

BUFFALO CHIPS

RUNNING CLUB NEWSLETTER



Number 77

August 1985

1985 WESTERN STATES ENDURANCE RUN 10 CHIPS GET BUCKLES

by Dana Gard

Saturday, July 6th & Sunday, July 7th.

The Buffalo Chips Running Club can be proud of the fine efforts put forward by their representatives in this years Western States Endurance Run. 1985 will be a year to remember for the many Buffalo Chips that took part in the Western States Run. The controversy of adding seven plus miles to the course had everyone on edge during training, and right up to the start of the race. The addition of ABC Wide World of Sports covering the event for the first time, made for some excitement within us all just knowing we were participating in a news worthy event.

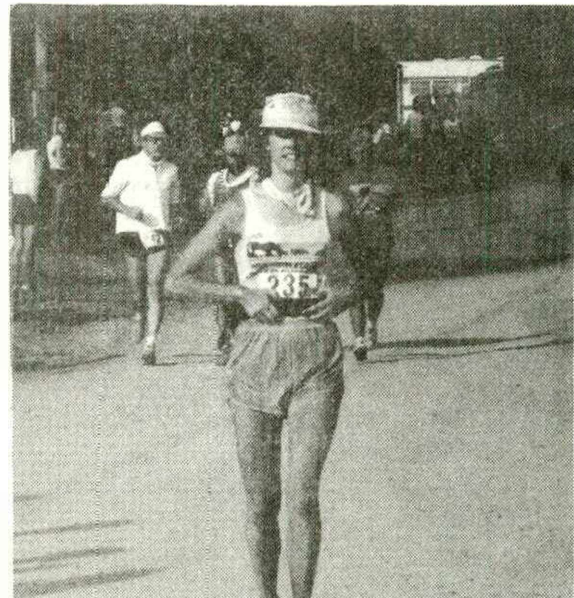
Finally, knowing it was going to be a long hot dry day on the trail had us all wishing we were "camel chips" not "Buffalo Chips".

Of special note were two Chip's performances, Mark Brotherton and Cheryl Clanton. Mark had a fantastic 4th place finish and a \$1,000 pay day on his first Western States try. Mark is a true trail runner having never raced a marathon on the streets. Cheryl had the #1 effort of the day. Having seen Cheryl in training, ready to throw in the towel and give up this race completely, she showed us all

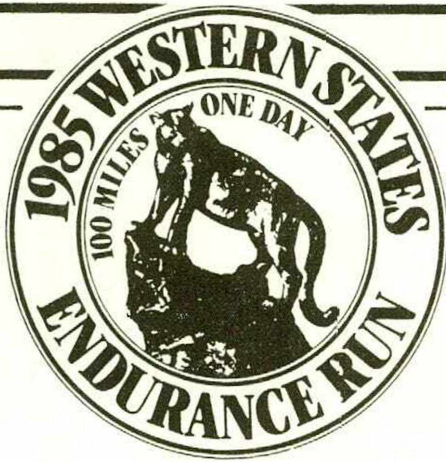
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Mark Brotherton, 1st Buffalo Chip finisher, with pacer Bill Finkbeiner at Foresthill.



Jan Levet, 1st woman Buffalo Chip finisher, at Foresthill check point.



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what determination can produce. Cheryl, wear your silver buckle with pride; you earned it.

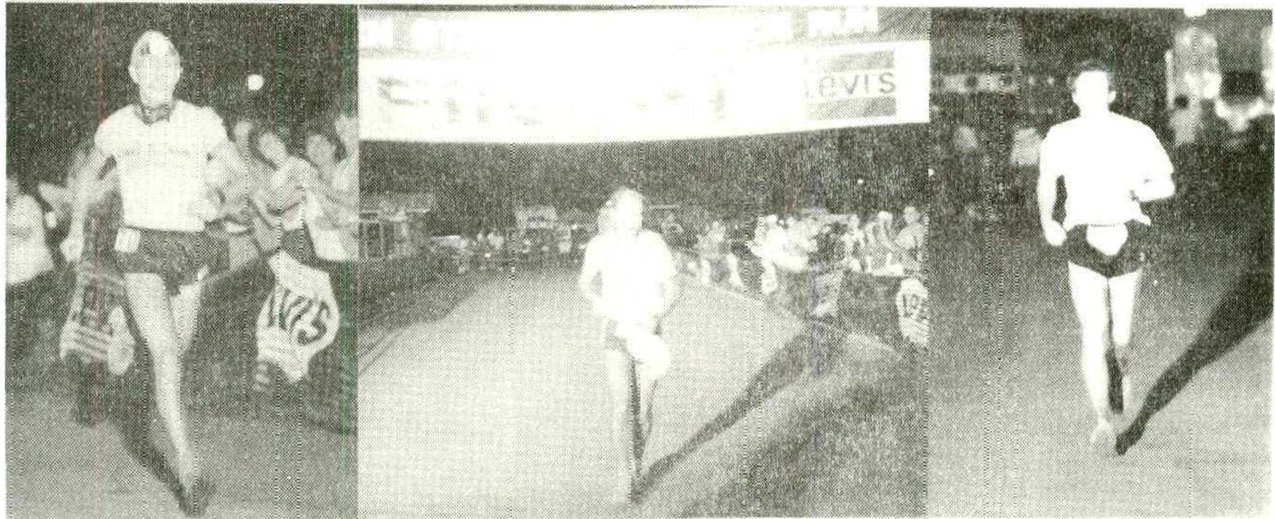
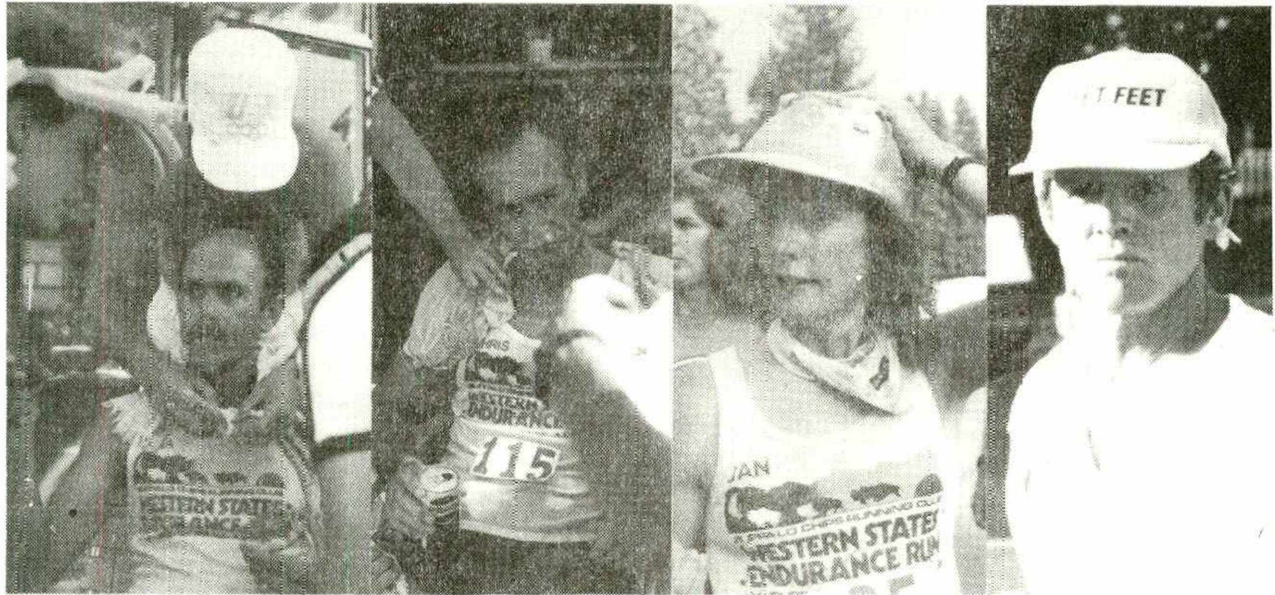
One of the high spots of the day was coming into Devil's Thumb (half way) and being greeted by so many Buffalo Chip supporters. A special Buffalo Chips Western States shirt was designed by Chris Delgado and when I left Devil's Thumb it looked like a club picnic had been organized. Thank you all for your support. And a special thanks from all the runners to those who served as pit crew and pacers, your help was truly appreciated.

1.	Jim King (non Chip)	16:02:44
4.	Mark Brotherton	17:14:29
19.	Chris Delgado	20:32:44
23.	Dana Gard	21:30:56
27.	Eric Ianacone	21:17:23
47.	Ronny Harries	22:21:58
71.	Dennis Lindsay (New Chip)	23:20:48
80.	Jim Clover	23:35:25
82.	Jan Levett	23:38:51
89.	Gordon Hall	23:42:33
91.	Cheryl Clanton	23:45:06
154.	Bob Sanchez	29:38:01
159.	Helen Klein	29:51:12
---	Roger Dike - Out at Michigan Bluff	
---	Al Ortiz - Out at Michigan Bluff	
---	Glenn Bailey - Did not start due to an injury	



At Foresthill check point, top to bottom: Dana Gard and pacer Glen Marshall, Chris Delgado and pacer Pete Schoener, Ronnie Harries and pacer George Parrott.

WESTERN STATES ENDURANCE RUN



Top, more at Foresthill, left to right: "Ultra Twins," Dana Gard and Chris Delgado, Jan Levett, and Eric Ianacone. Bottom, at the finish line: Mark Brotherton, Dana, and Eric.



First, I want to congratulate the ten 24-hour breaking CHIPS who now wear the newest in Western States Buckles. Two more resolute Bison finished in under 30 hours making the HERD the most impressive finishing bunch in Western States History. Mark Brotherton led the BISON onslaught with his 4th place finish, but "Dad" Delgado was 19th overall and cranked a 20:32. More complete results on this are elsewhere in this issue, but my pick for most outstanding performance by a CHIP was the beautifully put together and strongly finished 23:45 by Cheryl Clanton!!!! I wish I could have looked as good when I finished the shorter course version of this abuse.

Second, we need eager workers and staff for the BUFFALO STAMPEDE 10 Miller in September. Let's see some new CHIP hides working; don't be shy, come forward and volunteer.

BUFFALO CHIPS OFFICERS

High Dunger
George Parrott, 921-6782

Vice Dunger
Eileen Claugus, 366-3270

Dung Recorder
Marge Hansen, 428-5923

Dung Counter & Dung Herder
Mike Miller, 488-3833

Dung Coordinator
Gil Machado, 421-1967

Race Chairchip
Abe Underwood, 456-9257

Newsletter Editors
Karl and Nancy Yamauchi
443-5400

Third, I would like to suggest that race directors of our races and others in the area consider setting some reasonable standards for elite courtesy entries. I have heard from Press personnel that races are more impressive to them, and they are more willing to give more publicity when the winning times are faster. Hence for our own good, we might encourage faster races with limited free entries. Another reason for courtesy entries for faster runners is that they often are training so hard for major races that they can't be sure what local races they will be ready for until race day. Obviously, they often need to register late (read race day), and since many of the younger runners are not into careers yet, the entry fees can be painful. This suggestion was brought to mind when I recently helped at the Davis Half Marathon, and I watched the lead runner and lead bicycle come by the ten mile point over two minutes ahead of the second place runner who was running solo. The problem--THE LEAD RUNNER WAS UNOFFICIAL! This race was officially won by someone who was about 3 minutes behind that unofficial, but the recorded winner did not have the services of the official lead bicycle! If we mean to discourage unofficials, then actively deny them race services, but I feel that elite runners bring more to our races than they take away. Many older BISON may remember that Rich Langford was the actual winner of the Pepsi 20 one year. He tried to register on race day, Paul had a policy against this, so Rich ran bandit and blew the field away! The official records don't reflect that event, but it happened. I propose courtesy entry to any male under 31:59 or female under 37:30 for 10 km who asks for it. Many elite runners with solid incomes won't ask; those who do need it will appreciate the policy.

 **BOARD OF DIRECTORS MEETING - JUNE** 

June 6, 1985
David Ragsdale's residence

Directors present:
Glenn Bailey
Galen Baker
Eileen Claugus
Marge Hansen
Howard Jacobson
Gil Machado
Mike Miller
George Parrott
David Ragsdale
Donna Wright

Members Present:
Chris Iwahashi
Dennis Scott
Rod Couch
Tom Wright
Steve Daniels
Michele Bunds
Rosemary Ragsdale
Jim Mitchell
Karl Yamauchi
Mark
Laurie

Meeting called to order at 8 P.M.

Old Business:

Stampede: No race director as of yet.

Folsom 10K: June 30th - \$2 for members with coupon.

New Business:

SLDRA - Representation problem and breakdown in communications. Jim Mitchell was voted and confirmed as representative. He outlined the clinics and discussion ensued. Three alternatives were suggested and voted on and it was motioned and second to abandon supporting the clinic even though we will still support the Marathon. Views and suggestions were volunteered.

Gil volunteered as our second representative.

Michele Bunds will take his spot as Social Chairman.

Copies of SLDRA's minutes will be sent to the Newsletter Editor for publishing.

Tahoe 72 - Fee is \$15. \$300 advance voted and seconded for race director's use.

It was proposed to have a Cross Country Run on Dec 21 with David and Dennis as Directors, to be held at Rattlesnake Bar in Folsom.

Meeting adjourned about 9:15 P.M.

Respectively submitted,
Marge Hansen

<p>BUFFALO CHIPS BOARD OF DIRECTORS</p> <p>Glenn Bailey Galen Baker Eileen Claugus Marge Hansen Mark Hicks Howard Jacobson Gil Machado Mike Miller George Parrott David Ragsdale Donna Wright</p>
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BOARD OF DIRECTORS MEETING - JULY

July 11, 1985

Mike Miller's residence

Directors present:

Mike Miller
George Parrott
Galen Baker
Mark Hicks
Howard Jacobson
Gil Machado
Donna Wright
Glenn Bailey

Members present:

Tom Wright and daughter
Karl Yamauchi
Michelle Bunds

1. Mercy hospital/CIM clinics: Gil Machado, SLDR representative for the BCRC, discussed the need for more speakers to staff the weekly clinics now underway. No one present volunteered. And no member, who would be willing to make such commitment, was recommended by anyone present.
2. Folsom 10 KM: George Parrott gave a brief report on this event which drew 42 participants, predominantly club members.
3. Buffalo Stampede: No Race Director available. Decision made to conduct race via committee comprised primarily of directors. Event scheduled for September 22, 1985 at Rio Americano High School. Concern voiced about obtaining a sufficient number of volunteers.
4. Skyline 50 KM: Need for open and masters runners for this PA-TAC Championship on August 4, 1985 stated as well as a caveat that anyone heeding the call/challenge should be certain that he or she has secured a 1985 TAC card.
5. Club Singlet (s): Inquiries were made regarding the source, availability, legitimacy and ramifications of the white singlet recently being distributed by George Parrott to "elite" runners who meet specific standards. Details included in the newsletter. Protracted discussion ensued with those present clearly divided on the issue. Prerogative to initiate this "experiment", according to George Parrott, was predicated upon paragraph #9 on the new BCRC application for membership. Said paragraph makes reference to the Classic 20 Mile Race proceeds available for support of younger Buffalo Chip runners and administered by George Parrott and Greg Soderlund.
6. Board Meetings: Suggestion made to meet at the Wright's place on a weekend after a run in the Rescue area or elsewhere in the foothills. Some reservations were expressed by a few present. Also, suggestion was made that meeting not be held in the South area of Sacramento to accommodate those participating in the Thursday ARC track sessions.
7. August Meeting: To be held August 1, 1985; place yet to be determined by Mark Hicks.
8. September Meeting: Gil Machado's residence on September 3, 1985.

Glenn Bailey

TRAIL DROPPINGS

□ Another reminder that the newsletter is a bulk rate third class mail item that will not be forwarded if you move. There appears to be some incorrect zip codes on the mailing list, we've corrected the ones we found. Check your rosters for any incorrect information and contact Mike Miller for any corrections.

□ The Board of Directors Meetings schedule:

August 1, call Mark Hicks for place
September 3, at Gil Machado's

All Chip members are welcome to attend.

□ Bill Stainbrook is still in need of help for the Tahoe 72 Mile Run on Friday, September 6, 1985. Call Bill at (916) 451-4845 if you can assist.

□ The Buffalo Stampede 10 Miler is scheduled for 8:30 AM, September 22, 1985 at Rio Americano High School. Your assistance is needed as race day workers if you do not plan to run. Call George Parrott (916) 921-6782.

□ The Sacramento Marathon and Half Marathon on Sunday, October 6, 1985 is a Buffalo Chip sponsored run and we hope to see a lots of Chips out there. If you would like to be a race volunteer call John McIntosh, 488-7181.

BRIEF NOTES FROM SLDR BOARD OF DIRECTORS MEETING

June 24, 1985

Mercy Hospital is now holding marathon clinics on Saturday mornings. Fleet Feet reports strong attendance for the first two clinics at the downtown site. Fleet has hired Rick Brown to manage the downtown clinic.

Randall Sturgen will be handling the marathon clinics at the American River Clinic site.

The Marathon has received a sponsorship check of \$5,000 from Mercy Hospital of Sacramento and a \$1,000 donation from RJB Development.

Running Scene Magazine will be the official race magazine for the marathon.

RACES TO BE PART OF THE HERD RUMBLE

by George Parrott

Let's get a big BISON showing out in full splendor at the PEAR FAIR, JULY 28 and the SKYLINE 50 km on August 4. The Skyline race is the national, regional, master's and almost everything CHAMPIONSHIP. WE ARE EXPECTING HERD TEAMS IN WOMEN'S AND MEN'S OPEN AND MEN'S MASTERS. You OLD BISON running the 50 km better have your TAC cards this year: the last two years we have won the men's master's team championship only to be disqualified because somebody had not gotten their \$6.00 TAC card. The teams this year should be better than ever and if you are on a placing team, the club will reimburse your entry fee!

□ Kevin Kirby is a sports podiatrist and is interested in writing articles for the newsletter. We thought a question and answer format would be nice, so if there are inquires about injuries, running shoes, biking, or training, send them in to the newsletter or to Kevin.

□ Thanks to Michael Otten we had some Buffalo Chips featured in in the Sacramento Union. They are printed for you again in this newsletter.

□ NOTE: Included in this newsletter is an entry form for the Tahoe 72. There are three pages of additional information that Bill will send back to you when he receives your entry.

TRAIL DROPPINGS

SOME NEW SINGLETS HIT THE STREETS

by George Parrott

Starting at the Union Five Miler on July 4th, some new versions of the BISON colors have been seen. The new white singlets, printed with the HERDS identification in black and yellow, have been drawing rave reviews. The starting line picture of the Union race with Paul Thomas (new prep BISON, AGE 15) in the new singlet, was evidence of the photogenic value of the new design. Paul, by the way, placed 4th overall in that race and second CHIP, behind Craig Moore. The new singlets are FREE; based on racing times and are supplied from the reserves of the 20 Mile Run account. Qualifying times must be the within last 12 months and are as follows:

	Males:	Females:
10 km	33:30	37:30
10 miles	54:59	61:00
13.1 miles	74:59	84:00
20 miles	1:56:00	2:09:00
Marathon	2:34:59	3:00:00

Masters: +6%

50 Miles Open & Masters Males: flat 6:05, AR 50 6:45. Females 7:00, AR 50 7:50

Preps: Ages up to and including 18 years

	Males:	Females:
Mile	4:33	5:23
2 miles	9:40	11:15
5 km	17:00	19:30

There will be some other additional benefits for qualified BISON including modest support for entry expenses, possible travel, and club record incentives. Negotiations are underway with a shoe company for possible matching support for equipment. Any chip with qualifying

times can contact any of the new singlet wearers for further information on how to receive yours.

RANDOM NOTES ON THE ROAD

by George Parrott

Notice that the American River Bike Trail is now sporting new quarter mile marks from Discovery Park to way past Rancho. Mike Miller established the accurate measurements and did all the major marking down to about the four mile point where George Parrott borrowed the paint cans and finished the job. Parrott only fell off his bike once during the whole four miles (or so he said.. and there were no witnesses to that faux pas).

In recent times two of our female BISON have had very unpleasant incidents on the bike trail. One flasher was caught following the first incident, but within the next ten days another male tried to drag a female out of the Port-a-potty under Howe Avenue. She and her other female friend were able to chase the naked male away, but.... THE MESSAGE IS CLEAR. We may not like it, but no section of the Bike Trail is completely safe for female runners (or bicyclists either). Both those incidents occurred between the Guy West Bridge and Watt Avenue, but with the discovery of the young boy's body out near Sunrise, all areas should be considered risky. Women, don't run the Bike Trail alone; don't always run at the same time and same course; don't wear headphone radios or stereos, because you can't hear an attacker approaching. DO ACTIVELY SOLICIT RUNNING PARTNERS; DO VARY YOUR ROUTES; DO CARRY MACE; DO BE CAREFUL; DO HAVE A FRIEND THAT KNOWS WHEN YOU ARE EXPECTED TO RETURN! Males, do be attentive to females on the trail; do warn females with radios that these are not safe, do be thoughtful--we are one family.



CHRIS IWAHASHI

By MICHAEL OTTEN
SACRAMENTO UNION STAFF WRITER



Christine Iwahashi is on an incredible roll. There may be others, but not many, who like Iwahashi have won their last three marathons, each with a better time.

Iwahashi, 29, a research biochemist at UC Davis Medical School, considered herself a recreational runner until last fall.

She has been running about five years and "seriously since last October."

She said that was after having a "miserable race" at the Sacramento Marathon when she finished in 3:26 or 3:27.

"It was hard. It took a very long time. The second half was very slow."

Iwahashi said she then started buckling down and began training with the Buffalo Chips Running Club.

Her next race, the California International Marathon in December, was a personal record (PRs or PBs, the runners call them). Her time was 3:05.

Despite suffering from some allergy problems, Iwahashi recorded her first victory at the Bidwell Marathon in Chico the first weekend in March in 3:03, about 20 minutes ahead of the next woman.

Iwahashi was confident she could do much better and attacked the Modesto Marathon on March 30.

She not only won the women's race, but her 2:54.06 was good for fifth overall.

Iwahashi turned the hat trick in her next outing, winning the Russian River Marathon June 2 in 2:53.16 and coming in fourth overall.

In the process, she set a new women's course record by eight minutes.

She endures about 75 miles a week on the roads, putting in the long mileage on weekends, with speed work and longer interval training during the week.

On Tuesday evenings she heads for The Graduate for workouts with the Chips and Thursday to the American River College track for speed work.

Victory in her next marathon may be a bit more difficult, for she has selected the San Francisco Marathon July 26.

Her father, Don Iwahashi of Daly City, who will be 73 in July, has run nearly a dozen marathons since taking up running at the age of 68.

"He's trying to break four hours" for the 26-mile, 385-yard distance, Christine said.

His best time was 4:02 last October in the Sacramento Marathon.

Christine Iwahashi's tip for beginning runners: "Patience is the most important. One should set reasonable goals. It is knowing when to work hard and when to ease up."



KATHY PFIEFER

By MICHAEL OYTEN
SACRAMENTO UNION STAFF WRITER



Kathy Pfiefer runs with the swiftness and gracefulness of a gazelle and is as tough on the roads as a mountain goat.

It was in the mountains of New Mexico that Pfiefer, a young, modest Sacramento woman last month was able to achieve stardom on the national running circuit.

Sunday, she blitzed the course record for the annual Billy Mills 10-kilometer road race through William Land Park with a time of 34:46 (about a 5:36 mile pace).

Though possibly her best local time, Pfiefer said she wasn't happy. "I'm not sure why I ran so poorly."

She may have gone out too fast, hitting the first mile mark in 5:15.

Pfiefer has been on a hot streak. On June 23, she won the women's 25-kilometer championship at the Pacific Association of The Athletic Congress in San Francisco in 1 hour, 29 minutes, 18 seconds, about four minutes ahead of the runnerup.

Nine days earlier, she set a personal record for 10 kilometers (33:30) at the National TAC championships in Indianapolis, finishing 10th out of 27 competitors. The winning time was 32:18.

Buoyed by her success in June, Pfiefer thought a road race might result in another PR.

"Mentally, it is a lot harder to run on the tracks than it is on the roads," she said.

"The lack of competitiveness hindered me," she said of Sunday's race. "I don't feel fatigued."

The Billy Mills course record for women was 37:22 by Karen Coe.

Pfiefer took up running in the fall of 1979 at the age of 20 when she enrolled in a jogging class at Sacramento City College.

"I thought I should do something to increase my fitness." She had played some tennis, but never participated in team sports in high school.

She ran about a 6:30 mile in her first race, a five-kilometer run at Birdcage Walk. Her second race was the Sacramento Marathon, which she finished in 4:00.04 and "felt awful."

She soon became hooked and ran a 2:43 marathon, finishing 52nd in the 1984 Olympic trials.

Pfiefer earned a track scholarship to the University of New Mexico. She graduated with a degree in physical therapy and audiology (hearing disorders).

Pfiefer said her first two years at New Mexico were "bad years," undergoing a change in altitude and coaches.

Since then she has buckled down.

She hit a 16:16 5K in Eugene, Ore., in April 1984, and a 34:06 10K at an NCAA meet in Eugene the following month.

"I feel like I am going to run faster."

Pfiefer, who runs for Adidas, trains at 5,200 feet, running sometimes in the mountains to 9,000 to 10,000 feet.

Her next big race will be the marathon at the World University Games Sept. 1 in Kobe, Japan.



LIFE IN TRANSITION

In the last issue of the Buffalo Chip Newsletter I discussed the basic time requirements for the successful completion of a mini-triathlon. This month's article is about the fourth and very important event in the triathlon: the transition.

SWIM TO BICYCLE

Before the start of the race, you should run through in your mind where your bike is located. This may seem rather simple, but you'd be surprised at the number of people who come out of the water and can't remember where they put their bike. Next, have everything you need located next to your bike in the order you will use them. After four seasons of triathlon racing, I only use the essentials. Bicycle shoes should be used for rides over ten miles. Running shoes may be used but you will lose power on the bike and also become more fatigued. Be sure to have lace locks on your cycling shoes or velcro have closure cycling shoes. Don't waste time by trying to put cycling gloves on your wet hands. A last note on the bicycle leg: wear a hard shell helmet. The Bell V1-Pro is a popular model.

BICYCLE TO RUN

As you approach the transition area, slow down and take a few seconds to stretch your legs out. Put the bike in a higher gear and loosen up calves and achilles. I prefer to loosen up my laces on my shoes and leave them locked in to the toe clips. When coming to a stop at your area, you can pop your feet right out. This maneuver takes practice, so try it before you get to the race. The only essential item for the run is your

running shoes. Be sure to have lace locks on these shoes also. Many people prefer to wear tri-shorts for all three events. These are bike shorts with shorter cut legs and a synthetic chamois. Others wear tri-suits, which are also quite practical. When racing, I prefer not to wear socks in my running shoes. I have always had a difficult time trying to put dry socks on wet feet. It also saves a few more seconds.

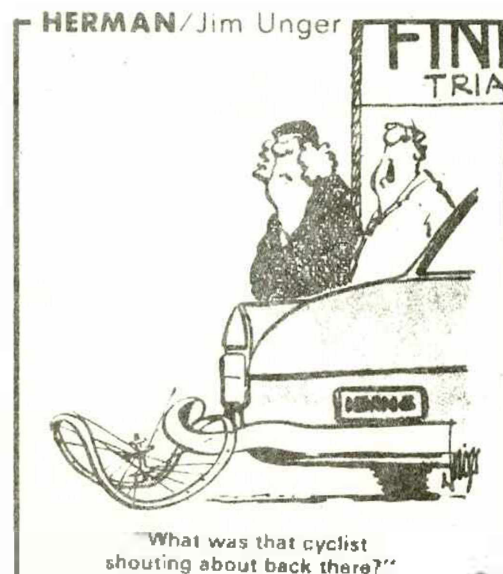
Remember, the triathlon is composed of three basic events. The fourth event is easy to master with a little practice. Saving a couple of minutes can make a big difference in your overall times and placing. If you could save two to three minutes in the transition, that would be like running 6:00 minutes a mile versus 6:20 miles. That's a big difference worth practicing for.

I have a few more tricks up my sleeves but you'll have to catch me at the next race and maybe I'll let you in on a few of them.

Happy training,

David Low

Tri-Chip



COFFEE BEFORE RUNNING:

Some athletes drink coffee or other beverages containing caffeine before exercise to improve their endurance. In fact studies have shown that drinking coffee one hour before cycling delays exhaustion, speeds fat (fuel) utilization, and decreases an athlete's perception of effort.

Does this also hold true for running? To find out, University of Minnesota researchers studied nine male sub-three-hour marathoners. Within a two week period, the participants ran three 45 minute time trials each, fasting four hours before each trial. One hour before each trial the subjects drank one of three test beverages: water, decaffeinated coffee and decaffeinated coffee with 400 milligrams of caffeine added. They were not told whether the coffee contained caffeine. Before drinking the test beverage, immediately before each run, and 15 seconds after each run, researchers took blood samples from the runners.

Since caffeine stimulates the mobilization and may increase the oxidation of free fatty acids, which

are believed to spare muscle glycogen and delay exhaustion during prolonged exercise, free fatty acids levels were measured along with levels of triglycerids, glucose, and lactic acid. The researchers found that while free fatty acid levels did increase after the runners drank caffeine, utilization of this fuel was not increased. Also of note, the researchers found that the runners perceived less exertion after drinking both coffee mixtures.

They concluded that caffeine did not increase endurance in these runners, but that further tests are needed to determine whether the benefits of caffeine before exercise depend on the sport and the amount of muscle mass used (cycling requires a smaller muscle mass than running), the duration of the activity, or that higher levels of caffeine are needed.

If you drink coffee or other beverage with caffeine before you race, remember that your sense of exertion is lessened. Pace yourself the first two-thirds of the race and run your fastest the last third.

Shoe





THE ROAD TO RICHER RUNNING RELATIONSHIPS: MATCHING THE MUSCLE TWITCH

Those of us who have been running for a while have all seen the demise of seemingly happy running couples. Countless divorces and relationship breakups have been blamed on running incompatibilities. Why does this happen? The question has been pondered through the centuries. In ancient Greece, an anonymous philosopher wrote, "It hath been noted that when a fleet-footed man and a rapid running woman enter matrimony, the result is ruinous; likewise with two long-distance endurance runners. However, should a speedy sprinter be attracted to an ultramarathoner, (Ed. the word having just recently been invented) the Gods shine on them and a glorious and long-lasting relationship ensues." The famous physician Hippocrates theorized that the large muscles in the buttocks and pelvis produce pheromones (sex hormones) which are secreted during running (and other activities which use these muscles). He postulated that while the hormones of sprinters and long-distance runners are mutually attractive, the hormones from two sprinters or two long-distance runners were mutually repellent.

This valuable information lay dormant until 1959, when two biochemists in North Carolina, Drs. Mercury Spurt and Camilla Scamper, discovered Hippocrates' article in a dusty copy of "Athenian Medical Sports Journal". These two doctors, both sprinters in college, had been at a loss to understand the inexplicable absence of sexual interest for each other, and had just cancelled their wedding engagement. When they came across the article, it stimulated a 30 year long research project, during which they remained "just good

friends" and have each been married happily to slower long-distance runners.

Drs. Spurt and Scamper studied 1,000 newly-married couples, doing biopsies of the gluteus maximus muscle. They then compared proportions of slow and fast twitch muscle to the endurance of the marriage. Their results have been astounding and tend to corroborate Hippocrates' hypothesis. The final study will be completed and published in 1989.

In 1959, Mark and Joan Reiss, newly married, had moved to North Carolina. Mark was an intern at University of N.C. Medical Center, and Joan was a research assistant in Chemistry at Duke University. They were both in the original study but neither Joan nor Mark were running seriously in those days, and weren't much interested in muscle twitch theories. Since coming to California, both have become active in running, especially Joan. We all know Joan as a premier Masters long-distance runner with many age-group records from ten to fifty miles. However, speed has never been one of her attributes. On the other hand, Mark, who has been known to blow-by a surprised younger Chip speedster on 200 meter relay workouts, is not infrequently seen dragging his ass on Tuesday night, unable to complete the longer workout.

The Reisses, who just celebrated their 26th anniversary, recently called Drs. Spurt and Scamper and learned the results of the original muscle biopsy. As might be predicted, Joan was 95% slow twitch, and Mark was

continued on page 14

RICHER RUNNING RELATIONSHIPS

continued from page 13

95% fast twitch. Of the original 1,000 couples, there is data on 788. Of these, only 235 are still married, and more than 90% of these couples had preponderant opposite muscle twitch types of close to equal proportions. Of the 553 couples now divorced, most had the same muscle twitch types and close to the same proportions.

Once these results are published, we can expect an incredible change in the running dating games now being witnessed on Sacramento roads, hills and tracks. No longer will it be important what your last split was, or whether you broke a seven-minute mile; the question on everyone's mind will be, "I wonder what percent fast or slow twitch he or she has." The lines will form at muscle biopsy clinics to obtain the crucial predictive data. In this coming era, a new professional will be emerging in the relationship therapy area: the Muscle Twitch Matchmaker. It is rumored that a new magazine will be published in Sacramento entitled, "Romantic Running Scene." It is also rumored that those with a sensitive sense of smell will be able to distinguish fast from slow twitch pheromones in sweat. So don't be surprised at all the sniffing that will take place after workouts. And remember.....

If you're looking for a date,
And hoping for a mate,
Match your muscles with care,
There's more than sweat in the air.

Is your twitch fast or slow?
That's all you need to know,
To get the right husband or wife,
For the perfect running life.

SHOE SURVEY

by Jeff Bogle
City Sport Works

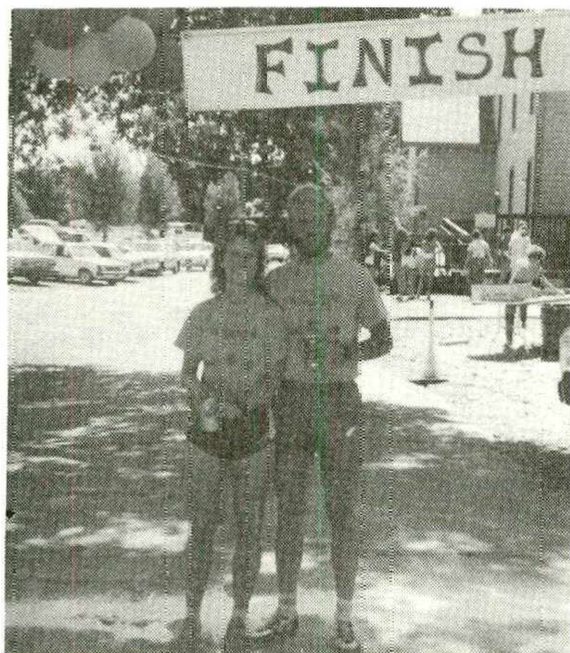
TURNTEC QUANTUM PLUS

A brand new training shoe that has just been released, the Turntec Quantum Plus (\$64.95). At first glance it looks like a cross between a new New Balance 990 and a Brook's Chariot. The midsole is a phylon type material with contoured heel pillow in the rear foot and a bi-density midsole in the forefoot.

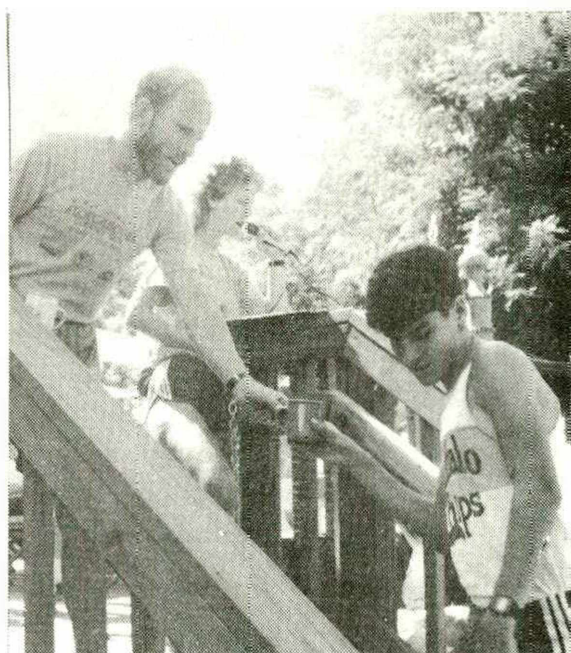
I am a confirmed Brook's Chariot wearer, however after trying out the Quantum Plus, I think that this shoe is every bit the shoe that the Chariot is. Besides a lot of stability and support, it seems to have more cushioning, especially in the rear foot.

This is also an excellent shoe for people who need extra pronation control. The Quantum Plus has a dual density blown rubber outersole with a high carbon heel plate for increased wear and durability. The shoe fits like a glove. Overall, this is one of the better training shoes to come out in a long time.





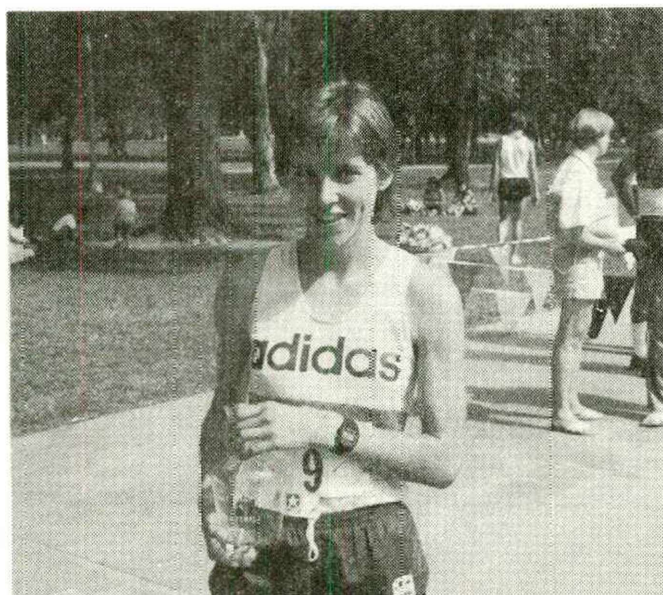
Race Directors of the 1985 Sloughouse Country Run, Beth Matteson and Bill Finkbeiner.



Mike Adreani, 13-19 age division winner. (Race results in the next newsletter.)

SLOUGHHOUSE COUNTRY RUN

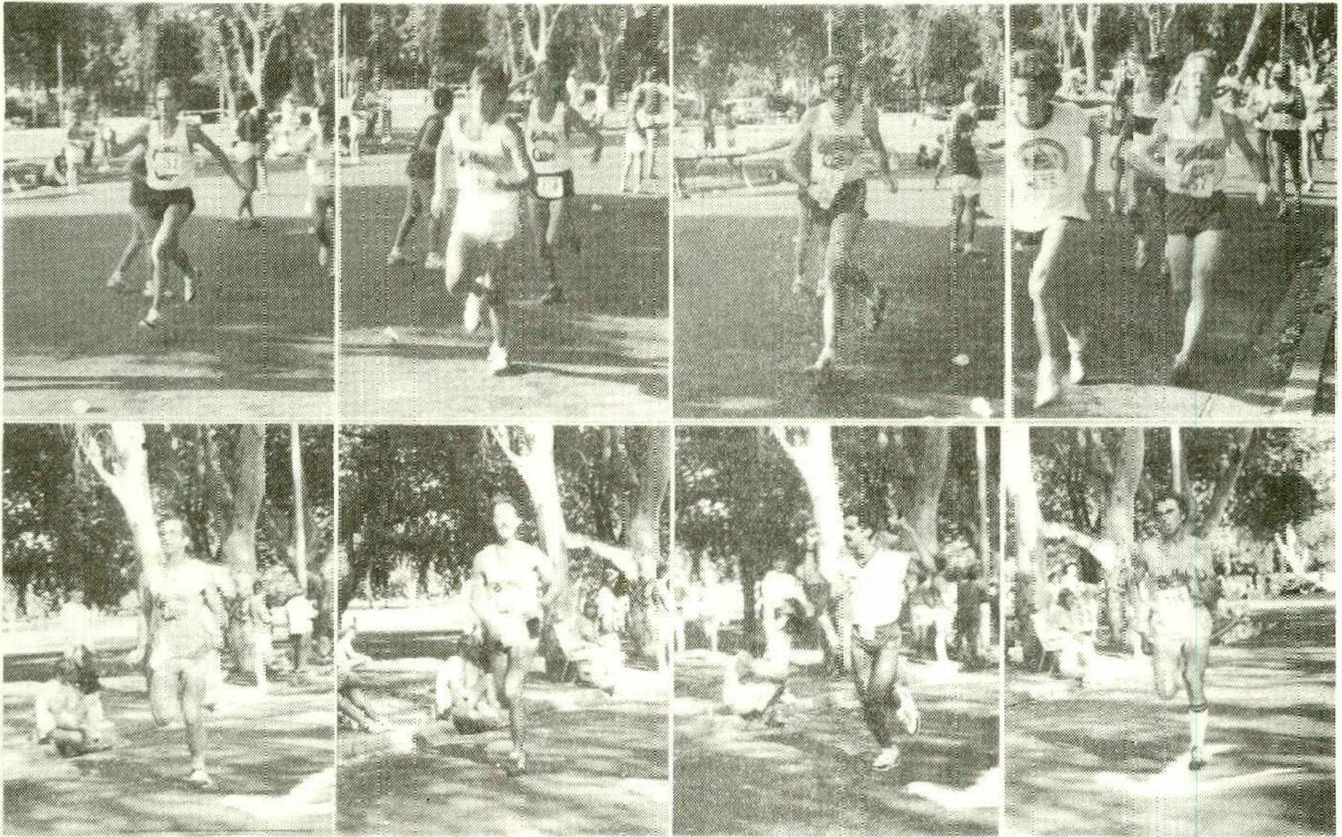
BILLY MILLS 10 K



Kathy Pfeifer, womens overall winner

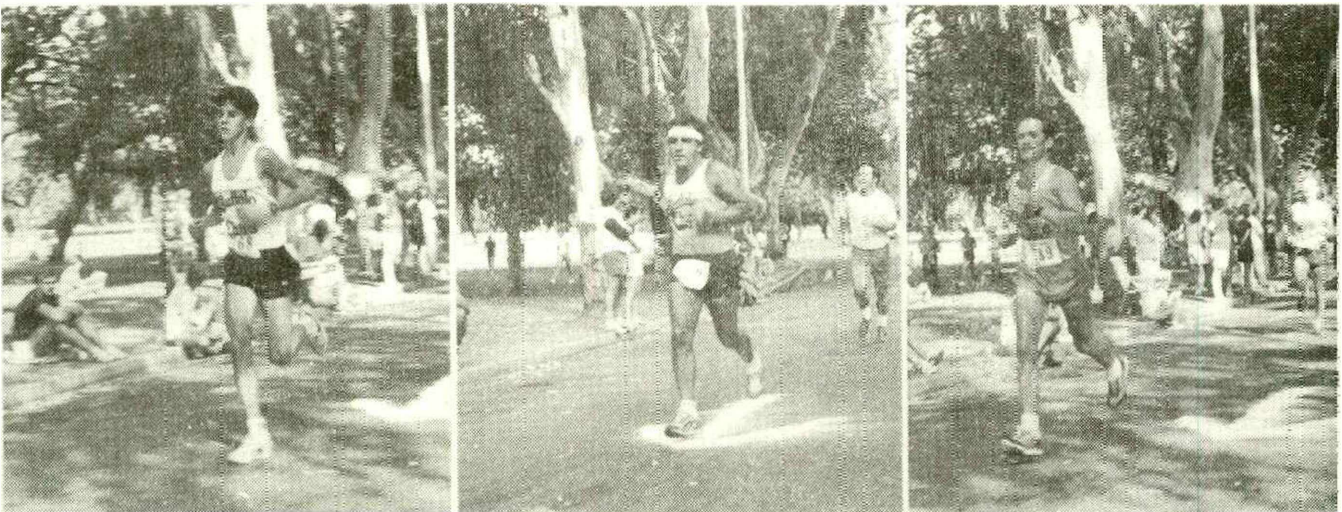


Po Adams, first place 60+



Top row: Don Hicks, Tom Pearman, Steve McCaulay, Dave Neff.
 Middle row: Steve Daniels, Andy Harris, Warren Lockette, Ron Souza.
 Bottom row: Mike Adreani, John Mannarino, Kevin Clmini.

BILLY MILLS



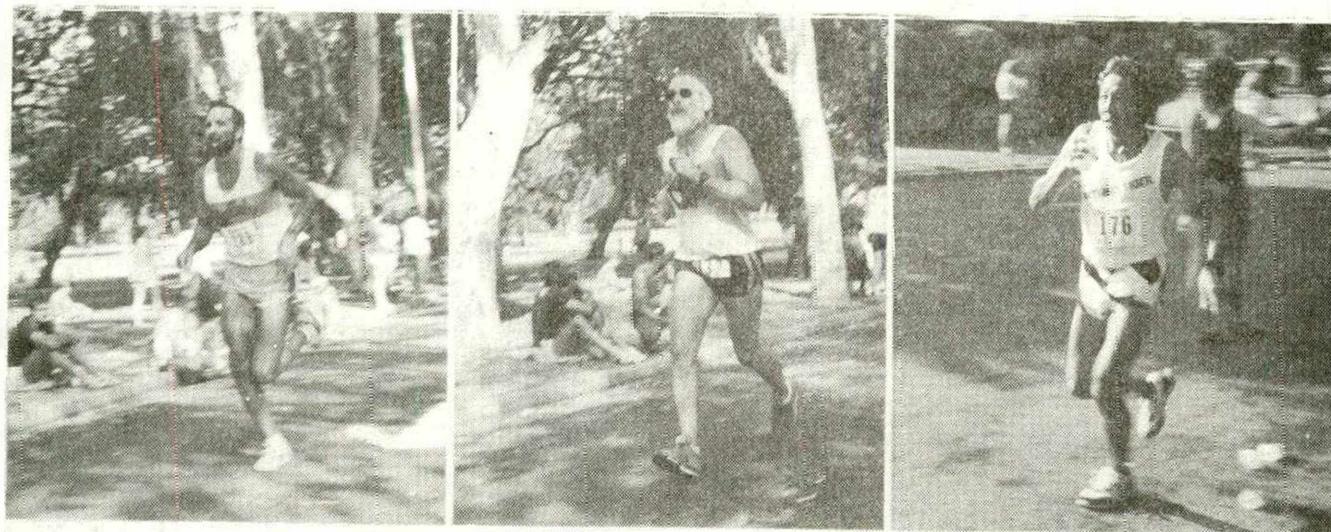


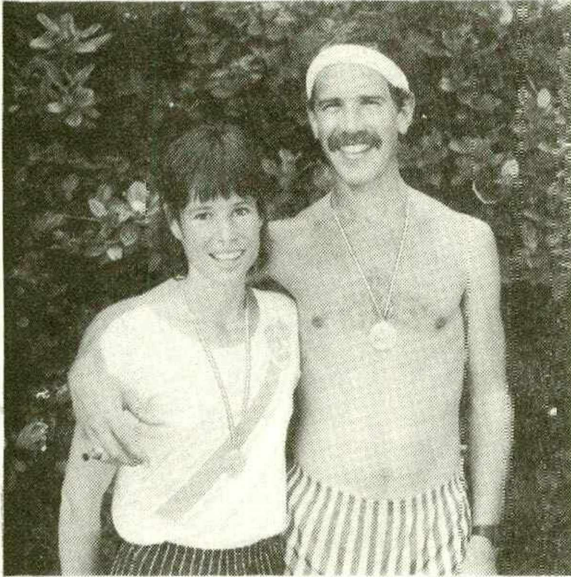
10 KILOMETERS

Top row: Mike Kelly, Carolyn Tucker, Jeff Hayes
and Howard Jacobson, not known to editors.

Middle row: June Hill-Falkenthal, Dave
Cavazos, Art Godwin, not known to editors.

Bottom row: John Kennedy, Jim Parsons,
Jimmy Low.



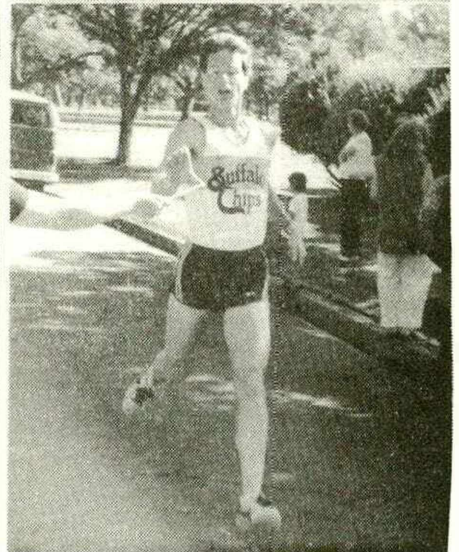
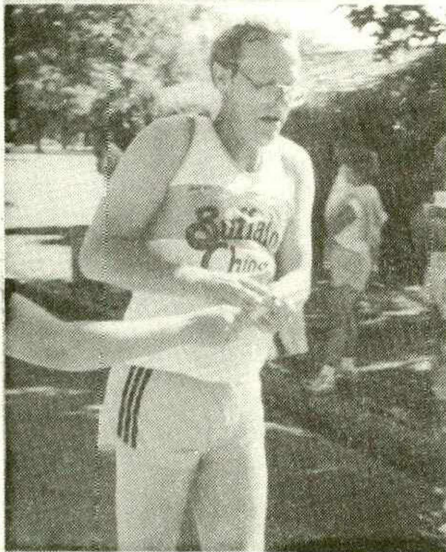
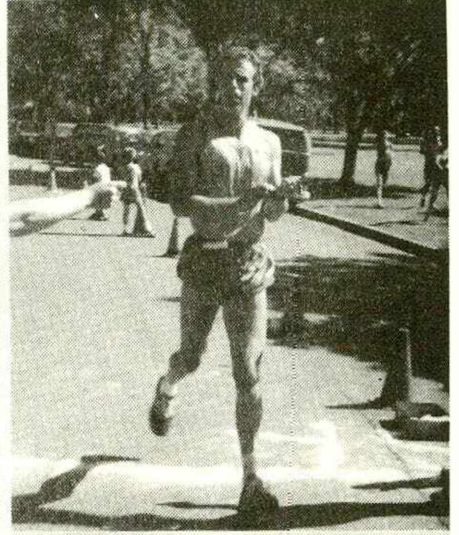


UNITED CEREBRAL PALSEY RUN

Left: Overall winners, Eileen Claugus and Mark Williams.

Below, top row: Jim Parsons, Mike Adreani, Don Spickelmier.

Below, bottom row: Jim Wellington, Jimmy Low, Mike Kelly.





RUNNING SCHEDULE



Thanks to **Carter Keane**, we have a list of most of the local run (plus some interesting out-of-town runs) that will be taking place in the next three months. If space permits, we will print the larger listing Carter has provided us in the next issue.

AUGUST

- Sats 3-31 S.F. Summer X-Country Challenge Series
Golden Gate Park Polo Fields, 10:00 AM
- Sun 4 Skyline 50K
El Sobrante
- Sat 10 Dusty Morgan Run 2.75M
Old Sacramento, 8:30 AM
- Fri 16 Night Moves 5 Mile Evening Run
Hotel El Rancho, 7:00 PM
- Sat 17 McIntosh's Run For Fun 3 & 6M
4120 El Camino Ave., 9:00 AM
- Sat 17 Tri For Fun 1Ks, 20Kb, 10Kr
Beal's Point, Folsom Lake
- Sat 24 Susan B. Anthony Run 10K
Bird Cage Walk, 9:00 AM
- Sat 24 City of Lodi Triathlon
Lodi Lake
- Sat 24 Fleet Feet Run 5k & 10K
8128 Madison Ave., 8:30 AM
- Sun 25 Presidio Ten 10M
San Francisco, CA
- Sun 25 Where The Hell Is Truckee? 30K
Tahoe City, CA
- Mon 2 The Doug Pope Run for the Children
Glen Hall Park, 9:00 AM
- Mon 2 Labor Day Picnic Fun Run
5k & 10K Runs & 5K Walk
William Land Park, 8:15 AM
- Fri 6 Pepsi of Reno
72 Mile Lake Tahoe Run
Tahoe City, CA, 6:00 AM
- Sat 7 Trinity Spirit Run 3M & 6M
Trinity Cathedral Church
Sacramento, 8:30 AM
- Sat 14 Dusty Morgan Run 2.75M
Old Sacramento, 8:30 AM
- Sat 14 Tri For Fun 1Ks, 20Kb, 10Kr
Beal's Point, Folsom Lake
- Sat 14 Sutter Shuffle Fun Run 5K & 10K
Sutter Davis Hospital, Davis,
8:00 AM
- Sat 21 McIntosh's Run For Fun 3 & 6M
4120 El Camino Ave., 9:00 AM
- Sun 22 Buffalo Stampede 10 Miler
Rio Americano H.S., 8:30 AM
- Sat 28 Run So That Others May See
Rio Americano H.S., 9:00 AM
- Sat 28 Fleet Feet Run 5K & 10K
8128 Madison Ave., 8:30 AM
- Sun 29 Bud Light Triathlon
Davis, CA
- Sun 29 Bridge to Bridge Run 5K & 8M
Ferry Building, SF, 9:00 AM

OCTOBER

- Sun 1 Paul Bunyon Relays
5 Person Teams - 43 miles
Leggett, CA, 7:00 AM
- Sun 6 Sacramento Marathon
William Land Park, 7:00 AM
- Sun 13 Zoo Zoom 5 & 10K
Sacramento Zoo, Land Park



RACE RESULTS



CALIFORNIA 50 MILE ENDURANCE RUN

May 11, 1985

by Dana Gard

The Cal 50 is a double loop circuit of dirt fire trails and narrow foot trails located in Annadel State Park, about 5 miles east of Santa Rosa. This race is very well organized by Tom and Nancy Crawford and the California Ultrarunners. The race comes complete with not only tough trails and hills, but a great pasta dinner the night before and pizza delivered hot at the end. All the Chips attending had a nice cool day on the trail and some very beautiful views of Santa Rosa and the surrounding hills.

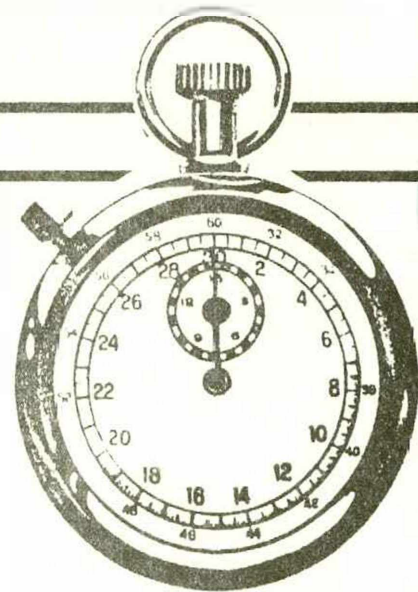
by Glenn Bailey

I was a NO SHOW (injured) for this event. The following is a brief summary from Tom Crawford, Race Director, about the '85 race....

Fortunately, race day was about 20°F cooler than in the past. Thus, some excellent times were recorded for the 101 finishers out of 118 starters. This year, race management provided pizza after the race as well as food and beverage at the medical check-in the preceding evening.

In all, the ultrarunners and friends consumed 55 pounds of pasta, 35 pounds of sauce, 30 pounds of salad, 626 chocolate brownies, 14 loaves of french bread, 82 oranges, 101 apples, 12 cases of beer, 8 cases of Calistoga water, and 8 cases of soft drinks.

Sounds like a great event--eat, run and eat some more....



1. Dan Williams (Non Chip)	6:20:40
10. Chris Delgado, 1st-50's	7:05:21
11. Dana Gard, 2nd-40's	7:05:22
12. Ronny Harries, 35	7:08:41
20. Herb Tanimoto, 36	7:33:59
35. Jan Levet, 34, 3rd F	8:06:21
44. Mike Hernandez, 32	8:41:36
68. Bob Sanchez, 46	9:25:56
69. Jerry Blinn, 38	9:26:18
70. Norman Klein, 46	9:26:18
75. Pete Schoener, 44	9:33:02
100. Helen Klein, 62	12:18:07

GOLD COUNTRY MARATHON

Nevada City
June 2, 1985

Theresa McCourt (New Chip), running a 3:18:21, won the womens division. **Joan Reiss** finishing second, three-tenths of a second ahead of **Sally Edwards**, both finishing in 3:22:28.

Gil Machado finished second in the mens division, running a 2:51.

On July 27th, **Dennis Scott** rode the Tevis Cup (the horseride version of the Western States 100 Miler) in 22 hours to become the thirteenth person to receive silver belt buckles in both events.

From all the Buffalo Chips congratulations to Dennis Scott's horse!



RACE RESULTS



THE BLOODRUN

Miller Park
June 29, 1985

by Abe Underwood

THE (NEAR) PERFECT RACE

Have you ever felt that you "had it all together" during some race? The signs are easy to notice; you feel "pretty good" as you stride through some warmups; at the start you are further up in the pack than normal; your first mile split is fast but you don't feel over your head"; you hold your position and maybe even "pick-off" a few; you feel strong on the uphill while holding your stride and form; your pace seems to pick up in the last mile and you pass your main competition in the last 100 yards; you win your division with a near PR time! A runner's dream come true - pure ecstasy - what more could you want? well, probably the truth for starters.....which my conscience forces me to tell.

First, the race was the annual Blood Run (sixth year, believe it or not). Really, it's a wonderful little low-key 5 and 10k run out of Miller Park with both races totaling about 125 runners. But let's face it; when part of the entry fee includes a pledge for a pint of blood, your average hypochondriac hot-dog runner wouldn't be caught dead anywhere near Miller Park. That does open up opportunities for the rest of us! Now what about those fast splits and finish times? I overheard too many finishers talking about their good times, so when it sounds too good to be true it probably is. My measurements of the course the next day came up short - the 5k was really 3 miles and the 10k was 6 miles give or take 10 yards. Sorry about that everyone!

Even though it didn't turn out to be the perfect race, it turned out to be a very exciting one. With about a quarter mile to go in the 5k, I had to decide if I could hold up through the 10k or go for an all-out sprint to catch the 40-ish looking guy in front of me. Well, the sprint worked. I drew up beside him and then blew past him like I was Billy Mills at the Tokyo Olympics. He didn't even have anything left to challenge me..... but why should he.....he trotted on past my gasping finish and continued on for the second loop of the 10k. Damn! (To top it off it turned out that my phantom competitor was only 37).

My breathing and vision were just beginning to get back to normal when that first woman approached the finish line.....it was my wife, what a thrill! She brought home a trophy that would barely fit in the car.

The following Chips made an overall good showing taking away a goodly number of medals.

5K (3 Mile)

2. Mike Adreani 2nd O-19	16:43
6. Abe Underwood 1st 40+	17:13
7. Chuck Conway 2nd 40+	17:41
21. Cynthia Underwood 1st F	21:20

10K (6 Mile)

6. Dave Ragsdale 2nd 40+	36:55
7. Clark Gossett 3rd 40+	37:15
16. Ken Johnson 1st 50 +	42:00
19. Harry Feusi	43:26
26. Bill Keenan 2nd 50+	48:07
27. Jim Parson	48:47



RACE RESULTS

**FOLSOM 10 KM**

June 30, 1985

by George Parrott

Due to the minimal publicity for the Folsom race this year, it turned into mainly a club affair. Keeping the tradition alive until more careful planning can be done, the race for 1985 found 42 runners charging off to circle the East side of Folsom over a very accurate 10 km course. Chris Turney and Craig Moore cruised, joked, chatted, and floated through to the intentional tie victory, and Eileen Claugus held off a hard driving dark haired unknown for the women's crown. That dark-haired 36-year-old turned out to be Teri Gerber doing some tempo work prior to her absolute conquest of the Western States women's field. Also in the field, and pushing Dave Low through was another of the HERD'S heroines--Kathy Pfiefer home for a month. Kathy recently ran 33:30 for 10 km at the TAC National on the track. Complete results for the race:

1. Chris Turney 1st 20-29	34:21
2. Craig Moore 1st 30-39	34:21
3. Paul Thomas 1st 13-19	34:50
4. Tom Pearman	35:05
5. Bill Schulz	37:16
6. Bob Weber	37:31
7. Querino Enfante jr.	37:35
8. Delmar Fralick	37:44
9. Larry Kuydendall 1st 40-49	38:02
10. Stan Wegner	38:09
11. Eileen Claugus 1st 30-39	38:28
12. Teri Gerber	38:32
13. Fred Nagelschmidt 1st 60+	38:42
14. Rick Spady	38:59
15. Paul Mitchell	40:23
16. Linus Massoth	41:42
17. Bogman Ambrozewicz	42:45
18. Rich Kay	43:04
19. Geoff Hansen	44:06
20. Clark Gosset	44:06
21. Jami Harrison	44:06
22. Kathy Pfiefer 1st 20-29	44:14
23. Dave Low	44:15

24. Robert Phillips	44:54
25. Bob Stoddard	45:17
26. Walt Summers	46:25
27. K.C. Johnson	47:22
28. Michael Otten	47:23
29. M. Shea	47:24
30. Karen Frincke 1st 40-49	47:27
31. Robin Carboni	47:45
32. Jim Williams	49:10
33. Betty Pfiefer	49:38
34. Bruce Bradley	49:47
35. Melanie Roffers	50:01
36. Jimmy Low	50:53
37. John Mannarino	52:52
38. Susan Davis	53:11
39. Kari Kernan 1st 13-19	53:49
40. Steve Wohlrwend	54:08
41. Rippetoe Harlen	54:09
42. Leo Signorotti	55:22

SACRAMENTO MILER'S JAMBOREEAmerican River College
July 20, 1985

Congratulations to Randall Sturgeon and Running Scene Magazine for staging Sacramento's first ever sub-four minute mile. Tom Smith provided Saturday evening's excitement by running 3:58.8 in the Invitational Mile.

Kathy Pfiefer running a 5:02.3 placed 2nd in the Women's Open Mile and **Don Spickelmier** was 3rd in the Master's Mile with a 4:59.

Other Chips taking part in the evenings events were: **Paul Thomas**, **Tom Pearman**, **Bev Marx**, and **John McIntosh**, who looked very strong as he gave the crowd a thumbs up while circling the track in sub-six minute pace.



RACE RESULTS



Don Hicks raises his oars in exultation after winning the ironman portion of The Great Race

EPPIE'S GREAT RACE XII

Goethe Park
July 13, 1985

Buffalo Chips were well represented among the crowd at Eppie's Great Race. In all there were 1,725 competitors, consisting of 520 teams and 165 ironperson entries.

Don Hicks turned in the outstanding performance of the day, winning the Ironman Division.

Strong running performances by Chips found their teams placing in the various divisions. Chris Turney ran for the first place team in the Open Kayak Division. The Inflatable Division was won by Walt Terry's team with Karl Yamauchi's team placing a close second. In the Women's Division, Kathy Pfeifer's team placed second and Chris Iwahashi's team was third. Placing second in the Family Division was David Ragsdale and sons.

Other Chips participating in the Great Race are listed below.

16.	Rick Summers	Ironman
20.	Dennis Scott	Ironman
19.	Donna Quisenberry	Ironwoman
10.	Larry Walton	Sr. Ironman
20.	Larry Kuykendall	Sr. Ironman
5.	Craig Moore	Open
14.	Vic Kaliakin	Open
36.	Carolyn Tucker	Open
38.	Dave Neff (biker)	Open
39.	Stephen McNutt	Open
4.	Tom Wright & Pete Schoener	Senior Men
6.	Jim Rote	Senior Men
15.	Pete Wiesser	Senior Men
12.	Glen Thomas	Canoe
23.	Tom Pearman	Canoe
24.	David Glvens	Canoe
36.	Reggie Benham	Canoe
18.	Thomas Winters	Down River
28.	Cynthia Underwood	Inflatable
4.	James Parsons	Over 50
6.	Ron Souza	Corporate
35.	John McIntosh	Corporate



RACE RESULTS

**COCA COLA BILLY MILLS 10K**

William Land Park
July 7, 1985

The Coca Cola Billy Mills 10K had the Buffalo Chips participating in large numbers against a very tough field of 424 runners.

Kathy Pfeifer ran an impressive 34:46 for first woman overall. Also winning their divisions were **Carolyn Tucker** (34-39) and **Po Adams** (60+).

Jimmy Low was defeated in the 60-64 division by former Chip Jim O'Neil (former Sacramento Slim) who ran 35:51. **Mike Kelly**, running well, placed second in the 34-39 division.

We tried our best to pick out all the Chips off the finishing board but we know that we missed a lot of you. We are sorry for any omissions.

13. Steve Daniels	33:37
14. Andy Harris	33:42
15. Don Hicks	33:44
18. Tom Pearman	34:00
22. Mike Kelly	34:25
23. John Kennedy	34:34
24. Kathy Pfeifer	34:46
27. Ron Souza	34:57
42. Bill Schultz	36:05
47. Mike Adreani	36:55
54. Rod Couch	37:44
56. Dave Neff	37:53
70. Chuck Conway	38:40
72. Warren Lockette	38:45
94. Byron Lea	40:07
107. Art Godwin	40:49
108. Jimmy Low	40:52
113. Howard Jacobson	41:28
139. June Hill-Falkenthal	42:49
146. Steve McCaulay	43:11
152. Carolyn Tucker	43:26
171. Michael Offen	44:23
196. Dave Cavazos	45:33
201. Sue Murry	46:17
244. Betty Pfeifer	48:22
247. Greg Soderlund	48:35

279. Jim Parsons	49:37
343. John Mannarino	52:48
380. Po Adams	57:26
396. Marjorie Lawson	58:16

**8th ANNUAL
UNITED CEREBRAL PALSEY
10,000 & 5,000 METER RUNS**

June 8, 1985

William Land Park

By the 9:00 a.m. start, the runners at the UCP run could tell that it would be another of the 100 plus degree days to hit the first week of a sweltering June. Overcoming the heat were **Mark Williams** and **Eileen Claugus** with overall wins in the 10K race. **Mike Adreani** placing 4th overall, won the 16-19 division. **Don Spickelmier**, last year's 10K winner, was affected by the high temperatures early in the race but hung on for 9th place.

In the 5K, **Mike Kelly** ran 15:49 to win the submasters division placing 4th overall. **Jimmy Low**, 16th overall in 19:14, won the 60+ age division.

10 Kilometer Race

1. Mark Williams	32:54
4. Mike Adreani	36:20
8. Eileen Claugus	36:25
9. Don Spickelmier	36:25
11. Chuck Conway	36:34
16. Sally Edwards	39:22
34. Tom Winters	41:43
46. Larry Walton	43:52
61. Peter Weisser	45:59
83. Jim Parsons	49:56

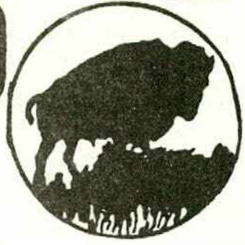
5 Kilometer Race

4. Mike Kelly	15:49
16. Jimmy Low	19:14
42. Jim Wellington	22:21
45. Jennifer Ekstedt	22:29
75. Jim Conzett	24:42



PEPSI OF RENO

25



72 MILE LAKE TAHOE RUN

SPONSORED BY PEPSI OF RENO AND BUFFALO CHIPS RUNNING CLUB OF SACRAMENTO

APPLICATION

Name _____ Birth date _____ Age _____
 First Last

Address _____
 Street City State Zip

Handler's name _____ Entrant's phone # _____

Division (circle one) Mens open Mens 40-49 Womens open
 Mens 30-39 Mens 50+ Womens 40+

My best marathon and ultra-marathon times are:

Event	Distance	Time	Date
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

WAIVER

In consideration of your accepting my entry, I, intending to be legally bound and with knowledge of my rights, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have or acquire against the Pepsi Cola Bottling Company, the Pepsi Cola Bottling Company of Reno, the Buffalo Chips Running Club, the Pacific Association of the Amateur Athletic Union and their officials and agents as a consequence of participating in or traveling to or from the "Pepsi of Reno 72 Mile Lake Tahoe Run." I acknowledge that you have advised me that the elevation of Lake Tahoe is approximately 6,230 feet above sea level, that strenuous activity such as a foot race should not be undertaken at this elevation without first consulting with a physician concerning whether I am physically fit for such activity. I certify that I have consulted with my physician who has advised me that I am physically fit for this event. I further certify that I have sufficiently trained for competition in this event. I agree that my handlers and I will abide by the race rules and cooperate with the California and Nevada Highway Patrol, the Sheriff's deputies of the various Nevada and California counties located at the Lake, the race officials and any others concerned with the operation of a safe and successful run.

Signed _____ Date _____

Mail to: Bill Stainbrook, 5303 13th Ave., Sacramento, CA 95820.
Enclose \$15.00 entry fee. Make checks payable to 72 Mile Lake Tahoe Run. Deadline for entries is August 30, 1985.



LETTERS



Dear Fellow Chips,

Having been a Buffalo Chip for 10 years, I am concerned about the turn I see the club making. Specifically, I am concerned about the elitism being promoted by our high dunger, George "Tweet tweet" Parrott.

Last year, a survey showed most members enjoyed the jogger to ultra-marathoner tone of the club. At that time, George voiced his disgust at the process.

What is happening?? George is using money from an account that was generated by his being director of the Clarksburg Classic 20 Miler, a race he is no longer affiliated with I might mention. Not one penny is from the Buffalo Chip treasury. George could have purchased magenta shoe laces for the greater Sacramento area with the cash. Instead, he has purchased Hind tops emblazoned with the Buffalo Chips logo on front and back and gives them to members who qualify via a speed criteria. Rumor has it a non-member was given one of these tops before a July 4th five mile run. The thought of establishing an elite racing team bothers me. It is the antithesis of why the Buffalo Chips was formed in the first place. Read Abe Underwood's history of the Chips. Encouragement of all levels of running was the intent of the club. Certain members have made statements about how embarrassed they were when they lined up at the start of a race and snide comments were made by Capital City Flyers or Aggies about the status of our "fast" Chips. What is pathetic, is that our "elite" racing characters are already minutes behind most Flyers and Aggies. My belief is, if Mark and Gil were fast enough, they would have bid adieu to the Chips and scaled to greater running heights as members of a faster club. The Buffalo Chips

Running Club was never intended to compete with the blazing clubs of Manscor's Flyers or "Peanut" Harm's Aggies.

George is promoting new colors which I might add are virtually invisible in a large race such as the S.F. Marathon. Sorry Gil, I heard you before I saw you in the race. The solid gold looks great and stands out beautifully. The summer mesh top is great for our heat stroke producing races in the Sacramento area.

George Parrott, you are ruining the flavor of an excellent running club. People are quitting. People are not saying; "Stop, don't do this". I am imploring you to mend your ways, George. If you can't, then start your own club. Call it the Capital City Aggies, but leave the Buffalo Chips alone. To be sure George you have done some positive things for the club. You have established weekly workouts for the club members and you have encouraged female participation in the club. (To what end is debated by some dungers.) I caution you not to let the power of the presidency turn you into a less than ethical leader. Remember that geek Dickie Nixon, former President of the U.S.?

As for the silent majority...it is your club. If you like being a jogger and the camaraderie of less-than-world-class runners, please speak up. I run and encourage others to run. I came up to some fellow at the end of the San Francisco Marathon and said, 'Good run Chip!' I didn't know who he was, only that he was wearing a summer mesh Chip top and that was enough for me.

Take care,
Howard Jacobson

ATTENTION TO ALL FELLOW RUNNERS

This is a special request from Thomas Tabor, a visually impaired runner and a current member of the Buffalo Chips Running Club. My request is to all and any runners who would be interested in training or running with me during week days or weekends or in any half marathons, ten milers, or local runs. Since I am visually impaired, it is very important that I have another runner's assistance in training or running events in order for me to become a better runner. The days that I train and the times that I run are Monday, Wednesday, and

Thursday after 5 P.M., Saturdays and Sundays after 6 A.M. I am also interested in running in the Pear Fair, the Humboldt Redwoods Half Marathon, Clarksburg 20 Mile Run, or any other local run that you may be participating in. I'll be more than happy to share the cost of transportation and I also need transportation to the Rescue runs.

Thank you very much,
Thomas Tabar

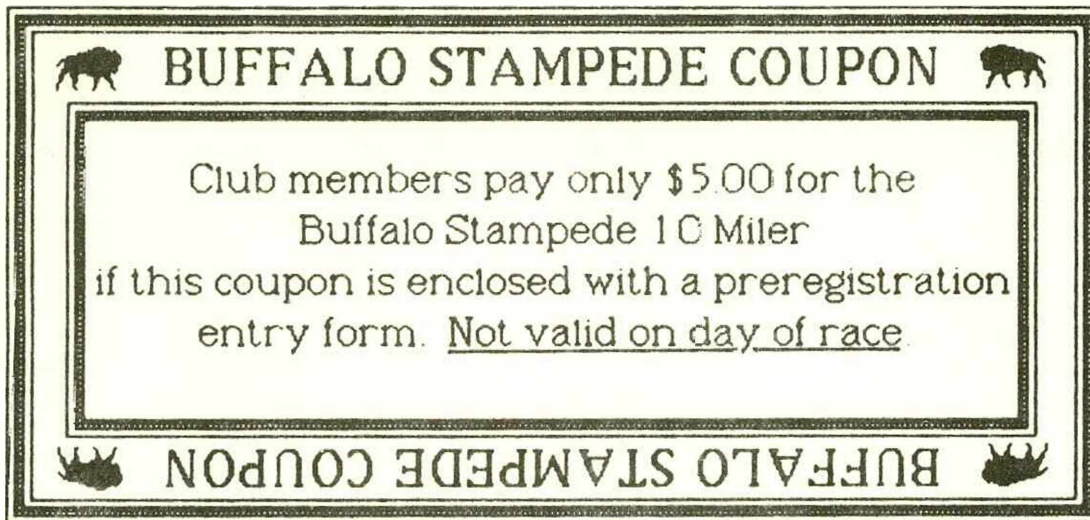
Work Phone 443-3671
Home Phone 446-1109

FROM THE EDITOR

With regard to the State of the Herd in this issue of the newsletter.

Running unofficial should be discouraged. (Sorry to say, even Chips have been seen in their singlets running unofficial.) It is truly unfortunate when the unofficial runner is an elite runner capable of leading a race as in the recent case of the Davis Half Marathon and Rich Langford at the Pepsi 20 some years ago. True, elite runners do add to a race. It would have been a tragedy for this running community if Frank Shorter or Bill Rodgers had shown up with Rich Langford to toe the starting line, for they too would have been denied entry. Perhaps Paul Reese's policy of no race day entries may not have been the best or Paul may have been too rigid with his own policy, but it was what he considered effective race management.

Race directors shouldn't be misled into thinking that fast runners make a quality running event. Courtesy entries are fine (I'm sure they're appreciated, and hopefully not expected), but they are not a substitute for good preparation and organization. The Pepsi 20 had 1057 finishers in 1979, the last year Paul Reese handled the race before turning over directorship to George Parroff. It was a race that drew its numbers from its reputation of consistent year-to-year quality. (Something that this club has lost in the Folsom 10K - 42 finishers this year.) The Pepsi 20 was a race that drew the best of the Bay Area runners. It attracted runners like Brian Maxwell, the Canadian National Marathon Champion, and Bill Clark, former U.S. Olympic runner. The Pepsi 20 was not known as a media event or a money run, but Paul's efforts made it known as a runners run. All done for the love of running and not for the profit of running.



BUFFALO STAMPEDE TEN MILER

**Sunday, September 22, 1985 8:30 A.M.
Rio Americano High School**

Karl & Nancy Yamauchi, Editors
Buffalo Chip Newsletter
4921 Crestwood Way
Sacramento, CA 95822

We are sorry for the delay in the newsletter our printers were on vacation for two weeks. And our apologies to all those who wrote articles and met our deadlines. The deadline for articles for the October newsletter is September 1.

THE PARTY OF THE YEAR

THE BUFFALO WILL GATHER AND RELIVE 1985

WHERE: Straw Hat Pizza, 9129 Kiefer blvd.

WHEN: December 8, 1985 from 6 P.M. to 9 P.M.

WHAT: Pizza and Salad Bar hosted by the club for all paid in full members. No host bar (you pay!), but the food is on the HEAD. Video of the CIM. BRING A DESSERT TO SHARE!

Annual Awards Presentations to Distinguished Bison

DON'T MISS THIS...LAST YEAR'S GALA IS STILL BEING PRAISED !

**Buffalo Chips Running Club
P.O. Box 186
Carmichael, Ca. 95609**



KIM ISHAM
5005 HEMLOCK ST.
SACRAMENTO, CA 95841

ANNUAL ACHIEVEMENT AWARDS: NOMINATIONS CALL

It is time to prepare the year's most awaited awards program. Emmy's, Oscars, Tonys, etc. are nothing compared to the reborn **ORDER OF THE BUFFALO** ceremony held in conjunction with our annual end of the year **PARTY**.

Please submit nominations for any of the following categories to any board member or to the newsletter by December 3, 1985.

Best Marathoner

Best Runner, 5 km to 20 miles

Best Ultra-Marathoner

Best Master

.....All of the above awards have both male and female divisions

Most Inspirational, one award

The Jay Henderson, Most Marathons in 1985-Award

Most Races in 1985

Humorous Recognitions

Best Dressed, male and female

Worst Dressed (male only-- there are no poorly attired female Bison)

Best Body, male and female

Best Legs, male and female

Most Weight Lost, male OR female

Most Unique Running Style

"Create-a-Category" Give us your ideas, and nominations, and we will try to incorporate these into the program. Remember, all nominations must be in as soon as possible, and certainly no later than December 3, 1985.

CHIP COUPON

JED SAITH 50 MILE CLASSIC

FEBRUARY 16, 1986

ENTRY FEE: \$15

Member Discount Coupon

NEW CHIPS

ROSTER OF BUFFALO CHIPS RUNNING CLUB

AUGUST 20, 1985

NAME	ADDRESS	CITY	PHONES		BIRTHDATE
			HOME	WORK	
BOB AHLSTEDT	88 AIKEN WAY	SACRAMENTO	CA 95619	452-3789	06/09/23
PAUL BREWSTER	2008 P ST. #7	SACRAMENTO	CA 95814	444-8717	05/14/60
DAVID CARPENTER	2960 19 ST.	SACRAMENTO	CA 95818	443-2993 446-9884	08/08/55
KURT CARPENTER	41 QUAY CT. #118	SACRAMENTO	CA 95831	427-9196 447-5535	10/03/56
MADELYNE					11/29/59
KEVIN CIMINI	2317 J ST. APT A	SACRAMENTO	CA 95816	446-3780 324-9788	04/18/60
KATHIE					09/14/59
DAVID					01/03/85
JAMES CLOVER	11836 LOS AMIGOS RD	HEALDSBURG	CA 95448	433-0560 576-2145	03/15/42
ROD COUCH	512 HARTNELL PL.	SACRAMENTO	CA 95825	648-1801 643-2787	02/18/46
PATRICIA CURRIE	8816-A LA RIVERIA	SACRAMENTO	CA 95826	362-9356 454-8241	12/28/48
JENNIFER CURRY	2424 HURLEY WAY #103	SACRAMENTO	CA 95825	920-8200	12/03/70
MARILYN					02/19/41
ROGER DIKE	4980 HARRISON ST.	NORTH HIGHLANDS	CA 95660	348-1567 3481567	07/17/54
DAVE EDMISTON	209 ELMHURST CIRCLE	SACRAMENTO	CA 95825	929-4784 929-4883	01/31/46
KAREN					10/14/50
ASHLEY					05/24/78
KEN EGIDE	PO BOX 530	CITRUS HEIGHTS	CA 95611	726-3006 726-3006	06/15/41
ART GRUBEL	1728 CARAMAY WAY	SACRAMENTO	CA 95818	443-4181 447-2766	05/05/45
HELENE HALLER	960 SOMERSBY WAY	SACRAMENTO	CA 95825	487-6364 483-3437	07/09/33
RONNY HARRIES	4724 T ST.	SACRAMENTO	CA 95819	454-1610 454-1610	04/14/50
T. ANDY HARRIS	919 STERN CIRCLE	SACRAMENTO	CA 95822	444-8699 921-5584	08/05/59
KENNETH C JOHNSON	7705 MUIRWOOD WAY	CITRUS HEIGHTS	CA 95610	723-4093 452-3211 X4394	12/16/39
ROBERT JUDGE	1701 C ST #204	SACRAMENTO	CA 95814	441-0936 326-5273	10/28/60
ANNETTE KASSIS	5867 TANGERINE AVE	SACRAMENTO	CA 95823	392-8420 482-8190	05/24/60
KARI KERNAN	8269 CARMENCITA AVE	SACRAMENTO	CA 95829	682-3111	10/26/68
JAN					09/06/36
JIM					02/11/23
STACY					04/27/66
DARRELL KINDRED	2404 1/2 KT. #C	SACRAMENTO	CA 95816	441-1436 344-2071	05/24/41
DAVE KINGSTON	3306 BROKEN BRANCH CT. #134	SACRAMENTO	CA 95834	922-9776	12/24/49
KEVIN KIRBY	9250 THILOW DR.	SACRAMENTO	CA 95826	361-1206 689-1040	01/30/57
PAMELA -					11/05/56
KEEGAN					12/11/82
NORMAN KLEIN	7820 WINDSOR LANE	CITRUS HEIGHTS	CA 95610	966-1390	03/12/38
HELEN					11/27/22
KAREN KLINGER	1097 CASTEC DR.	SACRAMENTO	CA 95825	481-1094 484-1071	07/04/39
DENNIS LINDSAY	BOX 9621	S. LAKE TAHOE	CA 95731	544-5461 541-1444	10/22/51
KATHY					
JENNIFER					
ERIC					
RAY LUX	4145 PASADENA AVE.	SACRAMENTO	CA 95821	488-4947	01/23/40
DOUGLAS B MCCLELLAN	88 RIDGE RD.	FAIRFAX	CA 94930	(415) 453-0806	/ /
THERESA MCCOURT	2210 CAPITOL AVE. #1	SACRAMENTO	CA 95816	446-3543	04/29/59
CONSTANCE MORRIS-SHORTLI	4801 U ST	SACRAMENTO	CA 95817	456-3571 451-7055	09/08/49
JAMES RAJA	4333 F ST	SACRAMENTO	CA 95819	454-9522 454-9522	01/24/55
BILL SCHULZ	2700 H ST	SACRAMENTO	CA 95816	446-7127	12/16/56
STANLEY SIMMONS	5018 PRIMROSE DR.	FAIR OAKS	CA 95628	962-0605 643-6631	02/23/36
GARY SWANSON	1162 SWANSTON DR.	SACRAMENTO	CA 95818	446-5750 445-8956	05/31/44
TIM					
KRISTEN					
TOM TABOR	2320 H ST	SACRAMENTO	CA 95816	446-1109 443-3671	08/13/51
BOB TSUBAMOTO	769 MCKINLEY AVE.	OAKLAND	CA 94610	834-4247 627-1600	08/02/41



BUFFALO CHIPS



Number 76

NEWSLETTER

RUNNING CLUB

June 1985

1985 WESTERN STATES 100 MILE ENDURANCE RUN

by Dana Gard

Saturday July 6th, 5:00 am to ?

The 1985 Western States 100 includes an impressive field of 14 runners from the Herd. It looks like '85 will be a nice hot dusty run with the only major problem being the extra 6 miles being added to the course; finally 100 miles (We hope).

The following are the Chips that have been training the last six months with only one goal in mind; the finish at the Placer High School Track in Auburn, oh yes the silver buckle:

Glenn Bailey - W.S. '80, 27:32, being one of the top Chip ultra runners I know everyone in the club is backing Glenn for a good race in '85. Good luck from all the Herd!

Mark Brotherton - Mark just started racing ultras and should surprise some of the front runners. Great up hill runner. 1st W.S.

17:14 (4)

Cheryl Clanton - Cheryl was tough in the '83 W.S., 27:22, and is ready for a good run. Don't look back guys Cheryl's gaining on you.

23:49 (2)

Helen Kline - Our Senior Chip for W.S. '85, but very young at heart. Helen will improve on her '84 time if she shows the kind of will power to finish as she displayed at Cal 50.

29:52



9-B. 2-P. 2-DNF. B.T.

Jim Clover - W.S. '82, 23:24, an out of town Chip (Healdsburg). I met him for the first time at Cal 50, Santa Rosa. Jim's ready and should have have a good showing in '85. 23:35 (21)

Roger Dike - Roger completed W.S. '83 in 23:47, he should improve greatly with the many long canyon runs put in. Looking strong. DNF-M.B.

Gordon Hall - W.S. '83, 23:48 (time to spare Gordon). Without an extended break at White Oak Flat, Gordon will improve greatly.

23:42 (20)

continued on page 3

4
14
23
46



Summer is upon us, and there are no more major reasons for not getting that training done. More and more Bison seem to be showing up at workouts, and the numbers of Buffalo have never been greater--at least as far as I can remember. I want to welcome all the new members and encourage their full participation in the club--we're very pleased to have you with us.

I want to draw your attention to the new editors of the club newsletter: Karl and Nancy are taking over as of this issue. Let's try to help them with more articles and reports and pictures. The newsletter will be better to the degree that we have as many new "authors and photographers" as possible!!!

BUFFALO CHIPS OFFICERS

High Dungen
George Parrott, 921-6782

Vice Dungen
Eileen Claugus, 366-3270

Dung Recorder
Marge Hansen, 428-5923

Dung Counter & Dung Herder
Mike Miller, 488-3833

Dung Coordinator
Gil Machado, 421-1967

Race Chairchip
Abe Underwood, 456-9257

Newsletter Editors
Karl and Nancy Yamauchi
443-5400

We are in the process of improving our (the CHIPS) working relationship to the board that manages the California International Marathon. It seems that in the past year and a half we have somehow lost contact with that group--even though we as a club have two seats and votes on the management board. It is my opinion/observation that the California International Marathon is in major trouble, and without some very good breaks, we could lose this event. The Marathon NEEDS a major sponsor to be committed to the event, to running and to Sacramento, and to support these commitments with (my estimate) at least \$100,000. The Marathon Board is killing itself trying to raise funds to maintain the race, and they need (I believe) a single large sponsor to give them solvency. I urge any CHIPS who might have good contacts with any of the REAL POWERS in the Sacramento area to encourage those persons to consider sponsoring the CIM. This event cannot be put on with nickel and dime contributions. I have asked the CIM Board to send copies of their minutes to newsletter and future issues will have CIM updates based on these reports.

I would also like to take this opportunity to welcome Mark Hicks and Glenn Bailey as new (returned) CHIPS BOARD members. Due to other obligations Gordon Hall and Reggie Benham could not continue their terms, but their long service to the club has been greatly appreciated by all of us who have worked with them.

WESTERN STATES continued

Ronny "Rocket" Harries - If speed were what it took to complete W.S. bet on Ronny. This being his 3rd W.S. the experienced gained over the years will get Ronny to Placer High School well under 24 hours. Has a great pit crew. **22:22 (48)**

Eric Iancone - Ran a great 22:30 in his first W.S. in '82. Eric has worked hard this year and will improve. Let's have minimum flash light time Eric. **21:17 (27)**

Jan Levet - I've been to many ultra races this year with Jan and there's not tougher competitor on the course, man or woman, than Jan. '85 will be her first of many successful W.S. runs. Good Luck to JHIKER. **23:38 (83)**

Al Ortiz - First over the 24 hour limit in '84, 24:02. Al's been doing more speed work this year and will not get caught by the clock this year. Good Luck, Al. **D.N.F.**

M.B.

Bob Sanchez - Bob is a survivor with over 50 marathons and many 50 mile races. First time at Western States. **29:38**

Chris Delgado - W.S. '84 D.N.F. at Highway 49 crossing. **20:32 (19)**

Dana Gard - Chris and I have a plan to run together for the '85 race. We've found over the years of running together that the few minutes apart we would finish running our own race are not significant. The company and monitoring of each other during a race pays off in the long runs. The Highway 49 crossing will not be a problem this year, we will be out numbered 6 to 1 by our pit crew, orders are not to let us sit down. Good luck Chris, WE'LL need it. **21:03 (23)**

I would like to urge each club member to get out and support this group of Ultra-runners in anyway possible during the race a familiar along the trail will be greatly appreciated by us all.

"GOOD LUCK!!!"

BUFFALO CHIPS BOARD OF DIRECTORS

Glenn Bailey
Galen Baker
Eileen Claugus
Marge Hansen
Mark Hicks
Howard Jacobson
Gil Machado
Mike Miller
George Parrott
David Ragsdale
Donna Wright

EDITORS NOTE: The Western States Endurance Run is truly an unique running event. Any one who runs Western States not only pays a \$125 entry fee but usually commits themselves to train a whole year just for it. I hope that you all will submit to Dana's urging to see this incredible event. At least be there for the finish. (The nights in Auburn can get fairly cool, even in July, so bring some warm clothing and bring some food along - you may stay longer than you think.) Incidentally Dana Gard ran the 1983 Western States in 22 hours 48 minutes.



May 2, 1985
Eileen Claugus' residence

Directors present:
Galen Baker
Eileen Claugus
Howard Jacobson
Gil Machado
Mike Miller
George Parrott
David Ragsdale

Members present:
Michele Bunds
Mark Hicks
Dennis Scott
Mark Williams
Karl Yamauchi

Meeting called to order at 7:50 PM

Donna Wright is recovering from major surgery. Good luck Donna. Jeremiah Russell a long time Chip, now living in the Yosemite area, suffered a heart attack during a triathlon in April. He's now home from the ICU of the hospital; here's hoping for a speedy recovery for the "Best Body" Chip (an award he won a couple of years ago).

Gordon Hall and Reggie Benham have each missed four board meetings in a 12 month period and are removed from the Board. Mark Hicks and Glen Bailey have been elected by the Board to fill out the unexpired portions of their terms.

Video tapes of the Bonnie Bell Race and some Tuesday night workouts are available from George Parrott in either VHS Or Beta format. See Chips live(?) and in color actually running!

A race director is still needed for this year's Stampede. Sally Linn had volunteered but as yet she hasn't renewed her membership.

Galen Baker has resigned his editorship of the newsletter. Thank you for your noble efforts. Karl and Nancy Yamauchi have volunteered to take over for which much praise is due them. They ask that if you attend a race, function or just have something to say please submit articles to them. They would prefer the material be to them about a month in advance of the newsletter date (every even month) if at all possible. Same with advertising and race notices.

A motion was made and passed to order enough newsletter to allow them to be distributed to the running stores in town.

The planning is still going on for a rafting party. More later.

Out of a discussion of ordering new windbreakers for the club and the fact that the colors of the present racing singlet didn't suit at least some of the club members it was decided to look into clothing for all purposes, including ultra running gear (per Dennis Scott's suggestion). Mark and Eileen will check this out.

If any out there in "Club Land" are interested in seeing what's happening at Board Meetings please come. June's meeting will be at Dave Ragsdale's house June 6, 7:45 PM and July's meeting will be at Mike Miller's house July 11 (note NOT the first Thursday because of the holiday).

Mike Miller, Secretary for the night

TRAIL DROPPINGS

□ If you are planning to move or have moved, Mike Miller urges you to notify him of your address change and any updating that needs to be done to the Chips Club Roster. Also note that the club newsletter is a bulk rate mail item and will not be forward to you if you have moved.

□ There still are some free runs around town.

K108 Fun Run - monthly on the second Saturday at 8:30 am, 2.75(?) mile out and back, starting in Old Sac with refreshments afterwards.

Old sacramento Nooner - noon, the first Thursday of each month, at the south end of the Central Pacific Passenger Station, Old Sacramento, 3 mile, 5 kilometer, and 4 mile fun run.

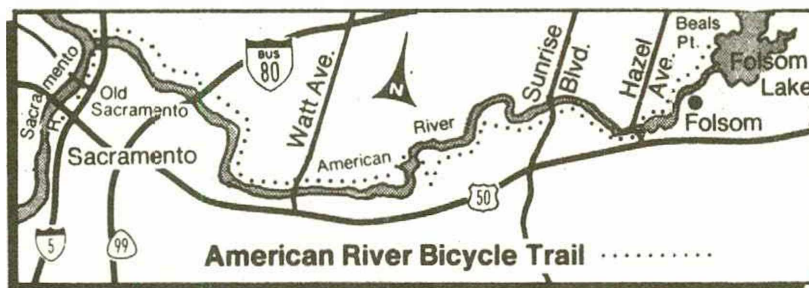
Fourth of July - River Run - 5 mile, start in front of the Sacramento Union.

□ The last link in the American River Bike/Running Trail was dedicated on May 11, 1985. The just-completed two-mile stretch runs from Mississippi Bar to Negro Bar in Folsom. You can now run/ride 30 miles from Old Sacramento to Beals Point on the west shore of Folsom Lake.

□ Chips Beth Matteson and Bill Finkbeiner are race directors for the SLOUGHHOUSE COUNTRY RUN, a 5K and 10K with a 1/2 mile kids run, on Sunday June 23, 1985. The run benefits the Northern California Wheelchair Sports Association.

□ The Folsom 10K is on for Sunday, June 30, 1985, 8:00 am with George Parrott as race director. A Chips discount coupon is in the newsletter.

□ Some of the bigger running events we know of off hand in July are: the Coca Cola Billy Mills 10K (July 7) Eppie's Great Race (July 13), the San Francisco Marathon (July 21), and the Pair Fair 10 Miler (July 28). If you like crowds these look good. (And, of course, it looks like you can also cherry pick every weekend in July.)





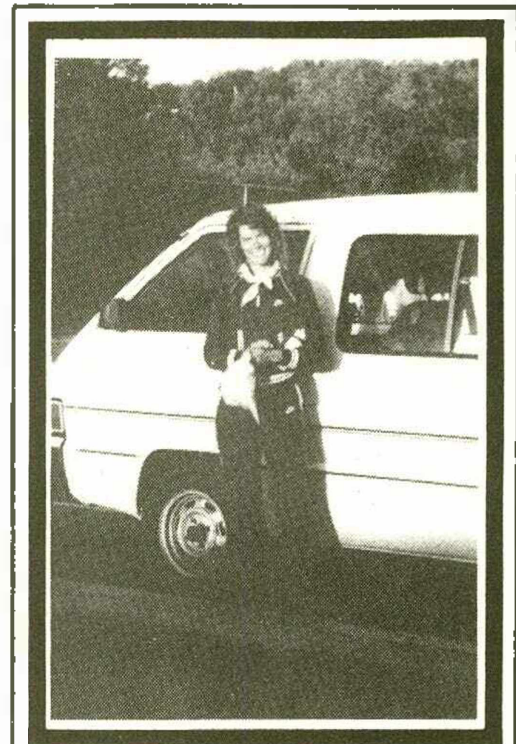
JAN LEVET - ULTRARUNNER

Jan Levett from Camino, Calif. has been running a lot this past year preparing for the Western States 100 Mile Run. After trying to get in for three years, she's finally gotten picked.

In the past few months Jan has placed third in the hot 95 degree American River 50 Miler (April 14), running 7 hours and 47 minutes - 39 minutes faster than the year before and she won the Steam Roller 100K (April 27) in 12:24. Jan broke her own 50K record by over 29 minutes in the Good Old Country 50K (May 4). Jan also ran the California Endurance 50 Miler placing third in a time of 8:06.

Recently she won the two day Sunkist 100K (May 18-19) put on by Paul Reese which was a real tough course with two and three mile long hills in them. And on June 2, Jan ran the Nugget 50 Miler in 8:44 for another first place finish.

Besides running during the week Jan also swims, lifts weights, and rides her bike plus she teaches Spanish at El Dorado High School in Placerville.



What can exercise and lifestyle have to do with health and longevity? Here is what some researchers have found that might be of interest to all joggers.

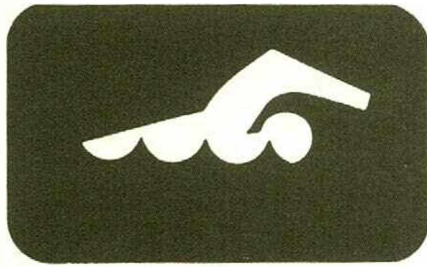
According to some Harvard University investigators, regular aerobic exercise may improve lifestyle, cardiovascular health, and longevity. Extended findings of their earlier long-range health study of 16,936 Harvard alumni who entered college between 1916 and 1950, Ralph Paffenberger Jr., M.D., and other researchers found a strong inverse relationship between exercise level and death from all causes, total cardiovascular and total respiratory diseases. They found a similar but weaker trend for total cancers.

Currently active alumni who were sedentary in college had as low a risk for coronary disease as those who had been and still were active. Inactive alumni who were active in college were at the same risk as those who never exercised. Past activity levels made no difference in coronary risk; current activity, however, did reduce risk.

These researchers found that men who burned 2,000 plus kilocalories a week (equivalent to running about 20 miles) were less likely to have coronary artery disease, regardless of adverse lifestyle factors such as smoking, obesity, hypertension, or family history. They also learned that exercise has a direct influence on other lifestyle elements such as reducing the desire to smoke, favoring reduction or avoidance of obesity, helping to control blood pressure countering dietary impulses and psychological stresses, and inducing alteration of unfavorable environmental or family circumstances.

Finally, according to these investigators the lower mortality rates of the Harvard alumni who exercise at high levels should imply a longer life expectancy for active men. They concluded that future studies of aging are likely to reveal that exercise does tend to prolong life by its effects on the general maintenance of good health.





GETTING SUITED UP FOR THE ONSLAUGHT OF TRIATHLON SUMMER!...

Or, How to finish one of these darn things on minimal training.

As the weather warms up many of us TRI-Chips are cleaning off the dust from our bikes and taking out those stupid swim paddles. We'll enter a few biathlons (run and bike) and watch those bikie hardcore types blow us away in the last few miles. Just wait till we add the swim to these mutant events. Triathlon season is on the way!!

Now, you have decided that it's time to find out what this triathlon madness is all about. Well, like I said last year and I'll say it again this year. You too can become a triathlete without fear of losing your job, wife or husband, and falling asleep at 8:30 p.m.

Since most of us started out as runners I will skip the pep talk on running. Let us get on to the important parts.

In a recent article of TRIATHLETE magazine, author (?) Dave Horning writes that one might safely complete a short triathlon on a minimal 7 hours a week training. It is a well-written article that tells you just about everything that you'll need to know to get started. It is the April issue and one well worth keeping until the pictures turn yellow. At the bottom of this article I'll reprint (without authorization) his 7 hour breakdown. But let me hit the highlights.

Swimming is the hardest for most of us to master, me included. In the 7 hour training program our prospective triathlete should swim two hours a week. This can be broken down into: 4 ½ hour, 2 one hour, or 3-40 minute workouts. If your goal triathlon has a ¼ mile swim or longer, I recommend working up the 40 minute workouts. It is also a good idea to find an open water swim before the actual goal race. My favorite is Beals Point at 7:30 a.m. when there aren't a lot of humans wandering around. The basic essentials for swimming include: a suit, goggles, and a bright colored cap.



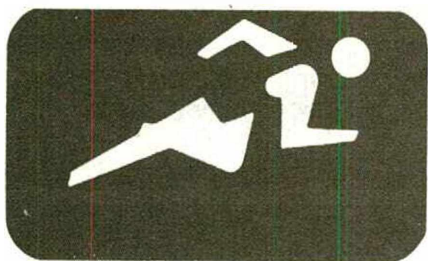
Bicycling is an easier sport for runners to learn. It uses different leg muscles but at least they are leg muscles. The same programs as used in the swim program can be utilized here. For rides over 10-15 miles you'll want to get your rear end accustomed to sitting on the saddle, so the longer time you can build up to the better. To finish your first triathlon a fancy expensive racing bike won't be needed. Any bike that is comfortable to the user will work. There are many popular riding places but my least favorite is the bicycle path along the American River. - Good place to have an accident.

When you get serious about this foolishness then go to a good bicycle store who can answer all the

TRIATHLON

continued

questions and fit the proper bike to the user. Two good stores for the budding triathlete are City Sports Works in North Sacramento and City Bicycle Works in downtown Sacto. Both stores are run by cyclists, biathletes, and triathletes. Ever wonder how we got soooooo many titles? The most important item a triathlete should own is a hare shell helmet. The most popular models are the Bell V-1 Pro and the Skid-Lid. In almost all triathlons drafting (or sucking a rear wheel) is not allowed. Drafting offens means immediate disqualification in a triathlon race. It is common practice in bicycle races but that's another ballgame. It is also my pet peeve, so don't take it personally if I ride by and scream obscenities at you.



The fourth event in the triathlon is the transitions between events. It is wise to take ones' time during that first race and not rush it. During training try to do back to back sports if time allows.

The last helpful hint is to arrive earlier to your triathlon race than the running race. There are many things to do the morning of the race. You'll have to find your bike space, get felt penned all over your body and listen for race instructions on the mornings event.

For those of you who can't wait to get out there and train, train, train, the Fleet Feet store in Fair Oaks is sponsoring a series of Tri-4 fun races for the novice triathlete. They will be held at Beals Point, Folsom Lake. The dates are: June 29, July 20, August 17, and September 14. We hope to see you there. The races will be held on the same course every month so as the summer wears on you'll be able to see your improvement.

Yours in running, swimming, and biking.....

David Low - the TR-Chip

Adam



In case you missed the article featuring Buffalo Chips Po Adams and Paul Camerer in the Sacramento Bee on Friday April 26, 1985 by Brian Clark. Here's an edited version.

Seniors take to racing

They're keen on competing

Who says racing is just for young wippersnappers under 60?

Certainly not Po Adams, Frank Cirill or Paul Camerer, all of whom are in their seventh decade, still going strong and competing in a variety of athletic events.

They are just three of the thousands of self-described "seniors" in the Sacramento area who see no reason to put away their running shoe, cross-country skis or bicycles simply because they have turned 60.

□ □ □

Paul Camerer, a 66-year-old former Folsom High School teacher, said younger racers often come up to him and tell him they wish their fathers were as active as he is.

"And they say they hope they are in as good of shape as I am when they get to be my age," said Camerer, who is a member of the Buffalo Chips running club and a frequent marathon competitor.

"I've found younger racers to be most cordial. So if an older person thinks he or she will be laughed at, well that excuse doesn't hold water," said Camerer, who is training to take part in triathlons this summer.

For an older person starting out after a long layoff, Camerer recommends walking at first, and then slowly building to mixed jogging and walking before jogging full time.

Camerer said he has seen more and more people near his age taking part in races.

"There is no question that we are getting healthier, but I still think that there are a lot of people my age out there who should be swimming or biking or running or even walking. It is a good way to get away from the couch and the television," he said.

Po Adams, who will be 61 this summer, said she began running about six years ago when she saw that her son-in-law was jogging and enjoyed it.

"Now, running is my special time to myself. I started out walking and just built up form there and gradually grew into racing," said Adams, who has run full and half-marathons.

"When I began racing, there weren't that many people in their 50s taking part. But more and more older folks are racing, and frankly, I was happy when I turned 60 so that the competition wouldn't be as tough. There were some pretty hot 50-year-olds coming up into my age group."

Adams, who is a supervisor with Pacific Bell and a member of the Buffalo Chips, said she has seen a large number of older women taking up running and racing, perhaps more than men.

"And when women start something like this, they stick with it. I think women are more consistent, anyway," she said.

"I've always been in pretty good shape, but I believe that racing has changed my life. When I began walking and then running within a few weeks, I was so proud of myself." Adams now runs 45 minutes each weekday and 90 minutes one day each weekend.

"Racing is the kind of thing you have to like. But if you are older and healthy and want to have fun, I think racing is a great way to do it," she said. □

SAFE DRINKING

Backcountry water just isn't what it used to be. The parasite *Giardia lamblia* has reached epidemic proportions, and the bacteria *Campylobacter* is catching up in some parts of the West, as are other types of dysentery and viruses. Treating your water is essential.

Probably the most fool-proof treatment is to bring water to a rolling boil for five to ten minutes. This will kill most pathogens, including *Giardia*. But stopping to boil water is inconvenient on the trail and consumes fuel, especially at high altitudes, where bringing water to a boil and purifying it can take up to 30 minutes.

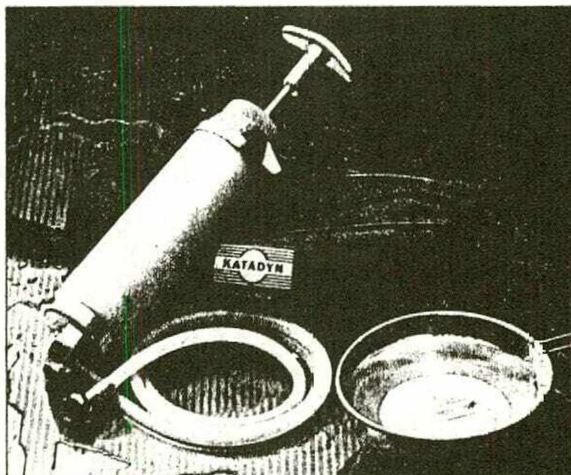
Chemical treatments are easier. The best use iodine in various forms. The correct dosage will kill most parasites and bacteria, but leave you unharmed. Iodine is, however, a poison, so it is better not to use it for extended periods.

Add four drops of 2 percent tincture of iodine per quart of clear water, shake well, and wait 30 minutes. (When treating very cold or acidic water, double the dosage.) Not surprisingly, the tincture tastes terrible (it's sold as a skin disinfectant), but it's simple, safe, and cheap—a bottle lasts for weeks and costs a couple of dollars.

More palatable are tablets of iodine compounds such as Potable Aqua (\$3 for 50 tablets), which render water drinkable about 15 minutes after they dissolve. Some care should be taken in storage, though; the tablets lose potency if exposed to air, heat, or moisture.

Using iodine crystals (available from pharmacists) is another method. Begin by filling a two-ounce bottle with water and four grams of crystals. Then add five to ten capsules of this saturated solution to a quart of water, being careful not to pour in the crystals, which don't dissolve. This method renders water safe in 30 minutes, and enables you to use the same crystals hundreds of times, but it's also controversial: The crystals can be deadly if swallowed, and if left open can poison the air inside an enclosed tent.

The newest iodine purification method—passing water through a device containing an iodine resin compound—is also controversial. Manufacturers claim that this technique kills organisms



on contact and produces instantly safe water, but some doctors say it takes ten to 15 minutes for the iodine to work. One such system, the Water Tech (\$25), is particularly easy to use and carry. A three-and-a-half-ounce cuplike unit, the Water Tech includes a 20-micron filter to clarify water of visible debris. The water is then poured through a sphere of iodine resin-coated "beads" said to kill most pathogens in 15 seconds.

The newest method, filtration, doesn't add anything to the water. It simply removes contaminants by pumping water through an extremely fine filter, making it effective on particularly foul water. Neither of the two filters I've examined traps viruses like hepatitis, but their manufacturers do claim they remove virtually everything else. The First Need (\$40) uses a 0.4-micron filter—smaller than *Giardia* cysts, most bacteria, and parasitic tape-worms—and reportedly absorbs even finer contaminants in an electrokinetically charged carbon layer within the filter. The First Need weighs 12 ounces, treats a pint of water per minute, and needs a replacement canister after pumping about 400 liters.

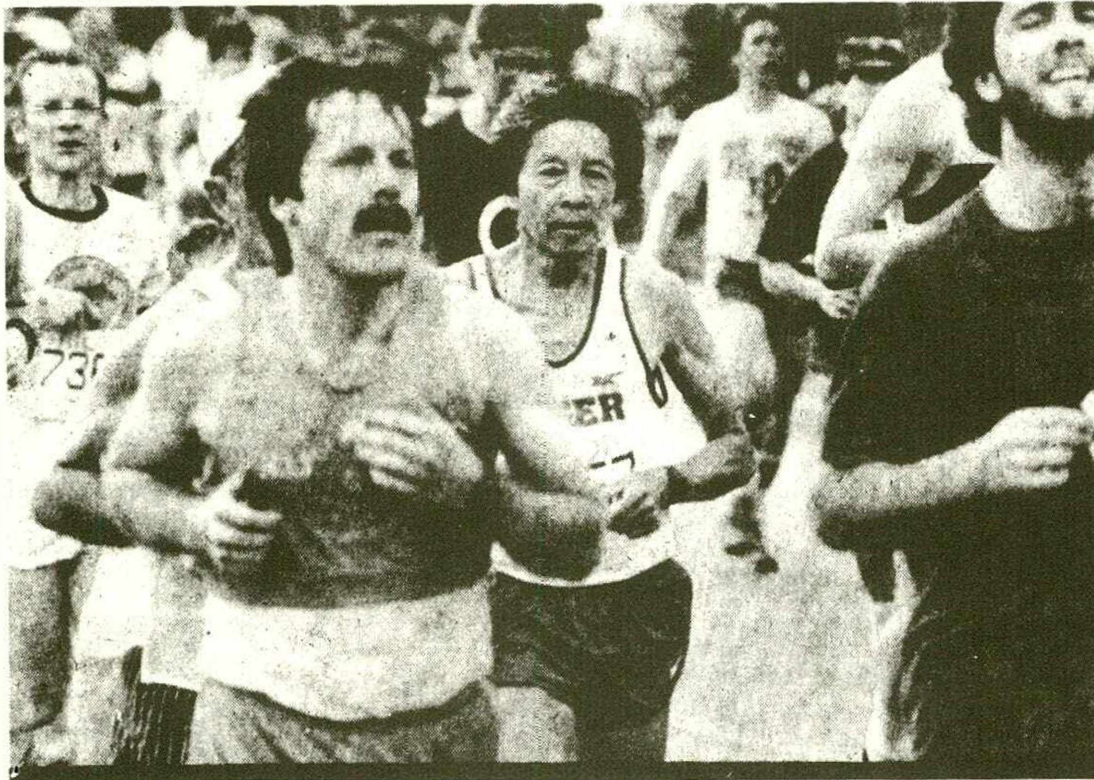
The Mercedes of water purifiers is the Katadyne Pocket Filter (\$165). It features an extremely fine 0.2-micron ceramic filter that should last for years. The filter is permeated with silver to prevent the growth of bacteria. Because it rarely needs replacing, the filter can be used consistently in murky water, pumping up to three quarters of a liter per minute. While it is the smallest of Katadyne's several filters, the term "pocket" is a bit misleading: The filter weighs 23 ounces.

—Meredith Nelson

With over 200 diagnosed cases of *Giardia* in the Nevada City area, Jim Drake submitted this article on water treatment for the interest of those of you who are training in the backcountry.

Jim indicated that Chris Delgado, Dana Gard and Bill Finkbeiner all contacted *Giardia* this spring drinking water above Foresthill.

Jim suggests be safe and don't drink the water.



A fight to finish

Sacramentan Jimmy Low, center, is just getting warmed up as he hits the 10-mile mark at the Boston Marathon on Monday. Low, 60, finished the race with a time of 3:40:30. Briton Geoff Smith won the marathon for the second-straight year. Sports, page D2.

Susie L. Gow/UPI

THE ROAD TO BOSTON, 1985 STYLE

by David Low

The 1985 version of the Boston Marathon has become history for another year. There are a number of things that were different this year than years past. The most hotly discussed item was whether the organizers should offer prize money and appearance fees to the top runners. Because of the lack of money, many of the world's best were nowhere in sight. Geoff Smith was the odds on favorite. Most people wondered if anyone else in

the field could give Geoff a good race. There was more interest in the shoes that Geoff would be wearing. He was under contract to Adidas but was ticked off at them, so his feet were up for sale to the highest bidder. Fortunately for ASICS Tiger their bid was high enough and then Geoff did in fact win in a slower time than he had anticipated. At starting time there was less than 6000 runners. The numbers were as high as 10,000 a few years ago.

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THE ROAD TO BOSTON continued

Does any of this make any difference to a person who has wanted to qualify for Boston since taking up running. For most, probably not. It didn't matter to my dad, Jimmy, who has turned into quite a runner. Many of you are used to seeing my dad finish races before me. This is because of a well documented fact of life called reverse heredity through the gene pool. What ever speed I had, my dad has inherited all of it. Anyway, back to the story. My mom, dad, my wife Susie, and I flew to Boston a few days before the marathon. We met people there from all over the U.S. We also ran into fellow Chips, Marge Hansen and Sandy Fitzwater. We ate at a fantastic Italian restaurant and had a great time. If you like lobster or any seafood, it is very inexpensive on the east coast. So, the food is very good and there are tons of nice people in Boston for the race.

The race itself is truly a unique experience. In over ten years of running, I have never experienced anything like the Boston Marathon's race day crowds. My dad and I ran with thousands of others in the race but there were literally millions of spectators on the sidelines yelling and cheering the runners on. I jumped into the race at the ten mile mark when my dad ran by and I ran in with him. The crowds were amazing and any one who gets the chance to run the Boston Marathon should jump at the chance.

No prize money, big name runners, shoe contracts, smaller fields, or my favorite, the running boom is over. Who cares? Boston is the marathon to run. If you do run marathons, get your body over there. It's the best.

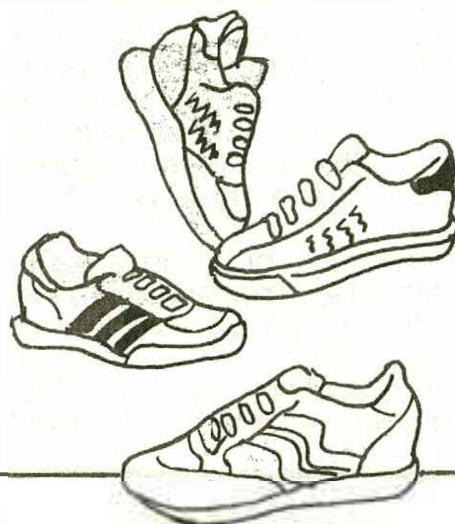
SHOE SURVEY

by Jeff Bogle

A new monthly feature covering the latest in training and racing shoes. This month's shoes are from Adidas - a company making a strong come-back in the running shoe market.

Adidas Web (mens shoe) - The Web is designed for runners seeking a lightweight, stable, and flexible training/racing shoe. The midsole is a one-piece pre-molded compound with the embedded Dellinger web for increased material resiliency. The extended counter, rear foot board lasting, and Adidas unique toe strap insure that the needs of both heel and midfoot strikers will be met. An excellent value at \$41.95.

Adidas Starlite (womens shoe)- The Starlite has a pre-molded thermoplastic heel counter for stability and support. It also has the web system which reduces heel shock by dispersing the shock outward through the midsole instead of upward through the leg. It has a removable, pre-molded, two density insole for additional support and cushioning while the lightweight outsole is designed for long wear. An excellent value at \$41.95.





EDITORS NOTE: In a past issue there was included a copy of the Chips' first news letter from December 1974. It served as an announcement of the new club and application form. Abe Underwood now takes us back to the period just before the Chips were formed and gives us a look at what running was like in the early 1970's.

THE BIRTH OF THE CHIPS (Before Conception)

by Abe Underwood

The "Running Boom" wasn't much more than a small firecracker in 1972-73. There weren't any Fleet Feet, Sporting Feet or K-Mart green-stripe look-a-likes. There weren't several weekly 5 and 10K runs to choose from and the only marathons anyone knew about were the Olympics and the Boston. Runners World was the only thing to read (if you knew about it) and it looked just like Ultrarunning does today (a black and white cover photo of a real runner in a real race and virtually no advertising on the inside). One of the few road runs in the Sacramento area was the Pepsi 20 (organized almost single-handedly by Paul Reese). We bought our shoes at South Sacramento Sports, or maybe by mail order directly from NIKE in Oregon. I still have my first pair of NIKE Boston 73's, a very light weight flat with blue nylon uppers and a quarter inch of incompressible sole. They are a reminder of how bad my legs felt for several days after any race of any distance. Races? Oh sure there were races, mostly in the Bay Area.

My first race ever was the 1973 Angel Island Race in the middle of San Francisco Bay. It was the second

year for this 5.3 mile run around the island. You had to take a ferry to the island; all the boats were loaded with runners. I recall standing next to some 270 pound monster who wore a 49er's warm-up and talked like he could run all day at a five-minute pace. My recall of the exact numbers may not be accurate but it certainly reflects the state of my intimidation. Actually, I had good reason to feel insecure, I had run only three miles on the Kennedy H.S. track a few times and 24 minutes was a max effort. It was also Mike McIntyre's first race and we started at the very back of what seemed like thousands of runners (actually it was just over 500). They all seemed to know what they were doing; I certainly didn't. In the first mile a new sense of power came over me as I passed a great many little kids and overweight women running in their warm-ups. I caught the 49er on a long hill at about three miles. He was breathing heavily and looked and acted like he was about to pass out. So much for looking and sounding good. More feeling of power. As I approached the finish

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BIRTH OF THE CHIPS

continued

going flat out another 200 pounder beside me picked up the pace. We went elbow to elbow and I managed to just nip him at the line but he surged past me and grabbed my finish stick (211th). It didn't seem fair but I didn't feel like I had the strength to fight him for it. About five minutes later I saw him throwing up in a garbage can. I felt that was a reasonable trade for 210th place.

The race included several finishers who would later become well-known for one reason or another. Duncan McDonald (second overall) would hold the American record for 5000 meters and win the Honolulu Marathon a time or two, Dr. Joan Ulyot (218th and 3rd overall woman) would write a popular book for women and set marathon records, Ruth Anderson (258th) would become an AAU running official and set age-group records from 5 kilo to 100 miles and Walt Stack (287th) would become a legend in his own time for super human feats of both foot and mouth.

I didn't know it at the time of the race but besides Mike (305th) and myself, Sacramento was well represented by some excellent runners who would eventually become Buffalo Chips. Tim Jordan was 8th overall, Jim O'Neil finished 13th and was first master, his son Tom was 134th which gave them first in the father/son category, and Bob Malain was 26th overall and third master. It turned out that I averaged about 7 minutes per mile which was beyond my wildest expectations. The hook was set.

The biggest races in 1973 were the Bay-to-Breakers and the Dipsea. Everyone that ran was there (I guess

that's still true of the B-to-B, well, almost everyone). The B-to-B was my second ever race, just one week after Angel Island. The entry was free because the S.F. Examiner sponsored the race but your entry wouldn't be accepted unless you paid your \$1.50 for a Pacific Association AAU registration card. Your entry also had to include a form signed by a doctor that said you had been examined and found to be in good condition and able to run. I made an appointment at Kaiser and a doctor signed my form probably because I was warm and breathing. The B-to-B was just as bizarre then as it is now. We shivered from the same cold, were nervous, excited and felt the same press of bodies as we packed between the buildings on Howard Street. I noticed a few runners "stretching" which didn't make any sense to me at all. My 55 minutes for the 7.75 miles was a total effort but the real test come over the next hour as I searched hopelessly for the people I rode with. The cold wind off the ocean nearly did me in.

Kenny Moore won for the sixth time! Some of the Sacramentans included Frank Krebs (86th), Jim O'Neil (103rd) and Dan Davidson (135th). I finished 1448th out of 3500 finishers. That was pretty heady stuff but I managed to control myself and sleep all the way back to Sacramento. (The Examiner later printed names, times and places of all finishers.)

There was a fairly extensive list of events in 1973. The official AAU schedule included over 80 races in northern Calif. It is interesting to note that most runs were called

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BIRTH OF THE CHIPS

continued

"races"; "fun runs" weren't invented yet. Except for a few big races most had small fields of less than 100; the serious runners dominated. They could almost pick their finish positions before each race.

I ended up going to 18 races that year including the likes of the Hangtown Road Race, Folsom 10K (its first year), Big Foot Day, Lake Wildwood, Colfax Carnival, Pepsi 20 and the Napa Marathon. Some of those and many others have since given way to sub-divisions, shopping malls and golf courses. Runners from Sacramento had to travel a lot in those days. A round trip to the Bay Area once a month or so for a 10k was a major undertaking. Of course gas was only 50 cents a gallon the energy crisis wasn't upon us yet, but cars were big.

Sacramento's running community was small but faithful in those days. One of the "regulars" I got to know was Mickey Brodie, who ran for Sac State in the early 60's and became an Olympic walker at Tokyo in 1964. Others included Doug Rennie, Walt Lang, and Frank Rondas, who all had some past track or X-C experience, and seemed to be making attempts at "middle-aged comebacks". My meager high school miling didn't amount to much so I counted myself with the likes of Pete Schoener, Larry

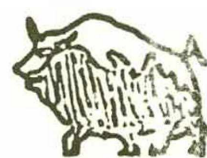
Sumner, Lee Fox, Chris Delgado, Art Waggoner and Walt Betschart, all of whom seemed to be trying to recapture their lost youths.

Club running was very big back then too and most runners belonged to some organization. There were several in the Bay Area but Sacramento wasn't well-organized. There appeared to be a Sacramento Track Club; at least Krebs and Lang had singlets, but they were the only two I ever saw. I guess the "track" part influenced many of us joggers-turned-runners against getting very excited about the name or the organization (if there was one).

We didn't know it at the time but the stage was set for the birth of the "Chips". The need was there (none of us liked to be listed in the race results as "unattached" - it left one with kind of a "homely sister" feeling). The basic ingredients were there (dust, and sweat, and tears, and beer). All that remained was the right combination of circumstances and opportunity to bring it all together. That happened in early 1974 when a few of us got involved in our first 100 mile run. However, to find out all about it you'll have to wait until the next issue for "the rest of the story."



Buffalo Chips



Running Club

RACE RESULTS

MOTHERLODE BIATHLON

March 31, 1985
El Dorado Hills, Ca

A run and bike through El Dorado Hills area that seems to favor bikers over runners (6 mile run and 36 mile bike).

50.	Art Godwin	2:31
51.	Mike Turner & Eric Ianacone (4th 35 & over team)	2:31
91.	Byron Lea	2:45
113.	Thomas Winter	2:51
114.	Doreen Moorefield	2:51
116.	Carolyn Tucker	2:52
142.	Nancy Yamauchi & Karl Yamauchi	3:06
146.	Mark Wasser	3:07
152.	Larry Walton	3:08
161.	James Williams	3:14
168.	Jan Levet	3:17
173.	Karen Coe	3:26

CHERRY BLOSSOM RUN

April 21, 1985
San Francisco, Ca

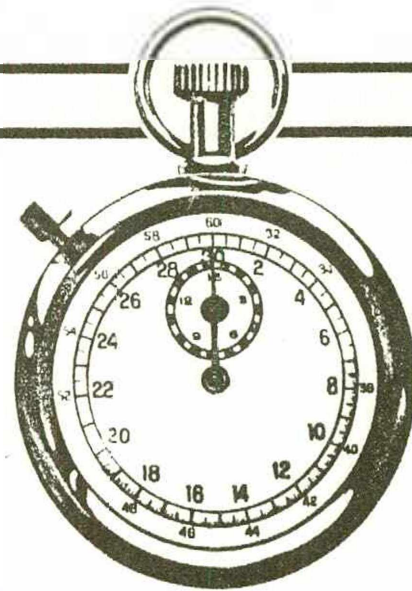
SAN JOSE JAPANTOWN BANNER RUN

May 5, 1985
San Jose, Ca

by Karl Yamauchi

Bruce Fujimoto, ever in search of the cherry pick ran the Cherry Blossom Run in 27:53 - a good time for a 5 miler in the hills of San Francisco but placed nowhere. Chris Iwahashi however ran 30:44 for 4th woman overall.

Bruce assured me that with Devil Mountain and Avenue of the Giants on the same weekend, the San Jose Banner Run was a sure cherry pick. I confidently follow Bruce down to San Jose for this 10K run. Results: Bruce Fujimoto - 35:33; myself - 36:19 (both of us placing nowhere), and Nancy - 44:08 (4th woman overall, 3rd 20-29).



MARANATHA MARATHON

May 4, 1985

Goethe Park and the American River Parkway were the scene for the Maranatha Marathon, Half-marathon and 10 Kilometer races. The seven o'clock start was cool and comfortable but breezy for the 200 runners participating.

The featured event saw **Gil Machado** running a 2:39:39, placing second after puffing on a charge to catch up to the leader around the twenty mile mark. Surges of sub-six miles to the finish found Gil just 31 seconds behind winner Miguel Gaviria. The marathon also saw **George Billingsley** finishing with ease in 3:46:20 placing first in the 60+ division and 24th overall.

The 10 kilometer race had one Chip entry, **Po Adams** running 56:36 to win the women's 60+ division and placing 53 overall.

Buffalo Chips seen running in the Half-marathon include **Ronald Rader** (36th place, 1:39:32), **Sue Murry** (49th place, 1:47:22), and **Betty Pfiefer** (50th place, 1:47:55).

Kudos to Arthur Baudendistel, director of the Maranatha Marathon and the accompanying races. Art does an excellent job of organizing this well run event. An example, printed race results for the runners by awards ceremony. □

**WOODRIDGE CLASSIC**

April 27, 1985

by Larry Kuykendall

With his famous bullhorn, Larry Kuykendall kicked off the Third Annual Woodridge Classic (formerly known as the Woodridge Bunny Run).

Approximately 350 children and adults participated in the fun run.

The run featured a 1K and a 5 mile run. The overall female winner of the 1K was Jennifer Diffin. The overall male winner was Jack Killman.

The female overall winner of the 5 mile was Chip Nancy Yamauchi with a time of 35:35. The male overall winner of the 5 mile was Chip Tom Pearman, with a great time of 27:15.

Chip Reggie Benham holds the 5 mile course record of 32:50 and Chip Tom Pearman holds the course record with a time of 27:06. All the Buffalo Chippers were great!

Champagne, dinners for two, and various other gift certificates were given in the random drawing.

Thanks for your support and we hope to see you again next year.

1.	Tom Pearman	27:15
5.	Don Hicks	
8.	Kim Isham	29:54
10.	Karl Yamauchi	30:31
20.	David Rubenson	35:17
23.	Nancy Yamauchi	35:35
?	Ken Johnson	
74.	Claudia Isham	47:47

Sacramento Mile

by Bill Ballantine

A rainy March 10th found a few hardy runners sprinting up and down the Capitol Mall on a pleasant one mile course. Some of the Master division winners were:

Larry Kuykendall	40-49	5:11
Vance Koerner	50-59	5:42
Bill Ballantine	60-69	6:10

Larry and Bill are Chips and Vance is an ex-Chip.

EDITORS NOTE:

Larry Kuykendall, is not only one of the fast Chips, but is the co-director of one of the best runs around. The Woodridge Classic is a benefit run for the Woodridge School and proceeds from past races have been used to purchase two computers for the school.

For the \$6.00 entry fee (pre-reg.) you get the T-shirt of course, awards if your fast enough, and you're in the best random drawing in town. (Ask any of the Chips that were there.)

Larry and the Woodridge School Staff have worked hard to put on this 1 K kids race and 5 mile race. We hope you will keep fellow Chip Larry Kuykendall's race in mind for next year.



RACE RESULTS



SPRING BREAKOUT 10KM

May 11, 1985 8:30 AM

by Mike Miller

Or the fine art of Cherry Picking - A How-Not-To-Guide or further adventures in entering the wrong races.

First off it wasn't the race director's fault. It was a good well executed event; good course, Sac State over around American River Drive area and back; well marked; course monitors; good prizes (an airline trip for two, wine, etc.); started on time; course accurate (sorry Mark). The \$7 pre reg fee is about normal these days. No it was the race, however...

You'd think (I did) that with 11 (eleven), one more than 10, races on one day it would be easy to cherry pick. After all the preceeding weekend there had only been 5 or 6 and had I entered I would have won my division so with 11 (one more than 10) races surely winning or even 2nd would be a snap! Right?

First off, I cleverly chose a race where two races were scheduled for the same day figuring I'd enter whichever the rest of the old guys didn't (one was postponed, oh well, there were still 10 races scheduled for that one day). Second, other people showing up. Most of them were too young, too old or the wrong (right) sex to be competition which I established by careful, discrete questioning. "You run much?" "How old are you?" "Are you male or female?"

Then Chuck Conway showed. Oh well, he'd run Bed Bug the weekend before maybe he was tired, besides 2nd isn't bad. Mark Williams showed, ran over from his condo. No problem he was unoffical and 32. In a burst of magnanimity I offered to lend him the entry fee - after all he's 32, heh, heh, heh. He's visiting us only, the southern Chip, Rod Couch Australian A.F. Aeronautics Specialist appeared. He was entered! AH HAH, he was only 39!

After the race we all talked with Willie Guarino who seemed satisfied with his performance (he was 1 of 2 satisfied folks, I'll tell you) Willie had run 32:49. After racing another 10K the week before, and a marathon, and he's a full time student, and he works for the State. Nice run, but easy to do when you have that much spare time and don't race all that much.

The Chips did OK. Mark and Chuck won wine in the random drawing, the first time Mark has ever won a drawing prize.

Results: Mark Williams (the time withheld by request, his slowest 10K but he was first in his division anyway, 3rd overall, maybe it's the 16 hour work days, maybe he's just not got it any more). Rod Couch, 39:19, the second satisfied runner. He credits the Tuesday night workouts.

Me 37:54, Chuck Conway 38:25 (he was tired).

The age divisions were: 14 and under, 15-19, 20-29, 30-45, 46-65, and 66 and over.

And I paid Mark's entry fee!

**NATHAN'S HOT DOG 10K**

May 18, 1985
McClellan AFB

by Mike Miller

The Chips showed up in force for this one and boy were they rewarded. I think that everyone got a PR! Would believe 35:13, a PR by over a minute? A great day? A short course? All of the above? Any of the above?

Right. Well, it wasn't more than a half mile short and they had lots of sodas at the finish (no hot dogs but that was OK because there were no hot dogs running either which allowed me to finish higher.

There were also no women running. This meant a real (for once) macho race. No wussing around, no "just Jogging", no being out run by a woman, no fun. Anyway all female Chips missed a heck of a chance to win a race. And an interesting race it was, with the planes taking off along side the course and the hot air balloonist diving in at the finish line (boy, do those people know how to party!). Good thing that hot air balloon types can't easily be arrested for floating under the influence.

Neat T-shirts at the race and the usual friendly group of people helping out. JoAnn Raney was there helping with registration and cheering.

The Chips that showed and did so well running: me (Mike Miller), Dave Cavazos, Jim Gavin, and Richard Mathis. □

**SUNKIST GOLD RUSH 100 KM RACE**

May 18-19, 1985

Paul Reese's two day race through hilly backcountry roads of the gold country in the Nevada City area drew 45 entrants with 37 finishing the race. The first Buffalo Chip to cross the finish line and in 6th place overall, Jim Drake states, "Paul Reese was born 300 years too late. He certainly would have qualified as rec director to the Marquis de Sade. What a tough course. After awhile the downs hurt as much as the ups".

6. Jim Drake	9:09:27
9. Jan Levet (1st F)	9:40:39
15. Steve Galvan	10:14:10
18. Gordon Hall	10:15:46
19. Al Ortiz	10:18:46
20. Jerry Blinn	10:49:06
30. George Billingsley	12:04:40

RUSSIAN RIVER RACES

June 2, 1985

by George Parrott

The morning in Ukiah dawned clear, cool, and with very little wind--a perfect day for an early, early, early morning workout. Of course the Russian River Races (4.9 mile fun run, a half-marathon, and full marathon) started at 6 A.M., so at least the weather Gods were benign. Michele Burds took 2nd female and 18th overall in the 4.9 miler, and Gil Machado who swore he would be there to cherry pick was a NO SHOW so Mark Hicks decided to get an easy 16 in with Chris Iwahashi. Chris took on the full marathon as another hard effort, went through the half at 1:24 and still had 2:10 at 20 running 4th overall and with nobody in sight for the last 10 miles to the finish which she found at 2:53:16 -- a new PR and an 8 minute improvement in the Course Record.



RACE RESULTS



**FAIR OAKS FIVE MILE RUN
FIESTA SUN RUN**
May 18, 1985

The Chips "Good Samaritan" Award goes to Placerville's **Craig Moore**, last years winner of the Sacramento Marathon. At a mile and a half point of the race the lead pack, with Craig in second place, stopped when they spotted an unconscience bicyclist lying in the roadway. Craig stayed with the injured bicyclist to give aid until help arrived, allowing the other runners to continue the race. Nice going Craig!

Notable racing performances were put in by **Joan Reiss** and **Tom Wright**, each placing first in their respective masters division. **Bill Stainbrook** managed to grab the third place medal in the submasters division.

The following results were published in the May 23, 1985 Sacramento Bee Neighbors section. Unfortunately (or fortunately) the times weren't published. It's doubtful that anyone set a PR anyway, three of the five miles were on the hilliest sections of Fair Oaks and the other two miles were on the rock and dirt trails. □

1. Jon Klinkman, 2. Michael Van Horn, 3. David Chairez, 4. Steve Haase, 5. Jeffery Clark, 6. James Price, 7. Don Fields, 8. John Austin, 9. Don Hicks, 10. Bill Stainbrook, 11. Matt Greene, 12. Craig Williams, 13. Rick Melnicoe, 14. Eric Kelly, 15. Bruce Parr, 16. Vic Kaliakin, 17. Thomas Wright, 18. Christopher Broadley, 19. Karl Yamauchi, 20. Marty Cunningham.

21. Fred Schwab, 22. Carlos Lewis, 23. Michael Johnson, 24. Gary Mathany, 25. Craig Petersen, 26. Walter Spiller, 27. Dan Glass, 28. David Porterfield, 29. John O'Farrell, 30. Phil Coleman, 31. Mark Hagins, 32. Dan Marez, 33. Theresa McCourt, 34. Paul Mitchell, 35. Don Blodgett, 36. Ken Johnson, 37. Craig Lore, 38. Dick Behl, 39. Bruce Coburn, 40. Chris Greenwald.

41. Tracy Gray, 42. Don Duffy, 43. Joan Reiss, 44. Ritch Hollingsworth, 45. Steve Jacobson, 46. Jack Sirak, 47. George McAlister, 48. Richard Bello, 49. Heidi Skaden-Poyser, 50. Kim Graczyk, 51. James G. Morris, 52. Michael Beard, 53. Terry Hidemark, 54. Charlie Mair, 55. Phil Noble, 56. John Otto, 57. Gary Hollinger, 58. Pam Greenwald, 59. Brian Parr, 60. James L. Mullany.

61. Tom Stassi, 62. Paul Meuser, 63. Jack Westbrook, 64. Joseph Lydon, 65. Al Rodriguez, 66. Thomas Rooney, 67. Ken Egide, 68. Thomas Marshal, 69. Steve Hans, 70. Dusty McAulley, 71. Suzette Moore, 72. Lon H. Rice, 73. Paul Elder, 74. Ges Broyles, 75. Paul Amann, 76. Mari Nichols, 77. Bob Leever, 78. Bob Enna, 79. Jim Benzo, 80. Greg Rice.

81. Thomas Butler, 82. Richard Bohrer, 83. John Klossner, 84. Jack Carson, 85. James Sims, 86. David McLung, 87. Doug Bugee, 88. Kevin Stosdill, 89. Rick Edwards, 90. Denise Nicelso, 91. Nancy Yamauchi, 92. Nestor Velasco, 93. Jami Harrison, 94. Ronald Himes, 95. David Lehman, 96. Jim Jordon, 97. Georgiana Warden, 98. Tony McMullen, 99. Patti Delzer, 100. Jack Mayo.

101. Cyndi Lombard, 102. Richard Bedony,

103. Jeffrey Perkins, 104. Andrew Pichler, 105. Cliff Flores, 106. Norm Panalig, 107. Nano Soto, 108. Becky Smith, 109. Bill Hibbard, 110. Shirley Stassi, 111. Jack Patterson, 112. Doug Brown, 113. Chris Cowan, 114. Jim Williams, 115. John David, 116. Charlie Massey, 117. Pam Cantelmi, 118. Zack Hansauer, 119. Jason Hernandez, 120. Dick Kinter.

121. Frank F. Chiarello III, 122. Glenn Millar, 123. Jerry Jones, 124. Mike Kane, 125. Geron Jessie, 126. Kent McVay, 127. Steve Lombard, 128. James McManus, 129. Michael Rhoades, 130. Jack Clancy, 131. Denise Osler, 132. Mary H. Esparaza, 133. John Slack, 134. Patty Wins, 135. Tom Andrews, 136. Lidio Tropeano, 137. Mary Stewart, 138. Phil Conan, 139. Jeffery Lore, 140. Dick Wright.

141. Lorie Cress, 142. James Lukens, 143. Andrew Dickson, 144. Kristen Kaden, 145. Elie Linsley, 146. Gerry Cryderman, 147. Michael Graham, 148. C.J. Kosmatin, 149. Ann Marie-Wolf, 150. John N. Mannarino, 151. Carolyn Ahle, 152. Jim Snyder, 153. Kerry McManus, 154. John Schmeltzer, 155. Beth O'Farrell, 156. Jose Lopez, 157. Billie Sue Armstrong, 158. Walt Harcos, 159. Tish Sawyer, 160. Jim Gonzetti.

161. Rodger Smith, 162. Mary Mose, 163. William Lifshin, 164. Norma Ruiz, 165. Dixie Schneider, 166. Bonnie Brown, 167. William Plex-co, 168. Sean Clark, 169. Hawkeye Clark, 170. Judy Hawkins, 171. Marlene Lee, 172. Raymond Hampson, 173. Mona Kranick, 174. Ray Torres, 175. Kathy Blattner, 176. Joyce Reilley, 177. Grace Johnson, 178. Ann Nichols, 179. Marsha Marchard, 180. Nancy Kaijer.

181. Mary Tyson, 182. Bob Barrett, 183. Jeanne Burkess, 184. Christine Powell, 185. Don Driggs, 186. Carole McManus, 187. Bill Keenan, 188. Dixie Corklin, 189. Amy Calhoun, 190. Patrick Rodriguez, 191. Debra Hunts, 192. Gram Pack, 193. Rosemary Huguenot, 194. Peggy Nakamura, 195. Dee Auilar, 196. Bill Withrow, 197. Carrie Harris, 198. Maria Trujillo-Rodriguez, 199. Donna L. Thole, 200. David Carter III.



A number of CHIPS have been running ultras frequently in the first half of 1985 in preparation for the Western States 100 mile Endurance Run. Others run them for the fun or, uh, the agony - it hurts so good.

Some of you may be aware of the fact that the WS 100 Miler has been measured recently and discovered to be short by 5 or 7 miles. Presumably, ABC Sports insisted on an accurate measurement - after all, if it ain't exactly 100 miles, ABC probably will refuse to film it. Personally, I could care less. WS race management should have simply designated the race as the "Western States Endurance Run". If it's 91.4 miles, or 93.7, or 94.9 miles - so be it.

Anyway, I have extracted race results from Ultrarunning to report on those CHIPS who have ventured over the distant prairies and hills...

REDWOOD EMPIRE 24 HOUR TRACK RUN

(with 50 mile, 100 km, 100 mile splits)
Santa Rosa, Ca
March 16-17, 1985

6. Norman Klein, 47
113 miles 720 yards
(8:47:45, 11:18:45, 20:18:25)

10. Helen Klein, 62
105 miles 1295 yards
(10:01:57, 12:59:35*, 22:15:25)

* Surpasses the current US single-age record on a certified course or track; 22:15:25 is a **WORLD** 100 mile record, 60-64 age group.

Great run Helen - keep on trackin'!

JED SMITH 50 MILE CLASSIC

Sacramento, Ca
February 17, 1985

Certified 3 mile loop course

4. Bill Finkbeiner, 29	6:02:23
14. Eric Ianacone, 37	6:43:00
22. Gil Machado, 31	6:43:19
23. Joan Reiss, 47 (1st F)	6:57:34
24. Mike Hernandez, 31	6:59:43
29. Norman Klein, 46	7:22:53
31. Mike Sullivan, 25	7:25:02
33. Al Ortiz, 38	7:28:06
34. Lino Delgadillo, 38	7:28:34
39. Paul Reese, 67	7:40:55
45. Bob Sanchez, 46	7:49:05
72. George Billingsley, 63	8:47:37
80. Cheryl Clanton, 36	8:56:10
86. Steve Galvan, 46	9:09:51
87. Helen Klein, 62	9:11:36
100. Stuart Sargisson, 45	9:46:51

Many of the above runners set PR's. Joan's time will easily rank her in the top 20 for American women on the all-time best 50 mile list. And Paul, running his final race as a CHIP, recorded the second fastest time for 50 miles ever by a man over 65 - missing the record by only 57 seconds! Great performances by Reiss & Reese.

FOUR PEAKS FIFTY

Desert Vista, Arizona
March 3, 1985

42 miles on dirt roads,
8 miles on trails; 8,500' climb

68. Gary Waldsmith, 44 11:37:54

That's it! Gary was the lone Buffalo amongst the 75 who finished under the 12 hour time limit.

**THE 49er DOUBLE MARATHON TRAIL RUN**

Pt. Reyes to Golden Gate Bridge, Ca
April 6, 1985

52.4 miles; 10,000' climb
115 finishers; 140 starters

This is a brand new event. Don't you just love that name! Makes a hell-of-a-lot of sense. Right? Despite the bizarre name, this inaugural run drew 140 starters, eight of whom were CHIPS. Can't say we don't have our share of bison brains. Or is it common chip sense?

10. Mark Brotherton	7:42:12
55. Abe Underwood	9:35:18
74. Chris Delgado*	10:23:19
75. Dana Gard*	" " "
82. Roger Dike	10:51:38
89. Jerald Blinn	11:08:47
92. Gary Waldsmith	11:13:47
93. Herb Tanimoto	11:14:00

* The Ultra Twins

•Helen Klein, 62, of Citrus Heights broke a world age-group record and an American mark in a 24-hour benefit run for the American Cancer Society in Santa Rosa. Klein bettered her own world mark of 26 hours, 38 minutes in covering 100 miles in 22:13 on the Santa Rosa Junior College track over the weekend. The 105 miles she ran over 24 hours set an American record, only 1½ miles off the world mark. The records are in the age 60-over category.

AMERICAN RIVER 50

Sacramento - Auburn
April 14, 1985

402 starters; 320 finishers

Now in its sixth year, the AR 50 is the largest (size of field and number of finishers) ultra in the U.S. This year the record heat of 94° F resulted in five runners being hospitalized for heat prostration, one being flown out of a remote checkpoint by a CHP helicopter, and a completion rate of 79%. That was the worst in the history of this event.

5. Mark Brotherton	6:52:54
15. Bill Finkbeiner	7:19:08
20. Gil Machado	7:36:00
22. Sally Edwards (2nd F)	7:40:36
26. Dana Gard	7:47:05
27. Jan Levet (3rd F)	" " "
50. Glenn Bailey	8:14:44
54. Jim Drake	8:18:10
71. Eric Ianacone	8:45:13
83. John Clark	9:03:17
101. George Parrott	9:18:52
112. Gordon Hall	9:29:16
116. Cheryl Clanton	9:31:00
151. Jerry Blinn	9:59:34
167. Steve Galvan	10:12:53
202. Bob Sanchez*	10:40:18
276. Charlie Gabri	11:46:48
308. Beth Matteson	12:25:06

* One of two people to complete this event every year since its inception.

STEAMROLLER ULTRA 100 KM (62.2 MILES)

Angeles National Forest
April 27, 1985

hilly trails - 50 starters; 33 finishers

8. Chris Delgado, 50	12:07:30
11. Jan Levet, 34	12:24:16



PEPSI OF RENO 72 MILE LAKE TAHOE RUN

Friday, September 6, 1985 marks the tenth anniversary of our great Lake Tahoe run. You remember that timid little event enacted by Paul Reese a decade ago. Since that day, many changes have occurred. This event has seen four directors, two starting locations, and various types of awards. What it has seen most of, is talented ultra runners. Though it has never reached a field of 100, it has tested most of the finest from throughout the states. Last years race received the finest media coverage ever, and we hope it will be even better this year.

To make this event another Buffalo Chip success, your help is needed. There are many jobs which need your talented assistance. Some are race day jobs and some are pre-race day jobs. A sample list is given below:

1. Mileage and direction signs (pre-race day)
2. Awards (pre-race day)
3. Distribution of entry forms (pre-race day)
4. Distribution and posting of signs (race day)
5. Start/finish helpers (race day)
6. Results (race day)
7. Photographer (race day)
8. Course monitors (race day)

If you are interested in helping in some capacity, please contact me at 451-4845.

Sincerely, Bill Stainbrook



Lino Delgadillo

The first Buffalo Chip to cross the finish line at last years 72 MILE LAKE TAHOE RUN. Lino was 10th overall with a time of 12 hours, 43 minutes.



10 Miler

(KIDS 1/2-mile - FREE - 7:30 a.m.)

SUNDAY, JULY 28, 1985, 8:00 A.M.

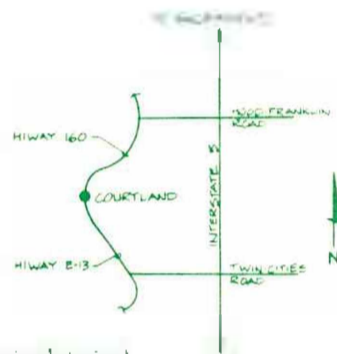
OFFICIAL TRAINING RUN for the 1985 California International Marathon, as part of the SLIDRA Valley Training Race Series!

PRESENTED BY: CITY SPORT WORKS, ASICS TIGER, AND FM 102 RADIO

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 21, 1985 (includes requested singlet size). TO REGISTER

Pre-registered entrants please pick up race packets including number and singlet at City Sport Works Thursday, July 25, through Saturday, July 27, 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 21 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 21 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 Windbreaker to overall male and female winner. Age division awards to the first three paces.

Random drawing for merchandise awards including a **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
(916) 332-6453



Name _____ Telephone _____

Address _____ City _____ Zip _____

Sex: Male Female Singlet Size (please circle): Men's S M L XL
Women's S M L

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. If I should suffer injury or illness, I authorize the officials of this meet to use their discretion to have me transported to a medical facility and I take full responsibility for this action. 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)

**13th Annual
Folsom 10,000 Meter Run
Sunday, June 30, 1985 8:00 AM**

Make checks out to "Buffalo Chips"

Name: _____

Address: _____ Division: _____ M _____ F

Age on race day: _____

_____ 0-12 _____ 13-19 _____ 20-29 _____ 30-39

_____ 40-49 _____ 50-59 _____ 60+

Entry discount to Chip Members with Newsletter coupon:

§ 1.00 entry early registration

§ 2.00 race day registration

FROM THE EDITORS

The editorship of the Buffalo Chips Newsletter has once again changed hands. We are your new editors, Karl and Nancy Yamauchi.

We like would like to thank Galen Baker for putting in all those hours writing and typing, stamping and stapling, and doing such a great job as newsletter editor for the past year and a half.

We hope to keep up the fine tradition of the Buffalo Chips Newsletter, but we need help. Help! Anyone--we need you to contribute that special article to the Newsletter. Please let the club know about that great race with the terrific prizes that you won (after all it's no fun cherry picking if no one knows about it). Any praises or criticism (sort of letters to the editor) also accepted.

We will even make it easy on you. We'll do the typing for you, just submit that article with your phone number so that we can call you if there is a question. But we have to ask you to submit that article by the first of every odd number month.

We have planned to get the newsletter out on the 1st of every even numbered months, that's February, April, June, August, October and December. The Newsletter is being printed by the McClasky Adult Center and it takes a week to be printed but its has been costing the club about half of a regular quick copy service. That gives your editors just three weeks to type up those articles and prepare the newsletter. Don't worry if your article is late we'll put in the following newsletter.

So, help out the the new guys, submit that article.

□ □ □

George Parrott expressed some concern about the placement of articles in the last newsletter, as the new editors we are planning to continue the format that has been established in this issue.

We hope that you like the new format of the newsletter, we hope that it will be easier to read and visually more interesting.

**13th Annual
Folsom 10,000 Meter Run**
Sunday, June 30, 1985 8:00 AM

3

Where: Folsom City Hall parking lot--
50 Notoma and Wales Drive, Folsom.

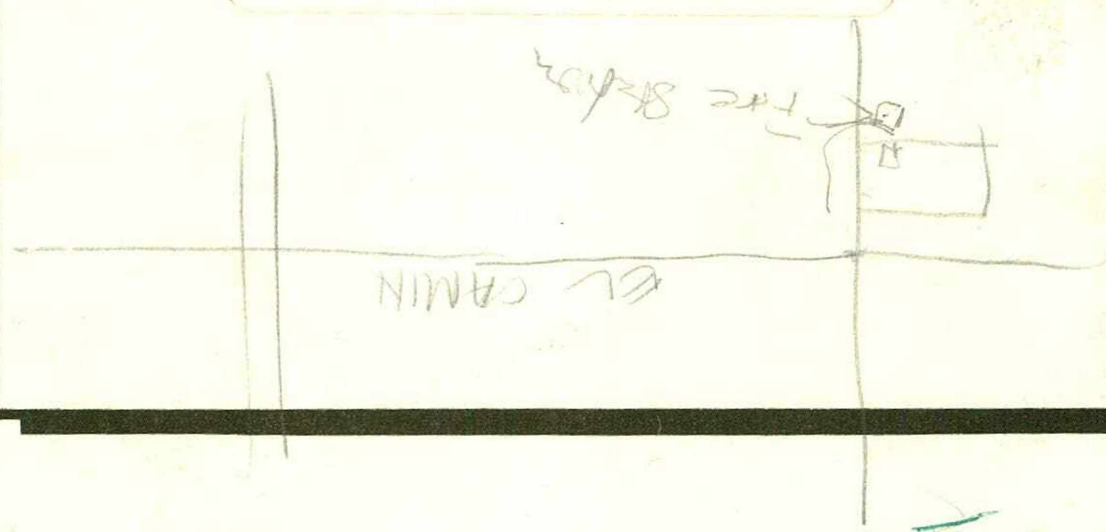
Race Day Registration: 6:30 - 7:45 a.m.

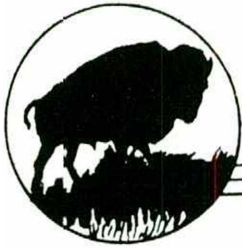
Pre-race Registration: Buffalo Chips
2676 Truxel Road
Sacramento, CA 9583

Karl & Nancy Yamauchi, Editors
Buffalo Chips Newsletter
4921 Crestwood Way
Sacramento, CA 95822



DENNIS SCOTT
719 - 37TH STREET
SACRAMENTO, CA 95816





BUFFALO CHIPS

RUNNING CLUB



NEWSLETTER

Number 74

March, 1985

George Parrott	High Dunger	921-6782
Eileen Claugus	Vice Dunger	366-3270
Marge Hansen	Dung Recorder	428-5923
Mike Miller	Dung Counter	488-3833
Mike Miller	Dung Header	488-3833
Gil Machado	Dung Coordinator	421-1967
Abe Underwood	Race Chairchip	456-9257
Galen Baker	Dung Editor	363-8423

STATE OF THE HERD

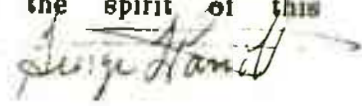
Elections like time have a way of changing the world about us, and so it has come to pass with the CHIPS. For 1985 there are five new members of the Board, several new officers, and hopefully a promising new year ahead for all of us.

As the token spokes-person for the HERD, I want to extend my deepest and most appreciative thanks and respect for the work of Jeff Bogle, Jim Drake, Abe Underwood, Bill Stainbrook, and especially Glenn Bailey in behalf of all of running. I am certain that they will continue to be the foundation of our club and active resources and leaders for all of us. Abe will still hold his RACE CHAIRCHIP position, though he is not a voting member of the board.

The new board members represent a broad range of running, and they take on their duties with optimism. David Ragsdale is a master's runner who runs 10k to the marathon (sub 3); Donna Wright was recognized in 1984 as best supporting CHIP and runs 5 km to 10 km events. Gil Machado is an Aztlan transferee who has been wearing the CHIPS colors since late 1983; he has recently turned 56ish for 10 miles and 2:38 for the marathon; Gil is Dung Coordinator (social). Eileen Claugus needs little introduction, but she is back in town, running regularly, looking forward to a great 1985 and her new duties as VICE DUNGER. Your new HIGH DUNGER is George Parrott, and like Eileen I am hoping for a better 1985 than 1984.

Continue on 2

Some CHIPS have expressed a concern over my philosophy relative to the club, and I hope we will have a reassuring dialogue in this area. I believe that --relative to running, the CHIPS can be almost everything to everybody! I am an eternal optimist. We are a very large club, and I believe that we will continue to grow as we better and better serve all levels of running. I personally welcome and appreciate the involvement of every level of runner in our club. I believe the BOARD is a one vote per director democracy. I expect it to continue that form. Every CHIP is welcome at BOARD meetings, so in the spirit of this openness here is the schedule for the next few months:



February 7 Mike Miller's 7:45 P.M.
1530 McClaren Dr. 488-3833

May 2 Eileen Claugus' 7:45 P.M.
10028 Sierra Glen Way 366-3270

March 7 George Parrott's 7:45 P.M.
2676 Truxel Rd. 921-6782

June 6 David Ragsdale's 7:45 P.M.
279 Hartnell Place 922-2468

April 4 Steve's Pizza 7:45 P.M.
813 Howe Ave

July ? Gordon Hall's 7:45 P.M.
?????? La Riviera Dr.

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

Buffalo Chips

GENERAL MEETING

January 10, 1985

Minutes: Approximately 50 Chips were in attendance, drinking (soda) and nibbling on goodies!!

Meeting called to order at 7:55 by Glenn Bailey, ex-High Dunger

1. An editor for the newsletter was solicited. No volunteers!!
2. Race Directors for the Folsom 10K and the Buffalo Stampede were solicited. Reggie Benham agreed to repeat as race director for the Stampede, however, there were no volunteers for the Folsom 10K.
3. Jim Drake made a brief announcement on the upcoming Mud Run, 2/3/85 at 10 am. Flyers were distributed.
4. Discussion on a Cross Country Race was raised by Dennis Scott. This is a possibility for late 1985 or early 1986. Any volunteers to organize such an event should contact the Board ASAP.
5. Nominations were opened for five vacancies. Candidates were George Parrott, Glenn Bailey, AJ Underwood, David Ragsdale, Gil Machado, Eileen Claugus, Donna Wright.

Below is a list of the new members of the Board:

George Parrott	Gil Machado
Eileen Claugus	David Ragsdale (one-year term)
Donna Wright	

6. Board of Directors met to appoint its officers for 1985, as listed below:

George Parrott, President	Mike Miller, Treasurer
Eileen Claugus, Vice President	Marge Hansen, Secretary
Gil Machado, Social Coordinator	AJ Underwood, Race Chairchip
Galen Baker, Editor	

Respectively submitted,

Glenn Bailey

BUFFALO CHIPS



Welcome New CHIP,

===== ===== RUNNING CLUB

We would like to welcome you to the BUFFALO CHIPS RUNNING CLUB of Sacramento. As the largest and oldest recreational running club in this area we have evolved a number of services and benefits for our members:

1. You will be receiving the club newsletter, a bimonthly publication, featuring race results, member news, and a local race schedule.

2. With your BUFFALO CHIPS membership card you will receive a 10% discount on your running purchases at McIntosh's Sports Cottage, Fleet Feet, City Sport Works, and Sporting Feet.

3. You may purchase the official club singlets (available from McIntosh's), or from time to time other official club apparel items at highly discounted prices at various stores. Currently members may buy long-sleeve black shirts with the club logo at \$7 from Sporting Feet in Arden Fair.

4. There are twice a week training groups for runners of widely varying levels meeting at the Graduate Restaurant on Tuesdays at 5:30 P.M. and at ARC on the track on Thursdays at 6:00 P.M. There is a south-Sacramento training group for 'half-fast' CHIPS organized by Bill and Marie Wright (448-3212) or Ron Ulmer (454-4490).

5. There are number of local races put on by the CHIPS or aided significantly by club members, and we are always eager to have more assistance in these activities. In February the club puts on a 50-mile race (call Abe Underwood 393-7672); in June we host the Folsom 10 km (call Jeff Bogle 332-6453), in September we have both the 72 mile race around Lake Tahoe (call Bill Stainbrook 487-8398) and the Buffalo Stampede 10 Miler (call Reggie Benham 451-4690). We assist on the Sacramento Marathon in late September or early October (call John McIntosh 488-7184) and the California International Marathon in December (call Fleet Feet 442-7223). The club is also heavily involved with the Classic 20 Mile Run hosted the week before Thanksgiving (call George Parrott 454-6884). In the club sponsored events there is a discount on the entry fee for club members—see newsletter.

6. There are many ways for new members to be involved in the activities and efforts of the club. We have several regular social events; we often meet informally after workouts for dinner, and we are as diverse as our almost 300 members would suggest. We are trying to be a club for all runners, and we solicit your involvement in becoming the best running club for YOUR NEEDS. Help us to help you by being involved with us.

Warmest regards,

George Parrott
High Dunger



ROSTER OF BUFFALO CHIPS RUNNING CLUB

FEB 1985

NAME	ADDRESS	CITY	PHONES		BIRTHDATE
			HOME	WORK	
PO ADAMS	1009 FRIARS CT.	CARMICHAEL	CA 95608	431-3983	07/04/24
MICHAEL ADREANI	3851 FENTON CT.	ELK GROVE	CA 95624	635-9289	11/23/69
TRACY ALBANO	2554 KEY WEST WAY	SACRAMENTO	CA 95826	363-5772 445-3027	06/22/57
LEIF ARVIJOSON	3936 BLISS CT.	NORTH HIGHLANDS	CA 95660	332-7292 643-6060	01/01/48
LESLIE AXELROD	972 QUEEN ANNE CT.	ELDORADO HILLS	CA 95630	933-2180 322-1645	01/05/47
PATRICIA AYOUBEE	2545 FULTON AVE #88	SACRAMENTO	CA 95821	972-1377	01/03/54
GERALD BAILEY	42 WHITTIER STREET	EAST ORANGE	NJ 07018	201 676-0667	10/24/47
GLENN K. BAILEY	1412 DRAKE DR. APT. B	DAVIS	CA 95616	758-9800 323-3096	10/24/47
GALEN BAKER	9004 BRYDON WAY	SACRAMENTO	CA 95826	363-8423 427-4760	07/03/49
LEN					02-26-77
SALLY					
KATY					
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
REGGIE					10/16/53
NICOLE					06/01/75
WALT BETSCHART	4120 A STREET	SACRAMENTO	CA 95819	451-9076	07/13/27
GEORGE BILLINGSLEY	P.O. BOX 1385	LOOMIS	CA 95650	652-7729	01/04/22
GEORGIA					08/16/25
GAYLE					
ROGER BLAKE	PO BOX 60409	SACRAMENTO	CA 95860		973-9548 12/25/43
JERRY BLINN	RTE 1 PO BOX 732E	QUINCY	CA 95971	283-1332 283-2121	01/26/54
KATHY					12/10/46
JERRIN					07/12/83
JEFF BOGLE	5114 MADISON AVE.	SACRAMENTO	CA 95841		332-6453 07/30/49
CHRIS BORLAND	1520 - 40TH STREET	SACRAMENTO	CA 95819	457-4469 739-1313	09/13/33
DAVID BOURNE	270 BREWSTER AVE.	SACRAMENTO	CA 95831	395-8041 323-4838	04/02/44
LINDA					03/01/48
MATHEW					01/21/74
BECKIE					10/31/75
PAUL BRIMBERRY	2757 TIERRA GRANDE CIRCLE	SACRAMENTO	CA 95827	362-8494 925-5252	08/03/47
TOM BROAD	724 WOODSIDE LANE EAST #2	SACRAMENTO	CA 95825	925-7625 925-7625	12/26/45
GRETCHEN GAITHER-BROAD					01/22/61
MARK BROTHERTON	25 LAURELL DR.	DANVILLE	CA 94526	366-0897 838-7574	01/09/57
MICHELE BUNDS	40 CEDRO CIRCLE	SACRAMENTO	CA 95833	927-5882 322-5359	09/07/52
BRIAN BURKE	PO BOX 752	SHINGLE SPRINGS	CA 95682	677-2139 362-3760	08/13/44
SUSAN					03/17/51
MICHAEL					
LORIN					
TIMOTHY					
WIJDAN CADURA	5301 FINSBURY WAY	SACRAMENTO	CA 95841	344-3861	01/18/42
ART CANN	4871 KEANE DR.	CARMICHAEL	CA 95608	488-6216 440-2595	08/16/38
NANCY					
STEPHANIE					
PETER					
PHIL CAINE	PO BOX 160172	SACRAMENTO	CA 95816	427-7115 440-6345	09/20/38
CONNIE CHIRI	4417 SAN MARTINO DR.	DAVIS	CA 95616	756-6180 453-2585	04/15/47
CHERYL CLANTON	708 SANTA YNEZ WAY	SACRAMENTO	CA 95816	457-1401 482-3950	12/11/48
AARON					
JOHN CLARK	3956 GREENBROOK CIRCLE	CITRUS HEIGHTS	CA 95621	969-7827	04/29/42
INGRID					
ELISA					
RICHARD G. CLARK	359 RIVERCREST DRIVE	SACRAMENTO	CA 95831	424-2498 635-0353	06/15/47
EILEEN CLAUGUS	10028 SIERRA GLEN WAY	SACRAMENTO	CA 95827	362-3270	04/18/55
KAREN JOE	584 SANTA YNEZ WAY	SACRAMENTO	CA 95816	456-6196 395-0707	08/23/51
CHUCK CONWAY	2450 LARKSPUR LANE #322	SACRAMENTO	CA 95825	483-8964 366-2482	05/10/47
JIM CONZETT	549 LEEWARD WAY	SACRAMENTO	CA 95831	392-1737 392-1737	12/11/43
JOE COOK	6514 CROSSWOODS CIRCLE	CITRUS HEIGHTS	CA 95610		722-2863 08/24/41

ROSTER OF BUFFALO CHIPS RUNNING CLUB

FEB 1985

NAME	ADDRESS	CITY	CLUB	PHONES		BIRTHDATE
				HOME	WORK	
RON CRAWFORD	4420 ARDEN WAY	SACRAMENTO	CA 95864	485-8879		02/15/33
SEAN						12/22/68
BTBI						11/17/70
CARLA						06/12/28
ARLENE DADIGAN	2637 FULTON AVE #127	SACRAMENTO	CA 95821	971-9667		09/06/37
STEVE DANIELS	4322 GREENHOLME #31	SACRAMENTO	CA 95842	338-3559	920-4814	04/15/58
DONNA DAVIDSON	928 SANTA YNEZ #3	SACRAMENTO	CA 95816	448-7194	454-3337	/ /
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	752-6733	09/29/34
JIM DRAKE	3442 WHITNOR COURT	SACRAMENTO	CA 95821	485-8013	482-4550	06/18/40
PAT						05/05/44
MIKE						09/26/67
JASON						06/16/69
JENNIFER						07/29/71
DENNIS DUNBAR	3557 GEMINI WAY	SACRAMENTO	CA 95827	362-2888	445-1626	03/31/50
SALLY EDWARDS	2408 J STREET	SACRAMENTO	CA 95816	739-6233	442-7223	09/10/47
ELLIOTT EISENBUD	6403 COYLE AVE.	CARMICHAEL	CA 95608	482-1586	966-5404	01/14/43
HELENE						
JENNIFER EKSTEDT	3317 MONTEREY AVE.	DAVIS	CA 95616	756-5162	323-2468	10/21/51
FRANK ESPINOSA	6530 PARK RIVIERA WAY	SACRAMENTO	CA 95831	428-8059	452-4831	04/11/40
BARBRA FLORES FARREN	1808 NEPTUNE WAY	SACRAMENTO	CA 95825	486-8470	643-5876	10/30/32
TOM						05/21/32
HARRY FEUSI	901 ANNA ST.	BRODERICK	CA 95605	372-3882	371-0476	04/24/46
HARRY FEUSI	901 ANNA ST.	BRODERICK	CA 95605	372-3882	371-0476	04/24/46
BILL FINKEBEINER	10734 PAIUTE WAY	RANCHO CORDOVA	CA 95670	366-0897	487-5141	12/09/55
JIM FINNEGAN	1836 CARMELO DR.	CARMICHAEL	CA 95608	489-3410	445-2701	11/22/40
SANDY FITZWATER	5114 MADISON AVE	SACRAMENTO	CA 95841		332-6453	/ /
CLIFF FLORES	7230 ZELINDA DRIVE	FAIR OAKS	CA 95628	567-4288		03/28/29
JEANNE						06/25/40
KAREN E. FRINCKE	41 GRAND RIO CIRCLE	SACRAMENTO	CA 95826	383-1494	324-4759	05/02/40
BRUCE FUJIMOTO	7835 WHITE TAIL WAY	SACRAMENTO	CA 95823	392-8073	322-6555	11/28/55
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
CAROL						01/02/47
CHRIS						11/17/77
JAMES A. GAVIN	8937 WOODWARD WAY	ORANGEVALE	CA 95662	989-5655	643-2835	08/04/44
DAVID GIVENS		SACRAMENTO	CA 95818			09/29/48
LISA						
KEVIN						
SCOTT						
BEN						
NICK						
ART GODWIN	1249 C STREET	RIO LINDA	CA 95673			09/28/55
CLARK GOSSETT	4236 GALEWOOD WAY	CARMICHAEL	CA 95608	961-8752	441-5392	08/24/41
PATRICIA						05/13/04
AMY						12/19/77
RICH GOYETTE	268 MIDDLETOWN RD.	PLACERVILLE	CA 95667	626-6499	622-1871	02/24/45
BOB HALL	7125 - 24TH STREET	RIO LINDA	CA 95673	991-6384	383-6622	03/07/36
GORDON HALL	8243 LA RIVIERA DR.	SACRAMENTO	CA 95826	381-5270	445-0211	02/03/32
RON HALL	4110 NORRIS AVE.	SACRAMENTO	CA 95821	488-3189	929-9029	05/12/34
DAVID HAMMOND	7468 WALNUT RD.	FAIR OAKS	CA 95628	966-7628	482-5735	03/15/41
MARGE HANSEN	2416 EDNA ST.	SACRAMENTO	CA 95822	428-5923	427-4807	10/25/37

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STEVE HAUN MARYELLA MARK DANTEL	3445 DELMESA CT.	SACRAMENTO	CA 95821	488-2965	483-2900	09/08/43
CURT HAURY	1201 58TH ST.	SACRAMENTO	CA 95819	451-7431		12/11/47
JEFF HAYES BEVERLY LLOYD	1145 RIVARA CIRCLE	SACRAMENTO	CA 95825	972-0537	485-8169	04/19/56
DAN HELM RAY TINA	PO BOX 457	CAMINO	CA 95709	644-1976	644-1976	08/30/63 05/30/29
LINDA G. HEMBRY	P.O. BOX 3	INDIAN TRAILS	NC 28079	821-8433		06/17/53
MIKE HERNANDEZ JOCELYN ALLISON	8220 WOODLAKE HILLS DR.	ORANGEVALE	CA 95662	725-1526	(415)7749903	05/09/53
MARY HESS	9964 PARKLAKE WAY	ELK GROVE	CA 95624	685-5438	440-5100	01/26/52
MARK HICKS DON	10847 WALNUTWOOD WAY	RANCHO CORDOVA	CA 95670	635-8782		04/26/57 12/28/59
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	988-7948	06/23/56
BRIAN HOEY	663 RIVERCREST DR.	SACRAMENTO	CA 95831	391-2869	452-2876	06/20/48
DONALD HOLSTEN CAMPBELL DINSMORE MARIAN KING	457 38TH ST.	SACRAMENTO	CA 95814	736-1099	445-2263	03/08/35
SANDY HOUCK	1226 MISSION AVE	CARMICHAEL	CA 95608	972-8321	322-6650	08/30/46
ERIC IANACONE	708 SANTA YNEZ WAY	SACRAMENTO	CA 95816	457-1401		03/27/47
KIM ISHAM CLAUDIA	5005 HENLOCK ST.	SACRAMENTO	CA 95841	348-1520	643-6196	09/29/52
CHRISTINE IWASHASHI-HOSOO	909 MACE BLVD.	DAVIS	CA 95616	758-0962	752-6615	10/15/55
HOWARD JACOBSON	616 - 25TH STREET #B	SACRAMENTO	CA 95816	444-8424	685-2461	06/15/43
VALERIE JACOBSON	3157 BAKULA WAY	SACRAMENTO	CA 95825	489-1622	445-1727	03/22/63
VALERIE JACOBSON	3157 BAKULA WAY	SACRAMENTO	CA 95825	489-1622	445-1727	03/22/63
DEBBIE JOHNSON DAN	4707 H ST.	SACRAMENTO	CA 95819	455-0532		11/22/59 05/31/56
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	(408)7447862	06/06/34
LESLIE JOHNSON	2253 NGRTHRUP AVE. #22	SACRAMENTO	CA 95825	922-9413	446-7847	02/23/57
BURL JONES CAROLE HOOD	712 DUNBARTON CIRCLE	SACRAMENTO	CA 95825	927-6407	445-1872	06/09/45 07/03/51
MARTY JOYCE	5400 LEQUEL WAY	CARMICHAEL	CA 95608	973-1169	638-6581	07/14/48
VIC KALIAKIN	2011 5TH ST. 8D	DAVIS	CA 95616	756-0928	752-1746	11/01/56
GARTER KEANE		CITRUS HEIGHTS	CA 95611	456-8110	636-3056	07/18/34
WILLIAM A. J. KEENAN	1637 GARY WAY	CARMICHAEL	CA 95608	485-9608	488-6761	04/11/35
SANDY KEH	2227 NORTHRUP #21	SACRAMENTO	CA 95825	929-7505	486-1122	02/06/58
MICHAEL KELLY	5700 VAL VERDE	LOOMIS	CA 95650	652-0342	322-2030	06/17/46
JOHN KENNEDY	3005 LATHAM DR.	SACRAMENTO	CA 95825	971-0184	972-8600	01/16/53
KITTY KIEFER	1508 B ST., APT 5	SACRAMENTO	CA 95814	444-2305		03/03/52
DICK KING	5600 MILLBURN STREET	CARMICHAEL	CA 95608	967-7297	643-2865	08/21/28
NORMAN KLEIN HELEN	7820 WINDSOR LANE	CITRUS HEIGHTS	CA 95610	966-1390		03/12/38 11/27/22
DICK KNOTTS	2045 W EL CAMINO AVE #443	SACRAMENTO	CA 95833		920-0208	08/11/51
GEORGE KOCH	4400 BARRETT RD.	CARMICHAEL	CA 95608	967-0820	929-0485	02/23/27
GEOFF KURLAND	324 41ST ST.	SACRAMENTO	CA 95819	455-6268	453-3189	03/29/46
LARRY KUYKENDALL	4920 HENLOCK ST.	SACRAMENTO	CA 95841	344-7452	331-7217	02/04/44
PAUL LAWRENCE	6824 GLORIA DR.	SACRAMENTO	CA 95831	427-2534	391-1651	05/12/36
MARJORIE LAWSON	1003 ROUNDTREE COURT	SACRAMENTO	CA 95831	427-5019	445-1484	11/06/24
BYRON LEA DOREEN MOOREFIELD-LEA	3249 B ST.	SACRAMENTO	CA 95816	447-2030		05/31/56 05/28/63

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SUSAN LENTZ	7238 WINTERWILLOW CT	SACRAMENTO	CA 95828	689-4089		02/15/63
JAN LEVET	2725 IRIS LANE	CANIND	CA 95709	644-7295	622-3634	04/27/51
BRIAN LEW	614 24TH ST. APT A	SACRAMENTO	CA 95816	443-7096		04/13/61
HARRY W. LEWIS	3218 ROOT AVENUE	CARMICHAEL	CA 95608	487-3277	643-4212	08/16/31
KANDI LEWIS	836 KANAKA VALLEY RD.	RESCUE	CA 95672	677-6394		02/28/61
MICHAEL JAY						09/30/34
JON LINN	630 ESTATES DR.	SACRAMENTO	CA 95825	487-3626		04/06/57
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	739-5616	12/04/38
JIM LOBSITZ	P.O. BOX 215013	SACRAMENTO	CA 95821	489-3588	488-2212	06/14/27
WARREN LOCKETTE M.D.	27275 GATEWAY DR, NORTH	FARMINGTON	MI 48018	(313) 471-4083		08/11/55
JOHN LOTZ	7265 PALMER HOUSE DR.	SACRAMENTO	CA 95828	422-9206	682-9034	05/30/43
JO BRAD MARK						12/23/40
DAVID LOW	6 VIERRA CT.	SACRAMENTO	CA 95831	421-4414		02/11/68
JIMMY						01/18/65
JERRY LYERLY	3310 64TH ST.	SACRAMENTO	CA 95820	456-9755	355-0473	06/06/56
STEVE MACAULAY	10 WILLOWBANK RD.	DAVIS	CA 95616		323-5029	12/07/24
TERRY SCOTT KRISTEN						07/24/39
GIBERTO MACHADO	7346 SLOCUM CT.	SACRAMENTO	CA 95822	421-1967	(707)429-5175	12/13/48
LAURA MACHADO	7238 WINTERWILLOW CT.	SACRAMENTO	CA 95828	689-4089	682-6666	12/02/83
JOHN MANNARINO	3801 - 42ND STREET	SACRAMENTO	CA 95820	451-0930	323-7349	10/13/81
GRANT MARCOM	4700 ORANGE GROVE AVE.	SACRAMENTO	CA 95841	482-0571	481-5203	11/07/53
JOHN MARK	1142 FREMONT WAY	SACRAMENTO	CA 95818	447-6034	453-3189	07/31/55
CHARLES ROBIN MARRS	1816 MARKHAM WAY	SACRAMENTO	CA 95818	443-4230	324-1976	10/03/39
TOM MARSHALL	6403 COYLE AVE. SUITE 365	CARMICHAEL	CA 95608		967-2892	02/12/51
SUSAN WINTERS						09/07/52
BEV MARX	802 ELMHURST CIRCLE	SACRAMENTO	CA 95825	927-6882	481-8811	09/12/38
RANDY						05/02/31
BETH MATTESON	9679 WALNUT AVE.	ELK GROVE	CA 95624	391-7963	682-6121	09/29/49
JOHN MCINTOSH	4540 FAIR OAKS BLVD.	SACRAMENTO	CA 95825	487-7327	488-7184	11/30/53
STEVE MCNUTT	1611 5TH ST. APT.21	SACRAMENTO	CA 95814	447-9576	322-9317	08/05/53
CHARLES MERSEREAU	RT 1 BOX 215	FORSYTH	MD 65653	546-5834		04/13/60
GLENN E. MILLAR JR. M.D.	4020 HOLLOWOOD CT.	CARMICHAEL	CA 95608	482-8561	483-9391	03/04/42
MIKE MILLER	1530 MCCLAREN DR.	CARMICHAEL	CA 95608	488-3833	322-7702	12/21/54
TIM MOLONEY	8641 GLENROY WAY	SACRAMENTO	CA 95826	383-3570		02-23-24
CRAIG MOORE	3520 PAYDIRT DR.	PLACERVILLE	CA 95667	626-7618	626-7690	06/23/39
SUZETTE MEGAN						12/09/41
KEN MURRAY	1630 T STREET #8	SACRAMENTO	CA 95814	448-7548	752-1099	04/09/59
SUE MURRAY	5319 CARNEIA CT.	CARMICHAEL	CA 95608	487-9811	366-2260	06/08/53
JOHN KATHY						08/03/45
ERIC W. NATTI	6245 GENA CT.	CARMICHAEL	CA 95608	966-6721	484-4579	09/19/43
ELLEN BUCHANAN						06/21/79
DAVE NEFF	3329 ECLIPSE CT.	SACRAMENTO	CA 95826	362-9815	440-2304	06/22/45
MIKE NEFF	3305 CAHILL CT.	SACRAMENTO	CA 95827	366-6208	324-1011	03/26/44
CHUCK NICHOLS	35 PARK WEST CT.	SACRAMENTO	CA 95822	395-0652	324-8299	06/28/48
KAREN O'HAIRE	30 INLET CT.	SACRAMENTO	CA 95833	925-6960	445-0270	12/15/45
MIKE O'NEIL	8309 LA RIVIERA DR.	SACRAMENTO	CA 95826	383-3375	366-2961	10/28/49

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ALBERT ORTIZ LINDA JOHN AL JR.	656 SAN ANTONIO WAY	SACRAMENTO	CA 95819	451-6621	969-3390	03/29/46
MICHAEL OTTEN	8608 BRODIE COURT	ELK GROVE	CA 95624	685-6235	440-0547	10/13/39
SCOTT OWENS	3910 WYCOMBE DR.	SACRAMENTO	CA 95864	489-3913	489-3913	05/01/57
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	324-1256	07/10/34
TIM PATINO	510 23RD. ST. #4	SACRAMENTO	CA 95816	443-0294	455-5710	11/04/56
DICK PATTERSON	6413 SHADY SPRINGS WAY	CITRUS HEIGHTS	CA 95621	723-1574	449-8888	09/16/43
JEFF PEARMAN SUE	5758 F CALLIE LANE	SACRAMENTO	CA 95841	331-6539	483-5061	05/01/54 04/19/58
TOM PEARMAN MARQUITA	5450 CYPRESS AVE.	CARMICHAEL	CA 95608	482-1228		02/19/62 06/11/25
JOSE PEREZ	8150 GANDY DANCER WAY	SACRAMENTO	CA 95823	689-4215	445-8402	09/14/52
DICK PETRUZZI	5806 TWIN GARDENS DR.	CARMICHAEL	CA 95608	483-2917	483-2917	02/12/33
BETTY PFIEFER DAVID SWANSON	6972 AMBERWICK WAY	CITRUS HEIGHTS	CA 95621	966-4079	445-2564	03/14/47 / /72
BYRON PHILLED	2978 PORTAGE BAY #176	DAVIS	CA 95616	753-8176	445-4965	12/06/54
DAN POWELL	819 LA SIERRA DR.	SACRAMENTO	CA 95825	487-0530	444-7160	06/10/48
DONNA J. QUISENBERRY	2800 GINGER COURT	SACRAMENTO	CA 95826	381-1592	443-2011	11/08/53
RONALD RADER	5000 - 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
JOHN RANEY	3110 STEINBRENNER CT.	CARMICHAEL	CA 95608	481-8433		01/13/37
JOHN REISS MARK	2100 ROCKWOOD DR.	SACRAMENTO	CA 95825	972-7476	456-2070	07/11/37 06/24/33
JOHN ROLL	6909 CASA GRANDE WAY	SACRAMENTO	CA 95828	383-5875		11/09/51
DAVID RUBENSON	8943 BULFPORT 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
J. KELLY RYAN	200 BICENTENIAL CIRCLE #114	SACRAMENTO	CA 95826	386-1167	440-3572	02/12/60
ROBERT SANCHEZ ROBIN GALE	5410 BARTIG WAY DR.	CITRUS HEIGHTS	CA 95610	966-2372	445-1812	11/24/38 09/11/65
STUART SARGISSON LISA AMANDA BEN	4027 TERRA VISTA WAY	SACRAMENTO	CA 95821	482-6954		12/10/39 10/06/40
RANDY SARTE SUSAN	2322 BUTANO DR. #201	SACRAMENTO	CA 95825	383-7534	482-7830	10/24/43 01/24/53
MARY SCANGARELLA	3121 MORELAND CT.	SACRAMENTO	CA 95825	486-9246		08/25/54
DENNIS SCOTT	719 - 37TH STREET	SACRAMENTO	CA 95816	455-8710	322-7518	05/31/48
BILL SHANK	4305 WALMONTE DR.	SACRAMENTO	CA 95864	489-5225	920-6531	09/11/21
BOB SHAPPELL	6912 WHYTE AVE.	CITRUS HEIGHTS	CA 95621	728-5270	643-6722	02/08/53
GEORGE SILLER	4452 B ST.	SACRAMENTO	CA 95819	457-9566	440-3288	11/22/46
JOHN SIMONS	6501 SURFSIDE WAY	SACRAMENTO	CA 95831	392-5226	322-7090	06/03/39
RICHARD C. MO SMITH	3201 D ST	SACRAMENTO	CA 95816	446-5898	945-6222	02/17/42
GREG SODERLUND	2676 TRUXEL RD.AVE.	SACRAMENTO	CA 95833	921-6782	453-1489	02/08/48
JO ANN SOUVIGNIER	5912 PETALUMA CT.	SACRAMENTO	CA 95841	344-3396	322-4050	12/03/37
DON SPICKELMIER	3830 T STREET	SACRAMENTO	CA 95816	457-7969	972-8551	11/01/40
BILL STAINBROOK LUCINDA ASHBY	5303 13TH AVE	SACRAMENTO	CA 95817	451-4845	481-8811	09/14/53 09/10/59
CLIFFORD STAPP	P.O. BOX 1477	SHINGLE SPRINGS	CA 95682	933-2179	622-6121	03/17/42
ED STROMBERG	2824 MARTEL COURT	SACRAMENTO	CA 95826	383-7616	332-0527	03/20/43
MICHAEL SULLIVAN	2471 PRINCETONAPT. 23	SAN BRUNO	CA 94066	(415) 872-2252		10/10/59
MICHAEL SUMMERS	2405 U ST.	SACRAMENTO	CA 95818	457-8696	445-1912	11/03/52
RICK SUMMERS	9756 WOODHOLLOW WAY	SACRAMENTO	CA 95827	369-2551	355-4690	02/07/47
MARTIN SZEKERESH	219 RANDY AVE.,	WHITE BEAR LAKE	MN 55110	(612) 426-6185		05/25/38
HERB TANIMOTO	1525 SIERRA GARDENS DR.	ROSEVILLE	CA 95678	782-7068	783-9111	05/03/48
GLEN THOMAS	1030 EL SUR WAY	SACRAMENTO	CA 95825	485-7920	322-8310	01/01/47

NAME	ROSTER OF BUFFALO CHIPS RUNNING CLUB				FEB 1985		BIRTHDATE
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CAROLYN TUCKER	1249 C STREET	RIO LINDA	CA 95673	991-3593		07/03/50	
BARRY TURNER	790 WOODSIDE LN E. #10	SACRAMENTO	CA 95825	920-1095	966-8494	03/04/53	
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	
CYNTHIA						05/15/53	
ART WAGGONER	118 TOUCHSTONE PLACE	WEST SACRAMENTO	CA 95691		454-3323	11/26/25	
GARY R. WALDSMITH	3550 RIDGEVIEW DR.	EL DORADO HILLS	CA 95630	933-3815		11/12/40	
DELORES MCKINNON						04/10/50	
LARRY WALTON	3921 BERRENDO DR.	SACRAMENTO	CA 95825	487-3778	441-3940	10/15/39	
DAVID WARADY	9162 LARIAT CT	FAIR OAKS	CA 95628	988-3337	723-3826	12/29/56	
LADONNA WASHINGTON	1412 DRAKE DR. APT. B	DAVIS	CA 95616	758-9800		06/06/55	
MARK WASSER	5408 ADANA CIRCLE	CARMICHAEL	CA 95608	482-8856	441-4011	08/30/48	
MERLE WATSON		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	643-5600	06/02/45	
LINETTE WELLS	3959 M ST. APT F	SACRAMENTO	CA 95819	455-1328	322-1908	06/03/58	
DONNA M. WETTERER	351 DEL VERDE CIRCLE #1	SACRAMENTO	CA 95833	920-9237	445-8292	08/25/51	
GARY WHEELER	4537 BELA WAY	CARMICHAEL	CA 95608	972-0614		07/28/39	
MARK WILLIAMS	2350 AMERICAN RIVER DR. #211	SACRAMENTO	CA 95825	489-5102		07/11/52	
TED WINTERHALDER	5365 CISCO CIRCLE	SACRAMENTO	CA 95819	455-0670		06/16/29	
GALE WRIGHT	9130 JUNEWOOD LANE	FAIR OAKS	CA 95628	988-6281	322-3537	05/17/48	
TOM WRIGHT	1189 FUNNY BUG RD	PLACERVILLE	CA 95667	622-8831	388-2281	06/25/44	
DONNA							
WILLIAM E. WRIGHT	6755 ORLEANS WAY	SACRAMENTO	CA 95831	393-3500	445-1010	04/25/43	
MARIE						04/24/51	
KARL YAMAUCHI	4921 CRESTWOOD WAY	SACRAMENTO	CA 95822	456-8498	454-5319	06/24/48	
NANCY						01/07/56	
T. R. YORK	2359 CALIFORNIA AVE.	CARMICHAEL	CA 95608	484-1155	363-3133	02/27/54	
MARK							
HELEN YOUNG	4503 ZACHARY WAY	SACRAMENTO	CA 95842	338-2405	966-9535	05/26/58	
STEVE ZEMNER	3304 ROSEMONT DR.	SACRAMENTO	CA 95862	366-8524	441-4011	01/28/48	

6

COME TO THE BUFFALO CHIPS' CLUB SOCIAL RUNS

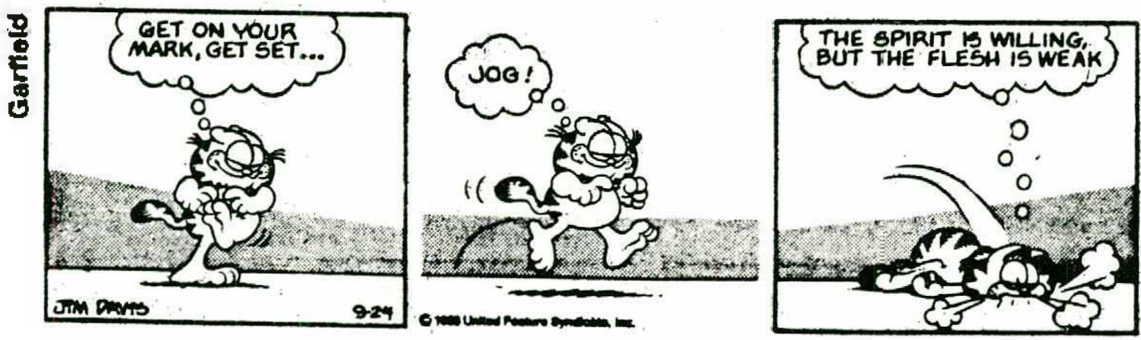
Most of us like to get together as runners, that's why we joined the Chips. The club has decided to expand on the Tuesday/Thursday night workouts and club sponsored races as social occasions by including other races as Chip's social events.

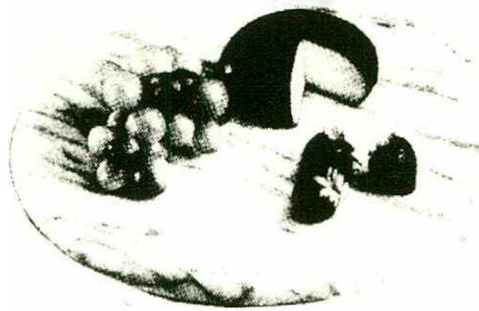
The general idea is that certain races that are generally pretty good or are in nice locations will be advertised in the newsletter as Chip social events. Chips will be encouraged to come to these events and afterwards get together.

The get togethers can include some social running, brunch, picnic, or whatever sounds good. Right now things are kind of loose until we see what works best. The first event we going to try this at is the California National Guard 5 & 10 k at Miller Park, April 14. A fellow Chip, Bill Shank, is sponsoring this one so it should be a good one. So show up, race, fun run or train it. Afterwards we'll meet near the finish line at the Buffalo Chips banner, maybe from there go to a good brunch somewhere and swap PRs or excuses. We'll see you there!



"You'd think they'd know when to stop."





I'M A COOKER

by Marge Hanson

PEANUT BUTTER N FUDGE BROWNIES

2 C sugar	1/3 C sugar
1 C margarine or butter	2 T flour
2 t vanilla	2 eggs
4 eggs	3/4 t vanilla
1 1/2 C Flour	
3/4 C cocoa	FROSTING
1 t baking powder	3 oz (3 sq) un-
1/2 t salt	sweetened choc.
1 C peanut butter chips	3 T margarine
3/4 C peanut butter	2 2/3 C powd sug
1/3 C margarine or butter	1/4 t salt
	3/4 t vanilla
	4 to 5 T water

Heat oven to 350F. Grease 13x9" pan. In large bowl, cream 2 C sugar & 1 C margarine til light & fluffy. Add 2 t vanilla & 4 eggs, 1 at a time; beating well after each. Lightly spoon flour into measuring cup; level off. Gradually add 1 1/2 C flour, cocoa, bak powder & 1/2 t salt to creamed mixture; mix well. Stir in peanut butter chips. In small bowl, cream peanut butter and 1/3 C marg. Add 1/3 C sugar & 2 T flour; blend well. Add 2 eggs & 3/4 t vanilla; beat til smooth. Spread half chocolate mixture in prepared pan. Spread peanut butter mixture over chocolate mixture. Spread remaining chocolate mixture over peanut butter mixture. Gently cut through layer to marble.

Bake 350F for 40-50 min or til top springs back when lightly touched in center & brownies begin to pull away from sides of pan. Cool completely. In medium saucepan, melt chocolate and 3 T margarine over low heat, stirring constantly. Remove from heat. Stir in powd sugar, 1/4 t salt, 3/4 t vanilla and water til frosting is smooth; spread over brownies. Cut into bars. 54 bars.

RACING RESULTS FROM SOME SELECTED EVENTS

The California 10 in Stockton seems to have the weather Gods always watchful. January 6 was a typically Cal 10 day--foggy, cool and almost windless, and the performances of the participant BCers took full advantage of these conditions. Mark Hicks led the CHIPS contingent with his 54:32, followed by Tom Pearman in the 55's, Mike Kelley closely pursued by Gil Machado (both 56's), Curt Haury (57?), Don Hicks and another unidentified CHIP from workout (both 58's), Kim Isham in the 58's led Dave Warady (low 59's), and maybe the last person to break 60--George Parrott. Abe Underwood looked great coming in at about 62, and Steve Daniels enjoyed cruising the last two miles with first CHIP female Chris Iwahashi-Hosoda (64:24). Kathy Pfiefer (not a current CHIP) was 3rd female overall with a PR 57:46. Joan Reiss toured the course in about 66 and other CHIPS seen included Tim Hicks, Mike Adreani, June Hill-Falkenthal, and Mike Sullivan, times uncertain, sorry! Also, I did miss a couple of CHIP singlets completely, again apologies.

January 12--REDDING, 10 KM, HALF AND FULL MARATHON

Going almost 180 miles to attempt to hide and or cherry-pick a race is getting harder and harder. In the first hosting of a full marathon in Redding, it turns out that almost 10 percent of the finishers in the full were Sacramento CHIPS, and a number of other Sacramentans also joined the festivities. A cool, beautiful, and sunny day greeted the runners with all three races starting together at 10 a.m. near the river. The early part of the course had some honest but not killing hills, and Mark Hicks was 4th overall in the 10 km and first Chip in 34:18, about a minute back Steve Daniels was 5th overall. Cynthia Young claimed perhaps the single CHIP finish in the half (time about 1:40's?), and the Buffalo spotted the course in the full marathon. Gil Machado ran a conservative 1:20 for the first half and then picked up the tempo to record a 3rd overall finish with a PR 2:38! Testing the waters and dying in the last 6.2 Parrott came through 20 in 2:08 and finished in 2:51 for 5th overall and first in the 40+ group (cherry-picker candidate). Norm Klein got his Boston time with a sterling 3:06, followed by Abe Underwood looking very strong at 3:17 or so; Helen Klein had one of her worst days at 26.2 and finished fifth woman in 4:40. Gil, Steve, Mark and George liked the race, not the least because we found a Pietro's Restaurant near our Motel and enjoyed the best pizza I have ever sampled!

ADVICE ON DIET AND EXERCISE

By Doctor Joseph Cook, MD

FITNESS PAYS OFF AND IS FUN

Americans may do a lot of crazy things but we sure know how to make things work. We have one admirable trait in this country - if we find something that improves our lifestyle, we do it. Exercise fits that prerequisite to a tee. It improves life physically, emotionally, and socially. As health improves with daily exercise, so does your mental state - making life more fun and making you more fun to be with! People who claim they aren't interested in exercise or that they don't need exercise are making more than a medical mistake; they are making a social error.

Convent Bailey states in one of his newsletters that eleven years ago research had proven only three medical benefits of exercise. Today more than thirty benefits have been technically proven and medically accepted. Exercise and particularly aerobic exercise, demands much of the body, stimulating physiological adaptations so that the body can handle the exercise better and better. This process used to be called simply "getting in shape". As people get into shape, they feel improvement in their lungs, heart, and muscles. So in aerobic exercise by increasing the oxygen supply to these muscles, their work increases and improves and you feel better.

Exercise helps improve the condition of the lungs because deep steady breathing opens the bronchioles, the tiny tubes that carry air into the remote areas of the lungs. Aerobic exercise seems to alleviate asthmatic attacks (not cure them) through a general improvement of these bronchioles. Likewise seasonal allergies to pollen in the air seem to be alleviated in regular exercises. Improvement in the lungs means better oxygenation of the blood.

Exercise stimulates the increase of the hemoglobin in the blood. This latter increase is affected by working the muscles. Also, the bone marrow responds to exercise by increasing the production of red blood cells. Therefore, exercisers have an increase in the red blood cells which tends to decrease any tendency towards anemia. The odd thing is that some doctors have noticed an increase in anemia in runners. The condition is called "pseudo-anemia" and it is not a true anemia at all because exercise increases the blood volume so that as the volume increases the red blood cells are diluted making the blood paler and this accounts for the condition above.

Exercise also increases bone calcium. Thus, the loss of bone mineral seen in postmenopausal women can be decreased and possibly even prevented by exercise. Incidentally, high protein diets cause loss of body calcium and contrarily when the dietary protein is decreased the bones are helped to retain their calcium.

Aerobic exercise causes changes in the cholesterol in our bodies. It increases the good HDL cholesterol in the blood and decreases the bad LDL cholesterol. The importance of the changes simply cannot be over rated. Fat/cholesterol deposits in the arteries, known as atherosclerosis are involved in the ten leading causes of death in the United States. Diabetes, stroke, heart attack - you name it - the problem is either caused directly by or enhanced by atherosclerosis.

With aerobic exercise, the heart muscle improves in three ways. It grows thicker and stronger. Secondly, the size of the chamber inside the heart enlarges so that more blood is pumped with each heart beat. And thirdly, there is an improvement in the capillaries that feed the heart muscles its own supply of blood. With increased aerobic exercise, these tiny blood vessels enlarge or dilate and allow blood to passthrough them more freely so that areas of heart muscle that are remote from the main coronary supply receive blood more freely. These changes in the heart muscle that come from aerobic exercise are not produced by weight lifting, circuit training or other non-aerobic exercise.

In summary it might be said that (1) in fit people, blood enters the exercising muscle red and comes out so dark blue it's almost black, (2) in fit people, oxygen is quickly and efficiently removed from the blood by an exercising muscle, (3) in fit people, blood fats are used by exercising muscles in preference to glucose, (4) a high fitness level is conducive to the removal of body fat.

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.



It has just occurred to Flo Benson that she hasn't been in street clothes for five years.



SOCIAL NEWS BY GIL MACHADO

I would like to start off by thanking all my fellow members for their support and confidence in electing me to the CHIP board, and to my fellow board members for selecting me as social coordinator for 1985.

I hope that 1985 will bring us some new social events, and here is a plan for the near future:

First, the weekly Tuesday/Thursday workout crowd would like to invite even more friendly and enthusiastic bison to join us for these fun sessions---not fun you say? Really, after these playful sessions Bison are seen in running attire in such places as Pasta Fresca, Shakey's (all you can munch), Caballo Blanco, etc. Of course none of these pursuits of hedonism would be complete without a final stop at Double Rainbow or Nelson Chocolates for moments of delicious decadence. How can anyone resist---some people have been known to miss the workouts just to make the eating times (hint: one is 37 and has initials G.S.).

Second, in late Spring, we will have our first club picnic. More on that in the next news letter.

We are trying to encourage more club involvement in team races and local races as club social highlights. I would certainly like to encourage the wearing of the club singlet regularly; they are now available at McIntosh's Sports Cottage (4120 El Camino). We are going to try to have a once a month club designated run (local race) where a big turnout of flying and not so flying CHIPS might meet to cheer each other on. These events will generally be less than half-marathons in length. For the next near term let's see the many horned Bison at:

SACRAMENTO MILE: March 10, 8:00 a.m., registration on the Capitol Mall near 9th st. Info: Dave Low: 392-6453.

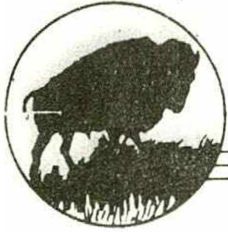
K-108 DUSTY MORGAN FUN RUN: 2nd Saturday in March, Old Sac., Free.

Also major upcoming events for many of us:

March 10 Napa Valley Marathon (Warren Lockette will be returning from Michigan to challenge Parrott once again).

March 31 Modesto 1/2 and Full Marathon (two loops, flat and fast)

April 14 American River 50, CSUS to Auburn. Those running would greatly appreciate Chip supporters along the route.



BUFFALO CHIPS

RUNNING CLUB



NEWSLETTER

Number 75

May 1, 1985

George Parrott	High Dunger	921-6782
Eileen Claugus	Vice Dunger	366-3270
Marge Hansen	Dung Recorder	428-5923
Mike Miller	Dung Counter	488-3833
Mike Miller	Dung Header	488-3833
Gil Machado	Dung Coordinator	421-1967
Abe Underwood	Race Chairchip	456-9257
Karl/Nancy Yamauchi	Dung Editor	443-5400

A CHIP --

SOMEWHERE IN THE HERD

In August of 1979 I joined the CHIPS. Why? Primarily, I succumbed to the gentle solicitation of a few close friends -- Howard, Art and Elliott. And I had met a number of other CHIPS who seemed to be of like mind. Secondly, my erstwhile club had slowly "fizzled" for no known or specific reason. We were 12 strong at our apex. Ah, those Heineken Harriers and that crazy Rocky Balboa, better known as Adam Ferreira. It was fun.

Oddly, I had joined the Heineken Harriers in 1977 because Adam was not just a friend, he was also the person solely responsible for encouraging me to pursue running -- merely to be fit. That was June of 1970. I ran alone for seven years in Texas, New Jersey and here in California before I ever participated in an organized Fun Run, July 4th, 1977, Glenn Hall Park 5 Miler.

After joining the CHIPS I realized that I could pay my dues, so to speak, to the running community of Sacramento for the benefits I had enjoyed over the years. This I have done and will continue to do. I feel good about that endeavor. No regrets.

Another factor which enticed me into joining the CHIPS was the name itself -- Buffalo Chips. Kind of off-beat. It added some levity to the vain pursuit of PRs, PBs or whatever. I liked that flavor and attitude. It sort of fit the name, CHIPS. Moreover, as many of you realize, the CHIPS' singlet attracts attention and some memorable commentary irrespective of where one may be running.

Certainly, anyone who knows me realizes that I did not join the CHIPS in order to run with the fast or elite runners. Nor did I have a desire to race on a team, competitively. I did not perceive the CHIPS to be elite. Perhaps a bit eccentric. But never elite. However, I did believe the CHIPS were a reputable club which addressed the needs of the beginning runner, and the recreational runner. Yes, I deem myself to be a recreational runner, unmotivated by money; for I know that I would starve if I attempted to run for a living. I run to live -- contently. Furthermore, I could see that the CHIPS made a positive contribution to the running community. Thus I chose to be a part of that commitment.

As I write this, I'm reminded of a negative comment some runner (unidentified) made about the CHIPS. This fellow, as related to the Board by a CHIP in attendance at the December meeting, said his worst nightmare was, "waking up in the morning with a CHIP singlet on at the starting line." Something charitable to that effect. To me, it's funny and yet not so funny. Depends on one's perspective.

Personally, the CHIPS do not need someone so shallow and inconsiderate. Above all, I hope this particular runner boycotts all races sponsored in whole or in part by the CHIPS and any race conducted with the help of any member(s) of the CHIPS. If he did, he would be boycotting well over a dozen local races by my count.

Just my opinion. One that I feel entitled to state unequivocally. The guy may have repented by now -- and joined!

Time marches on relentlessly. Consequently, with the passage of time, things change. People come and go. So it is with the CHIPS. I'm a realist. Therefore, I accept the fact that change is evolving currently within the CHIPS. Clearly, this process commenced some time ago and may have been imperceptible. One can accept change. Conversely, one can reject change. Indeed some have chosen both avenues. In so doing, some inveterate CHIPS have departed in the past several years. Others are still in the HERD.

Frankly, when I failed to be re-elected to the Board in January, I was momentarily stunned. Had my performance in and service to the CHIPS over the three years been so deplorable that less than 50% of those in attendance at the January Election Meeting could in good conscience cast a vote for me? What was being said to me -- loud and clear?

Today, I am not sure exactly. Perhaps my campaign (nonexistent) was flawed! A political career for me is definitely not in the offing. Yet I surmise it may have been my firm (then and now) opposition to any proposal to support elite or fast runners, etc. Also, I have heard via that proverbial grapevine that I was deemed to be remote and out of touch with the "majority" of the HERD. Again, contingent upon your perspective, it may be a valid observation. Of course, I do not concur.

But I'm still here -- somewhere in the HERD.

--Glenn Bailey--

Buffalo Chips Board of Directors Meeting
February 7, 1985 - Mike Miller's residence

Director's present: Eileen, Gil, Howard,
Mike, Marge, Donna and George.

Members present: Glenn, Tracy, Michelle, Greg, Marc,
Don and Tom.

Meeting called to order at 7:50 pm

At following meetings, the minutes will be read prior to business.

Old Business:

2500 flyers were printed and will be passed out to recruit new members. A table will also be set up at K108.

Dennis Scott reported on the cross country course at Rattlesnake Bar. The course will be approved for next January.

Glenn reported on the Jed Smith 50. There will be 130 entries, an increase from last year. Cups and safety pins needed. No pacers will be allowed. It was moved and seconded to request pacing be allowed by TAC for 50K and up, where terrain and risk demand.

The Folsom 10K was discussed. John McIntosh is planning a race on June 23rd.

George brought up the need for a club race and the possibly of a measured 10K course near the sports arena which could also be used for a race.

It was discussed that former presidents should remain on the board for a smooth transition of leaders. Bylaws to be changed.

Gil mentioned social activities should be noted in the newsletter: mud run, brunch run, Sunday long runs, and a spring picnic. Discussed a club monthly run to wear chips singlet and out to eat afterward - for team races and tac races.

Greg is working on a new member profile, with pictures, to acquaint the older Chips with the new member to club, which could be added to the newsletter.

A discussion on sports wear ensued. It was concluded that all sports stores should be able to share in the business equally.

New Business:

SLDRA and a possible Grand Prix were discussed (a series of races). SLDRA may putting on this series. Someone will contact the board and have them report back at our next meeting.

Contact Gil for a list of out of town races.

Greg needs a camera to take club pictures. Anyone who has a camera to donate contact Greg.

Next meeting will be at George's on March 7th.

Meeting adjourned about 9 pm

Respectfully submitted,
Marge Hansen, Secretary

Buffalo Chips Board of Directors Meeting
March 7, 1985 - George Parrott's residence
Director's present: Eileen, Gil, Howard, Mike, Marge,
Donna, Galen, Dave, and George.

Members present: Glenn, Greg, Michele, Steve, Marc and Tom.

Meeting called to order about 8 p.m.

The minutes were read and corrected.

Old Business:

Glenn presented a report on Jed Smith. They ran short of help in afternoon and there is a need for medical standby. It was suggested that a weigh-in could curb emergencies; or some CB or Hams to help out. Medical aid should be available promptly. Also could use another outhouse. TAC's rules banning pacers were discussed.

Reggie has declined to be the Director of the Stampede but will help Sally Linn take over for the next one.

Jim Drake submitted a report to recommend that race Directors submit a draft final report to the board prior to the race.

New Business:

It was suggested that we have a program for our general meetings, i.e. speaker, or such. Turned over to Gil for followup.

Glenn mentioned difficulties with LDR championship races and ads being placed in the TAC schedule. Glenn indicated that because the ads are not being placed by race management, the fees should not be considered a binding obligation.

Michelle will be keeping track of birthdays and has cards so everyone will be remembered and also mentioned in the newsletter.

The date for the Folsom 10K was set for June 30th.

Mike mentioned a 12 page race paper that is coming out.

We will solicit for new members at the K108 for this month.

Tom noted a May 4th Race in Placerville.

Pictures are needed for the newsletter by April 10th.

Meeting adjourned about 8:30 p.m.

Respectfully submitted,
Marge Hansen, Secretary

Sacramento Olympic
All-Weather
Track & Field Project



April 10, 1985

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 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 Oki
Herb 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

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

On behalf of our track and field staff, and, more importantly, the athletes and fitness minded citizens of our north area, we wish to thank the Buffalo Chips for their kind donation to our Track and Field Project. Although the facility is in place, as you well know, there are many odds and ends that need to be taken of. The money donated will certainly go to good use in this regard.

Sincerely,

Al Baeta
Track and Field Coach
Project Coordinator

AB/tk

AMERICAN RIVER COLLEGE
FOUNDATION
4700 College Oak Drive
Sacramento CA 95841
916/484-8141

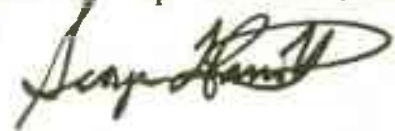
STATE OF THE HERD

We are moving into the middle of 1985, and the Summer races will be here before we know it--just as the Spring excitement is almost behind us. By the time the newsletter is out, locally the AR 50 will be history and the national scene will have shown us the winners from Boston. Herd members have fared well locally in races from Arden Park to the far off reaches of the SF Bonne Bell, Chico (Bidwell Classic), Napa, and Modesto as well as a super showing at Pt Reyes.

I had promised Chris Iwahashi-Hosoda a sub-3 hour marathon by Chico if she worked out regularly with the Tuesday-Thursday program, and I'm sorry to say that Chico was NOT her day. Chris won the Bidwell Race, PR'd but didn't break three, so I "suggested" that we could find another race before March was over to casually train through. Modesto fell on the 31st of last month, Chris was there with Gil Machado for company, and she placed 4th OVERALL, running 2:54:04--Congratulations. Two marathon PRs and two marathon wins for the Chips in one month!

I would also like to take this opportunity to openly thank Gil Machado for his support in the winning efforts of Joan Reiss in the Jed Smith 50 and in both of Chris' wins at the marathon. Gil ran every step of those races with these winning women, carried aid bottles, gave support, and generally made those great efforts easier and certainly more fun for our women. Gil will be racing the AR 50 for himself and my best wishes go with him in that quest.

Socially, we are working on several enjoyable events for all club members: 1. The club Summer picnic in June; 2. a low key running camp at Grover Hot Springs the week after the SF Marathon; and 3. regular summer workouts on Tuesdays and Thursdays with videotapes after workouts of recent races and even of the workouts. We have seen as many as 60 BISON now appear for Tuesday training sessions, and the Group A (running 5-6 miles at up to 10 minute pace) has been serving up to 12--the more the merrier!



Stress and Exercise

Stress and depression not only can make life miserable, but they also augment illness and delay recovery - which in itself is stressful and depressing. According to a recent article in the Canadian Journal of Applied Sports Sciences, you can combat this Catch-22 situation. These Canadian researchers studied 182 professional men over a period of four years. They collected data on the men's health: types, intensity, and times of stress they encountered; recovery time; and amount of physical activity each man performed. As has already been shown in previous studies, it was noted that the men became physically ill or depressed during times of stress. However, these researchers noticed that those men who had set aside time each week for physical activity could cope with stress much better, had a more positive attitude, and were ill much less often.

While it is true that regular exercise strengthens the heart and lungs, these researchers believe that this study shows that there is a strong but positive relationship between exercise and mental and physical health or well-being. They feel that this relationship may be due to a number of things: (1) Social support by regularly coming together with people who share similar goals, values, and interests(exercise) buffers the effects of life stress. (2) Stress and anger can be "worked off" or channeled into positive energy through exercise. (3) Exercise can replace the ambiguous stress of daily life with concrete physical stress. By regularly stressing yourself physically, you can become stronger and better able to tolerate more mental stress. and (4) Regular physical exercises enhances self-image, which in turn enhances self-esteem. This sense of self-control and accomplishment helps stressed individuals overcome negative feelings. So, when you encounter life stress situations make sure that you set aside time to exercise and as a result you will be healthier and happier and you may even live a longer life.

Joseph W. Cook M.D.
3/24/85

SF CONFERENCE LEARNS THAT
RUNNING BOOM CONTINUES,
BUT WITH SOME CHANGES

SAN FRANCISCO--The running phenomenon continues, with women given credit for most of its recent growth. But as competition for the fitness dollar increases, running event directors must market their wares more imaginatively, a California race directors' conference has learned.

These were key insights shared Feb. 24th at City Sports magazine's 2nd Annual Race Directors Conference at The Presidio.

Guest Speaker Fred LeBow, founder of the New York City Running Club and the New York City Marathon, said running in 1985 is bigger than ever and has a great future.

But Bay Area running scene experts warned that running no longer has a monopoly on fitness. Running now must share the stage with other body-conditioning pursuits, including swimming, biking and body-building.

Women in their 20s and 30s are the most numerous recruits in today's army of runners. But, even with expanded numbers of runners, race directors must compete fiercely to draw sponsors and runners. Those directors who best "bait" their races with several options, and offer extra attractions will outdraw their competitors.

Fred LeBow, with his usual immodesty, reported that his New York City Running Club is bigger than ever (24,449 members), up 10 percent from a year ago. LeBow predicted the New York Marathon will grow to 19,000 runners in 1985 from 18,000 in 1984.

Citing national TV coverage of the New York City Marathon and the Fifth Avenue Mile by ABC, and increased interest by quality sponsors, LeBow said:

"I'm very encouraged by the growth of running. I'm encouraged about the future of our sport."

But Jake Steinman, publisher of City Sports magazine, advised an audience of about 100 race directors that the running picture, at least in the Bay Area, is changing.

"The whole scene is changing now," said Steinman. "You don't have the same runners now. You don't have the same sponsors."

Eight to 10 years ago, Steinman recalled, you just announced a 10K run, offered a cheap T-shirt, and stood back at the opening gun.

"At that time, running WAS fitness," said Steinman. "Now the situation is different. Running is just PART of fitness."

To be successful now, Steinman said, race directors must offer attractive runs with optional distances (shorter for women, longer for men) and special come-ons to draw young families.

Several participants voiced concern that Avon, the major cosmetics firm, recently dropped race sponsorship after sponsoring more than 240 events in a seven-year period.

Speakers noted they were surprised by Avon's dropout decision in view of the addition of a women's marathon at the 1984 Olympics and Joan Benoit's smashing victory in the first Olympic marathon for women.

LeBow, however, noted that Avon over the years "failed to tie-in marketing its products with the running events they've sponsored."

LeBow, whose NYC Running Club sponsors about 125 events a year, counseled race directors: "You have to come up with new ideas", such as cheap digital watches as race give-aways instead of the inevitable T-shirt.

But basic elements of a successful run, he said, are simple:

"Make sure the runners are pleased and the sponsors are happy."

o0o

--- By Pete Weisser

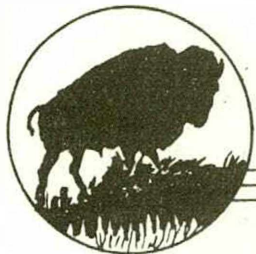
Porterville's St. Patrick Day Run
by
Georgia Billingsley

Porterville's St Patrick Day Run is a very interesting course with a little bit of everyting. There was both a Marathon and Half Marathon and at the beginning it appeared that the course was going to be flat.

The race begins at an old theatre, called the "Barn theatre". Then one runs down Planto Street towards the mountains, turning, much to the relief of the runners just prior to where the steep rise begins (2.2 miles). Then the course skirts the north side of town for another mile with a turn to what is called Scenic Heights. This is the real highlight of the run and the only real hill.

For 1.3 miles those runners got a view of the area's hills, valleys, orchards and beautiful homes. They returned to the City via Henderson Street where the shopping and fast food chains abound, to Westwood, to Olive Street and back to Morton via Newcomb (Morton has the motels) and back to Planto Street and the theatre. This loop is repeated for the Marathon runners.

The air was cool in the early hours with a breeze but the sun warmed things up so that by nine o'clock we appreciated the breeze. All in all, a very enjoyable place. George took second in the over fifty category with his 1:41:54 for the Half Marathon and exacted a promise for a sixty plus category next year.



BUFFALO CHIPS

RUNNING CLUB



Dear Ultrarunner:

March 1, 1985

Attached are the official results for the Jedediah Smith 50 Mile Classic and the PA-TAC 50 Mile Championship. The largest field ever, 135 runners, started this year. And, despite the second consecutive year of unseasonably warm weather, 100 of you endured the elements and successfully completed the race. The high on February 17th reached 73°F, slightly warmer than 1984's high. This can't happen again next year!

The Jedediah Smith race committee, comprised of Abe Underwood, Sandy Fitzwater, Jeff Bogle and me, thanks you for your participation. Overall, we encountered few problems during the event. I am aware of the fact that half a dozen official runners had unofficial runners accompanying them on part of the course. In this regard, I feel we were quite lenient as the overwhelming majority of you were very cooperative. Thank you. It made our task of lap monitoring easier to accomplish.

For race management, the most difficult task is no doubt the monitoring of all 16 laps for each runner. Yes, we recorded splits for each 3 mile loop for all starters. This is absolutely critical. We are, alas, human. Therefore, we are imperfect. Thus, like you, we make mistakes. This occurred with a few runners on race day. Yet, in each instance, those runners accepted our judgment and our apology, whenever we were remiss. And we acknowledge theirs as well.

To Scott Jackson, Max Hooper and Mae Horns, I commend each of you for your integrity, understanding and sportsmanship.

Both the overall male and female winners, Jim Pellon and Joan Reiss, set new course records. Amazingly, this was Joan's first 50 miler! However, the outstanding performance of the day may have been that of Paul Reese, 67, who set an individual age and age group record. Furthermore, many of you recorded personal best times or PR's for this distance. Also that critical qualifying time for the Western States 100 Mile Endurance Run was achieved by those of you "fortunate" enough to be entered this year.

The individual and team champions for this Pacific Association TAC 50 mile championship are noted on the official results. While on the subject of PA-TAC, we feel it should be pointed out that the \$400 awarded to this race was less than half (44%) the amount approved for 10 or 11 other PA-TAC championship races. In 1984, those races received at least \$900. Although we applied for \$900, the LDR committee reduced that to \$400, leaving us with insufficient funds for team competition.

Your PA-TAC dues are not being distributed equally and equitably. This inequity will change only when your TAC club representatives make it happen. If you care at all, let your club representative know how you feel.

This event was made possible through the support of the following people:

CONTINUE

Tom Paratiore, Brooks Shoe Company
Sandy Fitzwater & Jeff Bogle, City Sport Works
Kelly Adamson, Capital Coors (Crystal Geyser)
Sharon Beth Spaans, Spaan's Cookie Company
Elizabeth Jansen, Fleet Feet, J Street, Sacramento
Lloyd Roberts, Yolo County Public Works Department
John Mansoor, Chairperson, Pacific Association TAC
Karl Yamauchi, T-Shirt Design

On this course, we believe that 150 runners is the maximum field. Consequently, that will be the limit in 1986. So mark your calendar -- Sunday, February 16th, 1986.

Watch for our full page advertisement, including an entry form, in the December issue of Ultrarunning magazine.

On behalf of the Jedediah Smith race committee. Thank you. And best wishes for a successful year on the roads and trails.

Sincerely,



Glenn K. Bailey
1412 Drake Drive, Apt B
Davis, CA 95616

JED SMITH 50 MILER
VOLUNTEERS

In 1984, this event was the 12th largest ultramarathon in the United States based on the number of official finishers. Last year there were 87 vis-a-vis 100 this year ('85). Thus, Old Jed will probably move up a notch or two. Maybe he'll even crack the top ten.

The success of this event stems from the support of many people -- volunteers. Without volunteers a road or trail race of any distance will fail or cease to exist for long. As race director, who has learned under the astute guidance of Abe Underwood, I extend my sincere gratitude to each of the following Chips:

CK & Abe Underwood	Jeff Bogle	Sandy Fitzwater
Nancy & Karl Yamauchi	Dave Low	Elliott Eisenbud
Jean & Cliff Flores	Marie & Bill Wright	Beth Matheson
Mike O'Neal	Howard Jacobson	Hal Baker
Galen Baker	Frank Allen	Ray Bacon
La Donna Washington	Dennis Scott	Rich Hanna
Barbara & Tom Farren	Mike Miller	Bob Hanna

Additionally, we received assistance from a few people who are not CHIPS. We'll, of course, accept any help we can get.

I know there was one CHIP who helped that I cannot identify. Please accept my apology. And I hope that I have not overlooked anyone. If so, it's certainly unintentional.

THANK YOU.....

-- Glenn Bailey --

SUMMARY - JEDEDIAH SMITH 50 MILE CLASSIC

February 17, 1985

1. Benefits of Full Page Ad in Ultrarunning; Of the 150 official entrants the source of those entries was as follows:

<u>Ad in Ultrarunning</u>	<u>Local/Regional Distribution</u>	<u>Race Schedule*</u>
54 or 36%	80 or 53%	16 of 10.6%

*A full page ad was run in the Race Schedule without the approval of race management. This ensued from the LDR Championship Contract, paragraph #5 which states, "the sponsoring organization agrees to advertise in the official LDR Schedule"... We do not interpret this to mean that we must pay \$450 to run a full page ad in the Race Schedule. The editor ran the ad anyway by copying one of the green flyers we had distributed in the Bay area.

2. SASE: 30 entrants failed to send a Self-Addressed Stamped Envelope! That was 20% of the total. However, 7 of those 30 were CHIPS!!
3. Entrants from out-of-state;

7 - Nevada	2 - Minnesota
1 - New York	1 - New Jersey
1 - Arkansas	1 - Washington

 Thus 13 or 8.6% of the official entrants were non-residents.

4. Comparison of entrants, starters and finishers from 1984 to 1985:

	<u>Official Entrants</u>	<u>Official Starters</u>	<u>Official Finishers</u>
1984	112	104	87 or 84% of OS
1985	150	135	100 or 74% of OS

There was a 34% increase in official entrants from 1984 to 1985. In 1984, based on number of finishers, this event as reported in Ultrarunning magazine (1/85) was the 12th largest ultra in the United States. Ultrarunning listed the top 25, 12 of which are held in California.

5. Financial status: In 1984 we incurred a deficit of \$243; whereas, this year we realized a profit of \$197.

As race director this was not my foremost objective. Breaking even would have sufficed. My preference is to give each runner the opportunity to run his/her best in a quality event. There is no doubt room for improvement.

6. Problems: Race management had to spend time and energy tracking down club equipment; race day, shirts were not available for the volunteers (my apologies) for which I am accountable; we encountered two incidents on race day that may have led to the need for medical assistance which was not readily available at the race site.

Glenn K. Bailey
March 7, 1985

BALANCE SHEET

JEDEDIAH SMITH 50 MILE CLASSIC

February 17, 1985

Revenue:	<u>TOTAL</u>
A. 120 X \$15 = \$1,800	
B. 29 X 10 = <u>290</u>	
	\$2,090

Operating Expenses:

Full Page Ad-Ultrarunning	\$101.50	
Type-Set Ad	35.00	
Xeroxing Applications	47.42	
" List of Entrants	25.98	
" Race Results	37.84	
Postage (November 1984-March 1985)	60.50	
Portapots (2), AmerCal Sanitation Co.	111.20	
T-Shirts/Entrants (133)	634.41	
Lettering "	108.45	
T-Shirts/Volunteers (20)	80.60	
Costs for T-Shirt Design	15.57	
Awards (Plaques & Mugs)	296.00	
" PA-TAC patches (\$2 X 13)	26.00	
Volunteer Meeting (Pizza, supplies, etc.)	60.12	
Refreshments; Cookies (75¢ X 24 boxes)	18.00	
" Race Day - Donuts	10.50	
Rental - Van (Van - \$59.95 + \$12 for gas)	71.94	
" - Table	8.00	
Film Processing	15.90	
Safety Pins = \$21; 5 boxes of Cups = \$71.29	92.29	
Miscellaneous: Ice, Trash Bags, Phone Calls		
Batteries	<u>35.87</u>	
		<u>1,893</u>
Net Profit		<u>\$ 197</u>

Glenn K. Bailey
March 7, 1985

Random Racing Notes

OK, Warren Lockette returned from Michigan to challenge Parrott at Napa, and the verdict is now in. LocketteWON. Of course, Parrott got himself injured again and played video camera person for Napa, but Warren's Michigan trained 3:38 (or was it really 3:48?) was adequate for the victory. Warren also was able, just barely, to leave behind a dribbling basketball which finished in 3:51. Chris Turney was first CHIP and third overall in a sterling 2:29. Also seen on the course were Eric Ianacone, Gil Machado, Cheryl Clanton, John Clark, Dana Gard, Chris Delgado, and I am sure many others. UNChip David Chairez was second overall in 2:28, but most of the Bison were in off form for Napa, so I have not included, nor did I even try to get the times. I do have a decent video of the race, but most of the focus is on Chris Turney.

We also have a video of some of the Jed Smith race (but parts have been mixed in with the Bidwell Classic Marathon--we're still learning the ropes on this camera technique!). Bill Finkbeiner was the hero of the Herd with his 4th place 6:02, and of course, Joan Reiss won the women's overall with her 6:57!

Gil Machado is doing well for himself with his female pacing efforts, for in all those races he has placed in his own division and come away with some nice awards! I am personally keeping track of these efforts toward his candidacy for CHERRY PICKER of the year.

Helen Klein was the star of the most recent 24 hour run, where she placed 11th overall and set several WORLD AND AMERICAN AGE GROUP RECORDS including 100 miles in 22:20 and 105.1 miles in 24 hours. Norm Klein held up well for the male Bison with his 6th overall finish and 112.7 miles in 24 hours. One of my old Zephyr buddies Bernd Leupold (a master!) won the 24 hour enduro with 137 miles and another local nonChip Tim Tweitmeir was 4th with 116 miles. This essence of the ultra was run in Santa Rosa and raised \$37,000 through per-mile pledges for charity. I put this report in after the previous one as it is the antithesis of cherry-picking, isn't it?

Master's competition is getting tougher in the CHIPS these days, as David Ragsdale, Jerry Lyerly, Tom Wright, and Don Spickelmier are all turning in impressive workouts and racing times. Dana Gard is a new master this year, and after Western States he is going to add new short race challenge; and the original BUFFALO, Abe Underwood, is being seen at more and more races--going faster and farther.

THE DAVIS HALF AND FULL MARATHON
February 10, 1985
By Glenn Bailey

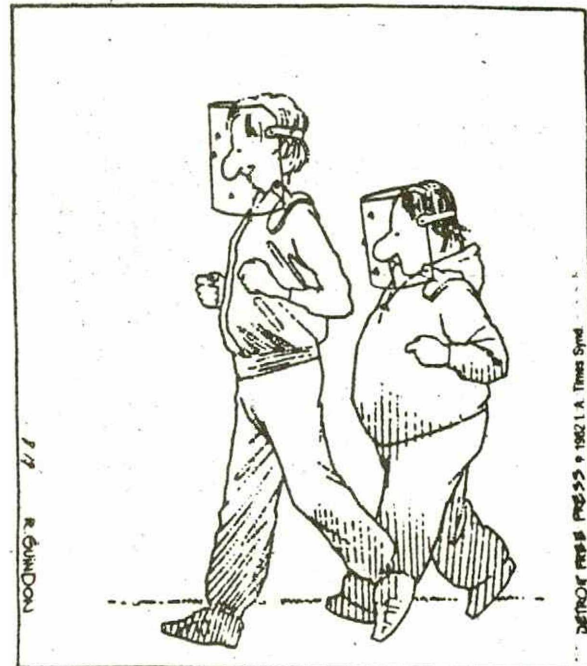
Approximately 700 runners participated in this inaugural event to benefit the Davis High School Cross Country and Track teams. According to the race committee, \$2000 was raised to help these up and coming runners.

Though a resident of Davis, I was not able to run this event due to "personal tendonitis" as my podiatrist asserted. Those who did run got a scenic tour of Davis residential areas, the UC campus and for those that ran the full marathon, the rustic environment which encircles Davis. Above all, I heard that you turned left and right frequently. Perhaps this was a reflection of the disparate philosophies embraced by Davis residents.

The CHIPS were well represented in both the races, particularly the full marathon. In the half, 30 of the 550 finishers, or 5.5%, were CHIPS. Whereas in the full marathon, 18 of the 151 finishers, or 12% of the field, were from the herd.

FULL MARATHON

17	D Gard	2:58:19
39	E Ianacone	3:13:29
42	N Klein	3:14:21
45	J Levet	3:16:53
55	J Reiss	3:21:50
58	E Galvan	3:25:30
60	R Sanchez	3:25:47
61	S Edwards	3:25:47
62	M Hernandez	3:25:51
64	A Ortiz	3:26:47
82	P Reese	3:45:21
91	C Clanton	3:48:50
102	H Eisenbud	3:53:27
103	J Blinn	3:53:28
104	J Clark	3:53:55
105	E Eisenbud	3:53:55
106	s Sangisson	3:55:58
124	H Klein	4:07:56



Have you noticed more and more joggers wearing bug detectors this year?

HALF MARATHON

13	T Pearman	1:14:30	252	F Weisser	1:40:28
20	L Miranda	1:17:19	260	G Billingsley	1:41:02
35	D Ragsdale	1:20:55	284	T Marshall	1:43:19
49	C Iwahashi	1:23:00	296	S Macaulay	1:44:35
50	G Parnott	1:23:00	298	N Molitor	1:44:37
68	C Gossett	1:24:28	309	C Underwood	1:45:14
86	B Lea	1:26:37	310	A Underwood	1:45:15
113	J Low	1:28:54	325	G Miller	1:45:57
115	C Delgado	1:29:02	349	G Thomas	1:48:03
135	R Smith Jr.	1:30:34	350	D Powell	1:48:05
158	M Joyce	1:32:28	375	J Hernandez	1:50:19
162	R Summers	1:33:04	390	D Bourne	1:52:30
196	F Allen	1:35:43	421	B Pfeifer	1:56:20
209	D Low	1:36:07	435	P Carne	1:57:12
244	W Caduna	1:40:00	494	B Dolezal	2:04:17



Second Annual

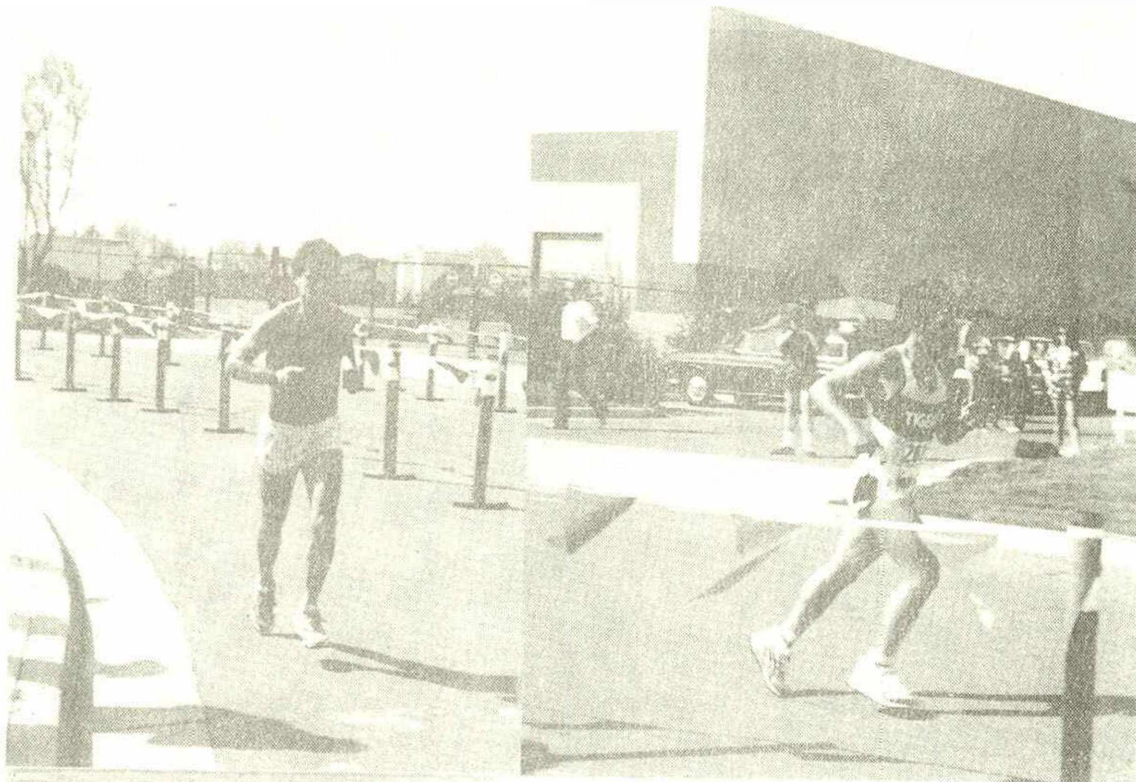
MODESTO MARATHON/ HALF MARATHON

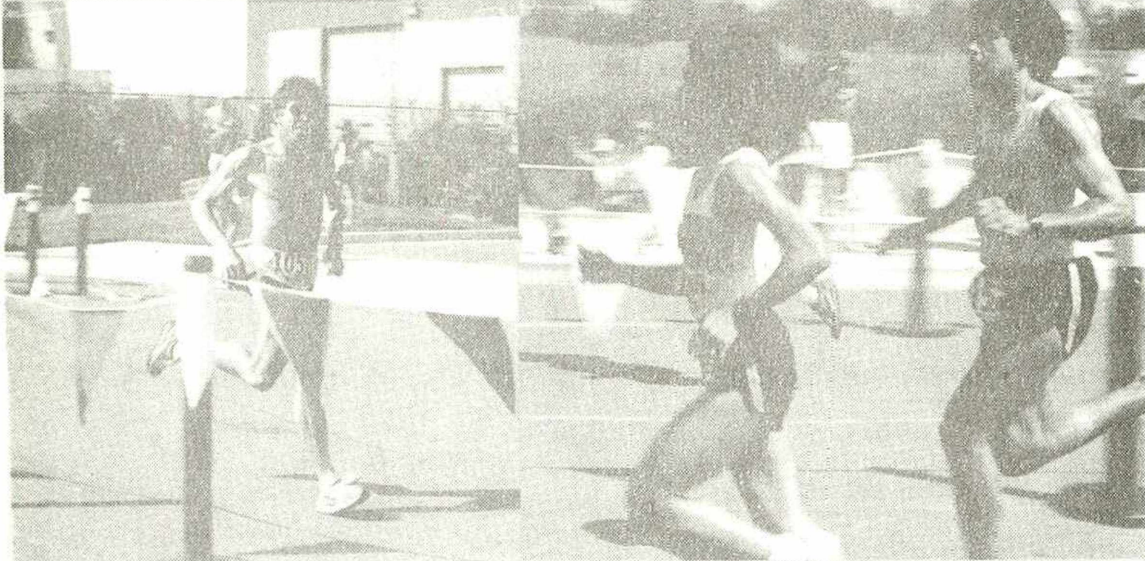
March 31, 1985 8:00 a.m.

Sponsored by: Shadowchase Running Club
Memorial Hospitals Association

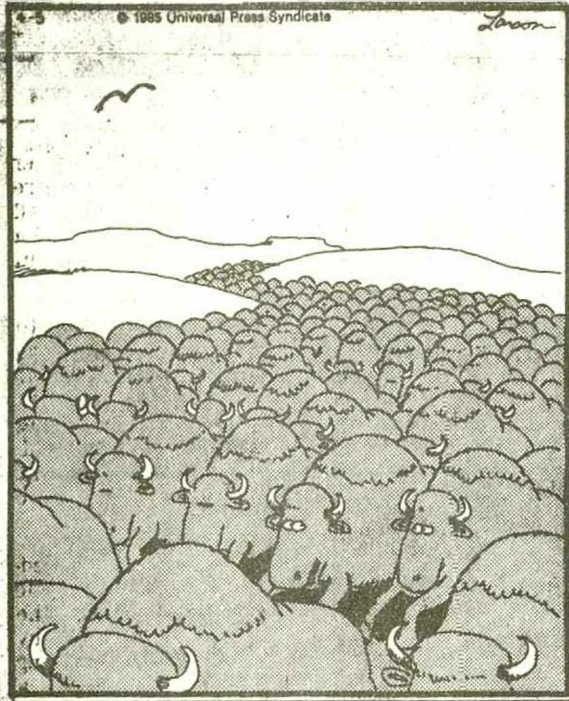


Photographs by ED HOSODA



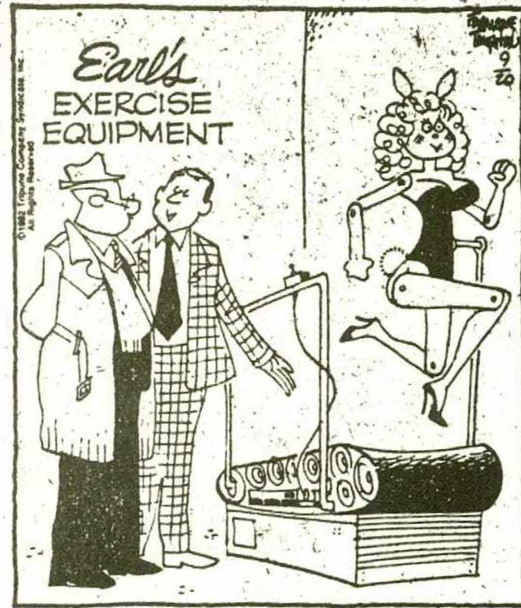


The Far Side

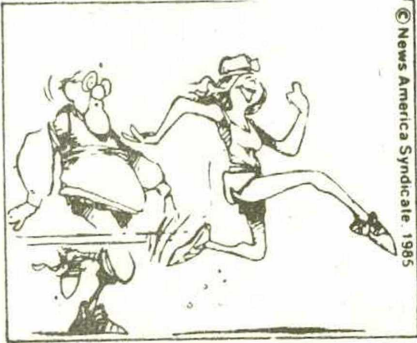


"As if we all knew where we're going."

The Sporting Life



"AND HERE'S AN EXERCISE TREADMILL FOR MEN WHO NEED A LITTLE EXTRA INCENTIVE..."



© News America Syndicate 1985

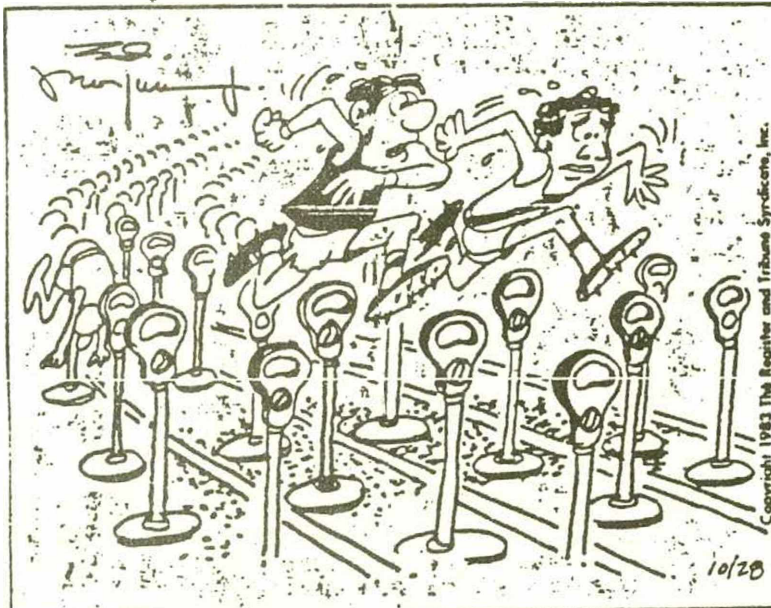


THESE KIDS TODAY DON'T SHOW ANY RESPECT!



AT LEAST PRETEND TO BE BREATHING HARD WHEN YOU RUN PAST ME!!

IT'S JUST A GAME By Ed Morgan, Jr



"I'd rather run yards than meters any day!"

TOUR OF ARDEN PARK

Once again this turned out to be a good race: well-run, organized, lots of awards and random prizes. Even a goodly rroup of cheering spectators just before the one/four mile marks. I found out later that one reason they were so cheery was that what I thought were slurppys, were; adult slurppæes (sp?) strawberry dacquieries (I know that's not speëled correctly but I lost my bartender's guide) Any way the Chips won a total of at least eleven certificates to Leatherby's! Many of which were cashed in immediately following the awards; watch out for the Daddy Dave's bannana split unlessx you have loss of room in the waist line of your running shorts!

Following is a somewhat sweaty listing of the Chip finishers.

Name	Time	overall place	Division place
5 Km			
Mark Hicks	16:41	3	3
Mike Adreani	17:34	9	1
# Larry Kuykendall	17:45	10	2
Cliff Stapp	20:27	28	
Larry Walton	20:32	31	
John McIntosh	21:00	36	
Cynthia Underwood	21:53	43	1
Jean Kyykendaall	26:24		
Betti Dolezal	withheld by request		
*Patrick McINosh	23:30	56	1
*Andy McIntosh	27:56	79	2
*Jim McIntosh	28:22	83	3
#Mike Miller (forgotten in this listing)			3 17:53
*honoraray Chips-listed this way because of the Division placings			
10 Km			
John Kennedy	36:10	5	1
Rich Goyette	38:55	12	
Brian Heey	43:42	28	
Widjan Cadura	44:46	32	2
Michele Bunds	48:42	44	
Sandy Houck	50:28	46	
John Mannarina	54:02	58	

Several PRs were set, especially afterwards in the icecream eating catagory.

BEDBUG CHALLENGE

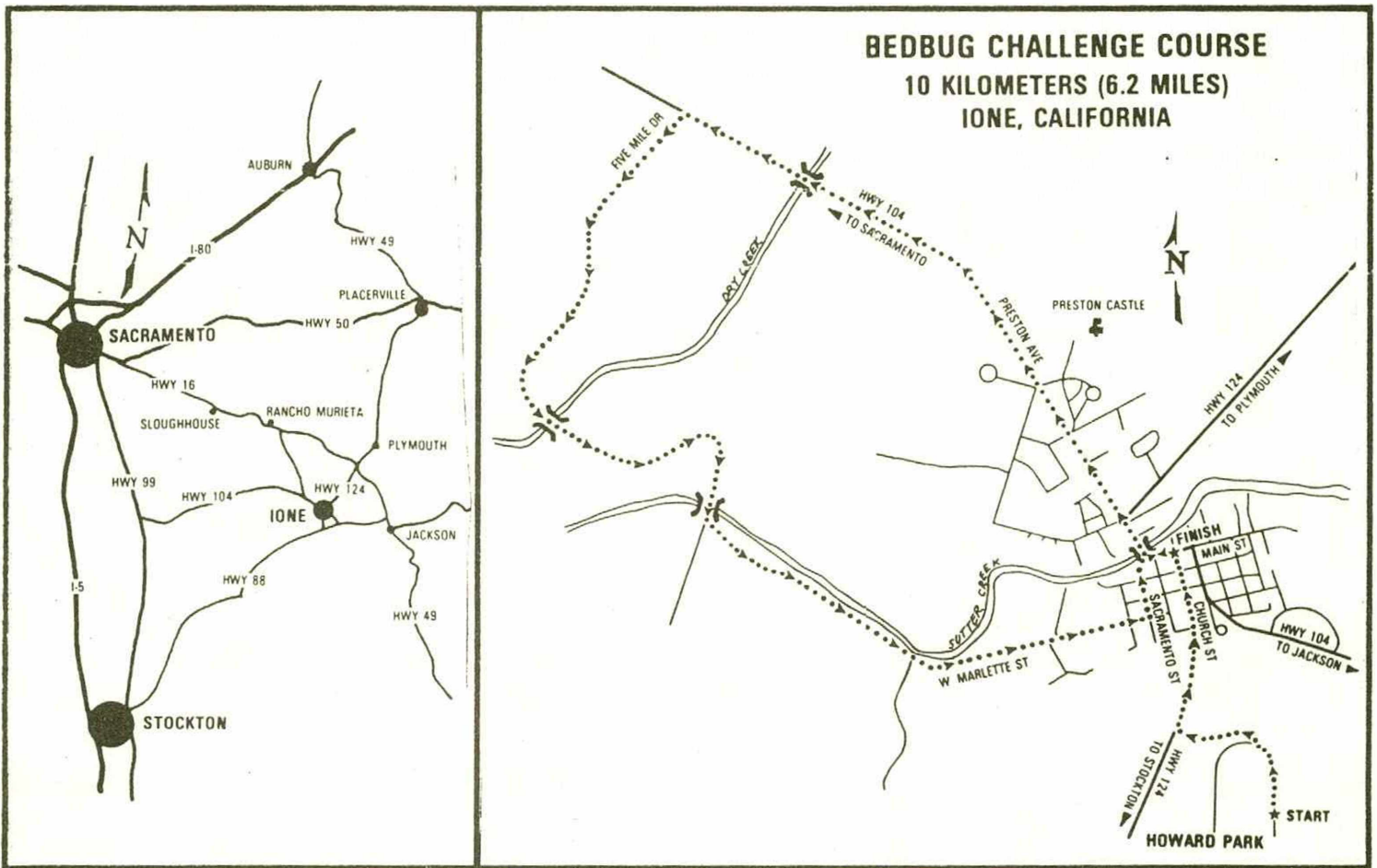
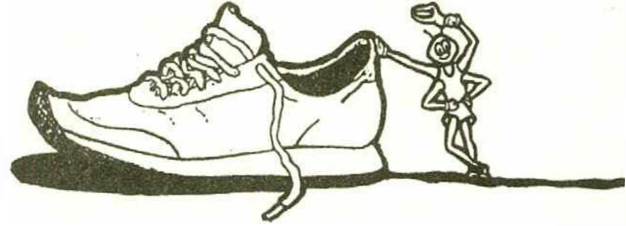
BEDBUG CHALLENGE

DATE: Saturday, May 4, 1985, rain or shine

PLACE: Howard Park, Ione, CA

TIME: 8:00 a.m. Registration begins at 6:45 a.m.

COURSE: Fast, flat (one short, easy hill at beginning) 10 kilometer loop starting at Howard Park, passing through historic Ione, continuing on country roads, and finishing on Main Street.



CALIFORNIA NATIONAL GUARD BENEVOLENT FUND 5 & 10 KM

Sunday April 14, 9AM.

This race was run from the Capitol down through Capitol Mall to Old Town, Turn around there for the 5 K and out to Miller Park to ~~turn~~ around for the 10 K.

Real well organized race. Hot though. Running through a street fair in old town was interesting. In addition someone tilted the whole course up and I think I got lost in the canyons (couldn't find the ribbon). Oh well, maybe next time I'll have better excuses.

The Chips did well as usual (results below). I'm sorry I didn't get division places for everyone. Maybe next time on this too.

5 K

<u>NAME</u>	<u>Overall place</u>	<u>Time</u>	<u>Division place</u>
Merle Watson	4	17:51	1
Dave Ragsdale	6	18:13	1
John Nugent.	17	20:38	(not sure a Chip)
Cliff Flores	21	21:21	
*Andy McIntosh	51	25:44	3
*Jim McIntosh	72	27:10	4

10 M


Bob Lindsey (non chip NAL N.G.-40- fortunately Fresno) x	2	32:52	1
Don Hicks	10	35:22	1
Bruce EMERSON Fujimoto	12	35:31	?
Mike Miller	24	37:43	4
Ken Johnson	45	41:49	

CONTINUE

Ken Hohnson	50	42:21	
Steve Polansky	59	43:28	
Brian Heey	64	44:19	
Cynthia Underwood	XXXX 95	45:35	1
Jan Stevens	100		
Will Shank	127	51:00	2
John Mannarino	135	52:42	
xxx Ardi Armis	136	52:51	2
Marge Lawson	160	59:30	1


Ardi is a new lady from Eugene, just about to join. Although after the heat sunday she may go back to Eugene! Cynthia was running away from a lecherous old buffalo, who was screaming insults at others on the course. No wonder she ran so fast.

The Ken Johnsons may or may not be Chips, we've had two in the past and I'm never real sure from the name whether one is or isnt, anyway if they aren't they should be. Maybe next ~~xxxx~~ year we'll have ID numbers or something



Buffalo Chips

Running Club



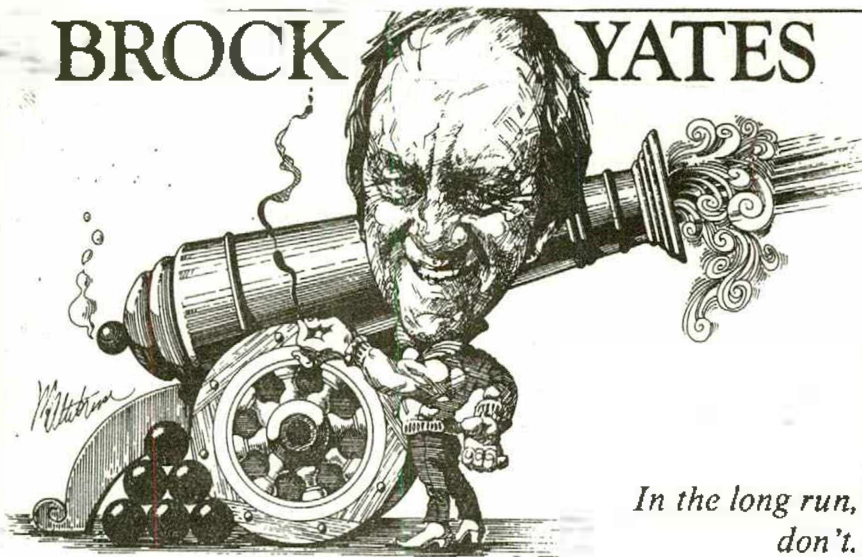
BUFFALO CHIPS RUNNING CLUB NEWSLETTER

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.

RENEWED (CONTINUED)

[REDACTED]	207 SHELBY RANCH RD #3	SACRAMENTO	CA 95825	481-1509	985-3652	
[REDACTED]	100 WILSON	FOLSOM	CA 95630	989-0898		02-29-8
[REDACTED]	400 - 10TH STREET	SACRAMENTO	CA 95821	371-1804	739-3531	12-15-43
[REDACTED]	4764 PASADENA AVENUE	SACRAMENTO	CA 95825	487-4240		06-15-49
[REDACTED]	960 [REDACTED] WPT	SACRAMENTO	CA 95825	487-6364	488-3333	07/09/37
ROBERT HEDGES	27 NUTWOOD CIRCLE	SACRAMENTO	CA 95833	922-4091	447-3261	09-28-45
[REDACTED]	141 ROSSMOOR DR.	RANCHO CORDOVA	CA 95670	365-6701	322-1444	01-11-41
[REDACTED]	1505 E. [REDACTED]	SACRAMENTO	CA 95825	927-4120	322-8639	01-11-41
[REDACTED]	[REDACTED] WELLSWORTH CT.	CITRUS HEIGHTS	CA 95610	723-2264	762-1204	01-11-41
RICHARD KAY	2080 W. LALOMA DR. APT 27	RANCHO CORDOVA	CA 95670	369-2945		07-13-50
ROD KINDER	7351 RANCHO VERDE	LOOMIS	CA 95650	652-5519	783-9111	06-11-47
[REDACTED]	[REDACTED]	SACRAMENTO	CA 95825	481-1094	481-1071	01-11-41
[REDACTED]	2900 REGINA WAY	SACRAMENTO	CA 95818	444-2100	322-3822	07-22-41
[REDACTED]	7895 LA RIVIERA DR. #212	SACRAMENTO	CA 95821	973-8844		01-11-41
[REDACTED]	2333 AMERICAN AVE	SACRAMENTO	CA 95833	925-8941	929-0580	01-29-41
[REDACTED]	3315 RIVERSIDE BLVD	SACRAMENTO	CA 95818	448-3720	789-3108	06-15-45
[REDACTED]	5821 MERLINDALE DR.	CITRUS HEIGHTS	CA 95610	967-2595	483-8444	01-11-41
[REDACTED]	[REDACTED]	SACRAMENTO	CA 95821	973-1481	441-3322	01-11-41
SHARI LOWEN	2464 LARKSPUR LANE	SACRAMENTO	CA 95825	481-8671	324-4997	10-29-53
[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]	01-11-41
DAVID A. MARCHI	6234 JOHANSON CIRCLE	SACRAMENTO	CA 95842	331-9808	323-8117	07/19/35
[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]	01-11-41
JIM MITCHELL	1649 1/2 ARDEN WAY	SACRAMENTO	CA 95815		929-5909	01-11-41
[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]	01-11-41
[REDACTED]	5 [REDACTED] WAY #207	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]	01-11-41
CAROLE MUTT	1054 SANTA YNEZ WAY	SACRAMENTO	CA 95816	456-9633	355-7080	10-04-34
ROD NYSTROM	6220 GLORIA DR. #10	SACRAMENTO	CA 95831	393-9298	440-7751	03-27-40
[REDACTED]	4901 LITTLE OAK LN. APT 133	SACRAMENTO	CA 95841	338-091	643-5518	10/25/56
[REDACTED]	4831 MARIETTA WAY	SACRAMENTO	CA 95841	485-1873		12/12/68
[REDACTED] SON	50 CADILLAC DR. #113	SACRAMENTO	CA 95825	921-1806	921-6504	03-14-54
DICK PINE	5241 HIGHREST DR.	SHINGLE SPRINGS	CA 95682	677-9140	6774720	06-12-44
STEVE POLANSKY	3008 MARLYNN ST.	CARMICHAEL	CA 95608		486-0411	05-14-46
[REDACTED]	[REDACTED]	SACRAMENTO	CA 95819	456-1244		01-11-41
[REDACTED]	15 [REDACTED] ST.	SACRAMENTO	CA 95819	455-8920	4548387	01-11-41
[REDACTED]	PO BOX 585	AUBURN	CA 95603			01-11-41
[REDACTED]	[REDACTED]	CITRUS HEIGHTS	CA 95618	723-6414	929-4656	01-11-41
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
[REDACTED]	[REDACTED]	SACRAMENTO	CA 95818	453-1811	445-0844	01-11-41
[REDACTED]	P.O. BOX 1	MID PINES	CA 95345		722-0101	11-15-36
[REDACTED]	524 WYANT WAY	SACRAMENTO	CA 95825	929-4925	322-5031	6-20-40
[REDACTED]	6201 LEDA WAY	SACRAMENTO	CA 95824		427-9050	8-02-62
[REDACTED]	58 CADILLAC DR. #119	SACRAMENTO	CA 95825	921-2254		07/13/53
[REDACTED]	P.O. BOX 1791	NO. HIGHLANDS	CA 95660	366-6167	354-1111	7/06/41
[REDACTED]	[REDACTED]	DAVIS	CA 95616	756-6605	324-1284	01-11-41
KATE SUTHERLAND	5911 NEWMAN CT. #9	SACRAMENTO	CA 95819	457-5226	920-1515	02/15/48
[REDACTED]	[REDACTED]	SACRAMENTO	CA 95818	446-5750	445-8956	01-11-41
[REDACTED]	P.O. BOX 91	FAIR OAKS	CA 95628	446-1107	443-3671	08-13-44
[REDACTED]	2320 H STREET	SACRAMENTO	CA 95825	446-1107	443-3671	08-13-44
[REDACTED]	[REDACTED]	RANCHO CORDOVA	CA 95670	361-91886	315-1282	01-11-41
[REDACTED]	[REDACTED] ST.	SACRAMENTO	CA 95814	447-6705	322-4285	01-11-41
CHUCK WHITE	3535 MARCONI AVE #202	SACRAMENTO	CA 95821	972-7425	485-7220	02/04/47
[REDACTED]	[REDACTED]	SACRAMENTO	CA 95821	929-6616	925-3145	06-22-59
AMBER WRIGHT	2109 JULIESSE AVE.	SACRAMENTO	CA 95821	929-6616	925-3145	06-22-59

BROCK YATES



*In the long run,
don't.*

• You've got to say that 1984 was a brutal year for the runners and joggers of the nation. These roadside Jeremiahs, who have sacrificed their arteries and arches to the denunciation of the false idols embodied in mechanical transportation—most specifically the devil automobile—were dropping like teen-age Iranian riflemen during the last few months of the year. The biggest, baddest news came when Jim Fixx, guru of this "me generation" self-indulgence, went face down on the macadam in Hardwick, Vermont. The author of the mega-selling *Complete Book of Running*, Fixx was the leading prophet of the higher physical order to be gained by lashing the body through ten to fifteen miles of lung-busting sprints each morning before sitting down to a breakfast of desiccated liver, bee pollen, and broiled grapefruit. A former fatty-tissued New York magazine editor, Fixx was converted in the early Seventies, when such weird forms of narcissistic navel examination as encounter sessions, est, and Scientology, not to mention dozens of screwball religions, inflamed the psyches of every closet fanatic and trendy in the nation.

Although their philosophies varied, the tribes of zealots generally required at least two things of their converts: that they dress up in funny costumes, ranging from Adidas warmup suits to tonsures and flowing robes, and that they talk for mind-numbing, metronomic perpetuities about *their thing*. This produced an entire subclass of bores: food bores, religion bores, analysis bores, environment bores, peace bores, and, perhaps worst of all, running bores.

All this garble, of course, was intended to produce better *Homo sapiens*—healthier, tougher, smarter, longer-lived versions of those tubbies who waste their lives lolling in Barcaloungers and broadcaded Buick buckets. With the runners, it was a matter of life and death. A hard 10km run was hailed as the cure for everything from acne to premature ejaculation. Sure, a few of the fainthearted would stroke out from time to time, but that was written off as a reason-

able byproduct of the natural-selection process leading to a Brave New World. In the utopia to come, the highways would be converted to lanes of tranquility, the silence interrupted only by the padded impacts of a million Nikes (and the occasional death rattle of a coronary victim sroking out in the name of good health).

But poor Fixx's death caused an awful flap among the faithful. *Runner's World*, one of the pavement pounders' journals, rationalized that their fallen leader was a victim of blocked coronary arteries, caused by so-so genes and his closet consumption of too much animal fat—a substance considered by the anointed to be as suitable for human consumption as nuclear waste. Fixx was dismissed as a member of a family with a history of heart disease and therefore doomed, even if he had spent his every waking hour on a treadmill.

Then came the New York Marathon. When that little sprint through the streets was over, one competitor lay dead, 209 were injured, and no fewer than 77 had been carted off to various emergency rooms, suffering everything from heart attacks to fractures to heat stroke to terminal blisters. This disaster made Fixx's death look like a head cold. Here were thousands of the world's supposedly healthiest specimens, gamboling proudly in front of the curbside fatties, displaying muscle tone and artery capacity rivaling Secretariat's. Then, suddenly, scores of them were sprawling all over the avenues.

When I heard of the catastrophe, I could only muse about the uproar that would have followed had the marathon been an automobile race. "Racing Bloodbath! One Dead, Hundreds Hurt in Speed Orgy," the *New York Post* would have trumpeted. The *Times* would have fretted editorially that it was high time this cruel sport be banned, and the network news would have been packed with tight shots of stifled bodies. But this was a running race, not a car race, and running has been blessed by the media as a "good" sport. Football—its brutality,

cheating, and gambling aside—is a "good" sport. So is baseball. Horse racing is a "good" sport, despite its almost comedic connections with organized crime.

But automobile racing is a "bad" sport, despite the fact that football annually accounts for more deaths and serious injuries, and despite the fact that, unlike most "good" sports, automobile racing has never been connected to any betting scandals or to the boys in the white silk ties.

The logic in all this, if any, cannot be explained here, but the fact remains that something must be done to make running safe. A recent study in Rhode Island indicated that, once in every 396,000 hours of jogging, some poor runner packs in his Pumas. This is a shocking statistic. If we estimate a velocity of 6 mph for the runners, this means that somebody buys it every 2,376,000 miles. By way of contrast, the American highway death rate is about one per 33.3 million miles. Compared with driving, running is about as safe as Beirut-embassy duty.

Therefore, we propose some remedies to bring this dangerous sport under control. We convened a small brain trust to meditate on the problem and reached the following solutions: (1) Speeds are obviously too high. Therefore, to reduce traction and thus velocity, all runners must be required to wear flat-bottomed shoes. (2) Special cardiovascular-warning systems should also be required. They would monitor heart rate and other vital signs and, if a dangerous signal is received, sound a raucous alarm. (3) A liquid-consumption rule, as in CART and Formula 1, would limit runners to a specified amount of refreshment per mile or kilometer traveled. (4) Restrictor masks, similar to the carburetor plates used in NASCAR, would limit runners' air intake and thereby their performance. (5) The prohibition of jockstraps and jogging bras would discourage hard running. (Another suggestion in the same vein would have required males to run in argyle socks and garters, females in basket girdles and net hose. But this notion, along with a proposal for a "street stock" class, which would have required runners to compete in the same garb they wear to work—three-piece suits for stockbrokers and lawyers, miniskirts and spike heels for cocktail waitresses—was judged to be outrageously sexist.)

These suggestions are obviously tentative, only a tiny gesture toward correcting what has become a major health problem. We of course solicit your solutions, but in the meantime there is one small thing you can do. The next time you are whizzing down the road in your Electra 225, its stereo blaring and its A/C wicked up to full blast, if you should spot a jogger pounding along the shoulder, struggling for life like a beached whale, slow down! Set your Big Mac on the dash, activate the power window, and shout this exhortation: "Slow down and live! Remember Jim Fixx!" •

1985

"B.Y TO BREAKERS"
BUS TRIP

Sunday May 19th

Cost \$8.25

Leave 711 Gst 5:15AM
(Sheriff's Dept)

Return 2:30PM

Cont ct Phil Coine at 427-7115 or 440-6345 for
first come first serve seating

Galen Baker
Buffalo Chips Running Club
9004 Brydon Way
Sacramento, CA 95826



ABE UNDERWOOD
4531 CAPRI WAY
SACRAMENTO, CA 95822

A FINAL LETTER FROM THIS EDITOR:

Well, some eight newsletters and 150 pages later, it is time for the process of change. This will be my last edition as the editor of this time honored tradition. Karl and Nancy Yamauchi will be assuming the role of editors. It has been both fun and a lot of work. I hope that my efforts have contributed to the strength and diversity of the CHIPS. I have tried to use this newsletter as a reflection of the club and its attitudes. At the same time, I have tried to keep the newsletter from becoming a political vehicle. If these goals have been successful then I can step down with a sense of satisfaction.

I will be continuing with my role as a member of the board. However, my term does end at the end of 1985. Unless there is a significant change in the CHIPS between now and the next election, I fully expect not to be elected to serve another term. After all, if Abe Underwood and Glenn Bailey can't get elected, then I certainly don't stand a chance. If the CHIPS find that I can be of continued service, then I will serve to the best of my ability. If not, I will become just one of the herd. After all being just one of the herd will put me in pretty good company..



Galen Baker
Editor, Retired

Buffalo
Chips



BUFFALO CHIPS

RUNNING CLUB NEWSLETTER



Number 79

November 1985

OVERVIEW OF BUFFALO STAMPEDE

I want to thank the more than 30 volunteers for their work, time, and patience for putting on this year's Buffalo Stampede. Tom Broad provided both financial assistance (Beatrice, Inc.) and post race foodstuffs that were greatly appreciated. Gil and his crew helped with post race refreshments, and the efforts of Glenn, Karl, Bill S., etc. made the finish line run smoothly. Dennis Scott gets the credit for doing the extra work for certifying the course--at long last, and in order to assure acceptance of the course, we did add about 70 meters.

The flyer design by Donna Wright helped boost interest in the race, and the shirt design by Chris Delgado has received rave reviews. There are literally **NO REMAINING SHIRTS AVAILABLE**; after the race about 15 or so were left, but they have all sold at \$8/each.

For 1986 we will plan on having that third aid station at about the 5.5 mile mark, our sprint time callers out on course, and including a space for the runner's zip codes on the application blanks. These suggestions, improvements and others will continue the record of this race as a major event in Sacramento running.



Tom Tabor & Tom Wright



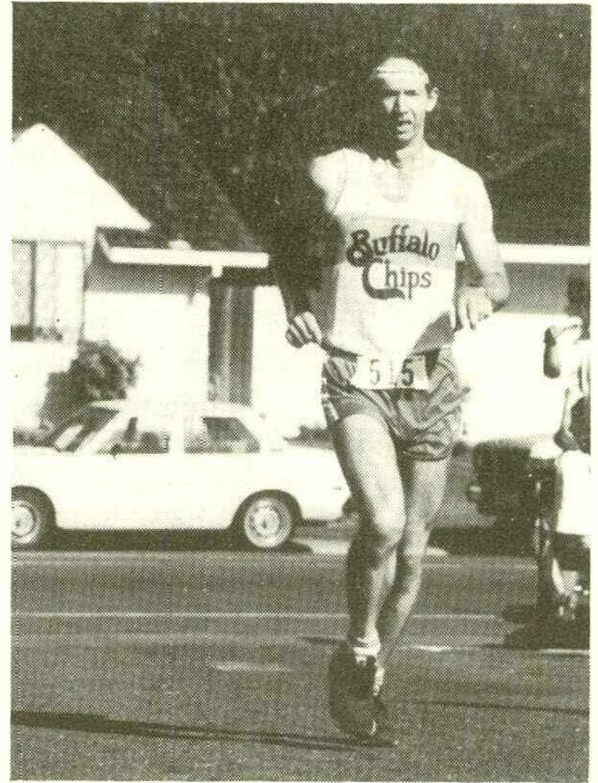
Kevin Cimini & Don Spickelmier



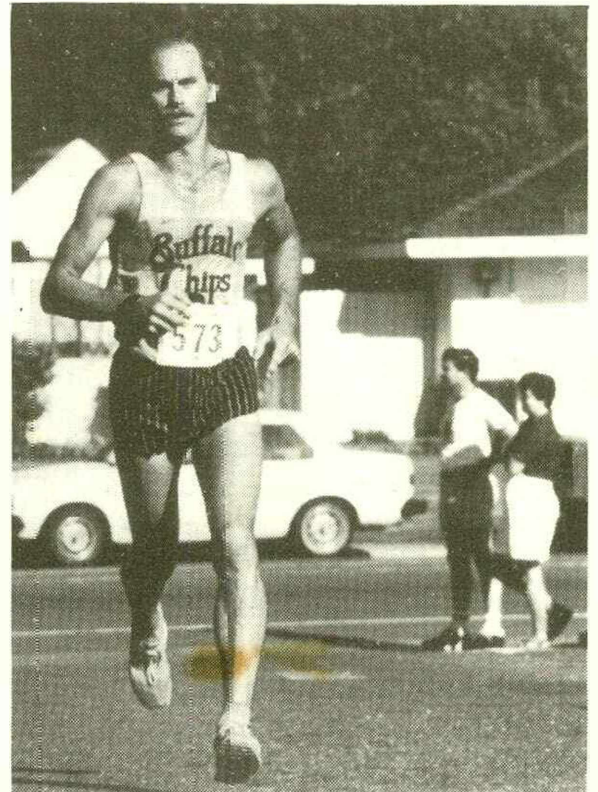
BUFFALO STAMPEDE



I want to thank Dennis and Laura Rinde for adding their presence to our race. With the longer course, Dennis just missed a sub-50, but he didn't have ANY competition. The battle for second was more uncertain, but it was good to see Mike Van Horn, one of my students from about 10 years ago getting back to this collegiate form. Mike won the CallO in a sub-50 time about 6 years ago and went on to run a 2:20 in the marathon about 3 weeks later. Our own Craig Moore stayed with Mike most of the way, doing some tailing I'm told, giving Mike splits, and holding on to a clear 3rd at the end. Some BIG SURPRISES were observed as CHIPS took places 5 thru 9, and generally dominated the top 20 places. The MOST OUTSTANDING PERFORMANCE of the race has to be the 55:19 (5th place) by Randy Marx and runner-up honors go the Chuck Nichols in 7th at 55:57! Eileen must love those unique Stampede winner's trophies, for she has a lock on the overall win here. BEST IMPROVEMENT BY A FEMALE must be claimed by Teresa McCourt with her 65:46 and Susie Lentz and Laurie Machado finishing the ten miler as their longest run ever!!!



Richard Koye



Roger Dike



By the time this newsletter is out, we will have had our November "goal evaluation" meeting, and the Herd will be moving along on its reconsidered path. Obviously this will be a healthy opportunity for the collective Bison, and a stronger club should emerge.

The Sacramento Marathon is also now history for 1985, and the Buffalo showed themselves to be out in force of numbers and in seriousness of intent. There were so many Buffalo in Land Park, despite the splintering of some to run the Ukiah 10 Km and the Great Race 10 Km held on the same day, that trail droppings marked the marathon course well. As a matter of fact, for a middle-of-the-pack club, I noticed Buffalo placing **FIRST, SECOND, THIRD AND FOURTH** in the full marathon - congratulations to Craig, John, Dana and Glenn. I tried to run with Jim Drake, but by the 13 mile mark, he was killing me, so I quietly left that competition and Jim went on to a brisk 2:56. In the 13.1 mile distance, Bison women took 2-5 in the Open division, and many other division awards as well. There were many great PRs recorded in the half marathon, as more and more Chips used it as park of the building to the CIM. Barry Turner just missed his sub-60 time in the Stampede, but he cracked 60 at the ten mile split of the half and went on to record a 1:18 for the 13.1; his was only one of many Bison successes at Land Park. Robin Carboni, in her 3rd or 4th race ever, went the 13.1 in 1:35 and change to place 5th open female-- and surprise many of us with that improvement.

I want to take this opportunity to introduce our new EDITORS of the Buffalo Chips Newsletter: Herb Tanimoto and Dennis Scott are working together to continue the fine example set by Karl and Nancy Yamauchi. Let's get them plenty of race reports and member features and certainly lots of PICTURE to use.

I do want to note that Herb has been doing some speedwork on Thursdays at the ARC track from time to time; he must have been doing some other even more "secret" training, for at the Humboldt Redwoods Marathon (Oct. 13) he broke the 3-hour threshold. Congratulations Herb! Tom Tabor and Rod Couch will also be back from New York by the time you read this, and all of us appreciate the training support Rod has given Tom. We will miss you Rod, and hope that our trails do cross again.

BUFFALO CHIPS BOARD OF DIRECTORS

Glenn Bailey
Galen Baker
Eileen Claugus
Marge Hansen
Mark Hicks
Howard Jacobson
Gil Machado
Mike Miller
George Parrott
David Ragsdale
Donna Wright



EXERCISE AND AGE

No matter how old you are, strenuous exercise helps reduce the risk of coronary heart disease, according to a study done at the Washington University School of Medicine St. Louis. Twenty-one healthy men and women aged 60 to 69 participated in the one year project. Ten acted as controls and did not exercise. The remaining 11 underwent six months of low-intensity training (walking at 60% of their maximum heart rate for half an hour three days a week) followed by six months of high intensity training (30 to 45 minutes of supervised cycling, treadmill walking, or jogging at 80 to 90% of their maximum heart rate three days a week). The purpose of the study was to determine the effect of low and high-intensity exercise on coronary risk factors in older people. The Researchers found that, while less strenuous exercise is better than no exercise in reducing heart attack risk factors, vigorous exercise is significantly better than either. Maximum oxygen uptake increased 12% during the six months of low-intensity exercise and an additional 18% during the high-intensity phase, indicating stronger hearts and lungs. The total area for insulin was 8% lower after the walking program and 23% after more intense exercise (insulin encourages fat in the arteries, which

can lead of heart attacks). High-density lipo-protein (HDL) and triglycerides remained unchanged after low-intensity exercise, but HDL increased and triglycerides decreased after strenuous activity—both positive signs of decreased cardiac risk. These researchers concluded that older people definitely benefit from prolonged high-intensity endurance exercise and that the intensity level of the activity is critical in whether the HDL and triglycerides changes occur.

"Sedentary people over 50 should begin an exercise program," says Ronald M. Lawrence, M.D., American Running and Fitness Association Vice President and a member of the National Council on Aging. First, he says, have a thorough physical examination that includes a stress test. "I encourage older people to begin their exercise regimen by walking. When you can easily walk two or three miles without stopping and have had a proper physical examination revealing no contraindications, you can begin gentle running. Do not try to do too much too soon. If you cannot carry on a normal conversation while exercising, you are going too fast. Your goal should be 30 minutes of non-stop, strenuous exercise at least three times a week.

ARTICLES

WORKOUTS ARE AIMED AT PREPARATION FOR THE CALIFORNIA INTERNATIONAL MARATHON

Will you be running the year's big race, the December 8 California International Marathon? More than half of the regular participants at the Club's weekly workouts on Tuesday and Thursday are getting ready for this event. The general pattern of workouts during the week and the weekend longer runs (mostly at Rescue) will be keyed to this preparation. Come on out and get into the Bison Herd sharpening hoof for this big challenge. There are workout groups for everybody from the four hour, first time marathoner, to the sub-2:30 winged-of-hoof.

FRESNO MARATHON, NOV. 9, will be a tune-up for many of the dedicated Buffalo. There is also a half-marathon, with both run on a point to point course through the main part of town. DANA GARD (H:449-5144; w:723-7559) is the coordinator. There is team prize money in the full marathon this year; awards go 3 deep.

CHIPS PROVIDE RACE CONSULTING FOR AIR FORCE CROSS COUNTRY CHAMPIONSHIP

Through the hard work of Chris Turney, the BC have recently completed their first outside race consulting contract. The Air Force was hosting both a regional and national cross country championship for their service bases here in Sacramento during October. Chris served as main worker and chief liason for helping put on a pair of races (5 Km women, 10 Km men) for each of two dates. The club provided extra person-power and considerable advice for these events. Chris Iwahashi, Gil Machado, Jim Christensen, Mike Miller, Chris Turney, and George Parrott helped add \$800 in consulting fees to the club's treasury.

Shoe





HOW TO SNEAK MORE FIBER INTO YOUR FAMILY'S DIET

--Buy baked goods & mixes made at least partly with whole grains (wheat, oats, rye, barley, corn) rather than just all-purpose flour.

--Add wheat germ, wheat bran, oat bran, all-bran cereal or oatmeal to meat loaves and chili. Substitute them for a small part of all-purpose flour in breads, muffins, or rolls.

--Throw cooked dried beans into soups, stews, and garnish salads with them.

--At least twice a week, serve an all-vegetable meal.

--Munch on a handful of dry whole-grain breakfast cereal, whole-grain crackers or popcorn rather than potato chips or pretzels.

--Serve brown rice or buckwheat groats (kasha) instead of white rice, whole-wheat pasta instead of regular.

--Garnish salads with a sprinkle of nuts or use spoon-sized shredded wheat as "croutons."

--Substitute raisins, chopped figs, dates or prunes in recipes calling for chocolate chips.

--At Breakfast, in desserts or when baking, concentrate on these fruits that are highest in fiber--bananas,

apples, pears, raisins, prunes and blueberries.

--Don't peel fruits and vegetables. Eat them with skin on if you can (except bananas).

--Eat corn, bran or whole-wheat muffins rather than doughnuts or pastry made with white flour.

OAT AND WHEAT PANCAKES

Mix this up 18 hours ahead. Refrigerate, then stir before using.

1 1/4 C oats
2 C skim milk
1 egg
1/2 C all-purpose flour
1/4 C toasted wheat germ
1T sugar
1T baking powder
2 t vegetable oil
1/2 t salt

Mix oats & 1 C milk; let stand 10 minutes. Stir in remaining ingredients until well mixed. For each pancake pour a scant 1/4 C batter on hot well greased griddle over medium low heat. Cook, turning once, until well browned on both sides and cooked through. Makes 12 pancakes. Per pancake: 92 calories, 4 g pro, 14 g car, 2 g fat, 22mg chol, 201 mg sod.

**RACE RESULTS****HUMBOLDT REDWOODS MARATHON
AND HALF MARATHON - OCT 13**

Several Chips runners drove north to the Humboldt Redwoods to participate in the half and full marathons. This year, there was a record number of entries totaling 605 in the half and just over 300 in the full. The weather was cool, the course very fast and very scenic. Winner of the full marathon (and course record holder) was the top U.S. masters runner Jim Bowers in 2:26. The first Chips finisher was Gil Machado in 2:42, followed by Herb Tanimoto in 2:59 and George Billingsley in 3:19. Gil missed the start as he was too busy talking to the girls at the aid station. He finally caught Tom Tabor and myself at about 3 miles. The winner of the half marathon was a local lad from Humboldt High in 1:07. The first woman finisher was Lou-Ann Parker from the Flyers. The first Chips finishers were Tom Tabor and myself in 1:20, both of us cut over 5 minutes off our PR times set a week earlier at the Sacramento half-marathon. Mari Nichols officially finished in 1:40, but was trapped for 3 minutes in the bathroom after the race had started. One can only assume that these late starters were totally mesmerized by the majestic redwoods. Pat Currie and Sandy Richvatsky ran the race together, chatting and admiring the scenery, finishing in about 1:43, which was a PR for Pat. Phillip Caine also had a P.R. for the 1/2 marathon with a time of 1:50:40.

I would like to take this opportunity to say farewell to all the Chips runners, for I will be returning to Australia with the Air Force on November 7. Sacramento is a beautiful city, and the running experiences I have enjoyed here will be remembered for many years. I have found the people here to be very friendly and helpful, which is typical of the American-Australian relationship. If any Chips member ever makes it to Queensland, Australia, please contact me at the SGT'S MESS, RAAF AMBERLEY, QLD, 4305. Thanks to everyone, I have had a wonderful time here.

Rod Couch

BUFFALO CHIPS OFFICERS

High Dunger
George Parrott, 921-6782

Vice Dunger

Dung Recorder
Marge Hansen, 428-5923

Dung Counter & Dung Herder
Mike Miller, 488-3833

Dung Coordinator
Gil Machado, 421-1967

Race Chairchip
Abe Underwood, 456-9257

Newsletter Editors
Herb Tanimoto & Dennis Scott
782-7068 455-8710

RACE RESULTS

SKYLINE 50 KM.

Castro Valley, ca.

August 4, 1985

1. Rob Anex, non Chip	3:23:29
2. Craig Moore, 30-39	3:38:44
5. Chris Turney, 18-29	3:45:40
17. Gil Machado, 30-39	4:09:25
20. Dana Gard, 40-49	4:12:26
26. Tom Wright 40-49	4:18:41
42. Tim Hicks 40-49	4:31:50
54. Bill Stainbrook 30-39	4:39:31
57. Jim Drake 40-49	4:41:14
65. George Parrott 40-49	4:48:46
71. Steve Daniels 18-29	4:54:40
79. Joan Reiss 40-49	5:00:17
80. Mike Sullivan 18-29	5:00:17
87. Jerry Blinn 30-39	5:03:59
90. Jan Levet 30-39	5:04:32
115. Theresa McCourt	5:16:17
129. John Clark 40-49	5:28:53
161. Bob Sanchez 40-49	5:46:40



Theresa McCourt

MALL TO MARIANA

Stockton, Ca.

October 19, 1985

1. Brynt Matthew, non chip	39:16
2. Andy Harris 26	40:23
3. Chuck Nichols 35	40:29
4. Don Hicks 25	40:37
5. Mark Hicks 28	41:11
6. Tom Pearman 23	41:53
7. Mike Kelley 39	42:02
11. Steve Daniels 27	44:53
147. Laura Machado 30	75:09



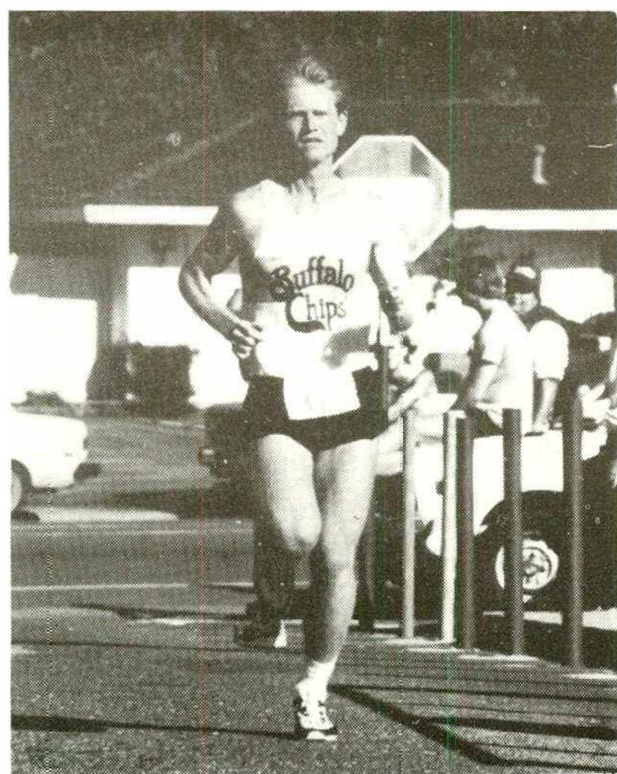
Joan Reiss & Mike Sullivan

**BUFFALO STAMPEDE RACE RESULTS****OVERALL****MALE**

- | | |
|------------------|-------|
| 1. Dennis Rinde | 50:07 |
| 2. Mike Van Horn | 52:15 |
| 3. Craig Moore | 52:24 |

OVERALL**FEMALE**

- | | |
|-------------------|---------|
| 1. Eileen Claugus | 59:30 |
| 2. Laura Rinde | 1:02:59 |
| 3. Sandy Sup | 1:04:04 |

**Vic Kaliakin****Tom Pearman****18 & Under:****Male**

- | | |
|-----------------|---------|
| 1. Frank Edadiz | 58:38 |
| 2. Daniel Frost | 1:06:37 |
| 3. Robert Ruiz | 1:08:48 |

FEMALE

- | | |
|----------------|---------|
| 1. Kari Kernan | 1:22:53 |
|----------------|---------|

19-29**MALE**

- | | |
|-------------------|-------|
| 1. Dennis Rinde | 50:07 |
| 2. Mike Van Horn | 52:15 |
| 3. T. Andy Harris | 57:01 |

FEMALE

- | | |
|-----------------|---------|
| 1. Laura Rinde | 1:02:59 |
| 2. Sandy Sup | 1:04:04 |
| 3. Stacy McAfee | 1:04:04 |



BUFFALO STAMPEDE RACE RESULTS



30-39

MALE

- 1. Craig Moore 52:24
- 2. Tim Williams 53:38
- 3. Randy Marx 55:19

FEMALE

- 1. Eileen Claugus 59:30
- 2. Jan Levet 1:09:13
- 3. Cynci Calvin 1:10:49

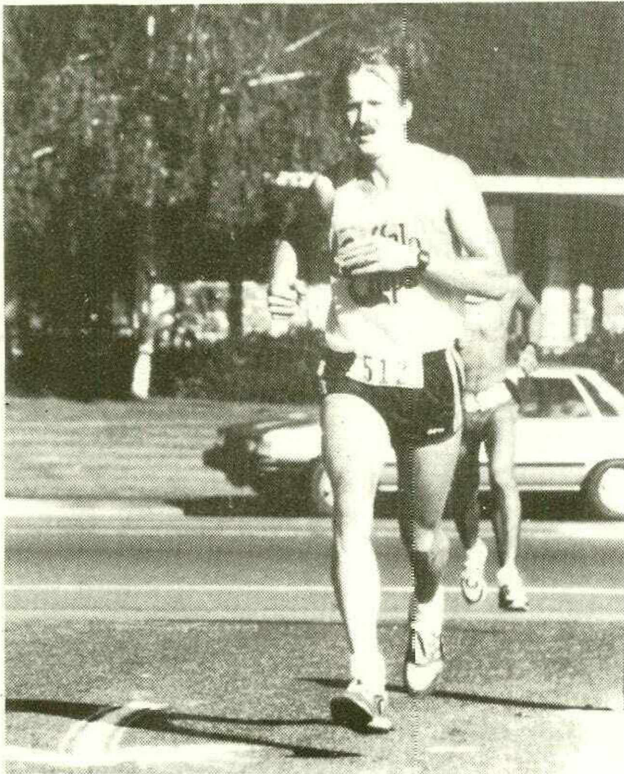
50-59

MALE

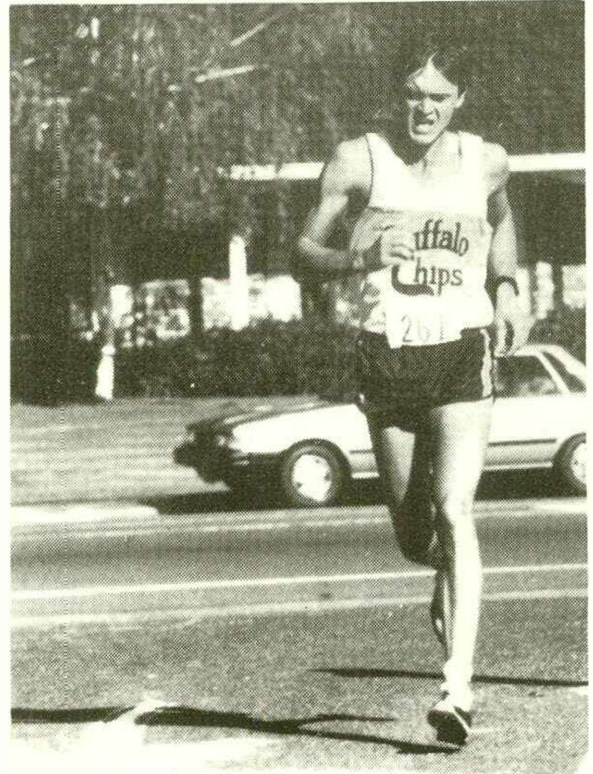
- 1. Everett Riggle 1:00:24
- 2. Paul Mitchell 1:05:51
- 3. Ron Hall 1:08:36

FEMALE

- 1. Marian McKone 1:26:26
- 2. Elaine Reese



Kevin Kirby



Rod Couch

40-49

MALE

- 1. Dan Alarid 57:50
- 2. Gordy Uredenburg 58:15
- 3. Don Spickelmier 58:40

FEMALE

- 1. Cynthia Isham 1:15:11
- 2. Wijdan Cadura 1:18:04
- 3. Judith Wessel 1:18:15

60+

MALE

- 1. Paul Reese 1:09:36
- 2. George Billingsley 1:09:36
- 3. Mike O'Neil 1:20:40

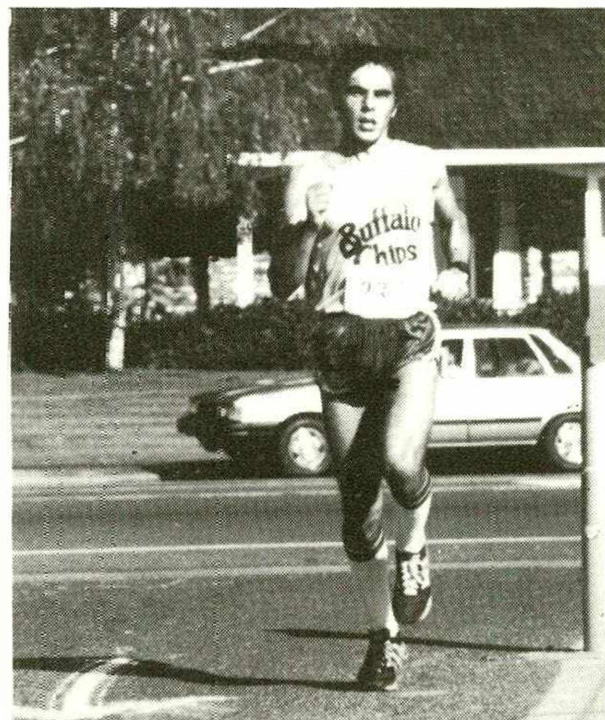
FEMALE

- 1. Po Adams 1:36:47
- 2. Marjorie Lawson 1:55:44

**BUFFALO STAMPEDE**

Place	Name	Time
001	DENNIS RINDE	0:50:07 26 M
002	MICHAEL VAN HORN	0:52:15 27 M
003	CRAIG MOORE	0:52:24 32 M
004	TIM WILLIAMS	0:53:38 32 M
005	RANDY MARX	0:55:19 32 M
006	GIL MACHADO	0:55:29 31 M
007	CHUCK NICHOLS	0:55:57 35 M
008	RONALD SOUZA	0:56:55 31 M
009	MARK WILLIAMS	0:56:56 33 M
010	TIM SHANNON	0:56:58 36 M
011	T. ANDY HARRIS	0:57:01 26 M
012	ART TERZAKIS	0:57:05 34 M
013	RON VOGEL	0:57:08 38 M
014	CARLOS LEMUS	0:57:28 25 M
015	GREG HANNA	0:57:34 25 M
016	TOMIKINS FEARMAN	0:57:42 23 M
017	DAN ALARID	0:57:50 43 M
018	GEORGE SIMONS	0:58:03 30 M
019	VIC KALIAKIN	0:58:11 28 M
020	JOHN KENNEDY	0:58:12 32 M
021	GORDY VREDENBURG	0:58:15 41 M
022	KEVIN KIRBY	0:58:35 28 M
023	BRUCE FUJIMOTO	0:58:36 29 M
024	FRANK EDADIZ	0:58:38 18 M
025	DON SPICKELMIER	0:58:40 44 M
026	TIM JORDON	0:58:44 45 M
027	BRIAN PETERSON	0:58:52 35 M
028	MIKE AMMON	0:58:58 40 M
029	WAYNE MILES	0:59:00 38 M
030	SCOTT NUTTER	0:59:07 26 M
031	RICK MELNICOE	0:59:07 34 M
032	DAN OGDEN	0:59:24 32 M
033	EILEEN CLAUGUS	0:59:30 30 F
034	DELMAR FRALICK	0:59:41 21 M
035	KENT DRAPER	0:59:52 37 M
036	BARRY TURNER	1:00:14 32 M
037	EVERETT RIGGLE	1:00:24 53 M
038	FRANK GARCIA	1:00:26 30 M
039	RODNEY COUCH	1:00:40 39 M
040	DANIEL SILVA	1:00:48 27 M
041	JON SHELGREN	1:00:49 45 M
042	JIM OTTO	1:00:54 30 M
043	GARY HUIZAR	1:01:05 32 M
044	ERIC IANACONE	1:01:14 38 M
045	AL MICHAEL	1:01:20 29 M
046	CLAYTON CAMPBELL	1:01:42 36 M
047	DAVID RAGSDALE	1:01:45 47 M
048	THOMAS WRIGHT	1:01:47 41 M
049	TOM TABAR	1:01:47 34 M
050	RALPH RANGEL	1:01:48 32 M
051	DAVID NEFF	1:01:48 37 M
052	KIRK DRAPER	1:01:50 37 M
053	MICHAEL HERNANDEZ	1:01:59 32 M
054	JAMES BOSSIER	1:02:02 42 M
055	KEN ELLIS	1:02:02 32 M
056	JIM DRAKE	1:02:04 45 M
057	ERIC EVERS	1:02:05 36 M
058	KIM ISHAM	1:02:25 32 M
059	ROGER HITE	1:02:36 42 M
060	MIGUEL REYES	1:02:47 32 M
061	LAURA RINDE	1:02:59 22 F
062	ERNEST TAKAHASHI	1:03:00 40 M
063	FREDERICK MATTOS	1:03:03 49 M

• Chip

**Craig Moore****Ron Souza**



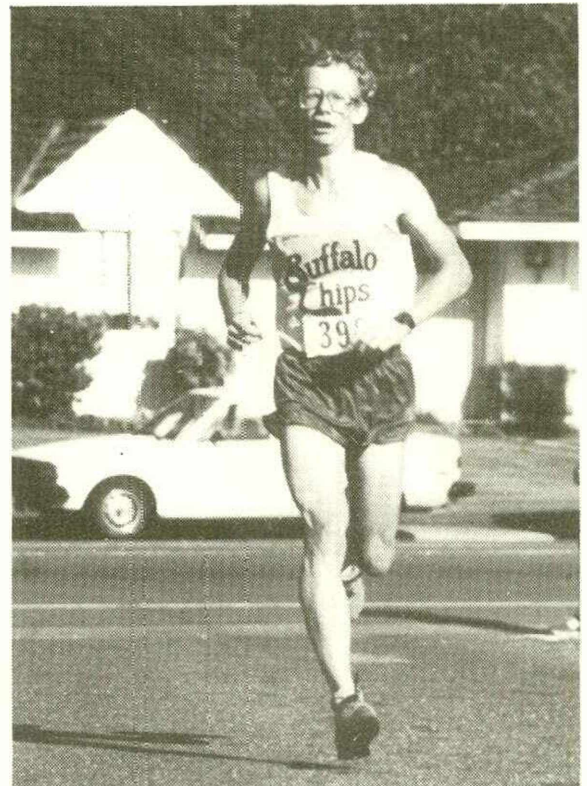
BUFFALO STAMPEDE



• 064	ARTHUR CAHN	1:03:25	47	M
065	DICK PINE	1:03:41	40	M
066	THOMAS HASTINGS	1:03:43	39	M
067	CRAIG WILLIAMS	1:03:44	26	M
068	SANDY SUP	1:04:04	26	F
069	STACEY MCAFFEE	1:04:04	19	F
• 070	KEVIN CIMINI	1:04:05	25	M
• 071	STEVE DANIELS	1:04:06	27	M
072	WALTER SPILLER	1:04:08	44	M
073	GARY MATHANY	1:04:15	43	M
074	LARRY HALL	1:04:19	36	M
075	DAVID TRONRUD	1:04:21	43	M
• 076	JEFF PEARMAN	1:04:22	31	M
077	CHARLES CONWAY	1:04:24	45	M
078	DAVID BEAL	1:04:32	29	M
079	MICHAEL JORGENSEN	1:04:42	33	M
080	SEAN CALLAHAN	1:04:46	32	M
081	DOUG ARNOLD	1:04:55	39	M
082	JIM MCELROY	1:04:57	34	M
083	BILL STAACK	1:05:04	34	M
• 084	ROGER DIKE	1:05:12	31	M
• 085	WARREN LOCKETTE, AATC	1:05:18	30	M
086	GEORGE PADDECK	1:05:19	26	M
087	BILL TRAMONTIN	1:05:20	36	M
088	RICK HARRIS	1:05:22	34	M
089	JOHN OFARRELL	1:05:23	38	M
090	DON BLODGETT	1:05:24	43	M
091	MERLE WATSON	1:05:28	39	M
092	JIM BELAND	1:05:38	38	M
093	BOB CATUREGLI	1:05:43	26	M
• 094	C. E. GOSSETT	1:05:44	44	M
• 095	THERESA MCCOURT	1:05:46	26	F
096	ARMANDO FLORES	1:05:47	41	M
097	SEAN GALLAGHER	1:05:50	27	M
098	PAUL MITCHELL	1:05:51	50	M
099	GREG MILLER	1:05:52	41	M
• 100	GEORGE PARROTT	1:05:54	41	M
101	BOB STRACK	1:06:08	41	M
102	RICHARD ORTIZ	1:06:10	36	M
103	JAMES BALLANTYNE	1:06:13	43	M
104	JEFF DAWES	1:06:25	43	M
105	GEOFFREY KURLAND	1:06:31	39	M
106	DANIEL FROST	1:06:37	17	M
107	JOHN STACEY	1:06:45	39	M
108	TOM DAVIES	1:06:55	41	M
109	MARIO SANCHEZ	1:06:56	34	M
110	RICHARD KAY	1:07:02	35	M
110	MIKE GANNON		33	M
111	JOHN BAKER	1:07:12	34	M
112	DON MARTIN	1:07:28	49	M
113	STEVEN HARROLD	1:07:31	35	M
114	RICK TAXERA	1:07:40	42	M
• 115	CHRISTINE IWASHASHI	1:07:41	29	F
116	DAVID WOLF	1:07:43	26	M
117	STEVE HAUN	1:07:56	42	M
118	JAMES POLISINI	1:07:57	36	M
119	BILL GUEST	1:08:41	43	M
120	JACK SAPUNDR	1:08:11	37	M
121	CHUCK REDDOW	1:08:13	38	M
122	KAREN NACHBAR	1:08:13	25	F
123	BARRY COOPER	1:08:17	42	M
124	RANDY LAWSON	1:08:19	32	M
125	STEVE HARNDEN	1:08:21	29	M
• 126	ROBERT SANCHEZ	1:08:23	46	M
127	DAVE HOWARD	1:08:24	39	M
128	JOHN DIAL	1:08:25	43	M



John Kennedy



Dave Neff



BUFFALO STAMPEDE



129	ROD WURST	1:08:26	32	M
130	DAVID GIVENS	1:08:34	36	M
131	RON HALL	1:08:36	51	M
132	RON FARRETT	1:08:41	39	M
133	ROBERT RUIZ	1:08:43	16	M
134	JAMES SANDERS	1:08:45	35	M
135	ROBERT JUDGE	1:08:49	24	M
136	AL MARSHALL	1:08:58	44	M
137	WEB CHADWICK	1:09:03	44	M
• 138	JAN LEVET	1:09:13	34	F
• 139	PETE SCHOENER	1:09:23	44	M
140	MARTY JOYCE	1:09:25	37	M
141	NATHAN WULF	1:09:30	16	M
• 142	PAUL REESE	1:09:36	68	M
• 143	GEORGE BILLINGSLEY	1:09:36	63	M
144	DANIEL READ	1:09:43	42	M
145	KENNETH JOHNSON	1:09:44	51	M
146	CLIFF STAPP	1:09:48	43	M
147	ALAN MORITA	1:09:51	31	M
148	JIM GAVIN	1:09:55	31	M
149	JOHN HERREN	1:10:04	44	M
150	LARRY VASQUES	1:10:06	32	M
151	DOUGLAS ROACH	1:10:16	56	M
152	ALAN FEUERWERKER	1:10:17	47	M
153	THOMAS WINDSPERGER	1:10:22	32	M
154	LILI PADDECK	1:10:23	23	F
155	LARRY FINNEY	1:10:25	29	M
156	JUDD HURLEY	1:10:26	41	M
157	DAVID KUPPER	1:10:32	38	M
• 158	JOHN MCINTOSH	1:10:36	43	M
159	DON ROSS	1:10:40	48	M
160	KITTY GLASS	1:10:48	28	F
161	CYNCI CALVIN	1:10:49	39	F
162	RICHARD SKINNER	1:10:57	40	M
163	JACK WESTBROOK	1:11:02	50	M
165	RONALD RADER	1:11:02	57	M
165	JERRY MCHALE	1:11:12	45	M
166	JENE STEWART	1:11:35	52	M
167	STEVE MACAULAY	1:11:47	36	M
168	DONNA SHAU	1:11:51	36	F
169	KEVIN SELFRIDGE	1:11:55	30	M
170	JOHN ANTON	1:12:02	38	M
171	TERRY HEDEMARK	1:12:03	39	M
172	RICHARD CARP	1:12:06	52	M
173	RAUL MEZA	1:12:07	33	M
174	GEORGE NYBERG	1:12:15	37	M
175	WALTER CRAGG	1:12:18	34	M
177	NORMAN WADE	1:12:30	39	M
178	TONY BRICKELL	1:12:40	37	M
• 179	LINO DELGADILLO	1:12:43	39	M
180	ANDY O'NEIL	1:12:43	25	M
181	JERRY CLARK	1:12:45	35	M
182	CHARLES WHITAKER	1:12:47	35	M
183	WILLIAM CONDON	1:12:52	51	M
184	JOHN HEATH	1:12:53	44	M
185	KEN MCHENRY	1:13:06	15	M
186	ROBERT GRAVES	1:13:22	32	M
187	JOHN FIRCHAU	1:13:23	34	M
188	ADEBONALE AKINSANYA	1:13:30	32	M
189	ROY YOUNG	1:13:31	43	M
190	BILL HAMBRICK	1:13:32	31	M
191	DONNA WETTERER	1:13:35	34	F
192	GEORGE ANDERSON	1:13:42	31	M
193	LLOYD HICKMAN	1:13:44	34	M
194	SUZETTE MOORE	1:13:46	28	F
195	RONALD REED	1:13:56	38	M



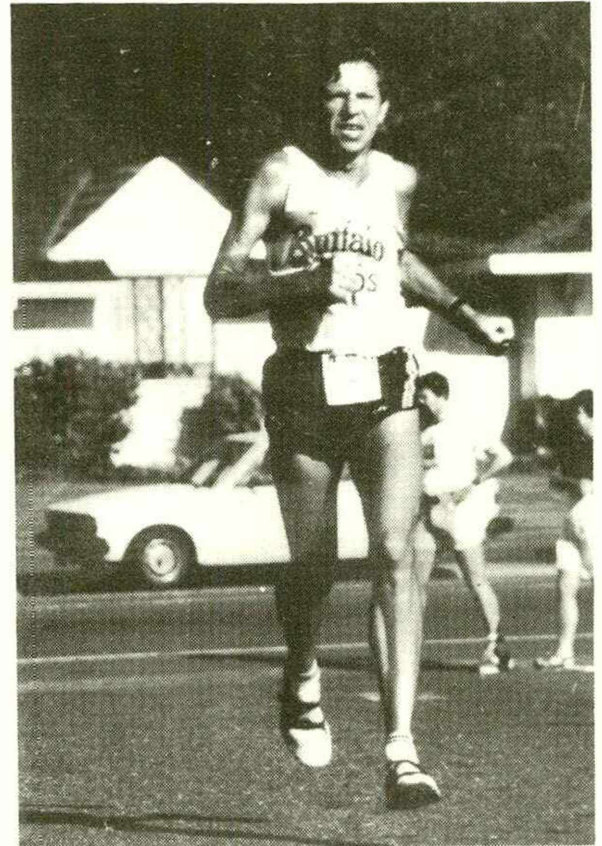
Kim Isham



BUFFALO STAMPEDE



196	MICHAEL WILSON	1:14:00	36	M
197	BOB DAVILA	1:14:02	37	M
198	DANIEL JOHANNES	1:14:06	37	M
199	AL RODRIGUEZ	1:14:08	49	M
201	LEWIS INOUYE	1:14:16	17	M
202	SANDY KEH	1:14:18	27	F
203	ROBIN CARBONI	1:14:20	20	F
204	G. WILLIAM DAUPHINAIS	1:14:31	39	M
205	STEVEN POLANSKY	1:14:33	39	M
206	JAMES THOMAS	1:14:37	38	M
207	RICK EDWARDS	1:14:44	40	M
208	KEN EGIDE	1:14:52	44	M
209	RUSTY MILLAR	1:14:53	34	M
210	LARRY JURAS	1:14:54	34	M
211	EDWARD HARTSGROVE	1:14:59	32	M
212	RON SLOAN	1:15:03	39	M
213	STUART SARGISSON	1:15:04	45	M
214	JOHN GALVEZ	1:15:11	55	M
215	CYNTHIA MILFORD	1:15:11	42	F
216	DONALD BRYAN	1:15:11	45	M
217	JIM PURVIS	1:15:15	47	M
218	DAVE CAVAZOS	1:15:19	51	M
219	GIL SANGUINETTI	1:15:19	46	M
220	MARY SCANGRELLA	1:15:20	31	F
221	GREGGIE SODERLUND	1:15:20	37	M
222	WALT SUMMERS	1:15:28	45	M
223	PAUL ELDER	1:15:30	44	M
224	THOMAS RODNEY	1:15:32	34	M
225	JEFF ROBERTS	1:15:39	29	M
226	KEN SMITH	1:15:46	46	M
227	JANET FARRAR	1:15:47	36	F
228	ROBERT PHILLIPS	1:15:50	40	M
229	CLAUDE BISHOP	1:15:56	38	M
230	MILTON MADDEN	1:16:11	32	M
231	FRANK ALLEN	1:16:15	40	M
232	JAMES RAIA	1:16:10	30	M
233	DIRK BRAZIL	1:16:40	26	M
234	GLENN MILLAR	1:16:42	46	M
235	CARL MIGUEL	1:16:49	44	M
236	CHUCK COBB	1:16:49	43	M
237	MARGRET ERVIN	1:16:52	28	F
238	VICTOR FLOYD	1:16:52	28	M
239	JERRY LAMPSON	1:16:52	52	M
240	DAVID ANDERSON	1:16:57	35	M
241	JAMES RADEMAKER	1:17:08	34	M
242	KEITH CAMPBELL	1:17:09	16	M
243	BEN O'NEIL	1:17:15	30	M
244	NANCY MCCORD	1:17:15	35	F
245	MICHAEL OTTEN	1:17:17	45	M
246	CLIFF JOHNSON	1:17:22	44	M
247	JOHN QUANDT	1:17:25	38	M
248	JENNIFER EKSTEDT	1:17:28	33	F
249	LEN WYLOSKY	1:17:33	32	M
250	DICK KINTER	1:17:35	53	M
251	BILL KNIERIM	1:17:37	41	M
252	JUNE HILL-FALKENTHAL	1:17:43	29	F
253	VIVIAN FERKIN	1:17:45	30	F
254	PATTI TEALE	1:17:45	29	F
255	EDDY ALLAN	1:17:47	42	M
256	MIKE MCGILL	1:17:56	39	M
257	DEDE STREETT	1:17:59	25	F
258	RICHARD LOPES	1:18:00	26	M
259	WIJDAN CADURA	1:18:04	43	F
260	DENIS ZILAFF	1:18:07	32	M
261	SANDRA RICHVALSKY	1:18:08	34	F
262	JUDITH WESSEL	1:18:15	41	F



George Parrott



BUFFALO STAMPEDE



263	ROBERT RUBIN	1:18:18	33	M
264	VICKI NIEDEROST	1:18:22	31	F
265	STEPHEN ABBOTT	1:18:24	46	M
266	POLLY LOWRY	1:18:25	34	F
267	DAVID RUBENSON	1:18:36	44	M
268	STEPHANIE CHATOFF	1:18:36	32	F
269	WAYNE SCHEUFFELE	1:18:41	38	M
270	SCOTT CONLIN	1:18:49	26	M
271	KATE SULLY	1:18:51	37	F
272	RANDOLPH SCOTT	1:18:58	30	M
273	MICHAEL MAYERCHAK	1:18:59	33	M
274	MALCOLM WEINTRAUB	1:19:06	54	M
275	JOE BRODERICK	1:19:06	47	M
276	RICK CARRASCO	1:19:17	37	M
277	MARY MYERS	1:19:13	38	F
278	PAUL STEPHANY	1:19:17	31	M
279	ROBERT LIVINGSTON	1:19:17	46	M
280	REBECCA SMITH	1:19:21	38	F
281	RONALD COLE	1:19:24	49	M
282	TONY MCMULLEN	1:19:29	47	M
283	GEOFF HANSEN	1:19:30	40	M
284	JAMES WILLIAMS	1:19:31	47	M
285	WARREN PRYDR	1:19:31	40	M
286	SUSAN MUNOZ	1:19:42	31	F
287	ERIC MARQUARDT	1:19:48	33	M
288	JACK CLANCY	1:19:50	42	M
289	KEVIN JOHNSON	1:19:51	32	M
290	MAYO JACK	1:19:53	49	M
291	KIM GRACZYK	1:19:54	23	F
292	RAYMOND JERD	1:19:55	47	M
293	JACK SIVAK	1:19:57	42	M
294	NANCI TAYLOR	1:19:58	33	F
295	BETTY PFEIFFER	1:20:00	38	F
296	TONY RUIZ	1:20:01	43	M
297	RUSS ALBRIGHT	1:20:12	51	M
298	JUDY COVIN	1:20:18	43	F
299	ARTHUR BALLARD	1:20:20	23	M
299	ROBERT SULLY	1:20:11	37	M
300	RICHARD BLUNDEN	1:20:20	45	M
301	FRED BELT	1:20:21	45	M
302	DANIEL LITTLE	1:20:22	37	M
303	TERRI LYMAN	1:20:25	25	F
304	GARY GARCIA	1:20:31	30	M
305	JOSEPH BOYD	1:20:33	38	M
306	STEVE ZIMRICK	1:20:36	44	M
307	MIKE O'NEIL	1:20:40	61	M
308	IRA SAMUELS	1:20:46	66	M
309	PATRICIA CURRIE	1:20:47	36	F
310	GREG CATTANACH	1:20:47	34	M
311	DEARELL NIEMEYER	1:20:50	35	M
312	BERT MUTZ	1:21:00	46	M
313	ELVIN KYLE	1:21:03	53	M
314	SUSAN SCANGARELLA	1:21:13	27	F
315	FRED ILFELD	1:21:17	44	M
316	DELMAR JANSEN	1:21:20	60	M
317	PATRICK COLLINS	1:21:24	20	M
318	DENNIS TERHUNE	1:21:26	26	M
319	ERIBERTO DULANY	1:21:30	48	M
320	ARMAND GEORGE	1:21:31	55	M
321	NANCY KING	1:21:34	31	F
322	JIM EDWARDS	1:21:37	41	M
323	DAVID HAYS	1:21:37	41	M
324	ABE FLOREE	1:21:41	25	M
325	SUSAN MONCADO	1:21:42	34	F
326	MARK PERRY	1:21:43	31	M
327	GLEN THOMAS	1:21:54	38	M



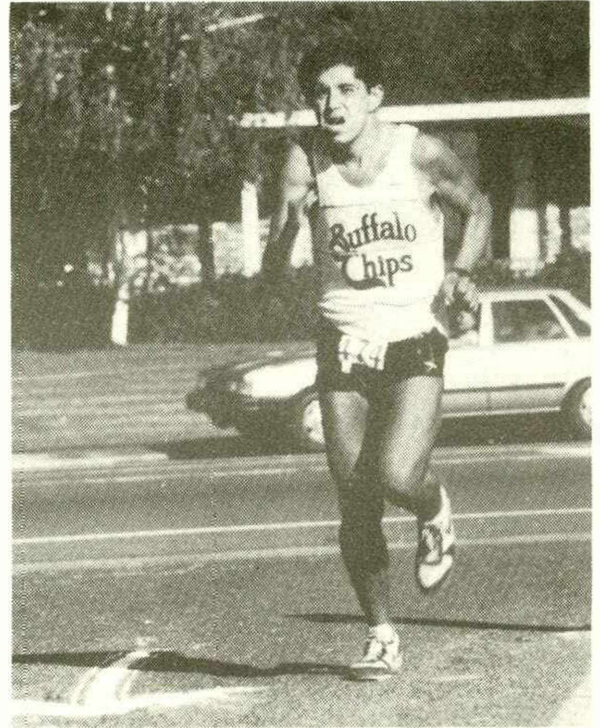
Susan Lentz & Laura Machado



BUFFALO STAMPEDE



328	BRUCE BRADLEY	1:22:03	46	M
329	GEORGE MADRIGAL	1:22:03	41	M
330	BOB STODDARD	1:22:07	47	M
331	NANCY HUBER	1:22:11	32	F
332	HELENE GORDON	1:22:15	40	F
333	MEL SHERMAN	1:22:23	52	M
334	DAN POWELL	1:22:24	37	M
335	DANN BRYANT	1:22:33	34	M
336	ROBERT LOBATOS	1:22:44	55	M
337	PHILLIP LAW	1:22:45	50	M
338	JAN STEVENS	1:22:47	50	M
339	RAY HELM	1:22:49	56	M
340	JIM FENTON	1:22:53	15	M
341	KARI KERNAN	1:22:53	16	F
342	GAIL GUTTERMAN	1:22:59	37	F
343	BARRY HYNE	1:23:00	40	M
344	DAVID BARNES	1:23:04	43	M
345	DON GOERING	1:23:06	52	M
346	CONNIE HAUSMAN	1:23:11	29	F
347	JUDY LAWRENCE	1:23:12	39	F
348	MARIA LAUGHLIN	1:23:17	25	F
349	EDIA BRAINARD	1:23:18	30	F
350	TERESA RODNEY	1:23:30	30	F
351	SUEANN MARQUEZ	1:23:43	22	F
352	GREG MOORE	1:23:46	44	M
353	ALLEN REID	1:23:50	45	M
354	DEBE HOLMBERG	1:23:58	37	F
355	DAVID BOURNE	1:24:04	41	M
356	SUSAN DOUGHERTY	1:24:08	28	F
357	JOHN PRYOR	1:24:21	41	M
358	JAMES LUKENS	1:24:22	60	M
359	RICHARD WERDER	1:24:43	45	M
360	CAROLYN AHLE	1:24:44	38	F
361	BRENT RAMSDALL	1:24:58	35	M
362	DAVE EDMISTON	1:25:01	35	M
363	PHILLIP CAINE	1:25:06	47	M
364	HARLAN RIPPETOE	1:25:08	42	M
365	STEPHEN WOHLWEND	1:25:10	36	M
366	UNKNOWN	1:25:14		
367	JUL COUDEYRE	1:25:25	20	F
368	KEVIN MIMS	1:25:29	27	M
369	SANDY HDUCK	1:25:32	39	F
370	VIRGINIA CONDON	1:25:33	49	F
371	LAURIE TERREFORTE	1:25:43	28	F
372	GEORGE GRIFFIN	1:25:44	32	M
373	GINNY MCREYNOLDS	1:25:45	34	F
374	MIKE NEFF	1:25:54	39	M
375	JAMES WELLS	1:25:58	40	M
376	STACEY LEUNG	1:26:04	22	F
377	IRENE CATTANACH	1:26:04	32	F
378	SHERLEY WISE	1:26:06	43	F
379	EUGENE HORVATH	1:26:10	40	M
380	DARRELL KINDRED	1:26:22	44	M
381	MARIAN MCKONE	1:26:26	55	F
382	KATHLEEN MARONEY	1:26:28	36	F
383	PAUL CAMERER	1:26:33	66	M
384	RON PIMENTEL	1:26:43	49	M
385	PATTI DELZER	1:26:53	32	F
386	RAYMOND SANTANA	1:26:55	38	M
387	GWEN GADBERRY	1:27:06	49	F
388	JOANN SOUVIGNIER	1:27:10	47	F
389	ELISA GANTERBEIN	1:27:12	20	F
390	KATHY HYNE	1:27:12	40	F
391	DEE BARRETT	1:27:13	45	F
392	DAVE MATTHEWS	1:27:21	38	M
393	JANET PUCCI	1:27:27	36	F



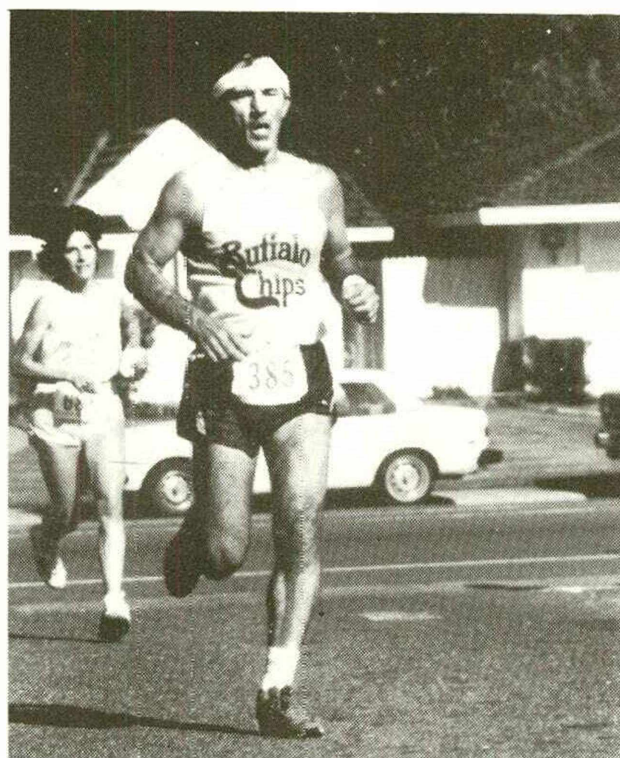
Gil Machado



BUFFALO STAMPEDE



394	LOU THELEN	1:27:32	36	M	460	JANET MARI BALLOU	1:37:34	30	F
395	GUY GIBSON	1:27:34	33	M	461	JEAN BULLOCK	1:37:43	32	F
396	SPENCER BOLE	1:27:43	33	M	462	SUE JACOBSSSEN	1:37:45	32	F
397	DIANE CONWAY	1:27:50	40	F	463	JOYCE KARVER	1:37:46	46	F
398	SUZY BOB	1:27:54	32	F	464	GLENDA CLAREMON	1:37:54	34	F
399	BONNIE DAVIES	1:27:55	42	F	465	SUSAN BUTLER	1:38:31	45	F
400	MARCIE LAUNEY	1:28:02	39	F	466	CINDY CARLSON	1:39:10	36	F
401	HEIDI O'CONNELL	1:28:21	35	F	467	JUDY GOOD	1:39:20	41	F
402	JENNIFER SARRO	1:28:38	20	F	468	STAN NOSEK	1:39:44	35	M
403	MARSHA JENANYAN	1:28:53	32	F	469	JOHN VOHS	1:40:07	51	M
404	NANCY RUFF	1:28:58	30	F	470	JENNIFER KERR	1:40:32	39	F
405	GARY LASH	1:29:16	34	M	471	BARBARA FOWLER	1:40:37	42	F
406	JUDY PRESS	1:29:30	42	F	472	JEAN KUYKENDALL	1:40:59	48	F
407	RON MORGAN	1:29:31	37	M	473	PAULA ALLAM	1:41:27	42	F
408	BILL LEEK	1:29:34	55	M	474	ROBERT MILLER	1:43:25	54	M
409	PAMELA CABRAL	1:29:36	27	F	475	CHARLES FARRER	1:44:21	30	M
410	LINDA RUH	1:29:37	38	F	476	JAN MCGOVERN	1:44:27	41	F
411	ONE UNKNOWN	1:29:43			477	SUSAN LENTZ	1:46:28	22	F
412	TWO UNKNOWN	1:30:08			478	DEBRA BRICKEL	1:47:37	33	F
413	DON HOLSTEN	1:30:14	50	M	479	FRANK LEEK	1:47:38	53	M
414	LINDA KIRCHER	1:30:22	40	F	480	LAURA MACHADO	1:53:02	30	F
415	CARL OTTO	1:30:32	38	M	481	MARJORIE LAWSON	1:55:44	60	F
416	JUDY PADILLIA	1:30:42	45	F	482	THREE UNKNOWN	NOTIME		M
417	SUSAN ARRISON	1:30:55	40	F	483	DENNIS KING	2:08:12	36	M
418	PATRICIA SCHINK	1:31:05	34	F	484	PATRICK RODRIGUEZ	2:14:07	38	M
419	KENNETH MAR	1:31:10	63	M	485	MARIA TRUJILLO-RODRIG	NOTIME	36	F
420	BOB CONLIN	1:31:12	59	M	486	LINDA SARTORI	NOTIME	36	F
421	JAMES HILTON	1:31:14	28	M	487	SHARRON ARCHULETA	NOTIME	40	F
422	PETER HINMAN	1:31:15	30	M	488	ELAINE REESE	NOTIME	35	F
423	RON WOODRELL	1:31:20	34	M	489	JANICE HAMPSON	NOTIME	28	F
424	BARRY BRUNS	1:31:21	33	M					
425	BARBARA GARMAN	1:32:07	22	F					
426	JON GARMAN	1:32:07	25	M					
427	JAMES CUTRIGHT	1:32:10	52	M					
428	THREE UNKNOWN	1:32:30							
429	PAUL LAWRENCE	1:32:46	49	M					
430	GREGORY HOLMES	1:32:57	23	M					
431	NELAND BINEY	1:32:58	22	F					
432	CINDY ISAACSON	1:33:14	29	F					
433	CINDY CORUM	1:33:20	32	F					
434	CLINTON RUSAW	1:33:25	50	M					
435	CHRISTINE POWELL	1:33:33	32	F					
436	LYNDA RISUCCI	1:33:34	20	F					
437	CHRISTOPHR HANDY	1:33:35	36	M					
438	JANET JAMIESON	1:33:59	46	F					
439	LILLIAN ROWETT	1:34:01	38	F					
440	CONSUELO AYALA	1:34:16	26	F					
441	JILL ROBINSON	1:34:16	30	F					
442	CAROL HENDRICKSON	1:34:43	44	F					
443	JOANN RANEY	1:34:51	48	F					
444	AL SARAGOZA	1:34:33	37	M					
445	ELVIRA ORTIZ	1:34:36	34	F					
446	PAULETTE STRACK	1:34:55	34	F					
447	KENNETH C. JOHNSON	1:35:16	45	M					
448	JANET WOLFE	1:35:19	47	F					
449	JULIE MIMS	1:35:20	35	F					
450	SANDRA PEBRAM	1:35:29	44	F					
451	JOHN MANNARINO	1:35:33	45	M					
452	BILL TINSLEY	1:35:50	49	M					
453	RAYMOND HAMPSON	1:36:27	28	M					
454	PATSY MCINTOSH	1:36:46	37	F					
455	PO ADAMS	1:36:47	60	F					
456	LUCY ANG	1:36:49	35	F					
457	NANCY MILLER	1:36:57	33	F					
458	BOB MCCAFFERTY	1:37:01	47	M					
459	KIMBERLY FANNING	1:37:05	28	F					



**BUFFALO STAMPEDE**

Mark Williams & Tom Pearman



Tim Smith, Steve Daniels, Ron Souza, & Chuck Nichols



FRESNO MARATHON

Dateline: Nov. 9, 1985

It is less than three hours driving time to Fresno, and one of the largest Herds of eager Bison to challenge any out-of-town marathon appeared on the campus of Fresno State Univ. for the start of the 1985 Fresno Marathon. This race is a point-to-point tour of some rural areas, beautiful parks, georgeous new homes, and attractive older neighborhoods. It finishes in an open downtown mall, and it offers a half-marathon for those needing only 13.1 miles before lunch.

The marathon starts at 7 a.m. and the half at 8 a.m., so by 15 to 18 miles the faster full marathoners are overhauling the back of the half field. This worked out very well to give the appearance of a larger field and more support to both groups. There were aid stations every 3 miles, and very clear and accurate mile markers. The course was flat, and the running conditions nearly ideal. The night before a pre-race pasta feed and humorous dinner speeches entertained and nourished about 100 of the participants, and attendees there also had the

opportunity to win several nice raffle prizes.

But "what about the race itself?" you ask. Did the Chips survive the drive, the food, AND the race?

There were team awards for five person teams (\$500,300,200) that helped draw many of us to this race--and many other good teams as well, and our pre-specified first team of Chris Turney (2:34), Andy Harris (2:35), Randy Marx (2:36), John Murphy (2:38), Dana Gard (2:38) appears to have captured that \$500-- subject to final rechecking, etc. Our first alternate on the A team was Gil Machado at 2:39 and seventh member was Bill Finkbeiner at 3:00. On our second team, Don Hicks, in his FIRST MARATHON turned a great 2:42 finale--he was under two hours at 20 miles! Tom Wright (2:51), Jim Drake (2:55), George Parrott (3:01), and Chris Iwahashi (3:04) rounded out the scorers on the B team with support from alternates Jerry Blinn (3:04), Roger Dike (3:09), Harry Feusi(3:30), and George Billingsley (3:43). Ex-Chip Paul Reese turned a sterling 3:19/3:20?



RACE RESULTS



Parrott and Finkbeiner were just starting their long surge to the finish line at mile 22.8 when they heard bells, and saw flashing lights ahead. Either of several things were possible: 1. they were collectively hallucinating; 2. the Southern Pacific was testing their gate crossing systems; or 3. A train was about to close the course! Unfortunately for Parrott and Finkbeiner alternative "3" above was correct--we were held about a minute to a minute and a half for a short switching train. About a half-dozen of the 13.1 mile runners gave us solace, but when the road opened, another marathoner came up with his full momentum intact, and we were never able to close on him again. Bill and I enjoyed laughing about this episode, and it will give us some excuse for letting that sub-three get away--won't it?????

Iwahashi went to Fresno knowing that last year only ONE female made the Boston qualifying time and hence became the automatic winner of the women's Boston trip. As many of us have noticed, in 1985 women's marathon fields have often been not as deep as last year, and the Fresno race just hasn't attracted the

attention it deserves. It appeared that Chris should be able to run a training run-qualifying time and get a very good shot at the Boston trip this year. The game plan ran quite well; Chris turned a comfortable 3:04, won the race (first woman, first in division), set a course record (!?), brought back two trophies, a Timex triathlete watch, and a Nike windsuit, and according to my unofficial reading of the results was the only woman to meet the Boston standards this year --hence a TRIP TO BOSTON!

The large HERD OF BUFFALO were very well received in Fresno, and all of us agree that this is at least a 4-star quality event. Strongly consider putting this on your 1986 running calendar!!!!!!



BUFFALO CHIPS

RUNNING CLUB NEWSLETTER



Number 78

October 1985

PEPSI OF RENO 72 MILE LAKE TAHOE RUN

by Bill Stainbrook

Friday, September 6, 1985

Robert Perz of Corpus Christi, Texas, increased his dominance of this event as he raced to his third championship in four years. Robert's time of 9:25:08 was his second fastest (and very impressive considering this was his first race since last December. Robert may seem to have mastered this course, but this year's victory didn't come easily. He traded the lead four times with Buffalo Chip, Chris Turney who finished second in 9:49:40.

Both runners had to overcome obstacles in the second half. Robert's wife, Sylvia, locked her keys in their car at 30 miles and wasn't able to catch up with aid until the 52 mile point. Similarly Chris went without aid for a ten mile stretch and said he was "getting a little scared."

The weather proved to be very cooperative for this tenth anniversary run. The mercury stayed in the mid fifties for most of the day and reached a high of only 62 degrees. A solid cloud cover and some breezes helped protect the runners all day. Times were generally faster this year. Even though no records were set, one would have to compare the conditions and performances to 1982 when Rae Clark established the course record of 9:06.

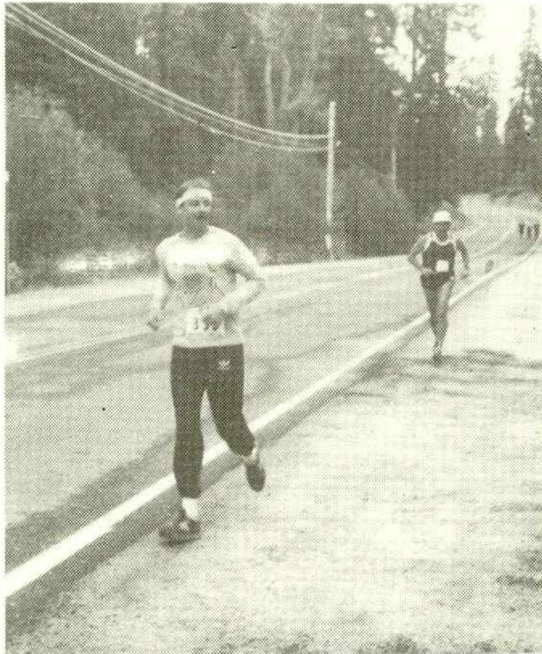
Other notable performances were turned in by Tim Twietmeyer, third with a time of 10:22:27; Harry Fusi, a runner of one year, with a time of 14:37:06; Dick Collins and Mike Williams completed their seventh 72 miler!



Chris Turney relaxing at the finish.

72 MILE LAKE TAHOE RUN

continued from page 1



Above, Harry Feusi at running strong at the ten miles.

Below, Al Ortiz in good humor at ten miles.



Much the credit for the "72" must go to Dick Kinner and the kind people from Pepsi-of-Reno. They have supported this event for ten years. Their financial support literally guarantees that the "72" can exist with charging the runners an exorbitant fee. We are very fortunate to be working with such supportive people and I thank them kindly for their support and trust in me. The people who manned the finish line all night; Mom Stainbrook and Karl and Nancy Yamauchi, the course monitors; Mike Miller and Glenn Bailey, and starting line assistants; Howard Jacobson and Chris Iwahashi, also contributed to the smooth operation of this event. I thank all of you!

1. Robert Perez, NonChip	9:23:08
2. Chris Turney	9:49:40
11. George Parrott	12:24:18
14. Steve Galvan	13:14:45
16. Al Ortiz	13:46:18
20. Harry Feusi	14:37:06

39 entrants
33 starters
23 finishers

Race income	\$ 591.48
Race Expenses	<u>2037.17</u>
Deficit	\$1445.17
Covered by Pepsi-of-Reno	



Opposite page, top right, George Parrott at 15 miles. Bottom right, Al Ortiz at the finish with handler Howard Jacobson. Bottom left, Steve Galvan at the finish.

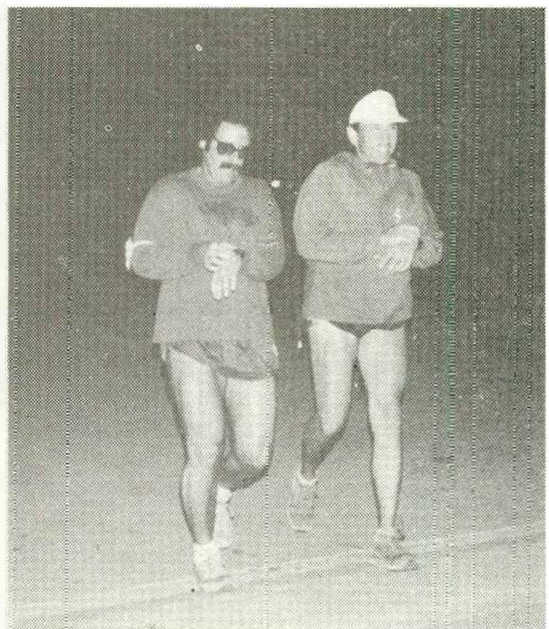
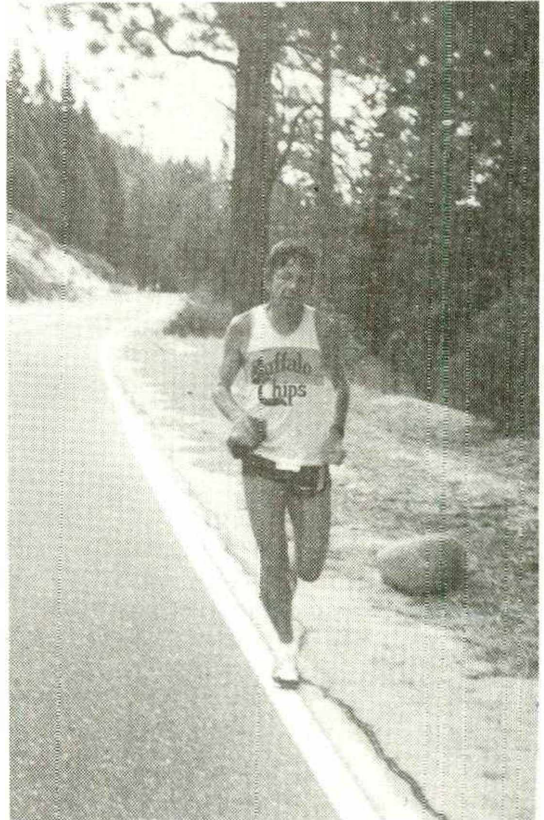
 72 MILE LAKE TAHOE RUN 

Bill,

Just wanted to let you know how much I enjoyed the Lake Tahoe run and how much I appreciate your efforts in putting the race together. For me, enjoyment of a race depends on the personal challenge, the camaraderie of all the runners, and the organization. All of these were exceptional at your race. I was on such a high after completing the race that I and just now starting to come down and starting to think about my next race.

Two other runners (including my brother, who acted as my handler) were planning to come to Tahoe with me to run the race but didn't feel their training was adequate. They are both already talking about running it next year. My brother and I are talking up the race here. Maybe next year, we'll have a larger Arizona contingent at the Lake Tahoe 72 Mile Run. Once again, thanks for your efforts. I hope you keep it up for many years to come.

Alan Bowman



Despite some internal "hot flashes," it seems the Bison have never been stronger. We are now three issues into our revised Newsletter format, and it is the most obvious indication of the club's health and promise. Karl and Nancy have elevated our image to impressive heights. I have been regularly contacted about all the great pictures; the Newsletter is the best overall reporting on the Sacramento area running available, and it is easily worth the \$7 annual membership fee.

Rank and file Bison receive many benefits from affiliation, and every one of us takes from the club something different and, hopefully, contributes something unique. Every member of the Herd has access to the standard nylon (yellow) singlet, and the more recent mesh design, that I actually introduced, at a super price (available at McIntosh's). There are black long sleeve shirts with reflective silver club logos for \$7 (cheap!) from Sporting Feet at Arden Fair, and we will soon have available some "Night Safety" windsuits with club logo at less than \$35. In the last five years, a regular series of workouts has evolved for the promotion of Bison fitness. Tuesday

nights find close to 70 Bison and Bisonette gathering at the Graduate to do more than stroll down American River Drive. These workouts are now organized into 4 to 5 levels of homogeneous Buffalo. Group A is a 1985 development giving 5 to 6 mile workouts with 2 to 3 timed pickups at 6:30/mile or slower. Groups 1 (6:15-7:00/mile) to Group 4 (5:10/mile) offer a challenge to any level of runner. Thursday's track workouts serves 15-25 who run everything from steady state distance to sub 65 400's. Weekend runs on the various courses at Rescue, give strength workouts to any who elect this option. Every Chip receives these training benefits and services; some of which have been added this year to broaden our commitment to slower and/or developing runners. I am proud of every person who takes up the challenge of fitness, be it in biking, swimming, running or whatever. I enjoy supporting runners and running at all levels. I have regularly helped at many local races, and I often go back out on a course, after my own race effort, to run in with others who might enjoy a little extra encouragement. Just as I will work to bring new faces to running and to club affiliation, I will work to provide a place in the Chips for runners who develop their talent for this sport. I see the Chips as "a jogger to ultramarathoner" club, but this includes everything and everyone in between. By my standards, at least, we have always had quality racers; I believe every one of the Flyers master's males were once Chips. Many left to join the Flyers because they felt this club turned its back on supporting their efforts. I believe we are big enough, diverse enough, to incorporate all ranges of running -- we need not exclude nor drive out anyone.

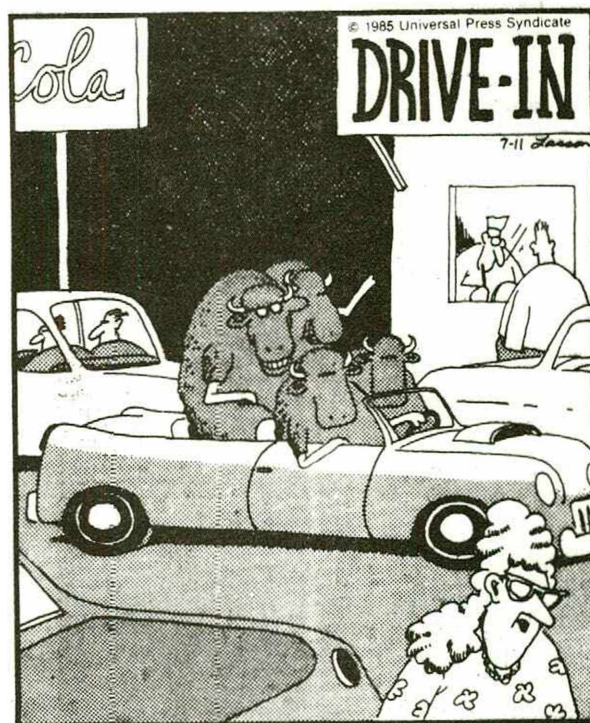
BUFFALO CHIPS BOARD OF DIRECTORS

Glenn Bailey
Galen Baker
Eileen Claugus
Marge Hansen
Mark Hicks
Howard Jacobson
Gil Machado
Mike Miller
George Parrott
David Ragsdale
Donna Wright

STATE OF THE HERD

I am terribly proud of Eileen Claugus and her success as a runner and her image as a Chip; she is not a casual runner. I am proud of Bev Marx in her 2:48 marathon PR -- she was a Chip runner then. Helke ran her 2:43 PR as a Chip; Kathy Pfeiffer, Karen Coe, Chris Iwahashi, Joan Reiss, Jan Levet, etc. We have (had) members who run at the front of the women's field. What about Bill Stainbrook (won Magical Musical Marathon), Chris Turney (won Napa), Jim Howard (won Avenue of the Giants in club marathon PR 2:18:06, Western States, and AR 50, all in the same year, all as a Chip), Craig Moore (won Sac, Sri Chimmoy, 2nd at Skyline 50 K), Ronny Harries (2:27 at Sac), Paul Thomas etc. We simply dominated the Skyline 50 Km Championships this year: 2nd Open Team (to Flyers), 2nd Masters Team Men, First Open Women. Chips Moore and Thomas were 3-4 at the Union 5 Miler -- ahead of all Flyers entered; Eileen won that race and almost every other race she has entered this year. I believe all Bison share my pride and support for these achievements.

I am equally proud of Brian Lew in his improvements and of Al Ortiz in meeting his challenges, and we all support Tom Tabor in his training. I enjoy immensely seeing John Mannarino at races and we benefit from his dedication. Jim Wellington has been another Chip stalwart for several years, and Jim Parsons almost always shows up in his club singlet. There should be symbolic club growth for all these ranges of training and interest, and my intent and promise is to serve a club that does meet the needs and interests of a total range of runners. This club is changing; I prefer to think it is like an adolescent striving for its own form of maturity, it is reasonable as its membership has grown, so must some of its structure.



Where the buffalo cruise.

BUFFALO CHIPS OFFICERS

High Dunger
George Parrott, 921-6782

Vice Dunger
Eileen Claugus, 366-3270

Dung Recorder
Marge Hansen, 428-5923

Dung Counter & Dung Herder
Mike Miller, 488-3833

Dung Coordinator
Gil Machado, 421-1967

Race Chairchip
Abe Underwood, 456-9257

Newsletter Editors
Karl and Nancy Yamauchi
443-5400



BOARD OF DIRECTORS MEETING - AUGUST

August 1, 1985
George Parrott's residence

Directors present:
Glenn Bailey, Galen Baker, Eileen Claugus, Marge Hansen, Gil Machado, Mike Miller, George Parrott, David Ragsdale, Donna Wright

Members present:
Tom Broad, Michele Bunds, Mark Hicks, Chris Iwahashi, Dennis Scott, Rosemary Ragsdale, Bill Stainbrook, Chris Turney, Tom Wright, Karl Yamauchi

Meeting called to order about 8 pm.
No minutes available to read.

Old Business:

1. A training assistant is needed for fellow Chip, Tom Tabor. Information was passed around and will be put in the newsletter.
2. Stampede: Glenn will be doing finish (timing and sticks); Gil, refreshments; George, registration; Jeff, aid station and David Ragsdale volunteered to handle the permits.
3. Tom Broad was introduced and may be our future race director for the Stampede. He's a sales rep for Beatrice Foods. They are donating \$500 in prize money, and turkey and cheese dogs (franks).
4. To protect our BC logo, we may find it necessary to incorporate. This will be looked into.
5. Eileen will handle the awards for the Stampede. It was unanimously decided to give a \$2.50 discount to members--\$7.50 for nonChips and \$5.00 for Chips.
6. George read figures estimated for the Stampede. Shirts will be distributed prior to the race so it's not necessary to run. Entry without shirt will be \$3 on race

day. Approximately 600 runners expected. Running numbers were discussed and it was decided to purchase some. Results of the race shall be published in the newsletter and sent to all entrants. A mailout party will be held to assist the editor.

7. Bill Stainbrook gave an update of the Tahoe 72. Lots of requests--300 applications sent out and only 12 applications received. Registration is slow. Awards have been taken care of. Bill may bow out as Director due to lack of support. We need to recruit new members to assist for all races.

New Business:

1. A chalker will be bought for the club (\$125). It was voted and seconded; Mike will purchase one.
2. Glenn brought up meeting designations--change nights so meeting places can be in other areas and not conflict with workout nights. Next board meeting will be at Gil's on Tuesday, September 3rd.
3. There is a need for a general meeting. Suggested dates were 14th or 15th for a social and \$350 put aside for such. No exact date was decided however.
4. Glenn asked about the races--the Classic 20 and the Clarksburg Pepsi 20 and where the club stands? George reviewed the transactional effects of the race and discussion ensued. It was mentioned that both sides should be observed. Topic was tabled till the next meeting so board members can obtain information and form an opinion.

Meeting adjourned about 9:30 pm.

Respectfully submitted,
Marge Hansen, Secretary

**BOARD OF DIRECTORS MEETING - SEPTEMBER**

September 1, 1985
Gil Machado's residence

Directors present: Glen Bailey, Galen Baker, Marge Hansen, Howard Jacobson, Gil Machado, Mike Miller, George Parrott, David Ragsdale

Members present: Michele Bunds, Robin Carboni, Steve Daniels, Bruce Fujimoto, Clark Gossett, Mark Hicks, Chris Iwahashi, Laura Machado, Dennis Scott, Bill Stainbrook, Chris Turney, LaDonna Washington, Karl Yamauchi

Meeting called to order about 8 pm.

Old Business:

1. Galen reported on the Clarksburg Race. He had read a letter from the Clarksburg Organizing Committee, which they asked to be printed in the newsletter, explaining why the city took over the race. Galen suggested individuals to assist but the club remain neutral for both races. Comments from Greg and Dennis. A lengthy discussion ensued regarding our involvement. A motion not to print their letter was made and seconded and approved. Galen drafted a letter to be approved at the end of the meeting to send in acknowledgement of their letter.
2. Tahoe 72: Bill mentioned that the champion will return this year plus other fast racers. Shirts not received as yet, and it may be necessary to mail them later. (Could be a loss.) Caution signs for the race were printed by a Chip at a nominal cost.
3. Stampede: Chris Delgado is working on the design of the shirts. Flyers are out and local papers have listings. Eileen is working on the prizes with David Ragsdale. About 100 entries as of 8/31 were received (about 8-10 a day). All stations attended to, volunteers

for finish of race and trouble shooters needed.

New Business:

1. Dennis brought up the X-Country Race (5½ miles). It was voted for January.
2. Chris Turney reported on a race being put on at Mather A.F.B. and their need for assistance. Discussion ensued regarding prices, etc. Charges for two races were discussed and we arrived at a fee of \$800 which would include a clock, operator and several experienced clubpersons to assist. Dates will be October 19 and 27. Gil and Chris will meet with Sgt. Jackson. Motioned and approved. A buffet will be held following the races for helpers.
3. Galen read his draft and it was approved and secretary will send.
4. Gil brought up the letter that was printed in the last issue of the newsletter. Various opinions were stated regarding tasteful submissions. Censorship was discussed. Several methods were brought up to deal with such matters.
5. Elitist singlet situation was brought into discussion, with the Western States 100 shirts used as an example of past instances. Discussion became lively and it was decided to discuss later at a General Meeting on November 3rd, 1:30 to 4:30 pm, Redwood Room, CSUS. Voted and approved on having a General Meeting.

Newsletter deadline is October 1st.
Next Board Meeting will be at George Parrott's resident on October 3rd.

Meeting adjourned about 9:30 pm.

Respectfully submitted,
Marge Hansen

TRAIL DROPPINGS

□ The Newsletter will be needing a new editor. Those of you who may be interested can contact George Parrott or one of the other members of the Board of Directors.

□ Mike Miller (488-3833) has a complimentary entry for the Saint Mary's College OKTOBERFEST RUN & WALK, on Sunday, October 13, 1985 at 9 a.m. The Saint Mary's College Guard House, Moraga, CA, will be the site for the start and finish of the 5k and 10k race. There will be and Oktoberfest in Poplar Grove following the run with German food, music, and entertainment. Call Mike if you are interested.

□ The Sixth Annual Sacramento Zoo-Zoom 5K and 10K Run will be held Sunday October 13, 1985, over a flat shady course in William Land Park, starting near the Zoo entrance at 9 am. A message from Chip Pete Weisser, the Zoo-Zoom chairman:

"As a member of the Buffalo Chips, I know that the Chips have played a prominent role in the earlier Zoo-Zooms and we are pleased to invite all members of the Buffalo Chips who can do so, to put their hooves on the starting line on October 13th and enjoy a great run for a worthy cause-- the Sacramento Zoo."

□ We have received a short note from Skip Seebeck of the Clarksburg Organizing Committee:

"We at Clarksburg welcome all Buffalo Chip member to come and join us on November 17, 1985 in Clarksburg for our annual Clarksburg Pepsi 20 Mile Run"

□ Despite rumors to it's demise, the Loomis Basin 10 is alive. The Organizers of this run would like the Chips know the Loomis Basin 10 Miler is back!

K108 Fun Run - monthly on the second Saturday at 8:30 am, 2.75(?) mile out and back, starting in Old Sac with refreshments afterwards.

McIntosh's Fun Run - third Saturday of each month, McIntosh's Sports Cottage 4120 El Camino Avenue, children's ½ mile at 8:30 am, 3 and 6 mile at 9:00 am.

Fleet Feet Fun Run - the fourth Saturday of each month, Fleet Feet, 8128 Madison Avenue, children's ½ mile, 5K and 10K, 8:30 am.

Sacramento Marathon and Half-marathon, 7 am, Oct. 6, at William Land Park.

Stroh's Run for Liberty - 7:30 am Oct. 12, at Glen Hall Park, 8K.

Sacramento Zoo Zoom '85 - 9:00 am for 5K & 10K, 8:15 am 1 mile Junior Race, Oct. 13, at William Land Park.

Camellia Capital Triathlon - 9:00 am Oct. 13, at Beals Point, Folsom Lake, 1.25K swim, 30K bike, 8K run.

The Human Race 5K & 10K Fun Run - 8:00 am Oct. 19, at Arden Bar-William Pond Park along the American River Parkway.

Leatherby's Yum Run - 8:30 am Kid's ½ mile, 9:00 am 5K & 10K, Oct 20, at Leatherby's Family Creamery, 6021 San Juan Avenue.

Weinstock's 5 Mile Run '85 - 9:00 am Oct. 26, at Mall Entrance, Weinstock's Downtown Plaza.

Loomis Basin 10 Miler - 8:00 am Nov. 2, at Sierra College

Clarksburg Pepsi 20 Mile Run - 11 am Nov. 17, at Delta High School, Clarksburg, CA.

OKAY TO EAT MEAT:

A healthful diet consists of a variety of foods in all four food groups. Many people shy away from red meat, however, to avoid fat (animal fat is thought to increase the cholesterol level in the blood).

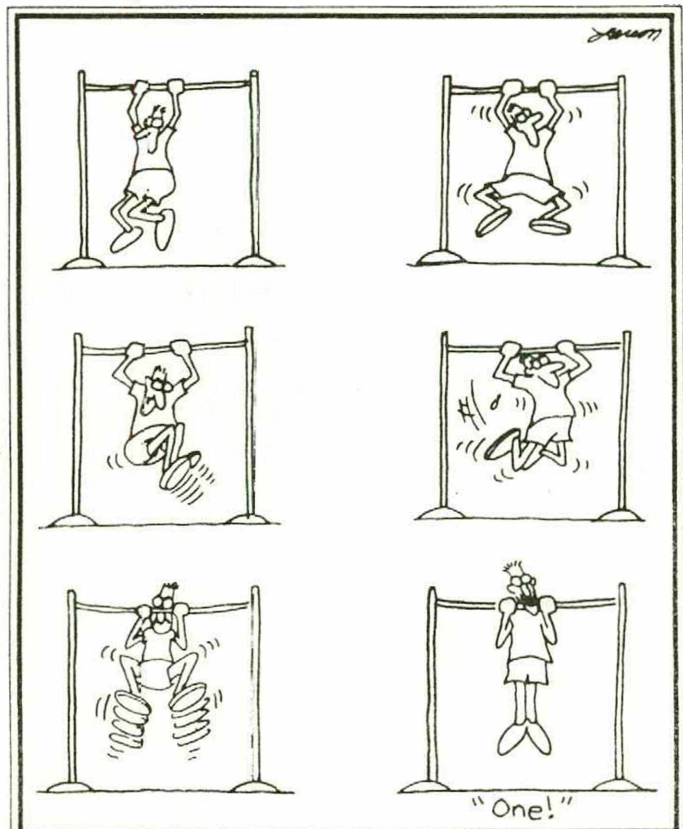
Recently, Canadian researchers compared the cholesterol levels of people who ate diets containing beef protein to those containing only plant protein. After a 10 to 14 hour fast, eight healthy men were randomly placed on diets that differed significantly only in their sources of protein. Half the men received protein from plant sources, while the other four substituted beef protein for 55% of their total protein allotment. After 21 days, the men switched diets. During both diet

phases, these researchers examined the blood composition of the two groups. They found the protein source did not have a significant effect on the total serum cholesterol.

The researchers concluded from this study that red meat, when not in excess of 55% of the total daily protein intake, does NOT increase blood cholesterol. This is of special significance for athletes prone to sports anemia, as red meat contains a significant amount of easily-absorbed iron. Be sure, however, to trim as much fat as possible off your meat, and buy lean meat whenever possible. Generally, the less expensive cuts of meat have less marbling, or fat.



"I didn't get his T-shirt number. But he was wearing size-12 Adidas."



Before I begin my contribution to the medical part of the B.C. Newsletter I would like to say, "Thank you," to all of you duffers who have made my return to the Sacramento running scene a more pleasant one. My wife, son and I are happy to be back after my six years in the Bay Area and we have found the members of the Chips to be very friendly.

While I ran for the Agges back in my undergraduate days at U.C. Davis, I always thought that I would like to come back to Sacramento some day and belong to a running club like the Buffalo Chips. The reason for this is that the Chips seemed like such a down to earth and family oriented club at that time.

Even though that now I understand that there is some dissention among members of the club, I feel that as a newcomer, I would like the club to be

not only family oriented and fun loving, but also have a competitive aspect to it for those of us who like to race. Since I've only met and spoken with a small percentage of the club members, I can't say whether my feelings are shared by the majority of the club. However, I can say that I hate to see this running club, which I believe is the best in the Sacramento area, to become divided.

That is all I wanted to say before I began talking about my specialty: sports biomechanics and sports podiatry. Please let me know what types of topics you would like to see written on in this newsletter dealing in my expertise. I'll try and address them all, either in writing or by contacting you personally. Again, thanks, Chips! I hope to meet more of you in the future.

YOU AND YOUR ORTHOTICS

by Kevin Kirby, D.P.M.

The first thing that should be stated about foot orthotics is that they are not for everybody. They can cause some runners more discomfort than they had before they got them. Orthotics don't heal all injuries, they make many runners less efficient aerobically due to the added weight in their shoes, and they are relatively expensive.

Foot orthotics, or simply orthotics, are a prescription shoe insert that is made over a cast of the patient's foot, which is meant to help control any biomechanically abnormal forces and movements in that person's foot and leg during running and walking.

Orthotics can be made from a number of hard plastics, soft plastics

and even from cork and leather. Every material has its inherent advantages and disadvantages. However, it is not so much the material from which the orthotic is made which determines how well it will work. The critical factor which makes one orthotic work better than another, is whether the doctor prescribing it knows how that specific material must interrelate with the patient's foot and shoe in order to make the runner healthy and happy. It is really that simple, but at the same time, it is very complicated.

I have seen failures in orthotics from those made of hard plastic, soft plastic and cork and leather.

continued on page 11

THE FOOT DOCTOR

continued from page 10

Likewise, I have seen all of them work. I have seen over-the-counter arch supports, Dr. Scholl's insoles and even simply a change to different running shoes make a runner's injuries get better.

The point is, that every runner has specific, individualized biomechanics and almost no one has perfect running mechanics. Those runners who are closer to the perfect end of the "biomechanical spectrum," don't need orthotics. They can wear almost any running shoe they please, and could probably run barefoot without injuries. Those unfortunate people who have very poor foot and lower extremity biomechanics never take up running because it hurts even to run a quarter mile. These people may have no problems walking short distances.

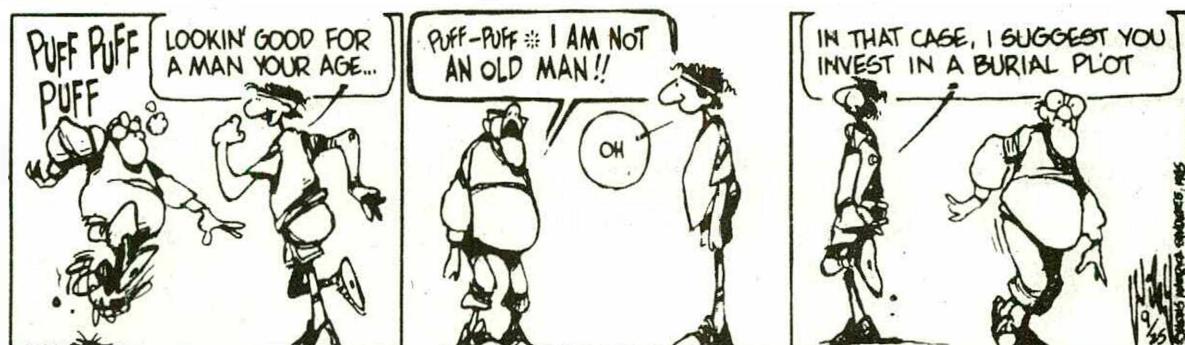
The majority of runners have foot and lower extremity biomechanics which are between the two ends of the "biomechanical spectrum." I believe that most of us who can run comfortably over 20 miles per week without orthotics are much closer to the perfect end of the spectrum and have relatively good biomechanics.

Those runners who need orthotics just to get over 10 miles per week without injury are closer to the other end of the spectrum.

With all the biomechanical variability among runners who have injuries, it makes good sense that some of them do very well with just over-the-counter arch supports, while some of them need custom molded orthotics. To say that one is better than the other is inaccurate. However, I can accomplish infinitely more mechanical control of that patient's gait pattern with custom molded orthotics and with greater comfort than I can with an arch support where one size fits all. It is simply common sense.

In conclusion, orthotics are not perfect. They are better for some runners than other runners, the material from which they are made is not that important, and their ultimate success is dependent on the doctor's skills at diagnosis and prescription. Therefore, don't think that your podiatrist's orthotics are potentially without fault. Just realize that, generally, they are the best that he can do given his or her knowledge, luck and your specific biomechanical problems.

Fenton



CHARLES DARWIN AND THE NATURAL SELECTION OF RACES

by George Parrott

There seems to be many concerned social scientists in our Herd who are asking about the club's support of its races (Folsom 10 km, Stampede, and Tahoe 72); it is speculated that our current difficulty in getting race volunteers and workers represents some recent and unique problem to our current management.

I propose we view the issue of the survival/death of races more broadly. Have other races come and gone? Are we facing a unique problem or a common one? We might ask if other clubs have come and gone?

I ran the Sonoma State "Wrong Turn" Marathon; it is no more; what about the Paul Masson Marathon, the Oakland Marathon (reborn this year), the Magical Musical/Raley's, Pacific Sun, Suicide Prevention, Mayor's Cup, Avenue of the Olives, and even the once prestigious Nike-OTC? They are all gone! What happened to the Redding to Chico Relays? What happened to Harvey's (Tahoe) 10 km, the Point West 15 km, the Loomis 10, the Sunrise Trail Run, the Canadian Bacon 10 km, The Golden State Women's Series (Fleet Feet supported), and the internationally recognized Avon and Bonnie Bell races??? Gone, every one. What happened to our 60 km and our 50 km run along with the Stampede? Gone!

What happened to the Ophir Running Club? What caused the disappearance of the Canadian Bacon Club? I don't know the answers; I haven't seen anyone register as such for years and years, but they were a part of the Sacramento running society.

Races and running groups are social-historical events and services; they are often good ideas for a time, but their original "parents" may tire of them and later directors may not have the same reasons for their continuance. Sometimes a race is just not in synch with its time and quickly disappears, others linger, and a few take off and become institutions (e.g. Bay to Breakers).

Who started the Folsom 10 km, who gave it its early growth? The answer is Frank Krebs who is now a Flyer. He tired of race directing and being a Chip (he was at one time President of this Club) at about the same time. We have never found anyone equally eager to work on that race, and now there are zillions of other 10 kms around to compete. Folsom in its heyday drew 600+ runners from well into the Bay area; those days are gone with the pterodactyl. Dave Low and George Parrott will try a little longer to keep this going, but Teyve is up on the roof singing "Tradition" just to inspire them.

Now what gives with the Tahoe 72? Who gave us that self-abusing opportunity? Paul Reese started that and the Pepsi, and several others he now runs, but he passed on his first "children" to others. Perhaps none of us will be as organized as Paul and Elaine in putting on races, so anyone following in their footsteps will be frustrated. Bill Stainbrook has struggled to give this race survival, but he needs help.

What about the Stampede? I suspect that A.J. Underwood began that, however, its conception was before my time in the running community. I have personally seen it go through 3-4 race directors (was it Hal Baker about 7-8 years ago? Elliot Eisenbud, Jim Drake, Reggie Benham, etc.).

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CHARLES DARWIN
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It is a thankless job being a race director; it is an opportunity to be yelled at, to take final blame for the mistakes of well-meaning volunteers, and to spend long hours doing the exciting work of everything from stuffing envelopes to picking up garbage.

We have a club that has met many of the challenges of our changing society of runners; it has grown from 20 or so to over 300 and it is still expanding to meet the needs of a broad and shifting pattern of members; every new runner needs to ask themselves what kind of opportunities do they want to see in running?

We have gotten herculean contributions from the Underwoods, Reeses, Eisenbuds, Drakes, etc.; they have served running and their own demands for community service well. We, that is the ongoing flow of history which we are making, must decide which races do we want to continue and then actively work for their survival. I don't know what will be the outcome, but I do know that we are adding a new race (Winter Cross Country to the club calendar), and I expect to give some of my energies to a new 10 km, 12 km, and half-marathon in the next year. What races do you want to see, where will you give your share of racing support?



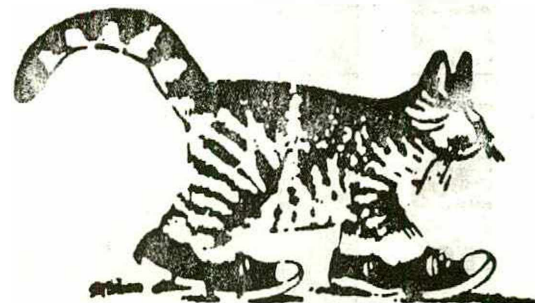
SHOE SURVEY

by Jeff Bogle
City Sport Works

Tiger Ultra 1000, an excellent new lightweight mens training shoe from Tiger. I call this shoe the poor man's version of the expensive **Tiger Epirus**; It has many of the same features. Both are designed for ultra shock absorption and ultra comfort, hence the name Tiger Ultra 1000 (very catchy, Dave Low).

For myself, I find that this shoe is too soft; I would compress the midsole in no time because it is a compression molded EVA midsole. However, I feel that this will be a very good training shoe for most runners. The Ultra 1000 has a blown carbon outersole with a gum rubber heel ply that seems to wear very well, especially on pavement.

For the ladies - the women's version of this shoe will be available at City Sports Works around the middle of September. Both shoes retail at \$54.95.



END OF THE RUNNING BOOM - Will Marathons Survive?

It is alleged that the running boom is over. Certainly, the decreasing number of entrants in many road races tends to substantiate this allegation. Yet there are many races which still attract large fields. Still I think most runners realize that the running boom has peaked and is now leveling off. Exactly where the plateau will be established is moot. Moreover, any plateau reached will no doubt be temporary. In future years, running may surge once again in popularity. Conversely, it may decline in popularity.

The end of the running boom has impacted the marathon more so than the road races of shorter distances. Through some marathons still draw respectable fields, a number of them have vanished from the road race calendar in the last few years.

Some of you may recall the following marathons:

- Paul Masson, Saratoga, CA
- Sam's Town Wagon Trail, Placerville, CA
- West Valley, San Mateo, CA
- Magical Musical, Sacramento, CA
- Mayor's Cup, San Francisco, CA
- Golden Gate, San Francisco, CA (1984 was the finale)
- Suicide Prevention-Run for Life, Sacramento, CA
- Sonoma Marathon, Sonoma, CA
- Silver State, Reno, CA (1984 was the finale)
- Nike OTC, Eugene, OR
- Stockton Marathon, Stockton, CA (rumored to be cancelled '85)
- Avenue of the Olives, Davis, CA
- Pinole Marathon, Pinole, CA
- Petaluma Marathon, Petaluma, CA
- Pacific Sun, Kentfield, CA
- Year's End, Sacramento, CA (Arden Creek, 5 mile loopll-Eisenbud)

This is clearly an incomplete listing; for it would be much longer if I had knowledge of others outside of the local or regional area.

Are any of you wondering about Oakland? If I had listed it, I would have been in error on this one. Why? Because - it's back! Yes folks, the Oakland Marathon is returning without Cheri Swenson, who disappeared after the 1984 race with some funds, etc. Race forms were being distributed at the SF Marathon in July. So there is hope for a revival, of sorts.

Also at SF, flyers were being passed out to announce the arrival of a new marathon - the Big Sur International in April 1986. Can't fathom why "International" is being used these days. Anyway, this one should be scenic. It's point-to-point along Highway #1. Wonder how this one will affect the entrants in the American River 50?

I'm sure there are other reasons, besides the declining number of runners, which account for the demise of some marathons. All runners may not concur with my opinion, however, I suspect that marathons throughout the U.S. are affected by the following:

1. Inability to compete with large marathons which have corporate sponsors and offer prize money, etc.
2. Location is such, that to attract more runners is almost impossible without strong incentives, eg. prize money, which in and of itself cannot insure success.
3. Organizers, the overwhelming

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 END OF THE RUNNING BOOM
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majority (if not all) of which are volunteers, are "burned out." They are tired of the long hours donated to the race, of the undeserved criticism from some runners who complain about any and all aspects of the race and, possibly, of not being able to run the event themselves or to train for some other event.

4. Many "recreational" runners who comprise 90% or more of the field at a road race, have tasted the marathon and have had enough. They are simply unable and/or unwilling to commit themselves to the training regimen that is necessary to complete a marathon comfortably. In addition, the lure of the triathlon have struck a number of runners. Many in this group were respectable marathoners.

Let's hope that the marathon, some of them at least, can survive to satisfy runners in all areas of California and the United States.

Now those of you who detest the marathon, the pain and agony, etc., please allow the masochistic minority an opportunity to "enjoy" the challenge of the marathon. Thank you.

Glenn Bailey



"He set his heart on the goal, not the prize."

- William Watson

"No leg is too short to reach the ground."

- Lyndon Irving

**McINTOSH FUN RUN -
 10 Years & Still Counting**

by Glenn Bailey

On Saturday, September 21, 1985, this monthly Fun Run celebrated its tenth anniversary. For those who are unaware, John McIntosh's monthly Fun Run was the first such event organized in the Sacramento area. It has served over the years as the focal point or nexus for innumerable local runners, neophytes and veterans alike. This Fun Run, in addition to raising money for charitable organizations, has provided runners with an opportunity to run with friends, to share past running and non-running experiences and future plans, to meet new friends or to run a speed session in a group setting in a safe environment.

Other local fun runs have been generated over the years. A few are still in existence with each having its own distinctive appeal. Runners, therefore, participate in these fun runs for different reasons. John's fun run may not attract as many runners as it once did, say four or five years ago, but it is still around and holding on.

I'm sure there are others in the running community who join me in saying THANK YOU, John.




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THE OVERDUE REPORT: 1984 Survey on the Proposal to Support Elite Runners

by Glenn Bailey

Last year at one of the meetings of the Board of Directors, George Parrott proposed that the club consider for approval, a proposal to provide financial support to younger runners who met specific criteria, i.e. annual income under a certain figure, and ability to run fast or competitive times at various distances. The Board initially grappled with this proposal without reaching a decision. Moreover, it was the consensus of the Board that we should solicit input from the general membership.

Therefore, a card was mailed to members eligible to vote in the Fall of 1984, requesting a response in favor or opposition to the proposal. Subsequent to that survey, the Board did in fact render a final decision at the December 1984 meeting. Unfortunately, for whatever reason(s), neither the outcome of that survey nor the minutes from the December 1984 meeting were published in the newsletter.

I am accountable for this oversight and herein apologize for not providing the club with those results, etc. As president in 1984, I should have made certain that the results of both the survey and the Board decision were published as soon as possible.

Because of the current dispute within the club regarding "elite" runners, etc., I believe each of you should be aware of exactly what transpired at the December 1984 meeting of the Board of Directors and the results of the survey. This will enable you to better understand what Howard Jacobson expressed in the last issue

in an open letter to the Chips. Also, it has a direct connection to the objection of some directors, to the new "elite" singlets that have surfaced.

A total of 101 Chips, of 45.9% of those eligible to vote, responded to the survey. The breakdown of the voting was as follows:

YES for the proposal	= 30	29.7%
NO against the proposal	= 67	66.3%
No opinion	= 4	4.0%
Total		101

As you can readily see, 66.3% of the Chips who chose to respond, voted NO. Consequently, the Board of Directors voted unanimously (9 to 0) to reject the proposal. At the request of George Parrott, the vote was by name or roll call. Understandably, George was not pleased with the final decision, stating his doubts about the efficacy of the survey and the democratic process. Fine. Like each of us, he is entitled to his opinion or philosophy.

It is my personal belief that the Board's decision was appropriate and reflected the choice of the majority of those Chips who were respondents to the survey. Furthermore, it is no secret to me that George, and two Chips who attended that meeting, left disgruntled. As they departed the meeting, they conversed about how the decision of the Board was imprudent and regrettable.

That evening, I realized that the issue would probably arise again. In addition, it would lead to the polarization of some members. The reality is that this club is currently divided. And much of it relates to this thorny issue. In fact, the

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ARTICLES



OVERDUE REPORT continued from page 16

outcome of the January election meeting was probably affected by this issue. That is my opinion.

In a previous issue, I stated my position on any proposal to support "elite" runners (however defined) and on why I joined the Chips in 1979. My position is unchanged.

BENEFIT #9 ON THE CLUB APPLICATION

In retrospect, there is an action taken by the Board at the December 1984 meeting that may well be imprudent and regrettable. Approval, not unanimous by any means, was granted to include on the new club application, the benefit (#9) indicated below:

#9 on application

"For 1985 a special support program, with proceeds from the Classic 20 Mile Race, for assisting younger BC runners with regular expenses of training and race participation has been established.

This program is separate from regular BC funds and administered by George Parrott and Greg Soderlund. Flexible qualifying standards: Male with 10 km times under 32:59 and females under 36:59 who need financial assistance in their continued training and race expenses and who are members in good standing of the Buffalo Chips may submit requests for up to \$250 per year in direct assistance for a variety of training expenses."

Ironically, this decision was made despite the fact that at the November 1984 meeting, this was deemed to be inappropriate unless the club adopted the principle of support funds at the December meeting. See below, number seven from minutes of that meeting:

BCRC Newsletter #74, 12/30/84, page 5: Board of Directors Meeting, 11/1/84.

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 principle of support funds at the December Board meeting. Otherwise it would be contrary to the CHIP'S philosophy.

You win some, you lose some. In this instance, though reservations were discussed, a proposal initiated by George Parrott was eventually approved. Now the current controversy that has erupted, concerns how this money is being expended, e.g. the "elite" singlets.

Like some Chips, I object and believe that such an "experiment" is not in the best interest of the club. It appears that through benefit #9, George can achieve what was rejected, i.e. proposal to provide support funds, at the same meeting. Additionally, the club's image will inevitably be impacted by whatever develops relative to the "Classic 20 Mile Race," tentatively proposed to be held in North Notomas.

And that's the quagmire that presently confronts the HERD!

Well, all you hardy animals - how do we settle this prairie battle?



TRIATHLON RACE REVIEW: The Best Races Around

The Tri-Chips participated in many different triathlons around the Northern California area. We will attempt to rate the races on organization and fun quotient. Listed below are the races and the "advertised" distances.

Very Good:

Any United States Triathlon Series race. 1.5 K, 40 K, 10 K

These are the best run races in the country. Has fields over a 1000. Not recommended for first-timers because it is very crowded. The local event is held at Livermore's Del Valle Reservoir and is one of the toughest course around.

River City Triathlon

Sacramento, ¼ mi, 15 mi, 5 mi
Excellent race for the new triathletes. Good distances with a swim that is not overwhelming. Bicycle and run are on flat courses.

Chico Triathlon

6 mi, ½ mi, 18 mi (Run/Swim/Bike)
This race has been run since 1981 and is a very good one if you can get into it. Crowds line up at the local Fleet Feet store the morning the entries come out. Limited field. The swim is second and is a strange feeling at first, but don't worry about hypothermia; the water is only about four feet deep. The entire race is run inside Bidwell Park, my personal favorite.

Tri 4 Fun Series

Folsom Lake .6 K, 12.5 K, 5 K
A series of four races held once each month. Excellent beginners races. Fleet Feet, Fair Oaks, does and excellent job of race organization. For fun, this race rates

right up there with the best. If you haven't done a triathlon yet, do one of these next year. All races held at Beals Point.

Good Races:

Sacramento Triathlon

Short course: 1.5 K, 40 K, 10 K
Long course: 3 K, 80 K, 20 K

This race would have been right up there with the others had it not been for the very cold water that caused the swim courses to be changed at the last minute. I'm sure next year it will again be an excellent race. The date for next year is June 7th. Races held at Rancho Seco Park.

Oroville Triathlon

½ mi, 28 mi, 6.2 mi
Could have been a real good race except the swim was at least a mile in length. The bike and run courses are pretty hilly but not the make-my-knees-scream variety. Good race organization.

Monterey Bay Triathlon

1.5 mi, 52 mi, 13.1 mi
This is a good race for those who like their pain in large doses. The bike course has a hill (mountain) in it that makes many riders get off their mounts and walk. After all that torture, you get to run a half-marathon. Sounds like fun, doesn't it?

When considering any triathlon, consult with friends about the suitability of the course for your abilities. Swim distances are not always accurate, it seems to be a fact of life, so be prepared to go at least the listed distance.

The Tri-Chip,

David



TRIATHLON



TRIATHLON SUMMER COMING TO AN END. ALL WRAPPER UP.

by David Low

The summer has been another very good season for the Tri-Chips. The Tri-Chips have attacked several different races with fairly consistent results.

Joan Reiss took on the River City Triathlon and took 1st place in her division. This was Joan's only triathlon this year.

Jim Rote has had a tough time this summer in the 40-49 age group. After placing third in age group at the Sacramento Triathlon short course, he finished fourth a couple of times (and out of the money). He came back to take third at the 1st Tri 4 Fun race at Folsom Lake.

Byron Lea has raced sporadically this summer, but his best race was at the U.S.T.S. Los Angeles race in August. He blazed a 2:24 for .9 mile/24.8 mile/6.2 mile course.

In early June, we stopped at the Fairfield Triathlon. Doreen Morefield was the only Chip who placed in any division, a very tough field. Way to go Doreen! Doreen was also in the top five overall at the Sacramento Triathlon long course.

On June 29th, at the Lake Oroville Triathlon, a very well run race with a small field, Jeff Bogle, Sandy Fitzwater, and Susie and David Low went to take on Chico's best. Chico won, but we had fun! Jeff (the "Ramblin' Tri-Chip") was 21st in the 30-39 age group, David went from 7th off the bike to a big time fade finishing in 14th overall. At this race, the ladies provided outstanding support.

FAR AWAY CHIP - Gary Netzley, now a resident of Athens, Ohio, while attending Ohio University's Photo-journalism School, has raced very well this summer. He finished second in the 30-34 division in the worlds largest triathlon: the Chicago U.S.T.S. race (2400 people). Gary finished in 2:10:55, only about 45 seconds behind the guy who won the age group. At the end of August, Gary and some friends went to Wooster, Ohio (where?) to race a 1 mile swim, 25 mile bike, and 10K run. About 250 people showed-up and Gary defeated a pretty strong field to WIN in 2:10:27!!! Way to go Gary!

Don Hicks scored a big victory (and plenty of T.V. time) in winning the Eppie's Great Race. At the Tahoe Triathlon, Don finished second. He also did very well at the Marysville Triathlon. All three of these races included; running, biking, and Don's specialty: kayaking.

All in all, it's been a pretty long summer. Can't wait until next year. Let's see, in May, I think I'll go to...and in June there's the big... August is going to be great.....



RACE RESULTS

SLOUGHHOUSE COUNTRY RUN

Sloughhouse, CA
Sunday, June 23, 1985

Chips **Beth Matteson** and **Bill Finkbeiner** were the co-race directors of this very successful first time event. Over 300 runners were entered in the 5K and 10K races through the rural farmlands (some hill and dirt roads).

The Chips did well in the awards department (mugs for the first three in each division). First place division winners were: **Jimmy Low, 60+**; **Lou Elliot, F 40-49**; and **Mike Adreani 13-19**.

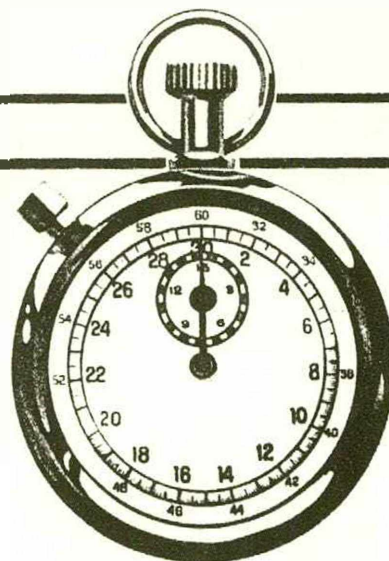
The race was a benefit for the Northern California Wheelchair Sports Association, raising over \$2,000.

5 Kilometer Race

- | | |
|----------------------------------|-------|
| 1. Rene Perez, NonChip | 15:47 |
| 3. Bob Shappell,
2nd 30-39 | 17:18 |
| 14. Jimmy Low, 1st 60+ | 20:22 |
| 21. Nancy Yamauchi,
2nd 20-29 | 21:42 |
| 25. Michael Otten | 22:09 |
| 31. Kenneth Johnson | 22:55 |
| 46. Merle Watson | 24:31 |
| 49. Lou Elliot, 1st F 40-49 | 24:39 |
| 63. Carter Keane,
3rd 50-59 | 26:19 |
| 165. Mike Price | 26:26 |

10 Kilometer Race

- | | |
|----------------------------------|-------|
| 1. Jack Ditt, NonChip | 33:33 |
| 3. Mike Sullivan,
2nd 20-29 | 35:20 |
| 4. John Kennedy,
2nd 30-39 | 35:33 |
| 6. Bill Stainbrook,
3rd 30-39 | 35:58 |
| 8. Michael Adreani,
1st 13-19 | 36:41 |
| 10. Karl Yamauchi | 37:01 |
| 13. Mike Hernandez | 38:15 |
| 18. Bill Schultz | 40:08 |



- | | |
|---------------------------|-------|
| 19. David Low | 40:16 |
| 20. Geoffery Kurland | 40:17 |
| 28. Clark Gossett | 41:37 |
| 75. Kitty Kiefer | 49:01 |
| 77. Betty Pfeiffer | 49:14 |
| 96. Leslie Axelrod | 52:02 |
| 100. Jocelyn Hernandez | 51:35 |
| 120. Constance Shortlidge | 57:02 |
| 124. John Mannarino | 55:30 |

TRI FOR FUN: RACE NUMBER 3

Beals Point, Folsom Lake
August 17, 1985

By David Low

Almost 400 triathletes braved a windy, overcast morning in this third race in the Tri For Fun Series. The series has proven to be extremely popular with athletes coming as far as the Bay Area and Southern California. The "Championships" are being held on September 14. The first three races have averaged over 300 entries. The races are designed to introduce novice triathletes to the sport of triathlon with distances that are not overwhelming for the first timers (.6 km swim, 12.5 mile bike, 5 km run). These have been a lot of fun, so get out there!

- | | |
|-------------------------|---------|
| 1. Bob Gobbell, NonChip | 1:01:15 |
| 8. David Low | 1:04:42 |
| 15. Randy Marx | 1:06:04 |
| 49. Frank Benham | 1:11:58 |
| 146. Mike Neff | 1:19:08 |



RACE RESULTS

**SKYLINE 50 KM**

August 4, 1985

by George Parrott

The herd has never met the challenge of a tough course and even tougher competition better than it did at this race. This was the PA-TAC and national championship, and even billed as the "Western Regional Championship." There was prize \$\$\$\$ for open and master's teams men and women and individuals all going three places deep.

The CHIPS Women WON the OPEN team title (Joan Reiss, 5:00; Jan Levet 5:04; and Teresa McCourt, 5:17). Joan won 3rd place nationally in the 40+ and first in PA-TAC; Jan picked up considerable PA-TAC \$\$\$ also.

Craig Moore was 2nd overall (3:38) behind an incredible course record by Flyer Rob Anex (3:23) and the open team was rounded-out by Chris Turney (3:45) 5th place and Gil Machado (4:09) 17th place. Craig and Chris also won their divisions and collected individual \$\$\$ and goodies in addition to their SECOND OPEN TEAM placing (to the Flyers of Anex, Howard, and Mansoor).

Dana Gard cut the course into segments and ran each successive one better to lead our master's men with his 4:12 for 24th overall and 4th overall master (Frank Bozanich was first 40+ and 7th overall!). Tom Wright ran perhaps the best race of his career in finishing in 4:17 with a strong third CHIP performance by Tim Hicks at 4:31. This trio collected SECOND MASTERS money and all the glory so related.

SUMMARY: Never have we shown our CHIP colors more sharply nor have CHIP TEAMS collected such awards and \$\$\$. It seemed that during the

awards ceremony, the BISON certainly knew where to find the bank. Many, many other BISON finished this demanding race, and the whole story can be told in the next newsletter. But for now only rough details and highlights are available--more later, but congratulations to all finishers.

7th ANNUAL**SUSAN B. ANTHONY 5 KM**

Saturday, August 24, 1985

Birdcage Walk, Citrus Heights

by Glenn Bailey

Eileen Claugus continued her domination of this event, cruising to victory in 17:43 over Bev Marx, who recorded 18:11, on the hilly (just little ones) 3.7 mile course. On a typically warm August morning, 186 women participated in this event. I, for one, still cannot fathom why this event has not drawn two or three times that number. Where are all those women runners?

Below is a listing of CHIPS and a few ex-Chips who competed:

1.	Eileen Claugus, 30 1st	17:43
2.	Bev Marx, 31 2nd	18:11
4.	Kathy Beas, 22 2nd	18:45
6.	Theresa McCourt, 26 4th	19:06
14.	Chris Iwahashi, 29	20:39
15.	Heidi Skaden-Poyser, 48 1st	21:00*
29.	Wijdan Cadura, 43 2nd	22:51
33.	Nancy Molitor, 49 2nd	23:05
44.	Betty Pfiefer	23:48
186.	Wilda Bayne, 79!!!	56:22**

* Estimate (forgot to record time)

** Say, Howard "Wide Body" Jacobson, go recruit this woman. She's got real class -- ran the whole 5K in a dress. But she, did in, fact wear running shoes!



RACE RESULTS



7th ANNUAL 3.5 MILE BRUTUS K. HAMILTON MEMORIAL SLOUGH RUN

Courtland, CA

Sunday, September 1, 1985

The entry form for the Slough Run explains, "Brutus Hamilton was a former Olympic/athlete/coach, farm boy and father/grandfather to Jean and Steve Runyon, co-sponsors of this race and party."

Jean and Steve Runyon DO put on one of the truly "fun" runs in this area. Its very low keyed, more a party than a race, with plenty of homemade chill, hot dogs and beer.

A fair number of Chips were seen on the two lap 3.5 mile (some estimate "at least 3.7 mile") course which had 61 finishers.

1. Dean Rinde, non-Chip	18:13
3. Glenn Bailey, 37	19:58
8. Dennis Scott, 37	21:24
10. Karl Yamauchi, 37	22:23
11. Richard Kay, 35	22:50
12. Thomas Winters, 36	22:58
24. Michael Otten, 45	25:26
26. Sandy Fitzwater, 40	26:05
27. Nancy Yamauchi, 29	26:36
35. Dave Edmiston, 39	28:43
38. Jeff Bogle, 36	30:05
41. Margery Winters, 36	31:13

10th ANNUAL PEAR FAIR 10 MILER

Courtland, CA

Sunday, July 28, 1985

by Glenn Bailey

Nearly 500 runners journeyed to Courtland, on an unseasonably cool morning, to participate in this event, a benefit for the athletic programs of Delta area schools. The CHIPS, as usual, were well represented, numerically. Many ran clustered

together, in veritable herd style, to combat the blustery winds that prevailed in the Delta on race day.

Following is a list, albeit incomplete, of some of the CHIPS who were among the 462 finishers:

1. Matthew Brum, NonChip	53:11
12. Andy Harris, 19-29	57:51
28. Kevin Cimini, 19-29	1:00:31
32. Don Spickelmier, 40-49 3rd	1:01:07
37. Karl Yamauchi, 30-39	1:01:13
39. Eileen Claugus, 30-39	1:01:14
40. Mike Hernandez, 30-39	1:01:24
55. Tom Tabor, 30-39	1:03:37
60. David Low, 19-29	1:04:32
111. James Gavin, 40-49	1:10:23
112. Ron Hall, 50-59	1:10:26
113. Steve McCaulay, 30-39	1:10:26
140. Lino Delgadillo, 30-39	1:12:19
152. David Glvens, 30-39	1:12:54
154. Donna Wetterer, 30-39 3rd	1:12:56
161. George Billingsley, 60+ 1st	1:13:06
164. Tom Marshall, 50-59 3rd	1:13:15
173. June Hill-Falkenthal, 30-39	1:14:25
202. Michael Otten, 40-49	1:16:24
220. Stuart Sargission, 40-49	1:17:36
230. Janet Farrar, 30-39	1:17:56
245. Gil Machado, 30-39	1:18:51
319. Jim Parsons, 50-59	1:24:15
414. Po Adams, 60+ 1st	1:36:15
416. Lisa Sargisson, 40-49	1:59:10

*NOTE: Because some Chips who ran are new members and their names are not on the last roster distributed, I'm certain that I have overlooked a few Chips. I must make do with what I have at my disposal, and human fallibility.





RACE RESULTS

**4th ANNUAL NIGHT MOVES
5 MILE RUN**

West Sacramento, CA
Friday, August 16, 1985

by Glenn Bailey

Sponsored by City Sport Works, El Rancho Hotel and Brooks, this is one of the few evening or night races in this area. This race seems to have caught the fancy of runners, probably due to the novelty of racing at night. With August in this area being typically hot, it ain't a bad idea at all. However, this year's race day, or more accurately race evening, was cool--very comfortable.

Unfortunately, this year the race was marred by a dozen unoffical runners (some were CHIPS!!) who crossed the finish line, resulting in problems for race volunteers in the recording of times of all finishers. Inexcusable and rude.

Approximately, 30 of the 278 finishers were CHIPS:

1.	Greg Hitchcock, 19-29 NC	24:48
7.	Chris Turney, 19-29	26:37
11.	Mark Hicks, 19-29	26:57
14.	Ron Souza, 30-39 3rd	27:07
18.	Gil Machado, 30-39	27:31
20.	Kevin Kirby, 19-29	27:36
21.	Kevin Cimini, 19-29	27:39
24.	Don Spickelmier, 40-49 1st	27:57
25.	John Kennedy, 30-39	28:06
27.	Bill Schultz, 19-29	28:15
33.	Bruce Fujimoto, 19-29	28:49
34.	Bob Shappell, 30-39	28:52
36.	Eileen Claugus, 30-39 1st	28:58
41.	Karl Yamauchi, 30-39	29:32
44.	Bev Marx, 30-39 2nd	29:39
45.	Barry Turner, 30-39	NA*
46.	Kim Isham, 30-39	*
74.	James Gavin, 40-49	*
81.	Al Ortiz, 30-39	*
84.	Bob Sanchez, 40-49	*
98.	Tom Marshall, 50-59	34:42
108.	Lino Delgadillo, 30-39	NA*
121.	Ken Johnson, 30-39	*

134.	Michelle Bunds, 19-29	*
201.	Jim Conzett, 30-39	*
229.	Laura Machado, 30-39	*
268.	Marge Hansen, 40-49	*
278.	Dick King, 50-59	*

NC = NonChip

NA* = Times not available due to problem noted above

LABOR DAY PICNIC FUN RUN

William Land Park, Sacramento
September 2, 1985

A 5k and 10k run was the kick-off to this year's Tom Kenny Sacramento Labor Day Picnic and Festival. The 5k course was a loop through William Land Park, with a double loop for the 10k. Over 100 entrants participated in what is hoped will become an annual event. The runs were followed by a Labor Day parade, speeches, a labor union softball tournament, and cheap food and drinks.

5 Kilometer Run
Men

1.	Ian Water, UnChip	17:05
7.	Art Gubel	20:35
11.	Dave Cavazos	22:15
15.	Phil Cane	23:26
19.	Rod Nystrom	24:17

10 Kilometer Run
Women

1.	Chris Iwahashi	41:45
2.	Betty Pfeifer, 1st- Labor Organization Member Division	48:22
5.	Sue Murry	48:35

Men

4.	George Parrott	39:20
5.	Dick Pine	39:47
8.	Clifford Stapp	40:30
9.	Robert Judge	40:42
18.	Ronald Rader	45:38
20.	Michael Otten	45:42



RACE RESULTS



THE DOUG POPE RUN FOR THE CHILDREN 5 MILE

Glenn Hall Park, Sacramento
Monday, September 2, 1985

A nice crowd of 200 runners came out to run this five miler benefiting the Sacramento Children's Home.

An autograph signing party by two Sacramento Kings basketball players seemed to be a hit with kid and runners alike. And what seems to be the trademark of a City Sport Works sponsored run, some very nice prizes in a random drawing.

1.	John Sup	24:24
3.	Randy Marx, 1st 30-39	26:35
4.	Tom Pearman, 3rd 20-29	26:47
5.	Kevin Cimini	27:29
10.	Bob Shappell	28:07
11.	Craig William	28:14
16.	Eric Ianacone	28:43
20.	Kim Isham	28:54
26.	Chuck Conway	30:00
28.	Mike Hernandez	30:07
30.	Merle Watson	30:20
32.	David Low	30:55
43.	Clark Gossett	31:55
57.	George Billingsley, 1st 60	33:04
60.	Donna Wetterer, 2nd 30-39	33:54
69.	Richard Kay	34:43
74.	Cheryl Clanton	35:12
75.	Sandy Keh	35:12
84.	Mike Neff	35:54
87.	Al Ortiz	36:13
108.	Ron Ulmer	37:57
118.	Aaron Clanton, 3rd 18-under	38:30
139.	Dave Edmiston	40:07
199.	Claudia Isham	48:34



WOODLAND TRIATHLON

Woodland, CA
September 8, 1985

On another rainy day, the Third Annual Woodland Triathlon was held. The race includes a short course (½ mi. S, 12.5 mi. B, 3.1 mi. R) and a long course (1 mi. S, 25 mi. B, 6.2 mi. R). The rain poured throughout the entire race and limited the fields to a few brave souls. Dave Low repeated as the short course champ but not without running off course twice during the run. Kevin Pedrotti, another of the Sacramento contingent, almost ran by Dave near the finish, to place second. Janet Pedrotti won the womens short course. Jim Rote was second in the forties. In her first triathlon, Bev Marx was fifth in the ladies field. Peter Kalmar, another Sacramento gruppo, won the mens long course. Randy Marx was fifth overall in the long race and won the mens 30's.

This race is similar to the Folsom Lake Series in that it is an excellent race for the novice triathlete. The swim is held in a 25 yard pool for even more safety for the novice (ask Bev about that).

Short Course - Men

1.	David Low	1:15:46
2.	Kevin Pedrotti	1:15:52
12.	Jim Rote	1:28:20

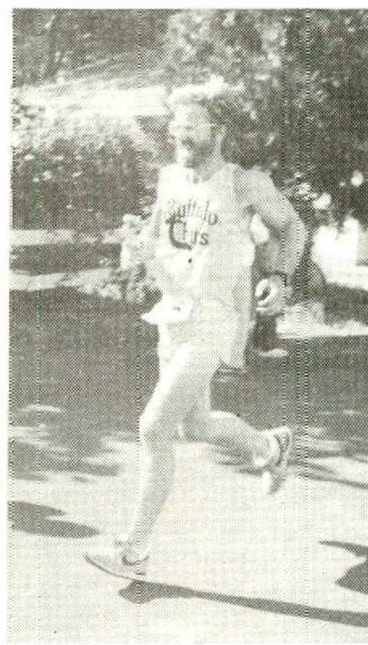
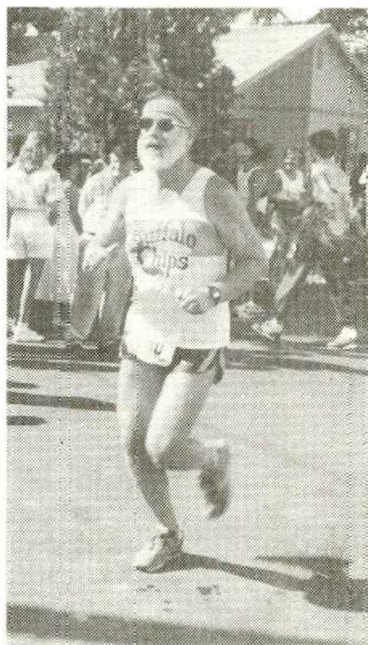
Short Course - Women

1.	Janet Pedrotti	1:22:46
5.	Bev Marx	1:32:29

Long Course - Men

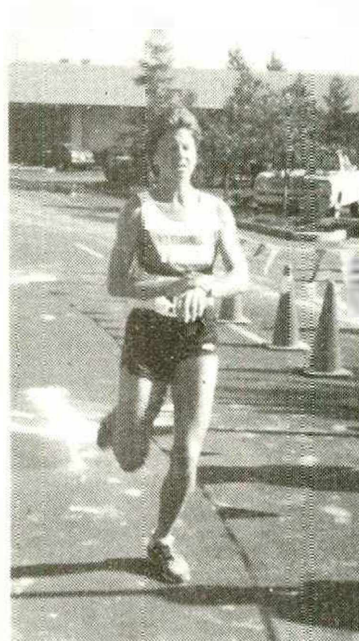
1.	Peter Kalmar	2:11:17
2.	Randy Marx	2:27:24

 PHOTO FINISHES 



PIE AIR FAIR Left to right: Ron Hall, Jim Parscrs, Michael Otten
10 MILE IR

SUSAN IB.
ANTHONY IRUN Left to right: Theresa McCourt, W jdan Cadura, Bev Marx





Dear Editors

I appreciate the job you're doing and know that with a club this size, it's difficult to know everyone.

However, I was somewhat disappointed to see the results of the Cerebral Palsey Run in the newsletter. At the last minute I ran the 5K instead of 10K and won my division and was second overall woman. I would think the Board would at least check the winning times against the Club's roster to see if those persons were members.

Also, are there any other Chips running the New York Marathon which I recently learned I was in by lottery?

This is just a suggestion but I don't think any names should be printed unless every effort is made to check the roster with the finishing board.

Thanks for listening,
Donna Wetterer

Dear Donna,

I think that you, and perhaps other Chips, have the wrong impression of how the race results get into the newsletter. There is no one from the Board or any other person assigned to collect race results for the newsletter. Race results are written and submitted by club members who feel inclined to do so. No one should expect any Chip submitting results to check every name on the finishing board against the roster; with the current club roster listing over 400 names, it would probably take at least an hour for a typical race. We already appreciate the time any one voluntarily spends writing down names and times of the Chips they know and we are sure most of the Chips out there would rather see some results than none at all.

Since the editors reported the results of the United Cerebral Palsey Run, we are sorry for the omission of your name in the UCP results especially, since you did so well. As we stated in the Billy Mills 10K results, we tried our best.

And congratulations on your entry to the New York Marathon. We're sure other club members would be interested in reading about your impressions of the marathon in the next newsletter. Almost guaranteed, if you don't write about New York no one else will.

The Editors

Dear Fellow Chips,

I attended the board meeting of Tuesday, Sept. 3rd, 1985. To say my letter stimulated a topic for new business, would be the understatement of the year. People are talking. There is going to be a general meeting in November of some importance to all concerned club members. Please check elsewhere in the newsletter for exact details.

My goal was to encourage ALL members to evaluate the "tone" of how the club seemed to be going; in my opinion and elitist way. I still believe the purpose of the Buffalo Chips Running Club is to encourage all levels of runners from the one-mile-a-day person to the ultramarathoner.

Again, I urge you all to attend the general meeting because hearing differing opinions on any topic is healthy.

Take care, still writing and running,
Howard Jacobson.



Dear Buffalo Chips

I would like to offer the following comments regarding the new singlets worn by the "Elite" Chips. I am a bit dismayed at the use of the Classic 20 Mile Race funds being used for the purchase of these singlets. As stated in the minutes of the Board of Directors Meeting for July, these funds are to be used for the support of "younger" Buffalo Chip runners. Somehow the idea of supplying singlets to those of us who meet certain speed criteria is stretching the point. The idea of support is admirable, but it should be just that; support. This could be in the form of rides to out-of-area races, or for reimbursement of race entries, not the giving of singlets. Are the "Elite" Chips really young in the sense that "Paragraph 9" meant? I don't think so, especially in light of the "State of the Herd," where it is stated that, "...since many of the younger runners are not into careers yet, the entry fees can be painful." Lets be realistic and open about what the Classic 20 Mile Race funds are to be used for. If they are to be used for modest support for the "younger" Chips, then fine, but if the intent of these funds is to recruit "fast" people in order to compete with other clubs, then say so, don't hide behind "Paragraph 9."

I also feel that instead of dividing the club as these singlets seem to do, the officers and directors should be working to unite the club and the Sacramento running community in order to promote running.

To all the "Elite" Chips, I hope you know that it is the middle-of-the-pack runners who make you look good!

Member of the "Silent Majority,"
Bruce Fujimoto

I am writing - not that I disagree with George Parrott's idea, but I do agree with Howard Jacobson's beliefs.

I joined the Chips six years ago, writing, would they accept a 55 year old female who had just been running 4 or 5 months? I was told - "of course. We welcome all."

I am unable to participate in the group parties or meetings because of family responsibilities, but I do support the Chips in any way I can. I am not fast, but I receive pleasure from running and training and on occasion, winning places in my age group.

If George wants to love his Chip-eroos, that's fine - but remember, the majority who pay the dues to support the Club should be asked.

I would also like to remark about the singlet. Now being female, liking things to match colorwise, I have bitched about the only color that goes with our yellow or gold is brown. And I'm not crazy about brown - but - I wear it. Glenn Bailey's coaxing those to run and wear it, even though you are not fast, finally got me wearing it. I was embarrassed that I was not fast enough to wear the Chips singlet. Glenn made me feel part of the group.

In closing, I would like to say that Karl and Nancy are doing an excellent job with our newsletter. The photos, the large print and the contributions of the members with their stories make it the best running newsletter in Northern California.

Po Adams



August 29, 1985

Members and Board of Directors,
Buffalo Chips Running Club,

The subject is singlets.

After seeing the new singlets at several runs, I decided to find out how I could buy one since I do not have a Bison singlet of any color and am proud to be a Chip.

I then read in the August Newsletter that Mr. Parrott has apparently decided unilaterally to use an obscure (and questionable) section from the club's new application for membership to justify apportioning-out new singlets to those who meet his qualifying times.

Is the Bison Board of Directors in agreement with this?

Encouraging a race director to consider complimentary entries for elite runners is one thing. But dealing-out Chips singlets or shirts or whatever to only a minority of the club members is a completely different approach.

The Buffalo Chips has been a neat running club; one that welcomes and encourages all runners. To set policies (or to allow one person to do so) which permit certain "club colors" to be worn by only a minority of club members is offensive!

I have a recommendation to make:

Put this issue to a vote of all dues-paying BCRC members (or take the lead as a Board to revoke this "experiment").

David Bourne
Member

- THE GOOD OLD DAYS -

They are here now. What? The "Good Old Days." They never come and go; instead, they are always present, ever efflorescing, splendid, rich, good, and beautiful. You know them and so do I. We talk about them continually and mine are better than yours.

So what? This-

With interest, I have kept my ears tuned and eyes focused on a beautiful running club - the Buffalo Chips. A club with the "Good Old Days" that were then and even now. A club that has encouraged "joggers" like me, brought youngsters along and sent some of them off to run at colleges and, of course, produced lasting friendships for us all.

So what? This -

Over the years, this club gave me the opportunity of my life - to 'Jog' through all the distances up to and through the marathon with my son, daughter, and friends. Now, for me, those "Good old Days" can never be forgotten for I re-live them each day that I'm out on the trail. How many times I have re-run a San Francisco Marathon of years ago, hand in hand with my daughter - her first - as she wore the gold and brown jersey of the Chips and I wore the "Good Old Days" gold and navy (maybe black now) jersey of the Chips - You see, I'm from a different "Good Old Days" era than my daughter - Yet, we were both Chips and enjoyed our participation in the club.

continued on page 29



continued from page 28

So what? This -

Time doesn't stop, however, moods must turn - jersey colors may change for some and this is probably alright IF there is agreement. Joggers begin to run as they no longer want to jog - this is alright too, as long as the club provides opportunities for them to excel. Kids are running more now than during the "Good Old Days," and running faster - they are the club's future "Good Old Days" resource now. The club must provide for them and do it well. But, there is more - the "Good Old Days" joggers that are still here today - like me. Oh, Chips! Please do remember me - Yes, continue to provide the "fun" runs across the hills and valleys just for friendship and exercise. A time for release from the daily routine; a time to swap tales, truths and lies.

So what? This -

The Buffalo Chips Running Club is and has been one outstanding running club. Why? Because of its membership and leaders. It has been regulated over the years by astute, good people - and still is! As with all good people, it is necessary once in a while to say, "Stop! Look around and see what is happening."

My ears and eyes are giving me the clue that this just may be one of those times. Maybe its time for all (board of directors and membership) to assess future directions, come to majority agreement and then, hand in hand, jog and run along.

So what? This -

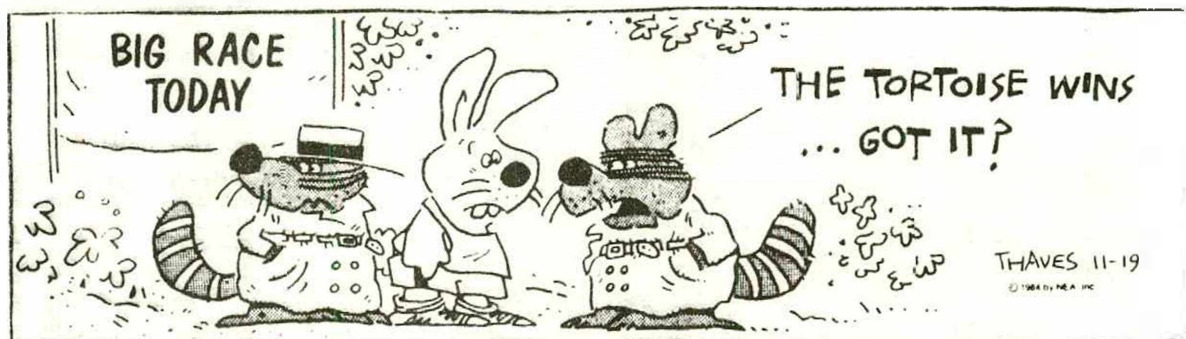
The Buffalo Chips Running Club has been and is outstanding. It is filled with beautiful people, all ages, slow and fast, female and male, from various occupations, and hopefully, all with a common interest. So, let's define our attitudes (and there are several), choose our direction(s) (and there may be several) and then continue to be the club for which the Chips are noted.

So what? This -

I love to "jog," I love you - the club, and I wish to see it continue as it was, is, and will be. Stop! Look! Listen! then Think - Adjust - and Respond (ACT). The club will then be stronger and better than ever - including those years of the "Good Old Days," which are being made today for tomorrow.

See you on the trail -as you run by-

Hal Stainbrook,
A product of the "Good Old Days"
being recycled.





Dear Chip members,

As a fellow runner and a member of the Buffalo Chips, I would like to respond to Howard Jacobson's letter addressing elitism within the Chips on basically two points.

First, I, like Howard, would like to see the club encourage all levels of running. Currently, special singlets are being given to members with qualifying times. These qualifying times are, for most of us, out of reach. I do not find this terribly objectionable because it does encourage this faster group. However, I also believe that some sort of equal incentive should be available to interested runners at other levels of running. Perhaps a sort of relatively longer term goal/incentive plan could be offered to those runners interested. I would be willing to work with any interested parties on this sort of thing.

Secondly, I would like to address the tone of Howard's letter. We should always welcome varying opinions within the club, but at the same time, they should not be used as vehicles from which to launch personal attacks. Howard's letter resorted to name-calling and sniping accusations which had nothing to do with the issue he was addressing. The name-calling and accusations were both unnecessary and inappropriate. We need open discussion and ideas on this issue, not personal grudges.

Thanks for listening,
Brian Lew

Dear Editors,

I am writing in response to the letter printed by Howard Jacobson. Mr. Jacobson is free to express his opinion in any manner he chooses, but not in a club newsletter.

As editors of the club newsletter, I feel that you should print letters from concerned members, on any subject. The only restrictions should be the letters should be written with some degree of professionalism. Mr. Jacobson's letter sadly lacked any sense of professionalism. It was filled with rude remarks from start to finish against certain members of the club. Name-calling and unjustified inferences should best be left unsaid in a newsletter.

I would hope you have not set a precedence for allowing such hateful letters to be a typical part of the newsletter.

If anyone feels so inclined to write a letter of such malicious content he or she should do it on his own stationary, instead of the clubs.

Concerned Member,
(Unsigned)

Dear Editors,

Just a short note to let you know how upset I was to read the letter by Mr. Jacobson. How unfortunate that you let a letter which was filled with snide and generally impolite remarks to be printed in an otherwise very informative and well composed newsletter.

As a member of the Buffalo Chips Running Club I feel that everyone is entitled to his own thoughts, but Mr. Jacobson has over-stepped the boundaries of sportsmanship.

I hope that in the future the newsletter will not be used as a means to convey such derogatory letters by any member of the club.

Thank you,
(Unsigned)



The Editors of the newsletter may have erred and wish to apologize to the Buffalo Chips, George, Gil and Mark for any embarrassment that the printing of Howard Jacobson's letter may have incurred.

And our apologies to Howard Jacobson for not consulting with him to, perhaps, rephrase his letter. Some very important concerns of Howard's seem to have been overlooked because of the tone of his letter.

The major concern of Howard's letter, addresses the question of elitism that is being promoted by George Parrott by the issuing of special singlets to fast runners. At the September Board of Directors meeting it was determined that George had, infact, circumvented the Board by issuing the "elite singlets." This is the second time that George has released singlets, assumed to be official club singlet without approval, of the Board.

Another of Howard's concerns was the effect of "elitism" on the club. A survey last year showed the club was not in favor of supporting elite runners; it may be implied that the club is also not in favor of distinguishing elite runners. But this will be decided at a club general meeting on November 3rd.

Implied, but not very clear in Howard's letter, was reference to the funds generated from the Clarksburg Classic 20 Mile Run and controlled by George Parrott. George has indicated that he has a balance of \$5300 in the 20 Mile account. Those funds could be used according to paragraph #9 on the Buffalo Chips application: "For 1985 a special support program, with proceeds from the Clasic 20 Mile Race, for assisting younger BC runners with the regular expenses of training and

race participation has been established. This program is separate from regular BC funds and administered by George Parrott and Greg Soderlund." (Greg has denied any participation in this program to date.) It is with these funds and this paragraph that George established his right to issue "elite singlets."

What is most questionable is that one person, George Parrott, has at his disposal an account twice that of the Buffalo Chips Running Club treasury. There is the possibility of a great deal of influence and misuse (knowingly or unknowingly) with the use of these funds. There does not seem to be an accountability of these funds back to the Chips Board of Directors.

Also in Howard's letter was a reference to termination of affiliation with George Parrott and the Clarksburg Classic. We regret that the Board of Directors have censured a letter directed to the newsletter from the Clarksburg Organizing Committee attempting to clarify their position on the matter.

These were the issues we thought were pertinent to Howard Jacobson's letter. In printing Howard's letter we have been informed by George Parrott of the possibility of libel suits and consultation of the Sacramento Bee's attorney, Gary Pruitt, would be wise. We had taken on the editorship of the newsletter to provide information to membership not the involvement of law suits. So, with this issue of the newsletter, we are resigning as editors of the Buffalo Chips Newsletter.

Many thanks to those of you, who submitted articles and items to the newsletter while we were editors.

The Ex-Newsletter Editors,
Karl & Nancy Yamauchi

★ GENERAL MEETING ★ GENERAL MEETING ★

SUNDAY, NOVEMBER 3, 1985
1:30 TO 4:30 P.M.

REDWOOD ROOM, STUDENT UNION
CALIFORNIA STATE UNIVERSITY, SACRAMENTO

THE HERD WILL GATHER TOGETHER TO DETERMINE WHETHER ANY GROUP OF MEMBERS SHOULD BE IDENTIFIED DIFFERENTLY FROM THE REMAINDER OF THE CLUB.

ELSEWHERE IN THIS ISSUE, GLENN BAILEY HAS AN ARTICLE EXPLAINING THE BACKGROUND TO THE CURRENT CONTROVERSY ABOUT SOME MEMBERS OF THE CLUB HAVING SINGLETTS WHICH ARE UNAVAILABLE TO THE REMAINDER OF THE CLUB.

IF YOU HAVE ANY THOUGHTS ON THE SUBJECT YOU'D LIKE TO AIR, PLEASE COME TO THIS SPECIAL MEETING.

A SUMMARY OF THE MAJOR VIEWPOINTS WILL BE PUT TOGETHER BETWEEN THE TIME YOU RECEIVE THIS NEWSLETTER AND THE NOV. 3RD MEETING. IF YOU WISH TO HAVE YOUR IDEAS INCLUDED SEND THEM TO: BUFFALO CHIPS RUNNING CLUB, P.O. BOX 186, CARMICHAEL, CA. 95609. THIS SUMMARY WILL BE AVAILABLE AT THE MEETING.

SEE YOU THERE,
Mike Miller

★ GENERAL MEETING ★ GENERAL MEETING ★

Buffalo Chips Running Club
P.O. Box 186
Carmichael, CA 95609