

APRIL 1989

ISSUE NO. 146

CALIFORNIA

Track & Running News

Los Angeles Marathon

by Mark Winitz &
Richard Lee Slotkin

An Interview With Ivan Huff

by Gregor Robin

1988 California Masters

Top Marks -- Men

by Percy Knox

The Facts About Drug Testing--Part 1

by Mark Winitz

"Moo-ving Towards Good Health"

by Nancy Clark

April - May- June Schedule



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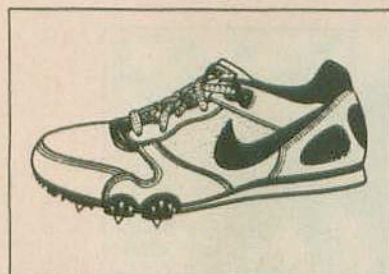
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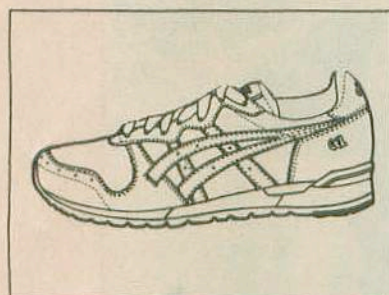


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FROM THE EDITOR

Our sport, in California, follows the seasons. Fall means cross country; winter is the season for indoor meets and track clinics. For many, fall and winter serve as preparation for spring as spring signals the birth of the outdoor season. The March CT&RN wrapped up winter with features and results from California's two indoor meets--Sunkist and L.A. Times. With the April issue, we are moving into the excitement of the spring outdoor season with results of some early track meets.

Other highlights in this issue include our double coverage of the L.A. Marathon by Mark Winitz and Dick Slotkin, each taking a different approach to provide you with a real feel for the personality of the race.

Jack Leydig outdid himself with his schedule bulging to fifteen pages of track and running events over the next several months.

You will also enjoy Gregor Robin's insightful feature on Ivan Huff. Masters men should find Percy Knox's track ranking useful.

This month's mailbag includes letters

critical of our distribution of coverage. Our sport is very diverse and we want to, within our limited space, give more coverage to certain aspects, such as college cross country and track --especially important to me, since I coach at the college level. But, I don't want to cut back on other equally important areas of coverage, such as the preps.

We know we can't please you all of the time, but will continue trying to please most of you most of the time. I do appreciate the feedback.

Bill

ON THE COVER: Ivan Huff leads Henry Marsh in the steeplechase at the Bruce Jenner Meet in San Jose. See interview with Huff beginning on page 26.

photo by Mark Winitz

SCHEDULE

By JACK LEYDIG

*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 12 (Wed.):

Chico: Humpday 5 & 10K, One Mile Park (in Bidwell Park), 6:30 p.m. A Change of Pace, 1260 Lake Blvd., Davis 95616. (916) 757-2012.

April 15 (Saturday):

Pacific: San Pedro Valley 10K & 2 Mile, San Pedro Valley City Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Chico: Chico Master's 4-Mile Run, Bidwell Park, 9 a.m. Deb Powers, Enloe Stress & Health Center, Fifth & Esplanade, Chico 95926. (916) 891-7411.

Ojai: Thacher Schools 10K Run Against Apartheid, Thacher School, 9 a.m. Robert Williams, Thacher School, 5025 Thacher Rd., Ojai 93023.

Duarte: City of Duarte 5 & 10K Runs for Fitness, Royal Oaks Elementary School (Royal Oaks Dr. & Mt. Olive), 8:30 a.m. Lyndel Morgan, City of Duarte, Parks & Recreation, 1600 Huntington Dr., Duarte 91010. (818) 357-7931.

Westlake Village: "Reach Out and Care" 5 & 10K and 1 Mile, Hyatt Westlake Plaza Hotel, 7:30 a.m./10K, 8:40 a.m./5K, 9:45 a.m./1 Mi. Steve Polley, 376 Castilian Ave., Thousand Oaks 91360. (805) 499-4434.

La Quinta: Coachella Valley Red Cross

Triathlon, 3/4-Mile Swim, 20K Bike, 5K Run, Lake Cahuilla, Time TBA. Bob Schneck, P.O. Box 9435, Palm Springs 92263. (619) 325-4114.

Fontana: Fontana Days Half-Marathon & 5K, Lytle Creek (San Gabriel Mtns.), 8 a.m. City of Fontana Recreation Dept., Attn: Carlen Ware, 9460 Sierra Ave., Fontana 92335. (714) 350-7635.

Mill Valley: Mt. Tamalpais Marathon & 10 Miler, Bolinas-Fairfax & Ridgecrest Rd., 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Atascadero: Park to Park Half-Marathon & 10 K, 9 a.m. Atascadero Rec. Dept, 6500 Palma Ave., Atascadero 93422. Paula Anton: (805) 466-8000 x123.

Castiac: True Sprint Triathlon, 1K Swim, 40K Bike, 10K Run, Castaic Lake, Time TBA. Sundance Sports, 14937 Dickens St., #203, Sherman Oaks 91403. (818) 990-8366 or (805) 257-4922.

Fresno: Woodward Park Women's Runs, 3 & 6 Mi., Mountain View picnic area, 8 a.m. Ron Gates, Fresno Joggers, 3220 E. Huntington Blvd., Fresno 93702. (209) 237-3572.

Irvine: Schoolpower 10K, 8:00 a.m. Register at Irvine Bowl. Schoolpower, P.O. Box 19, Laguna Beach 92652. (714) 494-6811.

April 16 (Sunday):

San Mateo: Earthquake Day Events, 6 Mi. Stride, 3 Mi. Senior Walk, 10K Run, 12 Mile Bike, Sawyer Camp Rd., Time TBA. Rhody-Co Productions, 3929 California St., San Francisco 94118. (415) 367-7412.

San Francisco: Kimochi Cherry Blossom Run, 5 Mi., Golden Gate Park (west of 41st Ave. & South Dr.), 9 a.m. Kimochi Sr. Citizen's Center, 1581 Webster St., #10, San Francisco 94115. (415) 931-2294.

Novato: Indian Valley College Cross Country Run, 5 Mi., San Jose Middle School (Sunset Pkwy. & Ignacio Blvd.), 9 a.m. Novato Parks & Recreation Dept., 917 Sherman Ave., Novato 94945. (415) 897-4323.

Monterey: Monterey Sprint Triathlon, 500 Yd. Swim, 12 Mi. Bike, 5K Run, Ft. Ord Army base, 9 a.m. Waddel Sports Center, 225

Lighthouse Ave., Monterey 93940. (408) 646-1487.

Placerville: Silver Streak 10K, 5K Fun Run/Walk, 1/2-Mi. Kids Run, 8:30 a.m. Mother Lode Big Brothers/Big Sisters, Box 922, Placerville 95667. (916) 626-1222.

Bakersfield: Bakersfield T.C. Ultimate Fun Run, Time TBA. Randy Brown: (805) 834-9130.

Canoga Park: Bikesport Southern California Biathlon Series, 5K Run, 25 Mi. Bike, Zuma Beach, 5K Run, 8 a.m. Fallbrook Mall, Michael Epstein, P.O. Box 9122, Calabasas 91302. (818) 880-4915.

Del Mar: La Jolla Half-Marathon, and 2 Mi., 7:30 a.m. Toni Deal: (619) 272-8316.

Pomona: Michelob Cal Poly Pomona Triathlon, 1/2 Mi. Swim, 10 1/2 Mi. Bike, 4 Mi. Run, 7:30 a.m. Paul Gabriel, Cal Poly Athletic Dept., 3801 W. Temple Ave., Pomona 91768. (714) 869-2822.

San Francisco: DSE/U.S.S. San Francisco Monument to Baker Beach & back, 6.5 Mi., (start/finish at parking lot above Clement & El Camino Del Mar, 48th Ave.), 10 a.m. Phil Haber: (415) 668-2830.

Arcata: One Hour Run, Humboldt State Univ. (track), 1:30 p.m. Bill Daniel: (707) 822-8050.

Woodland Hills: Crespi Celt Fun Run, 5 & 10K, Pierce College, 8:30 a.m./5K, 9:30 a.m./10K. Jim Benkert, 5031 Alonzo Ave., Encino 91316. (818) 881-4578.

Valencia: Run For The Health Of It 5K & 5K Walk, 9:00 a.m. Tamra Kraye, H.M.N.M.H., 23845 W. McBean Parkway, Valencia 91355. (805) 253-8082.

Santa Monica: Santa Monica Pier 5K & 10K, 8:00 a.m. Santa Monica Parks & Rec., 2600 Ocean Park Blvd., Santa Monica 90405. (213) 458-8311.

April 17 (Monday):

Hopkinton, MA: Boston Marathon, noon. Boston Marathon, 17 Main St., Hopkinton, MA 01748. (508) 435-6905. **Note:** Entry Deadline is March 20!

SCHEDULE

April 22 (Saturday):

Stanford: MBA Challenge for Charity 10K, Stanford Stadium, 8:30 a.m. MBA Challenge for Charity, 50 Haciendas Dr., Woodside 94062. (415) 851-1556.

Sausalito: Golden Gate Headlands Marathon & Half-Marathon, Rodeo Valley (Marin Headlands near stables), 8 & 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Fort Bragg: Sunset Run, 5 & 10K, 5K Walk, Kids' Mile, MacKerricher State Park, 6 p.m. Mendocino Coast Recreation & Park District, 213 E. Laurel St., Ft. Bragg 95437. (707) 964-9446.

Pozo: Pine Mountain 50 Miler, Time TBA. (125 Limit, \$65 by 4/15). Susan Brannon, 5000 Carrizo Rd., Atascadero 93422. (805) 466-9078.

Santa Maria: Marian Medical Center 5 & 10K Runs, 9 a.m. Luis Escobar: (805) 928-

0678.

So. El Monte: Legg Lake 5K Sports Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Fastest Masters 10K, East Fiesta Island, 7:30 a.m. Dale Larabee: (619) 234-3054.

Madera: Run for Education, 5K Run & Walk, Town & Country Park, 8 a.m. Madera Linkage Foundation, 1902 Howard Rd., Madera 93637. (209) 675-4500, x283/284.

Bakersfield: Cal-State University Bakersfield "U-Tri", 600 Yd. Swim, 10 Mi. Bike, 5K Run, Time TBA. Tara Haggin: (805) 664-2136.

Morro Bay: Morro Bay 10K, Time TBA. Morro Bay Recreation Dept., 1001 Kennedy Way, Morro Bay 93442. (805) 772-1214, x229.

Downey: Downey 10K, Rancho Los Amigos, 8 a.m. Downey Optimist Club, P.O. Box 831, Downey 90241. (213) 869-1021.

San Diego: Follow-the-Leader 10K, J. Mur-

phy Stadium, 8 a.m. Stan Metzger: (619) 594-4943.

Thousand Oaks: Conejo Valley Days 2K, 5K & 10K, 7:30 a.m./5K, 8 a.m./10K, 9:30 a.m./2K. Don Green, 3663 Consuelo Ave., Thousand Oaks 91360. (805) 492-3136 or 493-3412 days.

Port Hueneme: Seabee Day 5K Run/Walk and 2K Fun Run, 7:30 a.m. Doris Lance, Code 321, U.S. Naval Construction Battalion Center, Port Hueneme 93043. (805) 982-3585.

Menlo Park: Stride for Students, 5K Stride & 10K Fun Run, Bethany School, 8:30 a.m. Joyce Tirbak, Bethany School, 1095 Cloud, Menlo Park 94025. (415) 854-5897.

Millbrae: Millbrae Rotary 5K Fun Run and 2 Mi. Stride, Mills High School (400 Murchison Dr.), 8 a.m. Millbrae Rotary Club Fun Run, P.O. Box 23, Millbrae 94030. (415) 872-3805, Runners Inn.



City of Porterville Inaugural Corporate 10K Relay & 2 Mile Run ● May 7, 1989

Get a group of 5 friends together, give yourselves a name and join us for a 2K relay loop each past Porterville Community College and the surrounding orange orchards. A two mile run is also available.

Time: 8:45 a.m./2 mile and 9:30 a.m./10K at Jamison Stadium. **Entry Fees:** \$50 per team or \$8 for 2 mile (includes t-shirt) by April 30. **For information call** Porterville Parks & Leisure Services at (209) 782-7461.

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Track Capital REPORT

If you're interested in track and field or road-racing, then you're interested in what's happening in Eugene and the rest of Oregon. Track Capital REPORT is a monthly magazine full of recent results, coming events schedule, interviews with the big names in the sport, health tips, updates on the University of Oregon teams, Eugene T & F list ('88 included 35 men under 4:00 for 1500M), H.S. list. This year's subscription will include a special extra issue with The World Veterans Game results.

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SCHEDULE

April 23 (Sunday):

Carmel: Big Sur International Marathon, 7 a.m. Big Sur Marathon, Box 222620, Carmel 93922-2620. (408) 625-6226.

San Francisco: DSE Golden Gate Park 10K, Middle Dr. & Transverse Dr., 10 a.m. Phil Haber: (415) 668-2830.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K, 10K & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside Dr.), 9 a.m. Elvyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

Palo Alto: IAM's Dog's Best Friend 5K Fun Run, Baylands Athletic Center (Embarcadero & Geng Rds.), 9 a.m. (race for dogs & owners). Palo Alto Recreation Dept.: (415) 329-2380.

Los Gatos: The Tortoise & Hare 10K Run and 5K Run/Walk, "Bunny Hop" for children, 8:30 a.m. Libby Brost, Good Samaritan Hospital League, 2425 Samaritan Dr., San Jose 95124. (408) 559-2555.

Lafayette: Lafayette Loop 10K & 2 Mi., Mt. Diablo Blvd. & First St., 8:30 a.m. Center for Living Skills, P.O. Box 1145, Lafayette 94549. (415) 284-4871.

Windsor: Run & Bike for Sight Biathlon, 10K Run, 25 Mi. Bike, (Kids 14 & Under: 3K Run, 6.5 Mi. Bike), Windsor Middle School (Starr Rd.), Time TBA. Coddington Lions Club, P.O. Box 6765, Santa Rosa 95406. (707) 829-9493.

Fresno: Volunteer Triathlon, 10K Run, 20 Mi. Bike, 400 Yd. Swim (Limit: 400 indiv., 100 teams), Clovis West H.S., Time TBA. Franz Weinschenk, P.O. Box 101, Prather 93651. (209) 299-3195.

Lompoc: Laura Stegman Memorial Women's 5K, River Park, 9:30 a.m. (women only). Bill Graham, 1309 E Palmetto, Lompoc 93436. (805) 736-4696.

Magalia: Ridge Run & Walk, 3 & 5 Mi., Paradise Lake, 9 a.m./3 Mi., 9:15 a.m. Paradise Running Club, P.O. Box 1465, Paradise 95967. (916) 877-2711 or 872-4111.

Arcata: Toughest Northcoast Triathlon, 1000 Yd. Swim, 21.5 Mi. Bike, 5 Mi. Run, Forbes Complex, Time TBA. Tim Becker, Dept. HPER, Humboldt State Univ., Arcata 95521. (707) 826-4979.

Los Angeles: Los Angeles California Federal 12K, 8 a.m., Dodger Stadium. Pro-Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

Loma Linda: Cancer Buster 5K, 10K & 15K, 8 a.m., Loma Linda University. ACS Inland Empire Unit, 2060 Chicago Ave., Suite

A-17, Riverside 92507. Bessie Clark: (714) 683-6415.

Davis: Spring Run Off, 5 & 10K and 5K Walk, 9 a.m. Attn: Don (Spring Run Off), c/o Longview School, 2322 Westermesse Rd., Davis 95616. (916) 324-3488.

April 29 (Saturday):

San Francisco: Nimitz Run, 5 & 10K, Treasure Island Naval Base, 9:30 a.m. David Goggins, Dept. of Naval Science (Nimitz Run), 25 Callaghan Hall, Univ. of California, Berkeley 94720. (415) 845-0951.

Brisbane: Brisbane Marine Run/Walk, 5K & 1 Mile, Sierra Point Marina (black Unisys Bldg.), 8 a.m. Jane Brown, Brisbane Recreation Dept., 44 Visitation Ave., Brisbane 94005. (415) 467-6330.

Larkspur: Larkspur Madrone Canyon Race, 3 Mile, Dolliver Park (Magnolia & Madrone), 9 a.m. Larkspur Recreation Dept., P.O. Box 585, Larkspur 94939. Ton Brown, Tri-Realtors: (415) 925-9555, x349.

Palo Alto: Gunn Paly 5 & 10K Runs, 8:30 a.m. Palo Alto Rec. Dept. (415) 329-2380.

Sacramento: Dome to Delta 12K (PA/TAC Championships), Capitol Mall to Land Park (also 1K, 2K & 4K for kids), 9 a.m. Milt Whaley, c/o Holy Spirit School, 3920 W. Land Park Dr., Sacramento 95822. (916) 448-5663.

Atwater: Airshow 10K Run, Castle Air Force Base (fitness center), 8:30 a.m. Marty Bannon, 2726 Peerless, Atwater 95301. (209) 358-6855.

South Pasadena: Road Runner Classic, 1K 5K & 10K, Oak & Garfield, 7:30 a.m. South Pasadena/San Marino YMCA, 1605 Garfield Ave., So. Pasadena 91030. (818) 799-9119.

Martinez: Briones Biathlon, 6 Mi. Run, 20 Mi. Bike, Criones Regional Park (Bear Creek Entrance), 8 a.m. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

Georgetown: Slice 100K Run (2 days, 50K/Day; 2nd day starts in Colfax), 8 a.m. (50 runner limit). Slice 100K, Paul Reese, 308 Forest Ct., Auburn 95603. (916) 823-0276.

Eureka: (Tentative) Rhododendron Festival Run, 10K & 2 Mi., Eureka Mall, Time TBA. No contact listed.

Palos Verdes: Palos Verdes Library 10K Run, 8 a.m. Pro-Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

Lakewood: Lakewood Rotary 5K Run/Walk, Mayfair Park, 8 a.m. City of Lakewood, 5K

Run, 5050 Clark Ave., Lakewood 90712. (213) 920-9707.

Santa Barbara: Law Day USA 15K Run & 3x5K Relay, 8:30 a.m./15K, 3x5K Relay/9:00. Palm Park. Desmond O'Neill, P.O. Box 4660, Santa Barbara 93140. (805) 963-0484 weekdays.

Ventura: Law Day 5K, 9:00 a.m. Ventura Co. Government Center. Donna de Paola, Ventura County Bar Ass'n., 4478 Market St., Suite 704, Ventura 93003.

Palos Verdes: Library 10K Run & 3K Run/Walk, 8 a.m., Courtyard Mall. Pro-Motion Events, Box 3095, Redondo Beach 90277. (213) 374-8990.

Vacaville: Run America 2 & 5 Mi., Pena Adobe Park, 9 a.m. Solano Striders, P.O. Box 1778, Vacaville 95696. (707) 448-0413.

April 30 (Sunday):

Pinole: Pinole Marathon & Half-Marathon and High Five 5K, Pinole Valley High School, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Francisco: DSE Ferry Building Run, 3.83 Mi., Dolphin Club, (also 0.6 Mi. Kid's Run), 9:30 a.m./0.6 Mi., 10 a.m. Phil Haber: (415) 668-2830.

San Francisco: May Day Run, 5 & 10K and 5K Walk, & Children's Fun Run (9 & under)/8 a.m., Golden Gate Park (south side of Polo Fields), 9 a.m. American Heart Ass'n., 120 Montgomery St., Suite 1650, San Francisco 94104. (415) 433-2273.

Sausalito: Breakers to Bay Run, 7 Mi., Rodeo Beach area to Marinship Park, 8:30 a.m. Breakers to Bay Run, c/o Bonnie Hill, 2000 Lucas Valley Rd., San Rafael 94903. (Info: PPSI Hotline) (415) 332-4066.

Los Gatos: Advocate's Run Against Abuse 5 & 10K, Lake Vasona County Park (Blossom Hill Rd.), 9 a.m. Linda Brown, c/o 2881 Hemlock Ave., San Jose 95128. (408) 947-6194.

Discovery Bay: Rally Around the Lake 5K, Discovery Bay Swim & Racquet Club, 9 a.m. Phil Paulson, Lions Club, 5514 Marlin Ct., Byron 94514. (415) 634-6654.

Lodi: Crime Fair 5 & 10K Run and 5K Walk, Lockeford St. & Cherokee Ln., 9 a.m. Jerry Adams, Lodi Police Dept., 230 W. Elm St., Lodi 95240 (209) 333-6787.

Placerville: Marshall M.A.S.H. Run, 5 & 10K, Cameron Park (Cameron Park Dr. exit), 9 a.m. (8:30 a.m. for 1/2 Mi. Kid's Run). Marshall M.A.S.H. Run, P.O. Box 872, Placerville 95667. (916) 626-2675.

Chico: Butte Biathlon, Long Course (4 Mi.



PACIFIC SUN 10K

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- Full Results to All Finishers

TIME & PLACE: Men-8 AM, Women-8:05 AM

College of Marin, Kentfield, Marin County
From Highway 101 take the Sir Francis Drake Blvd.
exit. Go West 2 miles to College Ave. (At the fire sta-
tion.) Turn left and go 1/2 mile to the college's PE
complex parking lot, (on the left).

REGISTRATION: \$12 payable to:

"Pacific Sun 10K"

Complete form. Sign waiver. Include a 4" X 10" SASE,
and mail to:

**Pacific Sun
c/o Bonnie Hill
2000 Lucas Valley Rd.
San Rafael, CA 94903**

Discount registration through WATERMARK
CENTERS.



Courtyard by Marriott
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Larkspur Landing
1 (800) 321-2211

RACE DAY REG: Fee \$15 - starts 6:30 am

TEAMS: By pre-registration only - must be postmarked
by May 19.

- PA/TAC - Unofficial scoring on raceday, Scoring
based on TAC rules.
- CORPORATE - Point system with 3 member teams,
based on place in age/sex divisions.

DIVISIONS: Men/Women: 18 & under, 19-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 &
over

AWARDS: Medals, prizes 5 deep in all divisions.

- First 5 men/women finishers: 1st-\$400, 2nd-\$200,
3rd-\$150, 4th-\$100, 5th-\$75
- All runners will receive: T-Shirt, WATERMARK sam-
pling bag, & eligibility for 250 raffle items.

BENEFICIARY: Marin Community College
FASTTRACK program: resurfacing of artificial track.

PA/TAC Master's 10K Championships

HOTLINE: (415)479-3839

PACIFIC SUN 10K

SEX ☐ M/F

DATE OF BIRTH Month Day Year

AGE ON RACE DAY

Best 88/89 10K Time

TRS For Official Use Only

LAST NAME

FIRST

STREET

CITY

STATE ZIP

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TEAM

PHONE

TEAMS - PRE-REG ONLY - POSTMARK BY MAY 19

WAIVER: In consideration of your accepting this entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims or damages I may accrue against the persons and organizations affiliated with the race for any and all injuries that may be suffered by me or enroute to or from the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver I acknowledge that I have read and understand all of the above.

ALL ENTRANTS MUST SIGN WAIVER (Parent/Guardian if under 18)

Date

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Run, 30 Mi. Bike, 4 Mi. Run), Short Course
(1.5 Mi. Run, 15 Mi. Bike, 1.5 Mi. Run), Dur-
ham Park, 9 a.m. Fleet Feet, 222 W. Third
St., Chico 95926. (916) 345-1000.

So. El Monte: Legg Lake 5K Wildflower
Run, 8:30 a.m. Arthur Martinez, 9502 Reich-
ling Lane, Pico Rivera 90660. (213) 949-0394.

La Jolla: Golden Triangle 5 & 10K, JCC,
7:30 a.m. Michael Simmons: (619) 437-4556.

Jersey City, NJ: Jersey City Marathon
(National TAC Sr. Men's Marathon Champion-
ships), Liberty State Park, Time TBA. Tim
McLoone, 200 Plaza 3, Jersey City, NJ.
07311. (201) 432-5530.

Sacramento: Maranatha Half Marathon,
10K & Mile/Half-Mile Kid's Races, Goethe
Park, 8 a.m./Kid's Races, 8:20 a.m./H-M,
8:30 a.m. Nick Vogt, 1025 Grange Rd.,
Meadow Vista 95722. (916) 878-0697.

Ventura: California Beach Party 5K, 10K &
One Mile, 8 a.m., Surfers' Point on Ventura
Beach Promenade. City of Ventura, Dept. of
Parks & Recr., P.O. Box 99, Ventura 93001.
(805) 658-4726.

San Dimas: Los Angeles Triathlon Champi-
onship Series #2, 1K Swim, 40K Bike, 8K
Run, Time TBA. Tri-Events, 2654 E. Garvey
Ave., West Covina 91791. (818) 331-0169.

Davis: Blue Devil Classic, 5 & 10K, Davis
H.S. (315 W. 14th), 9 a.m. A Change of Pace,
1260 Lake Blvd., Davis 95616. (916) 757-
2012.

Santa Cruz: Run for Peace Day 5 & 10K,
Natural Bridges Dr. & Delaware Ave., 9 a.m.
Peace Day Project, 583 Mello Ln., Santa Cruz
95062. (408) 475-0207.

May 2 (Tuesday):

Oxnard: Twilight 5K Run & One Mi. Run/

Walk, 6 p.m., Oxnard Beach State Park. Lor-
raine Mercado, Oxnard Parks & Recr., 325
South A St., Oxnard 93030. (805) 984-4643.

May 6 (Saturday):

Redwood City: Edgewood Wildflower Run,
Distances TBA, Edgewood County Park
(Edgewood Rd. & Crestview - take Edgewood
Rd. exit off I-280), 3rd event of Wildflower
Series, 9 a.m. Team Challenge, P.O. Box
963, El Sobrante 94803. (415) 841-1190.

Angel Island: Angel Island Run, 4.8 Mi.,
San Francisco Bay between Tiburon & S.F.,
Time TBA. The Guardsmen, 220 Sansome
St., #590, San Francisco 94104. (415) 781-
6785.

San Pablo: Stride with Pride Fun Run/Walk-
a-thon, 12K, Brookside Hospital, 9 a.m. Joan
Morris, Brookside Hospital Fndn., 2000 Vale
Rd., San Pablo 94806. (415) 235-7006.
x2828.

Santa Rosa: Mucky Moodoo Biathlon, 4.3
Mi. Run, 14 Mi. Bike, Annadel State Park
(bike course is for mountain bikes), 8 a.m.
(300 limit). Wine Country Race Service, P.O.
Box 237, Occidental 95465. (707) 829-9493.

Ione: Goldweb Gallop, 10K and Half-
Marathon, Howard Park, 8 a.m./Half-
Marathon, 8:30 a.m./10K (also Kids Fun Run
at 7:45 a.m.). Goldweb Gallop, P.O. Box 606,
Ione 95640. Mike or Julie: (209) 274-2403.

Monterey County: Lake San Antonio
Wildflower Short Course International Triath-
lon, 1/2 Mi. Swim, 20 Mi. Bike, 4.5 Mi. Swim,
So. Shore Lake San Antonio (15 Mi. N.E. of
Hearst Castle), 10 a.m. (900 limit, 200 relay).
Wildflower Festival, c/o Monterey County
Parks Dept., P.O. Box 5279, Salinas 93915.
(408) 755-4899.

Sonoma County: Save the Children Relay
'89, 12-Hour Team Relay (5-10 persons), 9
a.m. World Runners Int'l., 2050 W. Steele
Ln., #E-2, Santa Rosa 95401. (707) 545-
5548.

San Bernardino: Tin Man Triathlon, 3.1 Mi.
Run, 9 Mi. Bike, 125 Yd. Swim, Cal-State
Univ., Time TBA. John Shultz, P.O. Box
5884, San Bernardino 92412. (714) 884-
6431.

So. El Monte: San Gabriel River 3 Mile
Frog Legg Run, 8:30 a.m. Arthur Martinez,
9502 Reichling Ln., Pico Rivera 90660. (213)
949-0394.

Del Mar: Torrey Pines 5K Run/Walk, Torrey
Pines High School, 8 a.m. In Motion, 2204
Garnet Ave., Suite 303, San Diego 92109.
(619) 483-9501.

Avenal: Oasis in the Sun Fun Run, 2 & 4
Mi., Avenal High School, 8 a.m. Avenal
Chamber of Commerce, P.O. Box 1, Avenal
93204. (209) 386-0690.

Los Angeles: Sri Chinmoy Peace Mile
Race, 4 Mi. Run & 2 Mi. Walk, Willowbrook
Park (936 E. El Segundo Blvd.), 7 a.m. Sri
Chinmoy Marathon Team, 1921 S. Sher-
bourne Dr., Los Angeles 90034. (213) 838-
4746.

Chula Vista: Save the Children Relay, 24-
Hour Relay, Chula Vista H.S., 9 a.m. Steve
Kleinstuber. (619) 584-8641. Note: 5 or more
per team.

Fountain Valley: Run for the Roses 6K
and Fun Run, 9 a.m. Mile Square Park. Silky
Sullivans, 10201 Slater Ave., Fountain Valley
92708. (714) 963-5967.

Long Beach: Long Beach Plaza 8K, 8:30
a.m., Long Beach Plaza (451 Long Beach
Blvd.). Long Beach Plaza, 451 Long Beach
Blvd., Long Beach 90802. (213) 435-8686 or
LB YMCA (213) 436-9622.

Canoga Park: Great Rockwell Reservoir
5K, 10K & One Mile Fun Run, 10K/7:30, 5K/
9:15, 10:30 a.m., Chatsworth Reservoir.
Steve Polley, Rockwell Reservoir Run, 8500
Fallbrook Ave., West Hills 91304. (818) 710-
2145.

Riverside: Riverside Medical Clinic Foun-
dation 5K Run/Walk & 10K, 8 a.m., Arlington
High School. RMC Foundation, P.O. Box
2605, Riverside 92516-2605. (714) 782-3017.

Monrovia: Centennial 5K, 10K and 2K Fun
Run, 2K/7:30 a.m., 8 a.m. Santa Anita YMCA,
501 S. Mountain, Monrovia 91016. (818) 359-
9244.

Lake Hughes: Steamroller 100K, 5 a.m.,
Angeles National Forest. Rich Dinges, 7718
Yarmouth Ave., Reseda 91335. (818) 345-

SCHEDULE

8751.

San Jose: Relay '89, 12-Hour/5-Member Team, Independence H.S. (track), 8 a.m. Dave Wier, World Runners, P.O. Box 18132, San Jose 95138. (408) 257-8112.

Santa Rosa: Save the Children Relay '89, 12-Hour/5-Member Team, Santa Rosa J.C., 9 a.m. World Runners, Attn: Carroll Hirsch, 2050 W. Steele Ln., #E-2, Santa Rosa 95403. (707) 829-5338.

Stockton: Cinco de Mayo 5K & Fun Walk, Waterfront Warehouse (455 W. Weber Ave.), 9:30 a.m. Tarahumara R.C., P.O. Box 8422, Stockton 95208. (209) 948-0938.

May 7 (Sunday):

Weott: Avenue of the Giants Marathon, Dyerville Bridge (2.5 Mi. north of Weott), 9 a.m. Ave. of Giants Marathon, c/o 281 Hidden Valley Rd., Bayside 95524. (707) 443-1226.

Long Beach: Long Beach Marathon & 8K, Long Beach Convention Center, Time TBA.

Joe Carlson, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

Daly City: DSE San Bruno Mountain Run, 5 & 10K, San Bruno Mtn. State Park (top of Guadalupe Canyon Parkway), 10 a.m. Phil Haber: (415) 668-2830.

San Francisco: Windmill to Windmill Run, 10K, Kennedy Dr. & Great Hwy. (Golden Gate Park), 10 a.m. Walden House, 205 13th St., Suite 3300, San Francisco 94103. (415) 554-1100.

Danville: Devil Mountain 10K and 2.8 Mi., (Men's Open PA/TAC Championships), Village Town & Country Center, 9 a.m. Devil Mountain Run, P.O. Box 93, Pleasanton 94566. (415) 846-1159.

San Jose: Banner Run IV, 10K, Brokaw & Bering, 8:30 a.m. Gregory Yee, 1239 Valerian Ct., Sunnyvale 94086. (408) 245-4218.

Sausalito: Scenic Bay Run, 3.95 Mi., Ft.

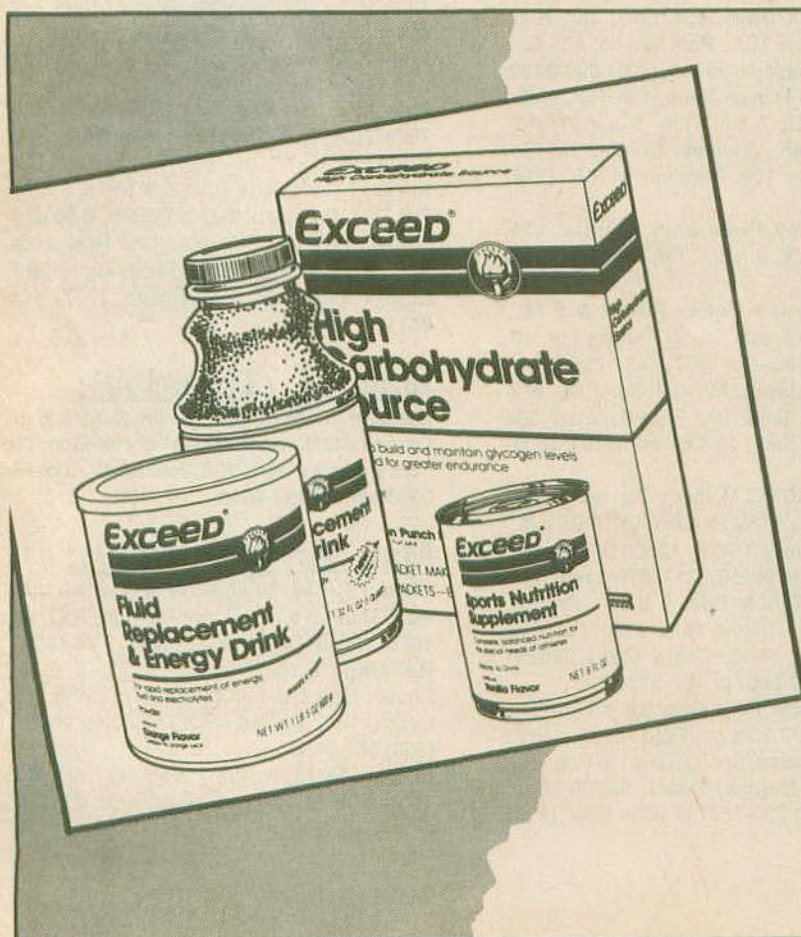
Cronkhite (at tunnel entrance), 9 a.m. Carol Behr-Buckholz, c/o Sausalito Recreation Dept., 420 Litho St., Sausalito 94965. (415) 332-4520.

Monterey County: Lake San Antonio Wildflower Long Course International Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 13.1 Mi. Run, Lake San Antonio So. Shore, 9 a.m. (pre-reg. only by 4/1). Wildflower Festival, c/o Monterey County Parks Dept., P.O. Box 5279, Salinas 93915. (408) 755-4899.

So. El Monte: Garritsons' Legg Lake 8K Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Malibu: Bikesport Southern California Championship Biathlon Series, 5K Run/8:30, 15 Mi. Bike, Zuma Beach, 8 a.m. 5K Run/8:30 a.m. Michael Epstein, P.O. Box 9122, Calabasas 91302. (818) 880-4915.

Encinitas: Cinco de Mayo Run & Walk, 2 Mi. & 10K, 3rd & "B" St., 7:30 a.m. Lyn Lacey (619) 236-0842.



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SCHEDULE

San Diego: Scripps Memorial CV 10K & 2 Mi., 8 a.m. Tim Murphy: (619) 275-5440.

San Jose: Big Foot Run to the Lake, 8K & 2.1 Mi. Fun Run, Lake Cunningham (Raging Waters parking lot), 8:30 a.m./8K, 9 a.m. Peter Guterrez, 230 Tassett Ct., Santa Cruz 95060. (408) 426-9739.

Newport Beach: Around the Bay in May, 5K & 15K, (73 Fwy. & Jamboree), 7:30 a.m. Around the Bay in May, Race Central, P.O. Box 282, Rialto 92376. (714) 547-7559.

Newhall: Magic Mountain 5K, 8 a.m., Six Flags Magic Mountain, Valencia. Kiwanis Club, P.O. Box 656, Newhall 91322. (800) 344-8299, (805) 259-9182 or (818) 362-8081.

Los Angeles: Run Like A Bruin 5K & 10K, 7:30 a.m., UCLA Campus. Brad Jarvinen, Student Alumni Ass'n., James West Center, 405 Hilgard Ave., Los Angeles 90024. (213) 206-0524.

Lone Pine: Wild, Wild West Cross Country 3 Mi, 5 Mi & Marathon, Marathon & 10 Mi/7:00 a.m., 3 Mi./7:10 a.m., Tuttle Creek Campground. Lone Pine Chamber of Commerce, P.O. Box 749, Lone Pine 93545. (619) 876-4444.

Porterville: Corporate 10K Relay & 2 Mile Run, 8:15 a.m./2 Mi, 9 a.m. Porterville College Stadium. Parks & Leisure Office. (209) 782-7536.

San Francisco: Razathon Run, 3.8 Mi., Rolph Park (Army & Potrero), 9 a.m. Razathon, 3007 - 24th St., San Francisco 94110. (415) 826-1401.

Los Gatos: Los Gatos Scholastic Classic, 2 Mi. & 10K, Los Gatos H.S. (track) (New York Ave.), 8:30 a.m./10K, 10 a.m. Martin Robinson, Los Gatos Education Fndn., 346 Johnson Ave., Los Gatos 95032. (408) 354-2252.

May 9 (Tuesday):

Oxnard: 3 Mile Evening Fun Run, 6 p.m., Oxnard State Beach. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

May 13 (Saturday):

San Francisco: The Human Race, 8K, Ft. Mason (Great Meadow, Marina Blvd. & Laguna), 8 a.m. Volunteer Center of San Francisco, 1090 Sansome St., San Francisco 94111. (415) 982-8999.

San Mateo: The Human Race, 5 & 10K, Central Park (El Camino Real & Fifth Ave.), 8:30 a.m. Lois Koenig, 535 Darrell Rd., Hills-

borough 94010. (415) 342-9328.

San Rafael: The Human Race, 10K, Terra Linda H.S. (320 Nova Albion Way), 8:30 a.m. Volunteer Center, 70 Skyview Terr., San Rafael 94903. (415) 479-5660.

Martinez: Young Life Dr. Noid 10K, Martinez Marina Park, 9 a.m. Larry Brassea, 2655 Appian Way, Pinole 94564. (314) 223-4664.

San Jose: Quicksilver 50K & 50 Mile Endurance Runs, Almaden Quicksilver County Park, 6 a.m. (150 limit per race). Bill Maida, 1490 Hicks Ave., San Jose 95125. (408) 293-5738.

Santa Cruz: March of the Monarchs 10K & 15K, Natural Bridges State Beach & Park (Westcliff Dr.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Tracy: Tracy 5 & 10K and 1 Mi. Run/Walk, Lincoln Park (East & Eaton), 8 a.m. Against the Wind Tracy R.R., Bob Milliom, 7759 W. Cabe Rd., Tracy 95376. (209) 832-1054.

Guerneville: Stumptown Daze Run Through the Redwoods 3 & 10K, downtown, 9 a.m. Russian River Chamber of Commerce, P.O. Box 331, Guerneville 95446. (707) 869-9009.

Bakersfield: Bakersfield Bud Light Triathlon, 8 a.m., 2K Swim, 40K Bike, 15K Run, Lake Ming, Time TBA. Paul Mackie, 405 Galaxy Ave., Bakersfield 93308. (805) 399-2720.

Pomona: The Human Race, 10K Run/Walk, Cal Poly Univ., 7 a.m./Run, 8 a.m./Walk. Ronette Warren, Volunteer Center, 375 So. Main St., Suite 109, Pomona 91766. (714) 623-1284.

Del Mar: Torrey Pines Bank Classic, 10K Run/5 Mi. Walk, 8 a.m. Tim Murphy: (619) 275-5440.

Arcata: Atalanta's Victory Run, 2 & 5 Mi., Women Only, Arcata Co-op Parking Lot, 10 a.m. Karen Kelley-Day (707) 443-1226.

San Luis Obispo: Alcohol Services 5 & 10K Dry Runs, Time TBA. Elisa Baranski, 994 Mill St., #201, San Luis Obispo 93401. (805) 549-4275.

Hawthorne: HCMG Mother's Day 3K & 10K, Hawthorne Plaza Mall, 8 a.m./10K, 8:05 a.m. Hawthorne Family YMCA, 12500 S. Ramona Ave., Hawthorne 90250. (213) 679-1146.

Orange: 5K Tribute Run, 8 a.m., Orange Coast College. Tribute Run, 2701 Fairview Rd., P.O. Box 5005, Costa Mesa 92628-0120. (714) 432-5507 or 432-5730.

Newport Beach: Ford Aerospace Tune Up 1K, 5K & 10K, 7:30 a.m., Ford Aerospace at Ford and Jamboree. Spring Tune Up Run, Box A, Ford Rd., Newport Beach 92660. Sam Johnson: (714) 720-7787 or John Blair: (714)

966-0556.

Rancho Cordova: The Human Race, 5 & 10K Run/Walk, Prospect Park (Kilgore & White Rock Rd.), 8:30 a.m. Volunteer Center, 331 J Street, Suite 203, Sacramento 95814. (916) 441-4357.

May 14 (Sunday):

Fresno: Millerton Biathlon, 1 mile swim, 7-9 mile run, Lake Millerton Recreation area, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Francisco: DSE Mystery Run, 6 Mi., start/finish Howard & Spear Sts., 10 a.m. Phil Haber: (415) 668-2830.

Fremont: Ergo's Run for Serra 10K Run & 3 Mi. Stride, Stevenson Blvd. & Paseo Padre Pkwy., 8:30 a.m. Serra Residential Center, P.O. Box 3296, Fremont 94539. (415) 657-2002.

Pleasanton: Soccer City Run, 5 & 10K and 1 Mi. Walk, Hacienda Business Park (off Hopyard Rd.), 9 a.m. Mike Milton, 3586 Whitehall Ct., Pleasanton 94566. (415) 846-5512.

Sacramento: Old Sac Tirathlon, 500 Yd. Swim, 13 Mi. Bike, 5K Run, Old Sacramento, Time TBA. Bill Kelly, c/o 2408 J Street, Sacramento 95816. (916) 442-3338.

Walnut Grove: Catfish Jubilee 5 Miler, 8 a.m. Roger Martin: (916) 776-1627.

Palo Alto: The Page Mill Mile (uphill race), Time TBA. Palo Alto Recreation Dept. (415) 329-2380.

Eureka: Redwoods Run, 8.5 Mi. & 3.5 Mi. Fun Run, College of the Redwoods, 9:30 a.m./8.5 Mi, 11 a.m. College of the Redwoods, Attn: A.S.C.R. Run, 7351 Tompkins Hill Rd., Eureka 95501. Mark Sampson: (707) 443-8411.

May 16 (Tuesday):

Oxnard: 5 Mile Evening Fun Run, 6 p.m., Oxnard State Beach. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

May 20 (Saturday):

Walnut Grove: Walnut Grove Catfish Jubilee 5 Miler, 8 a.m. Roger Morgan, P.O. Box 1825, Walnut Grove 95960. (916) 776-1627.

Redding: Rotary Stampede, 2 & 6 Mi., Shasta High School, 8:30 a.m. Dennis Patterson, 1842 Keystone Ct., Redding 96003. (800) 553-2466.

El Dorado Hills: Pony Express 50 Miler, 100% Trail (flat & fast), Western States quali-

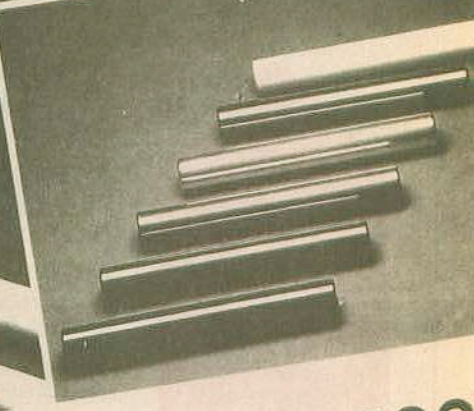
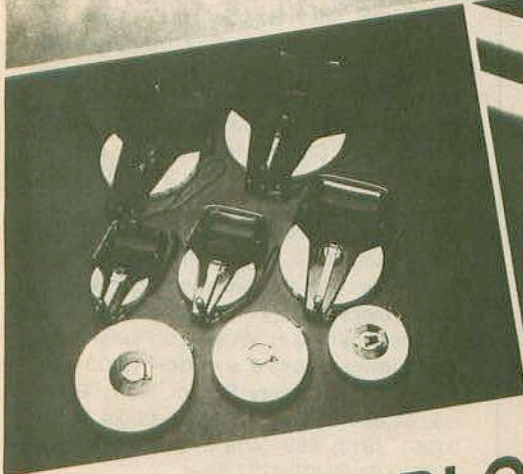
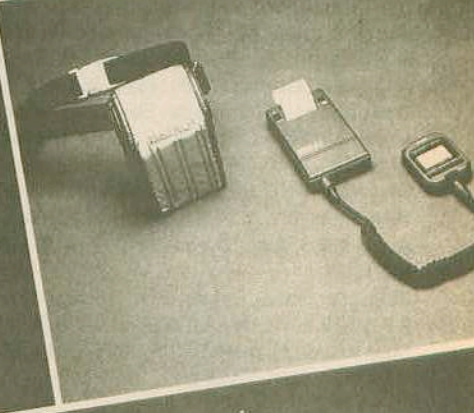
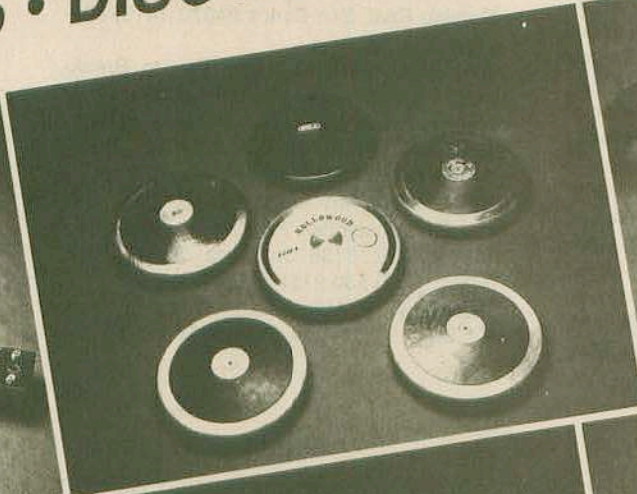
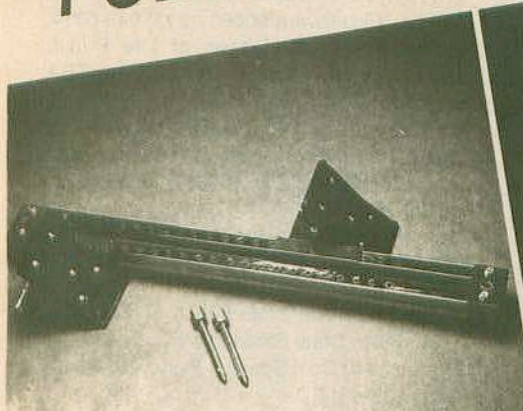
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fier (1.25 Mi. loop), 8:30 a.m. (\$36/Pre-entry only). Delmar Fralick, P.O. Box 5299, El Dorado Hills 95630. (916) 965-8326, days.

Lompoc: Mission Fiesta 5 & 10K, La Purisima Mission, 8 a.m. Peggy Good, Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. (805) 733-3644.

So. El Monte: San Gabriel River 15K Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Torrance: Armed Forces Day 5 & 10K, 8 a.m. Allen Shall, Parks & Recreation Dept., 3031 Torrance Blvd., Torrance 90503. (213) 618-2945.

San Dimas: Los Angeles Triathlon Championship Series #3, 1K Swim, 40K Bike, 8K Run, Time TBA. Tri-Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Descanso: Cuyamaca 50K Trail Race, Green Valley Falls, 6 a.m. Jerry Mitchell: (619) 769-7443.

San Ysidro: U.S./Mexico International 10K Run/Walk, 8 a.m. In Motion, 2204 Garnet Ave., #303, San Diego 92109. (619) 483-9501.

Fillmore: Youth Employment Service 10K & 2.7 Mi., 8 a.m., Central & Sespe. Y.E.S., 455 Sespe Ave., Fillmore 93015. (805) 524-2424.

Ontario: American Cancer Society 5K Run, 15K Bike, 200m Swim Triathlon, 8 a.m. Bessie Clark, A.C.S., 2060 Chicago Ave., Suite A-17, Riverside 92507. (714) 683-6415.

Burbank: Burbank Run for the Hungry, 8 a.m., Buena Vista Park at Catalina & Parkside. Burbank Park & Rec. Dept., P.O. Box 6459, Burbank 91510. (818) 953-9506 or 955-8312.

May 21 (Sunday):

San Carlos: San Carlos Home Town Days Race, 5 Mi., Burton Park (Arroyo & Cedar), 9 a.m. Suzanne, c/o Davey Properties, 100 El Camino Real, San Carlos 94070. (415) 592-2211.

San Francisco: Examiner Bay to Breakers, 12K, Howard & Spear Sts., 8 a.m. (entry blanks will be in Examiner). Examiner Bay to Breakers, 110 Fifth St., San Francisco 94103. (415) 777-7773.

Berkeley: Tilden Tough Ten, 10 Miles, Tilden Park (Inspiration Point), 8:30 a.m. Elvyn Blair, LMJS, 3136 California St., Oakland 94602. (415) 530-9151 or 526-0711.

Monterey: Monterey Sprint Triathlon, 500 Yd. Swim, 12 Mi. Bike, 5K Run, Fort Ord base,

9 a.m. (500 limit). Waddell Sports, 225 Lighthouse Ave., Monterey 93940. (408) 646-1487.

Fremont: Ohlone Wilderness Trail 50K Run, very hilly on trails & fire roads from Fremont to Livermore, 6:30 a.m. John Vonhof, East Bay UltraRunners, 4438 Gibraltar Dr., Fremont 94536. (415) 797-8169, evens.

Bakersfield: Bakersfield T.C. Ultimate Fun Run, Distance TBA, Time TBA. Randy Brown (805) 834-9130.

Arcadia: Anita Lite Spring Classic, 5 & 10K and 1K Fun Run, Santa Anita racetrack (285 W. Huntington Dr.), 7:30 a.m. Jim O'Brien, 303 Mayflower Ave., Monrovia 91016. (818) 303-6080.

So. El Monte: Legg Lake 5K Great Western Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Newport Beach: Ocean of Life Run for Life, 2K & 8K, Fashion Island, Time TBA. Matt Jones: (714) 723-1536.

San Diego: ~~CANCELLED~~, Nissan San Diego 10K, Fifth & G Sts., 7:45 a.m. In Motion, 2204 Garnet Ave., Suite 303, San Diego 92109. (619) 483-9501.

San Marcos: Run for the Fund, 5 & 10K, Woodland Park, 7:30 a.m. Contact: (619) 744-4776.

Reno, NV: Silver State 50K & 50 Mile, Time TBA. Silver State Striders, c/o Judy & Roland Martin, 4840 Cool Springs, Reno, NV 89509. (707) 825-4616.

San Luis Obispo: Electric City Challenge Series 10K, South Bay Community Park, 8:30 a.m. San Luis Distance Club, Attn: Stan Rosenfield, P.O. Box 1134, San Luis Obispo 93406. (805) 528-5450 or 544-9320.

Channel Islands: California Strawberry Festival 10K, Channel Islands Marina, 8 a.m. Pro Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

Dana Point: Scholarship 5K, 10K & Kids Track Run, 8 a.m., Dana Hills High School. Dana Point Scholarship run, P.O. Box DF, Dana Point 92629. (714) 661-0317.

Westlake Village: Westlake Florist 5K & 10K Flower Runs, 8 a.m./10K, 9:00 a.m., Westlake Elementary School. Harry Panteas, 31,800 Langspur Ct., Westlake Village 91361. (818) 889-6408 evens., (818) 889-7636 or (805) 497-9777 days.

May 23 (Tuesday):

Oxnard: 3 Mile Evening Fun Run, 6 p.m., Oxnard State Beach. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard

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LOW FAT

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NO CHOLESTEROL

THE SCIENCE OF GATORADE

Every time you exercise, you put your body to the test. Gatorade® Thirst Quencher has been scientifically formulated and tested to help you meet that challenge. This is what science has found.

Rehydration.

Science confirms that the carbohydrates and electrolytes in Gatorade stimulate fluid absorption (1). During intense exercise in the heat, sweat loss can exceed two quarts per hour. The quick replacement of these fluids is essential to prevent the detrimental effects of dehydration and maximize your potential for peak performance. Not even plain water is absorbed faster than Gatorade (2).

Endurance Physiology.

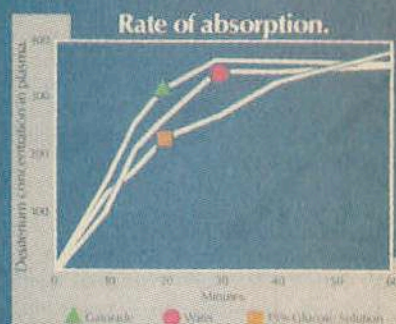
Strenuous activity affects important functions in your body. By consuming Gatorade at 15-20 minute intervals during exercise, you can help maintain your sweat rate, heart rate and core temperature at safe levels (3). And the regulation of these functions makes it easier for your body to perform its best.

Energy.

During training or a competitive event, your muscles draw heavily upon muscle glycogen stores as an energy source. As your glycogen levels decline, your muscles rely more on blood glucose (4). The blend of glucose and sucrose in Gatorade is as effective as any carbohydrate—including glucose polymers—in maintaining blood glucose, providing energy to working muscles, and improving exercise performance (5).

It's been researched. It's a fact. Gatorade performs.

For more information write to: "The Science of Gatorade," 847 W. Jackson St., 5th floor, Attn: Dept. 60, Chicago, IL 60607.



Gatorade is absorbed into the body as rapidly as plain water and significantly faster than a beverage containing 15% glucose (graph adapted from (2)).

References:

1. American Gastroenterological Association. "Physiology of Intestinal Fluid and Electrolyte Absorption." Baltimore: Milner-Fenwick, 1980.
2. "Accumulation of deuterium oxide in body fluids after ingestion of D₂O-labeled beverages." *Journal of Applied Physiology*, 63: 2060-2066, 1987.
3. "Carbohydrate/electrolyte drinks: effects on endurance cycling in a warm environment." *American Journal of Clinical Nutrition*, 48: 1023-1030, 1988.
4. "Carbohydrates for exercise: Dietary demands for optimal performance." *International Journal of Sports Medicine*, 9: 1-18, 1988.
5. "The effect of fluid and carbohydrate feedings during intermittent cycling exercise." *Medicine and Science in Sports and Exercise*, 19: 567-604, 1987.



SCHEDULE

93030. (805) 984-4643.

May 24 (Wednesday):

San Diego: One Hour Run, Balboa Stadium, 5:30 p.m./Slow (6:30/Mile or more), 6:35 p.m./Fast (6:30/Mile or less). Graeme Shirley: (619) 452-9562 or 455-4440.

May 27 (Saturday):

San Bruno: Memorial Cross Country Run, 4 Mi., San Bruno City Park (Memorial Gym area), 8:30 a.m. Mike Sullivan, Runners Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

El Sobrante: Wildcat Ramble Half-Marathon & 10K, Hillview Community Center (San Pablo Dam Rd. & Clark Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Morgan Hill: Mushroom Mardigras 10K Fun Run, Live Oak H.S. (1505 E. Main St.), 8:30 a.m. Steve Tate, 2940 Holiday Ct., Morgan

Hill 95037. (408) 779-6992.

So. El Monte: Legg Lake Purple Tree Run, 5K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Bonita Road Runners 5 & 10K, Rohr Park, 7:30 a.m./5K, 8 a.m. Dave Brandland: (619) 421-3424.

Sierra Madre: Mount Wilson 8.6 Mile Trail Run, 7:30 a.m., limited to 250 entrants. Mount Wilson Trail Run, City of Sierra Madre, 232 W. Sierra Madre Blvd., Sierra Madre 91024. (818) 355-7135.

May 28 (Sunday):

San Francisco: DSE Golden Gate Promenade Run, 7.13 Mi. (& 0.6 Mi. Kid's Run), Dolphin Club, 9:30 a.m./Kid's Run, 10 a.m. Phil Haber: (415) 668-2830.

Pinole: Pinole Spring Festival 4 Mi. & 3 Mi. Stride, Fernandez Park (Pinole Valley Rd. No. off I-80), 9 a.m. Team Challenge, P.O. Box

963, El Sobrante 94803. (415) 841-1190.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K, 10K & 15K, Lake Merritt (Old Boathouse at 14th & Lakeside Dr.), 9 a.m. Elvyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

Brentwood: Brentwood 5 & 10K, San Vicente & Barrington (Part of TAC Grand Prix Series), 8 a.m./5K, 8:45 a.m. Brentwood 10K Run, Box 49913, Los Angeles 90040. (213) 820-7585.

So. El Monte: San Gabriel River 3 Mile Memorial Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Incline Village, NV: I-CAN Run for Drug-Free Youth, 10K, 2 Mi. Fun Run & 1/2 Mi. Kids' Run, Aspen Grove Comm. Center (960 Lakeshore Blvd.), 10 a.m. Contact: Steve Baker (702) 831-0668.

Redding: Redding Bud Light Triathlon, 2K Swim, 65K Bike, 15K Run, Time TBA. Terry



WASHINGTON CENTENNIAL RELAY MARATHON

Mt. Rainier to the Pacific

Friday, July 14, 1989

163 Miles

Celebrate Washington's 100th Birthday

1989 is the inaugural year of a totally unique run. Come join the celebration and experience a total challenge.

11 Person Teams

This is a 11 person team event. There are approximately 33 5-mile legs in the relay. Each team member will alternate running 5-mile "legs" -- that's about 15 miles each.

The Course

The relay is run through one of the most scenic areas of the state--rolling farm lands, forests, lakes, and beaches. The course is all blacktop. No congestion or traffic. Starting elevation is 1720'--no mountains or steep grades.

Team Classifications

Mens Open, Womens Open, Mixed Open, Mens Masters, Womens Masters, and Mixed Masters. Teams will have staggered starts beginning at 6 PM, July 14, 1989.

TV Coverage

Washington Centennial Relay Marathon will be covered nationally by ESPN-TV.



The Celebration of the Century!

For Information Write/Call:

WASHINGTON CENTENNIAL RELAY MARATHON

P.O. BOX 17086

SEATTLE, WASHINGTON 98107

(206) 782-6547

SCHEDULE

Rust, 2315 N. Bechelli Ln., Redding 96002. (916) 223-1813.

Aptos: Krazy 10K Run, Nisene Marks Park (Aptos Station), 9 a.m. Attn: Don, c/o Krazy's Restaurant, 7941 Soquel Dr., Aptos 95003. (408) 688-3303.

May 29 (Monday):

Kentfield: Pacific Sun 10K, College of Marin, 8 a.m. Total Race Systems, 627 Galerita Way, San Rafael 94903. (Note: PA/TAC Masters 10K Championships).

La Canada: Fiesta Days 5 & 10K and 1 Mi., Descanso Gardens, 7:30 a.m./1 Mi., 8 a.m. Mike Blackmore, YMCA, 1930 Foothill Blvd., La Canada 91011. (818) 790-0123.

So. El Monte: Legg Lake Memorial Day 8K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

May 30 (Tuesday):

Oxnard: 3 Mile Evening Fun Run, 6 p.m., Oxnard State Beach. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

June 3 (Saturday):

Fairfield: Gold Medal Triathlon, 0.75 Mi. Swim, 5.4 Mi. Run, 9.5 Mi. Bike, Lagoon, Valley Park, 8:30 a.m. Rick Gebers, 2525 Martin Rd., Fairfield 94533. (707) 425-9564.

Sonoma: Hit the Road Jack 10K, Time TBA. Sonoma Cheese Factory, 2 Spain St., Sonoma 95476. (707) 938-5225.

Folsom: Tri for Fun Series, 1K Swim, 20K Bike, 5K Run, Folsom Lake, 8 a.m. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Bakersfield: Bakersfield T.C. Hart Park Fun Run, Time TBA. Randy Brown (805) 834-9130.

Los Angeles: Sri Chinmoy Peace Mile Race, 4 Mi. Run or 2 Mi. Walk, Willowbrook Park (936 E. El Segundo Blvd.), 7 a.m. Sri Chinmoy Marathon Team, 1921 S. Sherbourne Dr., Los Angeles 90034. (213) 838-4746.

Rosarito Beach, Baja, Cal./Mexico: Festival de Primavera, 5K, 10K, 10 Mi. & 1 Mi. Fun Run/Walk, 8 a.m./5K, 8:05 a.m./10K, 8:10 a.m./10 Mi., 7:45 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417, (213) 634-3027.

Escondido: Escondido 5K Run & Relays

and 1 Mi., Escondido Civic Center, 5:30 p.m. Contact: Tim Murphy: (619) 275-5440.

Boulder City, NV: Southern Nevada Roadrunner Classic Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 13.1 Mi. Run, Lake Mead, Time TBA. Kay Carlson, 4583 W. Flamingo Rd., Las Vegas, NV. 89103. (702) 367-3338.

Albany, NY: Freihofer's Run for Women, 5 & 10K (Nat'l. TAC Women's 5K Championships), Time TBA (5/27 Entry deadline). Freihofer's Run for Women, 233 Fourth St., Troy, NY 12180. (518) 273-0267.

Idyllwild: Idyllwild 5K & 10K Runs, 8 a.m., Idyllwild Town Center. Dave Pelham, P.O. Box 3185, Idyllwild 92345. (714) 659-5672 or Kerry Campbell (714) 659-4549.

So. El Monte: Menudo 5K & 10K Runs, 8 a.m., Legg Lake Park. Lt. Dan Alvarez, P.O. Box 2353, Irwindale 91706. (818) 331-4272 mornings.

Antioch: Tri-for-Fun Triathlon, 0.5 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, Contra Loma Regional Park, 8 a.m. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

Sacramento: Motherlode Minithon 5 & 10K, William Land Park, 9 a.m. Donn Sullivan, 3001 E Street, Sacramento 95816. (916) 441-0400.

Minden, NV: Carson Valley 10K, Carson Valley Inn Hotel/Casino, 10 a.m. Bill Henderson, P.O. Box 2560, Minden, NV 89423. (800) 321-6983 outside Nevada; (702) 782-9711 inside Nevada.

June 4 (Sunday):

San Leandro: San Leandro Shoreline 10K & 3K, San Leandro Marina, 8:45 a.m. Ted Swenson, c/o 835 E. 14th St., San Leandro 94577. (415) 577-3469.

Palo Alto: Robert Krohn Baylands 5 & 10K Stride, 8 a.m. Palo Alto Rec. Dept.: (415) 329-2380.

Mill Valley: DSE Practice Dipsea, 7.1 Mi., start in park (2 blocks from Lytton Square), 8 a.m. Fred Haber: (415) 668-2830.

Salinas: Heart & Sole 5 & 10K, Salinas Valley Memorial Hospital, 9:30 a.m. Salinas Valley Memorial Hospital, Attn: Mike Hutchinson, 450 E. Romie Ln., Salinas 93901. (408) 755-4333.

Los Angeles: Bob Seagren 5 & 10K Run for Children with Special Needs, UCLA Campus, 8 a.m./5K, 8:30 a.m. Bruin Classic, Attn: Kit Kehr, c/o UCLA Intervention Program for Handicapped Children, 1000 Veteran Ave., Suite 23-10, Los Angeles 90023. (213) 825-4821.

Irvine: Orange County Performing Arts Center Triathlon, 1.5K Swim, 40K Bike, 10K Run, Lake Mission Viejo, Time TBA. Michael Braunstein, P.O. Box 2218, Costa Mesa 92626. (714) 846-0813.

Coronado: Coronado Hospital Bridge Run, 3 Mi. & 10K, Glorietta Blvd., 7 a.m. Contact: Toni Deal (619) 272-8316.

El Segundo: Heart Club 5K Run/Walk, 8 a.m., Hughes Aircraft at 2000 El Segundo Blvd. Steve Morgan, 20841 Denkey, Torrance 90501. (213) 615-7622 days.

Ukiah: Russian River Runs & Marathon & PA/TAC 8K Championships, Talmage, 6 a.m./Marathon & H-M, 8 a.m./8K. Dennis Huey, P.O. Box 204, Ukiah 95482. (707) 462-8879.

Cupertino: DeAnza Day 5K Run/Family Walk, De Anza College parking lot D, 8 a.m. Jeff Anderson (408) 996-4886.

Corte Madera: The Nature's Company Run for Life on Earth, 5 Mi., Village Shopping Center (Nature Co. store), 9 a.m. Mike Modzelewski (415) 644-1337, x421.

June 6 (Tuesday):

Oxnard: 3 Mile Evening Fun Run, 6 p.m., Oxnard State Beach, Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

June 7 (Wednesday):

Los Angeles: Heart of the City 5K Run, 7 p.m., Union Bank Plaza. Union Bank Special Events, 445 South Figueroa St., Los Angeles 90071. (213) 236-5716.

San Diego Area: Peace Run '89. Olympic-style torch relay. 7 p.m. Western Region Headquarters, 3351 Adams Ave., San Diego 92116. (619) 282-2762.

June 9 (Friday):

Los Angeles Area: Peace Run '89. 9 a.m. See contact information above (June 7).

June 10 (Saturday):

Novato: Stafford Lake Biathlon, 5 Mi. Run, 25 Mi. Bike, Stafford Lake County Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Bakersfield: Big Brothers Run, Distance TBA, Al Russell Ranch, Time TBA. Contact: Kenyon Sills (805) 325-8841.

Rancho Cucamonga: The Susquicentennial Celebration 5 & 10K, Heritage Park, 8

SCHEDULE

a.m. Contct: (714) 944-6950, 980-3145.

Point Loma: Point Loma Handicap, 10K, NOSC Bldg. 33, 7:30 a.m. Contact: Chuck Pennell. (619) 460-3110. Note: SDTC & DRR members only.

San Jose: Grape Run, 3.5 Mi., Mirassou Vineyards (Aborn Rd.), 9 a.m. Ron Wayne, Mirassou Grape Run, 25930 Kay Ave., #206, Hayward 94545. Jan Reeder: (408) 274-4000.

So. Lake Tahoe: Robert DeCelle, Jr. Memorial Tahoe Relays, 72-Mile, 7-person relay around Lake Tahoe (25th Annual), 8 a.m. Robert DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264, days.

Rosarito Beach, Baja, CA/Mexico: Rosarito Beach Triathlon, 1/4 Mi. Ocean Swim, 12 Mi. Bike, 3 Mi. Run, 9 a.m. Armando Productions, P.O. Box 120089, Chula Vista 92012. (706) 612-1323.

Corona Del Mar: Corona Del Mar Scenic 5K, 8 a.m., Corona Del Mar State Beach. City of Newport Beach, Parks & Rec., P.O. Box 1768, Newport Beach 92658-8915. (714) 644-3151.

Palos Verdes: Palos Verdes Marathon, 7 a.m., Indian Peak and Hawthorne. George Owens, Box 153, Palos Verdes 90274. (213) 548-6865 or 541-5033.

Corona: Run For The Crown 5K & 10K, 8 a.m. Judy Flynn, City of Corona, 815 W. 6th St., Room 150, Corona 91720. (714) 736-2241.

La Verne: La Verne Heritage 2K, 5K & 10K Runs, 2K/7:45 a.m., 8:15 a.m. Wayne Michalak, City of La Verne, 3660 D Street, La Verne 91750. (714) 596-8700.

Stockton: YMCA Twilight Spring Out Run 5 & 10K, Mickle Grove Park, 6:30 p.m. Gary Vangen, c/o YMCA, 640 N. Center St., Stockton 95202. (209) 466-9603.

June 11 (Sunday):

San Jose: Bud Light USTS Triathlon, 1.5K Swim, 46K Bike, 10K Run, Time TBA. Barbara Coates, Leininger Center, 1300 Senter Rd., San Jose 95112. (408) 286-3626.

San Francisco: DSE Legion of Honor Run, 4.3 Mi., 34th & Clement, 10 a.m. Fred Haber: (415) 668-2830.

Aptos: Aptos Women's 5 Miler, Aptos Village Park, 9 a.m. (Women Only). Gail Goettelmann, 866 Burns Ave., Aptos 95003. (408) 688-1624.

Palo Alto: Duck to Ducks 10K, Baylands Interpretive Center, 9 a.m. Palo Alto Recreation Dept. (415) 329-2380.

Rosarito Beach, Baja, CA/Mexico:

Rosarito Beach Biathlon, 3 Mi. Run, 20 Mi. Bike, 3 Mi. Run, 9 a.m. (individuals only). Armando Productions, P.O. Box 120089, Chula Vista 92012. (706) 612-1323.

Mill Valley: 79th Annual Dipsea Race, handicapped start, to Stinson Beach, Time TBA. All entry forms mailed out April 1 only (send S.A.S.E. now for entry form). . . entry deadline when race is filled! Dipsea, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

June 13 (Tuesday):

San Francisco Area: Peace Run '89. 4:45 p.m. See contact information above (June 7).

Bakersfield: Summer Triathlon #1, 10 Mi. Bike, 5K Run, 400m Swim, Time TBA. North Bakersfield Rec. & Park District. Paul Press: (805) 392-2000.

Oxnard: 5 Mile Evening Fun Run, 6 p.m., Oxnard State Beach, Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

June 14 (Wednesday):

Sacramento Area: Peace Run '89. 3:22 p.m. Ceremony at Capitol West Lawn at 12:45 p.m. Contact Dharmaja (916) 448-2360.

June 17 (Saturday):

San Jose: Fujitsu 5 Mile Classic, 8:30 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (408) 922-9115.

Hope Valley: Alpine Wilderness Run, 11 & 22 Mi., Sorensen's Resort (near Kirkwood), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Chula Vista: Scripps Memorial Chula Vista 10K & 2 Mi., 8 a.m. Contact: Tim Murphy (619) 275-5440.

St. Clairsville, OH: National TAC Masters 15K Championships. Pete League, P.O. Box 681, St. Clairsville, OH 43950. (614) 942-2186.

June 18 (Sunday):

Brisbane: DSE "Where the Hell is Brisbane?" 5 Mile, Brisbane Yacht Harbor, 10 a.m. Fred Haber: (415) 668-2830.

San Francisco: Pacific Rim Marathon, 10K Run/Walk, 8 a.m. No Contct (More info to follow).

Oakland: Houston Memorial Woodminster Race, 8.3 Mi., Joaquin Miller Park (Woodminster Meadow), 9 a.m. (Handicapped cross-country hilly trail course). G.A. Wetzork,

3452 Capella Ln., Alameda 94501. (415) 522-3724.

Monte Rio: Moscow Road Race, 5 & 10K and 5K Walk, Fire Station (Main St.), 8 a.m. Monte Rio Chamber of Commerce, P.O. Box 268, Monte Rio 95462. (707) 865-1533.

Isleton: Isleton Crowdad Festival 5 Mile Classic, 8 a.m. Roger Morgan, P.O. Box 1025, Walnut Grove 95690.

Lompoc: Valley of the Flowers Marathon & Half-Marathon, Lompoc H.S. (stadium) (College Ave. & L St.), 7 a.m./Mara. 7:30 a.m. Lee Heinz, c/o LVDC, P.O. Box 694, Lompoc 93438. (805) 737-0025 before 9 p.m.

Bakersfield: Bakersfield TC Ultimate Fun Run, Distance TBA, Time TBA. Randy Brown (805) 834-9130.

Griffith Park, Los Angeles: Gay Pride 5K & 10K Runs, 8 a.m., RFGP, Box 5038, Santa Monica 90405.

Oxnard: Centerpoint Mall Father's Day 2K & 10K Classic, 8 a.m., Centerpoint Mall. Centerpoint Mall Management Office, 2655 Saviers Rd., Oxnard 93033. (805) 487-1142.

Hermosa Beach: Dad's Day Dash 10K Run, 8 a.m., Hermosa Beach Pier. Promotion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

June 20 (Tuesday):

Oxnard: 3 Mile Evening Run, 6 p.m., Oxnard State Beach. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

June 21 (Wednesday):

Long Beach: Solstice Five Mile Run, 6 p.m., El Dorado Park. California Athletic Productions, P.O. Box 30306, Long Beach 90853. A Running Experience (213) 439-6875.

June 22 (Thursday):

So. El Monte: Legg Lake Harolene Walters 8K Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

June 24 (Saturday):

Stinson Beach: Double Dipsea, 14.2 Mi. (to Mill Valley & back), 9 a.m. Fred Haber: (415) 668-2830.

Century City: Century City 5 & 10K, 7:30 a.m. Chris Castner: (213) 553-0731.

Huntington Beach: Huntington Beach Tri-

SCHEDULE

athlon, 1K Swim, 30K Bike, 8K Run, Time TBA. Matt O'Day/Jack Caress, 3001 Redhill, Bldg. 2, #106, Costa Mesa 92626. (714) 546-9041.

San Diego: YMCA/Breakers 10 Mile, Mission Beach, 7 a.m. Contact: Roger Martin, (619) 232-7451.

Rosemead: City of Rosemead 5K & 10K, 8 a.m., Rosemead Park (4343 Encinita Ave.). Jean Sherwood Scott, City of Rosemead, 8838 E. Valley Blvd., Rosemead 91770. (818) 288-6671.

Lomita: Lomita Founders' Day 5K & 10K, 8 a.m., Lomita City Hall. Pro-Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

Squaw Valley: Western States 100 Mile Endurance Run, 5 a.m. (Race is closed for 1989). For 1990 send S.A.S.E. to: Norm Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916) 638-1161.

Benicia: Benicia Historical Run, 5 & 10K, 9 a.m. Benicia Blue Dolphins, c/o Mike Biro, 498 Mills, Benicia 94510. (707) 745-5094.

June 25 (Sunday):

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K, 10K & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Elvyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

Cupertino: Tandem Computers "Up & Running" 10K & 2 Mi., 9 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118.

Castro Valley: Run to the Lake, 5 & 10K, 8 a.m., Eden Hospital, Attn: Ellen Kushner, 20103 Lake Chabot Rd., Castro Valley 94546. (415) 889-5061.

Markleeville: Markleeville 10K, 9 a.m. Robert Mantynen, c/o Alpine Chamber of Commerce, 353 Crystal Springs Rd., Markleeville 96120. (916) 694-2475.

Monterey: Monterey Bay Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 13.1 Mi. Run, Time TBA. Chris Parent, c/o Friends Outside, 546 E. Market St., Salinas 93905. (408) 754-8817.

So. El Monte: Legg Lake Good Morning 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Big Bear Lake: Big Bear Triathlon Series #1, Meadow Park, 0.5 Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Time TBA. Mark Fulton, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

Oceanside: Oceanside Firecracker 10K & 2 Mi., Oceanside Harbor, 5:30 p.m. Toni Deal (619) 272-8316.

Ventura: Sea Breeze 10K & 20K, 8 a.m., Mission Park. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

San Rafael: China Camp Challenge, 7 Mi. & 4.2 Mi., China Camp State Park (Miwok picnic area), 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Bruno: The Champagne Shuffle, 5K Run, 2 Mi. Walk, 1 Mi. Stroller, San Bruno Ave. at Elm, 9 a.m. The Runns Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

June 27 (Tuesday):

Bakersfield: Summer Triathlon #2, 10 Mi. Bike, 5K Run, 400m Swim, Time TBA. Paul Press, No. Bakersfield Rec. & Park District, 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000.

Oxnard: 5 Mile Evening Fun Run, 6 p.m., Oxnard State Beach, Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

June 29 (Thursday):

So. El Monte: Legg Lake 5K Evening Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

LOOKING AHEAD

(Marathons, Relays &
Important Deadlines, Major
Events, Etc.)

July 9: (Sun.) San Francisco: San Francisco Marathon, 7 a.m. City of San Francisco, Box 27557, San Francisco 94127. (415) 681-2323.

July 14: (Fri.) Ashford, WA: Washington Centennial Relay Marathon. Mt. Ranier to the Pacific. 163 miles, 11 person teams, 6-10 p.m. staggered starts. Jack Lawson, Box 17086, Seattle WA. 98107. (206) 782-6547.

July 15 (Sat.) Sacramento: Eppie's Great Race, 5.8 mi. run, 12.5 mi. bike, 6.3 mi.

paddle. William Pond Recreation Area, 8 a.m. Kathleen Barber, Parks & Rec., 3711 Branch Center Rd., Sacramento 95827. (916) 366-2940.

July 23 (Sun.) Seattle: U.S. West Marathon. University of Washington, Husky Stadium. U.S. West Marathon, 101 Elliott Ave. West, Suite 430, Seattle, WA. 98119. (206) 285-0316.

TRACK SCHEDULE

April 14 (Fri.): Los Angeles. USC Twilight Meet. USC. Mike Bailey (213) 743-7770.

April 14-15 (Fri./Sat.): Los Angeles. USC Heptathlon. Univ. of Southern California. Mike Bailey (213) 743-7770.

April 15 (Sat.): Santa Rosa. 21st Annual Santa Rosa Relays. Santa Rosa JC. (HIGH SCHOOL--Varsity Boys & Girls). Ken Goetzel, Meet Director, Santa Rosa HS, 1235 Mendocino Ave., Santa Rosa, CA 95401. (707) 433-5335, home or (707) 528-5377, work.

April 15 (Sat.): Azusa. Azusa Pacific Meet of Champions. Azusa Pacific. Terry Franson (818) 969-3434.

April 15 (Sat.): Stanford. Stanford Track Classic. Stanford University. Brooks Johnson (415) 723-2736.

April 15 (Sat.): San Jose. Bruce Jenner Open Invitational. San Jose City College. Bert Bonanno (408) 288-3730.

April 20-21 (Thurs/Fri.): Azusa. California Heptathlon/Decathlon. Azusa Pacific University. Terry Franson (818) 969-3434.

April 20-21 (Thurs/Fri.): Walnut. Mt. SAC Heptathlon/Decathlon. Mt. San Antonio College. Dan Shrumm (714) 594-5611.

April 21 (Fri.): Pomona. Pomona-Pitzer Invitational. Pomona-Pitzer. Anne Phillips (714) 621-8016.

April 21 (Fri.): Chico. Chico Track Invitational (High School) 1:30 p.m. Scott Fairley, West Valley H.S., 3805 Happy Valley Rd. Cottonwood 96022. (916) 347-7171.

April 22 (Sat.): San Luis Obispo. Poly Royale Invitational. Cal Poly SLO. Tom Henderson (805) 546-7235.

SCHEDULE

April 22 (Sat.): Stanford. Stanford Twilight Meet. Stanford University. Brooks Johnson (415) 723-2736.

April 22 (Sat.): Walnut. Mt. SAC Relays (Univ./Open Division). Mt. San Antonio College. Dan Shrum (714) 594-5611.

April 23 (Sun.): Walnut. Mt. SAC Relays (Invitational Division). San Antonio College. Dan Shrum (714) 594-5611.

April 29 (Sat.): Irvine. Irvine Invitational (women). UC Irvine. Danny Williams (714) 856-6342.

April 29 (Sat.): Claremont. Claremont HS Pentathlon. Claremont HS. Rich Ede (714) 624-1484.

April 30 (Sun.): Irvine. Irvine Invitational (men). UC Irvine. Vince O'Boyle (714) 856-6080.

April 30 (Sun.): Eugene. Oregon Invitational. Univ. of Oregon. Mark Stream, Athletic Dept., Univ. of Oregon, McArthur Ct., Eugene, OR 97403 (503) 686-3395.

May 5 (Fri.): San Francisco. Johnny Mathis Invitational (women). San Francisco State. Harry Marra (415) 338-1561.

May 6 (Sat.): San Francisco. Johnny Mathis Invitational (men). San Francisco State. Harry Marra (415) 338-1561.

May 6 (Sat.): Northridge. Northridge Open. Cal State Northridge. Don Strametz (818) 885-3608.

May 6 (Sat.): Santa Barbara. Nick Car-

ter Invitational (men). UC Santa Barbara. Sam Adams (805) 961-7133.

May 6 (Sat.): Modesto. S&W Modesto Invitational. Modesto Junior College. Tom Moore (209) 537-0411.

May 6 (Sat.): Tucson. Wildcat Last Chance Meet. Univ. of Arizona. Dave Murray (602) 621-4829.

May 13 (Sat.): Westwood. UCLA Invitational (formerly Pepsi). UCLA. Al Franken (213) 278-2030.

May 13 (Sat.): Eagle Rock. Occidental Invitational. Occidental College. Bill Harvey (213) 259-2608.

May 13 (Sat.): Eugene. Oregon Twilight. Univ. of Oregon. John Gillespie, Athletic Dept., Univ. of Oregon, McArthur Ct., Eugene, OR 97403 (503) 686-5438.

May 13 (Sat.): Flagstaff. Flagstaff Invitational. Northern Arizona University. Ron Mann (602) 523-5646.

May 17-18 (Wed./Thurs.) Berkeley U of California Heptathlon. Cal Berkeley. Tony Sandoval (415) 642-9447.

May 19 (Fri.): Santa Monica. Santa Monica Sprint/Hurdle Classic. Santa Monica College. Skip Stolley (213) 453-7655.

May 20 (Sat.): Santa Monica. Santa Monica Distance Classic. Santa Monica College. Skip Stolley (213) 453-7655.

May 20-21 (Sat./Sun.): Santa Barbara. Late Afternoon Decathlon (SCATAC Championship) UC Santa Barbara. Sam

Adams (805-961-7133).

May 20-21 (Sat./Sun.): Long Beach. SCA-TAC Heptathlon Championship. CS Long Beach. Ralph Lindemann (213) 985-4666.

May 21 (Sun.): Los Angeles. Los Angeles Invitational. Cal State LA. John Tansley (213) 343-3095.

May 25 (Thurs.): Fresno. Taco Bell Last Chance Meet. Fresno State. Bob Fraley (209) 294-4097.

May 26 (Fri.): San Diego. San Diego/Imperial TAC Open Meet. Balboa Stadium. Dixon Farmer (619) 469-1010.

May 27 (Sat.): San Jose. Bruce Jenner Bud Light Classic. San Jose City College. Bert Bonanno (408) 288-3730.

May 27-28 (Sat./Sun.): Walnut. Mt. SAC HS Heptathlon/Decathlon (SCA-TAC Champs.) Mt. SAC. Dan Shrum (714) 594-5611.

May 28 (Sun.): Walnut. Mt. SAC TAC Qualifying Meet Mt. San Antonio College. Dan Shrum (714) 594-5611.

June 3 (Sat.): Eugene. Prefontaine Classic. Univ. of Oregon. Tom Jordan, 850 East 43rd, Eugene, OR 97405 (503) 683-5635.

June 4 (Sun.): Irvine. Irvine Elite Classic. UC Irvine. Danny Williams (714) 856-6342.

June 10 (Sat.): Sacramento. Golden West Invitational. Cal State Sacramento. Ernie Gomez, 101 Simmons Way., Folsom, CA 95630 (916) 988-8852.

June 10 (Sat.): Los Gatos. PA-TAC Masters & Submasters Championships. Los Gatos High School. 8 am. Willie Harmatz, Box 1328, Los Gatos 95030 (408) 354-4660.

June 10 (Sat.): Los Gatos. Los Gatos Open Track Meet. 5 p.m. Los Gatos High School. Willie Harmatz, Box 1328, Los Gatos 95030 (408) 354-4660.

June 11 (Sun.): Tucson. Tucson Elite Classic. Rincon Vista Track Stadium. Troy Hanson, Univ. of Arizona Sports Info. Office, McKale Center, Tucson, AZ 85721 (602) 621-2124.

July 16-20: San Luis Obispo: Sky Jumpers Vaulting Camp. Jan Johnson, 3000 Colima, Atascadero 93422. (805) 466-8119.

August 5: Santa Monica. Southern California TAC. Santa Monica Community College. Skip Stolley, 825 16th #B, Santa Monica, CA 90403 (213) 432-7655.

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TAC / PACIFIC TRACK & FIELD CHAMPIONSHIPS

FOR MASTERS MEN & WOMEN SUBMASTERS MEN & WOMEN

LOS GATOS TWILIGHT MEET FOR OPEN MEN & WOMEN

SAT. JUNE 10, 1989

Los Gatos High School & Olympic Training Center
Sanctioned by TAC/PACIFIC ASSOCIATION
Sponsored by LOS GATOS ATHLETIC ASSOCIATION

ENTRY DEADLINE WEDNESDAY, JUNE 7, 1989

- Eligibility:** All men and women registered in Tac/Pacific Association. 1989 Tac Registration required. Registration available at meet \$10.00.
- Entries:** Pre-entry required before Wednesday, June 7. Phone entry O.K. (408) 354-5660.
- Fees:** \$7 per event, \$15 for relays. \$10 late entry if space available.
- Note:** Hammer will be contested at Olympic Training Center
 1:30 Jr. Hammer
 2:30 Open Hammer
 3:30 Hammer - masters
 Women submasters men 60 +
- Heats:** Will be run if required in 100 and 200. Heats will be contested in all age divisions that they are needed and the finals run at the end of allotted time slot. 400 will be run in timed sections based on times submitted on entry form.
- Timing:** Fully automatic timing by Accutrack.
- Facilities:** All weather track surface 1/4 spikes only. Concrete throwing rings, grass javalin runway.
- Age Groups:** 30 and above in 5 year age groups. Age on June 10, 1989 determines age group.
- Awards:** Tac/Pacific championship medals to first three places in all events and in all 5 year age groups.
- T-Shirts:** For sale at meet.

HOUSING
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Los Gatos Motor Inn, 356-9191, Village Inn, 354-8102
Toll House Hotel, 356-7070

TAC/PACIFIC MASTERS AND SUBMASTERS TRACK & FIELD CHAMPIONSHIPS AND OPEN TWILIGHT MEET

Joy Upshaw and Willie Harnatz
Meet Directors
P.O. Box 1328, Los Gatos, California 95031
(408) 354-5660

Name _____ (Last) _____ (First) _____ Address _____ (Number and Street)
 Phone _____ (City) _____ (State) _____ (Zip)
 Date of Birth _____
 Age as of June 10, 1989 _____
 Events Entered & Best Recent Time or Mark _____
 Club Affiliation _____
 Amount Enclosed _____ Your 1989 TAC Number _____

Make Checks payable to Los Gatos Athletic Association Inc.

NO REFUNDS FOR DEFAULT

WAIVER

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Los Gatos Athletic Association, TAC, Pacific Association, Los Gatos High School, Explorer Post #812, 813, and all sponsors of this race, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the TAC Pacific Masters and Open Track & Field Championships held June 10, 1989 at Los Gatos High School, Los Gatos, California, and Olympic Training Center, Los Gatos, California.

Date _____ Signature _____

AT LOS GATOS HIGH - HELM FIELD MASTERS AND SUBMASTERS TRACK

8:00 5000 race walk
 9:00 100 m hurdles women 40 +
 9:05 100 m hurdles women 30-35, 35-39
 9:00 100 m hurdles men 60 +
 9:15 110 m hurdles men 50-59
 9:20 110 m hurdles men 40-49
 9:30 110 m hurdles men 30-39
 9:40 4 x 100 m relay all divisions
 9:55 100m women 50-59, 60 +
 10:00 100 m women 40-49
 10:05 100 m women 30-39
 10:10 100 m men 75 + in 5 year age
 10:15 100 m men 70 +
 10:20 100 m men 65
 10:35 100 m men 60
 10:40 100 m men 55
 10:45 100 m men 50
 10:50 100 m men 45
 10:55 100 m men 40
 11:00 100 m men 35
 11:05 100 m men 30
 11:10 800 m women 50 +
 11:15 800 m women 30-49
 11:20 800 m men 75 and above
 11:25 800 m men 70
 11:30 800 m men 65
 11:35 800 m men 60
 11:40 800 m men 55
 11:45 800 m men 50
 11:50 800 m men 45
 11:55 800 m men 40
 12:00 800 m men 35
 12:05 800 m men 30
 12:10 200 m women 50 +
 12:15 200 m women 30-49
 12:20 200 m men 75 +
 12:25 200 m men 70
 12:30 200 m men 65
 12:35 200 m men 60
 12:40 200 m men 55
 12:45 200 m men 50
 12:50 200 m men 45
 12:55 200 m men 40
 1:00 200 m men 35
 1:05 200 m men 30
 1:10 1500 m women all ages
 1:20 1500 m men 10 +
 1:30 1500 m men 60 +
 1:40 1500 m men 50 +
 1:50 1500 m men 40 +
 2:00 1500 m men 30 +
 2:10 400 IH 30-39
 2:15 400 IH 40-49
 2:20 300 IH women
 2:25 300 IH men 50 +
 2:30 300 IH men 60 +
 2:35 5000 women & men 60 +
 3:00 5000 men 40-59
 3:30 5000 men submasters
 3:35 4 x 400 relay

AT LOS GATOS HIGH - HELM FIELD MASTERS AND SUBMASTERS FIELD

SHOT
 9:00 Shot all masters and submasters women
 9:30 Shot men age groups 60-64, 65-69, 70-74, 75-79, 80 +
 10:30 Shot men 40-44, 45-49, 50-54, 55-59
 11:30 Shot men submasters

POLE VAULT
 9:00 Pole vault men 60-64, 65-69, 70-79, 80 +
 10:00 Pole vault men 40-44, 45-49, 50-54, 55-59
 11:00 Pole vault men submasters

LONG JUMP
 10:00 Long jump all masters and submasters women
 10:30 Long jump men 60-64, 65-69, 70-74, 75-79, 80 +
 11:30 Long jump men 40-44, 45-49, 50-54, 55-59
 12:30 Long jump men submasters

OPEN TRACK
 5:15 4 x 100 relay men and women
 5:30 110 m highs men
 5:40 100 m highs women
 5:45 100 m heats
 6:00 800 m finals men
 6:07 800 m finals women
 6:15 100 m finals men
 6:22 100 m finals women
 6:30 400 m hurdles men
 6:45 400 m hurdles women
 7:00 200 m heats
 7:15 1500 m men
 7:22 1500 m women
 7:30 200 m finals men
 7:37 200 m finals women
 7:45 3000 m women
 8:10 400 m finals men
 8:25 400 m finals women
 8:45 5000 m men
 9:15 4 x 400

OPEN FIELD
 2:00 Pole vault under 16 ft.
 4:30 Pole vault over 16 ft.
 5:00 Shot put men
 6:00 Shot put women
 5:00 Long jump men
 6:00 Long jump women
 5:00 High jump men
 6:00 High jump women
 5:00 Javalin men
 6:00 Javalin women
 6:30 Discus men
 7:30 Discus women
 6:30 Triple jump men
 7:30 Triple jump women

HIGH JUMP
 11:00 High jump all masters and submasters women
 11:30 High jump men 60-64, 65-69, 70-74, 75-79, 80 +
 12:30 High jump men 40-44, 45-49, 50-54, 55-59
 1:30 High jump men submasters

DISCUS
 11:30 Discus all masters and submasters women
 12:30 Discus men 60-64, 65-69, 70-74, 75-79, 80 +
 1:00 Discus men 40-44, 45-49, 50-54, 55-59
 2:00 Discus men submasters

TRIPLE JUMP
 1:00 Triple jump all masters and submasters women
 1:30 Triple jump men 60-64, 65-69, 70-74, 75-79, 80 +
 2:00 Triple jump men 40-44, 45-49, 50-54, 55-59
 2:30 Triple jump men submasters

JAVALIN
 12:30 Javalin all masters and submasters women
 1:00 Javalin men submasters
 2:00 Javalin men 60-64, 65-69, 70-74, 75-79, 80 +
 2:30 Javalin men 40-44, 45-49, 50-54, 55-59

KEEPING PACE

By MARK WINITZ



The Facts About Drug Testing

Part 1

In recent months a growing number of road runners have expressed concern to me in respect to TAC's drug testing policies at races. Sub-elite athletes—some of whom are perfectly content finishing in the middle of the pack and who never dream of winning prize money—are wondering how drug testing applies to them. Should they feel guilty, if they, say, take a couple of aspirin before or during a big marathon? Are they risking disqualification if they've been taking an over-the-counter cold remedy to relieve cold symptoms at work during the week before an important race for which they've been training for months?

Other, improving swift competitors, who may place high in a road race in the future, are realizing that they had better educate themselves in this area. They want facts. Elite athletes, too, hearing about more frequent procedural entanglements in respect to testing at races, are learning the finer details. They have to.

By far, the majority of competitors that I've met at all levels are in favor of drug testing in our sport. They realize that there is a problem and it must be addressed. But they wonder how far their responsibilities go. Is that daily cup or two of coffee before a workout, and before races, really going to prove problematic?

O.K., so you're not Ben Johnson. Maybe you shuffle a few steps in the same amount of time it takes him to obliterate 100 yards. The only gold or silver you've ever seen is maybe sitting right there on your ring finger. You're not tempted to "cheat" with drugs. But you wonder...

Undeniably, The Athletics Congress (the governing body of our sport in this country) takes a hard line when it comes to drugs. Pete Cava, TAC's liaison with the general press who often disseminates the official party line puts it this way: "If you're afraid of

drug testing, you'd better not be in track and field. The same thing in road racing."

Right. Clear enough. But maybe you don't know if you should be afraid or not. First you have to know the rules.

All athletes entered in any TAC sanctioned competition are subject to drug testing for banned drugs listed in IAAF Rule 144 (the IAAF is the international governing body of our sport). IAAF Rule 144 states, "Doping is strictly forbidden. Doping is the use by or distribution to an athlete of certain substances which could have the effect of improving artificially the athlete's physical and/or mental condition and so augmenting his athletic performance." Five groups of doping substances are listed in the rule, including stimulants, narcotics, and anabolic steroids.

Doping control or "drug testing" can be expected at any domestic or international competition, and any athlete taking part in the competition, if requested to be tested, must comply or be disqualified and be liable to permanent suspension by the IAAF.

In this country the United States Olympic Committee and TAC/USA have developed drug testing policies to implement the IAAF's rules. In our sport, TAC has determined who will be tested and at what events. Specific procedures and guidelines have also been developed for the tests themselves. (These methods have been critically disputed and challenged, particularly in the last year, but that's the subject of another article, perhaps in an upcoming issue.)

As far as the testing venues go, they are not the same for road racing as they are for track and field. At last November's TAC convention, a plan was overwhelmingly approved by the Athletes Advisory Committee where track and field athletes may be tested in and out of competition. Under the new rules, any of the top 25 ranked athletes in each event (1,500m, 3,000m, steeple, etc.) can be summoned by TAC (with 24-48 hours notice) to appear for drug testing at any time of the year.

In road racing, present rules call for test-

ing of athletes at selected sanctioned major prize and appearance money races only. Four times a year (quarterly) TAC randomly selects by computer three of these major races in each of four geographic regions. These races are notified of their selection for drug testing. They must comply or risk losing their TAC sanction. TAC supplies the administrators and physicians to do the testing. The race itself is asked to supply volunteers to serve as escorts for the athletes selected for testing.

So what if you compete in one of these selected major events? Are you subject to drug testing policies? Ah, yes you are—if you're officially entered and have completed an entry form (which we assume you have). When you signed that waiver/agreement at the bottom of the entry form you probably skipped right over the paragraph in small type that informed you that you are subject to drug testing. It advises you that if you are tested positive for a banned substance, or refuse to be tested if selected, you will be disqualified from the event and will lose your eligibility for future competitions.

Well, what are my chances of being tested, since I did agree (even unknowingly) to this business? That question is often asked by runners at all levels—usually not because they have something to hide (you've probably noticed that most runners, recreational and elite alike espouse healthy lifestyles)—but because for various "legitimate" reasons the mere prospect of being tested causes some anxiety. Few people relish the idea of producing a urine sample after a dehydrating marathon while being watched by an escort. Maybe you're wondering whether that allergy medication prescribed by your physician has a banned substance in it. Perhaps you had that extra cup of coffee before your 10K to get the old plumbing going. You've heard how caffeine is viewed in competition by the powers that be (or maybe you haven't) and you're wondering if they're going to pull you

KEEPING PACE

out and possibly take away that 99th place you earned.

To be honest, TAC doesn't bother to check your use or abuse habits unless you're top caliber (with the ability to compete on a high national or international level), or unless you demonstrate an ability to maybe someday be top caliber. Thus, the top three overall men and women in the road race are tested. To monitor the up-and-comers, an additional two placers from among the first 25 finishers in the men's and women's races are selected at random.

So there you are. Your 99th place is secure. No doubt, you've earned it. But that doesn't mean that, maybe you shouldn't think about those two cups of coffee again. After all, caffeine is a drug, and it is on the USOC's banned substance list. Since it has been proven to have performance-enhancing qualities, especially in endurance events, maybe you'd prefer to compete without that artificial boost. And if you're a serious runner and a

regular coffee drinker, you probably already know that it is a diuretic, meaning you could become a victim of dehydration unless you're careful.

In next month's issue, I'll continue with Part 2 on drug testing. I'll take a look at the banned substances more closely, and touch on the knots that drug testing is putting in some races and in some athletes' and administrators' stomachs.

In the meantime, if you want more information regarding drugs and testing, you can call the USOC Drug Control Hotline at 1-800-233-0393.

Mark Winitz is a competitive runner and running journalist who resides in Los Altos, Calif. He is Features Editor for California Track and Running News and publishes the RunCal Newsletter on California running. He also announces, publicizes and helps promote running events. Please direct any correspondence on California running or runners for this column to Mark Winitz, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.

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PA-TAC NOTES

By JOHN MANSOOR

1988 Pacific Association LDR Grand Prix

Listed below are the final results of the 1988 Pacific Association LDR Grand Prix. Congratulations go to all the athletes and teams that are listed here. Special attention should be paid to repeat winners **Domingo Tibaduiza** (1987 & 1988) in the Open Men's Category, **Terry Puckett** (1986 & 1988) in the Women's Category, **Heidi Skaden** (1987 & 1988) in the Senior Women's Category, and particularly, **Margie Timberlake** (1986, 1987 & 1988) in the Master Women's Category winning for the third time in a row! Repeat team winners include the **West Valley Track Club** in the Master Women's Category, and the **Pacific Flyers** in the Open Women's Category.

1989 promises to be as exciting as the previous three years have been. The first few events are listed below. Plan to be part of the circuit this year!

April 29	Dome to Delta 12K	All Divisions
May 7	Devil Mtn. 10K	Open Men
May 29	Pacific Sun 10K	Masters
June 4	Russian River 8K	All Divisions

Overall - Men's Open

1. Domingo Tibaduiza (Reebok) 334, 2. Miguel Tibaduiza (Flyers) 285, 3. Rich McCandless (Flyers) 276, 4. Alan Dehlinger (Flyers) 205, 5. Juan Ramirez (Reebok) 203, 6. Charles Alexander (Aggies) 180, 7. Jose Aispuro (Aggies) 179, 8. Mark Hoefer (Fleet Feet) 158, 9. David Minter (Flyers) 140, 10. Thomas Wood (Flyers) 135.

11. Craig Steirnaus (Reebok) 129, 12. Scott Steinmaus (Reebok) 113, 13. Kevin Osterberg (Aggies) 110, 14. Craig Moore (Chips) 89, 15. Carl Stempel (Rebok) 88, 16. Dan Stefanisko (Reebok) 79, 17. John Barrett (Reebok) 77, 18. Dave Chairez (Flyers) 73, 19. Jeff Shaver (Aggies) 67, 20. Rob Anex (Flyers) 62.

21. Tom Borschel (Reebok) 57, 22. Mike McManus (Reebok) 54, 23. David Frank (Aggies) 53, 23. Ivan Huff (Aggies) 53, 25. Rich Hanna (Flyers) 52, 26. John Hancock (BoHo) 49, 27. Jon Klinkman (Flyers) 48, 27. Joe Rubio (Aggies) 48, 29. Dean Rinde (Unat.) 46, 30. Greg Miller (Chips) 45.

31. Ray Cook (Flyers) 41, 32. Denis O'Halloran (Aggies) 40, 33. Mark Williams (Chips) 38, 34. Rich Langford (Unat.) 37, 34. Robert Herndon (Reebok) 37, 36. Sean Crom (Flyers) 36, 36. Perry Hayden (Flyers) 36, 38. Randy Accetta (Aggies) 34, 39. Carmelo Rios (Aggies) 33, 39. Frank Ruona (WVJS) 33, 41. Bill Langhout (Reebok) 32, 42. Tom Schmitt

(Reebok) 28, 42. Jeff Stein 28, 44. Steve Ferraz (Excelsior) 26, 45. Jeff Adkins (Sub 4) 24, 45. Daniel Gonzalez (Aggies) 24, 45. Daniel Grimes (Unat.) 24, 45. Terry Nephew 24.

Overall - Women's Open

1. Terry Puckett (Flyers) 302, 2. Peggy Smyth (Flyers) 270, 3. Linda Somers (Flyers) 245, 4. Chris Iwahashi (Chips) 202, 5. Rossy Cardenas (Flyers) 176, 6. Barbara Acosta (Ryans) 161, 7. Lorena Ferreira (Woodside) 140, 8. Kathy D'Onofrio (Flyers) 129, 9. Linda VanHousen (Woodside) 123, 10. Bev Marx (Flyers) 122.

11. Hilary Naylor (Impalas) 97, 12. Shirley Matson (Impalas) 89, 13. Susan Putney (Aggies) 88, 14. Rosa Gutierrez (Ryans) 84, 15. Theresa McCourt (Chips) 82, 16. Karen Scholte (Ryans) 81, 17. Juana Stavalone (WVTC) 79, 18. Joan Colman (WVTC) 78, 19. Margie Timberlake (Flyers) 74, 19. Laura Sanchez (Ryans) 74.

21. Laurie Binder (Impalas) 67, 22. Mary Gail Dumphy (Unat.) 66, 23. Tamara Sayre (Flyers) 65, 24. Suzette Moore (Chips) 64, 25. Joan Ulyot (WVTC) 62, 26. Susan Horstmeyer (Woodside) 61, 27. Nancy Ditz (Team Avia) 54, 28. Patti Gray (Aggies) 52, 29. April Powers (Tamalpa) 47, 30. Jan Levet (Chips) 46.

31. Robyn Root (Pacific Co) 45, 32. Alison Orofino (Chips) 44, 32. Connie Kondo (Chips) 44, 34. Joyce Rankin (Unat.) 42, 34. Nelly Wright (Flyers) 42, 36. Pat English (Tamalpa) 41, 36. Jean Spirlock (Unat.) 41, 38. Jani Johnson (Aggies) 36, 39. Angela Tibaduiza (Flyers) 34, 40. Kimberly Shafter 32.

Overall - Men's Masters

1. Steve Ferraz (Excelsior) 176, 2. Jerry Jobski (Fleet) 144, 3. Frank Ruona (WVJS) 137, 4. Greg Brock (WVTC) 91, 5. Robert McClennan (Tamalpa) 88, 6. Perry Hayden (Flyers) 84, 7. Bob Lindsey (Flyers) 82, 8. Sal Vasquez (WVJS) 75, 9. Alan Stanbridge (Excelsior) 70, 10. Bill Sevald (Excelsior) 54.

11. Jim Gibbons (Tamalpa) 53, 12. Bill Clark (WVTC) 48, 13. David Furst (WVJS) 47, 14. David Rivera (WVJS) 44, 15. Jon MacPherson (Tamalpa) 40, 16. Jim Minami 39, 17. Doug Butt (WVTC) 36, 18. Darryl Beardall (Tamalpa) 35, 19. John Cobourn (Tamalpa) 28, 19. Syle Pascale 28.

Overall - Women's Masters

1. Margie Timberlake (Flyers) 142, 2. Hilary Naylor (Impalas) 138, 3. Joan Colman (WVTC) 115, 4. Joan Ulyot (WVTC) 106, 5. Joyce Rankin (WVTC) 87, 6. Juana Stavalone (WVTC) 81, 7.

Nelly Wright (Flyers) 78, 8. Shirley Matson (Impalas) 68, 8. Gail Rodd (WVTC) 68, 8. Jean Spirlock 68.

11. Heidi Skaden (Flyers) 66, 12. Karen Lanterman (WVTC) 63, 13. Laury Fisher (WVTC) 62, 14. Laurie Binder (Impalas) 60, 15. June Lane 35, 15. Barbara Zoldan (Impalas) 35, 17. Joan Reiss (Chips) 34, 18. Vicki Bigelow (Aggies) 33, 18. Anitra Seitamo (Tamalpa) 33, 20. Alice Rose (Nor Cal) 28.

Overall - Men's Senior

1. Darryl Beardall (Tamalpa) 80, 2. Jim Bevins (Unat.) 72, 3. Russ Kiernan (Tamalpa) 28, 4. Fred Mattos (Flyers) 23, 5. Abe Underwood (Chips) 18.

Overall - Women's Senior

1. Heidi Skaden (Flyers) 62, 2. Joan Reiss (Chips) 46, 3. Marty Maricle (Nor Cal) 43, 4. Vicki Bigelow (Aggies) 30, 5. Ruth Anderson (Nor Cal) 26, 5. Alice Rose (Nor Cal) 26.

Overall - Men's Super Senior

1. Ray Stewart 5, 2. George Billingsley 2, 2. Joe King 2, 2. Ross Smith (Silver Sta) 2, 5. Boyce Jacques (Silver Sta) 1.

Overall - Women's Super Senior

1. Kit Pickles (Nor Cal) 4, 1. Jaclyn Caselli (Nor Cal) 4, 3. Marcia Worden 2, 4. Carola Hutcherson 1.

Overall - Men's Open Team

1. Pacific Flyers 33, 2. Reebok Racing 26, 3. Reebok Aggies 14, 4. Buffalo Chips 3.

Overall - Women's Open Team

1. Pacific Flyers 37, 2. Woodside Striders 12, 3. Ryan's Racing Team 10, 4. Buffalo Chips 8, 5. Reebok Aggies 6, 6. Greater SF 3, 7. Impalas 2, 8. Tamalpa 1.

Overall - Men's Master Team

1. West Valley J&S 25, 2. Tamalpa 17, 3. Excelsior 15, 4. Pacific Flyers 13, 5. West Valley TC 8, 6. Lake Merrit J&S 2, 7. Buffalo Chips 1.

Overall - Women's Master Team

1. West Valley TC 30, 2. Impalas 12, 3. Pacific Flyers 5, 4. Tamalpa 2.

Overall - Men's Senior Team

1. Tamalpa 5, 2. Buffalo Chips 3, 3. Silver State Striders 2, 4. Lake Merrit J&S 1.

Overall - Women's Senior Team

1. Nor Cal Seniors 4, 2. Buffalo Chips 3, 3. Tamalpa 1.

THE ATHLETE'S KITCHEN

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

Moo-ving Towards Good Health

AS SPRINGTIME APPROACHES in New England, runners and other fitness-conscious people start thinking about shaking out the winter cobwebs and preparing for the Boston Milk Run 10K. Inevitably, the question arises: Why does the Massachusetts Dietetic Association (the state's largest group of nutrition professionals) join with the dairy farmers of New England to sponsor the MDA-Boston Milk Run? Shouldn't professional nutritionists know better than to recommend milk for sports-active people? Kids need milk, but shouldn't adults protect their heart-health by staying away from milk's fat and cholesterol?

True, you should limit your intake of milk's fat and cholesterol -- that's easily done by selecting lowfat milk, yogurt and cheeses. However, you should not shun even these lowfat dairy products because they are among the best sources of not only calcium but also riboflavin, to say nothing of numerous other vitamins and minerals important for top performance. Milk-shunners may have difficulty getting these nutrients from alternative non-dairy sources. Even those who cannot digest milk due to lactose intolerance should drink lactose-free milk (Lactaid - available at larger supermarkets), yogurt or hard cheeses (as tolerated) or take special care to choose other non-dairy foods rich in calcium and riboflavin.

Calcium. The current recommended calcium intake is 800 milligrams for children less than 12 years of age and adult men, 1,000 mg. for women with regular menstrual periods, 1,200 mg. for growing adolescents, and 1,500 mg. for amenorrheic or post-menopausal women. An active person could eat five cups of mustard greens, seven cups of broccoli or a half-pound of sardines with bones to get the recommended 1,000 milligrams, but those are unlikely food choices among most eat-and-runners!

Food / Amt / Calcium

Milk, whole or lowfat	- 1 cup	- 300 mg
Cheese, cheddar	- 1 oz.	- 200 mg.
Ice Cream	- 1 cup	- 175 mg.
Cottage cheese	- 1 cup	- 140 mg.
Sardines w/ bones	- 3 oz.	- 370 mg.

Salmon, canned	- 3 oz.	- 285 mg.
Bean curd (tofu)	- 4 oz.	- 150 mg.
Broccoli, cooked	- 1 cup	- 135 mg.

To the detriment of their bone health, most American women consume less than half the recommended calcium intake. They may pay the price in later life, as osteoporosis (meaning "porous bones") takes its toll, resulting in shrinking, a hunched-back and brittle bones that fracture easily. This silent process may begin during a woman's thirties and accelerates after menopause because of a decrease of the bone-retaining hormone, estrogen. Approximately one in four older women, and one in eight men, will suffer from this condition; younger amenorrheic female athletes may pay the price earlier, as noted by a higher incidence of stress fractures, symptomatic of weakened bone strength. Although calcium is only one factor in bone-health (estrogen and weight-bearing exercise also affect bone health), a life-long calcium-rich diet is a protective factor.

Target intake: two to three servings of lowfat dairy foods per day, such as milk on cereal, yogurt for lunch and a glass of milk with dinner or two slices of pizza with lowfat cheese.

Riboflavin. Dairy products are an excellent source of not only calcium, but also riboflavin, a B-vitamin that helps convert food into energy. Sports-active people have a higher riboflavin requirement than sedentary folks, because the RDA is based on caloric expenditure. Recent research suggests that ath-

letes may need even more than the current RDA of 0.6 mg/1,000 calories; 1.1 mg/1,000 calories may be safer.

About 50% of the typical American's riboflavin intake comes from dairy products, 25% comes from protein-rich foods and the rest from enriched carbohydrates. Athletes who avoid dairy, eat little protein and focus on all-natural grains (that are not enriched) are likely to have a tough time meeting their riboflavin needs. Non-dairy alternatives include animal proteins, leafy green vegetables and mushrooms.

Food / Amt. / Riboflavin

Cottage cheese	- 1 cup	- .55 mg.
Milk	- 1 cup	- .42 mg.
Yogurt	- 1 cup	- .40 mg.
Mushrooms, raw	- 5 large	- .45 mg.
Spinach, ckd	- 1 cup	- .25 mg.
Chicken breast	- 6 oz.	- .20 mg.

Given that infants can sustain themselves on milk, adults can also benefit from this nourishing food that contributes to their present health and future well-being. I recommend that you moo-ve towards good health by including lowfat dairy foods on a daily basis. With age, you'll reap the benefits.

Nancy Clark, MS, RD, nutritionist at Boston-area's SportsMedicine Brookline, designs health-promoting meal plans for sports-active people of all ages and athletic abilities. Her book *The Athlete's Kitchen* is available only by mail order: send \$7 to New Engl. Sports Publications, P.O. Box. 252, Boston, MA 02113.





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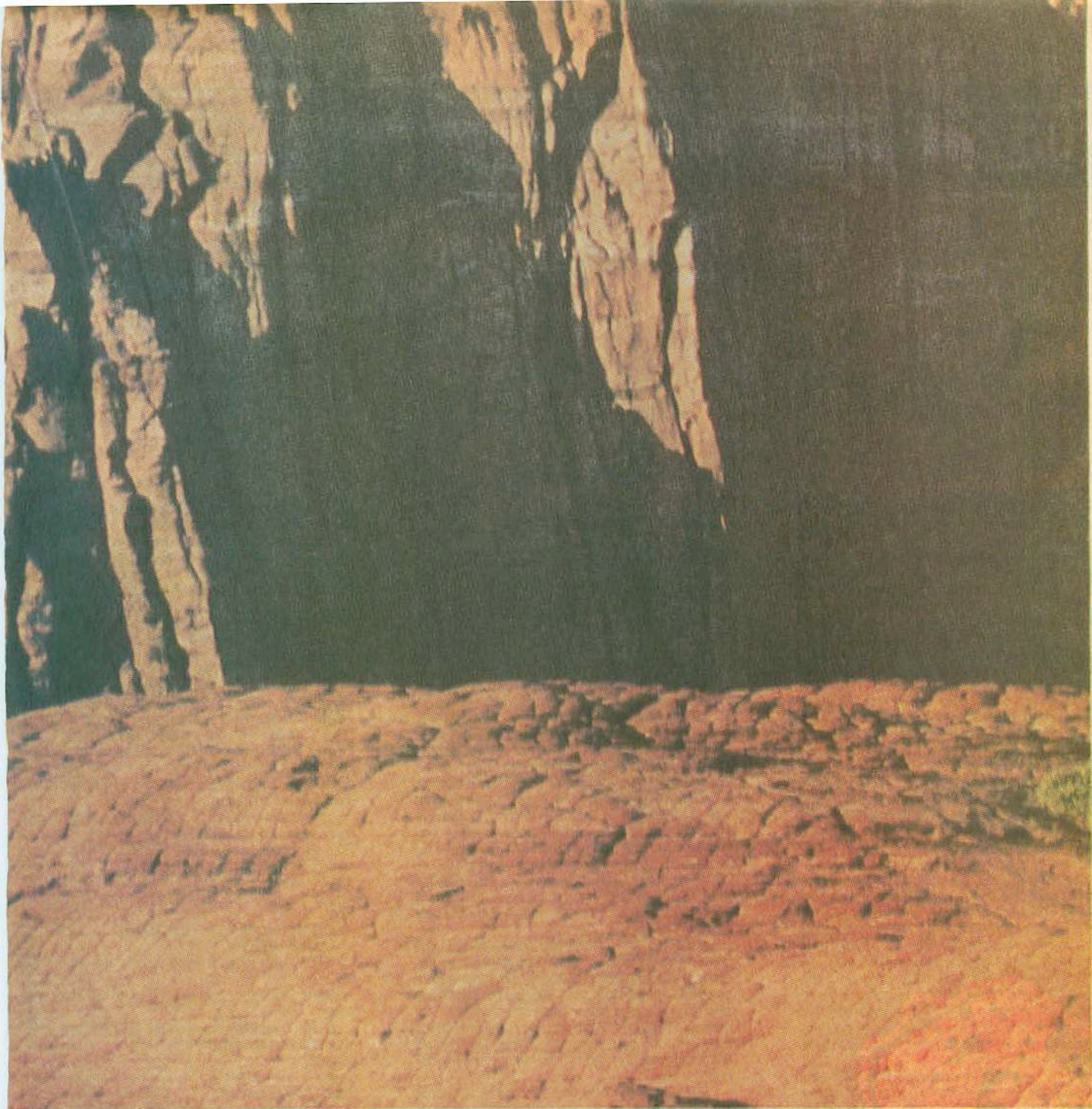
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An Interview

IVAN

ROAD RACING IS A BIG BUSINESS for the world's elite runners and Ivan Huff is out to conquer Wall Street.

The 29-year-old distance runner is the third best American steeplechaser of all time with an 8:16.59 clocking. But this year Huff has made a commitment to the roads. It's a financial commitment and so far the Paso Robles resident has done well.

On Sunday, March 19, Huff clocked 1:03.20 to win the New Bedford Bank of Boston Half-Marathon in Massachusetts. The victory was good for \$5,000. On the previous Sunday, Huff placed second to Matt Gius-to (28:39) in the Tom Sullivan 10K in Torrance, clocking 28:46. That was good for \$1,500. The field there included Olympic steeplechase gold medalist Julius Kariuki of Kenya, American mile record holder Steve Scott and a number of other world class runners.

Huff has also had setbacks recently in his quest for financial stability in running. The week before Tom Sullivan, Huff ran a solid 44:35 at the prestigious and well-funded Jacksonville River Run 15K. Huff was 16th behind a crack field of the world's best. Prize money went 15 deep.

Now Huff is looking towards the New Jersey Marathon on April 30 where there will be open prize money as well as TAC prize money for Americans. Huff's last marathon was in 1986 when he ran 2:15 at Chicago. His best is his only other attempt at the 26.2 miler. It's a 2:14.46 which he ran at Sacramento in 1983.

Huff has mapped out his road racing plans this year and hopes to recover from the marathon in time to run the steeplechase in the TAC Championships. He also wants to compete in the second half of the European season. He is coming off what he called two disappointing track seasons.

After setting his steeplechase PR in 1986 Huff had high hopes of making the 1987 World Championships team and 1988 Olympic team. Both plans fell through as he finished fifth in the TAC meet and sixth at the Olympic Trials. The top three from each race qualify.

After nearly 10 years of living in San Luis Obispo, where he and wife Carol went to Cal Poly, the Huffs moved back to his hometown of Paso Robles last September. They are closer to his family and, with two children, Huff says it makes it easier to care for the kids. Hannah Katherine was born February 16 and Ian is two years old.

Huff settled in for the interview the day after



winning at New Bedford. He had just come in from a morning run and said he was feeling good.

CTRN: The last time we interviewed was in 1986. How has your running improved since then? Any major improvements or setbacks?

Huff: 1986 was a big year for me. That was the best summer of my life as far as track and steeplechasing. I went over to Europe and ran consistently well. I PR'ed with an 8:16.59 at the Ivo Van Damme meet in Brussels in the end of August. I ranked second in the U.S. and 10th in the world. That was a big boost in my career. It got me motivated, made me really want to go forward in track. And that made me start thinking, "OK, I've got to make that World Championship team. I've got to make the Olympic team."

I showed myself I really had the capabilities to do it and I was going to go for it. I de-emphasized the roads. I was still running the roads. Not running them as well as I had in 1984 and 1985, but I didn't run terribly. But it was a big disappointment in 1987 not making the World Championship team and in 1988 not making the Olympic team. Not making the Olympic team was probably the biggest letdown of my career.

Now that I look back on it, road racing and track are two different sports. You can't jump from one to the other. You have to concentrate on one.

CTRN: You've moved back to Paso Robles from San Luis Obispo. Why, and are you running the same loops you ran while in high school at Paso Robles High?

Huff: I moved back here because the housing is a lot cheaper in Paso Robles than in San Luis Obispo. I thought I was going to get into renting a good house here but, it all fell through. But even apartment rentals are a lot cheaper in Paso Robles. And as far as my loops, I live on the opposite side of town. I used to live on the west side when I was growing up and the

With

HUFF

high school I went to was on the west side right near my house. Now I'm on the east side of town and the high school's over here on the east side.

I've been the cross country coach here the past two years and the kids started showing me some of their little loops. But since I've been here, since September of 1988, I've found some really great loops that I like. Not a lot of dirt, but I've got one favorite loop I can run three-and-a-half miles out on dirt and there's a nice wide shoulder on the side of the road that's all dirt which is nice.

CTRN: And what's the temperature in Paso Robles going to be today?

Huff: Today it will probably only get up to 70 degrees. It's been a cold winter. I get up early in the morning because I drive to work to San Luis Obispo. I'm out the door (running) by 6:30. For most of December and January I wore two pairs of tights, gloves and a hat. It was below freezing many, many mornings.

In the summer it can be 100 degrees, but Paso cools down. It's not like the valley, like Bakersfield or Fresno. Paso does cool down at night. The ocean air does get here. So if you get up in the morning it will be nice and cool, 50 degrees. I just plan on doing all my hard summer runs in the morning and will just run easy in the afternoon.

CTRN: Your job in San Luis Obispo?

Huff: I'm janitorial.

CTRN: How much are you running per-week right now?

Huff: Probably averaging close to 90 miles per week.

CTRN: Yesterday you won the New Bedford Bank of Boston Half-Marathon. Was there big prize money involved?

Huff: I won \$5,000 for first. It's an American Road Racing Association race. You know about them. They don't give appearance money. It's strictly prize money and they have a circuit going around the U.S. It's in peak time now.

CTRN: In the women's race Ingrid Kristiansen clocked a world best 1:08.32 to dip under Joan Benoit Samuelson's 1984 world best of 1:08.34. In the men's race you were first in a personal best 1:03.20. Bill Reifsnnyder was second (1:03.41) and Dave Edge was third (1:03.53). Were there any other big name runners there?

Huff: The two big names pulled out before the race, Mark Culp and Steve Jones. I got there and found out they weren't running and my first thought was, "Boy,

By GREGOR ROBIN

this race is real interesting now. It's opened up." I didn't say, "OK, I'm going to win it," but I was thinking, "I can win it."

I thought it would be a big pack of people together, all at about the same quality. There was Sam Nagita, Don Janicki, Paul Gompers. They bought in 10, 15 elite runners who have run 2:12 marathons or better or 1:04, or 1:03 half marathons. They had legitimate times somewhere. It was a good quality field.

CTRN: How did the race unfold?

Huff: It was cold and windy. The cold didn't bother us. It was probably 29 degrees and real windy. We went out slow because of the wind. I took the lead at two miles and pushed it all the way to the finish. From four miles to nine miles it was a long, gradual downhill and the wind was at our back and I pushed it with Nagita right on my tail. He was the only one that went with me. We had 100 yards on the other people and at nine miles I broke him. So I basically led from two miles to the finish. I felt good. The pace went out slow. I'm not a leader. I'm not one to push the pace in big fields like that, but I'm also testing myself and I wanted to try to run as close to 4:50 pace as possible. So when I saw we were running five-minute miles I said, "Well, I'm going to take it" and I did and just kept pushing and pushing and pushing and finally dropped him.

CTRN: How do you look at this win?

Huff: Well, I have some decent road times, my 43:09 15K from 1985 and a lot of mid-28:00 10K's so I've shown that I can do some decent road racing. But I haven't concentrated on it the last few years. This time I'm taking a little different approach. I'm going for the roads right now. You train a little differently for them. And I could tell I was going to do well because my training's been going well. When you're always on a roll. You're ready to go every morning, every afternoon. You're not dreading it. You're not tired. You're not sore. And it's been going like that for 10 weeks. I knew I was fit.

CTRN: Last week you were second in a class field at the Tom Sullivan 10K in Torrance. How did that go? At four miles you were right on (eventual winner) Matt Giusto's tail.

Huff: That was another one where I had planned on sitting back in the pack and running with them. The pace went out fine. We were 4:33 and 9:06 for two miles. But I wanted to get rid of Steve Scott. I was worried about his kick. So I wanted to make sure the pace stayed hard. At two miles the pace slowed down and I took the lead and started pushing it. Then Matt came up beside me and he started pushing it. When we made the turn-around at about three-and-a-half miles he got just a little bit of a lead and I had to work hard to get up with him. And I was hanging on him and hoping that he would die because I was hurting. I was struggling to hang on. I was just trying to survive at four miles and he finally pulled away at about five miles. He got a little gap and just started pulling away.

CTRN: What are you telling yourself while you're just trying to hang on and you're in complete agony?

Huff: I wasn't in complete agony. But I could tell he was feeling good because I clipped his feet a couple of times by accident and it didn't bother him at all. He didn't turn around and get all mad. He just, boom, moved up a little bit. He reacted easily and I thought,

"He's feeling good." I was just hoping since this was one of his first big road races, maybe he'll just die in the last mile. And then after he started pulling away, it was, "Please don't let anybody pass me. Let me hang on for second."

CTRN: What about that whole thing, that mental aspect when you've got two miles to go? Are you just trying to think about the moment? How do you look at it? Just keep running?

Huff: Just keep running. Distance running is so mental. That's where it really comes in. You're maxed out. Your pulse rate is at its highest point. You're breathing as hard as you can. You want to stop right then, but you just have to force yourself. Your body can keep going. It's just forcing yourself to do it. All the workouts you do with oxygen debt, that's where they pay off. You just concentrate and push through it.

CTRN: What other races have you run in the past six months?

Huff: The week before that I ran the Jacksonville River Run 15K in 44:35 for 16th. That was my first big race since I went to Europe after the Olympic Trials.

CTRN: How did it go in Europe?

Huff: I ran consistently well over there. I PR'ed for the year over there. I ran 8:22 in Monaco for third place. I think I ran 10 races over there in five weeks. I didn't run great but didn't run bad. I was always there. I seemed to be missing it the last lap. I could get up there and be in position to make a big move and then get passed by a lot of people. That happened quite a bit. I ran strong but not great.

CTRN: You ended up sixth at the Olympic Trials. What happened in that race?

Huff: I was comfortable and confident in the heats. Of course I was nervous and scared something was going to go wrong, but I hung back in the heats and semis and just kicked at the end and felt like, "OK, I know I can do it." You just start getting confident. And then the final came around and again, I can tell you 10 different excuses, but what it comes down to is I didn't make the Olympic team and that's all that matters on that day. I didn't run the race I needed to run. I think I could have made the Olympic team but I didn't.

CTRN: Did it come down to a big kick as usual?

Huff: Yeah. It went out pretty good at first. Jim Cooper took it out and we started going. And then everybody was on him so it just shut down. We were fogging. Everybody was bunched up. Then Brian Abshire took it with two laps to go and he ran strong. He just started pushing. And I kept saying to myself, "Go! No wait, wait." That's probably the dumbest thing I did. I was thinking too much in the race. Instead of just running I was talking to myself so much. "OK go with (Brian Diemer. No hold back and wait for (Henry Marsh. Da, da, da." Instead of just going out there and running I was thinking way too much.

And with a 200 to go I started running as hard as I could and I wasn't making any dent on them and I knew I was in trouble. And after the water jump I was saying, "Please let them hit the barrier" because I knew I wasn't going to catch them. That's what was real disappointing. I knew back there that it wasn't going to happen.

CTRN: It was written years ago, that when Alber-

to Salazar asked Henry Rono why, when both runners trained as hard as each other, did Rono always beat him, Rono's response was, "Alberto, it's because you think too much." That mental aspect has to be just right.

Huff: Yeah, exactly.

CTRN: Looking at that Olympic final, what do you think you would have done? What kind of shape were you in on that day?

Huff: People ask me that and personally I think it's a stupid question. How can you say? I wasn't there. I went over to Europe and I didn't train any more. I was just racing and racing without doing any training. And I was running in the low 8:20's. I might have been able to break 8:20. So I don't see myself going over there and getting in better shape and being a contender. I wouldn't have done anything. It wasn't my year. Things didn't go right. I had a hamstring injury in the winter and my base wasn't as good as I like it. Things just didn't go right. So I just watched that Olympic final and said, "Man I'm glad I'm not there," because they were jamming.

CTRN: In the final, eventual gold medalist Julius Kariuki of Kenya nearly broke Rono's world record of 8:05.4 with a blistering 8:05.51. Peter Koech (Kenya) was second in 8:06.79 and Mark Rowland (Great Britain) was third in 8:07.96. Henry Marsh finished a solid sixth in 8:14.39. Abshire and Diemer didn't make the final. Did you follow Kariuki while he was a Riverside City College?

Huff: I know him from Europe. As a matter of fact, when I PR'ed, he finished right in front of me, within a step. I ran right into his back at the finish line. So I've met him and know him. We raced at Pepsi. I was following him and we ran a couple of races in Europe before the Olympics.

CTRN: Had you ever beaten him before Tom Sullivan? Kariuki didn't finish in the top 10.

Huff: I think I beat him in a couple of races.

CTRN: What kind of factor was he at Tom Sullivan?

Huff: He was an unknown factor. Anyone who can run 8:05, you know he's got some talent. And he came up and beside us at about three miles and I said, "OK, here's Kariuki, he wants to do something." And then Giusto put in a little surge to test him and that was the end of him. So it was, "OK, here he is," and then he was gone. And once somebody dies, they're usually gone because if you feel good enough to hang on you'll hang on. You won't spot somebody five or 10 yards. You'll stay right there. So we knew he was gone.

CTRN: What's your track plans this year?

Huff: I'm planning on running the New Jersey Marathon on April 30. I have to see how I come back from that. My ultimate plan, if everything works out perfectly is that I pretty much relax and run easy through the beginning of May and recover and then start doing a little more towards the end of May. Then hopefully I've used all this road racing and the marathon as great base work for track. If I can recover fast enough I would like to try to run the TAC steeple in the middle of June. If I don't, I would still try to run track and go to the second half of Europe which starts at the end of July. But I'll know where I'm at in June. If it's not looking too good for track,

then I'll just stick with the roads.

CTRN: Is Abshire the man to beat now that Marsh has retired?

Huff: Abshire has tremendous talent. He has the best (open) 3,000 talent of the steeplechasers, myself, Diemer, Cooper. Cooper's got good leg speed. But I still think Diemer is a big factor in the steeple.

CTRN: What's Diemer's strength, his kick?

Huff: When he's running well he's got a good kick. He learned from Marsh, I think. He watched what Henry did and kind of copied it. But last year he was taking the lead in some of the races which was something new for him.

CTRN: And of course his bronze medal in the 1984 Olympics has to be a big confidence boost for him.

Huff: Yeah. But the thing with Abshire is he can go a lot faster, but he needs the time. He needs to get a good fast time. It seems like he's able to handle the Americans now at the national championships. He won the trials and made the world championship team in 1987. But I think he needs to get over to Europe and run some big races or do well at the (world) championship races which he hasn't done yet.

CTRN: The New Jersey Marathon. Is that going to be the same course as the Olympic Trials?

Huff: No. They designed a new course. It's supposed to be a lot different with a lot of downhill in it. It's an open race, but it's also the TAC championships so there is TAC money too. A lot of Americans are running it, but none of the big name Americans. I heard Ed Eyestone, Mark Conover, Mark Curp and Mark Nenow are not running it. But Janicki, myself, Gompers, probably Danny Grimes, Rich McCandless, those people will run. The marathon's a weird event. You can't come out and say who's going to win it or who's going to do what. You never know.

CTRN: You haven't run one since October 1986. You should be ready. The half-marathon is a good sign. Speaking about marathons, Mark Conover, a friend of yours from San Luis Obispo, did it all last year, at least on American soil. He won the Olympic Trials marathon. In the Olympics he had a bad experience with blisters and had to drop out though. What was your view of his OTM win. You had a ringside seat to his story.

Huff: Well I'm just happy for him. I think Mark typifies where the average American distance running is. There are a lot of good guys out there who are just barely getting by. People know why the Eyestones are and who the Nenows are. But the bulk of the races are made up of all the other guys and we've just been struggling to get by and stay in the sport. A lot of us have some talent and it maybe hasn't come out in the right races. But it finally came out for him. He did what he had to do at the right time. And everybody said, "Who is this guy." But he's done stuff in the past. He's shown he's capable of it. It just came through for him. I was real happy it was him because I know him. It's a lot nicer when it's somebody you know.

CTRN: Did it inspire you?

Huff: Oh yeah, it got me pumped up. I was watching the trials and I was just pumped going, "Come on Mark!" But as far as inspiring, I'm not going to say the "Well if he did it I can do it," type thing. A lot of people do that. The guy was on a roll and he hit it on the right day. Not to take anything away from him. He did it, but any number of people could have done it too. But he did it and that's all that counts.

CTRN: What do your track workouts consist of now?

Huff: I've only been on the track for two serious workouts in the past 10 weeks and I did a 5,000 meters on the track, so really that's the difference between

road racing and track. When I'm running track I'll get on the track for longer stuff on Monday and shorter stuff on Wednesday or Thursday. For road racing I'm just trying to build a base and am doing most of my work on roads and hills.

CTRN: Shifting gears, Coley Candaele of Carpinteria High ran 4:11 for 1600 meters four times in a row at the end of last season as a sophomore and finished third in the state meet. Two weeks ago he ran a 1:52.9 to win the 800 at the Bronco Invitational at Cal Poly Pomona. He quarterbacked the Warriors to two CIF championships in a row also. What do you think about that?

Huff: I think that's great. One problem is a lot of high school kids run great early and get burned out and you don't see them any more. I hope he's not doing too much too soon now at this young age. I think he should stick with the shorter stuff.

CTRN: Since he is the varsity quarterback, he doesn't run cross country.

Huff: That's good. Well, I don't know if that's good. Cross country is a good base in the fall for him, but you work on your shorter stuff as long as you can and then you gradually move up. That's usually how you develop your great runners. Most of the time they move up. It's not always the case, but it's a general rule.

CTRN: Your parents live in Paso Robles. Is moving back to your home town a big change?

Huff: I really like San Luis Obispo as far as the town, the climate and everything. But we have two kids now and it's really nice having relatives close by. Not to dump them off on the parents or anything, but they have a big house with a big yard and the kids can run around and play. And I have a brother in town who has three kids and they can get together. So it's nice having relatives around and just being able to go over to somebody's house and relax. It's my parents' house, but I grew up in it so it's my house too. It really helps my wife out too. When I'm gone she can head over there. It's hectic taking care of two kids. It's really tough.

CTRN: You run for Reebok?

Huff: I'm an Aggie. The Aggies were sponsored by Reebok. They may still have a sponsorship with Reebok. I'm not sure how it stands. But Reebok wants me to represent them nationally so they get as much press as possible. But the Aggie Running Club has been so good to me over the years. They're probably what has kept me going right out of college in my early post-collegiate career. If it wasn't for them I probably would have given it up a while ago. So I still keep in touch with the Aggies. I'm not a big party-er like a lot of them are, but I really enjoy most of them and have a good time being around them.

CTRN: Conover just signed a solid contract with Reebok. Does this get you into trying to sell yourself again? Is this a consistent thing with you to get something solid going?

Huff: You always want to have that sure thing and that's where the shoe companies have come in over the past years. But it's really become outrageous. Compared to what it was like, there's nothing out there. Everybody's cutting back. Lots of good runners aren't getting anything. And that's why these road races, these ARRA races I'm running, are just stacked with people because we're trying to make a living doing this. We're trying to pay all our bills. I went down to Jacksonville, Florida and everybody and his mother was there. I mean it was just stacked. There was good money to 15th place and I was 16th. There were all kinds of foreigners and Americans. The sponsorships from the shoe companies has really been cut back year after year.

CTRN: In 1986 you told me your best workout was a 9:11, followed by a 4:32 on the way to a mile-and-a-half, a 4:26, then 2:12, 65 and 29. Is that still your best?

Huff: That was my best endurance workout. Before I ran my PR 8:16.59, I ran, and I'd have to go look it up to get the exact times, but I ran two 1,320's, two halves and two quarters and it was probably at 63-second pace for the 1,320, 60-second pace for the halves and 57 for the quarters. I ran that and said I was fit and a few weeks later went over to Europe and popped the big one.

CTRN: Looking back on your career, when you first started in high school, did you ever think you'd be hammering away on the roads and tracks for the next 15 years.

Huff: No way. I don't think anybody would think that. Well maybe some kids now, but when I started I didn't even know what the state meet was. In high school I was just running because I was too small to play football.

CTRN: Back in 1986 you said, you plan to keep running "as long as possible. I'm happy to see people like Carlos Lopes and Paul Cummings who's 33. I know for sure that I'll keep it going for a few more years. And as long as I keep improving and can make enough money to get by and don't owe anybody anything and I'm happy I'll keep doing it as long as possible."

Is that still your attitude?

Huff: That's still it. That's why I'm on the roads right now. I really love track. I would still like to try and make a dent in track with some PRs consistently under 8:20. But I've got to get on the roads because I have more commitments now. I have two kids. I have to take care of my family and in the U.S. you've got to do it on the roads. If things weren't going as they are right now I'd have to think of giving it up because of the cutbacks from the shoe companies. If I'm not running well on the roads I don't make any money. I don't make that much money from my part-time job. But these past couple of weeks have been going pretty well. I hope I can keep on a roll.

CTRN: Between now and the marathon, how many races will you run.

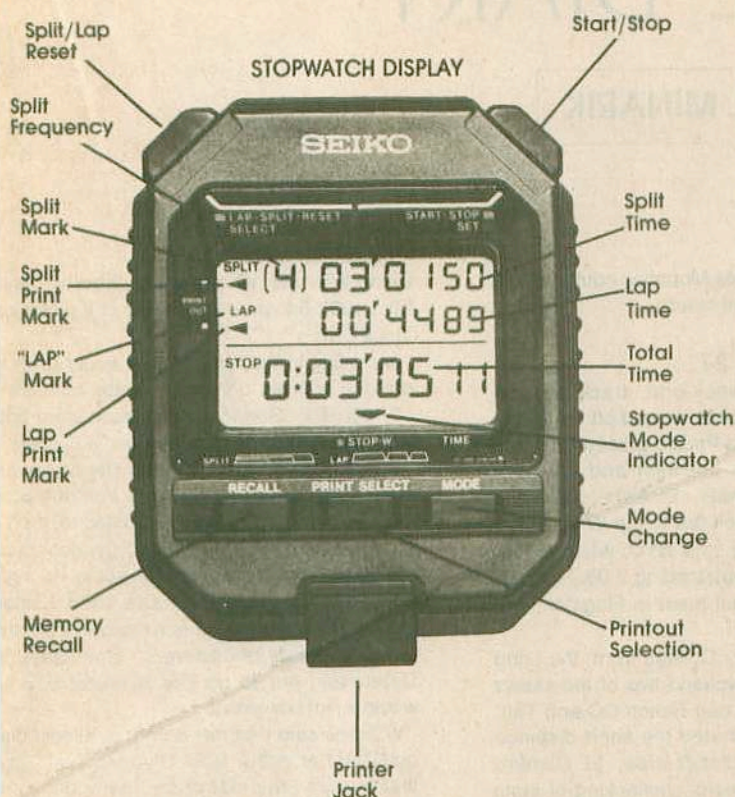
Huff: I feel fine from that half-marathon, but it can hit you in a few days or a week. I'm definitely running the Ekiden Relays for California on April 9 and then I'm planning on running a 12K in Wilshire the week before the marathon to get a good turnover so when you run the marathon at five-minute pace it will feel like you're jogging.

CTRN: Good luck at New Jersey.

Huff: Thanks.

Ivan Huff was born on July 31, 1959. His personal bests from the marathon down to the 110-meter high hurdles are: Marathon 2:14.46, half-marathon 1:03.20, 20K 59:57, 10-mile 47:33, 15K 43:09, 10K 28:28rd, 28:45th, 8K 23:06, 5,000 13:34, two-mile 8:48, 3,000 steeplechase 8:16.59, mile 4:07, 800 1:53.2, 400 53.0, 400 IH 57.6, 110 HH 17.1.

Digital Quartz Stopwatch With Printer, SP11



System Printer

The following data is printed permanently on tape:

1. Year, Month, Date and Time are automatically printed
2. Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
3. Places: printed to "99"; then start again at "0"
4. Printed Data: printed out immediately as measured, or printed later from the memory function of the stopwatch

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

1984 9 25	1984 9 25
START 9:00	START 10:00
SPLIT	SPLIT / LAP
1-0:28'50 33	1-0:00'45 38
2-0:29'07 20	0:00'45 38
3-0:29'18 55	2-0:01'30 48
4-0:29'28 44	0:00'45 10
5-0:29'53 23	3-0:02'16 36
6-0:30'04 03	0:00'45 88
7-0:30'31 96	4-0:03'01 23
8-0:30'53 60	0:00'44 87

Applications

The Seiko Digital Quartz Stopwatch with Printer is a multipurpose system that can be used for timing and training in a variety of activities including: cross country, track, road races, swimming, bicycling, triathlons, cross country skiing, football drills, physical education and intramural sports.

Specifications

Time Base & Accuracy:

Quartz oscillator, ± 0.5 seconds (24 hours/70°F)

Printout:

9 hours, 59 minutes, 59.99 seconds maximum, then repeats. Prints 300 to 600 lines per roll depending on print selection.

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

6 digits Split/Lap Time; 7 digits Running Time; 1 digit shows Place or Lap Number.

Modes:

Split Time and Split/Lap Time; time of day and calendar.

Temperature:

Accuracy guaranteed range 23°F to 104°F; operational range 5°F to 131°F.

Dimensions:

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Printer: 3"W x 5"L x 1.0"D

Weight: 12 ounces with batteries, paper and cord

Batteries:

Stopwatch: 1 miniature battery, Maxell SR-44W, U.C.C. 357 or Sony Eveready 357 (3-year maximum life). System Printer: 3 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815; Duracell MN1500. Will print approx. 6000 lines.

Construction:

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SoCAL DIARY

By BILL MINARIK

February 13.

As the indoor season was winding down, the outdoor season got under way in SoCal with a scattering of various types of competitions. The annual Cal State Bakersfield Invitational brought together teams from all institutional levels with the Taft Community College men's team showing the most relative team strength, while the trio of young lady throwers from Bakersfield High School showed why they probably have enough points between them to give their team another State Title.

Elsewhere, the men from Azusa Pacific also flexed their throwing muscles in a non-scoring tri-meet at UCSB which also included Westmont College. In a women's tri-meet, Cal Poly SLO showed that they again will be a force to be reckoned with as they cruised to a 99-69-14 win over San Diego State and Oxy.

February 20.

Most SoCal College teams were in action this past week-end with an all-comers meet at UCLA being the top attraction. The throwers took the spotlight there as Coach Art Venegas displayed his usual potent corps of Bruin throwers, while the Bakersfield girls continued their early season display of outstanding Prep throwing.

In scoring meets, Cal Poly SLO took the measure of U.C. Santa Barbara in both men and women's competition 87-76, and 107-37 while Fresno State did likewise to Oxy and U.C. Riverside 133-50-13, and 110-53-5. The same result took place at U.C. Irvine, where the Anteaters showed they're not about to concede anything to Fresno State as they rolled by Cal State Long Beach and Cal Poly Pomona 119-43-24 and 90-28-18.

The Community Colleges began their dual meet season as Riverside outclassed the Golden West men 102-30 and the GW women 100-24, while Mt. SAC was able to edge the El Camino men 74-71. In a real shocker, the El Camino women trounced Mt. SAC 90-26. Its hard to believe, with the talent they

have, that the female Mounties could be held to 26 points in a dual meet.

February 27.

Over the past week-end, track season started to heat up, both on and off the track. Competitively Azusa-Pacific placed 2nd and 6th respectively in the men and women's NAIA Indoor Nationals. Elsewhere indoors, San Diego State took 3rd in the WAC men's meet behind UTEP and BYU, while USC's Leslie Noll ran an outstanding 2:08.7 indoors 800 at an invitational meet in Flagstaff, Arizona.

On the Community College front, the Long Beach Relays showcased two of the state's top men's team in Long Beach CC and Taft, both of which dominated the short distance events. On the distaff side, El Camino showed that last weeks shellacking of state champ Mt. SAC was no fluke as they totally dominated the competition. In dual meet competition, the Riverside men and women rolled by Saddleback 105-49, and 81-50.

Pasadena CC Coach Skip Robinson is currently on the hot seat with the TAC for accompanying a number of athletes, including some in Community College, on a competitive tour of South Africa, in defiance of a TAC ban against such competition. The results of a hearing to determine the appropriate punishment, if any, for Skip should be revealed by the TAC shortly.

It was just revealed that female track phenom Florence Griffith Joyner has retired from the sport. According to FloJo, there were too many business opportunities available, which would have left her without adequate time for proper competitive training. One of the business opportunities is rumored to be Florence in the role of a female James Bond. So ends the competitive career of a woman who was the most spectacular appearing as well as performing athlete in the history of women's track & field.

While on the subject of women's track & field, the allegations that well-known women's track coach, Chuck Debus had dispensed steroids to women under his tutelage has surfaced again, this time from Olympian,

Diane Williams, who was coached by Debus from 1982-84 while a member of the Naturita Track Club.

According to Williams, Debus would come to practice with an unmarked bottle containing 50-100 pills. See indicated these were both Dianabol and Anavar, both muscle builders.

Williams went on to say that she began experiencing severe side effects from the Steroid use. First there was a mustache, then a beard. Ultimately, there were gynecological problems and finally psoriasis set in. In addition, Williams said that she tried human growth hormone which is extracted from the pituitary glands of cadavers. She said that Debus told her to go see a doctor and he would inject her with it.

Williams said that her drug use almost disqualified her in the 1984 Olympic Trials, and that because the rest of the team found out about her marginal test results, she was not selected for the sprint relay team.

In response to the allegations of his involvement in the Williams affair, Debus stated "I am vehemently against the use of a banned substances," and, "what Diane said is a complete falsehood."

With all the adverse publicity coming out recently against steroids, especially in Canada, one might think that Ben Johnson acted foolishly in his Olympic endeavor by taking banned substances so close to the Olympic competition, with the result that his career was ruined, both competitively and financially. However before you generate any more pity for gentle Ben, consider this. According to rumors coming from Las Vegas, backer's of Ben Johnson bet more than 40 million on Johnson to win at the Olympics. Johnson reportedly sandbagged in the preliminary heats in an effort to increase the odds for the final. All betting establishments paid off on Johnson to win, not Carl Lewis. It was known before hand that the betting establishments would have to pay off before the results or any drug tests were known. It is not known what benefit, if any, Ben derived from the good fortune of his backers, however it has been reported that his standard of living is an all-time high.

SoCAL DIARY

March 6.

For most people in SoCal, the only show in town last week-end was the L.A. Marathon. With both the men and women's field dominated by world class competitors, everyone expected record shattering times. While the air temperature stayed in the low 60's, a hot winter sun fried most of the competitors who didn't give it proper respect.

The competitor who gave the sun the least amount of respect appeared to be Gidimas Shahanga of Tanzania who broke from the pack early and at one point lead the field by a half a mile. However the weather began to take its toll and during the 25th mile with Shahanga appearing to have a safe lead, he agonizingly slowed to a walk. After walking for awhile, he began running again, only to be passed by a hard charging Art Boileau of Canada who went on to win. Shahanga faded all the way to fourth as his final mile time was in excess of 8 1/2 minutes.

The women appeared to have run a much smarter race; especially Zoya Ivanova of the USSR who used pre-race favorite Rosa Mota to pace her for 20 miles, then using her superior physical strength, gradually pulled away over the final 10K, to win by 45 seconds.

The L.A. Marathon Committee did it's usual excellent job of running this event as it was able to accommodate the record 18,861 participants in world class style. The only flaw in the entire day's activity was the start where a popped balloon was mistaken for the starting gun and most of the front line of competitors went as much as 2 minutes out on the course before being advised of the false start.

Channel 13 continues to improve its television coverage to the point where it's impossible to distinguish it from Olympic coverage. 2-time winner, Nancy Ditz, who was 3 months pregnant, was a welcome addition to the broadcast booth.

The L.A. Marathon gained additional stature when Mercedes Benz offered an additional \$300,000 to any man or woman who wins both the New York and Los Angeles Marathons. Ultimately, I still forsee when the worlds 3 big marathons will be New York, Chicago and Los Angeles.

Elsewhere in SoCal, the Aztec Invitational in San Diego was able to showcase USC's freshmen sprint corps as they lined up against UCLA. The result was positive for Trojan fans as Travis Hannah, Quincy Watts, Ron Copeland and Calvin Holmes joined veteran George Porter to post 800 and 1600 meter Relay victories; the latter in 3:08.9 over

UCLA, which apparently has lost sprint wizard Henry Thomas to spring football.

In a 5-way meet at C/S Northridge, the home teams men and women both posted impressive wins over C/S Los Angeles, Cal Poly Pomona, UC Riverside, and Chapman by scores

of 136-78-54-22-1 and 129-60-50-10-1.

In some key Community College duals, Mt. SAC's men stopped both Pasadena and Cerritos by scores of 89-55 and 99-38 while P.C.C. prevailed over Cerritos 88-46.

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PREP NOTES

By KEITH CONNING

National Interscholastic Indoor Meet

By Doug Speck

March 12. U.S. Naval Academy in Annapolis, Maryland—The 6th annual National Interscholastic Meet is a chance for High School athletes who have met a standard to compete unattached against the other top athletes in the nation in an indoor setting. This competition was started as a way of showcasing talent in the greater New York area against the rest of the country's top athletes. The outdoor season in the east is greatly affected by the weather, with this competition a true test for athletes from around the nation under the same conditions. The timing of the Meet also falls during a crucial recruiting time for colleges around the nation, with many choices on scholarships decided as stars face each other head to head. The Pathmark supermarket chain in New York assisted with partial sponsorship for a few years with the Meet, with the Metropolitan Athletic Congress (MAC) from New York City, by far the nation's most active local organization in the sport, offering assistance with sponsorship and running the affair right from the start. The MAC organization is headed by Tracy Sundin, a former Southern Californian who leads that organization in a year-long series of Meets and activities associated with the sport that could be a good example to the rest of the country. Prep experts Mike Byrne and Jim Spier from New York work to gather the talent, a job they do with amazing success. Just about all of the nation's top athletes with an indoor season do attend, with a large number of the nation's top outdoor returnees also competing. It is an amazing day of action that some California athletes and relay squads have chosen to travel to unattached to compete in the indoor setting that Golden Staters do not often have a chance to compete in.

There is high interest in track in the East. Obviously there are real athletic limitations in that part of the country that lend to interest in sports activities that can be held indoors in the winter. The undercover Track season runs from December to early March in the Northeast, with some athletes in 12-15 competitions during that time. The National Indoor Championships are held after the season is over in that area of the nation, with the affair giving a complete and satisfying feeling to the end of the indoor

period of the year.

The 1989 Meet was my first to witness. It was an amazing day of track action. Two new national records came from the ten hours of track action, with a lot of excitement to the races on the 220 yard synthetic oval and very strong field event groups. A good contingent of athletes competing unattached from California made the trip with some good results. The first national record that fell during the day was in the 200 meters, where Derrick Love (Meade HS, Ft. Meade, Maryland) raced 21.59 to take down the old prep best of 21.64 (hand time converted) by Clinton Davis from 1983. 21.59 around a two-turn oval of 220 yards was an amazing feat to watch, with Love certainly worthy of attention nationally in the future. The other record fell to a group of athletes competing unattached from Hawthorne HS in Southern California. Chris Alexander (22.9), Anthony Smith (21.6), Erik Allen (22.2), and Curtis Conway (21.5) raced 1:28.15 to take down the old record of 1:29.1 set back in 1975. Kevin Gatlin replaced Allen in the 4x440 event in which Conway brought the team from far back during the anchor leg with a 47.6 effort into 3rd place at 3:20.33. Women's relay groups



KERI SANCHEZ

Fine Flicks by Don Gosney

unattached from Hawthorne also ran well. The 4x220 yard group raced 1:45.23 for 4th overall, with the 4x440 team racing a fine 3:55.84 for 3rd.

Angela Burnham, unattached from Oxnard, the 1988 Prep Athlete of the Year nationally on the Women's side and a student at Rio Mesa HS, ran the 200 meters, and raced to the equal number eight prep time ever indoors in her 24.70 heat win. In the Fi-

nals Angela was seeded into lane 2 on this tight facility despite having the quickest heat time, and finally edged her way past Andrea Lee (Riverside, Milwaukee, Wisconsin) off the final turn to win 24.80-24.88. Debra Hamilton, competing unattached from Locke HS in L.A., raced a fine 25.28 to win her heat, but her time did not qualify her on to the Finals. Latanya Davenport, also a student at Locke, won her heat in the hurdles in 8.49, and was fifth in her semi in 8.39, a fine time for someone not used to the 33" hurdles used in just about all other states. Keri Sanchez, unattached from Santa Teresa HS in San Jose, was 8.51 in her heat and 8.46 for 5th in a Semi. Julie Broughton, unattached from Woodland HS, the defending TAC Junior National High Jump champion, was 2nd in that event at 5-7. Kent Richter, competing unattached from Oak Park HS, was 2nd in a 400 meter heat at 50.21. Soph Dave Hartman, unattached from Canyon HS in Canyon Country was 5th in the Two Mile at 9:26.95. Tony Rogers, unattached from Johnson HS in Sacramento, was 5th in the Long Jump at 23-3 1/2 and 4th in the Triple Jump at 49-4 1/2.

It is a very different and exciting type of track activity. Information on the 1990 Meet will probably not be available until around the first of that year. Information on the Meet could be received at that time by writing the Metropolitan Athletic Congress (MAC) at P.O. Box 1512, Ansonia Station, New York, NY 10023. (212) 595-9640.

Track & Field Results

SAN DIEGO SECTION

March 16. Balboa Stadium, San Diego.

Boy's Results

100m: 1. Moody (CP) 10.8. 100: 1. Reyes (OG) 10.9. 2. Shaver (Craw) 11.1. 3. O'Dell (Sant) 11.1. 200: 1. J. Gross (Ho) 21.8. 2. Reyes (OG) 22.1. 220: 1. Moody (CP) 22.7. 2. Gibson (Sw) 22.8. 440: 1. J. Gross (Ho) 50.6. 400: 1. Ross (P) 51.3. 2. O'Neill (SP) 51.7. 3. Graves (MC) 51.9. 800: 1. Young (OG) 2:03.00. 2. Rodriguez (F) 2:03.0. 880: 1. Grady (CP) 2:02.7. Mile: 1. O'Neill (SP) 4:28.0. 2. Kindreich (E Cap) 4:29.6. 3. Hughey (Sant) 4:32.1. 1600: 1. Rodriguez (F) 4:22.5. 2. Biddle (F) 4:23.7. 3. Urizor (OG) 4:29.5. 3200: 1. Biddle (MC) 9:48.6. 2. Aronson (P) 9:52.00. 3. Purcell (F) 9:56.3. 2-Mile: 1. Kindreich (E Cap) 9:57.1. 2. Hughey (Sant) 9:59.1. 110 HH: 1. Haines (P) 15.2. 2. Armstrong (SP) 15.5. 3. Montoy (F) 15.5.

120 HH: 1. Bell (CP) 15.7. 2. Ruff (E Cap) 15.7. 3. Sarver (Sant) 15.8. 300 IH: 1. Haines (P) 40.3. 2. O'Neill (SP) 41.0. 3. Montoy (F) 41.8. 400R: 1. Poway 43.9. 2. Mt. Carmel 44.9. 1600R: 1. Mt. Carmel 3:29.9. 2. Fallbrook 3:30.3. HJ: 1. Buchanan (SM) 6-4. PV: 1. Rosie (P) 13-0. 2. Phillips (P) 13-0. 3. Stephens (OG) 12-6. SP: 1. Noon (F) 59-2. 2. Sherman (F) 56-2. 3. Hamilton (E Cap) 51-4 1/2. TJ: 1. McGill (OG) 48-5. 2. Quinones (K) 43-7. LJ: 1. Reyes (OG) 23-6. 2. O'Dell (Sant) 22-2. 3. McGill (OG) 21-8. DT: 1. Noon (F) 172-10. 2. Martz (OG) 153-3. 3. Huddleston (LJ) 148-8.

Team Scores: 1. Hoover 106. 2. Bonita Vista 91. 3. San Pasqual 90 1/2. 4. Castle Park 89. 5. Torrey Pines 80. 6. Mt. Carmel 77. 7. El Capitan 76. 8. Crawford 75. 9. San Diego 74. 10. Poway 71. 11. Helix 68. 12. Grossmont 67. 13. Orange Glen 64. 14. Kearny 62. 15. University City 61. 16. Santana 60. 17. Fallbrook 59. 18. Mission Bay 54. 19. Montgomery 46. 20. Sweetwater 45. 21. San Marcos 43 1/2. 22. University 30.

Girls Results

100: 1. DeJesus (MC) 12.6. 2. Ortega (MC) 12.7. 3. Donald (SD) 12.7. 200: 1. DeJesus (MC) 26.0. 2. Dring (MC) 26.5. 3. Ortega (MC) 26.6. 400: 1. Dring (Mc Frosh) 59.0. 2. Tyson (MC) 1:01.0. 3. Labovitz (SD) 1:01.00. 800: 1. Cooper (MC) 2:25.8. 2. Stowell (MC) 2:26.8. 3. Westby (TP) 2:28.00. 1600m: 1. Barnhart (P) 5:31.7. 2. Schiebel (OG) 5:33.1. 100 LH: 1. Stark (SP) 15.9. 110 LH: 1. Dill (P) 15.9. 2. Crisell (F) 16.1. 3. Williams (McFrosh) 16.1. 300 LH: 1. Crisell (F) 48.1. 2. Tyson (MC) 49.5. 3. Stark (SP) 50.0. 330 LH: 1. Chadwick (E Cap) 48.9. 400R: 1. Mt. Carmel 50.0. 2. San Diego 52.2. 1600R: 1. Mt. Carmel 4:06.5. HJ: 1. Armstrong (TP) 5-3. 2. Kuras (P) 5-4. 3. Buethner (BV) 5-2. TJ: 1. Lee (P) 33-11 3/4. 2. Wright (Sant) 33-4. 3. Dessoure (MC) 33-3. SP: 1. Anderson (K) 35-11 1/2. 2. Schussler (OG) 35-11. 3. Moore (MC) 34-6 3/4. Discus: 1. Sanders (Gr) 102-6. 2. Hinchman (MC) 101-2. 3. Allen (E Cap) 100-5.

Team Scores: 1. Bonita Vista 112. 2. San Pasqual 104. 3. Mt. Carmel 99. 4. San Diego 94. 5. Torrey Pines 84. 5. Poway 84. 7. El Capitan 82. 8. Helix 78. 9. Montgomery 69. 10. Castle Park 58. 11. Grossmont 49. 12. Santana 45. 13. Orange Glen 43. 14. Mission Bay 42. 15. Sweetwater 31. 15. Kearny 31. 17. Fallbrook 28. 18. San Marcos 21.

Tiger Relays

March 18. Balboa Stadium.

In a possible preview of the section finals at 3200 meters, three North County females hooked up for a fast race in the 14th Annual

continued next page...

PREP NOTES

Girls Tiger Relays. San Diego's Jamie Butler, slowed during the cross country season by recovery from stress fractures, ran an excellent 11:22.2 in the race to outdistance San Pasqual's Michelle Keim (11:23.8), and Poway's Tara Barnhart (11:34.8).

Sorli Epps of Henry High School had a big day. Epps long jumped 17-6 1/2, and anchored her 400 relay team to a 49.6, the fastest of the day. Pt. Loma basketball standout Erica Crittenden, just a week out of the state basketball playoffs, had the best triple jump of the day at 35-9.

Other good marks in this 38 school girls only invite were Morse High's Mulu Tosi with a 39-0 1/4 -120 foot shot-discus double and a good jump double of 17-1-34-11 by Henry's #2 jumper Rachelle Johnson.

Girls Relay Results

3200m: 1. Butler (SDieguito) 11:22.2, 2. Keim (S Pasq) 11:23.8, 3. Barnhart (Poway) 11:34.8. **400R:** 1. Henry 49.6, 2. Morse 50.4, 3. Serra 51.0. **1600R:** 1. Helix 4:13.3, 2. Henry 4:16.2, 3. Morse 4:17.1. **HJ:** 1. Armstrong (TP) 5-4, 2. Kurros (Pow) 5-2, 3. DollaRosa (Esp) 5-2. **LJ:** 1. Epps (PH) 17-

6 1/2, 2. Johnson (PH) 17-1. **TJ:** 1. Crittenden (PL) 35-9, 2. Johnson (PH) 34-11, 3. George (PH) 34-7 3/4. **SP:** 1. Tosi (Morse) 39-0 1/4, 2. Vlavla (Mod) 37-10, 3. Misa (Mad) 35-8. **DT:** 1. Tosi (Morse) 120-0, 2. Anderson (K) 116-10, 3. Vlavla (Mod) 111-10.

Mustang Relays

March 11. San Diego.

Fallbrook junior shotputter Brent Noon, 2nd in the 88 California State Meet, opened the outdoor season with a fine 65-9 to win the shot in the first major invitational of the San Diego track year.

Noon's puts, which he followed with a 169-9 in the discus, were the best of some fine early season performances that were recorded in this 28 school boys and girls invitational.

If not for Noon's mark, the high jumpers would have highlighted this days relay events. Senior Joe Buchanan of San Marcos opened the season with a solid 6-8 1/4 jump, up from last years 6-7. He was pressed by Hilltop's Kurt Klaser who also set a PR at 6-6 1/4. On the female side, Torrey Pines soph opened with an outstanding 5-8

1/2.

Kira Jorgensen of Rancho Buena Vista, the defending state champ in the 1600, opened her season with an easy 5:17.9 in the mile.

Boys Results

2-Mile: 1. Biddle (Mt.C) 9:49.38, 2. Balvane-da (MM) 9:51.19, 3. Wardner (PL) 9:53.19. **Mile Relay:** 1. Mira Mesa 3:33.4. **HJ:** 1. Buchanan (SM) 6-8 1/4, 2. Klaser (Htp) 6-6 1/4, 3. Hamilton (PH) 6-4. **SP:** 1. Noon (F) 65-

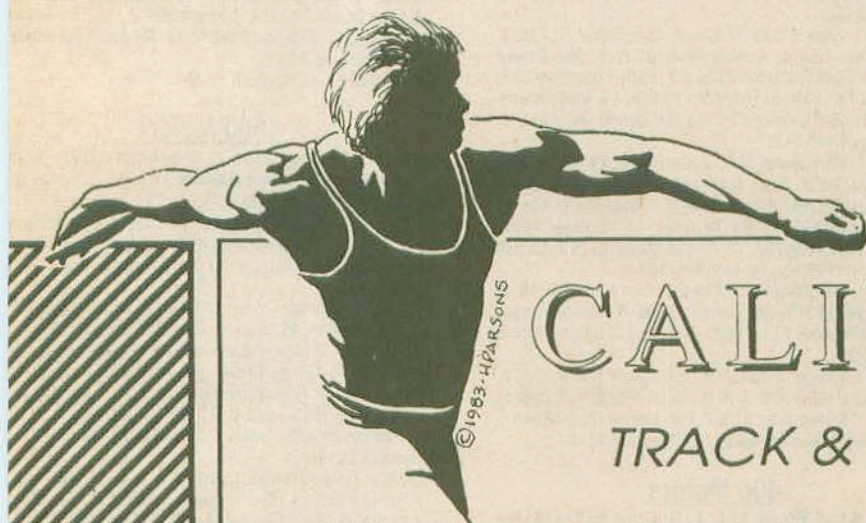
9, 2. Sherman (F) 54-5 1/2, 3. Gray (GH) 51-11. **880:** 1. Rodriguez (F) 2:00.72. **DT:** 1. Noon (F) 169-9, 2. Martz (OG) 143-4, 3. Martinez (Htp) 143-3. **100:** 1. Reyes (OG) 10.1. **PV:** 1. Chase (GH) 13-6, 2. Degon (SM) 13-0, 3. Marden (Htp) 13-0. **LJ:** 1. Reyes (OG) 22-9, 2. McGill (OG) 22-7 1/2, 3. Nixon (MM) 21-6 1/2. **Mile:** 1. Tindrich (ECp) 4:32.1, 2. Huey (Sn) 4:34.4. **440R:** 1. Mira Mesa 44.5. **120 HH:** 1. Stevens (MM) 15.3, 2. Haines (P) 15.3, 3. Arrington (So) 15.4. **440:** 1. Monroe (PH) 51.0, 2. Chavez (SM) 51.4. **TJ:** 1. McGill (OG) 48-8, 2. Johnson (MM) 43-6.

Team Standing - Division Winners: (I) 1. Mira Mesa. (II) 1. Orange Glen. (III) 1. El Capitan. (IV) 1. Oceanside.

Girls Results

2-Mile: 1. Butler (SDI) 11:46.3, 2. Hornbacher (RBV) 11:46.5, 3. Barnhart (Pow) 11:56.3. **LJ:** 1. Sims (Oc) 16-7 3/4, 2. Dimry (Oc) 16-4 1/2, 3. Elierts (SPq) 16-4. **440R:** 1. Mt. Carmel 51.82. **SP:** 1. Hardy (RBV) 36-7, 2. Schuessler (OG) 36-2 1/2, 3. Scholteq (GH) 34-11. **Discus:** 1. Oleksow (MtV) 109-8, 2. Smith (LJ) 107-8 1/2, 3. Hincuman (MtC) 107-7. **HJ:** 1. Armstrong (TP) 5-8 1/4, 2. Karras (Pow) 5-2. **TJ:** 1. Sims (Oc) 35-5 1/2, 2. Gray (MtM) 34-8 3/4, 3. Miller (He) 34-6 1/2. **110LH:** 1. Dill (Pow) 15.4, 2. Stark (SPq) 15.5, 3. Williams (MtC) 16.4. **Mile:** 1. Jorgensen (RBV) 5:17.9, 2. Cotton (SPq) 5:28.8. **880:** 1. Ke. Wilkins (ECp) 2:30.1. **Mile R:** 1. Mt. Carmel 4:19.1, 2. Monte Vista 4:21, 3. Helix 4:24.5.

Team Standing - Division Winners: (I) 1. Mt. Carmel. (II) 1. Helix. (III) 1. Fallbrook. (IV) 1. Oceanside.



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1988 California Masters Top Marks -- Men

Compiled by
PERCY KNOX

30+ Open Competition:

100 Meters:

1. Marty Krullee 10.25a, 2. Larry Myricks 10.42a, 3. Colin Bradford 10.64a, 4. James Jilkes 10.5, 5. Mike McRae 10.75a, Wind-aided: Marty Krullee 10.06.

200 Meters:

1. Marty Krullee 20.30a, 2. Larry Myricks 20.50a, 3. Don Quarrie 20.62a, 4. James Gilkes 21.13a, 5. Colin Bradford 21.44a, 6. Greg Holmes 21.5.

400 Meters:

1. Adrian Rogers 48.6.

800 Meters:

1. James Robinson 1:45.50a.

1500 Meters:

1. Steve Scott 3:34.9.

3000 Meters:

1. Steve Scott 7:49.36a.

110 Meter High Hurdles:

1. James McCamey 13.74a.

400 Meter Intermediate Hurdles:

1. Edwin Moses 47.37a.

High Jump:

1. Dwight Stones 7-5.

Long Jump:

1. Larry Myricks 28-8 1/4, 2. Mike Morse 26-8 1/2.

Triple Jump:

1. Willie Banks 56-4 3/4, 2. Ray Kimble 56-3 1/4.

Wind-Aided: Willie Banks 59-8 1/4.

Pole Vault:

1. Mike Tully 19-2.

Shot Put:

1. Dave Laut 68-11, 2. Ben Plucknett 63-4 3/4, 3. Ben Oldfield 62-10.

Discus:

1. Mac Wilkins 222-11, 2. John Powell (40) 210-4, 3. Ben Plucknett 208-4.

Javelin:

1. Tom Petranoff 265-7.

100 Meters

(30-39): 1. Ricky Williams 10.24a, 2. Marion McCoy 10.85a, 3. Eugene Driver 11.08a, 4. Mike Black 11.10a, 5. Arkin Lewis 11.16a, 6. Adrian Rogers 11.0, 7. Mike Corrin 11.1, 8. Darrell Smith 11.1, 9. Glen Johnson 11.1, 10. Cy Lewis 11.2, 11. Delario Robinson 11.49a, 12. Warren Spikes 11.3, 13. Lee Pope 11.3.

(40-49): 1. Frank Little 10.85a, 2. Stan Whitley 11.05a, 3. Ray Yeck 11.14a, 4. Tom Allen 11.62a, 5. James Hollister 11.4, 6. A. Turnbull 11.72a, 7. B. Weinstock 11.77a, 8. Walt Butler 11.6, 9. Martyn Adamson 11.6, 10. Doug Smith 11.84a, 11. J. Pulley 11.88a, 12. Bill McKenzie 11.7, 13. Dennis Duffy 11.98a, 14. Mel Brooks 11.98a.

(50-59): 1. Ken Dennis 11.0, 2. Nick Newton 11.8, 3. Bruce Springbett 11.9, 4. John Carr 12.04a, 5. Stan King 12.12a, 6. Roger Tsuda 12.18a, 7. Gary Miller 12.0, 8. Gilbert LaTorre

12.0, 9. Ben Anixter 12.22a, 10. Tony Nasaralla 12.34a.

(60-69): 1. Bob Watanabe 12.44a, 2. Gene Harte 12.70a, 3. Vern Regier 12.5, 4. J. Smith 12.80a, 5. Bob Reemer 13.0, 6. Tom Patsalis 13.3, 7. Bob Higgenbotham 13.5, 8. B. Phillips 13.7, 9. Claude Taggart 13.83a, 10. Bob Hunt 14.04a.

(70-79): 1. Payton Jordan 13.08a, 2. Herb Miller 14.20, 3. Clarence Killion 14.0, 4. Al Guidet 14.37a, 5. Harry Koppel 14.2, 6. Bill Morales 14.40a, 7. Bert Morrow (75+) 15.40a, 8. Tony Castro (75+) 15.2, 9. Joe Caruso (75+) 15.50a.

(80+):

1. Ken Carmine 16.77a, 2. Sing Lum 19.75a.

200 Meters

(30-39): 1. Ricky Williams 21.16a, 2. Randy Hackett 22.2, 3. Norbert Payton 22.3, 4. Marion McCoy 22.57a, 5. Lee Pope 22.5, 6. G. Canfield 22.85a, 7. Milton Qualls 22.85a, 8. Steve Hardison 22.9, 9. Glen Johnson 22.9, 10. Darrell Smith 22.9, 11. Berry Caldwell 23.08a, 12. John Bonelaa 23.09a, 13. Randy Walker 23.09a.

(40-49): 1. Stan Whitley 22.20a, 2. Don Parker 22.72a, 3. Frank Little 22.91a, 4. Matt Pruitt 22.8, 5. Mel Brooks 23.35a, 6. Russ Ruthledge 23.65a, 7. Martyn Adamson 23.6, 8. Walt Butler 23.6, 9. Tom Allen 23.97a, 10. Carl Flowers 24.03a, 11. Bob Simmons 24.06a, 12. Dennis Duffy 24.07a, 13. George Smith 24.2.

(50-59): 1. Ken Dennis 23.5, 2. Gary Miller 24.33a, 3. Nick Newton 24.63a, 4. Bruce Springbett (55+) 24.63a, 5. Gilbert LaTorre 24.5, 6. Ben Anixter 24.89a, 7. Bob Lida 25.69a, 8. Marion Sanchez 25.4, 9. Ed Oleata 25.74a, 10. Roger Tsuda 25.7, 11. Ross Irving 25.8, 12. Norbert Wedepohl 25.9, 13. Sylvester Clayton 26.10a, 14. Stan King 26.14a.

(60-69): 1. Bob Watanabe 26.04a, 2. Gen Harte 26.14a, 3. Vern Regier 26.3, 4. Jim Warren 27.00a, 5. Claude Taggart 27.8, 6. Jock Jacoy 29.1, 7. Bob Hunt (65+) 29.53a, 8. Richard Klein 29.61a.

(70-79): 1. Payton Jordan 27.2, 2. Clarence Killion 29.6, 3. Harry Koppel (75+) 30.0, 4. Al Guidet 31.08a, 5. Tom Castro (75+) 31.1, 6. Herb Miller 31.3, 7. Bert Morrow (75+) 32.64a.

(80 & Over): 1. Ken Carmine 35.5, 2. Sing Lum 42.40.

400 Meters

(30-39): 1. Adrian Rogers 48.6, 2. G. Cagle 50.24a, 3. Milt Qualls 50.7, 4. John Bonello 51.03a, 5. Spencer Robinson 52.02a, 6. Kevin Smith 52.49a, 7. Richard Nichols 52.5, 8. John Kirkpatrick 53.05a.

(40-49): 1. Stan Whitley 49.20a, 2. Matt Pruitt 51.01a, 3. Frank Little 51.42a, 4. George Smith 51.6, 5. Don Parker 51.47a, 6. Mel Brooks 52.44a, 7. Robbin Borg 53.05a, 8. Martyn Adamson 53.1, 9. Dennis Duffy 53.52a, 10. Woody Stundmund 53.9, 11. R. Ruthledge 54.59a, 12. A. Turnbull 54.97a, 13. Searcy Barnett 55.29a, 14. Stan Baker 55.5, 15. John Aldridge 56.31a, 16. B. Miller 56.39a.

(50-59): 1. Gary Miller 53.6, 2. Bob Lida 56.35a, 3. Ross Irving 57.9, 4. Jesse Carrington 58.0, 5. Sylvester Clayton 58.4, 6. Tony Nasaralla 58.8, 7. Bruce Springbett (55+) 59.08a, 8. Cliff McPherson 59.5.

(60-69): 1. Gene Harte 60.6, 2. Robert Watanabe 61.15a, 3. Bob Hunt (65+) 66.31a.

(70 & Over): 1. Pete Ganahl 75.7.

800 Meters

(30-39): 1. Benny Brown 1:52.7, 2. Nolan Smith 1:56.0, 3. Carpenter 1:58.5, 4. James Gelsomine 2:00.24a, 5. Eric Parker 2:00.61a, 6. Randy Sturgeon 2:01.3, 7. M. Kruger 2:01.6, Robert Park 2:02.0, 9. Daryl Katcher 2:02.3, 10. L. Leor 2:02.7, 11. Duane Isham 2:03.1, 12. Pete Mogg 2:03.4.

(40-49): 1. Ron Jensen 1:58.0, 2. George Mason 1:58.39a, Don Parker 1:58.97a, 4. Graeme Shirley 1:59.2, 5. Steve Ferraz 2:02.1, 6. George Cohen (45+) 2:02.2, 7. Harvey Franklin (45+) 2:02.2, 8. Searcy Barnett 2:03.41a, 9. Dustin Ma 2:04.45a, 10. B. Winchester 2:04.5, 11. Mike Ackley 2:07.12, Wayne Douglas 2:08.0, 13. Phillips 2:08.3.

(50-59): 1. Pete Richardson 2:09.46a, 2. Mel Elliott 2:09.99, 3. K. Noel 2:14.2, 4. John Cosgrove 2:15.61a, 5. Ken Napik (55+) 2:17.4, 6. J. Bevins 2:18.4, 7. J. Erbs 2:19.1, 8. R. Rodquez 2:20.1, 9. Ross Culling (55+) 2:20.21a, 10. Fred Kar 2:22.1, 11. Ross Dunton 2:23.6.

(60-69): 1. Gunnar Linde 2:24.57a, 2. Dean Smith 2:31.64, 3. Louis Beadle 2:32.7, 4. J. King 2:38.9.

(70-79): 1. Pete Ganahl 3:00.77a, 2. Bill Van Fleet 3:04.9, Ed Stotsenberg 3:07.3.

(80 & Over): 1. Sid Madden 3:57.2.

1500 Meters

(30-39): 1. D. Parsel 3:58.0, 2. Nolan Smith 4:03.73a, 3. Jol Hall 4:04.70a, 4. Robert Radnote 4:05.73a, 5. Randy Sturgeon 4:07.7, 6. D. Amster 4:08.9, 7. Pete Mogg 4:10.5, 8. I. Cumming 4:10.8, 9. Eric Parker 4:12.01a, 10. C. Valdivia 4:12.0, 11. G. Henthom 4:14.6, 12. Bolgennian 4:18.0, 13. James Gelsomine 4:18.64, 14. Hank Lawson 4:18.6, 15. E. Aragon 4:19.3.

(40-49): 1. Graeme Shirley 4:03.93a, 2. Steve Ferraz 4:05.3, Jim Hampton 4:07.53a, 4. Dennis Tracy 4:07.54a, 5. C. Brook 4:14.0, 6. Mike Holbrook (45+) 4:14.83a, 7. George Mason 4:15.4, 8. George Cohen (45+) 4:16.15a, 9. Searcy Barnett 4:16.5, 10. Harvey Franklin 4:17.0, 11. Tom Laris (45) 4:18.88a, 12. Bill Sumner 4:19.0, 13. Michael Figueroa 4:23.14, Bill Sevald 4:23.7, Mile: 1. Steve Ferraz 4:20.34a, 2. R. Jensen 4:21.15a.

(50-59): 1. Pete Richardson 4:29.23a, 2. J. Bevins 4:44.6, K. Noel 4:50.2, 4. S. Vandenburg 4:50.4, 5. Don Mart 4:53.04a, 6. Peter Faust 4:54.8, 7. J. Erbs 4:57.6, 8. M. Field 4:58.1, 9. Robert Culling 4:59.3, 10. Tom Ryan 5:00.6, 11. Dan Kies 5:02.61a, 12. K. Ogden 5:02.7, 13. D. Basye 5:04.14, Jerry Withers 5:05.5.

(60-69): 1. J. King 4:58.8, 2. B. Jacques 5:01.0, 3. Gunnar Linde 5:04.00a, 4. Avery Bryant 5:21.21a, 5. Roland Anspa 5:35.0, 6. Jim Shelby 5:42.0, 7. Harold Willis 5:46.9, 8. W. Acheson 5:57.80a, 9. Jock Jacoy 6:04.0.

(70-79): 1. Ed Stotsenberg 6:33.21a, 2. Bill Van Fleet 6:36.3, 3. A. Rocha 6:49.0.

(80 & Over): 1. Sid Madden 7:50.7, 2. Ken Carmine 8:02.9.

3000 Meters

(30-39): 1. Richard Goni 9:01.06a, 2. D. Parsel 9:02.4, 3. Gerry Foltz 9:16.0, 4. Andy Harris 9:42.04a, 5. Gary Carlin 9:56.6, M. Cobb 9:58.2.

(40-49): 1. Ramsey Thomas 9:30.4, 2. Ron Jensen 9:32.0, Searcy Barnett 9:34.0, 4. Mike Figueroa 9:42.0, 5. Mich

continued next page

Masters Listing

en 9:51.2, 6. John Combs 9:53.0, 7. L. Gilbert 9:58.0, 8. unk Krebs 10:06.77a.
-59): 1. Pat Devine 10:27.0, 2. Dave Stevenson 10:57.8, 3. Allen 11:34.3, 4. James Jacob 11:37.1.

5000 Meters

-39): 1. Nor Avita 15:16.7, 2. David Hunt 15:34.7, 3. C. mpson 15:46.2, 4. S. Kackerson 15:49.4, 5. G. Foltz 53.00, 6. D. Ocana 15:56.00.
-49): 1. T. Burns (45+) 16:14.0, 2. Dennis Tracy 16:21.8, 3. Clark 16:22.0, 4. B. Dunn 16:32.6, 5. D. Barry 16:38.6, 6. hael Figueroa 16:49.3, 7. P. Kraus 17:04.0, 8. Ken Payne 14.2, 9. Daryl Zapata 17:14.8.
-59): 1. J. Bevins 18:08.1, 2. Pat Devine 18:10.7, 3. Abe arwood 18:43.4, 4. Dave Stevenson (55+) 18:45.48a, 5. hard Johnson 18:53.1.
-69): 1. J. King 19:02.9, 2. Gunnar Linde 20:50.5, 3. Marcel ison 20:55.9.

110 Meter High Hurdles

-39): 1. Ricky Williams 13.65a, 2. Audwin Mosby 14.40a, 3. art Miller 14.56a, 4. Mike Simmons 14.5, 5. James McCar- 14.84a, 6. Delario Robinson 15.22a, 7. Roosevelt Wells 26a, 8. R. Zahn 15.31a, 9. Kevin Speaks 15.43a, 10. Bill th 15.5.
id-aided: James Weems 14.6.
-49): 1. Theo Viltz (45+) 14.87a, 2. Walt Butler 15.5, 3. hard Katus 15.89a, 4. Fred Johnson 15.8, 5. Larry Sallinger 35a, 6. Cornelius McCormick 16.19a, 7. Marv Thompson 33a, 8. James Hollister 16.7, 9. R. Weil 17.09a.
-59): 100m HH: 1. Al Henry 14.54a, 2. Dave Jackson 14.67a, 3. Gary Miller 15.4, 4. Richard Hickman 15.81a, erry Stanner 17.25a, 6. D. McFetter (55+) 17.57a.
-69): 1. Bob Hunt (65+) 17.66a, 2. Bob Higgenbotham 17.6, lurt Gist (65+) 17.95a.
-79): 1. Al Guidet 14.19a, 2. Herb Miller 14.55a, 3. Bert row (75+) 16.62a, 4. Chea-Tsung Pao 17.1.

400 Meter High Hurdles

-39): 1. John Kirkpatrick 55.84a, 2. James Weems 56.2, 3. isell Acea 58.09a, 4. Roosevelt Wells 58.68a, 5. David ver 58.68a.
-49): 1. Frank Little 59.25a, 2. Ted Cain 60.65a.
-59): 1. Gary Miller 43.28a, 2. Richard Hickman 45.16a, 3. Cleata 45.42a, 4. Tony Nasaralla 47.30a, 5. Will Robinson 37a, 6. Marion Sanchez 49.1.
-69): 1. Robert Watanabe 49.89a, 2. Robert Hunt 51.33a, 3. Nordquist 51.50a.
-79): 1. Al Guidet 55.04a, 2. Bert Morrow (75+) 65.5.

4x100 Meter Relay

-39): 1. LA Patriots 42.68a. (40-49) 1. West Valley 33a. (50-59) 1. LA Valley 48.6. (60-69) 1. LA Valley 30a.

4x400 Meter Relay

-39) 1. LA Patriots 3:30.94a. (40-49) 1. West Valley 2.31a. (60-69) 1. LA Valley 4:31.84a, 2. SoCal Striders 3.47a.

High Jump

-39): 1. Charles Rader 6-6, 2. Mel Embree 6-5 1/2, 3. R. lds 6-2, 4. Moe McLean 6-0.
-49): 1. Charles Rader 6-3 3/4, 2. Richard Ratus 5-8, 3. Hotchkiss 5-6, 4. George Birnbaum 5-4, 5. Don Dvorak 5- Larry Sallinger 5-0, 7. Drew Stevach 5-0, 8. Bob Bly 5-0.
-59): 1. Nick Newton 5-8, 2. Gary Miller 5-3 1/2, 3. Marion chez 5-2, 4. Don Rose 5-0 1/2, 5. Boyd Shumway 5-0 1/2, erry Stanner 5-0 1/2.



MIKE TULLY

photo by Bill Leung, Jr.

(60-69): 1. Burl Gist (65+) 4-9 1/2, 2. J. King 4-8, 3. Chuck Mercurie 4-8, 4. J. Smith 4-6, 5. Carl Omdoff 4-5, 6. Dave Brown 4-4, 7. Jim Johnson 4-1, 8. Jim Vernon (65+) 4-0, 9. Jerry Silsdorf 4-0, 10. Bob Hall 4-0.
(70-79): 1. Pete Ganahl 4-1, 2. C. Johnston (75+) 4-0, 3. Herb Miller 3-10, 4. Ted Hatlen 3-10, 5. David Marcus (75+) 3-10, 6. Wilfred Bigelow 3-8, 7. J. Angelman 3-8, 8. Jenstar 3-8, 9. Les Holmquist 3-7 1/4.
(80 & Over): 1. Winfield McFadden 3-6.

Long Jump

(30-39) 1. Chuck Williams 21-9 1/2, 2. Roger Trujillo 21-9, 3. Al Miller 21-5, 4. John Kuehle 20-10 1/2.
(40-49): 1. Stan Whitley 22-1 1/2, 2. Carl Flowers 21-2, 3. Rufus Merris 20-3 3/4, 4. D. Johnson 20-2, 5. James Hollister 19-0, 6. F. Quinlantang Sr. 18-5 1/2, 7. Don Dvorak 18-4, 8. John Lawson 18-4, 9. Ted Cain 18-4, 10. B. Bly 18-3 1/2, 11. Carleton Collins 18-2.
(50-59): 1. Al Henry 19-4 3/4, 2. Gary Miller 19-4 1/4, 3. Rich Schmidt 18-10 3/4, 4. Dave Jackson 18-2 3/4, 5. Roger Tsuda 18-1 1/4, 6. Joe Iseri 17-1 1/4, 7. Ed Martin 17-0 3/4, 8. O. Legend 16-7 3/4, 9. Steve Richmond 16-0.
(60-69): 1. Tom Patsalis 15-11, 2. Jim Johnson 15-6, 3. Bob Higgenbotham 14-8 1/2, 4. Bob Roemer 14-1, 5. Jock Jacoy 14-0 1/2, 6. Joe Sarvis 13-10.
(70-79): 1. Bill Morales 14-2 1/2, 2. Herb Miller 13-6 3/4, 3. Al Guidet 12-8 1/2, 4. John Satti 12-7, 5. Dave Marcus 12-5 1/2, 6. Joe Caruso (75+) 12-0.
(80 & Over): 1. Ken Carmine 9-1 3/4, 2. Bob Ush 8-1.

Triple Jump

(30-39): 1. Milan Tift 50-5 1/4, 2. Roger Trujillo 46-6.
(40-49): 1. Rufus Morris 39-7 1/4, 2. John Lawson 39-5, 3. James Hollister 38-10.
(50-59): 1. Dave Jackson 41-7, 2. Al Henry 41-4.
(60-69): 1. Tom Patsalis 32-1 1/2, 2. Dave Brown 30-3 1/2, 3. Jim Johnson 30-1, 4. Chuck Mercurio 28-8.
(70-79): 1. Bill Morales 27-5 1/2, 2. Herb Miller 27-3.



JIM VERNON

Pole Vault

(30-39): 1. Steve Hardison 15-6, 2. B. Halverson 15-6, 3. Bob Pollard 15-5 3/4, 4. M. Hogan 15-0, 5. Wilson SooHoo 15-0, 6. Tim Wemer 14-6, 7. Greg Hill 13-6.8, Al Sandoval 13-0, 9. Al Miller 13-0, 10. Bert Serrano 12-6.
(40-49): 1. Bruce Hetaling 13-8, 2. Warren Wike 13-6, 3. Mike Morris 13-5 3/4, 4. Mardon Connolly 12-11 3/4, 5. Rich Ying 12-0 3/4, 6. Richard Stepp 12-0, 7. Roger Werne 12-0, 8. Joe Miyoski 12-0, 9. Gary Lemen 12-0, 10. Bob Bly 11-6, 11. Jim Evenson 11-0, 12. Richard Hotchkiss 11-0, 13. David Baumsteiger 10-6.
(50-59): 1. Gary Miller 12-11 3/4, 2. Tom Woodring 12-6, 3. Ed Oleata 11-0, 4. Jerry Stanners 10-10 3/4, 5. Dave Douglass 9-6.
(60-69): 1. Dave Brown 9-6, 2. Ralph Biesemeyer 9-0, 3. Jim Jonson 9-0, 4. R. Nordquist 9-0.
(70-79): P 1. Jim Vernon 10-2, 2. C. Johnston 9-3.
(80 & Over): 1. Bob MacConaghy 6-6 1/4.

Shot Put

(30-39): 1. Richard Gorbett 51-6 1/2, 2. Frank Reilly 49-9 1/2, 3. Ira Gorbett 49-4, 4. B. Pendleton 49-0 1/2, 5. Mike Deller 45-6, 6. Joe Klein 44-1, 7. Al Miller 43-7, 8. Russ Beabold 43-6, 9. Gary Schmidt 41-4 1/2.
(40-49): 1. Ed Kohler 47-9, 2. Pat Lyman 45-0 1/2, 3. Steve Chaton 43-8, 4. Steve Jarvis 43-6, 5. Dick Hotchkiss 42-1 1/2, 6. Chris Jordan 40-9, 7. M. Parker 39-3, 8. G. Kuhnke 39-1.
(50-59): 1. Jim Hart 49-6 1/2, 2. Hal Smith 47-8 1/2, 3. John Ross 46-4 1/2, 4. H. Ross 44-10 1/2, 5. Bob Humphrey 43-6, 6. Gary Miller 42-4, 7. Dennis Rietz 40-7, 8. Harry Hawke 40-3 3/4, 9. Bob Feaster 40-2 1/4, 10. John White 39-7, 11. J. Geoghegan 39-1.
(60-69): 1. Bill Bangert 47-4, 2. Mike Ulrich 45-7 1/2, 3. J. Smith 44-2 1/2, 4. Arnold Gaynor 42-4, 5. Mike Castaneda 41-1, 6. Dan Aldrich 40-8.
(70-79): 1. Jerry Siefert 38-5 1/4, 2. Jack Thatcher 37-0, 3.

continued next page...

Masters Listing

Hal Cronkrite 35-9 1/4, 4. James York 35-7.
(80 & Over): 1. Bob MacConaghy 29-0, 2. Burt DeGroot 28-7.

Discus

(30-39): 1. Frank Reilly 169-8, 2. Dennis Umshler 155-11 1/2, 3. Mike Deller 153-1 3/4, 4. Russ Reabold 136-5, 5. Hartman 136-4, 6. Richard Gorbett 136-2, 7. Sebbert 131-8 1/2, 8. Martinez 129-0, 9. Gary Schmidt 126-7 1/2.
(40-49): 1. John Powell 203-4 1/2, 2. Lloyd Higgins 168-4, Dick Hotchkiss 141-6 1/2, 5. Ron Miller 137-3, 6. E. Arroyo 136-9, 7. Cornelius McCormick 134-1, 8. Mike Woodward 130-5 1/2.
(50-59): 1. Bob Humphrey 163-0, 2. Parry O'Brien 156-2, 3. Jim Hart 152-4 1/2, 4. John Ross 149-11 1/2, 5. Allen Brown 145-10, 6. Ed Van Pelt 142-3, 7. Dennis Rietz 135-10 1/2, 8. Harry Hawke 132-8 3/4, 9. Hal Smith 129-8 1/2.
(60-69): 1. Dan Aldrich 150-7, 2. Del Pickarte 146-4, 3. A. Gaynor 137-9, 4. Bill Bangert 135-2, 5. Mike Castaneda 134-11, 6. Hy Booth 130-9 1/2, 7. Mike Orlich 129-2, 8. Bob Stone 127-1.
(70-79): 1. Dan Aldrich 138-3 3/4, 2. Hy Booth 128-10, 3. J. Siefert 104-8, 4. J. Sanz 104-6, 5. Hal Cronkrite 102-6, 6. James York 98-2.
(80 & Over): 1. Ken Carmine 97-3, 2. Burt DeGroot 87-4.

Javelin

(30-39): 1. Fred Carpenter 208-7, 2. Joseph Greenberg 202-9, 3. Robert Buhl 192-3, 4. Al Miller 186-2, 5. Steve Jarvis 177-1, 6. Jeff Scruggs 177-0 1/2, 7. Ross Percifield 169-3, 8. H. Seari 156-3 1/2, 9. Gary Schmidt 153-4, 10. Bob Martmann 145-1 1/2.
(40-49): 1. Warren Wilke 193-11 1/2, 2. Steve Jarvis 184-6, 3. Drew Stevick 180-2, 4. Frank Reilly 169-9, 5. Richard Shelby 168-7 1/2, 6. Lloyd Higgins 164-11, 7. Dick Hotchkiss 163-4, 8. Dennis Neufeld 160-9, 9. H. Kelsey 158-0, 10. Richard Stepp 149-8, 11. Cornelius McCormick 147-4 1/2, 12. S. Zisman 143-

8, 13. Joe Wallek 142-2.
(50-59): 1. Larry Stuart 215-9, 2. Phil Conley 176-7 1/2, 3. Don Rose 148-1, 4. Ed Martin 134-8, 5. Hal Smith 133-10, 6. Dennis Rietz 133-0.
(60-69): 1. Del Pickarte 184-6, 2. Bob Roemer 134-0, 3. Boyd Porch 125-8, 4. A. Lombardi 123-6.
(70-79): 1. Bill Morales 148-1, 2. Jerry Siefert 119-8.
(80 & Over): 1. Ken Carmine 84-5 1/2, 2. Bob MacConaghy 72-0.

Hammer Throw

(30-39): 1. Hartman 173-1 3/4, 2. Mike Deller 166-0, 3. Gary Kelmenson 148-6 1/2.
(40-49): 1. Ed Burke 171-0, 2. Lloyd Higgins 158-8 1/2.
(50-59): 1. Bob Humphrey 163-2 1/4, 2. Jim Hart 135-0, 3. Dave Douglass 134-2.
(60-69): 1. Jim Minah 129-4, 2. Bill Bangert 122-11, 3. Dan Aldrich 117-8 1/2, 4. Bob Stone 107-3, 5. A. Ricciardi 106-10.
(70-79): 1. Dan Aldrich 141-0, 2. Jim York 105-5, 3. J. Sanz 97-3, 4. Art Vesco 93-9.

Decathlon

(40-49): 1. Dennis Stempel 5708.
(50-59): 1. Gary Miller 7708, 2. Ed Martin 6831, 3. Dave Douglass 5124.
(60-69): 1. Jock Jacoy 6022, 2. Ted Ensslin 5970.

Pentathlon

(40-49): 1. Frank Reilly 2499, 2. Cornelius McCormick 2146.
(50-59): 1. Gary Miller 2976.
(60-69): 1. Jock Jacoy 3118, 2. A.U. Ricciardi 2131.
(80+): 1. Ken Carmine 3869.

New City of San Francisco Marathon Approved

San Francisco's Board of Supervisors have given the go-ahead for a new marathon to take place on the streets of San Francisco this summer. The new event, named The City of San Francisco Marathon, is anticipated to fill the gap left by the San Francisco Marathon which was cancelled last year following the loss of its major sponsor. The event had received criticism from some factions (including a member of the city's Board of Directors) about traffic snarls and perceived interference with local business.

The new race, whose plan was put together by the Bay Area Sports Organizing Committee (BASOC), has set a July 9, 1989 date with a 7 a.m. start. Beginning in Marin County, the race route crosses the Golden Gate Bridge, tours the city's financial district, a portion of the Bay to Breakers course, Golden Gate Park, the oceanside Great Highway, with a finish at the Polo Fields.

Rich Nichols of BASOC and additional race organizers are now busily recruiting a major sponsor in the precious little time left before the scheduled date. Nichols and others have already worked tirelessly with the city's politicians, residents, and businesses to alleviate concerns and gain much-needed support. BASOC must still report to the city on the finer details of its race plans which are subject to the Board's further review.

We applaud the efforts of all those intent upon bringing a major marathon back to San Francisco and we provide our sincere encouragement in the challenging months ahead.

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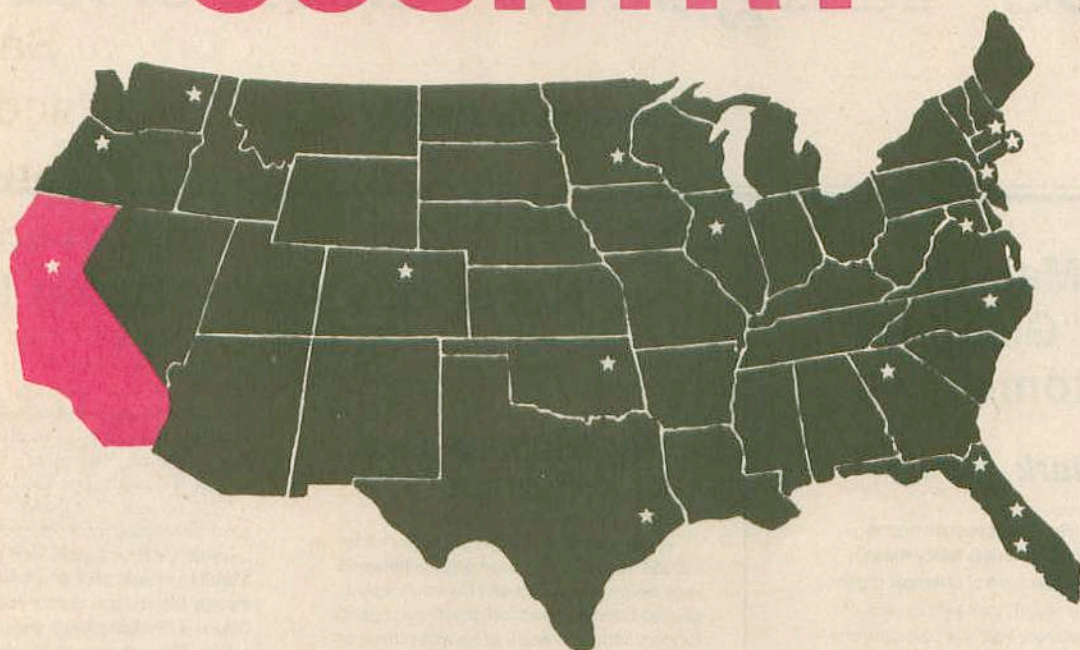
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	11	RED LOBSTER 10-K, Orlando, FL	800-252-7510
	19	NEW BEDFORD/BANK OF BOSTON HALF-MARATHON, New Bedford, MA	617-999-2699
APRIL:	2	NIKE CHERRY BLOSSOM 10-MILE, Washington, DC	301-445-4177
	9	MDA-BOSTON MILK RUN 10-K, Boston, MA	617-396-3001
MAY:	7	LILAC BLOOMSDAY RUN 12-K, Spokane, WA	509-838-1579
	14	NIKE WOMEN'S RUN 8-K, Washington, DC	703-780-3037
	29	BOLDER BOULDER 10-K, Boulder, CO	303-444-7223
JUNE:	17	STEAMBOAT CLASSIC 4-MILE, Peoria, IL	309-676-6378
	18	CASCADE RUN OFF 15-K, Portland, OR	503-226-0717
JULY:	4	PEACHTREE ROAD RACE 10-K, Atlanta, GA	404-231-9065
AUGUST:	12	ASBURY PARK 10-K CLASSIC, Asbury Park, NJ	201-922-9479
	20	FALMOUTH ROAD RACE 7.1 MILE, Falmouth, MA	508-540-7000
OCTOBER:	8	TWIN CITIES MARATHON, Minn./St. Paul, MN	612-339-1913
	28	TULSA RUN 15-K, Tulsa, OK	918-588-2850
NOVEMBER:	12	THE OLD RELIABLE 10-K, Raleigh, NC	919-829-4843
DECEMBER:	3	CALIFORNIA INTERNATIONAL MARATHON, Sacramento, CA	916-447-2786



**Association
of Road Racing
Athletes**

Don Kardong, President
807 Paulsen Building
Spokane, WA 99201
509-838-8784

The Los Angeles Marathon

March 5, 1989

L.A. Marathon Brings "Glasnost" Home

By Mark Winitz

Four and a half years after boycotting the 1984 Olympic Games, the Soviets finally made it to Los Angeles. In the true spirit of Glasnost (openness to the rest of the world), they sent several of their country's best athletes from the cold environs of winter training in Russia to the relatively summer-like conditions of Southern California. The Russians were here, along with teams from 13 countries courtesy of the AT&T-sponsored "Friendship Cup" and John Hancock Financial Services. And they were here to run an Olympian marathon. But instead of finishing inside a Coliseum packed full of roaring spectators, this one would finish beside it amidst thousands of wildly enthusiastic onlookers.

The Tunnel leading out into the huge stadium served no purpose on such a day. The passage remained empty, a thing of the past, only a reminder of the great (but politically marred) marathons of '84. Out on the streets of L.A., as two red-uniformed lady marathoners and a host of their teammates approached the finish line in a nationally televised event, we are provided with vivid proof that in four and a half years we have run full loop and have emerged resplendent in the sun. The Goodwill Games in Moscow having led the way, we are now witnessing historic precedents on our roads.

The evening before the 4th annual City of Los Angeles Marathon (March 5th), an unlikely threesome animatedly talked around one small table in a sea of hundreds of tables at the pre-marathon carbo-loading feed. In this setting—a cavernous, modern shopping mall, filled with throngs of runners stretched out in long lines, L.A.-style fluores-

"Never Say Die" -- Some Did, Some Didn't

By Richard Lee
Slotkin

Art Boileau almost didn't get a chance to run this one. A rather bitter dispute between race director Bill Burke and Boileau's agent caused Burke to swear off any of that agent's runners from any race that he was putting on, including former winners of his own race. However, quality runners can be hard to come by, especially when they have Olympic credentials and Burke relented. Bypassing the agent, Burke contacted Boileau directly and the winner of the 1987 L.A. Marathon was there at start time.

A most felicitous turn of events, indeed, it proved to be.

For Boileau, especially.

Because, despite the money, up to nearly a million and a half in cash and Mercedes Benzes, depending upon what records might

be set, the field was not especially formidable. A very top-heavy distribution of prize money discouraged potential challengers. Third place was only \$4,000 and 10th would get you a skimpy \$500.

Still, on paper, it appeared that there might be some interesting moments; maybe even a repeat of last year's 6 man battle. Last year's winner, Mark Mondragon was back and so was Mark Plaatjes, the guy Mondragon battled in the last few miles. Gidamus Shahanga was there as was Orlando Fozoloto. Then, there was always the possibility of some sleepers appearing. It was a handful of sleepers that made the 1988 race. Mondragon, himself, was one of them. Filemon Lopez was another and he was also back.

There were some problems, though. First was the start time. Nine o'clock is just too late for Los Angeles. Even in February, it can be rather warm within an hour. And it was.

Then, there was a false start. There were hundreds of balloons all around the start line. It seemed that one of them burst while the opening ceremonies were being held and it sent a bunch of nerv-

continued oppo

cence, and pounding live rock 'n roll—the 2:18 marathon man from a small town in Estonia seemed incredibly at home in what must have seemed a very foreign environment. It was his first trip to the U.S. and he neither spoke or wrote English. He communicated with the female Israeli racewalker and the male American runner/journalist of Russian/Jewish lineage by drawing pictures. "No Russian; Estonian!" he emphasized, drawing a rough map to locate his Soviet Republic for his meal companions.

In contrast to the Russian—excuse me, Estonian—athlete, the Israeli-American racewalker of dual citizenship was nervous and talkative. In

Israel, she would be a national class competitor in the U.S., living in New Jersey, working in the department of a grocery, and attending school, was going into the marathon grossly under trail and anxious.

The runner/journalist asked questions of his companions, listened, and intermittently eavesdropped on the table next door. It contained a tingent of Australian runners who were discussing strategies for winning the team title. In awhile, the three new friends wound their way through convoluted mall to the bus back to their hotel, the journalist spotted Fred Lebow and, vaguely recalling Fred's native background, gestured to the

continued oppo

L. A. Marathon

names into a frantic rush to get out front long enough to be seen on TV. They pulled several of the elites with them, but course officials and volunteer staff managed to keep all but about a hundred runners in place. And then, after they rounded everyone up, there was almost another false start. Some really nervous people up there!

Well, eventually everything fell into place. Elites made their presence known, sleepers materialized, and it proved to be for real and there was an exciting finish.

By the 3 mile mark, reached in 15:00, the TV cameras were left limping and gasping and a lead pack of 13 had emerged.

From there until the 6 mile point, there was some shuffling for the lead, though Shahanga tried to hog it. At 6 miles, he made a sustained move and a minute later was 10 yards ahead.

Now, this is normally considered too early to make a break in a marathon. But, the temperature was climbing into the 70's and Shahanga has always like it warm. In an earlier February, back in 1984, right here in L.A., with the same kind of weather, he ran a 2:10:19, a state record at the time. This wasn't nearly as strong a field as he faced then, so putting the pressure on early might be a good strategy. If it works, there's \$26,000 and a record waiting.

Well, Shahanga went into overdrive and led the pack from mile 6 to mile 25, with leads that reached to a minute in the late miles. For much of that he looked invincible. Conversely, Boileau was hanging up the rear of the same pack until about mile 18. At that point, feeling better than he had expected under the warm sun, the Canadian Olympian began to pick away at the nine runners ahead of him. Quite a difference from 1987, when he was a leader and beginning to tire at the same point.

Now, Shahanga, an Olympian himself, from Tanzania, was beginning a long, slow decline, though no one seemed to notice. In fact, he was

actually extending his lead through mile 24, despite the fact that his speed was dropping, first just a few seconds per mile, and then precipitously to a 5:40 in mile 24.

And while this was going on, the rest of the pack was helping the drama by engaging in the

year's winner, Martin Mondragon, wore himself to a nub matching macho with Plaatzes, his rival in 1988, and then with a pair of the hoped-for sleepers, Pedro Ortiz of Columbia and Ernest Tjela of Lesotho, plus veteran Greg Meyer and Japan's Taisuke Kodama. As



Left to right: PIZZOLATO (#3), PLAATJES (#2), BOILEAU (#9), MENDOZA (#44) with MONDRAGON behind him, RAMIREZ (#3172) and LOPEZ (#34).

photo by Richard Lee Slotkin

biggest mutual suicide pack since Masada fell to the Romans. Orlando Pizzolato was gone at 17M; the heat got him, Mark Plaatzes, walked away from it all at 18 miles on badly blistered feet. Last

a result of these international relations, Mondragon faded to 29th. Ortiz survived the carnage and finally took the lead at about 25 miles because Shahanga, yes the Shahanga who likes it hot, and who had been on a 2:12 pace, that Shahanga was now walking.

It's been proven many times: The name of the marathon game is attrition and if there is a lesson here, it's "Never say die." Gidamus Shahanga did; Art Boileau didn't and the results were predictable: Shahanga died, worn

continued next page, see SLOTKIN

ian marathoner. The pair immediately struck up a conversation in a Slavic tongue (Estonian?). It occurred to me that the Estonian marathoner probably didn't have the vaguest idea who Fred Lebow was. The Estonian did. She had racewalked in Fred's marathon before.

A journalist, who also is a competitive runner, has many advantages, not the least of which is getting carted around with the elite runners at certain times, and being allowed opportunities that, say, the 11-running daily newspaper sports writer isn't. Given this privilege, and being a serious runner yourself, you don't abuse it to get stories or interviews. I put away your tape recorder and your note pad,

and you "go with the flow" as the Joyner put it. Taking this attitude, circumstances sometimes prove prophetic. And so it was that morning as nearly 19,000 runners headed for the starting line on Figueroa Street.

Dressed to run, I took the half hour trip to the start on the bus with the elite athletes. Although I wouldn't race today, I planned to squeeze in a quick morning workout along the course prior to the starting gun. Local Dave Olds (who qualified for the Olympic Trials at this race last year) and I chatted with Canadian Art Boileau during the trip. Now, if you recall, Art won here in 1987. This year, the men's field was considerably deeper. I asked Art

what he'd been up to since the Olympics, where he finished a disappointing 28th in the marathon. Ah, kicking back, Taking it kind of easy in Eugene where he trains under University of Oregon coach Bill Dellinger's guidance. Doing some cross country skiing. "You have to take some time off after something as big as the Olympics," he told me. He seemed incredibly relaxed even though the air inside the bus was getting a bit heated as discussion centered on the rising temperature toward the 9 a.m. start.

When the bus let us off at the L.A. Aerospace Museum, which served as the elite athlete holding area near the starting line, I wished Boileau and a few others luck. See you next time around. Little did

continued next page, see WINITZ...

L. A. Marathon

SLOTKIN at the L.A. Marathon continued...

down by the heat and that long, strong pace. Reduced to a walk, he watched one, two and finally three runners pass him in the last mile.

And no sooner had Ortiz taken that lead when Boileau, who had been picking up steam and speed, not to mention momentum, since mile 17, just stormed by him.

"Well, that gets me second," thought Boileau. He didn't know that Plaatjes was gone. Boileau really wasn't sure but he thought that Plaatjes was still ahead of him. When he saw the helicopters, TV vehicles and the police escorts, he realized that that guy he saw riding with the police a little while earlier was Plaatjes and it then came home to him that he was going back to Eugene in style again, with riches and a Mercedes 190E. Just like 1987. Ortiz said he tried to go after Boileau, but he didn't have the strength to catch him. In fact, in that last mile, he lost 27 seconds to the Canadian, who finished in 2:13:01. Still, he picked up \$10,000 for his trouble. Not bad for a guy who couldn't even get put up with the elite runners. He had to stay with a friend who lives in town. Now, that is what you call a sleeper.

Tjela was the last to pass the exhausted Shahanga and he took 3rd. Shahanga was 4th and it is ironic that his 2:15:32 was about the best time he's run since a 2:10:19 victory right here in L.A. in February 1984, almost to the day.

Rosa Mota was unquestionably the class of the women's field. No one doubted that she would win. The only question was what color she would want for



ZOYA IVANOVA & ART BOILEAU

photo by Richard Lee Slotkin

her Mercedes. Zoya Ivanova had been here before. Like Shahanga, she had run the L.A. International Marathon back in 1984, but, with a 2:39:40 the lass from the Soviet Union didn't even win her

age group, let alone the race. In fact, she wasn't even the first Soviet. However, Ivanova has been making something of a name for herself recently and she hoped for a much better showing this time. Ivanova wanted to keep Mota close for as long as she could and for 14 miles she did. But then, it wasn't the Mighty Mote that broke loose. That pesky sciatic pain that plagues Mota's left leg made an appearance and the petite Portuguese had to ease off. So Ivanova found herself holding 1st F and that's where she stayed, maintaining leads of 100 to 200 yards until 2:34:42 when she crossed the finish line to claim the Mercedes. And she's not cashing it in either. She's taking delivery of a white one and bringing it home to Alma Ata.

Mota was 2nd in 2:35:27, pretty pedestrian for her, although, she was not reduced to a walk at any time. Third went to Ivanova's teammate, Olga Dourinina. The first American, Gretchen Lohr-Cruz, was 4th in her 2nd ever marathon, PRing in 2:41:41.

With 18,861 official entries, lots of prize money and sponsorship, full TV coverage and enthusiastic crowds along the entire course, the Los Angeles Marathon is in the big leagues and the people behind it are determined to keep it there.

So far, so good.

WINITZ at the L.A. Marathon continued...

I realize that in a few hours I'd be talking to Art again, along with a host of other reporters, in a repeat performance of '87.

Once inside the museum, I found a huge unlit hall away from the bulk of the elites. They didn't want to be bugged by a reporter before a serious race, and I didn't want to bug them. I just wanted a spot to stow my camera and other stuff while I went out for a quick 4-miler (no time for more). In the dim hall various rocket boosters and other outer space paraphernalia hung like weightless, floating objects in a darkened, starless sky. By the time I got back, I'd definitely worked up a sweat. Although still in the mid-60's I figured the racers would be in for a tough one today. Knowing the course, I knew it would challenge many to the core. It's a hilly one.

Back in the space museum I retreated to my dim corner and changed into my reporter's garb.

From outer space a dark, lithe form appeared and landed himself next to me on the empty display platform I was using for a seat. It was Gidamis Shahanga. He silently began removing his sweats. Our elbows rubbed inadvertently. The scene was almost absurd, as we sat alone in the shadows of the hall, beneath behemoth aerospace propellants—a well-traveled tribal Tanzanian black runner who can't write, and a Russian-American who makes his living from writing, both quietly preparing to go out and do their jobs. We exchanged brief courtesies, and I hurried off.

I would see much of Shahanga in the next few hours from the press truck. TV viewers would do much of the same. The man who invariably presses the pace at the front, paying little heed to the raceday conditions, course, or other competitors, stuck true to form. Barely an hour into the race, temperatures had reached the mid-70's. Shahanga—who trains in Tanzania's heat, not keeping track of his mileage because if he does, he runs too much—felt a commanding lead dwindle rapidly

after 23 miles. And, finally, shortly after our press truck left the faltering leader and sped ahead to the finish line, the African man whom I had, by chance, rubbed elbows with before his race, and the Canadian man whom I had sat with on the bus briefly crossed paths and exchanged glances. With barely a mile left, the relaxed, patient pursuer overtook the bold rocket man who had run, and then walked, to his own, cadenced drum. Such is the outcome of great marathons, and chance meetings. They provide drama equal to any Olympic event, and a personal story for a reporter. (For a detailed account of the race as it unfolded, be sure to read Richard Slotkin's article in this issue. Although we covered the race together, his view a bit different, as it invariably is.)

The meeting among the women was one for the history books from this reporter's point of view. In a preview article on L.A. appearing in the February issue of my *RunCal* newsletter I forecast that L.A. offered a good possibility of our witnessing a Russian win a major road race in our country for

WINITZ, continued next page

L. A. Marathon

WINITZ at the L.A. Marathon continued...

the first time. Informed readers of the newsletter saw Zoia Ivanova's name mentioned first (and nowhere else) as a probable winner in Los Angeles—more than a month before the race within the pages of *RunCal*. In placing 1 and 3 here, and thwarting race favorite and Olympic champion Rosa Mota's bid for a big win, the Russian women made a strong statement in the city where they did not compete in 1984. Although not expected to perform well in hot conditions, especially in the dead of winter, a Soviet victory over an ever-gracious and smiling Mota who prefers the heat, is certainly something to think about: Glasnost in its illustrative form.

And what of my Estonian and Israeli acquaintances? How did they fare? Rein Valdmaa: 17th, 2:21:47. Impressive, Rein. Only 3 minutes off your best under difficult conditions. Congratulations. Dorrit: Shared the lead as first racewalker under the watchful eyes of racewalking judges until dropping out at 16 miles. Not bad, on minimal training.

As for one particular Tanzanian named Shahanga, it may be awhile before he forgets this one. As he sprawled on the grass, still a little dazed hours after his finish, a young boy of Shahanga's complexion came riding up on a low-rider bicycle. His childish face showed huge disappointment. Interrupting this reporter's delicate questioning about the African's race day, the youngster blurted, "Whyyyyy you stop?"

Ah, a young reporter in the making.

Showing his weary but contagious gap-toothed grin, Gidamis could only reply "I got tired. It was a good race, but I just got tired."

Back to Tanzania to log some more unrecorded miles. No more rockets and cameras, at least for awhile. While Shahanga napped on the grass at the conclusion of his work day, the reporter—with deadlines to meet—was still in the middle of his. *And miles to go before I sleep....*

Lake City, UT) 2:43:03.

91. Sly (Canada) 2:43:05, 92. Sloan (San Francisco) 2:43:21, 93. Messner (Los Angeles) 2:43:24, 94. Salisle (No. Hollywood) 2:43:26, 95. Flores (El Paso) 2:43:49, 96. Warmowski (San Francisco) 2:44:04, 97. Vargas (East Highland) 2:44:10, 98. Herr (Sierra Madre) 2:44:10, 99. Heislitz (West Germany) 2:44:11, 100. Gomez (Glendale) 2:44:16.



GRETCHEN LOHR-CRUZ

photo by Richard Lee Slotkin

RESULTS

March 5. Los Angeles.

Overall Results - Men

1. Boileau (Canada) 2:13:01, 2. Ortiz (Columbia) 2:13:28, 3. Tjela (Lesotho) 2:14:03, 4. Shahanga (Tanzania) 2:15:32, 5. Meyer (MI) 2:16:46, 6. Kodama (Japan) 2:17:14, 7. Birnie (NZ) 2:17:30, 8. Rico (Mexico) 2:17:51, 9. Campbell (New Zealand) 2:17:51, 10. Lopez (Mexico) 2:17:57.
11. Zhihan Mu (China) 2:18:00, 12. Lorenzetti (Italy) 2:18:52, 13. Santana (Brazil) 2:18:56, 14. Da Silva (Brazil) 2:19:21, 15. Porotov (USSR) 2:20:31, 16. Javarro (Mexico) 2:20:57, 17. Valdmaa (Estonia) 2:21:47, 18. Dettmer (Anaheim) 2:22:11, 19. Menoza (Mexico) 2:22:15, 20. Rodgers (Sheborn, MA) 2:22:24.
21. Ando (Japan) 2:22:48, 22. Rizhov (USSR) 2:23:02, 23. Vaananen (Finland) 2:23:16, 24. Foley (Australia) 2:23:23, 25. Cook (Australia) 2:24:06, 26. Wood (Felton, CA) 2:24:54, 27. Muenzel (West Germany) 2:25:35, 28. Ochoa (Mexico) 2:26:00, 29. Mondragon (Mexico) 2:26:17, 30. Gilboy (Studio City) 2:26:22.
31. Wey (Balboa) 2:27:12, 32. Rodriguez (Mexico) 2:28:09, 33. Arroyo (Mexico) 2:29:07, 34. Russell (Studio City) 2:29:10, 35. Suizo (Philippines) 2:29:24, 36. Toledo (Mexico) 2:29:26, 37. MacIntyre (Lexington, VA) 2:29:32, 38. Tsarski (Estonia) 2:31:24, 39. Ostarwyk (Netherlands) 2:31:26, 40. Mendez (Wilmington) 2:31:34.
41. Hamalainen (Agoura Hills) 2:31:51, 42. Kaplan (Jewbury Park) 2:32:13, 43. Rodallegas (Wilmington)

ton) 2:32:20, 44. Boloz (Los Angeles) 2:32:30, 45. Berkson (New Hyde Park, NY) 2:32:63, 46. Silva (Anaheim) 2:33:15, 47. Stenzel (West Germany) 2:33:26, 48. Minn (Estonia) 2:33:30, 49. Nicholls (Canada) 2:33:39, 50. Winn (Worthington, OH) 2:33:46.

51. Quin Liu (China) 2:33:55, 52. Veilberg (Estonia) 2:34:24, 53. Jack Marden (Union City, CA) 2:34:33, 54. O'Bryan (Los Angeles) 2:34:42, 55. Villegas (Merced, CA) 2:34:45, 56. Montag (Ventura) 2:35:09, 57. Anderson (Berkeley) 2:36:26, 58. Alvarez (Los Angeles) 2:37:20, 59. Hernandez (Los Angeles) 2:37:30, 60. Dennison (Canada) 2:37:32.

61. Suarez-Perez (Ventura) 2:37:47, 62. Brizuela (Whittier) 2:37:56, 63. Flores (Houston) 2:38:01, 64. Fujii (Redondo Beach) 2:38:06, 65. Tuttle (Big Bear) 2:38:20, 66. Countinha (Brazil) 2:38:22, 67. Jochola (Los Angeles) 2:38:23, 68. Ortiz (Mexico) 2:38:37, 69. Fernandez (Los Angeles) 2:38:47, 70. Rendon (Santa Monica) 2:38:54.

71. Barrera (Los Angeles) 2:39:43, 72. Pineda-Molina (South Gate) 2:39:47, 73. F. Ebner (Covina) 2:40:09, 74. Vidales (Costa Mesa) 2:40:22, 75. Canlas (Chicago) 2:40:22, 76. Ocana (Anaheim) 2:40:25, 77. Davies (Pasadena) 2:40:25, 78. Smith (Oakland) 2:40:30, 79. Miller (Fannbault, MN) 2:40:31, 80. Womack (Los Angeles) 2:40:42.

81. Macias (Arcadia) 2:41:01, 82. Johnson (Anchorage, AK) 2:41:20, 83. Nielsen (Orinda) 2:42:00, 84. Hufene (Los Angeles) 2:42:26, 85. Mitchell (Oxnard) 2:42:45, 86. Hemphill (Redondo Beach) 2:42:45, 87. Arsenault (Garden Grove) 2:42:46, 88. Isenberg (Del Mar, CA) 2:42:54, 89. Medina (San Jacinto) 2:43:01, 90. Spence (Sal

Women's Results

1. Ivanova (USSR) 2:34:42, 2. Mota (Portugal) 2:35:27, 3. Dourina (USSR) 2:40:25, 4. Lohr-Cruz (Los Angeles) 2:41:41, 5. Reyna (Mexico) 2:42:49, 6. Hall (Bothell, WA) 2:44:08, 7. Eichelmann (Estonia) 2:44:42, 8. Hindmarsh (Australia) 2:45:17, 9. Peralta (Mexico) 2:45:25, 10. James (Homewood, ILL) 2:45:47.

11. Jaime (Mexico) 2:48:22, 12. Horovitz (Britain) 2:49:53, 13. Ireland (Alpine, CA) 2:51:22, 14. Vanput (Belgium) 2:52:24, 15. Macdonald 2:53:24, 16. D'Onofrio-Wood (Felton, CA) 2:53:33, 17. Small (San Pedro) 2:58:29, 18. Carpani (Culver City) 3:00:17, 19. Abrahame (Santa Monica) 3:00:41, 20. Cardenas (Mexico) 3:01:13.

21. Williams (Los Angeles) 3:02:07, 22. Ryzner (Santa Barbara) 3:02:16, 23. Mather (Binghamton, NY) 3:02:57, 24. Osantowski (Corona) 3:05:26, 25. Button (Los Angeles) 3:05:55, 26. Fischer (Canoga Park) 3:06:26, 27. Horne (LaCanada) 3:08:47, 28. Hoising (Kersey, CO) 3:10:17, 29. Bovio (Brighton, Wis) 3:10:31, 30. McCarthy (Thous Oaks) 3:10:40.

Wheelchair Division

Men: 1. Knaub (Long Beach) 1:46:52, 2. Molinatti (Huntington Beach) 1:46:55, 3. Stewart (Downey) 1:54:32, 4. Peterson (West Germany) 1:54:33, 5. Kallen (Britain) 1:54:37, 6. Vogel (La Canada) 1:54:40, 7. Murray (St. Petersburg, FL) 1:55:59, 8. Holly (Tualatin, OR) 1:58:46, 9. Fricke (Long Beach) 1:58:47, 10. Oconnell (Puyallup, WA) 2:02:30. **Women:** 1. Cable-Brookes (San Luis Obispo) 2:07:03. ♦

RESULTS

CROSS COUNTRY

USA Trials for the World Cross Country Championships

February 4, Seattle, WA

Overall Results - Junior Men

1. John Morrison (18) Madison, WI 25:31, 2. Sean McCusker (18) Madison, WI 25:46, 3. Paul Butterfield (18) Knoxville, TN 26:00, 4. David Scudamore (18) Stanford, CA 26:13, 5. Harley Hanson (18) Brookings, SD 26:29, 6. David Smith (19) Knoxville, TN 26:32, 7. Andrew Maris (17) Buckley, WA 26:38, 8. Rex Myers (18) Doiran, NJ 26:54, 9. Kevin Berko (19) West Covina, CA 27:09, 10. Shawn Proffitt (19) Charlottesville, VA 27:13.



DAVE SCUDAMORE

photo by Bill Leung, Jr.

Overall Results - Junior Women

1. Tina Hall (18) Austin, TX 14:26, 2. Cindy Davis (17) Darien, CT 14:49, 3. Katrina Price (18) Raleigh, NC 14:49, 4. Seana Arnold (18) Winston-Salem, NC 14:52, 5. Jennifer Robertson (18) Pullman, WA 15:01, 6. Tara Flynn (18) Columbia, MO 15:03, 7. Mary Powell (18) Winston-Salem, NC 15:15, 8. Maddy Fairchild (15) Boulder, CO 15:18, 9. Karla Burds (18) Des Moines, IA 15:41, 10. Wendy Runion (17) Edinburg, WA 16:03.

11. Rachel Lewis (18) Carmel, CA 16:13, 16. Virginia Chance (15) Porterville, CA 19:36.

Overall Results - Senior Men

1. Pat Porter (29) Alamosa, CO 37:54, 2. Ed Eyestone (27) Orem, UT 38:09, 3. Mark Coogan (22) Attleboro, MA 38:13, 4. Tom Ansberry (25) Friday, MN 38:14, 5. Dirk Lakeman (30) Eugene, OR 38:16, 6. Aaron Ramirez (24) Tucson, AZ 38:28, 7. Simon Gutierrez (22) Tucson, AZ 38:33, 8. Mark Siskley (26) Boulder, CO 38:34, 9. Pat

Piper (23) Raleigh, NC 38:43, 10. Bo Reed (22) Peoria, AZ 38:48.

26. David Daniels (30) Highland, CA 40:11, 28. Matt Clayton (23) Imperial Beach, CA 40:25, 56. Joe Rubio (25) San Luis Obispo, CA 42:42, 62. Steven Lopez (19) San Jose, CA 44:11.

Overall Results - Senior Women

1. Sabrina Dornhoefer (25) Stillwater, OK 21:44, 2. Carla Borovicka (27) Tallahassee, FL 21:47, 3. Nan Davis (26) Coralville, IA 21:56, 4. Shelly Sleely (26) Gainesville, FL 21:57, 5. Margaret Groos (29) Franklin, TN 22:02, 6. Annette Hand (23) Eugene, OR 22:06.

TRACK & FIELD

West Coast Throwers Pentathlon

December 11, Cal State L.A.

Overall Results - Men

1. Al Collatz (Bakersfield) 4222, 2. Bill McDaniel (CS Bakersfield) 3964, 3. Jim Banich (Unat.) 3899, 4. Mike Deller (CDMTC) 3479, 5. Greg Hodel (Don Lugo HS) 3228, 6. Art Esparza (CS Bakersfield) 3216, 7. Joe Duarte (Unat.) 2973, 8. Jeff LaMonica (CSULA) 2706, 9. Mark Walsh (CSULA) 2650, 10. Mike Layton (Army) 2361.

11. John White (SoCal Striders) 2293, 12. Dennis Reitz (CDMTC) 2286, 13. Bill Bangert (SC Striders) 2063, 14. Dan Aldrich (CDMTC) 2018, 15. Mohammad Ali-Saataka (Azusa HS) 1965, 16. Bob Stone (NorCal Srs.) 1764.

Overall Results - Women

1. Vicky Trask (Fresno St.) 3177, 2. Joyce Fremstad (Fresno St.) 2938, 3. Donna McKinnon (Fresno St.) 2571.

CS Bakersfield Invitational

February 13, Bakersfield.

Men's Results

110m HH: 1. ashford (S&S TC) 13.9, 2. Frazier (Unat.) 14.0, 400m Relay: 1. Talt JC 41.7, 800m Relay: 1. Talt JC 1:27.3, L.J.: 1. Holley (Talt) 23.6 1/2 T.J.: 1. Wellman (Talt) 50-2, 35 lb. Wt: 1. Collatz (Unat.) 61-6 1/2, 2. Putnam (FSU) 61-0 3/4, T.J.: 1. Collatz (Unat.) 192-8, 2. Missio (Unat.) 186-9.

Women's Results

SP: 1. Dumble (Unat. Bakersfield HS) 48-5 1/2, 2. Corley (Unat.) 47-9 1/2, DT: 1. Weis (Unat. Bakersfield HS) 154-5, 2. Dumble (Unat. Bakersfield HS) 150-6.

Chico St./San Francisco St./Humboldt St. Univ.

February 18, Chico State University.

Men's Results

100m: 1. Tunji Adebayo (Chico) 11.1, 2. Keith Winkur (SF) 11.2, 3. Bob Masajo (Hum) 11.5, 200m: 1.

Tunji Adebayo (Chico) 23.1, 2. Kevin Jones (SF) 23.3, 3. Bart Goodell (SF) 23.6, 400m: 1. Paul Owen (Hum) 50.1, 2. Jeff Bastasini (SF) 50.9, 3. Michael Wells (Chico) 51.7, 800m: 1. Craig Olsen (Hum) 1:58.7, 2. Talt Maloy (Chico) 1:59.6, 3. Dennis Hernandez (Chico) 1:59.7, 1500m: 1. Dennis Pfeiffer (Hum) 4:00.3, 2. Chuck Mullane (Hum) 4:03.5, 3. Bill Bailey (SF) 4:03.6, Steeplechase: 1. Kevin Riley (Hum) 9:58.6, 2. Gary Towne (Chico) 10:42.7, 3. Joe Turini (SF) 10:55.5, 5000m: 1. Dennis Pfeiffer (Hum) 15:12.6, 2. Roger Dix (Chico) 15:20.2, 3. Alberto Gomez (Chico) 15:20.5, 110m HH: 1. Bart Goodell (SF) 15.9, 2. Kevin Mattias (Hum) 16.3, 3. Eric Stunes (SF) 16.3, 400m H: 1. Chelsye Jenkins (Chico) 56.7, 2. Joe Poggi (Chico) 57.6, 3. Kevin Mattias (Hum) 1:01.5, 400m Relay: 1. San Francisco 43.1, 2. Chico 43.5, 3. Humboldt 43.6, 1600m Relay: 1. Humboldt 3:25.8, 2. San Francisco 3:26.0, 3. Chico 3:26.9, Long Jump: 1. Bill Coverson (SF) 21-10, 2. Rick Martinez (Hum) 21-9 1/4, 3. Hammer (Hum) 21-5, High Jump: 1. Eric Stunes (SF) 6-6, 2. Ron Herron (SF) 6-4, 3. Chris Hammer (Hum) 6-2, Triple Jump: 1. Rick Martinez (Hum) 12-6 1/4, 2. Kevin Mattias (Hum) 39-10, 3. William Fong (SF) 38-5, Javelin: 1. Bart Goodell (SF) 166-2, 2. Dave Wetzel (SF) 165-6, 3. Russell Stearns (Hum) 163-8, Pole Vault: 1. Philip Wang (SF) 12-6, 2. John Becker (SF) 12-0, 3. Chase Lovinger (SF) 11-0, Hammer: 1. Lou Williams (Chico) 145-2, 2. Tony Sleznick (Chico) 143-9 1/2, 3. Mark Rubury (SF) 140-4 1/2, Shot Put: 1. Bart Goodell (SF) 48-11, 2. Eric Stunes (SF) 48-10 1/2, 3. Bobby Joe Henderson (Chico) 45-9, Discus: 1. Bart Goodell (SF) 148-3, 2. Lou Williams (Chico) 135-8, 3. Eric Stunes (SF) 129-4, Team Scores: 1. San Francisco 85, 2. Humboldt 64, 3. Chico 51.

Women's Results

100m: 1. Stacey Green-Nash (SF) 13.2, 2. Dedra Robinson (SF) 13.8, 3. Nancy Dabney (Chico) 13.9, 200m: 1. Lynn Holmstrom (Chico) 28.3, 2. Heidi Grobey (Hum) 28.53, 3. Maria French (Hum) 28.7, 400m: 1. Jennifer Gilliland (Chico) 1:00.3, 2. Maria French (Hum) 1:01.7, 3. Heidi Grobey (Hum) 1:03.4, 800m: 1. Dana Bjornson (Chico) 2:25.8, 2. Allison Torres (SF) 2:29.1, 3. Alchira Clemeshaw (Hum) 2:30.7, 1500m: 1. Liz Zaragoza (SF) 5:05.5, 2. Alchira Clemeshaw (Hum) 5:08.0, 3. Allison Torres (SF) 5:09.5, 3000m: 1. Susie Hanson (Chico) 10:51.7, 2. Kelly Berry (Hum) 11:22.1, 3. Cynthia Cawson (Chico) 11:29.4, 5000m: 1. Liz Mosier (Chico) 19:10.7, 2. Tracy Kobayashi (SF) 22:19.1, 3. Lettie Villavieja (SF) 22:20.1, 100m H: 1. Niki Perez (SF) 20.6, 400m H: 1. Sherri Bertram (Chico) 1:11.1, 2. Natalie Wilhelmson (Chico) 1:11.3, 3. Dana Theicof (Chico) 1:13.0, 400m Relay: 1. San Francisco 50.1, 2. Chico 50.8, 3. Humboldt 52.20, 1600m: 1. San Francisco 4:15.7, 2. Chico "A" 4:21.3, 3. Humboldt 4:23.8, Long Jump: 1. Jennifer Hawes (Chico) 18-2 1/2, 2. Lisa Harper (Hum) 17-4 1/2, 3. Kathy Williams (Hum) 16-6, High Jump: 1. Jennifer Morris (SF) 4-3, Triple Jump: 1. Lisa Harper (Hum) 35-3, 2. Kathy Williams (Hum) 33-11, 3. Audra Blackledge (Hum) 33-8, Javelin: 1. Holly Hegglin (Chico) 131-6, 2. Stacie Raine (SF) 117-4, 3. Audra Blackledge (Hum) 111-2, Discus: 1. Terri Hunt (Hum) 128-0, 2. Dana Williams (Chico) 116-7, 3. Ann Schomus (Hum) 105-10, Shot Put: 1. Dana Williams (Chico) 38-4 1/2, 2. Terri Hunt (Hum) 36-0, 3. Stacie Raine (SF) 32-8 1/2, Team Scores: 1. Chico 64, 2. San Francisco 52, 3. Humboldt 48.

All-Comers Meet

February 20, UCLA

Men's Results - Open

100m: 1. Williams (Team Patriot) 10.5, 200m: 1. Williams (TP) 21.3, 400m: 1. Morrison (Talt CC) 47.7, 110m HH: 1. Ashford (Unat.) 14.2, 2000m Steeplechase: 1. Flynn (UCLA) 6:09, H.J.: 1. Balkin (S&S TC) 7-1 1/2, P.V.: 1. O'Connor (UCLA) and Alan (France) 16-6, L.J.: 1. McKinney (Unat.) 23-4, T.J.: 1. Anderson (UCLA) 52-8, SP: 1. Edwards (Britain) 61-5, DT: 1. Wilson (UCLA) 193-5, T.J.: 1. Stock (Britain) 248-10.

High School

100m: 1. Alexander (Hawthorne), Smith (H) and Allen (H) 10.7, 200m: 1. Smith (Haw) 22.1, 110m HH: 1. Pounoy (Haw) 14.8, 400m Relay: 1. Hawthorn 41.6, 1600m Relay: 1. Hawthorne 3:19.2, H.J.: 1. King (Haw) 6-2, P.V.: 1. Sheets (Talt) 13-6, L.J.: 1. Paschall (Lynwood) 22-9 1/4, SP: 1. Bustamante (Schurr) 53-9, DT: 1. Gallagher (Palm Desert) 174 2

Women's Results - Open

100m: 1. Sedwick (UCLA) 11.8, 400m: 1. Mattell (Reebok) 57-9, 800m: 1. Monday (Track Wes) 2:07.4, Two Mile: 1. Ralston (TW) 10:54.8, T.J.: 1. Gilles (UCLA) 37-10, SP: 1. Millett (UCLA) 47-7, DT: 1. Millett (UCLA) 160-9.

High School

800m: 1. Kennerson (Haw) 2:20.2, 100m LH: 1. Lipscomb (Santa Monica) 14.6, 400m Relay: 1. Hawthorne 48.7, 1600m Relay: 1. Hawthorne 3:57.7, SP: 1. Dumble (Bakersfield) 48-4, DT: 1. Dumble (Bakersfield) and Weis (Bakersfield) 148-11, JT: 1. No (Agoura) 134-2.

Holiday-Inn Invitational Indoor

February 25, Walkup Skydome, Flagstaff, AZ.

Men's Results

55m Dash: 1. Lucious Miller 6.26, 2. Garfel Campbell (CAC) 6.26, 3. Mark Oliver (Unat.) 6.21, 200m Dash: 1. Lyndell Miller (Unat.) 21.29, 2. Anthony Barnes (FSU) 21.54, 3. Benn Green (CA) 21.65, 400m Dash: 1. Howard Davis (Texas A&M) 45.9, 2. John Koon (NAU) 47.14, 3. Marquis West (Mira Costa) 47.52, 800m: 1. Lyndell Miller (Unat.) 1:52.48, 2. Adi Halls (NAU) 1:54.51, 3. I. Neek (S. Cal Cheaters TC) 1:55.70, Mile Run: 1. Millard Trawana (NAU) 4:12.50, 2. Bo Reed (NAU) 4:19.41, 3. Hilary McCarthy (Unat.) 4:31.49.

55m Hurdles: 1. Robert Redding (USC) 7.15, Richard Buckner (Texas A&M) 7.25, 3. Andre Parker (Jamaica) 7.27, 4x400m Relay: 1. University of Arizona (Jones, Rottler, Ballou, Foreman) 3:11.46, 2. Northern Arizona (Reinhardt, Dunca Jamison, Koon) 3:13.12, 3. Central Arizona JC (Madrid, Freebird, Miller, Peery) 3:14.06.

Long Jump: 1. Chris Wilcox (CSLA) 24-1 1/2, Burrell (CAC) 23-7 1/2, 3. Darren Turman (P) 23-7 1/2, Triple Jump: 1. McArthur Anderson (UCLA) 52-0 1/2, 2. Ed Harper (USC) 51-7, 3. J. Woods (CAC) 50-3 1/4, High Jump: 1. Mike Hani (UCB) 7-0, 2. Shawn Wright (NAU) 6-10, 3. P. Adams (NAU) 6-10, Pole Vault: (Open) 1. Ky Henderson (Texas A&M) 17-4, Pole Vault: 1. To Sprague (FSU) 16-4 3/4, 2. Kyle Henderson (Texas A&M) 16-4 3/4, 3. Eric Kanyon (UCI) 16-4 3/4, 35 LB. Weight: 1. John Knight (UCLA) 63-6, 2. C. vid Wilson (UCLA) 62-6 3/4, 3. Thomas Rosol (SMU) 60-8 1/2, Shot Put: 1. Paul Edwards (G) 61-8 1/4, 2. David Wilson (UCLA) 60-10, 3. Bill Bluteich (UCLA) 60-7 1/4.

continued next page

RESULTS

Women's Results

55m Dash: 1. Carrie Franklin (UNLV) 6.91, 2. J. Harvey (Nike) 6.95, 3. Joyce Randolph (UA) 8. 200m: 1. Michelle Taylor (USC) 23.69, 2. Onda Brooks (USC) 24.36, 3. Carrie Franklin (UNLV) 24.40. 400m: 1. Rose Blake (FSU) 55.33, 2. Koellner (USC) 55.73, 3. Effie Daetz (USC) 42. 800m: 1. Leslie Noll (USC) 2:08.7, 2. Shannon (USC) 2:10.11, 3. Nikki Toms (NAU) 2:10.88. 1.500m: 1. Grace White (NAU) 5:20.67, 2. Robbyn (USC) 5:25.31, 3. Christin Porter (Unat.) 1:13. **5m Hurdles:** 1. Janet Harvey (Nike) 7.83, 2. Rosie Frazier (UA) 7.86, 3. Carrie Franklin (UNLV) 8.03. **4x400m Relay:** 1. USC (Brook, Cha, Koellner, Taylor) 3:35.90, 2. UNLV (Williams, Onda, Green, Harrison) 3:36.29, 3. NAU (Barr, Jenkins, Mitchell, Stevens) 3:41.82. **Long Jump:** 1. Gretchen Jiles (UNLV) 19-11 3/4, Madette Smith (UNLV) 19-9 1/2, 3. Louann Guio (UA) 19-9 1/2. **Triple Jump:** 1. Yolanda Taylor (A&M) 40-11, 2. Gretchen Jiles (UNLV) 39-1/2, 3. Ann Schraeder (NAU) 35-3 1/4. **High Jump:** 1. Cristina Fink (Unat.) 6-3, 2. Angie Braden (Texas) 6-0, 3. Tonya Mendonca (Unat.) 6-0. **Shot Put:** 1. Nancy Johnson (NAU) 44-11 3/4, 2. bin Schwartz (UA) 41-4, 3. Lori Parker (NAU) 7.

Long Beach Relays

January 26, Carleton College
University/Open Men's Division
5m Steeplechase: 1. Jeff Wood (UCLA) 9:29, 2. Chris Pressman (UCLA) 9:47, 3. Dave Miller (LBSU) 9:49.
100m: 1. Mark Junkermann (ARE) 14:34, 2. Richard Ives (Unat.) 14:34, 3. Emmett Hogan (Oxy) 40.
100m Ht: 1. David Ashford (SSTC) 13:90, 2. Derek Knight (LA) 14:01, 3. Darryl Gillums (SSTC) 14:62.
100m Ht: 1. Von Joyce (Unat.) 53.1, 2. Ares Cruz (UCSB) 1.3, 3. Anthony Hale (SDTC) 53.6.
100m Relay: 1. UCLA 40.58, 2. Long Beach State 41.01, 3. UN 41.17.
500m Relay: 1. Long Beach State 1:25.7, 2. CSUN 1:27.9, 3. SB 1:30.6.
100m Relay: 1. UCLA 3:13.2, 2. Long Beach State 3:15.2, 3. SB 3:20.7.
100m Relay: 1. UCSB 7:38.4, 2. A Running Experience 7:40.0, 3. San Diego State 7:50.3.
1600m Relay: 1. UCI 17:09.7, 2. A Running Experience 17:16.3, 3. Long Beach State 17:23.8.
100m Relay: 1. UCLA 3:26.7, 2. UCSD 3:28.9, 3. All American 3:30.2.
100m Relay: 1. A Running Experience 9:56.5, 2. San Diego State 10:10.2, 3. UCSB 10:11.9.
100m Relay: 1. Joe Radan (Unat.) 7-2 1/2, 2. Lee Balkin (ITC) 7-0, 3. Walt Stewart (CSUN) 6-10.
100m Relay: 1. Erik Kenyon (UCI) 16-6, 2. Jeff Mulligan (SU) 16-6, 3. Jason O'ham (Unat., SLO) 16-0.
100m Relay: 1. McArthur Anderson (UCLA) 23-10, 2. Rodney (Unat.) 23-8 3/4, 3. Diatori Gildersleeve (LA) 23-8 1/4.
100m Relay: 1. Marcus Hooks (Unat.) 51-1 1/2, 2. Tim Prince (LA) 50-3 1/4, 3. James Green (CSLA) 46-2.
100m Relay: 1. Eric Bargreen (UCLA) 56-10, 2. Chris Rusher (LA) 55-8 1/2, 3. Kaleaph Carter (Westwood TC)

54-3 1/4.

Discus: 1. Darrin Buckner (Unat.) 173-9, 2. Mike Morales (UCI) 168-4, 3. John Rose (Camp Pendleton) 161-7.
Javelin: 1. Craig Johnson (Unat.) 204-9, 2. Fred Morgan (SDSU) 202-5, 3. Don Lujan (Redlands) 202-4.
Hammer: 1. Mike Morales (UCI) 199-6, 2. Chris Beard (AIA) 193-4, 3. Paul Kim (UCSB) 181-6.

University/Open Women's Results

3000m: 1. Gladys Prejur (Unat.) 9:30.4, 2. Nancy Brown (UCLA) 9:41.5, 3. Kathy Smith (Unat.) 9:43.3.
100m Hurdles: 1. Ami Ioe (LBSU) 13.99, 2. Maureen McGee-Hamilton (Unat.) 14.42, 3. Stephanie Williams (SDSU) 14.88.
400m Hurdles: 1. Jackie Poe (CSUN) 65.1, 2. Michelle Stevens (SDSU) 66.1, 3. Glenda Mitchell (Oxy) 66.8.
4x100m Relay: 1. UCLA 47.11, 2. UCI 48.99, 3. San Diego State 49.14.
4x200m Relay: 1. UCLA 1:39.6, 2. CSUN 1:40.8, 3. San Diego State 1:48.0.
4x400m Relay: 1. Long Beach State 3:53.1, 2. San Diego State 3:56.1, 3. UCI 3:59.6.
4x800m Relay: 1. UCLA 9:14.0, 2. San Diego State 9:46.0, 3. Occidental 10:09.2.
4x1600m Relay: 1. UCI 19:58.4, 2. Running Experience 20:26.8, 3. UCI "B" 21:03.1.
Sprint Medley: 1. UCLA 1:44.3, 2. Cal State Northridge 1:45.9, 3. San Diego State 1:46.8.
Distance Medley: 1. UCLA 11:30.8, 2. Long Beach State 11:58.2, 3. Cal State Fullerton 12:07.1.
High Jump: 1. Clare Look-Jaeger (Unat.) 5-8, 2. Lisa Coleman (Unat.) 5-6, 3. Marla Runyan (SDSU) 5-6.
Long Jump: 1. Clare Look-Jaeger (Unat.) 17-7 1/4, 2. Shawn Lawson (Unat.) 16-9 1/4, 3. Kristi Kaufman (UCI) 16-7 1/4.
Triple Jump: 1. Gina Prince (UCLA) 38-1 1/2, 2. Marji Gilles (Unat.) 36-4 1/4, 3. Dolores Odogwu (CMS) 35-11 1/2.
Shot Put: 1. Kristi Ward (UCLA) 47-1, 2. Jennie Welch (WWTC) 44-10 1/4, 3. Shannon Quigley (UCSD) 42-8.
Discus: 1. Tracey Millett (UCLA) 167-5, 2. Kris Larson (UCLA) 164-8, 3. Ronda Loshonkhi (UCLA) 147-10.
Javelin: 1. Diane Collier (SDSU) 142-5, 2. Trisha Wright (LaVerne) 139-0, 3. Trindi Fearnley (UCI) 129-2.
Community College Men's Division
3000m Steeplechase: 1. Tony Graham (SW) 9:33.6, 2. Shawn O'Hara (SDM) 9:35.5, 3. Dave Bowden (LBCC) 9:50.0.
5000m: 1. Albino Miranda (Trade Tech) 15:08.1, 2. Alejandra Cruz (TT) 15:39.1, 3. Raul Hernandez (TT) 15:41.4.
110m Ht: 1. Sherman Morris (LBCC) 14.34, 2. Ed McElroy (LBCC) 14.52, 3. Mark Crear (MSAC) 15.05.
400m Ht: 1. Mike Cox (Taft) 52.0, 2. Larry Sanders (Taft) 52.3, 3. Tony McCullough (LBCC) 53.6.
High Jump: 1. Andre LaCoste (LBCC) 7-0, 2. Victor Elliott (LBCC) 6-3 1/2, 3. Eric Pryce (Sadd) 6-2.
Pole Vault: 1. Chris Vopatek (SDM) 14-0, 2. Jeff Stelia (SDM) 13-6, 3. M. Griffin (LBCC) 13-0.
Long Jump: 1. Larry Todd (SDM) 23-2 1/2, 2. J.J. Cisneros (LBCC) 22-6 1/2, 3. Mike Sherrod (COS) 22-4 1/4.
Triple Jump: 1. Brian Wellman (Taft) 51-8 1/4, 2. Lou Coons (SDM) 46-11 1/4, 3. J.J. Cisneros (LBCC) 46-7 1/2.
Shot Put: 1. Steve Dougherty (Sadd) 50-10, 2. E. Valarde (LBCC) 48-7 1/4, 3. Z. Taylor (LBCC) 45-10 1/4.
Discus: 1. E. Valarde (LBCC) 152-3, 2. Joel Glock (COS) 148-0, 3. Erik Johnson (MSAC) 147-0.
Javelin: 1. Roberto Vasquez (Sadd) 200-9, 2. Steve Barnett (Glen) 182-11, 3. Rod Chronister (LBCC) 177-9.
Hammer: 1. Bill Blanken (COS) 129-5, 2. Steve Coker (COS) 118-10, 3. Erik Johnson (MSAC) 118-5.
4x100m Relay: 1. Long Beach City 41.08, 2. Compton 41.69, 3. Allan Hancock 41.78.
4x200m: 1. Long Beach City 1:25.2, 2. LA Valley 1:27.7, 3. Glendale 1:28.2.
4x400m Relay: 1. Taft 3:12.1, 2. Long Beach City 3:12.1, 3. Mt. SAC 3:18.4.
4x800m Relay: 1. Long Beach City 7:59.2, 2. Mt. SAC 8:00.2, 3. Moorpark 8:05.2.
4x1600m Relay: 1. Long Beach City 17:52.7, 2. SD Mesa 18:07.4, 3. Allan Hancock 18:16.8.
Sprint Medley: 1. Fullerton 3:32.2, 2. Mt. SAC 3:33.1, 3. Long Beach City 3:35.2.
Distance Medley: 1. Mt. SAC 10:12.9, 2. Allan Hancock 10:14.5, 3. LBCC N.T.
Community College Women's Division
3000m: 1. Heidi Hanson (Hancock) 10:19.4, 2. Shelly Lovell (Hancock) 10:30.8, 3. Tammy Ripley (SW) 10:46.0.
5000m: 1. Mary Akins (SDM) 17:32.9, 2. Loretta Cruz (COS) 19:25.3, 3. Jacobson (OCC) 21:17.3.
100m Hurdles: 1. Lisa Hale (Riv CC) 14.54, 2. Laura Ainsworth (ECC) 14.78, 3. Liza Tumang (Gross) 16.78.
400m Hurdles: 1. Laura Ainsworth (ECC) 62.9, 2. Chris Spencer (Saddle) 70.2, 3. Alicia Erwing (Riv CC) 72.0.
High Jump: 1. Larisa Roostree (Saddle) 5-2, 2. Cassandra Vance (ECC) 5-2, 3. Susan Christy (SDM) 5-0 1/4.
Long Jump: 1. Jackie Anderson (SDM) 17-9, 2. Lisa Hale (RCC) 17-5 1/2, 3. Tonya Lynch (RCC) 16-8 1/4.
Triple Jump: 1. Jackie Anderson (SDM) 40-2 1/4, 2. Tonya Lynch (RCC) 37-2 1/4, 3. Cherise Poole (SDM) 35-11 1/4.
Shot Put: 1. Starla Ahu (MCC) 43-5 1/4, 2. Sherry Sperling (ECC) 42-6, 3. Michelle Campbell (SDM) 41-10 1/2.
Discus: 1. Starla Ahu (MCC) 132-2, 2. Robin Longwell (Gross) 125-9, 3. Faana Tosi (SDM) 125-4.
Javelin: 1. Debbie Jackson (ECC) 134-0, 2. Sherry Sperling (ECC) 128-6, 3. Taineli Fekemi (COS) 122-5.
4x100m Relay: 1. El Camino 48.42, 2. Riverside 49.46, 3. Fullerton 51.15.
4x200m Relay: 1. El Camino 1:44.6, 2. Fullerton 1:48.7, 3. Mt. SAC 1:51.0.

4x400m Relay:

1. El Camino 4:02.5, 2. Fullerton 4:11.4, 3. Orange Coast 4:15.5.
4x800m Relay: 1. Mt. SAC 10:05.2, 2. El Camino 10:41.7, 3. Grossmont 10:53.1.
4x1600m Relay: 1. Mt. SAC 22:51.6, 2. SD Mesa 23:11.1, 3. Moorpark 23:24.0.
Sprint Medley: 1. El Camino 1:50.6, 2. LBCC 1:54.1, 3. Fullerton 1:55.0.
Distance Medley: 1. Mt. SAC 12:42.4, 2. Hancock 12:46.5, 3. SD Mesa 13:14.2.

All-Comers Meet

February 27, Southwest LA.

Men's High School Results
100m: 1. Conway (Hawthorne) 10.8, 400m: 1. Smith (H) 50.2, 110m Ht: 1. Pouncey (H) 14.5, 400m Relay: 1. Hawthorne 41.4, H.J.: 1. King (H) 6-4, L.J.: 1. Smith (H) 23-4, SP: 1. Tolbert (H) 54-1 1/2.
Women's High School Results
400m: 1. Fletcher (H) 59.8, 800m: 1. Kennerson (H) 2:19.6, 400m Relay: 1. Hawthorne 48.9.

Fresno City/Bakersfield/Moorpark

March 3.

Men's Results
100m: 1. Jones (FCC) 10.9, 200m: 1. Jones (FCC) 22.0, 400m: 1. Thomas (BC) 49.7, 800m: 1. Guelch-off (MP) 1:59.4, 1500m: 1. Rodriguez (FCC) 4:08.2, 5000m: 1. Rodriguez (FCC) 15:48.0, 110m Ht: 1. Grenier (BC) 16.7, 400m Ht: 1. Thomason (BC) 56.3, 4x100m Relay: 1. Fresno City College 42.7, 4x400m Relay: 1. Bakersfield College 3:23.1, Hammer: 1. Moulton (BC) 137-10, Javelin: 1. Armstrong (FCC) 172-1, Discus: 1. Cooper (BC) 129-7, Shot Put: 1. Cooper (BC) 42-9, Pole Vault: 1. Guevara (FCC) 14-0, High Jump: 1. Pickett (FCC) 6-8, Long Jump: 1. Jones (FCC) 22-8, Triple Jump: 1. Lewis (BC) 45-5.
Team Scores: 1. Fresno City College 82, 2. Bakersfield College 81 1/2, 3. Moorpark College 28 1/2.

Women's Results
100m: 1. Bittner (MP) 13.8, 200m: 1. Gavin (MP) 27-6, 400m: 1. Noller (MP) 63.4, 800m: 1. Howard (MP) 2:30.9, 1500m: 1. Castaneda (FCC) 5:00.3, 3000m: 1. Scheutze (CB) 10:44.5, 100m Ht: 1. Twist (BC) 16.5, 400m Ht: 1. Twist (BC) 1:09.1, 4x100m Relay: 1. Moorpark 52.0, 4x400m Relay: 1. Moorpark 4:18.1, Discus: 1. Mattox (FCC) 125-2, Javelin: 1. Cortez (BC) 109-1, Shot Put: 1. Cortez (BC) 39-5, High Jump: 1. Twist (BC) 5-0, Long Jump: 1. Myszkowski (MP) 16-1 3/4, Triple Jump: 1. Myszkowski (MP) 34-4.

Aztec Invitational

March 4, San Diego State.

Men's Results
100m: 1. Holmes (USC) 10.46, 2. K. Williams (UCLA) 10.47, 3. T. Williams (SD TC) 10.51, 4. J. Williams (Unat.) 10.53, 5. Brooks (UCLA) 10.58, 400m: 1. Dolson (Taft JC) 47.14, 2. Morrison (Taft JC) 47.22, 800m: 1. Large (SDSU) 1:50.36, 2. Wisnovsky (UCLA) 1:50.46, 1500m: 1. Karulki (Unat.) 3:47.50, 2. J. Smith (Unat.) 3:49.18, 3. Greer (SD TC) 3:49.51, 5000m: 1. Morcelli (Riverside CC) 13:56.3, 2. Dani (UCLA) 14:01.1, 3. Junkermann (Run.Exp.) 14:06.0, 4. Morgan (Arizona) 14:08.3, 10,000m: 1. Schumacher (LB) 30:59.23, 110m Ht: 1. Reading (USC) 13.76, 2. Ashford (S&S) 13.89, 3. Gilliam (S&S) 14.31, 4. Smith

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RESULTS

PA-TAC North Coast Inn 10K Classic

Men's PA-TAC
T&F 10,000m Final

by Mark Winitz

March 11th, Humboldt State University

The kickoff event in the newly formed Pacific Association TAC Track & Field Grand Prix series got a lot of legs moving pretty fast in the young track season. Humboldt State University's Redwood Bowl and its newly surfaced track served as an appropriate location for the race. Several California notables from the men's ranks (Mark Conover, Danny Grimes, Chuck Smead, Bill Scobey, and Gary Tuttle) spent successful collegiate careers at Arcata's Humboldt State. Humboldt's track & field coach, David Wells, was hoping that the invited men would provide some inspiration for his team which was competing against UC-Davis on the same day.

Northern California's lush

redwood region—typically cool and damp throughout the winter—yielded acceptable race conditions for the 3 PM start. Although a noticeable wind cut into the competitors faces on the back straight throughout the race, the storm which had dumped inches of much-needed rain over Northern California in the last few days had moved on.

Mountain View, CA's Danny Gonzalez pulled ahead after two



DANNY GONZALEZ

photo by Bill Leung, Jr.

laps and led the 11-man field through the first mile in a swift 4:34. It was quickly apparent that the former San Jose State standout wasn't going to fool around.

"I didn't want it to be a slow race," Gonzalez said. "Usually guys key off me and sometimes it comes down to a fast finishing kick. But I didn't want it to be that way this time. So after a few laps I took off."

So be it. The race for the \$400 first place prize was over as Danny opened up a fair gap on Brazilian Ivo Rodrigues, the 1987 Pan American Games marathon champion who is residing in San Francisco, and Alan Dehlinger. But another \$400 was still up for grabs, with prize money going down to 5th place. With four men stepping off of the track—discouraged by the wind, the leader's commanding margin, and deciding to save it for another day—Pacific's John Moreno took over second place with 8 laps remaining. For the first 5K the inaugural New Jersey Waterfront Marathon winner who owns a 28:25 10K best, ran conservatively at the rear, moving up gradually.

"I think everybody was kind of anxious and maybe overestimated themselves a little bit," observed Moreno, who was re-passed by Rodrigues (29:55) with 3 laps to go, having to content himself with a 30:02 third place.

That didn't apply to Gonzalez, however, who had underestimated

ed his fitness going in. After all, his impressive 29:01 was the fastest recorded to date in the young 1989 track season.

"I was happy about running so fast so early in the season," he said later. "I was really kind of surprised because I haven't been doing that much (hard training or racing) recently." On to Mt. SAC and a hoped for qualifying time for the T&F Nationals.

Following the first three came Reno's Alan Dehlinger (30:17), former local Eureka High and College of the Siskiyous standout Brian Pressor (30:31), and then Gonzalez training partners Tim Gruber (30:48) and Charles Alexander (31:10).

Thanks to the North Coast Inn and Humboldt State Athletics for making this excellent event possible. There is talk that the event may become a regional qualifying race to the Ekiden Relays team next year.

Final Results

1. Danny Gonzalez (Mountain View) 29:01.1; \$400; 2. Ivo Rodrigues (San Francisco/Brazil) 29:55.1; \$200; 3. John Moreno (Pacific) 30:02.2; \$100; 4. Alan Dehlinger (Reno, NV) 30:17.4; \$50; 5. Brian Pressor (Eureka) 30:31.2; 6. Tim Gruber (San Jose) 30:48.8; \$50; 7. Charles Alexander (Mountain View) 31:10.7. DNF's: Rob Anex, Raymond Gulinski, Craig Steinmaus, Scott Steinmaus.

Irvine/Texas Tech/ Arizona State

March 4, Tempe, AZ

Men's Results

100m: 1. Wood Holman (TT) 10.72, 2. David Shep (TT) 10.76, 3. Ed Lovelace (ASU) 10.82.
200m: 1. David Shepard (TT) 21.61, 2. Ed Love (ASU) 21.63, 3. Owen McGregor (ASU) 21.76.
400m: 1. Chris Davis (TT) 47.35, 2. Toni Walton 47.38, 3. Sean Greene (ASU) 48.22.
800m: 1. Marc Goulet (UCI) 1:55.19, 2. Jim Geer (UCI) 1:55.56, 3. Darren Viner (ASU) 1:56.07.
1500m: 1. Marc Goulet (UCI) 3:59.39, 2. Kevin H (UCI) 4:00.55, 3. Jim Goerlings (UCI) 4:01.12.
3000m Steeplechase: 1. Pete Vioencio (UCI) 9:35.49, 2. Scott La

continued next p

(Riv CC) 14.49, 400m IH: 1. Cox (Taft JC) 52.47, 3000m Steeplechase: 1. Amman (UCLA) 9:12.09, 400m Relay: 1. Arizona 40.82, 2. Taft JC 41.23, 800m Relay: 1. USC (Holmes, Porter, Hannah, Watts) 1:23.45, 2. Arizona 1:25.03, 3. Taft College 1:25.81, 1600m Relay: 1. USC (Copeland, Porter, Wats, Hanna) 3:08.95, 2. Taft College 3:09.89, 3. UCLA 3:13.27, 4. Arizona 3:13.63, Distance Medley: 1. Arizona 9:56.36, HJ: 1. Redan (Unat.) 7-3 1/2, 2. McCurdy (Riv CC) 7-0, 3. Healy (Navy) 7-0, PV: 1. Curran (No Limit) 16-6, 2. Mulligan (LB) 16-6, LJ: 1. Holley (Taft) 24-9 1/4, 2. Jackson (Unat.) 24-7, 3. Khaida (Riv CC) 24-5 1/2, TJ: 1. Khaida (Riv CC) 52-9 1/4, 2. Anderson (UCLA) 51-2 3/4, 3. Swendall (Unat.) 50-6 1/2, 4. Prince (UCLA) 50-3 1/2, SP: 1. Trahan (Arizona) 62-11 1/2, 2. Collins (Unat.) 61-7, 3. Wilson (UCLA) 59-6 1/2, 4. Blureich (UCLA) 58-6 1/2, 5. Kusher (AIA) 57-3, 6. Knight (UCLA) 56-0 1/2, DT: 1. Wilson (UCLA) 188-1, 2. Blureich (UCLA) 185-0, 3. Thompson (UCLA) 184-4, HT: 1. Wilson (UCLA) 201-8, 2. Morales (Irvine) 195-6, 3. Knight (UCLA) 195-2, JT: 1. Bradstock (Britain) 252-2, 2. Gee (USC) 213-5, 3.

Carpenter (AIA) 209-10.

Women's Results

100m: 1. Mayberry (Nike) 11.85, 400m: 1. Iheagwam (SoCal Cheebahs) 54.76, 2. Ainsworth (El Camino) 54.99, 800m: 1. Shurr (SD TC) 2:06.68, 2. Zaleski (CS LB) 2:10.58, 1500m: 1. Colebrook (CPSLO) 4:20.63, 2. Arnold (SD TC) 4:26.24, 5000m: 1. M. Joyce (Tiger) 15:51.98, 2. D. Williams (UCLA) 17:00.05, 1000m H: 1. Harvey (Nike) 13.68, 2. Watkins (Unat.) 13.82, 3. Thompson (UCLA) 14.18, 400m H: 1. Ainsworth (EC) 59.41, 2. Joe (LB) 59.45, 3. Albanese (CPSLO) 60.86, 400m Relay: 1. UCLA (Knighten, Vickers, Seawesch, Smith) 45.96, 800m Relay: 1. USC (Brooks, DeLoe, Koellner, Taylor) 1:38.32, 1600m Relay: 1. UCLA (Smith, Sedwick, Knighten, Vickers) 3:44.90, 2. Cal Poly SLO 3:52.67, 3200m Relay: 1. UCLA (Smith, Thompson, Chapel, Johnson) 8:55.11, 2. Cal Poly SLO 9:06.44, HJ: 1. Balzner (Unat.) 5-10, 2. Ruyan (SDSU) 5-10, LJ: 1. Loud (Unat.) 20-1 1/2, TJ: 1. Anderson (SD Mesa) 39-8 1/2, 2. Ames (Unat.) 39-4, 3. Moses (Blitz) 39-2 1/2, SP: 1. Millett (UCLA) 47-4 1/2, 2. Welchel (Westwood TC) 46-6 3/4, 3. Ward (UCLA)

46-5 1/2, DT: 1. Millett (UCLA) 168-1, 2. Paris (USC) 157-5, 3. Loshonkal (UCLA) 152-3, JT: 1. C. Johnson (Unat.) 160-0.

College 5-Way Meet

March 4, Cal State Northridge.

Men's Results

110m HH: 1. White (CSLA) 14.38, HJ: 1. Stewart (CSN) 7-0 1/2, HT: 1. Albers (CSN) 189-6, 2. Williams (CPP) 184-9, JT: 1. Garrett (CSN) 200-8, Team Scores: 1. CS Northridge 136, 2. CS Los Angeles 78, 3. Cal Poly Pomona 54, 4. UC Riverside 22, 5. Chapman 1.

Women's Results

200m: 1. Rolfe (CSLA) 24.54, 1500m: 1. Arreola (CSN) 4:25.17, 3000m: 1. Arreola (CSN) 9:40.35, 1000m H: 1. Williams (CPP) 14.23, Mile Relay: 1. CS Northridge 3:54.98, TJ: 1. Pile (CSN) 39-0 1/4, JT: 1. Schimek (CPP) 166-9, Team Scores: 1. CS Northridge 129, 2. CS Los Angeles 60, 3. Cal Poly Pomona 50, 4. UC Riverside 10, 5. Chapman 1.

RESULTS

UCI) 9:36.41.

500m:

1. Greg Houlgate (UCI) 14:59.88, 2. Erin Mascaro (UCI) 15:07.23, 3. Richard Oropeza (TT) 15:24.00.

10m HH:

1. James Liddell (ASU) 14.60, 2. Britt Pursley (TT) 14.67, 3. Ricky Atkins (TT) 15.04.

100m H:

1. Lewis Mays (TT) 52.88, 2. Andy Shaben (UCI) 4.89, 3. Scot Brown (UCI) 58.32.

100m Relay:

1. Texas Tech (Shepard, Davis, Green, Holman) 0:55, 2. Arizona State University (James, Lovelace, Wood, McGregor) 41.85, 3. UC Irvine (Steen, Stewart, Boateng, Ball) 42.45.

100m Relay:

1. Texas Tech (Mays, Shepard, Walton, Davis) 1:05.3, 2. Arizona State University (McGregor, Iner, Lovelace, Greene) 3:17.50, 3. UC Irvine (Pearson, Brown, Boateng, Ball) 3:25.46.

200m:

1. Tony Walton (TT) 23-6 1/2, 2. Matt Zuber (ASU) 23-6 1/2, 3. John Steen (UCI) 22-5.

400m:

1. Devon Dixon (TT) 35-8 1/2, 2. Tony Walton (TT) 33-11 1/2, 3. Matt Farmer (UCI) 169-7.

800m:

1. Mike Morales (UCI) 197-7, 2. T.J. Mundheim (TT) 129-11, 3. Rich Parkinson (TT) 113-2.

1600m:

1. Mike Morales (UCI) 167-10, 2. T.J. Mundheim (TT) 160-6, 3. Matt Farmer (UCI) 129-5.

3200m:

1. Mike Morales (UCI) 51-9 1/4, 2. Jeff Williams (UCI) 39-7 1/2, 3. Gary Lee (ASU) 34-6 1/2.

5000m:

1. Trindl Fearnley (UCI) 12.86, 2. Hillary Erlich (UCI) 13.17, 3. Nichole Hall (TT) 13.23.

10000m:

1. Dana Jones (ASU) 25.77, 2. Veronica Perkins (TT) 26.19, 3. Spondra Vaughn (UCI) 26.46.

20000m:

1. Toinette Holmes (ASU) 55.17, 2. Amanda Wicks (TT) 58.67, 3. Lana Banks (UCI) 58.80.

30000m:

1. Teresa Barrios (ASU) 2:14.59, 2. Andrea Sanm (UCI) 2:16.19, 3. Kathy Jarvis (ASU) 2:19.16.

40000m:

1. Brigid Stirling (UCI) 4:34.87, 2. Teresa Barrios (SU) 4:35.26, 3. Shama Factor (UCI) 4:42.02.

50000m:

1. Laura LaMena (ASU) 9:51.34, 2. Brigid Stirling (CI) 9:57.92, 3. Shama Factor (UCI) 10:12.88.

60000m:

1. Beth McGrann (UCI) 16:55.74, 2. Amy Komitz (ASU) 17:38.98, 3. Kim Mudie (TT) 17:57.51.

70000m:

1. Lynda Tolbert (ASU) 13.66, 2. Cyd Doherty (TT) 15.06, 3. Laune Gage (UCI) 15.15.

80000m:

1. Rebecca Melber (TT) 1:05.01, 2. Suzanne Paton (ASU) 1:05.59, 3. Laune Gage (UCI) 1:12.97.

Long Jump:

1. Pat Collins (TT) 18-2 1/4, 2. Kristi Kaufmann (UCI) 17-4, 3. Georgianna Jones (TT) 18-5 3/4.

Triple Jump:

1. Pat Collins (TT) 37-2 1/4, 2. Georgianna Jones (TT) 33-8, 3. Sandra Lucas (UCI) 32-9 3/4.

Javelin:

1. Trindl Fearnley (UCI) 141-9, 2. Cyd Doherty (TT) 115-0, 3. Kristi Kaufmann (UCI) 114-6.

High Jump:

1. Kristi Kaufmann (UCI) 5-2 1/4, 2. Rebecca Melber (TT) 4-6 1/4.

Discus:

1. Debbie Rutkowski (TT) 138-8, 2. Sabrina Miles (UCI) 127-11, 3. Belinda Prichard (TT) 114-11.

Shot Put:

1. Sabrina Miles (UCI) 40-1 3/4, 2. Debbie Rutkowski (TT) 39-10, 3. Belinda Prichard (TT) 32-7 1/4.

ROAD RACING

Lasse Viren Finnish Invitational

November 13, Malibu, 20K.

Overall Results

1. Tim Minor (30) 1:06:00, 2. Paul Hough (31) 1:07:42, 3. Clyde Matsumura (29) 1:08:11, 4. Larry Montag 1:09:04, 5. Ted Cotti (26) 1:09:32, 6. Rick O'Bryan (34) 1:09:44, 7. Chuck Pontius (24) 1:10:45, 8. J. Ocampo (30) 1:11:25, 9. Wayne Matsumura (26) 1:11:43, 10. David Holt (31) 1:11:58, 11. D. Reichender (23) 1:12:11, 12. Tony Coffee (26) 1:12:23, 13. Mike Zaragoza (27) 1:12:32, 14. Steve Durano (32) 1:12:54, 15. Rick Torres (30) 1:13:04, 16. Mark Sisson (35) 1:13:33, 17. Jose Cruz (28) 1:13:34, 18. Damon Lyman (26) 1:14:08, 19. Chris Butze (25) 1:14:31, 20. M. Mahler (45) 1:14:51.

21. V. Zaragoza (32) 1:14:53, 22. Tim Kirkpatrick (33) 1:14:58, 23. Gene Sykes (30) 1:15:00, 24. Jim Hughes (41) 1:15:16, 25. Eddie Mora (32) 1:15:38, 26. T.J. GoGreedy 1:15:40, 27. Dave Rice (26) 1:15:48, 28. Thomas Sneddon (42) 1:15:57, 29. Alejandro Cruz (24) 1:15:58, 30. Larry Stein (31) 1:16:02.

Division Results - Men

19-29: 1. Clyde Matsumura 1:08:11, 2. Ted Cotti 1:09:32, 3. Chuck Pontius 1:10:45, 30-34: 1. Tim Minor 1:06:00, 2. Paul Hough 1:07:42, 3. Rick O'Bryan 1:09:44, 35-39: 1. Larry Montag 1:09:04, 2. Mark Sisson 1:13:33, 3. Craig Mead 1:16:15, 40-44: 1. Mike Mahler 1:14:51, 2. Jim Hughes 1:15:16, 3. Thomas Sneddon 1:15:57, 45-49: 1. Charles McClung 1:18:13, 2. John Kurtz 1:18:37, 3. John Pagliano 1:19:03, 50-59: 1. Gary Farnham 1:26:07, 2. Ron Nisbet 1:30:00, 3. Bill Sol 1:31:36, 60 & Over: 1. Fred Nagelschmidt 1:31:53, 2. Dick Durand 1:41:06, 3. Jim Heves 1:45:23.

Division Results - Women

19-29: 1. Chris Bach 1:19:00, 2. Kim Curry 1:21:25, 3. Janet Mamar 1:23:05, 30-34: 1. Ruth Vonnard 1:17:33, 2. Debra Sharp 1:18:26, 3. Lana Henricks 1:32:53, 35-39: 1. Bev Lowe 1:28:37, 2. Arlene Udinski 1:29:18, 3. Judy Aleka 1:32:15, 40-44: 1. Judy Kewley 1:26:44, 2. Kathy Matthews 1:39:14, 3. Joanne Matheson 1:48:22, 45-49: 1. Julia Hart 1:43:02, 2. Mary Ewell 1:45:49, 50-59: 1. Barbara Valastro 1:42:44, 2. Jane Dods 1:42:51, 3. Debbie Brown 1:46:23.

Mission Inn 10K TAC Championship

November 13, Riverside.

Division Results - Men

15 & Under: 1. Ron Gibbs 38:20, 2. Israel Wilkinson 40:31, 3. Joe Matysak 40:46, 16-18: 1. Tony Bradley 39:42, 2. Dan Costales 40:33, 3. Tom Olmsted 43:38, 19-24: 1. Mark Castro 33:00, 2. Eric Risney 34:26, 3. Barry Veresep 35:24, 25-29: 1. Danny Reed 31:36, 2. Greg Farris 38:07, 3. Mike Deaton 38:12, 30-34: 1. Henry Munez 35:26, 2. Scott Maves 37:23, 3. Ron Martin 37:41, 35-39: 1. Don Ochoa 34:08, 2. Alan Reich 38:13, 3. Ted MacKechnie 38:37, 40-44: 1. Mike Figueroa 35:05, 2. Jon Calvin 36:58, 3. Travis Esles 37:14, 45-49: 1. Mike Fuller 37:22, 2. Paul Kearns 37:54, 3. Jaquin Granado 38:28, 50-54: 1. Don Van Dyke 37:37, 2. Bill Crum 39:10, 3. Frank Ogawa 40:02, 55-59: 1. Wally Ingram 39:21, 2. Paul Sutherland 41:58, 3. Lyle Deem 43:59, 60-69: 1. Gunnar Lino 42:02, 2. Jack Goertzen 43:41, 3. Frank Ramos 45:25, 70-79: 1. Bob Kroger 49:30, 2. Fred Shanley 59:53.

Division Results - Women

19-24: 1. Shelly Bancroft 43:10, 2. Chris Binks 48:09, 3. Robin Theiss 59:55, 25-29: 1. Carol Carrigan 40:28, 2. Linda Neffany 43:44, 3. Chelita Neal 45:49, 30-34: 1. Patty Mueller 43:08, 2. Doreen Fay 43:47, 3. Robbin Bash 49:01, 35-39: 1. Ellen Coleman 40:53, 2. Mary Robinson 52:26, 3. Madilyn Boostrom 58:41, 40-44: 1. Odette Osantowski 41:02, 2. Anne Coy 49:24, 3. Donna Archer 50:35, 45-49: 1. Carol Ellestad 51:46, 2. Joyce Reinwig 52:23, 3. Margaret Waldrom 53:37.

City of Santa Ana Turkey Trot

November 13, Santa Ana, Half Marathon & 5K.

Division Results - Men's 5K

12 & Under: 1. Jose Melendez 18:57, 2. Tom Coffey 20:40, 3. Bret Othraza 21:23, 13-18: 1. Chris Hernandez 16:25, 2. Peter Reyes 17:31, 3. Kristoffer Fuentes 21:00, 19-25: 1. Jose Alcaraz 14:56, 2. Salvador Alcaraz 14:57, 3. Ramon Lopez 15:13, 26-30: 1. Pedro Garcia 14:51, 2. Filemon Rojas 15:56, 3. Ernesto Camacho 16:44, 31-34: 1. Mohsen Ahmadi 17:09, 2. John Risk 17:44, 3. Jon Eiler 17:49, 35-39: 1. Rocky Brannan 18:00, 2. Steve Kelmeyer 17:14, 3. Al Bonetti 18:00, 40-49: 1. Bill Theriault 17:15, 2. Jim Burton 18:11, 3. Mike Wardle 18:33, 50-59: 1. Juvenal Herrera 18:03, 2. Jim Gould 20:06, 3. Robert Hewson 25:31, 60 & Over: 1. Meredith Eick 18:51, 2. R.G. Houston 28:46, 3. Edward Schultz 28:59, Wheelchair: 1. Richard Shiek 24:07.

Division Results - Women's 5K

12 & Under: 1. Raylene Stadio 28:37, 13-18: 1. Francis Herrera 19:11, 2. Inger Mahan 24:35, 3. Jennifer Hartman 25:32, 19-25: 1. Joanne Saxe 20:04, 2. Nancy May 21:59, 3. Dana Harzel 23:57, 26-30: 1. Kelly Marl 18:00, 2. Lorraine Melendez 19:29, 3. Grace Weir 23:26, 31-34: 1. Julia Lassegard 23:28, 2. Rose Ehnman 23:43, 3. Cori Leone 24:12, 35-39: 1. Lin Haas 21:51, 2. Natascha Benavides 29:52, 40-49: 1. Mary Gainer 26:15, 2. Caren Durante 26:26, 50-59: 1. Alice Ramirez 25:16.

Division Results - Men's Half Marathon

13-18: 1. Michael Fluberty 1:22:09, 2. Sean Scruggs 1:22:16, 3. Eddie Fairchild 1:29:33, 19-25: 1. Danile King 1:19:03, 2. Salvador Vargas 1:19:21, 3. Fernando Mure 1:21:14, 26-30: 1. Jaime Ortiz 1:13:43, 2. Jole Sanchez 1:15:40, 3. Antonio Munoz 1:17:34, 31-34: 1. Salvador Arellano 1:16:25, 2. David Bergeron 1:20:36, 3. Nick Olivarez 1:23:19, 35-39: 1. Marco Chavarria 1:20:02, 2. Earl Towner 1:20:08, 3. Steve Lassegard 1:23:54, 40-49: 1. Dale Fairchild 1:24:12, 2. Danny Morales 1:24:29, 50-59: 1. Frank Russo 1:27:22, 2. John Gilford 1:34:35, 3. Ahmed Abdul-Bari 1:35:03, 60 & Over: 1. Buz Solis 1:48:09, 2. John Foster 2:01:26.

Division Results - Women's Half Marathon

19-25: 1. Imelda 1:34:59, 2. Marcy Dymet 1:38:38, 26-30: 1. Natalia Lash 1:35:07, 31-34: 1. Elaine Rutkowski 1:36:27, 2. Robyn Mikuzis 1:45:15, 3. April McNair 1:45:50, 35-39: 1. Kathy Pycior 1:43:32, 2. Melissa Hornack 1:52:23, 3. Melodie Clark 1:56:01, 50-59: 1. Jane Tolley 2:17:17.

Ladera Heights Civic Assoc. Road Run

November 13, Ladera Heights, 5K & 1K.

Overall Results - Men's 5K

1. Luis Alvarado 15:40, 2. Marc Cobb 16:39, 3. Robert Goodwin 16:41, 4. Carl Allen 16:52, 5. Marcelo Vizuete 16:56.

Overall Results - Women's 5K

1. DeAnn Gutowski 19:04, 2. Yvette Lavigne 19:23, 3. Naz Hain 19:41, 4. Shakiun Fullove 20:43, 5. Susan Lillard 21:37.

Division Results - Men

14 & Under: 1. Ricky Barba 17:46, 2. Alberto Lopez 20:30, 3. Jesus Toris 20:55, 15-19: 1. Marcelo Vizuete 16:56, 2. Ben Parson 18:53, 3. Mario Gonzales 18:54, 20-29: 1. Herman Duncan 17:21, 2. Jim Perez 17:31, 30-34: 1. Luis Alvarado 15:40, 2. Marc Cobb 16:39, 3. Carl Allen 16:52, 35-39: 1. Robert Goodwin 16:41, 2. Samuel Gardner 17:34, 3. Don Slater 20:57, 40-44: 1. Michael Mansfield 17:43, 2. Wayne Douglas 19:24, 3. Brownell Payne 20:23, 45-49: 1. Ronald Fowlkes 23:17, 2. John Harris 23:58, 3. Marvin Jacobson 25:31, 50-59: 1. Bernard Lambert 19:51, 2. Patton 20:14, 60 & Over: 1. George Burnat 19:35, 2. Kenneth Fletcher 19:38, 3. Paul Armstead 19:44.

Division Results - Women

14 & Under: 1. Shakiun Fullove 20:43, 2. Monica Valenzuela 26:24, 3. Erik Bonilla 26:26, 20-29: 1. DeAnn Gutowski 19:04, 2. Naz Hain 19:41, 3. Susan Lillard 21:37, 30-34: 1. Marianne Fullove 23:03, 2. Michele Reniche 31:16, 3. Cheryl Thom 31:24, 35-39: 1. Rachel Overby 22:12, 2. Annie Chuck 25:34, 3. Janet Coleman 29:03, 40-44: 1. Pam Donesley 22:31, 2. Susan Thibodeaux 24:06, 3. Latanya Glass 25:17, 45-49: 1. Yvette Lavigne 19:23, 2. Chris Mabro 23:43, 3. Gretchen Luna 34:57, 50-59: 1. Jean Cleary N.T.

1K Results (Child Finishers Only)

1. Christopher Parson 3:42, 2. Chris Glass 3:48, 3. Malika Edmonson 4:00, 4. Treaven Davis-Waldron 4:07, 5. Latamsha Rieck 4:17.

City of Pico Rivera Turkey Trot

November 19, Pico Rivera, 5K & 10K.

Division Results Men's 5K

Elementary Boys: 1. Eddie Alarcon 19:12, Jr. High: 1. Thomas Martinez 17:35, High School: 1. Tony Sanchez 15:53, 2. Chris Perez 17:09, 3. Marvin Herrera 17:46, Open: 1. Sal Casillas 15:59, 2. David Dennis 16:03, 3. Aurelio Trujillo 16:05, 30-39: 1. Bernie Bruzuela 16:04, 2. Dan Kappel 17:52, 3. Mario Munoz 20:12, 40-49: 1. Don Parker 17:50, 2. Jose Ruvelca 18:33, 3. Ray Parker 18:36, 50-59: 1. Tom Cuevas 18:24, 2. Booker Washington 19:40, 3. Aurelio Camacho 19:59, 60 & Over: 1. Larry Banuelos 21:14, 2. Daniel Lujan 21:37, 3. John Mooshagian 27:27.

Division Results - Women's 5K

Elementary: 1. Danielle Galvan 23:29, Jr. High: 1. Teri Falcon 20:28, High School: 1. Barbara Farran 20:09, 2. Janny Molina 25:00, Open: 1. Rosa Casillas 21:00, 2. Elvia Rivera 21:10, 3. Liz Romo 23:49, 30-39: 1. Rosa Marin 22:13, 2. Becky LePera 23:23, 3. Donna Morin 23:52, 40-49: 1. Dolores Vega 25:52, 2. Mary Salinas 28:20, 3. Lillian Esqueda 29:12, 60 & Over: 1. Orle Carrillo 29:57.

Division Results - Men's 10K

13-17: 1. Mario Lulensko 59:54, Open: 1. Kirby Leo 32:27, 2. Refugio Estrada 33:00, 3. Jaime Ortiz

continued next page...

RESULTS

33:53. 30-39: 1. Salvador Arrellano 34:12, 2. Bernie Britzula 34:14, 3. Nicolas Hernandez 34:52. 40-49: 1. Bino Valdez 37:42, 2. Arturo Hernandez 46:17, 3. Juan Garcia 46:28. 50-59: 1. Frank Vasquez 39:27, 2. Tracy Brown 40:31, 3. Efraim Navarette 48:57. 60 & Over: 1. Bruce Odou 53:38, 2. John Guzman 58:41, 3. Geronimo Aranda 60:02.

Division Results - Women's 10K

13-17: 1. Nikki Lutensko 50:23, 2. Tara Lutensko 59:56. Open: 1. Karina Lathum 42:28, 2. Diana Ech- every 47:19, 3. Clarice Esslinger 50:00. 30 & Over: 1. Elizabeth Blair 42:35, 2. Theresa Riley 47:43.

Rancho San Antonio 1/3 Marathon

November 19. Los Altos.

Overall Results

1. Dave Rouse (23) San Jose 40:30, 2. Lupe Vargas (34) San Jose 40:31, 3. Miles Williams (30) San Jose 41:04, 4. Thomas Staff (26) Sunnyvale 43:15, 5. Randy Browne (34) Cupertino 43:42, 6. Mark Neubieser (31) Campbell 44:38, 7. Brad Barton (31) Sunnyvale 44:44, 8. Joanne Ernst (29) Palo Alto 44:58, 9. Walter Bortz (29) Palo Alto 45:20, 10. Venson Dulaney (37) Campbell 45:54. 11. Benjamin Aguilar (19) Redwood City 45:58, 12. Nikos Mourts (31) San Jose 45:59, 13. Jim Rawling (33) Toronto, Ont. Can. 46:01, 14. Scott Leahy (26) Campbell 46:06, 15. Eric Goethals (29) Sunnyvale 46:08, 16. Moo Cow (30) Palo Alto 46:22, 17. Jim Cunningham (30) Mt. View 46:27, 18. Dave Bauer (53) Cupertino 46:28, 19. Michael Di Salvo (32) Redwood City 46:44, 20. Joe Nurtado (47) Sunnyvale 46:46.

Rialto Rotary Polio-Plus Run

November 19. Rialto, SK.

Division Results - Men

12 & Under: 1. Alex Llamas 23:45, 13-18: 1. Billy Sandlin 16:13, 19-29: 1. Gilbert Mata 16:59, 2. Brad Phillips 17:06, 3. Gary Gertmerian 17:30, 30-39: 1. John Aranas 16:01, 2. Steve Lucero 17:04, 3. Michael West 17:08, 40-49: 1. Kenneth Wertz 18:07, 2. Alan Mackey 18:40, 3. Barry Laviole 18:46, 50-59: 1. Martin Hicks 20:07, 2. Aaron Katz 23:29, 3. Bing Tufill 26:19, 60 & Over: 1. Harold Wills 22:06.

Division Results - Women

12 & Under: 1. Cherie Llamas 23:34, 13-18: 1. Tanya Whitney 25:05, 19-29: 1. Helen Lopez 18:17, 2. Laura Held 18:48, 3. Chalisa Neal 21:26, 30-39: 1. Gail Hancock 24:09, 2. Dale Kucarak 24:36, 3. Anita Paukert 25:09, 40-49: 1. Judy Craik 24:02, 2. Carol Ellestad 24:13, 3. Sandy Bautista 26:09, 50-59: 1. Catherine Coleman 32:34, 2. Betty Braithwaite 32:41.

Thanksgiving Fun Run

November 19. So. San Francisco. 4.3 Mile.

Overall Results

1. Eddie Lanzarin (30-39) 22:40, 2. Lucio Perez (20-29) 23:13, 3. Gregg Thompson (20-29) 23:26, 4. Bruce Phinney (20-29) 24:09, 5. Mike Sullivan (20-29) 24:56, 6. Mike Jones (20-29) 25:05, 7. Gabriel Donahue (13-15) 25:08, 8. Bruce Eaton (30-39) 25:11, 9. Richard Whitewater (40-49) 25:13, 10. Rafael Portillo (30-39) 25:17. 11. Kyle Brandy (20-29) 25:28, 12. Ron Tanaka (40-49) 26:03, 13. Rich Kell (40-49) 26:33, 14. Walt Kohnert (40-49) 26:36, 15. Matt Racine (16-19) 27:17, 16. John Lemke (50-59) 27:41, 17. Richard Siliano (40-49) 27:45, 18. Philip Hager (50-59) 27:52, 19. George Baptista (40-49) 27:54, 20. Ralph Worthington (40-49) 28:03.

Turkey Run

November 19. Yucalpa Regional Park.

Division Results - Men

5 & Under: (100 yd dash) 1. Tyler Johnson N.T. 6-9: (1 Mi.) 1. Preston Johnson 6:05, 10-12: (2 Mi.) 1. Michael Ross 12:38, 13-17: (2 Mi.) 1. Brian Froy 12:39. 34 & Under: (4 Mi.) 1. Ronald Jones 23:09, 35-44: (4 Mi.) 1. Bob Lien 26:50, 45-55: (4 Mi.) 1. J. Kent Steele 26:24, 55 & Over: (4 Mi.) 1. Bob Anderson 33:22.

Division Results - Women

5 & Under (100 yd. dash) 1. Sarah Krings-Lien, 6-9: (1 Mi.) 1. Karen Walkden 6:25, 10-12: (2 Mi.) 1. Sere-na Meyer 17:25, 13-17: (2 Mi.) 1. No Entry, 34 & Under: (4 Mi.) 1. Karen McColeman 33:02, 35-44: (4 Mi.) 1. Nancy Zappas 32:29.

Turkey Trot

November 19. San Gabriel, SK & 10K.

Division Results - Men's 5K

18 & Under: 1. Jeff Gilkey 15:33, 2. Robert Evans 15:58, 3. Jose Zavala 16:25, 19-27: 1. George Juarez 15:42, 2. Efran Garcia 16:24, 3. Quoc Tran 17:32, 28-35: 1. Gilbert Cortez 16:17, 2. Phil Torres 16:45, 3. Todd Hallenbeck 17:53, 36-42: 1. Chuck Foote 16:34, 2. Frank Meza 17:39, 3. Michael Raven 17:55, 43-50: 1. Lee Baca 17:09, 2. Leo Marquez 19:08, 3. George Brown 19:25, 51-60: 1. Robert Culling 18:15, 2. Jerry Van Melor 19:29, 3. Jack Wilson 20:12, 61 & Over: 1. Gunner Bricker 19:55, 2. Jack Green 21:36, 3. Ray Thorne 21:44.

Division Results - Women's 5K

18 & Under: 1. Jennifer Sandoval 22:38, 2. Jill Sandoval 22:42, 3. Alisa Roberts 24:42, 19-27: 1. Sylvia Mosqueda 15:40, 2. Patricia Molina 17:40, 3. Jaime Cortez 23:56, 28-35: 1. Suzanne Britt 21:06, 2. Kathy Hart 21:33, 3. Kathy Hamlin 22:13, 36-42: 1. Lisa Nunez 24:29, 2. Laurel Hahn 24:40, 3. Kathleen Wilson 26:11, 43-50: 1. Cecily Parke 21:02, 2. Carmen Connolly 22:45, 3. Laurie Massey 24:09, 51-60: 1. Clara Thomas 24:05, 2. Norma Martin 30:44, 3. Elaine Hemenway 31:11, 61 & Over: 1. Rowen Kisinger 50:28.

Division Results - Men's 10K

18 & Under: 1. Sasha Vujo 33:25, 2. Hoaney Chung 36:44, 3. Enrique Garcia 41:07, 19-27: 1. Dan Bernal 36:43, 2. Steven Trujillo 38:09, 3. Osvaldo Munoz 39:07, 28-35: 1. Rubin Holguin 37:10, 2. George Aguilera 37:52, 3. Kevin Cimanusi 38:58, 36-42: 1. John Santiago 36:45, 2. Michael Nese 41:03, 3. Philip Miles 41:56, 43-50: 1. Raymond Maranda 35:27, 2. George Davis 37:35, 3. Alfred Salcido 46:38, 51-60: 1. Parker Williams 39:27, 2. Dick Belliss 41:48, 3. John Rebel 42:05, 61 & Over: 1. Larry Banuelos 41:47, 2. Wally Taylor 44:51, 3. Frank Dazey 54:06.

Division Results - Women's 10K

18 & Under: 1. Rosa Cazaues 39:32, 19-27: 1. Elaine Medley 50:50, 2. Rita Gomez 1:00:17, 28-35: 1. Heather Dibdin 39:10, 2. Sandy Kimber 40:57, 3. Pam Nagami 47:35, 36-42: 1. Rebecca Richer 47:57, 2. Anne Herrera 52:08, 3. Yolanda Rodriguez N.T., 43-50: 1. Cheryl West 50:19, 2. Elizabeth Van Vochins 53:13.

Valley of the Flowers Anything Athletic

November 19. Lompoc, SK & 10K.

Overall Results - SK

Paul Lee (27) Santa Maria 16:23, 2. Joseph Padilla (26) Lompoc 17:57, 3. Ken Doss (32) LVDC 18:13, 4. Scott Coe (28) Lompoc 18:20, 5. Mary Ryzner (34) LVDC 18:25, 6. Richard Viano (27) LVDC 18:36, 7. Steve Shabram (28) Santa Maria 18:37, 8. Bob Francome (40) Santa Ynez 19:18, 9. Jim Brown (46) LVDC 19:22, 10. Dennis Block (22) Lompoc 19:32.

Overall Results - 10K

1. Paul Lee (27) Santa Maria 34:10, 2. Dennis Grossini (41) LVDC 35:25, 3. Chris Allen (28) LVDC 35:43, 4. Mike Uema (43) LVDC 35:47, 5.

Joseph Padilla (26) Lompoc 38:47, 6. Ken Doss (32) LVDC 39:08, 7. Mary Ryzner (34) LVDC 39:17, 8. Mike Lynch (44) LVDC 40:04, 9. Danny Guerra (32) LVDC 40:37, 10. Gary Wuitschick (27) Lompoc 41:34.

Yolo General Turkey Trot

November 19. Davis, SK & 10K.

Overall Results - Men's 10K

1. John Sup (29) 30:57, 2. Dennis Rinde (30) 31:03, 3. Scott Steinmaus (27) 31:26, 4. Robert Johnston (22) 32:15, 5. Bill Langhout (30) 32:33, 6. Tony Scardina (23) 32:35, 7. Keith Antes (21) 32:42, 8. Joel Winton (18) 32:55, 9. P. Tynickel (19) 33:09, 10. Mauricio Maia (27) 33:17.

Division Results - Men's 10K

18 & Under: 1. Joel Winton 32:55, 2. P. Tynickel 33:09, 3. Kenny Brown 34:45, 20-24: 1. Robert Johnston 32:15, 2. Tony Scardina 32:35, 3. Keith Antes 32:42, 25-29: 1. John Sup 30:57, 2. Scott Steinmaus 31:26, 3. Mauricio Maia 33:17, 30-34: 1. Dennis Rinde 31:03, 2. Bill Langhout 32:33, 3. Greg Smith 34:26, 35-39: 1. Tim Shannon 34:09, 2. Chris Enfantie 34:43, 3. Pate Flores 35:20, 40-44: 1. John Murphy 35:15, 2. Curt Hauri 35:18, 3. Tim Frawley 35:41, 45-49: 1. George Mason 34:23, 2. Tim Jordan 35:22, 3. Don Spickelmier 36:38, 50-54: 1. David Ragedale 38:08, 2. Michael McGie 39:00, 3. John Gardner 42:02, 55-59: 1. Jack Aaron 42:30, 2. Darrell Gee 42:59, 3. Gordon Hall 44:13, 60 & Over: 1. Gene Pumpfrey 41:14, 2. Art Santiago 53:51, 3. Joe Marango 57:21.

Overall Results - Women's 10K

1. Sandy Sup (29) 37:37, 2. Jill Newman (20) 38:52, 3. Janet Mumford (33) 39:53, 4. Teri Goodman (39) 40:00, 5. Edie Brainard (33) 40:14, 6. Linda Casillas (26) 40:36, 7. Sara LeFebvre (35) 41:06, 8. Darcy Plymire (31) 41:24, 9. Michelle Bonfio (18) 42:11, 10. Tina Koushmaro (30) 42:13.

Division Results - Women's 10K

18 & Under: 1. Michelle Bonfio 42:11, 2. Shelley Olsen 43:04, 3. Barbara Tiefert 45:20, 20-24: 1. Jill Newman 38:52, 2. Tina Petershagen 42:34, 3. Susan Fox 43:18, 25-29: 1. Sandy Sup 37:37, 2. Linda Casillas 40:36, 3. Heidi Trounher 47:37, 30-34: 1. Janet Mumford 39:53, 2. Edie Brainard 40:14, 3. Darcy Plymire 41:24, 35-39: 1. Teri Goodman 40:00, 2. Sara LeFebvre 41:06, 3. Jeanne Kal 43:09, 40-44: 1. Susan Condon 45:58, 2. Kate Sutherland 48:03, 3. Sue Primes 49:23, 45-49: 1. Julie Yaffee 44:31, 2. Lucille Khan 46:19, 3. Greta Cariger 47:15, 50-54: 1. Dina Fields 50:36, 2. Nova Poff 55:48, 3. Bev Beedie 56:09, 55-59: 1. Mary Weiz 50:19, 2. Jean LaFever 57:35, 60 & Over: 1. Kit Pickles 51:34.

Overall Results - Men's 5K

1. Timmy Kelton (20) 14:44, 2. Kevin Holbrook (18) 14:46, 3. Mason Myers (19) 15:25.

Division Results - Men's 5K

18 & Under: 1. Kevin Holbrook 14:46, 2. Mason Myers 15:25, 3. Artie Huff 16:02, 20-24: 1. Timmy Kelton 14:44, 2. Eric Walker 15:40, 3. Karl Wurzbach 16:03, 25-29: 1. Carlos Lopez 16:57, 2. John Seibert 17:05, 3. Greg Williams 17:13, 30-34: 1. Dan Lowery 15:50, 2. Brian Scaccia 16:00, 3. Wayne Johnston 16:30, 35-39: 1. Richard Sonne 16:44, 2. Buzbee Michael 16:52, 3. Craig Ottersen 16:53, 40-44: 1. Tim Carpenter 17:28, 2. Chuck Carleton 18:29, 3. Terrance Brown 19:55, 45-49: 1. J.G. Contreras 17:39, 2. Tyrone Nelson 17:40, 3. Chadwick Web 19:32, 50-54: 1. George Fisher 21:52, 2. Robert Harris 22:03, 3. Richard Thomas 23:41, 55-59: 1. Mort Ward 19:20, 2. Cap Thomson 21:55, 3. Bill Wom 22:33, 60 & Over: 1. Gene Pumpfrey 19:09, 2. Jim Sullivan 23:20, 3. Jim Eymann 24:18.

Overall Results - Women's 5K

1. Janine Jarris 18:20, 2. Lisa Boyle 18:35, 3. Teresa Clark 19:25.

Division Results - Women's 5K

18 & Under: 1. Teresa Clark 19:25, 2. Michele Rodda

20:06, 3. Sonja Viesscher 20:32, 20-24: 1. Janine Jarris 18:20, 2. Vicki Douglas 22:24, 3. Michelle Jarr 22:54, 25-29: 1. Christine Ehrlich 20:29, 2. Ke Huchison 21:54, 3. Mary Ann Lair 22:03, 30-34: Lisa Boyle 18:35, 2. Denise Frampton 20:05, 3. Iria Oglesby 21:34, 35-39: 1. Kathy McClella 22:16, 2. Rebecca Mullins 23:19, 3. Jan Co 23:21, 40-44: 1. Sandra Coffey 19:41, 2. Ann Br 21:47, 3. Janet Childers 22:09, 45-49: 1. Shar Staland 26:06, 2. Sheila McFall 27:26, 3. Charl Contreras 27:42, 50-54: 1. Gail Stone 23:37, 2. L na Nenow 26:10, 3. Jean Kuykendall 27:42, 55-59: Alicia Meyer 26:52, 2. Georgina Buxton 28:53, Alice Miller 34:46, 60 & Over: 1. Joan Moses 28 2. Gerry Sullivan 28:50, 3. Midge Porter 30:06.

San Francisco Pro Bow Run/Walk

November 20. San Francisco, SK.

Overall Results - Men

1. Larry Guinea (26) Hayward 14:57, 2. D. Ottaway (25) 14:57, 3. Crispin Romero (27) 15. 4. Hal Schulz (30) 15:20, 5. Kevin Cubillas 15:26, 6. Robert Stone (22) 15:54, 7. Butch Alexander (35) 16:05, 8. Gregg Thompson (29) 16:17, 9. Jensen (23) 16:25, 10. Andrew Sobozinsky 17:03.

Overall Results - Women

1. Robyn Root (28) 16:26, 2. Lori Bearson (16:42, 3. Patt Gray (25) 16:54, 4. Rebecca Sp (15) 17:54, 5. Laura Sanchez (27) 17:58, 6. Gonzales (30) 18:22, 7. Suzanne Dee (29) 18:2 Landa Mantynen (40) Markieville 18:35, 9. Je fer Walsh (19) 19:49, 10. Karen Brockwell (35) nut Creek 20:02.

Division Results - Men

12 & Under: 1. Jimmy Halow 22:44, 2. Carlos A 22:56, 3. Michael Halon 23:46, 13-18: 1. Virgil Ci 18:13, 2. Javier Avila 18:53, 3. Todd Shillett 20 19:24: 1. Kevin Cubillas 15:26, 2. Robert S 15:54, 3. Phil Jensen 16:25, 25-29: 1. Larry Gu 14:57, 2. David Ottaway 14:57, 3. Crispin Ro 15:13, 30-34: 1. Hal Schulz 15:20, 2. Ja DeYoung 18:46, 3. Jerry Wurster 19:39, 35-39: Butch Alexander 16:05, 2. John Zarembski 18:3 Tom Curtin 19:15, 40-44: 1. Seary Barnett 17 2. Miguel Solorio 17:28, 3. William Sharp 17:46 49: 1. Tim Rostage 17:32, 2. John Galletta 17:3 Jim Generazzo 19:40, 50-54: 1. Frederick Ma 18:25, 2. Paul Ligda 20:07, 3. Morgan Peat 21:46, 55-59: 1. Gلمان Jung 22:58, 2. Tom East 23:25, 3. George Krives 23:34, 4. 60-64: 1. Marci raison 21:52, 2. Norman Thomas 27:54, 65 & O 1. Mel Shine 24:50.

Division Results - Women

12 & Under: 1. Molly Finn 23:34, 2. Melissa Gri 37:05, 3. Heather Hoffman 40:43, 13-18: 1. Re ca Spies 17:54, 2. Wendt Hauck 24:22, 3. Sh Redack 38:35, 19-24: 1. Jennifer Walsh 19:49, 2 san Chin 21:20, 3. Lourdes Billingsley 22:05, 25: Robyn Root 16:26, 2. Lori Bearson 16:42, 3. Gray 16:54, 30-34: 1. Lisa Gonzales 18:22, 2. (this Sobrero 20:40, 3. Marnel King 21:02, 35-3 Karen Brockwell 20:02, 2. Simone Billings 23:5 Josefine Flores 26:05, 40-44: 1. Landa Mant 18:35, 2. Gail Wells 22:58, 3. Phyllis Nabhan 2 45:48: 1. Carol Randall 27:00, 2. Liz Moore 28: Paula Hickey 29:43, 50-54: 1. Belle Bogart 26:3 Lorelle Ray 28:24, 60-64: 1. Kit Pickles 24:5 Olga Peters 34:43, 65 & Over: 1. Mary Chu 3 2. Dee Kolala 35:28.

LOOK FOR MORE
ROAD RACING &
TRACK RESULTS IN THE
MAY ISSUE.

MAILBAG

Disappointed College Fans

Dear Editor:

I am writing in response to Werner Steiner's letter in the February Issue. I completely agree your magazine is filled with mostly high school results. How can I, a college student, enjoy CTRN when half the issue concerns High School running. Each year you put much emphasis on the Kinney Cross Country Championships, the Arcadia Invitational, and the High School State Meet. Why can't you put more or rather equal emphasis on PAC-10 Championships, Pepsi Invitational, S&W Invitational, Bruce Jenner Invitational (some of the biggest collegiate meets). Please! Can't you put an equal size category for community college and/or 4-year colleges? I think it's only fair for college and adult enthusiasts.

Kelly Pinheiro
Modesto

To California Track & Running News:

I can't tell you how disappointed I am with your sudden lack of results concerning College Cross Country. Your results are excellent with High Schools, but has almost disappeared with college. Maybe there's a reason and they don't supply results or whatever, but it hurts, because you were the only one to count on and have, up until this cross country season, done a nice job. There were no results of the Pacific Ten Championships cross country or Region 8 Western, or the NCAA Championships. What hurts so much is, up until this year your magazine was the only place to see results and you would even show places 1 through 25 or even 1 through 50 in some races. It's so interesting to follow names of high school runners who have gone on to college and see how they are faring. I happen to be a big UCLA fan and seeing where their top six guys finished is very special and how other schools are doing. You did have a few results in Nov/Dec issue, like the Stanford Invitational and a few college cross country meets, which I appreciate. You're the only magazine that a person could get good college results in cross country and it really hurts that January and February issues

gave no results. So please continue to give college cross country results especially the meets like PAC-10, etc., for you are the only hope, and I look forward to following the college runners.

Thank you for your time in this matter.

John Magee
Palmdale

Yes, you're right. We're a bit off balance in our reporting. We'll try our hardest to secure those college and community college results--and then print them! -- Editor.

1988 Athletes of the Year

I just received the February issue of *California Track & Running News*.

I know you have a very hard time in selecting the outstanding runner in their respective divisions, but I feel the selection of Pat Devine receiving votes in the 60-64 division for the year 1988 should not have received in that division. He only ran a little over two months in the 60-64 division and almost the entire year in the 55-59 division.

Larry Banuelos.
64+.

P.S. My P.R. for 1988: 10K - 38:43; 5K - 18:13.

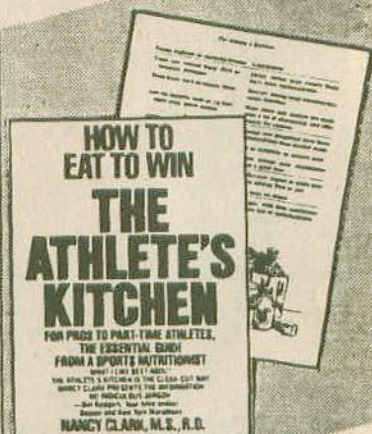
Dear Judges of Runners of the Year:

Thank you very much for selecting me 1988 woman (65-69) Runner of the Year in both Track & Field and Long Distance Running. I appreciate the honor. I would never have been able to come this far if it weren't for the support and reinforcement of other runners who have enriched my life with their friendship.

Jaclyn Caselli,
San Jose.

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