



# BUFFALO CHIPS

## RUNNING CLUB

NUMBER 24

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

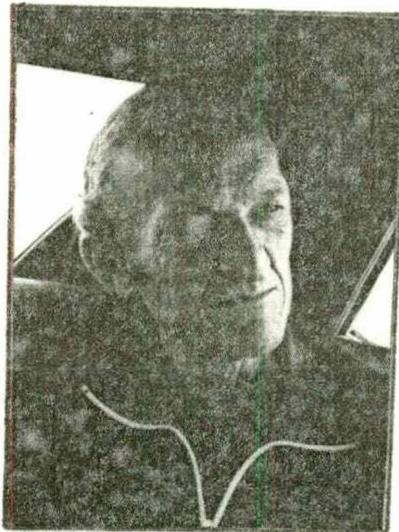
High Dunger  
Vice Dunger  
Secretary  
Treasurer  
Editor  
Membership Coor.

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

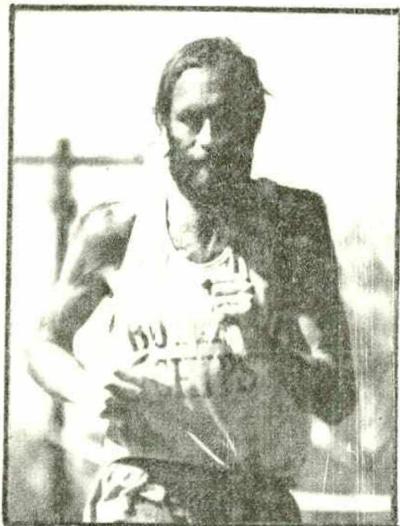


APRIL 27, 197

## Bad Buffaloes



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



### WHO

~~Where~~ else can you run  
2:50 and finish 600th ??  
Find out next month.

**FIND OUT WHERE TOO !**

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

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



## CHICO-REDDING RELAY

By Mike McIntyre

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

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

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

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

## LETTER TO THE EDITOR:

Re: Delivery of Club Newsletter

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

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

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

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

Bettina Brownstein

#### LETTER TO THE EDITOR

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

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

Mike Souza

#### THANK-YOU

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

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

Mike McIntyre

Dear Chips:

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

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

Thanks,

Jim Friedrich

#### THE CHAMPAGNE OF BOTTLED MARATHONS

By Mike Souza

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

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

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

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

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

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

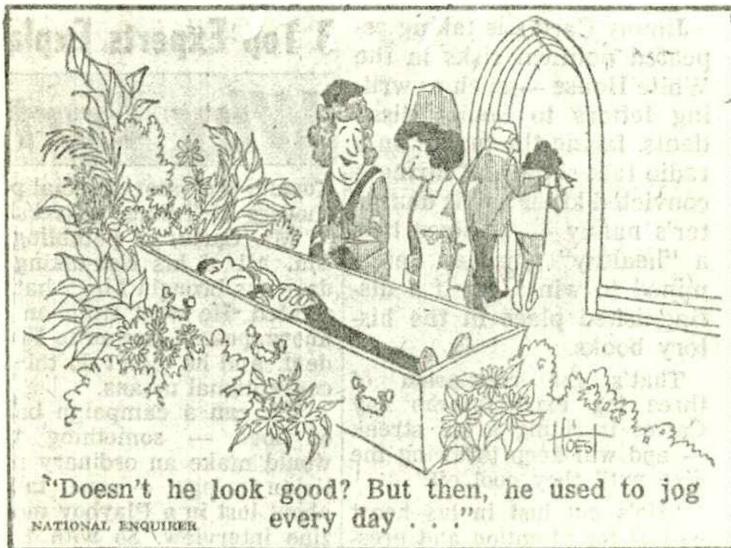
Overheard at the Buffalo Stampede. "How much is 50 Kilos?" ..... to which came the response, "Oh, I don't know, about 125 pounds maybe."

## SECOND (AND LAST ANNUAL)

### MT SHASTA CLIMB SET FOR JUNE 17

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

Any climb of Shasta is subject to last minute cancellation in case of bad weather.



## RACE SCHEDULE ADDITIONS

### SAT. APRIL 30 - SHASTA RIVER RUN (?)

5.4 Miles The Sacramento County Department of Parks and Recreation will sponsor the 5.4 mile race, open to both male and female runners. Registration begins at 8 AM at Gate 12 of Cal Expo (near Ethan Way), race begins at 10 AM and costs \$2.00.

### SUN. MAY 1 - KAISER MAY RUN

5 & 10 Kilo 11:00 AM Lake Merritt Boathouse, 1520 Lakeside Drive, Oakland. 750 Free T-Shirts but entry fee is \$4.00.

### SAT. MAY 21 - MCINTOSH FUN RUN

3 & 6 Miles 10:00 AM 4120 El Camino, Sacramento. 50¢ entry. Ribbons

### SAT. MAY 21 - ARMED FORCES DAY RUN

5 Miles 11:00 AM Sharp Army Depot Stockton. Roth Rd off I-5. Many divisions, awards. No entry fee.

### SUN. MAY 22 - 5TH ANNUAL SUNRISE

TRAIL RUN 7.5 Miles 9:00 AM Rancho Cordova Community Park. Take Coloma Road to Chase Drive. 175 T-Shirts \$2.00 entry fee. Sponsored by Mee Moving & Buffalo Chips.

### SUN. MAY 22 - RUN FOR YOUR HEART

.4, 1.25, & 3.3 Miles 9:00 AM Auburn Recreational Park. Take Hwy 49 toward Grass Valley, left on Dry Creek Road and then next left to High School. This is a family affair sponsored by the Ophirs.

### SUN. MAY 29 - PA-AAU SENIOR MEN'S & WOMEN'S TRACK MEET - ALL DAY

Diablo Valley College, Concord. Entry blanks from Henry Patton, 151 Manor Drive, San Carlos 94070 or call (415) 593-2637. Entries close May 24.

### SUN. JUNE 5 - FAIR OAKS FIESTA 5 MILE RUN 9:30 AM Plaza Park in Fair Oaks. Many divisions. \$1.00 pre-entry, \$2.00 at race. Call 966-1011 or 488-7184. Sponsored by Fair Oaks CC & McIntosh Sports Cottage.

### SAT. JUNE 4 MT. MISEY RUN 10 KILO

10:00 AM (?) 8 MILES EAST OF  
PLACERVILLE ON NEWTON RD.

CHIP MASTERS 100 MILE  
RELAY TEAM

MARCH 13, 1977

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

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

LEG	NAME	SPLITS	ELAPSED		FROM ACT
			TIME	AVG	
LEG 1-9.3 MILES	HOLMES	56:05	56:05	6:01.8	
LEG 2-11.4 MILES	REESE	74:15	2:10:20	6:30.6	
LEG 3-9.2 MILES	BETSCHART	61:04	3:11:24	6:38.4	
LEG 4-9.2 MILES	FARRELL	62:41	4:14:05	6:18.6	
LEG 5-10.0 MILES	MARSHALL	71:42	5:25:47	7:10.2	
LEG 1-9.3 MILES	RUSSELL	60:34	60:34	6:30.6	
LEG 2-11.4 MILES	WAGGONER	75:03	2:15:37	6:34.8	
LEG 3-9.2 MILES	HUNTER	63:40	3:19:17	6:55.2	
LEG 4-9.2 MILES	O'NEIL	70:02	4:29:19	7:36.6	
LEG 5-10 MILES	KOERNER	72:22	5:41:41	7:16.4	

TOTAL TIME 11:07:28

1976 TOTAL TIME 12:18:24

CHIPS HEAD SOUTH

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

months, and I had barely managed 10 miles a week, he ran a PR of 37:29 and I struggled to the finish, latching on to a slower runner, in 53:40. Jeremiah's spectacular performance (3rd of about 12 masters) awarded him his first trophy of his entire running career.

Later in the day, much to my dismay, I found out that each time the cameras were set up and rolling they were filming the woman in back of me who was somewhat heavy, obviously a beginner but employed by KFSN Channel 30 and in charge of covering the event.

### TRAIL TALK

The latest addition to the Buffalo Chips is a bit fresher than most. He's Christopher Baker at 8+ pounds. Mother, Maria, is glad to be back to normal and Hal says he's catching on to carbo loading very quickly. Press time came before we were able to get write ups on the Boston Marathon but the Chips were highly visible with Fraser Rasmussen at 2:50 (about 600th place), Jim Yani-glos at 3:03, Mike LaPierre along with Paul Holmes at 3:13. Ophir, Pam Bast was about 3:15. We have to get some good accounts of this classic for the next issue.

Speaking of the Ophir (& I don't know why I should but...) Head Warden, Jack Sanchez, has been sick for several months (and the condition of the club shows it). A nasty cold that won't go away will keep him from yet another marathon---! Pitty, could it be all that swimming back and forth across the river at night is his problem??? The DSE newsletter (SF) reports that Evan MacBrude has been doing well in their local runs e.g. 1st of 600 in the Zoo Run and a 1:18:50 in a 20 Kilo in January. Ageless Paul Reese recently hit the big "6" "0" just one day before the Pear Blossom Run (with Frank Shorter) in Medford Oregon. Paul got an honorable mention for his timing but not his effort..... Mark Reese, Martin Szekeresh, Jane Johnson and yours truly also ran with Frank.... There must be plenty of this kind of news, but I either don't hear about it or don't remember much of the stuff that might be of interest... So, help please by sending me a note. We don't need long fancy typed essays just a hand scratched note will do.

### "DON'T FORGET"

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

### HONOLULU '77

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

### DEADLINE

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

### EXECUTIVE COMMITTEE

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

ABE

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

Where: Race starts from Cordova Community Park, behind Cordova high school, Chase Drive off Coloma Road (east from Hwy. 50).

Awards: Medals to the first three in each division; ribbons to all finishers; Tee-shirts to the top 125 men, 50 women; merchandise awards.

Course: Start from Cordova Park, east along the bike trail to Sunrise Bridge, loop around the parking area, and return. The course is along some of the prettiest parts of the bike trail, with some gently rolling hills. This is a fast course--last year's winner averaged under 5:08 per mile for 7.5 miles. This year's course is longer by 3/4 miles.

Entry fees: \$2.00 per entry; sign-ups begin at 8:00 a.m.

Divisions: See below for specifics

Facilities: Bathrooms, picnic areas, playgrounds, lots of parking, and swimming pool.

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

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

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

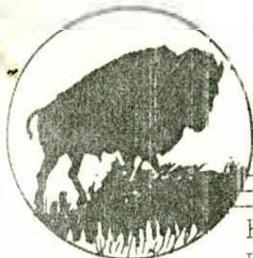
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WAIVER: In consideration of my entry, I hereby waive all rights to claims of any kind against the race sponsors and their agents. I attest I am physically fit and have sufficiently trained for competition in this event.

Check only one:

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

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



umber 26

# BUFFALO CHIPS

## RUNNING CLUB

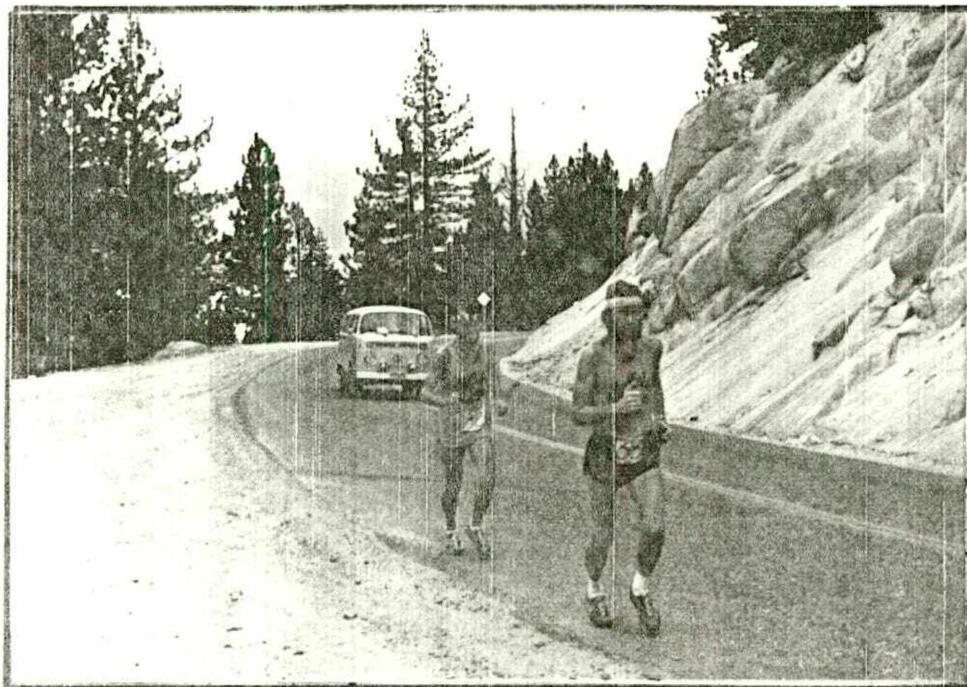


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August 10, 1977



"TAKING TAHOE IN STRIDE"

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

PHOTO BY CELESTE HEDGES  
STORY INSIDE

### 1977-78 LDR HANDBOOK

RACE SCHEDULE  
X-C SCHEDULE  
PA RECORDS

CLUB DIRECTORY  
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PA CHAMPIONSHIPS

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

## T-SHIRTS

I am an avid collector of race T-shirts. Considering the number of Coors, Fleetwood Mac, and Happiness is... T-shirts one may purchase, I prefer to adorn my body with further evidence of my uniqueness by sporting my Buffalo Stampede, Dipsea, Tahoe-Relays, etc. T-shirts. Unfortunately my passion for acquiring such testimonial apparel is hampered by the poor quality of T-shirts that race organizers invariably choose to dispense to participants. I am not your basic sleek edition of runner. Fifty miles a week keeps me a husky 195 pounds. I detest close fitting clothes and most participant T-shirts rival my skin for closeness (I always buy extra-large). I'd gladly pay more for a better quality shirt. My Sacramento Relay and Stampede shirt come dangerously close to asphyxiating me, if I try to wear them. I want to advertise (even flaunt) my runner status but the T-shirts are a consistent disappointment. An example of a good T-shirt is the Buffalo Chip shirt sold by Fleet Feet. Now there's a durable no-nonsense upper torso covering designed to please the pickiest of compulsive T-shirt collectors. Any Ideas?

Paul Brimberry



EXHIBIT "A"

## SUNRISE TRAIL RUN

By Lee Fox

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

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

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

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

Ed Note:

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

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

CHIPS STAMPEDE AT LAKE TAHOE MARATHON  
by Bob Hedges

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

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

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

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

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

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

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

## WOMEN RUNNERS TO MEET

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

Bettina Brownstein

## CLASSIFIED

Lydiard Marathons

Size 6½ Low mileage \$25.00  
See at Fleet Feet

Lydiard Marathons

Size 10½ Low Mileage \$15.00

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

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Size 11 Very Low Mileage \$30.00

Shoes run small, will probably  
fit normal size 10½.

Call Abe Underwood 392-7672

PUT OCT 9 ON YOUR

SCHEDULE FOR THE

"APPLE HILL RUN"

A PETE SCHENGER SPECIAL

## CHIPS TRIP TO LOMPLOC By Walt Lange

The week-end of June 24-26 featured the annual Flower Festival races in Lompoc. Lompoc is the flower seed capital of the world and stages this festival every year to commemorate this notable fact. The running program begins with a 5 miler on Saturday morning on the Flower Festival parade route. This writer PR'd somewhere in the low 25's, casting serious doubt on the measured distance. Each mile was marked and I covered the last mile in 4:00 (also a PR)! Chip Feenstra, and Un-Chips Hobbs and McCarry were late to the starting line due to an all-night card game and McCarry's 40 minutes in the shower prior to the race. After watching the fantastic parade (seriously, it's supposed to be one of the better ones in the state), we visited Solvang, the Danish tourist town about 20 miles down the road. That evening we watched the series of track races at Lompoc H.S. Feature race is the USTFF National Invitational Junior Six Mile. Joe Sciamè, the meet director, has a budget to work with, and pays room and board for invitees across the nation. The result was one of the best six mile track races in High School history. Tom O'Neil and Pete Gaul, both of Jesuit H.S., and Buffalo Chips, finished 4th and 10th respectively, with times of 29:39.6 and 29:59.0. Both times are of national caliber and we believe Jesuit is the first high school to have two runners under 30 minutes. The next morning's events were the Marathon & Marathon, run simultaneously. Over 300 showed up and the 1st mile was run on the track! It was like something out of a surrealistic movie, after a couple of laps the track was covered with all kinds of people. Conditions were perfect (60 degrees & overcast) and times were good. Feenstra (after another card game-3 hours sleep) ran 1:10:23. I ran 1:18:18 struggling (20th place-5th sub-master), Jacobson 162nd 1:42:17, McCarry 1:14:15 & Hobbs 1:22:47. 247 finished the and the marathon winner finished near 2:34. I'd recommend the trip to everyone as it was very enjoyable and to quote a vintage club newsletter headline "Buffalo Chips were on everyone's lips" as I got numerous inquiries about our jersey and where one could be obtained.

## MOTHERS' DAY RUN

By Jane Johnson

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

Jeremiah and I were at the starting line (Pat Stroud's Ranch) at 6:30 AM donning sweats and our B.C. tank-tops. The course was a flat  $2\frac{1}{2}$  mile loop with the option of doubling that for 5.

Since I was trying for under an eight minute pace and Jeremiah was ready to do battle with Frank Delgado (Chris' brother), I chose the  $2\frac{1}{2}$  mile loop & Jeremiah ran 5.

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

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

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

Think about it, Lady Chips, that's a nice way to spend Mothers' Day!

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

## MEMORIAL DAY RUN 5-30-77

Woodard Park, Fresno By Jane Johnson

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

Since Underwood finally made it down the valley for a Fresno race, I decided to run only 3 miles and be able to get a picture of him as he crossed the line for 6. I remember cruising along (slow as always) for the first  $\frac{1}{2}$  mile until I suddenly heard fast footsteps approaching behind me. I recognized the woman as she passed as Dorothy Thomas, a Fresno Jogger and figured that at that pace, she was only running 1 or 2 miles, and I didn't want to embarrass her by asking. I did have to speed up considerably to stay with her and she finally asked me how far I was going to run. I told her I'd only go three and gave her my weak excuse about photo-taking. I decided I could now ask her what distance she was going since we were about at the 1 and 2 mile turn off. She told me she was running the Six Mile Race and kept encouraging me to go ahead ~~if~~ I was being held back by her-(What a joke!) I finished in 23:something, Dorothy finished near 47 and Underwood finished in about 34:30, 2nd place overall.

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

## HAWAII FIVE-O (Plus 21.2)

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

## SACRAMENTO TWENTY SIX-O

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

SUMMER RACING POTPOURRI  
by Paul Holmes

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

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

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

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

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

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

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

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

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

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

JULY 5, 1977

## TRACK MEET

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

Jane Johnson

440	880	MILE	
Kenny Bolder	:53	Bolden	2:02
Freeman	:54	Colbert	2:19
Hoschler	:57	Yaniglos	2:20
Reese	:59	Hedges	2:23
Koerner-Hedges	1:01	Koerner	2:30
Clark-Finnegan	1:05	Finnegan	2:32
Lavis-McIntosh	1:07	Davis	2:35
Baker-Waggoner	1:09		Bertoli
Mersereau	1:13		Reese
Bertoli	1:06	<u>TWO MILE</u>	
Souza S.	1:20	Jordan	9:57
Evorak	1:40	Rennie	10:26
		Bowles	10:27
		Fairchild	10:36
		Winje	11:18
		Yaniglos	11:38
		Rarr	11:57
		Vredenberg	12:12
		Bakich	12:16
		Nichols	12:25
		Cushenberry	12:41
<u>FIVE MILE</u>		Finnegan	12:55
Razo	30:31	Sumner	12:55
Yaniglos	32:05	Betschart	13:18
Davis	32:12	Underwood	13:38
Reese	32:35	Clark	14:12
Nichols	33:42	Hoschler	14:12
Finnegan	33:43		Lange
Bakich	33:59	Cooper	14:12
Baker	34:27	Navarro	14:36
Bertoli R	34:27	Baker	14:36
Navarro	34:27	Bertoli	14:36
Koerner	38:09	Souza S	17:20
Borland	38:14	Waggoner	17:22
Mersereau	38:22	Davis	17:23

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

Abe

## TRACK MEET AUGUST 2, 1977

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

440	880		MILE	
Freeman	:57	Colbert	2:15	Colbert
Nichols	:59	Hedges	2:20	Underwood
Colbert	:60	Koerner	2:24	Yaniglos
Koerner	:60	Yaniglos	2:27	Holmes
McGuire	:62	Waggoner	2:37	Baker
Yaniglos	:62	Forehand	2:52	Betschart
Navarro	:63			Nichols
Hoschler	:64	<u>TWO MILE</u>		Brown
Underwood	:65	Gallo	10:53	Waggoner
Betschart	:65	Colbert	11:02	McGuire
Bertoli R	:66	Hedges	11:40	Hedges
Baker	:66	Yaniglos	11:49	Bertoli R
Waggoner	:75	Nichols	12:15	Koerner
Forehand	:76	Waggoner	12:16	O'Neil M
Bertoli	:90	Underwood	12:16	Hoschler
		Baker	12:17	Borland
<u>FIVE MILE</u>		Navarro	12:33	Brownstein
Hedges	32:19	McGuire	12:33	Karver
Brown	34:24	Koerner	12:49	Clark
Baker	34:45	Betschart	12:50	Navarro
Forehand	(37:25)	Hoschler	13:09	Squiller
Navarro	35:25	Karver	13:21	Forehand
Nichols	36:15	Clark	13:38	Standley
Borland	36:26	Forehand	13:56	
Betschart	(38:43)	Squiller	13:57	
Karver	(36:30)	Brownstein	14:02	
Colbert	40:00	Standley	16:30	
Squiller	40:00			
Waggoner	40:00			
Underwood	40:15			
Yaniglos	40:25			

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

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

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

intersection of Hi-ways 50 & 79 (Safeway parking lot) & proceeds counterclockwise around the lake. (8 mi.). DIVISIONS: AAU Club, Open(pick-up teams), Masters Men, Open Women. Contact: Robert E. DeCicco, P. O. Box 1006, Alameda, CA 94501. Ph. 523-2254 (9-5). Entry Fee: \$10/team. Course Records--Men: WTYC 6:24:43 (1975); Masters: WTYC 7:41:05 (1974); Women: WTYC 8:22:08 (1976). Sponsored by PA-AAU LDR Committee.

AUG. 14: REDWOOD SHORES TRIATHLON, 4 mile run, 400 meter swim, Marine World Parkway, Redwood Shores, Redwood City. (10:30 am). Contact: Judy Matray, 350 Marine World Parkway, Redwood City, CA 94061. Ph. 362-1170. Entry Fee: \$1.50. Male Divisions. Flat, hard dirt. Sponsored by Mobile Oil Estates and Camino W.

AUG. 20: 2ND ANNUAL TOP-OF-THE-STATE SEVEN MILER, College of the Sierras, Weeds. (9 am). Contact: Lee Ferrero, 450 College Ave., Weeds, CA 96094. Ph. 916/938-4685. Entry Fee: \$2.00. Course Records--Men: Leonard Hill 39:07 (1976); Masters: Harry Daniell 46:41 (1976); Women: Jennifer Daniell 57:12 (1976). Hilly, 4000' elev., 50% dirt, Sponsored by Weeds Recreation District.

AUG. 20: THE DALY CITY-CAMINO WIST 1.75 MLO RUN, Gollert Park, Daly City. (10 am). Contact: Bob Miller, 3 Santa Elena, Daly City, CA 94014. Ph. 462-2023. Entry Fee: \$1.00 (late fees \$2.00 after Aug. 19). New Course. 20% hilly, 75% pavement. Sponsored by Camino West TC.

AUG. 21: 9TH ANNUAL LAFAYETTE 7 MILE RUN, 7 mi. to Lafayette Reservoir, Lafayette (9 am). Contact: Charles McMahon, 11 Gray's Inn, Walnut Creek, CA 94596. Ph. 937-0110. Entry Fee: \$2.00. Course Records--Men: Tom McLean 50:07 (1974); Masters: Tom McLean 50:11 (1976); Women: Vicki Gray 57:07 (1976). Hilly, trails. 12 and under. Sponsored by East Bay Road Runners.

AUG. 27: 4TH ANNUAL DAMMIT PUN, 7.597 Miles, Los Altos High School. (9 am). Contact: Lee Hughes, 106 Belvalle Rd., Los Altos, CA 95018. Ph. 468/356-9532. Entry Fee: \$3.00. Register & pay day. Many age-group divisions. Men and women. 9:10 a.m. start. 30:07 (1975); Masters: Jim Chettler 51:12 (1975); Women: Shirley Graham 39:03 (1976). Hilly, 50% trails. Sponsored by Lee Gator RA.

(Sat) (Sun) 7TH ANNUAL GOLDEN EMPIRE 1/2 MARATHON, Penn Valley, CA, Distances: (see "age-group" schedule). Men and Women. 35 and up-5 miles. (10 am). Contact: Nick Ver, 100 Footwall Dr., Penn Valley, CA 95946. Ph. 462-2200. Entry Fee: \$2.00. Flat trails. Sponsored by Gold Spike TC.

AUG. 28: 6TH ANNUAL DINEA RAM, (handicapped) 1.5 mi., Mill Valley (town-town) to Stinson Beach. (10 am). Contact: Mill Valley Javees, 300 Miller Ave., Mill Valley, CA 94941. Entry fee: \$1.00 (late fee: \$1.50). Course Records--Men: John Bond 10:01 (1971). Sponsored by Mill Valley Jaycees. NOTE: Race may be cancelled due to drought conditions, check Mill Valley RR for Mill Valley 8:30a.

(Sat) (Sun) 8TH ANNUAL GOLDEN EYE 1/2 MARATHON, Penn Valley, CA, Distances: (see "age-group" schedule). Men and Women. 35 and up-5 miles. (10 am). Contact: Nick Ver, 100 Footwall Dr., Penn Valley, CA 95946. Ph. 462-2200. Entry Fee: \$2.00. Flat trails. Sponsored by Gold Spike TC.

SEPT. 3: LAKE WILDWOOD 10 MILE ROAD RACE, Lake Wildwood (Grass Valley). (10 am). Contact: Nick Vogt, 106 Footwall Dr., Grass Valley, CA 95945. Ph. 916/273-7880. Entry Fee: \$2.00. Course Records--Men: Ron Zarate 34:32 (1974); Masters: Ross Smith 59:20 (1974); Women: Michelle McKeen 68:18 (1975). Hilly, pavement. Sponsored by Gold Spike TC.

SEPT. 3: 8TH ANNUAL ALAMEDA TC X-C CARNIVAL, 6.6 miles--Masters, Seniors, and HS; 3.6 miles--Juniors and women. (1:30 pm). Contact: Robert E. DeJelle, P. O. Box 1800, Alameda, CA 94501. Ph. 523-2264 (9-5). Entry Fee: \$1.50 (late fee: \$2.00). Course Records--Men: Mike Pinocci 30:11 (1976); Masters: Ralph Bowles 33:07 (1974); Women: Kathy Adams 17:02 (1975). Flat, dirt and grass golf course. Visitors and observers must stay off greens and fairways. No Picnicing. Sponsored by Alameda Track Club.

SEPT. 5: TIMES NINE, Relay (9.99 Kilo) and Individual races, divisions and distances from "toddler" to Masters, male and female. Crystal Springs X-C course, Belmont (Hallmark Drive). (9-11:30 am). Contact: Len Wallach, 1000C Continentals Way, #107, Belmont, CA 94002. Ph. 374-5730 (work)-591-6327(home). Divisions--check ad on opposite page. Sponsored by San Mateo Times.

SEPT. 10: 1ST ANNUAL MARINE AIR RESERVE RUN, 3 & 6 miles, Naval Air Station, Alameda. (10 am). Contact: John Hausman, 3620 Encs Ave., Oakland, CA 94619. Ph. 551-5450. Entry Fee: \$2.00 (late fee: \$3.00 after Sept. 2). New Course. Flat loop, pavement. Sponsored by VFW (AVN)-5, NAS Alameda.

SEPT. 10: 6TH ANNUAL DOUBLE DIRTIEA, 13.4 Miles, Stinson Beach to Mill Valley and return. (9:00 am). (handicap). Contact: Walt Stach, 321 Collingwood St. San Francisco, CA 94111. Ph. 777-7470. Entry Fee: \$4.00 (late fee: \$4.00 after Sept 4). Course Records--Men: Byron Lowry 1:42:37 (1975); Masters: Jim Nicholson 1:23:40 (1976); Women: Debbie Rudolph 2:13:52 (1974). Very hilly, rough trails. Sponsored by DGS runners.

SEPT. 11: PA-AAU 26 KILO CHAMPIONSHIPS, Golden Gate Park, (polo fields), San Francisco. (9:30 am). Contact: Jack Leydig, P. O. Box 1551, San Mateo, CA 94401. Ph. 3-1-3111. Entry Fee: \$1.50. Course Records--Men: Ron Wayne 1:41:54 (1974); Masters: Jim Shettler 1:27:48 (1975); Women: Cindy Rose 1:41:51 (1975). Slight pavement. Sponsored by West Valley Track Club.

SEPT. 11: PEAK FOWL RACERS CHAMPIONSHIP FIVE MILER, 1-1/2 miles east of Marysville on Hwy 20. (11 am). Contact: Ed Williams, 935 Spira Ave. Yuba City, CA 95991. Ph. 916/674-0302. Entry Fee: \$2.00 (late fee: \$3.00 after Sept 14). 11 Divisions, 6 men, 5 women. New course. Rolling hills, 100% trail. Sponsored by Peak Bowl Mfr.

SEPT. 16: 14TH ANNUAL WALNUT FESTIVAL RACES, 1-1/2 & 3 miles--group girls, 1-1/2 & 3 miles--(see "age-group" schedule); Family & boys U/13 (1-1/2 & 3 miles). Entry Fee: \$1.00. Course

Records--Men: Jim Nuccio 27:03 (1975); Masters: George Martin 30:22 (1976); Women: Phyllis Glrich 35:11 (1974). Rolling pavement. Sponsored by Walnut Festival Ass'n. (See ad-opposite page)

SEPT. 23: LAKE TAHOE-PEPSI 72 ~~MILE~~ RUN, Tahoe City, Wells-Fargo Bank  
(Fri) parking lot. (6 nm). Contact: Charles Mersereau, P. O. Box 7052, Sacramento, CA 95826. Ph. 916/383-4141 (days). Entry Fee: \$3.00. NO POST ENTRIES, entries close Sept. 19. Course Records--Men: Don Choi 9:42:22 (1976); Masters: Dr. Ralph Pfaffenberger 11:34:24 (1976). Loop course around the lake, hilly pavement. Sponsored by Buffalo Chips RC and Pepsi of Reno.

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

SEPT. 25: WHISKEYTOWN LAKE RELAYS, 22.5 miles. (4 man teams) (legs about 5 miles each). Whiskeytown Marina on Whiskeytown Lake-8 miles west of Redding. (9 am). Contact: Len Edholm, P. O. Box 1180, Redding, CA 96001. Ph. 916/243-2541. Entry Fee: \$8.0 /team. Course Records--Open Men: Chico RC 1:52:14 (1974); 30-39 Men: Chico RC 2:10:19; Masters: SMAT 2:2:11 (1974); Women: Chico RC 2:26:10 (1976). Loop course around the lake, hilly pavement and dirt. Sponsored by S.W.E.A.T.

OCT. 2: SACRAMENTO MARATHON, Cal-State, Sacramento, 6000 J-Street. Sac. (Sun) (8 am). Contact: John McIntosh, 4125 El Camino Ave, Sacramento, CA 95821. Ph. 916/489-7124. Entry Fee: \$3.00 (late fee: \$5.00 after Sept 25). Course, Flat pavement. Sponsored by McIntosh's Sports Cottage, Buffalo Chips RC and Cal-State, SAC.

OCT. 2: 6TH ANNUAL PANMUN LAKE MERCE RCM, 7 miles, Westlake Park Clubhouse, Italy City. (9:30 am). Contact: Jim Scannell, 305 Ave. #4, San Francisco, CA 94121. Ph. 415-331-1111. Entry Fee: \$1.00 (late fee: ?). Course Records--Men: Jon Andermen 34:23 (1972); Masters: Ralph Bowler 37:42 (1976); Women: Jean Ulliyot 42:29 (1974). Rolling pavement. Sponsored by Panmunk Runners.

OCT. 8: 4TH ANNUAL BERKELEY WATERFALL RACE, Berkeley. Course--1 and ~~1/2~~ miles, flat. (1/2 miles). Contact: Jim Scannell, 305 Ave. #4, San Francisco, CA 94121. Ph. 415-331-1111. Entry Fee: \$1.00. Course Records--Men: Jim Scannell 34:23 (1975); Masters: Ralph Bowler 42:29 (1975). Flat Pavement. Sponsored by Athletic Department and Sierra Designs.

OCT. 9: CARMEL RANCH 10 KILO X-C RACE, Carmel Ranch, Carmel Valley, (Sun) (8.5 miles east of Hi-way 1 on Carmel Valley Rd.) (11:30 am). Contact: Gary Joettelmann, Story #1, Carmel Valley, CA 93924. Ph. 408/699-4114. Entry Fee: \$1.50. New course, hilly, trails, Sponsored by West Valley RC.

OCT. 14: SPRING LAKE 10 MILE RELAYS, 12 miles, (4 man teams) 3 miles each. East side of Spring Lake County Park, Santa Ynez. (11:30 am). Contact: Fred Kenyon, 1009 Mariner

Ph. 707/823-8338. Entry Fee: \$6.00/team (late fee: \$7.50/team, postmarked after Oct. 5). Many Divisions. New Course, 20% dirt, 75% rolling hills. Sponsored by Valley of the Moon TC.

OCT. 16: 12TH ANNUAL BERKELEY TO MORADA RIDGE RUN, 13.9 miles, Claremont Hotel (lower parking lot). Berkeley. (10 am). Contact: Charles McMahon, 154 Grover Ln. Walnut Creek, CA 94596. Ph. 937-0806. Entry Fee: \$2.00. Course Records--Men: Byron Lowry 1:09:53 (1971); Masters: Ross Smith 1:17:46 (1973); Women: Sharon Furtado 1:26:45 (1976). Point to point, hilly pavement. \$6.50-12/under. Sponsored by East Bay Road Runners.

OCT. 22: GOLDEN GATE WOMEN'S RUN, 10 Kilo. Golden Gate Park, (Polo Fields), San Francisco. (10 am). Contact: Janis McCormick, 456 40th St. #9, Oakland, CA Ph. 653-0343. New Course, Flat, 75% pavement and dirt. Sponsored by F.O.R.E. Runners.

OCT. 22: FOOTHILL COLLEGE 4 MILE X-C RUN, Los Altos, (2 pm). Contact: Hank Ketels, Track Coach, Foothill College, Los Altos, CA 94022. Ph. 941-5947. Entry Fee: \$1.00. (Not open to students competing in high school). Loop course, 70% hilly, dirt and pavement. Sponsored by Foothill College X-C Team.

OCT. 23: PA-AAU MASTERS X-C CHAMPIONSHIPS, 10 KILO, site and sponsor TBA. Check later issues of NorCal RR for further information. Sponsored by PA-AAU LEC Committee

OCT. 30: 3RD ANNUAL SONOMA STATE COLLEGE "WRONG TURN" MARATHON, Rohnert Park, CA (9 am). Contact: Bob Lynn, Track Coach, PE Dept., Sonoma State College, Rohnert Park, CA 94928. Ph. 707/564-2357. Entry Fee: \$3.50. Registration limited to first 500 entrants. Pre-register only, NO race-day registration. Course Records--Men: Jan Sershen 2:15:15 (1976); Masters: Barryl Bardsell 2:40:01 (1976); Women: Penny DeMoss 3:02:00 (1976). Flat, Pavement. Sponsored by Sonoma State College P.E. Dept.

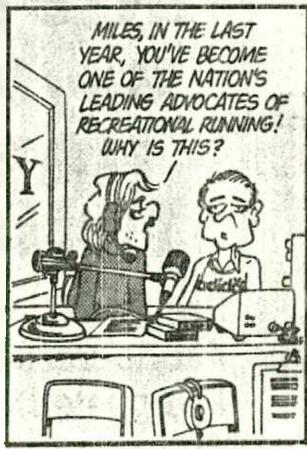
OCT. 30: HALLOWEEN RACE, 5 miles, WV Alcohol Center, Capri Dr. Los Gatos. (10 am). Contact: Christine Baumgardner, 14195 S. Capri Drive, Los Gatos, CA 95030. Ph. 408/379-7020. Entry Fee: \$1.00. New course. Flat, Pavement. Sponsored by WV Alcohol/Mental Health.

NOV. 5: 3RD ANNUAL ALMOND BOWL RUN, 3-6 miles, Bidwell Park, Chico, CA. (10 am). Contact: Frank Burk, Rt. 2, Box 142B, Chico, CA 95926. Ph. 916/343-5473. Entry Fee: 18&over-\$2.00 (race-day \$2.50); 17&under \$0.50 (race-day \$1.00). Course Records--Men: Dennis Swart 29:17 (1975); Masters: Ross Smith 31:12 (1976); Women: Tina Anex 35:10 (1976). Flat, Pavement. Spon. By Chico RC

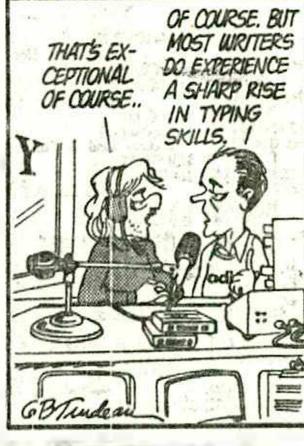
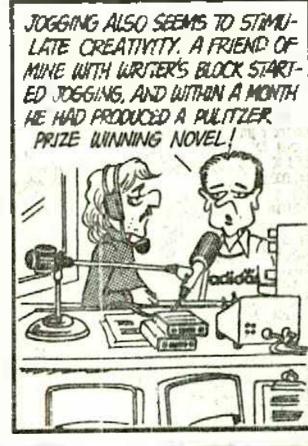
NOV. 6: 4TH ANNUAL EXCELSIOR WEST END RUN, 6.25 miles (10 Kilo), Golden Gate Park (Polo Fields). (10 am). Contact: Bob Darling, Jr., 1403-41st Ave. San Francisco, CA 94122. Ph. 566-2491. Entry Fee: \$1.50. Course Records--Men: Gary Bluma, Wolfgang Schmidbauer 1:15:10 (1976); Masters: Ross Smith 1:24:22 (1976); Women: Sharon Furtado 32:46 (1976). Rolling, 50% trails, 50% pavement. Sponsored by Excelsior Track Club.

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Doonesbury



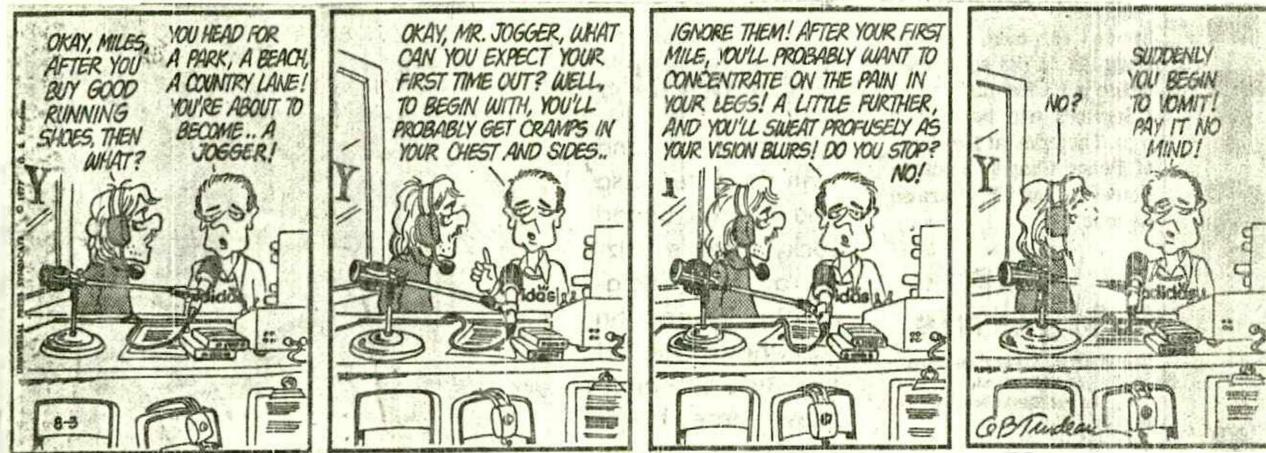
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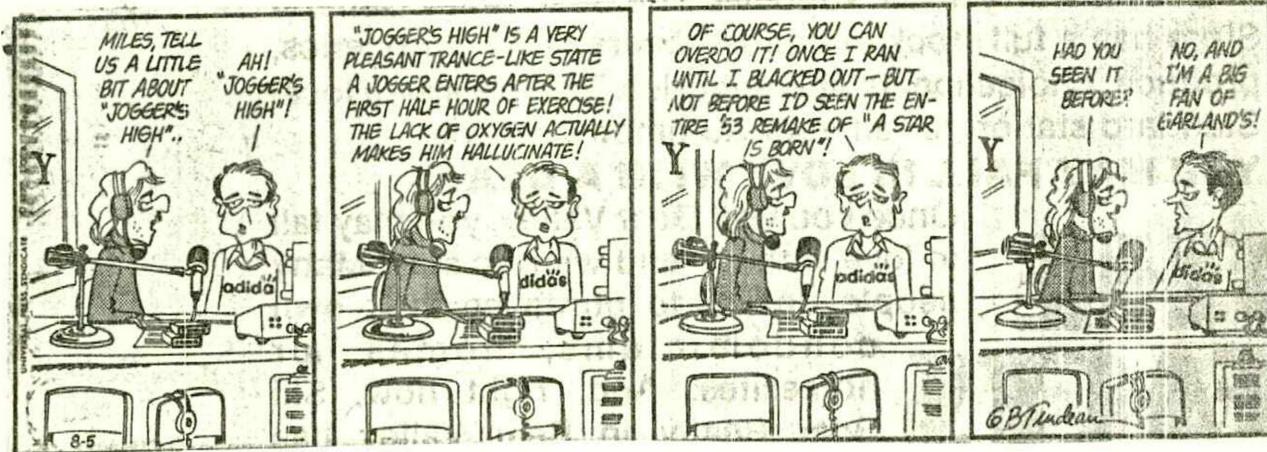
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# QUANTITY AND QUALITY MAKE 5th ANNUAL FOLSOM 10-kilo A SMASHING SUCCESS....

by Doug Rennie

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

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

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

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

Buffalo Chip Chris Little (33:09) finished over a minute' Del Campo HS star in Harvey to cop the men's 15-16 division. Chris was to finish 16th overall the San Francisco marathon the next weekend and first in his division with 3:41 in his first attempt at the distance. Jesuit coach Walt Lange will be counting heavily on Chris this fall and, judging from his summer performances, Chris will be ready to deliver.

The Master's division was the exclusive province of the High Dunger, Paul James, whose 34:27 obliterated the course record of 35:40 set last year by Ty Dley. Folsom was the second star in Paul's Triple Crown as he finished 2nd master in the tough Excelsior Beach Run in SF the day prior to Folsom and 3rd master in the Kenwood Classic the day after Folsom. Not satisfied with 3 high master races in 3 successive days, Paul raced to a PR 4:53 mile in the CSUS 1-Comer meet the very next day. The man is amazing....a living, breathing testimony to the power of Geritol. Second in the division at 34:50 was someone named Ross Smith. Anyone ever heard of him? Paul says he's good.

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

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

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

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

### TRAIL TALK

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

Carmichael 95608

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

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

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

The masters will also be the probable Club team representatives at the DIPSEA (Aug 28th). Because the handicapping heavily favors the experienced runner they are the most likely to finish in the top. Note - there will be T-Shirts to the top 35 finishers. This is a very special prize considering the size of the field 2300+.

### JUNIOR COORDINATOR NEEDED

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

### TAHCE RELAY TIME

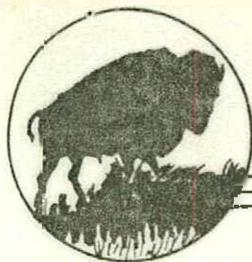
The Lake Tahoe Relay is on for next weekend ((Sat Aug 13)). This is a big event and is usually fun for everyone. An effort will be made to get all interested members on a team---but it's up to you to let a coordinator know you want to run. Call any of the following. Fraser Rasmussen, Hal Baker, Davis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

### EDITOR REFLECTION

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

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

Abe Underwood  
6555 Riverside Blvd.  
SACD. 95831



# BUFFALO CHIPS

RUNNING CLUB

NUMBER 28

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

High Dunger  
Vice Dunger  
Secretary  
Treasurer  
Editor  
Membership Coor.

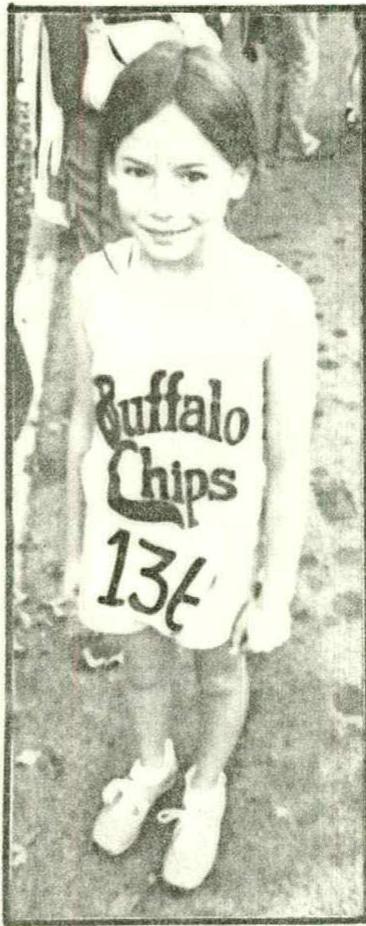
Sacto 929-5817  
Davis 756-7636  
Sacto 456-5738  
Sacto 383-4667  
Sacto 392-7672  
Sacto 363-9142



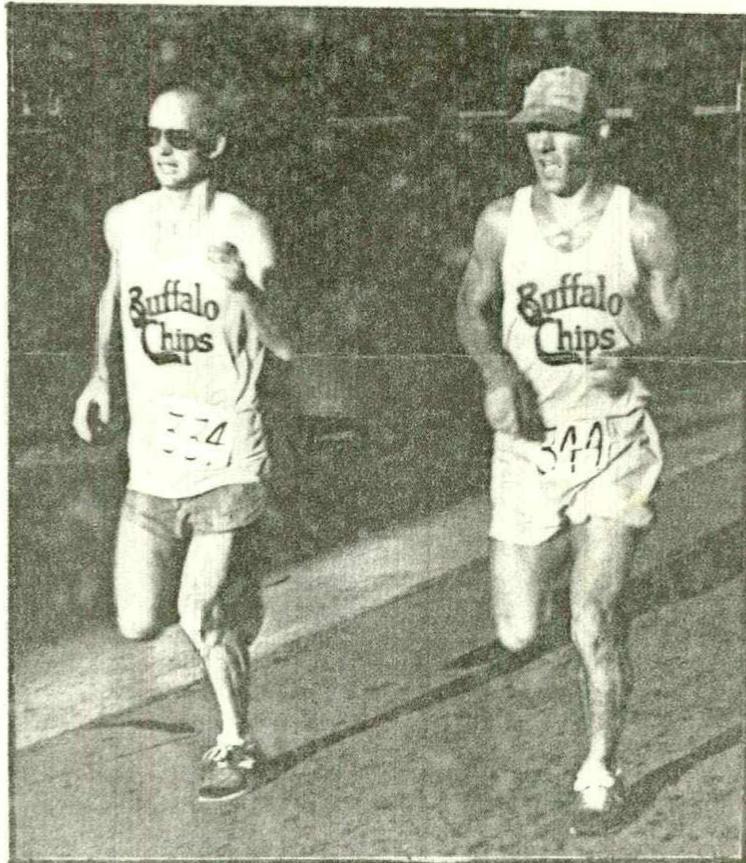
DECEMBER 6, 1977

## SACRAMENTO MARATHON ISSUE

AND OTHER GOOD STUFF



MARK REESE PHOTO



MARK REESE & MIKE SOUBA  
DURING THE RACE AND LOOKING GOOD.

MEESHA MANGIARACINA  
AFTER THE RACE AND LOOKING BETTER ?

## SACRAMENTO MARATHON

By John McIntosh

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

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

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

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

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

Results as follows: (Chips)

Garry Green	25	2:35:46
Mark Reese	28	2:44:31
Marc Hoschler	27	2:45:15
Larry Summer	33	2:46:53
Bob Hedges	32	2:48:21
Doug Rennie	36	2:49:46
Paul Holmes	41	2:50:06
Tim Hicks	34	2:53:35
Fraser Rasmussen	34	2:53:46
Chuck Nichols	27	2:57:10
Jim Finnegan	36	2:57:29
Jonathan Brown	31	2:58:51
Walt Betschart	50	3:00:36
Ferry Linn	26	3:00:57
Dan Davidson	35	3:05:17
Art Waggoner	51	3:05:36
William McGuire	32	3:08:53
Pete Schoener	36	3:10:48
Paul Reese	60	3:11:01
Chris Lelgado	44	3:11:35
Rob Bakich	27	3:15:33
Jim Carter	20	3:16:27
Lennis Letl	20	3:16:41
Howard Jacobson	34	3:18:43
Roger Brown	31	
John Clark		
Martin Szekeresh Jr.	39	
George Koch		
Charlie Mersereau	53	3:36:17
Chris Borland		
Jim Kerver	30	4:09:28
Greg Mayer		
Paul Goodwin	56	
Robin Marrs	20	4:11:54

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

## LADY CHIPS

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

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

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

Total Chips - 67 not Bad!!!  
Hope we ~~missed~~ everyone.

THE SACRAMENTO MARATHON  
By Abe Ungerwood

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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#### EDITORIAL NOTE:

THIS ISSUE WAS INTENDED TO BE A SMALL END-OF-YEAR EDITION!  
THOUGH TO ALL THE SUBMISSIONS - IT COULD NOT BE SMALL USED  
MORE. WE'RE SORRY TO TELL YOU, BUT AS I STUPIDLY HELD  
WITH A SCOTCH - DON'T CRY? ALSO - HAD ABOUT A HUNDRED  
EVENING'S AND SEVERAL DAY COPIES & THE DEPT HAS BEEN SELLING  
LATELY. WE MAY BE SELLING OUR INDIVIDUAL PRINTING SERVICE.  
OUR GUESST IS ABOUT 7500 FOR 250 COPIES. DOES ANYONE  
KNOW OF A SERVICE AT A REASONABLE PRICE FOR ONE COPY ISSUE?

## ANGWIN TO ANGWISH

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

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

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

Chip finishers and times were as follows:

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

## BERKELEY WATERFRONT RUN

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

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

## CHICO ALMOND BOWL RUN

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

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

Chip finishers and times were as follows:

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

## INTERNATIONAL RICE FESTIVAL MARATHON

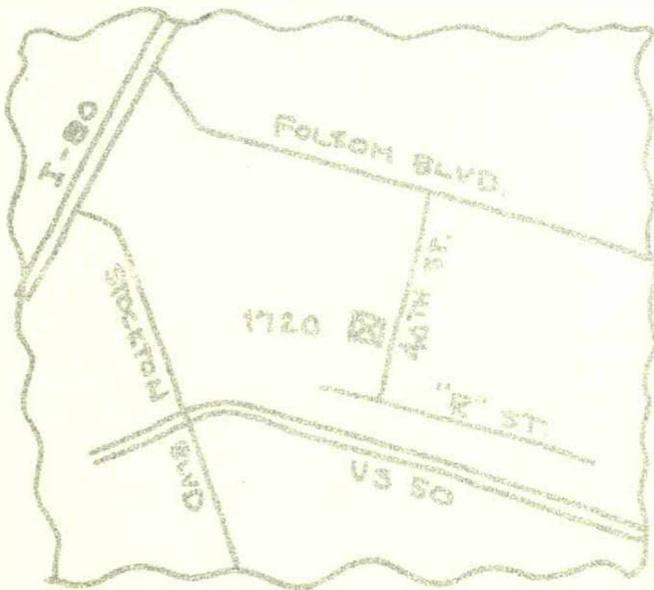
Crowley, La (10/23) This point to point run from Lafayette to Crowley is in the heart of Acadian Country. The race is not well managed in my opinion particularly with regard to aid stations and timing. Times of a sort were provided every mile and aid every 2 miles. From 6 miles to 18 no water was available.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

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

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

## CLUB MEETING SET FOR FRIDAY, JAN. 20th

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



## 1977 PA-AAU 30 KILO CHAMPIONSHIP

By Abe Underwood

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

17.	Abe Underwood	1:52:03
19.	Louie Hennie	1:52:56
21.	Mark Boschler	1:53:10
22.	Robert Hedges	1:54:57
32.	Paul Holmes	1:57:30
33.	Tim Hicks	1:57:41
34.	Mike Souza	1:57:50
36.	Robert Malain	1:58:08
52.	Walt Betschart	2:02:11
145.	Bob Montgomery	2:52:03

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

— DON'T FORGET —

## MCINTOSH FUN RUNS

TEST YOUR SKILL AT

3, 5, 6 MILES

9:00 AM

1/2 MILE FOR KIDS

8:30

DEC. 17<sup>th</sup> 567

JAN. 21<sup>st</sup> 547

FEB. 18<sup>th</sup> 567

AT MCINTOSH COTTAGE ON 61 CAMPBELL

## DOUBLING OVER THE DIPSEA TRAIL

by Fraser Rasmussen

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

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

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

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

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

## XMAS RELAYS - DEC 18TH

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

FRASER RASMUSSEN	- OVERALL COORD.
MARK RUSTIE	- A TEAM
HAL BAKER	- B TEAM
MARK EGGERT	- C TEAM
BETTYLIA BERNSTEIN	- WOMEN
DOUG RENNIE	- 30-39
SOMEONE?	- MASTERS

FROM UCER

## FEW CHIPS CHALLENGE WILDWOOD

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

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

A half-dozen B.C.'s were either guttay or stupid enough to punish themselves once again. Yours truly was out a bit too fast as usual, and thought I was finished about 1/2 mile from the finish line. The same cruising by and Harry Sommer was hot on my tail. That last bit of adrenalin ignited some latent glycogen that burned me for the last few hills. Whatever the source of the recovery since it stayed in me to the finish line giving me a PR of approx. 10 min. for the race. Jim and Harry were close behind in about 6 min. The Dogs completed the roster of Chips in attendance. Medals were awarded to all who everyone competing as the race organizers were a bit overly optimistic on the number of participants they expected.

Fraser Rasmussen

### NEWS FROM THE OTHER

Hell Race      Jane Johnson  
The Great Merced-Hell Race was both created and directed by Jeremiah Russe L. over 100 runners tested their abilities on the 3 Kilo and 15 Kilo courses. I managed to set up the bike trail and country road course in 76:35 while Jeremiah took care of the finish line activities and results board, too demanding to allow him an opportunity to run.

Turkey Trot      1-1  
This 10 Kilo race in Merced has a chance to show off the hills and the short to terrible country roads.

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

Reply to Fettina: Also for new, everyone-brings to do... consider fun runs where people predict their times. The winner is the one that gets the closest to the prediction not the one that speeds along. Merced has Friday night runs (as such) in the summer of 1500 Meters, 3 Kilo and 5 Kilo. winners get their names in the paper.

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

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

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

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

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

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

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

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

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

----- Otis Criblecrohls(13.8%)

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

#### 6.47% - NCRR

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

----- AAU - Evidently the AAU, at least locally, is taking a hard line on non-sanctioned races. Whether or not this applies to true "fun runs", or just organized runs, is not clear. In a recent PA AAU News letter, the following statement was made: "No AAU member may compete at games, meets, or other AAU-sanctioned competitions of any kind, unless he is a member of the Amateur Athletic Union, shall be eligible to compete in free competition at any sports given meet or competition. AAU Athletes competing in these meets or competitions will not be eligible for further competition in any AAU-sanctioned meet or in competition himself from AAU meets or from AAU-sanctioned tests, or Olymp. competition. Two of these non-sanctioned meets have been held recently: The Bridgeport Fun Run on Sept. 10 and the San Jose Fun Run on Oct. 14. Both of these were open to registered AAU athletes and the AAU Fun Run was the first "AAU - Grade" in one AAU will be held in the future. The AAU Fun Run is the third AAU Fun Run to be held in three years. If

there is any interest in this, let me know.

## THE PEPSI RUN - 20 MILE RACE

By Nancy Zinke

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

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

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

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

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

First on the agenda was the Yrre Relays, which are to be held Sunday, Dec. 19. There will be A and B men's for the hotshots, additional open teams, a masters, women's teams, and a possible submasters to be coordinated by Doug Rennie. I made a pitch for women runners to participate and stated that we plan to have two teams in order to accommodate all women who wish to run. Fraser mentioned that the Club wanted to enter several teams without overdriving. This would avoid that last-minute scramble to fill teams.

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

Paul Holmes called for a vote on the upcoming election of officers. The election is to be held in January. The increased interest and participation in club activities has led to the best, say, 10% of the members being nominated as candidates. In the case of the president and vice-president, if you are nominated for an office, don't be afraid to speak up and let the members vote considerately.

Third, the Stampede. It was decided that the 1981 Stampede will be a Chips-Indians combined effort, with each club contributing 4-5 committee members. This will be a great amount of work thrown on A.J.'s shoulders, who is only now beginning to recover from last year's Stampede. Someone asked if the first prize would continue to be the same as previous years, i.e. a cowboy hat and a cowboy in the hat. Fortunately, both items were available.

Fifth, I first mentioned the agenda with some impatience at the topic on the agenda of the last meeting, i.e. the proposed reorganization of club activities. If I may, the above runs. (See the agenda.) I proposed that we have a general convention that something be done to encourage the club to have a more active and to make the weekly runs a little more interesting. Mrs. Davis and Nancy Zinke brought up the idea of a Disney Track Club. Paul called for birth of a new club in the first place, or Holt, or Davis. The overwhelming response was that we should not do this. We informally decided that the club would have a break with an intermission and for the first time in the history of the club to have the slowest runner, Doug, as the president of this organization.

Dave Davis did a great job in his introduction for new people.

Bettina Brownstein  
Nov 26, 1981

AN OPINION ON OUR CLUE'S DIRECTION  
Bettina Brownstein

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

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

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

Dear Fellow Chip,

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

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

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

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

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

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

HIGH DUNGER

TRAIL DROPPINGS FROM BUFFALO BOB.....

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

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

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

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

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

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

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

TRAIL DROPPINGS (or Rennies Remains)

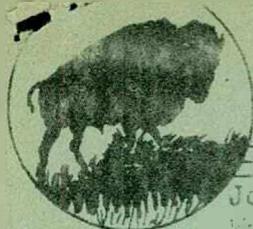
Buffalo Chip Lee Fox was married on November 26....congratulations from the Herd.....some guys will resort to anything to get out of the Pepsi! Lee told close friends that his marriage to Linda was the "second greatest moment of my life", ranking just behind his graduation to Master's standing earlier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

Address	ROSTER			Home Phone	Work Phone	Birth Date
	BUFFALO CHIPS RUNNING CLUB					
AINSLEY, Kevin	Dixon	95620	678-3402	628-5518	10-13-55	
ALBERT, Charles	Sacto	95818	452-9501	488-7211	8-25-44	
AKER, Hal	Sacto	95822	443-4514	445-1090	8-20-42	
AKER, Stephen	Sacto	95823	925-1779		9-5-54	
AKICH, Robert	Carmichael	95608	487-0465	482-3195	9-19-50	
BALLANTINE, Bill	Carmichael	95608	967-7395	445-5408	11-6-24	
PARR, Steve	Los Angeles	90024			1-20-55	
BENNETT, Michael	Sacto	95822	443-3033	322-5901	3-20-38	
BERTOLI, Ron	Sacto	95831	421-8617	322-7189	5-12-42	
BETSCHART, Walt	Sacto	95819	451-9076	440-6733	7-13-27	
BLAKEY, Tom	Sacto	95822	447-1020		11-8-60	
BLASTINGAME, Jon	Sacto	95825	487-1774	487-5284	12-28-48	
BOGLE, Marcia	Sacto	95823	391-2993	428-9085	4-22-55	
BORLAND, Chris	Sacto	95819	457-4459	442-0409	9-11-33	
BRIERERRY, Paul	Sacto	95818	455-4469	682-9034	8-3-47	
BROWN, Jonathan	Sacto	95818	451-5565	446-7626	6-25-46	
BROWN, Roger	Doula	95616	758-2479	758-4840	7-30-46	
BROWNSTEIN, Bettina	Sacto	95819	456-5738	484-6705	5-27-48	
BUDNEY, Larru	Sacto	95825	485-4490	440-5326	5-17-47	
CALL, David	Sacto	95820			7-10-55	
CAMPBELL, Lynn	Sacto	95820				
CARGILL, Dave	Sacto	95814	443-3048	643-5671	11-24-48	
CARTER, Jim R.	Sacto	95691	371-3374	445-1626	9-2-38	
CARVEY, Andrea	Sacto	95825	922-6388		10-7-52	
CHADWICK, Web	Sacto	95822	447-2146	929-2241	7-24-41	
CLARK, John	Cit Hts	95610	961-2827		4-29-42	
CIRILL, Frank F.	Sacto	95819	455-2880	444-7980	11-8-22	
COHEN, Joseph	Sacto	95826	383-4632	355-4511	11-11-16	
COLRENT, David	Sacto	95825	485-5690		3-8-58	
COOK, Joseph	Cit Hts	95610	726-8409	483-4553	6-24-16	
COOKE, Jerry	Sacto	95841	332-2680	332-2480	4-26-36	
COOPER, Charles	Carmichael	95608	483-3020	444-8150	7-23-36	
CUSHENHANEY, Brent	Rescue	95622	622-1593		7-23-59	
CROW, Donald R.	Sacto	95821	482-8031	445-4725	11-16-34	
DAVIDSON, Dan	Cit Hts	95610	967-3001	331-4435	4-23-42	
DAVIS, Dave	Sacto	95826	363-9142	445-3483	6-17-30	
DAVIS, Rodney	Sacto	95825	929-3472	445-8411	2-14-49	
DELGADO, Chris	Cit Hts	95610	967-7124	449-5281	9-29-34	
DOWNS, Rob	R. Cordova	95670	635-4668	961-3030	9-21-28	
DVORAK, Rosalie	Sacto	95816	457-4262		1-31-45	
ELGERT, Mark	R. Cordova	95870	382-8227	364-2310	6-5-54	
HOFF, John E. III	Sacto	95826	362-4245	388-3156	2-12-42	
FAIRCHILD, Randy	Sacto	95828	583-2882		12-23-61	
FARLINGER, Rich	Sacto	95821	482-2221	363-3161	8-1-46	
FARRELL, Brian	Carmichael	95608	944-3234		11-8-56	
FARRELL, Jim	Carmichael	95608	944-3234		5-4-30	
FENSTRA, Kirk	Sacto	95825				
FIELDS, Gary A.	Sacto	95825	481-8911	452-2649	1-29-40	
FINNEGAN, James	Carmichael	95608	489-3610	445-0850	11-22-40	
FORTIER, Norbert	Sacto	95819	451-8206		12-12-61	
FOX, Lee	Sacto	95817	331-4045	783-0401	5-31-52	
FREEMAN, David	R. Cordova	95670	362-6679	643-2810	1-30-50	
FREITRICH, James (Jim)	Fair Oaks	95628	966-3963	962-2814	3-10-55	
GALLO, Mark	Sacto	95816	446-7137	445-6610	4-26-43	
GAUL, Pete	Fair Oaks	95628			4-2-59	
GOODWIN, Paul J.	Roseville	95628	791-1255	782-3153	3-5-21	
GREEN, Garry	Sacto	95814	442-5635		2-13-52	
GREENBERG, Stanley	Sacto	95825	487-4890	929-PA10	6-6-23	
GROSS, Richard C. M.D.	Roseville	95628	791-7639	783-9111	2-26-43	
GUILBAULT, Carol	Sacto	95816	441-3017	445-9622	10-8-43	
HALL, Gordon	Carmichael	95608	967-1638	445-1436	2-5-32	
HANEY, William	Sacto	95821	487-1081	484-8427	7-14-29	
HANLON, Richard A.	Sacto	95825	485-2055	445-4725	4-5-37	
HARTINGAN, Matt	Sacto	95818	446-0554		11-8-61	
HEDGES, Rob	Sacto	95831	391-8370	929-0271	9-28-45	
HICKS, Tim	Annexes Camp	95222	736-4348	722-1373	8-30-43	
HOCKING, Elaine	Sacto	95822	447-4647	454-8137	3-10-30	
HOLMES, Paul	Sacto	95810	929-5817	445-2808	8-31-36	
HOSCHEK, Marc	Freerport	95832	665-1850		10-2-50	
HOWARD, Walt	Carmichael	95608	489-6131	445-1895	9-19-32	
HOWSE, Robert	Proderick	95605	371-9150	449-5604	7-30-44	
HUSKEY, Wm. P.	Sacto	95818	482-7555	482-7555	1-5-50	
ISERI, Howard	Sacto	95818	448-6463		11-23-59	
JACKSON, Anne	Sacto	95816	444-0458			
JACOBSON, Howard	Sacto	95816		685-4656	6-15-43	
JANIS, Kathleen R.	Sacto	95816	451-7353		10-31-49	
JANSEN, Elizabeth	Sacto	95816	441-1123	442-3338	7-17-48	
JOHNSON, Jane	Fresno	93703			2-19-53	
JORDAN, Tim	Elk Grove	95624	685-3868	685-9536	2-6-40	
KAMP, Donald E.	Sacto	95826	383-2400	383-2400	8-22-50	
KATHING, Ron	Sacto	95820	455-7770	442-3213	2-5-44	
KATTENHOHN, Joe	Orangevale	95622	088-4118	459-8600	6-24-47	
KOCH, George	Carmichael	95608	967-0820	929-0485	2-23-22	
KOJNER, Vance	Orangevale	95662	088-0072	355-4595	12-26-26	
KYERS, Frank	Orangevale	95662	225-6116	961-8361	2-13-43	
KYPER, Jim	Sacto	95819	451-5049		2-27-58	
LAVERKET, Mike	Sacto	95823	642-9237		1-12-47	
LANGE, Walt	Carmichael	95608	482-6615	482-6060	10-17-42	
LAPOERRE, Mike	Tahoe City	95730	583-2067	527-1237	5-26-39	
LEATL, Dennis	Geot	95646		322-6458	3-28-37	
LIGHTFOOT, Larren	Sacto	95825	488-2621	922-4577	3-12-44	
LIVEHANGER, Bill	Sacto	95818	446-5670	428-0857	11-13-58	

INN, Perry	4016 Donny Way	Orangevale	05662	948-5627	643-2032	4-21-51
LLOYD, Russ	2539 American River Dr	Sacto	05825	687-7303	445-2610	3-12-42
LITTLE, Christopher	1061 44th St	Sacto	05819	455-9465	6-14-61	
MACHRIE, Evan	1521 Arden Creek Rd	Sacto	05825	680-2066	444-0440	5-5-66
MCKEE, Bill	1025 Loch Prop Rd	Sacto	05815	282-8002	322-3404	5-28-52
MALAIN, Robert J.	6333 Silvatra Way	Sacto	05831	392-3075	445-5571	4-3-27
MANGIARACINA, Maesha	4 Abbeu Ct	Woodland	05695	662-0238	2-10-68	
MARSHALL, Gene	2709 10th Ave	Sacto	05818	455-1544	322-3342	9-7-31
MARTIN, Chris	5621 Palm Ave #24	Sacto	05841	331-5887	12-31-58	
MAXWELL, Malcolm	8128 Villa Oak Dr	Cit. Hts.	05810			1-26-59
MEYER, Greg	2545 Sierra Blvd	Sacto	05825	485-9490	444-7730	4-29-44
McGUIRE, William R.	1707 P St	Sacto	05816	442-6575	9-13-51	
MCINTOSH, John	1232 47th St	Sacto	05819	451-2079	488-7184	3-4-42
MCINTYRE, Michael	1720 5th Ave	Sacto	05818	442-3066	322-6671	3-11-39
MEANS, Rob	6630 Harms Way	Sacto	05823	421-0994	445-3853	2-5-36
MERSTRAU, Charles	P.O. Box 2052	Sacto	05826	383-4141	3-23-24	
MICFSKY, William	4021 Ridinn Club Lane	Sacto	05825	489-5066	443-5905	9-28-32
MARRS, Robin	1816 Markham Way	Sacto	05818	443-4230	322-2122	9-12-38
NAVARRO, Ralph J.	3017 6th Ave	Sacto	05817	452-0321	445-1090	7-25-47
NICHOLS, Chuck	1729 Bella Casa Dr	Woodland	05695	666-0758	445-1980	10-28-49
O'FRANOVICH Grenoro T.	2630 Falcons Blvd #99	Sacto	05825	486-0564	455-2661	10-30-57
O'NEIL, Mike	2911 Morse Ave	Sacto	05821	488-2690	440-6957	5-24-24
O'NEIL, Tom	619 Commons Dr	Sacto	05825			7-3-59
PATTERSON, Richard T.	6810 Admiral Ave	Fair Oaks	05628	961-6265	726-4414	9-16-43
PHILLIPS, Bill	118 Cadillinc #14	Sacto	05825	455-5822	371-9300	9-18-49
POTTER, Robert G.	6360 Surfside Way	Sacto	05831	392-6401	445-8984	11-13-36
POESELL, Tim	Rt 2 Box 993 H	Shingle Sds	05682	677-1402	2-22-61	
PRYTEAU, Cynthia	4301 Los Cruces Way	Sacto	05825	485-8683	1-12-55	
RASVUSSEN, Fraser	2921 Reata Dr	Davis	05616	756-7365	453-3747	5-31-43
RAY, Rob	2410 N. Fowler	Hobbs, N.Mex	058240	392-8283	1-5-40	
RAZO, Joe	1116 9th St	Sacto	05826		322-3878	7-7-38
REESE, Park M.	2789 17th St	Sacto	05818	443-1549	454-8533	7-1-49
REESE, Paul	P.O. Box 2271	Sacto	05810		4-17-17	
REISS, Joan	2100 Rockwood	Sacto	05825	485-8705	7-11-37	
RENNIE, Doug	6808 Castello St.	Cit. Hts.	05610	725-8508	484-2557	1-16-41
RIDDLE, Jack	2250 River Trails Cr	R. Cordova	05620	363-5604	10-14-41	
RIDGEWAY, Bill	4855 Alta Drive	Sacto	05822	451-0468	444-0520	8-26-33
RITCHIE, Garry	6209 Shenandoah Dr	Sacto	05841	331-8177	966-5021	8-25-42
RONDONI, Pete E.	2382 Sierra Blvd. Ant 104	Sacto	05825	482-6120	445-1374	4-2-41
RODRIGAS, Frank	30 Cavalcade Cr	Sacto	05831	421-0385	445-0220	12-31-38
ROSENDALE, Henry	2913 Audhi Way	R. Cordova	05670	362-4439	364-4327	2-22-45
RUSSELL, Jeremiah	P.O. Box 2462	Merced	05340	722-8398	723-9121	1-15-36
RYERSON, Diane	1237 Mercury Way	Sacto	05825	487-7956	685-9549	1-3-43
ROSENSTEIN, Stan	2201 Woodsidge Lane #11	Sacto	05825	925-6617	322-7587	7-6-51
SAUNDERS, Ed	3008 Las Pinas Way	Sacto	05825	487-3808	332-3646	4-14-44
SCANGARELLA, Joanne	3121 Moreland Ct.	Sacto	05825	487-4204	483-4945	5-28-53
SCANGARELLA, Mary	3121 Moreland Ct.	Sacto	05825	487-4204	8-25-54	
SCHOENER, Pete	4221 N. Canyon	Camino	95709	644-1002	991-1704	11-10-40
SCHELZ, Ronan	1019 California St	Woodland	05695	662-0621	445-0593	4-28-36
SCOTT, Geri E.	2945 Altos Ave	Sacto	05815	927-7198	5-6-57	
SCUZA, Mike	1324 E St	Rio Linda	05623	991-3236	4-3-49	
SCUZA, Susan	7112 Aston Parkway	Sacto	05823	391-4977	452-3271	1-5-48
SMITH, Roger	1643 Exposition Bl #40	Sacto	05815	929-0759	445-2010	6-28-46
SMITH, Stephen A.	3000 Central Ave	Fair Oaks	05628	966-6055	643-6445	5-14-48
SPICERFLYER, Don	3830 T St	Sacto	05816	457-7989	929-2389	11-1-40
SPOTTISWOOD, Dave	6644 Gloria Drive	Sacto	05831	421-1564	6-10-40	
STANFORD, Ellen	2279 Parson Ave C	Sacto	05825	922-8269	449-7356	6-7-42
STEWART, Ed.	2026 Marlo Ct	Sacto	05826	383-2616	3-20-43	
SUMMER, Larry	7343 Bellflower Ct	Cit. Hts.	05610	726-2183	991-3387	2-24-44
SZEKELY, Martin	10617 Chardonnay Dr	R. Cordova	05670	645-6570	445-3304	5-25-38
TAJFURT, Greg	721 30th St.	Sacto	05816	452-2304	6-1-62	
TAVERA, Ernie	6505 Junc Way	Sacto	05825	488-7368	725-6824	7-29-46
TEMPLE, Gordon	P.O. Box 15161	Sacto	05813	483-7134	421-9048	6-5-31
THOMPSON, Kick	5012 Woodleigh Dr	Carmichael	05608	952-1055	643-4552	8-13-18
THURPEN, Fred	5412 State Ave	Sacto	05819	456-6943	445-7268	11-14-38
UNDERWOOD, Abe	6555 Riverside Blvd	Sacto	05831	392-2672	322-6671	3-30-38
VAN HORN, Mike	1608 Florin Rd	Sacto	05822	421-5776	4-8-58	
YREDENBURG, Gordon	3604 Toledo Way	Sacto	05821	482-6167	332-6554	2-2-44
WATKINS, Art	7940 LaRiviera Dr #205	Sacto	05825	383-4667	452-3271	11-26-25
WALKER, Tom	410 Sandhurst Dr	Sacto	05819	456-0182	5-1-62	
WALSH, Ed	925A Meadowlawn Way	Sacto	05826	362-5792	75A-0580	8-1-48
WELSH, Ryan	1931 Pine Ct	Dublin	04566	824-4317	2-25-64	
WEITE, John	1605 Clarendon	W. Sacto	05691	321-4855	1-17-63	
WILLIAMS, Roger	510 23rd St #18	Sacto	05818	446-6291	9-26-44	
WOMESTEP, John	2536 Curtis Way	Sacto	05818	457-9474	445-5393	12-22-50
YANIGLOS, Jim	3701 Duran Cr	Sacto	05821	482-4876	643-6951	11-12-51
ZINDLER, Paul	1720 40th St	Sacto	05819	455-4671	454-8256	10-25-46
ZILKE, Nancy A.V.	612 Prickwood Dr	Sacto	05831	392-3572	452-3271	8-2-51
ZOLNIER, Bill	242 Hartnell Pt	Sacto	05825	925-5302	381-4200	10-10-46

Santo, o, SACERDÓCIO, S. M. Hata, o, Citrus Reticulata, B. Sardóx, o, Rancho Sardóx.

Shingle Spa = Shingle Springs N. Mex = New Mexico



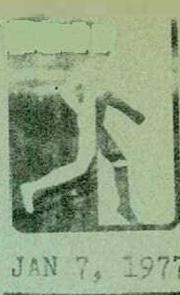
# BUFFALO CHIPS

NUMBER 22

Jonathan Brown	Pres
Walt Betschart	V/Pres
Joe Underwood	Treas/Editor
Jane Johnson	Tech. Editor

RUNNING CLUB

2725 Florence Place Sacto	451-5565
4120 A Street Sacto	451-9076
6955 Riverside Blvd Sacto	392-7672
2660 Butterville Rd Sacto	457-5653



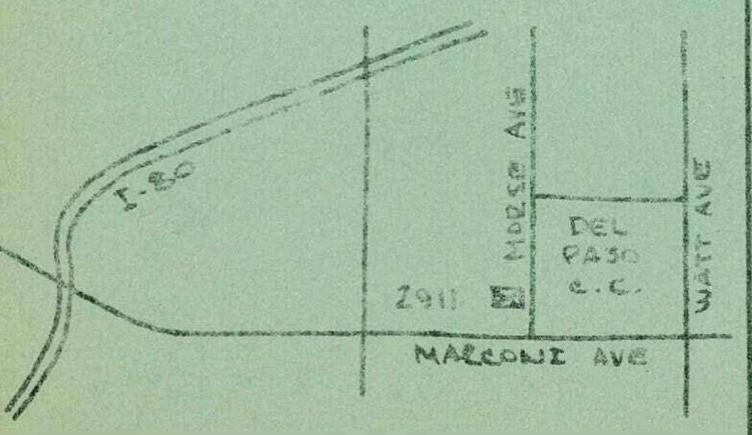
JAN 7, 1977

## Buffalo Bash

### JANUARY CLUB MEETING

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

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



**THE  
BY  
BUFFALO  
/STAMPEDE**

1976 30. KILO CHAMPIONSHIP

**RACES**  
THE THIRD ANNUAL "BUFFALO STAMPEDE" - 30 MILES  
THE PA-RA-AU-30. KILO CHAMPIONSHIP RUN - 31.07 MILES

**DATE & TIME**  
SUNDAY - MARCH 20 - BOTH RACES START PREVIOUSLY AT 10:00 AM

**LOCATION**  
Sacramento - Interstate 5 Bridge over Sacramento River. Approx. 3 miles North of Sacramento, between Sacramento & Woodland. Take Yolo Airport exit. Follow Garden Highway signs. One mile to start area immediately below bridge.

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

**DIVISIONS**  
Many different divisions - Men, Women & Age Groups

**AWARDS**  
Tee Shirts, Ribbons, Lots of Hardware  
And Merchandise and Special Awards Drawing

**RACE INFO & ENTRY BLANK**  
Write: BUFFALO STAMPEDE, 6955 Riverside Blvd, Sacramento  
95840-3831. Call: 451-9076/392-7672

### CAMELLIA 100 MILE RELAY

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

Dear Chips,

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

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

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

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

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

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

Jon Brown

#### SUNRISE TRAIL RUN

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

#### BUFFALO CHIPS RUNNING TOPS

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

## CHIP MASTERS STORM COAST HIGHWAY

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

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

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

Specific times were as follows:

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

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

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

## VICTORY FOR "A" TEAM

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

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

By Dave Freeman

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

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

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

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

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

Dave Freeman's 60:38 for the 4th leg was very nearly DNF. As I neared the 9 mile mark, delirious with pain arch rival Ron Bertoli said something to the effect that I had covered at least 8 miles by now. He later apologized for this mistake! All's fair in Love and War and Inter-Club Competition.

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

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

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

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

Buffalo Chips "Z" Team (A-16)

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

By Bettina Brownstein

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

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

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

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

#### A NOTE ON THE RELAY

The Buffalo Chips "C" and "Z" teams performed admirably and in the best traditions of sportsmanship and fair play. All runners were bonafide members of the club, and the two teams, together with a third "D" team headed by the dastardly Baker/Brown duo appeared to be evenly matched the week before the big event. So, in the spirit of competition a small rivalry developed, each team pledging a case of beer to the first of the three to reach Half Moon Bay.

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

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

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

#### FUN RUNS

JOHN MCINTOSH HAS SET THE DATES FOR HIS FUN RUNS FOR THE NEXT SEVERAL MONTHS. SEE ENCLOSED SCHEDULE. THEY ARE ALL ON SATURDAY. COMBINED 3 & 6 MILE RACES.

SIGN UP AT 9:00 AM - START AT 10:00

### MONTHLY TRACK MEET

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

Fellow Buffalo Chips,

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

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

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

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

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

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

Gordy Vredenburg

### RECOUNTING THE STAMPEDE

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

#### INCOME

Entry fees	\$358
Cash contributions	132
	490

#### EXPENSES

Publicity & Printing	\$58
Mailing	20
Awards & T-Shirts	320
Misc supplies	61
Results	29
	3488

BALANCE IN ACCOUNT \$2  
(Working Capital)

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

### SACRAMENTO MARATHON

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

SONOMA MARATHON  
OR  
EPISODE LXXVIII of BROWN VS. MAYER

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

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

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

Brown: I'm running a marathon.

Ford: Yeah, I guess you are.

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

Rennie: How do you feel running over your head?

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

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

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

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

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

## POTPOURRI

By Paul Holmes

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

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

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

78th	Paul Holmes	1:37:32	6th master
112th	Art Waggoner	1:43:10	11th master

October 9th--Berkeley Waterfront Run - 5.1 miles

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

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

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

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

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

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

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

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

### ARDEN RAPIDS 2-MAN (PERSON) RELAYS

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

### WINTER TRACK MEET

SACRAMENTO STATE ALL COMBES MEET  
SAT. JAN 15  
FULL TRACK & FIELD SCHEDULE  
6 MILE - 10 AM, 1 MILE - 11 AM, 3 MILE - 12:30  
ENTRY DEADLINE JAN 14  
FEE INFO CALL  
BRUCE PRUMMEN 454-6208 / 303-9354  
OFFICE FONE 452-5181

NO ENTRY FEE

FLATS OR QUARTER INCH SPIKES ONLY

## WONDER WHAT THEY MEAN BY THAT

### DSE Newsletter

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

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

## MIKE VAN HORN SETS NEW COURSE RECORD AT GOLD MINE RUN

By Jane Johnson

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

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

## BUFFALO CHIPS GEAR FOR 50 MILE CHAMPIONSHIP

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

## FIESTA BOWL MARATHON

By Paul Holmes

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

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

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

Chip finishers were:

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

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

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## REC. RDS FAIL AT PEPSI 20

By Abe Underwood

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

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

PEPSI 20 MILE RESULTS

PLACE	NAME	76 TIME	75 TIME	7 $\frac{1}{4}$ TIME
27	Frank Krebs	1:54:08		
35	Tim Jordan	1:55:20		
37	Jim Sane	1:55:39	1:50:56	1:50:42
43	Abe Underwood	1:56:21	2:02:43	DNF
46	Steve Barr	1:57:46		
60	Brent Cushenberry	1:58:46		
78	Mike Souze	2:00:52	2:11:00	
94	Mike Larierre	2:02:17		
95	Terry Ogg	2:02:39	2:06:59	
116	Paul Holmes	2:05:25	2:06:22	DNF
127	Larry Sumner	2:05:58		
138	Marty Szekeresh	2:06:57		
143	Ed Stromberg	2:07:18		
159	Richard Szekeresh	2:08:27		
175	Fraser Rasmussen	2:09:51	2:11:04	
188	Ted Frock	2:10:46		
195	Lon Spickelmier	2:11:31		
201	John Worcester	2:12:12		
211	Jim Yaniglos	2:13:05		
221	Greg Mayer	2:13:39		
223	Ian Davidson	2:14:08		
225	Hal Baker	2:14:16	2:25:25	
226	Jim Finnegan	2:14:18	2:19:14	
232	Joe Kattenhorn	2:14:34		
267	Howard Jacobson	2:16:49	2:17:58	
271	Chris Delgado	2:17:01		
287	Jon Brown	2:18:08	2:23:05	
304	Greg Talbert	2:18:52		
313	Art Waggoner	2:19:27	2:27:36	
319	Robert Hedges	2:19:33		
332	John McIntosh	2:20:16		
351	Jack Riddle	2:22:06		
359	Walt Betschart	2:22:52	2:06:32	2:14:32
374	Dennis Letl	2:24:22		
435	Web Chadwick	2:29:53		
461	Jeremiah Russell	2:32:27		
486	Randy Fairchild	2:35:11		
492	Bettina Brownstein	2:36:07		
517	Bill Sane	2:38:24		
520	Jim Hunter	2:38:32	2:49:27	
549	Ron Bertoli	2:41:54		
550	Steve Larson	2:41:55		
560	George Koch	2:42:56	2:39:21	
576	William Micofsky	2:44:59		
579	Charlie Mersereau	2:45:34		
604	Ellen Standley	2:48:57		
639	Martin Szekeresh	2:54:57		
640	John Riddle	2:55:29		
671	Ernie Tavella	2:59:57		
699	Mickey Brodie	3:11:02	2:17:18	
181	John Clark	3:17:47		
	Doug Rennie	DNF	2:10:22	2:04:07

1975 & 7 $\frac{1}{4}$  times are noted only for Chipp members at that time. Some now members prior times may not be listed.

By Abe Underwood

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

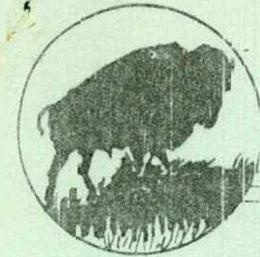
My first vision of Hawaii was from the port side of a Boeing 747 (this is probably the case for 99% of the visitors to our 50th state) it was, however, very impressive. The islands are not mere "dots on the ocean", as they seemed to stretch for miles. The planes autopilot certainly must have had to put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

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

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

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

CONT. →



# BUFFALO CHIPS

## RUNNING CLUB

number 25

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

High Dunger  
Vice Dunger  
Secretary  
Treasurer  
Editor  
Membership Coor.

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



June 28, 1977

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

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

MONDAY MORNING  
JULY 4<sup>TH</sup>

JULY 4<sup>TH</sup> FUN RUN

GLEN HALL PARK

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



THE LAST  
ANNUAL  
WHAT?  
OH-NO  
NOT  
AGAIN!  
—

JULY 12

Dear Fellow Chips:

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

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

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

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

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

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

Paul Holmes  
High Dunger

#### LIVERMORE 8.56 MILER

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

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

#### TRAC 10 Kilc

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

The real story about the Paul Masson Marathon

by Buffalo Bob

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

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

---

STAMPEDE '77

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

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

### EPILOGUE TO PIKE'S PEAK

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

Author unknown

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

### TREASURERS REPORT

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

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

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

From Art Waggoner

### SAN MARTIN MARATHON

By John Clark

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

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

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

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

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

### PEAR FAIR RUN

2 & 10 MILES

IN

BEAUTIFUL DOWNTOWN  
COURTLAND

SUN. JULY 31

8:30 AM

## CHIP WOMEN UNITE

By Bettina Brownstein

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

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

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

## REFLECTIONS OF A DISTRESSED TRACK RUNNER

Prelude to a Workout - Tom Walker

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

## A QUIET NIGHT AT THE COUNCIL

An event of nonhistorical significance took place after the Tues night run last May 10----the first official meeting of the Buffalo Chips Executive Council!

The business of the evening was conducted to the soothing background sounds of hard rock and drunken dart players at Campus Pizza. The first item on the agenda was a suggestion to hold the meeting elsewhere or to forget the whole thing--long distance runners being what they are, we quickly adjusted to the pain (with the help of a couple of pitchers to replace those lost vital body fluids) and the High Dunger deftly led the gathering thru the more serious moments :

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

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

The Pepsi-Lake Tahoe 72 Mile Run for Fri Sept 23, '77. Director Charlie Mersereau. The Buffalo Stampede & 50 Kilo Run PA-AAU for March 19, '78. Site to be determined Director Abe Underwood.

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

These races will need volunteer helpers. A new Club Membership Application form was discussed and the draft approved. It should be ready shortly.

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

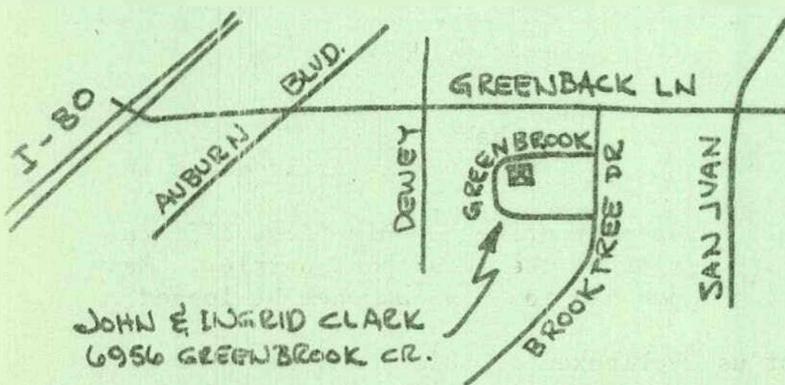
Starting in June the monthly Club Track Meet (first Tues of each month) will be moved to the Sac State Track.

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

Abe Underwood

## POST FOLSOM POT LUCK (SWIM)

The annual club party following the Folsom Run will be held at John Clark's place - 6956 Greenbrook Circle, Citrus Heights, 956-7827. (See map). It will be a combination pool party and pot luck. You can swim anytime after the finish of the race. The Pot Luck part will be about 3PM. The usual club rules apply (bring something), but, John asks that you do not bring anything glass. (It's hard to chew & doesn't digest very well). The club will spring for some of the refreshments (beer & soft drinks).



## OINK\*TIME

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

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

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

Hope to see all ya there!!!

"Rocky Road" Mayer

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

## JOGGING

E-222 \$15  
Sacramento  
Sally Edwards [J St./24th St.]  
A. J. Underwood

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

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

If you have a friend you would like to see get into jogging, we'd like to help. Sally and I teach the above Jogging class each month. The July class starts Wed. July 6 at 5:30.

The first two classes were made up mostly of women (80%) and were very successful. If interested, call Sally at 442-3338 or the Learning Exchange at 452-3919.

Abe

JULY 4<sup>TH</sup>

FUN RUN - 5 MILES

GLEN HALL PARK  
(NEAR SAC STATE)

MONDAY AT 9:00 AM

NO ENTRY FEE - JUST  
A GOOD TIME & GOOD  
TIMES

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

By Greg Mayer

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

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

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

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

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

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

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

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

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

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

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

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

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

THANK YOU MICKEY

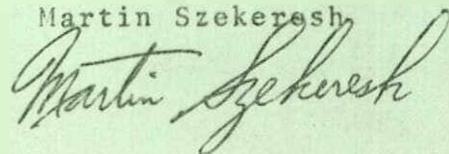
During the winter of 1975, I had the serendipitous opportunity to spend a long cold night in very cramped quarters with Mickey Brodie. It must have been his quiet, humble, unopinionated and calm personality which drew me to him. The occasion was an overnight snowshoe backpacking trip in the Sierras sponsored by American River College. We shared a snowcave which we had dug. Hey! you Chips are wrong about those Ophir guys-he behaved himself. Unable to sleep (in anticipation of pending doom should our cave collapse) we talked for hours - warmed by one flickering candle. The discussion centered on running, shoes, training, weight, diet, smoking and racing. He mentioned two Sacramento running clubs. Lets see, I think he called them, the Buffalo Poopers and the Olympian Ophirs. He talked about he and his friends running the unbelievabe distances of 26 and 3½ miles. Not healthy guys like me (the roll around my waist was merely a precaution should we get snowbound like the Donner party), but skinny, feisty ones, like him. For years I'd tried, unsuccessfully, running in deck shoes on the cement sidewalks of our neighborhood to go past three miles. My knees just wouldn't permit it. Shortly after our trip, the Chips had their 50K race and I watched people actually run that distance.

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

Others (Ex. Note)

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

by Martin Szekeresh



### Mt. Misery by Dennis Letl.

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

#### OPEN MEN (+15)

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

#### 40-49 MEN (+10)

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

#### 50-59 MEN (+5)

1. Bob Malain	45:29
---------------	-------

#### 60+ MEN (SCRATCH)

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

#### GRADE 10 BOYS (+5)

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

### EARLY TRACK TIMES SHOW ROOM FOR IMPROVEMENT

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

<u>MILE</u>	<u>440</u>
Koerner	5:37
Davis	5:37
Bakich	5:42
Nockbar	5:55
Clark	6:06
Cohen	7:17
Rosie Dvorak	8:57
Waggoner	8:57
	880
	Souza 2:39
<u>2 MILE</u>	<u>Waggoner 2:40</u>
Blasingame	11:58
Bakich	12:42
Forehand	12:56
Davis	13:23
Finnigan	13:23
<u>5 MILE</u>	
Waggoner	13:51
Koerner	14:47
Cohen	15:25
Nockbar	15:40
Standley	18:10
Dvorak	18:10
	Bakich 33:20
	Clark 38:25
	Borland 38:35
	Koerner 38:35
	Stankley 43:00
	Forehand 43:00

## "BIG" TURNOUT AT CSU MEET

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

### MILE RUN

<u>440 - 2 heats</u>	
4:54 Krebs	:61 Souza
4:54 J. Betschart	:62 Shigenaga*
4:58 Hoschler	:64 Friedrich
5:10 Kattenhorn	:65 Kattenhorn
5:10 Souza	:65 Davis
5:16 Hedges	:65 Hedges
5:16 Underwood	:67 Baker
5:24 Hicks*	:67 Walsh
5:26 Friedrich	:68 Bertoli
5:33 Baker	:68 Forhand
5:36 Waggoner	:70 Reese
5:37 Shigenaga*	:71 Waggoner
5:39 Bertoli	:71 Betschart
5:46 ?	:71 Squiller*
5:50 Walsh	:77 ?
6:11 W. Betschart	:79 O'Neil
6:12 Borland	:88 S. Bertoli
<u>880</u>	
6:19 Squiller*	2:11 J. Betschart
6:22 Mersereau	2:20 Lindeman*
6:23 Davis	2:32 Hedges
6:29 Rasmussen	2:32 ?
6:59 O'Neil	2:35 Souza
7:04 Cohen	2:36 Davis
7:12 S. Bertoli	2:48 Waggoner
8:25 Zindler	2:52 T. O'Neil
8:27 Standley	2:52 Adams*
	3:14 M. O'Neil

### TWO MILE RUN

10:47 Krebs
10:57 Lindeman*
11:05 Rasmussen
11:13 Holmes
11:14 ?
11:35 Souza
12:30 Waggoner
12:30 Davis
12:45 Underwood
12:54 Squiller*
13:25 M. O'Neil

\* UNCHIPS

### FIVE MILE RUN

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

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

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

## TRAIL TALK.....

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

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

LATE STUFF - REMEMBERED.  
TO WATCH THE TUGS ON JULY 19 (NBC) AFTER THE ALL STAR GAME, THE B.C. COLES (DRAMED OVER PAUL REVERE) SHOULD MAKE NATIONAL T.V. AS PAUL WAS COLLECTING 3 SILVER & A BRONZE AT THE SENIOR OLYMPICS IN LA.

PLAN TO MOVE IT TO LIMO TAHOE FOR THE WEEKEND OF JULY 22-24 FOR A RUNNING RETREAT. THE TRAILS AROUND SUGAR PINES STATE PARK ARE GREAT. IT SHOULD BE A FUN TIME. DETAILS UNKNOWN (I HOPE).

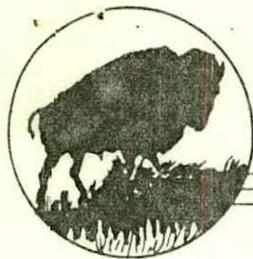
THANKS TO JANE JOHNSON'S  
JANU CLAYINC FOR THE  
HELP PUTTING THIS ISSUE  
TOGETHER....

LBIGR, BSE

BUFFALO STAMPEDE  
6555 Riverside Blvd.  
Sacramento, Ca. 95831

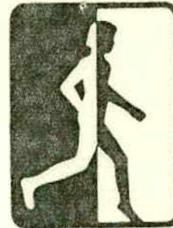


MARK ELGERT  
10501 CROETTO WAY #2  
Rancho Cordova, Ca 95670



# BUFFALO CHIPS

RUNNING CLUB



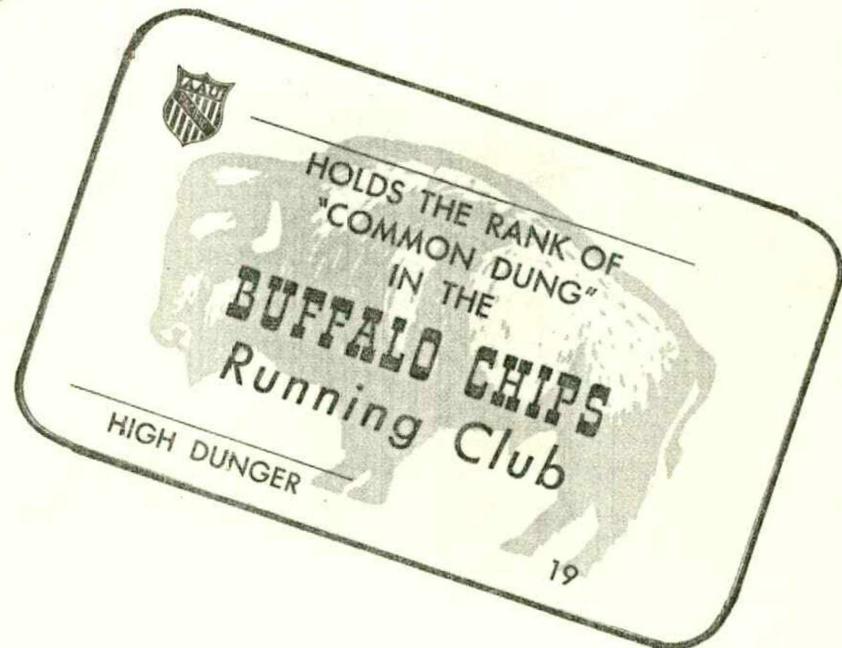
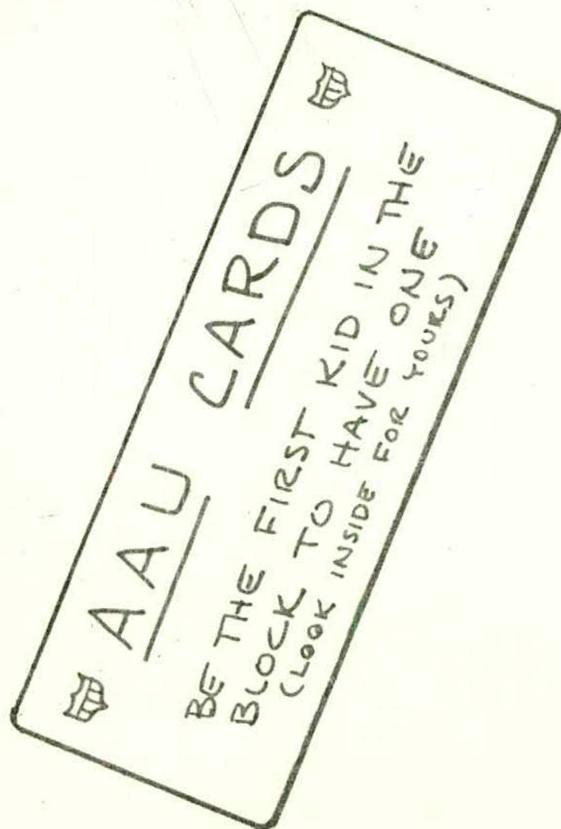
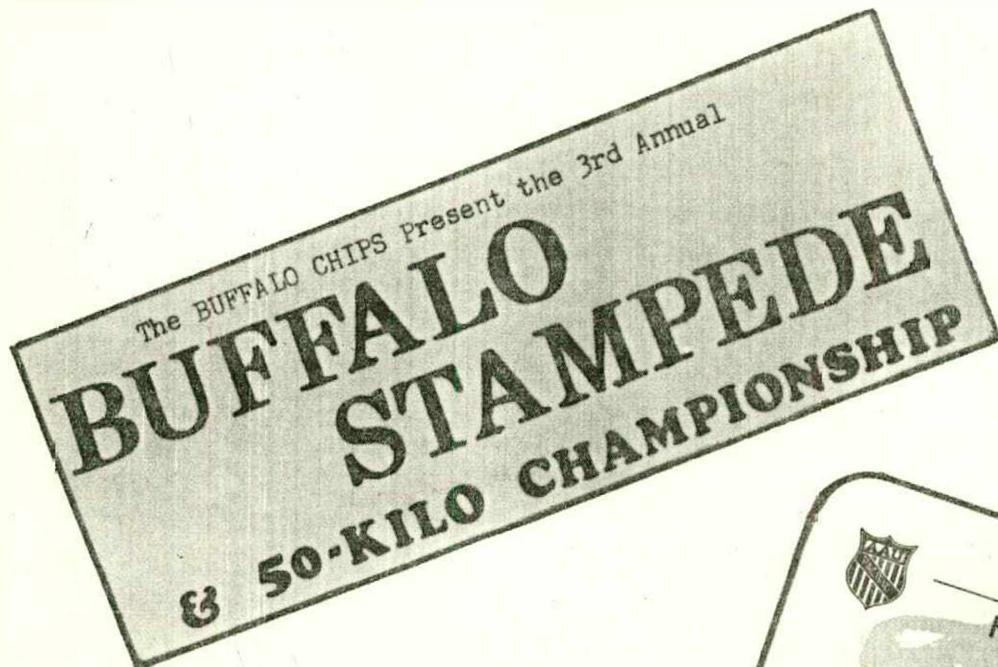
NUMBER 23

Paul Holmes  
Fraser Rasmussen  
Bettina Brownstein  
Art Waggoner  
Abe Underwood

High Dunger  
Vice Dunger  
Secretary  
Treasurer  
Editor

Sacto 929-5817  
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Sacto 927-6439  
Sacto 392-7672

MARCH 9, 77



2-8-77

### THE MEETING?

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

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

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

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

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

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

### THE MEETING? (Con't)

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

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

Bettina Brownstein

### FUN RUN PROGRAM....

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

DATE	TENTATIVE EVENTS
2-12	$\frac{1}{2}$ , 1 mile, 5 mile
2-26	$\frac{1}{4}$ , 1 mile, 4 mile
3-12	$\frac{1}{2}$ , 2 mile, 3 mile
3-19	$\frac{1}{4}$ , $\frac{1}{2}$ mile, 6 mile
4-2	$\frac{1}{4}$ , 1 mile, 4 mile
4-16	$\frac{1}{2}$ , 2 mile, 3 mile
4-30	$\frac{1}{4}$ , 1 mile, 5 mile
5-14	$\frac{1}{4}$ , $\frac{1}{2}$ mile, 6 mile
5-28	$\frac{1}{4}$ , 1 mile, 4 mile
6-11	$\frac{1}{2}$ , 2 mile, 3 mile
6-25	$\frac{1}{4}$ , 1 mile, 4 mile

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

Dear Fellow Chips:

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

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

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

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

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

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

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

Paul Holmes

#### EXCELSIOR EAST SIDE RUN

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

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

## THE PAUL MASSON CHAMPAGNE MARATHON

By Jon Brown

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

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

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

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

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

When winner Paul Thompson received his first place trophy, he summed up my feelings on long distance running saying, "While most of America was sitting home watching CBS sports spectacular, each of you who ran today were being superstars."

P.S. Dennis Letl ran 3:28:41 - 172nd place.

## THE PERILS OF WINTER RUNNING

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

### PENILE FROSTBITE, AN UNFORESEEN HAZARD OF JOGGING

*To the Editor:* A 53-year-old circumcised physician, nonsmoker, light drinker (one highball before dinner), 1.78 meters tall, weighing 79 kg, with no illnesses, performing strenuous physical exercise for many years, began a customary 30-minute jog in a local park at 7 p.m. on December 3, 1976. He wore flare-bottom double-knit polyester trousers, Dacron-cotton boxer-style undershorts, a cotton T-shirt and cotton dress shirt, a light-wool sweater, an outer nylon shell jacket over the sweater, gloves, and low-cut Pro Ked sneakers. The nylon shell jacket extended slightly below the belt line.

Local radio weather reports gave the outside air temperature as -8°C, with a severe wind-chill factor.

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

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

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

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

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

MELVIN BERSHICKWITZ, M.D.  
Jersey City, NJ 07304

Medical Center

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

## BUFFALO CHIP "B" TEAM FARES ADMIRABLY AT CHRISTMAS RELAYS

by Fraser Rasmussen

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

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

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

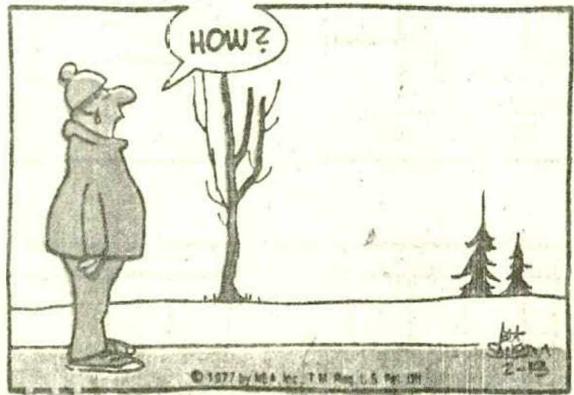
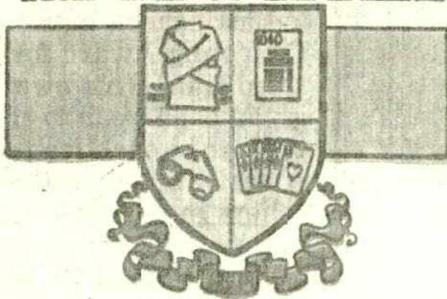
Overall, the "B" chippers finished comfortably under the 5 hour mark with a 4:54:33 placing us 40th among the approximately 200 starting teams.

## OTHER RACES NOT ON THE SCHEDULE

★ SAT. MARCH 12  
RUN-BIKE BIATHLON  
DAVIS @ 10:30  
(SIGN UP 9-10)  
U.C.D. RECREATION  
POOL & PARKING LOT.  
TWO COURSES -  
• RUN 2.5 BIKE 5  
• RUN 5 BIKE 10  
WARM DIVISIONS  
VINTAGE 758-7797  
OR 758-1338  
\*1/2 ENTRY FEE  
REPLACEMENTS &  
CERTIFICATES

★ ARMED FORCES DAY  
5-MILE ROAD RUN  
SATURDAY MAY 21  
SHARPE ARMY DEPOT  
LATIMER (NEAR STOCKTON)  
WARM DIVISIONS - LOTS OF  
AWARDS - NO ENTRY FEE.  
FOR ENTRY BUNK 5 DETAILS  
WILSON  
COMMANDER  
SHARPE ARMY DEP  
ATTN: CPT ADAMS  
LATIMER CA. 95331

# THE BORN LOSER.



## A LONE BUFFALO STAMPEDES TO THE BAKERSFIELD MARATHON

by Paul Reese

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

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

Blessedly, the course is flat, a 13 mile repeat loop. The loop consists, basically, of a wiggly 1½ mile route leading to 4 legs of 1½, 4, 2, 4 miles each. With that layout, a runner has a relatively good idea of where he is at all times---and he does wonder, as he trods along, if the 4 mile straight stretches will ever end. Since the race maps are hard to come by, one is included on page 8 of this issue.

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

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

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

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

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

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

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

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

GOING THE DISTANCE  
By Jonathon Brown

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

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

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

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

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

## CHARLES ALBERT'S RECOVERY

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

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

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

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

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

Fraser Rasmussen

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

By Doug Rennie

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

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

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

In a more optimistic vein, this year's race was a Chip Extravaganza as 31 runners from the Sacramento herd finished the race. Leading the Chip Gang was Jimmy Sane (on a leave of absence from the Nevada TC) whose PR 52:21 (5:14 per mile) placed him 7th overall. Rounding out the top 5 Chip finishers (there was a team award) were Frank Krebs (27th in 54:26/5:27 avg.), Doug Rennie (45th in 55:56/5:35 avg), Terry Ogg (47th in 55:58/5:35 avg), and new Chip and Foothill HS star Chris Martin (49th in 57:16/5:38 avg). In the team race, the Chips totaled 175 points which placed them a close 2nd behind West Valley as the greedy San Mateo gang totaled a mere 31 points. TRAC of San Jose was 3rd with 23 1/4 points.

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

Other Chips making the top hundred included Mike Souza (57:54), 57th - Steve Thompson (61st in 57:28), Brent Cushenberry (72nd in 57:54), Jack Petschart (57:59 for 75th), Mark Gallo (a PR of 59:0C for 91st - way to go, Mark), Others follow:

115. Larry Sumner	60:25 (PR)	149. Bill Sane	63:08 (PR)
116. Rich Szekeres	60:31 (PR)	150. Greg Talbert	63:11
130. Howard Jacobsen	61:44 (PR)	171. Abe Underwood	64:28
132. Art Waggoner	61:56 (PR)	175. Tim Powell	64:34
134. Jim Finnegan	62:03 (PR)	207. Scott Stevens	67:47
139. Bob Hedges	62:17 (PR)	253. John Clark	75:19
147. Pete Schoener	63:02	259. Lee Fox	76:49
		260. Gene Marshall	76:50
		263. Ernie Tavella	76:58
		288. Jane Johnson	84:53

# STAMPEDING ALONG

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

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

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

PUBLICITY - DON BROWN  
AWARDS - HAL BAKER  
SIGN-UP - JANG JOHNSON  
TRAFFIC - GENE MARSHALL  
TIMING - FRANK RONDAS  
50-KILO SPOTS - WALT BETSCHART  
AID STATIONS - MIKE MCINTYRE  
MERCHANDISE - GREG MAYER  
REPROS/MENTS - SMITH/OSTEEN  
RESULTS - ERIN MACBRIDE

THE T-SHIRT CRISIS COME  
UP WHEN WE FAILED  
TO GET THE SUPPORT OF  
THE BUFFALO BREWING CO.  
THIS IS UNFORTUNATE BUT  
ONE OF THOSE THINGS —  
THIS MEANT ~~CHANGING~~ THE  
THE T-SHIRT DESIGN AT  
THE LAST MINUTE TO DROP  
THE BEER & ADD OUR  
NEW SPONSOR "BUFFALO BBS"  
ICE CREAM SALOON" IN  
(THANKS TO YOU)  
OLD TOWN A. THE BUFFALO  
CLUB AT 19<sup>th</sup> & F<sup>th</sup> IS  
BACK (HELPING US AGAIN),  
SO WE APPEAR TO BE IN  
GOOD SHAPE. THE ONLY  
PROBLEM WAS A 50%  
INCREASE IN T-SHIRT COSTS  
PLEASE LET OUR SPONSORS  
KNOW YOU APPRECIATE  
THEIR HELP —  
ENOUGH FOR NOW . . .  
SEE YOU AT THE  
STAMPEDE

## BIDWELL CLASSIC MARATHON

COMPLETE RESULTS AROUND  
AVAILABILITY FROM YESTERDAY'S  
RACE IN CHICO (IT'S LATE  
SUNDAY NIGHT & I'VE ONLY  
HAD A COUPLE OF COFFEE'S —  
TOMORROW IS PRESS DAY).

ED STRÖMBERG BETTERED  
HIS WEST VALLEY P.R. BY  
3 MIN. TO FINISH 6<sup>th</sup> IN  
2:48? TOUGH — PLEASE  
DON 2:57. THOSE ARE THE  
ONLY TIMES I HAVE — OTHER  
CHIPS INCLUDED BOB HEDGES,  
JOHN MCINTOSH, FRANK KREBS  
RON BERTOLI, PAUL REESE  
JOHN CLARK & BETTINA BRAUNSTEDT.  
IT WAS BETTINA'S FIRST MARATHON  
& I THINK SHE GOT A 3:39.  
THE B.C.'S DID WELL IN THE  
ONE/HALF MARATHON WITH  
RONNIE TAKING THE 30-79  
(6<sup>th</sup> overall). PAUL HOPKINS  
WON THE MASTERS DIVISION &  
DEKK FRENSTRA WAS 7<sup>th</sup> overall.

ABE

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

## CHICO - REDDING RELAY

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

## SPEAKING OF RELAYS

THESE WILL BE A CLUB  
MEETING AFTER THE  
SACRAMENTO RIVER RELAY THIS  
SUNDAY — IT IS A  
JOINT MEETING WITH THE  
OPERS — ALL FUN — NO  
BUSINESS. IT WILL BE  
AT SAM'S HOF BRAUF  
AT 4:30 — WATT & EL CAMINO  
A FEW OF THE B.C.'S  
CROSSED THE OPERS PANTRY  
LAST YEAR — IT WAS  
GOOD FUN —

## SPECIAL AWARDS

TIME RAN OUT TO  
ORGANIZE THE FORMS  
SPECIAL AWARDS PRESENTATION.  
THE BALLOT NEEDS TO  
BE RETYPED & DISTRIBUTED -  
HOPEFULLY IN THE NEXT  
NEWS LETTER. CONSIDERING  
ALL THE LEAD TIME IT  
WORKS LIKE WE CAN  
HAND IT AT THE NEXT  
OFFICIAL CLUB MEETING  
AFTER THE FOLSOM 10 KILO  
ON THE 4<sup>th</sup> OF JULY.

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

## NEWSLETTER DEADLINE

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

## CARBO UNLOADING

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

## SUMMER SCHEDULE

THE SUMMER CLUB RUN &  
TRACK SCHEDULE / SEASON  
WILL START ON MAY FIRST.  
THAT MEANS OUR FIRST TRACK  
MEET WILL BE MAY 3<sup>RD</sup>  
(TUES) AT ~~EL~~ AMERICANO HS.  
PROMPTLY AT 6:00 PM.  
MILE RUN IS FIRST EVENT.  
OTHERWISE IT WILL BE EACH  
TUES EVENING AT THE  
GUY WEST BRIDGE AT 6:00  
SEE YOU THERE - BRING  
A FRIEND - - - -

## LAST MINUTE NEWS & OTHER STUFF

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

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

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

★ NEW COURSES NEEDED . . .  
HELP IS NEEDED TO LOCATE  
TWO NEW RACE LOCATIONS.  
FIRST WE NEED A 5 KILO  
& 10 KILO CROSS COUNTRY  
COURSE - SOMETHING  
LIKE THE TEE-OFF IN  
WATTSVILLE & OUR HILL  
RUN AT BROWN'S RAVINE -  
FOLSOM LOG.

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

## RUNNING NEWS

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

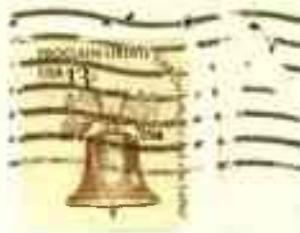
## AAU CARDS

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

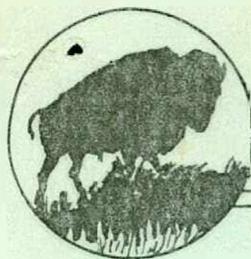
## THE LOST BUFFALO

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

BUFFALO STAMPEDE  
6555 Riverside Blvd.  
Sacramento, Ca. 95831



Mark Elgert  
10501 Croetta Wy #2  
Rancho Cordova CA 95670



# BUFFALO CHIPS

RUNNING CLUB



NUMBER 27

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

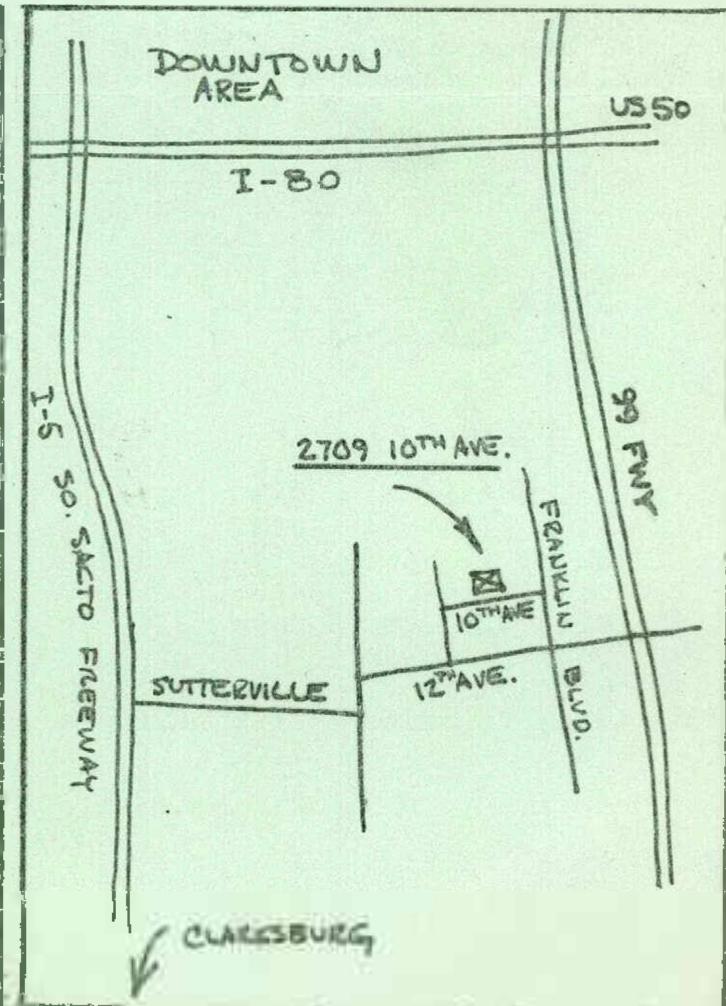
OCT 27, 1977

## UP Chip Chuckers . . . SCHEDULED

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

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

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



## SUMNER BURNS AT PEACH BOWL 5-MILER

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

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

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

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

Chip finishers and times were as follows:

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

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

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

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

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

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

Chip times and places.

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

Note: Only 2 teams competed for the team championship.

## ADDENDUM TO FOLSOM (by Doug Rennie)

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

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

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

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

## Hornet Harriers Outrun 2 Foes

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

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

### Results:

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

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

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

by Walt Lange

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

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

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

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

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

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

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

Course records:

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

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

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

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

### PEPSI OF RENO 72 MILE LAKE TAHOE RUN

by Charlie Mersereau

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

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

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

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

### BOB MALAIN 2ND IN DOUBLE DIPSEA

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

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

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

## THE MOUNTAIN

by Ed Stromberg

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

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

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

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

I could run two or three switchbacks and then would have to stagger over to the nearest rock to catch my breath. One time I noticed a rock that had a plaque imbedded in it. The plaque makes the spot where, on her 14th climb, I. Estine Roberts died in 1963. Actually, Roberts, a remarkable woman of 88, died of exposure on her way down the Peak at night, but you don't know that at the time and it isn't the most encouraging news you could encounter.

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

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

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

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

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

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

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

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

By Jeremiah Russell

September 4, 1977

Mariposa

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

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

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

Jeremiah

### PIKES PEAK MARATHON

August 14, 1977

By Jeremiah Russell

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

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

## WATCHING THE RIVER RUN

By Bob Cooper  
Friend of the Chips

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

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

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

The unseen composer orchestrates the chirps and whistles and coos of the blackbirds, the bluejays and the magpies, at night, the chirping of the cricket and the hooing of the owl, and always, the gentle moaning of the river.

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

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

### SALT IN YOUR BEER?

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

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

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

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

### XMAS RELAYS WOMEN'S TEAMS

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

## 2nd MASTERS - 40th OVERALL

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

Following is the box score:

Paul Holmes	11.6 miles	76:27	6.35 per mile
Jim Farrell	9.5 "	75.01	7.53 " "
Dave Davis	9.4 "	60:13	6.24 " "
Jeremiah Russell	9.4 "	67:30	7.10 " "
Gordon Hall	9.3 "	72.36	7.48 " "
Lee Fox	12.9 "	1:44:06	8.04 " "
Bob Malain	9.4 "	61:07	6.30 " "

### THE TAHOE RELAYS

by Hal Baker

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

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

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

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

Mark Reese was a last minute member of the team. He claimed he wasn't trained to run a good leg. I'd like to see how good he is when he thinks he's ready. (Ed. note - We all found out at the Sacto Marathon)

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

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

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

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

## SAFETY and RUNNING

by Bettina Brownstein

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

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

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

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

## LAFAYETTE (G) RIM RUN

by Paul Holmes

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

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

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

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

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

## CARBOS FOR THOUGHT

by Paul Reese

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

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

## Editor - Chip News:

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

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

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

-Concerned

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

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

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

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

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

## LAST MINUTE THINGS

- THIS ISSUE IS LATE FOR SEVERAL REASONS, MOSTLY DUE TO THE LIMITED AMOUNT OF TIME I'VE BEEN ABLE TO DEVOTE TO IT. HOPEFULLY THE NEXT ISSUE CAN GET OUT DURING THE FIRST WEEK OF ~~DEC~~, RIGHT AFTER THE PEPSI. LET'S WORK TOWARD THAT DEADLINE (DEC 1) FOR GETTING STORIES, PICTURES, ETC IN TO ME. FOR SURE TRY TO SEND PICTURES — EVEN THE INSTAMATIC COLOR SHOTS WILL WORK. THANKS TO ALL OF YOU WHO WEREN'T ABLE TO SUBMIT YOUR MATERIAL IN FINAL TYPE — THAT HELPS. WE ALSO HOPE TO INCLUDE A NEW MEMBERSHIP LIST WITH NEW MEMBERS & UPDATED INFO. BE SURE TO LET DAVE DAVIS KNOW OF ADDRESS CHANGES. SPEAKING OF MEMBERS, DAVE REPORTS 1168 \$, MORE NEW MEMBERS ALL THE TIME.
- THE CLUB TRAIL MEET CHAMPIONSHIP WAS CANCELLED FOR LACK OF INTEREST. THERE ARE SOME THOUGHTS OF REPLACING IT WITH A CLUB ROAD OR XC RUN THAT COULD BE HANDICAPPED LIKE THE ~~PEPSI~~ PEPSI. ANY IDEAS ??
- THE WEEKLY CLUB RUNS ARE NOW OFFICIALLY AT 9:00 AM SAT. AT BIKE TRAIL AT THE 4TH WEST BRIDGE. WILL CONFLICT WITH MCINTOSH'S ONCE A MONTH BUT THAT WILL JUST HAVE TO BE — AT LEAST FOR NOW.
- IF YOU'RE TRAINING FOR THE PEPSI YOU MAY WANT TO TRY A HALF MARATHON ON NOV. 19 AT DAVIS. IT'S AT 10:00 AM. THIS IS ALSO THE SAME DAY AS

THE MCINTOSH FUN RUN — TAKE YOUR CHANCE!

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

ATB

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