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CALIFORNIA

TRACK & RUNNING NEWS

APRIL 1984

ISSUE NO. 90



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California's Only Track & Running Publication

The New Balance racing shoes are attracting quite a following.

Sprinters, milers and marathoners are all discovering that New Balance racing shoes do more to improve their performance than anything they've ever worn.

What is it that sets our new competition shoes apart?

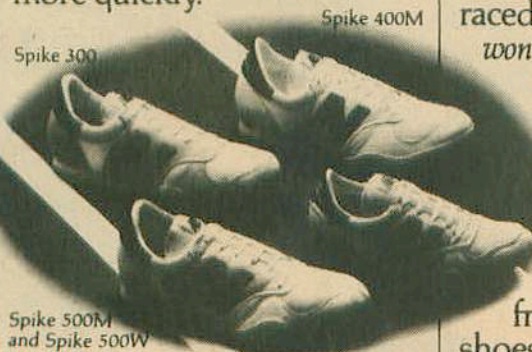
A level of technological sophistication that, until now, was found only one other place.

Our training shoes.

IT TOOK THREE YEARS TO DESIGN THEM.

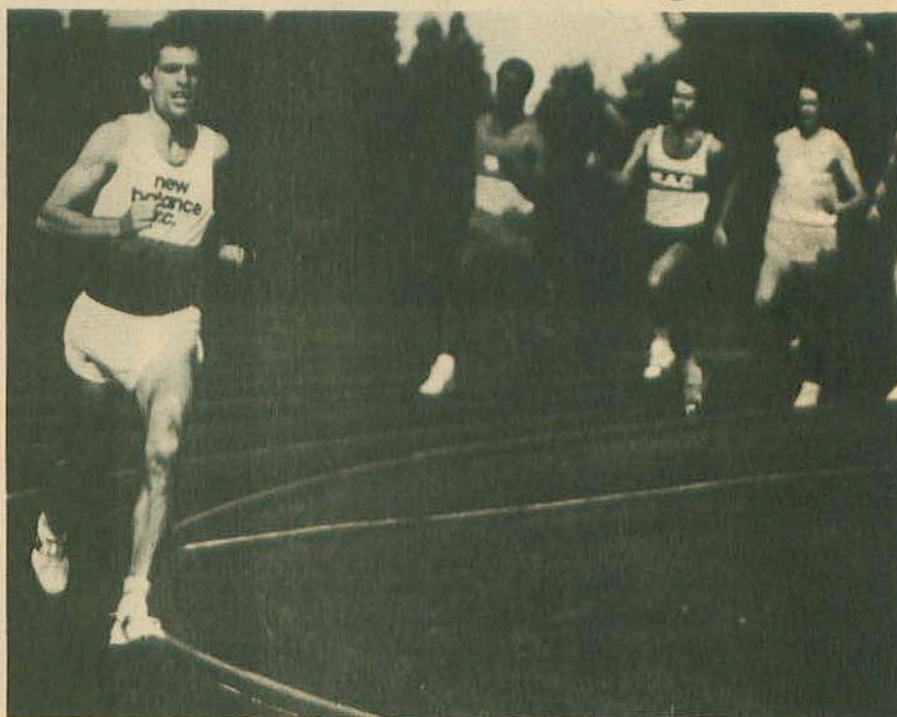
Combining racing experience and technological expertise, we developed a new racing last—one that results in the snug, "sock-like" fit that's essential for competitive running.

Because it's a *curved* last, our shoes form more exactly to the forefoot. That precise fit provides better toe-off and enables runners to move through their gait cycles more quickly.



IT TOOK TWO YEARS TO TEST THEM.

Races aren't won—or lost—on the drawing board.



So we tested our shoes on the feet of Dick Beardsley, Francie Larrieu Smith, Ray Flynn, Lorraine Moeller, Kevin Ryan, Paul Cummings and other world class runners.

And after they had trained in them, raced in them, even won in them—they criticized them.

And we listened.

IT WILL TAKE JUST ONE RACE TO APPRECIATE THEM.

What resulted from all this, are the shoes you see here.

Featherlight spikes and flats that fit like a second skin and offer support and comfort superior to any other racing shoes.

They are, quite simply, the finest racing shoes we can make. And not settling



for second best will always be the difference between a leader and a follower.

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New Balance, Inc., Boston, MA 02134

California Track & Running News



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ON THE COVER:

Outdoor season is underway and these four women, although representing only a small part of California's track and field excitement in this Olympic year, will play key roles at their respective institutions. (Clockwise from top left): Toni Lutjens (UCLA), Renee Wyckoff (Fresno State), Marilyn Davis (Cal Berkeley), and Diane Oswalt (Cal State Hayward). All photos by Burt Davis, except Oswalt by Barbara DeGroot.

SUNDAY, JUNE 24, 9AM

SEVENTH

CASCADE RUN OFF



BEAT FEET

Portland's
world-class
15-kilometer road race
For entry and complete details,
send self-addressed, stamped
business envelope to:

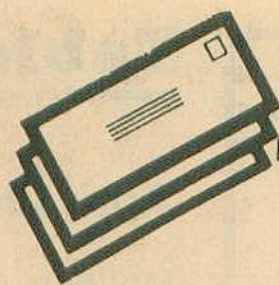
Cascade Run Off/P.O. Box 40228
Portland, Oregon 97240

Entries available April 1
from major sponsors:



Entries accepted April 1-27 only.
Field limited.

© Cascade Run Off 1984



Mailbag

THANKS FOR THE HONOR

Thank you for selecting me as *California Track and Running News* track athlete for 1983 for my age group, 45-49. I had an excellent season last year and enjoyed myself immensely.

Both my wife and I enjoy your publication.

Gary D. Miller, D.D.S.
USC School of Dentistry
Los Angeles, CA

I'm writing this on my 75th birthday - what a nice and unexpected pleasure to make your exclusive "Athlete of the Year" selections. In retrospect, I guess I deserved it. Many '83 runs you may not have recorded per say: four firsts in 60+, one first in 65+, six firsts in 70+, with many 10K's in the low 46's. I will continue with distances but at the new age bracket will probably enter more 400-800's in which I held several national championships in the past.

Mel Shine
Lafayette, CA

You can't imagine what a thrill I got, on a day when I was told I have bursitis in my right heel, and was depressed by a particularly slow interval session, to discover I had been chosen one of your "Athletes of the Year" in both track & field and road racing for masters women 60-64.

I have said it before, but I'd like to repeat it anyway — the support and acknowledgement of the running community is a large contributing factor in motivating us older runners to keep trying.

There are days when it would be so easy to quit, but sometimes, just knowing that you people at *California Track and Running News* really care enough to evaluate our performance is the one factor that says "you can do it!"

Jaclyn Caselli
San Jose, CA

LOOKING FOR MORE

I would like to know if you people publish a magazine only on road racing. I am getting

bored reading about high school track stars. I'm an old man and like to read about old farts like myself, who haven't got too much left. If your magazine can't give me this type of action then can you recommend someone? Don't tell me about *Running Magazine* — another mag. for pros and health nuts.

Charles Aguilar
Los Angeles

Editor's Note: It's hard to be everything to everybody and since that's what we seem to be trying to do in the world of track & field and long distance running, we can't devote ourselves to any one area. Two magazines that may meet your needs are: National Masters News, \$15, P.O. Box 5185, Pasadena, CA 91107; Master Runner, \$15, 210 7th St., SE, Suite C-23, Washington, DC 20003.

CALIFORNIANS IN ARIZONA

Thought you might be interested in a progress report on three of our freshmen distance runners from California. They have all performed well for us in their first year.

Laura McCracken: Westminster...consistent member of our top 5 in cross country...placed 8th at the San Diego Aztec Inv. as the team placed 2nd...ranked 5th among Arizona Road Racers by "Running & Triathlon News"...won the regionally televised "Run Against Hunger" 10K in 36:09...has run PR's of 2:13 and 4:35 for the 800 and 1500 indoors this spring.

Ann Ratto: Alameda...consistent member of our top 5 in cross country...placed 9th at the Lobo Invitational as the team placed 2nd...has run 10:34 for 3,000 meters at altitude this spring plus 36:08 at the Foothills 10K in Phoenix.

Brian Casey: Righetti...placed 5th in the Big Sky Conference Indoor Track Championships...ran indoor PR of 1:54.54.

Warren Mandrell
Distance Coach
Northern Arizona University
Flagstaff, AZ

WILL YOU CARRY THE OLYMPIC TORCH IN 1984?

RUN "THE CLASSIC" AT THE GREAT RACE PLACE
AND QUALIFY FOR A CHANCE TO CARRY THE OLYMPIC TORCH

SANTA ANITA *Lite* SPRING CLASSIC



SUNDAY, MAY 6, 1984
5th ANNUAL 5K & 10K RUNS

7:45 a.m.—Symbolic Torch Run

8:00 a.m.—5K

8:30 a.m.—10K

SANTA ANITA RACE TRACK, 285 W. HUNTINGTON DRIVE, ARCADIA, CA

ALL RUNNERS WILL RECEIVE A FREE TICKET FOR THE 1984 OLYMPIC TORCH RELAY YOUTH LEGACY KILOMETER RAFFLE TO BE HELD ON RACE DAY.

Pre-registration:

\$10 (includes long-sleeved T-shirt) \$6 (no T-shirt option)

Call (818) 445-8364 for information

Race Day information will be mailed to entrants. Send self-addressed stamped legal-sized envelope with signed and completed form and fee.

LATE REGISTRATION: Runners may register on Race Day between 6 a.m. and 7:45 a.m. at Santa Anita.
(After May 3—\$12 with shirt, \$7 without.)

ENTRY FORM

CIRCLE ONE DIVISION BELOW:

Print
Name

Last

First

Age

t-shirt
Size

S M L XL

Amt.
Encl.

Mailing
Address

City

State

Zip Code

Phone

Area

Number

- A. Boys 15 - Under
- B. Boys 16-20
- C. Men 21-29
- D. Men 30-39
- E. Men 40-49
- F. Men 50-59
- G. Men 60 +
- H. Girls 15 - Under
- I. Girls 16-20
- J. Women 21-29
- K. Women 30-39
- L. Women 40-49
- M. Women 50-59
- N. Women 60 +
- Open Wheelchair Division

I will run the: 5K ☐ 10K ☐ Official Use Only

Mail To: P.O. Box 522
Arcadia, California 91006

Make Check Payable To: Santa Anita *Lite* Spring Classic

Entry deadline is May 3, 1984

Entry fee is not refundable.

Schedule

By JACK LEYDIG
Scheduling Editor

Please send scheduling information directly to **Scheduling Editor**, 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 7: (Date TBA) Run with the Warriors. Distance TBA, Oakland, time TBA. Ted Jablonski, 7717 Edgewater Dr., Oakland 94621. (415) 568-0132.

APR 1: Red Cross Marathon & 10K. San Luis Obispo (Meadow Park), 7:30 am/marathon, 8:30 am/10K. Red Cross Marathon, 1216 Morro St., San Luis Obispo 93401. (805) 543-0696.

APR 1: Modesto Marathon & Half-Marathon. Modesto (Blue Gum & Carpenter Rd.), 8 am. Shadowchase R.C., P.O. Box 3605, Modesto 95352. (209) 526-4829.

APR 1: DSE April Fool's Run. 4.5 mile, San Francisco (17th St. & Arkansas), 10 am. Walt Stack, 741 Kansas St., San Francisco 94107.

APR 1: KEZR April Fool's Parade 7-Mile. Saratoga (Saratoga & Campbell Aves.), time TBA. KEZR, P.O. Box 2337, San Jose 95112.

APR 1: Cotati Co-op 5 & 10K. Cotati (Veteran's Memorial Park), 9 am. Anu de Monterice, 65 W. Cotati Ave., Cotati 94928. (707) 795-8584.

APR 1: Zonta April Fools Day Run. 10K, Berkeley, 9 am. Leila Ayres, P.O. Box 5093, Berkeley 94705. (415) 531-7566.

APR 1: Houlihan's to Houlihan's 6-Mile Bay Race. San Francisco (Fisherman's Wharf), time TBA. Limit 2000 entries. Dave Rhody, 43 Cole St., #2, San Francisco 94117. (415) 668-2243.

APR 1: The Foolish Five. 1.5 & 5.0 mile, Princeton (Prospect Way & Broadway), 8:30/9:00 am. Half Moon Bay Coasters R.C., 637 Buena Vista St., Moss Beach 94038.

APR 1: El Camino College 5 & 10K. Torrance, 8 am. Erlinda Scroggins, 16007 Crenshaw Blvd., Torrance 90506. (213) 532-3670, x214.

APR 1: Easter Seals Half-Marathon & 10K. Carpinteria, 8 am. Theodore Banks, 351 S. Hitchcock, Suite B-165, Santa Barbara 93105. (805) 682-1112.

APR 1: April Fool's Race. 1 mile, 5K & 10K, Arcata (1730 Janes Rd.), 9 am. March of Dimes, P.O. Box 6, Eureka 95502. (707) 445-9639.

APR 1: Dogs Best Friend 5K Run. (Run with a dog!), Palo Alto (Baylands Interpretive Center), 9 am. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

APR 1: Easter Seal Telethon 10K. Fresno, 7 am. Info: (209) 252-8210.

APR 1: Redwood Wild River Race. 5 & 10K, near Crescent City (Jed Smith State Park), 1 pm. Stu Scholl, 2800 Prince Rd., Crescent City 95531. (707) 464-5354.

APR 1: April Fools 10K. Newport Beach, 8 am. SportsRunner, 3857 Birch St., Suite 552, Newport Beach 92660.

APR 7: Masters Nat'l TAC 10K Road Championships. Date changed from April 17th listing Jan. issue. New York. Bob Fine, 22 Prospect Pl., Brooklyn, NY 11217. (212) 789-6622.

APR 7: Pride of the Foothills Half-Marathon. Glendora (Foothill Presbyterian Hospital), 8 am. Foothill Presbyterian Hospital, 250 S. Grand Ave., Glendora 91740. (213) 963-8411.

APR 7: Run for Relief. 10K & 2 mile fun run. Fresno (Fresno Pacific College), 6:30 am. Run for Relief, c/o Mennonite Relief Sale, Inc., West Coast MCC, 1108 "G" St., Reedley 93654. (209) 638-6847.

APR 7: Ironman-84 5 & 10K. Twentynine Palms, 8 am. Twentynine Palms Chamber of Commerce, 6136 Adobe Rd., Twentynine Palms 92277. (619) 367-3445.

APR 7: Whittier YMCA Legg Lake Lark 5 & 10K Runs. Whittier, 8 am. Marilyn Grant, Health & Fitness Dir., E. Whittier YMCA, 15740 E. Starbuck, Whittier 90603. (213) 943-7241.

APR 7: Conejo Valley Days Rabbit Runs. 5 & 10K, Thousand Oaks (Cal Lutheran College), 9 am. Jim Gilmore, 2909 Raleigh Pl., Thousand Oaks 91360. (805) 492-4592.

APR 7: Los Angeles Triathlon Championship Series. 1K swim, 38K bike, 8K run, San Dimas (Bonelli Park), time TBA. Bill Fulton, c/o 2658 E. Garvey Ave. So., West Covina 91791. (213) 331-0169.

APR 7: Masters Race 10K. Eureka (Redwood Acres), noon. Six Rivers RC, P.O. Box 214, Arcata 95521. Carol Norris (707) 443-2510.

APR 7: Crime Crusher 4-Mile Run. Visalia (College of Sequoias, track), 8:30 am. Visalia Police Dept., Attn: Crime Prevention, 303 S. Johnson St., Visalia 93291. (209) 625-6286.

APR 7: Run in the Sun Festival. 2 mile and 10K, No. Las Vegas, Nevada (St. Christopher's Church), 8 am/2 mile, 8:45 am/10K. Run in the Sun Festival, St. Christopher Church, 1300 Flower Ave., No. Las Vegas, NV 89030. (702) 642-1154.

APR 7: 10K Human Powered Maching Road Race. San Diego (Revelle Plaza, UCSD), 9:30 am. Joe Stewart, Dept. of AMES, B-010, UCSD, La Jolla 92093. (619) 455-9812.

APR 7: Camper to Camper Run. 5K, Oakland (Lake Merritt, Boathouse), time TBA. Contact: (415) 843-6520.

APR 7: Pleasant Valley Centennial Run. 1 & 3 mile, San Miguel (Pleasant Valley School), time TBA. Beverly Mays (Run Director), c/o Pleasant Valley School, Star Route, Box 4390, San Miguel 93451. (805) 467-3453 or 467-3738.

APR 7: Run With the Grain. 10K & 2 mile, Westminster (Westminster Mall), 8 am/2 mile, 8:45 am/10K. Barbara Colucci, 252 Westminster Mall, Westminster 92683. (714) 898-7975.

APR 8: Run for Life 10K. Stanford Univ. (Stadium), 9 am. Suzanne Allayaud, American Heart Ass'n, 3003 Moorpark Ave., San Jose 95128. (408) 247-8555.

APR 8: Run for Daylight 10K. Walnut Creek (Alamo Plaza), 9 am. American Cancer Society, P.O. Box 4295, Walnut Creek 94596. (415) 934-7640.

APR 8: Livermore Fitness Day 5 & 10K. Livermore (The Barn on Pacific Ave.), 9:30 am. Bev Hamlin, 3529 Wind Cave St., Pleasanton 94566. (415) 846-1455.

APR 8: Apple Juice Runs. 2 mile and 10K, Sebastopol (Analy HS track), 9 am. Chamber of Commerce, Box 178, Sebastopol 95472. (707) 823-3032.

APR 8: Pigeon Pass Marathon. Loma Linda (Gentry Gym), 7 am. Jim Perry, P.O. Box 495, Loma Linda 92354. (714) 824-1779, evenings.

APR 8: Crenshaw YMCA 5 & 10K. Baldwin Hills, 8 am. Steve Roberts, YMCA, 3820 Santa Rosalia Dr., Los Angeles 90008. (213) 292-9195.

APR 8: Fitness Run. 5 & 10K, Fountain Valley (Mile Square Park), 8:00/8:45 am. Fitness Run, 1686 Tustin Ave., Suite 6800-A241, Costa Mesa 92627. (714) 556-9611.

APR 8: Mother Lode Biathlon. 40 mile bike, 10 mile run (ind. & relay), El Dorado Hills, time TBA. City Sports Works, 5114 Madison Ave., Sacramento 95841. (916) 332-6453.

APR 8: Run for Sun. 2.7 & 7.1 miles, Arcata (Arcata Plaza), 10 am. Redwood Alliance, P.O. Box 293, Arcata 95521. (707) 822-7884.

APR 8: Jimmy Stewart Relay Marathon. Los Angeles (Griffith Park), 5-member teams, 8 am. Sandy Gimpelson, St. John's Hospital & Health Ctr., 1328 22nd St., Santa Monica 90404. (213) 829-8968.

APR 8: Avon 15K (Women Only). San Francisco (Golden Gate Park, Polo Fields), 9 am. *Registration Deadline is April 2.* Richmond District YMCA, 360 - 18th Ave., San Francisco 94121. (415) 668-2060.

APR 8: Kaweah River Valley Race. 8 miles, Three Rivers (Hiway 198 & Old Three Rivers Road), 9 am. Bronzan Sports World, 28 N. Tower Square, Tulare 93274.

APR 8: Streets of Palo Alto 10K Run. Stanford Shopping Ctr./El Camino Park (Palo Alto), 8:35 am. Bill Fernandez, 326 Bryant St., Palo Alto 94301. (415) 326-9812.



The Fifth Annual KEELHAULER CLASSIC 10 Kilometer Run

Sponsored by the
CALIFORNIA MARITIME
ACADEMY FOUNDATION

Sunday, May 13, 1984 - 9 a.m.
California Maritime Campus
Vallejo

KEELHAULER COURSE RECORDS

| | | |
|-----------------------|--------------------------------|-----------------------------------|
| Open: | John Moreno — 30:20.4 (1980) | Leslie McMullin — 36:41.8 (1983) |
| Senior (50 & over): | Hank Fragoza — 37:06.0 (1982) | Erma Baker — 47:26.0 (1980) |
| Master (40-49): | Bob Goodrich — 36:07.7 (1982) | Birthe K. Kirsch — 40:56.6 (1983) |
| Sub-Master (30-39): | Dan Anderson — 32:43.3 (1983) | Sharlet Gilbert — 38:15.3 (1982) |
| Teen (16-19): | Dean Rinde — 32:45.2 (1981) | Renee Martin — 38:59.8 (1981) |
| Early Teen (13-15): | Rod Coker — 34:45.4 (1983) | Leslie Cowan — 44:25.0 (1980) |
| Junior (12 & under): | Dustin Donate — 40:09.8 (1982) | Wanda Bailey — 40:45.7 (1981) |
| Cal Maritime Student: | Ian Watts — 35:03.5 (1980) | Deborah Jenks — 51:49.8 (1982) |

TO ENTER:

Mail this entry form to Harry Diavatis (race director), California Maritime Academy, P.O. Box 1392, Vallejo, CA 94590. Entry fee is \$7.00 and includes the KEELHAULER V commemorative shirt. All entries must be received no later than May 11. Make check or money order payable to **Cal Maritime Athletics**.

Registration Form

(Pre-registration Only — **NO** day of race registration)

| | | |
|---|---|----------------------------------|
| NAME _____ <small>(please print)</small> | AGE _____ <small>(on race day)</small> | PHONE () _____ |
| ADDRESS _____ | | CITY _____ STATE _____ ZIP _____ |

SEX: ☐ MALE
☐ FEMALE

SHIRT SIZE: ☐ X-LARGE ☐ MEDIUM ☐ X-SMALL
☐ LARGE ☐ SMALL

CHECK ONE ONLY: ☐ OPEN ☐ SUB-MASTER (30-39) ☐ JUNIOR (12 & under)
☐ SENIOR (50 & over) ☐ TEEN (16-19) ☐ CAL MARITIME STUDENT
☐ MASTER (40-49) ☐ EARLY-TEEN (13-15)

WAIVER: I hereby waive all rights and claims for damage against anyone associated with the race. I also certify that I am fit and have trained sufficiently to run this course and distance.

SIGNATURE (Parent or Guardian if under 18): _____ DATE _____

APR 8: Madonna Plaza Cone Ranger 4-Mile Run. San Luis Obispo (Madonna Plaza S.C.), 8 am. The Cone Ranger, 239-A Madonna Plaza, San Luis Obispo 93401. (805) 544-9041.

APR 8: Wine Country Classic. 10K & 2 mile, St. Helena (Crane Park), 9 am. Matt Forbes, 1171 Marina Dr., Napa 94558. (707) 226-9737.

APR 14: Nimitz Runs. 5 & 10K, Treasure Is., San Francisco, 8:30 am. Michael Fraunces, Dept. of Naval Science, 25 Callaghan Hall, UC Berkeley, Berkeley 94720. (415) 642-3551 or 540-5067.

APR 14: Bodega Bay Fisherman's Festival Runs. 1, 3 & 6 mile, Bodega Bay (Bay Flat Road), 9 am. Bob or Barbara Brown, #1 Colman Valley Rd., Bodega Bay 94923. (707) 875-2115.

APR 14: San Francisco Airport Police Officers Ass'n Hot Pursuit 5K. S.F. International Airport (frontage between Old Police HQ & Hilton Hotel), 9 am. SFIAPOA, P.O. Box 8097, San Francisco 94128. Jim Janakis (415) 876-2480 or 2424, days.

APR 14: City of Duarte 5 & 10K Runs for Fitness. Duarte (Royal Oaks Elem. School), 8:30 am. Duarte Parks & Recreation, 1600 Huntington Dr., Duarte 91010. (213) 357-7931.

APR 14: Sun Run VI. 5 & 10K, Irvine (Mason Park), 8 am. Newport Beach RA, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

APR 14: Leatherneck Marathon. POSTPONED INDEFINITELY. MCAS El Toro (Santa Ana).

APR 14: New Astley Belt/Holiday Ultras. 24-Hr., 48-Hr., & 6 Days Runs (& others?), San Diego area. Jerry Dietrich, P.O. Box 2684, Spring Valley 92077. (619) 440-3749.

APR 14: Ron's Biathlon. 10K run, 35K bike, (Relay & Ind.), Pioneertown, time TBA. Ron Wallace, P.O. Box 146, Pioneertown 92268. (619) 365-7371. Entry deadline is Apr. 1.

APR 14: Herc-Dynamite Run. 4 Mile, Hercules (Regugio Valley Park), 10 am. Steve Justice, c/o Fleet Feet, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188.

APR 14: Cal-Poly Pomona Bronco 10K. Pomona, 8 am. Bronco 10K, c/o 3801 W. Temple Ave., Pomona 91768. (714) 598-4611, Glenn Shenker.

APR 14: The Cameron Carnival 5K Fun Run. San Francisco (Polo Fields, Golden Gate Park), 9 am. Leona Lee, 920 Sacramento St., San Francisco 94108. (415) 781-0401.

APR 14: The Hornet 18K/Phantom 4 Mile. MCAS El Toro, 8:05 am/18K, 8:15 am/4 mile. Andy Sargent, Hornet 18K, c/o MAG-11 (S-4), MCAS - El Toro, Santa Ana 92709. (714) 651-2664.

APR 14: Dam Run. 1, 3 & 6 miles, Red Bluff, 8:30 am. Sunrise Speakers, P.O. Box 1314, Red Bluff 96080. (916) 529-3277, Marlene Benke.

APR 15: DSE Ferry Bldg. Run. 4 miles, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

APR 15: Christian Brothers Classic. 10K, Moraga (St. Mary's College), 10 am. Sean Fottrell, 75 Partridge Ct., Danville 94526. (415) 837-2858.

APR 15: Run With the Wind. 10K & 3.2K, Pleasanton, 9 am. Amador Valley Athletic Club, Mary Beth Leitch, 7090 Johnson Dr., Pleasanton 94566. (415) 846-5347.

APR 15: Bay Pacific 15K. San Francisco (Golden Gate Park, Polo Fields), 9 am. Marla Orth, 407 Molino Ave., Mill Valley 94941. (415) 388-1060.

APR 15: Vineyard Runs. 3, 10 & 30K, Geyserville **CANCELLED.**

APR 15: Race for Kicks. 3 & 10K, Santa Rosa (Piner Elem. School), 9 am. Race Director, P.O. Box 6208, Santa Rosa 95406. (707) 525-0973.

APR 15: Kwik-Kopy Printing 10K & 2 Mile Fun Run. Fresno (1st & Herndon), 7:30 am. Kwik-Kopy Run, 1085 E. Herndon, #106, Fresno 93710. (209) 431-3028.

APR 15: Volunteer Triathlon. 6 mile run, 20 mile bike, 440 yard swim. Clovis (Clovis West High School), 8:00 am. Franz Weinschenk, 304 Crocker Bank Bldg., Fresno 93721. (209) 237-3101.

APR 15: Simi Valley Freedom 5 & 10K. Simi Valley, 8 am/5K, 8:30/10K. Loeschhorns for Runners, 1542 Los Angeles Ave., Simi 93065. (805) 583-0933.

APR 15: Finnsport 10K. Northridge (Cal-State), 9 am. Paul Majamaki, 5520 Norwich Ave., Van Nuys 91411. (213) 786-8644.

Saturday April 28, 1984

10K Run • 2 Mile Fun Run

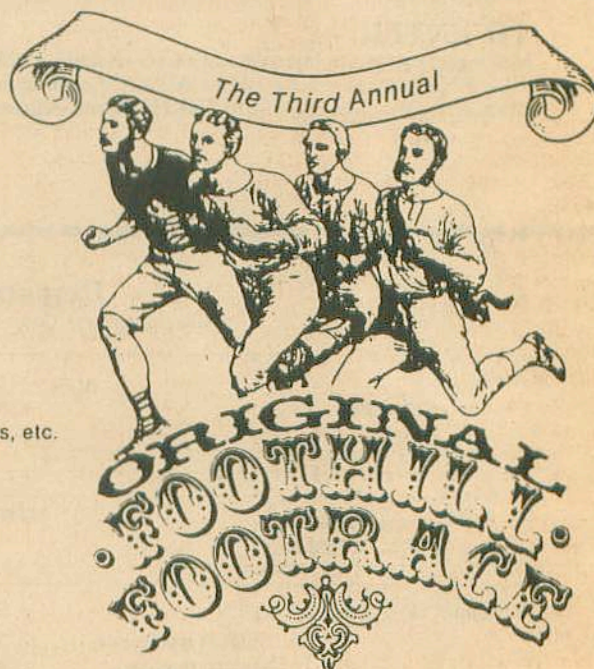
In beautiful Yosemite Lakes
Park, Coarsegold (Elev. 1500')



Description: Paved roads, rolling hills, wildflowers, streams, lakes, etc.
Starting Time: 8:00 a.m. SHARP!
Check-In Time: 6:30-7:30 a.m.
Entry Fee: \$7.00 for pre-registration in both races.
 \$8.50 for day of race registration in both races.
Pre-entry Deadline: Monday, April 23, 1984.
Awards: Tee-shirts to all finishers in both races.
 Awards to top 3 finishers in each 10K division.
 Awards to top 3 finishers in each 2 Mile division.
Refreshments: Yes!
 Also, a buffet breakfast will be available at the Yosemite Lakes Clubhouse
 for \$3.99 from 9:00 a.m. to 11:30 a.m.

Checks Payable To: The Footrace
For Further Information, call or write:

Stan Cooper
 (209) 683-2110 (8:00 a.m. - 5:00 p.m.)
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APR 15: Santa Monica Pier 5 & 10K for the Special Olympics. Santa Monica, 9 am. Santa Monica Parks & Rec., 1685 Main St., Rm. 210, Santa Monica 90401. (213) 393-0463.

APR 15: Precision Gem Half-Marathon. Irvine (Mason Park), 8 am. Half-Marathon, 3941-B So. Bristol, #101, Santa Ana 92704. (714) 645-8710.

APR 15: Hunt Loop. 1.6 and 7.2 miles, Arcata, 1 pm/1:45 pm. 6 Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

APR 15: American River 50-Miler. Sacramento area, time TBA. Fleet Feet, 107 So. Harding Blvd., Roseville 95678.

APR 15: Berkeley Bay View Bull Run 10K. Berkeley (Tilden Park), 9 am. Doug Schrock, 1040 Solano, Albany 94706. (415) 527-0920.

APR 15: UCR Lite 5/10K. Riverside (Univ. of California track), time TBA. Contact: (714) 787-5432 (UCR P.E. Dept.).

APR 16: Boston Marathon. Hopkinton, MA, noon. BAA, 17 Main St., Hopkinton, MA 01748. (617) 435-6905.

APR 19-21: Tropicana Las Vegas Easter Run. 10K, Las Vegas (The Strip). Thomas Sports Enterprises, 6528 Sugarpine Lane, Las Vegas, NV 89107. (702) 878-5188.

APR 21: Ilanjo 10-Mile Classic. Santa Rosa (Howarth Park, Upper Pkg. Lot), 9 am. Lem Chaney, 740 Charles St., Santa Rosa 95404. (707) 527-0513.

APR 21: Annadel X-Country Runs & Egg Scramble. 3 & 8K, Santa Rosa (Annadel State Pk., S.E. side of Lake Ilanjo), 9:30 am (8K first). Wine Country Race Service, P.O. Box 879, Forestville 95436. (707) 829-2888.

APR 21: Old Mill 10K & 2 Mile. Sonoma (Columbia State Pk.), 8 am. Tuolumne County Recreation, 43 No. Green, Sonoma 95370. (209) 533-5663.

APR 21: Taco Bell 5-Miler. Marina (Marina City Park), 10 am. Don Garl, Parks & Recreation Dept., 211 Hillcrest Ave., Marina 93933. (408) 384-3715.

APR 21: Laura Stegman Memorial 5K (Women Only). Lompoc (River Park), 9 am. No Pre-Registration. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. Bill Graham (805) 736-4696.

APR 21: Bunny Hop "84". 1K, 4K & 8K, (1K for kids under 8), Taft (WSR&P District Office), 8 am. Joe Cox, Westside RR, P.O. Box 274, McKittrick 93251. (805) 762-7557(?).

APR 21: Easter 5 & 10K. Los Angeles (Griffith Park), 8 am. CCRC, Box 891, Tarzana 91356. (213) 888-5526.

APR 21: South Pasadena/San Marino Road Runners Classic. 5 & 10K (& 1 mile for 12 & under), So. Pasadena (YMCA), 7 am. YMCA, 1605 Garfield, So. Pasadena 91030. (213) 799-9119, David Brown & Karen Maddox.

APR 21: Tropicana/Las Vegas Easter Run. 10K & Half Marathon. Las Vegas (Tropicana Hotel), 7 am/10K, 8 am/Half. The Travel Ass'n, Ltd., Convention Services, 666 No. Lakeshore Dr., Chicago, IL 60611. Chuck Foote (213) 485-3158.

APR 21: Run for Sobriety. 5 & 10K, Tustin (Utt School, corner of Bryan and Browning), 5K/8 am, 10K/8:30 am. Rob Jorgensen, Tustin Community Hospital, 14662 Newport Ave., Tustin 92681. (714) 838-9600, x426.

APR 21: Jackass Mail 10K. Springfield, 8 am. Robert Gillett (209) 784-4063 or 781-6698.

APR 22: Angwin to Angwish 5 & 10K. Pacific Union College (Angwin), 10 am. Daryl Stuart, P.E. Dept., Pacific Union College, Angwin 94508. (707) 965-6245.

APR 22: Boothe Park Ribbon Runs. 2 mile, 5 & 10K, St. Helena-Calistoga (Napa Valley State Park), 9 am. Therman Gibson, P.O. Box 519, Angwin 94508. No Pre-Registration.

APR 22: Kimochi/Cherry Blossom Run. 5 mile, San Francisco (Golden Gate Par, 41st Ave. & South Dr.), 9 am. Steve Nakajo, 1581 Webster St., #10, San Francisco 94115. (415) 931-2294.

APR 22: Open Space Run. 10K, Santa Cruz (Natural Bridges), 9 am. Rick Jahn, P.O. Box 847, Ben Lomond 95005. (408) 336-2261. Also listed as April 29 - verify date.

APR 22: Orienteering Meet. China Camp ("B" or "C" Meet), time TBA. Bay Area Orienteering Club, 3151 Holyrood Dr., Oakland 94611. (415) 530-3059.

APR 22: Simi Valley Freedom 5 & 10K. Simi Valley, 8 am/5K, 8:30 am/10K. Loeschhorn's for Runners, 1542 Los Angeles Ave., Simi 93065. (805) 583-0933.

APR 22: Lake Merritt Joggers & Striders 4th Sunday Runs. 5, 10 & 15K, Lake Merritt (Oakland), Old Boathouse, 9 am. No Pre-Registration. Contact: (415) 834-3110.

APR 28: San Jose Rotary 5-Mile Classic. (and 1 mile fun run), San Jose (Kelley Park), 9 am. Robert Pera, 4581 Calle De Tosca, San Jose 95118. (408) 264-8909.

APR 28: Pena Adobe Run. 5 & 10K, Fairfield/Vacaville, 9 am. Howard Haupt, P.O. Box 525, Suisun City 94585. (707) 446-8592.

APR 28: Granite Bay 5 & 10K. Roseville (Folsom Lake), 7:30 am. Dawn Larson Jeske, Community Relations, Roseville Community Hospital, Roseville 95678. (916) 783-9111.

APR 28: Son of a Ditch Run. 5 mile, Weaver-ville (Alps View High School), time TBA. Pete Siligo, Box 929, Weaver-ville 96093. (916) 623-5406.

APR 28: The Original Foothill Race. 10K & 2 Mile. Coarsegold (Yosemite Lakes Park), 8 am. Stan Cooper, 44565 Savage Rd., Coarsegold 93614. (209) 683-2110, days.

APR 28: Rhododendron Race. 5 & 10K, Arcata area, time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

APR 28: April in Yorba 5 & 10K. Anaheim, 8 am/5K, 8:45 am/10K. So. Coast Runners Ass'n, 3857 Birch St., #442, Newport Beach 92660. (714) 646-3452.

APR 28: Hearts on the Run 5 & 10K. San Bernardino (Cal-State Univ.), 7:45 am. Heart Ass'n (714) 824-6016.

APR 28: Royal Runaround 5-Mile. Cal Poly San Luis Obispo, time TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

APR 28: Los Angeles Triathlon Championship Series. 1K swim, 38K bike, 8K run. San Dimas (Bonelli Park), time TBA. Pre-Registration Only. The Complete Runner, 2658 E. Garvey Ave. So., West Covina 91791. (213) 331-0169.

APR 28: International Friendship Marathon & Half Marathon (tentative). Chula Vista to Tijuana (Mexico), 7 am. International Friendship Marathon, 233 4th Ave., Chula Vista 92010. (619) 420-6602.

APR 28: City of Sunnyvale Baylands 10K Run. Sunnyvale (Moffett Industrial Park), 9 am. Mark Grzan, P.O. Box 60607, Sunnyvale 94088. (408) 738-5521.

APR 28: The Country Run 5-Miler. Portola Valley (Corte Madera School), 9 am. Elaine French, 335 Golden Oak Dr., Portola Valley 94025. (415) 851-4010.

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APR 28: Briones Biathlon. 6 mile dirt run, 10 mile hilly bike ride. Lafayette (Briones Regional Park), 8 am. Valerie Doyle, Fleet Feet, 1528 Bonanza, Walnut Creek 94596. (415) 943-MILE.

APR 28: Crime Prevention 5/10K Run. Los Angeles (Coliseum, Exposition Park), 8 am. Roy Roberts, 1339 E. 120th St., Los Angeles 90059. (213) 567-2278.

APR 28: Journey for Sight 5/10K Run. 29 Palms (Luckie Park), 8:30 am. Merritt Cogswell, 6996 Estrella St., 29 Palms 92277. (619) 367-2909.

APR 28: Spring Fitness Classic. 5 & 10K, Lancaster, 8 am. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

APR 28: Steamroller Ultra 100K. Castaic, 6 am. Hans Albrecht, 25108-B Marguerite Pkwy, Suite 209, Mission Viejo 92692. (714) 859-8644.

APR 29: D.A.M. 5K Run. San Francisco (Golden Gate Park, nr. McLaren Lodge), 9 am. Lorrie Beth, 2891 Bush St., San Francisco 94115. (415) 922-9453.

APR 29: Central Park Run. 3.4 mile, Santa Clara (Central Park), 9 am. Central Park Run, 726 Woodhams Rd., Santa Clara 95051. (408) 984-3223.

APR 29: Run to Daylight. 5 & 10K, Santa Rosa (Spring Lake Lagoon), 10 am. Ron Wareham, P.O. Box 6238, Santa Rosa 95406. (707) 472-7244.

APR 29: Lafayette Loop 10K & 2 Mile. Lafayette (Mt. Diablo Blvd. & First St.), 9 am. The Center for Living Skills, P.O. Box 1145, Lafayette 94549. (415) 284-4871.

APR 29: Run for Excellence 10K. Hayward (Mt. Eden High School), 9 am. Brian Low, 22300 Foothill Blvd., Suite 303, Hayward 94541. (415) 782-1980.

APR 29: S&W Fun Run. 10K & 2 mile, Modesto (Jr. College Stadium), 7:45 am/2 mile, 8:30 am/10K. Ed Miller, P.O. Box 3327, Modesto 95353. (209) 526-4100.

APR 29: DSE Twin Peaks Run. 3.6 mile, San Francisco (Portola & Twin Peaks Blvd.), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

APR 29: Carmel Run by the Sea 10K. Carmel, 9 am. Betty Hinton/Jim Langley, 26405 Birch Pl., Carmel 93923. (408) 624-2223 or 625-3093.

APR 29: Run Your Tail Off. Distance TBA, Arcata/Eureka area, time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

APR 29: March of Dimes Half-Marathon. San Luis Obispo (Meadow Park), time TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

APR 29: Baldy View 5 & 10K Runs. Montclair (Montclair Plaza), 8 am/5K, 8:45 am/10K. Edward Starr, 5111 Benito St., Montclair 91763. (714) 626-8571.

APR 29: Moorpark Scramble 5 & 10K. Moorpark (Moorpark College), 7:30 am. Rick Stratton, 6049 Darlene Ln., Moorpark 93021.

APR 29: Run for Your Heart 5 & 10K. (and 1/2-mile kids run), Long Beach (El Dorado Park), 8 am. Long Beach Heart Ass'n., 2242 Long Beach Blvd., Long Beach 90806. (213) 427-7473.

APR 29: Mt. SAC Relays 5 & 10K. Walnut (Mt. San Antonio College), time TBA. Mt. SAC Relays, c/o MSAC Foundation Office, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

APR 29: SPA/TAC 100K Championships. (Also 20 mile & 50K runs), Camarillo, 6:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

APR 29: Open Space Run. 10K, Santa Cruz (Natural Bridges), 9 am. Rick Jahn, DDS, P.O. Box 847, Ben Lomond 95005. (408) 297-1864.

APR 29: Claremont Sun Run. 3/5/10K, Claremont College, 8 am. Todd Ervin, 665 N. Mountain Ave., Claremont 91711. (714) 624-9041, x345.

APR 29: Run for the Gold 5/10K. Newport Beach (Harbor Municipal Court), 8:30 am. March of Dimes, 661 Hamilton, No. 650, Costa Mesa 92627. (714) 631-8700.

APR 29: Run with Your Company Nurse 10K. Los Angeles (Griffith Park), 8 am. CRRC, Box 891, Tarzana 91356. (818) 888-5526.

APR 29: McDonald's/Concern II Run for Summer Fun 5/10K. (& Kiddie Kilometer), Sepulveda Dam, 8 am. Race Central, Box 828, Rialto 92376. (818) 881-6801.

APR 29: Run to Benefit Camp Good Times. 5/10K, Encino, 8 am. Susan Lopathy, 18753 Sherman Way, Reseda 91335. (213) 376-6978.

APR 29: Lakewood Half-Marathon & 10K. Lakewood (YMCA), 7:30 am. Runner's High, 5519 E. Del Amo, Lakewood 90713. (213) 920-3580.

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MAY

MAY (Date TBA): Bagel Runs. 5/10K, Tilden Park, Berkeley (Inspiration Point), 9 am. Nate Levine, Jewish Community Ctr., 1414 Walnut St., Berkeley 94709. (415) 848-0237.

MAY 5: Maranatha Marathon & Half Marathon & 20K. Sacramento (Goethe Park, nr. Rancho Cordova), 8 am. Art Baudendistel, 4718 Engle Rd., Suite A, Carmichael 95608. (916) 488-5241.

MAY 5: Good Old Country 50K. Folsom to Apple Hill, 7 am. Pete Schoener, 4221 No. Canyon Rd., Camino 95709. (916) 644-1002.

MAY 5: Hill & Dale 10K. Healdsburg (Field Stone Winery), 8:30 am. Debbie Ryan, 10075 Hiway 128, Healdsburg 95448. (707) 433-7266.

MAY 5: El Molino 10K Vineyard Run & Walk. 10K run & 2 mile walk, Forestville (Mark West Vineyard), 10 am. Nancy Estes, c/o El Molino High School, 7050 Covey Rd., Forestville 95436. (707) 887-1724, 8:30-9:30 am.

MAY 5: Bedbug Challenge. 10K(?), lone (Howard Park), 8 am. Amador County Wildlife Care Ass'n, Box 362, Jackson 95642. (209) 296-4218.

MAY 5: San Mateo County Bar Ass'n 5K. San Mateo (Fashion Island?), time TBA. Carol Quinn, P.O. Box 913, San Mateo 94403. (415) 573-1092.

MAY 5: Turlock Rotary Blathlon. 10K run, 30 mile bike, Turlock (high school), 9 am. Darryl Crow, 2100 Geer Rd., Suite H, Turlock 95380. (209) 667-9224.

MAY 5: Markees-Acorn Plaza 5 & 10K (& Jr. Mile). Santa Maria, 9 am. Lydia Harney, 4811 Cherry, Santa Maria 93455. (805) 934-1568.

MAY 5: Medical Society 10K. Nipomo, time TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

MAY 5: Bess James Ramonaland Run. 10K & 2 mile, Hemet, time TBA. Bess James Run, c/o Mt. San Jacinto College, 1499 N. St., San Jacinto 92383.

MAY 5: Spring Tuneup 5 & 10K. Newport Beach, 7:30 am. Ford Aerospace Spring Tune-Up, P.O. Box A, Ford Road, Newport Beach 92660. (714) 720-4113.

MAY 5: Rotary River Run. 3 & 6 mile (& children's 1 mile). Firebaugh, 8:30 am. Ron Sanl, 2107 N. Harrison, Fresno 93704. (209) 233-0009.

MAY 5: Corre Para Los Ninos. 5 & 10 miles, San Francisco (Lake Merced), 10 am. J.A. Montes-Coloncel, 1661 15th St., San Francisco 94103. (415) 864-5205.

MAY 5: Palo Alto May Fete Olympic Mile Run. Palo Alto (University & High Sts.), 9:40 am. Tom Osborne, Mitchell Park Community Center, 3800 Middlefield Rd., Palo Alto 94306. (415) 329-2261.

MAY 5: "Pass It Along" Women's 8K. San Francisco (Marina Green), 9 am. Total Race Systems, 627 Galerita Way, San Rafael 94903. (415) 861-8232.

MAY 5: Cinco de Mayo 5-Mile. Stockton (St. Mary's Catholic Church), 9:15 am. Tarahumara R.C., P.O. Box 77723, Stockton 95207. (209) 467-3487 or 952-6950.

MAY 5: The Legal-Run-Around. 1/2-mile, 5/10K, Lake Folsom (Granite Bay), 8:30 am. Cathie Krouse, P.O. Box 13130, Sacramento 95813. (916) 481-9110, Ron Kloefer.

MAY 5: Carrera Del-Ano. 5/10K, Delano, 8 am. Jacinto S. Orosco, P.O. Box 96, Delano 93216. (805) 725-4299.

MAY 5: Our Lady of Victory Carnival Run. 1 & 5 mile, Fresno, 8:30 am. Rod Olson, 1626 W. Princeton, Fresno 93705. (209) 298-6148.

MAY 5: Run for Health. 10K, Nipomo (Community Medical Center), 9 am. Nipomo Community Medical Center, P.O. Box 430, Nipomo 93444. Bill Denneen (805) 929-3647.

MAY 5: USC Medical Center 10K Run. Pasadena (Rosebowl), 8 am. CRRC, Box 891, Tarzana 91356. (818) 881-6801.

MAY 6: Devil Mountain Run (PATAC Sr. Men's Champs). 10K, Danville (Town & Country Center), 9 am. Nancy Lewis, P.O. Box 727, Alamo 94507. (415) 837-9187.

MAY 6: Avenue of the Giants Marathon. Weott, 9 am. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-3136. Limited to approx. 2,000 entrants.

MAY 6: Heart CAAN 10K & Marathon. Ventura, 7 am. American Heart Ass'n, 1367 Del Norte, Camarillo 93010. (805) 485-4300.

MAY 6: Wild, Wild West Cross-Country Marathon. Lone Pine (Tuttle Creek Campground), 7 am. Robert Frickel, P.O. Box 352, Lone Pine 93545. (619) 876-5671.

MAY 6: Masters National Marathon Championships. Lincoln, Nebraska. Jim Lewis, 2900 John Ave., Lincoln, NB 68502. (402) 489-4030.

MAY 6: Run for the Dogs. 5 mile, Santa Rosa (1215 Sebastopol Rd.), 10 am. CCI Office Staff, 1215 Sebastopol Rd., Santa Rosa 95401. (707) 528-0830.

MAY 6: Boardwalk 8K. Redwood City (Boardwalk VW), 9 am. Bob Kissick, c/p Boardwalk VW, 350 Convention Way, Redwood City 94063. (415) 364-0100.

MAY 6: Inyokern 10 Mile. Highway 395 at Old 395 (So. of Ridgecrest), 8 am. OTHTC 10-Miler, 1243 Wayne St., Ridgecrest 93555. (619) 446-2941, evenings.

MAY 6: DSE Mt. Davidson Run. 3 miles plus, San Francisco (Riordan High School), 10 am. Walt Stack, 741 Kansas, #2, San Francisco 94107.

MAY 6: Mothers Day 5/10K Runs. Oakland (Lake Merritt Sailboat House), 9 am. Evon Anderson, c/o Anderson & Assoc., P.O. Box 43285, Oakland 94603. (415) 562-5188.

MAY 6: Charlots of Fire 5 & 10K. Playa Del Rey (Dockweiler Beach), 9 am. Maccabi Union USA, 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322.

MAY 6: Great Rockwell Reservoir Run. 5 & 10K, Canoga Park, 8 am. Steve Polley, Rockwell Reservoir Run, 8500 Fallbrook Ave., Canoga Park 91304. (213) 710-5729.

MAY 6: Sunland-Tujunga 5/10K Fun Runs. Sunland/Tujunga, 8 am. Rotary Club, Box 366, Sunland 91040. Ted Mertz: (213) 353-4283.

MAY 6: Marin YMCA May Day Race. 1 mile & 10K, San Rafael (China Camp State Park), 8:30 am. Marin YMCA, P.O. Box 4308, San Rafael 94903. (415) 472-1301.

MAY 6: Rapp's-Rinconada Triathlon. 4 mile run, 7.4 mile bike, 3/4-mile swim. Palo Alto area, 8 am. No Raceday Registration. Cindy Baxter, 740 Clara Dr., Palo Alto 94303. (415) 326-6630.

MAY 6: Run the One 10K. Elk (south of Mendocino), 9 am. Elk Volunteer Fire Dept., P.O. Box 151, Elk 95432.

MAY 6: Run for Life. 5/10K, Los Angeles (Griffith Park), 8/8:45 am. Race Central (714) 874-5870.

MAY 6: Cinco de Mayo 10K. Hermosa Beach, 8 am. Hermosa Beach Rotary Club, 200 Pier Ave., #38, Hermosa Beach 90254. (213) 376-8849.

MAY 6: Santa Anita Spring Classic. 5/10K, Arcadia (Santa Anita Race Track), 8/8:30 am. Santa Anita Run, P.O. Box 522, Arcadia 91006. (818) 446-9658 or 445-8364.

MAY 12: Women's US Olympic Marathon Trials. Also Sr. Women's Nat'l TAC Marathon Championships. Olympia, Washington. Olympic Trials Marathon, 420 Wall St., #205, Seattle, WA 98121. (206) 682-8113.

MAY 12: California 50-Mile Endurance Run. Santa Rosa (Annadel State Parking Lot), 6 am. Tom Crawford, 1981 Silverwood St., Santa Rosa 95405. (707) 526-0661. Also listed in some sources as May 13 - verify date.

MAY 12: Potrero Scenic Scamper. 5.5 mile, San Francisco (Potrero Hill area), 9 am. Ruth Passen, 953 DeHaro St., San Francisco 94107. (415) 826-8080.

MAY 12: Run for the Son. 1 mile & 10K, Los Gatos (16845 Hicks Rd.), 8:30 am/9 am. Bill Meinhardt, 104 Smith Creek Dr., Los Gatos 95030. (408) 395-4268.

MAY 12: Community Fiesta Run. 5/10K, Pleasant Hill (College Park High School), 9 am. Dave Peters, 320 Civic Center, Pleasant Hill 94523. (415) 676-5200.

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MAY 12: The Human Race. 10K, Marine World Africa USA (Belmont), 8:30 am. Volunteer Center, 450-B Peninsula Ave., San Mateo 94401. (415) 342-0801.

MAY 12: The Human Race. 10K, Mill Valley (Middle School), 8:30 am. Volunteer Center, Margaret Melsh, 70 Skyview Ter., San Rafael 94903. (415) 479-5660.

MAY 12: The Human Race. 10K, Napa (Robert Mondavi Winery), 9 am. Nan Grundland, 5137 Coombsville Rd., Napa 94558. (707) 255-1553.

MAY 12: The Human Race. 10K, San Francisco (Presidio, Crissy Field), 8:30 am. Deborah Genzer, 1090 Sansome St., San Francisco 94111. (415) 982-8999.

MAY 12: Women Running For Women. 10K & 2 mile, Stockton (Oak Grove Regional Park), 9 am/2 mile, 9:30 am/10K. Women's Center, 930 N. Commerce, Stockton 95202. (209) 941-2611.

MAY 12: The Human Race. 3/10K, Santa Rosa (Galvin Park), 9 am. Volunteer Center, 741 Fifth St., Santa Rosa 95404. (707) 544-9480.

MAY 12: Fiesta Days 5/10K. San Fernando, 8 am. Runner's Sole, 17820-A Chatsworth St., Granada Hills 91344. (818) 368-7889.

MAY 12: Bakersfield Bud Light Triathlon. 15K run, 40K bike, 2K swim. Lake Ming (near Bakersfield), 8 am. *Entries Close May 7.* Bakersfield A.C., 7304 Saddleback Dr., Bakersfield 93309. (805) 832-7474.

MAY 12: CRRC Mothers Day 5/10 Mile. Los Angeles (Griffith Park), 8 am. CRRC, Box 891, Tarzana 91356. (818) 888-5526.

MAY 12: 5 & 10K Health Runs. Monterey Park (E. Los Angeles College), 8:15 am. Frank Gutierrez, E. Los Angeles College, 1301 Brooklyn Ave., Monterey Park 91754. (213) 265-8751.

MAY 12: Fontana Days Half-Marathon & 5K. Fontana (Miller Park), 8 am. Kit Ledbetter, 8353 Sierra Ave., Fontana 92335. (714) 350-7635.

MAY 12: Run For Life. 2 & 6 mile, Fresno (Woodward Park), 7:00/2 mile, 7:30/6 mile. American Heart Association (209) 224-8215.

MAY 13: SPA/TAC 50 Mile Championships. Camarillo, 6 am. Phidippides, 16545 Ventura Blvd., Encino 91436. (213) 986-8686.

MAY 13: DSE Bay to Breakers Practice Run. 7.8 miles, San Francisco (Spear & Howard), 8 am. Walt Stack, 741 Kansas, #2, San Francisco 94107.

MAY 13: May Day Runs. 5/10K, San Francisco (Golden Gate Park), 9 am. American Heart Ass'n., 421 Powell St., San Francisco 94102. (415) 433-2273.

MAY 13: Run for Health. 1 & 3.34 mile, Ukiah (General Hospital), 8 am. North Coast Striders, P.O. Box 1556, Ukiah 95482. (707) 462-7047, Lois Cook.

MAY 13: National Intercity Bank 5-Mile Run. Santa Clara (3000 Lakeside Dr.), 8 am. Bonnie Newson, 3000 Lakeside Dr., Santa Clara 95054. (408) 980-0766.

MAY 13: 49er Biathlon. 6½ mile run, 27 mile bike, Cool (Hiway 49 & 193), 7 am. Dan Olmstead, 1440 Canal St., Auburn 95603. (916) 885-3861.

MAY 13: Marlin Youth Orchestra Run. 8 mile, Tiburon (Trestle Glen Rd. & Blacky's Pasture), 8 am. Ann Batman, 4172 Redwood Hiway, San Rafael 94903. (415) 479-8100.

MAY 13: Browns Valley Ribbon Runs. 2, 4 & 8 miles, near Napa (Browns Valley School), 8:30 am. George Grammens, P.O. Box 2121, Napa 94558.

MAY 13: Realtor's Spring Classic. 5/10K, Santa Rosa (Spring Lake), 9 am. Sonoma County Board of Realtors, 465 Tesconi Cir., Santa Rosa 95401. (707) 542-1579.

MAY 13: Mission Fiesta 10K & 2 Mile. Lompoc (La Purisima Mission), time TBA. Todd Robinson, 133 North "M" St., Lompoc 93436. (805) 735-1901.

MAY 13: Mothers Day 2 & 10 Mile. Irvine (Mason Regional Park), 8 am. South Coast Runners, 3857 Birch, #442, Newport Beach 92660. (714) 646-3452.

MAY 13: Keelhauler Classic 10K. Vallejo (California Maritime Campus), 9 am. *Entry Deadline May 11.* Harry Diavatis (race director), California Maritime Academy, P.O. Box 1392, Vallejo 94590.

MAY 19: Run for the Roses 10K. Santa Rosa (Veterans Memorial Bldg.), 8:30 am. Sharon Wright, c/o Santa Rosa Ave., #404, Santa Rosa 95404. (707) 545-3534.

MAY 19: El Camino Track Club 5K Spring Run. Woodland Hills (El Camino High), 8 am. Don Dunn, 23461 Hamlin, Canoga Park 91307. (213) 346-8160.

MAY 19: Torrance Armed Forces Day 10K Run. Torrance, 8 am. Allen Shall, 3031 Torrance Blvd., Torrance 90503. (213) 618-2949.

MAY 19: Fiesta 10K Run. Culver City, 8 am. Fiesta 10K Run, c/o Dept. of Recreation & Leisure Services, 4117 Overland Ave., Culver City 90230. (213) 202-5689, Jack Nakanishi.

MAY 19: Deltaf Horse Trot III. 2 mile & 10K, Kingsburg (Memorial Park), 7:30 am. Kingsburg Recreation Commission, 5020 E. Ashlan, #109, Fresno 93727. (209) 291-6333, eves.

MAY 19: Los Angeles Triathlon Championship Series. 1K swim, 38K bike, 8K run. San Dimas (Bonelli Park), time TBA. Bill Fulton, c/o 2658 E. Garvey Ave. South, W. Covina 91791. (213) 331-0169.

MAY 19: 2 Person 8 Mile Relay. Alternate 2 mile legs. Fresno (Roeding Park), 8 am. Evan Orme (209) 439-1647.

MAY 20: We Care Benefit Run. *Postponed until June.* ... see next issue for listing.

MAY 19-20: Sunkist Gold Rush (2-Day 100K). 2x50's (one each day), Rescue to Rancho Murietta, time TBA. *Limited to 50 entrants.* Paul Reese, Box 585, Auburn 95603.

MAY 20: Aptos Creek Marathon. Aptos (Ti Forest of Nisene Marks), time TBA. Hal Albrecht, 25108-B Marguerite Pkwy, Sul 209, Mission Viejo 92692. (714) 859-8644.

MAY 20: Examiner Bay to Breakers. 12 San Francisco (Howard & Spear Sts.), 8 am. Terri Robbins, c/o S.F. Examiner Bay Breakers, 110 Fifth St., San Francisco 94103. (415) 777-7770. *Entries must be received by May 1.*

MAY 20: Oakland Spirit Run. 5/10K, Oakland (Lake Merritt, New Boathouse), 10 am. Oakland Business Development Corp., 431 14th St., Oakland 94612. (415) 763-4297.

MAY 20: California Classic 8K. Visal (Mooney Grove Park), 8 am. Marty Higgl botham, 1026 W. Princeton, Visalia 9327 (209) 732-8030.

MAY 20: Atalanta's Victory Run. 2 & 5.7 mi Women's Runs. Arcata (Arcata Plaza), time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.

MAY 20: San Fernando Valley Dental Society 5/10K Runs. Woodland Hills (Pierce College), 8 am. San Fernando Valley Dental Society, 21201 Victory Blvd., Canoga Park 91303. (213) 884-7395.

MAY 20: Israel Solidarity 18K Fun Run for 50 Qualified Athletes. Century City (Rancho Park), 8 am. Israel Runners Ass'n, 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322. *Reg. Deadline is April 30.*

MAY 20: CRRC Women's 10K & Half-Marathon. Los Angeles (Griffith Park), 8 am. CRRC, Box 891, Tarzana 91356. (818) 888-5526.

MAY 26: Men's US Olympic Marathon Trials. Buffalo, New York. John Chew, 4 Symphony Circle, Buffalo, NY 14201. (716) 885-7223.

MAY 26: Strawberry Canyon Run. 5.5 mile, Berkeley (UCB, Edwards Stadium), 9 am. Lawrence Hall of Science, Univ. of California, Berkeley 94720. (415) 642-5133.

MAY 26: Spring Into Summer. 5/10K, Fountain Valley (Mile Square Park), 7:30 am/8:15 am. Spring Into Summer, 3941-B So. Bristol, #101, Santa Ana 92704. (714) 645-8710.

MAY 26: Mt. Wilson Trail Race. 8.6 mile, Sierra Madre, 7:30 am. Marty Ruggles, Sierra Madre City Hall, 232 W. Sierra Madre Blvd., Sierra Madre 91024. (818) 355-7874, eves. *Limit - 250 entries.*

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

The world will cheer them at the 1984 Olympics!

photo by Dave Stock



**See them now as they
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photo by Jim Reynolds



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**Bruce Jenner
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MAY 27: DSE Diamond Heights Run. 3 mile, San Francisco (McAteer High School), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

MAY 27: Lake Merritt Joggers & Striders 4th Sunday Runs. 5/10/15K, Lake Merritt (Old Boathouse), Oakland, 9 am. Info: (415) 834-3110.

MAY 27: Freedom Mile. San Francisco (Golden Gate Park, Rainbow Falls down Kennedy Dr.), 8:50 am/women, 9 am/men. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

MAY 27: Marilthon. 10K, San Francisco (Golden Gate Park, No. side Polo Fields), 9:30 am. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

MAY 27: Sunrise Relays. 1.9, 4.1 & 3.5 mile legs, 3-person teams, Oakland (Merritt College), 9 am. Sunrise Runners, 1137 Shattuck Ave., Berkeley 94707. (415) 526-2780.

MAY 27: Ass to Ass Run & Festival. Half-marathon & 10K, Santa Rosa (Half), Cotati (10K), 9 am. Race Director, P.O. Box 4387, Santa Rosa 95402.

MAY 27: Spring Relays. (5, 3 & 2 mile, 3-person teams), Red Bluff (Ridgeway Park), 8 am. Kelly Avilla, P.O. Box 310, Red Bluff 96080. (916) 529-1221.

MAY 27: Ruth Lake Relays. Arcata/Eureka area, 9 am. Six Rivers R.C., Box 214, Arcata 95521. (707) 822-9435.

MAY 27: Memorial Run. Grass Valley (Memorial Park), 8:30 am. Annabelle Loucks, 116 High St., Grass Valley 95945. (916) 273-9268, eves.

MAY 27: Nat'l Masters TAC 25K Championships. Haines Point, Washington, DC, time TBA. Chuck Des-Jardins, 5428 Southport Ln., Fairfax, VA 22032. (703) 250-7955.

MAY 28: Pacific Sun 10K (& PA/TAC Masters Championships). Kentfield (College of Marin), 8 am. total Race Systems, 627 Galerita Way, San Rafael 94903. (415) 479-3839.

MAY 31: Tulare Sundowner 3K Series. Tulare (Bob Mathias Stadium), 7:45 pm. Norm Takeuchi, Tulare Parks & Rec., 830 So. Blackstone, Tulare 93274. (209) 688-2001, x575.

LOOKING AHEAD

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

JUN 3: Russian River Run. Marathon, Half-Marathon & 4.9 mile, near Ukiah, 6 am. Gail Gartner, 505 S. State St., Ukiah 95482. (707) 462-8879.

JUN 3: Gold Country Marathon & Half Marathon. Nevada City (Pioneer Park), 7 am. George Hagel, P.O. Box 531, Grass Valley 95945. (916) 273-4682, evenings.

JUN 3: Sri Chinmoy Marathon. Foster City (Recreation Center), 7 am. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-2722.

JUN 3: Triathlon Fed. USA Ultra Championships. 2 mile swim, 100 mile bike, 20 mile run. Santa Monica Pier, 8 am. Conrad Will, 853 Camino Del Mar, Del Mar 92014.

JUN 3: Nat'l TAC Women's 25K Championships. Sudbury, Mass., time TBA. Cindy Hasting, 90 Hampshire St., Cambridge, MA 92139. (617) 876-0727.

JUN 9: Robert DeCelle Jr. Memorial Tahoe Relays. (7-person teams, 72 miles, approx. 10 miles each leg), South Shore, Lake Tahoe, 7 am. Bob DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264.

JUN 9: Palos Verdes Marathon. Palos Verdes Peninsula, time TBA. George Owens, P.O. Box 153, Palos Verdes Estates 90274. (213) 437-6774.

JUN 10: Dipsea. Mill Valley to Stinson Beach (tough hilly course over trails), 10 am. *Limited Registration.* Mill Valley Jaycees, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

JUN 17: Valley of the Flowers Marathon & Half-Marathon. Lompoc, time TBA. Norm Yiskis, LVDC, P.O. Box 694, Lompoc 93438. (805) 733-3044.

JUL 7: Western States 100-Mile. Squaw Valley to Auburn, time TBA. Curt Sproul, 1000 "G" St., Sacramento 95814. (916) 443-8161. *Entries usually close early.*

JUL 8: Nat'l Masters TAC 15K Championships. Utica, New York, time TBA. Earl Reed, c/o Utica Boilers, Dwyers Ave., Utica, NY 13501. (315) 797-1310.

AUG 18: Bass Lake Half Marathon. Bass Lake (Pines Village), 8 am. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847.

COLLEGE/OPEN TRACK & FIELD

APR 8: Hancock Metric Meet. Santa Maria. Junior College.

APR 7: Fresno Bee Games. Fresno State University, 8 am. Tom Pagani, FSU Track, Fresno 93740. (209) 294-4098.

APR 7: Sun Angel Classic. Arizona State University. Roger Kerr, ASU Women's Track, Tempe, AZ 85281. (602) 965-2406.

APR 14: Converse Hind Wells Invitational. Cal State Northridge, 11 am. Don Strametz, CSUN Women's Track, Northridge 91324. (213) 885-3242. *This meet may have been cancelled, please check with meet director.*

APR 14: Woody Wilson Relays. UC Davis.

APR 14: SPA TAC Olympic Development Meet. Santa Monica City College, 10 am. Anna Biller Posey, Women's Athletics, 1900 Pico Blvd., Santa Monica 90405. (213) 450-5150, ext. 9850.

APR 14: California Christian College Conference. San Diego, 11 am.

APR 14: Sacramento Women's Invitational. Cal State Sacramento. Jerry Colman, Track Coach, CSU Sacramento, 6000 J St., Sacramento 95819. (916) 454-6208.

APR 14: Bakersfield Relays. Bakersfield J.C.

APR 14-15: Santa Barbara Heptathlon & Decathlon. UCSB. Sam Adams, UCSB Athletics, Goleta 93017. (805) 961-4060.

APR 17-18: Fresno State Decathlon and Heptathlon. Red Estes, track coach, Fresno State, Fresno 93740. (209) 294-4097.

APR 17-21: California Wheelchair Games. Fresno. Melissa Roberts (209) 488-1117.

APR 19: Southern California Relays. Ceritos College. Junior College.

APR 20-21: Lady Bronco Invitational. (includes heptathlon) Cal Poly Pomona. John Turek, CPP Women's Track, 3101 Temple Ave., Pomona 91768. (714) 598-4611.

APR 21: Cal State LA Invitational. CSULA, 10 am. Gene Howard/Gudrun Armanski, 5151 University Dr., Los Angeles 90032. (213) 224-3319.

APR 21: Jenner Invitational. San Jose City College, 12 noon. Bert Bonano, San Jose CC Track, 2100 Morpark Ave., San Jose 95128. (408) 288-3730.

APR 21: Nike Invitational. Cal State Northridge, 12 noon. Bill Webb, CSUN Track, Northridge 91330. (213) 885-3608.

APR 21: Ed Adams Invitational. Salinas. Junior College and some open events. Gary Shaw, track coach, Harnell CC, 156 Homestead Ave., Salinas 93901. (408) 758-8211.

APR 21: Nick Carter Invitational. Santa Barbara.

APR 26-29: Mt. SAC Relays Heptathlon & Decathlon. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

APR 28-29: Mt. SAC Relays. Don Ruh, Mt. SAC Relays, 1100 N. Grand Ave., Walnut 91789.

APR 28: Cal Poly SLO Invitational. Lance Harter, Cal Poly SLO Track, San Luis Obispo 93402. (805) 546-1130.

MAY 4: Johnny Mathis Tune Up Meet (Women). San Francisco State. Harry Marra, Athletic Dept., SFSU, 1600 Holloway Ave., San Francisco 94132. (415) 469-1561.

MAY 4: Western States Conf. Champs. Junior College. Bakersfield.

MAY 4: Golden Gate Conference Championships. Junior College. Chabot College, Fremont.

MAY 4: South Coast Conference Championships. Junior College. Orange Coast College, 2:30 pm.

MAY 4-5: WAC Championships. Sportsman Track, San Diego State, all day. Dixon Farmer, Track Coach, San Diego State University, San Diego 92182. (619) 265-6569.

MAY 4-5: Oregon Relays. University of Oregon. John Gillespie, Athletic Dept., University of Oregon, Eugene, OR 97403. (503) 686-5438.

MAY 5: Reebok-Los Gatos Twilight Olympic Qualifying Open Meet. Los Gatos High School. Willie Harmatz, Los Gatos High School, 70 High School Ct., Los Gatos 95030. (408) 395-5825.

MAY 5: Johnny Mathis Tune Up Meet (Men). San Francisco State. Harry Marra, Athletic Dept., SFSU, 1600 Holloway Ave., San Francisco 94132. (415) 469-1561.

MAY 5: New Balance Southwest Invitational. UC Irvine, 11 am. Vince O'Boyle, Crawford Hall, Irvine 92717. (714) 856-6342.

MAY 5: UC Berkeley Invitational. Erv Hunt, Track Coach, University of California, Berkeley 94720. (415) 642-3158.

MAY 5: Arizona "Last Chance" Meet. Tucson, AZ. Dave Murray, Track Coach, Univ. of Arizona, SUPO, Box 21106, Tucson, AZ 85720. (602) 621-4829.

MAY 9-12: NCAC Conference Championships. Chico State.

MAY 10-12: NAIA District 3 Championships. UC Santa Barbara. Russell Smalley, Westmont College, 955 La Paz Rd., Santa Barbara 93108. (805) 969-5051.

MAY 11-12: PCAA Championships. Fresno State University. Red Estes, Track Coach, Fresno State, Fresno 93740. (209) 294-4097.

MAY 11-12: West Coast Athletic Conference Championship. Stanford University. College women. Brooks Johnson, track coach, Stanford University, Stanford 94305. (415) 497-1051.

MAY 11-12: CCAA Championships. Cal State Bakersfield. Charles Craig, track coach, Cal State College, 9001 Stockdale Hwy., Bakersfield 93309. (805) 833-2347.

MAY 12: Olympic Qualifying-Reebok-Los Gatos Open Meet. (408) 395-5825.

MAY 12: California Relays. Modesto. Tom Moore, 1720 Richard Way, Ceres 94720. (209) 537-0411.

MAY 12: Oxy Invitational. Occidental College. Bill Harvey, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.

MAY 12: Oregon Twilight Meet. John Gillespie, Athletic Dept. Univ. of Oregon, Eugene, OR 97403. (503) 686-5438.

MAY 13: UCLA Pepsi Invitational. UCLA, 11 am. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

MAY 18: Southern Calif. J.C. Championships. Cerritos College. Ed Conly, Citrus College, 18824 E. Foothill, Azusa 91702. (818) 335-0521.

MAY 18: Northern Calif. J.C. Championships. Modesto Jr. College. Jack Albani, track coach, Modesto College, College Ave., Modesto 95350. (209) 575-6269.

MAY 18-19: PAC 10 Championships. Pullman, Washington. John Chaplin, Washington St. Univ. Pullman, WA 99164. (509) 335-8819.

MAY 18-19: NOR PAC Championships. Fresno State University. Tom Pagani, Athletic Dept., Fresno State, Fresno 93740. (209) 294-4098.

MAY 19-20: TAC Sr. Women's Heptathlon Chmps. UCLA. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

MAY 19-20: PA-TAC Open & Masters Championships. Los Gatos. Los Gatos High School. (408) 395-5825.

MAY 20: Long Beach Invitational. John Tansley, CSULB Track, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

MAY 20: SPA Jr./Sr. Women's & Sr. Men's Championships. UCLA, 9 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

MAY 21-26: NCAA Div. II. S.E. Missouri St., Cape Girardeau, MO. Bruce Drummond, Sacramento St. Univ., Sacramento 95819. (916) 454-6208.

MAY 21-26: NCAA Div. III. Carlton College/St. Olaf, Northfield, Minnesota. John Martin, Fisk Univ., Nashville, TN 37203. (615) 329-8782.

MAY 24: Beaver Twilight Meet. Oregon State University, Corvallis, OR. Chuck McNeil, track coach, Gill Coliseum, Oregon State Univ., Corvallis, OR 97331. (503) 754-2611.

MAY 24-26: NAIA National Championships. Charleston, WV. Wally Schwartz, NAIA, 1221 Baltimore, Kansas City, MO 64105.

MAY 25: San Diego TAC Championships (Men). Sportsman Track, San Diego State. Dixon Farmer, Track Coach, San Diego

State University, San Diego 92182. (619) 265-6569.

MAY 26: Jenner International. San Jose City College, 12 noon. Bert Bonano, SJCC track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

MAY 26: California Junior College State Championships. Bakersfield. Bob Covey, Bakersfield College, 1801 Panarama Dr., Bakersfield 93305. (805) 395-4011.

MAY 27: Compton Invitational. Compton College, 10 am. Wally Williams, 5242 Pendleton Ave., No. 26, South Gate 90280. (213) 631-3416.

MAY 27: San Diego TAC Championships (Women). Sportsman Track, San Diego. Jim Cerveny, Women's Track Coach, San Diego State, San Diego 92182. (619) 265-5536.

MAY 28-JUN 2: NCAA Div. I Championships. University of Oregon. Tom Heinonen, McArthur Court, Eugene, OR 97401. (503) 686-3395.

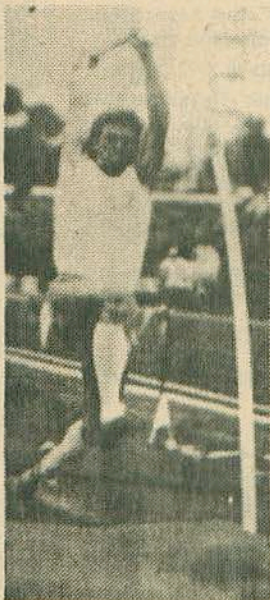
MAY 31: Tulare All Comers. Bob Mathias Stadium, Tulare, 6 pm. Norm Takeuchi, Tulare Parks & Rec., 830 S. Blackstone, Tulare 93274. (209) 688-2001, x575.

JUN 2: TAC Nationals Qualifying Meet. Mt. San Antonio College. Ernie Gregoire, 1100 N. Grand, Walnut 91789. (714) 594-5611, ext. 500.

JUN 7-9: TAC Sr. National Championships. San Jose City College. Bert Bonano, SJCC Track, 2100 Moorpark Ave., San Jose 94128. (408) 288-3730.

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★ 1983 Meet Featured State Champions In ★
400m Relay • 400m Dash • Triple Jump • High Jump • Discus

MEET RECORDS

MEN: 38.1, 42.0, 14.2, 10.7, 9.11, 3:20.1, 15-2, 27-7 1/4, 195-10, 6-10 3/4, 38-3 3/4, 60-10 1/2
WOMEN: 46.6, 48.9, 12.0, 14.9, 5:00.1, 18-3 1/2, 5-8, 37-7 1/2, 137.1

SANCTIONED FOR ALL C.I.F. SECTIONS

FOR MORE INFORMATION & ENTRY FORMS, CONTACT:

Chuck Toste, Head Track Coach
Lemoore High School
Bush & Lemoore Ave.
Lemoore, CA 93245
Phone: (209) 924-5651

MT. SAC MEANS TRACK AND FIELD AT ITS BEST!

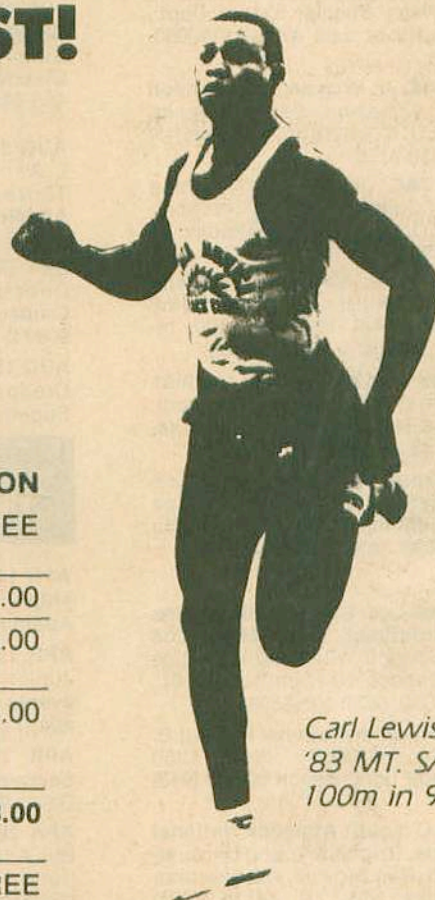
1984

PUMA  **AND EVEREADY ENERGIZER**

MT. SAC EVENT SCHEDULE

(NOTE: All Divisions include Men and Women)

| DATE | EVENT | ADMISSION |
|-----------------------|--|-----------|
| Sunday, April 15 | Masters Division Impaired Division (Wheelchair) | FREE |
| Thursday, April 26 | Community College Division | \$5.00 |
| Friday, April 27 | High School and Jr. High School Relays—Carnival | \$5.00 |
| Saturday, April 28 | a.m.: High School Invitational Division p.m.: University—Open Division | \$5.00 |
| Sunday, April 29 | "Meet of Champions" Invitational Division | \$8.00 |
| Fri., Sat., May 11-12 | High School Decathlon | FREE |



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'83 MT. SAC
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CARL'S JR. MT. SAC 5K & 10K

Sunday, April 29, 1984

8:30 AM.....5K

9:00 AM.....10K

ENTRY FORM

(Print)

Name: _____ Last _____ First _____ MI _____

Address: _____

City: _____ Zip: _____

Phone: (____) _____ Age: _____ Sex: _____

Division Category Entering: 5K _____ 10K _____

T-Shirt: XL ☐ L ☐ M ☐ S ☐

Enclosed: \$10.00 Fee (All Inclusive)

Includes T-Shirt and Admission to "Meet of Champions"

\$_____

\$_____ Total

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Walnut, CA 91789

JUN 14: Tulare All Comers. Bob Mathias Stadium, Tulare, 6 pm. Norm Takeuchi, Tulare Parks & Rec., 830 So. Blackstone, Tulare 93274. (209) 688-2001, x575.

JUN 16-24: U.S. Olympic Trials. L.A. Coliseum. Will Kern, Special Events Dept., Los Angeles Times, Los Angeles 90053. (213) 972-5771.

JUN 16-17: TAC Jr. Women's Heptathlon Chmps. L.A. Coliseum. Berny Wagner, U.S.A. TAC, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

JUN 18-19: TAC Jr. Men's Decathlon Chmps. L.A. Coliseum. Berny Wagner, U.S.A. TAC, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

JUN 22-24: TAC Jr. Men/Women Championships. L.A. Coliseum, 9 am. Berny Wagner, U.S.A. TAC, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

JUN 28: Tulare All Comers. Bob Mathias Stadium, Tulare, 6 pm. Norm Takeuchi, Tulare Parks & Rec., 830 So. Blackstone, Tulare 93274. (209) 688-2001, x575.

JUN 30: Los Gatos All Comers Meet. Los Gatos High School. Willie Harmatz, Los Gatos High School, 70 High School Ct., Los Gatos 95030. (408) 395-5825.

JUL 7: Reebok-Los Gatos Twilight Pre-Olympic International Open Meet. Los Gatos High School. Willie Harmatz, Los Gatos High School, 70 High School Ct., Los Gatos 95030. (408) 395-5825.

JUL 7: Long Beach Invitational II. CSULB. John Tansley, CSULB Track, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

JUL 12-14: TAC Youth Athletics National Championships. Brigham Young University, Provo, Utah. Ben Stowell, 425 Sherman Ave., Salt Lake City, UT 84115. (801) 487-2847.

JUL 14: International Pre Olympic Meet. UC Berkeley. Dave Maggard, Athletic Director, UC Berkeley 94720. (415) 842-5316.

JUL 14: Los Gatos All Comers. (408) 395-5825.

JUL 15: International Pre Olympic Meet. Mt. San Antonio College, Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

JUL 19-21: TAC National Junior Olympics Championships. Baton Rouge, Louisiana. Sams Seemes, Track Coach, Louisiana State, P.O. Box AS, LSU Station, Baton Rouge, LA 70893. (504) 388-8627.

JUL 21: Reebok-Los Gatos Twilight Pre-Olympic International Open Meet. Los Gatos High School. Willie Harmatz, Los Gatos High School, 70 High School Ct., Los Gatos 95030. (408) 395-5825.

JUL 21: International Pre Olympic Meet. Hughes Stadium, Sacramento. Al Baeta, American River College, 4700 College Oak Dr., Sacramento 95841. (916) 484-8143.

JUL 21: Long Beach Invitational III. CSULB. John Tansley, CSULB Track, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

JUL 21: Prefontaine Classic. Hayward Field, Eugene, Oregon. Tom Jordan, 850 East 43rd Ave., Eugene, OR 97405. (503) 683-5635.

JUL 25: Mt. SAC International Pre-Olympic Tune-up. Open to International Olympic Team members only. Don Ruh, Track Coach, Mt. SAC, Walnut 91789. (714) 594-5611.

JUL 29: International Pre-Olympic Invitational. Mira Costa College, Oceanside. San Diego Athletic Assoc., 9369C Discovery Way, La Jolla, CA 92037. (619) 455-9422 (Robin Williams).

AUG 3-12: Olympic Track & Field Games. L.A. Memorial Coliseum. H.D. Thoreau/Bill Bedford, LAOOC, Los Angeles 90084. (213) 305-1984 or 305-8414.

AUG 11: Arco Jesse Owens Youth Games. San Diego State Univ. Mary DeGeorge, Director, Arco Jesse Owens Youth Games, 515 S. Flower St., Los Angeles 90071. (213) 486-1243.

AUG 15: Post Olympic Meet. University of Oregon. Tom Heinonen, McArthur Ct., Eugene, OR 97401. (503) 686-3395.

MASTERS TRACK & FIELD

APR 14: Central California TAC Championships. Fresno State University. Hugh Adams, 7904 S. McCall, Selma 93662.

APR 15: Mt. SAC Relays. Mt. San Antonio Junior College, Walnut. Some masters events. Hal Smith, 18720 Oxnard St., No. 404, Tarzana 91356. (213) 342-1174.

APR 28: Sacramento Relays. Cal State Sacramento. Bob Cooper, 24 College Park, Davis 95616. (916) 756-4088.

APR 28-29: Olympic Legends Meet. UCLA. Bill Adler, LAVAC, 1801 Ave. of the Stars, Suite 415, Los Angeles 90067. (213) 557-2422.

MAY 4: TAC National Masters Pentathlon Championships. Raleigh, North Carolina. Parks & Recreation, P.O. Box 590, Raleigh, NC 27602.

MAY 5: West Coast Masters Classic. Visalia. Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030.

MAY 12: Redlands Evening Kiwanis Meet. Howard "Buzz" Wagner, 1522 Margarita Dr., Redlands 92373.

MAY 19-20: PA-TAC Masters Championships. Los Gatos High School. Bruce Springbett, P.O. Box 1328, Los Gatos 95030. (408) 354-7333.

MAY 26: Anteaters Masters Meet. UC Irvine. Dave Lewis, 505 Begonia Ave., Corona Del Mar 92625. (714) 673-2025.

JUN 9: USC Masters Meet. Cromwell Field, USC, Los Angeles. Jim Vernon, 1147 W. Rowland Ave., West Covina 91790.

JUN 30: Southern California Striders Relays. Santa Ana College, 10:30 am. Submasters, Masters, Corporate, Police & Fire Dept. Lloyd Higgins, 629 Marie Ave., Los Angeles 90042. (213) 257-7865.

JUL 7: Northern California Seniors Classic. Berkeley. Mark Grubi, P.O. Box 4512, San Francisco 94101.

JUL 7-8: TAC National Masters Decathlon & Heptathlon Championships. Indiana University, Indiana. Henry Hopkins, 833 N. Center Rd., Indianapolis, IN 29651.

JUL 13-15: Taco Bell Open & Masters. Fresno State University. Red Estes, CSUF Athletic Dept., Fresno 93740. (209) 294-4097.

AUG 17-19: TAC National Masters Championships. Eugene, Oregon. Oregon Track Club Masters, P.O. Box 10085, Eugene, OR 97440. (503) 687-0122.

OCT 6: Club West Masters. Goleta. George Adams, P.O. Box K, Goleta 93116.

Masters please check College/Open Track & Field Schedule for All Comers Meets, as many have special masters divisions and/or encourage masters participation.

TRACK & FIELD LOOKING AHEAD 1985

FEB 22: USA/Mobil TAC Indoor Championships. New York, New York.

MAR 24: IAAF World Cross Country Championships. Lisbon, Portugal.

JUN 14-16: USA/Mobil TAC Outdoor T&F Championships. Indianapolis, Indiana.

JUN 29-30: USA-West Germany T&F Dual Meet. West Germany.

AUG 24-SEP 4: World University Games. Kobe, Japan.

AUG ? : Pacific Conference Games. USA.

SEP ? : USA-USSR-Japan Triangular. Tokyo, Japan.

OCT 5-7: IAAF World Cup T&F. Canberra, Australia.

1986

FEB 28: USA/Mobil TAC Indoor Championships. New York, New York.

MAR ? : IAAF World Cross Country Championship. Neuchatel, Switzerland.

JUN 29-30: USA-USSR Dual T&F Meet. Tentative. USA.

JUL 5-6: USA-East Germany Dual T&F Meet. Tentative. East Germany.

JUL 17-26: Commonwealth Games. Edinburgh, Scotland.

AUG 17-18: USA-West Germany Dual T&F Meet. Tentative. Stuttgart, West Germany.

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SoCal Diary

By BILL MINARIK

February 13.

Track season got off to a fast start in SoCal with a world record setting pole vault by the USSR's Sergei Bubka at 19-1½ in the Times Indoor Games. In addition, UCLA's John Brenner put on an awesome performance in a weightman's pentathlon with marks of 66-1¼ Wt., 68-9½ SP, 189-2 DT, 221-6 JT, and a 210-1 HT. I'm not sure if that meet was scored but if it was, then John would certainly have a world's record. His 68-9½ PR in the shot shows that Art Venegas has him on his way to an Olympic team berth. That Throwers Meet which was held at CS Northridge may be one of the few meets held at CSUN this year because of the condition of the running track. I understand the high school portion of the Northridge Relays has been switched to CSLA.

There was a controversial incident at the L.A. Times Indoor Games which had significant political overtones. In a 300 meter race, Joe Wiley appeared to have attempted to cut off Henry Thomas on 3 different occasions. In defense of the attempted cut-in, Henry raised his right fore arm. However, the officials decided to stick Henry with the DQ. According to insiders at the meet, the reason Henry got the DQ was because Joe Wiley was earning Grand Prix points for his finish which will convert into dollars, while Henry Thomas had "nothing" at stake.

In a change of coaching assignments, Mitch Harnatz has left as head coach at CS Dominguez Hills and has moved over as an assistant at Cal Poly Pomona. The reason given for Mitch's departure was that all the scholarship money at the school was going into the Basketball Program while Mitch had to raise any money for Track Scholarships with all-comers meets and other fund raisers. Mitch did a great job at CSUDH and whoever takes his place will come in in a tough spot.

Another confirmed coaching switch will see Verne Wolfe retire at USC after 22 successful seasons which saw the Trojans win no less than 7 national championships. There is no confirmed replacement for Verne although I feel long time assistant Ken Matsuda is the best qualified for the

job. The only reason Ken might not get the job is the feeling of some USC Administrators that after the problems the Trojans had with probation, a clean coaching sweep might be the best thing for a fresh start.

If any of you want to answer any of the questions you've had on the subject of steroids then I would strongly recommend you get copies of the Jan. 29 to Feb. 1 issues of the L.A. Times and read the fantastic set of articles done by L.A. Times staffers, Elliott Almond, Julie Cart, and Randy Harvey. That series of articles is undoubtedly the most comprehensive information, both objectively and subjectively ever published in a newspaper. I think anyone who has used, is using, or is considering using steroids will want to read these articles. A couple of conclusions started in the articles were, 1) steroids will help improve athletic performance, and 2) steroids have very dangerous if not life threatening side effects. The big event of the past week-end was the Los Angeles International Marathon which used the Olympic Marathon course. Foreigners pretty much dominated the scene as Tanzania's Gidamis Shahanga was the men's winner in 2:10.19 while Canada's Jackie Gareau lead all the way to win the women's division in 2:31.57. Highest USA finisher was Chris Schallert a former L.A. Valley CC distance star who was 6th in 2:16.15. US Olympic hopeful Ron Tabb died half way through the race and finished in virtual obscurity.

The SoCal Indoor Season rapped up with the San Diego Invitational Friday night. The big news there was upsets with Sam Turner upsetting Greg Foster in the 60 highs 7.07 to 7.09 and Ron Brown doing likewise to Carl Lewis in both the 50 and 60.

Outdoors UC Irvine opened its dual meet season with an 89-74 win over visiting CS Long Beach, while up at UCSB there were some excellent marks turned in by Innocent Egbunike of Azusa Pacific with a 46.3 400 meters and teammate Christian Okoye with a 193-3 discus throw. Dave Laut showed that he was ready for the Olympics with a 69-8 shot put. There was also a multi-team

meet at USC with a number of local colleges competing, although there were no exceptional marks.

February 27.

Track season got in full swing over the week-end with high schools beginning their pre-season duals and community colleges having their conference relays. In 4-year college action, Azusa-Pacific finished 5th in the NAIA Indoor Nationals thanks to a 1-2-3 finish in the 35 lb Wt. throw. In outdoor duals San Diego State outran Cal State Long Beach 105-59 and CS Northridge rolled by CPSLO and UCSB 104-56-42 in mens Saturday duals. In the latter meet Marcus Gordien's 206-9 and Ron Ewaliko's 297-5 recorded outstanding marks competing unattached. In womens duals CPSLO was a 79-57 winner over UCSB.

In a big Tri-Meet at Westwood on Sunday, UCLA thanks to a weight triple by John Brenner got by rugged Fresno State and UC Irvine 89-62-40 despite the fact both the Bruins and Bulldogs each had 7 first places. In a companion women's meet, FSU dropped UCI 81-55 as Renee Wyckoff notched a nice 4:31-9:39 distance double. The UCLA women who competed on a non-scoring basis were lead by super frosh Gayle Kellon who won both hurdles and anchored both relay teams to wins.

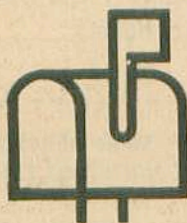
March 5.

In major duals, Arizona snapped UCLA's 32 meet home winning streak 85-78 as the Bruins dropped the stick on the 400 relay. John Brenner continued his big musclework for the Bruins with 3 firsts and a second including a 69-3½ PR in the shot. Elsewhere UC Irvine took both mens and womens divisions against UCSB 94-59 and 93-50.

In major relay meets, first at the Bud Light Invitational at San Diego, the Stars and Stripes 400 Relay team had a fine early season time of 39.2, while at the Long Beach Relays Pasadena CC displayed a trio of high jumpers at 7-2, 7-2, and 6-10 respectively, while Taft CC had an excellent early season sprint medley time of 3:21.3.

Address Change?

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Medical Notes for Runners

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

On Cortisone

Cortisone is a substance normally produced by the adrenal gland of the body. It is used in sports medicine to decrease inflammation. Inflammation causes pain; therefore decreasing inflammation decreases pain. Cortisone may be used or abused. The abuses, at times, outweigh the uses. A recent article in *Runner's World* on Cortisone has alerted many of my patients to the overutilization of Cortisone, and they have asked me to clarify some of the points on Cortisone.

We are all aware of the Bill Walton case, whereby he received multiple Cortisone injections and eventually developed a stress fracture of the bone. This most likely was because, along with Cortisone, he received local anesthesia, the normal body defenses for pain were decreased, and he continued exercising on a very weak foot, which eventually led to chronic repetitive stress and a stress fracture. One must remember that Bill Walton had an extremely weak foot and, therefore, the soft tissue around the bones was unable to protect the bones. I know this from personal experience, having examined and treated Bill, not with Cortisone injections, prior to that play-off time when he fractured his bone.

What are the uses of Cortisone?

Cortisone may be utilized in an injectible form to decrease scar tissue. Once there has been an injury, the collagen fibers in the scar become criss-crossed. Normal collagen fibers, the networks of soft tissue, are parallel; and the parallel bundles glide over each other or open and close like an accordion to allow elongation and contracture of soft tissue. Once there has been a scar, there is a knot of criss-crossed collagen, which does not elongate. Thus, there is a pulling sensation when one is recovering from an injury, such as a tear of a muscle or a tear of a tendon. Cortisone can soften up the scar tissue and allow the bundles to rearrange parallel. Cortisone must be utilized in conjunction with physical therapy, such as ultrasound, strengthening and flexibility exercises, balance exercises, and other forms of physical therapy including deep massage. Cortisone utilized solely without the benefits of physical therapy or appropriate training may cause damage inasmuch as the injured part will feel better, yet is unprotected.

Cortisone is quite helpful for bursitis. A bursitis is a blister deep in the body. It is a sac. Injecting Cortisone, long and slow acting, into the sac will decrease the inflammation and certainly help get rid of the symptoms. There is very little danger in injecting a bursa. The philosophy being that it is better to oil the machine where it squeaks, then give the whole body Cortisone for a bursitis.

Further Uses

Cortisone is quite helpful for injection of neuromas. The neuroma is a small benign nerve tumor which occurs usually, between toes on the ball of the foot and causes numbness and burning pain. There may also be a neuroma about the heel. Cortisone shrinks down the inflammation around the nerves and three injections, about a week apart, are usually 70% effective in treating neuromas. Surgery is only reserved for those patients who do not respond to some form of injection therapy along with the balancing of the foot and metatarsal pads.

Trigger Point Therapy

A small amount of local anesthesia and long and slow acting Cortisone are quite helpful for trigger point therapy. Acupuncture points are mapped with a neuroprobe, acuscope, or dynawave. They are then treated with electroacupuncture. For a more prolonged effect, if there is considerable discomfort or pain, a small amount of injection can be given into each trigger point. The amount of Cortisone utilized is so minimal that it does not affect the body or the soft tissue in a detrimental way.

Cortisone with local anesthesia may be used for diagnostic purposes too. If one is trying to decide whether there is a problem inside a joint or outside a joint, simply injecting outside the joint will let one know what is going on. If, of course, the pain goes away when one runs, one can assume that there is no problem inside the joint. This sometimes saves the athlete the cost of X-rays, the exposure to radiation, and prolonged periods of inactivity while waiting for a joint, which is not injured, to heal because one assumes that the joint is injured.

It must be remembered that Cortisone is a form of treatment which must be utilized within a full scope of diagnosis and rehabilitation. Cortisone utilized without proper physical therapy, diagnosis, and training methods can certainly cause more problems than it solves.

What types of Cortisone are there?

There are two types of Cortisone that are commonly injected; one being short-acting and the other being long-acting. The short-acting is a solution and is usually gone from the local area within 24 hours. The long-acting is an acetate and sticks around for about three weeks. One can see deposits of the Cortisone in the body if surgery is undertaken as the final solution. The deposit usually is the acetate which stays behind once the Cortisone has been released from the acetate. Using long-acting Cortisone alone causes Cortisone flares and pain. Using short-acting Cor-



tisone alone does not give a prolonged effect. Thus, the two should be mixed along with local anesthesia. When this is done, there is considerably less discomfort with the injection than when long-acting Cortisone alone is used. Utilization of long and slow acting Cortisone has been most helpful for plantar fasciitis and heel spur syndrome. This is, in fact, a treatment of choice when combined with shock absorbing insoles, orthotics, and taping of the foot.

So you see, there are certainly many valid uses of Cortisone in sports medicine when utilized by a knowledgeable practitioner. The problem is not with the Cortisone, but in those who use it.

So, what's wrong with Cortisone?

When Cortisone is taken orally, it causes the adrenal gland to decrease its production of Cortisone. Prolonged consumption of oral Cortisone, therefore, causes atrophy of the adrenal and many other systemic unpleasant effects, such as a moon face (red, large face), increased hair on the body, and softening of the bones. Cortisone, systemically, is often used for rheumatoid arthritis, and practitioners realize that the undesirable effects are outweighed by the comfort that it gives the patients, who otherwise would be crippled. Short term oral Cortisone is helpful for achilles tenosynovitis.

When do I not use Cortisone?

I do not inject achilles tendons. There is ample evidence to show that injection into a tendon can cause death or necrosis to cells in the tendon, which don't heal for several weeks to months. The athlete can run with an unprotected tendon, and this may cause a partial or complete rupture. I very seldom inject into a joint. It's been shown that Cortisone in a joint causes softening of the cartilage in the joint, and repeated Cortisone injections can cause a pathological joint. However, one or two injections into a severely inflamed joint will usually cause no damage and may greatly decrease the damage that could be caused by acute inflammation. Cortisone is not used around growth plates in children inasmuch as it may adversely affect the bone growth.

In conclusion, you can see there are uses and abuses of Cortisone. The problem is not in the medication, but in those who administer it. Let me know if you have any questions.

Keep on running.

Athlete's Kitchen

By NANCY CLARK, M.S., R.D.

Evening Eaters

"I eat very little during the day because food in my stomach interferes with my training. I'm not hungry for breakfast after my morning run. I don't want to eat much for lunch because it'll interfere with my afternoon work-out. But I certainly chow-down at night!!! Does all this food turn into fat?"

-Triathlete Peter Rawson

"Evening is the only time I have to relax and socialize--so I tend to save my eating for then. I work all day, train at night, and then have a big dinner and go to bed. Is sleeping with a full stomach bad for my health?"

-Marathoner Paul McKinley

Many athletes eat most of their calories at night because of their intense work and/or training schedules. They often wonder if evening eating is bad health practice and if these calories are more apt to turn into flab. Although sleeping with a stuffed stomach is physiologically fine, a heavy night-time intake can be calorically and nutritionally dangerous, especially for those who are watching their weight.

If you are a night-time eater, you might want to consider the benefits of eating more during the day. Good ol' Mom was right, again, when she emphasized breakfast as being the most important meal of the day. Here's why:

1. According to the research on body rhythms, you burn calories more readily during the daytime as compared to at night. Your internal clock that governs your sleep/wake and rest/activity patterns also governs your metabolism.

In a research study involving six people who ate 2,000 calories per day, all the subjects lost weight when they ate the calories at breakfast-only. However, two-thirds of the group gained weight when they ate the same food at dinner-only. This suggests that night-time calories tend to be more easily stored as fat.

2. Night-time calories tend not only to be more fattening, but also to be consumed in large quantities. When research subjects were allowed to eat as much as they wanted --but only in one meal-- they ate 600 calories more when they ate dinner-only, as compared to when they ate breakfast-only. It seems that when people restrict themselves all day, they cultivate an enormous

appetite that is hard to satisfy . . . and they tend to easily over-eat. And these extra calories convert into extra fat.

3. Night-time munching can lead to nutritional problems as well as weight problems. If you opt for a cup of coffee for breakfast (0 calories), a yogurt for a light lunch (250 calories) and perhaps a small can of apple juice for a snack (100 calories), you will have created a significant caloric deficit during the day. You've eaten only 350 calories, yet may have burned off 2000-3000 depending on how active you've been. When you deny yourself to this extent, you tend to crave sweets. Your "sweet tooth" may become uncontrollable. So what do you eat? -- the whole bag of Oreos, the whole quart of ice cream, the whole pan of brownies. You could more wisely have eaten those calories during the day in the form of a wholesome breakfast, a nutritious lunch and some light snacks. You'd more likely burn off these calories, benefit from the nutrients and control your weight at the same time.

Nancy Clark, MS, RD, a registered dietitian with additional training in exercise physiology, is the nutritionist at Sports Medicine Resource, Inc. in Brookline, MA. Her book *The Athlete's Kitchen* (VNR '81; Bantam '83) is available at Dalton Bookstores.



May 5, 1984

6 Mile — Men's Open, Men 30-39, Men Over 40, Women's Open

3 Mile — Men's Open, High School, Women Under 30, Women 30 & Over.

1 Mile — Children 12 & Under.

Starting Time 8:30 a.m. • Entries Close at 8:00 a.m.

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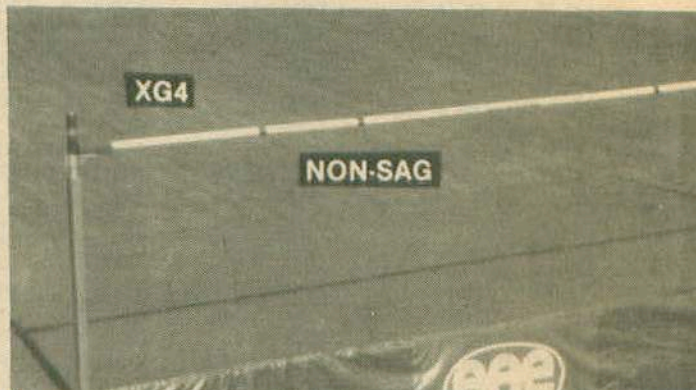
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| 11:15 | Mile Walk (all div.) |
| 11:25 | 2 Mile Run (men) |
| 11:45 | Mile Run (women) |
| 12:00 | 440 Relay (men) |
| 12:15 | 120 Yard HH (men) |
| 12:35 | 100 Yard "Doctors Dash" |
| 12:55 | 440 Yard Dash |

| Time | Event |
|------|------------------------|
| 1:20 | Mile Run |
| 1:45 | 100 Yard Dash |
| 2:10 | Doctors "Medical Mile" |
| 2:25 | 440 Intermediates |
| 2:40 | 880 Yard Run |
| 3:00 | 220 Yard Dash |
| 3:25 | Doctors 440 Relay |
| 3:35 | Mile Relay |

| Time | Event |
|-------|-----------|
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| 12:00 | Shot Put |
| 12:00 | High Jump |
| 1:00 | Long Jump |
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OFFICIAL ENTRY FORM

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WAIVER: In consideration of being accepted, I intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims or damages I may accrue against the West Coast Masters Classic, City of Visalia, C.O.S., the meet directors, Visalia Medical Clinic, and any and all donors and sponsors of this meet for any injury suffered by me while traveling to and from, or competing in the West Coast Masters Classic on Saturday, May 5, 1984 at the College of the Sequoias in Visalia, California.

Signed: _____ Date _____

Print name clearly _____ Age (on May 5, 1984) _____

Address/City/State/Zip _____

☐ Male ☐ Female Division _____ T-Shirt size _____

Club Affiliation _____

Events Entered Best Marks 1983-1984 Events Entered Best Marks 1983-1984

1 _____ 2 _____

3 _____ 4 _____

5 _____ 6 _____

Core Training for the Marathon



from Joel Nisenbaum

Maybe it is time for a different approach to training for the marathon. Despite a great increase in participation the record for the marathon has not changed significantly for fifteen years. Clayton's time has been bettered by a scant .4 percent while considerable improvements have taken place in the 5,000 and 10,000 meter records because of improved training methods. Perhaps many superior distance runners have as yet to try the marathon, but it is also possible that the record will not be significantly bettered using the training methods of today.

Increasing the quantity and quality of the mileage and using a hard/easy approach are two of the methods of training most in use. Since it is not possible for any person to run a long distance most every day at a rapid pace, the marathon is the only running event for which one does not train further on a daily basis than the distance of the event. No training system keys on the specific ability needed for running a championship marathon. The Core Training System, combining very hard long runs with easy and rest days is geared to the marathon.

Core Training combines running as fast or faster than race pace with hard training runs that toughen one for the mental and physical rigors of the race. Although it is not meant to be year round, Core Training will occupy a marathoner for about four to six months after establishing a Lydiard type base. Then, about six weeks prior to the marathon the Core Program should be modified with shorter faster work to bring the runner to maximal readiness for the race.

The Core Program is based on five factors: very long hard runs, long pace running as fast as or faster than race pace, racing shorter events, quality middle distance running to build up leg speed and plenty of rest to benefit from all the hard work. A schedule that encourages a runner to stay healthy is preferable to one that keeps him on the brink of disaster. A great amount of discipline is necessary to put in the proper mileage to approach one's potential and much of this discipline must be used to ensure that one does not run too hard, too soon or too often.

These schedules presuppose at least several years background and five years before using the elite schedule. The Core

Program is only to be attempted by mature runners who feel that the marathon is their best event and who enjoy long hard training runs. The weekly mileage will normally be a reduction.

Although the weeks in these schedules are meant to follow each other cyclically there are exceptions. When a tired athlete wants to begin the Core Program he should spend about three weeks running easily with one half to three quarters the mileage he is used to. If he has completed at least one cycle and is becoming fatigued, he should take a week with no hard workouts using Lydiard type base training. Ideally, this week will follow Week 2, with approximately the mileage expected in Week 3. If the runner becomes fatigued after one week he should consider the following possibilities. The goal time he has chosen is too ambitious. The hard days are being taken too hard. The Core Program may not be for him. Whatever the conclusion he should take an easy week.

This program was designed for men. Women will add between ten and twelve percent to the goal times to get the proper schedule. i.e.: A woman with a goal time of 2:50 would use the schedule attached to a goal time of 2:40-2:30. The times given are mostly an indication of effort for the hard runs and will have to be set individually. If the goal times are substantially different, a new schedule will have to be extrapolated. It is important not to use a slower goal time with a schedule attached to a faster goal time.

Core Training is for mature, fit, healthy runners who want to optimize their performance, not a way to get into shape. As the program continues the hard days should get harder and the easy days should remain the same.

SCHEDULES

Elite Runner — goal time 2:15-world record
(comments made on this schedule are applicable to all)

WEEKS 1 AND 2: Monday — 5 miles as slow as possible; 7:00 or slower. Tuesday — 10 miles easy; 6:30 or slower. Wednesday — 12 thru 15 miles very hard; aim for under 5:00 per mile average. (The run should accelerate, each third being about three percent faster than the preceding.) Thursday — same as Monday. Friday & Saturday — same as Tuesday. Sunday — 25 thru 30 miles hard; A 5:45 pace for 30 miles is as hard as as long as anyone need go. (The run should gradually gain speed, with the penultimate 5 miles being the fastest. Provisions for intake of fluids must be made on all runs in excess of 15 miles, or less if circumstances require it. Hill running, as tolerated, can occasionally be incorporated into hard runs during Weeks 1 and 2. Uphills should be run hard and

downhills floated when they cannot be avoided. Monday and/or Thursday may be taken off and other activities engaged in.)

WEEK 3: Monday, Tuesday and Thursday — as in Weeks 1 and 2. Wednesday — 6 repeat miles very hard with 5 minute rests; All runners should be below 4:35 for each mile. Friday — 6 thru 8 miles easy; 6:30 or slower. Saturday — Race 10K to 10 miles. (Run with almost all out effort, acceleration throughout or at worst even paced. Avoid races with more than a little downhill. Occasionally substitute a longer race and reduce the Sunday run.) Sunday — 15 thru 20 miles easy; 6:30 or slower.

Goal time 2:40 - 2:30

WEEKS 1 AND 2: Monday — off. Tuesday — 8 miles easy; 7:00 or slower. Wednesday — 10 thru 14 miles; Aim for a sub 6:00 pace. Thursday — 4 miles easy; 7:00 or slower. Friday and Saturday — same as Tuesday. Sunday — 20 thru 25 miles hard; Aim for a 6:20 pace.

WEEK 3: Monday and Tuesday — as in Weeks 1 and 2. Wednesday — 5 mile repeats; very hard with 6 minutes rest. Thursday and Friday — 6 miles easy; 7:00 or slower. Saturday — 10K race. Sunday — 10 thru 15 miles easy; 7:00 or slower.

Goal time 3:10 - 3:00

WEEK 1 AND 2: Monday — off. Tuesday — 6 miles easy; 7:30 pace or slower. Wednesday — 8 thru 12 miles very hard. Most runners will be under 6:40. Thursday — off. Friday — 7 miles easy; 7:30 pace or slower. Saturday — 5 miles easy; 7:30 pace or slower. Sunday — 15 thru 20 miles hard. Aim for under 7:00 pace for the longer distance.

WEEK 3: All days but below the same as Weeks 1 and 2. Wednesday — 4 mile repeats; very hard with 6 minutes rest. Sunday — race 10K thru 10 miles.

Goal time 3:40 - 3:30

WEEKS 1 AND 2: Monday — off. Tuesday — 5 miles easy; 8:30 or slower. Wednesday — 8 thru 10 miles very hard; Aim for under 8:00 pace. Thursday — off. Friday — 7 miles easy; 8:30 or slower. Saturday — 5 miles easy; 8:30 or slower. Sunday — 12 thru 20 miles; Aim for under 8:20 pace for the longest distance.

WEEK 3: The same as the preceding schedule.

An ability to cultivate the proper mental outlook is essential. There should be no feeling of fatigue during or after a hard run, but rather a sense of anticipation and excitement combined with a confidence that the hard runs will be accomplished.

To achieve one's best time, treat all injuries conservatively and take these injuries into account in planning future runs. Not making up partly or completely missed workouts and avoiding hard effort when in doubt about your condition aid in maximizing results. Attitude, easy days, good sense and very hard work when one is ready are factors that determine performance.

Core Training is not another long distance training method. It is a program that combines various means with low total mileage to achieve a superior performance. It's specifically designed training will enable the marathoner to accomplish times previously only dreamed of.

Eino's Notebook

By EINO

More Olympic Talk

It's time to talk more about the Olympics. The Winter Olympics have come and gone. One of the most amazing things about it was the Scandinavian participation: 15 million people got more medals than either Russia or East Germany! But when you listened to ABC you got the idea that Russia and East Germany were in a dual meet against the U.S. The Olympic spirit is not confrontations between different countries or to see which system works the best and who gets the most medals. Otherwise, measuring it like that, it would have to be Scandinavia. But I'm here because I believe the system here is basically good. It needs improvement in certain areas though. Women in the Olympics have room for lots and lots of improvement.

A few days ago at the Santa Monica Track I asked Chuck Debus why so many young American runners and track and field athletes are not very well-coordinated. He told me that the other sports get the coordinated athletes before track and field has a chance to do anything about it! The only two events that American women have had any domination in are the 100m and 4x100m. And here I'm measuring success with the medals! But I do have to use some kind of system, right? Let's drop all the silver and bronze medallists and all the fourth through eighth place finishers, and only measure success with the yellow medal. American women have never held the shiny medal in 400m, 1500m, 110m hurdles, 4x400m, long jump, shot put and pentathlon. And of course, not in the 3000m and marathon, since they are new events. The most success has been reached in the 100m and 4x100m. In both of these the American women have been first five times. In the field events, our women have three first places in the high jump, the latest in 1956; in the discus, javelin and 800m, one first place; in the 200m, two first places. Now you can see why I'm for women's sports. Let's start to support our women's team, so they can reach equal success with men.

There's only two track and field events that American men have never gotten a first place in: the 20km and 50km walk. And in only two events have they gotten just one first place, both in 1964. They are the 5000m and 10,000m. In the 1500m our men have two first places, the last in 1908; and altogether three first places in the 3000m and marathon. Basically, when we look at this, we realize that any event over 1500 meters has been a weak one for the Americans. The shorter the distances, the higher the success. In the 800m we have eight first places; 4x400m, ten first places; 4x100m, 400m, 200m, 100m and 400m hurdles, twelve first places. American men have most dominated the 110m hurdles,

with fifteen first places. In the field events, basically we've been stronger. The weakest is triple jump with three firsts, but not any since 1904. In the hammer we have seven first places, last in 1956; high jump, twelve firsts; discus, thirteen firsts; shot put, fourteen firsts; long jump, fifteen firsts; pole vault, sixteen firsts. Our male domination basically has started to slow down since 1964, and its lowest point was when we were denied, for political reasons, our chance to take part in the Moscow Olympics.

Some of you may find the statistics boring, but I use it as a guideline for the future. There's not too much help we can do by this summer. But the corporation support that our sport has gained of late, I hope we can hold onto with our teeth! I feel part of this responsibility toward our young people relies on the track and field superstars: Evelyn Ashford, Mary Decker, Carl Lewis, Edwin Moses, Alberto Salazar, Frank Shorter and many others. Track and field will only have a great future when we can get our nation to stop eyeing just batting averages and touchdowns. When I open the sports page I am often amazed that there's maybe 20,000 people participating in a race and there's no mention of them in the next morning's paper. But then 12,000 people watch 12 people play on a basketball court and the front page has capital letters all the way across, of the smallest details on what happened to the 12 people during the game. Most places in Europe, the individual gets equal attention. Why not here? A good example was when Heiden won five gold medals - from sprints all the way to distances in ice skating - one of the most remarkable things ever to happen in the history of sports. During this same Olympics, the USA Hockey Team also won a gold medal. The only thing you really heard in the next six months was everyone talking about how amazing it was that the USA Hockey Team won, when Heiden had really shown us the true Olympic spirit, in the highest degree. It is not who speaks the best or who receives the press the best, because in many individual sports the individual comes through because of what they are. Sometimes that is definitely not the nicest guy! But at the same time I'd like to say that today more than ever I believe track and field has a great future in the U.S., if we'll just do the small things right. Track and field needs you. (By the way, do you have any extra tickets to the Olympic track and field events? I haven't got any yet.)

So what is the Olympic spirit? In my opinion, the Olympic spirit is when we have gotten the best possible athlete in each event, in the best possible shape, and then in the final competition they outdo themselves, better than they ever could dream in their wildest dream! Wasn't that what the marathon did to Philpides?

"... I like the clear-cut way the information is presented. There's no ridiculous jargon thrown in to confuse readers."
—Bill Rodgers



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INDOOR ACTION



High School Boys Mile action at the Michelob Indoor. Jim Grelle (left) of Wilson High School in Portland, OR, won in 4:23.3 with Greg Fontaine (right) second in 4:24.1.
photo by Burt Davis

Michelob Invit. Track Meet

by Doug Speck

San Diego Sports Arena, Feb. 17.

The exciting annual close out to the Southern California Indoor Track and Field season, the San Diego Michelob Meet, featured its usual batch of top competitive events and efforts. Carl Lewis is usually successful when he comes looking for revenge, but the results here over 50 meters and 60 yards against Ron Brown were kind of surprising. Sam Turner upset Greg Foster over the 60 Yard Hurdles, ending a long series of wins for the former UCLA star, and Tom Byers won what is always an exciting Mile. A good group of field events added to the crowd's enjoyment.

Carl Lewis announced early in the week that he was dropping out of the

Long Jump to concentrate on the sprints. Ron Brown, the former Baldwin Park HS and Arizona State star, has forsaken Football bucks to concentrate on the Olympics, and his match up with Lewis over 50 meters and 60 yards assured fireworks. The first event was 60 yards. Brown was out of the blocks first, but Lewis was not able to catch Ron even after going through a definite gear change at about 40 yards. The results were tight, 6.11-6.12 with outdoor World Record Holder over 100 meters, Calvin Smith, back a ways at 6.26. A bit later the group returned over 50 meters. The results were an instant replay, with Lewis a bit behind at the start, but pulling not even quite as close this time at the finish, 5.69-5.72. After pulling a real balancing act between football and track, with bowl games as late as January and Spring football practice during track season in the past, Mr. Brown may be tough to keep off the top step in L.A.

The 60 Yard Hurdles should have featured an automatic win for Greg

Foster, but Sam Turner (Stars & Stripes TC, former CS Los Angeles-Locke HS) had different plans. Working extra hard during the magic 1984 year has put Turner at a higher level than he feels he has previously been, and his good start and solid run-in could not be caught by the World Champion Foster 7.07-7.09. The race ended a streak of 29 straight wins for Foster, and certainly marks the Los Angeles area star for watching this season.

The Mile here is always a good one—Steve Scott, Tom Byers, Thomas Wessinghage, and Todd Harbor highlighted the 1984 entries. A rabbit took the pack through 58.7-1:58.1 440 splits before Byers took over during the 3rd quarter mile segment. At the 1320 split it was Byers, the Athletics West duo of Tom Smith and Jim Spivey in closest support, with Scott back in fourth. During a last quarter build up Scott surprisingly faded, while Spivey mounted a last half-lap charge that ate into Byers' small lead. The Len Miller trained Team Adidas star held Spivey off down the final stretch for an exciting 3:55.7-3:55.9 win. Scott did not compete the next day in Ohio, complaining of the flu.

Old pros Dwight Stones, Larry Myricks, and Willie Banks highlighted field event action. Olympic fever continues to work well on Stones, as the senior citizen of the high jump set easily topped a good field here at 7-5 1/4. Larry Myricks had a fine long jump series, capped by a 26-11 1/4 best. It sure appeared the Bud Light team member had enough in himself this evening to give Carl Lewis another good go should the Houston star have wanted to jump. San Diego's (well Oceanside's really) Willie Banks always gives the people their money's worth here, and he responded well once again to the crowd's clapping with a final effort of 56-0 to win over Al Joyner's fine 55-0.

Deby Smith, another vet out of the woodwork for the five-ring event, looks better than ever, as she blasted the Women's 60 Yard Hurdles field with a 7.49 Meet Record (which topped her own from 1979 of 7.57). In the Women's Mile Canadian Angela Chalmers (at Northern Arizona University) came from about twenty yards back during the final quarter mile to almost catch Monica Joyce 4:34.9-4:35.0. Gwen Gardner (Mercurites) handled a local field in the 500 yards at 1:04.3 in the other Women's Open event.

Tough Arizona State sophomore Treg Scott battled past pace-setter Jack McIntosh during the final lap (1:54.0 at 880) and edged away to a fine 2:08.8 1000 yard win. Coach Len Miller is high on the gutsy Scott (no relation to Steve), with the Arizona State star's 3:44.18 (third fastest U.S. junior in 1983) looking to be dropped by quite a bit in 1984.

Doug Padilla and a good international field were here for the annual indoor season-ending quick two mile. Brian Russell led the group through quick 59.9-2:02.6-3:06.6 quarter splits before yielding to Padilla, who lacked company after a 4:11.8 mile. With a forty yard lead Doug averaged 65 for the next three quarter splits, and tacked on a 59.9 final quarter for a good solo 8:26.6. Walter McCoy took the other Men's running event, the 500 yards in a good 56.4.

Greg Woepse was the only one in the vault field to get over the magic 18-0 barrier. Billy Olson moved his string of no-heights up to two weeks with three misses at the 18-0 level on a heavily bandaged thigh.

Results - Men

50 Meters: 1. Brown (S&S) 5.69, 2. Lewis (SMTC) 5.72, 3. Smith (Bud Light) 5.79, 4. Krullee (Unat.) 5.82, 5. Robinson (ASU) 5.85, 6. Cook (USC) 5.89. **60 Yards:** 1. Brown 6.11, 2. Lewis 6.12, 3. Smith 6.26, 4. Krullee 6.28, 5. Cook 6.30, 6. Robinson 6.31. **60 Yard HH:** 1. Turner (S&S) 7.07, 2. Foster (Wrd Class) 7.09, 3. Cowling (Accuspl) 7.12, 4. McCrany (Macc) 7.15. **500 Yards:** 1. McCoy (Bud L) 56.4, 2. Hinds (Puma-Energy) 57.2, 3. Darden (Phil Plon) 57.6, 4. Turner (Unat.) 58.0, 5. Banks (Unat.) 60.7. **1000 Yards:** 1. Scott (ASU) 2:08.8, 2. McIntosh (Bud L) 2:09.3, 3. Theriot (Addid) 2:09.4, 4. Rider (SMTC) 2:09.5, 5. Davis (ASU) 2:10.0, 6.

Handelman 2:12.0. **One Mile:** 1. Byers (Addid) 3:55.7, 2. Spivey (Athl West) 3:55.9, 3. Smith (AW) 3:58.9, 4. Scott (Sub-4) 3:58.0, 5. Woods (Unat.) 3:58.5, 6. Wessinghage (W Ger) 4:00.0. **Two Miles:** 1. Padilla (AW) 8:26.6, 2. Rytffel (Switz) 8:32.5, 3. Ansberry (Ariz) 8:33.7, 4. Herle (W Ger) 8:33.9, 5. DiConti (BYU) 8:42.4. **HJ:** 1. Stones (PCC) 7-5 1/4, 2. Howard (PCC) 7-2 1/4, 3. Jacoby (Boise St) 7-2 1/4, 4. Crumby (Ariz) 7-2 1/4, 5. Morris (Calif) 7-2 1/4. **LJ:** 1. Myricks (Bud L) 26-11 1/4, 2. Williams (US Marines) 25-4 1/4, 3. Tave (USC) 24-10 1/4, 4. Frazier (ASU) 24-10 1/2, 5. Johnson (Ariz) 21-1 1/4. **PV:** 1. Woepse (Unat.) 18-0, 2. Tully (Nike) 17-6, 3. Pursley (PCC) 17-6. **TJ:** 1. Banks (AW) 56-0, 2. Joyner (Bud L) 55-0, 3. Marlow (Unat.) 53-0 1/4, 4. Elliott (Unat.) 52-7 1/2.

Results - Women

60 Yard Hurdles: 1. Smith (Coast Ath) 7.49MR, 2. Connor (CA) 7.63, 3. Watkins (Cheet) 7.71, 4. Page (Puma Energy) 7.86, 5. Felton (PE) 8.28. **500 Yards:** 1. Gardner (Mercurites) 1:04.3, 2. Sheffield (Unat.) 1:05.9, 3. McGraw (Cheet) 1:06.2, 4. Chambers-Ross (Unat.) 1:06.3, 5. Bryant (PE) 1:07.2, 6. Kellon (UCLA) 1:07.4. **One Mile:** 1. Joyce (Converse) 4:34.9, 2. Chalmers (No. Ariz) 4:35.0, 3. Plumer (Stan) 4:41.0, 4. Harper-Avrit (CPSLO) 4:44.6, 5. Monday (PE) 4:56.8, 6. Garcia (SD St) 5:03.4.

Prep Section Results

The Gail Devers show, a nation-leading two mile effort by Kirsten O'Hara, and fine Men's two mile by Roman Gomez of LA Belmont featured the Prep section of the Michelob Indoor Meet.

Devers, who placed high in the State Meet in three events last June (and scored enough points by herself to tie for second in that competition) showed her versatility here. Showing herself to be the class of San Diego's distaff preps, Gail raced away from the pack over 60 yards in an excellent 7.07 (number nine time in nation this indoor season). Later, Gail sat on fine half-miler Traci Baker (Monte Vista, Spring Valley) in the 500 yards, before kicking by in the final straight to win 1:11.2-1:11.7.

Kirsten O'Hara (Palos Verdes), the Kinney Western Regional winner, raced an excellent 10:28.1 two mile. After a 5:15.4

photo by Doug Speck



RON BROWN

first mile, with San Jose's Nanette Garcia for company, the PV star pulled away to eventually lap the entire field. Belmont (LA) junior, Roman Gomez, sat on National Kinney Cross-Country Champion, Matt Guisto (San Mateo), and burned him in the final quarter during a 9:04.5 two mile. Guisto finished in 9:08.2, while Martin Sandoval (Monte Vista, Spring Valley) continues to improve with his 9:08.4 for third.



TIFFANY GORMAN

Jeff Mulligan (San Dieguito) showed that he should be among the State's best vaulters this spring with a 14-6 vault here.

A name from the past, Grelle, was involved in the prep Men's Mile. This time it was Jim Jr., who came down from Wilson HS in Portland. Here, the younger Grelle took a tight Mile in 4:23.3. Tiffany Gorman (Chula Vista) continued where she left off in a fine Cross-Country campaign with a 5:11.7 Women's Mile win.

Lynn Bremner (University, San Diego) triple jumped a good 34-7½.

Results - Boys

60 Yards: 1. Norris (El Cam, Oceanside) 6.72, 2. Duncan (Linc. SD) 6.73, 3. Howard (Monte Vista) 6.89, 4. Knox (San Dieguito) 7.02, 5. Idell (Southwest) 7.03. **500 Yards:** 1. Henderson (Las Vegas) 1:02.0, 2. Gayden (Morse) 1:02.4, 3. Henderson (Mt. Carmel) 1:02.8, 4. Barnes (University) 1:02.9, 5. Ruff (Grossmont) 1:03.6. **1000 Yards:** 1. Sager (Helix) 2:21.3, 2. Warburton (Valhalla) 2:22.3, 3. Groulx (El Cam) 2:24.8, 4. Fithen (Serra) 2:26.1, 5. James (Morse) 2:27.9. **One Mile:** 1. Grelle (Wilson, Portland) 4:23.3, 2. Harbinson (Orange Glen) 4:23.5, 3. Fontaine (Serra) 4:24.1, 4. Del Sol (Bonita Vista) 4:25.2, 5. Estrada (Pt. Loma) 4:25.9. **Two Mile:** 1. Gomez (Belmont, LA) 9:04.5, 2. Guisto (San Mateo) 9:08.2, 3. Sandoval (Monte Vista) 9:08.4, 4. Goodlake (Fallbrook) 9:18.0, 5. Garcia (Escondido) 9:48.0. **840 Relay (Inv):** 1. Lincoln, SD, 1:06.9, 2. Henry 1:07.6, 3. Morse 1:09.7. **Open II:** 1. Mt. Carmel 1:08.1, 2. Madison 1:09.9, 3. Chula Vista 1:18.8. **Open III:** 1. Crawford 1:08.8, 2. Southwest 1:09.8, 3. San Dieguito 1:12.0. **Mile Relay (H-1):** 1. Mission Bay 3:35.4, 2. St. Augustine 3:41.3, 3. Poway 3:42.2. **(H-2):** 1. Valhalla 3:41.9, 2. Kearney 3:45.2. **(H-3):** 1. San Pasqual 4:06.4 (one lap too far). **Long Jump:** 1. Holmes (San Diego) 22-1¼, 2. Robinson (Valhalla) 21-11¼, 3. Crosby (University) 20-6¼. **Pole Vault:** 1. Mulligan (San Dieguito) 14-8, 2. Johnson (Mt. Carmel) 13-0.

Prep Results - Girls

60 Yards: 1. Devers (Sweetwater, Nat'l City) 7.07MR, 2. V. Williams (Southwest) 7.31, 3. Rhodes (Serra) 7.44, 4. Freow (Morse). **500 Yards:** 1. Devers 1:11.2, 2. Baker (Monte Vista) 1:11.7, 3. Nilson (Valhalla) 1:14.6, 4. Gierat (San Marcos) 1:16.8. **1000 Yards:** 1. Watkins (Poway) 2:47.8, 2. Scott (Tustin) 2:47.9, 3. Upsher (Torrey Pines) 2:49.5, 4. Riddle (Coronado) 2:49.7, 5. Johnson (Helix) 2:54.6. **One Mile:**

1. Gorman (Bonita Vista, Chula Vista) 5:11.7, 2. Sheffo (Poway) 5:16.3, 3. Winner (Torrey Pines) 5:21.4, 4. Eager (Vista) 5:22.6, 5. McElhaney (Clairmont) 5:28.7. **Two Mile:** 1. O'Hara (PV) 10:28.1, 2. Garcia (Silver Creek, SJ) 11:04.3, 3. Meyer (Helix) 11:20.4, 4. Stehly (Orange Glen) 11:25.3. **500 Yards:** 1. McCoy (Bud L) 56.4, 2. Hinds (Puma-Energ) 57.2, 3. Darden (Phil Pion) 57.6, 4. Turner (Unat.) 58.0, 5. Banks (Unat.) 60.7. **1000 Yards:** 1. Scott (ASU) 2:08.8, 2. McIntosh (Bud L) 2:09.3, 3. Theriot (Addid) 2:09.4, 4. Rider (SMTC) 2:09.5, 5. Davis (ASU) 2:10.0, 6. Handelsman 2:12.0. **One Mile:** 1. Byers (Addid) 3:55.7, 2. Spivey (Athl West) 3:55.9, 3. Smith (AW) 3:56.9, 4. Scott (Sub-4) 3:58.0, 5. Woods (Unat.) 3:58.5, 6. Wessinghage (W Ger) 4:00.0. **Two Mile:** 1. Padilla (AW) 8:26.6, 2. Riffel (Switz) 8:32.5, 3. Ansberry (Ariz) 8:33.7, 4. Herle (W Ger) 8:33.9, 5. DiConti (BYU) 8:42.4. **HJ:** 1. Stones (PCC) 7-5¼, 2. Howard (PCC) 7-2¼, 3. Jacoby (Boise St) 7-2¼, 4. Crumby (Ariz) 7-2¼, 5. Morris (Calif) 7-2¼. **LJ:** 1. Myricks (Bud L) 26-11¼, 2. Williams (US, Marines) 25-4¼, 3. Tave (USC) 24-10¼, 4. Frazier (ASU) 24-10¼, 5. Johnson (Ariz) 21-¼. **PV:** 1. Woepse (Unat.) 18-0, 2. Tully (Nike) 17-6, 3. Pursley (PCC) 17-6. **TJ:** 1. Banks (AW) 56-0, 2. Joyner (Bud L) 55-0, 3. Marlow (Unat.) 53-0¼, 4. Elliott (Unat.) 52-7½.

Results - Women

60 Yard Hurdles: 1. Smith (Coast Ath) 7.49MR, 2. Connor (CA) 7.63, 3. Watkins (Cheet) 7.71, 4. Page (Puma Energ) 7.86, 5. Felton (PE) 8.28. **500 Yards:** 1. Gardner (Mercurettes) 1:04.3, 2. Sheffield (Unat.) 1:05.9, 3. McGraw (Cheet) 1:06.2, 4. Chambers-Ross (Unat.) 1:06.3, 5. Bryant (PE) 1:07.2, 6. Kellon (UCLA) 1:07.4. **One Mile:** 1. Joyce (Converse) 4:34.9, 2. Chalmers (No. Ariz) 4:35.0, 3. Plumer (Stan) 4:41.0, 4. Harper-Avrit (CPSLO) 4:44.6, 5. Monday (PE) 4:56.8, 6. Garcia (SD St) 5:03.4. **840 Relay (H-1):** 1. Serra 1:19.2, 2. San Diego 1:20.4, 3. Helix 1:22.3. **(H-2):** 1. Mt. Carmel 1:18.0, 2. Kearney 1:20.8, 3. Orange Glen 1:21.7. **(H-3):** 1. Morse 1:19.9, 2. Henry 1:20.2, 3. El Camino 1:21.1. **Mile Relay (H-1):** 1. Torrey Pines 4:31.1. **(H-2):** 1. Valhalla 4:17.8, 2. San Pasqual 4:19.6, 3. Monte Vista 4:20.8. **Triple Jump:** 1. Bremner (University) 34-7½, 2. Tuzinkiewicz (Mt. Carmel) 33-1.



photo by Burt Davis

AARON RUDD

Foot Locker Track Classic

from Keith Conning

Cow Palace, Daly City, March 2.

Tonie Campbell (Stars & Stripes TC) easily captured the 55 meter high hurdles in 6.94. His time is equal to a 6.93 60-yard hurdle time, and makes him the 3rd fastest performer ever-trailing only Renaldo Nehemiah (6.82 for 60 yards) and Greg Foster (6.92 for 55m = 6.91 for 60 yards). His time is the fastest recorded in the world this year. Campbell said about his record: "Unbelievable. Most unbelievable in the world. The fastest in the world. Oh! One of the fastest in history. I can't believe it. I'm running on faith. I have made peace with my Lord. I came at peace with my Lord. I'm thinking it is going to be a great outdoor season and Tonie Campbell is going to be right up there. I'll be proud of myself. I'm going all for it. I'm going into it (the Olympics) with a humble attitude." Campbell commented further about competition this year: "I'll never shy away. I am a hurdler who enjoys winning. My main opposition is myself and the clock."

James Robinson (Inner City AC) became the 5th-fastest American of all-time with his 1:17.8 win in the 600 meters. It was the fastest time ever run on a 150 meter track. Robinson said regarding the race: "I didn't want a world record. I wanted to run a good race. I wasn't slowing up (towards the end of the race). I gave it all I had. If I had someone close, it might have (been different). I didn't know where anyone was." As to the immediate future, Robinson said: "I have no outdoor meets planned. I'm not traveling back to the East Coast this year. Yes, I had a good (indoor) season. I'm not too happy with the times, but I ran a lot of races (lost only 2)."

Ron Brown (Stars & Stripes TC) edged Darwin Cook (USC) in the 55 meters-6.17 to 6.18. Brown's time is the equivalent of 6.16 for 60 yards. Brown said: "I'm waiting for the outdoor season to come. I'm glad the indoor season is over. I know the feeling I need to compete. I have to relax and keep things simple. I can't worry about who's here to compete against. I can't take other sprinters lightly. That's one of my mistakes in the past. Indoor racing has been a tune-up for the outdoor season. I'll be putting all my eggs in one basket, actually two. I'll be trying to make the (Olympic) team, and I'll be trying to win the gold (medal). I hope to run some 200 (meters) this season. I think that I can run better in the 200. I feel better once I get a running start." On his preparation for the Olympic trials, Brown commented: "I don't want to run every chance I get. Once you change your program, you get off-timing. I want to stay with the thing I did last year. I don't want to be too tired when the trials come around."

Alice Brown (World Class AC) defeated Sharon Ware (Arizona State) in the 55 meters-6.6 (hand time) to 6.9. Brown's time is equivalent to a 60-yard auto time of 6.83. In preparing for the meet one of the things Brown did was work on the weights. Brown said: "We started five days a week lifting weights, then in December we went to four days a week." As to being named the national champion, Brown said: "I feel pretty good about it. I have waited four years. Right now I am working harder. Prior to the outdoor season we were working on form (this hurt her preparation) prior to the outdoor season. Working on the lean caused the problem." As to improving in '84, Brown added: "Being patient. Working at one week at a time and I'll pick and choose (when she gets into outdoor competition) more than I planned. Hopefully I'll be ready and not burned out for the Olympic Trials."

High School Division

Calvin Gaziano (Castro Valley) set a new meet record in the 3000 meters with his 8:25.8 effort. The old record of 8:31.5 was set by Jesse Torres (Independence,

San Jose) in 1981. Roman Gomez (Belmont, Los Angeles), the Sunkist mile and Michelob two-mile winner, placed second in 8:27.4. Matt Giusto, the Kinney National Cross Country champion, was third in 8:30.9.

Shannon Clark (Mountain View) won the 3000 meters in 9:56.2. Defending champion Nanette Garcia (Silver Creek, San Jose) finished first in the race in 9:55.3, but was disqualified for stepping on the heel of Shannon Clark. TAC Inspector Art Smith and Chief Inspector Hal Dilsaver both saw the obstruction. Referee George Newton said that the

Fine Flicks by Don Gosney



JAMES ROBINSON

IAAF rule 141 concerning obstruction on the track applies in this case. The rule states: "Any competitor jostling, running across or obstructing another competitor so as to impede his progress shall be liable to disqualification."

Invitational Events Results

55 Meters: 1. Ron Brown 6.17, 2. Darwin Cook 6.18, 3. Ken Robinson 6.22. **55 Hurdles:** 1. Tonie Campbell 6.94, 2. Ron Kennedy 7.29, 3. Malcolm Dixon 7.39. **Triple Jump:** 1. Ray Kimble 53-1¼, 2. Byron Criddle 52-4¼, 3. Mike Marlow 51-9¼.

Women's 55: 1. Alice Brown 6.6h, 2. Sharon Ware 6.9, 3. Donna Carley 6.9. **300:** 1. Cliff Wiley 34.4, 2. Kasheef Hassan 34.7, 3. William White 36.0. **600:** 1. James Robinson 1:17.8, 2. Mark Belger 1:16.9, 3. Carl Bonner 1:20.2. **3000:** 1. Doug Padilla 7:58.3, 2. Rich McCandless 8:17.8, 3. Orly Walker 8:23.6. **Mile:** 1. Jim Spivey 3:56.4, 2. Tom Byers 3:56.7, 3. Jay Woods 3:58.3. **Women's 1000:** 1. Jan Merrill 2:48.5, 2. Jessica Spies 2:52.1, 3. Diane Figliomeni 2:54.8. **Pole Vault:** 1. Earl Bell 16-1¼, 2. Dave Sanderson and Dave Volz 17-5½.

continued on next page...

Indoor, continued

High Jump: 1. John Morris 7-4½, 2. Jim Morgan 7-2, 3. Joe Radan 7-0.

Women's High Jump: 1. Debbie Brill 6-2, 2. Joni Huntley 6-0, 3. Rachael Bray 5-4.

Non-Invitational Events Results
Men's Mile Walk: 1. Jamie Allen 7:02.7, 2. Bruce Pandsell 7:03.0, 3. Bob Edwards 7:48.8.

Women's Mile Walk: 1. Nancy Novak 8:25.8, 2. Kathy Curtis 8:39.2, 3. Lisa Perry 9:08.4.

High School Girls 4x450m Relay: 1. Northern Athletic League 4:54.9, 2. Millbrae Lions 4:56.7, 3. 3M TC 5:07.3.

Corporate Cup Coad Relay: 1. Bank of America 4:30.8, 2. Pacific Telesis 4:32.4, 3. General Electric 4:34.4.

Masters Women's Mile: 1. Marlynn Harbin 5:25.4, 2. Vickie Bigelow 5:34.4, 3. Elvyn Blair 5:58.7.

High School Boys Long Jump: 1. Ramon Tisdale 22-3¼, 2. Pat Egu 21-5, 3. Scott Gonsoin 20-7¼.

High School Boys 4x450m Relay: 1. Casa Roble (Orangevale) 4:17.5, 2. Oakland 4:23.3.

Masters Mile: 1. Mike Holbrook 4:27.3 MR, 2. Harvey Franklin 4:30.2, 3. George Mason 4:35.5, 4. Sal Vasquez 4:38.8, 5. Gary Goetteimann 4:38.9.

Community College Pole Vault: 1. Shawn Hudson 16-8¼ (only contestant to clear a height). No Height: Ken Fraser and Wade Nichols.

Devil-Take-The-Hindmost Mile: 1. Eric Williams 4:18.0, 2. David Marson 4:21.4, 3. Leonard Sperandio 4:29.1.

Special Olympics 55m: Boys: 1. Walter Wilburn 8.2, 2. Jeff White 8.2, 3. William Wilburn 8.2. **Girls:** 1. Cindy Tankersley 10.0, 2. Jeanne Perazzi 12.7.

College/University Men's 55m: 1. Windell McNeal 6.3, 2. Noah Livingston 6.3, 3. Ricky Jackson 6.3.

High School Girls 55m: 1. LaShun Peters 7.0, 2. Josie Alexander 7.4, 3. Yvette Bates 7.4.

High School Boys 55m: 1. Ken Henderson 6.3, 2. Henry Barba 6.3, 3. Donald Davis 6.4.

Masters Men's 55m: 1. Payton Jordan 7.5, 2. Jim Johnson 7.8, 3. Robert Garretto 8.1. **Foot Locker Mile:** 1. John Miner 4:23.8, 2. Gordy Cookshaw 4:24.2, 3. Bob Tapia 4:24.6.

High School Boys 8x150m: 1. Pittsburg 2:22.5, 2. Grant 2:24.0, 3. Westmoor 2:27.8. **Cheerleaders' 4x150m Relay:** 1. San Francisco 49ers 1:32.2, 2. Oakland Invaders 1:33.9.

Age-Group Girls 8x150m Relay: 1. Richmond Half-Steppers 2:11.2, 2. Eastshore TC 2:15.8, 3. 1980 TC 2:18.0.

Age-Group Boys 8x150m Relay: 1. Vallejo Pacesetters 2:14.3, 2. 1980 TC 2:20.4, 3. Diablo Valley TC 2:20.8.

High School Boys 3000m: 1. Calvin Galiano 8:25.8 MR, 2. Roman Gomez 8:27.4, 3. Matti Giusto 8:30.9.

High School Girls 3000m: 1. Shannon Clark 9:56.2, Sabrina Han 10:19.7, 3. Laurie Chapman 10:20.5, 4. Rebecca Chamberlain 10:23, 5. Amy Cathcart 10:24.8, 6. Lori Willson 10:34.4, 7. Julie Rivers 10:34.4.

Foot Locker High School Div.

Cow Palace, March 3.

Boys Results

30: 1. Roger Lewis (Tokay) 5.2, 2. John Holmes (Tokay) 5.2, 3. Scott Sykes (Acalanes) 5.3.

30 F/S: 1. Steven Judd (Chowchilla) 5.2, 2. Mike Ruiz (Healdsburg) 5.3.

1500: 1. Mark Mastalir (Capital City) 4:09.9, 2. Dean Miller (Unat.) 4:10.9, 3. Chris Beccerra (Millbrae) 4:13.3.

3000: 1. Clint Pearson (Unat.) 9:05.3, 2. Rodney Grieve (CCAC) 9:14.7, 3. Chris Barto (Menlo-Atherton) 9:15.3.

40H: 1. John Gash (Santa Rosa) 5.7, 2. Tony Day (Washburn) 5.9, 3. Steve Rebaterto (Millbrae) 6.0.

1800 Relay: 1. Christian Brothers 4:16.9, 2. Jaguar TC 4:20.9, 3. Chowchilla 4:23.1.

3000 Relay: 1. 2nd Sole 8:04.5, 2. Christian Bros. 8:25.0, 3. Chowchilla 8:58.8.

High Jump: 1. Kevin Napper (Castro Valley) 6-0, 2. Paul MacFarland (Salesian) 6-0, 3. Troy Brown (Christian Bros. 6-0).

Pole Vault: 1. Ivar Moen (Los Gatos) 15-0, 2. John Gash 14-0, 3. Joe Sambrano (Reno,NV) 13-6.

Long Jump: 1. Robert Lewis (Tokay) 20-8, 2. Dave Ceragioli (Terra Nova) 20-4¼, 3. John Doohar (Casa Grande) 19-¾.

Shot Put: 1. Fred Houston (Willow Glen) 57-8¼, 2. Russ Warnick (Willows) 54-6¼, 3. Leif Dodson (Vintage) 52-5¼.

Girls Results

30: 1. Wendy Brown (Woodside) 5.7, 2. Jamie Feloch (Tokay) 5.8, 3. Dondi Labat (Holy Names) 5.8.

1500: 1. Theresa Ogle (Ontario/MorroBayStr) 5:03.0, 2. Kathy Lewis (Ontario/MorroBay) 5:05.2, 3. Tiffany Shaw (ClovisWest) 5:11.7.

3000: 1. Kim Himesen (Woodside Striders) 10:48.1, 2. Karen Himesen (Woodside Str) 10:52.2, 3. Silvia Aguirre (Woodside Str) 11:15.2.

40H: 1. Debbie Budwig (ClovisWest) 6.2, 2. Colette Maeder (Millbrae) 6.6, 3. Lauree Sullivan (Millbrae) 6.7.

40H F/S: 1. Michelle Carter (Chowchilla) 6.1.

1800 Relay: 1. Tokay 5:22.1, 2. Woodside Striders 5:27.4, 3. Woodside Striders B 5:36.1.

3000 Relay: 1. Woodside Striders A 9:42.4, 2. Millbrae Lions 9:59.2, 3. Woodside Striders B 10:31.2.

High Jump: 1. Tara Grieser (Petaluma) 4-8, 2. Keri Shirk (Tokay) 4-4.

Long Jump: 1. Wendy Brown (Woodside) 18-6¼, 2. Rachel Bray (Los Altos) 15-8¼, 3. Margot Bode (Terra Nova) 14-6.

Shot Put: 1. Buffy Sexton (Millbrae) 31-9¼, 2. Grete Kegel (Tokay) 31-8¼, 3. Lisa Hull (Woodside Str) 31-7.

San Diego Section Field Event Preview

By Dennis McClenahan

Without a doubt the field events feature area this year in San Diego is the Long Jump. Both the boys and girls return outstanding leapers from "83" and coupled with some excellent individuals in other areas, should highlight a year of new faces in the Field in San Diego.

Boys

Long Jump:

Although not a qualifier for last year's Southern Regionals, San Diego's Keith Holmes returns for his senior year with a 23-7¼ in "83" (5 meets over 23) and a good chance at being one of the states better jumpers. Darnell Hopkins of University City, (21-8¼), John Robinson of Valhalla (21-8¼), and Jim Chapon of Mt. Carmel (22-6½ this year) appear capable of approaching 23 feet during the season.

Triple Jump:

San Diego offers an excellent duo of jumpers with Lester Brown (46-½) also leading the triple. Hopkins (45-6), Henry's James Gregory (45-8), and Robinson (44-5½) should help make this a competitive event during the season.

High Jump:

A down event last year in San Diego, the High Jump looks to pick up with returners Mike McKensie of Monte Vista (6-6), Charlie Heintschel of Escondido (6-6), Branch McNeal of Carlsbad (6-5½), and newcomer Dave Mills (6-6½ this year) of Fallbrook.

Pole Vault:

In only his second year at the event, San Diego's Jeff Mulligan dominates the event. After clearing 14-9 in his rookie year, Jeff opened "84" indoors at 14-6 and appears capable of becoming the best prep vaulter in area history. Mulligan

dominates an event that shows only one other area vaulter over 13, Scott Johnston of Mt. Carmel (13-6).

Shot and Discus:

Where have all the weightmen gone? In a section that produced such outstanding weight athletes as Pete Schmuck, Mark Malone, etc. the '84 season looks lean. Chris Avil of Sweetwater (51-0) and Fred Morgan of Mira Mesa (151-0) leading returnees. Hopefully new athletes will provide fresh hope to possibly San Diego's weakest area.

Girls

Long Jump:

Headed by Sweetwater's state champ Yolanda Devers (20-1) this year's group of female jumpers shows great promise. El Camino's Tracy Griffin (17-7¼) and University City's Lynn Bremer (17-7¼) are top prospects with four others showing potential to reaching the high 17's.

Triple Jump:

A section strong point, defending champion Tracy Griffin (37-10½) returns to face a good group of jumpers. Crawford's Tasha Irving (36-10), University City's Kim Grennen (36-11), and Mt. Carmel's Natalie Tuzinkiewicz (36-8½ in '82) should offer solid competition.

High Jump:

No clear cut favorite emerges here. Valhalla's Kim Reed and Cathy Schoettmer of Mt. Carmel top returners at 5-2, however with 8 other jumpers at 5 feet anything can happen.

Shot and Discus:

A somewhat similar situation to the boys weights. Christy Alarcon of Mt. Carmel (35-8½) a junior, and Valhalla's Ronda Loshonkohl (125-6) are the top returners with hope of improving on last year's marks.

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Olympic Marathon Course:

A Bad Experience

By GREGOR ROBIN

I know there are a growing number of you diehard distance running fans getting excited about the Los Angeles Olympics.

You were unable to get tickets to the Summer Olympics but you want to take your chances anyway and go to Los Angeles to watch the marathon and maybe ride your bike along the course.

Well, forget it. Watch the marathon on television. Stay home, pull the shades and keep out of Los Angeles.

I was your guinea pig and I say, "Give it up, it isn't worth it!"

You'll feel like a U.S. Marine in Beirut, a college student with a student loan past due, or a Cal Poly professor at the gates to Diablo Canyon. Everyone will be after you.

A friend and I got the bright idea to go to Los Angeles a few weeks ago to watch the Los Angeles International Marathon. It was run on the 1984 Olympic marathon course on a Sunday morning.

I should have known to turn around and come back to San Luis Obispo when we stopped for gas in Santa Barbara. The gas pump clicked off at \$13. I tried to get it off that lousy number and it clicked again at \$13.13. I tried again and the petrol spilled all over the side of the car.

"Turn around," I said to myself. "Go home while you are able." But we pressed on.

The car got a flat tire while it was parked outside the condo we stayed at in Oxnard Saturday night. I don't know why I changed the tire that night. We should have left it, stayed in Oxnard on Sunday and enjoyed the sights.

The next morning the bike I planned to ride on the course had a flat. It was a brand new tube! The bike had just been sitting there in the condo all night. We didn't have any patches.

We pushed on anyway. On the way to Los Angeles we saw a bicyclist on the Pacific Coast Highway who was fixing his flat. We got nearby and pulled up alongside him with the bikes on the back of the car.

"Hello sir, got some problems?" I asked.

"No, I just like taking breaks from riding now and then to look at the dirt on the side of the road!"

"Well, you see, we're going down to Los Angeles to ride along with the runners who are running on the Olympic course this morning and I have a flat with no patches," I said. "Would you have an extra patch or a tube I can purchase?"

"Are you serious?" he asked gruffly.

Needless to say, we moved on without a patched tire.

We got to where my friend thought the race started and found that it was really the 10-mile mark.

I started waving down bicyclists riding by and I finally found a guy to replace the tube. He sold me a tube and I pumped up the flat one to ride on for as long as I could. It held, but it was a good thing we bought the extra tube.

Since we were late to the race we saw the runners fly by the 10-mile mark right after we pumped up the tire.

They looked so clean and strong, like the healthy specimens that they are. They were in stark contrast to the rough pavement their racing shoes glided across.

Gidimas Shahanga, a Tanzanian who won the race in 2:10:19, may be the next Olympic marathon champion. He is a rail-thin African with what seems like no comprehension of pain.

As he ran by the 10-mile mark at a 4:50-per-mile pace, his upper body and arms looked like he was walking while his legs were ripping through the air like locomotive pistons.

Ron Tabb of Eugene, Oregon who was second at the Boston marathon last year; Hugh Jones of Great Britain; his countryman John Graham and Kenya's Joseph Nzau were in the lead pack. Shahanga cruised right behind them, peacefully.

"I wish I were running," I thought to myself. I'd have been miles behind the leaders but at least I wouldn't have to deal with what was to come.

We started a sprint on the bikes right behind a motorcycle policeman. We stayed behind him and made sure not to be obtrusive to the runners who were passing as we worked our way to the front.

He saw us in his mirror and shouted, "Get off the course!"

No problem! We now saw that we were going to be Rodney Dangerfields in skin suits: "No respect, no respect."

We turned off the route and started sprinting on sidestreets to catch up. Just as we saw where the leaders would make a turn onto the entrance to the Marina Freeway, my friend got a flat.

We pulled over and got the extra tube I had purchased earlier, put it on and started out again. Another policeman pulled alongside us and said, "If you get on the course we'll take your bikes away."

That would have been the best thing that ever happened to us. My friend and I share a smile, but we obeyed him and started the sidestreet-shuffle again.

The leaders were approaching the height of the race now, the 20-mile mark, and we were somewhere in Culver City with leaky tires.

We finally got back on the opposite side of the street from where the course was. Shahanga and Nzau (second in 2:10:40) were running on the streets of Los Angeles

where rush hour traffic usually makes one feel the furthest away from this beautiful athletic experience.

There they were running neck and neck, and we were just a mile back with another policeman ready to grab us — neck and neck!

"Get on the other side of the street," the Culver City policeman shouted. "And they won't let you into Los Angeles."

"What?" I shouted to myself while I coasted on my bike. "They won't let us into Los Angeles? We're true sports fans here from the running paradise of San Luis Obispo," I mumbled as sweat dripped off my forehead. "We're here to learn from the greatest. And they won't let us into the Los Angeles city limits. Well phooey, I quit."

Sure enough there was a roadblock like in Broderick Crawford's *Highway Patrol* series at the city limits.

I was ready to pack it in there. The sidestreet-shuffle was getting to my quads. But my biking friend was looking fresh. He hadn't hit the wall yet. So we started our sprint pursuit again. This time we had to backtrack to get on the right sideroads.

As we neared the Los Angeles Coliseum — you guessed it — I got another flat. We stopped at the corner near USC and two bike riders from the area pulled up alongside us and helped me with a patch. I could tell that my friend wanted to race ahead and catch the finish in the Coliseum, but he didn't.

After that we raced the two guys who helped us to the finish and just as we got to the stadium we saw Jacqueline Gareau of Canada win the women's race in 2:31:56.

I could go on about my *other* flat tire and all the help we got on the bus ride back to the starting line, or of meeting Joseph Nzau and having him offer to buy my friend's \$800 bike for "five cents" (honest!), but I'll spare you — unlike we spared ourselves — from more trouble than you deserve.

Footnote: Avoid Los Angeles for the two weeks of the Summer Games (July 28-Aug. 12) unless you have tickets or a helicopter. Go for a bike ride in San Luis Obispo instead. You will have a better chance of seeing the race from the roads of SLO anyway. Think about it — maybe an Olympic marathoner will take a wrong turn.

Gregor Robin is an intern sports writer at the Telegram-Tribune in San Luis Obispo, a runner (2:35 for marathon) and a faithful CTRN reader. This article is reprinted with permission from the Telegram-Tribune.

News & Notes

An American First

Edinburgh, Scotland: January 3, 1984: Kipper Bell of San Diego became the first American and the first athlete outside the British Commonwealth to win the world's most famous sprint, the coveted 114-year old Skol New Year 110 Meter Sprint Handicap held annually in Edinburgh, Scotland (San Diego's sister city).

In doing so, Bell, who had been on a special 4-month sprint training program for the race, became one of the fastest men in the world when he recorded a scorching 10.75 seconds (from a handicap of 2 meters) time over the frozen wind-swept track in near zero degree temperatures.

A 25-1 underdog prior to the start of the prestigious two-day event, Bell astounded the large crowd during the preliminary heats and semi-finals. And no wonder. During his semi-final run three timers recorded him in 10.60 seconds (this is equivalent to a 9.83 second 100m). Considering the ice-covered track and the snow-flurried conditions prevailing at the time, this sprinting was better than Calvin Smith's world record of 9.93 seconds for the 100m set at altitude in mid-summer.

Following his win the American received a thunderous reception from the appreciative crowd and became the toast of Edinburgh and Scotland. Even Scotland's own Moscow Olympic 100m Gold Medalist Allan Wells and it's World Professional Sprint Champion George McNeill had not run faster on this site.

Bell recently completed his collegiate career at San Diego State, and while his 100-yard time of 9.5 at Patrick Henry High School indicates his potential, he never ran fast enough at State to crack its Top-10 list.

Kipper now plans to use his vastly improved speed to advantage with the USFL's Pittsburgh Maulers. Throughout the summer he will also seek fortune on the rich Sprint Handicap Circuits in both Scotland and Australia. He plans to return to Edinburgh in January 1985 to defend his sprint title if sponsors can be found.

Meanwhile, Kipper's Scottish sprint coach, Rob Hunter of the San Diego Athletic Association, whose methods and sprint techniques helped lower his times to world class levels, plans to promote Sprint Handicap Circuits in California similar to those in Scotland and Australia.



KIPPER BELL

Track & Field World Record Predictions

Computer technology and more than 40 years of sportsmedicine research have enabled Ernst Joki, M.D., professor of neurology and sportsmedicine at the University of Kentucky and the Free University of West Berlin, to predict men's and women's world track and field records for the year 2000. Joki announced his predictions in the March/April 1984 issue of *Running & Fitness*, official publication of the American Running and Fitness Association.

Citing two major factors — optimal nutrition and the elimination of infectious diseases in many areas of the world — Joki concludes that athletic performance will increase in the coming years because of a healthier world population.

"Most parts of the world still have not received these aids," says Joki, "but as medical and agricultural advances continue, capacity for physical performance will increase, especially among third world nations."

Other reasons for increased athletic performance, says Joki, include: longer lifespans, which lead to longer competitive lives; advances in testing procedures to locate athletic potential in the young; marriage of gifted athletes, whose children may also prove to be gifted; technological innovations in training, equipment, diet, and competitive environments; and the presence of "athletic geniuses" such as Carl Lewis and

Edwin Moses "who have the unique combination of superior athletic ability and the knowledge to use it to the utmost."

Women's world records today, notes Joki, surpass many men's performances from only a few decades ago. Joan Benoit's world marathon record of 2:22:43 would have beaten Emil Zatopek's winning time of 2:23:03 in the 1952 Olympics.

Joki's analysis predicts a leveling-off of world-record performances as they approach their limits, but not a leveling-off of competition.

"There are limits to human performance," says Joki, "but by no means is there a limit to human variability."

The American Running and Fitness Association is a nonprofit educational organization dedicated to enhancing the physical and mental well-being of people through the promotion of running and other aerobic activities. In addition to its bimonthly newspaper, *Running & Fitness*, AR&FA publishes a newsletter, "Running & FitNews," booklets, and other literature; offers educational and motivational programs; and acts as an information clearinghouse resource.

For more information about the American Running & Fitness Association, write: AR&FA, 2420 K Street N.W., Washington, D.C. 20037.

Men

| Event | World Record, 1984 | Holder | Year | Projection, 2000 |
|------------|--------------------|-----------------------|------|------------------|
| 100 | 9.93 | Calvin Smith(USA) | 1983 | 9.74 |
| 200 | 19.72 | Pietro Mennea(ITA) | 1979 | 18.96 |
| 400 | 43.86 | Lee Evans(USA) | 1968 | 41.09 |
| 800 | 1:41.8 | Sebastian Coe(GB) | 1981 | 1:38.4 |
| 1,500 | 3:30.77 | Steve Ovett(GB) | 1983 | 3:26.1 |
| 1 Mile | 3:47.33 | Sebastian Coe(GB) | 1981 | 3:44.6 |
| Steeple | 8:05.4 | Henry Rono(KEN) | 1978 | 7:52.4 |
| 5,000 | 13:00.42 | David Moorcroft(GB) | 1982 | 12:51.4 |
| 10,000 | 27:22.4 | Henry Rono(KEN) | 1978 | 26:34.8 |
| Marathon | 2:08:13 | Alberto Salazar(USA) | 1981 | 2:04:02 |
| 4 x 100 | 3:37.86 | (USA) | 1983 | 3:34.4 |
| 4 x 400 | 2:56.16 | (USA) | 1968 | 2:55.0 |
| High jump | 2.34m(7'9.75") | Zhu Jianhua(CHI) | 1981 | 2.45.5m |
| Long jump | 8.90m(29'2.5") | Bob Beamon(USA) | 1968 | 9.09m |
| Pole vault | 5.83m(19'1.5") | Thierry Vigneron(FR) | 1983 | No end in sight |
| Shot put | 22.22m(72'10.75") | Udo Beyer(GDR) | 1983 | 24.80m |
| Discus | 71.68m(235'9") | Yuriy Dumchev(USSR) | 1983 | 75.90m |
| Hammer | 84.14m(276'0") | Sergey Litvinov(USSR) | 1983 | 85.61m |
| Javelin | 99.72m(327'2") | Tom Petranoff(USA) | 1983 | 103.00m |

Women

| Event | World Record, 1984 | Holder | Year | Projection, 2000 |
|-----------|--------------------|----------------------------|------|------------------|
| 100 | 10.79 | Evelyn Ashford(USA) | 1983 | 10.58 |
| 200 | 21.71 | Marita Koch(GDR) | 1979 | 20.97 |
| 400 | 47.99 | Jarmila Kratochvilova(CZE) | 1983 | 47.1 |
| 800 | 1:53.28 | Jarmila Kratochvilova(CZE) | 1983 | 1:49.5 |
| 1,500 | 3:52.47 | Tatyana Kazankina(USSR) | 1980 | 3:46.1 |
| 1 Mile | 4:17.44 | Marcica Puica(RUM) | 1982 | 4:06.3 |
| 5,000 | 15:08.26 | Mary Decker(USA) | 1982 | 14:32.2 |
| 10,000 | 31:27.58 | Raisa Sadreydinova(USSR) | 1978 | 30:29.6 |
| 100H | 12.36 | Grazyna Rabsztyrn(POL) | 1980 | 11.09 |
| 400H | 54.02 | Anna Ambrosene(USSR) | 1983 | 51.8 |
| Marathon | 2:22:43 | Joan Benoit(USA) | 1983 | 2:15:04 |
| 4 x 100 | 41.53 | (GDR) | 1983 | 40.8 |
| 4 x 400 | 3:19.04 | (GDR) | 1982 | 3:14.9 |
| High jump | 2.04m(6'8.25") | Tamara Bykova(USSR) | 1983 | 2.09m |
| Long jump | 7.27m(23'10.25") | Anisoara Cusmir(RUM) | 1983 | 7.68m |
| Shot put | 22.45m(73'8") | Liong Siupianek(GDR) | 1980 | 23.88m |
| Discus | 73.26m(240'4") | Galina Savinkova(USSR) | 1983 | 76.00m |
| Javelin | 74.76m(245'3") | Tina Lillak(FIN) | 1983 | 79.20m |

New York City Marathon

The 15th Annual New York City Marathon will be held on October 28, 1984 at 10:40 am. The procedure for applying is outlined below. [NOTE: Applicants must be age 16 or over on Marathon Day.] If you are interested in running in this year's big event, you will have a better chance of being accepted if you follow these instructions carefully.

You must first request an entry form for the Marathon by sending a self-addressed #10 business size envelope and a \$3 non-refundable handling fee. Send a check or money order (no cash) made payable to NYC Marathon. Requests must be postmarked no earlier than 12:01 am June 5th (after midnight of June 4th). Mail requests to: Marathon Entries, P.O. Box 1388 GPO, New York, NY 10116.

Envelopes must be business size (#10—approximately 4 1/4 x 9 1/2 inches). Entry forms will not fit into smaller envelopes. A separate envelope must be sent for each entry requested. Only one form will be returned in each envelope, and only one form may be requested per person. Multiple entries will result in disqualification. You need not include a letter with your request—just the \$3 handling fee and self-addressed envelope.

Requests will be processed in the order that we receive them and entry forms will be mailed in that order starting in mid-June. When you receive your entry form you should fill it out and return it right away (making sure to follow instructions included with it).

18,000 entrants will be accepted—up 1,000 from last year. However, thousands more will apply. 7,000 will be accepted on a first come-first serve basis. 7,000 will be drawn in a lottery to be held in July, and the remaining 4,000 will be reserved for foreign entrants (on a quota system by country). If you are not accepted in the lottery, you can still be put on the waiting list, a system instituted in 1982.

Make sure that by the time you receive the entry blank, you have a valid TAC number (expiring on 12/31/84, TAC membership fee \$6).

Good/Bad/Good News Dept.

VALLEJO: Among the twenty-seven, or so, Nor Cal women runners who have qualified for the U.S. Olympic Marathon trials to be held on May 12 in Olympia, Washington are Leslie McMullin (Oakland), Sharlet Gilbert (Richmond), and Laura McHale Rinde (Sacramento).

Keelhauler Classic race director Harry Diavatis expressed delight that the three former Keelhauler participants had qualified, but lamented the loss of the three speedsters from his annual 10K held in Vallejo on May 13.

The absence of national class female runners will be felt at many other races throughout California and the nation as well, but, at least, according to Diavatis, this is a boon for the many outstanding women runners who barely missed qualifying.

"Look for a lot of 38:00 to 40:00 times winning major 10 kilometer runs in the months of May and June," said Diavatis.

A leading contender at the Keelhauler is diminutive Wanda Bailey, the 13 year old national record holder from Fairfield. Bailey's fastest 10K was a sizzling 38:12 set at last year's Run-for-Daylight when she, then, 12 year old led the entire women's field to capture first place honors. Her best time on the demanding Keelhauler course was a 40:45 in 1981.

While it is expected that the women's times will be slower, look for extremely fast times in the men's divisions, according to Diavatis. With the men's Olympic Marathon Trials set for May 26, the Keelhauler sits in an ideal time-frame to serve as a final "speed workout" for top NorCal athletes such as Dennis Rinde (Sacramento) who has won the men's open for the last three years. The course record of 30:20 was set in 1980 by former All-American John Moreno of Pacifica.

All indications are that Vallejo's "Little Big Race" may turn out some of the fastest times in Northern California this year.

Big Names at Pepsi Meet

American Olympic gold medal favorites Carl Lewis, Edwin Moses, Mary Decker, Tom Petranoff, Steve Scott, Willie Banks, Greg Foster, Ron Brown, Dave Laut, and Billy Olson will be part of a superb field headlining the Pepsi Invitational track and field meet Sunday May 13 at refurbished Drake Stadium on the beautiful UCLA campus in Westwood.

The Pepsi Invitational, the first major meet to be held on Drake Stadium's new lightning quick Rekortan track, will be the most important meet leading up to the U.S. Olympic Trials which commence June 16. The meet begins at noon with reserved tickets \$13 and general admission \$8. For further ticket information call (213) 825-2101.

World or American records are a distinct possibility in this year's Pepsi meet as athletes will be nearing their peak form. As an example of what has occurred in past editions, last year Tom Petranoff threw the javelin 327.2, a world record by 10 feet. That mark was voted the top world track and field performance of 1983 by *Track and Field News*.

Athletics Championships in Helsinki, Finland. Decker will attempt to break her own world mile record in the Pepsi meet.

The men's mile will feature Scott, the American record holder, who has run 3:47.69, the second fastest in history, only .36 behind Sebastian Coe's world record.

Other highlights in the Pepsi meet will include the triple jump with American record holder Willie Banks, the javelin with Petranoff, the 110 meter high hurdles with world champion Greg Foster, the sprints with football star Ron Brown, and America's only 19 foot pole vaulter Billy Olson.

Big Meets at Mt. SAC

Track and field in an Olympic year is traditionally a big one for track fans. The Southern California fan should find it particularly exciting this year. With the traditional Southland meets, the Los Angeles event calendars will also include the Olympic Trials in June and the Summer Games in August.

While there are limitations on the number actually able to view the Summer Games, several opportunities to view those same athletes in their qualifying and tune-up efforts will be available (for far less money) to the Southern Californians.

One area which seems to be shaping up as a hotbed for the hundreds of American and foreign athletes flocking to Southern California for their Pre-Olympic training is the San Gabriel Valley.

Mt. San Antonio College in Walnut will highlight the early outdoor season by joining with Puma and Energizer in hosting the nation's largest and most prestigious Relay Carnival on April 26, 27, 28, and 29. Organizers of this 26th Annual Event proudly claim their event outperforms all other major Relay Meets held across the country, and believe their early lineup of athletes and teams accepting invitations to this April's event could make it their "best ever."

Carl Lewis, Edwin Moses, Evelyn Ashford, and Larry Myricks represent just a few individuals who join other club and university team members in the Invitational Division of the Mt. San Antonio Relays on April 29. USC, UCLA, Cal, Houston, UTEP, Arizona, Arizona State, Rice, SMU, Abilene Christian, and Oregon are just a few of the more than 300 schools and 7,000 athletes that will participate.

International flavor will be more obvious than ever this year in all divisions. Mexico and Australia preps will join U.S. teams in the April 27 and 28 high school division, while more than twenty foreign contingents are expected in the open division. Strongest of these should be the Romanian national team which will include several Olympic medal hopefuls including the women's world record holder in the long jump, Anisoara Cusmir. A pre-Olympic challenge for America's hope Carol Lewis.

The San Gabriel Valley area, and the Mt. SAC facility will once again be the site of two additional Pre-Olympic Tune-up Meets in July. Both the July 15 meet and the one scheduled for July 25 will be limited to Olympic qualifiers and team members as they put their finishing touches on the events they hope will bring them success just ten to fifteen days later. If conditions are right, as they often are at the Mt. SAC facility, these "finishing touches" could produce a rash of records equal to or even surpassing those at the Coliseum.

It's sure to be an exciting season no matter what your national background. Let's hope America's enthusiasm catches fire early and burns like the Olympic flame through August.

Keeping Track

A couple of interesting books from our two states directly to the north are: *Who's Who in Washington Track*, and *Who's Who in Oregon Track*. Both books deal with high school track and field in the respective states. For the Washington book, send \$6 to Scott Sproul, P.O. Box 1046, Kent, WA 98032 (phone: 206-854-1006). For the Oregon compliment, send \$8 to Roger Shaffer, P.O. Box 276, Canyonville, OR 97417. . . The women's coach for the U.S.A. cross country team at the IAAF World Cross Country Championships is UCLA's head women's coach Scott Chisam. . . Final 1983 Central California TAC Long Distance Point Standings have been received: Top CCA-TAC runner in the open division is Robert Taylor of the Peregrine AC. 30-39 men is Gary Campbell of Peregrine, 40+ men Wayne Van Dallen of the High Sierra TC. Women Under 30 was won by Tanis Leyendekker of the Visalia Runners, and the Over 30 women by Janie Rodriguez of High Sierra. . . Our call for press guides, summary books and team information books has brought in two winners: Ray Kring of Allan Hancock College in Santa Maria has put together a very comprehensive 1984 Track & Field Team Booklet with history, records, stats, schedules and everything else anyone would want to know about Hancock track. Tom Feuer, press officer for the Santa Monica Track Club has put together the most complete media guide we have ever seen for a club. The 90-plus pages has a wealth of informative and interesting information on this high level club.

PROFILE ON:

MANDLA KUNENE

By Marty Higginbotham

Mandla Kunene has established himself as California's top junior college distance runner. The lean Porterville College sophomore has recorded best times of: 1500m 3:51 (1981); 5000m 14:21 (1983); 10,000m 29:53 (1981). In cross country he has run 19:24 (1983) for four miles and a 38:40 for 12 kilometers.

In the fall of 1982 Kunene finished 17th in the state cross country meet in a time of 20:13. This last fall he ran to the state title in 19:24. This was Mandla's second state championship as he capped off his 1983 track season with a state title in the 5000m in 14:21. Mandla's outstanding running performances have earned him such honors as three MVP awards at Porterville College, two Central Valley Conference MVP awards, Sportsman of the Week by the *Fresno Bee*, and Athlete of the Year by the *Porterville Record*.

Kunene's competition strategy is to have a positive attitude and strive for his best possible performance. He does peak for one or two major races each season. His training rules are few and simple: 1) get 8 hours of sleep a night, and 2) eat nutritious food. Kunene's goals include an immediate goal to improve his track times and a long-range goal to become one of the best runners in the world.

The 5'8", 120-pound Kunene got his start in track as a freshman in high school (Sekusile High School) after boxing for five years. He liked running and felt he could do as good as anyone else. At age 27 now, he plans on competing until age 40 and, after that, he will run just for fun.

Kunene is interested in journalism (sports and music). His educational goal is to become a writer. After graduation from Porterville, he would like to attend the University of Nevada at Reno because of its high altitude and its great team spirit.

Several people have served as inspiration to Mandla. He was inspired to run by Filbert Bayi. Henry Rono's achievements have helped to keep up his interest in running, and his fellow countryman Mathew Batswadi has also been a source of inspiration. Kunene feels his dedication and seriousness has helped him to stand the pain of running, and says, "...with coach's help and my little experience, I'm able to achieve my goals."

In the spirit of competition Mandla Kunene wishes all runners "a good year with lots of improvements."

An average week in the month of February for Kunene looked like this:

Monday 10 miles (gentle uphill)
Tuesday 10x400m (65-68 sec.)
Wednesday 6 miles (steep hills)
Thursday 12x200m (30 sec.)
Friday 8 miles (easy)
Weekends: Long and easy. Some fartlek speed when moods are right.

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.

PROFILE ON

Capitol City Flyers

By MARTY HIGGINBOTHAM

The Capitol City Flyers were born in January of 1980 as an alumni club for Mira Loma High School. At the time, alumnus included John Mansoor, Jim Mansoor, Nick Breuer, Mike Vall, Paul Boltinghouse, Chris Speers, Jean Fuller, Jeanette Slingerland, and Kathy Hamond. The club was started by John and Jim Mansoor who were coaching at Mira Loma at the time.

Their purpose was to promote post-high school competition and to provide Sacramento with a competitive running club. CCF was also designed for social purposes as well. Soon it became apparent that other Sacramento runners were interested in the club CCF broke out of the "alumni" mold to include all of the Sacramento area.

Unifying the greater Sacramento area's most competitive runners into a group that could compete against the Bay Area clubs has been one of the major achievements of the group. Before CCF there was no real "championship" type club and Sacramento's best athletes joined clubs out of the area.

In the club's short history they have established themselves in the Pacific Association. In 1983, the Flyers women (open team) captured four Pacific Association championships, never using the same team twice, which shows the depth of the women Flyers. In addition, the open men captured one championship (the 25K) and finished second to the Converse Aggies in four other championships. The masters men's team captured the cross country title as well as the California International Marathon title.

Outstanding individual achievements for the club include Patti Gray's club marathon record of 2:38:19 at the Nike Marathon for third place; Bjorg Austrheim-Smith's third straight Western States 100 mile victory; master Mike Holbrook's victory at the Foot Locker Indoor mile and national championship victory in the mile for his age group (40-44); and the performance of Dave Rensen in his marathon debut in the California International Marathon (2:18:48). In addition, the performances of Linda Somers (2:42:44) and Laura Rinde (2:47:48) at the San Francisco Marathon were impressive.

CCF generally has around 100 members, half of which are active. A club breakdown



JOHN MANSOOR (9325), JERRY DREW (48) & ROB ANEX (47) at San Francisco Marathon.

looks like this: 40% open men, 30% women, 15% masters, 10% high school and 5% youth. They are primarily a long distance running club (road runners and track), although they do help sprinters from time to time. Currently the club has one sprinter—William White—with best times of 45.9 400m and 21.3 200m.

When the club began in 1980 it started out with 25 members and finished the year with about 60 members. In 1981 the club expanded to about 100 members with a change-over rate of about 25%. In 1982 the club reached about 130 members with a change-over rate of about 30%. In 1983 the club established a new policy requiring regular members to perform a service to the club as well as a "social" member option.

The club is primarily for competitive runners although it has a social side. John Mansoor is the executive director of the Flyers and, as such, does all the administrative work. The club is governed by an executive committee which is elected yearly. Currently the committee consists of: Executive Director John Mansoor, Chair Wayne Miles, Masters Chair Frank Krebs, Membership Chair Dennis Joyce, Youth Chair Tim Williams, SLDR Reps Mike Holbrook & Kevin Pedrotti, TAC Rep Krista Roberts, Treasurer Wendall Hasse, Secretary Helke Skaden, and Social Directors Chris Hadley & Diana Mullen.

The executive committee meets four times a year or more if necessary. Items are discussed and voted upon with the executive director having no vote unless there is a tie. Items are then sent to the quarterly membership meetings and all regular members have one vote.



VINCE MATHEWS at the Christmas Relays.

There is no coach in the club. Instead, there are many coaches all with their own ideas and followers. Everything is very individualistic.

Money for the club is generated through two sources other than club dues—team championship money (the club keeps 20%) and revenue from club-sponsored races.

The Capitol City Flyers sponsor four events annually which include: the California International Marathon, Capitol City 20K, Arden Bar Relays, Ashton Bake 5K & 10K.

Major expenditures for the club include: 1) road trips, 2) parties, 3) entry fees, 4) and the athlete's sponsorship program. In 1983 the Flyers raised \$4,950 and spent \$4,350.

Club athletes are aided with equipment, coaching (if requested), travel expenses and entry fees.

A newsletter comes out every six weeks or so and is mailed to all members. It includes a letter from the executive director, minutes of any meetings, a schedule of running events, workouts, gossip column ("As the Track Turns"), and race results with a "Flyer of the Month" award.

CCF's new club uniform is the adidas solid red mesh top and navy shorts with red stripes.

Other items of interest which are on the Flyer schedule of events include: a) The Flyers' Annual Labor Day Disc Golf Tourney (two-time champion is Harold Kuphaldt), b) Tuesday night "Pool Leagues", c) winter dart tournaments with heavy dark beer, d) summer running camp at Grouse Ridge (8000 feet). The camp is a major club event in itself and includes such highlights as: 1) Hearts Championship of the Universe, 2) high altitude disc golf, 3) trout fishing derby (anyone who catches a fish is the winner), 4) "Kamikaze" style campfires, 5) world championship—Over the Line, Wiffleball Tourney, 6) "stargazing" with cosmo Gordon Innes, 7) "Le burlesque Homme" with Muddy Watters, "I don't need no doctor" Casey Culbertson and "Love God" Jeff Clark, 8) eyes bugging out, ba...s to the wall, ain't gonna run no more race up Sand Ridge Hill, led by Patti Gray, and so on.

The overall purpose of the club is to provide a competitive outlet and development for athletes throughout the Pacific Association, and also a social outlet for the same. Immediate goals for the club are to continue to field teams in all categories in the association championships and long-range goals include to generate more revenue to assist athletes and to bring more competitive "world class" events to Sacramento.

CURRENT OUTSTANDING FLYERS:

Youth:

- ANNE KUPHALDT: age 12, 2nd Association X-C Championships.
- ERIC SKADEN: age 12, 2:32 800m, 5:01 1500m.

Open Men:

- DAVE RENNEISEN: 8:41 steeple, 4:05 mile, 30:01 10K.
- ANDY FERGUSON: 14:04 5K, 29:36 10K, 2:18:48 marathon.
- ROB ANEX: 30:08 10K, 49:44 10 mile.
- DENNIS RINDE: 2:13:48 marathon.
- DAVE CHAIREZ: 2:20:59 marathon, 1:45:06 20 mile.
- JOHN MANSOOR: 2:19:35 marathon, 49:42 10 mile, 30:15 10K.

Tamalpa Runners

P.O. Box 701, Corte Madera 94925

Robert Kennedy and Christie Patterson have each jumped to an early lead in the 1984 Tamalpa Club Run Series with back-to-back victories in the first two races. Kennedy led record fields of 91 and 83 runners to both wins and a perfect score-to-date of 200 points. Patterson's score now totals 155, giving her a commanding lead in the women's competition. She finished the flat St. Vincent's School course over two minutes ahead of her nearest rival, Kathy Doyle.

Christie Patterson has been no stranger to the limelight in the running world. Since her dramatic first-woman finish in the Dipsea last year, she figured prominently in Tamalpa's Boston Bonne Bell team and the qualifying races that led to it. Robert Kennedy, on the other hand, has not raced as frequently even though he is a long time Marin mountain runner. He does own an outstanding 32:29 P.R. in the 10K set in the past year, and lately has seemed to be more and more interested in competition.

- HAROLD KUPHALDT: 3:43 1500m, 8:54 2 mile.

Open Women:

- PATTI GRAY: 16:36 5K, 33:42 10K, 56:54 10 mile, 2:38:19 marathon.
- LINDA SOMERS: 34:25 10K, 2:42:44 marathon.
- HEIKE SKADEN: 34:56 10K, 2:43:00 marathon.
- LAURA RINDE: 2:47:48 marathon.



DAVE CHAIREZ at San Francisco Marathon

- RITA FAGUNDES: 60:20 10 mile, 2:56 marathon.
- KRISTA ROBERTS: 60:25 10 mile, 2:55 marathon.
- ANN HOERBER: 2:54 marathon.
- KELLY GEREDS: 2:54 marathon.
- BEV MARX: 2:48 marathon.

Berkeley Runners

5623 Oakgrove Ave., Oakland 94618

Berkeley Runner's Club members have been busily running and have several PR's to report. Hilary Naylor got one in the Oakland Half Marathon, going under her previous 2 hours with a 1:49 clocking. Other PR's in the Half were garnered by Bernice Carter and Laury Fisher. In the Full Marathon, Roger Sharpe enjoyed a PR at 3:04, Lucy Kaplan came in 3rd in her age group, and new member Maury Zaki completed her first marathon. Ted Vincent and John Buenfil ran with Dick Collins who was doing his 100th marathon.

At the popular Valentine's Day Run around Lake Merritt two PR's were run by Maj-Britt Moberg Robinson and Larry Brown. Maj-Britt doing the 5K in 22:47, and Larry doing the 10K in 34:36.

continued on next page...

Masters Men:

- MIKE HOLBROOK: 4:29 mile, 33:50 10K.
- DOUG RENNIE: 2:33 marathon, 53:54 10 mile.
- DAN ALARID: 2:35 marathon, 33:40 10K.
- FRANK KREBS: 2:35 marathon, 33:30 10K.

Masters Women:

- BJORG AUSTRHEIM-SMITH: 3:11 marathon.
- HEIDI SKADEN-POYSER: 3:06 marathon, 39:20 10K, 63:50 10 mile.

CLUB RECORDS

Open Men:

| | | | |
|-------------|---------|-----------------|----|
| 800m | 1:52.1 | Rick Denesik | 83 |
| 1500m | 3:43.0e | Harold Kuphaldt | 83 |
| mile | 4:03.0 | Harold Kuphaldt | 83 |
| 2 mile | 8:54.0a | Harold Kuphaldt | 82 |
| 5000m | 14:04 | Andy Ferguson | 83 |
| Steeple | 8:41.8 | Dave Renneisen | 83 |
| 10,000m | 30:15 | John Mansoor | 82 |
| 10K road | 30:01 | Dave Renneisen | 83 |
| 15K road | 46:30e | John Mansoor | 82 |
| 10 mile rd. | 49:42 | John Mansoor | 82 |
| 20K road | 62:20e | Andy Ferguson | 83 |
| Half Mara | 66:01e | Andy Ferguson | 83 |
| Marathon | 2:13:44 | Dennis Rinde | 83 |
| 50K | 3:56:40 | Dave Chairez | 82 |
| 50 mile | 6:38:48 | Bruce LaBelle | 83 |
| 100 mile | 18:12 | Bruce LaBelle | 83 |

Open Women:

| | | | |
|-----------|----------|-----------------|----|
| 800m | 2:21 | Jean Fuller | 80 |
| mile | 4:58.6 | Heike Skaden | 80 |
| 2 mile | 10:32 | Heike Skaden | 80 |
| 5000m | 16:36 | Patti Gray | 82 |
| 3000m | 9:37 | Patti Gray | 82 |
| 10000m | 33:42 | Patti Gray | 83 |
| 10K road | 33:52 | Patti Gray | 83 |
| 15K road | 52:51e | Patti Gray | 83 |
| 10 mile | 56:54 | Patti Gray | 83 |
| 20K road | 75:11 | Heike Skaden | 82 |
| Half Mara | 1:19:00e | Patti Gray | 83 |
| Marathon | 2:38:19 | Patti Gray | 83 |
| 50K | 4:27:03 | Bjorg Austrheim | 82 |
| 50 mile | 7:35:49 | Bjorg Austrheim | 83 |
| 100 mile | 19:11 | Bjorg Austrheim | 83 |

Masters Men:

| | | | |
|----------|---------|---------------|----|
| mile | 4:29.7 | Mike Holbrook | 83 |
| 10K | 32:44 | Doug Rennie | 80 |
| 10 mile | 53:54 | Doug Rennie | 81 |
| Marathon | 2:33:51 | Doug Rennie | 81 |

Masters Women:

| | | | |
|----------|---------|---------------|----|
| mile | 5:36 | Skaden-Poyser | 83 |
| 10K | 39:40 | Skaden-Poyser | 83 |
| 10 mile | 64:56 | Skaden-Poyser | 82 |
| Marathon | 3:06:16 | Skaden-Poyser | 82 |
| | | | 33 |

Club News

Fleet Feet Racing Team

2408 J St., Sacramento 95816

Steve Madison, owner of Fleet Feet-South Lake Tahoe, has been elected President of Fleet Feet Racing's corporate team. The team is designed as a grassroots racing program to help support top notch runners in each city where a Fleet Feet store is located. Sally Edwards, president of Fleet Feet, Inc., has been named coach of the team while other officers of the board include Dave Griffith (Vacaville), Larry Matthews (Chico), Stephanie Isaac (Redding), and Vicki Matthews (Chico).

Athletes participating on the team will receive entry fee, travel, and uniform benefits for their support. Qualifying standards have been established for team membership. Those interested in participating in the team should contact Steve Madison directly: Steve Madison, 2520 Highway 50, Swiss Chalet Village, South Lake Tahoe, CA 95706. (916) 542-1483.

Fleet Feet Racing will debut at the 1984 TAC National Championships to be held March 25 in Sacramento. Coach Sally Edwards predicts that it will come as a great surprise to many of the top runners as the new corporate team unveils its top performers.

Lake Merritt Joggers and Striders

230 Marlow Dr., Oakland 94605

Almost a hundred people shared the food and fun at the LMJS 1984 Awards Banquet on February 3rd. In contrast to last year, the weather was clear and cold. Valerie Doyle and John Notch did their Co-President act, welcoming all present, and bringing the club up to date on activities. Valerie then presided over the presentation of the Member of the Year plaques. Receiving these traditional yearly awards were Mike Nelson, Mark Dykhous, Ernie Isaacs, Elf Blair, Dave and Hisae Reichel. Stewart Weinberg made a witty, personal introduction of the featured speaker, Dr. Steve Subotnick who was also welcomed as a new member. Dr. Subotnick gave some good advice on feet and shoes and answered many questions. Also joining the club that evening was master runner star Sal Vasquez.

Pamakid Runners

185 Stanford Ave., Mill Valley 94941

As usual the list of monthly highlights starts with Sal Vasquez. Sal won the masters division at the Stockton Half-Marathon with a 1:09:58 and ran a nearly duplicate race at the Oakland Half Marathon in 1:09:59, again winning the masters. Sal travelled to the Valley again to win the Modesto Natural Light 10K masters title in 30:54 and the prestigious Cal 10 in 51:59. Tom Robinson took 10th overall at the Berkeley Waterfront 5-Miler in 28:31 and also ran a sub-60 at the CCPM and Cal 10's. Otto Sommerauer won the men's 60 Plus division in 2:19:20 at the Stockton Half Marathon, with Annabel Marsh winning the women's 60 Plus in the full marathon at 5:04:29. Arturo Ramirez was 20th overall at the Berkeley-to-Moraga 13-miler. Jim Pommer and Steve Cole both won second place age group honors at the Excelsior West End Run. Jimmy Nicholson won the 50-59 division at the Golden Gate Marathon with a 3:03:34 over the hilly course. All of the above is great, but the runner of the month goes to Eddie Lanzarin for his 2:29:57 marathon at Oakland.

Northern Calif. Seniors

2766 Summit Dr., Hillsborough 94010

Joe Packard, 80, set two new world records at the All-Corners meet at Edwards Stadium, Berkeley, on February 25th. His times were 15.4 for the 100 meters and 32.6 for the 200 meters. Previous records for the 80-85 group were 16.5 (Herbert Anderson), and 35.7 (Harold Chapson). Joe, a lean, quiet but happy looking man, was putting on his sweats when he was asked how he felt about the races. "Well, I didn't know I ran so well."

The Northern California Seniors Track Club officers for 1984 are as follows: President - Emmett Smith, Vice President - Bill Hassenzahl, Secretary/Treasurer - Paul Warner, Member at Large - Elvyn Blair & Jim Johnson, Women's LDR Chair - Mimi St. Clair, Men's LDR Chair - Luka Sekulich, Track & Field Chair - Irene Obera, Coach - Mark Grubel, Newsletter Editor - Gretchen Snyder, Newsletter Publisher - Josephine Kolda, Social Chair - Thelma Rubin.

34

Seniors Track Club

3372 Dalhart Ave., Simi Valley 93063

The STC worked hard and put on a successful SPA-TAC 8K Championships back on December 11th. There were 495 finishers which makes it one of the largest district championships ever. With the club supplying the officiating there weren't many left to run the race. Fastest STC finisher was Bruce Horiguchi with a 27:54 for 5th in the 35-39 division. Highest place honors went to Ann Noble, second in the 55-59; F. MacMinn, second in the 65-69; Bill Fitzgerald, second in the 55-59. The STC men's 60 Plus team won the team title in that division.

At the December 31 SPA-TAC 10K Championship, it was Jim Reilly, age 38, carrying the colors with a 29th overall (3rd 35-39) finish in 34:13. Hal Winton won the 50-54 division as did Steve Chipilis the 60 Plus. STC won the 50-59 team title.

At the SPA-TAC 30K Championships on February 26th at Yorba Linda, Jim Reilly was first club member with a 14th overall (5th 35-39) place in 2:01:11. Close behind was Dave Parrish in 16th (5th 40-44) in 2:02:10. Stan Neufeld won the 60-69 as did Dean Scofield the 70 Plus.

Bakersfield Track Club

P.O. Box 10371, Bakersfield 93389

The 1984 Bud Light Marathon and Half-Marathon sponsored by the Bakersfield Track Club proved a great success. True, they did not play host to Alberto Salazar (as did the other local marathons a few months earlier), but did see Dick Beardsley at the starting line (unfortunately, he had to drop out before the finish line). This year's number one finisher was Jim Rocha, who covered the course in 2:38:25. Rocha had intended to run the first twenty miles only, as a training run for an upcoming race in New Orleans. With Beardsley out at six miles, and no other competitor in sight, Rocha opted to run the entire distance, taking first place in the process.

Two Bakersfield Track Club members did quite well for themselves: Brenda Villanueva placed second overall in the women's marathon with a 3:17:27, winning the 19-29 age division. Another age group winner was Gil Hinz, who took the 50-59 group in the half marathon with his 1:26:56.

Club officers for 1984 include: President - Andrea MacDonald, Vice President - Verla Phillips, Race Director - Dale Tedrow, Secretary - Susan James, Treasurer - John & Anita Foote, Board of Directors - Wes Goldberg, Dona White, and outgoing president Dave Brewer.

Club Hack

3101 Queensbury Dr., Los Angeles 90064

February was a good month for Hack Jim Hogue as he picked up 3 PR's. On the 14th, the Club travelled to Orange County to defend their team title at the Up the Estuary 1/2-Marathon. Jim was second man and seventh overall with a PR 1:12:43. Fifth man Lee J. Berg also picked up a nice PR in 22nd place with his 1:15:42. First, third, and fourth club finishers were Mark Ulloa (6th overall), Bruce Thomson (9th) and Richard Griefinger (12th) giving the club the team title for the second year with 56 points (also a club record).

Jim's other PR's came at the West Covina Downhill Mile Classic where he ran a PR 4:13.4 (4th in his heat). On the way he picked up an 880 PR of 1:58.0.

Next came a record attack on the clubs Bel Air hill course (tough 7.5 miler). Mark Ulloa picked up a club record with his 41:49 while Bruce Thomson and Jim Hogue picked up personal records of 42:30 and 42:49 respectively.

DSE Runners

741 Kansas, #2, San Francisco 94107

San Francisco's most popular race is also the one that interests the most Dolphin South End Runners — the Incredible Bay-to-Breakers.

DSE club president Walt Stack discovered this in researching member runs for the last six years, which reveal that more than 700 persons participate in the practice run for that extraordinary event (the Bay-to-Breakers occurs May 20, 1984, and the DSE practice takes place on Sunday, May 13).

Other DSE races have a varying number of entrants, averaging 300 entrants per race. The second most popular race, also in a good location, is the 4 1/2 mile Golden Gate Park run, which has an average of 470 finishers.

Third among the most popular runs is somewhat surprising — because it's Fort Point. Its seven mile length is one of the longer events each year.

Least interesting, considering that it averages only 76

entrants, is the 3 mile Mt. Davidson maze, during which many people end up taking various routes. Some are rumored to conclude the run at Brisbane in complete confusion.

The average attendance per year for the six years ending December 31, 1983 was approximately 8,300, covering 27 races.

West Valley Joggers and Striders

1124 Kensington, Sunnyvale 94087

The WVJS masters team started the year by winning the California 10 in Stockton, Jan. 8, edging Tamalpa by 1 1/2 minutes. Tim Rostage led the charge with a 54:43, followed by Jake White, Bill Jenney, Ulrich Kaempf and Walt Van Zant. Kaempf won the over-50 division in 56:04 and Ken Napier was second in 60:14. Carol Stroud was third in the women's over-40 division in 66:06. Dave Garcia had the top club time, 53:52.

Rostage and Ron Nelson finished 1-2 in the Oakland Marathon master's division, and with Mike Paradis, won the master's team championship. Rostage registered a typically strong 2:33:26, Nelson a 2:42:22 and Paradis a 2:52:27. Bob Farrington won the 50+ division with a 2:52:47. Dwight Cornwell continued his strong running, topping all club members with a 1:11:36 in the half marathon. E.R. Silver and Ken Napier were 1-2 in the over-50 category with a 1:19:42 and 1:20:14, and John Gilkey was the second over 60 in 1:30:43.

Gil Uresti ran a PR 53:16 at the Sri Chinmoy 10-miler for a 45-second improvement to head more than 15 club finishers in the race. Bill Jenney was the second master's finisher behind Bill Clark with a 54:38. Thirty-four-year-old Rick Kananen had a PR 59:17, E.R. Silver won the 50+ division with 59:21 and Gilkey won the 60+ in 1:07:47.

Fresno Track Club

P.O. Box 6103, Fresno 93703

The annual Visalia Runners End of the Trail 15K race had five members competing and all doing very good. Winner was former Washington State standout Juan Garcia of the Peregrine Running Team with a 48:36 staving off a valiant effort by Chihuahua Racing Team's Juan Molina. Steady Frank Delgado continues to put good back-to-back efforts together with an even six minute pace (56:03) which was good for first in the 45-49 bracket. Don Trout had a 56:12 for third in the 40-44 class. Bill Woody, coming off a series of nagging injuries ran his first competitive event since October and shows signs of being completely recovered, finally.

A revitalized Woody Cape got back into the hunt in the 60+ bracket with a personal best of 73:45. Not too shabby for a person heading for 68! Dr. Steve Levy after four marathons in as many months won the 30-34 class with a 54:13.

Bingo Orme has a date of May 19 for his annual Two Person Eight Mile Relay at Roeding Park. This is always an interesting race on the fast, accurate course covering two miles per lap.

Making the Boston Marathon trip this year will be Al Lomell, Sid Toabe, Pat Hurst, Bob Maeyama, Steve Levy and Ralph Smith. Several others are undecided at press time.

Half Moon Bay Coasters

Box 305, Route 1, Half Moon Bay 94019

The Coasters' contingent at the February 5th Oakland Marathon was led by Mark Hines who "died" after a fast 9 miles at 5:30 pace, to finish with a respectable 1:14:21 in the half. Mark was followed by Bob Barber in 1:21:17, Bill Hurja in 1:22:21, Dave Stamper in 1:24:30, Steve Cook and Jake Niebaum (Humoring 1:24:46), Harry Baume in 1:38:08, and Glen Carlson in 1:48:10.

At the February 12th Valentine's Day Run at Lake Merritt, Donna Hinshaw ran a fast 45:17 over the 10K course layout.

A week later in Foster City, fast times were recorded at the Sri Chinmoy 10 Mile, led once again by Mark Hines who was pleased with his 54:41. Although an apparently long 9th mile cost Bill Hurja his "sub 60" he was happy with his PR 60:04. Also running were Jake Niebaum (workout only) with a 64:53, Steve Cook in 67:01, a much-improved Harry Baume in 72:01, and Glen Carlson in 78:25.

Farther down the coast on the same day Bob Barber ran a PR 37:00 and thought that he had copped a 3rd place medal in his 40-Plus age group at the Smile San Diego 10K, but a last minute recount lowered him to 4th in a large field.

On March 4th Steve Cook ran a weary-legged 38:15 over the City of Fremont 10K loop after doing another one of his imaginative PR's the day before on the Higgins Canyon 14.7 mile loop.

CARL'S JR. JOINS PUMA and ENERGIZER



in sponsoring the

MT. SAC RELAYS 5K and 10K FUN RUN



Sunday, April 29, 1984 • 8:30 AM.....5K • 9:00 AM.....10K

The PUMA and ENERGIZER MT. SAC RELAYS is a non-profit Mt. San Antonio College Foundation Project.

- 39 different age divisions.
- 175 awards, including plaques, medals, watches, and running gear.
- 50 additional awards at random to finishers of the 5K—10K runs.
- **All runners will receive FREE admission to the Sunday afternoon INTERNATIONAL OLYMPIC QUALIFYING TRIALS MEET—"Meet of Champions" PLUS A FREE T-SHIRT!**
- All runners will be given finish line refreshments in addition to free showers at the conclusion of competition. (Please bring your own towel.)

AN INTERNATIONAL 5K AND 10K RUN FOR THE VERY BEST AND THOSE WHO JUST WANT TO RUN FOR FUN

| DIVISIONS | | | | | | | |
|-----------|-------|----------|-------|----------|-------|----------|-------|
| 5K | | | | 10K | | | |
| Men | Age | Women | Age | Men | Age | Women | Age |
| Category | Age | Category | Age | Category | Age | Category | Age |
| 5A | 0-12 | 5H | 0-12 | 10A | 0-12 | 10H | 0-12 |
| 5B | 13-18 | 5I | 13-18 | 10B | 13-18 | 10I | 13-18 |
| 5C | 19-29 | 5J | 19-29 | 10C | 19-29 | 10J | 19-29 |
| 5D | 30-39 | 5K | 30-39 | 10D | 30-39 | 10K | 30-39 |
| 5E | 40-49 | 5L | 40-49 | 10E | 40-49 | 10L | 40-49 |
| 5F | 50-59 | 5M | 50-59 | 10F | 50-59 | 10M | 50-59 |
| 5G | 60+ | 5N | 60+ | 10G | 60+ | 10N | 60+ |

| SPECIAL 5K AWARDS | | SPECIAL 10K AWARDS | |
|-------------------|------------------------|--------------------|------------------------|
| Category | Event | Category | Event |
| 5O | Men's Wheelchair | 10O | Men's Wheelchair |
| 5P | Women's Wheelchair | 10P | Women's Wheelchair |
| 5Q | Men's Local (Walnut) | 10Q | Men's Local (Walnut) |
| 5R | Women's Local (Walnut) | 10R | Women's Local (Walnut) |
| 5S | Mended Heart | 10S | Race Walker |
| | | 10T | Mended Heart |

ENTRY FORM

(Print)

Name: _____
 Last First MI
 Address: _____
 City: _____ Zip: _____
 Phone: () _____ Age: _____ Sex: _____
 Division Category Entering: 5K _____ 10K _____
 T-Shirt: XL ☐ L ☐ M ☐ S ☐
 Enclosed: \$10.00 Fee (All Inclusive)
 Includes T-Shirt and Admission to "Meet of Champions"
 \$ _____
 \$ _____ Total

Make Checks Payable To: MT. SAC RELAYS
 Mail To: Mt. SAC Relays
 Walnut, CA 91789

WIN THE HAWAII 10K SWEEPSTAKES

★ **Winning Combined Time for Men**
 Santa Monica Pier Run & Mt. SAC Relays
10K - Round Trip Holiday in Hawaii
 (Santa Monica Pier Run, April 15, 1984)

★ **Winning Combined Time for Women**
 Santa Monica Pier Run & Mt. SAC Relays
10K - Round Trip Holiday in Hawaii

Sweepstakes Men and Women Finishers Placing 2-5 will also Receive Valuable Awards

I hereby hold the State of California, Mt. San Antonio Community College District, Mt. San Antonio College Foundation, PUMA and ENERGIZER and Carl's Jr. Corporation, or any other sponsors, harmless for all accident, injury, illness, death, or damages occurring or by reason of this 5K or 10K event, conducted on April 29th, 1984, in accordance with education code section 72640.

SIGNATURE: _____

PARENT/GUARDIAN (if under 18): _____

Results

Road Racing

Run For Human Rights

Berkeley, December 11.

In pouring rain and vicious wind squalls gusting to 50 mph, nearly 200 runners turned out on Sunday, Dec. 11, to support Amnesty International's Run for Human Rights. This event was scheduled to coincide with the presentation to the United Nations of a Petition calling for a Universal Amnesty for all Prisoners of Conscience. All runners were encouraged to sign the Petition, as those signatures collected Sunday will be presented to the Embassies of countries holding Prisoners of Conscience. Several well known Bay Area runners came to sign the Petition and to help collect signatures, including Joan Ulyot, Brian Maxwell, Karen Scannell, Sal Vasquez, Sue Johnston, Don Paul and Rich Langford.

The proceeds from the race will help support the human rights work of Amnesty International, such as research on reported violations and efforts towards freeing Prisoners of Conscience. The term Prisoner of Conscience expresses the plight of thousands of people imprisoned solely for their political or religious beliefs, or racial or ethnic backgrounds, who have not used nor advocated the use of violence.

The winner of the 10K, twice around Lake Merritt, race was Daniel Gonzalez (31:37), Brian Maxwell was second (31:48) and Rich Langford third (32:18). The women were led by Michele Phipps (38:33), followed by Laury Fisher (42:06) and Louise Meyer (44:30). The first masters were William Hall (37:31) and Sue Johnston. The youngest runner was Nasliya Jobe, aged 5, with a fine 53:32, and the oldest was John Guinee, 64, who ran 51:13. In the under 20 age groups a near clean-up was made by some out-of-towners - a group from Cheyenne, Wyoming, who came to California for the Junior Olympics, and wanted to race in Oakland before their flight home!

The race was managed extremely well under very difficult conditions by the Berkeley Runners Club. There were raffle prizes for one in ten of the runners and for all division winners who stayed to pick up their awards. The awards were hand-crafted wooden plaques with the broken chain Amnesty International symbol.

Overall Results

| | |
|-------------------|-------|
| 1 Daniel Gonzalez | 31:37 |
| 2 Brian Maxwell | 31:48 |
| 3 Rich Langford | 32:17 |
| 4 Robert Anex | 32:20 |
| 5 Mark Young | 32:26 |
| 6 John Scott | 33:16 |
| 7 Robert Gomez | 33:17 |
| 8 John Ackerman | 33:57 |
| 9 Andy McFarlane | 34:36 |
| 10 Rob Brusasco | 35:20 |

Division Results - Men

Under 12: 1. Jerome Daniels 44:46, 2. Michael Grimes 68:52, 12-15: 1. Ed Etel 38:38, 2. Jeff Spiker 39:15, 3. Robert King 40:53, 16-19: 1. Robert Gomez 33:17, 2. Matt Betebeinnier 35:58, 3. Jay Truex 36:47, 20-29: 1. Daniel Gonzalez 31:37, 2. Robert Anex 32:20, 3. Mark Young 32:27, 30-39: 1. Brian Maxwell 31:48, 2. Rich Langford 32:18, 3. Guillermo Barrow 35:28, 40-49: 1. William Hall 37:31, 2. Dick Malkin 38:18, 3. Tom Walsh 39:42, 50-59: 1. Joe Pawl 39:22, 2. Tom Cooke 41:06, 3. Alan Gould 52:13, 60 & Over: 1. Flory Rodd 42:06, 2. John Guinee 51:13.

Division Results - Women

Under 12: 1. Nasliya Jobe 53:32, 12-15: 1. Tina Tepera 47:15, 2. Nicole Soumokol 48:31, 3. Dede Johnson 53:00, 16-19: 1. Ellen Gross 48:00, 2. Marianne Gjorv 53:40, 3. Anne Marsella 55:56, 20-29: 1. Michele Phipps 38:33, 2. Fikonte Galore 45:54, 3. Karen Stafford 50:54, 30-39: 1. Laury Fisher 42:07, 2. Louise Meyer 44:30, 3. Mary McCraw 45:31, 40-49: 1. Sue Johnston 45:35, 2. Joan Ulyot 45:50, 3. Valerie Doyle 46:25, 50-59: 1. Bernice Carter 59:45.



JERRY HERNANDEZ
Winner of SPA-TAC 8K

SPA-TAC 8K

From Ron Watson

December 11, San Pedro: Southern Pacific Association TAC 8K District Championship. Hosted by Seniors Track Club.

Women's Divisions

18 & Under: 1. Hope Haeflinger (11) 35:57, 19-29: 1. Kathran Kanes (22) 28:32, 2. Julie McKinney (27) 30:15, 3. Judy Orach (26) 30:50, 30-34: 1. Gail Cory (30) 33:50, 2. Sue Simms (33) 33:50, 35-39: 1. M. Mitchell (36) 31:30, 2. Dianne Gale (36) 32:25, 40-44: 1. Carolyn Ishida 36:05, 2. Linda Bird (41) 36:50, 45-49: 1. Carolyn Plowman (45) 40:43, 50-54: 1. Betty Flood

(50) 34:28, 55-59: 1. Diane Fritz (57) 38:37, 60 & Over: 1. Norma Bernarcl (64) 40:08.

Men's Divisions:

18 & Under: 1. Todd Chambers (18) 25:37, 19-34: 1. Jerry Hernandez (19) 24:46, 35-39: 1. Ron Kurre (35) 25:47, 40-44: 1. Frank Duarte (42) 24:43, 45-49: 1. Andre Tocco (48) 26:48, 50-54: 1. Jim Brownfield (52) 27:40, 55-59: 1. Pat Devine (55) 28:57, 60-64: 1. Bob Page (62) 32:22, 65-69: 1. Ed Lowell (67) 39:22, 70 & Over: 1. Chick Dahlstein (73) 35:20.

Team Winners

Women's Open: Complete Runner 1:44:32, **Women 30-39:** Santa Clarita Runners 1:42:53, **Women 50 & Over:** Manhattan Beach T.C. 2:12:18, **Men's Open:** Manhattan Beach T.C. 2:13:34, **Men's 35-39:** Pico Rivera A.C. 2:28:18, **Men's 40-49:** Pt. Fermin Flyers 2:15:27, **Men's 50-59:** S. California Striders 1:28:56, **Men's 60 & Over:** Seniors T.C. 1:53:22. Three person teams except for Men's Open, 35-39 and 40-49, which are five person teams.

Mission Bay Marathon

Mission Bay Park, San Diego, Jan. 15.

Overall Results

| | |
|----------------------------|---------|
| 1 Joe League (29) | 2:19:48 |
| 2 Rusty Garman (25) | 2:20:39 |
| 3 Dave Harper (31) | 2:23:55 |
| 4 Jeff Dettmer (22) | 2:26:41 |
| 5 Chris Cortez (34) | 2:27:48 |
| 6 Ted Van Arsdale (30) | 2:29:40 |
| 7 John McGovern (20) | 2:30:01 |
| 8 Jim Press (34) | 2:30:07 |
| 9 Graeme Shirley (38) | 2:31:08 |
| 10 Rick Whiting (46) | 2:31:54 |
| 11 Ken Hurst (23) | 2:32:04 |
| 12 David Brandon (22) | 2:32:57 |
| 13 Robert Franks (23) | 2:33:33 |
| 14 David Wold (25) | 2:34:41 |
| 15 Joseph O'Flaherty (37) | 2:36:12 |
| 16 Mike Kiley (25) | 2:36:41 |
| 17 Ken Olsen (25) | 2:38:12 |
| 18 Gary Novak (40) | 2:38:19 |
| 19 Joseph Gassman (43) | 2:38:48 |
| 20 Tony Goffredo (36) | 2:39:13 |
| 21 John McAndrew (30) | 2:40:57 |
| 22 Jim O'Brien (30) | 2:40:57 |
| 23 David Korb (27) | 2:41:28 |
| 24 Michael Sedlewicz (30) | 2:42:02 |
| 25 Peter Stern (39) | 2:42:49 |
| 26 Bill Baty (37) | 2:42:52 |
| 27 Mike Cour (33) | 2:43:01 |
| 28 Nollie Wingo (22) | 2:43:52 |
| 29 Leslie Christian (38) | 2:43:59 |
| 30 Daniel Rusk (24) | 2:44:10 |
| 31 Gary Matsuda (27) | 2:44:12 |
| 32 Jay Olsen (30) | 2:44:50 |
| 33 Anthony Clews (46) | 2:44:56 |
| 34 Ernesto Gonzalez (20) | 2:45:33 |
| 35 Jim Pokorny (34) | 2:45:42 |
| 36 Thomas Vanchena (31) | 2:45:45 |
| 37 Bradley Lakin (25) | 2:46:06 |
| 38 Gary Flynn (23) | 2:46:24 |
| 39 Stephen Vanderwood (37) | 2:46:33 |
| 40 John Beach (43) | 2:46:44 |
| 41 Stephen Bell (29) | 2:46:53 |
| 42 Nick Kantar (29) | 2:47:08 |
| 43 Lee Wilson (35) | 2:47:13 |
| 44 John Smith (25) | 2:47:31 |
| 45 Judy Vivian (F32) | 2:47:38 |
| 46 Howie Chiger (32) | 2:47:44 |
| 47 Robert Hayman (29) | 2:48:56 |
| 48 Gary Reinhardt (21) | 2:49:13 |
| 49 Jonathan Browder (39) | 2:49:14 |
| 50 Kent Street (41) | 2:49:32 |
| 51 Mary Burns (F26) | 2:49:39 |
| 52 Louie Gonzales (23) | 2:49:51 |
| 53 Larry Burch (32) | 2:49:58 |
| 54 Rafael Castells (27) | 2:49:59 |
| 55 Shirley Matson (F43) | 2:50:03 |
| 56 George Harroitt (40) | 2:50:12 |
| 57 Sidney Yip (47) | 2:50:26 |
| 58 Paul Hendricks (41) | 2:51:15 |
| 59 Yehudi Gaffen (31) | 2:51:50 |
| 60 Gordy Haskett (23) | 2:52:09 |

Runner's Den/Koy 10K

Phoenix, Arizona, January 29.

Overall Results - Men

| | |
|------------------|-------|
| 1 Markus Ryffel | 28:32 |
| 2 Robbie Perkins | 28:33 |
| 3 Craig Virgin | 28:34 |
| 4 Don Janicki | 28:34 |
| 5 Dave Gordon | 28:35 |
| 6 Ivan Huff | 28:36 |
| 7 Tom Ansberry | 28:36 |
| 8 Bruce Bickford | 28:39 |
| 9 Mark Curp | 28:43 |
| 10 Art Menchaka | 29:03 |

Division Results - Men

13 & Under: 1. Aza Sales 39:44, 2. Chad Holland 41:13, 3. Read Leonard 41:19, **14-19:** 1. Simon Gutierrez 29:54, 2. Steven Dietch 30:27, 3. Bo Reed 32:00, **20-24:** 1. Don Janicki 28:39, 2. Dave Gordon 28:35, 3. Ivan Huff 28:36, **25-29:** 1. Markus Ryffel 28:32, 2. Robbie Perkins 28:33, 3. Craig Virgin 28:34, **30-34:** 1. Gary Romesser 29:53, 2. Harrison Koroso 29:54, 3. Paul Cummings 30:01, **35-39:** 1. Web Loudat 31:26, 2. Scott Giddings 32:37, 3. John Clary 33:43, **40-44:** 1. Jake White 33:37, 2. Mike Middelstaedt 34:20, 3. Larry Loese 34:42, **45-49:** 1. John Weldy 34:25, 2. Don Branaman 35:17, 3. Joe Livesay 35:20, **50-54:** 1. Jim Flynn 36:06, 2. Larry Ruch 38:16, 3. Donald Mayer 39:01, **55-59:** 1. Mac Elliot 38:13, 2. Bud Rawn 38:44, 3. Vern Boyle 39:01, **60-69:** 1. Bob Yonker 43:48, 2. Harry Perry 44:08, 3. Smokey Ellison 45:00, **70 & Over:** 1. Arne Johnson 51:08, 2. Clarke Briggs 53:25, 3. Leon Niles 55:20.

Overall Results - Women

| | |
|------------------|-------|
| 1 Debbie Eide | 33:35 |
| 2 Amy Avrit | 34:27 |
| 3 Liz Baker | 34:44 |
| 4 Kelly Cathy | 34:44 |
| 5 Eileen Claugus | 35:38 |
| 6 Robin Root | 35:52 |
| 7 Lisa Phuhl | 37:07 |
| 8 Betty Poppers | 37:10 |
| 9 Peggy Ryther | 37:34 |
| 10 Trina Leopold | 37:40 |

Division Results - Women

13 & Under: 1. Tiffany Schultz 46:17, 2. Margaret Perez 46:52, 3. Brandy Pierce 49:42, **14-19:** 1. Trina Leopold 37:40, 2. Yvett Haran 38:35, 3. Chris Ehlers 38:43, **20-24:** 1. Amy Avrit 34:27, 2. Kelly Cathy 35:19, 3. Robin Root 35:57, **25-29:** 1. Debbie Eide 33:35, 2. Liz Baker 34:45, 3. Eileen Claugus 35:38, **30-34:** 1. Linda Donkelaar 38:05, 2. Patricia Benninger 38:33, 3. Leal Howard 38:38, **35-39:** 1. Mary Orr 42:07, 2. Patti Mericle 42:55, 3. Linda Enkins 44:31, **40-44:** 1. Betty Poppers 37:10, 2. Josie Fox 38:38, 3. Karen Constant 42:32, **45-49:** 1. Judy Allard 42:00, 2. Grace Rome 42:34, 3. Betty Rately 42:40, **50-54:** 1. Dorothy Stock 42:14, 2. Caroline Earl 49:20, 3. Barbara Boltz 55:30, **55-59:** 1. Mary Story 45:10, 2. Adele Milicevic 47:01, 3. Evelyn Arnold 51:55, **60-69:** 1. Marion Gibbons 52:16, 2. Doris Beilman 65:50.

Dental Run 5K

Tulsa, February 4.

Overall Results

| | |
|---------------------------------|-------|
| 1 Juan Garcia (1 20-29) | 15:18 |
| 2 Robert Taylor (2 20-29) | 15:28 |
| 3 Jose Renteria (3 20-29) | 15:51 |
| 4 Jesse Rodriguez (1 40-49) | 16:23 |
| 5 Baldemar Betencourt (4 20-29) | 16:32 |
| 6 Adrian Huerta (20-29) | 16:35 |
| 7 Rick Bernal (1 19 & U) | 16:50 |
| 8 Fred Castillo (20-29) | 16:56 |
| 9 Jack Butler (2 19 & U) | 16:58 |
| 10 Jim Hill (1 30-39) | 18:01 |
| 11 Tanis Leyendekker (1F 20-29) | 18:09 |
| 22 Chuck Freuler (1 50 & O) | 23:01 |
| 26 Bobbie Smith (1F 30-39) | 24:18 |
| 33 Sharon Waggy (1F 19 & U) | 28:44 |

Bakersfield Half & Full Marathon

from Mike O'Haver

Bakersfield, February 4.

It was doubtful if anyone, other than a few race officials, recognized the slim inconspicuous runner pushing Jim Scott to his 1:07 victory in the Half Marathon. Scott certainly didn't, and was more worried about a burning sensation of the ball of his left foot from 4 miles on. Scott persevered and finished strong for a 3+ minute win over teammate Anton Gonzalez, 2nd in 1:11. Scott was soothing the bottom of his left foot in ice after the race when he learned that the runner with no number, that pushed him in the early part of the race, was none other than Dick Beardsley.

Jim Rocha of Albuquerque, posted an easy 2:38 victory in the Full Marathon, even though he was originally planning to only run 20 miles. After 19 when he found himself in the lead, he decided to "go for it." Rosa Medina of Sanger, in her first marathon, passed the early leader Brenda Villanueva of Bakersfield, at about 20 miles and won going away in 3:10. Patricia Hurst won the trip to the Boston Marathon while Alfred Cordova was the men's Boston Trip winner.

The Bakersfield Track Club and Bud Light did their usual outstanding job in organizing and conducting the race.

Full Marathon Results

| | |
|-----------------------|---------|
| 1 Jim Rocha | 2:38:25 |
| 2 Craig Newport | 2:41:22 |
| 3 Dennis Huffman | 2:42:07 |
| 4 Alfred Cordova | 2:43:22 |
| 5 Steven Levy | 2:45:26 |
| 6 Paul Lee | 2:52:02 |
| 7 Stephen Penner | 2:52:39 |
| 8 Eric Piper | 2:55:38 |
| 9 Ted Oliver | 2:58:37 |
| 10 Mark Pendergast | 2:59:35 |
| 11 Dorsh Sanders | 3:03:05 |
| 12 Mickey Gayton | 3:04:07 |
| 13 George Antonarus | 3:04:48 |
| 14 Tom Whyghe | 3:06:57 |
| 15 Tom Cory | 3:07:48 |
| 16 Richard Ramirez | 3:08:47 |
| 17 Rosa Medina(1st F) | 3:10:45 |
| 18 James Lipford | 3:11:48 |
| 19 Delbert Pearce | 3:12:19 |
| 20 Gary McCain | 3:14:07 |
| 21 Tim Lemucchi | 3:14:08 |
| 22 Louie Martin | 3:14:17 |
| 23 Dennis Egle | 3:14:34 |
| 24 Brice Hammerstein | 3:15:15 |
| 25 Roger Taurda | 3:15:46 |

Division Results - Men

| |
|--|
| 13-18: 1. Mickey Gayton 3:04:07, 2. Ronnie Ryan 3:34:31, 19-29: 1. Alfred Cordova 2:43:22, 2. Paul Lee 2:52:02, 3. Mark Pendergast 2:59:35, 30-39: 1. Jim Rocha 2:38:25, 2. Craig Newport 2:41:22, 3. Dennis Huffman 2:42:07, 40-49: 1. Eric Piper 2:55:38, 2. Ted Oliver 2:58:37, 3. Dorsh Sanders 3:03:05, 50-59: 1. Richard Ramirez 3:08:47, 2. Delbert Pearce 3:12:19, 3. Ray Betz 3:23:48, 60-69: 1. Dennis Egle 3:14:34, 2. John McManus 3:29:24, 3. Bill Wallace 3:42:29, 70 & Over: 1. Bob Sterling 4:54:59. |
|--|

Division Results - Women

| |
|---|
| 19-29: 1. Brenda Villanueva 3:17:27, 2. Robin Shive 3:42:57, 3. Laurie George 3:46:08, 30-39: 1. Rosa Medina 3:10:45, 2. Coleen Staley 4:30:21, 50-59: 1. Patricia Hurst 3:38:39. |
|---|

Half-Marathon Overall Results

| | |
|---------------------|---------|
| 1 Jim Scott | 1:07:33 |
| 2 Anton Gonzalez | 1:11:20 |
| 3 Mark Ulloa | 1:12:17 |
| 4 Juan Garza | 1:13:15 |
| 5 David Perez | 1:13:58 |
| 6 Carlos Godoy | 1:13:39 |
| 7 Angel Carrillo | 1:14:05 |
| 8 Thomas Valles | 1:14:32 |
| 9 Robert Corlew | 1:14:44 |
| 10 Jimmy Aquilar | 1:14:59 |
| 11 David Calderon | 1:15:03 |
| 12 Frank Ortega | 1:15:35 |
| 13 Bruce Thompson | 1:16:27 |
| 14 Isaias Luna | 1:16:41 |
| 15 Lee J. Berg | 1:17:17 |
| 16 Stephen Whitmore | 1:17:39 |
| 17 Isaac Salcido | 1:17:50 |
| 18 Scott Duval | 1:18:18 |

| | |
|-------------------------|---------|
| 19 John Laird | 1:18:30 |
| 20 Richard Rodriguez | 1:18:51 |
| 21 David Salcido | 1:19:12 |
| 22 Troy Hodges | 1:19:16 |
| 23 Howard Sunberg | 1:19:22 |
| 24 Jeffrey Pierce | 1:19:47 |
| 25 John Lopez | 1:20:14 |
| 26 Ken Goddard | 1:20:23 |
| 27 Earl Beverly | 1:20:37 |
| 28 Robert Wolfersberger | 1:21:00 |
| 29 Larry Nava | 1:21:26 |
| 30 Roger Sebert | 1:21:43 |
| 31 Luis Maltos | 1:21:53 |
| 32 Frank Padilla | 1:21:54 |
| 33 Larry Duke | 1:22:01 |
| 34 Nell Wilcox | 1:22:21 |
| 35 Michael Hartney | 1:22:31 |
| 36 Robert Stephenson | 1:23:02 |
| 37 John Blanchette | 1:23:31 |
| 38 Wes Goldberg | 1:23:37 |
| 39 Alex Guerrero | 1:23:40 |
| 40 Helen Lopez | 1:24:11 |
| 41 Gary Levey | 1:24:26 |
| 42 Paul White | 1:24:26 |
| 43 Darrel Nerove | 1:24:41 |
| 44 Pedro Perez | 1:24:52 |
| 45 Phil Martin | 1:24:52 |
| 46 Jim Munson | 1:25:09 |
| 47 Mike Hunter | 1:25:14 |
| 48 Jim Peterson | 1:25:25 |
| 49 James Finley | 1:25:48 |
| 50 Mike Georgino | 1:26:02 |

Division Results - Men

| |
|--|
| 12 & Under: 1. Aaron Thompson 2:09:10, 13-18: 1. Thomas Valles 1:14:32, 2. Troy Hodge 1:19:16, 3. Luis Maltos 1:21:53, 19-29: 1. Jim Scott(1st overall) 1:07:35, 2. Anton Gonzalez 1:11:20, 3. David Perez 1:13:38, 30-39: 1. Mark Ulloa 1:12:17, 2. Juan Garza 1:13:15, 3. Carlos Goday 1:13:39, 40-49: 1. Frank Ortega 1:15:35, 2. Earl Beverly 1:20:37, 3. Robert Wolfersberger 1:21:00, 50-59: 1. Gil Hinz 1:26:56, 2. William Broyles 1:28:30, 3. Dennis Grisso 1:28:40, 60-69: 1. Buck Buchenberger 1:40:28, 2. Jim Nagatani 1:51:17, 3. Lorrin Peterson 1:54:47, 70 & Over: 1. Paul Spangler 2:30:50. |
|--|

Division Results - Women

| |
|---|
| 13-18: 1. Lupe Perez 1:27:04, 2. Stacey Chavez 1:40:32, 3. Debbie McCain 2:00:40, 19-29: 1. Alexandria Aguirre 1:23:40, 2. Helen Lopez 1:24:11, 3. Jenny Green 1:28:26, 30-39: 1. Terri Goodreau 1:28:59, 2. Maria Zamjidi 1:33:07, 3. Mary Moore-Kilpatrick 1:35:51, 40-49: 1. Jeanne Arakelian 1:31:43, 2. Margie Timberlake 1:37:47, 3. Susan Lucas 1:42:33, 50-59: 1. Liz DeMonte 1:43:24, 2. Aurora Perez 2:07:11, 60-69: 1. Phyllis Benedict 2:14:40. |
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Lynwood City/ Chamber 10K

Lynwood, February 11.

Division Results - Men 5K

| |
|--|
| 12 & Under: 1. Tim Fulton 23:35, 2. James Moses 24:17, 3. Anthony Jackson 25:53, 13-19: 1. Raul Gonzales 18:32, 2. John Estrada 18:12, 3. John Montez 18:49, 20-29: 1. Dennis Forthofee 15:40, 2. Nick Trozzi 17:08, 3. Manuel Castano 18:00, 30-39: 1. Carl Smith 15:25, 2. Henry Lange 16:24, 3. Chris Melvin 16:36, 40-49: 1. Charles Pondella 17:43, 2. Dave Arntson 18:44, 3. Gerald Tyner 19:22, 50-59: 1. Jerry Withers 18:24, 2. Jesus Rangel 19:48, 3. Robert Perry 20:55, 60-69: 1. Walt Atcheson 18:19, 2. Gunner Brickner 18:47, 3. Allan Weis 26:31, 60 & Up: 1. Tom Smith 30:28, 2. B.L. Vlasak 38:00. |
|--|

Division Results - Women 5K

| |
|---|
| Handicapped: 1. Danielle Eckert 25:20, 12 & Under: 1. April Escamilla 25:00, 2. Yolanda Mendoza N.T. 13-19: 1. Omega Lane 20:28, 2. Lisa Vooris 21:51, 3. Kristina Hill 33:45, 20-29: 1. Laurie Lundberg 30:39, 2. Karen Carson 30:55, 30-39: 1. Starlett Jefferson 20:38, 2. Claudia Morales 20:50, 3. Margaret Martin 25:15, 40-49: 1. Marky Molina 27:46, 2. Roberta Palacios 29:05, 50-59: 1. Ghic 28:44. |
|---|

Division Results - Men 10K

| |
|---|
| 12 & Under: 1. Keny Houchin 48:14, 2. Ernie Peraza 46:29, 3. Carlos Mendoza 51:32, 13-19: 1. Richard Nunez 38:28, 2. Robert Cornick 43:40, 20-29: 1. Frank Womak 32:22, 2. Tom Robbins 34:08, 3. Richardo Sanchez 34:20, 30-39: 1. Nathan Jefferson 37:10, 2. Miguel Becerra 37:46, 3. Edward Kelley 37:55, 40-49: 1. Neil Doherty 34:09, 2. Greg Kelley 37:05, 3. Warren Moorman 38:04, 50-59: 1. Sam Mayo 38:15, 2. Leo Prado 40:20, 3. Doug Muisala 41:57, 60-69: 1. Bill Fitzgerald |
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| |
|---|
| 38:00, 2. Larry Banuelos 40:27, 3. William Stowell 42:26, 60 & Over: 1. Daniel Julon 47:34, 2. Robert Denies 53:19, 3. Jack Davidson 54:53. |
|---|

Division Results - Women 10K

| |
|---|
| 12 & Under: 1. Susie Gugliotta 48:02, 13-19: 1. Lupe Perez 40:32, 2. Alice Vasquez 40:42, 20-29: 1. Cathy Pedroza 40:22, 2. Marie Zanudia 42:20, 3. Susan Glover 42:24, 30-39: 1. Jana Mohr 58:05, 2. Charlotte Walker 59:47, 40-49: 1. Billie Holmes 60:14, 2. Inez Day 1:03:41, 50-59: 1. Nellie Williams 48:56, 60-69: 1. Dalsey Wong 49:06. |
|---|

Mission 10

Hollister, February 11. 10 Mile.

Overall Results

| | |
|-----------------------------------|-------|
| 1 Dennis Kurtis (30) Campbell | 50:10 |
| 2 Ray Garcia (23) Madera | 50:26 |
| 3 Fritz Watson (38) Sequel | 51:00 |
| 4 Marty Higginbotham (27)Visa. | 52:38 |
| 5 John Grabowski (28) | 53:24 |
| 6 Abby Ebrahimi (38) Los Gatos | 54:38 |
| 7 Michael Bergkamp (30) Gilroy | 55:22 |
| 8 Dan Rueckert (27) Salinas | 55:43 |
| 9 Mark Nazares (26) Ft.Ord | 55:49 |
| 10 Lari Dunlap (35) Ft.Ord | 56:08 |
| 11 James Barker (37) SanJose | 56:13 |
| 12 S. Hinkel (32) SantaCruz | 56:19 |
| 13 Vernon Easley (24) Pres.Mtry | 58:24 |
| 14 Dave Parish (29) SanJose | 56:45 |
| 15 Ed Kolofer (34) LaMesa | 56:48 |
| 16 John Perkins (32) Morg.Hill | 56:58 |
| 17 Glynn Wood (49) Monterey | 57:59 |
| 18 Bruce Fujimoto (28) Sacto | 58:03 |
| 19 Miguel Herrera (34) Ft.Ord | 58:07 |
| 20 Dave Schwin (39) Salinas | 58:15 |
| 21 Freddy Vasquez (21) Hollister | 58:29 |
| 22 Pat Rich (26) Canada | 58:31 |
| 23 Dave Acosta (23) Hollister | 58:39 |
| 24 Buzz Basini (42) Saratoga | 58:40 |
| 25 Curt Royer (32) Merced | 58:44 |
| 26 Jeff Sweet (32) Aromas | 58:54 |
| 27 Lowie Phillips (33) Murphys | 58:58 |
| 28 Daniel Garcia (28) Sunnyvale | 58:59 |
| 29 Edward Batty (32) Los Altos | 59:09 |
| 30 Tim Schenone (17) San Jose | 59:12 |
| 40 Sharlet Gilbert (F32) Richmond | 60:20 |
| 43 Nellie Wright (F38) Pac. Grove | 60:48 |
| 74 Sue Miller (F41) Hollister | 64:12 |

Division Results - Men

| |
|--|
| 12 & Under: Harvey Contreras 73:19, 13-18: 1. Tim Schenone 59:12, 19-29: Ray Garcia 50:26, 30-39: Dennis Kurtis 50:10, 40-49: Glynn Wood 57:59, 50-59: John Rouse 63:42, 60 & Over: Dennis Egle 65:56. |
|--|

Division Results - Women

| |
|---|
| 12 & Under: Priscilla Quistlan 106:16, 13-18: Leticia Ancheta 70:02, 19-29: Sue Miller 64:12, 30-39: Sharlet Gilbert 60:20, 40-49: Cindy Hutcherson 70:11, 50-59: Betty Peterson 80:27. |
|---|

Natural Light Runs

Folsom, February 11.

Overall Results - 10 Miles

| | |
|--------------------------|-------|
| 1 George Hernandez (30) | 52:05 |
| 2 Pete Flores (31) | 53:15 |
| 3 Adam Ferreira (30) | 54:05 |
| 4 Christopher Hamer (25) | 54:16 |
| 5 Richard Hanna (19) | 54:32 |
| 6 Jerry Glover (30) | 56:31 |
| 7 Ronald Souza (30) | 56:56 |
| 8 Tom Pearson (21) | 57:54 |
| 9 Glenn Bailey (36) | 58:24 |
| 10 Ed Stromberg (40) | 58:25 |
| 11 Ron Vogel (36) | 58:53 |
| 12 Kim Isham (30) | 60:13 |
| 13 Art Terzakis (33) | 61:20 |
| 14 Ty Nickel (14) | 61:27 |
| 15 Brian Schonfeld (23) | 61:32 |
| 23 David Ragsdale (45) | 63:10 |
| 24 Stacey McAfee (17) | 63:12 |
| 79 John Giniel (51) | 74:34 |
| 99 Leon Casas, Sr. (57) | 78:57 |
| 116 Paul Camerer (65) | 85:44 |

Overall Results - 5 Miles

| | |
|-------------------------|-------|
| 1 David Chairez (24) | 25:24 |
| 2 Jose Renteria (25) | 26:27 |
| 3 Dan Donohoue(31) | 26:31 |
| 4 Mark Hicks (26) | 27:58 |
| 5 Mark Heilig (25) | 28:20 |
| 6 Isidro Suarez (28) | 28:47 |
| 7 Gregory Shreiner (15) | 28:53 |
| 8 Malcolm Keefer (16) | 28:53 |

| | |
|--------------------------|-------|
| 9 David Allen (30) | 28:56 |
| 10 Don Spickelmier (43) | 29:14 |
| 11 Paul Howard (20) | 29:17 |
| 12 Sammy Trujillo (37) | 29:24 |
| 13 James McCarry (23) | 29:40 |
| 14 Dennis Scott (35) | 29:51 |
| 15 Dante Vitale (30) | 29:53 |
| 16 Mike Ammon (38) | 30:02 |
| 17 James Erbes (46) | 30:04 |
| 18 Denny Lloyd (31) | 30:33 |
| 19 David Bertoncini (15) | 30:37 |
| 37 Ralph Blount (37) | 33:39 |
| 52 Gilbert Duran (56) | 35:22 |

Santa Barbara Winter Runs

Santa Barbara, February 11.

Overall Results - 8 Miles

| | |
|----------------------------------|-------|
| 1 Scott Ingraham(23)Goleta | 30:20 |
| 2 Kurt Cook(22)SantaBarbara | 30:44 |
| 3 David Fleming(25)CostaMesa | 30:46 |
| 4 Robert Scott(23)SantaBarbara | 31:00 |
| 5 Don Faith(29)Carpinteria | 32:11 |
| 6 Daniel Holmes(16)SantaBarbara | 32:38 |
| 7 Terry Howell(28)SantaBarbara | 33:01 |
| 8 Robert Hollister(25)SantaBarb | 33:16 |
| 9 David Ortiz(21)SantaBarbara | 33:47 |
| 10 Charles Stock(30)Goleta | 33:52 |
| 11 Vincent Gama(23)SantaBarbara | 33:59 |
| 12 Wally Marantette(34)SantaBarb | 34:17 |
| 13 Ron Wise(45)Ventura | 34:31 |
| 14 Phil Grant(38)SantaBarbara | 34:47 |
| 15 Dennis Stormont(27)SantaBarb | 34:50 |
| 16 Bill Baugh(19)Montecito | 34:59 |
| 17 Dave Carlson(35)SantaBarb | 35:06 |
| 18 Mike Levine(18)Goleta | 35:16 |
| 19 Kai Hansen(18)Goleta | 35:20 |
| 20 Emmett Smith(47)Glendale,AZ | 35:24 |
| 21 Wayne Baker(33)Newman | 35:26 |
| 22 Scott Camp(21)SantaBarbara | 35:56 |
| 23 Robert Kahn(19)SantaBarbara | 35:57 |
| 24 Art Sanchez(35)SantaBarbara | 35:58 |
| 25 Jay Romais(40)Ventura | 35:59 |

Division Results - Men

| |
|--|
| 14 & Under: 1. Peter Griffiths 38:47, 15-18: 1. Daniel Holmes 32:38, 19-34: 1. Scott Ingraham 30:20, 2. Kurt Cook 30:44, 3. David Fleming 30:46, 35-39: 1. Phil Grant 34:47, 2. Dave Carlson 35:06, 3. Art Sanchez 35:58, 40-49: 1. Ron Wise 34:31, 2. Emmett Smith 35:24, 3. Jay Romais 35:59, 50-59: 1. Dick Bartek 36:25, 2. James Vanmanen 39:02, 60 & Over: 1. John Schweitzer 53:00. |
|--|

Division Results - Women

| |
|---|
| 15-18: 1. Stephanie Crang 44:06, 19-28: 1. Gay McMenathen 37:34, 2. Anne Fleming 38:57, 3. Lynn Lawrence 39:38, 29-39: 1. Mary Ryzner 37:54, 2. Sandra Marshall 38:57, 3. Lynn Cranmer 41:56, 40-49: 1. Jean Wise 44:14, 2. Patricia Kelly 46:22, 50-59: 1. Patricia Frankus 55:13, 2. Verinica Tompkins 59:15, 60 & Over: 1. Grace Schweitzer 1:02:21. |
|---|

Overall Results - 10 Miles

| | |
|----------------------------------|---------|
| 1 Jim Triplett(26)SantaBarbara | 51:58 |
| 2 John Jones(35)SantaBarbara | 52:28 |
| 3 Tom Phillips(29)SantaBarbara | 53:47 |
| 4 Bill Scobey(38)SanLuisObispo | 54:34 |
| 5 Jim Masterson(29)Gardena | 54:37 |
| 6 Gus Hermes(21)SantaBarbara | 57:03 |
| 7 Steven Ciose(40)Montecito | 57:44 |
| 8 Duncan Thomas(35)SantaBarb | 57:49 |
| 9 Hans VanKoppen(29)Ventura | 58:20 |
| 10 Rick Hallblom(35)SantaBarb | 59:12 |
| 11 Larry Pontinen(42)Ventura | 59:18 |
| 12 Ric Hatch(28)Ventura | 59:54 |
| 13 Kemp Aaberg(44)Goleta | 59:58 |
| 14 Pamela Cox(25F)SantaBarb | 1:00:05 |
| 15 John Richards(52)Ventura | 1:00:29 |
| 16 Roger Patrick(40)ThousandOaks | 1:00:44 |
| 17 Art Sylvester(45)Goleta | 1:01:24 |
| 18 Dennis Mihora(39)SantaBarb | 1:01:36 |
| 19 Jeff Saley(39)SantaBarbara | 1:01:47 |
| 20 Rick Snekvik(36)SantaYnez | 1:02:25 |
| 21 E Campo-Triplett(33F)SantaB | 1:03:16 |
| 22 Fred Nagelschmidt(59)Ventura | 1:03:16 |
| 23 Mike Warner(39)SantaBarbara | 1:04:12 |
| 24 Mike Jacobs(22)SanLuisObis | 1:04:42 |
| 25 Jack Waddill(29)LosAngeles | 1:04:44 |

Division Results - Men

| |
|---|
| 18 & Under: 1. Mark Clanton 1:16:06, 19-34: 1. Jim Triplett 51:58, 2. Tom Phillips 53:47, 3. Jim Masterson 54:37, 35-39: 1. John Jones 52:28, 2. Bill Scobey 54:34, 3. Duncan Thomas 57:49, 40-49: 1. Steven Ciose 57:44, 2. Larry Pontinen 59:18, 3. Kemp Aaberg 59:58, 50-59: 1. John |
|---|

continued on next page...

Results

Richards 1:00:29, 2. Fred Nagelschmidt 1:03:16. 60 & Over: 1. John Holoubek 1:09:37.

Division Results - Women

18 & Under: 1. Lisa Cassidy 1:22:46, 19-29: 1. Pamela Cox 1:00:05, 2. Cherie Topper 1:09:26, 3. Cheri Kantor 1:11:26. 30-39: 1. E. Campo-Triplett 1:03:16, 2. Mimi Baranowski 1:14:52, 3. Kate Silsbury 1:16:29. 40-49: 1. Gaby McCullity 1:12:43, 2. Cherry Stockton 1:16:22, 3. Janet Franzese 1:17:58.

Valentine Day Run

Oakland, February 12.

A field of 4400 registered runners packed the Lake Merritt course of the ninth annual Valentine Day Run. It took almost 3 minutes for the runners to pass the starting line on Bellevue Avenue.

Although the event is primarily a fun run for beginning and intermediate runners, the cool, dry weather proved ideal for top runners. Three young runners smashed the former event record in the 5 kilometer race. Michael O'Reilly (Berkeley, age 24) easily erased the former record of 14:57 with a winning time of 14:48 and Matt Giusto (Foster City, age 17, 14:51). Sue Vinella-Brusher (Oakland, age 29) topped the women's 5 kilometer field with a time of 18:02. Second and third 5 kilometer places went to Tamara Gonzalez (Castro Valley, age 23, 18:20) and Sheryl Hausman (San Francisco, age 29, 18:40).

Valentine Day Run veteran Brian Maxwell (Berkeley, age 36) placed first in the 10 kilometer run with a winning time of 30:44. Second and third were Mike Porter (Menlo Park, age 30, 31:01) and Mike Warr (Napa, age 22, 31:35). The winner of the women's 10 kilometer run was Sharlet Gilbert (Richmond, age 32, 36:35), followed by Roxanne Bier (San Jose, age 22, 39:15) and Grace Pierson (Tracy, age 25).

Top wheelchair finishers included Gary Kerr of Campbell and Bob Welsh of San Jose.

The event was sponsored by the Alameda County Chapter of the American Heart Association. The run is sponsored annually to promote the health benefits of regular aerobic exercise. Net proceeds of more than \$25,000 will go to support vital programs in the areas of community education, professional education and biomedical research.

Results - Men 5K

1. Michael O'Reilly, Berkeley (24) 14:37, 2. Calvin Gaziano, Castro Valley (17) 14:48, 3. Matt Giusto, Foster City (17) 14:51.

Results - Women 5K

1. Sue Vinella-Brusher, Oakland (29) 18:02, 2. Tamara Gonzalez, Castro Valley (23) 18:20, 3. Sheryl Hausman, San Francisco (29) 18:40.

Results - Men 10K

1. Brian Maxwell, Berkeley (36) 30:44, 2. Mike Porter, Menlo Park (30) 31:01, 3. Mike Warr, Napa (22) 31:35.

Results - Women 10K

1. Sharlet Gilbert, Richmond (32) 36:35, 2. Roxanne Bier, San Jose (22) 39:15, 3. Grace Pierson, Tracy (25) N.T.

Wheelchair Results

1. Gary Kerr, Campbell (30) N.T., 2. Bob Welsh, San Jose (27) N.T.

Valentine's Day Fun Run

Campbell, February 12, 10K.

Division Results - Men

13 & Under: 1. Kent Kappen 47:48, 2. Paul Morillo 50:43, 3. Ryan Braithwaite 52:44. 14-18: 1. Dave LaPlante 37:38, 2. Scott Edwards 39:49, 3. Greg Bronstein 40:35. 19-29: 1. Mike Cluserath 32:08, 2. Paul French 34:01, 3. Hank Lawson 34:31. 30-39: 1. Jim Owen 35:36, 2. Sammy Castillo 35:58, 3. Phillip Sienna 39:15. 40-49: 1. Doug Money 38:56, 2. Mac McClary 42:33, 3. Ken Kopec 44:01. 50 & Over: 1. Bob Farrington 37:58, 2. Arthur Drinkwater 41:53, 3. Verne Busse 44:43.

Division Results - Women

13 & Under: 1. Serina DeLaCruz 40:59. 14-18: 1. Deirdre Kelly 46:19, 2. Jann Fratis 51:27, 3. Sandra Storts 70:40. 19-29: 1. Carol Harris 47:20, 2. Lynn Olavari 47:29, 3. Heidi Kohn 47:33. 30-39: 1. Mary Chodor 46:47, 2. Bobbi Chandler 50:00, 3. Mary Beth Fitzpatrick 51:27. 40-49: 1. Brenda Ainscow 53:06, 2. Jane Bradley 55:50, 3. Barbara LaPlante 56:40. 50 & Over: 1. Florence Stage 68:45, 2. Marie Moroney 78:14.

Sweetheart Teams: 1. Rick Riordan 36:27, Janet Smith 42:07. 2. Johnny Orabowski 34:52, Bertie Marquette 45:36. 3. Jim Simpson 46:31, Barb Simpson 47:22.

San Dieguito Half Marathon

Solano Beach, February 12.

Division Results - Men

17 & Under: 1. Ted Lynch 81:16, 2. Matt Patrik 91:51, 3. Sean Mullin N.T. 16:20. 1. Tim Varley 65:43, 2. Kevin McCarey 66:35, 3. Stuart Jenkins 67:56. 30-34: 1. Jack Nash 68:08, 2. Benjamin Boyd 71:00, 3. Andy Mackey 74:24. 35-39: 1. Dick Jensen 72:43, 2. Steve Myhro 74:22, 3. Perte Sturm 74:46. 40-44: 1. Gary Novak 72:18, 2. Jim William 75:31, 3. Jim Craishank 77:22. 45-49: 1. Jack Ruttle 76:31, 2. Bob Halland 82:01, 3. Jerry Meadows 82:13. 50-59: 1. Norm McCabe 80:11, 2. Fred Lehr 80:15, 3. Marsh Haroden 81:53. 60 & Over: 1. Wayne Zook 91:25, 2. Donald Dilworth 92:58, 3. Luis Ogeda 93:56.

Division Results - Women

17 & Under: 1. Eileen Dyer 93:11, 2. Rana Mundy 139:29. 18-29: 1. Debra Chaddock 79:42, 2. Oonagh Bruni 82:30, 3. Ellen Turkel 85:48. 30-34: 1. Kathleen Harpold 83:44, 2. Beverly Abbott 85:08, 3. Cindy Lo Hagen 85:22. 35-39: 1. Judy Dodge 83:55, 2. Patti Hurl 85:40, 3. Pat Dokos 91:20. 40-45: 1. Ursula Rains 90:03, 2. Loretta Gould 94:48, 3. Barbara Woods 96:53. 45-49: 1. Faye Haldom 93:37, 2. Lynn Lipetzky 94:55. 50-59: 1. Anne Johnson 96:48. 60 & Over: 1. Felicitia Salazar 151:16.

Max Choboian Memorial Road Race

Tulare, February 12.

Peregrine Athletic Club teammate Renee Wyckoff and Juan Garcia swept top honors at the ninth annual Max Choboian Memorial Road Race, a six mile event. The race held under overcast skies and ideal running conditions, produced ten age division records.

Wyckoff, a Fresno State University senior captured her fourth consecutive title as she lowered her own course standard with a 34:10. The Tulare native has won the event six of the nine years since its inception. Fresno's Paula Ramirez finished second overall in 39:09, setting a new 25-29 age group record. Lori Cook of Visalia's Golden West High School claimed third in 39:44. The valley cross-country champion lowered her own 15-16 age division record set a year ago.

A three man race developed for the men's title with defending champion Jim Hartig being joined by Peregrine teammates Robert Taylor and Garcia. Garcia and Taylor shadowed Hartig, a three time winner for the first two miles, reaching that mark in 9:58. Thereafter Garcia, the former University of Texas, El Paso trackster pulled away with Hartig and Taylor battling back and forth in second place. Hartig, the Team Adidas and Fresno Track Club standout challenged Garcia at four and a half miles, narrowing the gap to a mere five seconds. Instinctively, a final Garcia surge brought home the victory for the Visalian. Meanwhile, Hartig and Taylor battled over the final mile with Hartig holding off Taylor for the runner-up spot in 30:38. Taylor finished a second back at 30:39, lowering his own 19-24 age record set last year.

Junior men's division records included fourth place finisher David Naranjo's 31:19 in the 17-18 division, Richard Salvador's 33:23 in the 15-16 and Porterville's Chris Chapman's 40:37 in the 12 and under bracket. Jesse Rodriguez of Visalia set a new men's 40-44 division record in a swift 32:37.

Other women's division marks that fell included Shannon Battles 42:46, erasing older sister Shellie's year old record and Chere Stephenson's new 35-39 division record of 42:48.

Division Results - Men

12 & Under: 1. Chris Chapman 40:37, 2. Stephen Herrera 48:07. 13-14: 1. Shane Rushing 40:02, 2. Terry Bear 40:59, 3. Robbie Morris 41:59. 15-18: 1. Richard Salvador 33:23, 2. John Blanchette 34:39, 3. Derrick Lowe 36:26. 17-18: 1. David Naranjo 31:19, 2. Paul Myers 31:27, 3. Clint Pearson. 19-24: 1. Robert Taylor 30:39, 2. David Calderon 32:18, 3. Freddie Castillo 32:54. 25-29: 1. Juan Garcia 30:20, 2. Jim Hartig 30:38, 3. Pat Moss 31:27. 30-34: 1. Bob Eberle 32:48, 2. Jim Aguilar 33:01, 3. Jesse Torres 33:39. 35-39: 1. Paul Cross 34:00, 2. Jess Arriaga 38:38, 3. David Horg 39:08. 40-44: 1. Jesse Rodriguez 32:37, 2. Dave Duerksen 37:17, 3. J. D. Fischer 37:26. 45-49: 1. Frank Padilla 34:42, 2. John Sanchez 35:29, 3. Arnold Buchanan 37:36. 50-59: 1. Ric Zamarripa 35:25, 2. Gil Hinz 36:39, 3. Lloyd Martin 39:53. 60 & Over: 1. John Bricker 51:46.

Division Results - Women

12 & Under: 1. Sherry Beach 43:49. 15-18: 1. Lori Cook 39:09. 17-18: 1. Shannon Battles 42:46, 2. Jill Canales 44:22. 19-24: 1. Renee Wyckoff 34:10, 2. Alice Burberry 46:01. 25-29: 1. Paula Ramirez 39:09, 2. Evangelina Lopez 44:47. 30-34: 1. Carol Salvador 45:56, 2. Esther Henson 46:14. 35-39: 1. Cherie Stephenson 42:48, 2. Mary Jones 46:24. 40-44: 1. Pat Goodger 53:52.

Love Your Heart

San Luis Obispo, February 12.

Results - 5K

1. Art Froese (40) SLO 16:14
2. Lee Broshears (32) Los Osos 16:27
3. Roun Thorpe (23) SLO 16:40
4. Don Steiner (34) GroverCity 16:58

5. Ross Newby (16) SLO/SLOHS 17:07
11. Frank Canaan (51) SLO 19:14
13. Mary Lopez (F37) SLO 20:29

Results - 10K

1. Rory Cooper (25) SLO/Whiclr 33:59
2. Scott Winfield (22) SLO 34:56
3. Larry Jamison (41) SLO 38:29
4. Sheri McCarroll (F20) SLO 38:42
5. Jim Batterson (31) SantaMara 38:46
6. Mary Ryzner (F30) SLO 39:03
24. Walt Teegarden (53) SLO 44:05
53. Joann Teegarden (F51) SLO 52:38

Have A Heart-Run For Hunger Race

from Kathy Lilledahl

Santa Cruz, February 12.

Division Results - Men's 10K

Under 12: 1. Patrick Garrahan 43:38, 2. Brian Basilico 51:11. 12-17: 1. Victor Santamaria 33:58, 2. Walter Moody 40:51. 18-26: 1. Tom O'Neil 31:51, 2. Jose Aispuro 32:37. 27-40: 1. Gregory Bock 31:47, 2. Michael Bazarneck 33:08. 41-60: 1. Jack Wheeler 36:53, 2. Peter Mapsegua 37:37. Over 60: 1. John McManus 44:19, 2. Max Greenberg 52:37.

Division Results - Women's 10K

12-17: 1. Kelly Inicki 39:07, 2. Staley Adams 49:24. 18-26: 1. Barbara Meyers-Acosta 37:50, 2. Karen Kinzer 39:04. 27-40: 1. Linda Strong 41:26, 2. Cynthia Rotwein 41:51. 41-60: 1. Marie Mosley 47:23, 2. Pat Pickett 54:16. Over 60: 1. Lea Wood 1:13:00.

Division Results - Men's 5K

Under 12: 1. Ralphie Chavez 20:29, 2. Mark Williams 26:43. 12-17: 1. Marty Brenner 17:40, 2. Lee Jones 20:03. 18-26: 1. George Delucchi 16:44, 2. Javier Naranjo 16:57. 27-40: 1. Greg Burke 18:03, 2. Jim Weaver 18:05. 41-60: 1. William Flodberg 16:52, 2. Dave Barker 19:44. Over 60: 1. John Gilkey 20:45, 2. Les Liebenberg 24:19.

Division Results - Women's 5K

Under 12: 1. Angela Hernandez 22:16, 2. Anissa Galvan 26:09. 12-17: 1. Leticia Aucheta 20:33, 2. Eloisa Naranjo 23:43. 18-26: 1. Lorna Thompson 19:30, 2. Kim Rosenthal 21:56. 27-40: 1. Nanette O'Connor 22:09, 2. Anne Kaplan 23:18. 41-60: 1. Rose Ancheta 25:50, 2. Marnie Abbott 26:24.

Chinatown New Years Run

San Francisco, February 12, 8K.

Division Results - Men

12 & Under: 1. John Konopasek 36:00, 2. Javier Alcaraz 36:36, 3. Jason Ysip 38:11. 13-17: 1. Billy Lai 29:02, 2. Ted Pino 30:25, 3. Andy Lee 31:00. 18-29: 1. Fred Villegas 25:42, 2. Matt Dowling 26:30, 3. Helmer Aslaksen 26:46. 30-39: 1. Reg Kwan 27:30, 2. William Kocisak 28:02, 3. Roberto Mendez 28:10. 40-49: 1. Jon MacPherson 27:27, 2. John Swyers 28:20, 3. Jim Moore 28:42. 50-59: 1. John Lemke 30:32, 2. Hank Fragoza 30:48, 3. Ernst Meissner 32:33. 60-69: 1. Bill Van Fleet 38:44, 2. James Sanford 39:15, 3. Dale Yee 40:10. 70 & Over: 1. Joseph Goodman 42:23, 2. John Nicolosi 47:43.

Division Results - Women

12 & Under: 1. Erin Brightwell 39:40. 13-17: 1. Mara Konopasek 36:26, 2. Kathy Harold 37:12, 3. Suzy Jew 38:37. 18-29: 1. Denise Dunbar 33:50, 2. Bernadette John 36:21, 3. Joyce Bradley 37:15. 30-39: 1. Ann Igoe 34:23, 2. Fay Tong 34:50, 3. Liz Friedman 35:05. 40-49: 1. Doerte Murray 34:50, 2. Janice Beltran 35:09, 3. Cecile Wildin 37:58. 50-59: 1. Martina Harkle 38:49, 2. Marys Green 40:21, 3. Kit Pickles 42:43. 60-69: 1. Judy Golding 46:23.

China Cup Series

February 18, 5K.

Division Results - Men

14 & Under: 1. Eddie LaVelle 17:23. 15-18: 1. Jim Schouffer 15:54, 2. Sean Combs 16:13, 3. Billy Davenport 16:20. 19-24: 1. Alan Venable 15:51, 2. Jeffrey Moreno



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16:10, 3. Matt Hall 16:27. 25-29: 1. Dan McCann 15:34, 2. Dave Cook 16:06, 3. Mike Leong 16:29. 30-34: 1. Bob Morrison 15:25, 2. Iv Ray 15:48, 3. Walt Hill 16:38. 35-39: 1. Ron Jensen 15:49, 2. Bob Fulton 16:47, 3. Bill Sumner 16:55. 40-44: 1. Joe Cuevas 17:53, 2. Don McWilliams 17:54. 45-49: 1. Dick Vosburgh 17:48, 2. Gerald Tyner 19:24. 50-59: 1. Sam Mayo 17:44, 2. Tracy Brown 18:25. 60 & Over: 1. Al Scarzo 22:43.

Division Results - Women
14 & Under: 1. Ludy Figueroa 19:07, 2. Laura Doering 19:09. 15-18: 1. Amy Cox 18:18, 2. Andrea Silver 18:54. 19-24: 1. Kathy Buchanan 21:20, 2. Ginny Nancarrow 21:56. 25-29: 1. Veronica Browne 23:29. 30-34: 1. Susanne Gilmore 16:52. 35-39: 1. Cheryl Butchers 23:17, 2. Marilyn Patten 23:25. 40-49: 1. Jan Unsicken 25:26, 2. Ria Bonfa 26:13. 50-59: 1. Diane Fritz 23:45. 60 & Over: 1. Nyla Cook 37:46.

Division Results - Men Half Marathon
14 & Under: 1. Sabra Halissam 1:27:20. 15-18: 1. Bill Folliciano 1:15:08, 2. Thomas Leong 1:17:27. 19-24: 1. Gilbert Cortez 1:09:40, 2. Dave Jackson 1:10:36, 3. Jim Hogue 1:12:44, 4. Mike Fisher 1:12:49, 5. Bruce Thompson 1:13:18, 6. Richard Greifliger 1:13:49. 25-29: 1. Tom Vernon 1:06:13, 2. Art Cendejas 1:08:22, 3. Dave Parsel 1:13:36, 4. Tim Harvey 1:14:20. 30-34: 1. D. Babiracki 1:06:20, 2. Mark Ulloa 1:11:32, 3. Raul Chavez 1:14:20, 4. Mark Richards 1:14:51. 35-39: 1. Stanley Dutton 1:13:42, 2. Efrain Gonzalez 1:16:42, 3. Hary Hartley 1:16:55. 40-44: 1. Bell Elam 1:18:15, 2. John Puerto 1:18:26, 3. Tommy Martin 1:22:08. 45-49: 1. Ray Schmidt 1:22:34, 2. Mitch Pickens 1:23:30, 3. Paul Nitchman 1:25:49. 50-59: 1. Wally Evertz 1:20:23, 2. Dennis Grisso 1:28:34, 3. Don Kitchin 1:30:14. 60 & Over: 1. Steve Chipilis 1:33:23.

Division Results - Women 1/2 Marathon
15-18: 1. Kelly MacKenzie 1:43:22, 2. Laura Crawford 1:45:06. 19-24: 1. Julie Doering 1:23:22, 2. Evelyn Tribble 1:23:45, 3. Carol Carrigan 1:24:38. 25-29: 1. Pam Morris 1:18:27, 2. Jynne Studenmund 1:22:09, 3. Anne Ingalls 1:23:56, 4. Kim Di Filippo 1:26:17, 5. Connie Garbarini 1:28:18. 30-34: 1. Lois Curi 1:27:23. 35-39: 1. Tisha Whitney 1:20:31. 40-49: 1. Patricia Rolano 1:49:50. 50-59: 1. Nelly Williams 1:51:28.

Walk/Jog/ Run/Wheel For Your Heart

Whittier, February 18.

Presbyterian Intercommunity Hospital's 5K/10K Walk/Jog/Run/Wheel For Your Heart event received one of the largest responses in its five year history. Well over 1,000 participants flooded the hospital grounds on a clear and sunny Saturday morning, February 18. At 8 a.m. the gun went off and the assemblage began the flat 5K or 10K course that eventually wound its way around to Whittier's York Field.

Just 15 minutes and 36 seconds later Dan Partelow completed the 5K race and received a gold medal for his efforts. At 30 minutes and 50 seconds, Joe Hardy crossed the 10K finish line first in a wheelchair. The first 10K runner to cross the line was Carl Smith - his time was 33 minutes and 57 seconds.

"We were overwhelmed with the outstanding participation on behalf of the Whittier/Santa Fe Springs and surrounding area communities," notes Lee Hardeman, this year's race director. "Presbyterian Hospital enjoys the opportunity to promote physical well-being and community involvement. We're looking forward to the 6th annual," he added.

Handing out the gold, silver and bronze medals for the event were Mayor Armando Mora of Santa Fe Springs, and Mayor Lee Strong of Whittier.

Santa Fe Springs accepted the City Challenge Trophy for participation in this year's race.

The 5K/10K Walk/Jog/Run/Wheel For Your Heart event is sponsored by the PIH Foundation in support of Presbyterian In-

place each year on or close to Valentine's Day.

Division Results - Men 5K

13 & Under: Kris Cano. 14-20: Brendan Hayne. 21-29: Dan Partelow. 30-39: Henry Lange. 40-49: James McCoy. 50-59: Gunnar Breckner. 60-69: Tuck Wherley. 70-79: BL Vlasak.

Division Results - Women 5K

13 & Under: Veronica Chavez. 14-20: Karen Weaver. 21-29: Lucy Orono. 30-39: Renee Sinalay. 40-49: Ruth Granados. 50-59: Evelyn Dabritz. 60-69: Helen Wazuesk. 70-79: Dorothy Stotsenberg.

Division Results - Men 10K

13 & Under: David Canfield. 14-20: Erick Gonzales. 21-29: Sal Peralta. 30-39: Carl Smith. 40-49: Lee Baca. 50-59: Leo Prado. 60-69: Frank Monteleone.

Division Results - Women 10K

13 & Under: Rebecca Gale. 14-20: Clare Macauley. 21-29: Joyce Moriglewicz. 30-39: Neva Ingersoll. 40-49: Mickle Shapiro.

Cardiac Division - Men 5K

Under 40: Jim Causey. 41-49: Loran Keller. 50-59: David Dabritz. 60-69: Robert Maddox. 70-79: Joseph Ortega.

Cardiac Division - Women 5K

50-59: Barbara Scheffer. 60-69: Mary Klerman. 70-79: Mabel Sullivan.

Cardiac Division - Men 10K

41-49: Jack Gaughan. 50-59: Tom McGowan. 60-69: John Mosher.

Cardiac Division - Women 10K

41-49: Lue Glasser. 50-59: Kathryn Secovitch.

Wheelchair Division - Men 5K

Under 20: Danielle Eckert.

Wheelchair Division - Women 5K

50 & Over: Marge Martin.

Wheelchair Division - Men 10K

Under 20: Joe Hardy. 50 & Over: Bob Ashlock.

PIH Employee - Men 5K

Under 20: Anthony Arciniega. 21-29: Steve Xanos. 30-39: Joe Sweeney. 40-49: Stan Combs.

PIH Employee - Women 5K

21-29: Jennifer Estrella. 30-39: Judy Lyons. 40-49: Cindy Jayson. 50-59: Celia Herrera. 60 & Over: Mary Louise Kubasek.

PIH Employee - Men 10K

Under 20: Brian Gray. 21-29: Silverio Rivas. 30-39: Donald Nelson. 40-49: Allen Smith. 50-59: Leo K. Buxbaum.

PIH Employee - Women 10K

21-29: Cheryl Nelson. 30-39: Elaine Heyrend. 50-59: Violet Trevino. 60 & Over: Irene Margo.

Park-To-Park Half Marathon

Atascadero, February 18.

Overall Results

| | | |
|----|------------------------------|---------|
| 1 | Bill Scobey (38) SLO | 1:13:45 |
| 2 | Craig Lowrie (28) SLO | 1:18:44 |
| 3 | Sam Grijalva (16) Atas. | 1:19:15 |
| 4 | Andrew Estrada (26) SLO | 1:19:16 |
| 5 | Mark Pupich (27) MB | 1:20:25 |
| 6 | Robert Williams (35) Barstow | 1:20:40 |
| 7 | Christopher Connors (32) SLO | 1:23:53 |
| 8 | Art Froese (40) SLO | 1:26:26 |
| 9 | Len Thornton (53) Fresno | 1:26:47 |
| 10 | Tom Jeffers (36) PR | 1:27:00 |
| 11 | Mary Ryznor (F30) SLO | 1:27:31 |
| 22 | Katherine Anderson (F34) Oxn | 1:33:49 |
| 25 | Marleen Haverly (F22) SLO | 1:35:31 |
| 46 | Cindy Wilkins (F48) Atas. | 1:51:11 |
| 50 | Jean Sperling (F56) GC | 1:58:56 |

Conejo 5K & 10K

Westlake Village, February 19.

Overall Results - 5K

| | | |
|----|-------------------------------|-------|
| 1 | Charlie White (1st 20-29) | 15:22 |
| 2 | Paul Burroughs (1st 16-18) | 15:45 |
| 3 | Rick Eichner (1st 30-34) | 16:14 |
| 4 | Herman Rodriguez (2nd 30-34) | 16:41 |
| 5 | Ed Kitchen (2nd 19-29) | 16:55 |
| 6 | Nick Trozzi (3rd 19-29) | 17:00 |
| 7 | Eino (1st 40-44) | 17:14 |
| 8 | Ed Birrer (3rd 30-34) | 17:14 |
| 9 | Scott Jaeger (2nd 16-18) | 17:20 |
| 10 | Joe Jacobsen (2nd 40-44) | 17:29 |
| 11 | Mike McNay (3rd 16-18) | 17:38 |
| 12 | Ignacio Rodriguez (4th 19-29) | 17:41 |

15 Bryan Dameworth (1st 13-15)

17 Ken Gaskell (1st 45-49)

18 Sal Gonzales (1st 35-39)

25 Walt Atcheson (1st 55-59)

31 Marian Mallory (1st F)

35 Will Robinson (1st 50-54)

44 Scott Liebertz (1st 12&U)

53 Debbie Ball (1st F 16-18)

60 Ed Stotsenberg (1st 60&O)

69 Nicole Kennerly (1st F 12&U)

78 Nancy Tracy (1st F 30-34)

84 Rachel Zaragoza (1st F 40-49)

88 Sharon Diermer (1st F 35-39)

149 Dot Stotsenberg (1st F 50&O)

Overall Results - 10K

1 Stan Mavis (1st 19-29)

2 Dan Davies (2nd 19-29)

3 Steven Duarte (3rd 20-29)

4 Archie Santos (4th 20-29)

5 Henry Lange (1st 35-39)

6 Rick Rosnack (5th 19-29)

7 John Mossbacher (2nd 35-39)

8 Efrain Vargas (1st 16-18)

9 Stephen Filippelli

10 Jonathan Brower (3rd 35-39)

11 Tim Owens (1st 30-34)

12 Jim Mudgett (2nd 16-18)

13 Jesse Cook (1st 40-44)

14 Mike Barton (3rd 16-18)

15 Joyce Klausmeyer (1st F)

16 Bernard Breslau (3rd 35-39)

17 Joshua King (1st 13-15)

18 Bob Scrimshaw (2nd 30-34)

19 Richard Held

20 Ken Hickman (2nd 40-44)

28 Peter Griffiths (1st 12&U)

31 Jack Thomas (1st 50-54)

41 Christa Rompanen (1st F 40-49)

64 Margaret Miller (1st F 50&O)

76 Dick Bunner (1st 55-59)

85 Trina Nagele (1st F 35-39)

105 Phyllis Vanderhoof (1st 30-34)

171 Bill Wick (1st 60 & O)

Valentine Couples Run

Newhall, February 19, 10K.

Overall Results

| | | |
|----|------------------------------|-------|
| 1 | Rich Burns (1 19-29) | 35:48 |
| 2 | Bob Caro (2 19-29) | 35:51 |
| 3 | Dave Winter (3 19-29) | 37:22 |
| 4 | Jaime Perez (1 16-18) | 37:57 |
| 5 | Craig Cole (4 19-29) | 38:15 |
| 6 | Brice Hammerstein (1 30-34) | 38:25 |
| 7 | Joe Hampton (5 19-29) | 39:13 |
| 8 | Toivo Kodas (19-29) | 39:17 |
| 9 | Steve Mangum (1 35-39) | 39:35 |
| 10 | Steve Brody (1 13-15) | 39:42 |
| 13 | Ken Hamrick (1 45-49) | 39:56 |
| 15 | Jim Munson (1 40-44) | 40:16 |
| 20 | Larry Banuelos (1 55-59) | 41:27 |
| 21 | Bill Winstanley (1 50-54) | 41:45 |
| 23 | Kathy Britcliffe (1 F 19-29) | 43:11 |
| 29 | Ann Boyd (1 F 30-34) | 44:32 |
| 39 | Judy Whann (1 F 40-44) | 47:50 |
| 42 | Jeanette Wells (1 F 45-49) | 48:31 |
| 44 | Joey Fretz (1 12&U) | 49:19 |
| 45 | Lorin Peterson (1 60&O) | 49:40 |
| 48 | Renee Bargowski (1 F 13-15) | 50:44 |
| 49 | Dee Bender (1 F 35-39) | 51:18 |
| 51 | Daisy Wong (1 F 55-59) | 52:34 |
| 61 | Patty Carmody (1 F 50-54) | 60:12 |

Jedediah Smith 50 Mile Classic

from Glenn K. Bailey

Sacramento, February 19.

Overall Results

| | | |
|----|---------------------------------|---------|
| 1 | Dan Williams (35) Lafayette | 6:03:24 |
| 2 | Ed Heywood (33) Sparks, NV | 6:05:02 |
| 3 | Joe Schieffler (32) Oakland | 6:07:31 |
| 4 | Jeff Collins (30) Vallejo | 6:22:32 |
| 5 | Ron Kovacs (45) Mountain View | 6:26:38 |
| 6 | Stan Wegner (44) Auburn | 6:27:00 |
| 7 | Craig Moore (30) Placerville | 6:29:38 |
| 8 | Skip Lees (39) Chico | 6:33:31 |
| 9 | Tim Miller (34) Sacramento | 6:34:52 |
| 10 | Stu Smith (43) Redding | 6:35:07 |
| 21 | Harrison Smith (57) Redding | 7:22:24 |
| 43 | Cathy Casey (34) San Jose | 8:09:01 |
| 74 | Helen Klein (61) Citrus Heights | 9:01:37 |
| 85 | Joan Bumpus (40) Reno, NV | 9:40:51 |

American Cross Country Trials

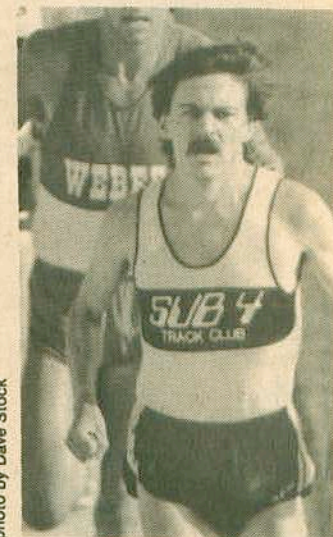
Meadowlands, N.J. February 19.

Overall Results - 12km-Senior

| | | |
|----|--------------------------------------|-------|
| 1 | Pat Porter (24) Alamosa, CO | 34:46 |
| 2 | John Easker (20) Madison, WI | 35:04 |
| 3 | Craig Virgin (29) Lebanon, IL | 35:17 |
| 4 | Ed Eyestone (22) Provo, UT | 35:28 |
| 5 | Jeffery Drenth (22) Mt. Pleasant, MI | 35:34 |
| 6 | Mark Stickley (21) Blacksburg, VA | 35:39 |
| 7 | John Idstrom (24) Minn. MN | 35:52 |
| 8 | Alberto Salazar (25) Eugene, Or | 35:56 |
| 9 | Troy Billings (23) Eugene, Or | 35:59 |
| 10 | Dan Dillon (26) Eugene, Or | 36:01 |
| 11 | Roy Kissen (26) San Francisco | 36:08 |
| 12 | Dan Premore (26) Boston, MA | 36:09 |
| 13 | Charlie Bevier (24) White Pl, NY | 36:12 |
| 14 | William Reifsnnyder (21) Lwabg, PA | 36:30 |
| 15 | Rob Barry (24) Berkeley, CA | 36:45 |
| 16 | Mark Sisson (22) Madison, WI | 36:47 |
| 17 | Bob Hodger (28) Boston, MA | 36:47 |
| 18 | Phil Brock (23) | 36:53 |
| 19 | Pablo Vigil (32) Alamosa, CO | 36:55 |
| 20 | Paul Gompers (20) Cambridge, MA | 37:06 |
| 21 | Tom Fleming (32) Bloomfield, NJ | 37:13 |
| 22 | Charles Logan (23) Bedminster, NJ | 37:29 |
| 23 | David Raunig (28) Groton, CT | 37:42 |
| 24 | Robert Ratcliffe (25) W. Newton, MA | 37:46 |
| 25 | Michael Palmer (19) Win/Salem | 37:51 |

Junior Men-8km

| | | |
|----|----------------------------------|-------|
| 1 | Daniel Foley (18) ColgePk, MD | 22:27 |
| 2 | Dennis Cullinane (18) ColPk, MD | 22:29 |
| 3 | Pat Piper (18) Raleigh, NC | 22:30 |
| 4 | Ronald Harris (18) Annapolis, MD | 22:32 |
| 5 | Simon Gutierrez (17) Albuquerque | 22:35 |
| 6 | Brad Hudson (17) Lebanon, NJ | 22:55 |
| 7 | William Mangan (18) Ft. Monm, NJ | 23:09 |
| 8 | Carl Kemmerer (19) Lewisbg, PA | 23:09 |
| 9 | Gavin Gaynor (18) Raleigh, NC | 23:20 |
| 10 | Stephen Kartalia (18) Win/Salem | 23:28 |



ROY KISSIN
California's top finisher at
USA Cross Country Trials

SRI CHINMOY 10 MILE

Foster City, February 22.

Course records were slashed in all divisions of the Sri Chinmoy 10-Mile Race in sunny Foster City on Sunday February 19. Mike Pinocci of S. Lake Tahoe was pushed by a competitive group to set a new course record of 49:46. He was chased by Jim Van Dyne of Alameda and Brian Maxwell of Berkeley.

Michele Aubuch of Livermore led an equally impressive core of women to break the women's course record by 4 minutes with a time 58:24. Close on her heels were Marilyn Taylor-Allen of San Francisco and last year's winner Sharlet Gilbert of Richmond.

continued on next page

Results

Joan Ulyot of the Master's Division and Sister Marion Irvine of the 50-59 Division finished within seconds of each other in 1 hour and 3 minutes to win their respective divisions with new age group course records.

"Many PR's were set by the 560 runners who completed the fast, flat course", said race director Sundari Michaelian. "The runners also experienced a preview of the 6th Annual Sri Chinmoy Marathon, June 3, which will be staged on virtually the same course".

Overall Results - Men

- 1 Mike Pinocci(29)S.LakeTahoe 49:46.6
- 2 Jim Van Dyne(29)Alameda 50:14.0
- 3 Brian Maxwell(30)Berkeley 51:14.5
- 4 James Tracy(33)San Francisco 51:47.8
- 5 Leroy Kotchevar(30)Crockett 52:07.6
- 6 Ken Hurst(23)San Francisco 52:44.8
- 7 Joseph Green(25)San Mateo 52:48.5
- 8 Bill Clark(40)Los Altos 53:00.0
- 9 Paul French(26)Mtn. View 53:10.3
- 10 Mike Fritz(25)Menlo Park 53:15.8

Division Results - Men

Open (Under 40): 1. Mike Pinocci 49:46, 2. Jim Van Dyne 50:14, 3. Brian Maxwell 51:14. **Masters (40-49):** 1. Bill Clark 53:00, 2. William Jenney 54:38, 3. Ron Nelson 56:45. **50-59:** 1. Eugene Silver 59:21. **60 & Over:** 1. John Gilkey 1:07:57.

Overall Results - Women

- 1 Michele Aubuch(24)Livermore 58:24
- 2 Marilyn Taylor Allen(31)S.F. 58:55
- 3 Sharlet Gilbert(32)Richmond 1:00:48
- 4 Sue Munday(25)Los Gatos 1:01:33
- 5 Karen Lanterman(39)Hillsbor. 1:01:47
- 6 Sue Vinella-Bausher(29)Oakland 1:03:00
- 7 Marion Irvine(54)San Francisco 1:03:02
- 8 Jacqui Lewis(19)Mtn. View 1:03:32
- 9 Joan Ulyot(43)San Francisco 1:03:41
- 10 Anne Hamilton(22)Millbrae 1:04:01

Division Results - Women

Open (Under 40): 1. Michele Aubuch 58:24, 2. Marilyn Taylor Allen 58:55, 3. Sharlet Gilbert 1:00:48. **Masters (40-49):** 1. Joan Ulyot 1:03:41, 2. Pat Whittingslow 1:08:05, 3. Gail Rodd 1:08:36. **50-59:** 1. Marion Irvine 1:03:02. **60 & Over:** 1. Judy Golding 1:38:37.

photo by Keith Conning



MIKE PINOCCI

Falcon 8K

Visalia, February 25.

Al Lomeli ran 25:40 to win the Falcon 8K. Seventeen seconds back, in second place, was Jose Renteria. Tanis Leyendekker, Peregrine Racing Team, set a new race record with her 29:39. Lori Cook, 1983 Valley Cross Country Champion, finished second in 31:40.

Division Results - Men

14 & Under: Dan Carrisoza 33:58. **15-19:** Tom Morgan 27:55. **20-24:** Eliseo Chavez 32:44. **25-29:** Jose Renteria 25:57. **30-34:** Al Lomeli 25:40. **35-39:** Carl McCullough 29:02. **40-44:** Al Branco 32:55. **45-49:** Frank Padilla 28:28. **50-59:** Jess Rivera 30:26. **60 & Over:** Woody Cape 35:57.

Division Results - Women

15-19: Lori Cook 31:40. **20-29:** Tanis Leyendekker 29:39. **30-39:** Rhonda Todd 38:29. **40 & Over:** Betty Bachicha 41:13.

Spring Run

from Dave Dodson

Sanger, February 25. 6 Miles.

Martin Leal and Miguel Hurtado tied for first place as they easily won their age groups.

Mary Ann Barroso was the female six mile winner.

The weather was crisp and cool. The course started and ended at Madison School in Sanger.

Division Results - Men

15 & Under: Raul Garcia 38:51. **16-18:** Miguel Hurtado 31:40. **19-29:** Martin Leal 31:40. **30-39:** David Williams 36:27. **40-49:** John Plus 37:02. **50-59:** Lloyd Martin 40:01. **60 & Over:** Lee Thomas 46:25.

Division Results - Women

30-39: Mary Ann Barroso 44:00. **40-49:** Jackie Kyle 48:04. **50-59:** Dorothy Thomas 46:27.

3 Mile Time Prediction

1. Rodney Freeland 24:01.2 (1.2 off), 2. Steve Freeland 24:01.6 (1.6 off), 3. Fred Keenon 19:34.8 (4.8 off).

photo by Keith Conning



SAL VASQUEZ

YWCA 10,000 METER RUN



Top three finishers in L'eggs 10K Run for Women (left to right): SHIRLEY MATSON, KAREN CHORNEY, and MARY BURNS.

L'eggs YWCA

Balboa Park, San Diego, Feb. 25. 10K.

Overall Results

- 1 Karen Chorney(25)Canada 35:32
- 2 Shirley Matson(43)SalonaBch 37:03
- 3 Mary Burns(26)SanDiego 37:20
- 4 Evelyn Tribble(24)Anaheim 37:26
- 5 Oonagh Bruni(28)Encinitas 37:27
- 6 Patti Hurl(26)SanDiego 37:48
- 7 Juana Staralona(38)SanJose 38:00
- 8 Anne Ingalls(28)L.A. 38:36
- 9 Ellen Turkel(29)SanDiego 39:28
- 10 T.R.Sherry(28)LaMesa 39:34
- 11 Lorrie Dierdorff(26)SanDiego 39:47
- 12 Tina Allen(19)ElCajon 39:50
- 13 Sharon Crow(28)SanDiego 40:17
- 14 Tammy Sargent(26)Lakewood 40:24
- 15 Hilda Mata(22)Vista 40:27
- 16 Pat Dokos(36)Carlsbad 40:32
- 17 Desiree Hall(28)LasVegas 40:37
- 18 Ursula Rains(42)ChulaVista 40:43
- 19 Marcelle Cunningham(24)LaJolla 40:50
- 20 Debbie Porter(25)Oceanside 41:00

Division Results

19 & Under: 1. Tina Allen 39:50, 2. Linda Pltzer 44:57, 3. Lana Vielbig 46:12. **20-29:** 1. Karen Chorney 35:32, 2. Mary Burns 37:20, 3. Evelyn Tribble 37:26. **30-39:** 1. Patti Hurl 37:48, 2. Juana Staralona 38:00, 3. Pat Dokos 40:32. **40-49:** 1. Shirley Matson 37:03, 2. Ursula Rains 40:43, 3. Faye Heldorn 41:55. **50-59:** 1. Dorothy Stock 41:59, 2. Anne Johnson 43:45, 3. Trena Tilden 48:44. **60 & Over:** 1. Gerry Davidson 50:15, 2. Lois Edds 50:29, 3. Winifred Gore 54:38.

Brick Yard Run

from Luke Sekulich

Martinez, February 25. 8.4 Miles.

Overall Results

- 1 Tom Borschel(26)Richmond 40:39
- 2 Dr. Hal Schulz(25)Oakland 40:56
- 3 Joe Mangan(27)ConverseAggie 42:01
- 4 Leroy Kotchevar(30)Crockett 42:35
- 5 Sal Vasquez(44)Pamakids 42:57
- 6 David Muela(31)Vallejo 43:37
- 7 Mathew Dowling(25)Pacheco 44:20
- 8 Allan Smith(23)Zephyr AC 44:27
- 9 Denis Banke(25)Excelsior 44:51
- 10 Jay Kassabian(23)Alamo 45:32
- 11 Thierry Ross(28)Zephyr AC 46:31
- 12 Mike Hottin(29)Antioch 46:54
- 13 Mark Lane(30)Pittsburg 48:13
- 14 Barron Guillermo(31)Oakland 48:34
- 15 Ron Holloway(30)Benecia 48:47
- 16 Dave Osborn(31)Danville 48:50
- 17 Sharlet Gilbert(32)Zephyr AC 49:10
- 18 Vicente Ramirez(44)Oakland 49:22
- 19 Bryan Holmes(49)Concord 49:35
- 20 Daniel Hollis(33)Zephyr AC 50:11

Division Results - Men

21-29: Tom Borschel 40:39. **30-39:** Leroy Kotchevar 42:35. **40-44:** Sal Vasquez 42:57. **45-49:** Bryon Holmes 49:35. **50-54:** Allan Downey 55:05. **55-59:** John Rouse 54:17. **60 & Over:** Mac Osborn 61:24.

Division Results - Women

14-20: Alicia Telles 74:27. **21-29:** Sue Vinella-Bausher 52:39. **30-39:** Sharlet Gilbert 49:20. **40-44:** Miriam St.Clair 61:04. **45-49:** Elvyn Blair 59:43. **50-54:** Ruth Anderson 60:37.

Trails End Marathon

Seaside, Oregon, February 25.

Overall Results

- 1 Terry Heath(20)CoeurD'Alene,ID 2:23:0
- 2 James Hatcher(34)Helena,MT 2:26:33
- 3 Joe Charbonneau(29)Tigard,OR 2:28:3
- 4 Philip Welch(34)Seattle,WA 2:29:20
- 5 Mike Dubuc(22)Bellingham,WA 2:29:31
- 6 James Wyatt,Jr(24)McMinnv,OR 2:31:7
- 7 Jim Cairns(19)Hermiston,OR 2:32:57
- 8 Max White(33)Eugene,OR 2:33:15
- 9 Stu Templeman(24)Salem,OR 2:33:39
- 10 Jim Sapp(34)Portland,OR 2:33:46
- 11 Bridget Cooke(25)Vancouver 2:48:23
- 12 Connie Benson(21)Seattle,WA 2:57:19
- 13 Lisa Riedel(24)Sekiu,WA 3:02:15
- 14 Kristen Frost(27)MtHood,OR 3:06:06
- 15 Nadine Price(20)McMinnv,OR 3:06:47

SPATAC 30K

Yorba Regional Park, February 26.

The racing gods have had it in for this race. We have been shut down by the Thousand Oaks police for lack of permit, suffered 100 degree temperatures with smog, and last year were deluged by the rainstorm of the year. This year the Santa Ana wind blew as it can blow in its own home, the Santa Ana Canyon. The first 15 kilometers were fine but the rest of the way was into a roaring gale that set you back on your heels. The times suffered but it was a great character builder.

Overall Results

- 1 Michael Chamblis,Basin Blues 1:49:15
- 2 Andy Ligeti,Basin Blues 1:53:55
- 3 Jim Minami,Basin Blues 1:54:24
- 4 David O'Brien, Unat. 1:54:48

| | | |
|----|---------------------------------|---------|
| 5 | Andre Tocco, Pt.Fermin | 1:54:58 |
| 6 | Barry Martin, SantaClaita | 1:55:08 |
| 7 | Tom Burns, CulverCity | 1:57:04 |
| 8 | Alan Johnson, Pt.Fermin | 1:58:45 |
| 9 | Bill Lovelace, BasinBlues | 2:00:08 |
| 10 | Eric Faiz, CulverCity | 2:00:29 |
| 19 | Sherry Simmons, CulverCity(1/F) | 2:02:3 |
| 21 | Jim Brownfield, FleetFeet(50) | 2:03:22 |
| 25 | Pat Devine, FleetFeet(55) | 2:08:16 |
| 34 | Sue Simms, SantaClarita(2/F) | 2:15:10 |
| 43 | Harolene McLeon, Unat.(3/F) | 2:29:38 |
| 68 | Stanley Neufeld, Seniors(60) | 2:37:59 |

Down Hill Mile

West Covina, February 26th.

On February 26th, Bill Fulton of the Complete Runner, Running Store of West Covina, staged the Second Annual South Hills, Down Hill Mile Classic.

With 400 competitors eager to start their assault on the down-hill course racing finally started at 1:00 o'clock on what was a beautiful Sunday afternoon. By the end of the day everyone was in agreement that the racing was fun, and very competitive for all.

The highlight of the day was the Open Race, with an exciting finish that saw John Stokka running for Sub 4 Track Club make a late charge at the tape and nip Tony Reyes by a step in a time of 3:53.0, compared to Tony's 3:53.1. Mike Gebeke came up to Reyes' shoulder in his late charge, but had to settle for 3rd in a time of 3:58.6.

The featured race, The Tim Cammack Memorial Mile, for boy's 16-18 in memory of Tim Cammack, a local South Hills High School Student that passed away last year at the age of 18, was won by Chris Shrum in a fine time of 4:13.2 edging out Raul Serratos who posted a time of 4:13.6.

Bill Crum, the renowned 50 + runner from Crestline, CA did a tremendous job by winning the 45-54 age bracket in a time of 4:46, in another one of those close races, with Jerry Wethers 4:48 and Jesse Carrington 4:50, taking 2nd and 3rd, respectively.

Division Results - Male

Open: 1. John Stokka 3:53.0, 2. Tony Reyes 3:53.1, 3. Mike Gebeke 3:58.6.

12 & Under: 1. Eric Christopherson 4:57, 2. Ryan Polite 5:12, 3. Douglas Sarak 5:33.
13-15: 1. Darrell Turner 4:19, 2. Mike Ramos 4:24, 3. Aaron Mascorro 4:30.
16-18: 1. Chris Shrum 4:13, 2. Raul Serratos 4:13.6, 3. Sean Combs 4:16.
19-24: 1. Randy Hales 4:09, 2. Kenny Souza 4:09.4, 3. James Dyer 4:09.6.
25-34: 1. Hal Hays 4:08, 2. Michael Triplett 4:09, 3. Tom Steiner 4:10.
35-44: 1. Ronald Jensen 4:12, 2. Geoff Zehnder 4:18, 3. Neil Doherty 4:19.
45-54: 1. Bill Crum 4:46, 2. Jerry Withers 4:48, 3. Jesse Carrington 4:50.
55 & Over: 1. Gunnar Linde 5:02, 2. Jerry Soto 5:05, 3. Larry Banuelos 5:13.

Division Results - Women

12 & Under: 1. Karen Longyear 5:40, 2. Nancy Macias 6:14, 3. Karen Steiner 6:33.
13-15: 1. Kristin Harkins 4:54, 2. Darlene Flores 4:59, 3. Kat Prince 5:13.
16-18: 1. Rosa Irene Aceves 5:23, 2. Erin Eicher 5:27, 3. Tracy Sheffer 5:36.
19-24: 1. Mary Traley 4:59, 2. Lynne Lahr 5:30, 3. Maria Rodrigues 5:45.
25-34: 1. Becky Thomas 5:16, 2. Darlene Sams 5:23, 3. Linda Lyon 5:49.
35-44: 1. Elizabeth Marsden 5:12, 2. Mary Jane Mitchell 5:29, 3. Myra Lauder 5:52.
45-54: 1. Doble McDoveal 5:33, 2. Celia Shawn 6:06, 3. Carolyn Plowman 6:23.

Startest 10K

Los Angeles, February 26.

Overall Results

| | | |
|----|-----------------------|-------|
| 1 | Steve McCalley (30) | 32:09 |
| 2 | James Sterling (22) | 32:48 |
| 3 | Robert Thomas (27) | 32:53 |
| 4 | Gerardo Canchola (28) | 33:02 |
| 5 | Victor Carrillo (20) | 33:04 |
| 6 | Terry Mack (32) | 34:09 |
| 7 | Joshua Kaufman (32) | 34:24 |
| 8 | Tim Zbkowski (32) | 34:32 |
| 9 | Tony Guajardo (33) | 34:49 |
| 10 | John Frankman (26) | 34:56 |
| 11 | Juan Oyaga (19) | 34:57 |

| | | |
|----|------------------------|-------|
| 12 | Todd Maglich (15) | 34:57 |
| 13 | Roland Verastegui (28) | 35:04 |
| 14 | Tim Owens (32) | 35:26 |
| 15 | Nick Trozzi (23) | 35:27 |
| 16 | Mickey Depalo (37) | 35:30 |
| 17 | James McManus (23) | 35:32 |
| 18 | Eastanon Manuel (25) | 35:36 |
| 19 | Salvador Arellano (30) | 36:11 |
| 20 | Jose Torres (19) | 36:14 |
| 21 | N. Cabbasco (25) | 36:34 |
| 22 | Ronald Crittendon (37) | 36:59 |
| 23 | Robert Grossman (26) | 37:04 |
| 24 | Keith Hankins (31) | 37:04 |
| 25 | Michael Jacobs (16) | 37:06 |

Division Results - Men

9 & Under: 1. Ruben Garcia 47:04, 2. Carlos Mendoza 53:32, 3. Brian Hubert 1:04:11.
10-11: 1. Fred Quintero 45:01, 2. Bryan Miclette 48:22, 3. Pedro Mendoza 56:04.
12-13: 1. Mike Henderson 1:05:07.
14-15: 1. Todd Maglich 34:57, 2. Andrew Ortega 45:28, 3. Greg Larson 45:28.
16-17: 1. Michael Jacobs 37:06, 2. Troy Swezey 37:14, 3. Bryan Portillo 37:44.
18-19: 1. Juan Oyaga 34:57, 2. Jose Torres 36:14, 3. Robert Hammer 40:17.
20-24: 1. James Sterling 32:48, 2. Victor Carrillo 33:04, 3. Nick Trozzi 35:27.
25-29: 1. Robert Thomas 32:53, 2. Gerardo Canchola 33:02, 3. John Frankman 34:56.
30-34: 1. Steve McCalley 32:09, 2. Terry Mack 34:09, 3. Joshua Kaufman 34:24.
35-39: 1. Mickey Depalo 35:30, 2. Ronald Crittendon 36:59, 3. Rennie Gabriel 37:27.
40-44: 1. Steve Berman 37:13, 2. Carlos Balbona 37:35, 3. Art Nava 37:36.
45-49: 1. Edward Lujan 38:18, 2. Fred Peters 40:32, 3. Karl Pearsons 41:08.
50-55: 1. Ryoji Akiyama 40:28, 2. Dana Morris 40:51, 3. Eddie Ivory 42:55.
56-59: 1. Gunnar Brickner 38:49, 2. Francis Petracek 39:22, 3. Bill Stowell 42:18.
60-64: 1. Jose Canchola 44:41, 2. Robert Drake 46:16, 3. Mel Mack 47:30.
65 & Over: 1. Eddie Lewin 42:06, 2. Eddie Howard 48:03, 3. Sam Dimura 51:23.

Division Results - Women

9 & Under: 1. Nicole Kennerley 48:58, 2. Jennifer Lugg 1:05:24.
10-11: 1. Dede Rosalez 44:23, 2. Lisa Voorhis 45:14, 3. Holly Limon 53:15.
12-13: 1. Patricia Rodriguez 46:07, 2. Christina Clark 46:17, 3. Lianne Wooley 51:12.
14-15: 1. Michaelyn Murphy 45:37, 2. Janice Benson 47:03, 3. Shonnie Kallas 47:04.
16-17: 1. Jana Baumann 54:45, 2. Anne Laborde 54:51, 3. Oliver Romaine 54:54.
18-19: 1. Maria Perkins 45:51, 2. Hilda Macis 46:37, 3. Robin Charin 47:33.
20-24: 1. Sharon Hettig 45:49, 2. Barbara Binderezi 46:40, 3. Marsha Madsen 48:43.
25-29: 1. Gina Faust 42:28, 2. Toni Donovan 59:33, 3. Billie Holmes 1:03:04.
30-34: 1. Irene Olberg 47:43, 2. Marjorie West 49:06, 3. Joey Hynes 50:17.
35-39: 1. Helen Dick 41:55, 2. Daisy Wong 53:14, 3. Helga Carden 57:39.
40-44: 1. Vivian Brown 1:23:23.

Pop Marty Runs

Montebello, February 26.

Division Results - Women's 10K

11-15: 1. Laura Orendain 57:35.6, 2. Laura Saavedra 42:27.6.
16-21: 1. Jonny Green 41:13, 2. Anna Luna 49:38, 3. Alice Cooper 50:11.
22-29: 1. Reva Trevino 52:30, 2. Jeanne Blackman 52:55, 3. Jerry Gutierrez N.T.
30-39: 1. Terry Steele 51:48, 2. Marie Zaragoza 1:01:08, 3. Marie Villalobos 1:02:16.
40-49: 1. Adela Diaz 49:14, 2. Dorothy Ahrens 54:36, 3. Erika Fleischer 1:14:04.
50-59: 1. Lucile Adney 1:08:59.

Division Results - Women's 10 Mile

16-21: 1. Marcella Martinez 1:44:1, 2. Catherine Molina N.T., 3. Miriam Vendelbosch N.T., 3. Magdalena Gonzales 1:16:00.
22-29: 1. Claudia Morales 1:11:41, 2. Judith Giampietro 1:14:36, 3. Belinda Hilguin 1:24:24.
30-39: 1. Maureen Wood 1:44:16, 2. Elizabeth McClellan 1:35:32, 3. Lupe Molina 1:37:16.

Division Results - Women's 5K

10 & Under: 1. Velma Velarde 19:12, 2. Berenice Santoyo 19:30, 3. Lisa Larrigan 19:37.
11-15: 1. Veronica Chavez 18:09, 2. Luisa Villanueva 18:45, 3. Shannon Lavelle 20:20.
16-21: 1. Olga Juarez 19:27, 2. Barbara Ballard 22:54, 3. Anna Lopez 30:17.
22-29: 1. Laurence Savaglio 22:15, 2. Rosa Salazar 24:17, 3. Diane Gomez 28:48.
30-39: 1. Gloria Santillan 20:15, 2. Solange Stramler 21:37, 3. Sherry Snively

22-01: 1. Vicki Cinquegrani 20:42, 2. Rose Castro 24:05, 3. Barbara Briones 26:11.
50-59: 1. Shirley Williams 28:19, 2. Stella Ramirez 33:00.

Division Results - Men's 10 Mile

16-21: 1. Ted Cott 54:53, 2. Daniel Munoz 1:04:05, 3. Carlos Cisneros 1:14:42.
22-29: 1. Gary Matsuda 57:10, 2. Jose Gonzalez 58:34, 3. Rafael Moran 58:45.
30-39: 1. Mark Ulloa 56:42, 2. Enrique Flores 58:23, 3. Robert Davison 59:18.
40-49: 1. Joaquin Granado 1:01:52, 2. John Rodriguez 1:02:08, 3. Henry Del Rey 1:09:05.
50-59: 1. Lorenzo Tovar 1:10:42, 2. Pete Robles 1:11:28, 3. Robert Olvera 1:12:44.
60 & Over: 1. Paul Margetan 1:21:49, 2. Jack Davison 1:31:53.
Wheelchair: 1. John Whiley 59:26.

Division Results - Men's 10K

11-15: 1. Joseph Sanchez 48:21, 2. George Marquez 32:54, 3. Manuel Brazloy 34:04, 3. Jose Jimenez 34:20.
16-21: 1. Francis Wolman 34:30, 2. Mike Cahow 35:56, 3. John Fisanotti 36:45.
30-39: 1. Larry Fabela 32:42, 2. Juan Torres 37:36, 3. Jerry Gutierrez 39:15.
40-49: 1. Joe Jacobsen 37:11, 2. Florenzo Vargas 37:49, 3. John Morrow 38:29.
50-59: 1. Bruce Odou 42:29, 2. Ernest Carrillo 43:04, 3. John Williams 53:11.
60 & Over: 1. Bud Viasak 1:15:23.

Division Results - Men's 5K

10 & Under: 1. Steven Sumner 18:43, 2. Eric Sanchez 19:11, 3. Brian Axup 20:33.
11-15: 1. Richard Nava 16:07, 2. Randy Wilson 16:49, 3. Dave Gurule 18:46.
16-21: 1. Raul Gonzalez 15:00, 2. Richardo Sanchez 15:13, 3. Mike Valenzuela 17:45.
22-29: 1. Manuel Gamboa 17:13, 2. Adolfo Garcia 18:00, 3. John Kalinoski 18:05.
30-39: 1. Andy Avalos 16:14, 2. Sal Gonzalez 16:28, 3. Francisco Macias 17:27.

40-49: 1. Gerald Tyner 17:40, 2. Baldomero Pedraza 18:42, 3. Mickey Castillo 19:01.
50-59: 1. Aurelio Camacho 16:55, 2. Walt Atcheson 17:20, 3. Sam Nicholson 18:40.
60 & Over: 1. Leroy Wherley 20:09, 2. Leopoldo Fregoso 22:13, 3. Thomas Smith 25:26.

Grape Stampede

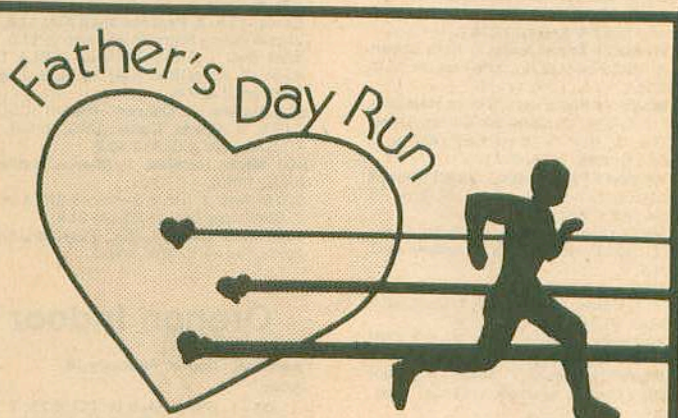
Gonzales, March 3, 10K.

Division Results - Men

14 & Under: 1. Andrew Gabadao 39:11, 2. Harvey Contreas 40:40, 3. Antone Mellow 42:07.
15-19: 1. Erik Van Der Bug 36:03, 2. Carlos Zarate 36:18, 3. Bill Duneton 36:24.
20-29: 1. Joe Fabris 31:12, 2. Emil Magallanes 31:24, 3. Ray Moss 31:42.
30-39: 1. Jim Moyles 33:20, 2. Les Waddel 33:49, 3. Eric Olson 34:21.
40-49: 1. Glynn Wood 34:12, 2. Jim Moore 35:12, 3. Anthony Kopacz 35:21.
50-59: 1. John Rouse 38:30, 2. Jose Lafayette 38:53, 3. Ed Daily 39:53.
60 & Over: 1. John Gilkey 42:40, 2. Ulysses Ratti 46:14, 3. William Redmond 47:45.

Division Results - Women

14 & Under: 1. Leticia Ancheta 44:01, 2. Portia Keil 1:04:18, 3. Celeste Westoby 1:41:26.
15-19: 1. Annette Campe 47:18, 2. Juli Yim 56:30, 3. Leslie Hull 1:04:13.
20-29: 1. Patty Siebicky 40:17, 2. Lynn Taylor 43:57, 3. Gayle Garcia 45:21.
30-39: 1. Juana Stavalone 37:38, 2. Loretta Polsdorfer 37:40, 3. Pamela Burkes 39:15.
40-49: 1. Cindy Hutcherson 42:21, 2. Teri Bradley 50:50, 3. Jan Larson 51:55.
50-59: 1. Sylvia Lianides 55:14, 2. Jeri Green 1:00:17, 3. LaVerna Engle 1:02:20.



EIGHTEENTH ANNUAL

FRESNO Father's Day Run

2 Mile & 6 Mile Races
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Start at Tulare & Van Ness
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Results

Track & Field

C.S. Bakersfield Invitational

Bakersfield, February 11.

Men's 10,000m: 1. Steve Perez, CPP, 30:39.4, 2. Eddie Fuel, FSU, 30:51.8, 3. Leo Lenting, Unat., 30:55.1, 4. Jeff Blackford, CmpPen, 31:07.3.

Women's 10,000m: 1. Renee Wyckoff, FSU, 35:33.6 (new field record).

Women's 100m Hurdles (Sec.1): 1. CeCe Chandler, SLO, 14.6. **(Sec.2):** 1. Kathy Rumann, Unat., 14.7, 2. Sharan Hanson, SLO, 14.7.

Women's Javelin: 1. Jacque Nelson, CPP, 187.7, 2. Chris Johnson, Unat., 149.11, 3. Kristy Strauss, Unat., 120.8.

Men's 110 High Hurdles (Sec.1): 1. Brad Underwood, SLO, 14.6, 2. Coy Limbrick, Taft Rn, 14.8. **(Sec.2):** 1. Andre Frazier, Unat., 14.5. **(Sec.3):** Fred Smith, CmpPen, 13.7. **(Sec.4):** 1. James Avery, CSB, 14.4, 2. Rod Dickerson, Roadrunning Int., 14.8.

Women's Long Jump: 1. Jewel Lovelady, Unat., 18-10, 2. CeCe Chandler, SLO, 18-5, 3. Cheryl Burdett, Oxy., 17-11. **Women's 4x1600:** 1. SLO A, 20:35.4, 2. SLO B, 20:51.0.

Men's Javelin: 1. Jadwin, TigVnt., 261-8, 2. Morley, Unat., 241-6, 3. Peterson, Unat., 220-1, 4. Alan Collatz, Unat., 220-0. **Men's 4x1600:** 1. SLO A, 17:25.5, 2. Unat., 17:27.4, 3. Oxy, 17:34.7.

Women's Triple Jump: 1. Ruth Lawanson, FSU, 35-6 1/4, 2. Lynette Farnum, SLO, 35-3 1/2.

Women's Shot Put: 1. Sharen Hamilton, RR TC, 52-4, 2. Deborah Corley, Unat., 47-3 1/4, 3. Monica Wren, CPP, 43-5 1/4, 4. Teena Brooks, FSU, 43-1 1/4.

Women's High Jump: 1. Janet Nichols, CPP, 5-8, 2. Karen Kraemer, SLO, 5-6, 3. Julie Wiegmann, SLO, 5-6.

Men's Steeplechase: 1. Peter Quint, Oxy, 9:23.0, 2. Barasa Thomas, FSU, 9:29.4.

Men's 4x100 (Sec.1): 1. Taft Rn Clb, 41.9, 2. CSUN, 41.9. **(Sec.2):** 1. Unat., 40.6, 2. SLO, 41.3.

Women's 4x100: 1. Unat., 47.9, 2. CPP, 49.8, 3. FSU, 50.8.

Men's Hammer: 1. Mike Fritchman, CSB, 211-4, 2. Machan Littleton, Unat., 203-7.

Women's 5000: 1. Jennifer Dunn, SLO, 17:32.2, 2. Robyn Root, SLO, 17:34.6, 3. JoAnn Howard, CPP, 18:17.1.

Men's Triple Jump: 1. Danyel Kelly, Unat., 51-7 1/4, 2. Alton Henry, CSB, 51-4, 3. Phil Roberts, Unat., 50-2 1/4, 4. Nathan Wilford, Unat., 49-8.

Men's Sprint Medley (Sec.1): 1. CSDH, 3:34.9. **(Sec.2):** 1. Taft Rn Clb, 3:26.0, 2. CmpPen, 3:28.2, 3. CPP, 3:28.3, 4. FSU, 3:32.9.

Women's Sprint Medley: 1. SLO A, 4:08.3.

Pole Vault: 1. Doug Wicks, Unat., 16-4, 2. Greg Hasapakis, CSUN, 15-10.

Women's 400m: 1. Arlene VanWarmerdam, Unat., 55.9, 2. Roxanne Jackson, CPP, 57.6.

Men's 400m: 1. Barton Williams, Contra Costa TC, 47.2, 2. Lorenzo Brown, CmpPen, 48.4.

Men's High Jump: 1. Bill Cannon, Unat., 6-10, 2. Mark Langan, SLO, 6-8, 3. Kevin Branch, Unat., 6-8.

Men's Distant Medley: 1. CSUN, 10:13.6, 2. Aggie Rn Clb, 10:27.3.

Women's 4x200: 1. RR Unat., 1:42.0.

Men's 4x200 (Sec.1): 1. Taft Rn Clb B, 1:27.8, 2. CSUN, 1:28.8. **(Sec.2):** 1. Unat., 1:25.7.

Men's Discus: 1. Paul Bender, Unat., 186-7, 2. Dave Nagengast, FSU, 155-4.

Women's 400m Hurdles: 1. Laurie Hagen, Unat., 1:06.5, 2. Bobbi Rossi, FSU, 1:08.6, 3. Janette Alexander, Oxy, 1:08.7.

Men's 400m Hurdles: 1. Roger Parenzee, FSU, 54.1, 2. Jahan Culbreath, Unat., 54.7, 3. Mark Dice, SLO, 55.5.

Women's 4x800: 1. SLO, 9:29.8.

Men's 4x800: 1. CPP, 7:48.5.

Men's Long Jump: 1. Norm Alston, S&S TC, 24-8 1/4, 2. Gary Jackson, CSUN, 23-5 1/4, 3. Alton Henry, CSB, 23-2 1/4.

Men's 5000m: 1. Dave Livingston, SLO, 14:44.8.

Men's Shot Put: 1. Kurt Thomas, CSB, 58-1/2.

Women's 4x400: 1. CPP A, 3:57.9, 2. SLO B, 4:01.0.

Men's 4x400: 1. Contra Costa Unat., 3:14.1.

Women's Discus: 1. Barnes, FSU, 148-7, 2. Carr, SLO, 139-3, 3. Edmonston, FSU, 136-2.

Women's Non-Scoring Meet

Cromwell Field-USC, February 18.

Discus: 1. Brenda Westbrook (UCI) 159-0, 2. Sonya Yanez (CSN) 129-9, 3. Laura Mills (UCI) 124-2.

Javelin: 1. Sharon Boyer (CA) 19-4 1/4, 2. Modupe Oshikoya (CA) 18-3 1/4, 3. Kathryn Williams (CA) 18-2.

High Jump: 1. Kerry Bell (CA) 5-7.

3000 Meters: 1. Chris Bergeron (CA) 9:34.5, 2. Lisa Gonzales (UCI) 9:35.0, 3. Loraine Mercado (UCI) 9:44.3.

1500 Meters: 1. Carol Keller (Jamal Toads) 4:37.1, 2. Lisa Gonzales (UCI) 4:38.5, 3. Jennifer Abraham (UCI) 4:39.8.

100 Meter Hurdles: 1. Shawn Kern (SC Cheetahs) 15.0, 2. Lyn Carter (USC) 15.3, 3. Kerry Bell (CA) 15.5.

400 Meters: 1. Debbie Fell (Canada) 58.2, 2. Annie King (UCI) 58.3.

100 Meters: 1. Sandra Howard (Puma Energ) 11.5, 2. Pam Marshall (CA) 11.8, 3. Jackie Pusey Perry (Puma Energ) 11.6.

Shot Put: 1. Molly Koffman (CSLA TC) 43-1/4, 2. Kerry Bell (CA) 42-10, 3. Laura Mills (UCI) 42-7 1/4.

800 Meters: 1. Deneen Howard (CSLA) 2:07.9, 2. Donna Curtis (USC) 2:08.9, 3. Tina Howard (CSLA) 2:10.2.

400 Meter Hurdles: 1. Sharon Hatfield (USC) 1:07.6.

200 Meters: 1. Robin Simmons (USC) 24.5, 2. Stephanie Brown (CSLA) 24.8.

1600 Meter Relay: 1. USC (Freeman, Simmons, Savoy, Curtis) 3:54.0.

Oregon Indoor

Portland, Oregon, February 18.

Men

60—1. Glance (Auburn TC), 6.25; 2. Gordon (Washington St.), 6.28; 3. Wanliss (unat), 6.33.

440—1. Armour (Fresno St.), 49.8; 2. Cannon (unat), 49.8; 3. Smith (Idaho), 49.8.

1,000—1. Haldelsman (Santa Monica TC), 2:12.0; 2. Taliaferro (SMTC), 2:12.4; 3. Trott (Moscow USA), 2:13.6.

60 HURDLES—1. Joyner (Nike), 7.41; 2. Bruce (unat), 7.43; 3. Williamson (Fresno St.), 7.44.

POLE VAULT—1. Tarpenning (Oregon), 17-9 1/4; 2. Sanderson (AIA), 17-1 1/4; 3. Anicker (Athletics West), 17-1 1/4.

LONG JUMP—1. Clemons (Oregon St.), 24-4 1/4; 2. Birden (Oregon), 24-0 1/4; 3. Gaffney (Fresno St.), 23-10 1/4.

TRIPLE JUMP—1. Joyner (Nike), 53-7 1/4; 2. F. DoDoo (Washington St.), 52-6 1/4; 3. Melton (unat), 52-4 1/4.

SHOTPUT—1. Oldfield (adidas), 65-10; 2. Baxter (Fresno St.), 59-6 1/4; 3. Crow (Fresno St.), 58-9 1/4.

Women

60—1. Innis (Nike), 6.85; 2. Cannon (Coast Athletics), 7.01; 3. Dennis (Washington), 7.02.

MILE—1. Addison (Athletics West), 4:42.1; 2. Rapp (AIA), 4:48.1; 3. Johansen (Washington St.), 4:55.1.

60 HURDLES—1. Cannon (Coast Athletics), 7.74; 2. Frederick (Athletics), 7.88; 3. Garnett (Oregon), 8.0.

HIGH JUMP—1. Huntley (Nike), 6-4; 2. Westover (Oregon St.), 6-0; 3. tie between Moore (Washington St.) and Greiner (Athletics West), 5-10.

SHOTPUT—1. Frederick (AW), 48-7 1/4; 2. Beasley (Track America), 47-10 1/4; 3. Ponaph (Washington), 46-8 1/4.

Men

MILE—1. Hunz (AIA), 4:04.7; 2. Ryan (Puma Energizer), 4:04.9; 3. Barnett (Washington), 4:05.4.

TWO-MILE—1. Aldridge (Athletics West), 8:35.3; 2. Hill (unat), 8:37.0; 3. Koach (Washington St./Kenya), 8:39.4; 4. Jones (Santa Monica TC), 8:43.9; 5. Heikkinen (Puma Energizer), 8:49.9.

HIGH JUMP—1. Jacoby (Boise St.), 7-3; 2. Cunningham (Washington St.), 7-3; 3. Lillard (Boise St.), 6-11; 4. McNamara (Fresno St.), 6-11; 5. Harken (Washington St.), 6-11.

POLE VAULT—1. Tarpenning (Oregon), 17-9 1/4; 2. Sanderson (AIA), 17-1 1/4; 3. Anicker (Athletics West), 17-1 1/4.

HIGH SCHOOL: BOYS: 60—Envela (McKay, Ore.), 6.34. **500—**Envela (McKay, Ore.), 58.4. **MILE—**1. Quade (Willamalene, Ore.), 4:16.2; 2. Garrison (Klamath Falls, Ore.), 4:21.0. **GIRLS: 60—**Hodnett (Mountain View, Ore.), 7.33.

Women

880—1. Zaleski (Coast Athletics), 2:13.7; 2. Emerson (Nike), 2:13.8; 3. Clark (Oregon), 2:13.8.

3,000—1. Twomey (Athletics West), 9:16.6; 2. Bush (Kangaroos), 9:18.6; 3. Bushnell (Oregon), 9:55.8.

LONG JUMP—1. Smith (Washington), 20-3 1/4; 2. Greiner (Athletics West), 19-3 1/4; 3. Keller (Washington), 18-11.

Throwers Meet

Cal State Northridge.

MEN: 35-LB. WT. THROW—1. Green (Stars & Stripes), 66-11 1/4; 2. Brenner (UCLA), 66-1 1/4; 3. Pickering (Stanford), 64-2 1/4. **SP—**1. Brenner, 68-9 1/4; 2. Frazier (UCLA), 61-7 1/4; 3. Thomas (CS Bakersfield), 56-8 1/4; 4. Banich (UCLA), 56-8 1/4; 5. Fritchman (CSB), 56-2 1/4. **DT—**1. M. Crouser (unat), 209-4; 2. Brenner, 189-2; 3. Okoye (Azusa Pacific), 182-3. **HT—**1. Pickering, 216-2; 2. Brenner, 210-1; 3. Wolitarsky (USC), 204-2; 4. Hibert (Pomona-Pitzer), 195-6; 5. Fritchman, 194-3.

JT—1. Kulak (SS), 270-5; 2. J. Amabile (SS), 242-7; 3. Stephens (CS Northridge), 240-7; 4. Waldera (unat), 222-9; 5. Brenner, 221-6.

WOMEN: SP—Griffin (AW), 55-11. **DT—**Griffin, 188-6.

All-Comers Track Meet

from Keith Conning

Edwards Stadium, Berkeley, Feb. 25.

Men's Results

100: Bill Green (Unat.) 10.5. **200:** Bill Green 20.8. **400:** Bart Williams (S&T TC) 47.2. **800:** Lloyd Guss (GBTC) 1:52.6. **1500:** John Sup (Ryans Sports) 3:47.9. **3200:** Jay Marden (Cal) 8:47.4. **5000:** Dan Grimes (Tiger Intnl) 14:05.1. **110HH:** Ronald Kennedy 14.5. **400IH:** Marlin Young 56.1. **HJ:** Steve Yurd (Running Scene) 6-6. **PV:** Jim Williams (GBTC) 15-0. **LJ:** Yurd 20-9 1/4. **TJ:** Chris Mooring 48-1 1/4. **HT:** Chris Dumbadse (Santa Rosa) 153-0. **JT:** Mark Richardson (Cal) 214-4.

Women's Results

100: Ann Stadler 12.7. **200:** Freida Cobbs (BEBTC) 24.6. **400:** Cobbs 56.5. **800:** Connie Culbert 2:15.8. **1500:** Nancy Ditz (Ryans) 4:38.0. **3200:** Tamera Gaudin (CSD) 12:57.0. **100H:** Allison Eades (Cal) 15.0. **300H:** Stella Edwinston (Millbrae) 39.8. **400H:** Richmond 52.7. **HJ:** Maggie Van Zeeland (Cal) 5-6. **LJ:** Jaime McEntee 15-2 1/4. **TJ:** Karen Nelson (DelCampo HS) 33-3 1/4. **SP:** Cindy Durchslag (Cal) 45-7 1/4. **DT:** Durchslag 152-7. **JT:** Cathy Schaeffer 121-4.

High School Boys Results

100: Kenneth Henderson (Berkeley) 10.8. **200:** Andre Hunter (Berkeley) 10.8. **400:** Henderson 21.1. **800:** Reed Smoller (Berkeley) 51.6. **1500:** Calvin Gaziano (Castro Valley) 1:57.5. **3200:** Mike Goralika (Livermore) 4:11.9. **5000:** Rod Coker (Vacaville) 10:04.5. **110HH:** John Gash (Santa Rosa) 15.1. **300IH:** Gash 39.2. **400H:** Berkeley (Davis, Henderson, Hunter, Usher) 42.2. **HJ:** Jim Reese (Sonoma) 6-2. **PV:** Gash 14-6. **LJ:** Willy Hannon (Castlemont) 21-1 1/4. **TJ:** Hannon 46-6 1/2. **DT:** Gerald Gamble (Antioch) 161-0.

photo by Barbara DeGroot



LORNA GRIFFIN

Open Meet

Cal State Los Angeles, February 25.
Nonscoring Meet.

Men's Results

Javelin: 1. Alan Collatz (Unat.) 214-11, 2. Doug Porter (Occid) 197-10. **Pole Vault:** 1. Steve Klassen (USC) 16-0, 2. Steven Hardison (AIA) 15-6. **400m Relay:** (University) 1. Occidental 43.24. (Open) 1. Second Sole TC 41.37. 1500: 1. Jim Gaffney (Oxy) 4:02.0, 2. Marc Zibbiatt (Oxy) 4:02.6. **Discus:** 1. Frank Reilly (All-American TC) 175-4, 2. Curt Thomas (Cal State Bakersfield) 173-7. **Long Jump:** 1. Vance Mueller (Oxy) 22-4. **110mHH:** (University Division) 1. Ed Tave (USC) 15.53. (Open) 1. Nathaniel Page (Accusplit TC) 14.70. **400:** (University) 1. Darwin Cooks (USC) 48.68. (Open) 1. Eric Williams (Unat.) 48.89. **Shot Put:** 1. Hank Kraychir (USC) 56-10, 2. Walter DeJean (USC) 55-4, 3. Curt Thomas (Cal State Bakers) 54-5. **100:** (University) 1. Kevin Harris (CSBakers) 11.68. (Open) 1. Jouko Lehtinen (Finland) 10.88, 2. DeRon Early 10.89, 3. Gregg Holmes (Unat.) 11.01. **Triple Jump:** 1. Byron Gray (Unat.) 50-4, 2. Henry Alton (CSBakers) 49-9 1/4, 3. Danyel Kelly (Unat.) 49-5. **800:** (University) 1. Terry Ivey (USC) 1:56.9. **400:** (University) 1. Chris Crisman (USC) 53.5. (Open) 1. Terry Chappelle (Unat.) 52.2. **200:** (Univ) 1. Robert Biglow (CSLA) 22.58. (Open) 1. DeRon Early 21.27, 2. Jouko Lehtinen (Finland) 21.40. **High Jump:** 1. Anthony Caire (USC) 7-0 1/4, 2. Maury Burnett (Unat.) 7-0 1/4, 3. Mike Gonzales (USC) 6-9 1/4. **3000m Steeplechase:** 1. Peter Quint (Oxy) 9:33.8.

Women's Results

Long Jump: 1. Chandra Roberts, (CSLB) 19-1/4, 2. Shelly Fehrman, (CSLB) 18-4 1/2. **Triple Jump:** 1. Wendee Craig (SDSU) 34-7 1/4. **Javelin:** 1. Debbie Williams (Coast Athletics) 159-5, 2. Ramona Pagel (SDSU) 141-9. **5000:** 1. Theresa Valiez (Long Beach St) 19:50.4. **400m Relay:** 1. Cal State Los Angeles (Brown, D. Howard, T. Howard, Jackson) 47.90, 2. San Diego State 49.13, 3. Long Beach State 49.32, 4. Occidental 50.18. **1500:** 1. Christine Bergeron (Coast Ath) 4:37.5, 2. S. Yavinek (SDSU) 4:38.1, 3. Dona Curtis (USC) 4:47.5, 4. Nena Manriquez (CSN) 4:50.9, 5. Lucia Rodriguez (CSN) 4:51.3, 6. Kim Donaldson (Oxy) 4:54.5. **100mHH:** (Univ) 1. Sharon Hatfield (USC) 15.80, 2. Camille Brewer (SDSU) 15.86, 3. Lyn Carter (USC) 15.99. (Open) 1. Kerri Bell (Coast Athletics) 16.0. **400:** (Univ) 1. Robin Simmons (USC) 58.69. **High Jump:** 1. Shelley Fehrman (Long Beach St) 6-3/4 SR, 2. Lori Clark (SDSU) 5-10 1/4. **400:** (Open) 1. Latanya Sheffield (Unat.) 55.1h. **100:** (Univ) 1. Stephanie Brown (Cal State LA) 12.62, 2. Brigitte Moon (SDSU) 12.63. (Open) 1. Kysa Paul (Coast Athletics) 12.97. **800:** (Univ/Race) 1. Sherri Howard (CSLA) 2:12.2, 2. Curtis (USC) 2:14.3, 3. Cressey Stewart (Oxy) 2:17.9. (Univ/Race) 2. Jeanette Allred (CSNorthridge) 2:20.7. (Open) 1. Esther Scherzinger (Coast Athletics) 2:14.3, 2. Sue Patterson (Unat.) 2:18.3. **Discus:** 1. Ramona Pagel (SDSU) 165-0, 2. Tracy Saylor (Long Beach St) 135-0. **400H:** 1. Sharon Hatfield (USC) 1:07.3. **200:** (Univ/Race) 1. Renee Ross (SDSU) 25.64. (Open) 1. Teri Brown (Foothill Flyers) 25.9. **3000:** 1. Kim Devitis (SDSU) 10:11.2, 2. Sue Beatty (SDSU) 10:32.0, 3. Tracey May (Long Beach State) 10:39.4, 4. Lisa Gross (SDSU) 10:44.2. **Shot Put:** 1. Ramona Pagel (SDSU) 54-9 1/4 SR, 2. Bonnie Dasse (Coast Athletics) 51-1/4. **4x400R:** 1. Cal State L.A. (Tina Howard, Denean Howard, Lisa Davis, Rosemary Brown) 3:54.4, 2. USC No. 1 3:57.4.

Misc. Meets

February 25:

San Diego St. (106) at CSLB (59)

Men: 200—Miner (SDS), 21.5. 400—1. Atterberry (SDS), 47.6; 2. Stockdale (SDS), 48.0. 400 IH—Riley (CSLB), 52.2. 400 RELAY—1. San Diego St., 41.70; 2. CS Long Beach, 42.00. MILE RELAY—San Diego St., 3:16.7. HJ—Hammer (SDS), 6-10. SP—Cremen (SDS),

photo by Barbara DeGroet



RAMONA PAGEL

55-10 1/4; 2. Farr (CSLB), 55-1. HT—1. Thiss (SDS), 188-6; 2. Jeffries (CSLB), 186-6. JT—Peterson (CSLB), 214-10.

CS Northridge (104), Cal Poly SLO (56) at UC Santa Barbara (42)

Men: 200—Josephson (USC), 21.3. 400—Copeland (SLO), 47.5. 1,500—1. Trujillo (CSN), 3:50.4; 2. McCarthy (USC), 3:52.0. 5,000—1. Huff (unat), 13:45.8; 2. Ingraham (UCSB), 14:41.7; 3. Mojaro (CSN), 14:42.6. 110 HH—Thompson (UCSB), 14.5. 400 RELAY—1. CS Northridge, 41.4; 2. Cal Poly SLO, 41.7. 1,600 RELAY—CS Northridge, 3:14.6. HJ—Lang (CPSLO), 6-11. PV—1. Thomas (CPSLO), 16-0; 2. Nassipakis (CSN), 15-6. OPEN DT—Gordien (unat), 206-9. HT—Weyers (CSN), 178-1. JT—1. Denton (CSN), 254-3; 2. Stephens (CSN), 222-1. OPEN JT—Ewaliko (Athletics West), 297-5; 2. Roggy (adidas), 273-8.

Cal Poly SLO (79) at UCSB (67)

Women: 100—1. Yarbrough (unat), 11.8; 2. Taylor (UCSB), 11.8. 800—Prieur (CPSLO), 2:11.7. 1,500—1. Martel (Converse West), 4:26.5; 2. Ganoce (UCSB), 4:38.9. 3,000—1. Ellingson (CPSLO), 9:43.5; 2. Lopez (CPSLO), 9:51.6. DT—Carr (CPSLO), 141-9. JT—1. Davis (UCSB), 169-3; 2. Hanson (CPSLO), 145-2.

CS Hayward (48), Humboldt St. (8) at San Jose St. (130)

Men: HJ—Moran (CSH), 7-2. PV—Bohni (SJS), 18-1. SP—Doehring (SJS), 63-2/4. DT—Doehring (SJS), 183-1. HT—1. Bystedt (SJS), 226-6; 2. Schumacher (SJS), 211-1.

NONSCORING MEETS

At Cal St. Los Angeles

Women: HJ—Fehrman (CS Long Beach), 6-0 1/4. NOTE—Due to a computer malfunction the remaining marks were lost.

OUTDOOR

Triangular Meet

At UCLA

100—1. Coburn (UCLA), 10.74 (wind 3 m.p.s. aiding), 2. Nealy (FS), 10.79. 200—1. Todd (UCI), 21.55w (3.6 m.p.s.), 2. Rust (UCI), 21.78. 400—1. Biggers (UCLA), 47.03; 2. Carls (UCLA), 47.94; 3. Jones (FS), 48.17; 4. Walker (FS), 48.21. 800—1. Phillips (UCLA), 1:50.74; 2. Ruelas (UCI), 1:52.21. MILE—1. Ruelas (UCI), 4:04.90; 2. Parkinson (UCLA), 4:09.65. TWO-MILE—1. Butler (UCLA), 8:46.46; 2. Brownberger (UCLA), 8:50.07; 3. R.

Roberts (UCLA), 8:56.77; 4. Evans (UCI), 8:59.68. 110 HH—Williamson (FS), 14.40. 400 IH—Williamson (FS), 52.37.

400 RELAY—1. Fresno St. (Gaffney, Chance, Sanders, Nealy), 40.7; 2. UCLA (Coburn, Biggers, Costanzo, Savage), 41.0. **1,600 RELAY—**Fresno St. (Armour, Johnson, Chance, Walker), 3:16.36. HJ—1. McNamara (unat), 7-0; 2. Powell (UCI), 7-0; 3. Balkin (UCLA), 7-0. PV—1. D. Brown (unat), 16-8; 2. Fraley (FS), 16-6; 3. Stull (UCLA), 16-0; 4. Kibort (UCLA), 16-0; 5. Heppner (FS), 16-0. LJ—Rust (UCI), 24-10 1/4; 2. Gaffney (FS), 24-10; 3. Powell (UCI), 24-8. TJ—1. Williams (FS), 50-10 1/4; 2. Taylor (UCLA), 50-6.

SP—1. Brenner (UCLA), 63-1 1/4; 2. Muir (UCLA), 62-8 1/4; 3. Frazier (unat), 62-0; 4. Banich (UCLA), 59-8 1/4; 5. Baxter (FS), 56-9 1/4; 6. Crow (unat), 56-5 1/4. DT—1. Gordien (unat), 203-7; 2. Binley (unat), 199-6; 3. Brenner (UCLA), 188-5; 4. Bender (unat), 187-1; 5. Muir (UCLA), 187-9; 6. Banich (UCLA), 170-4. HT—1. Mileham (FS), 228-5; 2. Baxter (FS), 198-5; 3. Littlejohn (unat), 193-8; 4. Frazier (UCLA), 187-7; 5. Banich (UCLA), 179-4. JT—1. Jadin (unat), 238-4; 2. Bender (unat), 236-6; 3. Brenner (UCLA), 226-9; 4. Connolly (UCLA), 216-3; 5. Odgers (UCI), 214-10.

TEAM SCORES—UCLA 89, Fresno St., 62, UC Irvine 40, UCLA 100, UC Irvine 53, UCLA 90, Fresno St., 64, Fresno St. 95, UC Irvine 55.

Women

TRIANGULAR MEET

At UCLA

1,500—1. Wycoff (FS), 4:31.03; 2. Fischer (UCLA), 4:32.50; 3. Gonzales (UCI), 4:35.25. 3,000—1. Wycoff (FS), 9:39.0; 2. Gonzales (UCI), 9:42.5; 3. Ringer (UCI), 9:50.6. 100 HURDLES—Kellon (UCLA), 14.65 (wind 1.4 m.p.s. aiding). 400 HURDLES—1. Kellon (UCLA), 60.11; 2. King (UCI), 61.41.

400 RELAY—UCLA (Pannell, Norman, Alston, Kellon), 48.06. **1,600 RELAY—**UCLA (Threadgill, Norman, Lowe, Kellon), 3:52.81. HJ—Alston (UCLA), 5-11 1/4. DT—1. Barnes (FS), 163-2; 2. Toman (Converse), 155-11; 3. Westbrook (UCI), 150-5; 4. Lutjens (UCLA), 146-7. JT—1. Pace (unat), 146-0; 2. Mills (UCI), 140-11.

FINAL TEAM SCORE—Fresno St. 81, UC Irvine 55.

UNLV Invitational

Las Vegas, March 3.

Men's Result

1500: 1. Steve Reighard, Unat. 3:56.1. **Shot Put:** 1. Frank Reilly, AATC, 52-2. **Pole Vault:** 1. Allen Sauck, All-American, 16-0. **110 Hurdles:** 1. Tom Harris, Athletic Coast, 14.4. **400:** 1. Randy Benson, Cal Poly, 47.41, 2. Benny Miles, UMOJA, 48.12. **Javelin:** 1. Anthony Skedros, Utah, 184-11. **100:** 1. Howard Henley, Unat. 10.30, 2. Mike Dexter, Athletic Coast, 10.43, 3. Derom Early, UMOJA, 10.46. **Long Jump:** 1. Aaron Sampson, S.Utah, 24-2 1/4, 2. Doug Garner, Unat. 24-1 1/4. **800:** 1. Kenrick Williams, Unat. 1:56.15. **High Jump:** 1. John Valentine, All-American TC, 6-10. **400m Hurdles:** 1. Keith Youngblood, UMOJA, 52.63. **Triple Jump:** 1. Phil Banks, Utah, 44-1. **200:** 1. Mike Dexter, All-Am, 20.95, 2. Howard Henley, Unat. 21.60, 3. Randy Benson, Cal Poly, 21.70. **Discus:** 1. Jordan Bergquest, Ricks JC, 190-0, 2. Bo Henriksson, Ricks JC, 182-6, 3. Frank Reilly, All-Am, 175-10 1/2. **5000:** 1. German Aranda, UNLV, 14.57. **Mile Relay:** 1. All American TC (team A) 3:23.26.

Women's Results

2 Mile Relay: 1. Coast Ath. 8:57.39. **5000:** 1. Kelly Watkins, Utah U. 17.39. **4x100 Relay:** 1. Coast Athletics 46.4. **Javelin:** 1. Jacqueline Nelson, Cal Poly Pom. 160-11. **1500:** 1. Niki Toms, Unat. 4:51.4. **Long Jump:** 1. Sheila Nicks, UNLV, 20-1, 2. Kerry Bell, Coast Ath. 19-6 1/4. **High Jump:** 1. Kerry Zwart-Bell, Athletic Coast, 5-7 1/4. **100m Hurdles:** 1. Valerie Flemings, UNLV, 14.4. **400:** 1. Michelle Steward, UNLV, 55.50. **100:** 1. Inger Peterson, UNLV, 11.70, 2. Pam Marshall, Athletic Coast, 11.76. **800:** 1. Easter Scherzinger, CATC, 2:13.9. **400m Hurdles:** 1. Sue Rupel, Cal Poly, 63.39. **Shot Put:** 1. Monica Wiran, Cal Poly, 42-8. **200:** 1. Pam Marshall, Athletic Coast, 23.55. **Triple Jump:** 1. Prudence Jackson, Utah, 35-9 1/4. **3000:** 1. Heather Allen, Utah, 10:12.5. **Mile Relay:** 1. UNLV 3:47.12. **Discus:** 1. Cindy Millford, Cal Poly Pomona, 177-5.

Metro Conf. Relays

El Camino College, March 4.

Men

400 RELAY—Pasadena, 41.3; Long Beach, 41.5; El Camino, 41.5. **880 RELAY—**El Camino 1:26.4; Pasadena 1:28.8. **MILE RELAY—**Long Beach, 3:16.2; Santa Monica, 3:16.4; El Camino, 3:17.3. **2 MILE RELAY—**Bakersfield, 7:53.1. **DISTANCE MEDLEY—**El Camino, 10:38.6. 110 HH—White (LB), 14.3; Brantley (LB), 14.5; Herrera (P), 14.5; Coulson (EC), 14.8. 400 IH—Ferreira (EC), 51.4; Zea (LB), 51.5. Danglefield (SM), 55.4; Christman (EC), 56.4. **TWO MILE—**Roman (LB), 9:15. PV—Tomlinson (LB), 15-1; Gregory (Harbor), 15-0. HJ—Bonner (P), 7-0; Farrar (LB), 6-10; Jones (P), 6-8. LJ—Bonner (P), 24-3 1/4; Harris (SM), 24-3 1/4; Jefferson (LB), 24-1 1/4; Jackson (EC), 23-3 1/4. SP—Turco (LB), 50-0. DT—Turco (LB), 147-9. TJ—Hendrix (EC), 49-6 1/4; Pullins (P), 49-3; White (LB), 48-1; Parramore (LB), 48-0; Lawis (B), 47-10; Onye (P), 47-4. JT—Brown (LB), 194-4.

Women

400 RELAY—Pasadena, 47.7. **SPRINT MEDLEY—**Pasadena, 149.6. **MILE RELAY—**El Camino, 3:51.5. **TWO MILE RELAY—**El Camino, 9:30.4; 100 HH—White (EC), 14-9. 400 LH—Hemmans (EC), 1:02.8. 3,000—Seawright (EC), 10:38.9; Vogg (EC), 10:45.3. DT—Jobson (B), 125-10. JT—Johnson (B), 140-10; Kevany (EC), 140-1. HJ—Smith (P), 5-5.

Long Beach Relays

Cal State Long Beach, March 4.

COMMUNITY COLLEGE DIVISION:

5,000—1. Floyd (Glendale), 15:01.3; 2. Clary (Fullerton), 15:14.8. 10,000—Castro (Riverside), 30:56.0. HJ—1. Jones (Riverside), 7-0; 2. Jones (Pasadena), 6-10; 3. Patohett (Glendale), 6-8. PV—1. Tomlinson (Long Beach), 16-0; 2. Griffin (Fullerton), 15-0; 3. Elliott (Grossmont), 14-6. LJ—1. Jefferson (Long Beach), 24-6; 2. Torres (Long Beach), 23-8 1/2; 3. Bonner (Pasadena), 23-5 1/4. TJ—1. Cobb (Cerritos), 49-0; 2. Earl (Taft), 48-3; 3. White (Long Beach), 47-9 1/4. SP—1. Turco (Long Beach), 51-11 1/4; 2. Wingerson (Saddleback), 50-8. DT—1. Hoth (Saddleback), 154-11; 2. Wingerson (Saddleback), 148-9. JT—1. Venger (Golden West), 200-2; 2. Tatum (Riverside), 196-7; 3. Followell (Long Beach), 190-11.

RELAYS: 400—1. Long Beach, 41.2; 2. Pasadena, 41.2; 3. Taft, 41.3. 880—1. Pasadena, 1:25.8; 2. El Camino, 1:27.3. Long Beach, 1:29.8. MILE—1. Taft, 3:15.6; 2. El Camino, 3:19.8. FOUR-MILE—1. Grossmont, 17:34.4; 2. El Camino, 17:40.9. SPRINT MEDLEY—1. Taft, 3:21.3; 2. Long Beach, 3:24.2; 3. El Camino, 3:27.7. DISTANCE MEDLEY—1. Long Beach, 10:05.1; 2. Santa Ana, 10:19.3. SHUTTLE HURDLES—1. El Camino, 60.0; 2. Pasadena, 60.4; 3. Pima (Ariz.), 62.5.

OPEN DIVISION:

5,000—1. Carr (Second Sole), 14:33.11; 2. Gomez (unat), 14:36.82; 3. Candelas (unat), 14:36.2. 10,000—Bishop (Macabill), 29:53.2. 3,000 STEEPLECHASE—Lee (San Jose St.), 8:54.9. 10,000 WALK—O'Connor (Stars & Stripes), 41:19.27. HJ—1. Bonner (Pasadena CC), 7-2; 2. Frazier (S&S), 7-2; 3. Carter (Pasadena CC), 7-2. LJ—1. Hardison (SJS), 25-6 1/4; 2. Frazier (Arizona St.), 25-6; 3. Wilson (Muzik), 25-6 1/4. TJ—1. Mayfield (Arizona St.), 51-10 1/4; 2. Caldwell (unat), 50-11 1/4; 3. Weidon (SJS), 49-8 1/4. SP—1. Smith (Converse), 68-9; 2. Ball (Wt. City), 61-7; 3. Frazier (Bruin TC), 61-4 1/4. DT—1. Kovar (Wt. City), 193-6; 2. Mills (Coast AC), 188-10. HT—1. Green (S&S), 226-11; 2. Rohovit (Converse), 201-8; 3. Jeffries (CSLB), 188-0. JT—1. Yoshida (Japan), 258-2; 2. Kotinek (unat), 249-9; 3. Izzy (S&S), 219-3.

continued on next page...

Results

RELAYS: 400—1. Arizona St., 40.3; 2. San Jose St., 40.9; 3. Maccabi, 41.1. 880—1. CS Long Beach, 1:28.8; 2. San Jose St., 1:27.8; 3. Maccabi, 1:27.9. MILE—1. Arizona St., 3:13.1; 2. CS Long Beach, 3:15.1. TWO-MILE—1. Santa Monica "B", 7:27.7; 2. Santa Monica "A", 7:31.3; 3. Arizona St., 7:33.7; 4. CS Long Beach, 7:39.4. FOUR-MILE—1. Arizona, 17:06.4; 2. San Jose, 17:06.8; 3. CS Long Beach, 17:07.2. SPRINT MEDLEY—1. Arizona St., 3:22.7; 2. San Jose, 3:28.6. DISTANCE MEDLEY—1. Arizona St., 10:08.5; 2. San Jose St., 10:19.7. SHUTTLE HURDLES—1. CS Northridge, 1:00.7; 2. Arizona, 1:02.7.

Santa Monica Relays

Santa Monica CC, March 10.

Men

100—1. Wright (Pasadena), 10.46; 2. Brown (Long Beach), 10.56; 3. Perry (Citrus), 10.57; 4. Moore (El Camino), 10.62; 5. Freeman (El Camino), 10.63; 5.000—Neal (Citrus), 15:07.1; 10.000—1. Waian (Glendale), 31:24.0; 2. DeAnda (Pasadena), 31:33.0; 3. Miner (Taft), 31:34; 4. Marquez (Trade Tech), 31:55; 5. HJ—1. Carter (Pasadena), 7-2; 2. Easton (Trade Tech), 7-0; 3. Jones (Pasadena), 7-0; 4. Nichols (El Camino), 6-10; 5. Patchett (Glendale), 6-10; 6. PV—Tomlinson (Long Beach), 15-0; 7. Harris (Santa Monica), 24-1; 8. Jefferson (Long Beach), 23-11; 9. Simpson (Valley), 23-5; 10. Cadogan (Long Beach), 23-5; 11. Hendricks (El Camino), 49-9; 12. Earl (Taft), 48-7; 3. Pullins (Pasadena), 48-1; 4. Harris (Santa Monica), 47-11; 5. White (Long Beach), 47-9; 6. SP—Turko (Long Beach), 50-6; 2. Erickson (San Bernardino), 50-5; 3. DT—1. Turko (Long Beach), 156-8; 2. Moore (Bakersfield), 152-7; 3. Maiden (Bakersfield), 151-0; 4. Canetta (Bakersfield), 148-4.

RELAYS: 400—1. Pasadena, 40.60; 2. El Camino, 40.65; 3. Taft, 41.04; 800—1. Pasadena, 1:24.88; 2. Taft, 1:25.84; 1,600—1. El Camino, 3:10.14; 2. Santa Monica, 3:11.19; 3. Pasadena, 3:11.37; 4. Taft, 3:15.3; 5. El Camino, 17:28.66. SPRINT MEDLEY—Taft, 3:21.94; 2. Long Beach, 3:22.14; 3. El Camino, 3:27.82. SHUTTLE HURDLES—1. Pasadena, 59.3; 2. Long Beach, 59.3; 3. Long Beach, 59.6.

Women

100—1. Austin (Santa Monica), 12.10; 2. Brown (Pasadena), 12.35; 3. Hallie (Pasadena), 12.36; 1,500—1. Barnwell (Glendale), 4:55.50; 2. Morrison (Harbor), 4:59.57; 3,000—Agurra (East LA), 10:19.07; 100 HURDLES—1. Young (El Camino), 14.78; 2. White (El Camino), 14.89; 3. Stinson (Pasadena), 15.42; 4. HJ—1. Maufas (Valley), 5-8; 2. Vanegod (Valley), 5-4; 3. Johnson (Bakersfield), 5-4; 4. Austin (Santa Monica), 18-9; 5. SP—Woodard (LA Southwest), 42-0; 6. DT—Romberger (Glendale), 141-1; 7. Johnson (Bakersfield), 135-7; 2. Kevany (El Camino), 129-7.

RELAYS: 400—1. El Camino, 47.07; 2. Pasadena, 47.46; 800—El Camino, 1:38.71; 2. Pasadena, 1:42.34; 3. Santa Monica, 1:47.84; 1,600—1. El Camino, 3:41.22; 2. Pasadena, 3:46.60; 800 MEDLEY—El Camino, 1:44.75; DISTANCE MEDLEY—Santa Monica, 12:43.81.

Misc. Meets

March 10.

TRIANGULAR MEET

At UCLA

MEN 100—Costanzo (UCLA), 10.60 (wind 1.65 m.p.s. aiding); 200—Fisher (CS Long Beach), 21.72; 400—1. Biggers (UCLA), 46.53; 2. Carls (UCLA), 47.99; 3. Fisher (CSLB), 48.14; 800—1. Prejers (UCLA), 1:51.28; 2. Parkinson (UCLA), 1:52.15; MILE—Whitcomb (UCLA), 4:09.50; 5,000—1. S. Ortiz (Tiger), 13:54.28; 2. Bishop (unat), 13:54.64; 3. Wysocki (Brooks), 13:58.39; 4. Cornell (Sub-4), 13:58.87; 5. Roberts (UCLA), 14:00.70; HJ—Balkin (UCLA), 6-10; PV—1. Stull (UCLA), 16-6; 2. Kibort (UCLA), 16-0; TJ—1. Kelley (unat), 51-

114w; 2. Washington (UCLA), 50-5; 3. Henry (CSB), 50-2; 4. Taylor (UCLA), 50-2; 5. Williams (CSLB), 49-2; 6. Roberts (UCLA), 49-2; SP—1. Muir (UCLA), 65-11; 2. M. Smith (unat), 65-10; 3. Thomas (CSB), 60-3; 4. Frazier (UCLA), 60-1; 5. Banich (UCLA), 59-0; 6. Farr (CSLB), 56-3; 110 HH—1. Avery (CS Bakersfield), 14.30 (wind .92 m.p.s. aiding); 2. Riley (CSLB), 14.49; 400 IH—Riley (CSLB), 52.09; 400 RELAY—UCLA (Costanzo, Carls, Biggers, White), 41.13.

NONSCORING MEET

At UCLA

MEN: WOMEN: 100—Gill (CS Bakersfield), 11.97; 1,500—1. Keller (Jamul Toads), 4:30.3; 2. Pratt (CS Northridge), 4:32.6; 3. Bresnan (UCLA), 4:39.1; 3,000—Fischer (UCLA), 9:48.4; 100 HURDLES—Alston (UCLA), 14.52; 400 HURDLES—Kellon (UCLA), 60.52; 400 RELAY—UCLA (Pannell, Norman, Alston, Kellon), 47.7; LJ—Lovelady (unat), 19-0; 4. TJ—Lovelady (unat), 38-6; 5. DT—1. Lurtjes (UCLA), 163-0; 2. Toman (Converse), 156-2; 3. Wren (Cal Poly Pomona), 146-4; JT—1. Nelson (CPP), 160-5; 2. Pace (Malta), 148-11.

OUTDOOR

NONSCORING MEETS

At Cal St. Los Angeles

MEN: 100—Holmes (Stars & Stripes), 10.78w; 200—1. Brodi (unat), 21.39w; 2. Holmes (S&S), 21.44; 3. Parr (Muzik), 21.72; 110 HH—1. McCrany (CSLA TC), 13.8w; 2. Smith (USMC), 14.07 (FAT); 3. Booker (Puma Energizer), 14.13; 400 IH—Youngblood (Umoja), 53.22; HJ—Stanton (unat), 6-10; 4. PV—Suey (unat), 17-4; 5. LJ—Mitchell (unat), 24-0; 6. WOMEN: 100—D. Howard (CSLA), 11.83w; 200—D. Howard (CSLA), 23.85w; 400—Ashford (PE), 52.55; 800—S. Howard (CSLA), 2:09.6; 1,500—Monday (PE), 4:29.14; 100 HURDLES—Felton (PE), 14.54w; Edwards (Redlands), 14.68; 1,600 RELAY—CS Los Angeles, 3:39.9.

CAL POLY POMONA RELAYS

MEN: 3,000—Reyes (CPP), 8:21.8; 110 HH—1. Webb (Azusa Pacific), 14.3; 2. Johnson (AP), 14.3; 3. Tave (USC), 14.4; HJ—Caire (USC), 7-0; PV—Classen (USC), 16-0; TJ—Tave (USC), 50-0; 4. DT—Okoye (AP), 188-11; HT—Mann (AP), 198-6; 2. Okoye (AP), 194-8; LeMaster (AP), 193-0.

RELAYS: 400 RELAY—Azusa Pacific, 40.9; 2. Cal Poly Pomona, 41.7; 800—Azusa Pacific, 1:25.6; 1,600—Azusa Pacific, 3:13.9; 3,200—USC, 7:43.4; DISTANCE MEDLEY—Cal Poly Pomona, 9:52.6; 2. USC, 9:56.6.

LONG BEACH WOMEN'S RELAYS

At Cal St. Long Beach

3,000—Bergeron (Coast Athletics), 9:38.7; HJ—1. Wright (CS Dominguez Hills), 5-8; 2. Arrivey (USC), 5-8; TJ—Roberts (CSLB), 39-4; SP—1. Griffin (Athletics West), 52-3; 2. McElroy (unat), 49-10; 3. Griffin (AW), 194-8; 2. Kaylor (unat), 163-2; RELAYS: MILE—USC, 3:54.1; 3,200—LA Mercures, 8:58.2.

San Diego St. (92) at UC Irvine (87)

MEN: 100—Milner (SDS), 10.71; 200—1. Milner (SDS), 21.28; 2. Shields (SDS), 21.40; 3. Todd (UCI), 21.64; 400—1. Atterberry (SDS), 47.95; 2. Stockdale (SDS), 48.14; 800—1. Garrett (SDS), 1:52.3; 2. Ruelas (UCI), 1:52.54; 1,500—Ruelas (UCI), 3:47.78; 5,000—1. Evans (UCI), 14:20.58; 2. Harold (SDS), 14:28.13; 3. Martinez (UCI), 14:29.44; 3,000—1. Martinez (UCI), 9:03.97; 2. Carlton (UCI), 9:07.51; 3. Rutherford (UCI), 9:11.97; 110 HH—1. Shanks (SDS), 14.47; 2. Cooper (SDS), 14.53; 3. Funk (UCI), 4.75; 400 IH—Cooper (SDS), 52.46; 400 RELAY—1. San Diego St., 40.63; 2. UC Irvine, 40.91; HJ—Wagoner (UCI), 6-10; LJ—1. Powell (UCI), 25-2; 2. Countryman (SDS), 24-4; 3. Rust (UCI), 24-3; 4. TJ—Powell (UCI), 49-11; SP—Cremen (SDS), 56-5; 5. HT—Thiss (SDS), 198-8; JT—Young (SDS), 212-9.

Cal Poly SLO (78), San Diego St. (76) at UC Irvine (27)

WOMEN: 100—Moon (SDS), 12.00; 200—1. Ross (SDS), 24.51; 2. Moon (SDS), 24.56; 400—Ross (SDS), 55.17; 800—Yaninek (SDS), 2:12.1; 1,500—1. Prieur (CPSLO), 4:25.62; 2. Ellington (CPSLO), 4:25.62; 3. Abraham (UCI), 4:28.3; 4. Yaninek (SDS), 4:34.48; 5,000—1. Gleason (CPSLO), 16:57.72; 2.

Mercado (UCI), 17:07.81; 100 HURDLES—Chandler (CPSLO), 14.23; 400 HURDLES—King (UCI), 62.19; 400 RELAY—San Diego St., 47.12; 1,600 RELAY—1. San Diego St., 3:51.59; 2. Cal Poly SLO, 3:51.96; HJ—1. McNeil (CPSLO), 5-11; 2. Clark (SDS), 5-11; 3. Chandler (CPSLO), 39-4; 4. T. Farrum (CPSLO), 37-5; SP—Pagel (SDS), 55-2; 6. DT—1. Pagel (SDS), 176-11; 2. Westbrook (UCI), 164-8; JT—1. Pagel (SDS), 150-2; 2. Rock (SDS), 146-7.

Bud Light Invitational

San Diego State Univ.

Men's Results - Open Division

Hammer Throw: 1. Mike Butchman (CSBakers) 209-5; 2. John Woltarsky (USC) 207-4; 3. Roger Axelsson (Pt. Loma) 189-7; 4. Jim Thiss (SDSU) 189-0; 5. Ted Crouch (New Mexico) 186-8. 10,000: 1. Jan Hagelbrand (USIU TC) 30:23.46; 2. Joff Woodland (SDSU) 30:51.08; 3. Mike Closson (SDSU) 31:09.5. 3000 Steeplechase: 1. Greg Beardsley (Brooks) 8:46.4; 2. Gary Gregory (SMT) 8:50.80; 3. Pat Ewing (SMT) 8:55.0.

Long Jump: 1. Arnie Robinson (Mesa) 22-8; 2. Chris Bates (SDSU) 22-0; Shot Put: 1. Al Farber (CSUN) 50-3; 2. Tony Coluccio (UNM) 49-9; 400m Hurdles: 1. Bart Williams (S&S) 50.03; 2. James King (Maccabi) 50.41; 3. John Lehnstrom (S&S) 51.34.

High Jump: 1. Scott Ledbetter (UNM) 6-8; 2. Rick Romero (UNM) 6-8. Javelin: 1. Hank Langee (Unat) 220-2; 2. Mark Waldera (Unat) 204-3; 3. Jaso Twedt (Mesa JC) 202-2.

Pole Vault: 1. Steve Klassen (USC) 16-0; 2. Dion Giollano (CSUN) 15-6; 3. Greg Hassapakis (CSUN) 15-6.

4x200 Relay: 1. Stars & Stripes (Jackson, Evans, Jones, Brown) 1:22.88; 2. USC 1:23.87; 3. El Camino JC 1:25.06.

Distance Medley Relay: 1. USC (Young, Fischer, Brown, Thesault) 9:44.89; 2. New Mexico 9:48.87; 3. San Diego State 9:54.76.

Women's Results - Open Division

Shot Put: 1. Tonya Alston (UCLA) 44-2; 2. Diane Oswalt (CSHayward) 41-10; 3. Maria Jones (Pima JC) 39-1.

Long Jump: 1. Deanne Johnson (SDSU) 17-9; 2. Tammie Sullivan (CSHayward) 17-7; 3. Tavey Harrison (Pima JC) 17-5.

High Jump: 1. Suzanne Paterson (Unat.) 5-9; 2. Karen Robinson (Cal) and Wendy Craig (SDSU) 5-7; 4. Maggie Van Zeelny (Cal) 5-7.

5000: 1. Monica Joyce (Ireland) 15:51.07; 2. Kathy Coudelet (CSHayward) 16:30.89; 3. Carol Gleason (CPSLO) 16:33.08; 4. Chris Bergeron (Coast) 16:35.51; 5. Ruth Wysocki (Brooks) 16:37.22.

400m Hurdles: 1. Latanya Sheffield (Unat.) 59.59; 2. Michelle Taylor (Unat.) 1:00.2; 3. Margaret Hemmans (EC) 1:01.64.

Javelin: 1. Angela Rock (SDSU) 144-2; 2. Jenny Pace (Unat.) 142-9; 3. Carrie McLaughlin (Coast) 140-6.

800: 1. Michele Hopper (Puma) 2:06.87; 2. Donna Curtis (USC) 2:07.95; 3. Jill Ellengson (CPSLO) 2:10.89.

4x200 Relay: 1. S. Calif. Cheetahs 1:36.27; 2. El Camino JC 1:38.0; 3. CS Hayward 1:38.92.

Two-Mile Relay: 1. California 8:47.24; 2. Arizona State 8:52.78; 3. San Diego State 8:59.05.

Men's Results - Invitational Division

110m Hurdles: 1. Tonie Campbell (S&S TC) 13.66; 2. John Lehnstrom (S&S TC) 13.86.

Pole Vault: 1. Dave Kenworthy (S&S TC) 17-3; 2. Charlie Brown (Unat.) 16-0; 3. Steve Thomas (CPSLO) 16-0.

Javelin: 1. John Amabile (S&S) 264-7; 2. Paul Kullak (S&S) 261-8; 3. Shawn Benton (CSUN) 241-11; 4. Fred Carpenter (AIA) 240-2; 5. Allen Collatz (RRTC) 234-3; 6. Dave Steens (CSUN) 223-0.

Shot Put: 1. Walt Dejean (USC) 58-3; 2. Rick Weyers (CSUN) 55-7; 3. Jack Cremen (SDSU) 55-5; 4. Tony Coluccio (UNM) 52-8; 5. Roger Axelsson (Pt. Loma) 51-11; 6. Aaron Buckholtz (CSUN) 51-4; 7. Al

Farber (CSUN) 50-6.

4x100 Relay: 1. Stars & Stripes TC (Jones, Jackson, Evans, Marshall) 39.52; 2. San Diego State 40.52; 3. San Diego Ath. Ass'n 40.97.

Long Jump: 1. Keith Taylor (Musik TC) 25-2; 2. Ed Tave (USC) 25-2; 3. Lamont King (USC TC) 24-0; 4. Stan Whitley (SC Cheetahs) 23-10; 5. William Long (SDTC) 23-8.

1500: 1. Ray Wickless (Sub 4 TC) 3:43.47; 2. Erik Henriksson (EMTC) 3:44.17; 3. Greg Long (Utah St.) 3:44.65; 4. Brian Russell (SSTC) 3:45.59; 5. Richie Martinez (UNM) 3:46.91; 6. Sean Gallagher (OSU) 3:46.97; 7. John Engholm (USIU) 3:47.68.

100m: Sec. 2: 1. Hurvie Milner (SDSU) 10.59; 2. Andre Freeman (El Camino JC) 10.64; 3. Lamont King (USC TC) 10.68.

Sec. 3: 1. Darwin Cook (USC) 10.43; 2. Crickett Marshall (SSTC) 10.50; 3. Luis Morales (USC) 10.51.

High Jump: 1. Anthony Caire (USC) 7-0; 2. Frank Schieffer (SSTC) 7-0; 3. Brian Sims (Unat.) 6-10.

5000: 1. Graeme Fell (UK) 14:07.83; 2. Ibrahim Kivina (UNM) 14:08.75; 3. Armando Sequeros (NBTC) 14:13.08; 4. Roy Kissin (Aggie TC) 14:27.05.

Triple Jump: 1. Cameron Gary (SDTC) 53-0; 2. Rayfield Dupree (Cheetahs) 52-2.

4x400m Relay: 1. Stars & Stripes TC 3:07.55; 2. USC 3:08.21; 3. San Diego State 3:09.04; 4. El Camino JC 3:10.68.

Discus: 1. Richard Slaney (UK) 197-4; 2. Roger Axelsson (Pt. Loma) 175-9; 3. Rick Luiten (USC) 168-3.

Women's Results - Invitational Division 100m Hurdles: 1. Lori Smith (Unat.) 13.73; 2. Marlene Harmon (Puma) 14.02.

Javelin: 1. Liz Mueller (Cost) 172-9; 2. Kristen Engle (Unat.) 163-1; 3. Sheila Carpenter (AIA) 157-6; 4. Todie Campbell (ASU) 156-7; 5. Danna Bernstein (Coast) 155-5; 6. Tracy McCarthy (ASU) 154-3.

High Jump: 1. Shelley Fehrmann (CSLB) 6-0; 2. Lori Clark (SDSU) 5-10; 3. Sue McNeal (CPSLO) 5-10.

Shot Put: 1. Ramona Pagel (SDSU) 57-11; 2. Lorna Griffin (AthWest) 55-6; 3. Natalie Kaaiawahia (ASU) 52-8; 4. Sharon Hamilton (Unat) 52-5; 5. Diana Clemmons (Adidas) 48-4; 6. Cindy Durschlog (Cal) 47-0.

Long Jump: 1. Mary Harrington (Nike) 19-7; 2. Sandy Crabtree (Coast) 19-3; 3. Carrie McLaughlin (Coast) 19-2; 4. Sharon Boyer (Coast) 19-2; 5. Jewell Lovelady (Roadrunner TC) 19-0; 6. Rhonda Paine (ASU) 18-5.

4x100 Relay: 1. So. Calif. Cheetahs 45.23; 2. El Camino JC 46.41; 3. CSU-Hayward 46.49.

1500: 1. Gladees Prieur (CPSLO) 4:23.12; 2. Mwinga Stoe (SC Cheetahs) 4:28.69; 3. Carol Keller (Jamul Toads) 4:29.72; 4. Katy Manning (CPSLO) 4:30.33; 5. Katy Manning (CSH) 4:30.69; 6. Tania Fischer (UCLA) 4:37.73; 7. Monika Zieschang (CSH) 4:35.34.

100m: 1. Andrallette Gili (CSBakers) 12.05; 2. Teri Chapple (ASU) 12.06; 3. Robin Simmons (USC) 12.08; 4. Bridgette Moon (SDSU) 12.11; 5. Qewen Ward (CSH) 12.14; 6. Marbella Washington (ASU) 12.29.

Discus: 1. Lorna Griffin 200-7; 2. Ramona Pagel (SDSU) 181-11; 3. Diane Oswalt (CSHayward) 165-8; 4. Glenda Ford (Converse TC) 165-8; 5. Natalie Kaaiawahia (ASU) 164-10; 6. Toni Luitjens (UCLA) 158-6; 7. Cindy Durschlog (Cal) 156-3; 8. Kim Kesler (Cal) 153-1.

4x400 Relay: 1. California 3:44.15; 2. Unattached 3:47.85; 3. Arizona State 3:48.23.

STAY TUNED

Dick Slotkin will be back next month with his P.R. column and regular features, including reports on: Mission Bay Marathon, Los Angeles International Marathon, Long Beach Marathon and the Super Bowl Sunday Run—stay tuned!



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| 1. In worn down running shoes, what degree does your foot "break" or roll over the inside edge of the heel counter (shoes with at least 50 miles)? | A None (0) | B Somewhat (12) | C Moderately (24) | D Extremely (36) | |
| 2. When you run, which area of your foot strikes the ground first? | A Forefoot (-36) | B Midfoot (8) | C Rearfoot (16) | | |
| 3. What is your approximate weight? | A 140 lbs or less (0) | B 141 to 150 lbs (4) | C 151 to 165 lbs (24) | D 166 to 180 lbs (40) | E Over 180 lbs (136) |
| 4. Which of the footprint descriptions to the right best matches yours? | A High arch (0) | B Normal arch (12) | C Flat-footed (24) | | |
| 5. How would you describe your running injury history? | A None (0) | B Somewhat injury prone (8) | C Moderately injury prone (16) | D Extremely injury prone (32) | |
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