

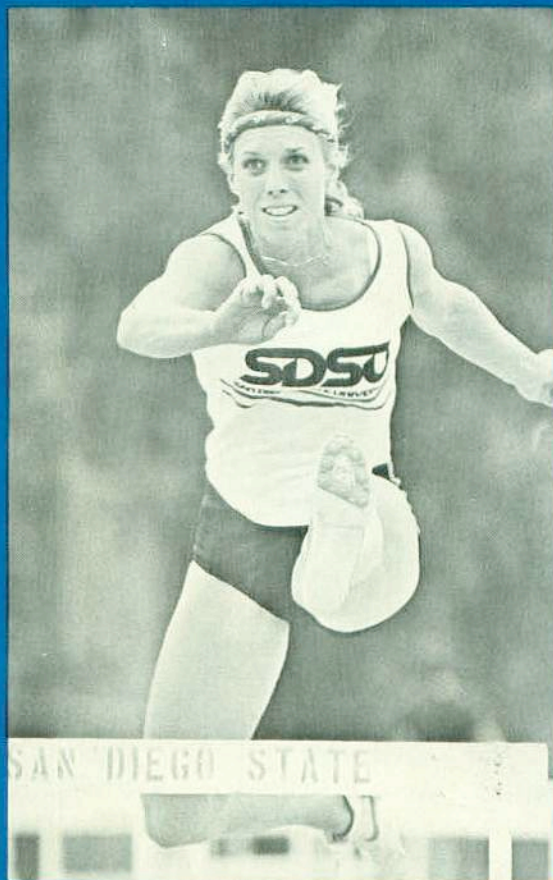
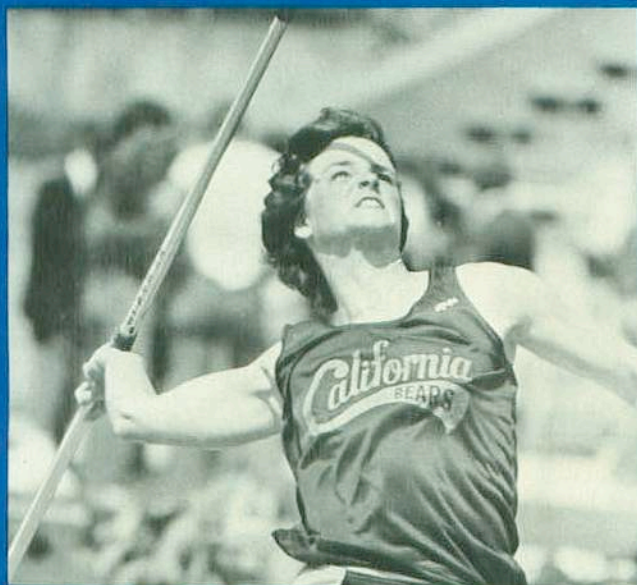
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# CALIFORNIA

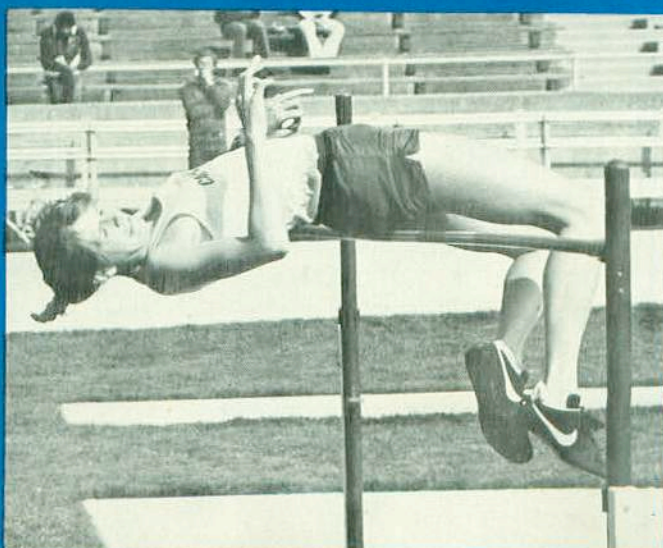
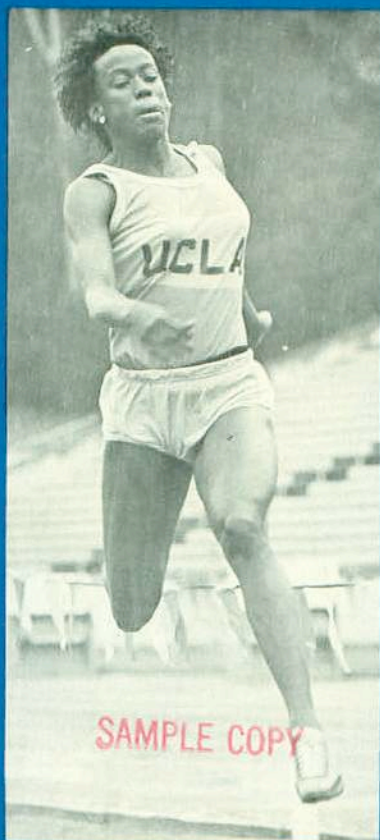
## TRACK & RUNNING NEWS

APRIL 1983

ISSUE NO. 78



**California's  
Collegiate  
Women  
Reach  
For  
The  
Top**



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**California's Only Track & Running Publication**

# GOOD NEWS FOR BAD KNEES.

At Converse®, we've developed two new shoes to help reduce the risk of a problem that has become painfully evident to many runners: knee injuries.

The shoes are called Phaeton™ and Selena™. And they're based upon an exclusive design philosophy which no other running shoe

Our Stabilizer Bar gently helps "brake" your foot as it pronates, with the result that it helps lessen the twisting motion. So less of it reaches your ankle, less

reaches your leg and obviously, less reaches your knee.

The Stabilizer Bar is not the only advantage the Phaeton and Selena enjoy over conventional running shoes.



The Converse Stabilizer Bar. It acts as a brake during pronation.

The shoes also have Scotch Lite® Reflective Fabric\* for night running safety which, under normal circumstances, allows you to be seen in all directions from over 200 yards away.

And they weigh a mere 270 grams in Size 9.

But superlatives aside, there really is only one way to determine what the

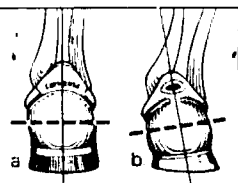
Phaeton and Selena can do for you: run, *very carefully*, down to your nearest Converse dealer and try a pair on.



Scotch Lite fabric can be seen from over 200 yds. at night

has adopted. We call it the Stabilizer Bar—a design concept we consider so innovative we've applied for a patent.

Simply put, what this new Converse



a. Normal pronation.  
b. Excessive pronation

Stabilizer Bar does is help control pronation, the brutal side-to-side motion that occurs with every step you take as your foot rolls inward at heelstrike.

A twisting motion, more to the point, that your ankle and leg telegraph directly to your knee.





# WHERE THE WORLD'S GREATEST ATHLETES COMPETE



## 25th ANNUAL MT. SAC RELAYS

APRIL 21, 22, 23, 24, 1983

Join us in celebrating our Silver Anniversary. Sunday afternoon, April 24, is the International "Day of Champions" at the world-famous Mt. San Antonio Relays. The 50-event Sunday schedule is expected to run off like "clockwork" between noon and 4:30 p.m., and like all others, it's expected to be another dandy! It's one of those amateur athletic events that doesn't seem to get the advance publicity it deserves in the professionally-oriented Southern California area, but when the track "cools down," it's always a story of outstanding athletes and performances. Last year's event produced world and national best outdoor performances by Carl Lewis, Bert Cameron, Sam Turner, Tony Rambo, Larry Myricks, Dan Ripley, Jeff Phillips, Adrian Royle, Sam Koskei, Gabriel Kamau, Kellie Cathey, Mary Shea, Ria Stalman and Carol Lewis. Their performances, and others, were so exceptional, such greats as Mike Boit, Greg Foster, Andre Phillips, Suleiman Nyambui, Cliff Wiley, Mark Nenow, Billy Olsen, Dave Volz, Earl Bell and Dwight Stones all had to settle for positions other than "first" in last year's Relays. The Philadelphia Pioneers, Santa Monica Track Club, Wilt's A.C., U.S.C., and the University of Houston, led the multitude of Relay races with world class performances. There were other records set, but this gives you the idea. Add to this the top university, college, junior college, and prep athletes in the West and you have a meet second to none in quality.



Dan Ripley after clearing 18'4½" at MT. SAC RELAYS last year.

## MT. SAC — MORE THAN JUST ANOTHER "MEET."

There's not another meet west of Philadelphia that'll bring as many teams together as the Mt. SAC Relays. Along with the hundreds of high school and community college teams competing, you can expect to see teams from Arizona, Arizona State, Abilene Christian, B.Y.U., Boise State, University of California, California State Universities (almost all of them), University of Houston, Indiana, Kentucky, Montana, University of Mexico, New Mexico, Nevada (L.V. and Reno), Oregon State, S.M.U., Stanford, San Jose State, Tennessee, Texas El Paso (UTEP), U.S.C., U.C.L.A., and Utah to name just a few. Add to this such club teams as Athletic Attic, Athletics West, Naturite T.C., Santa Monica Track Club, NIKE, N.B.T.C., Stars & Stripes, Pacific Coast Club, Sub-4 T.C., Wilt's A.C., Maccabi, Striders, Oregon T.C., and Tiger International and you begin to see the picture of the action ahead.

Mt. SAC is more than just another meet. It's a world class invitational with exciting relay competition adding to the thrills. It's a major international meet. It's the showplace of California's top prep and collegiate athletes. It's the greatest distance carnival in the U.S.A. It's a clinic for distance runners and joggers. It's a big "fun run" 10K for everyone. It's something special — there's only one MT. SAC RELAYS!

### OPEN 10K WILL KICK-OFF "INTERNATIONAL DAY OF CHAMPIONS"

Enter the big MT. SAC RELAYS 10K road race and share the rewards. Entry includes the race, tee shirt, refreshments, a shower and admission to Sunday's invitational — "International Day of Champions." You may be one of hundreds winning awards and valuable drawing prizes. Call or write to address below for entry blanks. Race time: 9:00 a.m. — April 24.

# SPECIAL TICKET ORDER FORM

## MT. SAC RELAYS TRACK & FIELD AT ITS BEST

**\$6.00 BUYS IT ALL — BUT ONLY IN ADVANCE**  
(ADVANCE TICKETS GOOD FOR ALL 5 DAYS)

Thurs. - Fri., Apr. 21-22	Inv. Heptathlon, Decathlon
Thurs., Apr. 21	Community Colleges
Fri., Apr. 22	Intermediate & H.S. Relay Carnival
Sat., Apr. 23 (a.m.)	H.S. Invitational
(p.m.)	College - University - Open Division & Invitational Distance Carnival

— AND ALSO INCLUDES —

Sun., Apr. 24	"The International Day of Champions"
	Noon - 4:30 p.m.
Sun., May 1 at (1 p.m.)	Masters Championships

Return this form with check, cash, or money order to:

**MT. SAC RELAYS — WALNUT, CA 91789**

This is your only chance to purchase the special \$6.00 ticket — Your pass to all the track and field action the world-famous MT. SAC Relays has to offer — A savings of \$17.00 over regular meet day ticket prices. (April 21-23: \$5.00 per day; April 24: \$8.00). Don't miss this **ANNIVERSARY SPECIAL! ALL FOR \$6.00.**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

SEATS AT \$6.00 EACH = \$ \_\_\_\_\_

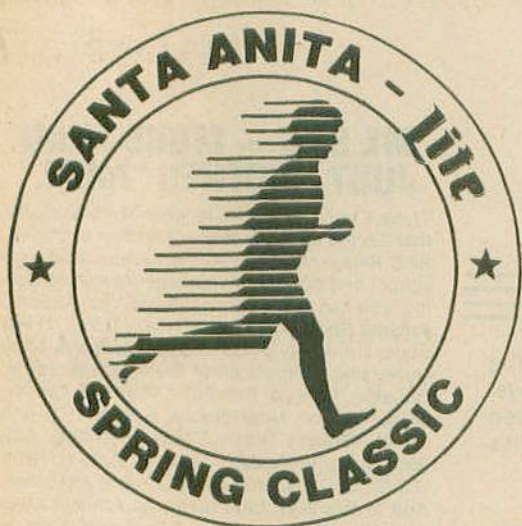
MAKE CHECKS PAYABLE TO:

**MT. SAC RELAYS**

Prices include mailing, free parking, and choice seating in the spacious and comfortable Mt. San Antonio Memorial stadium. (Offer ends April 15, 1983.)



**COME RUN THE CLASSIC AT THE GREAT RACE PLACE**



**5K TAC SANCTIONED  
FOURTH ANNUAL  
10K RUN**

**SUNDAY, MAY 15, 1983**

**8:00 a.m. — 5K      8:30 a.m. — 10K**

**SANTA ANITA RACE TRACK, 285 W. HUNTINGTON DRIVE**

Take 210 Freeway to Santa Anita Ave., South to Huntington Dr., West to Race Track

**SPONSORS:**

**Lite** BEER FROM MILLER  
TIGER SHOES  
7-UP  
SANTA ANITA FASHION PARK  
ARROWHEAD DRINKING WATER  
SOUTHLAND BANK  
TENNECO WEST



**AWARDS:**

All runners awarded long sleeve T-shirt and Miller **Lite** Beer Merchandise. Prizes awarded to first three finishers in each division. Santa Anita **Lite** Spring Classic medals awarded to first ten finishers of each division. Under age 21 — winners of first three places in each division — trophies from 7-Up Bottling Co. A drawing for numerous merchandise awards will be held. Must be present to win.

**PROCEEDS:**

Will be used for the improvement of recreational facilities in Arcadia.

**ENTRY FEES:**

\$9.00 pre-registration by mail (includes long sleeve T-shirt, sweatband, plastic **Lite** Beer bag, award and prize eligibility)  
\$12.00 (late entry fee after May 7, 1983)  
\$6.00 (no T-shirt option — add \$2 after May 7, 1983)

**LATE  
REGISTRATION:**

Runners may register on Race Day between 6 a.m. and 8 a.m. at Santa Anita Race Track.

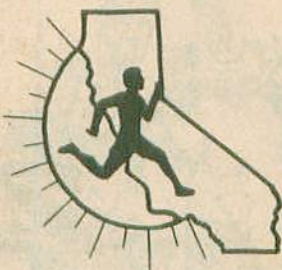
**ADDED  
FEATURES:**

Sweatbands, plastic **Lite** bags, chilled fruit from Tenneco West, free beverages (**Lite** Beer, 7-Up, Arrowhead Drinking Water), Granola Bars, Gator Gum. Drawing for **Lite** Beer Merchandise.

**FOR YOUR ENTRY BLANK, send a SASE to: Santa Anita-Lite Spring Classic, P.O. Box 522, Arcadia, CA 91006. For More Information, call: (213) 446-9658 or (213) 445-8364.**



# California Track & Running News



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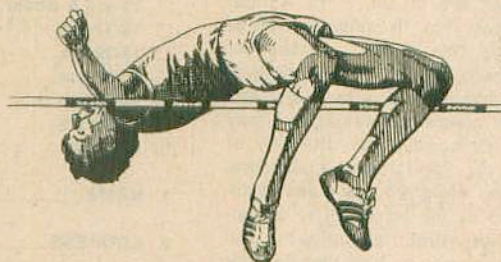
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(209) 264-5847**

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## ON THE COVER: Featuring California's Collegiate Women

(Top Left): Kristen Engle, Cal-Berkeley  
(Top Right): Carrie McLaughlin, San Diego State  
(Bottom Left): Jackie Joyner, UCLA  
(Bottom Right): Sue McNeal, Cal Poly SLO

photo by Richard Zoller  
photo by Ernie Anderson  
photo by Bill Leung, Jr.  
photo by Don Gosney



'You've tried the rest... now try the best!'

# CHIHUAHUA ROAD RUN

Two and Six mile races



**When** Sunday, June 12, 1983; registration 5:00-6:30 a.m., Race 7:00 a.m.

**Where** Race begins in front of the Chihuahua Plant, 718 "F" Street, Fresno, CA.

**Course** Mostly asphalt, some dirt. A fast and flat circuit.

**Awards** Special "Chihuahua" tee-shirts to first three finishers in most divisions. Participant ribbons and free refreshments to all finishers.

**Mariachi Music** During Event.

**Free Chihuahua tortillas.**

**Entry Fee** \$3.00 payable in advance by mail or \$4.00 on the day of the race.

**Why** All proceeds for educational scholarships at CSUF.

**SPONSORED BY:**  
**CHIHUAHUA INC.**

**Manufacturer of the finest corn and flour tortillas in the Valley.**

**Pre-registration** Please make all checks payable to Chihuahua Inc. and send to address below. For more information call 266-9964 or 266-2460.

Special breakfast discount for runners after the race at The Mexico Cafe, 915 E Street, Fresno.

---

## Chihuahua Road Run Entry Form

Please enter me in the Fifth Annual Chihuahua Road Run. In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive forever and release any and all rights and claims for damages I may have against Chihuahua Inc., the City of Fresno, their representatives, successors, supporters, and assigns for any and all injuries suffered by me travelling to or participating in said event. I also give my permission for the free use of my name and/or picture in any broadcast, telecast or other account of this event. I further attest and certify that I am physically fit and have sufficiently trained for competition in this event, and my physical condition has been verified by a licensed medical doctor.

- ☐ 2 MILE
- ☐ 12 yrs & under
- ☐ 13-17 yrs
- ☐ 18-29 yrs
- ☐ 30-39 yrs
- ☐ 40-49 yrs
- ☐ 50-59 yrs
- ☐ 60 + yrs

- ☐ 6 MILE
- ☐ 17 yrs & under
- ☐ 18-29 yrs
- ☐ 30-39 yrs
- ☐ 40-49 yrs
- ☐ 50-59 yrs
- ☐ 60 + yrs
- ☐ Wheel Chair

- ☐ MALE
- ☐ FEMALE

Mail with \$3.00 fee to  
**CHIHUAHUA ROAD RUN**  
c/o Victor Salazar  
4387 N. Thorne Ave.  
Fresno, CA 93704

1. NAME \_\_\_\_\_

2. ADDRESS \_\_\_\_\_

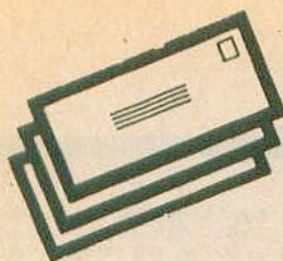
3. CITY \_\_\_\_\_ 4. STATE \_\_\_\_\_ 5. ZIP \_\_\_\_\_

6. PHONE \_\_\_\_\_

SIGNATURE IN FULL \_\_\_\_\_

Signature of parent required if entrant is under 18 years of age.





# Mailbag

## THANKS FOR INCLUDING L.A. CITY

I once again enjoyed reading your high school cross-country rankings for the year in the February issue. I was particularly pleased with the rankings awarded to L.A. City runners Jose Luis Garcia, Roman Gomez, Katie Dunsmuir, and Paula Bresnan. In the past, City athletes have been overlooked in the rankings because they didn't participate in the prestigious invitational, often because the City meets conflicted.

Another aspect of the rankings I was particularly impressed with was the new practice of listing the athletes' birthdate after their names. This is an important fact that is often overlooked; just because an athlete is in a certain year of high school does not mean his/her age is comparable to their classmates. I know, I competed in high school and was young for my class and it was particularly interesting to note the age of some athletes who I thought were younger than me because of their lower class level, who were actually quite a bit older.

Brad Kearns  
Santa Barbara  
L.A. Taft H.S. Class of '82

## COACHES BEWARE

I address an open letter to all coaches but especially to my fellow high school coaches. There is a controversy brewing in the East Bay presently regarding coaches' rights. A basketball coach at Campolindo (Moraga) High School was fired in December, ostensibly because the coach cut four people from his team prior to the season's start. The parents of at least one of the four students complained to the Campolindo principal about the coach's actions and when the principal refused to do anything, the parents went to the Alacanes school district superintendent to get the coach fired. The coach was soon thereafter fired, with no formal hearing, in front of a large home crowd. This coach had been coaching at Campolindo for some 6 years and he still teaches at Campolindo, now in his 12th year. He has had to go to court to get his hearing and has won one—in May. The coaches in his league (the FAL) and some athletic directors have told their district that they will resign, effective June 15th, if the coach is not given that hearing, and coaches in a nearby league have publicly stated that they will schedule no competitions with FAL teams until the coach is given a hearing.

I hear some of you saying at this point, "This doesn't affect track and cross country coaches since we don't have to worry about cutting athletes from our teams." On the contrary, as the educational code reads right now, coaches in high schools are ex-

plicitly given no rights to a hearing should any complaints about coaching procedures be brought up. I have done much research on the subject, and as it stands now, at any time, anyone (parents, athletes, "John Doe" off the street) can approach your principal or other school administrator and accuse you of doing anything and everything under the sun and not have to fear any repercussions for, say, libel or slander. And your school district, as school districts are wont to do on occasion, can fire you explicitly for something you were not doing.

Now, I agree that parents and athletes deserve an opportunity to air grievances but there should be an opportunity for coaches to respond to charges. We do too much work for too little pay to justify our being treated like slaves. I'm sure that most of us coach track and cross country because we enjoy it. Additionally, we all have our ideas on how our own programs are to be run. And while we don't have to worry about the repercussions of cutting an athlete from our teams, we do have to worry about parents not being satisfied with their sons or daughters (pick one) A. workouts; B. times; C. places; D. events being run in a meet; E. meets actually run in; etc, etc. I'm sure that we have all had to deal at one time or another with that parent who, after being exposed to track or cross country for one season, is instantly an "expert" and is willing to and quite perseverant in telling you how to coach your team. These "little league" parents mean well but the persevering ones not only can be a genuine nuisance, they can pose a threat to your job. An overactive parent who feels he/she may have no input may indeed try to get a coach fired. The incidents of such actions are increasing in numbers recently.

It is time to consider, on an individual basis and on a collective basis for our profession as a whole, methods of defining our needed rights and getting them enacted. If it requires a mass resignation, as in the case of the FAL coaches, perhaps we should do it. Individually, it would be wise to sit down with your respective administrators and clarify your rights in writing.

I should point out that our new state superintendent of schools, Bill Honig, is pushing for legislation that makes it easier still to dismiss all teachers. And, finally, need I remind you of the countless cases of teachers and coaches who have fought their dismissals in court and who have, as a result, effectively eliminated their employment possibilities in education because of the existence of the myriad "grapevines" that exist between school districts and administrators.

It is time to decide whether you want more rights as a coach or whether you want to keep looking over your shoulder to see if Dick's father or Jane's mother is pleased

with your work, enough so that they would not have you fired for coaching their children "wrongly."

Matt O'Brien  
Moreau High (Hayward)

## WANTS ASSISTANT COACH

Beginning in the Fall 1983 semester, we will have available one assistant coaching position for the Track & Field and Cross Country programs at San Francisco State University. This will bring our total coaching staff to four people.

The person selected for this above position will have to be accepted and enrolled in our graduate (MS) program in Physical Education. Salary is approximately \$500 per month, while being responsible for the teaching of some undergraduate skills classes in the PE area.

I am definitely looking for a well qualified female, who has a wide based background in all aspects of Track & Field. If you know of anyone who is interested, please direct them to contact me immediately at: San Francisco State University, Dept. of Athletics, San Francisco 94132. (415) 469-1561.

Harry Marra, Head Coach  
San Francisco State University

## Editorial

### Thanks For Being Patient

You probably noticed that the March issue was late (later than usual). Everyone should have at least received it before the end of March. We hope that we will never be that late again (it set a record for our nine years of existence).

Not only is it taking some major adjustments in our schedule since the arrival of our baby daughter, but everything that could go wrong with an issue, did go wrong with the March issue — not the least of which was the "lost in the mail" color separation for the cover (it still hasn't turned up) forcing a last minute scramble for a black and white. The color cover originally planned was an excellent Burt Davis photograph of Ted Goodlake at the Sunkist Invitational Indoor Meet. The guts of the magazine had already long been printed so the caption remained on page 3. Fortunately we also had a black & white of Goodlake to quickly substitute along with a good shot of Gladees Prieur. I think you'll agree the inclusion of Prieur was a nice addition.

We were, however, pleased with how this make-shift cover turned out with black and white photos. (Necessity is the mother of invention?). Since this route saves time and money we have tried it again with this April issue. Please give us your feedback on color vs. black & white, so we might best make a decision for future issues.

We are working hard to get back on schedule. Our goal, as always, is to have the magazine in your mailbox during the first week of each month. In the meantime... thanks for your patience.

Bill Cockerham  
Editor



# Schedule

by Jack Leydig  
Scheduling Director

Please send scheduling information directly to **Scheduling Director, Jack Leydig, P.O. Box 459, San Carlos, CA 94070.**

Schedule is subject to change. Please verify dates and times with meet directors before travelling to an event. Keep in mind that some events require advance entries and have entry limits and/or deadlines. It is a good idea to always include a stamped, self-addressed envelope when requesting meet information and/or entry blanks.

## APRIL

**APR 9: St. Christopher's 2 Mile & 10K.** No. Las Vegas, Nev., 7:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**APR 9: Hot Pursuit Race.** 5K, San Francisco Internat'l Airport (between Police HQ & Hilton Hotel on frontage road), 9 am. S.F. Airport Police Officers Ass'n., P.O. Box 8097, San Francisco 94128. (415) 876-2480, Jim Janakes.

**APR 9: Visalia Spring Run.** 10K, Visalia, Time TBA. Rob Stephenson, 1527 Vassar, Visalia 93277. (209) 733-1655.

**APR 9: L.A. Triathlon Championship Series.** 1K swim, 38K bike, 8K run. Bonelli Park, San Dimas, Time TBA. Bill Fulton, The Complete Runner, 2658 E. Garvey Ave., So. West Covina 91791. (213) 331-0189.

**APR 9: CRRG 10K & Free 5K Runs.** Griffith Park, Los Angeles, 8 am. CRRG, Box 891, Tarzana 91356. (213) 888-5526.

**APR 9: Pear Blossom Run.** 20K, Medford, Ore., Time TBA. Entries closed Feb. 28. Pear Blossom Run, P.O. Box 146, Medford, OR 97501. (503) 535-1205, eves.

**APR 9: Spartan Breakaway 10K.** San Jose (10th & Humboldt Sts.), 9 am. Marshall Clark, Men's Athletic Dept., San Jose State Univ., San Jose 95192. (408) 277-2195, Jerry Cashman - days.

**APR 9: Bodega Bay Fisherman's Festival Run.** 1, 3 & 6 miles, Bodega Bay, time TBA. Bob Brown, Coleman Valley Rd., Bodega Bay 94923. (707) 875-2115.

**APR 9: Eclipse Sun Run.** V. 5 & 10K, Irvine, 5K/7:30 am, 10K/8:00 am. Newport Beach Runners Assoc., 1162 Dorset Lane, Costa Mesa 92626. (714) 966-0556.

**APR 9: Masters 10K.** Eureka (Redwood Acres), noon. SRRC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**APR 9: Raley's Marathon & Half-Marathon.** (formerly Magical Musical Marathon... listed as 4/2 last issue in error), Folsom, 7 am/Marathon, 7:30 am/Half. Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-1FEET.

**APR 9: UCR Lite Riverside 5/10K Run.** Riverside (UCR), 8 am. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.

**APR 9: Conajo Track Club 10K.** Westlake Elementary School (Westlake Village), 8 am. Mike Forman, 6599 Tamarind, Agoura 91301. (213) 991-0140.

**APR 9: (Tentative) Laguna Seca Regional Park 5 Mile.** Between Salinas & Monterey on Hwy 68, Time TBA. Dave Lewis, Fleet Feet, 364 Main St., Salinas 93901. (408) 424-4343.

**APR 9: Run for the Son 5 & 10K.** Artesia (New Life Community Church), 8 am. Harold Clousing, 18800 Norwalk Blvd., Artesia 90701. (213) 924-4466.

**APR 9: Long Beach Police A.A. Benefit 10K.** Eldorado Pk., Time TBA. LBPA, P.O. Box 2468, Long Beach 90801. (213) 429-1440.

**APR 10: Run for the Sun.** 2.8 & 7.1 miles. Arcata Plaza, 10 am. Redwood Alliance, Box 293, Arcata 95521. (707) 822-7884.

**APR 10: Pigeon Pass Marathon (Half Marathon & Quarter Marathon).** Loma Linda (Gentry Gym), 7 am. Jim Perry, P.O. Box 495, Loma Linda 92534. (714) 824-1779.

**APR 10: Jimmy Stewart National Relay Marathon.** Los Angeles (Griffith Park), 5-Person Teams. St. John's Hospital & Health Center, Special Events Office, 1328 - 22nd St., Santa Monica 90404. (213) 829-8968.

**APR 10: Run for Daylight.** 10K, Alamo (Alamo Plaza), 9 am. American Cancer Society, P.O. Box 4295, Walnut Creek 94596. (415) 934-7640.

**APR 10: The Streets of Palo Alto 10K Run.** Palo Alto (El Camino Park... across from Stanford Shopping Ctr.), 8 am. Palo Alto Jaycees, 10K Run, P.O. Box 1321, Palo Alto 94302. (415) 323-PAJAC.

**APR 10: Apple Juice Run.** 2.2 & 6.2 miles, Sebastopol (Analy High School), 9 am. Sebastopol Chamber of Commerce, P.O. Box 178, Sebastopol 95472. (707) 823-3032.

**APR 10: Christian Brothers Classic 10K.** Moraga (St. Mary's College), 10 am. Christian Bros. Classic, 618 Lucas Dr., Lafayette 94549. (415) 837-2858, Mike.

**APR 10: Herc Dynamite Run.** 4 miles, Hercules (Refugio Park), 10 am. Fleet Feet Pinole, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188, Steve Justice.

**APR 10: Avon 15K Women's Race.** San Francisco (Golden Gate Park, Polo Fields So. Parking Lot), 9 am. Avon Running -YMCA, P.O. Box 62196, San Francisco 94162. (415) 668-2060. Entries Close April 5.

**APR 10: Union City Run.** 5 miles, Burlingame, 9 am. R.C. Masters, L.L. 1781, 1511 Rollins Rd., Burlingame 94010. (415) 595-3774, eves.

**APR 10: Carmel Run by the Sea.** 4 miles, Carmel, 9:30 am. Jim Langley, P.O. Box 296, Carmel 93921. (408) 624-2269 or 825-3093.

**APR 10: Golden State Classic 8K.** Oakland (Coliseum), 9 am. Golden State Warriors, c/o Oakland Coliseum Arena, Oakland 94621. (415) 638-6300.

**APR 10: Santa Clara Central Park Run.** 3.4 miles, Santa Clara (Community Recreation Center), 9 am. Bea Lichtenstein, 726 Woodhams Rd., Santa Clara 95051. (408) 241-8596.

**APR 10: DSE Kennedy Drive Run.** 4 miles, San Francisco (Golden Gate Park, Polo Fields), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**APR 10: Fitness Run.** 5 & 10K, Livermore (The Barn Pacific), 9 am. Bev Hamlin, 3529 Wind Cave Ct., Pleasanton 94566. (415) 846-1455.

**APR 10: Run For Life.** 10K, Stanford (Stanford Stadium), 9 am. Suzanne Allayaud, American Heart Ass'n, 3003 Moorpark Ave., San Jose 95128. (408) 247-8555.

**APR 10: Mother Lode Biathlon.** 40 mile bike, 10 mile run. El Dorado Hills, time TBA. City Sport Works, 5114 Madison Ave., Sacramento 95841. (916) 332-6453, days.

**APR 10: Volunteer Triathlon.** 10K run, 20 mile bike, 400 yd. swim. Clovis High School, time TBA (200 limit). Franz Wien-shank, 304 Crocker Bank Bldg., Fresno 93721. (209) 237-3101.

**APR 10: Finnsport 10K.** Granada Hills (Cal State Northridge), 9 am. Mike Ahola, 11505 Swinton Ave., Granada Hills 91344. (213) 360-5563.

**APR 10: International Friendship Marathon & Half Marathon.** Date change from 4/23 in last issue. Chula Vista to Rosarito Beach (Mexico), 7 am. Bill Stock, c/o EOL, P.O. Box 1049, Coronado 92118. (619) 286-RUNR.

**APR 10: Playa Vista 10K Run.** near Marina del Rey, 8 am. Summa Corp., P.O. Box 9000, Marina del Rey 90291. (213) 671-7531. 2000 Limit.

**APR 10: National 10K Women's Road Champs.** Albany, NY. Sandy Jacon, 726 Columbia Turnpike, East Greenbush, NY 12061. (518) 477-5945.

**APR 10: Marelio Cliff Run 10K.** Santa Cruz (Marelio H.S.), 9 am. Contact (408) 423-7659.

**APR 10: Puente Hills Mail 10K Run.** City of Industry, 8 am. Wendy Moore, Mkt. Dir., 449 Puente Hills Mall, City of Industry 91748. (213) 965-5875.

**APR 10: Spring Fever 5K.** Ontario (High School), 8 am. Greater Ontario T.C., 1128 W. Locust, Ontario 91761. (714) 986-9561.

**APR 10: David Urbina Ironman '83 5/10K Run.** Twenty-Nine Palms (Lucky Park), 9/10 am. David Urbina, 6847 Adobe Rd., 29 Palms 92277. (619) 367-6808.

**APR 10: Pasadena Poly Panther 5 & 10K.** Polytechnic School, 8 am. Poly Panther Run, c/o Polytechnic Upper School, 1030 E. California Blvd., Pasadena 91106.

**APR 10: Bank of Yorba Linda Fleet 5-Miler & Half Mile Munchkin Run.** Yorba Linda, 8 am. Contact: (714) 538-3338.

**APR 10: Mission Boosters Run.** 7 1/4 miles, San Luis Obispo (Cuesta College), 9 am. Pat & Marge Sullivan, 295 Foothill Blvd., San Luis Obispo 93401. (805) 543-5098.

**APR 10: San Jose Gold Bar Run.** 10K. San Jose (Hellyer Park), 10 am. Limited to 500 Runners. Bob Perkins, c/o Athlete's Foot, 335 Eastridge Mall, San Jose 95122. (408) 274-5262.

**APR 10: KCHO Rhythm Run.** 3 & 6 miles, Chico (Bidwell Park, Hooker Oak Recreation Area), 9 am. Contact: KCHO (916) 895-5896.

**APR 10: Jernagan Run.** 10K & 2 mile, Kingsburg (Memorial Park, Swedish Village), 9 am. Fresno County Auditor-Controller/Treasurer Employees' Ass'n, 1532 Ventura, Kingsburg 93631. (209) 897-4684.

**APR 10: Hornet 10K/Phantom 4-Mile Run.** El Toro Marine Corps Air Station (Santa Ana), 8 am/4 mile, 9 am/10K. El Toro Marine Corps Air Station (714) 651-2664.

**APR 10: Livermore 8.56 Mile Race.** Livermore (Lawrence Livermore Nat'l Lab), 10 am. Jean Shuler, P.O. Box 121, Livermore 94550. (415) 423-1909.

**APR 10: Jack London Wolf Run.** 3K & 10K, Jack London State Park, Glen Ellen (Sonoma County), 9:30 am. Butch Alexander, P.O. Box 632, Sonoma 95476. (707) 996-3899.

**APR 10: Son of the Ditch Run.** 5 "tough" Miles, Weaverville, noon. Pete Silligo, P.O. Box 929, Weaverville 96093. (916) 623-5406.

**APR 10: Jackass Mail Run 10K.** Springville, 8 am. Carol Lapham, 36183 Hwy 190, Springville 93265. (209) 539-2521.

**APR 10: City of Health 5/10K Run for Fitness.** Duarte (Royal Oaks School), 8:30 am. Duarte Parks & Rec. Dept., Run for Fitness, 1600 Huntington Dr., Duarte 91010.

**APR 10: San Marino Rotary Run for Fun.** 5 & 10K, San Marino HS, 8 am. Norman Arce, c/o San Marino Rotary, Box 8301, San Marino 91108. (213) 285-8844.

**APR 10: Let's Get Together 5-Miler.** Mt. View (Downtown), 9 am. Mark Reynolds, 1400 Stierlin Rd., Mtn. View 94042. (415) 965-8777, x232.

**APR 10: Sierra Mountain Race V.** Squaw Valley Nordic Center, 10K XC-Ski, 10K Run, 30K Bike, 10 am. Bill Jensen, P.O. Box 7045, Tahoe City 95730. (916) 583-2264, eves.

**APR 10: Tierrasanta Kiwanis Spring Run.** 10K & 3 Mile Fun Run, San Diego (Serra Jr./Sr. High School), 7 am. Kiwanis Club of Tierrasanta, 10K Run, P.O. Box 24009, San Diego 92124. (619) 279-5237.

**APR 10: April in Yorba 5/10K.** Yorba Regional Park, Yorba Linda, 8:15 am/5K, 9 am/10K. South Coast Runners Ass'n, 3857 Birch, Room 442, Newport Beach 92660. (714) 646-3452.

**APR 10: RPU 5 & 10K Run.** Lancaster, 8:30 am. Running Promotions Unltd., P.O. Box 121, Lancaster 93534. (805) 942-3820.

**APR 10: Roseburg TC 50K.** Roseburg, Oregon (Hoffman Center, Stewart Park), 8 am. Fred Pietrzak, 1317 S.E. Main, Roseburg, OR 97470. (503) 673-7359.

**APR 10: Run for Playmates 10K.** (& 60yd. dash for children), San Francisco (Golden Gate Park, Polo Field Stadium), 8:30 am/10K, 10 am/60yd. Run for Playmates, c/o Raye Byrne, 1648 - 21st. Ave., San Francisco 94122. (415) 661-8869.

**APR 10: Overton 2 Mile & 10K.** Overton, Nevada (High School) north of Las Vegas on I-15, 10 am/2 mile, 10:30 am/10K. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

**APR 10: San Bernardino Heart Ass'n "Hearts on the Run" 5/10K.** Cal-State S.B., 8 am. Race Central, P.O. Box 828, Rialto 92376. (714) 824-6016.

**APR 10: Rape Crisis Prevention 5/10K.** Riverside Auto Center, Time TBA. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.

**APR 10: American River 50-Mile.** Sacramento to Auburn (Cal State Sacramento start), 6 am. PA/TAC Championships. Fleet Feet, 107 S. Harding Blvd., Roseville 95678. (916) 783-4558.

**APR 10: Nowhere to Run 10K.** Livermore (Robertson Park), 10 am. David Randolph, P.O. Box 9947, Berkeley 94709. (415) 549-0361. 1000 Limit.

**APR 10: Kimochi Cherry Blossom 5 Mile.** San Francisco (Golden State Pk. to Japan Town), 9 am. Steve Nakajo, 1581 Webster St., No. 10, San Francisco 94115. (415) 931-2294.

**APR 10: Lafayette Loop.** 2 Mile & 10K, Lafayette Plaza (Lafayette), 9 am. Marcia Robbins, Center for Living Skills, P.O. Box 1145, Lafayette 94549. (415) 284-4871.



**APR 17: DSE Golden Gate Vista Run.** 5 miles, San Francisco (Legion of Honor), 10 am. Walt Stack, 741 Kansas St., No. 2 San Francisco 94107.

**APR 17: Fairfield Osborn Preserve Benefit Run.** 5 mile, Cotati, 9:30 am. Larry Serpa, 6543 Lichau Rd., Penngrove 94951. (707) 795-5068.

**APR 17: Angwin to Angwish Run.** 7.6 mile, Angwin (Pacific Union College), 10 am. Dr. Daryl Stewart, P.E. Dept., Pacific Union College, Angwin 94508. (707) 965-6245.

**APR 17: Vineyard Runs.** 3, 10 & 30K. Geyserville (Geysers Peak Winery), 9 am. Mary Harrington, P.O. Box 11548, Santa Rosa 95406. (707) 542-5045.

**APR 17: Open Space Race.** 10K, Santa Cruz (Delaware & Swanton Sts.), 9 am. Rich Jahn, P.O. Box 847, Ben Lomond 95005. (408) 336-2261.

**APR 17: Sunland-Tujunga Rotary 10K.** Location TBA, 9 am. Ted Mertz, Sunland-Tujunga Rotary, Box 366, Sunland 91040. (213) 353-4283.

**APR 17: Simi Valley Freedom 5 & 10K.** Adventist Hospital, 8 am. Simi Valley Adventist Hospital, 2975 N. Sycamore Dr., Simi Valley 93062. (805) 583-6257.

**APR 17: San Miguel Half Marathon.** San Luis Obispo (Meadow Park), 9 am. San Miguel Half Marathon, 244 California Blvd., San Luis Obispo 93401. (805) 541-1310, Virginia Lazzarini.

**APR 17: Kaweah River 8 Miller.** Visalia area, time TBA. Dave Bronzan, 112 Green Oaks, Visalia 93277. (209) 625-9537.

**APR 17: Run Your Art Out/Newport Museum 10K.** Newport Beach (by Newport Inn), 9 am. Mitch Harmatz, Cal-State Dominguez Hills. (213) 516-3513.

**APR 17: Save Your Vision Week 5/10K Runs.** Pierce College, Woodland Hills, 5K/8 am, 10K/8:45 am. Los Angeles County Optometric Society, 4055 Wilshire Blvd., Suite 407, Los Angeles 90010. (213) 381-1357.

**APR 17: The HEART/CAAN Run Marathon & 10K.** Ventura (Mission Park), time TBA. Fred Turner, 5554 Lafayette St., Ventura 93003. (805) 642-5296.

**APR 17: MDA 10K & 1 Mile Fun Run.** Del Mar, 7:30 am. Joan Roegno, c/o EOL, P.O. Box 1049, Coronado 92118. (619) 584-2484.

**APR 17: El Camino College Classic 5/10K.** Torrance, 8 am. R.A.C.E., Box 8C, Westminster 92683. (213) 532-3670, x219.

**APR 17: Sunset Park 5 Mile & 15K.** Las Vegas, Nevada (Sunset Park), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**APR 17: Rio Bravo 10 Mile X-C.** Bakersfield, 8 am. Mike O'Haver, P.O. Box 10371, Bakersfield 93389. (805) 832-0749.

**APR 17: J.C. Pennies Fun Runs.** 2 & 5 miles, Fresno (5111 E. McKinley), 7 am. Zeta Williams, KMPH TV, 5111 E. McKinley, Fresno 93727. (209) 255-2600.

**APR 17: Open Space Race.** 10K, Santa Cruz, 9 am. Rick Jahn, P.O. Box 847, Ben Lomond 95005. (408) 336-2261, weekdays.

**APR 18: Boston Marathon.** Hopkinton to Boston, noon. B.A.A. Marathon, P.O. Box 223, Boston, MA 02199. Entry Deadline probably March 9th.

**APR 23: El Molino 10K Vineyard Run.** Mark West Vineyards (No. of Santa Rosa), 11 am. Nancy Estes, El Molino High School, 7050 Covey Rd., Forestville 95436. (707) 887-2271, days.

**APR 23: Baylands 10K Run.** Sunnyvale (Casplan & Geneva), 9 am. Mark Grazan, c/o P.O. Box 60607, Sunnyvale 94088. (408) 738-5521.

**APR 23: Synanon 25th Anniversary 10K.** Exeter (20934 Hwy. 198), 10 am/2 mile, 10:30 am/10K. Steve Diamant, Synanon R.C., P.O. Box 42, Badger 93603. (209) 337-2885.

**APR 23: Fontana Days Half-Marathon & 5K Run.** Fontana (Miller Park), time TBA. Kit Ledbetter, Parks & Rec. Dept., 8353 Sierra Ave., Fontana 92335. (714) 823-3411, x37.

**APR 23: Oxnard College 10K.** Oxnard College, 8:30 am. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

**APR 23: Tustin Community Hospital Run for Sobriety 5 & 10K.** Tustin (Utt School), 8 am. Rob Jorgenson, Tustin Community Hospital, 14662 Newport Ave., Tustin 92680 (714) 838-9600, x426.

**APR 23: Broadway Southwest 5 Mile.** Las Vegas (Boulevard Mall), Nevada, 8 am. The Running Store, 602 S. Maryland Pkwy. Las Vegas, NV 89101. (702) 382-3496.

**APR 23: International Friendship Marathon & Half-Marathon.** Date Changed to April 10.

**APR 23: High Desert Escapades Marathon.** Desert Empire Fairgrounds, Ridgecrest, time TBA. Ridgecrest Chamber of Commerce, P.O. Box 771, Ridgecrest 93555. (619) 375-8331. Entries Must Be Postmarked by April 9.

**APR 23: Stanford Run.** 10K, Stanford (Angel Field), 10:30 am. Contact SAE Fraternity (415) 327-9917.

**APR 23: Run/Walk for Choice 5K.** San Francisco (Golden Gate Park, Polo Fields), 10 am. Meredith Mack, CARAL, 4110 Geary Blvd., Suite 204, San Francisco 94118. (415) 751-0300.

**APR 23: Lake San Antonio Budweiser Lite - Wild Flower 100 Triathlon.** 2K swim, 80K bike, 18K run, Lake San Antonio (Salinas area?), time TBA. Dave Lewis, Fleet Feet, 364 Main St., Salinas 93901. (408) 424-4343.

**APR 23: Hastings/K-Lite Olympic Run.** 10K, San Francisco (The Anchorage), 8:30 am. Hastings, 135 Post St., San Francisco 94108.

**APR 23: SPATAC District 15K Championships.** Los Angeles (Griffith Park), 8 am. California Road Runners Club, Box 891, Tarzana 91356. (213) 888-5526.

**APR 23: Body & Soul Fitness Center 5/10K Run.** Alta Loma (19th & Archibald), 9 am. Event Services Co., 7211 Ramona Ave., Alta Loma 91701. (714) 980-7990.

**APR 23: Run for Ratcliffe.** One hour jog-a-thon. (209) 442-8234.

**APR 23: Guiding Hands 10K & 2 Mile.** San Diego (Mission Bay), 8 am. Robert Farwell, c/o End of the Line, Box 1049, Coronado 92118. (619) 470-8151.

**APR 24: SPATAC 20K, 50K & 100K Championships.** East of Camarillo (Adohr Dairy), 7 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

**APR 24: April Amble.** 4 mile, Moraga (Moraga Common), 10 am. Staggered start by ability. Michelle Taylor, c/o Mt. Diablo YMCA, 350 Civic Dr., Pleasant Hill 94523. (415) 687-8900.

**APR 24: Santa Monica Pier 5/10K to Benefit Special Olympics.** Santa Monica (City Hall), 9 am. Santa Monica Recreation & Parks Dept., 1685 Main St., Room 210, Santa Monica 90401. (213) 393-0462.

**APR 24: Mt. SAC Relays 10K.** Walnut (Mt. SAC), 9 am. Jim Crumpton, Mt. SAC, Walnut 91789. (714) 594-5611.

**APR 24: Berkeley Bay View Bull Run.** 10K, Berkeley (Inspiration Pt, Tilden Park), 9:30 am. Berkeley Runners Club, 2001 Tiffin Rd., Oakland 94602.

**APR 24: ARC Lake Merced Run.** 4.5 miles, San Francisco (Sunset Blvd. Parking Lot), 9 am. Asian Runners Club (Barbara Lee) (415) 752-7696.

**APR 24: Nordstrom 10K & 1 Mile for Children.** Eldorado East Regional Park (Golden Grove), 8 am. Nordstrom Active Sports, 3333 Bristol Ave., Costa Mesa. (714) 549-8300.

**APR 24: Boothe Park Ribbon Runs.** 2 mile, 5 & 10K, Napa Valley (between St. Helena & Callistoga), 9 am. Therman Gibson, P.O. Box 519, Angwin 94508.

**APR 24: March of Dimes Walk America 30K Walk or Run.** San Jose (City College), 7:30 to 9:30. Marie Lagattuta, 1171 Lincoln Ave., San Jose 95125. (408) 295-WALK.

**APR 24: Charge of the Lite Brigade.** Half-Marathon (13.1 miles), Hayward to Foster City (meet at Merbyn's Pkg. Lot, 1 block off Hwy 92), 7:30 am. Daylight Savings Time. San Mateo County Historical Ass'n, 1700 W. Hillside Blvd., San Mateo 94402. (415) 574-6441.

**APR 24: DSE Mt. Davidson Run.** 3 miles, San Francisco (Riordan H.S., 175 Phelan), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**APR 24: Terra Linda Ridge & Valley Runs.** 5 & 10K, San Rafael (Terra Linda H.S.), 9 am. Carl Flynn, 61 Ranchitos Rd., San Rafael 94903. (415) 499-1506.

**APR 24: Run to Daylight.** 10K, Santa Rosa (Spring Lake Park, Spring Lake Lagoon), 10 am. Ron Wareham, P.O. Box 6238, Santa Rosa 95406. (707) 544-8414.

**APR 24: Orienteering Meet (Tentative).** Tilden Regional Park (Oakland), time TBA. Carlo Alesandrini (415) 525-4725.

**APR 24: Golden State Women's Run 5 & 10K.** San Jose (Fleet Feet), 9 am. Golden State Women's Run, 2410 "J" St., Sacramento 95816. (916) 442-3962.

**APR 24: Run in the Park 10K & 1 Mile.** Long Beach (El Dorado Park), 8 am. R.A.C.E., Box BC, Westminster 92683. (714) 897-2227.

**APR 24: Lakewood 10K & 2 Mile Fun Run.** Lakewood (Center Park), 8:30 am. Runner's High, 5519 Del Amo Blvd., Lakewood 90713. (213) 920-3580.

**APR 24: Pico Canyon Classic 8K.** Newhall, 8 am. Camping World, 24901 Pico Canyon Dr., Newhall 91321.

**APR 24: Coca-Cola Ultra Marathons.** 30K, 50K, 50 mile, 100K. Yakima, Washington (Randall Park), 6 am/100K (and various other starting times for other events). Dick Goodman, Route 4, Box 4186, Selah, WA 98942. (509) 697-8100. April 22 Deadline.

**APR 24: Santa Monica Pier 5 & 10K Runs.** Santa Monica City Hall, 9 am. Pier Race, Santa Monica Recreation Dept., 1685 Main St., Room 210, Santa Monica 90401.

**APR 24: March of Dimes 5/10K Run.** Newport & Irvine (Harbor Court on Jambores), 8:30 am. March of Dimes, 661 Hamilton, Costa Mesa 92627.

**APR 24: Run for Sobriety.** 5 & 10K, Tustin (Utt School), 8 am. Tustin Community Hospital, 14662 Newport Ave., Tustin 92681. (714) 838-9600, ext. 426, Carolyn O'Rourke or Rob Jorgenson.

**APR 30: Deadline for Bay to Breakers entries.** See May 15.

**APR 30: Dispatch Road Run.** 3 & 10K, Gilroy (Christmas Hill Park), 8:30 am. Steve Owen, 8855 Murray Ave., Gilroy 95020. (408) 842-2327.

**APR 30: Hill & Dale Run.** 10K, Healdsburg (Field Stone Winery), 8:30 am. Suzie Buchignani, 10075 Hwy 128, Healdsburg 95448. (707) 433-7266.

**APR 30: Original Foothill Footrace.** 10K & 2 Mile Fun Run, Coarsegold (Yosemite Lakes Park), time TBA. Stan Cooper, P.O. Box 2178, Coarsegold 93614. (209) 683-2110.

**APR 30: Rotary River Run.** 3 & 8 Mile (& children's 1 mile), Firebaugh, 8:30 am. Ron Sanl, 2107 N. Harrison, Fresno 93704. (209) 233-0009.

**APR 30: Bad Bug Challenge 10K.** Ione (near Jackson), 8 am. Lucie Gray or Joy Jackman, P.O. Box 362, Jackson 95642. (209) 267-0105 or 223-1484.

**APR 30: Pena Adobe Runs.** 5 & 10K, Vacaville Gliderport (btwn. Fairfield & Vacaville on Hwy 80), 9 am. Mark Waters, P.O. Box 525, Suisun 94585. (707) 447-1252.

## Jan Johnson - CONVERSE VAULTING CAMP Cal Poly San Luis Obispo July 10-15, 1983

- \* Designed by a championship vaulter and coach specifically for vaulters
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- \* Individualized instruction, enrollment limited
- \* **JAN JOHNSON**  
1972 Olympic Bronze Medalist  
Former World Record holder  
M.S. Biomechanics  
Researcher

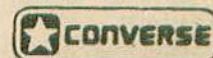
**Other Locations & Dates**  
June 12-17 SIU, Carbondale, IL.  
June 19-24 LSU, Baton Rouge, La.

### FOR INFORMATION:

Tom Henderson  
Track Coach Cal Poly  
Dept. of Athletics  
San Luis Obispo, Ca. 93401  
805-546-2235  
805-544-6020



**PACER III  
VAULTING POLES**





# Schedule

**APR 30: L.A. Triathlon Championship Series.** Bonelli Park, San Dimas (swim 1K, bike 38K, run 8K), time TBA. Bill Fulton, The Complete Runner, 2658 E. Garvey Ave. So., West Covina 91791. (213) 331-0169.

**APR 30: Van Nuys Kiwanis 5/10K Run.** Van Nuys (Woodley Park), 5K/8 am, 10K/8:15 am. Don Turner, Valley State Bank, P.O. Box 8347, Van Nuys 91409. (213) 994-9200.

**APR 30: Breakers YMCA 10 Mile Run.** Mission Beach, 7 am. Roger Martin, c/o E.O.L., P.O. Box 1049, Coronado 92118. (619) 232-7451.

**APR 30: Boulder City 2 & 6 Mile.** Boulder City, Nevada (Recreational Center), 8:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**APR 30: "Corre" Para Los Ninos del Centro Tutorial de San Juan/Run for the Kids of St. John's 5 & 10 Mile.** San Francisco (Zoo Blvd. Parking Lot, Lake Merced), 9 am. Jane Montescolence, 1661 - 15th St., San Francisco 94103. (415) 864-5206, 1-4 pm.

**APR 30: The Oldtown Mile.** Salinas (John & Main Sts.), 11 am. Fleet Feet, 364 Main St., Salinas 93901. (408) 424-4343.

**APR 30: "Run with the Nurses" 5/10K.** Pasadena, 8 am. LAC/USC Medical Center, P.O. Box 2071, Los Angeles 90033. (213) 226-4664.

**APR 30: California Highway Patrol 5/15K Run.** Riverside (Arlington High School), 8 am. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.

**APR 30: Civilian Run for the Gold 5 & 10K.** Azusa, 8:30 am. Civilian Run for the Gold, P.O. Box 24, Azusa 91702. (213) 334-7037.

## MAY

**MAY 1: Wild, Wild West X-Country Marathon.** Lone Pine (Tuttle Creek Campground), 7 am. Robert Frickel, P.O. Box 352, Lone Pine 93545. (714) 876-5671.

**MAY 1: Avenue of the Giants Marathon.** Weott (Humboldt Redwoods State Pk.), 9 am. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435. **NOTE: 2000 limit on entries... if 2000 limit is reached by Feb. 15, then a lottery will be used to select 2000. No "transfers" this year!**

**MAY 1: Lilac Bloomsday Run.** 7.5 miles, Spokane, Washington. Box 1551, Spokane, WA 99210.

**MAY 1: Widney Athletic Ass'n Run/Wheel/Walk.** Los Angeles (Griffith Park), 8 am. Widney, 2302 S. Gramercy Pl., Los Angeles 90018. (213) 731-8633 or 389-9714.

**MAY 1: Devil Mountain Run.** (PA/TAC Men's Championship), 10K, Danville (Town & Country Center), 9 am. Devil Mtn. Run, P.O. Box 727, Alamo 94507. (415) 837-9187, 820-6038, or 932-0494.

**MAY 1: Santa Clara Police 10K Pursuit.** Mission College (Santa Clara), 9 am. BCPAA, P.O. Box 223, Santa Clara 95051.

**MAY 1: Hub to Campus 5000 Meters.** Hob of Cotati, 11 am. Bob Sorani, Phys. Educ. Dept., Sonoma State Univ., Rohnert Park 94928. (707) 684-2521.

**MAY 1: Marin YMCA May Day Run.** 10K & 1 mile, 8:30 am. Barbara Baird, 241 N. San Pedro Rd. (YMCA), San Rafael 94903. (415) 472-1301.

**MAY 1: Boardwalk 8K Race.** Redwood City (Boardwalk VW), 9 am. Bob Kissick, 350 Convention Way, Redwood City 94063. (415) 464-0100.

**MAY 1: Stockton Race for Exceptional Children.** 13.1 mile, 10K, 1 & 2 mile. Stockton, time TBA. Ward Downs, 6841 Vicksburg Pl., Stockton 95207. (209) 477-8405.

**MAY 1: DSE Pike's Peak 'Peak Busters' Benefit Race.** 7.5 miles, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**MAY 1: Lemoore NAS Air Show Half-Marathon.** Lemoore NAS, time TBA. Air Show Half-Marathon, NAS Lemoore 93245.

**MAY 1: Reedley 10 Mile.** Reedley, time TBA. Dave Bronzan, 112 Green Oaks, Visalia 93277. (209) 625-9537.

**MAY 1: Ojal 10K.** Sarazott Park, Ojal, 9 am. Inside Track, 1410 E. Main St., Ventura 93001. (805) 843-1104.

**MAY 1: Rotary Club 5 & 12K Runs.** Olivehurst(?) time TBA. Jim Buchan, P.O. Box 1062, Marysville 95901.

**MAY 1: Los Angeles Ironman Championship.** Swim 2 miles, bike 100 miles, run 20 miles. Los Angeles area, time TBA. Triathlon Productions, 653 Camino Del Mar, Del Mar 92014.

**MAY 1: Carmel Valley Golf & CC-MPC Benefit 8K Race.** Carmel Valley Golf & CC, 4 pm. Skip Marquard, 312 W. Carmel Valley Rd., Carmel Valley 93924. (408) 659-4268. **700 entry limit.**

**MAY 1: Monterey Peninsula College Fitness Lab Benefit 8K.** Twice cancelled previously because of rain. Carmel Valley Golf & Country Club, 4 pm. Skip Marquard, 312 W. Carmel Valley Rd., Carmel Valley 93924. (408) 659-4268. **700 limit, no race if it rains the week prior.**

**MAY 1: Julie Partridge 10K Memorial Racewalk.** Stanford (nr. Angell Field & Stanford Stadium), 10 am. Woodside Striders, Lori Maynard, 2821 Kensington Rd., Redwood City 94061.

**MAY 1: Claremont May One Fun Run 3K, 5K & 10K.** Pomona (College Memorial Stadium), 8 am. Todd Ervin (714) 824-9041, ext. 241.

**MAY 5: Aztlan Indian Run.** 5K X-Country, Los Angeles (Elysian Park Dr. & Stadium Way), 8:30 pm/men, 7:00 pm/women. Aztlan Track Club, 448 No. Ave. 56th, Los Angeles 90042. Frank Meza (213) 255-3041.

**MAY 7: Las Lomas 10K Run.** Las Lomas (Hall School, nr. Watsonville), 10 am. Hall School, 300 Sill Rd., Las Lomas 95076-5696. (408) 728-8371.

**MAY 7: Women Running for Women.** 10K & 2 mile, Stockton (Oak Grove Park), 9 am/2 mile, 10 am/10K. **Women only in 10K.** Women's Center of San Joaquin Co., 930 N. Commerce, Stockton 95202. (209) 941-2611.

**MAY 7: Fun for Life.** 5 & 10K, Redding, 9 am. Harry Daniell, 5070 Sunnyhill Ln., Redding 96002. (916) 223-0211.

**MAY 7: Run for the Son 10K & 1 Mile Fun Run.** Los Gatos (Christian Church), 8:45 am. Michael Corrick, 1480 Camino Robles Ct., San Jose 95120.

**MAY 7: Corralitos 10/20K Road Races.** Corralitos (Holy Eucharist Church), 8:15 am. Contact: (408) 722-5490, or 722-7285.

**MAY 7: Runner's World Road Club 5-Miler.** Los Altos Hills (Foothill College), 10 am. Peanut Harms, Track Coach, Foothill College, 12345 El Monte Rd., Los Altos Hills 94022.

**MAY 7: Pelos Verdes 10K.** Marineland, 8 am. Barney Villa (213) 539-1661.

**MAY 7: St. Patrick's Derby Run.** 5K, Rodeo (St. Patrick's School), 9 am. Joan Crossley, 916 Coral Dr., Rodeo 94572. (415) 799-5501.

**MAY 7: Blue Jackets 10K & 2 Mile Fun Run.** San Diego (Mission Bay), 7 am. Jerry Becker, c/o EOL, Box 1049, Coronado 92118. (619) 225-5195.

**MAY 7: Carrera Delano.** 5 & 10K, Delano, 8 am. Jacinto Orosco, P.O. Box 96, Delano 93216.

**MAY 7: Maranatha Marathon, Half-Marathon & 10K.** Sacramento, 8 am. Art Baudendistel, 6505 Juneau Way, No. Highlands 95660. (916) 332-3391.

**MAY 7: Golden State Women's Run.** 5 & 10K, Salinas (Toro Park), 9 am. Golden State Women's Run, 2410 "J" St., Sacramento 95816. (916) 442-3962.

**MAY 7: Golden State Women's Run.** 5 & 10K, Chico (Bidwell Park), 9 am. Golden State Women's Run, 2410 "J" St., Sacramento 95816. (916) 442-3962.

**MAY 7: Angel Island Run.** 4.8 mile (Angel Is., S.F. Bay), 12:30 pm. The Guardsmen, 12 Geary St., Room 201, San Francisco 94108. (415) 989-6403.

**MAY 7: Camino Del Diablo.** 7 mile, Mt. Diablo State Park (Turtle Rock Ranch), 8:30 am. Mary Skinner Mt. Diablo State Pk., P.O. Box 250, Diablo 94528. (415) 837-2525.

**MAY 7: Corporate Cup Relays.** Foothill College, Los Altos Hills, time TBA. David Hans, Runner's World, 1400 Stierlin Rd., Mtn. View 94043. (415) 965-8777.

**MAY 7: The Human Race.** 10K, Napa (Robert Mondavi Vineyards), 9 am. Nancy Sellers, 2310 Laurel, Napa 94559. (707) 257-3870.

**MAY 7: Bakersfield Triathlon.** Bakersfield (Costerlan Lake, Buena Vista Rd.), 8 am. Swim 1/2 mile, bike 20 miles, run 6 miles. Bill Easton, 7604 Calle Corta, Bakersfield 93309. **300 entry limit.**

**MAY 7: The Human Race.** 3 & 10K. Santa Rosa (Rincon Valley Jr. High), 9 am. Volunteer Center, 741 Fifth St., Santa Rosa 95404. (707) 544-9480.

**MAY 7: The Human Race.** (other various locations throughout state) - contact: Loyce Haran, c/o Volunteer Bureau, 450-B Peninsula Ave., San Mateo 94401. (415) 342-0801.

**MAY 7: California Road Runners 10 Mile & 5 Mile Run.** Los Angeles (Griffith Park), 8 am. CRRC, Box 891, Tarzana 91356. (213) 888-5526.

**MAY 7: Ford Aerospace Spring Tune Up III.** 1.6, 5 & 10K, Newport Beach (Ford Aerospace), 7:45 am. S.T. Johnson, Ford Aerospace, P.O. Box A, Ford Rd., Newport Beach 92660. (714) 720-4113.

**MAY 7: Desert Foxes 10K.** Las Vegas (Racquet Club, 9001 S. Industrial), Nevada, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**MAY 8: Run for Israel.** 5K, Univ. of California, Berkeley, 2 pm. Mark Dollinger, 2401 Piedmont, Berkeley 94704. (415) 843-3279.

**MAY 8: May Day Run.** 5 & 10K (Plus 9 & Under 5/8 Mile Fun Run). San Francisco (Golden Gate Park, Polo Fields, So. Parking Lot), 9 am. (5/8-mile/8:30 am). San Francisco Heart Ass'n., 421 Powell St., San Francisco 94102. (415) 433-2273.

**MAY 8: New Novato Ridge Run.** 5.5K & 5.2 mile, Novato High School, 10 am. Jim Platt, 4 Monroe Ct., Novato 94947. (415) 897-8792.

**MAY 8: Run for the Dogs.** 5 miles, Santa Rosa (1215 Sebastopol Rd.), 10 am. Canine Companion Facility, 1215 Sebastopol Rd., Santa Rosa 95401. (707) 528-0830.

**MAY 8: Keelhauler Classic 10K.** Calif. Maritime Academy, Vallejo, 9 am. **May 5 Entry Deadline.** Harry Diavatis, P.O. Box 1392, Vallejo 94590. (707) 644-2222.

**MAY 8: DSE Bay to Breakers Practice Run.** 7.6 miles, San Francisco (Howard & Spear Sts.), 8 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**MAY 8: Mother's Day 4 Mile.** Visalia, time TBA. Rob Stephenson, 1527 Vassar, Visalia 93277. (209) 733-1655.

**MAY 8: Kiwanis Share the Good Health Run.** 10K, Atherton (Menlo School & College), 8 am. Kiwanis Run, P.O. Box 2745, Redwood City 94064. (415) 365-0796 or 368-6968.

**MAY 8: The Stanford Challenge.** Unique 6-event competition, Stanford Univ. (Angell Field), 10 am. Jack Martin, Stanford Univ. Athletics, Roble Gym, Stanford 94305.

**MAY 8: Burlingame Fun Run.** 2.85 mile, San Mateo (Coyote Point Park), Beach Parking Area, 8 am. Burlingame Recreation Dept., 850 Burlingame Ave., Burlingame 94010. (415) 344-6386.

**MAY 8: Mother's Day Run.** Distance not known, Fresno (Woodward Park), 7 am. Fresno Joggers, c/o James Plus, 1325 Adler Dr., Clovis 93612. (209) 299-8542.

**MAY 8: Colton Fireman's Association 5 & 10K Run.** Colton High School (Football Stadium), 8 am. Colton Fire Dept., 303 East "E" St., Colton 92324. (714) 825-4227, Garen Anderson.

**MAY 8: "Rock 'N Run" 3 & 10K.** UCLA Campus, Los Angeles, 10 am. Dennis Dunstan (213) 657-4008. **\$20,000 in prize money.**

**MAY 8: Carrera de Cabras 7.2 Mile Trail Run.** Westlake Village (Elem. School), 8 am. Mike Forman, 6599 Tamarind, Agoura 91301. (213) 991-0140.

**MAY 14: Drew Health Foundation's Run for Your Life 1 & 3 Mile.** Also 1 mile walk, Palo Alto (2111 University Ave.), 11 am. Janet Swekert, DHF, 2111 University Ave., Palo Alto 94303. (415) 328-5060, ext. 247.

**MAY 14: Vineyard Run.** 8K, Pleasanton (Stony Ridge Winery), 9 am. Resources for Family Development, 1520 Catalina Ct., Livermore 94550. (415) 455-5111.

**MAY 14: Sunlight Gold Rush Two-Day 100K.** Sacramento Area, Time TBA. Paul Reese, 4921 Crestwood Way, Sacramento 95822. (916) 443-9146.

**MAY 14: Run for the Sun.** 15K & 2 mile, Modesto (Jr. College, West Campus), 8 am. Shadowcase R.C., P.O. Box 3605, Modesto 95352. (209) 524-0240.

**MAY 14: San Fernando Fiesta Days 10K.** San Fernando, 9 am. Runner's Sole, 17820-A Chatsworth St., Granada Hills 91344. (213) 368-7889.

**MAY 14: Realtors Spring Classic Run.** 5 & 10K, Santa Rosa (Spring Lake), 9 am. John Davis, Sonoma County Board of Realtors, P.O. Box 3758, Santa Rosa 95402. (707) 526-2253, Janice Adams.

**MAY 14: For the Accomplishment Run for Special Olympics.** 2, 5 & 10 miles, Pasadena (Rose Bowl), 8 am. Tri-Valley Special Olympics, 4448-B Lubbock Dr., Simi Valley 93063.

**MAY 15: Bay to Breakers.** 7.5 miles, San Francisco (Howard & Spear Sts.), 8 am. Examiner Bay to Breakers, P.O. Box 42000, San Francisco 94142. **Entry Deadline is April 15.**

**MAY 15: Los Angeles International Marathon.** Postponed until late 1993 or early 1994. Los Angeles, 8 am. Dennis McCarthy, P.O. Box 3249, Torrance 90510. **5000 Limit.**

**MAY 15: Browns Valley Ribbon Run.** 2, 4 & 8 miles, west of Napa (Browns Valley School, Browns Valley Rd. at Buhan), 8:30 am. George Grammens, P.O. Box 2121, Napa 94558. **Raceday Registration Only.**

**MAY 15: Forty-Niner Biathlon.** 6 mile run, 27 mile bike, Cool, time TBA. Dan Olmstead, 1440 Canal St., Auburn 95603. (916) 885-3861 or 783-4558.

**MAY 15: Pepsi 10K.** Samoa (near Eureka), 1 pm. Jan Ford, Pepsi-Cola Bottling Co., Second & Y Sts., Eureka 95501. (707) 443-4856.

**MAY 15: McDonald's Run for Summer Fun.** 5 & 10K, Encino (Woody Park), 8 am/5K, 8:30/10K, California Road Runners Club, Box 891, Tarzana 91356. (213) 888-5526.

**MAY 15: Santa Anita Lite Spring Classic 5 & 10K.** Santa Anita Race Track, 8:30 am. Spring Classic, P.O. Box 522, Arcadia 91008. (213) 445-8364.

**MAY 15: SPATAC 5K District Championships.** Westlake Village (Elem. School), 8 am/women, 9 am/men. Mike Forman, 6599 Tamarind, Agoura 91301. (213) 991-0140.

**MAY 15: Have a Heart 10K.** Santa Barbara (Goleta Beach Park), 8:30 am. Alpha Phi Sorority. (805) 968-3919.

**MAY 15: Around the Bay in May.** 6.2 miles, South Bay Community Park, Los Osos, 9 am. Bear Foot Shoes, 2011 10th St., Los Osos 93402.



**MAY 21: Aptos Creek Marathon.** Aptos, 8 am. Hans Albrecht, Nike, 3900 S.W. Murray Blvd., Beaverton 97005. (503) 641-6453. Rugged Mtn. Trails. **Limit 300, No Post Entry.**

**MAY 21: National 50K Race Walking Champs.** Senior and Masters Men. Carmel, California. Giulio dePetra, P.O. Box 2927, Carmel 93921. (408) 624-7211.

**MAY 21: Leatherneck Marathon.** MCAS El Toro (Santa Ana), 7 am. Marathon, c/o Training Dept., (1GA), MCAS El Toro, Santa Ana 92709. (714) 651-3121.

**MAY 21: Run for the Roses 10K.** Santa Rosa (Veterans Memorial Bldg.), 8 am. Sharon Wright, Exec. Director (DDA), 306 Mendocino Ave., No. 515, Santa Rosa 95404. (707) 545-3534.

**MAY 21: Cardiac Pacer 5-Mile Run.** Santa Cruz (UCSC E. Fieldhouse), 10 am. Terry Warner, c/o UCSC, E. Field House, Santa Cruz 95064. (408) 429-4220.

**MAY 21: The Bayonet 7.7 miles.** Ft. Ord (Stillwell Recreation Ctr.), 10 am (also Children's 1 mile, 9:30 am). Morale Support Activities, Attn: Sports Branch Bldg., Ft. Ord 93941. (408) 242-4305.

**MAY 21: Nimitz Runs.** 5 & 10K, Treasure Is. (S.F. Bay), 8:30 am(?) Greg Vernon, NROTC, Callaghan Hall, Univ. of California, Berkeley 94720. (415) 642-9626, days.

**MAY 21: Volunteer Fire Dept. Run.** 5 & 2 mile, Lushmeadows (near Mariposa), 9 am. John Carter, 5707 Ahwahnee St., Mariposa 95338. (209) 742-6121.

**MAY 21: BAOC Orienteering Meet.** Morgan Territory, time TBA. Bob Cooley (415) 443-9519. 2 days.

**MAY 21: Dale Horse Trot II.** 10K & 2 mile, Kingsburg (Memorial Park), 7:30 am. Jane Martin, Kingsburg Joint Community Recreation Commission, P.O. Box 73, Kingsburg 93631. (209) 897-4684.

**MAY 21: Monterey Park Play Days/MERCI 5/10K Runs.** Monterey Park (Barnes Park), 5K/7:30 am, 10K/8 am. MERCI, P.O. Box 463, Monterey Park 91754. (213) 269-8817.

**MAY 21: Heritage Days 5 & 10K.** Lancaster, 8 am. Running Promotions, Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

**MAY 21: The Body Run.** 10K, Moraga (Campolindo High School), 9 am. **Limit 1,000 runners.** Cam King, 300 Moraga Rd., Moraga 94556. (415) 376-1193.

**MAY 21: Natural Light California Classic 8K.** Visalia, time TBA. Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030.

**MAY 21: Torrance Armed Forces Day 10K.** Torrance, 8 am. Allen Shall, 3031 Torrance Blvd., Torrance 90503. (213) 328-5310.

**MAY 21: Castaic Classic Triathlon.** 2K swim, 30K bike, 10K run, Castaic Recreation Facilities (2 miles north of Magic Mtn.), 7:30 am. I. Martin Imports (213) 342-4626.

**MAY 21: L.A. Triathlon Championship Series.** 1K swim, 38K bike, 8K run, San Dimas (Bonelli Pk.), time TBA. Bill Fulton, Complete Runner, 2658 E. Garvey Ave. So., West Covina 91791. (213) 331-0169.

**MAY 21: Hawaii-Las Vegas Regal 10K.** Las Vegas Racquet Club, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**MAY 21: Jerry Stowe Birthday Biltrathlon.** San Diego (Mission Bay Info. Center), time TBA. 8 mile run, 35 mile bike, .6 mile swim. Jerry Stowe, 10595 Montego Dr., San Diego 92124. (619) 560-5984, eves.

**MAY 21: Fresno Running Clinic.** Community Hospital, 8 am. Physical Therapy, FCH, P.O. Box 1232, Fresno 93715. (209) 442-6000, ext. 5080.

**MAY 21: Heighten Your Awareness 10K & 2 Mile.** San Diego (Balboa Park), 7 am. Cindy Ryan, c/o EOL, Box 1049, Coronado 92118. (619) 297-3927.

**MAY 21: Bay General Hospital 10K & 2 Mile Run Run.** Chula Vista, 7 am. Jennifer Fiske, c/o EOL, Box 1049, Coronado 92118. (619) 691-7000, ext. 7423.

**MAY 22: Aptos Creek Marathon.** Also listed as 5/21... check date for verification. Same information as above.

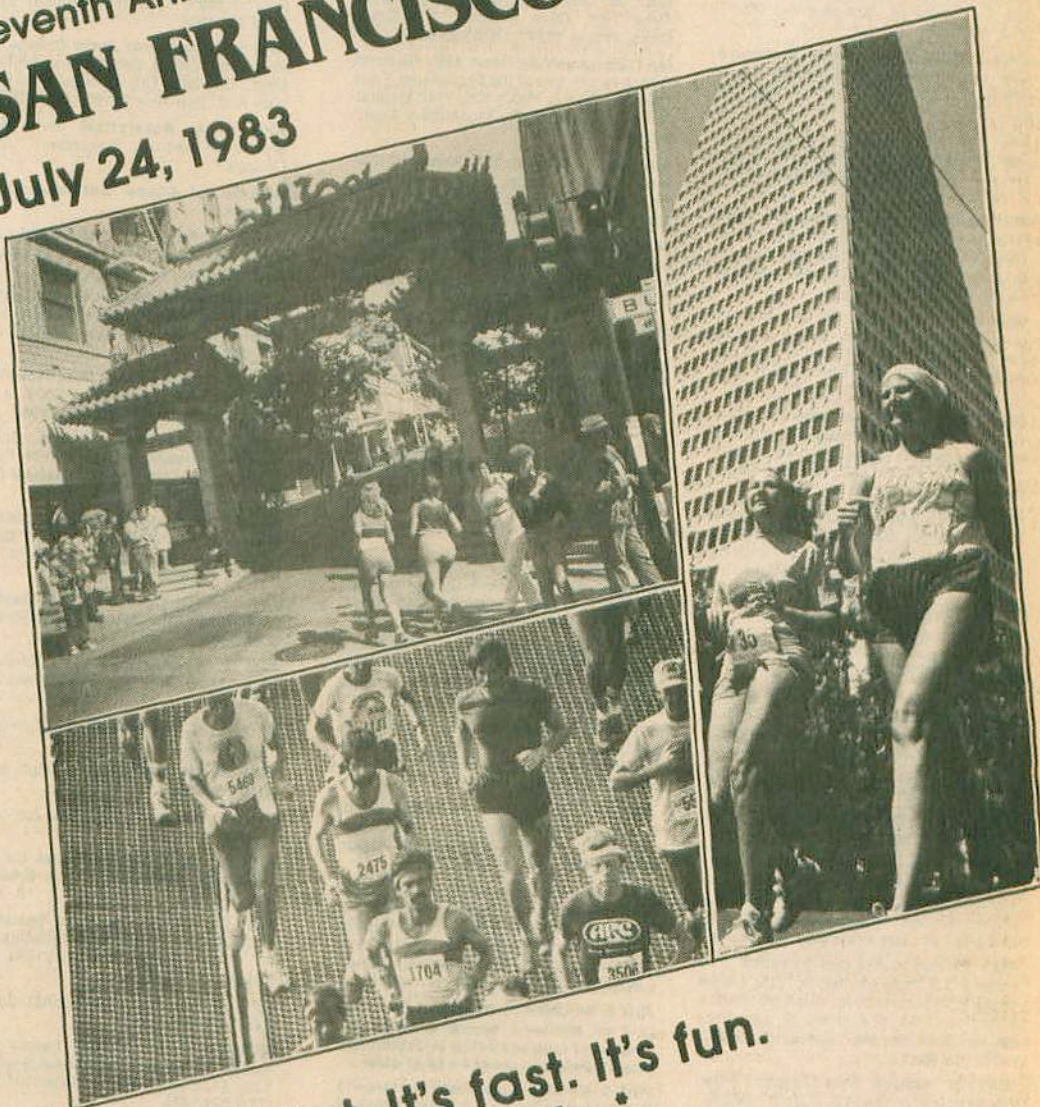
**MAY 22: BART-to-BART 10K Run.** Concord (BART Station), 8 am. BART-to-BART, c/o Mt. Diablo Health Care Foundation, 2625 Park Ave., Concord 94520. (415) 957-9405.

**MAY 22: Lake Tahoe Marathon.** Incline Village, Nevada, time TBA. Reg Beddel, P.O. Box 7546, Incline Village, NV 89450. (702) 831-4388.

**MAY 22: We Care Benefit Run.** 10K, Concord (Clayton Valley S.C.), 9 am. We Care Center, 2191 Kirker Pass Rd., Concord 94521. (415) 671-0777.

**MAY 22: How the Point West Was Run 5 & 15K (PA/TAC 15K Championships).** Sacramento, 8:30 am. (Children's 1/2-mile at 8 am) TAC Developmental money to top finishers. Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-FEET.

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## Schedule

**MAY 22: Run Your Plaque Off 10K.** Foster City (1295 E. Hillsdale Blvd.), 9 am. San Mateo County Dental Society, 1941 O'Farrell, San Mateo 94403. (415) 345-5714.

**MAY 22: Bakersfield Lite 5 & 10K Runs.** Bakersfield (Hart Park), 8 am. Ray Maranda, 1801 Panorama Dr., Bakersfield 93305.

**MAY 22: Golden State Women's 5 & 10K Runs.** Yorba Linda (Yorba Regional Pk.), 9 am. Fleet Feet, 2410 "J" St., Sacramento 95816. (916) 442-3962.

**MAY 22: LA's the Place 10K.** Los Angeles (5th & Flower Sts.), 8 am. Greater Los Angeles Visitors & Convention Bureau, 505 S. Flower St., Los Angeles 90071. (213) 488-9100.

**MAY 22: CRRC Women's Half-Marathon & 10K.** Los Angeles (Griffith Park), 8 am. CRRC, P.O. Box 891, Tarzana 91356. (213) 888-5526.

**MAY 22: Olympic Torch 10K.** Newport Beach (Newport Fashion Island), 8 am. R.A.C.E., Box BC, Westminster 92683. (714) 897-2227.

**MAY 28: Strawberry Canyon Run.** 5.5 mile (1100' uphill climb), Berkeley, 9 am. Limit 1500. Barbara Ando, Lawrence Hall of Science, Univ. of California, Berkeley 94720. (415) 642-2858.

**MAY 28: Panther Run.** 10K & 2 mile run, Antioch (Contra Costa County Fairgrounds), 9 am(?) Panther Run, c/o Antioch H.S. Educ. Boosters, 700 W. 18th St., Antioch 94509. (415) 757-3324, eves.

**MAY 28: Shape-Up for Summer 5 & 10K.** Irvine (Mason Regional Park), 8 am/5K, 8:45 am/10K. South Coast Runners Ass'n., 3857 Birch, Room 442, Newport Beach 92660. (714) 446-3452.

**MAY 28: Mt. Wilson Trail Race.** 8.6 mile, Sierra Madre (Sierra Madre Blvd. & Baldwin Ave.), 8 am. May 20 Deadline. Jennie Jacobsen-Huse, Sierra Madre City Hall, 232 W. Sierra Madre Blvd., Sierra Madre 91024. (213) 355-7135.

**MAY 28: Mission Bay 15K & 2 Mile.** San Diego (Mission Bay Park), 7 am. Marlene Ward (619) 795-1000.

**MAY 28: Run for Optimism 5 & 10K.** Pasadena (Rose Bowl), 8 am. Caroline Aguirre, 8957 N. Figueroa, Los Angeles 90042. (213) 256-2219, ext. 18.

**MAY 29: TAC National Masters 20K Championship.** Washington D.C. Chuck DesJardens, 5428 S. Portlane, Fairfax, VA 22032. (703) 250-7955.

**MAY 29: Bonne Bell Women Only Triathlon.** 1K swim, 30K bike, 10K run. Redwood Shores (Marine World-Africa USA), 10 am. Cathy Crabtree, 2086 Chestnut St., San Francisco 94123.

**MAY 29: Ass to Ass Run & Festival.** 13.2 mile & 7.7 mile (or maybe 10K), Santa Rosa (535 Summerfield - Half Marathon), Location TBA (7.7 mile), 9 am. Pete Shidler, P.O. Box 4387, Santa Rosa 95402. (707) 795-1000.

**MAY 29: Banana Slug Classic 7-Miler.** (Tentative). Santa Cruz (UCSC Fieldhouse), 10 am. Phil Jones, c/o UCSC E. Fieldhouse, Santa Cruz 95064. (707) 429-4524, days.

**MAY 29: Fleet Feet's Heart & Sole Great Chase Race 5K.** Salinas (Memorial Hospital), 10 am. Fleet Feet, 364 Main St., Salinas 93901. (408) 424-4343.

**MAY 29: Brentwood 10K.** Los Angeles, 9 am. Deadline May 14. Brentwood 10K, P.O. Box 49913, Los Angeles 90049.

**MAY 29: Red Cross Marathon Mardi Gras 10K Run.** Morgan Hill (Live Oak School), 9 am. Delia Blackstock, c/o Red Cross, 333 McKendrie St., San Jose 95110. (408) 292-6242.

**MAY 29: Sri Chinmoy 8K Run.** Menlo Park (Menlo College, Alejandra Rd. near El Camino), 8 am. Michael Lindemann, 2438 - 16th Ave., San Francisco 94116. (415) 685-2994.

**MAY 29: The Bonne Bell Triathlon. Women Only.** 1K swim, 30K bike, 10K run. Redwood City (Marine World/Redwood Shores), 10:06 am/individual, 10:30 am/relays. Cathy Crabtree, c/o 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

**MAY 29: Grass Valley Memorial 10K Run.** Grass Valley (Memorial Pk.), 8:30 am. Gary M. Loucks, 116 High St., Grass Valley 95945. (916) 273-9268, eves.

**MAY 29: Marl-thon 10K and Freedom 1-Mile.** Golden Gate Park, San Francisco (mile downhill on Kennedy Dr. from Rainbow Falls; North end of Polo Fields for both starts), 9 am/mile, 9:30 am/10K. Bill Duke, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

**MAY 29: One Hour Run (track).** Visalia, Time TBA. Dave Bronzan, 112 Green Oaks, Visalia 93277. (209) 625-9537.

**MAY 29: Love-Your-Heart 10K.** Redondo Beach (south end of the Esplanade), 7 am. Barry F. Pearce, Heart 10K, 1142 Manhattan Ave., Suite CP6, Manhattan Beach 90266.

**MAY 30: Pacific Sun 10K.** Kentfield (College of Marin), 8 am. Limit of 1,000 runners. Fleet Feet, 333 San Anselmo Ave., San Anselmo 94960. (415) 456-8220.

**MAY 30: Memorial Day Fun Run.** Distance TBA, Fresno (Woodward Park), 7 am. Fresno Joggers, 1325 Adler Dr. (James Pius), Clovis 93612. (209) 299-8592.

**MAY 30: The Running Store's 6 Mile Run-to-the-Sun.** Las Vegas, Nevada (Eldorado High School), 7 am. The Running Store, 602 Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

## LOOKING AHEAD

(Marathons, Relays, Important Deadlines, Major Events, etc.)

**JUN TBA: National 25K Women's Champs.** Sudbury, Mass. Cindy Hastings, c/o GBTC, 90 Hampshire St., Cambridge, MA 02139. (617) 876-0727.

**JUN 4: Redding Rendezvous Triathlon.** 8 mile run, 21 mile bike, 6 mile canoe. Redding, time TBA. Mike Jones, P.O. Box 1988, Redding 96009. 2 day event.

**JUN 4: U.S. Triathlon Series.** 2K swim, 40K bike, 15K run. San Diego, time TBA. USTS, P.O. Box 1438, Davis 95617. Entries close 2 weeks prior to event.

**JUN 5: Gold Country Marathon, Half-Marathon & 10K.** Nevada City, 7 am. Gold Country Lions Club, P.O. Box 531, Grass Valley 95945. (916) 273-4682.

**JUN 5: Avon Women's International Marathon.** (Open & Masters Women's National TAC Championships), Los Angeles (on 1984 Olympic Marathon course), time TBA. Avon International Running Circuit, 9 West 77th St., New York, NY 10019.

**JUN 5: Sri Chinmoy Marathon.** Foster City, 7 am. Michael Lindemann, 2438 - 16th Ave., San Francisco 94116. (415) 685-2994. May 25 Deadline, must be 18 or older.

**JUN 5: Russian River Run.** Marathon & Half-Marathon (also 4.9 mile). Ukiah, 8 am. Ukiah Community Center, 516 So. State St., Ukiah 95482. (707) 462-8879. 800 Limit.

**JUN 11: Palos Verdes Marathon.** Palos Verdes Estates, 7 am. Kiwanis Club of Palos Verdes, Box 153, Palos Verdes Estates 90274. (213) 497-6774.

**JUN 11: DeCelle Memorial Tahoe Relay.** 7-Person teams (approx. 10 miles per leg), So. Lake Tahoe (Hiway 50 & 89, Safeway Pkg. lot), 7 am. Robert DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264.

**JUN 11: Tin Man Triathlon.** 1 mile swim, 7 mile run, 18 mile bike. Santa Rosa (Spring Lake), 9 am. 500 maximum, or Jun. 1. American Lung Ass'n, 1059 Second St., Santa Rosa 95404. (707) 527-LUNG.

**JUN 12: Dipsea Race.** 7.1 miles, Mill Valley to Stinson Beach, 9 am. Mill Valley Jaycees, P.O. Box 30, Mill Valley 94041. Deadline about 1 month prior, previous

## COLLEGE/OPEN TRACK & FIELD

**APR 9: Stanford All Comers.** Esther Stroy (415) 497-1940.

**APR 9: California Christian College Athletic Conference.** Citrus College, hosted by Azusa Pacific, 12 noon.

**APR 9: Lady Bronco Invitational.** Cal Poly Pomona, 3 pm. John Turek, CPP Women's Athletics, 3101 Temple Ave., Pomona 91768. (714) 598-4611.

**APR 9: Fresno Invitational.** Fresno State University. Tom Pagan, Athletic Dept., Fresno State University, Fresno 93740. (209) 294-4098.

**APR 9: Bruce Jenner Junior College.** San Jose City College. Bert Bonanno, Athletic Dept., San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

**APR 14-16: Bakersfield Invitational.** Memorial Stadium, Bakersfield. Junior College.

**APR 16: Ed Adams Invitational.** Junior College.

**APR 16: Bruce Jenner High School, Open, University, Club.** San Jose City College. Bert Bonanno, see above.

**APR 16: SPA Women's Olympic Development Meet.** UCLA. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

**APR 16-17: Sacramento Decathlon.** Track Coach, CSUS Athletics, 6000 J St., Sacramento 95819. (916) 454-7008.

**APR 16: Woody Wilson Relays.** (College men and women). UC Davis. John Pappa, Track Coach, UC Davis Athletics, Davis 95616. (916) 752-0511.

**APR 16: Northridge Invitational.** Cal State Northridge. Bill Webb, Track Coach, CSUN Athletics, 18111 Nordhoff, Northridge 91330. (213) 885-3205.

**APR 17: Women's All Comers Meet.** Cal State Northridge, 12 noon. Don Strametz (213) 885-3242.

**APR 17: Open Meet.** Cal State Dominguez Hills, 11:30 am. Harris Williams (213) 638-8525.

**APR 21: ML SAC Relays.** Community College events.

**APR 22: Mt. SAC Relays.** High school relay carnival.

**APR 23: Merced Invitational.** Junior College.

**APR 23: Cal Tech Invitational.** Cal Tech University, Pasadena, 10 am. Small college meet.

**APR 23: Mt. San Antonio Invitational.** Walnut. Don Ruh, MSAC Athletics, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

**APR 23: Poly Royal Invitational.** Cal Poly San Luis Obispo.

**APR 23: Women's Multi Events Invitational.** Claremont High School, 9 am. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

**APR 23: Cal State Dominguez Hills Invitational.** 9:30 am. Susan Carberry (213) 576-3893.

**APR 24: Mt. SAC Relays.** International "Day of Champions."

**APR 29: San Diego State Twilight Meet.** Dixon Farmer, Track Coach, San Diego State University, San Diego 92182. (714) 265-6569.

**APR 30: USC Women's National Qualifying Meet.** Sherry Calvert, USC Heritage Hall, Los Angeles 90007. (213) 743-7693.

**APR 30: Nick Carter Invitational.** UC Santa Barbara. Sam Adams, Track Coach, UCSB Athletics, Santa Barbara 93106. (805) 961-3400.

**MAY 1: Los Angeles Relays.** Cal State L.A., 9:30 am. Frank Reilly (213) 716-7280.

**MAY 5-7: Western Athletic Conference.** Brigham Young University, Provo, Utah. Clarence Robison, Track Coach, BYU, Provo, UT 84602.

**MAY 6-7: Cal Invitational.** UC Berkeley. Tony Sandoval, Hearst Gym, Room 177, Berkeley 94720. (415) 842-9447.

**MAY 7: Stanford All Comers.** Esther Stroy (415) 497-1940.

**MAY 7: Southwest Club & Collegiate Invitational.** UC Irvine. Vince O'Boyle, Crawford Hall, UC Irvine, Irvine 92717. (714) 833-6342.

**MAY 7: Johnny Mathis Tune-Up Meet.** San Francisco State University, 10 am. Harry Marra, Track Coach, SFS Athletics, San Francisco 94132. (415) 469-1561.

**MAY 11-14: Northern Calif. Athletic Conference.** San Francisco State University. Harry Marra, SFS Athletics, San Francisco 94132. (415) 469-1561.

**MAY 13: Northern California Community College Championships.** Sacramento. George Larsen, Track Coach, Sacramento City College, 3835 Freeport Blvd., Sacramento 95822. (916) 449-7305.

**MAY 13-14: NAIA District III.** San Diego.

**MAY 13-14: West Coast Athletic Conf.** Tucson, Arizona. Chris Murray, Track Coach, Univ. of Arizona, McKale Center, Tucson, AZ 85721.

**MAY 13-14: PCAA Championships.** UC Santa Barbara, 11:00 am. Sam Adams, Track Coach, UCSB Athletics, Santa Barbara 93106. (805) 961-3400.

**MAY 13-14: CCAA Collegiate Championships.** Cal State Los Angeles.

**MAY 14: Southern California Community College Championships.** Mt. SAC. Don Ruh, Athletic Dept., Mt. San Antonio College, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611, x882.

**MAY 14: California Relays.** Modesto, 1 pm. Tom Moore, 1720 Richard Way, Ceres 94720. (209) 537-0411.

**MAY 15: UCLA Pepsi Invitational.** UCLA. Jim Bush, UCLA Athletics, Los Angeles 90024.

**MAY 20-21: NorPac Championships.** Eugene, Oregon. Chris Voelt, Women's Athletics, Univ. of Oregon, McArthur Ct., Eugene, OR 97403. (503) 686-4433.

**MAY 20-21: PAC 10 Championships.** Tucson, Arizona. Dave Murray, Track Coach, Univ. of Arizona, Tucson, AZ 85720. (602) 626-1440.

**MAY 21: Long Beach Invitational.** Cal State Long Beach, 11:00 am. John Tansley, Track Coach, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

**MAY 21: California Community College State Championships.** Modesto.

**MAY 21-22: Late Afternoon Decathlon.** UC Santa Barbara. Sam Adams (805) 961-2133.

**MAY 22: San Diego TAC Championships.** San Diego State, 11 am.

**MAY 22: SPA Jr/Sr Women & Sr Men Championships.** UCLA, 11 am. Bob Seaman, 12127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

**MAY 23-28: NCAA II Championships.** Cape Girardeau, MO. Joey Haines, Track Coach, Southeast Missouri State, Cape Girardeau, MO 63701.

**MAY 25-28: NCAA III Championships.** Naperville, Illinois. Al Carlius, Track Coach, North Central College, 30 N. Brainard, Naperville, IL 60540.

**MAY 25: Hartnell College Throwers Invitational.** Salinas. Gary Shaw, Track Coach, Hartnell College, 156 Homestead Ave., Salinas 93901. (408) 758-8211, x351.

**MAY 26-28: NAIA Championships.** West Virginia. Wally Schwartz, 1221 Baltimore, Kansas City, MO 64105.

**MAY 28: Bruce Jenner Invitational, Open, University.** San Jose City College. Bert Bonanno, SJCC Athletics, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

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continued on opposite page...





# TAC NOTES

By ALAN T. KOLLING

[Ed. note: This is the first of a series of monthly columns about TAC information of interest to CTRN subscribers. The Pacific Association-TAC and the Southern Pacific Association-TAC would like to express their appreciation to CTRN for agreeing to serve as an official communication to athletes in our regions.]

T-A-C, as most of you know, stands for The Athletics Congress. I suppose they could just as easily have used AC but someone told them two letter acronyms didn't sell. And be careful never to say "the TAC" because that would be redundant. The Athletics Congress supplanted the old Amateur Athletics Union (AAU) in 1979 as the governing body for the sports of track and field, racewalking and road running, after President Carter signed the Amateur Sports Act into law. (Some claim it was the only good thing Carter did for sport in this country!)

If you have always known about TAC but never bothered to join, don't be embarrassed because you are not alone. Each year, thousands of people run in road races or track meets and attend and enjoy TAC-sanctioned events without registering with TAC. Here are some of the reasons why we hope you will reconsider.

Simply stated, the Amateur Sports Act mandated better management of Olympic sports in this country by splitting up control among the sports themselves rather than an umbrella organization, such as the AAU, which controlled them all. TAC's installation as the governing body meant that our sports must be controlled by track & field athletes, racewalkers and road runners, not swimmers or weightlifters. Among the first proposals passed by TAC was a requirement that all TAC boards and committees have at least twenty percent athlete representation, thus ensuring the participants a significant amount of input in the decisionmaking process.

This new organizational structure has brought about more than just a name change. It generated a fresh outlook on the administration of the sport with important implications for athletes. Perhaps the single most significant development in the sport lies in the growing liberalization in attitude towards permitting athletes to accept money for participation in races or working as athletes while still maintaining their amateur status. The cornerstone of this new attitude lies in the "Trust Fund" concept generated by TAC and approved by the IAAF, which allows the athletes to accept prize money for athletic competition as long as the funds are placed in a trust account supervised by a trustee (usually a

bank). Athletes are then free to use the money for training expenses with the approval of, but minimal control by, TAC. Under the cost-of-living adjustment tables used by TAC, athletes may actually withdraw up to \$7,000 without approval because of presumed living expenses.

TAC also provides funding for outstanding athletes, regularly sponsors regional clinics for coaches and athletes, and through Operation Gold is providing stipends to nationally ranked athletes who are possible Olympic contenders in 1984. For those who have long bemoaned the strong government support provided athletes in communist bloc countries, these TAC-administered programs go a long way to reducing that discrepancy. However, the buck doesn't stop there with the nationally-ranked athlete. Regional associations have taken advantage of the liberal rules and are now offering cash prizes for sanctioned races to registered TAC clubs and athletes. Both the Pacific Association's Track and Field and LDR committees have been particularly active in this area, offering prize money for association championships and making "Olympic Development" work on a purely local level, benefitting the non-elite runner who contributes so much to the sport. Additionally, most track meets are conducted by volunteer TAC officials who will show up, rain or shine, to enable athletes to compete.

For individuals, a major benefit of TAC registration lies in the comprehensive liability insurance policy that covers the athlete whenever participating in TAC-sanctioned competition, or club practices. The insurance liability even extends to travel to or from the sanctioned competition, so that if a TAC member is injured on the way to a race, they are still protected. (Now that's comprehensive!) Athletes who qualify for national competition are also eligible for travel funds to subsidize their trip. The Pacific Association, for example, offers travel funds to athletes who meet certain standards provided that their qualifying mark was set after the athlete registered with TAC.

TAC is also responsible for sanctioning competition as well as for certifying race courses. Sanctions are issued for athletic competition and provide guarantees that the sponsors have taken necessary precautions to protect the participants' safety and they activate insurance coverage for registered athletes. Certification means that TAC has verified a specific course distance, so that any records set can be validated.

We believe that these are substantial benefits for athletes, and we are always looking for additional ways to improve

opportunities for participation. You, the athlete or coach, owe it to yourselves to become involved in the governance of your sport, a right to which you are entitled, and a responsibility you should assume. If not, the next time you have a gripe about the way TAC runs things I'll offer to sell you the L.A. Coliseum at a discount.

Next month, information about TAC Outdoor national qualifying marks, and local association travel funds. Also, association championship schedules.

Alan T. Kolling, Vice President, PACIFIC ASSOCIATION, 1237 Glen Avenue, Berkeley CA 94708.

## Schedule continued...

**MAY 29: San Diego Cougar Invitational.** San Diego State. Lenwood Williams, 2426 56th St., San Diego 92105. (714) 263-7834.

**MAY 30: Memorial Day Open Meet.** Mt. San Antonio College, Walnut. 9 am.

**MAY 30-JUN 4: NCAA Division I Championships.** Houston, TX. Tom Tellez, Houston Univ., 3801 Cullen Blvd., Houston, TX 77004. (713) 749-1352.

**JUN 4: Compton Cup.** Compton High School, 10 am. Harris Williams (213) 636-8525.

**JUN 4-5: SPA Heptathlon & All Corners.** Fullerton College. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

**JUN 9-10: All American Decathlon.** Cal Poly Pomona. Frank Reilly (213) 716-7280.

**JUN 11: Kinney Invitational.** U.C. Berkeley. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

**JUN 11: All American Invitational & All Corners.** Cal Poly Pomona. Frank Reilly (213) 716-7280.

**JUN 11-12: San Diego Decathlon Championships.** Serra High School. Open and High School Divisions. Steve Kleinhaber, Serra High School, 5156 Santo Rd., San Diego 92124. (619) 283-5715.

**JUN 12: SPA Olympic Development Meet.** U.C. Irvine, 12 noon. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

**JUN 17-20: TAC Sr. Men & Women Championships.** Indianapolis, Indiana. Sam Bell, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 335-8583.

**JUN 23-24: TAC National Decathlon & Heptathlon.** UCLA. Dave Hostetter, Track Office, Mt. San Antonio College, 1100 N. Grant, Walnut 91789. (714) 594-5611, x287.

**JUN 23-26: Coliseum International T&F Competitions.** Los Angeles Coliseum. Special invitation to all IAAF member nations.

**JUN 25: Los Gatos Open Twilight Meet.** Willie Harmatz (408) 395-5825.

**JUN 25-26: USA-GDR Dual Meet.** Los Angeles.

**JUN 25-28: TAC Jr. Men & Women Championships.** Penn State. Harry Groves, Penn State U., University Park, PA 16802. (814) 863-0237.



# SoCal Diary

By BILL MINARIK

## February 21

Rain washed out most meets today, but not down at UC Irvine where UCI, Stanford and CS Long Beach got together in a non-scoring affair. At that one, UCI's Mark Ruelas got his track season off to a fast start with a fine 3:48.6 win over a rugged Stanford distance corp in the 1500 while the vaunted Anteater jump crew posted outstanding 26-5, 53-10 marks. In the weights, the 49ers Bill Green showed that he is a contender for the U.S. Olympic team with an outstanding early season hammer throw of 232-4.

## February 28

UCLA opened its 1983 season as the men scored a 114-53-35 win over UC Irvine and Fresno State. The Bruins took every event on the track with the exception of the steeplechase where FSU's Barasa Thomas came home a winner with a 9:02.7. In another major college dual, powerful San Diego State ran by CS Long Beach 107-39 in mens action, while the Aztec ladies outclassed 5 opponents in a 6-way non-scoring affair.

## March 7

It came down to the mile relay, but UCLA still managed to keep its dual meet winning streak alive against the pesky Arizona Wildcats. A big factor in the Bruins win was a 26-1 margin in the weights which included a 251-11 javelin throw by Mike Izzi which was a PR by more than 20 feet. Also John Brenner had a weight triple including a non-scoring win in the hammer.

In other featured duals, the CPSLO men turned back CS Bakersfield and UC Riverside 89-67-11, while down south in a battle of weightmen, Azusa-Pacific turned back Pt. Loma 109-54. A 278'8" javelin throw by A-P's Mike Barnett and a 189'1" hammer and 184'11" discus throw by PL's Roger Axelssons highlighted that action.

The Aztec Invitational in San Diego hosted a number of top performers whose performances included a 13.6 high hurdle by former USC star Tony Campbell run against the wind; a 39.9 400 relay run by an all-frosh Arizona State team; a 6'5" high jump by Sommer; a 173'11"-49'9" weight double by Fullerton HS star Natalie Kaalawahia and a 178'1" javelin throw by UCLA star Suzie Ray.

Up at the Long Beach Invitational, top marks included a 53 ft. triple jump by Salazar of Long Beach CC, a 65'7" shot put by former CSLB star Steve Smith and a PR in the hammer by CSLB hammer thrower Bill Green of 235'7".

## March 14

UCLA continued to clean up against local competition as the Bruins cruised to an easy tri-meet win over CS Long Beach and CS Bakersfield, while down at San Diego, the San Diego State Aztecs came

from behind with a win in the mile relay to nip UC Irvine 83-81.

In women's duals, powerful San Diego State romped over UCI 102-23, while CS Long Beach just edged USC 68-66. In a non-scoring affair, Cal State Bakersfield made a strong showing against UCLA and CS Northridge taking both sprints and the 400 relay.

Everyone that wasn't involved in a dual meet was at the Northridge relays and that included Azusa Pacific's Mike Barnett who uncorked a tremendous javelin throw of 294'2". If that wasn't enough Mike came back and won the hammer at 184'11". In the community college section, Long Beach and Bakersfield posted strong early season times in the 2-mile relay with a 7:35 and 7:36 respectively.

USC made a strong showing in the NCAA indoor meet placing 8th despite having only 4 entries. However those entries all came through with points. Milan Stewart took 2nd in the highs; Darwin Cook 5th in the highs; Dave Kenworthy was 3rd in the vault with a PR of 18'3" and Hank Kraychir 5th in the shot at 64'3".

Speaking of Hank Kraychir, the USC junior recently gave a demonstration of ambidextrous shot putting by first throwing 62'8½" with his right arm and then 51'2¼" with his left, for a total of 113'11¼" which moves him into 2nd place on the all time list behind Al Feuerbach's 121'6¼".

The Cal Poly Pomona mens team didn't figure to be contenders this year for the CCAA title, however I'm sure the Broncos never figured the season would have such a sour beginning as it did. In the opening event of a 4-way meet with CSLA, CSB and CSN, the CPP 400 relay team saw all 3 other teams forced to scratch because of injuries incurred while warming up; this virtually conceding the Broncos the 5 points. So what happened? CPP running alone, dropped the stick and failed to finish.

Fresno CC track coach, Ken Dose, better known as the Godfather of community college track has outdone himself again with a complete statistical analysis and rating of all the CC track programs, both mens and womens, in the state. As a statistics buff, I can appreciate the difficulty in compiling such a rating especially for the women's programs which include some of the flakiest I have ever seen. If you are at all interested in community college track and are not on Ken's mailing list, I would seriously consider inquiring with the FCC athletic department on how to acquire a copy. While on the subject of community college statistics, I must make mention of Hancock coach Ray Kring known to most coaches as the Godfather of the community college decathlon. Ray, who began the decathlon for the CC's has gathered data on those meets that you wouldn't believe could be put into the form of a statistic.

A few rumors are starting to find their

way to me and one of them has it that many more CC's will be dropping track next year. Those CC's may be premature with that move because another rumor has it that the CC's will have free flow enrollment with all freshman free to attend the school of their choice irrespective of where they live.

There is a strong rumor going around that a coach who left California not too long ago left a lot more than one athlete with eligibility problems.

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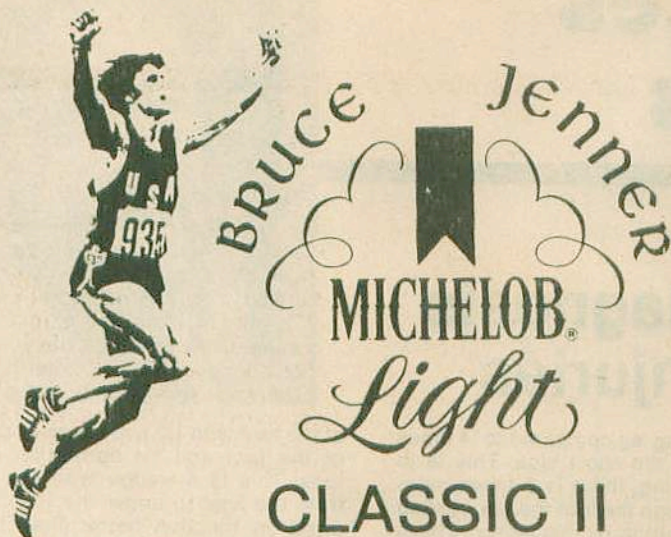
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## MARYLAND MARATHON



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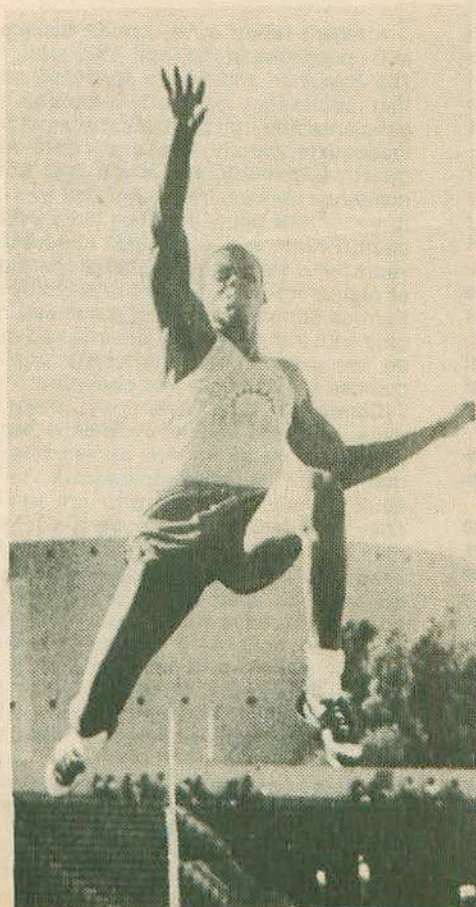
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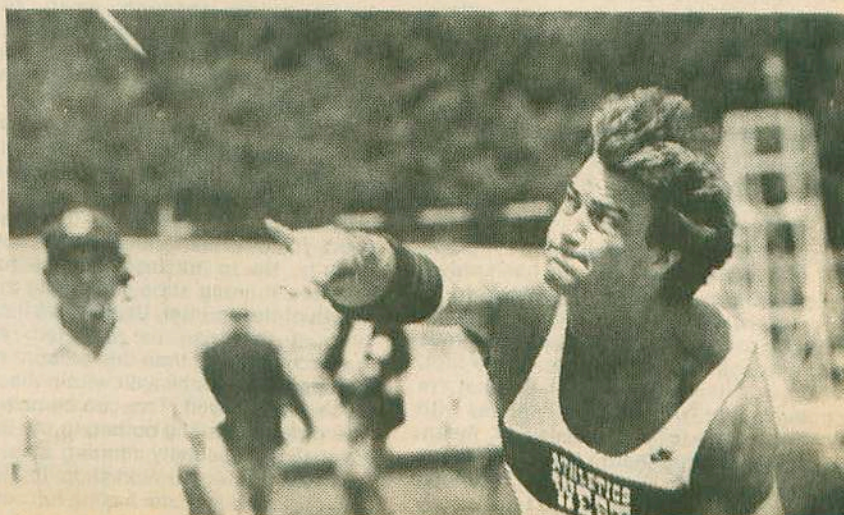
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BOB ROGGY

photo by Bill Leung, Jr.



# Medical Notes for Runners

By STEVEN I. SUBOTNICK, D.P.M., M.S.

## The Computer and Diagnosis of Sports Related Injuries

For the past ten years, I have been aware of the fact that the long leg-short leg syndrome, limb length discrepancy, can be a cause of injuries in runners. This same view has been shared by Dr. Richard Schuster, a well known sports podiatrist from New York. Both Dr. Schuster and I find that there are more injuries on the short side. There can be a short leg syndrome from three major causes.

The first is that of an anatomical shortness, meaning that the bones on one lower extremity are actually shorter than those of the opposite extremity.

The second is that of functional shortness which means that positional changes or postural changes are taking place which allow the athlete to function with a short leg-long leg syndrome. Examples of this are one foot pronating or flattening more than the other foot, a high arch foot on one side in contradistinction to a low arch foot on the opposite side, or imbalances within the various joints of the lower extremity including pelvic and low back imbalances. Muscle spasm can, likewise, cause a functional limb length discrepancy.

The third type of limb length discrepancy is a combination of the above, in other words, a component of anatomical shortness as well as functional shortness. The treatment for the limb length discrepancies depend, of course, upon the etiology and one must be careful not to overtreat these discrepancies inasmuch as functional discrepancies with imbalances in the low back or pelvis may change from day to day and a heel lift may be inadvisable unless one can ascertain the exact etiology of the problem.

We now have the computer age. There is a machine called the electrodyneogram which allows me to apply seven electrodes to the bottom of the foot and then have an athlete walk or run on a treadmill. The athlete can go barefooted and then utilize different sports shoes.

The computer will give me a tracing similar to an EKG tracing of the heart only it is a bit different. The tracing shows force and percentage of body weight and the durations of force. It also shows the forces going through various portions of the foot. It is an excellent diagnostic tool. What I'm noticing is that, when we test athletes with minimal limb length discrepancies, meaning 1/8 to 1/4 inch, there can be two times more force in the short leg than the long leg. An example of this is .2 times body

weight on the long leg compared to .4 times body weight on the short side. This is in walking. In running, there is 3 times more force going through the foot than in walking and one must multiply by this factor to have a true appreciation of the increase of forces on the short leg side.

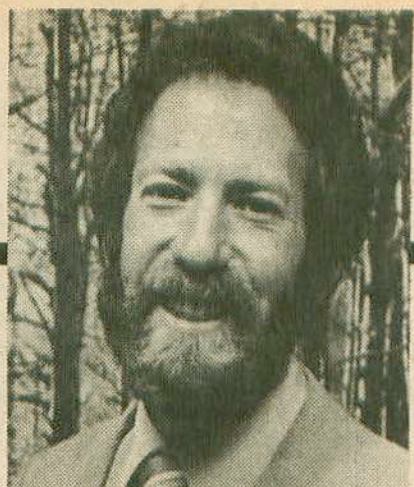
Of interest also is the disturbance of cadence. A normal example is that the cadence for the long leg side will be about 50 steps per minute per walking. This is contrasted to 55 steps per minute on the short side. This, of course, is a relative approximation.

It appears, then, that the foot has more force for a shorter period of time on the short side. This can be manifested by more pronation, overuse injuries, abnormal accentuated shoe wear on the short side.

The utilization of a video playback system in conjunction with the computer allows the practitioner to visualize the limb length discrepancy. The computer confirms it with a force read out. An appropriate heel lift may be utilized. Orthotics to balance the lower extremity are appropriate if there is a foot imbalance. If there is a low back imbalance, appropriate consultation or treatment by an orthopedist or chiropractor may be indicated. If there is muscle spasm or soft tissue damage, a physical therapist may be consulted for appropriate treatment. Following appropriate treatment, the pelvis should be level during running as documented by video playback with treadmill test. Likewise, there should be equal cadence between each foot with equal force going through each foot as demonstrated by the computer read out.

**Can 1/8 to 1/4 inch limb length discrepancy make a difference in a long distance runner or athlete?**

You bet! I've had numerous runners with overuse injuries of the knee, leg, ankle, and, even hip respond quite favorably to as little as 1/8 inch heel lift. A 1/4 inch heel lift is even more dramatic in its therapeutic effects for overuse injuries of the lower extremity. Up to 1/2 inch may be tolerated within a running shoe depending upon the depth of the counter. Usually, 3/8 inch is the amount that can be tolerated. Any imbalances greater than this amount must be compensated for by a lift within the midsole of the shoe itself. This can be provided by the various resoling outlets in the Bay Area as well as specialty running shoe shops, such as Runner's Workshop in Redwood City. I generally prefer having full correction



at the heel with 1/2 correction under the ball of the foot and 1/4 correction under the toes. This is a wedge type lift extending from the heel to under the toes which appears to function better than utilizing a straight lift throughout the whole midsole of the shoe.

If you are having repeated overuse injuries which don't seem to respond to good running shoes, orthotics, or other forms of treatment, perhaps you have a limb length discrepancy which is yet to be diagnosed. The computer may help you as well as video playback on a treadmill with analysis by an experienced sports medicine practitioner.

## Iron Deficiency in Adolescent Cross-Country Runners

A recent report by H. James Nickerson, M.D., published in the May, 1983 edition of *The Physician and Sports Medicine*, noted that adolescent girls often develop iron deficiency and iron deficiency anemia from inadequate dietary intake of iron, rapid growth at puberty, and blood loss during menstrual periods. Iron deficiency was confirmed in nine out of eighteen female cross-country runners, age fourteen to seventeen years, who were screened after one month of regular training. It was corrected by oral Ferrous Sulfate as training continued. Two girls with iron deficiency anemia had marked improvement in their running performances after anemia was corrected.

**Comments:** It is being found, more and more, that iron deficiency anemia can be present in males as well as females and that it is not limited to adolescents. I've had adult women and men who are anemic. They have feelings of tiredness after long runs and aren't performing as well as they used to. They, oftentimes, complain of staleness. Dr. Joan Ulyot has been warning us of this for the past several years and, when she speaks to groups of women, always tells them, if they are not feeling good or if they are running long distance, to just go ahead and take oral Ferrous Sulfate, 30 to 50 mg., per day. Although there may be some firmness of the stools when taking iron, this is well worth the improvement one sees when they are anemic. Stool softeners are sometimes indicated.

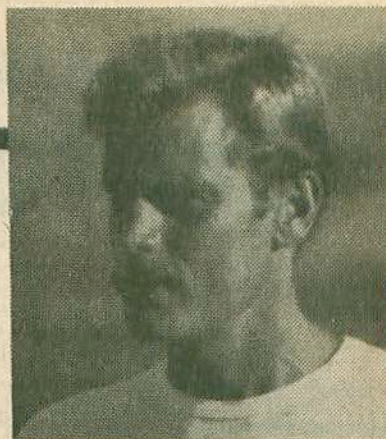
For more information about iron deficiency anemia, you should see your physician or a sports physician.



# Ironman Insights

By DEAN HARPER

## The Ironman: Not so Tough with Proper Training, Food & Fluids



ABC "Wide World of Sports" calls it the most grueling test of human endurance in the world. And most people still think it is just for "crazies". Believe me, the Ironman World Championship Triathlon in Hawaii is tough. But it is not the toughest athletic competition devised. The Western States 100 is tougher. One veteran of both events rates the Ironman a 4 and the Western States a 10 on a scale of 1 to 10. And most

of information was my occasional training partner Scott Molina. Molina finished 4th in October. But in February 1981 he had been forced to drop out when his muscles cramped so badly he couldn't walk. Just before the cramping he was in second place and moving up fast on eventual winner John Howard.

My apprehension about my first Ironman stemmed in part from knowing that Molina

banana/strawberry/honey puree which I put in one of my water bottles, 2 bananas, and 3 or 4 water bottles of E.R.G. I also drank a considerable amount of water on the bike (approximately 12 ounces every 5 miles), and I drank lots even when not thirsty. I also took sponges as often as possible and kept myself wet the entire race.

I now feel that my food intake was insufficient. About 30 miles from the end of the bike leg I "bonked" (a cyclist term for "hitting the wall"). I felt lightheaded and dizzy. My pace slowed and I dropped a few places. I was fairly close to the running leg so at the time I thought it unwise to eat anything solid. So I drank more E.R.G. and drank E.R.G. for the first 15 miles of the run even though I had planned to drink only water on the run. Fortunately I "recovered" enough on the run to gain back a number of places.

I offer my race day diet as an example of what worked for me. I don't believe there is one optimal race and pre-race diet that is right for everyone. Obviously the human machine needs carbohydrates, not protein, when exercising. Some top athletes wouldn't be caught dead with any refined or simple carbohydrates on race day (or any other day for that matter). And indeed, with the exception of my ice cream addiction, my diet consists primarily of complex carbohydrates (fruits, vegetables, nuts, whole grains, brown rice and potatoes) and very few simple carbohydrates (pastries, white bread, candy, etc.). But during vigorous exercise I found that the solid food which seemed to work best for me was sourdough French bread rather than my normal highly fibrous whole grain bread. Thus, my race sandwiches were made with sourdough bread and strawberry jam (which contained refined sugar).

As I read more about diet and experiment more as I train, I may change my personal views on what I think is optimal for me. But I refuse to accept someone else's theory on the optimal race day diet for the Ironman until I've experimented and am convinced it is optimal for my body.

So if an Ironman or an ultra endurance event is on your horizon, experiment in your training. Try my fruit puree, which has worked for many top endurance athletes. Read more, ask questions of experienced endurance athletes, and adopt your own philosophy. But with all the time and energy spent conditioning, make sure you know what food and fluids your body will need to successfully complete your first Ironman.

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**"...the Ironman is not the most grueling test of human endurance in the world and it is not just for crazies."**

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people would agree that the Great American Bike Race (bike race across the country won by Lon Haldeman in 9 days and 20 hours) is tougher. And most would also agree that swimming the English Channel is undoubtedly more grueling. In short, the Ironman is not the most grueling test of human endurance in the world and it is not just for crazies.

Training for shorter triathlons (e.g., total time for fastest contestants of under 2½ hours) need not be more demanding of time and energy than training for a marathon, and it offers a greater variety of aerobic conditioning. However, I'm the first to admit that training for the Ironman is very demanding of both time and energy. If you've trained properly for the Ironman, however, the distance (2.4 swim, 112 bike, 26.2 run) is not a major obstacle to successful completion of the event.

Pacing and proper intake of fluids and food are crucial to successful completion of the Ironman. The best conditioned triathlete in the world would not finish the event without adequate fluid intake. In the remainder of this article I will share with you what I have learned about food and fluid intake during the Ironman.

The October 1982 Ironman was my first and I was somewhat apprehensive. Based on my performances that summer I was expected, on paper, to end up in the top 10. But almost all of the other "contenders" had at least one Ironman under their belt. They knew exactly what they were up against. I'd only heard. As it turned out I was the only first-time participant in the top 10. Experience undoubtedly counts in this event.

I tried to learn as much as possible from the experiences of others. My main source

is a fierce competitor and would have continued if humanly possible. There was no doubt he was in good enough condition to finish at the front of the pack in February '81. His mistake: "I simply ran out of fuel and was dehydrated." He also took the marathon out at a sub-6:30 pace. (Molina has run in the 2:20's but no one has yet broken 3 hours in the Ironman). Thus, it wasn't a lack of conditioning that forced Molina out of the race. It was inadequate intake of fluids and food, and, perhaps, improper pacing on the run.

So I entered the Ironman with this basic philosophy: If in doubt it is better to eat and drink too much than too little. I've talked to no one who failed to finish because they drank too much water. I've talked with many who failed to finish because they did not drink or eat enough.

In the months prior to the Ironman, I quizzed a number of veteran Ironmen about what they ate during the race and I experimented quite a bit with different types of food and drink during my training. So I knew exactly what and when I was going to eat and drink during the entire race.

The following is a breakdown of what I actually did consume on race day:

**Pre-race:** As an added precaution against dehydration the day before the big day I drank an excess amount of water and E.R.G. The morning of the race I ate a breakfast which consisted of pancakes, a banana, orange juice, coffee and my usual vitamin supplements. On two separate days earlier in the week I "tested" the breakfast by eating the same breakfast and an hour later swimming a hard 2 miles in the ocean. I suffered no adverse affects and felt safe with this pre-race meal.

**During the race:** During the race I consumed 2 jam sandwiches, 20 ounces of a



***You've Come A Long Way...***

# California Collegiate Women

By Bill Cockerham

My, how our sport has changed. Changed just since my days as a high school and college competitor. I'm not all that old, either (Duarte HS - '63, Westmont College - '67). The change I'm observing is the addition of full scale women's programs at virtually all California institutions. I don't remember any back in my day.

I've had to wait until this year before I could say, "virtually all institutions." Our local University, Fresno State, just this year added a women's team to an already excellent men's program. The Bulldogs, by-the-way, are off to a fast start, too, with the arrival of head coach Tom Paganl (formerly Stanford assistant) and early season wins over Fresno City College, San Francisco State and UC Santa Barbara.

The state's coaches and participants in the four-year college ranks have jumped on the track full speed ahead and have risen to the top on a national level.

UCLA is the defending NCAA Division I track and field champion and are picked by *Women's Track & Field World* as Number One again this year. "In this year of super teams, how can you bet against the Bruins?" says WTFW editor Vince Reel. "They won the NCAA last year. They have everyone back. They have some outstanding newcomers. They have sprinters, distancers, hurdlers, throwers and jumpers. They can only lose if they beat themselves."

Then there is Cal Poly San Luis Obispo - defending champ and the king of NCAA Division II. We'll go out on a limb and pick them a sure winner in 1983. Pretty safe bet when you consider they scored an NCAA record 256 points in last year's championships. Even more recently the Mustangs won the Division II Cross Country crown.

Cal State Hayward has been another national powerhouse over the past half decade. They've earned two AIAW Division II National harrier titles and one in track, before jumping to the NCAA division II last year. Coach Bob McGuire continues to develop talent.

Other national level teams in California include: Stanford University, coming off a second place NCAA I cross country finish. They've got the distances in the state sewed up and will rely on the leather-lungers plus throwers Carol Cady and Mary Osborne at the national meet.

photo by Bill Leung, Jr.



**Florence Griffith to La Shon Nedd**

If you think Stanford is loaded in the distance events, you should see Cal State Los Angeles in the sprints. Look for: Sharon Dabney, Denean Howard, Mattina Howard,

Sherri Howard and Jennifer Innis - plus: Wanda Ashford, Sandra Farmer, Lori Lancaster, Rosemarie Brown, Stephanie Brown, Linda Ransom and Brenda Haille. That ought to about sew up the relays.

San Diego State defeated number one UCLA in the Western Collegiate Conference last year. They can count on big points from throwers Laura DeSnoo and Liz Mueller plus coach Fred LaPlante has had a good recruiting year.

Cal Berkeley placed second in the AIAW national championships last year. They have an exciting new coach this year in Tony Sandoval. Look for sure points at the national level from middle distance runner Louise Romo and javelin ace Kristen Engle.

Cal State Bakersfield which placed fourth in the NCAA Division II nationals last year have seven All-Americans returning with superior strength in the sprints (led by former AIAW champ Constance Ward) and weights (led by NCAA II champ Sharon Hamilton).

Traditionally strong Cal State Northridge will be resting a lot of hopes on newcomer Marlene Harmon who can do just about anything. The Matadors will rely on a number of other blue-chip newcomers to complement sure point getters Nena Manriquez and Beth Milewski, both star distance runners.

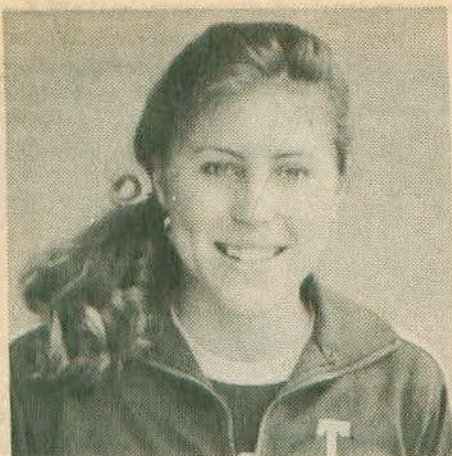
Sherry Calvert continues to build the program at USC and this should be their best year ever. Returning stars include heptathlete Kerry Zwart-Bell and middle distancer Donna Curtis. Add to that these top prep recruits: Rennie Durand (800, 2:06), Cindy Johnson (DT, 176-5), Sharon Hatfield (Hep), Debra Larsen (HJ, 5-11), and Denise Ball (3000).

The smaller Division III and NAIA schools haven't yet matched the national caliber of the state's larger institutions, but several show increased promise. Pomona-Pitzer has a new women's coach in Jed Goldfried and look to challenge Oxy for top Division III school in the state. Azusa Pacific and Point Loma will be the state's hopes in the NAIA.

*California Track & Running News* salutes the state's women's teams — in just a short time... you've come a long way.

We thought it might be fun to compare school records from the top California teams. Listed here are records of those who responded to our request. Note that the oldest record only goes back to 1977.





Donna Curtis/USC

### University of Southern California

Event	Mark	Name	Year
100	11.34	Gail Douglas	1979
200	23.14	Gail Douglas	1979
400	54.86	Linda Cassidy	1980
800	2:08.2	Donna Curtis	1982
1500	4:27.80	Gina Dyer	1980
3000	9:50.32	Gina Dyer	1980
5000	17:52.0	Diane Byington	1976
100 H	13.14	Patty Van Wolvelaere	1978
400 H	62.42	Janice McDowell	1982
400 R	45.69	Douglas, Robinson	1979
1600 R	3:51.68	Crabtree, Cassidy	1981
HJ	5'9"	Kerry Zwart-Bell	1982
LJ	20'7 1/2"	Sandy Crabtree	1981
SP	45'10 1/4"	Kerry Zwart-Bell	1980
JT	154'6"	Lisa Van Benthem	1980
DT	159'11"	Dana Olson	1980
Hep.	5496	Kerry Zwart-Bell	1982



Lori Smith/SDSU

### San Diego State University

Event	Mark	Name	Year
100	11.72	Lori Smith	1982
200	24.10	Lori Smith	1982
400	54.55	Latanya Sheffield	1982
800	2:05.57	Monica Joyce	1982
1500	4:06.69	Monica Joyce	1982
3000	8:53.24	Monica Joyce	1982
5000	15:45.26	Monica Joyce	1982
10,000	34:22.24	Lynn Kanuka	1981
100 H	12.86	Deby LaPlante	1979
400 H	59.98	Sue Kamell	1980
400 R	45.22	Bourn, Sheffield	1982
1600 R	3:43.84	Charles, Smith	1982
HJ	5'11"	Sherry Calvert	1981
LJ	19'10 1/2"	Patti Stafford	1980
SP	48'9"	Carrie McLaughlin	1982
JT	169'10"	Cheryl Kennedy	1982
DT	169'7"	Donna Dietrich	1978
Hep.	5526	Laura DeSnoo	1982

# SCHOOL RECORDS

## Cal-Berkeley

Event	Mark	Name	Year
100	11.84	Kelia Bolton	1979
200	23.50	Kelia Bolton	1979
400	52.90	Marian Franklin	1980
800	2:03.0	Louise Romo	1982
1500	4:17.58	Alice Trumbly	1980
3000	9:25.0	Cindy Schmandt	1981
5000	16:24.0	Suzanne Richter	1979
10,000	33:55.6	Jan Oehm	1980
100 H	13.88	Cheryl Hawthorne	1979
400 H	58.86	Michelle Hawthorne	1979
400 R	46.03	M. Hawthorne, Banks	1979
1600 R	3:40.08	Parker, Bolton	1982
HJ	5'10 1/2"	Culbert, White	1982
LJ	19'0"	Mainbress, Romo	1982
SP	45'7 1/2"	Kathy Raugust	1978
JT	170'7"	Karen Elmore	1982
DT	177'2"	Sue Springer	1982
Hep.	5514	Kristen Engle	1980
		Gale Zaphiropoulos	1980
		Kathy Raugust	1982



Margaret Spotts/UCB

photo by Richard Zoller

## Among the Best in the Nation:

# California's Coaches

photo by Bill Leung, Jr.



TONY SANDOVAL  
Cal Berkeley



FRED LaPLANTE  
San Diego State



SCOTT CHISAM  
UCLA

Fine Flicks by Don Gosney



SHERRY CALVERT  
USC



JED GOLDFRIED  
Pomona-Pitzer



BROOKS JOHNSON  
Stanford





Amy Harper/CPSLO

### Cal Poly-SLO

Event	Mark	Name	Year
100	11.63	Tamela Holland	1982
200	23.9	Eloise Mallory	1981
400	55.16	Eloise Mallory	1982
800	2:07.2	Esther Scherzinger	1982
1500	4:13.4	Maggie Keyes	1980
Mile	4:37.9	Maggie Keyes	1980
3000	9:18.8	Maggie Keyes	1980
5000	16:39.5	Carol Gleason	1982
10,000	34:49.6	Irene Crowley	1982
100 H	13.57	Janet Yarbrough	1982
400 H	61.9	Laura Held	1981
400 R	45.14	Holland, Mallory	1982
1600 R	3:40.89	Yarbrough, Van Warmerdam Holland, Douglas Van Warmerdam, Mallory	1982
HJ	6'2"	Sue McNeal	1982
LJ	20'8"	Janet Yarbrough	1982
SP	43'11 1/2"	Dana Henderson	1981
JT	211'10"	Karin Smith	1981
DT	144'9"	Kathy Kahn	1982
Hep.	5101 pts.	Liz Carroll	1982

photo by Dave Stock



Regina Jacobs/Stanford



Frannie Castro/former CSUH

### Cal State Hayward

Event	Mark	Name	Year
100	11.64	M. Nickson	1978
200	23.64	M. Nickson	1978
400	53.93	D. Banks	1982
800	2:08.62	F. Castro	1981
1500	4:29.10	F. Castro	1981
3000	9:47.50	M. Aubuchon	1981
5000	16:49.8	M. Aubuchon	1981
10,000	34:22.8	M. Aubuchon	1980
100 H	14.24	J. Benford	1977
400 H	58.94	C. Winlock	1978
400 R	46.62	Ward, Banks Sullivan, Halpin Halpin, Castro Upshaw, Banks	1982
1600 R	3:49.10		
HJ	5'8"	F. Sconiers	1982
LJ	18'10 1/2"	L. Compagnin	1978
SP	52'10 1/2"	M. Seidler	1972
JT	195'1"	C. Sullinski	1977
DT	166'10"	D. Oswalt	1981
Hep.	4645	C. Davis	1981

### Cal State Bakersfield

Event	Mark	Name	Year
100	11.4	Constance Ward	1981
200	24.3	G. Pounds	1983
400	55.64	Tina Lawson	1982
800	2:11.8	Bird Anderson	1978
1500	4:34.3	Bird Anderson	1980
3000	10:04.7	Tracy Schofield	1982
5000	17:15.5	Tracy Schofield	1982
10,000	37:25.0	Nancy Ramirez	1980
100 H	14.6	Yolanda Arnold	1980
400 H	65.2	Jamie Blake	1981
400 R	45.69	Mariano, Lovelady Nicks, Gill Lucas, Nicks Lovelady, Lawson	1982
1600 R	3:45.84		
HJ	6'3 1/2"	Phyllis Bluntson	1982
LJ	20'7"	Jewel Lovelady	1982
SP	49'10"	Sharen Hamilton	1982
JT	143'11"	Pam Parizo	1978
DT	135'11"	Kim Shakir	1983

photo by Jack Vido



Constance Ward/CSB



Nena Manriquez/CSUN

### Cal State Northridge

Event	Mark	Name	Year
100	11.27	Alice Brown	1980
200	23.16	Valerie Brisco	1979
400	54.30	Kim White	1980
800	2:02.88	Julie Brown	1977
1500	4:18.03	Julie Brown	1977
Mile	4:41.9	Sue Kinsey	1977
3000	9:12.63	Sue Kinsey	1978
5000	15:59.8	Julie Brown	1978
10,000	33:42.7	Sue Kinsey	1978
100 H	13.62	Jodi Anderson	1979
400 H	56.40	Sandy Myers	1980
400 R	44.10	Bolden, Lynch Brown, Griffith McElroy, Prator Kaufman, Weston	1980
1600 R	3:39.10		
HJ	6'2 1/4"	Pam Spencer	1979
LJ	22'7 1/4"	Jodi Anderson	1979
SP	49'1"	Karen Marshall	1978
JT	176'3"	Connie Gassen	1977
DT	168'3"	Karen Marshall	1977



Becky Beal/Pomona-Pitzer



# Club News

Clubs wishing to be in the "Club News" section of California Track & Running News should send monthly reports of 300 words or less to: Club News, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Also clubs are encouraged to send black and white photographs of members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be much appreciated.

## Nor Cal Seniors TC

881 Cedar St., Alameda 94501

Harry Koppel, 69, received the Club's Outstanding Athlete of the Year award at the Annual Meeting on Jan. 16, in recognition of his many fine performances in the sprints. Harry holds a number of records, world and American, for his age as well as age group, and he can hardly wait to turn 70 (May 30) and claim some more.

Also at the Annual Meeting the following officers for 1983 were elected: President - Emmett Smith, Vice President - William Hassenzahl, Sec./Treas. - Josephine Kolda, LDR Chair - Mimi St. Clair and Luka Sekulich, Track & Field - Irene Obera, Editor - Losia Houston, Publisher - Roosevelt Garrett.



HARRY KOPPEL  
NorCal Seniors



TOM JEFFRIES  
San Luis DC

## San Luis Distance Club

P.O. Box 1134, San Luis Obispo 93406

Bob O'Brien ran 32:12 to win the "Stinky Sneaker 10K" in El Dorado Park in Long Beach over a field of 400 on March 5. This was Bob's second win of the year as he won the Winter Run Ten Mile in Santa Barbara a month earlier. . . The Santa Maria "Miles for Smiles" on February 5 was apparently not rained out despite terrible conditions. Ten people ran the two mile fun run with Andy Hecker winning in 10:56 while David Book of the Orcutt Road Runners won the 10K in 39:26. Others in the 10K field of 21 included Charlie Sepko (2nd, 40:01) and Rod Rodenberger (8th, 47:36).

The SLDC won the team title at the Bakersfield Marathon in February. The five-person team was composed of: Tom Jeffries 2:39, Paul Lee 2:40, Jon Root 2:41, Mark Anderson 2:45, and Leo Estes 2:53.

## Corona Del Mar TC

19019 S. Andmark Ave., Carson 90746

Ken Dennis is running very well under new coaching and a different philosophy. Kenny recently broke his own San Francisco Indoor 30m sprint mark, on Feb. 12. His old mark of 4.2 was lowered to 4.1. Christel Miller raised her AR in the javelin throw to 100-8, at Citrus College on Feb. 18. Payton Jordan showed fine early season form as the winner on Jan. 29 at 55m in 7.1 at the Berkeley Indoor Qualifier.

## Santa Barbara A.A.

4476 Meadowlark, Santa Barbara 93105

Tom Phillips roared to a third place finish at the Santa Barbara Half Marathon in 1:12:26. Next in for the SBAA was Steve Bushey in 18th at 1:19:03. Petra Kemper was the top female for the club at 1:27:13. In the Full Marathon it was Kemp Aaberg leading all club members in 20th at 2:59:20. Anette Connell was first SBAA female at 2:14:54.

At the Celebration of Architecture 10K it was Craig Geyer in 27th at 37:37 and Anne Hayden in 45th at 39:48 leading the club's colors.

## Fresno Track Club

P.O. Box 6103, Fresno 93703

Master's Director for the club, Don Trout, has organized a club run every Sunday morning at 7:30 starting from the Fresno State University Parking Lot off of Barstow Avenue. The course covers twelve miles and uses the Central California Marathon course, basically. Don invites all club members and CTRN readers to pick their own pace.

Masters division runners Don Trout and Bill Woody placed fourth and fifth with 1:21:03 and 1:21:25 at the Feb. 9 Merced Track Club Gold Trail Half Marathon.

At the Falcon 8K at Mooney Grove in Visalia, Frank Delgado placed second in the 40-49 class with a 28:22, Bill Woody 3rd in 40-49 at 29:11, Don Trout 5th 40-49 at 29:43.

Marge Timberlake placed third in the 40-49 category at the Bidwell Classic Half Marathon in Chico with a fine 1:35:35.

Don Trout set a personal best of 55:57 to capture first in the 40-44 division at the March 5 Visalia Runners End of the Trail 15K.

The final results of the 1982 Central California Athletic Congress Long Distance points totals rating system reveals that Jim Hartig won the open division for the second year in a row. In the 30-39 class Gary Campbell of the Visalia Runners was first with Curt Elia, FTC, second; Bob Lindsey, FTC, 4th, and Larry Lung, FTC, seventh. In the 40-plus division the club's Frank Delgado was third.

Bingo Orme will direct the FTC sponsored Two Man Relays at Roeding Park on Saturday, May 14. This popular event will be run over the accurate two mile loop through the park with each teammember going two laps alternately for an eight mile total.



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## Club News

### Southern Cal Striders

8306 Wilshire Blvd., #316, Beverly Hills 90211

At the early season Orange Spring Games several Striders got off to quick starts. Walt Butler blasted the 100 meters in a fine time of 11.12, zipped through the 200 meters in 22.65 and for his third gold medal of the day ran 7.5 in the 60 meter HH.

Ken Stuart (Sub-Master), showing that he has fully recovered from his ankle injury, displayed his early season form by running a magnificent 1:55.86 800 meters. John Dobroth also recovering from injuries won the high jump with a leap of 6-4 $\frac{3}{4}$ . John, has also served notice that he plans on giving some people a run for their money to gain a spot on the A relay team. Other gold medal winners for the day were Rufus Morris, James McDiarmid, Nick Newton, Red Doms, Dave Douglass, Bob Hunt and Art Vesco.

### Sub-4 Track Club

11615 Coley River Circle  
Fountain Valley 92708

In indoor action Steve Scott, John Walker, Larry Cuzzort and Nick Rose were all active. Steve Scott won the L.A. Times mile in 3:57.44, followed by John Walker in 4:03.00 (4th). In the L.A. Times two mile Larry Cuzzort ran an 8:38.1. At the Dallas Times mile Walker was again 4th with a 4:00.96. Nick Rose was 2nd in the two mile with 8:38.5.

At the Footlocker Classic mile Scott again won with a 3:57.5. At the Michelob mile he was second in 3:54.5. He placed 3rd at the Cleveland mile in 3:58.42, second at the TAC Nationals in 3:58.28, and third at the Olympic Invitational with 3:58.28. At the Olympic Invitational Nick Rose was 4th in the 5K in 13:30.98.



LARRY CUZZORT(left) & NICK ROSE  
Sub-4 Track Club

### Dolphin South End

741 Kansas #2, San Francisco 94107

**The Grand Canyon Double Crossing**, by Stephanie Ricardo.

A hike on the Kaibab, one of the Grand Canyon's more challenging trails, is rigorous and demanding; however, a 41.2 mile run on the Kaibab covering a total 12,000 vertical feet ascent is not only difficult but dangerous as well, particularly on one section near the North Rim called the "Cliffs" which is blasted out of rock and has such an extremely sheer dropoff that some runners refuse to look over the edge and literally cling to the cliff wall as they pass thru this section.

On November 7th, fifty starters - the largest field ever (nine started last year) - headed down the trail at staggered starts (2:30 am, 4:02 am, 5:00 am, and 6:39 am). The out and back route begins on the South Rim of the Grand Canyon, drops down to the Colorado River (a descent of 4,780 ft. in 6.37 miles) and continues up to the turnaround point at the North Rim (5,820 ft. in 14.23 miles). The return is very difficult because of the long downhill pounding and the exhausting climb to the finish.

First to finish the grueling 41.2 miles was 30 year old Rae Clark from San Jose, CA in 7:58:37. Valerie Doyle, a Berkeley runner who placed 20th, was the first woman; her 10:53:54 time took 45 minutes off Bjorg Austrheim-Smith's women's record which was set last year.

I planned to run down to the river and hike back out. At 4:00 am on the 7th, DSE member James Burke and I, shivering in spite of our Lifa cold-weather gear, started down the trail and ran holding a flashlight all the way to the river. James continued on to the North Rim while I stayed to see the beauty of the ancient inner canyon at dawn and also to observe the Early Precambrian rock formations which are two billions years old and are only found along the inner gorge.

James, a strong uphill runner, was reduced to a survival shuffle on the last climb out of the canyon. He finished the 41.2 mile run in an honorable time of 13:30:46 and jokingly commented that it was truly a fun run: no entry fee; no awards; no results, except those published in Ultrarunning magazine; no aid stations; and, sometimes, no trail.

### Empire Runners

4700 Foulger Dr., Santa Rosa 95405

Congratulations to Janet Buckendahl on establishing a new national record. Her time of 1:06:38 at the Labor Day 10 Miller establishes a new record for age 48. The previous record of 1:06:49 was set by Margarette Deckert in April 1981.

On Sunday, April 24th, at 3:00 pm, the 1st Annual Hotdogger Prediction Run will take place. The distance is 8 kilometers (5.0 miles) over rolling terrain. For information about the run contact the club at the above address.

### Capitol City Flyers

1111 J St., #134, Davis 95616

Special kudos go out to Sally Pinkner, Jason Flamm and Dionne Self of the youth group as they were all selected to All-Metro X-C Team... Eileen Claugus won the women's division of the Honolulu Marathon in 2:41. Running her first marathon Patti Gray notched 2:51:20... The fastest Flyer team at the Christmas Relays was composed of Dave Chairez, Rob Anex, Jeff Clark, Chris Hamer and Dave Grimes who recorded a club record 1:52:58... Top Flyers at the Cal 10 were Patti Gray with a PR 56:54 and Rob Anex with a PR 49:44 for 2nd and 12th respectively... At the PA 20K the club was led by Rob Anex in 5th at 64:15 and Heike Skaden 6th woman in 79:33... Gordon Innes bagged 3rd at the Clam Beach 8.5 mile... Master runner Mike Holbrook won the Foot Locker Indoor Trials mile in 4:42 then legged it in for a 4:35 victory in the indoor meet... At the Oakland Marathon Rob Anex bagged another PR with his 2:24:43 and Heike Skaden ran a PR half marathon with 1:20:08... Top times on the track this season are a 32:14 10,000m by Dave Chairez, 9:10 and 9:13 two mile times by Jeff Clark and Shawn Smallwood.

### Loeschhorn's Runners

10810 Warner Ave., Fountain Valley 92708

One of the big events just completed was the Long Beach Marathon in which Loeschhorn's Runners turned out in force. The force was led by Bill Silverman who recorded a 2:46:32 over the hot, smoggy layout in nabbing 48th place. Richard Kenworthy was 56th in 2:47:59. Another top performance was turned in by Marco Chavarria with 2:49:31. Top female club member was Elaine Havens in 626th overall (2nd in division) with 3:31:00.

Earlier in the year even more club members turned out for the Up the Estuary Half Marathon. Top places were garnered by Mark McKinzie in 7th at 1:12:58, Bill Sumner in 18th at 1:16:18, and John Loeschhorn 19th at 1:16:40. The big winner at this one, though, was Tisha Whitney who was the first woman in 99th overall at 1:27:03.

### Address Change?

Be sure to notify California Track & Running News as soon as possible of a change in address. CT&RN is mailed third class bulk rate and the post office will not forward the magazine. Send your new address, as well as your old, to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.



## Golden Bear Track Club

2031 Lincoln St., Berkeley 94709

Elected to the club's Board of Directors at its annual January meeting: Helmer Aslaksen, a Norwegian distance runner; Tom Borschel, fast becoming one of the better roadrunners in the Bay Area; Peter Day, a submasters ultradistance runner; Peter Grimes, ex-Cal intermediate hurdler; Alan Kolling, Vice President, Pacific Association (TAC) Board of Athletics; Fady Malik, Cal frosh distance runner; Joanne Napoli, triathlete; John Sup, a miler par excellence; and Gail Wetzork, masters distance runner and chairman of master's LDR for the Pacific Association (TAC). Brian Maxwell (President), Pete Churney (Vice President), Alan Kolling (Secretary) and John Sup (Treasurer) will serve as the club's officers.

On the roads, Phil Broadus ran a strong 5th in the Oakland Half Marathon (PR 1:06:38) with John Embury 10th in the same race (1:07:47). In the full marathon, Tom Borschel finished 14th (PR 2:29:08) and



TOM BORSCHTEL  
Golden Bear TC

photo by Gene Cohn

John Skeels 30th (2:35:53). Earlier in January, Tom Borschel turned in an outstanding 49:31 at the California Ten Miler in Stockton, placing 6th. Also turning in a lifetime best to take second in the Oakland Valentine Day 10K Run (30:40) was Emery Mitchell. On the track, high school "cub" Jim Bloomer has been burning up the track, winning the Footlocker 1500m in 4:09, and splitting a swift 1:52.7 on the 4x750 relay. He subsequently dropped to a 1:57.9 PR and 4:00.7 outdoor efforts. John Sup clocked a fine early season 3:48.8, later nosing out clubmate and Cal All-American Tom Downs 3:52.7 to 3:52.8, and Phil Broadus and Helmer Aslaksen both chalked up 5,000m PRs with 14:46 and 14:59 efforts respectively.

Golden Bear Track Club is open to all individuals of all ages and abilities, and not just Cal alumni or students. Club workouts are held every Tuesday and Thursday afternoon at Edwards Stadium, and they have active high school, masters and triathlete components. Whether you are a serious competitive or merely recreational runner, GBTC would welcome your membership and participation in our programs. Applications may be obtained from the Club Secretary, c/o 1237 Glen Ave., Berkeley 94708.

## NRDC News

### Olympic Marathon Trials Qualifying Procedures

In order to qualify for the Marathon Trials, the athlete must be a citizen of the United States and be registered with TAC. All qualifying performances will be screened by the NRDC. This screening is being done under the auspices of the Men's LDR and Women's LDR Committees which govern the selection of the men's and women's marathon team for the 1984 Olympic Marathon.

There are two stages to the screening process. The first stage is to prepare a list of all marathons which meet the qualifying standards. This list will be widely disseminated so that the athletes wishing to qualify for the Marathon Trials will know which races to enter. The intent is to provide a reasonable certainty that, if an athlete enters a particular race on the list, a qualifying time made in that event will insure his or her entry into the Marathon Trials. Athletes are advised to avoid races not on the approved list.

How does a marathon get on the approved list? Two things are required. First, a signed statement that the race held during the qualifying period will be held on the course as certified is needed. Courses that have not been certified since 1 January 1979 will need to be remeasured and recertified. If a recertification is not required, a statement of intent to comply with the certification requirement will allow the race to be listed with certification pending.

Second, a copy of the TAC sanction for the race to be held during the qualifying period is needed. If the sanction has not been applied for or received, a statement of intent to comply with the sanction requirement will allow the race to be listed with sanction pending.

It is possible for an athlete to qualify at a race not on the approved list provided all the necessary documentation is received prior to the Marathon Trials date. However, athletes are advised to avoid such races since there is no assurance that such marks will be accepted.

After a marathon is held where athletes have achieved qualifying performances, the race director is instructed to submit the list of qualified athletes and documentation that these represent valid performances. All such qualifying performances will be entered onto a master list of athletes qualified for the Marathon Trials.

Once an athlete has achieved a qualifying performance, all he or she needs to do is to mail a copy of their 1984 TAC registration card to the NRDC. If the qualifying performance has been cleared, this automatically enters the athlete into the Olympic Marathon Trials. The list of athletes so entered will be submitted to the respective LDR Committee chairpersons and to the respective race directors for the Men's and Women's Olympic Marathon Trials.

Our main concern is to simplify the qualifying procedure for the athlete involved. In previous years it was incumbent on the athlete to find out which races were certified, which had been sanctioned and then to apply for entry to the Marathon Trials. In a number of cases, runners found out after the race that their performance might not count and, on occasion, had to run another race to qualify.

We feel that the athletes should concentrate on training and preparing for the Olympics and that the NRDC, TAC and the race directors should make sure everything else is taken care of.

The qualifying period for the men will begin with the 1983 Boston Marathon and end with the 1984 Boston Marathon. The qualifying period for the women will begin on 1 April 1983 and end with the 1984

Boston Marathon. The women have a slightly longer qualifying period since the date of their Marathon Trials will likely be close following the 1984 Boston Marathon and runners will not be likely to choose to qualify at the 1984 Boston race.

We have been informed by the race directors for the Women's Olympic Marathon Trials (to be held in Olympia, WA), Brent and Laurel James, that they hope to obtain funds from race sponsors to pay travel and lodging/meals expenses to the top 200 women qualifiers for their race. It appears that travel expenses for only the top 40 men qualifiers will be provided.

Obviously, this re-evaluation of the certification status of marathon courses and the upgrading of the courses certified prior to 1979 will greatly increase the faith we have in the accuracy of marathon courses in this country. The choice of a 1 January 1979 cut-off for a required certification results from a change in certification standards at that time. Prior to 1979, only one measurement over a course was necessary to have a course certified. This was changed since only one measurement did not give any statistical basis on which to judge the reliability (dispersion) of the measurement. Now, two or more measurements are required and, if the measurements are widely variant, their accuracy is doubtful and a cause is sought.

Some of the marathons which will need to be recertified are: Culver City, Palos Verdes, Sacramento, Santa Barbara, Avenue of the Giants, Orange Bowl, Honolulu, Three Rivers (IN), Iowa City MS, Casco Bay (ME), Boston, Race of Champions (MA), Heart of America (MO), Silver State (NV), Skylon International, Charlotte Observer (NC), Prevention (PA), God's Country (PA), Historic Gettysburg (PA), Penn Relays, Ocean State (RI), Carolina (SC), Memphis, Smoky Mountain (TN), St. George (UT), Richmond Newspapers (VA), Paavo Nurmi (WI) and Frontier Days (WY).





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# California Masters All-Time Ranking

Compiled by **PERCY KNOX**

Please send additions and corrections to:  
447 E. Lingard St., Lancaster, CA 93534

*The Ranking is to be continued next issue...*

## 100 METERS (Automatic-time)

30-34		
10.79	Reggie Davis (32) CDM	1981
10.83	Hillard Sumner (33) SCS	1979
10.95	Eugene Driver (31) CDM	1982
10.87	Glenn Johnson (30) CDM	1979
10.88	Doug Wells (34) CDM	1978
10.88	Mike Jackson (32) SCS	1981
10.90	Greg Marshall (30) WV	1978
35-39		
10.73	Walt Butler (37) SCS	1978
11.02	David Romain (38) WV	1978
11.27	Doug Smith (39) CDM	1979
11.31	Bobby Simpson (39) WV	1981
40-44		
11.13	Walt Butler (40) SCS	1981
11.19	Ken Dennis (41) CDM	1978
11.23	Doug Smith (40) CDM	1980
11.31	Lewis Smith (40) SCS	1979
11.40	Dave Segal (40) CDM	1977
11.51	Wolfgang Linkmann (40)	1981
11.53	Ben Anixtes (43) SCS	1981
11.58	Paul Edins (41) NCS	1982
45-49		
11.35	Marlon Sanchez (47) NCS	1979
11.38	Percy Knox (45) CDM	1979
11.48	Nick Newton (45) CDM	1979
11.49	Dave Segal (45) CDM	1982
11.49	Gil La Torre (45) NCS	1982
11.59	Van Parish (45) NCS	1979
11.61	Bruce Springbett (48) NCS	1981
50-59		
11.85	Ozzie Dawkins (51) STC	1979
11.90	Robert Watanabe (53) STC	1979
12.13	Don Cheek (51) CDM	1981
12.23	Tea Vick (56) CDM	1979
12.28	Huel Washington (50) BAS	1979
12.28	Vern Regier (53) NCS	1981
12.51	Tom Patsalis (58) CDM	1979
12.53	Ed Mahany (50)	1981
12.54	Bob Roemer (54) NCS	1979
12.58	Bob Jordan (56) NCS	1978
60-69		
12.15	Payton Jordan (61) CDM	1978
12.81	Clarence Killian (61) CDM	1979
12.83	Tom Patsalis (60) CDM	1982
13.12	Harry Koppel (68) NCS	1980
13.39	Al Guldert (61) CDM	1979
13.39	Bob Hunt (62) SCS	1982

## 70 plus

14.13	Anthony Castro (71) SCS	1981
14.55	Josiah Packard (75) NCS	1979
14.98	Ken Carnine (70) NCS	1979

## 200 METERS

30-34		
21.56	Eugene Driver (31) CDM	1982
21.85	Hillard Sumner (33) SCS	1979
21.98	Herman Franklin (32) SCS	1980
22.00	Reggie Davis (32) CDM	1981
22.28	Lee Evans (33)	1980
22.32	Mike Jackson (32) SCS	1981
22.38	Greg Marshall (30) WV	1978
22.40	Glenn Johnson (30) CDM	1979
22.41	Jesse Whitmore (31)	1981
22.52	Matt Pruitt (33) WV	1979
22.54	Ron Whitney (34) SCS	1978
22.64	Richard Harris (31) WV	1978
22.78	Warren Spikes (31) CDM	1979
22.99	Dan Fitzsimmons (34) WV	1978
35-39		
22.07	Matt Pruitt (35) WV	1980
22.51	Walt Butler (37) SCS	1978
22.78	David Romain (37) WV	1979
22.96	Doug Smith (39) CDM	1979
23.02	Dan Fitzsimmons (35) WV	1979
40-44		
22.46	Doug Smith (41) CDM	1980
22.79	Ken Dennis (41) CDM	1978
23.05	Walt Butler (46) SCS	1981
23.29	Bill Knocke (42) SCS	1982
23.35	Dave Segal (44) CDM	1981
23.51	Paul Edens (41) SCS	1982
23.55	Nick Newton (44) SCS	1978
23.56	Gary Miller (41) CDM	1979
23.59	Ben Anixter (40) NCS	1978
23.72	Lewis Smith (40) SCS	1979
23.79	Percy Knox (44) CDM	1978

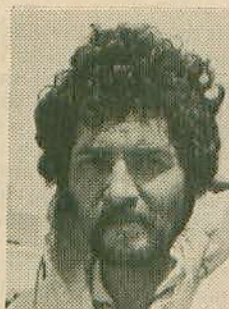
23.60	Gil La Torre (45) NCS	1982
23.65	Marlon Sanchez (47) NCS	1979
23.98	Percy Knox (45) CDM	1979
23.98	Bruce Springbett (48) NCS	1981
24.19	Van Parish (45) NCS	1979
24.21	Phil Presbir (45)	1979
24.37	Bob Messersmith (45) CDM	1978
50-54		
24.62	Ozzie Dawkins (51) STC	1979
25.04	Don Cheek (50) CDM	1980
25.33	Bob Sciben (53) SD	1979
25.35	Huel Washington (50) BAS	1979
25.70	Bob Cooper (54) NCS	1978
25.72	Bob Roemer (51) NCS	1976
25.79	Tea Vick (50) CDM	1979
55-59		
24.95	Bob Cooper (55) NCS	1979
25.60	Gene Harte (55) CDM	1980
25.96	Vern Regier (55) NCS	1982
26.94	Wilbur Buchanan (55) SCS	1979
27.09	Tom Clayton (55) CDM	1979
60-69		
25.84	Payton Jordan (61) CDM	1978
26.10	Tom Patsalis (60) CDM	1982
27.14	Clarence Killian (61) CDM	1979
27.14	Harry Koppel (66) NCS	1979
27.51	Bob Hunt (61) SCS	1981
27.66	Henry Fairbank (62)	1981
27.73	Pette Fetter (60) CDM	1981
27.75	Charles Mercurio (62) CDM	1982

## 70 Plus

29.66	Anthony Castro (70) SCS	1981
29.70	Josiah Packard (75) NCS	1979
31.36	Ken Carnine (70) NCS	1979
32.75	Mel Shine (70) NCS	1979
39.50	Paul Spangler (80)	1979

## 400 METERS

30-34		
48.07	Hillard Sumner (33) SCS	1979
48.41	Matt Pruitt (33) WV	1979
49.10	Eugene Driver (31) CDM	1982
49.11	Ron Whitney (34) SCS	1978
49.19	Richard Harris (31) WV	1978
50.13	Glenn Johnson (30) CDM	1979
50.37	Ken Stuart (34) SCS	1978
50.49	Warren Spikes (30) CDM	1981
51.21	Sam Pineterpo (34)	1979
35-39		
48.71	David Romain (37) WV	1978
49.73	Matt Pruitt (35) WV	1981
50.13	Hillard Sumner (35) SCS	1981
51.85	Dave Karrie (35) SCS	1981
52.25	Dan Fitzsimmons (35) WV	1979
52.54	Frank Little (35) SCS	1979
40-49		
50.86	Ralph Lee (40) SCS	1981
51.02	Gary Miller (41) SCS	1981
51.06	Bill Knocke (41) SCS	1981
51.74	Nick Newton (44) SCS	1978
51.98	Charles McKinney (40) SCS	1979
53.53	Mel Elliott (40) SCS	1979
53.79	Bill Green (42)	1978
45-49		
52.14	Nick Newton (45) SCS	1979
52.90	Hans Breehuer (46) NCS	1978
53.71	Bob Messersmith (45) CDM	1978



NICK NEWTON



HILLARD SUMNER

45-49		
23.22	Dave Segal (45) CDM	1982
23.55	Nick Newton (46) SCS	1980



54.89	Tony Nasaralla (45) STC	1978
55.22	Percy Knox (45) CDM	1979
55.22	Jim Parks (45) SCS	1979
<b>50-54</b>		
53.93	Don Cheek (51) CDM	1981
54.88	Ozzie Dawkins (51) STC	1979
55.99	Bob Sieben (53) SD	1979
56.45	Don Jackson (51) NCS	1978
57.24	Ken Goetzel (50)	1978
57.44	Don Carrico (50)	1978
<b>55-59</b>		
56.62	Gene Harte (55) CDM	1980
56.28	Bob Sieben (56) SD	1982
58.58	Bill Fitzgerald (55) SCS	1981
<b>60-69</b>		
60.50	Bob Hunt (61) SCS	1981
62.07	Henry Fairbanks (62)	1981
63.10	Clarence Killian (61) CDM	1979
63.35	Al Guidet (61) CDM	1979
63.96	Bill Bowers (60) SD	1979
65.30	John Sattle (64) NCS	1979
65.43	Harry Koppel (68) NCS	1981
<b>70 Plus</b>		
68.64	Josiah Packard (75) NCS	1979
72.77	Ken Carnine (73) NCS	1981
73.70	Mel Shine (72) NCS	1981

### 110 METER HIGH HURDLES

<b>30-39 (39")</b>		
13.92	Walt Butler (38) SCS	1979
14.63	Theo Viltz (38) CDM	1981
14.79	Larry Sallinger (36) CDM	1979
15.25	Fred Johnston (33) SCS	1979
15.38	Cornelius McCormick (35) SCS	1979
15.61	Frank Reilly (35)	1981
<b>40-49 (36")</b>		
14.87	Walt Butler (40) SCS	1981
14.78	Al Henry (41) CDM	1979
14.96	Hugh Adams (42) CDM	1982
15.35	Don Hickman (41) NCS	1978
15.54	Dave Jackson (48) CDM	1980
15.57	Dennis DeWitt (43) SCS	1982
15.56	Charles Fuller (40) NCS	1979
15.80	Ed Oleata (43) SD	1980
<b>50-59 (33")</b>		
16.88	Tom Patsalis (57) CDM	1979
17.43	Bob Hunt (58) SCS	1978
17.63	Bob Higgenbotham (53) NCS	1982
18.02	Burl Gist (58) CDM	1978
18.02	S. Peck (57)	1978
<b>60 Plus (30")</b>		
16.89	Tom Patsalis (60) CDM	1982
17.31	Bob Hunt (62) SCS	1982
17.61	Burl Gist (62) CDM	1982
18.73	Al Guidet (61) CDM	1979
18.64	Herb Miller (67) CDM	1982

### 400 METER INTERM. HURDLES

<b>30-39 (36")</b>		
55.87	Matt Pruitt (33) WV	1979
57.03	Ron Whitney (38) SCS	1981
57.70	Hugh Adams (39) CDM	1979
57.99	Cornelius McCormick (35) SCS	1979
58.67	Larry Sallinger (36) CDM	1979
58.70	R. Carlon (37)	1979
<b>40-49 (36")</b>		
56.15	Gary Miller (40) CDM	1978
<b>(33")</b>		
57.37	Mike DeStefano (42) CDM	1981
57.67	Gary Miller (43) CDM	1981
57.85	Hugh Adams (42) CDM	1982
58.46	Ed Oleata (42) SD	1979
58.84	James Thomas (41) NCS	1979
58.95	Don Hickman (40) NCS	1978
<b>50-59 (30")</b>		
64.29	Bob Holmes (53)	1982
64.88	Ed Dowell (59) NCS	1979
66.23	Tony Nasaralla (50) SCS	1982
66.95	Bob Sieben (56) SD	1982
67.81	Tom Clayton (54) CDM	1978
<b>60 Plus</b>		
70.78	Al Guidet (61) CDM	1979
70.09	Bob Hunt (60) SCS	1980
70.06	Allan Waterman (60)	1979

### 100 YARDS (hand time)

<b>30-34</b>		
9.6	Hillard Sumner (31) SCS	1977
9.7	Eugene Driver (31) CDM	1982
9.8	Herman Franklin (31) SCS	1979
10.0	Willie Roberson (33) CDM	1977
10.0	Rod Ferguson (32) SCS	1978
10.0	Lee Van Hofwagen (30) CDM	1979
10.0	Mike Jackson (30) SCS	1979
10.1	Ted Cain (30)	1973
10.1	Webster Johnson (32) SCS	1978
<b>(wind aided)</b>		
10.0	John Dobroth (34) SCS	1975
10.0	Doug Wells (33) CDM	1977
10.0	Elliott (36) WV	1977
<b>(rolling start)</b>		
9.8	Willie Roberson (32) CDM	1976

<b>35-39</b>		
9.7	Percy Knox (38) CDM	1972
9.7	Walt Butler (37) SCS	1978
9.8	Ken Dennis (39) CDM	1977
9.9	Harvey Johnson (35) CDM	1977
10.0	Dave Segal (35)	1972
10.0	Bob Simmons (35) SCS	1977
10.0	Willie Roberson (35) CDM	1979
10.1	Ben Anixtes (35) NCS	1973
10.2	Hugh Adams (38) CDM	1976
10.3	Al Feola (39) SCS	1972
10.3	D. Wein (37)	1977
10.4	Al Henry (35) CDM	1973
10.4	George Waterman (38) SCS	1973
<b>(wind aided)</b>		
9.8	Dave Segal (35) CDM	1972
9.8	Ken Dennis (37) CDM	1974
10.2	George Waterman (39) CDM	1974



BOB MESSERSMITH



BRUCE SPRINGBETT



JAN FEKKES(11) & BILL FITZGERALD

<b>(rolling start)</b>		
9.6	Walt Butler (38) SCS	1976
<b>40-44</b>		
9.8	Percy Knox (40) CDM	1973
10.0	Dean Smith (40) SCS	1972
10.0	Ken Dennis (40) CDM	1978
10.1	Dave Jackson (40) SCS	1972
10.1	Nick Newton (42) SCS	1976
10.2	Jim Lingle (41) BAS	1972
10.2	Phil Presber (41) NCS	1975
10.2	Gary Miller (40) CDM	1978
10.3	George Rhoden (43) SD	1970
10.3	Dick Marlin (43) NCS	1974
10.3	Dave Segal (40) CDM	1977
10.4	Bob Radford (41) CDM	1973
10.4	Van Parish (41) NCS	1975
10.4	Manual Tarango (40) NCS	1977
10.4	George Waterman (42) CDM	1977
10.4	Al Chavez (40) SCS	1978
10.4	Dennis DeWitt (40)	1979
10.4	Ben Anixtes (43)	1981
10.5	Don Love (43) SD	1970
10.5	Phil Schlyel (41) CDM	1971
10.5	Ozzie Dawkins (44) STC	1972
10.5	Don Cheeks (43) CDM	1973
<b>(wind aided)</b>		
9.8	Percy Knox (41) CDM	1975
9.9	Dean Smith (40) SCS	1972
10.0	Phil Presber (41) NCS	1975
10.3	George Waterman (40) CDM	1975
10.3	Tony Nasaralla (43) STC	1975
<b>(rolling start)</b>		
10.2	George Waterman (41) CDM	1976
<b>(postal)</b>		
9.7	Percy Knox (43) CDM	1977

<b>45-49</b>		
10.0	Percy Knox (45) CDM	1979
10.3	Nick Newton (45) SCS	1979
10.4	Bob Watenabe (45) STC	1971
10.5	Dick Marlin (45) NCS	1975
10.5	Bruce Springbett (48) NCS	1981
10.5	Gil La Torre (45) NCS	1982
10.6	Al Juilland (49)	1972
10.6	Ted Rodamaker (47) NCS	1972
10.6	Ted Vick (47) CDM	1976
10.6	Van Parish (45) NCS	1979
<b>(wind aided)</b>		
10.5	Ozzie Dawkins (46) STC	1975
<b>50-54</b>		
10.5	Al Juilland (50)	1973
10.7	Payton Jordan (54)	1972
10.8	Bob McDonald (51) SD	1971
10.8	Al Guidet (54) NCS	1972

10.8	Bob Watanabe (50) STC	1976
11.0	Bob Foutz (50) CDM	1971
11.0	Pete Fetter (51) STC	1972
11.0	Tom Patsalis (54) CDM	1976
11.0	Bob Cooper (53) NCS	1978
11.0	Dick Marlin (51) NCS	1981
11.1	L. Watezuk CDM	1970
11.1	Ozzie Dawkins (50) STC	1978
<b>(wind aided)</b>		
11.0	Wayne Ambrose (51) CDM	1977
<b>55-59</b>		
10.7	Payton Jordan (55) CDM	1973
10.7	Al Guidet (55) NCS	1973
11.2	Tom Patsalis (55) CDM	1977
11.5	Jim Vernon (58) STC	1975
11.5	Pete Fetter (55) CDM	1977
11.6	Don Matt (55)	1977
<b>(wind aided)</b>		
10.5	Al Guidet (56) SCS	1974
<b>60-69</b>		
10.9	Payton Jordan (61) CDM	1978
11.5	Al Guidet (60) CDM	1978
11.8	Harry Koppel (64) NCS	1978
11.9	A. Majors (61)	1974
12.0	Fritlof Sjostrand (61)	1974
12.2	Ken Carnine (64) NCS	1972
12.2	John Sattle (62) NCS	1977
12.4	A.J. Puglegovich (63) NCS	1971
12.4	Bill Morales (62) CDM	1978
12.5	Jim Vernon (62) STC	1978
12.5	Joe Caruso (66) STC	1976
12.6	Anthony Castro (67) STC	1978
<b>(wind aided)</b>		
10.9	Payton Jordan (62) CDM	1979

continued on next page...



# California Masters

## 70 Plus

13.6	Sing Lum (70)	1975
13.7	Josiah Packard (74) NCS	1978
13.7	P. Thomasson (70)	1976
13.9	Ralph Higgins (73) CDM	1975
(wind aided)		
13.1	Sing Lum (70)	1975

## 100 METERS (\* converted 100y time)

30-34		
10.2	Marion McCoy (31) Macc	1982
10.3	Eugene Driver (31) CDM	1982
10.5	Hillard Sumner (31) SCS	1977
10.5	Rex Harvey (31) USAF	1977
10.5	Doug Wells (34) CDM	1978
10.5	Mike Jackson (31) SCS	1980
10.5	Glenn Johnson (31) CDM	1980
10.6	Herman Franklin (31) SCS	1979
10.6	Greg Marshall (31) WV	1979
10.6	Reggie Davis (32) CDM	1981
10.7	Willie Roberson (34) CDM	1978
10.7	Warren Spikes (32) CDM	1982
10.8	Jesse Whitmore (31)	1981
10.9	Ron Beadle (30) CDM	1979
10.9*	Lee Van Hofwagen (30) CDM	1979
10.9*	Rod Ferguson (32) SCS (11.0)best	1978
11.0*	Ted Cain (30)	1973
11.0	Clarence Corbin (34) WV	1979
11.1	John Dobroth (34) SCS	1975
11.1	Phil Underwood (30) SCS	1979

35-39		
10.5	Walt Butler (37) SCS	1978
10.6*	Percy Knox (38) CDM (11.1)best	1972
10.7*	Ken Dennis (38) CDM (10.8)best	1977
10.7	John Carlos (36)	1981
10.8	Doug Wells (35) CDM	1979
10.8*	Harvey Johnson (35) CDM	1977
10.8	Doug Smith (38) CDM	1979
10.9	Dave Segal (37) CDM	1974
10.9*	Bob Simmons (35) SCS	1977
10.9	David Romain (36) WV	1978
10.9	J. Ravelomanantsoa (35) SCS	1979
11.0*	Ben Anixtes (38) (11.1)	1973
11.0	Dan Fitzsimmons (35) WV	1979
11.0	Clarence Corbin (35) WV	1979
11.1*	Hugh Adams (36) CDM (11.3)	1976
11.1	Sam Robinson (36)	1980
11.1	Bill Johnson (35) WV	1980
11.1	Willie Roberson (37) CDM	1981
(wind aided)		
10.7*	Dave Segal (35) CDM	1972
10.7*	Ken Dennis (38) CDM	1974
10.9	Ben Anixtes (37)	1975
11.0	Hugh Adams (35) CDM	1975
11.1*	George Waterman (39) CDM	1974

40-44		
10.7*	Percy Knox (40) CDM (10.9-78)	1973
10.8	Ken Dennis (41) CDM	1978
10.9*	Dean Smith (40) SCS (11.0-73)	1972
10.9	Doug Smith (40) CDM	1980

10.9	Walt Butler (40) SCS	1981
11.0*	Dave Jackson (40) CDM	1972
11.0*	Nick Newton (42) SCS (11.1-78)	1976
11.1*	Jim Lingle (41) BAS (11.3-73)	1972
11.1	Van Parish (42) NCS	1976
11.1*	Phil Presbir (41) NCS (11.2-74)	1975
11.1	Dave Segal (40) CDM	1977
11.1	Gary Miller (40) CDM	1978
11.2*	George Rhoden (43) SD	1970
11.2*	Dick Marlin (43) (11.5-74)	1974
11.2	Ben Anixtes (40)	1978
11.2	Bill Knocke (41) SCS	1981
11.2	Harvey Johnson (40) CDM	1981
11.2	Lewis Smith (42) SCS	1981

(wind aided)		
10.7*	Percy Knox (41) CDM	1975
10.7	Walt Butler (40) SCS	1981
10.8	Dean Smith (40) SCS	1972
10.9*	Phil Presbir (41) NCS	1975
11.0	Van Parish (41) NCS	1975
11.1	Dave Jackson (40) CDM	1972
11.2*	George Waterman (40) CDM	1975
11.2*	Tony Nasaralla (43) STC	1975

(rolling start)		
11.1*	George Waterman (41) CDM	1976
(postal)		
10.6*	Percy Knox (43) CDM	1977

45-49		
10.9	Percy Knox (45) CDM	1979
11.1	George Rhoden (45) SD	1972
11.1	Dave Segal (45) CDM	1982
11.2*	Nick Newton (45) SCS (11.3-79)	1979
11.2	Bruce Springbatt (45) NCS	1979
11.2	Van Parish (45) NCS	1979
11.2	Gil La Torre (45) NCS	1982
11.3*	Bob Watanabe (45) STC (11.5-71)	1971
11.4	Dick Marlin (45) NCS	1975
11.4	Bob Messersmith (45) CDM	1979
11.4	Marion Sanchez (47) NCS	1979
11.5	Al Juilland (49)	1972
11.5*	Ted Radomaker (47) NCS	1972
11.5*	Ted Vick (47) CDM	1977
11.5	Phil Presbir (45)	1979
11.5	Ben Rivera (45)	1979

(wind aided)		
10.9	Percy Knox (45) CDM	1979
50-54		
11.4	Al Juilland (50)	1973
11.6*	Payton Jordan (54) (11.7-72)	1972
11.6	Bob Watanabe (50) STC	1979
11.6	Ozzie Dawkins (51) STC	1979
11.7	Stan Stafford (51)	1970
11.7*	Bob McDonald (51) SD	1971
11.7*	Al Guidet (54) NCS	1972
11.8	Vern Regier (51) NSC	1979
11.9*	Bob Foutz (50) CDM	1971
11.9*	Pete Fetter (51) STC	1972
11.9	Al Guidet (54) NCS	1972
11.9	Bob Roemer (50) NCS	1975
11.9	Huel Washington (50) BAS	1979
11.9*	Dick Marlin (51) NCS	1981
11.9	Don Cheek (52) CDM	1982
11.9	Marion Sanchez (50) NCS	1982
12.0	Bob Cooper (50) NCS	1975
12.0	Ted Vick (50) CDM	1979

(wind aided)		
11.9*	Wayne Ambrose (51) CDM	1977
55-59		
11.6	Payton Jordan (55) CDM	1972
11.6	Al Guidet (56) NCS	1974
12.1	Bob Watanabe (55)	1981
12.3	Clarence Killian (55)	1975
12.4*	Jim Vernon (58) STC	1975
12.4*	Pete Fetter (55) CDM	1977
12.5*	Don Watt (55)	1977
12.5	Bob Cooper (55) NCS	1979

(wind aided)		
11.4*	Al Guidet (56) SCS	1974
60-64		
11.8	Payton Jordan (61) CDM	1978
12.6*	Al Guidet (60) CDM	1978
12.7	Clarence Killian (60) CDM	1978
12.8	Bill Morales (61) CDM	1978
12.9*	Harvey Koppel (64) NCS	1978
13.0	Fritlof Sjostrand (61) STC	1974
13.0	Pete Fetter (60) CDM	1981
13.1*	Ken Carnine (64) NCS	1972
13.1*	John Sattle (62) NCS	1972
13.1	Bob Hunt (62) SCS	1982

(wind aided)		
11.8*	Payton Jordan (62) CDM	1979
12.0	Tom Patsalis (60) CDM	1981
12.9	Pete Fetter (61) CDM	1982
13.0	Bob Hunt (62) SCS	1982
65-69		
12.8	Harry Koppel (66) NCS	1979
13.3	John Sattle (65) NCS	1979
13.4	Ken Carnine (65) NCS	1973
13.4	Joe Caruso (66) STC	1976
13.5	Anthony Castro (68) STC	1977
13.6	Al Simmons (67)	1979

(wind aided)		
13.0*	Ken Carnine (65) NCS	1973
70 Plus		
13.9	Josiah Packard (73) NCS	1977
13.9	Anthony Castro (70) SCS	1980
14.3	Joe Caruso (70) STC	1980
14.5*	Sing Lum (70)	1975
14.5	Winfield McFaddin (71) SD	1976
14.6*	P. Thomasson (70)	1976
14.6	Lamar Jackson (75)	1981
14.7	Ken Carnine (71) NCS	1971



JERRY WITHERS leads TOM STURAK

## 200 METERS (220 yards)

30-34		
21.2	Hillard Sumner (33) SCS	1979
21.2	Herman Franklin (31) SCS	1979
21.2	Eugene Driver (31) CDM	1982
21.4	Marian McCoy (31) SCS	1982
21.5	John Carlos (32) SCS	1977
21.5	Glenn Johnson (31) CDM	1980
21.7	Greg Marshall (31) WV	1979
21.7	Warren Spikes (32) CDM	1982
21.8	Elliott Mason (30) AM	1976
21.8	Mike Jackson (31) SCS	1980
21.8	Reggie Davis (32) CDM	1981
21.9	Matt Pruitt (33) WV	1979
22.0	Lee Evans (33)	1980
22.2	Clarence Corbin (34) WV	1979
22.2	Jesse Whitmore (31)	1981
22.3	Ron Whitney (34) SCS	1978
22.4	Willie Roberson (33) CDM	1977
22.4	Richard Harris (31) W	1978
22.4	Ron Beadle (30) CDM	1979

35-39		
21.8	Dave Segal (37) CDM	1974
21.8	Matt Pruitt (35) WV	1980
21.9	Ben Dennis (37) CDM	1974
21.9	Walt Butler (36) SCS	1977
22.1	David Romain (37) WV	1979
22.1	Hillard Sumner (35) SCS	1981
22.3y	Dean Smith (39) SCS	1971
22.3	Dean Fitzsimmons (35) WV	1979
22.4	Ron Whitney (35)	1978
22.5	Dorlog Smith (39) CDM	1979
22.5	Bill Johnson (35) WV	1981
22.6	Hugh Adams (35) CDM	1975
22.8y	Percy Knox (38) CDM	1972
22.8	Willie Roberson (35) CDM	1979
22.8y	Ben Anixter (35) NCS	1973
22.9y	Harvey Johnson (35) CDM	1977

40-44		
22.1	Ken Dennis (41) CDM	1978
22.2	Doug Smith (40) CDM	1980
22.3	Dean Smith (40) SCS	1972
22.5y	Dave Segal (40) CDM	1977
22.7y	Nick Newton (41) SCS	1975
22.8y	Jim Lingle (41) BAS	1972
22.8y	Percy Knox (43) CDM	1977
22.7	Gary Miller (40) CDM	22.7

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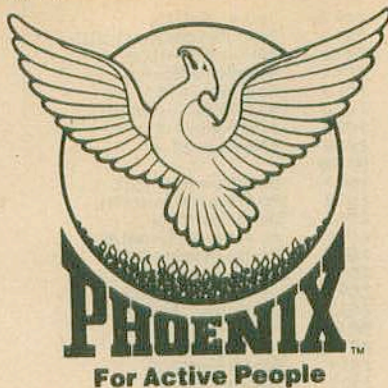


22.7	Walt Butler (40) SCS	1981
22.8	George Rhoden (42) SD	1970
22.9	Bill Knocke (41) SCS	1981
23.0	Dave Jackson (40) CDM	23.0
23.1	Phil Presber (41) NCS	1975
23.2y	Ozzie Dawkins (44) STC	1972
23.2y	Dick Marlin (43) NCS	1974
23.2	Hans Bruhner (44) NCS	1977
23.2	Paul Evans (41) SCS	1982
(wind-aided)		
22.6y	Jim Lingle (43) BAS	1975
22.6	Phil Presber (41) NCS	1975
22.6	Walt Butler (41) SCS	1982
22.8	Hans Bruhner (44) NCS	1977
22.9	Nick Newton (43) SCS	1977
23.0	Gary Miller (44) CDM	1982
(45-48)		
22.3	George Rhoden (45) SD	1972
22.6	Nick Newton (46) SCS	1980
22.9	Dave Segal (45) CDM	1982
23.4	Hans Bruhner (45) NCS	1978
23.4	Gil La Torre (45) NCS	1982
23.4	Marlon Sanchez (47) NCS	1979
23.6	Al Twilland (49)	1972
23.6	Don Love (45) SD	1972
23.6	Ozzie Dawkins (47) STC	1975
23.6	Bob Messersmith (45) CDM	1978
23.6	Bruce Springbett (47) NCS	1980
23.7	Percy Knox (45) CDM	1979
(wind-aided)		
23.2	Percy Knox (45) CDM	1979
(50-54)		
23.6	Payton Jordan (54)	1972
23.7y	Al Twilland (50)	1973
23.7	Don Cheek (51) CDM	1982
24.3	Al Guidet (54) NCS	1972
24.4	Bob Watanabe (56) STC	1976
24.4	Ozzie Dawkins (51) STC	1979
24.8	Wayne Ambrose (50) CDM	1975
24.8	Bob Roemer (50) NCS	1075
24.8	Dean Smith (50)	1982
24.9	Pete Fetter (57) STC	1972
24.9	Bob Sieben (50) SD	1977
25.1	Huel Washington (50) BAS	1979
(55-54)		
23.6	Al Guidet (55) NCS	1973
24.24y	Payton Jordan (56) CDM	1973
24.7	Bob Cooper (55) NCS	1979
25.4	Bob Roemer (55) NCS	1980
25.5y	Fritiof Sjostrand (59) STC	1972
25.4	Gene Hart (55) CDM	1980
25.6	Bob Watanabe (56) STC	1981
25.7	Vern Regier (55) NCS	1982
25.8	Bob Hunt (57) SCS	1977
(postal)		
23.8	Payton Jordan (57) CDM	1974
(60-64)		
24.9	Payton Jordan (60) CDM	1977
25.9	Tom Putsalis (60) CDM	1982
26.0	Clarence Killian (61) CDM	1979
26.6	Fritiof Sjostrand (61) STC	1974
26.8y	Al Guidet (60) CDM	1978
27.3	Bob Hunt (61) SCS	1981
27.4	Henry Fairbanks (62)	1981
27.4	Charles Mercurio (62)	1982
27.5	Pete Fetter (66) CDM	1981
(wind-aided)		
25.9	Fritiof Sjostrand (62) STC	1975
(65-69)		
26.1	Payton Jordan (65) CDM	1982
27.2	Harry Koppel (66) NCS	1979
27.5	John Sallie (65) NCS	1979
28.1	Ken Carmine (68) NCS	1976
28.7	Anthony Castro (67) STC	1977
(70 +)		
28.9	Anthony Castro (72) SCS	1981
29.0y	Josiah Packard (73) NCS	1977
30.0	Ken Carmine (71) NCS	1979
30.2	Winfield McFadden (70) SD	1975
30.8	Sing Lum (72) BTC	1977
31.1	Mel Shine (70) NCS	1979

#### 400 METERS

(30-34)		
46.5	Lee Evans (33)	1980
47.5	Elliott Mason (30) AM	1976
47.9	Hillard Sumner (33) SCS	1979
48.2	Matt Pruitt (33) WV	1979
48.9	Ron Whitney (34) SCS	1978
48.9	Eugene Driver (31) CDM	1982
49.0	Richard Harris (31) WV	1978
49.5	James Harvey (31)	1982
49.6	Ted Cain (30)	1973
49.6	Warren Spikes (31) CDM	1981
49.7	Rex Harvey (31) USAF	1977
50.0y	John Carlos (32) SCS	1977
50.0y	Greg Marshall (30) WV	1978
49.9	Glenn Johnson (30) CDM	1979
49.9	Reggie Davis (31) CDM	1980
50.0	Ken Stuart (34) SCS	1981
50.5	Willie Bogan (31) SCS	1980

50.8y	Bill Miller (31) WV	1978
50.9	Woody Studenmund (31) CDM	1976
48.3	David Romain (35) WV	1977
48.8	Ron Whitney (35) SCS	1978
49.4	Hillard Sumner (35) SCS	1981
49.6	Matt Pruitt (35) WV	1981
50.7	Gary Miller (38) CDM	1976
50.8	George Mason (37) WV	1981
50.9	Hugh Adams (38) CDM	1976
51.5y	Cliff Cordy (35)	1977
51.4	Bill Green (35)	1972
51.5	Woody Studenmund (35) CSM	1980
51.6	John Tansley (36)	1972
51.9y	Charles McKenney (39) SCS	1977
57.7	Dave Karele (35) SCS	1981
57.8	Sam Paritorpe (35)	1980
(40-44)		
50.5	Bill Knocke (42) SCS	1982
50.6	Ralph Lee (40) CDM	1981
50.8	Gary Miller (40) CDM	1978
50.9	David Roucani (40) WV	1982
51.4y	Jim Lingle (40) BAS	1972
51.6	Nick Newton (44) SCS	1978
51.7	Charles McKinney (40) SCS	1979
52.2y	Willis Kleinsasser (42) STC	1970
52.0	Marshall Clark (40) NCS	1973
52.0	George Cohen (41) SCS	1981
52.3	Don Cheek (41) CDM	1972
52.4	Ed Dowell (42) NCS	1972
52.4	Hans Bruhner (44) NCS	1977
52.7y	Ken Dusier (40) CDM	1977
52.5	Ed Oleata (40) SD	1977
52.7	Jake Coss (40)	1974
53.0	Mel Elliott (40) SCS	1979
53.1	John Call (41) SCS	1972
53.1	Manual Tarango (40) NCS	1977
(Postal)		
53.0y	Percy Knox (43) CDM	1977
(45-49)		
50.9	Nick Newton (46) SCS	1980
52.3	Bill Fitzgerald (47) STC	1971
52.4	Don Cheek (45) CDM	1975
52.7	Hans Bruhner (45) NCS	1978
53.2y	Bob Messersmith (45) CDM	1978
53.3	Bob Sieben (45) SD	1972
53.4	Ozzie Dawkins (45) STC	1973
54.2	Huel Washington (45) BAS	1974
54.6y	Bruce Springbett (48) NCS	1981
54.8	Tony Nasaralla (45) STC	1978
54.9	Percy Knox (45) CDM	1979
55.0	Ted Hadamaker (47) NCS	1972
55.0	Jim Parks (45) SCS	1979



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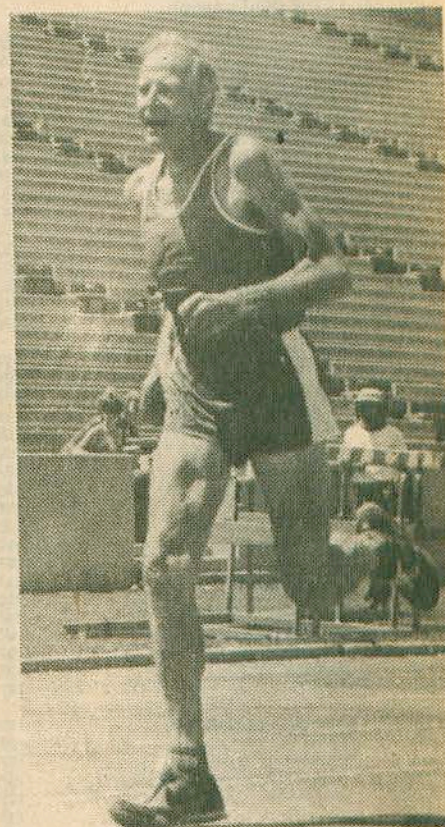
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SID MADDEN



# California Masters

(50-54)

53.7	Don Cheek (51) CDM	1981
54.5	Ozzie Dawkin (51) STC	1979
55.3	Bob Sieben (51) SD	1977
56.0	Tony Nasralla (50) SCS	1982
56.5y	Bill Knuppel (51)	1970
56.3	Bob Roemer (51) NCS	1976
56.3	Don Jackson (50) NCS	1978
56.4	Gene Harte (54) CDM	1980
57.0y	Bill Fitzgerald (51) STC	1976
56.6	Bob Jordan (50) NCS	1978
56.7	Huel Washington (50) BAS	1979
57.0	Ed Dowell (50) NCS	1978

(55-59)

56.4	Al Guidet (57) CDM	1975
56.5	Gene Harte (55) CDM	1980
56.8	Bob McDonald (55) SD	1974
57.7	Bob Hunt (57) SCS	1977
57.9	Ed Halpin (56) STC	1974
57.9	Bob Sieben (55) SD	1981
58.1	Louis Beadle (55) CDM	1982
58.1	Don Jackson (55) NCS	1982
58.2	Bill Fitzgerald (56) SCS	1981
58.3	Phil Anot (57)	1981
58.4	Bill Bowers (56) SD	1975

(60-64)

59.7	Fritiof Sjastraud (62) STC	1975
60.3	Monty Montgomery (63)	1970
60.4	Bob Hunt (61) SCS	1981
61.9	Henry Fairbanks (63)	1981
62.1	Al Guidet (60) CDM	1978
63.0	Clarence Killian (61) CDM	1979
63.8	John Satti (62) NCS	1976
63.8	Bill Bowers (60) SD	1979
63.9	Bill Fairbanks (64)	1977

(65-69)

63.2	Harry Koppel (67) NCS	1980
64.4y	Fritiof Sjastraud (65) STC	1978
65.0	John Satti (67) NCS	1980
65.5	Ken Carnine (67) NCS	1976
66.5	Bill Fairbanks (65)	1979
66.8	Chet Beach (65) CDM	1978

(70 +)

64.6	Josiah Packard (73) NCS	1977
69.3	Mel Shine (70) NCS	1979
72.6	Ken Carnine (73) NCS	1981

## 800 METERS (880 yards)

(30-34)

1:54.64	Don Chapin (30)	1977
1:54.7	Ramsey Thomas (34) WV	1977
1:55.1	Ken Stuart (34) SCS	1981
1:56.6	Steve Waggoner (34) CDM	1978
1:56.4	John Perry (34) SCS	1979
1:56.6	Andre Dunkell (3-)	1980
1:56.8	Mick Eck (31)	1977
1:57.1	Ronald Jensen (3-)	1982
1:57.9	Rudolph Dressendorf (33)	1975
1:58.2	Hillard Sumner (33) SCS	1979
1:58.5	Richard Harris (36) WV	1977
1:58.7	Bob Browne (33) WV	1979
1:59.0	Reynaldo Corona (3-)	1980
1:59.2	Sam Paritorpe (34)	1979
1:59.7y	Ted Nelson (3-)	1978
1:59.8	John Kennedy (3-)	1982

(35-39)

1:52.1	Ralph Lee (37) SCS	1979
1:53.6	David Romain (36) WV	1977
1:53.8	Ramsey Thomas (35) WV	1979
1:55.0	Ron Whitney (35) SCS	1978
1:55.0	George Mason (37) WV	1981
1:55.8	John Perry (35) SCS	1979
1:57.1	Gary Miller (39) CDM	1977
1:57.2	Dennis Tracy (35)	1981
1:57.9	Jim Hackett (35) SFV	1976
1:58.0	Cliff Cordy (37) NCS	1975
1:58.6	Norm Rustad (36)	1975
1:58.6	J. Bridges (36)	1976
1:58.8	Larry Wray (36)	1972
1:59.1	Bob Browne (36)	1981
1:59.2	Tom Richards (35) CDM	1976
2:00.2	Steve Waggoner (37) CDM	1982
2:01.0y	David Pratt (39) NCS	1972
2:01.0	Ted Smith (35)	1975
2:01.0	Dave Donaldson (39)	1979

(40-44)

1:54.9	George Cohen (40) SCS	1980
1:56.7	Ralph Lee (40) SCS	1981
1:57.6	David Pratt (41) NCS	1973
1:58.5	Pete Richardson (40) WV	1975
1:58.7	Jim Vantatenhar (43) STC	1972
1:58.7	David Romain (40) WV	1982
1:58.8	Eric Owers (41)	1982
1:59.1	Norm Lyod (40)	1973
1:59.1	Mel Elliott (40) SCS	1979
1:59.2	Nick Schubach (41)	1982

2:00.2	Jack Knobel (40)	1979
2:01.0	Willis Kleinsasser (42) STC	1970
2:01.1	Bill Knocke (41) SCS	1981
2:01.1	Dave Donaldson (41)	1981
2:01.9	Ed Gookin (40) SD	1976
2:02.0	Wilbur Williams (41) STC	1973
2:02.0	John Pittman (43)	1981
2:03.9	Andre Dunkell (4-)	1982

(45-49)

1:58.1	Bill Fitzgerald (47) STC	1973
2:02.9	Pete Richardson (46) WV	1981
2:04.2	David Pratt (46) NCS	1978
2:05.2	Jesse Carrington (45) SCS	1981
2:08.7	George DeRooter (45)	1979
2:09.0	Stanley Cobehn (45) SCS	1974
2:09.7	Gaylord Kalchschwid (45) SFV	1978
2:09.7	John Harper (46) CDM	1979

(50-59)

2:01.1	Bill Fitzgerald (50) STC	1975
2:07.1	Bob Sieben (52) SD	1979
2:10.5	Vance Koerner (50)	1977
2:11.5y	Avery Bryant (51) STC	1975
2:11.2	David Stevenson (50)	1979
2:11.3	Don Jackson (52) NCS	1978
2:13.0	Jack Hodge (50)	1982
2:13.1	Jerry Withers (51)	1981
2:14.53	Tom Sturak (57) SCS	1982
2:14.5	Allan Waterman (52) NCS	1971
2:14.5	Willis Kleinsasser (50) STC	1978
2:15.8	Maura Hernandez (51) SW	1974

(60-69)

2:08.9	Bill Fitzgerald (55) STC	1980
2:14.8	Maura Hernandez (55) SM	1977
2:16.3	George Greines (56)	1978
2:18.3	Phil Anot (56)	1980
2:16.7	Louis Beadle (55) CDM	1982
2:17.4	Avery Bryant (55) STC	1979
2:18.6	Bob McDonald (55) SD	1974
2:19.6	Don Jackson (55) NCS	1982
2:19.9	Ed Halpin (55) STC	1973
2:19.9	Walt Atcheson (55) SCS	1982

(70-79)

2:24.0	Ray Mahannah (62)	1977
2:24.2	Henry Fairbanks (63)	1980
2:32.1y	Allen Waterman (60)	1979
2:32.2y	Fritiof Sjastraud (64) STC	1977
2:32.0	Ed Statsenberg (65)	1980
2:32.3	Richard Moore (61)	1981
2:33.3	George Poloyinis (61) CDM	1978
2:35.4	Dave Lewis (60) CDM	1982
2:35.7	Sid Madden (66)	1974
2:36.2	Ed Lowell (60) STC	1976



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(70 +)

2:34.5	Monty Montgomery (70)	1977
2:46.7	Mel Shine (72)	1981
2:47.9	Sid Madden (73)	1981
3:26.3	Paul Spangler (81)	1980



To Be Continued Next Issue...

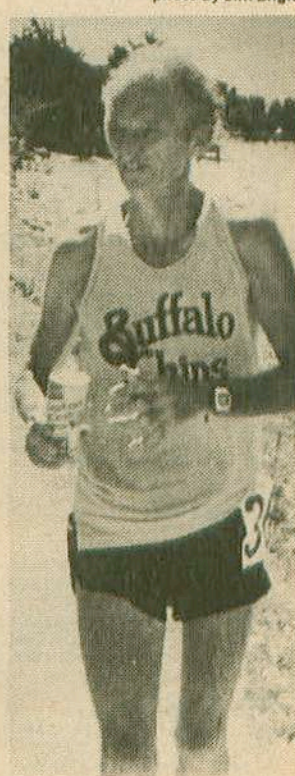
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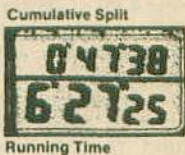
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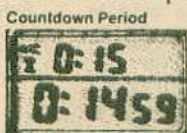


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- Ⓢ Function Select
- Ⓢ Alarm
- Ⓢ Light

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# Prep Notes

By KEITH CONNING

## ★ THE EMERGENCE OF JAY WOODS

Jay Woods (Unattached/Brigham Young University) ran his first sub-four minute mile at the Foot Locker Games on February 11th. Woods took second to Steve Scott (Sub-4 TC) in 3:58.2.

At the Michelob Invitational on February 18th, Woods ran his second sub-four minute mile. He placed fifth in 3:58.4.

Woods placed eighth in the three mile at the USA/Mobil on February 25th in 13:22.1.

While Eamonn Coghlan was setting a new world indoor record at the U.S. Olympic Invitational on February 27th, Woods, who placed fifth, was setting a new collegiate record of 3:54.40. The old record of 3:55.0 was set by Tony Waldrop (North Carolina) on February 17, 1974 in San Diego.

As a high school junior in 1974, Woods (Vista High School) was the San Diego Section champion in 4:15.3. He qualified for the State Meet final with a heat time of 4:13.7 behind Andy Clifford and Ralph Serna. His best time in 1974 was 4:11.0.

As a senior in 1975, Woods finished second in the San Diego Section mile to Junior Thom Hunt (Henry). But Woods placed third in the State Meet in 4:10.8 behind John Johnson (Skyline, Oakland) and Jim Arriola (Gahr, Cerritos).

## ★ WORLD CROSS COUNTRY TEAM TRIALS

Edwardsville, Illinois, February 20—Steve Dietch (University of California/Riverside), the Los Angeles Section 1600 meters champ last May, while running for El Camino Real High School in Woodland Hills, took fourth to qualify for the six-man junior team. Dietch is coached by Chris Rinne. His best times are 4:16 for the mile and 8:39 for 3000 meters. He is 5-11, weighs 142, and was born on November 20, 1964.

Thom Hunt (Athletics West), who graduated from Patrick Henry High School

in San Diego in 1976, placed 7th in the Senior Men's race to qualify for the nine-man team. He graduated from the University of Arizona in 1980. He is coached by Bob Sevene. He has competed in three previous World Championships: 2nd at 1976 Juniors, 1st at 1977 Juniors, and 8th at 1981 Seniors. He is 5-8, weighs 127, and was born on St. Patrick's Day March 17, 1958.

Bill Donakowski (Converse West), who resides in Pasadena, placed 4th in the Senior/Men's race. He was a 1978 graduate of the University of Michigan. He is coached by Vern Gambetta. As a senior in 1974 at Riverside High School in Dearborn Heights, Michigan, Donakowski ran the two mile in 9:09.2. He has a 10,000 meter best of 28:13. He is an engineer and his hobby is photography. He is 5-6, weighs 125, and was born on June 21, 1956. At 26 he is the third oldest member of the team. He has competed in two previous World Championships: 64th in 1979, and 18th in 1981.

Jerry Colman (California State University, Sacramento) is the Women's Team Leader.

The junior men are traditionally a strong force in their event, with American junior teams placing first in 1974, 1975, 1976, 1977 and 1981. But last year Ethiopian junior men took 4 of the 5 top spots to clinch the team title, with the U.S. finishing 3rd in team standings behind Italy.

America's Craig Virgin will try for an unprecedented third global title at the International Amateur Athletic Federation World Cross Country Championships in Gateshead, England, on March 20.

Virgin and Alberto Salazar, the world's fastest marathoner, head the list of the U.S. senior men's team members.

The men will try to make up for last year's disappointing 6th-place finish at Rome, where the Ethiopians, led by Mohammed Kadir, won the team title. The best U.S. placing in the senior men's team standing

is 2nd, a feat accomplished by the 1978, 1980 and 1981 U.S. teams.

Next year's meet has been awarded to the United States and will take place at The Meadowlands in East Rutherford, N.J. The New York Road Runners will serve as meet hosts.

## ★ MARY DECKER TABB—SULLIVAN AWARD WINNER

Indianapolis, Indiana, February 21—Track star Mary Decker Tabb, recognized as the nation's outstanding amateur athlete for 1982, sees her selection for the Sullivan Award as a boost for all women in sports.

"The Sullivan is the most prestigious award anyone can win," Tabb said after last night's announcement at the Indianapolis Convention Center. "My career is so young still, and I haven't reached my potential. So winning this is a great honor. Men have dominated the Sullivan for so long, but that's because until recently there haven't really been many women in sports."

The 56th California State High School Meet in 1974 marked the debut of girls in the track and field competition.

Mary Decker (Orange) set the women's national high school indoor record for the 880 at 2:02.4 as a sophomore on February 17, 1974 in San Diego. That was the same night that Tony Waldrop set his collegiate mile record.

Tabb, 24, also named the 1982 Associated Press Female Athlete of the Year, is the sixth woman to win the Sullivan Award, which is named for a founder of the U.S. Amateur Athletic Union. It has been presented annually since 1930 by the AAU.

Track star Wilma Rudolph won in 1960.

"There are a lot of young girls out there in athletics," Tabb said. "They should be able to look up to someone, and I'm proud they can look up to me."

"The only thing beyond this would be an Olympic medal," said Tabb, who broke seven world records and 10 American women's track standards last year. "But it's gratifying just to be among a group of athletes like this."

Tabb, 5-foot-6 and 103 pounds, set world records in the mile three times during the indoor season last year. She also topped world and American indoor records at 3,000 meters.

Over a 41-day span starting June 5, Tabb set three world and six American records. The world marks were for 5,000 meters, the mile and 10,000 meters.

She is already setting her sights on the 1984 Olympics at Los Angeles, running some 50 to 70 miles a week. She rests on Sundays.

"L.A. is going to be my magic Olympics. I just have these good feelings about it," she said.

## HIGH SCHOOL TRACK 1983

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Contains statistical wrap-up of the 1982 season for high school men and women, indoors and outdoors. In depth lists of 1982 performers, all-time lists and national, class and age records. Prepared and published by Jack Shepard, T&FN's High School Editor. 25th edition.



Tabb said she started running when she was 11 years old "out of boredom. I was with a girlfriend, and we went to a parks and recreation cross country meet. It was three-quarters of a mile, and there were probably about 20 people in the race. She dropped out and I won."

"I got recruited by an AAU coach and just started doing it. Running started out just as fun, and it became something I really want to do."

Fine Flicks by Don Gosney



GAYLE KELLON

#### ★ USA—MOBIL CHAMPIONSHIPS

Madison Square Garden, New York, February 25—Gayle Kellon (Walnut), the State Meet 300 hurdle champion, led off the victorious Southern California Cheetahs sprint medley team of Jennifer Inniss, Zella Johnson, and Gervaise McCraw. They edged Tennessee State—1:45.38 to 1:45.44.

Kellon also placed second in heat 5 of the 440 in 55.86, but did not qualify for the final. That was the best prep time in the country this indoor season.

Prep sensation Clinton Davis (Pittsburg New Image/Steel Valley High School, Munhall, PA) set a new national high school record in the 440 of 47.64 in tying for first with Cliff Wiley (Accusplit). The old record of 48.85 was set by Carl Parker (Whitehaven, Memphis, TN) at Lawrence, Kansas on February 17, 1980.

Trinidadian Angela Williams (Flashette TC/McAuley High School, Brooklyn, NY) lowered her national high school 220 record to 24.43 in the semifinals and to 24.10 in the final. She set the old record of 24.50 on February 26, 1982 in the heats of the TAC/Mobil Championships.

#### ★ BONNE BELL 10K RACE

Golden Gate Park, San Francisco, February 17—Ann Ratto, the North Coast Section 2A 1600 champ at 5:01.8, won the 15-19 age group in 37:01 to finish nineteenth overall.

Wanda Bailey of Fairfield, a 12-year-old, won the 14 and under age group in 38:29. Watch out you Sac-Joaquin Section girls' teams, she'll be arriving on the high school scene in a couple of years!

#### ★ LEIGH—WEST VALLEY COLLEGE RELAYS

The 7th Annual Leigh-West Valley College Relays will be sponsored by Leigh High School and West Valley College on West Valley's 9 lane tartan track. The meet will be held on Saturday, April 23, 1983 beginning at 9:00 a.m. This meet, sanctioned by the State CIF, will be held rain or shine.

There will be three invitational events: varsity 100 yard dash and 120 yard high hurdles, and the varsity girls 100 yard dash.

I would like to thank Coach Bill Hotchkiss for sending information about his meet.

The contested events will be the following: Varsity-440 relay, 880 relay, mile relay, 2 mile relay, sprint medley relay, 4 mile relay, open 1 mile steeplechase, open 5000 meters, open 440 intermediate hurdles, long jump, high jump, pole vault, shot put, discus, triple jump; Varsity Girls-440 relay, mile relay, 2 mile relay, distance medley relay, open mile, open 3000 meters, open 440 low hurdles, high jump, long jump, discus, shot put, triple jump; Frosh-Soph boys-440 relay, 880 relay, mile relay, 2 mile relay, distance medley relay, long jump, high jump, shot put, and discus.

#### ★ WOMEN'S PREP CLASSIC

Beaverton, Oregon, January 21—The Women's Prep Classic, an International Track and Field Championship, is set for June 25, 1983 at Beaverton High School in Beaverton, Oregon. It will be open, by invitation only, to qualified graduating high school senior women.

The Classic will provide many of these future Olympians with their first taste of international competition. Eight young women are expected to compete in each of the 15 events.

Bill White, track coach at Beaverton High School has been named Meet Director. Doris Brown Heritage, a former American record holder and Munich Olympian, will serve as Honorary Meet Director.

Said Meet Director White, "Invitations are going out to the top competitors in the United States, Canada, Mexico and Korea. Bringing this competition to Beaverton will strengthen this area's already active interest in women's sports. Oregonians should be proud of giving these competitors the recognition they so richly deserve."

A Nike Challenge featuring the nation's top female runners and a Special Olympics 100 meter dash are also on the program.

The Women's Prep Classic has been endorsed by TAC.

#### ★ HIGH SCHOOL CONTRIBUTIONS NEEDED

Please send stories, results, and photos about track in your area.

Doug Speck (563 North Willow Grove Avenue, Glendora, CA 91740) covers the

Southern and Los Angeles Section.

Steve Fagundes (4738 Espana Court, Carmichael, CA 95608) covers the Sac-Joaquin Section.

Keith Conning (2235 Browning Street, Berkeley, CA 94702) covers the remainder of the state.

Send your photographs directly to Bill Cockerham (P.O. Box 6103, Fresno, CA 93703).

#### ★ HIGH SCHOOL SCHEDULES

Please send your high school schedules to Keith Conning, 2235 Browning Street, Berkeley, CA 94702. I need to know the location of the Central Section (Valley Championship), Northern Section, and San Diego Section meets.

#### ★ COMING IN MAY

We will have complete coverage of the King Games from Stanford University. We will also try to cover the Arcadia and Bruce Jenner meets. Our normal deadline is the 15th of the month, but we will endeavor to include those two meets.

## Southern Section Notes

By Doug Speck

#### ★ TOP SOUTHERN CALIFORNIA MARKS THROUGH 3/13

Women		
100 M	Grant (Hawthorne)	11.7
100 M	Winston (Jordan, LB)	11.88
200 M	Grant (Hawthorne)	24.3
400 M	Knighon (Locke, LA)	54.9
800 M	Zaleski (Millikan, LB)	2:07.32
Mile	Prieuer (LeLycee Francais, LA)	4:47.11
2 Mile	Dunsmuir (Palisades, Pacif. Palis.)	10:37.7
100 LH	King (Fremont, LA)	14.4
300 LH	Price (Hawthorne)	45.7
400 R	Hawthorne	47.9
1600 R	Hawthorne	3:57.6
High Jump	Yamada (Dos Pueblos, Goleta)	5'8 1/4"
Long Jump	Bryant (Ventura)	19'1"
Shot Put	Kaaiawahia (Fullerton)	49'9 1/4"
Discus	Kaaiawahia (Fullerton)	173'11"
Triple Jump	Bryant (Ventura)	37'3"
Men		
100 M	Thomas (Hawthorne)	10.2w, 10.3
200 M	Thomas (Hawthorne)	21.1
400 M	Brown (Bishop Amat, La Puente)	48.4
800 M	Kelly (Hawthorne)	1:55.2
Mile	Junkermann (Los Alamitos)	4:18.11
2 Mile	Reynolds (Camarillo)	8:57.31
110 HH	M. Young (Hawthorne)	14.2
110 HH	Daniels (Fremont)	14.2
300 LH	M. Young & R. Young (Hawthorne)	37.1
400 R	Hawthorne & Eisenhower (Rialto)	42.0
1600 R	Hawthorne	3:16.2c
High Jump	Bareford (Millikan, LB)	6'9 1/4"
Long Jump	Smith (Serra, Gardena)	23'2 1/4"
Pole Vault	Betson (Newport Harbor)	14'0"
Shot Put	Pako (Lynwood)	55'6 1/4"
Discus	Holden (Hart, Newhall)	166'7"
Triple Jump	Williams (Carson)	47'10 1/4"

#### ★ MICHELOB INVITATIONAL INDOOR MEET

San Diego Sports Arena, February 18—Prep action in the Michelob Invitational at San Diego centered on the distance races. Racing in the Open Women's Mile as an unattached competitor, Gladys Prieur, a student at Le Lycee Francais in Los Angeles, bettered her time of 4:52.51 from the LA Times Games by quite a bit here with a 4:47.1 clocking for seventh. Exhibiting fine patience and pacing, Gladys hung on the end of the pack through 69.3-2:22.8



## Prep Notes

quarter splits for herself, then put in a determined move through the 1320 (which she passed in 3:34.8), and powered on in to her clocking which puts her tenth on the All-Time Prep Indoor List. Camarillo's Eric Reynolds used his favorite tactic of negative splitting 4:32.8-4:26.4 miles on his way to an easy 8:59.4 two mile triumph. Joe Manuel (Bonita Vista, Chula Vista) and Ruben Esparza (El Modena, Orange) hooked up in an exciting photo-finish mile. Ruben took things out through a 59.9 opening

photo by James Reynolds



JOE MANUEL(left) & RUBEN ESPARZA

quarter, before Manuel took the pace and kept it honest at 2:09.6 at the 880. Esparza regained the lead at 3:17.3 at the 1320, where the duo took off on a sprint that was especially spirited over the final 160 yard lap. Both athletes were given 4:19.3 clockings, with Manuel given the victory. Yolanda Devers (Sweetwater) handled Cross-Country phenom Katie Dunsmuir (Paisades, Pacific Paisades) over the final lap in a 2:46.1-2:46.5 1000 yard win. Sandy Blakeslee (Vista) easily handled area runners during a 5:10.0 mile win in the High-School section. Kerry Panno (San Pasqual) looked good in an 11:07.0 two mile win.

Other events had some highlights. Charles Smith, the deaf Las Vegas HS junior, took the long jump at 22'10½". Tasha Irving (Crawford) stretched out to a fine 35'¼" triple jump. Jay Vavra (Valhalla) handled Newport Harbor's Lance Betson on misses at 14' in the vault. Darryl Rossette, a 10.6 100 meter soph in 1982, took the 60 yard dash at 6.49-6.50 over Darron Norris (El Camino, Oceanside). Vickie Williams (Southwest) raced a fine 7.36 Meet Record in upsetting Morse's Velisa Harris in the Ladies 60.

The hottest news (and team) from the Southern part of the state has been Hawthorne High School. Through Winter

All-Comers action (where the Cougars were reputed to have as many as 100 athletes show up to meets) and early season action, coaches Alex Bravo, Kye Courtney, and Archie Amys' charges have been devastating. Maybe that is too weak a word to use, as the Cougars right now are the strongest ever combined Mens and Womens program in Southern Section history. The same domination Berkeley brought to the Bay area couple of years ago has hit home here with Hawthorne. Finding someone who is willing to run against them (unless someone has to in a League dual) seems the Cougars' biggest problem at the moment. The domination of Hawthorne athletes on the Best Marks list included in this column is really only part of the story, as scarlet and gold athletes are close behind the area leader in many of the other events where they are not on top. Typical of the Hawthorne surge has been super soph Henry Thomas, who raced 48.57 for a national age-14 record as a frosh last spring. This winter Henry has exploded, racing

10.2w-10.3-21.1-48.6 times metrically up through the quarter. Thomas has clocked a raft of 10.5 or better and sub-22 second sprint clockings. The only question that remains is whether the intensity of efforts put out by the Ocean League team can carry through the months of May and June.

### ★ 4:02.4 FOR FIFTH?

A prep mile where Mark Junkermann of Los Alamitos takes the pack out through a 1:55 half and wins at 4:02.4 (and fifth place about 4:10.0) impossible you say??? Not at the South Hills One-Mile Downhill Classic run on the streets in the city of Covina back in January. Picking up on the fad of the "Fifth Avenue Mile" Bill Fulton of the Complete Runner store in the area put together a slight downhill course where personal records were assured most competitors. The fastest time of the day was 4:00.1 by Mike Carlton from UC Irvine, while Sylvia Mosqueda (San Gabriel HS) at 4:56.4 was the fastest woman.

## HIGH SCHOOL TRACK SCHEDULE

April 1-2:	King Games, Stanford University.
April 2:	Eisenhower Relays, Eisenhower High School, Rialto.
April 2:	Oakland Athletic League, Laney College, Oakland Invitational.
April 8:	Fresno Bee Games, Fresno State University.
April 9:	King City Invitational, King City High School.
April 9:	Santa Rosa Invitational, Santa Rosa Junior College.
April 16:	Arcadia Invitational, Arcadia High School.
April 16:	Bruce Jenner Classic, San Jose City College.
April 16:	Gilroy Invitational, Gilroy High School.
April 22-23:	Mt. SAC Relays, Mt. San Antonio College, Walnut.
April 23:	Capital City Invitational, Hughes Stadium, Sacramento.
April 23:	Claremont Invitational Pentathlon, Claremont High School.
April 23:	Leigh-West Valley Relays, West Valley College, Saratoga.
April 23:	Sundevill/Coca Cola Invitational, San Diego.
April 30:	CCS Top 8 Invitational, Los Gatos High School.
April 30:	Woodland Invitational, Woodland High School.
May 7:	Quicksilver Classic, San Jose City College.
May 20:	Central Section.
May 20:	Central Coast Section, San Jose City College.
May 20:	Los Angeles City Section, East Los Angeles College, Monterey Pk.
May 20:	Northern Section.
May 20:	Oakland/San Francisco, Laney College, Oakland.
May 20:	Sac-Joaquin Section, Hughes Stadium, Sacramento.
May 21:	Southern Section, Cerritos College, Norwalk.
May 20-21:	North Coast Section, Diablo Valley College, Pleasant Hill.
May 21:	San Diego Section.
May 27-28:	Northern California CIF Championships, Edwards Stadium, Berkly.
May 27-28:	Southern California CIF Championships, Cerritos College, Norwalk.
May 30:	Frosh/Soph Classic, College of San Mateo.
June 4:	CIF State Track Meet, Memorial Stadium, Bakersfield.
June 11:	Golden West Invitational, Hughes Stadium, Sacramento.
June 12:	Kinney Invitational, Edwards Stadium, Berkeley.
June 17-19:	USA/TAC Championships, University of Indiana, Indianapolis, Ind.
June 18:	International Prep Invitational, Naperville, Illinois.
June 18:	ARCO Jesse Owens Regional Championships, Edwards St. Berk.
June 25:	Women's Prep Classic, Beaverton, Oregon.
June 25-26:	TAC Junior Championships, Penn State, State College, PA.
June 28-29:	TAC Age-Group Multi-Event Championships, TBA, Ohio.
July 1-3:	Pacific Association TAC Junior Olympics, Cal State Univer. Haywd.
July 1-3:	USA/TAC Youth Athletics Championships, Welcome Stad., Ohio.
July 16:	TAC Region 13 Junior Olympics, Merritt College, Oakland.
July 26-27:	US v. Canada Juniors, Sherbrooke, Canada.
July 26-28:	TAC Junior Olympics Multi-Events, Durham, North Carolina.
July 26-27:	AAU Junior Olympics Multi-Events, South Bend, Indiana.
July 29-31:	AAU Junior Olympics, South Bend, Indiana.
July 29-31:	TAC Junior Olympics, Durham, North Carolina.
July 30-31:	US v. Canada v. Italy Juniors, New Britain, Connecticut.
Note:	I would like to thank Howard Willman for his assistance in preparing this schedule.





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# 1983 California High School Indoor Ranking

Compiled by Keith Conning

## MEN

### 30 Meters

- CR: 3.9 Anthony Hodges (Menlo-Atherton, Atherton) 83  
3.9 Anthony Hodges (Menlo-Atherton, Atherton)  
4.0 Randy Hackett (Greenhaven Striders)  
4.1 Mike Cunningham (Chico)  
Kevin Owens (Foothill TC)  
Willie Brown (St. Mary's, Berkeley)  
Peter Davis (Balboa, San Francisco)  
4.2 Christopher Belcher (Greenhaven Striders)  
Greg Jones (Merced)  
Michael Bostic (Menlo-Atherton, Atherton)  
Troy Hilario (Millbrae Vikings)  
Jeff Gardner (Irvington, Fremont)

### 50 Meters

- AR: 5.81 Bill Green (Cubberley, Palo Alto) 79  
Ray Threath (Pittsburg) 79  
CR: 5.4 Bill Gaines (San Jose) 68  
6.06 Jim Lubbe (Westmoor, Daly City)  
6.14 Steve Watkins (Skyline, Oakland)  
6.17 Kevin House (Kennedy, Richmond)  
6.18 Kenneth Henderson (Berkeley)  
6.22 Kerry Threaths (Westmoor, Daly City)  
6.26 Chris Belcher (Kennedy, Richmond)  
6.28 Troy Hilario (Mills, Millbrae)  
6.40 Kevin Tolliver (Vallejo)

### 60 Yards

- AR: 6.14A LaNoris Marshall (Dysart, Peoria, AZ) 78  
CR: 6.33 Kerwin Bell (Edison, Huntington Beach) 80  
Troy Delema (Pasadena) 82  
6.33 Vaughn Simmons (Pasadena)  
Gary Brown (Bishop Amat, La Puente)  
6.49 \*Darryl Rosette (Morse, San Diego)  
6.50 Ray Brown (Muir, Pasadena)  
Norris (El Camino, Oceanside)  
6.55 Brian Hawkins (Hamilton, Los Angeles)  
United States Leader:  
6.15 \*Martin Smith (Jefferson-Huguenot-Wythe, Va)

### 440 Yards

- AR: 47.64 Clinton Davis (Steel Valley, Munhall, Pa) 83  
CR: 49.73 Tom Barber (Bakersfield) 82  
51.4\* Gerald Boies (Dorsey, Los Angeles)  
53.2\* Daymon Lee (South Gate)  
United States Leader: Clinton Davis

### 500 Yards

- AR: 55.65 Clinton Davis (Steel Valley, Munhall, Pa) 83  
CR: 57.4 Milton Mitchell (Lincoln, San Diego) 70  
59.4 Gerald Boies (Dorsey, Los Angeles)  
59.8 David Boyd (Esperanza, Anaheim)  
59.9 Jeff Roach (Laguna Hills)  
1:00.6 Daymon Lee (South Gate)  
1:01.0 Jim Flanders (South Pasadena)  
1:01.4 Victor Myles (Dominguez, Compton)  
1:01.7 Benjamin Green (Kennedy, Granada Hills)  
1:04.5 James Wood (Monroe, Sepulveda)  
United States Leader: Clinton Davis

### 550 Yards

- AR: 1:52.0 Larry Kelly (Maine South, Park Ridge, Ill) 85  
CR: 1:53.0 Jeff West (Crenshaw, Los Angeles) 79  
1:57.1 Brian Casey (Righetti, Santa Maria)  
1:57.6 Ruben Esparza (El Modena, Orange)  
1:57.9 Ed Dalley (Manuel Arts, Los Angeles)  
1:58.9 Kyle Morton (Westminster)  
1:59.7 Kevin Green (Villa Park)  
2:00.3 Paul Greer (St. Augustine, San Diego)

- 2:01.4 Nick Sparks (Bella Vista, Fair Oaks)  
2:01.9 Anthony Hackett (Canoga Park)  
2:02.1 John Larson (La Canada)  
2:02.2 Eric Schermerhorn (Woodbridge, Irvine)  
United States Leader:  
1:52.4 Jeff Van Wie (Suffern, NY)

### 1000 Yards

- AR: 2:10.1n Greg Gibson (Connell, Wa) 72  
CR: 2:15.1 Casey Cox (Upland) 78  
2:21.3 Paul Greer (St. Augustine, San Diego)  
2:23.4 Rau (Monte Vista, Spring Valley)  
2:24.0 Sager (Helix, La Mesa)  
United States Leader:  
2:11.1\* Miles Irish (Burnt Hills-Ballston Lk., BH, NY)

### 1500 Meters

- AR: 3:48.6\* Thom Hunt (Henry, San Diego) 78  
4:01.9\* Mark Junkermann (Los Alamitos)  
4:02.1\* Eric Reynolds (Camarillo)  
4:08.2\* Jim Frey (Yreka)  
4:09.2 Jim Bloomer (El Cerrito)  
4:12.2\* Joe Manuel (Bonita Vista, Chula Vista)  
4:12.9 \*Calvin Gaziano (Castro Valley)  
4:21.7 Eric Farwell (El Cerrito)  
4:23.5 Kelly Shattuck (DeSade TC)  
4:23.7 Matt Wilkenson (Drake, San Anselmo)  
4:26.6 Craig Dibbern (Leland, San Jose)  
United States Leader:  
3:55.1 Mike Stahr (Carmel, NY)

### Mile

- AR: 4:02.7 Thom Hunt (Henry, San Diego) 78  
4:18.1 Mark Junkermann (Los Alamitos)  
4:19.2 Eric Reynolds (Camarillo)  
4:19.3 Joe Manuel (Bonita Vista, Chula Vista)  
Ruben Esparza (El Modena, Orange)

photo by Doug Speck



MARK JUNKERMANN(left) & ERIC REYNOLDS

- 4:21.7 John Trevithick (La Canada)  
4:22.0 Greg Hauser (Santa Monica)  
4:23.3 Ron Harris (Eisenhower, Rialto)  
4:23.7 Victor Valen (El Modena, Orange)  
4:25.8 Jim Frey (Yreka)  
United States Leader:  
4:10.98 Mike Stahr (Carmel, NY)

### 3000 Meters

- AR: 8:06.4\* Gerry Lindgren (Rogers, Spokane, Wa) 64  
CR: 8:07.6\* Jeff Nelson (Burbank) 79  
8:22.8\* Eric Reynolds (Camarillo)  
8:31.2\* Mark Junkermann (Los Alamitos)  
8:38.2\* Gus Quinonez (Huntington Beach)  
8:39.9 Mike Livingston (Willow Glen, San Jose)  
8:41.0\* \*\*Ramon Gomez (Belmont, Los Angeles)  
8:43.2 Jim Frey (Yreka)  
John Morse (Las Lomas, Walnut Creek)  
8:45.9 Rene Perez (Woodland)  
8:46.2\* Tim Watson (Canyon, Saugus)  
8:46.3\* Jason Flamm (La Sierra, Carmichael)  
United States Leader:  
8:16.3 Miles Irish (Burnt Hills-Ballston Lk, BH, NY)

### Two Mile

- AR: 8:40.0 Gerry Lindgren (Rogers, Spokane, Wa) 64  
CR: 8:42.7 Jeff Nelson (Burbank) 79  
8:57.3 Eric Reynolds (Camarillo)  
8:59.4 Reynolds  
9:07.6 Mark Junkermann (Los Alamitos)  
9:18.2 \*Ramon Gomez (Belmont, Los Angeles)  
9:18.4 Gus Quinonez (Huntington Beach)  
9:21.3 \*Jim Ortiz (Barstow)  
9:21.7 Jason Flamm (La Sierra, Carmichael)  
9:22.2 Tim Watson (Canyon, Saugus)  
9:23.0 Pat Green (La Jolla)  
Chris Courter (Bonita Vista, Chula Vista)  
9:23.3 Brett Clifford (San Clemente)  
United States Leader: Eric Reynolds

### 40 Meter Hurdles

- CR: 5.5 Mark Boyd (St. Mary's, Berkeley) 83  
5.5 Mark Boyd (St. Mary's, Berkeley)  
Boyd  
5.6 Ken Jones (Menlo-Atherton, Atherton)  
5.7 Boyd  
5.9 Mike Lee (St. Mary's, Berkeley)  
Thomas Nelson (Encinal, Alameda)  
Marty Dockendorf (Chico)  
Roger Legried (Arroyo Grande)  
6.0 Tom Pass (Colfax)  
Keith Jackson (Vallejo)  
6.1 Kevin Hart (Casa Grande, Petaluma)  
J. Davine (St. Ignatius, San Francisco)  
J. Clopton (Incline TC)

### 80 Yard Hurdles

- AR: 7.10 Rod Wilson (Bartram, Philadelphia, Pa) 79  
CR: 7.22 Henry Andrade (Johnson, Sacramento) 80  
7.43 Mark Boyd (St. Mary's, Berkeley)  
7.57 James Ferreira (North, Torrance)  
7.74 Danny Harris (Perris)  
7.77 Marlon Young (Hawthorne)  
7.81 Derrick Amos (Muir, Pasadena)  
United States Leader:  
7.41 Stephan Fletcher (Princeton, NJ)

### 640 Yard Relay (4X160y)

- AR: 1:04.2 Muir, Pasadena 75  
1:05.4 Hawthorne  
1:06.4 Perris  
Millikan, Long Beach

continued on next page...



## Prep Notes

- 1:06.9 Morse, San Diego  
1:07.6 Muir, Pasadena  
Pasadena  
1:07.7 Claremont  
Rolling Hills  
1:08.5 Sweetwater, National City  
1:08.8 Henry, San Diego

### • 8 X 160 Yard Relay (1280y)

- CR: 2:13.5 Millikan, Long Beach 83  
2:13.5 Millikan, Long Beach  
2:14.1 Eisenhower, Rialto  
2:19.3 Santa Ana  
2:19.5 San Fernando  
2:19.8 West, Torrance  
2:23.6 Newport Harbor, Newport Beach  
2:25.8 Redlands  
2:26.1 Lincoln, Los Angeles

### • 8 X 150 Meter Relay (1200m)

- CR: 2:22.6 Berkeley 83  
2:22.6 Berkeley  
2:23.9 Merced  
2:27.3 Grant, Sacramento  
2:30.0 Terra Linda, San Rafael

### • Progressive Relay

- 3:18.0 Valhalla, El Cajon  
3:18.3 Point Loma, San Diego  
3:24.0 Hilltop, Chula Vista

### • Mile Relay (4 X 440y)

- AR: 3:17.8 Brockton, Ma 79

- CR:  
3:21.10+ Pasadena 80  
3:28.0 North, Torrance  
3:28.6 Hawthorne  
3:31.7 Los Alamitos  
3:31.9 Banning, Los Angeles  
3:33.0 Orange  
3:33.2 Pomona  
3:33.5 Helix, La Mesa  
3:34.4 El Modena, Orange  
3:34.5 Kennedy, Granada Hills  
3:37.6 Manual Arts, Los Angeles  
United States Leader:  
3:20.3+ Williams, Alexandria, Va.

### • 4 X 450 Meter Relay (1800m)

- CR: 4:01.4 Oakland 82  
4:03.9 Oakland  
4:07.8 Berkeley  
4:13.6 St. Francis, Mt. View  
4:14.8 Woodland  
4:15.9 Merced  
4:17.4 Foothill TC  
4:18.1 Arroyo Grande  
4:21.0 Menlo  
4:21.6 Oakland Tech  
4:26.1 Irvington, Fremont

### • 3000 Meter Relay (4 X 750m)

- CR: 7:50.1 El Cerrito 82  
7:55.7 Tamalpais  
7:57.7 El Cerrito  
8:05.3 Los Gatos AA  
8:06.1 St. Francis, Mt. View  
8:31.6 Merced  
8:35.2 Ontario Jogging Club

### • Two Mile Relay (4 X 880y)

- AR: 7:47.3 Catholic, Roselle, NJ 80  
CR: 8:00.8 University, Los Angeles 78  
8:14.9 Mater Dei, Santa Ana  
8:22.1 St. John Bosco, Bellflower  
8:22.2 Hawthorne

### • High Jump

- AR: 7-8 Gail Olson (Sycamore, Ill) 78  
CR: 7-0 Dennis Smith (Santa Monica) 77  
\* Maurice Crumby (Balboa, San Francisco) 82  
Maurice Crumby (Balboa, San Francisco)  
6-5 Dewey Dorough (Mt. Miguel, Spring Valley)  
Ted Glattke (Beyer, Modesto)

- Larry Roger (El Toro)  
Jari Syrjanen (Glendale)  
5-8 Ted Bonetti (St. Francis, Mt. View)  
5-8 John Devine (St. Ignatius, San Francisco)  
United States Leader: Maurice Crumby

### • Pole Vault

- AR: 17-4 1/2 Joe Dial (Merlow, Ok) 81  
CR: 18-2 1/4 Doug Fraley (Clovis West, Clovis) 83  
18-2 1/4 Doug Fraley (Clovis West, Clovis)  
14- 1/4 Anthony Harris (Encinal, Alameda)  
14-0 Lance Batson (Newport Harbor, Newport Bch)  
13-0 Bill Shepard (Clovis)  
Tom Arthur (Amador Valley, Pleasanton)  
Dan Wheaton (L.H.S.)  
Tracy Thorpe (Valhalla, El Cajon)  
12-0 Paul Knutson (Arroyo Grande)  
Pat Parker (Los Gatos)  
United States Leader: Doug Fraley

### • Long Jump

- AR: 26-2 1/4 Jerry Proctor (Muir, Pasadena) 67  
22-7 1/2 Larry Farriester (Ceres)  
22-4 1/4 Tony Williams (Indio)  
22-2 1/4 Chris Alarcon (Mount Carmel, San Diego)  
21-9 Ricky Franklin (Santa Ana)  
21-8 1/4 Don Harwell (Sonoma)  
21-3 1/4 Jerry Coulson (Millikan, Long Beach)  
21-1 Jeff Rossman (St. Francis, Mt. View)  
21-1 1/2 Paul Wileman (San Pasqual, Escondido)  
20-8 1/2 Howard Nelson (Atwater)  
20-3 1/2 Tom Simpson (Merced)  
United States Leader:  
24-2 1/2 Isaac Samuels (Kennedy, Willingboro, NJ)

### • Triple Jump

- AR:  
51-9 1/4 Ken McClendon (Washington, Denver, Co) 74  
CR: 50-5 1/4 Freeman Miller (Fremont, Los Angeles) 80  
47-10 1/2 Jamie Williams (Carson)  
47-9 Chris Moorring (Mt. Pleasant, San Jose)  
47-4 1/4 Sandy Combs (Dos Pueblos, Goleta)  
United States Leader:  
51-4 1/4 Roger Bennett (Garfield, Woodb., Va)

### • Shot Put

- AR: 71-11 Jesse Stuart (Glasgow, Ky) 70  
CR:  
64-11 1/4 Dave Kurasch (Newport Harbor, Npt. Bch) 75  
53- 1/4 Mike Ostrom (Las Lomas, Walnut Creek)  
Randy Von Bargen (Willows)  
52-6 1/4 Ostrom  
52-1 1/4 Von Bargen  
52-1 1/2 Ostrom  
51-4 Mike Fottrell (Unattached)  
51-3 Carlos Horncliff (St. Mary's, Berkeley)  
49-8 1/2 Russ Warnick (Willows)  
45-2 Dave Bentley (Arroyo Grande)  
42-1 1/4 Derrick Allen (Merced)  
United States Leader:  
63-11 \*Arnold Campbell (Airline, Bossier City, LA)

## WOMEN

### • 30 Meters

- AR: 4.4 \*Monica Taylor (Grant, Sacramento) 82  
Lisa Curry (Mission, San Francisco) 83  
4.4 Lisa Curry (Mission, San Francisco)  
4.5 Lori Stultz (Vintage, Napa)  
4.6 \*Wendy Brown (Woodside)  
Wendy Nelson (Merced)  
Stultz  
4.7 Jackie Hardman  
4.8 Jackie Asuncion (Encinal, Alameda)  
4.9 Deneater Hill (Woodside)  
5.0 Jennifer Hill (Woodside)

### • 50 Yards

- AR: 5.86 Deandra Carney (Arlington, Indianapolis, In) 78  
CR: 5.7 \*Jeanette Bolden (Centennial, Compton) 77  
6.10 Robin Simmons (Crenshaw, Los Angeles)  
United States Leader: Robin Simmons

### • 50 Meters

- AR: 6.43 \*Jeanette Bolden (Centennial, Compton) 77  
6.68 \*LaShun Peters (Woodside)  
6.72 Monica Taylor (Grant, Sacramento)  
6.94 Lisa Curry (Mission, San Francisco)  
6.95 Dana Faulkner (Skyline, Oakland)  
7.15 Wendy Nelson (Merced)  
7.26 Michelle Seto (Moreau, Hayward)  
7.35 Patti McDermott (Moreau, Hayward)

### • 60 Yards

- AR: 6.72 Deandra Carney (Arlington, Indianapolis, In) 78  
CR: 6.58 \*LaTanya Dawkins (Dorsey, Los Angeles) 81  
7.38 Vickie Williams (Southwest, San Diego)  
7.43 Velisa Harris (Morse, San Diego)  
7.56 Mitchell (San Diego)  
United States Leader:  
6.88 Angela Williams (McAuley, Brooklyn, NY)

### • 440 Yards

- AR: 54.32 Maxine Underwood (Brookline, Ma) 82  
CR: 54.2A Charlotte Cooke (Compton) 86  
55.86 Gayle Kellon (Walnut)  
57.0 Kellon  
58.2 Kellon  
58.5 \*Chewuakli Knighton (Locke, Los Angeles)  
Nedrea Rodgers (Berkeley)  
United States Leader: Gayle Kellon

### • 500 Yards

- AR: 1:04.1 \*Denean Howard (Kennedy, Granada Hills) 81  
1:07.3 \*Chewuakli Knighton (Locke, Los Angeles)  
1:07.8 Gayle Kellon (Walnut)  
1:08.1 \*Leslie Maxie (Mills, Millbrae)  
1:08.3 Nedrea Rodgers (Berkeley)  
1:08.5 Tanya Ransom (El Toro)  
Trudy Palmer (Westchester, Los Angeles)  
1:08.7 Suzy Hensel (Valencia, Placentia)  
1:09.3 Barbara Rainey (Edison, Huntington Beach)  
1:10.5 Lana Rice (Berkeley)  
1:10.8 Annette Rogers (University, Irvine)  
United States Leader: Chewuakli Knighton

### • 880 Yards

- AR: 2:02.4 \*\*Mary Decker (Orange) 74  
2:12.0 Trescia Palmer (Westchester, Los Angeles)  
2:14.0 \*Michelle Taylor (Ganesh, Pomona)  
Palmer  
2:19.7 Carina Quesada (St. Lucy, Glendora)  
2:19.9 Dawna Brown (Crenshaw, Los Angeles)  
2:20.3 Leslie Pratt (Edison, Huntington Beach)  
2:20.4 Nicole Biggers (El Toro)  
2:21.3 Jill Harrington (Rolling Hills)  
2:21.5 Michelle Lowe (Manual Arts, Los Angeles)  
2:24.3 Sharon Yaninek (Presentation, San Jose)  
2:25.6 Crystal Young (Apple Valley)  
United States Leader:  
2:10.3m Nancy Rosenfeld (Suffern, NY)

### • 1000 Yards

- AR: 2:28.3 Diana Richburg (Lansingburgh, Troy, NY) 82  
CR: 2:28.7 \*\*Mary Decker (Orange) 74  
2:46.1 \*Yolanda Devers (Sweetwater, National City)  
2:46.5 \*Katie Dunsmuir (Palisades, Pacific Pal.)  
2:50.3 White (Henry, San Diego)  
United States Leader:  
2:36.7 Nancy Rosenfeld (Suffern, NY)

### • 1500 Meters

- AR: 4:18.9 Lynn Jennings (Bromfield, Harvard, Ma) 78  
CR: 4:26.2 \*\*Paula Rose (C. del Mar, Newport Bch) 76  
4:28.1 Gladees Prieur (Le Lycee Francals, Los Ang)  
4:33.4 Cory Schubert (Del Mar, San Jose)  
4:33.6 Prieur  
4:41.5 Prieur  
4:43.8 Tania Fischer (Chaminade, Canoga Park)  
4:44.4 \*Laura Cattivera (Mira Costa, Manhattan Bch)  
4:45.1 \*Nanette Garcia (Silver Creek, San Jose)

photo by Bill Leung, Jr.



GLADEES PRIEUR  
U.S. 1500/Mile Leader

- 4:45.3 \*Katie Dunsmuir (Palisades, Pacific Palisades)  
4:45.3 Paula Bresnan (Kennedy, Granada Hills)  
4:45.6 Kathy Ebner (Bishop Amat, La Puente)  
4:49.7 Kristen O'Hara (Palos Verdes, Palos Verd. Est)  
4:49.9 \*Valerie McVicar (Canyon, Saugus)  
United States Leader: Gladees Prieur



•Mile  
AR: 4:38.5 \*Debbie Heald (Neff, La Mirada) 72  
4:47.1 Gladees Prieur (Le Lycee Francais, Los Ang.)  
4:52.51 Prieur  
4:53.5 Cory Schubert (Del Mar, San Jose)  
4:59.2 Prieur  
5:02.6 \*\*Laura Cattivera (Mira Costa, Manhat. Bch)  
5:03.3 Tania Fischer (Chaminade, Canoga Park)  
5:04.2 \*Katie Dunsmuir (Palisades, Pacific Pails.)  
5:04.5 Paula Bresnan (Kennedy, Granada Hills)  
5:04.8 Kathy Ebner (Bishop Amat, La Puente)  
5:05.9 \*\*Naneite Garcia (Silver Creek, San Jose)  
5:09.0 Jennifer Lui (Monroe, Sepulveda)  
Kristen O'Hara (Palos Verdes, Palos Ver. Est.)

United States Leader: Gladees Prieur

•3000 Meters  
AR: 9:27.4 \*Laura Craven (Beechcroft, Columbus, Oh) 82  
CR:10:00.6 \*Lori Lopez (Sacred Heart, Los Angeles) 81  
10:37.1 \*\*Nanette Garcia (Silver Creek, San Jose)  
10:42.2 \*\*\*Becky Chamberlain (Leigh, San Jose)  
10:47.2 Carla Halford (Leland, San Jose)  
10:48.5 Claudy Wilde (Logan, Union City)  
10:48.6 Amy Cathcart (Amador Valley, Pleasanton)  
10:49.0 Alice Vasquez  
11:01.2 Jennifer Thatcher (Encinal, Alameda)  
11:03.0 Kim Himenes (Woodside Striders)  
11:05.2 Kelly Donaldson (Merced)  
11:06.1 Lori Wilson (Terra Nova, Pacifica)  
United States Leader:  
9:44.0 Kim Ryan (New Paltz, NY)

•Two Mile  
AR:10:10.5 Lynn Jennings (Brofield, Harvard, Ma) 78  
CR:10:34.2 Debbie Heald (Neff, La Mirada) 73  
11:07.0 Panno (San Pasqual, Escondido)  
11:14.0 Eager (Vista)  
11:22.0 Paulene Stehly (Orange Glen, Escondido)  
United States Leader:  
10:43.1 + \*\*Demarch Robinson (JHW, R, Va)

•40 Meter Hurdles  
CR: 6.3 Debbie Budwig (Clovis West, Clovis) 83  
6.3 Debbie Budwig (Clovis West, Clovis)  
Budwig  
6.5 Jescia Casimir (Millbrae)  
Wendy Brown (Woodside)  
6.6 Casimir  
6.7 Laura Lee Sullivan (Millbrae)  
6.9 Cathy Rice (Unattached)  
7.0 Angela Driller (Arete West)  
7.1 Lisa Rapozo (Foothill TC)

•640 Yard Relay (4 X 160y)  
1:13.5 Hawthorne  
1:15.0 Dorsey, Los Angeles  
1:16.2 Poly, Long Beach  
1:19.2 El Camino, Oceanside  
1:19.4 Fremont, Los Angeles  
Serra, San Diego  
1:19.5 Westchester, Los Angeles  
1:19.6 Gardena  
1:20.5 Henry, San Diego  
1:21.7 Southwest, San Diego  
Monte Vista, Spring Valley

•8 X 160 Yard Relay (1280y)  
2:23.27 Hawthorne  
2:37.83 Dorsey, Los Angeles  
2:43.48 Ganesha, Pomona

•Progressive Relay  
4:00.7 Mira Mesa, San Diego  
Mount Carmel, San Diego  
Point Loma, San Diego

•Mile Relay (4 X 440y)  
AR:3:46.59 Central, Seat Pleasant, Md 82  
CR:

3:52.35+ Poly, Long Beach 80  
4:01.0 Hawthorne  
4:05.0 Berkeley  
4:05.6 Manual Arts, Los Angeles  
4:07.5 Dorsey, Los Angeles  
4:12.5 Edison, Huntington Beach  
4:13.7 Glendale  
4:21.0 Crawford, San Diego  
4:23.3 San Pasqual, Escondido  
4:26.9 Beverly Hills  
4:27.4 Helix, San Diego

United States Leader:

3:59.8+ Hempstead, NY

•4 X 450 Meter Relay (1800m)  
CR:4:53.4 Grant, Sacramento 83  
4:53.4 Grant, Sacramento  
4:59.6 Arroyo Grande  
5:00.6 Skyline, Oakland  
5:06.2 Drake, San Anselmo  
5:14.4 Merced  
5:16.0 Merced  
5:17.8 Modesto  
5:29.8 Millbrae

•3000 Meter Relay (4 X 750m)  
CR: 9:30.4 Drake (San Anselmo) 82  
9:54.4 Woodside Striders  
10:04.8 Los Gatos AA  
10:12.6 Arete West  
10:42.7 Merced

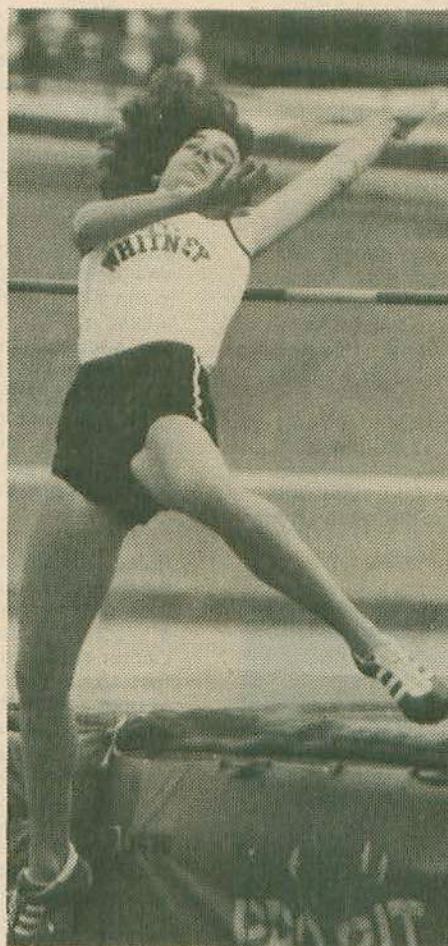
10:46.7 Ontario Jogging Club  
10:47.9 Millbrae Vikings

•Two Mile Relay (4 X 880y)  
AR: 9:14.3 Periklomen Valley, Graterford, Pa 82  
CR: 9:37.3 Foothill, Santa Ana 83  
9:37.3 Foothill, Santa Ana  
9:42.7 Millikan, Long Beach  
9:44.0 University, Irvine  
9:58.5 Tustin  
10:03.9 Hoover, Glendale  
10:17.5 Palos Verdes, Palos Verdes Estates  
10:26.8 Upland

•High Jump  
AR: 6-1 1/4 Paula Girven (Garfield, Woodbridge, Va) 75  
CR: 5-10A Sue McNeal (Carlsbad) 60  
5-8 Tonya Mendonca (Mt. Whitney, Visalia)  
5-6 Mendonca  
5-4 Beth Vidakovits (St. Francis, Mt. View)  
5-2 Leslie Maxie (Mills, Millbrae)  
Michael Miller (Santa Clara)  
Rachael Bray (Los Altos)  
Sheri Morford (Foothill)  
5-0 Tara Grieser (Petaluma)  
4-10 Caren Dunn (Arroyo Grande)  
Keri Johnson (South Tahoe)  
4-8 Joelle Heckman (Acalanes, Lafayette)  
Melody Martin (Mission, San Francisco)

United States Leader:

5-9 1/4 \*\*Tanya Smolin (Randolph, NJ)



TONYA MENDONCA

•Long Jump  
AR:21-7 1/2 Carol Lewis (Willingboro, NJ) 81  
CR:19-9 1/2 Jodi Anderson (Washington, Los Angeles) 76  
18-1/2 Wendy Brown (Woodside)  
16-4 1/2 Yvette Peterson (Mission, San Francisco)  
16-3 Peterson  
16-1 1/2 Peterson  
15-8 1/2 Deborah Carr (Atwater)  
15-1 Dee Peary (LHS)  
15-1 Lisa Curry (Mission, San Francisco)  
14-7 1/2 Dana Cox (Acalanes, Lafayette)  
14-7 Twana Cross (Mission, San Francisco)  
14-3 Terri Dias (Arroyo Grande)  
14-2 Tami Mathewson (Puma HS)  
13-11 1/2 Diana Rossman (St. Francis, Mt. View)  
United States Leader:  
18-10 1/4 \*Yolanda Patterson (AK, Ric, Va)

•Triple Jump  
AR: 35-8 Kathi Cockran (Westwood, NJ) 82  
CR: 35-1/4 Tasha Irving (Crawford, San Diego) 83  
35-1/4 Tasha Irving (Crawford, San Diego)  
34-10 1/4 Tracy Griffin (El Cajon Valley, El Cajon)  
34-9 1/4 \*Natalie Tuzinkiewicz (Mt. Carmel, San Diego)

•Shot Put  
AR:49-7 1/4 Lynn Graham (Muir, Pasadena) 85  
Lynette Matthews (Shorecrest, Seattle, Wa) 71  
37-9 1/2 Anna Shaffer (Oak Grove, San Jose)  
37-8 Laconia Floyd (Oak Grove, San Jose)  
37-1/4 Floyd  
36-9 1/4 Shaffer  
36-6 1/4 Shaffer  
35-1 Kim Kesler (Vintage, Napa)  
34-3 1/2 Anne Petree (St. Francis, Mt. View)  
31-6 Kathy Lakin (Los Gatos)  
29-9 1/4 Anita Booker (Merced)  
29-6 1/2 Roberta Paredes (Acalanes, Lafayette)  
25-3 Tony Dunn (Arroyo Grande)  
United States Leader:  
44-1 1/2 Sara Ballenger (Louden County, Leesburg, Va)

Abbreviations: AR-American Record, CR-California Record, A-mark made at altitude (above 1000m), n-non-winning mark, \*mark made enroute to a longer distance, +after name indicates foreign athlete attending U.S. school, +mark converted from yards (or meters), \*junior, \*\*sophomore, \*\*\*freshman, y-yards, m-metric.

## Foot Locker Festival

from KEITH CONNING

February 11. Cow Palace, Daly City.

High School Boys

30 Meters: 1. Randy Hackett (Greenhaven St.) 4.1, 2. Mike Cunningham (Chico) 4.2, 3. Peter Davis (Balboa) 4.2.

1500: 1. Jim Bloomer (El Cerrito) 4:09.18, 2. Calvin Gaziano (Castro Valley) 4:12.88, 3. Eric Farwell (El Cerrito) 4:21.62.

3000: 1. Todd Owens (Leland) 9:12.6, 2. Ron Forsell (Irish R.A.) 9:13.1, 3. Rod Spencer (Leland) 9:25.8.

40H: 1. Mark Boyd (St. Mary's) 5.5, 2. Mike Lee (St. Mary's) 5.8, 3. Ken Jones (Menlo-Atherton) 5.8.

4x450 (combined heats): 1. St. Francis 4:13.6, 2. Merced 4:15.9, 3. Foothill TC 4:17.4.

4x750 (combined heats): 1. Tamalpais 7:55.7, 2. El Cerrito 7:57.7, 3. Los Gatos AA 8:05.3.

HJ: 1. Maurice Crumby (Balboa) 6-10, 2. John Grinsell (Reno) 6-0, 3. Ted Bonetti (St. Francis) 5-8.

PV: 1. Doug Fraley (Clovis West) 15-9 1/2, 2. Chris Rhoades (Wooster) 14 1/4, 3. Anthony Harris (Encinal) 14 1/4.

LJ: 1. Jeff Rossman (St. Francis) 21-1, 2. Howard Nelson (Atwater) 20-8 1/2, 3. Thomas Simpson (Merced) 20-2 1/2.

SP: 1. Mike Ostrom (Las Lomas) 53 1/4 (52-6 1/4), 2. Randy Von Bagen (Willows) 53 1/4 (52-1 1/4), 3. Mike Fottrell (Una) 51-4.

High School Girls

30: 1. Lori Stultz (Vintage) 4.6, 2. Wendy Brown (Woodside) 4.7, 3. Lisa Curry (Mission) 4.8.

1500 (combined heats): 1. Carla Halford (Leland) 4:53.2, 2. Susan Brodie (St. Francis) 5:02.3, 3. Karen Himenes (Woodside Striders) 5:03.3.

3000: 1. Jennifer Thatcher (Encinal) 11:01.2, 2. Kim Himenes (Woodside Striders) 11:03.0, 3. Dana Rositano (St. Francis) 11:09.8.

40H: 1. Debbie Budwig (Clovis West) 6.3, 2. Wendy Brown (Woodside) 6.5, 3. Jessica Casimir (Millbrae) 6.6.

4x450: 1. Arroyo Grande 4:59.6, 2. Merced 5:16.0, 3. Modesto 5:17.8.

4x750: 1. Reno 9:53.6, 2. Woodside Striders 9:59.5, 3. Los Gatos AA 10:04.8.

HJ: 1. Tonya Medonca (Mt. Whitney) 5-6, 2. Beth Vidakovits (St. Francis) 5-4, 3. Michael Miller (Santa Clara) 5-2.

LJ: 1. Wendy Brown (Woodside) 18 1/2, 2. Yvette Peterson (Mission) 16-4 1/2, 3. Deborah Carr (Atwater) 15-8 1/2.

SP: 1. Anna Shaffer (Oak Grove) 37-9 1/2, 2. Laconia Floyd (Oak Grove) 37-8, 3. Kim Kesler (Vintage) 35-1.



# Long Distance Log

By RICHARD LEE SLOTKIN

It was the same old stuff at San Diego. Well, not quite. They didn't call it the Jack-In-The-Box. Seems that someone at J-Box decided they could spend their promotion money better elsewhere. A confidential source tells me that this so infuriated one of the really big bigwigs, that the erring executive was summarily fired. We'll try to get more on that.

Meanwhile, promoter Al Franken lined up Michelob... It seems there's a waiting list to sponsor this very successful meet... and off we went.

Back to the same old stuff... which means of course, Eamonn Coghlan slipping by Steve Scott in the last lap of the mile. Although the time, 3:53.1, wasn't especially exciting, the race itself it was. And it showed that Coghlan was fully recovered from the injury that kept him out of last year's whole season. It sort of set the stage for that incredible run at the Meadowlands a week or so later. If you don't know about *that* one, forget it. You're too far out of it to be helped.

Your reporter... that's me... nearly came face to face with disaster. Disaster was a highly irate arena official who happened to have a hammer in his hand. No, it wasn't John Henry, but he looked as big. I didn't have an infield pass and I was desperate to get a good shot of Carl Lewis. So I took a chance, was caught and was politely, but firmly asked to return to the perimeter. There, Don Franken took pity upon me... after all, Lewis and I are teammates... and set me up with an infield pass. So, back I went, precisely to the spot which this same official had told the photographers to keep clear. He told them this while I was on the sidelines trying to get the infield pass.

Well, when he saw me back there, and in the forbidden territory yet, he exploded. Fortunately, the infield pass saved me from instant destruction, although he was positive, for a minute that I had gotten it through only the basest of means. All I could see was that hammer quivering in his hands. That hammer wasn't the only thing quivering, let me tell you.

photo by Richard Lee Slotkin



CARL LEWIS gets advice from coach JOE DOUGLAS

Well, he calmed down, and everything went well after that. But wouldn't you know, this guy is a contributor to CTRN! Listen, Dennis! Any harm comes to me and you'll have to take over my column! And that includes the PR list!

Anyway, a sellout house got to see Evelyn Ashford set a world record in the 50 yard dash. She had to run down a fast starting Alice Brown to get it, a 5.74. Ashford didn't want to run two races, so she flipped a coin to decide between the 50 and the 60. The 50 won and Ashford felt that San Diego was lucky because had they disallowed her time... Remember last year?... She'd have never come back.

Carl Lewis set a meet record in the Long Jump, but because it was "only" 27-9½, many were disappointed. Maybe, but it was a foot ahead of second place. That's how good Lewis is.

Houston McTear was still hot and he won the Men's 50, beating an all-star field, which included Ron Brown and Stanley Floyd. Brown came back to win the 60, and McTear only got a 3rd.

In the Women's Mile, after looked as though Monica Joyce was going to take it, Patti Sue Plumer turned on a kick and got herself a convincing half-second win. Last in the field of seven was Gladys Prieur of the Santa Monica Track Club. But for Gladys, it was a P.R. and one of the top high school marks in that event. She was the only prep in the race, and showed that she's about ready to run with the big girls.

Gladys's teammate, Katie Dunsmuir, a senior at Pallsades, took second in the Girls 1000 Yard run. She was only 4 tenths of a second behind the winner, Yolanda Devers of Sweetwater, who won in 2:46.1. But, 1000 yards is a sprint for Dunsmuir, who is geared more to longer distances. If she and Gladys stay together and head for UCLA, which is a good possibility at this time, although not yet a sure thing, the Bruins are going to have a long distance crew that will be very competitive for the next several years.

One of the most exciting events was the Military 640 Yard Relay. One Marine Corps team versus three Navy teams. In the 3rd leg of a very tight race, the Marines finally got the lead, only to lose it to the Naval Training Center in the anchor leg. One-tenth of a second separated the jarheads from glory. The Navy Training Center anchor demonstrated a flash of low class as he ran the last 15 yards with his baton held high in the air, taunting the Marine anchor. Hey, Man... in a close contest like that, give the other guy a little respect. He earned it just as much as you did. I guess I'll never get used to lousy sports. Makes me appreciate the Steve Scotts, Eamonn Coghlan and Pam Spencers all the more.

Doug Padilla really destroyed the two mile field. After the race, it looked like World War III. I never saw a bunch of guys so wiped out. Even the usually irrepressible Adrian Royle was subdued. He tried to commiserate with fellow Brit Graeme Fell, but neither one of them could find the energy to talk.

Padilla had taken an early lead, passing UTEP's Zak Barrie, and just ground everyone into the dust as he went unchallenged to an AR of 8:16.5. Barrie was second, almost 12 seconds back. Paul

Padilla had taken an early lead, passing UTEP's Zak Barrie, and just ground everyone into the dust as he went unchallenged to an AR of 8:16.5. Barrie was second, almost 12 seconds back. Paul Cummings had set the early pace, opening a big lead, but fading quickly. I asked him afterwards if that had been "The Plan," meaning to set a fast pace for Padilla. He didn't really say that, but he didn't deny it either.

Fifteen minutes after the race, Fell was still hurting, Royle was still quiet, or relatively quiet, anyway and all of them were mumbling to themselves. They too, were impressed with Padilla.



# PR's

So far no one has submitted any Pr's from the Tom Sullivan 10K. That's good because we aren't going to accept them. The course was short, as everyone knows. Tough luck, but keep plugging.

Usual thanks go out to Sue Simms (SCR), Mike Leong (SCRR), Thom Lacie (PFF) and Jack Cochran (PFF), and Tom Feuer for keeping me up to date. But, where are the Aggies, Impalas, Pamakids, Seniors TC, San Diego TC, Dolphin South End, High Desert Runners, all you colleges, JC's and High Schools? Are you going to let the Flyers, Roadrunners and Santa Clarita's take up all the space?

John Alvares, Stinky Sneaker 5K	*25:55.0
Evelyn Ashford (MTC) Sunkist Women's 50y, WR	5.77
Joe Barrow, Sr. (PFF) Long Beach Marathon	3:30:18
Shawn Barrow (PFF) Long Beach Marathon	3:00:21
John Beck (Villa Park HS) vs. Loard 880y	2:03.9
John Beck (Villa Park HS) vs. Foothill 880y	2:02
Bill Bentz (SCRR) Orange 10K	35:12
Earl Beverly (SCR) Bakersfield Half-Marathon	1:12:00
Nicole Biggers (VPHS) Irvine Invit. 300m (Heat) Meet Record	47.2
Jack Bishin (SMTG) 10K	61:59
Gail Blodgett (SCR) SCR Women's 8K	37:05
Alice Bolden (UCLA) Sunkist Women's 50y	5.80
Dave Brown (SCR) Bakersfield Half-Marathon	1:29:14
Leslie Buchan (PFF) Long Beach Marathon	3:51:01
Manny Burrola (PFF) Long Beach Marathon	2:48:49
Al Carr, Catalina Marathon	4:10:25
Suzanne Castruita (SCRR) TAC Meet-UCI 3000m, 2nd/10-11	11:06.7
Amber Chavez (SCRR) Stinky Sneakers 10K	39:28
Sheldon Clark, Lake Merritt Valentine's Day 5K Run	16:32
Sheldon Clark, Martinez to Port Costa Brickyard Run 8.4m	45:35
Bob Cooper (GSFTG) San Jose Mercury-News 10K	31:59
Tyrus Deminter (LBCC) vs. El Camino, L.A. Valley 5000m	14:38.5
Tyrus Deminter (LBCC) vs. Bakersfield Relays 10,000m	31:10.0
Tyrus Deminter (LBCC) Carson City 10K	31:31
Tyrus Deminter (LBCC) Fresno Invit. 4 miles, X-C	19:43
Jeff Dobra (PFF) El Dorado 5K	16:53
Don Doering (VPHS) vs. Foothill 2 Mile, 2nd Pl.	10:06
Laura Doering (SCRR) TAC Meet-UCI 800m 1st/10-11	2:31.5
Katie Dunsmuir (Pac. Pal. HS) vs. Kennedy 2 Mile	10:37
Katie Dunsmuir (Pac. Pal. HS) Michelob Invit. 1000y, 2nd Pl.	*2:46.5
Ruth Elwell (SCR) SCR Women's 8K	42:39
Pat English (TR) San Fran. Bonne Bell, 4th ovrl, 1/30-34	34:29
Lucrecia Escalzo (PFF) Long Beach Marathon	*3:37:00
Ted Ferguson (PF) Long Beach Marathon	3:28:29
Tom Feuer (SMTG) Super Bowl Sunday 10K	32:42
Charlie Fretz (SCR) Bakersfield Half-Marathon	1:29:15
Diane Gale (SCR) SCR Women's 8K	34:23
Darlene Galindo (PFF) Long Beach Marathon	*3:45:00
Greg Gawlik (TRW TC) Long Beach Marathon, 2nd Pl.	2:18:05
Irene Gilbert (SCR) Wells Fargo 10K	54:17
Kevin Green (VPHS) vs. Loara, Mile, 1st Pl.	4:26.6
Kevin Green (VPHS) vs. Foothill, Mile, 1st Pl.	4:21.1
Janet Gulscardo (SCR) Bakersfield Half-Marathon	*1:47:00
Marcelo Gulscardo (SCR) Bakersfield Half-Marathon	1:22:00
Marcelo Gulscardo (SCR) Long Beach Marathon	3:10:10
Ruben Haro (SMTG) Aztec Invit., 3000m Steeplechase	9:13.4
James Hayashi (PFF) Long Beach Marathon	*3:47:35
Nathan Hayden (VPHS) vs. Loara, Mile, 2nd Pl.	4:32.0
Nathan Hayden (VPHS) vs. Foothill, Mile, 2nd Pl.	4:31
Charlie Hernandez, Stinky Sneaker 5K	27:36.08
Mauro Hernandez (SMTG) Marathon, Argentina, 1st/60+	*2:50:11
Rich Hernandez (PFF) Long Beach Marathon	*3:10:09
Heldi Hogan (SCRR) Up The Estuary In February 1/2 Marathon	*1:48:32
Holly Hogan (SCRR) Up The Estuary In February 1/2 Marathon	*2:11:30
Rich Hornish (SMTG) Aztec Invit., 5000m	15:11.3
Rich Hornish (SMTG) Open Meet-USC, 5000m	14:48.8
Noah Kanter, Martinez to Port Costa Brickyard 8.4m Run, 1/13-U	*60:21
Noah Kanter, Chinatown 8K	*34:56
Sandy Knapp, Lake Merritt Valentine's Day 5K Run	25:25
Sandy Knapp, Beaver Believer 4 Mile Run	*33:02
Clenda Kimmerly (SCR) Bakersfield 1/2 Marathon	1:51:47
Amy King (SCRR) McDonald's Cougar Classic 5K	21:11.6
Amy King (SCRR) Orange 10K	42:40
Amy King (SCRR) Sub-4 Downhill Mile	5:40
Amy King (SCRR) TAC Meet-UCI, 1500m	5:22.4
Amy King (SCRR) TAC Meet-UCI, 800m 2nd/10-11	2:40.8
John Kirn, Willits 10 Mile Classic	59:22
Shannon Krause (SCR) Bakersfield 1/2 Marathon	1:34:12
Shannon Krause (SCR) SCR Women's 8K	34:27
Stephanie Lawrence (SCRR) TAC Meet-UCI, 800m	*3:05
Steve Lawrence (SCRR) TAC Meet-UCI, 800m	2:17.7
Danella Leong (Pamakids) S.F. Bonne Bell 10K	41:33
Danella Leong (Pamakids) S.F. Chinatown 8K	33:20
Mike Leong (SCRR) Rancho Los Amigos Hospital 10K	32:59.22
Mike Leong (SCRR) Up The Estuary In February 1/2 Marathon	75:50

Thomas Leong (SCRR) Up The Estuary In February 1/2 Marathon	79:15
Thomas Leong (VPHS) vs. Foothill, 2 mile	10:26
David Longyear (SCRR) Orange 10K	35:57
David Longyear (SCRR) Sub-4 Downhill Mile	4:44
David Longyear (SCRR) Stinky Sneakers 5K	17:28
Karen Longyear (SCRR) McDonald's Cougar Classic 5K	20:25.7
Karen Longyear (SCRR) Orange 10K	41:48
Toni Lopez (SCRR) Firecracker 10K	*43:25
David Mack (SMTG) Open Meet-USC, 400m	47.11
Mike Marini, El Camino Derby 10K Run	44:59.5
Rachel Martinez (SCRR) TAC Meet-UCI, 1500m	6:25
Clyde Matsumura (SMTG) SPATAC Dist. 30K Champ., 1st Pl.	*1:43:12
Don McGeorge (SCR) Bakersfield 1/2 Marathon	1:28:15
Doug McCleod (SCR) Wells Fargo 10K	34:51
Ken McFadden (El Toro HS) vs. Fountain Valley, Soph. Mile	4:55
Ken McFadden (El Toro HS) vs. Fountain Valley, Soph. 2 Mile	10:35
Ken McFadden (El Toro HS) vs. New Harbor, Soph. Mile	4:52.0
Ken McFadden (El Toro HS) Irvine Invit., Mile	4:22.0
Tony Mench (SCR) Wells Fargo 10K	56:54
Bill Meyer (SCRR) Rancho Los Amigos Hospital 10K	33:08.12
Bill Meyer (SCRR) Up The Estuary In February 1/2 Marathon	80:16
Bill Meyer (SCRR) Sub-4 Downhill Mile	4:27
Bill Meyer (SCRR) TAC Meet-UCI, 1500m	4:21
Bill Meyer (SCRR) TAC Meet-UCI, 800m 1st/14-15	2:09.5
Paula Moreno (SCRR) TAC Meet-UCI, 3000m	11:38.6
Rick Morris, Orange Spring Games 10K	34:35
Bob Nemeth, Steve Garvey/Pepsi Challenge 5K	*17:48
Rick O'Bryan (SCR) Las Vegas Marathon	2:38:21
Dan O'Connor, Long Beach Marathon, 1st Racewalker, AR	*3:29:00
John O'Dwyer (SCR) Pierce/Dental 10K	43:26
David Parker (SCRR) Firecracker 10K	35:03
David Parker (SCRR) Sub-4 Downhill Mile	4:10
David Parker (VPHS) vs. Foothill, 2 Mile, 1st Pl.	9:54.4
Gladys Prieur (SMTG) Michelob Women's Mile	4:47.1
Maureen Redfern (SCR) SCR Women's 8K	43:03
Lisa Rizzo (SCR) SCR Women's 8K	31:04
Lisa Rizzo (SCR) Sunkist Rated Mile	5:17
Roberta Rodin (PFF) Long Beach Marathon	3:57:37
Christa Romppanen (CC) Bakersfield 1/2 Marathon	1:25:19
Christa Romppanen (CC) Phoenix Marathon	2:59:30
Maria Santesteban (PFF) Long Beach Marathon	*4:06:27
Chris Sidles (SCR) Bakersfield 1/2 Marathon	1:52:00
Russ Sidles (SCR) Bakersfield 1/2 Marathon	1:28:41
Suzanne Sirota (SCR) Wells Fargo 10K	50:07
Sherry Simmons (JOVI) Super Bowl Sunday 10K	35:10
Doug Smith, St. Patrick's Run 10K	47:17
Karl Smith (SCR) Pierce/Dental 10K	44:57
Michael Smith (PFF) Long Beach Marathon	*4:01:38
Ron Smith (SCR) Bakersfield 1/2 Marathon	1:12:00
Larry Stevens (SCR) Bakersfield 1/2 Marathon	1:23:28
Mark Storr (PFF) Long Beach Marathon	*3:16:22
John Swallow (SCR) Bakersfield 1/2 Marathon	1:27:00
Mary Decker-Tabb (AW) L.A. Times Women's 2 mile, WR	9:31.7
Tanya Thayer (SCRR) Firecracker 10K	*48:32
Mike Tipping (SMTG) Long Beach Relays, 5000m	15:41
Margaret Whisker (PFF) L'eggs 10K, San Diego	54:51
Rolf Wuerch (SCRR) TAC Meet-UCI, 3,000m	10:24.5

## Sprints

Nicole Biggers (El Toro HS) vs. New Harbor, 330 LH	47.9
Nicole Biggers (El Toro HS) vs. New Harbor, 220y	28.4
Tony Campbell (SCA) Sunkist 60y H	7.10
Milan Stewart (SSTC) Sunkist 60y H	7.09

## Field Events

Durnesia Bodie (SCRR) TAC Meet-UCI, Sp., 1st Pl.	*37.3
Durnesia Bodie (SCRR) TAC Meet-UCI, Discus	*69.2
Crystal Davis (SCRR) TAC Meet-UCI, Sp.	*25-10
Crystal Davis (SCRR) TAC Meet-UCI, Discus	*69.2
Dave Kenworthy (UCS) NCAA Indoor Meet, Pontiac, MI	18-3
Christine Moreno (SCRR) TAC Meet-UCI, Sp.	17-6
Christine Moreno (SCRR) TAC Meet-UCI, Discus	41-0
Tasha Potter (SCRR) TAC Meet-UCI, Sp.	21-7
Tasha Potter (SCRR) TAC Meet-UCI, Discus	46-8

\*First Time At Event

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

Name \_\_\_\_\_

Event \_\_\_\_\_

Mark \_\_\_\_\_ Club/School \_\_\_\_\_

☐ Check if first time



# Results

## LDR Results

Send all results to: California Track & Running News, P.O. Box 6103, Fresno, CA 93703.

## Central Coast Marathon

### December 19, Arroyo Grande, 10K.

1 Gary Tuttle(Inside Track)	2:24:12
2 Steve Houseworth(27)Illinois	2:27:50
3 Thomas Becker(24)SLO/CaliPly	2:29:38
4 Frank Hutchinson(30)SLDC	2:38:51
5 Ozzie Osgood(36)Second Sole	2:39:04
6 Jim Hurley(26)Aggie	2:40:26
7 Dan Rueckert(26)GSFTC	2:40:55
8 Kemp Ambers(42)Goleta	2:41:55
9 Unknown	
10 Mike Krieger(23)SLO	2:45:42
11 Jon Root(28)SLDC	2:46:15
12 Tom Jeffers(35)SLDC	2:46:15
13 Pat O'Brian(21)Yitbos RR	2:46:56
14 Peter Phillips(31)SLDC	2:48:54
15 Scott Guady(28)Conejo Track	2:49:00
16 Clem Michel(38)SLDC	2:49:08
17 Unknown	
18 Jeff Herten(35)SLDC	2:51:53
19 Jeff Hayes(30)San Fran.	2:52:16
20 Delbert Pearce(49)Inside Trck	2:54:26
21 Patty Houseworth(21)1/F Illin.	2:54:50
22 Steven Paduganan(31)San Mar.	2:56:13
23 Bill Buchanan(34)San Barbara	2:57:12
24 Pete Osborne(42)Goleta	2:57:46
25 Rick Sylvester(40)Turk St.RC	2:58:56
34 Robert Flecher(1-50)Great.Hust	3:04:48
39 George Berg(2-50)Inside Trck	3:07:15
40 Leslie Shiller(2/F)Inside Trck	3:07:23
47 Trisha Callahan(3/F)Hayward	3:11:52
48 Fred Nagelschmidt(3-50)Vent.	3:12:11
57 Diane Dixon(4/F)SLDC	3:19:13

10K	
1 Danilo Perez(21)Hancock	30:28
2 Phil Sosa(20)Aust.Pingos	31:39
3 Rudy Hernandez(31)SM	32:07
4 Mark Hopkins(18)AHS	33:25
5 Sam Grijalva(15)AHS	33:49
6 Stephen Onaga(24)SM	33:59
7 Louie Casano(16)B.R.A.G.	34:03
8 Mark Pupich(28)St. Prk.	34:56
9 Rich Brown(18)SLDC	35:32
10 Don Trout(1-40) FTC	35:57
11 Pete Landry(15)AGHS	36:01
12 Ted Brown(14)SLDC	36:06
13 Joseph Casano(19)AG	36:10
14 Anthony Escobar(27)USFS	36:17
15 Robyn Dubach(22)1/F Paso Robl	36:22
16 Bruce Nenadal(30)SLDC	36:49
17 Donny Kjos(23)SLO	37:04
18 Bill Graham(2-40) LVDC	37:07
19 Don Leonard(17)700 Club	37:20
20 Jim Batterson(30)SLDC	37:23
21 Tom Mason(34)Baywood	37:35
22 Kirk Spry(30)SM	37:47
23 Darin Acosta(17)700 Club	37:50
24 Richard Salvador(15)Visalia	38:10
25 Steve Valasco(27)SLDC	38:11
31 Mel Elliott(1-50)Huntington B	38:55
37 Mike Rehorn(3-40)SLDC	39:07
46 Mary Ryzner(2/F)SB	39:57
49 Ray Gil(2-50)LVDC	40:14
53 Stephanie Welch(3/F)SBAA	40:32
58 Maria Giraldo(4/F)Hancock	40:38
73 Patricia Lewis(5/F)ORR, LVDC	41:30

## Run For Life

### 5K

Men: 12 & Under: 1. Trent Taylor 20:03, 2. Todd Thurman 22:01, 3. Jamie Barrera 22:07. 13-20: 1. Scott Carter 18:38, 2. Mat-

thew Breyer 17:35, 3. Joe Vickers 18:00, 21-29: 1. Del Cornall 16:08, 2. Bill Knruff 16:28, 3. Antonio Martinez 16:49, 30-39: 1. Tom Nelson 16:42, 2. Brice Hammerstein 18:42, 3. Bjarne Brix 18:47, 40-49: 1. Fred Gross 19:47, 2. Jack Ireton-Hewitt 21:03, 3. Jose Cervantes 21:13, 50-59: 1. Jason Harris 18:57, 2. Joseph Bruney 20:41, 3. Mac McCombs 22:13, 60 & Over: 1. Jack Britton 21:45, 2. Robert Littlejohn 21:59, 3. Juan Deleon 28:25.

Women: 12 & Under: 1. Sharon Prince 22:04, 2. Sara Lee Reyes 24:36, 3. Julie Martinez 25:14, 13-20: 1. Faith Walker 21:12, 2. Maggie Minick 23:23, 3. Cindy Schreiber 24:00, 21-29: 1. Tina Costantino 19:24, 2. Claudia Garcia 23:14, 3. Lisa Buster 23:24, 30-39: 1. Patricia Orton 20:45, 2. Sue Harwell 21:23, 3. Carolyn Greywood 21:51, 40-49: 1. Barbara Ferrel 33:28, 2. Margot Napper 34:16, 3. Mary Lou Bailey 36:28, 50-59: 1. Janet Lee 30:41.

### 10K

Men: 12 & Under: 1. Terrel Reyes 43:07, 13-20: 1. Brain Clary 32:35, 2. Frank Yslava 34:19, 3. Bradley Bubler 36:58, 21-29: 1. Chris Mollahan 30:58, 2. Richard Mead 34:40, 3. Daniel Williams 35:56, 30-39: 1. Chris Lee 36:37, 2. James Gastineau 36:55, 3. Kevin Slotta 38:59, 40-49: 1. Anthony Spore 35:35, 2. Reg Price 38:16, 3. Herbert Adams 41:53, 50-59: 1. John Baird 45:37, 2. Stan Stafford 48:41, 3. Mort Kanter 50:20, 60 & Over: 1. Bill Cornett 48:01, 2. Karlis Smiltens 48:12, 3. S. Montgomery 56:07.

Women: 12 & Under: 1. Lucinda Reyes 46:17, 2. Kathleen Selleck 48:47, 3. Angie Adkins 47:30, 13-20: 1. Valerie Key 40:23, 2. Mary Hodges 50:18, 21-29: 1. Christine Grundy 40:36, 2. Ellen Coleman 42:07, 3. Jody Gomez 49:18, 30-39: 1. Linda Kewin 41:59, 2. Linda Sabbo 42:38, 3. Vaneen Parker 45:47, 40-49: 1. Lorraine Hashey 46:34, 2. Linda Harmon 49:43, 3. Audrey Binger 51:40, 60 & Over: 1. Jeanne Wiesseman 59:06, 2. Dollie Sanders NT.

### Half-Marathon

Men: 13-20: 1. Craig Larson 1:23:55, 2. Brian Taylor 1:54:31, 3. Jay Spence 1:57:33, 21-29: 1. Steve Chase 1:17:09, 2. Dick Gentili 1:18:26, 3. Frank Haralson 1:19:50, 30-39: 1. Dean King 1:21:13, 2. Danny Contreras 1:22:48, 3. David Nleman 1:23:52, 40-49: 1. Phil Welny 1:23:19, 2. David McConnell 1:25:27, 3. Anthony Gomez 1:26:22, 50-59: 1. Wally Ingram 1:24:12, 2. William Ferrel 1:29:08, 3. Bob Bell 1:36:34, 60 & Over: 1. Bob Kroger 1:37:11, 2. Art DeLeon 1:54:41, 3. John Montoya 1:56:54.

Women: 13-20: 1. Donna Goldbach 1:49:54, 2. Karen Stanley 1:54:30, 21-29: 1. Denise Bedford 1:28:34, 2. Karen Schroeder 1:37:26, 3. Pam Smith 1:46:40, 30-39: 1. Debbie Heaton 1:24:15, 2. Deana Sanders 1:43:35, 3. Joyce Brockmann 1:46:36, 40-49: 1. Marie-Ann Conroe 1:41:54, 2. Myra Lauder 1:45:58.

## Markee's Run

### Santa Maria, 5 and 10K.

#### 10K

#### Women

High School: 1. Trisha Rose 42:54, 2. Olga Casas 1:00, 3. Nicole Ellingwood 1:01, 19-29: 1. Patricia Lewis 43:32, 2. Juanita Sarmiento 51:58, 3. Jayne Miller 52:41, 30-39: 1. Patricia Sepko 42:47, 2. Terri Real 49:56, 3. Janice Taylor 49:58, 40-49: 1. Ruth Adams 51:09, 2. Phyllis Rodenberger 51:22, 50+: 1. Sarah McGhee 52:29, 2. JoAnn Rowbury 1:02.

#### Men

High School: 1. Mark LaFaille 40:43, 2. Kurt Johnson 42:03, 3. Brett Honig 55:15, 19-29: 1. Danilo Perez 31:54, 2. Stephen

Barlow 33:09, 3. Richard Quintero 38:05, 30-39: 1. Steven Paduganan 36:37, 2. Charles Sepko 38:27, 3. Kirk Spry 38:49, 40-49: 1. Keith Handley 38:34, 2. John Coffey 42:07, 3. Bill Christiansen 43:53, 50+: 1. Rod Rodenberger 46:33, 2. Robert Hammond 47:57, 3. Dave Kroll 50:52.

#### 5K

12-Under: 1. Joshua Ellingwood 19:35, 2. Mark Endert 21:11, 3. Joe Marcus 24:43.

#### Women

13-18: 1. Rosa Arredondo 24:47, 2. Nelly Class 25:48, 3. Marilyn Reyes 29:54, 19-29: 1. Beverly Lopez 23:00, 2. Patty Morita 26:26, 3. Suzanne Marriot 27:17, 30-39: 1. Linda O'Brien 22:15, 2. Terry Rodriguez 29:01, 3. Pam Lang 31:11, 40+: 1. Jacqueline Brunello 33:57, 2. M. Alta Frey 39:49.

#### Men

13-18: 1. Mark Hopkins 16:36, 2. David LaBarbara 20:45, 3. Mike Endert 22:55, 19-29: 1. Stephen Onaga 17:19, 2. Alex Mendoza 18:45, 3. Frank Scozzari 21:00, 30-39: 1. Stephen Harney 16:57, 2. Donald Kurtze 20:14, 3. John Diego 23:27, 40+: 1. John Coffey 19:12, 2. Bill Christiansen 20:48, 3. Bruno Burnello 21:07.

## The California Run-Off

### January 25, 5K.

1 Chris Grace	15:36.8
2 Mark Kintz	16:13.6
3 Jason N. Jackson	17:34.4
4 Richard Casale	19:50.0
5 Stuart Wilkinson	20:06.3
6 Joe Mendelson	20:31.2
7 Ron Metters	20:38.6
8 Doug Parks	20:45.4
9 Jim Groves	21:01.2
10 Patty Kintz	21:19.1
11 William Ellis	21:29.7
12 Bob Delzell	21:54.3
13 Dick McCleary	23:04.8
14 Chuck Schob	24:16.9
15 Jay Collins	24:19.5

## El Camino Derby

January 30, Bay Meadows Race Track, San Mateo, 6.2 and 1 mile.

#### 1 Mile

Men: 11-14: Brian Rivers 5:43.6, 15-18: Calvin Gaziano 4:47.5, Open: Adam Lucarelli 5:05.4, 40-50: James Erbes 5:24.1, 50 Plus: Dale Basye 6:11.1.

Women: 11-14: Ann Costello 7:05, 15-18: Julie Rivers 5:56.1, Open: Carol Quilala 7:38.4, 40-50: Liz Cuenillas 8:46.4, 50 Plus: Jacqueline Fosberg 8:33.6.

#### 10K

#### Top Five Men

1 Mike Warr(Napa)	31:16
2 Michael Niemiec(San Carlos)	32:37
3 Calvin Gaziano(Castro Valley)	33:06
4 Kim Reedy(San Francisco)	33:46
5 Glen MacDougal(Daly City)	33:52

#### Top Five Women

1 April Powers(Los Altos)	36:12
2 Karen Lanterman(Hillsborough)	37:56
3 Elaine Hutsinpliller(San Clara)	40:48
4 Vicki Farrell(Burlingame)	41:28
5 Deborah Norton(San Mateo)	42:08

Divisions: Men: 11-14: Andrew Bullock 37:02, 15-18: Calvin Gaziano 33:06, Open: 1. Mike Warr 31:16, 2. Kim Reedy 33:46, 3. Glen MacDougal 33:52, 30-39: 1. Michael Niemiec 32:37, 2. Larry Bechtel 33:53, 3. Mark Gutsche 33:53, 40-49: 1. Gene Gilligan 36:20, 2. George Roach 36:55, 3. Lorenzo Chamblis 37:05, 50-59: 1. Ralph Boyd 37:14, 2. John Lemke 38:42, 3. Don

Lucero 40:39, 60 Plus: 1. John Gilkey 41:54, 2. Troy Grove 44:18, 3. Bern Rubin 48:14.

Women: 10 & Under: Marlene Chamblis 52:07, 11-14: Catherine Casey 45:50, 15-18: 1. Ann Ratto 40:29, 2. Sabrina Han 42:04, 3. April Jaki 43:27, Open: 1. April Powers 36:12, 2. Vicki Farrell 41:28, 3. Deborah Norton 42:06, 30-39: 1. Karen Lanterman 37:56, 2. Elaine Hutsinpliller 40:48, 3. Magdalena Mendoza 43:31, 40-49: 1. Miriam St. Clair 42:47, 2. Doerte Murray 44:02, 3. Brenda Ainscow 53:57, 60 Plus: 1. Roberta Cole 56:45, 2. Arline Fitzgerald 1:01:25.

photo by Gene Cohn



JACQUENETTE PLA-SEQUEIRA

## Golden State Women's Run

from GENE COHN

### January 30, Pinole, 5K

1 Jacquenette Pla-Sequeira	19:41
2 Jennifer Biddulph	20:12
3 Barbara Magid	20:17
4 Marti Behrens	20:36
5 Kathy Smith	22:09

#### 10K

1 Laura McHale	38:02
2 Hilary Naylor	39:23
3 Sally Edwards	40:13
4 Kathy Beals	40:24
5 Tracey Ross	40:31

Winning Team: Impalas



## Super Run II

January 30. La Jolla. 10K  
Overall

1. Brown	31:31
2. Lind	31:46
3. Barton	31:47
4. Goodlake	32:01
5. Varano	32:04
6. Graham	32:53
7. Legakis	33:16
8. Smith	33:33

### Men's Division

12-Under: 1. John Schnurer (41:36). 13-17: 1. Ted Goodlake (32:01). 18-29: 1. Richard Brown (31:31). 30-39: 1. Barton (31:47). 40-49: 1. Bill Carlo (36:10). 50-59: 1. Jim O'Neill (35:49). 60-Over: 1. Donald Dillworth (41:07).

### Women's Divisions

12-Under: 1. Tammy Kniffing (39:33). 13-17: 1. Jeri Frost (42:39). 18-29: 1. Mara Lazdars (37:25). 30-39: 1. Paine 42:38. 40-49: 1. Janay Courter (41:06). 50-59: 1. Alice Leicht (46:41). 60-Over: 1. Judy Simon (54:47).

photo by Gene Cohn



LAURA McHALE

## Super Race VI

January 30. Dennis the Menace Park. Monterey.

### Men's Divisions

13-Under: 1. Jesse Santana. 14-18: 1. Troy Curren 34:46. 19-29: 1. Emil Magallanes 32:26. 2. James Nelson 33:43. 3. Manuel Aldape 33:54. 30-39: 1. Peter Sullivan 34:57. 2. Anthony Kopacz 35:46. 3. Emile Allan 35:53. 40-49: 1. Glynn Wood 34:29. 2. John Brazinski 38:24. 3. Peter Marseque-na 38:44. 50-59: 1. Edward Singleton 41:22. 2. Jim Groves 48:16. 3. Lawrence Sellers 48:18. 60-Over: 1. John Popper 44:25. 2. Harrison Thompson 46:44. 3. John Thunne 48:02. 70-Plus: 1. Al Jarschicks 51:09.

### Women's Divisions

13-Under: 1. Letichia Ancheta 47:44. 14-18: 1. Inga Thompson 36:05. 19-29: 1. Marilyn Nichols 34:24. 2. Carol Gleason 34:51. 3. Jennifer Jamesson 35:54. 30-39: 1. Nelly Wright 37:45. 2. Karla Fenwick 41:10. 3. Gail Bernardi 41:42. 40-49: 1. Marilyn Hicks 49:26. 2. Cynthia Bieber 50:17. 3. Gloria Dake 51:33. 50-59: 1. Kay O'Neill 55:28. 2. Silvia Sweet 58:50. 3. Vivian Pray 1:01:00. 60-Plus: 1. Eleanor Thune 1:05:2.

## Super Bowl Sunday 10K Run II

January 30. Santa Cruz.

### Men's Divisions

U-18: 1. Dan Clemmes 34:16.6. 2. Robert Gonzales 35:41. 3. Armando Espereza 39:28. 19-29: 1. Dan Gruber 30:08. 2. Pilar Alsapuro 33:33. 3. Dave Clemmes 33:38. 30-39: 1. Gregory Brock 30:59. 2. Joe Ancira 33:35. 3. Bob Eberle 36:27. 40-49: 1. Bill Hotchkiss 36:02. 2. Benjamin Sawyer 36:28. 3. Samuel Vandenburg 37:59. 50-59: 1. Lee Holley 40:23. 2. David Peterson 41:20. 3. Ray Vinyo 45:03. Wheelchair: 1. Gary Kerr 33:00. 2. Jerry Deets 40:32.

### Women's Divisions

U-18: 1. Angela Hernandez 48:48. 19-29: 1. Amy Price 39:22. 2. Mary George 40:40. 3. Valerie Martini 41:28. 30-39: 1. Molly Thayer 38:10. 2. Virginia Fair-Delano 44:36. 3. Susan Merriner 45:32. 40-49: 1. Diane Bromstead 44:52. 2. Isabel Rivas 50:48. 3. Ruth Stone 51:46. 50-59: 1. Katherine Beirs 50:48. 2. Betty Peterson 54:32. 3. Georgene Laub 1:08:31.

## Fort Point Run

January 30. San Francisco. 3.85 miles.

1. Pete Nowicki (17:45). 2. Phil Kay (17:51). 3. George Green (17:55). 4. Tom Eng (18:52). 5. John Foley (19:01). 6. Rufus Williams (19:06). 7. Henry Waid (19:10). 8. Jim Batz (19:11). 9. Bjorn Fredrickson (19:16). 10. Mike Eshia (19:18). 11. Larry Littlefield (19:28). 12. John Stolk (19:50). 13. Theo Jones (19:58). 14. Armen (20:05). 15. Bernie Hollander (20:10). 22. Anne Hamilton (20:27)1/F. 29. Marlon Irvine (21:08)2/F. 50. Marilyn Taylor-Allen (22:18)3/F. 69. Maureen Rubella (22:58)4/F. 78. Estelle Valkma (23:22)5/F.

## Wells Fargo 10K

January 30. Whittier.

### Overall

1. Stephen Barrato (19)	31:18
2. Gustavo Valdez (21)	31:28
3. Raul Serratos (17)	31:44
4. Carlos Godoy (32)	31:48
5. Anton Gonzales (27)	32:01
6. Enrique Serratos (30)	32:10
7. John Carrasco (22)	32:14
8. Peter Mogg (26)	32:23
9. Mark Smith (18)	32:30
10. Dean Friesen (20)	32:35
11. Enrique Castro (26)	32:39
12. Danny Palma (16)	32:49
13. Ron Smith (35)	32:53
14. Noel Vaughan (30)	33:41
15. Frank Meza (34)	34:40
16. Derek Furukawa (21)	34:44
17. John Rodriguez (40)	34:50
18. Doug McLeod (18)	34:51
19. Adolfo Serrato (28)	34:51
20. Robert Orsi (35)	35:08
21. Brad Sutter (18)	35:23
22. Carlos Mendoza (24)	35:29
23. Peter Gomez (17)	35:34
24. John Radlich (28)	35:40
25. Mark De La Cruz (26)	35:58

### Men's Divisions

40-49: 1. John Rodriguez (40) 34:50. 2. Fred Mascorro (41) 36:23. 3. Jess Glinder (47) 40:28. 50-59: 1. Aurelio Camacho (52)

37:53. 2. Eric Burton (51) 41:59. 3. Bob Donovan (51) 44:48. 60-Over: 1. Ed Johnstone (61) 43:32. 2. Dean Scofield (70) 47:29. 3. Charles Weis (62) 51:16.

### Women's Divisions

18-Under: 1. Tammy Brazel (17) 39:08. 2. Lisa Williams (14) 39:33. 3. Roberta Moronez (12) 40:10. 19-29: 1. Cathy Pedroza (20) 37:55. 2. Maria McMahon (25) 45:14. 3. Maria Molina (22) 46:51. 30-39: 1. Judith Beilke (34) 41:55. 2. Sue Simms (32) 42:02. 3. Anne Yensen (34) 47:33. 40-49: 1. Atsuko Fujimoto (47) 48:28. 2. Jean Short (42) 52:25. 3. Eloisa Alaniz (44) 55:37. 50-59: 1. Erika Fleischer (50) 1:04:28.

## 5th Annual Super Bowl Sunday 10K Run

by RICHARD LEE SLOTKIN AND LOUIS HIRSCH

January 30. Redondo Beach.

I've always felt this event was over-rated. It is overpriced; they were one of the first to charge \$10 a head. In the beginning, they didn't give out times to any but the first 10 male and female finishers, nor age group awards. The course isn't that great; lots of little hills plus a flock of tight turns at the end that make it almost impossible to make up any ground in a late charge.

And, maybe, most important, they never really had a good field. There have always been a couple of pretty good local runners, but no real depth.

But the most annoying part of it was the way they hyped the hell out of it. I always felt that they would have been better off eliminating the slick program they put in the registration package and putting the money into making the race better. (I will admit that the breakfast buffet they set up for reporters and "VIP's" was kind of a nice touch.)

Things seemed to be looking up a bit for this year's edition, though. They got themselves a real field this time. Along with last year's two top finishers, Ron Cornell and Bob Macias, they beefed



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things up with Martti Kilholma, Dave Babiraki, Greg Gawlik, Gian Starinieri, Chris Shalbert, Ron Ysais and Dan Caprioglio.

The women's field has always been pretty decent for a local event. They usually can get at least ten sub-40 finishers. This time was more of the same. No really big names, outside of Michelle Bush, but some strong local competition such as Pat Story, Sherry Simmons and one we haven't seen before, Susan Berenda.

Bob Macias was hoping to get a little even. Last year he waited too long to

photo by Louis Hirsch



REDONDO BEACH SUPER BOWL SUNDAY 10K RUN (from left to right): (2) Bob Macias, (73) Dave Babiraki, (980) Martti Kilholma, (5782) Daniel Caprioglio, (9208) unidentified, (1) Ron Cornell.

continued on next page...



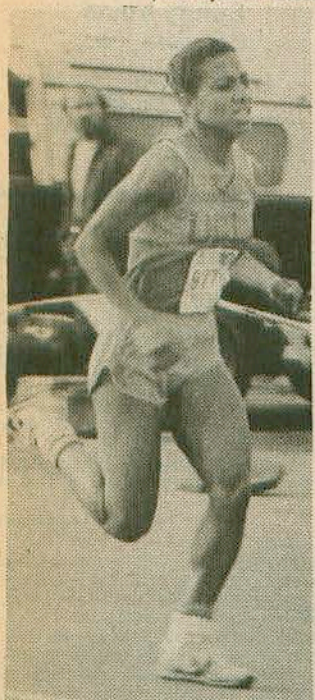
## Results

make his move and found himself trying to catch a sub-four miler in the last 200 yards. He didn't quite make it and Ron Cornell got the win.

This year, Macias decided to stay with the leaders, whoever they were. And, there were about seven of them going through the first mile in about 4:30. The gang included Macias, right up in front, followed by Dave Babiraki, Killholma, Starinieri, Caprioglio, Chris Shallert, Ron Yaais and Ron Cornell. Some of them thought the mile split was off, which wouldn't be anything new ... on most courses.

That was nothing compared to what they got at two miles. As they went by the split caller, they heard the seconds quite clearly, but no minute. "...:15, :16, :17, :18..." I'd suppose that they were in the 9th minute. If they were in the 8th, none of them were going to finish. If it was the 10th, they'd finish, but it would be a long time coming.

photo by Louis Hirsch



MICHELLE BUSH

Anyway, there'd be an even more annoying problem later. Just wait till they get to the pier, the Redondo Beach Pier.

After two miles, Babiraki took the lead followed by Killholma and they opened up a lead that became as much as 30 yards. Macias, Shallert, Cornell and Caprioglio formed a second group behind them, taking turns surging into the lead. By the 4th mile, only Macias and Shallert were left and they were closing on the two leaders, who had been running side by side all this time.

At 5 miles, Macias and Shallert caught them, and Macias continued his surge to take the lead. As he did, only Killholma went with him. Then, just past 5 miles, on the last of the downhills, just before coming to the pier, Killholma spurred, opening a 5 yard lead. Macias felt that he was still in the race and could catch the Finn. But Killholma had made his move at exactly the right time. Once they were on the pier, the combination of switchback and hairpin turns, coupled with the footing made very poor due to deposits of wet sand, courtesy of the recent storm that nearly took down the pier, made it im-

possible for Macias to make up any ground. Once off the pier, it was just a couple of hundred yards to the finish, and Killholma was able to hold off the vicious Macias Kick.

Don't laugh. Ol' "Maysh" really can kick. He finishes almost all his races moving faster than anyone else. The trouble is that sometimes he lets the leaders get a little too far ahead, and as everyone knows, it's easier to run scared than mad.

So, Killholma got the win and was the first of five who came in under 29 minutes. See? I told you they upgraded the field this year. Killholma's time was 29:33, a new course record, and Macias was just 3 seconds behind with Chris Shallert 3rd in 29:48. All three were under the course record. They were followed by Caprioglio and Babiraki. Cornell, who had the course record, set 2 years ago at 29:50, finished in 30:00. Another step and he'd have been sub-30 also.

Michelle Bush, as she usually does in the local races, was the wire to wire leader. Well, what can you expect when you've got someone who can run in the low 34's and high 33's?

By the mile mark, she already had about a 15 second lead on second. That turned out to be Sherry Simmons and Susan Berenda, both from nearby Lomita. But a little further back was Pat Story, who is trying to run herself back into shape. Story got herself at least partway because she managed to reel in Simmons and Berenda and finish second with a pretty good 35:05.

Bush had long since checked in with 34:17.

Simmons, who has been running very well in recent weeks, was 3rd in 35:12, while Berenda was only 7 seconds behind her, causing all of us in the reporting business to ask, "Who is she?"

With that kind of time, I think we're going to find out ... pretty doggone soon.

In the master's divisions, two outstanding performances were turned in by both the male and female winners. Andre Tocco won his division, as usual, in 33:31, while Christa Romppanen won hers in 38:45. Andre is 47 and Christa is 43.

How does that grab you, kiddies?

### THEY SAID IT:

**Pat Story:** I'm happy with a 35:05 (considering) the shape I'm in. I felt great ... very strong. The greatest problem was the wet sandy curves on the pier.

**Michelle Bush:** I really don't like the course. It isn't flat anywhere, you are going either up or down small hills.

**Bob Macias:** I thought I could catch him, but with the switchbacks (on the pier), I couldn't. Martti passed me at the right time. I know I can outkick him. I know I can beat him. I can break 29 minutes ... I'm going to do it this year.

### Top 10 Men

1	Martti Killholma(32)Malibu	29:33
2	Bob Macias(32)San Monica	29:38
3	Chris Shallert(22)Gran Hills	29:48
4	Daniel Caprioglio(21)Chatsworth	29:57
5	David Babiracki(30)Valencia	29:59
6	Ron Cornell(23)San Pedro	30:00
7	Ron Yaais(21)Oxnard	30:19
8	Gian Starinieri(19)Gran Hills	30:33
9	Mark VanLeeuwen(22)Saugus	30:40
10	Tom Wheeler(30)San Monica	30:45

### Top 10 Women

1	Michelle Bush(21)DeNeve	34:17
2	Pat Story(33)Venice	35:05
3	Sherry Simmons(25)Lomita	35:12
4	Susan Berenda(21)Lomita	35:19
5	Shelley Prochaska(28)San Pedro	37:23
6	Judy Kewley(38)Simi Valley	37:53
7	Leslie Schiller(30)Ventura	38:00
8	Ann Regan(21)Los Angeles	38:11
9	Christa Romppanen(43)Malibu	38:45
10	Roma Antoniewicz(23)San Mon.	38:55

**Divisions: Men:** 18&U: 1. Mike Crafton (Hermosa Beach) 32:26, 2. Jeffery Johnson (Hermosa Beach) 32:30, 3. Eric Quihones (Santa Monica) 32:46, 4. Brent Allen (Torrance) 32:59, 5. John Maemura (Redondo Beach) 33:02. 40-49: 1. Andre Tocco (San Pedro) 33:31, 2. Norman Cohen (Santa Monica) 34:37, 3. Joe Gassmann (Torrance) 34:47, 4. Glenn Ward (Ventura) 35:16, 5. Luis Gorordo (Redondo Beach) 35:33. 50 & Over: 1. Hal

Winton (Harbor City) 37:26, 2. Dick Venne (Gardena) 38:35, 3. Roger Broderick (Pacific Palisades) 38:46, 4. Ryoji Akujama (Monterey Park) NT, 5. Hal Sullivan (Redondo Beach) NT.

**Women: 18&U:** 1. Nina McMahon (San Pedro) 42:20, 2. Vicky Masten (Palos Verdes) 42:22, 3. Jeanine Griffiths (Redondo Beach) 44:16, 4. Sharon Prince (Riverside) 44:31, 5. Erin Kelly (Palos Verdes) 46:02. 40-49: 1. Christa Romppanen (Malibu) 38:45, 2. Jeanette Wells (Quartz Hills) 41:21, 3. Shirley Blush (Carson) 43:04, 4. Roberta Lamping (Manhattan Beach) 44:39, 5. Sharon Hettig (Topanga) 45:10. 50 & Over: 1. Sister Madonna Buder (Spokane, WA) 45:14, 2. Nelly Williams (Culver City) 48:38, 3. Virginia Baldwin (Palos Verdes) 49:57, 4. Diane Fritz (Palos Verdes Est.) 50:08, 5. Helen Palmer (Los Angeles) NT.

## Orange Masters Marathon

January 30, Orange.

### Men

#### 14-17

1	Ken Martinez	2:46.45
2	Robert James	2:47.02
3	Pedro Leos	2:55.46

#### 18-34

1	Joel Hope	2:18.48
2	Steve Lassengard	2:40.42
3	Samuel Evans	2:41.49
4	John Kulisch	2:45.17
5	Jeff Hooker	2:47.50
6	Brad Tarr	2:48.42
7	Louie Fernandez	2:50.21
8	Mike Miller	2:51.10
9	Scott Woodward	2:53.54
10	Scott Zillmer	2:57.45

#### 35-39

1	Richard Weeks	2:40.42
2	Ward Brady	2:51.14
3	John Bidasio	2:53.34
4	Steve Harvey	2:59.30
5	Dennis Campbell	3:00.10

#### 40-44

1	Pete Peterson	2:49.47
2	John Kasrich	2:53.26
3	Barry Hawley	2:56.06
4	Richard Lemen	2:56.14
5	Harry Hunt	2:57.26

#### 45-49

1	Ted Martinez	2:52.08
2	Delbert Pearce	2:52.59
3	Don Watson	2:56.33
4	Eric Piper	2:56.55
5	Robt. Fernald	2:59.36

#### 50-54

1	Charles Hanson	2:48.57
2	Jack Rosh	2:58.30
3	Robt. Fletcher	3:00.16
4	Jack Thomas	3:01.52
5	Chris Cole	3:06.41

#### 60-64

1	Sam Simon	3:47.55
2	Albert Clark	4:09.22
3	Cyril Tobias	4:39.28

#### 70-Over

1	Chick Dahisten	3:32.37
2	Howard Farwell	4:24.46
3	Ernest Lyons	4:29.02

### Women's Divisions

#### 14-19

1	Marjerie Snyder	3:13.10
---	-----------------	---------

#### 20-29

1	Ann Robinson	3:37.33
2	Marilyn Coulombe	3:46.30

#### 30-39

1	Sue Peterson	2:49.47
2	Pamela Goacher	3:10.47
3	Ellen Nichols	3:33.48
4	Vivian Field	3:36.23
5	Ann Tack	3:44.31

#### 40-49

1	Carolyn Doty	3:07.45
2	Marcia Barnett	3:11.17
3	Del Holbrook	3:41.23

#### 50-Over

1	Reina Hart	3:10.14
2	Jane Corso	4:12.27

**Military:** 1. David Kurner 3:12.52. **Law Enforcement:** 1. James Murphy 2:45.20. **Attorneys:** 1. Richard Kleschner 2:48.57. **Doctors:** 1. Steven Watanabe 2:54.15.

**Firefighters:** 1. Jim Ross 4:34.59. **Cardiac:** 1. Raymond Whiseman 4:44.14. **Over 200 lbs.:** 1. Rene Voss 3:16.03.

photo by Richard Lee Slotkin



MARJORIE KAPUT

## Runners Den-Koy 10K

By Richard Lee Slotkin

January 30, Phoenix, AZ.

Two days before the race, the weather forecast for race day was: Heavy rain and flooding. Race director Rob Wallack was about ready for a heart attack. Anything would be okay: hot weather, snow, even a little bit of rain. But not heavy rain and flooding. His flat as a pancake course would literally become a lake.

And all those fast times that were predicted. With about 50 guys who could break 30, there was a chance for a new AR ... maybe even a WR. After all, AR holder Thom Hunt was there. But if the weather came on as predicted, the only way they'd get any kind of a record would be to bring in Mark Spitz and Tracy Caulkens.

Fortunately, Wallack's prayers were answered. All of them. Not only did the weather cooperate, but he got a fantastic race ... no AR; not even a course record ... which would have automatically been the new AR. He got, however, one of the greatest collections of sub-30 finishes you'd ever want to see.

Bill Gail was very happy with his 29:58. It was a PR and his first sub-30. So who wouldn't be happy with that? Just about everyone ... except for the forty guys that beat him.

That's right. Forty. F-O-R-T-Y. As in four-oh. One more than thirty-nine. I mean, you run a 29:58 in a road race and



the worst you'd expect would be 4th, maybe 5th. If it were a really hot field where they brought in a bunch of hot shoes, maybe you would be 10th or 11th. But, 41st?

That's the kind of field that Wallack put together. And, not everyone who was invited showed up. If they had, there might have been 50 or 60 under 30 minutes.

Well, they don't call it "America's Fastest Road Race" for nothing.

Even the women were awesome. Twenty were under 30 minutes and one more at 40:00 flat. If she had put on a pair of shoes one size bigger, she'd have been under 40, too. And of the sub-30's, sixteen were under 38:00! When have you seen that in an open road race. Those kind of numbers are reserved for the Bonne Bells and L'eggs races. What makes the women's numbers even more amazing is that most of them were locals, either from Phoenix or Tucson. They didn't bring in a bunch of talent as they did for the men.

Anyway, with the weather very cool and overcast, but no rain, the mob of something over 2,000 hit the road. They were about 10 minutes late getting started, but no one seemed to mind. They'd make it up by the 5K... at least the front of the pack would.

Thom Hunt pretty much owned this race. He had won it four times in a row, and was favored to make this his fifth. I didn't see how anyone could say that with any confidence when Marc Scrutton was around, whatever the Phoenix folks thought. Bill Rogers was there too, and he's always a threat, even though no one seemed worried about him, because everyone knows that the 10K is not Roger's event. Everyone knows that except Rogers... and the guys he has to run against.

Well, the Great Race got under way and all that sub-30 talent got right down to business. First, the red hot Scrutton took off into the lead and tried to break everyone with a tough surge. He didn't lose anybody. Gabriel Kamau was hanging on to him, along with Bill Donakowski, Doug Brown, Don Janiki, Graeme Fell, Terry Cotton, Bruce Bickford, Paul Cummings, Rogers and Hunt. And about 50 others.

Scrutton's surging set the pace for the whole race, however, because all the way through, it was one surge after another. As Terry Cotton said later, "... I saw the leaders trading places a lot... it was interesting watching..."

Scrutton led the pack through the first mile in 4:28, and by that point they were stretched out no more than 20 yards. At a mile and a half, it was still Scrutton, and the lead pack was still tight.

Then, at two miles, in about 9:02, as they rounded a corner, Hunt made the first of his surges, pulling into the lead. Donakowski and Scrutton fell back a bit, but Kamau hung in close. Rogers was in that lead pack somewhere, but we couldn't see him. With so many bigger guys like Brown and Scrutton around, the tiny Rogers was hard to see. By now, Fell, Cotton and most of the others had fallen about 15 yards back of the front 6 or 7.

Hunt was definitely in command, but Donakowski, with his take-it-to-em philosophy, moved up right behind him.

Three miles in 13:32 and the 5K in 14:05. Still Hunt and Donakowski. Hunt would surge to leads of from 5 to 30 yards, and each time it looked as though he was about to break the thing wide open. Donakowski would pull right back up to him. And, almost unnoticed, Kamau, Scrutton, Brown and Rogers were also maintaining contact, even though they were from 20 to 50 yards behind Donakowski.

At 19 minutes, Hunt had a 10 yard lead on Donakowski. At 19:30, Rogers moved into 3rd, exciting everyone on the press truck. At 19:40, Donakowski made his big move. He pulled up to Hunt, who tried to shoo him off with another surge. This went on for another minute and a half when Donakowski finally got ahead of Hunt... by a step.

And that's how it was at the 5 mile point. Donakowski had the step lead on

Hunt, while 10 yards back, Scrutton had a step on Kamau. And another 10 yards back, it was Rogers and Brown. Seventh was well back... more or less out of contention.

Now you had to wonder. Hunt had had his chance. He took the lead, surged, pushed, tried to shake loose, but didn't. Would he have enough left to hold off the likes of Scrutton, Kamau and Rogers? Donakowski still doesn't have his leg speed, so he wasn't the guy to worry about. Nice try for Hunt, but you can't win them all. Four in a row is enough.

Now, Scrutton made a move. Scrutton, that ferocious kicker. Scrutton, who has been on a roll, winning the NCAA cross-country, taking second in the TAC cross-country nationals, setting a WR in the 8K. This very same Scrutton was in the lead again.

And, as you can imagine, everyone else picked up the pace.

Hunt surged again, and moved back in to the lead at the 25 minute mark. Then Scrutton retook it.

It's 26 minutes into the race, around a half mile to go, and Gabriel Kamau makes a big move. He sweeps into the lead and opens up a 5 yard gap between himself and Hunt, who has edged past Scrutton, with Donakowski about 5 yards behind them. Everyone is really pushing. Ten yards back, Rogers and Brown are moving up.

This is kick time, folks. And then, at 27 minutes, lightning strikes.

No, not the lightning that Rob Wallack was worried about. This lightning was wearing the red and white of Athletics West. It was Thom Hunt turning on the after burners.

He stretched out those long legs into one of the smoothest strides you've ever seen. Within seconds he had gone by Kamau as though the Kenyan were standing still, and opened up a 15 yard lead. And that was the race.

Hunt just cruised in the remaining quarter mile, finishing in 28:22. The next four, Kamau, Scrutton, Donakowski and Rogers, followed in two second intervals, with Doug Brown having just turned 30, getting a PR by 2 seconds and taking 6th just 3 seconds behind Rogers. Then there

although Judi St. Hilaire went with her for the first mile, it was Kaput's day. Running for the last couple of years in the shadow of the Hanson twins at the University of Arizona, Kaput isn't as well known as her talent might indicate she should be, but she took a pretty big step toward recognition at this race. Going through the mile in 5:05, she began to pull away from St. Hilaire, and by two miles, she had opened up a ten yard lead. St. Hilaire said that she could feel Kaput pulling away from her and she just didn't feel she could go with her.

So Kaput went on unchallenged to a 33:13 finish, and a PR by 30 seconds. She was unchallenged by the girls, we should say. It seems that some of the guys weren't such good sports. One jerk tried to force her into the crowd that was still heading out, while they were on their way back in. She was afraid that she was going to run on into someone. Fortunately, she shook loose from him, and then as if to make up for that idiot, another fellow helped her through the last mile, encouraging her, telling her to pump her arms, keep up the pace, "... you're almost there..."

That guy was helpful, Kaput stated. Meanwhile, St. Hilaire held on to second, finishing in 33:44.

Pat English, of San Anselmo, didn't get off to a fast start. She likes to go a bit slower and keep up a consistent pace. Her strategy worked, because she picked off three girls who had gotten out ahead of her, and picked up a PR to go along with her 3rd place finish.

And, so, the 5th Annual Runner's Den/KOY 10K is history. Thom Hunt remains the only one who has ever won it. But, it wasn't easy. Not this time.

#### THEY SAID IT:

**DOUG BROWN:** "... I thought they were going to get him (Hunt). I was surprised that Thom came on as strong as he did... That's an impressive win for Hunt because he had a lot of pressure on him; coming back to defend his title; he wasn't in as good shape as he was last year... and he had a lot of good people—this is a better field than last year..."

photo by Richard Lee Slotkin



**RUNNER'S DEN-KOY 10K (from left):** (1) Thom Hunt, (12) Marc Scrutton, (3) Gabriel Kamau, (behind Kamau) Doug Brown, (13) Bill Donakowski, (36) Don Janiki, (14) Terry Cotton.

was a big gap of 9 seconds until 7th place, in the form of Bruce Bickford.

But the parade of sub-30's was on. Terry Cotton, in 9th, was still under 29:00. Behind Cotton, Carmelo Rios and Dan Buntman rounded the last corner and saw the big digital clock at the finish line reading 28:54, and they gave it quite a try to join the sub-29 club. They missed by a step or two, and were both clocked in 29:02, for 10th and 11th places, Rios getting the decision.

In the women's race, Tucson's Marjorie Kaput took the lead from the start, and

Donak: I was having trouble responding... I'm really not in that kind of racing shape yet. I'm still in a cross-country mode. I can run the hell out of hills now... but I'm happy. I wanted to see where I was.

**CTRN:** Are you surprised you beat Rogers?

Donak: Well, he ran the marathon last week, so, you never know. You never know what that guy can do; never count him out, that's for sure.

#### THOM HUNT:

**CTRN:** When you lost the lead to Kamau (in the last 1/2 mile) did you have any worries at all or did you know you were going to catch him?

Hunt: Oh yeah, you get that close to the finish with someone ahead of you and you have to have worries.

**CTRN:** Well, you went by him (Kamau) like he was nailed to the ground, though... once you made the move.

Hunt: That's what it was: I waited, then I made one good move. I didn't get ahead a long way...

**CTRN:** Yeah you did. You might not have seen it, but we did on the press truck.

Hunt: Well, I got away from him, at least, that's all that counts.

**CTRN:** You eased off a little bit after that didn't you?

Hunt: I was definitely working; once I got to that last little corner, I knew I had it. I could have made another spur if I had had too, but there was no need to.

**CTRN:** You tried several times to get away from the pack?

Hunt: From 2 to 4 miles, I was out by myself... If I had been able to maintain that pace, I would have been able to win it without anyone ever catching me. But I actually faded back a little bit... and then, not only did one person, first Bill Donakowski, catch me, but a whole pack caught me... that was the hairiest... 5 or 6 people there that are capable of winning this thing.

**CTRN:** You said you faded back a little bit. Was that because the pace was too fast?

Hunt: I'm not quite fit enough to handle that pace for the whole race. I'm getting there, but not quite... the 5th mile was definitely my slowest.

**CTRN:** Yeah! That's when the action started!

Hunt: Yeah! It got interesting!

**CTRN:** Do you consider yourself a kicker?

Hunt: ... I can kick fairly well... but I'm not a big kicker. I'm not the kind of person that can run down anybody... If I run the mile, I can't kick with anybody. (Laughs)

#### CTRN: What about on the road?

Hunt: On the road, I probably have about as much speed as anybody... so, I have some confidence in my kick... but, I don't like it to come down to that... I'd rather win a little easier... you just do that if you have to.

**MARJORIE KAPUT:** For the 1st mile, I know she (Judi St. Hilaire) was near me, behind me, and then, for the next 2 to 3, I know she was not more than 10 yards or 20 yards behind me... then I kind of lost track of her.

#### CTRN: Did you expect to beat her?

Kaput: I had beaten her once before and I knew I had a chance, but I didn't know for sure... but, my training has been going real well.

#### CTRN: How was your time today?

Kaput: It was my best, by 30 seconds.

**CTRN:** (Silently eats his heart out) when you were out there on the course, were you keying on any guys?

Kaput: No... mainly trying to feel fast and feel relaxed.

**CTRN:** Did the guys give you a hard time?

continued on next page...



## Results

**Kaput:** One man kind of did. He kept forcing me over towards the masses coming the other way. (The middle and back of the pack still headed out, while the front of the pack, where Kaput was, was heading back) He kept forcing me, forcing me, forcing me over towards those people, and I thought, "In a second, I'm going to hit head on with someone." But, actually (except for him) they were pretty supportive.

**CTRN:** Do you find when you're coming down that last quarter mile, to 200 yards or so that all the guys that are near you are just going like hell to make sure they're not going to be beaten by a woman?

**Kaput:** Sometimes. Some of them really try to help you out so that you get a good time. But you're right; (some) don't want to get beat by a woman, so they really sprint.

### TERRY COTTON:

**CTRN:** How long were you ... within reach of the leaders?

**Cotton:** Three miles.

**CTRN:** And then, what did you see happening up ahead of you?

**Cotton:** I saw the leaders trade places a lot.

**CTRN:** Did you feel the surging that was going on up there?

**Cotton:** I wasn't close enough to feel it ... but I could see it ... (laughs) It was interesting watching ...

**CTRN:** You were with them for a long time.

**Cotton:** Yeah. I was just tired. I didn't have enough strength to feel that I could pull up with them.

### DAN BUNTMAN:

**CTRN:** Tell me about that finish with (Carmelo) Rios.

**Buntman:** Carmelo and I had been running together the whole race ... we came around the last corner ... I think both of us had it in mind to break 29 minutes, because we looked up, saw the clock at 28:54 or :55 and turned it into a dead sprint. We crossed the finish line, and it was, like Carmelo turned around to me and we just shook our heads and said, "we didn't make it!" It wasn't a competitive thing. It was against the clock. We were going for a sub-29. (We just missed it. Buntman and Rios were both clocked in at 29:02. PR's for both.)

**PAT ENGLISH:** (3rd female) ... They (the leaders) went out pretty fast. I felt that I was more consistent at a slower pace ... I didn't see any of them at the start.

**CTRN:** Those are the ones you caught though. You caught about three of them. After that, did you see anyone ahead of you?

**English:** I could see Judi St. Hilaire, almost the entire time ... I never, never saw Kaput! Never. I didn't even know she was here ...

### Top Men

1 Thom Hunt(AW)	28:22
2 Gabriel Kamau(Converse)	28:24
3 Marc Scrutton(England)	28:26
4 Bill Donakowski(Converse)	28:30
5 Bill Rogers(Puma)	28:32
6 Doug Brown(AW)	28:35
7 Bruce Bickford(NBTC)	28:44
8 Paul Cummings(NBTC)	28:52
9 Terry Cotton(Second Sole)	28:54
10 Carmelo Rios(Converse)	29:02
11 Don Buntman(Unatt.)	29:02
12 John Moreno(Converse)	29:05
13 John Tuttle(Kangaroo)	29:05
14 Graeme Fell(Phoebe Vitamin)	29:08
15 Mark Anderson(Nike)	29:09
16 Desmond O'Conner(Brooks)	29:14
17 Tom Ansberry(U of A.)	29:15
18 Mike Axlin(Chicago TC)	29:17
19 Don Janik(Converse)	29:19
20 Donny Henderson(Chicago TC)	29:19
21 Roy Kissin(Sub-4)	29:20
22 John Brennemom	29:22
23 John Koningsh(Sub-4)	29:26
24 Eduardo Castro(Mexico)	29:29

25 Brendon Quinn(Ireland)	29:29
26 Randy Thomas(NBTC)	29:38
27 Dan Dillon(AW)	29:38
28 Andrew Ferguson	29:39
29 Tim Barnes(Converse)	29:39
30 Mike Lohman	29:40
31 Rich Brownsberger	29:41
32 Manny Bautista	29:44
33 Dan Harvey(Converse)	29:45
34 Bill McGrath	29:45
35 Glen Reynolds(Converse)	29:48
36 Ed Spinney	29:49
37 Ken Marten	29:50
38 Jim Howard	29:51
39 Sean Evans	29:55
40 Frank Plasco(Converse)	29:56
41 Bill Gail(Converse)	29:58

### Top Women

1 Marjorie Kaput(U of A)	33:13
2 Judi St. Hilaire(AW)	33:44
3 Pat English(Tamala Runners)	34:43
4 Jeanne Lasee	35:09
5 Mario Trujillo	35:33
6 Pier Culbreth	35:35
7 Kim Gallagher	35:42
8 Mindy Ireland	35:55
9 Lisa Pfuhl	36:17
10 Jamie Bisplinghoff	36:57
11 Stacey Hartfield	36:57
12 Karen Foley	37:10
13 Linda Donkelahr	37:13
14 Kathy Peterson	37:33
15 Heire Thiem	37:37
16 Leslie Pfeil	37:51
17 Elizabeth Levy	38:35
18 Christine Ehlers	39:02
19 Dona Bender	39:41
20 Nina Putzar	40:00

**Divisions: Men: 16-19:** 1. Tom Ansberry 29:15, 2. Richard Brownsberger 29:41, 3. Tony Ross 32:10, 20-29: 1. Thom Hunt 28:22, 2. Gabriel Kamau 28:24, 3. Marc Scrutton 28:26, 4. Bill Donakowski 28:30, 5. Bruce Bickford 28:44, 30-34: 1. Doug Brown 28:35, 2. Mike Lohman 29:40, 3. Charles Walker 30:09, 4. Rich Langford 30:18, 5. Dennis O'Halloran 30:20, 35-39: 1. Bill Rogers 28:32, 2. David Surman 32:58, 3. John Mericle 34:54, 40-44: 1. Nat White 34:18, 2. James Gerace 34:54, 3. Kit Ruona 34:58, 45-49: 1. Bob Packard 33:00, 2. John Weldy 33:13, 3. Jan Ahlberg 34:58, 50-54: 1. Mike Mikkelsen 37:07, 2. Larry Ruch 38:13, 3. Dom Feroleto 39:28, 55-59: 1. Herb Williams 39:35, 2. Chas Heers 41:22, 3. Bill Shimer 42:18, 60 & Over: 1. Nat Robbins 44:13, 2. Arne Johnson 48:35, 3. Albert Johnson 50:57.

**Women: 16-19:** 1. Kim Gallagher 35:42, 2. Jamie Bisplinghoff 36:57, 3. Stacey Hartfield 36:57, 20-29: 1. Marjorie Kaput 33:13, 2. Judi St. Hilaire 33:44, 3. Jeanne Lasee 35:09, 30-34: 1. Patricia English 34:43, 2. Mindy Ireland 35:55, 3. Linda Donkelahr 37:13, 35-39: 1. Mary Verdugo 40:03, 2. Carol Jean Kennedy 42:59, 3. Judy Pratt 44:22, 40-44: 1. Josie Fox 40:50, 2. Judy Allard 43:07, 3. Lynnda McKee 47:53, 45-49: 1. Grace Rome 44:38, 2. Betty Ratley 46:19, 50-54: 1. Dorothy Stock 40:36, 55-59: 1. Adele Miličević 46:50, 60 & Over: 1. Edna Laffin 50:33.

## La Contenta Classic

### February 5, Calaveras, 1/2 Marathon.

1 Joss Walter	27:44
2 Gary Meyer	29:18
3 Mark Stoker	29:39
4 Ron Ferrell(1st 30-39)	29:46
5 Glen Jenkins	30:29
6 Bob Houle	30:39
7 Brian Rosenberger	30:42
8 Jerry Walter(1st 50-59)	31:19
9 James Erbes(1st 40-49)	31:43
10 Jason Dennis	33:11
11 Steve Duffy(1st 14-17)	33:20
12 Paul Reese(1st 60&O)	34:22
13 Karen Sanguinetti(1st 30-39F)	34:29
14 Wendy Balach(1st 18-29F)	34:50
15 Beth Ryan(1st 14-17F)	36:02
16 Mary O'Donnell(1st 40-49F)	37:55
17 Elaine Reese(1st 50-59F)	56:09

## Rancho Los Amigos Hospital 5 & 10K Run

### February 5, Downey.

#### 5K Men's Divisions

**12-Under:** 1. Ed Lavelle 17:19, 13-15: 1. Mario Zamarripa 18:40, 16-19: 1. Ralph Martinez 15:38, 20-29: 1. Phillip Torres 18:46, 30-39: 1. Paul Maier 15:31, 40-49: 1. Skip Shaeffer (1st Overall) 15:21.6, 50-59: 1. Tracy Brown 17:22, 60-Over: 1. Steve Chipilis 19:46, Wheelchair: 1. Don DuBois 28:51.

#### 10K Men's Divisions

**12-Under:** 1. Enrique Jimenez 47:57, 13-15: 1. Bill Meyer 32:59, 16-19: 1. Jeff Jorgensen 32:09, 20-29: 1. Jose Hernandez (1st Overall) 32:07.0, 30-39: 1. Paul Maier 32:54, 40-49: 1. Skip Shaeffer (3rd Overall) 32:24, 50-59: 1. James Adams 38:45, 60-Over: 1. Steve Chipilis 43:22, Wheelchair: 1. Ray Stenart 37:05.

#### Women's 5K Divisions

**12-Under:** 1. Amber Chavez (1st Female) 19:00, 13-15: 1. Carole Wells 27:44, 16-19: 1. Mary Boyardo 19:14, 20-29: 1. Laura Miller 19:04, 30-39: 1. Susanne Gilmore 23:39, 40-49: 1. Shirley Dohman 23:54, 50-59: 1. Irene Avila 27:22, 60-Over: 1. Ellen Murphey 36:48.

#### 10K Women's Divisions

**12-Under:** 1. Loara Doering 38:45, 13-15: 1. Holly Hogan 45:37, 16-19: 1. Torie Elliot (1st Female) 37:42, 20-29: 1. Kathy Pfeifer 35:10, 30-39: 1. Sue Randolph 38:51, 40-49: 1. Aisuko Fujimoto 55:53, 50-59: 1. Virginia Baldwin 48:35, 60-Over: 1. Lucille Adney 1:01:51.

## Sonoma Development Center Sweet-Heart Runs

### from JOHN KARSEMEYER

### February 5, Sonoma, 2.5K and 8K.

#### 2.5K

1 Richard Zeller (Sonoma)	8:08
2 Mark Vollmer (Santa Rosa)	8:36
3 Bob Dathlofsan (Santa Rosa)	10:26

#### 8K

1 Butch Alexander (Sonoma)	26:33
2 Stacy Van Horn (Sonoma)	27:12
3 Wayne Hinrichs (Sonoma)	27:22

## Cougar Classic

### February 5, Azusa, 5K & 10K.

#### 5K

**Male**  
**13 & Under:** 1. Ken Yanow 17:02, 14-18: 1. John Lopez 15:49, 19-24: 1. Peter Williams 15:07, 2. Jamie Mejia 15:28, 3. Rafael Martinez 15:34, 25-29: 1. Terry Drake (1st overall) 14:51, 2. Robert Slick 15:31, 3. Mark Hammond 15:42, 30-39: 1. Henry Lang 15:41, 2. Irv Ray 15:52, 3. Vince Boyle 16:29, 40-49: 1. Don Reynolds 15:53, 2. Jon Smith 16:35, 50 & Over: 1. Jerry Withers 17:53, 2. Jerry Soto 18:51.

#### Female

**13 & Under:** 1. Tracey Williams (1st overall) 17:52, 14-18: 1. Joann Maldonado 18:44, 19-24: 1. Betsy Hardway 21:24, 2. Ruth Macelan 21:36, 3. Lisa Daniel 23:25, 25-29: 1. Lorena Long 21:30, 2. Denise Boesch 23:54, 3. Joanne Ferguson 25:07, 30-39: 1. Gil Partida 19:01, 2. Nadine Felbo 21:54, 3. Sharee Watterson 24:13, 40-49: 1. Virginia Taneja 21:31, 2. Ann Klerhan 23:30, 50 & Over: 1. Mae Myers 25:19, 2. Ann McNamee 27:54.

#### 10K

**Male**  
**13 & Under:** 1. Wilson 38:36, 14-18: 1. David Baca 34:54, 19-24: 1. Martin Pitayo (1st overall) 30:29, 25-29: 1. Dick Gentili 32:53, 30-39: 1. Phil Ryan 32:39, 40-49: 1.

Charles McClung 35:04, 50 & Over: 1. Avrello Camacho 39:15.

#### Female

**13 & Under:** 1. Roberta Maroney 39:36, 14-18: 1. Sylvia Mosqueda (1st overall) 38:56, 19-24: 1. Bonnie Bultuis 45:08, 25-29: 1. Barbara Basta 45:28, 30-39: 1. Nancy Kummel-baird 43:50, 40-49: 1. Herman Kuhn 42:18, 50 & Over: 1. Nellie Williams 48:20.

## LVTC Renaissance Center Marathon

### From Al Boka

### February 5, Las Vegas, Nevada.

#### Top Ten Men

1 Mark Messler(22)	2:18:02
2 Domingo Tibaduiza(34)	2:19:49
3 Barry Lucas(24)	2:19:58
4 Miguel Tibaduiza(24)	2:22:20
5 James Gusek(31)	2:23:54
6 Robert Rasmussen(34)	2:29:14
7 Paul Peterson	2:29:59
8 Tony Gerardi(36)	2:30:31
9 Darwin Syversen(34)	2:30:51
10 Derek McIver(33)	2:32:37

#### Top Five Master Men

1 Joseph Gassmann(42)	2:37:42
2 Michael Call(40)	2:39:24
3 Dan Metcalf(42)	2:43:26
4 George Kinnear	2:49:05
5 Jim Heinz(43)	2:50:12

#### Top Five Women

1 Linda Hammann(34)	2:50:19
2 Rosalba Tibaduiza	2:56:11
3 Angelina Tibaduiza	2:56:11
4 Cheryl Harper(20)	3:04:16
5 Maggie Chianese(30)	3:06:32

#### Top Five Master Women

1 Jeannette Wells(45)	3:12:04
2 Sharon Cooper(44)	3:17:28
3 BJ Empey(40)	3:28:29
4 Diane Peterson(41)	3:43:14
5 Nancy Molitor(47)	4:08:59

**Divisions: Women: 20-24:** Rosalba Tibaduiza 2:56:11, 25-29: Angelina Tibaduiza 2:56:11, 30-34: Linda Hammann 2:50:19, 35-39: Elena Lobi 3:42:29, 40-49: Jeannette Wells 3:12:04, 50-59: Maxine Brown 4:39:28.

**Men: U19:** Carol Ellington 2:42:34, 20-24: Mark Mesler 2:18:02, 25-29: Paul Peterson 2:29:59, 30-34: Domingo Tibaduiza 2:19:49, 35-39: Tony Gerardi 2:30:31, 40-44: Joseph Gassmann 2:37:42, 45-49: Vic O'Bryan 2:52:11, 50-59: Robert Fletcher 2:56:58, 60&O: James Talley 3:36:04.

## Special Olympic 5K & 10K Run

### from BECKY ELARBEE

### February 6, San Bernardino.

#### 5K Women's Divisions

**15-Under:** 1. J. Barnes 16:38, 15-19: 1. G. Wuerch 17:24, 20-29: 1. W. Coleman 16:11, 2. P. Escamilla 16:58, 3. R. Rosser 18:09, 30-39: 1. K. Pinkerton 18:21, 2. L. Mallo-Ordway 18:41, K. Williams 19:00, 40-49: 1. C. Salcedo 20:41.

#### 10K Women's Divisions

**15-19:** 1. M. Bakeman 45:52, 20-29: 1. D. Assuma 35:12, 30-39: 1. S. Arias 46:18, 40-49: 1. A. Singer 50:18, 2. C. Wedut 51:19, 60-Over: 1. V. Martin 58:49.

#### 5K Men's Divisions

**U-15:** 1. D. Barnes 14:25, 15-19: 1. S. Carter 13:53, 20-29: 1. M. Martinez 13:42, 2. P. Perez 13:56, 3. T. Powers 14:04, 4. J. Espinoza 14:35, 5. E. Valdez 16:09, 30-39: 1. G. Zehnder (1st Overall) 13:17, 2. F. Doubell 13:20, 3. W. Taylor 13:44, 4. F. Comer 14:07, 5. S. Pinkerton, 40-49: 1. D. Coultas 14:34, 50-59: 1. M. McCombs 17:51.

#### 10K Men's Divisions

**15-Under:** 1. C. Holquin 44:17, 15-19: 1. J. Oxrider 38:44, 20-29: 1. K. Amondson (1st



Overall) 30:25, 2. D. Ortiz 32:05, 3. S. Streeter 32:25, 4. P. Vicknair 34:55, 5. S. Simon 36:32, 6. J. Barrett 37:32, 7. M. Marinas 38:19, 8. D. Garrahan 38:42, 9. M. Fernandez 38:50, 10. N. Cataldo 41:06. 30-39: 1. R. Heaton 33:45, 2. S. Martinez 38:22, 3. B. Birschbach 38:49, 4. R. Monguia 38:59, 5. J. Thompson 40:12. 40-49: 1. F. Ogawa 34:52, 2. M. Lankarami 35:53, 3. C. Creekmore 39:12, 50-59: 1. J. Quezada 38:14, 2. W. Garton 48:15. 60-Over: 1. R. Kroger 40:06.

## Hermosa Beach Sand & Strand Runs

February 6. Hermosa Beach. 2.5 & 5.0 miles.

### 2.5 Mile First in Divisions

**Boys 12-Under:** 1. Mathew Timmons 19:39. **Girls 12-Under:** 1. Anneke Blair 21:45. **Boys 13-15:** 1. Greg Houlgate 14:32. **Girls 13-15:** 1. Susan Spotts 21:00. **Boys 16-18:** 1. Patrick Hebert 14:09. **Girls 16-18:** 1. Jeanine Griffith 17:42. **Mens 19-29:** 1. Brent Griffith 13:47. **Women 19-29:** 1. Sherry Simmons 18:10. **Mens 30-39:** 1. Dave Shannon 14:57. **Women 30-39:** 1. Diane Harman 18:52. **Mens 40-49:** 1. Keith Brothers 16:46. **Women 40-49:** 1. Doby McDougall 17:47. **Mens 50-59:** 1. Lynne Crisp 18:31. **Women 50-59:** 1. Ginny Grossard 22:08. **Mens 60-Over:** 1. John Hales 19:38.

### 5.0 Mile First in Divisions

**Boys 12-Under:** 1. Danny Rohmber 44:04. **Boys 13-15:** 1. Greg Houlgate 30:31. **Boys 16-18:** 1. Jeff Johnson 28:19. **Girls 16-18:** 1. Lisa Benaise 50:37. **Mens 19-29:** 1. Mike Landson 28:56. **Women 19-29:** 1. Sherry Simmons 32:35. **Mens 30-39:** 1. Ron Parks 29:30. **Women 30-39:** 1. Alison Gilbert 40:10. **Mens 40-49:** 1. Skip Shaffer 30:07. **Women 40-49:** 1. Sheila Hasham 36:25. **Mens 50-59:** 1. Dick Scully 36:40. **Mens 60-Plus:** 1. John Hales 41:36.

## Walk/Jog/Run/Wheel for Your Heart 5 & 10K

February 12.

10K

**Men — 13-Under:** 1. Bret Killen 36:19, 2. Brian Killen 39:31, 3. Sam Williams 40:28. 14-20: 1. Peter Gomez 32:39, 2. Erick Gonzales 34:23, 3. Chris Vargas 34:44. 21-29: 1. Ron Yslas 30:31, 2. John Carrasco 30:53, 3. Jesse Moreno 33:47. 30-39: 1. Bino Valdez 35:37, 2. Octaviano Canche 36:08, 3. Jim Perez 36:23. 40-49: 1. Skip Shaffer 32:39, 2. Tom Cuaves 36:45, 3. Benjamin Waldron 37:01. 50-59: 1. Bob Landry 39:12, 2. Ernest Carrillo 41:05, 3. Ignacio Mariscal 41:44. 60-69: 1. Glen Daniels 46:00, 2. John Marshall 48:35, 3. Daniel Lujan 48:47. 70-79: 1. Jim Boyle 50:50, 2. Ernest Lyons 53:55.

### Women

21-29: 1. Cathy Acosta 42:08, 2. Carolyn Kenny 43:42, 3. Leonara Long 45:13. 30-39: 1. Neva Ingersoll 40:57, 2. Leanna Chase 45:24, 3. Ellie Bewley 47:55. 40-49: 1. Jean Short 51:48, 2. Cindy Van Osting 51:49, 3. J. Fitzpatrick 57:05. 50-59: 1. Evelyn Dabritz 49:31, 2. Gloria Hendricks 55:20, 3. Rosemary Ornellas 56:39. 60-69: 1. Edith Dalton 59:24, 2. Dorothy Busk 1:04:30, 3. Lucile Adney 1:06:14.

### 5K

**Men — 13-Under:** 1. John Soto 16:01, 2. Mario Flores 17:27, 3. David Longyear 17:47. 14-20: 1. Don Reynolds 15:52, 2. Eddy Placnicio 15:53, 3. Steve Marcias 17:49. 21-29: 1. Terry Drake 14:30, 2. Rudy Chavez 14:34, 3. D. Forthaffer 14:50. 30-39: 1. Henry Lange, Jr. 15:56, 2. Larry Fabela 16:21, 3. Dave Lockman 16:21. 40-49: 1. Jon Smith 16:32, 2. Clifton James 17:03, 3. Sam Mayo 17:06. 50-59: 1. Larry

Banuelos 18:21, 2. Steve Turner 19:03, 3. Jesus Rangel 19:34. 60-69: 1. David Lewis 19:54, 2. Hal Hallett 27:34, 3. Ben Hall 29:52. 70+: 1. James Galvin 28:07, 2. B.L. Vlasak 31:39.

### Women

13-Under: 1. Diane Castillo 19:08, 2. Darby Grant 19:54, 3. Sybil Perez 20:16. 14-20: 1. Gina Placnicio 18:17, 2. Lisa Williams 18:42, 3. Erin Elcher 18:43. 21-29: 1. Brenda Reid 19:37, 2. Suzette Clark 20:18, 3. Linda Sarian 21:01. 30-39: 1. Debra Hobbs 21:08, 2. Kate Molder 22:44, 3. Penny Fleming 22:45. 40-49: 1. Ruth Granados 22:35, 2. Jean Saro 23:32, 3. Shirley Dohrman 24:43. 50-59: 1. Shirley Williams 28:04, 2. Laura Thompson 29:16, 3. Shirley Morgan 30:04. 60-69: 1. Sister J. Withney 33:29, 2. Anna Wargo 38:47, 3. Lois Frederick 41:51. 70+: 1. Edna Vinson 40:21, 2. Ruth Doerner 50:52.

## Up The Estuary in February

February 12. Santa Ana. Half Marathon. (China Cup Series Race #2)

### Top 10 Men

1. Lance Packer, 2. Rubin Chappins, 3. Art Cendejas, 4. Robert Traba, 5. Jeff Dettmer, 6. Mark Ulloa, 7. Mark McKinzie, 8. Al Siddons, 9. Dick Gentili, 10. Steven Adams.

### Top 10 Women

1. Tisha Whitney, 2. Margo Elson, 3. Tina Costantino, 4. Kim DiFilippo, 5. Jeanne Kawashima, 6. Rhonda Davidson, 7. Wilma Maddock, 8. Jenni Scott, 9. Kelly MacKenzie, 10. Penny Brown.

### Men's Divisions

14-U: 1. Bill Meyer 1:20:16. 15-18: 1. Eric Waijan 1:13:52. 19-24: 1. Lance Packer 1:07:45, 2. Art Cendejas 1:09:41, 3. Robert Traba 1:10:09. 25-29: 1. Mark Ulloa 1:12:42, 2. Dick Gentili 1:13:20, 3. Dave Parsel 1:13:31. 30-34: 1. Rubin Chappins 1:07:48, 2. Al Siddons 1:13:19, 3. Ferol Kimble 1:18:00. 35-39: 1. Bill Sumner 1:16:19, 2. John Loeschhorn 1:16:41, 3. Tom Carras 1:16:43. 40-44: 1. Neil Doherty 1:19:47, 2. Dan Olivier 1:20:05, 3. Bill Elam 1:21:58. 45-49: 1. Bill Heffernan 1:23:31, 2. Ron Grant 1:26:33, 3. Steve Dibble 1:28:44. 50-59: 1. Roger Broderick 1:27:22, 2. Jim Adams 1:28:06, 3. Tom Wilson 1:30:37. 60-Over: 1. Casey Poole 1:37:00, 2. Steve Chipili 1:38:13, 3. Anthony Hill 1:57:49.

### Women's Divisions

14-U: 1. Shauna Hensley 1:36:15. 15-18: 1. Jenni Scott 1:36:15. 19-24: 1. Rhonda Davidson 1:35:47, 2. Sue Corea 1:40:34, 3. Kathy Davis 1:49:27. 25-29: 1. Tina Costantino 1:32:55, 2. Kim DiFilippo 1:32:58, 3. Jeanne Kawashima 1:34:55. 30-34: 1.

Margo Elson 1:31:16, 2. Penny Brown 1:36:48, 3. Lois Curl 1:37:02. 35-39: 1. Tisha Whitney 1:27:04, 2. MaryAnn Harwood 1:39:08, 3. Lonnie Horn 1:44:28. 40-49: 1. Wilma Maddock 1:36:15, 2. Carol Jewell 1:49:15, 3. Del Holbrook 1:51:59. 50-59: 1. Ann Priddy 1:46:31, 2. Neily Williams 1:48:54.

## Mission 10 Run

from EDWARD E. SINGLETON

February 12. San Juan Bautista.

### Top 35

1. Kevin Baxter (23) Mountain View 53:21  
2. Malcolm Cleary (27) Hollister 53:51  
3. Nash Gharacha (20) Hollister 54:07  
4. G. Goettelmann (39) S. Clara 54:44  
5. D. Dugdale (37) San Jose 55:04  
6. Joe Ancira (31) Watsonville 55:10  
7. Douglas Griffen (27) Los Gatos 55:47  
8. Unknown  
9. Allen Sandretti (27) 55:56  
10. Glenn McDougall (27) Daly City 56:23  
11. Jim Barker (36) San Jose 57:08  
12. Dave Parish (28) San Jose 57:23  
13. Mark Nozares (25) Marina 57:24  
14. Walter Radloff (37) San Jose 57:29  
15. Richard Stillier (37) San Mateo 57:30  
16. Norman Gould (33) San Jose 57:38  
17. Tom Browne (21) San Jose 58:20  
18. Mike Rowerdink (30) Stockton 58:26  
19. Chris Grace (24) Carmel 59:18  
20. Rufus Bandy (32) Salinas 59:24  
21. Len Thornton (52) Fresno 59:34  
22. Randy Wanders (26) Mt. View 59:47  
23. Lou Davidson (39) Spreckels 60:26  
24. Paul Mauer (35) Hollister 60:41  
25. Bruce Fujimoto (27) Sacramento 60:56  
26. Ennis Pipe (24) Sunnyvale 61:49  
27. Pat Rich (25) Toronto, Can. 62:22  
28. Steve Hinkel (31) Santa Cruz 62:31  
29. D.J. Blinn (34) Santa Cruz 62:31  
30. Robert Gonzales (16) Hollister 62:43  
31. Samuel Vandenberg (45) Aptos 62:50  
32. Steven Troth (35) Castro Vily 62:56  
33. Tony Montez (39) Saratoga 62:58  
34. Gary Grant (33) Watsonville 63:00  
35. James Hatfield (37) Los Gatos 63:17

### Men's Divisions

12-U: 1. Jessie Santana 11 (Salinas) 63:47.  
13-18: 1. Robert Gonzales 16 (Hollister) 62:43, 2. Emerson Rusk 18 (Monterey) 63:18, 3. John Campos 15 (Gilroy) 68:54.  
19-29: 1. Kevin Baxter 23 (Mt. View) 53:21, 2. Malcolm Cleary 27 (Hollister) 53:51, 3. Nash Gharacha 20 (Hollister) 54:07. 30-39: 1. Gary Goettelmann 39 (Santa Clara) 54:44, 2. Don Dugdale 37 (San Jose) 55:04, 3. Joe Ancira 31 (Watsonville) 55:10.  
40-49: 1. Samuel Vandenberg 45 (Aptos) 62:50, 2. Mo Jourdan 40 (Salinas) 63:51, 3. Tom Bryan 42 (Santa Cruz) 65:18. 50-59: 1. Len Thornton 52 (Fresno) 59:34, 2. Don

Carpenter 55 (Palo Alto) 63:32, 3. John Rouse 56 (San Leandro) 65:16. 60-Over: 1. Ed Burke 65 (San Francisco) 74:31, 2. William Redman 61 (Los Gatos) 78:41, 3. Fred Foster 60 (Salinas) 98:32.

### Women's Divisions

12-U: 1. Leticia Anceta 12 (Salinas) 77:21, 19-29: 1. Linda Lee 27 (Capitola) 72:09, 2. Coleen Fox 28 (San Jose) 74:35, 3. Kathleen Welch 29 (San Jose) 75:42. 30-39: 1. Gail Goettelmann 38 (Aptos) 67:57, 2. Gail Bernardi 37 (Pacific Grove) 68:13, 3. Susan Aiello 32 (Monterey) 70:17. 40-49: 1. Jeane Dawson 40 (Aptos) 73:21, 2. Diane Bronstad 46 (San Jose) 75:43, 3. Isabel Rivas 45 (Watsonville) 86:27. 50-59: 1. Joan Ingber 50 (Los Gatos) 96:37.

## "Have a Heart — Run for Hunger"

from GARY UPHAM

February 13. Santa Cruz. 5K and 10K.

### 10K Men's Divisions

12-Under: 1. Roger Eker 52:59. 12-17: 1. Patrick Raine 35:23. 18-28: 1. Armando Si-queiros (1st Overall) 30:10. 27-40: 1. Ed Price 34:24. 41-60: 1. Benjamin Sawyer 36:25. 60-Over: 1. J.B. McManus 44:57.

### 10K Women's Divisions

12-Under: 1. Angela Hernandez 47:12. 12-17: 1. Dondi Hart 45:51. 18-28: 1. Amy Price (1st Overall) 38:51. 27-40: 1. Lori Hooker 42:23. 41-60: 1. Doris Burgess 46:42.

### 5K Men's Division

12-Under: 1. Jesse Santana 17:44. 12-17: 1. Garth Merrill 19:44. 18-28: 1. Cesar Acosta (1st Overall) 15:41. 27-40: 1. Tim Hurlbut 17:17. 41-60: 1. Charles Foster 20:09.

### 5K Women's Divisions

12-Under: 1. Michelle Lam 25:29. 12-17: 1. Leticia Ancheta 21:59. 18-28: 1. Lori Medlen 20:14. 27-40: 1. Molly Thayer (1st Overall) 18:39. 41-60: 1. Colleen Sloan 24:47.

## Nob Hill Run

February 13. San Francisco. 2.4 miles.

1. Robert D. Archibald (14:22), 2. Rick Cairo (14:32), 3. Bjorn Fralsiksen (14:41), 4. Greg Beavers (14:43), 5. Steve Dean (14:53), 6. Al Stanbridge (15:14), 7. H. Bashiruddin (15:37), 8. Robert Chad (15:40), 9. Adrian Wong (15:40), 10. No Name (15:43), 27. Claire Woodward (16:29) 1/F, 40. Marion Irvine (17:22) 2/F, 58. Rebecca Harrison (18:41) 3/F, 63. Jane Baldwin (18:49) 4/F, 84. Lillian Woodward (19:48) 5/F.

## ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

Date of Event \_\_\_\_\_ Location of Event \_\_\_\_\_

Name of Event \_\_\_\_\_

Type of Event: long distance run track meet cross country other \_\_\_\_\_

Starting Time \_\_\_\_\_ Distance if a running event \_\_\_\_\_

Other Important Info \_\_\_\_\_

Contact Person \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070



## Results

### CRRC 5 & 10K Fun Runs

February 13. Griffith Park, Los Angeles.

#### 5K Overall

1 Tom Mariarty (27)	15:52
2 Greg McClester (29)	16:30
3 Clayton Patten (23)	17:06
4 Stephen Pradeaux (27)	17:15
5 Nelson Crader (43)	17:23
6 Norton Erbes (16)	17:59
7 Kevin Moore (20)	18:18
8 Julius High (26)	18:25
9 Josue Ruvalcaba (39)	18:38
10 Larry Pierce (30)	18:55

#### Men's Divisions

18-U: 1. Norton Erbes (16) 17:59. 19-29: 1. Tom Mariarty (27) 15:52. 30-39: 1. Josue Ruvalcaba (39) 18:38. 2. Larry Pierce (30) 18:55. 3. Roland Hernandez (30) 20:04.
40-49: 1. Nelson Crader (43) 17:23. 2. Mickey Ledesma (40) 19:02. 3. David Trowbridge (48) 20:58.

#### Women's Divisions

18-U: 1. Debbie Gold (16) 29:14. 19-29: 1. Betsy Hardaway (25) 21:22. 2. Carol Poshepny (19) 23:36. 3. Marie Colette (27) 24:20. 4. Cathy Cermula (25) 29:06. 5. Ginger Lopez (23) 29:24. 30-39: 1. Katherine Kehr (35) 18:57. 2. Mary Campbell (36) 20:03. 3. Lynda Huey (35) 23:09.
40-49: 1. Ila Wysong (49) 29:16.

#### 10K Overall

1 Jim Scott (28)	31:55
2 Jesus Gutierrez (17)	31:56
3 Jeff Jacobs (15)	35:08
4 John Pagliano (43)	35:17
5 Neal Carry (30)	35:59
6 Richard Glueckler (33)	36:19
7 James Thomson (42)	36:20

8 John Wasson (37)	36:22
9 George Kingsley (42)	36:26
10 Tom Carroll (43)	36:49
11 Rafael Valadez (24)	37:19
12 Richard Miller (33)	37:38
13 Robert Arrellanes (25)	37:44
14 William Leroux (32)	37:56
15 Bobby Bans (13)	38:33

#### Men's Divisions

18-U: 1. Jesus Gutierrez (17) 31:56. 19-29: 1. Jim Scott (28) 31:55. 2. Rafael Valadez (24) 37:19. 3. Robert Arrellanes (25) 37:44.
30-39: 1. Neal Carry (30) 35:59. 2. Richard Glueckler (33) 36:19. 3. John Wasson (37) 36:22. 4. Richard Miller (33) 37:38. 5. William Leroux (32) 37:56. 40-49: 1. John Pagliano (43) 35:17. 2. James Thomson (42) 36:20. 3. George Kingsley (42) 36:26.
50-59: 1. Robert Hardaway (55) 40:59. 2. Sam Deluca (55) 42:58. Racewalker: 1. Ron Daniel (41) 1:08:48.

#### Women's Divisions

19-29: 1. Jill Aaron (24) 52:05. 2. Sandy Rush (28) 1:06:15. 30-39: 1. Tricia Speer (34) 48:22. 2. Nina Klein (36) 49:03. 3. Dede Graham (31) 51:36. 4. Shirley Stephenson (37) 53:05. 5. Sue Grossman (33) 57:04.
40-49: 1. Suzanne Wenzlaff (40) 56:28. Racewalker: 1. Annette Drey 1:08:46.

### Valentine's Race

February 13. Campbell.

#### Overall

1 Paul Sechrist (Age)	31:03
2 Sal Berumen (PWTC)	31:10
3 Tim Rostegs (WVTC)/140+	32:57
4 Bob Campos (LACC)	33:29
5 Dan Minutello (WVTC)/130-39	33:38
6 Chris Canote (UNA)/1/Jr.	34:54
7 Fred Hexhan (UNA)	35:00
8 Mike Matthews (UNA)	35:20

9 Jerome Cashman (UNA)	35:20
10 Dan McCampbell (UNA)	35:39
11 S. Deleskewicz (UNA)	35:51
12 Henry Wald (UNA)	35:54
13 Dave Bitner (UNA)	36:02
14 Hollis Logue (UNA)	36:24
15 Jeff Press (UNA)	36:47
16 John Bulash (UNA)	36:59
17 Jack Evans (UNA)	37:00
18 John Bailey (UNA)	37:14
19 J. Bruggeman (UNA)	37:17
20 Rick Juray (UNA)	37:19
21 April Powers (STC)/1/F	37:37
22 Dave LaPlante (UNA)	37:40
23 T. Fraser-Smith (UNA)	37:42
24 Vince Veyna (UNA)/2/40+	37:45
25 Larry Eder (MTC)	37:55
26 Mike Arevalo (UNA)	38:05
27 Mark Hirakawa (UNA)	38:21
28 Fred Gracy (UNA)	38:25
29 Ron Johnson (UNA)	38:27
30 Norbel Vargas (UNA)	38:29
36 Cathy Pardoza (UNA)/2/F	38:58
47 Maclyn McClary (UNA)/1/F40+	41:02
53 Isabel Quistlan (UNA)/3/F	41:25
58 David Kim (UNA)/3/40+	41:39
62 Linda Bonnington (UNA)/1/F 30-39	42:17
64 Mike Andrakin (UNA)/4/40+	42:18
76 Eloisa Barragan (UNA)/1/F, Jr	44:05
78 Flora Burke (UNA)/4/F	44:41
83 Sue Duffek (UNA)/5/F	45:04
84 Beth Leonards (UNA)/2/Jr	45:05

### Valentine 10K

February 13. Saugus.

#### 10K Team

1 Lisa Rizzo (1st 40-49)	74:40
Steve Durand	
2 Diane Gale (1st 70-79)	78:32
Ron Smith	
3 Sue Simms (2nd 70-79)	81:00
Gene Blankenship	
4 Mary Kay Itnyre (1st 60-69)	82:05
Rick Keller	
5 Lori Karberg (1st 30-39)	82:17
Chuck Pontius	
6 Elizabeth Sundberg (2nd 60-69)	83:43
Bob Johnson	
7 Marjorie West (1st 90-99)	85:04
Edward Lujan	
11 Anna Ponce (1st 80-89)	88:39
Regis Boyle	
12 Maria Molina (1st 50-59)	88:59
John Ortega	

#### Overall Place

1 Rich Burns (1st 19-29)	33:54
2 Steve Durand	34:21
3 Ron Smith (1st 35-39)	34:57
4 Chris Francolla (1st 30-34)	35:20
5 Tim Campbell (1st 16-18)	35:58
6 Chuck Pontius	36:22
7 Dave Winter	36:42
8 Jeff Yaross	36:58
9 Brad Terpak	37:18
10 Rick Keller	37:41
11 Gene Blankenship (1st 40-44)	37:47
12 John Mossbachel	37:55
13 Edward Lujan	37:59
14 George Elkins	38:33
15 Doug McLeod	38:38
16 Walt Windsor (1st 50-54)	38:40
24 Lisa Rizzo (1st 13-15)	39:51
25 Regis Boyle (1st 45-49)	39:53
31 Mike Fretz (1st 13-15)	40:59
42 Sue Simms (1st 30-34)	43:13
43 Suzanne Worden (1st 16-18)	43:23
46 Dianne Gale (1st 35-39)	43:35
49 Mary Kay Itnyre (1st 19-29)	44:24
65 Marjorie West (1st 90-99)	47:05
66 Tom Greenwood (1st 12&U)	47:07
79 Maria Fribourg (1st 40-44)	49:18
86 Lorrin Peterson (1st 60&O)	51:02
91 Emma Williams (1st 45-49)	52:14

In this year's Sweetin' Sweethearts 10 Mile Twosome, Ben started over 3 minutes behind the entire field on purpose! Well, sort of.

You see, Ben was warming up just before post time, when some friends began ribbing him about not being able to find a "sweetheart" to run with—the Sweetin' Sweethearts is a couples race where male and female partners each run 10 miles and combine their finish times to determine their place in combined-age divisions. Just as Ben was preparing a snappy comeback for his buddies, Karen Block came hustling by on her way to the start after a late late registration. "Don't you have a partner either?" she asked the bespeckled stranger in the Sub-4 singlet.

Ben's eyes lit right up. You'll have to draw your own conclusion as to whether the gleam in his eye was because he had found a new sweetheart, or because he now had a chance for some of the hardware. In any event, Ben raced back to the registration table, got he and Karen signed up as a team, raced back to the starting line, then took off in pursuit of the pack which by now had a 3:13 lead.

Over the 10 mile hilly course, Ben managed to pass all but eight runners, finishing ninth in an official time of 55:59. Up front, Raul Aguerro was a wire-to-wire winner in 51:54 finishing almost a full minute ahead of Harry Staalberg at 52:50. The first female finisher was Sherry Simmons in 59:47 who just happened to be Harry's partner. Needless to say, the Simmons/Staalberg team was tough to beat as their combined time of 1:52:37 was well ahead of the second place team, Lisa Gonzales and Tim Harvey, who finished in 2:00:11.

Aguerro, even though crossing the finish line first, was unable to garner an award as he and his partner Susan Leater finished 16th overall in 2:11:39—but "out of the money" in the tough 40-59 combined age division. Ben and Karen? Well, they did manage an award for 6th place in the 60-79 division with a combined time of 2:13:57.

Obviously, not just another 10K—this unique race is gaining in popularity on the Southern California racing scene. It is always extremely well-administered by the members of Loeschhorn's Running Club, who turn out in droves to handle the race logistics which are a bit more complex than your average race—just ask Ben Wilson.

Division A: (Combined ages less than 40)	
3 Kim Devetis (39) 1:04:28.9	2:00:16.9
Mark McMaster (7) 0:55:48.0	
7 Laura Malracken (58) 1:08:23.7	2:03:05.5
Dan Arsenault (4) 0:54:41.8	
8 Susan Armentrout (53) 1:07:38	2:06:41.9
Mark Obrien (15) 0:59:03.3	
12 Teresa Barrios (50) 1:07:08.0	2:08:33.4
David Greenberger (24) 1:01:25.4	
21 Holly Morin (102) 1:15:47.0	2:14:42.3
Julio Gonzales (14) 0:58:55.3	
27 Denise Villanova (95) 1:14:48.2	2:17:08.3
Roy White (28) 1:02:20.1	
60 Dana Bleifer (188) 1:31:52.3	2:46:24.9
Michael Etkins (92) 1:14:32.6	
67 Raney (142) 1:25:00.9	2:50:08.3
Sweet (143) 1:25:05.4	

#### Division B: (40-59)

1 Sherry Simmons (19) 0:59:47.0	1:52:37.0
Harry Staalberg (2) 0:52:50.0	
2 Lisa Gonzales (27) 1:02:07.4	2:00:11.4
Tim Harvey (11) 0:58:04.0	
4 Mara Lazzarini (48) 1:05:48.3	2:00:53.0
Peter Jansson (50) 0:55:04.7	
8 Mary Rowell (81) 1:08:35.5	2:02:25.0
Bob Macias (30) 0:53:49.5	
10 Janine Dube (68) 1:10:27.4	2:08:08.6
Tom Fitzgerald (10) 0:57:41.2	
14 Joanie Elfler (64) 1:09:14.1	2:10:26.0
Jon Elfler (23) 1:01:11.9	

#### Division C: (60-79)

9 Debroah Heaton (45) 1:05:13.2	2:08:06.0
Robert Heaton (33) 1:02:52.8	
11 Patti Hurl (43) 1:04:54.0	2:08:28.1
Michael Tuffley (35) 1:03:34.1	
15 Tisha Whitney (49) 1:05:50.4	2:10:43.2
John Whitney (42) 1:04:52.8	

#### Division D: (80-99)

5 Sue Peterson (34) 1:03:01.1	2:02:24.8
Pete Peterson (17) 0:59:23.7	
13 Sue Rudolph (52) 1:07:32.3	2:10:19.8
Tracy Brown (32) 1:02:47.5	

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### Sweatin' Sweethearts

From Dave Reynolds

February 13. Irvine. Ten Mile Twosome.

Ever have nightmares about oversleeping—arriving at the race in time to hear the starting gun go off just as you step out of your car? Not Ben Wilson. In fact,



22 Lightburne(85)1:13:14.3 2:14:54.7  
 Hofstetter(25)1:01:40.4  
**Division E: (100 & Over)**  
 23 Elaine Havens(83)1:13:11.2 2:15:12.5  
 Wally Evertz(26)1:02:01.3  
 32 Dobi McDougal(77)1:12:11.9 2:21:40.4  
 John Kampmann(67)1:09:28.5  
 35 Alberta Codd(111)1:17:42.2 2:23:29.2  
 Bill Fitzgerald(47)1:05:47.0



RENEE WYCKOFF

## Max Choboian Memorial Road Race

From Norm Takeuchi

### February 13, Tulare.

Defending champions Renee Wyckoff and Jim Hartig repeated as champions at the 8th Annual Max Choboian Memorial Road Race, a six mile event. Both Wyckoff and Hartig established new course and race records.

Wyckoff, a former Tulare Western and College of the Sequoias cross country and track runner blazed a new course and race record of 34:59 breaking her own 35:35 standard of four years ago. The Fresno State University junior has now won the event the past three years and for the fifth time since the race began in 1976. Fresno's Gina Moss finished second overall in 39:17, setting a new 25-29 age group record with Wyckoff's former high school cross country teammate Ruby Hernandez finishing third in 40:53.

The Fresno Track Club's, Hartig also made it three in a row posting a 29:50 victory. This eclipsed the former race record of 29:54 set by Robby Bray in the 1980 race run on slightly different course in the Live Oak Park area. Setting a new record was no easy task for Hartig, as he dealt with two major factors in the race, a stiff wind between three and four miles and more importantly Tony Ramirez, a former college teammate at Fresno State University. Neither factor seemed to bother the twenty-eight year old Clovis school teacher, as he opened up a sizeable lead over Ramirez near the mid-way point and bulldozed through the wind for a thirty second win over Ramirez, who finished second in 30:20. Visallians Marty Higginbotham, Bryan Patterson and Ed Taylor ran third, fourth and fifth respectively in 30:58, 31:36 and 31:37.

Along with Wyckoff's record other women's division course records included Bakersfield's Mary Martinez 41:57 in the 12 and under, Lori Cook's fourth place finish overall with a 41:37 in the 15-16 and Tularean Shellie Battles 48:59 in the 17-18

age grouping. Cee Conway set a 45-49 record in 50:32.

Several men's division records fell with Eddie Mil's 43:29 in the 12 and under and Visalia Runner's Robert Taylor's 31:59 in the 19-24. High Sierra Track Club teammates David Bronzan with a 33:17 in the 35-39 and masters runner Wayne Van Dellen posted a 34:08 in the 45-49 grouping.



JIM HARTIG

A race record of 317 runners participated in the race, benefitting the Tulare Youth Service Bureau, with 205 finishing the six mile and 112 running the two mile prediction run.

**Women: 12 & Under:** 1. Mary Martinez 41:57. 13-14: 1. Margaret Parada 47:49. 15-16: 1. Lori Cook 41:37. 2. Shannon Battles 42:36. 17-18: 1. Shellie Battles 48:59. 19-24: 1. Renee Wyckoff 34:59. 2. Ruby Hernandez 40:53. 25-29: 1. Gina Moss 39:17. 2. Paula Ramirez 44:57. 30-34: 1. Esther Henson 47:59. 2. Tanya Chepourhoun 58:16. 35-39: 1. Charlie Stephenson 45:09. 2. Mary Jones 47:21. 40-44: 1. Paulette Kitchell 54:01. 45-49: 1. Cee Conway 50:32. No 50-59 entrants. 60 & Over: 1. Virginia Martin 61:20.

**Men: 12 & Under:** 1. Eddie Mil 34:29. 2. Robert Morris 44:20. 3. Damon Weberson 45:48. 13-14: 1. Micky Gayton 36:24. 2. David Hinojosa 38:59. 3. Larry Monreal 42:32. 15-16: 1. David Mendora 35:56. 2. Richard Salvador 36:00. 3. Frank Arce 38:08. 17-18: 1. Jaime Pimental 34:00. 2. Keith Semple 35:27. 3. John Wallace 38:16. 19-24: 1. Robert Taylor 31:59. 2. David Calderon 33:01. 3. Bob Cunningham 34:50. 4. Alex Gallegos 35:04. 5. Adrian Huerta 35:14. 25-29: 1. Jim Hartig 29:50. 2. Tony Ramirez 30:20. 3. Marty Higginbotham 30:58. 4. Bryan Patterson 31:36. 5. Ed Taylor 31:37. 30-34: 1. Larry Lung 32:40. 2. David Williams 34:17. 3. Gary Campbell 34:26. 4. Rito Fuentes Jr. 34:37. 5. Ochlion Carrera 34:44. 35-39: 1. David Bronzan 33:17. 2. Frank Ortega 33:44. 3. Ozzie Osgood 34:05. 4. Roger Sebert 35:23. 5. Carl McCulloch 35:40. 40-44: 1. Phil Farina 37:22. 2. Fred Alderete 38:59. 3. Bob Blakeley 39:06. 4. Dave Duerkson 39:31. 5. J.D. Fischer 39:48. 45-49: 1. Wayne Van Dellen 34:08. 2. Frank Padilla 35:44. 3. Rick Zamarripa 37:07. 4. John Sanchez, Jr. 37:29. 5. Tommy Upton 38:58. 50-59: 1. A.R. Souza 41:36. 2. Paul Abramson 41:45. 3. George Lavenson 44:06. 60 & Over: 1. Harry Harder 43:22. 2. Woody Cape 47:01. 3. John Bricker 54:19.

## George Washington's Birthday 8 Mile Run

### February 19, Ridgecrest.

Hdcp. Pl.	ET/AT
1 Jay Crawford(35)	61:22/58:22
2 Brigid Freyne(12/F)	66:38/55:38
3 Bill McBride(39)	66:44/53:44
4 Lee Hudson(37)	67:55/61:55
5 Gary Clark(32)	68:16/58:16
6 Charles Plemmons(32)	69:13/63:13
7 Robert Hunt(39)	69:36/56:16
8 Byron Richardson(32)10/a	69:58/48:16
9 Thomas Marshall(37)	70:22/52:42
10 Clark Lewis(31)	70:44/52:44
11 Mary M.Kilpatrick(32)1/F	72:04/54:04
12 Jerry Mumford(34)4/F	72:22/58:22
13 Maria McBride(38)5/F	72:45/60:25
14 Billy Ray McNabb(20)2ndM	75:08/47:06
15 Diane Lucas(38)2/F	75:08/55:28
16 Larry Meyer(35)3/M	75:18/48:18
17 Jan Bargiowski(16)5/M	76:18/49:18
18 Frank Smith(44)4/M	76:48/48:48

## Roger Hedgecock 10K

### February 20, Mission Bay.

#### Women

**17 & Under:** 1. Mary Jo Leone 47:20. 18-29: 1. Robin Davis 42:05. 2. Diane Shea 42:12. 3. Gina Fleming 42:55. 30-39: 1. Monica Chodor 46:16. 2. Patsy Abbrosia 49:38. 3. Sue Dessayer 49:47. 40-49: 1. Ann Delorier 52:52. 2. Arlena Landrum 58:26. 3. None. 50 & Over: 1. Ann Priddy 51:19.

#### Men

**17 & Under:** 1. Eamon Kavanaugh 46:00. 18-29: 1. Michael Lebold 32:18. 2. Gilberto Alvarez 32:42. 3. Timothy Wilson 34:54. 30-39: 1. John Geary 35:12. 2. Bill Wildrick 38:37. 3. Dennis Jones 38:52. 40-49: 1. Carl Peterson 40:42. 2. Tony Brandenberg 43:12. 3. Elwin Russell 43:14. 50 & Over: 1. Wayne Zook 43:00. 2. Steven Schanes 44:43. 3. John Lockhart 45:13.

## Long Beach Marathon

### February 20.

Ric Sayre, 26, from Ashland, Oregon, was the winner of the 1983 Long Beach Marathon which began at the Long Beach Convention Center Plaza. His time was 2:15:58.

With a blast from the Queen Mary's whistle and a burst of colorful balloons, nearly 2,400 runners, 18 wheelchairs and 16 race walkers began a 26.2 mile course leading through the waterjet districts of Long Beach.

Thousands of spectators were standing by to cheer them on. Decorated intersections, aid station competitions and themes from "Rocky" and "Chariots of Fire" were part of the day's activities.

Nearly 2,000 competitors completed the race.

First in the women's division was Sue Peterson, 38, from Laguna Beach, in a time of 2:51:06.

1982 Boston Marathon wheelchair champion Jim Knaub, finished first in the wheelchair division in 2:08:33. Knaub was last year's Long Beach winner.

Dan O'Connor, 31, from Westminster, set an American record in marathon race walking finishing in 3:29.

#### Top 5 Finishers

##### Women

1 Sue Peterson	2:51:06
2 Susan Rudolph	3:13:08
3 Tammy Sargeant	3:14:32
4 Darlene Roberts	3:15:50
5 Rene Townsend	3:16:10

#### Men

1 Ric Sayre	2:15:59
2 Greg Gawlik	2:18:05
3 Gian Starinieri	2:18:49
4 Bernie Allen	2:21:18
5 Maximino Vega	2:21:56

#### Women's Divisions

15-18: 1. Kerri Draper (18) 3:29:33. 19-24: 1. Rhonda Davidson 3:17:05. 2. Patricia Driscoll 3:28:19. 3. Becky Garcia 3:30:23. 25-29: 1. Tammy Sargeant 3:14:32. 2. Mary Blush 3:16:33. 3. Robin Roemer 3:16:49. 30-34: 1. Susan Rudolph 3:13:08. 2. Darlene Roberts 3:15:50. 3. Marsha Dyer 3:18:23. 35-39: 1. Sue Peterson 2:51:06. 2. Rene Townsend 3:16:10. 3. Lynn Cranmer 3:20:50. 40-44: 1. Jean Jones 3:29:05. 2. Joann Goltra 3:38:25. 3. Rose Casamassa 3:39:16. 45-49: 1. Marianna McMullen 3:25:05. 2. Elaine Havens 3:31:00. 3. Jody Payne 3:39:06. 50-54: 1. Loudeam Reeves 4:49:20. 2. Gloria Eldred, NT. 55-59: 1. Antoinette Hill 4:10:05. 2. Ruby Taki 4:36:09. 60-64: 1. Gerry Davidson 4:01:39. 65-69: 1. Lucile Adney, NT.



RIC SAYRE

#### Men's Divisions

14 & Under: 1. Joshua King 3:08:23. 15-18: 1. Victor Herrera 2:35:57. 19-24: 1. Maximino Vega 2:21:56. 2. Ron Cornell 2:24:05. 3. Carlos Ortiz 2:34:44. 25-29: 1. Ric Sayre 2:15:59. 2. Gian Starinieri 2:18:49. 3. Ed Hinde 2:25:40. 30-34: 1. Greg Gawlik 2:18:05. 2. Donald Ocana 2:31:55. 3. Charlie Hoover 2:32:22. 35-39: 1. Bernie Allen 2:21:18. 2. Frank Bozanich 2:33:00. 3. Pablo Drobny 2:34:41. 40-44: 1. Ron Navarrette 2:35:04. 2. Frank Duarte 2:39:52. 3. Dave Landis 2:42:22. 45-49: 1. Terry Ives 2:35:43. 2. Pat Higgins 2:50:59. 3. Robert Lopez 2:53:56. 50-54: 1. Tracy Brown 2:57:49. 2. Bob Holter 3:05:59. 3. Bob Trujillo 3:07:27. 55-59: 1. Rodolfo Reyes 3:06:41. 2. Fred Nagelschmidt 3:07:21. 3. Jim Adams 3:14:35. 60-64: 1. Albert Pugliese 3:46:48. 2. John Nino 4:38:32. 3. Paul Sterner 3:49:06. 65-69: 1. Robert Kroger 3:42:23. 2. Clyde Ailing 3:49:19. 3. Jon Baldwin 4:04:21. 70 & Over: 1. Ernest Lyons 4:27:55. 2. Jim Bole 4:33:58. 3. Dean Scofield 4:46:11.

#### Wheelchairs

1. Jim Knaub 2:08:33. 2. Joe Hardy 2:40:19. 3. Daniel Buchanan 2:44:52. Walkers: 1. Daniel O'Connor 3:29:00. 2. Ed Bouldin 4:21:26. 3. James Coots 4:26:18.



## Results

### Slotkin on Location:

## The Long Beach Marathon

by RICHARD LEE SLOTKIN

### February 20. Long Beach.

You couldn't help wondering if Ric Sayre was having any misgivings about this race. Last year, he came down from the cold weather of Oregon, still not fully recovered from a bout of flu and struggled to a second place finish on an unseasonably warm day. It was so warm that day that the winner, Finland's Martti Kiliholma, said that had it been in Finland, even the spectators would have been falling over. Despite his ordeal, Sayre ran a pretty fair 2:18:23, which wasn't that much behind Kiliholma's winning time of 2:17:10. This year, Sayre was hoping to improve both his time and position. With a PR in the marathon of around 2:15:35, set at the San Francisco Marathon last July, improving the time wasn't too much of a challenge. Improving his position, though, meant only one thing: Winning the race. After all, the only thing ahead of second is first. You don't need a Ph.D. in math to calculate that one.

Still, coming back to the scene of intense pain can raise some doubts.

Well, what a difference a year makes! If this had been a basketball game, it would have been called a laugh. Sayre went out fast as he usually does, and lost no time getting the lead. His first mile split was 4:50, but that's not nearly as striking as the 50 yard lead that he had already built. By the two mile mark, he had doubled it and that was only the begin-

ning. By the time it was all over, Sayre had run his second fastest marathon, finishing in 2:15:59 and was two minutes six seconds ahead of the second place finisher.

"I went out a little faster than I planned, but it didn't feel unreasonable," Sayre admitted afterwards. "Still, I thought there would be someone with me at least for the first five miles."

Sayre would have liked that someone to have been Kiliholma, but Kiliholma wasn't there this time. As it was, Sayre's time was a new record for the event, although, technically, not a course record because the course was changed a bit this year. And, being a better than a minute under Kiliholma's time last year, Sayre was quite satisfied that he could have made a better showing against the fast Finn. Kiliholma has run down in the 2:12's, though, and has done it recently. Yet, as Sayre said, "It (being pressed by competition) probably would have helped in the long run. There were parts in the middle of the race where I slowed. But, it's hard to say. When someone puts the edge on you, you either falter or you come through."

Actually, everyone didn't exactly lay down and die for Sayre. Greg Gawlik, Gian Starinieri and Ron Kurrie, all local runners, went with Sayre and made a try at staying with him. Had this been last year, Gawlik and Starinieri would have been with him at the end. In fact, Gawlik, who PR'd, would have beaten him with his 2:18:05, and Starinieri would have been close enough to have gone after him, because he clocked 2:18:49.

Mercifully, the weather did what it was supposed to do this time of the year. Unlike last year when it reached into the 80's, this time it was cool and breezy, and below 70 degrees for the whole race. Sayre trains up in Oregon with the Oregon Track Club, so he felt a little more at home this year. Actually, home for Sayre



SUE PETERSON, first woman with husband PETE PETERSON

is Ohio where it gets even colder this time of the year than it does in Oregon.

Altogether, there were 8 finishers under 2:30 and 14 under 2:35. That's not bad for an event in which there isn't a lot of appearance money floating around.

The women's field, however, was considerably thinner. Sue Peterson was the only one to break 3 hours. No one else was even close. Second female was Susan Randolph way back in 3:13:08. Now that's not such a bad time, but it isn't very good for a second place in a crowd which has grown to almost 2,000 finishers. Peterson, on the other hand, may not be getting better as she gets older, but she sure isn't getting worse. Her time was 2:51:05. That may turn out to be good enough to be a Trials Qualifier next year. Sue finished 80th overall, and, of course she was paced by husband Pete. However, Pete must have demonstrated an unsuspected, but devastating kick, because he finished in 79th place, although his time was identical to Sue's. After all these years of losing out in the final yards, Pete finally got it together. Congratulations to a great competitor and a great guy!

And a good sport . . . I hope.

To probably no one's surprise, the very first finisher was Long Beach's own Jim Knaub. Jim led the runners, the pace car, police escort and everything else, as he blew in to a 2:08:33 time. Knaub, as everyone must know by now, is one of the premier wheelchair racers in the world. Even though there was not even a pretense of competition for Knaub, the chair field was strong. Besides Knaub, 5 finished under 3 hours, 3 of them under 2:50. Candace Cable, last year's winner in something like 2:35, started, but she was not officially entered and didn't

finish. So that left Jan Silverman as the first female chair. Her time was 3:10:40. This was her 4th marathon, and after a maiden voyage of 4½ hours, she has, thanks to a new chair, better training and experience, brought herself close to the magic three hour threshold.

There was also an official racewalker's division, and that provided some real excitement. Dan O'Conner set an American record in this, his first marathon. He walked to a 3:29:00! Do you know that just a few years ago, that would have qualified him for the Boston Marathon . . . as a runner?! The win was great for O'Conner, but more important was the time, because he needed a sub-3:30 to qualify for making the TAC team being sent to Spain in March to take part in a major international meet. Was O'Conner happy? Just ask him.

Unlike New York, Boston, Chicago and now San Francisco, Los Angeles does not have a major marathon. Long Beach's affair doesn't approach those others . . . yet. The promoters are determined to give it the kind of status that this area would seem to rate, and this year's event may have been one more step on the way. The field was bigger, and, at the front, of somewhat better quality than last year. Spectator support has grown. Many of the runners, from the front to the back commented upon it. And for next year, they will have a full-time race director, Joe Carlson. The course is to be modified again, this time to eliminate some of the turns. With a little more zap at the front of the pack and some corraling of the better local female talent, next year's Long Beach Marathon could be well on its way to becoming a big one.

See Results on Previous Page

## TRIATHLON SEMINAR

April 17, 1983  
8:00 am to 6:00 pm  
Rickies Hyatt Hotel  
2014 El Camino Real, Palo Alto

Challenge Sports, a professional sporting organization, has created an exciting *Triathlon Seminar* for all triathletes by world class athletes.

### FEATURING:

- ★ Liz Applegate, JoAnn Dahlkoetter, Dean Harper — world class triathletes.
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- ★ Eric Hjertberg — manufacturer of national racing bike parts.
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Challenge Sports  
450 Bailey Ave.  
Mountain View, CA 94040  
Call: (415) 967-8676

**OOPS DEPT.** The sub-masters record setting relay team pictured on page 30 of the March issue really belongs to the All-American Track Club and not the Southern California Striders.



# Charge of the Lite Brigade

Run the world's most dramatic half marathon!

This is California's most breathtaking road race as the run begins in Hayward, across San Francisco Bay on the beautiful San Mateo-Hayward Bridge, finishing in scenic Foster City.

**DISTANCE:** 13.1 miles. Course will be certified by RRCA.

**ENTRY FEE:** \$8.00 by mail. \$10.00 race day.

**WHEN:** Sunday, April 24, 1983, 7:30 a.m. (DAYLIGHT SAVINGS TIME BEGINS)

**AWARDS:** Every finisher receives an official Lite Brigade long sleeve t-shirt.



First male and female win Stonestown Sportstravel and Western Airlines trip to the Honolulu Marathon. They also win a free scholarship to Phidippides Tahoe Trails running vacation weekend at Squaw Valley.

Each divisional male and female first place, win Phidippides rip-stop or convertible wind suits.

Second and third place male and female divisional finishers win choice of Phidippides shorts or singlet.

First 100 finishers win gold medals; 101 to 200 win silver medals; 201 to 300 win bronze medals. All others win survival ribbons. Every 100th runner wins a Millbrae Straw Hat Pizza. All finishers will receive appropriate beverages.

**REGISTRATION:** Make checks out and mail entry to: San Mateo County Historical Assoc.  
1700 West Hillsdale Boulevard  
San Mateo, CA 94402

Please include self-addressed stamped envelope.  
Mail in cut off is midnight April 19, 1983.  
Walk-in registration until 5 p.m., Saturday April 23, 1983.

**INFORMATION:** Contact 574-6441 from 9 to 5 Monday through Friday.

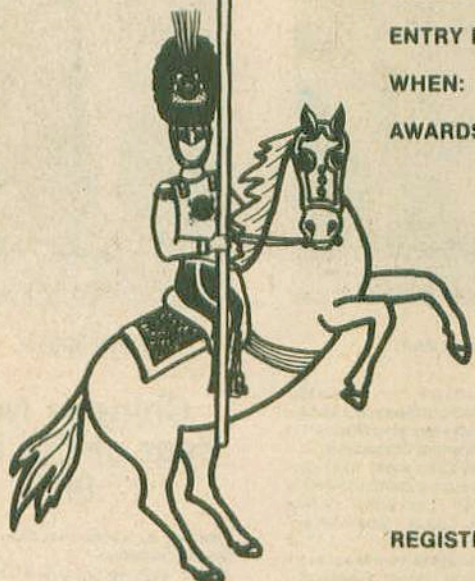
**DIVISIONS:** Circle one letter only and write in on application

## MEN

A 14 and Under H 60-69  
B 15-18 K 70-79  
C 19-29 L 80 and over  
D 30-39 M Police Officer  
E 40-49 N Firefighter  
G 50-59

## WOMEN

O 14 and Under W 60-69  
P 15-18 X 70-79  
R 19-29 Y 80 and over  
S 30-39 Z Police Officer  
T 40-49 J Firefighter  
V 50-59



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## APPLICATION

Name first last age sex

Address street number street name telephone

city state zip

place division letter here team, club, or school best half marathon time

If applicable circle one. I am a member of the: 1 Army 2 Marine Corps 3 Navy 4 Air Force 5 Coast Guard

Check t-shirt size: ☐ small ☐ medium ☐ large ☐ extra large

Check here if you wish to pick up chest number entry at Phidippides at Fashion Island in San Mateo. ☐

Signature: \_\_\_\_\_ (Parents signature if under 18) Date \_\_\_\_\_

WAIVER: In consideration of my participation in the Charge of the Lite Brigade, a strenuous 13.1 mile foot race, I, on behalf of myself, my heirs, legatees, personal representatives and all those claiming by or through me, consent to, and do hereby, discharge and release and forever hold harmless the San Mateo County Historical Association, the Hayward Area Historical Society, the Foster City Lions Club, the Road Runners Club of America, the California Sports Association, the Millbrae Strawhat Pizza, the Winning Team, the Race Director, Staff and Volunteers, the County of San Mateo, the County of Alameda, the City of Foster City, the City of Hayward, the State of California, the Miller Brewing Company ("Companies") their affiliates, agents, servants, employees, assigns, successors, and heirs, and any facility at which events are held from any and all claims, actions, losses, damages, or expenses for personal and bodily injury (including death) and property loss or damage of whatever the nature or causes included by me arising out of or anyway in conjunction with my application in the aforementioned competition. In addition, I hereby consent to discharge and release companies from any liability whatsoever for the following: companies may use and reproduce my name, voice, likeness and any and all photographs, sketches and motion pictures and sound tracks taken or made of me, and/or my business premises, are companies property and I waive any right of inspection or review. I am of legal drinking age and capacity and have read and understood the contents of this consent and release. If minor, signature of parent or guardian is required.



## Results

### Pacific Crest Trail 50 Mile

From T.J. Key

February 20.

With a early start, 5:05, the flashlight armed runners where off. The darkness hid the icy cold river but from a distance a light showed them the way. It appeared to be a fashion show of multi-colored garbage bags covering some runners feet. Other runners plunged into the river and bound across the river to the new southern part of the PCT 50.

After successfully completing the challenge of the southern course the runners attempted to fight new found forces. The Santa Ana Winds had found them and would only compound the difficulties of climbing the 25 mile uphill course. Mariah would claim six of the sturdy runners by the time they had reached the northern turnaround.

The remaining scattered runners filled down the last 18.5 miles of the course to finish at La Posta. La Posta was where the long guest would end with a hearty home cooked meal and a chance for the runners to show-off their battle scars.

#### Male Finishers:

1. Warren Finke 7:14:52, 2. Richard Provoost 7:17:05, 3. Rae Clark 7:42:45, 4. William Davis 7:51:55, 5. Paul O'Toole 8:06:46, 6. Gil Cornell 8:13:48, 7. Tom Sloan 8:34:45, 8. Ernest Shivanov 8:39:34, 9. David Ulrich 8:46:50, 10. Tom Ulik 8:52:30.

#### Female Finishers:

1. Mary Burns 8:57:18, 2. Terri Gerber 9:18:05, 3. Jan Levett 9:35:45, 4. Kathy Skefich 9:43:02, 5. Gloria Bassler 11:39:10.

### Third Willits Mile Classic

February 20. Willits. 10 mile & 5000 meter

#### Overall Winners

1 Mark Proteau (30) Napa 52:44  
2 Butch Alexander (29) Sonoma 53:49  
3 Sal D'Acquisto (17) Ft. Bragg 54:47

#### First Woman

1 April Tweddell (41) Willits 75:01

#### Men's Divisions

##### 12-Under

1 Joshua Rosenberg (12) Ukiah 1:48:37

##### 13-19

1 Sal D'Acquisto (17) Ft. Bragg 54:47  
2 Stacy Van Horn (19) Santa Rosa 56:19

##### 20-29

1 Butch Alexander (29) Sonoma 53:49  
2 Larry Morton (25) Ukiah 60:04  
3 Bud Bob (29) Arcata 60:38

##### 30-39

1 Mark Proteau (30) Napa 52:44  
2 Robert Clay (35) Lower Lake 55:29  
3 Jim Gibbons (38) Willits 56:43

##### 40-49

1 Lanny King (40) Ft. Bragg 65:44  
2 Gary Loucks (41) Grass Valley 67:01  
3 Arnold Cleveland (43) Lakeport 67:07

##### 50-Over

1 Alia Bellon (56) Ukiah 63:47  
2 Sanford Dorblir (50) Willits 69:17  
3 Marche Booth (50) Santa Rosa 72:51

#### Women's Divisions

##### 20-29

1 Nancy McTague (26) Santa Rosa 1:28  
2 Carol Weberski (28) Willits 1:42

##### 30-39

1 Sue Mattiuzzo (39) Ft. Bragg 1:15  
2 Kathy Gilliam (36) Sebastopol 1:20  
3 Lynn Sutherland (32) Ft. Bragg 1:22

##### 40-49

1 April Tweddell (41) Willits 1:15  
2 Mary Bates (43) Ft. Bragg 1:18  
3 Rose Marie Hansen (40) Willits 1:23

#### 50-Over

1 Lois Cook (51) Ukiah 1:35  
2 Pat Welch (61) Ukiah 1:41

#### 5000 Meters

#### Overall Winners

1 Ryan Gilliam (17) Sebastopol 16:41  
2 Mark White (23) Arcata 16:50  
3 Geoff Howard (16) Ukiah 18:05

#### First Woman

1 Peggy Izzett (31) Healdsburg 19:47

#### Men's Divisions

##### 12-Under

1 Bobby Powers (12) Willits 22:01

##### 13-19

1 Ryan Gilliam (17) Sebastopol 16:41

##### 20-29

1 Mark White (23) Arcata 16:50  
2 Michael Cannon (28) Ukiah 18:20  
3 Pete Muska (25) Willits 20:30

##### 30-39

1 Joe Krozer (33) Ukiah 20:27  
2 Eric Johnson (36) Willits 21:15  
3 David Hulse-Stevens (31) Willits 21:45

##### 40-49

1 G. Brewster Young (47) Forestville 18:32  
2 Barry Vogel (40) Ukiah 22:04  
3 Dan Paoli (48) Ft. Bragg 24:09

##### 50-Over

1 Carl Jackson (50) Santa Rosa 20:10  
2 Vic Crosetti (57) Redwood Valley 20:54  
3 Jim Welcher (58) Arcata 26:09

#### Women's Divisions

##### 12-Under

1 Kristin Weldon (11) Lakeport 25:09

##### 13-19

1 Karen Martin (17) Ft. Bragg 20:44  
2 Shannon Kiely (15) 22:25

##### 20-29

1 Liz Black (24) Ukiah 23:27  
2 Kathy McWilliams (26) Hopland 27:05  
3 Robin Masia (26) Ukiah 27:51

##### 30-39

1 Peggy Izzett (31) Healdsburg 19:47  
2 Catherine Hodson (33) Willits 25:53  
3 Ms. Ritter 28:17

##### 40-49

1 Virginia Meadows (44) Santa Rosa 29:21  
2 Shirley Paoli (43) Ft. Bragg 29:51  
3 Rosalie Peterson (45) Ft. Bragg 33:14

##### 50-Over

1 Margaret Perry (59) Santa Rosa 31:11

### Sri Chinmoy Ten-Miler

February 20. Foster City.

Perfect weather combined with a flat, fast course — a hallmark of Sri Chinmoy races nationwide — produced numerous PR's and overall excellent times for the 470 runners who finished the Sri Chinmoy Ten Mile Run in Foster City on Sunday, February 20.

The winner, Philip Hornig of Castro Valley, turned in a blistering 49:50, leading his closest competition by almost a minute. "We were still setting up the chute when he came in," one race staffer pointed out. "Luckily, the finish line timers were ready for him." In all, 83 runners (almost 20%) finished with a sub-six minute pace.

Sharlet Gilbert of Richmond added another win to her long list with a time of 1:02:19.4, with Kristan Martin of Oakland pulling a strong second in 1:02:27.

#### Top 10 Men

1 Philip Hornig (25) Castro Vily 49:50  
2 Brock Hinzman (29) Palo Alto 50:48  
3 Rich McCandless (27) Sn Leandro 50:51  
4 Mike Warr (21) Napa 51:05  
5 Terrance Zerzan (26) San Mateo 51:26  
6 Matthew Bruni (26) Stockton 52:01  
7 Ed Scheyley (29) Davis 52:51  
8 Charles Thompson (33) S.F. 52:53  
9 Mike Wheeler (34) Oakland 53:33  
10 Michael Niemiec (32) San Carlos 53:38

#### Top 10 Women

1 Sharlet Gilbert (31) Richmond 1:02:19  
2 Kristan Martin (24) Oakland 1:02:45  
3 Sue Grigsby (26) Los Altos 1:03:43  
4 Paula Beard (31) S.F. 1:07:08  
5 Sue Francia (30) Cupertino 1:07:31  
6 Carolyn Conti (28) S.F. 1:07:53  
7 Marti Menz (27) San Jose 1:08:10  
8 Liz Grotz (29) Brisbane 1:08:31



SHARLET GILBERT



PHILIP HORNIG

### Chinese New Year of the Boar 8K

February 20. Chinatown, San Francisco.

#### Men's Divisions

12-U: 1. Matthew Gong 34:41. 13-17: 1. Eric Allen 27:56. 18-29: 1. Jose Tibaduiza (1st Overall) 24:41, 2. Tom Borsinel (2nd Overall) 24:42, 3. Helmer Aslaksen 25:05. 30-39: 1. Bill Sevald (3rd Overall) 24:56, 2. Rori Gee 25:19, 3. Mitchell Greenberg 26:31. 40-49: 1. Jim Moore 27:19, 2. Jon MacPherson 27:22, 3. Don Ardell 27:31. 50-59: 1. John Lemke 30:52, 2. B. Kirchner 31:03, 3. Hank Fragoza 31:05. 60-69: 1. Troy Grove 35:45, 2. Tom McGee 36:50, 3. Norm Kadish 38:06. 70-Over: 1. Abe Wasserman 41:28.

#### Women's Divisions

12-U: 1. Alicia Hoey 34:58. 13-17: 1. Mialeen Moultrie 35:30. 18-29: 1. Anne Hamilton 29:39 (2/F), 2. Juliann Ferrigo 31:18, 3. Kathleen Marshall 30:10. 30-39: 1. Leslie McMullin 29:07 (1/F), 2. Christie Patterson 30:11 (3/F), 3. Mary McCrae 36:04. 40-49: 1. Doerte Murray 35:20, 2. Joan Ion 37:19, 3. Pat Kline 40:15. 50-59: 1. K.A. Lawson 42:35, 2. Kit Pickles 43:07, 3. Joy Notmeyer 48:59.

### Trail's End Marathon

February 26. Seaside, Oregon.

1 Alan Knoop (26) Oregon 2:21:36  
2 Richard Holloway (34) Wash. 2:23:24  
3 Jerry Tighe (37) Vancvr, Can. 2:23:24  
4 Kris Mueller (22) Oregon 2:24:08  
5 Bill Mahoney (27) Wash. 2:26:54  
6 Terry Heath (28) Idaho 2:27:32  
7 John Stimman (26) Oregon 2:27:55  
8 Wade Holland (26) Idaho 2:28:05  
9 James Beck (27) Oregon 2:28:14  
10 Paul Mattson (20) Oregon 2:29:36  
116 Kathy Outlaw (25) 1/F, WA 2:53:54

9 Maryann Trullitt (26) S.F. 1:08:35  
10 Marilyn Schlichting (38) Monroe 1:09:56

#### Men's Divisions—Masters Men (40-up):

1. David Weamer-40 (Walnut Creek) 54:50, 2. Charles Jackson-40 (San Jose) 55:24, 3. Jake White-41 (San Jose) 55:47.

#### 50-Over:

1. Ulrich Kaempf-52 (Los Altos) 57:47, 60-Over: 1. John Gilkey (Los Altos) 1:08:15.

#### Women's Divisions—Masters

Women—1. Margaret Cooke (Oakland) 1:16:14, 2. Betty McIntyre (Menlo Park) 1:18:36, 3. Elinor Sherman (S.F.) 1:18:37.

#### 50-Over:

1. Hanna Szoke (Fremont) 1:21:02. 60-Over: 1. Arline Borowick (Groveland) 1:52:45.

### IAAF International X-C Trials

February 20. St. Louis, MO.

#### 12K—Seniors

1 Alberto Salazar 36:33  
2 Craig Virgin 36:50  
3 Pat Porter 37:09  
4 William Donakowski 37:20  
5 Malcolm East 37:31  
6 Mark Anderson 37:39  
7 Ed Eyestone 37:39  
8 Doug Brown 37:45  
9 Thom Hunt 37:45  
10 John Idstrom 37:52  
11 Jeff Wells 37:56  
12 Greg Beardsley 38:01  
13 Herb Willis 38:10  
14 Philip Stephenson 38:19  
15 John Gildwell 38:19

#### 8K—Juniors

1 Bill Brist 26:13  
2 Paul Gompers 26:13  
3 Joseph Leuchtmann 26:20  
4 Steven Dietch 26:21  
5 Bob Mau 26:34  
6 Paul Stogryn 26:35  
7 Chad Bennion 26:42  
8 James Foley 26:49  
9 Curt Corvin 26:51  
10 Raymond Sullivan 26:59  
11 Steve Stahl 27:04  
12 Rick Hughey 27:10  
13 Daniel Young 27:18  
14 Robert Ferguson 27:22  
15 Steven Branch 27:29



## Royal Bricker Gym Bag 50K

February 26. San Diego.

Besides the rainy weather and strong headwinds the fourth annual Gym Bag 50 kilometer ran smooth with some impressive times. From the gun, Joe League took an early lead, only to drop out at the twenty-seventh mile mark. Kevin McCarey took the lead from there passing the marathon mark at two hours forty-four minutes and finishing five seconds over the four year old record time of 3:14:12 set by Royal Bricker 1980. In the women's division Sally Edwards ran away with the women's race breaking the women's record by six minutes for a new mark of 3:57:27. Although the second place finisher was five minutes behind, Carrie Morrison also broke the old record and won the women's 30-39 division.

### Top Men:

1 Kevin McCarey(28)	3:14:17
2 Steve Sine(30)	3:19:50
3 John Metz(39)	3:26:02
4 David Mitchell(29)	3:30:40
5 Jay Olsen(29)	3:30:40
6 Tom Warren(39)	3:36:42
7 Michael Miller(33)	3:37:12
8 Skip Rochefort(28)	3:37:19
9 David Schubert(39)	3:40:45
10 E. Van Dermerwe(27)	3:41:04

**Division: Men: 19 & Under:** 1. Paul Anderson 3:53:16, 2. David Ulrich 4:06:51, 3. Roy White 4:25:18. **20-29:** 1. Kevin McCarey 3:14:17, 2. David Mitchell 3:30:40, 3. Jay Olsen 3:30:40, 4. Skip Rochefort 3:37:19, 5. E. Van Dermerwe 3:41:19. **30-39:** 1. Steve Sine 3:19:50, 2. John Metz 3:26:02, 3. Tom Warren 3:36:42, 4. Michael Miller 3:37:12, 5. David Schubert 3:40:45. **40-49:** 1. Barry Hawley 3:48:21, 2. Ed McKenna 3:49:58, 3. Ian Maddleson 3:54:35. **50 & Over:** 1. Jack Resh 3:46:21, 2. Dennis Nichols 4:24:22, 3. Silver Macias 4:45:30.

### Top Women:

1 Sally Edwards(35)	3:57:27
2 Carrie Morrison(25)	4:02:20
3 Gillian Joyce(25)	4:06:34
4 Robin Davis(22)	4:12:20
5 Ninon Argoud(27)	4:20:45
6 Terri Gerber(34)	4:29:30
7 Sally Crawford(35)	4:48:04
8 Pam Smith(29)	4:59:09
9 Sheri Stowe(30)	5:09:28
10 Pat Haldeman(40)	5:09:46

**Women: 20-29:** 1. Carrie Morrison 4:02:20, 2. Joyce Gillian 4:06:34, 3. Robin Davis 4:12:20. **30-39:** 1. Sally Edwards 3:57:27, 2. Terri Gerber 4:29:30, 3. Sally Crawford 4:48:04. **40 & Over:** 1. Pat Haldeman 5:09:46, 2. Sheila Glosson 6:00:22, 3. Gloria Bassler 6:00:25.

## Almond Blossom Run

From Toni Reymus

February 26. Ripon. 4K & 8K.

### Women—4K

**12 & Under:** 1. Amy Mauck 49:28, 13-19: 1. Sonja Tillima 34:13, 20-29: 1. Felicia Quilantang 34:32, 2. Consuelo Garcia 34:44, 3. Rosemary Dreike 40:14, 30-39: 1. Joan Bondshu 39:09, 2. Susan Dodd 40:10, 3. Cammie Lear 40:40, 40-49: 1. Ida Nankeville 37:24, 2. Anita Walker 41:17, 3. Pixie Kinser 45:12. **50 & Over:** 1. Angie Girven 41:26, 2. Lillian Judd 46:24, 3. Clara Azevedo 48:16.

### Men

**12 & Under:** 1. Kurt Porter 32:53, 13-19: 1. Steve Kouisto 26:09, 20-29: 1. Mark Huschie 25:35, 2. Bob Loux 25:53, 3. Robert Miller 26:19, 30-39: 1. Jack Lawson 25:05, 2. Wayne Baker 27:08, 3. Jerry Martinez 27:22, 40-49: 1. Jerry Walter 29:57, 2. John Kuraly 30:47, 3. Larry Lusk 30:49. **50 & Over:** 1. Bill Ferrell 32:47, 2. John Griffin 34:38, 3. Bob Madsen 34:40.

### 8K (5.97 miles)

1. Jack Lawson 25:05, 2. Mark Huschie 25:35, 3. Bob Loux 25:53, 4. Steve Kouisto

26:09, 5. Robert Miller 26:19, 6. Jeff Baker 26:22, 7. Dean Lofgren 26:28, 8. Eddie Ubalie 27:01, 9. Wayne Baker 27:08, 10. Jerry Martinez 27:22.

11. Ronnie Mills 27:24, 12. Joss Walter 27:31, 13. Ray Bettencourt 27:49, 14. Ross Rowley 27:56, 15. Ron Wachel 28:04, 16. Dan Leitner 28:15, 17. Jesse Cordova 28:16, 18. Leith Morse 28:19, 19. Ozan Lish 28:21, 20. David Hope 28:28.

21. Rich Doty 28:33, 22. James Taylor 28:44, 23. Ray Leone 28:48, 24. Richard Johnson 28:56, 25. Gary Meyer 29:11.

75. Sonja Tillima 34:13 (1st Female), 80. Felicia Quilantang 34:32 (2nd Female), 85. Consuelo Garcia 34:44 (3rd Female).

## LVTC 50-Mile

February 26. Las Vegas, NV.

Despite winds of over 35 mph that threatened to reduce the runners to a standstill, 18 hearty souls (of 22 starters) finished the 3rd Annual Las Vegas Track Club 50-Mile Ultramarathon on Feb. 26. The course consisted of 20 laps of a 2½ mile loop around the University of Nevada, Las Vegas (UNLV) area. About ¼ of a mile of each loop was against the wind, amounting to about 15 miles of pure struggle!

Although eventual winner Larry Moore had built up a 15-minute lead by mile 30, he was starting to lose it to second place Spear Kronlage. By 45, there were only 6 minutes between the two, but not enough time was left for Spear to finish catching up. Larry, from Las Vegas, finished in 6 hours, 6 minutes and 28 seconds. Spear, from 29 Palms, CA was 6:14:26. Ron Kovacs from Mt. View, CA, was third in 6:28:57 and Jordan Righi, from Las Vegas, was right behind with 6:29:16. Fred Nagelschmidt, 58, from Ventura, CA, was fifth in 6:41:26, a possible national record for that age.

The first woman was Kay Moore from Colorado Springs, CO, in her second consecutive LVTC 50-Mile race in 7:27:36 — a 19 minute PR. As a matter of fact, 3 of the 18 finishers had PRs. (Steve Gavlan also had a PR by 19 minutes!). In addition, 6 finishers were first-time 50-milers.

### Finishers

1 Larry Moore (34) Las Vegas, NV	6:06:28
2 Spear Kronlage (23) 29 Palms	6:14:26
3 Ron Kovacs (44) Mt. View	6:28:57
4 Jordan Righi (26) Las Vegas, NV	6:29:16
5 Fred Nagelschmidt (58) Ventura	6:41:26
6 Ron Holman (26) San Fran.	6:50:15
7 E.R. McAuliffe (32) San Fran.	7:05:28
8 Don Pycior (44) Santa Ana	7:07:23
9 Jeff Kinzel (29) Tustin	7:24:33
10 Kay Moore (40) Co. Spr., CO	7:27:36
11 John 'Bob' Shaw Co. Spr., CO	7:41:21
12 G. Jensen (44) Middltn, WI	7:50:10
13 Mike Garnez (49) Las Vegas, NV	8:00:08
14 Steve Galvan (44) Reno, NV	8:14:24
15 Joel Lobel (37) Las Vegas, NV	8:28:29
16 Gene Russell (35) Las Vegas, NV	9:21:44
17 Del Wright (50) Ced. Rap. IO	11:20:50
18 Robt. Wright (49) Ced. Rap. IO	11:50:50

## Falcon 8K

February 26. Mooney Grove Park.

1 Juan Garcia(20-29)	25:05
2 Todd Hill(15-19)	26:42
3 David Naranjo(15-19)	27:31
4 Jesse Rodriguez(40-49)	27:40
5 Isala Luna(20-29)	27:52
6 Ozzie Ozgood(30-39)	27:55
7 Tommy Morgan(15-19)	27:58
8 Kevin Carillo(15-19)	28:08
9 Frank Delgado(40-49)	28:22
10 Bill Woody(40-49)	29:11
11 Frank Padilla(40-49)	29:13
12 Richard Salvador(15-19)	29:18
13 Don Trout(40-49)	29:43
14 Mark Hamond(30-39)	29:53
15 Larry Nava(30-39)	30:03
16 Charles Lopez(15-19)	30:21
17 Phil Farina(40-49)	30:24
18 Craig Wheaton(30-39)	30:28
19 Ben Magana(15-19)	30:55
20 Jess Rivera(50+)	30:56

21 Jeff Steinman(14&U)	30:57
22 Larry Pruitt(30-39)	31:14
23 J.O. Fischer(40-49)	31:44
24 Refugio Rios(15-19)	32:08
25 Edwin Toll(20-29)	32:08
26 Fred Pereira(40-49)	32:29
27 Bob Blakeley(40-49)	32:35
28 Dick Powell(40-49)	32:46
29 Tom Mortensen(30-39)	32:49
30 Tom Ockey(30-39)	32:53
31 Chris Denny(50+)	32:57
32 Tanis Layendekker(1stF)20-29	33:13
33 Tom Morehouse(30-39)	33:29
34 Larry Fischer(30-39)	33:35
35 Ron Peterson(30-39)	33:41
36 Thomas Williams(30-39)	33:54
37 Rosa Medina(2ndF)30-39	33:56
38 Erin Woody(15-19)	34:03
39 Jim Hernandez(30-39)	34:36
40 Joe Alba(40-49)	34:41
41 Tony Campbell(40-49)	34:47
42 Ed Preston(50&O)	35:03
43 Adalberto Urango(40-49)	35:18
44 Roger Eastman(50&O)	35:30
45 Stanley Hoffman(14&U)	35:35
46 Luis Veldsa(40-49)	35:41
47 Jennifer Baker(3rdF)15-19	35:48
48 Marty Rabaca(14&U)	35:57
49 Chuck Freuler(50&O)	36:04
50 Jerry Chester(30-39)	36:18



KRISTAN MARTIN

## Martinez To Port Costa Brick Yard Run

By Luke Sekulich

February 26. 8.4 miles.

1 LeRoy Kotchevar(29)Zephyr AC	43:17
2 Mike Trosset(26)Zephyr AC	43:28
3 Michael Wheeler(34)Oakland	43:40
4 David Weamer(40)Diablo RR	44:26
5 Dwight Hendrix(28)Strawbery TC	44:59

6 Ted Pawlak(26)WVJS	45:13
7 Sheldon Clark(35)El Cerrito	45:35
8 Ron Holloway(29)Benicia	45:35
9 David Cargill(34)Fairfield	45:49
10 Kevin Searls(25)Martinez	46:23
11 Brian O'Connor(35)Zephyr	46:46
12 Jim Moore(47)Concord	46:53
13 Gene Dangel(36)Diablo RR	46:57
14 Dean Harper(29)Zephyr AC	47:18
15 Edward Condit(27)Lafayette	47:21
16 Ron Sample(36)Antioch	47:30
17 Larry Pugh(35)Vacaville	47:44
18 Barron Guillermo(30)Oakland	47:46
19 Ken Gurley(35)Santa Rosa	47:55
20 Mark Lane(29)Pittsburg	47:58
21 John Silva(31)Solano St	48:12
22 Dick Cordone(33)Tamapa	48:16
23 Jay Kassaban(23)Alamo	48:25
24 Philip Hager(46)Tamapa	48:33
25 Tim McKinnon(34)Antioch	48:38

### Male Divisions:

**13 & Under:** 1. Noah Kanter 60:21, 2. Steve Allen 64:24, 14-20: 1. Robert Latting 53:26. **21-29:** 1. LeRoy Kotchevar 43:17, 2. Mike Trosset 43:28, 3. Dwight Hendricks 44:59. **30-39:** 1. Mike Wheeler 43:40, 2. Sheldon Clark 45:35, 3. David Cargill 45:49. **40-44:** 1. David Weamer 44:25, 2. John Myers 49:29, 3. Michael Coke 49:45, 45-49: 1. Jim Moore 46:53, 2. Philip Hager 48:33, 3. Warren Moorman 50:52. **50-54:** 1. James Nicholson 51:27, 2. Jack Hodges 53:02, 3. G.C. Reinhardt 54:26. **55-59:** 1. John Rouse 56:04, 2. George Grimes 56:36, 3. John Nyser 56:43.

### Female Divisions:

**21-29:** 1. Kristan Martin 51:41, 2. Shirley DeLeon 57:05, 3. Sarah Gallagher 59:10. **30-39:** 1. Bonnie Miller 54:23, 2. Carol LaPlant 59:54, 3. Sheryl Clanton 60:17. **40-44:** 1. Valerie Doyle 57:32, 2. Betsy White 62:21, 3. Eldritch 64:05. **45-49:** 1. Glenda O'Donnell 80:51. **50-54:** 1. Ruth Anderson 60:19.

## SPA/TAC 1983 10K Champion- Ship Walk

February 27. Indio.

**Open Men:** 1. Ivan Glasenberg (Israel) 46:36, 2. Ed Bouldin 48:52, 3. Jay Byers 49:04, 4. Jeff Reilly 57:06, 5. Mike Ryan 58:50, 6. Gary Farrar 1:02:57. **Junior Men:** 1. Ronnie Bouldin (10) 1:30:28. **Masters Men:** 1. Dale Sutton (43) 51:53, 2. Jim Coots (41) 52:43, 3. Bob Brewer (41) 58:43, 4. Hal McWilliams (67) 1:02:29, 5. Harry Siltanen (56) 1:05:12, 6. Ted Greiner (51) 1:06:59.

**Open Women:** 1. Paula Kash 55:03, 2. Liz Kemp 56:29, 3. Adrienne Hughes 1:07:07, 4. Tracy Schwartz 1:18:58. **Junior Women:** 1. Kathy Pugh (14) 55:49, 2. Becky Bresnick (14) 1:03:47, 3. Susie Garcia (13) 1:07:00, 4. Tami Lawler (12) 1:17:19, 5. Marian Sepulveda (9) 1:17:20. **Masters Women:** 1. Katie O'Classen (37) 1:07:09, 2. Belva Norins (49) 1:11:03, 3. Rose Kash (61) 1:13:38.

## Run Your Plaque Off

February 27. Saratoga. 10K.

1 Andrew Ganham (18-29)	33:45
2 Dan Anderson (30-39)	34:04
3 Roberto Gomez (30-39)	34:18
4 Tim Zolkowski (30-39)	34:29
5 Gerardo Vargas (18-29)	34:49
6 Raynold Wieand (18-29)	35:06
7 Rod Spencer (15-17)	35:22
8 Jim Bordonio (30-39)	35:40
9 Jasper Kirkby (30-39)	35:59
10 Unknown	
11 David Fergus (18-29)	36:40
12 Steve Deleskiewicz (18-29)	36:47
13 Mike Hicks (40-49)	36:49
14 Doug Bamford (18-29)	36:56

continued on next page...



## Results

15 Warren Weend (40-49)	37:11
16 Bob Farrington (50&O)	37:31
17 David Bartholomew (18-29)	37:40
18 John Bulash (30-39)	38:02
19 Vincente Deyna (40-49)	38:11
20 Ruben Partlow (18-29)	38:15
34 Judi Shade (1/F)30-39	40:15
47 Don Lucero (2nd, 50&O)	42:21
49 Sue Frances (2/F)30-39	42:32
59 Howard Powers (3rd, 50&O)	44:16
61 Flora Burke (3/F)18-29	44:22
70 Kathryn Hughes (4/F)30-39	45:04
77 Colleen Fox (5/F)18-29	45:46
83 Jackie Rhodes (1st, 40-49)	46:05
88 Diane Bromstead (2nd, 40-49)	46:39

## Athletic Shoe Factory Grand Prix Run

From Joe Atmore

### February 27. Sunnyvale, 5K.

#### Top 20

1. J.M. Tibadulza 15:38.6, 2. Pete Rosser 16:04.5, 3. Dan Minutillio 16:28.0, 4. William Dunn 16:33.7, 5. David Garcia 16:42.6, 6. Jake White 16:52.3, 7. Ken Burton 16:58.0, 8. Des Knuckey 17:13.1, 9. Alex Gomez 17:17.3, 10. Charles Lighty 17:18.2, 11. Jerry Cashman 17:37.5, 12. Rich Mendelowitz 18:12.4, 13. Mike Beauchamp 18:16.8, 14. William Jenks 18:18.9, 15. Anthony Carrillo 18:36.0, 16. Don Jacques 18:37.1, 17. Jason Carroll 18:38.2, 18. Martin Person 18:40.6, 19. John McGuire 18:47.1, 20. Kiyono 18:55.7.

#### Divisions:

**Men: 18 & Under:** 1. William Jenks 18:18.9, 2. Jason Carroll 18:38.2, 3. John McGuire 18:47.1. **19-35:** 1. J.M. Tibadulza 15:38.6, 2. Pete Rosser 16:04.5, 3. Dan Minutillio 16:28.0. **36 & Over:** 1. Jake White 16:52.3, 2. Bill Bowers 19:21.0, 3. Glenn Unsicker 19:33.0.  
**Women: 18 & Under:** 1. Margie Townsend 26:19.5, 2. Julie Gabler 31:11.8, 3. Cathie Jara 31:12.8. **19-35:** 1. Janet Smith 19:51.9, 2. Monica Kitayama 21:35.9, 3. Alice Chew 23:07.7. **36 & Over:** 1. Babette Person 24:47.2, 2. Brenda Ainscow 24:59.8, 3. Carlotta Lopez 26:08.0.

## Natural Light MDA 5 & 10 Miler

### February 27. Folsom.

#### 5 Miles

1. Larry Lawson 24:51, (CR), 2. Tim Layden 26:25, 3. Jerry Gibski 27:33, 4. Brent Cushman 27:43, 5. Bill Stainbrook 28:20, 6. Doug Hanna 28:47, 7. Ethan Palo 28:47, 8. Tony Martin 28:47, 9. Ross Rowley 28:53, 10. Nick Vogt 29:20, 11. Bill Allen 29:22, 12. Sammy Trujillo 29:55, 13. Roman Diaz 30:11, 14. Thomas Wright 30:12, 15. Donald Winters 30:21, 16. Robyn Graves 30:29, 17. Matt Scribner 30:31, 18. Jim Worden 30:33, 19. Ken Ellis 30:45, 20. Brian Rivers 30:49, 21. Dean Baker 31:04, 22. James Erbes 31:09, 23. Chris Shaw 31:12, 24. Chris Wheat 31:30, 25. Chuck Conway 31:40, 26. Fred Crowe 31:47, 27. Unknown 31:50, 28. Marvin Smoot 31:58, 29. Gary Lotspeich 32:01, 30. Paul Mitchell 32:03.  
50. Felicia Quilantang (first woman) 35:34, 57. Stephanie Wells (2nd F) 36:48, 58. Elizabeth Reavis (3rd F) 37:01, 60. Polly Lowry (4th F) 37:06.

#### 10 Miles

1. Rick Gentry 53:25, 2. Pete Flores 53:33, 3. Tim Williams 57:40, 4. Jeroen Bongers 47:54, 5. Ron Mellor 58:02, 6. Andy Takaha 58:59, 7. Bob Strazzo 58:59, 8. Jerry Burch 59:20, 9. Ronald Souza 59:31, 10. Daniel Silva 59:50,

11. Jeff Pearman 60:04, 12. Randall Sturgeon 61:16, 13. David Allen 61:19, 14. Tom Pearman 62:17, 15. Bob McFarland 62:38, 16. Michael Contreras 62:48, 17. Mike Brown 62:51, 18. Mike Hernandez 63:29, 19. Dick Pine 63:35, 20. John O'Neill 63:51,

21. George Wilson 64:03, 22. Paul Holmes 64:15, 23. Greg Mangani 64:41, 24. Pete Schoener 65:15, 25. Mark Haley 65:18, 26. Eric Evers 66:39, 27. John Refoy 66:45, 28. Chris Batteete 66:45, 29. Don Bryan 66:55, 30. Walter Spiller 68:58.

53. Susan Griffin (1st F) 73:19, 77. Mary Grady (2nd F) 79:24, 79. Mary O'Donnell (3rd F) 80:04, 84. Penny Gossner (4th F) 81:31.

## Bonne Bell

By Kees Tuinzing

### February 27. San Francisco, 10K.

1 Ellen Lyons (20)Stanford	33:38
2 Laurie Binder (35)Addidas	33:50
3 Patti Gray (20)Aggies	34:29
4 Pat English (30)Tampa	34:29
5 Suzanne Richter (22)GBTC	35:00
6 Katy Schilly (26)Brooks	35:19
7 Rainey Kayatolp (25)WVTC	35:27
8 Sue Munday (24)Ryan's	35:50
9 Vicki Randall (25)Tampa	35:51
10 Kathy Koudela (21)Cap.Cty.Fly.	35:51

photo by Gene Cohn



ELLEN LYONS

11 Sharon Powers (23)Tampa	36:00
12 Leslie McMullen (32)Impala	36:07
13 Mary-Anne Scannell (21)GSFTC	36:12
14 Peggy Smith (30)Tampa	36:13
15 Helke Skaden (20)CCF	36:19
16 Kathy Way (22)Aggie	36:42
17 Charlene Gilroy (25)Ryan's	36:45
18 Shariet Gilbert (31)Zephyr	36:53
19 Ann Ratto (18)	37:01
20 Laura McHale (19)Zephyr	37:01
21 Bonnie Dwyer (28)GSFTC	37:06
22 Juana Stovolone (37)	37:13
23 Anne Hamilton (21)ETC	37:15
24 Jane Sowerby (32)GSFTC	37:28
25 Linda Christ (25)Impala	37:32
26 Elizabeth Levy (26)	37:36
27 Sue Vinella-Brush (28)WVTC	37:37
28 Bridget Goodwin (27)Impala	37:40

29 Kim Wilson (21)	37:47
30 Lynn Macy (28)	37:48
31 Claudia Morlang (22)Aggie	37:49
32 Mary Gaffield (19)GBTC	37:51
33 Judy Laydig (31)WVTC	38:00
34 Isobel Fox (29)	38:02
35 Christie Patterson (34)Tampa	38:10
36 Kary Robinson (23)Aggie	38:15
37 Pearl Anit (23)ETC	38:18
38 Debbie O'Haire (28)	38:27
39 Vanda Bailey (12)	38:28
40 Patrice Cross (27)	38:29
41 Hilary Naylor (38)Impala	38:29
42 Debbie Hannaford (30)Tampa	38:27
43 Karen Lantermann (38)WVTC	38:31
44 Amanda Goldner (26)LL	38:36
45 Claire Woodward (19)	38:37
46 Marilyn Harbin (45)WVTC	38:52
47 Lynn Uralc (26)	38:53
48 Skip Gibbs (41)	38:54
49 Tena Harms (26)Aggie	38:55
50 Jean Gutshe (26)Impala	38:57
51 Linda Broderick (24)	38:59
52 Joan Reiss (45)B.C.	39:06
53 Jill Miller (28)	39:08
54 Joy Taylor (27)GSFTC	39:09
55 Loretta Polsdorfer (35)Ryan's	39:12
56 Moria Casey (27)Impala	39:12
57 Reggie Benham (29)B.C.	39:14
58 Sharon Swann (31)	39:19
59 Melissa Hogan (25)	39:20
60 Dana Stokes (25)B.C.	39:27
61 Daryl Bunnell (29)Tampa	39:28
62 Paige Tully (17)	39:37
63 Agatha Suelee (43)WVTC	39:42
64 Carolyn Conti (28)	39:47
65 Valerie Knafelc (19)	39:48
66 Pamela Elbac (25)	39:50
67 Maura Digiesl (14)	39:51
68 Barbara Magid (39)Tampa	39:51
69 Geraldyn Tripp (20)	39:52
70 Carol Welch (24)	39:55
71 Alison Keller (17)	39:56
72 Heidi Skaden Poyser (45)B.C.	39:56
73 Tracey Ross (21)Zephyr	39:57
74 Florianne Harp (34)Tampa	39:58
75 Lolly Hess (29)	39:59
76 Teresa Tuckson (25)	39:59
77 Jacquenett Sequeira (24)	40:02
78 Ingrid Hemenway (27)	40:02
79 Hazel Wood-Kuttin (32)Tampa	40:06
80 Patricia Whittingtaw (42)WVTC	40:08
81 Gina Moss (28)	40:10
82 Torill Owen (27)	40:11
83 Maryann Truitt (26)Tampa	40:11
84 Amy Stout (16)	40:12
85 Paula Beard (31)Tampa	40:15
86 Anne Capers (28)Island CR	40:19
87 Vicki Blankenship (38)Pamakid	40:21
88 Peggy Izzatt (31)	40:22
89 Bonnie Blaschek (31)	40:22
90 Carolyn Tucker (32)B.C.	40:23
91 Melinda Creel (25)	40:25
92 Marianna Leuschel (23)	40:26
93 Elizabeth Bartlett (27)	40:27
94 Kathy Donofrio (18)	40:28
95 Valerie Mark (21)	40:28
96 Gena Austin (28)	40:29
97 Carol Swain (35)	40:30
98 Kathy Cooke (18)Impala	40:32
99 Bridget Klinzer (22)	40:33
100Gail Rodd (40)WVTC	40:40

## Spring Run

From Dave Dodson

### March 5. Sanger, 6 Miles.

**Men: 15 & Under:** 1. Ryan Sullivan 36:47.3, 16-18: 1. David Naranjo 32:21.3, 19-29: 1. Ron Schafer 35:17.3. **30-39:** 1. David Williams 34:02.3, 2. Gordon Keller 34:29.9, 3. Ken Lehman 35:16.9. **40-49:** 1. Philip Farina 36:10.4. **50-59:** 1. Jess Rivera 36:09.6.

**Women: 19-29:** 1. Evangelina Lopez 46:17.1. **30-39:** 1. Rosa Medina 41:19.6.

## Grape Stampede

### March 5. Gonzales, 10K.

#### MEN

**14 & Under:** 1. Todd Everett 37:05.32, 2. Jesse Santana 37:49.52, 3. Jerry Cryder 38:02.91.  
**15-19:** 1. Chris Bowe 34:36.31, 2. Sam Grijalva 35:02.92, 3. Tony Grijalva 35:48.71.

**20-29:** 1. Emil Magallanes 32:10.9, 2. Wayne Hurst 33:18.95, 3. Nash Guaracha 33:36.67.  
**30-39:** 1. Gary Goettelmann 33:17.79, 2. Ron Wayne 33:33.49, 3. Bob Gomez 33:58.12.

**40-49:** 1. Jerry Lynch 34:04.54, 2. Milton Howe 35:34.32, 3. Glynn Wood 36:02.29.  
**50-59:** 1. Len Thornton 37:22.43, 2. Rickard Bawcom 39:40.41, 3. John Rouse 40:38.01.  
**60 & Over:** 1. John Popper 45:44.24, 2. John McManus 46:22.13, 3. Art Marquez 46:29.97.

#### Heavy weight (200 lbs. plus)

1. Ben Faus 42:15.42, 2. Ron Heitz 45:45.66, 3. A.P. Nasadowski 48:21.84.

#### WOMEN

**14 & Under:** 1. Leticia Anoheta 46:01.32, 2. Angela Hernandez 48:20.10, 3. Stacy Weber 57:39.95.

**15-19:** 1. Mona Lopez 43:37.43, 2. Crista Prince 46:38.05, 3. Ivy Louie 46:48.29.

**20-29:** 1. Sue Munday 37:15.41, 2. Jeannie Gutsche 39:10.86, 3. Gina Moss 43:12.93.

**30-39:** 1. Juana Stovolone 39:02.01, 2. Loretta Polsdorfer 39:57.05, 3. Betsy Smith 41:32.41.

**40-49:** 1. Jeannie Dawson 44:39.05, 2. Marilyn Hicks 49:55.60, 3. Isabel Rivas 51:17.08.

**50-59:** 1. Gyneth Fox 59:31.87.

## Seaside 10K

### March 5. Ventura, CA.

1 Ron Ysais (1/19-39)	30:51
2 Steve Blum	31:38
3 Brian Nelson	33:09
4 Willie Pittenger	33:41
5 Mike Reyes	33:43
6 Peter Moore	34:38
7 Ron Wise (1/40-49)	34:56
8 Eino Rompanen (2/40-49)	35:37
9 Glen Ward (3/40-49)	35:44
10 Marty O'Malley	35:46
14 John Richards (1/50+)	36:17
23 Jeff Steinuman (1/18-under)	37:30
25 Mary Mason (1/19-39)	38:06
32 Marian Mallory (1/19-39)	39:15
38 Patti Henry (3/F19-39)	39:43
40 Tammy McCarthy (1/F18-under)	40:20
76 Liz Cushman (1/F40+)	44:30

## America's Love Run

### March 6. San Luis Obispo.

#### 5K

1 Gilbert Delgado	15:52
2 Doug Aurit	16:24
3 Steve Onaga	17:21
4 Dave Hemingway	18:14
5 Scott Fischer	18:26
11 Laura Handy (1/F)	20:25
24 Paula Harway (2/F)	24:40

#### 10K

1 Joe Green	32:04
2 Terry Gibson	32:39
3 Frank Hutchinson	33:22
4 Mike Kruge	34:06
5 Steve Paduganan	37:56
28 Mia Park (1/F)	48:33
33 Nancy Ingles (2/F)	52:42

## South Bay 20K Run

### March 6. Los Osos.

1 Juan Garza (31)Bakersfield	1:11:28.5
2 Steve Dornish (38)SLDC/SLO	1:13:00.7
3 Paul Lee (22)SLDC/SLO	1:13:43.6
4 Chuck Griggs (28)Sunnyvale	1:15:25.6
5 Richard Aleshire (37)SLDC/SLO	1:15:54
6 Jon Root (28)SLDC	1:15:55.4
7 John Ernatt (19)SLDC/SLO	1:16:52.4
8 Kit Ruona (41)Ariz Rd Rcrs	1:17:20.8
9 Nate Brady (20)SLDC	1:17:33.1
10 James Brown (40)SLDC	1:17:41.7
11 Michael Moore (33)Lompoc	1:19:33.1
12 Clem Michel (39)SLDC	1:20:45.5



13 Keith Handley(41)SLDC	1:21:04.1
14 Bill VnWyngearden(46)SLDC	1:21:17.6
15 Herb Alloway(42)SLDC	1:21:26.7
22 John Herd(1-50)SLDC	1:26:18.6
26 Diane Dixon(1/F)28 SLDC	1:28:56.1
30 Sarah Quady(2/F)22 SLDC	1:29:52.7
32 Mary Ryzner(3/F)29 SLO	1:31:46.9
38 Gaby McQuitty(1/F-40) ORR	1:38:00.2
40 Harry Haystee(2-50)SLDC	1:40:28.2
41 Sandie Cano(1/F-30)SLDC	1:40:34.3
42 Rod Rodenberger(3-50)SLDC	1:41:13.6
48 Walt Erickson(1-60)Morro Bay	1:45:07.5

## Los Angeles Dietetic Assoc. Fun & Fitness 10K

### March 6. Overall

1 Raul Serratos (17)	31:46
2 Enrique Serratos (30)	31:46
3 Carl Smith (32)	31:59
4 Ted Cotti (20)	32:40
5 Steve Duran (26)	33:10
6 Gustavo Valdez (21)	33:13
7 Francolla (32)	33:14
8 Peter Mogg (28)	33:32
9 Henry Lange Jr. (34)	33:35
10 Marquis Georges (18)	33:55
11 Randy Hales (22)	34:11
12 Irwin Merin (32)	34:14
13 Marcos Cedillo (24)	34:32
14 Michael Doven (24)	34:45
15 James Murphy (43)1/40 +	34:46
16 Malcolm Fowle (25)	34:51
17 Frank Meza (35)	35:06
18 Dennis Burkett (30)	35:11
19 Paul Benedict (24)	35:20
20 Joseph Bird (41)	35:24
21 Adolfo Serrato (28)	35:35
22 Nick Trozzi (22)	35:47
23 Enrique Flores (32)	36:05
24 Stephen Pridoux (27)	36:10
25 Jon Springer (27)	36:15
26 Aaron Mascorro (14)	36:27
27 Octaviano Canche (37)	36:32
28 Lyt Halvorsen (19)	36:37
29 Salvador Torres (39)	36:42
30 Bobby Bans (13)	36:50
31 Carl Allen (28)	37:13
32 Joe Jacobsen (39)	37:16
33 Elgin Smith (18)	37:18
34 Douglas McKinney (21)	37:25
35 Carl Young (19)	37:27
45 Akiyama Ryoji (51)1/50 +	38:40
62 Eddie Lewin (66) 1/60 +	40:26
64 Helen Dick 1F (58)	40:38

## Laguna Beach 10K Run

### March 6. Men

10-Under: 1. Kes Jusonis (10) 39:56, 2. Jeff Johnson (10) 45:10, 3. Eric May (10) 45:10.
11-14: 1. John Soto (13) 33:32, 2. Bill Meyer (14) 35:19, 3. Eric Billmeyer (13) 36:06, 4. Brett Killeen (13) 36:50, 5. Jason Mills (14) 37:16.
15-18: 1. Ted Goodlake (16) 31:24, 2. Mark Chastro (18) 32:26, 3. Steve Brown (18) 33:37, 4. William Feliciano (16) 33:46, 5. Mark O'Brien (18) 34:05.
19-29: 1. Steve Scott 29:31, 2. Ralph Serna (26) 30:05, 3. Phil Peterson (23) 30:19, 4. Armando Cendejas (26) 30:36, 5. Michael Lebold (25) 30:57, 6. Dennis Wilson (27) 31:37, 7. Dave Jackson (23) 31:39, 8. Joel Hope (25) 31:47, 9. George Mason (27) 32:01, 10. Tim Wilson (22) 32:36.

30-34: 1. Ted Van Arsdale (30) 31:56, 2. Bruce Johnson (31) 32:24, 3. Ron Kurre (34) 32:26, 4. Randy Killpatrick (30) 32:51, 5. Juan Garcia (30) 34:35.
35-39: 1. Ben Wilson (35) 30:40, 2. Bob Day (38) 32:38, 3. Mike Eck (38) 33:02, 4. Bill Langdon (37) 33:44, 5. Bill Sumner (35) 34:04.

40-44: 1. Frank Duarte (41) 33:07, 2. Tom Burns (40) 34:15, 3. Dan McCaskill (41) 34:42, 4. Robert McAndrews (43) 35:48, 5. George Cohen (43) 35:53.
45-49: 1. Skip Shaffer (45) 33:49, 2. Fred Lehr (49) 37:39, 3. Harry E. Bliss (46) 38:01, 4. Ron Grant (45) 38:14, 5. Merle Lauderdale (46) 39:00.

50-59: 1. Wally Evertz (53) 37:40, 2. Charles Hanson (54) 37:40, 3. Bob Gerzack (53) 38:31, 4. Dick Venne (52) 38:53, 5. Tony Marino (51) 39:00.
60-69: 1. Steve Chipilis (64) 42:57, 2. Donald Dilworth (63) 43:08, 3. Robert Kruger (67) 43:24, 4. Jay Lalum (61) 43:50, 5. George Cannon (60) 46:19.

70-Over: 1. Dean Scofield (70) 46:31, 2. Ernest Lyons (74) 50:32, 3. Jacob Bishin (82) 1:08:05.
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### Women

10-Under: 1. Heather Killeen (10) 43:03, 2. Nori McCormick (10) 54:27, 3. Halina Palmer (10) 55:37.
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11-14: 1. Roberta Moronez (12) 39:34, 2. Michelle Rice (11) 40:16, 3. Karen Longyear (11) 43:36, 4. Heather Hutchinson (14) 44:52, 5. Kirsten Petersen (14) 49:43.
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15-18: 1. Susan Armentraut (17) 39:08, 2. Joanne Maldonado (17) 39:36, 3. Maura Daly (15) 40:12, 4. Stephanie Fedorchak (17) 40:39, 5. Gina Wagner (15) 42:00.
--

19-29: 1. Ruth Wysocki (25) 38:09, 2. Nancy Wilkinson (25) 38:33, 3. Cheryl Brady (23) 39:26, 4. Karen Lureby (23) 41:06, 5. Joanne Ferguson (29) 41:37.
--

30-34: 1. Sue Rudolph (30) 40:05, 2. Debbie Wilkinson (34) 40:17, 3. Penny Brown (34) 42:00.
--

35-39: 1. Judy Kewley (38) 37:45, 2. Tisha Whitney (35) 38:14, 3. Pat Dokos (35) 41:35, 4. Paige Hartley (38) 41:43.
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40-44: 1. Carolyn Doty (40) 40:48, 2. Cherrie Lightburne (43) 42:16, 3. Viola Phillips (43) 43:15.
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45-49: 1. Faye Heljoorn (45) 41:14, 2. Elaine Havens (47) 44:16, 3. Mickie Shapiro (46) 49:23.
--

50-59: 1. Dorothy Stock (50) 40:08, 2. Nelly Williams (51) 48:36, 3. Ethel Kleinsassen (53) 54:16.
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60-69: 1. Helen Moore (60) 1:01:12.
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70-Over: 1. Bess James (73) 1:02:20.
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## 12th Annual 10,000 Meter Run

### March 6. Fremont. Men

Men	
13 & Under:	
1 Fred Merclari	38:40
2 Mike Novak	40:48

2 Mike Novak	40:48
3 Noah Kanter	44:05
14-20:	
1 John Buck III	35:45

21-30:	
1 John Bucklin	35:43
2 Andrew Ream	36:54
3 Robert Grove	37:31

1	Mike Pinocci	30:30
2	Brock Hinzmann	30:47
3	Terrace Zezah	31:03

3 Terrace Zozari	31:03
31:40:	
1 Mark Graves	31:47
2 Keith Jeffers	34:09

### 51 & Over:

1 Donal Coghlan	38:35
2 Don Bemis	42:30
3 Arthur Klatsky	42:38

### Women

13 & Under:	
1	Serina DeLaCruz 40:54
2	Gretchen Hill 45:25

3	Jessica Bagley	45:29
14-20:		
1	Carmen Mendoza	42:56

2	Lori Hill	44:51
3	Kristy Craig	48:48
21:30:		

1	Jill Texeira	43:18
2	Jerri Hudson	48:33
3	Liz Norris	49:33

<b>31-40:</b>	
1 Sue Goddard	46:35
2 Liz Friedman	47:05

3	Barbara Zolldan	47:35
41-50:		
1	Karen Gudiksen	47:51

## Los Alamitos Marathon & 10K Run

### March 5. Los Alamitos.

After a week full of what seemed endless rain, the skies cleared and the sun shone for the running of the 8th Annual Los Alamitos Marathon and 10K Run. The day was a "dream come true" for John Loeschhorn, 38 years old, from Irvine, California, who won the event with a time of 2:29:5. This was the first marathon win for John.

Sue Petersen, a 38 year old school teacher from Laguna Beach, California, running with her husband, Pete, clocked in with a time of 2:57:3. It was the sixth time Sue was victorious in the Los Alamitos race. Sue and Pete ran their first marathon in 1976, in Los Alamitos; and, as usual, they crossed the finish line hand in hand.

Tracy Brown (2:57:4) and John McIntyre (3:01:3), both from Los Alamitos, placed second and third in the men's 50-59 category.

Two hundred, fifty-six runners started the race; however only 225 runners officially finished it.

The Los Alamitos race continues to produce a high finish rate since it is a flat course lined with more than 350 race officials located at aid stations throughout the course.

The 10K Run was won by a local high school senior, Mark Junkermann (31:06). Mark has achieved many national standards in the two mile event at the high school level.

The women's division was won by Sherrie Roach from Cypress, California, with a time of 36:29. It was Sherrie's second victory in Los Alamitos.

The event ended with tremendous community support, and the Race Committee is anxiously awaiting the running of the 9th Annual Los Alamitos.

### Marathon

Men
10-Under: 1. Ted Francis 3:30:41, 2. Keith Vitale 3:30:45, 3. Bill Ammons 3:32:07.

19-34: 1. Jim Arquilla 2:37:38, 2. Brian Jillson 2:38:37, 3. Stephen McGhee 2:42:24, 4. Barry Giblin 2:47:02, 5. Cipriano Placencia 2:48:48, 6. Paul Meyers 2:49:06, 7. Joe Carlson 2:50:38.
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35-39: 1. John Loeschhorn 2:29:51, 2. Dan Petrick 2:53:54, 3. Ray Varcoe 2:54:14, 40-49: 1. Fred Kiddy 2:50:50, 2. Ron Kunze 2:53:13, 3. Pete Petersen 2:57:38.
50-59: 1. Patrick Devine 2:56:52, 2. Tracy Brown 2:57:46, 3. John McIntyre 3:01:32.
60-Over: 1. Chuck Ruth 3:44:19, 2. Sam Simon 3:45:06, 3. Paul Sterner 3:53:19.

### Women

10-Under: 1. Elizabeth Noyola 3:05:36.
19-29: 1. Yvonne Cochran 3:02:38, 2. Dru Ann Mobley 3:43:25, 3. Kyp Patterson 3:45:53.

30-39: 1. Sue Petersen 2:57:38, 2. Terri Hayes 3:52:06.
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40-49: 1. Sandra Kiddy 3:05:30, 2. Wilma Maddock 3:20:57, 3. Shirley Blush 3:50:45.
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### Marathon

Men
12-Under: 1. Eddie Lavelle 38:26, 2. Jeff Wimbley, 3. Jon Wimbley 44:27.

13-15: 1. Chris Taylor 36:55, 2. Aaron Mascorro 37:07, 3. Richard Hernandez 37:21.
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18-18: 1. Mark Junkerman 31:07, 2. Greg Skinner 36:49, 3. Mike Berlyn 37:37.
--

19-34: 1. Harry Staalberg 31:09, 2. Mark McKinzie 33:21, 3. Alex Miranda 33:45, 4. Tom Braun 33:48, 5. Dan Stumpus 34:54.
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35-39: 1. Bill Hoam 34:40, 2. Dan Ashmine 35:07, 3. Bruce Horiguchi 35:12.
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40-49: 1. Jim Chenoweth 35:18, 2. Ken Price 35:34, 3. John Dunn 36:20.
--

50-59: 1. Charles Hanson 36:57, 2. Arthur Miller 39:03, 3. Robert Wroth 39:49.
--

60-Over: 1. Steve Chipilis 41:20, 2. Fred Bruecker 49:26, 3. Tom Conlin 51:53.
--

Wheelchair: 1. Ray Stewart 35:23, 2. Ed Ramirez 37:10, 3. Rodger Hughes 44:17.
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### Women

18-Under: 1. Linda Doering 40:36, 2. Pat Montes De Oca 43:13, 3. Tami Lawler 44:01.
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19-34: 1. Sherrie Roach 36:30, 2. Evelyn Tirbale 38:08, 3. Patti Wagner 39:53.
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35-39: 1. Corrine Schratz 44:53, 2. Mitsuye Morrissey 44:58, 3. Marilyn Bates 48:14.
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40-49: 1. Jo Ann Coltra 45:01, 2. Kathy Kusner 45:02, 3. Atsuko Fujimoto 46:15.
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50-59: 1. Evelyn Reiten 50:25, 2. Sylvia Dade 57:21, 3. Consuelo Abang 59:10.
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60-Over: 1. Lucile Adney 1:07:29, 2. Marjorie Chapman 1:17:20.
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## Foggy Bottoms Milk Run

### March 6. Ferndale. 4 and 10 mile. 10 Mile

1 Tim Becker	52:54
2 Howard Labrie	53:13
3 Harry Cottrell	53:51
4 Mike Williams	53:52
5 Mark Elias	54:41
6 Grae VanHooser	55:27
7 John Knight	56:02
8 Mike Holt	56:17
9 Greg Davy	56:37
10 Timothy Parker	57:31
11 Wayne Arrison	57:57
12 Myrtle Rahn	58:03
13 Alex Zygaenko	58:10
14 Sherman Schapiro	58:23
15 Geoffrey Rasmussen	58:40
16 Dan Richards	58:53
17 Kenneth Marglott	58:55
18 David Paulson	1:00:07
19 Bob Ornelas	1:00:23
20 Clarence Nason	1:00:25
21 Bill Morris	1:00:31
22 Michael Addis	1:00:45
23 Wankel Spalding	1:01:06
24 John Ticer	1:01:28
25 Bill Morris	1:01:37
26 Rick Mayberry	1:01:46

continued on next page...

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## Results

27 Fred Christensen	1:01:55
28 Ken Chambers	1:01:55
29 Dan Haggard	1:02:04
30 Paul Cossard	1:02:36

### Men's Divisions

0-14: 1. Alan Neal (13) 1:09, 2. Erik Zamboni (12) 1:16, 3. Tommy Pratt (14).

15-18: 1. John Knight 56:02, 2. Geoffrey Rasmussen 58:40, 3. Bill Morris 1:01:37, 19-29: 1. Tim Becker 52:54, 2. Mike Williams 53:51, 3. Grae Vanhooser 55:27.

30-34: 1. Howard Labrie 53:13, 2. Mark Elias 54:41, 3. Mike Holt 56:17.

35-39: 1. Harry Cottrell 53:51, 2. Sherman Schapiro 58:23, 3. Clarence Nason 1:00.

40-49: 1. Bill Morris 1:00, 2. Forrest Williams 1:02, 3. Colin Dazzi 1:03.

50-59: 1. Lenny Escarda 1:03, 2. Tom Acord 1:03, 3. Ted Ruprecht 1:11.

60-Over: 1. Dick Volles 1:31, 2. Jim Householder 1:35, 3. Paul Perrine 1:37.

### Women

First Women: 1. Flossie Horgan 64:02, 2. Dolores Adame 1:07, 3. Kathy Francis 1:07, 4. Mary Pincini 1:08.

0-14: 1. Heather Houston (14) 1:13, 2. Diane Coppini (14) 1:25, 3. Mimi Ferry (10) 1:35.

15-18: 1. Jennifer Harvey 1:13, 2. Shawn Sanford 1:18, 3. Michelle Hawk 1:20.

19-29: 1. Dolores Adame 1:07, 2. Kathy Francis 1:07, 3. Mary Pincini 1:08.

30-39: 1. Flossie Horgan 64:02, 2. Marty Belidier 1:15, 3. Amy Eads 1:21.

40-49: 1. Sherry Bennion 1:15, 2. Linda Forbes 1:18, 3. Julie Bowman 1:18.

50-Over: 1. Virginia Terry 1:26, 2. Donna Roberts 1:29, 3. Pauline Linquist 1:52.

### 4 Mile

### Men's Divisions

Overall: 1. Greg Heistuman 20:58, 2. John Zinselmair 21:37, 3. Pat Brady 21:53.

0-14: 1. Chris Fox (14) 26:37, 2. Mike Osier (13) 26:46, 3. Jason Norrish (12) 27:49.

15-18: 1. Dennis Pfeifer 22:12, 2. John Myers 23:44, 3. Rick Wight 24:10.

19-29: 1. Greg Heistuman 20:58, 2. Pat Brady 21:53, 3. Rudy Balli 22:10.

30-39: 1. John Zinselmair 21:37, 2. Ron Fienner 22:25, 3. Doug Lantime 24:27.

40-49: 1. Robert Berg 24:01, 2. Bill Etter 24:57, 3. Ben Hawkins 24:59.

50-Over: 1. Thomas Carr 31:07, 2. Gene Carrico 32:25, 3. Dick Kimberling 34:29.

### Women's Divisions

First Women: 1. Gail Smithson 25:02, 2. Judy Peltier 25:06, 3. Joan Lewis 25:42.

0-14: 1. Maria Bruckner (14) 30:55, 2. Heidi Hawkins (14) 31:43, 3. Karen Chandler (13) 32:09.

15-18: 1. Sally Carlson 26:11, 2. Suzanne Shaw 26:51, 3. Krista Knute 28:32.

19-29: 1. Gail Smithson 25:02, 2. Joan Lewis 25:42, 3. Kim Peiratt 25:59.

30-39: 1. Judy Peltier 25:06, 2. Karen Day 26:57, 3. Teresa Owens 29:54.

40-49: 1. Gayle Kerstetter 28:03, 2. Dorothy Story 30:20, 3. Nancy Head 32:24.

50-Over: 1. Frances Facey 41:21, 2. Georgina Buxton 44:26, 3. Wanda Woods 45:42.

## Jug to the Club 10K

### March 12. Visalia.

### Overall

1 Dennis Wong	33:35
2 Jesse Rodriguez 1/40	33:40
3 Tom Lohse	33:45
4 Frank Ortega	33:46
5 Isaias Luna	34:32
6 Charles Lopez	35:45
7 Baldemar Bettencourt	35:55
8 Frank Padilla 2/40	36:03
9 Don Trout 3/40	36:29
10 Adrian Huerta	36:33
11 Larry Nava	36:54
12 Bob Terhaar	37:14
13 Bill Woody 4/40	37:21
14 Craig Wheaton	37:34
15 James Ostergaard	37:43
16 John Forenti	37:48

17 Phillip Farina 5/40	37:54
18 Jess Rivera 1/50	37:56
19 Terry Heller	38:43
21 Jeff Masetelli	39:12
22 Dick Powell 6/40	39:13
23 Adolph Vizcarra	39:14
24 Dan Lewis	39:21
25 J.D. Fisher 7/40	39:23
40 Chris Denny 2/50	41:45
58 Harry Harder 1/60	43:15
63 Joanne Branco 1F/40	44:10
80 Karen Mascitelli 2F	48:49
81 Holly Hewitt 3F	47:15
82 Kellie Branco 4F	47:39

## St. Patrick's Great Race

from JOE WHITNEY

### March 12. Arroyo Grande.

A swimming pool isn't the only place where you'll find depth. You'll also find it at any race the Aggie Running Club decides to attend. Just ask Manny Bautista, or the small central coast town of Arroyo Grande, home of the St. Patrick's Great Race. About 25 of the Converse sponsored Aggies, coming from the San Francisco Bay Area and nearby San Luis Obispo, converged on the Saturday morning starting line, ready for the starter's gun. Bautista, the former Cal Poly SLO All American, had his hands full in successfully defending his crown over this 20K course. At the mile mark he looked around and found himself surrounded by no less than eight of the black and blue clad Aggies, and it was a situation that wouldn't change until seven miles. Included in that pack was national class steeplechaser Ivan Huff, running his first race since a twisted ankle put him on waivers back in January. At that seven mile mark, Bautista threw in the surge that only Huff could answer, and the two proceeded to pull away from the crumpling pack. At eleven miles Bautista pulled away from the fading Huff and went on to a nine second victory in 1:01:21. A late charging Pete Sweeney made a run for Huff, but ran out of room. Fourth placer Matt Yeo was next across the line, and the last person to break five minute pace. In the women's race, Maggie Keyes, recently returned from the summer track season in New Zealand, had little trouble taking the tape. The race finished at the St. Patrick's Church, and was followed by an excellent steak bar-b-que and awards ceremony.

### Overall

1 Manny Bautista (Sub 4)	1:01:21
2 Ivan Huff (Aggie)	1:01:30
3 Pete Sweeney (Aggie)	1:01:39
4 Matt Yeo (Aggie)	1:01:53
5 Denis O'Halloran (Aggie)	1:02:14
6 Ed Schieagle (Aggie)	1:02:51
7 Doug Avritt (Aggie)	1:03:01
8 Joe Fabris (Aggie)	1:03:36
9 Tom Laythe (Aggie)	1:03:56
10 Terry Gibson (Unat)	1:03:57
11 Peanut Harms (Aggie)	1:04:37
12 John Sheehan (Aggie)	1:04:53
13 Frank Hutcherson (Aggie)	1:06:19
14 Jim Hiserman (Aggie)	1:09:07
15 Rich Langford (Aggie)	1:09:09
24 Maggie Keyes 1F (Ath. W)	1:14:07

## Offshore 5K/10K

### March 12. Fountain Valley (mile square park).

Men: 14 & Under: 1. Joe Martin 18:25, 2. Mark Baldwin 18:28, 3. Chris Pohl 20:33. 15-18: 1. John Lavarado 17:33, 2. Carlton Holloway 17:42, 3. Jason Newman 18:20. 19-24: 1. Richard Grohman 15:56, 2. Marv Alvarez 16:06, 3. Roy White 16:44. 25-29: 1. Juan Ortiz 15:48, 2. Howard Keeley 18:36, 3. Carl Allen 17:02. 30-34: 1. Al Siddons 15:38, 2. Henry Lange 16:15, 3. Tony Nielsen 16:40. 35-39: 1. David Leaton 17:01, 2. Barney Arkello 17:06, 3. Dale Fairchild 17:23. 40-44: 1. Tom Burns 15:58,

2. George Cohen 18:58, 3. John Brown 17:48. 45-49: 1. Dick Vosburgh 17:45, 2. Merle Lauderdale 18:12, 3. Jim Gould 19:30. 50-59: 1. Wally Evertz 17:43, 2. Larry Banuelos 18:19, 3. Thomas Kech 20:01. 60 Plus: 1. Dave Lewis 21:15, 2. Thomas Smith 26:42.

Women: 14 & Under: 1. Lynette Wong 23:58, 2. Julie Martinez 24:04, 3. Becky Zumwalt 26:56. 15-18: 1. Joy Bielefeld 20:58, 2. Deanna Feser 21:04, 3. Nancy Nietman 22:38. 19-24: 1. Pan Simpson 22:19, 2. Linda Ciano 23:02, 3. Maureen Flory 24:19. 25-29: 1. Arlene Grove 23:31, 2. Arlene Inouye 24:07, 3. Patricia Caldwell 24:16. 30-34: 1. Daiva Jusonis 20:10, 2. Lyndia Evans 20:36, 3. Connie Crain 25:01. 35-39: 1. Corrine Schratz 20:57, 2. Barb Samuels 22:56, 3. Becki Buss 23:43. 40-49: 1. Marcia Martyn 20:54, 2. Loretta Miller 21:20, 3. Ann Kiernan 22:51. 50-59: 1. Juana Halloran 30:11. 60 Plus: 1. Shirli Allen 38:03.

### 10K

### Men

14 & Under: 1. James Brown 36:12, 2. Bob Krelle 39:04, 3. Sam Williams 40:01.

15-18: 1. Eric Waian 32:07, 2. Marco Ochoa 34:40, 3. Barry Migliorini 37:08.

19-24: 1. Lance Packer 30:14, 2. Art Cendejas 31:42, 3. Mark McKiwe 32:04.

4. Bruce Thomson 32:36, 5. Ron Johnson 32:43, 6. Jeff Harpham 32:47, 7. Ron Maroko 32:48, 8. Barry Kelly 33:10.

25-29: 1. Dave Frickel 30:49, 2. Robert Traba 30:58, 3. Kevin Jacobs 32:22, 4. Dick Gentili 32:28, 5. Bob Arnold 33:50, 6. Lawrence Barry 33:51, 7. R. Kessler 33:57, 8. Jay Olsen 33:58.

30-34: 1. Ruben Chappins 30:29, 2. Harry Hartley 34:45, 3. Bob Dillman 34:57.

35-39: 1. Jim Reilly 34:07, 2. Bill Sumner 34:21, 3. Larry Fabella 34:28.

40-44: 1. Frank Duarte 32:25, 2. Kenneth Price 35:23, 3. Bill Iam 35:53.

45-49: 1. Harry Bliss 36:58, 2. Rick Vasquez 37:57, 3. Ron Grant 38:06.

50-59: 1. Bob Mangrum 37:56, 2. Larry Carter 38:35, 3. Tom Wilson 39:22.

60 Plus: 1. Steve Chipilis 41:14, 2. Casey Poole 42:07, 3. Ted Smith 45:59.

### Women

14 & Under: 1. Patricia Monte De Oca 41:25, 2. Shauna Hensley 48:28, 3. Tish Williams 48:34.

15-18: 1. Laura McCracken 38:23, 2. Cheryl Oslinker 41:08, 3. Emily McCracken 41:54.

19-24: 1. Roma Antoniewicz 37:09, 2. Laura Katzer 41:54, 3. Sue Corea 43:02.

25-29: 1. K. DiFilippo 39:28, 2. Tina Costantino 40:38, 3. Jeanne Kawashima 41:23, 4. Judy Orach 41:45, 5. Kathy Keys 42:10.

30-34: 1. Vivian Chang 38:42, 2. Jennifer Weiss 39:02, 3. Lois Curl 42:09.

35-39: 1. Cheryl Butchers 42:08, 2. Cheryl Svensson 43:24, 3. Lonnie Horn 43:53.

40-49: 1. Marcia Martyn 48:37, 2. Teri Eggers 49:20, 3. Dianne Simpson 50:24.

50-59: 1. Silvia Dade 55:50, 2. Chris Hodowski 59:38.

## Dick Durand 8K Trail Run

### March 13. Westlake Village.

1 Will Pittenger (32)Ventura	33:37
2 Bob Huebel (33)Ventura	34:23
3 Steve Durand (26)Canyon Cntry	34:42
4 Stephen Whitmore (27)Lancaster	34:47
5 Steve Laub (16)Sherman Oaks	34:58
6 Steve Glocks (33)Thou.Oaks	35:28
7 Ron Smith (35)Gran.Hills	36:05
8 Chuck Greenhall (43)S.Pasadena	36:28
9 James McDiarmid (43)LA	38:23
10 Peter Griffiths (10)N.Hollywd	38:24
11 Dave Elder (17)Westlake V.	38:24
12 Chet Blanton (24)Oxnard	39:16
13 Eugene Blankenship (41)Newhall	39:43
14 Steve Kohler (35)Woodl.Hills	40:06
15 Dick Durand (54)Thous.Oaks	40:14
21 Dianne Gale (36)1F Valencia	47:24
22 Merily Hammond (34)2F Thou.O.	47:38

Note: This was a very tough course on steep rocky trails. Also runners had to cross a one foot deep creek a couple of times. This accounts for the slow times.

## Wintergreen 5K & 10K

from JERRY L. KALMAN

### March 13. Woodland Hills.

Robert Proctor, North Hollywood, California, was the fastest runner overall among 314 finishers in the Wintergreen Runs 10K Sunday, March 13.

Proctor, who is deaf and mute, led comfortably throughout the run but was challenged at the finish by Dan Davies, Simi Valley, and Juan Garza, Bakersfield, who finished second and third, respectively. Proctor's time was an impressive 32:21 over a tough, hilly course at Pierce College. Davies clocked in at 32:51 and Garza came in eight seconds later at 32:59.

Proctor and Davies ran in the 20-29 age group while Garza was in the 30-34 age group.

Maureen Doderlein, a 13-19 age group competitor from Canoga Park, ran away with the first place women's trophy in 42:09. Second was Marie Stevenson, 35-39, from Thousand Oaks with 45:13; and third was Saugus-resident Pam Bard-will, 30-34 with 45:13.

Fastest masters competitors were Earl Beverly, who finished eighth overall, with 36:15; and Arlene Taylor with 47:31. Beverly is from Valencia and Taylor is from Tujunga.

In the team competition, an Informatics General Corporation trio was first with a combined time of 133:59. While not competing as a team, a group of 25 Marines in the marathon platoon from Camp Pendleton ran the entire twisting and hilly course in cadence carrying a guidon to finish three abreast in step, in unison, on the count in 92nd place with an impressive 44:06.

In the 5K race held just before the 10K, Jack Marden, a Westwood runner in the 20-28 age group, finished at 15:06, six-tenths of a second ahead of Cleveland Whelan, in the same age group from Venice. Fastest woman in the 298-person 5K was Lisa Davenport of Simi Valley, 13-19, recorded in 21:44.

## Cone Ranger Four Mile Run

### March 13. San Luis Obispo.

1 Mark Hopkins (18)AHC	20:59
2 Ed Kitchen (24)SLO	21:06
3 Ron Hoff (16)Morro Bay	21:12
4 Peter Roske (20)SLO	21:17
5 Steve Onaga (24)SLDC	21:34
6 Mark Baker (22)SLO	21:48
7 Steve Paduganan (31)ORR	22:52
8 Donny Kjos (23) SLO	23:09
9 Matt Huckaby (13)AJHS	23:12
10 Mark Alexander (14)AJHS	23:16
11 Irene Henderson (1F)22 SLO	23:21
12 Pierre Deyo (20)SLO	23:30
13 Ralph Velasquez (30)SLO	23:34
14 Jacques Deyo (23)SLO	23:38
15 Steve Mohr (23)SLO	23:38
16 Wayne Nielsen (16)SLO	23:42
17 Sam Richards (13)AJHS	23:50
18 Phil Hanon (30)Cambria	23:52
19 Lee Broshars (31)SLDC	23:58
20 Granville White (41)SLO	23:59
21 Les Beck (38)SLO	24:02
22 Stan Reyes (28)ORR	24:03
23 Buz Hamblin (35)SLDC	24:06
24 Mark Farmer (16)AGHS	24:23
25 Kirk Bachman (21)SLO	24:24
34 Galen Kinn (2-40)Los Osos	25:22
39 Lori Geremia (2F)SLO	25:28
40 Roger Boedecker (1-50)SLDC	26:01
54 Celia Lopez (3F)SLO	26:31
62 Garry Brown (340)SLDC	27:02
65 Kim Tweedie (4F)AHS	27:07
74 Karen Wilson (5F)SLO	27:34
88 Edd McSorley (2-50)SLDC	28:32
94 Rod Rodenberg (3-50)SLDC	28:51
137 Mickie Shapiro (1F-40)LRC	31:31
146 Jean Spierling (1F-50)	31:48



## St. Patrick's Day 5 Miler

### March 13. Sacramento.

#### Women

##### Under 15:

1 Edie Vogt	33:40
2 Yolanda Torres	35:52
3 Meesha Mangiaracina	36:09

##### 16-24:

1 Jody Williams	36:01
2 Carie Butler	36:42
3 Jill Taylor	37:00

##### 25-34:

1 Lisa VonWald	37:03
2 Janis Tucker	37:52
3 Jan Parker	39:46

##### 35-39:

1 Sandy Coffey	33:50
2 Janet McLaughlin	40:20
3 Grace Bazua	43:00

##### 40-49:

1 Mary O'Donnell	34:33
2 Nancy Molitor	38:36
3 Carol Egoroff	39:37

##### 50 & Over:

1 Henriette Maroney	54:00
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#### Men

##### Under 15:

1 Doug Hanna	29:10
2 T.Y. Nickel	29:39
3 Stephen Kachuck	32:49

##### 16-24:

1 Steve Kovisto	28:36
2 Tom Pearman	28:49
3 Gary Meyer	29:06

##### 25-34:

1 David Berreiss	24:33
2 Brad Tarr	26:49
3 Tim Williams	26:56

##### 35-39:

1 Giovanni Licari	28:39
2 Thomas Wright	29:08
3 Larry Kuykendall	29:25

##### 40-49:

1 Don Spickelmeir	27:37
2 John Ball	30:01
3 Charles Conway	30:24

##### 50 & Over:

1 Albert Mashburn	30:18
2 Bob Malain	30:30
3 Carl Troxa	32:22

## Tom Sullivan 10K

### March 13. Torrance.

More than 4800 runners registered to compete in the fourth annual Tom Sullivan St. Patrick's Day 10K Run, including about 1200 who arrived that morning to enter. The weather was clear and the course along primarily flat city streets was fast.

Ralph Serna of the Runner's Sole Racing Team was the winner of the special Elite Division with a 28:19 winning time. Serna, a 26 year old from Fountain Valley, achieved the fast time with the help of a short course caused by a misplaced marker at the turn-around. His pace for the run, which was actually a 6 mile course, was 4:43.

Winner of the female Elite division was 30 year old Pat English of San Anselmo, California with a time of 33:07 and a pace of 5:31. Sherry Simmons, 25, of Hermosa Beach, California and last year's female winner, finished second with a time of 33:37.

Bagpipers and a bluegrass band alternated entertaining the crowd as the results were being tabulated for the awards. Tom Sullivan presented the awards and KHTZ deejay Charly Tuna emceed the ceremony.

#### Men's Divisions

##### Top 10 Finishers

1 Ralph Serna (26)	28:19
2 Dan Harvey (24)	28:33
3 Dave Babiracki (30)	28:35
4 John Koninck (26)	28:38
5 Ron Cornell (23)	28:42
6 Chris Schallert (24)	28:46
7 Armando Gendijas (26)	28:53
8 Mark Mesler (22)	29:13
9 Tim Barnes	29:25
10 Brad Rowe (23)	29:33

13-Under: 1. Greg Flynn (13) 36:33.
14-18: 1. Tim Watson (17) 30:50. 19-24: 1. Jeff Dettmer (22) 29:47. 2. Jeff Olson (19) 29:30. 3. Harry Staalberg (23) 29:55. 25-29: 1. Jim Hartig (28) 29:59. 2. Tim Tobin (29) 30:08. 3. Mark Duane (29) 31:04. 30-34: 1. Carlos Godoy (32) 30:27. 2. Enrique Serratos (30) 30:59. 3. Chuck McCann (31) 31:22. 35-39: 1. Allan Johnson (39) 32:22. 2. Dennis Joe (36) 32:29. 3. Bruce Geddes (38) 33:25. 40-44: 1. Michael Mahler (40) 32:17. 2. Bart Coventry (42) 32:58. 3. Joseph Bird (42) 33:00. 45-49: 1. Andre Tocco (47) 32:06. 2. Harman Cohen (45) 33:12. 3. John Budeero (48) 34:12. 50-59: 1. Jim Brownfield (51) 53:25. 2. Patrick Devine (54) 35:51. 3. Conrad Broen (53) 36:12. 60-Over: 1. Robert Page (61) 38:38. 2. Eddie Lewin (66) 39:04. 3. George Boyle 40:08.

**Men's Team Results:** 1. Second Sole (Caraloea, Olivas, Staalberg, Johnson Forrest) 1:33:23. 2. Point Fermin Flyers 1:35:06. 3. Gardena Auto Repair 1:39:03.

#### Women's Divisions

##### Top 5 Finishers

1 Pat English (30)	33:07
2 Sherry Simmons (23)	33:37
3 Susan Berenda (22)	34:02
4 Sheryl Snyder (29)	34:55
5 Linda Heinmiller (26)	36:16

13-Under: 1. Pat Montes De Oca (12) 41:25. 14-18: 1. Jill Harrington (17) 37:01. 19-24: 1. Roma Antoniewicz (23) 37:12. 2. Annie Dandog (24) 37:23. 3. Diana Hurado (23) 37:25. 25-29: 1. Julie McKinney (26) 37:08. 2. Anne Ingalls (27) 39:07. 3. Kris Riley (26) 40:45. 30-34: 1. Michele Soderberg (32) 35:20. 2. Darsie Bowden (32) 36:49. 3. Debby Flynn (32) 38:44. 35-39: 1. Pattie Hurl (35) 35:58. 2. Judy Kewley (38) 36:10. 3. Lisa Allen (37) 38:02. 40-44: 1. Jean Jones (40) 40:58. 2. Allyn Carol (41) 41:31. 3. Patricia Crane (40) 42:06. 45-49: 1. Dobi McDougall (48) 40:17. 2. Mariana Mcullen (45) 41:27. 3. Shirley Blush (46) 42:06. 50-59: 1. Helen Dick (58) 38:50. 2. Ann Priddy (54) 45:34. 3. Nelly Williams (51) 45:38. 60-Over: 1. Edith Carlisle (60) 51:54. 2. Lucile Adney (69) 1:07:07.
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**Team Results:** 1. TRW (Watson, Cohen, Padilla, Elwell Flynn) 1:59:15. 2. Complete Runner TC 2:00:47. 3. Manhattan Beach #B 2:07:36.

## Treatathon 10K

### March 13. Redwood City.

#### Overall

1 Brock Hinzmann	32:07
2 Terrace Zerzan	32:34
3 Dan Anderson	33:44
4 Jet Talco	35:04
5 Michael Niemiec	35:07
6 Raynold Wieand	35:25
7 Julios Ratti	36:42
8 Doug Bamford	37:05
9 Jim Hampton	37:37
10 David Caro	38:31
11 Ray Robillard	38:46
12 Linda Van-Housen 1F	38:48
13 Michael King	40:21
14 Dustin Donate	40:23
15 Sten Mawson 1/40	40:32
16 Stephen Schmidt 2/40	41:56
17 Don Lucero 1/50	42:04
18 Karen Himeses 2F	42:33
19 Kim Himeses 3F	42:53
20 Peter Royce 3/40	43:23
21 Arthur Klatzky 2/50	43:28
22 Richard Laine 3/50	43:43
23 Nancy Justice 4F	44:25
24 Cathleen Morehouse 5F	44:57
25 Mary Ann Waldo 1F/40	51:03
26 Patricia Falls 1F/50	1:10:49

## Burlingame Fun Run

### March 13. 2.85 miles.

#### Men's Divisions

Top 3 Finishers: 1. Omar Urbina 14:48.
2. Jon Crawford 15:10. 3. Ed Lopes 15:32.
10-Under: 1. Sean Steinman 19:23. 2. Patrick Kelly 19:46. 3. Eric Nuss 24:30.
11-15: 1. Jeff Steinman 16:35. 2. John King

18:20. 16-20: 1. Omar Urbina 14:48. 2. Jon Crawford 15:10. 3. Chad Crouse 17:02.
21-30: 1. Ed Lopes 15:32. 2. Steve Piles 15:45. 3. Keith Kramer 15:58. 31-39: 1. Jamie Armstrong 17:21. 2. R. Kraiss 18:13. 3. Justin Beck 19:02. 40-49: 1. Mike Wagner 18:03. 2. Arnold Wong 18:40. 3. Ed Murray 18:53. 50-Over: 1. Ralph Boyd 17:06. 2. Len Wallach 24:02.

#### Women's Divisions

Top 3 Finishers: 1. Estelle Valkema 19:29. 2. Nicole Dubois 19:36. 3. Dorete Murray 19:49. 10-Under: 1. Amy Abrahamson 24:39. 11-15: 1. Nicole Dubois 19:36. 2. Naima Amos 21:06. 3. Shannon Kelly 21:53. 16-20: 1. Lawea Sullivan 22:01. 2. Mary Mosely 27:24. 3. Christine Frohlich 28:35. 21-29: 1. Estelle Valkema 19:29. 2. Rosemarie Rinella 23:35. 3. Joni Lourensky 24:32. 31-39: 1. Renee Kronewetter 22:54. 2. Lynn Kelly 23:20. 3. Christina Reichert 29:05. 40-49: 1. Doerte Murray 19:49. 2. Jeanette McGee 22:35. 3. Linda Morris 23:30. 50-Over: 1. Marj Jayne 30:54. 2. Jo Ingraham 34:27.
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## St. Patrick's Day Marathon & Half- Marathon

### March 19. Porterville.

#### Marathon Divisions

##### Men

18-Under: 1. Greg Steinhuer 3:20:42. 20-29: 1. Paul Peterson 2:32:51. 2. T. Andy Harris 2:40:43. 3. Dave Brewer 3:45:19. 30-39: 1. Bobus Smithton 2:41:56. 2. Ozzie Osgood 2:49:44. 3. Jeff Pescar 2:56:12. 4. Bob Terhar 3:05:07. 5. Larry Duke 3:05:27.
---

40-49: 1. Dorsch Sanders 3:01:49. 2. Maury Malloy 3:10:11. 3. John Rous 3:14:14. 50-Over: 1. Ken Takeuchi 3:47:37. 2. Steven Cole 4:06:14.
--

#### Half-Marathon

##### Overall

1 Dennis Wong	1:12:52
2 Steve Clocke	1:14:12
3 Todd Hill	1:15:15
4 Richard Rice	1:15:47
5 Jesse Torres	1:15:57
6 Kevin Carrillo	1:18:03
7 Harry Maloney	1:18:50
8 Allan Taylor	1:21:07
9 Adrian Huerta	1:21:08
10 Paul White	1:21:41
11 Gary Domazlicky	1:21:49
12 Ray Maranda	1:22:00
13 James Finley	1:23:04
14 Paul Petty	1:24:06
15 Brenda Villanueva 1F	1:24:07

#### Men's Divisions

18-Under: 1. Todd Hill 1:15:15. 19-29: 1. Dennis Wong 1:12:52. 2. Richard Rice 1:15:47. 3. Jesse Torres 1:15:57. 30-39: 1. Steve Clocke 1:14:12. 2. Harry Maloney 1:18:50. 3. Alan Taylor 1:21:07. 40-49: 1. Ray Maranda 1:22:00. 2. Phillip Farina 1:25:10. 3. Fred Mendoza 1:30:58. 50-Over: 1. Gil Hinz 1:25:02. 2. Steve Diamant 1:42:26. 3. Brent DeMonte 1:43:52.
---

#### Women's Divisions

18-Under: 1. Jennifer Tracy 1:58:00. 19-29: 1. Brenda Villanueva 1:24:07. 2. Andrea McDonald 1:38:02. 3. Martha Stenmark 1:45:11. 30-39: 1. Joan Robert 1:41:12. 2. Sandra Bush 1:50:16. 3. Juanita Gibbs 1:50:18. 40-49: 1. Ramona Diaz 1:42:44. 2. Verla Phillips 1:46:41. 3. Linda Clark 1:51:28. 50-Over: 1. Liz DeMonte 1:55:54. 2. Susie Takayama 2:00:52.
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## BAY AREA



## THE ROAD RACER'S REFERENCE

This monthly magazine is the official PA-TAC LDR Schedule for 1983. It contains a complete race calendar for a full year as well as entry blanks for many up-coming races.

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## Results

# Track & Field Results

## CS Bakersfield Track Invitational

February 12.

### MEN

**10,000m:** 1. Mike Lansdon (CPSLO) 30:16.8, 2. Kevin Brodie (CPSLO) 30:50, 3. Abel Mota (CP-Pomona) 31:31, 110H: Sect. 1-1. Johan Culbreth (Bakers. JC) 15:09. Sect. 2-1. Derek Ware (Una) 14:66. Sect. 3-1. Brad Underwood (SLO) 14:77. Sect. 4-1. Roland Siasia (Una) 14:20. **Shot Put:** 1. Kurt Thomas (CSB) 56-1, 2. Don Crow (Fresno) 53-5 1/2, 3. Machan Littleton (Fresno) 51-11 1/2.

**4x1800 relay:** 1. SLO 17:30.2, 2. Occidental 17:43, 3. Pomona 17:52, 4. Bakersfield JC 18:03.2, 5. Pasadena JC 18:07.5, 6. Biola 18:56.2. **Steeplechase:** 1. Carlos Yabarra (Camp Pendleton) 9:15.7, 2. Mike Herzog (Fresno) 9:35.5, 3. Tirso Deanda (Pasadena JC) 9:53.4. **Discus:** 1. Curt Thomas (CSB) 164-9, 2. Dave Nagungast (Fresno) 159, 3. Rick Luiten (USC) 156-6.

**4x100 relay:** 1. USC 40.60, 2. SLO 46.70, 3. Pasadena JC 48.74, 4. Camp Pendleton 42.06, 5. Athletic Express TC 42.08. **Sprint Medley:** Sect. 1-1. USC 3:21.5, 2. Camp Pendleton 3:27.2, 3. SLO 3:35.3, Sect. 2-1. Taft JC 3:28.3, 2. Athletic Express TC 3:32.4, 3. Bakersfield JC 3:34.3. **Triple Jump:** 1. Danyel Kelly (CSB) 49-1-5/8, 2. Andre Cobbs (Camp Pendleton) 49, 3. Victor Torres (SLO) 48-6 1/2.

**Hammer:** 1. Machan Littleton (Fresno) 185-9, 2. Ed Nickerson (Fresno) 164-7, 3. Curt Thomas (CSB) 161-6. **Pole Vault:** 1. Doug Porter (Oxy) 16, 2. Doug Wickes (Bakers. JC) 15-6, 3. Clint Hunt (Bakers. JC) 14-6. **400m:** Sect. 1-1. B. Mitchell (Pasadena JC) 49.10, 2. Robin Johnson (Fresno TC) 50.03, 3. Chris Crisman (USC) 50.7. Sect. 3-1. Rufus Jackson (CSB) 47.4, 2. Vincent Bostic (Pasadena JC) 47.9, 3. James Knowles (USC) 51:32.

**Distance Medley:** 1. FSU Alumni 10:05.61, 2. Pomona 10:07.1, 3. Taft JC 10:32.1, 4. Fresno 10:34.6, 5. Oxy A Team 10:37.4. **High Jump:** 1. Ron Lee (Pasadena JC) 7, 2. Chris Bonner (Ath. Exp. TC) 7, 3. Dan McNamara (Fresno TC) 6-10. **4x200:** Sect. 1-1. Athletic Express TC 1:29.3, 2. Oxy 1:31.2, 3. Taft B Team 1:31.6. Sect. 2-1. USC 1:25.72, 2. Pasadena JC 1:28.02, 3. Pomona 1:28.14.

**Long Jump:** 1. Brad Meinhardt (USC) 23-1, 2. Phil Roberts (CSB TC) 23, 3. Roger George (Fresno TC) 22-8. **Hurdles:** Sect. 1-1. Brad Underwood (SLO) 53.18, 2. Chris Crisman (USC) 53.98, 3. Gordon Reed (SLO) 54.5. Sect. 2-1. Doug Lickner (SLO) 55.33, 2. James Knowles (USC) 56.66, 3. Tony White (Bakers. JC) 57.8. Sect. 3-1. Dave Johnson (SLO) 56.85, 2. David Eyre (Bakers. JC) 57.68, 3. Carlton Smith (SLO) 57.82.

**4x800 Relay Section:** 1. Camp Pendleton 7:56.11, 2. Pomona 7:57.01, 3. Bakersfield College 7:58.6. **Javelin:** 1. Tom Jadwin (Fresno TC) 267-5, 2. Alan Collatz (CSB) 229-10, 3. Dan Barton (Una) 225-11. **4x400 Relay:** 1. Camp Pendleton 3:15.62, 2. Fresno 3:16.6, 3. USC A Team 3:20. **500m:** 1. Carmelo Rios (SLO) 14:24.2, 2. Scott Mayfield (Fresno) 12:24.7, 3. Eddie Fual (Fresno) 14:48.1, 4. Steve Stranglo (SLO) 14:53, 5. Sal Lozano (SLO) 14:56.3.

### WOMEN

**Shot Put:** 1. Sharon Hamilton (CSB) 44-8 1/2, 2. Deborah Corley (CSB) 44-3 1/2, 3.

Dana Henderson (SLO) 42-7 1/2. **4x100 relay:** 1. CSB 46.60, 2. SLO 46.70, 3. Pasadena JC 48-74, 4. Oxy 51.36, 5. Cal Lutheran TC 53.72. **5000m:** 1. Jenny Dun (SLO) 17:01, 2. Heidi Ertl (SLO) 17:44, 3. Elliot (Pasadena JC) 18:31.1, 4. Tracy Schofield (Northridge) 19:04.9, 5. Janet O'Brien (Fresno) 19:36, 6. Jori Lawrence (Fresno) 20:02, 7. Lyda Norsworthy (Fresno) 20:46.

**Sprint Medley:** 1. CSB 4:08.2, 2. SLO A Team 4:08.5, 3. Oxy 4:20.5, 4. Pasadena JC 4:26.6. **400m:** 1. Andrea Rolfe (Una) 55.83, 2. Elizabeth Harter (Una) 57:15, 3. Angela Rolfe (Una) 59.1. **Discus:** 1. Kim Shakir (CSB) 124-5, 2. Kathy Kahn (SLO) 133-6, 3. Deborah Corley (CSB) 126-4. **Distance Medley:** 1. SLO A Team 12:17.14, 2. SLO B Team 12:27.36, 3. Oxy 12:39.53, 4. Fresno 13:02.9, 5. Pomona 13:12.7.

**4x200:** 1. SLO TC 1:41.3, 2. Pasadena JC 1:44.8, 3. SLO (Una) 1:40.7, 4. Pomona 1:51. **400m Hurdles:** 1. Merrika Reed (Fresno) 1:07.4, 2. Lissa Palla (Oxy) 1:07.5, 3. Jerry Baker (Oxy) 1:07.7. **4x800 Relay:** 1. SLO A Team 9:21.15, 2. Oxy 10:02.23, 3. Pomona 10:19.41, 4. CSB 11:19.8. **4x400 Relay:** 1. Pomona

Fine Flicks by Don Gosney



LARRY COWLING

## Cal vs. CPSLO

from KEITH CONNING

February 12. Edwards Stadium, Berkeley. All field events cancelled due to inclement weather.

The following athletes equaled or surpassed the PAC-10 qualifying standards: Roy Mosley 10.3 and 21.0, Jimmie Williams 10.5 and 21.3, David Timmons 47.2, Len Robinson 14.0 and Jim Scannella 14.4. The standards are 100-10.5, 200-21.3, 400-47.7, 110H-14.4.

Roy Mosley, an easy double winner in the sprints, will become eligible for Cal at the end of March. He figures to be the Bears' top sprint threat in several years. He suffered a stress fracture in his foot during last season.

Peter Howard, runner-up in the Colorado State Meet last year in the 400, while running for Regis High School in Denver, finished strong in the stretch to place second to teammate David Timmons—47.2 to 47.9. He also contributed legs on the 400 and 1600 relay teams. Jim Scannella, the meet record holder in the 400 hurdles, fell going over the hurdle at 300 meters and skidded along the wet track.

Larry Cowling (Accusplit) easily won the high hurdles in 13.7 and placed se-

cond in the 200 in 21.3.

Jay Marden held off Carmelo Rios in a dramatic stretch run in the two mile. Jay kept looking over his shoulder to keep his winning distance over Carmelo. Phil Broadus, a senior who has just turned out for track, placed third. Broadus, a noted road runner, won the Strawberry Canyon run and the Sri Chinmoy marathon in Foster City in 2:22:30. Marden led the first two quarters in 1:07.5 and 2:18.0. Then Broadus took over for splits of 3:27.8, 4:36.6 (miles), and 5:44.63. Rios led at 6:51.9 and 7:59.9.

**100:** 1. Roy Mosley (Una) 10.3w, 2. Jimmie Williams (Cal) 10.5, 3. Ron Waynes (Cal Poly) 10.7.

**200 Heat 1:** 1. Jimmie Williams (Cal) 21.3w, 2. Dru Utter (Cal Poly) 22.0, 3. Akin Lewis (Una) 22.1. **Heat 2:** 1. Roy Mosley (Una) 21.0w, 2. Larry Cowling (Accusplit) 21.3, 3. Mike Farmer (Una) 22.5.

**400:** 1. David Timmons (Cal) 47.2, 2. Peter Howard (Cal) 47.9, 3. Ken Smith (Cal) 48.7. **800:** 1. Andrew Boyd (Cal) 1:53.4, 2. Kimble Goodman (Una) 1:53.5, 3. Carl Bonner (Cal) 1:53.5, 4. Dave Rodriguez (Cal) 1:54.5, 5. Allen Goes (Cal Poly) 1:56.1.

**1500:** 1. Rod Berry (Una) 3:53.9, 2. Vernon Sallaz (Aggie RC) 3:54.0m, 3. Brad Zamczyk (Cal) 3:55.5, 4. Mark LaBonte (GBTC) 3:55.6, 5. Peter Churney (GBTC) 3:55.6.

**Two Miles:** 1. Jay Marden (Cal) 9:00.1, 2. Carmelo Rios (Cal Poly) 9:00.4, 3. Phil Broadus (Cal) 9:02.9, 4. Mike McCollum (Cal) 9:06.1, 5. Steve Valen (Cal) 9:14.6.

**110 High Hurdles:** 1. Larry Cowling (Accusplit) 13.7w, 2. Len Robinson (Cal) 14.0, 3. Jim Scannella (Cal) 14.4.

**400 Hurdles:** 1. Gordon Reed (Cal Poly) 52.9, 2. Brad Underwood (Cal Poly) 53.5, 3. Peter Grimes (GBTC) 53.9.

**400 Relay:** 1. Cal (Eric Wright, Jimmie Williams, Peter Howard, Terry Wiley) 41.6, 2. Cal Poly 42.3.

**1600 Relay:** 1. Cal (Peter Howard 48.6, Carl Bonner 48.6, Jim Scannella 48.3, David Timmons 47.2) 3:12.7, 2. Cal Poly 3:17.3.

## Gill Weightman's Pentathlon

February 13. Northridge.

### College-Univ/Open Division

1. John Brenner (UCLA) 4:546, 2. Mike Fritchman (RRTC) 4:220, 3. Curt Thomas (CSB) 4:152, 4. Mike Barnett (Azusa) 4:133, 5. Dan Goodman (CSUN) 4:068, 6. Christian Okoye (Azusa) 3:965, 7. Paul Bishop (W. City) 3:878, 8. Brian Muir (UCLA) 3:844, 9. Jim Banich (UCLA) 3:808, 10. Aaron Buckholz (CSUN) 3:756.

### Community College Division

1. Todd Kaufman (SJCC) 3:831, 2. Jeff Ramirez (SJCC) 3:552, 3. Alan Graves (Modesto) 3:370.

### Submasters 30-39 Division

1. Frank Reilly (All-Am) 3:727, 2. Mike Deller (Una) 3:516, 3. Bill Harvey (Una) 3:820.

### Masters 40-49 Division

1. Lloyd Higgins (Striders) 3:400, 2. F. Stewart Thomson (Una) 3:140, 3. Jim Hart (WVTC) 2:968, 4. Hal Smith (So. Cal St.) 2:696.

### Masters 50-59 Division:

1. Bill Bangert (Una) 1:895.

### Masters 60-69 Division:

1. Bob Stone (Nor Cal) 2:041, 2. Jim Minah (CW) 1:563.

### Hammer:

1. M. Fritchman (RRTC) 192.5, 2. S. Nickerson (UCLA) 188.2, 3. J. Brenner (UCLA) 183.2.

### Discus:

1. G. McSeveney (Una) 179-5, 2. C. Okoye (Azusa) 177-5, 3. F. Reilly (All-Am) 173-11.

### Javelin

1. M. Barnett (Azusa) 272-3, 2. J. Bender (UCLA) 235-9, 3. D. Stephens (CSN) 217-0.

### Shot

1. J. Brenner (UCLA) 62-10, 2. B. Muir (UCLA) 61-5, 3. J. Banich (UCLA) 58-7 1/2.

### 35 Lb. Weight

1. B. Green (CSLB) 62-3 1/2, 2. M. Fritchman (RRTC) 57-3 1/2, 3. J. Brenner (UCLA) 55-9 1/2.

## All-Comers

From Keith Conning

February 19. Berkeley.

### MEN

**100:** 1. Marty Krullee (Stars & Stripes TC) 10.4, 2. Akin Lewis 10.9, 3. Leon Porter (Castlemont HS) 10.9. **200:** 1. Porter 22.4, 2. Lewis 22.6, 3. Gene Holbert (Alameda) 22.7. **400:** 1. Michael Jordan (Cal St. Hayward) 50.1. **800:** 1. David Timmons (Cal) 1:54.5, 2. John Sup (GBTC) 1:55.1, 3. Larry Guinee 1:56.0. **1500:** 1. Sup 3:38.8, 2. Dan Buntman (Converse) 3:51.6, 3. Roy Kissin (Sub-4 TC) 3:59.7. **3000:** 1. Tom Trimble 8:51.8, 2. Ray Corona 9:15.6. **5000:** 1. Helmer Aslaksen (GBTC) 14:59.8, 2. Fady Malik 15:36.8. **110H:** 1. Greg Veatch (So. Cal. Striders) 14.0, 2. Carl Florant (Inner City) 14.3, 3. Derrick Liggins 14.4. **300H:** (Combined heats) 1. Veatch 39.5, 2. Al Borden 40.9, 3. Chuck Kirkpatrick 41.2. **1600 Relay:** 1. Sub-60 TC 3:44.2, 2. El Cerrito Gazelles 3:57.2. **HJ:** 1. John Morris (Cal) 6-10, 2. Ken Malvino (Cal) 6-8. **PV:** 1. Paul Babis (Michigan TC) 16-6, 2. Bob Babis (GBTC) 16-0, 3. Dell Miller (GBTC) 16-0. **LJ:** 1. Eric Wright (Cal) 24- 1/2, 2. Tom Campbell (Cal) 22-7 1/2, 3. Ken Williams (Cal) 22-2 1/2. **TJ:** 1. Isen Williams (Cal) 48-11 1/2, 2. Pat Riley (Cal) 46-2, 3. Bill Dur brow (Cal) 44-4 1/2. **SP:** 1. Paul Rosati (Cal) 52- 1/2, 2. Eric Debus 51-4 1/2, 3. David Mag gard (Cal) 51- 1/2. **DT:** 1. Dave Porath (Cal) 184-0, 2. Jay Kovar 174-10, 3. Eric Debut 154-5. **Javelin:** 1. Dan Lister (Cal St. Hayward) 196-0, 2. John Hansen 195-0, 3. Doug Cooper 189-10.

### WOMEN

**100:** 1. Qwen Ward (Ca. St. Hayward) 12.7, 2. Rolanne Byrd (Cal St. Hayward) 12.9, 3. Rondi Labat (1980 TC) 13.3. **200:** 1. Erica Harris (Cal) 24.7, 2. Connie Culbert 24.8, 3. Delphina Banks (Cal St. Hayward) 25.2. **400:** 1. Banks 55.3, 2. Debra Carsor (Cal St. Hayward) 57.8, 3. Ronda Brook (1980 TC) 12-13 60.3. **800:** 1. Ticks Simor (Cal St. Hayward) 2:25.8, 2. Marcy Mille (Cal St. Hayward) 2:27.5, 3. Jennife Javora (Cal St. Hayward) 2:34.2. **1500:** 1. Louise Romo (Cal) 4:32.2, 2. Marilyn Davit (Cal) 4:36.4, 3. Debbie Morris (Cal St. Hayward) 4:36.5. **3000:** 1. Kathy Koudeli (Cal St. Hayward) 10:11.8, 2. Kathy Wa (Cal St. Hayward) 10:21.2, 3. Shane Felli (Cal St. Hayward) 10:33.0. **60H:** 1. Byrd 9.2, 2. Kathleen Bortolussi (Cal) 9.4, 3. Vaamon De Luca (Berkeley TC) 9.5. **30H:** 1. Bortolussi 46.3, 2. Kathy Halpin (Ca. St. Hayward) 47.5, 3. Angela Paradise (Ca. St. Hayward) 48.9. **HJ:** 1. Maggie Vai Zeeland (Cal) 5-6, 2. Chris Vigile (Cal) 5-0. **LJ:** 1. Yvette Bates (Berkeley HS) 18-8 1/2, 2. Casey Overfield (Cal) 17-3 1/2. **SP:** 1. Diane Oswalt (Cal St. Hayward) 43-4, 2. Glenda Ford (Cal St. Hayward) 43-2 1/2, 3. Caryn Edmonston (DVC) 41-11 1/2. **DT:** 1. Oswalt 164-1, 2. Ford 153-7, 3. Kim Danie (Cal St. Hayward) 121-2. **JT:** 1. Ticki Simon (Cal St. Hayward) 129-2.

### HIGH SCHOOL BOYS

**100:** 1. Leon Porter (Castlemont) 11.2, 2. Kenneth Henderson (Berkeley) 11.4, 3. Derrick Haynes (Kennedy R) 11.4. **200:** 1. Henderson 22.4, 2. Preston Brown (Oakland Tech) 23.6, 3. Ben Strickland (Berkeley) 23.8. **400:** 1. Eric Crapi (Berkeley) 49.9, 2. Mike Walker (Berkeley) 50.2. **800:** 1. Noah Hinkston (Oakland Tech) 1:57.6, 2. Jim Bloomer (El Cerrito) 1:57.9, 3. Matt Anderson (Berkeley) 1:58.2. **1500:** 1. Hinkston 4:11.6, 2. Todd Martine (San Lorenzo) 4:16.1, 3. Tony Scardin (DeAnza) 4:17.4. **3000:** 1. Martinez 9:16.2, 2. Kevin Borkman (DeAnza) 9:53.2, 3. Ja Connors (Aragon) 9:58.4. **110H:** 1. Pau Spagnoli 16.7, 2. Daryl Harrison (Castlemont) 16.8. **300H:** 1. Nelson 40.9, 2. Harrison 41.2. **PV:** 1. Dan Wheaton (Petaluma) 12-0, 2. Shawn Lewis (Mills) 12-0. **LJ:** 1. Haynes 19-11 1/2. **TJ:** 1. Darren Wilkerson (Kennedy R) 40-5 1/2, 2. Rucker 40-2. **SP:** 1. Craig Miller (Berkeley) 48-0, 2. Tom Gilliam (Kennedy R) 46-4 1/2. **DT:** 1. Gilliam 119-7.

### HIGH SCHOOL GIRLS

**400:** 1. Doniace Johnson (Berkeley) 1:03.0. **1500:** 1. Heather Watkin (Berkeley) 4:50.4.



## MASTERS MEN

200: 1. Enver Mehmedbasich (Nor Cal Seniors) 29.5. 400: 1. Mehmedbasich 63.4. 800: 1. Mehmedbasich 2:31.3.

## SUB MASTERS MEN

PV: 1. Bruce Hotaling (Unattached) 13.6.

## AGE-GROUP GIRLS

200: 1. Ronda Brooks (1980 TC, 12-13) 25.8.

2:30.5. 3000: 1. Richard Keene 10:59.2.

## MASTERS WOMEN

1500: 1. Agatha Sue Lee (WVTC) 5:23.0. Girls Age-group: 100: 1. Ronda Brooks 12.6, 2. Crystal Alexander 13.4, 3. Kwanza Green 14.3. 200: 1. Brooks 26.5, 2. Green 29.2, 3. Anglique Reid 30.6. 800: 1. Karen Haller 2:23.6, 2. Carson 2:23.8. 400 Relay: 1. 1980 12-13 52.1, 2. 1980 10-11 57.3.



ANTONIO DOBBINS  
Glendale College

## Long Beach Relays

March 5.

### Open/University Division

10,000m: 1. Rick Caintalan (CSULB) 31:42, 2. Carlos Godoy (All-Amer. TC) 31:51, 3. Tom Carlton (Loyola) 32:03. 3,000m Steeplechase: 1. Glenn Lee (SJS) 9:14, 2. John Prather (Santa Monica TC) 9:23, 3. Mark Luevano (Santa Monica TC) 9:26. 400m Relay: 1. CSULB 41.0, 2. CS Northridge 42.3, 3. Occidental 42.7. 400m Relay: 1. Maccabi 41.8, 2. LBCC 'B' 42.1, 3. Patriots 42.5. Distance Medley: 1. San Jose St. 10:15, 2. Santa Monica TC 10:16, 3. CS Northridge 10:18. Open Sprint Medley: 1. Santa Monica TC 3:23, 2. Saturn II TC 3:34, 3. Maccabi 3:36. Univ. Sprint Med.: 1. CSULB 3:27, 2. Occidental 3:37, 3. CS Fullerton 3:43. 800m Relay: 1. Maccabi 1:29, 2. Maccabi 'B' 1:29, 3. All-Amer. TC 1:29. 4 Mile Relay: 1. Aggie RC 17:01, 2. CSULB 17:06, 3. Occidental 17:09. 2 Mile Relay: 1. All-American TC 7:38, 2. San Jose St. 7:42, 3. Santa Monica TC 7:54. 880 Relay: 1. Saturn II TC 1:28, 2. Patriots 1:29, 3. Fleet City Exp. 1:34. Mile Relay (Open): 1. Santa Monica TC 3:11, 2. All-Amer. TC 3:13, 3. Fleet City Exp. 3:19. Mile Relay (Univ.): 1. CSULB 3:12, 2. San Jose St. 3:20, 3. CS Northridge 3:21.

5,000m: 1. Gallagher (Occ) 14:36, 2. Olson (CSDH) 14:57, 3. Fredrickson (Una.) 14:59. Discus: 1. McSeveney (49er TC) 191-5, 2. F. Reilly (All-Amer. TC) 181-7, 3. Bannich (Una) 172-11. Long Jump: 1. A. Cobbs (USMC) 7:13m, 2. R. Rivers (SJS) 7:01m, 3. D. Jackson (USMC) 6:98m. Hammer Throw: 1. Bill Green (CSULB) 235-7, 2. Steve Rohovit (Converse TC) 207-9, 3. Fred Schumaker (SJS) 202-9. Open Shot Put: 1. Mike Smith (Converse TC) 19.99m, 2. Jim Bannich (Una) 17.84m, 3. Bill Farr (49er TC) 16.97m. Univ. Shot Put: 1. Hank Scarborough (SJS) 16.93m, 2. Doug Matern (UCLA) 16.13m, 3. Peterson (Occ.) 15.22m. Javelin: 1. David Rider (49er TC) 225-4, 2. Dan Barton (49er TC) 221-3, 3. Shawn Perry (SJS) 213-1. High Jump: 1. Mel Baker (CSULB) 7-0, 2. Jeff Armstrong (CSULB) 6-10, 3. Jay Valentine (All-Amer. TC) 6-8. Pole Vault: 1. Bob Olson (Maccabi) 4.90m, 2. Allen Sauck (All-Amer. TC) 4.90m, 3. Brad Hampton (CSULB) 4.75. Triple Jump: 1. Salazar (LBCC) 16.17m, 2. Craig Roberts (SJS) 15.11, 3. Harris (LBCC) 15.00m. 5,000m Walk (Men): 1. Larry Walker (Van's N'I TC) 20:57, 2. Jay Byers (Green & Gold AC) 23:39, 3. Christian Smith (Will's AC) 23:51.

## Community College Division

10,000m: 1. Tyrus Deminter (LBCC) 31:33, 2. M. Craigie (SMCC) 31:56, 3. Paul Merryman (OCC) 32:22. 3,000m Steeplechase: 1. Brown (Una) 9:22, 2. O. Escobar (LBCC) 9:23, 3. Tirso DeAnda (Pasadena) 9:41. 400m Relay: 1. Taft 40.2, 2. Pasadena 40.7, 3. El Camino 40.8. Distance Medley: 1. LBCC 10:05, 2. Pima 10:16, 3. Glendale 10:17. Sprint Medley: 1. Taft 3:22, 2. El Camino 3:33, 3. Pasadena 3:34. 4 Mile Relay: 1. El Camino 17:07, 2. Glendale 18:02, 3. Saddleback 18:22. Mile Relay: 1. Pasadena 3:11, 2. LBCC 3:12, 3. El Camino 3:14. 2 Mile Relay: 1. LBCC 7:40, 2. Pasadena 7:54, 3. Saddleback 7:57. 880 Relay: 1. Pasadena 1:24, 2. El Camino 1:25, 3. LBCC 1:25. 5,000m: 1. Villas (Pima) 15:09, 2. E. Tadares (Santa Monica) 15:21, 3. Allen (El Camino) 15:37.

Long Jump: 1. Thomas (Pasadena) 7:18m, 2. T. Jones (Santa Monica) 7:10m, 3. G. Castana (Compton) 6:77m. Triple Jump: 1. Howard (El Camino) 48-11, 2. Livingston (El Camino) 45-1 1/4, 3. Mueller (Occ.) 45-1. Javelin: 1. Fernandez (LBCC) 218-1 1/2, 2. John O'Donnell (Saddleback) 197-6 1/2, 3. Green (Cerritos) 185-11 1/2. Hammer Throw: 1. Kevin Jeffries (Glendale) 144-7, 2. Chris Sweeney (Saddleback) 141-7, 3. Antonio Dobbins (Glendale) 127-6. Discus: 1. J. Doeiring (Saddleback) 163-2, 2. Antonio Dobbins (Glendale) 160-5, 3. Kevin Jeffries (Glendale) 158-1. Pole Vault: 1. Dion Gulliano (Glendale) 14-8, 2. Rosenthal (El Camino) 14-8, 3. Joe Utzrum (Saddleback) 14-8. High Jump: 1. Jones (Pasadena) 6-10, 2. Lee (Pasadena) 6-10, 3. Orta (LBCC) 6-8. Shot Put: 1. Pat Neal (Taft) 16.46m, 2. Bolden (Cerritos) 15.68m, 3. Chris Sweeney (Saddleback) 15.60m.

photo by Gene Cohn



POLLY PLUMER  
UCLA

## Aztec Invitational

March 5, San Diego.

### INVITATIONAL EVENTS

#### WOMEN

Javelin: 1. Susie Ray (UCLA) 178-1, 2. Daniela Barn es (CPSLO) 169-4.

3. Liz Mueller (SDSU) 167-4, 4. Barb Moro (Will's AC) 162-0, 5. Deina Bernstein (Coast) 160-7, 6. Debbie Dibb (SDSU) 149-10.

#### 100 Meter Hurdles:

1. Lori Smith (SDSU) 13.54, 2. Janet Yarbrough (CP TC) 13.82, 3. Cece Chandler (CPSLO) 14.71, 4. Gayle Kellon (Unatt) 15.01, 5. Carrie McLaughlin (SDSU) 15.01.

#### 4 X 100 Relay:

1. SDSU 45.81, 2. Cal Poly TC 46.00, 3. CSLA 46.19, 4. Cal 47.02, 5. CSU Hayward 47.75.

#### 1500 Meter Run:

1. Monica Joyce (Converse West) 4:20.89, 2. Amy Harper (CPSLO) 4:25.03, 3. Marilyn Davis (Cal) 4:31.65, 4. Chris Bergeron (Unatt) 4:32.86, 5. Lori Lopez (CPSLO) 4:33.99.

#### 100 Meter Dash:

1. Jackie Pusey (LA TC) 11.78, 2. Lisa Winston (Unatt) 11.88, 3. Tamela Holland (Cal Poly TC) 11.98, 4. Brigitte Moon (SDSU) 12.09.

#### Long Jump:

1. Sandy Crabtree (Coast) 19-5, 2. Jewel Lovelady (Unatt) 19-1 1/2, 3. Sabrina Williams (USC) 19-4.

#### Shot Put:

1. Ramona Pagel (Unatt) 52- 1/2, 2. Natalie Kaaliwahia (Unatt/HS) 49-9 1/4, 3. Peggy Pollack (Unatt) 48-9, 4. Bonnie Dasse (Coast) 48-3.

#### High Jump:

1. Coleen Sommer (Adidas) 6-5, 2. Sue McNeal (CPSLO) 5-10, 3. Lori Clark (SDSU) 5-10, 4. Patti Stafford (Coast) 5-8, 5. Karen Kraemer (CPSLO) 5-8, 6. Kerry Bell (USC) 5-6.

#### 4 X 400m Relay:

1. San Diego State 3:39.12, 2. Cal State Los Angeles 3:39.88, 3. Cal 3:40.68, 4. Stanford TC 3:42.50, 5. Cal State Hayward 3:55.54.

#### Discus:

1. Natalie Kaaliwahia (Unatt/HS) 173-11, 2. Ramona Pagel (Unatt) 164-10, 3. Cindy Johnson (USC) 164-8, 4. Glenda Ford (CSH) 163-3, 5. Sue Springer (Cal) 158-8, 6. Leslie Hoerner (AIA) 156-6.

#### MEN

##### 110 Meter Hurdles:

1. Tonie Campbell (Unatt) 13.61, 2. Sam Turner (S&S) 13.77, 3. Milan Stewart (Unatt) 13.79, 4. Greg Veatch (S&S) 13.97, 5. John Lehnstrom (ASU) 13.98.

##### 4 X 100 Meter Relay:

1. Arizona State 39.97, 2. Chastahs 40.02, 3. San Jose State 40.47, 4. SDSU 40.59.

#### Pole Vault:

1. Dave Kenworthy (USC) 17-9, 2. Jerry Mulligan (Unatt) 17-6 1/2, 3. Clark Elliot (SDSU) 16-8, 4. Steve Tully (ASU) 16-4.

#### Javelin:

1. Rod Ewalikq (Nike TC) 274-1, 2. Duncan Atwood (Nike TC) 263-8, 3. Rory Kotinek (Unatt) 257-3, 4. Mike Packer (Unatt) 244-1.

#### Shot Put:

1. Hank Krachir (USC) 63-6 1/4, 2. Gary Williky (S&S) 62-6 1/4, 3. Jim Camp (ASU) 58-6 1/4, 4. Jim Spillers (SDSU) 55-1 1/4.

#### Long Jump:

1. Ken Frazier (ASU) 24-4 1/4, 2. Stan Whitliff (Cheetahs) 24-3 1/4, 3. Ken Smith (Cal) 24-2 1/4, 4. Tom Campbell (Cal) 23-10 1/4, 5. Walter Haywood (ASU) 23-8 1/4, 6. Scott Countryman (SDSU) 23-4.

#### 1500 Meters:

1. Brian Theriot (Adidas) 3:48.30, 2. Mark Belger (SDAA) 3:48.61, 3. Phil Peterson (Unatt) 3:50.58, 4. Brian Russell (SSTC) 3:53.23.

#### 100 Meter Dash:

##### Section 1

1. William Snoddy (Navy) 10.49, 2. Marty Krulce (Unatt) 10.52.

continued on next page...

## All-Comers Meet

from Keith Conning

February 26. Edwards Stadium, Berkeley.

### MEN

100: 1. Marty Krulce (Stars & Stripes) 10.4, 2. Stoney McCree (Merritt) 10.5, 3. Adrian Rodgers 10.8. 200: 1. Krulce 21.2, 2. Rodgers 22.2, 3. Walter Jones 22.3. 400: 1. Ken Smith (Cal) 48.8, 2. Eric Wright (Cal) 49.4, 3. Ron Seanez 51.6. 800: 1. Lloyd Guss 1:54.1, 2. Carl Bonner (Cal) 1:54.1, 3. John Sup (GBTC) 1:55.5. 1500: 1. Sup 3:52.7, 2. Tom Downs (Cal) 3:52.8, 3. Jay Marden (Cal) 3:54.7, 4. Peter Churney (GBTC) 3:57.4, 5. Steve Valen (Cal) 3:58.7. Steeplechase: 1. Sam Skinner (Cal) 9:41.7, 2. Scott Marconda (Cal) 9:54.6, 3. Kevin Kennedy (Cal) 9:55.3, 4. Sam Hooker (GBTC) 10:07.2. 5000: 1. Phil Broadus (Cal) 14:47.6, 2. Helmer Aslaksen (GBTC) 15:00.5, 3. Tom Borschel (GBTC) 15:25.8, 4. Damien Curry 15:26.2, 5. Fady Malik (Cal) 15:43.2. 110H: 1. Greg Veatch (So. Cal Striders) 14.0, 2. Ray Smith 14.2, 3. Ron Kennedy 14.3. 400H: 1. Jim Scannella (Cal) 53.3, 2. Reed Johnson 58.1, 3. David Wilson 58.1. 400 Relay: 1. Cal 41.4, 2. Alameda JC 43.6. 3200 Relay: 1. Cal 3:15.1, 2. Cal B 3:16.3, 3. College of Alameda 3:41.2. HJ: 1. Ken Malvino (Cal) 6-6, 2. Alan Wright (DVC) 6-0, 3. Lorenzo Ellison (Chabot) 5-10. PV: 1. Ross McAlexander (Cal) 16-0, 2. Kurt Strassmann (Cal) 15-6. DT: 1. John Garvey (Weight City) 174-2, 2. David Maggard (Cal) 156-5, 3. Scott Sanders (Cal) 131-2. JT: 1. Bob Volles 193-10, 2. John Hansen 193-0, 3. Tim Smith (Cal) 171-1.

### WOMEN

200: 1. Kim White (Cal) 24.5, 2. Debra Carson 26.0. 400: 1. Erica Harris (Cal) 56.0, 2. Connie Culbert (Cal) 56.9, 3. Carson 58.3. 1500: 1. Laurie Hollingworth (Cal) 4:47.2, 2. Maria King (Cal) 4:48.3, 3. Jo Barry 5:05.5. 90H: 1. Yvette Bates (BEBC) 13.6, 2. Sally Meinbress 13.7, 3. Kathleen Bortolussi 14.2. 300H: 1. Meinbress (Cal) 48.3. HJ: 1. Susan Phillips (Cal) 4-8. DT: 1. Sue Springer (Cal) 160-3, 2. Ingrid Bailey (WVC) 142-2, 3. Cindy Durschlag (Cal) 139-1.

### HIGH SCHOOL BOYS

100: 1. Kenneth Henderson (Berkeley) 10.8, 2. Noel Miller (Kennedy, R) 10.8, 3. Andrae Hunter (Berkeley) 10.9. 200: 1. Noel Miller 22.1, 2. Anthony Usher (Berkeley) 22.9, 3. Bill Robinson 23.2. 400: 1. Preston Brown (Oakland Tech) 51.4, 2. Demetrius Gauvin (DeAnza) 51.7, 3. Bill Robinson (Oakland Tech) 53.7. 800: 1. Mike Walker (Berkeley) 2:00.2, 2. Noah Hinkston (Oakland Tech) 2:00.7, 3. Kevin Borkman (DeAnza) 2:02.1. 1500: 1. Jim Bloomer (El Cerrito) 4:00.7, 2. Calvin Gaziano (Aggies/Castro Valley) 4:02.0, 3. Martin Higginbotham (Berkeley) 4:10.8, 4. Tony Scardina (DeAnza/Zephyr) 4:17.5, 5. Thomas Berggren (CPS) 4:18.1. 3000: 1. Brian Vaughan (Berkeley) 9:23.7, 2. Kinter 9:29.1, 3. Bruce Springsteen (Berkeley) 10:12.1. 110H: 1. Dion Nelson (Skyline) 14.7, 2. Leonard Spikes (Berkeley) 16.2, 3. Paul Spagnoli (Mills) 16.6. 300H: 1. Nelson 40.8. 400 Relay: 1. Berkeley 44.5. HJ: 1. Yvon Hill (Moreau) 6-0. PV: 1. Mark Slutkin (Piedmont) 11-0, 2. Joe Sandrini (Mills) 10-8, 3. Steve McKay (Kennedy) 9-6. DT: 1. Jeff Steward (Berkeley) 146-11, 2. Frank Schrrado (Moreau) 86-3.

### HIGH SCHOOL GIRLS

3000: 1. Allison Keene (Berkeley) 12:52.2, 2. Jeffifer Lifshay (Berkeley) 12:53.8.

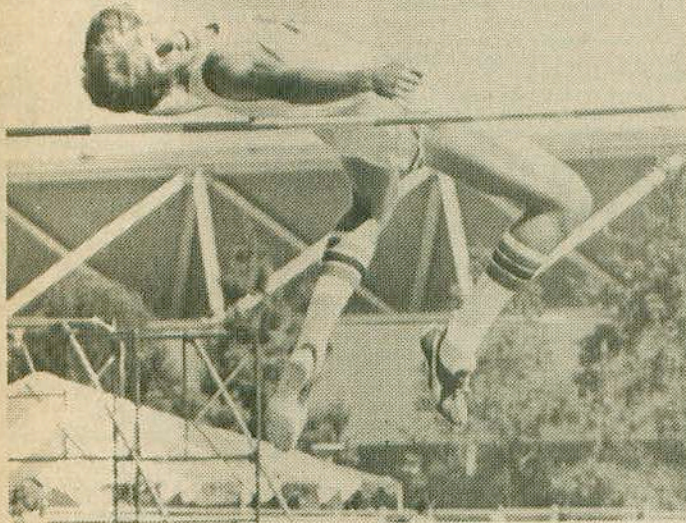
### MASTERS MEN

200: 1. Enver Mehmedbasich (NorCal Seniors) 28.8. 800: 1. Mehmedbasich



# Results

photo by Bill Leung, Jr.



DWIGHT STONES

3 Roy Mosely (Unatt)	10.65
4 James Gilkes (Cheetahs)	10.67
Section 2	
1 Ron Brown (S&S)	10.23
2 Luis Morales (USC)	10.38
3 Darwin Cook (USC)	10.48
4 Bernie Jackson (Ariz. Mesa)	10.51

5000 Meter:	
1 Graeme Fell (GB)	13:54.41
2 Dan Raby (Unatt)	14:13.44
3 Tom Bryant (Santa Mon. TC)	14:13.49
4 Jan Hagelbrand (Sweden)	14:13.94
5 Syd Libovitch (Unatt)	14:14.32
6 Tom Lux (Jamul Toads)	14:20.19
7 Mike Pope (UCLA)	14:22.19

Triple Jump:	
1 Robert Cannon (Coast)	54-4 1/2
2 Deon Mayfield (ASU)	52-11 1/2
3 Cameron Gary (SDSU)	49-11 1/4
4 Yasushi Ueta (Japan)	49-8 1/2
5 Ken Williams (Cal)	49-3 3/4
6 Ed Kinney (SDSU)	49-3
7 Ken Frazier (SDSU)	48-10

High Jump:	
1 Dwight Stones (Tiger TC)	7-2
2 Reynaldo Brown (Unatt)	7-2
3 Deon Mayfield (ASU)	7-0
4 Frank Schiefer (SDSU)	7-0
5 Jason Meisler (Unatt)	6-10

Discus:	
1 Dave Porath (Cal)	194-6
2 Gary Wilkly (S&S)	191-3
3 Richard Slaney (Grt. Bn)	187-8
4 John Garvey (WCTC)	181-8

## OPEN EVENTS

### MEN

10,000 Meters:	
1 Gilbert Cortez (CSCLA)	30:19.78
2 Mark VanLaeven	30:25.32
3 Bill Broadbudd (Cal)	30:36.85

Javelin:	
1 Mike Fritchman (Unatt)	218-5
400 Meter Hurdles:	
1 Bernie Holloway (SDSU)	49.69
2 James King (Maccabi)	50.83
3 Jim Scanella (Cal)	51.81
4 Austin Shanks (SDSU)	51.93
5 Eldridge Taylor (SDSU)	52.11

Distance Medley Relay:	
1 Cal "A"	9:46.44
2 ASU "B"	9:47.58
3 ASU "A"	9:53.00
4 USC	9:57.60

4 X 200 Meter Relay:	
1 USC	1:22.67
2 San Diego State	1:24.71
3 Cheetahs	1:24.99

Shot Put:	
1 Walter DeJean (USC)	52-7 1/4
2 Dave Maggard (Cal)	52-6
3 Paul Rosati (Cal)	52-1 1/4
Long Jump:	
1 William Long (UCSD)	23-9
2 Eric Wright (Cal)	23-4

Steeplechase:	
1 Steve Holl (Unatt)	9:01.09
2 Bob Henke (Utah St.)	9:09.92
3 Sam Skinner (Cal)	9:12.54
4 Ruben Haro (Santa Mon. TC)	9:13.36

Hammer Throw:	
1 Mike Fritchman (Unatt)	186-2
2 Joe Briski (Unatt)	184-3
3 Mike Maynard (Unatt)	182-3
4 Jim Thiss (SDSU)	179-8

High Jump:	
1 John Morris (Cal)	7-0



SAM TURNER

## WOMEN

Javelin:	
1 Michelle Olivera (Coast)	138-9
2 Ticks Simon (CS Hayward)	134-6
3 Charm Bishop (USC)	131-9

5000 Meters:	
1 Polly Plumer (UCLA)	16:33.97
2 Leslie White (CPSLO)	16:35.40
3 Marilyn Nichols (CPSLO)	16:40.00
4 Kathy Koudela (CS Hayward)	16:46.00

Distance Medley Relay:	
1 CPSLO	11:23.71
2 Stanford TC	11:37.18
3 LA Mercurettes	11:49.33
4 SDSU	12:05.79
5 Cal	12:12.89

High Jump:	
1 Wendy Craig (Unatt)	5-6

Shot Put:	
1 Sue Springer (Cal)	46-3
2 Diane Oswalt (CSU Hayward)	44-6 1/2
3 Dana Henderson (CPSLO)	43-6 1/2
4 Glenda Ford (CSU Hayward)	42-8

Long Jump:	
1 Stephanie Brown (CSULA)	17-3 1/4

400 Meter Hurdles:	
1 Gayle Kellon (Unatt)	60.01
2 Chris DuBols (CPSLO)	62.99

800 Meter:	
1 Louise Romo (Cal)	2:06.63
2 Donna Curtis (USC)	2:07.32
3 Kerry Zaleski (Unatt)	2:07.39
4 Debbie Fell (Canada)	2:08.42
5 Joan Russell (Coast)	2:09.66

4 X 200 Meter Relay:	
1 Cal Poly TC	1:36.89
2 Cal	1:37.40
3 San Diego State	1:39.55
4 Cal State Hayward	1:40.84
5 Cal State Los Angeles	1:42.44

## Northridge Relays

### March 12.

#### JC WOMEN

2-Mile Run:	1. Lynn Hill (SMC) 11:06.84,
	2. Torie Elliot (PCC) 11:09.9.

Distance Medley Relay:	
1. East L.A.	12:40.14, 2. El Camino 12:43.9, 3. Glendale 13:27.1.

High Jump:	
1. Anne Dietrich (Moorpark)	5-4 (meet record), 2. Rena Smith (Pasadena) 5-2, 3. Simon Vanegmond (LAVC) 5-2.

100 Hurdles: 1. Pam Cox (RCC) 17.14, 2. Linda Bell (SMC) 18.33, 3. Marie Villarreal (PCC) 18.59.

400 Relay: 1. PCC 48.28, 2. El Camino 48.30, 3. RCC 50.81, 4. SMC 50.91.

Discus: 1. Diana Clements (Sad

Discus:	
1. Diana Clements (Saddieback) 139-10, 2. Cary Bell (Fullerton) 126-3.	

100 Dash:	
1. Cheryl Brown (PCC) 12.36,	
2. Michelle Hallie (PCC) 12.36, 3. Laween	
Faithfull (SMC) 12.62	

Sprint Medley Relay: 1. PCC 4:18.06, 2. ELAC 4:22.47, 3. SMC 4:23.19, 4. RCC 4:39.11, 5. Glendale 4:42.59.

Javelin: 1. Deena Bernstein (Moorpark) 151-4, 2. Cathie Wilson (Bakersfield) 138-5, 3. Colleen Kevany (El Camino) 123-4, 4. Chris Johnson (Bakersfield) 122-7.

1-Mile Run: 1. Lynn Hill (SMC) 5:11.27, (new meet record), 2. Alex Andria Aguirre (ELAC) 5:12.20.

880 Relay: 1. PCC 1:42.84, (new meet record), 2. El Camino 1:43.14.

Shot Put: 1. Diana Clements (Saddieback) 47-1 3/4, 2. Carol McBryant (AVC) 39-10 1/2.

Long Jump: 1. Darleen Pennie (PCC) 18-5½, 2. Shirreen Johnson (RCC) 17-3½, 3. Joanna Harper (AVC) 17-2¼.

Mile Relay:	
1. El Camino 4:02.60, 2. SMC 4:13.47.	

#### JC MEN

10,000 Meter Run: 1. Al Denlinger (AVC) 31:12, 2. Joel Hope (Chaffey) 31:18.

4-Mile Relay: 1. Long Beach CC (Tyrus DeMinter, Angel Roman, Cesario May)

4-Mile Relay: 1. Long Beach CC (Tyrus DeMinter, Angel Roman, Cesario Marques, Osman Escobar) 17:09.07 (meet and stadium record), 2. Glendale 17:18, 3. El Camino 17:19, 3. Pasadena 17:36, 4. Compton 18:30.

Camino 17:19, 3. Pasadena 17:36, 4. Compton 18:30.

**Shuttle Hurdle:** 1. Bakersfield 59:75, 2. RCC 1:06.11. Section 2: PCC 1:00.60, SMC 1:01.77.

400 Relay:	
1. LBCC 40.57, 2. Taft 40:50, 3. El Camino 40:81, 4. PCC 40:86, 5. SMC 41:80, 6. Glendale 43:18.	

**100 Dash:** 1. Prince Fields (Taft) 10.74, 2. Mike Dexter (Taft) 10.76. Section 2: Travis Dancer (PCC) 10.77, Mason Burroughs (SMC) 10.96.

**Shot Put:** 1. Pat Neal (Taft) 55-4, 2. Kevin Jeffries (Glendale) 52-9, 3. Eric Hudson (Fullerton) 52-3, 4. Eric Martin (Bakersfield) 52-1, 5. Antonio Dobbins (Glendale) 49-6.

**Sprint Medley Relay:** 1. Taft 3:23.38, 2. LASW 3:30.71, 3. El Camino 3:31.24, 4. PCC 3:37.91, 5. Bakersfield 3:38.52, 6. SMC 3:39.11.

**Pole Vault:** 1. Doug Wicks (Bakersfield) 16-6, 2. Dion Giuliano (Glendale) 15-0, 3. Vince Coleman (LA Valley) 14-6, 4. Cilne Hunt (Bakersfield) 14-6.

880 Relay: 1. PCC 1:24.41, 2. LBCC 1:24.82, 3. El Camino 1:26.74, 4. SMC 1:27.11.

**Long Jump:** 1. Aaron Mosley (AVC) 23-7¼, 2. Oscar Harris (LBCC) 23-3¼, 3. Eric Thomas (PCC) 23-2¼, 4. Daniel Torres (LBCC) 23-2.

2-Mile Relay: 1. LBCC 7:35.39, 2. Bakersfield 7:36.13, 3. Moorpark 7:47.82, 4. Glendale 7:49.56.

**Discus:** 1. Eric Hudson (Fullerton) 158-0, 2. Kevin Jeffries (Glendale) 157-1, 3. Antonio Dobbins (Glendale) 156-6.

**High Jump:** 1. Ron Lee (PCC) 6-10, 2. Franciel Jones (PCC) 6-10, 3. Mark LaBrew (SMC) 6-8, 4. Steve Jones (RCC) 6-8.

2-Mile Run: 1. Steve Fairman (Moorpark) 9:12.54, 2. Gus Mojarro (PCC) 9:24.88.

Mile Relay: 1. PCC 3:12.23, 2. LBCC 3:12.34, 3. Taft 3:14.18.

Triple Jump:	
1. Oscar Harris (LBCC) 50-5, 2. Jose Salazar (LBCC) 50-4, 3. Aaron Mosley (AVC) 49-3.	

## COLLEGE/UNIVERSITY

10,000 Meter Run: 1. Gary Bonbon (CPP) 30:27. 2. Abel Mota (CPP) 31:42.

**4-Mile Relay:** 1. UC Riverside (Frank Assuma, Sal Fernandez, Ray Cook and Steve Johnson) 17:12.4, 2. Oxy 17:21, 3. Cal State LA 17:29, 4. Azusa-Pacific 17:36, 5. Cal Poly Pomona 18:14.

**Shot Put:** 1. Brian Faul (CSUN) 60-10, 2. Water DeJean (USC) 54-1½, 3. Don Mosebar (USC) 53-10½.

**Shuttle Hurdle:** 1. Azusa-Pacific 1:01.29, 2. USC 1:04.0, 3. Oxy 1:08.54.

**400 Relay:** 1. Azusa-Pacific 41:70, 2.

400 Relay: 1. Azusa-Pacific 41:70, 2. CSUN 42:26, 3. Oxy 42:26, 4. CPP 42:61.

Long Jump: 1. Ed Tave (USC) 24-5 1/4, 2. Glenn Smith (CSUN) 23-3 1/4.

100 Dash: 1. Innocent Egbunike (Azusa) 10.57, 2. Luis Morales (USC) 10.60, 3. Roy Fraizer (CSU A) 11.08.

**Sprint Medley Relay:** 1. CSUN 3:26.37,  
2. Oxy "A" 3:33.58, 3. CSULA 3:36.09.  
**Discus:** 1. Christian Okoye (Azusa-Pac)

880 Relay: 1. CPP 1:27.99, 2. CSULA 1:28.88

2-Mile Relay: 1. USC 7:42.3, 2. Azusa-Pacific 7:58.7.

**Pole Vault:** 1. Paul Peters (USC) 16-0, 2. Lyle Esterkyn (USC) 15-6, 3. Mike Phipps (USC) 15-6, 4. Doug Owens (USC) 15-0

(USC) 15:4, 4. Doug Owens (USC) 15:0.  
**2-Mile Run:** 1. Ray Cook (UCR) 9:03.25,  
 2. Steve Johnson (UCR) 9:05.69, 3. Steve  
 Blatch (UCR) 9:06.27, 4. Errol Martinez

Dietch (UCR) 9:06.37, 4. Erron Marinaz (Azusa-Pac) 9:14.88, 5. Phil Imaly (CSULA) 9:19.44.

Javelin: 1. Mike Barnett (Azusa-Pac) 295-2½, 2. Paul Kulak (CSUN) 239-7, 3. Dave Stephens (CSUN) 226-3.

Triple Jump: 1. Ed Tave (USC) 50-0, 2. Kent Roosevelt (Azusa-Pac) 49-3, 3. Mike Pullins (CSUN) 48-5 1/4.

**Mile Relay:** 1. Azusa-Pacific 3:14.02, 2. USC 3:17.91.

**Hammer:** 1. Mike Barnett (Azusa-Pac) 13:11, 2. Ben Gonzalez (Azusa-Pac) 13:11.

184-11, 2. Ron Ponciano (Azusa-Pac)	
184-6.	
<b>COMBINED C/U/JC</b>	
5000 Stearnsboro 1. Cal Linn (Glas	

**3000 Steeplechase:** 1. Cal Linan (Glen-  
dale) 9:40.85, 2. Brock Vaughn (CPP)  
9:41.83.

Interm. Hurdle Relay: 1. LBCC 3:33.97,  
2. USC 3:34.26, 3. El Camino 3:37.23, 4.  
Bakersfield 3:40.63, 5. Glendale 3:42.26, 6.  
DCC 3:43.83

COMBINED C/J/JC	
3000 Steeplechase:	1. Cal Linan (Glendale) 9:40.85, 2. Brock Vaughn (CPP) 9:41.83.

Intern. Hurdle Relay:	
1. LBCC 3:33.97, 2. USC 3:34.26, 3. El Camino 3:37.23, 4. Bakersfield 3:40.63, 5. Glendale 3:42.26, 6. PCC 3:43.87.	

Distance Medley Relay:	
1. Moorpark 10:09.75 (new meet record), 2. CPP 10:17.09, 3. Dominguez Hills 10:28.73.	



# Indoor Action



photo by Richard Lee Slotkin

EVELYN ASHFORD(left) & ALICE BROWN



photo by Richard Lee Slotkin

MONICA JOYCE leading PATTI-SUE PLUMER



photo by Richard Lee Slotkin

TYKE PEACOCK

## Michelob Invitational

February 18, San Diego.

**High School Pole Vault:** 1. Jay Vavra (Valhalla) 14, 2. Lance Betson 14, 3. Tracy Thorpe (Valhalla) 13.

**High School Boys Long Jump:** 1. Charles Smith (Las Vegas) 22-10 1/2, 2. Chris Alarcon (Mt. Carmel) 22-2 1/2, 3. Paul Wileman (San Pasqual) 21 1/2.

**High School Girls Triple Jump:** 1. Tasha Irving (Crawford) 35 1/2, 2. Tracy Griffin (El Camino) 34-10 1/4, 3. Natalie Tuzinkiewicz (Mt. Carmel) 34-9 3/4.

**Boys Progressive Relay:** 1. Valhalla 3:18.0, 2. Point Loma 3:18.3, 3. Hilltop 3:24.

**Boys 640 Yard Relay:** (1st Heat) 1. Mt. Carmel 1:10, 2. Monte Vista 1:10. (2nd Heat) 1. Vista 1:10, 2. St. Augustine 1:10.5.

**Girls Progressive Relay:** 1. Mira Mesa 4:00.7, 2. Mt. Carmel 4:00.7, 3. Point Loma 4:00.9.

**Boys 1000 Yard Run:** 1. Paul Greer (St. Augustine) 2:21.3, 2. David Rau (Monte Vista) 2:23.4, 3. Brad Sager (Helix) 2:24.

**Girls Mile Relay:** 1. Crawford 4:21, 2. San Pasqual 4:23.3, 3. San Diego 4:31.8.

**Women's High Jump:** 1. Louise Ritter (Pacific Coast Club) 6-4, 2. Hisayo Fukumitsu (Japan) 5-10, 3. Patti Stafford (Phoenix Vitamins) 5-6.

**Girls Mile Run:** 1. Sandy Blakeslee (Vista) 5:10, 2. Torrey Pines (Maureen Winner) 5:20, 3. Elvia Garcia (San Diego) 5:29, 4. Eileen Dyer (Henry) 5:29.5, 5. Jennifer Sheffo (Poway) 5:29.5.

**Boys 2 Mile:** 1. Eric Reynolds (Camarillo) 8:59.4, 2. Pat Green (La Jolla) 9:18.6, 3. Chris Courter (Bonita Vista) 9:23.0.

**Girls 640 Yard Relay:** (1st Heat) 1. Serra 1:19.4, 2. Monte Vista 1:21.7. (2nd Heat) 1. Southwest 1:21.7, 2. Castle Park 1:21.7. (3rd Heat) 1. El Camino 1:19.2, 2. Henry 1:20.5.

**Girls 1000 Yard Run:** 1. Yolanda Devers (Sweetwater) 2:46.1, 2. Katie Duhssmuir (Palisades) 2:46.5, 3. Lolanda White (Henry) 2:50.3.

**Boys Mile Run:** 1. Joe Manuel (Bonita Vista) 4:19.3, 2. Rueben Esparza (El Modena) 4:19.3, 3. Willie Guarino (Mar Vista) 4:21.4, 4. Aaron Ruud (Valhalla) 4:21.5.

**Girls 2 Mile Run:** 1. Kerry Panno (San Pasqual) 11:07, 2. Robin Eager (Vista) 11:14, 3. Pauline Stehly (Orange Glen) 11:22.

**Boys Mile Relay:** 1. Torrey Pines 3:38.9, 2. Southwest 3:44.8, 3. Poway 3:53.6.

**Open Pole Vault:** 1. Billy Olson (PCC) 18-6, 2. Earl Bell (PCC) 18, 3. Greg Woepse (Una) 18, 4. Dave Kenworthy (USC) 17-6, 4. Dan Ripley (PCC) 17-6, 4. Tom Hintnaus (Striders) 17-6, 7. Tomome Takahashi (Japan) 17-6.

**Long Jump:** 1. Carl Lewis (Santa Mon. TC) 27-9 1/2, 2. Larry Myricks (Athl. Attic) 26-9 1/4, 3. Ed Tave (USC) 24-11 1/4.

**Women's 50:** 1. Evelyn Ashford (Medalist TC) 5.74, 2. Alice Brown (Wilt's) 5.79, 3. Jennifer Innis (Cheetahs) 5.88, 4. Sandra Howard (LATC) 5.93.

**50 Yard Dash:** 1. Houston McTear (Converse) 5.34, 2. Stanley Floyd (Tiger AC) 5.35, 3. Ron Brown (Stars & Stripes) 5.35.

**Girls 60 Yard Dash:** 1. Vickie Williams (Southwest) 7.36, 2. Velisa Harris (Morse) 7.43, 3. Laurie Mitchell (San Diego) 7.56.

**Boys 60 Yard Dash:** 1. Darryl Rosette (Morse) 6.49, 2. Darron Norris (El Camino) 6.50, 3. Charles Smith (Las Vegas) 6.57, 4. Mike Martin (Serra) 6.57.

**Mens 60:** 1. Ron Brown (Stars & Stripes) 6.14, 2. Stanley Floyd (Tiger AC) 6.19, 3. Houston McTear (Converse) 6.20, 4. Darwin Cook (USC) 6.21.

**Mens High Jump:** 1. Tyke Peacock 7-5 1/2, 2. Metellus (Canada) 7-3, 2. Weaver (LSU) 7-3, 4. Stones (Pac. Coast Club) 7-1, 4. Davis (UCLA) 7-1.

**Womens Mile:** 1. Patti-Sue Plumer (Stanford) 4:37.3, 2. Monica Joyce (Ireland) 4:37.9, 3. Amy Harper (CPSLO) 4:38.3, 4. Angela Chalmers (N. Arizona) 4:39.0, 5. Ceci Hopp (Stanford) 4:44.0.

**Open 1,000:** 1. Mark Belger (PCC) 2:06.0, 2. Brian Theriot (Una) 2:07.3, 3. Eddie Davis (ASU) 2:07.5.

**Girls 500 Yard Dash:** 1. Florence Evans (Lincoln) 1:08.6, 2. Julie Cartere (Southwest) 1:11.0, 3. Karen Nilson (Valhalla) 1:12.3.

**Two Mile Run:** 1. Doug Padilla (Athl. West) 8:16.5, 2. Zak Barrie (UTEP-Kenya) 8:28.2, 3. Adrian Royle (England) 8:33.2, 4. Gidemas Shahanga (UTEP-Kenya) 8:34.6, 5. Graeme Fell (England) 8:35.9, 6. Martin Pitayo (Mexico) 8:37.4.

**Open 500:** 1. Tony Darden (Una) 55.3, 2. Micheal Turner (Una) 56.5, 3. Tony Banks (Una) 56.9.

**Womens 500 Yard Dash:** 1. Deann Gutowski (Mercurettes) 1:04.6, 2. Gwen Gardner (Mercurettes) 1:05.9, 3. Alma Vasquez (Mexico) 1:06.3.

**JC Womens 640 Yard Relay:** 1. SD Mesa 1:18.8, 2. Grossmont 1:20.2, 3. San Diego CC 1:21.2.

**Mile Run:** 1. Eamonn Coghlan (Ireland) 3:53.1, 2. Steve Scott (Sub-4 TC) 3:54.5, 3. Todd Harbour (SMTCC) 3:57.0, 4. Thomas Wessinghage (W. Germany) 3:57.1, 5. Jay Woods (Una. BYU) 3:58.4.

**JC Mens Mile Relay:** 1. San Diego CC 3:28.5, 2. Grossmont 3:29.1, 3. San Diego Mesa 3:30.0.

**JC Mens Mile Run:** 1. Rich Brownsberger (Grossmt) 4:17.5, 2. Richard Farmer (Grossmt) 4:20, 3. Mike Oleata (SD Mesa) 4:25.2.

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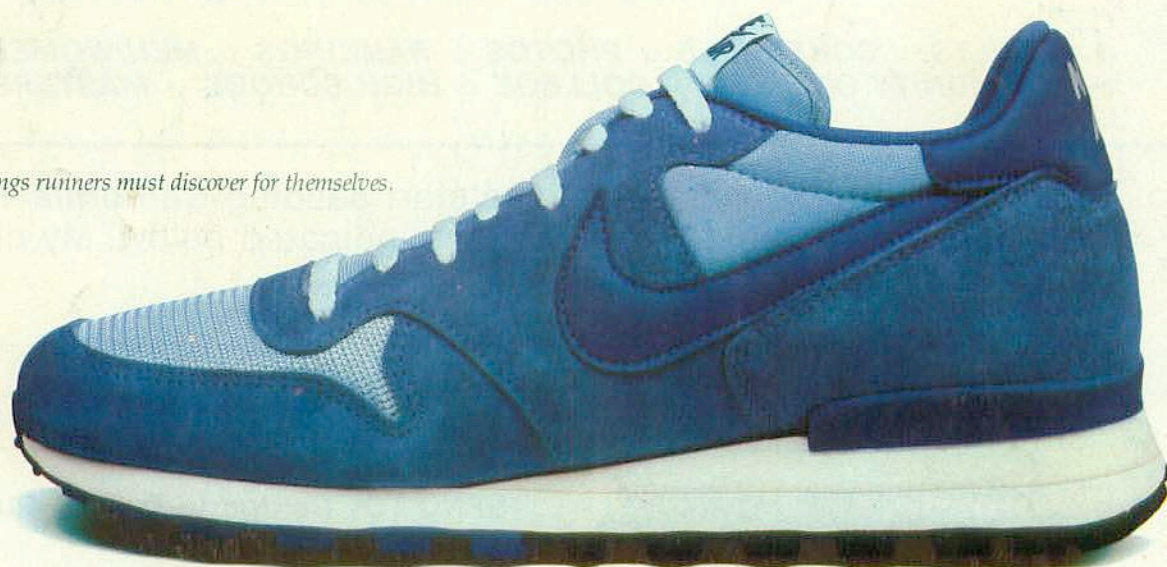
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