



BUFFALO CHIPS

RUNNING CLUB



NUMBER 44

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

Apr. 16, 1980

CHIPS LOOK GOOD AT THE AMERICAN RIVER 50 MILER

Sally Linn

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

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

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

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



LETTER FROM THE EDITOR....



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

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

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

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

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

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

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

STATE OF THE HERD

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

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

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

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

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

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

See you on the trails,

Elliott
H.D.

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

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

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

WESTERN STATES 100

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

OLD SACRAMENTO 10K RUN

May 31, 1980

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

Jim Drake

P.S. Please Pre-register.

BOSTON HOPEFULS....

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

BOSTON HOPEFUL DOES IT THE HARD WAY...

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

--Abe Underwood

HAPPY BIRTHDAY...

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

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

Good Luck in the new age groups.

NEWS FROM OUR SOUTHERN ANNEX.....

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

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

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

Regards,

John Richardson

MOUNTAIN RUNNING RETREAT SET FOR LAKE TAHOE

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

CLUB SOCIAL PLANNED IN MAY

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

Sally Linn

Activities Coordinator

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

BUFFALO CHIPS RUNNING CLUB

Financial Statement

1979

January 1, 1979 Balance\$ 618.59

Receipts:

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

Expenditures:

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

December 31, 1979 Balance\$ 675.30

dave davis
Dung Counter



TRAIL DROPPINGS.....

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

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

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

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

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

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

BIDWELL CLASSIC RESULTS Chico, March 1st

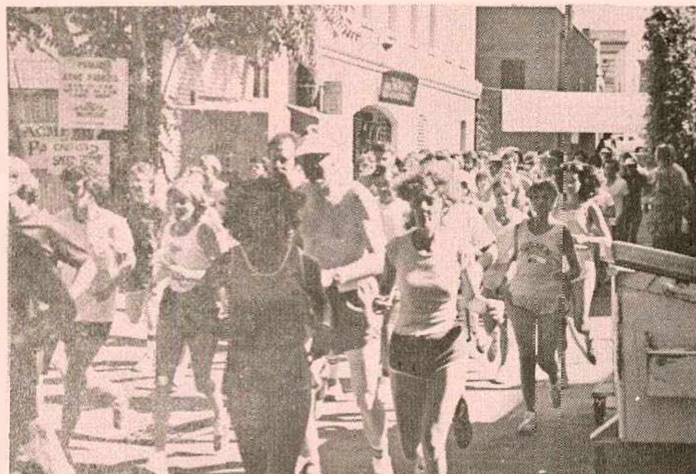
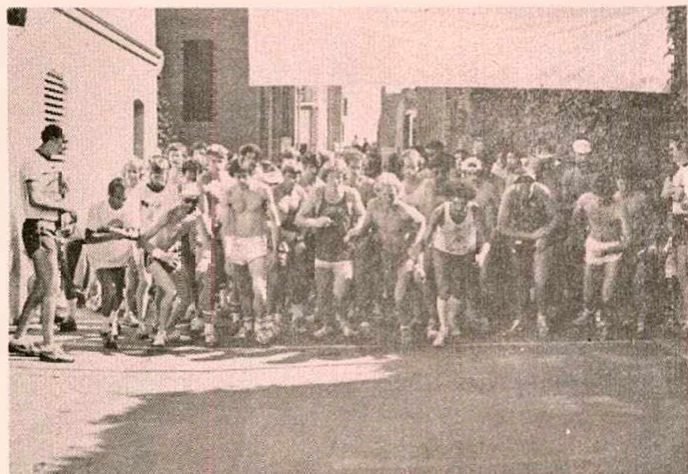
MARATHON

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

HALF MARATHON

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

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



★ 1979 RACE RESULTS ★

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

FEMALE (12 & Under)
 NONE
 NONE
 NONE

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

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

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

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

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

FEMALE (60 & Over)
 NONE
 NONE

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

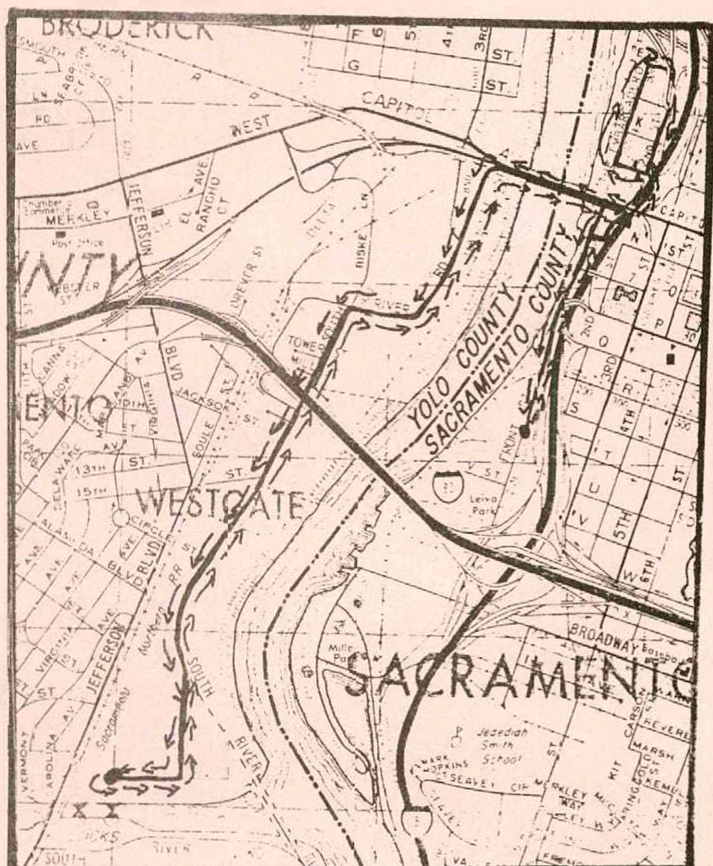
FEMALE (13-19)
 PAM CARTNEY (19) 51:54
 NONE
 NONE

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

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

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

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





Will you run for me?

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

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

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

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

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

*** "T" shirts**

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

*** Aid station at 3 miles**

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

*** Please, only registered runners.**

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

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

APPLICATION

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

Name _____ Sex _____ Age _____ on race day

Home Address _____ Phone _____

City _____ Zip _____

Business Address _____ Phone _____

City _____ Zip _____

Club Affiliation _____

"T" Shirt size _____ Certificates will be given!

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

Please enclose-checks payable to:

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

For additional Information call Jim Drake-Race Director

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

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

Signed _____ Date _____

(Parent if under 18) Duplicating Entry Is Permitted

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



Running Schedule



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

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

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

BUFFALO CHIPS MEMBERSHIP LIST

April 4, 1980

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

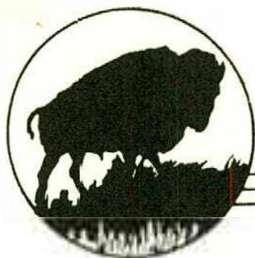
NAME	ADDRESS	CITY	ZIP	RESIDENCE	BUSINESS	BIRTHDATE
ADAMS, Herb	8401 Kroeger Ct	Fair Oaks	95626	966-1296	323-2598	4-20-30
ADAMS, Michael	7668 Eastgate Ave	Cit. Heights	95610	961-0692		7-27-57
AGUIRRE, Art	1582 Response Rd # 3059	Sacramento	95815	922-2095		8-16-49
ALARID, Daniel	7347 Patero Circle	Sacramento	95823	392-0223	445-2450	8-9-42
ANDERSON, Cliff	2514 N St	Sacramento	95816	451-5025	454-6229	2-23-38
ANDERSON, Martin	249 Riverbrook Way	Sacramento	95831	391-0568	445-1599	8-4-33
AUSTRHEIM-SMITH, Bjorg	6723 Orleans Way	Sacramento	95831	391-1227		11-20-42
AYRES, Larry	2312 S. Jackson Ave	Fresno	93725		486-4710	8-31-40
BACON, Raymond	1333 Rene Ave	Sacramento	95838	442-4897	322-6671	8-16-42
BAILEY, Glenn	2814 D St #27	Sacramento	95816	447-2229		10-24-47
BAKER, Hal	1182 Cavanaugh Way	Sacramento	95822	443-4514	322-2474	8-20-42
BALLANTINE, Bill	4311 Marshall Ave	Carmichael	95608	967-7395	445-5408	11-5-24
BERK, Karen	1521 University Ave	Sacramento	95825	920-4187	322-3560	3-29-43
BETSCHART, Walt/Jack	4120 A St	Sacramento	95819	451-9076	440-6772	7-13-27
BILLINGSLEY, George	P.O. Box 1385	Loomis	95650	652-7729		1-4-22
BISPO, Debbie	4348 Galewood Way	Carmichael	95608	967-0992		2-17-58
BLACK, Joseph	1010 Dunbarton Circle	Sacramento	95825	920-8529	355-2296	12-4-43
BLAIR, Ron	6717 Wyatt Lane	Orangevale	95662	988-1230	988-1310	9-19-45
BLINN, Gerald/ Kathryn	4709 Knapp Way	Carmichael	95608	485-8710	453-2472	12-10-46
BORLAND, Chris/ M. Joretta/ Gabrielle	1520 40th St	Sacramento	95819	457-4469	442-0409	9-11-33 8-8-41 12-24-67
BOURBEAU, Robert	1500 7th St #7E	Sacramento	95814		440-3596	6-2-35
BRAKENSIEK, Carlyle	4437 Otis Ct	Carmichael	95608	961-2269	445-9160	3-24-43
BRANSTROM, Robert	5209 Glide Dr	Davis	95616	758-7993		9-13-50
BRIMBERRY, Paul	1520 West Mendocino Ave	Stockton	95204	948-0346	682-9034	8-3-47
BROWN, Jonathan	2725 Florence Place	Sacramento	95818		446-7026	6-25-46
BROWN, Roger	2950 Loyola Dr	Davis	95616	758-2479	322-6441	7-30-46
BRYANT, Stephanie	6780 Gloria Dr #19	Sacramento	95831	391-3633	920-0548	
CARTER, Jim	3153 Chelsea Park Circle	SpringValley	92077	597-7794		9-2-38
CHAIREZ, David	5532 Cranbrook Way	Fair Oaks	95628	966-7669		9-12-59
CLARK, John	6956 Greenbrook Circle	Cit. Heights	95610	961-7827		4-29-42
CLEVENGER, Mel	1336 McClaren Dr	Carmichael	95608	483-8869		1-26-48
CLOVER, James	4561 23rd St	Sacramento	95822	457-4920	445-0498	3-15-42
COOK, Joe	6514 Crosswoods Circle	Cit. Heights	95610	722-2863	488-5890	6-24-16
COSTNER, Charlie	P. O. Box 546	Colfax	95713	346-2297		2-19-46
DAVIS, Dave	9142 Firelight Way	Sacramento	95826	363-9142	445-6340	6-17-30
DAVIS, Kelley	2306 Glen Canyon Rd	Altadena	91001	794-0579	744-2250	11-24-40
DELGADILLO, Lino	628 Potomac Ave	Sacramento	95833	929-1970	484-8455	9-13-46
DELGADO, Christopher	6025 Parkoaks Dr	Cit. Heights	95610	967-7124	449-5144	9-29-34
DOBSON, Charles	4138 58th St	Sacramento	95820	455-8755		4-18-29
DOLEZAL, Betti	201 San Antonio Way	Sacramento	95819		322-6532	
DORF, Frank	4400 LaMirada Circle	Fair Oaks	95628	966-6540	966-0883	6-30-45
DRAKE, Jim	3442 Whitnor Court	Sacramento	95821	485-8013	462-4550	6-18-40
DUNBAR, Dennis	3557 Gemini Way	Sacramento	95827	362-2888	920-7073	3-31-50
EISENBUD, Elliott/ Helene	6401 Coyle Ave	Carmichael	95608	482-1586	966-5404	1-14-43
ELGERT, Mark	6851 Plymouth Rd #39	Stockton	95207	478-7699	951-3006	6-5-54
EVANS, Lance	6927 Ruskut Way	Sacramento	95823	421-4163	393-0520	1-29-54
FIELDS, Gary	1950 Maple Glen Rd	Sacramento	95825	481-8911	452-2649	1-29-40
FINNEGAN, Jim	1836 Carmelo Dr	Carmichael	95608	485-3410	445-0850	11-22-40
FISH, Tom	2997 Linden Lane #C	Carmichael	95608	488-7820	454-4500	3-18-36
FLORES, Cliff	912 Persifer St	Folsom	95630	985-7196	334-1012	3-28-29
FOLEY, Jim	5710 Maddison Ave	Sacramento	95819	457-6349	322-7425	10-18-52
FOREHAND, Dick/ Ellen Standley	2674 Rio Bravo Circle	Sacramento	95826	362-2385		6-17-46 6-7-42
FORSYTHE, Steve	58 51st St	Sacramento	95819	457-0792	482-5410	6-10-51
FOX, Lee	3300 Park Side Dr #58	Rocklin	95677	624-1808	783-0401	5-31-37
FRINCKE, Karen	41 Grand Rio Circle	Sacramento	95826	383-1494		5-2-40
FREEMAN, David	3120 Hermosa Drive	Napa	94558	226-7117		1-30-50
GARRICK, Laurie	5134 Oak Sande Way	Fair Oaks	95628	986-8335	445-0106	6-12-45
GODWIN, Art	1249 C St	Rio Linda	95637	991-3593	322-5887	9-28-55
GORMAN, Paul	2726 12th St	Sacramento	95818	441-4962	920-7161	3-25-33
GOODWIN, Paul/Loy	408 Sunrise Ave #4	Roseville	95678	791-1255	782-3153	3-5-21
GOYETTE, Gary/ Mark	3825 No Canyon Rd	Camino	95709	622-9299		2-9-63 2-2-62
GREENBERG, Stanley	4305 Cottage Way	Sacramento	95825	487-9890	929-8810	6-6-23
GROSS, Richard	6402 Eureka Rd	Roseville	95678	791-7439		2-26-43
HANLIN, James	5924 Gumwood Circle	Cit. Heights	95610	723-1767	445-0810	10-16-45
HAMMOND, David	8828 Sawtell Way	Sacramento	95826	363-7077	482-5735	3-15-41

BUFFALO CHIPS MEMBERSHIP LIST - Page 2.

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

BUFFALO CHIPS MEMBERSHIP LIST - Page 1

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



BUFFALO CHIPS

RUNNING CLUB



NUMBER 46

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

Aug. 8, 1980

BRODERICK BOTTOMS BUST

-Mark Elgert-

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

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

RESULTS OF BRODERICK BOTTOMS BUST

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

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

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

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



LETTER FROM THE EDITOR....



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

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

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

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

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

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

'til next time, good running

Dennis

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

STATE OF THE HERD July 1980

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

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

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

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

See you at the Stampede,

ELLIOTT

MY WESTERN STATES 100 EXPERIENCE

-Dennis Letl-

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

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

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

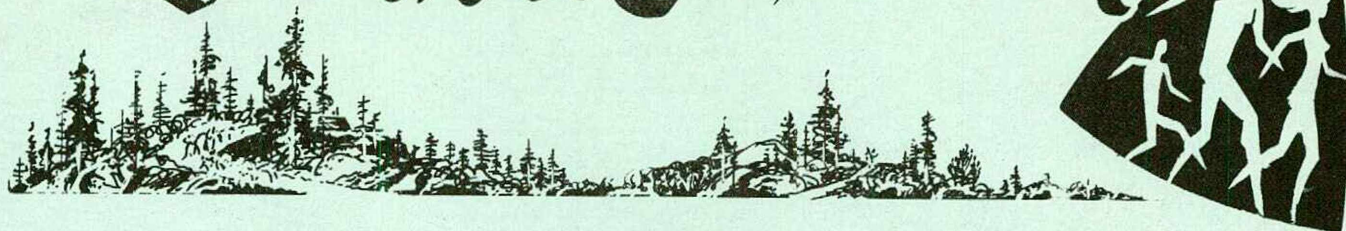
So I gave up at Bath Road - 65 miles and 17 hours after the start. I think I was more bewildered and confused than depressed. Depression set in a few days later and lasted a few weeks. Only now, a month later, as I write this, have I been able to put it all in perspective.

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

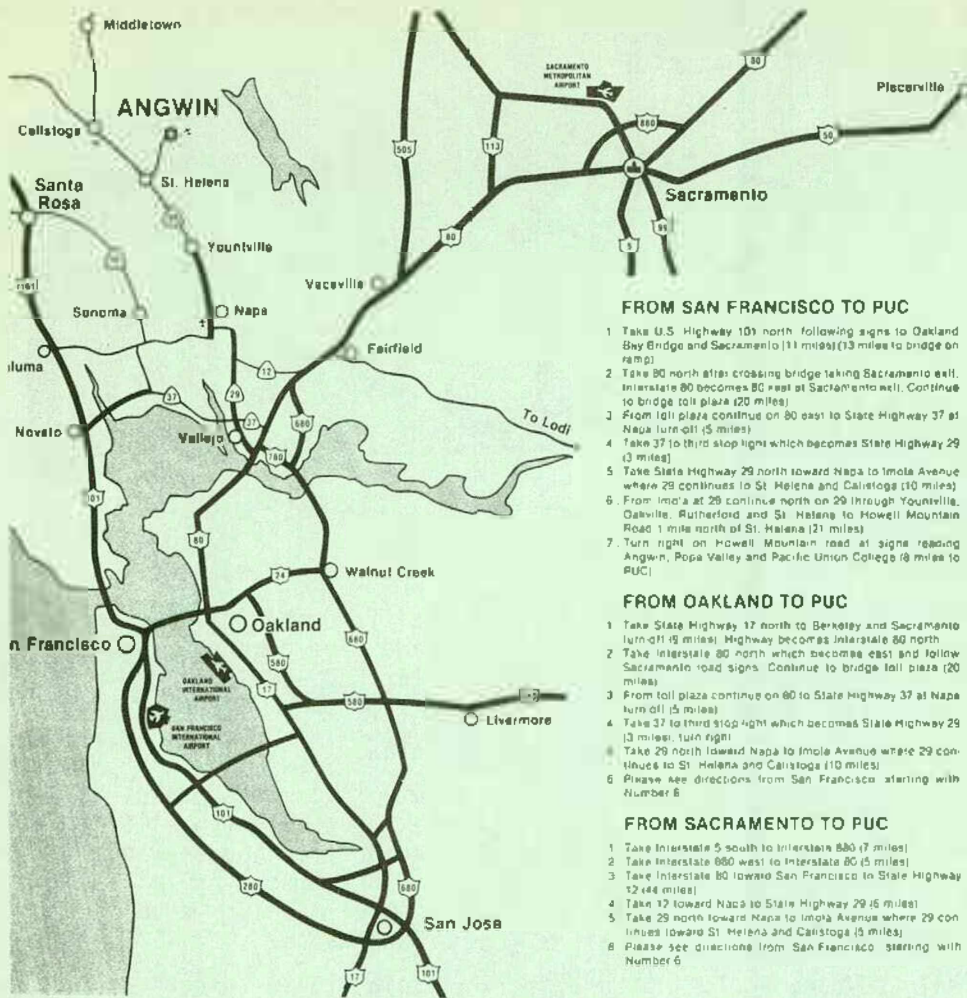
I am grateful to my wife, Ann, who supported me through this entire experience, to George Billingsley and Charlie Mersereau, with whom I trained many hours, and to my handlers, Dave Mullins, Bill Worchester, A.J. Underwood, and Hal Baker (Hal was the only one who got to "run").

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

Angwin to Angwish



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



FROM SAN FRANCISCO TO PUC

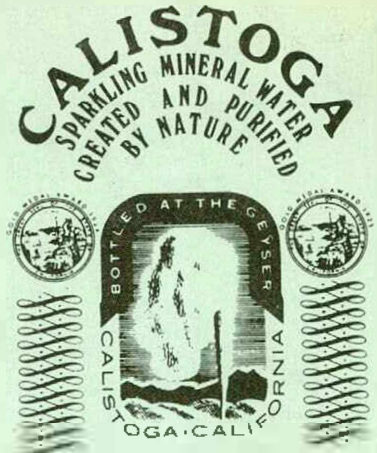
- 1 Take U.S. Highway 101 north following signs to Oakland Bay Bridge and Sacramento (11 miles) (3 miles to bridge on ramp)
- 2 Take 80 north after crossing bridge taking Sacramento exit. Interstate 80 becomes 80 east at Sacramento exit. Continue to bridge toll plaza (20 miles)
- 3 From toll plaza continue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

FROM OAKLAND TO PUC

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

FROM SACRAMENTO TO PUC

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



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

**KANG
FM 90**

**KANG
FM 90**

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

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

5 _____ 16' _____ 17 _____ 27 _____ 28 _____

LAST NAME FIRST SEX

29 _____ 57 _____

NUMBER AND STREET

52 _____ 64 _____ 65 _____ 68 _____ 72 _____

CITY STATE ZIP

SIGNATURE _____ AGE AS OF 10/26/80 _____

T-SHIRT SIZE S M L XL

PARENT'S SIGNATURE _____
(If runner is under 18)

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

REPRESENTING _____ (CLUB, SCHOOL, UNATTACHED)

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

10
mile run

BUFFALO STAMPEDE



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

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

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

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

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

SPONSORED BY: The BUFFALO CHIPS RUNNING CLUB OF SACRAMENTO

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

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

THE BUFFALO STAMPEDE

ENTRY FORM AND WAIVER

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

NAME _____ SIGNATURES _____ DATE _____

ADDRESS _____ CITY _____ ZIP _____

CLUB _____ BIRTHDAY _____ AGE _____

DIVISIONS

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



Running Schedule



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

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

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

WESTERN STATES 100
-Bill Stainbrook-

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

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

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

TO THE EDITOR:

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

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

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

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

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

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

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

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

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

Charlie Mersereau

FOLSOM 10K - July 6, 1980

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

TRAIL DROPPINGS....

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

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

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

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

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

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

SAN FRANCISCO MARATHON
July 13, 1980

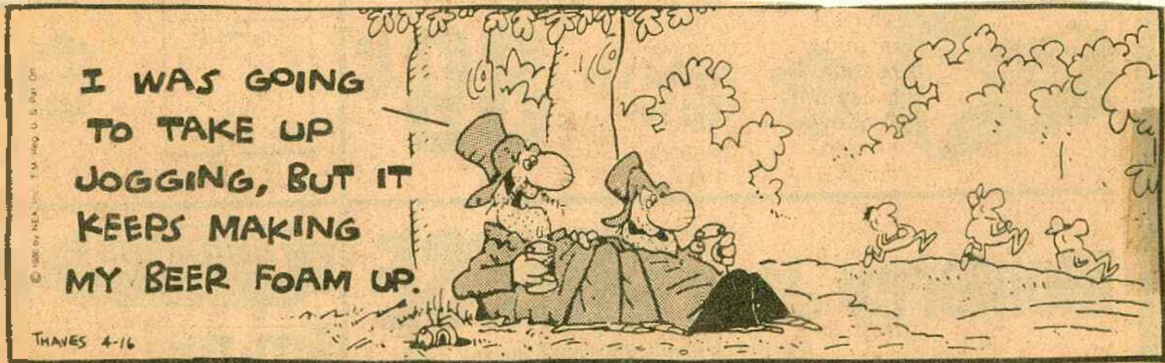
Doug Rennie	2:35
Heike Skaden	2:49
Howard Jacobson	2:55
Paul Reese	3:07
Debbie Bispo	3:07
Elliott Eisenbud	3:10
Heide S. Poyser	3:14
Marv Poyser	3:14
John Clark	3:22
Burl Jones	3:23
Abe Underwood	3:23
Jack Walker	3:29
Art Waggoner	3:32
Bob Derry	3:34
Gary Waldsmith	3:37
Helene Eisenbud	4:10
Carol Walker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

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

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

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

FRANK & ERNEST



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

THIRD CLASS



BUFFALO CHIPS

RUNNING CLUB



NO. 48

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

Dec. 7, 1980

OFFICER ELECTIONS SCHEDULED

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

WST 100

-George Billingsly-

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

Mistakes included:

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

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

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

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



LETTER FROM THE EDITOR....



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

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

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

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

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

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

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

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

Dunger

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

STATE OF THE HERD

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

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

Now that that is off my chest,

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

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

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

Hope to see you all at the Year End Marathon.

Elliot

A LCNE BUFFALO CHIP ON COW MOUNTAIN

-Paul Reese-

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

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

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

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

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

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

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

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

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

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

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

BUFFALO CHIPS RUNNING CLUB

Minutes of Meeting of October 8, 1980

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

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

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

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

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

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

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

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

Resubmitted,
Charlie Mersereau

1980 SACRAMENTO MARATHON RESULTS

Marathon



Half Marathon



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

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

Hello Chips,

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

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

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

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

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

John McIntosh
Race Director - Sacramento Marathon

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

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

SAM'S TOWN MARATHON AND 1/2 MARATHON

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

3rd Annual Year End Marathon

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

ELLIOTT & HELENE

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

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

THIRD CLASS



Running Schedule



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

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

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

* * * * *

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

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

APPLICATION FOR MEMBERSHIP

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

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

YOUR BIRTHDATE _____

IF FAMILY MEMBERSHIP LIST OTHER FAMILY MEMBERS AND THEIR BIRTHDATES:

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

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

DUES FOR MEMBERSHIP:

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

APPLICATION FOR MEMBERSHIP

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

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

YOUR BIRTHDATE _____

IF FAMILY MEMBERSHIP LIST OTHER FAMILY MEMBERS AND THEIR BIRTHDATES:

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

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

DUES FOR MEMBERSHIP:

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

1981 BUFFALO CHIP RENEWAL APPLICATION 1981

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

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

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

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

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

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



BUFFALO CHIPS

RUNNING CLUB



APPLICATION FOR MEMBERSHIP

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

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

YOUR BIRTHDATE _____

IF FAMILY MEMBERSHIP LIST OTHER FAMILY MEMBERS AND THEIR BIRTHDATES:

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

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

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

NAME: _____

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

Other family members if family membership:

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

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____



BUFFALO CHIPS

RUNNING CLUB



NUMBER 43

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

Feb. 25, 1980

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

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

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



LETTER FROM THE EDITOR....



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

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

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

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

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

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

'til next time, keep on running

Dennis

DEADLINE FOR NEXT NEWSLETTER: April 12, 1980.

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

STATE OF THE HERD

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

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

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

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

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

see you on the trails,

Elliot

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

POT LUCK, MOVIES, SLIDE SHOW, MARCH 7th

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

-Sally Linn
Dung Co-ordinator

NEWS FROM OUR MINNESOTA CHIP CONNECTION

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

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

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

Good running,
Marty (Szekeres)

STEPPING GINGERLY THROUGH THE CHIPS...

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

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

HAPPY BIRTHDAY

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

Hope this new age group helps....

-Jim Drake

UCP 10,000 METER RUN

May 31, 1980

9:00 AM

OLD SACRAMENTO

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

-Jim Drake

RUSTY DUCK SUNDAY BRUNCH RUN

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

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

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

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



PHOTO: MARK REESE

BUFFALO CHIPS RUNNING CLUB

Sacramento, California

MINUTES OF MEETING

January 30, 1980

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

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

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

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

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

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

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

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

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

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

TRAIL DROPPINGS...

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

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

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

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

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

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

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

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

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

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

--Abe Underwood

MASTERS DROPPINGS

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

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

-Abe Underwood

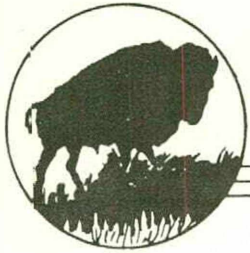
REPORT FROM THE COLLEGE SCENE.... JACK BLTSCHART son of Chip WALT BETSCHART, a student at Cal-Poly - San Luis Obispo, compered in the 3000 meter steeplechase against USC Feb. 23. Jack finished 2nd, qualifying for NCAA Division II with a time of 9:08.5. Congratulations on a fine performance Jack.

8

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



Gene Marshall
2709 - 10th Avenue
Sacramento, CA 95818



BUFFALO CHIPS



RUNNING CLUB

NUMBER 42

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

Jan. 14, 1980

NATIONAL AAU MASTERS 50 MILE RUN by Dennis Letl

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

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

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

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

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

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

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

LETTER FROM THE EDITOR...

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

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

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

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

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

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

'Til next time, keep on running,

Dennis

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

MEETING

January 10, 1980 San's Hofbrau

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

Committee Reports:

From Jim Drake, Activities Chairman.

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

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

Old Business:

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

New Business:

Elections were held with the following results:

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

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

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

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

Elliott Eisenbud

ATTENTION MASTERS

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

PAUL MASSON MARATHON UPDATE

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

-- Abe Underwood

MASTERS UPDATE

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

-- Abe Underwood

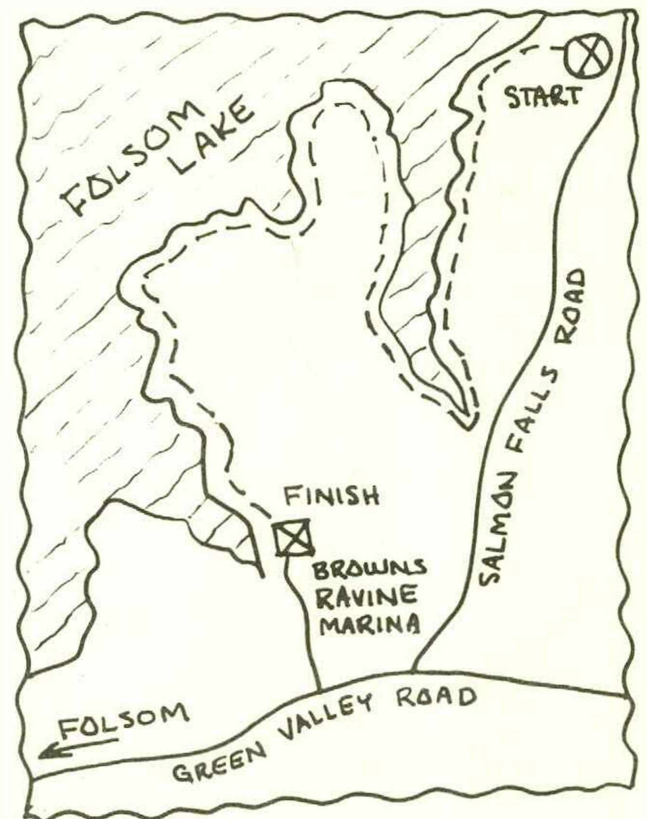
NOTICE

HELP NEEDED FOR FEATHER RIVER SO

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

MUD RUN SPECIAL - THIRD ANNUAL

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



MUD RUN SPECIAL

BROWNS RAVINE
FOLSOM LAKE

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

CHIPS HAVE STRONG SHOWING IN YEAR END MARATHON

-- Elliott Eisenbud

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

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

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

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

F
R
A
N
K
&
E
R
N
E
S
T



CHIPS IMPRESSIVE IN 1979 PEPSI 20

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

TRAIL DROPPINGS.....

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

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

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

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

BOOKS IN BRIEF:

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

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

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

(8)

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



BUFFALO CHIPS



RUNNING CLUB

NUMBER 45

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

June 10, 1980

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

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

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

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

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

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



LETTER FROM THE EDITOR....



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

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

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

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

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

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

'til next time, good running

Dennis

PITTING (Cont)--

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

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

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

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

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

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

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



IO KILO ROAD RUN

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

STATE OF THE HERD

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

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

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

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

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

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

Elliot

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

ADDITIONS AND CORRECTIONS TO THE CLUB MEMBERSHIP LIST

CORRECTIONS:

Charles V. Dobson
3148 Ridge Court
Placerville, CA 95667

Dennis Dunbar
(DUNG EDITOR)
Work # 322-7618

Second Sole

John Zapata

Paul Holmes

ADDITIONS:

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

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

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

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

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

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

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

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

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

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

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

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

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

250

Cam/20

M



Running Schedule



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

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

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

250

Gold/20

M

NEWS FROM THE SOUTHERN HERD -
Jim Carter

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

HAPPY BIRTHDAY.....

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

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

Good luck to all in the new age groups.

SRI CHINMOY MARATHON --
George Parrott

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

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

OLD SAC 10K --
Jim Drake

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

male

13-19

(2) Greg Fields (13) 40:50

30-39

(1) Don Spicklemier (39) 34:01

(2) Skip Seebeck (33) 34:21

40-49

(1) Walt Howard (42) 34:45

(2) Robert Bourbeau (44) 35:43

female

13-19

(1) Pam Bispo (15) 51:44

20-29

(1) Debbie Bispo (22) 39:51

40-49

(1) Joan Reiss (42) 42:42

50-59

(1) Marge Lawson (55) 48:00

Thanks again to the club for your support.

RUN FOR LIFE MARATHON

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

HALF MARATHON

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

FULL MARATHON

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

* BRODERICK BOTTOMS BUST *

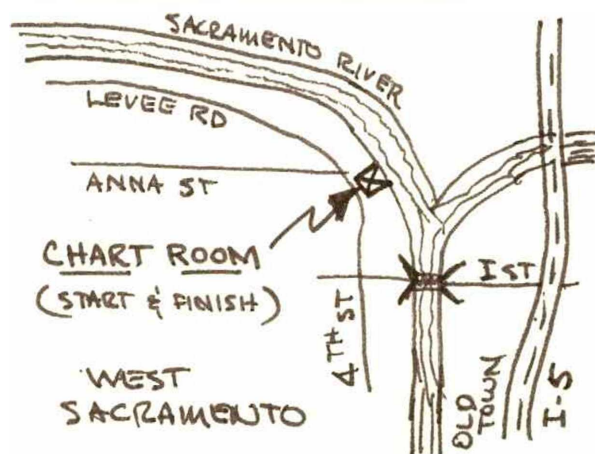
Saturday July 12 at 8:00 a.m.

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

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

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

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



TRAIL DROPPINGS....

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

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

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

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

GOLD COUNTRY HALF MARATHON - GLENN BAILEY -

June 1, 1980

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

*the field included 126 finishers

GOLD COUNTRY MARATHON

June 1, 1980

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

*the field included 67 finishers

BUFFALO CHIPS RUNNING CLUB

MINUTES OF MEETING

MAY 9, 1980

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

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

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

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

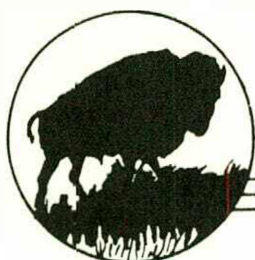
It was moved, seconded, and passed that the Activities Committee study the possibility of having a monthly, Sunday morning, family centered event. Plans are to be publicized in the Bulletin and the response measured.

There being no further business, the meeting was adjourned.

Respectfully Submitted,
Charles Merscreau
Dung Recorder

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

THIRD CLASS



BUFFALO CHIPS

RUNNING CLUB



No. 49

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

PARK TO PARK RELAYS

-Bill Stainbrook-

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

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

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

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



LETTER FROM THE EDITOR....



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

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

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

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

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

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

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

'til next time, good running.

Dennis

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



Running Schedule



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

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

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

1902
1912

THE BUFFALO CHIPS RUNNING CLUB
challenges you to the



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

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

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

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

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

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

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

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

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

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

DIVISIONS:

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



ADDITIONS AND CORRECTIONS TO THE CLUB MEMBERSHIP LIST

CORRECTIONS:

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

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

Cliff Flores
7230 Zelinda Drive
Fair Oaks, CA 95628

Perry/Sally Linn
5936 Deary Way
Orangevale, CA 95662

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

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

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

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

Barry Sugerman
5142 Long Canyon Drive
Fair Oaks, CA 95628

ADDITIONS:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

'WHERE THE HELL IS TRUCKEE RUN'

Sept. 7, 1980

-Hal Baker-

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

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

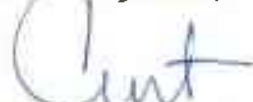
Dear Dave:

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

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

Thanks again for all the fantastic articles.

Best regards,



Curtis Cutter Sproul

REFLECTIONS ON A LONG NIGHT

-George Parrott-

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

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

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

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

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

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

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

STATE OF THE HERD

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

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

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

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

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

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

see you on the trails,

J. H. H. 11/10/11

LAKE TAHOE 72 MILE RUN
Sept. 19, 1980

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

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

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

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

THE NIKE-OTC MARATHON

-George Parrott-

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

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

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

TRAIL DROPPINGS.....

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

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

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

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

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

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

CAPITOL CAMPUS ALUMNI RUN

August 30, 1980

-Jim Drake-

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

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

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

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

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

Thanks to:

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

--Abe Underwood--
-Race Chairchip-

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

THIRD CLASS