



BUFFALO CHIPS

RUNNING CLUB



NUMBER 44

Elliott Eisenbud	High Dunger	482-1586
Mark Reese	Vice Dunger	443-1549
Charlie Mersereau	Dung Recorder	362-9660
Dave Davis	Dung Counter	363-9142
Sally Linn	Dung Coordinator	457-5244
Earbra Leach	Women's Coordinator	334-1009
Abe Underwood	Race Chairchip	392-7672
Dennis Dunbar	Dung Editor	362-2888

Apr. 16, 1980

CHIPS LOOK GOOD AT THE AMERICAN RIVER 50 MILER

Sally Linn

Congratulations are in order to all Chips who managed to complete the American River Fifty from Auburn to Cal Expo last Sunday, April 13th. There were 159 finishers, among them the following Chip finishers:

16. George Parrott	7:38:20	
21. Elliott Eisenbud	7:54:25	
22. Michael Owen	7:54:56	
42. Bjorg Austrheim-Smith	8:37:34	2nd woman
50. Leno Delgadillo	8:51:42	
51. George Billingsley	8:51:43	
56. Joan Perkins	8:54:16	
64. Helene Eisenbud	9:09:38	
96. Walt Betschart	9:51:00	
97. Bob Hanna	9:53:58	
98. Saul Silverman	9:54:23	
101. Howard Perkins	9:58:04	
109. Mel Clevenger	10:22:52	
117. Karen Smith	10:41:48	
129. Mary Kennedy	11:08:28	
133. Candy Hearn	11:23:00	
139. Nancy Remley	11:30:40	

Over half of the finishers were from out of town, and many were from out of state, but local runners placed well, including Jim Howard, who finished first in 6:15:10, and Sally Edwards, who was the first woman finisher in 7:37:50.

Of interesting note was Harvey Cain, who finished the race at 14:23 after leaving the course at Cordova Park to provide emergency medical assistance - later returning to finish the course. Now, that's Dedication!



LETTER FROM THE EDITOR....



Mark your calendars now for the next business/social meeting: MAY 9, 1980, at Sam's Hof Brau (Watt and El Camino) at 7:00 pm. This is an important meeting as a few loose ends from the last meeting need to be tied up. Topics for discussion will most likely include site selection for the Buffalo Stampede, the Western States 100, intra-club competition, or anything else you want to bring up (of course, to bring up a subject, you have to be there, right?). Film of the recent running of the American River 50 will also be shown. As always, everyone is encouraged to attend, so see you at Sam's.....

For those of you who caught this years airing of "The Wizard of Oz", March 7th -- you missed a great pot luck. Shame on you! Activities Coordinator, SALLY LINN, did a fine job of setting up the pot luck and those who attended really made it a success. If you missed this one, don't miss the next club social, May 17th (see elsewhere this issue for details).

Speaking of Club activities, I've received several calls from new members recently looking to get together with other Club members for a run. Just as a reminder to you 'ole dried Chips, and as a point of information to all Fresh Chips, informal Club runs take place every Tuesday on the bike trail. The runs start at 6:00 pm at the Guy West Bridge off University Ave., across the river from CSUS. I understand that even during the winter months participation has been good, and now that the weather is getting better I suspect participation will improve.

I should also point out that the Club is returning to the monthly Club track meet. The meet is held on the first Tuesday of the month at the CSUS track (during the summer). Look for the first one of this season on May 6th. Both of these runs provide a great opportunity for everyone to get together, run, and discuss the latest war wounds. Plan on being a regular.....

In addition to the Tuesday Club runs I'd like to see the Club adopt monthly runs in the same spirit as the Rusty Duck Run or the Folsom Mud Run. I'd like to see different variations applied: pairs races, prediction runs, relays, "mini-endurance runs (1 hour or so). I feel that these types of runs can foster a greater sense of Club comraderie and unity, while still keeping the fun in the running. Besides, in these days of rising costs (including entry fees, in case you haven't noticed) the price is right. So think about it, if enough people are interested in getting something like this going I'm sure it can be set up. Give me a call and let me know how you feel about it.

'til next time, keep on running....

DEADLINE FOR NEXT NEWSLETTER: MAY 31, 1980
Send articles to: 3557 Gemini Way, Sacramento, Ca. 95827
or call, 363-2883

STATE OF THE HERD

March was a productive month with at least four marathons in Northern California. Chico, on March 1st, was as usual a fast and well run race. Heike Skaden was 25th overall, just missing a WORLD age group record with a fine 2:46:57 (despite bad blisters). Paul Keese was 1st in the 60 and over with a 3:11, and Heidi Skaden 1st in the 40-49 with a 3:23:57.

I missed the Napa Marathon the following week (went Nordic skiing) but heard that the course was delightful and the post-race food good.

On March 23rd Helene and I ran the Catalina Marathon. For those of you who are looking for a real running challenge, this might be right up your alley. The entire field of 200 went over together on the ferry and spent Sat. afternoon sitting around Cherry Cove Campsite drinking beer and stuffing ourselves with bagles, all donated by the race sponsors. We were provided with a spaghetti dinner and more beer that night, followed by slides of last years race. Sleeping was great under the stars (mattresses were provided, we brought our own sleeping bags). The course was back across the island to Avalon, scenic, with lots of buffalo (only two chips) and wild boars. 60-70% of the course was uphill with several precipitous downhills, all dirt road and trail. The highest point was reached at 23 miles, with 2000 feet of altitude being lost in the final three miles! Times were slow (we ran 3:31 and 4:40), but everyone agreed that this was the best running experience available outside of the Western States. This is a hard marathon to get into; limited to 200, with first preference given to return runners. Write for an appy in December - you will get it in early Jan. and must return it the same day to have a chance to get in....

March finished with two marathons on the same day : Davis and Pinole. I chose to do the latter and was pleased with a challenging course, small field, good aid stations, and a great post race feed. The Chip Team (best four) missed winning by only two minutes. results:

Bill Stainbrook	2:49:48 (7th)	Helene Eisenbud	3:57:53
Mike Owen	3:07:23	Carol Walker	3:57:53
George Parrott	3:07:44	Greg Soderlund	3:44:40
Elliott Eisenbud	3:13:53	Mike O'Neal	DNF at 19 mi
Evan MacBride	3:24:51	(Mike ran Double Dipsea on Sat.)	

The Buffalo Chip Western States Team for this year consists of twenty chips. The course was measured and found to be 4.5 miles short, so an extra canyon was added near the finish. Anyone interested in handling should contact one of the Chips listed below: Tim Hicks, Glen Bailey, Charlie Mersereau, Abe Underwood, George Parrott, Elliott and Helene Eisenbud, Mark Hoshler, Dennis Letl, George Billingsly, Bob Hanna, Bill Stainbrook, Perry Linn, Walt Betschart, Greg Soderlund, Carol Walker, Joad Perkins, Mark Reese, Saul Silverman, B. Austrheim-Smith.

See you on the trails,

Elliott
H.D.

BETTER LATE THAN NEVER RACE RESULTS DEPT.....

Congratulations to the following Chips for their showing in the January 6th running of the California 10 Mile Run in Stockton.

40.	Dave Roeber	54:33	7th - Open
70.	Jim McMillin	56:19	
71.	Doug Rennie	56:25	4th - 35-39
80.	Robert Bourbeau	56:42	6th - 40-44
99.	Ed Stromberg	57:24	5th - 35-39
102.	Dan Alarid	57:34	7th - 35-39
107.	Mark Reese	57:53	
121.	Paul Holmes	58:18	10th - 40-44
128.	Evan MacBride	58:28	
135.	Bill Stainbrook	58:39	
153.	Heike Skaden	59:14	1st - W15-18
154.	Glenn Bailey	59:14	
155.	Bruce Johnson	59:18	
184.	Bob Hedges	60:04	
190.	Jeff Pearman	60:37	
191.	Vern Shipley	60:42	
207.	George Parrott	61:37	
216.	Chuck Nichols	61:49	
233.	Jim Drake	62:29	
250.	Walt Betschart	63:12	4th - 50-over
257.	Gilbert Mashburn	63:27	5th - 50-over
264.	Greg Talbert	63:47	
273.	Bev Marx	64:07	3rd - W19-29
307.	Pete Schoener	65:54	
322.	Paul Reese	66:51	7th - 50-over
359.	Joan Reiss	68:36	3rd - W40-over
360.	Gordon Hall	68:39	
369.	Sam Squiller	69:08	
394.	Bob Leever	70:04	
399.	Martin Anderson	70:17	
401.	Mike O'Neil	70:24	
422.	Tom Pearman	71:56	
482.	Ray Helm	74:37	
488.	Jerry Watkins	74:55	
491.	Cliff Flores	75:00	
534.	Charlie Costner	77:59	
597.	Dick Forehand	85:14	
598.	Ellen Standley	85:14	
599.	Nancy Remley	85:14	
624.	Karen Walkup	88:58	
626.	Karen Smith	89:09	
628.	Marge Hansen	89:21	
634.	Barbara Beach	90:15	

WESTERN STATES 100

Anyone who is currently registered for this race who is unable to participate for one reason or another is requested to contact ELLIOTT EISENBUD as soon as possible - like if you know today that you won't be competing, call Elliott now! There are other runners who want to run and could use the Brooks sponsorship if you're not going to. Elliott's number is 482-1586.

OLD SACRAMENTO 10K RUN

May 31, 1980

It will start sometime after 7 am with Gin Fizzes, Bloodymary's, Juice and Donuts. The 6.2 mile race will begin at 8:30 sharp. Along the course you will find 2 aid stations and a H2O spray. At the finish a Dixieland Band will play while a buffet is served along with all the beer and soft drinks you can handle. Premium door prizes as well. Last year we had 269 runners, 57 were Chips Wear your Chips Shirt. Don't miss it.

Jim Drake

P.S. Please Pre-register.

BOSTON HOPEFULS....

Good Luck to all Buffalo Chips runners who are participating in this years running of the Boston Marathon. I understand that BEV MARX, BILL STAINBROOK, PAUL REESE, JOAN REISS, and CAROL WALKER will be representing the club.

BOSTON HOPEFUL DOES IT THE HARD WAY...

PAUL REESE cracked two ribs in a non-running related accident. What timing, only one week till Boston! Paul has waited 10 years to go to Boston - he just happened to hit Heart-break Hill 3000 & 17 miles early. He's still going to run it even if he can't breathe.

--Abe Underwood

HAPPY BIRTHDAY...

The following Chips have birthdays in March or up-coming in April and May that will move them into new age groups:

HERB ADAMS	4-20-30
DENNIS DUNBAR	3-31-50
KAREN FRINCKE	5-02-40
RAY HELM	5-30-20
SALLY LINN	5-01-50
SMOKEY STOVER	5-15-40
DOLORES WALDSMITH	4-10-50

Good Luck in the new age groups.

NEWS FROM OUR SOUTHERN ANNEX.....

Jim Carter thought it would be an idea to let you know that a small herd is forming down here in El Cajon (just east of San Diego).

Our first experience as Chips was the "Run for Life" half and marathon. Jim struggled through the marathon in 4:30 with an assortment of ills. I ran with the wind then turned around and "slowed" to a 1:41 in the half marathon.

My 15 year old, Scott, was first in the 13-15 division in 1:31. He weighs in at 110 and the wind "blew him over" twice...Jim, myself and Scott are teaming up (we had to recruit two non-Chips to run in the Tecate to Ensanada (Mexico) 75 mile relay. We hope to add more "Common Dung".

Regards,

John Richardson

MOUNTAIN RUNNING RETREAT SET FOR LAKE TAHOE

Abe Underwood and Sally Edwards have again reserved camp space at beautiful Sugar Pine Point State Park for the weekend of June 6-8. The camp will feature organized runs on tree covered mountain trails, group discussions with noted runners and sports specialists and other relaxing activities. The fee for the entire weekend is only \$10.00. Check at Fleet Feet for your reservation form. Spaces are limited.

CLUB SOCIAL PLANNED IN MAY

The next official club gathering is scheduled for Saturday, May 17th, a picnic in East Portal Park. Time to gather will be from 1:00 to ? Bring family, friends, food, etc., and join us in the park. East Portal is located at 51st and M St. between Folsom Blvd. and J St. If there are any questions just call me. Weather permitting it should be a lot of fun (I'll see what I can do about arranging for volleyball, barbeques and music). See you there....

Sally Linn

Activities Coordinator

P.S. Future plans are in the making for a rafting trip in June or July. Anyone who can help me organize it call me at 457-5244.

BUFFALO CHIPS RUNNING CLUB

Financial Statement

1979

January 1, 1979 Balance\$ 618.59

Receipts:

Jr. Olympics.....	\$ 312.40	
Membership (Includes AAU Dues).....	1456.75	
B.C. Shirt.....	<u>8.00</u>	
Total Receipts		\$1,777.15

Expenditures:

Jr. Olympics.....	\$ 337.40	
AAU Dues/Fees.....	332.75	
Printing (Labels/Applications).....	58.27	
Postage.....	145.00	
Stationery Supplies.....	8.28	
Newsletters (Includes Printing and Postage).....	756.60	
Bad Check Charge	7.00	
Overdraft.....	7.00	
Membership Cards.....	15.73	
Mud Run Ribbons.....	42.40	
B.C. Shirt.....	9.01	
Refund (Overpaid dues).....	<u>1.00</u>	
Total Expenditures:.....		\$1,720.44

December 31, 1979 Balance\$ 675.30

dave davis
Dung Counter



TRAIL DROPPINGS.....

***Bill Plexico, President of the Spikettes Parents Group, has informed us that the Spikettes Track Club will provide training for boys (6 yrs to 18 yrs) during the upcoming track season (Spring 1980). This is initially a trial program but will be continued if it proves feasible to provide quality training for both the boys and girls. Gary Green is coaching the club but to be totally successful additional coaching assistance can be used (and Bill assures me that they're always looking for coaching assistance). Interested parents, kids, and potential coaches should contact Gary at Fleet Feet (442-3338) or Bill (967-3207, nights).

***I'd like to express my thanks to BARBRA PEACH, MARGE HANSEN, and two other members, who were recruited somewhat reluctantly while on their morning run, who's names I didn't get (sorry guys, let me know and I'll clear up the mystery) for helping with the tree planting performed in conjunction with the Dept. of Parks and Recreation. I believe we planted around a dozen trees or so. A word of caution, however; don't go running out to the end of Jacobs Lane to cool yourself in the shade. We planted oak trees and I'm afraid our grandchildren will get more use out of them than we will.....

***After two years of running, and two years of making excuses, I finally ran my first marathon - the Run for Life Marathon in Davis, March 30th. Those of you who also ran that race know that I really picked a great day, right? For those of you who didn't run, let me just say that it was windy - like gusts around 40-50 mph, or more. I'm guessing a bit. All I know is that at times I was having great difficulty in making any forward movement.

I wish to thank Chip BRUCE JOHNSON for providing me with company and encouragement in the face of blowing adversity, and especially for letting me run in his lee between miles 10 and 15. I finished in 3:43:36. The winning time was 2:54. Certainly not a fast race, but at least it leaves me plenty of room for improvement.

***Congratulations are in order for JIM O'NEIL. Jim has been selected as the 1979 Master athlete-of-the-year in California in the 50-59 age group. Jim holds the National 10K Cross-Country Championship as well as the U.S. 5K and 10K track Championship. A fine accomplishment Jim.

March's pot luck turned out quite a few Chips (both potato and others) and a special thank you to all who came out and made it a success. In spite of the fact that I had failed to provide a map we had quite a turn-out. Since Bob Cooper and Judy Kelso were kind enough to reserve the center for us (and neither are club members) I'm suggesting that we offer them free membership for the year. I'd also like to thank DAVE DAVIS who, without arm twisting, turned over club funds for the beer, wine, soft drinks, my rent for March....PAUL REESE brought two movies, one on injuries, the other an exceptional documentary of Harry Cordellos running the Dipsea. Thanks Paul. Especially entertaining was HOWARD PERKINS' contribution of a dual slide show of past running events. The candids provided quite a few laughs. --Sally Linn

BIDWELL CLASSIC RESULTS Chico, March 1st

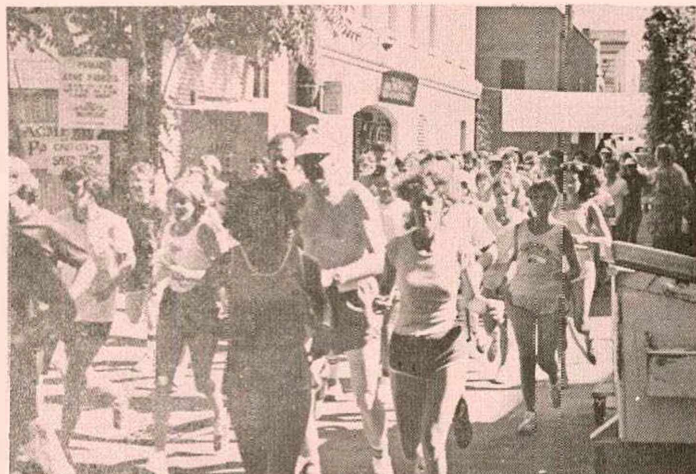
MARATHON

Heike Skaden 2:46:57
George Parrott 2:52:39
Elliott Eisenbud 2:59:07
Mike Owen 3:03:15
Paul Reese 3:11:00
George Billingsly 3:16:12
Marv Foyser 3:19:42
Heide Skaden 3:23:57
Carol Walker 3:28:49
Helene Eisenbud 3:33:08
Gary Waldsmith 3:46:52
Ellen Standley 4:04:24
Dick Forehand 4:02:19
Wendy Taylor 4:17:27

HALF MARATHON

Ed Stromberg 1:17:27
Glenn Bailey 1:18:47
Howard Jacobson 1:19:19
Ruth Fields 1:56:28
Nancy Watt 2:09:17

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



★ 1979 RACE RESULTS ★

MALE (12 & Under)
 GREG FIELDS-(12) 56:35
 KARL ROMSTAD-(11) 59:25
 JOHN HINSDALE-(12) 68:18

FEMALE (12 & Under)
 NONE
 NONE
 NONE

MALE (20-29)
 ART BAUDENDISTEL (22) 32:39
 PAUL SMITH (20) 35:50
 DAN SILVA () 36:50

FEMALE (20-29)
 JUDY WALKER (26) 43:52
 SANDRA SHARP (20) 43:57
 JUDITH KJELSTROM (29) 45:01

MALE (40-49)
 A. J. UNDERWOOD (41) 36:11
 WALT HOWARD (41) 36:31
 BRUCE JOHNSON (41) 37:35

FEMALE (40-49)
 JUDY PHILLIPS (43) 46:12
 JANE HINSDALE (40) 51:44
 BARBARA PEACH (40) 54:36

MALE (60 & Over)
 DICK THOMPSON (60) 55:21
 JOE COOK (62) 71:45
 NONE

FEMALE (60 & Over)
 NONE
 NONE

MALE (13-19)
 DAN WILL-(19) 32:55
 CHORS CLARKE-(16) 36:30
 DAN WELCH-(18) 38:35

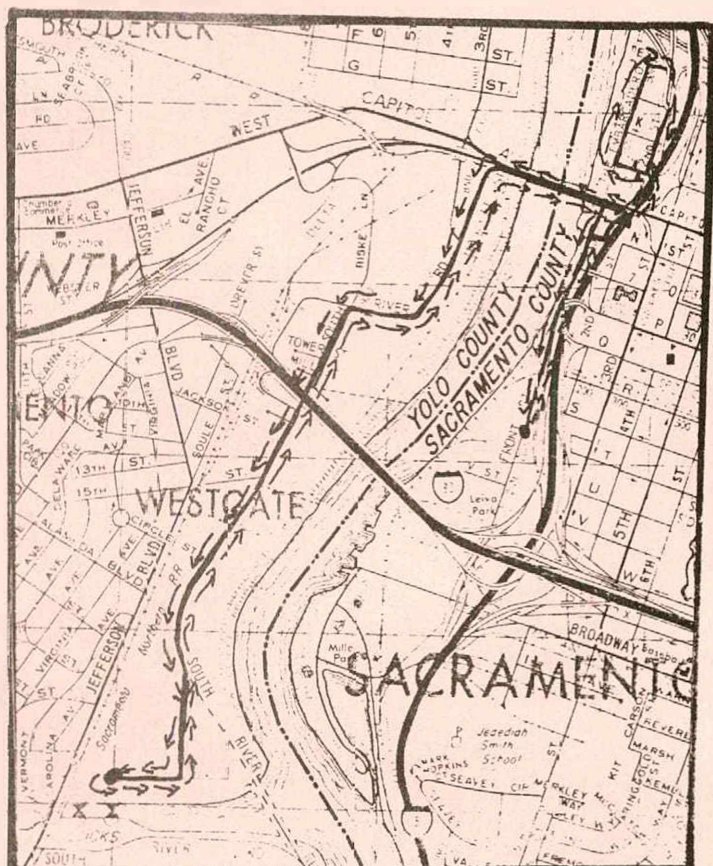
FEMALE (13-19)
 PAM CARTNEY (19) 51:54
 NONE
 NONE

MALE (30-39)
 SKIP SEEBECK (32) 35:15
 DON SPICKELMIER (38) 35:26
 DAVE ROEBER (32) 35:41

FEMALE (30-39)
 SUSAN POOLE (32) 47:32
 GERY ANDERSON (37) 47:39
 KAREN FRINCKE (38) 48:39

MALE (50-59)
 JIM O'NEILL (54) 33:15
 BOB GRISWOLD (57) 36:49
 JOHN BROWNLEE (55) 51:28

FEMALE (50-59)
 DOROTHY DREYFUS (52) 58:02
 GLORIA BARROWS (53) 69:55
 VIVIEN BROWNLEE (52) 1 Hour-55 Minutes





Will you run for me?

**3rd ANNUAL
Old Sacramento
10,000 Meter Run
(6.2 Miles)
Saturday
MAY 31, 1980**

*** DELTA QUEEN RESTAURANT COURTYARD *
IN OLD SACRAMENTO 8:30 A.M.**

**For the UNITED CEREBRAL PALSY ASSOCIATION
of Sacramento-Yolo Counties, Inc.**

*** Minimum Donation: Runners- \$10.00
(TAX DEDUCTIBLE) Guest (not runners) \$5.00**

*** Pick-up name tags: 7:00 AM**

*** "T" shirts**

**Prizes for all classes: Trips, dinners, services
& merchandise.**

*** Aid station at 3 miles**

*** Times will be called at each mile.**

*** Please, only registered runners.**

*** Entry will be limited to the first 400 applicants!**

A DIXIELAND BAND WILL PLAY WHILE A FREE BUFFET LUNCH IS SERVED.
BEVERAGES OF YOUR CHOICE WILL FLOW UNTIL YOU ARE FULL.

APPLICATION

10,000 METER RUN-8:30 A.M.--MAY 31--OLD SACRAMENTO--DELTA QUEEN COURTYARD

Name _____ Sex _____ Age _____ on race day

Home Address _____ Phone _____

City _____ Zip _____

Business Address _____ Phone _____

City _____ Zip _____

Club Affiliation _____

"T" Shirt size _____ Certificates will be given!

\$10.00 minimum donation/ \$5.00 Guests (not runners)

Please enclose-checks payable to:

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

For additional information call Jim Drake-Race Director

(Business) 482-4550 (Home) 485-8013

I hereby certify and will consider this to be legally binding that
my training and health are adequate for me to healthily compete in a
10,000 meter (6.2 miles) event and I hereby waive any claim for damages
that I might suffer due to participation in this UCPA event.

Signed _____ Date _____

(Parent if under 18) Duplicating Entry Is Permitted

Printing by: Handicapped Students of McClaskey Adult-El Dorado Center



Running Schedule



Sat	Apr	19	<u>MAGICAL MUSICAL MARATHON & HALF MARATHON</u> , Discovery Park, 8 am
Sat	Apr	19	<u>McINTOSH FUN RUN</u> ($\frac{1}{2}$, 3 & 5 mi), El Camino Store, 8:30 am
Sun	Apr	20	<u>DIET PEPSI 10 KILO</u> , Lake Yosemite, Merced, 9 am
Tue	Apr	22	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm
Sat	Apr	26	<u>BIIG RUN</u> ($\frac{1}{2}$ mi, 5&10K), Guy West Bridge, CSUS, 9 am
Sun	Apr	27	<u>SACRAMENTO BEE RUN</u> , (10K & 1 mi), 14th & J, 9:30 am
Tue	Apr	29	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm
Sat	May	3	<u>GRANITE BAY 5 & 10K</u> , Granite Bay State Park, Folsom Lake, 8 am
Sun	May	4	<u>RUN FOR M.S.</u> ($\frac{1}{2}$ mi, 5&10K), William Land Park, 9 am
Sun	May	4	<u>AVENUE OF THE GIANTS MARATHON</u> (Entries closed)
Tue	May	6	<u>B.C. TRACK MEET</u> , (140, 380, 1, 2&5 mi), CSUS Track, 6pm
Wed	May	7	<u>HUGGY'S FUN RUN</u> , ($\frac{1}{2}$ mi, 5&10K), Huggy's, Madison & Dewey, 7 pm
Sat	May	10	<u>K-108 FUN RUN</u> , (3 & 5mi), Old Town, 8:30 am
Sat	May	10	<u>RUN 'EM OUT OF TOWN 10K</u> , Courtland, 10 am
Sat	May	10	<u>ANGEL ISLAND RACE</u> (4.8 mi), Angel Island, 11 am
Sun	May	11	<u>RUN FOR LIFE</u> (10K), William Land Park, (probably)
Tue	May	13	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm
Wed	May	14	<u>HUGGY'S FUN RUN</u> , ($\frac{1}{2}$ mi, 5&10K), Huggy's Ice Cream, Madison & Dewey, 7 pm
Sat	May	17	<u>McINTOSH FUN RUN</u> , ($\frac{1}{2}$, 3&6 mi), El Caminc Store, 8:30 am
Sat	May	17	<u>COLFAX RECORD RUN</u> , (5 & 10K), Downtown Colfax, (Enter by 5-14), 8 am
Sun	May	18	<u>BAY-TO-BREAKERS</u> , (7.6 mi), Ferry Bldg., S.F., 9 am
Sun	May	18	<u>SUNDAE FUN RUN</u> , ($\frac{1}{2}$ mi, 5&10K), Vicki Marie's, 49th & Folsom, 9 am
Tue	May	20	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6pm
Wed	May	21	<u>HUGGY'S FUN RUN</u> , ($\frac{1}{2}$ mi, 5&10K), Huggy's, Madison & Dewey, 7 pm
Sat	May	24	<u>YMCA RUN</u> (2 $\frac{1}{2}$ & 5mi), Eastern & Robertson, 10 am
Sun	May	25	<u>GRASS VALLEY MEMORIAL RUN</u> , (10K), Memorial Park, Grass Valley, 8:30 am
Sun	May	25	<u>EL DORADO HILLS RUN</u> , (3 & 6mi), Tentative-no details
Sun	May	25	<u>INDIAN GULCH TO HORNITOS</u> , (5&10mi), Cathy's Village, Merced, 8 am
Mon	May	26	<u>PACIFIC SUN MARATHON & 10K</u> , College of Marin, Kentfield, 7:30 am
Tue	May	27	<u>B.C. BIKE TRAIL RUN</u> , Guy West Bridge, CSUS, 6 pm
Wed	May	28	<u>HUGGY'S FUN RUN</u> , ($\frac{1}{2}$ mi, 5&10K), Huggy's, Madison & Dewey, 7 pm
Sat	May	31	<u>UNITED CEREBRAL PALSY 10K</u> , Delta Queen, Old Town, \$10 entry, 8:30 am
Sun	Jun	1	<u>THE DIPSEA</u> (7.1mi), Mill Valley, (limited entry) 9:30 am
Sun	Jun	1	<u>GOLD COUNTRY MARATHON</u> , (Full, $\frac{1}{2}$ & 10K), Pioneer Park, Grass Valley, 8 am
Tue	Jun	3	<u>B.C. TRACK MEET</u> , (140, 380, 1, 2 & 5 mi), CSUS Track, 6 pm
Wed	Jun	4	<u>HUGGY'S FUN RUN</u> , ($\frac{1}{2}$ mi, 5&10K), Huggy's, Madison & Dewey, 7 pm
Sat	Jun	7	<u>KCRA 5 & 10K</u> , William Land Park, 9 am
Sat	Jun	7	<u>LARS TARCE RELAY</u> , (72 mi-7 persons), So. Shore Safeway, 7:30 am

This schedule is as accurate as possible at the time of printing. It is, of course, subject to change. Local runs are underscored. Buffalo Chip (B.C.) trail runs and club runs are free. McIntosh Fun Runs have a 50¢ donation. Most races require an approximate \$3 to \$5 entry fee. Other race details are usually available at local running stores. If you know of changes or additions to this schedule, call A.J. Underwood at 392-7672, or John McIntosh at 488-7181.

This schedule is prepared by the BUFFALO CHIPS RUNNING CLUB for your running enjoyment. For additional information about the CHIPS, write Dave Davis, 9142 Firelight Way, Sacramento, 95826.

BUFFALO CHIPS MEMBERSHIP LIST

April 4, 1980

+++THIS WILL BE THE ONLY COMPLETE LIST PUBLISHED THIS YEAR. ☺

NAMES OF NEW MEMBERS WILL APPEAR IN FUTURE NEWSLETTERS. ☺

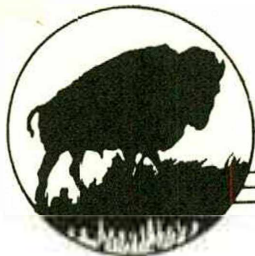
NAME	ADDRESS	CITY	ZIP	RESIDENCE	BUSINESS	PHON.	BIRTHDATE
ADAMS, Herb	8401 Kroeger Ct	Fair Oaks	95626	966-1296	323-2598		4-20-30
ADAMS, Michael	7668 Eastgate Ave	Cit. Heights	95610	961-0692			7-27-57
AGUIRRE, Art	1582 Response Rd # 3059	Sacramento	95815	922-2095			8-16-49
ALARID, Daniel	7347 Patero Circle	Sacramento	95823	392-0223	445-2450		8-9-42
ANDERSON, Cliff	2514 N St	Sacramento	95816	451-5025	454-6229		2-23-38
ANDERSON, Martin	249 Riverbrook Way	Sacramento	95831	391-0568	445-1599		8-4-33
AUSTRHEIM-SMITH, Bjorg	6723 Orleans Way	Sacramento	95831	391-1227			11-20-42
AYRES, Larry	2312 S. Jackson Ave	Fresno	93725		486-4710		8-31-40
BACON, Raymond	1333 Rene Ave	Sacramento	95838	442-4897	322-6671		8-16-42
BAILEY, Glenn	2814 D St #27	Sacramento	95816	447-2229			10-24-47
BAKER, Hal	1182 Cavanaugh Way	Sacramento	95822	443-4514	322-2474		8-20-42
BALLANTINE, Bill	4311 Marshall Ave	Carmichael	95608	967-7395	445-5408		11-5-24
BERK, Karen	1521 University Ave	Sacramento	95825	920-4187	322-3560		3-29-43
BETSCHART, Walt/Jack	4120 A St	Sacramento	95819	451-9076	440-6772		7-13-27
BILLINGSLEY, George	P.O. Box 1385	Loomis	95650	652-7729			1-4-22
BISPO, Debbie	4348 Galewood Way	Carmichael	95608	967-0992			2-17-58
BLACK, Joseph	1010 Dunbarton Circle	Sacramento	95825	920-8529	355-2296		12-4-43
BLAIR, Ron	6717 Wyatt Lane	Orangevale	95662	988-1230	988-1310		9-19-45
BLINN, Gerald/ Kathryn	4709 Knapp Way	Carmichael	95608	485-8710	453-2472		12-10-46
BORLAND, Chris/ M. Joretta/ Gabrielle	1520 40th St	Sacramento	95819	457-4469	442-0409		9-11-33 8-8-41 12-24-67
BOURBEAU, Robert	1500 7th St #7E	Sacramento	95814		440-3596		6-2-35
BRAKENSIEK, Carlyle	4437 Otis Ct	Carmichael	95608	961-2269	445-9160		3-24-43
BRANSTROM, Robert	5209 Glide Dr	Davis	95616	758-7993			9-13-50
BRIMBERRY, Paul	1520 West Mendocino Ave	Stockton	95204	948-0346	682-9034		8-3-47
BROWN, Jonathan	2725 Florence Place	Sacramento	95818		446-7026		6-25-46
BROWN, Roger	2950 Loyola Dr	Davis	95616	758-2479	322-6441		7-30-46
BRYANT, Stephanie	6780 Gloria Dr #19	Sacramento	95831	391-3633	920-0548		
CARTER, Jim	3153 Chelsea Park Circle	SpringValley	92077	597-7794			9-2-38
CHAIREZ, David	5532 Cranbrook Way	Fair Oaks	95628	966-7669			9-12-59
CLARK, John	6956 Greenbrook Circle	Cit. Heights	95610	961-7827			4-29-42
CLEVENGER, Mel	1336 McClaren Dr	Carmichael	95608	483-8869			1-26-48
CLOVER, James	4561 23rd St	Sacramento	95822	457-4920	445-0498		3-15-42
COOK, Joe	6514 Crosswoods Circle	Cit. Heights	95610	722-2863	488-5890		6-24-16
COSTNER, Charlie	P. O. Box 546	Colfax	95713	346-2297			2-19-46
DAVIS, Dave	9142 Firelight Way	Sacramento	95826	363-9142	445-6340		6-17-30
DAVIS, Kelley	2306 Glen Canyon Rd	Altadena	91001	794-0579	744-2250		11-24-40
DELGADILLO, Lino	628 Potomac Ave	Sacramento	95833	929-1970	484-8455		9-13-46
DELGADO, Christopher	6025 Parkoaks Dr	Cit. Heights	95610	967-7124	449-5144		9-29-34
DOBSON, Charles	4138 58th St	Sacramento	95820	455-8755			4-18-29
DOLEZAL, Betti	201 San Antonio Way	Sacramento	95819		322-6532		
DORF, Frank	4400 LaMirada Circle	Fair Oaks	95628	966-6540	966-0883		6-30-45
DRAKE, Jim	3442 Whitnor Court	Sacramento	95821	485-8013	462-4550		6-18-40
DUNBAR, Dennis	3557 Gemini Way	Sacramento	95827	362-2888	920-7073		3-31-50
EISENBUD, Elliott/ Helene	6401 Coyle Ave	Carmichael	95608	482-1586	966-5404		1-14-43
ELGERT, Mark	6851 Plymouth Rd #39	Stockton	95207	478-7699	951-3006		6-5-54
EVANS, Lance	6927 Ruskut Way	Sacramento	95823	421-4163	393-0520		1-29-54
FIELDS, Gary	1950 Maple Glen Rd	Sacramento	95825	481-8911	452-2649		1-29-40
FINNEGAN, Jim	1836 Carmelo Dr	Carmichael	95608	485-3410	445-0850		11-22-40
FISH, Tom	2997 Linden Lane #C	Carmichael	95608	488-7820	454-4500		3-18-36
FLORES, Cliff	912 Persifer St	Folsom	95630	985-7196	334-1012		3-28-29
FOLEY, Jim	5710 Maddison Ave	Sacramento	95819	457-6349	322-7425		10-18-52
FOREHAND, Dick/ Ellen Standley	2674 Rio Bravo Circle	Sacramento	95826	362-2385			6-17-46 6-7-42
FORSYTHE, Steve	58 51st St	Sacramento	95819	457-0792	482-5410		6-10-51
FOX, Lee	3300 Park Side Dr #58	Rocklin	95677	624-1808	783-0401		5-31-37
FRJNCKE, Karen	41 Grand Rio Circle	Sacramento	95826	383-1494			5-2-40
FREEMAN, David	3120 Hermosa Drive	Napa	94558	226-7117			1-30-50
GARRICK, Laurie	5134 Oak Sande Way	Fair Oaks	95628	986-8335	445-0106		6-12-45
GODWIN, Art	1249 C St	Rio Linda	95637	991-3593	322-5887		9-28-55
GORMAN, Paul	2726 12th St	Sacramento	95818	441-4962	920-7161		3-25-33
GOODWIN, Paul/Loy	408 Sunrise Ave #4	Roseville	95678	791-1255	782-3153		3-5-21
GOYETTE, Gary/ Mark	3825 No Canyon Rd	Camino	95709	622-9299			2-9-63 2-2-62
GREENBERG, Stanley	4305 Cottage Way	Sacramento	95825	487-9890	929-8810		6-6-23
GROSS, Richard	6402 Eureka Rd	Roseville	95678	791-7439			2-26-43
HANLIN, James	5924 Gumwood Circle	Cit. Heights	95610	723-1767	445-0810		10-16-45
HAMMOND, David	8838 Sawtell Way	Sacramento	95826	363-7077	482-5735		3-15-41

BUFFALO CHIPS MEMBERSHIP LIST - Page 2.

NAME	ADDRESS	CITY	ZIP	PHONE		BIRTHDATE
				RESIDENCE	BUSINESS	
HANLON, Dave	1521 University Ave	Sacramento	95625	920-4187	322-8785	4-5-37
HANNA, Robert/ Richard	1455 41st St	Sacramento	95810	451-6344	393-1322	7-30-36 7-18-64
HANSEN, Marge	2416 Edna St	Sacramento	95822	428-5923	322-5083	10-25-37
HEARN, Candy	4384 Dorking Ct	Sacramento	95825	482-8220		4-1-43
HEDGES, Robert	27 Nutwood Circle	Sacramento	95833	922-4091	447-3261	9-28-45
HELM, Dan/ Raymond/ Inge	P.O. Box 457	Camino	95709	644-1976		8-30-63 5-30-20 5-7-32
HICKS, Tim	P.O. Box 653	Altaville	95221	736-2160	772-1373	8-30-43
HOCKING, Elaine	4921 Crestwood Way	Sacramento	95822	447-8647	454-8137	3-10-30
HILMES, Paul	P.O. Box 2043	Sacramento	95810	442-2163	445-7807	8-31-36
HOLSTEN, Donald	4511 Belcrest Way	Sacramento	95821	488-8797	445-2263	3-8-35
HOSEIT, Max	2020 Marconi Ave	Sacramento	95821		922-8823	8-1-28
HOWARD, Walt	3604 Comstock Way	Carmichael	95608	489-6131	323-1553	9-19-37
IMES, Marlou	1210-A Fairweather Dr	Sacramento	95833	922-4653	445-0547	
JACOBSON, Howard	2713 T St #8	Sacramento	95816	456-5105	685-2461	6-15-43
JENKINS, Stephanie	2290-C Sierra Blvd	Sacramento	95825	929-1233	483-3204	2-7-44
JOHNSON, Bruce	5921 Oakbrook Dr	Cit. Heights	95610	967-8031	323-4024	7-22-37
JOHNSON, Ken	3120 Steinbrenner Ct	Carmichael	95608	488-8409		11-19-52
JONES, Burl/ Carole Hood	712 Dunbarton Circle	Sacramento	95825	967-6407	323-2382	6-9-45 323-2057 7-3-51
KATTENHORN, Joe	9542 Shunway Dr	Orangevale	95662	988-4118	489-8600	6-24-47
KENNEDY, Mary	1033 Vallejo Way	Sacramento	95818	441-0291	322-1128	3-27-51
KEHR, Chuck	3050 Belden St	Sacramento	95815	929-4631	444-7160	3-20-32
KITADA, Tad/ Barbara	7340 Walnut Rd	Fair Oaks	95628	966-9377	685-6740	4-1-52 929-2333 2-8-51
KOCH, George	4400 Barrett Rd	Carmichael	95608	967-0820	929-0485	2-23-27
KOERNER, Vance	7625 Telegraph Ave	Orangevale	95662	988-0072	355-4097	12-26-26
KUHN, Harris	4617 Ulysses Dr	Sacramento	95825	487-5450	449-7135	12-10-50
LaBARGE, Randy	7905 Pawnee Way	N.Highlands	95660	334-8604	643-2348	11-19-51
LABELLE, Ted	4119 Zephyr	Sacramento	95821	482-4119	643-3300	4-16-35
LAWRENCE, Joe	6752 Landis Ave	Carmichael	95608	944-2567	484-2494	1-17-38
LAWSON, Marjorie	8704 Via Media Way	Elk Grove	95624	685-5387	445-1484	11-6-24
LEEVER, Bob	7430 Midiron Dr	Fair Oaks	95628	967-2298	924-4000	8-13-39
LETL, Dennis	2735 14th St	Sacramento	95818	448-1558	322-0201	3-28-37
LEWIS, Harry	3218 Foot Ave	Carmichael	95608	487-3277	643-3444	8-16-31
LINN, Perry/ Sally	1100 57th St	Sacramento	95819	457-5244	643-2032	4-21-51 5-1-50
Lloyd, Russ	4008 Hill St	Fair Oaks	95628	961-5737		3-12-42
LOBBITZ, Jim	P.O. Box 215013	Sacramento	95821	489-3588	488-2212	6-14-27
LUNDQUIST, John	P.O. Box 51	S.Lake Tahoe	95705	541-5882		2-3-52
MacBRIDE, Evan	2340 Lansing Way	Sacramento	95825	489-2066		7-5-46
MALAIN, Robert	6332 Silveira Way	Sacramento	95831	392-3075	322-0177	4-3-27
MARRS, Robin	1816 Markham Way	Sacramento	95818	443-4230	445-0247	9-12-38
MASHBURN, Giltbert	7234 34th St	N.Highlands	95660	331-2008	927-0792	8-6-28
MARX, Bev	802 Elmhurst	Sacramento	95825	927-6882		11-30-53
MERSEBAU, Charles	8895 B Salmon Falls Dr	Sacramento	95826	362-9660		3-23-24
MILES, Wayne	8201 Brushcreek Ct	Cit.Heights	95610	782-9077	355-0701	4-12-47
MILLAR, Glenn Cr.	6806 Castillo Ct	Cit.Heights	95610	725-0219	483-7391	6-23-39
MULHERN, Richard	92 Oakland Ave	Westbrook, Ma.	04092	854-5923		10-1-53
MULHERN, Steve	65 Woodvale St	Portland, Ma.	04102	774-5243	774-8221	7-15-49
MULLINS, David	6827 Starboard Way	Sacramento	95831	393-3094	323-2338	1-16-51
MUNDY, John	8213 Walnut Hills Way	Fair Oaks	95628	962-2085	448-1666	6-28-41
McINTOSH, John	4540 Fair Oaks Blvd	Sacramento	95825	487-7327	488-7184	3-4-42
McMILLIN, Jim	10830 Paiute Way	Rancho Cordova	95670	362-7833	967-5858	6-20-50
NICHOLS, Chuck	1020 Appollo	Sacramento	95822	444-6409	445-2898	10-28-49
OESER, David	10442 So. White Rock Rd	Sacramento	95670	362-4245		
O'LEARY, Janet	6209 Ackland Ct	Cit.Heights	95610	725-3563		5-2-54
O'NEIL, Jim	6260 Rustic Hills Dr	Rocklin	95677	783-3528		5-14-25
O'NEIL, Mike	5110 Oak Leaf Ave	Carmichael	95608	488-2690	366-2961	5-24-24
ONORATO, Charles	P.O. Box 254647	Sacramento	95825	482-6060	482-6060	9-9-28
OTTEN, Michael	8608 Brodie Ct	Elk Grove	95624	685-6235	445-2776	10-13-39
OWEN, Michael	3326 Y St #3	Sacramento		739-1653	422-7610	1-18-53
PALMER, Francis Jr.	96 Aiken Way	Sacramento	95819	456-4125	322-9865	9-14-42
PARROTT, George	1524 Little Ct	Carmichael	95608	483-6197	454-6884	12-17-43
PAPSONS, James	4030 Berrondo Dr	Sacramento	95825	485-9432	322-4509	7-10-34
PEACH, Barbra	5054 Valley Forge	N.Highlands	95660	334-1009	643-3102	10-30-32
PEARMAN, Jeffrey	5450 Cypress Avenue	Carmichael	95608	482-1228	483-6055	5-1-54
PEARMAN, Thomas	5450 Cypress Avenue	Carmichael	95608	482-1228		2-19-62
PERKINS, Joan/ Howard/ Ginny	2847 22nd St	Sacramento	95818	452-0812	927-3841	12-31-43 7-9-68
PETERSON, Laurie	215 Gifford Way	Sacramento	95825	489-4319		1-28-63
PIERCE, Kenneth	5468 Primrose Dr	CitHeights	95610	961-7690	322-8712	5-25-38
PIERCE, Stephen	6305 Copa Ct	Cit.Heights	95610	723-6995	643-5916	8-10-47

BUFFALO CHIPS MEMBERSHIP LIST - Page 1.

NAME	ADDRESS	CITY	ZIP	PHONE		BIRTHDATE
				RESIDENCE	BUSINESS	
PIERCE, Todd	2800 Jahrom Lane	Modesto	95355	526-3440	577-9263	1-17-61
PLEXICO, William	6930 Palmdell Way	Fair Oaks	95628	967-3207	332-1717	4-26-36
FLONA, Nancy	7721 Olive St	Fair Oaks	95628	561-7297		5-26-51
POTTER, Bob	6360 Surfside Way	Sacramento	95831	392-6401	445-9965	11-13-36
FOYSER, Marv	1582 Response Rd #1062	Sacramento	95815	924-9983	483-3571	3-16-34
PROFITA, Evelyn	8708 Sturgeon Way	Sacramento	95826	363-7945	752-3441	1-20-49
REESE, Mark	2789 17th St	Sacramento	95818	443-1549		7-1-49
REESE, Paul	4921 Crestwood Way	Sacramento	95822	447-8647	454-8533	4-17-17
REISS, Joan	2100 Rockwood Dr	Sacramento	95825	485-8705	454-6604	7-11-37
REMLEY, Nancy	27 Nutwood Circle	Sacramento	95833	922-4091	322-6333	1-21-51
REMY, Thomas	9329 Appalachian Dr	Sacramento	95827	366-9646	364-7732	4-29-43
RICHARDSON, John	8562 Rosada Way	El Cajon	92021	561-6067	440-4304	10-20-43
RIVERA, David	820 Hardy Drive	Broderick	95605	371-4076	643-5035	5-3-59
ROBERTSON, Bill	1118 Cottonwood Dr	Roseville	95678	782-8955	965-2111	1-4-39
RODGERS, Bob	3221 Chelsea Rd	Sacramento	95825	488-5026	445-2564	10-17-28
RODRIGUES, David	7661 San Simeon Dr	CitHeights	95610	723-1477	725-7227	4-3-54
ROEBER, Dave	6531 Bremen Dr	CitHeights	95610		643-4174	8-29-46
ROSENDALE, Henry	2005 Hillcroft Dr	Forest Hill, Md	21050	692-5356	628-3654	2-22-45
RUIZ, Ronald	1515 O St #11	Sacramento	95814			5-2-36
RUSSELL, Jeremiah/ Jane Johnson	P.O. Box 2462	Merced	95340	722-8398	723-9121	1-15-36
					488-5168	2-19-53
SAFERITE, Phyllis	2782 18th St	Sacramento	95818	441-6362	445-0247	12-21-46
SANDOVAL, D.R.	8017 Larwin Dr	CitHeights	95610	969-2737		11-2-32
SARTE, Randall	2322 Butano Dr #212	Sacramento	95825	383-7534	488-8750	10-24-43
SECOND SOUL [Jo Woodward]	1537 Howe Ave #204	Sacramento	95825	966-7365	925-5087	
SCHOENER, Pete/ JoAnne	4221 No. Canyon Ed	Camino	95709	644-1002	622-6464	11-10-40
					332-5707	
SCHOLZ, Ronan	1019 California St	Woodland	95695	662-0671	920-6073	4-28-36
SCHUMACHER, Donald	2172 River Vista Way	RanchoCordova	95670	635-7880	929-0271	1-28-32
SHERMAN, Veverly	10 Cattail Ct	Sacramento	95833	920-4632	323-4369	11-19-50
SHIPLEY, Vernon	1590 Bell St #2	Sacramento	95825	927-2665	966-4665	1-31-47
SILVERMAN, Saul	3701 Clair Dr	Carmichael	95608	944-2486	453-8633	4-26-42
SKADEN, Heidi/ Heike	24 Adelphi Ct	Sacramento	95825	925-3934	482-1036	7-23-37
						7-20-62
SMITH, Karen L.	1400 Santa Ynez	Sacramento	95816	456-3659		3-21-49
SMITH, Karen R.	8725 Ia Riviera Dr #86	Sacramento	95826	362-6952	545-3400	9-9-44
SMITH, Roger	3534 Larchmont Square Lane	Sacramento	95821	488-7757	482-9315	6-28-46
SODERLUND, Greg	5320 Callister Ave	Sacramento	95819	456-2734	456-7881	2-8-48
SPICKELMIER, Don	3830 T St	Sacramento	95816	457-7969	929-2389	11-1-40
SPOTTSWOOD, Dave	555 Capitol Mall #950	Sacramento	95814	421-1564	444-3900	6-10-40
SQUILLER, Samuel/ Elizabeth	3167 Via Grande	Sacramento	95825	488-2268	643-2250	9-20-52
STAINBROOK, Harold/ Bill Lynda	2944 Leta Lane	Sacramento	95821	487-7464		1-26-30
						9-14-53
						9-29-56
STEVENS, Jan	812 Elmhurst Circle	Sacramento	95825	920-8586	445-6946	12-29-34
STOVER, Smokey	1373 42nd St	Sacramento	95819	456-2644	456-8696	5-15-40
STROMBERG, Ed	2824 Martel Ct	Sacramento	95826	383-7616		3-20-43
SUGERMAN, Patricia	5142 Long Canyon Dr	Fair Oaks	95628	988-2106	454-3137	8-5-43
SUMMERS, Walt	9413 Bullion Dr	Orangevale	95662	988-3178	966-1904	8-10-43
SZEKERESH, Martin/Helen	2199 Randy St	WhiteBear Lake Minn.	55110	426-1685	725-7883	5-25-38
TALBERT, Greg/Ralph	721 39th St	Sacramento	95816	452-2348		6-1-62
TAYLOR, John	9645 Goethe Rd	Sacramento	95827	362-7285		4-12-55
TROMPSON, Dick	5812 Woodleigh Dr	Carmichael	95608	967-1955	643-4557	6-13-18
THOMPSON, William Jr.	158 Collins Dr	Travis AFB	94535	437-4592	438-2297	1-25-42
TRNKA, Richard	2751 3rd Ave	Sacramento	95816	451-4012	452-8713	8-13-38
TUCKER, Carolyn	1249 C St	Rio Linda	95673	991-3593		7-3-50
UNDERWOOD, Abe	6555 Park Riviera Way	Sacramento	95831	392-7672	445-1862	3-30-38
VAUGHN, James	3301 Watt Ave #500	Sacramento	95821	961-7288	481-6744	
WAGGONER, Art	118 Touchstone Place	W.Sacramento	95691	371-8718	454-3333	11-26-25
WALDSMITH, Cary/ Dolores	3550 Ridgeview Dr	El Dorado Hills		334-2705		11-12-40
					933-3815	4-10-50
					445-8645	10-26-48
WALKUP, Karen						
WATKINS, Jerry	5653 Norman Way	Sacramento	95822	428-7687		2-10-66
WATT, Nancy	4730 Rustic Oak Way	Carmichael	95608	961-4624		10-1-41
WEATHERS, Dwight	9519 Quaymas Ct	Elk Grove	95624	635-9330	920-7599	8-22-46
WHITNEY, Clint	2229 El Cejo Circle	RanchoCordova	95670	362-3619	445-3085	2-19-37
WILLIAMS, Marcia	3481 64th St	Sacramento	95820	457-0252	428-9065	4-22-55
WILSON, John/Marilyn	838 54th St	Sacramento	95819	455-9326	920-6081	7-10-50
WINTERHALDER, Ted	5365 Cisco Circle	Sacramento	95819	455-0670		6-16-29
WRIGHT, Andy	6210 Pine St	Pollock Pines	95726	644-3624		10-26-62
WRIGHT, Joan	P.O. Box 4647	Incline Village Nev.	89450	831-0388	882-0202	10-1-52
YOUNG, Celeste	7000 Reichmuth Way	Sacramento	95831	391-8370		1-26-56
ZAPATA, John/Family	10029 El Chorlito	RanchoCordova	95670	362-6613	366-9575	12-30-45



BUFFALO CHIPS

RUNNING CLUB



NUMBER 46

Elliott Eisenbud	High Dunger	482-1586
Mark Reese	Vice Dunger	443-1549
Charlie Mersereau	Dung Recorder	362-9660
Dave Davis	Dung Counter	363-9142
Sally Linn	Dung Coordinator	988-7602
Barbra Peach	Women's Coordinator	334-1009
Abe Underwood	Race Chairchip	392-7672
Dennis Dunbar	Dung Editor	362-2888

Aug. 8, 1980

BRODERICK BOTTOMS BUST

-Mark Elgert-

A hearty herd of Buffalo showed up at Broderick on Saturday morning, July 12th, to bust their bottoms at the first annual Broderick Bottoms Bust, the July Buffalo Chips Club Run. The 4.75 mile long course (certification pending) consisted of equal parts of Western States 100, Mt. Misery, and the Sahara Desert, fiendishly chosen by A. J. Underwood to include all two scenic sights in Broderick. Race Director Underwood got things moving at 8:20 AM and the determined runners completed the first mile in a blistering 7:45. The torrid pace continued through mile 2, but began to slow in the third mile as a long stretch of sand bogged down the thunderous herd. In the last 1 3/4 miles the field regained its earlier jackrabbit pace, and many close finishes were recorded.

Following the race Underwood awarded the "Perpetual Budweiser Trophy" (ice-cold, full) to all division winners, and all entrants settled down to a victory breakfast at the quaint Chart Room Restaurant. Those of you who did not attend missed a fine event and should make it a point to run this race the next time we hold it.

RESULTS OF BRODERICK BOTTOMS BUST

1. Abe Underwood*	42-49	1st in Division	36:36.2
2. John Shelgren	40-41	1st in Division	36:36.2
3. Cliff Flores	50+	1st in Division	36:36.2
4. Fred Dowdle**	30-35	1st in Division	36:36.2
5. Mark Elgert	19-29	1st in Division	36:36.2
6. Mike Miller***	36-40	1st in Division	36:36.2
7. Chart Room Bartender	UNK.	DNS (did not start - "I can't even run a \$#@*&@ quarter mile)	
8. Rosie Ruiz		1st, and only woman	UNK (was on a PR, but subway broke down, also causing her to miss victory banquet.)

*Elapsed time includes 4' vertical detour from course as, despite best efforts of crowd control personnel, a snake slithered onto the course. Great forms displayed, has a future in high jumping.

**Was going to run S.F. Marathon on 7-13 until the "sand traps" on the B-B Bust convinced him otherwise.

***Left victory banquet early to participate in a beer drinking contest elsewhere.



LETTER FROM THE EDITOR....



Congratulations to all Chips who participated in this years Western States 100. The Club was well represented, providing approximately 20 starters (of which 15 finished; see "State of the Herd on next page for that list). I filled the capacity of pacer for Charlie Mersereau, as unique experience for me as it must have been for the competitors (I've run in the hills in the dark before...). It seemed to me that the greater part of the Club membership was involved in this race as either competitors or support crews. There were a lot of familiar faces all along the course. Several interesting articles are included in this issue from competitors. (I thank them for submitting them).

A NEEDLESS REMINDER: the SACRAMENTO MARATHON is rapidly approaching; September 28th. This is a Chip co-sponsored event, so let's give it our full support.

Anyone who would like, or needs, a running partner for this race can give me a call (ask for Operator 23 at the Race Buddy Referral Desk...) I'll take names and projected times and make whatever referrals I can for you. Running with someone can only make this race easier than running it by yourself, and it's a good opportunity to meet some others in the Club you haven't met or run with before.

Let me be the first to kick this off: I plan on running the full marathon in around 3:20 - 3:30 (o.k., so I'm slow...) Anyone who also plans to run the full marathon at that pace and would like some company and support, give me a call. I'm an Equal Opportunity Runner, not discriminating on sex, whether or not you enjoy this newsletter, or on the brand of shoe you prefer. References are not required.

We can still use more volunteers to participate in the Activities Committee for the purpose of setting up monthly Club runs. We had a good run set up last month, provided to us by Race Chairchip, A. J. Underwood. We need additional ideas still. If you can help, give SALLY LINN a call (new phone number for Sally - 988-7602). If you don't have the time to help with the planning, at least try to make it to the runs.

Unfortunately, no run has been planned for this issue, but we do have 2 runs in the works for next time (we're still working the bugs out). Hey, get involved, it won't take that much of your time!!

'til next time, good running

Dennis

DEADLINE FOR NEXT NEWSLETTER: September 20, 1980
Send Articles to: 3557 Gemini Way, Sacramento, Ca. 95827
or call, 362-2888

STATE OF THE HERD July 1980

Work on the Buffalo Stampede is progressing. This ten mile race will start and finish on the track at Rio Americana HS. National certification has been applied for and hopefully will be back in time for the start on Sept 14. Applications are enclosed in the newsletter. Try to spread the word as we would like to at least break even this year (we lost money last year). This is the Club's big race of the year so mark your calinder.

At our last meeting the possibility of merging with the Capitol City Flyers was discussed. As it stands now, it looks as if the Flyers will merge with the Spiketettes to form a new AAU club known as the Sacramento Athletic Club (SAC). The chief reason for this is to attract enough money to be able to send national class runners to various meets. The emphasis is on youth, as it should be. John Mansoor asked me if I thought the Chips would be interested in joining. After speaking with several Chips, I gathered that the feeling is that we should remain as before with our emphasis being on the family, beginning runner, non-elete runner etc. We can bring this up at the next meeting, but if anyone feel strongly about this, please let me know.

Congratulations to all the survivors of the WST 100. Those under 24 hours were M. D. Hoshler, George Parrott, Mike Owen, Tim Hicks, B. A-Smith, Walt Betschart, Mark Reese. Those under thirty hours were Joan and Howard Perkins, Glen Bailey, Charly Mersereau, Bob Hanna, Helene and Elliott Eisenbud, Carol Walker. The Brooks/Buffalo Chip sponsorship did not work out too well..... several runners did not bother to wear Brooks Shoes, and several others signed up for the WST Team competition as another team! It makes little sense to me to accept entry money and shoes and then run for another club or not wear the shoes. Because of this I'm not planning to continue our affiliation with Brooks. If any of you are planning to run the WST next year, better sign up soon as there are already 120 registered (as of July 16).

The Western States was longer and hotter then the year before. The canyons did me in this year...muscle cramps started at Devil's Thumb and never went away. Best part of the race was the 1 1/2 hours spent in a sleeping bag at the 86 mile check. I was in deep sleep only to be rudly awakened be the sound of Bosco Bailey repeatedly barfing.....I figured that if he could go on, so could I.....we walked most of the way in together. The final blow came after I crossed the finish and was "carried" over to a nearby machine to test how much strength I had left in the legs....remind me not to sign up for any more experiments!

See you at the Stampede,

ELLIOTT

MY WESTERN STATES 100 EXPERIENCE

-Dennis Letl-

I was with about a dozen runners standing in front of a TV camera 15 minutes before the start when someone behind the camera asked, "Why are you running this race?" I popped out - without really thinking - "...for the buckle!" And that was the reason, or so I thought at the time, that I was running the race.

Because of the snow we were expecting and the additional 5 miles added from 1979, I had adopted the schedule that Matti & Paffenberger had run the year before as a pace goal to White Oak Flat. They had finished in 22:32.

I had trained for four months, much of it in the canyons, and had been over every foot of the trail from Robinson Flat to the finish, including night running. I felt very good about my conditioning and mental attitude. Consequently, I was confident at the start that I could finish in 23½-25 hours, barring injury. During the race I went through a number of highs and lows: high at the start, low when I was 20 minutes behind at the first aid station; high on the fantastic country to Robinson Flat, low at being 50 minutes behind there; high as I was able to run better at the lower altitudes and familiar course through Deep Canyon, low limping into Last Chance with two blisters; high after being reserrected by a rest and the podiatrist there (although now more than an hour behind pace; higher still as I raced through the canyons for 11 miles, faster than I ever had in training, then the beginning of the end - getting nauseous at the bottom of El Dorado Canyon, the struggle up to Michigan Bluff, the thrill of seeing the crowd and familiar faces, the re-evaluation of goals; then, the final blow - barely able to move out of the canyon, and finally, quitting.

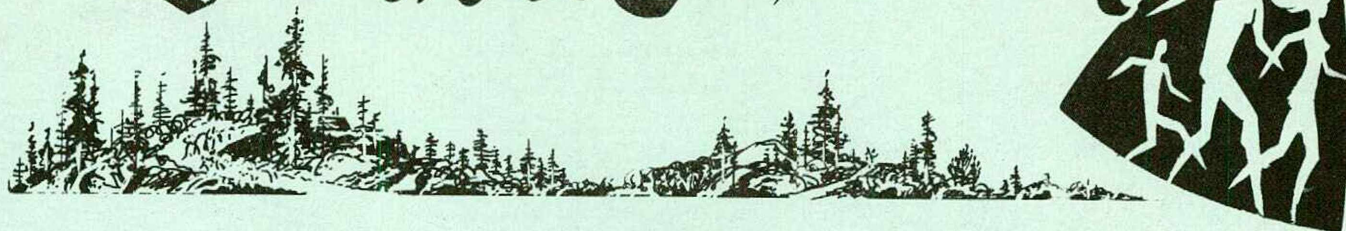
So I gave up at Bath Road - 65 miles and 17 hours after the start. I think I was more bewildered and confused than depressed. Depression set in a few days later and lasted a few weeks. Only now, a month later, as I write this, have I been able to put it all in perspective.

In hindsight I wish I had continued on even though I might not have finished anyway. But the bottom line was that I was just not mentally prepared to walk through the night and into the morning to finish in 29-30 hours, or whatever it might have taken.

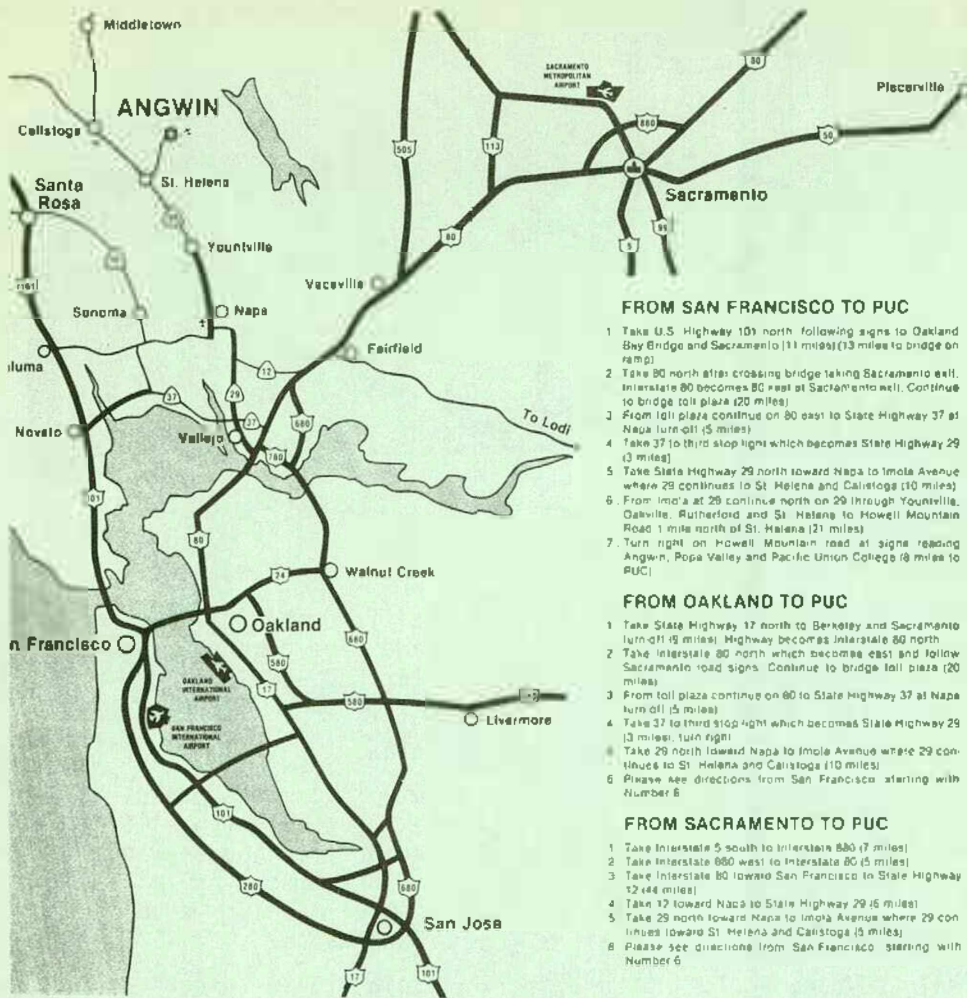
I am grateful to my wife, Ann, who supported me through this entire experience, to George Billingsley and Charlie Mersereau, with whom I trained many hours, and to my handlers, Dave Mullins, Bill Worchester, A.J. Underwood, and Hal Baker (Hal was the only one who got to "run").

Without doubt it was the greatest running experience of my life. Finishing any other race doesn't compare with just participating in the Western States 100. But, since I'm not content with just participating, I sent in my application on July 5th, 1 year and 13 days before next years race. Anyone want to run some canyons?

Angwin to Angwish



- DATE/TIME/PLACE:** Sunday, October 26, 1980. The race starts 10:00 a.m. SHARP, rain or shine. Angwin, California (see map), Pacific Union College. The race begins and ends at the PUC track. 7th annual footrace.
- SPONSORED BY---**: HOWELL MOUNTAIN RUNNERS FOR CHRIST with Pacific Union College, Napa Valley Runners Club, KANG radio (FM 90--will provide live coverage during the race), Athlete's Corner, Calistoga Mineral Water Co., the College Market, and Napa Valley Tennis shop.
- SANCTIONED BY--:** The Pacific Association of the Amateur Athletic Union.
- THE COURSE-----:** Same as before. 7.6 miles of fabulous scenic beauty. 4.3 miles paved, 3.3 miles graded dirt road. Moderately hilly with one steep hill (.6 mile) 3 miles from finish. Last 1.7 miles, fast gradual downhill. Course winds through heavily forested hills. Carefully marked with lime; every mile posted. Split times at 1 and 5 miles. Traffic control. NOTE: please do not run course after race by request of Timberlane Ranch.
- COURSE RECORDS--:** 521 finishers last year, including some of California's best runners.
Men: Gary Blume, Cal Berkeley, 1978: 37:16
Women: Joan Ulyott, San Francisco, 1975: 48:43
- REGISTRATION---**: **PRE-REGISTRATION ONLY.** \$3, payable to Pacific Union College. Deadline: postmarked, October 17, 1980. Send entry form and \$3 to:
David Nieman
Pacific Union College PHONE: 707-965-6245/2020
Angwin, CA 94508
- PICK UP RACE NUMBER RACEDAY BETWEEN 7:30-9:45 a.m.** MUST WEAR ON FRONT OF SHORTS OR SHIRT. PERSONS WITHOUT RACE NUMBERS ARE NOT TO RUN THE RACE. If your entry is incomplete or unacceptable, you will receive notice by mail. Otherwise you will receive nothing in the mail. THERE IS NO RUNNER LIMIT THIS YEAR--all runners will be accepted if entry is sent by deadline.
- COMPUTERIZED FINISH-----:** Pacific Union College's HP 3000 computer will be utilized this year for the first time to efficiently improve finishing procedures. Timing will be by cronomix. The award ceremony will begin at 11:30 a.m. Race results will be mailed to all registered runners.
- AWARDS/ DIVISIONS---**: **RIBBONS --** to all finishers.
T-SHIRTS -- (special 1980, designed by Dr. Charles Temple)
 MALES-- 57 minutes and faster (7:30 pace)
 FEMALES-- 69 minutes and faster (9:00 pace)
- DIVISION AWARDS --** each division: 1st--pair of running shoes; 2nd--\$10 gift certificate; 3rd--case, Calistoga water. Medals to top finishers, each division; Calistoga water, one case to top finishers. Male and female: 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over.
- TROPHIES --** top six males; top four females.
- MISCELLANEOUS--:** Plenty of restrooms, showers, and towels. Mineral water for all. "Ski'80" at 12:00 in gym. Equipment show plus film, "Ski People" by Warren Miller.



FROM SAN FRANCISCO TO PUC

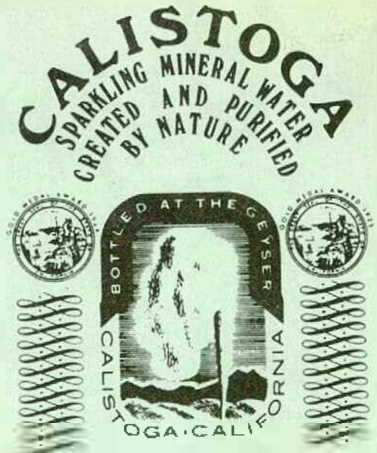
- 1 Take U.S. Highway 101 north following signs to Oakland Bay Bridge and Sacramento (11 miles) (3 miles to bridge on ramp)
- 2 Take 80 north after crossing bridge taking Sacramento exit. Interstate 80 becomes 80 east at Sacramento exit. Continue to bridge toll plaza (20 miles)
- 3 From toll plaza continue on 80 east to State Highway 37 at Napa turn off (5 miles)
- 4 Take 37 to third stop light which becomes State Highway 29 (3 miles)
- 5 Take State Highway 29 north toward Napa to Imola Avenue where 29 continues to St. Helena and Calistoga (10 miles)
- 6 From Imola at 29 continue north on 29 through Yountville, Oakville, Rutherford and St. Helena (21 miles)
- 7 Turn right on Howell Mountain road at signs reading Angwin, Pope Valley and Pacific Union College (8 miles to PUC)

FROM OAKLAND TO PUC

- 1 Take State Highway 17 north to Berkeley and Sacramento turn off (8 miles). Highway becomes Interstate 80 north
- 2 Take Interstate 80 north which becomes east and follow Sacramento road signs. Continue to bridge toll plaza (20 miles)
- 3 From toll plaza continue on 80 to State Highway 37 at Napa turn off (5 miles)
- 4 Take 37 to third stop light which becomes State Highway 29 (3 miles). Turn right
- 5 Take 29 north toward Napa to Imola Avenue where 29 continues to St. Helena and Calistoga (10 miles)
- 6 Please see directions from San Francisco starting with Number 6

FROM SACRAMENTO TO PUC

- 1 Take Interstate 5 south to Interstate 880 (7 miles)
- 2 Take Interstate 880 west to Interstate 80 (5 miles)
- 3 Take Interstate 80 toward San Francisco to State Highway 12 (44 miles)
- 4 Take 12 toward Napa to State Highway 29 (6 miles)
- 5 Take 29 north toward Napa to Imola Avenue where 29 continues toward St. Helena and Calistoga (5 miles)
- 6 Please see directions from San Francisco starting with Number 6



**NAPA VALLEY
PRODUCED AND BOTTLED
AT THE SOURCE SINCE 1924**

**KANG
FM 90**

**KANG
FM 90**

OFFICIAL ENTRY FORM FOR THE 1980 ANGWIN-TO-ANGWISH FOOTRACE, OCTOBER 26.

COMPUTERIZED FINISH---PLEASE GIVE COMPLETE INFORMATION---PRE-REGISTRATION

5	16	17	27	28	
LAST NAME		FIRST		WEIGHT	SEX
29		57		<input type="checkbox"/> M <input type="checkbox"/> F	
NUMBER AND STREET					
52	64	65	68	72	AGE AS OF 10/26/80
CITY		STATE	ZIP		<input type="text"/>
SIGNATURE _____					
T-SHIRT SIZE S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>					
PARENT'S SIGNATURE _____ (If runner is under 18)					

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims of damages I may accrue against Napa Valley Runners Club, Pacific Union College, and Timberlane Ranch, or their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from and while participating in the 1980 Angwin-to-Angwish footrace, October 26, 1980, in Angwin, California.

REPRESENTING _____ (CLUB, SCHOOL, UNATTACHED)

ENTRY DEADLINE: ALL MAILED ENTRIES MUST BE POSTMARKED ON OR BEFORE OCT. 17 AND BE ACCOMPANIED BY A CHECK FOR \$3 MADE PAYABLE TO PACIFIC UNION COLLEGE. SEND TO DAVID C. NIEMAN, PACIFIC UNION COLLEGE, ANGWIN, CALIF. 94508. PICK UP RACE NUMBER DAY OF THE RACE, 7:30-9:45 A.M. NO RUNNER LIMIT THIS YEAR.

10
mile run

BUFFALO STAMPEDE



DATE & TIME: Sunday, September 14, 1980. Promptly at 9:00 a.m.

LOCATION: RIC AMERICANO HIGH SCHOOL, 4540 American River Drive, Sacramento. From Highway 50 freeway take Watt Avenue north approximately 3/4 mile and exit on American River Drive, proceed east approximately 1-1/2 mile to the high school.

COURSE: The course is basically out-and-back to the Campus Commons area on American River Drive. It is flat on paved residential streets, starting and finishing at the high school.

ENTRY FEE: \$5.00 preregistration. \$6.00 on race day.

AWARDS: Distinctive trophies to overall men's and women's winners. Medals in divisions as follows: Men 12 & under (2), 13-19 (3), Open (5), 30-39 (5), 40-49 (5), 50-59 (3), & 60+ (2); Women 12 & under (1), 13-19 (2), Open (3), 40-49 (3), 50-59 (2), & 60+ (1).
Additionally, there will be a wheelchair division and a team category.
BUFFALO STAMPEDE T-shirts will be given to the first 400 men and 100 women. Participation ribbons to all finishers and a merchandise drawing will follow the awards ceremony.

SPONSORED BY: The BUFFALO CHIPS RUNNING CLUB OF SACRAMENTO

MAIL ENTRY TO: Elliott Eisenbud
6401 Coyle Ave.
Carmichael, CA 95608

Additional Race Information:
(916) 966-5404 or 482-1586
Checks Payable to: BUFFALO STAMPEDE

THE BUFFALO STAMPEDE

ENTRY FORM AND WAIVER

In consideration of your accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have against the persons and organizations affiliated with the race, the officials, the County of Sacramento, the City of Sacramento, the San Juan Unified School District, the Buffalo Chips Running Club and the sponsors while participating in or traveling to or from the Buffalo Stampede on September 14, 1980. I further attest that I am physically fit and have sufficiently trained for competition in this event.

NAME _____ SIGNATURES _____ DATE _____

ADDRESS _____ CITY _____ ZIP _____

CLUB _____ BIRTHDAY _____ AGE _____

DIVISIONS

MEN	12&U	13-19	Open	30-39	40-49	50-59	60+
WOMEN	12&U	13-19	Open	30-39	40-49	50-59	60+
TEAM	Yes _____		No _____		(If yes, include club above)		
WHEELCHAIR	Men _____		Women _____				



Running Schedule



- Tue Aug 12 B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Wed Aug 13 HUGGY'S FUN RUN ($\frac{1}{2}$ mi 5 & 10 K) Huggy's, Madison & Dewey, 7 pm
Sat Aug 16 McINTOSH FUN RUN ($\frac{1}{2}$, 3 & 6 mi), El Camino Store 8:30 am
Sun Aug 17 PARK TO PARK RELAYS, four person teams, No. area parks, Call 481-5869
Tue Aug 19 B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Wed Aug 20 HUGGY'S FUN RUN ($\frac{1}{2}$ mi 5 & 10K) Huggy's, Madison & Dewey, 7 pm
Sat Aug 23 SUSAN B. ANTHONY RUN (5 Kilo), Macy's Birdcage Walk, 8:30 am (women only)
Sat Aug 23 LODI TRIATHALON (5K run, 5mi bike & 1000yd swim), Lodi Lake, 9 am
Sun Aug 24 WALKATHALON Sacto area - no other details
Tue Aug 26 B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Wed Aug 27 HUGGY'S FUN RUN ($\frac{1}{2}$ mi 5 & 10K), Huggy's, Madison & Dewey, 7 pm
Sat Aug 30 CAPITOL CAMPUS RUN (1 & 1mi), CSUS Track, 9 am
Sun Aug 31 SLOUGH RUN (3.5 mi), Courtland, 8:30 am
Tue Sep 2 B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Wed Sep 3 HUGGY'S FUN RUN ($\frac{1}{2}$ mi 5 & 10K) Huggy's, Madison & Dewey, 7 pm
Sun Sep 7 FAMILY DAY FOOTRACE (3 & 6 mi + $\frac{1}{2}$ mi), Rusch Park, Citrus Heights, 9 am
Tue Sep 9 B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Wed Sep 10 HUGGY'S FUN RUN ($\frac{1}{2}$ mi 5 & 10K), Huggy's, Madison & Dewey, 7 pm
Sat Sep 13 K-108 FUN RUN (3 & 5 mi), Old Town, 8:30 am
Sun Sep 14 BUFFALO STAMPEDE (10 mi), Rio Americano High School, American River Dr, 9 am
Tue Sep 16 B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Wed Sep 17 HUGGY'S FUN RUN ($\frac{1}{2}$ mi 5 & 10 K), Huggy's, Madison & Dewey, 7 pm
Fri Sep 19 LAKE TAHOE 72 MILE RUN, Only one loop around the lake, Tahoe City, 6 am
Sat Sep 20 McINTOSH FUN RUN ($\frac{1}{2}$, 3 & 5mi), El Camino Store, 8:30 am
Sun Sep 21 RUN FOR HEALTH (5 & 10 Kilos), 650 University Ave (at Fair Oaks), 9 am
Tue Sep 23 B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Wed Sep 24 HUGGY'S FUN RUN ($\frac{1}{2}$ mi, 5 & 10K), Huggy's, Madison & Dewey, 7 pm
Wed Sep 24 PRACTICE MARATHON (6 $\frac{1}{2}$ mi), William Land Park to Old Town, follows course of the Sacramento Marathon, rides are provided back to park. 6 pm
Sun Sep 28 THE SACRAMENTO MARATHON (and $\frac{1}{2}$ marathon), William Land Park, 7 am

This schedule is as accurate as possible at the time of printing. It is, of course, subject to change. Local runs are underscored. Runs marked (*) are Pacific Association AAU-sanctioned runs. All sanctioned races require an entry fee. Buffalo Chip (B.C.) trail and club runs are free. McIntosh Fun Runs have a 50¢ donation. Other race details are usually available at local running stores. If you know of changes or additions to this schedule, call A.J. Underwood at 392-7672.

This schedule is prepared by the BUFFALO CHIPS RUNNING CLUB for your running enjoyment. For additional information about the CHIPS, write Dave Davis, 9142 Firelight Way, Sacramento 95826.

WESTERN STATES 100
-Bill Stainbrook-

Too early for most of us, the 5 am roar of a cannon sent approximately 25 Chips off on a journey that for most would not end for at least another 22 hours and possibly another sunrise. For most of the Chips, it was a successful journey from Squaw Valley to Auburn, but for a few of us, myself included, the mountain was victorious, but there is no shame in defeat as this is the most admirable of foes anyone could wish to challenge.

The experiences and tales are as different and individual as competitors themselves. I will leave the tales for those who were ultimately successful. To those who found the finish line in Auburn, I wish you congratulations on a fantastic job. For those who didn't find Auburn for whatever reason, I'd like to say "Stand Proud" as you faced the "Ultimate Challenge" and gave it your best!

I'd also like to extend a special thanks to Barbra Peach for her constant support. This past year, anytime you looked around, Barbra was there to lend support and a helping hand. The Western States was no different. Barbra was there helping us all, and we appreciate it. Thanks Barbra, the cookies were great!

TO THE EDITOR:

You asked for our thoughts as we were running the Western States 100 Mile Endurance Run. Mine can be expressed in just one phrase:

HOW THANKFUL I AM TO BE ABLE TO MAKE SUCH A RUN.

Sure, it took training and perseverance, but that is only a small part of all the things which had to fit together to make such a run possible, and for all these things I shall be eternally thankful.

Thankful that people like the Sprouls and Shannons and Robies are willing to make the big effort they do in our behalf.

Thankful that our families and friends love us enough to make the necessary sacrifices so that we can fulfill our great dreams.

Thankful that the 350 volunteers who checked us, served us and made the impossible become possible are so generous in their time and efforts for our benefit.

Thankful that the trail exists and is available to us. This didn't just happen.

Thankful that I have the basic good health which can be built upon to make a run like this possible.

In other words, the runner supplies only the determination. The rest is dependent upon other people or factors. And for these things, I am forever thankful.

Charlie Mersereau

5

FOLSOM 10K - July 6, 1980

1.	Tom O'Neil (Un-Chip)	30:03
24.	David Chairez	33:36
26.	Gary Goyette	33:41
28.	Frank Krebs	33:47
30.	Doug Rennie	33:53
31.	Dave Roeber	33:55
38.	Walt Howard	34:17
45.	Dan Helm	35:06
49.	Dan Alarid	35:14
50.	Mike Adams	35:31
55.	Bob Bourbeau	35:55
59.	Andy Wright	36:09
66.	Jeff Pearman	36:47
69.	Jim Drake	36:55
75.	Bruce Johnson	37:30
76.	Bob Hedges	37:32
81.	Herb Adams	37:44
84.	Jim Finnegan	37:55
87.	Art Waggoner	38:36
97.	John McIntosh	39:09
106.	Hal Baker	39:33
110.	Paul Reese	39:42
111.	Bob Potter	39:51
112.	Debbie Bispo	39:56
113.	Elliott Eisenbud	39:57
123.	Vance Koerner	40:27
131.	Jack Walker	40:34
143.	Dennis Dunbar	41:17
146.	Steve Forsythe	41:29
148.	Ray Helm	41:32
151.	Gordon Hall	41:46
157.	Joan Reiss	42:04
158.	Lee Fox	42:07
163.	David Rivera	42:23
172.	Cliff Flores	42:59
174.	Gary Fields	43:11
175.	Ken Johnson	43:12
180.	Michael Otten	43:36
188.	Dwight Weathers	43:55
191.	Howard Jacobson	44:11
203.	Mike O'Neil	45:10
207.	LaDonna Washington	45:49
208.	Richard Hanna	45:49
214.	Bill Worcester	46:14
220.	Nancy Remley	47:09
228.	Joe Lawrence	48:06
231.	Gabrielle Borland	48:30
232.	Chris Borland	48:30
259.	Pat Sugerman	51:56
268.	Betti Dolezal	53:38
271.	Frank Dorf	53:50
272.	Abe Underwood	53:56
287.	Marge Lawson	57:49
295.	Ruth Fields	60:52
296.	Carol Walker	60:53

TRAIL DROPPINGS....

***If you thought the Western States 100 was GREAT, get yourself ready for the 72 MILE LAKE TAHOE RUN. This race will be run September 19th, beginning at 6:00 AM. This race is sponsored by Pepsi of Reno and, you guessed it, the Buffalo Chips R. C. Anyone interested in running this race should direct their inquiries to CHARLIE MERSEREAU, 8895B Salmon Falls Dr., Sacramento, Ca. 95826, or call 362-9660. The deadline for entries is Friday, September 12th, and the cost is \$5.00. So don't delay - get those entries in.....

***There is going to be an important BUFFALO STAMPEDE COMMITTEE Meeting, Monday, August 18th at 7:30 at 1921 Rockwood Dr., Sac. (Elliott's place). The committees have already been formed but they could always use more help. All interested Chips are invited and encouraged to attend...

***American River College has recently donated a parcel of land to the Cerebral Palsey Association of Sacramento for the purpose of establishing a 15 station Par Course for wheelchair restricted persons. Cerebral Palsey has approached the Club for help in setting up this unique par course by sponsoring one of the stations. Sponsorship of one station would cost the Club approximately \$600. High Dunger, ELLIOTT EISENBUD, supports this project and feels that profits acquired from the Buffalo Stampede could be put to use for this purpose.

Elliott is asking that anyone with either questions or comments regarding the use of Club funds for this Par Course contact either himself or JIM DRAKE. As an aside, I understand that a plaque recognizing our support might be placed at the site of the station we sponsor....

***I recently received flyers in the mail from the JP GOLDEN SPIKE RUNNING CLUB (Merced, I think) advertising a race in Livingston, Ca., on September 28th (for those of you not running the Sacramento Marathon). This is a combination 2 miler, 6.2 miler, as well as a 2 mile BACKWARD RUN! That's right, I said Backward Run; sounds interesting, right? Anyway, anyone who will be in that area, or might be interested in running to see where they've been instead of where they're going for a change, I have flyers/apps...give me a call and I'll get one off to you. A race like this could only...uh...well, never mind....

Also of interest for those of you still savoring victories (of one kind or another) from this years running of the Great Race, the City of Lodi is sponsoring a Triathlon (Run, Bike, and Swim to glory) August 23. Call Dennis Nugent (209) 369-5881 or John Griffin (209) 957-5646 for information or apps on this one.

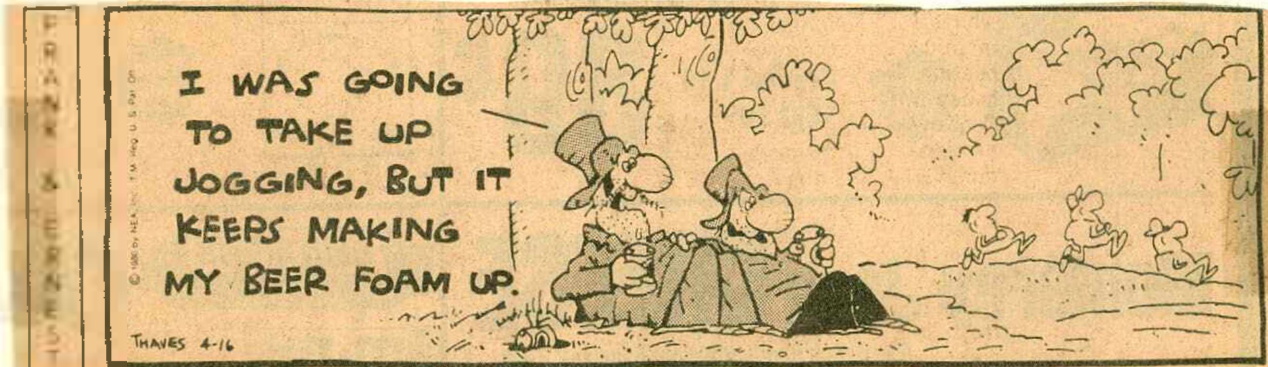
SAN FRANCISCO MARATHON
July 13, 1980

Doug Rennie	2:35
Heike Skaden	2:49
Howard Jacobson	2:55
Paul Reese	3:07
Debbie Bispo	3:07
Elliott Eisenbud	3:10
Heide S. Poyser	3:14
Marv Poyser	3:14
John Clark	3:22
Burl Jones	3:23
Abe Underwood	3:23
Jack Walker	3:29
Art Waggoner	3:32
Bob Derry	3:34
Gary Waldsmith	3:37
Helene Eisenbud	4:10
Carol Walker	4:10

It appears that we have only two individuals celebrating birthdays in August and September moving them into new age divisions:

Larry Ayers	8-31-40
Bob Branstrom	9-13-50

Happy Birthday to everyone having birthdays, whether you see a new age group or not!



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

THIRD CLASS



BUFFALO CHIPS



RUNNING CLUB

NO. 48

Elliott Eisenbud	High Dunger	482-1586
Mark Reese	Vice Dunger	443-1549
Charlie Mersereau	Dung Recorder	363-9660
Dave Davis	Dung Counter	363-9142
Sally Linn	Dung Coordinator	988-7602
Barbra Peach	Women's Coordinator	334-1009
Abe Underwood	Race Chairchip	392-7672
Dennis Dunbar	Dung Editor	362-2888

Dec. 7, 1980

OFFICER ELECTIONS SCHEDULED

All Chips, Fresh and otherwise, are encouraged to attend the next Club business meeting scheduled for January 7, 1981, 7:00 at Sam's Hof Brau (Watt & El Camino). It's time to elect new Club officers for the upcoming year. Your nominations should be submitted to either ELLIOTT EISENBUD (482-1586) or MARK REESE (443-1549) prior to the meeting. Mark your calendars and make plans to attend this important meeting. Slides will be shown after the meeting and all members are encouraged to bring their slides of races as well.

WST 100

-George Billingsly-

I dropped out at the intersection of Bath and Foresthill roads. It was a painful decision. But it is nice to know that I retain at least a trace of sanity. My lower back was acting up, had a starboard list.

Mistakes included:

1. Falling down three or four times from running too fast for my ability with trail conditions.
2. Not having adequately tested my aid program. I had a slight case of the trots.
3. Not training for sufficient endurance.

In spite of the disappointment in not finishing I had one of the best days of my life. You handlers made it possible. I'm sure all the competitors agree and appreciate your efforts. I'm particularly indebted to wife Georgia (for putting up with my maddness), Barbra Peach, John Parsons, John Ball and my daughter Eileen Brice.

Like Charlie Mersereau and Dennis Letl my application is in to join the crazies in the 1981 Ultimate Challenge. I promise not to make the same errors. After running only 32 miles in the week after, I commenced training. I plan to use the race around Lake Tahoe to test my program.

Sure met some super people with this venture into insanity. Many of them were Chips. I appreciated the sponsorship of the Brooks people and being a member of the B.C. team. By the way, Elliott, I ran the entire 65 miles in my Brooks Vantage Supremes and I'm truly a convert. I think you are great, too.



LETTER FROM THE EDITOR....



As noted on the front page it's time, again, for officer elections. We've had a pretty good year and I think we should all thank High Dunger, Elliott Eisenbud and his 'crew' for their very active participation in Club activities this year. I encourage all of you to place your nominations for next years officers and show up at the meeting on January 7th to vote. It's an important meeting for all of us, so make plans on being there!

It's also time to renew membership. Applications are enclosed. Dues have gone up this year due to mailing costs and printing costs, but don't let that stop you from renewing - membership in the Buffalo Chips is still a good deal. Get your applications in early so as not to miss one exciting issue of the newsletter...

Speaking of the newsletter I'd like to present a Fitness Report as your Dung Editor. As you may recall I've been editor for a full year now. During this last year I've tried to set and accomplish several goals.

My first goal was to provide the membership with a timely publication. I set deadlines, publicised them, and with the exception of two issues I feel I've adhered to the schedule pretty well. This goal was established on the basis of feedback I received from a few members who were dissatisfied with the somewhat haphazard schedule from before. Hopefully, that dissatisfaction has been eliminated.

I also established a predictable format with many of the same recurrent articles appearing on the same pages from one issue to the next - State of the Herd, Trail Droppings, etc. I feel that this pattern will make the newsletter more readable and thus more entertaining. I hope that I have accomplished that. I have the opportunity to read other newsletters from other running clubs in northern California and compare - some are better, some aren't. I hope to continue to make whatever changes are necessary to make the Buffalo Chips Bull Sheet the best publication for the money.

I have also encouraged member participation in the past and will continue to do so. I've been very pleased with the overall response this last year and I thank all of you who took the time to submit articles for publication. To the rest of you, I hope to here from you this year!

I also hope that in the upcoming year that I'll get more feedback from all of you as to what you want from the newsletter. As always the newsletter belongs to the Club and its' goal is to meet the needs of Club membership. I'll need your help.

See you at the meeting; in the meantime, Merry Christmas to you all, and a Happy New Year of running.....

Dunger

DEADLINE FOR NEXT NEWSLETTER: January 17, 1981
Send Articles to: 3557 Gemini Way, Sacramento, Ca. 95827
or call, 362-2888

STATE OF THE HERD

John McIntosh tells me that a Buffalo Chip ran the Sacramento Marathon unofficially, borrowing a friend's number for the second half, then proceeded to cross the finish line as an official entrant. Worse yet, this person finished 3rd in his/her age group and proceeded to DEMAND his/her award at the awards ceremony. In the confusion at the time, the award was presented. Thus, a runner further down in the finishing standards was deprived of his/her award.

At first, I couldn't believe that this could happen, but on further reflection realized that this is just the most flagrant of a number of unsportsman-like occurrences in running. We had 16 unofficial runners cross the finish line at the Buffalo Stampede, and at least some of these got shirts. There is just no room in running, and certainly not in the Buffalo Chips Running Club, for people such as this. If you can't play by the simple rules we impose, then find another sport.

Now that that is off my chest,

How about some new races? Is anyone interested in a couples race, with awards for combined ages (ala the Triviera Twosome in New York City). Or how about a track race with a 1 hour time limit, each runner required to drink a beer on each lap? If anyone is interested in these or other races, let me know and I will be happy to help out with volunteers, organization, et cetera. We really need some new Chips to get involved with the organizational aspect of running.

As you know from our last meeting, we decided to spend the proceeds from the Buffalo Stampede and other monies available to us to buy equipment. The following items have been suggested by various Chips: 9 lane Chronomix timer, loud speaker, chalking device, and a digital display clock. My own personal feeling would be that a 9 lane Chronomix timer would be the best bet and if money is left over, then a chalking device and loud-speakers can be purchased. If anyone has any further ideas about this, please contact me or any of the club officers.

Congratulations to Carol Walker for a fine 3:11 Marathon at Fresno and to Jim Drake for his 2:58 Sacramento Marathon 1 week after running the Lake Tahoe 72 mile. (He's hot on the heels of George Parrott). Helene had a phenomenal time in the Challenge Cup 50 miler with a 7:37:24. Gary Waldsmith and ~~Sam~~ Siverman also had excellent times with an 8:03 and a 9:04 respectively. I was running on a PR pace in the same race but unfortunately took a wrong turn at 35 miles, followed some old yellow ribbons, and wound up in some God-forsaken canyon in the middle of nowhere, and if you don't believe that, I have several other iron clad excuses.

Hope to see you all at the Year End Marathon.

Elliot

A LCNE BUFFALO CHIP ON COW MOUNTAIN

-Paul Reese-

It was Gordon Ainsleigh who whetted my curiosity about the Cow Mountain Race. Gordy, you may recall, is the hombre who, one year, had his horse come up lame for the Western States 100 Mile Horse Endurance Race. Whereupon he conceived the idea of running WST concurrently with the horse race. And from that experience was born the nation's ultimate challenge in endurance running.

In announcing the first Cow Mountain race in 1978, Ainsleigh wrote, "I bring you glad tidings of great joy; you now have two chances to prove that one can find a meaning in masochism. The big day of the second of these chances is the Cow Mt. Run the first Saturday in October." He did not neglect to mention that WST was the first; he simply omitted it on the assumption that everyone knows that.

Okay, so where the hell's Cow Mt? Cow Mt, which is largely a recreational area, lies between Ukiah and Clear Lake in the coastal mountains of northern California.

I went to Cow Mt, mainly, to find out just what kind of an adventure it is. Was it as rough as touted? And I went cautiously - entering the 25 miler instead of the 50 miler. This choice was a fallout from the fact that I was sandwiching Cow Mt. in between two marathons: Sacramento, the week before; Humboldt, the week after. In retrospect, going over half the course, and considering that the temperature in Ukiah on race day was 101 degrees, I now regard the choice to have been out of sheer wisdom.

If that does not give you a hint of the course, I would say, succinctly, the word for Cow Mt. is 'brutal'. Having been over the entire 100 miles of WST, I can vouch that there are no hills there to compare in steepness with some on Cow Mt. The entire race is over jeep roads, fire breaks, and trails through the manzanita growth. While some of the hills are steeper than on WST, they are nowhere as long or extended. Most of the footing on Cow Mt. permits fast movement; but there are spots where a runner could easily break a leg.

My time for the 25 miles was four hours flat. Considering the rigors of the course and the fact that I was running fairly hard (but not extended nor strenuous), I would suspect that the course is short. Most of the second half of the 50 miles is a retracing of the first 25 miles.

Some of the views from the mountain tops are breathtaking - the Ukiah Valley outlined by lights in the morning darkness, the dawn breaking over the valley which appears almost in miniature cameo, the sun mirroring on Clear Lake.

Why run Cow Mt? Certainly not to get an accurate 50 or 25 mile time. The course is not certified - nor will it ever be. Probably the biggest appeal is the low-keyed nature of the race - a romp with a few other hearty souls through the unspoiled and rugged hills, taking leave of the concrete jungle, smog, and overpopulation. It's a great change of pace. If nothing else, the Cow Mt. 50 miler is a butt-busting run that will frazzle any runner.

As for awards, in the 50 miler, finishers received a T-shirt; studrunners (under 9 hours) and division winners, a glass goblet. In the 25 miler, a T-shirt. A dinner and dance (with a stompin'-chompin' Western outfit) highlights the evening and awards ceremony. It's a wild party that follows, but it's made very clear that drunkenness will not be tolerated. And, to prevent any misunderstanding, drunkenness is even defined: YOU'RE NOT REALLY DRUNK IF YOU CAN LIE ON THE FLOOR WITHOUT HOLDING ON.

In the long run, there's some question about whether it's tougher to survive the race or the party.

Masters runner, ABE UNDERWOOD, is soon to be winging his way to Christchurch, New Zealand to participate in the World Masters Track and Field meet. Abe will be gone for the most part of January while carrying the Chips banner into competition. I'm sure I speak for the whole Club in wishing Abe good luck and good competition while in New Zealand. We look forward to your reports when you return, Abe.

BUFFALO CHIPS RUNNING CLUB

Minutes of Meeting of October 8, 1980

The meeting was called to order by High Dunger Elliott Eisenbud and the first item of business was a report on progress toward incorporation by Mark Reese. It appears that it will cost \$85 to become incorporated as a non-profit organization and the By-Laws were reviewed for suitability for filing with the Secretary of State. It was moved, seconded and carried that the organization's name be changed to "Buffalo Chips Running Club" and that all references to the AAU in the By-Laws be changed to TAC. Next, Treasurer Dave Davis gave his report and recommended that we increase our annual dues to \$7.00 for individuals and \$10.00 for families to cover the increasing costs of publishing and distributing the Bulletin.

George Parrott gave a report on the Women's Training Runs which he and Bill Stainbrook are coaching. At 6:00 P.M. on Tuesday evenings they will hold a "hard training run" (approx. 7 Min/mile) and at 5:30 on Wednesday nights there will be a slower training run for women (8-9 minutes per mile).

Charlie Mersereau brought up the subject of our regular 6 P.M. Tuesday evening runs and noted that there is no longer participation by anyone who can welcome and/or escort slower runners. He volunteered to head a committee which would arrange always to have someone there on Tuesday evenings if two other people would agree to work with him. Dave Davis and Burl Jones volunteered so slower runners can again be accommodated provided they can run 6 miles in 60 minutes. Runners who can not meet this standard will be encouraged to work for this goal before they can join the runs. All of the above runs originate at the North end of the Guy West Bridge at Sacramento State.

Hal Baker gave a report on the 60K run which will be held on November 9 on the scenic West Sacramento course. A question was raised as to whether the Club should allow minor children to run in its events if persons other than a parent or guardian sign the release. This matter is to be studied.

A. J. Underwood reported that the Race Fund has a balance of \$700 to 1000 and there followed a long discussion as to whether this should be spent to sponsor a station on a PAR Course for wheel chair invalids or for race equipment to improve the quality of our events. A vote on the question resulted in 22 favoring the purchase of equipment, 5 in favor of the PAR Course with 9 desiring that we donate \$300 to the Course with the balance being available to buy equipment. Accordingly, the fund will be used to buy equipment but clearance should be obtained through "A. J." before committing any of the funds.

A. J. Underwood then posted a schedule of Chips sponsored races planned for 1981. They are:

February 15	Jediah Smith 50 Mile Run	Sacramento
July 5	Folsom 10 Kilometer Run	Folsom
September 13	Buffalo Stampede-10 Miles	Sacramento
September 18	Pepsi of Reno Lake Tahoe 72 Mi.	Lake Tahoe
September 27	Sacramento Marathon	Sacramento
November 8	Sacramento 60 Kilometer Run	West Sacramento
No date set	24 Hour Run	Sacramento

There being no further business, the meeting adjourned for the showing of slides and movies of the 1980 Pepsi of Reno Lake Tahoe 72 Mile Run and the Western States 100.

Resubmitted,
Charlie Mersereau

1980 SACRAMENTO MARATHON RESULTS

Marathon



Half Marathon



5.	David S. Chairez	2:35:05
9.	Bill Stainbrook	2:40:04
37.	Chris Delgado	2:50:07
48.	Bob Malain	2:53:22
66.	Jeff Pearman	2:56:20
67.	Jim Finnegan	2:56:37
77.	Jim Drake	2:58:56
96.	Paul Reese	3:02:22
133.	Debbie Bispo	3:07:43
142.	John Clark	3:08:52
147.	Bob Hanna	3:09:10
151.	Elliott Eisenbud	3:09:53
156.	Joan Reiss	3:10:15
178.	Tom Clower	3:12:21
180.	Roger Brown	3:12:35
209.	Lino Delgadillo	3:15:50
212.	Gery Anderson	3:16:19
252.	Dick Forehand	3:21:40
284.	Tad Kitada	3:24:57
285.	Art Waggoner	3:24:59
298.	Greg Soderlund	3:26:29
308.	Helene Eisenbud	3:27:40
323.	Carol Walker	3:28:57
371.	Ron Scholz	3:36:32
378.	Don Schumacher	3:37:39
393.	Jim Parsons	3:39:41
395.	Larry Deckard	3:40:13
397.	Bjorg Austrheim-Smith	3:40:33
402.	Gary Waldsmith	3:42:48
412.	Dennis Letl	3:43:56
426.	Glenn Millar	3:46:13
465.	Smokey Stover	3:53:25
486.	Carole Hood	3:57:23
508.	Saul Silverman	4:01:25
521.	Tom Fish	4:04:17
588.	Stanley Greenberg	4:24:43
591.	Betti Dolezal	4:26:02
597.	Karen Walkup	4:33:06

6.	Frank Krebs	1:12:28
19.	Abe Underwood	1:16:12
22.	Dan Alarid	1:16:18
34.	Bob Bourbeau	1:17:59
43.	Vernon Shipley	1:19:51
69.	Art Aguirre	1:23:09
73.	Herb Adams	1:23:14
77.	Tom Pearman	1:23:37
81.	Jeremiah Russell	1:23:49
89.	Pete Schoener	1:24:10
133.	Bev Marx	1:27:46
151.	Marv Poyser	?
208.	Mel Clevenger	1:31:40
223.	Howard Jacobson	1:32:23
224.	Dennis Dunbar	1:32:24
248.	Martin Anderson	1:33:41
268.	Michael Otten	1:34:28
289.	Steve Forsythe	1:35:14
295.	Dick Gross	1:35:34
323.	George Parrott	1:36:47
341.	Bob Rogers	1:37:40
368.	Dwight Weathers	1:38:32
374.	Lee Fox	1:38:55
379.	Karen Frincke	1:39:11
432.	Dave Hammond	1:41:28
436.	David Rivera	1:41:38
465.	Patricia Sugerman	1:42:44
497.	Ken Pierce	1:44:34
519.	Raoph Talbert	1:45:30
568.	Cliff Flores	1:47:21
608.	Chris Borland	1:49:10
638.	Max Hosett	1:50:03
778.	Bill Flexico	1:56:06
791.	Ron Blair	1:56:32
837.	Jim Lobsitz	1:58:53
840.	Marge Hansen	1:59:03
846.	David Mullins	1:59:45
851.	Barbara Kitada	1:59:59
897.	Marcia Williams	2:03:02
904.	Karen L. Smith	2:03:14
966.	Barbra Peach	2:09:03
972.	Nancy Remley	2:09:25
976.	Frank Dorf	2:09:59
977.	Elaine Hocking-Reese	2:10:19
999.	Ellen Standley	2:12:39
1012.	Mary Ann Crews	2:13:49
1080.	Gordon Hall	3:10:52

Hello Chips,

The Sacramento Marathon and Half Marathon of 1980 should go down in history as a 9.5 on the famous scale of 10. 634 official finishers in the full and 1080 finishers in the half for a total of 1714. This amount is an increase of 253 over last year.

The lead runners were slower this year, but the average speed of the pack was faster. In 1979, a runner finishing the marathon in 3:30 would have been in the top 40%, this year that same time would be at the 54% level. At the 4 hour level the comparison is 75% in 1979 and 80% this year. Women accounted for 9% of the full and 36% of the half marathon - Does this mean women have no guts, less training or more common sense?

As for race day itself - 55 at start time. Mayor Phil Eisenberg fired the gun at 7a.m. exactly and they were off to running. Robert Darling, age 31, won the half in 1:08:28; and soon to be married Rita Scalise, age 29, won the womens in 1:23:25. Ted Pawlak, 24 years old, won the full in 2:25:38; and Debbie Bispo took the womens in 3:07:43.

A few problems that I hope to correct in '81 are: 1. Not to run out of beer until 4 hours 30 minutes into the marathon (this year ran out at 3:22:33), 2. Have ten masseuses instead of 6 (real highlight), 3. Somehow have the perfect size range and number of T-shirts (close this year but shirts ran small).

Let's do it again September 27th, 1981!!!

John McIntosh
Race Director - Sacramento Marathon

Challenge Cup 50 Mile Run Nov.15
74 1/2 laps around S.F. Polo Field

Dennis Letl	7:22:09	(3 rd 40's)
Elliott Eisenbud	7:29:26	
Helene Eisenbud	7:37:24	(PR by 50 min)
Gary Waldsmith	8:03:07	(first ultra)
Saul Silverman	9:04:37	(also a PR)

SAM'S TOWN MARATHON AND 1/2 MARATHON

half marathon :	Vern Shipley	1:25:06	2 nd 30's
	Pete Schoener	1:27:54	3 rd 30's
	Howard Jacobson	1:31:49	5th 30's
	Art Waggoner	1:32:45	2nd over-40
	Mike Otten	1:39:20	5th over-40
	Gary Waldsmith	1:41:20	
	Joan Perkins	1:45:59	1st 30's
	Cliff Flores	1:53:38	
marathon :	Marc Hoshlar	3:00:47	1st 30's
	E. Eisenbud	3:12:16	2nd 30's
	Glenn Bailey	3:14:05	4th 30's
	John Clark	3:33:57	
	Lino Delgadillo	3:43:50	
	Saul Silverman	4:17:20	

3rd Annual Year End Marathon

Due to popular demand, and also because there are no marathons in the area from Dec untill March, we will again have this run. This will be on SAT. DECEMBER 27, 9 AM sharp. Starting at my house at 1921 Rockwood Drive (just before the 2 mile mark on the McIntosh fun run loop) it is five-five mile loops and a short finish loop, some rolling hills. VERY low key, no racing allowed, no awards. We will supply drinks and chili. Price of entry is to bring some food.....please call us to confirm that you are coming and Helene will tell you what to bring.....open to all Chips . Come and watch (or help) Barbara Peach run HER FIRST MARATHON. The party starts after the last finisher comes in. 4821586

ELLIOTT & HELENE

Plans are now being made for the JEDIDIAH SMITH 50 MILE RUN, a Club sponsored run scheduled for a February 15th starting date. Help is needed to man the different committees necessary to make this run a success, not only for the club but for the runners as well. The race is a loop starting at Discovery Park and replaces the Feather River 50 miler. Those of you who would like to help are requested to contact Abe Underwood, or Hal Baker (preferrably Hal as Abe will be out of the country most of January. Don't wait or you'll be left out on all the fun....

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

THIRD CLASS



Running Schedule



- Sat Dec 13 CORIOVA XMAS CLASSIC (1,3&5K), Cordova H.S., 9 am
- Sat Dec 13 K*108 FUN RUN (3&5 mi), Cl'd Sac, 8:30 am
- Sat Dec 13 McKINLEY PARK RUN (1,3&6 mi), McKinley Park, 9am
- Sat Dec 13 THE XMAS TREE - WILLEPNESS RUN (5 mi), Lodi Lake, Lodi, 10 am
- Sun Dec 14 CHRISTMAS FIVE (5 mi), Hornet Stadium, CSUS, 11 am
- Sun Dec 14 ELK GROVE XMAS RUN (1/2 mi, 5&10K), Elk Grove Softball Complex, 9:30 am
- Tue Dec 16 B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
- Sat Dec 20 McINTOSH FUN RUN (1/2, 3&6 mi), El Camino Store, 8:30 am
- Sun Dec 21 CHRISTMAS RELAYS (5 Laps x 4.5 mi - team race), Lake Merced, S.F., 9 am
- Tue Dec 23 B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
- Sat Dec 27 END-OF-YEAR MARATHON, Tentative **** Check for details
- Sun Dec 28 EUROPEAN X-C (5 mi), Individual & Team, Lodi Lake, Lodi, 10 am
- Tue Dec 30 B.C. BIKE TRAIL RUN, Guy west Bridge, CSUS, 6 pm
- Wed Dec 31 MIDNIGHT MASQUERADE RUN (1 1/2 & 3 mi), Guy West Bridge, CSUS, Midnight
- Sun Jan 4 CALIFORNIA TEN (10 mi), Lincoln H. S., Stockton, 10 am (Entries close 12-27)
- Tue Jan 6 B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
- Sat Jan 10 K-108 FUN RUN (3&5 mi), Cl'd Sac, 8:30 am
- Tue Jan 13 B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
- Sat Jan 17 McINTOSH FUN RUN (1/2, 3&6 mi), El Camino Store, 8:30 am
- Sun Jan 18 THE GREAT ESCAPE (3 & 10 mi), Folsom City Park, Folsom, 9 am

***** Things are kind of slow in January. Check the local papers. *****

- Sun Feb 15 THE JEDEDIAH SMITH 50 MILE CLASSIC, Discovery Park, Sacramento, 8 am

* * * * *

This schedule is as accurate as possible at the time of printing. It is, of course, subject to change. Local runs are underscored. Buffalo Chip (B.C.) trail runs and club runs are free. McIntosh Fun Runs have a 50¢ donation. Most races require an approximate \$3 to \$5 entry fee. Other race details are usually available at local running stores. If you know of changes or additions to this schedule, call A.J. Underwood at 392-7672, or John McIntosh at 488-7181.

This schedule is prepared by the BUFFALO CHIPS RUNNING CLUB for your running enjoyment. For additional information about the CHIPS, write Dave Davis, 9142 Firelight Way, Sacramento, 95826.

APPLICATION FOR MEMBERSHIP

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

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

YOUR BIRTHDATE _____

IF FAMILY MEMBERSHIP LIST OTHER FAMILY MEMBERS AND THEIR BIRTHDATES:

MAKE CHECK PAYABLE TO:..... BUFFALO CHIPS RUNNING CLUB

MAIL TO:.....DAVE DAVIS, BUFFALO CHIPS
9142 Firelight Way
Sacramento, CA 95826

DUES FOR MEMBERSHIP:
SINGLE FULL YEAR \$7.00
SINGLE JULY-DEC. \$3.50
FAMILY FULL YEAR \$10.00
FAMILY JULY-DEC. \$ 5.00

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

1981 BUFFALO CHIP RENEWAL APPLICATION 1981

☺ Hello to all you CHIPS. It is that time of year again to rejoin the CHIPS for the 1981 running year. At a CHIPS Club meeting held at Sam's Hofbrau on October 8, 1980 it was voted to raise the dues for CHIP Membership from \$5.00 to \$7.00 for single membership and to \$10.00 for family membership [two or more]. The increase in dues is caused by the rising costs of printing and postage which are the two largest expenses for the club throughout the year. However, belonging to the CHIPS is still a bargain. You can get your money back with a purchase or two from SECOND SOLE, MCINTOSH SPORTING COTTAGE or FLEET FEET, all of which give CHIP members a discount when you show your distinctive membership card. So why wait. Write a check payable to the BUFFALO CHIPS RUNNING CLUB and mail it with this application to:

Dave Davis
Buffalo Chips Running Club
9142 Firelight Way
Sacramento, CA. 95826

- [] BUFFALO CHIPS SINGLE MEMBERSHIP ONLY \$ 7.00
- [] BUFFALO CHIPS FAMILY MEMBERSHIP \$10.00

AAU MEMBERSHIP is not available through the Club this year. I have made two telephone calls to their headquarters and they have not determined what procedure they are going to use for membership in The Athletic Congress this year.

***** PLEASE COMPLETE REVERSE SIDE BEFORE MAILING. ***** ☺

NOTE: KEEP THE BOTTOM HALF OF THIS PAGE AND GIVE TO A FRIEND WHO WOULD LIKE TO JOIN THE BUFFALO CHIPS.



BUFFALO CHIPS

RUNNING CLUB



APPLICATION FOR MEMBERSHIP

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

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

YOUR BIRTHDATE _____

IF FAMILY MEMBERSHIP LIST OTHER FAMILY MEMBERS AND THEIR BIRTHDATES:

MAKE CHECK PAYABLE TO:..... BUFFALO CHIPS RUNNING CLUB

MAIL TO:.....DAVE DAVIS, BUFFALO CHIPS
9142 Firelight Way
Sacramento, CA 95826

DUES FOR MEMBERSHIP:

SINGLE FULL YEAR	\$7.00
SINGLE JULY-DEC.	\$3.50
FAMILY FULL YEAR	\$10.00
FAMILY JULY-DEC.	\$ 5.00

NAME: _____

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

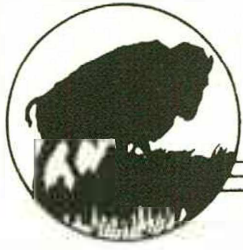
Other family members if family membership:

Complete the following only if there have been changes the past year.

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____



BUFFALO CHIPS

RUNNING CLUB



NUMBER 43

Elliott Eisenbud	High Dunger	482-1586
Mark Reese	Vice Dunger	443-1549
Charlie Mersereau	Dung Recorder	362-9660
Dave Davis	Dung Counter	363-9142
Sally Linn	Dung Coordinator	457-5244
Barbra Beach	Women's Coordinator	334-1009
Abe Underwood	Race Chairchip	392-7672
Dennis Dunbar	Dung Editor	362-2888

Feb. 25, 1980

NEITHER RAIN NOR WIND NOR.....
-Abe Underwood

After a couple of years of near perfect weather, old mother nature made up for it by throwing everything she had against those who dared to challenge the Feather River Fifty. A few Chips apparently didn't have anything else better to do that day but take a long run in the rain. Twenty six of the 90 starters turned out to be Chips (also failing their sanity test) and they headed for Sacramento. As the weather worsened (40mph headwinds with rain) the toll of broken bodies added up. In the final tally 16 steady running Chips were included in the 52 that found the floating finish at the Village Marina. Perry Linn was outstanding in his first ultra although he found the going tough in the last 5 miles. Tim Hicks and Glenn Bailey made up the winning Open team for the Chips. The trio of Bev Marx, Bjorg Austrhem-Smith and Joan Perkins made it a three-way tie for first women, also representing the Chips as the winning womens team. Although there were several great masters performances (like Gus Billingsley's 12th place) the team finished second to a strong Pamakids team thereby missing a clean sweep of the team titles. Paul reese reported that when he wasn't fighting off the wind or Dick Goodman from Wash. he had to deal with fallen branches & 4 foot snakes (come on Paul, what have you been putting in your ERG?). Other Chip efforts as follows:

2.	Perry Linn	5:54:10	2nd open - mens team
5.	Tim Hicks	6:56:28	1st 30-39 - mens team
10.	Glenn Bailey	7:17:37	4th 30-39 - mens team
11.	Elliott Eisenbud	7:21:11	5th 30-39
12.	George Billingsley	7:23:46	1st 50-59
25.	Bob Hanna	8:09:43	
29.	Paul Reese	8:26:30	1st 60+
30.	Lino Delgadillo	8:28:07	
33.	John Clark	8:50:17	
43.	Bev Marx	9:28:34	1st open - womens team
43.	Bjorg Austrhem-Smith	9:28:34	1st 30-39 (tie) - womens team
43.	Joan Perkins	9:28:34	1st 30-39 (tie) - womens team
46.	Jim Parsons	9:31:19	
47.	Jim Drake	9:47:13	
49.	Carol Walker	10:04:17	2nd open
50.	Helene Eisenbud	10:04:17	3rd 30-39



LETTER FROM THE EDITOR....



Well, this is it! If you haven't renewed your membership yet this will be the last newsletter you'll receive. Think of all the Club news and running news you'll be missing. On January 30 an executive business meeting was held in which club plans for the upcoming year were discussed. I left the meeting with a very good feeling. I really think we're going to have a great year. DON'T MISS IT! Get those membership renewals in now to DAVE DAVIS, 9142 Firelight Way, Sacramento, Ca. 95826.

Speaking of membership your assistance is requested. At the business meeting it was suggested that membership be offered as a multi-year registration (sending in \$10.00 for two years instead of \$5.00 twice for the same two years). How do you feel about it? I'm sure that every member has some feeling on the subject. Let your feelings be known by getting in touch with our Membership Co-ordinator, DAVE DAVIS, same address as above. Don't delay - plans have to be made if we're to implement this change.

EDITOR COMMITS GAFF...well, I never said I was perfect. My apologies to MEL CLEVINGER for overlooking her performance at the FEPSI 20. Mel finished the race in 2:33:29. Actually, in my defense, I was looking for "Mel" not "Mildra", but now that I know better it won't happen again....Congratulations on a fine run Mel.

It has been brought to my attention by Chip DON SCHUMACHER that an ordinance has been adopted by our County Board of Supervisors which prohibits the presence of dogs on the bike trail, whether on a leash or not. This may affect some of you that like to run on the bike trail with your dog.

I called the County Department of Parks and Recreation to find out more about this ordinance. It appears that several months ago a Citizens Task Force was commissioned to analyse the use of the bike trail and make recommendations for its' safe use. This step was spawned by the problems of roller skates and skate boards trying to co-exist on the bike trail with bikes. The task force made 12 recommendations to the Board, one of which was to prohibit all dogs from the trail. It appears that the task force found sufficient instances of accidents involving bicycle and horse riders with dogs, both running free and leashed, to make this recommendation.

The ordinance provides for the issuance of citations to dog owners for violations of the ordinance. At this time there is no specific established bail schedule for this type of violation, so the standard bail schedule will be used - that's \$25.00. It has been recommended that runners avoid being cited by leaving their dogs at home (or running with them someplace other than the bike trail) and use common sense while on the bike trail to protect themselves: don't run alone, run facing bike traffic, and use the shoulders of the trail whenever possible. So, if you use the bike trail, and usually take your family pet along, take heed..... comments, anyone?

'til next time, keep on running

Dennis

DEADLINE FOR NEXT NEWSLETTER: April 12, 1980.

Send articles to: 3557 Gemini Way, Sacramento, Ca. 95827

STATE OF THE HERD

Some important points were raised at our last business meeting.... see minutes elsewhere....I would like to hear from other members regarding these ideas. Of particular interest is the possibility of obtaining a sponsor to provide us with a travel fund....the feeling is that this would attract many of the area's elite runners who now belong to out of town clubs who are able to send them to various races around the country.

Brooks has committed \$1000 and 20 pr of shoes for the Western States Run on June 28th. Since there will probably be 13 Or 14 Chips doing this, we will put the money towards the entry fee (\$75). I will be calling Brooks to try to negotiate for rain suits, shirts etc. For all who are SERIOUS about the WST (we feel that a sub 9 hour fifty mile time some-time in the recent past would qualify you as serious) please send your entry form to me at 6401 Coyle Ave, Carmichael, Cal, 95608...no later than April 1, 1980....the race is filling up fast so you have to decide soon. Remember that you MUST wear Brooks shoes if you want them to pay the entry fee. Entry forms from : Western States Trail Foundation, P.O. Box 1228, Auburn, Cal, 95603 tele (916) 823-7283.

Our lady Chips have been turning in some fantastic times recently. Heike Skaden followed up her 59 min 10 mile time at the Cal 10 with a 2:51 clocking at Paul Masson(only her second marathon). Bev Marx won the Ave of the Olives Marathon with a 3:03:49, and Debbie Bispo took a close second (after leading for 20 miles) with a 3:07:11.....both should be joining the sub-three ranks soon. Heide Skaden is becoming one of the top masters with three recent marathons in the 3:20-3:30 range. Heide recently qualified for the mile run in the S.F. Examiner Games(which will be history by the time this goes to print). Chip women swept the first five places in the recent Feather River Fifty... Bev Marx, Joan Perkins and Borg A-Smith tied (?!!?) for first at 9:28:34, with Carol Walker and Helene Eisenbud taking the next two places. Judging from Helene and Carol's time last year, at least 1 or 1 1/2 hours can be attributed to the rain/wind/hail. Perry Linn was second in the open with a great time of just over six hours...this would surely have been in the 5:30's under better conditions.Finally, Mark Hoschler seems to be getting back into condition with a FIRST place in Don Choi's double marathon on the muddy Woodside track in December.... I understand Don will be hosting a TRIPLE track marathon in May....

A reminder to the women....John McIntosh has ordered Buffalo Chip tank tops in womens sizes and cuts- they should be in soon.....

If anybody still wants a pair of shorts printed with the Year End Marathon, I have a small orange and small red left....let me know.

see you on the trails,

Elliot

BELATED MARRIAGE GOOD WISHES DEPT...Congratulations to Chip ROBERT BRANSTROM and his bride Polly, married December 22, 1979. (This years membership for Bob and Polly was a wedding gift from BARBRA PEACH). Congratulations are also in order for JANE and JERIMIAH RUSSELL who married New Years Eve, Dec. 31, 1979. These people really know how get their moneys worth in this club, right?

POT LUCK, MOVIES, SLIDE SHOW, MARCH 7th

Be sure to reserve Friday evening March 7th from 6:30 - 9 for our first Club bash of the year. This is a purely social event (though I'm not sure how pure) - no running or club business allowed, just eating, drinking and socializing. Bring your family. THE CLUB WILL PROVIDE THE BEER! Plans are to combine a pot-luck with slides and movie viewing, so bring a dish to share and if you have any slides/movies of past or recent running events (or more interesting events) be sure to bring them to the College Town Community Center on March 7th. The Center is located inside the College Town apartment complex, College Town Drive (off Howe Ave.) next to Sac. State. We've been asked to park in the front and side lots and to place a note on windshields stating "visitor, community center". It's past time for a social event and this gathering will provide the opportunity to welcome new members into the Club. Anyone with questions about this happening just call me at 457-5244. Hope to see you there.

-Sally Linn
Dung Co-ordinator

NEWS FROM OUR MINNESOTA CHIP CONNECTION

Helen and I are alive and well in white Bear Lake, Minn. Last year we both ran 1,000 plus miles. The cold-temp. I ran in was 57° F below zero (with the wind chill) or 24° F below zero without the wind chill.

On June 23rd my average daily mileage for the year was a mere 2 miles per day, but it was enough for a 3:29:24 in the Grandma's Marathon in Duluth. The entire race is run along the shore of Lake Superior and it has to be one of the most beautiful courses in the USA. It was great to hear the cries of "go Buffalo Chips" again. I think I was the first one seen in Minn.

Also, I ran a 6:16 at Pikes Peak.

Good running,
Marty (Szekeres)

STEPPING GINGERLY THROUGH THE CHIPS...

A small band of Chips were really running in their element at the LEACH BOWL PACERS 10K CROSS COUNTRY RUN in Yuba City (Jan. 27). The run coursed through the splendor of a hilly cow pasture (complete with cows and slippery by-products to avoid). The weather was cool, and in the true spirit of a cross country run the course was just a little (?) sloppy - the result of heavy rains preceding race day. In total 223 runners finished the challenging course with several Chips bringing home the medals. Chip participants included:

8.	Jeff Grubbs	35:05
20.	Lenny Labrada	36:58
37.	Glenn Bailey	38:51
39.	Greg Talbert	38:57
41.	David Freeman	39:03
49.	Howard Jacobson	39:53
72.	Mark Elgert	42:47
105.	Ray Helm	45:47
115.	Dennis Dunbar	46:30
134.	Andy Sanislo	47:47
143.	Mary Kennedy	48:49
168.	Nancy E. Plona	52:31
203.	Marge Hansen	59:33
215.	Nancy Watt	62:23

HAPPY BIRTHDAY

OWEN DUFFY	2-9-40
GARY FIELDS	1-29-40
TIM JORDAN	2-6-40
JEFF SCOTT	1-14-60
CONNIE WALKER	11-20-49

Hope this new age group helps....

-Jim Drake

UCF 10,000 METER RUN

May 31, 1980

9:00 AM

OLD SACRAMENTO

Put it on your calendar
(More to come later).

-Jim Drake

RUSTY DUCK SUNDAY BRUNCH RUN

Amid an off-key chorus of "You can't roller skate in a Buffalo Herd..." (or so the rumor goes) approximately 27 Chips and guests participated in this years running of the Rusty Duck Sunday Brunch Run, January 20. At the risk of sounding "cliche-ish" you couldn't have asked for a nicer day for a run, particularly in light of the stormy weather we had been experiencing in the weeks preceding the run.

In total 236 miles were logged, and (based on the times give to me) the average pace hovered around 8:15. Everyone had a good run, including High Dunger, Elliott Eisenbud, who started late, and in his attempt to catch up to the Herd missed a turn and ended up running by himself (with leadership like this we're going to have an interesting year, yes?...)

Meeting at the Rusty Duck Restaurant for brunch put the finishing touches on the day for all, runners and significant others alike. The following Chips and guests participated in the run logging the accompanying distances:

BOB BRANSTROM	6mi	HEIDE SKADEN	9mi
MARK ELGERT	6	HEIKE SKADEN	9
STAN ROSENSTEIN	6	MARGE HANSEN	9
RICH WEISBERG	6	KAREN WALKUP	9
DENNIS DUNBAR	6	CLIFF FLORES	9
BETTI DOLEZAL	8	CAROLYN TUCKER	9
LYNNE BRUMMET	8	ART GOODWIN	9
MARY KENNEDY	8	DAVE DAVIS	9
JOHN BRINSKY	8	ABE UNDERWOOD	10
HAL BAKER	8	ELLIOTT EISENBUD	12
CHARLIE MERSEREAU	8	SAM SQUILLER	12
BARBRA PEACH	8	MARV FOYSER	14
MARJORIE LAWSON	8	BOB LEEVER	14



PHOTO: MARK REESE

BUFFALO CHIPS RUNNING CLUB

Sacramento, California

MINUTES OF MEETING

January 30, 1980

The meeting was called to order at 7:10 P.M. by High Dunger Elliott Eisenbud. It was announced that the Buffalo Stampede is scheduled for 9 A.M., September 14, 1980 and that it will be a ten mile race only.

John MacIntosh of MacIntosh's Sports Cottage discussed the problem of securing and stocking B.C. shirts and shorts. It was agreed that we should continue with the gold top with brown lettering. John will order tops immediately and they should be available in the store in about 3 weeks. He will continue to try to find a source of suitable, matching, bottoms.

George Parrott then discussed the possibility of the Club securing a sponsor to pay the cost to team members of appearing in various major races. Brooks Shoes and various vitamin companies are potential sponsors. Brooks has made a preliminary commitment to sponsor a number of Club members in the Western States 100 Mile Endurance Run again this year. George and Sally Linn will meet to consider how the money and equipment provided might be divided if more members desire to run than the sponsor provides for. They will report to Elliott who will secure approval of a plan from the Club Officers.

George and Sally then discussed the possibility of the club sponsoring a youth running activity, such as Wills Spiketettes. Sally will take the matter up with the Spiketettes.

The probability of the need to raise dues next year was discussed, as well as the possibility of selling multi-year memberships which would be more convenient for the Club as well as members. No decisions were made. It was agreed that the Club should pay its AAU dues which have been raised from \$25 to \$50 for the year and that the Club should buy a copy of the Road Runners Club Handbook for \$10.

Mark Elgert asked about the possibility of establishing a fun track meet with the Sundance Club of Stockton and was given permission to discuss the matter with them.

A.J. Underwood announced that everything is ready for the Feather River 50 to be run on February 17th and that the Race Schedule for the balance of the year will be:

Folsom 10 K	July 6	Folsom
Buffalo Stampede	September 14	To be Announced
Lake Tahoe 72 Mile Run	September 19	Tahoe City
Sacramento Marathon	September 28	Sacramento
Sacramento 60 K	November 2	West Sacto.

Sally Linn announced that the Club will hold a Pot Luck Dinner at the College Town Club House on Friday, March 7th.

There being no further business to pile, the meeting was adjourned.

TRAIL DROPPINGS...

***No, you didn't get an incomplete newsletter...there is no running schedule in this issue. Race Chairchip, ABE UNDERWOOD, tells me that besides being busy with the Feather River 50 Miler, Norcal has not yet published their schedule, from which Abe gets much of his information. Abe was a bit ahead on the running schedule in the last issue anyway. You might want to add the following races to your schedules:

- * Sun. Mar. 2 WOMEN'S 10K CHAMPIONSHIP, Woodside, 10:00. *
- Sun. Mar. 16 ST. PATTY'S RACE & FUN RUN (2.5 mi), Fleet Feet, Stockton, 10:00.
- Sat. Mar. 22 RUN-FOR-ALL (2mi & 10K), Micke Grove Park, Lodi, 8:30.

***Portions of the bike trail are once again under water. The County Dept. of Parks and Recreation has closed the bike trail to all traffic from the I-80 overpass downstream to Discovery Park. This portion of the bike trail will stay closed until further notice - most likely not before the weather gets better. Much of the bike trail has been damaged by the flooding and repairs to the lower portion will be made as soon as money becomes available. In the meantime, exercise caution as well as your body.

***A reminder that Chip volunteers will be meeting Sunday, March 2nd at 11:30 am at the end of Jacobs Lane (Off Fair Oaks Blvd.) to help plant seeds and seedlings in conjunction with the County Department of Parks and Recreation. Anyone who has not yet expressed an interest in helping out with this project and wants to can meet us Sunday morning. Depending on the time and weather conditions a fun run down the bike trail will follow. Planting will take about 1½ hours. See you there.....

***G.A.S.P., Group Against Smokers Pollution, is seeking to place an initiative measure on the November ballot which would establish smoking and non-smoking sections in all enclosed public spaces and indoor employment spaces. In order to place the initiative on the ballot G.A.S.P. is required to circulate petitions for signatures. They could use some help and as runners are, for the most part, non-smokers they are asking for volunteers from the club. If you are interested and want to help out contact John Mathews, 3228 Montclair Street, Carmichael, Ca. John is the Sacramento County Co-ordinator for G.A.S.P. and can provide you with the petitions you'll need.

***CONTRIBUTIONS WELCOMED...just a reminder that this newsletter is your newsletter. I encourage everyone to feel free to submit articles concerning your running experiences, club news, ideas, photographs, letters of complaint, whatever you might have. I know that we are all interested in seeing information about people, running, races, and ideas about the Club exchanged, and what better way than through your newsletter. So, flood my mailbox! Send your contributions to Dennis Dunbar, 3557 Gemini Way, Sacramento, Ca. 95827.

***21st SACRAMENTO RELAYS (application enclosed) - April 5, 1980 at CSU-Sacramento. This track meet is for sub-masters and masters and the Buffalo Chips R. C. could be well represented. Men interested in running in a relay should get in touch with MARK REESE (443-1549), women should contact BARBARA PEACH (334-1009).

*LATE NOTE... THERE WILL BE INDIVIDUAL AND TEAM AWARDS. 5 WOMEN ARE REQUIRED FOR A TEAM. IF INTERESTED CONTACT BARBARA PEACH. (SEE ENCLOSED APP.)

CHAMPAGNE THAT DOESN'T GO TO YOUR HEAD
OR YOUR FEET

Most of you have probably heard how the Paul Masson Marathon experienced a few problems, notably being short by approximately 380 yards. The unadjusted (and approximate) times I have so far include Mark Reese, 2:43; Ed Stromberg, 2:43; Rick Hanna, 2:45; Bob Malain, 2:48; Heika Skaden, 2:51; Ron Ruiz, 2:52; Walt Betschart, 2:57; Paul Reese, 3:06; Heidi Skaden, 3:23; Bob Hanna, 3:25; Charlie Mersereau, 3:30; Mike O'Neil, 3:38. There were several others, such as Greg Soderlund and Gary Waidsmith but having only run 12 miles myself (twice as far as Paul Holmes) I chucked it in and came home. Paul Masson shouldn't push their marathon until its time. As far as I'm concerned, that could be never!

--Abe Underwood

MASTERS DROPPINGS

JIM O'NEIL must know something the rest of us don't - he passed up the Paul Masson Marathon (and National AAU Championship) to run the Hong Kong Marathon on Jan 13. The pre-race news made it sound like Jim could take all the marbles which he nearly did with a fifth place finish in 2:44, only 10 minutes behind the winners. It was of course another masters course record for Jim. The Hong Kong connection also included DOUG RENNIE with one of his inspiring training articles which was printed in the race program.

Not to be out classed by her first class daughter, HEIKE, mother HEIDE SKADEN became the first Chip to officially run for the Club in the Examiner Games on Sat. February 23. Heide doubled in both the Masters womens mile and the 50 meter dash. Heide placed 3rd in her mile race with a 5:46 performance. Congratulations Heide.

-Abe Underwood

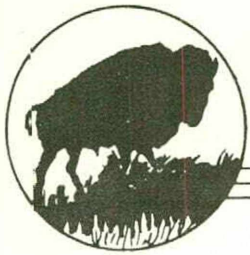
REPORT FROM THE COLLEGE SCENE.... JACK BLTSCHART son of Chip WALT BETSCHART, a student at Cal-Poly - San Luis Obispo, compered in the 3000 meter steeplechase against USC Feb. 23. Jack finished 2nd, qualifying for NCAA Division II with a time of 9:08.5. Congratulations on a fine performance Jack.

8

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



Gene Marshall
2709 - 10th Avenue
Sacramento, CA 95818



BUFFALO CHIPS



RUNNING CLUB

NUMBER 42

Elliott Eisenbud	High Dungen	482-1586
Mark Reese	Vice Dungen	443-1549
Charlie Mersereau	Dung Recorder	362-9660
Dave Davis	Dung Counter	363-9142
Sally Linn	Dung Coordinator	457-5244
Barbra Beach	Women's Coordinator	334-1009
Abe Underwood	Race Chairchip	392-7672
Dennis Dunbar	Dung Editor	362-2888

Jan. 14, 1980

NATIONAL AAU MASTERS 50 MILE RUN by Dennis Letl

On Saturday, December 15, four aging Chips thundered in ^{to} L.A. searching for gold. The event was the National Masters 50 mile run around, and around, and around the quarter mile track at Santa Monica City College. The fearsome foursome consisted of Chip Guru, A. J. Underwood, recently acquired George Billingsley, and Charlie Mersereau and I who were still in a masochistic mood since our Tahoe insanity in September.

The race went well for all of us except A.J. who had been nursing a sore leg for a couple of months and was just getting over a bout with the flu. He valored through 20 miles before yielding to discretion. Had he been well he could have easily repeated his title of last year.

George and I were aiming for 7 hours and were elated to break it-George by a comfortable margin and me by the hide of my teeth. We were both able to win silver medals in our age groups thanks to many good runners who dropped out.

The real hero - the one who brought home the gold for the Chips - was Charlie. He snarled, spit and grunted his way home to give the Chips the team title while finishing fourth in his age group.

A special word of thanks to our handlers - those who recorded our times (each and every lap) and responded to our needs (everything from aspirin to bananas) during the race: A. J., three of his friends from Los Angeles, and Georgia Billingsley.

George Billingsley	6:54:11	2nd 55-59
Dennis Letl	6:59:10	2nd 40-44
Charlie Mersereau	8:57:57	4th 55-59

P.S. George thinks he set a national record for age 57 and is going for 58 at the Feather River 50.

LETTER FROM THE EDITOR...

1980 is fresh upon us, and with it the BUFFALO CHIP\$has taken new leadership. Congratulations to the new officers of the Club who were elected at the January 10 business meeting....

High Dunger	-	Elliott Eisenbud
Vice Dunger	-	Mark Reese
Dung Recorder	-	Charlie Mersereau
Dung Counter	-	Dave Davis
Dung Coordinator	-	Sally Linn
Women's Coordinator	-	Barbra Peach

Abe Underwood will continue as Race Chairchip, Dave Davis will also continue to be the Membership Coordinator, and, as I ran unopposed in a non-elected position (the safest way...), I will continue on as your Dung Editor. I am particularly pleased to see that our Chip women are going to be taking a vital role in our organization this year. I am really looking forward to a great year for the Club and know that everyone will lend the officers all the support they can to insure a great year for us all.

My thanks to PAUL REESE for providing me with a copy of the Pepsi 20 results. It appears that the results were late in getting to the competitors of the race due to Post Office efficiency, or, more specifically, lack thereof. My copy finally did arrive but unfortunately not before the last newsletter went out. Thanks for taking the time to help me out, Paul. After a couple of hours of comparing the names of all Pepsi 20 finishers (all 1057) with our roster I came up with a list that looked like our membership roster - was there anyone who didn't at least start the race? The results are listed within this issue and my apologies to any B.C.'er who finished but whose name I have inadvertantly missed. Let me know if I missed you, or someone you know, and I'll get an addendum in the next issue.....

An Executive Meeting has been scheduled for Wednesday, January 30, 1980, at 7:00 pm, at DAVE DAVIS' house (9142 Firelight Way). The main topic of discussion will be, of course, basic plans for the upcoming year. All interested Chips are invited, and encouraged, to attend. This could very well be the perfect opportunity to make that suggestion that you've had on the back burner for some time now and see it bear fruit. See you all at Dave's....

Due to the recent inclement weather there has been an important change to the RUSTY DUCK SUNDAY BRUNCH RUN....see "Trail Droppings..." for details of the change.

'Til next time, keep on running,

Dennis

DEADLINE FOR ARTICLES FOR NEXT NEWSLETTER: February 23, 1980.

MEETING

January 10, 1980 San's Hofbrau

Meeting was called to order by Vice Dunger Jim Finnegan about 7:30 p.m. Minutes of previous meeting were not available for reading.

Committee Reports:

From Jim Drake, Activities Chairman.

Jim gave brief report on several recent runs. The Stockton-10, Honolulu, Las Vegas Celebrity, and Year End Marathons all of which several CHIPS participated in. Coming up - Rustic Duck Sunday Brunch Run on Jan. 20, Mud Run at Brown's Ravine on Feb 12, Catalina and Pinole marathons (call Elliott Eisenbud for information on these two - Pinole is a team event), Avenue of the Giants which is limited to 2000 runners and entries must be postmarked ON Feb.1 (Jim Drake has information on this one). Look elsewhere in this newsletter for "Plant trees along parkway run".

[Note: Jim gave the only committee report. Many thanks for a job well done this past year. We need more participation in club affairs by enthusiastic and innovative members like you] [Note Note: Congratulations to Elliott and Helene Eisenbud for putting on an excellent run in the Year End Marathon. It was well organized with plenty of drink afterward and I understand that Chef Helene provided loads of food which everyone raved about (I always leave too early). ☺

Old Business:

☺ Members are still having difficulty in getting CHIP shirts. Paul Reese will check into the possibility of the Club taking over this function again.

New Business:

Elections were held with the following results:

- High Dunger.....Elliott Eisenbud
- Vice Dunger.....Mark Reese
- Dung Recorder.....Charlie Mersereau
- Dung Counter.....Dave Davis
- Women's Coordinator.....Barbra Peach
- Activities Chairperson.....Sally Linn

Jim Finnegan, in his last official duty as Vice Dunger, adjourned the meeting and slides of previous races were shown.

[Note Note Note: Executive meeting will be held at Dave Davis', 9142 Firelight Way Sacramento on Jan. 30 at 7 p.m. Everyone is welcome - why don't you come on over and get involved in Club Activities].
dave davis - Dung Recorder

The Pinole Marathon will be held on March 30, 1980. This conflicts with the Run For Life Marathon in Davis. For those of you who want to run the Pinole, it is a demanding course with a steep mile long hill at eight and nineteen miles. The event is mostly through scenic countryside. There will be a trophy for the top men and women teams (four members). If any of the Chips want to run this, I have information and entry forms and plenty of room in my car that morning.

Elliott Eisenbud

ATTENTION MASTERS

JUST LEARNED THAT THE AAU NATIONAL 25 KILO CHAMPIONSHIPS (1980) WILL BE HELD MARCH 1 IN VENTURA. IS ANYONE INTERESTED IN GOING? I BELIEVE A 5 MAN TEAM COULD PLACE IN THE MEDALS. 5 WOMEN ALSO. GIVE ME A CALL PRONTO.
ABE 392-7672

PAUL MASSON MARATHON UPDATE

Apparently there isn't much interest in the P.M. Marathon. I only heard from a couple of people who intend to run. (The entry cut-off was Jan. 7th, so it's too late to change your mind.) Richard Hanna (451-6344) is the only Open division entrant I know about. Walt Betschart will head the masters men over 50, so call him if you are interested (451-9078.) Barbara Peach (334-1009) and Marj Lawson (685-5387) will organize the women. Give either of them a call. I'll act as coordinator for the 40-49 men, but I've only heard from a couple of you. Let's get with it!

-- Abe Underwood

MASTERS UPDATE

As reported in the last newsletter, the Chip Masters had won 18 medals at the National AAU Cross Country Meet in San Francisco. Well, that was wrong. They won 23! When the official results were put together, the Masters men had also won third team in the PA-AAU division, pushing West Valley Joggers & Striders to fourth. Add one more medal for O'Neil, Malain, Howard, Holmes and Fourbeau. Congratulations, guys.

-- Abe Underwood

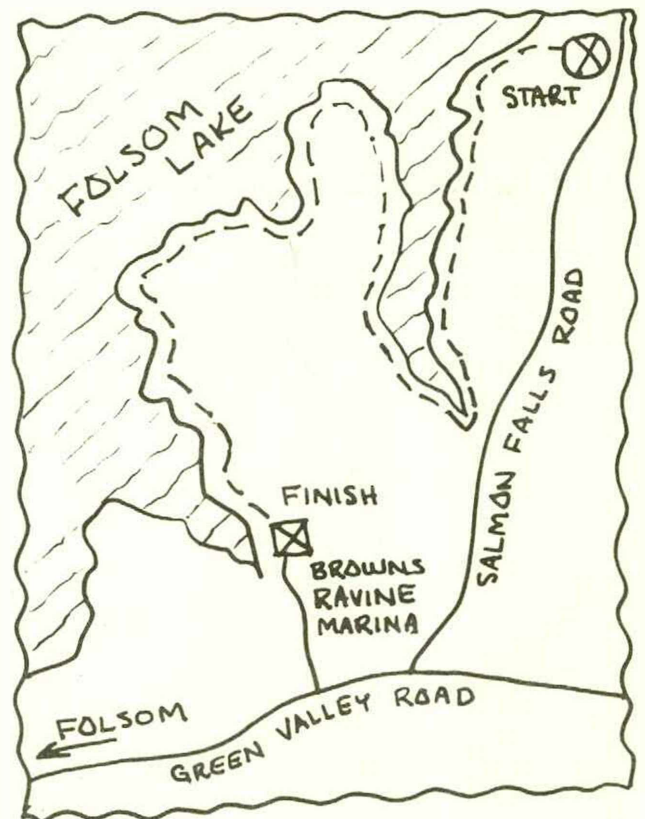
NOTICE

HELP NEEDED FOR FEATHER RIVER SO

I HAVE HAD A COUPLE OF REQUESTS FOR HANDICERS FROM OUT-OF-STATE RUNNERS. IT REQUIRES SUPPORTING THE RUNNER FROM MARYSVILLE TO SACTO BY CAR. THE RUNNERS USUALLY PAY FOR GAS ETC. THE NEED YOUR TIME & TRANSPORTATION. LET ME KNOW IF YOU CAN HELP.
THANKS - ABE 392-7672.

MUD RUN SPECIAL - THIRD ANNUAL

Say you're tired of the same old flat trails and roads? Say you want to do some hill running? We have your answer! The Third Annual Mud Run is set for February 12, Tuesday, Lincoln's Birthday. We guarantee no level ground or hard pavement, but a hard challenging run, and we've ordered rain! It's all horse trails along the shore of Folsom Lake, 9 or 10 miles of ups and downs. Note: the course is point-to-point, so runners must arrange for transportation shuttling. Or you can warm up by running the three miles by road from Brown's Marina. This will be a fun run (no fee, etc.), maybe we'll get some ribbons printed. Start Time-10:00 a.m. at the old camp grounds on Salmon Falls Road (See Map).



MUD RUN SPECIAL

BROWNS RAVINE
FOLSOM LAKE

TUESDAY - FEB 12 (ABE'S DAY)
10:00 AM

CHIPS HAVE STRONG SHOWING IN YEAR END MARATHON

-- Elliott Eisenbud

Buffalo Chips again dominated a strong field in the second annual Year End Marathon, accounting for 65% of the finishers, and placing five in the top ten. Many other Chips were seen leaving the course early, apparently in search of the chili and beer at the finish. For the second year in a row Howard Jacobson succumbed to the arduous hills and required prolonged resuscitation with beer and bagels.

Only in it's second year, the marathon almost tripled the number of finishers from last year. National news networks beat a path to our door to cover this "Boston West", N.B.C. finally winning out. The event was covered on national news (honest) and there were TV cameras there for the entire marathon.

We are planning to have the third annual the last weekend of 1980, so mark your calender.

Chip finishers:	1. Bob Cooper (unchip)	2:42:37	
	2. Jim Hamlin	2:48:43	
	4. George Parrott	2:53:58	
	6. Evan MacBride	3:04:14	
	7. Paul Holmes	3:06:50	
	9. Elliott Eisenbud	3:17:48	
	11. Jim Drake	3:19:20	
	12. Dick Hanna	3:24:10	
	13. Jerry Blinn	3:28:29	
	15. Heidi Skaden	3:30:00	first marathon
	16. Hal Baker	3:32:03	
	17. Greg Talbert	3:32:12	
	18. Sam Squiller	3:33:09	
	19. Jim Parsons	3:34:20	pr
	20. Paul Reese	3:37:44	
	21. Bob Hanna	3:37:44	
	22. Greg Soderlund	3:45:46	
	24. Glenn Bailey	3:45:55	
	25. Web Chadwick	3:45:55	
	26. Helene Eisenbud	3:45:55	

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CHIPS IMPRESSIVE IN 1979 PEPSI 20

25	Gordy Vrendenburg	1:58:22	505	Bob Potter	2:34:54
28	Jim O'Neil	1:58:49	572	Gary Fields	2:38:40
31	Doug Kennie	1:59:22	585	Helene Eisenbud	2:39:42
37	Dave Roeber	2:00:29	614	Donald Schumacher	2:41:40
56	Chris Delgado	2:03:03	636	Ellen Standley	2:43:11
60	Ed Stromberg	2:03:25	637	Dick Forehand	2:43:16
105	Frank Krebs	2:08:05	657	Roger Brown	2:44:56
106	Paul Holmes	2:08:06	660	Nancy E. Flona	2:45:13
115	Bruce Johnson	2:08:30	671	Marv Foyser	2:46:37
119	Howard Jacobson	2:09:03	690	David Hayes	2:47:36
125	Heike Skaden	2:09:56	706	Liz Squiller	2:48:25
155	Evan MacBride	2:12:33	718	karen Frincke	2:49:22
157	Tim Hicks	2:12:42	726	Carlyle Brakensiek	2:50:03
160	Jim Finnegan	2:13:08	733	George Koch	2:50:22
163	Elliott Eisenbud	2:13:24	734	Patrick Kelley	2:50:30
166	Jeff Fearman	2:13:38	740	Nancy Remley	2:50:45
168	George Parrott	2:13:41	741	Robert Hedges	2:50:46
172	Art Waggoner	2:14:04	755	Bob Leever	2:51:51
174	Jerry Blinn	2:14:10	766	Robert Burns	2:52:53
195	John Clark	2:15:28	777	Tom Fearman	2:53:50
222	Bill Thompson	2:17:14	792	Karen Smith	2:54:33
233	Dana Gard	2:18:46	818	Mary Kennedy	2:56:43
235	Jim Clover	2:19:06	904	Larry Bass	3:04:13
275	Richard Hanlon	2:21:16	932	Susan Martin	3:06:59
296	Heidi Skaden	2:22:33	939	Dick Petruzzi	3:07:38
306	Bob Hanna	2:23:22	959	karen Walkup	3:10:53
321	Jim Drake	2:24:27	964	Marge Hansen	3:11:52
328	Francis Palmer	2:24:44	998	Marjorie Lawson	3:24:01
334	Sam Squiller	2:25:19	1004	Ron Blair	3:25:34
371	Dennis Letl	2:27:38	1008	Jerry Watkins	3:26:51
423	Art Grix, Jr.	2:30:20	1017	Barbara Peach	3:31:46
439	Martin Anderson	2:31:24	1022	Wendy Taylor	3:35:02
475	Dennis Dunbar	2:33:18	1042	Joan Wright	3:51:26
488	Glenn Marshall	2:34:00	1051	Bill Worcester	4:24:13
498	James Parsons	2:34:30			

TRAIL DROPPINGS.....

***If you haven't done so already, don't delay further - send in your membership renewal. The next newsletter will be the last one to go out under the current membership roster. So, if you don't want to miss out on all the Club news that's fit to read, send your renewal forms to Dave Davis, 9142 Firelight Way, Sacramento, Ca. 95826.

***The latest news of interest from our friends at Fleet Feet is that they will now honor a 10% discount on everything purchased at their downtown store to Chip members upon presentation of your membership card.

***The Sacramento County Department of Parks and Recreation folks are looking for volunteers to plant trees along the American River Parkway (otherwise referred to as the "Bike Trail"). JIM DRAKE has suggested that, as Chips use the Bike Trail to a large extent, the Club should get a group together to help plant "Buffalo Grove." I called the P and R folks and they told me that they would like the group to be around 5-20 people in size. They will supply all the tools necessary to plant seedlings and seeds, with the exception of work gloves. The planting program will continue through the end of February, but we should probably get a group together in the next week or so. Jim also suggested that a club fun run be incorporated into this venture as well. Possible planting sites include Arden Bar, Rossmoor, and Sailor Bar. So, if you'd like to help get some trees on the Bike Trail, especially if you do any of your running on the trail, give me a call (362-2888). As soon as I get a group large enough to be effective I'll get hold of the P and R people and make the final arrangements. Suggestions for a club run following the planting will be appreciated as well.

* Everyone is reminded that the RUSTY DUCK SUNDAY BRUNCH RUN is sched- *
* uled for Sunday, January 20. However, due to the recent rains and *
* subsequent dramatic swelling of the river (which has flooded most *
* of the trail) there has been a change to the course this year. *
* For those who want to run the Rusty Duck, meet in the parking lot of *
* the Village Marina (¼ mile west of I-5 on the Garden Highway, the *
* finish area for the Feather River 50 miler) at 8:00. The run will *
* then proceed down the Garden Highway and back. Again, the brunch *
* should begin around 10:30. As the Superbowl doesn't start until *
* 1:30 we can all get this run in, get a nice brunch, and still make *
* it home in time to see the game. So, no excuses - everyone should *
* make this great fun run. Bring a friend (and, depending on the *
* weather, a flotation device and a towel.) *

BOOKS IN BRIEF:

Newly elected Vice Dunger, MARK REESE, has written a book entitled THE DIPSEA RACE: THE HISTORY OF AMERICA'S SECOND OLDEST FOOTRACE, 1905-1979. According to Mark THE DIPSEA RACE chronicals the history of this race including in its pages much of the early lore, legends, and heroes of the last 69 races, with many vintage and previously unpublished photographs. The book also features..."records and statistics covering the entire history of the Dipsea...a total of fifty photographs from the starting line in 1905 through the 1979 race... the Women's Dipsea Hikes, 1918-1922, which constitute the only record of American Women's cross county running prior to the mid-1960's..."

Mark tells me the book is available through the mail and that... "the price of this full-length, quality-bound, 236 page, 5½ x 8½, privately printed, limited first-edition paperback with fifty photographs is \$7.95 (plus 6% Cal. sales tax and 50¢ postage)." To order your book send your check to: THE DIPSEA RACE, 2789 17th St., Sacramento, Ca. 95818.

You might want to really check into this one - it sounds like a good one.

(8)

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



BUFFALO CHIPS



RUNNING CLUB

NUMBER 45

Elliott Eisenbud	High Dunger	482-1586
Mark Reese	Vice Dunger	443-1549
Charlie Mersereau	Dung Recorder	362-9660
Dave Davis	Dung Counter	363-9142
Sally Linn	Dung Coordinator	457-5244
Barbra Peach	Women's Coordinator	334-1009
Abe Underwood	Race Chairchip	392-7672
Dennis Dunbar	Dung Editor	362-2888

June 10, 1980

AND NOW I KNOW WHY THEY CALL IT THE "PITS"....
-Sally Linn-

Originally I had planned to write this article with Nancy Remley who's knowledge and expertise about "pitting" has provided me with the valuable skills I possess today - that of "PIT CREW". Since the (American River) 50 miler, when Remley joined the ranks of "ultra-marathoners, leaving me in the dust and at her side with aspirin and ERG (not to be mistaken for sour grapes, CONGRATULATIONS NANCY!), I consider myself over qualified for writing this blurb.

Before taking on the task of "pit crew" it is essential that one consider the following minor details:

1. A commitment to "pit" overrides giving birth, weddings and funerals, so be sure to double check your calendar.
2. It is advisable to call local weather forecasters concerning the possibility of blizzards, hurricanes, tornados and earthquakes, since most ultra events usually take place under these conditions....
3. Be sure to enroll in an advanced course in juggling (3 units) to prepare for the handling of water, sponges, ERG, vasoline, brown sugar, new shoes/socks, camera, clipboard, pen, watch and, most importantly, a BEER CAN for yourself. Try not to fall apart when in the midst of this balancing act your runner screams for ice tea.
4. Smiling is not contagious and the words "looking good" at the 36 mile mark may well provoke obscenity.
5. Should your runner request "Hawaiian Punch" at the 46 mile mark, try to restrain yourself.

Pitting over the past six months has provided me with a multitude of experiences. For example, the end of December found me standing in the midst of torrential downpour at the Woodside Track pitting for Mark Hoschler. Clipboard and stop watch in hand (there are 200 lap times to a 50 miler) I appeared efficient and competent to a reporter from "Running Times":

REPORTER: Are you Mark's wife?
 ME: Mark's wife is a lot smarter than this...
 REPORTER: Well, what does he think of these conditions? I mean, how does he keep going?
 ME: You see, Mark is fond of mud and ever since his lobotomy we haven't been



LETTER FROM THE EDITOR....



First, let me start this issue by apologizing for the lateness of this newsletter. I had originally been asked to delay the newsletter a week in order to get some important race results into this issue (and, yes, those results are included; my thanks to those who took the time from their running to compile Chip performances for me: GLENN BAILEY and GEORGE PARROTT). But that was 2 weeks ago. I just haven't been very good about getting all my material together for this issue. It won't happen again -- my apologies.....

As long as I'm apologizing, I also extend my apologies to DENNIS LETL for not including his performance in the American River 50 Miler in the last issue. Dennis finished in 65th place with a time of 9:10:07. Good running, Dennis....

(If at anytime I miss you in the race results don't hesitate to let me know. There are over 200 members of this club and occasionally I miss someone in going over the results.)

One of the benefits of being a member of the Chips is the 10% discount we receive at various retail sporting goods shops in the area. This discount is intended for the use of Club members and is not transferable to an un-Chip. The discount is a courtesy, not a right, and as long as the courtesy is not abused we can take full advantage of the discount. Obviously, an abuse has occurred (why else would I be pursuing this line of thought?). I won't mention any names (all parties involved know who they are); it appears that a member loaned out their card so a friend could benefit from the discount. The discount was reluctantly granted, and the persons membership status was checked later (the friend was an un-Chip).

The bottom line, and thus the moral of this story, is that if we abuse the courtesy extended to us by running shops we run the risk of losing it. It doesn't take a business major to see that the discount is financially beneficial to both Club members and the running shops. Nor is it difficult to see that our membership dues, which gives us the opportunity to take full advantage of any discounts given to the club, can be almost reimbursed by the purchase of a pair of shoes or two. Rather than loan your card out to a friend, encourage them to join the Chips -- they can then get a discount without upsetting running shops and putting the courtesy of a discount in jeopardy, and the money they spend on dues can be used by the Club for everyone's enjoyment. Think about it -- and above all, don't blow it.

Anyone interested in becoming a member of the ACTIVITIES COMMITTEE should call either myself or Activities Co-ordinator SALLY LINN. Specifically, we need people interested in putting on monthly Club fun runs (as I discussed in the last issue). This will be a "think-tank" affair, coming up with unusual running experiences and places to run them. Anyone have any favorite places to run that we can use? Give us a call....

'til next time, good running

Dennis

PITTING (Cont)--

"...able to get him to stop running in circles."

He left me standing in a puddle promising to return for a "real" interview after the race. I never missed a lap.

While it is easy to remain calm and efficient when pitting for friends I've found it to be quite a different matter with relatives. Husbands and wives are especially difficult as I soon learned in February's Feather River Fifty. Another blinding rain-storm combined with hurricane winds caused me to seriously question Perry's sanity. It soon became apparent that Perry was the calm, collected one that day and I had left my sanity back in Sacramento. He still laughs about my comical "ready-set" stance when he was over $\frac{1}{2}$ mile down the road and I could have been sitting in a dry car. It is advisable when pitting for husband or wife to arrange a pit crew for yourself. I could never have made it without Bill McGuire, Nancy and Bob, who patiently ignored my dramatics and incessant babble of "hypothermia" and being left to raise the children alone.

Then there was the American River Fifty and Nancy Remley's victory....true friends always run ultras in good weather. It was this race that taught me the most about the long ones. With Bob handling the car and equipment I was able to run/walk Nancy through the last 18 miles. Yesterday I finally understood the incredible amount of energy, strength, and determination it takes to finish these races. Thank you Nancy for teaching me about courage and most of all for giving me the experience that has convinced me that pitting is not really the "Pits".

(ED. NOTE: This article is particularly timely for those of you "pit-crewing" for Chip participants in this years running of the Western States 100....take note and take heed.)

DEADLINE FOR NEXT NEWSLETTER: August 2, 1980
Send articles to: 3557 Gemini Way, Sacramento, Ca. 95827
or call, 362-2888

ALL PARTICIPANTS OF THIS YEARS WESTERN STATES 100 ARE ASKED TO SUBMIT A SHORT ARTICLE OF THEIR PERSONAL EXPERIENCES WHILE MAKING THIS RUN (June 28). A HALF PAGE TYPED, OR SO, WOULD BE ABOUT RIGHT, AND I'LL USE AS MANY AS I CAN FIND ROOM FOR.

F O L S O M

10 KILO ROAD RUN

Sunday July 6 - 8 a.m. Folsom City Hall.. Don't miss this Buffalo Chip Classic.
**** Notice - If you can help with this race, call Frank Krebs @ 725-4616.

STATE OF THE HERD

There is a proposal afoot that the Buffalo Chips merge with John Mansoor's Capitol City Fliers. This would be an important addition to the Chips since John's club has done an excellent job in promoting running among the younger age groups, something the Chips have neglected in the past. The inducement to merge has been the possibility of offering them travel money.....we are currently looking into the feasibility of raising funds for this purpose through corporate sponsorship or perhaps by soliciting donations from around the community.

Mark your calenders. The Buffalo Stampede (sans the 50 kilo) is set for Sept 14th. We will be using the facilities at Rio Americana HS (showers etc). Volunteers will be needed to make this race a success...please let me know soon if you can help out.....we will be having the first organizational meeting in the next few weeks.

Congratulations are in order for the Chip men and women teams who took FIRST PLACE in the recent Pacific Sun Marathon: for the men it was Mike Adams (2:44), Glenn Bailey (2:54) and George Parrott (2:57). The first place women's team was Carol Walker and Helene Eisenbud at 3:51, and Ellen Standley at 4:00.

The recently run Gold Country Marathon had cooler weather then last year, but I suspect they added a few more hills to make up for it. Glenn Bailey and Mike Owen both came home with trophies. George Parrott must have known something the rest of us didn't when he forsook the Gold Country for the Cri Chinmoy Marathon and came away with a fine 2:48. Congrats also to Jim Drake for taking umteen minutes off his PR with a 2:57 at the Avenue of the Giants. Fraser Rasmussen (old old chip) and Gary Fields also set PR's with 2:40 and 3:34 respectively.

As many of you know, we got beat out of our meeting room at Sam's for the second time in a row. If anybody has any ideas for a new meeting place, please contact one of the club officers.

Hope everyone has a good summer. See you on the (WS) trails,

Elliot

This years Masters team placed well in the Tahoe Relays. After last years disappointing performance this year the team - placed 15th overall (in a field of 54) with a time of 8:09:44, a time good enough for 1st place Masters Team. Congratulations are in order for team members WALT HOWARD, GORDY HALL, BOB POTTER, BOB BOURBEAU, WALT BETSCHART, BOB HANNA, and BOB MALAIN.

ADDITIONS AND CORRECTIONS TO THE CLUB MEMBERSHIP LIST

CORRECTIONS:

Charles V. Dobson
3148 Ridge Court
Placerville, CA 95667

Dennis Dunbar
(DUNG EDITOR)
Work # 322-7618

Second Sole

John Zapata

Paul Holmes

ADDITIONS:

Gery Anderson
4400 North Star St.
Rocklin, CA 95677
H 624-3413
dob 3-30-42

Gordon Hall
6617 Rappahannock Way
Carmichael, CA 95608
H 967-1638
W 445-1434
dob 2-3-32

Tom Clower
9171 Kiefer Blvd
Sacramento, CA 95826
H 962-0284
W 361-2990
dob 6-24-38

Stuart Honse
4929 Crestwood Way
Sacramento, CA 95822
H 446-3919
W 322-3991
dob 12-1-41

Patrick Creehan
2615 Eye St.
Sacramento, CA 95816
H 961-6410
W 441-3411
dob 10-19-41

Dick Jones
11941 G Royal Rd.
El Cajon CA 92021
H 443-1223
W 440-4307
dob 6-5-43

Mary Ann & Art Crews
3112 Twin Oaks Rd.
Cameron Park, CA 95682
H 677-2866
W 371-2920 (Art)
dob MA 3-5-36
A 2-16-17

Jack R. McDonald
1073 - 57th St.
Sacramento, CA 95819
H 453-1869
dob 8-21-47

Larry Deckard
7979 Gilardi Road
Newcastle, CA 95658
H 663-2191
W 332-0246
dob 11-25-36

Jack R. Tucker
USMTM/TAD
APO N.Y. 09017
dob 7-31-41

Robert W. Derry
957 King James Way
El Dorado Hills, CA 95630
H 933-3389
W 428-7890
dob 8-9-37

LaDonna Washington
2812 D St. #7
Sacramento, CA 95816
H 441-5413
W 453-4545 ex 559
dob 6-5-55

PLACE THIS SHEET WITH YOUR CLUB ROSTER TO KEEP IT UP-TO-DATE.

250

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Running Schedule



Sat Jun 21	Mc INTOSH FUN RUN ($\frac{1}{2}$, $\frac{3}{4}$ & 6 mi.), El Camino Store 8:30 a.m.
Sun Jun 22	BILLY MILLS C-2-10 RUN (2mi & 10K) Consumnes River College, 8:30 am \$5
Sun Jun 22	BLOOD RUN (5 & 10K) Miller Park, 8 am, \$3
Tue Jun 24	B.C. BIKE TRAIL RUN, Guy West Br idge, CSU S, 6p.m.
Wed Jun 25	HUGGY 'S FUN RUN, ($\frac{1}{2}$ mi. 5&10 K) Huggy's Madison & Dewey, 7 pm
Sat Jun 28	WESTERN STATES TRAIL 100 MILE RUN, Lake Tahoe to Auburn
Sat Jun 28	MATHER AFB FUN RUN (5 & 10 K) Mather AFB 9:00 a.m., \$2.00
Sun Jun 29	LAKE TAHOE MARATHON, Incline Village (150 limit) \$5
Tue Jul 1	B.C. TRACK MEET(4 440, 880, 1, 2 & 5 K) CSUS Track 6 p.m.
Wed Jul 2	HUGGY'S FUN RUN, ($\frac{1}{2}$ mi. 5 & 10 K) Huggy's Madison & Dewey
Fri Jul 4	RIVER RUN (5 mi) Glenn Hall Par k, 9 a.m. Free
Sat Jul 5	SECOND SOLE FUN RUN (3 & 5 mi) Howe Ave Store 8:30 a.m.
Sun Jul 6	FOLSOM 10 KILO, Folsom City Hall, 8am, \$1, (A Buffalo Chip Event)
Tue Jul 8	B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6pm
Wed Jul 9	HUGGY'S FUN RUN ($\frac{1}{2}$ mi, 5 & 10K), Huggy's, Madison & Dewey, 7 pm
Sat Jul 12	BRODERICK BOTTOMS RUN (about 5 mi), Chart Room, Broderick, 8 am.
Sat Jul 12	K-108 FUN RUN (3 & 5 mi), Old Town, 8:30 am
Sat Jul 12	McINTOSH FUN RUN, ($\frac{1}{2}$, 3 & 5 mi), El Camino Store, 8:30 am
Sun Jul 13	PIONEER STAMPEDE (2 & 10K), Pioneer, 9 am
Sun Jul 13	SAN FRANCISCO MARATHON, Golden Gate Park, S.F. 9 am
Tue Jul 15	B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Wed Jul 16	HUGGY'S FUN RUN ($\frac{1}{2}$ mi, 5 & 10K) Huggy's, Madison & Dewey, 7pm
Sat Jul 19	THE GREAT RACE (Bike - Kyack - Run) Eppies , Rancho Cordova, 8:30 am
Tue Jul 22	B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Wed Jul 23	HUGGY'S FUN RUN ($\frac{1}{2}$ mi, 5 & 10K), Huggy's, Madison & Dewey, 7 pm
Sat Jul 26	MUSCULAR DYSTROPHY RUN (3 & 5mi), Miller Park, 9 am
Sun Jul 27	PEAR FAIR 10 MILE, Courtland, 8 am, \$5
Tue Jul 29	B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Wed Jul 30	HUGGY'S FUN RUN ($\frac{1}{2}$ mi, 5 & 10K), Huggy's, Madison & Dewey, 7 pm
Sat Aug 2	SECOND SOLE FUN RUN (3 & 5 mi), Howe Ave Store, 8:30 am
Sat Aug 2	WILLIE NELSON CONCERT, Hughes Stadium, 12 noon, (not a running event)
Tue Aug 5	B.C. TRACK MEET (440, 880, 1, 2, & 5 mi) CSUS Track 6pm
Wed Aug 6	HUGGY'S FUN RUN ($\frac{1}{2}$ mi, 5 & 10K), Huggy's, Madison & Dewey, 7 pm
Sat Aug 9	AMERICAN RIVER HOSPITAL RUN, Roseville, no details

This schedule is as accurate as possible at the time of printing. It is, of course, subject to change. Local runs are underscored. Buffalo Chip (B.C.) trail runs and club runs are free. McIntosh Fun Runs have a 50¢ donation. Most races require an approximate \$3 to \$5 entry fee. Other race details are usually available at local running stores. If you know of changes or additions to this schedule, call A.J. Underwood at 392-7672, or John McIntosh at 488-7181.

This schedule is prepared by the BUFFALO CHIPS RUNNING CLUB for your running enjoyment. For additional information about the CHIPS, write Dave Davis, 9142 Firelight Way, Sacramento, 95826.

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NEWS FROM THE SOUTHERN HERD -
Jim Carter

Greetings from the south. The small Southern Herd is growing with the addition of Dick and Bonnie Jones as Fresh Dung. They began running 8 weeks ago and on May 18th ran their first race at the March of Dimes 5 & 15 K. Dick and Bonnie completed the 5K and have set their sights on a 10K next. A. J. Underwood passed through long enough to snatch a 1st in his division in the 15K. -On May 17th the Southern Chips pieced together a 5 person relay team and captured 20th place in the Tecate to Ensanada Relay. Each team required 5 members, one of which was to be a woman. We were fortunate to enlist Kathy Fogerty, well known and quality runner here in San Diego. 110 teams started the race, which was mostly broken up into 5 mile legs. Reminisant of the Christmas Relays I somehow got all the hills, while John - I-got-12-miles-in-this-week-what-do-you-want-Richardson somehow managed to pass the baton to me 2 miles into his second leg. Fortunately Kathy and John's son, Scott kept us in the standings. Scott's last leg was run in 5:20/mile and he overtook and passed three teams in the last mile. At any rate a good time was had by all and as usual a large amount of beer was consumed. Good Running and more news next time....

HAPPY BIRTHDAY.....

The following Chips will be celebrating birthdays in the next couple of months that will move them up into new age groups.

Dave Davis	6-17-30
Jim Drake	6-18-40
Jim McMillin	6-20-50
Dave Spottiswood	6-10-40
Carolyn Tucker	7-3-50
John Wilson	7-10-50

Good luck to all in the new age groups.

SRI CHINMOY MARATHON --
George Parrott

Weather for this race, run June 1, was near perfect. The course was well prepared and monitored, with aid stations and split times available every mile. Chip runners included the following:

Perry Linn	2:31	(4th overall)
Dan Alarid	2:43	
George Parrott	2:48	
Bev Marx	3:06	
Marge Hansen	4:10	
Marcia Bogle	4:11	
Marge Lawson	4:44	

OLD SAC 10K --
Jim Drake

The 3rd annual cerebral palsy run held May 31st in Old Town was a tremendous success. The 340 participants (269 in '79, 151 in '78) and 39 guests resulted in a net profit to UCP of \$2910. This could not have happened without the generous contributions from local merchants and a super committee made up mostly of Chips. The 50+ BCer's that ran broke almost every record. Heika handed out ribbons to the winners. The following Chips broke age group records:

male

13-19

(2) Greg Fields (13) 40:50

30-39

(1) Don Spicklemier (39) 34:01

(2) Skip Seebeck (33) 34:21

40-49

(1) Walt Howard (42) 34:45

(2) Robert Bourbeau (44) 35:43

female

13-19

(1) Pam Bispo (15) 51:44

20-29

(1) Debbie Bispo (22) 39:51

40-49

(1) Joan Reiss (42) 42:42

50-59

(1) Marge Lawson (55) 48:00

Thanks again to the club for your support.

RUN FOR LIFE MARATHON

This years running of the Suicide Prevention's Run for Life Marathon (March 30) was run under less than ideal circumstances -- the wind hampering everyone's efforts. Regardless, the Buffalo Chips R. C. was well represented in both races. The following Chips participated:

HALF MARATHON

5.	Mike Adams	1:21:51
6.	Ed Stromberg	1:22:09
10.	Jeffrey Pearman	1:24:56
27.	Scott Richardson	1:31:12
32.	Herb Adams	1:32:23
45.	Paul Reese	1:34:44
46.	Debbie Bispo	1:35:01
54.	Heidi Skaden	1:36:12
57.	John Zapata	1:36:38
64.	Bob Potter	1:37:31
71.	Kenneth Pierce	1:38:50
82.	Jon Brown	1:40:08
88.	John Richardson	1:41:14
96.	Bob Rodgers	1:41:51
100.	Michael Otten	1 41:58
114.	Robin Marrs	1:43:34
121.	Dwight Weathers	1:44:00
126.	Martin Anderson	1:45:11
213.	Ralph Talbert	1:58:51
220.	Phyllis Saferite	1:59:14
232.	Tom Fish	2:01:04
271.	Janet O'Leary	2:09:55
272.	David A. Mullins	2:10:15
288.	Marcia G. Williams	2:16:40
308.	Elaine Hocking-Reese	2:40:20

FULL MARATHON

6.	Glenn Bailey	3:10:56
20.	Bob Leever	3:28:37
23.	Marv Poyser	3:30:41
24.	Lino Delgadillo	3:31:44
25.	Gilbert Mashburn	3:33:52
30.	Jim O'Neil	3:38:16
35.	John Clark	3:40:52
36.	Dennis Letl	3:40:53
37.	Abe Underwood	3:40:54
42.	Dennis Dunbar	3:43:36
74.	Saul Silverman	3:57:56
98.	Jim Carter	4:28:31

* BRODERICK BOTTOMS BUST *

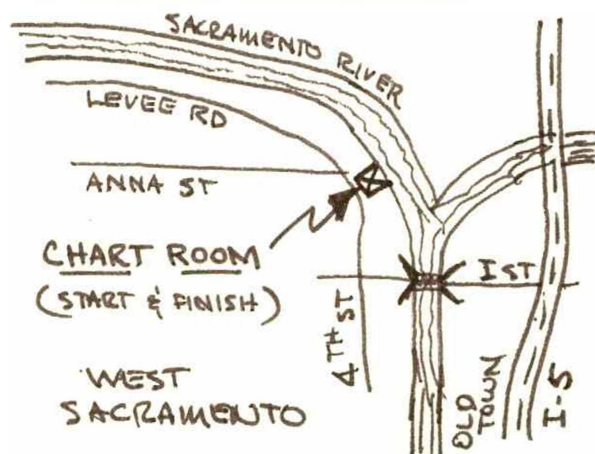
Saturday July 12 at 8:00 a.m.

If you thought the MUD RUN was fun you are just sick enough to really get off on this one. This fun little 5 mile loop has been selected for it's unique terrian features and scenic wonders. Even normal people have been spotted in the area.

Following the run the B.C.'s are invited to enjoy the quaint atmosphere of the Chart Room, which at time floats on the Sacramento River. The Chart Room is best known by river rats & other non runners, for it's epicurean & liquid delights. Entertainment may be provided by the survivors of the Western States Trial 100 Mile Run with sordid tales of snow, rock, cold, heat, thirst, hunger, blood, pain and general suffering.

To enjoy all this just find your way to Broderick & the Chart Room (neatly tucked among the boats) on Sat. morning July 12 about 8:00 am. See map.

P.S. Don't be concerned that this fun is scheduled to conflict with both the K-108 & McIntosh Fun Runs ... We treat everyone equal!



TRAIL DROPPINGS....

***There's a new run in town. Sunday, June 1, with ideal cloud cover, but a little too much wind, was the first fun run put on by Second Sole. The 3 & 5 mile courses ran down Ethan way behind Cal Expo, over the levee to the bike trail, and then down the river on a dirt road to the turn around point.

Chip JIM DRAKE established the 3 mile course record by running a 17:40. The time for the 5 mile course was 30:18. Each participant received either a shirt or clip-on wallet. The winners were awarded gift certificates. Not bad for a free run. Mike and Jo Woodward, owners of Second Sole, announced that their races will be the first Saturday of each month. The runs will start at 1537 Howe Ave. at 8:30 am. The next race will be JULY 5, 1980. Plan on being a regular.

***JOHN MCINTOSH has announced that applications for the SACRAMENTO MARATHON (September 28) are now available. If you have any questions please direct them to John at 488-7181.

***Applications are also available for anyone interested in running the 4th of July River Run (at Glenn Hall Park), San Francisco Marathon (July 13), Eppies Great Race (July 19), and the 4th Annual Pear Fair 10 Miler (July 27).

GOLD COUNTRY HALF MARATHON
- GLENN BAILEY -

June 1, 1980

<u>Place Overall</u>	<u>Name</u>	<u>Time</u>	<u>Award</u>	<u>Div.</u>
21.	Howard Jacobson	1:27:53		
28.	Art Aggoner	1:30:43	1st	51-60
29.	Gordon Hall	1:30:50	3rd	41-50
38.	Debbie Bisbo	1:33:41	1st	18-30
79.	Greg Soderlund	1:44:53		

*the field included 126 finishers

GOLD COUNTRY MARATHON

June 1, 1980

<u>Overall Place</u>	<u>Name</u>	<u>Time</u>	<u>Award</u>	<u>Div.</u>
5.	Glenn Bailey	2:59:36	2nd	31-40
6.	Pete Schoener	3:01:53	3rd	31-40
10.	Mike Owen	3:07:33	3rd	18-30
17.	Elliott Eisenbud	3:14:21		
24.	Jeff Pearman	3:20:27		
29.	John Clark	3:25:15		
58.	Bob Derry	4:12:25	--His 1st marathon; congratulations!!!	

*the field included 67 finishers

BUFFALO CHIPS RUNNING CLUB

MINUTES OF MEETING

MAY 9, 1980

The meeting was called to order by High Dunger Elliott Eisenbud. The first order of business was a discussion of a track meet between the Buffalo Chips and the Sundance Running Club of Stockton. Mark Elgert was appointed to negotiate with them for a date in June or July.

There followed a lengthy discussion concerning the possibility of the Club's encouraging younger runners through sponsorship of the Capitol City Flyers. This was resolved with the passing of a motion that first our Club must file the necessary papers to become tax exempt, that the exemption must allow solicitation of funds for the promotion of running, and that then we could undertake the sponsorship of the Flyers.

It was suggested that the Club sponsor a National Marathoning Newsletter but the matter was tabled for lack of support.

The Buffalo Stampede is definitely scheduled for September 14, 1980 but the location has not been selected. Committees are being formed and plans will be finalized.

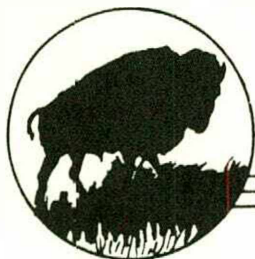
It was moved, seconded, and passed that the Activities Committee study the possibility of having a monthly, Sunday morning, family centered event. Plans are to be publicized in the Bulletin and the response measured.

There being no further business, the meeting was adjourned.

Respectfully Submitted,
Charles Merscreau
Dung Recorder

8
DAVE DAVIS
BUFFALO CHIPS RUNNING CLUB
9142 FIRELIGHT WAY
SACRAMENTO, CA. 95826

THIRD CLASS



BUFFALO CHIPS

RUNNING CLUB



No. 49

Elliott Eisenbud	High Dunger	482-1586
Mark Reese	Vice Dunger	443-1549
Charlie Mersereau	Dung Recorder	363-9660
Dave Davis	Dung Counter	363-9142
Sally Linn	Dung Coordinator	988-7602
Barbra Peach	Women's Coordinator	334-1009
Abe Underwood	Race Chairchip	392-7672
Dennis Dunbar	Dung Editor	362-2888

PARK TO PARK RELAYS

-Bill Stainbrook-

Everyone can expect to be outsmarted once in awhile, but its just plain foolish when it happens twice in the same day by the same person. That's exactly what Jim Drake did to me the day of the Park to Park Relays. First, he outsmarted me by utilizing a shorter route and a fast pace to go from behind me to in front of me, beating me to the first handoff point at Howe Park. Next, he convinced me that the winning team captain should write the story for the newsletter. Outsmarted again. Score, 2 - 0 in favor of Drake, but I'll get even pretty soon, Jim.

Chips showed up to run on 4 different teams and all ultimately made super showings by placing high in the overall standings. With the routes between checkpoints open to ones own inventiveness, the roads took an early victim in Adam Ferreira as he became lost and dropped "Boscoe" Bailey's team out of the lead. That should teach Glenn to bring in a ringer. More trouble befell Bailey's team when Howard Jacobson couldn't pull the number bib over his afro, but after some fast thinking he wadded the bib in his hand and was off. While this was all going on, Drake's team and mine were sitting in 2nd and 3rd in the mixed division hoping the leaders would read their road maps upside down or get stopped for running a red light. As it turned out, Carol Walker, Randy and Bev Marx performed a series of perfect handoffs, pulled our team out of the hole and into the division lead only to have Glenn Bailey pass us with 200 feet to go. Rich Hanna's team started out front and stayed there right through the finish line. When the dust had finally cleared, all had seemed to have a fun time and were honored with toad green visors.

- 3rd overall/1st Same Kind of Shoe div., Rich Hanna, et al*
- 4th overall/1st Potpourri div., Glenn Bailey, LaDonna Washington, Howard Jacobson, Adam Ferreira.
- 5th overall/1st Mixed div., Bill Stainbrook, Carol Walker, Randy Marx, Bev Marx.
- 8th overall/3rd Mixed div., Jim Drake, Gordon Hall, Joan Reiss, Debbie Bispo.

*(Rich, sorry I didn't know the other members of your team.)



LETTER FROM THE EDITOR....



Every now and again it happens that someone's race performance is overlooked when reported in this august journal. And so it is that I once again find myself apologizing for the inadvertent slight. Congratulations are in order for JOAN REISS for her performance in the San Francisco Marathon. Joan set a new PR for herself in finishing in 3:13, the 2nd Masters Woman.

Again, no one need feel shy about letting me know if their performances are overlooked - keep those cards and letters coming folks (however, I am immediately returning those letters that are marked 'IBM', in any fashion...)

In the early part of August a new parcourse opened in William Land Park, an 18 station, 2 mile running-exercise course. Those of you who are interested in overall strength should really give it a try.

The course is run on the grounds surrounding the golf course. Traffic is hardly a problem, which is nice for a change, and running on the grass is certainly easy on the legs. The 18 stations are, for the most part, designed for upper body strength although the Isometric Squat station and the Step Up station give the legs a fair workout. Perhaps leg strength is supposed to be acquired by the 2 mile 'run', although I didn't find the running aspect of the parcourse that demanding.

Each station has three recommended levels: beginning, sporting, and championship parcourse, a little something for everyone.

Actually, I had a pretty good time doing the chin-ups, vaults, log-hops, push-ups, body curls, etc., even if I did find myself sore the next day. However, the soreness I felt pointed out a painful reality to me, a possible weakness in the program. To gain the greatest benefit from the parcourse for overall fitness and strength I would think that the course should be run anywhere from 3 times a week to daily. However, unless you live in the general vicinity of the Park I doubt that the course is conveniently located for that kind of dedication. But if you're looking for an interesting and unique work-out to supplement your running the parcourse might be an interesting diversion every now and then. There is another parcourse located at ARC, for those of you living in that area. I haven't tried that one yet - maybe by next issue.....

There are a few races coming up rather quickly. If you haven't made arrangements yet I suggest you look at the race schedule and 'Trail Droppings...' for details..

'til next time, good running.

Dennis

DEADLINE FOR NEXT NEWSLETTER: November 29, 1980
Send Articles to: 3557 Gemini Way, Sacramento, Ca. 95827
or call, 362-2888



Running Schedule



Sat	Oct	4	SACRAMENTO ZOO ZOOM (1/2 mi, 5 & 10 K), Sacto Zoo, 7:30 am
Sac	Oct	4	BE SPECIAL BENEFIT (3 mi loop), Cal Expo, 8 am
Sat	Oct	4	FALL FUN RUN (1/2, 3 & 6 mi), Renfree Park, 8:30 am
Sun	Oct	5	VICKI MARIE SUNDAE RUN (1/2, 2-1/2 & 5 mi), 49th & Folsom, 9 am
Sun	Oct	5	UNIVERSITY UNION FUN RUN (3 & 6 mi), CSUS, Time ?
Sun	Oct	5	COOL FOUNDERS DAY RUN (1/2, 3 & 6 mi), Cool, Hwy 49 & 193, 9 am
Tue	Oct	7	B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Sat	Oct	11	K-108 FUN RUN (3 & 5 mi) Old Town, 8:30 a.m.
Sun	Oct	12	OUT & ABOUT RUN (10K), Sacto City Hall, 9 am
Sun	Oct	12	SAM'S TOWN MARATHON (& 1/2 Mar.), Sam's at Cameron Park, 9 am
Tue	Oct	14	B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Sat	Oct	18	MC INTOSH FUN RUN (1/2, 3 & 6 mi), El Camino Store, 8:30 am
Tue	Oct	21	B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Sat	Oct	25	GRANITE BAY (5 & 10 K), Granite Bay, Folsom Lake, 9 am
Sun	Oct	26	LOOMIS BASIN RUN (3 & 10 mi), Loomis School, 9:30 am
Tue	Oct	28	B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Sat	Nov	1	WEINSTOCK'S 5 MILE, Downtown Plaza, 6th & K, 9 am
Sun	Nov	2	SACRAMENTO SIXTY, (60 K), Enterprise Blvd., W. SAC, 8 am
Sun	Nov	2	APPLE HILL HARVEST RUN (1/2, 3 & 6.5 mi), Apple Hill, 9:30 am
Tue	Nov	4	B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Sat	Nov	8	K-108 FUN RUN (3 & 5 mi), Old Town, 8:30 am
Sat	Nov	8	SACRAMENTO COURT CUP FUN RUN (1/2, 3 & 6 mi), Enterprise & Howe, 9 am
Tue	Nov	11	B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Sat	Nov	15	MC INTOSH FUN RUN (1/2, 3 & 6 mi), El Camino Store, 8:30 am
Tue	Nov	18	B.C. BIKE TRAIL RUN, Guy West Bridge, CSUS, 6 pm
Sun	Nov	23	PEPSI 20-MILE RUN, Clarksburg High School, 11 am

This schedule is as accurate as possible at the time of printing. It is, of course, subject to change. Most runs have a \$3 to \$5 entry fee. Buffalo Chip (B.C.) trail and club runs are free. McIntosh Fun Runs have a 50¢ donation. Other race details are usually available at local running stores. If you know of changes or additions to this schedule, call A.J. Underwood at 392-7672.

This schedule is prepared by the BUFFALO CHIPS RUNNING CLUB for your running enjoyment. For additional information about the CHIPS, write Dave Davis, 9142 Firelight Way, Sacramento, 95826

1902
101-12

THE BUFFALO CHIPS RUNNING CLUB
challenges you to the



(37 miles - 476 yards - 2 feet - 4.8 in.)

DATE: Sunday, November 2, 1980. Starting at 8:00 a.m.

LOCATION: West Sacramento on Enterprise Blvd. From I-80 (going either east or west) take the West Capitol Ave. Exit and follow the signs to the start about 1/4 mile south of the freeway.

COURSE: A flat, paved two-mile loop in the industrial area near the Port of Sacramento. The scenery isn't great but the course does provide an opportunity to concentrate on pace and test yourself in a challenging ultra-distance experience.

ELIGIBILITY & ENTRY FEE: There are no eligibility requirements for this race. Entry fee is \$5. Please help out and pre-register by mail.

AWARDS: Trophies to first man and woman. Medals to top division finishers as follows: Five deep to men and two deep to women in each of these divisions: Open, 30-39 & 40+ Other awards to all finishers.

OTHER INFO: Each runner must provide his own lap counter. Lap sheets will be provided. All official runners must wear race numbers which are visible to the front at all times. The Buffalo Chips will provide two aid stations (ERG & H2O). This is basically a no-frills race (no showers, etc.). Make checks payable to the Buffalo Chips and mail to:

Hal Baker, 1182 Cavanaugh Way, Sacramento 95822
For info. call (916) 443-4514

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all claims that I may have against the persons and organizations affiliated with the race, the officials, the County of Yolo, the Buffalo Chips Running Club, and the sponsors while participating in or traveling to or from the Sacramento Sixty on November 2, 1980. I further attest that I am physically fit and have sufficiently trained for competition in this event.

NAME _____ SIGNATURE _____ DATE _____
ADDRESS _____ CITY _____ ZIP _____
CLUB _____ BIRTHDATE _____ AGE _____

DIVISIONS:

(Circle One): Men OPEN 30-39 40+
Women OPEN 30-39 40+



ADDITIONS AND CORRECTIONS TO THE CLUB MEMBERSHIP LIST

CORRECTIONS:

Jerald and Kathryn Blinn
P. O. Box 315
Quincy, CA 95971

Stephanie Bryant
30 Chief Court
Sacramento, CA 95833
H 929-4811

Cliff Flores
7230 Zelinda Drive
Fair Oaks, CA 95628

Perry/Sally Linn
5936 Deary Way
Orangevale, CA 95662

Jim O'Neil
4432 Via Amable
San Diego, CA 92122
H (714) 452-1875

Francis H. Palmer Jr.
217 Ruth Avenue
Venice, CA 90291

D.R. Sandoval
4637 Freeway Circle
Sacramento, CA 95841

Karen R. Smith
7 North Cleveland St.
Woodland, CA 95695
W (415) 545-3400

Barry Sugeran
5142 Long Canyon Drive
Fair Oaks, CA 95628

ADDITIONS:

Dean L. Baker
4136 West Point
North Highlands, CA 95660
H332-2378 dob 10-16-57

Mark Evenson
5617 Sapunor Way
Carmichael, CA 95608
H 332-4321 W 453-3014
dob 3-2-51

Paul Favero
3105 Sierra Oaks
Sacramento CA 95825
H 483-4545 W 487-9100
dob 12-12-30

Bob (Snake Bite) Hall
7125 - 24th St.
Rio Linda, CA 95673
H991-6384 W 383-6622
dob 3-7-36

Robert W. Harral Jr.
1045 Carrie St. Box 332
Broderick, CA 95608
H 372-5887 W 372-5620
dob 9-14-37

Jeff Hayes
1145 Rivara Circle
Sacramento, CA 95825
H 488-4798 W 481-1173
dob 4-19-56

Debbie Johnson
6232 Wedgefield Way
Orangevale, CA 95662
H 969-9259 W 323-2248
dob 1-30-51

Chuck Kilbourne
8674 El Sobrante Way
Orangevale, CA 95662
H 722-2675 W 624-2491
dob 10-14-51

Lou Kinney
1010 Seamas Ave
Sacramento, CA 95822
H 443-3263 W 920-5775
dob 2-28-43

Manuel J. Leon
114 East Ranch Road
Sacramento, Ca. 95825
H. 486-0489 W 445-4221
dob 6-6-25

Lynne Lewin
5142 Long Canyon Drive
Fair Oaks, CA 95628
H 988-2106 dob 10-29-65

Walter J. Little
13 W. Beamer
Woodland, CA 95695
H 662-6020 W 482-5400
dob 1-2-45

Jim Middleton
2129 Bircher Way
Carmichael, CA 95608
H 482-0658 W 444-2472
dob 12-5-34 After 4 pm

Mike Miller
1530 McClaren Dr.
Carmichael, CA 95608
H 488-3833 W 445-2898
dob 9-12-41

Bob Porta
1091 Perkins Way
Sacramento, CA 95818
H 441-2993
dob 6-16-43

Ivan Rarick
2930 Eastern Avenue
Sacramento, CA 95821
H 482-7348 W 483-5573
dob 4-16-35

Mike Reilly
1324 McClaren Drive
Carmichael, CA 95608
H 487-7713 W 322-9606
dob 6-8-49

Jon H. Shelgren
9753 Ashford Court
Sacramento, CA 95827
H 366-1146 W 322-5031
dob 6-20-40

Curt Sproul
P. O. Box 675
Weimar, CA 95736
H 878-0591 W 443-8161
dob 12-7-48

Charlotte E. Williams
3915 Noble Court
Sacramento, CA 95821
H 481-0709 W 486-5878
dob 6-22-32

'WHERE THE HELL IS TRUCKEE RUN'

Sept. 7, 1980

-Hal Baker-

The run starts in Tahoe City and 18 roller coaster miles later ends at the Hilltop Lodge overlooking Truckee. I planned this as a fun run and it was all I hoped for. It's not a tough run although there is a 1300 foot altitude gain that then turns down at about seven miles. The scenery is outstanding and the cold beer at the finish wasn't bad either. There was a two man band at the finish and merchandise awards aplenty. Since I am unaware of times I'll just list those Chips who ran (that I am aware of anyway): Dave Roeber (6th overall), Stewart Hans, Joan Reiss (beat Paul), Paul Reese, and bringing up the rear (at least of the Chips) me. I highly recommend this race because of the small number of entrants (120), great course, and good quality T-shirt.

Below is a letter the Club recently received via Dave Davis from Curt Sproul, Western States 100 Race Director. I am pleased to share it with all members, and I'm sure that those of you who ran the WST will find it particularly interesting...

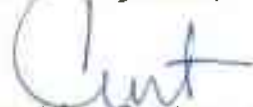
Dear Dave:

I just received the August issue of the Buffalo Chips newsletter and speaking as President of the Western States Trail Foundation I want to thank you and the Chips for the wonderful coverage and support you have given to the Western States Run. As a run manager I particularly appreciated the comments of Charlie Mersereau which emphasized the element of team effort in making possible what has become a life changing experience for all of us who have shared in the W.S.T.F. 100.

As you know, I live in Weimar and the other evening I was running the river canyon near my home, putting in a few hard miles. As I came to the high point on the canyon rim I looked east in the fading evening light and caught the gold flash of the fading sun on the Duncan Peak look-out station near Robinson Flat - almost 70 miles away (and 30 miles into the 100 mile course). I couldn't help but feel the force of what lay between me and that light and the challenge that it offered in next year's Run. I hope I will be joined by a legion of other Buffalo Chips going over the top on June 22, 1981.

Thanks again for all the fantastic articles.

Best regards,



Curtis Cutter Sproul

REFLECTIONS ON A LONG NIGHT

-George Parrott-

As one of the masochists facing the Western States 100 for the second year, I came to the starting line much more relaxed than in 1979 - and according to many of my cohorts much less trained. In preparation for this joyous experience I had avoided the training runs in the "canyons" and devoted most of my time to what I call regular marathon preparation.

With the sound of the gun, or whatever was the signal to start that quest, I started much more conservatively than the previous year and only jogged a small part of the way up the slope out of Squaw Valley. Almost all the remaining uphill in the first 25 miles were also walked, but after 25 or so I started jogging slight uphill too, and I reached Robinson Flat feeling quite good. From Robinson Flat to Michigan Bluff my confidence continued to soar, as I ran - yes, O High Dunger, RAN, the canyons with high spirits and like so many of the Chips, really appreciated Barbra Peach and her chocolate chip cookies all along the route.

Approaching Michigan Bluff, I met Mike Morrow at rest in a creek, and we pushed on into civilization together. Seeing Heike looking for a familiar face about a mile before the checkpoint got the adreneline going and Mike and Susan along with Heike and myself charged into the 60+ mile point.

From Michigan Bluff to Foresthill Heike and I continued to press, I believe she might describe this as crawling, but it seemed satisfying to me, and I ran the uphill into Bath Road for my only shoe change with an aid stop provided by my wife and another sadistic friend. Going through Foresthill my ego got the better of my intelligence, and I picked up the pace to something shocking. I don't know how fast it was, but in two miles my hamstrings started to tie up and this was to continue for another 18 miles.

Heike, along with Bonnie and Jeff in the car, drug me along to White Oak Flat, and there Marv Poyser took over co-runner duties from Heike and we were able to make the river just about ten minutes after dark. Crossing the river, I was faced with my first real problem - I didn't know the new section of course, and sure enough in the stupor of 75+ miles I was still able to convince Marv to turn down some really remote and, in hindsight (where all is clear) stupid wrong trail. After about an hour on this ankle busting, quad killing disaster, we found FOOTPRINTS - of runners, however, they seemed to be going the wrong way. After backtracking a ways, we met several groups of fellow night travelers, all who told us we were lost, and arrived at the 88 mile checkpoint. Cursing heaven, earth, Curt Sproul, Wendell Robie, and all their kin, we were allowed to continue back on the proper course.

From the 88 mile point on to the finish was certain, the time less so. I was in tolerable shape over that last twelve miles, but I still walked more than I needed to.....

I finished behind Mike (Morrow, ed.), Borg, and Marc with a time of 22:24; I have no idea what my wrong turn did to my actual course measurement, but I don't think it did anything to our final ordering. In any event, I'm entered for next year, so I will try to follow the normal course then.

STATE OF THE HERD

This has been a busy time of the year for our club with the Buffalo Stampede, Lake Tahoe Run, and the Sacramento Marathon within fifteen days. The new location for the Stampede worked out well and the race went off with only a few hitches: the custodian forgot to open the rest-rooms and I had to waken the school guard at 7 A.M. Sunday; Bill Stainbrook got a ticket from the CHP (badge # 2241) while out marking the course; not enough large and extra large tee-shirts; not enough drinks at the finish. I feel the race came off pretty well for a last-minute effort, and we are planning on doing it again next year, Sept 13, hopefully without the above problems. The bills are not all in yet, but we will probably wind-up 600-800 dollars ahead,

Now, what to do with all the money we made? This will be one of the topics at our next club meeting on WED. OCT 8, at 7:30 PM at Sam's Hof Brau, back room, located at Watt and El Camino. I'll make sure that the room is available. Two ideas so far have been to use the money to pay for part of a par course for CP victims (each station costs \$600) or to buy racing equipment for the club (ie: a cronomix etc). Please think about this and come to the meeting with some good ideas.

There is now a BUFFALO CHIPS Potatoe Chip Company. I got a tour of their plant in Rancho Cordova and took a couple of crates up to the Lake Tahoe 72 miler. The owner is really enthusiastic about supporting our club races etc, although right now its a pretty small operation.

If you are thinking about signing up for the Western States for 1981 forget it.....the race has been full for the past month (they took 280 people). Better get hold of a 1982 application fast... Even the Lake Tahoe 73.5 (or 72 ???) miler is getting crowded with over 100 starters this year. Congratulations to all the Chip finishers, especially to Jim Drake and John Clark, both first timers at this distance. Barbara Peach was my handler this year and did a fantastic job....now I know why Charlie Mersereau ran so well last year.

Our Club is growing steadily and I hope that with all of the new members some will show some interest in helping out or organizing some of the club runs. We always seem to see the same old faces at our meetings. Please try to make it to our next meeting, especially the new members. We could really use some new input on such things as fun runs, races, programs for younger runners etc etc. I've heard some talk about starting a racing team for women Chips which would include a coach and regular work-outs. These are some of the things that we would like to hear about at the next meeting.

If anyone is interested in doing the Catalina Marathon next March let me know by late November- Having run it last year I will be getting an application a week before they are otherwise available and will be glad to xerox a few copies.....I also know of a marathon that drops 2500 feet with no uphill....anyone interested?

see you on the trails,

J 11/10/11

LAKE TAHOE 72 MILE RUN
Sept. 19, 1980

This years running of the 5th annual Lake Tahoe 72 Mile Run (a Club co-sponsored event with Pepsi of Reno) was won by Robert Perez of Corpus Cristi, Texas. Perez, 31, established a new course record with a clocking of 9:20:22, run under almost ideal weather conditions. The old record was 9:45:22, established by Don Choi of San Francisco in 1976.

The top female finisher was Martha (Marty) Maricle, 47, from San Francisco, who finished in 13:14:28.

Several Chips were successful in navigating the course this year and congratulations are certainly in order for their fine performances:

18.	George Billingsly	58	12:02:55	1st in age group
20.	Elliott Eisenbud	37	12:08:21	
21.	Jim Drake	40	12:11:44	
25.	Wayne Miles	33	12:48:00	
47.	John Clark	38	14:23:50	

THE NIKE-OTC MARATHON

-George Parrott-

A small, but intense, part of the herd journeyed north to Eugene to see how the Eagles gather and the biggies play. The race started promptly and the weather was nearly ideal for record pacing. A cloud front had come in overnight, and a light mist came down during the course of the agony. Heike Skaden showed that her quality training this past two months under the tutelage of John Mansoor, and the summer's rest after her grueling track season all came together to produce a beautifully even paced 2:42 and a finish somewhere in the top ten women representing an international field (the winning women's time was 2:31!!!). Bev Marx suffered ankle problems but hung on gamely for a 3:07, and Marv Poyser showed that his readiness was equal to the test with a new PR of 3:13. Heidi Skaden-Poyser had a frustrating time on the course with a 3:16. I enjoyed watching Heike moving easily through 20K at her pace, but from 20K to 35K I wanted to find a doughnut shop - there weren't any, so I persisted to the finish line in 2:50. The T-shirts were very nice, the race very well put on, and the course is fast - it was almost worth driving 530 miles.

Note: Brooks Shoe Company is sponsoring Heike now, and supported her participation in the Nike-OTC Marathon, and will for both New York and Boston if she decides to enter those.

All Chips are encouraged to attend and participate in the next Club business meeting, October 8th (Wednesday), 7:30, at Sam's Hof Brau, El Camino and Watt. We'll be talking about money, your money, so don't fail to be there!

TRAIL DROPPINGS.....

***October 4th promises to be a busy day for runners. You'll have your choice among three local races.

The "Be Special" Benefit Run is a 3 hour event run around a 3 mile loop. This is sponsored by the Department of Parks and Recreation and the proceeds will go to the Special Olympics. So, grab some pledges and go for as many miles as you can in 3 hours.... Cal-Expo could be nice this time of year.....

The ZOO ZOOM is also the 4th. A 5 and 10K event, with a 1/2 mile run for the kids, this one will be run through William Land Park. Proceeds from this race will benefit the Sacramento Zoological Society. If I was fast enough I'd go for this race - OSTRICH EGGS to the division winners are certainly unique awards! See the flyers in this issue for details on this one as well as to apply for the race...

Rounding out the triad of Saturday races is the Fall Environmental Festival Fun Run. This race will get underway at 8:30 for the 1/2 mile race for the youngsters. The 3 and 6 mile races will commence at 9:00. The 3 & 6 mile courses will travel over grassy areas and dirt roads, no paved surfaces, along Arcade Creek. The start/finish in at Renfree Park, 3485 Auburn Blvd. Proceeds from this race will go to benefit the Sacramento Junior Museum. T-shirts will be given to all who pre-register, but you'll have to move fast - the cut-off date is Oct. 1. It's 50¢ for the 1/2 mile run, \$4.00 for the 3 & 6 mile events. Contact Dixie Schneider, Race Director, at 8508 Hans Engle Way, Fair Oaks, Ca., 967-6526 for information or apps....

***No one in the Club is celebrating a birthday in October that moves them into a new age category, but do we have a new bunch of Master Runners coming out of November. Birthday greetings and good running in their new age groups are extended to:

Kelly Davis	11-24-40
Jim Finnegan	11-22-40
Pete Schoener	11-10-40
Beverly Sherman	11-19-50
Don Spicklemeyer	11-1-40
Gary Waldsmith	11-12-40

CAPITOL CAMPUS ALUMNI RUN

August 30, 1980

-Jim Drake-

The course is a 4 mile cross country course run at Sacramento State. Chips of note included:

Andy Wright	22:57	1st	Men 13-19
Frank Krebs	21:13	1st	Men 30-39
Bob Barbeau	22:28	1st	Men 40-49
Jim Drake	23:38	2nd	Men 40-49
Marge Larson	?	1st	Women 50+
Karen Frincke	29:12	1st	Women 40-49

We needed a Chips runner to compete in the open division...to beat Mike VanHorn, 19:13, 1st and Jim White, 19:24, 2nd.

FINANCIAL STATEMENT -- Folsom 10K, July 6, 1980

<u>Income</u>	\$308.00	<u>\$308.00</u>
<u>Expenses</u>		
Awards	\$ 63.78	
Entry Forms	29.98	
Refreshments	15.45	
Results	34.49	
Misc. Expenses	16.39	<u>\$160.00</u>
	Balance to Club	<u>\$148.00</u>

Thanks to:

Race Director - Frank Krebs
Water Station - Lori & Jeri Krebs
Registration - Barb Peach, Elliott Eisenbud, Ken Johnson,
 Elaine Hocking, Jim Drake, Charlie Mersereau
Finish Timers - Walt Betschart, Glenn Bailey
Finish Board - Dan Davidson
Awards - Bob Hedges, John Mansoor

--Abe Underwood--
-Race Chairchip-

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

THIRD CLASS



BUFFALO CHIPS



RUNNING CLUB

No. 54

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

Dec. 11, 1981

SIERRA CREST SURVIVAL RUN -Charlie Mersereau-

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

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

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

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

FELIZ NAVIDAD

JOYEUX NOEL

MERRY CHRISTMAS



LETTER FROM THE EDITORS...



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

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

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

'til next time, keep running....

Dennis

Hey CHIPS!

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

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

Deadline date for next issue: January 16th. Call or write: Marge Hansen, 2416 E 1st St., Sacto, 95822-- 426-5923.

Marge

Frank and Ernest



STATE OF THE HERD

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

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

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

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

Charlie

Loomis Basin 10-Miler Bosco Bailey

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

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

A CHIP CHIT
Bosco Bailey

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

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

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

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

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

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

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

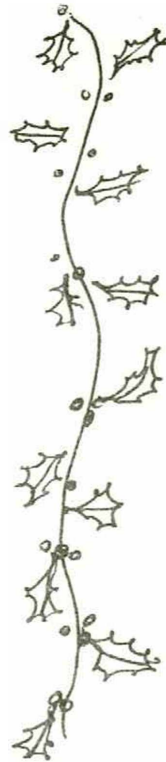
Continued

(Continued CHIP CHIT)

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

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

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



CHIPPERS PARTEA

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

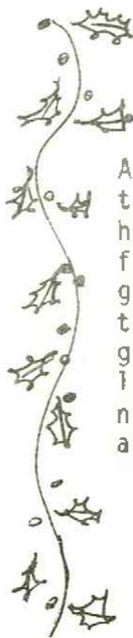
2416 EdnaSt., 99 South to Fruitridge West, 2nd light, turn left - two more lights and turn left onto Edna

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

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

ZOO ZOOM

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



SIERRA CREST SURVIVAL RUN
Michael W. Owen

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

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

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

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

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

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

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

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

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

FROM THE BETTER LATE THAN NEVER DEPARTMENT...

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

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

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

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

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

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

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

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

HOPE YOU ALL HAVE A LONG RUN
OF HOLIDAY FUN

- MARGE AND DENNIS -

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

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

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



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

STOCKTON MARATHON

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

STOCKTON HALF MARATHON

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

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

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

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

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

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

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

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

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

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

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

OAKLAND MARATHON

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

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

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

HALF MARATHON

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

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

MORE FROM THE BETTER LATE THAN NEVER DEPARTMENT...

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

CLUB SINGLETS/JACKETS AVAILABLE

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

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

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

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

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

CALIBRATION COURSE

-Mike Miller -

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

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

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

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

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

1981 CLARKSBURG CLASSIC 20

George Parrott

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

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

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

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

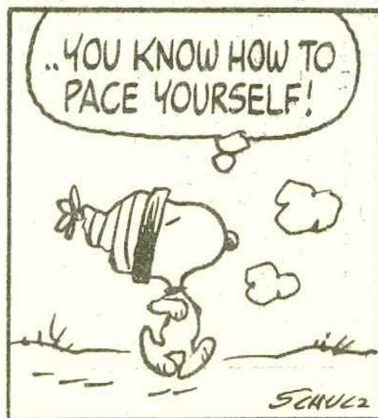
It appears that our use of the Sac State track is being restricted (read that prohibited). Use to be the track was available for public use. It seems that since the new track has been put in, the new head track coach (Joe Neff) has decided that no post-collegiate runners will use the track. Consequently,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

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

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

PEANUTS

By Charles Schulz



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

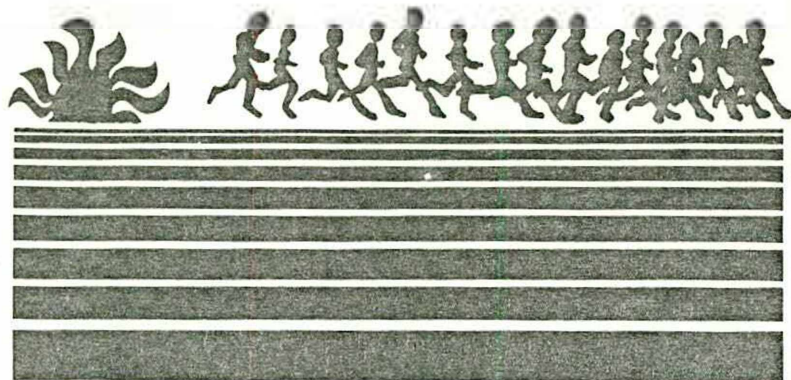


Running Schedule



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

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



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

California 10

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

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

SANCTION: TAC SANCTIONED AND NATIONAL COURSE CERTIFICATION!

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

REGISTER: INDOOR CHECK-IN AWARDS CEREMONY RACE BANQUET

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

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

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

AWARDS:

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

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

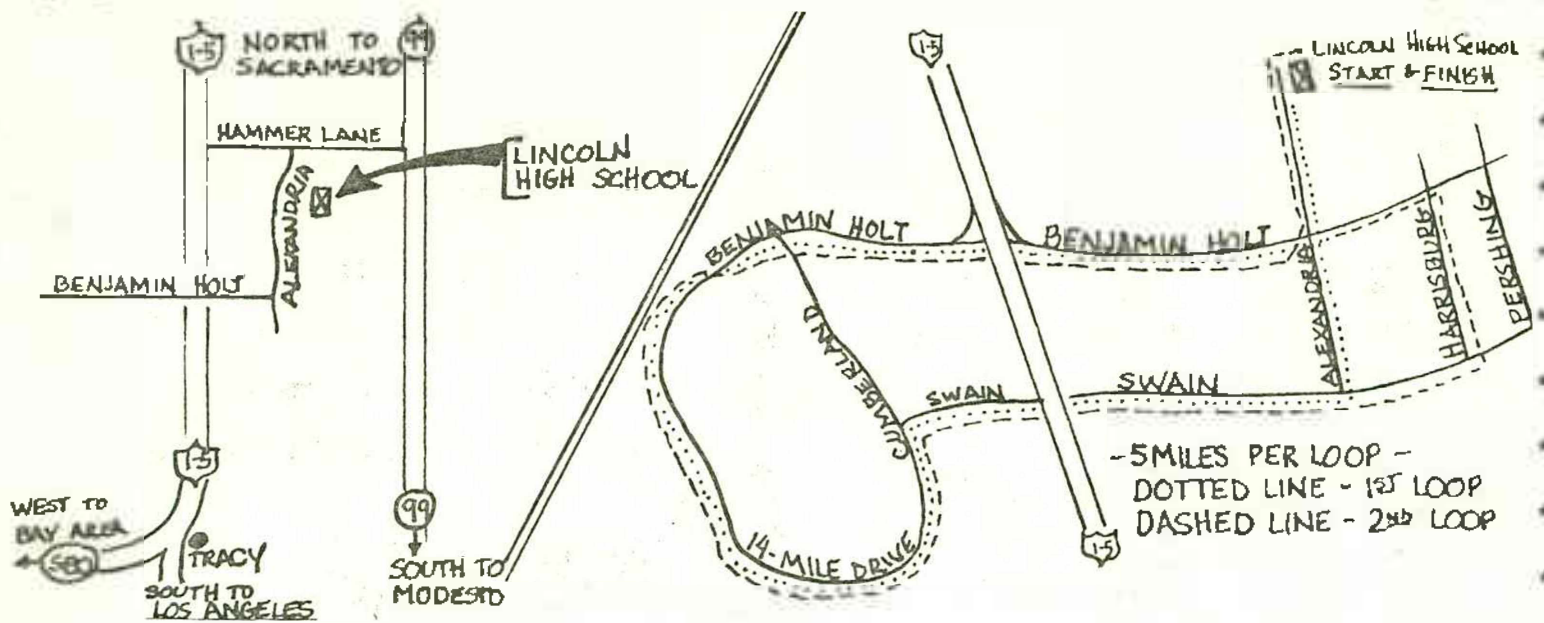
SPORTS SHOE CITY

BASKIN ROBBINS (Stockton)

MIDAS MUFFLER

DELTA DERMATOLOGY

QUAIL LAKES ATHLETIC CLUB



DIVISIONS & RECORDS

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

ENTRY BLANK

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

Cut & Send

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

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

(Parent signs if runner is under 18!)

PRINT NAME CLEARLY _____ AGE _____ M or F _____

ADDRESS _____ CITY _____ ZIP _____

PHONE _____ TAC# _____ CLUB _____

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



BUFFALO CHIPS



RUNNING CLUB

NO. 49

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

Jan. 20, 1981

RUSTY DUCK SUNDAY BRUNCH RUN

February 8, 1981

8:00

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

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

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

VALENTINES DAY POT LUCK AND PRE 50 MILER CARBO-LOADER

-Bev Marx-

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

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

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



LETTER FROM THE EDITOR....



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

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

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

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

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

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

'til next time, good running

Dennis

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

STATE OF THE HERD

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

CHIP RACES

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

SPECIAL EVENTS

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

CONTINUING ACTIVITIES

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

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

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

Other Possible Events Contingent Upon Interest

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

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

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

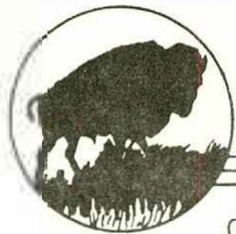
Yours for good runs and good times

Charlie
Charlie Mersereau, High Dungen

3rd ANNUAL YEAR END MARATHON DEC 27,1980

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

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



BUFFALO CHIPS

RUNNING CLUB



No. 50

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

Mar. 10, 1981

NEW ZEALAND NEWS AND OTHER THINGS....

-Abe Underwood-

file copy

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

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

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

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

BIRTHDAY RUN

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



LETTER FROM THE EDITOR....



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

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

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

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

'til next time, good running,

Dennis

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

TRAILS END MARATHON

-Mike O'Neil-

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

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

STATE OF THE HERD

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

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

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

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

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

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

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

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

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

CHIP WOMEN WIN PA-TAC MARATHON TEAM CHAMPIONSHIP

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

Other outstanding Chip performances were as follows:

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

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

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

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

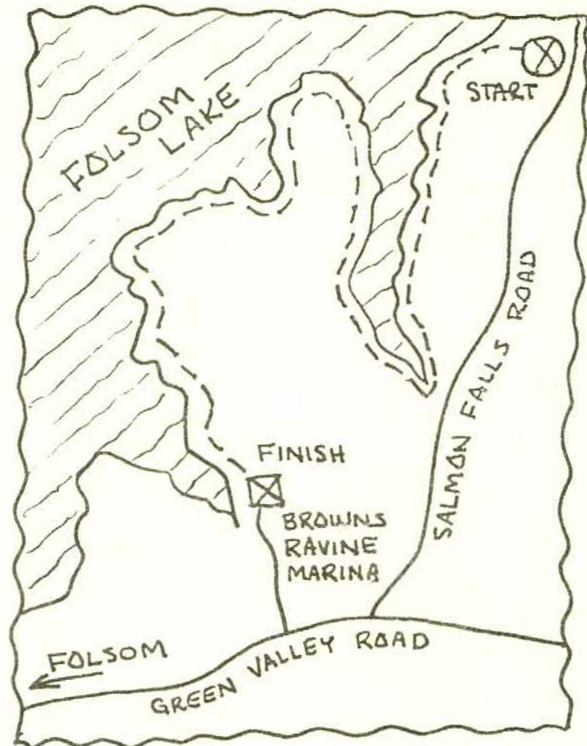
4TH ANNUAL MUD RUN SPECIAL

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

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

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

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



4TH ANNUAL MUD RUN SPECIAL

SUNDAY

MARCH 29, 1981

9:00

RUSTY DUCK A FOGGY SUCCESS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

BUFFALO CHIPS RUNNING CLUB

Financial Statement

1980

January 1, 1980 Balance \$ 675.30

Receipts:

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

Total Receipts \$1,139.00

Expenditures:

AAU Dues and Fees. \$ 75.25

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

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

Postage. 75.00

B. C. CLUB Party 100.00

Bank Checking Account Service
Charge. 2.50

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

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

Total Expenditures \$1,520.89

December 31, 1980 Balance \$ 293.41

dave davis
Dung Counter

TRAIL DROPPINGS.....

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

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

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

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

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

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

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

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

-Jim Drake-

Received from Christchurch, New Zealand:

Scribe and his BC's,

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

-Abe-

Sporting Life



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

HELP WANTED COLUMN - Chip Classifieds.....

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

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

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

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

THIRD CLASS

ALL CHIPS GOING TO THE BOSTON MARATHON- ATTENTION!

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



Running Schedule



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

This schedule is as accurate as possible at the time of printing. It is, of course, subject to change. Local runs are underscored. Buffalo Chip (B.C.) trail runs and club runs are free. McIntosh Fun Runs have a 50¢ donation. Most races require an approximate \$3 to \$5 entry fee. Other race details are usually available at local running stores. If you know of changes or additions to this schedule, call A.J. Underwood at 392-7672, or John McIntosh at 488-7181.

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

APPLICATION FOR MEMBERSHIP

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

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

YOUR BIRTHDATE _____

IF FAMILY MEMBERSHIP LIST OTHER FAMILY MEMBERS AND THEIR BIRTHDATES:

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

APPLICATION FOR MEMBERSHIP

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

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

YOUR BIRTHDATE _____

IF FAMILY MEMBERSHIP LIST OTHER FAMILY MEMBERS AND THEIR BIRTHDATES:

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

CATHY HALE/DENISE COOK MEMORIAL RUN

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

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

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

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

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

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

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

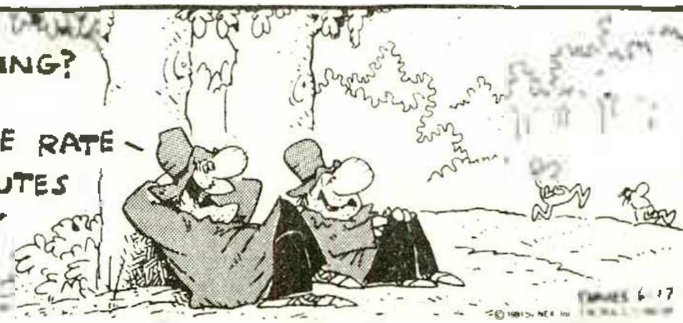
Coach Dennis says:

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

-Hal Higdon-

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



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

-Abe Underwood-

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

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

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

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

Dear Abe,

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

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

Best regards,
Doug (Latimer)

Dear Abe,

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

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

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

Thanks again,
Mike Levin

TRAIL DROPPINGS.....

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

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

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

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

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

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

SUNDAY CLUB RUNS IN THE OFFING...

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

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

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

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

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

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

QUESTION: WHAT'S A "MUD RUN"?

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

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

THIRD CLASS



Running Schedule



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

This schedule is as accurate as possible at the time of printing. It is, of course, subject to change. Local runs are underscored. Buffalo Chip (B.C.) trail runs and club runs are free. McIntosh Fun Runs have a 50¢ donation. Most races require an approximate \$3 to \$5 entry fee. Other race details are usually available at local running stores. If you know of changes or additions to this schedule, call A.J. Underwood at 392-7672, or John McIntosh at 488-7181.

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

APPLICATION FOR MEMBERSHIP

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

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

YOUR BIRTHDATE _____

IF FAMILY MEMBERSHIP LIST OTHER FAMILY MEMBERS AND THEIR BIRTHDATES:

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

APPLICATION FOR MEMBERSHIP

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

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

YOUR BIRTHDATE _____

IF FAMILY MEMBERSHIP LIST OTHER FAMILY MEMBERS AND THEIR BIRTHDATES:

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

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

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

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

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

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

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

ENTRY LIMITED: First 2000 paid entries accepted.

ENTRY FEE: \$10, non-refundable.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

.....

1981 Avenue of the Giants Marathon ENTRY FORM

NAME _____ Social Security Number _____

Address _____ City, State _____ Zip _____

Age _____ Date of Birth _____

Sex _____ T-shirt size _____

Time you expect to run this race _____

WAIVER STATEMENT:

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

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

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

GARBERVILLE 95440

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

Johnston's Motel, Redwood Dr. 923-3327

Lone Pine Motel, 912 Redwood Dr. 923-3520

Motel Garberville, 948 Redwood Dr.
923-2422

Motel Rancho, 987 Redwood Dr. 923-2451

Sherwood Forest, 814 Redwood Dr. 923-2721

White Motel, 965 Redwood Dr. 923-2561

Singing Trees, Box 400, 247-3434

REDWAY 95560

Dean Creek Resort, Redwood Dr. 923-2555

Forty Winks Motel, Redwood Dr. 923-2660

PHILLIPSVILLE 95559

Deerhorn Lodge, Ave. Giants 943-3024

Madrona Motel, Ave. Giants 943-3108

MIRANDA 95553

Greenwood Manor Motel, Ave. Giants
943-3228

Miranda Garden Resort, Ave. Giants
943-3011

Whispering Pines Resort, Ave. Giants
943-3160

MYERS FLAT

Redwood Motel, Ave. Giants 943-3315

Jumble Shop Motel, Ave. Giants 943-3228

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

WEOTT

Sequoia Motel, Weott Heights Rd. 946-2276

REDCREST-PEPPERWOOD 95569

Redcrest Motor Inn, Ave. Giants 722-4208

Stafford RV Park, North Rd. 764-3416

RIO DELL 95562

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

Humboldt Gables Motel, 40 W. Davis
764-5609

Rio Dell Motel, 3 W. Center 764-3759

PIERCY 95467

Hartsook Inn 247-3305

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

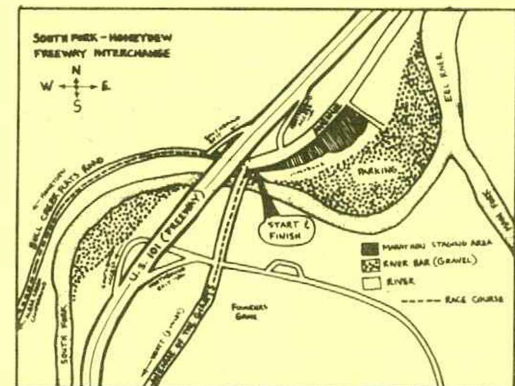
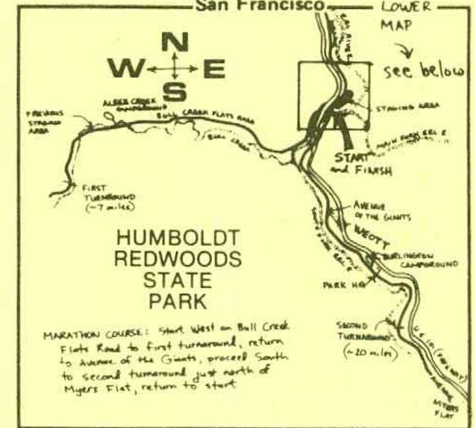
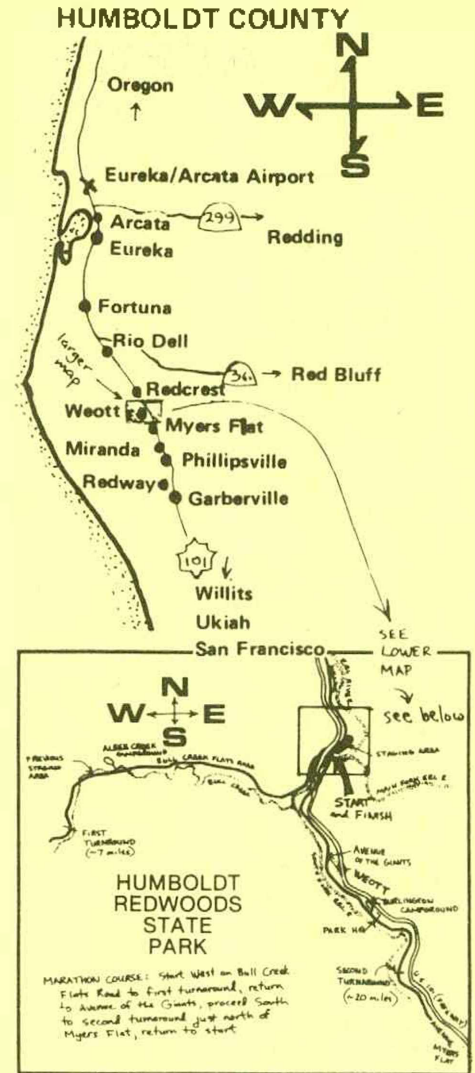
CONSIDER RV: Since motels are limited in regions close to the race, participants might consider the use of a recreational vehicle. RVs can be accommodated at Benbow, Dean Creek and at the several campgrounds.

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

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

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

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



THE BUFFALO CHIPS RUNNING CLUB
invites you to participate in the



Jed Smith 50 Mile Classic

and Pacific Association 50-Mile Championships

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

JEDEDIAH SMITH 50-MILE CLASSIC

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

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

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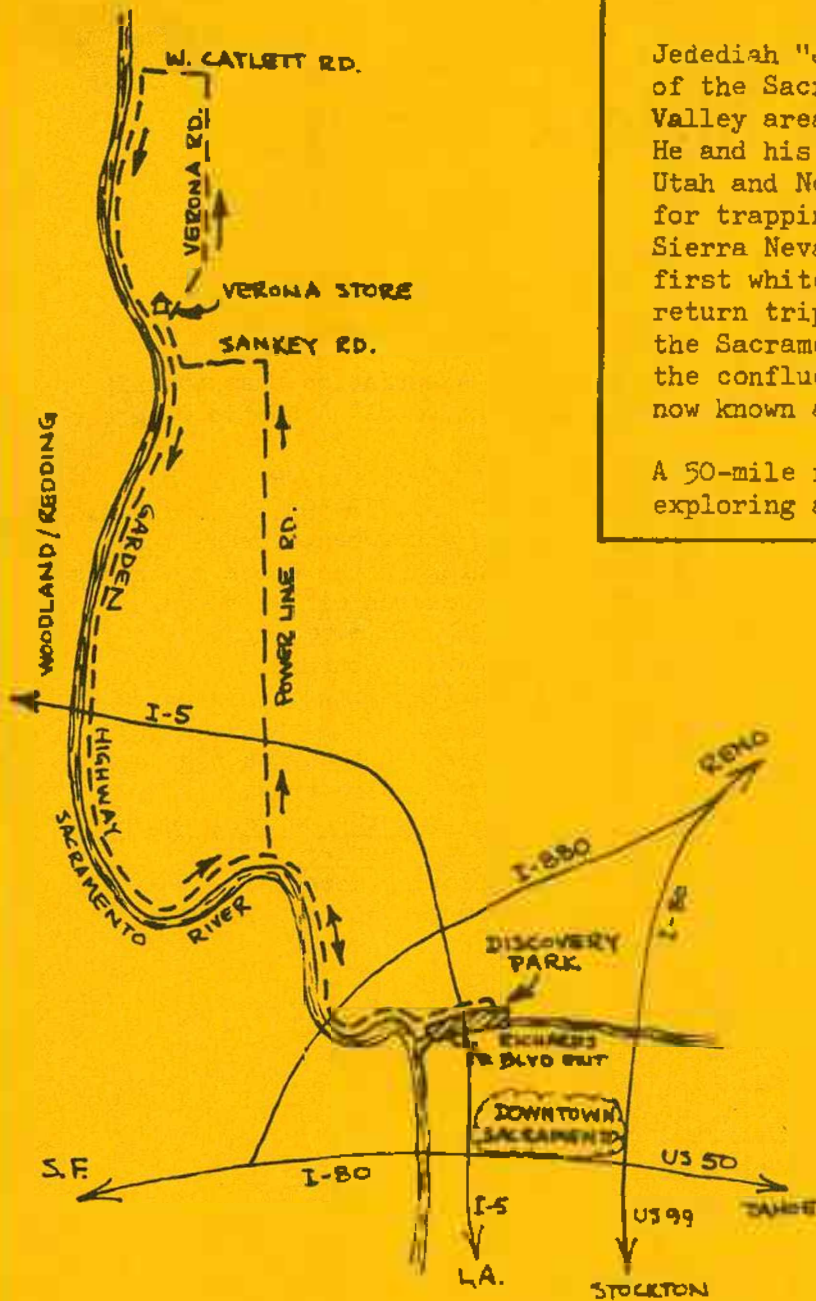
WHO THE HELL IS JED SMITH?

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

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

JED SMITH SE2

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





BUFFALO CHIPS



RUNNING CLUB

No. 52

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

July 15, 1981

CHIPS MASTERS RUN IN TAHOE RELAY

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

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

Division Winners Were:

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

CHIPS BARBEQUE

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

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



LETTER FROM THE EDITOR....



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

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

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

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

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

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

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

'til next time, good running,

Dennis

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

STATE OF THE HERD

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

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

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

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

See you on the trails,

Charlie

SACRAMENTO COUPLES 5-MILER

-Dave Low-

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

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

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

Western states 100

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

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

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

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

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

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

COACHES CORNER:

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

-Marty Liquori-

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

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

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

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

FOLSOM 10K

-Dave Low-

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

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

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

Chip finishers:

21.	Jon Shelgren	35:03	108.	Vance Koerner	42:54
26.	Bob Bourbeau	35:50	112.	Bob Potter	43:11
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42.	Bob Malain	37:29	141.	Glenn Millar	45:02
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86.	Joan Reiss	41:29	231.	Chris Borland	53:33
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V Koerner	68	V Koerner	2:49	B Marx	5:43	D Davis	13:18
K Pfiefer	70	R Pfiefer	2:59	M Koerner	5:52	M Koerner	13:22
V Shipley	71	J Reiss	3:01	E Claugus	5:54	J Reiss	13:29
B Marx	77	J Wellington	3:04	G Parrott	5:54	R Pfiefer	13:44
J Wellington	78			D Davis	5:55	B Marx	13:47
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SAN FRANCISCO MARATHON

-GEORGE PARROTT-

7-12-81

Chips turn in outstanding performances at San Francisco Marathon:

Jim Howard	(2nd overall)	2:19	
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Jim Finnegan	low	2:50's	
George Parrott		2:56	
Kathy Pfiefer		2:59	(was holding back - going to Syracuse, N.Y. for collegiate marathon for women.)
Frank Benham		2:59	(First sub 3 hr. marathon)
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Not to mention Jim Howard's performances.

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

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

THIRTEEN CLUB



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This schedule is as accurate as possible at the time of printing. It is subject to change. Buffalo Chip Trail Runs are free; most races have an entry fee. Entry blanks available at local running stores. Any changes or additions to this schedule, please call John McInosh at 488-7181 or David Low at 393-2106.



BUFFALO CHIPS

RUNNING CLUB



No. 52

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

July 15, 1981

CHIPS MASTERS RUN IN TAHOE RELAY

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

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

Division Winners Were:

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

CHIPS BARBEQUE

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

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



LETTER FROM THE EDITOR....



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

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

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

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

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

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

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

'til next time, good running,

Dennis

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

STATE OF THE HERD

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

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

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

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

See you on the trails,

Charlie

SACRAMENTO COUPLES 5-MILER

-Dave Low-

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

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

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

Western states 100

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

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

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

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

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

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

COACHES CORNER:

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

-Marty Liquori-

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

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

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

6.	Don Spickelmeir	33:35
7.	Bill Stainbrook	33:41
19.	Eileen Claugus	35:52
21.	Ed Stromberg	35:56
26.	Kathy Pfiefer	36:15
28.	George Parrott	36:36
33.	G. F. Anderson	37:49
34.	John McIntosh	37:53
37.	Ivan Rarick	38:24
38.	John Wilson	38:48
46.	Eric Natti	39:36
48.	Frank Benham	39:48
51.	David Low	40:13
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P.O. Box 186
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Mike Miller

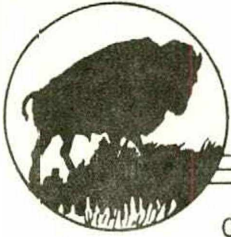


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Sep 12 - Sacramento Triathlon; Run, Bike, Swim; Folsom Lake, 8 am, 966-TEAM
Sep 13 - Buffalo Stampede 10mi., Rio Americano H.S., 8 am,
Sep 15 - B. Chip Trail Run, Guy West Bridge, CSUS, 6 pm
Sep 18 - Lake Tahoe 72 miler, Commons Park, Tahoe City, 6 am, 362-9660
Sep 19 - McIntosh Fun Run, 3 & 6mi., 4120 El Camino, 8:30 am

This schedule is as accurate as possible at the time of printing. It is subject to change. Buffalo Chip Trail Runs are free; most races have an entry fee. Entry blanks available at local running stores. Any changes or additions to this schedule, please call John McInosh at 488-7181 or David Low at 393-2106.



BUFFALO CHIPS

RUNNING CLUB



No. 50

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

Mar. 10, 1981

NEW ZEALAND NEWS AND OTHER THINGS....

-Abe Underwood-

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

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

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

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

BIRTHDAY RUN

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



LETTER FROM THE EDITOR....



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

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

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

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

'til next time, good running,

Dennis

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

TRAILS END MARATHON

-Mike O'Neil-

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

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

STATE OF THE HERD

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

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

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

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

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

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

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

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

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

CHIP WOMEN WIN PA-TAC MARATHON TEAM CHAMPIONSHIP

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

Other outstanding Chip performances were as follows:

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

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

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

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

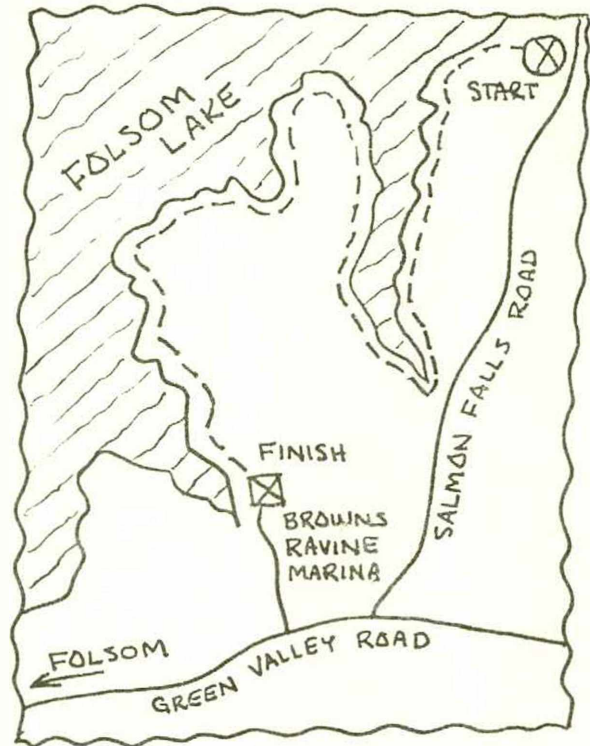
4TH ANNUAL MUD RUN SPECIAL

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

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

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

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



4TH ANNUAL MUD RUN SPECIAL

SUNDAY

MARCH 29, 1981

9:00

RUSTY DUCK A FOGGY SUCCESS

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

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

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

CATHY HALE/DENISE COOK MEMORIAL RUN

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

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

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

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

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

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

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

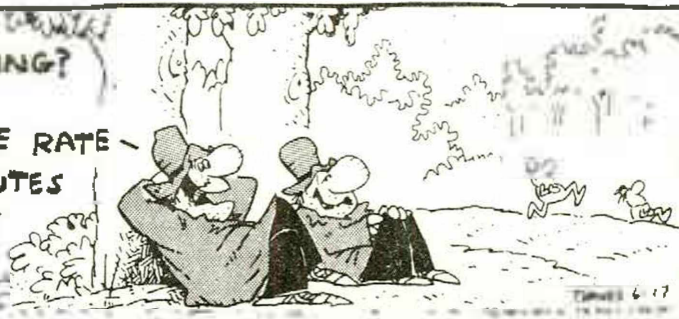
Coach Dennis says:

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

-Hal Higdon-

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



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

-Abe Underwood-

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

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

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

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

Dear Abe,

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

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

Best regards,
Doug (Latimer)

Dear Abe,

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

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

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

Thanks again,
Mike Levin

TRAIL DROPPINGS.....

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

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

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

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

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

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

SUNDAY CLUB RUNS IN THE OFFING...

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

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

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

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

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

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

QUESTION: WHAT'S A "MUD RUN"?

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

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

THIRD CLASS

BUFFALO CHIPS MEMBERSHIP LIST

April 24, 1981

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

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

BUFFALO CHIPS MEMBERSHIP LIST

Page 2

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

BUFFALO CHIPS MEMBERSHIP LIST

Page 3

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

BUFFALO CHIPS MEMBERSHIP LIST

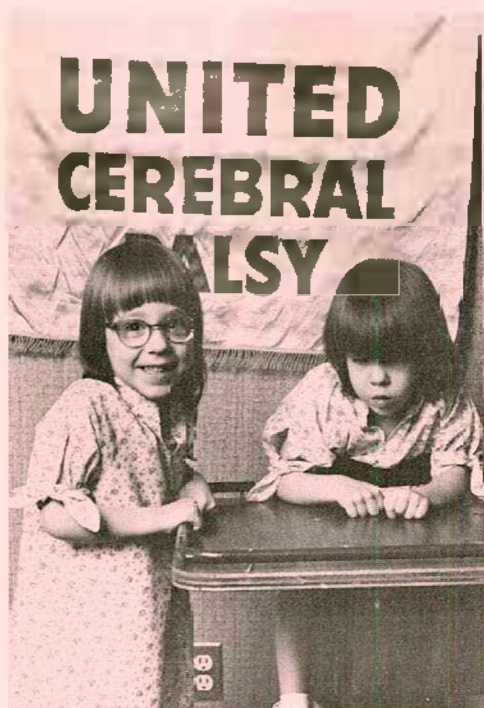
Page 4

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

BUFFALO CHIPS MEMBERSHIP LIST

Page 5

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



Kerri & Erin McConaha
1981-82 Poster Twins

WILL YOU RUN FOR US?

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

MAY 30, 1981

**FIREHOUSE RESTAURANT COURTYARD
IN OLD SACRAMENTO**

8:00 A.M.

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

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

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

A DIXIELAND BAND WILL PLAY WHILE A FREE BUFFET LUNCH IS SERVED.
BEVERAGES OF YOUR CHOICE WILL FLOW UNTIL YOU ARE FULL.

APPLICATION

10,000 METER RUN—8:00 A.M.—MAY 30—OLD SACRAMENTO— FIREHOUSE COURTYARD

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

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

Please enclose-checks payable to:

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

For additional information call UCP 454-4409

I hereby certify and will consider this to be legally binding that my training and health are adequate for me to compete in a 10,000 meter (6.2 Miles) event and I hereby waive any claim for damages that I might suffer due to participation in this UCFA event.

Signed _____ Date _____

(Parent if under 18)

Duplicating Entry is Permitted

Invited Runners who are confirmed as of March 31, 1981

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

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

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

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

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

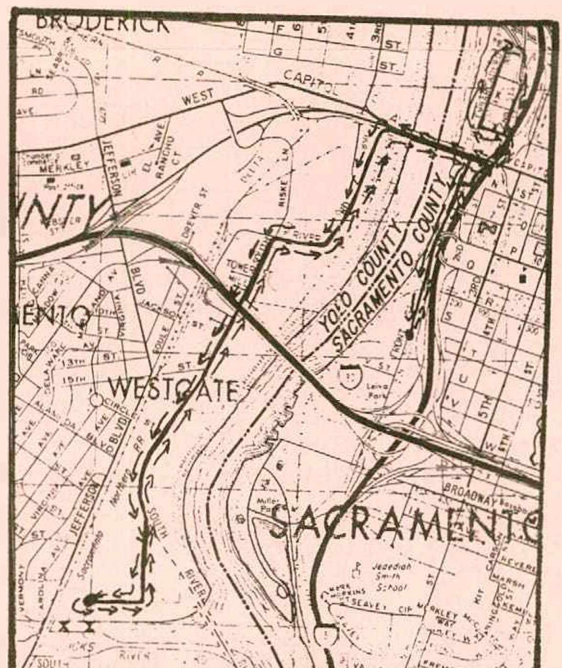
1980 OLD SACRAMENTO 10K RUN

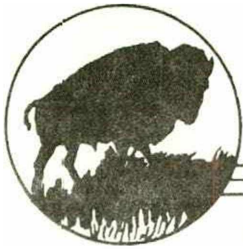
FIRST MAN Rick Gentry 30:17
 SECOND Dennis Rinde 31:10

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

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

LAST RUNNER Fred Wood 79:40





BUFFALO CHIPS



RUNNING CLUB

No. 51

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

May 19, 1981

FOLSOM MUD RUN SPECIAL - XC AT ITS BEST

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

Dear Dennis,

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

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

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

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

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

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

-Dan Parker-

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



LETTER FROM THE EDITOR....



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

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

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

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

'til next time, good running,

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

NEWS RELEASE

NEWS RELEASE

CHIP SUMMER EVENING BBQ

June 12, 1981

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

Please contact Bev Marx for further information at 927-6882

STATE OF THE HERD

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

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

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

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

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

Charlie
High Dunger

BUFFALO CHIPS MEMBERSHIP LIST

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

-Mike Miller-

OLD SAC 10K

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

See You There
- Jim Drake (482-4550)

THE WOMEN'S RUNNING PROGRAM - A PROGRESS REPORT

-GEORGE PARROTT-

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ST. PATRICK'S DAY RUN

-Mike Miller-

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

BC WOMEN IMPRESSIVE AT FLEET FEET WOMEN'S SERIES

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

AVENUE OF THE GIANTS - May 3, 1981

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

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

The following letter was received by Dave Davis:

Dear Dave,

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

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

Sincerely,

Larry Brown
(Berkeley Runners Club)

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

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

D.



TRAIL DROPPINGS....

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

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

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

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

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

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

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

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

SUNDAY MORNING RUNS MAKE A MOVE

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

HELP!!!!

-Mike Miller-

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

WANTED!!!

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

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

FOR SALE

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

COACHES CORNER:

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

-Ted Corbitt-

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

THIRD CLASS

COUPLES



SACRAMENTO

COUPLES 5-MILER

miler

SPONSORED BY

BUFFALO CHIPS



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

DATE: Sunday, May 24, 1981

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

LOCATION: Rio Americano High School, 4540 American River Drive

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

\$8.50 Per Couple (day of race)

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

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

REFRESHMENTS: Provided by Johnston's Yogurt and more.

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

T-SHIRTS: To first 50 couples entered.

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

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

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

NAME: _____ SIGNATURE: _____

ADDRESS: _____ CITY: _____ ZIP _____

BIRTHDATE _____ AGE: _____ CLUB: _____

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

NAME: _____ SIGNATURE: _____

ADDRESS: _____ ZIP _____

BIRTHDATE _____ AGE: _____ CLUB: _____

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

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



Running Schedule



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

This schedule is as accurate as possible at the time of printing. It is, of course, subject to change. Local runs are underscored. Buffalo Chip (B.C.) trail runs and club runs are free. McIntosh Fun Runs have a 50¢ donation. Most races require an approximate \$3 to \$5 entry fee. Other race details are usually available at local running stores. If you know of changes or additions to this schedule, call A.J. Underwood at 392-7672, or John McIntosh at 488-7181.

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

APPLICATION FOR MEMBERSHIP

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

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

YOUR BIRTHDATE _____

IF FAMILY MEMBERSHIP LIST OTHER FAMILY MEMBERS AND THEIR BIRTHDATES:

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

APPLICATION FOR MEMBERSHIP

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

ADDRESS: _____

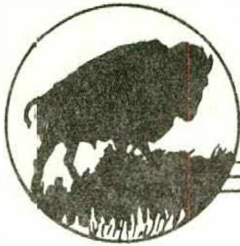
CITY: _____ ZIP CODE: _____

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



BUFFALO CHIPS



RUNNING CLUB

No. 53

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

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

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

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

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

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

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



LETTER FROM THE EDITOR....



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

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

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

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

'til next time, good running

George

DEADLINE FOR NEXT NEWSLETTER: November 28, 1981

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

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

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

STATE OF THE HERD

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

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

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

Happy trails to you (To coin a phrase)

Charlie
Charlie Mersereau
High Dunger

WHERE THE HELL IS TRUCKEE?

GEORGE PARROTT

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

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

Buffalo Stampede

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

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

CALIFORNIA DENTAL ASSOCIATION 10 Km - GEORGE PARROTT

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

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

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

SACRAMENTO MARATHON

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

HALF MARATHON

FULL MARATHON

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

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

MINUTES OF THE MEETING.....

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

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

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

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

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

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

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

Submitted by Marv Poyser, Secretary

WHERE THE HELL IS TRUCKEE RACE.

JIM DRAKE

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

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

222 Finishers.

RACIN RAMBLIN RUNNERS

~~— PLEASE HONOR —~~

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

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

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

Dear Chips,

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

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

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

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

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

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

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

Come see us anytime,

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

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

FIRST CLASS



Running Schedule

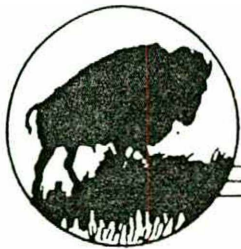


- Oct 3 - Someone Special Run, 3 mi. course, CSUS, 8 am., 449-5276
 Oct 3 - Fire Safety Awareness Run, 3 & 6 mi., Cordova Park, 9 am, 791-0401
 Oct 3 - Pamakid Lake Merced Run, 8.5 mi, Lake Merced-S.F., (415)583-6268
 Oct 4 - Cool Founders Day Run, 3 & 6 mi, Cool, Ca., 9 am, 783-4558
 Oct 4 - Bridge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

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

CORRECTIONS TO THE MEMBERSHIP ROSTER

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



BUFFALO CHIPS

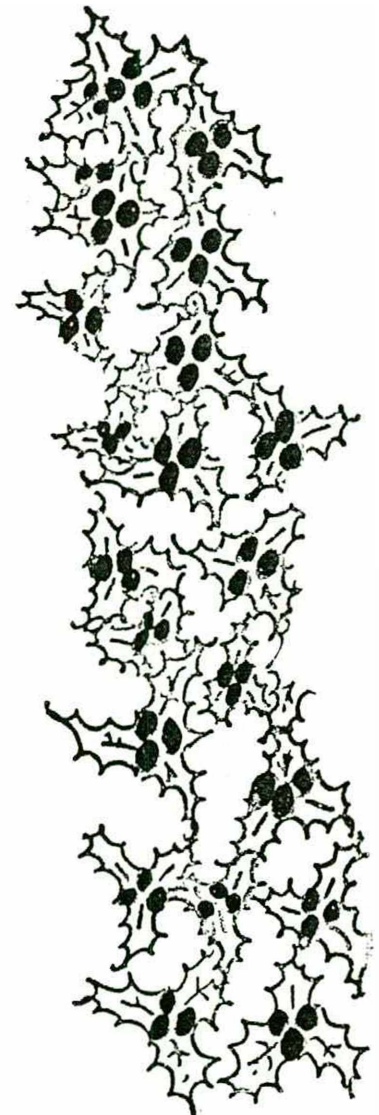
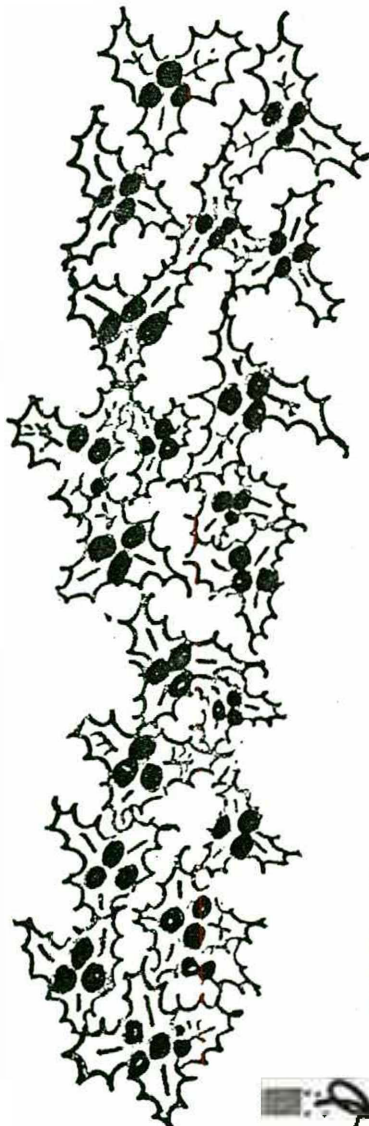
RUNNING CLUB



No. 61

Glenn Bailey	High Dunger	447-4326
Bill Stainbrook	Vice Dunger	487-8398
Dennis Dunbar	Dung Recorder	362-2888
Jim Lobsitz	Dung Counter	488-2212
Mike Miller	Dung Herder	488-3833
Bev Marx	Dung Co-Ordinator	927-6882
Abe Underwood	Race Chairchip	392-7672
Marge Hansen	Dung Editor	428-5923

December 18, 1982



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.....GENERAL MEETING.....

The General Meeting will be held on
 January 12th, 1982 - Wednesday at 7:30 pm
 at SHAKEY'S PIZZA PARLOR -- 2633 El Camino
 Ave.

Hope to see all CHIPS come out for this
 one!! See you there!!!

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Nominating person to contact with suggestions
 for new officers is Mike Miller at 488-3833.
 We will be electing a new herd of officers at
 our next meeting.

 Time of reckoning is at hand! Please use the
 form enclosed to renew your CHIPS membership. A
 real bargain, no price increase!!

 **HOLIDAY GREETINGS**

Summary of Meeting of December 2, 1982

Directors present: Glenn Bailey Elliot Eisenbud
 Mike Miller George Parrott
 Bill Stainbrook AJ Underwood
 Member: Barry Vial

The planned storage room was torn down. AJ regrets this and will explore alternatives. We'll advertise in the newsletter.

Incorporation: Old records are almost done. Glenn will continue to honcho.

Megaphone is in and will be picked up. Mike will explore the possibility of getting a portable PA system as well. Expenditure of up to \$300 was approved for this. We will buy cones for race use - fifty, 12" cones and a dozen 18" cones.

Money is being paid for CHIPS doing well in races as set out in earlier resolutions.

George Parrott is trying to put together several women's teams for the Christmas Relays at Lake Merced. Bill Stainbrook is going to try to get together one or more men's teams for the Lodi X-Country Runs the same day, Dec. 19.

AJ Underwood met with Sally of Fleet Feet RC and John of Capitol City Flyers re: putting together a major (big bucks, big talent) marathon in Sacramento. Mike volunteered to meet with John and Sally the week of Dec. 6th to explore the possibilities further under the board's provisos that: 1) such a thing needs lots of money to make it go, 2) if a major sponsor could be found the Chips would want to be involved and 3) no money is committed without further discussion.

Minutes of BCRC Meeting 10/20/82

Directors present: Glenn Bailey, Marge Hansen, and Mike Miller

As there was not a quorum present, the meeting was only for presentation of items to the general membership and discussion of these items with them.

1. Incorporation: AJ will get to this by November. (His portion is to recreate the financial records of the prior years of the club).
2. Four board members' terms are up in January. We need nominations for these vacancies.
3. Purchases: Logo will be placed on both sides of the banner by the Clarksburg Classic. We'll buy two megaphones through John McIntosh or Stainbrook's school. Storage is being readied by AJ. Will be ready by the time of the 20 miler.
4. The CSUS track is supposedly under repair; so not available for use. When we do use it as a club, we must make sure that only club members are using it.
5. The next Board Meeting in November will be at Bosco's new place.
6. The club needs a new place for general meetings as Sam's has proved to be less than reliable re: the back room.
7. The Pres. suggested that the general meetings be cut down to three a year: January, May and September.
8. We need to find a new course for the Jed Smith 50 Miler. Too many problems with last year's course.
9. Mike Miller suggested buying cones (the little witches hats) to use for marking pathways, etc., at races.
10. The Stampede made about \$1,000 this year.
11. Mike reported that several existing and even more prospective members had inquired about runs for beginners and/or those coming back off injuries. To be discussed at the next board meeting.
12. George's motion (which had been previously approved) to parcel out dollars to winners of specific races was up for modification: Winners must be wearing the club shirt/singlet identifying them as CHIPS or no bucks!

The meeting broke up into general beer drinking.....



STATE OF THE HERD

As High Dunger for 1982, this is my final opportunity to comment on the well-being of the Herd. By and large, it has been a rewarding and eventful year. Numerous CHIPS have achieved PRs, some more notable than others, but each one is meaningful on an individual basis. The Herd has attracted some new members who yearn to roam the hills, plains and valleys of Northern California and elsewhere. And a few CHIPS have strayed away.

Join the Herd again in '83. Don't procrastinate. Complete your renewal form (enclosed) and submit it to the Dung Herder, Mike Miller. Do it early so the '83 roster will be accurate in 1983.

Below are a few points I think each of you should digest:

1. George Parrott has volunteered to represent the CHIPS on the PA/TAC LDR Committee in '83. Thus, all inquiries regarding TAC races, etc., should be directed to George.
2. A reminder - you MUST prove membership in the CHIPS by presenting your membership card (yellow) to salesclerks in local retail outlets that offer 10% discount to CHIPS. Remember, the burden of proof is upon you. The stores have every right to demand verification. Please cooperate with them. You cannot expect them to know everyone!
3. The terms of four members of the Board of Directors expire on December 31, 1982. These four are George Parrott, Mike Miller, Elliott Eisenbud and Bev Marx. All, save Bev, are willing to serve again. Thus, you may certainly nominate them. Eileen Claugus is also willing to serve. Be sure the person you nominate is willing to serve. Election of the four members will occur on January 12, 1983, at our General Meeting.

It has been a pleasure and an honor to serve in this venerable position -- High Dunger. I thank you for your support and encouragement. Though I feel that I have not accomplished all I should have, all in all, it has been an invaluable experience. Have a safe and an enjoyable holiday, and the best of luck in '83.

The Chocolate Chip,

Bosco

SANTA'S SACK

Stumped for a gift for a runner friend? There are plenty of neat things besides the usual pair of sox, shorts, or shirt - or books. How about some reflectors, running lights or a safety gadget to affix to said runner? Your local running store has plenty of suggestions plus a 10% discount for CHIPS - upon proof of membership. Remember - McIntosh's, Fleet Feet, Second Sole and City Sports Works are your friendly, helpful running supplier.



Hopefully all you CHIPS out there will have a jolly good Holiday Season.

I'm looking forward to seeing more great articles for the coming year and with your help and assistance we'll have a re-a-l-l-y good newsletter for '83. Any kind of comment is largely appreciated--good and bad! Let's all get out for the next general meeting on JANUARY 12, 1983!

A huge round of applause for our '82' High Dunger, Glenn Bailey, who has done a superb job and should be praised for the time, patience and diligence he has given. Thanks so much Glenn - you've been a remarkable leader and have left your foot-prints indelibly imprinted.

Our next Newsletter will have the results of the election and inform you of the new slate of officers. Hope you'll all come out and get the results first-hand.

Thanks so much Byron for your great proof-ing job. It saved alot of embarrassment.

Marge



**Happy
New Year**

DEADLINES FOR NEWSLETTER

For the coming 83 year - we will have publications bimonthly, with deadlines on the 15th of Feb, Apr, June, Aug, Oct and Dec. Hopefully, this will help everyone get their newsy items in on time.

+ +

Send your articles to:
Editor, Buffalo Chips
2416 Edna St.
Sacto, CA 95822

HAPPY BIRTHDAY wishes go to you Sagitarians and Capricorns. Jerry Blinn, Charlie Garbi, Curt haury, Vance Koerner, Jo Lotz, Jimmy Low, Emmett Mahle, Mike Miller, Mike Neff, Don Padilla, George Parrott, Byron Philleo, and Norman Wade.

Marathon Motors
&
BODY WORKS



10% Discount to Marathoners

RONNY
454-1610

4330 1/2 STOCKTON BLVD.
SACRAMENTO, CA. 95820

The annual election meeting is set for the second Wednesday of the new year, JANUARY 12, 1983. It will be at SHAKEY'S PIZZA, Fulton & El Camino, in the back room. Meeting starts at 7:30 p.m. We need to elect four Directors to replace those whose terms are up. Contact any member of the current board with your nominations. Self nominations are welcome especially since all nominations should be checked with the nominee prior to submittal.

=====

WANTED

Storage space for the CHIPS properties. If you know of any available possibilities, please contact Bailey.

THANX..

KVIE RUN -- 3 & 6 MILER
Sunday, November 14, 1982

On a chilly and overcast morning, approximately 325 hardy souls came out to support Channel 6, our local Public Television Station. This was the first of what was announced to be an annual event. Starting on L Street in Old Sacramento, the course (3 mile loop) guided the runners east to the K Street Mall where the field did a turnaround in front of MACYS and proceeded west to the bike trail adjacent to the Sacramento River. Here, the runners turned right and headed toward Discovery Park. Another turnaround was negotiated on the bike trail about a quarter of a mile south of Discovery park. Then, once again, taking this 'scenic' route, the runners headed back to Old Sacramento finishing on L Street near the Firehouse Restaurant. Of course, six milers repeated this loop. Although it's not a 'scenic' course (a matter of opinion), it is mostly flat and it was well marked despite the fact that another race, (S/F in Miller Park) which started at the same time, also used 2nd, L and Front Streets in Old Sacramento.

Overall male and female winners in the 3 miler received dinner certificates from Pava's, while the 6 milers received dinner certificates from the Firehouse. Division winners received tote bags, wine and books. As you can see from the results below, members of the HERD were recipients of some of the goods:

3 Miler (192 Finishers)

| Overall Place | Name | Time | Place/Division |
|---------------|---------------------|-------|----------------|
| 4 | Don Spickelmier | 16:11 | 1st 40-49 |
| 5 | Mike Kelley | 16:28 | 1st 30-39 |
| 6 | Barry Vial | 16:36 | 3rd 20-29 |
| 11 | Bob Hanna | 18:11 | 2nd 40-49 |
| 12 | William Prince | 18:12 | 3rd 40-49 |
| 14 | La Donna Washington | 18:18 | 1st Overall/F |
| 19 | Heidi Skaden-Poyser | 18:59 | 1st 40-49 |
| 62 | Betti Dolezal | 22:50 | 1st 30-39 |

6 Miler (133 Finishers)

| | | | |
|-----|---------------------------------|-------|---------------------|
| 3 | Bosco Bailey | 34:00 | 2nd 30-39 |
| 9 | Richard Smith | 36:13 | 2nd 40-49 |
| 11 | Karen Coe | 36:29 | 1st Overall/F |
| 14 | Wide Body Jacobson | 37:12 | 1st Shoe Demolition |
| 16 | Kathy Beals | 38:07 | 1st 19 & under |
| 44 | Sandy Fitzwater | 43:16 | - Ageless |
| 54 | Jeff Bogle* | 44:44 | - Cruisers |
| 117 | Gail Dowell | 53:41 | - 20-29 |
| 130 | Peggy Babazdeh (Chip Supporter) | 59:07 | 1st 50-59 |
| 131 | Art Waggoner (Pacer of the Day) | 59:08 | - " |

*Jeff used this race as a speed tuneup for Fresno where on Nov. 20th he blazed to a PR in the marathon -- 4 hours, 5 minutes. That a way to move it Bogle!!

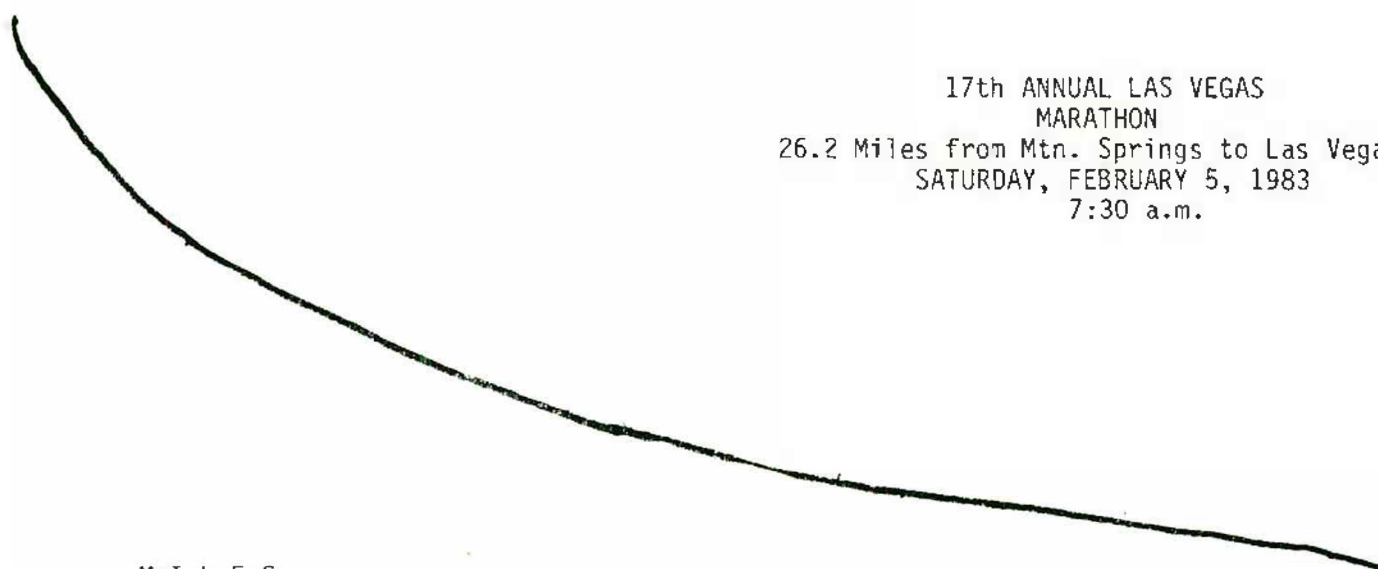
-- Bosco Bailey --

LOOKING FOR A DOWNHILL MARATHON?

Elevation

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

5300
5100
4900
4700
4500
4300
4100
3900
3700
3500
3300
3100
2900
2700
2500
2300
2100
1900



17th ANNUAL LAS VEGAS
MARATHON
26.2 Miles from Mtn. Springs to Las Vegas, NV
SATURDAY, FEBRUARY 5, 1983
7:30 a.m.

M I L E S -----

- COURSE: A fast, scenic, TAC-certified course through mountain, desert and urban areas, finishing at the impressive RENAISSANCE CENTER on Tropicana & Eastern Avenues in Las Vegas.
- ELEVATION: Start at 5,350 ft & finish at 1,970 ft above sea level--so train appropriately!
- WEATHER: Quite cool at start (30° - 40°). Bonfires will be provided. Temperature increases to approximately 45° - 60° by finish time. Be prepared! Garments left at the start or any aid station will be transported to finishing area.
- REGISTRATION
PRE-REGISTRATION--\$8 (non-refundable) if received before Sunday, Jan. 24, 1983. Mail completed application to:
AL BOKA, Race Director
LVTC MARATHON
4224 Claymont St., No. 3
Las Vegas, NV 89109
LATE REGISTRATION--\$10 (non-refundable) after Jan. 23, 1983
DAY OF RACE--\$15 from 5:30 - 6:30 a.m. at bus loading area at the Renaissance Center.

TAHOE

If you were to run 72 miles at 6,240 ft., would you like the weather to be: sun, wind, rain or snow? Well, on Sept. 17, 6 CHIPS plus 100 others got all of the above. The snow came the night before. Each of the 4 or 5 times I got up to go to the bathroom, check my watch, make sure the alarm was set, etc, I looked out to see the snow and rain coming down. By race time at 6 a.m., it had stopped. The balance of the day was good weather--in the low 50's and overcast. It didn't start to rain or blow till about 4 p.m., so overall it was a good day. "I'll never ever do that race again," (the same was said in 1980 after running it).

.....Jim Drake

Results: 1- Rae Clark 9:06 (unchip)
Course record
2- Glenn Bailey 9:43 12- Jerry Blinn 11:32
4- Barry Vial 10:19 16- Lino Delgadillo 11:59:52
12-Jim Drake 11:32 42- John Clark 14:31
Drake & Blinn ran last 50 together.

Apologies to those left out of the Sacto. Marathon results:

Brad Brown, 2:25:23
Ronnie Harries, 2:27:06
Bill Stainbrook, 2:32:10

ALOHA TURKEYS

Good luck to the following CHIPS who participated in the Honolulu Marathon on Dec. 12th: Eileen Claugus, Chuck Nichols, Dan Alarid, Bev Marx, Jim Drake, Paul Reese and Elaine Hocking. We'll all be awaiting the results, and some first-hand reports.

CONGRATULATIONS CHIPS!!!

Hot off the Aloha waves -- Eileen took 1st place in the Women's Division. Way to go, Eileen! WOW!!!

BRODERICK BOTTOMS BUST
November 14th

As race director Mike Miller chaperoned the route, two CHIPS jogged in -- in a record time for 1982! Karen Walkup and Marge Hansen had a great time! Where were all those flea bitten Buffalo hides? Breakfast was really great! Thanks, Mike! Great run!!



WEINSTOCK'S FUN RUN
Five Mi. Downtown Plaza

CHIPS that placed:

Men

60 & over -- 1st -Bill Shank 37:38
50-59 -- 3rd -Hal Stainbrook 31:05
40-49 -- 1st -Don Spickelmier 26:42

Women

Overall winner...Eileen Claugus 27:23
50-59 -- 2nd -Po Adams 43:51
40-49 -- 1st -Heidi Skaden-Poyser 30:58
19-29 -- 2nd -LaDonna Washington 30:57
(from the Union).....

It was a rainy dismal Saturday that didn't stop audacious CHIPS from participating in Weinstock's Annual 5 mile run. A FUN race with a "soft" rain and a temperature conducive for running. Thanks to John McIntosh for a great run with splits every mile. It was Po Adams' first five mi. run and she was pleased to come in 2nd. You're not a turtle Po -- great running and thanks for your reporting. Hope to hear from you again.

RUNNING SAFELY

During 1982 (March & August) a former and a current member of the CHIPS were killed by drunk drivers. Both men were struck under dissimilar conditions. One was running alone at night, while the other was running with a group of runners during the day. Still the outcome, an untimely death, was the same.

Once again, as I did in December of '81 in the BC Newsletter, I implore each of you to be responsible, prudent and safety-conscious. This will be my final tirade on this subject. Value your life and protect yourself from bodily harm while running. Run AGAINST all traffic (bike path, streets, etc) -- day or night.

Remember, cars, buses and trucks have the right-of-way. Yield to motorized vehicles. Bravado may end in your demise. A human body is no match for a motor vehicle at any speed. Above all, at night, make yourself visible. For a meager \$5-20, you can purchase a reflective light or vest at local outlets which sell sporting/camping goods. Get one ASAP!

Frankly, I am disappointed that during the past year many CHIPS (and non-Chips) have not altered their habit of running with traffic on the Jedediah Smith Bike Trail. Therefore, I reiterate the following points:

1. Pursuant to the Sacramento County Ordinance, Chapter 9.36, bicycles have the right-of-way at all times. Remember CHIPS -- it is called the bike path or trail, not running trail, etc. Large white signs at various spots on the bike path display certain rules. All of us should adhere to them for our SAFETY and that of others using this recreational trail. For runners, these signs request that "hikers and joggers (that's us, even if you detest that term) use the LEFT shoulder except when too narrow or muddy." Comprenhez! Got it! Good.
2. If you are running two or three abreast, form a single line as traffic approaches. Compliance with this simple safety rule facilitates the flow of all traffic on the bike trail. Thanks for your cooperation. Beware for I may start growling at violators!

---Bosco Bailey---



McIntosh's Sports Cottage, Inc.
4120 El Camino Avenue
Sacramento, California 95821
Telephone: 916/488-7181

Mc INTOSH'S LOVES RUNNERS

Sacramento Sports Headquarters

HEALTH.....

What is sports anemia?

It's an affliction that strikes mostly runners, especially long distance runners. If you're diagnosed as having it, you needn't panic, or go looking for witnesses to sign your will, or even stop exercising. Hang onto life for a minute or two longer and we'll tell you what causes it and what to do about it.

Doctors believe that this mild form of anemia comes from one of two sources: either a reduction in the body's production of red blood cells, or the loss of hemoglobin (the oxygen carrying part of the red blood cells) through the urine, both possibilities caused by prolonged exercise. Of the two, it's probably the latter, which is officially known in physician-ese as "march hemoglobinuria." The "march" part of the name is the key, because the whole problem begins after the feet have been pounding the ground for a good long time. The red cells in the feet seem, literally, to have the hemoglobin knocked out of them, and hemoglobin anemia sets in. The same sort of hemoglobinuria can happen to people who regularly smack their hands down onto a hard surface--for instance, bongo-drum players or brick-breaking karate show-offs. If enough hemoglobin is lost, a case of iron-deficiency anemia could set in, but that rarely happens.

There's really no treatment for this admittedly undreaded disease (although this minor anemia could be misdiagnosed as something worse by a non-athletic-minded doc; be sure to tell him or her about your running and fitness program next time you go for a physical). It hasn't been shown, however, to hurt athletes' performances--it just gives them lower than normal hemoglobin levels. Just in case you'd like to avoid the whole mess entirely, the options are simple: Get running shoes with soft and bouncy soles, and stay away from hard surfaces for your running.

RUNNING GRAND CANYON

The Buffalo Chips name echoes forever in the depths of the Grand Canyon. Jerry Blinn and friend Gary were two of the crazy guys who began the "Survival Run" (a 42-mile, 12,000 vertical climb across Grand Canyon). The run began at the South Rim at the Kaibab trailhead, down to Phantom Ranch and on to the North Rim following the Bright Angel Creek and back again. It was exciting to see bobbing flashlights in the darkness as the runners switchbacked down the trail.

The 'crazy guys' looked great coming out. Jerry finished in 11½ hours, running conservatively to the North Rim. They ascended the final 7.3 miles to the top in under two hours. Gary finished in just under 12 hours.

The Grand Canyon Double is definitely one of the most grueling, challenging ultra 50 miles or under in the U.S.

As told by Jerry's wife, Kathy Blinn who descended only to Cedar Ridge (1½ miles down) but descended 2,500 feet.

They hope to see more CHIPS in the Canyon next year at the GCD (Grand Canyon Double).

--Thanks Kathy!!

=====

Pardon the typo -- on page 9 of the last newsletter, Randy Morro had an extra 30 minutes added to his time -- whereas it should read 1:16:00.. (Great time for the 1/2 Marathon Randy) ..Hopefully with our new proofer we will eliminate these kind of errors. Sorry Randy ..

=====

THIS SPACE FOR SALE
\$10.00

Contact Marge



2 mi swim, 52 mi bike, 13.1 mi run

Co-ed team under 40 1st place
Ron Harries - runner -- 5 hrs 27 min

Male team under 50 3rd place
Tim Jordan - runner -- 5 hrs 30 min

Co-ed team under 50 1st place
Jim Drake - runner -- 5 hrs 33 min.

Ironman (woman)
Sally Edwards - 1st place F under 40- 6 hrs 27 min

Elliott Eisenbud-31st place M under 40-6 hrs 49 min

Byron Lea - 88th place M under 30 - 7 hrs 26 min

#####

NEW YORK MARATHON

Our fast-footed Joan Reiss placed 6th in the masters women with a time of 2:56:48. Way to go Joan! We're proud of you!!

BRASS POLE RUN

On October 16th, at about ten after 9 a.m. at Oakland's Lake Temescal there were some 5,000 odd runners for a downhill trek of 10K to Jack London Village. The day was beautiful and the course was almost all downhill with a couple of small hills and some flat. It was put on by the Oakland Firemen -- well-organized and fun. There was mineral water afterwards - drawings for various prizes - but no beer much to many runners' disappointment and as earlier advertised. There were belly dancers to entertain and one of KYA's announcers did the MC-ing. This kept everyone calm while they tallied up the winners. They only computed 200 runners, so if you did anything much over an eight minute mile, your time wasn't recorded. Collecting a trophy in his Buffalo Chip singlet was Dan Alarid. Great going Dan!!

WATCH OUT FOR CARS

HIT AND RUN

One of the reasons we run--perhaps it's the main reason -- is because we believe that by doing so we reduce our chances of being laid low by coronary heart disease and related circulatory ailments. We slip on our running shoes to help us more deftly sidestep those CHD risk factors strewn in our path.

Yet, increasingly, that sidestep is placing some of us directly in the path of an equally harmful oncoming risk: the automobile.

In a look at 60 jogger/motor-vehicle collisions reported over a one-year period (in which 30 runners were killed and 35 were injured, 19 seriously or critically), a few interesting trends emerged. Forty-five percent of the time the accidents happened in darkness. Twice as many joggers were creamed when they were running in the same direction as the traffic flow as were hit while running against traffic. Joggers crossing the road (Why? To get to the other side, of course) accounted for seven of the casualties (Public Health Report, September/ October 1981).

It's easy, then, to see what's best for your running health and how to incorporate it into your routine:

1. Don't jog after dark on a path also traveled by fast-moving vehicles. Even the wearing of light clothing or reflective gear might not be enough to prevent a close encounter of the worst kind.

2. When jogging on a road or byway, run in the direction opposite to the flow of traffic. They see you better, you see them better--and can make a quick end-around if the situation warrants it.

3. On busy roads, try not to run side-by-side with your partner.

In addition, a number of municipalities from coast to coast have proposed local ordinances banning the use by runners of Walkman-type tape players and radios. These actions are based on the growing number of accidents involving cars and plugged-in runners who couldn't hear warning honks or the mechanical sounds of approaching disaster. Learn if your city or town has passed any such bans--it could be embarrassing to be pulled over by a cop and charged with "reckless jogging" and "suspicion of bipedal boogie-ing." Furthermore, for safety reasons, you might want to lay off the headsets when running in traffic, or, if you must fill your head with such things, run with a partner who's happily untuned-in and is willing to jog shotgun for you. No sense exchanging guitars and synthesizers for a harp.

George Parrott is trying to put together womens' teams to go to the Lake Merced Christmas Relays. Please contact him if you are interested in becoming involved (not necessarily as a runner). Bill Stainbrook is getting teams together for Lodi Cross-Country Runs. Entry fees for these teams have been approved for payment by the club.

MIDTOWN'S NEW NATURAL FOOD STORE -- Specializes
In bulk foods--have a complete line of athletic
supplements. 10% off to CHIPS thru mid November



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CENTRAL CA. MARATHON
FRESNO .. Nov 20th

Six BC'ers tackled this race with fervor and came home with six PR's.

Roger Dike placed 40th overall, and 7th in his 16-29 age category with a 2:54:37. It was a PR for a marathon.

Jan Alarid was 6th overall and 2nd in the 40-49 age category with a 2:39:25. He ran the same marathon last with and placed 5th overall with a slower time. Good improvement Dan, although one slot back.

George Parrott placed 13th overall and 9th in the 30-39 age category with a 2:44:13. This was also a PR for George.

Don Cabitac was 14th overall and 2nd in the 19-29 age category with a 2:45:10. This was a PR done on 35 miles per week training.

Dana Gard placed 7th overall and 5th in the 30-39 age category with a 2:39:42. For Dana he broke his Magical PR of 2:40.

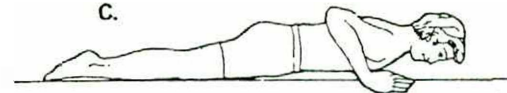
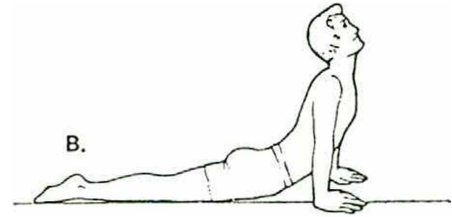
Chris Delgado also PR'd - in the DNF class. Next time, Chris.

Forming our clubs team, Dana, Dan, and George won for the CHIPS.

Next time year we'll have to include some fast female CHIPS.

.... Chris Delgado

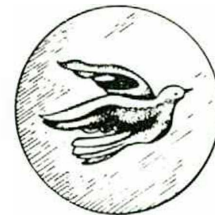
Congratulations on such outstanding times CHIPS!! That's really the way to go!!



1. **Press-up or Extension exercise:** Lie flat on your stomach, legs apart 12 inches, with palms on the floor directly under the shoulders (elbows bent). Press-up, straightening arms as completely as possible, arching the back while keeping the pelvis flat on the floor. Return immediately to starting position and repeat _____ times.
2. **Knee-to-Chest or Flexion exercise:** Lie on your back with knees bent. Feet on the floor. Take a deep breath and relax. Grasp both knees and pull them as close to your chest as possible. Then return to starting position and repeat _____ times without relaxing between repetitions.



These exercises have helped quite a few folk with back ailments. Give it a try if you have any!



IMA COOKER

Ima wishes you all a very warm and delightful Holiday Season and hopes you'll try her Xmas specials for warming your spirits.

CHRISTMAS DIP

- 2 small ripe avocados, peeled, cut up
- 1 ripe tomato, peeled, cut up
- 1/2 cup real mayonnaise or sour cream
- 1/2 small onion
- 2 - 4 TBsp chopped gr chilis, drained
- 2 TBsp. fresh lemon juice
- 1 tsp salt

Place ingredients in blender container, cover. Blend till smooth. Cover & chill at least one hour. Serve with raw vegetables or corn chips. Garnish platter with cherry tomatoes and parsley sprigs. If you don't have a blender, mash the avocados and mince the onion, stir together by hand. Serves 8-10.

YUMYUMYUMYUMYUMYUMYUMYUMYUMYUMYUMYUMYUM

TIPPSIES

- 1 sm pkg choc. chips
- 3 TBsp corn syrup
- 1/2 C bourbon
- 2 1/2 C vanilla wafers (crushed)
- 1/2 C powdered sugar
- 1 C nuts

Melt chips, add bocze & syrup, then throw in other ingredients & mix well. Shape into 1" balls & roll in powdered sugar. Makes happy balls -- ripen in covered container for two weeks (if possible)

"The difference between the mile and the marathon is the difference between burning your fingers with a match and being slowly roasted over hot coals."

Hal Higdon

The Jeb Smith 50 has been cancelled for 83
look for it in 84 ---

HOLIDAY GREETINGS



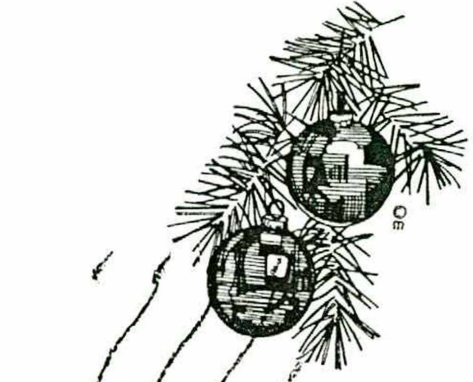
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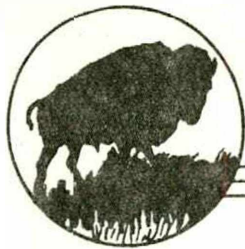


"Never try to outrun a dog."
George A. Sheehan, M.D.



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

Abe Underwood
6555 Park Riviera Way
Sacramento, CA 95831



BUFFALO CHIPS

RUNNING CLUB



No. 55

| | | |
|-----------------|-------------------|----------|
| Glenn Bailey | High Dunger | 455-6077 |
| Bill Stainbrook | Vice Dunger | 487-7464 |
| Dennis Dunbar | Dung Recorder | 362-2888 |
| Jim Lobsitz | Dung Counter | 488-2212 |
| Mike Miller | Dung Herder | 488-3833 |
| Bev Marx | Dung Co-Ordinator | 927-6882 |
| Abe Underwood | Race Chairchip | 392-7672 |
| Marge Hansen | Dung Editor | 428-5923 |

Jan. 23, 1982

THE AGING BUFFALO Abe Underwood

At the recent Board of Director's meeting (don't you get the image of a group of Buffalo rutting around in a great prairie kicking dust in the air?) I agreed to act as the men's masters coordinator. As this function was defined (and applies also to the women's and open men's coordinators) it is to promote and coordinate the participation of B.C.'s in team and relay races.

I'm doing this for two simple reasons (1) no one else wanted to do it and (2) I want the B.C. masters teams to be the best in Northern California. A third reason is that I might even like to be a member on occasion but I'll have to work like hell to do it.

As repeated elsewhere, team fees will be paid by the Club --- at today's entries that's no small item but I think important as an example how continued growth and position of the club in Norcal is related to successful team participation.

Therefore, in the immediate future we have to organize ourselves for the upcoming PA-TAC 20 Kilo on February 6th and the PA-TAC 50 mile championship (aka Jed Smith 50) February 14th. The 20K is particularly important because of the \$300 prize to first masters team. I have contacted many of you already and it looks like we can field a tough team. We can expect stiff competition from West Valley Team and The Tamalpa's. This is the first big money for masters teams. Hopefully, there will be more in future TAC championships. One last remark about the coordinators -- they are not "do everything" jobs! The top rated masters will have to act to some degree for themselves. I'll let you know what team and relay races are coming up and see the entries are paid or reimbursed but it'll still be greatly up to you to make your own calls and deal with the logistic things depending on who's going. In most cases a master will have to act as the coordinator for a particular race such as the Jed Smith 50. In this case it will be Dennis Letl. Team organization for the 20 K will be handled by Tom Shelgren.

If any of you masters have any questions please feel free to call me.



LETTER FROM THE EDITOR....



Hi fellow 'CHIPS'!!!!

It's that time again! To renew your membership for the best running club around. Fill out the enclosed application and give one to a friend. You'll be missing lots of news and information if you fail to renew.

Doing this newsletter is proving to be fun and right along my lines of interest in many aspects. Hopefully the contents, style, and information pleases everyone. If you happen to be interested in assembling, stapling, etc, let me know and I'll share the fun. Or send in a quote, story, cartoon, quip or public interest. I'm certain everyone can donate something.

Congratulations to the new slate of officers who were elected at our January 8th Business meeting. Let's all give them our utmost support so they'll have a good year serving a great club.

See you at the next run.....

Marge Hansen

NEXT NEWSLETTER DEADLINE IS MARCH 6th.

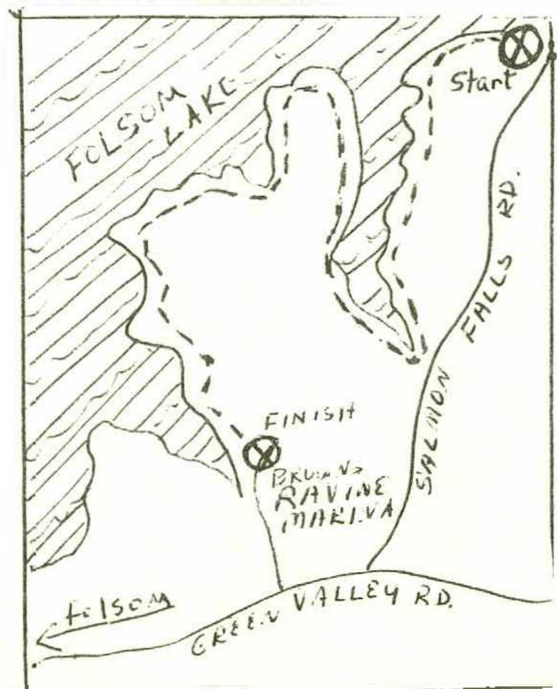
Watch for race results of the recent runs in the next issue..

CORRECTION! Please note we stand corrected on page 7 of the last issue that JOAN REISS placed 1st in the Women's Masters at the Susan B. Anthony Run. Apologies, Joan!

February 7th!!
FOLSOM MUD RUN

10 A.M. -- 9 - 10 miles of horse-trails skirting Lake Folsom. Meet at Salmon Falls Road at 10 A.M. (See map) Arrange your own transportation. This is a low key, no fee, Club fun event.... See you there!

Let's see everyone out there for this --
.....
mud flaps and all!



STATE OF THE HERD

I welcome this opportunity to serve as your High Dunger for 1982. While I may not please each individual, I shall serve responsibly, to the best of my ability and in the best interest of -- running.

This year we will finally evolve into an officially incorporated "Club" pursuant to the General Non-profit Corporation Law of the State of California. Graciously, Charlie Mersereau, erstwhile High Dunger, has agreed to complete the incorporation process, as requested at the recent meeting of the Board of Directors on January 11. To all who have worked on this endeavor, I extend a sincere thank you on behalf of the entire "Club."

Besides myself, the newly elected officers are Bill Stainbrook, Vice Dunger; Dennis Dunbar, Dung Recorder and Jim Lobsitz (re-elected) Dung Counter. All four officers were elected by the Board of Directors during the recent BC meeting, January 8th at Sam's Hof Brau. The remaining four officers, in accordance with the by-laws, are not elected. Each officer is merely appointed to assume a specific function. Volunteers are, of course readily accepted. As you already know, Marge Hansen is the new Dung Editor. Bev, Mike and Abe will retain their respective offices.

On January 11th, during the Board of Director's meeting, a policy was set to convene the first Thursday of each month. Please note that all members may attend these meetings. You need not be an officer or a member of the board. This is your "Club". Your input is encouraged and needed. Our next meeting will be held at 8 p.m. on February 4th at the residence of Elliott Eisenbud, 1921 Rockwood Drive, Carmichael.

Elliott still has T-shirts left from the '81 Buffalo Stampede. All sizes are available for only \$2.00 each. And you don't have to run to receive one!

George Parrott has indicated that more Nike jackets (\$20) with the club logo may possibly be ordered if there are enough Chips interested. Please give him a call evenings at 366-3270 or see him at the Tues/Thurs. workout.

This year I hope more Chips will volunteer in order to make our race schedule a successful effort. In 1981, the Club made a net profit on two (Folsom 10K and the Buffalo Stampede) of four races we sponsored with complete financial liability. If Dave Low and/or George Parrott are so inclined, we may revive the Couples 5-Miler which was held in late May of '81. Note that the date of the Buffalo Stampede 10 miler has been changed from September 12th to the 19th due to the conflict with the Sierra Nevada Triathlon, scheduled for September 11th.

A few Chips, old Chips or UnChips, known locally, will be competing in the SF Examiner Games on Saturday February 20th. Tickets can be purchased by calling the Cow Palace, if you are interested in attending. Prices range from \$6 to \$12.

May the benison of the Great Buffalo Spirit descend upon each o* you in 1982! Have a good year.

Keep on rompin' and stompin'

Bosco

"One of the fascinations of the
marathon is its uncertainty."
.... Paul Reese
(taken from Jim Fixx's '82' Log &
Calendar)

MEETING OF THE COMMON DUNG

January 8, 1982

SAM'S HOF BRAU

The meeting was called to order by High Dunger, Charlie Mersereau at 7:15 p.m. The minutes of the last meeting were read by Dung Recorder, Marv Poyser, and approved as read.

Dung Counter, Jim Lobsitz, gave the annual financial statement of the general account: current balance is \$565.00.

Charlie Mersereau reported on the condition of Jim Drake, suffering from a suspected aneurism while running on the American River Parkway. Jim Lobsitz and Elliott Eisenbud gave updated reports on Jim's health. A get well card was circulated among the herd present.

Dung Herder, Mike Miller, reported on the current membership. Applications and renewals should be available in the next newsletter scheduled for January. Mike also discussed sending a letter to Gov. Brown inviting him to become a Chip and also advising him not to run the Avenue of the Giants as a bandit, as the Gov. has previously stated.

Race Chairchip, Abe Underwood, reported on the race fund. Current balance is \$1099.00. The Club lost a little money in 1981, but also added almost \$750 of new race equipment. Abe also brought a tape recorder to pass among the assembled Chips to express well wishes to Jim Drake.

Charlie then presented a plaque to Mark Elgert for his help with the Pepsi-Tahoe 72. Mark will be replacing Charlie as race director of this Club race.

Dennis Dunbar introduced Marge Hansen as the new Dung Editor. Marge, in the typical fashion of all previous Dung Editors requested active participation of Club members in the newsletter (read that, send articles!!!).

Glenn Bailey, Marv Poyser, Bill Stainbrook, and Abe Underwood were nominated to fill the current vacancies on the Board of Directors. They were installed by voice vote. The Board of Directors met privately for several minutes to decide new Club officers for 1982. New officers for 1982 are: Glenn Bailey, High Dunger; Bill Stainbrook, Vice Dunger; Dennis Dunbar, Dung Recorder. Jim Lobsitz will continue as Dung Counter, and Mike Miller will continue as Dung Herder.

Motion was made and carried for the Chips to renew membership with TAC.

Abe Underwood led a discussion concerning dual membership of some members and suggested some strategies to make the Chips more appealing to the Herd, including, paying the entry fees for Chip teams placing in the top 5 at Championship races.

Meeting was adjourned around 10:30.

Respectfully submitted,
Marv Poyser and Dennis Dunbar

BOARD OF DIRECTORS
MEETING
January 11, 1982

Meeting called to order at 8:15 p.m. by High Dunger, Glenn Bailey. Board members present: Glenn Bailey, Dave Davis, Dennis Dunbar, Elliott Eisenbud, Jim Lobsitz, Mike Miller, Bill Stainbrook, and Abe Underwood. Also present were Marge Hansen, Dung Editor, and Charlie Mersereau, former High Dunger.

Item #1. - members of the Board of Directors.

It was decided that the High Dunger, Vice Dunger, and Dung Recorder will always be members of the Board. Other positions of the Club can be filled by interested members of the Herd not on the Board. The Board determined that it still needs to find out whether the position of Dung Co-ordinator needs to be filled or not. High Dunger, Glenn Bailey will check and report at the next Board meeting.

Item #2. - incorporation of the Buffalo Chips Running Club.

Charlie Mersereau reported on the progress made to date on getting the Club incorporated as a non-profit organization. The Articles have been written and are ready to go. The By-Laws are in rough form but can be finalized soon. The Club will need to file financial statements at the Federal and State level before incorporation can be effected. Incorporation will save the Club money in postage for the newsletter, as well as any other mailings, and provides protection to the Club in the event of any suits arising from Club sponsored events.

It was moved, seconded, and carried to continue efforts to complete incorporation. Charlie will continue in this effort and will report to the next Board meeting, February 4th, 1982.

Item #3. - Board meetings.

The Board of Directors will meet the 1st Thursday of each month. The next meeting will be at Elliott Eisenbud's house. These meetings will be open to all members of the Club, and all members are invited to attend.

Item #4.- Function of the Vice Dunger.

It was decided by the Board that the Vice Dunger would assume a more active role and will be responsible for coordinating all Club team and relay race activities. The Vice Dunger will be the overall coordinator, with sub coordinators in charge of open men, open women, masters men, and masters women teams. These sub-coordinators will be named later.

Item #5. - Club responsibility to members and Club teams.

A motion was made that: the Club will pay the entry fees for top open men, open women, masters men, and masters women Club teams and for all relay teams. Motion was carried.

A motion was made that: the Club will authorize a reduction in entry fees for Club races for Club members, at the discretion of the Race Director. Motion was carried.

Item #6. - Miscellaneous

Date of the Buffalo Stampede changed to October 19, 1982.

Date for Folsom Mud Run set for February 7, 1982.

MEETING ADJOURNED 10:30.

JED SMITH 50 READY TO RUN

The B.C.'s annual 50 miler is set for Sunday, February 14, at 8:00 a.m. This years race also brings a major course relocation to Gibson Ranch (near McClellan A.F.B.) The course will be a 10 mile loop repeated 5 times. It's rural, flat, good facilities and nice country scenery. The County of Sacramento will be a co-sponsor. See enclosed entry forms. The major race committees will be headed by the following Chips. Many of them will need help on race day. If you can help, please let one of these people know. Heidi will need the most help to run the 1st Aid Stations which will be necessary. Everyone who works will receive a special T-shirt.

| | | |
|----------------|---|------------------------------|
| Registration | - | Elliott Eisenbud |
| Course Marking | - | Mike Miller |
| T - Shirts | - | Carolyn Tucker & Art Goodwin |
| Lap Recording | - | Marge Hansen & Karen Walkup |
| Aid Stations | - | Heidi Poyser |
| Finish Timing | - | Dennis Dunbar |
| Awards | - | Mike O'Neal |
| Refreshments | - | Marv Poyser |
| Results Board | - | Hal Baker |

We expect a good turnout, approximately 150, so plenty of help is needed to make this a first-class race.

Just received word that there will be a \$100 travel award for the first place man and woman in this years race!!

THANKS A.J. Underwood . 392-7672
Hal Baker . 443-4514

To aid in stimulating interest in social activities, we would like to encourage you to drop any suggestions to any board member. Contests? Bean Feed? Come As You Are Run? Pot Lucks? Banquets? Ballgames & BarBeques? Dance??? All ideas are more than welcome. Your contributions will make our B.C.'s bigger and better.

Born Loser



OUR ANNUAL RUSTY DUCK RUN WILL BE HELD IN MARCH. ALWAYS FUN AND FOOD AND GREAT FELLOWSHIP .. PLAN ON ATTENDING. CHECK DATE IN THE NEXT ISSUE OF THE NEWSLETTER.

IT'S A LONG RACE WHEN:

- Your pre-registration packet arrives "Postage Due."
- They notarize your signature on the waiver form.
- You hear the race director asking "Just how long is 10K anyhow?"
- You're the only one in the field wearing training shoes.
- A guy returns from a look at the course's "one hill," and he's wearing snow shoes.
- You see the people in charge of the aid station emptying trash barrels.
- The registration table has an "American Express Card Accepted Here" sign.
- Your car gets towed while you're leaning against it doing Achilles tendon stretches.
- They run out of toilet paper.
- The race is delayed until the "problems with the Dobermans" are cleared up.
- The physician on duty asks you to step aside.
- The neighborhood is so rough muggers are already working on the pack at the starting line.
- The race officials keep asking, "Is the guy with the T-shirts back from vacation yet?"
- You see your sweats loaded onto an unmarked van, driven by a guy wearing a ski mask.
- Your shoe laces break.
- The guy who marked the course asks, "You mean they're supposed to go right at the junction?"
- The race director asks if anyone is prone to getting poison oak.
- The race director assures everyone the distance is accurate because he's walked it with his pedometer.
- You hear your car key fall to the ground through a hole in your new running shorts.
- The lead cyclist is wearing a Hell's Angel jacket and keeps asking his girl friend on the back for "another hit."
- The guy calling the split times takes out his grandfather's pocket watch, holds it to his ear and shakes it.
- The guy controlling traffic at the big intersection is wearing a "Roads are for Cars" patch.
- You step on a nail in your new "air-sole" shoes.
- You pass the four-mile mark, and it's a 5K race.
- There's only one guy behind you, and he's carrying a broom.

(borrowed
Barry Spitz)

Thanks Jim Drake!

HELP!

Yes, your loyal dung herder still needs help. Someone out there in runner land should have access to a word processing system of some type: micro computer, Wang, Xerox, something, anything. Given the use of such a system you could be provided with updated membership lists much more easily, and thus frequently, than is now possible. So look around, maybe you have an old little used computer sitting around just waiting to be used by the chips.

And while I'm on the subject of HELP! I still need to find a straight flat 1/2 mile or longer lightly used road somewhere in the north east area of Sacramento. Our calibration course on Riverside Blvd. is very nice but a hell of a long way from everything except AJ. Please call me when you spot a good road.

....Mike Miller

Our thoughts are with Jim Drake on his illness lately.. Our best wishes Jim, and hopefully you'll be back with us on the trails real soon....

If you like to eat, you'll enjoy our new columnist, IMA COOKER, who will share her health inducing recipes.

BREAKFAST BARS

- 1/2 C Honey
- 1/2 C peanut butter
- 1/2 C instant nonfat dry milk
- 2 1/2 C coarsley chopped Wheaties
or TEAM cereal
- 1/2 C chopped dates or raisins

Put honey and p.b. in saucepan over low heat. Stir til blended. Remove from heat, stir in dry milk, fold in cereal, dates or raisins. Drop by heaping teaspoonfuls onto wax paper. Cool to room temperature and store in refrigerator. Makes 2 dozen, 2 inch cookies.

"The race is got by running."

-- English Proverb

TO TACK OR NOT TO TAC
Abe Underwood

That is the question - what is the answer? Absolutely YES, maybe YES and probably NO. Now that that is cleared up we can go on. First, TAC (The Athletics Congress) is the Congressionally established national organizing body for the track and field and running (and therefore recognized by the International Olympic Committee). The AAU still does everything else (swimming, etc.). It's really not a whole lot different under TAC for the average runner. It is a lot different for the committees and officials. Now back to the question -- To TAC or not to TAC? This is as straight as I can say it: Absolutely YES - Any club member who might be competitive as an individual or a team member in a TAC championship or TAC club category relay. It's the only way you and your team mates can qualify for awards. Chip team coordinators will require it. Maybe YES - This probably applies to the serious but maybe non-competitive runners who understands that membership fees are turned over to the local TAC committees (e.g. LDR & Masters) for distribution to PA championship events (i.e. the 20 K & 50 mile) and for travel funds. This promotes better racer and better competitions. this is a moral call and it's all yours. Probably NO - Realistically the fun runner doesn't get much out of TAC. And TAC wasn't set up to be all things to all runners. There is not real need to organize all the local 10K races and running mothers in the country. If you are a YES of either kind you can get a TAC registration form from the team coordinators or at any PA-TAC championship race on race day.

There is one important TAC rule that deserves mention: Most of the rules of amateur athletics skill exist under TAC and one of these much misunderstood rules covers running for more than one club. It says that a runner must declare a 90-day unattached period of eligibility before competing for another club. This is basically a good rule which protects the club systems and prevents runners from capriciously switching around to form a stacked team for a particular race. All this hasn't been really very important in the past, but with the advent of hundreds of dollars for team awards, you can bet that the clubs will be looking at this very carefully and will challenge any winning club with members who might not have a clean record. This is something else the race coordinators will be responsible for watching.

Abe Underwood deserves a large applause for the time, toil and trouble he's gone to with the Corporate Cup races that were run in July.

Thanks AJ!!!!!!!

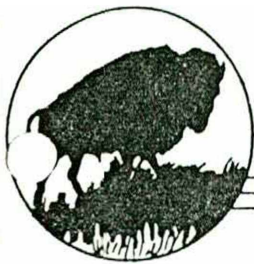
There's a NOON 3 mile fun run coming up February 25 in Old Town on the bike trail to Discovery Park - It's sponsored by the Governor's Council on Wellness and Physical Fitness. Watch for advertisements and we'll see you there!

BC CLASSIFIED

X-Country Skier interested in finding others to trak ski with and share driving expenses. Also interested in car pooling to nearby runs (S.F., Santa Rosa, etc.)
..... 1-758-2633

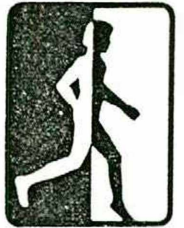
New Balance Shoes 7EEE good condition.
\$10.00 428-5923

MIKE MILLER
BUFFALO CHIPS RUNNING CLUB
P.O. Box 186
Carmichael, CA 95608



BUFFALO CHIPS

RUNNING CLUB



No. 58

| | | |
|-----------------|-------------------|----------|
| Glenn Bailey | High Dunger | 455-6077 |
| Bill Stainbrook | Vice Dunger | 487-8398 |
| Dennis Dunbar | Dung Recorder | 362-2888 |
| Jim Lobsitz | Dung Counter | 488-2212 |
| Mike Miller | Dung Herder | 488-3833 |
| Bev Marx | Dung Co-Ordinator | 927-6882 |
| Abe Underwood | Race Chairchip | 392-7672 |
| Marge Hansen | Dung Editor | 428-5923 |

July 24, 1982

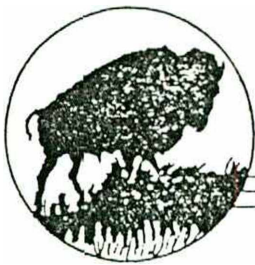
The Sacramento Union's July 4th five miler drew 1,735 runners -- many of which were our own CHIPS. Listed below are those who participated -- hope we didn't forget anyone -- if so, let ED know.

Women:

| | | |
|---------------------|----|-------|
| Kathy Pfiefer | .. | 28:08 |
| Heidi S. Poyser | .. | 31:09 |
| La Donna Washington | .. | 31:32 |
| Kathy Beals | .. | 31:34 |
| Reggie Bennett | .. | 32:22 |

Men:

| | | | | | |
|--------------------|----|-------|-------------------|----|-------|
| Chris Turney | .. | 25:48 | Frank G. Benham | .. | 29:19 |
| Tim Jordan | .. | 26:43 | Howard Jacobson | .. | 29:28 |
| Dan Alarid | .. | 27:02 | Tom Kando | .. | 29:29 |
| Bosco Bailey | .. | 27:04 | George Parrott | .. | 29:34 |
| Karl Yamauchi | .. | 27:25 | Don Padilla | .. | 29:39 |
| Jon H. Shelgren | .. | 27:26 | Tim Bauer | .. | 29:50 |
| Thomas J. Nussbaum | .. | 27:28 | Jim Finnegan | .. | 30:09 |
| James Price | .. | 27:28 | Dennis N. Scott | .. | 30:26 |
| Michael Kelly | .. | 27:31 | Gordon Hall | .. | 31:03 |
| Tom Pearman | .. | 27:36 | David Neff | .. | 31:09 |
| Robert Seldner | .. | 27:36 | William J. Prince | .. | 31:17 |
| Mike Daigle | .. | 27:38 | Robin Hudson | .. | 31:40 |
| Robert Bourbeau | .. | 27:45 | Byron Lea | .. | 31:43 |
| Jon Sherburne | .. | 27:48 | Paul Reese | .. | 31:53 |
| Jeff Pearman | .. | 28:01 | Greg Soderlund | .. | 32:31 |
| Abe Underwood | .. | 28:06 | Mike Neff | .. | 33:07 |
| Vern Shipley | .. | 28:07 | Marv Poyser | .. | 33:15 |
| Robert Malain | .. | 29:05 | J. H. Drake | .. | 33:15 |
| Mike Selby | .. | 29:17 | Mike Drake | .. | 33:15 |
| | | | Michael Otten | .. | 33:19 |



BUFFALO CHIPS

RUNNING CLUB



San Francisco Marathon
80 Stonestown Mall, Ste 115
San Francisco, CA 94132

July 7, 1982.

Attention: Scott Thomason, Race Director

Subject: Packet Pick-Up for SF Marathon

This year a sizeable number of Chips will participate in the Sixth Annual San Francisco Marathon. Many have complained to me about the procedure outlined for picking up race packets. Like me, and I am sure countless other runners everywhere, they find this procedure to be unreasonable, unnecessary and impractical for various reasons.

A majority of the runners in the Sacramento Metropolitan Area, who running races in SF, drive down on the morning of the race, not the day or night preceding race day. Therefore, to require that we pick up our numbers prior to race day is an inconvenience to say the least. In an era of conservation due to dwindling resources, it is fuelish for some of us to make two trips to SF within two or three days; particularly, when one trip is simply to pick up a race packet.

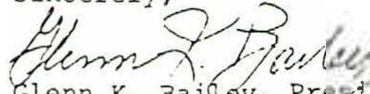
To register for the 1982 SF Marathon, each runner was required to include a SASE with the entry form and check. No doubt, many entrants assumed that it (SASE) would be used to mail back a race number which would also confirm entry. Of course, that assumption was proven to be erroneous -- unfortunately.

It is apparent that the SF Marathon Race Management allocated funds for the mailing of innumerable race brochures, postcards to confirm entry, ads in sundry publications and, allegedly, on television in the Bay Area. Then, there was the alarming SF Marathon Instructions! Certainly, it would have been less expensive and more efficient to have used the SASE to forward each runner's race number without all of those superfluous, commercial advertisements which are often included in packets.

On behalf of the Buffalo Chips, I am affirming our objection to the procedure aforementioned. We hope it will not be repeated next year as we strongly urge you to inform prospective entrants in 1983 with an explicit statement on the entry form of how and when and where race packets/numbers will be distributed. Notification one week in advance or less is ridiculous. Indeed, I know runners who are officially signed up to run but to date have not received the SF Marathon Instructions. Do you realize how difficult it can be to find a motel room in the Bay Area on such short notice?

For now, we will relieve our frustrations by romping through the streets of San Francisco -- hopefully, unimpeded by any unexpected surprises.

Sincerely,


Glenn K. Bailey, President
Buffalo Chips Running Club
3301 O Street
Sacramento, CA 95816

STATE OF THE HERD

The Avon International Women's Marathon, held June 6th, was a good race for some Chips. Congratulations to each of you. Let's continue our support of fast women! It's great to see those BC singlets throughout the field. And I'm sure the same will prevail at SF on July 11th.

On July 7th, a letter was dispatched to Scott Thomason, Race Director of the SF Marathon on behalf of the herd. It deals with the unrealistic race packet pick up that was employed this year. I believe most runners would concur with our sentiments.

I apologize for the abrupt change of location for the BC Meeting, July 16th. That change was precipitated by the conflicting statements on policy made by the Facility Reservation Office at CSUS. In short, I did not wish to have the club billed \$28-73 for use of the Alumni Grove. CSUS wanted to charge the club \$28 for use of the Alumni Grove and \$45 to open restrooms in the temporary buildings. Pardon the inconvenience it may have caused anyone.

The herd has not incorporated to date. Our target date is now early August. Requisite financial data from the inception of the herd must be compiled. Thus, more time was needed to uncover or reconstruct that data. Besides, what do buffalo care about mere money? Our proclivities are more mundane. Right? Yes, I know, there are perhaps some buffalo who are driven by avarice.

With half of '82 behind us, the herd is running gracefully and powerfully, I'm sure the remainder of '82 will prove to be fruitful for the herd. Uh, don't let the fate of a few Chips at Western States 100 Miler this year depress or discourage you. That's one fickle, unpredictable run. I know that from experience. Will I try again? Yes, next year. Some folks never learn.

The Chocolate Chip,

Beno

EDITORS NOTES

The SF Marathon was without a doubt a large, and very eventful race. Most everyone who ran it, had a personal experience of some sort or other whether they fell apart at a certain mile or had painful muscles at mile (?) -- overall, it was a great time. A terrific way to tour S.F. The CHIPS were outstanding and showed their colors - flying all the way! If you weren't there - you missed a good one! See the list of our herd in this issue!!

Discounts for CHIPS are available at the following stores: McINTOSH'S, SECOND SOLE, and FLEET FEET. Carry your membership card to insure your 10% discount.

The next Board Meeting will be at Jim Lobsitz' on Aug. 5th at 8 p.m. Any and all members are invited to attend.

The deadline for the next newsletter will be AUGUST 28th... All members are welcome to submit articles, results, jokes, poems, and suggestions. Subject to editorial discretion and printed as space allows.

On the trails again ----

7/7/82

Board of Directors Meeting
June 3, 1982

Board Members Present:

Glenn Bailey
Dennis Dunbar
Elliott Eisenbud
Marge Hansen
Mike Miller
Marv Poyser
Heidi Skaden-Poyser

Other members:

Jim Drake
Charlie Mersereau

Meeting called to order: 8:13

Old Business:

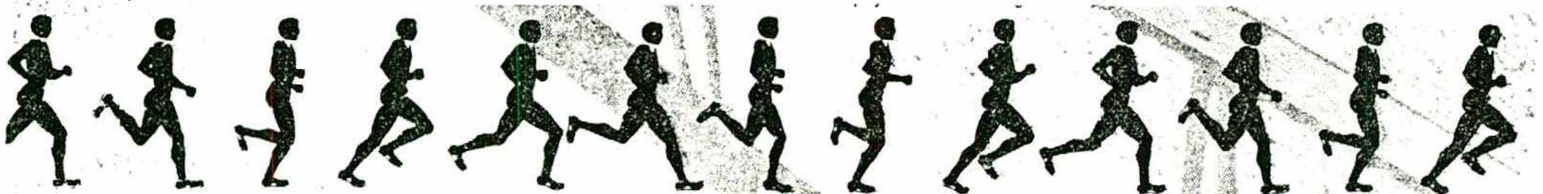
1. Incorporation - progressing slowly. Still need the necessary financial statement.
2. Advertising in the newsletter - the idea is to off-set some of the costs of the newsletter. Motion: On a trial basis, the newsletter will offer advertising space for \$10 (for business card size space); this will be discussed on an on-going basis by the Board of Directors; the Editor will be responsible for determining the appropriations of any advertisement submitted for publication. Motion seconded and passed.
3. Reimbursable races - Gazelle 10K will not be reimbursable.
4. Equipment - suggested that the club should have a banner to put up at races. Motion: that money be authorized to purchase canvas and make appropriate arrangements to have club logo applied to banner. Motion seconded and passed.

New Business:

1. Motion: that the club contribute \$100.00 to a travel fund for Harold Kuphalt, local prep runner (un-chip). Motion seconded/not carried.
2. Buffalo Stampede - inquiry into whether or not the stampede should be advertised in NorCal Running Review. Some concern was expressed over possibly attracting more runners than our resources can handle. No motion made - no action to be taken.
3. Additional support and recognition of club members - suggested that club members who donate their time to work a certain number of club races be recognized and supported in some fashion. Board decided to present this topic at the upcoming General Meeting of the herd on July 16th.

There being no further business, meeting adjourned at 9:15.

Respectfully submitted,
Dennis Dunbar
Dung Recorder



15KM- Santa Barbara- July 3,1982
28th Annual Semana Natica Festival Run.
NIKE Masters Grand Prix Series.

Less than 36 hours after returning from Amsterdam, Holland, Joan Reiss ran a strong 60:14 in the Santa Barbara 15 KM, but not quite strong enough to fulfill her quest of a Nike-sponsored trip to the Masters Grand Prix in Philadelphia. After an early AM arrival in Santa Barbara, five hours of sleep and her biologic clock still in Europe, Joan joined a field of 317 for a foggy 8AM start on a rolling hilly course. The competition was fierce, with 125 finishing under 60 minutes, and 187 under 65 minutes. Both men's and women's records fell, Gary Tuttle's winning time of 45:14 shaving 18 seconds off the previous mark. Elaine Campo set a new women's division record by 37 seconds with a 55:57. The men's master's record of 50:26 was totally decimated by Frank Duarte (40-44) with a superlative 48:34. When Valdemar Schulz, Nike representative, announced that, because of age-graded charts used by Nike for the awards, Duarte's time was not good enough for one of the four men's trips to Philadelphia, he was met with boos; it seems the charts really favor the older masters, the grading being in five year groups.

Nike awarded trips to two 57 year old women. Margaret Miller led the age-graded awards with a super time of 60:37. Helen Dick's 65:59 was good enough for a 2nd place tie with Sandra Kiddy (45-49) at 58:50, who also won a trip. The men masters outdid themselves. First place in the trip awards was won by 66 year old Don Longenecker with 58:38, an outstanding time in the 65-69 year old group. Ex-Chip Jim O'Neill (55-59) was second, and very happy with his time of 54:19, especially since he was just coming off an 8 month layoff for a groin pull. Jim sends his best regards to all his old friends. Also winning a trip in the 65-69 year group was John Hollebeck with 61:45.

Yours truly chugged along at a 7 minute pace, for 65:26, winning me a trip back to Sacramento.

Mark Reiss

Men

1. Gary Tuttle 45:14
2. Bobby Macias 46:38
3. James Triplett 46:53

Women

1. Elaine Campo 55:57
2. Sue Peterson 56:33
3. Sue Krenn 57:50

PARTICIPATING IN ULTRAS

After viewing the Julie Moss debacle in the Hawaii Triathlon on ABC Sports and watching numerous runners this year from Michigan Bluff to White Oak Flat during the Western States 100 miler, I believe the following article by Dennis Brewer should be read by anyone who enters ultras who is contemplating such an endeavor. I concur with Mr. Brewer's attitude or perspective on what constitutes 100% effort. Think about it.

THIS SPACE FOR SALE
\$10.00

Contact Editor

ATHLETIC SHOE FACTORY -- LOVE RUN
Sunday, June 13 1982

This was a new race--it may have been the first and last as well! A benefit for MDA, the race was clearly for a good cause. Race Management, however, committed a number of critical errors.

First, though the course map indicated the field for both the 3 and 5 miler should make approximately two loops around part of the Lake Crest Village parking lot on Florin Rd. West, the starter directed everyone to run nearly three loops. Methinks he cannot read course maps! In the end, this would have added roughly 530 yards to the courses (3 and 5). Yet we discovered that if the race had commenced properly, the 3 miler would have been short and the 5 miler would have been long! Terrific! It is my estimation that the 3 milers ran 3.1 miles while the 5 milers ran 5.4 miles.

This fatal error could have been averted if the folks at the Athletic Shoe Factory had not spurned AJ's offer to measure the course prior to race day. Guess those folks figured a mangy old buffalo couldn't follow a straight line or a winding road.

In addition, the course was void of shade. In fact, the residential area (Greenhaven) had precious few trees sprouting. Furthermore, there was no traffic control at an intersection on Florin next to Lake Crest Village. I "ran" the red light as I didn't want to ruin my change to PR at 5.4 miles with only 400 yards to go. Hell, I PR'ed too (29:45)! That felt great considering I set a PW for my one mile split -- 6:45. But so did most of the poor souls in this race. The course, nonetheless, was flat which is of no consolation when all your splits are ludicrous or meaningless.

There were 79 entrants in the 3 miler and 53 in the 5 miler. Results below are incomplete because "race management" removed the results board indoors for some mysterious reason. It seemed to take forever for the awards to be presented. Even then, they proceeded to slaughter the pronunciation of the names of the division winners.

3.1 Miler

Dave Russell (unchip) .. Overall Winner/male
La Donna Washington .. Overall Winner/female
Bob Potter (40-49) .. 3rd place

5.4 Miler

Mike Adreani (12 & under).. 1st place
Dan Smolich (unchip) .. Overall winner/male
Kathy Beals (19-29) .. 1st place
Bosco Bailey (30-39) .. 2nd place
AJ Underwood (40-49) .. 1st place
Howard Jacobson (30-39) "most irate finisher"

Perhaps 20% of the runners stayed for the random drawing following the awards ceremony. A pair of Nike shoes was the "big prize." You had to be present to win. Guess what? The 'thriteeth' name called was the winner. How appropriate!

As we meandered to our vehicles to depart, new CHIP, Mike Adreani, an aspiring soccer player and trackster with great potential, remarked, "I don't think this race will be too popular next year." You can bet your chips on it.

--Bosco Bailey--

Did you know

Our newsletter reaches as far as Athens Greece? Bill Thompson is stationed in the A.F. there. He asks if anyone is interested in the marathon there is October to let him know. He wears his CHIPS colors in local and greek races.

Sorry that the computer made you so old Bill - and changed your name. Computers do strange things at times. Anyone wishing to go to Greece - ?

Write: Bill Thompson
7206 ABG, Boc 563
APO NY NY 09223

PETRUZZI'S AT AVENUE

Dick Petruzzi had a PR of 3:42:09 at the famed Avenue of the Giants and his new Jim ran a 3:18 for his first marathon. Terrific! Congrat's -- even though the race was some time ago.

NORTH MISSION PARK FUN RUN
-June 26, 1982-

A small field of runners participated in this 3rd Annual Fun Run on a warm Saturday morning while some other runners were battling snow in the high Sierras. It is a 3 and 6 mile race; the course is a flat 3 mile loop through the residential area near American River Hospital. Thankfully, it is an accurate course so there were no surprises with splits as the course was laid out by that new Masters Runner, John McIntosh, who was greatly chagrined to see Walt Howard (Masters) at this run.

Chips represented nearly 10% of the 110 finishers -- 75 in the 3 miler and 35 in the 6 miler. Awards were shallow, only one deep in each division. However, gift certificates were given away for dinners, entertainment and cash value.

Listed below are the results from both races for CHIPS:

| <u>3 Miler</u> | | | Overall | |
|-----------------------|---------------|-----------------|--------------|----|
| <u>Time</u> | | <u>Division</u> | <u>Place</u> | |
| Bill Stainbrook | 15:44 (20-29) | 1 | | 1 |
| Hanna | 16:09 (14-18) | 1 | | 3 |
| Walt Howard (unchip?) | 17:41 (40-49) | 1 | | 8 |
| John McIntosh | 18:44 " | 2 | | 15 |
| Dick Petruzzi | 21:30 " | 5 | | 26 |
| Jim Lobsitz | 23:00 (50-59) | 2 | | 33 |
| Betti Dolezal | 24:47 (30-39) | 2 | | 42 |

| <u>6 Miler</u> | | | Overall | |
|----------------|---------------|-----------------|--------------|----|
| <u>Time</u> | | <u>Division</u> | <u>Place</u> | |
| Bosco Bailey | 34:02 (30-39) | 1 | | 2 |
| Tom Pearman | 36:22 (20-29) | 2 | | 3 |
| Jim Finnegan | 38:48 (40-49) | 1 | | 6 |
| Jim Parsons | 46:09 " | 4 | | 15 |

--Bosco Bailey--

STAMPEDE

All pre-registered CHIPS will be allowed a discount for the Buffalo Stampede. \$3. (See enclosed registration). Don't forget to wear your singlet.

AVON MARATHON

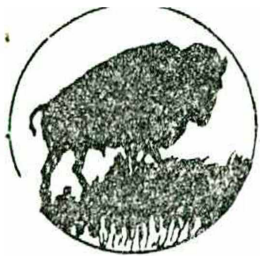
Held in San Francisco awhile back was the famed Avon Marathon - for women only. Approximately 600 women were there according to the Chronicle, although it seemed like more to those that ran.

They treated each woman like a queen and gave away running bags with cosmetics, a dinner before and a victory buffet. T-shirts too? For the \$10 fee, that sounds like a bargain. The course wasn't too pleasant although it was a cool 70° which was comfortable and the aid was good. Some famous names were there and I wish I could quote times but we had a CHIP present who for her first marathon did a great job in 4:03:03. Fantastic!!
Congratulations Gale Dowell!!!

WESTERN STATES 100 - 1982
Elliott Eisenbud

The Western States 100 Trail was strewn with ailing CHIPS this year and after the dust had settled, the lone finisher was 60 year old George Billingsley in 29 hours and 27 minutes. I understand that this includes 3 1/2 hours of down time at White Oak Flat. The first CHIP casualty was Helene Eisenbud who fell on Red Star Ridge, banged up her knee and had a concussion. She wound up at Mercy San Juan Hospital Emergency Room that evening and had double vision and headaches for the next few days. Charlie Mersereau made it just beyond Michigan Bluff before calling it a day, vowing to return next year with a vengeance. Charlie attributes his rapid demise to not eating enough along the trail. I called it quits at White Oak Flat with a liberal amount of cramps, nausea and a great lack of mental fortitude.

I am sure most of us by now have resolved to go back next year and do a better job. I hear by the grapevine that Jerry Blinn and High Dunger Bailey are planning on this race for next year. I remember seeing Paul Reese out on the trail on several occasions during the race with a great degree of envy about him. There is still the chance to be the first over 60 finisher breaking 24 hours.



Running Schedule



- JUL 17 - Run For Fun, 3 & 5 Mi., Sacto., 8 a.m., 456-7336
JUL 18 - Aptos Womens 5 Miler, Community Park, Aptos, 9 a.m., (408)688-1624
JUL 18 - Burlingame 2.85 mi. run, Coyote Pt. Park, 8:30 a.m.
JUL 18 - South San Francisco Run-Swim Biathlon 1 mi sw/2.6 run, (415)877-8560
JUL 24 - Mental Health Fun Run, 5 & 10K, William Land Park, 8:30 a.m., 447-9346
JUL 24 - Women on the MOVE, 1, 2, 3 mi, YMCA downtown, 8:30 a.m., 442-4741
JUL 24 - Roop Ranch River Run, 5 & 10K, Lassen High School, Susanville, 9 a.m.
JUL 25 - Pear Fair 10 Miler, Courtland, 8 a.m., 442-3338
JUL 25 - Wharf to Wharf, 5.816 mi., Santa Cruz Boardwalk, 9 a.m.
JUL 25 - Lake Merritt j&s 5/10/15K runs, Oakland, 9 a.m., (415)562-2210
JUL 31 - Watermelon Run, 8 mi, Oakland (Chabot Park), 9 a.m. (415)523-2264
AUG 1 - Ashton Bake 5 & 10K, Ashton Park, Sacto, 8:30 a.m. 966-6185
AUG 1 - Summer Relays, 5 x 4.5 mi legs, Lake Merced - SF, 9 a.m., (415)837-6674
AUG 1 - Hospice Run, 1 mi & 10K, Modesto Jr. College, 8 a.m. (209)577-0615
AUG 7 - SF 49er's Fun Run, 5 & 10K, Rocklin-Sunset Whitney Country Club, 8 a.m.
AUG 7 - Day in the Park Run, 1/2, 2 1/2, 5 mi, Carmichael Park, 8 a.m., 486-2210
AUG 7 - International Triathlon Circuit, 2 sw/65 bk/13.1 run, Santa Clara Valley
AUG 7 - Crater Lake Marathon, Crater Lake, OR, 9 a.m., (503)884-6939
AUG 7 - Chico Triathlon, 6 run, 1/2 sw/16 bk, Bidwell Park, Chico, 345-1000
AUG 8 - Skyline 50K, Wildcat Park-Richmond, (415)758-1023, 7 a.m.
AUG 8 - John Steinbeck Country Run, 10K, Salinas YMCA, 10 a.m., (408)758-3811
AUG 10 - Summer Track Championships, CSUS Stadium, 5 p.m., 481-8419
AUG 14 - Monterey Bay Triathlon, 2 sw/30 bk/10 run, Santa Cruz, (408)758-2733
AUG 14 - Lodi Triathlon, 3.1 run/5bk/1000 yd swim, Lodi Lake, 8 a.m. (209)957-5646
AUG 15 - Park to Park Relays, 4 x 5 mi., Carmichael Park, Sacto, 8 a.m. 481-5869
AUG 21 - Damit Run, 5.7 mi, Los Gatos High School, 9 a.m., (408)354-2095
AUG 21 - America's Finest City Half Marathon, San Diego, 7 a.m. (714)297-3901
AUG 21 - McIntosh Fun Run, 3 & 6 mi, El Camino Store, 8:45 a.m., 488-7181
AUG 22 - Love Run, 3 & 6 mi, Shoe Factory, 7348 Greenback Lane, 8 a.m., 726-9747
AUG 22 - Lake Tahoe Series, 10K, No. Tahoe High School, 9 a.m., 583-8475
AUG 22 - Redwood Shores Biathlon, 4mi run/400m sw, Rwd City, 10 a.m. (415)592-4170
AUG 28 - Escape From Alcatraz Triathlon, 1.5 sw/15 bk,/14 run, 442-3338
AUG 29 - Presidio 10 run, Presidio Parade Grounds - SF, 9 a.m., (415)989-6402
AUG 29 - Where the Hell is Truckee 18 mi run, Tahoe City - N.Tahoe Hi Sch. 583-5306
AUG 29 - 50 mi run & 5 man 50 mi relay, Pleasant Valley - Camarillo, 6 a.m.
AUG 29 - Brutus K. Hamilton Slough Run, 3.5 mi, 10 a.m., Courtland, 775-1161

LOOKING AHEAD

- SEPT 11 - Sierra Nevada Triathlon, 2 sw/60 bk/13.1 run, 442-FEET, 447-BIKE, 966-TEAM
SEPT 17 - Pepsi of Reno Lake Tahoe 72 mi run, Tahoe City, 7 a.m. (209)951-3006
SEPT 19 - Buffalo Stampede 10 mile run, Rio Americano High School, 9 a.m.
NOV 21 - Clarksburg Classic 20 Miler, Clarksburg, 442-FEET

This schedule is as accurate as possible at time of printing. Dates are subject to change, check w/race directors. Entry applications available at local running stores. Any changes or additions to the schedule - please call John McIntosh 488-7181 or Dave Low 393-2106 (eves).

4th Annual Russian River Run
Sunday, June 6, 1982
Full & 1/2 Marathon, (certified course)
Fun Run (4.9 miles)

How would you like to run a certified full or half marathon, limited to 650 runners nestled in some of the most beautiful wine country roads in and around Ukiah?

For a high quality community effort, Ukiah does its best to put on an excellent race, complete with carbo-spaghetti dinner the night before with running movies, also a parade and dance included in the festivities.

Hammond decided to mix company and running that weekend, the Russian does a fine job. They offer a beautiful county park site reserved completely for runners only 1 1/2 miles away from the start in the hills above. The campsites offer a lush setting of tall oaks, verdant green ferns and a lovely bubbling brook running through the park. Slightly downstream from the park is a pond filled with fiesty rainbow trout. My son caught 13 trout. The camp fee was only \$6.

The course is an out and back course located just outside Ukiah on the wine country roads. During the race, traffic is closed except for emergency vehicles and some local traffic. Split times were called at 1, 2, 5, 10, 13.1, 15, 20, 25.2. Mile markers clearly marked each mile.

Erg and water were available every 3 miles along with restroom facilities. Sponges were present at aid stations.

One of the most beautiful sights was coming down the hill above the start at 5:30 a.m. in the morning. Before me lay the beautiful sleeping Mendocino Valley with its lights and the full moon above throwing its silvery light upon the green vineyards. Dawn broke as the gun for the start went off at 6:00 a.m.

Hammond decided to run the 1/2 marathon. I took off at a 8 minute per mile pace to practice racepace.

The course is mostly rolling roads with gently ups and downs. I finished the 1/2 in 1:48:03 feeling relaxed and strong.

Overall winning time for men was 2:37 and for women was 3:10.

If you want a quality race with some beautiful scenery and friendly people, the Russian River run is for you.

Running at you,
David Hammond

P.S. Ran into John McIntosh who was loaning them the timing gear for the race. John ran the fun run due to racing the CP 10K in Wm.Land Park in Sacramento the day before.

The Marathon

All the CHIPS that ran the San Francisco Marathon -- WOW!! At least 25% of our membership was there and did extremely well!! Due to limited space we are only listing names and not necessarily in the proper time spot. Thanks to Bill Stainbrook who took the time to document this terrific race.

Award winners were: Bill Stainbrook
Kathy Pfiefer
Heidi Poyser
Dan Alarid
Paul Reese

First marathon: Lynda Swenson
Kathy Beals

Frank Allen
Jeff Atley
Ray Bacon
Glenn Bailey
Tim Bauer
Jerry Blinn
Brad Brown
Karl Yamaumoto
Bruce Fujimoto
George Parrott
La Donna Washington
Karen Frinke
Tom Kando
Howard Jacobson
Art Waggoner
Elliott Eisenbud
Marge Hansen
Chris Turney
Mike Daigle
Dennis Scott
Ed Stromberg
Jim Wellington
Abe Underwood
Jimmy Low

Dave Neff
Mike Neff
Barry Cole
Ron Harries
Mike Kelly
Rich Hanna
Chris Delgado
Dana Gard
Art Godwin
Jim Drake
Carol Tucker
Bob Potter
Steve Macauley
Jim Finnegan
Bill Wright
Dan Stone
Bob Porta
George Siller
Nancy Molitar
Steve Macaulay
Dave Gibbons
Igor Hermann
Karen Smith

A NEED FOR TKO's
by Dennis Brewer

Enter the 1st annual Bataan Death March. Recreate this epic 75 mile event. If you collapse, you will be bayoneted and left to die. Survivors will be awarded a beautiful T-shirt!

That may sound like a joke, but it seems more like a direction in which some race organizers are heading. The Iron Man Triathlon really brought this fact home in living color. When a woman who was in first place collapsed short of the finish line, and some fool yelled out, "Don't touch her!" that event took on all the glamor of the Romans feeding people to the lions for entertainment. That poor, burned-out shell of a human being should have been taken to a hospital instead of being pushed on to finish.

I have competed in a lot of 50 mile and 100 km races, an 83 mile snowshoe race, and a 24 hour run. I'm not a complete stranger to exhaustion. In such events, everyone comes to terms with the limits of their stamina and will power. It's not possible to train for these events in the same way that some people train for a 10 km race or a marathon. They are longer than what the body was designed for, although the distances aren't beyond what someone in good condition can handle, if approached sensibly.

In these events it is possible to get yourself in trouble, as things creep up on you slowly. After being in motion for a long period of time, you can fall victim to a strange kind of hypnotic effect. You can become dehydrated and not even feel thirsty. Your pace will slow to a point where walking would be faster, but you don't feel like you've slowed down a bit. Handlers and race personnel must learn to recognize these signs of exhaustion.

When a race is billed as "The Most Gruelling" whatever, people will push themselves to the limits, just for the sake of being able to say "I did it." It is the finish that is everyone's moment of victory. How much glory does a burned-out zombie experience while being hauled unconscious to the hospital? In boxing, a fight is ended when a TKO is declared. Should running be any different?

I hope the day never comes when anything short of losing control of bodily functions is looked upon as being less than a 100% effort was spending the maximum amount of energy that allows you to finish at the limits of your potential. Just because one isn't as fast as another doesn't mean they aren't putting out 100%. A total effort is what sets new personal or national records, but beyond that the effect is the same as lemmings running over a cliff into the sea. If this is the type of thing race organizers think people want, then stay tuned for Wide World of Sports coverage of the National Chain-saw and Flamethrower Fights, LIVE, from the Astrodome.



Off to the races

FOLSOM 10 KM

On June 27th, the 13th annual Folsom 10 K generated a field of 221 finishers officially crossing the line of the "corrected" (and longer since 1981) course. Presented with a very modest budget by Race Director Eileen Claugus, the race netted about \$500 for the BC treasury. Prizes were donated by Adidas (shoes), Dr. Scholl (pro-comfort products, exercise sandals), California Track & Running News (magazines for the first 200 finishers and subscriptions for all the men's divisions), Second Sole (gift certificates for all the men's divisions), Fleet Feet Madison Ave. (gift certificates for two men's divisions), and Sporting Feet (gift certificates for two men's divisions) Jeff Bogle of City Bicycle Works donated a fanny pack awarded to the last finisher. Post-race refreshment drinks were donated by Seven-Up bottling. We appreciate and thank each of these supporting sponsors.

The runners challenged a fully marked and supervised course with monitors at all turns and traffic threats, and the morning sun only started to heat up the participants as the race was finishing. Kurt Graves, a fine runner just graduated from Oral Roberts University and off a recent 2:24 marathon in the heat at the Drake Relays, won the race in 31:15 (course record 29:55 by Bill Britton 1981). Another UNCHIP, Adam Ferreira, came in second in a fine 32:04, followed by still another UNCHIP: David Chairez in 32:35! Where were all the flying CHIPS? Answer: Working the race!

A total of at least 43 Chips entered the race and times were available for the following members:

| Place | Name | Time |
|-------|------------------------------------|-------|
| 14 | Bruce Fujimoto | 35:10 |
| 17 | Don Spickelmier | 35:31 |
| 18 | Karl Yamauchi | 35:35 |
| 19 | Eob Selcner | 35:37 |
| 21 | Dick Ratliff | 35:51 |
| 31 | Jeff Pearman | 36:30 |
| 33 | Mike Kelly | 36:53 |
| 35 | Tom Pearman | 36:56 |
| 41 | Bert Smith | 37:50 |
| 42 | Robert Malain | 37:56 |
| 47 | Bruce Johnson | 38:03 |
| 48 | Paul Holmes | 38:13 |
| 49 | Sally Pinkner | 38:19 |
| | -first female, age 16/UNCHIP | |
| 50 | Dan Stone | 38:33 |
| 53 | Roger Brown | 38:36 |
| 59 | Tim Bauerr | 39:12 |
| 71 | Kathy Beals age 19 | 40:20 |
| | -third female, <u>3rd in 13-19</u> | |
| 72 | Bob Besso | 40:21 |
| 73 | Robert Lipow | 40:48 |
| 80 | Art Godwin | 41:14 |
| 84 | Michael Adreani (age 12) | 41:30 |
| 88 | Gordon Hall | 41:48 |
| 92 | Dan Parker | 41:59 |
| 96 | Steve Macaulay | 42:21 |
| 99 | Carolyn Tucker | 42:34 |
| 103 | Mike Neff | 43:11 |
| 108 | Bob Leever | 43:41 |
| 112 | Norman Wade | 43:53 |
| 113 | Vance Koerner | 43:54 |
| 116 | Michael Otten | 44:16 |
| 137 | Karen Frincke | 45:58 |
| 143 | David Marchi | 47:01 |
| 148 | Tad Kitada | 47:47 |
| 167 | Joe Lawrence | 49:29 |
| 189 | Jim Lobsitz | 51:46 |
| 203 | Bob Hall | 54:37 |
| 213 | Barbara Kitada | 58:20 |



CHIPS -- An Ultra Club?

The Buffalo Chips Running Club. Unique name. True. It is also a well known club in Northern California. Since joining the CHIPS in August of 1979 after the demise of the Heineken Harriers, I've heard numerous comments, both favorable and unfavorable, about the herd. Fortunately, due no doubt to our sterling reputation, the latter is heard very infrequently.

One comment, however, was voiced frequently and emphatically, "The Chips are an ultra club," is a remark I've heard countless times. Is this myth, misperception or possibly subconscious envy? Therefore, to answer this question, to relieve my curiosity and to set the record straight, I've conducted an unofficial, unscientific survey.

Using the recent CHIPS roster of 1982, I first divided the herd by sex. Below is the sexual breakdown (no pun and no bull):

| <u>Males-%</u> | <u>Females-%</u> | <u>Total</u> |
|----------------|------------------|--------------|
| 173/6.2% | 77/30.8% | 250/100% |

Frankly, I was surprised to discover that females represent nearly 31% of the herd. Of course, the figures above include males and females of all ages. Incidentally, I did not include two "four-legged critters" who are dissimilar from the rest of the herd. Nice try pet lovers! I confess that I may have missed a few other critters who are trying to assimilate into the herd. And I will staunchly deny all accusations that I must dislike animals or domestic pets. After all, am I not a CHIP? Moreover, I reside with an aspiring doctor of veterinary medicine and two adorable felines-Georgie and Chiquita. And the former has no tail. Poor rascal was born that way. Yet I am most tolerant of his anomaly. And La Donna can certainly attest to my good nature with the petit ones.

Pardon the digression. Back to the real thing--the herd. In particular, I shall now focus on those CHIPS who love to roam far and wide. An ultra, in this case, is any distance of 50 kilos (31.07 miles) or greater. As shown below, only 13.6% of the herd have completed an ultra to the best of my limited knowledge:

| <u>Males-%</u> | <u>Females-%</u> | <u>Total</u> |
|----------------|------------------|--------------|
| 29/16.8% | 5/6.5% | 34/13.6% |

Clearly, there are those CHIPS who advocate an infusion of faster, so called "elite" runners into the herd to dispel the aforementioned assertion or accusation. Personally, I do not deem that necessary. The above percentages alone, in my humble opinion, negate the accusation that the CHIPS are an "ultra" club.

Perhaps this misperception stems from the fact that the founding father of the CHIPS and some of the more outspoken, active members are ultramarathoners. Also, some controversial CHIPS, past and present, are in this category, having achieved recognition in ultras. Consequently, the ensuing notoriety has caused the entire herd to be misjudged.

All this, of course is my opinion and/or analysis. I welcome other opinions, criticisms etc. For now, I see the CHIPS as a group of men, women, and children who have embraced running as part of their lifestyle. Like me, I hope each of you will make it an enduring commitment.

CHIPS -- An Ultra Club? -- (Continued)

While conducting this incisive survey on the herd, I became curious about the age of all these "baleful bison". So I proceeded to categorize the herd by sex and the usual age divisions set forth on race flyers. The results are rather illuminating as shown below:

| | <u>Males - %</u> | | <u>Females - %</u> | |
|--------------|------------------|------|--------------------|------|
| 17 and under | 20 | 8.33 | 12 | 5 |
| 18-29 | 19 | 7.92 | 16 | 6.66 |
| 30-39 | 54 | 22.5 | 21 | 8.75 |
| 40-49 | 48 | 20 | 18 | 7.5 |
| 50-59 | 21 | 8.75 | 7 | 2.92 |
| 60 plus | 4 | 1.66 | 0 | NA |

I could only use a total of 240, 166 males and 74 females which is ten below the approximate total for the herd. Some critters' just hate to tell their age.

--Bosco Bailey--

WHOSA TATER?

Are you tired of having people ask you about potato chips everytime you go to a race? Art Waggoner recently showed me a jacket that he had the words "Running Club" silk screened onto the back. I took my gold nylon CHIPS top and had "Running Club" put on the back right below the buffalo and above the Sacto, CA. If you are interested, contact Rick Finch at JK Bonum Graphic Design & Garment Lettering - 454-5101. We have solved the problem of such questions as: Are you from Buffalo, N.Y. and the aforementioned potato chip hassle. Who knows, maybe we'll get the old old comments about buffalo sh-- again.

Howard Jacobson

THANK

Anyone that is involved in putting on a race knows what all is required - aside from time, energy and a special talent of coordinating everything. A big thanks for all the workers that help these directors -- you devoted ones that don't usually get alot of gratitude. You are hereby acknowledged and appreciated.... A large round of applause is sent your way.



RACING RESULTS: BITS AND PIECES

Dateline

- June 5, Stockholm. Bev Marx finishes first American in the Stockholm Marathon; her time of 3 hours reflects 92 degree and higher temperature on race day. We wonder what she calls hard work, if this was her vacation? Good job!
- June 6, S.F., Avon Women's Marathon. Several Chip Women enjoyed the sights and hills of S.F. on this tough new course. The race was fantastically well put on, with many rewards for all participants. Avon events should be high on all our women's schedules. No men's races are so totally indulgent nor return so much for the entry fee. Our easily spotted runners:

| | | | |
|-------------|---------------------|---------|--|
| 4th overall | Eileen Claugus | 2:42:58 | actually a training run netting her \$6,000 |
| | Joan Reiss | 3:01 | 1st official finisher in 40-49 |
| | Kathy Pfiefer | 3:02 | Proves 10 k training doesn't make it on 26.2 mile events |
| | Heidi Skaden-Poyser | 3:06 | PR,6th in 40-49 |

Next year's Avon will be in L.A., on the Olympic marathon course; plan now for a top Chip team, open & master's, and go for it!

- June 27, Portland, Cascade Runoff, 15 km. Eileen and Heidi found the Oregon scene less than perfect with Eileen turning a decent time (53:45), but well off her hopes and finishing outside the money range. She did bring back a cold, missed three days of training and had to scratch going to Atlanta for the Peachtree 10 km on the Fourth of July. Heidi, however, came home with a nice trophy as 3rd in 40-49.

- July 4, Sacramento, Union 5 Miler. Kathy Pfiefer shows she is getting back to form as she runs away from the women's field in a PR 28:12. Heidi turns 31:12 and many Chips produce PRs, e.g. Tom Kando 29:30 or so after 19 miles the day before; Mike Kelley 27:20 after 6:00 for the first mile,, Wow!

- July 11, S.F., S.F. Marathon. Kathy Pfiefer again shows that Sacramento nurtures her talent well as she runs a beautiful 2:46:27 for a BIG PR and 2nd overall woman. She outkicked Heike in the last mile to beat her by 19 seconds. In her blast to the finish line, she also pulled in George Hirsch, Publisher of The Runner, who was inspired by her effort and pushed himself harder too. Bill Stainbrook was the outstanding Chip male with a PR 2:31:44, and sister Lynda Stainbrook Swenson debuted in 3:26. Footnote: This makes 3 years in a row that a Chip female has been under 2:50 at S.F. and been second overall woman--next year let's go down to win that thing!

- COMING, Get your training together for the Club's September 19th Buffalo Stampede 10 miler. This will be a perfect distance to test your racing development and see how ready you are for the Sacramento half or full marathon.

BREAKTHROUGH: The CSUS track may be available for club workouts from August 1st. The last figure being discussed is about 1/2 that demanded earlier. More later.....

THOUGHTS OF A PIT CREW MEMBER

I qualified to be a handler for Elliott Eisenbud by successfully finishing the SunKist 100 KM run. Glenn Bailey qualified in a previous 50 mile race. We met with the good doctor at a fine hamburger eatery for a pre-race strategy session. My assignment was Michigan Bluff to White Oak Flat, Bailey White Oak Flat to Highway 49 and me again from 49 to the finish. We talked about typical pit crew concerns, water, flashlights, toilet paper, candy, clothing, and yes, not finishing the race.

Race day found Bailey running some race in Sacto. and Jacobson running an even more obscure race (Blood Run) at Miller Park. We (Glenn, Marta, and I) drove to Michigan Bluff and walked about a mile, actually, it seemed more like 10 miles with various knapsacks, cooler and 1/2 a watermelon. The wait for Elliott begins. You ask all the pertinent questions you can think of ... "How many pairs of shoe laces have you broken this year", "do you think Thrifty Brand Petroleum Jelly is as good as the Vaseline Brand?" "Have you heard that yak butter and Ritz Crackers taken 12 minutes before the start of any marathon will improve your time by at least 23 minutes." ... the banality goes on endlessly. Nerves and defecation always create lines at port-a-pots. Questions like "why the hell don't they have unisex port-a-pots?" It is always amusing to see 6 men lined up in front of a men's toilet when there are three vacant women's toilets available. Uh, oh it's nearly time - yes here comes Elliott right on schedule. OK, he passes through the medical check point, consoles Helene on her fate this day, eats some watermelon, changes shirts, tells Glenn and me he has purchased some T shirts for us, I get to hold water and M&M's and off we go.

My mileage chart shows I covered 15 miles from Michigan Bluff to White Oak Flat. It doesn't mention how Elliott felt, the tell tale signs of dehydration, it doesn't say how often Glenn and Marta kept popping up with aide and encouragement, it doesn't mention the fabulous people managing aide stations, it doesn't mention seeing other runners you know, a fellow, I believe his name is Lano Tyson, going after "the buckle" for his fourth time, it doesn't mention tripping and cramping by Elliott, it doesn't mention lying down on a road hoping he is going to get up so you don't have to carry him, it doesn't mention how

weird things get when it becomes dark and your body says sleep, but your mind says no way, keep going. Finally, it doesn't Elliott withdrew at the 75 mile mark - White Oak Flat after apologizing to Glenn and me for taking up our time... typical comments by a class guy.

I know many runners who have a hang up about not finishing races, myself included. I heard all the tales about Elliott and previous 100 miles races. To me, Elliott displayed enormous courage and intelligence. Courage to know and understand your body's limitations on that particular race day and the intelligence to act upon that information. Elliott, you should know that:

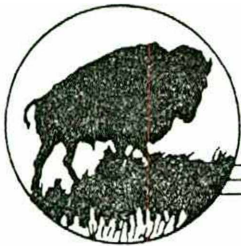
1. Glenn and I would pit for you any time.
2. We supported your decision.
3. Marta began endurance training by walking up and down Michigan Bluff.
4. Thanks for the experience.

Howard Jacobson

PS Could you return my Jr. Commander flashlight as it has sentimental value? (

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

ABE UNDERWOOD
6555 PARK RIVIERA WAY
SACRAMENTO CA 95831



BUFFALO CHIPS

RUNNING CLUB



No. 56

| | | |
|-----------------|-------------------|----------|
| Glenn Bailey | High Dungen | 455-6077 |
| Bill Stainbrook | Vice Dungen | 487-7464 |
| Dennis Dunbar | Dung Recorder | 362-2888 |
| Jim Lobsitz | Dung Counter | 488-2212 |
| Mike Miller | Dung Herder | 488-3833 |
| Bev Marx | Dung Co-Ordinator | 927-6882 |
| Abe Underwood | Race Chairchip | 392-7672 |
| Marge Hansen | Dung Editor | 428-5923 |

March 13, 1982

INSIDE

NOTES FROM THE ED....

Spring is in the air and also in the joggers joints as lots of challenging runs appear around town. The CHIPS are certainly doing well --- as you will see from the race results!!

Your help is needed as a raving, roving reporter!! If you attend a run - write a brief synopsis on who, when, where, etc. and submit to the editor. Would be greatly appreciated. Also - any comments, suggestions or ? are more than welcome.

Keep runnin..... *Marge*

BAILEY'S CORNER

RACE RESULTS

BOARD MEETINGS

UP AND COMING RACES

NEWSY ITEMS

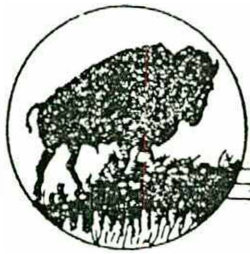
TRIVIA

IMA COOKER

INSERTS: RACE SCHEDULE
RACE APPLICATION

Don't miss our CHIPS MEETING on April 14th at 7p.m. at 'SAMS' -- we'll have some special films in our back room. You won't want to be AWOL from this get together. Plan on attending.

OUR ANNUAL RUSTY DUCK RUN WILL BE HELD ON MARCH 21. PLAN ON ATTENDING - WE EXPECT TO HAVE LOTS OF FOOD AND FUN AFTER RUNNING EITHER 5 - (?) MILES. MEET AT RIO AT 8 a.m. OR PICK US UP FURTHER DOWN THE TRAIL DOWN TO THE DUCK AT 10 a.m. SEE YOU THERE TO EITHER RUN OR FEAST.



BUFFALO CHIPS

RUNNING CLUB



Dr. Lloyd Johns, President
California State University, Sacramento
6000 J Street
Sacramento, CA 95819

February 7, 1982

Subject: Access to the CSUS Track

Dear Dr. Johns:

The new track, installed during the latter half of 1981 at CSUS, has generated considerable controversy since its completion. This controversy stems from the decision, ostensibly sanctioned by your administrative staff, to limit community access to the CSUS track. To implement that decision chains were erected to be extended intermittently across the track. That regrettable action made it impossible for citizens in this community to use the track. The vociferous and vehement outcry to that action resulted in the removal of the chains and the imposition of a \$43 use fee for two hours on the CSUS track.


On behalf of the Buffalo Chips Running Club, I herein affirm our strong objection to the imposition of the present use fee --- an exorbitant one at that. Neither chains nor unreasonable use fees should be utilized to limit community access to the CSUS track. This track was constructed with State funds on a campus of the California State University system, a public educational entity. The present policy, restricting use of the track, is not extant at any other State campus. It is an injudicious and unnecessary precedent to set at Sacramento.

For years, members of the Buffalo Chips, Aggies, Capital City Flyers, Sacramento Spibettes and numerous unattached runners have used the CSUS track without any undue turmoil. Runners, men and women of all ages, have enjoyed the open access to the CSUS track. The availability of this facility is particularly critical for post-collegiate athletes who wish to continue to develop as long-distance runners.

We are compelled to pursue this matter to a satisfactory resolution. Consequently, I have encouraged all members of the Buffalo Chips to write to their representatives in the State Legislature to express their concern, criticism and desire relative to the present use fee at CSUS. No local running club or group of individual runners can afford this use fee. We believe that a better solution is possible. Therefore, we urge you and your staff to reconsider the present policy on use fees regarding the CSUS track.

Your consideration is greatly appreciated.

cc: George Kirby, VP Adm & Business Affairs
Dr. Irene Shea, Athletic Director
Joe Neff, CSUS Track Coach

Sincerely,

Glenn K. Bailey, President
3301 "O" Street
Sacramento, CA 95816

STATE OF THE HERD

A cursory review of the race results will clearly indicate that numerous CHIPS have commenced '82 in blistering fashion. Congratulations to each of you! Now all you have to do is to keep those hooves a thunder-in' cross the prairie--again and again. . .

The next meeting of the Board of Directors will be held at 8:00 p.m. on April 1st at my residence: 3301 "O" St., Sacto. Bring a chair or pillow! Also, note that the next Club meeting is scheduled for Wednesday, April 14th at 7 p.m. The place is that old stand-by SAM'S Hof Brau on Watt and El Camino. Everyone is encouraged to attend. The Board welcomes an opportunity to hear some feedback.

Access to the CSUS track is still limited by the \$43 use fee. I encourage each of you, if you are so disposed, to write to Assemblyman Greene, Senator Doolittle or Dr. Lloyd Johns of CSUS. As you may have already noticed, I have written to the latter on behalf of the entire club.

John McIntosh, provider of CHIP attire, has informed me that more singlets should arrive by April 1st. Singlets designed for women are available. Presently, however, no smalls are on hand.

How sociable are CHIPS? Last year, Bev Marx received minimal input regarding social events for the club. Although I was unable to attend, I thought the evening gathering in the CSUS Alumni Grove was a sound idea. So, I'm giving the herd sufficient time to ruminate about a repeat performance. Moreover, to escape Sam's Hof Brau, at least once this year, I suggest that we hold our third quarterly meeting on Friday, July 16th in the Alumni Grove. Now wobble over to your 'runnin' calendar and make note of it. Chew easy as you cogitate over this one. . .

Just me,

Jesco



PA-TAC MEMBERSHIP

The Athletic Congress (TAC) is placing strong emphasis upon increasing the Pacific Association's overall membership. To achieve that goal, the primary tactic will be an attempt to persuade race directors to require PA-TAC membership for all 'open' runners. No doubt, all race directors will not acquiesce readily. Nevertheless, the drive has commenced. To the degree that this drive succeeds, more money would be available for LDR awards.

I can visualize countless runners, however, reacting negatively. Why should I pay \$4 or \$6 for a TAC card when I'll never win any money? Good question, and a common retort. At \$6 per year, if you run 30 races a year (like ole Bosco), that's a meager 20¢ per race. Even at 20 races per year, it would only be 30¢ per race, the cost of one candy bar. That is cheap at today's rate of inflation!

Consider the following and ponder your commitment to running:

1. With money for awards being provided by PA-TAC, race directors can use trips, shoes, running attire, etc., from sponsors as random prizes or increase the number of awards in various divisions. For example, at the recent 20K Championships at CSUS, 16 pairs of Converse shoes were given away randomly. That represented 7.1% of approximately 225 finishers of the 20K.
2. The availability of more money can serve to attract elite, nationally recognized runners. This promotes running, though some would say it does so in an unfavorable fashion.
3. Further, as an individual member, you can receive a PA newsletter, insurance in TAC events, and eligibility for the LDR lottery.

The choice is yours, of course. Lastly, I'd like to thank those CHIPS who acquired cards to make it possible for the CHIPS to field an open team at the Jed Smith 50-PA-TAC Championship on February 14th. What a lovely way to enjoy Valentine's Day.

Jed Smith

CHIPS "TEAM UP" AT JED SMITH 50
Abe Underwood

AVENUE OF THE OLIVES MARATHON 82

Jan 9th in Davis - Fleet Feet

Full Marathon

| | |
|------------------|-----------|
| Bev Marx | 2:53:56.3 |
| Ed Stromberg | 2:58:54.8 |
| Larry Walton | 3:10:46.8 |
| Dick Forehand | 3:21:40.5 |
| John Clark | 3:32:12.3 |
| Sally Edwards | 3:36:46.1 |
| Glenn Bailey | 3:40:54.2 |
| Elliott Eisenbud | 3:41:11.9 |
| Helene Eisenbud | 3:49:56.3 |
| Gary Waldsmith | 4:01:20.2 |
| James Parsons | 4:08:02.6 |

Half Marathon

| | |
|-----------------|-----------|
| Robert Malain | 1:22:11.6 |
| Pete Schoener | 1:24:13.1 |
| Lino Delgadillo | 1:29:41.7 |
| Galen Baker | 1:29:58.8 |
| Andy Wright | 1:30:07.9 |
| Martin Anderson | 1:35:13.7 |
| Abe Underwood | 1:45:18.0 |
| Dick Petruzzi | 1:46:45.2 |
| Dave Mullins | 1:52:49.3 |
| Nancy Molitor | 1:55:59.0 |
| Gail Dowell | 1:57:22.3 |
| David Molitor | 2:06:54.8 |
| Betti Dolezal | 2:08:30.9 |
| Jo Lotz | 2:11:10.7 |

THE MUD RUN Charlie Mersereau

The 11th Annual Mud Run was run on February 7th under perfect conditions; good weather and perfect mud - viscosity of SAE240.

For the uninitiated, the Mud Run is a 10 mile fun romp along the horse trails bordering Folsom Lake. Since its always held in February, it is always muddy, if not stormy; hence the Mud Run monicle. But the scenery is beautiful and it always a lot of fun, so there's always a good turnout of adventurous souls.

Those out romping were Linda Swenson, Bill Stainbrook, Bryon Burke, Bruce Fujimoto, Vern Shipley, Dennis Letl, Eileen Claugus, George Parrott, and CM. George's troop took off through the mire while Dennis, Bryon and Charlie took the leisurely pace.

I don't know if the home team has any advantage in a 50-mile race but you would think so the way the Chips put away the opposition for their respective TAC championship titles in both the mens open and masters divisions. The trio of Harries, Bailey and Hicks went 2, 3 and 10 for a full hour and a half win over the slug ridden Tullamore Dows. The masterful triple threat of Hall, Billingsley and Letl had a similar hour and a half advantage over the pattered out Pamakids.

The new eight mile loop course at the Gibson Ranch County Park provided an exciting format to watch the race develop. About every 55 minutes the lead pack would pass the short finish with Ronny Harries well out in front. Ronny gave up the lead at about 40 miles to eventual winner Robert McLennan of Mill Valley who finished in 5:38:37.

The new course presents the kind of conflict most ultrarunners know so well - trail runs are more fun, but flat loops produce the best times. Nothing's ever perfect, but it is fast, as evidenced by the fact that the race set eleven new U.S. individual age records including Glenn's 5:46:17 for 34 year-olds and Helene's 7:44:25 for 37 year-old women. Congratulations!

The changed location and format was a new experience for both the old and new Chips who helped out and made it all possible - the staff. May thanks to all you faithful chips for putting the many hours it takes to start 'em up, count 'em, aid 'em, time 'em and wait for 'em. A special thanks to Hal, Dennis, Burl, Carolyn, Art, Galen, Mike, Reggie, Marge, Heidi, Marv & Ray for that "extra" stuff especially when the rain started and the going got tough during the late afternoon and into the dark.

All in all it was a great display of B.C. teamwork and club work - something we can all be proud of. Club results as follows:

| | | |
|-----|--------------------|-------------------|
| 2. | Ronny Harries | 5:44:59 o 2nd M30 |
| 3. | Glenn Bailey | 5:46:17 o 3rd M30 |
| 10. | Tim Hicks | 6:29:04 o |
| 22. | Gordon Hall | 6:52:44 m 3rd M50 |
| 26. | George Billingsley | 7:10:04 m 1st M60 |
| 29. | Lino Delgadillo | 7:21:19 |
| 34. | Jerry Blinn | 7:32:37 2nd W30 |
| 41. | Helon Eisenbud | 7:44:25 |
| 42. | Dennis Letl | 7:47:40 m |
| 48. | Elliott Eisenbud | 8:06:11 |
| 67. | Charlie Mersereau | 8:38:06 |
| 77. | Jim Parsons | 9:54:58 |

o = mens open team - 18:00:20
m = mens master team - 21:50:28

THE COW PALACE GAMES Poor Country Cousin

(cont) -- Games

I came away from the Cow Palace Games (the euphemism for the indoor track and field meet) February 20, with certain conclusions. Mainly that the Cow Palace Games will always be a poor country cousin to the San Diego or Los Angeles indoor track meets the same weekend. Not once, but several times the 9,627 in attendance were told how SF performances fell short because of the S.D. meet the previous night. So what's new--for years San Diego or Los Angeles attracts the top talent at the expense of S.F. I knew that before I went to the meet.

What I was not prepared for was the poor crowd control at the Cow Palace. The biggest offenders were the athletes themselves who sat in whatever seats they pleased. Many of the aisles were crowded with people and seeing over them was difficult for people seated in the dress circle. Worse yet, control near the track was negligent, - at one end of the track, spectators dangled arms or bodies over the outside of the track. Inside the track, photographers were on the track or six inches from it, making the turns dangerous for runners.

Some other dismal aspects of race management noted: getting serviced at a refreshment stand was a monumental undertaking; the race program, sold for \$2, was a genuine rip-off; the hour clock was incorrect most of the evening; not until arriving at the meet and buying a program was a spectator able to get a schedule of events. Printed tickets stated the meet started at 6:30 p.m.; events actually started as early as 5 p.m.

Generally, the starter did an excellent job. But he did amuse me in one incident: at the start of the high school boys' 50 yard dash, he announced, "remember no false starts are allowed in high school events. They're disqualifying." Yet in the previous race, the high school girls' 50, he'd allowed false starts.

When an event was about to occur, the participants were herded onto the track and rused to the starting line in a couple of minutes as Heidi Skaden-Poyser (master women's mile) and Tim Jordon (master men's mile) can testify. This happened in every event, and after the event the participants hurriedly left the track. There was however, one noteworthy exception: Payton Jordan, ex-Stanford coach, and probably the world's fastest 60 year old sprinter. Before his race he was either on the track or in the area by the high jump, warming up for over half an hour. After his race, he lingered near or on the high jump area for over an hour. Maybe this treatment resulted from his being a technical director for the race.

Lest you've never been there, here's the structure of the Cow Palace Games: the program includes 56 events. Events 1-37 are mainly high school and college events extending from 5 p.m. to 8:15 p.m. From 8:30 to 9:30 p.m. comes what the Cow Palace calls the Golden Hour into which are crammed the major attractions for the evening. Thereafter, until nearly 11:15 p.m., follow the masters' events and high school and college races.

Despite the poor country cousin relationship, and despite the dire need for improvement in race management, most distance runners would say they got their money's worth after seeing Don Paige run the 1000 meters, Don Padilla in the 3,000 meters, and John Walker and Steve Scott in the mile.

ARDEN BAR RELAY RESULTS

A two-person team race, the Arden Bar Relays consisted of 4 and 1-1/4 mile loops per person around and through Goethe Park. I didn't get a list of all the results but as official traffic controller (5 or 8 cars total) I got to watch the CHIPS dominate the men's 79-99 age group with the top two teams, Don Spickelmier, Bob Bourbeau, Tim Jordan, and Dan Alred. As usual our masters were flying. Barbara Peach and Marge Lawson took first in their division as well. Several other CHIPS were participating but I ran over to the race and so didn't have the where withall to record all of them.

The race looked like fun, I felt no pain or strain whatever throughout. And I got to see a whole lot of CHIPS folks and other, moving out really well (e.g. the 1st & 2nd place overall teams ran 47:00 & 47:01).

Mike Miller....

CALIFORNIA TEN

Another perfect day for running: January in Stockton - cool, (you could see your breath through the race) sunny and windless - in other words, PR weather! And did the PRs ever come!! Everyone I talked to in the club seemed to have run a personal best. Here's a list of Chip performances:

| | | |
|------|---|-------|
| 1. | Frank Richardson/Dan Buntman | |
| | (intentional tie) 49:26 (neither are Chips) | |
| 61. | Ronnie Harries | 54:30 |
| 92. | Dan Alarid | 55:43 |
| 96. | Bill Stainbrook | 55:51 |
| 100. | Jeff Hayes | 55:56 |
| 117. | Donnie Capitac | 56:31 |
| 128. | Jeff Pearman | 56:56 |
| 130. | Jon Shelgren | 57:00 |
| 139. | Michael Daigle | 57:23 |
| 151. | Bruce Fujimoto | 57:50 |
| 157. | Karl Yamauchi | 58:00 |
| 176. | Vern Shipley | 58:31 |
| 191. | Frank Benham | 58:42 |
| 192. | Tom Pearman | 58:44 |
| 193. | Tim Hicks | 58:45 |
| 220. | Milton Whaley | 59:15 |
| 231. | Bruce Johnson | 59:30 |
| 247. | James Clover | 59:48 |
| 260. | Roger Brown | 60:08 |
| 292. | Paul Holmes | 62:27 |
| 316. | Gordon Hall | 63:46 |
| 341. | Joan Reiss | 64:51 |
| 350. | LaDonna Washington | 65:19 |
| 351. | Glenn Bailey | 65:19 |
| | (Glenn ran the Ave of Olives day before) | |
| 359. | Roger Dike | 65:57 |
| 384. | Marv Poyser | 67:38 |
| 418. | Ken Pierce | 69:09 |
| 426. | Leslie Johnson | 69:20 |
| 456. | Mike Otten | 71:18 |
| 466. | Byron Lee | 71:47 |
| 480. | Mary Kennedy | 72:46 |
| 488. | Mike O'Neil | 73:24 |
| 630. | Marge Hansen | 92:49 |

Reggie Bennett, a new member also broke 70 Minutes!!!!

HELP!!

A Race Director is needed for a 5 or 10 K run at McClellan AFB -- They need some expertise on running a race. Anyone interested please contact Glenn.

This list almost reads like a roster of our Tuesday/Thursday workout group.

Other notable performances came from Sal Vasquez, who set a new national masters' record of 50:34!! Suzanne Richter, who set a new women's course record of 55:12; the Flying Nun, Sister Marion Irvine, whose 63:23 was a new women's masters record for the course (Chip Joan Reiss was less than a minute and a half behind, though!); former Chip Doug Rennie burned a 53:20, but had to be content with third master prize. As you can readily see the field for this race is loaded. It took a 50:56 for the 10th place; a 52:47 for 25th; a 54 flat for 50th; a 55:58 for 100th (Chip Jeff Hayes). 257 out of the field of 641 broke 60 minutes. Frightening, actually.

This is a great race, read at every mile, and a truly flat, fast course.

If you want a PR, come to Stockton in January. It's virtually guaranteed.

Vern Shipley



LATEST ON-OFF TRACK CONTROVERSY (CSUS)

Fee for use of the track - \$42.90 per week.

This track was built with STATE FUNDS and fees are being charged for any group using said property.

What can we do to change this decision? Write to CSUS President Lloyd Johns, Co-Athletic Director Ray Clemons, Senator John Doolittle, or Assemblyman Leroy Green.

3-day 100 MILE RUNNING ADVENTURE

More than 400 miles of back country roads in the gold country of California have been scouted for a 3-day running adventure of 100 miles, --run at 34, 33, 33 miles per day.

The three different point-to-point courses begin at Coloma, Georgetown, and Placerville.

All three courses have much uphill and downhill. The first day is the hardest, 34 miles with the last 12 on dirt roads. The second day of 33 miles has about equal up and down, all of which is paved except for 2 miles. The third day is the easiest with most of the uphill coming in a 7 mile stretch of rolling hills and the last 15 miles being a gradual downhill.

The race is planned for Friday, Saturday, Sunday, May 14-16.

It's envisioned that some entrants will run the race competitively, some will run it as a long workout, and others will run it socially.

The race will be limited to 100 runners. However, since it's being held on such short notice and because many runners are reluctant to commit themselves to a 3-day run, it's doubtful if more than 50 will enter. The race will be held providing there are at least 20 entries.

This race is regarded as excellent training for Western States aspirants. For that reason and since traffic is too heavy to hold it on Memorial Day weekend, the race date is May 14-16, allowing runners time to recover for Western States.

Every finisher will receive an award. Entry fees will be used entirely for postage, printing, and awards. If a sponsor is obtained, this will improve the quality of awards.

Since the 3-day races are 34-33-33 miles per day and point to point and the weather will be warm in mid-May (good WST training), each runner will need a handler. Two runners of comparable ability could be accommodated by one handler.

A runner moteling in Cameron Park or Placerville would have short drives to the start and from the finish of each day's race. These are the approximate distances:

| | <u>To Start</u> | <u>From Finish</u> |
|------------------------------|-----------------|--------------------------|
| <u>1st day: Coloma</u> | | |
| If in Cameron Park | 18 | 18 |
| If in Placerville | 7 | 28 |
| If in Crazy Horse Campground | 19 | 17 |
| <u>2d day: Georgetown</u> | | |
| If in Cameron Park | 38 | 2 |
| If in Placerville | 28 | 11 |
| If in Crazy Horse Campground | 39 | 1 |
| <u>3rd day: Placerville</u> | | |
| If in Cameron Park | 11 | (The finish will be 1 |
| If in Placerville | 1 | mile from Hwy 50 on |
| If in Crazy Horse Campground | 12 | Sunrise Blvd, Sacramento |

Maps of the areas of the run are Calif. Auto. Assn. maps of Lake Tahoe Region and Sacramento Valley. Or county maps of El Dorado and Sacramento county. Entrants will be furnished a map of each day's course.

IF YOU ARE INTERESTED IN ENTERING THIS RACE, send a BASE to Paul Reese, 4921 Crestwood Way, Sacramento, Ca 95822.

MINUTES OF THE BOARD OF DIRECTORS MEETING
2/4/82 Commencing at 8:15 p.m.

Board members present:

| | |
|------------------|-----------------|
| Glenn Bailey | George Parrott |
| Dennis Dunbar | Bill Stainbrook |
| Elliott Eisenbud | Abe Underwood |
| Mike Miller | |

Also present: Charlie Mersereau
Marge Hansen

Old Business:

- Item #1: TAC Club membership. Application for the club for TAC membership has been submitted. Individual TAC app's are not available yet.
- Item #2: Couples 5 miler. Co-sponsored with Second Sole - did not go over. May try to fill a January spot next year.
- Item #3: Team coordinators. Jeff Hayes will be the men's open coordinator.
- Item #4: Money received by the club through participation of club members. After discussion, board was reminded that policy was established last year to funnel money back to runners.

New Business:

- Item #1: Noel Hitchcock Memorial Run. George Parrott is seeking sponsorship for this - would provide a scholarship fund for local high school students going away to college. May be a 10K invitational, co-sponsored by CHIPS, sometime in August.
- Item #2: Club incorporation. Discussion postponed till next meeting till paperwork is ready.
- Item #3: Club recruitment efforts. George proposed to establish a race fund for traveling expenses.
- George, along with Eileen, will begin a recruiting effort to attract prep females to the CHIPS.
 - Letters will be sent to various directors, inviting them to consider Sacto as a site for races. With club co-sponsoring, we could yield about \$5,000 for the club.
- Item #4: CSU Sacto Track. George provided an update on use of the track. Glenn will send a letter to the Administration - encourage members to write.

- Item #5: Resignation of Bd. member, Dave Davis. Next meeting voting on new member.
- Item #6: Race budgets. Motion: Race directors should submit budget outlines to the board two months prior to event for approval. Motion carried.
- Item #7: Request for assistance. Recreation director at McClellan AFB needs help for a race.
- Item #8: Upcoming Events:
Rusty Duck: March 21
Folsom 10K June 27
Correction: Buffalo Stampede, Sept 19th not Oct. 19th.

Next meeting: March 4th at Bill Stainbrook's. Meeting adjourned at 10:05 p.m.

* * * *

Board of Directors Meeting March 4th

A quorum of members was not reached so formal meeting was not held.

Next meeting: April 1st at Glenn Bailey's.

* * * *



FELLOW CHIP KILLED

Herb Adams was struck by a car while jogging on Madison Ave. shortly after 6 p.m. Thursday evening, March 4th. We are saddened at this tragedy and feel a real loss. Remembrances from the CHIPS were sent.

He was not carrying any identification, which made it difficult to determine who he was. Remember all you fellow joggers -- CARRY SOME ID when out for your run.

Buffalos May Roam

From George Parrott's locker--

---- not these Buffalo - they race!!!

Flash!!!-- Eileen Claugus has been named to the ADIDAS NATIONAL Racing Program. This honor provides our leading female with a "total support package" the details of which are not to be discussed in print. We can say that Eileen won't have to have an outside job and that she has carte blanche travel for the next two years. Thanks Adidas for making Eileen the FIRST Sacramento runner to be fully supported by any of the major companies.

Kathy Pfiefer has enrolled at the University of New Mexico for the Spring semester, so this explains her absence from Sacramento racing recently. ADIDAS, in their regional promotional budget, is bringing Kathy back for the S.F. BONNE BELL race February 28. The CHIPS should be fielding a strong women's team for that 10Km challenge.

P.R.s: Joan Reiss is running very strong these days: a 18:24 on the McIntosh "3" course and a very good 20 Km have been recorded this month.

Eileen Claugus turned 2:39:37 at Honolulu in December.

Bev Marx turned a 2:53 and WON the January Avenue of the Olives Marathon in January.

We fielded a full master's women's team for the PA 20 K in early February, but our efforts to win were destroyed by a great group from the Norcal Seniors. The Chips women took second team, however.

CLUE JACKETS ARE NOW ON ORDER
AND WILL BE AVAILABLE IN 3 - 4
WEEKS: ALL SIZES \$20 EACH.
CONTACT GEORGE PARROTT

Ronnie Harries experimented with running 50 miles with no sugar fluid for energy support; he led for much of the first 40 miles before starting to slow and finding a non-chip moving by for the last 10. Ron still turned in a GREAT PR of 5:45 and was shadowed at the end by HIGH DUNGER Glen Bailey with his best ultra ever: 5:47. Tim Hicks anchored the club team in 10th place, and our master's did just as well!

Hill Training: The weekend "Rescue Hill Course" has been measured and marked every mile. This demanding 12.54 or 16.0 mile course starts about 1/4 mile west of the Deer Valley-Green Valley intersection toward Folsom, it is measured from the edge of the road to Deer Valley Rd, to Rescue, then back along Green Valley Rd, to Starbuck Rd (10.2 miles) then on Starbuck back to Deer Valley, left back to Car for 16.0. For 12.54 continue straight back Green Valley. No bathrooms, but beautiful views and challenging hills. Sub-seven minute pace for 16.0 miles has been achieved by Vern Shipley, Jeff Hayes, Bruce Fujimoto, Chris Turney, Eileen Claugus, Mike Kelley, but NOT by George Parrott!



BONNE BELL

No official results from the Bonne Bell but it was a fun, well prepared race. Eileen took second overall and there were plenty of CHIPS women out there amongst the 3500 field of 'fast women'.

This month IMA COOKER found a really terrific recipe that you'll have to try out.

WHOLE WHEAT HONEY FRUIT BREAD

- 1 1/2 C unbleached white flour
- 1 1/2 t baking powder
- 1/2 t soda
- 1/2 t salt
- 1 C whole wheat flour
- 1 C raisins
- 1 C chopped nuts
- 1 egg
- 1 1/4 C buttermilk
- 3/4 C honey
- 2 T oil

Sift together wheat flour, baking powder, soda & salt into bowl. Stir in whole wheat flour, raisins and nuts. Beat egg lightly, add buttermilk, honey and oil and add to dry ingredients. Stir til dry ingredients are moistened. Turn into well greased 9 x 5" loaf pan or 2 - 1# fruit cans. Bake 375° for 35-40 minutes or til tested with toothpick-comes out clean. Cool 10 minutes - turn out and cool on wire rack. Refrigerate or store overnite for easier slicing.

WANTED -- RIDERS

To Avenue of the Giants Marathon on May 2nd. Leaving on the 1st and will provide transportation for anyone interested.

Contact .. Tom Kando . 381-7719

* Great to hear that Jim Drake is back to work and getting back on the scene. That's terrific news!!

BIDWELL CLASSIC 1/2 & Full Marathon

Results gathered from the UNION:

HALF:

- 2. Monty Schafer -- 1 hr, 8 min.
Women
- 1. Eileen Claugus -- 1:16:24
(course record)
Age 60 plus
- 1. Paul Reese 1:26 (nat.age record)

Marathon

Women

- 1. Kathleen Kaiser (Chico) 3:01;
- 2. LaDonna Washington (Sacto) 3:08
- 3. Heidi Skaden-Poyser (Sacto) 3:11

CAMELLIA CAPITAL RUN

5 K

- 1. Chuck Nichols 15:52
- 2. Don Spickelmier 16:14
- 3. Karl Yamauchi 16:29
- 4. Walter Howard 16:42
- 5. Mitchel Ngim Jang 17:20
- 6. Thomas Browning 17:21
- 7. William McCallister 17:34
- 8. Chris McMaster 17:43
- 9. Jim Dobbe 17:57
- 10. Eddie Balme 17:58

10 K

- 1. Bob Deis 29:55
- 2. Edward Schelgle 30:04
- 3. Bradley Brown 30:23
- 4. Jeffrey Clark 30:59
- 5. Kenneth Mattson 31:40
- 6. David Chairez 32:15
- 7. Jeff Cowling 32:40
- 8. Dave Hamer 32:45
- 9. Don Donohoue 32:48
- 10. Richard Edson 32:56



?? -- JOGGERS TOOTH -- ??

True, as a jogger we have many hazards to avoid -- cars, dogs, muggers -- how about "joggers tooth?"

A Dr. in New York, when seeing one of his patients in his mid-30's with severe erosion of the enamel from his upper front teeth, was not only shocked but very puzzled. His teeth were turning into fangs which meant about \$13,000 or \$14,000 worth of crown work. The man had been a patient for six years and until this problem, he had a good, healthy set of teeth.

Upon questioning the patient about medical problems, eating habits, no reason could be found for this erosion. At a later visit, however, the man mentioned that he had taken up jogging a few years ago, and one of the side-effects of long-distance running was extreme dryness of the mouth and throat. To combat this dryness he was sucking on a salt-drenched lemon wedge while running.

Salt is fairly harmless to the teeth but citric acid has a great demineralizing effect on tooth enamel. This fellow had been sucking on wedges while running several times weekly for about a year. It also caused filling to come loose.

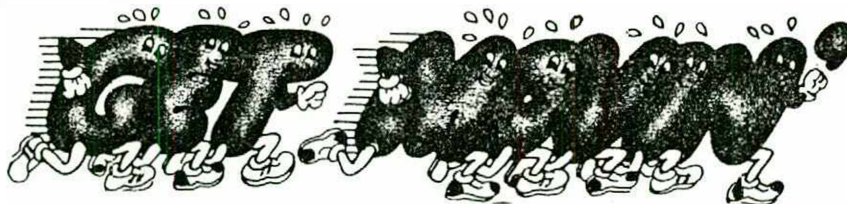
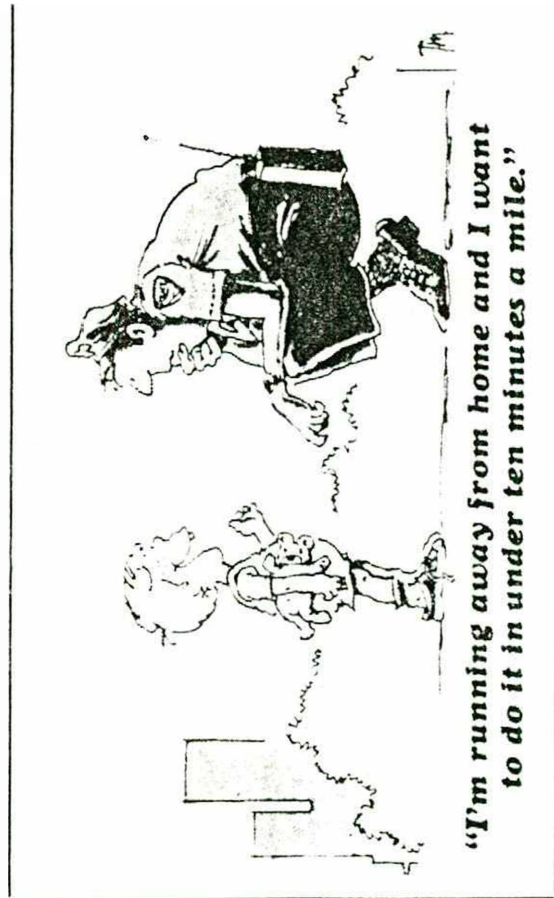
There have been links between dental problems and citrus fruits and lozenges containing citric acid. A Dr. in Rochester said that he once had a patient whose dental problems were a byproduct of his daily mid-afternoon martini. He sucked on the citrus fruit rinds for 15 to 20 minutes after the drink was finished. He had marked erosion of tooth enamel. You don't necessarily have to be a jogger to put something like that in your mouth.

Taken from the Oakland Tribune, by Jack Jones, Gannett News Service

I can run

I never knew how happy that statement could be until I couldn't run. It wasn't anything serious. At worst, a cracked foot bone, at best, which it was, just some inflammation. It's not as though I'm world class, or national or local for that matter. I'm just a slow age-group serious runner. So not running shouldn't have been all that big a thing.

But it was.



NEW MEMBER

Added to his application, this new member had an interesting comment. "This year started out with just one dung thing after another occurring and my running still hasn't gotten off the ground. I thought perhaps by putting all my chips in one basket and joining the club, it would help my motivation. I certainly will be glad when this winter is over and we can stop running by moonlight and start running by moonlight."

WELCOME TO THE HERD -- WE WELCOME ALL NEW OR DIFFERENT COMMENTS. THANX!!

RUN FOR DAYLIGHT

10 K RUN AT ALAMO
SUNDAY, April 4th, 9 A.M.

Alamo Plaza (Stone Valley Rd. & Danville Blvd.)

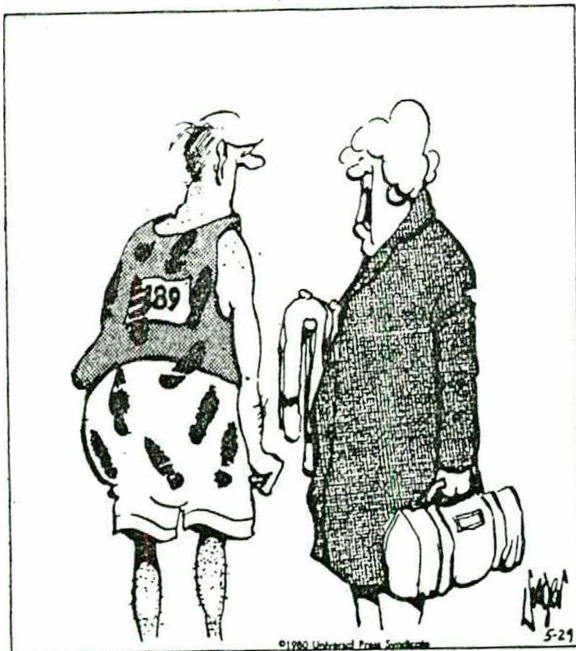
AMERICAN CANCER SOCIETY
BOX 4295
WALNUT CREEK, CA 94596
(415) 934-7640

PA-TAC Certified Course. A new course, a new location, single loop, fast course.... Minimum of slope, scenic countryside.

\$6 registration - T shirts to first 500 registered. Beer to all registered.

ANY BOSTON BOUND CHIPS PLEASE CALL GEORGE PARROTT OR BILL STAINBROOK SO WE CAN GET LOCAL COVERAGE....

HERMAN



"Where have you been? You're last!"

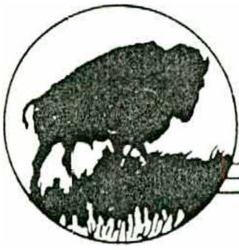
MAY 2nd -- DEVIL'S MOUNTAIN

\$\$\$\$ CASH AWARDS \$\$\$\$

Call Jeff Hayes, Men's Coordinator; or Eileen Claugus or Bev Marx for the Women's Open.

This could be your chance - check into it real soon.

MIKE MILLER
BUFFALO CHIPS RUNNING CLUB
P.O. Box 186
Carmichael, CA 95608



BUFFALO CHIPS

RUNNING CLUB



No. 57

Glenn Bailey
 Bill Stainbrook
 Dennis Dunbar
 Jim Lobsitz
 Mike Miller
 Bev Marx
 Abe Underwood
 Marge Hansen

High Dunger 455-6077
 Vice Dunger 487-7464
 Dung Recorder 362-2888
 Dung Counter 488-2212
 Dung Herder 488-3833
 Dung Co-Ordinator 927-6882
 Race Chairchip 392-7672
 Dung Editor 428-5923

May 29, 1982

CONTENTS

(not necessarily in this order)

Bosco's Corner

Ed's News

Ima Cooker

Race Information

Race Results

Other articles of interest

INSERTS

Updated membership roster

CP - K10 application

Running schedule

PLAUDITS FOR EILEEN

Some of us are fully aware of Eileen Claugus' recent accomplishments, and extremely happy for her! She took third place in Boston and third place at Bay to Breakers. Her times for both were great and we're all proud to claim her as a fellow CHIP!!!!

UNITED CEREBRAL PALSY 10K

The 5th Annual United Cerebral Palsy 10,000 meter run is on for June 5th at 8 a.m. sharp. New location this year is William Land Park across from Sacramento City College. Beer, soda and a buffet lunch will be served while the Dixieland band plays at the finish line.

SPECIAL NOTE: Carl will have his color sound video camera at the start - then follow in a truck over the first mile as the race develops. He will film everyone at this point, then cover the quarter mile, straight away at the finish including John McIntosh's digital clock. We will replay the tape about 45 minutes after the finish so make sure and save something for a strong kick.

Each year the Chips have strongly supported this run. Last year, 42 members ran. See ya there.

Jim Drake & Gordon Hall

Board of Directors Meeting: May 6, 1982
Commenced: 8:17 p.m.

| | | | |
|----------|------------------|---------|-------------------|
| Present: | Glenn Bailey | Others: | Eileen Claugus |
| | Jim Lobsitz | | Dave Low |
| | Mike Miller | | Charlie Mersereau |
| | Elliott Eisenbud | | Jim Drake |
| | Dennis Dunbar | | Barbra Peach |
| | A.J. Underwood | | |

Old Business:

1. Incorporation -- Need additional help on the necessary financial statement. Will take up the issue next meeting.
2. Pepsi 72 -- Budget proposal submitted. Entry fee raised to \$10.00. Budget passed as amended.
3. Advertising in Newsletter -- Tabled til next meeting.
4. Relay events - reimbursement. Board will determine in advance which races will qualify for team reimbursement. Any P.A. championship race will qualify. Tahoe Relay June 12) will qualify for team reimbursement. B.C. singlets will be worn during team relay.

New Business:

1. New Equipment -
Cones, and club banner were discussed but no decision made. Also discussed a storage shed.
2. July 4th Party -- Bev will not be able to coordinate. Soft drinks and beer will be served - (beer if you wear your singlet). Elliott Eisenbud and Jim Drake will coordinate.
3. Folsom 10 K (June 27) - Proposed budget submitted, and approved.
4. Sierra Crest - (Sept 4) - Request was made by Charlie Mersereau: B.C. name used for purpose of applying for insurance/TA sanction approved.

Meeting adjourned at 9:18 p.m.

Next Meeting: June 3rd at Mike Millers.

Minutes of the General Herd
April 14, 1982

7:14 -- meeting called to order.

1. Women's singlets not in yet at McIntosh's.
2. CSUS Track - received a reply from Dr. Johns. Bailey will acknowledge receipt.
3. Marge Hansen now board member.
4. Incorporation: Papers should be ready by next board meeting, May 6th.
5. July 16 - next quarterly meeting - Alumni Grove.
6. Future equipment purchases discussed, no decision made.
7. Social activities. Bev Marx seeking suggestions. Get together after July 4th, 5 miler at Glen Hall Park suggested.
8. TAC - S.F. Marathon will offer money prizes. Finishers who sign up before June and finish S.F. will automatically be accepted into N.Y. Marathon.
9. Billy Mills 10K Championship vs 10 mi. Championship will be bid.
10. Team reimbursement - discussion followed. Arden Bar Relays will not qualify for reimbursement.

Meeting adjourned at 8:08 p.m.

Dennis Dunbar
Dung Recorder



STATE OF THE HERD

As can be seen by perusing this issue, Chips continue to romp across the hills, plains and valleys (even out-of-state) in commendable fashion. However, some Chips and Non-Chips did finish the Boston 'Burner' of '82 with those horns virtually draggin' the turf! Ate some bad grass? Or was it foul water at the watering holes? Some claim there was not water at all! C'est la vie....

In case you are wondering, the High Danger was a 'no show' at Boston this year. I pulled up lame March 27th at the Arden Park 10K. Darn leg just would not mend fast enough. In addition, the scale kept creeping upward--higher and higher. Therefore, I elected to be smart (just once) and stayed home in New Jersey visiting family. Admittedly, it was not an easy decision. But I have absolutely no regrets.

The supply of Buffalo Chips singlets has been replenished at McIntosh's on El Camino Avenue. All sizes for men and women are now available. Thus I anticipate seeing more of those strikingly distinctive BC singlets at road races during the remainder of '82.

Our next club meeting will be held Friday, July 16th at 6:30 pm in the Alumni Grove at CSUS. It'll be a POT LUCK so bring your salads, cold cuts, cassaroles, or whatever. Make note of it on your calendar. At that time we should be a fully incorporated club. Final work on the requisite paperwork should be completed in June. Subsequently, provided all are in accord, the Board will sign the Article of Incorporation. I will then file said Articles and financial data at the office of the California Secretary of State.

The next meeting of the Board of Directors will be held Thursday, June 3rd at 8 p.m. at Mike Miller's home: 1530 Mc Claren, Carmichael.

Hot weather and long hours of daylight are once again upon us. Enjoy your running. And be safe, run against all traffic on the roads and the bike trail...see you out there as I'm...

On the mend,

Kevin

WESTERN STATES

Anybody out there that has a copy of the Western States '100' that was shown in San Francisco on public television (6), please get in touch with Charlie Mersereau.

Thanx!!

*

The asterisks opposite the two races listed on the race schedule are board approved races that will be reimbursed to members, following placement of said race.

Abe Underwood is coordinating the Corporate Cup Regional and National and is looking for state employees to participate. Let AJ know if you can run or know of anyone that would be interested.

RACES

As taken from the BEE

EDITORS NOTES

A large thanks for the anonymous donations of some really neat articles. Whoever you are -- keep em comin!

Correction: In the last newsletter under the Cal Ten article: The Cal Ten Masters course record set by Karen Scannel in 1981 was 61:51. Masters age group record for 50 and over in 1982 set by Marion Irvine was 63:23. 1982 Masters winners were:

- 1st Marion Irvine 63:23
- 2nd Joanne Shuler 64:35
- 3rd Joan Reiss 64:51

The SF Marathon will no doubt prove to be a real big event -- let's all try and wear our Chips singlets and let everyone know that we are outstanding!!!! (Or we stand out in the crowd?)

Don't forget our meeting at the Alumni Grove on July 16th.. We're looking forward to a real neat - eat - meet.

It would be great to hear about YOUR summer running events, whatever they may be. Did you travel to another state and observe any different traits of other runners? See any great sites or find any great runs? Or did you stay at home with your usual routes? Let's hear from you -- share your anecdotes or whatever.

We're having a PICNIC after the 5 mile run on the 4th of July -- be sure and join us -- bring your family and sandwiches? We'll have soft drinks and a keg. Wear your BC singlet. Sounds like fun! Anyone with a guitar? Bring it along and those with or without? voices can have a song fest. Or those with any sports equipment - bring your bats & balls and we can swing a few.

The deadline for the next newsletter will be JULY 10th..... Keep your cards and letters a comin in.... Have any cartoons, quips or runnin jokes?? We can use a fresh supply.

Til next issue,

Marge



San Jose Mercury Run
10K at San Jose

WOMEN: 1, Eileen Claugus, 33:41 (NorCal record); 6, Bev Marx, 36:03; Women's masters 40 and over: 2, Heidi Skaden-Poyser, 39:21.

Pinole Marathon

Men

Division -- 1, Brown, Buffalo Chips RC., 2:29:03 (course record); 5, Turney, BC, 2:38:53; 11, Harries, BC, 2:53:08.

Arden Park 5 & 10 K Run

5 K -- Women's Overall: 1, Heidi Skaden Poyser, 19:15.

10 K -- Women's Overall: Joan Reiss, 39:38. 30-Over: Frank Krebs, 33:29. 40-over: Don Spikelemyer, 34:36.

What great feats CHIPS -- Congrat's! Keep up the great records.... You do terrific credit to our club!!!!

CHIP MASTERS MUST CHOOSE

June 12th presents a conflict for the club masters. John McIntosh's MASTERS 5 miler is the same day as the TAHOE RELAYS. Both runs will be popular. John's race should be a real shootout for the local hot dogs and something to see (or be in).

However, the club is still expecting to send (and pay the entry fee) of teams to Tahoe. All CHIPS interested in going to Tahoe should contact the team coordinator. Bill Stainbrook for open men, George Parrott for women or Abe Underwood for masters.

SOME CLARIFICATION RE THE NIKE GRAND PRIX SERIES FOR MASTERS

NIKE deserves applause and appreciation for sponsoring a Grand Prix series of races for Masters runners. The big attractions for potential race winners are an expenses-paid trip to the finals competition and the possibility of an expenses-paid trip to Japan. At least in theory, an 80-year old has as good a chance of winning as a 40-year old.

Here's how it works. Between April 11 and July 4th NIKE will stage a series of eight races, some 10K and some 15K. From these races three or four (depending on the race) men and women are selected as winners on the basis of age-graded performance to move to the finals. What's meant by age-graded performance? This means points being assigned (on the basis of calculations by Ken Young of NRDC) for different times for various ages, with 1000 being a perfect score. Point scales run from 1,000 downwards; as examples, for a 10K race, here are some point equivalents for men and women:

WOMEN

| Age | 35 | 40 | 45 | 50 | 60 | 65 | 70 | 75 | 80 | 55 |
|------|-------|-------|-------|-------|-------|-------|-------|------|------|-------|
| 1000 | 31:18 | 32:58 | 34:48 | 36:45 | 38:45 | 43:11 | 45:28 | ---- | ---- | 38:45 |
| 950 | 32:17 | 34:01 | 35:55 | 37:57 | 42:20 | 44:38 | 47:01 | ---- | ---- | 40:05 |
| 900 | 33:20 | 35:08 | 47:06 | 39:14 | 43:47 | 46:12 | 48:40 | ---- | ---- | 41:28 |

MEN

| | | | | | | | | | |
|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1000 | 28:50 | 30:06 | 31:37 | 35:10 | 37:09 | 39:14 | 41:24 | 43:48 | 33:19 |
| 950 | 29:43 | 31:02 | 32:37 | 36:19 | 38:22 | 40:32 | 42:47 | 45:06 | 35:31 |
| 900 | 30:39 | 32:02 | 33:40 | 37:31 | 39:40 | 41:55 | 44:6 | 46:41 | 35:31 |

Here are the men and women age records for 10K so that you can compare them with the age graded performance times:

| | | | | | | | | | | |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Women | 34:24 | 35:23 | 39:29 | 38:08 | 46:44 | 59:16 | 53:22 | ---- | ---- | 41:54 |
| Men | | 31:20 | 33:06 | 33:17 | 38:12 | 43:37 | 42:08 | 54:13 | 58:47 | 34:06 |

Three of the eight races are reasonably close to Sacramento: Los Gatos, April 25, 10K, and Santa Barbara, July 4, 15K, June 19, San Francisco.

The 30 men and 16 women selected as finalists from the 8 races will have their airfare and lodging paid, and receive \$150 expense money to compete in the finals at a site to be designated. From the finals, three men and three women will be selected, again on age-graded performance, to compete in the International Veterans Distance Running Championships in Japan, September 14-15, 1982. NIKE will pay their airfare and lodging and provides \$150 in expense money.

Besides the 52 trips, 46 to the finals and 6 to Japan, NIKE will award a number of other prizes.

Age-graded performances will make the competition interesting. In the men's competition, we'd be inclined to bet on Hal Higdon (age 50 group), Jim O'Neal (age 55 group), and Clive Davies (age 65 group).

While in the international sense, Masters are women as young as 35 and men as young as 40, we suspect it'll be the oldsters who invade Japan.

NEW SAN FRANCISCO MARATHON COURSE

The San Francisco Marathon, succumbing to New York's success, will depart most of its Golden Gate Park setting in 1982 and, for the first time, will be run through the city streets.

Hills? No so, says Race Director Scott Thomas. Fact is, the course will have a net elevation loss.

If you want to know the exact route of the race, dig out a San Francisco map and on it plot this route, L being a left turn and R a right turn.

Start in Golden Gate Park and head east on Oak St, R on Scott, L on Duboce, R on Noe, L on Market, R on 14th, R on Dolores, L on 18th, R on Mission, L on 24th, R on Bryant, L on Army, R on 3rd, L on Evans, L on Jennings, L on Cargo, R on 3rd, veer to China Basin, veer to Embarcadero, L on California, L on Montgomery, R on Bush, R on Grant, R on Columbus, L on Sansome, L on Embarcadero, veer to Beach, L on Polk, L on Van Ness, R on Bay, veer to Beach and out around Fort Point and then back in (east) on Marina-Beach-Embarcadero, right on Market to finish at City Hall.

Prediction: with two or three years, the SF Marathon will be the second largest in the nation, surpassed only by New York.

Meanwhile, if you want an entry form for this JULY 11th event, contact SF Marathon, P.O. Box 27385, SF 94127. And don't forget the SASE.



More SF Marathon Glenn Bailey

On May 1st I received the SF Marathon Newsletter (VOL.1, No. 2). It is evident from this bulletin that SF will probably double its field this year. Only 7,000 entrants will be allowed to run the new citywide course. Though entries will be accepted through July 6, it seems very likely that the limit of 7,000 will be reached in June. The race is on July 11th at 8 a.m.

By April 17, 4801 requests for entries were received, including 960 (20%) from out-of-state.

Fleet Feet (J Street) only had 3 or 4 flyers left on May 1st. I surmise more will arrive soon. Also, the next issue of City Sports should have SF application forms. Whatever you do, if you want to run SF, sign up early -- before June 1st to be assured entry.

Listed below are some points of interest about this year's SF Marathon:

1. The major sponsor will be the Paul Masson Vineyards. Let's hope they didn't measure the course with lasers for the PAMAKIDS, who will still be conducting the marathon. A major sponsor is essential because only a third of race expenses can be met through the entry fees.
2. Though the flyer or application does not state that SF is the '82 PA-TAC championship, John Mansoor has reconfirmed that it is indeed. The flyers were apparently printed before the PA-TAC & SF race management could resolve the issue of prize money, etc. Note that all eligible division winners MUST possess TAC cards.
3. Citizen Watch and TAC will furnish 28 digital clocks for SF. These will be used at every mile, at 13.1 and of course at the finish.
4. The local NBC affiliate, KRON-TV (Channel 4) has announced it will televise the '82 SF Marathon the evening of the race at 6:30 p.m. The show will run for 30 minutes. Plans call for coverage to include "shooting from 12 locations along the course."

CHIP DISCOUNT

Club members are entitled to a 10% discount on running shoes and attire at Fleet Feet, McIntosh's and Second Sole. Recently, Mike Miller distributed membership cards and the 1982 roster. That roster will be updated at least once during 1982.

One Saturday afternoon, a fellow club member and I were in one of the above referenced retail outlets. The person I was with decided to purchase some running attire. When paying for these items, this Chip was queried about proving current club membership despite the fact that the store personnel (two in this instance) knew me and the Chip with me, personally. Moreover, the person waiting on us and processing the purchase is a Chip and attested to our good standing. Still, the other store personnel insisted upon seeing a discount card or the Chip roster. The Chip making the purchase did not have a membership card because it would not fit in their wallet.

Presumably, because of my presence and the verification by the cashier/salesperson, the Chip with me was allowed to purchase the items with the 10% discount. This entire, disagreeable incident, in my opinion, was unnecessary; for I believe that the store personnel in question persisted needlessly on this issue. More tact could have been exercised. I guess you could say that I was somewhat vexed! Yet, from their perspective, I can understand the problem that these retail outlets can encounter with verification of club membership.

Consequently, I urge each of you to carry your membership card with you if you intend to purchase an item from any outlet offering Chips at discount. If the Dunc Card will not fit in your wallet, simply trim it with your hors, uh, I mean scissors. Additionally, we (CRC) will provide these retail outlets with the 1982 roster and any supplements to it. Of course, you can carry your roster in lieu of the card to prove card membership.

We cannot expect store personnel to recognize all the Buffalo Chips -- particularly when we're not in our prairie attire!

Thank you for your cooperation.

Bosco Bailey

'Heh-heh, nice doggie'

What should you -- a runner -- do when a dog comes barking up to you?

Stop, says Dr. Tom Adamson, a Carmichael dentist and runner. Then face the dog and pretend you're picking up something to throw at him. "Don't ever keep running unless you want a dog attached to your achilles tendon," he says.

That tip is one of many that the Fair Oaks dentist offers for running safely on roads. Here are some others:

- Run defensively.
- Run against traffic. Watch for oncoming cars and be ready to step off the road. When you must run with traffic, make it as short as possible, look behind you often and listen for cars.
- Remember that runners are last in line when it comes to the right-of-way on streets.
- Save your timed running for the track and for bike/running trails. Otherwise you'll be less willing to stop or go off the road, will take chances you ordinarily wouldn't, and won't be able to think as clearly and anticipate trouble.
- It's safer to run by yourself. However, women should not run alone in isolated areas.
- If you're with someone, don't run abreast.
- If you must run at night, wear reflecting tape and be twice as alert.
- Don't daydream. Forget the "mellow, runner's high" on the streets.
- Take identification with you.
- When a car pulls up to an intersection, don't run in front of it. Most drivers won't look to the right. Instead, go left around it.
- When approaching a blind curve (and you can't run off the road): Cross the street well before the curve and run with the traffic. Then cross back so you're again running against traffic. The same goes for hills you can't see over. (Cross over well before the hill's crest and then return afterward.)
- Last: "Now that you know how to run safely on the streets, stay off them as much as possible, especially the busy ones."

A 100 K Weekend? Why Not?
by Abe Underwood

Such was the tone of the proposal offered up by Paul Reese, a few weeks back by a group of Northern California ultraachievement types. Actually, the original proposal was for a 3-day 100 miles a la the variety Paul put on some 10 years ago. With the "new-old-day" not being the "good-old-days" the event was turned into a 2-day 100 kilometer (62 miles) "experimental" run to be held over several 50K courses in the gold country and fittingly called "The Sunkist Gold Rush 100 KM Run." A rather exclusive field of local runners appeared at the Coloma starting line for the first day, Sat. May 15th. The list of starters looked more like a Chip roster with 7 of the 10 starters holding common dung status and one other (Russell) being an ex-B.C.'er who still has dung in his heart.

The first day traversed the foothills between Coloma and Rancho Murietta through some incredibly beautiful rolling country which abounded with wild flowers. Jeremiah, Elliott and I set a blistering 9+ minute pace through 15 miles. Somewhere around 20 miles the "run" turned into a "race" with some sub 8 minute pacing which ended with old "Mountain-Man" Russell holding a significant 6 and 8 minute lead over the two of us at the 50 mile mark and the end of the first day. As the other runners finished, we all soaked our tired bodies in the Consumnes River and speculated on how we would feel at 8 a.m. the next morning.

Sunday took us to Georgetown and the prospects of a hot day (Saturday wasn't bad) and hilly course taking us through such places as Greenwood, Garden Valley, Coloma (again) with the finish in Rescue, a net drop of nearly 1500 feet. However, Paul managed to add 2000 feet or so of vertical about half way through. It was an equally scenic course but I was amazed at the number of people that live up and down these foothill roads. All 10 of us showed up for the second half with one addition, ex-high dunger, John Brown, out for a training run.

Jeremiah and I threw caution to the wind and started pounding down some of the early hills making my quads feel like I had third degree burns. I only assumed everyone else was having as much fun! Stuart Honse pressed us through the tough Coloma section and was only 3 minutes back at 20 miles. At 28 miles I managed to get a small lead on Jeremiah although I know I couldn't make up the 6 minutes with only 3 miles to go. Jeremiah knew that too and realized he had the overall win until he took a wrong turn with 2 miles to go! Jane found him, got him turned around, and finished but only after losing his lead. Well, I enjoy winning and I especially like to beat a friend but not that way -- It was sad. -

Except for Paul and his good friend Ralph Paffenbarger (they ran stride for stride for all 62 miles). I don't think any of us had experienced back-to-back runs like this. (Remember what your legs feel like after a marathon?) The Eisenbuds impressed me. I know they are not exactly inexperienced but they were both very tough. Dennis Letl ran faster the second day on what was a tougher course. And Howard Jacobson - well what can you say - he easily won the weightlifter division.

Many thanks go to Paul, Elaine and Hal Stainbrook for all the race work. We all received a nice plaque, designed by Karl Yamauchi, a T-shirt and more Sunkist than you can drink.

All in all, it was a great run (race?), as everyone agreed. Look for it next year about this time -- we will!

100 K RESULTS

| <u>Starters & Finishers</u> | <u>First Day</u> | <u>Second Day</u> | <u>100K</u> |
|---------------------------------|------------------|-------------------|-------------|
| 1. Abe Underwood | 4:27:54 | 4:20:07 | 8:48:01 |
| 2. Jeremiah Russell | 4:21:50 | 4:32:26 | 8:54:16 |
| 3. Elliott Eisenbud | 4:29:47 | 4:38:00 | 9:07:47 |
| 4. Stuart Honse | 4:47:18 | 4:28:29 | 9:15:47 |
| 5. Helene Eisenbud | 4:50:21 | 5:03:23 | 9:53:44 |
| 6. John Bloderer | 4:58:23 | 5:37:24 | 10:35:47 |
| 7. Dennis Letl | 5:22:26 | 5:16:49 | 10:39:15 |
| 8. Ralph Paffenbarger | 5:50:53 | 5:50:42 | 11:41:35 |
| 9. Paul Reese | 5:50:53 | 5:50:42 | 11:41:35 |
| 10. Howard Jacobson | 5:48:09 | 6:06:41 | 11:54:50 |

POINT WEST 5 & 15 K Races
 Sunday May 2, 1982

| <u>5 K</u> | | Division
<u>Place</u> |
|-----------------|-------|--------------------------|
| Bill Stainbrook | 17:01 | 2 |
| Rich Hanna | 17:18 | 1 |
| Don Spickelmier | 17:24 | 1 |
| John Shelgren | 18:01 | 2 |
| Karl Yamauchi | 18:17 | 1 |
| Bosco Bailey | 18:40 | 2 |
| Lynda Swenson | 22:15 | 1 |
| Karen Frincke | 24:05 | 1 |
| Total Runners | 526 | |

| <u>15K</u> | | |
|---------------------|-------|---|
| Bruce Fujimoto | 60:37 | |
| Bob Bourbeau | ? | |
| Bob Seldner | 62:15 | |
| Frank Benham | 63:08 | |
| Tom Pearman | 63:45 | |
| Jeff Pearman | 63:56 | |
| Chris Delgado | ? | |
| La Donna Washington | 69:44 | 2 |
| Kathy Beals | 70:12 | 3 |
| Reggie Bennett | 73:37 | |
| Bob Leever | 77:30 | |
| Marge Hansen | 96:31 | |
| Total Runners | 267 | |

First place team, mixed division:
 Bosco Bailey
 Bill Stainbrook
 Lynda Swenson
 Karl Yamauchi

La Donna Washington

The race started under clear skies with a slight breeze and temperatures in the 60's. The 5 and 15 K courses started with a loop through the Point West residential area, crossed Exposition Boulevard, through Cal Expo and onto the levee behind Cal Expo. The 5K runners ran about 200 meters to the 5K turn around while the 15K'ers continued down the levee and onto a true cross-country course complete with grass, ditches, gravel and tedious footing. The 15K was definitely not a PR course especially since it proved to be at least a 10-miler or perhaps even a 10 mile plus run. Proving a bit disheartening for those of us who may have felt that we were running forever...or were wondering, why are my splits getting longer and longer? The 5K also turned out to be inaccurate, a quarter-mile long.

A redeeming value of the race were the awards of which the race results show some Chips did quite well. The prizes were wine, wine glasses and coffee mugs along with Casio watches for the overall men and women in both races.

If you're ready for an adventure, I'd recommend the 15K next year provided the course gets accurately measured and runners are forewarned on the race entry as to what they're in for.

Sorry -- No results or any coverage on the Avenue of the Giants.

New Piece of Common Dung

With membership card duely stashed in my left show, I have been a 'common dung' for just over four weeks now. At my first Tuesday evening workout with the Chips, Jim Rote was kind enough to introduce me to our coach George Parrot. In anticipation of this momentous occasion, and assuming I would need a 'little extra something' to keep pace with such a fast crowd, I shelled out fifty dollars for a new pair of light-weight shoes just a few hours earlier. What George said about my new shoes after we were introduced left quite an impression. So much so that I have written a poem about that encounter.

'The Shoe Emperor George'

I once met a coach from Sac State
Whose knowledge of footwear was first-rate
When asked what he knew in terms of my shoes
He replied, "it was fate, that problems
await because my boy..you pronate!".

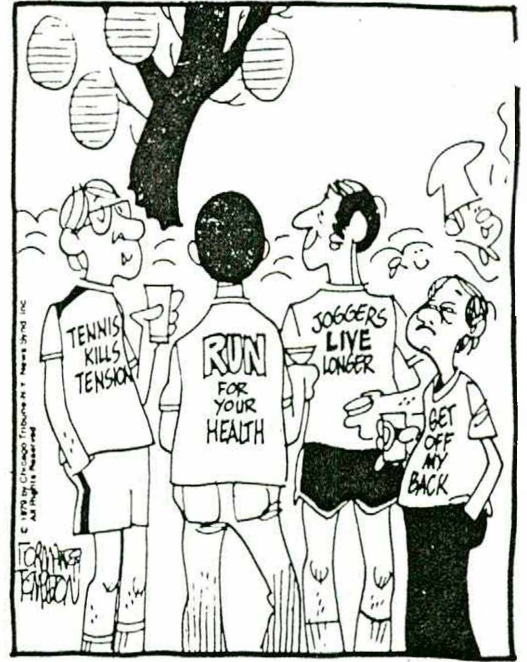
I was quite taken aback
that good shoes I might lack
And so much the sadder
for want of a bladder
And especially at fifty dollars a whack!

So from our first conversation
involving pronation
The Shoe Emperor George
An impression did forge
That will linger long in duration.

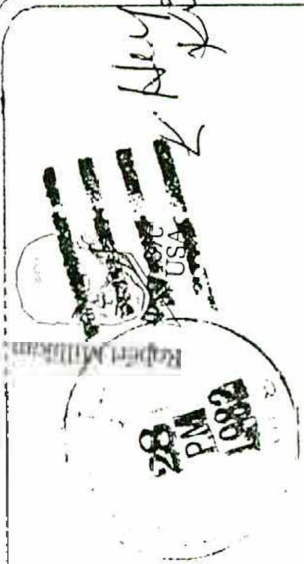
Gary Netzley

IMA COOKER is doing us all a favor
by sharing this delicious recipe.
Try it -- Thanks Ima!!

Sporting Life

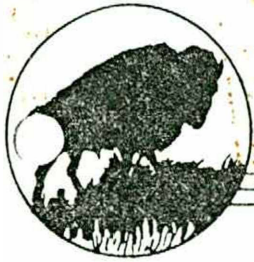


AS up & down?
Hey, take up & down?



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

6855 UNDERWOOD
8855 PARTK RIVIERA WAY
SACRAMENTO CA 95831



BUFFALO CHIPS

RUNNING CLUB



No. 60

Glenn Bailey
 Bill Stainbrook
 Dennis Dunbar
 Jim Lobsitz
 Mike Miller
 Bev Marx
 Abe Underwood
 Marge Hansen

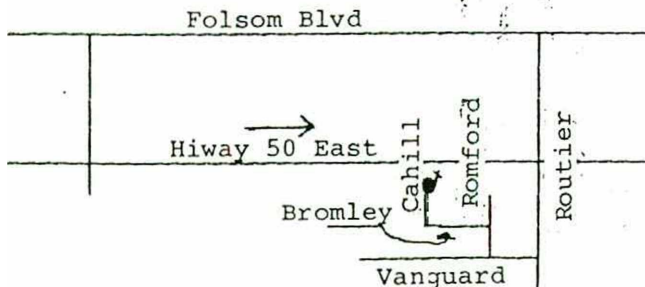
High Dunger 455-6077
 Vice Dunger 487-8398
 Dung Recorder 362-2888
 Dung Counter 488-2212
 Dung Herder 488-3833
 Dung Co-Ordinator 927-6882
 Race Chairchip 392-7672
 Dung Editor 428-5923

October 23, 1982

ALL HALLOWS EVE PARTY

George's Angels and the rest of the dung from the Tuesday/Thursday night workouts invite the rest of the herd to an All Hallows Eve party on October 30th. This will be a costume party, with special wards by the expert trophy maker, Abe Underwood. The party will be at Mike Neff's house (map below). Bring your own snacks and refreshments; Mike has a spa (clothing optional) and a video cassette (VHS format) if anyone has any interesting movies or films or ????

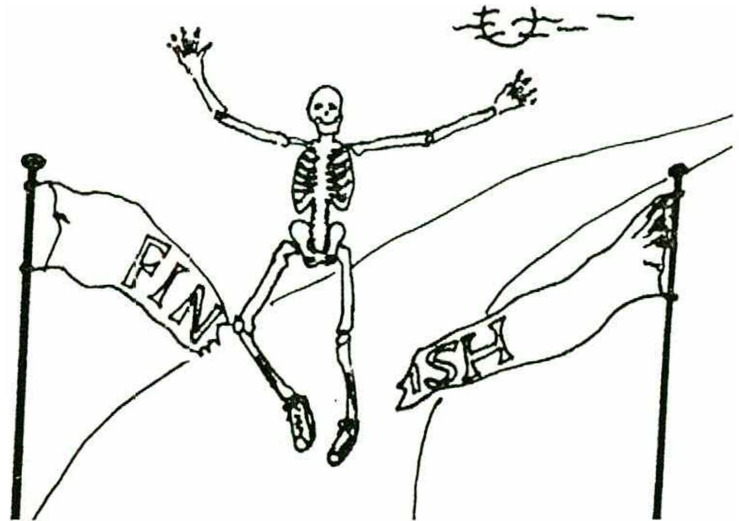
MAP



EZ Instructions:

Hiway 50 East to Bradshaw; L on Bradshaw; R on Folsom; R on Routier (first light); R on Vanguard (3rd R after freeway overpass); R on Romford; L on Bromley; R on Cahill to end of court. Address is 3305 Cahill Court.

The party will start about 7:30 or so, or when the first people show up.



BRODERICK BOTTOMS BUST

A regular old fashioned run of +4mi- will be held in Broderick on Sunday, November 14th at 9 a.m.. Come out for this 3rd annual casual (AJ's revenge) run!! Call Mike Miller for information and map. Donations gladly accepted (nickels, dimes, beer?).... Breakfast at Chart Room after this de-liteful run.

Board of Director's Meeting
September 2, 1982

Board members present:

| | |
|------------------|-----------------|
| Glenn Bailey | Mike Miller |
| Dennis Dunbar | George Parrott |
| Elliott Eisenbud | Bill Stainbrook |
| Marge Hansen | A.J. Underwood |
| Bev Marx | |

Also present: Jim Drake

Meeting called to order: 8:09 p.m.

Old Business:

1. Incorporation - the financial statements are still incomplete.
2. Storage space - our offer of \$100 for a storage space for all club equipment received a counter offer of \$150. Motion: approve the \$150 annual fee to store club equipment. Seconded/carried.
3. Club singlet - after some discussion the board members agreed that club singlets could be modified to include "Running Club" placed above the Buffalo and below "Buffalo Chips"; also, "Sacramento, CA." will be placed underneath the buffalo.
4. CSUS Track - the conflict between runners and CSUS Administration over the use of the track appears to be resolved. George Parrott is coordinating the bookings. Motion: that any news releases to the media regarding the prior conflict be generated by the Board of Directors rather than by individual club members. Seconded/carried.

New Business:

1. Tahoe 10K - race will be Sept. 26. A prize of \$500 is being offered to the team with the most participants (regardless of how the team places). Motion: that a \$5.00 'rebate' be offered against the \$10.00 entry fee for club participants if the Chips win the team participation prize. Seconded/carried.
2. Triathlon shirts - Motion: that a bike shirt, gold w/white trim, be printed with "Buffalo Chips Running Club" be made available on an order basis for those club members who participate in triathlons. (The cost is \$24.95) Seconded/carried.
3. LDR Certification Committee - A suggestion was made that the club seek a way to have more input into who will be a committee member. This will be explored as most LDR committee members appear to be members of the Capitol City Flyers.

Open Discussion:

1. Buffalo Stampede - the LDR Certification Committee is requesting a "better" map of the course prior to certification. This "improved" map, as requested, would have to include the course drawn to scale, including the width of the streets. (See New Business, Item 3).
2. Buffalo Stampede - helpers meeting will be held on September 8th at Elliott's.
3. Fall Pot Luck - Pot Luck is being planned for October 8, 1982 at McKinley Park. Bev Marx will be coordinating this. Also, the next club meeting will coincide with this pot luck.
4. There will be a "Kegger Party" after the Sacramento Marathon. (Now that we have a banner, there should be no confusion over where we will be!).

There being no food left to munch, the meeting was adjourned at 8:58.

Submitted on the run,

Dennis

STATE OF THE HERD

Congratulations to each of you who have achieved your respective goals at the Lake Tahoe 72 Mile Run or the Sacramento 1/2 & Full Marathon, or any other race. It is evident that numerous CHIPS performed exceptionally well. And the herd sure didn't stray off course at the Buffalo Stampede either. Now let's see how we can romp through the Delta November 21st. That's right, all you 'animals', the Clarksburg 20 Mile Classic is just around the corner. Time to trim down for it -- you can fatten up later that week on Thanksgiving. It's been a good year for the CHIPS, individually and collectively. Still we can improve in '83.

CSUS TRACK - In the last newsletter I committed an oversight by not acknowledging the person most responsible for combatting CSUS over the initial use fee of \$42.90. This individual spoke out first and persisted despite the fact that such opposition to the CSUS administration may have adversely affected his own stature as a CSUS faculty member. Whether you perceived his methodology to have been incessant badgering or unique diplomacy, he did not waver throughout this dispute. Whatever one may think of George Parrott, one cannot deny that he cares about this club and its runners. Pardon my oversight and thank you, George.

CLUB MEETING - Once again Sam's Hofbrau has done it to us. Due to a scheduling conflict, we had to change our meeting to October 20th, a week later than I had previously announced in the last newsletter. For that, I apologize for any inconvenience this abrupt change may have caused. In this regard, if you know a better place for the CHIPS to hold our general meeting in January, please let me or an officer of the club know after you have inquired about its availability. Thank you.

HERD BEHAVIOR - This newsletter is produced for your benefit. Numerous people, especially Marge Hansen, spend many hours writing, typing, assembling, arranging, printing and mailing these newsletters to all CHIPS currently on our roster. If you choose not to read your copy, so be it. However, do not cry to me or anyone else if you failed to read about the \$3 discount (for preregistration only) for the recent Buffalo Stampede. Many of you paid \$6 or \$7. This was clearly printed in newsletter #58 (7-24-82) on page 7 and in newsletter #59 (9-11-82) on page 11. Yet on race day morning some of you verbally harassed fellow CHIPS who voluntarily handled race day registration. A few others simply shouted, "I want my \$3 back." All I can say is that I found such public behavior that morning to be quite disgraceful. Let's not see or hear of a repeat of this spectacle in the future.

Daylight hours are growing ever shorter so please run with extreme caution if you are running in the early morning and particularly in the evening.... Run AGAINST traffic on roads and the bike trail.....

Recovering slowly,

Dave

EDITORS NOTES

Repeated apologies to CHIPS that were omitted from the list of the SF Marathon. Marge Lawson and Peggy Prior are added to the list of CHIP runners.

The Buffalo Stampede proved to be a great run - anyone ever hear of a 3 1/2 mile timer? Beginners luck -- maybe next time I'll know what's going on.


The Sacramento Marathon was so exciting!! To see so many CHIPS collect awards - very elating and a fun day all around. The weather cooperated beautifully and lots of PR's were set. One thing not working so well was the beer operation - (see article titled, "Roll out the Keg") Thanx Bev and Randy for your determination and drive.

Thanx to all you CHIPS for the terrific support and great articles. We have a team effort -- all pulling in the same direction and it works fantastically! When the CHIPS are down -- others pull em up!! Couldn't ask for a greater group of dungsers!

Our next Newsletter will be a fun-pack Christmas issue so get in your jolly good stories or any hoho's to lighten all fellow CHIPS trails... Deadline is DECEMBER 4th.

Plodding along
the CHIP trails ...

Marge

 McIntosh's Sports Cottage, Inc.
4120 El Camino Avenue
Sacramento, California 95821
Telephone: 916/488-7181

MC INTOSH'S LOVES RUNNERS

Sacramento Sports Headquarters

1982 BUFFALO STAMPEDE

Our race this year went well except for the Race Director inadvertently leaving the TAC medals in his office on race day. The field of 452 was manageable and the quality times were impressive. New course records were set in 6 categories, the most impressive being Open Women (Eileen Claugus in 56:26), Masters Women (Joan Reiss in 1:02:50) and Masters Men (Sal Vasquez in 51:39). Chip winners included Eileen Claugus, Mike Adreani, Joan Reiss, Paul Reese, and Elaine Reese.

Depending on the bills, it looks like the Club will clear between \$1,000 and \$1,100. This includes a \$300 check from Chris Rogers of Domino Pizza, who indicated that they would definitely want to help out again next year.

Only about 30% of pre-registered Chips took advantage of the 50% race discount. This discount was clearly stated in the last 2 newsletters, and was emphasized that this was available only to pre-registered Chips. Perhaps a more careful reading of the newsletter would be in order in the future. Two Chips (you know who you are) caused a great deal of trouble at race day registration by demanding to receive the 50% discount. They argued incessantly, holding up registration for many valuable minutes. I really didn't expect this from our membership. For those Chips who paid the full \$6.00 pre-registration fee, the Club thanks you for your tax deductible \$3.00 donation.

This will be my last year as Race Director. I just don't have the time any more with family, work and other commitments. I will of course help with future Stampedes, and I hope one of the Chips will volunteer early to serve as Race Director for 1983.

We have a few medium and small T-shirts left over for \$3.00 each or 2 for \$5.00.

Elliot Quintard

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LETTERS TO THE EDITOR

Some questions:

1. Regarding the San Francisco Marathon and after reading Glenn Bailey's letter chastising the race director, WHY CAN'T THE CHIPS' LEADERSHIP ARRANGE TO PICK UP RACE PACKETS FOR ALL CHIPS, THEN DISTRIBUTE THEM AT A DESIGNATED PLACE THE MORNING OF THE RACE?
2. Associatively, now that the SF Marathon is past and rates as the best-managed marathon in California, HAS THE CHIPS' LEADERSHIP WRITTEN TO THE RACE DIRECTOR TO THANK HIM FOR BRINGING A CLASS MARATHON TO THE AREA?
3. Reading California Track and Running News each month, I see write-ups about many running clubs. WHY DON'T THE CHIPS SUBMIT WRITE-UPS FOR THIS PUBLICATION?
4. DO AGE-GRADED PERFORMANCE CHARTS really "seem to favor the older runners" (quoting Mark Reiss, September Chips Newsletter)? Two physicians, both experts in sports medicine, with whom I've talked say no. From my own experience, I'd say not--and I'm one of the few "older runners" (hell, I'm a kid at heart!) who's been running long enough to be a case study. At age 55, I did 10K in 36:33, giving me 850 on the charts; at age 65, I did the NIKE Grand Prix race in SF in 40:40, giving me 860 on the charts. Don't you think simply enduring those declining (just wait 'till you get there) years are worth an extra 10 points?
5. ARE UNREGULATED RACES DANGEROUS? DO WE NEED SOME REGULATION OF RACES? Elaine and I recently ran in a race billed as a half-marathon that: (1) did not have a single aid station; (2) was in reality somewhere between 13 1/2 - 14 miles; (3) had more than 20 turns without a single turn guide, no arrows or markings at some turns, and on some streets the arrows pointed in the wrong direction; (4) had an entry fee of \$8; (5) called not a single split; (6) had markings at only a couple of distances and these mile measures were not accurate. Negligent race management is one thing--but it was a warm day and there were a number of novice, unconditioned runners; there was, in my opinion, imminent danger of heat prostration in many cases.

6. ARE CHIP RUNNERS AWARE OF THE SPORTSMEN OF STANISLAUS 10K RACE IN MODESTO, SUNDAY, OCTOBER 31? The most highly organized 10 K race in Northern California; flat, fast course; many awards. Benton Hart set a record of 29:46 last year, edging Dennis Rinde. Jeff Highiet, race director, has kept the entry fee to \$6. Entries from SOS 10 K Race, 229 Charlemagne Way, Modesto, CA 95350.
- . ANY CHIPS INTERESTED IN RUNNING A GOOD 15 K RACE? If so, suggest the Merced Track Club 15K, October 17, mainly on a bike path and country roads, paved, fast, and accurate. MTC Bell Race, 636 W. 26th St., Merced, CA 95340. OR DO YOU WANT 10K, out and back, on forested, dirt road, no cars, some hill. Try Badger Hill Run, October 17. Maidu Group, c/o Run, P.O. Box 1835, Placerville, CA 95667; phone 933-1149.

Paul Reese

PAUL --

- Re - #1 - great idea, and it would be easy to implement. We'll have to follow up on this.
- Re - #2 - S.F. Marathon was worthy of a large thanks and we should give them a thought of appreciation.
- Re - #3 - How about it CHIPS? We can use some notoriety!
- Re - #4 - You should get more points - how about 20? Paul, you're an inspiration to everyone! Keep up the great running! Thanks!!!

We welcome any and all inquiries, rebuttals, suggestions! Remember this is YOUR newsletter so speak your piece.

'ROLL OUT THE KEG'
by Bev & Randy Marx

Most of you would probably think that the ordering and delivery of a beer keg to the Sacramento Marathon for inbibing B.CHIPS would be a snap for an experienced and able Dung Coordinator and hubby. Ha! Not so easy as it seems! A few excerpts from our diary to explain:

- 9/30/82 - Proceeded down to Stewart's Liquor and placed deposit down on 1/2 keg of
10:05 a.m. Budweiser. Bev was told to return the keg by 5:30 p.m. on the day of the
marathon (no problem).
- 10/2/82 Journeyed again to Stewart's, picked up keg and drove to the Eisenbud's who had
2:05 p.m. kindly volunteered to store the keg in their frig as ours was too small. As the
Eisenbud's were out, we placed keg by garage.
- 8:26 p.m. Received call from Elliot E. He informed us that he learned he would be on call
all night and would be unable to deliver the keg to the marathon in the morning.
- 9:35 p.m. Went from the house we were housesitting at that night to Elliots, picked up keg,
and took it back to our house. Got 2/3 of it into the refrig. after much pushing
and cajoling. Ripped door halfway shut and went back to housesitting.
- 10/3/82 Marathon Day! Drove to our house. Removed ropes, hauled keg into car, and
5:30 a.m. drove to race.
- 7:00 a.m. Race starts. As Bev is running the full, Randy, who is running the half, will
get keg to Chip banner after race.
- 8:16 a.m. Randy crosses finish line, wanders over to the golf course sand traps in a daze,
wishing he had trained more than 20 miles/week for the race. However, instantly
remembering his duty, he stumbles to the faraway keg which is still in the car.
- 8:31 a.m. Randy discovers we have forgotton the ice & cups. Drives to Raley's and buys
cups and four packages of ice.
- 9:01 a.m. Arriving back at race, Randy parks by finish line, and goes to get the assistance
of some loyal able-bodied common dungers.
- 9:07 a.m. Pack of Chips arrive back at car to discover a drooling Sacramento City Policman
well on his way to writing a parking ticket that will give him his quota for the
day. ("But officer, but officer!...") Cop relents, but only if we immediately
move car.
- 9:10 a.m. Pack of chips transports keg to banner while Randy flees cops and parks in a far
away parking place.
- 9:27 a.m. Randy stumbles back to Chip banner and, remembering his other duty as "Bev Marx's
handler", races out on bike to locate Ms. Marx.
- 9:45 to Randy locates Bev and ably "handles" her for the last 3 minutes of the race
9:48 a.m. (where have you been, Marx?)
- 10:09 a.m. We arrive back at Chip banner. Keg is untapped. The decision has been made not
to tap the keg, as free beer is being given away nearby.
- 12:35 p.m. Free beer still holding out. Pack of Chips transports kegs & cups (ice has all
melted) to off-site post race Chip party.
- 2:38 p.m. We arrive at party. Keg has finally been tapped but little has been drunk. Randy
goes for it, but gets only foam from the well-traveled beer.
- 4:59 p.m. We quickly haul keg back to car (have to get it back by 5:30) getting large
quantities of mud on our hand & clothes.
- 5:00 p.m. Wondering how mud could form in Sacramento when it hadn't rained for a week, our
senses soon inform us that doggy doodoo is the actual substance. We each issue
creative expletives.
- 5:15 p.m. Too late to clean off. -- Only 15 minutes to get keg to Stewart's. Rush to
Stewart's (driving the car with our only unsoiled finger) and plop down soiled
keg just as they are closing. We obligingly clean off keg and carry the 15/16ths
full keg into the store. Stewart's employee shakes his head and probably assumes
we were having so much fun rolling the keg around in doggy doodoo all weekend,
that we neglected to ever get to the beer.
- 7:39 p.m. Home for a long hot shower.

Earning a trip to Hawaii is harder than you'd think.



APPLICATION FOR MEMBERSHIP

NAME: _____
(Please Print - As you want it to appear on Club Roster)

ADDRESS: _____

CITY: _____ ZIP: _____

HOME PHONE: _____ WORK PHONE: _____

YOUR BIRTHDATE: _____

IF FAMILY MEMBERSHIP, LIST FAMILY MEMBERS AND THEIR BIRTHDATES:

Make check payable to: BUFFALO CHIPS RUNNING CLUB

Mail to: Mike Miller
P.O. Box 186
Carmichael, CA 95608

Dues for Membership:
Single-full year \$7.00
Single-July-Dec. 3.50
Family-full year 10.00
Family-July-Dec. 5.00

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Running Schedule



- OCT 23 - PUMPKIN TROT, distance tba, 8128 Fair Oaks Blvd., 9 a.m. 323-8905
OCT 23 - FIFTH ANNUAL GRANITE BAY FUN RUN-9 a.m. around Folsom Lake-\$3pre-\$4 day of race
OCT 23 - SECOND ANNUAL PUMPKIN TROT-9 a.m. Marie Callender's, Sunrise Blvd. 5 mi;\$5 & \$6.
OCT 23 - R H & D's GHOSTLY GALLOP-9 a.m.-Curtis Park 5 & 10 K, 707/422-5028
OCT 23 - FALL FESTIVAL BENEFIT RUN-9 a.m.-Renfree Field(3745 Auburn Blvd) 2 & 5 mi-\$7.
OCT 23 - MALL TO MARINA, 7.3 mi, Stockton, 10 a.m., 209-951-8165.
OCT 23 - SEAGULL RUN, 5 & 10 K, Treasure Island, S.F., 8:30 a.m., 415-765-6361
OCT 23 - ORO DAM BREAK RUN, 3 & 6 mi, Oroville, 9 a.m., 533-7269
OCT 23 - ST. VINCENT'S RUN FOR KIDS, 3 mi., 9 a.m., Marinwood - 415-479-8831
OCT 23 - GUADALUPE RIVER RUN, 5 mi. & 1.5 mi., 9 a.m., YMCA - San Jose, 408-226-9622
OCT 23 - FREEZE RACE-10 a.m.-6.2 mi in Benicia \$6 (707)745-6674
OCT 24 - JFK SWEAT RUN-9:30 a.m.-Kennedy HS Athletic Field-5mi-\$4
OCT 24 - BREAKFAST RUN 30K, Stockton, time tba, 209-952-2055
OCT 24 - WOMENS RUN IN THE PARK, 9 a.m., 5 mi, Golden Gate Park, S.F., 415-431-1180
OCT 24 - FALL COLOR TOUR, 15K, Geysersville H.S.-Santa Rosa, 9 a.m., 529 El Dorado Ct.95404
OCT 24 - HAYWARD HALF-MARATHON, 9 a.m., 415-881-6710
OCT 24 - MOUNT BURDELL CHALLENGE, 5 & 10 K races, 9 a.m., Novato, 415-897-2185
OCT 30 - WEINSTOCKS-8:30 a.m.- 5 miler, Downtown (488-7181)
OCT 30 - PT PINOLE SKUNK RUN, 1.5 & 3 & 10K, Richmond, 10 a.m., 415-756-1023
OCT 30 - WITCH RUN, 10 K, Union City - Logan H.S., 9 a.m., 415-651-0632
OCT 30 - CARE RUN, 8K & 2 mi., Walnut Creek, 9 a.m., 415-229-1584
OCT 31 - LOOMIS BASIN 10-Miler-8:30 a.m., Sierra College, \$6 pre - \$8 race day.
OCT 31 - GOLDEN GATE MARATHON & 1/2-Mission & Embarcadero - S.F-7 a.m.(415)392-4218.
OCT 31 - 6th CHALLENGE CUP 50 MILER-Polo Fields - S.F. 8 a.m. (415)442-FEET
OCT 31 - S.O.S. NATURAL LIGHT FOOTRACE, 2 mi & 10 K, Modesto JC, 8:30 a.m., 209-527-7597
NOV 6 - FUN RUN - 9 a.m. Howe Park (927-3802)
NOV 7 - APPLE HILL HARVEST RUN, 1/2, 3 & 6 mi, Apple Hill-Placerville, 8:30 a.m.
NOV 7 - STOCKTON MARATHON - 1/2 & FULL,
NOV 7 - 8th ALMOND BOWL RUN, 3 & 6 mi, Bidwell Park, Chico, 10 a.m.
NOV 7 - PA TAC X-C CHAMPIONSHIPS, 10K, Golden Gate Park, S.F., 10 a.m.
NOV 7 - GREAT BERKELEY 5 & 15K RACE, UC Berkeley, 415-568-9884
NOV 7 - WINDSOR WHALE RUN, 15K, Windsor-Starr School, 9 a.m., 707-528-0144
NOV 11 - JR. OLYMPICS CROSS COUNTRY- Country Trails, Pleasant Hill Sch., 3 p.m., 18 & under
NOV 13 - REACH OUT & TOUCH SOMEONE-9 am, 2700 Watt Ave.-\$6 pre race \$7 day.
NOV 14 - FLEET FEET BUDDY RUN, 5 mi, Stockton, 9 a.m., 209-957-5646
NOV 14 - 7th CUP AND SAUCER RACE, 2 & 8.6 mi, 9 a.m., Silverada Jr. Hi, Napa, 707-252-4609
NOV 20 - TURKEY TROT 10K, Natural Bridges St.Pk, Santa Cruz, 9 a.m., 408-429-3777
NOV 21 - CLARKSBURG CLASSIC 20 MILER, Clarksburg, Clarksburg-Delta Hi, 11 a.m. 454-6884
NOV 21 - NATURAL LIGHT 10K TURKEY TROT, Merced, 10 a.m., 209-723-0383
NOV 25 - TURKEY TROT - 10 a.m. - CSU Sacto track, 5 miles - \$6 pre, \$7 day of race.
NOV 27 - SO YOU ATE TOO MUCH TURKEY RUN-9:30 a.m. Starr King Exct.Sch.-5 & 10 K (483-9674)
NOV 27 - BEAVER BELIEVER FOUR MILER-9 a.m. front of Am.Riv. Coll. Gym \$3 (4mi) (331-3838)
NOV 28 - BLIND DUCK RELAYS, 3 & 5K, Lake Merritt-Oakland, 9 a.m., 415-562-2210
NOV 28 - SUGARLOAF RIDGE 5K & 8K X-C RNS, Sugarloaf St.Pk-Kenwood, 9:30 a.m., 707-938-8263
NOV 28 - ZEPHYR A.C.'s ULTRA CHALLENGE 50K, Richmond-Wildcat Canyon St.Pk, 415-758-1023
DEC 5 - DAVIS MINI MARATHON, 13.1 mi, Central Park- Davis, 9 a.m., 758-6453
DEC 12 - CHRISTMAS 5 Miler, CSUS Stadium, 10 a.m., 786-7575

2nd SATURDAY OF MTH - K108 Fun (doughnut) runs, 3 & 5 mi, 8:30 a.m., Old Sac.
3rd SATURDAY OF MTH - McIntosh Fun Runs, 3 & 6 mi, 8:30 a.m., 488-7181

This schedule is as accurate as possible at time of printing. Dates are subject to change, check w/race directors. Entry applications available at local running stores. Any changes or additions to the schedule - please call John McIntosh 488-7181 or Dave Low 393-2106 (eves).

A 10% discount is available to CHIP members at the following stores: FLEET FEET, 2nd SOLE, MC INTOSH'S, and CITY SPORTS WORKS.

CHIP PARTICIPANTS at SACRAMENTO
1/2 & FULL MARATHON

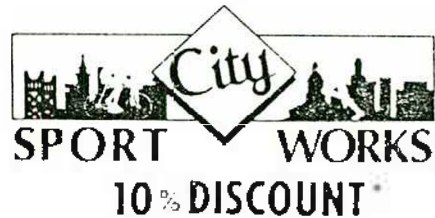
1/2 Marathon

| | |
|---------------------|--------------------------|
| Jeff Pearman | 1:15:52 |
| Randy Morro | 1:46:00 |
| Chris Turney | 1:17 |
| Tom Pearman | 1:17:20 |
| Vern Shipley | 1:18:37 |
| George Parrott | 1:20:22 |
| Igor Hermann | 1:20:26 |
| Bob Malain | 1:21:18 |
| Bruce Johnson | 1:22:14 |
| A.J. Underwood | 1:22:23 |
| La Donna Washington | 1:25:30 |
| Tim Bauer | 1:25:49 |
| Heidi Skaden-Poyser | 1:25:? |
| Michael Adreini | 1:30:03 |
| Steve Macaulay | 1:30:13 |
| Jim Roti | 1:31:00 |
| Carolyn Tucker | 1:31:43 |
| Frank Allen | 1:33:04 |
| Steve Forsythe | 1:36:18 |
| Byron Philleo | 1:36:40 |
| David Low | 1:36:42 |
| Jim Mylaw | 1:36:47 |
| Jim Wellington | 1:37:18 |
| Brian Lew | 1:37:42 |
| Gene Knoeful | 1:48:16 |
| Marie Wright | 1:52:33 |
| Bill Wright | 1:52:33 |
| Joe Larence | 1:53:? |
| Mike O'Neal | 1:57:? |
| Carol Nutt | 1:57:30 |
| Marge Hansen | 1:58:41 |
| Po Adams | 2:03 |
| Art Godwin | DNF |
| Don Spicklemier | 1:14:15
(not entered) |

FULL

| | |
|------------------|---------|
| Dan Alarid | 2:38 |
| Tom Nussbann | 2:42:00 |
| Tim Jordan | 2:46:00 |
| Bev Marx | 2:48:38 |
| Frank Benham | 2:56:04 |
| Dan Stone | 2:56:29 |
| Dave Neff | 2:56:32 |
| George Siller | 2:58:53 |
| Jim Finnegan | 2:59:57 |
| Bob Potter | 3:11:10 |
| Roger Dyke | 3:11:24 |
| Dave Givens | 3:11:40 |
| Reggie Benham | 3:15:? |
| Elliott Eisenbud | 3:17:? |
| Larry Walton | 3:23 |
| Steve Hart | 3:23 |
| Dave McCullough | 3:56:02 |
| Jim Parsons | 4:15:14 |
| Helene Eisenbud | ? |

Please excuse any errors in misspelled names or erroneous times. Thanx Mike Miller for taking the time and trouble to get results. Let's post a time sheet at races and have all CHIPS be responsible for listing their time.



5114 Madison Avenue
Sacramento, California 95841

Telephone
(916) 332 6453

*VALID for all athletic shoes, clothing, and bicycle accessories, excluding frames, bicycles, and Campagnolo parts.

CHIPS MASTER PEAR FAIR
by Jim Drake

The 75° weather with 10 mph wind was the best running conditions ever for the 6th annual 10 mile road race put on by Fleet Feet in Courtland on July 25. Sally Edwards (CHIP) announced just before the start there would be two aid stations plus a H2O spray and that the distance was measured accurately.

Also right-on were the Sub-4 warm up jackets awarded the winners that went three deep in six divisions for both sexes. The run "T-shirt" turned out to be a quality sub-4 summer mesh singlet. Markers at each mile, an aid station at the finish and vehicle control on the course would have added to this very popular Delta run.

CHIP WINNERS

| | |
|-------|---|
| 20-29 | (1) Eileen Claugus 57:00
first woman overall |
| | (2) Bev Marx 60:39 |
| 40-49 | (1) Joan Reiss 64:26 |
| | (2) Heidi Skaden-Poyser |
| 40-49 | (1) Tim Jordan 55:37 |
| | (2) Bob Seldner 57:38 |
| | (3) Jim Drake 62:07 |
| 50-59 | (1) Gordon Hall 65:52 |
| 60-69 | (2) George Billingsly 70:11 |

Why is it that many races miss some or all of the above? If you are a future race director check with McIntosh, Underwood, Eisenbud, or Parrott. They have all put on many races and 3 of the 4 will admit to having directed less than the perfect race sometime in the past so they know where the problems are.

CONGRATULATIONS!

LAND OF BIG WATER

That's what the Indians called Lake Tahoe. This magnificent lake covers an area of 193 square miles at an altitude of 6,200 feet. Its cold water reaches a depth of nearly 1,700 feet. Serenely nestled in the Sierra Mountains, it offers a challenge to many for various reasons. For some runners, the challenge is to run around the entire lake -- 72 miles.

On September 17th I accepted this challenge. For me, the outcome was very rewarding as I managed to achieve my second objective -- 9:43:39. I had set three time objectives: one, finish in under 9:20; two, finish in under 9:45; three, finish in under 10:00 hours. Anything less and I would admittedly have been greatly disappointed because I had prepared myself for this assault far better than for any race to date.

People often ask runners about their training regimen. Some runners respond candidly, others are secretive. I'm one of the former, not a 'closet runner.' Thus, to dispel all rumors, I'll freely enumerate below the factors I attribute to my successful romp around Lake Tahoe.

1. Preparation: Weekly mileage over a nine week period beginning with the SF Marathon on 7-11-82; 82, 115, 120, 125, 130, 141, 141, 131, 109 and taper. Those nine weeks averaged out to 121.5 mpwk. In August, not by design, I amassed 607.7 miles or 19.6 mpd. Yes, that is a PR for me. Frankly, I was surprised when I added up my mileage for August. But it imbued me with a crucial element -- confidence. And no, I did no hill or altitude training. Save for the Silver State Marathon (NV) on 9-5-82, all my runs were in Sacramento. A true flatlander! Also, I was not on vacation at any time during those nine weeks.
2. Pit Crew: As ultrarunners know, this can be a critical factor. My crew consisted of Mike Adreani, Elliott Eisenbud, Bob Hanna and Howard Jacobson. All were volunteers, extremely supportive and encouraging. They performed superbly, following my instructions to the letter. This included no conversation. That's right, I don't believe I uttered more than 50 words during the entire run, which included a two minute pit stop in a gas station (to unload, not to load up) near South Lake Tahoe. Thanks a million guys for an indelible experience.
3. La Donna's Sacrifice: During my preparation, I ran each day, 16 of 63 or 25.4% of those days entailed double workouts. Such was my commitment to be fit -- mentally and physically. Not once during my preparation did La Donna complain about my being away evening or off on long, solo runs on Sunday mornings, etc. Unlike her cats (George & Chiquita), if she had a grievance, it was never verbalized. Not even a meow! Clearly, it meant many hours of solitude for her which she evidently handled in her own way. For this, I feel fortunate and grateful. Thank you LD.

From start to finish, I lost no more than four pounds. My caloric intake was all liquid as I ate nothing on the run. For beverage I started with a gallon each of Hawaiian Punch, Orange Juice and defizzed Pepsi. Consuming 4-8 ounces approximately every two miles, only a gallon remained at the finish. The most memorable quote that day was bellowed at me by the 'Big Bad Buffalo,' Elliott, somewhere near Spooner Summit (45 miles). "Rae Clark's pissin' blood!" At that point I could have cared less what anyone was pissin' except me. Despite his pissin' problem, Rae set a new course record of 9:06:14, shaving 14 minutes and 14 seconds off the old record (Bob Perez '80)!

As a consequence of my run I got one blister, was unable to 'jog' for two days and will eventually lose two toenails. In my mind, it's a small price to pay.

It's a tough run. I did it for the challenge to seekout and to overcome my own limitations, both real and imagined. A few people have asked me how much money I got for it. No money was offered. I did it for personal satisfaction. And I shall return to try it again for I believe I can do better. Achieving my objective is reward enough. I'm your basic fun runner.

-Bosco Bailey-

LDR UPDATE

1. The 25K Championship, originally scheduled for Nov. 14th in Marin, will be held in early December in Golden Gate Park (SF). Most of the course will be comprised of the old SF Marathon course. If you are interested in forming a team, please contact Bill Stainbrook (Open Men), George Parrott (Open/Master Women) or AJ Underwood (Master Men).
2. In 1983 PA/TAC estimates a ten-fold increase in income due to the fact that both Oakland and SF Marathon will require most entrants to be PA-TAC cardholders. This year at SF neither the first place male nor the first place female in the masters division were PA/TAC cardholders. In case anyone wonders why the masters women receive so little award money vis-a-vis the men, please note that the ratio of male to female master cardholders is four to one. At the last LDR meeting (9/26/82) only one female was present. That was Jo Sumner who was representing Sally Edwards of Fleet Feet RC. Yet, because FFRC did not have five masters registered, Jo could not vote on pertinent issues.
3. Any PA/TAC registration received by John Mansoor after 11-15-82 will be recorded on the official 1983 membership roster. Since there are two TAC Championships (See pg 4 of Newsletter #59) in both January and Feb. of '83, it is important that you sign up early. Don't procrastinate.

At the recent 10K (Billy Mills) in Sacramento, four of the Aggie en were disqualified. They each had neglected to register with TAC. Consequently, the Aggie team lost a certain first place finish.

I hope that in 1983 I will not have to pressure open males to acquire TAC cards on race day so that we can field a five man team at the 50 miler in February. Please think it over and act accordingly. All PA/TAC championships will receive prize money in 1983.

4. During 1982, I have been the CHIPS' representative on the Open LDR Executive Committee. Also, since we have more than five masters (male/female) I can vote on behalf of masters at LDR meetings. I am soliciting someone to serve in this capacity in 1983. It requires attending at least five, perhaps more, LDR meetings in 1983. If you cannot make it to a meeting, you can designate a substitute in writing prior to the meeting. If you are willing to serve the CHIPS in '83, please call me at 322-2950 (work) or 447-4326 (home).

Bosco

HOW TO TELL WHEN YOU'RE OVER THE HILL

Everything hurts, and what doesn't hurt doesn't work.

You need your glasses to find your glasses.

Your back goes out more than you do.

Your little black book contains only names that end in "M.D."

You have too much room in the house and not enough in your medicine cabinet.

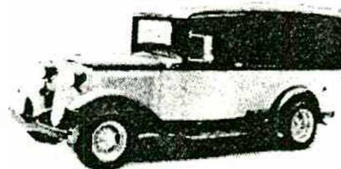
Your children begin to look middle-aged.

The policemen look too young to be policemen.

The little gray-haired woman you help across the street is your wife.

You can't take yes for an answer.

Marathon Motors
&
BODY WORKS



RCNNY
454-1610

10% Discount to Marathoners

4330 1/2 STOCKTON BLVD.
SACRAMENTO, CA. 95820

THIS SPACE FOR SALE
\$10.00

Contact Marge

DOGS WHO GO JOGGING HAVE HEALTH PROBLEMS TOO

There are runners by the number in San Diego. Conditions are almost idyllic - parks by the dozen, firm, sandy beaches and ever-present sunshine create a runner's paradise.

Dogs are also great in number.

There are more and more runners taking their dogs with them on six-, seven-, eight-mile runs -- sometimes daily. Some go even farther with their canine close behind for 10 to 15 miles.

Just as runners develop problems - sore feet, shin splints, heat prostration -- so do their dogs. Sometimes the dogs' problems are worse.

A local veterinarian recalls seeing one dog that was completely exhausted -- in very bad shape.

Many runners fail to give the dog a badly needed breather.

They can't perspire as well as we do because they don't have as many sweat glands. You see their old tongue hanging out eight inches from a two-foot dog. They need a few minutes break with some water, especially when its hot.

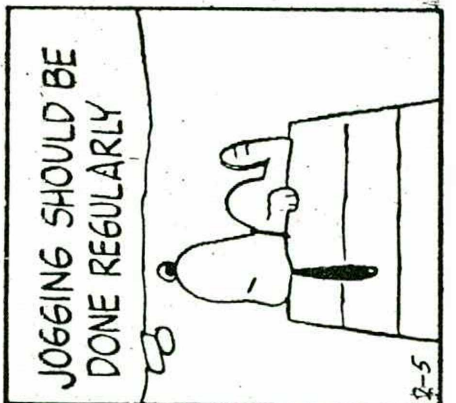
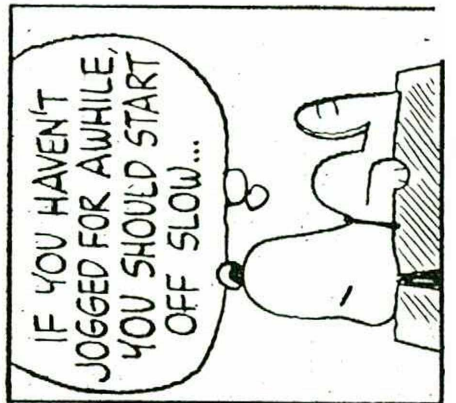
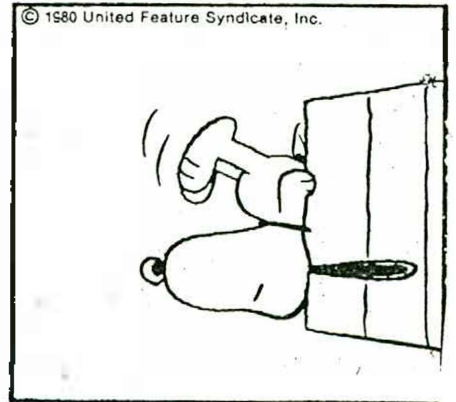
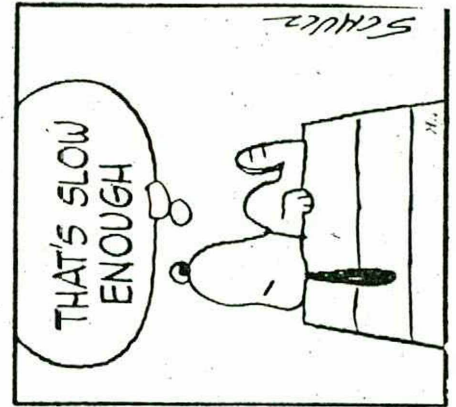
Some say that running exposes the dogs to problems such as lacerated food pads, arthritic hip conditions (technically hip dysplasia), heart problems, attacks from other dogs and of course, heat prostration.

A dog should run better than its master - but like his master, should start out gradually and build up distances. You can't start a dog out at 8 miles.

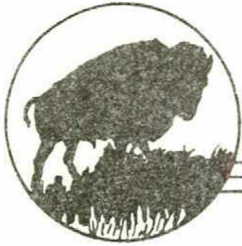
Hip dysplasia often results in a dog five years or older. With the potential for arthritis already there, running makes it happen faster.

Let's take care of our best friends!

By Charles Schulz



PEANUTS



BUFFALO CHIPS

RUNNING CLUB



No. 63

Glenn Bailey
 Eileen Claugus
 Bill Stainbrook
 Mike Miller
 Eileen Claugus
 Mike Miller
 Abe Underwood
 Marge Harsen

High Dungen 447-4326
 Vice Dungen 366-3270
 Dungen Recorder 487-8398
 Dungen Counter 488-3833
 Dungen Co-Ordinator 366-3270
 Dungen Herder 488-3833
 Race Chairchip 392-7672
 Dungen Editor 428-5923

April 30, 1983

RUNNER'S LAMENT (Jeremiah Russell)

Runners are impossible!
 That's all there is to that.
 Their heads are full of
 cotton, hay, and rags.
 They're nothing but opinionated,
 emaciated, emasculated drags!

Go to a party and what do you hear
 (Between slurpings and sippings
 of low-calorie beer)?
 Is it joy and happiness
 and wishing good cheer?
 Or the airing of miseries
 that comes through so clear?

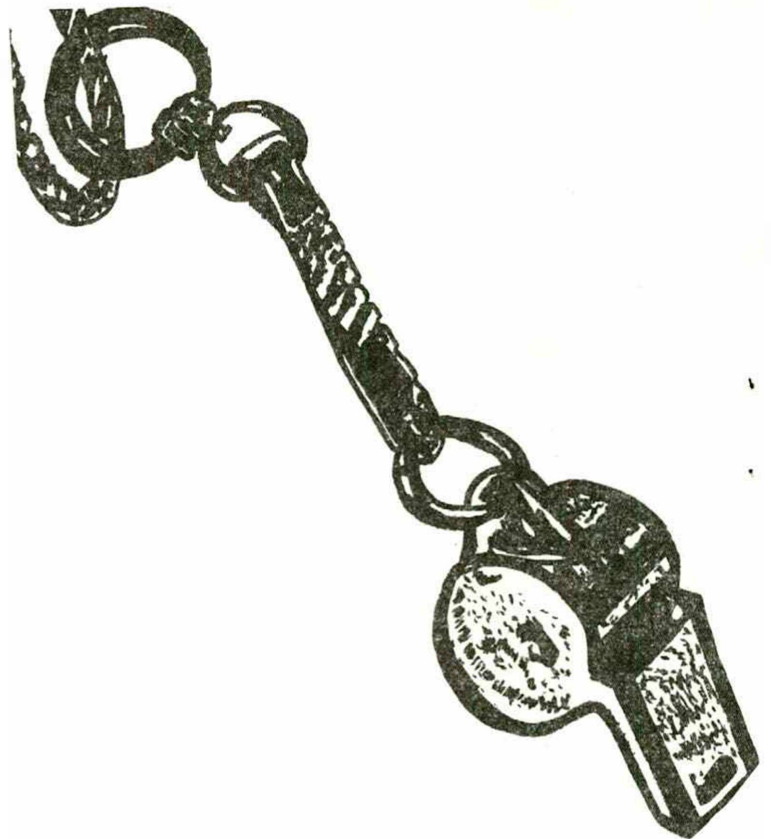
They complain about sore muscles
 and blisters on their toes.
 They gripe about the fortune that
 they spend on running clothes.

They moan about slow races
 'cause they had too much to eat;
 Or their Achilles tendon's tender,
 or they just can't stand the heat.

Their podiatrist is leaving town;
 their orthopedist is a jerk.
 The coach just never trains them right;
 they're tired from too much work.

They missed three days from the job last week
 while training for a race.
 They knew they'd win the Elasted thing,
 but didn't even place.

Yes, runners face so many woes,
 and yours surely are the worst.
 and I'd really like to hear them all,
 but, please, listen to mine first!



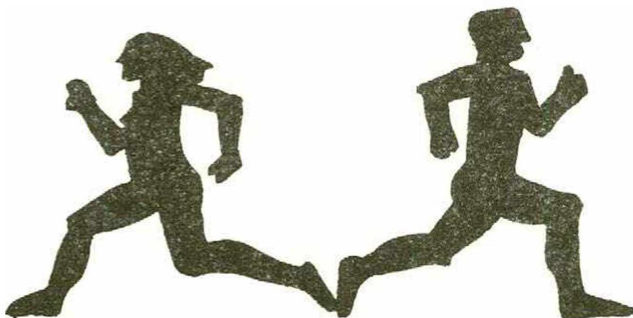
Buffalo Chips Board of Directors Meeting
March 3, 1983, Marge Hansen's home
7:49 pm: Meeting called to order

Directors present(8): Glenn Bailey, Bill Stainbrook, Eileen Claugus, Mike Miller, Marge Hansen, George Parrott, Jim Lobsitz, Howard Jacobson.

1. Glenn reported that club incorporation as non-profit was denied. The possibility of incorporating as a "mutual benefit club." This would require that approximately 85% of the clubs annual earnings be turned over to a pre-designated charity.
2. George moves that club look into a bulk mailing permit that does not require non-profit status. Unanimously approved.
3. Glenn moves that further incorporation proceedings be terminated. Unanimously approved.
4. Glenn will present the club with the incorporation information and request input on maintenance of bylaws and board-of-directors format for club administration.
5. Club is still looking for space to store club race supplies.
6. Proposal to merge Buffalo Chips with Capitol City Flyers ... proposal dropped.
7. Dates for club races:
Folsom 10 K - July 10, 1983
Buffalo Stampede - Sept 11, 1983
Jed Smith 50 - Feb 19, 1984
8. Approved motion to pay for slide film and processing of film shot of club members at races. Slides to be shown at general meetings.
9. Payment of race money approved for:
Bill Stainbrook - Cal 10
Jeff Pearman - Stockton Marathon
Dick Ratcliff - Stockton 1/2 Marathon

This will be approved upon verification of race results.
10. Club street cones will be marked with club stencil.
11. Jim Drake will borrow club equipment for a race to be held at Renfree Field.
12. Next Board Meeting: April 7th 7:30 p.m., Abe Underwoods home.

Bill Stainbrook, Dung Recorder



STATE OF THE HERD

Spring is here -- thankfully. With the advent of warm weather (we hope), the HERD can dry out and acclimate itself for those scorching days of summer. I can hardly wait! Love that -- sweat!

There a number of important issues and announcements covered in this newsletter. So please READ it. If you are uninformed, it is not because of any lack of communication. The choice is yours.

My comments, to be pondered by you "sage animals" of the prairie, are as follows:

1. Incorporation: The Board has decided that it is not in the best interest of the Club to incorporate. The tax laws render such action impractical for the purposes of our Club. As noted in the previous newsletter, I did submit the Articles of Incorporation, etc.; however, at that time we became aware of information which altered our decision. This will be discussed at our next General Meeting, May 18th, Wednesday, 7:30 p.m. at Shakey's on El Camino near Fulton.

It is the consensus of the Board that even though we are not going to incorporate we should continue to function as we have been over the past two years. Governing the Club via the Board of Directors has, we believe, been effective and efficient. Nevertheless, we would like to have the Club approve or disapprove our decision to retain the present organizational structure, i.e., the Board.

2. New Members: A few of you have introduced yourselves or informed me that you are new CHIPS. Welcome to the HERD. Club attire (singlets) is available at McIntosh's Sports Cottage, 4120 El Camino Ave. If you see me at a race attempting to record results from the finish board, please let me know if you are a new CHIP and believe or know that I have overlooked your name. Any omissions are unintentional. I simply cannot recall everybody's name, especially after a hard run. But I'll do my best.
3. Race Results: Again, I urge you to submit race results to Marge, Dung Editor, as much as possible. The heavy race season is upon us. Thus our forthcoming newsletters (June, August & October) should be replete with a variety of race results. And you folks who race out-of-state (Art, Don, et al), let's hear from you guys.
4. Social Events: Eileen Claugus is the Social Coordinator this year and welcomes any suggestions. Our brunch on 3/6/83 at Tequila Willie's was very enjoyable. I'm sure the picnic on 4/23 will be fun as well. Don't roam the prairie alone...
5. ARC Fund Drive: Included in this issue is a letter of explanation and a pledge card. Funds are being solicited for an (Richfield 400) all-weather track at ARC. This track would be open to the public -- free of charge. The Board encourages individual members to support this effort.

See ya on May 18th and/or..... out and about training and racing.....

Your High Dunger,

Basco

Notes from the ED.....

SPRING is here!?? Lately its hard to tell but they say it'll be a warm wet spring, short hot summer and wet fall. But what do they know?? At least you can tell the season by the influx of races on the schedule. If you happen to participate in any, please let me know how we CHIPS fared, times, etc. or whatever information you can garner.

If you have any changes or errors on the roster that we've enclosed, please let Mike Miller know so we can keep the list updated.

Any feedback on articles or items are very much appreciated. After all, this is your newsletter 'CHIPS' and you are entitled to your opinion and should voice it! Speak up and let your views be heard. There are probably alot of great ideas out there! Let's hear from YOU!! Thanks to those of you that have contributed!! The more input -- the better newsletter we'll have!! Thanks to Byron there are less errors in this issue! There were so many willing volunteers this time - it sure helps to know there is support! Thanks to you - you know who you are!!!!

The subject of 'SAFETY' cannot be mentioned enough. It should be indelibly stamped into our brains and passed along to other running friends, and clubs. There was a page-long article in the Six Rivers Running Club paper and they are very adamant at enforcing and practicing safety as they lost a dear friend and runner from their ranks. We also lost a member and must remember to heed the rules. Things you don't want to forget

- o Run against traffic and avoid busy streets
- o Make sure the driver sees you before running in front of him
- o Don't wear an earphone radio - you may hear the brakes, possibly too late
- o When dark wear white or specially marked clothing
- o Run with a buddy if in deserted areas

We want to see all our CHIPS around -- so practice SAFETY FIRST!!!
Run defensively!

See you at our General Meeting on May 18th

Keep them doggies movin along

Marge

NEXT DEADLINE IS JUNE 15th!!!!

JOGGING IS GOOD FOR THE HEART BUT IT MAKES YOUR FEET MAD!

Sacramento Olympic
All-Weather
Track & Field Project



This confirms my support for the Sacramento Olympic All-Weather Track & Field Project with the following pledge:

NAME (Please Print) _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____ PHONE _____
 Cash gift in the amount of \$ _____ Payable June 1, 1983.
 A Pledge of _____ \$500. _____ \$1,000. _____ \$5,000. \$ _____
 Three equal payments of \$ _____
 On (dates) _____
 In the following amounts and dates: _____

**We seek your consideration and support of this project and ask that you complete this pledge card and return it with your donation no later than June 1, 1983.

Make check payable to:
American River College Foundation
Track & Field Project

Mail to: American River College
4700 College Oak Drive
Sacramento, CA. 95841

Cut out pledge and mail to the club:

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

STEERING COMMITTEE

- Bill Allen
- Al Baeta
- Dr. Larry Bass
- Bob Bai
- David Brown
- George Brown
- Honorable Bill Bryan
- Sam Burns
- Bob Cole
- Dan Cole
- Honorable Lloyd Connelly
- Casey Conrad
- Dick Cristofani
- George Dean
- Ed Gillum
- Roger Hackney
- Ted Haasen
- Stan Hazelroth—Vic Fazio
- Elizabeth Jansen
- Honorable Phil Isenberg
- John Kehoe
- Bob King
- Eileen Klaugus
- George Larsen
- Steve Markstein
- Jack Mauger
- Honorable Burnett Miller
- Honorable Jean Moorhead
- Don Murchison
- Todd Murray
- Mark Nelson
- Sam Old
- Herb Redebaugh
- Dr. Ron Roth
- Jean Runyon
- Ralph Scurfield
- Honorable Joe Serna
- Mike Seward
- Willard Shank
- Honorable Sandy Smoley
- Jean Snuggs
- Robert P. Thomas
- Bob Willett
- Ron Wood
- Woody Woodward
- Mary Lou Wright

In 1984 the Olympic Games will be held in the United States. Sacramento is an integral part of that event. We will conduct one of three pre-Olympic competitions to be held in the United States where Olympians from all over the world will participate, Furthermore, our city will serve as host to possibly one or more foreign countries who may train here in preparation for these games.

As part of this involvement, and because of a community need for an additional all-weather track and field facility in Sacramento, the Sacramento International Track and Field Association and interested Sacramentans have embarked on a project to construct a community-oriented all-weather track and field facility at American River College. The facility would serve the needs of a multitude of groups, whether training for competition or purely seeking fitness.

In this regard, we seek your support through a donation to help us realize the accomplishment of this challenging goal. Any and all donations will certainly be appreciated, and for those of \$50 or more we would like for you to be our guests at that pre-Olympic meet we spoke of which will be held July 21, 1984. Furthermore, for those of you who wish to donate \$200 or more, you will be eligible for a raffle from which five names will be drawn and those five will receive transportation, lodging and tickets to the USA Olympic trials in Los Angeles in 1984. It is from these trials that our US Olympic team will be selected.

We seek your consideration and support of this project and ask that you complete the enclosed pledge card and return it with your donation to us by June 1, 1983. The Sacramento Olympic All-Weather Track and Field Project is a community venture stimulated by a community need and planned for community use.

Thank you so much for being part of this exciting community project.

Sincerely,

AMERICAN RIVER COLLEGE
FOUNDATION
4700 College Oak Drive
Sacramento CA 95841
916/484-8141

1983 SAN FRANCISCO MARATHON
--REGISTRATION--
Via the High Dunger

Many of you may recall that last year entrants in the SF Marathon were required to pick up their race numbers and T-shirts prior to the race, either a day or two before the event or on the morning of the event. This same procedure will be used this year. Therefore, acting on Paul Reese's suggestion and the gentle prodding of Karl Yamauchi, I will coordinate registration for the '83 SF Marathon for CURRENT members of the Club.

On April 11, 1983, I personally discussed this matter via telecommunication with Scott Thomason, Race Director of the SF Marathon. He has graciously agreed to allow the BCRC, through me, to submit our applications as a group instead of individually. I requested that he reserve 50-60 numbers; however, he indicated we will have no limit in this procedure.

So, if you plan to participate in this event, please follow the instructions below, precisely. While I will voluntarily coordinate registration for the Club, I will not accept accountability if you fail to follow these instructions or meet any deadline. Above all, DO NOT write letters to Scott complaining about any problems for which he is not responsible. Let us resolve those here in Sacramento. If such letters do ensue, we will not be able to do this again as Scott is understandably apprehensive about such letters. The responsibility is ours.

READ CAREFULLY -- INSTRUCTIONS

1. Complete your registration form (enclosed) as indicated. Please include, as requested, a SASE (important) which will be used to mail your confirmation card to your address. Mail or deliver your registration to me so that I RECEIVE it by 8 p.m., Thursday, June 2nd, 1983. My address is:

Glenn K. Bailey, High Dunger
2823 D Street #5
Sacramento, CA 95816
Phone: 447-4326

I will open these envelopes in order to log in each applicant, record T-shirt size and verify current membership. If you put two registrations in one envelope, make sure there is a check (or 2 checks) to cover each entry fee; and two confirmation cards, etc.

2. I will mail (certified) all registrations to Scott on June 3rd. SF Marathon will process and set our numbers to the side for me to pick up in July. You will receive a confirmation card in the mail. Upon receipt, you MUST again mail or deliver this card to me so that I RECEIVE it by 8 p.m., Friday, July 15, 1983. Without this card I will not be able to claim your race number and T-shirt. So PLEASE comply.
3. Scott Thomason and I will arrange for pick up of numbers and T-shirts. He has assured me that I can pick up the race numbers a week or two prior to the event. T-shirt pickup may be contingent upon their availability by that time. Still Scott is going to try to get them a week early. Therefore, if possible, I will pick up the T-shirts along with the race numbers -- the week of July 17th.
4. I will announce a pickup location and time in the next newsletter (June). It will most likely be my residence.

A reminder. I am doing this voluntarily. I need your cooperation if this procedure is to succeed. Be responsible. THANK YOU.

-- Bosco Bailey --

BIDWELL CLASSIC
 March 5, 1983
 Chico, CA

Marathon (244 Finishers)

| <u>Overall
Place</u> | <u>Name</u> | <u>Time</u> | <u>Div.
Place</u> |
|--------------------------|--------------------|-------------|-----------------------|
| 2 | Rich "Bambi" Hanna | 2:31:02 | 2nd (18-29) |
| 9 | George Parrott | 2:47:02 | 4th (30-39) |
| 34 | Bob Hanna | 3:03:25 | 4th (40-49) |
| 89 | Marv Poyser | 3:22:25 | |
| 102 | Charlie Garbi | 3:28:06 | |
| 134 | Elliott Eisenbud | 3:39:12 | |
| DNF | Bosco Bailey | - | |

Half Marathon (1,162 Finishers)

| | | | |
|-------|---------------------|---------|------------------|
| 24 | Mike Daigle | 1:15:36 | |
| 25 | Mike Kelly | 1:15:49 | |
| 29 | Ed Stromberg | 1:17:07 | |
| 38 | Eileen Claugus | 1:18:49 | 1st Female |
| 109 | Bob Hedges | 1:27:41 | |
| 113 | Paul Reese | 1:27:48 | 1st (60+) |
| 122 | La Donna Washington | 1:28:25 | |
| 127 | Mike Adreani | 1:28:48 | 1st (13 & under) |
| 128 | Howard Jacobson | 1:28:49 | |
| 217 | Frank Allen | 1:34:02 | |
| 258 | Larry Walton | 1:36:02 | |
| 287 | Ron Rader | 1:37:11 | |
| 325 | Mike Neff | 1:39:02 | |
| 375 | Brian Lew | 1:41:28 | |
| 377 | David Marchi | 1:41:31 | |
| 877 | Betti Dolezal | 2:01:27 | |
| 1,077 | Sandy Williams | 2:16:10 | |
| 1131 | Elaine Reese | 2:31:19 | |

-Bosco Bailey-

-
- APR 23 - The Big Run - 5K & 10K, 9:15 am Alumni Grove-Bnft Big Bros/Big Sis-482-9300
 APR 23 - 1st Sheltered Workshop Benefit Run- 9 am, Woodside Park, Woodland, 6.2 & 3 mi.
 APR 23 - Fleet Feet Fun Run - 8:45 am 8128 Madison Ave. - 5 & 10 K - 966-8326
 APR 23 - Sacto Masters Relays-Track meet-masters 40 & over & sub 30-39 & other ages 933-1438
 APR 23 - KC Klassic - 1/2 mi-children, 5K & 10K, 9 am, Elk Grove Pk, 685-3031
 APR 23 - Fun Run, 5 & 10K- Davis Pk Dist. 8:30 am at Putah Creek Lodge - 756-3747
 APR 23- 5th Annual 10KM Baylands Run. 9 am - Fee-\$7, \$9 race day-Sunnyvale (408) 738-5521
 APR 23- Hastings/K-Lite 10KM Olympic Run, 8:30 am - Fisherman's Wharf Area - S.F.
 APR 24- BIG TEN Classic, 5 & 10K sponsored by KXTV, CH 10, Plaza Pk in F.O. - 441-2345
 APR 24- DSE Mt. Davidson Run, 3 mi- 10 am -start/finish Riordan H.S. S.F.
 APR 24- Terra Linda Ridge & Valley Run, 10 & 5K, 9 am, Fee: \$5, San Rafael (415) 499-1506
 APR 24- Run to Daylight, 10K 10am Spring Lake Pk, Santa Rosa, (707) 544-8414
 APR 24- Charge of the Lite Brigade, 13 Mi 7:30 am--(415) 574-6441
 APR 24- Guardsmen's Stanford Run, 10K 10:30 am- Angel Field, Stanford U-(415)550-8880
 APR 24- Atalanta's Victory Run, 2.0 mi & 5.7 mi, Arcata -- 707-822-6616

These are the races that missed the Schedule -- Who ran what? Need some reports from the Masters Relays -- Big Bros, Big Sisters and the BIG Ten? Let's hear from you.

PRELIMINARY LIST - PLEASE CHECK, SEND ALL CORRECTIONS TO MIKE MILLER

| ROSTER OF BUFFALO CHIPS RUNNING CLUB | | | | | | |
|--------------------------------------|--------------------------|-------------------------------|----------|----------|------------|--|
| NAME | ADDRESS | CITY | HOME PH. | WORK PH. | BIRTH DATE | |
| ADAMS, PD | 1009 FRIARS CT. | CARMICHAEL 95608 | 481-3983 | 482-2329 | 07/04/24 | |
| ADREANI, MICHAEL | 8851 FENTON CT., | ELK GROVE 95624 | 685-9289 | - | 11/23/69 | |
| AHL, CLYDE G. | 3550 PARKVIEW LN., | ROCKLIN CA 95677 | 624-0130 | 486-4000 | 01/25/40 | |
| ALARID, DANIEL F. | 8715 SANTA RIDGE CIRCLE, | ELK GROVE 95624 | 685-3899 | 445-2450 | 08/09/42 | |
| ALLEN, FRANK | 6844 PARK RIVIERA WAY, | SACRAMENTO 95831 | 392-8180 | 445-4756 | 02/04/45 | |
| BACON, RAYMOND | 8287 NEWFIELD CIR., | SACRAMENTO 95828 | 442-4897 | 322-6671 | 08/16/42 | |
| BAILEY, GERALD | 42 WHITTIER ST., | EAST ORANGE N. J. 07018 (201) | 676-0667 | - | 10/24/47 | |
| BAILEY, GLENN (BOSCO) | 2823 D ST., | SACRAMENTO CA 95816 | 455-6077 | 322-2950 | 10/24/47 | |
| BAKER, GALEN | 9004 BYRDON WAY, | SACRAMENTO 95826 | 363-8423 | 322-1278 | 07/03/49 | |
| BAKER, HAL | 1182 DAVANAUGH WAY, | SACRAMENTO 95822 | 443-4514 | 322-2474 | 08/20/42 | |
| BALLANTINE, BILL | 4311 MARSHALL AVE., | CARMICHAEL 95608 | 967-7395 | 445-5408 | 11/06/24 | |
| BENHAM, FRANK G. | 3836 JEFFREY AVE., | SACRAMENTO CA 95820 | 451-4690 | 481-1173 | 01/05/51 | |
| *, REGGIE | * | * | * | 445-4965 | 10/16/53 | |
| *, NICOLE | * | * | * | * | 06/01/75 | |
| BESSO, BOB | 2257 HURLEY WAY #39, | SACRAMENTO 95825 | | | 09/24/51 | |
| BETSCHART, WALT | 4120 A ST., | SACRAMENTO 95819 | 451-9076 | 440-6772 | 07/13/27 | |
| BILLINGSLEY, GEORGE | P.O. BOX 1385, | LOOMIS 95650 | 652-7729 | 652-7729 | 01/04/22 | |
| BLINN, JERALD B. | P.O. BOX 689, | QUINCY 95971 | 283-1338 | 283-2900 | 12/10/46 | |
| *, KATHRYN P. | * | * | * | 283-2121 | 01/26/54 | |
| BOGLE, JEFF | 43-45TH ST., | SACRAMENTO 95819 | 739-3900 | 442-3338 | 07/30/49 | |
| *, MARY | * | * | * | 489-0716 | 08/25/55 | |
| BORLAND, CHRIS | 1520 - 40TH STREET, | SACRAMENTO CA 95819 | 457-4469 | 739-1313 | 09/11/33 | |
| *, M. JOSETTE | * | * | * | - | 08/08/41 | |
| *, GABRIELLE A. | * | * | * | - | 12/24/67 | |
| BOURBEAU, ROBERT P. | 1500-7TH ST.#8M, | SACRAMENTO 95814 | 446-6000 | 440-3596 | 06/02/35 | |
| BULLOCH, F.G. | 11121 MACE RIVER COURT, | RANCHO CERDOVA 95670 | 635-7877 | 449-5307 | 6/13/30 | |
| CABITAC, DANNY | 3401 DOUGHLAS STREE, | SACRAMENTO CA 95838 | 920-2215 | - | - | |
| CAHN, ARTHUR | 4871 KEANE DR., | CARMICHAEL CA | 488-6216 | 440-2914 | 08/16/38 | |
| CAMERER, PAUL | 870 WATT AVENUE, | SACRAMENTO CA 95825 | 482-6638 | - | 12/26/18 | |
| CANCHOLA, GERARDO | 1290 - 38TH AVENUE, | SAN FRANCISCO CA 94122 | 664-0682 | - | 12/10/55 | |
| CARTMILL, ROSE | P.O. BOX 162714, | SACRAMENTO CA 95816 | 393-8448 | 324-2491 | 07/08/36 | |
| CLARK, JOHN | 6956 GREENBROOK CIRCLE, | CITRUS HEIGHTS 95610 | 969-7827 | - | 04/29/42 | |
| CLARK, RICHARD G. | 659 RIVERCREST DRIVE, | SACRAMENTO 95831 | 381-3386 | 381-3386 | 06/15/47 | |
| CLAUGUS, EILEEN | 10028 SIERRA GLEN WAY, | SACRAMENTO 95827 | 366-3270 | - | 04/18/55 | |
| CLOVER, JAMES R. | 11836 LOS AMIGOS RD., | HEALDSBURG 95448 (707) | 433-8560 | 576-2145 | 03/15/42 | |
| COE, TOM | 4001 BREUNER AVE., | SACRAMENTO 95819 | 455-0531 | 454-8193 | 05/29/28 | |
| *, ARLENE | * | * | * | - | 04/01/30 | |
| *, TED | * | * | * | - | 04/29/66 | |
| DAIGLE, MIKE | 3224 TOBAKI CT., | SACRAMENTO 95821 | 488-5192 | 362-2420 | 11/02/48 | |
| DANIELS, CAROLYN | 3651 - 53RD STREET, | SACRAMENTO CA 95820 | 455-5190 | - | 09/22/61 | |
| DAVIS, DAVE | 9142 FIRELIGHT WAY, | SACRAMENTO 95826 | 363-9142 | 445-6340 | 06/17/30 | |
| DELGADILLO, LINDA | 628 POTOMAC AVE., | SACRAMENTO 95833 | 929-1970 | 484-8455 | 09/13/46 | |
| DELGADO, CHRISTOPHER G. | 6025 PARKOAKS DR., | CITRUS HEIGHTS 95610 | 967-7124 | 449-5144 | 09/29/34 | |
| DIKE, ROGER | 2510 FAIR OAKS BLVD., | SACRAMENTO CA 95825 | 484-1624 | - | 07/17/54 | |
| DILLON, JEAN L. | 5086 GREENBERG PL., | SACRAMENTO CA 95841 | 344-6365 | 361-2051 | 09/03/51 | |
| *, JOHN WEBB | * | * | * | - | 11/03/68 | |
| *, WENDY WEBB | * | * | * | - | 08/03/73 | |
| *, RODNEY WEBB | * | * | * | - | 08/02/75 | |
| DOLEZAL, BETTI | 201 SAN ANTONIO WAY, | SACRAMENTO CA 95819 | * | 323-2287 | 03/20/49 | |
| DOWELL, GAIL | 6 FOINTER CT., | SACRAMENTO CA 95823 | 474-8436 | 369-3094 | 05/27/54 | |
| DRAKE, JIM | 3442 WHITNOR COURT, | SACRAMENTO 95821 | 455-8013 | 482-4550 | 06/18/40 | |
| *, PAT | * | * | * | - | 05/05/44 | |
| *, MIKE | * | * | * | - | 09/26/67 | |
| *, JASON | * | * | * | - | 06/16/69 | |
| *, JENNIFER | * | * | * | - | 07/29/71 | |

| ROSTER OF BUFFALO CHIPS RUNNING CLUB | | | | | | |
|--------------------------------------|-------------------------|------------------------------|----------|----------|------------|--|
| NAME | ADDRESS | CITY | HOME PH. | WORK PH. | BIRTH DATE | |
| DUNBAR, DENNIS J. | 3557 GEMINI WAY, | SACRAMENTO 95827 | 362-2888 | 322-7618 | 03/31/50 | |
| x, ASHLING | x, | x | x | - | 05/04/74 | |
| EDWARDS, SALLY | 2408 J STREET, | SACRAMENTO 95816 | 442-7223 | 442-3338 | 09/10/47 | |
| EISENEUD, ELLIOTT | 6401 COYLE AVE., | CARMICHAEL 95608 | 482-1586 | 966-5404 | 01/14/43 | |
| x, HELENE | x, | x | x | x | x | |
| x, DAVID | x, | x | x | x | x | |
| x, JENNIFER | x, | x | x | x | x | |
| x, CHAD | x, | x | x | x | x | |
| ELGERT, MARK | 6724 FLYMOUTH RD. #2, | STOCKTON 95207 AREA CODE 209 | 478-7699 | 951-3006 | 06/05/54 | |
| EVANS, LANCE | 5925 EHRHARDT AVE., | SACRAMENTO 95823 | 428-4489 | 366-7102 | 01/29/54 | |
| FARRAR, JANET L. | 4321 - 61ST STREET, | SACRAMENTO CA 95820 | 455-5809 | 449-5564 | 10/06/48 | |
| FARREN, BARBRA PEACH | 5054 VALLEY FORGE, | NORTH HIGHLANDS CA 95660 | 344-1172 | 643-6155 | 10/30/32 | |
| x, TOM | x, | x | x | - | 05/21/32 | |
| FINNEGAN, JIM | 1836 CARMELO DR., | CARMICHAEL 95608 | 489-3410 | 445-0850 | 11/22/40 | |
| FLORES, CLIFF | P.O. BOX 10091, | MARINA DEL REY 90291 (916) | 967-4288 | - | 03/28/29 | |
| x, JEANNE | x, | x | x | - | 06/25/40 | |
| FONG, BRIAN L. | 524 FLINT WAY, | SACRAMENTO 95818 | 448-3079 | - | 05/25/50 | |
| FRINCKE, KAREN E. | 41 GRAND RIO CIRCLE, | SACRAMENTO 95826 | 383-1494 | - | 05/02/40 | |
| FUJIMOTO, BRUCE | 7835 WHITE TAIL WAY, | SACRAMENTO 95823 | 392-8073 | 445-0539 | 11/28/55 | |
| GAERI, CHARLIE | 400 10 ST., | WEST SACRAMENTO 95691 | 371-1804 | 323-9972 | 12/15/43 | |
| GALVAN, STEVE | 3675 ERYAN, | RENO NV 89503 | 747-4187 | 786-4204 | 08/03/38 | |
| GARD, DANA DALE | 8005 MESA OAKS WAY, | CITUS HEIGHTS 95610 | 723-7559 | 449-5144 | 01/19/45 | |
| GIVENS, DAVID | 6865 PARK RIVIERA WAY, | SACRAMENTO 95831 | 391-7963 | 682-3371 | - | |
| GREEN, DENNY | 4764 PASADENA AVENUE, | SACRAMENTO CA 95841 | 485-4340 | - | 06/15/49 | |
| GODWIN, ART | 1249 C ST., | RIO LINDA 95637 | 991-3593 | 322-5887 | 09/28/55 | |
| GROSS, RICHARD C. | 6402 EUREKA ROAD, | ROSEVILLE 95678 | 791-7439 | - | 02/26/43 | |
| HAIDET, STEVE | 3533 LINDENWOOD WAY, | SACRAMENTO CA 95826 | 366-0232 | 441-0686 | 10/15/45 | |
| HALL, BOB | 7125 - 24 TH ST., | RIO LINDA 95673 | 991-6384 | 383-6622 | 03/07/36 | |
| HALL, GORDON | 6617 RAFFAHANNOCK WAY, | CARMICHAEL 95608 | 967-1638 | 445-0211 | 02/03/32 | |
| x, JERRY LORICE | x, | x | x | - | 04/16/37 | |
| x, DAN | x, | x | x | - | 01/14/69 | |
| x, ESTHER | x, | x | x | - | 10/14/67 | |
| HANNA, ROBERT K. | 1355 - 41ST STREET, | SACRAMENTO CA 95819 | 451-6344 | 393-1322 | 7/30/36 | |
| HANSEN, MARGE | 2416 EDNA STREET, | SACRAMENTO 95822 | 428-5923 | - | 10/25/37 | |
| HARRIES, RONNY | 2900 58TH STREET, | SACRAMENTO 95817 | 322-9269 | 383-4733 | 04/14/50 | |
| x, JULIE ANN | x, | x | x | - | - | |
| HART, STEVE | 2621 HOWE AVE. #102, | SACRAMENTO 95821 | 920-2109 | 920-2109 | 05/22/47 | |
| HAURY, CURT | 1201 58TH STREET, | SACRAMENTO 95819 | 451-7431 | - | 12/11/47 | |
| HAYES, JEFF | 1145 RIVARA CIRCLE, | SACRAMENTO CA 95825 | 488-4798 | 481-1173 | 04/19/56 | |
| HELM, DAN | P. O. BOX 457, | CAMINO 95709 | 644-1976 | 644-1976 | 08/30/63 | |
| x, RAYMOND | x, | x | x | - | 05/30/29 | |
| x, INGE | x, | x | x | - | 05/07/32 | |
| HENDRICKSON, CAROL A. | 3482 - 63RD STREET, | SACRAMENTO CA 95820 | 454-1751 | - | - | |
| HERMANN, IGOR | 2141 ROSSMOOR DRIVE, | RANCHO CORDOVA CA 95670 | 635-8701 | 322-1614 | 01/31/47 | |
| HICKS, TIM | P. O. BOX 653, | ALTAVILLE CA 95221 | 736-2160 | 772-1373 | 08/30/43 | |
| x, LINDA | x, | x | x | - | 10/09/46 | |
| x, RYAN | x, | x | x | - | 01/06/72 | |
| HONEYCUTT, CHUCK | 7711 JUAN WAY 9B, | FAIR OAKS CA 95628 | 966-2978 | 966-2978 | 10/16/47 | |
| x, CHRISTIE | x, | x | x | - | 09/22/75 | |
| x, CABLE | x, | x | x | - | 06/06/77 | |
| x, SUMMER | x, | x | x | - | 01/21/79 | |
| HILL-FALKENTHAL, JUNE | 5016 SAN MARQUE CIRCLE, | CARMICHAEL CA 95608 | 482-0491 | 446-5247 | 06/23/56 | |
| HOLSTEN, DONALD | 2750 MONTGOMERY, | SACRAMENTO CA 95818 | 455-6033 | 324-3990 | 03/08/35 | |
| JACOBSON, HOWARD | 2713 T ST. #8, | SACRAMENTO CA 95816 | 456-5105 | 685-2461 | 06/15/43 | |
| JOHNSON, BRUCE D. | 5921 BAKERBROOK DRIVE, | CITRUS HEIGHTS CA 95610 | 967-8031 | 323-4024 | 07/22/37 | |
| JOHNSON, KEN | 4788 TULANE CT., | SACRAMENTO CA 95841 | 486-8523 | 324-2453 | 11/19/52 | |
| JOHNSON, KENNETH E. | 1225 MACAULAY CIRCLE, | CARMICHAEL CA 95608 | 485-0907 | 643-2835 | 06/06/34 | |
| JOHNSON, LESLIE | 2253 NORTHRUP AVE #22, | SACRAMENTO CA 95825 | 922-9413 | 446-7947 | 02/23/57 | |
| JONES, BURL | 712 DUNBARTON CIRCLE, | SACRAMENTO CA 95825 | 927-6407 | 323-2343 | 06/09/45 | |
| x, CAROLE HOOD | x, | x | x | 323-2220 | 07/03/51 | |

ROSTER OF BUFFALO CHIPS RUNNING CLUB

| NAME | ADDRESS | CITY | HOME PH. | WORK PH. | BIRTH DATE |
|------------------------|------------------------------|----------------------------|-----------|----------|------------|
| KEENAN, WILLIAM A. J. | 1637 GARY WAY, | CARMICHAEL CA 95608 | 485-9608 | 488-6761 | 04/11/35 |
| KELLY, MICHAEL | 5700 VAL VERDE, | LOOMIS CA 96650 | 652-0342 | 322-2030 | 06/17/46 |
| KENNEDY, MARY C. | 1033 VALLEJO WAY, | SACRAMENTO CA 95818 | 441-0291 | 322-1125 | 03/27/51 |
| KING, DICK | 5600 WILLEBURN ST., | CARMICHAEL CA 95608 | 967-7297 | 643-2865 | 08/21/28 |
| KLINNER, KAREN | A097 EASTEC DR., | SACRAMENTO CA 95825 | 481-1094 | 481-1071 | 07/04/39 |
| KNOFFEL, GENE | 2900 REGINA WAY, | SACRAMENTO CA 95818 | - | 323-7528 | 07/22/36 |
| KNOW, STEVE | 4217 ENGLE ROAD, | SACRAMENTO CA 95821 | 488-8798 | 482-5400 | 03/23/49 |
| KOCH, GEORGE R. | 4400 BARRETT RD., | CARMICHAEL CA 95608 | 967-0820 | 929-0485 | 02/23/27 |
| KOERNER, VANCE | 7625 TELEGRAPH AVE., | DRANGEVALE CA 95662 | 988-0072 | 355-5198 | 12/26/26 |
| LAWRENCE, JOE B. | 6752 LANDIS AVE., | CARMICHAEL CA 95608 | 944-2567 | 484-2494 | 01/17/38 |
| LAWSON, MARJORIE E. | 1003 ROUNDTREE COURT, | SACRAMENTO CA 95831 | 427-5019 | 445-1484 | 11/06/24 |
| LEA, BYRON | 5300 HACKBERRY LANE #215, | SACRAMENTO CA 95840 | 344-1921 | - | 05/31/56 |
| LEACH, JOYCE | 2031 PARK BLVD., | WEST SACRAMENTO CA 95691 | 371-8426 | 739-3108 | 09/06/55 |
| LEW, BRIAN | 614 - 24TH STREET APT. A, | SACRAMENTO CA 95816 | 443-7096 | 454-6395 | 04/13/61 |
| LEWIS, HARRY W. | 3218 ROOT AVENUE, | CARMICHAEL CA 95608 | 487-3277 | 643-3444 | 08/16/31 |
| *, DEBBIE | *, | * | * | - | 11/22/59 |
| LICHTY, NANCY | 7441 PEACOCK WAY, | SACRAMENTO CA 95820 | 383-0908 | 445-8507 | 01/07/56 |
| LIPOW, BOB | 1913 ROCKBRIDGE ROAD, | SACRAMENTO CA 95818 | 925-4046 | 736-3353 | 02/19/56 |
| LOBESITZ, JIM | P. O. BOX 215013, | SACRAMENTO CA 95821 | 489-3588 | 488-2212 | 06/14/27 |
| LOCKETTE, WARREN M.D. | 58 CADILLAC DR. #119, | SACRAMENTO CA 95825 | 920-3356 | 453-2011 | 08/11/55 |
| LOTZ, JOHN L. | 7265 PALMER HOUSE DR., | SACRAMENTO CA 95828 | 422-9206 | 682-9034 | 05/30/43 |
| *, JO | *, | * | * | - | 12/23/40 |
| *, BRAD | *, | * | * | - | 02/11/68 |
| *, MARK | *, | * | * | - | 01/18/68 |
| LOW, DAVID | 6033 - 13TH AVENUE, | SACRAMENTO CA 95822 | * | * | 06/06/56 |
| *, SUSIE GOW | *, | * | * | * | - |
| *, JIMMY | *, | * | 421-4414 | 391-0520 | 12/07/24 |
| MACAULAY, STEVE | 224 SAN ANTONIO WAY, | SACRAMENTO CA 95819 | - | 445-7690 | 12/13/48 |
| MAHLE, EMMETT | 24 CASELLI CIRCLE, | SACRAMENTO CA 95823 | 392-5407 | - | 12/21/44 |
| MARCHI, DAVID A. | 6234 JOHNSON CIRCLE, | SACRAMENTO CA 95842 | 331-9808 | 323-6046 | 07/19/35 |
| MARRS, CHARLES ROBIN | 1816 MARKHAM WAY, | SACRAMENTO CA 96818 | 443-4230 | 322-3664 | 09/12/38 |
| MARTIN-HOYT, CHARLES | 1950 - 17TH AVENUE, | SANTA CRUZ CA 96062 | 4K75-7670 | 429-2011 | 02/20/40 |
| MARX, BEV. | 802 ELMHURST CIRCLE, | SACRAMENTO CA 95825 | 927-6882 | 481-8811 | 11/30/53 |
| *, RANDY | *, | * | * | 445-1294 | 08/05/53 |
| MCINTOSH, JOHN | 4540 FAIR OAKS BLVD., | SACRAMENTO CA 95825 | 487-7327 | 488-7184 | 03/04/42 |
| MERSERAU, CHARLES | 8895 E SALMON FALLS DR., | SACRAMENTO CA 95826 | 362-9660 | - | 02/23/24 |
| MILLAR, GLEN E. JR. | 3625 MISSION AVENUE, | CARMICHAEL CA 95608 | - | 483-7391 | 06/23/39 |
| MILLER, MIKE | 1530 MCCLAREN DR., | CARMICHAEL CA 95608 | 488-3833 | 445-2898 | 12/09/41 |
| MOLITAR, NANCY | 5058 LEROY CT., | FAIR OAKS CA 95628 | 967-4559 | 966-1187 | 01/17/36 |
| MULLEN, DIANA | 200 B CENTENNIAL CIRCLE #90, | SACRAMENTO CA 95826 | 383-1492 | 929-3356 | 11/24/55 |
| NATTI, ERIC W. | 6245 GENE CT., | CARMICHAEL CA 95608 | 966-6721 | 484-4579 | 06/22/45 |
| *, ELLEN | *, | * | * | - | 03/22/45 |
| NEFF, DAVE | 3327 ECLIPSE CT., | SACRAMENTO CA 95826 | 362-9815 | 440-2127 | 06/08/48 |
| NEFF, MIKE | 3305 CAHILL CT., | SACRAMENTO CA 95827 | 366-6208 | 445-7488 | 12/15/45 |
| NICHOLS, CHUCK | 551 WINDWARD WAY #130, | SACRAMENTO CA 95831 | 392-5708 | 445-2898 | 10/28/49 |
| MUSSEBAUM, TOM | 6070 13TH ST., | SACRAMENTO CA 95841 | 392-8541 | 445-7911 | 01/17/49 |
| MUTT, CAROLE | 1054 SANTA YNEZ WAY, | SACRAMENTO CA 95816 | 456-9633 | 355-0660 | 10/04/34 |
| *, SHIREEN MILES | *, | * | * | - | 06/17/48 |
| MYSTROM, ROD | 6220 GLORIA DRIVE #10, | SACRAMENTO CA 95831 | 393-9298 | 440-7158 | 03/27/40 |
| O'HARE, KAREN | 30 INLET CT., | SACRAMENTO CA 95833 | 925-6960 | 445-0270 | 01/14/53 |
| O'NEIL, MIKE | 8309 LA RIVIERA DR., | SACRAMENTO CA 95826 | 382-3375 | 366-2961 | 05/24/29 |
| OPTIZ, ALBERT | 656 SAN ANTONIO WAY, | SACRAMENTO CA 95819 | 451-6621 | 9693890 | 03/29/46 |
| *, LINDA | *, | * | * | - | - |
| OTTEN, MICHAEL | 8608 BRODIE COURT, | ELK GROVE CA WORK EXT. 238 | 685-6235 | 442-7811 | 10/13/28 |
| OWEN, MICHAEL W. | 1705 N STREET #7, | SACRAMENTO CA 95814 | 441-7383 | 422-7610 | 01/18/53 |
| PADILLA, DON A. | 1600 RESPONSE ROAD, | SACRAMENTO CA 95815 | - | 929-3500 | 12/06/52 |
| PALMER, FRANCIS H. JR. | 2322 I STREET #7, | SACRAMENTO CA 95816 | 447-0241 | 322-8400 | 09/14/42 |
| PARKER, DAN | 6370 BROADWAY, | SACRAMENTO CA 95820 | 454-5835 | 445-3908 | 08/17/49 |
| PARROTT, GEORGE L. | PSYCH DEPT. CHAS 6000 J ST., | SACRAMENTO CA 95819 | 921-6782 | 454-8884 | 12/17/43 |

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|------------------------|-----------------------------|-------------------------|----------|----------|----------|
| PARSONS, JAMES M. | 4030 BERRENDO DRIVE, | SACRAMENTO CA 95825 | 485-9432 | 322-4508 | 07/10/34 |
| x, DAVE | x, | x | x | - | 12/10/63 |
| x, PATTI | x, | x | x | - | 09/10/67 |
| PEARMAN, JEFF | 5450 CYPRESS ARE., | CARMICHAEL CA 95608 | 482-1228 | 483-6055 | 05/01/54 |
| x, TOM K. | x, | x | x | - | 02/19/62 |
| x, MARQUITA | x, | x | x | - | 6/11/25 |
| PETRUZZI, DICK | 5806 TWIN GARDENS DR., | CARMICHAEL CA 95608 | 483-2917 | 483-2917 | 02/12/33 |
| PHILLEG, BYRON | 2706 TEMPLE DR., | DAVIS CA 95616 | 758-9524 | 445-3551 | 12/06/54 |
| PIERCE, KENNETH H. | 5468 PRIMROSE DR., | CITRUS HEIGHTS CA 95610 | 961-7690 | 322-8712 | 05/25/38 |
| PORTA, ROBERT | 1297 - 49TH STREET, | SACRAMENTO CA 95819 | 456-1244 | - | 06/16/43 |
| POTTER, BOB | 6360 SURFSIDE WAY, | SACRAMENTO CA 95831 | 392-6401 | 445-5050 | 11/13/36 |
| POYSER, MARV. | 24 ADELPHI COUT., | SACRAMENTO CA 95825 | 925-3934 | 483-8541 | 03/16/34 |
| x, HEIDI SKADEN-POYSER | x, | x | x | 482-1036 | 07/23/37 |
| x, HEIKE SKADEN | x, | x | x | - | 07/20/62 |
| x, ALKA SKADEN | x, | x | x | - | - |
| x, ERIC SKADEN | x, | x | x | - | 10/06/71 |
| PROBST, LINDA G. | 6923 BARCLIFF DRIVE, | CHARLOTTE NC 28212 | 568-7317 | - | 06/17/53 |
| RADER, RONALD | 5000 32ND AVE., | SACRAMENTO CA 95824 | 428-7038 | 421-0287 | 07/13/28 |
| REESE, PAUL | 4921 CRESTWOOD WAY, | SACRAMENTO CA 95822 | 447-8647 | - | 04/17/17 |
| x, ELAINE | x, | x | x | 454-8137 | 03/10/30 |
| REID, ALLEN | P.O. BOX 1392, | ROSEVILLE CA 95661 | 586-7537 | 786-8000 | 07/21/40 |
| REISS, JOAN | 2100 ROCKWOOD DR., | SACRAMENTO CA 95825 | 972-7476 | 444-2840 | 07/11/37 |
| x, MARK | x, | x | x | - | 06/24/33 |
| ROBERTS, JOHN | 2229 EDISON AVENUE #30, | SACRAMENTO CA 95821 | 929-8853 | 454-6276 | 02/06/53 |
| RUSSELL, JEREMIAH | P.O. BOX 111, | MID PINES CA 95345 | - | 723-9121 | 01/15/36 |
| SARGISSON, STUART | 4072 TERRA VISTA WAY, | SACRAMENTO CA 95821 | 483-9870 | - | 09/10/39 |
| x, LISA | x, | x | x | - | 10/06/40 |
| x, MANDY | x, | x | x | - | 06/17/74 |
| x, BEN | x, | x | x | - | 07/17/74 |
| SARTE, RANDALL J. | 2322 BUTANO DR. "212, | SACRAMENTO CA 95825 | 383-7534 | 488-8750 | 10/24/43 |
| x, SUSAN | x, | x | x | - | - |
| SHOENER, PETE | 4221 NORTH CANYON ROAD, | CAMINO CA 95709 | 644-1002 | 622-6464 | 11/10/40 |
| SCOTT, DENNIS | 719 - 37TH STREET, | SACRAMENTO CA 95816 | 455-8710 | 322-7518 | 05/31/48 |
| SELBY, MIKE | 4504 ROBERTSON AVE., | SACRAMENTO CA 95821 | 485-3234 | 331-7970 | 05/22/52 |
| x, FRANCIIE | x, | x | x | - | 07/01/52 |
| x, MICHAEL JR. | x, | x | x | - | 05/09/80 |
| x, MINDY | x, | x | x | - | 06/28/82 |
| SHANK, BILL | 4305 VALMONTE DR., | SACRAMENTO CA 95825 | 489-5225 | 445-2455 | 09/11/21 |
| SHEEDY, TED | 2115 OXFORD, | SACRAMENTO CA 95815 | 440-5585 | 927-6207 | 08/30/42 |
| SHELIGREN, JON H. | 1524 WYANT WAY, | SACRAMENTO CA 95825 | 482-7923 | 322-5031 | 06/20/40 |
| SHEREBURNE, JON | 3610 STEAM CT., | SACRAMENTO CA 95827 | - | 388-2080 | 07/04/52 |
| x, DOROTHY | x, | x | - | - | - |
| x, SHANN | x, | x | - | - | - |
| SILLER, GEORGE | P.O. BOX 162049, | SACRAMENTO CA 95816 | 366-7211 | 440-3288 | 11/22/46 |
| SMITH, KAREN R. | 4222 COMELL BLVD., | DAVIS CA 95616 | 758-2633 | 752-1303 | 09/09/44 |
| SMITH, RICHARD C. MD | -, | - | 544-2539 | 965-6222 | 02/17/42 |
| SNIDER, GENE | 3309 MC COMEN WAY, | CARMICHAEL CA 95608 | 489-2733 | 484-6000 | 07/03/35 |
| SODERLUND, GREG | 5320 CALLISTER AVE., | SACRAMENTO CA 95819 | 456-2734 | 456-7881 | 02/08/48 |
| SOULIGNIER, JO ANN | 5912 PETALUMA CT., | SACRAMENTO CA 95841 | 344-3396 | 445-1666 | 12/03/37 |
| x, THOMAS | x, | x | x | - | 12/28/65 |
| x, JOEY | x, | x | x | - | 08/02/69 |
| SOMERS, RICHARD | 3327 SOUTHFORT DRIVE, | SACRAMENTO CA 95876 | 361-7852 | 361-7852 | 09/13/53 |
| SPICKELMIER, DON | 3830 T STREET, | SACRAMENTO CA 95816 | 457-7969 | 972-8551 | 11/01/40 |
| STAINEROOK, BILL | 1005 FULTON AVE. #104, | SACRAMENTO CA 95825 | 487-8398 | 481-8811 | 09/14/53 |
| STAINEROOK, HAROLD | 2944 LETA LANE, | SACRAMENTO CA 95821 | 487-7464 | - | 01/26/30 |
| STAFF, CLIFFORD | P.O. BOX 1017, | PLACERVILLE CA 95667 | 933-2179 | 622-6121 | 03/17/42 |
| STOKES, DANA | 1811 DONNER AVENUE #2, | DAVIS CA 95616 | 756-6605 | 323-8777 | 04/24/57 |
| STROMBERG, ED | 2824 MARTEL COURT, | SACRAMENTO CA 95826 | 383-7616 | - | 03/26/43 |
| SULLIVAN, MICHAEL | 1075 UNIVERSITY AVENUE #23, | SACRAMENTO CA 95825 | - | - | 10/10/59 |
| SWENSON, LYNDA | 3818 - 65TH STREET, | SACRAMENTO CA 95820 | 456-7737 | 445-7373 | 09/29/56 |
| x, MARK | x, | x | x | - | 07/21/56 |
| SZEKERESH, MARTIN | 2199 RANDY AVE, WHITE BEAR | LAKE MINN, 55110 | 426-1685 | 426-1685 | 05/25/38 |
| TABOR, THOMAS | 2320 H STREET, | SACRAMENTO CA 95816 | 446-1109 | 443-3671 | 08/13/51 |
| TAYLOR, TRENT | 5108 ATLANTA WAY, | SACRAMENTO CA 95841 | 332-8643 | - | 12/27/59 |

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|------------------------|-----------------------------|--------------------------|----------|----------|----------|
| THOMPSON, BILL | 7206 88G BOX 563, | APD NEW YORK 09223 | - | - | 04/25/42 |
| TUCKER, CAROLYN M. | 1249 C STREET, | RIO LINDA CA 95673 | 991-3593 | - | 07/03/50 |
| TURNER, CHRIS | 10269 COLMA ROAD, | RANCHO CORDOVA CA 95670 | 363-0495 | - | 11/27/57 |
| ULMER, RON | 5608 STATE AVE., | SACRAMENTO CA 95819 | 454-4490 | 322-4710 | 04/14/39 |
| x, JERRY | x, | x | x | - | 05/05/64 |
| x, ARRON | x, | x | x | - | 11/13/66 |
| x, POLLY | x, | x | x | - | 03/26/69 |
| UNDERWOOD, ABE | 6555 PARK RIVIERA WAY, | SACRAMENTO CA 95831 | 392-7672 | 445-1862 | 03/30/38 |
| VAUGHN, JAMES E. | 3301 WATT AVENUE SUITE 500, | SACRAMENTO CA 95821 | 961-7288 | 481-6744 | 12/27/40 |
| x, LYNDA | x, | x | x | - | 12/21/39 |
| x, JIMMY | x, | x | x | - | 11/15/67 |
| x, TRACY | x, | x | x | - | 11/26/76 |
| WAGGONER, ART | 118 TOUCHSTONE PLACE, | WEST SACRAMENTO CA 95691 | 371-8718 | 454-3333 | 11/26/25 |
| WALDSMITH, GARY R. | 3550 RIDGEVIEW DRIVE, | EL DORADO HILLS CA 95630 | 933-3815 | 388-3285 | 11/12/40 |
| x, DOLORES A.MC KINNON | x, | x | x | - | 04/10/50 |
| WALTON, LARRY | 3921 BERRANDO DR., | SACRAMENTO CA 95825 | 487-3778 | 441-3940 | 10/15/39 |
| WARADY, DAVID | 9162 LARIAT CT., | FAIR OAKS CA 95628 | 988-3337 | 484-4535 | 12/29/56 |
| x, SHERMAN | x, | x | x | - | 11/25/27 |
| x, HARRIET | x, | x | x | - | - |
| x, SCOTT | x, | x | x | - | 06/15/61 |
| x, MICHAEL | x, | x | x | - | 08/27/59 |
| WASHINGTON, LADONNA | 741 N STREET, | DAVIS CA 95616 | 758-9589 | 453-4545 | 06/06/55 |
| WELLINGTON, JIM | 1210 HEMLOCK LANE, | DAVIS CA 95616 EXT. 306 | 756-1656 | 643-4722 | 06/02/45 |
| WHEELER, GARY | 4537 BELA WAY, | CARMICHAEL CA 95608 | 972-8614 | 391-9111 | 07/28/39 |
| WILSON, BILL | 5220 OVERBROOK WAY, | SACRAMENTO CA 95841 | - | - | - |
| WINDSPERGER, TOM | 1320 RUSHDEN DRIVE, | SACRAMENTO CA 95825 | 481-9960 | - | 10/04/47 |
| WINTERHALDER, TED | 5365 CISCO CIRCLE, | SACRAMENTO CA 95819 | 455-0670 | - | 06/16/29 |
| WRIGHT, GALE A. | 9130 JUNEWOOD LANE, | FAIR OAKS CA 95628 | 988-6281 | 323-2921 | 05/15/48 |
| WRIGHT, TOM | 3393 MARICOPA, | CAMERON PARK CA 95682 | 677-8643 | 388-2370 | 06/25/44 |
| WRIGHT, WILLIAM E. | 3017 6TH STREET, | SACRAMENTO CA 95818 | 448-3212 | 445-1010 | 04/25/43 |
| x, MARIE C. | x, | x | x | - | 04/24/51 |
| YAMAUCHI, KARL Y. | 5303 13TH AVE., | SACRAMENTO CA 95820 | 456-8498 | 454-5319 | 06/24/48 |
| YOUNG, CYNTHIA | 3129 EXPLORER DRIVE, | SACRAMENTO CA 95827 | 361-3037 | 484-4877 | 05/15/53 |
| YOUNG, HELEN | 4349 MARCONI AVENUE #20, | SACRAMENTO CA 95821 | 483-6264 | 486-9150 | 05/26/58 |
| YOUNG, R. BRIAN | 2009 N STREET, | SACRAMENTO CA 95814 | 441-1210 | 441-0123 | 08/06/39 |

DOIN' THE DISTANCE

The Ultimate Endurance Triathlon - Sally Edwards

\$100/person -- 3-day race, 7/2 - 6K swim Folsom Lake
\$225/team 7/3 - 300 K bike to S.F. via Clear Lake
limited entries 7/4 - 50 K run around the Bay Area
(1K = .62 mi)

Western States 100
June 25 & 26

\$75 -- 350 maximum -- 100 miles from Squaw Valley to Auburn. About 780 applied by the 11/30/82 deadline. 350 were chosen by a "modified" lottery.

The Ironman - Kona Coast Hawaii
October 83

750 approx. 2.4 mi swim
112 mi bike Sally Edwards was 3rd woman
26.2 mi run October 82. Great race Sally!

Sunkist 100K - Stage Race
Paul Reese

\$5 - 2 day - 5/14 Green Valley to Rancho Murrieta 31 mi
- 5/15 Auburn to Coloma 31 mi
Entries closed

If you get through the above and still want more... If the Ironman can't get you to work up a sweat how about the one mentioned in City Sports. Swim the English Channel, bike to Brussels, then run to Paris. Date and entry fee to be announced. (not sure if this one is serious).

--- Jim Drake ---

CHIP-N-ARIZONA

STORAGE SPACE NEEDED!!!!!!!

Equitable rent paid to store our equipment. Now it is in several locations. Do you want to utilize your extra space (shed or basement?) and make some \$\$ in the meantime? Our club desperately needs a home for our cones, cans, speakers, banner, etc.!! Your suggestions, ideas, whatever -- are largely appreciated! Contact Glenn or a board member if you can help us.

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While visiting relatives in Sierra Vista, Arizona, Mike Owen tried the "Huachuca Massacre", a 50 K (31+ mi) race on Easter Day. Elevation is 4,600 feet. There was a small field - 7 starters, 3 finishers and about 20 people present. It was a windy start -- a 2 - 8 mph breeze -- with a blustery finish of 25 - 35 mph gusts. The majority of the race was into the wind. Mike took 2nd place and was rewarded a ribbon and homemade cinnamon rolls. Congrats, Mike!! Sounds like a memorable race!!



Running Schedule



- APR 30- Run for Life - Campus Life 9 am, Rio Am. H.S.-bfts Youth for Christ - \$7 w/shirt
- APR 30- 2nd Annual Race Against Waste Fun Run, 9 am, 3 mi, Along AM River, 454-7301
- APR 30- Kristy Reed Memorial Fun Run-- 9 am Roseville, 5K & 1/2 mi. bft Greg Reed Family
- APR 30- Bed Bug Challenge, 10K 8 am, Ione, (209) 223-1464
- APR 30- 4th Annual Dispatch Road Run, 3K & 10K, 8:30 & 9 am, Gilroy, (408) 842-2327
- APR 30- Penryn Prowl - 10 am Penryn Elem. Sch., 6885 English Colony Way, 5 & 10K 663-3993
- APR 30- Pena Adobe Run, 10K 9 am, Vacaville, (707) 447-1252
- MAY 1 - M*A*S*H 10K Run - 9 am Castilian R. Hall,(Oxford Pk & Wake For Dr.)Davis 1-756-7101
- MAY 1 - So. Yuba Rotary Runs - 5K & 12K run- 10 am, Marysville-teams pre-regis.
- MAY 1 - Devil Mtn Run, 10K, 9am, Danville, (415) 837-9187
- MAY 1 - 4th Annual Marin YMCA May Day Run, 10K & 1 mi, 8:45 am, San Rafael, (415)472-1301
- MAY 1 - Apple Blossom Relays - 1.5 mi ea-Camino - 664-1976 or 622-6437
- MAY 1 - DSE Pike's Peak Busters Benefit Run, 7.5 mi, 10 am along G.Gate promenade, S.F.
- MAY 1 - Boardwalk 8K Race, 9 am Redwd City, (415) 364-0100
- MAY 1 - Stockton Race for Exceptional Children, 13.1, 10K, 1&2 mi-(209) 477-8405
- MAY 7 - Community Day Run - 9 am ARC 3 & 6 \$6 with cap, \$3 without. 331-3838
- MAY 7 - Rancho Cordova Optimist Club Run - 8:30 am, Cord H.S. Stadium, 10K 363-7126
- MAY 7 - Annual Run for 5miles- 5 & 10K, 9 am, No. Davis Comm. Pk, 14th & F, 756-3747
- MAY 7 - Women Running for Women, 9:30 am Oak Grove Pk, so af Stockton, 2mi, (209)941-1983
- MAY 7 - Golden State Womens Run, 5 & 10K, Bidwell Park, Chico, 8:30 am, 442-FEET
- MAY 7 - Angel Island Fun - 4.8 run - 12:30 pm (415)989-6403
- MAY 7 - The Human Race, 10K Mill Valley, (415) 479-5660
- MAY 7 - The Human Race, 10K 9 am Oakville, limit 500, (707) 257-3873
- MAY 7 - May Fair Fun Run, 5 & 10K, 8 am Dixon Fairgrounds -- 678-1527 or 678-1508
- MAY 7 - Camino Del Diablo, 7 mi, Mt Diablo, (415) 837-2525
- MAY 7 - Corporate Cup Relays, Mtn View, (415) 965-8777
- MAY 7 - Maranatha Marathon, 26.2, 13.1 & 10K, 8 am, Sacto, 332-3391
- MAY 8 - Run for Israel, 5K, 2 pm, Berkeley, (415) 843-3279
- MAY 8 - 7th Annual May Day Run, 5 & 10K, 9 am, G.G. Pk, S.F., (415) 433-2273
- MAY 8 - Sutter Shuffle, 5 & 10K, Sutter Davis Hospital, Davis, 9 am, 758-MILE
- MAY 14- Sunkist Gold Rush Two-Day 10CK, info- 4921 Crestwood Way, Sacto. 95822
- MAY 14- Vineyard Run, 8K, Pleasanton, 9 am, 415/555-5111
- MAY 15- S.F. EXAMINER BAY TO BREAKERS - 8 am, Howard & Spear Sts, S.F. 12 K, 415-777-7770
- MAY 22- PA-TAC 15K Championships, info- 916/666-6185
- MAY 22- HOW THE POINT WEST WAS WON, 8:30 am, 5 & 15K, bfts Jr Achiev. 442-FEET
- MAY 22- Kappa Klassic, 8K, Stanford-Palo Alto, 8 am, 415/321-4028
- MAY 22- Lake Tahoe Maratnon, Incline Village Com. Ctr-Incline, NV, 7 am
- MAY 29- Grass Valley Memorial 10K, Memorial Pk, Grass Valley, 8:30 am, 273-9268
- MAY 29- Ass to Ass half marathon, Santa Rosa, 9 am, 707/795-1000
- MAY 29- Bonne Bell Trieth, Wmn only, a 1K, b 30K, r 10K Marine World, 10 am, 415/972-7211
- MAY 30- Pacific Sun Run, College of Marin-Kentfield, 8 am, 415/456-8220
- JUNE 4- Cerebral Palsy Run - Wm Land Park, 8 am, 5 & 10K
- JUNE 4- Hog Jog, 5 & 10K, Johnson Park, 8 am, 783-4558
- JUNE 5- Fiesta Fun Run, 5 mi, Fleet Feet, Fair Oaks, 8:30 am, 966-8326
- JUNE 5- Gold Country Marathon, 10K/- 1/2 mar., Pioneer Pk-Nevada City, 7 am, 273-9162
- JUNE 5- Avon Women's International Marathon, Los Angeles
- JUNE 5- Russian River Run, 1/2 & full Marathon, Ukiah, 6 am, 707/462-8879
- JUNE 5- Sri Chinmoy Marathon, Foster City Rec Center, 7 am 415/665-2994
- JUNE 12- Beaver Believer, 4 mi, 1/2 mi for kids, Am. Riv. Coll., 8:45 am, 332-6453
- JUNE 12- Dipsea Run, 7 am, Mill Valley
- JUNE 12- Golden State Wmna Runs, 5 & 10 K, Redding, 442-FEET, 8:30 am

- 1st Saturday of the month - Fleet Feet Fun Runs, 2408 J St., 8:30 am, 442-FEET
- 2nd Saturday of the month - K108 Fun Runs, 3 & 5 miles, 8:30 am, OLD SAC
- 3rd Saturday of the month - McIntosh Fun Runs, 3 & 6 miles, 8:30 am, 488-7181

 This schedule is provided for your use courtesy of the Buffalo Chips Running Club. Dates and times are subject to change, check w/race directors. Entry applications are available at local running stores. This schedule is as accurate as possible at the time of printing. Any additions to the schedule please call John McIntosh (488-7181) or Dave Low, (392-2215).

1982 CEREBRAL PALSY 10K RUN

FIRST MAN Rick Gentry 30:51
 SECOND Larry Stapleton 31:37

FIRST WOMAN LaDonna Washington 39:10
 SECOND Delores Morazzini 41:05

MEN (15 & Under) NO ENTRIES

WOMEN (15 & Under)

1. Stephanie Sugawara (15) 53:28

MEN (16-19)

1. Brian Knight (18) 34:37
 2. Angelo Enriquez (17) 35:30
 3. Jeff Albright (19) 41:09

WOMEN (16-19)

1. Heather Silverman (16) 49:08
 2. Amy Albright (16) 58:18

MEN (20-29)

1. Rick Gentry (26) 30:51
 2. Larry Stapleton (27) 31:37
 3. Tim Leyden (26) 31:44
 4. Bill Stainbrook (28) 31:47
 5. John Jennings (27) 32:31

WOMEN (20-29)

1. LaDonna Washington (26) 39:10
 2. Lauren Syda (29) 41:32
 3. Nancy Lichty (26) 42:07
 4. Carol Gilbert (27) 43:36
 5. Deborah Alarcon (22) 44:58

MEN (30-39)

1. Will Wester (30) 32:39
 2. Mike Daigle (33) 34:25
 3. Glen Bailey (34) 34:40
 4. Tom Nussbaum (33) 34:53
 5. Ed Stomberg (39) 35:18

WOMEN (30-39)

1. Delores Morazzini (31) 41:05
 2. Carolyn Tucker (31) 42:26
 3. Laurie Holm (33) 45:31
 4. Sheila Brown (33) 47:07
 5. Roxie Cala (34) 42:27

MEN (40-49)

1. Don Spickelmeir (41) 33:43
 2. Robert Bourbeau (47) 35:31
 3. Arthur Cahn (43) 36:48
 4. Harold Humphreys (40) 37:49
 5. Tom Clower (43) 37:56

WCMEN (40-49)

1. Virginia Condon (45) 54:27
 2. Lora Norton (49) 60:26
 3. Jane Weatherford (44) 63:33
 4. Linda Contreras (40) 64:24

MEN (50-59)

1. Art Waggoner (56) 40:47
 2. Jimmy Low (57) 41:01
 3. Frank Cirill (59) 46:17
 4. George Koch (55) 46:18
 5. Kenneth Mar (57) 47:03

WOMEN (50-59)

1. Peggy Ewing (54) 51:02
 2. Marjorie Lawson (57) 58:57
 3. Ann Fassell (53) 59:26
 4. Margæ Britt (50) 61:15
 5. Peggy Feiten (55) N.R.T.

MEN (60-up)

1. Bob Griswold (60) 44:26

WOMEN (60-up) NO ENTRIES

LAST RUNNER

Susan Bowers (34) 1:20



6TH ANNUAL UNITED CEREBRAL PALSY



10,000 - 5,000 Meter Run (6.2 & 3.1)

VILLAGE GREEN-
WILLIAM LAND PARK

(across from Sacto City College)

SATURDAY JUNE 4, 1983 8:00 A.M.

UNITED CEREBRAL PALSY ASSOCIATION
OF
SACRAMENTO-YOLO/MOTHERLODE

RACE

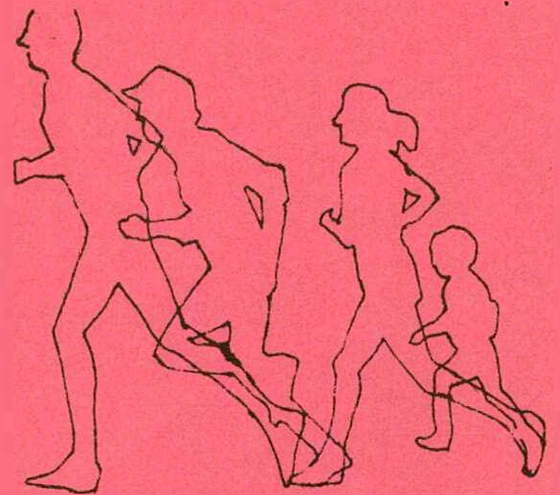
- . 5KM (3.1 mi)-one loop through Wm. Land Park
- . 10KM (6.2 mi)-two loops through Wm. Land Park
- . Times at each mile
- . Aid station at 3 mile

AWARDS

- . T-shirts to all participants
- . Medals to first place winners in all age categories

OTHER GOODIES

- . Free lunch by RAX for participants and paid guests
- . Beer and soft drinks
- . Dixie Land Band entertainment
- . Random drawing for merchandise prizes



AGE CATEGORIES FOR ALL MEN AND WOMEN

- . 15 & under, 16-19, 20-29, 30-39, 40-49, 50-59, 60 & over.

MINIMUM DONATION

- . \$10.00 Pre-register by May 31, 1983 (Pick up Name Tags 7:00 a.m. on Race Day)
- . \$12.00 Late registration on race day
- . \$ 5.00 Lunch guests (non-runners)

MADE POSSIBLE THROUGH THE GENEROSITY OF:

- . Rax Restaurants
- . Bank of America
- . Peat, Marwick, Mitchell & Co.
- . Bell Distributing Co.

APPLICATION

10,000 & 5,000 meter run-8:00 a.m. - Village Green-Wm. Land Park across from college

| | | | |
|------------------------|-------------|-----------|-------------|
| NAME _____ | SEX _____ | AGE _____ | on race day |
| HOME ADDRESS _____ | Phone _____ | | |
| CITY _____ | Zip _____ | | |
| BUSINESS ADDRESS _____ | Phone _____ | | |
| CITY _____ | Zip _____ | | |

\$10.00 Pre-Registration by May 31, 1983. Club Affiliation _____
 12.00 Late Registration on race day _____
 5.00 Lunch (non-runners) _____

Please enclose checks payable to:
 UNITED CEREBRAL PALSY ASSN. OF SACRAMENTO-YOLO/MOTHERLODE
 3102 "O" Street
 Sacramento, Ca 95816

For additional information call UCP 454-4409

I hereby certify and will consider this to be legally binding that my training and health are adequate for me to compete in a 10,000-5,000 meter (6.2 & 3.1 miles) event and I hereby waive any claim for damages that I might suffer due to participation in this UCPA event.

SIGNED _____ DATE _____
 (parent if under 18) duplication of entry is permitted.

Back in the Herd Again
-Jeremiah Russell-

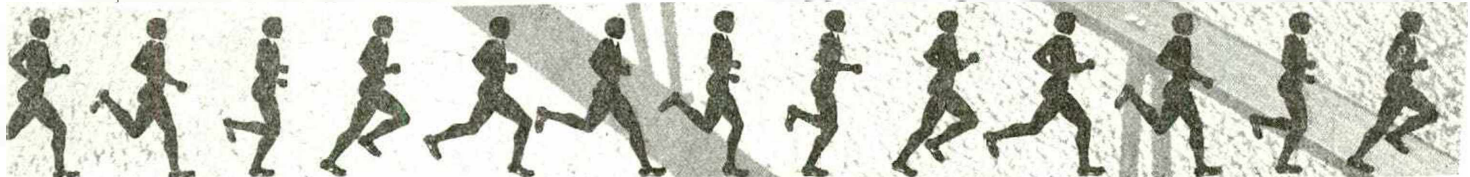
After a couple years away from the old dung heap, Janie and I were really happy to get the "Welcome Back" notice. It seems that old A.J. went down to his ancient crypt, withdrew a couple dusty, gold florins, and "sprang" for our entry back into the club.

It is with fond nostalgia that I recall the formative years of the herd. That was back in the days when Eileen Claugus was starring for Will's Spiketettes, a three-hour marathon was a goal sought by only the "elite" men, and Paul Reese had the herd running relays to and from Marysville like a trolley car.

Back then I liked to think of myself as important to the Chips to fill in as the 10th master on the 10-man relay team, or as a "savior" for our 3-man PA-AAU 50 Kilometer Championship team. (Would you believe we won with times of 4:08, 4:15, and 7:30?) However, in retrospect, I think my real contribution to the club was as referee in the periodic Newsletter publishing battles between then High Dungen-Editor-Race Chairman-Dictator Underwood and my soon-to-be wife, Newsletter Typist-Secretary (Dung Recorder)-Dictatoress-"Jugs" Johnson. The battles as to whether to use a 1 or 2-column format, full-page or half-page, and whether to use Xerox or Zerox to spell that nasty copy machine would rage far into the wee hours of the a.m., often causing yours truly to consume much too much wine, which in turn hindered my already lackluster performances.

Anyway it's really great to be back. For those of you who don't know, we live at Midpines, just 20 miles west of Yosemite. We put on several mountain-type runs each year, ranging from 10 miles to a marathon. Chips are always welcome at our home and we have lots and lots of room under the stars.

Meanwhile, we hope to become more involved in Chip activities and become better acquainted with the modern herd.



MARCH 6th - Tequila Willie's BRUNCH

Twenty-four CHIPS showed up for a fantastic brunch - What a spread and what huge appetites many Buffalos sported. MmMmMm... If you weren't there you missed great company and yummy food.

***** ***** ***** *****

The Picnic will probably have passed by the time you read this -- hope you all had a great time!

PHOTOGRAPHERS WANTED

The CHIPS have decided to try and record for posterity (as well as for real people) the CHIPS' performances in various local and major races. The club has decided to pay for the film and processing of color prints at several of the races where lots of CHIPS normally turn up. If a volunteer will call me prior to such races as the Stampede, Folsom 10K, Sacramento Marathon, we can arrange for payment. Then we can show the results at the club meetings following the events, and the slides will be available to anyone who wants copies. Let me know what you think of the idea.

.....Mike Miller

IMA COOKER

Here's a different way to fix your spaghetti!
Hope you like it!

SPAGHETTI PIE

7 oz uncooked spaghetti
1 C creamed Cottage Cheese
2 eggs, slightly beaten
1 1/2 t salt
1/8 t pepper
1 C shredded sharp Cheddar cheese
(about 4 oz)
1 egg, beaten
2 T grated Parmesan cheese

Cook spaghetti as directed on package; drain.

Heat oven to 350°. Mix cottage cheese, 2 eggs, the salt, pepper, Cheddar cheese and spaghetti. Turn into buttered 9 inch pie pan. Mix 1 egg and the Parmesan cheese; spread over spaghetti mixture.

Bake til knife inserted in center comes out clean, 45-50 min. Cut into wedges; serve warm and, if desired, with Mushroom Sauce or Tomato Sauce.

---5 servings/about 21 grams protein per serving.

MUSHROOM SAUCE

Heat 1 can (10 3/4 oz) condensed cream of mushroom soup and 1/2 C milk just to boiling, stirring frequently.

TOMATO SAUCE

1 T butter or marg., melted
2 T chopped onion
2 T chopped green pepper
1 Can (8 oz) tomato sauce
salt & pepper

Melt butter in small saucepan. Add onion & green pepper; cook & stir til tender. Stir in tomato sauce, salt & pepper; heat over low heat.

T-SHIRT ON PREGNANT LADY:

I should have been jogging..

CHIPPER SKIERS

Steve Mccauly

DATE -- Sunday, March 20th at 12:45 p.m.
PLACE -- Royal Gorge, near Donner Summit
EVENT -- California VASA, Cross Country

It's been snowing since about 9 am, when more than 200 cross country skiers began the grueling 55 K cross country race. I had just finished the first of two loops, having been lapped by the first five finishers. Four of the five were from Norway, Sweden, Finland -- (redhots from Europe). The winning time was 3:05, while it had taken me 3:20 just to finish the first half.

I stopped to rest on my ski poles, thinking this wasn't much different than my typical feelings in the last 6 miles of a marathon. Why was I doing this? Where's the wagon? Another skier came from behind and stopped to chat. Dennis Weiland, also a runner from Sacramento, suffered from the same lack of enthusiasm. We talked about the 25 or so Kilometers remaining to be skied, and somehow we started moving again. As friendly competitors we raced about 5 K between aid stations, where we'd stop to eat, drink, and wax (or scrape off old wax). It turned out that we both knew a number of runners in the Sacramento area, but not the same runners. Then the truth came out: I was associating myself with a dreaded Ophir Prison runner! What would Underwood say? I had to beat this guy to save the honor of the CHIPS, even though it was now looking like it would be a two-way competition for last place. Dennis pulled ahead of me on the uphill's, and I soared past him on the downhill's, but it was still close. With 2-3 K to go, we both were barely managing to stay upright on skis.

Step-for-step, kick-for-glide, we skied together toward the finish. The race staff cruelly placed the 54 K sign about a mile from the end. Great inspiration for the leaders, but hell for the "enders". We both more-or-less fell together across the finish line in a dead heat for last place, with an uninspiring time of 7 hours, 40 minutes and 52 seconds. We had also set a new course record, since no one in the five-year history of the race had gone slower. The honor of the CHIPS had not been spoiled, but neither had the Ophirs been buried. Does this mean we have to race again next year?

April Runner's World has an article on running camps. Mentioned is 'Camp Fleet Feet', run by Sally Edwards and A.J. Underwood, both CHIPS. If you like camping and we know you are into running, then this is for you. I'm not writing this as an ad for the camp (they don't need it). Reservations fill up early and I would like to see more CHIPS there this August 1 - 7. My family and I have attended the last three years and thoroughly enjoyed the experience. The camp is expanding to a full week from a previous four days by popular demand. Location, Sugar Pine Point State Park on Lake Tahoe. Two runs each day. Distance to match ability. Two seminars a day plus movies and campfire at night. There is also tennis, rafting and fishing on the Truckee River and Stateline is a few miles away. I am there to eat, sleep and run. Most people log in their high mileage week at this camp. My guess on cost is \$25/single, \$35/couple & \$50/family that covers the full week. Try to make it. If you go this year you'll be back the next.

-- Jim Drake --



BUMPER STICKER ON JOHN McINTOSH'S CAR:

I never met a carbohydrate I didn't like

JUST FOR FUN

If you're noticing an unwelcome bulge because the rain has kept you inside these past months, the following tips are presented, courtesy of the Women in Community Service Bulletin....

Burning Up More Calories Than You Realize

You're probably unaware of the calories you burn up in a typical workday at the office. The following "exercises" can be done indoors, alone and often without detection. The figures, courtesy of the U.S. Foreign Service Medical Bulletin, indicate calories-burned-per-hour.

| | | | |
|-------------------------------|--------|------------------------------------|-----|
| Beating around the bush..... | 75 | adding fuel to the fire..... | 150 |
| Jumping to conclusions..... | 100 | Hitting the nail on the head..... | 50 |
| Climbing the walls..... | 150 | Wading through paperwork..... | 300 |
| Swallowing your pride..... | 50 | Bending over backwards..... | 75 |
| Passing the buck..... | 25 | Jumping on the bandwagon..... | 200 |
| Throwing your weight around | | Running around in circles..... | 350 |
| (depending on your weight...) | 50-300 | Eating crow..... | 225 |
| Dragging your heels..... | 100 | Tooting your own horn..... | 25 |
| Pushing your luck..... | 250 | Climbing the ladder of success.... | 750 |
| Making mountains out of | | Pulling out all the stoppers..... | 75 |
| molehills..... | 500 | Wrapping it up at day's end..... | 12 |



BUFFALO CHIPS

RUNNING CLUB



No. 64

| | | |
|-----------------|-------------------|----------|
| Glenn Bailey | High Dunger | 447-4326 |
| Eileen Claugus | Vice Dunger | 366-3270 |
| Bill Stainbrook | Dung Recorder | 487-8398 |
| Mike Miller | Dung Counter | 488-3833 |
| Eileen Claugus | Dung Co-Ordinator | 366-3270 |
| Mike Miller | Dung Herder | 488-3833 |
| Abe Underwood | Race Chairchip | 392-7672 |
| Marge Hansen | Dung Editor | 428-5923 |

June 25, 1983

BUFFALO STAMPEDE 1983
Sunday 9/18/83 - 9 am
Rio Americano High School

The course will be the same as last year when the club hosted the PA-TAC 10 mile championship. The distance was certified then. That means the route was measured with proper, accurate devices with little tolerance for error.

At the club general meeting in May most race committee jobs were taken by volunteers. Lest you forget, those volunteering were: Galen Baker, Walt Betschart, Gordon Hall, Joyce Leach, Helen Young, Eileen Claugus, Glenn Bailey, Mike Neff, Marge Hansen, George Parrott, and Dennis Scott.

Four jobs not taken yet are:
Sec. Treas.- to make sure the \$ gets to the bank, plus send out a few thank yous after the run.

Door prizes: pick up merchandise cert. from various running shops.

Aid station: coordinate Rio Hi & Mira Loma Hi X-Country teams to run aid stations.

Food & Drink: pickup coffee & donuts for the registration committee & distribute refreshments to runners at finish line.

Call if you want to handle one of the above jobs or if you want to help in some other capacity. We will need an extra twenty people on race day from 7:45 am for an hour to do registration. So... show up early. Remember committee people get T-shirts, coffee, & donuts. Most will also be able to run in the race.

Jim Drake, Race Director
482-4550

50% Discount

COUPON

BUFFALO STAMPEDE '83

for current members of BC Running Club ONLY
Send \$3 + signed application + coupon to:
Stampede
3442 Whitnor Ct.
Sacto, CA 95821
VOID AFTER 9/5/83

COUPON

50% Discount

Buffalo Chips Board of Directors Meeting
May 5, 1983 - George Parrott's home
7:45 pm Meeting called to order

Seven directors present: Glenn, Bill, George, Jim D., Howard, Marge and Mike.

1. ARC Track Fund - no new information.
2. SLRDA update, \$6,000 in hand with \$26,000 confirmed along with "the Bee" and Channel 40 for coverage of their Dec. marathon. Watch for upcoming press release.
3. Western States movie, a copy is available to the club for free.
4. Storage space, Marv not present so any action has been tabled for one month.
5. Director for Jed Smith 50, no one seems too excited about taking over the responsibility. Club will continue the search for a new director.
6. Jim Drake's request to use chromomix at UCP race was approved. He will also borrow cones.
7. Rich Hanna awarded \$10 for Bedbug Challenge.
8. George Parrott mentioned buying a major item such as a small computer with Clarksburg money and make it available to the club.
9. There are LDR representative positions open to represent the club in open women and masters men & women. The next LDR meeting is June 9th in Vacaville.
10. The next CHIPS Board Meeting will be June 2nd at Glen Bailey's home.

Buffalo Chips Board of Directors Meeting
June 2, 1983 - Glenn's home
7:45 meeting called to order

Directors present: Glenn, Bill, Jim D., Howard, Mike, Marge, Abe, Marv, Eileen, and George.

1. Mike Miller will check on friend with potential space. If not available, Jim D. will check with Merrit for space at Second Sole.
2. ARC Track Fund - Chips raised approximately \$700 from its membership, the club will "chip" in an additional \$500 from the treasury. John McIntosh will contribute profits from the next two fun runs to the track fund.
3. SLRDA - Club will announce in the newsletter that volunteer jobs for the California International Marathon are plentiful and we encourage people to help out.
4. Races & race committee
72 miler - Sept. 16, 1983
Mark Elgert has been removed by the Board, as race director for failing to complete the job and respond to numerous letters and phone calls.
Bill will get the race into the schedules and receive mail for the race.
5. Race money -- Don Spickelmier submitted results for a race.
6. George requests permission to build a voluntary data base on the clubs' runners. Vote: 9 yes, 1 no, motion carried.
7. George proposed that the club awards be reinstated. It was agreed to and a committee will get together and generate a list of categories.
8. Eileen -- requests and receives \$200 (maximum) to provide food for the club barbecue at Glenn Hall Park following the July 4th run.
9. Carole Knutt -- requests chromomix and operator for ERA Run August 28th. Chromomix approved, but she will have to find her own operator.
10. The club still needs team coordinators for Masters Men and Open Men -- George takes care of both women's categories.

Meeting adjourned.

Next meeting will be July 7th at Jim Drake's, 7:30 p.m.

STATE OF THE HERD

We are midway through 1983 and, as usual, club activities are more frequent during the latter half of each year. Club sponsored races must be managed; in addition, we assist with the Sacramento Marathon and Clarksburg 20 mile classic. This year we also will share the task of conducting the California International Marathon, December 4, 1983. Volunteers are solicited and greatly appreciated. Please contact the following people for each race listed below:

| | | |
|---------------------|----------|-------------------------|
| Folsom 10K | 7-10-83 | George Parrott |
| Buffalo Stampede | 9-18-83 | Jim Drake |
| Lake Tahoe 72 | 9-16-83 | Bill Stainbrook |
| Sacramento Marathon | 10-2-83 | John McIntosh |
| Clarksburg 20 miler | 11-20-83 | George Parrott |
| CA Int'l Marathon | 12-4-83 | Gary Green (Fleet Feet) |

For 1984, we still need to find a new course for the 50 miler which we did not hold this year. Please call in your suggestions to AJ Underwood.

I would like to thank each CHIP who donated or pledged money for the ARC Olympic Track and Field Project. During the phonathon on June 1st, Eileen Claugus, Jim Drake and yours truly raised over \$700 from the Club Membership. Moreover, the Board approved an additional contribution of \$500 (a maximum) to match individual contributions which, of course, exceeded the club match. Finally, Al Baeta extends his sincere gratitude.

Bill Stainbrook will be submitting a brief summary of Club highlights, individual achievements, etc. each month to the monthly magazine, California Track & Road News. If you have any items you would like included, please contact Bill.

Say, all you CHIPS - let's display PRIDE, call it 'prairie pride' or whatever, by wearing the club singlet. It's great to see all those CHIP singlets at races. Let's be seen, not just heard.....

Your High Dunger,

Broco

BOARD OF DIRECTORS

| <u>Name</u> | <u>Term Expires</u> |
|-----------------|---------------------|
| Howard Jacobson | 12-31-83 |
| Marge Hansen | 12-31-83 |
| Jim Lobsitz | 12-31-83 |
| Bill Stainbrook | 12-31-84 |
| A J Underwood | 12-31-84 |
| Marv Poyser | 12-31-84 |
| Glenn Bailey | 12-31-84 |
| Jim Drake | 12-31-85 |
| Eileen Claugus | 12-31-85 |
| George Parrott | 12-31-85 |
| Mike Miller | 12-31-85 |

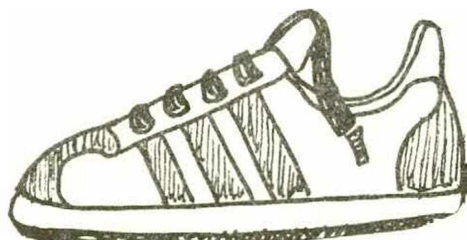
GENERAL MEETING
May 18, 1983

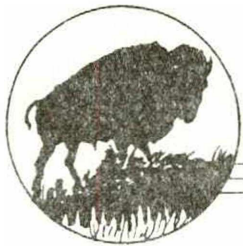
In Attendance: Approximately 25

Place: Shakey's-El Camino
Time: 7:30 p.m.

Agenda:

1. SF Marathon - Glenn Bailey reiterated the instructions (see last newsletter and/or the current issue) for registration and packet pickup.
2. Mike Miller gave a brief update on the CA International Marathon scheduled for Dec. 4, 1983. The race budget is \$100,000. Race management is attempting to confirm Craig Virgin and/or Ed Mendoza and Julie Brown. Adidas has reportedly agreed to send its (8) Women's Team, comprised of Binder, Ditz and Claugus. The latter sounds very familiar! Course will be Folsom to the State Capitol, or thereabouts.
3. Confirmation of governmental structure of the BCRC's Board of Directors - Members unanimously confirmed continuance of Board pursuant to Bylaws irrespective of recent decision not to incorporate officially through Sec'y of State's Office.
4. Attendance of Directors: Motion passed, effective June 2, 1983, that any Director who misses four (4) Board Meetings in a 12-month period will be replaced in accordance with club bylaws.
5. ARC Track & Field Project -- Eileen Claugus solicited 2-3 volunteers to work on the phonathon to raise funds for the all-weather track of ARC. Approximately \$317,000 must be raised by 7-1-83.
6. Males Needed for Medical Study - Warren Lockette, MD, introduced a colleague from UCD Med Center who discussed the nature of his study. Five males (fertile) are needed to study the effects of running, i.e., 50 miles + per week, on the reproductive system, etc. Call Warren, if interested.
7. Buffalo Stampede '83 - Jim Drake announced some specifics about this year's event (9-18-83). Volunteers were solicited for various tasks.
8. Availability of Summer Singlets: Glenn Bailey will call McIntosh's and have summer singlets (white & yellow sub-4) ordered ASAP.
9. Monetary Award - Members engaged in a discussion of current policy. No objections were raised which would require any modification. Policy remains in effect.





BUFFALO CHIPS

RUNNING CLUB



RE: Safety of Bicyclists and Runners

April 29, 1983

Dear Sir:

There is a critical need in the Sacramento Metropolitan Area (SMA) for greater public cognizance of and compliance with laws which govern the use of roads and bike paths by runners and bicyclists. With the projected growth for the SMA and the increasing popularity of running and bicycling, it is inevitable that the use of roads and bike paths for the aforementioned physical activities will grow significantly. Presently a sufficient number of bicyclists and runners use the roads and bike paths to warrant a program to educate the public on this issue.

Over the past eight years I have observed innumerable runners, bicyclists and drivers of motor vehicles violating and/or exhibiting total ignorance of the laws which control use of the roads and bike paths in the SMA. All segments of the public are in dire need of enlightenment. In 1982, two members of our club were killed by motor vehicles under dissimilar circumstances. However, in each case, these runners were running with the traffic. Drivers are often rude to bicyclists and runners who are in fact conforming to the laws.

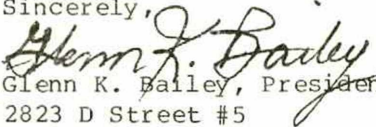
I believe accidents can be reduced markedly if greater public awareness is generated via the local media -- radio and television public service announcements. In addition, I implore your organization to consider the following recommendations:

1. Stress the importance for compliance with the laws and ordinances for the safety of all concerned.
2. Emphasize that those who run on roads and bike paths should always run against or facing the oncoming traffic. The only exception would be on an extremely narrow curve.
3. Likewise, emphasize that bicyclists MUST operate their bikes pursuant to the laws set forth for motor vehicles. Thus bicyclists must ride with the traffic.
4. On the Jedediah Smith Recreational Trail bicycles have the right-of-way at all times but cannot exceed 15 mph.
5. Law enforcement officers should consistently enforce these laws upon all segments of the public. It is their responsibility to do no less.

Modification of the dangerous habits of many is possible only through the individual and collective effort of your respective organizations. I firmly believe that such a program will improve this situation and foster a safer, more enjoyable environment for all who use our roads and bike paths.

Your consideration of this issue is greatly appreciated.

Recipients: Chief of Police, Sacramento
Sheriff of Sacramento
Director of DMV
Commissioner of CHP
President of CBCA

Sincerely,

Glenn K. Bailey, President
2823 D Street #5
Sacramento, CA 95816

Notes from the ED.....

Happy summer time to all you CHIPS. Hope your hides don't get baked out there!

Again, any changes or errors in the roster that was enclosed in the last newsletter, please let Mike Miller know so we can be current.

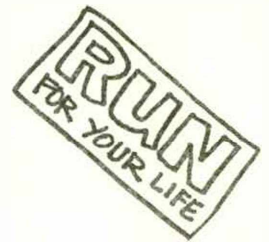
Thanks to Byron for saving face -- without your sharp eye I'd have names, times and pertinent information incorrect. Your effort is appreciated!!

We can always use extra hands putting the newsletter out -- usually a week after deadline. Let me know ahead of time so I can call on you. It's fun and goes alot faster with many hands. Thanks to the last crews -- great workers!!

I had all kinds of great ideas for this publication but alas - time got the best of me. Any suggestions are appreciated. Ima needs some recipes that would benefit all our taste buds! Ima is on vacation for awhile -- look for her column in the next newsletter!

NEXT DEADLINE IS AUGUST 15th!!!!

Marge



CHECKCHECKCHECKCHECKCHECKCHECK

If anyone works for a bank, please contact Mike Miller regarding setting up a checking account for the club. Thanks

16th of JULY--PICNIC

Our Picnic that was originally rained out and moved from the 4th to the 16th will be in conjunction with "EPPIE'S GREAT RACE". It will be a pot luck dessert with all food and drinks provided by the club - you bring the dessert! Sounds like fun! We can watch the race at the same time! Meet us under our banner *16th of July*

RerunRerunRerunRerunRerunRerunRerunRerunRerunRerun

'Camp Fleet Feet', run by Sally Edwards and A.J. Underwood, both CHIPS. If you like camping and we know you are into running, then this is for you. This is not an ad for the camp (they don't need it). Reservations fill up early and it would be great to see more CHIPS there this August 1 - 7. Great experience for any family. The camp is expanding to a full week from a previous four days by popular demand. Location, Sugar Pine Point State Park on Lake Tahoe. Two runs each day. Distance to match ability. Two seminars a day plus movies and campfire at night. There is also tennis, rafting and fishing on the Truckee River and Stateline is a few miles away. Most people log in their high mileage week at this camp. Cost is approx. \$25/single, \$35/couple & \$50/family that covers the full week. Try to make it. If you go this year you'll be back the next.



McIntosh's Sports Cottage, Inc.
4120 El Camino Avenue
Sacramento, California 95821
Telephone: 916/488-7181

Mc INTOSH'S LOVES RUNNERS

Sacramento Sports Headquarters

ATTN MEN CHIPS!!!!

Volunteers are needed for a reproduction study being done at the Med Center. Anyone running 50 miles per week or better and wanting to help with this study, contact Dave Peterson at the Med Center #453-3739 or at home #381-0906.

"Never Underestimate the Power of a Woman (and all her friends!) is a special event slated for Sunday, August 28 at 9th and Capitol Mall in Sacramento. Participants can run, walk, bike, skake, skip or even samba--12 or 5-mile courses to help raise funds for the newly-reintroduced Equals Rights Amendment.

Prizes are stupendous--those who bring in the highest amount of pledges will choose between a full year's membership at any of four local International Fitness Centers (\$560 value), a vacation weekend for two in Carmel, a gift certificate for \$100 at Welleslee's women's fashions or an overnight stay at the Heirloom Bed and Breakfast Inn in Amador County. The fastest male and female runner and biker in each age category in the 12-mile event and the fastest walker and skater in the 5-mile event will each win a handcrafted pottery equality mug. Prizes will also be awarded by a random drawing of all pre-registrants, and for most interesting way of traversing route, best ERA outfit, oldest and youngest participant, largest number of family members and liveliest reststop crew.

Pre-registration is \$4. Registration the day of the event is \$6. Pre-registration with pledges is FREE.

Registration the day of the event begins at 7:15 a.m. Walkers start at 8:15, runners and skaters at 8:30 and bikers at 9:15. Aid stations, staffed by the Coalition of Labor Union Women, Camping Women, National Women's Political Caucus, Women Lawyers of Sacramento and the American Association of University Women, will be available. Finish will be handled by Sacramento Buffalo Chips Running Club.

Refreshments and music, awards ceremony and speeches at 10:45 a.m. For event flyers, please call the Sacramento Chapter of the National Organization for Women at 443-3470.

=====

NOTE: A cash prize of \$50 will be awarded to the supportive organization with the largest number of entrants. Please indicate on your entry that you are participating on behalf of a specific organization.

ARC COMMUNITY DAY 3 & 6 Miler
May 7, 1983


3 Miler (45 Finishers)

| Overall Place | Name | Time | Division |
|---------------|---------------------|-------|------------|
| 5 | La Donna Washington | 19:11 | 1st Female |
| 30 | Fulton Bulloch | 26:53 | 50-59 |
| 36 | Lisa Sargisson | 29:46 | 40-49 |
| No place | Jeff Bogle (unoff) | 22:21 | Cruisers |

6 Miler (27 Finishers)

| | | | |
|----|-------------------|-------|------------|
| 1 | Bosco Bailey | 33:39 | 30-39 |
| 10 | Joey Souvignier | 43:28 | 13-19 |
| 19 | Jo Ann Souvignier | 51:49 | 2nd Female |

Bosco Bailey



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THE BEAUTY OF GROWING OLDER

BY Charlie Mersereau

One of the nicest things about running is that there are new challenges each time you age a year, five years or ten years. These are in the form of age group records for all the standard distances, with the marks generally becoming easier as the years progress.

Yet, one of the amazing things about running is that oldsters can still be improving in their fifties and sixties. A case in point would be my try for the 55-59 year age group record in the 100 K run (62.1 miles) at Yakima, Washington, on April 24th.

My commitment to make this effort was based on the published record of 10 hours 44 minutes for the 55-59 year age group, which I felt was within my reach. Then, after all arrangements had been made and much training, I found that my good friend and fellow Buffalo Chip, George Billingsley, had run 10:02 at Yakima in 1980 when he was 58. Oh, well, we'll go give it a try anyhow.

So off I went with my handlers, Barbra (Peach) Farren and her husband, Tom. Much to my surprise it turned out that ultramarathons are a big thing at Yakima (a 30 K, 50K, 50 miles and 100K are all run simultaneously) and that many of the big guns were there including Frank Bozanich and Jim Pearson (both in top 10 US runners for 50 miles and 100K) and Sandra Kiddy (former US Women's record holder for 50 miles and still second only to Marcy Schwam at both 50 miles and 100K). The course is a flat 5.67 mile road loop with little chance to run off the pavement because the shoulder was soft and muddy from recent rains--Ouch!

At any rate, my fine handlers got me through in 10:25:38, better than my original goal and a US record for 59 year olds. However, I now have the bug and am going to try again for the 55-59 age group record. But I had better do it soon because the 60+ record is 9:31 held by, guess who, George Billingsley! Seems George isn't getting older--just better!

Running BUFFALO

TENOLMEN.....24-HR RELAY.....

Speaking of growing older and getting better... Nike sponsored a 10-member team of men 60 yrs and older, who combined to run 209 miles, 1,583 yards to establish an age-group world record for continuous running in 24 hours at Hughes Stadium on April 23-24th. The former record of 200 miles, 974 yards was set by the Rochester 10 in 1981. Each team member ran a mile (or 1,600 meters), then passed the baton to another runner, with this rotation continuing through the 10 team members, then recycling. If, for any reason a runner cannot continue, the team then has one less member in the rotation.

Competing on the team were two of our members: George Billingsley, and Paul Reese. Other members were John Gilkey, Frank Grey, Harry Harder, Eddie Lewin, Don Lundberg, Ray Mahannah, Ralph Paffenbarger and Don Page. In spite of the rain and cold and three of the team members having to withdraw because of injuries, the group was able to average less than seven-minute miles for all of the one-mile legs.

The most outstanding performance was that of race organizer Paul Reese, 66 years young, who maintained the best average of all, 6:32.5 for each of his 24-one-mile stints. Paul reports that the hardest part of all was trying to stay warm and dry between runs and that he didn't even dare to climb into his sleeping bag all night because he was afraid he would cramp up.

Thanks Paul & Charlie

ON RUNNING A MARATHON A WEEK

How many times have you read about some runner attempting a marathon a week? Enough to make you sufficiently curious to wonder about the challenge of running a weekly marathon?

Out of such curiosity, and a week after the adventure of running 24 miles in a 24-hour relay, I impetuously decided to experiment by running a half dozen marathons in six weeks. Specifically, in 36 days I ran: Avenue of the Giants Marathon, May 1, 3:13:39; Marantha Marathon, May 7, 3:37:51; Sunkist 50K, May 14, 5:36:36; Sunkist 50 K, May 15, 5:53:40; How the Point West Was Won, 15 K, May 22, 1:04:53; Couer d'Alene Marathon, May 28, 3:26:33; Russian River Marathon, June 5, 3:14:24. Total: two 50 K's, four Marathons, one 15 K.

What conclusions resulted from the splurge of marathons? What could be passed on to someone contemplating a marathon a week?

Even though I toyed with the project for only six weeks, I found that I'd arrived at the same conclusions as Bob Fletcher, a 50 year old runner, whom I met at Couer d'Alene and who was completing his 39th Marathon in 39 weeks. Here's what we agreed on:

First, the toughest part of the project is funding the travel involved.

Second most difficult task is the ardor of the travel in getting from marathon to marathon.

Ranking third is the challenge of actually running the weekly marathon. I agree with Fletcher that this is a highly relative challenge--that is, for example, if a runner backs off 20 minutes from his average fast marathon time, running a weekly marathon is relatively easy. In Fletcher's words, "Actually, running a marathon every week is greatly overrated in difficulty providing the runner backs off approximately 20 minutes from his capability."

Obviously, one of the tricks along the way is that the runner has to stay healthy and injury-free. Despite the plethora of marathons, another trick is to locate a marathon a week during the lean months of June, July, and August.

As a fallout from this running adventure, I'd wholeheartedly recommend two marathons to Chips as runners: the Couer d'Alene and the Russian River. I was touted to Couer d'Alene by Elaine, herself a refugee from Idaho. The race course provides a good orientation to the community by beginning at North Idaho College, swinging by nearby Lake Couer d'Alene, then through the downtown and residential sections, out to the boondocks and another lake, and returning to the college via residential areas. Except for two rolling hills, both short, it's a fast course if you can handle the 2,000 feet elevation. Race management (splits, mile markers, aid, etc.) is excellent. It's a long haul, approximately 850 miles, to Couer d'Alene--but the scenery through Oregon and Washington and the Spokane area is enjoyable. Driving through northern Idaho, particularly around McCall, on the return trip is also scenic.

Nearer home, in the environs of Ukiah, the Russian River Marathon can best be described as a sleeper or underrated. This year's half-marathon attracted 300 runners; the marathon, 200. Why in hell the marathon does not draw 500 or more runners mystifies me. On a 1-10 scale, I'd rate it an 8 or 9. The course, mostly along the East Side Road from Ukiah to Hopland and return, is fast. The weather conditions this year were ideal, mainly attributable to the 6 am start and the course being shaded by the Cow Mountain range. Every mile is marked; splits are called; aid stations are provided every 2 1/2 miles. I can fault the race only on two counts, one of which is subjective, that being it has no 60+ division; the other is that, compared with most other races with a similar entry fee, it suffers

greatly by comparison in both quality and quantity of awards. Winning time this year on the certified course was 2:24. If you're looking for a course to qualify for Boston, consider Russian River. Incidentally, Russian River Marathon is almost a misnomer. While the East Side Road parallels the river, running the marathon you get but two brief views of the river.

.....(Paul) Reese

10 CHIPS FINISH
SUNKIST GOLD RUSH 100 K

Dave Givens, improving with each race, was the first among ten CHIPS to drop off Mt. Murphy and across the finish line in the second annual Sunkist Gold Rush 100 Km. The race, May 14-15, is run over two days with 50K segments each day.

Acclaimed by participants as one of their most scenic running adventures, the race courses were over gold country terrain studiously reconnoitered to minimize flatlands and to maximize scenery and backroads. The courses resulting are somewhat arduous, anent which Howard Jacobson comments, "I love this course. It resurrects memories of the rigors of my Marine Corps boot camp days."

The Saturday course started near Rescue, meandered to the Shingle Springs area, then followed along French Creek-Brandon-Latrobe, and finished near Michigan Bar. The Sunday route originated at Georgetown (a site chosen because of its gourmet donut shop where Elliott Eisenbud consumed his customary six pre-race donuts), traversed the Sliger Mine setting, and thence to Greenwood and the unspoiled scenery of Bear Creek, then along Garden Valley, and finishing down Mt. Murphy to Coloma.

The race was won by former U.S. 50-mile record holder Skip Houk, of Reno, in 7:45:52. Houk, prepping for Western States, was clocked in 3:47:45 the first day and 3:58:07 the second. Cheryl Clanton, of Rancho Cordova, was the first woman finisher in 9:52:46 (4:57:58, 4:42:37).

Limited to 40 entries to minimize road traffic, the race had double that number of applications.

Chips interviewed after the race had these comments:

Dave Givens, "Kind of wish they'd made it a bit tougher. Like throwing in a two mile swim someplace along the way."

Howard Jacobson, "Boy, am I glad I had Bob Hanna to pull me along."

Elliott Eisenbud, "What this race needs is a donut shop about the midway point."

Glenn Bailey, "What the hell am I doing here?"

Jim Drake, "I was celebrating my 18th wedding anniversary. Can you believe that?"

Bob Hanna, "I oughta get a special award for running eleven hours, two minutes, 42 seconds with Jacobson. Ugh."

Jeremiah Russell, "This race is worth coming all the way from metropolitan Midpines. I missed Abe Underwood this year. Reportedly, he had an injury--or did he really back off because he knew I was seeking revenge for last year?"

Dennis Lett, "Must be a helluva race for me to run it with my aching back."

Paul Reese, "Gotta make a note to talk with co-race directors Hal Stainbrook and Elaine about adding more rugged hills to this sissy course."

(Continued on following page)

Times for CHIPS finishers were:

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| | <u>FIRST DAY</u> | <u>SECOND DAY</u> | <u>TOTAL</u> |
|------------------|------------------|-------------------|--------------|
| Givens | 4:02:29 | 4:31:07 | 8:37:36 |
| Bailey | 4:16:31 | 4:34:12 | 8:50:43 |
| Drake | 4:22:21 | 4:42:37 | 9:04:58 |
| Russell | 4:21:20 | 4:43:56 | 9:05:16 |
| Eisenbud | 4:47:20 | 4:56:38 | 9:43:58 |
| Hall* | 4:58:32 | 4:54:26 | 9:52:58 |
| Jacobson & Hanna | 5:21:43 | 5:40:59 | 11:02:42 |
| Letl | 5:43:37 | 5:57:19 | 11:40:56 |
| Reese | 5:36:32 | 5:53:46 | 11:30:22 |

* Gordon Hall adamantly refused to be interviewed after the race, muttering words to the effect, "Oh, my aching quads. Whatever made me do this?"

BEDBUG 10K CHALLENGE
Ione, CA
April 30, 1983

Paul Reese was correct -- this race attracted more runners this year. There were 210 finishers of this event. The 10K course, starting on a rather muddy horse track, had one long grade in the first two miles and one steep but short hill. After that--it's clear sailing. It's a scenic 6.2 mile loop which ends in "downtown" Ione. The local residents were very hospitable and seemed to enjoy watching each runner grind out those final yards down main street. One big plus was the weather--for a change. Incredibly, it was sunny and cool.

| <u>Overall Place</u> | <u>Name</u> | <u>Time</u> | <u>Division</u> |
|----------------------|-------------------------------------|-------------|-----------------|
| 2 | Rich Hanna | 32:57 | 2nd (13-19) |
| 4 | Don Spickelmier | 34:29 | 2nd (40-49) |
| 5 | Bill Stainbrook | 34:44 | 1st (20-29) |
| 7 | Bosco Bailey | 35:27 | 2nd (30-39) |
| 9 | Tim Hicks | 36:46 | - |
| 13 | Paul Holmes | 37:38 | 3rd (40-49) |
| 23 | Mike Adreani | 40:41 | - |
| 24 | Bob Hanna | 40:46 | - |
| 38 | Hal Stainbrook | 42:13 | 3rd (50-59) |
| 109 | Gail Dowell | 50:04 | - |
| 113 | Jeff Bogle | 50:14 | (cruisers) |
| 157 | Cynthia Young | 55:02 | - |
| 158 | AJ Underwood | 55:09 | - |
| 169 | Mike McIntyre
(an Original CHIP) | 56:56 | - |
| N/A | Vance Koerner | N/A | - |

Division winners received "a piece of Ione" -- bricks!

--Bosco Bailey--

NEWS FROM THE TUESDAY/THURSDAY TRAINING GROUP

May 29th, Carolyn Tucker officially became a triathlete upon completion of the Bonne Bell event in the Bay Area. Starting very conservatively in the back, Carolyn moved consistently up through the pack of more than 600 competitors with very strong biking and running segments to finish 93rd. Congratulations!

Dana Stokes ran the Ass to Ass 1/2 Marathon the same day, and so did Gary Metzley; Dana finished in about 1:29 and Gary is sporting a really neat shirt to flaunt his 1:22 on this tough course.

Many CHIPS ran the Northeast YMCA Run on May 28th (Saturday); this was a very well staged and rewarding "little" race with perhaps only 150 or so total entrants in both the 5 K and 10 K challenges. Glenn (choco-chip) Bailey was the first Chip in the 10 K and Joan Reiss won the women's 10 K (40:05) and La Donna Washington won the 5 K in about 19 flat. Other strong performances were recorded by Jim Drake (Old Chip) and Tom Pearman (Baby Chip). Of note: Unchip Jim Bowles won the 10 K; he is here for a short vacation.

We have started a program of GIFT CERTIFICATE AWARDS (\$15) for certain improvements in regular workout personal best times. During May, Chuck NICHOLS won the first of these awards for his time of 1:43 on the Rescue 16 mile course--he was the only person to PR on what turned out to be a rather hot day. THE RESCUE WEEKEND RUNS will now start with meeting at VARIETY DONUTS on La Riviera (near Watt) at 7:15 a.m. Usually these runs are on Sunday, but final plans are made on the previous Tuesday evening workout. If you miss Tuesday workout, call a regular to get weekend plans.

Brian LEW was the winner of the second \$15 Gift Certificate for his time in our first "COE INVITATIONAL MILE" (We invited Karin Coe, Jeff Coe, and even Seb Coe, but none of them showed up!). The mile challenge was held in conjunction with one of our regular Thursday evening track workouts at CSUS, and Brian improved his mile time from 6:12 to 6:08. About two months ago we held a mile PR contest on our Tuesday American River Drive course, and Jim ROTE won that with a 5:54 versus his old 6:16 or so.

These GIFT CERTIFICATE RUNS are co-sponsored by Second Sole and the Clarksburg Classic 20 Race Fund. We are using a weighted scoring system, so you do NOT need to be the fastest to win-- you must show the best improvement! Let's get more of the Chips out to challenge the CSUS track (Thursdays at 5:30 p.m.) and the RESCUE 16 (Usually Sundays at 7:15 a.m.)

Some thoughts on training: Training is specific. In order to run fast, you must do some of your training faster than your goal race pace. If you want to run a 2:59 marathon, this means you expect to run 26.2 miles at 6:51 per mile pace. Hence, you should have one or two runs per week of 5-10 miles at 6:30 to 6:40 per mile; this is in addition to your weekly strength run of 16-25 miles. For other goal pace levels, adjust the pace of these "tempo" runs accordingly. Consider also that for most of us our running/racing goals involve distances of 5 K and up; these are primarily strength events--we are NOT running anaerobically. Hence, our best benefits in training will come from strength type training; I suggest that this means FAST/HARD runs of 2-10 miles. Ideally training seems to progress best when you have a general plan you are working around; this plan should include some recovery days.

Even on your hardest days, you should be able to finish your planned workout knowing you COULD have done more, maybe much more; but knowing that for long-term development you will NOT push yourself to that final ragged edge. PATIENCE IS REWARDED. WOMEN RUNNERS: A special reminder to keep up your iron supplements and other minerals. Borderline anemia is hard to identify early, but its symptoms of nagging fatigue are deadly to your racing hopes.

George Parrott

HELP WANTED: VOLUNTEERS

We need CHIPS to help with the finish at the run scheduled on August 28 as a fundraiser for the Equal Rights Amendment. Buffalo Chips have volunteered to support this event by lending our special expertise in this area. If you can handle a stopwatch or a clipboard, you can help make this event smoother and more enjoyable for the participants. Please call CHIP member Carole Nutt at 456-9633(h) or 355-0660(w). (Carole says, "We're an Equal Opportunity volunteer group--all CHIPS are encouraged to apply!")

NORTHEAST FAMILY YMCA FUN RUN
5 & 10K
MAY 26, 1983

Marantha Full, 1/2 & 10K
Po Adams

A small field of 84 runners showed up for this race. I'm not sure if those who did come for the race or the pancake breakfast provided by the YMCA for all the runners. Anyway, John McIntosh was most thankful that all you "fast" masters went elsewhere to race this particular weekend. This enabled Big John to run to first place in the 40-49 division. Truth is he just didn't want LaDonna to catch him in the 5K.

In the 10K, the untimely visit of Jim Bowles (USAF) prevented the High Dunger from capturing his second road race victory in May. For those of you who are wondering - I ain't getting faster - I'm gettin' smarter. You got to pick the low key races with minimal (or zilch to be certain of victory) competition!

5K (40 Finishers)

| Overall Place | Name | Time | Division |
|---------------|--------------------------|-------|------------|
| 6 | George Parrot (injured?) | 18:31 | 30-39 2nd |
| 9 | John McIntosh | 19:16 | 40-49 1st |
| 11 | LaDonna Washington | 19:36 | 1st Female |
| 14 | Byron Lea | 21:36 | - |
| 28 | Lisa Sargisson | 29:22 | 40-49 1st |

10K (44 Finishers)

| | | | |
|----|---------------------------|-------|-----------|
| 1 | Jim Bowles, USAF (Unchip) | 33:53 | 30-39 |
| 2 | Bosco Bailey | 34:45 | " 2nd |
| 3 | Tom Pearman | 35:09 | 20-29 1st |
| 6 | Mike Daigle | 36:27 | - |
| 7 | Jim Drake | 36:58 | 40-49 1st |
| 10 | Joan Reiss | 40:06 | 40-49 1st |
| 13 | David Marchi | 42:20 | - |
| 14 | Larry Walton | 42:39 | - |
| 32 | John Mannarino | 53:33 | - |
| 34 | Jo Ann Souvignier | 54:35 | - |

----Bosco Bailey----

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#9 - Clifford Stapp 41:53 Male 41

1/2 Marathon

Overall winner - Adam Ferreira
UnCHIP 108.55 M32 1

#20 Jimmy Low 1:32:17 M58 2 M50
#35 Michael Adreani 1:38:33 M13 2 MTeen
#37 Brian D. Lew 1:38:56 M22 8 M20
#46 Ronald Rader 1:43:40 M54 3 M50
#71 Paul Camerer 1:55:19 M64 5 M50
#81 Po Adams 2:06:02 F58 2 F50

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MASTER TRIATHLETE

1st Master - 49er Biathlon

2nd Woman - 1st Master -- Turlock Biathlon

1st Master - Sacramento Triathlon

Congrat's Nancy Molitor -- That's not
braggin--that's some great work!! Keep goin!!

SAN FRANCISCO MARATHON 7-24-83
Race Packet Pickup

On June 3rd, 1983, as previously stated, I mailed, via certified US Mail, 18 registrations to Scott Thomason. You should have or will shortly receive your confirmation card in the mail. Please SIGN it immediately, I cannot secure your race packet without your signature on that confirmation card. Then follow the steps below:

1. Mail or deliver to me not later than July 15, 1983. Do not mail your card after 7-8-83. Why? I will be moving on June 30th. Thus, if you mail it after that date, it may not reach me by 7-15-83 or before I pick up the packets in S.F. Pickup in S.F. will be on July 18th or 19th.
2. Mail to: 2823 D St. #5
Sacramento, CA 95816

or Deliver to above address (slide it under my door) or to my workplace:
Maternal & Child Health
714 P St., Rm 740
Sacramento, CA
3. You may pickup your packet (race number and T-shirt) at my residence during the following hours:

Thursday, July 21st 8-11 p.m.
Friday, July 22nd 7-11 p.m.

Call my home or work phone number to obtain my new address. Pardon this snag. But my moving was unavoidable. Home - 447-4326 (recording will give new number) Work - 323-3096

4. Even if you did not register through me, I can still pick up your packet so long as you get your signed confirmation card to me as outlined above.

--Bosco Bailey--

MONETARY AWARD - 1st CHIP

Some of you may be aware of the Club policy to pay money to the first CHIP finisher who is wearing the club singlet. This policy was first discussed and approved in August 1982 at the monthly meeting of the Board of Directors. Upon passage by the Board, this policy was as follows:

In any race where 10 or more CHIPS are finishers, the first CHIP, wearing a club singlet, will be awarded \$15. Any CHIP setting a course record will receive \$20.

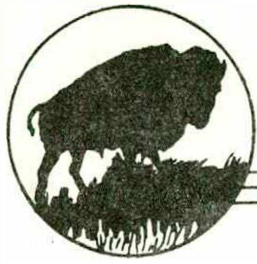
The policy was perceived to be inequitable by some, particularly the women. We concurred with that perception. Consequently, in April 1983 the Board amended the policy. The current policy is as follows:

In any race where seven or more men and/or 4 or more women CHIPS were finishers, the first CHIP in each category (if applicable), who is wearing a club singlet, will receive \$10. Any CHIP setting a course record will receive \$20.

Each month the Board approves payment, whenever applicable. If you are a finisher who is entitled to this monetary reward, please forward to a Board Member the results from the race or a list of the CHIPS who finished -- 7 or more men and/or 4 or more women, whichever applies. It is your responsibility to report this to the Board. We cannot simply accept verbal reports which may or may not be accurate.

----Bosco Bailey----





BUFFALO CHIPS

RUNNING CLUB



No. 66

| | | |
|-----------------|-------------------|----------|
| Glenn Bailey | High Dunger | 427-2319 |
| | Vice Dunger | |
| Bill Stainbrook | Dung Recorder | 487-8398 |
| Mike Miller | Dung Counter | 488-3833 |
| Eileen Claugus | Dung Co-Ordinator | |
| Mike Miller | Dung Herder | 488-3833 |
| Abe Underwood | Race Chairchip | 392-7672 |
| Marge Hansen | Dung Editor | 428-5923 |

Oct. 29, 1983

CHIPS HOLIDAY AWARD DINNER

SUNDAY DEC 4th - 6 PM

CHURCHILL'S PIZZA
University Center

The CHIPS are providing the pizza, beer and soda. You are requested to bring a dessert. This affair will prove to be a very fun evening -- don't miss it!!

ELECTION OF BOARD MEMBERS

On January 11th, 1984 (Wednesday) we will hold our annual election of members to serve on the Board of Directors. You may nominate yourself or any member, paid in full for '84, who is willing to serve a three year term. Of course, current members whose terms expire may be nominated for reelection. There will be three vacancies this year. Listed below are the current members:

| <u>Name of Member</u> | <u>Term Expires</u> |
|-----------------------|---------------------|
| Howard Jacobson | 12-31-83 |
| Marge Hansen | " |
| Barbara Farren | " |
| Bill Stainbrook | 12-31-84 |
| AJ Underwood | " |
| Marv Poyser | " |
| Glenn Bailey | " |
| Jim Drake | 12-31-85 |
| Reggie Benham | " |
| George Parrott | " |
| Mike Miller | " |

You should be mindful that, pursuant to a policy approved by the General Membership in May, any member of the Board who is absent from the monthly meeting four times during any 12 month calendar period is automatically off the Board. This policy became effective June 2, 1983.

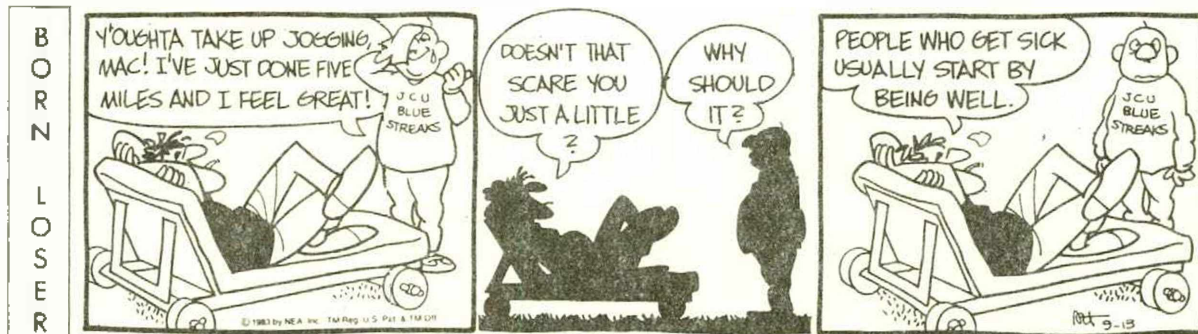
Buffalo Chips Board of Directors Meeting
October 6, 1983 - Marge Hansen's residence
Directors present: Mike, Glenn, Jim, Reggie,
George, Barbra, Howard, Marge.

Meeting called to order 7:45 pm

1. Holiday Party: Glenn will contact Eileen in Cupertino to see if she still wants to plan event. Board approved \$300 allocation for social event.
2. Discount for early renewal of membership: Consensus of Board is that in '83, club has expended generous sum on social events, reimbursement to first of seven men, and first of four women or record setters at races. Singlets and T-shirts are available at McIntosh's Sports Cottage. Plus members receive 10% discount at a number of local retail outlets.
3. Discussion of balance in club account: decision made to maintain a \$2,000 balance.
4. Equipment Purchase: Charlie Mersereau is moving shortly to Missouri. Thus the club will no longer have access to his home computer and printer to produce address labels and update club roster, etc. Decision approved to expend a maximum of \$600 to buy a printer to be connected to Commodore purchased by George Parrott with Clarksburg 20 miler revenue. Club has been sharing Commodore, e.g. Buffalo Stampede.
5. Use fee for CSUS Track: General discussion on need to supplement total annual cost if an insufficient number of members do not pay the \$24 yearly fee to cover use for approximately 42 weeks.
6. Jed Smith 50-Time Limit: Approval of an 11-hour time limit for completion of the 50-miler 2/19/84.
7. Jan '84 General Meeting: Club needs to find a better place to meet as Shakey's on El Camino is probably too small, and above all too noisy.

Next meeting, November 3, 1983 at 7:45 pm:

Glenn's place: 935 Johnfer Way, #214, Directions: Take I-5 South, exit 43rd Ave., turn right, go two blocks, turn left - 2nd apt complex on your left "935-LeMarquis"



State of the Herd

In September, the Club conducted the Buffalo Stampede 10 miler and the Lake Tahoe 72 miler. These two races were managed by Jim Drake and Bill Stainbrook, respectively. Both races were profitable for the Club. Though the size of the field in the 72 miler decreased, the field in the Stampede increased somewhat. Jim and Bill are to be commended for their time and effort on behalf of the HERD. Thanks guys.

Don't forget the Clarksburg 20 mile Classic and the CA International Marathon. If you can help, call George Parrott or Gary Green. If you can't help -- RUN. And if you can't or don't wish to run -- enjoy whatever it is that brings you joy, excitement or ecstasy.

Few CHIPS attended the third General Meeting held at noon following the '83 Sacramento Marathon. The meeting therefore was very brief. One question which arose pertains to the balance in the Club account. Presently, the balance is approximately \$3,400. How does the Board propose to expend this amount, etc.? I urge you, if it is of any interest to you whatsoever, to read the minutes from the Board meetings. Once again, the Board meets the first Thursday of each month. The minutes will give you an idea of what the Club is doing, what problems we may be encountering and how we are expending revenue generated from races and membership dues.

The annual election of members to the Board of Directors will be held during our next General Meeting, Wednesday, January 11, 1984. Place and time to be announced in the next newsletter. Pizza and beverage will be provided by the Club.

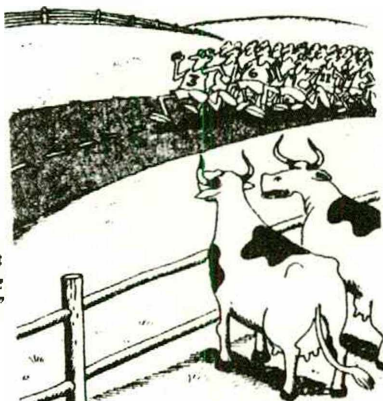
Possibly, some of you have heard that the HERD will be losing an inveterate CHIP. Seems this CHIP was offered "a deal he just couldn't turn down." Sounds interesting. It's all on the up and up, as they say. While many of us journeyed west to secure a niche for ourselves here in California, this CHIP will be sojourning East to settle down -- one more time. You see he's goin' back home! One, however, could still say he'll be out West since he'll be west of the Mississippi River. He's headin for Missouri. That's the "show me" state. Indeed, he's shown us a great deal and he'll certainly show Missouri some more. For those who don't know or haven't guessed by now, Charlie Mersereau is the CHIP of whom I speak. Charlie, we'll miss you. Thanks for your years of dedication, countless hours given freely, to support and to build the HERD. Take care and continue to roam in sound health.

Finally, with the advent of shorter days and reduced daylight hours, we'll be running in the dark more than we may care to. So please exercise caution, protect your life -- make yourself visible. Wear a light or reflective material (vest, etc.) and run against (facing oncoming) traffic.

Your High Dunger,

Bacco

"I'd hate to be in a box canyon with those coming at me."





BUFFALO CHIPS

RUNNING CLUB



Scott Thomason, Race Director
San Francisco Marathon
PO Box 27385
San Francisco, CA 94127

September 8, 1983

RE: The 1983 San Francisco Marathon

Dear Scott:

The 1983 San Francisco Marathon, July 24, 1983, achieved a number of objectives which were established by race management. This was accomplished despite a few problems, one nearly catastrophic -- the late delivery of the portable bathrooms. Unquestionably, this mishap will be an item of animated conversation amongst runners for many years. Still, I believe most runners adapted readily to that predicament and can now, in retrospect, find it to be somewhat humorous. However, I am certain you found it to be extremely aggravating!

On the whole, the positive points of the SF Marathon far outweighed the few negative points. The weather was absolutely superb. Course monitoring and control facilitated the flow of runners. While accommodating 10,000 or more runners, the start and finish of the race were handled skillfully as well as the aid stations. Though all runners did not set personal records, many attained their respective goals.

On behalf of the participants, approximately 60, from the Buffalo Chips Running Club, I commend you, your staff and each volunteer for your effort and success in managing a quality marathon. It is an awesome task.

Thank you for the opportunity to run through the streets of San Francisco. And we will see you again next year.

Sincerely,

Glenn K. Edley, President
935 Johnfer Way #214
Sacramento, CA 95831

Notes from the ED.....

What great runs lately - and what fantastic weather!! Many CHIPS have done marvelously well. Should make all your hides proud to be a member!

Thanks again for all those who have submitted articles and assisted in some way to make this newsletter bigger and better. Still wanted is an Editor - or maybe two -- to take over the reins. Let me know if you have any interest. (428-5923) It's fun and rewarding.

Don't forget our Annual Meeting is January 11th. We need your attendance for all the good things in store. So plan on being there. (This should be ample time to mark your calendar!)

It's getting around to renewal time again! Take heed!! Fill out your application and send to Mike for your 84' membership.

If you don't read your newsletter and absorb the information -- you have no reason to complain about missing out on things. So wake up and read it all! You may have your name in there!

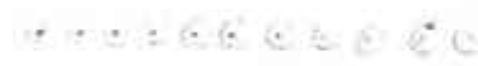
NEXT DEADLINE IS DECEMBER 15th!!!!

Please complete this and submit to Ed to assure that your name will appear under particular race.

| |
|---------------------------|
| My time for _____ run on |
| _____ was ____:____:____. |
| Signed _____ |

send to: Marge Hansen
2416 Edna St
Sacto, CA 95822

Any members of the "CABRILLO CLUB" Please contact Mike Miller at 445-2898



CHIPS N DIPS

Did anyone out there know that we have a member who is a "celebrity proctologist?" He heard about the CHIPS "through scandalous rumors involving their women stars." His previous running experience: "I once ran a 4:03 mile barefoot; my junior high school coach removed his cigar and said, " "kid, I think ya gotta little talent there." His goals are: to humiliate George Parrott on a consistent basis (this is a little known path to saint-hood)".

-Name withheld to protect his hide!

RUNNING SCENE MAGAZINE

Northern California's newest running publication, Running Scene Magazine, will be coming out this mid December. The magazine will have the usual training and medical advice but will be oriented around features on Nor-Cal people and events. The first issue will feature Laura and Dennis Rinde, the California International Marathon and lots more. A special introductory price of \$8.00 will give you the first issue and '84 subscription (6 issues). Less than \$1.15 per issue. This is a slick magazine, not a tabloid. To subscribe or for information, contact:

Running Scene Magazine
4020 El Camino Ave.
Sacramento, CA 95821
481-5596

ON THE LIGHT SIDE:

"Satirical" impression of one writer on triathlons, published in the sports section off the SF Chronicle in late August 1983. Anyone wishing to submit a rebuttal should at least meet his criteria for a triathlete!

Triathlon: Muscle-Headed Masochism

The dumbest sport on the planet is something called the triathlon. They're holding one of those sweaty monstrosities at South Lake Tahoe in two weeks. It's called "The World's Toughest Triathlon."

A thousand masochists will swim 2.4 miles in the frigid lake, then jump out of the water, leap on to their bikes and pedal like maniacs for 120 miles. If they're still alive, they run 26.2 miles in the dark. Most of the competition takes place in a rarefied, lung-busting atmosphere above 6,000 feet.

The triathlete is desperately trying to overcompensate for the fact that there's nothing unusual about him. He's a righty. He learned to read exactly at grade level--never above or below.

But he wants to be special, and he would do almost anything to get his name in a record book. So he makes a total commitment to an activity so insane no normal person would go near it. He tries to become famous through an unnatural willingness to risk public heart seizure. He does it to hear someone say, "My God, what an iron man."

He pretends not to hear when people say, "Who cares?"

The triathlete may already be in his 30s, but his body is as firm as plaster. He has a pair of pecs you wouldn't believe, and his skin is as golden as a well-basted turkey's from being in the sun all day. He likes the feeling of sweating through his shirt.

Of course, he doesn't have a job. Work gets in the way of training, so his dad, who owns a tropical fish store, pays the triathlete to adjust the bubbles in the tanks once a week.

He has a girlfriend who's also into setting endurance records. Once, they set a sex record, going for 21 hours straight, pausing only for Gatorade breaks and to check their pulse rates. He's sure about the mark because he's attached an electronic timer to his mattress.

When you speak to him, he pops vitamins as if they were Jujubes, and he talks a mile a minute about the virtues of vitamin E and rose hips. He eats chocolate on the sly.

He never heard of Menachem Begin or Reggie Jackson. The only thing he's competent to talk about is his sport. His main topics of conversation include: pain thresholds, comparative bike tires, the Australian crawl, shoe rubber, and of course, sweat replacement.

He can't understand why you're not into triathlon. He becomes offended when you say watching triathlon is as gross as watching a fat slob overeat. He says triathlon makes him feel like a pioneer expanding the limits of human experience. He says he's a hero.

He has only one complaint about triathlon. It's too easy. Almost anyone can do it these days. He wishes they'd make it harder and longer. He wishes he could run right off the earth.



CELEB'S IN OUR MIDST!!

As seen in the National Masters News on page 18 of October, 83 issue-- were the rankings of the 1982 Masters Half Marathon Rankings. The top 25 in each 5-year age group from age 35 up. Compiled by the National Running Data Center exclusively for the National Masters News. (Available in the book U.S. Distance Rankings, 1982, Vol.II.)

Thought it would be of interest to fellow CHIPS that there were three CHIPS that made it in the top 25. First there's Paul Reese holding forth in two groups 60-64 with 1:26:10, (third in 65-69 with 1:25:53); Heidi Skaden-Poyser second with 1:26:37 in the 45-49 age group. And Po Adams number 12 with 2:01:29 in the 55-59 year group. The times were from last years Sacramento Marathon.

Congratulations CHIPS for making National News!!

From the Old S.F. Express Restaurant and their chef Tommy Giannotis, comes this hardy recipe that someone may enjoy trying. This is being served for Buffalo Days (Oct 19-23). They are celebrating the 100th birthday of the "Buffalo Bill Wild West Show"!!

A slightly wild and rather course in texture - it may appeal to some of our tough spirited Buffalo. If anyone tries it, let us know the results via Ima! You can purchase the meat at Corto Brothers.

BUFFALO STEW SANTA FE

3 lbs Buffalo meat
1/2 C flour
4 Tablsp butter
1 C chopped onion
2 garlic cloves, chopped
2 t salt
1 TBlspp paprika
1 C red wine
1 C tomato sauce
2 C beef broth

Cut meat into slabs and pound it with the back of the knife. Cut meat into 1-1/2 inch cubes. Sprinkle meat with flour. Melt butter in Dutch oven or heavy saucepan.

Saute onions and garlic til lightly brown. Add meat and brown well. Mix in salt, paprika, wine, tomato sauce & borh. Cover & cook over a low heat 2 1/2 hrs, til tender.

If vegetables are to be used, boil in seasoned water separately before adding them to the stew. Taste for seasoning before serving. One cup of sour cream may be added before serving.



*"Prince, if I've told you once,
I've told you a thousand times—
you've got to pace yourself!"*

DROPPINGS FROM THE REAR OF THE HERD

South Area---

The Halfast Chips are alive and well and meeting every Thursday evening at 6:00 (run starts at 6:15 sharp) at the Shakey's Pizza on the corner of Florin and Riverside Drive. We have a 3, 5, and 8 mile (more or less) courses in the Greenhaven area on wide streets with plenty of lights, one waterhole and plenty of bushes. Fanatics are allowed to do fartleks as long as they occassionally check on the rest of us. Beer and pizza after. Come join us on Thursdays.

Bill and Marie Wright, Ron Ulmer, Marge Hansen, Rod Nystrom, Cynthia Young, John Simons, and Nora Sterling comprise the herd so far. Anyone interested in joining us is welcome.

HALFAST CHIPS

SOUTH.....

When the Chips' marathon times are being counted at 2:30, 2:45, 3:10 do you check 'none of the above'? Is a 6-minute mile a good time for you on your bicycle? Is 4 hours in a marathon a goal for you? Would you like to improve, but harbor no guilt about never intending to "Reach Your Potential"?

Well neighbor, a few HALFAST CHIPS are getting together one night a week for a slow-workout/training run. We are pointing for the International Marathon in December and will peak for the Napa Marathon in March. For the price of one thin dime, a mere tenth of a dollar, you too can become a HALFAST CHIP. If interested, please call Bill or Marie Wright at 448-3212 or Ron Ulmer at 454-4490.

--Bill Wright--

MORE HALF-FAST NEWS

North.....

The North Area has formed half-fast group on Tuesday-Thursday nights. It meets at 5:15 pm at the Graduate, across the river from Sac State. What we have been doing is: 2-3 miles at a 9-10 minute a mile pace, then about 5-7 more miles at about an 8 minute pace. For those just starting the first is good, for those who go slightly faster, the first is a warm-up and the second part (or some portion thereof) makes a good run. We generally go up and down both sides of the river for the second part and around Sac State for the first part. Hopefully this will continue and we'll find and use new runs. Also, some of meet Saturday mornings, usually about 6:30 am for a 7-10 mile run and again on Sunday afternoon 4 pm or so at various locations (in the North-east part of town so far).

There is a beginning/slower interval group that is being led off from the same spot (the Graduate) at 5:30 Tuesdays. They do intervals at a pace suitable for those folks just starting intervals or for those who race at a 7:30 or slower pace. Randy Sturgeon (non-chip) leads this group. I haven't run with them but I will as soon as I can keep up and I'll report back then. If anyone knows more, let Marge know in time for the next newsletter.

---Mike Miller--



IMA COOKER

Autumn Apple Bread

| | |
|-----------------------|----------------------------------|
| 1/4 C shortening | 1 tsp salt |
| 2/3 C sugar | 2 C coarsely
grated apples |
| 2 eggs, well beaten | 1 tbsp grated
lemon peel |
| 2 C sifted A.P. flour | 2/3 C chopped nuts
(optional) |
| 1 tsp baking powder | |
| 1 tsp baking soda | |

Cream shortening & sugar till light and fluffy, beat in eggs. Mix. Sift flour, bak. pdr, bak. soda & salt. Add alternately with the grated apple to egg mixture. Stir in lemon peel & walnuts (batter will be stiff).

Bake in greased & floured loaf pan 8X5X3 at 350° for 50-60 minutes. Do not slice til cool.

Ima thanks you for the great recipes!!

GRANNY DIP

Lg can Rosarita Refried Beans (Spicy)
1 can chopped green Ortega chiles
1 sm bunch greer onions (chopped)
2 sm tomatoes (chopped)
1 sm car sliced olives
1 pt scur cream mixed with 1/2 pkg taco seasoning
1 1/2 # jack cheese (grated)
1 1/2 # cheddar cheese (grated)

Layer ingredients starting with beans and ending with cheeses. You can also add guacamole in the middle. Serve with corn chips.

This dip was served under the banner at the Sacto Marathon -- if you missed out it was your loss -- Yummy!!



Running Schedule



- OCT - 29 UOP Homecoming 5K, UOP Stockton, 9:30 am 209/946-2472
- OCT - 29 Weinstocks 5 miler, Weinstocks-Downtown, 9 am 488-7181
- OCT - 29 Mt. Pinole Skunk Run, PA/TAC X-C Championships, 10K, 415/222-0188
- OCT - 29 Calaveritas Marathon, 4 mi., Calaveritas, 10:30 am
- OCT - 29 Heart Run, 5 & 10K, Yuba City, 9 am
- OCT - 29 Care Run II, 8K & 2 Mile, 9 am Walnut Creek, 415/229-1584
- OCT - 29 The Dry Run, 5 & 10K, 10 am Polo Fields, GG Park, 415/381-2443
- OCT - 29 Sonoma County Peace Run - 9 am Santa Rosa, 8 K, 707/542-7041
- OCT - 30 Modesto Mile, 1 mi, Modesto Co Courthouse, 9 am, 209/524-6818
- OCT - 30 YMCA Golden Gate 1/2 & full marathon, Ferry Bldg, S.F., 7 am 415/392-4218
- OCT - 30 Madera Half Marathon, 13.1 mi, Madera T & C County Park, 8 am 209/673-3089
- OCT - 30 Halloween Fun Run - 10:30 am, Dixon May Fair parking lot, 5 K, 678-9532
- OCT - 30 The Great Crazy 8 Pumpkin Race, 8 K 2:15 pm, Mountain View, 415/965-8777
- OCT - 30 Delta-Thon '83, 9 am Contra Costa Distr Fairgrnds, Antioch, 6.2 & 1.6 415/757-2525
- OCT - 30 Women's Run in the Park, 5 Miles, 9am, Polo Fields, GG Park, 415/863-5255
- OCT - 30 Earthquake Run, 10K, 9 am, Spring Grove Sch, Hollister, 408/637-3126
- OCT - 30 Fall Fitness Footrace, 6.5 mi & 5 K 9 am, Talmage,--Ukiah 707/462-8404
- OCT - 30 Great Notalvo Griffin Chase, 10K, 9:30 am, Saratoga, 408/867-3421
- OCT - 30 Halloween Hobble, 10K, 9 am Woodside, 415/851-2768
- OCT - 30 DSE Golden Gate Promenade Run, 7.5 mi, 10 am, Dolphin Club, S.F.,
- NOV - 5 Circus Circus Run Reno Marathon, Reno NV, 9 am 702/329-0711
- NOV - 6 Apple Hill Harvest Run, 1/2, 3, & 6 mi, Abels Apple Acres-Placerville, 7 am
- NOV - 6 Stockton 1/2 & Full Marathon, Spans Center-Stockton, 8 am, 209/477-0538
- NOV - 6 Run for the Health of It, 10K, Hayward, 9 am 415/881-8255
- NOV - 6 Golden Empire Marathon, 26.2 mi, Bakersfield, Time tba, 805/325-9474
- NOV - 6 Footfeat V, 5 & 10K, 9 am, Orinda, 415/376-2435
- NOV - 6 Windsor Whale Runs, 1500 meters & 15K, 9 am, Windsor, 707/829-2888
- NOV - 12 Turkey Trot, 10K, Golden Gate Park, S.F., 10 am, 415/433-2133
- NOV - 12 Central California Marathon, 26.2 mi, Fresno (Cal St U), 7:30 am, 209/431-6820
- NOV - 12 Wellness Alliance, 1, 2, & 5 mi, 5138 Elkhorn Blvd, Sacto, 11 am, 725-8429
- NOV - 12 Summit Marathon, 26.2 mi, Los Gatos H.S., 7 am, 408/359-9311
- NOV - 13 Run for Sight, 3K & 5 mi, Santa Rosa, 8:30 am, 707/539-1064
- NOV - 13 HBO & Cable TV 10K Run, 8 am, Run to save the Cable Cars, Jeff & Hyde, S.F.
- NOV - 13 Second Annual Veterans & Friends Running Feat, 10K 9 am, San Mateo, 415/363-4571
- NOV - 20 Clarksburg Classic 5 & 20 mi, Delta H.S., Clarksburg, 10:45 am, 454-6884 or 972-7537
- NOV - 20 Turkey, Bike, Turkey, Run, Biathlon, 9 am, Walnut Creek, 415/943-MILE
- NOV - 20 Turkey Trot, 8.1 mi, 10 am Pleasant Hill, 415/676-5200
- NOV - 27 Beaver Believer, 8 am American River College, 4700 College Oak Dr, 4 mi, 331-3838
- NOV - 27 Mt. Tam Trail Run, 7.4 mi, Fairfax, CA, 10 am 415/925-4600
- DEC - 4 Calif. International Marathon, Folsom Dam 7 am, 916/422-3338
- DEC - 4 Great Berkeley Race, 5K & 15K, Otown Berkeley, 8:30 am, 415/568-8884
- DEC - 10 Christmas Relays, 5 x 4.64 mi, Lake Merced S.F., 9 am 415/342-3107

WATCH FOR:

FEB - 5 The Oakland Marathon & 1/2 Marathon, 7:45 & 8 am, 415/568-8884

- 1st Saturday of the month - Fleet Feet Fun Runs, 2408 J St., 8:30 am, 442-FEET
- 2nd Saturday of the month - K108 Fun Runs, 3 & 5 miles, 8:30 am, OLD SAC
- 3rd Saturday of the month - McIntosh Fun Runs, 3 & 6 miles, 8:30 am, 488-7181

This schedule is provided for your use courtesy of the Buffalo Chips Running Club. Dates and times are subject to change, check w/race directors. Entry applications are available at local running stores. Any additions to the schedule please call John McIntosh (488-7181) or Dave Low, (392-2215).

Notes and News from the
Tuesday/Thursday Gang

As many of us already know, but such achievements bear repeating, June Hill-Falkenthal won the Sacramento Marathon in a big PR of 3:00:29--oh for just 30 seconds, but the sub-three hour barrier is a feat she knows now is reachable. Reggie Benham placed second to June in the 26.2 miles with a PR 3:04, and LaDonna Washington anchored the Chip Sweep with her PR and 3rd place time of 3:05. Congratulations! Many new PR's were recorded in the Sacramento half and full marathon runs by members of the Tuesday/Thursday gang (as well as many other Chips); it was a fine day for racing.

Perhaps the most outstanding improvement in PR for the day was in the 3rd Place Overall runner in the full marathon. Tim Smith (21 years old), running in the training program since his 2:44 at San Francisco, turned a superb 2:34 and finished looking forward to even more exciting performances in the future. Obviously, Tim was also first Chip across the line October 2nd; Tim and Don Spickelmier duelled it out in the Stampede for first Chip honors there. Time prevailed with a low 54 minutes for ten miles, but Don's finish just behind him was my nomination for the day's best effort.

June's regular training partner, Warren Lockette, has been giving her all the inspiration (competition???) she needs for continued improvement. When June turned a mile PR in workout in the 5:40's, Warren PR'd with a 5:26. Just about the end of September Warren and June ran the Rescue 16 mile course for a last critical tune-up prior to their big marathon races, and Warren finished in 1:49 joining the sub-seven minute club for that tough workout. When June finished Sacramento in 3:00:29, it put Warren on the spot, for he was going to Detroit for the Free Press Marathon the next weekend (Oct. 9), and it looked like he should break that THREE HOUR BARRIER--BUT WOULD HE??? The waiting is, of course, over now; Warren PR'd in Detroit by 12 minutes with a 2:56!!!

NOTES (Cont'd)

In regular workouts some great mile times have been recently recorded: Rich Hanna, 4:28; Chris Turney, 4:34; Tom Wright, 4:49; Tim Smith, 4:51; Mike Kelley, 4:57; Gil Machado, 4:59; George Parrott, 5:00 (Damn!)

Women's training groups news: Bev Marx is back, at long last, to some regular training. Bev has brought herself back from a long bout with a chronic foot problem. Karen Coe is also back in more regular training after getting a slight reduction in her workload with the Bee. Dana Stokes is running well on her program to be ready for the December California International Marathon, and with June, Reggie, etc. the Chips may be able to field a very competitive women's team.

THURSDAY TRACK WORKOUTS: We are back using the CSUS track for organized interval-type workouts on Thursdays starting with a warm-up jog at about 5:45 pm and beginning the actual track session at about 6 pm. These sessions are organized, but they are not coercively directed; this means that this is a good opportunity to run a hard workout with others of similar ability under safe and non-threatening conditions. The track is much safer for hard running because it provides some very important cushion and we never have to worry about the danger of cars.

There are runners of every ability level at these workouts, and all ability levels can be accommodated in this THURSDAY track setting. We actually need more of you to participate in this program in order to share the rental costs of the track in a reasonable and acceptable way. Based on 25 Chips participating in the track/THURSDAY program, the cost share of the track rental is only \$24 per year or only about 50 cents a session! Sorry, we don't work fees on a per session or per month basis; but we do offer a family rate of \$30 per year. Let's get more of us out there on THURSDAY!! Come on out and try (FREE) the sessions and see if you want to make this a part of your regular training program.

CALIFORNIA INTERNATIONAL MARATHON NEWS

The 1983 edition of the Lake Tahoe 72 miler is now history. Spear Kronlage, a marine lieutenant, ran his way to victory in a near record time of 9:15:03. Glenn Bailey finished second for the second year in a row, in a time of 9:40:10.

Special thanks are in order to the following people who gave me the needed assistance to produce this race: Karl Yamauchi, Charlie Mersereau, Lincinda Ashby, Mom and Pop Stainbrook, and the fine people at Pepsi of Reno.

The race budget will show a profit of about \$300. There are left over race singlets (med-x-large) which I will sell for \$6.00. If anyone is interested, please contact me, Bill Stainbrook.



You may have already heard the news that Salasar is considering running the CIM. I don't know how hard he is thinking of this, or when he'll make the decision (he hasn't confided in me lately) but just the thought is quite a jolt.

CLUB RESPONSIBILITY

The CHIPS have, as a club, the general responsibility to volunteer for the various duties involved in running the race. To volunteer call Garry Green, at Fleet Feet Downtown, 442-3338.

IMPORTANT

In addition, the club has the specific responsibility of distributing informational flyers to all residences (and I think some businesses) within two blocks of the course. This will be done by distributing directly door to door, on a weekend just prior to the race. We are going to need a lot of volunteers for this as we have 1/3 of the course to cover. (The Capitol City Flyers and the Fleet Feeters have the other two thirds). Please contact me or Glen (high-dunger Bosco, that is) or any other board member. You can think of it as a training run, kind of, some portion of '82/3 miles of the shortest intervals on record, door to door. It must all be done so we'll need everyone .. and their brothers and sisters.... etc.

APPLICATION FOR MEMBERSHIP

NAME: _____
Please Print - As you want it to appear on Club Roster

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

_____ Check here if you have ever been a CHIP

_____ Renewal? Insert ONLY changed information.

IF FAMILY MEMBERSHIP LIST OTHER FAMILY MEMBERS AND THEIR BIRTHDATES:

Make check payable to: Buffalo Chips Running Club
Mail to: Mike Miller
P.O. Box 186
Carmichael, CA 95608

Dues for Membership:
Single-full year.... \$7.00
Single-July-Dec..... 3.50
Family-full year.... 10.00
Family-July-Dec..... 5.00

OLD SACRAMENTO

NOONER

first THURSDAY of each month

FREE!

The Old OLD SACRAMENTO NOONER a monthly fun run sponsored by the California Department of Parks and Recreation and the Old Sacramento Merchants' Association.

The FREE noontime fun run offers an accurate three mile course, timers, and refreshments. Runners should meet at the south end of the Central Pacific Passenger Station on the first Thursday of each month for sign-ups. The run starts at 12:00 noon and progresses along the bicycle trail to the turnaround point in Discovery Park and back. Refreshments await participants upon their return.

A new addition to the Old Sacramento Nooner will be the addition of "Team Competition." Three runners from the same business, Department, Club or Agency will constitute a team.

Come out and join the "Old Sacramento Nooner" for fun, competition, socializing and eats.

Lynda Swenson



3 MILE FUN RUN

course accurately measured and timed

12 NOON START TIME

meet at the south end of the Central Pacific Passenger Station, Old Sacramento

REFRESHMENTS

for information:

445-7373



sponsored by:



OLD SACRAMENTO

STAMPEDE

**CHIPS
Race Results**

The club put on another great Buffalo Stampede. The 454 finishers consumed 55 Domino Pizzas and 30 cases of drinks. The blood pressure and body fat check was popular as people were lined up all morning.

STAMPEDE CHIP FINISHERS

| <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Place</u> | | | | |
|--------------------|------------|-------------|--------------|--------------------|------|--------|-----|
| Tim Smith | 21 | 54:16 | 5 | Art Waggoner | 57 | 69:12 | 133 |
| Don Spickelmeir | 42 | 54:29 | 7 | Stuart Sargisson | 43 | 69:24 | 139 |
| Gilbert Machado | 29 | 55:42 | 9 | Pete Schoener | 42 | 69:35 | 142 |
| Steve Daniels | 35 | 56:25 | 12 | Steve Polansky | 37 | 69:44 | 144 |
| Mike Kelly | 37 | 56:41 | 14 | Thomas Windsperger | 35 | 69:46 | 146 |
| Mike Daigle | 34 | 56:41 | 15 | Michael Otten | 43 | 70:19 | 151 |
| David Warady | 26 | 56:54 | 16 | Rich Chiri | 37 | 71:06 | 157 |
| Bruce Fujimoto | 27 | 56:58 | 18 | Clifford Stapp | 41 | 71:15 | 159 |
| Eileen Claugus | 27-F | 57:08 | 19 | Frank Allen | 38 | 71:50 | 168 |
| Tom Pearman | 21 | 57:14 | 21 | Gary Wheeler | 44 | 72:41 | 179 |
| Dan Alarid | 41 | 57:25 | 23 | Pete Weisser | 47 | 72:54 | 184 |
| Tom Wright | 39 | 57:49 | 26 | Donna Wetterer | 32-F | 73:26 | 191 |
| Jeff Coe | 24 | 58:22 | 29 | James Gavin | 39 | 73:38 | 196 |
| Jon Sherburne | 31 | 60:36 | 38 | Larry Walton | 43 | 73:44 | 199 |
| Tim Hicks | 40 | 61:23 | 47 | Joel Uher | 33 | 73:59 | 203 |
| Igor Herman | 36 | 62:07 | 56 | Leslie Johnson | 26-F | 74:54 | 210 |
| Jeff Pearman | 29 | 62:12 | 57 | Ronald Rader | 55 | 75:23 | 215 |
| Bob Hedges | 37 | 62:32 | 59 | William Keenan | 48 | 76:14 | 223 |
| Chuck Conway | 43 | 62:33 | 60 | Jim Parsons | 49 | 78:21 | 239 |
| George Siller | 36 | 63:40 | 64 | Paul Camerer | 64 | 78:40 | 246 |
| Jack Jamieson | 50 | 63:48 | 66 | David Marchi | 48 | 78:59 | 248 |
| Tom Tabor | 32 | 64:10 | 69 | John Roberts | 30 | 79:53 | 258 |
| Reggie Benham | 29-F | 64:43 | 74 | Mike O'Neil | 59 | 83:00 | 292 |
| Roger Brown | 37 | 64:51 | 75 | Bill Ballantine | 50 | 84:00 | 306 |
| Gordon Hall | 51 | 65:20 | 78 | Gene Knoefel | 47 | 84:13 | 307 |
| Michael Adreani | 13 | 65:22 | 79 | Rod Nystrom | 43 | 84:48 | 316 |
| Dave Givens | 34 | 65:22 | 80 | John Mannarino | 43 | 85:15 | 320 |
| LaDonna Washington | 28-F | 65:34 | 82 | Jim Conzett | 36 | 85:19 | 321 |
| Ian De Silva | 29 | 65:44 | 86 | Marge Hansen | 45-F | 87:27 | 336 |
| Galen Baker | 34 | 66:48 | 100 | Betti Dolezal | 34-F | 87:42 | 339 |
| John McIntosh | 41 | 67:02 | 104 | Jimmy Low | 58 | 87:56 | 344 |
| Dana Stokes | 26-F | 67:08 | 104 | David Low | 27 | 87:57 | 345 |
| John Wilson | 33 | 67:16 | 109 | Cynthia Young | 30-F | 88:16 | 348 |
| Jim Finnegan | 44 | 67:22 | 110 | Carol Hendrickson | 42-F | 88:27 | 352 |
| Ken Johnson | 49 | 67:34 | 111 | Joe Lawrence | 45 | 90:15 | 369 |
| Joan Reiss | 46-F | 67:43 | 112 | Carole Nutt | 48-F | 92:44 | 382 |
| Bob Besso | 31 | 68:12 | 117 | Mike Warady | 24 | 95:51 | 404 |
| Lino Delgadillo | 38 | 68:28 | 119 | Po Adams | 59-F | 101:17 | 426 |
| Elliott Eisenbud | 40 | 68:40 | 120 | Louise Towers | 46-F | 103:54 | 432 |
| Chuck Honeycutt | 30 | 69:07 | 129 | Pam Sechrist | 38-F | 103:54 | 322 |
| | | | | Lisa Sargisson | 42-F | 106:21 | 441 |
| | | | | Elaine Reese | 53-F | 120:08 | 451 |
| | | | | Paul Reese | 66 | 120:13 | 452 |
| | | | | Vicki Laining | 34-F | 136:18 | 454 |

454 Finishers
18 1/2% CHIPS

SKYLINE 50 KM
 Sunday, August 8, 1983
 5400' climb, 4200' descent
 PA-TAC 50 KM Championship

Nine masochistic CHIPS "enjoyed" this run on a searching day -- 95^o-100^o degree temperatures in the Bay Area! But we were not alone! No. There were 290 starters in this one. And 221 runners managed to defeat the heat, hills and dehydration. Aid stations were rather spaced out - 5 miles apart in a few cases. Experienced runners carried water bottles. Then again, some experienced runners carried nothing. That's life.

Note from the results below that all nine CHIPS are males. Must tell us something about the wisdom of females -- or the bravado of the males in the HERD. You can answer that one for yourself!

CHIPS captured first place in the masters category(*) and third place in Open(#), respectively, in the team competition. Moreover, individually, some fine performances were turned in by the members of the winning teams. That's the way to rumble you 'animals'!

| <u>Overall Place</u> | <u>Name</u> | <u>Time</u> | <u>Place/Div.</u> |
|----------------------|-------------------|-------------|-------------------|
| 16 tie | Chris Delgado, 49 | 4:37:03* | 1st (40-49) |
| 16 / | Dana Gard, 38 | 4:37:03# | - |
| 19 | Tim Hicks, 39 | 4:44:06# | - |
| 20 | Pete Schoener, 42 | 4:45:48* | 2nd (40-49) |
| 34 | Roger Dike, 29 | 5:14:06# | - |
| 63 | John Clark, 41 | 5:37:48* | - |
| 81 | Glenn Bailey, 36 | 5:54:31 | - |
| 82 | Jerry Blinn, 36 | 5:54:31 | - |
| 159 | Steve Galvan, 45 | 7:08:24 | - |

--Bosco Bailey--

Zoo Zoom 5K & 10K
 Sunday, October 9, 1983

Some CHIPS performed well at this race which attracted 1,052 finishers. A benefit for the Sacramento Zoo, this year's race was quite successful.

| <u>Division Place</u> | <u>Name</u> | <u>Time</u> |
|-----------------------|---------------|-------------|
| 1st Overall | Doug Hanna | 15:50 - 5 K |
| 2nd (30-39) | Mike Kelly | NA - 5 K |
| 2nd (40-49) | John McIntosh | NA 5 K |
| 2nd (50-59) | Dick Petruzzi | NA 5 K |
| 1st Overall F | Bev Marx | 18:10 5 K |
| 2nd (50-59) | Marge Lawson | NA 5 K |
| 1st (30-39) | Randy Marx | NA 10 K |
| 3rd (30-39) | Denny Green | NA 10 K |
| 1st Overall F | Reggie Benham | 38:28 10 K |

NA = time "not available" or unannounced at awards ceremony.

--Bosco Bailey--

CALIFORNIA 50-MILE ENDURANCE RUN
August 6, 1983

This is a new ultra which is held in Annadel State Park, Santa Rosa, CA. The course, a 25-mile loop, traverses diverse terrain - dirt trails, rocky trails, fire roads, and shady meadows and forest. Total elevation change and is approximately 6,500 feet. Unfortunately, it was 105 degrees (114° at a major checkpoint high on a hill exposed to the sun) on August 6th in Santa Rosa. Thus many of the 70 starters suffered considerably despite a 6 am start. Thanks to excellent race management, 47 runners managed to complete the inaugural running of this event. James Clover of Healdsburg, a CHIP, assisted the Empire Runners in this endeavor; moreover, Jim was very helpful and encouraging to me, Jerry Blinn and Bob Potter, the three Chips in the field.

Displaying our true animalistic nature, Jerry, Bob and I finished in 14th (10:08), 20th (10:31) and 6th (8:43) place overall, respectively. Bob, running his first ultra, did a commendable job. See ya next year Bob! Congratulations. Demonstrating sound judgment and common sense, Bob relaxed the next day. In contrast, Jerry and yours truly (whoever said the High Dunger has common sense?) journeyed to Richmond and sauntered through the Skyline 50K together - the very next day! What a weekend! Though quite weary from the CA 50 miler, Jerry and I were able to "cruise" through the 50KM in 5:54 (81st & 82nd of 220) on another scorching day of heat - 90 + degrees.

For those interested, the Empire Runners plan to hold the CA 50 miler in May of 1984 to avert another clash with an unpredictable heatwave.

--Bosco Bailey--

More Than 1,000 Ran
Sacramento ZOO ZOOM

Thanks to all Buffalo Chips who ran in the 4th annual Sacramento Zoo Zoom, 5K and 10K fun runs held October 9th in Land Park, finishing in the Zoo. We had a great crowd, great weather and a fun time.

This year's Zoo Zoom had 1,052 finishers (including 152 in the kids' half mile race which preceded the 5K and 10K runs.) The event generated more than \$8,100 in gross income to benefit the Zoo, with all 1,030 Zoom Zoom T-shirts sold out. (The previous year's finishers total was 452.)

Buffalo Chip Club Runners were prominent among the competitors.

Sponsored by the Sacramento Zoological Society and Capital Federal Savings and Loan, the Zoo Zoom hopes to become an enduring community event and a significant yearly run for Northern California the second weekend in each October.

The 5th annual Zoo Zoom is tentatively scheduled for Sunday, October 14, 1984. We hope as many Buffalo Chip runners as possible will take part in next year's Zoo Zoom.

See you at the starting line near the front gate of the Zoo on Oct. 14, 1984. The Zoo animals are looking for lots of Buffalo Chips in '84.

Pete Weisser
1983 Zoo Zoom Chairman
aka "The Badgered Buffalo"

Thanx Pete -- Great job!--Ed.

NIGHT MOVES - 5 MILE RUN
August 26, 1983

This event was held on a Friday evening at 7 pm to benefit the SPCA. For those who don't know, SPCA does not denote Slowpokes of CA, or Sleazy Plodders of CA, or Salacious Plebians of CA, or Salubrious Puritans of CA. SPCA is the acronym for the Society for Prevention of Cruelty to Animals. So approximately 300 'animals' toed the starting line at the El Rancho Hotel in West Sacramento on a warm but bearable evening. Of course, some of you may recall a similar road race at El Rancho in July of '81 when it was a scorching 106° F. The race was delayed 45 minutes due to the heat. Great help that was as the temperature merely dipped to 103° F at 6:45 pm! On the course the asphalt was actually melting in some spots.

But, as 'promised' by Jeff and Sandy of City Sports Works, the sponsor of this event, the weather was 'normal' this year -- at least on this particular date. One can hardly claim '83 has been a normal year for weather. Right?

The course is, uh, well - different. Not flat. Yet it's not truly hilly either. There were two 180° turns to negotiate. And runners had to cross the Tower Bridge (Am River) single file as traffic (runners) were going in both directions at that point in the race. The final 200 yards tested one's ability to turn both left and right at full speed or a fraction thereof.

All in all, it was a novel race which definitely has appeal indicated by the size of the field. One problem encountered by race management was that of unofficial runners (DIMWITS) crossing the finish line. I believe there were a dozen or more such jerks who were suffering from the Friday Night Blahs, or whatever. Personally, I find these runners to be obnoxious, inconsiderate and intolerable.

Converse shoes, bags and socks went to first, second and third, respectively, in each division. In addition, there were a number of random drawings.

The Race Directors have indicated that in 1984 a new site for this night run will be selected. Maybe we can run around the CHP Academy.

Below is a list of CHIPS who participated:

| <u>Place</u> | <u>Name</u> | <u>Time</u> | <u>Division</u> |
|--------------|--------------------------|-------------|-------------------|
| 1 | Dave Grimes (Unchip) | 25:49 | 1st Overall 20-29 |
| 3 | Rich Hanna | 26:06 | 1st 19 & under |
| 4 | Don Spickelmier | 26:48 | 1st 40-49 |
| 8 | Bosco Bailey | 27:32 | 3rd 30-39 |
| 10 | Dan Alarid | 27:50 | 2nd 40-49 |
| 25 | Karen Menge (Unchip) | 30:53 | 1st F 20-29 |
| 32 | Gordon Hall | 31:50 | 2nd 50-59 |
| 38 | Pete Schoener | 32:32 | - 40-49 |
| 44 | Ken Johnson | 32:50 | - 30-39 |
| 50 | Walt Betschart | 33:24 | 3rd 50-59 |
| 58 | Tom Windsparger | 34:01 | - 30-39 |
| 126 | Nancy Wardlow (new chip) | 39:46 | 3rd F 30-39 |
| 133 | Art Waggoner | 39:56 | - 50-59 |
| 140 | Dick King | 40:44 | - 50-59 |
| 153 | Marge Hansen | 41:57 | - 40-49 |
| 167 | Carol Hendrickson | 42:39 | - 40-49 |

1983 PEPSI of RENO 72 MILE LAKE TAHOE RUN

| <u>Place</u> | <u>Name</u> | <u>Time</u> | <u>Place/Division</u> | <u>Age</u> | <u>Hometown</u> |
|--------------|-----------------|-------------|-----------------------|------------|--------------------|
| 1 | Spear Kronlage | 9:15:03 | 1st/M-open | 23 | 29 Palms, CA |
| 2 | Glenn Bailey | 9:40:10 | 2nd/M-open | 35 | Sacto., CA |
| 3 | G.E. Jensen | 10:27:29* | 1st/M-40-49 | 45 | Middleton, Wisc. |
| 4 | Mark Brotherton | 11:21:05 | 3rd/M-open | 27 | Rancho Cordova, CA |
| 5 | Scott Zillmer | 11:37:59 | 4th/M-open | 26 | Redondo Beach, CA |
| 6 | Robert Perez | 11:49:01 | 5th/M-open | 34 | Corpus Christi, TX |
| 7 | David Manske | 11:50:36 | 6th/M-open | 36 | San Jose, CA |
| 8 | Charles Jones | 11:50:50 | 7th/M-open | 24 | Grass Valley, CA |
| 9 | Bob Dalton | 12:01:51 | 8th/M-open | 28 | San Jose, CA |
| 10 | Keith Pflieger | 12:02:57 | 9th/M-open | 34 | Pacific Grove, CA |
| 11 | Charles Fritz | 12:18:48 | 10th/M-open | 35 | Nevada City, CA |
| 12 | Robert Smith | 12:23:05 | 11th/M-open | 22 | San Jose, CA |
| 13 | Dennis Lindsay | 12:43:37 | 12th/M-open | 31 | S.Lake Tahoe, CA |
| 14 | Cowman Shirk | 12:43:37 | 13th/M-open | 39 | Kailia-Kona, HI |
| 15 | William Packard | 12:49:25 | 14th/M-open | 25 | Indianapolis, IN |
| 16 | James Perry | 12:55:37 | 2nd/M-40-49 | 44 | Grand Terrace, CA |
| 17 | Jim Grindley | 13:13:56 | 3rd/M-40-49 | 48 | Bozeman, MT |
| 18 | Dennis Coffee | 13:18:07 | 15th/M-open | 35 | San Pedro, CA |
| 19 | Dan Lindstrom | 13:20:54 | 16th/M-open | 33 | Los Gatos, CA |
| 20 | E. Romesberg | 13:26:23 | 1st/M-50+ | 52 | San Jose, CA |
| 21 | Steve Galvan | 13:28:58 | 4th/M-40-49 | 45 | Reno, NV |
| 22 | Neal Fujioka | 13:43:40 | 17th/M-open | 31 | Berkeley, CA |
| 23 | Dan Holzer | 13:57:48 | 18th/M-open | 37 | Tahoe City, CA |
| 24 | Jerald Blinn | 13:58:13 | 19th/M-open | 37 | Quincy, CA |
| 25 | Roger Ritzlin | 14:17:24 | 20th/M-open | 34 | Reno, NV |
| 26 | Russ Gamble | 14:41:09 | 21st/M-open | 33 | Union City, CA |
| 27 | Floyd Whiting | 14:44:58 | 5th/M-40-49 | 42 | Reno, NV |
| 28 | Bob King | 14:56:43 | 6th/M-40-49 | 41 | Glendale, CA |
| 29 | Stephen Jaber | 14:56:54 | 22nd/M-open | 31 | S.F., CA |
| 30 | Jeffrey Weiss | 14:57:04 | 23rd/M-open | 34 | Berkeley, CA |
| 31 | Pam Smith | 15:01:55 | 1st/W-open | 29 | Riverside, CA |
| 32 | John Jordan | 15:01:55 | 24th/M-open | 38 | Riverside, CA |
| 33 | Dick Collins | 15:26:09 | 2nd/M-50+ | 50 | Oakland, CA |
| 34 | John Buenfil | 15:26:09 | 25th/M-Open | 36 | Berkeley, CA |
| 35 | Dave Olney | 15:27:31 | 7th/M-40-49 | 41 | Pacific Grove, CA |

* Indicates record

67 Official entrants
 58 Official starters
 35 Official finishers
 60% finish ratio

Dick Collins and John Buenfil competed in their 5th "72 Miler"
 75⁰ High for the day.



"Jigger? What jigger?"

What Does it Take to be Nationally Ranked?

You often hear about so-and-so being "nationally ranked," but what exactly does that mean? In some cases it means nothing at all, except that so-and-so has hired a PR man to hype his reputation! But to the National Running Data Center (NRDC) in Tucson, Arizona, "nationally ranked" means something quite specific. Each year, the NRDC compiles data on the hundreds of thousands of men and women who competed on certified courses at standard distances. The best performances are ranked by age/sex category for each distance, and listed in the NRDC's annual publication, *U.S. Distance Rankings—Volumes I and II*. To be listed in the rankings for 1982

(published in June, 1983), you had to make the "cut," which varies according to the number of people of your sex and age who competed in it. For example, in a popular event like 10 kilometers, NRDC ranked the top 200 times for open men and the top 100 for open women. In the less frequently run distance of 50 miles, the rankings are 30 deep for open men, 20 deep for open women, and 10 deep for 5-year age groups.

The chart below shows how fast you had to be to make the cut and be recognized as nationally ranked in 1982. The different colors represent the "depth" of the rankings for various categories, e.g., the numbers in the

yellow blocks are the times you had to beat to be ranked in the top 100 for the indicated distances; those in the red blocks are the cutoff for the top 50. Categories for which there were insufficient numbers of runners to warrant meaningful rankings are outside the color blocks, the numbers in parentheses being the actual number of competitors in those categories for which data were compiled.

Perhaps the best use of this chart is not for those runners who were ranked, but for those who were not. A quick glance will show you how much improvement you are likely to need to make the list next year—or when you move up into the next age group!

| | 10K | Marathon | 8K | 15K | 20K | 10Mi | Half Marathon | 50K | 50Mi |
|--------------|---------------------|----------|---------------------|---------|---------|---------|--------------------|---------|---------|
| Men | | | | | | | | | |
| | 200th ranked runner | | 100th ranked runner | | | | 30th ranked runner | | |
| open | 30:09 | 2:22:21 | 24:25 | 46:45 | 1:05:42 | 50:30 | 1:06:55 | 3:34:11 | 5:53:15 |
| | 100th ranked runner | | 50th ranked runner | | | | 10th ranked runner | | |
| 35-39 | 33:40 | 2:34:19 | 27:50 | 51:21 | 1:13:06 | 56:00 | 1:14:11 | 3:47:52 | 5:56:37 |
| 40-44 | 34:33 | 2:39:41 | 28:59 | 53:20 | 1:15:02 | 57:37 | 1:16:20 | 3:53:49 | 6:37:09 |
| 45-49 | 36:55 | 2:48:55 | 30:33 | 55:56 | 1:20:47 | 1:01:42 | 1:22:13 | 4:07:17 | 6:55:15 |
| 50-54 | 38:15 | 2:57:41 | 31:47 | 59:21 | 1:25:25 | 1:04:56 | 1:25:46 | 4:47:57 | 7:17:51 |
| 55-59 | 42:52 | 3:16:05 | 36:50 | 1:05:58 | 1:35:47 | 1:10:54 | 1:34:58 | (7) | 9:44:50 |
| 60-64 | 46:16 | 3:30:45 | 40:11 | 1:10:57 | 1:51:42 | 1:17:57 | 1:41:39 | (7) | (3) |
| 65-69 | 56:33 | 4:42:26 | (28) | 1:30:17 | (20) | (24) | 2:18:33 | (7) | (3) |
| 70-74 | (68) | (41) | (12) | (24) | (8) | (22) | (17) | (1) | |
| 75-79 | (22) | (7) | (3) | (7) | (7) | (2) | (3) | | (1) |
| 80+ | (8) | (2) | | (1) | (2) | | | | |
| Women | | | | | | | | | |
| | 100th ranked runner | | 50th ranked runner | | | | 20th ranked runner | | |
| open | 35:44 | 2:51:08 | 29:34 | 55:35 | 1:18:11 | 1:00:46 | 1:20:13 | 4:48:15 | 7:57:07 |
| | 10th ranked runner | | 10th ranked runner | | | | 10th ranked runner | | |
| 35-39 | 41:39 | 3:13:51 | 35:11 | 1:06:45 | 1:33:50 | 1:11:40 | 1:35:16 | 5:31:36 | 9:44:58 |
| 40-44 | 43:12 | 3:24:26 | 36:43 | 1:08:03 | 1:38:30 | 1:15:28 | 1:36:18 | (4) | 9:15:33 |
| 45-49 | 46:57 | 3:44:13 | 41:17 | 1:15:34 | 1:55:53 | 1:21:58 | 1:46:44 | (4) | 9:27:41 |
| 50-54 | 50:24 | 4:23:19 | 46:21 | 1:26:20 | 2:13:17 | 1:29:47 | 1:55:22 | (1) | (3) |
| 55-59 | 1:00:21 | (77) | (29) | (43) | (13) | (20) | (36) | (1) | (1) |
| 60-64 | 1:51:00 | (35) | (19) | (16) | (6) | (12) | (18) | (1) | |
| 65-69 | (30) | (9) | (6) | (4) | | (4) | (3) | | |
| 70-79 | (16) | (6) | (5) | (4) | (2) | (2) | (2) | | |
| 80+ | (2) | (1) | | | (1) | | | | |

40% Discount 40% Discount

COUPON

JED SMITH 50 MILER '84

For members (paid in full for 1984) of the BC Running Club. Mail coupon with signed application-flyers will be available in mid November '83.

Race Entry Fee -\$10 Current Members -\$6

COUPON

40% Discount 40% Discount



"We jogged 3 miles, pumped iron at the health club for an hour and played 2 games of racquetball — remember when a date was dinner and a movie?"

LATE NEWS

GOOD LUCK TO:
 JOAN REISS
 in the NEW YORK MARATHON

and

SALLY EDWARDS
 in the HAWAII Ironman TRIATHLON

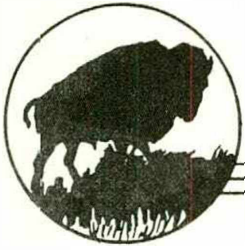
Congrat's Sally - (she placed 6th)

FLASH!

Marge Hansen
 Buffalo Chips Running Club
 2416 Edna Street
 Sacramento, CA 95822



Abe Underwood
 6555 Park Riviera Way
 Sacramento, CA 95831



BUFFALO CHIPS

RUNNING CLUB



No. 65

| | | |
|-----------------|-------------------|----------|
| Glenn Bailey | High Dunger | 427-2319 |
| Eileen Claugus | Vice Dunger | 366-3270 |
| Bill Stainbrook | Dung Recorder | 487-8398 |
| Mike Miller | Dung Counter | 488-3833 |
| Eileen Claugus | Dung Co-Ordinator | 366-3270 |
| Mike Miller | Dung Herder | 488-3833 |
| Abe Underwood | Race Chairchip | 392-7672 |
| Marge Hansen | Dung Editor | 428-5923 |

Sept. 3, 1983

GENERAL MEETING

OCTOBER 2nd at NOON under our banner at the Sacto Marathon.

See you there!!

HALFAST CHIPS

When the Chips' marathon times are being counted at 2:30, 2:45, 3:10 do you check 'none of the above'? Is a 6-minute mile a good time for you on your bicycle? Is 4 hours in a marathon a goal for you? Would you like to improve, but harbor no guilt about never intending to "Reach Your Potential"?

Well neighbor, a few HALFAST CHIPS are thinking of getting together one night a week for a slow-workout/training run. We are pointing for the International Marathon in December and will peak for the Napa Marathon in March. For the price of one thin dime, a mere tenth of a dollar, you too can become a HALFAST CHIP. If interested, please call Bill or Marie Wright at 448-3212 or Ron Ulmer at 454-4490.



| | | |
|---|--------|--------------|
| 50% Discount | COUPON | 50% Discount |
| BUFFALO STAMPEDE '83 | | |
| for current members of BC Running Club ONLY | | |
| Send \$3 + signed application + coupon to: | | |
| Stampede
3442 Whitnor Ct.
Sacto, CA 95821 | | |
| VOID AFTER 9/13/83 | | |
| 50% Discount | COUPON | 50% Discount |

This discount is to benefit current members who read the newsletter. Please don't ask for substitution to the menu.

Buffalo Chips Board of Directors Meeting
August 11, 1983 - George's house
Directors present: Glenn, Bill, George, Mike, Abe, Eileen.

1. Jed Smith Course - New 5 mile course in West Sac was amended and approved.
2. Pepsi 72 - updated information.
3. Folsom 10K - a \$200 net profit.
4. ARC Track - \$177,000 raised - need \$252,000 for phase I - \$281,000 needed for phase II -- Discussion underway for loans current track price is being held to the end of the year.
5. SLIDRA - model letter of association needs to be included in newsletter.
6. Karl W. measured Clarksburg course and will do paper work so we may modify any other paper work for certification to match.
7. Course monies - clarification of course record concept. Certified course, 200 in field/male & female, club race.
8. Jeff Bogle wants chronomix for August 26th. Approved.
9. Bicyclists request Tues. night runners on American River not obstruct complete bike land. Be respectful of others.
10. Club Picnic- about 100 people showed up. We need to enlarge our advertisements in newsletter for our own events.
11. Sept Club meeting set for October 2nd after the Sacramento Marathon. Look for the CHIPS banner. Meeting at Noon.
12. AR Bike Trail people will adjust trail mile markers.
13. Trying to establish slower running group to complement the Tues. night group.
14. Eileen announces her moving to Cupertino in September. Being unable to make any board meetings, she resigns as board of directors and will maintain her activities chairmanship.
15. Next meeting: Thurs. Sept 1st, 7:45 at Mike Miller's
16. Board does not wish to advertise in Runners Quarterly.

Buffalo Chips Board of Directors Meeting
July 7th, 1983 - Jim Drake's home
7:50 Meeting called to order

1. Storage space: Greg Soderlund and Ronny Harries offered space. Decided to accept Greg's offer as his home is in a more central location and less likely to be vandalized.
2. ARC track fund: Believed to be short of goal. No further details.
3. SLRDA: Gordon Hall is now treasurer in a staff position.
4. Folsom 10K: Lots of help needed.
5. Stampede: Most positions are filled, but Jim still needs a couple more people. The directors expressed a desire to restrict the size of Domino Pizza's advertising on the race shirt.
6. 72 miler: Bill requested money to get started, printing, etc. He also needs some people to be officials on race day.
7. Jed Smith 50: Glenn Bailey is the new contact person for the race. He is investigating a new 5 mile loop course in West Sacto.
8. Jeff Bogle requests use of the chronomix on July 17th and September 11th. Approved.
9. Race reward money:
Tom Pearman - Union 5 miler
Jeff Pearman - Bunny Run
Brad Brown - TAC 15 K
10. Club Awards: The categories were presented and accepted.
11. Club Picnic: Eileen indicated it would be at Goethe Park during the Great Race. Desserts being brought - the Club providing the rest.
12. Great Race: Help requested to man Watt Avenue ramps during the running portion. Representative advised to meet with the Tuesday night group.
13. Golden West Track Meet: Voted in favor of forming a committee to pursue solicitation of funds to support a women's section to the track meet.
14. Gordon Hall has agreed to be the masters racing coordinator.
15. Money Market Checking: Treasurer directed to look into the feasibility of placing the clubs treasury in such an account. Mike Selby will assist in this exploration.

Directors present at the meeting: Glenn, Bill, Marge, Jim D., Mike, Marv, George, and Eileen.

STATE OF THE HERD

Where did summer go? Indeed, some of us wonder if it ever arrived since it's been unseasonably cool and mild. Still, others are thankful for this unusual summer of '83. And, by and large, the HERD keeps thundering along. Though I hear that some Chips did not have a particularly good run at the San Francisco Marathon. Oh well, there's always Sacramento, Fresno, Stockton or that new one, uh CA Int'l in December. Pick and choose gang! Or be an ANIMAL and run all of them!

If you PR'd at SF or achieved your goal - Congratulations! For those whose goal became elusive, remember that success is often preceded by failure. It's part of this life and need not, indeed should not, be ridiculed or feared. Failure, to me, is never having tried at all.

Please read the contents of this newsletter carefully, especially the minutes from our recent Board of Director's meeting. Be informed. The choice is yours.

Meeting in the summer sun.....

The Chocolate Chip,

Bosco

Notes from the ED.....

Due to the summer schedules of the many common dung the newsletter is very untimely - but who rushes in vacation time, eh? Hope that all you CHIPS out there had or will have restful summers and are meanwhile taking advantage of the numerous runs that have cropped up. There were some greats!! Send me a report of your favorite or an eventful happenin'- love hearing from all your blessed hides!

The return address has changed due to P.O. regulations -- the return has to match the location from which they are sent. Any membership or change of address questions will still be handled by Mike Miller.

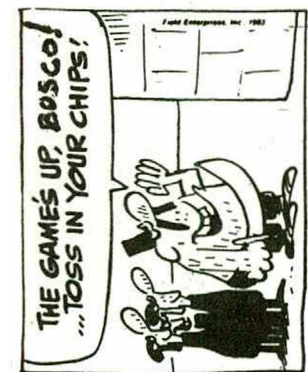
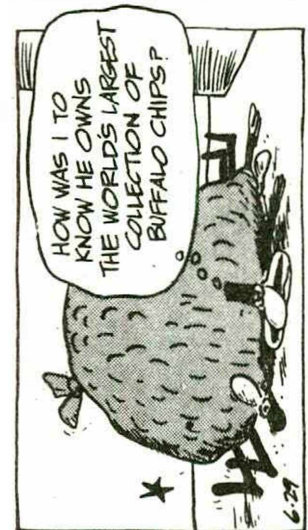
There seems to be an interest for the slower paced runners. GREAT!!!! If there are enough half-fast CHIP hides wanting to do this - we might have a south area group and a north area group! See Bill or Mike's article and call for details.

Thanks for the contributions that were sent in. Without your droppings we wouldn't have much of a newsletter!! Keep those cards and letters coming in!

NEXT DEADLINE IS OCTOBER 15th!!!!

See ya .. on the trails

Marge



Dear Club Member:

We need your help.

Plans are progressing for the California International Marathon to be held on Sunday, December 4 in Sacramento -- an event the running community and Sacramento as a whole can be proud to host.

The Sacramento Long Distance Running Association is doing everything it can to ensure that this marathon will be enjoyable for first time marathoners as well as the world class athletes.

Even so, the cost of a 26 mile race is staggering. Major sponsorship has been secured, but like most large races, there is never enough money to make a good race special.

To help raise funds locally, SLDRA has formed a sponsorship committee made up of Sacramento's business leaders. Now the committee needs the names of potential donors.

Please help us by mailing SLDRA the names of any person or business that may be interested in this race. You don't have to do any asking, just send names and addresses and the committee will do the rest.

As time is of the essence, it's important that we receive these names as soon as possible.

Send your potential donor names to:

Sacramento Long Distance Running Association
Post Office Box 214926
Sacramento, California 95821

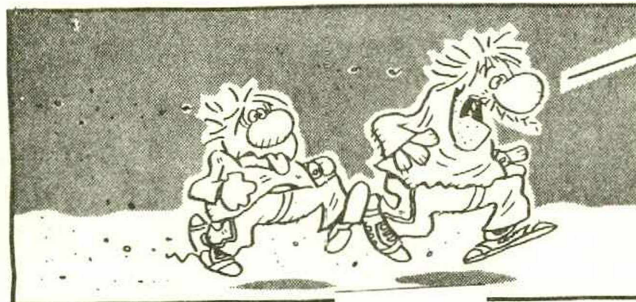
Thank you for your assistance.

Sincerely,

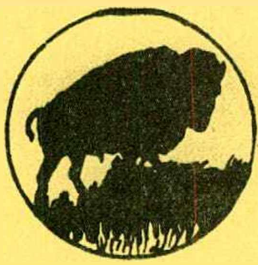
SLDRA Representative

sp

FRANK & ERNEST



IN THE 60'S I HIKED.
IN THE 70'S I JOGGED.
NOW I RUN.
SO WHY DO I KEEP
LOSING GROUND?



Running Schedule



- SEPT- 3 America's Love Run for MDA - 1 mi 8am- 5K 8:15am- 10K 9am- Fairfax (415) 453-5800
- SEPT- 3 Highland Run, 10K, 8:30 - Sonoma Co. Fairgrounds -Santa Rosa-(707) 544-3299
- SEPT- 3 Sausalito Breakers to Bay Run - 10K 8:30 am - Rodeo Beach, Ft. Cronkhite to Sausalito
- SEPT- 4 Sierra Nevada Triathlon - 7 am - Folsom Lake St Pk - 442-8326
- SEPT- 4 Casa To Casa Fun Run - 5 & 10K 8:30 am-Petaluma - (707) 778-4677
- SEPT- 4 Hoy's Sports 10K - 9 am So side Polo Flds GG PK- (415) 861-4697
- SEPT- 4 DSE Bay to Breakers Revisited - 7.6 mi- 8 am--Walt Stack, 741 Kansas #2, S.F., 94107
- SEPT- 5 FFRC Buddy Run - 10.6 mi 8 am-Team competition Winters Comm Pk. 758-6453
- SEPT- 5 Labor Day 10 Miler - 5th annual 9 am - Piner Elem Sch, Santa Rosa, (707) 546-7892
- SEPT- 10 Beaver Fever Run - 8:45 American River Coll - 3 & 6 mi - 331-3838
- SEPT- 10 Jug & Rose - 7 am Main St. in Volcano; 7.7 mi (209) 296-7791
- SEPT- 10 Amador Race - 7 am - Main St. in Volcano - 7.7 mi (209) 296-7791
- SEPT- 10 Drake's Bay 10 Miler - 7 am San Anselmo (415) 456-8220
- SEPT- 11 Wonderland Triathlon - 7 am Whiskeytown Reservoir, Redding - 244-2626
- SEPT- 11 Bump to Bump Run - 7:30 am 2- 15 mi courses-Davis or Freeport to Sacto.-or 3mi fun run
- SEPT- 11 Billy Mills 10K Champshp Run- 2 mi fun run-8:30, 10K championship run-9:15
- SEPT- 11 See the Sea, 8K - 9 am Loch Lomond Marina, San Rafael (415) 457-5838
- SEPT- 11 Indian Ridge Run, 5 & 10K 9 am - Moraga, (415) 376-2295
- SEPT- 18 Footsteps 2nd Annual Run-4.2 Mi 8 am - Redwd City (415) 591-4832
- SEPT- 18 Big Foot Big Heart Run 10K 9 am Polo Flds, G.G. Fk. (415) 731-2859
- SEPT- 18 Buffalo Stampede 10 Miler - 9 am Rio Amer. H.S., 485-8013
- SEPT- 24 Golden St. Women's Run 5 & 10K 9 am - Walnut Creek - (415) 943-MILE
- SEPT- 24 Run for MS 10 K & 2 Mi Fun Run West Valley College, Saratoga - (408) 247-9921
- SEPT- 25 Crow Canyon Classic, 10K 9 am, San Ramon (415) 82C-6685
- SEPT- 25 Bay Pacific 15K Footrace, 9 am, (long sl shirts)-G.G. Pk, S.F. (415) 388-1060
- SEPT- 25 Perry to Perry's Run, 13.1 mi. From Marina Green to Perry's-Mill Valley-(415) 383-1344
- OCT - 1 The Dam Run, 10K 9 am, Live Oak Hi, Morgan Hill - (408) 779-2316
- OCT - 1 Walt Stack Birthday Run, 10K 9 am, Ft Mason, S.F.
- OCT - 2 Bridge to Bridge Run, 8 Mi & 5 K Fun Run, 9 am - Embarcadera Plaza, S.F.
- OCT - 2 Marriott's Great Am. Carousel to Coaster 10K - 9 am-Entry to Pk w/finish-(415)984-3223
- OCT - 2 Mt. Diablo 10/20K, 8 am - Dirt trail race. Walnut Creek (415) 943-MILE
- OCT - 8 Mare Island Boy Scout Run - 10K 9 am - Vallejo - (707) 644-0427
- OCT - 8 Pamakid 8.5 Mile Lake Merced Race. 10 am - Sunset Pkng Lot-(415) 583-6268
- OCT - 9 Third Annual Columbus Day G. Gate Bridge Run-10K S.F. to Ft.Baker, Marin (415)322-3110
- OCT - 9 The Great Race VI, 10K 9 am.-- Stanford University- (415) 329-0862
- OCT - 9 The Great Grape Race, III, 10K & 1/4 Mi Kids Race - 8 am-Lodi-(209)334-1355
- OCT - 9 18th Annual Berkeley to Moraga 13 Miler, 8 am - (415) 943-MILE
- OCT - 9 Quick Silver Challenge 1/2 Marathon 8 am - San Jose (408) 723-7223
- OCT - 15 St. Vicent's Run for Kids, 3 mi - 8:30 14 & under--9:30 16 & over. Marinwood
- OCT - 16 Pumpkin Festival Run, 8K & 1K fun run 8 am - Half Moon Bay
- OCT - 16 Excelsior West End Run, 10K -10 am - Polo Flds, G.G. Pk, S.F. (415) 589-5685
- OCT - 16 Pumpkin Patch Run, 10K, 9 am - Fremont - (415) 791-4320
- OCT - 16 Support Our Schools, 10K - 9 am - Concord - (415) 820-2183
- OCT - 16 Young at Heart Run, 7.2 & 3.4 Miles - 8 am, Santa Rosa (707) 546-7147
- OCT - 23 John Muir Run, 10K & 5K - 9 am. Walnut Creek - (415) 939-1521
- OCT - 23 Modesto's Natural Light Foot Race - 10K & 2 Mi Run - 8:15 & 9 am-(209) 527-7597
- OCT - 23 Washington Hospital Employee Assoc. Run - 10K & 2.4 Mi Fun Run, 8:30 am- Fremont
- OCT - 23 CCPM 10 Mi Waterfront Dash, 8 am - S.F. (415) 563-3444
- OCT - 23 6th Annual Hayward 1/2 Marathon - 9 am Kennedy Pk, Hayward - (415) 881-6700

WATCH FOR:

- NOV - 6 Apple Hill Harvest Run -- 3 mi-9 am, 6.5 mi-9:15 Apple Hill -
- NOV - 6 3rd Annual Stockton 1/2 & full Marathon -- 8 am

- 1st Saturday of the month - Fleet Feet Fun Runs, 2408 J St., 8:30 am, 442-FEET
- 2nd Saturday of the month - K108 Fun Runs, 3 & 5 miles, 8:30 am, OLD SAC
- 3rd Saturday of the month - McIntosh Fun Runs, 3 & 6 miles, 8:30 am, 488-7181

 This schedule is provided for your use courtesy of the Buffalo Chips Running Club. Dates and times are subject to change, check w/race directors. Entry applications are available at local running stores. This schedule is as accurate as possible at the time of printing. Any additions to the schedule please call John McIntosh (488-7181) or Dave Low, (392-2215).

10
mile run

BUFFALO STAMPEDE



SUNDAY, SEPTEMBER 18, 1983
9:00 a.m.

- WHERE: RIO AMERICANO HIGH SCHOOL, 4540 American River Drive, Sacramento. From Highway 50 freeway take Watt Avenue north approximately 3/4 mile and exit on American River Drive, proceed east approximately 1-1/2 mile to the high school.
- COURSE: Certified, out-and-back to the Campus Commons area on American River Drive. It is flat on paved residential streets, starting and finishing at H.S.
- ENTRY FEE: \$6.00 preregistered and mailed by September 13. \$8.00 on race day.
- AWARDS: T-shirts will be presented to all finishers. Special awards will be presented to top finishers in the various divisions.
- DIVISIONS: The age divisions are the same for men and women: 12 and under, 13-18, 19-29, 30-39, 40-49, 50-59, 60+. Depth of awards are in proportion to entries in each division.
- MERCHANDISE: A random drawing will follow awards presentation. All registered runners present will have a chance at winning many merchandise gifts donated by various businesses that have helped to sponsor the run.
- RESULTS: Mailed in four weeks to all who self-address an envelope at the registration area on race day.
- AID STATIONS: Two on the course - at 4 and 7 miles.

WHERE WILL THE MONEY GO? Any monies left after the bills are paid will go to the BUFFALO CHIPS. The club was originally founded and still functioning to assist and promote running to all ages and abilities. The CHIPS equipment acquired from races like this is available free of charge to any individual or group putting on a local run. The most recent service project within the club generated \$1,400 that was donated to the American River all weather track project. Membership is open to anyone with an interest in running.

MAKE CHECKS PAYABLE TO: Buffalo Stampede

MAIL ENTRY TO: Jim Drake
3442 Whitnor Court
Sacramento, 95821 - 485-8013

Additional Race Information: 485-8013

SPONSORED BY: The BUFFALO CHIPS RUNNING CLUB OF SACRAMENTO

1983 BUFFALO STAMPEDE -- ENTRY FORM & WAIVER

In consideration of your accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights that I may have against the persons and organizations affiliated with the race, the officials, the County of Sacramento, the City of Sacramento, the San Juan Unified School District, the Buffalo Chips Running Club and the sponsors while participating in or traveling to or from the Buffalo Stampede on September 18, 1983. I further attest that I am physically fit and have sufficiently trained for competition in this event.

NAME (print) _____ SIGNATURE _____ DATE _____

ADDRESS _____ CITY _____ ZIP _____

DATE OF BIRTH _____ AGE _____ CLUB _____
(day of race)

DIVISIONS (Check) Men _____ Women _____

CATEGORIES (Circle one) 12 & under 13-18 19-29 30-39 40-49 50-59 60+
age on race day

(or duplication of original)

COURSE RECORDS

| | | | |
|----------------|----------------------|----------|--------------------------------|
| 1982 winners: | Rich Lankford | 49:47:05 | |
| | Eileen Claugus | 56:26:0 | |
| 12 and under - | Mike Adreani | 1:11:45 | course record |
| Women - | Adina Ellis | 1:36:36 | course record |
| 13-18 | Terry Burch | 1:05:07 | C/R: Jim Sane ('75) 53:11 |
| | No women | | |
| 19-29 | Rich Lankford | 49:47:5 | C/R: Jaime White ('80) 49:07 |
| | Pete Sweeny | 49:49 | |
| | David Rennish | 50:24 | |
| | Bob Deis | 50:42 | |
| Women | Eileen Claugus | 56:26 | course record |
| | Tena Harms | 59:37 | |
| | Jo Lee Houston | 1:01:56 | |
| | June Hill-Falkenthal | 1:07:21 | |
| 30-39 | Peanut Harms | 50:04 | course record |
| | Oren O'Halloren | 50:43 | |
| | Greg Jewett | 52:25 | |
| Women | Delores Morazzini | 1:05:12 | C/R: Rita Fagundes ('81) 62:45 |
| | Carolyn Tucker | 1:07:59 | |
| | Jackie Walker | 1:08:59 | |
| 40-49 | Sal Vasquez | 51:39 | course record |
| | Tim Jordan | 54:13 | |
| | Dan Alarid | 56:36 | |
| Women | Joan Reiss | 1:02:50 | course record |
| | Heidi Skaden | 1:05:29 | |
| | Ruth Waters | 1:11:02 | |
| 50-59 | Ross Smith | 57:19 | C/R: Jim O'Neill ('78) 54:57 |
| | Everett Riggie | 1:01:36 | |
| | James Nicholson | 1:02:56 | |
| Women | Elaine Reese | 1:43:01 | C/R: Marian McKone ('81) 77:11 |
| | Evelyn Carlson | 1:47:13 | |
| 60-99 | Paul Reese | 1:05:22 | C/R: Paul Reese ('80) 65:07 |
| | George Billingsly | 1:09:31 | |
| | Paul Camerer | 1:21:15 | |

Sacramento Olympic
All-Weather
Track & Field Project



June 22, 1983

Glenn K. Bailey, President
Buffalo Chips Running Club
2823 D Street, #5
Sacramento, CA 95816

STEERING COMMITTEE

Bill Allen
Al Baeta
Dr. Larry Bass
Bob Bell
David Brown
George Brown
Honorable Bill Bryan
Sam Burns
Bob Cole
Dan Cole
Honorable Lloyd Connelly
Casey Conrad
Dick Cristofani
George Dean
Ed Gillum
Roger Hackney
Ted Hansen
Stan Hazebroth—Vic Fazio
Elizabeth Jansen
Honorable Phil Isenberg
John Kehoe
Bob King
Eileen Klaugus
George Larsen
Steve Markstein
Jack Mauger
Honorable Burnett Miller
Honorable Jean Moorhead
Don Murchison
Tedd Murray
Mark Nelson
Sam Ok
Heib Rodebaugh
Dr. Ron Roth
Jean Runyon
Ralph Scurfield
Honorable Joe Serna
Mike Seward
Willard Shank
Honorable Sandy Smoley
Jean Snuggs
Robert P. Thomas
Bob Willett
Ron Wood
Woody Woodward
Mary Lou Wright

Dear Glenn & Members:

Thank you so much for your contribution to the Sacramento Olympic All-Weather Track and Field Project.

Your supportive involvement moves us another step closer to our goal. The realization of this goal, will put into place at American River College a truly community oriented track and field facility, serving for years to come the competitive and personal fitness needs of a multitude of active citizens.

Thanks again for your involvement.

Sincerely,

Al Baeta
Project Coordinator

AMERICAN RIVER COLLEGE
FOUNDATION
4700 College Oak Drive
Sacramento CA 95841
916/484-8141

Race Report/Historic Folsom 10,000
July 10, 1983

Faced with the competition of many other races these days, and the neglect of any intense or concentrated publicity, the crowd for the Folsom 10K was smaller again this year. On an almost perfect summer running day about 125 registered participants started the 1983 race. The course through its early stages was identical to past year's, but mile marks were added to the already available metric measurements. Due to recent and continuing construction in the start--finish area, the finish was re-routed from past races. The new finish took advantage of the brand-new parking lot at the corner of Natomas and Wales and allowed more crowd support for the runners' last 3-400 meters.

In addition, with the new finish area, registration, results, and awards were all sited in the same shady and attractive area. Runners were treated to chilled soft drinks donated by Coca Cola and Seven-Up while they waited for the division winners to be identified. All division winners were announced and presented by 9:45 a.m. and all random winners of the many gift awards for meals in various Folsom restaurants were completed by 10:00 a.m. The finish area was cleaned up and the volunteer staff off for breakfast by 10:15 a.m.

Based on very frugal race management and the good fortune of many donated gift certificates from supportive local businesses, the 1983 Folsom 10,000 returned about a \$200.00 profit to the B.C. treasury!!!!

--George Parrott &
Dave Low, Race Directors--

I might add, the race was very well supported by the many B.C. participants in their club singlets. This support was also often rewarded, as B.C.ers reaped many of the division awards and had more than their share (?) of the random awards too. Thanks for all the involvement by the many BC runners and the eager group of volunteers that worked to make this the smoothest race I have every been involved in.

83 BIRTHDAYS

There are plenty of CHIPS that have or will move into a new age category for this year. Congratulations for those of you that have hit the 30, 40, 50 or 60 age!!!

Let's hope we can get a Birthday Party together for these ol' CHIPS!! Be fun to throw one in honor of these ol' dingers!

The year or age was omitted so that there aren't any feelings hurt and I don't get hit with a pie!! (Buff pie that is).. You can pretty well guess --(or look on your roster)-- who is how many in most instances.

| | |
|------------------|------------|
| Reggie Benham | Oct. 16th |
| Chris Borland | Sept. 11th |
| Elliott Eisenbud | Jan. 14th |
| Charlie Gabri | Dec. 15th |
| Richard Gross | Feb. 26th |
| Tim Hicks | Aug. 30th |
| Howard Jacobson | June 15th |
| John Lotz | May 30th |
| Bev Marx | Nov. 30 |
| Randy Marx | Aug. 5th |
| Karen O'Hare | Jan. 14th |
| Mike Owen | Jan. 18th |
| George Parrott | Dec. 17th |
| Dick Petruzzi | Feb. 12th |
| Robert Porta | June 16th |
| Linda Propst | June 17th |
| Mark Reiss | June 24th |
| John Roberts | Feb. 6th |
| Randall Sarte | Oct. 24th |
| Richard Sowers | Sept. 13th |
| Bill Stainbrook | Sept. 14th |
| Ed Stromberg | March 20th |
| William Wright | April 25th |
| Cynthia Young | May 15th |

Certainly do hope that nobody was omitted -- if so let me know and I'll sing 'Happy Birthday to you.'

Remember the wise ol' Buffalos' quote - you don't get older, you just get faster!!

CHARGE OF THE LITE BRIGADE
April 24, 1983

This half-marathon (13.1) from Hayward to Foster City attracted 1758 runners. Race management encountered a few problems -- like mileage markers being placed improperly, rendering the early splits useless. Fact is the problem was never corrected as nearly all the splits were off. Rich "Bambi" Hanna placed 13th overall, leading a small band of Chips who also joined the 'Brigade'.

| <u>Overall</u> | <u>Name</u> | <u>Time</u> | <u>Division</u> |
|----------------|--------------|-------------|-----------------|
| 13 | Rich Hanna | 1:15:12 | 2nd 15-18 |
| 42 | Bosco Bailey | 1:20:52 | 20th 30-39 |
| 148 | Denny Green | 1:26:33 | 30-39 |
| 1093 | Glen Millar | 1:51:10 | 40-49 |
| 1352 | Marge Hansen | 1:58:42 | 40-49 |

--Bosco Bailey--

At posh Laguna Niguel (So. Cal.) Running Racquet annually sponsors a "Run through the Parks" each July 4th. This year, as last, I "flew the Chips colors" (wore B.C. singlet) at the event.

They have a unique method down there of discouraging course cutters -- shoulder high prickly thistles grow alongside the route (which winds past the odoriferous sewage treatment plant). Run too close to the edge and get your side punched into an IBM card.

Last year my steaming finishing kick drew one lone cry of "Yea, Buffalo Chip!" This year an amused fellow runner sneered, "What's a Buffalo Chip?"

"It's lumpy," I replied, "but it sure ain't made of potatoes."

It was a good run--

Joe Lawrence

MARATHON STANDARDS ANNOUNCED:

The time standard for next year's U.S. Olympic Marathon Trials for women is 2 hours, 51 minutes and 16 seconds. The time represents the 100th fastest time by a female U.S. marathoner in 1982, according to the National Running Data Center. The qualifying time must be achieved between April 1, 1983 and the date of the 1984 Boston Marathon. The time must be achieved in a properly-sanctioned race, and all trials entrants must be U.S. citizens and members of TAC. The U.S. Olympic Trials will take place on May 13, 1984, at Olympia, Wash. The top three finishers qualify for the U.S. Olympic Team.

Congrat's Nancy Molitar!!!

She took 1st in the 45-49 group in the Bud Light USTS Triathlon at Livermore.

Swim 2 K
Bike 40 K
Run 15 K

Will compete in the invitation only National Triathlon Championships held at Bass Lake in September in Yosemite.

That's great Nancy!!!

 How the Point West Was Run
 May 22nd, 1983
 (15K PA/TAC Championship)

Once again this race course (newly designed) turned out to be long although allegedly "certified" by PA/TAC. There were 471 official finishers on a warm and sunny Sunday morning. The HERD was well represented in this field as we (24) comprised 6.2% of the finishers.

| <u>Overall</u> | <u>Name</u> | <u>Time</u> | <u>Division</u> |
|----------------|-----------------------|-------------|-----------------|
| 1 | John Moreno (Unchip) | 45:52 | 1st 19-29 |
| 8 | Bradley Brown | 48:20 | 8th 19-29 |
| 37 | Dan Alarid | 53:31 | 5th 40-49 |
| 43 | Bosco Bailey | 54:22 | 6th 30-39 |
| 44 | Bruce Fujimoto | 54:36 | - 19-29 |
| 45 | Tom Pearman | 54:46 | - 19-29 |
| 53 | Jeff Pearman | 55:28 | - 19-19 |
| 57 | Heike Skaden (Unchip) | 55:56 | 1st W 19-29 |
| 59 | Tom Wright | 56:07 | - 30-39 |
| 88 | Roger Dike | 1:00:31 | - 19-29 |
| 99 | George Siller | 1:01:49 | - 30-39 |
| 109 | Heidi Skaden-Poyser | 1:02:51 | 3rd W 40-49 |
| 111 | George Parrott | 1:03:05 | - 30-39 |
| 122 | Gordon Hall | 1:04:29 | 4th 50-59 |
| 125 | Paul Reese | 1:04:53 | 1st 60+ |
| 128 | June Hill-Falkenthal | 1:05:09 | 9th 19-29 |
| 131 | Byron Lea | 1:05:24 | - 19-29 |
| 146 | Art Waggoner | 1:06:52 | 7th 50-59 |
| 156 | Ken Johnson | 1:07:34 | - 40-49 |
| 157 | Dave Low | 1:07:35 | - 19-29 |
| 210 | David Marchi | 1:11:07 | - 40-49 |
| 249 | George Koch | 1:13:45 | 12th 50-59 |
| 254 | Paul Camerer | 1:14:06 | 2nd 60+ |
| 255 | Ron Ulmer | 1:14:09 | - 40-49 |
| 279 | Pete Schoener | 1:15:32 | - 40-49 |
| 293 | Joey Souvignier | 1:16:30 | 8th 18-under |
| 377 | Sally Edwards | 1:23:51 | - 30-39 |
| 432 | Po Adams | 1:32:56 | 3rd 50-59 |
| 433 | Cynthia Young | 1:33:28 | - 30-39 |
| 439 | Carol Hendrickson | 1:33:52 | 12th W40-49 |
| 468 | Dick King | 1:44:12 | - 50-59 |

--Bosco Bailey--

Clarksburg 20 Course Certification Approved!

After many months of delays by our PA-TAC course certification committee, the Clarksburg course has been found to be fully accurate and has received full certification both regionally and nationally. I would like to thank Mike Miller for the many hours he has put into this project.

OVER THE HILL RUN -- 5K & 10K
June 25, 1983

This race was not for those runners who are 40 and over. The name of the race, I presume, stems from the "hills" on the 10K course. Since I ran the 10K and it was not a two loop 5K course, I cannot speak to the severity, or lack thereof, of the 5K course which peeled off shortly after 2 miles.



For a first time event, the race went well and attracted 135 finishers in the 5K and 120 finishers in the 10K. It was held (S&F the CortYard on Freeport Blvd.) in the Land Park Area. The course, 10K particularly, took the runners through William Land Park and the residential area south of the park. From mile 4-5 the runners were challenged by some good, short hills. Paul Reese loved this section as it passed his home near the 5 mile mark. According to LaDonna Washington, Paul was so "excited" he sprinted past her on the toughest hill to the delight of his neighbors. Paul, incidentally, kept right on charging as LaDonna did not catch him over the last 1.2 miles. Later, Paul was heard by this "reporter" chastizing LaDonna for running downhill too tentatively.

Awards were only two deep in each division. Three CHIPS in the 5K and six CHIPS in the 10K were division winners (1st or 2nd).

5K

| | | | |
|-------------------|-------|-------------|-------|
| Steve Daniels | 20-24 | 1st Overall | 17:03 |
| John McIntosh | 40-49 | 1st | 19:08 |
| Carol Hendrickson | 40-49 | 2nd | NA* |

10K

| | | | |
|--------------------|-------|------------|-------|
| Bill Stainbrook | 20-29 | 2nd | 34:08 |
| Bosco Bailey | 30-39 | 2nd | 34:53 |
| Paul Reese | 60+ | 1st | 42:08 |
| LaDonna Washington | 20-29 | 1st female | 42:22 |
| Tom Souvignier | 13-19 | 2nd | NA* |
| Donna Wetterer | 30-39 | 1st | NA* |

*NA -- Time not available or recorded; race management placed the results in an inaccessible spot unless one had super eyes.

EPPIES GREAT RACE

Our picnic was very successful -- attended by about 50 CHIPS. Salads were great, hamburgs and hot dogs were good and the desserts (thanx to Mike Kelly) were scrumptious! It was fun to see lots of CHIPS that haven't been out to events for some time. Thanks to Eileen for getting it all together -- and congrats on being in the winning team. What coordination this gal has! It was an exciting event - fun to watch and for those that participated, fun to do!

Eileen Claugus won the Manchester Marathon with the time of 2:38!! Congrats Eileen!! She's moving to Cupertino (temporarily?) and resigning from the Board, but remaining as our Dung Coordinator. All the very best in your new environment & training, Eileen!!

FOR JULY 4th RUNNING
TRY THE CALISTOGA AND KENWOOD RACES

Exploring different races these days, I ventured, over the July 4th weekend, to Calistoga, July 3, and Kenwood, July 4, for two contrasting races.

Calistoga is a certified 8 K course. Flat. With its turns and loops, the race over the short distance (4.971 miles) moves fast. This year's race had 387 finishers. It's well-managed race with all miles marked, splits called every mile, and an aid station at the halfway point. The race is held in conjunction with the Napa County Fair and all runners receive free entry to the Fair. If you want to test yourself at 8 K's over a flat course, this is the place to do it. Calistoga is one of two certified 8 K courses in Northern California.

By contrast, the Kenwood 10K, which has been around a number of years, is over a hilly course. It's certainly a more exciting romp than the Sacramento River Run on the same day. Exciting might be the word for the course that meanders through the Kenwood foothills. If you're looking for a fast 10K time, this is not the race. One problem with the course is that, at four spots, it includes cattle crossings. Here the runner has either of two alternatives: jump the crossing (and risk pulling a muscle) or walk slowly over it. Hopefully, next year race management will cover the crossings with plywood, just as the Silver State Marathon does.

Kenwood provides 4th of July entertainment by staging the world championship pillow fights in which the contestants sit astride a nine inch metal pole suspended over a mud puddle and slug each other with a pillow. The objective is to knock your opponent in the mud. An old-fashioned 4th of July parade is also part of the festivities.

The Kenwood race, with 795 finishers, is almost double the size of the Calistoga run. Kenwood tops all the 10K's I've ever run for the number of aid stations provided. Can you believe seven on a 10K course? Miles are marked and a split is called at one mile. The first mile is flat as is the last half-mile. The other 4 1/2 miles are character builders.

Paul Reese

Pepsi of Reno 72 Mile Lake Tahoe Run
Friday September 16, 1983 6 AM
Tahoe City - Commons Park

This is a club sponsored event which needs club support! I need a few people willing to spend a Friday at Lake Tahoe to help me in official capacities. Most of the preliminary work will be completed by me, but I would greatly appreciate some assistants on race day. Anyone interested in assisting me or running the event, please contact me at the following address or phone number.

BILL STAINBROOK
1005 Fulton Ave. #104
Sacto, CA 95825
487-8398



SPORT WORKS
10% DISCOUNT*

5114 Modison Avenue
Sacramento, California 95841

Telephone
(916) 332-6453

*VALID for all athletic shoes, clothing, and bicycle accessories, excluding frames, bicycles, and Campagnolo parts

"RUN WITH THE SUN"
July 17, 1983

On an unseasonably cool Sunday morning, 71 runners participated in this event. Three distances were available - 2, 5 & 10 mile courses, starting and finishing in front of the library on the CSUS campus. City Sport Works sponsored this event to benefit the March of Dimes Defects Foundation.

In the 2 miler, CHIPS Dave Low and Wide Body Jacobson duled for third and fourth place overall, respectively. However, it is noteworthy that Howard, i.e., the "WB", secured his FIRST victory as a 'master runner', having turned 40 in June. That may indicate future competition for some of our so called 'fast' masters. Notice has been served. Go get em "W3"! One thing - don't ask Howard his splits. It's just too incredible to believe! Note also that Dave was FIRST in his age division.

Mike Adreani, fresh from a PR 10K (37) in Boston, cruised to second place overall (1st in the 19 & under) in the 5-miler. And Carol Hendrickson captured first in the 40-49 division.

Seven CHIPS, or 35% of the field, ran the 10 miler with five of these runners placing in their respective divisions. The High Dunger didn't do too badly in this one either. Got to pick and choose -- carefully.

Results for all three distances are listed below:

2-Miler (17 Finishers)

| Place | Name | Time | Division |
|-------|-----------------|-------|-----------|
| 3 | Dave Low | 11:45 | 1st 20-20 |
| 4 | Howard Jacobson | 11:54 | 1st 40-49 |

5-Miler (34 Finishers)

| | | | |
|----|-------------------|-------|---------------|
| 2 | Mike Adreani | 31:22 | 1st 19- under |
| 21 | Carol Hendrickson | 42:37 | 1st 40-49 |

10-Miler (20 Finishers)

| | | | |
|----|---------------------|-------|-------------|
| 1 | Bosco Bailey | 56:14 | 1st 30-39 |
| 2 | Tom Wright | 60:35 | 2nd 30-39 |
| 6 | Pete Schoener | 67:52 | 2nd 40-49 |
| 9 | La Donna Washington | 69:35 | 1st W 20-29 |
| 10 | Stuart Gorgisson | 71:58 | - 40-49 |
| 14 | Pau? Camerer | 78:36 | 1st 60+ |
| 15 | Gai' Stone | 79:49 | - 20-29 |

--Bosco Bailey--

THE "WIDE BODY" SPEAKS

The CHIPS racked up the hardware at this underattended race. Glenn Bailey - 1st in 10 mile, LaDonna Washington 1st female in the 10 mile run, Mike Adreani 1st in his age group, 2nd overall in the 5 mile race. Ah yes.. the two mile race - 17 competitors - Did Dave Low, age group winner, and Howard Jacobson, also an age group winner, run the race of a lifetime? Do either of these dummies know pace?? The answers are yes and no. Consider Jacobson's splits - 5:22 1st mile, 6:32 2nd mile - Low's were almost as bad. But the name of the game is trophy, T-shirt and merchandise. Oh yes, Jacobson won 6 tickets to the Giants-Mets baseball game Aug. 18th. Great Race folks!!

-- Howard Jacobson--

Running Wild

COURSE RECORDS

| | | | |
|----------------|-----------------------|----------|--------------------------------|
| 1982 winners: | Rich Lankford | 49:47:05 | |
| | Eileen Claugus | 56:26:0 | |
| 12 and under - | Mike Adreani | 1:11:45 | course record |
| Women - | Adina Ellis | 1:36:36 | course record |
| 13-18 | Terry Burch | 1:05:07 | C/R: Jim Sane ('75) 53:11 |
| | No women | | |
| 19-29 | Rich Lankford | 49:47:5 | C/R: Jaime White ('80) 49:07 |
| | Pete Sweeny | 49:49 | |
| | David Rennish | 50:24 | |
| | Bob Deis | 50:42 | |
| Women | Eileen Claugus | 56:26 | course record |
| | Tena Harms | 59:37 | |
| | Jo Lee Houston | 1:01:56 | |
| | June Hill-Falkerthall | 1:07:21 | |
| 30-39 | Peanut Harms | 50:04 | course record |
| | Oren O'Halloren | 50:43 | |
| | Greg Jewett | 52:25 | |
| Women | Delores Morazzini | 1:05:12 | C/R: Rita Fagundes ('81) 62:45 |
| | Carolyn Tucker | 1:07:59 | |
| | Jackie Walker | 1:08:59 | |
| 40-49 | Sal Vasquez | 51:39 | course record |
| | Tim Jordan | 54:13 | |
| | Dan Alarid | 56:36 | |
| Women | Joan Reiss | 1:02:50 | course record |
| | Heidi Skaden | 1:05:29 | |
| | Ruth Waters | 1:11:02 | |
| 50-59 | Ross Smith | 57:19 | C/R: Jim O'Neill ('78) 54:57 |
| | Everett Riggie | 1:01:36 | |
| | James Nicholson | 1:02:56 | |
| Women | Elaine Reese | 1:43:01 | C/R: Marian McKone ('81) 77:11 |
| | Evelyn Carlson | 1:47:13 | |
| 60-99 | Paul Reese | 1:05:22 | C/R: Paul Reese ('80) 65:07 |
| | George Billingsly | 1:09:31 | |
| | Paul Camerer | 1:21:15 | |

WHY DO I RUN?

CHIPS N DIPS

Who in our midst wears cute PJ's trimmed in blue? WOW!! Maybe we should have a PJ run.

Jerry & Kathy Blinn (Quincy, CA) are the proud parents of a son, Jerrin Johnathan who weighed in at 5 lbs., 10oz and was 19" long on July 12th. He attended the S.F. Marathon when he was 12 days old. He cheered his Dad on at the six mile mark and the finish. Jerrin "ran" his first race at the Feather River Classic Aug. 14th in Quincy. He completed the 3.1 mile course with his Mom. He knows the "joys of strolling." Next big race for Jerrin is the Silver State 1/2 marathon. At the end of October Jerrin will be supporting his Dad at the Mountain Goat Marathon near Yosemite. He has had experience as he supported Jerry at the Ca. Endurance 50 miler near Santa Rosa and the 50 K Skyline Run, the weekend of August 6-7th.
Keep runnin Blinn's!!!!

CONGRATULATIONS!!!!

Karl Yamauchi & Nancy Lichty will tie 'horns' on September 17, 1983.
CONGRATULATIONS!!!

And the Editor became a Grandmother for the second time on August 8th. A big arrival at 10 lbs., 7 1/2 oz., Nickolaus Alan Sweezer.

Apologies to Jerry Blinn who completed the Sunkist 100 K, sorry your name was omitted from the listing. Didn't get the time but we recognize the fact you were there! That's great!

I was another person
Not so very long ago.
I lived a different life
And knew not where to go.

I gazed into the mirror
And ached at who I saw.
I dreamt another image
To tear my body raw.

I found a sport that gave to me
As I could give to it.
My early runs now painful thoughts.
I paid my dues and didn't quit.

Reaching out I sought to train
To move with idols that I met.
Doug and Paul and Abe showed how
To grow into their set.

Why do I run? you now ask.
To test my body against my being
To go against the man I was
To live the dream that I am seeing.

Today I run to meet my visions
Racing shadows across my path.
Pushing further now I find...
The limits moving in my mind.

--George Parrott--
July '83



Wanted: Alive !!

Anyone interested in being Newsletter Editor? I'm advertising early, but it would be helpful to ease someone into the job by the 1st of January. Pass the word and anyone who likes to sling dung, please let me know.

Spiced Zucchini Bread

| | |
|------------------------|----------------------|
| 1 2/3 C sugar | 2 tsp bak. powd. |
| 3/4 C oil | 2 tsp bak. soda |
| 2 tsp vanilla | 3 C flour |
| 3 eggs, beaten | 1 C walnuts, chopped |
| 2 C zucchini, shredded | 1 tsp cinnamon |
| 1 tsp nutmeg | 1/4 tsp. cloves |

Mix all ingredients together at once. Pour into 2 greased loaf pans. Bake 60 - 80 min at 350°.

Carrot Cake

| | |
|-------------------|--|
| 2 C flour | 1 3/4 C sugar |
| 2 tsp bak. powder | 4 eggs |
| 1 1/2 tsp soda | 1 1/4 C oil |
| 2 tsp cinnamon | 2 C grated carrots |
| 1 tsp salt | 1 C crushed (drained)
pineapple (or one sm can) |
| | 1/2 C chopped walnuts |

Sift all dry ingredients except sugar. Mix sugar, eggs and oil. Add dry ingredients to oil mixture. Add carrots, pineapple & nuts, mix well. Bake at 350° for 30-35 minutes. Makes 3-8" layers or 13" x 9" pan.

Cream Cheese Frosting

4 oz cream cheese, softened
1/4 C margarine, softened
2 C confectioners sugar
1 TBsp lemon juice

Beat cream cheese and margarine. Gradually add sugar and juice.

Ima thanks you for the great recipes!!

For the past year, runners have casually met in Old Sacramento to participate in a monthly 3-mile fun run. The California Department of Parks and Recreation and the Old Sacramento Merchants Association have teamed up to officially sponsor the "Old Sacramento Nooner". This began on July 7th and will continue on the first Thursday of each month. The free noontime fun run will take on a new look with an accurate 3-mile course, timers and regularly offered refreshments. Runners should meet at the south end of the Central Pacific Passenger Station to sign up. The run will start promptly at 12:00 noon and progress along the bicycle trail to the turnaround point in Discovery Park and back. Refreshments will be awaiting participants upon their return.

It is hoped that the "OLD SACRAMENTO NOONER" will create an increased awareness of wellness and physical fitness. The California Department of Parks and Recreation and the Old Sacramento Merchants Association feel that their contributions to this program are in keeping with the philosophies and goals of their organizations. Fellow Sacramentans are encouraged to participate in this ongoing activity designed to enhance the quality of life.

Join us for the "OLD SACRAMENTO NOONER".

BEGINNING/NEW (INJURY REBUILDING)
BEGINNING RUNNING SESSIONS

Is there any interest in weekly sessions for folks that cannot keep up with the regular Tuesday/Thursday night workout pace (that is, slower than 7 minutes a mile). If there is please let me know and, once again, we'll try to schedule something on a regular basis. Call me at 445-2898 (days) or 488-3833 (nights/weekends)

----Mike Miller----

JOGGING -- A PROBLEM-SOLVING TIME

Every morning scores of visiting business executives don running shoes, rush from their hotels and head for the joggers' Mecca in midtown Manhattan: Central Park.

What do they think about as they huff and puff through the day's run?

"My thoughts are a stream of consciousness, mostly of immediate problems to be solved," says Ken Sherman, an insurance broker from Seattle.

"Today I thought about my big meeting this morning and I was able to formulate a different perspective at the end of my run," he said during a recent survey of executive joggers in Central Park.

Sherman's reflective approach is common. Most joggers in the survey used their running time to plan their business day. Few concentrated on the running.

A number of executives said they enjoy the chance to enjoy nature before the day's activities.

"When I go to a big city and have to hustle all day, it's enriching to start the day off looking at the sunrise, watching a squirrel or a falling acorn," said Bill Johnson of Ford Industries Inc., Portland, Ore.

Sue Mappin, a former professional tennis player who now teaches, uses her jogging time to "think about problems of the day or conversations that will take place, such as my meeting today with a player who is having trouble gaining confidence and working out a shot."

Cecilia Santa Maria from Blanque Nacinale de Paris in Panama is an exception. She says she never thinks about work. Since she's not used to running in a city, she said, she enjoys running through the city's streets and watching people rushing to work.

"I love observing New Yorkers -- reading their T-shirts and wondering what occupations they're in," said Austin Ferrell, an insurance company executive from Mississippi. "At home I jog on a track alone." But he also ponders on his running: "I think about finishing."

For Newt Ronan, of Motors Insurance Co. in Detroit, thoughts were more down to earth. Asked what he was thinking about he gloomily answered, "What I ate and drank last night. I feel awful."

Sports Researcher Dr. Tom Clark told a representative of Essix House hotel, which conducted the survey, that "the difference between a jogger and a serious runner is in their mental discipline. The jogger has a stronger tendency to disassociate from what he is doing, which is running."

Like Barth Bracken, an oil company executive from Oklahoma City, who said, "I pray, I talk to the Lord."

Open letter to the President:

Well, the SAN FRANCISCO MARATHON is history. Our illustrious high dunger really became involved with the whole race. It started on the Wednesday before the race. Marta and I accompanied Bosco to San Francisco to pick up race packets. What an experience!! Next year I recommend.. NO WAY.. get your own packets. OK Race Day - I had asked Bosco to run me through a sub 3-hour marathon. He agreed. I will swear to Bosco's pit crew ability. He is excellent. He runs well, he points out scenic landmarks, he even gets you aid. Unfortunately our high dunger had to put up with the moanings and groanings of me for the greater part of the race. If it had not been for Pres. Bailey I would have:

1. Quit at 24 miles
2. Still be out on the course
3. Run a 4:25 time
4. All of the above

Seriously, it was Bosco's encouragement and his ability to put up with my incessant questions about pace that enabled me to run 3:05.

Thanks Bosco!! Right now I'm training for the Lake Tahoe 72 mile Pit Crew Championships. I'm dieting (yuck) and running intervals as well as some long training runs. Good luck at Tahoe, Bosco and thanks for Boston.

Your friend,
Howard

--16--

If you're a race director seeking sponsors, you might get a few points from this 1983 San Francisco Marathon economic impact study.

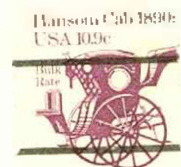
Marathon visitors will spend more than \$2 million per day in San Francisco hotels, restaurants, and shops, according to a study by P.D. Warner & Associates, a San Francisco consulting firm.

The study is based on results of a questionnaire sent by the San Francisco Marathon Committee to the 4,450 non-San Francisco runners registered in the 1982 race. Responses show that the average size of the marathon runner's party was 3.4 persons. Every 100 runners brought 88 supporters. The out-of-towners stayed an average of 2.6 nights and spend about \$165 per day.

There were 7,000 registered runners in last year's event. The 1983 race is expected to attract 10,000 runners. An additional 5,594 visitors will come with this year's runners. Their average spending per day, adjusted for inflation, will rise to \$175.

That's the way the marathon press release reads. Make of it what you will.

Marge Hansen
Buffalo Chips Running Club
2416 Edna Street
Sacramento, CA 95822



Abe Underwood
6555 Park Riviera Way
Sacramento, CA 95831



Sacramento ZOO ZOOM '83

- Sponsored by:** Capital Federal Savings and Loan
Sacramento Zoological Society
- What:** 4th Annual Sacramento Zoo Zoom
Race Directed by John McIntosh, of McIntosh's Sports Cottages
- When:** Sunday, October 9, 1983
- Start:** 8:00 a.m.: 1/2 Mile Youngster's Race within Zoo
8:30 a.m. sharp: 5K & 10K Races in front of Zoo (certified course)
- Course:** 5K & 10K Races will start in front of Zoo and run throughout William Land Park. Flat, shady course ending inside the Zoo.
- Entry Fee:** **PRE-REGISTRATION:** (until October 7, 1983) (Avoid the rush) \$8.50 (T-shirt included)
LATE REGISTRATION: (Day of Race) — \$10.00 with a T-Shirt. T-Shirts may be purchased for \$6.00.
YOUNGSTER'S RACE: Must be 12 years or younger. \$5.50 includes T-Shirt.
- Registration:** Registration packets may be picked up in front of Zoo the morning of the race, starting at 7:00 a.m.
- Awards:** Hand Painted Ostrich Eggs to First Place winners. Ostrich Egg Plaques to Age Category winners. Medals to 2nd and 3rd Place finishers in each category. Awards to winners of 1/2 Mile Youngster's Race.
- Activities:** Refreshments, including beer, soda pop and juices, will be provided after the race. Entrants and family are invited to spend the day at the Zoo and join us for various animal demonstrations.
- Please Fill Out
Entry Blank and
Return To:
ZOO ZOOM
% Sacramento Zoo
3930 West Land Park Dr.
Sacramento, CA 95822
Or Call: 447-7383
Or John McIntosh's
Sports Cottage
488-7181
- Make checks payable to: **Sacramento Zoological Society**
- All expenses of the Zoo Zoom have been underwritten by Capital Federal Savings and Loan Association. Thus ALL proceeds go to the benefit of the animals at the Sacramento Zoo.**

Entry Form

Please print or type and sign disclaimer

Name: _____

Address: _____ City: _____

State: _____ Zip Code: _____ Phone: _____

Sex: F _____ M _____ Age: _____ T-Shirt Size S M L XL

Race: 5K _____ 10K _____ 1/2 mile Youngster's Race _____

Age Division: Under 17 _____ 17-29 _____ 30-39 _____ 40-49 _____ 50-59 _____ Over 59 _____

In consideration of your accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims that I may have against the persons and organizations affiliated with the race, the officials, the City of Sacramento, the Sacramento Zoological Society, John McIntosh, John McIntosh's Sports Cottages and CapFed. I further attest that I am physically fit and have sufficiently trained for competition in this event.

Runner's Signature: _____ Date: _____

(note: If under 18 years parent or guardian must sign release.)

Check box if under 18

Guardian's Signature _____ Date: _____

YOUR CHOICE
WALK-JOG-RUN-RACE

PICK YOUR
DISTANCE

T-Shirts for
all participants

Scenic measured
course and times
at each mile



Be Special Help Someone Special

5th Annual Benefit Run

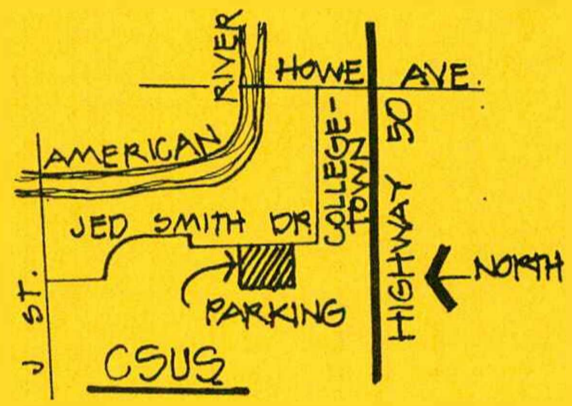
SEPTEMBER 24, 1983 Cal State University, Sacramento — American River Parkway

8:00-11:00 a.m.

GENERAL INFORMATION: This is a jog, walk, run, race, to provide year-round recreational opportunities for the disabled in the Greater Sacramento Area. All participants will receive a T-shirt. Awards will be given later based on the amount of contributions and/or pledges obtained (so it's important to designate who you are representing). Timing will be available for those interested. Park in the parking lot next to the CSUS football stadium off Jed Smith Drive.

REGISTRATION: Pre-registration fee of \$5 is due by September 10, 1983. Thereafter, the fee will be \$8 payable on run day, September 24, 1983 from 7:00 a.m. to 7:45 a.m. Pre-registered runners will receive their T-shirts at the run and will be eligible for door prizes. The registration fee just covers race expenses, so all participants are encouraged to seek pledges prior to the race and/or to make an additional tax deductible donation. A pledge form is on the back of this flyer for use in obtaining and collecting pledges.

ROUTE: The run begins at 8 a.m. at the outdoor theatre area near the CSUS Library. A scenic 3-mile loop course will be available which can be repeated for longer distances. The course is paved and suitable for wheelchair participants. The run portion of the American River Eike Trail will be closed to other traffic until 11 a.m., when the run ends.



The run is being organized by employees of the California Department of Parks and Recreation and supported by public employees of the Sacramento area. Funds go to support several local programs to prepare Sacramento area athletes for participation in the local Special Olympics while providing other year-round recreational opportunities. Special Olympics is a regional and nationwide program giving those with developmental and physical disabilities an opportunity to participate in athletic events.

For further information, additional entry forms, or to make a donation or pledge, please call 449-5276, Sacramento City Department of Community Services.

SINCERE THANKS TO THE FOLLOWING FOR THEIR SUPPORT

California State Park Rangers Association
California Park & Recreation Society, District II
Recreation & Park Majors Association — CSUS

Sacramento County Dept. of Parks and Recreation
Sacramento City Dept. of Community Services
Printing by Art Print

IN COOPERATION WITH



DOOR PRIZES

FREE SOFT DRINKS

Please Print Clearly

(Detach Here)

NAME: _____
 ADDRESS: _____
 (City) (State) (Zip)
 REPRESENTING: _____
 (Title of Department, Company, Organization, Club)
 Home Phone: _____

Title or Occupation _____

| | Small | Med | Large | X-large |
|-------|---------|---------|---------|---------|
| Adult | (34-36) | (38-40) | (42-44) | (46-48) |
| Youth | (6-8) | (10-12) | (14-16) | (18) |

RELEASE CLAUSE:

In consideration of your accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, my executors and administrators, waive and release any and all rights and claims that I may have against the persons and organizations affiliated with the run, the sponsors, the County of Sacramento, and the State of California, their representatives, successors and assigns, for any injuries to my person or damage to my property incurred while participating in or traveling to or from the run. I further attest that I am physically fit and have sufficiently trained for participation in this event, and my physical condition has been verified by a licensed medical doctor.

PARTICIPANT'S

SIGNATURE: _____ DATE: _____
 (If under 18 years of age, parent or guardian sign here and on reverse)

REGISTRATION FEE: Amount Paid

Pre-registration (\$5.00) \$ _____ Age: _____ 18 or under

Day of the Event (\$8.00) \$ _____ 19 — 64 I expect to go _____ miles

DONATION: \$ _____ 65 or older I will obtain pledges YES NO

TOTAL \$ _____

Make checks payable to: **BE SPECIAL. HELP SOMEONE SPECIAL**
 Mail Registration Form and check to P.O. Box 2150, Sacramento, CA 95810

| OFFICIAL USE ONLY: | T-SHIRT | Race No. | Total Miles | Total Donation | Amt./ Mile |
|--------------------|---------|----------|-------------|----------------|------------|
| | | | | | |



BUFFALO CHIPS

RUNNING CLUB



No. 69

| | | |
|-----------------|-------------------|----------|
| Glenn Bailey | High Dunger | 427-2319 |
| Gordon Hall | Vice Dunger | 925-2035 |
| Bill Stainbrook | Dung Recorder | 451-4845 |
| Mike Miller | Dung Counter | 488-3833 |
| Eileen Claugus | Dung Co-Ordinator | |
| Mike Miller | Dung Herder | 488-3833 |
| Abe Underwood | Race Chairchip | 456-9257 |
| Galen Baker | Dung Editor | 363-8423 |

April 27, 1984

LETTER FROM THE EDITOR

On April 4, 1981, the Magical Musical Marathon and Half-Marathon had its beginning. On that day, I also ran my first race since high school. While I was quite happy to have broken the 1:40:00 barrier for the half, and to have finished in the top third, I was oblivious to the fate that would befall this Fleet Feet Running Club event in the years to come.

In 1982 the Magical Musical Marathon was off and running, well ah... at least it was off. The river was not going to cooperate so the course had to be modified to get around the high water caused by record rains. Instead of being a point to point event, an out and back course was used. I heard that the race management was out in the dark the night before the race, trying to be sure the modified course was accurate. Yet for all of the race management's efforts, the weather was still not going to be kind to the runners. The wind and rain combined to make the day cold and miserable. To make matters worse, there were several sections of the course that were under water. Yet in spite of it all, the race came off fairly well.

In 1983, the weather was just a tiny bit kinder. Discovery Park was flooded so a point to point race was out. But a looped out and back course was set-up that helped to avoid the traffic in a standard out and back course. In addition, a major sponsor was found, "Raley's." So the 1983 Magical Musical Marathon became the Raley's Marathon. Because of this Raley's sponsorships, the logistics of the 1983 race were kinder to the race management. The weather even cooperated with the sun being out and the temperature cool. The old Magical Musical Marathon looked like it was destined for a new birth as a major local event.

However, in 1984 there was no Raley's or Magical Musical Marathon. What floods and weather had not been able to stop, had come to a grinding halt. What lead to the disruption of this personal as well as Sacramento area tradition?

It would be easy to blame Raley's for pulling out of sponsoring the 1984 event, but I think that would be the easy way out. Furthermore, blaming Raley's would miss the point. A sponsor seldom supports a race for their love of running. The love of running is left to those of us that compete. A sponsor is generally looking after the affairs of business. Raley's sponsored the race to gain public exposure and to advertise its business. As a business that is their right.

Cont'd to Pg 2

My discussions with Carl Bray, an advertising Manager at Raley's, brought Raley's position into focus. On any given weekend there are usually a couple of races in the greater Sacramento area. To sponsor a 5 or 10 K takes very little money or effort compared to the Magical Musical. In addition, public exposure is far greater when the race is run on the streets. The fact that runners enjoy the tranquility of the bike trail more than the streets, doesn't matter to a business looking for exposure. Clearly, the tremendous number of 5 and 10 K races have taken Raley's attention away from trying to sponsor a single, high quality event.

If an honest post mortum is to be written on the Magical Musical Marathon, it must identify this rapid growth in small or fund-raiser types of racing events as the main impediment to the continuation of this event. Yet the small events have just as much right to exist as the events that aspire to major status. Time will ultimately weed out many of these local events, from the ranks of both the small races and the major events.

The proliferation of small or fund-raiser races have also hurt the Fleet Feet Running Club in other ways. In my talk with Elizabeth Jansen, the Race Director for the Magical Musical Marathon and an active force in the local running community. Elizabeth stated:

"We got blamed for a lot of problems because we lent our knowledge, equipment, and name to a lot of races that were actually put on by other organizations as fund-raisers. Then when something went wrong, we got blamed even though we had no control over the race. Our name and logo were seen, so we got blamed. Now we give the knowledge, expertise, and equipment but don't always allow our name to be used. We want both credit and criticism, but only when its due."

The only real lesson to be learned seems to be that any club's sponsorship and support of races can be spread too thin. The CHIPS seem to have found an ideal balance--either by chance or effective management. The races that we sponsor seem to have found a lasting place in the local running community. Yet our equipment and technical skills are open to all, even if actual sponsorship cannot be given to all.

Finally, Elizabeth will be trying to bring the Magical Musical back in 1985. This race was indeed a runners race. I hope Elizabeth is successful.

.... EDITOR

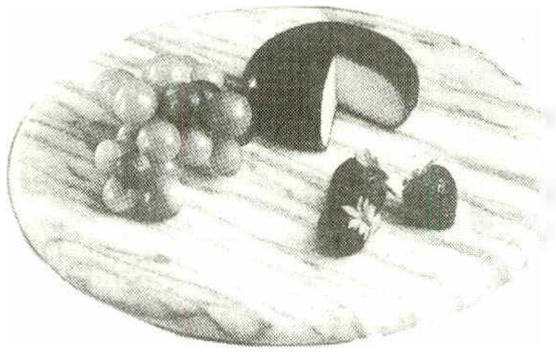
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BUFFALO CHIPS RUNNING CLUB NEWSLETTER

This newsletter is published every other month as a service to our Club members. All items submitted for publication must be received by the fifth of the month if any production work is needed; or by the fifteenth of the month if the copy is of final quality. Final copy should be typed in a single 3-inch wide column.

In addition, the typing should be clear enough to reproduce into a quality newsletter. If you have any questions or wish to make a special presentation, please inform the editor well in advance of the deadlines. The editor is:

Galen Baker
9004 Brydon Way
Sacramento, CA 95826
363-8423

No. 69 ----- April 27, 1984



IMA COOKER

Here's a great wholesome dish that should help you run further.....

SWEDISH BEAN BALLS

- 3 C well-cooked, drained beans (kidney, pinto or red)
- 2 C chopped onion
- 1 bay leaf
- 1/3 C oil
- 2 tsp finely grated lemon peel
- 1 TBsp lemon juice
- 2 slices whole-wheat bread, soaked in milk or water.
- 2 eggs, well-beaten
- 1/2 tsp thyme
- dash of nutmeg
- 1 tsp salt
- 1/4 C dry whole wheat bread crumbs or cooked brown rice, if needed
- 1/3 C whole-wheat flour
- 1/4 tsp black pepper
- 2 C milk
- 1 C water

Mash beans with potato masher or put through a mouli food grater or meat grinder.

Saute onion & bay leaf in oil in large skillet til onion starts to brown. Remove about 1/2 C of onion with slotted spoon & add to beans along with lemon peel & juice. Squeeze all liquid out of bread (save for gravy), & work into mashed beans with eggs, thyme, nutmeg & 1/2 t salt (unless beans were salted in cooking). If mixture seems to loose to form into balls, a handful of dry bread crumbs or cooked brown rice will stiffen it. Chilling briefly helps too.

Form bean mixture into 1 1/2 inch balls & place on greased baking sheets. Bake at 350° -20 min, til balls are dry and firm.

Meanwhile, make onion gravy by stirring flour into sauteed onions & cooking (stir frequently) til it begins to brown. Add remaining 1/2 tsp salt, pepper, milk & water. Cook over med-hi heat, stirring frequently, til mixture begins to boil & thickens. Reduce heat to low & continue cooking another 7 or 8 minutes, stirring often.

Remove bean balls from baking sheet with spatula and place in the skillet, spooning gravy over them. Cover & let them sit for 10 min. before serving. (They're somewhat dry after baking & need to soak up the gravy a bit). Serve with mashed potatoes or ribbon noodles.

Makes 2 dozen balls, enough to serve six.

-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-

Now for the person that likes to munch out -- and has a sweet tooth, this will delight their taste buds.

Warning!! This recipe makes ALOT! Try 1/2 the amount....

CARAMEL CRISPIX MIX

- 1 lb. butter
- 2 C brown sugar
- 3/4 C light corn syrup
- 2 tsp vanilla
- (2) 14 oz boxes Crispix cereal
- 4 qts popcorn
- Almonds, peanuts, sunflower seeds- (Optional)

Melt together the first five ingredients & cook til glossy. Mix together the remaining ingredients & add caramel mixture. Mix thoroughly. Spread into 3 - 9x13" baking dishes.

Bake at 225° for 1 hour. Mix every 15 minutes.

ANYBODY WHO ISN'T PULLING HIS WEIGHT IS PROBABLY PUSHING HIS LUCK!

ADVICE ON DIET AND EXERCISE
By Doctor Joseph Cook, MD

Osteoporosis -- What is it?

Osteoporosis affects at least six million older Americans. It is the result of bone loss characterized by decreased mineral content and is responsible for the high susceptibility to fracture in older people. Studies have shown that bone loss in men occurs at about 0.4% per year beginning at the age of 50 and doesn't become a problem until they reach the eighth decade. In women, however, the problem is much more dramatic. Beginning at age 30 to 35, women will lose bone at about 1% a year. After menopause, the numbers increase to 2-3% a year. By the time she is 70, the average woman may have a bone loss of 30%.

For the most part, such bone loss has traditionally been accepted as a natural part of aging. But today many authorities do not accept this idea at all. It has been known for a long time that older athletes have denser bones than their inactive friends of the same age. Many authorities now feel that exercise was helping these athletes keep bone calcium. There are others, however, who say "No, older athletes are lucky people whose natural tendency to have tough bones allows them to play sports abnormally late in life." It's the old game of which came first, the chicken or the egg. In older people, does high bone calcium predispose to exercise, or does continued exercise predispose to higher bone calcium?

Well, there isn't an argument anymore. Recent studies have shown that exercise not only helps prevent bone loss, it actually causes an increase in bone calcium in those who have been sedentary prior to an exercise program. Bed rest studies were done on otherwise healthy young men. After 36 weeks of immobilization, the men showed a bone mineral loss of 39%. That's over 1% loss a week. Conversely, tests on athletes such as cross country runners and tennis players demonstrated a 20-35% greater mineral bone content than their sedentary counterparts. So, if you're under 60, there is no doubt you will slow the process of demineralization if you exercise persistently. Even more promising are studies which indicate that bone will respond to exercise in a positive manner after the age of 60. A three-year study was done on 30 women in their eighties. Twelve of the women did 30 minutes of exercise three times a week while the other eighteen (the control group) continued their usual routines. At the end of three years, the women who didn't exercise showed a 3.3% bone loss. The 80 year old women who exercised regularly showed an increase in bone mineral content of 2.3%. These studies showed that the body will respond to exercise even in the eighties. It has also been shown that the exercise need not include running. Even pumping the arms vigorously while seated or while bed-ridden creates enough stress to increase bone calcium.

Joe can assist you by answering your questions on diet, nutrition, and exercise. Just send your questions to: Joe Cook, MD
6514 Crosswoods Circle
Citrus Heights, CA 95621
Phone: 722-2863

Your questions will be answered in the next issue of your newsletter. If you request, your name can be withheld. Please remember, Joe is retired and not wanting to start a new practice. However he will give us the benefit of his experience and knowledge.



SLDRA NOTES
by Joan Reiss

First the bad news... SLDRA went to battle with the City of Sacramento over a \$4,000 bill for security charges during the California International Marathon. Prior to the race, there was no contract between SLDRA and the city. We argued that the city of Sacramento was a co-sponsor of the event and should not charge a nonprofit group for bringing international sporting attention to Sacramento. The city only had 6 miles of the route and the California Highway Patrol and National Guard had the remainder. In addition, the City made a \$1,400 profit through the Transit Occupancy Tax on the 400 hotel rooms filled by marathoners and friends.

Many thanks to Councilman William Smallman for making a motion to waive the fees. Unfortunately, the motion died for lack of a second. Now the good news...

Mayor Anne Rudin volunteered to help raise the \$4,000 by contacting 20 businesses that benefitted from the race and asking each for \$200. We accepted her offer immediately. Councilwoman Robie indicated that SLDRA should not feel pressured to repay the city rapidly as long as we eventually make a good-faith effort. Other council members and staff indicated their desire to have the marathon continue.

With the advent of spring, the Board is actively beginning work on sponsorship of the event. There is also work to be done in community relations and fund-raising of all sorts.

Join us at the next meeting:

April 23, 1984 Monday 6:30 pm
Souperb Salads (Howe Ave. near
Arden Way)

Remember in 1984 the California International Marathon will have \$75,000 prize money and a field of almost 5,000 runners. Come and be part of an event that could soon be the class event of Northern California.

JED SMITH RACE VOLUNTEERS

The Club successfully re-established the Jed Smith 50 Mile Classic on February 19, 1984. Results are included in this issue along with the article submitted to Ultrarunning. It was my first experience -- what fun -- at race directorship. You know what folks -- it's easier to run one (any distance) than to organize one. The task was attainable only because of the assistance of the following CHIPS:

AJ Underwood
Cynthia Young
Jeff Bogle
Sandy Fitzwater
Howard Jacobson
George Billingsley

Bob Hanna
Rich Hanna
Doug Hanna
La Donna Washington
Shari Lowen
Art Godwin

Byron Philleo
Reggie Benham
Frank Benham
John Clark
Art Waggoner

THANKS -- you guys did a fine job!!!

Bosco Bailey

January General Meeting

Meeting called to order at 7:30 p.m.

1. Any items for the newsletter should be sent to the club P.O. Box.
2. Vick Martin, a local runner, has contacted the club in hope of locating a ride to the Oakland Marathon.
3. Galen Baker will be taking any articles requiring the club logo, in for printing very soon. If you wish anything to be included, get them to him promptly. They will be printed in black.
4. Mike Miller reported on SLRDA and the California International Marathon's \$11,000 debt. Presently Joan and Jill are our SLRDA representatives. We are in need of more reps. If interested, you need to be available once a week for meetings.
5. Helpers are needed for the Jed Smith 50 to be held Sunday Feb. 19th.
6. Nominations and elections for four vacant Board of Director's positions.
 3 x 3 year openings
 1 x 1 year opening
 Nominees and results:
 Gordon Hall 3 year term
 Howard Jacobsen..... 3 year term
 Marge Hansen..... 3 year term
 Jeff Bogle..... 1 year term
 Dave Davis
 Walt Betchart
7. Slides were shown by Mike Miller and Bob Hanna.

Board of Directors Meeting

1. Election of Officers
 President - Glenn Bailey
 Vice President - Gordon Hall
 Secretary - Bill Stainbrook
 Treasurer - Mike Miller
 2. Returned to the general meeting and presented this years officers.
 3. The next Board Meeting will be at Abe Underwood's, 4531 Capri, Feb. 2nd at 7:45 pm.
-

Board of Directors Meeting -- Feb. 2, 1984

Meeting called to order at 7:55 pm at Abe Underwoods home.

Directors present were: Howard Jacobson, Mike Miller, Jim Drake, Marge Hansen, Glenn Bailey, Jeff Bogle, Abe Underwood, Gordon Hall, and Bill Stainbrook.

1. Mike Miller volunteered to be TAC representative.
2. Mike Miller will check on the TAC sanctioning fee for the Jed Smith 50.
3. ARC track construction is scheduled to begin in early spring.
4. CSUS track account...money to be kept in a separate account to be paid when due.
5. Club uniforms--all sizes of summer and winter singlets are now on the racks at McIntosh's.

6. Size of ads in Club Newsletter. The following schedule of charges for advertising in the club newsletter has been approved.
 - Business card -- \$10
 - 1/4 page -- 20
 - 1/2 page -- 30
 - full page -- 50
7. Galen Baker discussed requesting race descriptions from race directors wishing to include flyers or information in our mailings.
8. Discussion of possibly purchasing a club computer to assist with the newsletter production and race production.
9. Glenn's Jed Smith jacket was approved, along with the logo location.
10. Sacto. International Marathon Masters Time title controversy: The situation was discussed and felt to be questionable. A letter was to be composed recommending declaration of teams to be made in advance to hopefully prevent similar occurrences in the future. The letter is to be sent to SLRDA.
11. The Dry Run is in need of a race director. It is scheduled for early April at Harry Renfree field.
12. The Big Run is in need of a race director. It is scheduled for June 3rd at CSUS.
13. The next meeting is scheduled for March 1st at 7:45 p.m., 3836 Jeffry Ave., Sacto. 451-4690.

STATE of the HERD

What size should the HERD be? Would you prefer the HERD to remain its present size or grow by 100 or 200? If you prefer growth, how much growth would you deem desirable? Do you perceive the HERD to be "elitist," middle-of-the-road, back of the pack or a potpourri?

Perhaps you are indifferent to all of the above. I hope not, however. At a recent meeting of the Board of Directors a discussion arose regarding the direction, or lack thereof, in which the HERD was heading. A committee has been established to ponder this issue. It is my firm belief that their effort will only be beneficial if adequate input is received from as many members of the Club as possible. Gordon Hall and Jim Drake are both on the aforementioned committee and welcome your input. Moreover, I urge you to attend the next General Meeting in May (details in this issue) to express your feelings, etc.

In addition, the Board of Directors is presently weighing a proposal from Adidas to sponsor our Club. See comments in this issue. Again, before we reach a decision (June), it would be most advantageous if we can garner as much input as possible. If you care at all, please direct your comments, pro or con, to any of the Club Directors.

With the advent of warmer weather and longer days, we'll all be sharing the roads and bike paths with more people in pursuit of "recreation." Be safe -- protect yourself, accordingly.

Sincerely,

Bosco Bailey

MINUTES OF THE MEETING OF THE BOARD
OF DIRECTORS HELD MARCH 1, 1984

Long term storage arrangements for race equipment were discussed. George Parrot said the Clarksburg committee would pay half of the storage fee, since much of the equipment belongs to the Clarksburg committee. No decision was reached regarding a storage location. It was decided that an inventory list of all equipment should be prepared.

Glen Bailey reported on the Jed Smith 50 miler. There were 112 entrants, 104 starters and 87 finishers. The race may have lost money, because a van had to be rented, and the jackets that were given to the finishers increased race expenses. The cost of the T-shirts given to race workers is not yet known. If the cost is low enough, the race may break even. The board discussed raising the entry fee for next year's race from \$10 to \$12 or \$13; and changing the starting time from 8:00 A.M. to 7:00 A.M. to give late finishers more day light hours to run in.

A club member is trying to raise money to allow Jennifer Jacobson (no relation to Howard) to carry the Olympic torch and has asked the club to make a contribution. The board decided not to donate money on behalf of the Chips.

George Parrot announced that he is looking for a 9 - 12 passenger van, for joint purchase by himself and Second Sole. Ronnie Harries has volunteered to do any needed body work, and to paint the van with the Buffalo Chips and Second Sole logos on the sides. The van would be used to haul race equipment, transport Buffalo Chips to out of-town-races, and possibly as a camera truck at major local races. The vehicle would be registered to Second Sole. Purchase of the van would not involve club funds and would not create any club liability.

Jim Drake suggested that long-term membership goals be defined. A committee was formed to discuss the subject and report tentative goals to the Board. Members of the committee are Jim Drake, Gordon Hall, Reggie Benham, Mike Miller, and George Parrot.

Gordon Hall reported that the California International Marathon suffered a net loss of \$21,000. This loss includes a \$8300 liability to the running clubs sponsoring the event. This liability will be included in the marathon's 1985 budget. The 1985 budget will also include payments to each sponsoring club equal to the race director's payment, and \$75,000 in prize money. Jim Drake suggested that CIM consider giving money to people such as Joan Reiss who have contributed a lot of time and effort to the race.

Gordon also announced that he is involved in organizing the United Cerebral Palsy Run which will be held on June 2, and will start and finish in William Land Park. He suggested that persons running the race be asked to volunteer to push handicapped persons in wheel chairs around a two mile course prior to the race. There was some discussion on that subject.

Galen Baker was commended by the other members of the Board for the great job he and his staff are doing on the newsletter. Marge Hansen was also commended for having done the job single handedly these past two years. Galen reported that he has been soliciting race applications for inclusion in the newsletter. In return for including the applications in the newsletter, he is asking for a few free race entries to be given to persons who are working on the newsletter.

Mike Miller volunteered his home for the next Board meeting, which will be April 5 at 7:45 P.M.

Board of Directors Meeting

Thursday, April 5, 1984

7:45 pm ... Meeting called to order at Mike Miller's home.

Director's present: Mike, Glenn, A.J., Bill, Marge, Howard, Jeff, Reggie, Gordon and Jim.

1. Glenn presented an inventory of the club's equipment. Anyone with outstanding equipment is requested to take to Greg Soderland's, 5320 Callister Ave., Sacto., for storage.
2. Jeff Bogle agreed to direct the Folsom 10K if he would be allowed to place his store logo on the race flyer. No objections were raised.
3. Bill Rainey of Channel 3 has requested the Chips assistance in producing a race for VIVA to be held at Rancho Murieta. No date has been set for this event so no official commitment was made. It was felt that probably equipment would be available.
4. 72 Mile Lake Tahoe Run - discussion of application change proposals. It was agreed to investigate an expansion of the awards. The \$10 entry fee will be maintained.
5. Reggie Benham will direct this years Buffalo Stampede.
6. Mike Miller announced there will be a July 4th, 5 mile run in River Park. It will be free in the old tradition of the event.
7. Club Directions Committee, Meeting Report.
 - a. Club's purpose is to serve all runners.
 - b. Discounts for Chips in Chip races.
 - c. More pictures in the newsletter
 - d. Investigate some new and additional money awards that would reach into the general running population of the club.
8. The clubs general meeting will be held May 26th. Look for the location in the newsletter.
9. A motion from Abe was seconded and approved to pursue the discrepancies in the Masters team results of the California International Marathon.
10. Jeff Bogle presented a proposal from Chuck Kolb of Adidas to sponsor the Buffalo Chips. More details of this proposal were needed. A meeting with Mr. Kolb was requested to further investigate this proposal and present the findings to the club membership.
11. The next meeting will be held Thursday, May 3rd at City Sport Works on Madison Ave. at 7:30 p.m.

SCHEDULE

- APR 28- San Jose Rotary 5 Mi Classic, 9 am, Kelley Pk, San Jose - (408)264-8909
APR 28- The Country Run 5 Miler, 9 am, Portola Valley, Corte Madera Sch., (415)851-4010
APR 28- Briones Biathlon, (6 m dirt run, 20 m hilly bike ride) 8 am Lafayette, (415)943-MILE
APR 28- City of Sunnyvale 10K Baylands Run, 9 am, Sunnyvale (408)738-5521
APR 28- Gilroy Road Run, 5th annual, 2K & 10K, 9 & 8:30 am, Gavilan Coll, Gilroy-(408)842-0334
APR 28- Pena Adobe Run, 5 & 10K, 9 am betw Fairfield & Vacaville. (707)446-8592
APR 29- Big Ten Classic - 9 am, Fair Oaks Pk, Spons Ch 10, 10 K - 441-2345
APR 29- DSE Twin Peaks Run, 3.6 mi, 10 am Portola & Twin Pks, S.F.
APR 29- Santa Clara Central Pk Run, 6th Ann, 9 am, Comm.Rec. Ctr, (408)984-3260
APR 29- 1984 D.A.M. 5 K, 9 am. GG Pk near McClaren Lodge, S.F. (415)922-9453
APR 29- Carmel Run by the Sea, 10K, 9 am, (408)624-2223
APR 29- Lafayette Loop, 10K & 2 mi, 9 am, (415)284-4871
APR 29- Run for Excellence, 10K, 9 am, Mt. Eden H.S., Hayward, Scenic, fast-(415)782-1980
APR 29- S&W Fun Run, 10K & 2 mi, 8:30 & 7:45, Modesto Jr Coll Stad. (209)526-4100
MAY 5 Legal Run-Around, 7 am Granite Bay - 1/2 mi & 5 & 10 K, 488-7181
MAY 5 Maranatha Marathon - 8 am, Goethe Park, 1/2 marathon & 10 K, 488-5241
MAY 6 Rapp's Rinconada Triathlon, (4R, 7.4B, .75S) Palo Alto, (415)326-6630
MAY 6 Boardwalk, 8 K, 9 am, Rdwd City, (415)364-0100
MAY 6 Devil Mtn Run, 10K, 9 am, PA/TAC Men's 10K Champshp, Danville, (415)837-9187
MAY 6 Run the One, 10K, 9 am, (abt 3 hrs N. of S.F just before Mendocino) - Elk, CA)
MAY 6 YMCA Spring Run, 10K & 1 mi, 8:45 am, Marin YMCA, San Rafael, (415)472-1301
MAY 6 Ave. of the GIANTS Marathon, 9 am, Arcata, (707)822-3136
MAY 6 Masters National Marathon Championships. Lincoln, Neb, (402)489-4030
MAY 12 Potrero Scenic Scamper, 5.5 Mi, 9 am, (Potrero Hill area) (415)826-8080
MAY 12 Run for the Sun, 10 K & 1 Mi, 9 & 8:30, Los Gatos, (408)395-4268
MAY 12 Community Fiesta Run, 5 & 10K, 9 am, Pleasant Hill, (415)676-5200
MAY 12 The Human Race, 8:30 am, Marine Wld Africa, San Mateo, Flat, paved, (415)343-0801
MAY 12 Marin Human Race, 10K, 8:30 am, Mill Valley Mid Sch, (415)479-5660
MAY 12 Napa County Human Race, 9 am, Rbt Mondavi Vineyard - Napa (707)255-1553
MAY 12 The S.F. Human Race, 10K, 8:30 am, Goes across G.G. Bridge, (415)982-8999
MAY 12 Women Running for Women, 10K & 2 mi, 9:30 & 9 am, N. Stockton, (209)941-2611
MAY 12 Women's Olympic Marathon Trials, Olympia Wash, 10:30 am - (206)682-8113
MAY 13 National Intercity Bank Annual Run, 5 Mi, 8 am, Santa Clara (408)980-0766
MAY 13 S.F. Heart Asscn May Day Run, 8th Ann, 5 & 10K, 9 am, (415)433-2273
MAY 13 49er Biathlon (6.5R, 27B), 7 am, Auburn, (916)385-3861
MAY 13 Marin Yth Orchestra Run, 8 Mi, 8 am, San Rafael, (415)479-8100
MAY 20 We Care Benefit Run, 10K, 9 am, Walnut Creek, (415)945-0403
MAY 20 Bay to Breakers, 7.51 mi, 8 am, (415)777-7770
MAY 20 Aptos Creek Marathon & 6 Miler, Aptos, (714)859-8644
MAY 26 Strawberry Canyon Run, 5.5 Mi, 9 am, Berkeley Campus, (415)642-5133
MAY 27 Freedom Mile, Wmen, 8:50, Men 9 am, N. end Polo fields, S.F. (415)583-6268
MAY 27 Sunrise Relays, (1.9, 4.1, 3.5 mi legs) 9 am, Berkeley, (415)526-2780
MAY 27 Marithon, 10K, 9:30 am, So. S.F., (415)583-6263
MAY 28 Pacific Sun 10K, 8 am, PA-TAC Masters 10K Chmpship, San Rafael, (415)479-3839
JUNE 3 Children's Shelter Ctr Fun Run, San Jose, 10K, 8:30 am, (408)448-9079
JUNE 3 San Leandro Shoreline Run, 10K, 9 am, (415)577-3469
JUNE 3 Gold Country Marathon, and 1/2, 10K, Grass Valley, (916)272-2749
JUNE 3 Sri Chinmoy Marathon, 6th Annual, 7 am, Foster City, (415)751-9057

TO ANTICIPATE: AUG 19 S.F. Marathon 8 am - limited to 10,000

WATCH FOR:

- 1st Saturday of the month - Fleet Feet Fun Runs, 2408 J St., 8:30 am, 442-FEET
2nd Saturday of the month - K108 Fun Runs, 3 & 5 miles, 8:30 am, OLD SAC
3rd Saturday of the month - McIntosh Fun Runs, 3 & 6 miles, 8:30 am, 488-7181

This schedule is provided for your use courtesy of the Buffalo Chips Running Club. Dates and times are subject to change, check w/race directors.

THE ANNUAL BRODERICK BOTTOMS BUST

UNBELIEVEABLE PRIZES

FAMOUS RUNNERS , NOT SO FAMOUS RUNNERS

INCREDIBLE COURSE THAT ADJUSTS TO YOUR
INTEREST OR ABILITY

T-SHIRT
INCLUDED *

FREE !

NO HOST
BREAKFAST FOLLOWS

TIMES PRECISE TO THE NANOSECOND
(HOWEVER THE COURSE IS NOT)

WHEN: SATURDAY MAY 26TH

TIME: 9:00AM

WHERE: START/FINISH AT THE
CHART ROOM, BRODERICK

DIRECTIONS:

Go to 4th St. in Broderick, go north to the end,
turn left, go about $\frac{1}{2}$ mile to the "RACE" sign on the
right. Go down the hill to the river front parking
parking lot of the Chart Room.

DISTANCE: 3 or 6 or 50 miles

* While they last

Tour of Arden Park Run/5k & 10K

Saturday, March 24, 1984

5K (164 finishers)

| <u>Place</u> | <u>Name</u> | <u>Division</u> | <u>Place</u> | <u>Time</u> |
|--------------|---------------------------|-----------------|--------------|-------------|
| 1 | Bill Stainbrook | 30-39 | 1st | 16:33 |
| 2 | Tom Pearman | 19-29 | 1st | 16:41 |
| 3 | Jeff Pearman | " | 2nd | 17:04 |
| 9 | Karl Yamauchi | 30-39 | 2nd | 18:04 |
| 10 | Mike Miller | 40-49 | 3rd | 18:05 |
| 15 | Gordon Hall | 50-59 | 1st | 18:58 |
| 23 | Judy Bolker (Unchip) | 30-39 | 1stF | 20:04 |
| 24 | Mike Neff | " | | 20:06 |
| 27 | Larry Walton | 40-49 | | 20:17 |
| 39 | Paul Reese | 60+ | 1st | 21:25 |
| 55 | Ann Parsons | 30-39 | 3rd | 23:54 |
| 59 | Chris Parsons | 14 | | 24:20 |
| 62 | Betti Dolezal | 30-39 | | 24:23 |
| 73 | Craig Parsons | 13 | | 24:58 |
| 78 | Janie Morgan | 30-39 | | 25:09 |
| 112 | Helene Haller | 50-59 | 1st | 27:53 |
| 119 | Peggy Babazadeh (Unchip!) | " | 2nd | 29:00 |
| 120 | Art Waggoner | " | | 29:00 |

10K (112 finishers)

| | | | | |
|----|-----------------------|-------|------|-------|
| 1 | Mark Hicks (Unchip) | 20-29 | 1st | 33:34 |
| 2 | Glenn Bailey | 30-39 | 1st | 33:56 |
| 3 | Mike Daigle | " | 2nd | 34:38 |
| 4 | Don Spickelmier | 40-49 | 1st | 35:04 |
| 17 | Pete Schoener | " | 3rd | 39:38 |
| 19 | Jim Finnegan | " | | 40:23 |
| 25 | Lynne Herren (Unchip) | 30-39 | 1stF | 42:02 |
| 36 | Mike Otten | 40-49 | | 44:26 |
| 59 | Jim Parsons | " | | 47:06 |
| 62 | Mike O'Neil | 50-59 | 3rd | 47:46 |
| 76 | John Mannarino | 40-49 | | 49:59 |
| 99 | Carol Hendrickson | " | | 55:24 |

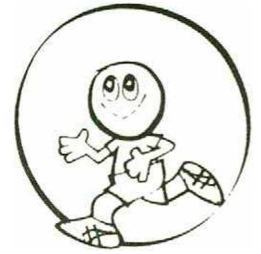
Race Results recorded by Bosco Bailey

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UCP 5 & 10K Run and Pig Out

The seventh annual 5 and 10 KM UCP run will be held at William Land Park, Saturday, June 2, 1984 at 9 am. Following the run will be a buffet provided by RAX Restaurants plus beer and soft drinks for all participants. A Dixieland band will entertain after the race. All finishers will receive Belton 100% cotton singlets. Awards will be given to first place finishers in all

age divisions in both the 5 & 10K races. Several merchandise awards and dinners will be given on a random basis. The entry fee is the same as last year, \$10 for preregistration and \$12 for race day. Nonrunners can participate in the buffet for \$5. An entry form is included in the newsletter for your convenience. Come out and enjoy this fast course in the shade of Wm. Land Park. For additional information, call your Vice Dunger, Gordon Hall at 925-2035.



“EYE RUN FOR SIGHT”

5K and 10K RUN

Sunday, March 4, 1984

Six club members competed in this benefit run for the Sacramento Vision Center sponsored by the Sacramento Valley Optometric Society. The five and ten kilometer started from the State Library at 9th Street and Capitol Mall to Miller Park and back. Tom Pearman finished a respectable 3rd overall in the 10k at 35:11 and Mike Adreani, one of our youngest members, placed 11th overall with a sub-forty minute 10k of 38:04. As part of the event all finishers were given free vision screening at the completion of the race.

Results: 10k

| <u>Name</u> | <u>Time</u> | <u>Overall Place</u> | <u>Division</u> | <u>Division Place</u> |
|--------------|-------------|----------------------|-----------------|-----------------------|
| Tom Pearman | 35:11 | 3rd | 20-29 | 2nd |
| Jeff Pearman | 36:02 | 4th | 20-29 | 3rd |
| Art Cahn | 36:53 | 5th | 40-49 | 1st |
| Mike Adreani | 38:04 | 11th | 14-19 | 1st |

Results: 5k

| | | | | |
|-----------------|-------|------|-------|-----|
| Howard Jacobsen | 21:32 | 22nd | 40-49 | 3rd |
| Michele Bunds | 25:10 | 53rd | 20-29 | 2nd |



February 19, 1984
Sacramento, CA

JED SMITH IS BACK

The Jedediah Smith 50-Mile Classic made its return to the 1984 schedule after taking a break the previous year. The wait appeared worth it for many of the runners as 41% of the 87 finishers achieved PR's for the distance. Although there were no sub 6-hour postings the total field was deep in experience with only 14 of the finishers going the distance for the first time.

The many good times were probably due in part to the new format for the race. While the Jed Smith has always favored a flat fast course, this year's 3-mile loop was in sharp contrast to past years when point-to-point or single loop courses were used. Frequent aid stations and flat, smooth asphalt were positive contributing factors in posting the many improvements in PR's. The weather turned out to be a mixed blessing, with unusually sunny, warm conditions. Race day brought above-average temperatures for mid-February (the afternoon high was 69 degrees) and even produced a few sunburns.

Ed Heywood of Sparks, Nevada and Craig Moore of Placerville were early leaders through the first half of the race, but by 30 miles the steady passing of Oaklandite Joe Schieffer made it look like he was finally going to win one after many years of placing near the top of local ultras. However, it wasn't to be. As Schieffer started his last three-mile loop, East Bay Striders teammate Dan Williams from Lafayette took the lead with Heywood also making his move. With the three leaders in their last lap it looked like any one of them could take it. As it turned out Williams was able to hold off Heywood for the win with Schieffer slipping to third.

The masters honors went to Ron Kovacs of Mountain View with a fifth place overall in 6:26:38. Stan Wegner was closing fast at the end but missed making it a sprint by only 22 seconds.

Cathy Casey of San Jose won it for the women with a very evenly-paced race. Her 8:09:01 was comfortably ahead of Colleen Fox of Los Gatos in 8:30:06. Holiday Holmes of Sacramento provided an exciting finish for third woman by catching up in the last lap and out-sprinting Terry Seyfarth of Santa Clara for respective 8:31:11 and 8:31:12 times.

The outstanding performance of the day came shortly after, as Helen Klein of Citrus Heights battled the rising temperature and hours of fatigue as she raced the clock to better her own American record (pending) for 60+ women. Although she just missed breaking 9 hours, her 9:01:37 was 27 minutes under her previous best.

The host, Buffalo Chips Running Club, called the race an overall success and expect to repeat the event next February.

Glenn Bailey
Abe Underwood

JEDEDIAH SMITH 50 MILE CLASSIC

February 19, 1984

Port of Sacramento Industrial Park

| <u>Overall Place</u> | <u>Name/Age</u> | <u>City</u> | <u>Club</u> | <u>26 Mi Split</u> | <u>Finish Time</u> |
|----------------------|----------------------|-------------|---------------|--------------------|--------------------|
| 1 | Dan Williams, 35 | Lafayette | E.B. Striders | 3:00:36 | 6:03:24 |
| 12 | Tim Hicks, 40 | Altaville | Buffalo Chips | 3:13:34 | 6:44:22 |
| 16 | Dennis Scott, 35 | Sacramento | " | 3:33:04 | 7:04:50 |
| 22 | Jim Drake, 43 | " | " | 3:36:36 | 7:26:19 |
| 30 | Jeremiah Russell, 48 | Midpines | " | 3:46:46 | 7:46:04 |
| 32 | Lino Delgadillo, 37 | Sacramento | " | 3:31:29 | 7:48:43 |
| 35 | Albert Ortiz, 37 | " | " | 3:49:26 | 7:58:58 |
| 40 | Steve Galvan, 45 | Reno, Nv | " | 3:51:10 | 8:04:34 |
| 43 | Cathy Casey, 34 | San Jose | Fleet Feet | 4:03:06 | 8:09:01 |
| 51 | Jim Clover, 41 | Healdsburg | Buffalo Chips | 4:04:43 | 8:26:50 |
| 66 | Elliott Eisenbud, 41 | Carmichael | " | 4:25:04 | 8:46:38 |

BIDWELL CLASSIC

RACE RESULTS

Saturday, March 3, 1984, Chico, CA

Full Marathon: 219 finishers

| <u>Place</u> | <u>Name</u> | <u>Time</u> | <u>Pace</u> | <u>Division</u> | <u>Place</u> |
|--------------|------------------|-------------|-------------|-----------------|--------------|
| 15 | Bev Marx | 2:50:11 | 6:30 | 30-34 | 1st F |
| 18 | David Ragsdale | 2:52:10 | 6:34 | 45-49 | 2nd |
| 46 | Bob Hanna | 3:09:40 | 7:14 | 45-49 | 4th |
| 59 | Roberto Sanchez | 3:18:24 | 7:34 | 45-49 | 5th |
| 77 | Laurence Walton | 3:26:42 | 7:53 | 40-44 | 8th |
| 108 | Jerry Blinn | 3:42:32 | 8:30 | 35-49 | |
| 109 | Elliott Eisenbud | 3:42:33 | 8:30 | 40-44 | |
| 111 | John Clark | 3:44:09 | 8:33 | 40-44 | |

Half Marathon: 1514 finishers

| | | | | | |
|------|-------------------|---------|-------|-------|-------|
| 19 | Mike Kelly | 1:14:37 | 5:42 | 35-39 | 2nd |
| 25 | Glenn Bailey | 1:15:30 | 5:46 | " | 3rd |
| 35 | Ed Stromberg | 1:17:34 | 5:55 | 40-44 | |
| 48 | Mike Daigle | 1:18:37 | 6:00 | 35-59 | |
| 85 | Bob Malain | 1:23:00 | 6:20 | 55-59 | 1st |
| 88 | Tim Smith | 1:23:22 | 6:22 | 18-29 | |
| 140 | George Parrott | 1:27:02 | 6:39 | 40-44 | |
| 227 | Bob Hedges | 1:31:34 | 6:59 | 35-39 | |
| 284 | Lino Delgadillo | 1:35:02 | 7:15 | 35-39 | |
| 452 | Janet Farrar | 1:40:39 | 7:41 | 35-39 | |
| 459 | Karen Frincke | 1:40:45 | 7:41 | 40-44 | |
| 696 | Carolyn Wolsey | 1:47:24 | 8:12 | 45-49 | 4th F |
| 698 | Gail Stone | 1:47:25 | 8:12 | 18-29 | |
| 804 | Jo Ann Souvignier | 1:49:59 | 8:24 | 45-49 | |
| 1111 | John Mannarino | 1:59:04 | 9:05 | 40-44 | |
| 1112 | Betti Dolezal | 1:59:09 | 9:06 | 30-34 | |
| 1115 | Helen Stanley | 1:59:16 | 9:06 | 35-39 | |
| 1128 | Rodney Nystrom | 1:59:52 | 9:09 | 40-44 | |
| 1381 | Jan Ann Raney | 2:14:44 | 10:17 | 45-49 | |

submitted by: Bosco Bailey

CALIFORNIA INTERNATIONAL MARATHON

Due to an error on my part, I did not get all of the CHIP results from the California International Marathon in the last newsletter. Accept my apology for the error. The rest of the results are below.

| | | | | |
|------|-----------------|-------|-----|---------|
| 668 | Rod Ritchie | 40-44 | 114 | 3:36:48 |
| 669 | Robert Porta | 40-44 | 115 | 3:36:49 |
| 670 | J. Todd Forline | 25-29 | 110 | 3:36:57 |
| 741 | George Koch | 55-59 | 8 | 3:43:27 |
| 749 | Gary Waldsmith | 40-44 | 129 | 3:44:04 |
| 761 | Kenneth Pierce | 45-49 | 62 | 3:44:48 |
| 789 | Ron Ulmer | 40-44 | 136 | 3:47:38 |
| 800 | Ronald Rader | 55-59 | 9 | 3:48:19 |
| 804 | Dick Petruzzi | 50-54 | 20 | 3:48:53 |
| 813 | Vance Koerner | 55-59 | 10 | 3:49:38 |
| 825 | Robert Hanna | 45-49 | 71 | 3:50:55 |
| 827 | Richard Kay | 30-34 | 182 | 3:51:09 |
| 832 | Rodney Nystrom | 40-44 | 138 | 3:51:39 |
| 846 | David Marchi | 45-49 | 74 | 3:52:56 |
| 913 | Mike O'Neil | 55-59 | 11 | 4:09:39 |
| 1002 | Jim Parsons | 45-49 | 91 | 4:16:53 |
| 1024 | John Lotz | 40-44 | 175 | 4:19:37 |

Female Chip Finishers

| | | | | |
|-----|----------------------|-------|----|---------|
| 40 | June Hill-Falkenthal | 25-29 | 11 | 3:03:20 |
| 70 | Helene Eisenbud | 35-39 | 12 | 3:24:26 |
| 97 | Gale Wright | 35-39 | 19 | 3:26:21 |
| 108 | Nancy Remley | 30-34 | 23 | 3:42:03 |
| 248 | Po Adams | 55-59 | 5 | 5:17:05 |

CHIPS WED

On a Wednesday noon this month of April, a wedding party proceeded from Cal Trans, where they had changed into their running duds and ran 3 miles to Discovery Park. They were met by Judge Ron Robie and relatives for the nuptials. The ceremony was followed with champagne and hors d'oeuvres. The CHIPS couple? Art Godwin and Carol Tucker! CONGRATULATIONS and much happiness.. What a great way to tie the runners knot!!

So. Area 1/2-Fast Still Out There....

They're still plugging away and gaining in rank and strength. Still led by the mightly Bill Wright with anywhere from five to ten followers, the 1/2 Fast South Group run every Thurs.- leaving at 6:15 pm. There's a variety of paces, routes, humor and CHIPS. You can take your pick! Usually followed with a beer or two and perhaps a pizza. Join us at Straw Hat at Florin and Riverside Blvds.

GOLD RUN '84
SATURDAY April 14th

Winner 25:06 Jon Klingman NonCHIP

CHIPS

| | |
|-------------|-------|
| Dan Alarid | 27:48 |
| Mike Miller | 30:31 |
| Denny Green | 30:56 |
| David Low | 32:45 |

| | |
|---------------|------------|
| Jimmy Low | 33:14 |
| James Gavin | 34:03 |
| Michael Otten | 35:00 |
| Mike Bigelow | 35:57 (PR) |
| John Manarino | 39:51 |
| Peggy Ewing | 43:29 |
| Vicki Lainq | 63:15 |

(not yet renewed but said she would)

4th ANNUAL NATURAL LIGHT MDA
5 & 10 MILERS

Approximately 325 runners answered the call this year to join the fight against Muscular Dystrophy. Weather conditions, unlike last year, were very agreeable. Though rain was forecast, the race was run under ideal conditions--overcast skies and cool temperatures with no wind. The rain eventually arrived later that day after all the runners had finished and made it home.

For those who have never run either the MDA 5 or the 10 miler, I strongly recommend it -- if you like to hurt! Hill lovers will be in runner's heaven. From my perspective, which may be aberrant to some of you animals, the 10 miler can be enjoyable. How? It offers one the challenge of running hard uphill and downhill; moreover, the course is fairly scenic. Besides, it's one of the few races where you get to run by the notorious Folsom Prison. Actually, some participants in this race pass by the entrance during the final mile of the 10 miler and the third mile of both races without noticing Folsom Prison. Out of sight, out of mind.

Results for CHIPS who ran are as follows:

5 Miler - (185 Finishers)

| <u>Place</u> | <u>Name</u> | <u>Time</u> | <u>Division</u> |
|--------------|---------------------------|-------------|-----------------|
| 1 | Dave Chaireg (non Chip) | 25:29 | 1st Overall |
| 10 | Don Spickelmier | 29:14 | 1st 40-49 |
| 14 | Dennis Scott | 29:51 | 4th 30-39 |
| 36 | Deirdre Beyett (non Chip) | 33:32 | 1st F Overall |
| 50 | John McIntosh | 34:51 | |
| 77 | Ron Rader | 37:59 | |
| 81 | Jimmy Low | 38:18 | |
| 123 | Betty Pfiefer | 42:08 | |
| 158 | Jean Bullock | 45:59 | |

10 Miler - (138 Finishers)

| <u>Place</u> | <u>Name</u> | <u>Time</u> | <u>Division</u> |
|--------------|------------------------------|-------------|-----------------|
| 1 | George Hernandez (non Chip) | 52:05* | 1st Overall |
| 3 | Rocky Balboa (non Chip) | 54:05 | 1st 30-39 |
| 5 | Rich Hanna | 54:32 | 1st 16-19 |
| 8 | Tom Pearman | 57:54 | 2nd 20-29 |
| 9 | Bosco Bailey | 58:24 | 5th 30-39 |
| 10 | Ed Stromberg | 58:25 | 1st 40-49 |
| 17 | Igor Hermann | 62:00 | |
| 24 | Stacy McAfee (non Chip) | 63:12* | 1st F Overall |
| 38 | June Hill-Faulkenthal | 66:21 | 1st F 20-29 |
| 47 | Rick Sowers | 67:41 | |
| 56 | Larry Walton | 69:20 | |
| 86 | La Donna Washington | 75:54 | |
| 92 | Janet Farrar | 76:48 | |
| 100 | Carol Wolsey | 79:01 | |
| 116 | Paul Camerer | 85:44 | |
| 118 | Steve Rawiszer (future Chip) | 86:27 | |
| 119 | Cynthia Young | 86:32 | |

* New Course Record

Special thanks to Mike Kelly, who pulled me and Ed downhill that final mile. Nice "training run" for Mike. I won't say it was easy, however.

Bosco Bailey

TAC/USA 20K National Open/Masters' Open
 California State University Sacramento
 Sunday, March 25, 1984

Several clubs from various parts of the state showed up for the California section of the USA 20K National Championships. Because of the small number of women applicants, the male and female divisions were merged into one race. The course started with one two mile loop around the CSUS campus and two five mile loops around the bike trails from Alumni Grove to Watt Avenue to the finish at the campus parking lot. Chips members who finished at least 3rd in their respective divisions were: Karen Frincke - 3rd, womens' 45 - 49; Jimmy Low - 2nd, mens' 55-59; Mike Adreani - 3rd, mens' 18 and under.

| <u>Results: men</u> | <u>Overall Place</u> | <u>Division</u> | <u>Division Place</u> | <u>Time</u> |
|---------------------------|----------------------|-----------------|-----------------------|-------------|
| Tom Pearman | 65 | 19-24 | 12 | 1:12:45 |
| Igor Hermann | 98 | 35-39 | 5 | 1:17:03 FR |
| Jeff Pearman | 106 | 25-29 | 13 | 1:18:09 |
| Merle Steven Watson | 126 | 35-39 | 6 | 1:20:12 |
| Mike Adreani | 145 | 18&und. | 3 | 1:24:15 |
| Gordon Hall | 151 | 50-54 | 8 | 1:25:32 |
| Martin Joyce | 152 | 35-39 | 7 | 1:25:59 |
| Dick Pine | 161 | 35-39 | 9 | 1:28:11 |
| Larry Walton | 165 | 40-44 | 16 | 1:29:00 |
| Jimmy Low | 170 | 55-59 | 2 | 1:29:59 |
| David Low | 172 | 25-29 | 16 | 1:30:34 |
| Philip Caine | 215 | 45-49 | 4 | 1:58:18 |
|
<u>Results: women</u> | | | | |
| Donna Wetterer | 185 | 30-34 | 5 | 1:35:14 |
| Karen Frincke | 189 | 40-44 | 3 | 1:36:04 |

HALF FAST NORTH

Are you a fresh CHIP and embarrassed because your race pace is 8½ or 9 minutes per mile or slower or a seasoned CHIP and still struggling with an 8 minute pace? If you fit into either of these categories or would like to join in a CHIP run at a leisurely pace along the American River Bike Trail we have the answer to your prayers (nightmares?).

Each Wednesday at 6 pm a group will be meeting at the Campus Commons Golf Course parking lot behind Hubacher Cadillac on Cadillac Drive (near the corner of Fair Oaks Blvd. and Howe Avenue). Joanne Souvignier and Gordon Hall will lead (?) the herd on a 4 to 6 mile leisurely pace. Join in if you want to meet some other half-fast runners!

BLUE DEVIL CLASSIC
5K & ½ MARATHON

Sunday, March 11th, started out as an overcast and cool morning. As start time approached, the clouds left and the first annual Blue Devil Classic 5K and half-marathon got underway. Over 325 runners participated in both events with the numbers almost evenly divided between the 5K and half-marathon.

The Chips made a good showing in the half, which followed the Avenue of the Olives and Davis mini-marathon courses, with a tour of many of the city's parks. This combo course was much more enjoyable than many courses used in the past. Lots of good prizes were distributed to the division winners. Shoes, bags, and shorts provided by New Balance were given away. Some Chip times are listed below:

5K- 1st-Rick Gentry 14:57
1st-Heike Skaden 17:00

½ Marathon
1st-Pete Flores 1:09:48
1st-Patti Gray 1:15:48

½ Marathon

| | | |
|-----|-----------------------|---------|
| 9. | Tom Pearman | 1:15:55 |
| 19. | Jeff Pearman | 1:21:29 |
| 27. | Igor Herman | 1:22:46 |
| 34. | Warren Lockette | 1:25:29 |
| 62. | Steve Macauley | 1:35:05 |
| 65. | Mike Adreani | 1:35:47 |
| | (3rd 18 & under) | |
| 66. | Howard (W.B) Jacobson | 1:35:52 |
| | (1st WB division) | |
| 69. | Dave Low | 1:36:18 |
| 71. | Jimmy Low | 1:36:41 |
| | (1st 50 & over) | |

I hope I didn't miss anyone.

---Dave Low, the TRI CHIP

** ** * * * * * * * * * *

KICK

To improve your finishing kick and your overall speed, try sprinting when your tired. If it don't hurt, then you can be sure it won't help.

Dear Buffalo Chips,

It's been awhile. Sugar Ray Leonard has nothing on me. I've retired half a dozen times. I should have known I was only kidding myself. I didn't cancel Runner's World and have kept my CHIP dues paid up. My good running shoes have remained unworn, in the closet.

My last marathon was Elliott's end of the year affair in 1980. Nineteen hundred eighty one was my Boston year but I was too exhausted. I'm still having problems but I'm back on the road again. I'm just getting started after six to eight months of another retirement.

Restarting is not like starting. You don't have to go through the same head trip and the aches and pains go away sooner (are you listening Underwood?). I'm committed to three days a week and eventually every day. After all, old Sheehan gets by without running every day.

Hope to be joining Bill Wright on Thursday nights soon. I've missed the runners and races as much as I've missed the running. Maybe Underwood will even ask me back to the Tahoe Running Retreat. He used to ask me to lead the short runs. (I wasn't good for much else). See you on the roads or at races. I'll be at the back. Hopefully this was my last retirement.

Hal Baker



"I think I pulled something."

GENERAL MEETING



WHERE: ANCIL HOFFMAN PARK
WHEN: MAY 27TH
TIME: 1:00 PM TILL ?

There will be a general meeting and a potluck to follow. You bring the food and the CHIPS will provide the drinks. Bring your running shoes a do a few miles to boot.



THE CHIPS ARE LOOKING FOR THE CLUBS EQUIPMENT. IF YOU KNOW WHERE ANY OF THE CLUBS EQUIPMENT RAN OFF TO, GIVE THE CLUB A HAND BY GETTING IT TO:

GREG SODERLUND
5320 CALLISTER AVE.
SACRAMENTO, CA 95819
456-2734

#

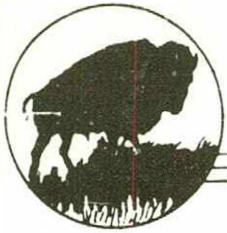
WANTED, A RACE DIRECTOR FOR THE CALIFORNIA INTERNATIONAL MARATHON

If you are looking for a chance to make a real impact on the running community in Sacramento, here is your chance. This race is destined to be a major event for those of us in the Sacramento area as well as the nation and maybe even the world. It could be all up to you, if you have what it takes.

If you are interested, contact Joan Reiss.

Galen Baker
Buffalo Chips Running Club
9004 Brydon Way
Sacramento, CA 95826

ABE UNDERWOOD
4531 CAPRI WAY
SACRAMENTO, CA 95822



BUFFALO CHIPS

RUNNING CLUB



| | | | | |
|-------------|-----------------|------------------|----------|-------------------|
| No. 73 | Glenn Bailey | High Dunger | 758-9800 | December 30, 1984 |
| | Gordon Hall | Vice Dunger | 925-2035 | |
| | Bill Stainbrook | Dung Recorder | 451-4845 | |
| | Mike Miller | Dung Counter | 488-3833 | |
| | Eileen Claugus | Dung Coordinator | 366-3270 | |
| | Mike Miller | Dung Herder | 488-3833 | |
| | Abe Underwood | Race Chairchip | 456-9257 | |
| Galen Baker | Dung Editor | 363-8423 | | |

STATE OF THE HERD

Before I disappear over the horizon I'd like to reflect upon the past three years during which I've had the "dubious" distinction of being the "The High Dunger." All in all, it has been an enjoyable, enlightening and rewarding experience. Sure, there were times when I felt like stumbling and allowing myself to simply be trampled into the prairie grass. Then, alas, all the headaches would vanish in one final thunderous roar.

But the human, uh, and the animal spirit is strong, persistent and resilient. The inexorable and intangible will to forge onward drives one to meet the daily challenge of life. Whether one wins or loses, succeeds or fails is of little import. The important factor is to keep striving -- in all aspects of life.

In this endeavor, serving the HERD, I have both succeeded and failed on occasion. When, where and how is not important. Because of my genuine interest in and concern for the well-being of this Club, whatever action I took, right or wrong, was reflective of that perspective. So I can move over, or fall over, with a sound conscience.

To each of you who have been so helpful and active in support of the Club sponsored races and activities -- thank you. This Club can only survive and grow through the active support of its membership. The more expansive the participation of all CHIPS, the better the Club will become. For there are areas where we can and should improve. For example, the newsletter would certainly benefit if we had photos to publish in each issue. And the editor cannot do it alone. Think of an area or function of the Club which you believe can change for the better. Then initiate the steps needed to affect the desired change.

Keep running! For as Emerson noted, "the world belongs to the energetic."

Cordially,

Glenn Bailey

BUFFALO CHIPS RUNNING CLUB
FINANCIAL STATEMENT AS OF 11/14/84

| INCOME | | EXPENDITURES | |
|------------------------|----------------|--|----------------|
| Membership dues | \$ 1193.50 | Computer | \$ 943.81 |
| CIM payments | 500.00 | Donations | 900.00 |
| TAC Development Funds | 750.00 | Newsletter | 777.54 |
| Race Income | | Supplies and Miscellaneous | 687.37 |
| Jed Smith 50 - 1984 | -243.02 | Race Expenses for Members
(TAC Developmental Funds) | 749.65 |
| Broderick Bottoms Bust | -16.54 | First Chip Awards | 240.00 |
| Buffalo Stampede | -337.20 | Meeting Expenses | 176.18 |
| Folsom 10K | 144.41 | CSUS Track | 76.00 |
| Tahoe 72 | 324.20 | Team Entry Fees | 45.00 |
| Jed Smith 50 - 1985 | <u>-162.34</u> | Total Expenses | <u>4595.55</u> |
| Net Race Income | -290.49 | | |
| Total Income | 2153.01 | | |

Net Income = Total Income - Total Expenses \$2153.01 - 4595.55 = \$-2442.54

| | |
|-------------------|-----------------|
| Beginning Balance | = \$3996.00 |
| + Net Income | <u>-2442.54</u> |
| Ending Balance | \$1553.46 |

BUFFALO CHIPS RUNNING CLUB NEWSLETTER

This newsletter is published every other month as a service to our club members. All items submitted for publication must be received by the fifth of the month if any production work is needed; or by the fifteenth of the month if the copy is in "camera ready" or final copy quality. Final copy should be typed in a single three inch wide column. In addition, the typing should be clear enough to reproduce into a quality newsletter. If you have any questions or wish to make a special presentation, please inform the editor well in advance of the deadline. The editor is:

Galen Baker
9004 Brydon Way
Sacramento, CA 95826
363-8423

CHIP VOLUNTEERS
CALIFORNIA INTERNATIONAL MARATHON
12-2-84

I would like to take this opportunity to thank each of you who assisted me at the men's and women's finish line at this event. Unquestionably, your composure and patience made that entire operation function with apparent order. For while it seemed as though we were "up CHIP creek without horns", or much worse. I realized many of you were somewhat apprehensive at the outset as to just how effective and efficient we would be in achieving our objective. Thanks for persevering.

In particular, thank you George and Karen for your initiative and fortitude in unraveling the bottleneck at the National Guard tent (volunteer check-in).

I do not believe it's necessary for me to explain in detail what transpired; for I'm certain you realized from observing me that something was awry. My frustration was certainly discernible. Yet with some "improvisation" we got the job done as best we could. In the end, the participants were able to complete the marathon unaware of what might have evolved if panic had triumphed over control and order.

Sure am glad the RAIN came LATE!!

--Bosco Bailey--

BOARD OF DIRECTORS
ELECTION

Anyone who is a member of the CHIPS may be nominated to serve as a director. Of course, your dues for 1985 must be paid at the time of your nomination to the Board.

Four openings will be available. Listed below are the current directors and the expiration dates of their respective terms on the Board:

| <u>Name</u> | <u>Term Expires</u> | <u>Name</u> | <u>Term Expires</u> |
|-----------------|---------------------|---------------|---------------------|
| Bill Stainbrook | 12-31-84 | Jim Drake | 12-31-85 |
| AJ Underwood | 12-31-84 | Reggie Benham | 12-31-85 |
| Glenn Bailey | 12-31-84 | Galen Baker | 12-31-85 |
| Jeff Bogle | 12-31-84 | Mike Miller | 12-31-85 |
| Howard Jacobson | 12-31-86 | Gordon Hall | 12-31-86 |
| Marge Hansen | 12-31-86 | | |

--The High Dunger--



American River College

4700 COLLEGE OAK DRIVE, SACRAMENTO, CA 95841
916 484 8011

UPDATE - AMERICAN RIVER COLLEGE ALL-WEATHER TRACK

As most of you know, ARC's new all-weather track is essentially completed and open for use. There are still a few "loose ends" remaining before the facility will be in its ideal finished status.

Entrance - A permanent entry walk-through has yet to be constructed. Presently, the NW gate is chained to allow runners in and to keep bicycles out.

Courtesy rules - An information board to be posted on the west wall is still at the printers. We will all appreciate your cooperation in regard to the rules. The board will read as follows:

Rules of Track Etiquette

1. Lanes 1 & 2 are reserved for interval work.
Do recovery jogs in lane 3 and beyond.
2. Jog in the outside lanes.
Approximate mileage equivalents:
Lanes 5 & 6 - 3-3/4 laps = 1 mile
Lane 9 - 3-1/2 laps = 1 mile
3. If an overtaking runner calls "TRACK"
move out a lane.
4. Maximum spike length is 1/4".
5. No dogs, bikes, skates, etc.
6. Because of safety concerns, field event
facilities are open only during scheduled events.

Open time schedule - Eventually there will be a printed monthly event schedule posted by the entrance gate. This schedule will inform you of open hours, scheduled events on the track, etc.

Currently, the track is open from dawn to dusk. Scheduled ARC classes and teams have priority use of the track; for safety reasons, the track will be closed to all use other than ARC track athletes during ARC track team practices. These practices begin on February 4, 1985. They are held from 2 - 5 p.m., Monday through Friday.

Lighting - One of our goals is to have the facility lighted for jogging on weeknights. To use our present lighting system would be prohibitive in terms of cost (\$30/side/hour). We are currently in the process of gathering estimates for a more economical, but still appropriate, lighting system. So far, our best estimate is about \$6000 (parts). We are proceeding on this issue as quickly as possible. As of this moment, we do not know where we will get the money to finance the purchase and installment of the system, but we are still moving through the planning stages. Unfortunately, we can not predict our time line to you. However, a lighted facility is a goal we are actively pursuing.

Further information - Information regarding reserving the track for special events, fees, schedules, etc. can be obtained from the ARC Community Services. Phone: 484-8643 and ask for Larry Bromley. Concerns regarding all track usage can be addressed through the ARC P.E. Department. Phone: 484-8201 and ask for Dr. Werner, Coach Baeta, 4 or Coach Snuggs.

BOARD OF DIRECTORS MEETING
Thursday, November 1, 1984
Meeting called to order at 7:45

Directors presents: Gordon, Mike, Glenn, Jeff, Bill, Howard, Reggie, Galen

1. The club roster will not be distributed beyond club related business.
2. The new date for the Pepsi 72 Mile Tahoe Run is September 6, 1985.
3. Jed Smith 50 Miler will be on February 15, 1985. The entry fee has been raised from \$10 to \$15. The course is fully certified and will probably be the PATAC championship.
4. Stroh's @ kilo race-- George Parrott expressed concern that the CHIPS had not been contracted to help sponsor the race. The Board is not concerned and feels that any organization may choose to contract with whomever they wish.
5. Club sponsored runners--An information card has been distributed in the [last] newsletter. The Board feels it needs to know more of the clubs feelings before making any decisions on this sensitive issue. The final decision will be made at the December Board meeting.
6. Election of Officers--four Board positions will be open in January. Its time to begin finding interested individuals.
7. Club flyers--Discussion on the appropriateness of listing the Clarksburg support money as a club benefit. It was agreed that it doesn't belong on the flyer unless the club adopts the principal of support funds at the December Board meeting. Otherwise it would be contrary to the CHIPS' philosophy.
8. Cross country race-- No one seems to be in charge of this event. The course has not been secured yet. George has contacted La Petit Boulangerie regarding sponsorship.
9. End of the year party and award presentation--A committee will be put together to determine the awards and the recipients.
10. National University has two RV's which will be available for use at club races. This information was provided by George Parrott.
11. The next meeting will be Thursday, December 6, at City Sport Works at 7:45.

Mother Goose & Grimm



December Board Meeting at City Sports Works

BC members present: Tracy Albano, Sandy Fitzwater, Mark and Don Hicks, Gil Machado and George Parrott.

Board members present: Glenn Bailey, Galen Baker, Reggie Benham, Jeff Bogle, Gordon Hall, Marge Hansen, Howard Jacobson, Mike Miller and Bill Stainbrook.

Meeting called to order about 7:45 p.m.

Our TAC Volunteer Representative's for M/F open teams will be Mark Hicks, Gil Machado and George Parrott. Possibilities of teams for Jed Smith were discussed.

Newsletter deadline is Saturday and should be out before New years.

A cross country race and possible sponsor was discussed . No response as of yet. If none soon, race will be shelved.

SLDRA is looking into a grand prix series of nine races beginning with a one mile in January. The results would be based on a point system. No decisions yet.

A presentation from Bud of Special T's was given and samples shown. Set up, pricing, sizes, art work and capabilities explained. We may use their services for one of our races.

Election meeting/party on Thursday, January 10th, 7:30 at Jeff's store. It will be a pot luck dessert with soft drinks.

Jed Smith on Feb. 17, Sunday, flyers in newsletter.

BC flyer discussed at length. Decided to rephrase one item and change around the artwork. We will have 2,000 printed.

Financial report presented from Mike Miller. As of November 84 we had a \$1,530 balance. A financial report will be in the December newsletter.

Mike Miller read a brochure from Super Sport Club (a promotional deal). Mike will send for information.

Galen Baker requested desire to recruit a Newsletter Editor for 85. If a new editor is found, Galen will run for High Dunger.

Response from the poll was: 101 out of 220 responded. 29.7% were for, 66.3% were against, and 4% had no opinion. George expressed his reasoning for supporting the proposal and the idea was reopened and discussed, which got back to how we want to represent our club. A vote was put to the board members who unanimously voted against the proposal.

Meeting adjourned about 9:30.

Respectively submitted by Marge Hansen

HELP WANTED

VOLUNTEERS FOR JED SMITH 50 MILE CLASSIC

February 17th, 1985

Yes, it's that time again. Ole Jed needs your help. This year (1985) we have secured the PA-PAC 50 Mile Championship. Thus some prize money (\$1000) will be disbursed to individuals and teams. We need people to staff the aid stations (2), the finish line and the lap monitoring check-point. Because this event will cover 10 hours (8am-6pm), we need a sufficient number to work in shifts. Of course, we will gladly accept any volunteer eager to labor, uh, I mean help for the entire 10 hours. Really, this can be FUN!!

Last year the weather was superb. Perhaps slightly warm (69°F) for the runners, but very enjoyable for the volunteers. If AJ and CK can manage to bring back enough of the Hawaiian warmth and sunshine to retain until 2/17/85 -- we'll all stay warm and dry. No promises, however.

If you can help, please contact AJ Underwood at 456-9257. Even if you have already informed me that you will help, please call AJ to confirm your commitment. THANK YOU!!!!

--Glenn Bailey--

| | | |
|---|--------------|---------------------|
| 33% DISCOUNT | 33% DISCOUNT | 33% DISCOUNT |
| COUPON | | |
| JED SMITH 50 MILE CLASSIC 1985 | | |
| For members (paid in full for 1984) of the Buffalo Chips Running Club. Mail coupon with your application, available in the December/January issue of Ultrarunning and at local running, retail outlets. | | |
| Current Members \$10 | COUPCN | Race Entry Fee \$15 |
| 33% DISCOUNT | 33% DISCOUNT | 33% DISCOUNT |

WALKING--ONE OF YOUR BEST AEROBICS

by: Doctor Joseph Cook

Probably our fastest growing sport in America today is jogging, fifteen million Americans enjoy it. What about just plain walking as a form of aerobic exercise? Suppose you are one of those who jogs, forcing himself to do it and yet hates every minute of it. Its nearly certain that your fitness program is bound to be rather short-lived. So why not investigate other forms of aerobic exercise such as walking.

Runners come in different shapes, sizes and speeds. Walkers are the same. While walking is less intense exercise than running, it renders the same aerobic health benefit--if one does enough of it. Walking can be the perfect way for the older or obese person to start exercising and is an alternative exercise for the runner suffering from various injuries. There is something in walking for everyone.

If your out of shape or quite heavy, it is best to start walking on a flat course. At first you may walk only a few minutes. As your level of fitness improves, you will want to add minutes to your walks. Walking one mile in 30 minutes is a slow pace; a mile in 20 minutes is a moderate pace; a mile in 15 minutes is considered fast. You can generally add minutes and speed to your walks at the same time without adverse effects.

As you become more fit, you may find it hard to get your heart rate up while walking on level ground. There are several alternatives which will help to increase your heart rate. One alternative would be to wear a small pack and carry weight in the form of sandbags or other items. The added weight increases muscle work enough to get your heart pumping as it should during aerobic exercise. Some people like to wear small hand-held or wrist weights. Another alternative is to map out some good hills to provide a more advanced workout, assuming that you live near some hills.

Despite its odd appearance, race walking is growing in popularity. In addition to allowing you to move at a faster pace, the twisting motion of the hips and upper body offer benefits that are not derived from the straight alignment used in running. Muscles in the hip area as well as the oblique latissimus, and other upper body muscles, are effected by the motion of the race walker.

To get started, begin by walking along normally. Then exaggerate both the arm and hip movements until you achieve the high arm carriage and twisting motion typical of the race walkers. Basically it is regular walking with exaggerated movements and speed. Many runners switch to race walking while recovering from injuries.

Most people know how to compute their aerobic training heart rate. However, today there is more emphasis being places in the perceived level of exertion. To check your perceived level of exertion, occasionally monitor your body to see that you are breathing deeply but are not gasping for air; that you are warm and perspiring but not overheating and uncomfortable; that you can carry on a "normal" conversation while walking with a friend. If you follow these guides, you will be able to walk aerobically.

Continued next page

Good shoes are as important to walkers as they are to runners. Invest in a good pair of running shoes--not court shoes. If you add hiking to your program you may also need a pair of lightweight hiking boots for added stability.

Enjoy your walking program knowing that you are improving your health in the same way as runners do. While some people may feel that the individualistic nature of fitness sports can alienate people from their friends and families ("the runners divorce"), walking lends itself well to family or social participation.

WINTER RUNNING

Staying Warm, Dry, and Alive

Running in the winter months can be a refreshing change to the heat of summer. By following a few simple rules, winter running can be safe and comfortable.

The most important principle in winter running is learning to dress in a layered fashion. Wearing several layers of tops instead of one heavy layer will help trap body heat in and prevent it from escaping. Many beginning runners wear far more than is necessary. A good first layer to wear against the body is a top made of polypropylene. Polypropylene is a synthetic material that retains and maintains body heat or core temperature much better than wool. It also allows perspiration to pass to the next outer layer, keeping the wetness away from the body. Cross country skiers have been using polypro. for many years. Polypropylene is available in tops and bottoms in several different styles. Prices range from about \$18.00 to \$30.00. The tops are available in a light weight and a medium weight. A t-shirt will work as the second layer by absorbing the perspiration and blocking wind. In cold weather a windbreaker may be worn over the first two layers. During rain periods a gore-tex jacket (or suit) will afford maximum rain protection. Gore-tex is a thin membrane lining that is sandwiched between two other layers. Its pores allow sweat droplets to pass through but keeps out the larger rain droplets. Gore-tex jackets start at about \$135.00 and suits for \$200.00.

Keeping the legs warm is valuable for heat retention and more importantly for preventing muscle pulls that can occur easier in the winter months. In the last few years running tights have gained tremendous popularity. They keep the legs warm without the flapping around of pant legs. Running tights have a elastic waistband with drawstring and stirrups. Currently there are two types of tights on the market that work very well. Deciding which type to purchase depends on whether they will be used during runs in the rain. The first type is made of nylon and lycra. These work best in the cold when it is not raining. The second type of running tight is made of polypropylene and lycra. Polypro/lycra tights keep the legs warm during runs in cold as well as during the rain. Running tights start at around \$30.00 and reach a high of \$40.00. For the budget minded a pair of nylon wind pants will keep the legs sufficiently warm during runs in cool weather. These start at about \$20.00.

Running during the winter months also means running more often during the darker hours. It is essential to be as visible as possible during these dark hours. Wear light color clothes when appropriate and some form of reflective gear. Reflective gear

comes in several styles to choose from. The best single item is the reflective vest. These start at about around \$13.00 and offer the best in visibility to oncoming cars. Leg and wristbands are also available for around \$6.00. An inexpensive reflective measure is the reflective dots and squares. These are around \$2.75. They can be stuck to the sides and backs of the running shoes. A new item is the reflective waist belt. These have an easy on-off clasp and retail for approximately \$8.00.

Remember, always run facing traffic and stay alert. Don't let your mind wander off to those warmer days ahead for too long. What do you do if you are still cold? Wear a wool beany cap. Studies have shown that as much as 40% of the bodys heat escapes through the head.

DAVID LOW
1984

HOW IT ALL BEGAN by Abe Underwood

Across the page is the CHIPS first newsletter...Volume 1, Number 1... dated December 1, 1974. It served as an announcement of a new running club in Sacramento--sort of the notice of the herds birth.

As the first couple of sentences suggest, we had been around some time before the official actions of December 1, 1974. However, that takes some telling because we had been reorganized nearly the entire year before we finally got organized. But that is the rest of the story, and is beyond what I have planned for this issue.

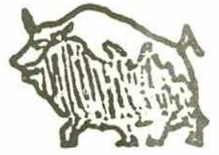


Hopefully, this can be a mini-series over the next few issues which will give you a picture of the Buffalo Chips' past. For a FEW of you it may (or may not) bring back some fond memories. For most of you I hope it can provide a historical look that you may be interested in. But more importantly, I hope it will entertain you all.

In the next newsletter, I will fill you in on some of the things that happened during 1974 as we look around in that period of the Buffalo Chips Hall Of Fame.



Buffalo Chips



Running Club

Vol. No. 1 - Issue No. 1

December 1, 1974

*** ANNOUNCING ***

The birth of a new running club in the Sacramento area. After a rather illegitimate beginning and a lot of hassle with meet directors over the official recognition of the Chips, we decided to make it legal. The Club is intended to be a running club for all levels with emphasis on getting beginners into jogging and runners into racing, all in the spirit of running for the enjoyment of it and less for the competition. AAU recognition is not the only purpose. By becoming a bit more organized it is hoped the Club can fill a running need in Sacramento that the existing track clubs do not accommodate. Male and female runners of all ages are welcome.

- IMPORTANT NOTICE -

Charter memberships will close January 1, 1975 and then open again a month or so later. This will give us time to have a meeting, order shirts and generally get organized.

- THINGS THE CLUB CAN DO -

- Be in team competition
- Sponsor periodic fun runs
- Sponsor and promote local races
- Enjoy the running experience as a club

Membership dues are \$5.00 per year for single or family. Dues cover an occasional newsletter and a club directory. Make check payable to Buffalo Chips and mail to: Abe Underwood, 6555 Riverside Blvd., Sacramento 95831.

MEMBERSHIP APPLICATION
BUFFALO CHIPS RUNNING CLUB

NAME _____ SPOUSE'S NAME & AGE _____

ADDRESS _____ CHILDREN'S NAMES & AGES _____

CITY _____ ZIP _____ HOME PHONE _____

DATE OF BIRTH _____ WORK PHONE _____

THE SACRAMENTO MARATHON & HALF MARATHON

October 7th, 1984

The HERD was well represented at the 8th Annual Sacramento Marathon/Half-Marathon. In the half-marathon 55 or 5.5% of the 1007 finishers were CHIPS. And in the full marathon we were even more prevalent -- 14 or 9.5% of the 147 finishers.

Some folks thought it was warm. Come on you animals. After this past summer everyone should have been acclimated to the heat. From my recollection, it was cool vis-a-vis the first one in 1977. Remember that one. I know some of you do all too well.

Note how well the masters (40 and over) performed, especially Paul Reese. His time in the half-marathon, 1:30:42, is a new age group world record. Paul may not "float like a butterfly," like Muhammad Ali once did; nonetheless, at 67 he is "forever young."

Listed below are the divisional award winners and the CHIPS who finished this year:

MARATHON AWARD WINNERS

| | | | |
|-----------------------------|-----------|---------------|-----------|
| Craig Moore (Joined in Nov) | | Chris Delgado | 1st/50-59 |
| Overall Winner | | Art Waggoner | 3rd/50-59 |
| Karen Coe - Overall Winner | | | |
| Bill Finkbeiner - 2nd/19-29 | | | |
| Glenn Bailey | 5th/30-39 | | |
| Dana Gard | 7th/30-39 | | |

HALF-MARATHON AWARD WINNERS

| | | | |
|-------------|-----------|--------------------|-----------|
| Doug Hanna | 1st/16-18 | Paul Reese | 1st/60+ |
| Tom Pearman | 5th/19-29 | LaDonna Washington | 2nd/19-29 |
| Art Cahn | 1st/40-49 | Judy Press | 4th/40-49 |
| Tom Wright | 2nd/40-49 | Po Adams | 1st/60+ |
| Gordon Hall | 1st/50-59 | Helen Klein | 2nd/60+ |
| Ken Johnson | 2nd/50-59 | | |

FULL MARATHON

| | | | | | |
|----|-----------------|---------|-----|------------------|---------|
| 1 | Craig Moore | 2:29:36 | 43 | Al Ortiz | 3:15:00 |
| 4 | Bill Finkbeiner | 2:44:44 | 44 | Bob Potter | 3:16:36 |
| 8 | Glenn Bailey | 2:50:54 | 53 | Roberto Sanchez | 3:24:44 |
| 12 | Dana Gard | 2:53:10 | 57 | Norman Klein | 3:27:06 |
| 14 | Karen Coe | 2:55:03 | 61 | Art Waggoner | 3:29:30 |
| 18 | Chris Delgado | 2:56:14 | 112 | Elliott Eisenbud | 4:04:32 |
| 25 | Igor Hermann | 3:02:50 | 113 | John Clark | 4:05:21 |

HALF-MARATHON

| | | | | | |
|-----|--------------------|---------|-----|-------------------|---------|
| 1 | Jon Klinkman NC | 1:08:53 | 292 | Francis Allen | 1:37:18 |
| 11 | Tom Pearman | 1:14:21 | 303 | Larry Walton | 1:37:54 |
| 23 | Karl Yamauchi | 1:18:11 | 306 | Donna Wetterer | 1:38:03 |
| 28 | Tim Smith | 1:18:30 | 362 | Judy Press | 1:40:07 |
| 32 | Michael Daigle | 1:19:13 | 398 | Shari Lowen | 1:41:37 |
| 33 | Doug Hanna | 1:19:32 | 453 | Donna Wright | 1:43:53 |
| 34 | Kim Isham | 1:19:34 | 490 | Gale Wright | 1:45:20 |
| 38 | Bruce Fujimoto | 1:19:46 | 495 | Ron Ulmer | 1:45:25 |
| 40 | Art Cahn | 1:20:11 | 613 | Brian Lew | 1:50:43 |
| 41 | Tom Wright | 1:20:24 | 620 | Carole Food | 1:51:08 |
| 54 | Jon Sherburne | 1:22:21 | 621 | Burl Jones | 1:51:18 |
| 73F | Claudia Morlang WC | 1:24:05 | 627 | Terry Macaulay | 1:51:33 |
| 84 | Roger Dike | 1:25:12 | 635 | Jeff Boole | 1:51:51 |
| 92 | LaDonna Washington | 1:26:24 | 637 | Marge Hansen | 1:51:54 |
| 120 | Howard Jacobson | 1:28:14 | 659 | JoAnn Souvignier | 1:53:25 |
| 122 | Gordon Hall | 1:28:28 | 730 | Helene Eisenbud | 1:56:51 |
| 148 | Jim Finnegan | 1:29:58 | 763 | Malcolm Weintraub | 1:59:07 |
| 163 | Paul Reese | 1:30:42 | 772 | Marie Wright | 1:59:19 |
| 178 | Ken E Johnson | 1:31:19 | 773 | William Wright | 1:59:22 |
| 179 | Dan Little | 1:31:20 | 790 | Po Adams | 2:00:25 |
| 186 | Greg Soderlund | 1:31:51 | 803 | Steve Galvan | 2:00:54 |
| 198 | Steve Macaulay | 1:32:26 | 821 | Jo Ann Raney | 2:01:58 |
| 202 | David Givens | 1:32:35 | 833 | Rachel Machado | 2:03:12 |
| 207 | James Gavin | 1:33:00 | 840 | Helen Klein | 2:02:30 |
| 209 | Lino Delgadillo | 1:33:02 | 844 | Penny Soderlund | 2:04:02 |
| 213 | Ron Hall | 1:33:08 | 941 | Carole Nutt | 2:15:23 |
| 219 | Mike Otten | 1:33:21 | 989 | Elaine Reese | 2:31:19 |
| 231 | Jimmy Low | 1:34:23 | | | |
| 232 | David Low | 1:34:26 | | | |
| 257 | Ronald Rader | 1:35:56 | | | |

--The High Dunger--

A CARD FROM CHARLIE MERSEREAU

Dear chips,

Just received the November issue of the CHIP bulletin (Excellent!) and felt I had to write to say how great I think the club is doing.

I especially want to congratulate Glenn on the job he is doing as the President and Bill Stainbrook for carrying on so well with the Lake Tahoe 72 Mile Run. Also, Marge Hansen, and now Galen Baker have handled the Bulletin beautifully.

Am very much enjoying it here in the Missouri countryside and am still running. As a matter of fact, I have a one mile trail on my property here (very scenic) and have a number of options for long trail and road runs. Am doing 30-40 miles a

week now and am entering a 48 hour run at Bolder Colorado this month where I will run as a CHIP even though I am also a member of the Ozark Mountain Ridge Runners. Believe it or not, the OMRR has 700 members but participation in club activities by members isn't as great as for the CHIPS. They also have a very good newsletter which is really what holds the club together. Without a good bulletin, neither club would survive.

Merry Christmas to all of my running friends.

Charlie Mersereau

STOCKTON MARATHON
THE BIG VALLEY CLASSIC

NOVEMBER 4, 1984

Approximately two dozen CHIPS travelled south to Stockton to participate in the 4th Annual Big Valley Classic. Three CHIPS were division award recipients in the half-marathon, while two CHIPS were so rewarded in the full marathon.

Results for both races are listed below:

HALF MARATHON (335 finishers)

| | | | | | | |
|-----|-------------------|----|---------|-----|---------------------|---------|
| 1 | Dennis Rinde | NC | 1:04:36 | 67 | Gordon Hall | 1:27:02 |
| 8 | Tom Pearman | | 1:14:07 | | (1st 50-59) | |
| | (2nd 20-29) | | | 125 | Lino A Delgadillo | 1:33:49 |
| 14 | Bruce Fujimoto | | 1:17:13 | 143 | David Neff | 1:36:04 |
| 18 | John S Kennedy | | 1:18:06 | 145 | Brian D Lew | 1:36:20 |
| 24 | Kim Isham | | 1:19:08 | 147 | Steve MacCaulay | 1:36:30 |
| 28 | Karen Coe | | 1:20:00 | 161 | David Low | 1:37:49 |
| | (2nd Overall) | | | 164 | George L Siller III | 1:38:06 |
| 44 | Donald A Padilla | | 1:23:44 | 213 | Ronald Rader | 1:44:12 |
| 64 | Tim Smith | | 1:26:50 | 262 | Phillip E Caine | 1:52:48 |
| 72 | George Parrott | | 1:27:25 | 295 | Joann Raney | 1:58:58 |
| 104 | Doreen Moorefield | | 1:31:31 | | | |
| 105 | Bryan Lea | | 1:31:32 | | | |

FULL MARATHON (100 Finishers)

| | | | | | |
|----|-----------------|----------|---------|---|--------------------------------------|
| 1 | Matthew D Bruni | NC | 2:23:36 | | |
| 5 | Glenn Bailey | | 2:39:57 | - | 2nd 30-39 |
| 30 | Jim Finnegan | | 3:10:55 | | |
| 33 | Norman Klein | | 3:14:49 | | |
| 40 | Jimmy Low | PR!!!!!! | 3:17:38 | - | 2nd 50-59 "Boston, Here Comes Jimmy" |
| 51 | John K Clark | | 3:30:46 | | |

--Bosco Bailey--

FLASH! There is a new supply of the black long-sleeve club shirts now available. The new version of these features fully reflectorized printing (using a glass beaded ink) for night running safety. These beautiful club shirts are available at the ARDEN FAIR SPORTING FEET STORE ONLY!!!! They are only \$7 (no tax even) if you show your club membership card.

NOTES FROM HAL BAKER

This last year has been a real learning one. I had hoped I would never need what I have learned. The only saving grace is that maybe my experiences can help prevent others from having injuries that linger. My back injury could have been prevented. I hope what I have done and will continue to do will get me back to running as well as prevent any reoccurrence. These are the things that really stick out in my mind that have helped:

1. I spent about four months in physical therapy. The last several months were devoted almost entirely to stretching my hamstrings. The running and the injury had made them very tight. The lack of stretching prior to the injury hadn't helped either. Learning the proper ways of stretching helped me to begin walking and to straighten up.

2. I needed all the help that I could get. Rolfing was mentioned by several friends. It was expensive but I can walk and stand up straight so it was worth it. There have been several side effects that have also been beneficial and it was not painful for me. Bob Robinson, Advanced Certified Rolfer, is interested in working with runners and I encourage anyone to attend one of his rolfing presentations. His next

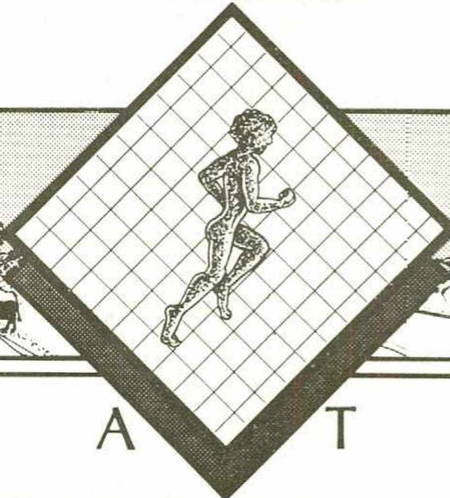
presentation will be on January 23, 1985. Bob is also interested in doing a presentation for the CHIPS if there is enough interest. In addition, he offers a one day class on how to maintain proper structure. This class will next be provided on February 2, 1985. Call Bob at 485-7718 for times and other information.

3. Over the last four months I have done yoga exercises specifically for my back. Its amazing how all the muscles interact. Ian Jackson's "Yoga for Runners", published by Runners World, is a great book to read as a start. Presently I do 30-40 minutes of yoga everyday and although progress is slow, the benefits are showing through.

Although I had warnings that the major damage was done to my back in one incorrect motion, once I get through my present problems, this won't happen again. While you can still run, take care of yourself. Hope to see you on the road in 1985.

HAL BAKER

Davis



M A R A T H O N

MARATHON AND HALF-MARATHON

Sunday, Feb 10, 1985 Davis, California

(to benefit the Davis High School Athletic Department)

CLARKSBURG CLASSIC 20 EARLY REPORT

Finally the weather gods smiled on a CLARKSBURG CLASSIC racing day, and we all enjoyed the best running environment for the 19th annual 20 miler that we have seen in the last 7-8 years.

The 2 annual MINI-CLASSIC FIVE came off without a hitch, and new course records were established for both the men's (Derrick May, unChip: 24:??) and women's (Eileen Claugus, CHIP!: 29:33) fields. These fine performances were rewarded with \$250 cash prizes. The course record prize money was put up one-third from the race kitty and two-thirds by Tom Shorba and Roger Niello of Niello Volkswagen-- the most generous sponsor of the 1984 races. Niello also provided a VW Vanagon for several weekends of race promotion prior to the race. There were over 200 finishers in the FIVE, and they all received nicely done shirts (design courtesy of Karl Yamauchi).

The start of the TWENTY MILE CLASSIC went without a hitch, and we were almost exactly on our target time. The runners enjoyed two additional aid stations (large RVs courtesy of National University) at about 16 and 18.5 miles, and we had a digital timer at 19 miles to inspire that last long mile. However the pace car went off course at about 17.5 miles, and the first 58 runners finished an uncertifiable 19.2 mile "workout." We got out and fixed the flow of runners after this problem was realized, and all runners after 58 did the complete course, and about 3 or 4 of the early finishers actually ran the correct course even though it meant leaving the apparent flow of the field. I am most impressed by that courage! Brian Maxwell, the 2nd place finisher, was the person who informed us of the mistake, and as race director I appreciate his immediate report. Our course correction saved several national age records from being lost. In the 20, even with the short course, the first male still missed the course record, and Sharlet Gilbert's corrected finishing time placed her about 40 seconds off her 1982 course standard. We had over 600 finishers in the 20, down about 20 percent from 1983, but I attribute most of that to the horrible weather of '83 and my own lack of well-organized publicity this year. We still had very good participation from the bay area and Reno; Fleet Feet/SF even brought a chartered bus to Clarksburg. The aid stations were supported by City Sport Works, Sporting Feet, Fleet Feet/J St, and Ryan's Sport Shop of Santa Clara--Thanks to all. Reflective printing costs for the back of the 20-miler shirts was supported by City Sport Works, Fleet Feet, and Sporting Feet, and that financial assistance is gratefully acknowledged. The race couldn't go on without the aid of the extremely efficient and dedicated group of about 50

volunteers that put this together--almost all CHIPS!!!! All volunteers were thanked with a long-sleeve hooded t shirt with club logo.

We are already well along with planning for 1985--the 20th annual 20 miler, and we want to make this next year a quality event in the history of Northern California running. We hope to see you there.

PARTICIPATING IN THE RUNNING MARKETPLACE: INFORMATION FOR ADVERTISERS/SPONSORS

"Running has become the de facto champ when it comes to selling through participant sports." Marketing Communication

"Sponsoring a road race is a form of advertising. In fact it is better than advertising." Barbara Paddock, Manufacturers Hanover Trust, Director of Special Events

"Race promotion is extremely cost-effective." Katherine Switzer, Avon, Director of International Running Circuit

DEMOGRAPHICS OF RUNNERS

1. National Survey, 1980, conducted by Runner's World magazine

The typical runner is... married, has children, earns from \$ 20-30,000/year and is a white collar professional.

2. Sacramento area survey, CSUS Class Project by Mike Van Horn, 1981 Sample size= 393

The typical runner was employed in white collar and professional occupations, 45% had incomes greater than \$20,000/year, and

marathoners and ultramarathoners had the highest incomes typically \$30-50,000/year.

3. Sacramento area survey, CSUS Master's Thesis by Carolyn Tucker, 1981 Sample size=176 completed questionnaires

The majority of this sample was professional with bachelor's degrees or higher, 50% had incomes over \$25,000/year. Looking at ultramarathoners, the average age was 37 years and this group had the highest income and education levels of any sub-part of the sample.

SUMMARY:

Runners are a well-educated, solid, middle and upper middle income market. The longer the race, the higher the income, occupation, and education levels observed.

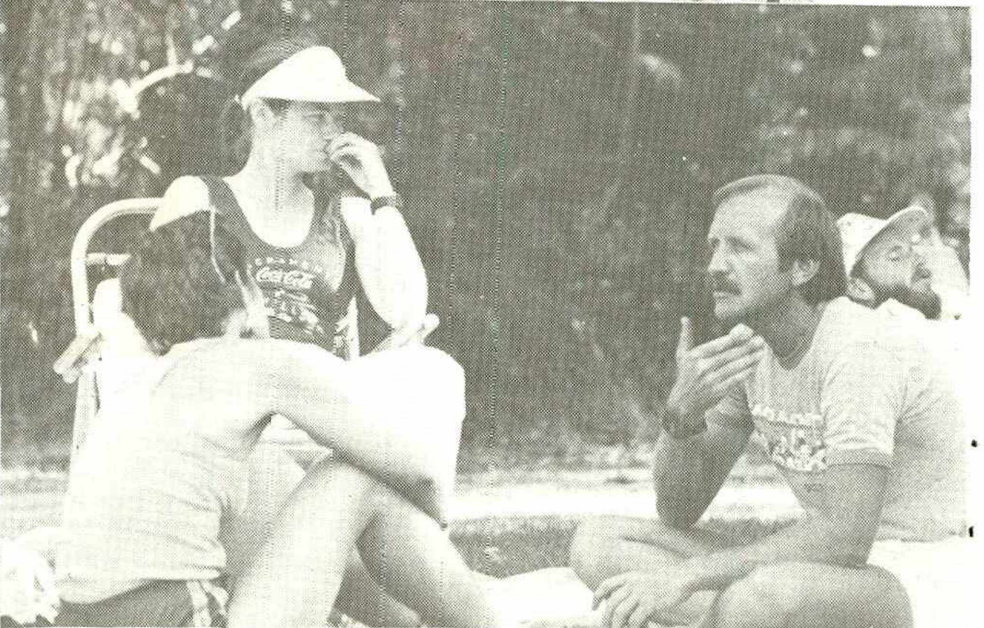


CHIPS END OF
SUMMER PICNIC
& PARTY

Pictures by:
BRIAN BURKE



SEPTEMBER 29



Buffalo
Chips



ELECTION MEETING
NOTICE

ELECTION MEETING

JANUARY 10, 1985

CITY SPORT WORKS
5114 Madison Ave

AT 7:45 P.M.

POT LUCK DESSERTS
WITH SODA PROVIDED

There are FIVE directors to be elected. The four slots that had their terms end and another slot that was the result of Jim Drake being removed for being absent from four meetings within a one year period. Any CHIP who has paid the 1985 dues can become a director.

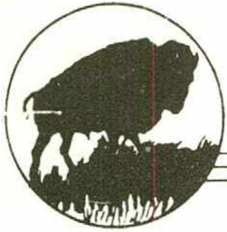
THE BUFFALO CHIPS IS OUR CLUB, LETS GET OUT AND SUPPORT OURSELVES--VOTE!

 * Galen Baker
 * Buffalo Chips Running Club
 * 9004 Brydon Way
 * Sacramento, CA 95826




FRANK ALLEN
 42 YUBA RIVER CIRCLE
 SACRAMENTO, CA 95831

IF YOU PURCHASED ONE OF THE GRAY HOODED SHIRTS OR ONE OF THE BLACK SHIRTS, YOU CAN PICK THEM UP AT THE JANUARY 10TH ELECTION MEETING.



BUFFALO CHIPS

RUNNING CLUB



No. 73

| | | |
|-----------------|------------------|----------|
| Glenn Bailey | High Dungen | 758-9800 |
| Gordon Hall | Vice Dungen | 925-2035 |
| Bill Stainbrook | Dung Recorder | 451-4845 |
| Mike Miller | Dung Counter | 488-3833 |
| Eileen Claugus | Dung Coordinator | 366-3270 |
| Mike Miller | Dung Herder | 488-3833 |
| Abe Underwood | Race Chairchip | 456-9257 |
| Galen Baker | Dung Editor | 363-8423 |

December 30, 1984

STATE OF THE HERD

Before I disappear over the horizon I'd like to reflect upon the past three years during which I've had the "dubious" distinction of being the "The High Dungen." All in all, it has been an enjoyable, enlightening and rewarding experience. Sure, there were times when I felt like stumbling and allowing myself to simply be trampled into the prairie grass. Then, alas, all the headaches would vanish in one final thunderous roar.

But the human, uh, and the animal spirit is strong, persistent and resilient. The inexorable and intangible will to forge onward drives one to meet the daily challenge of life. Whether one wins or loses, succeeds or fails is of little import. The important factor is to keep striving -- in all aspects of life.

In this endeavor, serving the HERD, I have both succeeded and failed on occasion. When, where and how is not important. Because of my genuine interest in and concern for the well-being of this Club, whatever action I took, right or wrong, was reflective of that perspective. So I can move over, or fall over, with a sound conscience.

To each of you who have been so helpful and active in support of the Club sponsored races and activities -- thank you. This Club can only survive and grow through the active support of its membership. The more expansive the participation of all CHIPS, the better the Club will become. For there are areas where we can and should improve. For example, the newsletter would certainly benefit if we had photos to publish in each issue. And the editor cannot do it alone. Think of an area or function of the Club which you believe can change for the better. Then initiate the steps needed to affect the desired change.

Keep running! For as Emerson noted, "the world belongs to the energetic."

Cordially,

Glenn Bailey

BUFFALO CHIPS RUNNING CLUB
FINANCIAL STATEMENT AS OF 11/14/84

| INCOME | | EXPENDITURES | |
|------------------------|----------------|--|----------------|
| Membership dues | \$ 1193.50 | Computer | \$ 943.81 |
| CIM payments | 500.00 | Donations | 900.00 |
| TAC Development Funds | 750.00 | Newsletter | 777.54 |
| Race Income | | Supplies and Miscellaneous | 687.37 |
| Jed Smith 50 - 1984 | -243.02 | Race Expenses for Members
(TAC Developmental Funds) | 749.65 |
| Broderick Bottoms Bust | - 16.54 | First Chip Awards | 240.00 |
| Buffalo Stampede | -337.20 | Meeting Expenses | 176.18 |
| Folsom 10K | 144.41 | CSUS Track | 76.00 |
| Tahoe 72 | 324.20 | Team Entry Fees | 45.00 |
| Jed Smith 50 - 1985 | <u>-162.34</u> | Total Expenses | <u>4595.55</u> |
| Net Race Income | -290.49 | | |
| Total Income | 2153.01 | | |

Net Income = Total Income - Total Expenses \$2153.01 - 4595.55 = \$-2442.54

| | |
|-------------------|-----------------|
| Beginning Balance | = \$3996.00 |
| + Net Income | <u>-2442.54</u> |
| Ending Balance | \$1553.46 |

BUFFALO CHIPS RUNNING CLUB NEWSLETTER

This newsletter is published every other month as a service to our club members. All items submitted for publication must be received by the fifth of the month if any production work is needed; or by the fifteenth of the month if the copy is in "camera ready" or final copy quality. Final copy should be typed in a single three inch wide column. In addition, the typing should be clear enough to reproduce into a quality newsletter. If you have any questions or wish to make a special presentation, please inform the editor well in advance of the deadline. The editor is:

Galen Baker
9004 Brydon Way
Sacramento, CA 95826
363-8423

CHIP VOLUNTEERS
CALIFORNIA INTERNATIONAL MARATHON
12-2-84

I would like to take this opportunity to thank each of you who assisted me at the men's and women's finish line at this event. Unquestionably, your composure and patience made that entire operation function with apparent order. For while it seemed as though we were "up CHIP creek without horns", or much worse. I realized many of you were somewhat apprehensive at the outset as to just how effective and efficient we would be in achieving our objective. Thanks for persevering.

In particular, thank you George and Karen for your initiative and fortitude in unraveling the bottleneck at the National Guard tent (volunteer check-in).

I do not believe it's necessary for me to explain in detail what transpired; for I'm certain you realized from observing me that something was awry. My frustration was certainly discernible. Yet with some "improvisation" we got the job done as best we could. In the end, the participants were able to complete the marathon unaware of what might have evolved if panic had triumphed over control and order.

Sure am glad the RAIN came LATE!!

--Bosco Bailey--

BOARD OF DIRECTORS
ELECTION

Anyone who is a member of the CHIPS may be nominated to serve as a director. Of course, your dues for 1985 must be paid at the time of your nomination to the Board.

Four openings will be available. Listed below are the current directors and the expiration dates of their respective terms on the Board:

| <u>Name</u> | <u>Term Expires</u> | <u>Name</u> | <u>Term Expires</u> |
|-----------------|---------------------|---------------|---------------------|
| Bill Stainbrook | 12-31-84 | Jim Drake | 12-31-85 |
| AJ Underwood | 12-31-84 | Reggie Benham | 12-31-85 |
| Glenn Bailey | 12-31-84 | Galen Baker | 12-31-85 |
| Jeff Bogle | 12-31-84 | Mike Miller | 12-31-85 |
| Howard Jacobson | 12-31-86 | Gordon Hall | 12-31-86 |
| Marge Hansen | 12-31-86 | | |

--The High Dunger--



American River College

4700 COLLEGE OAK DRIVE, SACRAMENTO, CA 95841
916 484-8011

UPDATE - AMERICAN RIVER COLLEGE ALL-WEATHER TRACK

As most of you know, ARC's new all-weather track is essentially completed and open for use. There are still a few "loose ends" remaining before the facility will be in its ideal finished status.

Entrance - A permanent entry walk-through has yet to be constructed. Presently, the NW gate is chained to allow runners in and to keep bicycles out.

Courtesy rules - An information board to be posted on the west wall is still at the printers. We will all appreciate your cooperation in regard to the rules. The board will read as follows:

Rules of Track Etiquette

1. Lanes 1 & 2 are reserved for interval work.
Do recovery jogs in lane 3 and beyond.
2. Jog in the outside lanes.
Approximate mileage equivalents:
Lanes 5 & 6 - 3-3/4 laps = 1 mile
Lane 9 - 3-1/2 laps = 1 mile
3. If an overtaking runner calls "TRACK" move out a lane.
4. Maximum spike length is 1/4".
5. No dogs, bikes, skates, etc.
6. Because of safety concerns, field event facilities are open only during scheduled events.

Open time schedule - Eventually there will be a printed monthly event schedule posted by the entrance gate. This schedule will inform you of open hours, scheduled events on the track, etc.

Currently, the track is open from dawn to dusk. Scheduled ARC classes and teams have priority use of the track; for safety reasons, the track will be closed to all use other than ARC track athletes during ARC track team practices. These practices begin on February 4, 1985. They are held from 2 - 5 p.m., Monday through Friday.

Lighting - One of our goals is to have the facility lighted for jogging on weeknights. To use our present lighting system would be prohibitive in terms of cost (\$30/side/hour). We are currently in the process of gathering estimates for a more economical, but still appropriate, lighting system. So far, our best estimate is about \$6000 (parts). We are proceeding on this issue as quickly as possible. As of this moment, we do not know where we will get the money to finance the purchase and installment of the system, but we are still moving through the planning stages. Unfortunately, we can not predict our time line to you. However, a lighted facility is a goal we are actively pursuing.

Further information - Information regarding reserving the track for special events, fee schedules, etc. can be obtained from the ARC Community Services. Phone: 484-8643 and ask for Larry Bromley. Concerns regarding all track usage can be addressed through the ARC P.E. Department. Phone: 484-8201 and ask for Dr. Werner, Coach Baeta, 4 or Coach Snuggs.

BOARD OF DIRECTORS MEETING
Thursday, November 1, 1984
Meeting called to order at 7:45

Directors present: Gordon, Mike, Glenn, Jeff, Bill, Howard, Reggie, Galen

1. The club roster will not be distributed beyond club related business.
2. The new date for the Pepsi 72 Mile Tahoe Run is September 6, 1985.
3. Jed Smith 50 Miler will be on February 15, 1985. The entry fee has been raised from \$10 to \$15. The course is fully certified and will probably be the PATAC championship.
4. Stroh's @ kilo race-- George Parrott expressed concern that the CHIPS had not been contracted to help sponsor the race. The Board is not concerned and feels that any organization may choose to contract with whomever they wish.
5. Club sponsored runners--An information card has been distributed in the [last] newsletter. The Board feels it needs to know more of the clubs feelings before making any decisions on this sensitive issue. The final decision will be made at the December Board meeting.
6. Election of Officers--four Board positions will be open in January. Its time to begin finding interested individuals.
7. Club flyers--Discussion on the appropriateness of listing the Clarksburg support money as a club benefit. It was agreed that it doesn't belong on the flyer unless the club adopts the principal of support funds at the December Board meeting. Otherwise it would be contrary to the CHIPS' philosophy.
8. Cross country race-- No one seems to be in charge of this event. The course has not been secured yet. George has contacted La Petit Boulangerie regarding sponsorship.
9. End of the year party and award presentation--A committee will be put together to determine the awards and the recipients.
10. National University has two RV's which will be available for use at club races. This information was provided by George Parrott.
11. The next meeting will be Thursday, December 6, at City Sport Works at 7:45.

Mother Goose & Grimm



December Board Meeting at City Sports Works

BC members present: Tracy Albano, Sandy Fitzwater, Mark and Don Hicks, Gil Machado and George Parrott.

Board members present: Glenn Bailey, Galen Baker, Reggie Benham, Jeff Bogle, Gordon Hall, Marge Hansen, Howard Jacobson, Mike Miller and Bill Stainbrook.

Meeting called to order about 7:45 p.m.

Our TAC Volunteer Representative's for M/F open teams will be Mark Hicks, Gil Machado and George Parrott. Possibilities of teams for Jed Smith were discussed.

Newsletter deadline is Saturday and should be out before New years.

A cross country race and possible sponsor was discussed . No response as of yet. If none soon, race will be shelved.

SLDRA is looking into a grand prix series of nine races beginning with a one mile in January. The results would be based on a point system. No decisions yet.

A presentation from Bud of Special T's was given and samples shown. Set up, pricing, sizes, art work and capabilities explained. We may use their services for one of our races.

Election meeting/party on Thursday, January 10th, 7:30 at Jeff's store. It will be a pot luck dessert with soft drinks.

Jed Smith on Feb. 17, Sunday, flyers in newsletter.

BC flyer discussed at length. Decided to rephrase one item and change around the artwork. We will have 2,000 printed.

Financial report presented from Mike Miller. As of November 84 we had a \$1,530 balance. A financial report will be in the December newsletter.

Mike Miller read a brochure from Super Sport Club (a promotional deal). Mike will send for information.

Galen Baker requested desire to recruit a Newsletter Editor for 85. If a new editor is found, Galen will run for High Dunger.

Response from the poll was: 101 out of 220 responded. 29.7% were for, 66.3% were against, and 4% had no opinion. George expressed his reasoning for supporting the proposal and the idea was reopened and discussed, which got back to how we want to represent our club. A vote was put to the board members who unanimously voted against the proposal.

Meeting adjourned about 9:30.

Respectively submitted by Marge Hansen

HELP WANTED

VOLUNTEERS FOR JED SMITH 50 MILE CLASSIC

February 17th, 1985

Yes, it's that time again. Ole Jed needs your help. This year (1985) we have secured the PA-PAC 50 Mile Championship. Thus some prize money (\$1000) will be disbursed to individuals and teams. We need people to staff the aid stations (2), the finish line and the lap monitoring check-point. Because this event will cover 10 hours (8am-6pm), we need a sufficient number to work in shifts. Of course, we will gladly accept any volunteer eager to labor, uh, I mean help for the entire 10 hours. Really, this can be FUN!!

Last year the weather was superb. Perhaps slightly warm (69°F) for the runners, but very enjoyable for the volunteers. If AJ and CK can manage to bring back enough of the Hawaiian warmth and sunshine to retain until 2/17/85 -- we'll all stay warm and dry. No promises, however.

If you can help, please contact AJ Underwood at 456-9257. Even if you have already informed me that you will help, please call AJ to confirm your commitment. THANK YOU!!!!

--Glenn Bailey--

| | | |
|---|--------------|---------------------|
| 33% DISCOUNT | 33% DISCOUNT | 33% DISCOUNT |
| COUPON | | |
| JED SMITH 50 MILE CLASSIC 1985 | | |
| For members (paid in full for 1984) of the Buffalo Chips Running Club. Mail coupon with your application, available in the December/January issue of Ultrarunning and at local running, retail outlets. | | |
| Current Members \$10 | COUPON | Race Entry Fee \$15 |
| 33% DISCOUNT | 33% DISCOUNT | 33% DISCOUNT |

WALKING--ONE OF YOUR BEST AEROBICS

by: Doctor Joseph Cook

Probably our fastest growing sport in America today is jogging, fifteen million Americans enjoy it. What about just plain walking as a form of aerobic exercise? Suppose you are one of those who jogs, forcing himself to do it and yet hates every minute of it. Its nearly certain that your fitness program is bound to be rather short-lived. So why not investigate other forms of aerobic exercise such as walking.

Runners come in different shapes, sizes and speeds. Walkers are the same. While walking is less intense exercise than running, it renders the same aerobic health benefit--if one does enough of it. Walking can be the perfect way for the older or obese person to start exercising and is an alternative exercise for the runner suffering from various injuries. There is something in walking for everyone.

If your out of shape or quite heavy, it is best to start walking on a flat course. At first you may walk only a few minutes. As your level of fitness improves, you will want to add minutes to your walks. Walking one mile in 30 minutes is a slow pace; a mile in 20 minutes is a moderate pace; a mile in 15 minutes is considered fast. You can generally add minutes and speed to your walks at the same time without adverse effects.

As you become more fit, you may find it hard to get your heart rate up while walking on level ground. There are several alternatives which will help to increase your heart rate. One alternative would be to wear a small pack and carry weight in the form of sandbags or other items. The added weight increases muscle work enough to get your heart pumping as it should during aerobic exercise. Some people like to wear small hand-held or wrist weights. Another alternative is to map out some good hills to provide a more advanced workout, assuming that you live near some hills.

Despite its odd appearance, race walking is growing in popularity. In addition to allowing you to move at a faster pace, the twisting motion of the hips and upper body offer benefits that are not derived from the straight alignment used in running. Muscles in the hip area as well as the oblique latissimus, and other upper body muscles, are effected by the motion of the race walker.

To get started, begin by walking along normally. Then exaggerate both the arm and hip movements until you achieve the high arm carriage and twisting motion typical of the race walkers. Basically it is regular walking with exaggerated movements and speed. Many runners switch to race walking while recovering from injuries.

Most people know how to compute their aerobic training heart rate. However, today there is more emphasis being places in the perceived level of exertion. To check your perceived level of exertion, occasionally monitor your body to see that you are breathing deeply but are not gasping for air; that you are warm and perspiring but not overheating and uncomfortable; that you can carry on a "normal" conversation while walking with a friend. If you follow these guides, you will be able to walk aerobically.

Continued next page

Good shoes are as important to walkers as they are to runners. Invest in a good pair of running shoes--not court shoes. If you add hiking to your program you may also need a pair of lightweight hiking boots for added stability.

Enjoy your walking program knowing that you are improving your health in the same way as runners do. While some people may feel that the individualistic nature of fitness sports can alienate people from their friends and families ("the runners divorce"), walking lends itself well to family or social participation.

WINTER RUNNING

Staying Warm, Dry, and Alive

Running in the winter months can be a refreshing change to the heat of summer. By following a few simple rules, winter running can be safe and comfortable.

The most important principle in winter running is learning to dress in a layered fashion. Wearing several layers of tops instead of one heavy layer will help trap body heat in and prevent it from escaping. Many beginning runners wear far more than is necessary. A good first layer to wear against the body is a top made of polypropylene. Polypropylene is a synthetic material that retains and maintains body heat or core temperature much better than wool. It also allows perspiration to pass to the next outer layer, keeping the wetness away from the body. Cross country skiers have been using polypro. for many years. Polypropylene is available in tops and bottoms in several different styles. Prices range from about \$18.00 to \$30.00. The tops are available in a light weight and a medium weight. A t-shirt will work as the second layer by absorbing the perspiration and blocking wind. In cold weather a windbreaker may be worn over the first two layers. During rain periods a gore-tex jacket (or suit) will afford maximum rain protection. Gore-tex is a thin membrane lining that is sandwiched between two other layers. Its pores allow sweat droplets to pass through but keeps out the larger rain droplets. Gore-tex jackets start at about \$135.00 and suits for \$200.00.

Keeping the legs warm is valuable for heat retention and more importantly for preventing muscle pulls that can occur easier in the winter months. In the last few years running tights have gained tremendous popularity. They keep the legs warm without the flapping around of pant legs. Running tights have a elastic waistband with drawstring and stirrups. Currently there are two types of tights on the market that work very well. Deciding which type to purchase depends on whether they will be used during runs in the rain. The first type is made of nylon and lycra. These work best in the cold when it is not raining. The second type of running tight is made of polypropylene and lycra. Polypro/lycra tights keep the legs warm during runs in cold as well as during the rain. Running tights start at around \$30.00 and reach a high of \$40.00. For the budget minded a pair of nylon wind pants will keep the legs sufficiently warm during runs in cool weather. These start at about \$20.00.

Running during the winter months also means running more often during the darker hours. It is essential to be as visible as possible during these dark hours. Wear light color clothes when appropriate and some form of reflective gear. Reflective gear

comes in several styles to choose from. The best single item is the reflective vest. These start at about around \$13.00 and offer the best in visibility to oncoming cars. Leg and wristbands are also available for around \$6.00. An inexpensive reflective measure is the reflective dots and squares. These are around \$2.75. They can be stuck to the sides and backs of the running shoes. A new item is the reflective waist belt. These have an easy on-off clasp and retail for approximately \$8.00.

Remember, always run facing traffic and stay alert. Don't let your mind wander off to those warmer days ahead for too long. What do you do if you are still cold? Wear a wool beany cap. Studies have shown that as much as 40% of the bodys heat escapes through the head.

DAVID LOW
1984

HOW IT ALL BEGAN by Abe Underwood

Across the page is the CHIPS first newsletter...Volume 1, Number 1... dated December 1, 1974. It served as an announcement of a new running club in Sacramento--sort of the notice of the herds birth.

As the first couple of sentences suggest, we had been around some time before the official actions of December 1, 1974. However, that takes some telling because we had been reorganized nearly the entire year before we finally got organized. But that is the rest of the story, and is beyond what I have planned for this issue.



Hopefully, this can be a mini-series over the next few issues which will give you a picture of the Buffalo Chips' past. For a FEW of you it may (or may not) bring back some fond memories. For most of you I hope it can provide a historical look that you may be interested in. But more importantly, I hope it will entertain you all.

In the next newsletter, I will fill you in on some of the things that happened during 1974 as we look around in that period of the Buffalo Chips Hall Of Fame.



Buffalo Chips



Running Club



Vol. No. 1 - Issue No. 1

December 1, 1974

*** ANNOUNCING ***

The birth of a new running club in the Sacramento area. After a rather illegitimate beginning and a lot of hassle with meet directors over the official recognition of the Chips, we decided to make it legal. The Club is intended to be a running club for all levels with emphasis on getting beginners into jogging and runners into racing, all in the spirit of running for the enjoyment of it and less for the competition. AAU recognition is not the only purpose. By becoming a bit more organized it is hoped the Club can fill a running need in Sacramento that the existing track clubs do not accommodate. Male and female runners of all ages are welcome.

- IMPORTANT NOTICE -

Charter memberships will close January 1, 1975 and then open again a month or so later. This will give us time to have a meeting, order shirts and generally get organized.

- THINGS THE CLUB CAN DO -

- . Be in team competition
- . Sponsor periodic fun runs
- . Sponsor and promote local races
- . Enjoy the running experience as a club

Membership dues are \$5.00 per year for single or family. Dues cover an occasional newsletter and a club directory. Make check payable to Buffalo Chips and mail to: Abe Underwood, 6555 Riverside Blvd., Sacramento 95831.

MEMBERSHIP APPLICATION
BUFFALO CHIPS RUNNING CLUB

NAME _____ SPOUSE'S NAME & AGE _____

ADDRESS _____ CHILDREN'S NAMES & AGES _____

CITY _____ ZIP _____ HOME PHONE _____

DATE OF BIRTH _____ WORK PHONE _____

THE SACRAMENTO MARATHON & HALF MARATHON

October 7th, 1984

The HERD was well represented at the 8th Annual Sacramento Marathon/Half-Marathon. In the half-marathon 55 or 5.5% of the 1007 finishers were CHIPS. And in the full marathon we were even more prevalent -- 14 or 9.5% of the 147 finishers.

Some folks thought it was warm. Come on you animals. After this past summer everyone should have been acclimated to the heat. From my recollection, it was cool vis-a-vis the first one in 1977. Remember that one. I know some of you do all too well.

Note how well the masters (40 and over) performed, especially Paul Reese. His time in the half-marathon, 1:30:42, is a new age group world record. Paul may not "float like a butterfly," like Muhammad Ali once did; nonetheless, at 67 he is "forever young."

Listed below are the divisional award winners and the CHIPS who finished this year:

MARATHON AWARD WINNERS

| | | | |
|-----------------------------|-----------|---------------|-----------|
| Craig Moore (Joined in Nov) | | Chris Delgado | 1st/50-59 |
| Overall Winner | | Art Waggoner | 3rd/50-59 |
| Karen Coe - Overall Winner | | | |
| Bill Finkbeiner - 2nd/19-29 | | | |
| Glenn Bailey | 5th/30-39 | | |
| Dana Gard | 7th/30-39 | | |

HALF-MARATHON AWARD WINNERS

| | | | |
|-------------|-----------|--------------------|-----------|
| Doug Hanna | 1st/16-18 | Paul Reese | 1st/60+ |
| Tom Pearman | 5th/19-29 | LaDonna Washington | 2nd/19-29 |
| Art Cahn | 1st/40-49 | Judy Press | 4th/40-49 |
| Tom Wright | 2nd/40-49 | Po Adams | 1st/60+ |
| Gordon Hall | 1st/50-59 | Helen Klein | 2nd/60+ |
| Ken Johnson | 2nd/50-59 | | |

FULL MARATHON

| | | | | | |
|----|-----------------|---------|-----|------------------|---------|
| 1 | Craig Moore | 2:29:36 | 43 | Al Ortiz | 3:15:00 |
| 4 | Bill Finkbeiner | 2:44:44 | 44 | Bob Fötter | 3:16:36 |
| 8 | Glenn Bailey | 2:50:54 | 53 | Roberto Sanchez | 3:24:44 |
| 12 | Dana Gard | 2:53:10 | 57 | Norman Klein | 3:27:06 |
| 14 | Karen Coe | 2:55:03 | 61 | Art Waggoner | 3:29:30 |
| 18 | Chris Delgado | 2:56:14 | 112 | Elliott Eisenbud | 4:04:32 |
| 25 | Igor Hermann | 3:02:50 | 113 | John Clark | 4:05:21 |

HALF-MARATHON

| | | | | | |
|-----|--------------------|---------|-----|-------------------|---------|
| 1 | Jon Klinkman NC | 1:08:53 | 292 | Francis Allen | 1:37:18 |
| 11 | Tom Pearman | 1:14:21 | 303 | Larry Walton | 1:37:54 |
| 23 | Karl Yamauchi | 1:18:11 | 306 | Donna Wetterer | 1:38:03 |
| 28 | Tim Smith | 1:18:30 | 362 | Judy Press | 1:40:07 |
| 32 | Michael Daigle | 1:19:13 | 398 | Shari Lowen | 1:41:37 |
| 33 | Doug Hanna | 1:19:32 | 453 | Donna Wright | 1:43:53 |
| 34 | Kim Isham | 1:19:34 | 490 | Gale Wright | 1:45:20 |
| 38 | Bruce Fujimoto | 1:19:46 | 495 | Ron Ulmer | 1:45:25 |
| 40 | Art Cahn | 1:20:11 | 613 | Brian Lew | 1:50:43 |
| 41 | Tom Wright | 1:20:24 | 620 | Carole Hood | 1:51:08 |
| 54 | Jon Sherburne | 1:22:21 | 621 | Burl Jones | 1:51:18 |
| 73F | Claudia Morlang NC | 1:24:05 | 627 | Terry Macaulay | 1:51:33 |
| 84 | Roger Dike | 1:25:12 | 635 | Jeff Bogle | 1:51:51 |
| 92 | LaDonna Washington | 1:26:24 | 637 | Marge Hansen | 1:51:54 |
| 120 | Howard Jacobson | 1:28:14 | 659 | JoAnn Souvignier | 1:53:25 |
| 122 | Gordon Hall | 1:28:28 | 730 | Helene Eisenbud | 1:56:51 |
| 148 | Jim Finnegan | 1:29:58 | 763 | Malcolm Weintraub | 1:59:07 |
| 163 | Paul Reese | 1:30:42 | 772 | Marie Wright | 1:59:19 |
| 178 | Ken E Johnson | 1:31:19 | 773 | William Wright | 1:59:22 |
| 179 | Dan Little | 1:31:20 | 790 | Po Adams | 2:00:25 |
| 186 | Greg Soderlund | 1:31:51 | 803 | Steve Galvan | 2:00:54 |
| 198 | Steve Macaulay | 1:32:26 | 821 | Jo Ann Raney | 2:01:58 |
| 202 | David Givens | 1:32:35 | 833 | Rachel Machado | 2:03:12 |
| 207 | James Gavin | 1:33:00 | 840 | Helen Klein | 2:02:30 |
| 209 | Lino Delgadillo | 1:33:02 | 844 | Penny Soderlund | 2:04:02 |
| 213 | Ron Hall | 1:33:08 | 941 | Carole Nutt | 2:15:23 |
| 219 | Mike Otten | 1:33:21 | 989 | Elaine Reese | 2:31:19 |
| 231 | Jimmy Low | 1:34:23 | | | |
| 232 | David Low | 1:34:26 | | | |
| 257 | Ronald Rader | 1:35:56 | | | |

--The High Dunger--

A CARD FROM CHARLIE MERSEREAU

Dear chips,

Just received the November issue of the CHIP bulletin (Excellent!) and felt I had to write to say how great I think the club is doing.

I especially want to congratulate Glenn on the job he is doing as the President and Bill Stainbrook for carrying on so well with the Lake Tahoe 72 Mile Run. Also, Marge Hansen, and now Galen Baker have handled the Bulletin beautifully.

Am very much enjoying it here in the Missouri countryside and am still running. As a matter of fact, I have a one mile trail on my property here (very scenic) and have a number of options for long trail and road runs. Am doing 30-40 miles a

week now and am entering a 48 hour run at Bolder Colorado this month where I will run as a CHIP even though I am also a member of the Ozark Mountain Ridge Runners. Believe it or not, the OMRR has 700 members but participation in club activities by members isn't as great as for the CHIPS. They also have a very good newsletter which is really what holds the club together. Without a good bulletin, neither club would survive.

Merry Christmas to all of my running friends.

Charlie Mersereau

STOCKTON MARATHON
THE BIG VALLEY CLASSIC

NOVEMBER 4, 1984

Approximately two dozen CHIPS travelled south to Stockton to participate in the 4th Annual Big Valley Classic. Three CHIPS were division award recipients in the half-marathon, while two CHIPS were so rewarded in the full marathon.

Results for both races are listed below:

HALF MARATHON (335 finishers)

| | | | | | | |
|-----|-------------------|----|---------|-----|---------------------|---------|
| 1 | Dennis Rinde | NC | 1:04:36 | 67 | Gordon Hall | 1:27:02 |
| 8 | Tom Pearman | | 1:14:07 | | (1st 50-59) | |
| | (2nd 20-29) | | | 125 | Lino A Delgadillo | 1:33:49 |
| 14 | Bruce Fujimoto | | 1:17:13 | 143 | David Neff | 1:36:04 |
| 18 | John S Kennedy | | 1:18:06 | 145 | Brian D Lew | 1:36:20 |
| 24 | Kim Isham | | 1:19:08 | 147 | Steve MacCaulay | 1:36:30 |
| 28 | Karen Coe | | 1:20:00 | 161 | David Low | 1:37:49 |
| | (2nd Overall) | | | 164 | George L Siller III | 1:38:06 |
| 44 | Donald A Padilla | | 1:23:44 | 213 | Ronald Rader | 1:44:12 |
| 64 | Tim Smith | | 1:26:50 | 262 | Phillip E Caine | 1:52:48 |
| 72 | George Parrott | | 1:27:25 | 295 | Joann Raney | 1:58:58 |
| 104 | Doreen Moorefield | | 1:31:31 | | | |
| 105 | Bryan Lea | | 1:31:32 | | | |

FULL MARATHON (100 Finishers)

| | | | | | |
|----|-----------------|----------|---------|---|--------------------------------------|
| 1 | Matthew D Bruni | NC | 2:23:36 | | |
| 5 | Glenn Bailey | | 2:39:57 | - | 2nd 30-39 |
| 30 | Jim Finnegan | | 3:10:55 | | |
| 33 | Norman Klein | | 3:14:49 | | |
| 40 | Jimmy Low | PR!!!!!! | 3:17:38 | - | 2nd 50-59 "Boston, Here Comes Jimmy" |
| 51 | John K Clark | | 3:30:46 | | |

--Bosco Bailey--

FLASH! There is a new supply of the black long-sleeve club shirts now available. The new version of these features fully reflectorized printing (using a glass beaded ink) for night running safety. These beautiful club shirts are available at the **ARDEN FAIR SPORTING FEET STORE ONLY!!!!** They are only \$7 (no tax even) if you show your club membership card.

NOTES FROM HAL BAKER

This last year has been a real learning one. I had hoped I would never need what I have learned. The only saving grace is that maybe my experiences can help prevent others from having injuries that linger. My back injury could have been prevented. I hope what I have done and will continue to do will get me back to running as well as prevent any reoccurrence. These are the things that really stick out in my mind that have helped:

1. I spent about four months in physical therapy. The last several months were devoted almost entirely to stretching my hamstrings. The running and the injury had made them very tight. The lack of stretching prior to the injury hadn't helped either. Learning the proper ways of stretching helped me to begin walking and to straighten up.

2. I needed all the help that I could get. Rolfing was mentioned by several friends. It was expensive but I can walk and stand up straight so it was worth it. There have been several side effects that have also been beneficial and it was not painful for me. Bob Robinson, Advanced Certified Rolfer, is interested in working with runners and I encourage anyone to attend one of his rolfing presentations. His next

presentation will be on January 23, 1985. Bob is also interested in doing a presentation for the CHIPS if there is enough interest. In addition, he offers a one day class on how to maintain proper structure. This class will next be provided on February 2, 1985. Call Bob at 485-7718 for times and other information.

3. Over the last four months I have done yoga exercises specifically for my back. Its amazing how all the muscles interact. Ian Jackson's "Yoga for Runners", published by Runners World, is a great book to read as a start. Presently I do 30-40 minutes of yoga everyday and although progress is slow, the benefits are showing through.

Although I had warnings that the major damage was done to my back in one incorrect motion, once I get through my present problems, this won't happen again. While you can still run, take care of yourself. Hope to see you on the road in 1985.

HAL C BAKER

Davis



M A R A T H O N

MARATHON AND HALF-MARATHON

Sunday, Feb 10, 1985 Davis, California

(to benefit the Davis High School Athletic Department)

CLARKSBURG CLASSIC 20 EARLY REPORT

Finally the weather gods smiled on a CLARKSBURG CLASSIC racing day, and we all enjoyed the best running environment for the 19 th annual 20 miler that we have seen in the last 7-8 years.

The 2 annual MINI-CLASSIC FIVE came off without a hitch, and new course records were established for both the men's (Derrick May, unChip: 24:??) and women's (Eileen Claugus, CHIP!: 29:33) fields. These fine performances were rewarded with \$250 cash prizes. The course record prize money was put up one-third from the race kitty and two-thirds by Tom Shorba and Roger Niello of Niello Volkswagen-- the most generous sponsor of the 1984 races. Niello also provided a VW Vanagon for several weekends of race promotion prior to the race. There were over 200 finishers in the FIVE, and they all received nicely done shirts (design courtesy of Karl Yamauchi).

The start of the TWENTY MILE CLASSIC went without a hitch, and we were almost exactly on our target time. The runners enjoyed two additional aid stations (large RVs courtesy of National University) at about 16 and 18.5 miles, and we had a digital timer at 19 miles to inspire that last long mile. However the pace car went off course at about 17.5 miles, and the first 58 runners finished an uncertifiable 19.2 mile "workout." We got out and fixed the flow of runners after this problem was realized, and all runners after 58 did the complete course, and about 3 or 4 of the early finishers actually ran the correct course even though it meant leaving the apparent flow of the field. I am most impressed by that courage! Brian Maxwell, the 2nd place finisher, was the person who informed us of the mistake, and as race director I appreciate his immediate report. Our course correction saved several national age records from being lost. In the 20, even with the short course, the first male still missed the course record, and Sharlet Gilbert's corrected finishing time placed her about 40 seconds off her 1982 course standard. We had over 600 finishers in the 20, down about 20 percent from 1983, but I attribute most of that to the horrible weather of '83 and my own lack of well-organized publicity this year. We still had very good participation from the bay area and Reno; Fleet Feet/SF even brought a chartered bus to Clarksburg. The aid stations were supported by City Sport Works, Sporting Feet, Fleet Feet/J St, and Ryan's Sport Shop of Santa Clara--Thanks to all. Reflective printing costs for the back of the 20-miler shirts was supported by City Sport Works, Fleet Feet, and Sporting Feet, and that financial assistance is gratefully acknowledged. The race couldn't go on without the aid of the extremely efficient and dedicated group of about 50

volunteers that put this together--almost all CHIPS!!!! All volunteers were thanked with a long-sleeve hooded t shirt with club logo.

We are already well along with planning for 1985--the 20th annual 20 miler, and we want to make this next year a quality event in the history of Northern California running. We hope to see you there.

PARTICIPATING IN THE RUNNING MARKETPLACE: INFORMATION FOR ADVERTISERS/SPONSORS

"Running has become the de facto champ when it comes to selling through participant sports." Marketing Communication

"Sponsoring a road race is a form of advertising. In fact it is better than advertising." Barbara Paddock, Manufacturers Hanover Trust, Director of Special Events

"Race promotion is extremely cost-effective." Katherine Switzer, Avon, Director of International Running Circuit

DEMOGRAPHICS OF RUNNERS

1. National Survey, 1980, conducted by Runner's World magazine

The typical runner is... married, has children, earns from \$ 20-30,000/year and is a white collar professional.

2. Sacramento area survey, CSUS Class Project by Mike Van Horn, 1981 Sample size= 393

The typical runner was employed in white collar and professional occupations, 45% had incomes greater than \$20,000/year, and

marathoners and ultramarathoners had the highest incomes typically \$30-50,000/year.

3. Sacramento area survey, CSUS Master's Thesis by Carolyn Tucker, 1981 Sample size=176 completed questionnaires

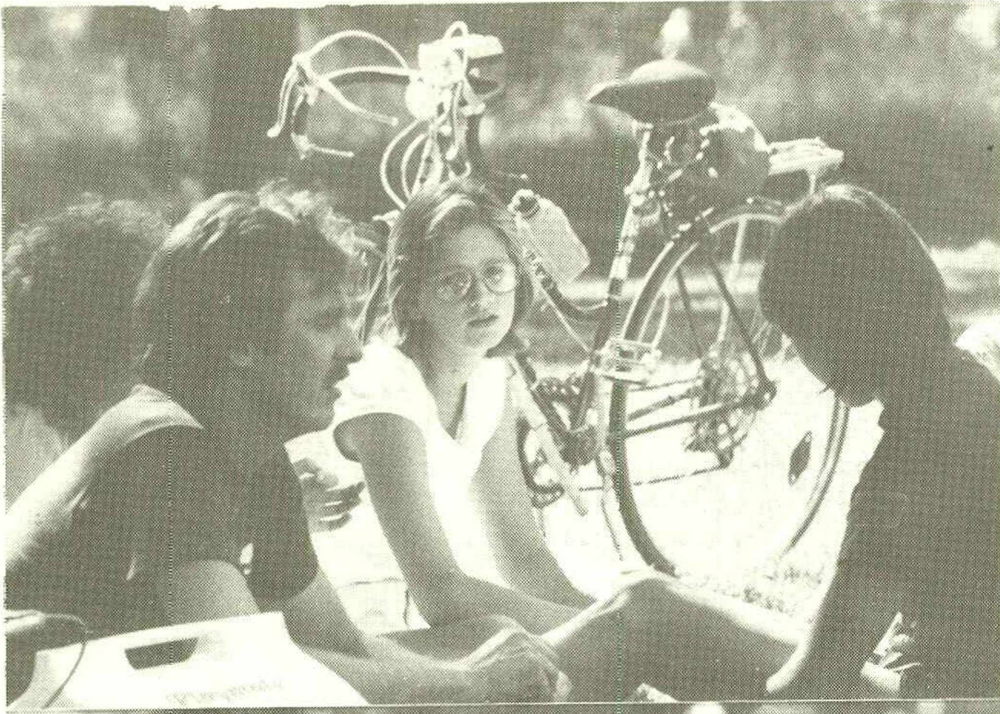
The majority of this sample was professional with bachelor's degrees or higher, 50% had incomes over \$25,000/year. Looking at ultramarathoners, the average age was 37 years and this group had the highest income and education levels of any sub-part of the sample.

SUMMARY:

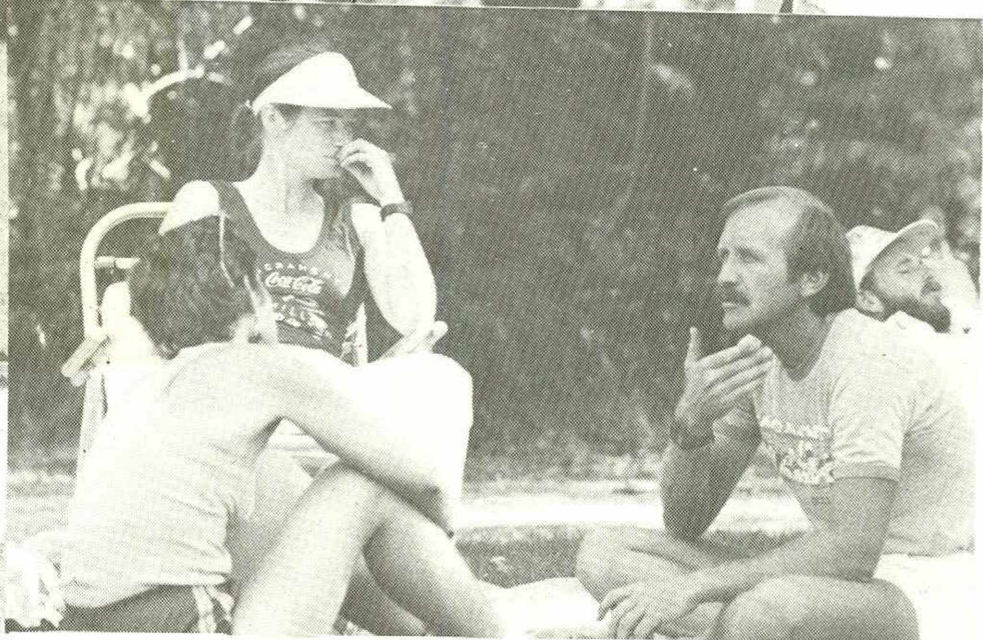
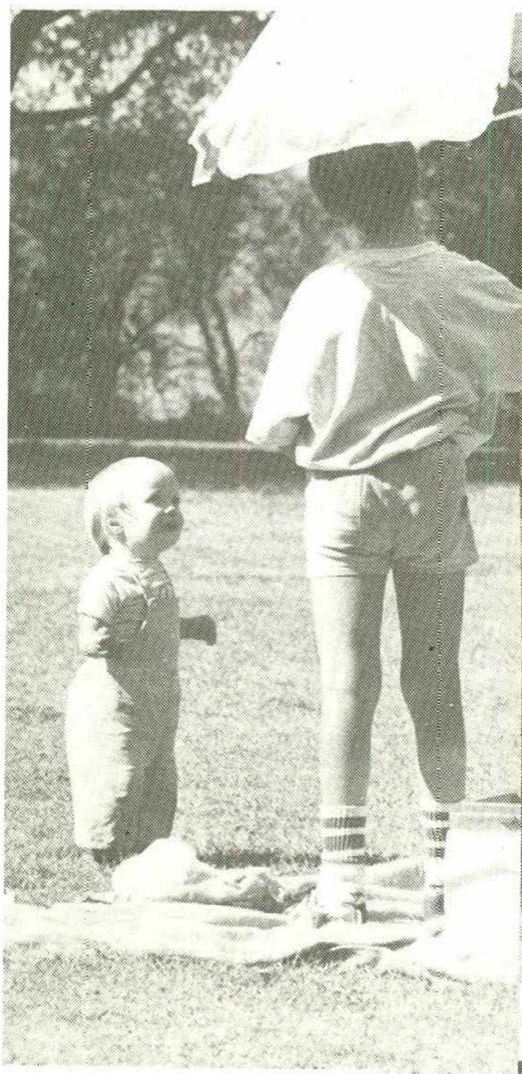
Runners are a well-educated, solid, middle and upper middle income market. The longer the race, the higher the income, occupation, and education levels observed.

CHIPS END OF
SUMMER PICNIC
& PARTY

Pictures by:
BRIAN BURKE



SEPTEMBER 29



Buffalo Chips



ELECTION MEETING NOTICE

ELECTION MEETING

JANUARY 10, 1985

CITY SPORT WORKS
5114 Madison Ave

AT 7:45 P.M.

POT LUCK DESSERTS
WITH SODA PROVIDED

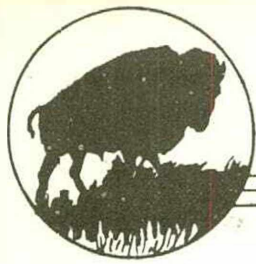
There are FIVE directors to be elected. The four slots that had their terms end and another slot that was the result of Jim Drake being removed for being absent from four meetings within a one year period. Any CHIP who has paid the 1985 dues can become a director.

THE BUFFALO CHIPS IS OUR CLUB, LETS GET OUT AND SUPPORT OURSELVES--VOTE!

* Galen Baker
* Buffalo Chips Running Club
* 9004 Brydon Way
* Sacramento, CA 95826

ABE UNDERWOOD
4531 CAPRI WAY
SACRAMENTO, CA 95822

IF YOU PURCHASED ONE OF THE GRAY
HOODED SHIRTS OR ONE OF THE BLACK
SHIRTS, YOU CAN PICK THEM UP AT THE
JANUARY 10TH ELECTION MEETING.



BUFFALO CHIPS

RUNNING CLUB



No. 68

| | | |
|-----------------|-------------------|----------|
| Glenn Bailey | High Dunger | 427-2319 |
| Gordon Hall | Vice Dunger | 925-2035 |
| Bill Stainbrook | Dung Recorder | 487-8398 |
| Mike Miller | Dung Counter | 488-3833 |
| Eileen Claugus | Dung Co-Ord'nator | |
| Mike Miller | Dung Herder | 488-3833 |
| Abe Underwood | Race Chairchip | 392-7672 |
| Galen Baker | Dung Editor | 363-8423 |

Feb. 25, 1984

LETTER FROM THE EDITOR

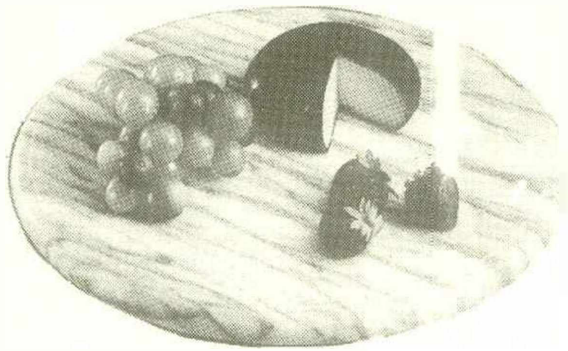
Well all you common dung, the newsletter may live yet! At least I think it lives, the critics haven't had much of a chance to comment yet. Anyway, a group of your fellow CHIPS have put our efforts together and hope to keep this time honored newsletter coming.

First of all, I'm Galen Baker. I've been a CHIP for a couple of years now and thought it was time to get involved. Besides, my boss always said my writing reminded her of dung. So I agreed to edit the newsletter. Notice I said edit, not write. It's not much fun to write a dozen pages of new and hopefully interesting material every two months. So I have asked a few friends, both old and new, to lend a hand. These columnists, major contributors, and production people deserve a special notice. At this time the list includes:

- GLEN BAILEY with the State of the Herd.
- BILL STAINBROOK with Board of Director's Minutes.
- KEN MURRAY with race coverage and upcoming events.
- DR. JOE COOK with advice on diet and exercise.
- MARGE HANSEN with Ima Cooker and the race schedule.
- JOAN REISS with S.L.D.R.A. news.
- MIKE MILLER with "Articles at Large".
- TIM "Robin" YORK with "Articles at Large".
- HAL BAKER with "Articles at Large".
- CYNTHIA YOUNG with production assistance.

This list includes those who have agreed to help or will be continuing with existing efforts. However, this list will grow because there are several others that have not been confirmed at this time.

It will be our joint hope to produce a high quality, informative newsletter. Your comments and suggestions will be most welcome. However, if you suggest that "someone" should write an article, be advised that I may suggest that this elusive someone be you.



IMA COOKER

Ima would like to thank you for all your compliments and donations of recipes. This month she'd like to warm you up with a special treat - Kahlua Cake! For those of you that love to pork out, this should do it!

KAHLUA CAKE

- 1 Choc or Fudge Cake Mix (no pudding)
- 1 small Inst vanilla or choc pudding
- 1/4 C oil
- 1/3 C Kahlua
- 1 Pt sour cream
- 4 eggs
- 1 small (6oz) choc chips

Mix first 6 ingrediants well with beater. Fold in chips and pour in greased bundt pan (no flour). Bake 350° for 1 hr. (test after 50 min)

* * * * *

BUFFALO CHIPS RUNNING CLUB NEWSLETTER

This newsletter is published every other month as a service to our Club members. All items submitted for publication must be received by the Editor prior to the 15th of each even numbered month. Copy should be typed in a sinle, 3-inch wide column. Any graphics must be clear and of reasonable quality. If you have any queations or wish to make a special presentation, please inform the editor well in advance of the deadline. The editor is:

Galen Baker
 9004 Brydon Way
 Sacramento, Ca 95826
 363-8423

Also would like to feature a special recipe for those that are watching their waistlines -- you folk can just drool!

SPINACH MUSHROOM SOUFFLE

- 2 C pureed spinach
- 1 C pureed mushrooms
- 1/4 C pureed parsley
- 1 clove garlic, finely chopped
- 4 eggs, separated
- 3 T Parmesan cheese
- pinch pepper & oregano

Lightly oil four individual souffle bowls. Preheat oven (300°). In bowl, combine spinach, mushrms, parsley, garlic, cheese, spices & egg yolks. Mix with gusto & allow to set 15 minutes. Beat egg whites - till they look like the Alps. Take 1/4 of the whites & beat into veg's till white globs are gone. CAREFULLY fold remaining whites into mixture till the whole thing looks like a soft green pillow. Divide mixture evenly into the 4 bowls and bake 15-20 min. After 15 min test with toothpick so it comes out clean.

This is guaranteed to leave your hips alone and the whole family will enjoy this light and tasty souffle.

For variations - try carrots with mozzarella and nutmeg, or cauliflower souffle with chopped chives & sesame seeds, or a zucchini souffle with tomato and basil. Vegies taste better when baked this way!! A lot better than the usual chicken fat - butter or sugar souffles!

When Vern Shipley learned that he was chosen as the "Worst Dresses CHIP," he requested that his acceptance speech be published. Such as it is, here it is.

In an age of mindless conformity, my dear club members, this is indeed a great honor which you have bestowed upon me!

Love you all, madly
 Vern Shipley

It could be just a rumor, but I hear that Vern is bucking for the "Most Profound CHIP" award. Let the award committee be so advised.

2ND ANNUAL TEQUILA WILLY'S BRUNCH RUN

Buffalo Chips

Sunday March 4, 1984 11:00 A.M. Eat

\$8.50 includes all you can eat, champagne, tax, and tip!

Meet at the end of Northrup, on the Bike Trail for a run at 8:30 AM -- or just come to the brunch and pig out. This was one of the stellar Chip social functions last year, don't miss the 1984 edition.

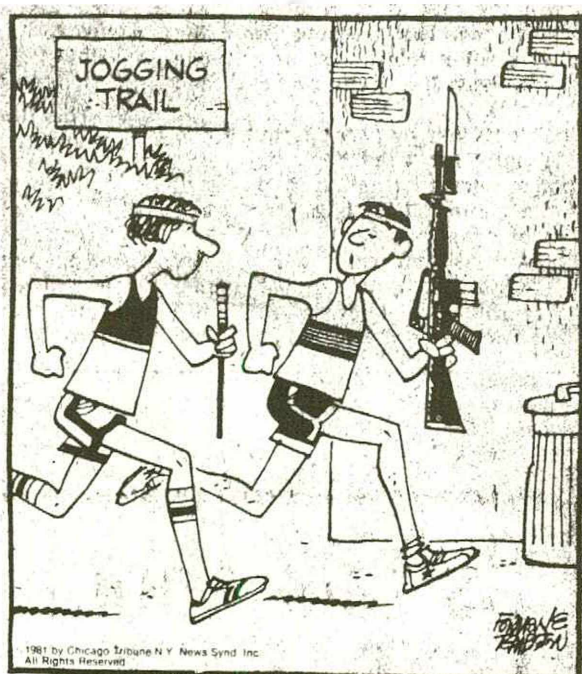
DROPPINGS FROM THE REAR OF THE HERD

HALF-FAST NEWS

The south area half-fast CHIPS are alive and well and running with great vigor every Thursday evening. With the lingering comfortable weather there has been from six to nine CHIPS partaking of the 4, 5 or 8 mile course. Nora is training for the Napa Marathon coming up next month. Others are looking for future runs off in the horizon.

If you're looking for an easy pace, good company (so - so jokes) and good running - join us at Shakey's Pizza Parlour at Florin & Riverside Blvd. at 6 p.m. on Thursday. We leave at 6:15 sharp!

---Bill Wright---



NEW IN THE NEIGHBORHOOD?

THE VIEW FROM THE LEAD LEAD CAR

I led the California International Marathon in a lead (led) lead (lĕd) car. Which is a true statement. Granted, its a confusing sentence. However, its the only way I'll ever lead (lĕd) anything. My payoff for working on the California International Marathon for a year was a ride in the leadcar, a battery powered (lead-acid) vehicle; hence the lead (lĕd) sentence.

It was all worth the effort. Yes, folks, it's true them people who run at the front of the race, who most of us rarely see in motion--at least for extended periods of time--are human. But I don't think they're the same kind of human that I am. Bjorkland, for instance, ran with a very flowing, even stride. I'm sure he was straining his guts out, or at least I hope he was. But at a sub-5-minute-per-mile pace he kind of looked like he was practicing looking cool and composed while floating along. Schultz ran rather easily too, up until his problem at least--but even his pit stop was faster than mine! Do you suppose these people practice that sort of thing? Interval pit stops? Ten times number one in 5 seconds or less?

The winner didn't look quite as light and easy on his feet from my vantage point, all he did was finish faster. In any case it was really neat being up with the leaders for once. And just maybe I picked up a pointer to help me get a new PR. Hmm, Ten times number one in

Mike Miller



MARK THIS DATE: DECEMBER 2, 1984

Put on your running shoes and hit the trails, you have less than 40 weeks till the California International Marathon.

The only thing harder than training for a marathon is organizing one. As a result, the Sacramento Long Distance Running Association (SLDRA) is already planning for 1984.

Much of SLDRA's work is done by three committees:

- By-Laws and Contracts
- Public Relations
- Sponsorships.

You are welcome to join any of the committees and work with other famous CHIPS like Treasurer Gordon Hall and Co-Secretary June-Hill Falkenthal. (Not to mention Joan Reiss who is a Vice President along with Mike Miller.--Editor) Our next meeting is March 5th, Monday, 6:30 PM at the Season's Restaurant which is on Fair Oaks Boulevard, near University.

OLD BUSINESS

Several CHIPS have expressed concern about the Masters Team competition at the California International Marathon. The SLDRA Board carefully examined the situation and determined that all was in order. Details of our survey are as follows: The Capitol City Flyers won the Masters Team Award. The team was composed of Dan Alarid, Doug Rennie, and Ed Stromberg. Both Alarid and Rennie registered as Flyers; but, Stromberg registered as a CHIP and wore a CHIP singlet. Under TAC rules, teams do not need to be determined until after the race. As a matter of fact, there is no procedure for registering a team until the event has concluded.

Stromberg is also a member of the Flyers and after the race agrees to sign on as a member of the Masters team. According to Long Distance Running (LDR) rules, Stromberg is eligible to run for the Flyers as long as he has not been in a team competition for the CHIPS in the prior 120 days.

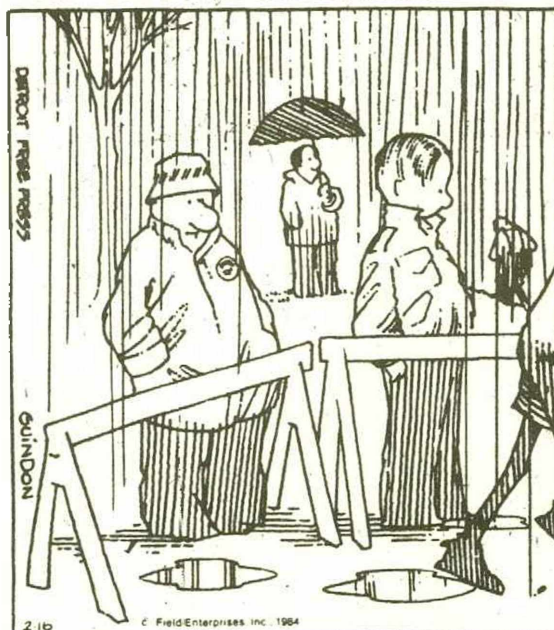
Some CHIPS feel that these rules and procedures need to be changed. The appropriate route would be to send a letter to TAC's LDR committee. Our club's representative is George Parrott.

NEW BUSINESS

This column will continue to report SLDRA business on a regular basis. If there is anything you want to know that is not being covered, please let me know. Meanwhile, we all hope you are planning for the 1984 Folsom-Sacramento California International Marathon!!!

Joan Reiss

GUINDON/ Richard Guindon



One can understand running in a marathon, but who are those people watching the whole thing?

ADVICE ON DIET AND EXERCISE
By Doctor Joseph Cook, MD

Weight loss programs have been with us for many years, yet most Americans are getting fatter. Even those programs designed by professionals are often failures. But just what does the word "weight" mean? Is weight really what most people want to lose? It isn't weight that we want to lose, it's fat.

Most of the weight-loss programs are just not working. However, the people who concentrate on fat loss can be successful at reducing their weight. Thus, the point to remember is that losing fat and not weight is most important

Fat is lost from the body exclusively by being burned in muscle. You can't melt fat off in saunas, steam baths or plastic wraps. You can't rub fat off with vibrators, rolling machines, or massages. You can't dissolve fat with a grapefruit diet, lecithin, or any food supplement. Fat is released from storage into the blood stream to be carried to the muscles where it is burned as energy. If the muscles don't burn fat, it returns via the blood stream to be stored in another fat depot. The only way you will ever succeed in reducing your weight is to be sure that your muscles burn unwanted fat.

The big fault with most weight-loss schemes is that some of the lost pounds are really muscle. Thirty two to forty percent of a healthy human being's body is muscle and this is where 98% of the fat metabolism takes place. So if a weight-reducing program causes you to lose muscle, then your body will be in real trouble with its ability to burn fat. Knowing that your muscles are the only place where excess fat can be burned, don't start any diet program that might in any way impair muscle efficiency. Stay on a well-balanced diet and exercise so that your muscles will increase their ability to burn fat.

Joseph Cook is a retired Medical Doctor. He completed his MD at the University of Pennsylvania in 1943. He has been a Medical Officer in the military, in private practice, a physician for Sacramento County, and a consulting physician for an insurance company.

Previously, Joe was a member of the Buffalo Chips and rejoined in November 1983. He has been running from 3 to 6 miles daily since 1970 and occasionally has entered competitive races. He feels that marathoning is not for him at this time; maybe later on. Joe doesn't feel that his life is complete without a run of at least three miles each day. He has suffered two bouts of right quadriceps tendonitis that he feels is due to his failure to do the six stretching exercises before and after each run. He now does this regularly and has had no recurrence of his tendonitis problem.

Joe can assist you by answering your questions on diet, nutrition, and exercise. Just send your questions to:
Joe Cook, MD
6514 Crosswoods Circle
Citrus Heights, CA 95621
Phone: 722-2863

Your questions will be answered in the next issue of your newsletter. If you request, your name can be withheld. Please remember, Joe is retired and not wanting to start a new practice. However, he will give us the benefit of his experience and knowledge.

RESCUE COURSE

NEW START: The starting point for the new course is at the intersection of Green Valley and Cameron Park Rd. We are now leaving our cars in the parking lot of a small shopping center and starting our watches as we cross the 10-mile mark just about 20 yards west of the intersection on Green Valley Rd. We run east on Green Valley toward Rescue and there turn left on Deer Valley Rd at the small red store-gas station. About 600 yards along this road is the 7 mile mark (on the right of the pavement), and each mile is marked in descending order. At just past the 1 mile mark you are back at another intersection of Deer Valley and Green Valley Rd, and you turn right on Green Valley and go about 350 yards to a little dirt road--at the edge of the pavement here is the 0-mile point, so briefly stop your watch, but turn on this dirt road and keep your pace about 50 yards to a large tree. At the tree, restart your watch and continue on the curving dirt road back to Green Valley Rd., turn left and retrace your path to the Deer Valley Road intersection, turn left back on Deer Valley and proceed another three miles back to the Starbuck intersection. Turn right on Starbuck and continue about 2.5 miles back to the intersection with Green Valley, turn left at intersection and go about 200 yards to ten mile mark and stop your watch. Course record: 1:48, Warren Lockette

ORIGINAL START: Starting at the original, primitive, parking area on the dirt road off Green Valley (at "Tree"), start your watches upon stepping on the pavement heading east, go about 350 yards to the Deer Valley intersection, turn left and follow this all the way to Rescue. At Rescue, turn right on Green Valley Rd. At about 8.5 miles into this course there is an optional right turn which takes you exactly two miles up to a fire lookout (and 2 miles back; this special section of the course has been immortalized as the Reiss-Drake Walk for reasons that will be obvious as soon as it is experienced. On a clear and moderately warm day this is a rewarding challenge to take, for the view is superb at the top. Returning to the Green Valley Loop, turn right and you can either make a right turn at Starbuck and make the 16 course (with the fire lookout, now a 20), or go almost directly back to the parking lot along Green Valley (either 12.2 or 16.2--if the lookout was done). Course records on the 12.2 mile basic loop are about 1:21, for the 16 1:34 (Rich Hanna), and for the lookout 20 about 2:16 (George Parrott). Sub 3-hour marathoners should run the 16 under about 1:56 if they are in good shape, and marathon projections of one's 16 mile time plus 1 hour (+/- 3 minutes) have been consistently accurate.

News from the Tu/Thur Fanatics:

FLASH! During the Xmas holidays, Warren Lockette led an attack on the new version of the Rescue 16 course and established a course record of 1:48:21. Kathy Pfister was right behind him that day, but nobody else has broken the 1:52 barrier on this version.

CAL 10/STOCKTON: June Hill-Falkenthal and Dana Stokes both burned the course for new PRs of 63:12 and 63:50 respectively.

MISSION BAY/San Diego: Warren Lockette's time on the new 16 was a tune-up for an assault on the 2:50 marathon standard on January 15. Warren, Rick Sowers, Bev Marx, and George Parrott eagled southward out of the cold of Sacramento and into the sun of San Diego for fresh air and negative calories. Bev had a bad day and

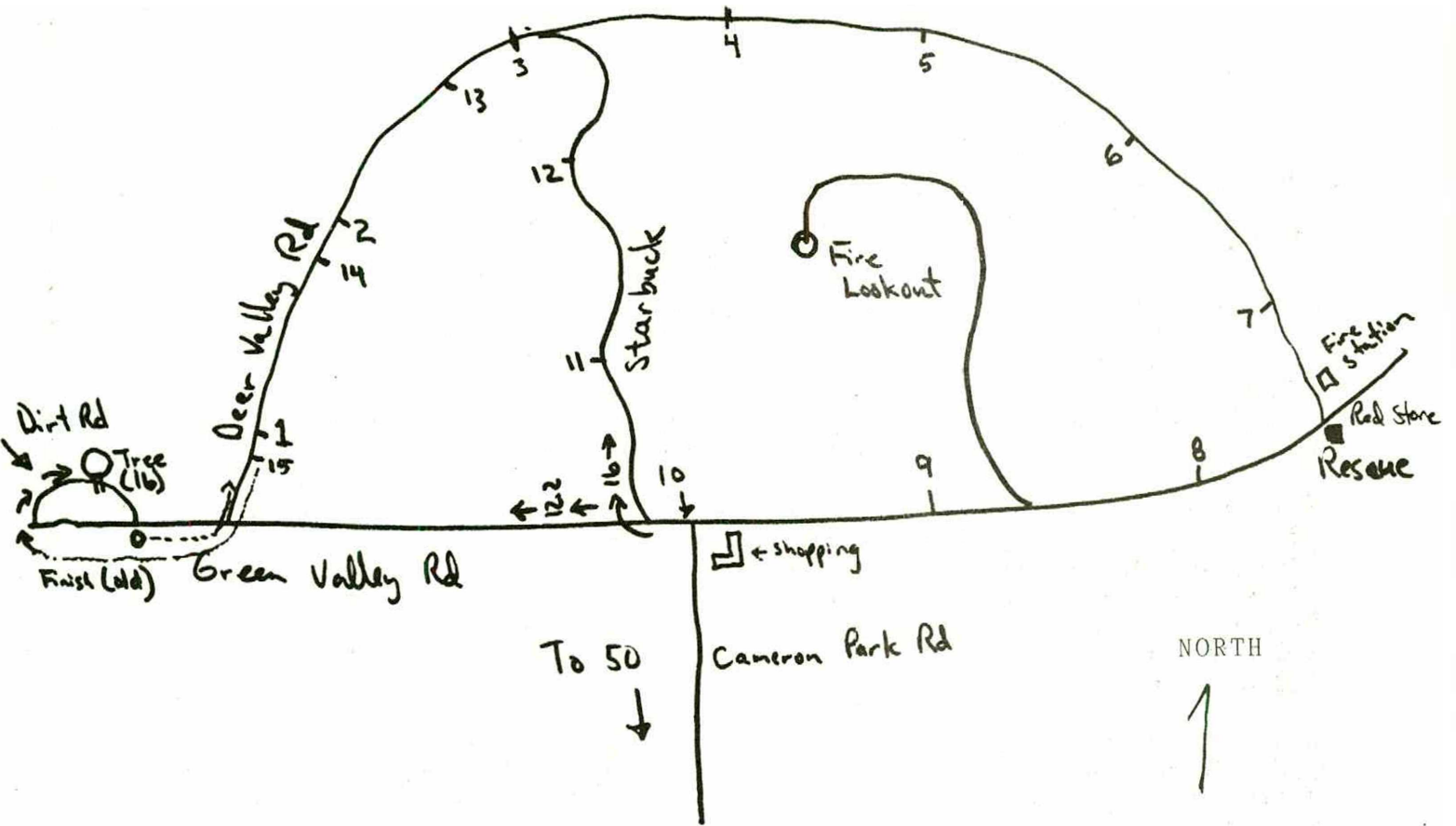
left the course at about 18 miles to conserve resources for another time, and Rick found at least one--if not two, beautiful park restrooms too attractive to miss; Rick still got a PR in the 2:57 range. Warren went throught 20 at 2:08 thinking he 'only' had to do a 42 minute last 10 km to get his sub-2:50; but he found the hills of Mission Bay too awesome and moseyed in at 2:52 and change (about a 4 minute PR). Parrott went out feeling great at a 6:15 pace for about 15 miles and then started to pay for the total lack of any long training runs in the last 3 months. The final mile claimed his last marginal reserves and the clock read 2:50:12. There was a nice trophy for 4th master to initiate Parrott's year to try for cherry picking honors.

SACRAMENTO MILE: Many, many Chips found the attraction of a timed mile, mostly downhill, highly interesting. Perhaps the best Club run of the day was Karin Princke's 6:03 win in the master's division--a 23 second improvement in her PR. The most improved male seems to have been Denny Green in the submaster's with a 20 second breakthrough to 4:43. I had Denny at 62 in the first quarter--just a little overzealous! Dennis Scott, still thinking of himself as an ultra-marathoner, turned a beautiful 5:01 off a too fast 68 first quarter. Mike Sullivan was first pseudo Chip (he belongs to the Chips, but also to Woodside and wears their singlet) with a 4:34 or so; I believe Tomkins Pearman was first Chip singlet with a 4:40. Don Spickelmier was first Chip master with a 4:43, and Red Gossett was another sandbagger uncovered as he outkicked Parrott in the last ten yards to record a big 5:12 PR. Nancy Lichty-Yamuchi, Lealie Johnson, and Warren Lockette (6:07) all recorded PR times. Bev Marx and Reggie Benham were the class of the women's submasters with Bev's 5:27 about 5 seconds ahead of Reggie. Mike Neff took home a 5:33 and a random drawing gift certificate, Warren won a pair of shoes, Bev a nylong suit, and many others took away nice prizes and medals. Thanks to Dave Low, Family, and sponsors for a neat event.

OAKLAND HALF & FULL: In contrast to previous years when most Chips took on the full marathon, this year the best times and serious races were in the 13.1 mile distance. Outstanding times were recorded by Sally Edwards (1:21) and Joan Reiss (1:24) with Denny Green and Gary Netsley in at about 1:21 also. Joan fought a shoe-to-shoe battle over the last mile with SISTER MARION and led up to the last thirty yards when Sister Marion took the tape first, but Joan came home with the PR.

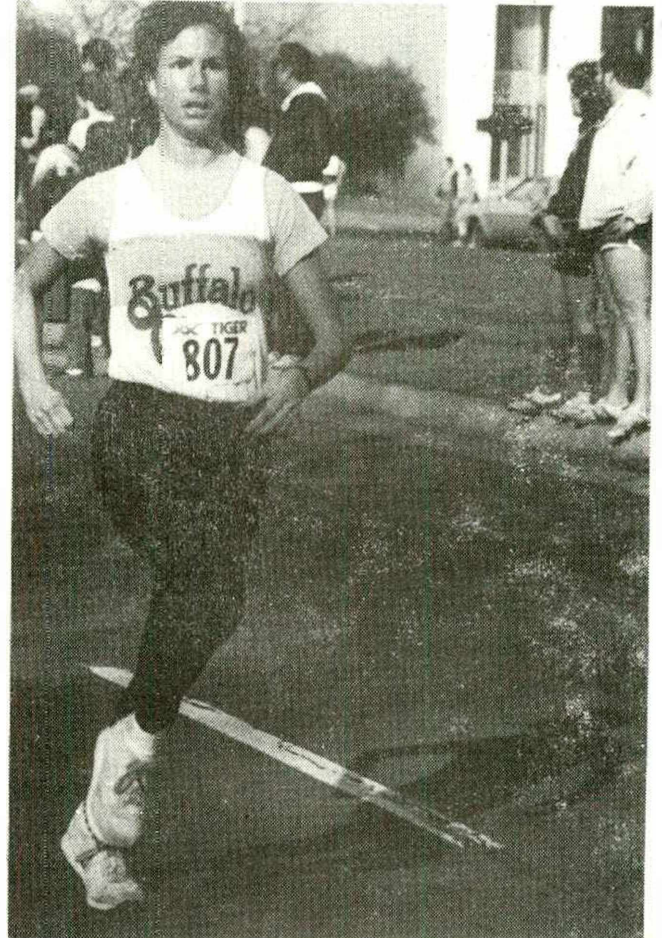
WORKOUT NOTES: Sally Edwards blitred a mile PR on the fourth mile in the evening repeats--5:21! Dana Stokes is cranking some very good times, under 5:40 regularly, and a 36 minute 10 km isn't too far away. Gil Machado is nursing what sounds like chondromalacia--no running for awhile; we miss you Gil. Mike Kelley is back at workout and turning sub-5:30's again.

RESCUE COURSE AREA



This is Leslie Johnson at the Sacramento Mile. It is also a test to see how well photographs will print in our newsletter. If this picture looks good, Then we will try to have a few pictures every now and then. If this picture looks bad, then my apologizies to Leslie. This is one case where trial and error is the only way to find out if we can upgrade this time-honored rag.

...Editor



STATE OF THE HERD

It's 1984!! A new year, one written about years past by the infamous George Orwell. While some may lend credence to his predictions of a rigidly controlled society, let's roam and rumble with abandon. Not necessarily - wild--just sort of unrestrained. Seek out new races, challenging courses (to be reported in the prairie rag) and, in general, novel experiences.

Of course, a few of you, or perhaps many of you, are quite amused to find me once again serving as High Dunder. After all, I did indicate rather decisively that '83 was my last year in this illustrious office. I guess the old Chocolate Chip just ain't too sure of himself. Is it age, too many miles or a soft heart? Anyway, like all creatures on this planet, I have the prerogative to change my mind. So here I am for one more year. Please be tolerant.

This year I hope more CHIPS will make an effort to enhance the Club image by wearing the club singlet at races. It is noteworthy that on more occasions than I care to recount, I have overheard runners ask, "Chips? What or who are they?" And that response is heard locally, not in the Bay Area or in the high sierras. Because, vis-a-vis our total membership, so few CHIPS wear their singlets, if they own one, our true strength (numbers) in the local running community is frequently miscalculated.

Note that above I alluded to races being reported on or written up for publication in this newsletter. There must be dozens of aspiring writers or closet writers who can report on the plethora of races CHIPS run in Northern California and even out of state. Get that pen out, carry it to the races with you, stand ready to record at award ceremonies and/or commandeer a good spot near the results board. A helpful hint -- try to memorize as many names from the CHIP roster. This facilitates the process. Besides, you'd be amazed how quickly someone will point out to you good naturedly, "isn't Hank Horns a Chip?" Don't fret, you can never remember every name. One effort is what counts. Thank you.

Galen Baker has assumed the major responsibility for the newsletter. Any suggestions, comments or criticism should be directed to him. If you want to assist in the endeavor, give Galen a call.

Eileen Claugus, Duna Coordinator, has planned a brunch at Tequila Willie's (Howe & Hurley). Details are in this issue. Last year about 30 CHIPS attended and enjoyed good food and conversation. Hope to see you there... and out and about on the run...

Cordially,

Bosco Bailey



BUFFALO CHIPS

RUNNING CLUB



Suzanne Rockwell, Breakaway Editor
The Sacramento Union
301 Capitol Mall
Sacramento, CA 95812

February 10, 1984

RE: Articles in Showcase, Section E, February 2, 1984

Dear Suzanne:

I would like to take this opportunity to commend you for publishing the article by Paul Reese, entitled "A Runner's Guide to William Land Park," accompanied by the map (in color) which complemented the article. It was particularly encouraging to see an article featuring running displayed so prominently -- on page E1 in this instance. Moreover, it was a pleasant surprise to see a second article about running in the same edition of Showcase. That article, "Runners get a Sacramento magazine," authored by you deftly covers the challenge being undertaken by Randall Sturgeon to publish a magazine focusing on the average runner in Northern California, especially the Sacramento Metropolitan Area.

Like most active runners, I believe that there are innumerable stories of human interest within the local running community which can be published and enjoyed by the public in general. Thus I urge you to continue to feature such articles with greater frequency. To a greater extent than most sports, running is an activity which people of all ages participate in every month of the year.

On behalf of the Buffalo Chips Running Club, I thank you for your effort and interest in running within the Sacramento Metropolitan Area.

Sincerely,

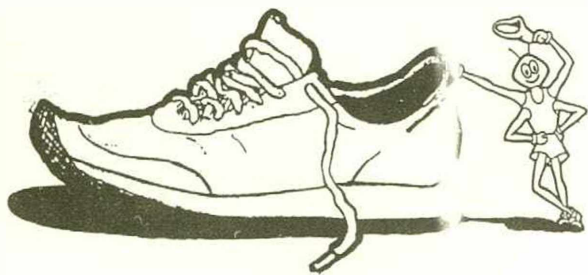
Glenn K. Bailey, President
935 Johnfer Way #214
Sacramento, CA 95831

cc: Daniel J. Sabol, Editor
Paul Reese
Randall Sturgeon

#

A kind word to those that support running can go a long way. However, we don't all need to write letters as Glen has done. Have you expressed your thanks to a race director? Have you patronized a race sponsor and let that sponsor know that your reason for giving your patronage is the sponsors support of an event? I am personally aware of a major

race sponsor that could back out of sponsoring a local event because they feel that the expense does not give a good return on either advertising or public relations dollars. This situation need not be. Be aware of those who sponsor events and let them know that your support is your way of thanking them for their support of running....Editor



10K BEDBUG CHALLENGE
Ione, Amador County
May 5, 1984 - 8:00 a.m.

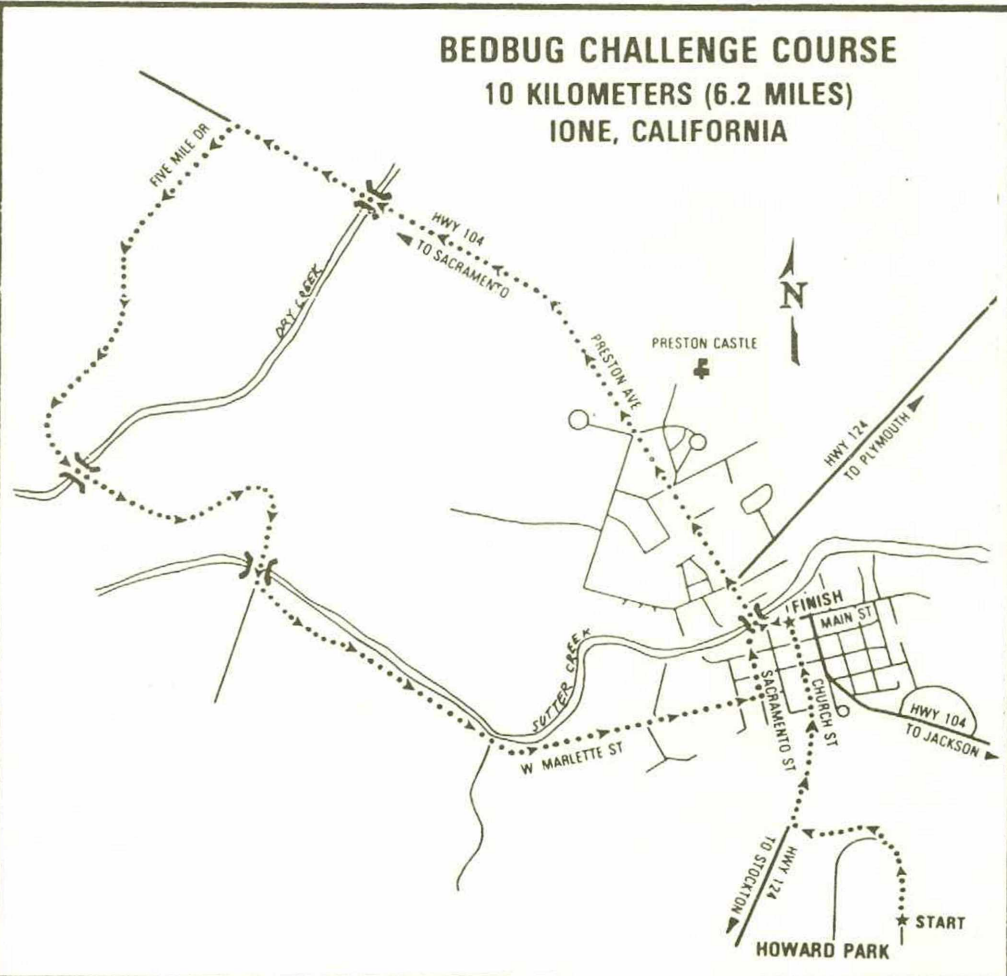
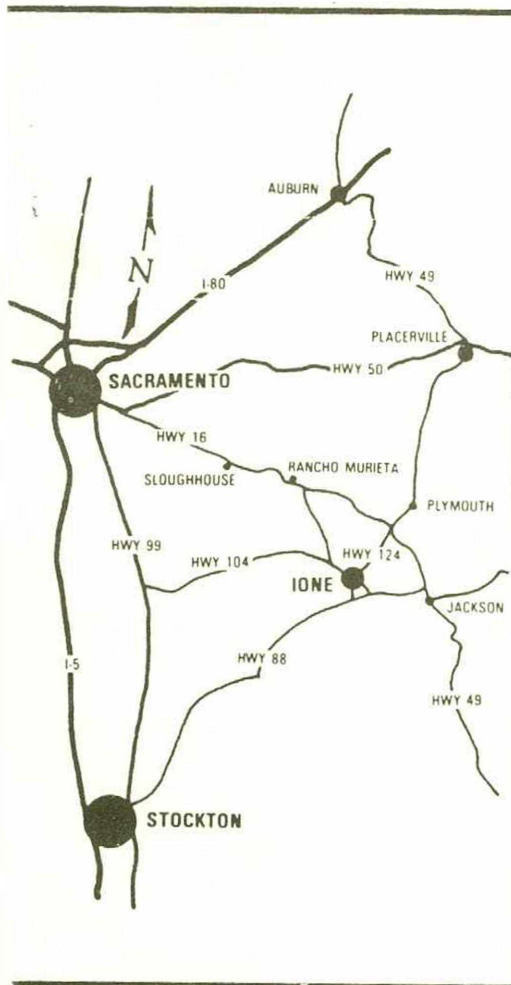
"Only a history buff would know why it's called the Bedbug; seems that at one time Ione was known by that name. Unlike most of the small-scale 10K's in the boondocks, this race has no frightening hills. Fact is, the only hill along the entire course is a mild climb after the first half-mile. This fast loop starts at Howard Park on Hwy 124, passes through downtown Ione, continues on flat country roads, and finishes on Main Street in Ione. Mile markers are clearly visible for anyone making a training run." Sacramento Bee 4-7-83.

You'll find the people friendly at this fun, low-keyed run. Your hosts, members of the Amador County Wildlife Care Association (ACWCA) will use the proceeds from this race to care for injured and orphaned animals and birds until they are able to survive on their own in their natural habitat.

ACWCA and Gold Dusters Running Club members also invite you to join them for an informal pre-Bedbug Fun Run on Saturday, March 10. Acquaint yourself with the Bedbug course and meet some of the folks that bring you the Bedbug Challenge. It's free and starts at about 9:00 a.m. in the morning. Come get "bitten by the Bug".

Best overall times for the Bedbug Challenge are 43:11 by Felicia Quilantang and 32:34 by John Rotich.

For more information phone (209) 296-4218.



THE OAKLAND MARATHON FROM THE BACK OF THE PACK
By Viki Laining, The Slowest Member of the Herd

I decided to run the Oakland for two reasons. First, I trained so hard for the Sacramento Half that I came down with a bad chest cold the day before and couldn't run. Secondly, my good friend, Adam Ferriera was trying to qualify for the Olympic Trials at Oakland and I wanted to be there to help spur him on.

I set several goals going into the race. My target time for this run was between 2:36 and 2:40. Now you might say that's pretty ambitious for the "slowest member of the herd", but that was for the half. I also had races going with both Adam (not a chance of winning) and with another friend, Pete Schoener. Pete and I race all the time with our race being over the same distance giving me twice his time or Pete running twice the distance in the same time. Last, but not least I didn't want to finish last! I figured that I needed a 12 min. pace in order to accomplish all three goals.

Well, the gun went off but most of us did not! It took several minutes to get to the starting line making my first mile time 13:54. I was heart sick. However, the next two miles were in the 11 minute range which made me feel much better, and I was running great - for me. However, the scenery in the first 8 miles was far from inspiring as we trudged our way out towards the Colliseum and back. Only after the water stop at about 8 miles was the surrounding view pleasant as we circled Lake Merritt. The only problem was that I was starting to get tired and by 9½ miles when the leader of the full marathon passed by, I was pooped. And, the walking at intervals began (intervals meaning when I got to a hill).

Once the leader passed by I started watching for Adam, and after another mile, I was worried that he might have dropped out. However, at about 11 miles, I felt this arm go around me and there was Adam. I asked him what happened and he said he lost it at about 10 miles and knew there was no way to qualify in this race. Then he asked me how I was doing. I told him other than some blisters on my feet and the fact that I was tired, I was fine. Then he asked me if I was sure and would I be alright? (By this time, he had run with me for at least a block and a half). Once I convinced him I was fine, he took off and still finished at about 2:40.

From the time Adam left me in the dust until the finish, it was awful. I kept wondering how all these runners passing me could do what they were doing as they had gone twice as far as I had. To add to this, we were back in a terrible neighborhood. Putting it mildly, I was glad there were police at every corner.

As I neared the finish, I was starting to worry about whether or not I would beat Pete. Especially when I hit 13 miles at 3:03 - yuck! As I was heading for the last turn I heard, "Hey, Viki, I'm going to get you." It was Pete. He also left me in the dust, but by now there was a crowd and they were cheering us all on. One woman who had finished earlier, came out and ran with me shouting encouragement. Another yelled, "You have another half marathoner on your tail, come on you can beat him." Somehow, and from somewhere I pulled a sprint out of this tired body and finished with at least two half marathon finishers behind me.

So while I didn't finish in 2:40, and while I didn't beat Pete or Adam who were waiting for me at the finish with my supportive husband (all with big hugs and encouragement), I also didn't finish last which in itself is a terrific PR.

THE SAN FRANCISCO MARATHON

For those of us that ran the San Francisco Marathon, it was a welcome sight to see the result finally arrive. It brought back memories of a drizzly July morning, a lack of portable toilets, and a very well managed race.

As I flipped through the 64 pages of results, I was rather proud to see the heap of Buffalo Chips. In total, forty-six CHIPS finished, four women and forty-two men. This is about 15% of the herd. Eleven of our CHIPS were under 3:00, fourteen more were under 3:30, eighteen more were under 4:00. The herd also had a couple of divisional and age group winners. These are:

| | |
|------------|-------------------------|
| Joan Reiss | First in 46-49 Division |
| | First in 46 age group |
| Paul Reese | First in 66 age group |

All of the CHIP finishers deserve your congratulations for the way they carried the clubs banner.

| MEN FINISHERS | | WOMEN FINISHERS | |
|-----------------------|---------|---------------------------|---------|
| 62 Bradley Brown | 2:31:08 | 15 Kathy Pfiefer | 2:52:22 |
| 136 Bill Stainbrook | 2:39:33 | 21 Joan Reiss | 2:57:01 |
| 173 George Parrott | 2:41:54 | 305 La Donna Washington | 3:42:52 |
| 240 Michael Daigle | 2:45:58 | 758 Betti Dolezal | 4:14:22 |
| 317 Gilbert Machado | 2:48:40 | ----- | |
| 319 Thomas Wright | 2:48:41 | Men Finishers (Continued) | |
| 372 Jim Drake | 2:49:57 | | |
| 490 Tim Hicks | 2:54:04 | | |
| 555 Igor Hermann | 2:55:49 | | |
| 826 Robert Hedges | 3:02:12 | 3517 Steve Hart | 3:44:31 |
| 922 George Siller | 3:04:14 | 3680 Martin Anderson | 3:47:12 |
| 965 Glen Bailey | 3:05:13 | 3755 Don Owen | 3:48:20 |
| 971 Howard Jacobson | 3:05:21 | 3900 David Mills | 3:50:27 |
| 1008 Eric Natti | 3:06:09 | 4049 Gene Knoefel | 3:52:59 |
| 1127 Albert Ortiz | 3:08:55 | 4070 Francis Allen | 3:53:15 |
| 1320 Greg Soderlund | 3:11:57 | 4072 Gene Snider | 4:53:15 |
| 1451 Steve Macaulay | 3:14:27 | 4205 Barry Cole | 3:55:05 |
| 1455 Paul Reese | 3:14:29 | 5335 Michael O'Neil | 4:23:35 |
| 1687 Dave Givens | 3:18:00 | 5531 Michael Kelly | 4:34:33 |
| 1728 Mark Reiss | 3:18:30 | | |
| 1999 Cliff Stamp | 3:22:53 | | |
| 2279 Jimmy Low | 3:26:39 | | |
| 2484 Galen Baker | 3:29:11 | | |
| 2676 Dick Petruzzi | 3:32:07 | | |
| 2957 Art Waggoner | 3:36:09 | | |
| 3064 Brian Fong | 3:37:47 | | |
| 3234 Ron Ulmer | 3:40:17 | | |
| 3268 Lawrence Walton | 3:40:48 | | |
| 3276 Michael Barnett | 3:40:58 | | |
| 3304 Stuart Sargisson | 3:41:22 | | |
| 3320 Brian Low | 3:41:31 | | |
| 3495 Robert Porta | 3:44:14 | | |

#####

TRAINING

When you first take up running, you'll make progress quickly. Thereafter, improvement will taper off. Don't be discouraged. It takes ten years of running for the typical champion to reach his or her peak.

CALIFORNIA INTERNATIONAL MARATHON

The first California International Marathon came off without a hitch under blue skies and cool weather. Sixty CHIPS completed and dozens of others worked behind the scenes. The first male and female CHIP finishers were Tim Smith in a fast 2:36:28 and June Hill-Falkenthal in 3:03:20. Other good efforts were Gil Machado with a PR of 2:42:23, Randy Marx 2:47:52, (took out Bev), Chris Delgado 2:53:40, who will turn 50 in September, Jim Drake 2:56:30 (who trained at about 30 miles per week) and Gordon Hall 2:57:43 (PR), who took 2nd in the tough 50-54 division.

Complete CHIP results follow:

| <u>Overall</u> | | <u>Division</u> | <u>Div.
Place</u> | <u>Time</u> |
|----------------|-------------------|-----------------|-----------------------|-------------|
| 71 | Tim Smith | 20-24 | 16 | 2:36:28 |
| 87 | Gilbert Machado | 30-34 | 25 | 2:42:23 |
| 96 | Ed Stromberg | 40-44 | 9 | 2:43:29 |
| 98 | Ronny Harries | 30-34 | 28 | 2:43:39 |
| 107 | Thomas Nussbaum | 30-34 | 33 | 2:45:11 |
| 120 | Igor Hermann | 35-39 | 6 | 2:46:58 |
| 125 | Randy Marx | 30-34 | 42 | 2:47:52 |
| 127 | Dana Gard | 35-39 | 9 | 2:47:57 |
| 139 | Jon Shelgren | 40-44 | 15 | 2:48:36 |
| 160 | Kim Isham | 30-34 | 51 | 2:51:11 |
| 184 | Chris Delgado | 45-49 | 5 | 2:53:40 |
| 214 | Jim Drake | 40-44 | 29 | 2:56:30 |
| 222 | Gordon Hall | 50-54 | 2 | 2:57:43 |
| 250 | Eric Natti | 35-39 | 40 | 2:59:23 |
| 268 | Albert Ortiz | 35-39 | 50 | 3:01:09 |
| 282 | Jon Sherburne | 30-34 | 75 | 3:02:08 |
| 289 | George Siller | 35-39 | 53 | 3:03:11 |
| 307 | Howard Jacobson | 40-44 | 43 | 3:05:24 |
| 310 | David Neff | 35-39 | 58 | 3:05:31 |
| 331 | Denis Scott | 35-39 | 65 | 3:07:09 |
| 342 | Jim Finnegan | 40-44 | 49 | 3:08:10 |
| 347 | Kenneth Johnson | 45-49 | 18 | 3:08:29 |
| 412 | Lino Delgadillo | 35-39 | 87 | 3:14:56 |
| 432 | Roger Dike | 25-29 | 81 | 3:16:45 |
| 453 | Arthur Waggoner | 55-59 | 5 | 3:18:38 |
| 476 | Robert Hedges | 35-39 | 105 | 3:20:04 |
| 520 | Jerald Blinn | 35-39 | 113 | 3:24:15 |
| 521 | Elliott Eisenbud | 40-44 | 83 | 3:24:15 |
| 536 | Stuart Sargisson | 40-44 | 86 | 3:25:45 |
| 537 | Larry Walton | 40-44 | 87 | 3:25:50 |
| 544 | John Clark | 40-44 | 88 | 3:26:13 |
| 558 | Michael Otten | 40-44 | 90 | 3:27:02 |
| 573 | Rich Chiri | 35-39 | 127 | 3:27:57 |
| 580 | Francis Allen | 35-39 | 129 | 3:29:00 |
| 584 | Mike Neff | 35-39 | 130 | 3:29:26 |
| 593 | Malcolm Weintraub | 50-54 | 12 | 3:30:08 |
| 652 | Cliff Stapp | 40-44 | 111 | 3:35:39 |

BUFFALO CHIP RUNNING CLUB
BOARD OF DIRECTORS

| | <u>DATE TERM EXPIRES</u> | <u>OFFICE</u> |
|------------------|--------------------------|----------------|
| Glen Bailey | 12-31-84 | High Dunger |
| Gordon Hall* | 12-31-86 | Vice Dunger |
| Mike Miller | 12-31-85 | Dung Counter |
| | | Dung Herder |
| Bill Stainbrook | 12-31-84 | Dung Recorder |
| AJ Underwood | 12-31-84 | Race Chairchip |
| Reggie Benham | 12-31-85 | At Large |
| Jim Drake | 12-31-85 | At Large |
| George Parrott | 12-31-85 | At Large |
| Jeff Bogle* | 12-31-84 | At Large |
| Howard Jacobson* | 12-31-86 | At Large |
| Marge Hansen | 12-31-86 | At Large |

*Elected on 1-17-84

In addition to your Board of Directors, there are two CHIPS with specific assignments that are not on the Board of Directors. They are:

| | |
|----------------|------------------|
| Eileen Claugus | Dung Coordinator |
| Galen Baker | Dung Editor |

THE BUFFALO LOGO

-It Can Be Yours-

Have you looked at the back of that Buffalo Chip singlet you keep stashed in the bottom drawer for race day? Kind of sharp looking, isn't it? Well, now you can have that same logo proudly on just about anything. However, not on the dog, kids, or significant others. But, if you want to have the Buffalo Chips Logo printed in Black on a warm-up jacket, singlet, or some other semi-normal item of attire, contact Galen Baker in the evenings at 363-8423. Galen is going to put together an order. Rather than paying the dozen bucks in one-time set-up charges and just printing one item, we can all save a few bucks. Give Galen a call and make arrangements to drop off those items you want imprinted in black with the Buffalo Chips Logo.

* * * * *



Marge Hansen *****
Buffalo Chips Running Club
2416 Edna Street
Sacramento, CA 95822

ABE UNDERWOOD
4531 CAPRI WAY
SACRAMENTO, 95822
CALIFORNIA

ACWCA's THIRD ANNUAL

Bedbug Challenge



DATE: Saturday, May 5, 1984, rain or shine

PLACE: Howard Park, Ione, CA

TIME: 8:00 a.m. Registration begins at 6:45 a.m.

COURSE: Fast 10 kilometer loop starting at Howard Park, passing through historic Ione, continuing on country roads, and finishing on Main Street.

ENTRY FEE: \$7.00 before April 15, \$9.00 after April 15 and race day. Proceeds go to the Amador County Wildlife Care Association.

AWARDS: T-shirts to all runners; awards to 1st through 3rd places in each division. Drawing for prizes.

REFRESHMENTS: Water and ERG at aid station. Beer for runners 21 and over, and Calistoga mineral water at finish.

Fill out and return to:

AMADOR COUNTY WILDLIFE CARE ASSOCIATION
P.O. BOX 362
JACKSON, CA 95642

Female Male

Under 13 13-19
 20-29 30-39
 40-49 50-Up

T-shirt (100% cotton) size

S M L XL

PRINT NAME _____

PHONE NO _____

STREET ADDRESS _____

CITY _____

STATE _____

ZIP _____

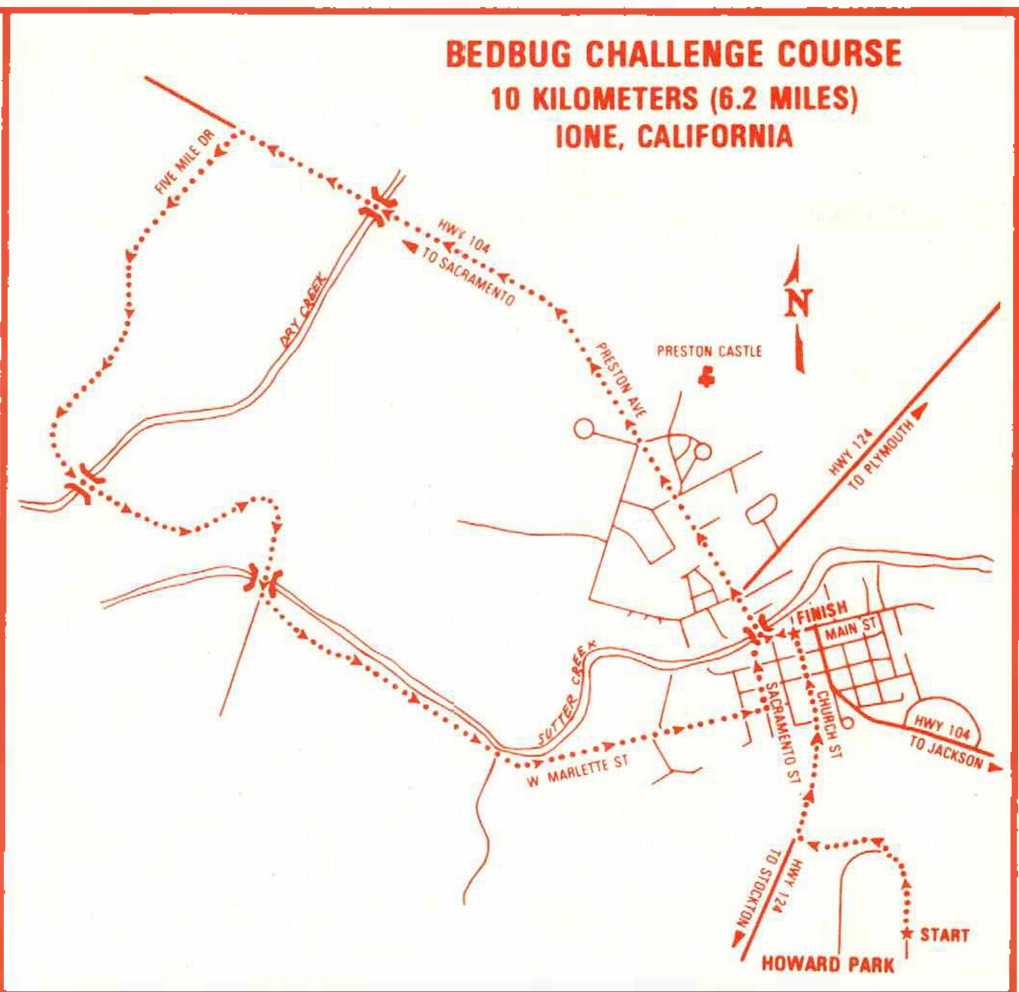
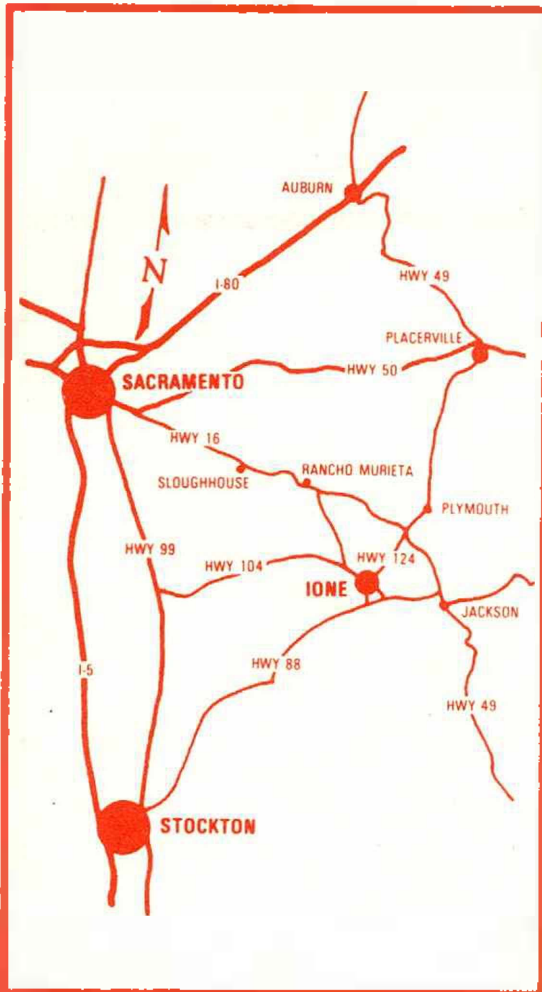
In consideration of your accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims that I may have against the persons and organizations affiliated with the race, the officials, the Amador County Wildlife Care Association, the County of Amador, the State of California, and the sponsors while participating in or traveling to or from the Bedbug Challenge. I further attest that I am physically fit and have sufficiently trained for competition in this event.

SIGNATURE IN FULL (Parent's or Guardian's if Under 18 Years of Age)

Bring a self-addressed, stamped envelope for race results

Come join us in the celebration of Ione's 108th Annual Homecoming. In addition to the 10 kilometer race there will be a pancake breakfast, sheepdog trials, a horse show, a junior frog jumping contest, and much, much more. Your whole family is welcome to enjoy the festivities of this special event. For more information about the Bedbug Challenge, please call the Amador County Wildlife Care Association at (209) 296-4218 or 267-0105, or write to us at the following address:

PO BOX 362
 JACKSON, CA 95642



PLEASE CHECK THE FOLLOWING LIST CAREFULLY AND LET MIKE MILLER KNOW OF ANY ERRORS

ADAMS PO 1009 Friars Ct. Carmichael CA 95608
 BAILEY GERALD 42 Whittier Street East Orange CA 07018
 BAILEY GLENN K. 935 Johnfer Way #214 Sacramento CA 95831
 BAKER GALEN 9004 Brydon Way Sacramento CA 95826
 BAKER HAL 1182 Cavanaugh Way Sacramento CA 95822
 BALLANTINE BILL 4311 Marshall Ave. Carmichael CA 95608
 BENHAM FRANK & REGGIE 3836 Jeffrey Ave. Sacramento CA 95820
 BETSCHART WALT 4120 A Street Sacramento CA 95819
 BIGELOW MICHAEL 1621 McClaren Dr. Carmichael CA 95608
 BILLINGSLEY GEORGE P.O. Box 1385 Loomis CA 95650
 BOGLE JEFF 5114 MADISON AVE Sacramento CA 95841
 BORLAND CHRIS 1520 - 40th Street Sacramento CA 95819
 BRIMBERRY PAUL 2757 Tierra Grande Circle Sacramento CA 95827
 BROWN JON 2725 Florence place Sacramento CA 95818
 BURKE BRYAN PO BOX 752 SHINGLE SPRINGS CA 95682

CAINE PHIL PO BOX 160172 Sacramento CA 95682
 CHIRI RICHARD 4417 San Marino Dr. Davis CA 95616
 CLANTON CHERYL 1117 Gingerwood Way Rancho Cordova CA 95670
 CLARK JOHN 6956 Greenbrook Circle Citrus Heights CA 95621
 CLARK RICHARD G. 659 Rivercrest Drive Sacramento CA 95831
 CLOVER JAMES R. 11836 Los Amigos Rd. Healdsburg CA 95448
 COLE BARRY PO BOX 485 Yosemite Natnl PK CA 95839
 CONZETT JIM 549 Leeward Way Sacramento CA 95831
 COOK JOE 6514 CROSSWOODS CIRCLE CITRUS HEIGHTS CA 95610
 DAIGLE MIKE 5440 MARCONI AVE #11 CARMICHAEL CA 95608
 DAVIS DAVE 9142 Firelight Way Sacramento CA 95826
 DELGADILLO LINO A. 628 Potomac Ave. Sacramento CA 95833
 DELGADO CHRISTOPHER G. 6025 Parkoaks Drive Citrus Heights CA 95610
 DIKE ROGER 5313 Silverstrand Way Sacramento CA 95841
 DRAKE JIM 3442 Whitnor Court Sacramento CA 95821
 DUNBAR DENNIS 3557 Gemini Way Sacramento CA 95827
 EDWARDS SALLY 2408 J Street Sacramento CA 95816
 EISENBUD ELLIOTT 6403 Coyle Ave. Carmichael CA 95608
 FARREN BARBRA PEACH 1808 NEPTUNE WAY SACRAMENTO CA 95825
 FINNEGAN JIM 1836 Carmelo Dr. Carmichael CA 95608
 FLETCHER THOMAS 215 SHELBY RANCH RD #3 SACRAMENTO CA 95825
 FLORES CLIFF 7230 Zelinda Drive Fair Oaks CA 95628
 FRINCKE KAREN E. 41 Grand Rio Circle Sacramento CA 95826
 FUJIMOTO BRUCE 7885 White Tail Way Sacramento CA 95823
 GABRI CHARLIE 400 - 10th Street West Sacramento CA 95691
 GALVAN STEVE 3675 Bryan Reno NV 89503
 GARD DANA DALE 8005 Mesa Oaks Way Citrus Heights CA 95610
 GAVIN JAMES A. 8937 Woodward Way Orangevale CA 95662
 GODWIN ART 1249 C Street Rio Linda CA 95673
 GOSSETT CLARK 4236 Galewood Way Carmichael CA 95608
 HALL BOB 7125 - 24th Street Rio Linda CA 95673
 HALL GORDON 2227 NORTHRUP AVE #5 SACRAMENTO CA 95825
 HALL RON 4110 Norris Ave. SACRAMENTO CA 95821
 HANNA ROBERT K. 1355 - 41st Street Sacramento CA 95819
 HANSEN MARGE 2416 Edna St. SACRAMENTO CA 95822
 HAUN STEVE 3445 DeMesa Ct. SACRAMENTO CA 95821
 HEMBY LINDA G. P.O. BOX 3 INDIAN TRAILS NC 28079
 HICKS TIM P.O. Box 653 Altaville CA 95221
 HILLFALKENTHAL JUNE 5016 San Marque Circle Carmichael CA 95608
 HOLSTEN DONALD 2750 Montgomery Sacramento CA 95818
 IANACONE ERIC 1117 Gingerwood Way Rancho Cordova CA 95670
 ISHAM KIM 7409 AUBURN OAKS LN #1 CITRUS HEIGHTS CA 95610

JOHNSON KEN 4708 Tulane Ct. Sacramento CA 95841
JOHNSON KENNETH E. 1225 McCaulay Circle Carmichael CA 95608
JOHNSON LESLIE 2253 Northrup Ave. #22 Sacramento CA 95825
JOHNSON DEBBIE 6029 VAN ALSTINE AVE CARMICHAEL CA 95608
JONES BURL 712 Dunbarton Circle Sacramento CA 95825
JOYCE MARTY 5400 Lequel Way Carmichael CA 95608
KAY RICHARD 2080 W. LaLoma Dr. Apt 27 Rancho Cordova CA 95670
KELLY MICHAEL 5700 Val Verde Loomis CA 95650
KENNAN WILLIAM A. J. 1637 Gary Way Carmichael CA 95608
KIEFER KITTY 1508 Q St., Apt 5 Sacramento CA 95814
KINDER ROD 7351 Rancho Verde Loomis CA 95650
KULSIK LAURA 7895 LA RIVIERA DR. #212 SACRAMENTO CA 95826
KUYKENDALL LARRY 4920 Hemlock St. SACRAMENTO CA 95841
LAWSON MARJORIE 1003 Roundtree Court Sacramento CA 95831
LEA BYRON 3249 B ST. SACRAMENTO CA 95816
LEACH JOYCE 3315 RIVERSIDE BLVD Sacramento CA 95818
LEWIS HARRY W. 3218 Root Avenue Carmichael CA 95608
LINN SALLY 5305 Jessica Ct. Fair Oaks CA 95628
LITTLE DANIEL 2615 Danube Dr., Sacramento CA 95821
LOBSITZ JIM P.O. Box 215013 Sacramento CA 95821
LOCKETTE WARREN M.D. 58 Cadillac Dr., #119 Sacramento CA 95825
LOW DAVID 6033 - 13th Ave. Sacramento CA 95822
LaPLANTE JULIE 5350 S ST. SACRAMENTO CA 95819
MACAULAY STEVE 10 Willowbank Rd. Davis CA 95616
MACHADO GIBERTO 7346 Slocum Ct. Sacramento CA 95822
MANNARINO JOHN 3801 - 42nd Street Sacramento CA 95820
MARCHI DAVID A. 6234 Johanson Circle Sacramento CA 95842
MARRS CHARLES ROBIN 1816 Markham Way Sacramento CA 96818
MCINTOSH JOHN 4540 Fair Oaks Blvd. Sacramento CA 95825
MERSEREAU CHARLES
MILANDE FRANCIS 4140 Justin Way. Sacramento CA 95824
MILLAR GLEN E. JR MD 3625 Mission Avenue Carmichael CA 95608
MILLER MIKE 1530 McClaren Dr. Carmichael CA 95608
MOLITAR NANCY 5058 Leroy Ct. Fair Oaks CA 95628
MURRAY KEN 1630 T Street #8 Sacramento CA 95814
McKINNON DELORES 3550 RIDGEVIEW DR. EL DORADO HILLS CA 95630
NATTI ERIC W. 6245 Gena Ct. Carmichael CA 95608
NEFF MIKE 3305 Cahill Ct. Sacramento CA 95827
NETZLEY GARY 1709 41 St Sacramento CA 95819
NICHOLS CHUCK 35 Park West Ct. Sacramento CA 95822
NUTT CAROLE 1054 SANTA YNEZ WAY Sacramento CA 95816
O'HAIRE KAREN 30 Inlet Ct. Sacramento CA 95833
O'NEIL MIKE 8309 La Riviera Dr. Sacramento CA 95826
OTTEN MICHAEL 8608 Brodie Court Elk Grove CA 95624
PARROTT GEORGE L. Psych Dept., CSUS 6000 J Sacramento CA 95819
PARSONS JAMES M. 1525 EXPOSITION BLVD. #24 Sacramento CA 95815
PEARMAN JEFF 5450 Cypress Ave. Carmichael CA 95608
PETRUZZI DICK 5806 Twin Gardens Dr. Carmichael CA 95608
PHILLED BYRON 2978 Portage Bay #176 Davis CA 95616
PINE DICK 5241 Higherest Dr. Shingle Springs CA 95682
PORTA ROBERT 1207 - 49th Street Sacramento CA 95819
RADER RONALD 5000 - 32nd Ave. Sacramento CA 95824
RAGSDALE DAVID 240 Cadillac Dr. Sacramento CA 95825
RANEY JOANN 3110 Steinbrenner Ct. Carmichael CA 95608
REISS JOAN 2100 Rockwood Dr. Sacramento CA 95825
ROBERTS JOHN 786 Carro Drive #4 Sacramento CA 95825
RUBENSON DAVID 8943 Gulfport Way Sacramento CA 95826
RUBIN BOB 7151 HAVENSIDE DR. Sacramento CA 95831
RUSSELL JEREMIAH P.O. Box 111 Mid Pines CA 95345
SANCHEZ ROBERT 5410 Bartig WayDR. Citrus Heights CA 95610
SARGISSON STUART 4027 Terra Vista Way Sacramento CA 95821
SCANGARELLA MARY 3121 Moreland Ct. Sacramento CA 95825
SCOTT DENNIS 719 - 37th Street Sacramento CA 95816
SILLER GEORGE 4452 S ST. Sacramento CA 95819
SOUVIGNIER JO ANN 5912 Petaluma Ct. Sacramento CA 95841

SPICKELMIER DON 3830 T Street Sacramento CA 95816
STAINBROOK BILL 1005 Fulton Ave., #104 Sacramento CA 95825
STAPP CLIFFORD P.O. Box 1477 SHINGLE SPRINGS CA 95682
STOKES DANA 1811 Donner Avenue #3 Davis CA 95616
STROMBERG ED 2824 Martel Court Sacramento CA 95826
SULLIVAN MICHAEL 2420 Ardan Way #62 Sacramento CA 95825
SWANSON GARY 1162 Swanston Dr. Sacramento CA 95818
TUCKER CAROLYN 1249 C Street Rio Linda CA 95673
ULMER RON 5608 State Ave. Sacramento CA 96819
UNDERWOOD ABE 4531 CAPRI WAY Sacramento CA 95822
WAGGONER ART 118 Touchstone Place West Sacramento CA 95691
WALDSMITH GARY R. 3550 Ridgeview Dr. El Dorado CA 95630
WASHINGTON LADONNA 1501 Pacific Dr. Davis CA 95616
WEISSER PETE 6445 - 14th St. Sacramento CA 95814
WELLINGTON JIM 1210 Hemlock Lane Davis CA 95616
WETTERER DONNA M. 7916 LaRiviera Dr. #275 Sacramento CA 95826
WINTERHALDER TED 5365 Cisco Circle Sacramento CA 95819
WRIGHT TOM PO BOX 655 SHINGLE SPRINGS CA 95682
WRIGHT WILLIAM E. 3017 - 6th Street Sacramento CA 95818
YAMAUCHI KARL & NANCY 5303 - 13th Ave. Sacramento CA 95820
YOUNG CYNTHIA 4531 CAPRI WAY Sacramento CA 95822
YOUNG HELEN 4349 Marconi Avenue #20 Sacramento CA 95821

THE NON-CURRENT BUFFALO CHIPS LIST - THESE ARE LAST YEAR'S CHIPS THAT NEED

RENEWAL BEFORE THEY FALL BY THE WAYSIDE, PLEASE BUG THOSE YOU KNOW!

ADREANI , MICHAEL
 AHL , CLYDE G.
 ALARID , DANIEL P.
 ALLEN , FRANK
 BACON , RAYMOND
 BARAYA , BILL
 BESSO , BOB
 BLINN , JERALD B.
 BOURBEAU , ROBERT P.
 BROWN , BRADLEY
 BRYAN , KAREN
 BULLOCH , F. G.
 CABITAC , DANNY
 CAHN , ARTHUR
 CAMERER , PAUL
 CANCHOLA , GERARDO
 CARTMILL , ROSE
 CLAUGUS , EILEEN
 COE , TOM
 CONWAY , CHUCK
 DANIELS , CAROLYN
 DANIELS , STEVEN
 DE SILVA , IAN P.
 DILLON , JEAN L.
 DOLEZAL , BETTI
 DURRETT , JEFFERY
 ENFANTE , QUIRINO
 EVANS , LANCE
 FARRAR , JANET L.
 FONG , BRIAN L.
 FORSYTHE , STEVE
 GIVENS , DAVID
 GREEN , DENNY
 GREENBERG , STANLEY
 GROSS , RICHARD C.
 HAIDET , STEVE
 HALL , JUDY M.
 HAMMOND , DAVID E.
 HARRIES , RONNY
 HART , STEVE
 HAURY , CURT
 HEDGES , ROBERT D.
 HELM , DAN
 HENDRICKSON , CAROL A.
 HERMANN , IGOR
 HITCHMAN , BRIAN
 HITE , ROGER
 HOEY , BRIAN
 HOM , TIM
 HONNEYCUTT , CHUCK
 JACOBSON , HERB
 JAMIESON , JACK
 JOHNSON , BRUCE
 KING , DICK
 KLINGER , KAREN
 KNOEFEL , GENE
 KNOX , STEVE
 KOCH , GEORGE R.
 KOERNER , VANCE --
 KORIS , CHRIS

LAINING , VIKI
 LAWRENCE , JOE B.
 LEEVER , BOB
 LEW , BRIAN
 LIPOW , BOB
 LOTZ , JOHN L.
 LOWEN , SHARI
 MAHLE , EMMETT
 MARTIN-HOYT , CHARLES
 MARX , BEV
 MCKEE , BRUCE
 MORGAN , JANIE
 MULLEN , DIANA
 NEFF , DAVE
 NUSSBAUM , TOM
 NYSTROM , ROD
 ORITZ , ALBERT
 OWEN , MICHAEL W.
 PADILLA , DON A.
 PALMER , FRANCIS H. JR
 PARKER , DAN
 PARR , BILL
 PFEIFER , FAMILY
 PIERCE , KENNETH H.
 POTTER , BOB
 POYSER , MARV
 RATLIFF , DICK
 REED , JIM
 REESE , PAUL
 REID , ALLEN
 RICHARDSON , DAVID
 RIORDAN , DAN
 RITCHIE , ROD
 ROMAN , FAMILY
 ROTE , JIM
 SARTE , RANDALL J.
 SCANGARELLA , SUSAN
 SCHOENER , PETE
 SECHRIST , PAN
 SELBY , MIKE
 SHANK , BILL
 SHEEDY , TED
 SHELGRAN , JON H.
 SHERBURNE , JOHN
 SHIPLEY , VERN
 SIMONS , JOHN
 SMITH , AL
 SMITH , KAREN R.
 SMITH , TIM
 SNIDER , GENE
 SODERLUND , GREG
 SOWERS , RICHARD
 STAINBROOK , HAROLD
 STONE , GAIL
 SWENSON , LYNDA
 SZEKERESH , MARTIN
 TABOR , TOM
 TAYLOR , TRENT
 THOMPSON , BILL
 THORESEN , DONNA

THRASHER , BRUCE
 TURNER , CHRIS
 UHER , JOEL
 VAN STAVEREN , LOUIS
 VAUGHN , JAMES E.
 VOLLMER , MARK
 WAGNER , MICHAEL
 WALTON , LARRY
 WARADY , DAVID
 WEINTRAUB , MALCOLM
 WHEELER , DIANE
 WHEELER , GARY
 WILSON , BILL
 WILSON , JOHN
 WINDSPERGER , TOM
 WRIGHT , AMBER
 WRIGHT , GALE A.
 YORK , T. R.
 YOUNG , BRIAN R.

APPLICATION FOR MEMBERSHIP

NAME: _____
Please Print - As you want it to appear on Club Roster

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

BIRTH DATE: _____

_____ Check here if you have ever been a CHIP

_____ Renewal? Insert ONLY changed information.

IF FAMILY MEMBERSHIP -- LIST OTHER FAMILY MEMBERS AND THEIR BIRTHDATES:

Make check payable to: Buffalo Chips Running Club
Mail to: Mike Miller
P.O. Box 136
Carmichael, CA 95608

Dues for Membership:
Single-full year.... \$7.00
Single-July-Dec..... 3.50
Family-full year.... 10.00
Family-July-Dec..... 5.00

APPLICATION FOR MEMBERSHIP

NAME: _____
Please Print - As you want it to appear on Club Roster

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

BIRTH DATE: _____

_____ Check here if you have ever been a CHIP

_____ Renewal? Insert ONLY changed information.

IF FAMILY MEMBERSHIP -- LIST OTHER FAMILY MEMBERS AND THEIR BIRTHDATES:

Make check payable to: Buffalo Chips Running Club
Mail to: Mike Miller
P.O. Box 186
Carmichael, CA 95608

Dues for Membership:
Single-full year.... \$7.00
Single-July-Dec..... 3.50
Family-full year.... 10.00
Family-July-Dec..... 5.00



Running Schedule



- FEB 25 Hill-acious Fun Run - 1/2 mi, 5 & 10K - 8:45, Fleet Feet, Madison, F.O. 965-8326
- FEB 25 Almond Blossom Run, 8 K - 8 am Mavis Stutter Pk, Ripon, (209) 499-2194
- FEB 25 Parkside 1/2 Marathon - 9 am, Howarth Pk, Santa Rosa, (707) 526-0661
- FEB 25 Sequoia Pk Race, 4.5 & 2 mi - 1:45 & 1 pm. Eureka, (707) 839-4654
- FEB 25 Brick Yd Road Run, 8 mi - 10 am in Martinez. (415)685-5185
- FEB 26 4th Sunday Run 5, 10 & 15K - 9 am Lake Merritt, Oakland, (415) 834-3110
- MAR 3 Spring Blossom Quilt Festival Fun Run-3 Mi-Winters, 8 am, Comm Cntr
- MAR 3 Bidwell Classic Marathon - Full & 1/2 & 3 mi. 9 am Chico, 343-6857
- MAR 3 6th Ann Grape Stamp-10K, 1 mi chd. 9:15 & 10 am Taylor Ca Cell., Gonzales (408)675-2321
- MAR 3 Run for the Seals - 4mi, 9 am Fort Cronkhite, Marin - (415)331-7325
- MAR 3 Run for Hunger - 3.1 mi, 1 mi, Time: TBA Fee: TBA - Modesto, (209)521-0181
- MAR 4 Eye Run for Sight - 9 am State Capitol 5 & 10K -\$6, late \$8 w/shirt - 332-6453
- MAR 4 Foggy Bottoms Milk Run, 2, 4 & 10 Mi - Ferndale -Time: TBA (707)822-8258
- MAR 4 Channel to Lake Run, 10 mi - 10 am Vallejo, (707)644-5551
- MAR 4 13th Ann City of Fremont 10 K - 9 am, Cent Pk Swim Lagoon, (415) 791-4324
- MAR 11 Davis Enterpr.-1984 Blue Devil Classic-3.1 & 13.1-9 am-Davis H.S., 14th & Oak, 756-3131
- MAR 11 1st Annual Soccer City Run, 5 & 10K, Hacienda Bus. Pk, Pleasanton, 10 am, (415)434-4466
- MAR 12 Blisters for Sisters, 5 & 10K - 8 am at Capitol bldg., 448-2951
- MAR 18 Beaver Believer, 4 Mi & kids 1/2 mi. 9 a.m., ARC, in front of Gym. 332-4759
- MAR 25 TAC/USA 20 K Nat Open/Mast Open-Cal State-Limited-\$7.50--Wm 8 am-Men 10:30--966-6185
- MAR 25 YMCA 1/2 Marathon at Stanford - 8 am, at stadium, (415) 858-0661
- MAR 25 Bonne Bell Chevrolet 10K - Wmn Only- 9am McLaren Lodge/G.G.Pk, S.F.-(415)681-2322
- APR 1 First Ann. Modesto 1/2 & Full Marathon - 8 am-W.Campus Ind Pk, flat, \$10 -(209)526-4829
- APR 1 Houlihans to Houlihans - 8 mi Bay Race, Fishermans Wharf to Sausalito (415)771-4333
- APR 19-21 Tropicana Las Vegas Easter Run-Big Bros/Big Sis-10K & 1/2 marathon --(702)878-5188
- APR 29 Lafayette Loop - 9 am, 2 mi & 10 K -Plaza Ctr, Lafayette, (415)284-4871
- MAY 5 Good Old Country 50K, 7 am-Grueling -Herb Green Sch in Placerville - 644-1002
- MAY 5 Bedbug Challenge, 8 am -- 10K - Ione, (209)296-4218
- MAY 6 Devil Mtn Run, 10K, 9 am, Town & Ctry Ctr, Danville, PA-TAC Opn Men Champ.(415)838-1977
- MAY 27 Bart-to-Bart 10K Run, 8 am, Concord Bart Term., \$6 early, \$8 late - (415) 676-8595

TO ANTICIPATE:

AUG 19 S.F. Marathon 8 am - limited to 10,000

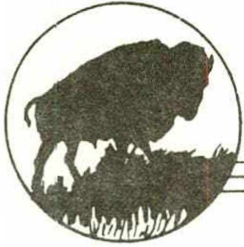
WATCH FOR:

- 1st Saturday of the month - Fleet Feet Fun Runs, 2408 J St., 8:30 am, 442-FEET
- 2nd Saturday of the month - K108 Fun Runs, 3 & 5 miles, 8:30 am, OLD SAC
- 3rd Saturday of the month - McIntosh Fun Runs, 3 & 6 miles, 8:30 am, 488-7181

MARATHONS: (some are tentatively scheduled)

- | | |
|--------------------------------------|--------------------------|
| 3/3 - Bidwell Classic | 3/25 - Catalina Island |
| 3/4 - Maui | 4/1 - Modesto |
| 3/11 - Napa Valley | 5/5 - Marantha |
| 3/17 - Porterville St. Patrick's Day | 5/6 - Ave. of the Giants |

 This schedule is provided for your use courtesy of the Buffalo Chips Running Club. Dates and times are subject to change, check w/race directors. Entry applications are available at local running stores. Any additions to the schedule please call Marge Hansen, (428-5923).



BUFFALO CHIPS

RUNNING CLUB



No. 70

| | | |
|-----------------|-------------------|----------|
| Glenn Bailey | High Dunger | 427-2319 |
| Gordon Hall | Vice Dunger | 925-2035 |
| Bill Stainbrook | Dung Recorder | 451-4845 |
| Mike Miller | Dung Counter | 488-3833 |
| Eileen Claugus | Dung Co-Ordinator | |
| Mike Miller | Dung Herder | 488-3833 |
| Abe Underwood | Race Chairchip | 456-9257 |
| Galen Baker | Dung Editor | 363-8423 |

June 29, 1984

SAN FRANCISCO MARATHON

Race Number Packet Pickup

Once again I will volunteer to pick up race numbers, etc. for CHIPS who are running the SF Marathon on August 19th. Unlike last year, however, I will not be registering CHIPS in coordination with Scott Thomason, Race Director. You MUST register for the race yourself. I will pick up race packets on Friday, August 17th and distribute them from my residence (Davis) on Saturday, August 18th, from 9 am to 12 noon. If you can't pick up your packet from me during these hours, please arrange for someone to do it for you. I am running SF, hopefully to set a PR; therefore, I will not sit and wait longer than three hours.

If you want me to pick up your race packet, please follow the two steps outlined below:

1. Register yourself and upon receipt of your confirmation card -- SIGN it, record your T-Shirt size, and forward it to me at 1501 Pacific Drive, Davis, CA 95616, or deliver it to my workplace, 714 P Street, OB8, Rm 740. Without this card I will not be allowed to pick up your packet. So please get it to me not later than August 16th, Thursday, by 4 pm.
2. Directions to my residence in Davis: Take I-80 west, exit at Mace Blvd, turn right at the stop sign; follow Mace as it curves into Covell Blvd; follow Covell to the first traffic light (intersection of Covell & Pole Line), Carl's Jr will be on your left, turn left onto Pole Line; go one block and turn right at Claremont; go two blocks and turn left at Spruce; go one block and turn right -- you're now on Pacific Drive; 1501 will be on your right shortly after the street curves left.

I will be outside (yard is fenced), in the shade, under a tree. Remember, I will ONLY be there from 9 am to 12 noon. If you get lost, call 756-2265 for assistance.

You may have someone pick up your packet from me if you wish. However, should there be any mishap in this regard, I am not accountable. Last year there were no problems; therefore, I do not anticipate any this year. Prove me right. Thank you.

--Glenn Bailey--
323-3096 (work)
756-2265 (home)

Board of Director's Meeting
May 3, 1984 at City Sport Works

7:40 pm - Meeting called to order.

Directors present: Glenn, Jeff, Mike, Jim, Marge, Howard, Reggie and Bill.

1. Requests were made Paul Reese and Bill Stainbrook to get club TAC sanctioning for the Sunkist 100K and the Pepsi 72 mile run. The request was approved and will be handled by Mike Miller.
2. There was discussion of changing the Folsom 10K date from June 24th to July 15th. No decision was reached.
3. John McIntosh phoned a message of concern regarding the free July 4th run in River Park and its conflict to the Unions Run. Discussion led to a vote of support to continue with the free run.
4. Jim Drake gave an update on the changes in the Western States Race. Most changes dealt with the cash awards provided by Levi Straus.
5. Mike Miller requested \$20 to cover the costs of the Broderick Bottoms Run. The money was approved.
6. Paint for marking roads is now available in spray cans from American Paint.
7. Bike trail mileage markers are being adjusted. Old quarter mile marks need to be painted out and new ones measured and painted in.
8. An incentive calendar for early membership payments was proposed by Mike Miller. The proposal was discussed with no decision reached.
9. Bill Stainbrook requested and received \$300 to start work on the Pepsi 72 Miler.
10. The club sponsorship proposal from Adidas was discussed and voted down.
11. The next meeting will be held June 7th at Glenn Bailey's, 935 Johnfer #214.

Bill Stainbrook, Dung Recorder

EXERCISE AND EAT!!

Losing weight can be accomplished by dieting alone, but a much healthier and more permanent way to shed pounds is by combining an exercise program with a well-balanced diet that is controlled - and carefully timed.

Cornell University researchers David Levitsky, Ph.D., and Eva Obaraznek found that you burn more calories if you exercise after a meal than before, according to the results of their study published in the September 1983 Journal of the American Dietetic Association.

Levitsky and Obaraznek tested lean college students during 20 minute uphill walks on a treadmill, 45 minutes after a meal. They found the body burned the calories at an increased rate after meals if the students exercised rather than rested, but only if the exercise was moderate rather than intense. This increased rate of calorie burning lasted up to three hours after eating.

Because most people are more active during the day, they suggest that breakfast and lunch be the main meals and that dinners be kept small.

Combining diet and exercise also results in a much healthier body, according to Beau Kent, writing in the January 1984 "Fitness Bulletin".

Fad diets, says Kent, which are usually low in calories, are also low in essential nutrients and cause loss of water and protein, in addition to fat.

Kent cites the example of a 150-pound person with 20 percent body fat. "This means that 30 pounds of total body weight are fat - the lean body weight (LBW) would be 120 pounds," he says, "Assuming this person followed a low-calorie diet, lost 10 pounds, and was then found to have a lowered body fat rating of 18 percent, a new body weight of 140 pounds would result, with a 'fat' weight of 25.2 pounds and an LBW of 114.8 pounds.

In other words, the loss of muscle tissue and water would be 5.2 pounds, and the actual loss of fat only 4.8 pounds."

The way to maintain muscle and lose more fat is to combine diet and exercise. "Studies show that those who exercise regularly have less fat than the overall population-especially those who participate in aerobic (endurance-type) activities," Kent says. "In addition to expending calories during exercise, metabolism remains elevated afterward. This means even more calories are then burned during rest than would normally be the case."

So eat up dieters! Only be careful when you eat, and include exercise in your daily routine.

Joe can assist you by answering your questions on diet, nutrition, and exercise. Just send your questions to: Joe Cook, MD
6514 Crosswoods Circle
Citrus Heights, CA 95621
Phone: 722-2863

Your questions will be answered in the next issue of your newsletter. If you request, your name can be withheld. Please remember, Joe is retired and not wanting to start a new practice. However he will give us the benefit of his experience and knowledge.

STATE of the HERD

The heavy road race schedule is upon us. Each weekend there is at least one race, if not more, locally. For those who are willing to travel an hour or two, the choices are seemingly endless. Of course the SF Marathon will be run in six or seven weeks, August 19th. REMINDER: I will pick up race packets; look for details in this newsletter. This is, therefore, a time of year when lack of restraint can lead to injury -- the bane of the imprudent runner. Take it easy, you "animals". Less may be best for your hooves! Less, meaning miles and/or grub, whichever is applicable!!!

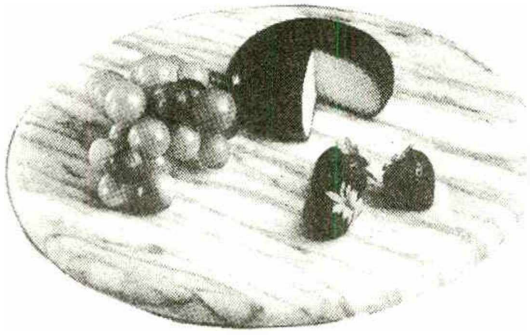
Basically, the HERD is sound and ramblin' right along. As a result of recent events and information of consequence to the membership, I would like to comment on the following:

1. Club Races - Volunteers are needed for the Pear Fair 10 Miler (7-29), Buffalo Stampede (9-23) and Lake Tahoe 72 Miler (9-21). Contact Jeff Bogle, Reggie Benham or Bill Stainbrook, respectively.
2. Club Singlet - Amazingly, there are apparently some members who feel or believe that one must be FAST (self-determined) in order for one to wear the club singlet. Balderdash!! There is NO POLICY regarding who may or may not wear the club singlet. As a member you are entitled to purchase and wear with PRIDE your singlet. I implore all of you to dust it off, take it out of the closet, the drawer or whatever and wear it at road races. This Club is for runners of all ages, male and female, irrespective of one's ability or competitiveness. The race is not to the swift, but to those who endure. Let's show our true strength in the running community at road races everywhere by wearing the Club singlet.
3. General Meeting - For those who attended the small gathering (20) at Ancil Hoffman Park on that sweltering day in May, my apologies for the late arrival of the beverage. And for those who could not attend or felt the scheduling of this meeting was poor, please send any criticisms/suggestions to the Board for review and consideration. The date (May 27th) was not chosen capriciously or arbitrarily. Yet I agree that Memorial Day weekend was not the optimal choice.

Enjoy your summer. For those running the SF Marathon and the Western States 100 Miler -- the best of luck.

Yours truly,

Bosco



IMA COOKER

Try these some morning before or after your run. Good even without the sugar & salt, for those that don't use em!

Dark Moist Bran Muffins

2 C whole-wheat flour
 1 1/2 C bran flakes
 2 T sugar
 1/4 t salt
 1/4 t soda
 2 C buttermilk
 1 egg
 1/2 C dark molasses
 2 T melted butter or margarine

Combine flour, bran, sugar, salt & soda; mix well.

Combine buttermilk, egg, molasses & butter & add all at once to dry ingredients.

Stir just enough to moisten flour mixture. Fill greased muffin cups 2/3 full.

Bake at 350 - 20 - 25 minutes.

Makes 24

Whole-grain fruit muffins

2 C quick cooking rolled oats
 2 C unbleached flour
 1/2 C pck brn. sugar
 1/3 C whole-bran cereal
 1/3 C seven-grain cereal
 2 T baking powder
 1 1/2 t cinnamon
 1 t salt
 2 eggs
 1 1/2 C milk
 1/2 C oil
 1/3 C honey
 2 C pared, chopped apples or pitted peaches.

In large mixing bowl, stir together the oats, flour, sugar, bran cereal, seven-grain cereal, the baking powder, cinnamon & salt.

In medium bowl combine eggs, milk, oil, honey & fruit; add egg mixture all at once to dry ingredients. Stir quickly just til dry ingredients are moist.

Line muffin pans with paper baking cups; fill two-thirds full.

Bake 400 - 15 minutes til done.

Makes about 36



PAVLOV



"Faster, Mother—it sounds like we've got the whole Boston Marathon on our heels."

Your First Triathlon

The transformation process from runner to triathlete is easier than most people realize. By spending a few hours a week swimming and cycling a short triathlon can be successfully completed. Contrary to popular belief, this can be accomplished without fear of divorce, losing your job, and the front lawn turning to a weed patch. There are a few guidelines that will lead to triathlon happiness.

The first step is to set up a goal. Consider training time constraints when selecting a triathlon. Look through the triathlon magazines or ask your local running shop. I would suggest the River City Triathlon on July 22, here in Sacramento. Once the triathlon has been selected, write down your goals and set up a training log.

Most runners are weakest in the swimming involved in triathlons. Like most sports all it takes is practice. Find a master swim program or ask the YMCA about lap swimming. CSUS also has certain hours set aside for lap swimming. Initially it may be advantageous to spend more time swimming proportional to running and cycling. Remember, most triathlons are held in open water so it is a good idea to acclimate yourself to those environs.

There are several places to get in open water workouts without having to worry about boats running you over. I prefer the buoy line at Granite Bay in Folsom Lake. It is about 300 yards long and fairly close to shore. Some of my training partners like Dyke 8 at Folsom. Again, this location is relatively free of boat traffic and you can swim along the levee. This location is good for novices because they can swim near the shore.

A few weeks before that first race it is a good idea to swim the distance in the race to get used to being in the water for that length of time. In building up distance take it slow as you would in running. Do not try to increase the yards too fast.

The bicycle portion of the race is my favorite. It gives me a chance to stretch out and prepare for the run ahead. The legs will finally get warmed up as the arms do most of the work during the swim portion. For most runners, cycling a few times a week is all that is needed for that first race. Again, it is important to go the race distance a few weeks before the race mostly for peace of mind. The bicycle does not need to be a light weight racing bike. The important point here is to find a bike that you can become comfortable riding. It's also a good idea to have toe clips on the pedals for maximum efficiency during cycling.

The running portion is usually the last segment of the triathlon. Because most of us have a running background the only suggestion I have here is to maintain your present mileage if at all possible. If time is not on your side, a reduction of mileage may not be significant to your performance. There is a log to be said for what has come to be known as cross training.

That's all it takes to successfully negotiate the first triathlon. The triathlon can be a very rewarding experience not unlike that first 10K or marathon. With only a few more hours a week devoted to training, you can experience the sport of the 80's!

David Low - The Tri-Chip

Background info -- Have competed in triathlons since 1981. Ride for Specialized Bicycles. Work as a representative for ASICS Tiger Shoe Company. Most memorable triathlon, last years' Turlock TRI- broke fellow Chips Gary Netzley course record by four minutes and only finished 7th overall.

TYPICAL TRAINING WEEK
For River City Triathlon
.5 swim/10.5 bike/5 run

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------|-------------------|------------------------|-------------------|------------------------|------------------------|------------------------|
| a.m. swim
1000 yds. | p.m. run
6 mi. | a.m. swim
1000 yds. | p.m. run
5 mi. | a.m. swim
1000 yds. | a.m. bike
10-15 mi. | a.m. bike
10-15 mi. |
| p.m. run
3 mi. | | p.m. run
3 mi. | | p.m. run
3 mi. | p.m. run
optional | p.m. run
6-9 mi. |

REQUIRED EQUIPMENT:

Bike: Ten speed bicycle (hopefully with 10 working gears)
helmet (hard shell) the best
optional - gloves
bike shoes

swim: goggles
optional-speedo type suit

run: good pair of running (training) shoes

TAHOE RELAY RESULTS

The CHIPS 50 year old masters team placed 52nd overall out of 135 teams, 5th masters and unofficially just in the 50 year old division at the Tahoe Relay Run, June 9, 1984. As the only CHIP team entered, the grey beard upheld the honor of the cub by thoroughly trouncing dreaded Ophir Prison masters team by approximately 30 minutes. The first leg was run by Jean Steward competing in his first relay and put us in excellent position with a fine effort over the first 10.1 miles at a 7:04 pace. Walt Betschart ran a guilty second leg up Spooner Summit and turned in 76:07 for the 10.1 mile leg for a 7:07 pace. Marv Poyser shook off a nagging injury and ran a good third leg. Ron Hall ran down the Ophir runner on the fourth leg and put us ahead for good. I ran the level fifth leg, which turned out to be easiest (it pays to be the team captain). Dave Waco came out of retirement and ran the tough sixth leg up to Emerald Bay Summit. He showed some of us younger runners what a well seasoned CHIP can do. He told me afterwards that he had run only about 30 miles in the last two months. Jack Jamieson anchored the team and picked off about ten runners including two other master teams. A great day was had by all. Following are the results:

| | | | |
|----------------|------------|-------|-------------|
| Jean Stewart | 10.7 miles | 75:39 | 7:04 per mi |
| Walt Betschart | 10.1 | 76:07 | 7:07 |
| Marv Poyser | 10.5 | 78:04 | 7:26 |
| Ron Hall | 9.5 | 69:41 | 7:20 |
| Gordon Hall | 11.2 | 79:08 | 7:04 |
| Dave Waco | 10.0 | 77:26 | 7:45 |
| Jack Jamieson | 10.7 | 77:05 | 7:12 |



Some Like it Hot!

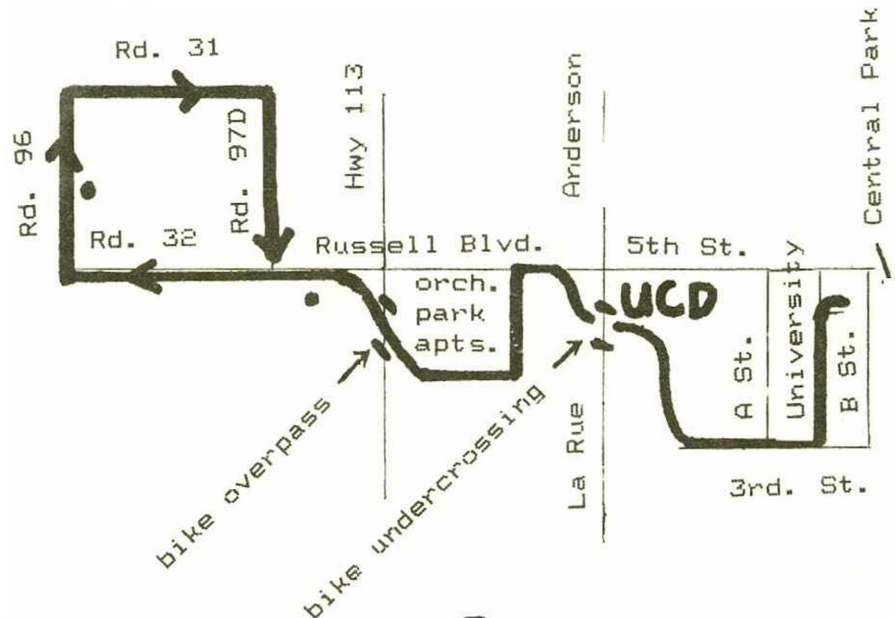
DAVIS HALF-MARATHON

The Some Like it Hot! Davis Half-Marathon started out a cool 60 degrees last July, but Bob Goralka of Davis set a blistering pace. He lead all the way to finish in 1:14:33. Sharlet Gilbert of Richmond smoked the women's division with a time of 1:30:05.

This year's race is scheduled for 8 AM July 28 and promises to be a super warm-up for the San Francisco Marathon August 19. TAC will sanction the race and the course certification is pending. The course is a scenic one, starting in Central Park and winding through the University on shady bikepaths, heading for the farm-lands west of Davis. The course makes a loop on country lanes, then joins the bikepath back to Central Park.

The fee is \$10, which includes a t-shirt and lots of refreshments. Pre-registration closes on July 7 and pre-registrants are guaranteed a t-shirt in the correct size on race day so please pre-register. The net proceeds benefit the American Red Cross. As last year, Red Cross volunteers will man the water stations and provide a first-aid patrol team. Race-day registration begins at 7 AM as does pre-registrants check-in and t-shirt distribution.

Race director Leanne Lasarow can be reached at (916)752-1758 days and (916)756-3409 evenings to answer questions or send more entry forms. Enter early, enter with friends, and prepare yourself for fast, fun times in the Some Like it Hot! Davis Half-Marathon.



- water stations
- (not to scale)

Course Map

THIRD ANNUAL BEDBUG CHALLENGE 10K

Saturday, May 5, 1984

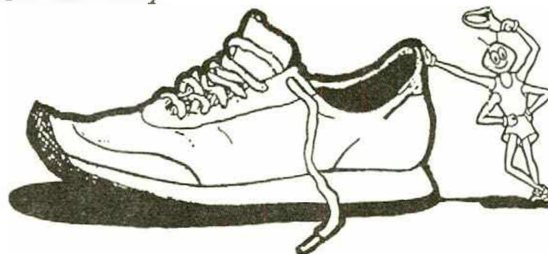
Ione, CA

On a cool, clear and crisp morning, 240 runners ascended to or descended on, depending on one's perspective, Ione for this popular 10K. Why is it so popular? And how did it get that name "Bedbug"? After all, it starts on a horse track, there's a long, 1.5 mile grade in the first 2 miles, the "residents" at Preston School verbally harass the runners and virtually all the mile splits are off. Despite these minor facts, it's an enjoyable 10K course, offering rustic scenery, if not fast times. You can't have it both ways -- all the time.

Comprising 10% of the 240 participants, the CHIPS ran well. Overall male and female winners are Chips as well as numerous divisional winners (first, second or third). Results listed below clearly reflect the collective performance of the HERD.

| | | | | |
|-----|---------------------|---------|------|-------|
| 1 | Bill Stainbrook | 32:56 | 1st | 30-39 |
| 2 | Don Spickelmier | 33:06 | 1st | 40-49 |
| 4 | Glenn Bailey | 34:26 | 2nd | 30-39 |
| 7 | Larry Kuykendall | 35:35 | 2nd | 40-49 |
| 26 | Daniel Little | 39:47 | | |
| 29 | La Donna Washington | 40:12 | 1stF | 20-29 |
| 30 | Ken Murray | 40:15 | | |
| 32 | Walt Betschart | 40:27 | 1st | 50+ |
| 40 | Sandy Fitzwater | 41:09 | 1stF | 30-39 |
| 41 | Mike Otten | 41:11 | | |
| 46 | Galen Baker | 41:40 | | |
| 49 | Vance Koerner | 41:46 | 2nd | 50+ |
| 54 | Paul Reese | 42:24 | 3rd | 50+ |
| 66 | Gale Wright | 43:54 | 2ndF | 30-39 |
| 101 | William Wright | 46:49 | | |
| 139 | Marge Hansen | 50:21 | | |
| 142 | Gene Knoefel | 50:55 | | |
| 145 | John Mannarino | 51:00 | | |
| 146 | Jeff Bogle | 51:16 | | |
| 166 | Bob Hanna | 53:46 | | |
| 169 | BC Underwood !!! | 53:59 | | |
| 191 | Marie Wright | 58:33 | | |
| 212 | Mike Bigelow | 1:03:50 | | |
| 240 | Elaine Reese | 1:12:06 | 3rdF | 50+ |

Recorded by Bosco Bailey



THE BRODERICK BOTTOMS BUST

Today the men's Olympic marathon trials were held; 160+ superfit men ran for the glory of a place on the Olympic Team. Today the Broderick Bottoms Bust was held. Somewhat fewer, somewhat less fit folks ran for the glory of being a Broderick Bottoms Bust finisher.

Hordes of vicious blackbirds -- ignore them!

Death Valley-like-heat -- sweat it out!

Brambles -- stomp them!

Dust -- eat it!

Snake -- snake? Whoops, better avoid that little sucker, might be the one that almost got AJ on the inaugural run.

No aid stations -- can humans endure such trials?

The intrepid band of busters forged on to the finish - a dead heat 31:22.70351160157821143581805543169 minutes... or so.

Just to give you an idea of the popularity of this run, the field was 100% bigger than last year's Bust. Watch out, Bay to Breakers.

Post race the winners retired to the Chart Room for breakfast, where many other PRs were set.

Thanks to all the runners and helpers for a great Bust.

Thanks to the Chart Room for the use of their parking lot and breakfast.

Thanks to the Yolo County Sheriff's Department, who refrained from laughter when told what was going on.

HERO LIST

Big name runners: Arthur William Patrick Baudendistel
Richard Thomas Dominic Pincombe

Little name runners: Mike Miller
Dave Smith

Unfortunately, it's not possible to list all the mecium-named runners along with the winner's but they know who they are. Another year's (in this case 1983) Bust is past. Once again the challenge has been met. Those who bested the course can rest content for another year in their nonwimp status, the rest of you have to wait till the next Bust to unwimp. See you there.

RUN SO THAT OTHERS CAN SEE

Rio Americano H.S. 6/10/84

5K & 10K

5K

| | | | |
|----------------|------|-------|------------|
| Craig Otterson | NC | 16:09 | 1st |
| Arthur Cahn | 5th | 17:33 | 1st Master |
| Mike Miller | 9th | 18:23 | 2nd Master |
| Wide Body | 16th | 19:27 | 4th Master |

| |
|--------------------------------|
| Women |
| e. Wallis NC 22:55 |
| Po Adams 88th 1st 50-59 (yea!) |

By employing his deadly strength, Mike managed to outrun an 11 year old boy. But his mom (the boy's) made everything OK when she let slip the fact that the little *&(%(*#&* had been running ever so long, since September in fact. No excuses were available for the 14 year old that wasn't outkicked or outstrengthened (i.e. he beat me)

10K

| | | | |
|--------------|-------|--------------------|---------------------------------|
| Bosco | 34:26 | 1st everything | Kathy Pfieffer 6th 1st NC 37:18 |
| Tom Pearman | 2nd | 34:46 1st 20-29 | Beth Matteson 67th 46:44 |
| Mike Adreani | 8th | 37:44 1st under 15 | Susan Scangarella 136th 54:50 |
| Jeff Pearman | 10th | 39:15 | |
| Marty Joyce | 19th | 42:09 | |
| Richard Kay | 24th | 42:53 | |
| Dave Givens | 25th | 42:56 | |
| Larry Walton | 41st | 44:17 | |
| Bill Keenan | 80th | 48:04 | |

Bosco did good, as usual, then went out for some more miles
Tom's coming on faster and faster, sure glad he's not in my age group
Mike ditto on everything for TOM, the ELK GROVE FLASH is deadly and next year he'll be running down the street from me at Jesuit HS.
Jeff claims he would have clobbered everyone! except that he got lost in the canyons and took a 10 minute potty break.

I think all the CHIPS did real well including past ones like Kathy and Susan Scangareela (oh well, at least Susan's sister Mary is a CHIP). The prizes for winning were nifty picnic baskets, the random prizes were really nice too, so I'm told. Unfortunately, none of the masters 5K got anything, and only the 10K people who placed well or won outright actually won anything in the drawing and I was too jealous to look so I can't say for personal knowledge.

The start of the race was really interesting too, get someone to describe it to you. Bosco loved it!

HALF-FAST SOUTH-POKER RUN

Half-Fast CHIPS are ready to retire for the summer for along rest before cranking up this fall to prepare for the International. In anticipation of the summer layoff, join us for our last run on July 5.

How about a 5-mile Poker Run! Everybody throws in a buck, then you get a card at each mile. Best poker hand wins the pot -- but the winner has to buy beer for the herd. Run starts at 6:15 p.m. sharp at Shakey's Pizza - corner of Florin and Riverside Blvds.

AMERICAN RIVER 50 MILER

Sunday

April 15, 1984

Once again, Jim Howard, who essentially owns this course (some claim he lives on it) won in record time 5:54:01. It's just obscene folks! After 30 miles he simply ran away from any competitors which were few in number. Kathy Donofrio of San Francisco captured first overall amongst the women in 7:36:06, an excellent time on a very warm day and tough course.

Chris Delgado (49), in a sterling performance, placed third in the 40-49 division. Dana Gard ran with Chris, finishing in the same time. Did Dana pace Chris? Or did Chris pace Dana? Probably a little of both, I'm sure. But who cares? TAC? NO. Just another "training run" in preparation for the Western States 100 Miler, July 7-8. In addition, new CHIP Helen Klein of the Saucony Race Team placed third in the 50+ division in 10:20:55. Helen is also an entrant in this year's Western States 100 Miler.

| | | | | | |
|-----|-----------------|---------|-----|-------------------|----------|
| 12 | Chris Delgado | 6:49:01 | 151 | Bob Sanchez | 9:03:07 |
| 13 | Dana Gard | 6:49:01 | 195 | Elliott Eisenbud | 9:24:47 |
| 34 | Glenn Bailey | 7:27:19 | 205 | Francisco Milande | 9:29:11 |
| 41 | Jim Drake | 7:33:50 | 220 | Greg Soderlund | 9:37:03 |
| 110 | Lino Delgadillo | 8:35:33 | 226 | Charlie Gabri | 9:41:24 |
| 111 | John Clark | 8:35:46 | 227 | Dennis Scott | 9:43:03 |
| 112 | Jerry Blinn | 8:35:46 | 286 | Helen Klein | 10:20:55 |
| 114 | Al Ortiz | 8:37:00 | 296 | Paul Camerer | 10:30:18 |
| 126 | Roger Dike | 8:46:44 | 343 | Gary Waldsmith | 11:22:21 |
| 134 | Norman Klein | 8:53:53 | | | |

Recorded by Bosco Bailey

HELP NEEDED

The Pepsi of Reno 72 Mile Lake Tahoe Run is looking for assistants to help produce this years race. The race is scheduled for Friday, September 21, 1984. Last year, the race was produced by a scant crew composed of my family and a couple of very loyal Chips. I hope to produce a better race this year, but I need help to do it. Help is needed in the following areas:

1. Distributing race packets.
2. Distributing race singlets.

3. Posting 10 mile interval mileage signs.
4. Timers
5. Handle the finish.
6. Distribute awards and record results.
7. To provide and deliver a small trailer for race headquarters and emergency protection for collapsed runners.

If any CHIPS would like to assist with this club event, please contact me, Bill Stainbrook, at 451-4845.

Thanks,
Bill Stainbrook

Sunday, May 27, 1984

William Land Park, Sacramento

Sponsored by 49'er Video and the Bella Vista High School Boosters Club, this 5-Miler benefited the Athletic Program at Bella Vista High School. Over \$2,000 in merchandise awards were given away in the post race raffle. Additionally, refreshments were plentiful -- Miller Lite Beer, Pepsi Cola, Seven-Up and Velvet Creamery ice cream bars. This was greatly appreciated by most runners since it was a very warm morning, 85 degrees by race time (9 am).

CHIPS fared well, as indicated below, amongst the 225 participants:

| | | | | |
|----|------------------|-------|------------|-------|
| 1 | Dean Rinde (NC) | 25:08 | 1st | 20-29 |
| 6 | Don Spickelmier | 27:07 | 1st | 40-49 |
| 7 | Glenn Bailey | 27:13 | 1st | 30-39 |
| 14 | Tom Pearman | 28:21 | | |
| 20 | Jeff Pearman | 28:59 | | |
| 22 | Larry Kuykenhall | 29:10 | | |
| 27 | Mike Adreani | 30:00 | | |
| 38 | Gordon Hall | 31:32 | 1st | 50-59 |
| 48 | Laura Rinde (NC) | 33:03 | 1st Female | 20-29 |
| 73 | Paul Reese | 34:57 | 1st | 60+ |

NC=NonChip

Recorded by Bosco Bailey

ARC 3 & 6 MILERS MAY 12th

Incredible Hills (up only)
Fierce Winds (head winds ONLY)
Heat

Other Excuses

3 Miler

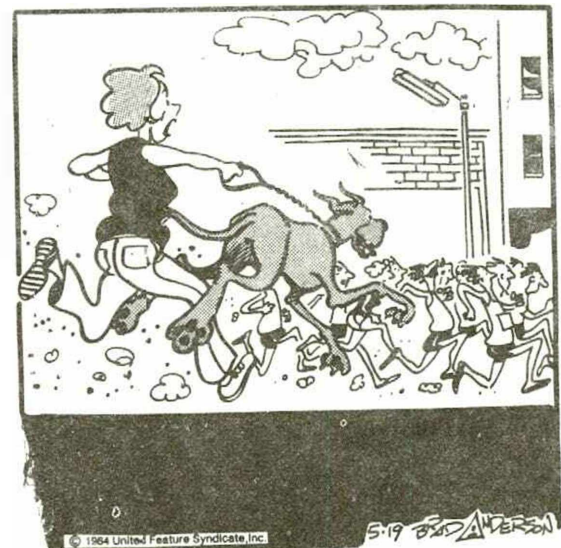
1st - Brent Cushinberry (NONCHIP) 16:08
2nd - Frank Krebs (EXCHIP) 16:22
3rd - Tom Pearman (REAL CHIP) 16:23
15th - Mike Selby (Non-renewed CHIP) 20:15
First Woman- Nancy Garrett (probably not a CHIP) 20:44

6 Miler

1st - Bwot Uwanbe (AKA Ferreria)
(NONCHIP) 33:03
3rd - Jeff Pearman 35:48
4th - Mike Miller 37:00
8th - Michael Otten (time withheld by request)

This reporter had to leave before the first woman was posted for the 6 miler, if there were any.

MARMADUKE



"Help, help! He's heading for the marathon!"

SUNKIST 100 KM

Bob Bunnell, 33, of Kentfield, CA handily won the third annual Sunkist Gold Rush 100 Km Race by slightly over 20 minutes, May 19-20.

The race is run over two days, at 50 Km per day, in California's gold country. The first day's course was in the Iron Mt. Emigrant Trail area and the second day in the Coloma area. Both courses are point-to-point and hilly.

Bruce von Brostel, 38, of Novato, CA was runner-up in 7:39:28, followed by Jeff Collins, 30, of Vallejo, CA in 7:52:00.

The women's division was won by Jan Levet, 33 of Camino, CA in 10:01:43. Marty Maricle, 51, of San Francisco finished second in 10:28:04 and Alexandria Ennik, 44 of Stockton was third in 12:09:01.

The first day's course was run on roads, some paved but mostly dirt, in Forest Service property with only one structure along the 50 Kilometers. Commenting on it, Dr. Ralph Paffenbarger, a veteran ultra runner, said, "except for Western States, I've never run a long race out of contact with civilization with so much magnificent scenery." The second day, beginning in Georgetown and ending at Coloma, the site of gold discovery in California, is over back country roads, the last of which is a perilous descent down Mt. Murphy, the historic stagecoach approach into Coloma.

"This race," said one runner, "has all the ingredients---excellent management, beautiful scenery, and super people. It's only shortcoming is that it is limited to 50 people.

Race directors are Hal Stainbrook, Ray Mahannah, and Paul Reese.

RESULTS OF THE CHIPS:

| | <u>Chip</u> | <u>Age</u> | <u>1st Day</u> | <u>2nd Day</u> | <u>Total</u> |
|-----|------------------|------------|----------------|----------------|--------------|
| 10. | Jeremiah Russell | 48 | 4:24:49 | 4:38:29 | 9:03:18 |
| 17. | Jerry Blinn | 37 | 5:21:13 | 5:05:28 | 10:26:46 |
| 17. | Elliott Eisenbud | 41 | 5:21:13 | 5:05:28 | 10:26:46 |
| 20. | Howard Jacobson | 40 | 5:20:44 | 5:55:25 | 11:16:09 |
| 20. | Dave Givens | 35 | 5:20:44 | 5:55:25 | 11:16:09 |
| 24. | Paul Reese | 67 | 5:57:37 | 5:57:23 | 11:55:00 |

CHIPS RUNNING SHORTS

Fleet Feet, Sacramento, still has some of the (in) famous BCRC color sub 4 shorts. Be completely color coordinated with Buffalo Brown and Buffalo Yellow Shorts. Now is there a pair of yellow and brown shoes out there somewhere.

ROSEVILLE COMMUNITY HOSPITAL'S LAKESIDE FUN RUN

Granite Bay 5km and 10 km

Saturday, April 28, 1984

On a weekend which had half a dozen road races scheduled in the local area, this race still attracted 220 participants. Usually held in the fall (Oct), the change in scheduling most likely resulted in a smaller field due to the other races conducted on this particular weekend. Still, for the fourth consecutive year, the race attracted a field which was comparable in size, albeit not quality, to most local races.

The field, however, as shown below, included few Chips. Like me, were you guys out there pickin' the easy one--lookin' for an easy award? If so, I hope you fared better than the High Dunger. I ate it when Chris Hamer decided to turn at the 5k turnaround instead of running the 10k -- as he should have! At least that's my opinion or excuse. Take your pick.

This race netted over \$500 for Roseville Community Hospital. There was one major flaw. Painter's caps were promised to all entrants but did not arrive in time (culprit UPS). Fresh fruit, cookies, water and lemonade were available to the finishers.

Though the 10k course is definitely more strenuous and challenging than the 5k course, half the runners elected to run the 10k.

5km (110 finishers)

| <u>Place</u> | <u>Name</u> | <u>Division</u> | <u>Time</u> |
|--------------|----------------------|-----------------|-------------|
| 1 | Chris Hamer (Unchip) | 20-29 | 16:49 |
| 2 | Glenn Bailey | 30-39 | 17:04 |
| 11 | LaDonna Washington | 20-29F 1st | 20:08 |

10km (110 finishers)

| | | | |
|----|---------------------|------------|-------|
| 1 | Mark Hicks (Unchip) | 20-29 | 34:27 |
| 4 | Dennis Scott | 30-39 | 37:11 |
| 38 | Kim Hamer (Unchip) | 20-29F 1st | 44:32 |

--Bosco Bailey--

ROSTER OF BUFFALO CHIPS RUNNING CLUB

JUNE 1984

| NAME | ADDRESS | CITY | | PHONES | | BIRTHDATE |
|------------------------|---------------------------|-------------------|----------|--------------|----------|-----------|
| | | | | HOME | WORK | |
| PO ADAMS | 1009 FRIARS CT. | CARMICHAEL | CA 95608 | 481-3983 | | 07-04-24 |
| MICHAEL ADREANI | 3851 FENTON CT. | ELK GROVE | CA 95624 | 685-9289 | | 11/23/69 |
| DAN ALARID | 8715 SANTA RIDGE CIRCLE | ELK GROVE | CA 95624 | 685-3899 | 445-2450 | 08-09-42 |
| FRANK ALLEN | 42 YUBA RIVER CIRCLE | SACRAMENTO | CA 95831 | 392-8180 | 445-0813 | 02-04-45 |
| RAYMOND BACON | 8287 NEWFIELD CIRCLE | SACRAMENTO | CA 95828 | 442-4897 | 322-6671 | 08-16-42 |
| GERALD BAILEY | 42 WHITTIER STREET | EAST ORANGE | NJ 07018 | 201 676-0667 | | 10-24-47 |
| GLENN K. BAILEY | 935 JOHNFER WAY #214 | SACRAMENTO | CA 95831 | 427-2319 | 323-3096 | 10-24-47 |
| GALEN BAKER | 9004 BRYDON WAY | SACRAMENTO | CA 95826 | 363-8423 | 322-2474 | 07/03/49 |
| SALLY | | | | | | |
| KATY | | | | | | |
| HAL BAKER | 1182 CAVANAUGH WAY | SACRAMENTO | CA 95822 | 443-4514 | 445-3803 | 08-20-42 |
| BILL BALLANTINE | 4311 MARSHALL AVE. | CARMICHAEL | CA 95608 | 967-7395 | 323-4426 | 11-06-24 |
| FRANK BENHAM | 3836 JEFFREY AVE. | SACRAMENTO | CA 95820 | 451-4690 | 481-1173 | 06/01/75 |
| WALT BETSCHART | 4120 A STREET | SACRAMENTO | CA 95819 | 4519076 | | 07-13-27 |
| MICHAEL BIGELOW | 1621 MCCLAREN DR. | CARMICHAEL | CA 95608 | 483-8310 | 440-6981 | 07-17-44 |
| GEORGE BILLINGSLEY | P.O. BOX 1385 | LODMIS | CA 95650 | 652-7729 | | 01-04-22 |
| JERRY BLINN | RTE 1 PO BOX 732E | QUINCY | CA 95971 | 283-1332 | 283-2121 | 01-26-54 |
| JERRIN | | | | | | 07/12/83 |
| JEFF BOGLE | 5114 MADISON AVE. | SACRAMENTO | CA 95841 | 739-0900 | 332-6453 | 07-30-49 |
| CHRIS BORLAND | 1520 - 40TH STREET | SACRAMENTO | CA 95819 | 457-4469 | 739-1313 | 09-13-33 |
| PAUL BRIMBERRY | 2757 TIERRA GRANDE CIRCLE | SACRAMENTO | CA 95827 | 362-8494 | 925-5252 | 08-03-47 |
| JON BROWN | 2725 FLORENCE PLACE | SACRAMENTO | CA 95818 | | 446-7626 | 06-25-46 |
| BRIAN BURKE | PO BOX 752 | SHINGLE SPRINGS | CA 95682 | 677-2139 | 362-3760 | 08-13-44 |
| ART CAHN | 4871 KEANE DR. | CARMICHAEL | CA 95608 | 488-6216 | 440-2595 | 08-16-38 |
| PHIL CAINE | PO BOX 160172 | SACRAMENTO | CA 95682 | 392-2538 | 440-6345 | 09-20-38 |
| PAUL CAMERER | 870 WATT AVE. | SACRAMENTO | CA 95825 | 482-6638 | | 12-26-18 |
| ROSE CARTMILL | 2683 CRYSTAL CT. | WEST SACRAMENTO | CA 95691 | 372-6475 | 324-2491 | 07/08/36 |
| RICHARD CHIRI | 4417 SAN MARINO DR. | DAVIS | CA 95616 | 756-6180 | 445-7026 | 04-25-46 |
| CHERYL CLANTON | 1117 GINGERWOOD WAY | RANCHO CORDOVA | CA 95670 | 638-1295 | 482-3950 | 12-11-48 |
| JOHN CLARK | 6956 GREENBROOK CIRCLE | CITRUS HEIGHTS | CA 95621 | 969-7827 | | 04-29-42 |
| RICHARD G. CLARK | 659 RIVERCREST DRIVE | SACRAMENTO | CA 95831 | 424-2498 | 635-0353 | 06-15-47 |
| EILEEN CLAUGUS | 10028 SIERRA GLEN WAY | SACRAMENTO | CA 95827 | 366-3270 | | 04-18-55 |
| JAMES R. CLOVER | 11836 LOS AMIGOS RD. | HEALDSBURG | CA 95448 | 433-8560 | 576-2145 | 03-15-42 |
| KAREN COE | 584 SANTA YNEZ WAY | SACRAMENTO | CA 95816 | 456-6196 | 395-0707 | 08-23-51 |
| BARRY COLE | PO BOX 485 | YOSEMITE NATNL PK | CA 95389 | 372-4738 | 372-4791 | 08-27-46 |
| JIM CONZETT | 549 LEEMARD WAY | SACRAMENTO | CA 95831 | 392-1737 | 392-1737 | 12-11-46 |
| JOE COOK | 6514 CROSSWOODS CIRCLE | CITRUS HEIGHTS | CA 95610 | 722-2863 | 488-5890 | 06-24-16 |
| MIKE DAIGLE | 5440 MARCONI AVE #11 | CARMICHAEL | CA 95608 | 973-0980 | 362-2420 | 11-02-48 |
| DAVE DAVIS | 9142 FIRELIGHT WAY | SACRAMENTO | CA 95826 | 363-9142 | 445-6935 | 06-17-30 |
| LINO A. DELGADILLO | 628 POTOMAC AVE. | SACRAMENTO | CA 95833 | 929-1970 | 484-8455 | 09-13-46 |
| CHRISTOPHER G. DELGADO | 6025 PARKOAKS DRIVE | CITRUS HEIGHTS | CA 95610 | 969-7124 | 920-2929 | 09-29-34 |
| ROGER DIKE | 5313 SILVERSTRAND WAY | SACRAMENTO | CA 95841 | 925-8390 | 338-4397 | 07-17-54 |
| BETTI DOLEZAL | 201 SAN ANTONIO WAY | SACRAMENTO | CA 95819 | | 323-2287 | 03-20-49 |
| JOE DOMEK | 6700 SAN JOAQUIN ST. | SACRAMENTO | CA 95820 | | | / / |
| JIM DRAKE | 3442 WHITNOR COURT | SACRAMENTO | CA 95821 | 485-8013 | 482-4550 | 06-18-40 |
| DENNIS DUNBAR | 3557 GEMINI WAY | SACRAMENTO | CA 95827 | 362-2888 | 445-1621 | 03-31-50 |
| SALLY EDWARDS | 2408 J STREET | SACRAMENTO | CA 95816 | | 442-7223 | 09-10-47 |
| ELLIOTT EISENBUD | 6403 COYLE AVE. | CARMICHAEL | CA 95608 | 482-1586 | 966-5404 | 01-14-43 |
| BARBRA PEACH FARREN | 1808 NEPTUNE WAY | SACRAMENTO | CA 95825 | 486-8470 | 643-5876 | 10-30-32 |
| JIM FINNEGAN | 1836 CARMELO DR. | CARMICHAEL | CA 95608 | 489-3410 | 445-2701 | 11-22-40 |
| THOMAS FLETCHER | 215 SHELBY RANCH RD #3 | SACRAMENTO | CA 95825 | 481-1509 | 985-3652 | 04-28-38 |
| CLIFF FLORES | 7230 ZELINDA DRIVE | FAIR OAKS | CA 95628 | 567-4288 | | 03-28-29 |
| KAREN E. FRINCKE | 41 GRAND RID CIRCLE | SACRAMENTO | CA 95826 | 383-1494 | | 05-02-40 |
| DOUGLAS FROST | 100 WILD RIVER WAY | FOLSOM | CA 95630 | 989-0898 | | 02-29-84 |
| BRUCE FUJIMOTO | 7835 WHITE TAIL WAY | SACRAMENTO | CA 95823 | 392-8073 | 739-2424 | 11-28-55 |
| CHARLIE GABRI | 400 - 10TH STREET | WEST SACRAMENTO | CA 95691 | 371-1804 | 739-3531 | 12-15-43 |
| STEVE GALVAN | 3675 BRYAN | RENO | NV 89503 | 747-4187 | 786-4204 | 08-03-38 |
| DANA DALE GARD | 8005 MESA OAKS WAY | CITRUS HEIGHTS | CA 95610 | 449-5144 | 723-7559 | 01-19-45 |

ROSTER OF BUFFALO CHIPS RUNNING CLUB

JUNE 1984

| NAME | ADDRESS | CITY | CLUB | PHONES | | BIRTHDATE |
|----------------------|---------------------------|----------------|----------|----------|---------------|-----------|
| | | | | HOME | WORK | |
| JAMES A. GAVIN | 8937 WOODWARD WAY | ORANGEVALE | CA 95662 | 989-5655 | 643-2835 | |
| DAVID GIVENS | 6865 PARK RIVIERA WAY | SACRAMENTO | CA 95831 | 391-7963 | 682-6121 | 09-29-48 |
| ART GODWIN | 1249 C STREET | RIO LINDA | CA 95673 | | | |
| CLARK GOSSETT | 4236 GALEWOOD WAY | CARMICHAEL | CA 95608 | 961-8752 | 441-5392 | 08-24-41 |
| DENNY GREEN | 4764 PASADENA AVENUE | SACRAMENTO | CA 95841 | 485-4340 | | 06-15-49 |
| BOB HALL | 7125 - 24TH STREET | RIO LINDA | CA 95673 | 991-6384 | 383-6622 | 03-07-36 |
| GORDON HALL | 2227 NORTHRUP AVE #5 | SACRAMENTO | CA 95825 | 925-2035 | 445-0211 | 02-03-32 |
| RON HALL | 4110 NORRIS AVE. | SACRAMENTO | CA 95821 | 488-3189 | 929-9029 | 05-12-34 |
| HELENE HALLER | 960 SOMERSBY WAY | SACRAMENTO | CA 95825 | 487-1955 | | 07-09-33 |
| ROBERT K. HANNA | 1355 - 41ST STREET | SACRAMENTO | CA 95819 | 451-6344 | 393-1322 | 07-30-36 |
| MARGE HANSEN | 2416 EDNA ST. | SACRAMENTO | CA 95822 | 428-5923 | 322-5083 | 10-25-37 |
| STEVE HAUN | 3445 DELMESA CT. | SACRAMENTO | CA 95821 | 488-2965 | 483-2900 | 09-08-43 |
| ROBERT HEDGES | 27 NUTWOOD CIRCLE | SACRAMENTO | CA 95833 | 922-4091 | 447-3261 | 09-28-45 |
| DAN HELM | PO BOX 457 | CAMINO | CA 95709 | 644-1976 | 644-1976 | 08-30-63 |
| LINDA G. HEMBY | P.O. BOX 3 | INDIAN TRAILS | NC 28079 | 821-8433 | | 06-17-53 |
| IGOR HERMANN | 2141 ROSSMOOR DR. | RANCHO CORDOVA | CA 95670 | 635-8701 | 322-1614 | 01-31-47 |
| TIM HICKS | P.O. BOX 653 | ALTAVILLE | CA 95221 | 736-2160 | 772-1373 | 08-30-43 |
| JUNE HILL-FALKENTHAL | 5016 SAN MARQUE CIRCLE | CARMICHAEL | CA 95608 | 482-0491 | | 06-23-56 |
| BRIAN HOEY | 663 RIVERCREST DR. | SACRAMENTO | CA 95831 | 391-2869 | 452-2876 | 06-20-48 |
| DONALD HOLSTEN | 2750 MONTGOMERY | SACRAMENTO | CA 95818 | | 445-2263 | 03-08-35 |
| ERIC IANACONE | 1117 GINGERWOOD WAY | RANCHO CORDOVA | CA 95670 | | | |
| KIM ISHAM | 7409 AUBURN OAKS LN #1 | CITRUS HEIGHTS | CA 95610 | 722-5633 | 643-6196 | 09-29-52 |
| HOWARD JACOBSON | 616 - 25TH STREET #8 | SACRAMENTO | CA 95816 | 444-8424 | 685-2461 | 06-15-43 |
| DEBBIE JOHNSON | 6029 VAN ALSTINE AVE | CARMICHAEL | CA 95608 | 481-0232 | | 11-22-59 |
| KEN JOHNSON | 4708 TULANE CT. | SACRAMENTO | CA 95841 | 486-8523 | 324-2453 | 11-19-52 |
| KENNETH E. JOHNSON | 1225 MCCAULAY CIRCLE | CARMICHAEL | CA 95608 | 485-0901 | 643-2835 | 06-06-34 |
| LESLIE JOHNSON | 2253 NORTHRUP AVE. #22 | SACRAMENTO | CA 95825 | 922-9413 | 446-7847 | 02-23-57 |
| BURL JONES | 712 DUNBARTON CIRCLE | SACRAMENTO | CA 95825 | 927-6407 | 445-1872 | 06-09-45 |
| MARTY JOYCE | 5400 LEQUEL WAY | CARMICHAEL | CA 95608 | 973-1169 | 638-6581 | 07-14-48 |
| RICHARD KAY | 2080 W. LALOMA DR. APT 27 | RANCHO CORDOVA | CA 95670 | 369-2945 | | 07-13-50 |
| WILLIAM A. J. KEENAN | 1637 GARY WAY | CARMICHAEL | CA 95608 | 485-9608 | 488-6761 | 04/11/35 |
| MICHAEL KELLY | 5700 VAL VERDE | LOOMIS | CA 95650 | 652-0342 | 322-2030 | 06-17-46 |
| KITTY KIEFER | 1508 O ST., APT 5 | SACRAMENTO | CA 95814 | 444-2305 | | 03-03-52 |
| ROD KINDER | 7351 RANCHO VERDE | LOOMIS | CA 95650 | 652-5519 | 783-9111 | 06-11-47 |
| NORMAN KLEIN | 7820 WINDSOR LANE | CITRUS HEIGHTS | CA 95610 | 966-1390 | | 03-12-38 |
| KAREN KLINGER | 1097 CASTEC DR. | SACRAMENTO | CA 95825 | 481-1094 | 481-1071 | 07-04-39 |
| GENE KNOEFEL | 2900 REGINA WAY | SACRAMENTO | CA 95818 | 444-2100 | 323-7528 | 07-22-36 |
| GEORGE KOCH | 4480 BARRETT RD. | CARMICHAEL | CA 95608 | 967-0820 | 929-0485 | 02-23-27 |
| LAURA KULSIK | 7895 LA RIVIERA DR. #212 | SACRAMENTO | CA 95826 | 383-3644 | | |
| LARRY KUYKENDALL | 4920 HENLOCK ST. | SACRAMENTO | CA 95841 | 344-7452 | 381-7217 | 02-04-44 |
| MARJORIE LAWSON | 1003 ROUNDTREE COURT | SACRAMENTO | CA 95831 | 427-5019 | 445-1484 | 11-06-24 |
| BYRON LEA | 3249 B ST. | SACRAMENTO | CA 95816 | 447-2030 | | 05-31-56 |
| JOYCE LEACH | 3315 RIVERSIDE BLVD | SACRAMENTO | CA 95818 | 446-3721 | 739-3108 | 09-06-55 |
| HARRY W. LEWIS | 3218 ROOT AVENUE | CARMICHAEL | CA 95608 | 487-3277 | 643-3444 | 08-16-31 |
| SALLY LINN | 5305 JESSICA CT. | FAIR OAKS | CA 95628 | 962-1071 | 441-3322 | 05-01-50 |
| SALLY LINN | 3620 WOODCREST RD. | SACRAMENTO | CA 95821 | 973-1481 | 441-3322 | 05/01/50 |
| DANIEL LITTLE | 2615 DANUBE DR., | SACRAMENTO | CA 95821 | 482-0391 | 322-7682 | 11-26-47 |
| BOB LIVINGSTON | 1521 BREWERTON DR. | SACRAMENTO | CA 95833 | 929-5348 | 735-5616 | 12-04-38 |
| JIM LOBSITZ | P.O. BOX 215013 | SACRAMENTO | CA 95821 | 489-3588 | 488-2212 | 06-14-27 |
| WARREN LOCKETTE M.D. | 58 CADILLAC DR., #119 | SACRAMENTO | CA 95825 | 920-3356 | 453-2011 | 08-11-55 |
| DAVID LOW | 6033 - 13TH AVE. | SACRAMENTO | CA 95822 | 421-4414 | 391-0520 | 06-06-56 |
| SHARI LOWEN | 2464 LARKSPUR LANE | SACRAMENTO | CA 95825 | 481-8671 | 324-4997 | 10-29-53 |
| JULIE LaPLANTE | 5350 S ST. | SACRAMENTO | CA 95819 | 455-6678 | 445-1991 | 04-27-58 |
| STEVE MACAULAY | 10 WILLOWBANK RD. | DAVIS | CA 95616 | | 323-5029 | 12-13-48 |
| GILBERTO MACHADO | 7346 SLOCUM CT. | SACRAMENTO | CA 95822 | 421-1967 | (707)429-5175 | 11-07-53 |
| JOHN MANNARINO | 3801 - 42ND STREET | SACRAMENTO | CA 95820 | 451-0930 | 323-7349 | |
| DAVID A. MARCHI | 6234 JOHANSON CIRCLE | SACRAMENTO | CA 95842 | 331-9808 | 323-8117 | 07-19-35 |
| CHARLES ROBIN MARRS | 1816 MARKHAM WAY | SACRAMENTO | CA 95818 | 443-4230 | 324-4429 | 09-12-38 |

ROSTER OF BUFFALO CHIPS RUNNING CLUB

JUNE 1984

| NAME | ADDRESS | CITY | CLUB | PHONES | | BIRTHDATE |
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| | | | | HOME | WORK | |
| BEV MARX | 802 ELMHURST CIRCLE | SACRAMENTO | CA 95825 | 927-6882 | 481-8811 | 11-30-53 |
| BETH MATTESON | 9679 WILANUT AVE. | ELK GROVE | CA 95624 | 391-7963 | 682-6121 | 04-13-60 |
| CHARLES MERSEREAU | RT 1 BOX 215 | FORSYTH | MO 65653 | 546-5834 | | 02-23-24 |
| FRANCIS MILANDE | 4140 JUSTIN WAY. | SACRAMENTO | CA 95826 | 363-2203 | 391-1651 | 02-14-46 |
| GLEN E. MILLAR JR. M.D. | 3625 MISSION AVENUE | CARMICHAEL | CA 95608 | | 483-9391 | 06-23-39 |
| MIKE MILLER | 1530 MCCLAREN DR. | CARMICHAEL | CA 95608 | 488-3833 | 445-2898 | 12-09-41 |
| MITCHELL JIM | 1649 1/2 ARDEN WAY | SACRAMENTO | CA 95815 | | 929-5909 | / / |
| NANCY MOLITOR | 5058 LEROY CT. | FAIR OAKS | CA 95628 | 967-4559 | | 01-18-36 |
| JANIE MORGAN | 501 RIVERGATE WAY #207 | SACRAMENTO | CA 95831 | 427-6083 | | 10-08-53 |
| KEN MORGAN | 1630 T STREET #8 | SACRAMENTO | CA 95814 | 488-7548 | 445-9620 | 07-25-57 |
| JOHN McINTOSH | 4540 FAIR OAKS BLVD. | SACRAMENTO | CA 95825 | 487-7327 | 488-7184 | 03-04-42 |
| DELORES McKINNON | 3550 RIDGEVIEW DR. | EL DORADO HILLS | CA 95630 | | | |
| ERIC W. NATTI | 6245 GENA CT. | CARMICHAEL | CA 95608 | 966-6721 | 484-4579 | 06-22-45 |
| MIKE NEFF | 3305 CAHILL CT. | SACRAMENTO | CA 95827 | 366-6208 | 928-5149 | 12-15-45 |
| GARY NETZLEY | 1709 41 ST | SACRAMENTO | CA 95819 | 457-3122 | 925-1742 | 04-21-54 |
| CHUCK NICHOLS | 35 PARK WEST CT. | SACRAMENTO | CA 95822 | 395-0652 | 445-2898 | 10-28-49 |
| CAROLE NUTT | 1054 SANTA YNEZ WAY | SACRAMENTO | CA 95816 | 456-9633 | 355-7080 | 10-04-34 |
| ROD NYSTRÖM | 6220 GLORIA DR. #10 | SACRAMENTO | CA 95831 | 393-9298 | 440-7751 | 03-27-40 |
| KAREN O'HAIRE | 30 INLET CT. | SACRAMENTO | CA 95833 | 925-6960 | 445-0270 | 01-14-53 |
| MIKE O'NEIL | 8389 LA RIVIERA DR. | SACRAMENTO | CA 95826 | 383-3375 | 366-2961 | 05-24-24 |
| ANTHONY ORTEGA | 4901 LITTLE OAK LN. APT 133 | SACRAMENTO | CA 5841 | 338-091 | 643-5518 | 10/25/56 |
| MICHAEL OTTEN | 8608 BRODIE COURT | ELK GROVE | CA 95624 | 685-6235 | 440-0532 | 10-13-39 |
| SAM PADILLA | 4831 MARIETTA WAY | SACRAMENTO | CA 95841 | 485-1873 | | 12/12/68 |
| GEORGE L. PARROTT | 6000 J ST. | SACRAMENTO | CA 95833 | 921-6782 | 454-6884 | 12-17-43 |
| JAMES M. PARSONS | 1821 POTRERO WAY | SACRAMENTO | CA 95822 | 454-9323 | 322-3585 | 07/10/34 |
| PATTY JO PATTERSON | 50 CADILLAC DR. #113 | SACRAMENTO | CA 95825 | 921-1806 | 921-6504 | 03-14-54 |
| JEFF PEARMAN | 5450 CYPRESS AVE. | CARMICHAEL | CA 95608 | 482-1228 | 483-6055 | 05-01-54 |
| DICK PETRUZZI | 5806 TWIN GARDENS DR. | CARMICHAEL | CA 95608 | 483-2917 | 483-2917 | 02-12-33 |
| BYRON PHILLED | 2978 PORTAGE BAY #176 | DAVIS | CA 95616 | 758-9524 | 323-7349 | 12-06-54 |
| DICK PINE | 5241 HIGHEREST DR. | SHINGLE SPRINGS | CA 95682 | 677-9140 | 6774720 | 06-12-44 |
| STEVE POLANSKY | 3008 MARLYNN ST. | CARMICHAEL | CA 95608 | | 486-0411 | 05-14-46 |
| ROBERT PORTA | 1207 - 49TH STREET | SACRAMENTO | CA 95819 | 456-1244 | | 06-16-43 |
| RONALD RADER | 5008 - 32ND AVE. | SACRAMENTO | CA 95824 | 428-7038 | 421-0287 | 07-13-28 |
| DAVID RAGSDALE | 240 CADILLAC DR. | SACRAMENTO | CA 95825 | 920-3678 | 445-9574 | 08-22-38 |
| JOANN RANEY | 3110 STEINBRENNER CT. | CARMICHAEL | CA 95608 | 481-0433 | | 01-13-37 |
| PAUL REESE | PO BOX 585 | AUBURN | CA 95603 | | 685-2348 | 04-17-17 |
| JOAN REISS | 2108 ROCKWOOD DR. | SACRAMENTO | CA 95825 | 972-7476 | | 07-11-37 |
| ROD RITCHIE | 7413 E AUBURN OAKS LANE | CITRUS HEIGHTS | CA 95613 | | | / / |
| JOHN ROBERTS | 786 CARRO DRIVE #4 | SACRAMENTO | CA 95825 | 485-7676 | 454-6276 | 02-06-53 |
| SUSAN ROMAN | 18 SPRAY CT. | SACRAMENTO | CA 95831 | 424-1464 | 448-7851 | 07-28-44 |
| JIM ROTE | 2540 --11TH AVE. | SACRAMENTO | CA 95818 | | | / / |
| DAVID RUBENSON | 8943 GULFPORT WAY | SACRAMENTO | CA 95826 | 363-4307 | 643-2783 | 05-21-41 |
| BOB RUBIN | 7151 HAVENSIDE DR. | SACRAMENTO | CA 95831 | 428-3102 | 440-3762 | 10-11-51 |
| JEREMIAH RUSSELL | P.O. BOX 111 | MID PINES | CA 95345 | | 723-9121 | 01-15-36 |
| ROBERT SANCHEZ | 5410 BARTIG WAY DR. | CITRUS HEIGHTS | CA 95610 | 966-2372 | 445-1812 | 11-24-38 |
| STUART SARGISSON | 4027 TERRA VISTA WAY | SACRAMENTO | CA 95821 | 482-6954 | | 12-10-39 |
| RANDY SARTE | 2322 BUTANO DR. #201 | SACRAMENTO | CA 95825 | 383-7534 | 482-7830 | 10-24-43 |
| MARY SCANGARELLA | 3121 MORELAND CT. | SACRAMENTO | CA 95825 | 486-9246 | 483-3289 | 08-25-54 |
| DENNIS SCOTT | 719 - 37TH STREET | SACRAMENTO | CA 95816 | 455-8710 | 322-7518 | 05-31-48 |
| BILL SHANK | 4305 VALMONTE DR. | SACRAMENTO | CA 95825 | | | / / |
| JON SHELGRÉN | 1524 WYANT WAY | SACRAMENTO | CA 95825 | 482-7923 | 322-5031 | 06-20-40 |
| GEORGE SILLER | 4452 S ST. | SACRAMENTO | CA 95819 | 457-9566 | 440-3288 | 11-22-46 |
| JOHN SIMONS | 6501 SURFSIDE WAY | SACRAMENTO | CA 95831 | 392-5226 | 324-4339 | 06-03-39 |
| TIM SMITH | 6201 LEDA WAY | SACRAMENTO | CA 95824 | | 427-9050 | 08-02-62 |
| GREG SODERLUND | 5320 CALLISTER AVE. | SACRAMENTO | CA 95819 | 456-2734 | 453-1489 | 02-08-48 |
| JO ANN SOWIGNIER | 5912 PETALUMA CT. | SACRAMENTO | CA 95841 | 344-3396 | 445-1666 | 12-03-37 |
| RICHARD SOWERS | 58 CADILLAC DR. #119 | SACRAMENTO | CA 95825 | | | / / |
| DON SPICKELMIER | 3830 T STREET | SACRAMENTO | CA 95816 | 457-7969 | 972-8551 | 11-01-40 |

ROSTER OF BUFFALO CHIPS RUNNING CLUB

JUNE 1984

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| | | | | HOME | WORK | |
| BILL STAINBROOK | 5303 13TH AVE | SACRAMENTO | CA 95817 | | 481-8811 | 09-14-53 |
| CLIFFORD STAPP | P.O. BOX 1477 | SHINGLE SPRINGS | CA 95682 | 933-2179 | 622-6121 | 03-17-42 |
| DANA STOKES | 1811 DONNER AVENUE #3 | DAVIS | CA 95616 | 756-6605 | 324-1284 | 04-24-57 |
| ED STROMBERG | 2824 MARTEL COURT | SACRAMENTO | CA 95826 | 383-7616 | 332-0527 | 03-20-43 |
| MICHAEL SULLIVAN | 1170 BELL ST. APT. 23 | SACRAMENTO | CA 95825 | 922-3419 | 454-6535 | 10-10-59 |
| RICK SUMMERS | 9756 WOODHOLLOW WAY | SACRAMENTO | CA 95827 | 369-2551 | 355-4690 | 02/07/47 |
| GARY SWANSON | 1162 SWANSTON DR. | SACRAMENTO | CA 95818 | 446-5750 | 445-8956 | 05-31-44 |
| MARTIN SZEKERESH | 219 RANDY AVE., | WHITE BEAR LAKE | MN 55110 | 16123-4224-2122 | | 05/25/99 |
| CAROLYN TUCKER | 1249 C STREET | RIO LINDA | CA 95673 | 991-3593 | | 07-03-50 |
| CHRIS TURNEY | 10269 COLMA RD. | RANCHO CORDOVA | CA 95670 | 366-7421 | | 11-27-57 |
| RON ULMER | 5608 STATE AVE. | SACRAMENTO | CA 95819 | 454-4490 | 324-6617 | 04-14-39 |
| ABE UNDERWOOD | 4531 CAPRI WAY | SACRAMENTO | CA 95822 | 456-9257 | 445-1862 | 03-30-38 |
| ART WAGGONER | 118 TOUCHSTONE PLACE | WEST SACRAMENTO | CA 95691 | 371-8718 | 454-3333 | 11-26-25 |
| GARY R. WALDSMITH | 3550 RIDGEVIEW DR. | EL DORADO HILLS | CA 95630 | 933-3815 | 445-5911 | 11-12-40 |
| LARRY WALTON | 3921 BERRENDO DR. | SACRAMENTO | CA 95825 | 487-3778 | 441-3940 | 10-15-39 |
| LADONNA WASHINGTON | 1501 PACIFIC DR. | DAVIS | CA 95616 | 756-2265 | 453-4545 | 06-06-55 |
| MERLE WATSON | 104 COUNTESS | SACRAMENTO | CA 95827 | | 388-2048 | 06-23-46 |
| PETE WEISSER | 6445 - 14TH ST. | SACRAMENTO | CA 95814 | 422-1068 | 445-1967 | 01-11-36 |
| JIM WELLINGTON | 1210 HEMLOCK LANE | DAVIS | CA 95616 | 756-1656 | 643-3571 | 06-02-45 |
| DONNA M. WETTERER | 7916 LARIVIERA DR. #275 | SACRAMENTO | CA 95826 | 383-1468 | 445-8292 | 08-25-51 |
| DIANE WHEELER | 1535 5TH ST. | SACRAMENTO | CA 95814 | 447-6705 | 322-4285 | 10-03-55 |
| BILL WILSON | 2215 9TH ST. #301. | SACRAMENTO | CA 95818 | 446-9091 | 445-6644 | 04-05-29 |
| TED WINTERHALDER | 5365 CISCO CIRCLE | SACRAMENTO | CA 95819 | 455-0670 | | 06-16-29 |
| AMBER WRIGHT | 2109 JULIESSE AVE. | SACRAMENTO | CA 95821 | 929-6616 | 925-3145 | 06-22-59 |
| GALE WRIGHT | 9130 JUNEWOOD LANE | FAIR OAKS | CA 95628 | 988-6281 | 322-3537 | 05-17-48 |
| TOM WRIGHT | PO BOX 655 | SHINGLE SPRINGS | CA 95682 | 677-8643 | 388-2281 | 06-25-44 |
| WILLIAM E. WRIGHT | 3017 - 6TH STREET | SACRAMENTO | CA 95818 | 448-3212 | 445-1010 | 04-25-43 |
| KARL YAMAUCHI | 4921 CRESTWOOD WAY | SACRAMENTO | CA 95822 | 443-5400 | 454-5319 | 06/24/48 |
| T. R. YORK | 2359 CALIFORNIA AVE. | CARMICHAEL | CA 95608 | 484-1155 | 363-3133 | 02-27-54 |
| CYNTHIA YOUNG | 4531 CAPRI WAY | SACRAMENTO | CA 95822 | | | |
| HELEN YOUNG | 4349 MARCONI AVENUE #20 | SACRAMENTO | CA 95821 | 483-6264 | 486-9150 | 05-26-58 |

SCHEDULE

- JUNE 30 - Big Bros/Big Sisters, 5 & 10K - 8:45 a.m., Sacto Comm Conv Cntr - 482-9300
JUNE 30- Masters 5 Mile, 7:30 am Glen Hall Park, near CSUS, 3mi for child. 488-7181.
JUNE 30- Kids 3 Mile-7:30, Glen Hall Pk, River Pk, \$8 - 483-7181
JUNE 30- Fun Run - Sacto Conven Cntr, 13th & K, 7:30 am, 5 & 10K, 482-9300
JUNE 30- Liberty Towers - 7 am, 5 & 10 miles, varying fees, 726-8429
JUNE 30- Benicia Historical Run, 10K, 7th Ann, 9 am, Base of 1st St., (707)745-0510
JULY 1- Great Calistoga Footrace, 7th Ann, 8 K, 8:30 am, Limit 400, Napa Fair Grounds
JULY 1- Fitch Mtn Foot Race, 7 am - Healdsburg, 10K (707)433-9425
JULY 1- Independence Fun Run, PA/TAC 8K Champshp & 2 mi run, 8 & 8:30, Cannery, S.F.-Aggies
JULY 4- Union Run --- Downtown Union Bldg. -
JULY 4- Santa Clara Central Pk Run, 8th Ann, 3.4 mi, 8:30 am, (408) 984-3260
JULY 4- Delta Fest. Fun Run, 5 & 1.4 Mi Run, 9 am- 1st 100 free T, beer, pepsi-(415)427-0306
JULY 4- Firecracker 10K, 8:30 am, \$5, Milpitas Civ Ctr, (408)942-2470
JULY 4- Kenwood Footrace, 10K, 8 am, \$10 w/T - Warm Sprngs Rd, Kenwood, (707)829-2888
JULY 7- S.F. Triathlon, (1KS, 20K, 5KR) Fleet Feet, S.F. (415)921-7188
JULY 8- All Weather Track Run, 9 am ARC, 3 & 6 mi, 322-4759
JULY 8- After the 4th 5K fun run, 9 am, St Mary's Coll, Moraga (415) 376-4926
JULY 8- Gay Run '84, 5 & 10K, 9 am South end Polo Flds, G.G. Pk, S.F. (415)821-7300
JULY 8- Dump to Dump Run, 5 Miles - Palo Alto, (415)878-3272
JULY 14 Eppie's Great Race, 11th Annual, (5.5R, 12.5B, 6.5 Kayak) Goethe Pk, (916)366-2066
JULY 14 International Pre-Olymp Meet, UC Berkeley, (415)542-5316
JULY 14 Good Sport Couples Relay, 2 x 2 miles, 5 th annual, Larkspur (415)461-1930
JULY 14 The Scrichinmoy, 5K, 8 am. Valico Prkwy, Cupertino (408)255-6941
JULY 15 Aptos Women's 5 Miler, 3rd Ann. Aptos (408)688-1624
JULY 15 Turnarnd Race for Peace, 2nd Ann Nowhere to Run Run, 5 Mi, 9 am, G.G. Pk. (415)658-7805
JULY 15 Quicksilver Challenge 1/2 Marathon, 8 am, Castillero Mid. Sch, San Jose, (408)723-7223
JULY 22 River City Triathlon (.25MS, 13MB, 5MR) 2410 J St., (442-8326)
JULY 22 Wharf to Wharf Race, 5.8, 8:30, \$5 - Santa Cruz Wharf to Capitola, (408)475-2196
JULY 22 Lake Chabot Trail Challenge, 13.1 Miles, 9 am, Castro Valley, (415)881-8255
JULY 22 PA/TAC 25K Championships, 8 am, GG Pk, Polo Fields, (415)472-RACE
JULY 29 Sertoma Classic, 8 & 4 Mi, 9 am, Hayward Air Terminal, (415)582-5982
AUG 4 Cazadero Footrace, 7 & 3 Mi, 6 p.m., \$3 -(707)829-2888
AUG 5 Alameda Run for the Parks, 3rd Ann, 10K, 9:05 am, So Shore Spng Cntr-(415)522-4100
AUG 12 Kaiser Lake Merrit Run, 5 & 10K, 9am - Oakland, (415)521-8379

TO ANTICIPATE: AUG 19 S.F. Marathon 8 am - limited to 10,000

WATCH FOR:

- 1st Saturday of the month - Fleet Feet Fun Runs, 2408 J St., 8:30 am, 442-FEET
2nd Saturday of the month - K108 Fun Runs, 3 & 5 miles, 8:30 am, OLD SAC
3rd Saturday of the month - McIntosh Fun Runs, 3 & 6 miles, 8:30 am, 488-7181

This schedule is provided for your use courtesy of the Buffalo Chips Running Club. Dates and times are subject to change, check w/race directors.

.....HELP NEEDED.....

The Pear Fair on July 29th -- your help is needed for the race. See Jeff Bogle or call 322-NIKE.

VOLUNTEERS NEEDED FOR EPPIE'S GREAT RACE ON JULY 14th. See Jim Drake.



10 Miler

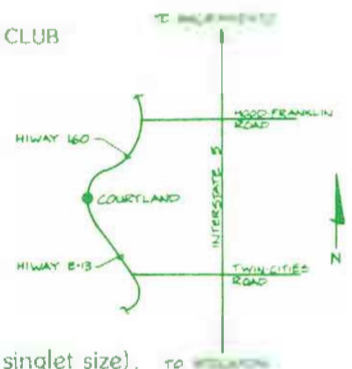
SUNDAY, JULY 29, 1984, 8:00 A.M.

PRESENTED BY: CITY SPORT WORKS, ASICS TIGER, KPOP 935 FM RADIO, BUFFALO CHIPS RUNNING CLUB

BENEFITTING: Delta Area Schools

COURSE: Flat, paved country roads

WHERE: Bates Elementary School
Courtland, California
PLEASE PARK IN DESIGNATED AREAS ONLY!



PRE-REGISTRATION: \$10.00 postmarked by **Sunday**, July 22, 1984 (includes requested singlet size).

Pre-registered entrants please pick up race packets including number and singlet at City Sport Works Thursday, July 26 through Saturday, July 28, 11:00 a.m. - 6:00 p.m. or on race day from 6:30-7:30 a.m.

RACE-DAY REGISTRATION: \$12.00 after July 22 and on race day. Race-day registration from 6:30-7:30 a.m.

In order to assure that the maximum proceeds from the Pear Fair 10 Miler go to the Delta Area Schools, please note that those runners registering after July 22 will not receive singlet on race day, but must pick it up at City Sport Works at a later date.

AWARDS: Singlet to all entrants. Tiger shoes to overall male and female winner. Age division awards to first three places.

Random drawing for merchandise awards including a **Sony Walkman FM cassette player, two nights and three days in Tahoe, Tiger shoes**, dinners, and much more.

REFRESHMENTS: Crystal Geyser mineral water



POST RACE ACTIVITIES: Bring the family, a picnic, and spend the day enjoying the Pear Fair activities — parade, arts and crafts, live entertainment, wine tasting, pear treats, etc.

MAKE CHECK PAYABLE TO: Pear Fair 10 Miler

SEND TO: City Sport Works
5114 Madison Avenue
Sacramento, CA 95841



Name _____ Telephone _____

Address _____ City _____ Zip _____

Sex: Male Female

Singlet Size (please circle): **Men's** S M L XL
Women's S M L XL

DIVISION (please circle): 18 & Under 19-29 30-39 40-49 50-59 60 & Over

In consideration of your accepting my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators, waive, release and forever discharge any and all rights and claims which I may have or which may hereafter accrue to me against all sponsors, officials, or volunteers or their respective officers, agents, representatives, successors for any and all injuries suffered by me while traveling to and from and participating in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race.

Signature _____

(Parent's or Guardian's signature if under 18)

CAMP FLEET FEET



sugar pine point state park ♦ lake tahoe ♦ jul. 31 - aug. 5

invitation

you are invited to join us and your running friends for a mountain weekend. we have reserved group camp sites for 150 people at sugar pine point state park. your reservation covers from tuesday afternoon on july 31st through 2 p.m. sunday, august 5th. there will be group runs each morning and afternoon for all levels of running abilities. daily group discussions will be conducted by running specialists in the areas:



- ♦ training
- ♦ sports medicine
- ♦ nutrition
- ♦ marathon & ultra running
- ♦ triathlons
- ♦ running films



information

the total fee is \$30.00 per person, \$50.00 per couple, or \$70.00 per family, reservations are limited. please sign up early. complete the form below and mail with payment to fleet feet. reservations will be confirmed by mail including directions, maps and any special instructions. each person, couple or family is responsible for their own camping gear (tent, sleeping bags, cooking gear, etc.). you must bring and prepare your own food. each camp has fire pits, picnic tables and shower facilities. we suggest you bring folding chairs or something to sit on during the group discussions. we know you won't forget your running gear but prepare for rain just in case. come and escape to the tall pines for a fun time.

♦ we look forward to running with you. Abe Underwood ♦ Sally Edwards ♦

CAMP FLEET FEET RUNNING RETREAT



name(s) _____
 address _____
 city _____ zip _____ # in party _____
 phone _____ fee enclosed \$ _____

fee checks only to "CAMP FLEET FEET"

Some Like it Hot!

DAVIS HALF-MARATHON

DATE: July 28, 1984

TIME: 8 AM

PLACE: Davis

REGISTRATION: \$10, t-shirt in your size available on race day if entry received by July 7. Late registrants; t-shirt will be mailed to you about two weeks after race. Race day reg and pre-reg check-in begins at 7 AM.

START: Central Park, 5th St. (Russell Blvd.) and B St., Davis. Free parking in lot south of park.

ROUTE: Fast and flat, on bike paths and country lanes.

AWARDS: To the top 3 finishers in each division and age group.

RACE DIRECTOR: Leanne Lasarow (916) 752-1758 days, 756-3409 eves.

HOSPITALITY: Split times called. Water stations. Refreshments after race. First aid patrol. TAC sanctioned, certification pending.

ESPECIALLY ENCOURAGING FIRST-TIME HALF-MARATHON RUNNERS.

REGISTRATION FORM - print clearly - Entry deadline is July 7, 1984

NAME _____ PHONE () _____
last first initial

ADDRESS _____
number and street city state zip

SEX _____ AGE ON RACE DAY _____ COTTON T-SHIRT SIZE _____

I, the undersigned, hereby waive and release any and all rights and claims for damages I may have against the American Red Cross, coordinating groups and any individuals associated with the Some Like it Hot! Half-Marathon, July 28, 1984. I attest that I have trained enough to complete said event.

SIGNATURE _____
parent/guardian required if under 18

DATE _____ PARENT _____
or guardian

MAKE CHECK PAYABLE TO:
Some Like it Hot! Run
AND MAIL WITH ENTRY TO:
Leanne Lasarow
632 El Toro Way,
Davis, CA 95616

to benefit the American Red Cross





BUFFALO CHIPS

RUNNING CLUB



No. 72

Glenn Bailey
 Gordon Hall
 Bill Stainbrook
 Mike Miller
 Eileen Claugus
 Mike Miller
 Abe Underwood
 Galen Baker

High Dungen 728-9800
 Vice Dungen 925-2035
 Dungen Recorder 451-4845
 Dungen Counter 488-3833
 Dungen Coordinator 366-3270
 Dungen Herder 488-3833
 Race Chairchip 456-9257
 Dungen Editor 363-8423

November 6, 1984

STATE OF THE HERD

This will be my final commentary on the HERD this year since, in all probability, you'll receive your next newsletter in early January 1985. Don't fret. I'll meander off amicably and serenely across the plains of Sacramento (to Davis, Woooopee!!) and allow you characters to bull-whip another unsuspecting Chip, hoary or young-eyed, to lead the ongoing stampede.

Enclosed you will find in this newsletter a renewal form for your 1984 membership. Fill it out, write out a check, put both in an envelope and return it -- NOW! Don't procrastinate. Renew now and avoid the RUSH. And, please, don't laugh.

Also, enclosed is a postcard (postage paid). I urge you to read it carefully, respond accordingly and return it ASAP. This will enable the Board to assess the degree to which the Club either approves or disapproves of the concept of pursuing the development of a program to support "elite" runners in some fashion. No doubt, this is an issue of philosophical import within the world of runners. Who else cares? Howard Cosell? No. Ronnie Reagan? No. Do you care? If so, please take the time to respond. Where should the Chips be in this era of "professionalism," etc.?

I will refrain from stating my perspective so as not to prejudice anyone's concept, feelings -- pro or con. Besides I doubt that my opinion on this issue would persuade anyone to adopt my viewpoint anyway.

The daylight hours are declining in length, rapidly. Though far too many have ignored my incessant, cautionary remarks about safety over the past three years; nonetheless, I'll say it again -- protect yourself by running against all traffic (bikes & cars) and make yourself visible. Wear light colors. Better yet, wear a reflective vest or material, or a light.

Have a safe and bountiful Thanksgiving, and a joyous Christmas, and the best of life in '85...

****The Chocolate Chip****

Bosco Bailey

BOARD OF DIRECTORS

ELECTION

Before you know it the year will over -- and that means it's election time once again. I'm sure you'll be as enthused, if not more so, about the annual January election meeting as you are about the scintillating presidential campaign. Plan to attend. Directors are elected to serve YOU. Date, place and time will be announced in the next newsletter.

Four openings will be available. Listed below are the current directors and the expiration date of their respective term on the Board:

| <u>Name</u> | <u>Term Expires</u> | <u>Name</u> | <u>Term Expires</u> |
|-----------------|---------------------|---------------|---------------------|
| Bill Stainbrook | 12-31-84 | Jim Drake | 12-31-85 |
| AJ Underwood | 12-31-84 | Reggie Benham | 12-31-85 |
| Glenn Bailey | 12-31-84 | Galen Baker | 12-31-85 |
| Jeff Bogle | 12-31-84 | Mike Miller | 12-31-85 |
| Howard Jacobson | 12-31-86 | Gordon Hall | 12-31-86 |
| Marge Hansen | 12-31-86 | | |

Anyone who is a member of the Chips may be nominated to serve as a director. Of course, your dues for 1985 must be paid at the time of your nomination to the Board.

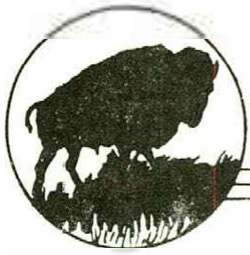
--The High Dunger--

BUFFALO CHIPS RUNNING CLUB NEWSLETTER

This newsletter is published every other month as a service to our club members. All items submitted for publication must be received by the fifth of the month if any production work is needed; or by the fifteenth of the month if the copy is in "camera ready" or final copy quality. Final copy should be typed in a single three inch wide column. In addition, the typing should be clear enough to reproduce into a quality newsletter. If you have any questions or wish to make a special presentation, please inform the editor well in advance of the deadline. The editor is:

Galen Baker
9004 Brydon Way
Sacramento, CA 95826
363-8423

Number 72 *****



BUFFALO CHIPS

RUNNING CLUB



P. O. Box 186
Carmichael, CA 95608

APPLICATION FOR MEMBERSHIP

NAME _____

(PLEASE PRINT - As you want it to appear on Club Roster)

RENEWAL? _____ (If so please insert only changed info)

ADDRESS _____

HOME PHONE _____

CITY _____

ZIP CODE _____

WORK PHONE _____

YOUR OCCUPATION _____

BIRTHDATE _____

NOTE: ANY OF THE ABOVE INFORMATION THAT YOU DO NOT WANT PRINTED ON THE CLUB ROSTER MAILED TO ALL MEMBERS PLEASE INDICATE.

OTHER FAMILY MEMBERS THAT YOU WANT MEMBERSHIP CARDS FOR:

I LEARNED ABOUT THE BUFFALO CHIPS RUNNING CLUB FROM: _____

MY PREVIOUS RUNNING EXPERIENCE:

_____ None; _____ Jogger; _____ Fun Runs; _____ Road Races;

_____ Other _____

MY RUNNING GOALS ARE: _____

COMMENTS:

MAKE CHECK PAYABLE TO:

SEND APPLICATION TO:

CLUB USE ONLY

| | |
|-----------------------------|---------|
| Buffalo Chips Running Club | |
| Single Full Year (Jan-Dec) | \$7.00 |
| Single After July thru Dec. | \$3.50 |
| Family Full Year (Jan-Dec) | \$10.00 |
| Family ½ July thru Dec. | \$5.00 |

Mike Miller
P. O. Box 186
Carmichael, CA

Date Rec'd _____
Dues Pd. _____
Member # _____

IMPORTANT

CHIP SURVEY

What do you want the Chips to do? The Club must decide on a basic policy issue. Running has become such a big-bucks thing that some of it has filtered down to our level. Our increase in income has made possible the additional club and community activities in recent years: free drinks at the picnics, free year end awards banquet, first Chip award money, and contributions towards the ARC all-weather track.

We have enough money so that the club can support some runners, if we want to. This is a change in direction for our club. In the past, we haven't supported individuals collectively. We have, however, given money to runners as individual members. For example, a number of members contributed to help send Harold Kuphalt to compete in Indiana in 1982. The kind of support that has been suggested ranges from entry fees and equipment to straight money grants.

If support were approved it would most likely be done based on performance standards. The standards would be weighted by age, sex and possibly need. Since some kind of performance standard would be used, it is likely that this policy would attract faster runners to the club. It is also possible that no runners in our club would meet the criteria established; therefore, the money earmarked for this purpose would not be utilized.

Please give this issue some thought. Return the enclosed postcard so that the Board can make a sound, rational decision that accurately reflects the consensus of the club membership. THANK YOU.

On the next two pages there are arguments for and against the proposal to provide some level of support to club members that meet as yet undetermined criteria. The issue at hand is whether we as a club wish to provide an undetermined level of support to members of the club. If the proposal is accepted, the criteria will need to be determined. However, the criteria are not the issue that is at hand at this time.

The Board of Directors are asking that you take some time to consider this issue. Within the next two weeks, indicate your feelings along with any comments on the enclosed post card. This is your club. Take a few minutes to indicate what direction you would like the Buffalo Chips to take.

PRO

A MODEST PROPOSAL: SUPPORT FOR COMPETITION-LEVEL RUNNERS

by: George Parrott

Background: I believe that the BCRC has provided a wide range of services to the recreational runner. We benefit everyone with our races, training programs, annual awards, parties and discounts on running items.

However: Some local athletes of great promise may not be able to participate in a desired training or competition program because of financial restraints. Most of us have reasonable career incomes, but some, younger athletes find travel away to an out-of-area event and the many higher entry fees now too expensive. Our club's avowed purpose is to promote running and support runners, hence I propose we devote a SMALL PROPORTION of our resources in a "running scholarship" type fund to support travel expenses and entry fees for some of our more competitive Bison who are not yet career established nor yet on any national team.

How Much? I propose we commit, on an experimental basis, \$500 or 10% of the club's 1985 budget (dues + race income) whichever is LESS.

Who might qualify? I propose using 10 km standards of 32:59 for males and 36:59 for females and financial need. Financial need might be defined as a sliding scale based on family size, e.g. annual income under \$9,000 for one person, \$15,000 for two persons, and \$1,500 credit for each dependent child.

How many qualify? I don't know if we NOW have anyone in the club who would meet these criteria, but I think one of our male Bison might and others not-yet-Chips in the area would be potential candidates. This program is proposed, in part, as a recruiting and community service for the club.

How much per person? I propose an upper limit of \$125 per person from club funds. Clarksburg Classic reserves will also be available for supplements --\$750 for 1985.

Precedents: We have supported the Spiketees for travel \$; we have given to trusts for deceased Chips kids; we have individually donated \$ to Kuphaldt.

CON

By: Mike Miller

Elsewhere in this newsletter Elaine Reese has an article on "Why I'm a Chip". My reasons 'why I'm a Chip' are my reasons for opposing supporting individual runners.

I'm a Chip because I love to run. I joined the club because it encourages running, not for just the few faster runners but for everyone. The club members are generally casual in their relationships with the club, each as serious about their running as they wish to be. Serious or not so serious, all are encouraged.

I see supporting individual runners as a business. And I don't want the club to make a business of running. Just as my running is my business, your running is yours, it shouldn't be the business of the club.

I'm serious about my running, I don't want or need a running club that is serious too. The Buffalo Chips have the reputation of being somewhat lighthearted. "What the hell, let's have a mud run". That's what I want the club to be and I hope that you want that too.

SIDEWALK PIZZA

9129 KIEFER BLVD.

ROSEMONT AREA

YEAR END

PARTY

DEC. 2, 1984
6-9 P.M.

FREE: FOOD, BEER WINE SODA

ENTERTAINMENT: VIDEOS-CIM, CLARKSBURG
ANNUAL AWARDS: OUTSTANDING PERFORMANCES
FUNNY RECOGNITIONS

SIDEWALK PIZZA

9129 KIEFER BLVD.

ROSEMONT AREA

ADVICE ON DIET AND EXERCISE
By Doctor Joseph Cook, MD

SMOKING AND WEIGHT

Smokers often claim that when they give up smoking that they gain weight. The popular explanation is that when they stop smoking they eat more to replace the oral habit. This is partially true. Research has shown that smokers as a group, regardless of sex, culture or socio-economic status, tend to weigh less than those who have never smoked and with the cessation of smoking, weight will increase. Another fact that may not necessarily be true is that the weight gain is simply due to more eating. Many smokers consume more calories per day than non-smokers and when a smoker kicks the habit, the smoker will usually have a weight gain regardless of whether the smoker increases, decreases or doesn't change the caloric consumption. Many ex-smokers in fact, have gained weight despite undertaking an exercise program and decreasing their caloric intake. It seems that smoking alters ones' metabolism so that calories are burned more easily and converted to fat less.

Smoking increases gastric mobility and emptying so that the alimentary tract of a smoker may be wasting more of the calories consumed than would be the case with non-smokers. In addition, smoking increases alterations in metabolic pathways so that fewer calories are directed to the metabolic pathways that demand more energy. In addition, smoking induces alterations in metabolic pathways so that fewer calories are stored as fat and more calories are directed to metabolic pathways that demand more energy. In other words, smokers do not clear calories from circulation into fat storage as effectively as do non-smokers.

Nicotine stimulates the autonomic nervous system. This leads to greater secretion of catecholamines which in turn inhibits pancreatic insulin secretion. The drop in blood insulin causes a rise in blood glucose and an increase in the release of fatty acids from the body's fat deposits. Confused? Don't be concerned, even the experts are confused. The point is that in smokers fat is stored less effectively, there is a general systemic increase in metabolic energy demanding pathways and more calories are expended in heat loss.

If you want to lose weight you can take up smoking, so that when you die of cancer or a heart attack, your friend will say you looked great right up to the end. Conversely, you could stay away from the nicotine and take up an exercise program. Exercise will give you all the good metabolic effects identified above but none of the negative effects.

It seems like smoking may be an easier way to control your weight than exercising and changing your eating habits--but I'm going to do it the hard way. How about you?

Joe can assist you by answering your questions on diet, nutrition, and exercise. Just send your questions to: Joe Cook, MD
6514 Crosswoods Circle
Citrus Heights, CA 95621
Phone: 722-2863

Your questions will be answered in the next issue of your newsletter. If you request, your name can be withheld. Please remember, Joe is retired and not wanting to start a new practice. However he will give us the benefit of his experience and knowledge.

August Board of Directors Meeting

Called to order at 7:50 at Gordon Hall's place

Directors present: Jeff, Marge, Reggie, Galen, Jim, Gordon, Abe, Howard, Bill.

1. Galen informed the board of the purchase of an Osborne computer and the sale of the club's unused computer, a Commodore 64, for \$150. He is in the process of researching printers for the new unit. \$450 was appropriated for a printer to complete the system. If it cost more, the board will be consulted before any action is taken.
2. Club information flyers. George Parrott is compiling pictures of fellow CHIPS. If anyone has any pictures that they feel might be helpful, please send them to George.
3. September 29th will be the general meeting. It will be a noontime potluck, with the CHIPS providing the drinks. For more information, a notice will be mailed to each household.
4. Bill did an update on the 72 miler.
5. Reggie did an update on the Buffalo Stampede. A workers meeting was scheduled to work out further details.
6. Sacramento State track. Any decision to pay for part of the use fee was tabled as the workout group is moving to the American River College track to avoid any costs.
7. Award money issues: Galen presented a motion that race results must be presented to the club before any money would be paid out. It was defeated. Mike presented a motion to discontinue the \$10 race award program. It was defeated.
8. Sponsorship concept was tabled until more time could be given to the issue.
9. The next meeting will be Thursday, October 4 at Jim Drake's place.

September Board of Directors Meeting

Called to order at 7:45 at Jim Drake's place

Directors present: Jim, Mike, Howard, Glenn, Bill, Marge, Reggie, Gordon, Galen.

1. Bill gave a wrapup of the 1984 72 mile run. It looks like about \$200 will show as a profit. Discussion was presented to move the 72 miler or the stampede in order to allow better club support of the Tahoe event. It is very hard to get assistance when the stampede is scheduled for the same weekend.
2. Club flyer material is still being collected.
3. \$400 was approved to help offset the cost of the lights on the American River College track,
4. Reggie gave a wrap-up of the 1984 Buffalo Stampede. There was confusion with the results, possibly too many age groups. There were 517 official finishers recorded. Approximately \$900 will show as profit!

5. The CHIPS cross country race is scheduled for Sunday January 13, 1985. Sierra College will hopefully be the site.
6. The CHIPS year end party was approved for \$400 to cover the food and drinks; and, \$100 to cover awards.
7. The newsletter deadline is October 15.
8. Renewal of memberships. A hooded shirt was approved as an incentive for early renewal. Nine dozen shirts will be ordered and available for approximately \$4 (at cost) to those renewing memberships early.
9. Mike updated the budget.
10. Jim Drake will direct our February Mud Run from Salmon Falls to Brown's Ravine.
11. The next meeting will be at Bill Stainbrook's place on Thursday November 1 at 7:45 PM.

Adam



HALF-FASTS NORTH

Once again a half-fast Chips North running group is forming. There are two loyal Chips who are currently trotting around early mornings in the north area (the vicinity of Watt and Fair Oaks Blvd.). They are interested in getting together with like paced Chips to run the dark days ahead together. Afternoons are also a possibility, we're talking flexible here. Pace is 9's to 11, distances up to 10+ miles. Give HELENE HALLER a call AFTER 2PM @ 483-3437

SPRINTERS!?

Anyone out there interested in forming a splinter printer, uh, spinter sinter, oh, splinter sprinter group? (not only can't I do or say it, I can't even type it!) Oh well, Max Nagele of Auburn (878-2402) is trying to redevelop his old college sprinting skills. He is interested in form a sub-group of Chips (or others) who might like to train, lie or set up meets together.

Give him a call if you're interested in going for pain in short bursts.

GAZELLES 5K AND 10K WINE RUN

Sierra College, Rocklin, CA

September 30, 1984

On the last day of September, a cool and overcast morning, it seemed as though the long, hot summer had finally ended. It actually appeared odd to see runners wearing warmups, etc., before and after this race! Yet it's that time of year again.

This observer (active) even happened to hear Tom Pearman (Chip) step out of the warmth and comfort of his brother's car and remark, "Brrr -- the Ice Age!" What a wimp!! Bet he'll run a lousy race, I thought. Unfortunately, Tom attacked this 10K course with a ferocity I've seldom witnessed -- especially from such a mellow fellow. And I did see him (his back, that is) for the first 3¼ miles. Nice run Tom. Next time I'll make sure it rains. That will slow Tom down significantly on the latter part of this course.

Both courses are demanding. The 5K was run entirely on the Sierra College Cross-Country Course while the 10K utilized streets near the campus for the first 5K and then the tough Cross-Country Course for the second 5K. This Cross-Country Course is on a dirt path that twists and turns frequently. And it is a constant series of hills -- short and steep.

Awards were one premium bottle of wine to all adult finishers and two 2 liter bottles of soft drinks to all minor finishers. Also a random drawing was held -- 15 prizes in all. An unique feature was that no overall or division awards were offered.

This event was a fund-raiser to send Gazelles on to National Competition.

5k (72 finishers)

1. Mike Van Horn NC 15:52*
5. Jeff Pearman 17:46
12. Jamie Brown NC 21:01-F

NC = NonChip

*Remember this guy! He's on the comeback trail...

--Bosco--

10K (59 finishers)

1. Tom Pearman 34:25
2. Bosco Bailey 35:21
3. Don Hicks 36:47
7. David Ragsdale 38:26
29. Leslie Marg NC 46:14-F

VOLUNTEERS NEEDED

Three or four volunteers are hereby solicited to assist me with the finish line timing for the Clarksburg 20 Mile Classic and the 5-Miler on Sunday, November 18th, 1984. If you can help, please contact me at 323-3096 or 758-9800. THANKS...

--Bosco--

RUN FOR THE GOLD 5K & 10K

September 15, 1984

Auburn, CA

This is the second year (correct me if I'm wrong) that the Fun For The Gold was held benefitting the US Olympic Program. The race is a bit goofy in that the 5k and 10K races start at separate times, 8:30 and 9:30, respectively. This allows the 10kers a view of the 5K pack as they straggle, huff, puff and use various other means available to make it up the 1/4 mile hill to the finish line. I was one of the fortunate enough to get a preview of what I would look and feel like about an hour later.

This is definitely not a PR course so all you Chippers can steer clear of this if you expect a good time. It, however, is an excellent training run. With very few flats the course is virtually either up or down the whole way with some short steep, and some moderate grades but no easy grades. It could probably be nominated as one of the toughest 10Ks in the area rivaling Granite Bay.

But on the positive side the race is well organized with an abundance of prizes down to 6th place in each division and a random drawing featuring a trip for two to Harrah's Tahoe. Note that all Chips listed below placed in their respective divisions in the 5K and three or four Chips did likewise in the 10K.

5K (206 finishers)

| | |
|----------------------|-------|
| 1. Curt Duff • NC | 16:47 |
| 7. Dan Alarid | 17:37 |
| 13. Larry Kuykendall | 18:32 |
| 24. Jimmy Low | 19:42 |
| 72. Beth Matteson | 23:33 |

NC=NonChip

NTA=No time available

* = an honest estimate

10K (150 finishers)

| | |
|-------------------------|----------|
| 1. Gilbert Brooks • NC | 34:20 |
| 4. Glenr Bailey | 36:39 |
| 5. Gil Machado | * 38:ish |
| 22. La Donna Washington | 43:54 |
| 31. David Givens | NTA |
| 41. Steve McCauley | " |
| 119. Helen Klein | " |

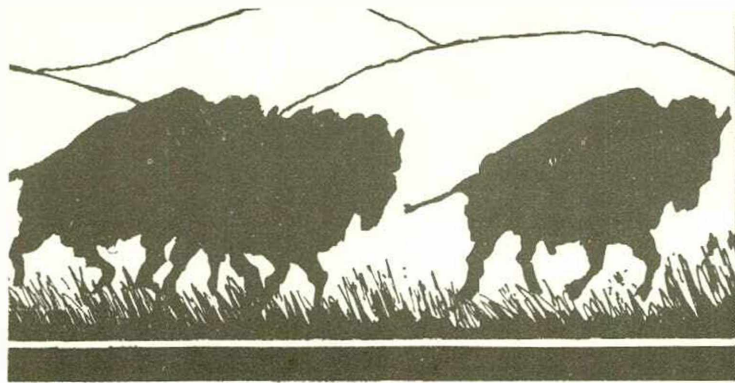
--La Donna Washington--

DEMISE OF THE OAKLAND MARATHON

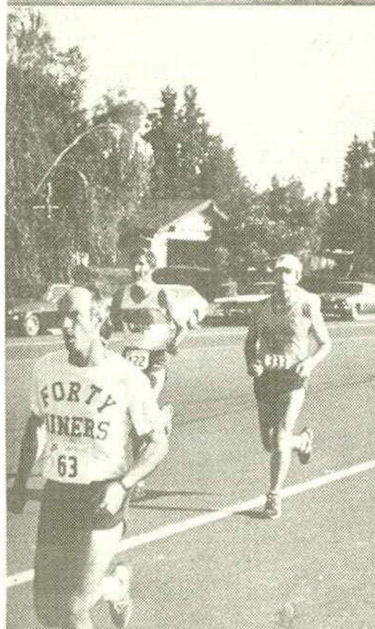
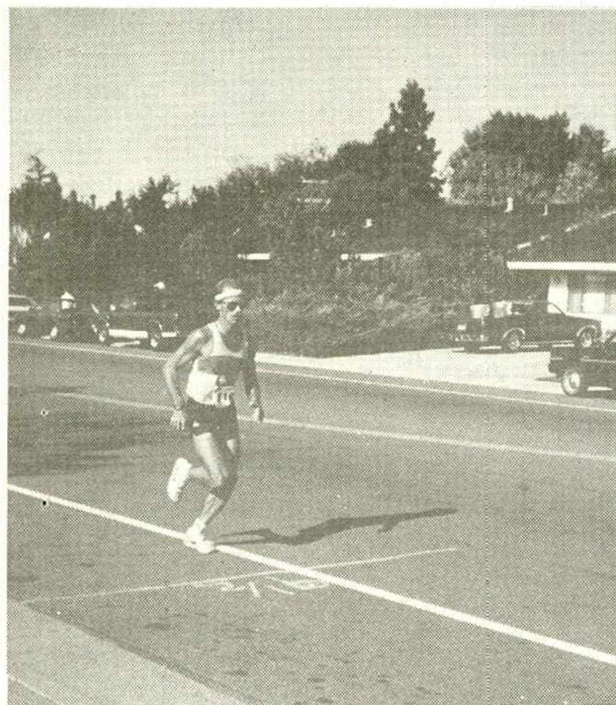
If you have plans of running the 1985 Oakland half or full marathon, you'd better change them. Sheri Swenson, Race Director, has disappeared. No joke folks. Just up and split. Winners of trips, etc., in 1984 are livid as they have received nil to date. And no race results have been (never will most likely) printed.

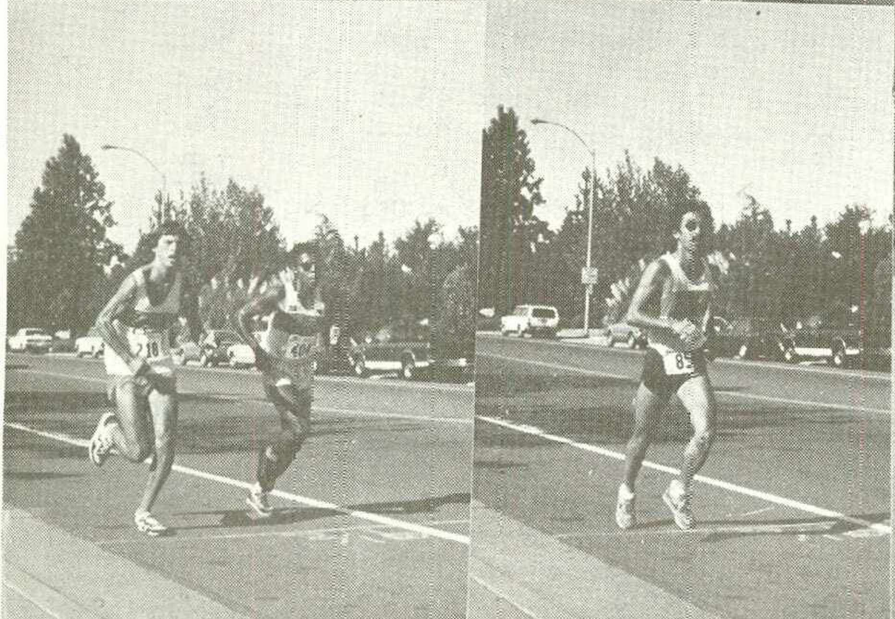
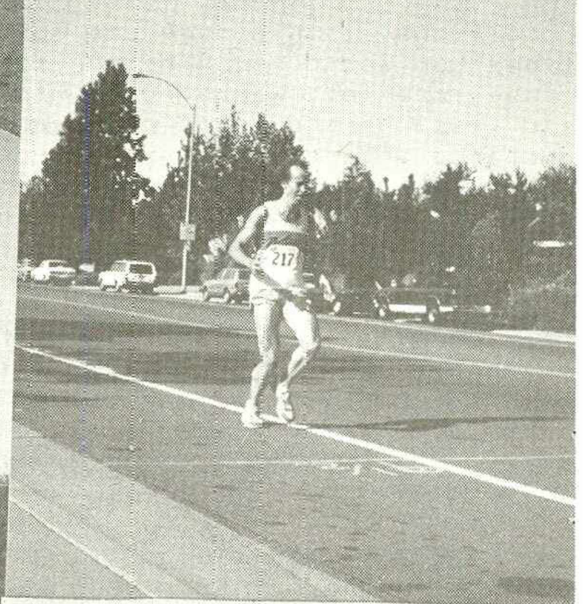
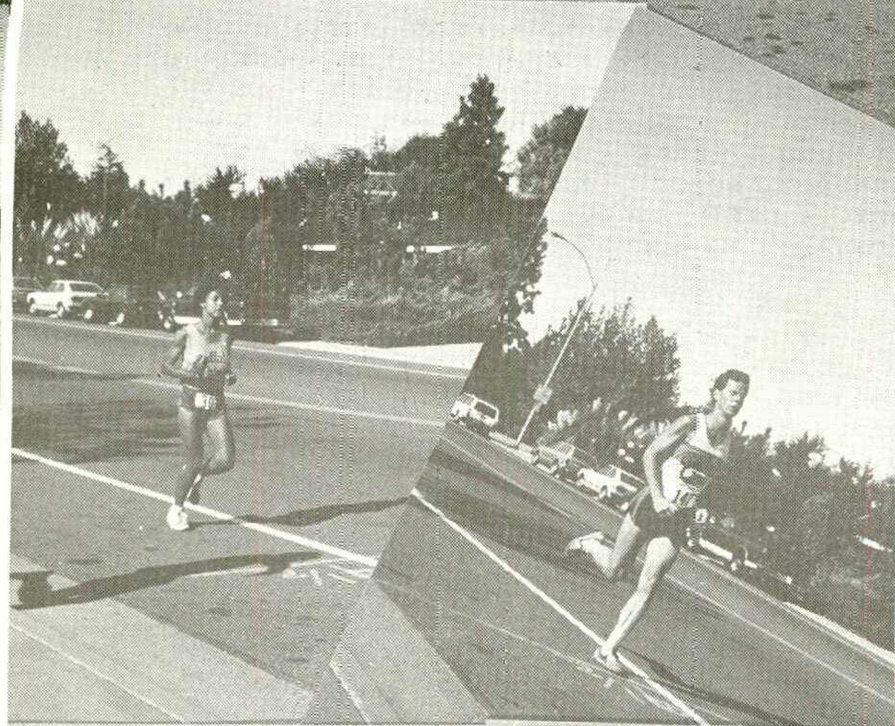
Avenue of the Olives, Davis, CA, is being resurrected in 1985. Try that one since Davis is really a lovely, rustic and ideal place to run -- any distance.

--Anonymous--



THE 1984 BUFFALO STAMPEDE
pictures by: Ken Murray





ADVENTURES ON THE SKYLINE

or GRAD'S POSTULATE #2

Runners have been known to exaggerate the difficulties of races that they have completed. After all as the event toughens so does the competitor. When Dana Gard compared the Skyline 50K with the Western States (Grad's postulate #1) I laughed. She also told me that if I wanted a personal best at the San Francisco Marathon, it would not be a good idea to run this rugged 50K (Grad's postulate #2). Before I go any further, please believe the following: NEVER BUT NEVER DOUBT DANA GARD!!

The Skyline 50K begins in the Pinole hills and finally ends at the Lake Chabot marina. This year it was the PAC championship which meant prize money for the swift. Smelling a team win, I quickly convinced Jan Levet to join the CHIPS and coerced Karen Cole to run still another 50K. Karen even believed me when I told her this race was great training for the San Francisco Marathon.

Conditions at this race are most remarkable. The terrain consists of two types: up and down. The run features bike paths, trails, fire roads and dense forests. We had been warned about incredible heat so I listed the aid stations and taped on my arm instead of splits. There was poison oak orchards and several runners were stung by bees. We were grateful for this minor hazard as the race director had originally predicted rattlesnakes. The final 10 miles featured a rifle range. In spite of assurances from former race veterans, I am convinced that these sharpshooters aim at runners.

At 7:00 A.M. the race began with gray skies and howling winds. We began to wonder about those extra water bottles as we went up the first hill. I had the good fortune to be accompanied by Bill Finkbeiner, whose ultra achievements are legendary, while speedy Roger Dike escorted Karen Cole. Jan was the most experienced and rugged of the group so she soloed.

Around the 20th mile I planted my left foot atop an obstacle. The result sounded terrible! I could feel a slight ache but no real pain. Onward we ran. The discomfort level did increase dramatically by the end of the race. At that time a female competitor started to close and finally passed me in the last quarter mile.

I crossed the finish line as 5th female overall and our team placed 2nd. My next stop was the ice for my throbbing ankle. The race was enjoyable but I ~~was~~ dragged my left foot home while nurse Karen Coe saw to my every need. Two days later I was fine.

There were some compensations for our effort\$. Our team won \$125 and as first master I gained another \$125. There was no extra payment for the throbbing ankle.

The final outcome below shows some fine Chip* performances:

| <u>Place</u> | <u>Name</u> | <u>Time</u> | |
|--------------|--------------|-------------|----------|
| 1 | Joe Mangan | 3:34:01 | |
| 2 | Jim Howard | 3:34:19 | |
| 3 | John Mansoor | 3:38:40 | |
| 4 | *Tim Smith | 4:21:37 | 1st Chip |

This is due to poor computer skills on the part of the editor.

ADVENTURES ON THE SKYLINE or GRAD'S POSTULATE #2

CONTINUED

| | | | |
|-----|------------------|---------|-----------|
| 37 | Kathy D'Onofrio | 4:34:20 | 1st Woman |
| 39 | *George Parrott | 4:39:42 | |
| 51 | *Jim Drake | 4:47:29 | |
| 52 | Hillary Naylor | 4:48:08 | 2nd Woman |
| 54 | Melinda Creel | 4:48:51 | 3rd Woman |
| 65 | Marilyn Petch | 4:52:14 | 4th Woman |
| 66 | *Bill Finkbeiner | 4:52:24 | |
| 67 | *Joan Reiss | 4:52:27 | 5th Woman |
| 80 | *Roger Dike | 5:00:32 | |
| 82 | *Karen Coe | 5:00:59 | 7th Woman |
| 110 | *Jan Levet | 5:16:09 | |
| 163 | *Gary Waldsmith | 5:45:35 | |

Total started: 265 Total finished: 247
 Time for last known finisher: 8:07:12

GOOD NEWS!! without bad news

The ARC all weather track is open for use! We're told by them-what-have-tried-it that it works just fine.

Even better ARC tells us that the lights will be on by the time day-light savings time changes (end of October). The lights are going to be hooked to an automatic timer so they'll be on every night the track is available. A schedule of availability is going to be posted at the beginning of every month so users can plan their running.

A vote of thanks to ARC and its all weather track people. A little more tangible thanks is the money that the club and its members have put towards the track. \$1400 went to the construction and a further \$400 has been sent to help pay for the lighting costs. One of the better uses of our money.

HALFFAST CHIPS

Ever dream of running a marathon for the fun of it? Enjoying yourself? Laughing? Telling dirty jokes at the back of the pack? Would you like to try?

How about a mess o' Chips in Napa next spring. If we can generate enough interest among the Halffast Chips, A. J. Underwood (Unlame Chip) has promised to give us some ponderings on How to Train for Your First Marathon. (Napa was his first.)

So--Halffast Chips--Resume Ramblin. Our usual meeting place is Shakey's Pizza parking lot at the corner of Riverside Blvd. and Florin Road in south Sacramento. There is a 3, 5, and 8 mile (more or less) course on wide, well-lit streets. We start promptly at 6:15 on Thursday evenings. If we get enough interest, we will start longer runs every other weekend in December.

Suggestions for alternate times or meeting places are welcome. Contact Bill or Marie Wright. 393-3500

Post Season Wrap-Up

Triathlons we have come to know and love, and some we haven't.

As the triathlon season winds down for another year it's time to reflect on the summers races. Because of the sheer numbers of triathlons held this year a few had to go sour. There are good 10k's and bad 10k's and the same holds true for triathlons. Thankfully there are alot more excellent races to provide positive experiences for the mass number of triathletes across the country. The following list of races was comprised after lengthy thought and conversation with some of my Tri-partners. So that you can blame them for the following information, they are Byron Lea, Gary Netzley, Doreen Morefield, and Jim Rote. Jeff Bogle also had some kind words for the June Lake Triathlon.

Favorites: (not in any particular order)

U.S.T.S. Bass Lake National Championships. This race was the definite best of the bunch. Bass Lake is the finals of the season long U.S.T.S. series which has races across the country. At these qualifying races age group winners are invited to compete in the championships. The organization of this race could be used as the how-to run a triathlon. Sally Edwards, Gary Netzley, Doreen Morefield, and myself were lucky enough to be able to race here. More on that later.

Sacramento Triathlon. This is also a very good race. There are a choice of two distances, short (1.2s, 28b, 6.2r) or long (2.4s, 56b, 12.4r). An excellent early season (June) race and close to home. Next year will be the third annual.

Chico Triathlon. This community held race is put on by Fleet Feet Chico and the Chico Running Club. Limited to 200 entries this years race was full in less than 48 hours. I was fortunate to get in to this race but I had to beg for a very long time. The distances were 6mi. run, $\frac{1}{2}$ mi. swim, 16mi. bike. The race is held in Bidwell Park and very well run. I also had a pretty good race there finishing 10th overall and 3rd in open division.

Other recommended races:

June Lake Triathlon- Jeff says " If you like lots of goodys this is the race". Each entrant receives a swim cap, t-shirt, paper weight, and a towel. I think there is more but I can't remember the list was so long.

Squaw Valley Triathlon- Byron and Doreen both liked this race that was held the end of August. Doreen placed in her age group here as well. The swim was held in Donner Lake which is known to be quite cold on occasion.

Woodland Triathlon- Jeff did the long (1mi. swim, 24 bike, 10K run) and finished third in his age group. This race also had a short course that consisted of a $\frac{1}{2}$ mi swim, 13mi. ride, and 5K run. Both races used pool swims. Like the Chico race, this race is also a community event. The entry was cheap at only \$8.00. This was probably my favorite race of the year and winning first overall in the short course had nothing to do with that.

Recommended long races:

The Ultimate Triathlon. A three day stage race that takes participants all over the Valley. Excellent organization and even better camaraderie. Gary was third after two days but the run was humbling and he finished a stong sixth overall. He also had a better overall time than his relay team. Joan Reiss was a member of Gary's relay team and ran a strong 50K leg over some rugged terrain. Karen Coe also ran a strong leg but her team was disqualified. Sally ran a strong run leg too.

Davidlow - The Tri-Whip

U.S. Triathlon Series Championships-Bass Lake

September 22.

The rumor around Bass Lake on this most beautiful of weekends centered around one Scott Molina. Some say he was so sure of winning the first place prize new car that he only bought one way tickets to the championships. Well actually thats not to far from the truth, as Scott Molina demonstrated his current domination of the sport. At the award ceremonies that evening he mentioned that he didn't get off to his customary great swim start. It turns out that his rival Scott Tinley yanked off Molinas speedo trunks as the gun went off. Molina continued on and won comfortably. On the womens side a powerful and petite lady named Beth Mitchell also won a brand new car.

The Chip contingent of four plus support crews performed well with the exception of yours truly. Gary Netzley again showed his race toughness by finishing 8th in the 30-34 division. His time of 2:20:?? was only 20 minutes off Molinas time. Gary shows that by budgeting your time properly, you can work 40 hours a week and compete at a high level. For more on his social life contact Gary. Doreen Morefield had another fine race finishing 9th in the 20-24 division. Doreens time of 2:55:?? was quite commendable. I had a great start but swallowed some water with gasoline in it and was sick for the entire race. I staggered across the finish line in 2:46:?? and worse I couldn't eat or DRINK for about an hour. Sally Edwards also had a good race and finished in a time of

It was the best organized race I have ever been to in four years of triathlon racing. The organizers should be congratulated.

Special thanks should go out to our support crews. My wife Susie Gow-Low has been there at every race all summer and has handled our last minute details with steady calm. She also takes great photos.

David Low - Tri-chip



The River City Triathlon Results

After a few months of waiting the results from the River City Triathlon are available. Here are some of the Buffalo Chips times: Hope I didn't miss anyone.

- | | |
|---|--|
| 1. Mark & Eric Mastalir (not chips) 1:06:07 | 1. Women- Renee Arst 1:16:04 (no C.) |
| 10. Gary Netzley 1:09:12 1st 30-34 | 18. Doreen Morefield 1:24:55 |
| 18. David Low 1:11:00 3rd 25-29 | 19. Reggie Benham 1:25:10
3rd 30-34 |
| 25. Dave Neff 1:13:50 3rd 35-39 | 39. Joan Reiss 1:31:16
1st 45-49 |
| 44. Eric Ianacone 1:16:15 4th 35-39 | |
| 89. Frank Benham 1:20:54 | |
| 124. Mike Neff 1:23:30 | |
| 171. Jim Rote 1:27:35 | |
| 214. Jeff Bogle 1:39:59 | |
| 215. Bob Porta 1:32:00 | |

All of the Chips should be proud of such a fine showing!!!!

Budlight/MDA Triathlon at Camanche Reservoir. September 30.

This cold and somewhat overcast Sunday morning found approximately 125 individuals and a few teams shivering on Camanches boat dock. The inaugural Budlight/MDA triathlon was underway at 8:00 a.m. The course consisted of a .6 mile swim around the dock area, a somewhat short 18.6 mile bike course, and a 10K run on the roads and trails. The bicycle course was very challenging and the run was quite scenic. Tri Triathlon company showed it can put on well organized races and should be given credit for a good showing here. The Buffalo Chip contingent performed well as usual with part-time triathlete (maybe first time) Randy Marx leading the way. Randy had to play catch up the entire race. I don't know how his swim or ride went, but when I saw him at 2.5 miles I knew I wasn't having a good enough race to that point. Randy was about a 1/2 mile behind me and it wouldn't be long before he came blowing by me. He past me at about 4 miles and kept right on going. Randy ended up fourth overall. Randy's wife, Bev did not have as good a time. As the bicycle relay member she got lost along with 10 others and ended up doing about 30 miles. Mike Neff came in at 2:09:? in 60th place. He told me that he was satisfied with his race since he hasn't been training. Sally Edwards performed up to her usual high standards finishing fifth overall in the tough womens race. Sally did not enter until race day, right before the start of the race. Good job, Sally!

The race was special for me because my younger brother, Tom, flew up from L.A. to participate. He just started triathlons this year and it was the first time we got to race together. A real family affair, and he did well too.

RESULTS:

- | | |
|-----------------------------------|--|
| 1. Bennet White(not chip) 1:37:29 | 1. Patti Scott-Baier 1:43:41(not chip) |
| 4. Randy Marx 1:42:44 ,30-34 | 5. Sally Edwards 1:49:53 ,35-39 |
| 8. Dave Low 1:45:? 3rd 25-29 | |
| 28. Tom Low | |
| . Bob Porta | |
| 60. Mike Neff 2:09:? 10th,35-39 | |



20
MILE RUN and

MINI-
FIVE MILE RUN

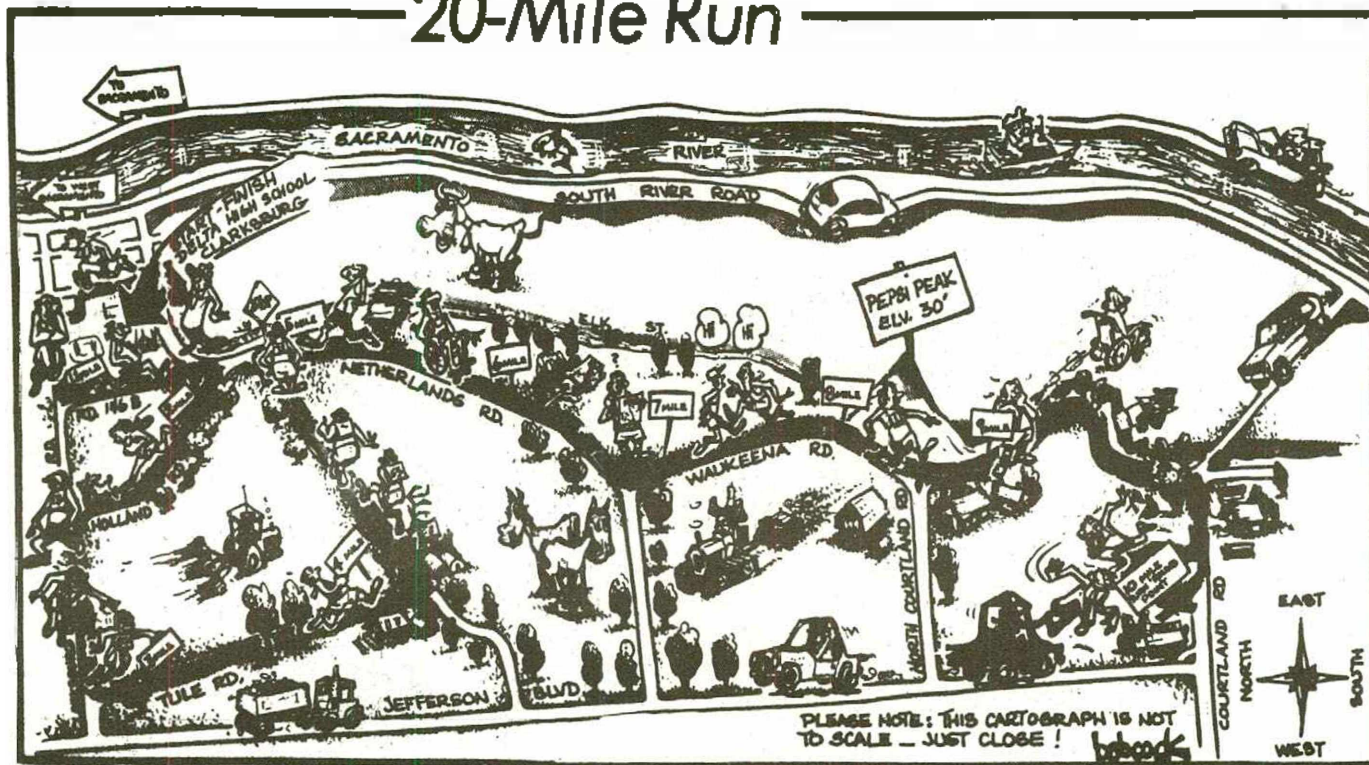
CLARKSBURG

NOVEMBER 18, 1984 10:45 am to 11:00 A.M.

SUPPORTED BY NIELLO VOLKSWAGEN



20-Mile Run



BROOKS.

City
SPORT WORKS

FLEET FEET

Mountain Dew

Sporting feet

RUN SO THAT OTHERS CAN SEE

Rio Americano H.S. 6/10/84

5k & 10k

5k

Craig Otterson NC 16:09 1st
Arthur Cahn 5th 17:33 1st master
Mike Miller 9th 18:23 2nd master
Wide Body 16th 19:27 4th master

Women

e. Wallis NC 22:55
Po Adams 88th 1st 50-59 (yea!)

By employing his deadly strength Mike managed to outrun an 11 year old boy. But his mom (the boy's) made every ok when she let slip the fact that the little *\$*&%c#*%&% had been running ever so long, since September in fact. No excuses were available for the 14 year old that wasn't outkicked or outstrengthened (ie he beat me)

10k

| | | | |
|--------------|------------|----------------|----------------------------------|
| Bosco | 34:26 | 1st everything | Kathy Pffieffer 6th 1st NC 37:18 |
| Tom Pearman | 2nd 34:46 | 1st 20-29 | Beth Matteson 67th 46:44 |
| Mike Adreani | 8th 37:44 | 1st under 15 | Susan Scangarella 136th 54:50 |
| Jeff Pearman | 10th 39:15 | | |
| Marty Joyce | 19th 42:09 | | |
| Richard Kay | 24th 42:53 | | |
| Dave Givens | 25th 42:56 | | |
| Larry Walton | 41st 44:17 | | |
| Bill Keenan | 80th 48:04 | | |

Bosco did good, as usual, then went out for some more miles
Tom's coming on faster and faster, sure glad he's not in my age group
Mike ditto on everything for TOM, the ELK GROVE FLASH is deadly and next year he'll be running down the street from me at Jesuit HS.
Jeff claims he would have colbbered everyone! except that he got lost in the canyons and took a 10 minute potty break.

I think all the CHIPS did real well including past ones like Kathy and Susan Scangarella (oh well, at least Susan's sister Mary is a CHIP).

The prizes for winning were nifty picnic baskets, the random prizes were really nice too, so I'm told. Unfortunately, none of the masters 5k got anything, and only the 10k people who placed well or won outright actually won anything in the drawing and I was too jealous to look so I can't say for personal knowledge.

The start of the race was really interesting too, get someone to describe it to you. Bosco loved it!

WESTERN STATES 100 MILER

Squaw Valley - Auburn, CA

July 7, 1984

(17,000 foot climb, 22,000' descent)

A small number of Chips endured the physical and mental challenge of this now infamous event. Most were successful -- achieving their own individual goals which in this race are purely self-determined. Just entering imposes subtle pressure on one's mind.

The snowpack, unlike previous years, was minimal and according to some, not all by any means, this enabled many runners to record PRs. Snow or no snow -- it's an arduous run. Don't let anyone try to tell you otherwise. If they do, it's pure bull....

Helen Klein, 61, became the first woman over 60 to complete the course in under 30 hours. And she tells me she doesn't like to run hills -- unless they're on trails...a new Chip, Bill Finkbeiner, ran a strong race, finishing 21st overall...six Chips finished in under 24 hours... Al Ortiz missed a sub24 hour time by two minutes and he has accepted that misfortune with commendable dignity...

In this race there are no losers; only those who finish and those who do not. (370 started and 249 finished)

| | | | | | |
|------|---------------------|-------|------|----------------------|-------|
| 21. | Bill Finkbeiner, 28 | 19:37 | 135. | Elliott Eisenbud, 41 | 23:33 |
| 94. | Jim Drake, 44 | 22:55 | 137. | Jerry Blinn, 37 | 23:35 |
| 99. | Norman Klein, 46 | 22:58 | 160. | Al Ortiz, 38 | 24:02 |
| 134. | Dennis Scott, 36 | 23:33 | 235. | Helen Klein, 61 | 29:19 |

--Bosco Bailey--

A LETTER TO THE EDITOR FROM GLEN THOMAS

I joined the Buffalo Chips to help keep my enthusiasm up for running. I run for fitness-- after 7 years I felt I need the company of a club noted for a range of members from lazies to elites to normals. I would like to see the Buffalo Chips club to continue to appeal to everyone.

Glen Thomas

P.S. Please pass on to Bosco Bailey -- I do feel financial support to fast runners gives the club an "elite" image. I prefer the club be one for racers to sloggers(slow joggers).

THE CARSON CITY TO SACRAMENTO RUN

Bruce von Borstel, 39, of Novato, California, won the first Carson City to Sacramento run on September 13-16 in 27 hours and one second. The race was run over a circuitous 166 mile, 1,242 foot route from the capitol of Nevada to the capitol of California.

Over the four days, the race is run at the rate of 42, 41, 41, and 42 miles. Von Borstel led each of the four days.

Bon Kovacs, 45, of Mountain View, California, placed second in a time of 28:15:04, holding that position each day except the last day when he ran alongside von Borstel the entire distance. Except the third day, when he dropped to fifth place, Jim Drake, 41, of Sacramento, ran daily in third place. Jim, who is a CHIP, finished in 30:25:13. The only woman entrant was Judy Ikrnberry, 42, of Rialto, California, who finished seventh in 35:29:17. Judy ran well the first two days then dropped off severely the last two days.

The oldest finishers were Dr. Ralph Faffenbarger, 61, currently of Boston Mass., and Paul Reese, 67, of Auburn. Paul is also a CHIP. These two ran the entire distance and finished together in a time of 34:29:06.

The starting point of the race is at an elevation of 4,460 feet. The highest elevation is reached on Highway 88 at 8,573 feet and the lowest elevation is in Sacramento at 25 feet. About one third of this event is above the 7,000 foot elevation marker. Fifty-five miles of the course are on highway 88, which is called one of the ten most scenic highways in the nation. The rest of the route is over back country roads,

except the final seventeen miles. This final home stretch runs along the American River Bike Trail for sixteen miles and ends with the last mile through Old Sacramento and up Capitol Mall.

There were ten runner that started this event. However, only seven were able to finish what ranks as the nation's longest point to point race.

In 1985, plans are being tentatively set to run this event on September 12-15. Enquiries about next years race should be directed to Box 585, Auburn, California 95603.....



Why am I a Chip?

I'm the slowest laid-back Chip in the herd. Why do I even bother to keep running?

Even though I'm the slowest, laid-back Chip in the herd, I do enjoy running and I even like being part of a race as long as members of the herd bellow, "That's the way, Elaine!" or "Here comes a Chip!" or "Good job, Elaine!" I'm proud to wear the Chips' singlet.

I'll probably never become an un-slow, competitive Chip and I'll also never become an Un-Chip. After all, you speedy Chips need an old buffalo or two to make you feel rambunctious!

Elaine Reese

1984 PEPSI of RENO 72 MILE LAKE TAHOE RUN

September 21, 1984

The 1984 72 mile run was dominated by thirty year olds as they took ten of the top twelve places. A familiar figure, Robert Perez of Corpus Christi, Texas became the first ever two-time champion as he crossed the finish line in 9:35:13. Robert took the lead from Tim Twietmeyer at the 23 mile point and ran alone the rest of the way. Pat Whyte of Sanford Michigan, also slipped by Tim, finishing a mere 6 minutes ahead of him. Pat's time was 10:32:48 to Tim's 10:39:00.

Its hard to be anything but impressed with the running ability of 50 year old Gard Leighton. He spent the whole day running in the top ten. I actually don't remember him being any further back than 6th or 7th place. His final time of 10:58:51 not only placed him 4th overall, but shattered the 8 year old 50+ record held by Dr. Ralph Paffenbarger, by 37 minutes.

The lone Buffalo Chip entry, Lino Delgardillo ran a fine race, finishing 10th in a time of 12:43:48. Henning Mehrens was the 1st 40 year old in a time of 14:19:22.

The women's race was a bit closer with only 17 minutes separating the first two women. Returnee Colleen Fox crossed the finish line first in a time of 14:34:08 and Joan Bumpus was second in 14:51:44. Joan however, was 41 years old and took top honors in the women's 40+ division.

The 1984 event was also marked by the best media coverage ever. Television, radio, and the newspapers covered the race, with the first two doing live reports. We also passed a very critical inspection by the engineers from Cal Trans. They followed us from border to border and gave us a clean bill of health!

The race went very smoothly this year. The weather played an important role as it stayed relatively cool all day. The high was 68° and the east side of the lake was dominated by drifting clouds and light breezes. Also very important to this race are all the workers who manage the course and start/finish area. Dick Kinner and Marshall Crenshaw of Pepsi of Reno who so graciously give of their time and provide financial support are really the corner stones of this event. Others who are deserving of much thanks are: my wife, Lucinda for all her endless hours of help; Karl and Nancy Yamauchi, sign making and race day expertise; my mom, for her tireless devotion on race day; Connie Spickelmier, for designing the beautiful hand painted porcelain award plates; Jeff Bogle, Sandy Fitzwater, Mike Daigle, Janie Morgan, for their work as course monitors; and Merritt of Second Sole, for his assistance finding singlets for the race.

To all these people I say thankyou from the bottom of my heart. Without your assistance there would be no 72 mile race!

Thankyou,

Bill Stainbrook

Bill Stainbrook



THE FIRST SIX PAGES OF THE NEWS LETTER HAS IMPORTANT INFORMATION
THAT NEEDS YOUR ATTENTION. PLEASE TAKE A FEW MINUTES AND READ THIS
PORTION OF YOUR NEWSLETTER AS SOON AS POSSIBLE. THANK YOU.



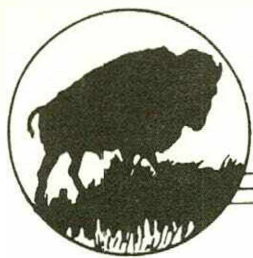
**Buffalo
Chips**

Galen Baker
Buffalo Chips Running Club
9004 Brydon Way
Sacramento, CA 95826

RR Caboose 1800s
USA Inc
Bank Note



ABE UNDERWOOD
4531 CAPRI WAY
SACRAMENTO, CA 95822



BUFFALO CHIPS

RUNNING CLUB



No. 71

| | | |
|-----------------|-------------------|----------|
| Glenn Bailey | High Dunger | 758-9800 |
| Gordon Hall | Vice Dunger | 925-2035 |
| Bill Stainbrook | Dung Recorder | 451-4845 |
| Mike Miller | Dung Counter | 488-3833 |
| Eileen Claugus | Dung Co-Ordinator | |
| Mike Miller | Dung Herder | 488-3833 |
| Abe Underwood | Race Chairchip | 456-9257 |
| Galen Baker | Dung Editor | 363-8423 |

September 5, 1984

STATE of the HERD

Well, I hope by now the whole Herd has finally shed their old, mangy winter coats! Seeing as this summer has been a scorcher I think all of us are looking forward to a cool fall replete with those exciting, upcoming races! Be sure to mark you're your calendars for the Lake Tahoe 72 Miler, the annual Buffalo Stampede and that historical Sacramento Marathon, and many more. Wasn't that heat wave in July just delightful?

Currently, there is a debate within the Club concerning the direction which the Herd should travel. Some bison feel that we should stay as a small laid-back "noncompetitive" group, while others feel that the group should "move on" and try to make the Club more inviting to "competitive" runners in the format of monetary support, etc. I implore each of you ungulates to chew your cud on this one. Seriously, this is important to all of us. Think about it and let a member of the Board know how you feel and why you feel that way. Be nice now!!

Not to take sides, but merely to present the issue in an unbiased manner, please ponder the following:

- 1) The Club could choose to channel its resources, i.e., money, into fast runners by supporting those men who can run a 10K in less than 32:00 and women who can run a 10K in less than 37:00. Support could be in the form of reimbursement of entry fees, and/or to defray travel costs incurred, etc. Furthermore, we could stipulate that anyone in this category could not have an annual income in excess of a specific sum. The above times are given just for the sake of argument or as an example.
- 2) Would this, financially supporting faster runners, slight the slower or less competitive runners in our Club? By slower runners I mean those who are only interested in improving their times (PRs), running for fitness, and simply are not gifted (me included) with the ability to run sub 32:00 or sub 37:00.

Weigh the consequences if the Club pursued such a course of action. What are the advantages and disadvantages, if any. Let's hear from ya!!

Enjoy your Indian Summer....See you on the run -- here and there...

Cordially,

Glenn Bailey

LETTER TO MIKE MILLER

I saw in your newsletter that race results are sometimes published. If you guys publish results of the Billy Mills 10K, I ran 33:35 for 14th place overall.

Due to a scheduling conflict with work, I won't be able to join the club for tuesday/thursday workouts this week. Hope to be there next week,

Sincerely,
/s/
Steven A. Chase

NOTE FROM THE EDITOR TO STEVE

Welcome to the Chips! We try to publish race results whenever we can. You can help us out by recording the finish time of your fellow Chips and sending me an article.

By the way, I don't think that you and I will ever meet. You see, I don't run 10Ks in the mid 33's and I don't finish 14th--unless there are fifteen runners and one of them is sick and keeps tripping over the IV tube. O well, someones got to be at the back of the pack.

Editor

THE OLYMPICS AND THE CHIPS

Or to put it in proper perspective:

THE CHIPS AND THE OLYMPICS

Some former chips have been to the Olympics, other Chips, past and present, have been to the Olympic Trials. This year in a stupendous display of athletic talent the brother of a Chip, Thomas Kiefer brother to Kitty, won a silver medal in rowing, 4 oars with cox. Congratulations to Kitty's brother (and the other 3 oars and the cox too)!

By the way Kitty, rowing is close enough to running so he can join the elite BCRC if he wishes. Just think two major honors in the same year!

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BUFFALO CHIPS RUNNING CLUB NEWSLETTER

This newsletter is published every other month as a service to our Club members. All items submitted for publication must be received by the fifth of the month if any production work is needed; or by the fifteenth of the month if the copy is of final quality. Final copy should be typed in a single 3-inch wide column.

In addition, the typing should be clear enough to reproduce into a quality newsletter. If you have any questions or wish to make a special presentation, please inform the editor well in advance of the deadlines. The editor is:

Galen Baker
9004 Brydon Way
Sacramento, CA 95826
363-8423

No. 71 -----September 5, 1984

ADVICE ON DIET AND EXERCISE
By Doctor Joseph Cook, MD

INDOOR AIR POLLUTION

Many of us are aware of the potential hazards of outdoor air pollution, especially in our cities, but there are many of us who often forget about the quality of the air which we breathe indoors. In the April 1984 issue of the "Harvard Medical School Health Letter", Dr. John Spengler, associate professor of environmental health sciences at Harvard, brought the subject of indoor air pollution to light. He states, "the average American is indoors 90% of the time while he is at work and 70% of the time when he is at home. Even low levels of indoor pollution can have serious effects on our bodies, particularly the lungs, simply because we're exposed to bad air so much of the time." Spengler cites rising energy prices as one of the main reasons for the increase in indoor pollution. Buildings in both northern and southern climates are being built tighter to keep warm or cold air inside. Thus as people switch to heating devices that burn kerosene, wood, or coal, there is an increase in indoor pollutants. This combination of reduced air exchange and new heaters causes a high concentration of pollutants.

Building construction can also have a significant effect on indoor air quality. Spengler said, "Many of these newer structures are remarkably tight, and air within them can become loaded with substances that vaporize from the building materials, or, in the case of cigarette smoke, are added by the inhabitants themselves. In both commercial and residential structures, newer types of building materials, including urea-formaldehyde insulation or carpets and furnishings, may give off formaldehyde gas over a period of months or years. This creates at least a short-term problem of air pollution." Spengler also notes that poor ventilation systems in offices may circulate only the air above low partitions leaving air at breathing levels relatively stale.

According to Spengler, cigarette smoke is one of the most common forms of indoor air pollution, often resulting in respiratory symptoms or illness in young children, and in measurable changes in the lungs of non-smokers exposed to the smoke of others. Citing research done at Yale, Spengler said that in order to properly ventilate a building where people smoke, the fresh air brought into the building must be increased five to ten times over buildings where there are no smokers.

Other indoor contaminants includes carbon monoxide from tobacco smoke, kerosene heaters, unvented gas heaters, poorly designed wood heating systems, and nitrogen dioxide from stoves fired by natural gas and propane. Indoor pesticides, asbestos, and bacteria that grow in the water of air conditioning or humidifying systems can also cause problems. Spengler says that more research must be done before a definite program of indoor air pollution control can be drawn up. There is one thing we can do --make certain that sealed indoor areas receive adequate ventilation with the outside air, not just to recirculate indoor air.

Joe can assist you by answering your questions on diet, nutrition, and exercise. Just send your questions to: Joe Cook, MD
6514 Crosswoods Circle
Citrus Heights, CA 95621
Phone: 722-2863

Your questions will be answered in the next issue of your newsletter. If you request, your name can be withheld. Please remember, Joe is retired and not wanting to start a new practice. However he will give us the benefit of his experience and knowledge.

UPCOMING RACES

Please note the following races. If you do not plan to run, consider volunteering to assist race management. It can be FUN and rewarding --- at times! THANK YOU.

| <u>Event</u> | <u>Date</u> | <u>Contact</u> |
|---------------------------|-------------|--------------------------|
| Bump to Bump 15 Miler | 9-16-84 | Jeff Bogle 332-NIKE |
| Tahoe 72 Mile Run | 9-21-84 | Bill Stainbrook 451-4845 |
| Buffalo Stampede 10 Miler | 9-23-84 | Reggie Benham 451-4690 |
| Sacramento Marathon | 10-07-84 | John McIntosh 488-7184 |
| Clarksburg 20 Miler | 11-18-84 | George Parrott 921-6782 |
| CA International Marathon | 12-02-84 | Joan Reiss 972-7476 |

The HERD Pauses -- In Memory

Tragically, on July 11th, Richard Chiri (38) of Davis, and an employee of the Department of Health Services, died in a fatal car accident on I-680 in the Bay Area. Rich is survived by his wife and two sons. A plant was sent to the Chiri family on behalf of the Club along with a card extending our sincere condolences.

At our Board meeting in August the Directors approved a motion to donate a portion of the proceeds from this year's Buffalo Stampede to a trust fund for the Chiri children. See minutes from meeting.

WHY ARE YOU A CHIP?

Whether you are a new Chip or an inveterate Chip, please give the above question some thought. And if you are so inclined, send your reasoning to Galen Baker for publication in the next newsletter (deadline 10/15). We are curious as to just what are the factors which entice people to join and/or to renew their membership from year to year.

Give it a shot. After all, we all have a reason for everything we do! Right??

Board of Directors meeting
Thursday, June 7, 1984

Directors present: Glen, Howard, Jim, Mike, Abe, Bill, Reggie, Marge,
Jeff and Gordon.

1. Jim Drake volunteered and will personally recruit helpers to control a section of the bike trail for the Eppies Great Race on July 14th.
2. Bill updated the 72 mile race and passed out flyers.
3. Reggie presented an update on the Stampede. She is having difficulty contacting Domino Pizza.
4. Elliott Eisenbud suggested that the club donate to Dr. Linns group which is doing research on the effects of long distance running on runners. Further information was requested before any decision would be made.
5. Complimentary entries for the San Francisco Marathon are by qualifying times only.
6. Payment of race monies was handled.
7. George's Board vacancy was filled by Galen Baker.
8. It was agreed to help with the Pear Fair race on July 29th.
9. The next meeting will be July 2nd, 7:30 PM at George Parrott's.

MINUTES

Board of Directors' Meeting
July 2, 1984

Present: AJ Underwood, Galen Baker, Mike Miller, Reggie Benham, Jeff Bogle,
Marge Hansen, Glenn Bailey

1. Folsom 10K -- Overall outcome good. Traffic on Green Valley Road may become more troublesome in future years. Profit from race \$200-300 (estimate).
2. General Meeting -- Decision reached on tentative date of 9-29-84, last Saturday in September. Club could give away excess T-shirts from past races, etc.
3. Cross Country Race -- George Parrott suggested organizing a cross-country race to be held in January 1985. Distance of race to be decided later, probably 3.1 to 5 miles at a maximum.

4. Draft for New Flyer -- Suggestion by Glenn Bailey that the Club develop a new flyer/application, one which would highlight the history of the CHIPS. It would clearly state the purpose of the Club and the type of runners we urge to join. Flyer would have graphic design and/or possibly a photo or two of some of our more notorious members.
 5. Patches with Club Logo -- Galen Baker briefed Board on the availability of and feasibility of purchasing 3½" patches for any members interested. Also patches could possibly be used as awards, etc.
- G. Bailey--
-

Board of Directors Meeting
Thursday, August 2, 1984
Meeting called to order at 7:47 PM.

Directors present: Gordon, Galen, Marge, Howard, Bill, Jeff, and Glenn.

1. Bill Stainbrook was reinstated after missing his forth meeting.
2. A contribution of \$500 minimum and a maximum of 50% of the Buffalo Stampede proceeds was approved to establish a trust fund for the children of a Chip that was recently killed in an auto accident.
3. Any decisions on the club flyer were tabled.
4. Word processing capabilities are need for producing the newsletter. Proposals for equipment purchase will be gathered and presented at the September meeting for final decision.
5. Club T-shirt run is scheduled for the September 29th General Meeting. Details to be presented in this newsletter.
6. There is a need to correct the problem of the womens' names being dropped on the last roster. A motion was made to completean updated and corrected roster in an upcomming newsletter. The motion carried and was unanimously passed.
7. It was brought up that Abe Underwood has some small and X-small singlets for youngsters. If anyone is interested, contact Abe.
8. It was proposed that the club consider payment of the CSUS track use fee and consider a program of developmental funds.
9. Tom Taber, our blind Chip, is in need of a pacer for the San Francisco Marathon. He hopes to run in the mid 2:50 range!!
10. The next meeting will be thursday September 6th, 7:30 PM, at Gordon Hall's home. Glenn will be out of town for this meeting.

Buffalo Chips



BIRTHDAYBIRTHDAYBIRTHDAYBIRTHDAYBIRTHDAYBIRTHDAYBIRTH

BIRTHDAYS for 84

CHIPS attaining a new category for this year have something to look forward to besides being older, wiser and saner -- a chance to maybe set a PR in a new age group!! Congrat's and best wishes go to:

| | |
|-------------------|------|
| Po Adams | July |
| Bill Ballantine | Nov. |
| Marge Lawson | Nov. |
| Charlie Mersereau | Feb. |
| Mike O'Neil | May |

| | |
|---------------|-------|
| Chris Delgado | Sept. |
| Ron Hall | May |
| Carole Nutt | Oct. |
| Jim Parsons | July |

| | |
|------------------|------|
| Mike Bielow | July |
| Brian Burke | Aug. |
| Larry Kuykendall | Feb. |
| Dick Pine | June |
| Susan Roman | July |
| Gary Swanson | May |
| Tom Wright | June |

| | |
|---------------------|-------|
| Eileen Claugus | Apr. |
| Bruce Fujimoto | Nov. |
| Joyce Leach | Sept. |
| Warren Lockette, MD | Aug. |
| LaDonna Washington | June |
| Diane Wheeler | Oct. |

Only the months listed to protect those that don't like to advertise -- you figure out the year!

HAPPYHAPPYHAPPYHAPPYHAPPYHAPPYHAPPYHAPPYHAPPYHAPPY

Marge

THE NOR CAL CALENDER
3673 J Street
Sacramento, California 95816
(916)687-6737/(415)282-4491

July 9, 1984

A Northern California Training and Events Calender will be published in August. The calender will list individual sporting events in the Northern California areas such as running footraces, century rides, training events, kayaking, golfing etc.

Listing of events is free. The rates for advertising are \$25 per quarter page, \$50 per half page, \$100 per full page. Placing a flyer within The Nor Cal Calender will be the same. If you are a nonprofit organization, special arrangements can be made.

Please send inquiries to The Northern California Calender, Diane Kato, 3673 J Street, Sacramento Ca.95816 or call Diane Kato (916)687-6737/ Tim Callahan (415)282-4491.

What do you mean the Western States starts next week????



DID YOU SEE? MOMENTS WORTH GOLDEN CHIPS!

1. How gracious Grete Waitz was after running a conservative effort (2:26) and finishing second to Joan?
2. How untired Benoit was after powering over 26.2 miles? She spent the next 30 minutes jogging all over the stadium!
3. The 9th place woman in the marathon ran 2:29? This time would win many local mixed road races.
4. Any of the interviews with Britain's Daley Thompson? This guy is not only the repeat gold medal winner in the decathlon, but he could qualify as humorist of the games also.
5. Sebastian Coe repeat his complete 1980 performance (silver 800, gold 1500)? He has been badly treated by the British press over the last couple years and his victory trot with fist in air was a personal and moving reply to those insensitive critics.
6. Joaquim Cruz always running in front? Through his 800 and 1500 heats and away from everyone in the 800 final, he was the man to shadow. He ran here at CSUS in a meet this past Spring.
7. Steve Ovett gut it to the finals in the 800, then collapse, and still return to try the 1500? Still not well, he was DNF, but he gave his best. More we couldn't ask.
8. The Old Man (Carlos Lopes, 37) and two unknowns run away with the men's marathon? Lopes was a strong contender according to many experts, but Treacy and Spedding!!! All were under 2:09:59; De Castella with his terrible finish was in at 2:11:09! Lopes has been on the government payroll as a runner since 1975 reports The Runner, despite Hamelin's praise to his amateurism. It is probable that Lopes is on Nike's support list also, if all the pictures in Nike products tell us anything.
9. A race come off almost like those experts predicted? The 10 km, which none of us at home were allowed to see, ran true to form. Alberto Cova was everyone's pick to win (he did), no Americans were given much of a chance (only Pat Porter made the finals, fading to 16th), and the world record holder, Fernando Mamede of Portugal, who sometimes trains with Lopes, has never raced well in big meets. Mamede won his heat, but in the final he was nowhere in the top 10 (was he DNF? I wasn't there).
10. The incredible quality of the 5000 km broadcast last Saturday night? 13:05 for 3.1 miles equal 4:13 per mile pace! Said Aouita of Morocco produced the 2nd or 3rd fastest 5 km ever and world record holder David Moorcroft (13:00) was virtually lapped by the leaders with his 14:16.
11. The joy of Valerie Briscoe-Hooks upon winning her first gold?

DID YOU SEE? MOMENTS WORTH A RANCID CHIP AWARD!

1. 'WINNING IS ALL THERE IS,' so Carl Lewis did not take his full set of long jumps.

2. Mary Decker, America's Queen of Spikes (or is it spite?), refuse to accept any responsibility in the 3000 fiasco? I'm sorry but I think Budd was only part of that incident, and that Mary could have avoided it. Decker's post-race behavior was embarrassing and immature. The day-after interview with Mary was the worst, most biased, and unfair (to Budd) piece televised in an often biased and heavy handed ABC production.
 3. Gabrielle Andersen-Sheiss finishing the women's marathon; she was suffering with symptoms of a stroke, in case you thought her only marathon weary. She wasn't just tired, cramped, or dehydrated; she was very near neurological disaster. Every reasonable medical opinion would have stopped her before she came into the stadium. She was not operating on the conscious level; we watched not bravery, but primitive brain survival. We almost participated in an accidental suicide! We must have Andersen-Sheiss precautions in all our future races.
 4. Finally, the frequently unknowledgeable and chauvinistic reporting of both the Union (Crevier) and the Bee (Hamelin). What did happen to Mamede and Porter in the 10 km? These guys thought Andersen-Sheiss was a hero in that last 500 meters; she was a hero at 24 miles--like every other athlete who decides to take themselves to their own limits, when she was still conscious; but in the stadium she was a victim of the crowd. Crowds have always liked blood sacrifices--Christians to lions, Jesus on the cross, virgins to a hungry god, even riots at baseball games, but of our contemporary experts we can ask for better judgment.
-

Files from the Tuesday/Thursday Herd

Master's Five Miler--This was a runaway for the herd with:

1st--Tom Wright 2nd--Roger Hite (has he paid?) 3rd--G. Parrott
4th--unchip 5th--David Ragsdale 6th? Red Gossett

Union Five Miler--Gary Layton (new chip) re-introduced himself to Sacramento with his 25 and change and many other BC-ers were there doing well. Rich Goyette turned a strong 30:10. Welcome back Abe; it was good to see you out there!

Billy Mills 10 km--Gary Layton was first, but unshirted, Chip in 31:40 and 3rd overall and Karen Coe was the winning female in 37:20. Joan Reiss and Don Spickelmier won the masters; June H-F, etc. etc. In this one, the only award a BCer didn't grab was 1st overall--maybe next year? Tim Smith and new Sacramentan/new Chip Steve Chase crossed in the mid-33s after Tim was one of the many to miss a turn on the course.

Pear Fair 10 Miles--Karen Coe continued her post-nuptial winning binge in 60:20, Joan and Don won the masters and many, many other Chips picked up division awards. I like the out-and-back course and the beautiful participant singlets. Sharlet Gilbert (unchip) is running well again (60:51) as is Heike Skaden (Flyer) who broke 60 but was not officially entered.

Skyline 50 Km--Thanks Cris D, Dana, Elliot, etc., you guys all went before, so you left it to us to follow your lead to view the parks of the ridgeline-by-the-bay. 1984 found the course measured, certified, and lengthened under cool fog and hurricane winds over the first 20-23 miles with only the last 6-7 miles heating up. The men's field was perhaps THE BEST ultra-marathon group EVER assembled: Jim Howard, Bruce LaBelle, Joe Mager (Aptos winner), Frank Bosanich and Barney Klecker (world record holder at 50 miles and 2:15 marathoner) along with many others including our own Bill Finkbeiner (Donner 100 winner in 16 hours). Tim Smith was first chip at 4:21 followed by Parrott (4:39), Drake (4:47), Joan Reiss (4:52) and Bill Finkbeiner (4:52--Joan pulled him through!), Karen Coe (5:00), Roger Dike (5:06?), Jan Level (5:12?), and several others--sorry guys I didn't take notes and besides some of you cost Jim, Me and yourself big bucks! The women won 2nd open Team (TAC \$\$\$); Joan won first master's woman (TAC \$\$)[Borg was well back of Karen!]; our men's master's group would have won first 40+ team (TAC \$\$\$) IF any of four Chips finishing around 5:20 had paid their TAC fee. For the second year in a row we lost out on about \$150 because of \$6.00! Come on you old codgers, kick in for the TAC membership. Joe Mager (unchip) outkicked Jim Howard for 1st (3:34:01 to 3:34:19). John Mansoor (CCF demi-god) ran the race of his life to finish 3rd; Klecker was 7th and Bosanich 9th overall. Kathy Donofrio (unchip, AR 50 winner) won the women's with a 4:34. I thought the course was more brutal than either WS 100 or the AR 50 because of the downhills--but what do I know?

Night Moves 5 Miles--Don Spickelmier again led a strong Chip field with many others just trying to keep him in sight. Bill Stainbrook and Gil Machado ran very well. The neat shirts and many prizes and awards were treasured by all the bison.

Hot August Night 5 Km/10 km--The Capital City Triathletes put on a neat evening run at the Courtyard with a big meal and music at the finish. Would you believe--Warren Lockette WON the 10 km with an excellent 37:22 and Gil Machado, Greg Soderlund, and very few other familiar faces were also at the finish line already when yours truly came in at 55:00 for the 10 km. Four hard runs/races in just over two days does seem too much, as the support I am now wearing for the neatly done fracture of my third metatarsal so clearly demonstrates. Maybe I will learn where that edge of caution and good sense exists!

Ultradistance fanatic

I could not help but be amused by Don Drysdale's magnificent journalistic masterpiece of June 28. As one of the "boring" ultradistance participants that you so literally speak of, I would normally take offense as such remarks. However, everyone is entitled to his own opinion.

You probably enjoy watching those great examples of American sportsmanship in their little white shorts and T-shirts as they gracefully stroke a ball over a net. (With their behavior,) what wonderful examples they are setting for the youth of this country.

Maybe you even enjoy watching the National "Boring" Association (NBA) and their many players who are spaced out on drugs. The ones I really get a kick out of are the players in the National Footbore League (NFL), who have to be the "finest conditioned athletes in the world."

I take offense at slamming people who can be considered what athletics are all about. We train hard, are in excellent condition and compete for the love of competition. The only rewards most of us receive are a \$2.50 T-shirt and the knowledge that we did the best that we could do.

We may be a little flaky, but we are not "schmucks."

Norman Klein

Why Not Us?

I was very disturbed reading of the opposition the Sacramento County Board of Supervisors is getting concerning the California International Marathon ("County studies changes in marathon route, times," The Bee, June 20). Granted, they represent all of their constituents and have to do what is best for the majority, but can't Sacramento ever "risk" a little, and shake our image of not being a sports-minded town? Sacramento has many, many elite athletes.

We have something great going — the California International Marathon was praised by many of the foreign and domestic athletes as being one of the best marathons in the world.

Give Sacramento a chance. I can't believe the religious leaders and constituents of Sacramento are so selfish as to deny Sacramento one day out of a whole year for doing something great for the economy and morale of Sacramento as a whole.

I say, churches — get involved — make a minor change on that day — be supportive of our efforts to create something that Sacramento can be proud of. If such cities as New York, Boston and San Francisco can do it — why not us?

PAT DRAKE.

Sacramento.



"It's a ticket for jay-jogging."

Sacramento Triathlon

June 17 marked the beginning of the triathlon season for many local triathletes. It marked the second annual Sacramento Triathlon at Rancho Seco Park. Over 600 athletes participated in the event which consisted of a short and long course. The short course featured distances of 1.2m swim, 28m bike, 10k run. The long course was twice the distance of the short course. Many athletes felt the long course a bit long so early in the season so about 450 people chose the shorter event.

Several Chips took part in the event with Gary Netzley leading the way with a 18th place finish. Gary exited the water in 25th place and by the end of the bike portion had moved up to 12th. During the run he experienced what we have come to call cumulative fatigue (ask Sally) but still finished strongly.

It was a very well run event, one of the best I've ever participated in.

Other Chip times and places:

18. Gary Netzley 5th, 30-34 division

92. Dave Neff 2:54

145. Dave Low 2:58 1st, 3 week honeymoon division

188. Doreen Morehead 3:10, 6th, 20-24 division

189. Byron Lea 1st, Injured foot division 3:10

255. Mike Neff 3:22

Q. Who was that crazed triathlete who was seen riding home after almost three hours of competition?

River City Triathlon

The morning of July 22 was not looking real promising. At 5:00 A.M. it was very cold, very overcast, and I was sleepy. This the gloomiest morning of the entire summer also happened to be the day for the first River City Triathlon. It was what we call a sprint triathlon, distances that were not extremely frightening for first timers. The initiation for these novices was a $\frac{1}{2}$ m swim in the Sacramento River, 13m bike ride thru Land Park, and a 5m run to Old Sacramento and back to Miller Park.

Unfortunately, things went poorly from the start. The swim buoys were moving around because the current was stronger than predicted. Several cyclists arrived at the transition area to find their shoes not yet there. I heard many people talking of cheaters everywhere. It is too bad things had to turn out this way.

The concept behind the River City Triathlon was wonderful. It would be a great introduction to the sport of now. Everywhere the talk was of this triathlon. In the triathlon as in life you have to take the good with the so-so. I'm sure the organizers of the race could not foresee the eventual problems. You can be sure that it will be a great race next year. I am looking forward to a good time next year.

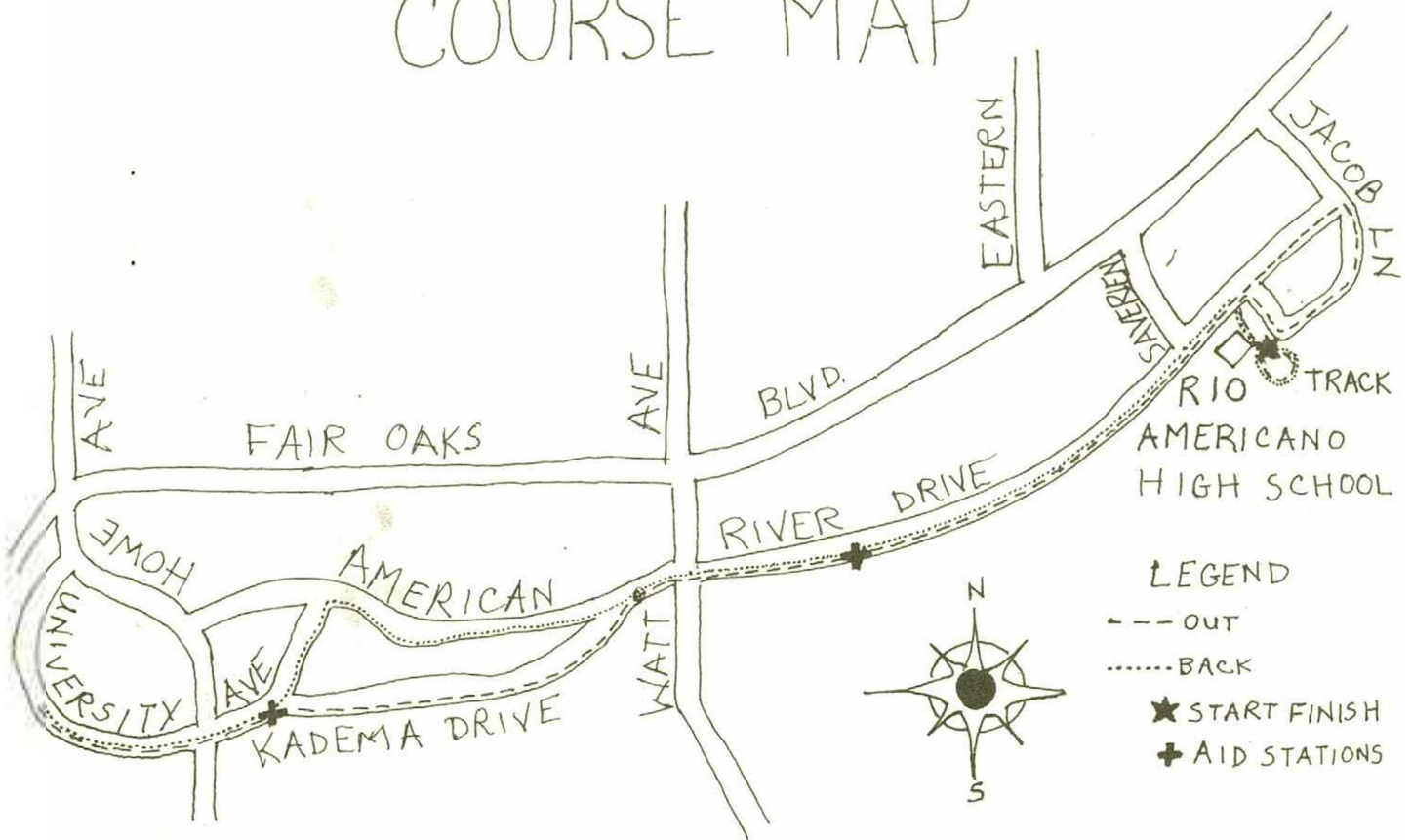
Times and places were not available at press time. Hopefully we will have them next issue.

The Tri-Chip.

CALLING ALL CHIPS!

This year's sixth annual Buffalo Stampede promises to be better than ever. The course is still the same flat, fast, accurate 10 miler pending real T.A.C. certification. A herd of Chips are expected to run, winding up their summer racing season or preparing for the full or half Sacramento Marathon. All pre-registered runners will receive their requested size T-shirt before the race. We might add the T-shirt is one of the most attractive shirts of the 1984 season. All Chips who pre-register receive \$3.00 off the low \$6.00 entry fee. So come on all you Buffalo Chips! Join the herd and stampede out to Rio Americano High School September 23rd, 8:30 A.M., for the Buffalo Stampede and don't forget to pre-register with the enclosed coupon for the \$3.00 entry fee.

COURSE MAP



If you would like to help out with the race please call Reggie Benham at 451-4690 evenings.

Frank (Jack) Benham



5th Annual Sacramento **ZOO ZOOM**

The 5th annual Sacramento Zoo-Zoom, to benefit the animals of the Sacramento Zoo, will be run on Sunday, Oct. 14, in shady, flat Land Park. Five K and 10 K races will start at 8:30 am near the front entrance to the Zoo, at 3930 W. Land Park Dr. (near Sutterville Rd.). Kids' half-mile race inside the Zoo starts at 8 am.

Prizes, including ostrich eggs, for first place winners. John McIntosh is the director of the race and the course is certified for 5- and 10-Ks.

Refreshments including beer, soda pop and juices will be on hand. Runners and their family

members are invited to spend the day at the Zoo.

Pre-registration until Oct. 12 is \$9.50, including T-shirt. Race day registration is \$12, including T-shirt. Kids' race, for kids 12 and under, \$6, including T-shirt. Registration packets may be picked up race day, starting at 7 am. T-shirts may be bought for \$8.

Checks payable to: Sacramento Zoological Society. Send entry blanks to: Zoo-Zoom, c/o Sacramento Zoo, 3930 W. Land Park Dr., Sacramento, CA. 95822.

o0o

CHIPS END OF SUMMER PICNIC & PARTY

SEPTEMBER 29 NOON--?
LOWER SUNRISE PARK(18.5 mile mark)

POTLUCK WITH DRINKS PROVIDED BY CLUB

Free T-Shirts to everyone! Volleyball! Swimming!

Directions to Lower Sunrise Recreation Area From Coloma
Road in Rancho Cordova, take Rosmoor Drive, follow to Ambassador
Drive, turn right and follow to Deadend in small parking area.
Access bike trail and walk easterly to park! Let's Party!

Galen Baker
Buffalo Chips Running Club
9004 Brydon Way
Sacramento, CA 95826

ABE UNDERWOOD
4531 CAPRI WAY
SACRAMENTO, CA 95822



BUFFALO STAMPEDE
ONE-HALF OFF COUPON

Club members pay only \$3.00 for the Buffalo Stampede 10
10 miler If this coupon is enclosed with a preregistration
entry form. Not valid on day of race.
