marx	77	J Wellington	3:04	G Parrott	5:54	R Pfiefer	13:44
J Wellington	78			D Davis	5:55	B Marx	13:47
D Davis	78			V Koerner	6:04	V Koerner	13:57
J Reiss	86			J Reiss	6:09	J Wellington	14:32
				R Pfiefer	6:23		
				J Wellington	6:49		

Since it was a hot day and all hands had had a hard weekend (of running, that is), the Five Mile Run was dispensed with in favor of a more sociable 2-4 mile cool-down run along American River Drive.

SAN FRANCISCO MARATHON

-GEORGE FARROTT-

7-12-81

Chips turn in outstanding performances at San Francisco Marathon:

Jim Howard (2nd overall)	2:19
Chris Turney	2:27
Glenn Bailey	2:39
Jeff Hayes	2:39
Eileen Claugus (2nd female)	2:42 (New PA open marathon record)
Dan Alarid	2:42
Jim Finnegan	low 2:50's
George Farrott	2:56
Kathy Pfliefer	2:59 (was holding back - going to Syracuse, N.Y. for collegiate marathon for women.)
Frank Benham	2:59 (First sub 3 hr. marathon)
Elliott Eisenbud	3:30's
Jim Drake	3:30's
Art Waggoner	3:30's
Jim Wellington	3:37

Sorry about the imprecision on some of these times; it somewhat difficult to get 100% accurate figures the day of the race.

SPEED DEMONS EXCELL.....

This Club gets faster every time you turn around.

Eileen Claugus holds the course record on the McIntosh 3 mile loop with a clocking of 16:27.

At the UCP 10K Eileen clocked a 35:52, and Kathy Pfliefer ran a time of 36:15.

At the recent running of the River Run Eileen ran a 27:49, Kathy ran 28:44, and Jeff Hayes ran 27:11.

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Mike Miller

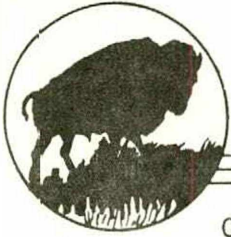


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BUFFALO CHIPS

RUNNING CLUB



No. 50

Charlie Mersereau	High Dunger	362-9660
Heide Skaden-Poyser	Vice Dunger	925-3934
Marv Poyser	Dung Recorder	925-3934
Jim Lopsitz	Dung Counter	488-2212
Mike Miller	Dung Herder	488-3833
Bev Marx	Dung Co-ordinator	927-6882
Abe Underwood	Race Chairchip	392-7672
Dennis Dunbar	Dung Editor	362-2888

Mar. 10, 1981

NEW ZEALAND NEWS AND OTHER THINGS....

-Abe Underwood-

As most of you know I took a vacation and spent the month of January in New Zealand. It was mostly a running experience as my purpose was to participate in the Fourth World Veterans Games in Christchurch. They have previously been held in Canada, Sweden, and Germany.

The trip started with a two day stop-over in Fiji, a nice beginning to a great trip. The next two weeks were spent in various running events including a weeklong track and field contest much like the Olympics. Over 2500 40 and over athletes from around the world competed. Over 200 came from the U.S with a great many from California. I traveled with ex-B.C.'er Jim O'Neil, who now lives in San Diego, Jim did very well in the 55-59 category picking up a gold, three silvers and a bronze medal. I ran in the 1500, 10K cross country, a 10K and 25K road race. A few days of the flu kept me out of the 5K and 10K track as well as the marathon. The X-C brought an unexpected surprise. I attended the awards ceremony to take pictures and as they announced the 40-44 teams I heard my name as being the third member of the third place U.S. team. Bob Fischer of N.Y. and Ron Daws were the other two. What a thrill!

The remainder of the trip consisted of a site-seeing tour including an airplane landing on a glacier, a launch cruise in Milford Sound and many great training runs through the hills.

I can't describe it all here but I'll be glad to share the story and slides at the next B.C. meeting, whenever it is scheduled.

BIRTHDAY RUN

Join Abe Underwood on Monday, March 30 for all or part of his annual Birthday Run. This years jog will cover 43 miles in three parts. The first 18 miles will involve 6 laps around William Land Park. Meet at starting line of Sacramento Marathon about 5:30 am. The second part will cover 15 miles beginning at 12:00 noon at Gilhooleys Irish Pub (Capitol Towers, 7th & O). The wrap-up run (10 miles) will be on the Bike Trail starting about 6:00 at the Graduate (across from Guy West Bdg.). The last 10 miles should be fairly slow. Hopefully the finish will also be at the Graduate about 7:30. Abe said he will be buying....



LETTER FROM THE EDITOR....



THIS IS IT - the last newsletter for those of you who have not yet taken the time to renew your membership in the Chips. The next newsletter will be sent out under the new 1981 membership roles.

As an inducement let me remind you that in addition to the newsletter card-carrying members are entitled to a 10% discount on their running needs at Fleet Feet, McIntosh's, and Second Sole. Think about it before deciding against membership in the Club...after all, we're coming up with more running activities geared for all levels of runners than we've had in the recent past - a Club for all runners.....

I'd like to add that if you move please take the time to let MIKE MILLER know so that he can change his records, and if it's close to press-time for the newsletter let me know. Third class mail, such as the newsletter is handled, is not forwarded...which means you may miss a copy of the newsletter, a copy that you've paid for.

Well, there's not a whole lot for me to say this time, so I'll turn it over to the folks who do.....

'til next time, good running,

Dennis

DEADLINE FOR NEXT NEWSLETTER: April 25, 1981.
Send Articles to: 3557 Gemini Way, Sacramento, Ca. 95827
or call, 362-2888

TRAILS END MARATHON

-Mike O'Neil-

Four Chips took off Thursday, Feb. 26th, for Seaside, Ore. Party consisted of Jack and Walt Betschart, Greg Talbert, and myself. The first night was spent at Mike Jr.'s home in Roseburg, Ore. about a seven hour drive. Had a run through the Roseburg hills, then out to a pizza feast, then on the next morning to workout on the Prefontaine trail along Willamette River at Eugene. Shopped a little and we had coffee at U. of Oregon. Had a spaghetti feed at Seaside Friday night and then ran the marathon. About 2000 entrants, perfect 70 weather, no wind. Portland Chips, Lynn and Fraser Rasmussen, were encouraging us all the way along the course. Fraser, nearing 40, ran this race in 2:45 last year. Due to a bout with pneumonia and follow up complications he was a spectator this year. Chips Greg, Walt, and Jack ran fast first parts of the race then eased up. I set a new reverse record at 5:29:58, sprinting the last 50 yards to break the 5½ hour mark.

The trip back was as smooth as the trip up with another night spent at Mike Jr.'s with wife Patty serving super gooey dessert.

STATE OF THE HERD

If winning and setting records are any measure, the Buffalo Chips are in great shape. We congratulate the following on some great performances:

A. J. Underwood "A. J." just returned from the World Masters Running Championships in New Zealand where he earned a gold medal as a member of the U.S. Masters Cross Country Team which won the World Masters Championship.

Heike Skaden Heike's tremendous 2:43:00 marathon at Eugene Oregon (Nike), according to the Runners World Annual, ranks as the 15th fastest American female marathon and the 49th fastest marathon by a woman in the world-ever!

George Billingsley Only 58 years young, George turned in an amazing 6:31 at the Jed Smith 50 Miler, to place first in the 50+ category and probably tie down an age group record for his effort. We only know of one faster 50 miles by a U. S. 50+ runner.

Paul Reese Also at the Jed Smith Run, Paul Reese (63) clocked a 7:21 which improved his 1979 time by 11 minutes and probably retains or regains his U. S. championship for 60+ at 50 miles.

Helene and Elliott Eisenbud The Eisenbud's journeyed South to San Diego for the 50 Miles/100 Miles/24 Hour Run which turned out to be a very wet affair. Helene was first woman for 50 miles with a 7:59 and Elliott captured second for men in the 100 with a 19:03.

Congratulations and our thanks, too, to Hal Baker, A. J. Underwood and all those who helped put on the highly successful Jed Smith Run. It was a great event and I was especially happy to see Doug Latimer, age 43, win it. Thanks also to Randy and Bev Marx for the carbo-loading party the night before for runners and officials.

Don't forget the Mud Run on March 29th. See you there.

Charlie

P.S. We need your help with the Historic Folsom 10,000 Meter Run which is scheduled for Sunday, July fifth. If you won't be running that day and can be available, please call me at 362-9660. *C*

CHIP WOMEN WIN PA-TAC MARATHON TEAM CHAMPIONSHIP

FLASH! Chico, March 7, 1981 Today the Buffalo Chips Womens Team ran away with the PA-TAC Marathon Championship at Chico. (Bidwell Classic Marathon) Consisting of Eileen Claugus, Joan Reiss and Debbie Bispo, with times of 2:57:01, 2:59:38 and 3:14:22 respectively, they placed second, fourth and seventh for women overall and first, second and third in their age groups.

Other outstanding Chip performances were as follows:

Bob Cooper (Former Chip)	Second Open	2:27:48
Jeff Hayes	23 rd Open	2:45:04
George Parrott	35 th Open	2:49:11
George Billingsley	Third 50-59	3:07:45
Paul Reese	First 60+	3:11:32

There were also some great Chip accomplishments in the half-marathon:

Kathy Pfeiffer	Second 18-29	
Heidi Poyser	First 40-50	1:27:24
Jon Shelgren	Third 40-49	1:16:29
Don Spickelmier	Fourth 40-49	1:18:04

A full report on all Chip finishers will appear in our next issue.

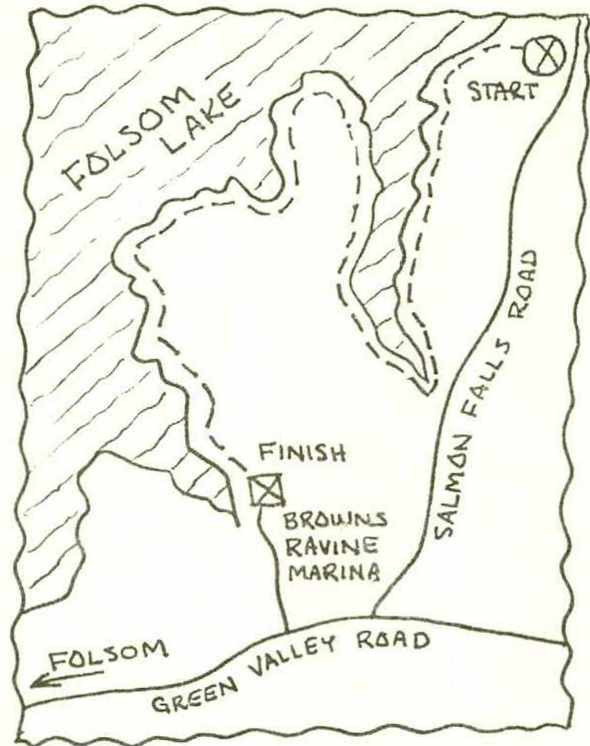
4TH ANNUAL MUD RUN SPECIAL

If you thought the Rusty Duck Run was great, but perhaps a bit too flat for you liking, well, dust off those crusty cross-country shoes you've been hiding in the dark recesses of your closet: we have just the run you've been looking for!!! The 4th ANNUAL MUD RUN SPECIAL has been slated for Sunday, MARCH 29th.

For those of you who've never made this run, it's a point-to-point run of about 9-10 miles of undulating horse trails skirting the edge of Folsom Lake. "Undulating" may be a bit understated but judge for yourself at the run (hint: if you find yourself running on level ground, you're off the course).

The run will begin at the old campgrounds on Salmon Falls Dr. at 9:00 and proceed to the finish area at Brown's Ravine (see Map). As this is a point-to-point run runners will have to arrange their own transportation to shuttle between the start and finish areas, although, for those of you who want the miles or the warm-up it is only 3 miles to the campgrounds from Brown's Ravine if you go on the roads.

This is another low key, no fee Club fun run - all members and guests are invited to participate in a little hill training. Mark your calendars now and don't miss this Chip Classic. Refreshments will be provided at the completion of the run. See you there.....



4TH ANNUAL MUD RUN SPECIAL

SUNDAY

MARCH 29, 1981

9:00

RUSTY DUCK A FOGGY SUCCESS

Exhibiting enthusiasts transcending the somber atmosphere generated by a chilly fog (whew) 24 hearty Chips and guests commenced this years running of the Club's Rusty Duck Sunday Brunch Run along the Sacramento River. Within minutes of the go-when-you're-ready start runners became enshrouded in fog, oftentimes disappearing in the distance.

It was determined late in the run this year that the actual distances were a touch more than stated - the 6 mile loop being closer to 8, the 12 mile closer to 13. An error that was a boon to those trying to up their mileage, a burden to those not really wanting to go that far in the first place. Perhaps next year we'll get a more accurate measurement on the loops (right H.B.?).

The run culminated at the Rusty Duck Restaurant with all participants immediately replacing their lost body fluids and savoring epicurean delights. A good time was had by all and they are to be thanked for making this run a success. If you couldn't make this run we hope to see next year.

CATHY HALE/DENISE COOK MEMORIAL RUN

Two women were killed recently in Stockton while out jogging, victims of an alleged drunk driver who lost control of his speeding car. Both women were teachers at the Mabel Barron Elementary School.

Our running compatriots in Stockton, the SUNDANCE RUNNING CLUB, with help from the Stockton Fleet Feet Store, are putting on the CATHY HALE/DENISE COOK MEMORIAL RUN, March 21, 1981. This is a run with the emphasis on participation rather than racing. Trophies, medals, t-shirts, etc., will not be given out. Participants will receive a ribbon however. All the proceeds will go into a Memorial Fund to benefit the students of the Mabel Barron School.

The run will begin at the School at 11:00 a.m. To get to the school head south on I-5 to Benjamin Holt Dr. Turn right (westbound) on Benjamin Holt and proceed to Cumberland. Turn right (northbound) on Cumberland and proceed to the school.

There will be a 4 mile loop for adults (suggested fee \$4.00) and a 1 mile loop for the kids (50¢). Registration will take place on the day of the run from 9:30 to 10:45. You can direct any questions you might have to Fleet Feet in Stockton (209) 957-5646.

There doesn't appear to be many other runs or races scheduled for that day so this is a good opportunity for the Chips to show that we care - for runners and for kids....see you there.....

It's birthday time again..time for some of our ranks to move into the next age groups...our congratulations to the following Chips:

Paul Goodwin	3-5-21
David Hammond	3-15-41
Mary Kennedy	3-27-51
Ferry Linn	4-21-51
Mark Evenson	3-2-51

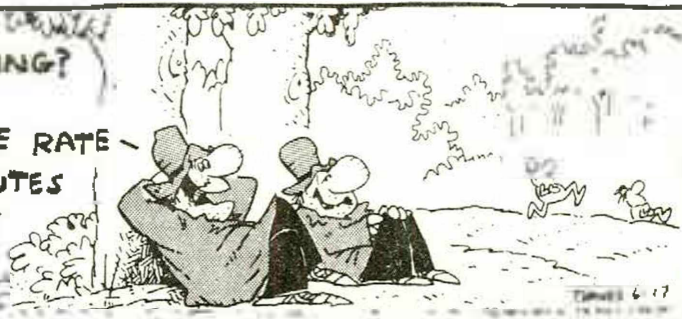
Coach Dennis says:

"Most better marathoners include in their training (in addition to high mileage) the following: long, steady distance (LSD); fast, continuous runs (FCR) of six to 12 miles once or twice a week; and speed training once or twice a week that could include sprints, Fartlek, or intervals, all at 5,000 meter pace or faster."

-Hal Higdon-

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WHO NEEDS JOGGING?
IF I WANT TO
INCREASE MY PULSE RATE -
FOR TWENTY MINUTES
I JUST OPEN MY
UTILITY BILL.



JED SMITH 50 MILE -- LONG BUT FAST....

-Abe Underwood-

I don't know if there's such a thing as "home-court-advantage" in a 50 mile run but the results seem to suggest that the BC's had something going for them at the Feb. 15th running of the Jedediah Smith 50 Mile Classic.

The best Chip performance was by GEORGE PARROTT with an outstanding 5:57:09 for fourth place overall. A sub six hour 50 miles is in the same league as a 2:30 marathon. A total of five runners broke the six hour mark. Most other Chips set PR's as the conditions were ideal in contrast to last years' disaster. Fifty nine year old GEORGE BILLINGSLEY ran a screamer in 6:31:28 to set a national age group record. PAUL REESE did the same with his 7:19:09. GORDON HALL's 7:33:16 filled the winning B.C. Masters team. The open men's team of PARROTT, GLENN BAILEY, and TIM HICKS finished second to the West Valley team, which included overall winner Doug Latimer in 5:33:55.

It was a great day and a successful race due to the faithful help of the likes of Hal Baker, Dennis Dunbar, Dennis Letl, Karen Walkup, Burl Jones, Cliff and Jeanne Flores, Randy LaBarge, Bob Potter, Betti Dolezal, Mike O'Neil, Carolyn Tucker, Art Goodwin, Chris Borland and Dave Davis. Hell, the runners had it easy - all they had to do was run 50 miles. Here's how they did:

4. George Parrott	5:57:09	58. Gary Waldsmith	7:53:50
10. Glenn Bailey	6:19:11	67. Helene Eisenbud	8:08:58
14. Tim Hicks	6:29:31	76. John Clover	8:21:08
15. George Billingsley	6:31:28	85. Elliott Eisenbud	8:44:08
37. Paul Reese	7:19:09	87. Saul Silverman	8:48:57
46. Gordon Hall	7:33:16	92. John Clark	8:54:59
52. Robert Derry	7:42:18	96. Jim Parsons	9:09:52
53. Lino Delgadillo	7:42:58	98. Mary Kennedy	9:24:10

Dear Abe,

Thanks for a super job in putting on the Jed Smith 50. The new course is a real improvement. The out & back helps to equalize the wind factor, and it also solves the problem of how to get your car from Marysville to Sacramento. The course itself was fast and scenic, and having all the mile markers was a big help.

All in all it was a very well organized race. I enjoyed it a great deal and will be looking forward to running it again next year.....

Best regards,
Doug (Latimer)

Dear Abe,

Thank you so much for your note - I was pleased with my effort - especially because I finished strong - using it as a stepping stone for the Western States Run.

Hadn't intended to be so generous with a \$50 check. Although, I must say the effort of the Buffalo Chips in organizing the run was terrific. The spirit of the runners in the Sac area is great.

Please accept a check for \$15 - \$5.00 for the run + \$10 as a donation to the Buffalo Chips.....

Thanks again,
Mike Levin

TRAIL DROPPINGS.....

***For those of you who may not have heard: there will be a women's marathon run in the 1984 Olympic games in Los Angeles. Congratulations to the women! Now, who's going to represent the Chips when they run the race???

***The SACRAMENTO COUPLES 5-MILER is slated for May 24, 1981. This is a Second Sole/Buffalo Chips co-sponsored event. Applications are enclosed with this newsletter, so get together with someone of the opposite sex (...are you the opposite sex, or am I?) and plan on making a strong showing at this race. Who knows, maybe we could make this as big as the TREVIRA TWOSOME....DAVID LOW could still use some help on this race. As it is a B.C. co-sponsored event it is only fitting that we provide personnel to help make it a successful run. If you're not going to run give Dave a call and offer your services. Dave can be reached through Second Sole, 925-5087.

***Is anyone planning on being in the Danville, Ca. area on May 3, 1981? If so, and you've been looking for a cheap way to get a week in Hawaii, the 4th Annual Devil Mountain Run (10K) might just be the ticket. I don't know why I'm telling you this - I don't need more competition and I sure would enjoy going to Hawaii for a week (free, remember?). Anyway, if you're interested you can write to Devil Mountain Run, P.O. Box 727, Alamo, Ca. 94507 for applications, details, etc. The run starts at the Village Shopping Center in Danville; cost is \$6.00. I should point out that the proceeds from the race benefit the Childrens Medical Center, and that the Grand Prize of the Hawaiian trip will be awarded randomly. Why am I telling you this??????????

***Speaking of upcoming races, and believe me I'm giving you plenty of time to get prepared, the 6th ANNUAL LAKE TAHOE MARATHON is set to be run on June 27, 1981. Entry fee is \$7.00 and entry forms can be acquired by sending a SSAE to LAKE TAHOE TRACK CLUB, P.O. Box 5983, Incline Village, Nevada 89450. T-shirts will sport the proclamation "The Lake is Back". Sounds like it might be a good one, hope to see you there....

***In the last issue I made an error (O.K., so I never said I was perfect, just sincere...). GARY WALDSMITH, who is spear-heading a Club BEER RUN, can be reached at 933-3815 rather than the number I published. My apologies to Gary and to those of you who tried to call Gary regarding the run. I believe that Gary can still use some help in getting this run set up (something about testing the beer???), so don't hesitate to call him.

***I'm sure that everyone is familiar with Par Courses. A new course is going to be installed soon along a section of the Bike Trail on the south side of the river. It will be placed between the city water plant and Alumni Grove on the CSUS campus. For those of you who enjoy par courses and live in that area, I'm sure that this is good news. With luck, etc., I understand it will open around May 1st.

SUNDAY CLUB RUNS IN THE OFFING...

Interested in a Sunday Morning Club run? Each Sunday at 8:00 members will meet to commence low key run on a predetermined course. This months course begins and ends at the Village Marina on the Garden Highway, west of I-5. There are 8, 10, and 13 mile loops (approximate distances).

The Club needs to identify a core group of 4-5 runners who will be available most Sundays to provide info and support to other runners.

If there is interest I suggest that a new running site be selected and published in each newsletter. If you are interested in being part of the core group let me know: HAL BAKER 443-4514 (H) or 322-2474 (W). See you on Sunday, Village Marina...

QUESTION: WHO'S WOMEN TEAM WON PA-TAC
MARATHON CHAMPIONSHIP?

QUESTION: WHAT IS A "SACRAMENTO COUPLES 5-MILER"?

QUESTION: WHAT DO ABE UNDERWOOD AND WILLIAM LAND
PARK, GILHOOLEYS IRISH PUB, AND THE GRADUATE
HAVE IN COMMON?

QUESTION: WHAT'S A "MUD RUN"?

FOR THE ANSWERS TO THESE QUESTIONS SEE
DETAILS INSIDE !!!

MIKE MILLER
BUFFALO CHIPS RUNNING CLUB
P.O. BOX 186
CARMICHAEL, CA. 95608

THIRD CLASS

BUFFALO CHIPS MEMBERSHIP LIST

April 24, 1981

THIS WILL BE THE ONLY COMPLETE LIST PUBLISHED THIS YEAR.
 NAMES OF NEW MEMBERS WILL APPEAR IN FUTURE NEWSLETTERS.

NAME	ADDRESS		PHONE		DOB
			RESIDENCE	BUSINESS	
ADAMS, HERB	8401 Kroeger Ct., Fair Oaks.	95628	966-1296	323-2598	4-20-30
ALARID, DANIEL	8715 Santa Ridge Circle Elk Grove	95624	685-3599	445-2450	8-9-42
ALLEN, FRANK	6844 Park Riviera Way, Sac.	95831	392-8180	445-4756	2-4-45
ANDERSON, GERY	4400 North Star Way, Rocklin	95677	624-3413		3-30-42
ANDERSON, MARTIN	1400 Los Padres Way, Sac.	95831	391-0568	445-1599	8-4-33
BACON, RAYMOND	8287 Newfield Circle, Sac.	95828	442-4897	322-6671	8-16-42
BAILEY, GLENN	2814 D St. #27, Sac.	95816	447-2229		10-24-47
BAKER, HAL	1182 Cavanaugh Way, Sac.	95822	443-4514	322-2474	8-20-42
PALLANTINE, BILL	4311 Marshall Ave., Carmichael	95608	967-7395	445-5408	11-6-24
BAUER, TIMOTHY	3205 Mohamed Lane Carmichael	95608	488-6233	486-5871	7-9-51
DIANE				486-5614	10-20-55
BENHAM, FRANK	4909 Wilson St., Sac.	95838	929-7235	481-1173	1-5-51
BILLINGSLEY, GEORGE	P.O. Bos 1385, Loomis	95650	652-7729	652-7729	1-4-22
GEORGIA			652-7729		8-16-25
BISPO, DEBBIE	4348 Galewood Way. Carmichael.	95608	967-0992		2-17-58
BLINN, JERALD	P.O. Box 315, Quincy	95971	283-1338	283-2900	12-10-46
KATHRYN				284-7191	1-26-54
BORLAND, CHRIS	1520 40th St., Sac.	95819	457-4469	739-1313	9-11-33
BOURBEAU, ROBERT	1500 7th St., Sac.	95814	446-6000	440-3596	6-2-35
BRAKENSIEK, CARL	4437 Otis Ct., Carmichael	95608	961-2269	445-9160	3-24-43
BRAVO, NANCY	4732 Greenholme Dr. #1, Sac.	95842	331-7471	486-5096	5-21-55
BRIMBERRY, PAUL	1520 W. Mendocino Ave., Stockton	95204	948-0346	682-9034	8-3-47
BROWN, ROGER	2950 Loyola Dr., Davis	95616	758-2479	322-6441	7-30-46
BRYANT, STEPHANIE	30 Chief Ct., Sac.	95833	927-4811	920-0548	
CARLSON, EVELYN	817 Carro Drive #4, Sac.	95825	485-2055	922-9868	8-16-27
CLARK, JOHN	6956 Greenbrook Circle, Citrus Heights	95610	969-7154	920-7154	4-29-42
CLARK, RICHARD	659 Rivercrest Dr., Sac.	95831	392-7291	381-3386	6-15-47
CLAUGUS, EILEEN	10028 Sierra Glen Way, Sac.	95827	366-3270	920-6951	4-18-55
CLEVINGER, MEL	1336 McClaren Dr., Carmichael	95608	483-8869	363-9441	1-26-48
CLOVER, JAMES	2735 Tachevah Dr. #8, Santa Rosa	95405	(707)523-4120		3-15-42
COOK, JOE	6514 Crosswoods Circle, Citrus Heights	95610	722-2863	488-5890	6-24-16
CORFEE, CATHY	441 Bret Harte Rd., Sac.	95825			4-16-63
FRED					9-24-29
JEANNE					8-25-29
CORNELIUS, NANCY	4730 Rustic Oak Way, Carmichael.	95608	961-4624		10-1-41
COSTNER, CHARLIE	P.O.Box 546, Colfax	95713	346-2297		2-19-46
CREEHAN, PATRICK	2615 I St. Sac.	95816	961-6410	441-3411	10-19-41
CREWS, MARY ANN	3112 Twin Oaks Rd., Cameron Park	95682	677-2866		3-5-36
ART				371-2920	2-16-17
DAVIS, DAVE	9142 Firelight Way, Sac.	95826	363-9142	445-6340	6-17-30
DAVIS, KELLEY	2306 Glen Canyon Rd., Altadena (213)	91001	794-0579	744-2250	11-24-40
DECKARD, LARRY	7979 Gilardi Rd., Newcastle	95658	663-2191	331-0154	11-25-36
SHIRLEY					6-22-36
DANNY					9-18-67
DAWN					2-9-70
DELGADILLO, LINO	628 Potomac Ave., Sac.	95833	929-1970	484-8455	9-13-46
DERRY, ROBERT	957 King James Way, El Dorado Hills	95630	933-3389	428-7890	8-9-37
NANCY					
DIKE, ROGER	6617 Gold Run Ave., Sac.	95824	332-2346	332-2346	7-17-54
DOLEZAL, BETTI	201 San Antonio Way, Sac.	95819		445-5099	
DOWELL, GAIL	3548 Hanks St., Sac.	95827	361-2714	323-0642	5-27-54
DRAKE, JIM	3442 Whitnor Ct., Sac.	95821	485-8013	482-4550	6-18-40
DUNBAR, DENNIS	3557 Gemini Way, Sac.	95827	362-2888	322-7618	3-31-50
ASHLING					5-4-74

BUFFALO CHIPS MEMBERSHIP LIST
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NAME	ADDRESS		PHONE		DOB
			RESIDENCE	BUSINESS	
EDWARDS, SALLY	2408 J St., Sac.	95816	442-7223	442-3338	9-10-47
EISENBUD, ELLIOTT	6401 Coyle Ave. Carmichael	95608	482-1586	966-5404	1-14-43
HELENE					
DAVID					
JENNIFER					
CHAD					
ELGERT, MARK	6724 Plymouth Rd. #2, Stockton(209)	95207	478-7699	951-3006	6-5-54
EVANS, LANCE	5925 Ehrhardt Ave., Sac.	95823	428-4409	366-7102	1-29-54
FAVERO, PAUL DDS	3105 Sierra Oaks, Sac.	95825	483-4545	487-9100	12-12-30
FEITEN, PEGGY	5224 Adelaide Way, Sac.,	95841	483-6841	484-8354	4-4-27
FIELDS, GARY	1950 Maple Glen Rd., Sac.,	95825	481-8911	452-2649	1-29-40
RUTH					12-27-42
GREG					5-19-67
LANDY					7-30-69
FINNEGAN, JIM	1836 Carmelo Dr., Carmichael	95608	489-3410	445-0850	11-22-40
FISH, TOM	2854 Westwood Ln., Carmichael	95608	488-3474	483-7862	3-18-36
FLORES, CLIFF	7230 Zelinda Dr., Fair Oaks	95628	967-4288	334-1012	3-28-29
JEANNE					6-25-40
FOREHAND, DICK/ ELLEN STANDLEY	2674 Rio Bravo Circle, Sac.	95826	362-2385		6-17-46
				449-7356	6-7-42
FOX, LEE	81 Hancock Dr., Roseville,	95678	786-5421	783-0401	5-31-37
FRINCKE, KAREN	41 Grand Rio Circle, Sac.	95826	383-1494		5-2-40
FULLER, NICK	915 24th St. Apt B, Sac.	95816	441-5846	366-8030	11-12-46
GOODWIN, ART	1249 C St., Rio Linda	95637	991-3593	322-5887	9-28-55
CAROLINE TUCKER					7-3-50
GROSS, RICHARD	6402 Eureka Rd., Roseville	95678	791-7439		2-26-43
HALL, BOB	7125 24th St., Rio Linda	95673	991-6384	383-6622	3-7-36
HAMMOND, DAVID	8888 Sawtell Way, Sac.	95826	363-7077	482-5735	3-15-41
HALL, GORDON	6617 Rappahannock Way, Carmichael,	95608	967-1638	445-1434	2-3-32
HANNA, ROBERT	1355 41st St., Sac.	95819	451-6344	393-1322	7-30-36
RICHARD					7-18-64
DOUGLAS					6-2-67
JILL					4-7-62
ALISON					1-5-71
MURIEL					1-29-35
HANSEN, MARGE	2416 Edna St., Sac.	95822	428-5923	445-4515	10-25-37
HARRAL, ROBERT Jr.	1045 Carrie St Box 332, Broderick	95608	372-5887	372-5620	9-14-37
HAYES, JEFF	1145 Rivara Circle, Sac.	95825	488-4798	481-1173	4-19-56
HEDGES, ROBERT	27 Nutwood Circle Sac.	95833	922-4091	447-3261	9-28-45
NANCY REMLEY				322-6333	1-21-51
HELM, DAN	P.O. Box 457, Camino	95709	644-1976		8-30-63
RAYMOND					8-30-63
RAY					5-30-29
INGE					5-7-32
HICKS, TIM	P.O. Box 653, Altaville	95221	736-2160	772-1373	8-30-43
HONSE, STUART	4929 Crestwood Way, Sac.	95822	446-3919	322-3991	12-1-41
HOSEIT, MAX	2020 Marconi Ave., Sac.	95821		922-8823	8-1-28
HOWARD, WALT	3604 Comstock Way, Carmichael	95608	489-6131	323-1553	9-19-37
JACOBSON, HOWARD	2713 T St. #8, Sac.	95816	456-5105	685-2461	6-15-43
JOHNSON, BRUCE	5921 Oakbrook Dr., Citrus Heights	95610	967-8031	323-4024	7-22-37
JOHNSON, KEN	3988 Welker Lane, Shingle Springs	95682	753-4025		11-19-52
JONES, BURL	712 Dunbarton Circle, Sac.	95825	927-6407	323-2382	6-9-45
CAROLE HOOD				323-2057	7-3-51
JONES, KEN	2765 Larkspur Lane, Sac.	95825	485-4827		6-29-58
LINDA					1-6-58

BUFFALO CHIPS MEMBERSHIP LIST

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NAME	ADDRESS		PHONE		DOB
			RESIDENCE	BUSINESS	
KENNEDY, MARY	1033 Vallejo Way, Sac.	95818	441-0291	322-1128	3-27-51
KILBOURNE, CHUCK	8674 El Sobrante Way, Orangevale	95622	722-2675	624-2491	10-14-51
SUZANNE					3-17-51
KNOEFEL, ERIC	2900 Regina Way, Sac.	95818	447-3388		6-10-65
KOCH, GEORGE	4400 Barrett Rd., Carmichael	95608	967-0820	929-0485	2-23-27
KOERNER, VANCE	7625 Telegraph Ave., Orangevale	95662	988-0072	355-4097	12-26-26
KUHN, HARRIS	4617 Ulysses Dr., Sac.	95825	487-5450	449-7135	12-10-50
LaBARGE, RANDY	7905 Pawnee Way, North Highlands	95660	334-8604	643-2348	11-19-51
KARILYNN					
JASON					
LALLA, LOU	4764 Greenholme Dr. #4, Sac.	95842	331-6804	332-0246	5-13-46
LAWRENCE, JOE	6752 Landis Ave., Carmichael,	95608	944-2567	484-2494	1-17-38
LAWSON, MARJORIE	1003 Roundtree Ct., Sac.	95831	427-5019	445-1484	11-6-24
LETL, DENNIS	2361 Pinon Rd., Rescue	95672	677-9422	323-5029	3-28-37
LEWIS, HARRY	3218 Root Ave., Carmichael	95608	487-3277	643-3444	8-16-31
LOBSITZ, JIM	P.O. Box 215013, Sac.	95821	489-3588	488-2212	6-14-27
LOTZ, JOHN	7265 Palmer House Dr., Sac.	95828	422-9206	682-9035	5-30-43
JO					12-23-40
BRAD					2-11-68
MARK					1-18-68
LOW, DAVID	7010 Westmoreland Way, Sac.	95831	393-2106	925-5087	6-6-56
JIMMY					12-7-24
MACAULEY, STEVE	224 San Antonio Way, Sac.	95819	451-2744	445-7690	12-13-48
MALAIN, ROBERT	6333 Silveira Way, Sac.	95831	392-3075	322-0177	4-30-27
MARRS, ROBIN	1816 Markham Way Sac.	95818	443-4230	445-0247	9-12-38
MARTIN, SUSAN	3109 Occidental Dr. #4, Sac.	95826	381-3668	391-7440	3-17-51
MARX, BEV	802 Elmhurst Circle, Sac.	95825	927-6882	481-8811	11-30-53
RANDY				445-1294	8-5-53
McINTOSH, JOHN	4540 Fair Oaks Blvd., Sac.	95825	487-7327	488-7184	3-4-42
MERSEREAU, CHARLES	8895B Salmon Falls Dr., Sac.	95826	362-9660		3-23-24
MEYERS, RANDY	6133 Hilltree Ave., Citrus Heights	95610	969-0469	446-4837	1-21-48
MILLAR, GLEN Jr	6806 Castillo Ct., Citrus Heights	95610	725-0219	483-7391	6-23-39
MILLER, MIKE	1530 McClaren Dr., Carmichael	95608	488-3833	445-2898	12-9-41
MITCHELL, BOB	8882 Providence Lane, Roseville,	95678	791-0898	786-7300	6-12-32
MOLITOR, NANCY	5058 LeRoy Ct., Fair Oaks	95628	967-4559		
DAVE				966-1187	
MARIE					
MATT					
MULLANY, JIM				445-0310	2-3-45
MULLINS, DAVID	6827 Starboard Way Sac.	95831	393-3094	322-4801	1-16-51
MUNDY, JOHN	8213 Walnut Hills Way, Fair Oaks	95628	962-2085	448-1666	6-28-41
TERRY					8-27-42
PATRICK					4-30-66
STEVEN					11-2-67
KATIE					3-13-69
JOHN Jr.					11-19-79
NATTI, ERIC	6245 Gena Ct., Carmichael	95608	966-6721	484-4579	6-22-45
O'NEIL, MIKE	5110 Oak Leaf Ave., Carmichael	95608	488-2690	366-2961	5-24-24
OTTEN, MICHAEL	8608 Brodie Ct., Elk Grove	95624	685-6235	442-7811	10-13-39
OWEN DONALD	3130 Shasta Way, Sac.	95821	481-1537	445-9610	3-9-30
OWEN, MICHAEL	1457 Fruitridge Rd., Sac.	95822	739-1653	422-7610	1-18-53
PALMER, FRANCIS	2222 I St. #9, Sac.	95816	447-0241	322-8400	9-14-42
PARKER, DAN	7028 Cane Valley Circle Citrus Hts	95610	782-8397	920-6906	8-17-49
PARROTT, GEORGE	Psyc. Dept. CSUS 6000 J St., Sac.	95819	485-5136	454-6884	12-17-43
PARSONS, JAMES	4030 Berrendo Dr. Sac.	95825	485-9432	322-4508	7-10-34
DAVE					
PATTI					

BUFFALO CHIPS MEMBERSHIP LIST

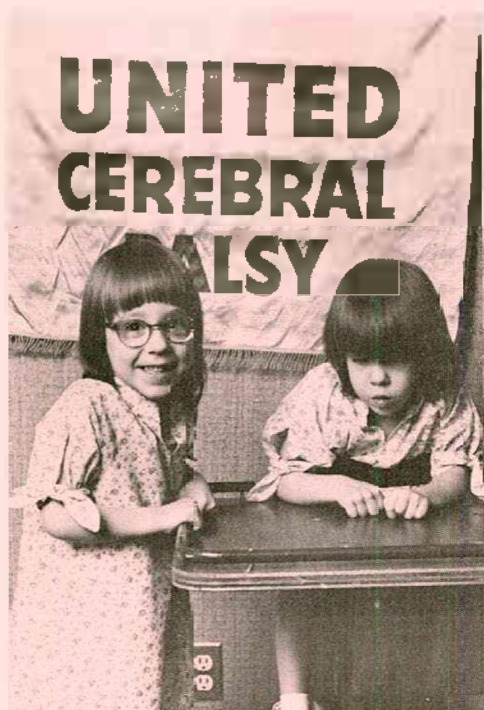
Page 4

NAME	ADDRESS		PHONE		DOB
			RESIDENCE	BUSINESS	
PEACH, BARBRA	5054 Valley Forge, North Highlands	95660	334-1009	643-3940	10-30-32
PEARMAN, JEFF	5450 Cypress Ave., Carmichael	95608	482-1228	483-6055	5-1-54
TOM					2-19-62
PETRUZZI, DICK	5806 Twin Gardens Dr., Carmichael	95608	483-2917	483-2917	2-12-33
PFIEFER, KATHY	711 Flint Way, Sac.	95818	443-1640		9-4-59
PIERCE, KENNETH	5468 Primrose Dr., Citrus Heights	95610	961-7690	322-8712	5-25-38
PLONA, NANCY	7721 Olive St., Fair Oaks	95628	961-7197		5-26-51
POTTER, BOB	6360 Surfside Way, Sac.	95831	392-6401	445-9965	11-13-36
POUK, JOHN	1100 Howe Ave. #10, Sac.(Bus ph (408)	95825	925-0945	727-0660	3-15-55
POYSER, MARV	24 Adelphi Ct., Sac.	95825	925-3934	483-8541	3-16-34
HEIDI SKADEN-				482-1036	7-23-37
HEIKE SKADEN					7-20-62
ERIK & ALKA SKADEN					10-6-71
PRINCE, WILLIAM	4875 Manzanita Ave. #20, Carmichael	95608	338-3961		11-30-35
PROFITA, EVELYN	8708 Sturgeon Way, Sac.	95826	363-7945	752-3441	1-20-49
RARICK, IVAN	2930 Eastern Ave., Sac.	95821	482-7348	483-5573	4-16-35
KEVIN					8-20-63
KENT					5-11-66
CAROL					10-6-35
RASMUSSEN, FRASER	5039 S.W.Vermont St.,Portland, OR	97219	245-7881	232-9114	5-31-43
REESE, MARK	2789 17th St. Sac.	95818	443-1549		7-1-49
REESE, PAUL	4921 Crestwood Way, Sac.	95822	447-8647	454-8533	4-17-17
ELAINE				454-8137	3-10-30
REISS, JOAN	2100 Rockwood Dr., Sac.	95825	485-8705	444-2840	7-11-37
ROBERTSON, BILL	1118 Cottonwood Dr., Roseville	95678	782-8955	965-2111	1-4-39
ROSSON, BUD	3944 Garfield Ave., Carmichael	95608	489-4119	440-6301	8-17-30
SAFERITE, PHYLLIS	2782 18th St., Sac.	95818	441-6362	445-0247	12-21-46
SANDOVAL, D.R.	4637 Freeway Circle, Sac.	95841			11-2-32
SARTE, RANDALL	2322 Butano Dr. #212, Sac.	95825	383-7534	488-8750	10-24-43
SCHOENER, PETE	4221 North Canyon Rd., Camino	95709	644-1002	622-6464	11-10-40
SCHOLZ, RONAN	1019 California St. Woodland	95695	662-0671	920-6073	4-28-36
SELBY, MIKE	4504 Robertson Ave., Sac.	95821	988-2997	920-4277	5-22-52
SHANK, WILLARD	4305 Valmonte Dr., Sac.	95825	489-5225	445-2454	9-11-21
SHARPE, ALLEN	2528 Belhaven Way, Sac.	95826	381-1470	445-2015	4-16-25
SHELGREEN, JON	1524 Wyant Way, Sac.	95825	482-7923	322-5031	6-20-40
SHERMAN, BEVERLY	10 Cattail Ct., Sac.	95833	920-4632	323-4369	11-19-50
SHIMADA, ROBERT	1355 Florin Rd., Sac.	95822	428-0323	422-9683	1-5-28
SILVERMAN, SAUL	3701 Clair Dr., Carmichael	95608	944-2486	453-8653	4-26-42
SMITH, BRIAN	2854 Westwood Ln. #7, Carmichael	95608	483-8061		7-30-55
SMITH, KAREN	4222 Cowell Blvd., Davis	95616	758-2633	752-1303	9-9-44
SMITH, ROGER	3534 Larchmont Square Lane, Sac.	95821	488-7757	448-8381	6-28-46
STAINBROOK, HAROLD	2944 Leta Lane, Sac.	95821	487-7464		1-26-30
BILL					9-14-53
LYNDA					9-29-56
SPOTTISWOOD, DAVE	555 Capitol Mall Suite 950, Sac.	95814	421-1564	444-3900	6-10-40
STEVEN, JAN	812 Elmhurst Circle, Sac.	95825	920-8586	445-6946	12-29-34
KAREN					
CHRIS					
TOM					
ANNE					
STOVER, SMOKEY	1373 42 St. Sac.	95819	456-2644	456-8686	5-15-40
'SAM'					10-15-40
CAROL					10-30-66
GUY					11-19-68
MINDY					8-12-71
BONNI					3-6-73

BUFFALO CHIPS MEMBERSHIP LIST

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<u>NAME</u>	<u>ADDRESS</u>		<u>PHONE</u>		<u>DOB</u>
			<u>RESIDENCE</u>	<u>BUSINESS</u>	
STRAND, CARL LAUREL	7027 Hemlock St., Oakland (415)	94611	339-8301	981-3722	8-4-32 8-10-46
STROMBERG, ED	2824 Martel Ct., Sac.	95826	383-7616		3-20-43
SUGERMAN, PATRICIA BARRY LYNNE LEWIN	5142 Long Canyon Dr., Fair Oaks	95628	988-2106	454-3137	8-5-43 2-11-48 10-29-25
SWARTOUT, JIM	5205 Marimoore Way, Carmichael	95608	487-9788	772-5221	
SZEKERESH, MARTIN	2199 Randy St., White Bear Lake, MN.	55110	426-1685	725-7883	5-25-38
TALBERT, GREG RALPH	721 39th St., Sac.	95816	452-2348		6-1-62
TEATERS, JAMES	7813 Chippewa Ct., North Highlands	95660	338-1874	643-3029	1-23-52
THOMAS, BILL	5316 Leavitt Way, Fair Oaks,	95628	967-6807	481-9472	11-29-51
THOMPSON, DICK	5812 Woodleigh Dr., Carmichael	95608	967-1955	643-4557	8-13-18
THOMPSON WILLIAM	300 Bel-Air Dr. #96, Vacaville (707)	95688	447-2819	438-2297	4-25-42
TUCKER, JACK	USMTM/TAD, APO NY	09017			7-31-41
TURNEY, CURTIS CHRIS	10269 Colma Rd., Rancho Cordova	95670	363-0495		11-27-57 11-27-57
ULMER, RON	5608 State Ave. Sac.	95819	454-4490	322-4710	4-14-39
UNDERWOOD, ABE	6555 Park Riviera Way, Sac.	95831	392-7672	445-1862	3-30-38
VAUGHN, JAMES	3301 Watt Ave., Sac.	95821	961-7288	481-6744	12-27-40
WAGGONER, ART	118 Touchstone Place, W. Sac.	95691	371-8718	454-3333	11-26-25
WALDSMITH, GARY DELORES McKINNON	3550 Ridgeview Dr., El Dorado Hills	95630	933-3815	445-0547	11-12-40 4-10-50
WALKUP, KAREN				445-8645	10-26-48
WALTON, DIANE	7028 Cane Valley Circle, Citrus Hgts	95610			6-15-52
WALTON, LARRY	3931 Berrendo Dr., Sac.	95825	447-3778	441-3940	10-15-39
WARADY, DAVID SHERMAN HARRIET SCOTT MICHAEL	9162 Lariat Ct., Fair Oaks	95628	481-4767or	988-3337	12-29-56
WASHINGTON, LaDONNA	2719 F St. Apt. A, Sac.	95816	441-6413	453-4545	6-6-55
WEATHERS, DWIGHT	9519 Quaymas Ct., Elk Grove	95624	685-9330	920-7599	8-22-46
WELLINGTON, JIM	1210 Hemlock Lane, Davis	95616	756-1656	643-6356	6-2-45
WHALEY, MILT	2000 Bidwell Way. Sac.	95818	446-4058		1-30-47
WILSON, JOHN	838 54th St., Sac.	95819	455-9326	920-6081	7-10-50
WILSON, TERI	1772 Carmelo Dr., Carmichael	95608	487-4655	322-5152	4-8-60
WINTERHALDER, TED	5365 Cisco Circle Sac.	95819	455-0670		6-16-29
WRIGHT, ANDY	6210 Pine St., Pollock Pines	95726	544-3624		10-26-62
YAMAUCHI, KARL	5303 13th Ave., Sac.	95820	456-8498	454-5219	



Kerri & Erin McConaha
1981-82 Poster Twins

WILL YOU RUN FOR US?

**4th ANNUAL
 Old Sacramento
 10,000 Meter Run
 (6.2 Miles)
 Saturday**

MAY 30, 1981

**FIREHOUSE RESTAURANT COURTYARD
 IN OLD SACRAMENTO**

8:00 A.M.

**UNITED CEREBRAL PALSY ASSOCIATION
 of
 Sacramento/Yolo Counties, Inc.**

- **Minimum Donation: Runners-\$10.00**
 (Tax Deductible) **Brunch Guest (not runners) \$5.00**
- **Pick-up name tags: 7:00 A.M.**
- **"T" Shirts to 100 lucky numbers**
**Prizes for all classes: Trips, dinners, services
 & merchandise.**
- **Aid Station at 3 miles**
- **Times will be called at each mile**
- **Please, only registered runners.**

**Pre-Register if possible. Include SASE for confirmation.
 *This will save you time on race day***

**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—8:00 A.M.—MAY 30—OLD SACRAMENTO— FIREHOUSE COURTYARD

Name _____ Sex _____ Age _____ on race day
 Home Address _____ Phone _____
 City _____ Zip _____
 Business Address _____ Phone _____
 City _____ Zip _____
 Club Affiliation _____

\$10.00 Minimum Donation/\$5.00 Guests(not runners)

Please enclose-checks payable to:

**UNITED CEREBRAL PALSY ASSOCIATION OF SACRAMENTO/YOLO COUNTIES, INC.
 3102 "O" Street
 Sacramento, California 95816**

For additional information call UCP 454-4409

I hereby certify and will consider this to be legally binding that my training and health are adequate for me to 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 UCFA event.

Signed _____ Date _____

(Parent if under 18)

Duplicating Entry is Permitted

Invited Runners who are confirmed as of March 31, 1981

Dave Smith.....ran 2:11:09 at NIKE/OTC Marathon 9/80. Eight fastest US Marathon time last year.

Dennis Rinde.....1st Sacto. Marathon 1979. 10th olympic trials marathon 80'. 1st San Diego Marathon Jan 1981.

Bill Britton.....Canadian Cross Country Champion. Has a 2:14 P.R. in the marathon.

Sally Edwards.....1st Western States 100 miler 1980. 2nd Hawaii Triathalon 81'. Sacto. marathon record holder 2:53

Eileen Claugus.....present World Record holder fastest high school miler 4 min. 40sec.

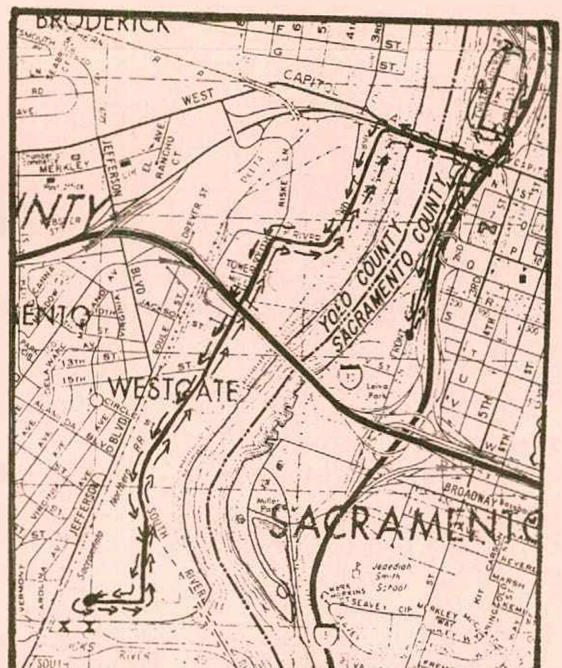
1980 OLD SACRAMENTO 10K RUN

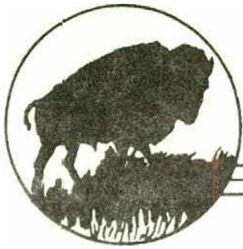
FIRST MAN Rick Gentry 30:17
 SECOND Dennis Rinde 31:10

FIRST WOMAN Sally Edwards 38:40
 SECOND Debbie Bispo 39:51

<u>MEN</u>	<u>WOMEN</u>
<u>12 & under</u>	<u>12 & under</u>
1. <u>Craig Chapman 53:02</u>	1. <u>Julie Prentice 56:23</u>
2. <u>Douglas Pajer 58:46</u>	2. _____
3. <u>David Kelly 61:38</u>	3. _____
<u>13-19</u>	<u>13-19</u>
1. <u>paul Alvarez 35:38</u>	1. <u>Pam Bispo 51:44</u>
2. <u>Greg Fields 40:50</u>	2. <u>Sue Alexander 60:34</u>
3. <u>Jerry Watkins 40:56</u>	3. <u>Lynn Prentice 72:05</u>
<u>20-29</u>	<u>20-29</u>
1. <u>Rick Gentry 30:17</u>	1. <u>Debbie Bispo 39:51</u>
2. <u>Dennis Rinde 31:10</u>	2. <u>Mary Kennedy 43:35</u>
3. <u>Larry Stapleton 31:16</u>	3. <u>Delores Morazzini 46:08</u>
<u>30-39</u>	<u>30-39</u>
1. <u>Don Spicklemier 34:01</u>	1. <u>Sally Edwards 38:40</u>
2. <u>skip Seebeck 34:21</u>	2. <u>Susan Souza 44:54</u>
3. <u>Hugh Gash 34:53</u>	3. <u>Carolyn Beckley 47:52</u>
<u>40-49</u>	<u>40-49</u>
1. <u>Walt Howard 34:45</u>	1. <u>Joan Reiss 42:42</u>
2. <u>Robert Bourbeau 35:43</u>	2. <u>Julie Fong 45:42</u>
3. <u>Ted Winterhalder 42:16</u>	3. <u>Birte Hartley 50:20</u>
<u>50-59</u>	<u>50-59</u>
1. <u>John Giannti 39:20</u>	1. <u>Marge Lawson 48:00</u>
2. <u>Frank Gonzales 41:21</u>	2. <u>Pegg Feiten 71:49</u>
3. <u>Ted Winterhalder 46:16</u>	3. _____
<u>60+</u>	<u>60+</u>
1. <u>Stan Tobiason 50:14</u>	1. _____
2. <u>Eric Garrett 52:29</u>	2. _____
3. <u>Fred Wood 79:40</u>	3. _____

LAST RUNNER Fred Wood 79:40





BUFFALO CHIPS



RUNNING CLUB

No. 51

Charlie Mersereau	High Dunger	362-9660
Heide Skaden-Poyser	Vice Dunger	925-3934
Marv Poyser	Dung Recorder	925-3934
Jim Lobsitz	Dung Counter	488-2212
Mike Miller	Dung Herder	488-3833
Bev Marx	Dung Co-ordinator	927-6882
Abe Underwood	Race Chairchip	392-7672
Dennis Dunbar	Dung Editor	362-2883

May 19, 1981

FOLSOM MUD RUN SPECIAL - XC AT ITS BEST

With a hearty "Hi ho, which way do we go...?" 20 intrepid Chips and guests commenced this years muddy running of the Folsom Mud Run Chip classic. All participants are to be congratulated for not getting lost or succumbing to the perils of the poison oak. The following letter captured the very essence of this years Mud Run completely:

Dear Dennis,

A few choice words are in order regarding the 4th Annual Mud Run Special held Sunday, March 29th at Folsom Lake. There are those faint hearts who would have you rename this event the Masochist's Meander, but I am not among them. This despite the fact that my shorts chafed me terribly and I am now bandaged in a most unusual place. Honest, I had a good time.

Your last newsletter billed this as a "Low key, no fee Club fun run." I learned just how low key at the first trail junction when the leaders called over their shoulders to inquire if anyone knew which way to go. That's pretty relaxed alright.

At about the 2.5 mile mark the trail was blocked by - depending on one's perception - either a very large creek or a small river. As I and three young female cross-country runners whooped our way through the icy water, our fellow Chips cheered us on from the far shore. Truly a high point in the day.

A lower point occurred about 1.5 miles later when two of the girls passed me so quickly on a steep, rock-strewn hill that they nearly blew my socks off. I could only manage a wheezed, "Good-bye" as they disappeared through the digger pines.

It was solo from that point on: over hills, through soggy meadow, leaping deadfall logs, past poison oak (hopefully) and on toward the finish at Brown's Ravine where it started to rain. In other words, it was a super run through some damn nice country.

My only disappointment came when no party materialized at the end. It's nice to share a brew or two with friends at that point. So next year I'm volunteering to provide a batch of two-alarm chile and at least the first round of beer. That way; those who survive the Mud Run can still look forward to the challenge of my chile.

-Dan Parker-

Thanks for the good words Dan, and, oh yeah, we'll hold you to the chile and first round beer next year. Those of you who were unfortunate in missing this run plan on making it next year....



LETTER FROM THE EDITOR....



First, let me start by apologizing for the lateness of this newsletter. If it isn't one thing, it's another. I postponed the newsletter for a while upon request to ensure the inclusion of certain material. On top of that I've been suffering from a cold which hasn't left me real motivated to get this done. But I'm back on the road again.

In order to ensure timely publication of the newsletter I'm afraid I'm going to have to insist that all contributors be aware of the due date and get material to me by that date. The date, and my address and phone number, are published in all newsletters.

On to other things: I want to express my thanks to those of you who showed up for the Mud Run. Due to a break down in communication the beer failed to show for the run, as did the ribbons (or did not as the case may be). I sent ribbons to all participants, a list compiled from memory with a little help from my friends. If you ran the Mud Run but didn't get your ribbon give me a call.

Summer is upon us, and with it a myriad of Club activities. As a reminder: we have weekly Club runs on Tuesday evenings and Sunday mornings; we will begin our monthly track meets, held this year at Rio Americano H.S.; the women's running program is continuing strongly; a Club BBQ is scheduled in June; the Sac Couples 5-miler is just around the corner, as is the Western States 100; the Broderick Bottoms Bust is in the planning stages...well, you get the idea. There really is something for everyone in this Club....all you have to do is take advantage of them. I'll see to it that all upcoming Club events are publicized well in advance so your social calendars can be cleared.....

'til next time, good running,

DEADLINE FOR NEXT NEWSLETTER: July 11, 1981
Send articles to: 3557 Gemini Way, Sacramento, Ca. 95827
or call, 362-2888

NEWS RELEASE

NEWS RELEASE

CHIP SUMMER EVENING BBQ

June 12, 1981

Bring your BBQ goodies and join everyone for an evening of fun! There will be an organized run at 6:00 pm. at Guy West Bridge to start things going. (we will decide the distance when we all assemble) After our run, we will head to Sacramento State Alumni Grove for a BBQ which will begin at 7:00 p.m.

Please contact Bev Marx for further information at 927-6882

STATE OF THE HERD

The Herd thunders on, with more great performances by individuals and as a team at the Avenue of the Giants Marathon and other events. Congratulations to all!

A number of things were accomplished at our Directors Meeting on April 30th to broaden the Club's services to runners. Among other things, we have undertaken a non-financial co-sponsorship of the Clarksburg Classic 20 Mile Run (Formerly the Pepsi 20) and adopted a policy such that funds awarded to specific runners or groups of runners can be expended for their benefit. Also, since the Sacramento State track will be torn up all summer and the Sacramento City College track is not available, it was decided to hold our summer track meets at 6:00 P.M. on the first Tuesday of each month at Rio Americano High School. Events will include $\frac{1}{2}$, 1, 2, and 5 mile runs.

The Incorporation Committee is presently studying and modifying a model set of Articles of Incorporation and developing a statement of objectives such that we can become incorporated as a non-profit organization. This will have many advantages, not the least of which are reduced liability for officers and substantial savings on mailing of our Bulletins.

Sometimes one says something and it doesn't come out exactly as meant. This may be the case with the statement I made about objectives in my first State of the Herd message and I certainly don't want to leave any wrong impressions. What I said was "The Chips are not and should not, in my opinion, become a racing club or a club concentrating on ultra-marathons". Had I added the word "exclusively", my meaning would have been clearer. In fact, as demonstrated by its array of activities, the Club is for runners at all levels from beginner to elite, with weekly runs for persons of different ability, fun runs, social activities, track meets and serious races of all lengths and difficulties. If there are any gaps in our program, we want to know about them and we will provide the activities as long as there is sufficient interest.

And now it's time to run. See you at the Couples Run on May 24th.

Charlie
High Dunger

BUFFALO CHIPS MEMBERSHIP LIST

Enclosed is the current Buffalo Chips membership list. Thus far it is the only one to be published this year (see article entitled "Help"). Additions and corrections should appear in future newsletters, so if you note any minor errors please let me know. Don't tell me about major errors, they're too depressing...

-Mike Miller-

OLD SAC 10K

Last year 57 Chips signed up. That was 20% of the 289 who ran. The reason so many keep coming back is this is a race put on by runners for runners. Everyone make out in this one. United Cerebral Palsy gets your donation and you the runner get: a tax deduction, a live Dixieland Band at the finish, all the beer and mineral H2O of your choice, a deluxe buffet in the Firehouse Courtyard Restaurant "T" shirts, prizes, and a 10K run. If this race had a number it would be a 10. Help us out and register by mail.

See You There
- Jim Drake (482-4550)

THE WOMEN'S RUNNING PROGRAM - A PROGRESS REPORT

-GEORGE PARROTT-

Starting back in September (1980) regular workouts and race planning began for a small group of interested Chip women. Our early program consisted of Tuesday night one and/or two mile repeats (one mile hard, one easy, etc.) as part of a six mile workout. Distance training was encouraged for the rest of the week (runs of 7-25 miles) with some fartlek based on enthusiasm. We encouraged hill training in the Rescue-El Dorado Hill area on Saturdays. Starting in December Thursday night track workouts were added. These began with assignments like 6 X 440 with a 440 jog between stress units, and now have gone to sequences of ecstasy like 2 X 880, 2 X 440, 2 X 220, 1 X 880, 2 X 440, 2 X 220 - all with 440 jogs between. Most recently we have enjoyed running a set of 440s with 220 jogs followed by 8 X 220 with minimal 70 sec. rest breaks between each. Our early program pointed toward peaking for the Chico Marathon (the PA-TAC Championship), and since then we have increased our 10K emphasis.

This program has started to yield good results. Our BC Women's Team won the women's championship at the Bidwell Marathon (Eileen Claugus, 2:57; Joan Reiss, 2:59; Debbie Bispo, 3:14), and our high school racer, Cathy Corfee won her division with a 3:35 marathon debut. Heidi Skaden-Poyser ran a 1:27 in the half at Chico for a new master's course record and Cathy Pfiefer ran a super 1:22 for second in the open.

Cathy Pfiefer has also started running the distance events for CSUS while training with the BC group, and in her first track 10K she made the national qualifying time for Division II schools. Cathy has also now joined our growing group of sub-three hour marathoners with an official 2:59:45 at Boston - it took her two minutes to make it to the starting line and her own clock time was 2:57:45!!!!

Debbie Bispo made a strong bid for the sub-three hour club at the Magical Musical Marathon, but the temperature and the fates got the better of that goal, but her 3:08 won the overall without close challenge. Fast improving Joan Reiss clocked a 1:26 in that races half-marathon.

We usually have from 8-16 at these sessions and we are organized such that the only prerequisite is the ability to run sub-7 minute pace, and the desire to run faster, and faster, and faster.

Summer meeting times will be 6:15 p.m. at the Graduate. Our training program is based on balancing hard days with easy LSD days and putting in some long days back to back.

The group has continued to develop a camaraderie and mutual support process and INVITES ANY INTERESTED BC FEMALE TO JOIN IN THE FUN. (P.S. Guys in this speed will be welcomed, of course).

DEVIL MOUNTAIN 10K, or, If you like people, you'll love this one...

In the last newsletter I mentioned my intent to win a trip to Hawaii by participating in the Devil Mountain 10K, run in Danville on May 3rd. Well, I ran the race, but let me tell you, if you're looking for a practice run for the Bay to Breakers this is the run for you. I suspect the prizes really attracted the competitors.

I strained a tendon in my knee at the Mud Run so knew I wouldn't be able to go all out. I lined up at the start at about the 7:30/mile marker. 45 seconds after the cannon sounded I passed the starting line, moving at something considerably less than a run, yet a little faster than a walk. I guess they call it the Danville Shuffle.

I passed mile one in a blistering 10:45 pace, locked shoulder to shoulder with 10 other runners. I was beginning to wonder if I was auditioning for the Follies as we ran down the road shoulder to shoulder, step for step. Around me was a sea of humanity. Mile 2 went by at 21:00. I hoped that things would open up somewhat so I could burn up the course.

The course began to wind through a residential area - a rather nice one at that. The street continued to be only two lanes wide but things were finally beginning to open up a bit for everyone. At one point around the 3 mile mark a resident was inspiring us to run faster with the blaring of the theme from "Rocky". It was at this point that the pace did, indeed, begin to pick up.

By mile 4 the crowd was thinned out enough that I was now able for the first time in the race, to wind my way in and out amongst other competitors, moving inexorably up on the race leaders. You would've been proud at how the BC colors were weaving in and out moving forward all the while.

About 3/4 of a mile from the finish, Andy McCono (you might remember Andy from the Pepsi 20) called out my overall position to me - 4425! Well, I finished under 50 minutes, which was bad enough - but, not only did I not win the trip to Hawaii, I didn't win any of the other prizes either. At least it was a good day for a run. If you like the crush of humanity in your runs I recommend this run highly.....

ST. PATRICK'S DAY RUN

-Mike Miller-

It was a glorious day: raining like crazy; windy; water in the spaghetti, in the bread, in the beer. What the heck, The Sports Cobbler had put on another fun run in downtown Sacramento. The lead bicyclist had gotten lost adding enough distance to the run to make it about 5 miles in fact, as well as theory. Maybe that extra loop should be included from now on? In any case, the rain was cooling; the spaghetti, bread and beer all good and mostly, it was a glorious day because for the first (probably last, too) time I won my division in a run. The pneumonia was worth it.

BC WOMEN IMPRESSIVE AT FLEET FEET WOMEN'S SERIES

In the last of the three race Fleet Feet Women's Series run May 3rd at Sierra College, Chip racers took 1st and 2nd. Cathy Pfieler led on a rough, twisty, and confused course and Eileen Claugus topped off a four day series of speed/strength workouts with a strong second place finishing. Cathy had also won a collegiate 5K track race in 18:04 the day before.

AVENUE OF THE GIANTS - May 3, 1981

Some preliminary results are in from the Avenue. The Chips were well represented:

1st Jim Howard	2:18:04	(Chip? ... there appears to some confusion on this one...)
Chris Turney	2:22:02	
John Shelgren	2:41:00	
Brian Burk	2:54:00	
Jim Drake	3:01:00	
Paul Reese	3:02:43	1st 60+
Joan Reiss	3:03:00	1st Women's Master, New Course Record
Frank Benham	3:20:22	

The following letter was received by Dave Davis:

Dear Dave,

During the recent running of the Avenue of the Giants Marathon a BC Club member helped me break 3 hrs (2:57:18). Since this was my goal for the race and the first time under 3 hrs, it is very important to me. Unfortunately, due to the activity at the finish line I wasn't able to thank him. He was wearing a Buffalo Chips singlet, had a beard and glasses, with a headband, and was helping another runner under 3 hrs. I started running with them at about mile 18. He gave both of us encouragement and "pacing help" during those last tough miles. I still remember him saying "pump those arms" as we ran up a hill near the last part of the race.

I would like to say thanks to this runner, and hope this "thanks" finds its way to him. It's great to see people help each other out.

Sincerely,

Larry Brown
(Berkeley Runners Club)

**For those of you who guessed the mysterious Buffalo Chip to be none other than ABE UNDERWOOD, gc to the head of the class.

ONLY RUNNERS WITH INJURIES SEVERE ENOUGH TO KEEP THEM FROM RUNNING WILL BE ABLE TO APPRECIATE THIS CARTOON FULLY. I HOPE THAT I'M THE ONLY ONE WHO IDENTIFIES WITH IT.

D.



TRAIL DROPPINGS....

***The Tahoe Relays is scheduled for June 13th. This is a team event, requiring 7 members to the team. Each team member will run about 10 miles in completing the 72 miles around Lake Tahoe. The Chips currently have four 50+ men members lined up, but do need three more. If you're in that age bracket and want to run contact CHARLIE MERSEREAU (362-9660). Anyone else interested in running on a Chips team should contact HEIDI SKADEN-FOYSER (925-3934). Heidi's coordinating everyone else. I suggest you hurry though, this race isn't too far away....

***Congratulations to NANCY REMLEY and BOB HEDGES. For those of you who might have missed the April 14th airing of WEEKNIGHT (Ch. 3) Nancy and Bob have become the proud parents of our newest Fresh Chip: Matthew B. Hedges. The central theme of the program featuring Nancy was running while pregnant. As I recall Nancy was 'limited' to 30 miles a week right up to a day or so before delivery. Nice job, Nancy - I can think of no better example of dedication. Oh, yeah, I do have one small question: why wasn't Matthew wearing his Buffalo Chips racing signlet for his media debut????

***After six years of keeping Club members informed of upcoming races ABE UNDERWOOD has turned over the responsibility for the Race Schedule to DAVE LOW. The Club thanks you, Abe, for a job well done and greatly appreciated....

***Just so you know it's coming up, the BRODERICK BOTTOMS BUST is in the planning stages. MIKE MILLER is going to coordinate this run so if you have any questions or other relevant input give him a call....

***The Folsom 10K (a Chip sponsored event) is in need of a Race Director. If you're interested in filling this very important post contact CHARLIE MERSEREAU. Don't be shy - if previous years are any indication, you'll have no trouble getting help....

***Of tremendous interest to all runners - GEORGE SHEEHAN (Un-Chip) will be lecturing in Sacramento on June 3rd. He will be at the Woodlake Inn, commencing at 7:00 p.m. Admission to his lecture will be with ticket only, however, tickets can be acquired FREE OF CHARGE from the Public Relations Office of the following hospitals:

Mercy San Juan Hospital	-	965-2124
American River Hospital	-	486-2210
Roseville Community Hospital	-	783-9111

This should prove to be an enlightening evening, one I'm sure you'll not want to miss. Hope to see all of you there....

SUNDAY MORNING RUNS MAKE A MOVE

Our Sunday morning Club fun run, headed up by HAL BAKER, is moving from the Garden Highway to the American River "Running" Trail. Those interested in putting in some easy, pleasant miles can meet Hal and his group on the river side of the levee at the Guy West Bridge at CSUS at 8:00. These runs are a great opportunity to meet other Chips....see you there.....

HELP!!!!

-Mike Miller-

The membership list and the mailing labels the Chips use are archaic, antique, old-fashioned, and a lot of work to produce. There's got to be a better way. In search of this better way leads to asking "Does anyone out there have, or have access to, a home computer system?" The programming exists for most machines that will produce both mailing labels and membership lists with very little trouble once the initial data base is produced. So ask around; any help will be much appreciated. Send your information to me, Mike Miller, or give me a call. Thanks.

WANTED!!!

Couples who want to have the time of their lives together. The COUPLES 5-MILER wants you! This Chips co-sponsored event is scheduled for May 24, 1981, 9:00 at Rio Americano H.S. Time is getting late...Find someone who you have been dying to meet and ask them to run with you. Couple up and come on down, the fleet of foot and the not so fleet. We'd like to see you.

Reminder: if you aren't going to run we could still use all the help we can get. Call Dave Low at 393-2106 or 421-4414.

FOR SALE

Cronus digital hand timer (rechargeable) is available to anyone interested. The cost is \$20.00 or best offer. If interested in purchasing this timer at a terrific price should contact ABE UNDERWOOD, 392-7672.

COACHES CORNER:

"The warm-up serves the function of making the transition into high energy smoother. It is a way to fire-up the body's systems and to dispel lingering lethargy and stiffness."

-Ted Corbitt-

MIKE MILLER
BUFFALO CHIPS RUNNING CLUB
P.O. BOX 186
CARMICHAEL, CA. 95608

THIRD CLASS

COUPLES



SACRAMENTO

COUPLES 5-MILER

miler

SPONSORED BY

BUFFALO CHIPS



Using men and women teams, the teams combined ages will determine their age divisions and, their combined finish times will determine their place in their division and overall placing. Team members are *NOT REQUIRED* to finish together.

DATE: Sunday, May 24, 1981

TIME: Race starts at 9:00 a.m. SHARP!

LOCATION: Rio Americano High School, 4540 American River Drive

ENTRY FEE: \$7.50 Per Couple (mailed by May 17)

\$8.50 Per Couple (day of race)

Race day registration: 8:00 a.m. to 8:45 a.m.

COURSE: Starts at Rio Americano High School
Flat, fast paved course.

REFRESHMENTS: Provided by Johnston's Yogurt and more.

AWARDS: Plaques to division winner. NIKE visors to top 5 couples in each division.

T-SHIRTS: To first 50 couples entered.

AGE DIVISIONS: (combined ages) Under 30 years 30-50 51-80
81-110 111-over Special: husband/wife

INFORMATION: David Low (393-2106) race director, or SECOND SOLE (925-5087).

WAIVER: In consideration of your accepting my entry, I intending to be legally bound, hereby for myself, my heirs, executors and administrators, do waive and release any and all rights and claims or damages against the persons and organizations affiliated with the race, all officials, representatives, volunteers, sponsors of the race while participating in or traveling to or from the COUPLES 5-MILER on May 24, 1981. I further attest that I am physically fit and sufficiently trained for this event.

NAME: _____ SIGNATURE: _____

ADDRESS: _____ CITY: _____ ZIP _____

BIRTHDATE _____ AGE: _____ CLUB: _____

SEX: FEMALE MALE T-SHIRT SIZE: S M L XL

NAME: _____ SIGNATURE: _____

ADDRESS: _____ ZIP _____

BIRTHDATE _____ AGE: _____ CLUB: _____

SEX: FEMALE MALE T-SHIRT SIZE: S M L XL

Make checks payable to: Couples 5-Miler
Mail to: Couples 5-Miler, Second Sole, 1537 Howe Avenue, Sacramento, CA 95825.



Running Schedule



Sat	3-14	K-108 FUN RUN 3 & 5 mi., Old Sacramento, 8:30 am
Sun	3-15	St. PATRICKS DAY 5 MILE, Fleet Feet, 2408 J, Sacto 11am
Tue	3-17	B. C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
Sat	3-21	MCINTOSH FUN RUN, $\frac{1}{2}$, 3 & 6 mi, El Camino Store, 8:30am
Sun	3-22	GOLDEN STATE WOMENS SERIES 5 & 10 K, Fleet Feet, Davis, 10am
Tue	3-24	B. C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
Sat	3-28	TOUR OF ARDEN PARK, $\frac{1}{2}$, 1, 5 & 10 K, La Sierra Park, 8:30am
Sun	3-29	MUD RUN, 9 & 13 mi, Browns Ravine, Folsom Lake, 9:00.
Tue	3-31	B. C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
Sat	4-4	AMERICAN FIELD SERVICE 5 & 10 K, Mira Loma H.S., 9am
Sat	4-4	SACRAMENTO RELAYS, track & field events for sub & masters, CSUS, 10am
Sat	4-4	MAGICAL MUSICAL MARATHON $\frac{1}{2}$ & full, Old Folsom or Goethe Park, 8am
Sun	4-5	BILLY MILLS RUN, 2mi & 10 K, Consumes River College, 9am
Tue	4-7	B. C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6am
Sat	4-11	K-108 FUN RUN, 3 & 5 mi, Old Sacramento, 8:30am
Sat	4-11	GAZELLES 5 & 10 K, Sierra College, 9:30am
Sun	4-12	AMERICAN RIVER 50 MILE, Auburn Fairgrounds, Auburn, 7am
Sun	4-12	CSUS WATER SKI CLUB 2 & 5 MILE, CSUS, 9am
Tue	4-14	B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
Sat	4-18	MCINTOSH FUN RUN, $\frac{1}{2}$, 3 & 6 mi, El Camino Store, 8:30am
Tue	4-21	B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
Sat	4-25	RUN-FOR-ALL, 2 mi & 10 K, Mische Grove Park, Lodi, 10am
Sat	4-25	ELK GROVE 10 K, no details
Sun	4-26	SPECIAL OLYMPICS, $\frac{1}{2}$ mi, 5 & 10 K, Woodland, 10am
Tue	4-28	B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
Sat	5-2	BIG BROTHERS 1mi, 5 & 10 K, Guy West Bridge, CSUS, 9am
Sun	5-3	APPLE BLOSSOM RELAYS, 2 persons, 1.5 & 4.5mi ea., Camino, Apple Hill, 9:30
Sun	5-3	AVENUE OF THE GIANTS MARATHON, Closed, call McIntosh for cancellations
Tue	5-5	B. C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
Sat	5-9	K-108 FUN RUN, 3 & 5 mi, Old Sacramento, 8:30am
Sat	5-9	PODIATRIST 5 & 10 K, Granite Bay, Folsom Lake, time ?
Sun	5-10	OPTOMISTS MOTHERS DAY RUN, $\frac{1}{2}$ & 10 K, Mills J.H.S. Rancho Cordova, 10am
Tue	5-12	B. C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
Sat	5-16	MCINTOSH FUN RUN, $\frac{1}{2}$, 3 & 6 mi, El Camino Store, 8:30am
Tue	5-19	B. C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
Sat	5-23	NORTH AREA YMCA, 2 $\frac{1}{2}$ & 5 mi, Eastern Ave, 9am

This schedule is as accurate as possible at the time of printing. It is, of course, subject to change. Local runs are underscored. Buffalo Chip (B.C.) trail runs and club runs are free. McIntosh Fun Runs have a 50¢ donation. Most races require an approximate \$3 to \$5 entry fee. 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, or John McIntosh at 488-7181.

This schedule is prepared by the BUFFALO CHIPS RUNNING CLUB for your running enjoyment. For additional information about the CHIPS, write MIKE MILLER, P.O. BOX 186, CARMICHAEL, CA. 95608.

APPLICATION FOR MEMBERSHIP

NAME: _____
[PLEASE PRINT - As you want it to appear on Club Roster]

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

YOUR BIRTHDATE _____

IF FAMILY MEMBERSHIP LIST OTHER FAMILY MEMBERS AND THEIR BIRTHDATES:

MAKE CHECK PAYABLE TO:.....	BUFFALO CHIPS	RUNNING CLUB	
MAIL TO:.....	MIKE MILLER	DUES FOR MEMBERSHIP:	
	P.O. BOX 186	SINGLE-FULL YEAR	\$7.00
	CARMICHAEL, CA. 95608	SINGLE-JULY-DEC.	\$3.50
		FAMILY-FULL YEAR	\$10.00
		FAMILY-JULY-DEC.	\$5.00

APPLICATION FOR MEMBERSHIP

NAME: _____
[PLEASE PRINT - As you want it to appear on Club Roster]

ADDRESS: _____

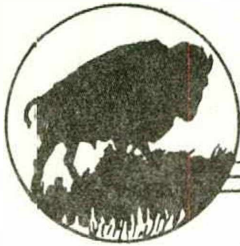
CITY: _____ ZIP CODE: _____

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		FAMILY-FULL YEAR	\$10.00
		FAMILY-JULY-DEC.	\$5.00



BUFFALO CHIPS



RUNNING CLUB

No. 53

Charlie Mersereau	High Dunger	362-9660	
Heide Skaden-Poyser	Vice Dunger	925-3934	
Marv Poyser	Dung Recorder	925-3934	
Jim Lobsitz	Dung Counter	488-2212	Sept 30, 1981
Mike Miller	Dung Herder	488-3833	
Bev Marx	Dung Co-ordinator	927-6882	
Abe Underwood	Race Chairchip	392-7672	
Dennis Dunbar	Dung Editor	362-2888	

PEPSI OF RENO LAKE TAHOE 72 MILE RUN -Charlie Mersereau-

Fred Coleman, 40, of Carmel Valley, California, provided the outstanding performance of the Sixth Annual Pepsi of Reno Lake Tahoe 72 Mile Run with a record 10:01:24 for Men Over 40 and fourth place overall. The winner was Jim King, 24, of Costa Mesa, California, who clocked 9:27:48, only seven minutes off Robert Perez's record of 9:20:28. Rae Clark, 28, of San Jose, Ca., was second in 9:37:32, followed by Jim Pellon, 31, of Mission Hills, Ca. with 9:48:16. One hundred six runners started the race with 79 finishing. All four of the female starters finished with Peggy Smith, 34, of San Francisco placing first in 13:52:24, and Gloria Bassler, 45, of Palos Verdes Peninsula, Ca., taking the Over 40 honors in 16:25:06.

Several very fast times were clocked in the Men's 50 and Over division with Eugene Silver, 50, of San Jose recording 11:47:17, followed two minutes later by Rob Volkenand, also 50, of Bend, Oregon.

The race was run under perfect weather conditions on Friday, September 18th. The start/finish was at Commons Park in Tahoe City with the runners making one circuit of scenic Lake Tahoe at elevations between 6200 and 7000 feet.

Chip runners included: Stuart Honse, 12:37:01; Elliott Eisenbud, 12:47:54; Dick Forehand, 13:33:20; and Gordon Hall, 13:51:58.

For those of you hearty soles looking for a running experience that offers something a little different - don't forget the SIERRA CREST SURVIVAL RUN. This run will take place on October 10th from Squaw Valley. There will be a 50 mile loop, a 75 mile loop, and a 100 mile loop. Each runner will be required to carry a certain amount of survival equipment. If this sounds like a run you could really get into, give Charlie Mersereau a call and get an application from him.



LETTER FROM THE EDITOR....



September has certainly been a hive of activity for the Chips. The Buffalo Stampede was run on September 13th, under the able direction of Elliott Eisenbud. The following week-end High Dunger, Charlie Mersereau with help from former Dung Editor, Mark Elgert, staged the Pepsi-Tahoe 72 Miler (Sept. 18th). And finally, this last weekend saw the running of the 5th Annual Sacramento Marathon under the direction of Chip John McIntosh. Yessir, sure has been a busy month.

I've delayed publication of the newsletter so the results of these races could be included. I appreciate your patience.

An announcement of interest: After two years of handling the Club newsletter I've decided it's time to pass the mantle of responsibility on to someone else. I am especially pleased to announce that MARGE HANSEN has volunteered to be the new Dung Editor. Marge and I will be making the transition by working on the next newsletter together. Any articles you have for publication can be sent to either of us. Marge will be in charge of the following newsletter, due in January. I'm sure I speak for the Club: Welcome aboard, Marge.

Don't forget: The Clarksberg Classic will be run November 22nd. It's time to get ready for this one. I understand, through a grapevine or two, that massages will be available after the race, much like the Sacramento Marathon. I'm also aware that George Parrott could use some help. If you're not going to run you might want to give George a hand. Say George, are you supplying running jackets to the help again this year?

'til next time, good running

George

DEADLINE FOR NEXT NEWSLETTER: November 28, 1981

Send Articles to: 3557 Gemini Way, Sacramento, Ca. 95827 (362-2888)
or: 2416 Edna Street, Sac., Ca. 95822 (428-5923)

SUSAN B. ANTHONY 5Km For Women - *George Parrott*

This year's Macy's-Birdcage Walk Susan B. Anthony 5 Km turned into a Chip Women's party. Over 250 lined up to chase the McIntosh van leading the way to the gold necklace and the many prizes donated by Birdcage merchants. When the tape was broken, Cathy Pfiefer claimed the BIG PRIZE and led a Chip 1-2-3 sweep. Eileen Claugus followed Cathy's 17:21 course record with a 17:36, and Bev Marx turned a beautiful 18:19. Beth Tirapelli won the 17 and under division and was 8th overall (time in the 19's) followed by Joan Reiss winning the 40's (also in the 19's) and Heidi about a minute back. Kathy Beals turned a strong 21:00 and other Chip stars in this event included Linda Stainbrook Swenson, Nancy Lichty, ~~and~~ Barbara Peach, and Cathy Corfee (times unknown). It was great to see all those Chip singlets in the field!

STATE OF THE HERD

Just returned from serving beer at the Sacramento Marathon and it really made me proud to be a Chip: Some of our runners times were outstanding, we had over 60 finishers in the half and full marathons, and Chips supported Chips right down to the last finisher! And, what a thrill to have Heike Skaden win the Women's Division and a trip to London.

This has really been a busy time for Chip events. First, there was the Folsom 10K which George Parrott and Dave Low pitched in to organize. Then there was the Buffalo Stampede which Elliott Eisenbud directed with help from numerous other Chips. And last week it was the Pepsi of Reno Lake Tahoe 72 Mile Run which was originated by Paul Reese and has been a Chip affair ever since. The "Big Lap" around Tahoe is now well known nationally, with over 30 of the 106 starters this year being from out of state. Imagine running around Lake Tahoe in 9 hours and 20 minutes!

Don't forget the Clarksburg Classic 20 (formerly the Pepsi 20) which is scheduled for November 22nd. If you won't be running I'm sure George Parrott can use your help. See you there.

Happy trails to you (To coin a phrase)

Charlie
Charlie Mersereau
High Dunger

WHERE THE HELL IS TRUCKEE?

GEORGE PARROTT

Joan Reiss said this would be a fun day, right? I should have known better, for she was the same person that left me in the heat and the hills of Crater Lake to find a ride in from the 20 mile point. Anyway she easily convinced Eileen and me to join her group doing the 18 or so miles from Tahoe City across back roads to Truckee. It turned out she and Eileen again enjoyed themselves much more than I did, for Eileen beat me by about 20 minutes (with four "pit stops"), and Joan once again crushed me by about 3 minutes with Jim Drake also finding Truckee more than 22 minutes. These times are all approximate, but my 2:36 was the best I could muster and only Dave Low and Jim Wellington found the course even less appealing than I among the easy to recognize CHIPS. Anyone finishing enjoying this thing should quickly sign up for the WS 100--obviously they have a high threshold to pain!

If running 100 miles in the hills isn't your cup of tea, you might consider this year's running of the BRODERICK BOTTOMS BUST, headed up this year by Mike Miller. If 4 miles of scenic bottom land appeals to you meet Mike at the Chart Room in Broderick, Sunday morning at 9:00 am, October 4th. This run is coming up pretty quick, so don't put it out of your mind. After the run, runners will gather at the Chart Room for breakfast. This is a pretty laid back run - so see you there.

Buffalo Stampede

A light breeze kept the weather cool for a successful running of the Buffalo Stampede on September 13th. 314 runners finished the race, including stellar performances from the following Chips:

1.	Randell Sturgeon (Un-Chip)	53:30	
7.	Don Spickelmier	55:48	
14.	Jon Shelgren	57:43	
15.	Eileen Claugus	58:02	1st Woman
16.	Dan Alarid	58:17	
20.	Jeff Pearman	59:21	
22.	Mike Miller	59:45	(borrowed a fast pair of shoes)
24.	George Parrott	59:59	
28.	Tom Pearman	1:01:09	
36.	Vern Shipley	1:02:07	
37.	Bruce Johnson	1:02:12	
43.	Jim Finnegan	1:02:58	
44.	Paul Holmes	1:03:12	
50.	Bev Marx	1:03:35	
53.	Herb Adams	1:03:59	
57.	John McIntosh	1:04:11	
77.	Joan Reiss	1:06:01	
81.	Kathy Pfliefer	1:06:35	
82.	Paul Reese	1:06:35	
86.	Howard Jacobson	1:07:06	
94.	Dan Parker	1:08:09	
95.	Fete Schoner	1:08:10	
96.	Marv Poyser	1:08:12	
100.	George Billingsly	1:08:29	
115.	Heidi Skaden-Poyser	1:09:59	
132.	Dwight Weathers	1:11:49	
136.	Glen Millar	1:12:06	
140.	LaDonna Washington	1:12:39	
155.	Abe Underwood	1:13:58	
163.	Mel Clevenger	1:14:52	
171.	Dave Low	1:15:34	
176.	Jim Parsons	1:15:50	
216.	Mike O'Neal	1:20:53	
217.	Paul Camerer	1:20:54	
238.	Jim Lobsitz	1:22:16	
255.	Frank Allen	1:25:48	

CALIFORNIA DENTAL ASSOCIATION 10 Km - GEORGE PARROTT

Jeff Hayes and Frank Benham traveled down to S.F. Sept. 13, missing the Buffalo Stampede, to do some cherry picking from their work colleagues in the state dental association. Jeff led the field and took the trophy with a PR 34:12 and Frank was 7th with another PR of 36:47.

RUN FOR HOME PLATE 5 Km, S.F. - GEORGE PARROTT

Bev Marx burned the course in taking 2nd woman and lowering her 5 Km PR to 17:45. This sounded like a good race with big prizes and real nice singlets instead of T-shirts.

SACRAMENTO MARATHON

The 5th Annual Sacramento Marathon was run under perfect weather conditions, resulting in new course records for both the men and women's divisions. Chip women won both the full and half marathons (Heike Skaden and Eileen Claugus). Numerous Chips turned in tremendous performances in both divisions, and included the following Chip runners (these Chips supplied the information after they finished the race so this list is probably incomplete - if you're not on the list, let me know):

HALF MARATHON

FULL MARATHON

	David Marchi	1:08:33	Dennis Rinde (Un-Chip)	2:22:04	New Record
	Chris Turney	1:11:42	Jeff Hayes	2:40:09	
	Walt Howard	1:16:17	Glenn Bailey	2:40:44	
(1st W)	Eileen Claugus	1:16:41	Karl Yamauchi	2:41:18	
	Dan Alarid	1:17:15	Heike Skaden 1st W	2:47:58	New Record
	Tom Pearman	1:18:47	Frank Benham	2:51:10	
	Jon Shelgren	1:19:15	George Parrott	2:51:20	
	Gery Anderson	1:23:30	Jim Drake	2:52:38	
	Dan Stone	1:24:11	Kathy Pfiefer	2:53:52	
	Pete Schoner	1:24:56	Bill Stainbrook	2:54:--	
	Paul Reese	1:27:42	Bev Marx	2:54:06	
	LaDonna Washington	1:27:49	Jim Finnigan	2:57:--	
	George Billingsly	1:29:--	Jeff Pearman	2:57:23	
	Heidi Skaden-Poyser	1:29:38	Bob Malain	2:58:15	
	Abe Underwood	1:30:--	Bruce Johnson	3:02:31	
	Bob Potter	1:31:47	Joan Reiss	3:03:49	
	Candy Hearn	1:33:24	Bob Leever	3:14:20	
	Mel Clevenger	1:34:37	Art Waggoner	3:13:48	
	Dwight Weathers	1:34:48	Larry Walton	3:19:--	
	Nancy Lechi	1:36:--	Elliott Eisenbud	3:26:06	
	Lee Fox	1:40:37	Helene Eisenbud	3:26:06	
	Jim Wellington	1:42:12	Chuck Kilbourne	3:22:58	
	Carole Hood	1:49:--	John Wilson	3:34:25	
	Frank Allen	1:50:--	Steve Macaulay	3:37:--	
	Art Goodwin	1:51:--	Jim Low (56, 1st Mar.)	3:37:31	
	Alyse Borland	1:51:06	Kathy Blinn	3:42:--	
	Chris Borland	1:51:06	Jerry Blinn	3:42:--	
	Betti Dolezal	1:52:--	John Clark	3:44:--	
	Leslie Johnson	1:56:30	Jim Parsons	3:50:--	
	Doris Cummins	2:02:--	George Koch	3:53:14	
	Carole Nutt	2:07:43	Bob Hall	3:58:10	
	Barbra Feach	2:09:32	Jim Teaters	4:02:--	
	Marge Lawson	2:14:--	Paul Camerer	4:22:--	
	Shireen Miles	2:19:--			
	Dave Low	3:37:31			(Stopped for Breakfast) (Yea, sure...)

Again, my thanks to those of you who took the time to get this information to me. If you don't see your name on this list please give me a call and I'll update in the next newsletter. Congratulations to all Chip runners - the Club was beautifully represented.....

MINUTES OF THE MEETING.....

A general meeting of the membership was held August 20 at Sam's Hof Brau. The usual reports were made: Jim Lobsitz reported \$1235 in the treasury (part of which may belong in the running fund); Mike Miller reported membership totals of 294 people; Bev Marx reported a need for more spirit, ideas and participation; Dennis Dunbar asked for information of interest to be placed on an ongoing basis in the Club newsletter; Marv Poyser reported on what was reported at the last board meeting.

In the absence of our race chairchip, A.J. Underwood, Charlie continued. In Randy Sturgess' track meet at American River College the Chips team took 3rd place - by accident- and we were presented with a plaque. Special note was made of Don Spickelmier's contribution. Don had 3 first place finishes. Next year the Chips can purposely field their best team and go for first.

Upcoming runs were discussed including the Buffalo Stampede, the Pepsi 72 Miler, Sacramento Marathon (Sept. 27) and the Sacramento 60K (Nov. 8).

Under new business, a proposed track meet between the Sundance Running Club and the Chips died because of lack of interest. The Valley of the Moon Running Club wanted a cross country team from the Chips to participate in a series of cross country runs. Bev Marx volunteered to head a committee to look into this.

Tuesday night Chip runs on the bike trail have been attended by very few and it was suggested that this informal run be dropped from the schedule. George Parrott's Tuesday night interval workouts are well attended by the more advanced runners in our Club (7 minute/mile or better), as is his Thursday night track workouts.

Finally, there was a discussion of the bylaws and articles of incorporation making the Buffalo Chips an official non-profit organization. It was decided that an annual meeting would be held the 2nd Wednesday of January each year, that proxies not be allowed, and that from 7 to 11 directors be elected to serve for 3 years on a rotating basis so that 2 to 3 new board members are elected each year. The membership, by voice vote, decided that Charlie Mersereau, Marv Poyser, Jim Lobsitz, Mike Miller, Bev Marx, Abe Underwood, and Dennis Dunbar be 7 of the initial directors by virtue of their present office. Elliot Eisenbud, Dave Davis, Barbara Peach, and Joan Reiss were then elected to round out the 11 directors. A meeting was called for Tuesday, August 25th at 8 pm at the Graduate for the new directors to approve the articles and bylaws of incorporation and to set the terms of each director.

At the August 25th meeting the directors approved the articles of incorporation and set the terms as follows: Jim Lobsitz, Dennis Dunbar, and Dave Davis, 3 years; Mike Miller, George Parrott, Elliot Eisenbud, Bev Marx, 2 years; Charlie Mersereau, Marv Poyser, A.J. Underwood, and Barbara Peach, 1 year.

Submitted by Marv Poyser, Secretary

WHERE THE HELL IS TRUCKEE RACE.

JIM DRAKE

What a quad buster. This August 30 run was not for the casual Sunday Fun runner. From North Shore this 18 miler followed a x-country ski route ascending over 1,000 feet. Nice view of the Lake etc., if you could trust looking up from the rough trail. The last 8 miles descends to the original altitude of 6,500 feet. The Hilltop Lodge in Truckee hosted the finishing activities. The door prizes and awards were very good as was the food.

1. 1:44 Domingo Tibaduiza
7. 1:59 Tommaso Pedreira
33. 2:16 Jim Drake
36. 2:18 Ron Harries
42. 2:19 Bob Malain
44. 2:20 Krista Roberts
69. 2:20 Eileen Claugus
83. 2:31 Joan Reiss
86. 2:31 George Parrott
90. 2:32 Jim Jordan
107. 2:36 Dave Low
110. 2:38 Paul Mitchell
114. 2:39 Miles Knier
134. 2:45 Alan Feverwerker
139. 2:46 Gordon Hall
146. 2:47 Dave Hays
150. 2:50 Nevin Nyswanger
160. 2:53 Stuart Honse
161. 2:54 Tom Marshall
163. 2:55 John Giniel
164. 2:55 Frank Baldwin
168. 2:56 Robert White
169. 2:57 Kristen Evenson
170. 2:57 Sharon Wilson
189. 3:08 John Samvbie
196. 3:13 Mary Hays

222 Finishers.

RACIN RAMBLIN RUNNERS

- PLEASE HONORAL -

Have you passed through one of our more prominent city parks on a Thursday evening and seen a bevy of speed-burners sprinting over the greens? These flowing feated folk have several objectives in mind whether training for an upcoming race or marathon. Mainly they enjoy good company, getting helpful advise, developing good style and form, improving time and in the process having fun.

The leader of these determined soles is seen cracking his whip and bellowing, pick em up, lift the knees, straighten up. A very patient and great advisor who gets his prodigies to glide and stride with style. Have you guessed by now who he is? None other than our own indefectible and modest Hal Baker.

Interested in joining a fun, diversified, informative and interesting group? Join Hal's gals on Thursday eve, 5:45 p.m. at Riverside and 13th Ave.

Dear Chips,

We were beginning to feel like lone Chips here in the mountains, forever separated from the herd. We had just gotten in from setting up the 2nd aid station on the 10 mile course when we saw the Drake family - what a surprise to see them. Jim and Jerry in their Buffalo Chip shirts and along with myself representing the Club, running in Quincy's 4th Annual Feather River Classic 5KM and 10 mile races. Over 250 runners lined up for the runs at 9:00 Sunday, August 16th.

We all put in a respectable showing in the 10 miler:

Jim placed 1st in 40-49 age group in 103:

Jerry placed 3rd in 30-39 age group in a 103:34

I placed 3rd in 20-29 age group in a 111:43.

Jerry and I were part of the race committee. The few of us worked hard and long to put on a most successful run. We had a beautifully marked course, with wooden mile markers and signs. Aid stations at 3.3 miles and 6.5 miles with hose and sponge stations in between cooled the runners. Temperatures were warm, but lower than the 100+ degree temps we had the previous Tuesday, Wednesday, and Thursday.

Next year the run will be bigger and better. All kinds of changes are in the think tank. Team divisions will be added next year. We'll send applications to you and hopefully the run will be on the running schedule next year.

Come see us anytime,

Kathy and Jerry Blinn
P.O. Box 689
682 Monte Vista #2
Quincy, Ca. 95971

MIKE MILLER
BUFFALO CHIPS RUNNING CLUB
P.O. BOX 186
Carmichael, Ca. 95608

FIRST CLASS



Running Schedule



- Oct 3 - Someone Special Run, 3 mi. course, CSUS, 8 am., 449-5276
Oct 3 - Fire Safety Awareness Run, 3 & 6 mi., Cordova Park, 9 am, 791-0401
Oct 3 - Pamakid Lake Merced Run, 8.5 mi, Lake Merced-S.F., (415)583-6268
Oct 4 - Cool Founders Day Run, 3 & 6 mi, Cool, Ca., 9 am, 783-4558
Oct 4 - Bridge TO Bridge, 8 mi., Ferry Building-S.F., 9 am, (415)788-2611
Oct 4 - Stanford Great Race, 10K, 700 Welch Rd.-Palo Alto, 9 am, (408)329-0410
Oct 10 - Zoo Zoom, 5 & 10K, William Land Park, 9 am, 422-4093
Oct 10 - Davis Triathlon, run, bike, swim, (relay teams & ironpeople), 10 am, 753-2828
Oct 10 - K-108 Fun Run, 3 & 5 mi., Old Sac, 8:30 am
Oct 11 - Out and About 10K, City Hall Sacramento, 9 am, 488-7181
Oct 11 - Humboldt Redwoods Marathon, Dyerville bridge, Weott, Ca., 9 am,
Oct 11 - Berkeley to Moraga $\frac{1}{2}$ marathon, Claremont Hotel-Berkeley, 9 am, (415)653-1974
Oct 17 - McIntosh Fun Run, 3 & 6 mi, 4120 El Camino, 8:30 am, 488-7181
Oct 18 - CSUS Ski Club Run, 3 & 6 mi, Sac. State, 9 am, 454-6743
Oct 18 - Monterey County Marathon, $\frac{1}{2}$ mar., Salinas, 8 am, (408)424-4343
Oct 18 - Berkeley Waterfront Run, 5.09 mi, 2114 Addison (NIKE Berkeley), 9 am, 843-7767
Oct 18 - Concord Classic 10K, Clayton Valley High School, 10 am, (415)686-0369
Oct 24 - Fair Oaks Pumpkin Trot, $\frac{1}{2}$, 5 & 10K, FeetFleet-Madison & Fair Oaks, 8:30, 966-TEAF
Oct 25 - Loomis Basin 10 miler, 8:30 am, 791-7439
Oct 25 - YMCA Golden Gate Marathon, $\frac{1}{2}$ mar., Ferry Building-S.F., 7 am, (415)392-2191
Oct 31 - Weinstocks 5 miler, Weinstocks Downtown, 9 am, 488-7181
Nov 1 - Almond Bowl Run, 3 & 6 mi, Bidwell Park-Chico, 10 am, 342- 5166
Nov 7 - Challenge Cup, 50 miles, Polo Fields-S.F., 8 am, (415)921-7188
Nov 7 - Macys to Macys/American Express/Great Relay 26.2 mi., 488-7181
Nov 8 - Sacramento 60 Kilo, Enterprise Blvd.-West Sac., 8 am, 443-4514

This schedule is as accurate as possible at time of printing. It is subject to change. Entry blanks for these runs are available at local running stores. Any changes or additions to this schedule, please call John McIntosh (488-7181) or David Low (393-2106). Running schedule provided for your use by the Buffalo Chips Running Club, Sacramento, Ca.

CORRECTIONS TO THE MEMBERSHIP ROSTER

NAME	ADDRESS	PHONE		DOB
		RESIDENCE	BUSINESS	
O'Neil, Mike	8309 La Riviera Dr., Sac 95826	383-3375	366-2961	5/24/24
Dowell, Gail	1459 Buckridge Way, Sac. 95833	929-8638	323-0642	5/27/54
Kilbourne, Chuck	149 Russell Rd., Auburn 95603	823-7543	624-2491	
Washington, LaDonna	3301 O St. Sac 95816	455-6055	453-4545	
Johnson, Ken	3988 Welker Lane, Shingle Springs	753-4025		
Burke, Brian	P.O. Box 752, Shingle Springs 95682	677-2139	362-3739	8/13/44
Thompson, Bill	7206 ABG Box 563, APO N.Y., N.Y. 09223			
Bailey, Glen K.	3301 O St., Sac. 95816	455-6055		
Parder, Dan	1100 Howe Ave. #110, Sac. 95825		920-6906	
NEW MEMBERS				
Adams, Po	1009 Friars Ct., Fair Oaks, 95608	481-3983	482-2329	7/4/24
Jackie Lonergan				
Jesse Lonergan				
Jim Lonergan				
Beals, Kathy	4801 Oak Vista Dr., Carmichael 95628	972-9212		1/10/63
Bogle, Jeff	2408 J St. Sac. 95816	739-0900	442-3338	7/30/49
Mary				
Camerer, Paul	870 Watt Ave., Sac. 95825		482-6638	12/26/18
Marjorie				12/30/10
Castro, Chris	PSC Pox 55535, Mathr AFB 95655	482-9283	364-2072	9/4/58
Clark, Kevin	Rte. 4, Box 65, Woodland, CA 95695	666-1413		4/14/50
Clinkenbeard, Michael	1216 El Cide Ct., Mill Valley 94941	383-9768	433-2273	8/14/45
Driggs, Dick	5530 Mike Arthur Ct., Cit. Hqts.	965-3814	482-3444	11/11/34
Judy				
Gordon				
Garcia, Doug	1546 34 St., Sac. 95814	453-0461	971-1677	10/2/58
Haley, Mark	218 B Fargo Way, Folsom, 95630	351-0291	985-3384	5/5/55
Hearn, Candy	4384 Dorking Ct., Sac. 95825	482-8220		4/1/43
Hoey, Brian	691 Riverlake Way, Sac. 95831	391-2869	452-2876	6/20/48
Howard, Jim	429 10 St., Sac. 95814	447-2572	454-6208	8/31/54
Johnson, Leslie	2253 Northrup Ave. #22, Sac. 85825	922-9413	446-7847	2/23/57
Kasower, Steve	1720 O St., Sac. 95814	447-3970	322-0676	6/29/49
Kelly, Karen	1159 Darnel Way, Sac. 95822	447-0904		1/13/51
Kugelmass, Lois	9 Chief Ct., Sac. 95833	922-2828		12/8/48
Lichty, Nancy	7441 Peacock Way, Sac. 95820	383-0908	322-4088	1/7/56
Marchi, David	6234 Johanson Cir., Sac. 95842	331-9808	323-6046	7/19/35
O'Flaherty, Joseph	612 Villanova Dr., Davis 95616	756-1392		8/17/34
Patrignani, Noreen	8809 La Riviera Dr. #76, Sac. 95826		488-1900	7-24-55
Reyes, Anachristina	801 C 24 St., Sac. 95816			7/26/54
Rote, Jim	2540 11 Ave., Sac. 95818	453-1811	445-0844	8/4/39
Seldner, Robert	2315 U St., Sac. 95818	451-7000	451-7000	7/6/40
Joshua				
Dana				
Soderlund, Greg	5320 Callister Ave. Sac. 95819	456-2734	453-1520	2-8-48
Spencer, Lee	706 20 St. #4, Sac. 95814	444-3190	453-3655	6/4/53
Steffan, Karen	3166 Occidental #38	383-4599	444-6516	8/19/57
Stewart, Jene	8407 LaRiviera Dr., Sac. 95826	383-1991	383-7743	3/16/33
Wade, Norman	8248 Blue Oak Way, Cit. Hqts. 95610	722-8632	323-8401	12/8/45
Whitten, O.K.	219 Stonyford Dr., Vacaville 95688	446-4439	425-8720	5/10/34
Williams, Sandy	4758 Clothier Way, Sac. 95841	488-0482	445-6015	9/26/52
Wright, William	3017 6th St. Sac. 95818	448-3212	445-1010	4/25/43
Marie				4/24/51
Reiss, Mark	2100 Rockwood Dr., Sac. 95825	485-8705		
Shipley, Vern	8709 Sturgeon Way, Sac. 95826	362-8847		1/31/47