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ISSUE NO. 157

# CALIFORNIA

## *Track & Running News*

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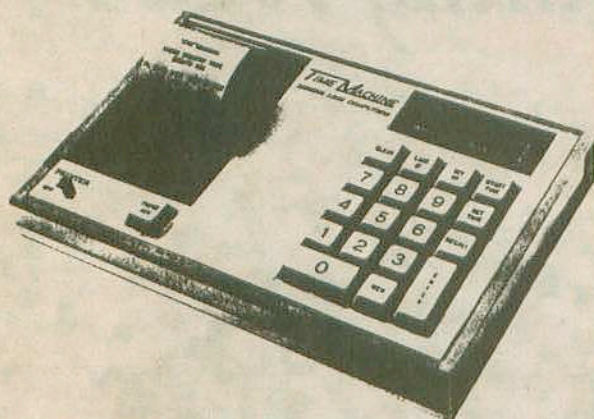
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# CALIFORNIA

Track & Running News



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## FROM THE EDITOR

Desire, dedication and discipline!

The big three ingredients in successful distance running -- we've all heard them preached at awards banquets and clinics. But, these same three qualities are what it takes to create a national level road running event in California.

Those are the traits possessed by Bill Burke, director of the 5-year-old City of Los Angeles Marathon. It's been a tough road, but his unswerving drive has brought the marathon into national class status.

In this issue of CT&RN, you can read all about the exciting 1990 running of this race. See Dick Slotkin's race report on page 30, Mark Winitz's special feature in his Keeping Pace column (page 20), and Gregor Robin's interview of Art Boileau (page 24), for a multi-faceted view of the event.

In a move sure to attract the attention of world-class marathoners everywhere, the Los Angeles Marathon will increase its 1991 prize purse to \$366,250 in cash, believed to be the largest purse ever offered to elite marathon runners.

"We're serious about bringing the finest marathon runners in the world back to Los Angeles," stated Dr. William A. Burke, president of the City of Los An-

geles Marathon. "All of Los Angeles enjoyed the greatness these athletes showed us during the 1984 Olympic Games here and we want the top marathoners to come to Los Angeles again in 1991."

The cash purse will increase by more than 81 percent for 1991. By comparison, the 1990 New York City Marathon will offer \$302,000 in cash awards, the 1990 BAA Boston Marathon will offer \$350,000 and the ADT London Marathon will offer \$364,890.

The City of Los Angeles Marathon VI will take place on Sunday, March 2, 1991. For entry and race information, please call (213) 444-5544.

Congratulations to Bill Burke and his marathon staff. Their perseverance has paid off and we can all look ahead to even bigger happenings at the Los Angeles Marathon.

ON THE COVER: Sea of humanity, patiently (?) awaiting the start of the 1990 City of Los Angeles Marathon. Photo provided by the L.A. Marathon.



# SCHEDULE

By JACK LEYDIG

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

The 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 7 (Saturday):

**San Francisco:** ASA "Once Around the Lake", 4.56 Mi. Run/Stride & 2 Mi. Health Walk, Sunset Blvd. Parking Lot (Lake Merced), 6 p.m. (50 & Over, 5-year age divisions; Under 50, no divisions). American Society on aging, L.A.C. - Fitness, 833 Market St., Suite 512, San Francisco 94103. (415) 543-2619.

**Pacifica:** San Pedro Valley 10K & 2 Mi., San Pedro Valley County Park, 9 a.m. (2nd race in Wildflower Series). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Bakersfield:** Bakersfield TC Fun Run, Distance TBA, Hart Park, Time TBA. Info: Randy Brown (805) 834-9130.

**Atascadero:** Park to Park Half Marathon, Time TBA. Info: Paula Anton (805) 461-5000.

**Santa Barbara:** Chardonnay 10 Mile District Championship & 5K Runs, Leadbetter Beach, 8 a.m. Chris Holmberg, 3836 Pemm Pl., Santa Barbara 93110. (805) 563-1008.

**Compton:** Compton Cup 5K Run, Compton College (1111 E. Artesia), 8 a.m. Harris Williams, 19003 Clarendon Ave., Carson 90746. (213) 636-8575, eves.

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

**El Cajon:** El Cajon 20K, Madison & 4th, 7:30 a.m. Info: Judi Richardson (619) 444-3785.

**Lake Hughes:** Steamroller 100K, 5 a.m. Rich Dinges, 7718 Yarmouth Ave., Reseda 91335. (818) 345-8751.

**Sacramento:** American River 50 Mi., finish in Auburn, 7 a.m. Fleet Feet Sports, 1730 Santa Clara Dr., #D-3, Roseville 95661. (916) 783-4558.

**Big Basin:** Big Basin Marathon & Half Marathon, trail runs, Time TBA. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Firebaugh:** Rotary River Run, 1, 3 & 6 Mi., Firebaugh H.S., 8 a.m. Ron Sani, 2107 Harrison St., Fresno 93704. (209) 233-0009, eves; Dwayne Urbaneck (209) 659-2911.

**San Dimas:** Los Angeles Triathlon Championship Series, 1K Swim, 14 Mi. Bike, 8K Run, Bonelli Park, Time TBA. Tri Events, Inc., 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

**San Diego:** Torrey Pines 5K, Torrey Pines H.S., 8 a.m. Info: In Motion (619) 483-9501.

**Las Vegas, NV:** Las Vegas T.C. 2 & 5 Miles, Tule Springs, 8 a.m. (No Pre-Entry). Tommy Hodges, P.O. Box 81045, Las Vegas, NV 89180. (702) 878-8414.

**Fresno:** Run for Relief, 10K & 2 Mi. Fun Run, Fresno Pacific College (1717 So. Chestnut), 7 a.m. Run for Relief, 4957 E. Heaton, Fresno 93727. (209) 638-6911.

**Bakersfield:** American Cancer Society Runs, 5 & 10K, College Park, Time TBA. Info: (805) 327-2424.

**Playa Del Rey:** Wetlands Preservation 5 & 10K, Culver & Vista Del Mar, 8 a.m. Promotion Events, Box 4362, Torrance 90510. (213) 326-5894.

**Temecula:** Vintage 10K Run/Walk, off Rancho Temecula Rd., 8 a.m. Vintage 10K Run, P.O. Box 2214, Temecula 92390. (714) 676-3628.

**Los Angeles:** Nose Run for Fun, 2 & 5K, Griffith Park, 11 a.m. Info: (213) 937-7859

## April 8 (Sunday):

**Livermore:** Livermore Fitness Day, 5 & 10K and 5K Walk, 3000 Pacific Ave., 8 a.m. Rich Lange, LARPD, 71 Trevarno Rd., Livermore 94550. (415) 447-7300.

**Fremont:** Coyote Hills 10K & 2 Mi., Coyote Hills Park, 8:30 a.m. SAVE, P.O. Box 8283, Fremont 94537. (415) 794-6056.

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

**Palo Alto:** IAMS "Dog's Best Friend" 5K Run/Stride, Baylands Athletic Center (Geng/Embarcadero Rd.), Time TBA. Palo Alto Rec. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Sebastopol:** Apple Juice Run, 10K & 2 Mi., Analy High School, 8 a.m. Teresa, P.O. Box 178, Sebastopol 95473. (707) 823-3032.

**Sacramento:** Nor Cal Bi Series #1, 5K Run, 30K Bike, 5K Run, Location & Time TBA. Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

**Long Beach:** Beach Charities Ship to Shore 10K, Queen Mary, 8 a.m. Beach Charities, 230 Pine Ave., Suite 1, Long Beach 90802. (213) 436-7727.

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

**San Francisco:** Bonne Bell 5/10K Women's Run, Golden Gate Park (bandshell near Academy of Sciences), 8:30 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

**Bakersfield:** Bakersfield T.C. Rio Bravo 10 Mile, Lake Ming & Frontage Rds. 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384. (805) 871-4364.

**Stanford:** "Dish Dash" 5K Run/Walk, Stanford Univ., Time TBA. Info: Steve (415) 323-1690.

**Redondo Beach:** Springfest 5K, Aviation Park Track, 9 a.m. Springfest, P.O. Box 1577, Redondo Beach 90278. (213) 376-6913.

**Orange:** 'Round Orange 5 & 10K and 1 Mi., Jeralta Jr. H.S., 7:30 a.m./5K, 8:30 a.m./10K, 9:30 a.m./1 Mi., Orangewood Children's Fdn., 2 City Blvd. East, Suite 250, Orange 92668. (714) 385-8110.

**Upland:** San Antonio Community Hospital Run for the Health of It, 5 & 10K, Upland Memorial Park, 7:30 a.m. San Antonio Community Hospital, SACH Race, 999 San Bernardino



Rd., Upland 91786. (714) 985-2811, x3998.  
**San Diego:** Coronado Bay Bridge 5K, 10th & Glorietta, 7:30 a.m. Info: Kathy Loper (619) 437-4667.  
**Oxnard:** City of Oxnard Spring Biathlon, 5K Run, 25K Bike, 5K Run, Oxnard State Beach Park, Time TBA. Oxnard Rec./Biathlon, 325 So. A St., Oxnard 93030. (805) 984-4643.

## April 14 (Saturday):

**Redwood City:** Edgewood Wildflower Run, Distances TBA, Edgewood County Park, 9 a.m. (3rd of Wildflower Series). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Westlake Village:** "Reach Out and Care" 5/10K and 1 Mi., Hyatt Westlake Plaza Hotel, 7:30 a.m./10K, 8:45 a.m./5K, 9:45 a.m./1 Mi. Calvary Community, 31293 Via Colinas, Westlake Village 91362. Steve Polley: (805) 499-4434.

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

**Descanso:** Cuyamaca Trail 50K, 6 a.m. Limited to 100. State Park Trails. Jerry Mitchell, 709 Hanson Lane, Ramona 92065. (619) 789-0406.

**Marin Headlands:** Golden Gate Headlands Marathon, 8 a.m. Dave Horning, TriSports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Bakersfield:** Cancer Runs, Distance & Time TBA. Info: (805) 327-2424.

**Medford, OR:** Pear Blossom Run, 2K & 10 Mi., City Hall, 8 a.m./2K, 8:45 a.m./10 Mi. Pear Blossom Run, P.O. Box 146, Medford, OR 97501. Mike Miller (503) 772-7086.

**Las Vegas, NV:** UNLV Runnin' Rebels 5K, Univ. of Las Vegas, Time TBA. Info: (702) 873-2684.

**Los Altos Hills:** Sister Cities 10K Relay (4x2.5K Legs), Foothill College (track), 10 a.m. LASCI, 1204 Eureka Ct., Los Altos 94024. (415) 967-8885.

## April 15 (Sunday):

**San Francisco:** DSE Easter Sunday Egg Run, 3 Mi. (up Mt. Davidson), Riordan High School, 175 Phelan, 10 a.m. Info: (415) 668-2830.

**Greenbrae: (Cancelled).** MGH Grand Five, 5 Mi., Marin General Hospital (250 Bon Air Rd.), 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. Ed or Rowena de Mayo: (415) 459-5937.

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**So. El Monte:** San Gabriel River 5K Easter Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Bakersfield:** Ultimate Fun Run, Bakersfield College, Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

**Fresno:** Easter Sunrise Celebration Jog, 3 Mi. Run, 2 Mi. Jog, 1 Mi. Walk, Woodward Park, Time TBA. Info: Harry Harder (209) 638-5007.

**Tiburon:** Romancing The Island: An Angelic Spring Fling, 7 Mi., Angel Island (ferry at 8:30 & 9:15 from Tiburon), 10 a.m. TriSports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**San Diego:** Grand National Biathlon, Distances TBA, Time TBA. CAT Sports, 5966 La Place Ct., #100, Carlsbad 92008. (619) 221-5555.

## April 16 (Monday):

**Hopkinton, MA:** Boston Marathon, (new qualifying times), noon. Boston Marathon, 17 Main St. Hopkinton, MA 01748. (508) 435-6905.

## April 21 (Saturday):

**San Francisco:** Ruth Anderson 100K, Lake Merced (Sunset Blvd. Parking Lot), 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

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

**Lompoc:** Laura Stegman Memorial Wom-

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

**Thousand Oaks:** Conejo Valley Days 2, 5 & 10K, Cal Lutheran College, 7:30 a.m./5K, 8 a.m./10K. Don Green, 3663 Consuelo Ave., Thousand Oaks 91360. (805) 492-3136.

**Fontana:** Fontana Days Half Marathon & 5K, 8:15 a.m./H-M, 8:30 a.m./5K. Fontana Recreation Dept., 9460 Sierra, Fontana 92335. (714) 350-7636.

**San Bernardino:** John Muir 5 & 10K Runs, Cal State Univ., 7:30 a.m./5K, 8 a.m./10K. Robert Thweatt, ASI, 5500 University Pkwy., San Bernardino 92407. (714) 880-5932.

**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:** Save The Children Relay, 24-Hour Relay, San Diego State Univ., 9 a.m. Info: Steve Kleinstuber (619) 584-8641.

Note: 10 or more runners/team.

**Fort Bragg:** Sunset Run, 5 & 10K & Kids's Mile, Mackerricher State Pk., 6 p.m. Mendocino Coast Rec. & Park Dist., 213 E. Laurel St., Ft. Bragg 95437. (707) 964-9446.

**Arvin:** Arvin Wildflower Runs, 5 & 10K, DiGiorgio Park, Time TBA. Info: (805) 845-0757.

**Bakersfield:** U TRI 1990, 600 Yd. Swim, 13 Mi. Bike, 5K Run, Cal-State Univ., 9001 Stockdale Hwy., Time TBA. Tara Hagen, CSUB, 9001 Stockdale Hwy., Bakersfield 93311. (805) 833-3211.

**Las Vegas, NV:** Arthritis Foundation Telethon 2 Mi. & 10K, Location & Time TBA. Info: (702) 367-1626.



# SCHEDULE

**Incline Village, NV:** Spring Run-Off 10K, Incline H.S. track, 10 a.m. Fleet Feet, P.O. Box 5792, Incline Village, NV 89450. (702) 831-0668.

**Lafayette:** Briones Biathlon, 6 Mi. Trail Run, 20 Mi. Bike, Briones Regional Park (Bear Creek Entrance), 9 a.m. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

**Fort Bragg:** Mendocino Lost Coast Trail Marathon, Half-Marathon & 50 Mile, Sinkyone Wilderness State Park (1 1/4 Hrs. North of Ft. Bragg), 7 a.m./50 Mi., 9 a.m. (Pre-Reg. only). Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Santa Rosa:** Save the Children Relay, Distance TBA, Santa Rosa J.C. (track), 9 a.m. Millie Anderson 2050 W. Steele Ln., Santa Rosa 95403. (707) 453-2069.

**Pomona:** Annual COMP Romp 5 & 10K Runs, Cal-Poly (track), 8:30 a.m. COMP Sports Medicine Club, College Plaza, Pomona 91766 Sonya Marden: (714) 625-2970.

**Camp Pendleton:** Special Olympics 5K (Beach Run), 3 p.m. Info: End of the Line (619) 437-4556.

**Henderson, NV:** Arthritis Foundation Telethon 2 Mi. & 10K, Green Valley A.C. (2100 Olympic Ave.), 8 a.m. Info: Paula Hornbuckle (702) 367-1626.

## April 22 (Sunday):

**Vacaville:** Pena Adobe Run, 5 & 10K, Lagoon Valley County Park, 9 a.m. Solano Striders, P.O. Box 1778, Vacaville 95696. (707) 448-0413 or (916) 758-9341.

**San Francisco:** DSE Potrero Hill Run, 4.5 Mi., 17th St. & Arkansas, 10 a.m. Info: (415) 668-2830.

**San Francisco:** Kimochi Cherry Blossom Run, 5 Mi., Golden Gate Park (41st Ave. & So. Drive), 9 a.m. Komochi Senior Citizen's Center, 1581 Webster St., #10, San Francisco 94115. (415) 931-2294.

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Runs, 5, 10 & 15K, Old Boat-house (Lakeside Dr. & 14th), 9 a.m. LMJS, 3136 California St., Oakland 94602. (415) 530-9151. Raceday Reg. only.

**Los Gatos:** The Tortoise and Hare 10K Run and 5K Run/Walk, Union Middle School, 8:30 a.m. Libby Brost, Good Samaritan Hospital League, 2425 Samaritan Dr., San Jose 95124. (408) 559-2555.

**Napa:** Run to Literacy, 5K & 1 Mi., County Library, 9 a.m. Project Upgrade, 1150 Division St., Napa 94559. (707) 253-4283.

**Merced Area:** Indian Gulch 5 & 10 Mi., Time TBA. Merced Track Club, P.O. Box 3275, Merced 95344.

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

**San Luis Obispo:** YMCA City to Port 10 Miler, finishes at Avila Beach, Time TBA. Info: Larry Lant (805) 543-8235.

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

**Del Mar:** La Jolla Half Marathon & 2 Mi. (H-M finishes in La Jolla), 7:30 a.m. Info: Toni Deal (619) 272-8316.

**San Diego:** Earth Day 1990 Rain Forest Runs, 1 Mi. & 5K, Balboa Park, 7:30 a.m. Info: EOL (Solange) (619) 437-4556.

**Stanford:** Earth Day 5K Fun Run, 8 a.m. One World, Inc., Fort Cronkhite, Bldg., 1055, Sausalito 94965. (415) 332-1942.

**Sacramento:** Dome to Delta, c/o Holy Spirit School, 3920 West Land Park Dr., Sacramento 95822. (619) 448-2145.

**Sacramento:** Motherlode Biathlon, 6 Mi. Run, 28 Mi. Bike, El Dorado Hills Business Park (off Hwy 50), 9 a.m. City Bicycle Works, 2419 K Street, Sacramento 95819. (916) 447-2453.

**Walnut:** Mt. SAC Relays In-N-Out Burger 5 & 10K Runs, 8 a.m. Mt. SAC Relays, P.O. Box 595, Walnut 91789.

**Valencia:** Run For The Health Of It, 5K Run/Walk, 23845 W. McBean Pkwy., 9 a.m. H.M.N.M.H., Valencia 91355. (805) 253-8082.

**Loma Linda:** Cancer Buster 5K, 10K & 15K, Loma Linda Univ. (Gentry Gymnasium at Anderson & Stewart Sts.), 8 a.m. ACS Inland Empire Unit, 2060 Chicago Ave., Suite A-17, Riverside 92507. Bessie Clark (714) 683-6415.

**Laguna Beach:** Laguna Beach School-power 10K, Festival of Arts Grounds (Laguna Canyon Rd.), 8 a.m. Race Central, P.O. Box 828, Rialto 92377. (714) 661-6062.

**Lakeport:** Health Awareness Jamboree 5 Mi. Run & 2 Mi. Walk, Lake County Fairgrounds, 8:30 a.m./Walk, 9 a.m. R. Hahn, c/o LCH, 5176 Hill Rd. E., Lakeport 95453. (707) 263-5651 X206.

## April 25 (Wednesday):

**Chico:** Humpday 5K, Bidwell Park, 6 p.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

## April 26 (Thursday):

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

## April 28 (Saturday):

**San Mateo County:** Earthquake Day 10K Run, 12 Mi. Bike or 5K Walk, Sawyer Camp Trail, 8 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

**San Francisco:** Nimitz Run, 5 & 10K, Treasure Island, 9:30 a.m./5K, 9:45 a.m./10K. David Moore, 25 Callaghan Hall, UC Berkeley, Berkeley 94720. (415) 845-2518.

**Larkspur:** Larkspur's Madrone Canyon Race, 5K & 3K Walk, Dolliver Park (Magnolia/Madrone), 9 a.m. Larkspur Recr. Dept., P.O. Box 585, Larkspur 94939. (415) 927-5031.

**Stanford:** MBA Challenge for Charity, 5 & 10K, Stanford Stadium, 8 a.m. Pat Jennings, 2035 Sterling Ave., Menlo Park 94025. (415) 854-5075.

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

**So. El Monte:** San Gabriel River 5K Woodchuck Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Nevada City:** Nevada City Spring Runs, 5 & 10K, Spring St. (behind United Methodist Church), 8:30 a.m. Race Director, 17647 Shoshoni Trail, Nevada City 95959. George Hagel (916) 265-9764, 6-9 p.m.

**Clovis:** Grundfos 5K Classic, 8:30 a.m. Grundfos Pumps, 2355 Clovis Ave., Clovis 93612. (209) 292-8000.

**West Covina:** Rehab For The Long Run, 2K, 5K & 10K, 1115 Sunset, 8 a.m. Queen of the Valley Hospital (Volunteer Dept.), P.O. Box 1980, West Covina 91793. (818) 814-2412.

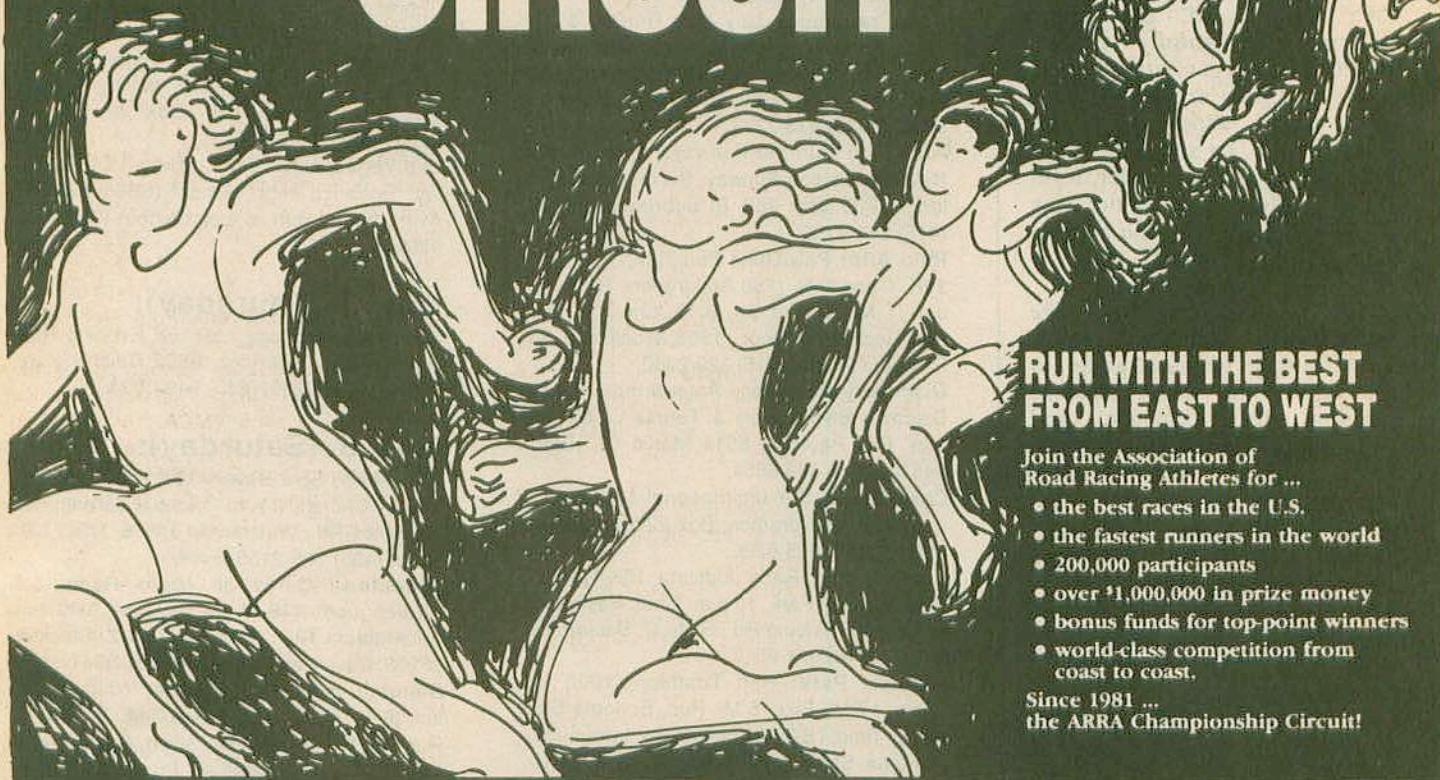
**Palos Verdes:** Palos Verdes Library 10K Run & 3K Run/Walk, Courtyard Mall, 8 a.m. Pro-Motion Events, P.O. Box 4362, Torrance 90510. (213) 326-5894.

**Palm Desert:** Costas 10K Classic, Desert Springs Marriott Tennis Complex, 9 a.m. Costas 10K, Marriott's Resort & Spa, 74855 Country Club Dr., Palm Desert 92260. (619) 341-2211, X6542.

**Las Vegas, NV:** Naylor's "Only Flat One" 5 & 10K, Silver Bowl (near Tropicana & Boulder Hwy.), 8 a.m. Info: The Running Store (702) 878-8414.



# 1990 ARRA CHAMPIONSHIP CIRCUIT



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## 1990 CHAMPIONSHIP CIRCUIT

### JANUARY

14 HOUSTON-TENNECO MARATHON • Houston, TX 713-757-3807

### FEBRUARY

17 GASPARILLA DISTANCE CLASSIC • 15K • Tampa, FL 813-229-7866

### MARCH

3 RED LOBSTER • 10K • Orlando, FL 800-252-7510  
10 JACKSONVILLE RIVER RUN • 15K • Jacksonville, FL 904-739-1917  
18 NEW BEDFORD/BANK OF BOSTON  
HALF-MARATHON • New Bedford, MA 617-999-2699

### APRIL

1 NIKE CHERRY BLOSSOM • 10 Miles • Washington, DC 301-371-5583  
8 MDA - BOSTON MILK RUN • 10K • Boston, MA 617-396-3001  
28 BANKERS TRUST - DRAKE RELAYS 10K • Des Moines, IA 515-280-4029

### MAY

6 LILAC BLOOMSDAY RUN • 12K • Spokane, WA 509-838-1579  
13 NIKE WOMEN'S RACE • 8K • Washington, DC 703-790-3037  
28 BOLDER BOULDER • 10K • Boulder, CO 303-444-7223

### JUNE

16 STEAMBOAT CLASSIC • 4 Miles • Peoria, IL 309-688-7313  
17 CASCADE RUN OFF • 15K • Portland, OR 503-226-0717

### JULY

4 PEACHTREE ROAD RACE • 10K • Atlanta, GA 404-231-9065  
28 QUAD CITY TIMES BEX 7 • 7 Miles • Davenport, IA 319-359-9197

### AUGUST

11 ASBURY PARK 10K CLASSIC • Asbury Park, NJ 201-922-9479  
19 PALMOUTH ROAD RACE • 7.1 Miles • Palmouth, MA 508-540-7000

### OCTOBER

7 TWIN CITIES MARATHON • Minneapolis, MN 612-339-1913  
27 TULSA RUN • 15K • Tulsa, OK 918-588-2850

### NOVEMBER

11 THE OLD RELIABLE RUN • 10K • Raleigh, NC 919-829-4843

### DECEMBER

2 CALIFORNIA INTERNATIONAL MARATHON • Sacramento, CA 916-447-2786

Association of  
Road Racing Athletes  
807 Paulsen Building  
Spokane, WA 99201  
(509) 838-8784





## The Pulse Of the Sport

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## SCHEDULE

**San Gregorio:** Lifestyle Triathlon, 0.5 Mi. Swim, 18 Mi. Bike, 3.1 Mi. Run, San Gregorio State Beach, 8:30 a.m. Northwind Promotions, Patrick Gilbert, P.O. Box 2451, Aptos 95501. (408) 688-6072.

### April 29 (Sunday):

**San Francisco:** DSE Ferry Building Run, 3.83 Mi. & 0.875 Kid's Run, Dolphin Club, 10 a.m. Info: (415) 668-2830.

**San Francisco:** May Day Run, 5 & 10K Walk, Golden Gate Park (Polo Fields), 8 a.m./Kids, 9 a.m. American Heart Assoc., 120 Montgomery St., Suite 1650, San Francisco 94104. (415) 433-2273.

**Alameda:** Run the Runways, 2 Mi. & 10K, Naval Air Station Runway, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Palo Alto:** Paly/Gunn Fun Run, 1 Mi., 5 & 10K, Gunn H.S. (780 Arastradero Rd.), 8:30 a.m./1 Mi., 9 a.m./5K, 9:15 a.m./10K. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Discovery Bay:** Rally Around the Lake 5K, Discover Blvd. (Swim & Tennis Club), 9:30 a.m. Phil Paulson, 5514 Marlin Ct., Byron 94514. (415) 634-6654.

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

**Sacramento:** Race Judicata 10K Run, 5K Walk, Capitol Park, 10 a.m. Chris Heyers, c/o MDA, 1783 Tribute Rd., Suite C, Sacramento 95815. (916) 921-9518.

**Rohnert Park:** Hart Triathlon, 1000 Yd. Swim, 17 Mi. Bike, 5 Mi. Run, Sonoma State Univ., Time TBA. Victor Venuta, Intramurals, Sonoma State Univ., 1801 E. Cotati Ave., Rohnert Park 94928. (707) 664-2753.

**Healdsburg:** Fitch Mountain Footrace, 3 & 10K, Downtown Plaza Park, 8 a.m. Mark Graham, Healdsburg Park & Rec. Dept., P.O. Box 578, Healdsburg 95448. (707) 431-3301.

**Chico:** Butte Biathlons, (Full: 4 Mi. Run, 30 Mi. Bike, 4 Mi. Run; Half: 1 1/2 Mi. Run, 15 Mi. Bike, 1 1/2 Mi. Run), 9 a.m. Exchange Club, 2500 Zanella Way, Suite A, Chico 95928.

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

**So. El Monte:** Legg Lake Wildflower 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. (40+ runners only). Info: Dale Larabee (619) 234-3054.

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

**San Diego:** Run for the Animals, 10K, Balboa Park, 7:30 a.m. Info: Marco Anguiano (619) 531-6041.

**San Jose:** Grand National Biathlon, Distances & Location TBA, Time TBA. CAT Sports, 5966 La Place Ct., #100, Carlsbad 92008. (619) 221-5555.

**Ventura:** California Beach Party 5 & 10K and 1 Mi., Seaside Beach, 8 a.m. Ventura Recreation Dept., P.O. Box 99, Ventura 93001. (805) 658-4726.

**Las Vegas:** Save the Children 12-Hour Relay, Bonanza High School (6665 Del Rey Ave.), 9 a.m. Info: Chuck Osborn (702) 458-9389.

### May 3 (Thursday):

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

### May 5 (Saturday):

**Corralitos:** Sole Savers 10K Run, Holy Eucharist Church, 8 a.m. Michael Jordan, 527 Corralitos Rd., Watsonville 95076. (408) 722-5490; (408) 726-2155, eves.

**Stockton:** Cinco de Mayo Race, 5K, "Warehouse", 445 W. Weber Ave., 9:30 a.m. Tarahumara R.C., P.O. Box 8422, Stockton 95208. Dave Valentine: (209) 951-8941.

**Sonoma:** Hanna Boys Center Youth Triathlon, (8-11 Yrs: 75 Yd. Swim, 3 Mi. Bike, 1 Mi. Run; 12-17 Yrs: 150 Yd. Swim, 6 Mi. Bike, 2 Mi. Run), noon. Elizabeth Bruno, 17000 Arnold Dr., Sonoma 95476. (707) 996-6767.

**Sacramento:** Maranatha Half-Marathon, 10K and Mile, Goethe Park, 8 a.m./Mile (Kids only), 8:20 a.m./H-M, 8:30 a.m./10K. Nick Vogt, CRA, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

**Turlock:** Turlock Rotary Biathlon, 10K Run, 50K Bike, Turlock H.S., 8 a.m. Darryl Crow, 817 Coffee Rd., Bldg. B, Modesto 95355. (209) 667-6226.

**Sanger:** Founder's Day Run, 6 Mile/2 Mile/2 Mile Walk, 6:30 a.m. First Presbyterian Church, Jensen Ave. Carolyn Hildebrand, 2554 South McCall, Sanger 93657 (209) 268-3622.

**Bakersfield:** BTC Fun Run, Distance TBA, Hart Park, Time TBA. Info: Randy Brown (805) 834-9130.

**Long Beach:** Long Beach Plaza 8K Run,



# SCHEDULE

451 Long Beach Blvd., 8:30 a.m. Long Beach Plaza, 451 Long Beach Blvd., Long Beach 90802. (213) 435-8686.

**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.

**San Bernardino:** Tin Man Triathlon, 125 Yd. Swim, 9 Mi. Bike, 3.1 Mi. Run, Cal State Univ., Time TBA. Jon Shultz, P.O. Box 5884, San Bernardino 92410. (714) 844-6431.

**San Diego:** Save the Children Relay '90, 24-Hour Relay, San Diego State Univ., 9 a.m. Info: Steve Kleinstuber (584-8641). **Note:** 10 or more per team.

**Corte Madera:** The Nature Company's Run to Save Life on Earth 5.5 Mi. Run/Walk, Village Shopping Center, 8 a.m./Walk, 8:30 a.m. Mike Modzelewski, The Nature Co., 750 Hearst Ave., Berkeley 94710. (415) 644-1337.

**Cameron Park:** Pony Express 50, 50 Mi., Cameron Lake Park (15 miles east of Sacto), 7 a.m. Delmar Fralick, Box 5299, El Dorado Hills 95630. (916) 676-4910.

**lone:** Gold Miners Gallop, Half-Marathon, 10K & 1 Mi., 8 a.m./H-M, 8:15 a.m./10K. 8:30 a.m. Julie Corbett, P.O. Box 907, Jackson 95642. (209) 223-1767, X46.

**Aptos:** Aptos Earthquake Scramble, 12K & 25K, Nisene Marks State Park (Aptos Village), 9 a.m. Tri-Sports, Dave Horning, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Monterey County:** Wildflower International Triathlon, 0.5 Mi. Swim, 25 Mi. Bike, 4.5 Mi. Run, Lake San Antonio, Time TBA. Monterey County Parks Dept., P.O. Box 5279, Salinas 93915. (408) 755-4899.

**Canoga Park:** Great Rockwell Reservoir 5 & 10K and 1 Mi. Fun Run, Chatsworth Reservoir (8500 Fallbrook Ave.), 7:30 a.m./10K, 9:15 a.m./5K, 10:30 a.m. Steve Polley, Rockwell Reservoir Run, 8500 Fallbrook Ave., West Hills 91304. (818) 710-2145.

**Costa Mesa:** Annual 5K Tribute Walk/Run, Orange Coast College (Arlington & Fairview Rd.), 8 a.m. Barbara Newbern, Orange Coast College, 2701 Fairview Rd., Orange 92628. (714) 432-5507.

**Fountain Valley:** Run for the Roses 6K and Fun Run, Mile Square Park, 9 a.m. Silky Sullivan, 10201 Slater Ave., Fountain Valley 92707. (714) 963-5967.

**San Diego:** Cinco de Mayo 10K & 2 Mi., South of Hilton, 7:30 a.m. Info: Lyn Lacey (619) 236-0842.

**Ben Lomond:** Ben Lomond Cinco de Mayo, St. Andrews Episcopal Church, P.O. Box

293, Ben Lomond 95005. (408) 336-5994.

## May 6 (Sunday):

**San Francisco:** DSE Golden Gate Bridge Vista Run, 5.04 Mi., Legion of Honor (34th Ave. & Clement), 10 a.m. Info: (415) 668-2830.

**Sausalito:** Sausalito Scenic Bay Run, 10K, Fort Cronkhite Tunnel, 9 a.m. Sausalito Recreation Dept., P.O. Box 1279, Sausalito 94966. (415) 289-4125.

**Danville:** Devil Mountain Run, 2.8 Mi. & 10K, Town & Country Center, 8 a.m. Devil Mountain Run, P.O. Box 93, Pleasanton 94566.

**San Francisco:** Razathon, 3.8 Mi., Rolph Park (Cinco de Mayo Celebration), 9 a.m. MECA/Razathon, 3007 24th St., San Francisco 94110. (415) 826-1401.

**Cameron Park:** Marshall M.A.S.H. Run, 5 & 10K, 3581 Palmer Dr., 8:30 a.m./Kids Half-Mile, 9 a.m. Amy Ryland, Marshall Mash Run, c/o Marshall Hospital, Marshall Way, Placer ville 95667. (916) 626-2675.

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

**La Jolla:** Golden Triangle 5 & 10K, Jewish

Community Center, 7:30 a.m. Info: Michael Simmons (619) 437-4556.

**Weott:** Avenue of the Giants Marathon, Dyerville B ridge, 9 a.m. Dick Gilchrist, 281 Hidden Valley Rd., Bayside 95524. (707) 443-1226.

**Long Beach:** Long Beach Marathon, 7:25 a.m. Long Beach Marathon, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

**Oakland:** Sri Chinmoy 50 Mile (flat 1-Mi. Loop on road), Time TBA. Venu Riggio, 1995 20th Ave., San Francisco 94116. (415) 753-5998.

**Fair Oaks:** Fair Oaks Fiesta Sun Run, 5 Mi., 8 a.m. Will Roxburgh, Fleet Feet Sports, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**Monterey County:** Wildflower Long Course Regional Championship & Ironman Qualifier Triathlon, 1.2 Mi. Swim, 66 Mi. Bike, 13.1 Mi. Run, Lake San Antonio, Time TBA. Monterey County Parks Dept., P.O. Box 5279, Salinas 93915. (408) 755-4899.

**Ridgecrest:** Over-the-Hill T.C. 10 Mi., Time TBA. Scotty Broyles, 1243 Wayne Ave., Ridgecrest 93555. (619) 446-2941.

**Ventura:** Law Day 5K, Ventura County Gov't. Center (Victoria & Thille), 9 a.m. Donna

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# SCHEDULE

de Paola, Ventura County Bar Assoc., 4478 Market St., #704, Ventura 93003.

**Lodi:** Crime Prevention Fair Run, 5 & 10K, 9 a.m. Lodi Police Dept., 231 Elm St., Lodi 95240. (209) 333-6787.

**Santa Cruz:** Peace Run 5/10K, 8:30 a.m. Peace Day Project, P.O. Box 1729, Santa Cruz 95061. (408) 475-0207.

**Los Angeles:** Run Like a Bruin, 5 & 10K, UCLA (Near Sunset & Westwood Blvds.), 7:30 a.m./5K, 8:30 a.m./10K (1K Kids Run at 8 a.m.). Run Like a Bruin, UCLA Central Ticket Office, P.O. Box 24607, Los Angeles 90024. (213) 206-0524.

**Newport Beach:** Pacific Biathlon, 2 Mi. Run, 8 Mi. Bike, 2 Mi. Run, Time TBA. Pacific Sports Management, P.O. Box 30005, Suite 618, Laguna Niguel 92677. (714) 546-9041.

**Las Vegas:** Corporate Challenge 10K Run, Tule Springs (Floyd Lamb State Park), 8 a.m. Info: The Running Store (702) 878-8414.

## May 8 (Tuesday):

**Oxnard:** 3 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 So. A St., Oxnard 93030. (805) 984-4643.

## May 10 (Thursday):

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

## May 11 (Friday):

**San Diego:** Night Moves Fun Run, 5K, north of Campanile, 6:30 p.m. Info: Eric Huth (619) 594-6424.

## May 12 (Saturday):

**Redwood Shores:** The Human Race 5 & 10K, Oracle Pkwy. Central Park, 8:30 a.m. Lois Koenig, 535 Darrell Rd., Hillsborough 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.

**Santa Cruz:** (Cancelled) March of the Monarchs, 5 Mi. (new course), Natural Bridges State Beach & Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Grass Valley:** Wolf Mountain Trail Challenge, 10K & 1.8 Mi. Fun Run, Wolf Mountain Christian Camp, 5 p.m. Nick Vogt, CRA, 1025

Grange Rd., Meadow Vista 95722. (916) 878-0697.

**Bakersfield:** Bud Light Triathlon, Distance & Time TBA. Info: Paul Press (805) 399-2720.

**San Luis Obispo:** County Alcohol Services 5 & 10K Runs, Meadow Park, Time TBA. Info: Alcohol Services (805) 549-4275.

**Pomona:** Human Race 5 & 10K, Cal-Poly Univ., 8 a.m. (Walks at 8:30 a.m.) Ronette Warren, Volunteer Center, 436 W. Fourth St., Suite 201, Pomona 91766. (714) 623-1184.

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

**San Diego:** Good Neighbor Run, 2 Mi. & 10K, Balboa Park, 7:30 a.m. Info: Linda Graves (619) 437-4556.

**Rohnert Park:** Crane Canyon Half-Marathon, 9 a.m. Victor Venuta, Sonoma State Univ., Intramurals, 1801 E. Cotati Ave., Rohnert Park 94928. (707) 664-2753.

**San Francisco:** Very Fine Save the Children 10K, G.G. Park (Kennedy Dr. & 8th), 8 a.m. Leila Byczkowski, 140 Lake, #1, San Francisco 94118. (415) 752-6151.

**San Francisco:** Angel Island Run/Stride, 4.8 Mi., Time TBA (ferries from S.F. & Tiburon). Angel Island Run, c/o The Guardsmen, 115 Sansome St., Suite 130, San Francisco 94104. (415) 781-6785.

**San Jose:** Quicksilver 50K/50 Mile Endurance Run, Quicksilver County Park, 6 a.m. Bill Maida, 1490 Hicks Ave., San Jose 95125. (408) 293-5738.

**Pleasanton:** Soccer City Run/The Human Race, 5 & 10K, Hacienda Business Park, 8 a.m. Valley Volunteer Center, 333 Division St., Pleasanton 94566. (415) 462-3570.

**Colfax:** Colfax Record Run/Walk, 3.5 Mi. & 10K (& 1/2 Mi. Kids' Fun Run), Downtown, 8:30 a.m./Kids' Run, 9 a.m. Colfax Record Run, P.O. Box 755, Colfax 95713.

**San Francisco:** Women's Sports Festival 5K Run/Walk, Golden Gate Park (Marx Meadows), 8 a.m. Athlon, 650 Fifth St., Suite 514, San Francisco 94107. (415) 896-1542.

**Van Nuys:** The Human Race, 5 & 10K, Woodley Park, 8 a.m. Volunteer Center, 6851 Lennox Ave., 4th Floor, Van Nuys 91405. (818) 908-5066.

**Hawthorne:** Mother's Day 10K & 2 Mi. Run, Hawthorne Plaza Mall, 8 a.m. Hawthorne YMCA, 12500 S. Ramona, Hawthorne 90250. (213) 679-1146.

**Culver City:** Fiesta La Ballona 5 & 10K, Veterans Auditorium (9770 Culver Blvd.), 8 a.m. Dept. of Human Resources, 4117 Overland Ave., Culver City 90230. (213) 202-5689.

**Newport Beach:** Ford Aerospace Tune Up 5 & 10K, Ford & Jamboree Rd., 7:30 a.m. Spring Tune Up Run, Box A, Ford Rd., Newport Beach 92658. (714) 720-7787.

**San Diego:** YMCA/Breakers 10 Mi. & 5K, Mission Beach, 7 a.m. Info: Roger Martin (619) 232-7451.

**Las Vegas:** Elite - Ben Gay 5K & 2 Mi., Location & Time TBA. Info: Frank Plasso, Jr. (702) 435-4836.

**Gilroy:** South Valley Hospital Foundation 10K Run & 3 Mi. Walk, 8:30 a.m./Walk, 8:45 a.m. Martha Underwood, So. Valley Hospital Foundation, 9400 No Name Uno, Gilroy 95020. (408) 848-8646 or 848-2000 X2315.

**Inverness:** Tomales Bay 8 Mi., Tomales Bay State Park, 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

## May 13 (Sunday):

**Fremont:** Run for Serra 10K & 2 Mi. Stride, Stevenson & Paseo Padre, 8 a.m. Jane Bell, c/o Serra Residential Center, P.O. Box 3296, 650 Washington Blvd., Fremont 94539. (415) 657-2002.

**San Francisco:** DSE Alamo Square Beach Vista Run, 8.5 Mi., Kennedy Dr. at Ocean Beach, 8 a.m. Info: (415) 668-2830.

**Sacramento:** Nor Cal Bi Series #2, 5K Run, 30K Bike, 5K Run, Location & Time TBA. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

**Bakersfield:** Tri-4-Kids, Distances, Location & Time TBA. Info: John Wilson (805) 323-6460.

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

**Stinson Beach:** Mt. Tam Biathlon, 4 Mi. Beach Run, 15 Mi. Bike (uphill to top of Mt. Tam), 6 Mi. Trail Run, 8 a.m. (No Raceday Registration). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Sacramento:** Grand National Biathlon Series, 2 Mi. Run, 10 Mi. Bike, 1 Mi. Run, Time TBA. Info: (619) 221-5555.

**Malibu:** Bikesport Southern California Championship Biathlon, 5K Run, 25K Bike, 5K Run, Zuma Beach, Time TBA. Michael Epstein, Tri-Pro Race Specialties, P.O. Box 9122, Calabasas 91372. (818) 880-4915.

## May 15 (Tuesday):

**Oxnard:** 5 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 So. A St., Oxnard 93030. (805) 984-4643.



## SCHEDULE

### May 17 (Thursday):

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

### May 19 (Saturday):

**Geyserville:** Icebreaker Triathlon, 1/2 Mile Swim, 5K Run, 14 Mi. Bike, Lake Sonoma Park, 8 a.m. (May 7 Deadline, 400 limit). Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

**Lompoc:** La Purisima Mission Fiesta 5 & 10K, La Purisima Mission, 8:30 a.m./5K Walk, 8:45 a.m./5K Run, 9:00 a.m./10K. Ray Gil, 304 Amherst Pl., Lompoc 93436. (805) 736-4233.

**San Dimas:** Los Angeles Triathlon Champi-

onship Series, 1K Swim, 40K Bike, 8K Run, Bonelli Park, Time TBA. Tri Events, Inc., 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

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

**Reno, NV:** Silver State 50K & 50 Mi., 6 a.m. Ken McKim, 1460 Prospect Ave., Sparks, NV. 89431.

**Fountain Valley:** SPA/TAC 50 Mile Championships, Mile Square Regional Park (16801) Euclid, 6:30 a.m. (Enter By May 1, 12-Hour Limit). Lee Preble, West Coast Univ., 550 S Main St., Orange 92668. (213) 532-5043, eves.

**El Sobrante:** Lakeridge Triathlon, 300 Yd. Seim, 5K Run, 10 Mi. Bike, 6350 San Pablo Dam Rd., 8 a.m. Team Challenge, P.O. Box

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

**Stinson Beach:** Muir Woods Marathon, Half-Marathon & 7 Mi., Parkside Cafe, 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Auburn:** Historic Fun Run/Walk, 1 & 5K, Old Town Auburn (Butterworth's Parking Lot), 8:30 a.m. C. Pepper-Kittredge, Auburn Main St., Program, P.O. Box 9171, Auburn 95604. (916) 888-0109.

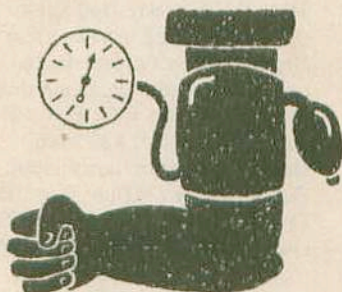
**Gridley:** Gray Lodge Coot Scoot, 4 & 10K, Gray Lodge Wildlife Area (Pennington Road Entrance), 8:30 a.m. Bruce Forman, Calif. Dept. of Fish & Game, 1701 Nimbus Rd. Rancho Cordova 95670. (916) 355-7130.

**North San Juan:** Nugget 50 Mile Endurance Run, Tyler-Foote Rd., 5 a.m. Info: Frank Plaven (916) 648-9435, 666-3979.

**Oxnard:** California Strawberry Festival 2 & 10K, CBC Naval Base, 8 a.m. Strawberry Fes-

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#### CLASSIFICATIONS

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(206) 782-6547



# SCHEDULE

tival 10K, 3836 Pemm Pl., Santa Barbara 93110. (805) 563-1008.

**Fillmore:** Youth Employment Services 5 & 10K, Central & Sespe, 8 a.m. Y.E.S., 455 Sespe Ave., Fillmore 93015. (805) 524-2424.

**Torrance:** Armed Forces Day 5 & 10K Runs, Torrance Civic Center (3031 Torrance Blvd.), 8 a.m. John Jones, 3031 Torrance Blvd., Torrance 90503. (213) 618-2945.

**Burbank:** Burbank Run For The Hungry, Buena Vista Park (Cataline & Parkside), 8 a.m. Mickey De Palo, Burbank Park & Recr. Dept., Box 6459, Burbank 91510. (818) 953-9506.

**Las Vegas:** Battista's "Easy Day" 2 & 5 Mi., Silver Bowl (near Tropicana & Boulder Hwy), 7 a.m. Info: The Running Store (702) 878-8414.

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

## May 20 (Sunday):

**San Francisco:** Examiner Bay to Breakers 12K, Howard & Spear St., 8 a.m. **Note:** Elite Field has qualifying times. Examiner Bay to Breakers, 110 Fifth St., San Francisco 94103. (415) 777-7773.

**Berkeley:** Tilden Tough Ten, 10 Mi., Tilden Park (Inspiration Point), 8:30 a.m. Lake Merritt J & S, 3126 California St., Oakland 94602. (415) 530-9151.

**Sacramento:** Old Sacramento Triathlon, 0.3 Mi. Swim, 13 Mi. Bike, 3 Mi. Run, Time TBA. Fleet Feet, 2408 J Street, Sacramento 95816. (916) 646-1122.

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

**San Diego:** Trib 10K, Balboa Park, 8 a.m. Info: In Motion (619) 483-9501.

**Fremont:** Ohlone Wilderness Trail Run, 50K, Stanford Ave. trailhead, 6:30 a.m. John Vonhof, 4438 Gibraltar Dr., Fremont 94536. (415) 797-8169, eves.

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

**Los Gatos:** Los Gatos Scholastic Classic, 2 Mi. & 10K, Los Gatos H.S. track, 8:30 a.m./10K, 10 a.m. Martin Robson, Los Gatos Elem. Education Fund., 126 Alpine Ave., Los Gatos 95032. (408) 354-3277.

**Inverness:** Out Where the Tule Elk Roam, 6.5 Mi., Tomales Point, Time TBA. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Arcadia:** Santa Anita Spring Classic, 5 & 10K, Santa Anita Race Track (285 W. Huntington Dr.), 7:30 a.m./10K, 8:30 a.m. Mike Bassett, 540 N. Rosemead Blvd., Pasadena 91107. (818) 351-8815.

## May 22 (Tuesday):

**Oxnard:** 3 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m. Lorraine Mercado, Oxnard Parks & Recr., 325 So. A St., Oxnard 93030. (805) 984-4643

## May 23 (Wednesday):

**San Diego:** One-Hour Run, Balboa Stadium, 5:30 p.m./6:30 per mile+, 6:35 p.m./less than 6:30 per mile. San Diego T.C. News, P.O. Box 7853, San Diego 92107.

## May 26 (Saturday):

**San Bruno:** San Bruno Memorial X-C Run, 4 Mi., San Bruno City Park, 8:30 a.m. Mike Sullivan, Runner's Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

**Morgan Hill:** Morgan Hill Mardi Gras 10K & 2 Mi., 8:30 a.m. Steve Tate, 2940 Holiday Ct., Morgan Hill 95037. (408) 779-6992.

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

**Topanga:** Topanga Canyon 10K Run, 8 a.m. Jacqueline Hansen, P.O. Box 1336, Topanga 90290. (213) 455-3671.

**San Diego:** Torrey Triple 10K, 1 Mi. (Kids), Torrey Pines Elem. School, 7:30 a.m. Info: Toni Deal (619) 272-8316.

**Aptos:** Santa Cruz Host Lions Aptos Marathon, Half Marathon & 10K, Forest of Nisene Marks State Park, 8 a.m. Team Challenge P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Sierra Madre:** Mount Wilson Trail Run, 816 Mi., 7:30 a.m. (250 Limit - Pre-Entry Only), Mt. Wilson Trail Run, c/o City of Sierra Madre, 232 W. Sierra Madre Blvd., Sierra Madre 91024. (818) 355-7135.

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

## May 27 (Sunday):

**San Francisco:** DSE Twin Peaks Run, 3.36 Mi., Portola & Twin Peaks Blvd., 9 a.m.

Info: (415) 668-2830.

**San Jose:** Memorial Day Freedom 10K Run & 2 Mi. Walk, Hellyer Park, 9 a.m. Tammy Foley, 8936 Sepulveda Blvd., #201, Los Angeles 90045. (213) 388-0377.

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Run, 5K, 10K & 15K, Old Boat-house (14th & Lakeside Dr.), Lake Merritt, 9 a.m. (No Pre-Registration). Info: (415) 530-9151.

**So. El Monte:** Legg Lake 5K Memorial Weekend, 8 a.m. Arthur Martienz, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Francisco:** Ocean Beach 5K, Balboa & Great Hwy, 8:30 a.m. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

**Pinole:** Pinole Spring Festival 4 Mi. Run, Fernandez City Park, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Incline Village, NV:** I-CAN Run For Drug Free Youth, 2 Mi. & 10K, Aspen Grove Community Center (next to Hyatt Regency), 10 a.m./1/2 Mi., 10:30 a.m./2 Mi., 11 a.m. I-CAN, Call Box 14-207, Incline Village, NV. 89450. (702) 831-0668.

**Redding:** Redding Bud Light Triathlon, 2K Swim, 50K Bike, 10K Run, Lake Shasta, Time TBA (No Raceday Reg.). Info: Terry Rust (916) 223-1813, 8 a.m. to 1 p.m..

**Brentwood:** Brentwood 5 & 10K, San Vicente & Barrington, 8 a.m./5K, 8:45 a.m. Brentwood 10K, P.O. Box 49913, Los Angeles 90049. (213) 820-7585.

**Orange County:** Coors Light Biathlon, 5K Run, 30K Bike, 5K Run, Time TBA (16 & Over Only). Coors Light Biathlon, P.O. Box 236, Lake Oswego, OR 97034. (714) 680-5868.

## May 28 (Monday):

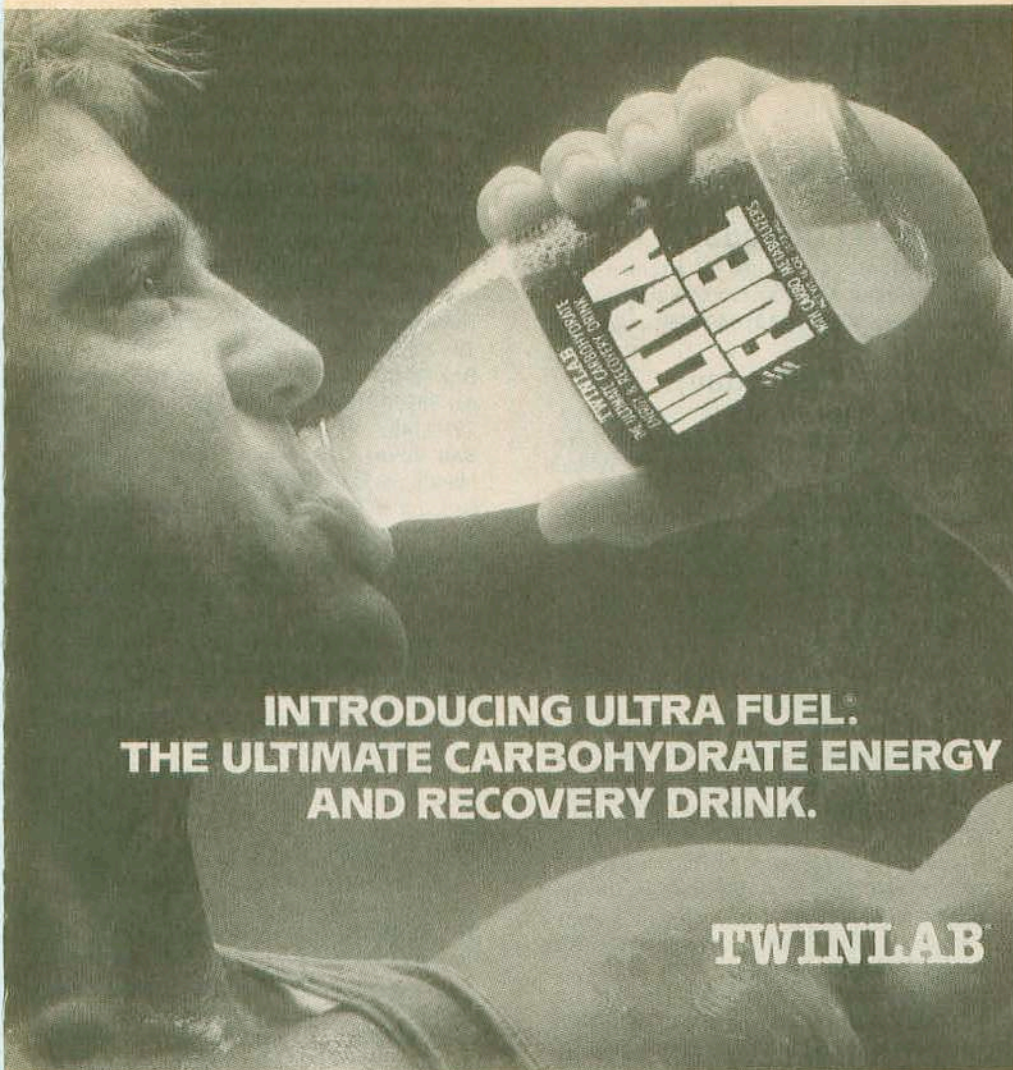
**La Canada:** Fiesta Days 1 Mi., 5K & 10K, Descanso Gardens, 7:30 a.m./Mi., 8 a.m. Mike Blackmore, c/o YMCA, 1930 Foothill Blvd., La Canada 91011. (818) 790-0123.

**Kentfield:** Pacific Sun 10K, College of Marin, 8 a.m. (Sub-45 Min.), 8:05 a.m. Total Race Systems, 80 Mitchell Blvd., San Rafael 94903. (415) 472-7223.

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

**Pinole:** Miniman Triathlon I, 250 Yd. Swim, 2 Mi. Run, 8 Mi. Bike, Pinole City Pool (Simas Ave. & Pinole Valley Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803.





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<sup>1</sup> Per, B.; Hostmark, A.; Waage, O.; Kordel, K.; Maehlum, S. Effect of different post-exercise sugar diets on the rate of muscle glycogen synthesis. Med. Sci. in Sports and Exercise, 1987, 19: 491-496.  
<sup>2</sup> Nilsson, L.H.; Hultman, E. Liver and muscle glycogen in man after glucose and fructose infusion. Scand. J. Clin. Lab. Invest. 1974, 33: 5-10.

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(415) 841-1190.

**Las Vegas:** Run to the Sun 6 Mi., Eldorado H.S. (1139 Linn Ln.), 7 a.m. Info: Johnny Clark (702) 878-8414.

### May 29 (Tuesday):

**Oxnard:** 5 Mile Evening Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 So. A St., Oxnard 93030. (805) 984-4643.

### May 31 (Thursday):

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

### June 1 (Thru June 30):

**Pledge Run:** AIDS Pledge Run, benefitting AIDS agency of your choice (collect pledges for every mile run during June). For registration pack, send \$5 to: San Francisco Front-runners Pledge Run, 1550 California St.,

Suite 6L200, San Francisco 94109. (415) 621-2213.

### June 2 (Saturday):

**Vacaville:** Gold Medal Triathlon, 0.5 Mi. Swim, 10 Mi. Bike, 3.6 Mi. Run, Lagoon Valley Park, 9 a.m. (No. California Sprint Championships). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Sonoma:** Hit The Road Jack 10K & 2.5 Mi., Sonoma Cheese Factory, 2 Spain St., Sonoma 95476. (707) 938-5225.

**Fish Camp:** Shadow of the Giants 50K, just south of Yosemite (5-7,000 Ft.), 7 a.m. (Pre-Entry by May 14). Info: Barry Hawley (209) 683-7426.

**Sacramento:** Tri For Fun, Swim 1K, Bike 20K, Run 5K, Folsom Lake (may be switched to Rancho Seco), 8 a.m. Will Roxburgh, Fleet Feet, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**So. El Monte:** San Gabriel River 3 Mi. Centennial Run, 9:30 a.m. Arthur Martinez, 9502

Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Rosarita Beach, BC (Mexico):** Festival de Primavera, 5K, 10K & 10 Mi., 8 a.m./5K, 8:05 a.m./10 Mi., 8:10 a.m./10K. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

**Las Vegas, NV:** Deer Creek 9 Mile, Deer Creek Rd. (between Lee Canyon & Kyle Canyon), 8 a.m. Info: Mike Naylor (702) 383-1276.

### June 3 (Sunday):

**Mill Valley:** DSE Practice Dipsea, 6.8 Mi., start in park (2 blocks from Lytton Sq.), 8 a.m. Info: (415) 668-2830.

**Foster City:** Community Career Education Center 8K Career Run & 2 Mi. Walk, Sea Cloud Park (off Pitcairn), 9 a.m. Ron Visconti, CCEC, 1660 Amphlett Blvd., #314, San Mateo 94402. (415) 345-0753.

**San Leandro:** Shoreline Run, 3 & 10K, Marine Park (foot of Marina Blvd.), 8:30 a.m. Ted



# SCHEDULE

Swenson, c/o 835 E. 14th St., San Leandro 94577. (415) 577-3469.

**Cupertino:** De Anza Day 5K Run/Walk, De Anza College, 8 a.m. Jeff Anderson, De Anza College, Recr./Sports, 21250 Stevens Creek Blvd., Cupertino 95014. (408) 864-8886.

**San Jose:** Alum Rock 10K Run & Walk, Alum Rock Park (near visitors center), 9 a.m. PAL 10K, c/o 460 Park Ave., San Jose 95110. (408) 295-0320.

**Napa:** Sierra Cup 10K & 2 Mi. Runs, Mt. George School (1019 Second Ave.), 8:30 a.m. Sierra Cup, c/o Mimi, P.O. Box 3784, Napa 94558. (707) 255-0775.

**Folsom:** Nor-Cal Bi Series #3, 5K Run, 30K Bike, 5K Run, Natoma Station, 8:30 a.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

**Mission Viejo:** Orange County Performing Arts Center Triathlon, 1.5K Swim, 40K Bike, 10K Run, Lake Mission Viejo, 7 a.m. OCPAC Triathlon, P.O. Box 2218, Costa Mesa 92626. (714) 846-0813.

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

**El Segundo:** HEART Club 5K Run/Walk, Hughes Aircraft (2000 El Segundo Blvd.), 8 a.m. Steve Morgan, 20841 Denker, Torrance 90501. (213) 320-3120, 615-7622.

**Westlake Village:** Westlake Florist 5/10K and 1 Mi. Flower Runs, Westlake Hyatt Hotel, 8 a.m. Harry Pantelas, 31800 Langspur Ct., Westlake Village 91361. (818) 889-6408, eves.

**Saddleback Valley:** Run the Ranch, Distance TBA, Time TBA. Info: (714) 661-6062.

**Ukiah:** Russian River Runs, Marathon, Half-Marathon & 8K, 6 a.m./Mara. & H-M, 8 a.m./8K. Dennis Huey, 413 No. State St., Ukiah 95482. (707) 468-5435.

**Oakland:** Oakland Double 10K & 5K Express, 9 a.m. RhodyCo Prods., 3929 California St., San Francisco 94116. (415) 387-2178.

## June 5 (Tuesday):

**Oxnard:** 3 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m. Lorraine Mercado, Oxnard Parks & Recr., 325 So. A Street, Oxnard 93030. (805) 984-4643.

## June 6 (Wednesday):

**Los Angeles:** Heart of the City 5K Run, Union Bank Plaza (445 So. Figueroa), 7 p.m. Union Bank Special Events, 445 So. Figueroa

St., Los Angeles 90071. (213) 236-5716.

## June 7 (Thursday):

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

## June 9 (Saturday):

**Antioch:** Tri-For-Fun, 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.

**Novato:** Stafford Lake Biathlon, 5 Mi. Run, 24 Mi. Bike, Stafford Lake County Park (Novato Blvd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Sacramento:** "Not So Taxing" Fun Run/Walk, 5K, Glen Hall Park, 8:30 a.m. Brenda Young, 9137 Promontory Way, Fair Oaks 95628. (916) 989-2568.

**Sloughouse:** Sloughouse Country Run, 5 & 10K, Sloughouse Inn (12700 Meiss Rd.), 8:30 a.m. (Kids' 1/2 Mi. at 8 a.m.). Dian Muckey, P.O. Box 160488, Sacramento 95816. (916) 687-7354.

**Placerville:** Sly Park Trail Run, 5 & 10 Mi. plus 1/2 Mi. Kids' Run, Sly Park Reservoir, 8:30 a.m./Kids' Run, 9 a.m. Charlie Konen, Fleet Feet, 1234 Broadway, Placerville 95667. (916) 622-9526.

**Corona Del Mar:** Corona Del Mar Scenic 5K, Ocean Blvd. & Jasmine, 8 a.m./Men, 8:30 a.m./Women. City of Newport Beach, Parks & Recr., P.O. Box 1768, Newport Beach 92658. (714) 644-3151.

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

**So. El Monte:** San Gabriel River 3 Mi. Bull Frog Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Rosarito Beach, BC (Mexico):** Rosarito Beach Triathlon, 1/4-Mi. Swim (ocean), 12 Mi. Bike, 3 Mi. Run, 9 a.m. Too Much Fun Promotions, P.O. Box 120089, Chula Vista 92012. (706) 612-1323.

**Las Vegas, NV:** Hand's "Cross Country", 2 & 5 Mi., Tule Springs (Floyd Lamb State Park), 7 a.m. Info: The Running Store (702) 878-8414.

**Corona:** Run for the Crown 5K & 10K, 5K Walk, Corona H.S., 8 a.m. Corona Parks & Recr. Dept., 815 W. 6th St., Corona 91720. (714) 736-2241.

## June 10 (Sunday):

**Daly City:** San Bruno Mountain Run, 5 & 10K, San Bruno Mtn. State Park (Guadalupe Canyon Pkwy. at top), 10 a.m. Info: (415) 668-2830.

**Redwood City:** Sequoia Hospital's Run By The Bay, 5/10K & 1 Mi. Stride, Clark's By the Bay Restaurant, 8:30 a.m. Award Enterprises, 38536 Knute Ct., Fremont 94536. (415) 791-1146.

**San Jose:** Quicksilver Challenge Half-Marathon, Castillero School (Leyland Park Dr.), 8 a.m. Bill Maida, 1490 Hicks Ave., San Jose 95125. (408) 293-5738.

**Palo Alto:** Duck to Ducks Run, 10K Run & 5K Walk, Baylands Nature Interpretive Center (2775 Embarcadero Rd.), 8 a.m./10K, 8:15 a.m. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Guerneville:** Stumptown Daze Run Through The Redwoods, 3 & 10K, downtown, 8 a.m. Russian River Chamber of Commerce, P.O. Box 331, Guerneville 95446. (707) 869-9009.

**San Jose:** Bud Light USTS Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Time TBA. CAT Sports, 5966 La Place Ct., Suite 100, Carlsbad 92008. (619) 438-8080.

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

**Long Beach:** Runner's High 5K Runs, Cal-State Long Beach, 7:30 a.m./Women, 8 a.m./Open Men, 9 a.m./40+ Men. Runner's High, 5463 E. Carson, Long Beach 90808. (213) 496-4760.

**Torrance:** Paragon Cable Runs, Distance & Location TBA, 8 a.m. Promotion Events, P.O. Box 4362, Torrance 90510. (213) 326-5894.

**Rosarito Beach, BC (Mexico):** Rosarito Beach Biathlon, 3 Mi. Run, 20 Mi. Bike, 9 a.m. Too Much Fun Promotions, P.O. Box 120089, Chula Vista 92012. (706) 612-1323.

**Mill Valley:** Dipsea Race, Time TBA (all entry forms mailed on Apr. 1st only & accepted until limit is reached). Dipsea, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

**San Francisco:** Macy's AVH Great S.F. Bike Adventure 15 Mi. RhodyCo Prods., 3929 California St., S.F. 94118. (415) 387-2176.

## June 12 (Tuesday):

**Oxnard:** 5 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m. Lorraine Mercado, Oxnard Parks & Recr., 325 So. A St., Oxnard 93030. (805) 984-4643.



# SCHEDULE

## June 14 (Thursday):

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

## June 16 (Saturday):

**Oakland:** Run/Walk Against the Ku Klux Klan, 5 & 10K Run and 5K Stride, Lake Merritt (14th and Lakeside), 8:30 a.m./Run, 8:40 a.m./Stride. JBAKC, 220 Ninth St., #443, San Francisco 94103. (415) 330-5363.

**San Francisco:** The Scenic Scamper 8K, 953 De Haro St., 9 a.m. Ruth Passen, Potrero Hill Neighborhood House, 953 De Haro St., San Francisco 94107. (415) 826-8080.

**San Jose:** Fujitsu Five Mile Classic (PA/TAC Championship 8K), 3545 No. first St., 8:30 a.m. Fujitsu, P.O. Box 610205, San Jose 95161 (Susan Gillespie: (408) 922-9118).

**Hope Valley:** Sorensen's Alpine Wilderness Runs, 11.5 & 23.5 Mi., Sorensen's Resort (near Kirkwood), 9 a.m. Tema Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**El Segundo:** El Segundo Main Street 5 & 10K, El Segundo & Richmond, 8 a.m. Dave Nordquist, El Segundo Chamber of Commerce, P.O. Box 545, El Segundo 90245. (213) 322-1220.

**Garden Grove:** Main Street Anniversary 5K, Main St. & Garden Grove Blvd., 8:30 a.m. Daryl Halls, City of Garden Grove, 11391 Acacia Pkwy., Garden Grove 92640. (714) 741-5280.

**Pico Rivera:** Running For Jesus 5 & 10K, Smith Park (Mines & Rosemead), 8 a.m. Jesus Ortiz, 932 E. Walnut, Pico Rivera 90660. (213) 695-3214.

**Las Vegas:** "Fraser's Fast" 10K & 2 Mi., Silver Bowl (Near Tropicana & Boulder Hwy), 7 a.m. Info: The Running Store (702) 878-8414.

**San Diego:** Leukemia 12-Hour Relay (10 per team), U.C. San Diego, 7 a.m. Info: In Motion (619) 483-9501.

## June 17 (Sunday):

**San Francisco:** DSE Presidio Gate Run (backwards), 3.3 Mi., Little Marina Green, 10 a.m. Info: (415) 668-2830.

**Oakland:** Houston Memorial Woodminster Run, 8.1K, Joaquin Miller Park (Meadow), cross-country hill trail course, 9 a.m. Gail Wetzork, 3452 Capella Ln., Alameda 94501.

(415) 522-3724.

**Palo Alto:** Robert Krohn Stride (walking event), 5 & 10K, Baylands Athletic Center (Geng & Embarcadero Rds.), 9 a.m./10K, 9:30 a.m. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Pleasanton:** Triathlon For Fun, 400 Yds. Seim, 12 Mi. Bike, 3 Mi. Run, Shadow Cliffs Regional Park, 8 a.m. Fleet Feet, 4247 Rosewood, Pleasanton 94566. (415) 847-9255.

**Isleton:** Isleton Crawdad Festival 5 Mile Classic, Jackson Blvd. & Delta Ave., 8 a.m. Roger Morgan, P.O. Box 1025, Walnut Grove 95690. (916) 776-1627.

**So. El Monte:** San Gabriel River 3 Mile Father's Day Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Oxnard:** Centerpoint Mall/Yolanda's Father's Day 10K & 1 Mi., Saviers Rd. & Channel Islands Blvd., 8 a.m. Centerpoint Mall Management Office, 2655 Saviers Rd., Oxnard 93033. Gary Farrell (805) 483-3849.

**Venice:** Father's Day Runs, Distance TBA, 8 a.m. Promotion Events, P.O. Box 4362, Torrance 90510. (213) 326-5894.

**Los Angeles:** Gay Pride 5 & 10K Runs, Griffith Park (merry-go-round near Riverside/Los Feliz entrance), 8 a.m. RFGP, Box 5038, Santa Monica 90405.

**Newport Beach:** Newport 5K, Jamboree & Campus Dr., 8 a.m. Bill Sumner, Sea King Running Club, P.O. Box 7132, Newport Beach 92660 (714) 955-0165.

**Lompoc:** Valley of the Flowers Marathon & Half-Marathon, Time TBA. Jim Small, 4130 Oakwood Rd., Lompoc 93436. (805) 733-1428, eves.

## June 19 (Tuesday):

**Oxnard:** 3 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 So. A St., Oxnard 93030. (805) 984-4643.

## June 20 (Wednesday):

**San Francisco:** "Longest Day Run", 4.5 Mi., Lake Merced (Sunset Blvd. Parking Lot), 7 p.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

## June 21 (Thursday):

**Long Beach:** Summer Solstice Five Mile Run, El Dorado Park, 6 p.m. Joe Carlson, 239 Corona, Long Beach 90803. (213) 494-2664.

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

## June 22 (Friday):

**Los Angeles:** Aztlan Indian Sunset 5K Cross-Country, Elysian Park Dr., Stadium Way, 6 p.m. Carlos Alfaro, 529 El Centro, So. Pasadena 91030. (818) 799-3552.

## June 23 (Saturday):

**Stinson Beach:** DSE Double Dipsea, 13.7 Mi., out and back Dipsea Trail, 9 a.m. Info: (415) 668-2830.

**Stockton:** Stockton YMCA Twilight Runs, 5 & 10K, Micke Grove Park (Eight Mile Rd. exit off I-5 or 99), 6:30 p.m. Gary Vangen, YMCA, 640 No. Center St., Stockton 95202. (209) 466-9603.

**Carson City, NV:** Celebrate Summer '90, 8K Run & 2 Mi. Run/Stride, Carson City High School (Hwy 50 at Saliman), 8:30 a.m./2 Mi., 9 a.m./8K. Fleet Feet, 3771 So. Carson St., Carson City, NV 89701. (702) 883-3361.

**Lompoc:** Flower Festival Parade Route 5K, H & Pine Sts., 8 a.m. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. Steve Cresswell: (805) 737-1510.

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

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

**Las Vegas, NV:** Rob's 2-Person 5 Mile Relay, Univ. of Nevada, 7 a.m. Info: The Running Store (702) 878-8414.

## June 24 (Sunday):

**San Bruno:** The Champagne Shuffle 5K Run & 2 Mi. Walk, San Bruno Ave. at Traeger, 9 a.m. The Runners Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th & Lakeside Dr.), 9 a.m. Info: (415) 530-9151.

**Cupertino:** Tandem's Up & Running 10K & 2 Mi., Tandem HQ/Vallco Pkwy., 9 a.m. Rhody-Co Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

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

**Aptos:** Aptos Women's 5-Mile (women only), Aptos Village (By Nisene Marks State Park), 9



# SCHEDULE

a.m. Gail Goettelmann, 866 Burns Ave., Aptos 95003. (408) 688-1624.

**Santa Rosa:** Spring Lake Tin Man Triathlon Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

**Markleeville:** Markleeville 10K Run, downtown, 9 a.m. Alpine County Chamber of Commerce, P.O. Box 265, Markleeville 96120. (916) 694-2475.

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

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

## June 26 (Tuesday):

**Oxnard:** 5 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 So. A St., Oxnard 93030. (805) 984-4643.

## June 28 (Thursday):

**Agoura:** Paramount Ranch Cross-Country 2 & 3 Mile Grand Prix, 6:30 p.m. 2 Mi., 7 p.m. 3 Mi. Info: Bill Duley (818) 992-6219.

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

## June 30 (Saturday):

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

**Squaw Valley:** Western States 100 Mile Endurance Run, 5 a.m. (Entries Closed). Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

## July 1 (Sunday):

**San Francisco:** DSE Peak Busters Benefit Run/Walk, 4.6 Mi., Lake Merced (Sunset Blvd. Parking Lot), 10 a.m. (kids & walkers start earlier). Info: (415) 668-2830.

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

**San Francisco:** City of San Francisco Marathon '90, Golden Gate Bridge, 7 a.m. Info: Rich Nichols or Jerri Meacham (415) 896-1530.

## Looking Ahead

### Marathon, Relays & Important Deadlines, Major Events, Etc.

**July 13 (Fri):** Ashford, WA: Rainier to the Pacific 176-Mile Relay (11-person teams), 3-10 p.m. (250 Team Limit). Mt. Rainier to the Pacific Relay, P.O. Box 17086, Seattle, WA 98107. (206) 782-6547.

**July 15 (Sun):** Ontario: National Biathlon Championship, 5 Mi. Run, 20 Mi. Bike, Clarion Hotel, Time TBA. Rob Hogan, P.O. Box 7000-287, Alta Loma 91701. (714) 989-6512.

## Track Schedule

**Apr. 6, 7 (Fri. & Sat.):** Fresno: Fresno Relays. H.S. & Small Colleges on Friday, Open, Intercollegiate & Community Colleges on Saturday. Contact: Red Estes (209) 294-4097.

**Apr. 7 (Sat.):** Rohnert Park: Sonoma Invitational, Rohnert Park, 10 a.m.

**Apr. 7 (Sat.):** Tempe, AZ.: Sun Angel Classic. Herman Fraaijer, Arizona State Univ., Activity Center, Tempe, AZ 85287. (602) 965-3856.

**Apr. 10, 11 (Tues & Wed.):** Fresno: Cal State Fresno Hept/Dec. Red Estes (209) 294-4097.

**Apr. 13, 14 (Fri. & Sat.):** USC: U.S.C. Heptathlon. Mike Bailey (213) 743-7770.

**Apr. 13, 14 (Fri. & Sat.):** USC: Twilight Meet - Open Meet with LSU Men & Women.

**Apr. 14 (Sat.):** Davis: Woody Wilson Relays, 10 a.m.

**Apr. 14 (Sat.):** San Luis Obispo: Cal Poly-SLO Invitational, 10 a.m.

**Apr. 14 (Sat.):** San Jose: Bruce Jenner JC. San Jose CC, Bert Bonanno, Athletic Dept., San Jose City College, 2100 Moorpark Ave., San Jose 95128. (504) 288-3732.

**Apr. 14 (Sat.):** Eugene, Or: Pepsi Team Invitational, Bill Dellinger, Track Coach, Univ. of Oregon, McArthur Court, Eugene, OR 97403. (503) 686-5465.

**Apr. 14 (Sat.):** Stanford, CA: Stanford Classic, Brooks Johnson, Track Coach, Stanford Univ., Stanford 94395. (415) 723-

1051.

**Apr. 19, 20 (Thurs. & Fri.):** Azusa Pacific Univ.: Calif. Hept/Dec. Terry Fran-son (818) 969-3434.

**Apr. 19, 20 (Thurs. & Fri.):** Mt. SAC: Mt. SAC Hept/Dec. Dan Shrumm (714) 595-1415.

**Apr. 21 (Sat.):** Salinas: Ed Adams' Invitational, Gary Shaw, 156 Homestead Ave., Salinas 93901. (408) 755-6845.

**Apr. 21 (Sat.):** Stanford: Stanford Open, Brooks Johnson, Track Coach, Stanford Univ., Stanford 94305. (415) 723-1051.

**Apr. 21, 22 (Sat. & Sun):** Walnut Mt. SAC Relays.

**Apr. 28 (Sat.):** San Francisco: Johnny Mathis Int'l. Invitational Track & Field Meet, San Francisco State Univ., Cox Stadium, Harry Morra (415) 338-1561, (415) 338-2218.

**Apr. 28 (Sat.):** Livermore: Granada Games, 8 a.m. High School Relays Meet. Brad Morisoli (415) 443-5000.

**Apr. 28 (Sat.):** LA Coliseum: USC/UCLA Dual Meet.

**Apr. 28 (Sat.):** Eugene, OR: Oregon Invitational, Mark Stream, Athletic Dept., Univ. of Oregon, McArthur Ct., Eugene, OR. 97403. (503) 686-3395.

**Apr. 28, 29 (Sat. & Sun):** Irvine: UC Irvine Invitational. Danny Williams, UC Irvine, Crawford Hall, Irvine 92717. (714) 856-6342.

**May 2-5 (Wed.-Sat.):** Chico: NCAAC Championships, all day.

**May 5 (Sat.):** Modesto: S & W Modesto Invitational.

**May 11, 12 (Fri. & Sat.):** Las Vegas, NV: Big West Conference, Al McDaniels, Ath. Dept., 4505 Maryland Pkwy., Las Vegas, NV 89154. (702) 739-3483.

**May 11, 12 (Fri. & Sat.):** Riverside: CCAA Conference, Chris Rinne, Track Coach, Univ. of Calif., Riverside 92521. (714) 787-5207.

**May 12 (Sat.):** Sacramento: Last Chance Meet, CSU Sacramento, 11 a.m.

**May 12 (Sat.):** Eagle Rock: Oxy Invitational.

**May 12 (Sat.):** Eugene, OR: Oregon Twilight, Bill Dellinger, McArthur Ct., Univ. of Oregon, Eugene 97403. (503) 686-5465.

**May 13 (Sun.):** Fresno State University: 5th Annual Calif. State Team Championships. Sub-masters and masters only. L. A. Patriots Int'l. T & F Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

**May 19 (Sat.):** Los Angeles: Los Angeles Invitational, John Tansley, Track



# SCHEDULE

Coach, CSLA, Los Angeles 90032. (213) 224-3692.

**May 19, 20 (Sat. & Sun.): UCSB:** Late Afternoon Decathlon. Sam Adams (805) 961-7133.

**May 19, 20 (Sat. & Sun.): SCA-TAC** Heptathlon Championship. Place TBA.

**May 19, 20 (Sat. & Sun.): Seattle, WA:** PAC-10 Championships.

**May 19, 20 (Sat. & Sun.): Seattle, WA:** PAC-10, Orin Richburg, Ath. Dept., Univ. of Washington, Seattle, WA. 98195. (206) 545-7429.

**May 20 (Sun.): Los Angeles:** Jack-In-The-Box Invitational, Al Franken, 9171 Wilshire Blvd., #410, Beverly Hills 90210. (213) 278-2030.

**May 23 (Wed.): Salinas:** Hartnell College Open Division Throwers Meet, Gary Shaw, Track Coach, Hartnell College, 156 Homestead Ave., Salinas 93901. (408) 755-6845.

**May 23-26 (Wed. & Sat.): Naperville, IL:** NCAA III, Ath. Dept., North Central College, 30 N. Brainard, Naperville, IL. 60504. (312) 420-3470.

**May 24-26 (Thurs.-Sat.): Hampton, VA:** NCAA-Div II National Championships, All Day.

**May 24-26 (Thurs. - Sat.): Stephenville, TX:** NAIA, Ath. Dept., Hamton Univ., Hampton, VA. 23668. (816) 842-5050.

**May 26 (Sat.) San Jose:** Bruce Jenner Bud Light Classic, Bert Bonanno, Ath. Dept., San Jose CC, 2100 Moorpark Ave., San Jose 95128. (408) 288-3732.

**May 26 (Sat.): San Jose:** IAAF/Mobil International Grand Prix Meet.

**May 26, 27 (Sat. & Sun.): Mt. SAC:** Mt. SAC HS Hept/Dec (SCA-TAC Jr. Champs. Dan Shrumm (714) 594-5611.

**May 30-Jun 2: Durham, NC:** NCAA I Championships.

**June 2 (Sat): Eugene, OR:** Prefontaine Classic, Tom Jordan, 850 East 43rd, Eugene, OR 97405. (503) 683-5635.

**June 3 (Sun.): Irvine:** Irvine Elite Classic, Danny Williams, Ath. Dept., Crawford Hall, Irvine 92717. (714) 856-6342.

**June 7 (Thurs.): Tucson, AZ:** Tucson Elite Classic, Fred Harvey, 1848 S. Augusta Cir., Tucson, AZ. 85710. (602) 722-3929.

**June 9 (Sat.): Sacramento:** Golden West Invitational, Arnie Krogh, 8078 Camstock Ct., Citrus Heights 95610. (916) 726-1441.

**June 9 (Sat.): Los Angeles:** Jackie

Joyner-Kersee Invitational, Pearl Hodge, 3261 Delta Ave., Long Beach 90810. (213) 424-0688.

**June 12, 13 (Tues. & Wed.): Cerritos:** TAC Senior Nationals (5350 qualifying).

**Jun 12-13: Cerritos:** USA/Mobil Outdoor National Decathlon and Heptathlon.

**Jun 14-16: Cerritos College, Norwalk:** USA/Mobil Outdoor T&F (qualifier for US teams in international competition. Will Kerns, (800) LA TIMES, ext. 75772.

**June 19, 20 (Wed. & Thurs.): Cerritos College:** TAC/Mobil National Championships.

**June 28, 29 (Thurs. & Fri.): Fresno:** TAC Junior Nationals (4200 qualifying). Ken Dose, (209) 442-4600, ext. 8445.

**Jul 12-15 (Thurs. - Sat.): Minneapolis, MN:** U.S. Olympic Festival '90, Twin Cities Festival Organizing Committee, Inc., 1290 Minnesota World Trade Center, 30 East Seventh St., St. Paul, MN. 55101.

**Jul 20-Aug. 6: Seattle, WA:** 2nd Goodwill Games. USA/Mobil Outdoor Championships.

**Jul 21-26 (Sat.-Thurs.): Seattle, WA:** Goodwill Games (Track & Field), TAC/USA, P.O. Box 120, Indianapolis, IN. 46206. (317) 261-0500.

**July 22 (Sun.): Los Angeles:** L.A. P.O.C. Grand Prix Finals. Site TBA. Submasters and masters grand prix finalists only. L.A. Patriots Int'l. T & F Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

**Jul 27-29 (Fri. - Sun.): Lincoln, NB:** U.S. Junior Olympic Championships, Mark Kostek, Ath. Dept., Univ. of Nebraska, Lincoln, Nebraska (402) 472-3644.

**Aug. 11, 12 (Sat. & Sun.): Wailuku, Maui:** 2nd Annual Hawaiian T & F Festival. War Memorial Stadium, Wailuku, Maui. Youth, Open, Novice, sub-masters and masters. L.A. Patriots Int'l. T&F Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

**June 1-2: Bay Area:** Bay Area Sport Psychology Conference, John F. Kennedy University, Graduate School of Professional Psychology, Orinda 94563. (415) 254-0110.

**June 17-23: Eugene, OR:** Oregon Track & Field Camp for Masters, P.O. Box 10825, Eugene, Or. 97440.

**July 23-27: San Luis Obispo:** Sky Jumpers National Pole Vaulting Camp. (See Apr. 7-11).

**Aug. 5-10: Yosemite:** Yosemite Cross Country Camp. Yosemite Running Camp, 835 Modoc St., Merced 95340. (209) 722-2384.

**Aug. 5-10: LakeTahoe:** USC, UCLA Runner's Workshop, Summer Running Camps. Mark Celestin, P.O. Box 817, Huntington Beach 92648. (714) 969-8703.

**Aug. 12-17: Yosemite:** Yosemite Cross Country Camp. (See Aug. 5-10).

**Aug. 19-24: No. San Diego:** USC, UCLA Runner's Workshop, Summer Running Camps. (See Aug. 5-10).

**Aug. 28-Sept. 4: Catalina Island:** USC, UCLA Runner's Workshop, Summer Running Camps. (See Aug. 19-24).



## IF YOU ARE MOVING...

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## Meetings, Clinics, etc.

**Apr. 7-11: San Luis Obispo:** Sky Jumpers National Pole Vaulting Camp. Contact: Jan Johnson, c/o Sky Jumpers, 3000 Collma, Atascadero 93422. (805) 466-8119.





# Road Running Round Up

By PHIL STEWART

National Columnist, Running International

**HEAD VERSUS HEART:** For those who missed it on ABC Evening News, the debate over whether or not times run in the Boston Marathon should be eligible for consideration as American records pits the scientists of the Road Running Technical Committee against the traditionalists for whom the Boston Marathon remains the granddaddy of all marathons. When TAC voted to eliminate point-to-point records at its December Convention, this issue ranked far behind such matters as drug testing, athlete stipends, and Olympic Trials plans on the list of hot topics. But when the running world woke up to the fact that the end result was no times run at Boston could be considered as records, the furor began. The scientists maintain that any course which drops 450 feet and on which competitors could be blown along by a tailwind for the entire distance is unfair (Boston, which is certified, runs at least a quarter mile "short" they claim). The traditionalists say throwing out Boston is like throwing out Fenway Park for home run tallies in baseball because the left field wall is too close. Road running courses, they argue, will always be distinct and to try and homogenize them is simply going too far. The debate is far from having run its course. Perhaps TAC should publish a special "900" number for runners across the land to phone in their votes. (If you need a place to vent your feelings, you can mail them into Road Running Round-Up, 1201 S. Eads St., Suite 2, Arlington, VA 22202.)

**RUNNERS OF THE YEAR:** The criteria vary from publication to publication and organization to organization, but Mexico's Arturo Barrios and Norway's Ingrid Kristiansen

show up at the top of more lists of 1989 Road Runner of the Year Rankings than anyone else. Road regular John Halvorsen of Norway finishes close behind Barrios in popularity among the men, largely due to Barrios' infrequent road appearances. Among the U.S. men, Keith Brantly and Steve Spence are practically a dead-heat for the top spot; while Lisa Weidenbach and Judi St. Hilaire top a majority the various women's rankings.

**WHERE DO THEY ALL GO?** According to results of a survey published in Road Race Management, one U.S. race prints 200,000 entry forms! Furthermore, four more print over 100,000 each. Survey author Harold Tinsley writes "it's an earth-shattering thought for me to even consider distributing 200,000 entry forms."

**QUALIFIERS GET READY!** It's hard to believe that the time period for qualifying for the 1992 Olympic Trials marathons is upon us already. The men's standard is 2:20:00 for the marathon, unchanged from 1988, on a TAC-certified course in the U.S. or abroad. The qualifying season begins on November 11, 1990 (date of the Columbus Marathon which serves as the site of the 1990 TAC Men's National Championship Marathon and on basically the same course that will be used for the April, 1992 Trials race itself) and extends through March 31, 1992. Additionally, men can qualify by being the TAC national champion at the 10K through marathon distances during the same period. The women's standard is 2:45:00, sliced from 2:50:00 in 1988. The qualifying period begins on June 23, 1990 (the date of their 1990 National

Championship at Grandma's Marathon) and extends through December 31, 1991. Times must be set on a certified course within the United States. Women can get in with a 32:45 10K or 1:14:00 half marathon on certified, loop courses in the U.S. as well. The women's trials are in Long Beach, CA in February, 1992.

**RUNNER NEWS:** Joan Samuelson gave birth to her second child, Anders, in late January, while Ingrid Kristiansen awaits the arrival of her second child in July. American marathoning gained another sub 2:12 performer in early 1990 as Paul Pilkington captured the Houston-Tenneco Marathon in 2:11:13, knocking more than 4 minutes off his PR. After breaking Kjell-Erik Stahl's record of 11 sub 2:20 marathons in a single year with his 12th last December, Doug Kurtis made a fast start on padding his life-time total and perhaps going after his own record in 1990 with a 2:18:25 win at the East Valley Marathon in Phoenix, AZ on January 13. Britisher Jon Solly, after placing second to 1989 road star John Halvorsen of Norway at the Gasparilla Distance Classic 15K in Tampa, stated that he still thinks there are 10-15 European track runners who could come over and dominate the U.S. roads the way Halvorsen did during 1989. Why don't they come? Solly replies that they can earn just as much on the European track circuit as they can competing on the U.S. roads.

**NO RIGHT ANSWERS:** A group of law enforcement specialists, speaking to a room packed full of local running community lead-

*continued next page...*



ers in Washington, D.C. about women's safety issues, said it's hard to advise women on what to do if they are attacked or harassed because the personality types of attackers vary widely. All of the common-sense rules about avoiding secluded areas and running with a companion (dogs included) to minimize the chances of being a victim, are good advice, but it's harder to offer suggestions about what to do once an incident has started. The panelists discouraged the use of mace, stun guns or any weapon which potentially could be turned on the victim. The RRCA sponsored the event and hopes to assist clubs in setting up similar sessions around the country.

**GOING OFF COURSE:** In the wake of three runners unintentionally going off course and coming up a mile short in the East Valley Marathon in Phoenix, TAC is reviewing guidelines to off race directors some assistance in dealing with this problem--especially in cases where it is extremely improbable that the infraction affected the final order of finish. It is unlikely that anything will be suggested about adjusting times, but expect some guidelines which permit race directors to award prize money to the apparent winners in prize money races.

**PARTING THOUGHT:** Often a runner's most frightening nightmare involves running

into a place in a race and not being able to get out. The dream became reality for a few moments in the Charlotte Observer Marathon when Italy's Graziella Striuli was sprinting toward first place in her division, took a wrong turn and wound up in an elevator. Fortunately, no one pushed the "down" button and she got off and still managed to win her division.

*Phil Stewart is Editor and Publisher of Road Race Management, a monthly newsletter for race directors and individuals involved in race administration and sponsorship.*

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Recommended consumption 1-3 hours before activity: 12 ounces GatorLode; 8 ounces GatorPro.





# KEEPING PACE

By MARK WINITZ



## Fine-Tuning the L.A. Marathon

THERE IS AN OLD ADAGE in distance running—one which no one who really knows the sport will contest. It's a bit of philosophy that, in reality, for most runners, coaches, and race administrators is firmly entrenched as a Law: *It doesn't happen overnight.*

The coach repeats these words over and over again to young, developing athletes who are eager to run as fast as possible as quickly as possible. The novice runner, no matter whether hopeful top contender or recreational enthusiast, learns this old wisdom soon enough. Endurance runners, after all, simply *endure*. And enduring—actually, acquiring all the necessities that facilitate this trait—takes awhile. Eventually, we learn that it requires more than enduring long to complete the race successfully. We must, also, endure smart.

In distance running there is no exception to this elemental Law. Even a prodigy like the City of Los Angeles Marathon knows the lesson. Some, however, pick up the basic curriculum faster than others.

As a reporter and distance runner who has wrestled with these basic running truths over the years, I have had the fortune to be present at every one of L.A.'s newest of marathons. In five years, it has grown and matured remarkably. In fact, its success is virtually unprecedented in the very specialized world of road racing. Since debuting in 1986 with an eye-popping 10,787 participants (7,581 finishers) and a not-too-shabby total prize/merchandise purse of \$106,200, the race progressed each year to over 19,000 starters, over 13,500 finishers, and \$281,500 in prize/merchandise awards in 1990. Today, over a million estimated spectators line the course in the town of the stars; a phenomenal 12,800 volunteers help out (almost equalling the total race finishers).

L.A.'s impresario, Bill Burke, is coined a promotional genius in bringing almost unbelievable sponsorship support and publicity to

the race. He is also criticized as someone long on PR, political, and organizing know-how and short on down-on-the-asphalt road racing savvy. Objectively, some of these evaluations are deserved, but not the criticisms. The man has done a tremendous amount in five years. Most assuredly, you don't get there overnight.

Still, after these five years, while enjoying fabulous success, one can't help but notice a few oddities, perhaps discrepancies, in the race. In 1990, under almost ideal, overcast conditions with mid-50° temps, only 13 men finished under 2:20 and 13 women under 2:45. Granted, L.A.'s course has more hills than one might imagine. But compared to the richest marathons in the world (of which L.A. will be in the top half dozen in 1990) the top performances here don't stack up. Not to infer that there hasn't been excellent times run here, especially considering that frequently L.A.'s warm March sun chooses to beat down on palm trees and runners' shoulders on race day. It's just that, given the magnitude of the event, we would expect to see more fast performances.

Based on statistics compiled by Ken Young for marathons in 1989, only a few top women at L.A. in 1990 bettered the median marathon times expected when compared to prize money earned. All of the top ten men and a majority of the top ten women scored median or lower quartile times in respect to prize money received when compared to other rich marathons. Several factors probably contributed to these statistics: (1) a late announcement of the increased 1990 prize purse; (2) appearance fees for some invited athletes; (3) the need for broader and more intensive recruiting of runners with top credentials; (4) asphalt made slick by drizzles on race morning that slowed some competitors.

Although Colombian Pedro Ortiz' (2:11:55) and American Julie Isphording's (2:32:25)

winning times were swift for anyone but the world's cream of the crop, their performances would have placed them only 40th and 33rd respectively on the 1989 world marathon lists (as compiled by *Track & Field News*).

It's true that this year three women broke the course record of 2:34:42 set by Zoya Ivanova of the U.S.S.R. in '89 -- Isphording, Russia's Sirje Eichmann (2:33:36) and Canada's Lizanne Bussieres (2:33:44). That indicates an upswing in the overall quality of the women's field. However, according to Young's compilations, the median time for women earning more than \$25,000 for a marathon performance (in '89) was 2:29:16. The fastest time last year equivalent to this earning power was Ingrid Kristiansen's 2:24:33 at Boston. Isphording's win on a marathon course of moderate difficulty under very conducive conditions (except for slick pavement), was worth \$27,335 plus a Mercedes-Benz 190E and a TAG-Heuer sports watch. Add to this total whatever she received in appearance fees.

The men, although providing the most exciting and closest competitive race yet in L.A., finished far off Martin Mondragon's CR of 2:10:19 (1988). Ortiz, like Isphording, ran a superb tactical race. Yet, his 2:11:55 is more than a bit slower than the median time of 2:09:40 run by men who earned more than \$25,000 for a single marathon performance last year.

Of course, all of us know that multiple factors have an effect on time factors on any particular marathon day. Certainly, any winner at a major race such as the City of Los Angeles Marathon earns their rewards rightfully and justly under any conditions. It is a documented fact that the earnings of any "professional" distance runner are generally sub-standard when compared to the salaries of most pros in other televised, well-followed sports. In this light, running time vs. earnings

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## KEEPING PACE

are distinct issues, except in cases where time incentives in cash, prizes, or other time-dependent rewards are offered. Yet, if it is fast times that a race is looking for—and many do in order to increase their prestige, publicity value, and to attract stronger fields in future years—there is a proven formula: Big prize money that goes at least 10 places deep, minimal appearance fees, and aggressive and experienced elite athlete recruiting. A successful example of this approach is in another California event, the Carlsbad 5,000, where race director Tim Murphy refuses to dole out appearance money, but has a lucrative prize structure. Carlsbad is one of the most competitive races in the country; it contains a bevy of top athletes every year; and it now enjoys national television coverage.

So, after a few years of not only enduring, but prospering, has L.A.'s marathon learned

anything from examining their performance statistics? Yes. Based on past history, Bill Burke and his organizing team are their own worst critics. Last year, after a bursting balloon held by a spectator at the starting line caused a false start that was miraculously called back, Burke's technical team, citing no excuses, almost immediately sat down and worked out an elaborate protocol for dealing with such possibilities in the future.

And within days after this year's race, the marathon announced its prize purse for 1991. In an unabashed effort to let the world know that he is intent on improving all aspects of his race, Burke unveiled a cash purse of \$366,250—an amount that tops 1990 prize funds announced by the ADT London (\$364,000), Boston (\$350,000), and New York City (\$302,000) marathons. To match their 81 percent cash prize increase, L.A. is

committed to bolstering its field. Referring to the high caliber marathon field that competed in Los Angeles in the 1984 Olympic Games, Burke said that he wants the top marathoners in the world to come back to the city in 1991.

"We're getting our invitations ready for the 1991 race as we speak," he said. "We want elite runners, their agents, families and friends and running press to know we're excited and we're serious."

Serious enough that L.A. is having glossy invitational-style brochures (including a detailed breakdown of the prize structure) produced that are being sent to elite runners and their agents all over the world as you read this.

The City of Los Angeles Marathon's announcement comes on the heels of the Examiner Bay to Breakers' switch to a prize

*continued next page...*

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*RunCal* is published by the Pacific Association of The Athletics Congress and is edited by Mark Winitz

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## KEEPING PACE

money structure (see my column in last issue—March 1990). That means that California now sports one of the richest sub-marathon road races in the country in terms of cash awards (Breakers) and the richest U.S. marathon (L.A.). What took Breakers—one of the oldest road races in the nation—to accomplish in terms of prize funds in 79 years of running took the L.A. Marathon only five years. That's a product of fast learning in the hard knocks world of hard asphalt road racing—a sport where many races compete for limited sponsorship dollars and the participation of a finite group of runners.

All this bodes well for the future of the City of Los Angeles Marathon. Clearly, they are in it for the long haul. After setting until-now unheard of leaps in participation, sponsorship support, and general renown, L.A. will, undoubtedly, reach equality with its marathon peers in respect to performance value. And who knows. As L.A. gains more mileage and experience, we may see new refinements and standards that puts this race way on the other side of the cutting edge.

One thing's for certain. Those critics who called L.A. the "Bay to Breakers of Marathons" before—inferring a semi-serious crowd

of block strollers—will now have to take another approach. On two counts.

Look for my complete race report on this year's City of Los Angeles Marathon in the May/June issue of *RunCal* Magazine. See Richard Slotkin's race story, along with results, elsewhere in this issue of *CTRN*.

*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 he is chief cook and bottle washer of the popular RunCal Magazine on California running. He also announces, publicizes and helps promote running events. Subscriptions to RunCal are \$12 for 6 bimonthly issues. (Members of Pacific Association/TAC receive it as a service.) Mailing Address: RunCal, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.*

### 1991 L.A. Marathon Prize Structure

#### Open Men and Women:

First Place	\$50,000
Second	\$25,000
Third	\$20,000
Fourth	\$15,000
Fifth	\$10,000...
down to	
Tenth	\$5,000

■ Substantial bonuses for course, American, and world record performances will be included, as well as possible appearance fees.

■ Specifics on available bonuses will be announced later.

## Race Walking Primer

By Deanna Becker

**RACE WALKING?** What's that? Is that a competitive sport?

These are some of the comments you might receive if you asked the general public about the often-overlooked sport of race walking. Many people don't know how difficult and challenging it can be.

Race walking has been a part of the international track and field calendar since the 1906 Olympic Games. The world championships and Olympic distances are 20 kilometers and 50 kilometers. Women will compete in the Olympics in this sport for the first time in 1992.

The International Amateur Athletic Federation (IAAF), which governs the track and field competitions, defines race walking as:

*Progression by steps so taken that unbroken contact with the ground is maintained. At each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground. During the period of each step when a foot is on the ground, the leg*

*must be straight in the vertical upright position.*

As can be seen through this definition, technique is a very important aspect of race walking. Good technique will result in a fast time without disqualification and allow a walker to train and race without injury.

The IAAF also deals with how judging is done. Judging is an important aspect of competitive race walking; an athlete may be disqualified from a competition for failing to walk as defined by the rules.

There are two major areas of disqualification: "creeping" and "lifting." Creeping is the failure to straighten the knee of the supporting leg as it passes under the body's center. Lifting is the failure to walk with at least one foot on the ground. Continual contact with the ground must be maintained.

Race walking compares with distance running in some areas, but in general race walking puts more emphasis on overall body strength rather than on speed and endurance. It is a more power-related sport. Race walkers are generally bigger and more muscular, while distance runners may be less physically strong. Race walking requires a more complete use of all body

parts; more overall conditioning is needed.

There is less potential for injury in race walking, because there is not the same impact with the ground as in running. As with running, however, there are several important guidelines to the prevention of injuries: good stretching exercises, a good warm-up, proper shoes (special race walking shoes are manufactured by Reebok and Nike), and efficient technique, which will distribute the stress of training and racing evenly throughout the body so that the chances of injury are less.

Race walking is a good competitive event and a good alternative to running. Walking, in general, provides cardiovascular strength, which is important to a lifetime of good health.

To learn more about race walking and the opportunities for involvement, inquire at your local athletic store for details. They usually have information on local running events as well as magazines that contain material on race walking. There may be a race walking club in your area.



# THE ATHLETE'S KITCHEN

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

## Am I Sick? Or, Am I Tired?

"AM I SICK? . . . Or am I tired? . . . Or is there something wrong with my diet?" These are the questions that athletes commonly ask me when they feel run down, dragged out and overwhelmingly exhausted. If this sounds familiar, you—like many of the people I counsel—may be ever-hopefully grasping at nutrition for a cure-all, trading in hit-or-miss meals for quarts of orange juice and bushels of apples to keep the doctor away.

Peter, a 39 year old marathon runner and lawyer, is a classic example of an athlete who came to me complaining that he was always tired. He wanted a dietary overhaul. "I just don't take the time to eat right. I rarely eat fruits or vegetables. I live on junk. My diet is awful. I think that poor nutrition is catching up with me." Peter lived alone, hated to cook, tended to survive on deli sandwiches, Chinese take-out, and pizza. He rarely ate breakfast, barely ate lunch, but always collapsed after a long day with a generous feast of assorted fast (and fatty) foods. He struggled to wake up in the morning, struggled to stay awake during afternoon meetings and struggled to forge through his daily ten mile run. He hoped that dietary improvements would restore his energy. He also wondered if he needed some blood tests to help diagnose the problem.

Since there are both nutritional and non-nutritional causes of fatigue, here's what I looked for while trying to find some solutions to Peter's complaint:

**Mental fatigue due to low blood sugar:** Peter currently skipped not only breakfast but also often missed lunch because he "didn't have time". No wonder he would doze off in the afternoon - he had low blood sugar. He'd eaten inadequate calories to feed his brain and it was running on fumes, making him feel sleepy! Lack of priority rather than lack of time was the real reason that Peter skipped meals. The few minutes needed to eat breakfast and lunch could have contributed to increased productivity and hence saved, rather than wasted, precious minutes.

**Muscular fatigue due to lack of carbohydrates:** Peter's fast food meals

filled his stomach, but left his muscles unfueled with adequate glycogen to support his training program. Higher carbohydrate fast food choices—such as thick crust pizza, submarine rolls (rather than pita bread), extra rice instead of egg rolls from the Chinese restaurant—could easily resolve that problem. Carbohydrate-rich snacks such as pretzels, juice boxes, fig bars, raisins and dried apricots kept at the office could also supplement his meals, and be readily available for "emergency food" on days when Peter truly had no time to stop for a meal. The snacks not only would fuel his muscles but also help maintain a higher blood sugar level, thereby providing energy for mental work as well as physical exercise.

**Fatigue due to iron deficiency anemia:** Peter restricted his red meat intake, hence simultaneously restricted his intake of iron, an important mineral in red blood cells that helps carry oxygen to exercising muscles. Since iron-deficiency anemia can result in needless fatigue during exercise, and since Peter looked pale (i.e., anemic), I recommended blood tests (hemoglobin, hematocrit, ferritin, serum iron and total iron binding capacity) to rule-out this possibility. I also encouraged Peter to boost his iron intake by eating small portions of lean beef 2-4 times per week (i.e., lean roast beef sandwich, stir-fried beef with vegetables), as well as eating other iron-rich foods, such as fortified breakfast cereals. Even if Peter wasn't currently anemic, an iron-rich diet would invest in future well being.

**Fatigue due to lack of sleep:** Peter's complaint about being chronically tired was justified because he was tired both mentally (from his intense job) and physically (from his strenuous training). He worked 8 AM to 8 PM. By the time he got home, ran, bought dinner, ate dinner and "unwound", midnight had rolled around; 6:30 AM would come all too soon—especially since Peter often had trouble falling asleep due to having eaten too much at dinner. I recommended that Peter try eating smaller dinners but bigger breakfasts. The light dinner might help him sleep better; the heartier breakfast fuel



him up for a high energy day (and prevent him from being ravenously hungry at night).

**Fatigue due to overtraining:** Although Peter took pride in the fact that he hadn't missed a day of running in seven years, he felt discouraged that he wasn't improving despite harder training. I questioned whether he was a "compulsive runner" who punished his body or a "serious athlete" who trained wisely. One or two rest days/week are an essential part of a training program; they allow the muscles to replenish their depleted muscle glycogen.

**Fatigue due to stress and depression:** Peter not only had a stressful job, but also was dealing with the stress and depression associated with his recent divorce. Since he was feeling a bit helpless with those situations, I encouraged him to successfully control at least one aspect of his life—his diet. No longer would he have to be angry with himself for eating poorly. By making simple dietary changes, he'd not only feel better but also feel better about himself—and that's very energizing in itself.

Peter left my office with a "how to" list of dietary improvements, and the recommendation to see a physician if he continued to feel tired despite better nutrition. Although chronic fatigue can be a symptom of a medical problem, I suspected that Peter's complaints could be resolved with better eating, sleeping and training habits.

*Nancy Clark, MS, RD, nutrition counsellor at Boston-area's SportsMedicine Brookline, helps "sick and tired athletes" to revise their diets for higher energy. Her books Nancy Clark's Sports Nutrition Guidebook (Leisure Press, '90; \$15) and The Athlete's Kitchen ('81; \$7) are also helpful resources. They are available through New England Sports Publ., P.O. Box 252, Boston, MA 02113.*



## An Interview with

# Art Boileau

By  
**GREGOR  
ROBIN**

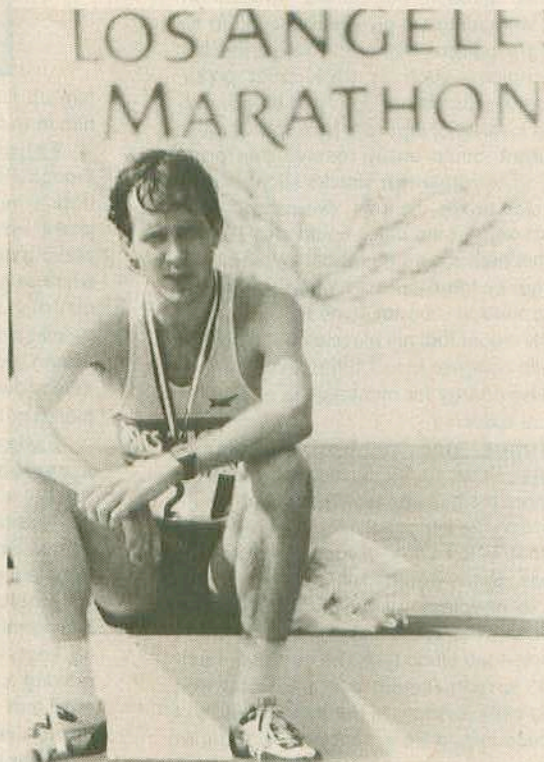


Photo by Mark Whitz

Running has its ups  
and downs.  
You run 10 races and  
if you can get  
one or two good  
ones out of 10,  
you're lucky.

**A**rt Boileau is a product of Eugene, Oregon, plain and simple.

His fame and fortune may have come on the streets of Los Angeles where he won the 1987 and 1989 City of Los Angeles Marathons. But Eugene is where, over the past 14 years, the world class distance runner has developed his mind and body.

The rainy, lush green city with the thick, wet air, has been his training ground since he enrolled at the University of Oregon as a freshman in 1976.

His training mates, his coach and his future wife are all there.

While many California runners find themselves pounding away on paved streets and

sidewalks, Boileau can run two loops on the soft, crushed wood chips of Pre's Trail and write down "10 miles" in his training log.

Like a devoted novelist, Boileau hides away in Eugene for most of the year with his supplies. When he comes out with the finished product--the marathon--he obviously hopes it will be a masterpiece.

Although his fifth place finish in Los Angeles on March 4 was a letdown for the defending champion, Boileau still has other books to write.

Boileau was born in Canada and still holds Canadian citizenship. He competed for the University of Oregon in cross country and track from 1976 to 1979 and was seventh man on the NCAA champion cross country squad in 1977. He ran 13:57 for 5,000 meters to qualify for the 1978 NCAA Championships, as well.

For three of those years Boileau was a teammate of Alberto Salazar and Rudy Chapa. Although Chapa has retired from competitive running, Salazar is making a steady comeback. Boileau has been training with Salazar and said the former world record holder in the marathon is in good shape.

Boileau clocked 2:14.36 in Los Angeles. He ran virtually the same time, 2:14.48, in the 1989 New York City Marathon in November for 13th place.

Pedro Ortiz of Columbia was first in Los Angeles in 2:11.56, followed by Antoni Niemczak of Poland (2:12.06), Boileau's training partner Peter Fonseca of Eugene (2:12.10), and Mark Plaatjes of Lake Forest, Ill. (2:13.45).

It was the first marathon for Fonseca, a University of Oregon runner.

Although Boileau missed out on the first place prize of \$26,385 and a new Mercedes-Benz 190-E 2.6 sedan, he did win \$11,000 for his effort. He took home \$6000 for fifth and \$5000 for winning the two-man team AT&T Friendship Cup prize. His partner was Fonseca, also a Canadian citizen.

Boileau, 32, has lived in the United States since 1965. He rents a house in Eugene and has two cats.

*continued next page...*



He will be married to Ranza Clark, also a Canadian citizen, on May 19. Clark, 28, was the 1983 Pan Am Games gold medalist at 1500 meters and the silver medalist at 800. She reached the 800-meter semifinals in the 1984 Olympics. Clark also lives and trains in Eugene. She was photographed by *Runner's World* recently and may grace the cover of the magazine in the near future.

Boileau ran his personal best of 2:11.15 at the 1986 Boston Marathon where he finished second. He won the 1987 L.A. Marathon in 2:13.08 and won last year in 2:13.01.

He was looking for a personal best in Los Angeles this year and the cool, drizzly conditions provided the perfect stage. But it wasn't to be.

He was reached in Eugene on Tuesday, March 6, two days after the marathon. Boileau talked about the marathon, about Eugene, and about many of his running mates, including Salazar, during the one-hour interview.

**CTRN:** How did your preparation go for the L.A. Marathon?

**Boileau:** Hindsight's 20/20, so I didn't really run what I was capable of. You start trying to evaluate things. Sometimes you should just kind of leave it that you had a bad day.

I got the flu about two weeks ago. I tried to look at the positive side of it as, well maybe this will force me to rest, but I guess looking at the results it was a lingering thing. Sometimes when you're training and you have something like that and you don't back off, you just kind of bury yourself.

**CTRN:** Would you say your 2:14.36, although it's a respectable time, looks worse because the weather conditions were so good?

**Boileau:** Yeah. Plus I just didn't get in there and compete. I was hanging back. You've got to get right up with the guys. They're throwing in little surges. That's kind of a hard way for me to run. I like to just lock in at a certain pace. After halfway, even though you may be 30 meters off the pace, mentally it's a lot easier to run in a pack. It was actually pretty windy out there. Having to battle it the whole way by yourself is kind of tough. I was with Markus Ryffel (1984 Olympic 5000m silver medalist) and Bill Donakowski and was trying to get back to the lead pack.

Then I looked around and they (Ryffel, Donakowski) just dropped back right there. So from 14 miles on I was by myself. The pack of six guys got to be 100 meters ahead

and without even noticing it they got to be 150 meters ahead. What do they say, "Out of sight, out of mind." If you're not in the lead pack...

**CTRN:** Unless they fall apart like last year where you caught the leaders (Ortiz, Gidimas Shahanga) in the last mile and won in 2:13.01.

**Boileau:** Last year was so hot that you could fall apart. This year was so cool.

**CTRN:** You probably were inspired last year because you felt good, unlike this year. Did you have any thoughts that they might fall apart up front this year?

**Boileau:** Oh yeah. And I finished strong. But once you lose contact it's so difficult in conditions like that to reel people in by yourself. I knew I was going to finish in the top five or so because the next person behind me was probably a minute behind. I could see Plaates up there. He was struggling, but I wasn't getting any closer so I must have been in the same situation.

**CTRN:** Do you remember any of your splits?

**Boileau:** We were 5:03 at the mile and 50:30 at 10 miles. We kind of locked in at a little over five-minute (per-mile) pace.

**CTRN:** Back to your preparation. In the couple of months before, what were your best training weeks?

**Boileau:** I kind of got caught doing a little too much cross country skiing. It's good training, but it would have been better if the marathon was around Boston (April 16). I went up to Calgary for Christmas. I was running once a day up there. I didn't get back here until the 10th of January. I was running, but not at the high level you need to be. I did get a couple of weeks of 120 miles (later), but it was a shorter buildup than I'd like.

**CTRN:** How about Ken Martin's 2:09.38 at New York? Did it inspire you? It was said that he got in some intense track workouts in Eugene before New York.

**Boileau:** I don't know if it was that high quality. It was good sensible training. He went off to Italy and did some good racing.

**CTRN:** Did Martin get you inspired?

**Boileau:** Yeah, that was pretty good. He ran pretty tough.

**CTRN:** So after New York you began the push for Los Angeles.

**Boileau:** I basically ran New York to fulfill my commitment to Mercedes-Benz. They had that Coast-to-Coast (event). I wasn't really up for it. I'd done some track racing over the summer. But things were falling into

place. You get a month of good training and try to extend it to 10 weeks.

I took a couple of weeks off after New York. Then I got into 80 miles a week. What really inspired me was I ran a 10,000 on the track (at Eugene) on December 9 to qualify some of the university guys for the NCAA Championships. It was almost like a training run and I (won in) 28:54.37. Fonseca ran 28:55.78 (second) and Terrance Mahon ran 28:57.79 (third).

(Note: Fonseca is a junior in eligibility at Oregon while Mahon, who redshirted last season, is a freshman in eligibility, said Boileau).

We had one guy take us out. He took us through six laps. I was the elder statesman of the group. It was a beautiful day in Eugene. We had (Oregon coach Bill) Dellinger there calling splits. I kind of sacrificed myself. He would yell our splits out at 69-point whatever. Like 69.3. And I must have hit seven straight times between 69.2 and 69.7. That's what they needed to qualify for the NCAA's. Dellinger's a hell of a guy. These guys came off finishing second in the NCAA cross country championships so they were pretty fit. The 10,000 is a weird event. You don't get too many opportunities. We had a big group. It was like a train. They said, "Bo knows baseball, Art knows 70's."

**CTRN:** So Fonseca and Mahon qualified for the NCAA's?

**Boileau:** Yeah.

**CTRN:** Your personal best of 28:26 isn't too far off what you ran on December 9, so the 10,000 obviously went well.

**Boileau:** Yeah. I led virtually every lap except for four laps to go I let someone else take a lap.

I felt obligated. I'm about eight years older than those guys, so I didn't mind. It was a sacrificial lamb type thing. They were real happy they got PR's out of the deal and I helped out Dellinger. He coaches me. I gave something back to the program.

Then I did a 74 mile week, then I went up to Calgary. It takes about two days to drive up there and I got in a 25-mile week. It's just freezing up there. They have the indoor speed skating oval. On the outside of that they have two lanes of Tartan. It's like 450 meters around. So you're running indoors. I think for the 10 days I was up there I only ran outside twice. It's tough to take a big break around Christmas time. Maybe I should have gone south.

*continued next page...*



## On the marathon

"In the marathon you basically run two hours and see how you feel."

**CTRN:** It may have helped you to take a break after the New York Marathon and the 10K.

**Boileau:** I thought I could use the momentum off New York to go forward. Once I got back (to Eugene), starting about the second week of January, I got 103 miles, then 50 miles with the Portland Indoor (January 20).

(Note: Boileau expected to run about 8:45 for two-miles indoors, but Brian Abshire showed up with a rabbit. Boileau went through the mile in 4:13 and followed with a very positive split to clock 8:50. Abshire ran a PR of 8:24.3.)

After that I ran an 80 mile week, then 110. Now we get rolling. The next week was 125, then 105. My training was going real well, except I think I needed to extend it. Then I go to 90 miles incorporating this run hard one day, then two days recovery. A typical Monday would be six times a mile (4:38, 4:40, 4:39, 4:40, 4:38, 4:30). Then we go for a long run the next day. It was getting to be two hours. I don't know if I did too much. You never know do you?

You throw all this stuff in and if it works it's alright and if it doesn't . . . Sometimes you over-analyze. You think, well, maybe I just didn't feel well on race day.

**CTRN:** It's such a mystery mastering rest.

**Boileau:** I know it is because it seems in the middle of all this, six weeks before the marathon you're running 110 miles a week and doing some pretty good workouts. It gets up to the race and you start resting and your body feels so different. It's used to 110 miles a week and you're running 30 miles a week prior to the race. The metabolism changes.

**CTRN:** The swim coach at UC Santa Barbara mentioned that he tapers his swimmers for the conference meet and they complain because they feel so terrible in their workouts.

**Boileau:** I know. The less you run the

worse you feel. You think with the rest of your body would energize itself, but it's a strange feeling. Paul Cummings (1984 U.S. Olympian at 10,000 meters) says "I don't taper for races." I don't know if that makes sense or not.

**CTRN:** So you started to taper for the marathon.

**Boileau:** I had one day, February 19, that I knew I had the flu. I just felt trashed. I was running 4:38 miles. I can do that in my sleep. I was hanging in the back.

**CTRN:** Would you attribute your improvement to working out with the university team?

**Boileau:** I think so. They're guys that are dependable. It's such a group there. Next Friday, God I don't know if I'm going to jump in it this soon, they're going to meet at 3:30. So you know if you go at 3:30 there's going to be probably a group of about 10 guys ready to go. Dan Nelson, Brad Hudson, guys like that. Alberto Salazar shows up so we have a good group. It's as close to a British club system as there is in the states. There are younger guys too, with enthusiasm, that like to run and that rubs off on you. It's a good blend because we get some older guys like Salazar.

**CTRN:** Tell me about Salazar. What kind of shape is he in right now?

**Boileau:** He hung in on the six times a mile. He was ahead of me. It was *deja vu*. I remember the years back. . . except he was going a hell of a lot faster then.

**CTRN:** Do you think he's in marathon shape?

**Boileau:** I don't know. When it gets to be shorter, faster stuff, he's not. . . like we did this one workout 12 times a 400 with 30 seconds recovery. We're trying to run 63s and 64s. He is kind of vulnerable in that stuff. But the long slower stuff. . . we went for a tempo run about 17 miles that heated up pretty good that got to 5:20 (per mile) pace that he looked pretty good in.

**CTRN:** He held on the whole way?

**Boileau:** Oh yeah.

**CTRN:** So Salazar is back?

**Boileau:** Well, we'll see. He's in a weird position. He's had surgery on his legs. I don't know if he'll be back to the 2:08 stuff. You know, a 27:25 (10,000) I wouldn't put any money on.

**CTRN:** So you think the surgery on the legs is the drawback he's experiencing now?

**Boileau:** Anytime you've had surgery you'll never be the same. He was the top runner in the world for three or four years there. You go from running North American track, whatever that is, then you go to Europe and run for a couple of weeks over there, then you keep training and run the New York Marathon and two months later he's running indoor track. I think he ran about a 13:23 5,000 indoors (13:22.6, 1981) and then world cross country, that's the most competitive race in the world and then you go to the Boston Marathon. Two or three years of that. . . But that's the way he was. He was so driven. No one was going to tell him he couldn't do it.

**CTRN:** What is his goal now?

**Boileau:** I don't know about the marathon. I wouldn't see him hopping in one for a long time. But he's got to get in some races here. He kind of gets run down. It's the stress. He's a driven guy. That's the reason he was having trouble. He wouldn't back down. I think when you're younger and your body recovers that's one thing.

But he's a hell of a guy. He's an intense person, that's for sure. He runs the Oregon Electric Station here in town, the most successful restaurant. He's transferred all that intensity that he raced at into the business world. He's got two kids and that stuff.

**CTRN:** But it's your opinion that he's trying to make a comeback to the world elite?

**Boileau:** Oh yeah. But it's tough though when you've been at the level he was at. I've never been at that level, and when you have to struggle back it's tough.

Alberto is pretty inspirational. I feel sorry for him sometimes because everybody expects so much out of him. You've just got to be patient and hope for the best. But he's a hell of a guy, I think. There was a message (to Boileau about the marathon).

I'm just really close to him. We've been living in Eugene since 1976. I see him struggling and think, "God, look at all he's done." He's probably influenced more American distance runners than any other guy since Prefontaine. I think a lot of him.

**CTRN:** Well, let's talk about Prefontaine. What kind of legacy still lingers in Eugene?

*continued next page...*



**Boileau:** He influenced a whole generation. A whole generation of distance runners was inspired by the way Prefontaine ran. We have film clips of him in the 1972 Olympics (4th in 5000). I can't believe it. He was what, 21 years old and going over there? That's just heartbreaking to see.

Every time I see that race I think, "God, to go and press the pace late in the race..."

When he passed away, that was my senior year in high school. I ran at Lincoln High in Portland. I qualified for the state meet. My Dad's driving me down to catch the bus for the state meet in Eugene and we hear on the radio that Prefontaine has been killed in a car wreck. This is the day before the state meet. I'm going "Whoa."

You think, what would this guy have done? He could run 2:07 in the marathon way back when 2:15 or 2:16 was a world class time. He was only 24. They loved him at Hayward Field, that's for sure. People my age think a lot of Prefontaine.

**CTRN:** Back to the marathon, you got the flu.

**Boileau:** Yeah I remember the workout. Usually at that time I'd be trying to go 10 seconds faster, like 4:29. Usually I'd glide through a workout like that. I had to back off a little bit. But you never do. You take two days easy and say, "I'm OK now." So three days later was our tempo run.

We try to do repeat miles, then two days later a tempo run and then quarters two days after that. It's a good mixture of everything. The quarters are pretty wild. We have 30 seconds recovery. We try to break 60 seconds on the last one.

**CTRN:** So the tempo run, how did you feel?

**Boileau:** Not bad. We go for a seven mile run, come back, put the spikes on and run a five mile tempo run. I did seven miles (instead of five) and came through the 10K at 29:55 and ran 33:46 for seven. That's 4:49 per mile. That's on the track.

I was training real well. Fonseca ended up running 2:12.08. I wasn't thrashing him in workouts, but I was beating him in workouts. I just didn't race. When it comes down to it, it's a pretty simple sport. The Africans look at it as, you've just got to run hard. You start feeling bad, but what the hell. How good are you suppose to feel after running 15 miles. You've just got to get in there and suffer or whatever, compete with the guys.

**CTRN:** How soon in the race did you know you were feeling bad?

**Boileau:** About 15 miles, but at around eight-miles I felt great. I go, "Why are we running so slow?" But I said, "You've still got 18 miles to go, just be cool." But once they gap you... I started running with Ryffel and Donakowski. I'm thinking, "This is great. We're together and we'll catch them." But that's the thing. You should be with the lead pack all the way. Anything over 50 meters is kind of scary.

I finished strong, but if you can't even see them, what the hell.

**CTRN:** How about the course. It's one of the tougher world class marathon courses, wouldn't you say?

**Boileau:** Yeah, but boy that was perfect conditions, my weather. Except with wet surfaces you're splashing up stuff on your legs. I knew when I was warming up that something was wrong with my left calf. You're just looking at your body and every little twinge. You're hyper-sensitive.

I saw Ryffel after the race. I said, "What was going on Markus? I thought we were going to finish this thing in a sprint." I might have been screwed anyway against a 5000 silver medalist. I said, "What happened Markus." He said, "I don't know. One minute I'm running along, the next minute my legs cramp up." That's the marathon, though.

**CTRN:** How about the people on the course.

**Boileau:** They were pretty good. Not as many as the year before because of the weather. Plus the other variables. You go into a race and you're defending champion. Maybe the Lakers are right. It is harder to repeat. It's a different ball game. Like when I got second at Boston, I'm staying at a friend's house. You're not involved with all of this nons- that goes with the territory.

**CTRN:** Were you going to say nonsense?

**Boileau:** Now it's nonsense because I finished fifth. If had won it would have been no big deal (chuckle).

**CTRN:** So what did fifth place get?

**Boileau:** About \$6000. But this race is all or nothing. First place is \$26,385 and a \$35,000 Mercedes. Second is \$1500. It's better than the year before. And the AT&T Friendship Cup, with Pete (Fonseca), that was the weird thing about Pete. I half jokingly said, "Yeah, you should run the L.A. Marathon. There is a team competition..."

I knew last year New Zealand won and they ran like 2:17 and 2:19 (Tom Birnie 7th in 2:17.30, John Campbell 9th in 2:17.51 in 1989). I wasn't sure what Pete could do. I

thought he could run about a 2:15.

**CTRN:** Fonseca allegedly made a comment in which he said he's forsaking his track season because he wants to accept the money.

**Boileau:** Well &\*@#%! What do you think? I don't know. Bill (Dellinger) didn't want



Photo by Mark Winitz

him to run the race. It was scary. Bill probably thinks I'm the accomplice. I'm surprised Fonseca went down, to be honest. What's the hurry? If you're good, you're good.

**CTRN:** Is he still open to the thought of rejecting the \$14,000 in prize money?

**Boileau:** I don't know. I said, "Pete, we'll see. I don't know the NCAA rules." And the L.A. guys say, "We can work it out. It's no problem." And I go, "What the hell! It's the NCAA, you know!"

They weren't sure what the rules are. I don't know the rules. There is an assistance coach at Oregon who knows the rules. Those guys live and die by the rules. They know every recruiting rule. I said, "Relax, Pete, we'll wait until we get home." You get caught

*continued next page...*



up in the emotion. I said, "Maybe you can put it in a Trust Fund and not touch it?" He's going to graduate in June anyway, although he has another year of eligibility. I want to hear what Bill has to say about the whole thing. Bill was like, "Oh no." He thought he'd go down there and run 2:16.

(Note: When reached on Monday, March 12, Dellinger said Fonseca will not accept the prize money and wishes to remain on the Oregon squad. Dellinger said he received a letter from L.A. Marathon director Bill Burke stating that Fonseca received no appearance fee and that Fonseca informed Burke on two occasions to waive his prize money so he would not lose his eligibility.

"The fact is he got cleared by the (Pac-10) Conference, but he still is suspended by the team," said Dellinger. "I didn't want him running in that marathon. There are a few other things he'll have to do to get back on the team other than not accepting the money, but at this point I'm not sure what.

"I think he ran a fine time. There's no question he's in good shape. There are a couple of guys up here who could run (well), but we're not training to run marathons at this time. We're training for the season to start this weekend."

Dellinger said he's not upset with Boileau.

"I don't have any problem with Art," said Dellinger. "He's a good man. I don't think he's the reason Peter Fonseca went down to L.A.")

**CTRN:** Do you think Fonseca's effort is a testament for a lot of college guys who are training well for 10,000? If they just decided to pop into one of these marathons they would run well? Do you think there are a lot of guys out there who can run 2:12?

**Boileau:** Oh I wouldn't say so. I was quite shocked. But he's got the marathon stride. A guy like Ryffel is fast as hell, he's run 13:07, but you look at his style and it's a lot of pounding. In the marathon you basically run two hours and see how you feel. Ryffel's legs are trashed. He's not that tall of a guy, but I ran next to him and he's even with me. It takes its toll.

**CTRN:** How are you feeling now?

**Boileau:** Not bad. I went for about four miles on Monday. I feel real, real good. I don't know. It was kind of a mental thing. What do you do when you're not feeling that bad and you're just not competing? I wonder how humid it was? My ego's more injured than my legs, I think.

You go in there and say, "I think I'm in PR

shape." But the marathon is a wicked event. At eight miles I think, "I've got these guys, they're running slow." An hour and a half later it's a different story.

Ortiz might have been tough to beat anyway. A lot of those South Americans don't get too many opportunities. I went down to their Midnight New Year's run in Sao Paulo and I got slaughtered. I figured it was about 100 degrees difference. I was in Calgary and it was sub-zero and I go down there and it's 90 degrees. That's kind of like their big Olympics. I was like 30th.

**CTRN:** What are your plans?

**Boileau:** Oh, I don't know. I talked to my brother and my fiance runs, and maybe I'll do Boston, I don't know. This was kind of a problem. I don't plan far in advance.

**CTRN:** Doesn't Dellinger help you take care of that?

**Boileau:** He's not so much in the planning. He just gets me fit and the planning part is my own. I don't know. This was kind of a washout. It didn't turn out too well. The flu didn't help.

**CTRN:** As far as Pre's Trail, it's a five-mile loop?

**Boileau:** I drive there, do two loops and it's 10 miles. I'm about a mile and a half from there.

**CTRN:** Then you have that little one-mile loop, Amazon Trail?

**Boileau:** We haven't been able to run on that. Now it's OK. People run on it and it's raining like crazy, an inch a day and people are tearing it up. It looks like some guy went in there with a roto-tiller. But soft surface is pretty good. You go down in L.A. and you're just pounding pavement. That would be kind of rough. It must be nice where you are, Santa Barbara?

**CTRN:** There are a lot of trails out by the university and a few grass stretches of a couple of miles here and there down by the beach.

**Boileau:** Then there's a smaller network of trails, Westmoreland. During the fall we do cross country workouts down there.

**CTRN:** And you enjoy the rain?

**Boileau:** It's not too bad. I have about four or five Goretex suits. I told this guy from Montreal staying with me, bring a bunch of rain suits.

**CTRN:** Let me list some of the guys you've run with in Eugene and you can give me a sentence on what they're doing now.

Rudy Chapa (ran 7:37.70 for 3000 in 1979. Is No. 4 on all-time U.S. list).

**Boileau:** He's one of the race directors for that big race in Bali and he works for IMG. They handle Alberto and guys like Arnold Palmer. Big sports guys like that. Chapa went to Indiana law school after he left Oregon. He lives in Portland.

**CTRN:** Ken Martin (2:09:38 marathon, 1989, No. 6 U.S.; 8:20.40 steeplechase, 1984, No. 8 U.S.).

**Boileau:** He got second at New York.

**CTRN:** Matt Centrowitz (13:12.91 5000, 1982, No. 3 U.S.).

**Boileau:** Centrowitz is actually running well. He's living in Washington, D.C. and working with the Georgetown runners. They have some pretty good runners there. He's doing a little bit of coaching there. He might come to Eugene, to live, maybe, I don't know.

**CTRN:** Bill McChesney (7:40.19 3000, 1982, No. 5 U.S.; 13:14.80 5000, 1982, No. 5 U.S.).

**Boileau:** He's in town. He called me the day before the race. He's a funny guy. Not really training too well. You talk about a talented guy. He ran 13:15 at Hayward Field and I think the next guy in the race was 13:40. It was solo. I wasn't there that day and when I saw it in the paper I thought it was a misprint. Then he went to Europe and ran some fast times. He's a phenom.

**CTRN:** Don Clary (1984 Olympian at 5000).

**Boileau:** We train with him a lot. He's working here in town full time. He's kind of training on his own for a little bit, but I think he will come back into the fold when it stays light later.

**CTRN:** Art Boileau (two-time L.A. Marathon winner).

**Boileau:** Me? Still at it. I wish this would have gone better. But that's the way the marathon is. Running has its ups and downs. You run 10 races and if you can get one or two good ones out of 10 you're lucky.

*Art Boileau is 5-10, 155 pounds. He was born on October 9, 1957. His personal bests from the marathon down are: Marathon 2:11.15; 30K 1:31.45; half-marathon 1:03.41; 10 mile 47:47; 15K 45:10; 10,000 28:26; 5000 13:37; 3000 7:57.6; 1500 3:45.44.*

(Gregor Robin is a sports writer at the Santa Barbara New-Press).



# SoCAL DIARY

By BILL MINARIK

## ○ February 12

The outdoor Track & Field season opened last week-end with a multitude of all-comer, invitational and dual meets. At the Bakersfield Invitational, teams from Fresno State, Cal State Bakersfield, El Camino CC, Taft CC, and Bakersfield High School demonstrated why they are all considered contenders for their League or Conference championships.

At all-comer meets at Mt. SAC and C/S Northridge the boys and girls of Pasadena's Muir High School also indicated that they will again be contenders for State Prep honors.

In a triangular meet bringing together teams from NCAA Divisions I, II, & III the theoretical strength of those divisions seemed to hold up as San Diego State took the measure of both Cal Poly SLO and Occidental in that order; by scores of 84-71-45 in men's competition and 77-75-15 in the women's meet.

In a follow-up to the Chuck Debus story; his showdown date with the TAC regarding allegations of providing banned substances to athletes has been postponed until April.

## ○ February 20

With the Times Indoor Meet being run Friday night, their wasn't much in the way of outdoor activity this past week-end. In a battle of two Metro Conference Community College powers, the Mt. SAC men outran El Camino 92-53; while the E.C. women eased by the female Mounties 73-63. In addition, the E.C. women won a special mile relay at the Times Games.

At an outdoor dual at Santa Barbara, the Cal Poly SLO men and women were victorious over UCSB by scores of 92-71 and 102-33.

## ○ February 26

Indoor Meets were still dominating the track scene last week-end. Most of the outdoor meets were non-scoring affairs, highlighted by UCLA's appearance at Occidental College. At that one, the Bruin throwers were out in force and dominated the competition. Most notable of the marks were shot put ef-

forts of 51-1 by Tracy Millett and 48-5 by Jenny Whelchel which puts them far ahead of where they left off last season. They obviously were enrolled in Professor Venegas's fall course on long distance throwing.

In scoring meets, at Cal Poly Pomona, Cal State Northridge was victorious in both men and women's competition by scores of 90-74-20-16 over Cal State L.A., U.C. Riverside and Cal Poly Pomona and 106-53-9-7 over CSLA, CPP, & UCR. The U/C Santa Barbara women took the measure of the Cal Lutheran gals in a dual meet 110-22.

## ○ March 3

While the L.A. Marathon dominated last Sunday's activity, Saturday provided a full schedule of Track & Field. At the N.A.I.A. Indoor Championships at Kansas City, Azusa-Pacific attempted to add a men's Indoor Title to it's many outdoor crowns. However, Coach Terry Franson's thinclads came up a bit short taking 2nd behind distance laden Adams State 58-44. The A-P women took 11th place with 16 points.

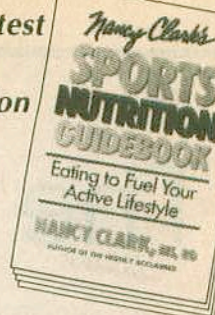
Outdoors the UCLA men's team had an easy time of it, taking C/S Los Angeles and CPSLO by a 110-41-30 count. Top effort there was a 192-10 discus throw by the Bruins Brian Blutreich.

At U.C. Irvine, the Stanford Cardinals were victorious in double dual meets with UCI and C/S Northridge by scores of 90-63 and 84-65 in mens and 95-49 and 78-66 in womens. UCI defeated CSN by scores of 83-71 and 75-70.

At C/S Bakersfield, the home team won a men's 4-way meet defeating CPSLO, UCR and Cal Poly Pomona by a 100-50-22-11 score, while the CPSLO women were cruising to a 108-30-23-12 win over CSB, UCR, and CPP.

In a Community College 4-way Meet, Moorpark College won over Santa Barbara, Valley, and Canyons by a 83-37-36-28 spread in the men's meet while the Raider women were also victorious 80-60-25-1 over Valley, Santa Barbara, and Canyons.

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# The Los Angeles Marathon



1990 Winners:  
Julie Isphording and  
Pedro Ortiz  
*Photo by Richard Lee Slotkin*

It was a dark and stormy morning--well, maybe not all that dark or even that stormy, though there was some light rain at times. It was cold, though, and that was the best part of it. Distance runners love it when it's cold and drizzly because there's no heat to suck the strength out of you, ounce by ounce, so that you find yourself fading in the late stages. And for Pedro Ortiz that was just what the doctor ordered.

He wouldn't forget last year, when he was so little regarded that, despite a 10th place finish the previous year, he had to pay his own way from his home in Columbia to L.A., and even find lodging with a friend because the Marathon wouldn't put him up with the other elites. Even so, he still ran a great race, passing the fading, walking Gidamus Shahanga in the last mile to take the lead, only to watch helplessly, just moments later, a surging Art Boileau blow by him and fade in the distance until he

was swallowed up by the finish chute. Ortiz was determined to win this time.

Julie Isphording also had a point to prove. It was here in 1984 that back problems caused her to be a dnf in the BIG ONE, the Olympic Marathon. The weather wouldn't hurt her chances, either. Last year, Ortiz hung back while others set the pace. This time, he was going to control the race. "I was prepared to run in the front regardless of the pace," he declared. "If they had picked up the pace I would have gone with them."

No one did pick up the pace though. So, from the start right on through to the finish, Ortiz was in or nearly in the lead, but never by more than a step or two. He had a lot of company for a long time. At 6 miles, in 30:23, there were still 17 in the pack, including 40 year old Artemio Navarro of Mexico. If Navarro was going for 1st Master, he was doing a good job because the favorite, New Zealand's John Campbell was at least 30 seconds back.

By 10 miles, in 50:25, they had managed to drop only 5 and Navarro wasn't one of them. At the half marathon, passed between 66 and 67 minutes, it was still 12 but three, last year's winner Art Boileau (Canada), Markus Ryffel (Switzerland) and the lone American among the leaders, Bill Donakowski, were starting to fade. The pace was picking up. Navarro's moments, too, were numbered. But not just yet.

Meanwhile, things were moving up front and it wasn't until mile 17 (1:25:30) and the overall pace was down to 5:02, that the cream began to rise. By the 18th mile only Ortiz, Mark Plaatjes, Antoni Niemczak, from Poland, Canadian Peter Fonseca and, believe it, Artemio Navarro were left. In the jostling at the water stop, Niemczak was bumped by Fonseca and suddenly he was 10 yards behind and looking, for all the world, as though he too were finally being dropped. He was ok, though. He knew better than to try to get it all back in one furious surge and then die about 3 miles later.

While Niemczak was working his way

*continued next page...*

By  
**RICHARD LEE SLOTKIN**



back, at 1:32:00 Navarro was finally, grudgingly beginning to fade. Eventually, he would finish 16th, 2 places and 42 seconds behind the amazing Campbell, whose time was 2:20:15.

Not bad. For either of them.

About a minute after passing mile 19, in 1:35:34, and a 5:01.8 average, for those who like to keep track of these things, Niemczak was back in business. It looked like a very congenial little crew at that point, with Ortiz appearing to be talking to the others. Fonseca was asked if Ortiz was offering to make a deal for a 4-way tie. "I thought they were saying, 'Do you want to share the money?' and I said, 'Well, I don't know.' I think he was looking into people's faces and just seeing how much pain people were going to take."

Precisely.

Plaatjes was the first to go, fading after the 20th mile. From there until the final 300 yards it was Ortiz, Niemczak and Fonseca running so tightly packed that it looked as though they had snatched someone's purse. But Ortiz was always a half step ahead. With a half mile to go, "We really started putting a jam on," recalled Fonseca. Then, 300 yards to go and Ortiz kicked. First Niemczak, then Fonseca, responded, but both were feeling a bit stiff-legged and all they could do was watch Ortiz pull away, repeatedly glancing over his shoulder. Was he just making sure or was he savoring the moment? Well, either way, 15 yards before the finish line he threw his arms into the air and with a big smile went through the tape and, at last, got his vindication. The time was 2:11:55, second best for the course. Niemczak was 2nd in 2:12:06 and Fonseca followed 2 seconds later. For Fonseca, who runs for the University of Oregon, it was his first marathon, which explains his tentativeness in the final miles. "What were you and Niemczak waiting for? There were only 300 yards to go," Fonseca was asked. "I don't know what I was doing... it was stupid for me not to have gone earlier." Could he have? "Yeah. It was just a matter of this being my first one...."

Niemczak blamed his failure to match Ortiz's kick on a lack of speedwork, the result of a late start in his training for the race. Plaatjes had no excuses. He felt ok but had no vooma, or something that sounded like that, but means he had no pep. However, Plaatjes held his position and finished 4th. Boileau, Fonseca's running companion in Eugene, was

5th. He was feeling fine until Ryffel dropped back, although he had looked somewhat tentative all through the race. With Ryffel, and Donakowski too, gone, he sort of lost some of his own vooma. For all that, he received \$6,000. Not bad, but not like the \$26,385 and the Mercedes he won last year. That went to Ortiz because he knew he would win this race.

Didn't he, though?

Julie Isphording did a little pretending. "Just a little!" she said, with a laugh and a wink. It was 1984 again and this time she wouldn't drop out, half paralyzed by a ruptured disc.

Unlike Ortiz, Isphording did not control the race from the front. Sylvia Mosqueda took the lead at mile 4, running as though she were in a half marathon. Vintage Mosqueda, of course. Maybe she thought she was only running half. She didn't go much further, as it happened, and to no one's surprise.

Anyway, Mosqueda flew through 10 miles in 56:40 and was moving at just under a 2:27 pace. She had an escort, too. One guy in front, one behind and one on each side. Would any of them hold up that pace? Well, Sylvia held the lead through 11 miles and then, the party was over. She had dropped from a 5:36 10th mile to a 6:05 for the 11th. Then Mosqueda was passed by Estonian Sirja Eichmann and fell behind by 30 seconds in the next mile. The fade continued and Mosqueda finally dropped out somewhere around 17 miles.

Eichmann, who was 7th last year in 2:44:42, held the lead until mile 22, when Isphording, who had been gaining steadily since mile 15, caught her. A half mile later, Isphording made her move, a surge that put her 12 seconds ahead of Eichmann by mile 23. From there on, she steadily padded her lead, despite a 6:20 for the 26th mile, until it was a minute and eleven seconds at the tape, which she reached in 2:32:25, lowering the course record, held by last year's winner, Zoya Ivanova, by an impressive 2:17. Also impressive was the fact that Isphording finished with the highest place, by far, of any American. Well, you can't get much higher than first and Isphording is one of the few Americans who's doing it in the marathon.

And near the finish at the Los Angeles Coliseum, as she passed the huge mural of another American winner, Joan Benoit, the memories of 1984 flowed over her like a great

wave and now the pretending melted into pleasant reality.

### Overall Results - Men

1. Pedro Ortiz (32) Columbia, \$26,385 + Mercedes 2:11:54, 2. Antoni Niemczak (34) Poland, \$15,000, 2:12:05, 3. Peter Fonseca (23) Canada, \$9,000, 2:12:07, 4. Mark Plaatjes (27) USA, \$9,000, 2:13:44, 5. Arthur Boileau (32) Canada, \$6,000, 2:14:36, 6. Mohamed Salmi (21) Algeria, \$5,000, 2:15:35, 7. Mervyn Johnstone (22) Australia, \$4,500, 2:16:13, 8. Sam Ngatia (30) Kenya, \$3,500, 2:17:02, 9. Guido Genicco (27) Italy, \$3,500, 2:18:19, 10. Steve McCormack (29) San Diego, \$2,500, 2:18:50, 11. Dick LeDoux (33) USA 2:18:59, 12. Jose Ramirez Alejandr (27) Mexico 2:19:25, 13. Gidimis Shahanga (32) Tanzania 2:19:35, 14. John Campbell (41) New Zealand 2:20:15, 15. Modesto Med Paniagua (25) Mexico 2:20:34, 16. Artemio Navarro (40) Mexico 2:20:57, 17. Ernesto Gutierrez (32) Col Hidalgo 2:21:12, 18. Ryszard Marczak (44) Poland 2:22:00, 19. Sergio Jimenez (23) Mexico 2:22:02, 20. Alessandro Serantoni (31) Italy 2:22:54, 21. Charles Miers (31) USA 2:23:12, 22. Cayetano De La Luz (29) L.A. 2:23:15, 23. Martin Hernandez (24) Commerce 2:23:32, 24. Uwe Hartmann (30) W.Germany 2:25:02, 25. Bill Donakowski (33) USA 2:25:13, 26. Juan Romero (19) Bakersfield 2:25:18, 27. Katshuiko Shimokawa (29) Japan 2:25:34, 28. Ucani Amores (26) Costa Rica 2:25:49, 29. Nigel Barlow (29) Great Britain 2:26:05, 30. Gus Quinonez (24) USA 2:26:19, 31. Francisco Rivera, Mexico, 2:26:54, 32. Bill McDermott (38) La Habra His. 2:27:40, 33. Primo Ramos (27) Philippines 2:28:03, 34. Daniel Martin (31) Glen Ellyn 2:28:12, 35. Eloy Lozada (50) Santa Ana 2:28:26, 36. Yoshikazu Manchu (24) Japan 2:28:33, 37. Ron Tabb (35) USA 2:28:33, 38. Jorge Delgado (32) Costa Rica 2:28:35, 39. Juan Perez (28) Guatemala 2:28:49, 40. Rafael Parris (37) Columbia 2:29:11, 41. Vladimir Kotov (32) USSR 2:29:17, 42. Marcos Figueroa (21) Mexico 2:30:22, 43. Mario Cuevas (40) Mexico 2:30:35, 44. Daniel Oppliger (32) Switzerland 2:30:37, 45. Dan Skarka (29) Lake Forest, IL 2:31:14, 46. German Alvarez (32) Guatemala 2:31:21, 47. Salvador Zaragoza (23) Mexico 2:31:38, 48. Saturnino Lopez (26) Mexico 2:31:43, 49. Andy Theat (27) Greenwood, IN. 2:32:23, 50. Eugene Muslar (30) Belize 2:32:23, 51. Antonio Contreras (22) Mexico 2:32:32, 52. Jussi Hamalainen (43) Finland 2:32:36, 53. Jaime Arroyo (29) Mexico 2:32:38, 54. Ramon Estrada (31) Alhambra 2:32:40, 55. Henry Fuentes (26) Los Angeles 2:32:43, 56. Toni Unkelbach (29) West Germany 2:32:50, 57. Raymond Acosta (24) South Gate 2:33:00, 58. Adolfo Salcedo (30) Peru 2:33:02, 59. Virtue Ishihara (33) Los Angeles 2:33:12, 60. Robert Bush, Jr. (27) Glendora 2:33:32, 61. John Desrosiers (27) Aurora 2:33:33, 62. Jeff Spangler (32) Pebble Beach 2:33:38, 63. Rick Reimer (40) Parker, CO. 2:33:48, 64. Polin Belisle (24) Belize 2:34:25, 65. Robert Nelson (49) Salt Lake City

continued next page...





From left: #3 MARK PLAATJES, ANTONI NIEMCZAK, #8 PEDRO ORTIZ, #18 MERV JOHN STONE, ART BOILEAU & PETER FONSECA (behind Stone), #2206 ANTONIO CONTRERAS, #79 ARTEMI NAVARRO, #7 MOHAMMED SALMI, and #9 BILL DONAKOWSKI.

Photo by Richard Lee Slotkin

2:34:30, 66. Daniel Arsenaault (27) Garden Grove 2:34:35, 67. Joe Gilboy (30) Studio City 2:34:58, 68. Udo Brandt (35) Los Angeles 2:35:44, 69. Jeffery Barros (32) USA 2:36:24, 70. Martin Esquivel (26) Mexico 2:36:26.

71. John Fujii (35) Redondo Beach 2:36:33, 72. Frank Ebner (30) Pomona 2:37:01, 73. Carlos Suria (26) El Salvador 2:37:03, 74. Heminio Garcia (34) Mexico 2:37:13, 75. Phil Grant (44) Kitaku, Kyoto 2:37:16, 76. Lorraine Hochella (26) USA 2:37:23, 77. Mark Graves (40) Berkeley 2:37:42, 78. Arthur Van-Veen (26) Temple City 2:37:57, 79. Raul Molina (41) El Salvador 2:38:10, 80. Jose Tiappa (30) Oxnard 2:38:12.

81. Kevin Canlas (23) Chicago 2:38:24, 82. Roger Caswell (29) Temple City 2:38:28, 83. Dennis Bock (42) Costa Mesa 2:38:31, 84. Victor Vasquez (26) El Salvador 2:38:37, 85. Raymond Knerr (29) Ventura 2:38:47, 86. Alfonso Nunez (26) Los Angeles 2:38:49, 87. Andres Soto (39) Mexico 2:38:59, 88. Matthew Messner (20) Los Angeles 2:38:59, 89. Enrique Alvarez (36) Laguna Hills 2:39:01, 90. John Tattle (32) Big Bear City 2:39:08.

91. Jim O'Brien (37) Monrovia 2:39:14, 92. Jose Torres (51) Esperanza Sonora, MX. 2:39:18, 93. Daniel Zepeda (26) Huntington Park 2:39:25, 94. Daniel Arteaga (27) Fontana 2:39:31, 95. Dana Gemme (35) Lakewood 2:39:33, 96. Amauri Vitor (32) Brazil 2:39:48, 97. Julian Barrera (47) El Salvador 2:40:08, 98. Wayne Knowles (27) Phoenix 2:40:11, 99. Jose Castellanos (34) North Hollywood 2:40:17, 100. Daniel Sparkman (29) March AFB, CA. 2:40:22.

#### Overall Results - Women

1. Julie Isphording (28) USA, \$26,385, 2:32:25, 2. Sirje Eichelmann (34) USSR, \$15,000, 2:33:36, 3. Lianne Bussieres (28) Canada, \$9,000, 2:33:44, 4.

Helen Moros (22) New Zealand, \$7,000, 2:36:44, 5. Graziella Striuli (41) Italy, \$6,000, 2:36:48, 6. Lorraine Hochella (26) USA, \$5,000, 2:37:23, 7. Ellen Rochefort (35) Canada, \$4,500, 2:37:59, 8. Blanca Jaime (24) Mexico, \$3,500, 2:38:20, 9. Flora Moreno (30) Mexico, \$3,500, 2:38:21, 10. Rosalva Bonilla (27) Mexico, \$2,500, 2:40:38.

11. Martha Jimenez (25) Mexico 2:41:14, 12. Janine Aiello (30) USA 2:41:46, 13. Aurelia Bernabe (22) Mexico 2:43:44, 14. Michelle Bush-Cuke (28) USA 2:45:13, 15. Fabiola Oppliger (26) Colombia 2:47:15, 16. Gloria Corona, Mexico, 2:49:56, 17. Lourdes Rodriguez (28) Mexico 2:54:41, 18. Anita Sturtte (22) Latvia 2:57:08, 19. Deanna Schiedler (25) Mt. Angel, OR. 2:57:12, 20. Maribel Lopez (30) Mexico 2:58:10.

21. Cornelia DiPietro (31) Millneck, NY. 2:58:15, 22. Sarah Fulcher (28) San Diego 2:59:20, 23. Linda Rasmussen (34) Plymouth, MN. 2:59:47, 24. Soledad Palacios, Mexico, 3:02:21, 25. Carolyn Schnack (26) Honolulu 3:03:32, 26. Odette Osantowski (41) Corona 3:03:32, 27. Alfreda Ingelhart (39) Los Angeles 3:03:49, 28., Mary Button (30) Los Angeles 3:04:06, 29. Katie Dunsmuir (24) Pacific Palisades 3:04:49, 30. Kathleen Hopkins (22) Culver City 3:05:11.

#### Division Results - Men

17 & Under: 1. Jesus Ortiz 3:04:59, 2. Sebastian Larsson 3:05:17, 3. Robert Ho 3:10:41, 4. Art Ursulo 3:11:43, 5. Carlos Aguilar 3:14:34, 18-24: 1. Peter Fonseca 2:12:08, 2. Mervyn Johnstone 2:16:15, 3. Sergio Jimenez 2:22:01, 4. Martin Hernandez 2:23:32, 5. Juan Romero 2:25:18, 25-29: 1. Mark Plaatjes 2:13:45, 2. Guido Genico 2:18:20, 3. Steve McCormack 2:18:51, 4. Jose Alejandr 2:19:25, 5. Modesto Paniagua 2:20:34, 30-34: 1. Pedro Ortiz 2:11:54, 2. Antoni Niemczak 2:12:06, 3. Arthur Boileau 2:14:36, 4. Mohamed Salmi 2:15:35, 5. Sam Ngatia 2:17:03, 35-39: 1. Bill McDermott 2:27:40, 2. Ron Tabb 2:28:33, 3. Rafael Parra 2:29:11, 4. Udo Brandt 2:35:44, 5. John Fujii 2:36:33, 40-44: 1. John Campbell 2:20:15, 2. Artemio Navarro 2:20:57, 3. Ryszard Marczak 2:22:01, 4. Mario Cuevas 2:30:35, 5. Jussi Hamalainen 2:32:36, 45-49: 1. Robert Nel-

son 2:34:30, 2. Julian Barrera 2:40:08, 3. Javier Jardines 2:40:43, 4. Robert Beach 2:41:45, 5. Michael Mahler 2:44:31, 50-54: 1. Eloy Lozada 2:28:26, 2. Jose Torres 2:39:18, 3. Carlos Valle 2:49:16, 4. Akira Amakasu 2:50:49, 5. Ron Wavarrette 2:54:10, 55-59: 1. Jack Cagot 3:01:28, 2. Colby Churchman 3:09:32, 3. Jim Kirkwood 3:10:06, 4. Eladio Ruvalcaba 3:10:46, 5. Gerald Fleischer 3:12:24, 60-64: 1. Patrick Devine 3:05:46, 2. Othon Diguez 3:08:54, 3. Paul Guinn 3:19:01, 4. William Hall 3:19:04, 5. Edwin Travers 3:27:45, 70-74: 1. Eddie Lewin 3:41:20, 2. Rudolf Meyer-Wilmes 3:49:40, 3. Edgar Morse 4:04:39, 4. Cyril Amittin 4:16:57, 5. Jerry Bolohan 4:37:00, 75-79: 1. Dutch Benedetti 4:11:49, 2. John Noen Sr. 4:41:55, 3. Jerry Ross 4:42:29, 4. John Zentmyer 4:42:30, 5. Edwin Sosa 5:09:02, 80 & Over: 1. William Kuester 7:37:45, 2. Manning Wein 10:19:05, Racewalkers: 1. Walter Sum De Leon 4:54:38, 2. Robbie Sturms 5:13:35, 3. Michael Scott 5:29:07, Wheelchair: 1. Moustapha Badid 1:45:40, 2. Andre Viger 1:52:14, 3. Wolfgang Petersen 1:52:15, 4. Laverne Aghenbach 1:53:04, 5. Jean-Marc Berset 1:53:05, 6. Tony Nogueira 1:54:06, 7. Rafael Ibarra 1:54:53, 8. William Fricke 1:56:20, 9. Guido Mueller 1:56:45, 10. Franz Nietlispach 1:58:55.

#### Division Results - Women

17 & Under: 1. Denise Castellanos 3:17:54, 2. Leslie Keel 3:19:42, 3. Kara Nortman 3:20:31, 4. Jill Parker 3:55:29, 5. Carrie Mercier 4:08:30, 18-24: 1. Helen Moros 2:36:44, 2. Blanca Jaime 2:38:20, 3. Aurelia Bernabe 2:43:44, 4. Anita Sturtte 2:57:08, 5. Maribel Lopez 2:58:10, 30-34: 1. Sirje Eichelmann 2:33:36, 2. Flora Moreno 2:38:21, 3. Janine Aiello 2:41:46, 4. Cornelia Di Pietro 2:58:15, 5. Linda Rasmussen 2:58:47, 35-39: 1. Ellen Rochefort 2:37:59, 2. Alfreda Ingelhart 3:03:49, 3. Carol Kollstedt 3:05:59, 4. Conni McCarthy 3:08:16, 5. Jennifer Robinson 3:08:17, 40-44: 1. Graziella Striuli 2:36:48, 2. Odette Osantowski 3:03:32, 3. Marygail Brauner 3:14:26, 4. Mary Del Campo 3:23:47, 5. Jeannie Rice 3:24:38, 45-49: 1. Harolene Walters 3:11:12, 2. Patricia Mack 3:25:58, 3. Judith Harmony 3:37:31, 4. Sue McLain 3:38:29, 5. Carolyn Gannon 3:38:57, 50-54: 1. Carolyn Boyum 3:12:38, 2. Maryke Abramsen-Dirls 3:12:50, 3. Villa Phillips 3:24:53, 4. Mariana McMullen 3:32:20, 5. Miwako Shinohara 3:37:59, 55-59: 1. Wen-shi Yu 3:22:30, 2. Nancy Leslie 4:12:52, 3. Elaine Herfert 4:13:28, 4. Marjorie West 4:23:31, 5. Ina Lisiewicz 4:27:51, 60-64: 1. Maeann Garty 4:09:42, 2. Barbara Zamparelli 4:30:36, 3. Beverly Smith 4:45:37, 4. Marissa Lopez 5:04:44, 5. Lillian Miller 5:07:25, 65-69: 1. Joyce Eccleston 3:57:11, 2. Judy Golding 5:03:26, 3. Ruby Cazares 6:20:30, 4. Mae Leshansky 6:28:36, 5. Laura Bertram 6:53:33, 70-74: 1. Margaret Lee 4:31:22, 2. Mary Hoden 6:40:17, 3. Elizabeth Vainerman 6:41:20, 4. Priscilla Libby 6:49:20, 5. Roween Kissinger 6:55:52, 75-79: 1. Lucile Adney 7:18:49, 80 & Over: 1. Mavis Lindgren 6:25:26, Wheelchair: 1. Ann Cody-Morris 2:03:49, 2. Connie Hansen 2:03:50, 3. Daniela Jutzeier 2:15:39



# PREP NOTES

By KEITH CONNING

## ● Northern and Central California Results Wanted

Please send results to Northern and Central California High School track meets to Keith Conning, 2235 Browning Street, Berkeley, CA 94702 or to Keith Conning, Berkeley High School, 2246 Milvia Street, Berkeley, CA 94704.

## ● Minimum Report Standards:

**Boys:** 100m 10.8, 11.13; 200m 22.2, 22.53; 400m 50.2, 50.43; 800m 1:58.4; 880y 1:59; 1500m 4:06; 1600m 4:25.4; Mile 4:27; 3000m 9:10; 3200m 9:46.5; 2-Mile 9:50; 110mHH 15.0, 15.33; 300mLH 39.8, 40.13; 4x100m 43.5, 43.73; 4x400m 3:27; 4x440y 3:28.2; HJ 6-4; PV 13-6; LJ 21-10; TJ 44-6; SP 51-0; DT 151.

**Girls:** 100m 12.4, 12.73; 200m 26.0, 26.33; 400m 59.7, 59.93; 800m 2:23; 880y 2:23.8; 1500m 5:04; 1600m 5:21.2; Mile 5:24; 3000m 11:00; 3200m 11:45.9; 2-Mile 11:50; 100mLH 15.5, 15.83; 300mLH 47.2, 47.53; 4x100m 50.5, 50.73; 4x400m 4:09; 4x440y 4:10.4; HJ 5-2; LJ 16-9; TJ 35-3; SP 35-6; DT 112.

## ● Mustang Relays

March 10. San Dieguito HS--Girls Team Scores: (Div. I): 1. Poway 43, 2. Mt. Carmel 34, 3. Mira Mesa 31 1/2. (Div. II): 1. Orange Glen 43, 2. Santana 33 1/2, 3. Helix 33. (IDiv. III): 1. Fallbrook 40, 2. Mount Miguel 32, 3. El Capitan 27. (Div. IV): 1. San Pasqual 50, 2. La Jolla 35, 3. Oceanside 33 1/2. (Invit.): 1. La Jolla 40, 2. Fallbrook 34.

### Girls Results:

Invitational 100: 1. Stewart (Mt. Miguel) 12.3. Open 880: 1. Collen (Poway) 2:27.2, 2. Ferguson (La Jolla) 2:27.7. Invitational Mile: 1. Hadley (San Pasqual) 5:32.2. Invitational 2-Mile: 1. Glusac (Fallbrook) 11:40.2, 2. Kemp (San Dieguito) 11:53.1, 3. Villareal (La Jolla) 12:00.3, 4. Vergith (Mt. Carmel) 12:05.8, 5. Diaz (Orange Glen) 12:09.5. Invitational 110LH: 1. Blunt (San Pasqual) 15.6, 2. Wright (Santana) 15.8, 3. Crisell (Fallbrook) 16.0. 440 Relay: 1. Mt. Carmel 52.5. Mile Relay: 1. Mt. Carmel 4:14.0, 2. Poway 4:20.7, 3. Fallbrook 4:21.5,

4. San Pasqual 4:21.5. Discus: 1. Bihis (Mt. Carmel) 107-5, 2. Earman (Mt. Miguel) 103-0, 3. Allen (El Capitan) 103-0. Shot Put: 1. Bears (Poway) 37-1, 2. Quintos (Mira Mesa) 36-0 1/4, 3. Maumausolo (Mt. Carmel) 35-5, 4. Morales (Mar Vista) 34-11 3/4, 5. Simms (Oceanside) 34-4 1/2, 6. Earman (Mt. Miguel) 34-3 1/2. Long Jump: 1. Gang (San Pasqual) 16-2. Triple Jump: 1. Simms (Oceanside) 34-8 1/2, 2. Gang (San Pasqual) 34-8, 3. Conston (Oceanside) 34-0, 4. Matonak (Fallbrook) 33-8, 5. Klinger (Orange Glen) 33-6 1/4, 6. Mack (San Pasqual) 3-5 1/2. High Jump: 1. Kurras (Poway) 5-2, 2. Armstrong (Torrey Pines) 5-2, 3. Jhung (Torrey Pines) 5-0, 4. Williams (Mt. Carmel) 5-0.

**Boys Team Scores: (Div. I):** 1. Poway 49, 2. Mira Mesa 41, 3. Mt. Carmel 37. (Div. II): 1. Helix 47 1/2, 2. Orange Glen 39, 3. Santana 36 1/2. (Div. III): 1. Torrey Pines 39, 2. Fallbrook 37, 3. Serra 36. (Div. IV): 1. Oceanside 40, 2. El Camino 35, 3. La Jolla 35. (Invit.): 1. Poway 40, 2. Orange Glen 24, 3. Santana 20.

**Boys Results: Invitational 100:** 1. Washington (Southwest) 10.3, 2. Gregory (Henry) 10.3. **Invitational 440:** 1. Carter (Santana) 51.0, 2. Wittenberg (Poway) 51.0. **Invitational 880:** 1. Luna (Poway) 2:01.3, 2. Odem (San Dieguito) 2:03.9. **Invitational Mile:** 1. Hernandez (Mar Vista) 4:35.0. **Invitational 2-Mile:** 1. Lozano (Helix) 9:50.8, 2. Romeriz (Orange Glen) 9:51.5, 3. Hernandez (Mar Vista) 9:51.6, 4. Ricketts (Hilltop) 9:58.6, 5. Virgil (Santana) 10:02.0. **Invitational 120HH:** 1. Ruff (El Capitan) 15.0, 2. Meadows (Poway) 15.1, 3. Palma (Mira Mesa) 15.4, 4. Bosch (Mt. Carmel) 15.5. **440 Relay:** 1. Poway 44.0. **Mile Relay:** 1. Poway 3:33.3. **Discus:** 1. Graham (Mira Mesa) 144-3, 2. Gommel (Vista) 143-8. **Shot Put:** 1. Poumele (Oceanside) 51-11, 2. Martz (Orange Glen) 50-6, 3. Loshonkahl (Granite Hills) 49-11 3/4, 4. Linglew (Torrey Pines) 48-9. **Long Jump:** 1. Price (University City) 23-8, 2. Balina (Mt. Carmel) 22-3 1/2, 3. Avery (El Camino) 20-8, 4. Barger (Mira Mesa) 20-6. **Triple Jump:** 1. Coleman (Mt. Miguel) 45-1/2, 2. Smith (Granite Hills) 43-2. **High Jump:** 1. Long (Poway) 6-2 1/4. **Pole Vault:** 1. Truesdale (Henry) 13-6, 2. Bigham (Carlsbad) 13-0, 3. Barca (Torrey Pines) 13-0, 4. Lavalla-

ro (Mira Mesa) 13-0, 5. Rabith (Mt. Carmel) 12-6, 6. Mario (Poway) 12-6, 7. Serrano (Southwest) 12-0, 8. Brightbarth (Carlsbad) 12-0.

## ● State Federated Council Meeting

**February 2--**Cross Country Divisions. To add another division to the existing three-division format. Based on C-BED statistics, the divisions (each with approximately 200 schools), would be divided by the following enrollment figures:

- Division 4 -- 1 - 900
- Division 3 -- 901 - 1525
- Division 2 -- 1526 - 2025
- Division 1 -- 2026 - Up

State meet representation under a four-division format would be:

- Southern Section -- four schools per division
- San Francisco -- one school per division
- Oakland -- one school per division
- Other Sections: two schools per division (unless section contains less than ten schools, in which case, representation from that section would be one school in that division).

It was moved and seconded to approve the aforementioned recommendation.

## ● Stevanie Wadsworth (Bell High School, Hurst, Texas)

**February 20. Fort Worth, Texas--**Stevanie Wadsworth threw her shot farther than any other woman shot putter at the Fort Worth Coaches Association-Southwest Conference Indoor Track & Field Championships--and she is still in high school.

Wadsworth, who is a senior at Bell High School in the Fort Worth suburb of Hurst, put her third attempt 49 feet, 10 1/2 inches Friday night to claim first place and break the national high school girls' indoor record of 49 feet, 7 3/4 inches set by Lynn Graham (Muir High School, Pasadena) in 1965 and tied by Lynette Matthews (Shorecrest High School, Seattle, WA) in 1971.

Lynn Graham, who competed for Fresno State and the Fresno Elans, had a career best of 53-1 in 1971. She was the AAU nation-

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# PREP NOTES

al champion in the shot put five times--1965, 1966, 1969, 1970, and 1971. In fact she won the AAU national championship as a senior in high school!

Lynette Matthews, who competed for Seattle Pacific and the Falcon Track Club, had a career best of 51-4. She was the AAU national indoor shot put champion in 1971 and competed in the 1971 Pan American Games while still attending high school.

"My main goal is the Olympics," Wadsworth said Monday night. "If everything goes accordingly, I don't see why I can't compete in Barcelona (the site of the summer Olympics) in 1992."

Her effort would have won the Southwest Conference portion of the meet by 26 inches. High school contestants use the same 4 kilo shot that women collegians use.

"A lot of SWC coaches are drooling over her," said her coach, Cathy Kahlig.

The top three high school girls' shot putters in 1989 were Dawn Dumble (Bakersfield) at 48-9, Wadsworth at 48-3, and Melisa Weis (Bakersfield) at 47-10 1/2. They are all seniors this season.

## ● All-Comers Meet

**February 24. Los Gatos--**Becky Spies (Livermore), a junior, won the girls' 800 in 2:12.0.

Lazer won the girls' high jump at 5-4.

Craig Magness (Santa Teresa, San Jose), a senior, won the open 800 in 1:57.8.

Flores won the boys' 300 intermediate hurdles in 37.9.

Sean Buckley (St. Francis, Mt. View), a senior, won the boys' pole vault at 14-0.

## ● Northern California Relays

**February 24. Berkeley--**Ramona Pena (Washington, San Francisco) placed fifth in the 3000 meters in 10:35.8.

## ● Hudson breaks American Record in Indoor Triple Jump

**March 10. Indianapolis--**Sheila Hudson (California), a graduate of Rio Linda High School, smashed the American indoor record in the women's triple jump with a leap of 45-9 at the NCAA Indoor Track and Field Championships.

Hudson's leap was 6 inches farther than the previous record of 45-3, set by Yvette Bates (USC), a graduate of Berkeley High School, on March 14, 1987. It was also 1 3/4 inches farther than Hudson's American

record outdoors.

The world record is 47-5 by Galina Chistyakova of the Soviet Union.

Hudson, who broke the national record on the last of her six attempts, said she was surprised because she was tired.

"I came into the meet wanting to set the American record," she said. "I thought I would have to do it early."

"Sheila is really able to get it out of herself when it counts; other people have the physical (ability) but she also has the mental strength," said coach Mike Strong to Michelle Cardenas (*The Daily Californian*).

Hudson also won the long jump Friday night with a personal best of 21-9 1/2.

Cynthia Moore (Arkansas) placed second at 42-6 and Cynthia Rhodes (Texas) was third at 41-10.

## ● San Francisco Prep Hall of Fame

**March 10. San Francisco--**Alex Darnes of Poly High School has been selected to the San Francisco Prep Hall of Fame.

Darnes was a starter on the championship football teams in 1958 and 1959, but he is best known for his track prowess as a discus thrower. In 1960, Darnes set an All-City meet discus record of 170 feet, 1 1/2 inches that still stands.

At the state track meet at Stanford Stadium, Darnes won the discus with a record toss of 178-8. The old state meet record of 176-1 was set by Ron Snidow of San Rafael High School in 1959 at Bakersfield.

Bob Stoecker (Los Altos) set a new state meet record of 188-6 1/2 in 1961 at East Los Angeles College.

## ● Kiwanis-Bellarmino Invitational

**March 17. Los Gatos High School--**Ed Lasquete (Mt. Pleasant, San Jose) set a new meet record of 15-7 in the pole vault. The old meet record of 14-6 was set by Sommers of Beyer in Modesto in 1985.

Kevin McMahon (Bellarmino, San Jose) won the hammer throw with a toss of 194-0, the longest throw in the country this year. He is trained by Olympian Ed Burke. McMahon, a 6-foot, 187-pound senior, hopes to attend Georgetown or Washington.

## ● Prep Results

### Mariner Invitational

**March 10. Chabot JC, Hayward.**

#### Boys Results:

**100:** 1. Larry Evans (Vallejo) 11.18, 2. Shaune Pittman (Logan) 11.30, 3. Tremaine Wheaton (Oakland) 11.31.

**3000:** 1. Jeremy Seven (DeLaSalle) 8:43.8, 2. Kevin Berkowitz (Hayward) 8:48.0, 3. Jason Atwood (Castro Valley) 8:59.8.

**300mIH:** 1. (tie) Mike Parham (Hogan) and Chris Redmon (Vallejo) 40.4, 3. Tim Baxter (Bellarmino) 40.8.

**400m Relay:** 1. Oakland 43.51, 2. Bellarmine 43.59, 3. Logan 44.04.

**1600m Relay:** 1. Hogan 3:25.6, 2. Logan 3:28.2, 3. O'Dowd 3:29.0.

**Steeplechase:** 1. Jeff Aschbrenner (California) 5:04.8, 2. Ronan O'Flaherty (Bellarmino) 5:12.1, 3. Pat Malone (Santa Teresa) 5:18.9.

**Sprint Medley:** 1. Oakland 1:35.3, 2. Logan 1:35.8, 3. Hogan 1:36.1.

**3200m Relay:** 1. Bellarmine 8:14.1, 2. De La Salle 8:28.5, 3. Montgomery 8:35.2.

**Distance Medley:** 1. De La Salle 11:00.6, 2. Castro Valley 11:12.9, 3. Hayward 11:20.7.

**SH:** 1. Logan 37.2, 2. Bellarmine 38.3, 3. California 41.1.

**High Jump:** 1. Matt Rice (Bellarmino) 6-4, 2. Brendan Siegal (DeLaSalle) 6-2, 3. Brian Davidson (California) 6-0.

**Long Jump:** 1. Troy Dominici (Logan) 22-0, 2. Ted Kermoian (Campolindo) 21-3, 3. Jon Bell (Campolindo) 20-6 1/4.

**Triple Jump:** 1. Ted Kermoian (Campolindo) 44-5, 2. Jason Terrell (Logan) 44-0, 3. Leonard Hayward (St. Mary's) 43-7 1/2.

**Shot Put:** 1. Jason Sisneros (Logan) 54-3 3/4, 2. Matt Loggins (Moreau) 53-7, 3. Kevin McMahon (Bellarmino) 50-3.

**Discus Throw:** 1. Kevin McMahon (Bellarmino) 170-6, 2. Jason Sisneros (Logan) 166-4, 3. Brad Bowers (Bellarmino) 139-9.

#### Girls Results:

**100:** 1. Lesa Parker (O'Dowd) 12.96, 2. Andrea Holmes (Albany) 13.11, 3. Teresa Weskamp (Ygnacio Valley) 13.13.

**3000:** 1. Lisa Lopez (Balboa) 10:56.3, 2. Julie Shuster (Monte Vista) 11:08.4, 3. Melissa Ackerman (Castro Valley) 11:10.7.

**300LH:** 1. Julie Jenkins (San Ramon) 50.1, 2. Erin Hannon (Campolindo) 51.1, 3. Karma Crockett (Oakland) 51.6.

**400m Relay:** 1. O'Dowd 50.51, 2. Kennedy-R 50.55, 3. Vallejo 51.35.

**1600m Relay:** 1. Kennedy-R 4:09.9, 2. Carlmont 4:10.1, 3. O'Dowd 4:10.8.

**Sprint Medley:** 1. Kennedy-R 1:49.8, 2. Vallejo 1:52.7, 3. O'Dowd 1:52.9.

**3200m Relay:** 1. Campolindo 10:27.7, 2. Logan 10:34.2, 3. Santa Teresa 10:44.3.

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# PREP NOTES

**Distance Medley:** 1. Campolindo 13:15.2, 2. Watsonville 13:27.0, 3. Santa Teresa 13:27.0.

**SH:** 1. Oakland 42.2, 2. O'Dowd 43.5, 3. San Ramon 44.4.

**High Jump:** 1. Julie Jenkins (San Ramon) 5-1, 2. Bryn Gerich (Livermore) 5-0, 3. Aisha Sims (O'Dowd) 5-0.

**Long Jump:** 1. Stephanie Hanf (Ygnacio Valley) 16-6, 2. Lynette Parker (Logan) 15-11 1/2, 3. T. Mack (Oakland) 15-11.

**Triple Jump:** 1. Stephanie Hanf (Ygnacio Valley) 37-9 3/4, 2. Lynette Parker (Logan) 34-9, 3. Bryn Gerich (Livermore) 33-9.

**Shot Put:** 1. Danyel Mitchell (Vallejo) 38-4, 2. Salua Vaifale (Logan) 37-7 1/2, 3. Jessica Alderman (Mission San Jose) 33-3.

**Discus Throw:** 1. Jessica Alderman (Mission San Jose) 125-4, 2. Stefani Schlueter (Yreka) 117-2, 3. Danyel Mitchell (Vallejo) 112-0.

## Beyer Invitational

March 10. Modesto JC.

### Boys Results:

**1600:** 1. Jason Green (Turlock) 4:37.5, 2. Griffen Cheek (East Union) 4:37.6, 3. Jason Scott (Beyer) 4:37.2.

**3200:** 1. Darin Loucks (Beyer) 9:58.0, 2. Grant Swearingen (Downey) 9:59.2, 3. Brian Singleton (Bret Harte) 10:10.3.

**Shot Put:** 1. Rick Asbell (Manteca) 50-8 1/2, 2. Jason Quadrato (Bret Harte) 45-4, 3. Victor Rodriguez (Oakdale) 45-0.

### Girls Results:

**1600:** 1. Amy Davidson (Bret Harte) 5:29.3, 2. Jennifer Hamel (Merced) 5:32.7, 3. Kelly Loos (Beyer) 5:38.5.

**3200:** 1. Carrie Tacheria (Downey) 12:24.0, 2. Debra Fisher (Downey) 12:25.2, 3. Gerry Seymour (Mariposa) 12:28.7.

**Shot Put:** 1. Tanisha Huddleston (Merced) 38-9 1/2, 2. Tiann Rouse (Livingston) 35-0 1/2, 3. Erin Lathrop (Manteca) 30-10 1/2.

**Discus:** 1. Tanisha Huddleston (Merced) 110-11, 2. Erin Lathrop (Manteca) 109-8, 3. Tiann Rouse (Livingston) 108-6.

**Note:** The meet was cancelled due to rain.

## Sacramento Track Jamboree

March 17.

### Boys Results:

**Teams:** 1. Cordova 89, 2. Jesuit 79, 3. Lodi 63, 4. Woodland 60, 5. Del Campo 41.

**100:** 1. Wingo (Vacaville) 11.4, **200:** 1. Wingo (Vacaville) 23.0, **400:** 1. Moore (Lodi) 51.6, **800:** 1. Stember (Jesuit) and Diaz (Sacto) 1:59.8, **1600:** 1. Johnson (Jesuit) 4:31.7, **3200:** 1. Dahl (Sacto) 9:46.0, **1100H:** 1. Jacques (Woodland) N.T., **300LH:** 1. Denofrio (Dixon) 39.3, **400 R:** 1. Rio Americano 42.9, **1 Mile R:** 1. Woodland 3:34.8, **HJ:** 1. Bodie (Cordova) 6-3, **LJ:** 1. Bodie (Cordova) 20-4, **PV:** 1. Chadwick (Woodland) 13-6, **TJ:** 1. Braxton (Cordova) 42-0, **SP:** 1. Bennett (Jesuit) 47-5, **DT:** 1. Fua (Lodi) 140-6.

### Girls Results:

**Teams:** 1. Cordova 90, 2. Vacaville 78, 3. Del Campo 74, 4. Lodi 46, 5. Lassen 40.

**100:** 1. Scott (Cordova) 12.7, **200:** 1. Hayes (Cordova) 26.4, **400:** 1. Larsen (Del Campo) 61.7, **800:** 1. Lynett (Vacaville) 2:26.9, **1600:** 1. Gorbet (Lassen) 5:24.6, **3200:** 1. Pritchard (Vacaville) 12:14.4, **100LH:** 1. Johnson (Vacaville) 15.5, **300LH:** 1. Smith (Cordova) 47.2, **400 R:** 1. Cordova 50.2, **1 Mile R:** 1. Vacaville 4:25.5, **HJ:** 1. Smith (Cordova) 5-8, **LJ:** 1. Scott (Cordova) 15-8 1/2, **TJ:** 1. Hawthorne (Cordova) 34-6, **SP:** 1. Nasca (Del Campo) 34-3, **DT:** 1. Kailiwi (Loretto) 121-11.

## Kiwanis-Bellarmino Classic

March 17. Los Gatos High School.

### Boys Results:

**Teams:** 1. Bellarmine 121, 2. Fairfield 43, 3. Leigh 32, 4. Riordan 25, 5. (tie) Homestead and Ygnacio Valley 21, 7. DeLaSalle 18, 8. Oak Grove 17, 9. (tie) Hill and Lincoln (SF) 16.

**100:** 1. Derrick Riley (Fairfield) 10.6, 2. Terry Hill (Oak Grove) 10.8, 3. Goldsmith (Lincoln, SF) 10.9, **200:** 1. Shepard (Lincoln, SF) 22.0, 2. Steve Miller (Northgate) 22.2, 3. Shawn Dawkins (Homestead) 22.3, **400:** 1. Curtis Shearer (Silver Creek) 48.6, 2. Mark Colbert (Leigh) 50.2, 3. Ryan Grim (Ygnacio Valley) 50.5, **800:** 1. Destah Owens (Bellarmine) 1:56.0, 2. E.J. Sarraile (Bellarmine) 1:56.6, 3. Alex Bynoe (Gunn) 1:56.9, **1 Mile:** 1. Jeremy Seven (DeLaSalle) 4:27.9, 2. Todd Coulston (DeLaSalle) 4:28.6, 3. Ryan Adams (Fairfield) 4:29.0, **2-Mile:** 1. John Hannon (Woodside) 9:33.7, 2. Matt Ringer (Homestead) 9:34.6, 3. Kyle Dando (Bellarmine) 9:51.0, **1100H:** 1. Rocky Morris (Hill) 14.1, 2. Carson (Jefferson) 14.2, 3. Higgins (Fairfield) 14.4, **300LH:** 1. Mark Higgins (Fairfield) 39.2, 2. Tim Baxter (Bellarmine) 40.2, 3. Rocky Morris (Hill) 40.6, **400 Relay:** 1. Leigh 3:24.4, 2. Bellarmine 3:25.9, 3. O'Dowd 3:26.9, **800 Relay:** 1. Bellarmine (Hsu, Goulding, Teresi, Rice) 42.9, 2. Leigh 43.1, 3. Riordan 43.2, **HJ:** 1. Matt Rice (Bellarmine) 6-8, 2. Chris Baxter (Prospect) 6-6, 3. Jeff Brown (Fairfield) 6-4, **PV:** 1. Ed Lasquete (Mt. Pleasant) 15-7, 2. Chris Daily (Ygnacio Valley) 14-0, 3. Sean Haworth (Oak Grove) 14-0, **LJ:** 1. Steve Moore (Branham) 23-6 1/4, 2. Mike Jones (Santa Cruz) 23-1, 3. Scott Hill (Riordan) 22-6, **TJ:** 1. Scott Hill (Riordan) 46-1 1/2, 2. Tim Baxter (Bellarmine) 45-10 1/2, 3. Pat Ashley (Half Moon Bay) 44-4 1/2, **SP:** 1. Kevin McMahon (Bellarmine) 54-8, 2. Bruce Ventura (Yerba Buena) 51-7, 3. Brad Bowers (Bellarmine) 50-9, **DT:** 1. Jim Freeland (Amador Valley) 169-4, 2. Kevin McMahon (Bellarmine) 165-5, 3. Shawn Crawford (Del Mar) 156-9, **HT:** 1. McMahon (Bellarmine) 194-0, 2. Brust (Bellarmine) 126-8, 3. Kim (Bellarmine) 101-0.

**Girls Results:**  
**Teams:** 1. Northgate 36, 2. Ygnacio Valley 34, 3. Los Gatos 28, 4. McAteer 26-0 1/2, 5. St. Francis 26, 6. Mt. Pleasant 25, 7. (tie) Mitty, Leland, and Bret Harte 24, 10. (tie) O'Dowd and Kennedy (Richmond) 22.  
**100:** 1. Lesa Parker (O'Dowd) 12.3, 2. Cherise Ellison (Mt. Pleasant) 12.5, 3. Renee Williams (Kennedy) 12.5, **200:** 1. Tanya Dooley (Bret Harte) 24.9, 2. Lesa Parker (O'Dowd) 25.3, 3. Renee Williams (Kennedy-R) 25.9, **400:** 1. Tanya Dooley (Bret Harte) 57.6, 2. Tiffany Johnson (Kennedy-R) 59.0, 3. Angie Nurisso (St. Francis) 59.2, **800:** 1. Ramona

Pena (Washington, SF) 2:19.1, 2. Celeste Buchanan (Mitty) 2:19.6, 3. Genevieve Farnady (Los Gatos) 2:22.0, **1 Mile:** 1. Becky Kopchik (Northgate) 5:16.9, 2. Kate Sweeney (Leigh) 5:17.8, 3. Krissy Look (Shasta) 5:20.9, **2-Mile:** 1. Krissy Look (Shasta) 11:31.8, 2. Kate Sweeney (Leigh) 11:38.5, 3. Tenayu Soderman (Gunn) 12:23.8, **100 LH:** 1. Tanya Lazar (Lea McAteer) 14.5, 2. Tonia Coleman (Branham) 15.1, 3. Stephanie Hanf (Ygnacio Valley) 15.3, **300LH:** 1. Tonia Coleman (Branham) 45.2, 2. Tanya Lazar-Lea (McAteer) 46.2, 3. Heidi Brink (Los Gatos) 48.4, **400 Relay:** 1. St. Francis (Marquess, Murisso, Donnell, Meyer) 49.7, 2. Kennedy (R) 50.12, 3. Mt. Pleasant 50.7, **1 Mile Relay:** 1. Mitty (Korbel, Simons, Buchanan, Johnson) 4:10.7, 2. St. Francis (Wood, Marquess, Donnell, Nurisso) 4:11.6, 3. Eureka 4:13.7, **HJ:** 1. Chi Johnson (Menlo-Atherton) 5-6, 2. Trina Bindel (Eureka) 5-6, 3. Tanya Lazar-Lea (McAteer) 5-4, **LJ:** 1. Shena Ferguson (Washington, SF) 17-4, 2. Stephanie Hanf (Ygnacio Valley) 17-3 1/4, 3. Stephanie Bull (Westmont) 17-2 1/4, **TJ:** 1. Stephanie Hanf (Ygnacio Valley) 36-11 3/4, 2. Lisa Lassair (Northgate) 36-3, 3. Laura Tobol (Ygnacio Valley) 34-3 1/4, **SP:** 1. Mindy Wirtz (Leland) 38-7, 2. Nicole Logan (Novato) 37-7 1/2, 3. Megan McMahon (Gunn) 37-1, **DT:** 1. Mindy Wirtz (Leland) 124-9, 2. Vicki Garcia (Amador Valley) 121-7, 3. Jodeen Campbell (Saratoga) 108-11.

## Viking Opener Track Classic

March 17. Santa Rosa JC.

### Boys Results:

**100:** 1. James Robinson (Kelseyville) 11.0, 2. Kofi Banks (Healdsburg) 10.9 (in trials), **200:** 1. James Robinson (Kelseyville) 21.9, 2. Dan Stearns (Ukiah) 23.2, 3. Dee Grayer (Montgomery) 23.3, **400:** 1. Mike Del Campo (Montgomery) 50.6, **800:** 1. Dan Held (Santa Rosa) 1:57.5, **1600:** 1. Steve Guerrini (Santa Rosa) 4:27.0, **3200:** 1. Steve Guerrini (Santa Rosa) 9:59.7, **1100H:** 1. Dave Townsend (Casa Grande) 15.2, **300LH:** 1. Les Hamilton (Piner) 42.6, **400 Relay:** 1. Lower Lake 44.8, **1 Mile Relay:** 1. Santa Rosa 3:29.2, **HJ:** 1. Chance Woodward (Casa Grande) 6-1, **PV:** 1. (tie) Kris Warnock (Sonoma) and Emile Bruneau (Willits) 13-4, **LJ:** 1. M. Dee Grayer (Montgomery) 21-9 1/2, **TJ:** 1. Chad Gomez (Kelseyville) 42-6 3/4, **SP:** 1. Todd Crawford (Montgomery) 44-7, **DT:** 1. Joel Durand (Cardinal Newman) 136-2.

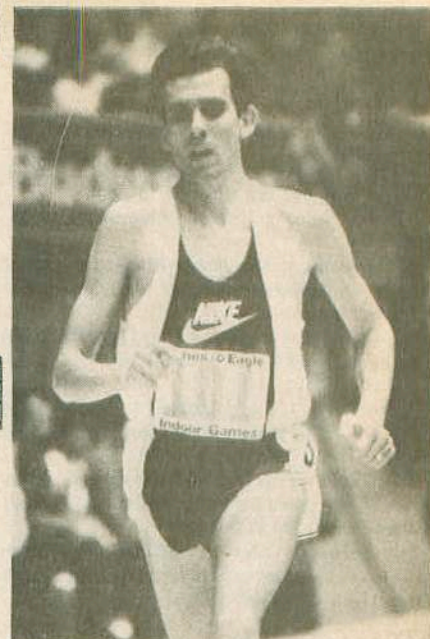
### Girls Results:

**100:** 1. Amey Mitchell (Rancho Cotate) 12.7, 2. Nicole Park (Montgomery) 12.8, **200:** 1. Nicole Park (Montgomery) 26.0, 2. Cari Stenger (Montgomery) 26.5, **400:** 1. Melissa MacPherson (Montgomery) 1:01.6, **800:** 1. Kerri Woolheater (Casa Grande) 2:24.1, **1600:** 1. Nika Horn (Santa Rosa) 5:21.3, **3200:** 1. Nika Horn (Santa Rosa) 11:55.6, **100LH:** 1. Amey Mitchell (Rancho Cotate) 15.4, **300 LH:** 1. Lindsay Stephens (Montgomery) 50.4, **400 Relay:** 1. Montgomery 51.4, 2. Santa Rosa 51.4, **1 Mile Relay:** 1. Santa Rosa 4:17.7, **HJ:** 1. Julie Gash (Santa Rosa) 5-0, **LJ:** 1. Amey Mitchell (Rancho Cotate) 19-4, **TJ:** 1. Suzie Green (Upper Lake) 36-1, **SP:** 1. Rachel Lansom (Lower Lake) 34-1, **DT:** 1. Tania Gardner (El Molino) 104-7.



# Los Angeles Times Indoor

By Doug Speck



**DOUG PADILLA** on his way to a new American Record in the two-mile and the No. 2 mark in world history.

*Photo by Bill Leung, Jr.*

Some super distance running on the Men's side and a number of quality performers in a other events were the highlights of an entertaining L.A. Times Indoor affair. Doug Padilla raced a two-mile American record of 8:15.2 in the Meet headliner, with Great Britain's Peter Elliott showing his dominance of a top mile field once again. The Romanian women distance runners were here in force, with Kenny Harrison leading a good group of field events with a 56-6 1/2 Triple Jump win.

Doug Padilla's two mile effort was one of those that makes distance running so special for its fans. The World Record is 8:13.2 by Emiel Puttmans of Belgium from back in 1973, with the sub-62 seconds per 440 pace required to attempt bettering that mark mildly impressive. The race featured one of those conditions so very great to view, with the lonely runner on the track, pressing hard against record possibilities with the crowd very into and appreciative of such an amazing attempt. Padilla is a very emotional runner and seems to have a stride that flows effortlessly on the 160 yard circuit like those run here. Anyway, in the actual race, local Andy Young towed the crew out through sufficient 61.0 - 2:02.1 - 3:04.0 splits up through the 1320, with Wes Ashford continuing through the mile at 4:08.1 with Padilla close behind. A lap past the mile Padilla realized record possibilities were only there if he seized the moment, which he did, racing the next two quarter miles in 62.5 (5:10.6 1 1/4 miles) and 62.6 (6:13.2 1 1/2 miles). His ability to continue at just over 62 seconds per lap plus his ability to kick big had the crowd really into things. After a 7:16.4 1 3/4 mile time (63.2 last 440) the World Best was realistically out of the picture, but Doug has the American Record at 8:15.3 from 1985. In

one of the most impressive indoor distance efforts ever, Padilla rocketed the final couple of laps, racing the final 160 yard loop at 54.4 440 pace on the way to a 58.9 final 440 that had him finish at 8:15.2, a new American best and the number two mark in world history.

Brit Peter Elliott, the Commonwealth Games 1500 winner, has dallied in the States a while on the way home, with another solid win at the mile distance here. Never fearing a pace that leaves the "sit and kick" crew exhausted, Elliott followed rabbits Richard Disley and fellow Englishman Richard Baptiste through 57.1 and 1:56.4 splits for the first two quarter posts. Algerian Nourredine Morcelli, a student at Riverside City College and former World Junior 1500 Champion, remained close to Elliott as they edged away from a good field, including Marcus O'Sullivan and Steve Scott, during the third 440. At 2:56.4 (1320) Elliott had three yards on Morcelli, with Marcus O'Sullivan third some twelve yards back. Holding the Algerian off through the final three circuits, Elliott powered in to a 3:55.51 win over the new JC Indoor Record for Ted Bank's latest import. Somehow the English continue to crank out the superior brand of middle distance star, with Elliott very decisive in his American indoor efforts this winter. Back in the pack in this mile local prep Bryan Darnworth (Agoura HS) looked good in coping with pace far beyond that which he is used to, coming through 1500 meters in 3:55.9 on the way to a nation-leading prep clocking of 4:13.1.

Romanian capitalist (after her \$100,000 mile record run) Doina Melinte raced here over 800 meters. After assistance through the 400 by Swedish import at UC Irvine, Maria Akra, Doina steadily edged away from Diana Rich-

burg and the pack, winning by over two seconds at 2:02.64. The Eastern Europeans went 1-2 over a good Women's Mile field, with Viorica Ghican towing the field through 67.8-2:14.6 and 3:23.3 quarter posts (with Gina Procaccio in closest tow), until Margareta Kasig rocketed the final two laps to race in to a 4:30.04-4:31.02 win over countrywoman Ghican.

If you blinked you missed Kenny Harrison's series in the Triple Jump, since he fouled, sailed 56-6 1/2, fouled, then passed his final jumps. Nigerian Joseph Taiwo had four leaps past 55 feet on the way to his second place 55-5 1/2. Jan Wolschlag took the Women's High Jump at 6-2, with Jake Jacoby the Men's at 7-3 1/4. Ramona Pagel had the best of a series of throwing events at Azusa Pacific University with her 61-3 1/2 Shot win there. In the Vault Kory Tarpenning edged Scott Huffman and Tim Bright on misses, with all clearing 18-8 1/4. NCAA Long Jump Champion, Nigerian Christy Opara, has shown up at Citrus JC, and won here with her opening 20-9 3/4 effort over Sheila Hudson of Cal (20-9).

On the straightaway races Jackie Joyner-Kersey showed some sharpness in the 60

*continued next page...*



meter hurdles with a start even with Lynda Tolbert, then a good move in the middle of the event that Tolbert could not respond to, with the Multi-Event star winning 8.01-8.08. Later in interviews, Joyner-Kersey commented that she felt she was a bit too sharp indoors last year and wanted to save some fine tuning for the summer this go-round.

Tonie Campbell rode a good start to a Men's Hurdles win at the same distance in 7.64 over Cletus Clark, with Greg Foster and Tony Dees notable "no-shows." In the Women's 60m flat event Dawn Sowell bumped with Jackie Joyner-Kersey at the end of a very controlled heat win, took a spill past the finish, slightly bruising a hip and scratching from the final. Michelle Finn dominated the final 7.19-7.32 over JJK. Michael Marsh continues to look good this winter, edging out ahead in the Men's 60, and holding a little less than a meter margin to the finish ahead of Greg Moses 6.63-6.69.

Danny Everett was just back from Germany where he had rocketed a World Record 45.04 400, and was racing over 500 meters here. Not looking too comfortable on this 160 yard board track, Danny veered really wide on the second turn, but managed to hold off Andrew Valmon and David Patrick on the final straight in a 1:03.19 win. Danny's driving a new Mercedes care of his WR performance (and you wonder why he gave up his NCAA eligibility?) Charles Marsala (Indiana TC) finished strongly to handle well-know's William Wuyke and Stanley Redwine in an exciting 2:23.68 win. Former Fresno State star Jack Armour continued a sterling indoor season with a 1:50.12 800 meter win over Jose Luis Barbosa of Brazil that featured Armour's patented strong final lap.

Former Hawthorne High stars Henry Thomas (Santa Monica TC) and Michael Graham (Iowa State) hooked up with Antonio McKay (Iowa State) over 400 meters. Thomas, looking like he's bulked up some, took the race out, with McKay running him down during the final lap and Graham edging by on the final straightaway. Diane Dixon charged out in another 400 meter effort, with Maicel Malone (Arizona State), one of the sport's great young talents, keeping her honest to the tape in a 53.21-53.75 win. Tall, thin Grace Jackson showed her mastery of the boards with a 23.73-23.92 200 meter win.

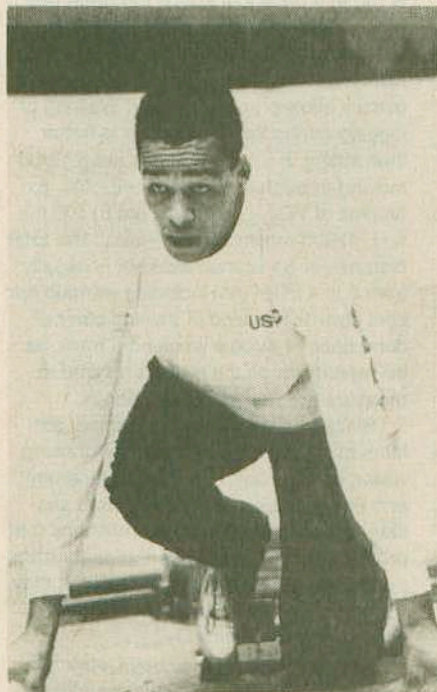
The Times Meet includes a series of Olym-

pic Development events for local athletes with qualifying this year in an outdoor competition at USC. It adds an interesting local touch to the Meet.

#### Men's Results

**60:** 1. Mike Marsh (SMTC) 6.63, 2. Greg Moses (Nike) 6.69, 3. Mark Witherspoon (MCTC) 6.70. **60m HH:** 1. Tonie Campbell (Bee Fit TC) 7.64, 2. Cletus Clark (SMTC) 7.83, 3. Andrew Parker 9Jamaica) 7.84.

**400:** 1. Antonio McKay (NYAC) 48.76, 2. Mike Graham (Iowa St) 49.50, 3. Henry Thomas (SMTC) 49.52. **500:** 1. Danny Everett



ROBERT READING

Photo by Bill Leung, Jr.

(SMTC) 1:03.19, 2. Andrew Valmon (NYAC) 1:03.23, 3. David Patrick (Flojo Int'l.) 1:03.64.

**800:** 1. Jack Armour (Westchester TC) 1:50.12, 2. Jose Luis Barbosa (Brazil) 1:50.79, 3. John Marshall (NYAC) 1:51.11. **1000:** 1. Charles Marsala (Indiana TC) 2:23.68, 2. William Wuyke (Venezuela) 2:23.98, 3. Stanley Redwine (Nike) 2:24.09.

**1 Mile:** 1. Peter Elliott (Britain) 3:55.51, 2. Nourredine Morcelli (Algeria) 3:55.83, 3. Mar-

cus O'Sullivan (Ireland) 3:56.99. **1 Mile Walk:** 1. Tim Lewis (Reebok) 5:49.0, 2. Allen James (AIA) 6:03.3, 3. Rene Haarpainter (Switzerland) 6:13.3. **Two-Mile:** 1. Doug Padilla (Nike) 8:15.02, 2. Brian Abshire (Nike) 8:32.34, 3. Eamonn Coggan (Ireland) 8:37.3.

**Triple Jump:** 1. Kenny Harrison (Accusplit) 56-6 1/2, 2. Joseph Taiwo (Nigeria) 55-5 1/2, 3. Lofti Khaida (Algeria) 52-3 3/4. **High Jump:** 1. Jake Jacoby (Reebok) 7-3 1/4, 2. Jimmy Howard (Mazda TC) 7-1 3/4, 3. John Morris (Unat.) 7-1 3/4. **Pole Vault:** 1. Kory Tarpening (PCC) 18-8 1/4, 2. Scott Huffman (NYAC) 18-8 1/4, 3. Tim Bright (Mazda TC) 18-8 1/4.

#### Women's Results

**60:** 1. Michelle Finn (Atoms TC) 7.19, 2. Jackie Joyner-Kersey (World Class TC) 7.32, 3. Grace Jackson (Jamaica) 7.33. **60m H:** 1. Jackie Joyner-Kersey (World Class TC) 8.01, 2. Lynda Tolbert (Arizona St.) 8.08, 3. Donna Walker (Unat.) 8.31. **200:** 1. Grace Jackson (Jamaica) 23.73, 2. Michelle Finn (Atoms TC) 23.92, 3. Sandra Farmer-Patrick (Flojo Int'l.) 24.97.

**400:** 1. Diane Dixon (Nike) 53.21, 2. Maicel Malone (Arizona St) 53.75, 3. Julie Harrison (UNLV) 55.34. **800:** 1. Doina Melinte (Romania) 2:02.64, 2. Diana Richburg (Gazelle Int'l.) 2:04.66, 3. Maria Akra (Sweden) 2:04.73. **1 Mile:** 1. Margareta Kaszig (Romania) 4:30.04, 2. Vionica Ghican (Romania) 4:31.02, 3. Gina Procaccio (Sallie Mae TC) 4:31.73. **1 Mile Walk:** 1. Maryanne Torelias (Abraxas TC) 6:36.8, 2. Sara Stanley (Unat.) 6:38.9, 3. Victoria Herazo (Calif. Walkers) 6:50.9.

**High Jump:** 1. Jan Wohlchlag (Nike) 6-2, 2. Yolanda Henry (Mazda TC) 5-10 3/4, 3. Latrese Johnson (Azusa-Pacific) and Trevain Williams (UNLV) 5-8 3/4. **Long Jump:** 1. Christy Opara (Citrus College) 20-9 3/4, 2. Sheila Hudson (Cal) 20-9, 3. LaShawn Simmons (SoCal Cheetahs) 20-2 1/2.





# Fine Tuning Your Training for the *Racing Season*

By Nicholas B. Martin, M.D.

MANY RUNNERS TRAIN on a weekly cycle throughout the year. This program is convenient since it easily fits into work, family, and other social schedules. Week-ends are reserved for long runs and races. A weekly cycle also lends itself to a week-end race, because the main work sessions can be done early in the week, leaving 2 or 3 days for tapering, recovery, and resting before the race.

However, when the racing season begins, runners must adjust their training to emphasize racing. Following the same training routine on a year-round basis is not the best way to improve performance. Racing-season training should begin approximately 3 to 4 weeks before the first race. This training has two specific goals--to increase maximal oxygen uptake and to raise the anaerobic threshold. These two terms need to be understood so that the reasons for doing the specific training are clear.

Maximal oxygen consumption ( $VO_{2\max}$ ) is the greatest rate of oxygen uptake by the body during intense exercise. It is the point at which the body can no longer use (absorb) more oxygen even though the workload increases. Even well-trained runners can work at their  $VO_{2\max}$  for only a few minutes before they are exhausted. On the other hand, elite runners can maintain a pace that is 75% to 90% of their  $VO_{2\max}$  for 30 to 45 minutes.

Somewhere in this  $VO_2$  range, lactic acid, a by-product of anaerobic (without oxygen) energy production, begins to accumulate. A buildup of lactic acid produces a burning sensation in the muscles, fatigue, and pain. The point at which more lactic acid is produced than can be rapidly cleared from the body is known as the "anaerobic threshold" (AT).

Ideally, distance runners have a very high  $VO_{2\max}$  and an AT that is a very high

percentage of that  $VO_{2\max}$ . After properly warming up and stretching, a set distance is run at a pace that keeps the heart rate 80% to 95% of  $VO_{2\max}$ . This pace is approximately that used to run a 2-mile race. Rest intervals of equal time between runs usually allow proper recovery. Walking or jogging during the rest periods is better than sitting or just standing to keep blood moving through the working muscles. Examples of  $VO_{2\max}$  intervals are 8x400 meters, 4x800 meters, or 2x1 miles. The total distance of an interval workout is usually from 2 to 4 miles (not including warmup and cool down). This kind of training can be done once or twice a week on a track, as hill repeats, or on the road using time to measure the work and rest periods.

Since interval training is intense, athletes must stay well hydrated by drinking water, or even better, a fluid replacement and energy drink during every work session. Water is needed in the reactions that produce energy and is the means for transporting oxygen to the muscle cells. If they become dehydrated, athletes will not be able to increase their  $VO_{2\max}$ .

To raise the AT, continuous, steady training is required. Most runners already have a gauge to monitor AT training--their 10K race pace. After warming up, athletes can run steadily for 15 to 30 minutes at this pace. Or, the 15 to 30 minute session may be broken into five or six equal runs with 10 to 20 second rests between each one. The second method will allow some muscle recovery, but will keep the heart rate at or near AT during the short recovery sessions. The effort of perceived exertion should be light to moderate at the beginning but fairly hard by the end of the session. This kind of training should be done once a week.

Interval and AT training need to be separated by 1 or 2 days of easier running each week to permit recovery. A longer,

less-intense run should be done on week-ends when no race is scheduled. Total mileage per week is not as important during the racing season as the quality work described above.  $VO_{2\max}$  and AT training sessions are designed specifically to improve the energy systems needed for racing faster.

TO PROVIDE THE ENERGY for this training, athletes must also pay attention to their nutrition. Inadequate energy intake, measured by calories, frequently keeps athletes from training and racing at their peak capability. Athletes must take in enough energy to meet their daily living needs and support their running. The daily energy needs for women range from 1400 Cal to 1650 Cal and for men from 1650 Cal to 2000 Cal. Running itself requires additional energy, from 11 to 17 Cal/min depending on the intensity and duration of the run. Energy needs are unique to each person and depend on age, weight, body size, sex, and level of activity and training. As an example, a 150-lb man who runs 2 hours every day needs 1775 Cal for his daily activities and at least 1270 Cal for his run. His total daily Calorie requirement is over 3000 on days that he runs.

Blood glucose and muscle glycogen are the main fuels used by the body during intense exercise, and glycogen serves an important role in sustained moderate exercise such as running. Glucose is a limiting factor in a runner's endurance. When the level of glycogen falls, runners "hit the wall," or experience fatigue. If glycogen levels continue to fall over a period of days, athletes may find themselves unable to maintain their training schedules. The amount of glycogen stored in the muscles is directly related to the level of carbohydrate in the diet. To provide the energy need for running, athletes should eat a high-carbohydrate, low-fat diet. Ideally,

*continued next page...*



The penalty for not maintaining the proper nutrition training is chronic fatigue, "hitting the wall," and poor racing performance. No matter how high a runner gets his or her  $VO_{2\max}$  and AT, if the energy is not there to support the work, performance will not be the best it can be.

athletes should get 60% to 75% of their energy from carbohydrates, 20% to 25% from fat, and 12% to 15% from protein.

A high-carbohydrate diet includes a lot of "starch" foods, that is, pasta, rice, whole-grain breads and cereals, potatoes, and fruits and vegetables. In planning a high-carbohydrate diet, care must be taken not to include large amounts of meat and other protein foods, because they are usually high in fat and contain little or no carbohydrate.

The male runner, who needed 3000 Cal per day should get at least 1800 Cal or 450 g of carbohydrate each day to maintain his glycogen levels. A plain medium-sized baked potato contains approximately 33 g of carbohydrate. The runner would need to eat 14 baked potatoes a day to meet his carbohydrate requirement. Because it is difficult to eat enough food in the proper balance of nutrients, many runners, including elite runners, supplement their diets with liquid sports nutritionals. Sports nutritionals that contain the proper ratio of nutrients can be used with regular meals, as pre-exercise or pre-race meals, and as snacks. Liquid high-carbohydrate sources can be used with meals and immediately after exercise. These supplements provide needed carbohydrate calories without the bulk of solid foods.

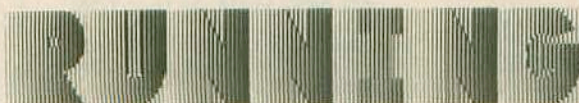
Timing of meals is also important. Some food should be eaten every 4 hours to maintain a steady flow of energy. Eating this often will also help runners eat all the food they need in a day. After a run, athletes should eat some carbohydrate immediately and some more 1 hour later. This carbohydrate is rapidly stored as glycogen in the muscles, replacing that which was used during the run.

Unlike  $VO_{2\max}$  and AT training, which are done once a week, nutrition training must be practiced every day. The penalty for not maintaining the proper nutrition training is chronic fatigue, "hitting the wall," and poor racing performance. No matter how high a runner gets his or her  $VO_{2\max}$  and AT, if the energy is not there to support the work, performance will not be the best it can be.

*Editor's Note: Nicholas B. Martin, M.D., is a triathlete. He competed in the 1987 and 1988 Ironman® Triathlon World Championship, finishing in the top 10 in 1987. Martin is a member of the American Medical Association, the American College of Sports Medicine, and the International Federation of Elite Triathletes.*

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# RESULTS

## TRACK & FIELD

### Stanford/ CS Northridge/UC Irvine

#### Men

100: 1. Pippins (CSUN) 10.6, 2. Reynolds (UCI) 10.6, 3. Schultz (Stan) 10.8.  
200: 1. Hendricks (CSUN) 22.20, 2. Jones (CSUN) 23.26, 3. Lee (Stan) 23.52.  
400: 1. Hickerson (Stan) 48.00, 2. Crampton (Stan) 48.11, 3. Clay (UCI) 48.60.  
800: 1. Strang (Stan) 1:52.33, 2. Accetta (Stan) 1:52.40, 3. O'Leary (UCI) 1:52.68.  
1500: 1. Strang (Stan) 3:49.81, 2. Vujic (CSUN) 3:50.11, 3. Crowley (Stan) 3:51.03.  
3000: 1. E. Mastalir (Stan) 8:07.55, 2. M. Mastalir (Stan) 8:19.25, 3. Mascorro (UCI) 8:21.26.  
5K: 1. Jenkins (CSUN) 15:01, 2. Garner (CSUN) 15.30, 3. Harris (UCI) 15.47.  
10K: 1. Jenkins (CSUN) 54.60, 2. Muniz (UCI) 54.97, 3. McGee (CSUN) 55.41.  
400 Relay: 1. UCI (Harris, Clay, Reynolds, Boateng) 41.38.  
1600 Relay: 1. Stanford (Strang, Assetta, Crampton, Hickerson) 3:14.69, 2. CSUN 3:17.52, 3. UCI A 3:18.45.  
HJ: 1. Farmer (UCI) 7-0 1/2, 2. Hopkins (Stan) 7-0 1/2, 3. Petersen (UCI) 6-8 3/4.  
PV: 1. Mark (Stan) and Hewitt (UCI) 15-5, 3. Miller (CSUN) and Lin (UCI) 14-5.  
LJ: 1. Hickerson (Stan) 7.13, 2. Perry (CSUN) 7.05, 3. Farmer (UCI) 6.82.  
TJ: 1. Hickerson (Stan) 46-11, 2. Perry (CSUN) 46-4 3/4, 3. Farmer (UCI) 45-5 3/4.  
SP: 1. Boggess (Stan) 54-3 3/4, 2. Morales (UCI) 54-1, 3. Youngberg (CSUN) 51-4 1/2.  
DT: 1. Boggess (Stan) 167-1, 2. Morales (UCI) 161-6, 3. Kostohryz (Stan) 157-6.  
Team Scores: Stanford 78, CS Northridge 56 1/2, UC Irvine 55 1/2.

#### Women

100: 1. Gaines (Stan) 11.65, 2. Vines (CSUN) 12.03, 3. Vaughn (UCI) 12.32.  
200: 1. Gaines (Stan) 24.29, 2. Vines (CSUN) 25.69, 3. Gill (CSUN) 25.78.  
400: 1. Olivers (Stan) 56.46, 2. Kerr (Stan) 56.96, 3. Banks (UCI) 57.48.  
800: 1. Bloch (Stan) 2:12.46, 2. Rabbitt (UCI) 2:14.71, 3. Samson (UCI) 2:15.77.  
1500: 1. Strang (Stan) 3:49.81, 2. Vujic (CSUN) 3:50.11, 3. Crowley (Stan) 3:51.03.  
3000: 1. Gray (Stan) 9:44.08, 2. Plier (UCI) 10:04.72, 3. Cervantes (UCI) 10:08.28.

100LH: 1. Young (CSUN) 14.37, 2. Odita (Stan) 14.76, 3. Jauquet (Stan) 14.85.  
400LH: 1. Young (CSUN) 1:05.52, 2. Helfter (Stan) 1:07.15, 3. Wayne (UCI) 1:07.51.  
400 Relay: 1. Stanford (Henlon, Oliver Ker, Gaines) 46.29, 2. CSUN 47.44, 3. UCI 47.36.  
1600 Relay: 1. UCI (Bracey, Banks, Tohluk, Escoffery) 3:14.69, 2. CSUN 4:01.79.  
HJ: 1. Gill (CSUN) 5-7 3/4, 2. Allen (Stan) 5-6, 3. Jauquet (Stan) 5-4.  
LJ: 1. Veltman (UCI) 18-11 3/4, 2. Hubbard (Stan) 18-11 3/4, 3. Gill (CSUN) 18-8 3/4.  
TJ: 1. Pile (CSUN) 11.90, 2. McCullough (CSUN) 11.61, 3. Young (CSUN) 11.58.  
SP: 1. Maleug (Stan) 14.04, 2. Bruno (CSUN) 11.82, 3. Odita (Stan) 11.40.  
DT: 1. Maleug (Stan) 149-2, 2. Andrews (UCI) 125-6, 3. Bruno (CSUN) 110-8.  
Team Scores: Stanford 75, CS Northridge 57, UC Irvine 50.

### Western State Conference Moorpark/Santa Barbara/ Valley/Canyon

#### Men

100: 1. Bradley (M) 10.80, 200: 1. Bradley (M) 22.5, 400: 1. Collins (V) 48.9, 800: 1. Esparza (M) 1:58.3, 1500: 1. Esparza (M) 4:03.8, 5000: 1. Maaden (SB) 16:08.7, 10K: 1. Jerry Edwards (M) 15.1, 400 IH: 1. Sprague (SB) 55.6, 400 Relay: 1. Moorpark 43.3, 1600 Relay: 1. Moorpark 3:28.2, HJ: 1. Edwards (M) 6-2, PV: 1. Dan Pinto (C) 15-0, LJ: 1. Scott (V) 23-3 3/4, TJ: 1. Scott (V) 45-3 1/2, SP: 1. Smith (C) 43-0, DT: 1. Herman (SB) 137-9, JT: 1. Carrillo (M) 173-7.  
Team Scores: Moorpark 83, Santa Barbara 37, Valley 36, Canyons 28.

#### Women

100: 1. Prevost (V) 12.3, 200: 1. Prevost (V) 25.2, 400: 1. Melanie Clarke (V) 57.6, 800: 1. Preston (V) 2:23.0, 1500: 1. Mathiesen (M) 5:12.8, 3000: 1. Mathiesen (M) 11:31.0, 10K: 1. Martin (V) 16.6, IH: 1. Wagenbach (M) 1:09.2, 400 Relay: 1. Moorpark 51.8, 1600 Relay: 1. Moorpark 4:28.0, HJ: 1. Clarke (V) 5-4, LJ: 1. Clarke (V) 16-10 1/2, TJ: 1. Myszkowski (M) 34-4, SP: 1. Clarke (V) 32-4, DT: 1. Wilmot (M) 115-9, JT: 1. Camerson (V) 108-9.  
Team Scores: Moorpark 80, Valley 60, Santa Barbara 25, Canyons 1.

### Cal Poly Pomona Meet CPP/CS Northridge/CSLA/ UC Riverside

#### Men

100: 1. R. Love (CSLA) 10.54, 2. Pippins (CSN) 10.61, 3. A. Love (CSLA) 10.76.

200: 1. R. Love (CSLA) 22.10, 2. Pippins (CSN) 22.25, 3. Sals (CSLA) 22.63.  
400: 1. Smart (CSN) 49.4, 2. Young (UCR) 49.8, 3. Haas (CSN) 50.0.  
800: 1. Spina (CPP) 1:52.98, 2. Primera (CPP) 1:54.36, 3. Ruggles (CSN) 1:55.85.  
1500: 1. Vujic (CSN) 3:56.1, 2. Myers (UCR) 3:58.0, 3. Winkelman (UCR) 3:59.4.  
Steeplechase: 1. Velt (CSN) 9:46.8, 2. McIntosh (CSN) 10:13.0, 3. Gann (CPP) 10:14.9.  
5000: 1. Yarborough (CSLA) 15:13.04, 2. Nichols (CPP) 15:16.9, 3. Saravia (UCR) 15:22.84.  
10K: 1. White (CSLA) 14.3, 2. Jenkins (CSN) 14.8, 3. Gannen (CSN) 15.0.  
400 IH: 1. Jenkins (CSLA) 54.82, 2. McGee (CSN) 55.57, 3. Garner (CSN) 56.55.  
400 Relay: 1. CS Los Angeles 41:57, 2. CS Northridge 42:25, 3. UC Riverside 45:96.  
1600 Relay: 1. CS Los Angeles 3:22.70, 2. CS Northridge 3:25.70, 3. Cal Poly Pomona 3:28.40.  
HJ: 1. Tebbe (CSN) 6-6, 2. Pearson (UCR) and Burton (CSN) 6-2.  
LJ: 1. A. Love (CSLA) 23-9 3/4, 2. Perry (CSN) 22-10 3/4, 3. White (CSLA) 22-4 3/4.  
TJ: 1. Green (CSLA) 45-10 1/2, 2. Perry (CSN) 45-10, 3. Burton (CSN) 22-4 3/4.  
PV: 1. Fisher (CSLA) 15-0, 2. McKee (CPP) 14-6, 3. Burton (CSN) 14-0.  
SP: 1. Youngberg (CSN) 15.39, 2. Taylor (CSLA) 14.56, 3. Buckner (CSLA) 14.38.  
DT: 1. Buckner (CSLA) 167-2, 2. Alberts (CSN) 145-2, 3. Jenkins (CSN) 142-2.  
HT: 1. Albers (CSN) 186-10, 2. Youngberg (CSN) 175-4, 3. Buckner (CSLA) 160-11.  
JT: 1. Walcher (UCR) 173-3, 2. Roman (CSN) 169-2, 3. Burton (CSN) 163-4.  
Team Scores: CS Northridge 90 1/2, CS Los Angeles 74 1/2, UC Riverside 20, CP Pomona 16.

#### Women

100: 1. Vines (CSN) 12.04, 2. Isles (CSN) 12.06, 3. Ralph (CSLA) 12.27.  
200: 1. Isles (CSN) 25.20, 2. Vines (CSN) 25.72, 3. Sapp (CSN) 25.79.  
400: 1. Taylor (CSN) 58.2, 2. Sapp (CSN) 58.3, 3. Richards (CSLA) 58.5.  
800: 1. Poy (CSLA) 2:17.3, 2. Casillas (CSLA) 2:17.9, 3. Vasquez (CSLA) 2:18.5.  
1500: 1. Rodriguez (CSLA) 4:43.5, 2. Corbin (UCR) 4:52.9, 3. Warner (CSN) 4:54.1.  
3000: 1. Rodriguez (CSLA) 10:07.7, 2. Paroini (UCR) 10:23.6, 3. Young (CSN) 10:31.8.  
5000: 1. Cruz (CSLA) 18:19.91, 2. Cazaros (CSLA) 18:33.84, 3. Poy (CSLA) 18:36.39.  
10K: 1. Young (CSN) 14.3, 2. Morris (CSN) 15.3, 3. Girard (CPP) 15.9.  
400 IH: 1. Young (CSN) 1:09.3, 2. Morris (CSN) 1:15.77.

400 Relay: 1. CS Northridge 47.79, 2. CS Los Angeles A 49.50, 3. UC Riverside 51.56.  
1600 Relay: 1. CS Northridge 3:59.94, 2. CS Los Angeles 4:02.85, 3. CP Pomona 4:12.74.  
HJ: 1. Gill (CSUN) 5-8, 2. Flynn (CSUN) 5-2, 3. York (CPP) 5-0.  
LJ: 1. Pile (CSUN) 5.55, 2. Young (CSUN) 5.46, 3. Anna Ralph (CSLA) 5.32.  
TJ: 1. Pile (CWUN) 39-3 1/2, 2. McCullough (CSUN) 36-9, 3. Poole (CSLA) 35-8 1/2.  
SP: 1. Bruno (CSUN) 11.9, 2. Benioff (CSLA) 11.81, 3. Girard (CPP) 10.71.  
DT: 1. Bruno (CSUN) 115-4, 2. Benioff (CSLA) 114-7, JT: 1. Gill (CSUN) 127-5, 2. Girard (CPP) 106-11, 3. Benioff (CSLA) 101-3.  
Team Scores: CS Northridge 106, CS Los Angeles 53, 3. CP Pomona 9, UC Riverside 7.

### Aztec Track & Field Classic

March 3, San Diego.

#### Men's Results

3000m Steeplechase: 1. Sean O'Hara (PLNC) 9:38.26, 2. David Haskell (El Camino) 9:46.98, 3. Alex Sabio (El Camino) 10:25.38, 5000m Open: 1. Jim Swinson (SDCC) 15:29.58, 2. Gustavo Arce (PLNC) 15:33.22, 3. Rob Ladner (SDSU) 15:45.96, 10,000m Invitational: 1. Roger Webb (UCSD) 32:14.47, 2. Rick Penman (PLNC) 32:36.44, 3. Mark Butala (CSLB) 33:00.34, Open Pole Vault: 1. Mike Hogan (SDTC) 15-0, 2. Wellington Pendell (SDSU) 14-6, 3. Scot Kirschbaum (SDSU) 14-0.  
Open Long Jump: 1. Joel Smith (Unat.) 22-11, 2. Charles Tyler (SDSU) 22-3 3/4, 3. Mark Michaelian (USC) 22-1 1/2, Invitational Long Jump: 1. Ron Martin (El Camino) 23-6, 2. Ronny Skold (PLNC) 22-9 3/4, 3. J.J. Cisneros (UCSD) 22-9 1/2, Open Triple Jump: 1. Chris Henry (SDSU) 43-10 1/4, 2. Brian Craft-Negrete (SDSU) 43-9, Invitational High Jump: 1. Jim Cody (SDTC) 7-0, 2. Brian Craft-Negrete (SDSU) 7-0, 3. Alan Hodgett (Unat.) 7-0, Invitational Shot Put: 1. Joe Bailey (WTC) 55-11 1/2, 2. Donnie Laut (CSLB) 52-2, 3. Michael Neimarc (CSLB) 51-6, 110m HH Open #1: 1. Tim Baker (Unat.) 15.23, 2. M.E. Wilson (USMC) 15.28, 3. Matt Inskeep (SDSU) 15.54, 110m HH Open #2: 1. Mike Simmons (SSTC) 14.90, 2. Craig Maler (CSLB) 15.19, 3. Cliff Mack (AIA) 15.39, 110 HH Invitational: 1. Malcolm Dixon (SBTC) 13.91, 2. Mark Crear (USC) 13.98, 3. Sherman Morris (LBCC) 14.30, Distance Medley Open: 1. USMC 11:13.44, Open Javelin: 1. Tim Baker (Unat.) 183-3, 2. Luis Romero (CSN) 1:15.77.



## 1990 TAC National Indoor Pentathlon

By Dave Douglass

Would you believe that an indoor event could be called because of rain? It almost happened. I received a wake-up call from Ed Martin wanting to know if we were still on. It was drizzling in Playa del Rey and pouring where he lives. All systems were on "go", but while driving over, I found that the drizzle had turned into a downpour while ascending the Santa Monica Mountains. However, at the crest, the rain stopped, and shortly I was looking at some blue patches of sky. Well, the weather held—not one drop of rain, and things proceeded relatively smoothly. The only negatives were (a) the TAC officials did not show because of the Los Angeles Marathon, but we had lots of volunteers, including some of the athletes themselves (b) the high-school personnel really "clucked" over their

facilities (spike checks every five minutes!); and (c) the medals arrived Friday by UPS, and since I was not home they did not leave them. Their service does not operate on Saturdays. Another interesting first was the use of a wind gauge for an "indoor" meet.

Twenty-eight athletes competed, 19 being from California. Maybe this says something about holding the event around the country rather than always in the east. A few entrants had never done this pentathlon. A prime example is Rufus Morris who learned to throw the shot the week before by using a 22-lb. stone. How did he fit it under his chin? Nevertheless, Rufus was giving Rex Harvey a good battle going into the 1000M, but as Rufus found out, you have to pay the price for this one; not bluffing here. He hit the wall at about 400M, and Rex breezed to a big win, Rufus fading to third. Frank Reilly bashed the first hurdle, stumbled around

like a drunk but finished well. We were laughing so hard we could hardly time him (Frank is pretty understanding). incidentally, we had three watches on each runner.

Boo Moorcom led all scorers with the only 4000+ total. It was gratifying to see Boo do so well after all his nagging injuries for the past two years. Another triumphant return was that of Hugh Adams, a really good decathlete from past years. However, Hugh had a debilitating sickness last year and has finally returned to great form. He ended up second overall with a great total of 3777.

Doug McFetters from Arizona looked great in beating Phil Mulkey. Doug took Phil in the hurdles, long jump and 1000, tied in the high jump, but lost the shot. Three women competed with Chistel Miller taking top honors overall on the age-factored score, beating many time world champ Phil Raschker 3388 to 3174.

The success of the meet was the result of many volunteers, including Gary and Christel Miller, their son Gunnar, Hugh Cobb, Dave Jackson, Pat Willis, Joe Sanzs, and Al Sheahan. Al was the scorer, taking a quick course on the job. Because he is the guru of age factoring, he was the likely choice, and after

getting him onto the right table, he did a bangup job. My sincere thanks to all for their help. It was a fun meet.

### Men's Results

35-39: 1. Ed Baskauskus (30) 2838, 2. John Kilroy (38) 2564, 3. Andy Hecker (35) 2398. 40-44: 1. Rex Harvey (43) 3658, 2. Frank Reilly (41) 3091, 3. Rufus Morris (44) 3072, 4. Bill Schooler (41) 2917, 5. Jorge Bimbaum (42) 2568, 6. Bill Weinstock (43) 2168. 50-54: 1. Hugh Adams (50) 3777. 55-59: 1. Doug McFetters (57) 3584, 2. Phil Mulkey (57) 3515, 3. Wood Grover (55) 3089, 4. Dave Douglass (58) 2871, 5. Ed Martin (58) 2813. 60-64: 1. Al Brenda (61) 3341, 2. Jock Jocoy (64) 2885, 3. Ted Ensslin (62) 2788. 65-69: 1. Boo Moorcom (68) 4025, 2. Charles McFate (68) 2445. 70-74: 1. Ham Morningstar (73) 3399, 2. Armando Ricciardi (70) 2908. 75-79: 1. John Damski (75) 2934, 2. Stan Thompson (79) 1203.

### Women's Results

40-44: 1. Phil Raschker (43) 3174. 55-59: 1. Christel Miller (55) 3388. 60-64: 1. Shirley Kinsey (60) 2570.

(Unat) 172-6, 3. Nick Rocherolle (SDSU) 162-0. Invitational Javelin: 1. Jason Lile (USMC) 218-11, 2. Fred Morgan (TAC) 214-6, 3. Matt Gee (USC) 209-6. 400m IH: 1. Frank Burruel (SDSU) 54.91, 2. Matt Pizza (UCSD) 55.36, 3. John Jasso (SDSU) 56.12. 4x200m Open: 1. Stars & Stripes TC 1:26.86, 2. Taft CC 1:28.72, 3. El Camino CC 1:29.31. 800m Open: 1. Anthony Hale (SDSU) 1:55.62, 2. Antonio Houston (El Camino) 1:56.45, 3. Jason Jakowski (SDSU) 1:56.85. 800m Invitational:

1. Dub Myers (AIA) 1:52.46, 2. Matt Large (Unat) 1:53.36, 3. David Myers (UCSD) 1:53.69. 400 Open #1: 1. Nelson Shalita (El Camino) 49.71, 2. Jimmy Dixon (El Camino) 50.50, 3. Thor Rood (SDSU) 50.51. 400m Open #2: 1. Marcus Wesley (SSTC) 48.48, 2. Wil Stolpe (Ujima) 48.88, 3. Anthony Gross (SDSU) 48.98. 400m Open #3: 1. Roosevelt Langston (CSLB) 48.74, 2. Lofty Kaidz (Unat) 48.74, 3. Tony Borquez (USC) 49.18. 400m Invitational: 1. Sean Maye (Taft) 47.10, 2. Tim Williams (SDTC) 47.17,

3. Floyd Barco (Unat) 47.78. Invitational Triple Jump: 1. Darryl Taylor (Unat) 51-7 1/2, 2. Joel Smith (Unat) 51-3 1/4, 3. Cameron Gary (Unat) 51-0 1/2. Invitational Discus: 1. Karl Von Mohr (Unat) 172-3, 2. Jamie Presser (WTC) 164-9, 3. Kevin Absher (LBCC) 161-8. Invitational Pole Vault: 1. Acain Morineau (France) 16-6, 2. Jason Odham (DDTC) 16-6, 3. Ted Lehman (USC) 16-0. 4x100m Invitational: 1. Stars & Stripes TC 40.2, 2. El Camino CC 41.2, 3. Taft CC 41.3. 100m Open #1: 1. Robedn Claiborne

(SDSU) 10.7, 2. Mike Silander (PLNC) 10.8, 3. Ron Martin (El Camino) 11.0. 100m Open #2: 1. Derrick Love (Taft) 10.4, 2. Robin Kim (El Camino) 10.8, 3. Larry Billops (CSLB) 10.9. 100m Open #3: 1. Kipper Bell (SDTC) 10.8, 2. Joseph Smith (SSTC) 10.8, 3. Philip Williams (SDTC) 10.9. 100m Invitational: 1. Jeff Williams (SSTC) 10.3, 2. Tim Williams (SDTC) 10.4, 3. Fred Simmons (SSTC) 10.5. 5000m Invitational: 1. Ken Flint (SDSU) 14:45.8, 2. Dave Beaudet



# RESULTS

(USC) 14:49.0, 3. Pat Green (SDTC) 14:52.2. **1500m Open:** 1. Dan Kash (Unat) 4:01.5, 2. Todd Peiler (USMC) N.T., 3. Daniel Neves (Brazil) 4:03.4. **1500m Invitational:** 1. Joaquin Cruz (Brazil) 3:46.0, 2. Richard Dissly (PILU) 3:46.8, 3. Ken Hallinan (RETC) 4:00.0. **4x400m Invitational:** 1. Brazil (Romualdo, Cruz, Santos, Barbosa) 3:12.4, 2. El Camino CC (Pratt, Council, Henry, Roberts) 3:15.3, 3. San Diego State (Davis, Gross, Hale, Huston) 3:15.6.

## Women's Open Results

**100:** 1. Nicole Stennis (SDSU) 12.1, **400:** 1. Michelle Taylor (Unat) 54.17, **800:** 1. Kathy Roldan (UCLA) 2:14.84, **1500m #1:** 1. Andrea Dellamonica (UCLA) 4:49.64, **1500m #2:** Kristina Hand (CPSLO) 4:37.53, **1000H:** 1. Diane Fritz (UCSD) 15:96, **400 IH:** 1. Gina Albanese (CPSLO) 1:00.62, **Javelin:** 1. Rebecca Fosters (SDCC) 134.8, **Triple Jump:** 1. Jennifer Delroy (SDSU) 35-7 3/4, **Shot Put:** 1. Carolyn Peters (SDSU) 40-2 1/2, **High Jump:** 1. Lisa Coleman (UCLA) 5-6, **Discus:** 1. Rachel Beerman (UCSD) 146-2, **Long Jump:** 1. Diane Fritz (UCSD) 17-1 1/4.

## Women's Invitational Results

**100:** 1. Z. Johnson-Bolden (Unat.) 12.1, **800:** 1. Sharette Garcia (El Camino) 2:07.92, **1500:** 1. Kathy Kanes (PILU) 4:27.07, **3000:** 1. Nicole Nugent (UCLA) 9:54.49, **5000:** 1. Tina Colebrook (CPSLO) 15:59.72, **1000H:** 1. Daria Vaughn (SDSU) 13:86, **Javelin:** 1. Ashley Selman (USC) 166-1, **Triple Jump:** 1. Rachelle Johnson (CSULB) 38-8 1/4, **Shot Put:** 1. Tracie Millett (UCLA) 48-8 3/4, **High Jump:** 1. Sue Dimarco (Nike) 5-10, **Discus:** 1. Tracie Millett (UCLA) 168-3, **Long Jump:** 1. Veronica Bell (SoCal Cheetahs) 19-0 1/4.

## Fresno State Meet FSU, UC Santa Barbara, Fresno Pacific College

March 3. Warmerdam Field, Fresno.

## Women's Results

**100m:** 1. Dionne Garner (FSU) 12.35, 2. Tina Davis (FSU) 12.36, 3. Niki Jones (UCSB) 12.72, **200m:** 1. Tina Davis (FSU) 25.02, 2. Nikki Jones (UCSB) 25.40, 3. Ronda Green (FSU) 25.90, **400m:** 1. Ronda Green (FSU) 58.10, 2. Cindy Hill (FSU) 58.56, 3. Tracy Hollister (UCSB) 59.01, **800m:** 1. Trish Unruhe (UCSB) 2:17.54, 2. Jennifer Gannon (FSU) 2:18.96, 3. Lisa Wiederin (FSU) 2:20.69, **1500m:** 1. Shannon Lieder (FSU) 4:37.61, 2. Trish Unruhe (UCSB) 4:44.77, 3. Betty Chavez (FSU) 4:48.39, **3000m:** 1. Janine Ogas (FSU) 10:06.29, 2. Cathy Norbutas (UCSB) 10:09.99, 3. Betty Chavez (FSU) 10:31.18, **5000m:** 1. Janine Ogas (FSU) 17:27.96, 2. Cindy Rockwood (FSU) 17:46.62, 3. Mary Dietz (UCSB) 18:37.27, **100mH:** 1. Birgit Bauer (FSU) 15.09, 2. Tara Didyk (FSU) 15.81, 3. Kim Moshier (FSU) 16.41, **400m H:** 1. Renee Cunningham (FSU)

1:05.1, 2. Lisa Thomas (UCSB) 1:08.1, 3. Bridgette Simmons (FSU) 1:08.3, **400m Relay:** 1. FSU "A" (Cesh, Davis, Hill, Garner) 47.87, 2. UCSB (Hollister, Callahan, Kron, Jones) 50.25, 3. FSU "B" (Lyles, Didyk, Kamain, Kulow) 50.90, **1600m Relay:** 1. FSU "A" (Hill, Cesh, Cunningham, Green) 3:58.15, 2. FSU "B" (Gannon, Kinchen, Rotherham, Lieder) 4:10.08, 3. UCSB (Jones, Kron, Thomas, Unruhe) 4:13.65, **Long Jump:** 1. Simone Cesh (FSU) 18-6 1/2, 2. Kristen Kulow (FSU) 18-5 1/4, 3. Tara Didyk (FSU) 17-0 3/4, **Triple Jump:** 1. Stacey Lyles (FSU) 37-5 3/4, 2. Bridgette Simmons (FSU) 36-3 1/2, 3. Tara Didyk (FSU) 35-4 3/4, **Javelin:** 1. Nicole Carroll (FSU) 157-10, 2. Danen Bitter (FSU) 149-3, 3. Chris Harris (FSU) 144-3, **Shot Put:** 1. Jennifer Viavia (FSU) 44-4, 2. Donna McKinnon (FSU) 40-6 3/4, 3. Michelle Scheaffer (UCSB) 39-7 1/4, **Discus:** 1. Donna McKinnon (FSU) 164-5, 2. Michelle Scheaffer (UCSB) 156-9, 3. Katie McCandless (FSU) 128-10, **Scores:** 1. FSU 121, 2. UCSB 27.

# ROAD RACING

## CHOC LRWG 5K

January 14, Orange.

## Division Results - Men

**Overall Winner:** 1. Dave Baptiste 17:00, 2. Rikie Martinez 17:27, 3. Jose Sandoval 17:31, **12 & Under:** 1. Jarrod Garrison 21:09, 2. Tom Coffey 23:03, 3. Scott Shaft 25:11, **13-15:** 1. Joey Hernandez 18:47, 2. James Garrison 18:48, 3. Peter Carmichael 21:03, **16-19:** 1. Jose Sandoval 17:31, 2. Jonathan Stiles 17:42, 3. Enrique Maycott 18:06, **20-24:** 1. Dave Baptiste 17:00, 2. Rikie Martinez 17:27, 3. Jeff Pierce 17:54, **25-29:** 1. Oliver Krauss 17:33, 2. John Brady 18:15, 3. Manuel Gutierrez 18:33, **30-34:** 1. Jon Cook 18:50, 2. Thomas Morse 19:00, 3. Scott Weitzman 19:39, **35-39:** 1. Rich Mendoza 20:49, 2. Ronald Cooke 21:01, 3. John Daly 21:26, **40-44:** 1. Mark Hemphill 18:34, 2. Bill Sumner 18:35, 3. Fred Doubell 21:26, **45-49:** 1. Don McCarthy 18:05, 2. Charles Burton 21:07, 3. Shel Nankin 21:23, **50-54:** 1. Alan Wakeling 20:17, 2. Ray Hughes 20:54, 3. Gary Stewart 22:05, **55-59:** 1. Paul Saucedo 21:13, 2. Andy Beall 23:33, 3. Daniel Botello 27:45, **60-64:** 1. Jerry Withers 22:59, 2. Leo Prado 24:59, 3. Jack Green 25:36, **65-69:** 1. Larry Banuelos 22:32, 2. John Mooshagian 32:29, 3. J.E. Swarr 35:26, **70 & Over:** 1. Bill Nice 26:20, 2. Jacob Bishin 30:14.

## Division Results - Women

**Overall Winners:** 1. Laura Cattivera 18:43, 2. Annie Seawright 19:44, 3. Carrie Garrison 20:26, **12 & Under:** 1. Heather Garrison

21:38, 2. Lindsay Wetzler 22:47, 3. Heather Hines 27:49, **13-15:** 1. Carrie Garrison 20:26, 2. Kristen Matheson 23:29, 3. Tawny Kutner 24:46, **16-19:** 1. Denisha Bendz 23:13, 2. Janelle Coxcord 23:18, 3. Paula Robinson 26:25, **20-24:** 1. Laura Cattivera 18:43, 2. Annie Seawright 19:44, 3. Kathleen Feathersto 23:38, **25-29:** 1. Carol Carrigan 20:41, 2. Christie Melton 20:52, 3. Gina Hurd 22:21, **30-34:** 1. Georgina Ried 22:39, 2. Colleen Soto 23:40, 3. Kathy Honeywell 24:08, **35-39:** 1. Donna Hinshaw 20:57, 2. Lori Coker 21:33, 3. Leslie Skow 23:06, **40-44:** 1. Terri Goodreau 22:40, 2. Cathy Kroninger 23:54, 3. Barbara Spatz 24:33, **45-49:** 1. Sharen Kokaska 27:23, 2. Barbara Thibault 29:40, 3. Ellen Patelson 31:04, **50-54:** 1. Terry Ives 24:34, 2. Diane Patrick 30:21, 3. Mickie Claxton 30:56, **55-59:** 1. Wilma Maddock 23:26, 2. Shirley Trugino 34:34, 3. Frank Applegate 35:27, **60-64:** 1. Sumiye Leonard 31:57, **65-69:** 1. Raye Johnson 27:19, 2. Anna Griffith 41:49, 3. Ardelle Courtney 43:07.

## Las Vegas Marathon

February 3, Las Vegas.

## Overall Results

1. Alfredo Rosas (San Pedro) 2:15:27, 2. Miguel Tibaduiza (Reno) 2:16:27, 3. Gary Gorgosi (Valent Penn) 2:18:49, 4. Juan Cozores (Mexico) 2:19:09, 5. Barney Klecker (Minnetonka, Minn) 2:21:29, 6. Armando Moreno (Mexico) 2:22:08, 7. Jose Ortiz



ALFREDO ROSAS

Photo from Bill Cockerham

(L.A.) 2:22:13, 8. Kevin Rulord (N.J.) 2:22:41, 9. Winni Sponaus (Portland, OR) 2:23:03, 10. Michael Tobin (Challis, ID) 2:23:17.

## Division Results - Men

**19 & Under:** 1. Brian Sargent 3:04:48, 2. William Wesley 3:27:06, 3. Mel Campbell 3:50:04, **20-24:** 1. Juan Cozores 2:19:09, 2. Armando Crespo 2:33:57, 3. Henrik Gabrielvan 2:40:45, **25-29:** 1. Armando Moreno

2:22:08, 2. Jose Ortiz 2:22:13, 3. Winni Sponaus 2:23:03, **30-34:** 1. Alfredo Rosas 2:15:27, 2. Miguel Tibaduiza 2:16:27, 3. Gary Gargosz 2:18:49, **35-39:** 1. Barney Klecker 2:21:29, 2. Ron Tabb 2:25:21, 3. Enrique Alvarez 2:33:01, **40-44:** 1. Fred Romkemo 2:37:24, 2. Jim Sapp 2:37:57, 3. Hayden Smith 2:39:27, **45-49:** 1. Larry Ingram 2:35:59, 2. Peter Stern 2:36:14, 3. Michael Mahier 2:38:08, **50-54:** 1. Ron Rohrer 2:46:57, 2. Bill Radzelovage 2:52:37, 3. Jim Way 2:54:02, **55-59:** 1. Jim Smedema 2:56:06, 2. Jim Schielsen 3:03:31, 3. Walt Wozniak 3:03:56, **60-64:** 1. Pete Petrocek 3:06:16, 2. Ruben Vigil 3:17:41, 3. Marvin Powers 3:19:21, **65-69:** 1. Albert Nakata 3:35:36, 2. Joe Cusic 3:35:46, 3. Tom Edwards 3:43:46, **Wheelchair:** 1. Michael Trujillo 1:40:53, 2. David Cornelsen 1:50:25, 3. John Fackler 1:51:40.

## Division Results - Women

**Overall Winners:** 1. Christine Gibbons 2:39:35, 2. Kimberly Bruyn 2:43:40, 3. Wanda Howlett 2:48:28, **20-24:** 1. Lori Helmselman 3:39:55, 2. Charlotte Blavert 3:55:12, **25-29:** 1. Christine Gibbons 2:39:35, 2. Kimberly Bruyn 2:43:40, 3. Wanda Howlett 2:48:28, **30-34:** 1. Maureen Griffith 2:53:47, 2. Kathy Britcliffe 2:57:13, 3. Susan McCabe 2:59:22, **35-39:** 1. Mary Ryzner 2:51:40, 2. Kim Swayze 3:00:30, 3. Lorraine Gersitz 3:02:41, **40-44:** 1. Janice Kreuz 3:00:06, 2. Marcia Stromsmoe 3:00:45, 3. Kathy Pycior 3:30:06, **45-49:** 1. Margie Lindsey 3:06:31, 2. Elizabeth Sobo 3:26:13, 3. Mary Toms 3:37:25, **50-54:** 1. Frances Steinfield 3:24:13, 2. Dixie Madsen 3:29:10, **55-59:** 1. Irene Olberg 3:19:48, **Wheelchair:** 1. Mary Thompson 2:29:54.

## Top 20 Californians

1. Alfredo Rosas 2:15:27, 7. Jose Ortiz 2:22:13, 12. Isaac Silva 2:24:27, 13. Javier Lares 2:25:14, 14. Ron Tabb 2:25:21, 15. Dean Rinde 2:27:14, 16. Alfred Lara 2:28:31, 19. Edward Goldberg 2:30:44, 21. Clyde Matsumura 2:32:47, 22. Enrique Alvarez 2:33:01, 25. Armand Crespo 2:33:57, 32. Peter Stern 2:36:14, 37. Michael Mahler 2:38:08, 38. John Barry 2:38:14, 42. Philip Wright 2:39:50, 44. Henrik Gabrielyan 2:40:45, 45. David Warady 2:41:29, 47. Craig Johnson 2:42:42, 53. David Hall 2:43:09, 55. Kimberly Bruyn 2:43:40.

## Desert Princess Run-Bike-Run

February 3, Palm Springs.

## Overall Results - Men

1. Scott Tinley (33) Del Mar 2:33:19, 2. George Pierce (30) Thousand Oaks 2:33:38, 3. Mike Pigg (26) Arcata 2:38:33, 4. Emilio DeSoto (29) San Diego 2:42:57, 5. Jon Black (29) Leucadia 2:43:24, 6. Larry Rhoads (30) Murrieta 2:44:07, 7. Mac Williamson (24) Del Mar 2:45:17, 8. Deon Lourens (23) Solana Beach 2:46:36, 9. Mark Montgomery (33) Encinitas 2:47:19, 10. Steve Pettit (29) Las Vegas 2:48:00, 11. Michael Moore (35) Rockville 2:48:38, 12. James Kerron (23) Las Vegas 2:49:48, 13. Steve Hermanson (25) Highgroup



# RESULTS

2:49:57, 14. Jim Maher (34) San Diego 2:51:15, 15. John Holbeck (31) Calimesa 2:51:22, 16. Bruce Balch (27) Las Vegas 2:51:40, 17. Dale Petersen (33) Denver 2:51:50, 18. Randy Rusk (30) San Diego 2:51:52, 19. Timothy Severa (34) Boise, ID. 2:51:53, 20. David Levan (24) Biofield Hills, MI. 2:52:12.

## Overall Results - Women

1. Terry Schneider (28) Watsonville 3:02:49, 2. Laura Lowe (28) Bakersfield 3:03:42, 3. Nancy Vallance (24) Santa Cruz 3:04:07, 4. Kristen Frost (33) Hood River, OR. 3:04:57, 5. Nancy Thomas (30) Del Mar 3:05:50, 6. Janine Daley (29) Encinitas 3:06:56, 7. Laura Stuart (24) San Diego 3:08:51, 8. Sheri Rodgers (25) Los Altos Hills 3:08:53, 9. Cathy Donovan (33) Los Angeles 3:08:57, 10. Luanne Park (29) Redding 3:10:22.

## Orient Express Run

February 3. Chinese Camp. 4 Mile.

Close to 250 runners, an all-time high, participated in the Orient Express in Chinese Camp.

Doug Arrit of San Andreas won the 4 mile race, finishing in 21:33.5, a half-minute ahead of runner-up S.E. Nichols of Palo Alto.

Steve Tague of Sonora was the first local finisher and third overall, while Barbara Miller of Modesto topped all women competitors, placing 27th overall.

## Overall Results

1. Doug Arrit 21:33, 2. S.E. Nichols 22:00, 3. Steve Tague 22:08, 4. Greg McKinstry 22:14, 5. David Lennon 22:18, 6. Dan Rusk 22:26, 7. Charles Locke 22:57, 8. Ron Ferrell 23:09, 9. Richard Johnson 23:19, 10. Charles Pittel 23:23.

11. Jake White 23:40, 12. Roger Zolldan 23:44, 13. Curt Royer 23:49, 14. Mike Royer 23:52, 15. Michael Sullivan 24:07, 16. Brian Lingo 24:09, 17. Kenneth Valentine 24:14, 18. Dan Verzier 24:23, 19. Mark Spencer 24:25, 20. Ken Schwison 24:29.

## Division Results - Men

13 & Under: 1. Kyle Royer 26:53, 2. Zack Taylor 28:58, 3. Alex Piellusch 32:15, 14-19: 1. Brian Lines 24:09, 2. Joseph Ruiz 28:47, 3. John Garrard 28:50, 20-29: 1. David Lennon 22:18, 2. Richard Johnson 23:19, 3. Mike Boyer 23:52, 30-39: 1. Douglas Arrit 21:33, 2. S.E. Nichols 22:00, 3. Steve Tague 22:08, 40-49: 1. Ron Ferrell 23:09, 2. Jake White 23:40, 3. Roger Zolldan 23:44, 50-59: 1. Ken Schwison 24:29, 2. Dick Shurman 27:15, 3. Robert Stokes 27:21, 60-69: 1. Bill Ferrell 27:34, 2. Tod Anton 29:53, 3. Chuck Freuhler 31:21, 70 & Over: 1. Ernie Klann 41:13, 2. Eugene Dunlop 45:13, 3. Bernard Dathie 51:06.

## Division Results - Women

13 & Under: 1. Sara Morse 27:44, 2. Liz Lariosa 32:37, 3. Wendy Kinnese 40:22, 14-19: 1. Sonja Visscher 27:16, 2. Christie Hicks 32:24, 3. Wendy Kinnese 40:22, 20-29: 1. Laura Dugquette 27:56, 2. Heather Deacon 29:06, 3. Krista Holland 30:20, 30-39: 1. Errin Pollen 28:56, 2. Heather Maluc-

ci 31:46, 3. Sharon Andreasian 31:49, 40-49: 1. Barbara Zolldan 28:54, 2. Jean Schwison 30:48, 3. Nadine Neufeld 31:38, 50-59: 1. Barbara Miller 25:32, 2. Jo Sullivan 30:24, 3. Margaret Styshel 31:49, 60-69: 1. Gerry Sullivan 41:49, 2. Mary Ruth 48:46, 3. Verna Herrero 1:02:40, 70 & Over: 1. June Manly 1:18:21.

## Winter Run

February 4. Lompoc. 5K & 10K.

The Lompoc Valley Distance Club sponsored the 16th annual Winter Run. Despite the rain the night before, 81 runners, 6 walkers, and numerous volunteers showed up for the runs held at La Purisima Mission.

Overall winner of both the 5K and 10K Men's Division was Paul Lee, 29, of Santa Maria, with times of 15:55 and 33:04, respectively. Overall winner of the women's 10K was Betty Jory, 46, with a time of 42:11. Susan Carey, 20, of Lompoc at 17:58 won the women's 5K.

Among the 5K walkers, Nancy Jacobs of Lompoc took first place with a time of 35:09. Second place went to Sonia Culmer at 35:59. Diane Carlson and Evelyn Clancy tied for third with a time of 39:08.

## Division Results - Men's 10K

19-29: 1. Scott Coe 35:14, 2. Sean Konrad 35:34, 3. Luis Escobar 36:52, 30-39: 1. Greg deHeras 33:54, 2. John Tretin 34:31, 3. Tom Harmon 38:40, 40-49: 1. Jerry Hill 42:42, 2. Michael Segale 42:56, 3. Russ Guinney 44:44, 50-59: 1. Leonard Lalumiere 39:00, 2. John Ayres 41:15, 3. Robert Clemmons 41:57, 60 & Over: 1. Robert Thompson 44:05, 2. George Hoffman 51:57.

## Division Results - Women's 10K

19-29: 1. Gigi Gosain 56:08, 2. Miriam Riegler 56:52, 30-39: 1. Melanie Jones 46:59, 2. Karen Weston 64:53, 3. Barbara Manchester 71:56, 40-49: 1. Carolyn Ward 54:12, 2. Nancy Perry 64:24, 50 & Over: 1. Lisa Norcutt 57:00.

## Division Results - Men's 5K

18 & Under: 1. Ian Myers 17:45, 2. Josh Pierson 19:02, 3. Mike Yancey 19:47, 19-29: 1. Joseph Padilla 18:38, 2. Keith Thompson 19:22, 3. Andy Clower 21:02, 30-39: 1. Ron Misner 17:36, 2. Ken Doss 18:06, 3. Tony Guest 18:13, 40-49: 1. Bill Graham 17:48, 2. Jerry Hill 19:49, 3. Alan Hunt 20:29, 50 & Over: 1. Thom Giambattista 22:44, 2. Gordon Burgett 23:03, 3. John Holubek 24:48.

## Division Results - Women's 5K

18 & Under: 1. Toni Jo Mazi 22:35, 2. Autumn Snow 28:18, 19-29: 1. Kim Arata 19:46, 2. Doris Fredieu 22:41, 3. Katie Burke 27:03, 30-39: 1. Lynnette Hinman 21:46, 2. Maria Aguirre 28:59, 3. Leona Sanders 29:41, 40-49: 1. Joanne Cargill 29:43.

## California Coastal Challenge

February 10. Olema. Limantour Split & Half Split.

## Overall Results - 10 Mile Split

1. Michael Duncan (40) San Mateo 57:31, 2. Dan Preston (47) Santa Rosa 59:58, 3. Byron Choiniere (34) Walnut Creek 1:00:52, 4. Nick Nichols (30) San Jose 1:01:30, 5. Alec Isabeau (28) Santa Rosa 1:02:29, 6. Nikos Mourtos (32) San Jose 1:02:46, 7. Ronald Brown (35) Mill Valley 1:02:49, 8. Alan Reynolds (26) Freshwater 1:03:39, 9. Michael LeVangie (25) San Francisco 1:04:11, 10. Peter Franks (43) Sausalito 1:04:29.

11. Donn DeAngelo (43) Forest Knolls 1:04:42, 12. D. Sklavopoulos (40) Mill Valley 1:05:19, 13. Bradford Bryon (32) Petaluma 1:06:19, 14. Vince Fausone (28) San Francisco 1:06:37, 15. Mark Richey (40) Oakland 1:07:16, 16. Don Cooper (25) San Jose 1:07:32, 17. Jim Roberts (37) Martinez 1:07:33, 18. Mike Hoy (47) Sausalito 1:07:55, 19. Rob Nielsen (35) Menlo Park 1:08:03, 20. Eric Carlberg (25) Lathrop 1:08:41.

## 10K - 1/2 Split

1. Kevin Black (24) Palo Alto 39:44, 2. Andy Robles (21) Palo Alto 42:06, 3. Kimo Bailey (32) San Francisco 43:58, 4. Andre Borgman (29) Greenbrae 45:21, 5. Robert Bowler (39) Novato 46:24, 6. Markus Dierig (28) Portland 48:31, 7. John O'Sullivan (26) Sacramento 48:44, 8. Ken Robin (43) San Rafael 49:00, 9. Larkin Breed (48) Pleasant Hill 49:25, 10. William Klitgaard (36) Oakland 49:38.

## Lover's Run

February 10. Placerville. 1/2 Mara., 5 & 10K.

## Division Results - Men's 5K

19 & Under: 1. Tory Rand 16:00, 2. Brandon Rose 16:12, 3. Greg Sloan 17:37, 20-29: 1. Ken Brown 15:44, 2. Richard Johnson 16:37, 3. Steve Strangio 16:53, 30-39: 1. Donald Brown 21:55, 2. Thomas Henderson 22:07, 3. David Bakke 24:11, 40-49: 1. Michael Garcia 18:36, 2. Ken Valentine 19:15, 3. Richard Goyette 19:39, 50-59: 1. Donald Velasco 20:39, 2. Jack Tammi 23:00, 3. Clint Armstrong 23:16, 60 & Over: 1. Gilbert Duran 23:36, 2. Wallace Lundeen 29:59.

## Division Results - Women's 5K

19 & Under: 1. Amanda Goyette 20:04, 2. Jennifer Daly 23:27, 3. Becky Theis 24:49, 20-29: 1. Patricia Smith 18:35, 2. Jill Perry 18:58, 3. Sandra Falat 23:13, 30-39: 1. Patricia Smith 24:29, 40-49: 1. Sharon O'Neill 23:55, 2. Lynne Gregoire 24:42, 3. Carol Lacert 25:33, 50-59: 1. Alice Trega 34:22, 60 & Over: 1. Grace Gammie 27:55.

## Division Results - Men's 10K

19 & Under: 1. Mark Pine 40:50, 2. Joe Stevenson 46:15, 3. Jeremiah Hübner 52:24, 20-29: 1. Ty Nickel 34:52, 2. Tim Powell 36:08, 3. Kevin Carlson 39:47, 30-39: 1. Rick Bagwell 36:19, 2. Gregory Coit 38:53, 3. Spencer Weston 38:59, 40-49: 1. Phil Murphy 36:15, 2. Walt Spiller 41:13, 3. Howard Ferris 44:06, 50-59: 1. Tyson Hadley 49:29, 2. Pat Tidey 54:22, 3. Paul Frye 55:10, 60 & Over: 1. Ray Helm 49:33, 2. John Lewis 59:04.

## Division Results - Women's 10K

19 & Under: 1. Sonja Visscher 41:41, 2. Lorn Giono 50:46, 3. Beth Ryan 50:47, 20-29: 1. Laura Butler 47:58, 2. Beth Dillon 50:57, 3. Andrea Wang 51:14, 30-39: 1. Jan Levett 43:42, 2. Janet Nachtman 48:16, 3. Laurel Barlett 49:19, 40-49: 1. Yvonne Nickel 51:15, 2. Julia Vasquez 53:42, 3. Kathy Rood 55:10, 50-59: 1. Sue Melohn 1:03:13, 2. Mary Lu Burchard 1:03:39.

## Division Results - Men's Half-Marathon

19 & Under: 1. Eric Keller 1:23:31, 2. Tom Rennie, Jr. 1:23:50, 3. Mathew Souza 1:35:25, 20-29: 1. Dean Rinde 1:11:20, 2. Sean Fielding 1:28:22, 3. Kevin Boone 1:35:19, 30-39: 1. Justin Tyme 1:19:58, 2. Mike Hottin 1:19:43, 3. Steve Madison 1:24:07, 40-49: 1. Jose Garcia 1:16:26, 2. Wayne Miles 1:19:43, 3. Rick Mollenkopf 1:23:59, 50-59: 1. Michael Otten 1:37:58, 2. Jerry Lampson 1:42:12, 3. Gar Harmon 1:47:50, 60 & Over: 1. Michael O'Neill 2:08:33.

## Division Results - Women's Half-Marathon

20-29: 1. Corinne Odineal 1:51:00, 2. Lissa Miller 2:04:00, 30-39: 1. Mary Brook 1:28:30, 2. Loretta Cundith 1:45:00, 3. Jami Harrison 1:47:27, 40-49: 1. Donna Brown 1:42:40, 2. Bonnie Torres 1:54:06, 3. Christine Powell-Millar 2:08:35, 50-59: 1. Audrey Veirs 1:48:50, 2. Louise Walters 1:51:46, 3. Frances Rutgiz 1:59:38.

## Cupids Quest

February 11. Irvine. 5K.

## Division Results - Men

Overall Winners: 1. J. Koningsh 14:47, 2. M. Pickering 15:52, 3. J. Beady 16:08, 14 & Under: 1. R. Rommelfanger 19:31, 2. J. Green 21:29, 3. N. Doyle 28:28, 15-19: 1. E. Martin 18:00, 2. K. Chamley 19:55, 3. M. Wardell 20:24, 20-24: 1. C. Yu 16:28, 2. N. Khoo 16:55, 3. J. Ditz 16:57, 25-29: 1. M. Gutierrez 16:28, 2. C. Esparza 16:50, 3. W. O'Brien 17:11, 30-34: 1. J. Cook 16:39, 2. Keith 18:12, 3. M. Grobler 18:18, 35-39: 1. G. Shapiro 16:13, 2. R. Langstrom 16:56, 3. S. Kelly 17:54, 40-44: 1. J. Lebowitz 19:17, 2. J. Hutter 20:31, 3. R. Francis 20:45, 45-49: 1. J. Jacobsen 17:27, 2. R. Shelley 18:22, 3. M. Wardell 18:59, 50-54: 1. A. Wakelina 17:50, 2. N. Landsman 21:52, 3. R. Willwite 23:15, 55-59: 1. A. White 20:32, 2. W. Hart 25:32, 60-64: 1. R. Hochschila 21:32, 2. J. Green 22:49, 65-69: 1. J. King 34:14, 70 & Over: 1. R. Whitney 25:23. (Sweethearts, combined ages and times) (50 & Under): 1. Allen/Jacobson 45:15, (50-75) 1. Vickery/Cupp 41:11, (75 & Over) 1. Pianini/Pianini 57:57.

## Division Results - Women

Overall Winners: 1. K. Nelson 17:49, 2. D. Howell 19:22, 3. M. Schlick 19:40, 14 & Under: 1. J. Vallano 47:29, 15-19: 1. E. Mitchell 23:55, 2. H. Hannan 23:59, 3. S. Henning 26:20, 20-24: 1. M. Baltierra 20:50, 2. E. Hoegh 22:16, 3. T. Fenn 24:25, 25-29: 1. L. Hoskins 20:02, 2. M. Hays 20:20, 3. S. Brainard 20:21, 30-34: 1. G. Ried 19:44, 2. K. Honeywell 20:43, 3. J. Schwartz 22:21, 35-39: 1. J. Bell 21:22, 2. J. Weiss 21:30, 3. J. Gessner 21:38, 40-44: 1. V. Henning 22:13, 2. M. Clark 24:16, 3. C. Steinfeld



# RESULTS

24:46. 45-49: 1. G. Rosenberg 27:28, 2. B. Hamkalo 27:36, 3. S. Weeks 28:18. 50-54: 1. E. Carr 29:00, 2. C. Hochschild 29:11, 3. M. Katzmark 31:47. 55-59: 1. W. Maddock 20:56, 2. A. Farley 40:55, 3. J. Heinemann 42:35. 60-64: 1. D. Hall 31:25, 2. J. Gunn 42:54. 65-69: 1. A. Griffith 39:02.

## Jedediah Smith. Ultra Classic

February 11. Sacramento. 50 MI., 100K & 50K.

### Overall Results - 50 Mile

1. Kevin McCarey (35) 5:32:46, 2. Tim Riwietmeyer (31) 6:03:10, 3. Dan Williams (41) 6:03:23, 4. Ray Scannell (40) 6:08:39, 5. Tim Ball (31) 6:13:02, 6. Ken Cox (33) 6:14:33, 7. Joe Schlerth (39) 6:16:09, 8. Roger Daniels (53) 6:26:19, 9. Jack Klingman (30) 6:51:27, 10. Mike Nolan (39) 6:51:27.

### Overall Results - 100K

1. Stefan Fekner (37) 6:41:05, 2. Rae Clark (38) 7:07:57, 3. Gary Hilliard (35) 7:52:09, 4. Theresa Daus-Weber (35) 8:34:49, 5. Charles Greene (55) 8:59:29, 6. Mark Brotherton (33) 8:59:43, 7. Gary Johnson (36) 9:07:33, 8. Perter Vidal (30) 9:23:54, 9. Gordon Dugan (56) 9:30:05, 10. Edward Lujan (51) 9:47:25.

### Overall Results - 50K

1. Sean Crom 3:07:48, 2. Craig Moore 3:16:11, 3. Doug Huff 3:17:20, 4. Frank Ruona 3:19:44, 5. Terry Ruona 3:19:44, 6. Pat Whyte 3:40:23, 7. Gil Machado 3:45:27, 8. Gene Thibault 3:47:39, 9. Mike Hernandez 3:50:09, 10. Steve Senich 4:02:22.

## Love Your Heart Run

February 11. San Luis Obispo. 10K & 5K.

### Overall Results - 10K

1. Paul Lee (29) Santa Maria 33:47, 2. Robert Grove (22) SLO 33:59, 3. Gary Silva (40) Santa Maria 35:45, 4. Rick Kluge (34) AG 36:00, 5. Steve Wyer (41) 36:40, 6. Joseph Padilla (27) Lompoc 37:03, 7. Don Domini, Los Osos 37:20, 8. Brian Waterbury (41) SLO 37:32, 9. Doug Sims (29) 37:42, 10. Mike Cody (31) 37:43.

11. Ken Wamauchi (23) MB 37:47, 12. Chuck Fiorentino (33) AG 38:22, 13. Ron Swart (41) SLO 39:12, 14. Randy Davis (31) SLO 39:13, 15. Terry Boyle (32) Grover City 39:20, 16. Michael Rose (33) 39:36, 17. Russell Raymond (42) SLO 39:51, 18. Mike Symens (29) SLO 40:23, 19. Mike Stebbins (30) 40:31, 20. Stan Rosenfield (42) SLO 40:52.

### Overall Results - 5K

1. Carolyn Ward (48) 24:59, 2. Ms. Silva (32) SLO 25:02, 3. Ellen Kanthack (47) 25:06, 4. Vicki McDonald (33) AG 25:23, 5. Barry Whelchel (50) 25:35, 6. Gary Jorale-

man (29) Grover City 25:37, 7. Shannen Chapman (29) 25:39, 8. Pam Solzberg (26) 25:41, 9. Michael Bauer (38) SLO 26:02, 10. Sally Twilford (31) 26:12.

## Winter Series #5 Triathlon

February 13. Bakersfield.

### Overall Results

1. Rick Graves (22) 1:27:35, 2. Daniel Hamlin (22) 1:37:29, 3. Mike Moseley (35) 1:38:38, 4. Paul Anderson (26) 1:38:47, 5. Jim Reynolds (45) 1:40:10, 6. Kathy Sharum (35) 1:40:34, 7. Bob Dunlap (37) 1:42:35, 8. David Dennis (34) 1:42:44, 9. Laura Lowe (27) 1:43:38, 10. Jonathon Wykoff (20) 1:44:10.

### Division Results - Men

19 & Under: 1. Greg Giltner 59:25, 20-29: 1. Rick Graves 51:57, 2. Jonathon Wykoff 54:31, 3. Daniel Hamlin 55:07, 30-39: 1. David Dennis 54:30, 2. Mike Moseley 57:40, 3. Bob Dunlap 1:00:29, 40-49: 1. Jim Reynolds 55:20, 50 & Over: 1. Gary McCain 59:41, 2. George Ross Jr. 1:05:25.

### Division Results - Women

26-35: 1. Laura Lowe 57:51, 2. Kathy Sharum 1:06:11, 36-45: 1. Jane Granskog 1:04:04.

## Love Your Heart

February 14. San Ramon. 5K.

### Overall Results

1. Brian Davis (34) 16:37, 2. Steve Chavez (32) 16:57, 3. Paul Bigelow (25) 17:11, 4. Tim Quinn (43) 17:21, 5. Julios Ratti (39) 17:25, 6. Ron Kiyono (42) 17:43, 7. Roger Zolldan (43) 17:44, 8. Mike Hotton (35) 17:51, 9. John Munoz (34) 18:15, 10. Mark Stevens (31) 18:31.

11. Frank Lucarelli (30) 18:42, 12. John Schell (45) 18:47, 13. Tom Ford (37) 18:56, 14. John Kutch (24) 18:59, 15. Jim Cross (50) 19:03, 16. Charles Martin (34) 19:05, 17. Lou Montoya (39) 19:10, 18. Tom Sweet (43) 19:13, 19. Doug Marshall (35) 19:15, 20. Thomas Donagt (47) 19:16.

## The Great American Adventure Run

February 17. Central Park West, Huntington Beach.

### Division Results - Men's 2.8 Mile

13 & Under: 1. Joey Hernandez 19:02, 2. Michael Gerson 27:01, 3. Daniel Ursery 28:22, 14-17: 1. George Martinez 20:47, 2. Ryan Harshburger 21:01, 3. Tom Kalinowski 21:49, 18-23: 1. Gumby 17:19, 2. Kiernan Morrow 17:26, 3. Jeff Young 19:27, 24-29: 1. David Quie 17:11, 2. Vernon Morris 17:54, 3. Jim Perez 19:02, 30-34: 1. Rick

Waterman 17:23, 2. Peter Penland 20:29, 3. Robert Thomas 26:43, 35-39: 1. Rob McNair 18:42, 2. Joe Hernandez 19:28, 3. Martin White 21:45, 40-44: 1. Lester Byington 21:42, 2. Ivan Stevenson 22:47, 3. Fred Whitson 23:43, 45-49: 1. Ben Jackson 19:44, 2. Shsel Nankin 21:03, 3. Michael Vasquez 23:07, 50-54: 1. Douglas Rowlett 21:10, 2. Bob Reiseck 23:51, 3. Joseph Ellis 25:14, 55-59: 1. Jim Smith 27:17, 60 & Over: 1. Bud Horowitz 32:36, 2. John Mooshagian 34:17.

### Division Results - Women's 2.8 Mile

13 & Under: 1. Mindi Adam 26:07, 2. Jennifer Parker 28:21, 14-17: 1. Kristina Dahlbaerg 22:01, 2. Andrea Vasquez 26:23, 3. Cherlon Pollard 40:00, 24-29: 1. Annette Barnett 23:49, 2. Cynthia Hernandez 28:52, 3. Margaret Nakamura 29:03, 30-34: 1. Corinne Devores 23:45, 2. Michelle Ledbetter 29:49, 3. Barbara McMorick 31:59, 35-39: 1. Kathryn Hansen 30:28, 2. Linn Haas 39:00, 3. Jo Lam 39:52, 40-44: 1. Sue Reinhardt 23:26, 2. Peggy Genova 34:50, 45-49: 1. Sally Adam 22:05, 2. Alicia Morrow 26:44, 3. Carol Dougherty 27:04, 55-59: 1. Audrey Houth 28:35, 60 & Over: 1. Sumiye Leonard 34:26.

### Division Results - Men's 4.8 Mile

14-17: 1. Ryan Harshburger 32:16, 18-23: 1. Matt Messner 26:46, 2. Gumby 29:05, 3. Raul Cortez 32:06, 24-29: 1. Farron Fields 26:43, 2. David Quie 28:04, 3. Vernon Morris 20:59, 30-34: 1. Rick Waterman 29:18, 2. Gerado Cavihola 32:58, 3. David Mott 33:09, 35-39: 1. Rob McNair 32:05, 2. Martin White 37:24, 3. Mike Connor 37:47, 40-44: 1. Dick Haas 36:20, 2. Ken Dunn 37:06, 3. Lester Byington 38:28, 45-49: 1. Shel Nankin 36:15, 2. Rod Mullineaux 37:32, 3. Michael Vasquez 40:24, 50-54: 1. Douglas Rowlett 37:28, 2. Del Christianson 42:08, 3. Bob Reiseck 43:13, 55-59: 1. Russ Peltz 39:42, 2. Jim Smith 48:58, 60 & Over: 1. Remy Burkel 40:25.

### Division Results - Women's 4.8 Mile

18-23: 1. Lara Minessian 38:33, 2. Maura McDonald 46:48, 24-29: 1. Annette Barnett 40:32, 2. Christine Goldstein 44:17, 3. Lisa Tully 47:17, 30-34: 1. Janey Norem 32:53, 2. Heather Dibdin 35:29, 3. Corinne Devores 35:29, 35-39: 1. Debbie Jennings 46:36, 40-44: 1. Sue Reinhardt 40:38, 2. Joy Carney 47:29, 45-49: 1. Sally Adam 38:24, 2. Carol Dougherty 46:25, 3. Christina Cole 48:57, 55-59: 1. Audrey Hauth 47:22.

## Berkeley Challenge for Charity

February 18. Berkeley. 4 Mile.

### Overall Results

1. Noah Hinkston (24) Oakland 20:25, 2. Scott Buttinghausen (33) Berkeley 20:51, 3. Andy Ferguson (29) Sacramento 20:51, 4.

Per Lindberg (28) Berkeley 21:00, 5. Scott Bollig (24) Hayward 21:32, 6. Cris McNamara (24) Santa Monica 21:32, 7. Les Ong (39) San Francisco 22:09, 8. Don rice (32) Lenox 22:41, 9. Greg Reiff (26) Richmond 22:58, 10. Arnold Ramos (39) Oakland 23:04.

11. Alan Steeples (33) Albany 23:14, 12. Lisa Gonzales (31) San Francisco 23:15, 13. Gary Kirchubel (32) Fairfield 23:57, 14. Ron Morlan (32) Vacaville 24:12, 15. Tom Navarro (24) Santa Clara 24:36, 16. Ivar Spydevold (25) Berkeley 24:44, 17. Richard Holtzman (42) Berkeley 24:55, 18. Ramyar Roussoukh (15) Berkeley 25:06, 19. Ken O'Boyle (27) Richmond 25:25, 20. David Parker (27) Albany 25:37.

## Monterey Bay Academy Cross Country 10K

February 18. Monterey Bay.

### Overall Results - Men

1. Gilbert Munoz (30) 32:40, 2. Charles Thompson (40) 33:10, 3. David Furst (43) 33:26, 4. Torin Rotstein (31) 34:00, 5. Dave Rouse (25) 34:48, 6. Vasilis Kondylis (38) 34:50, 7. Tom Savage (31) 35:15, 8. William Kyuz (39) 35:45, 9. John Anderson (28) 36:11, 10. Daniel Ragsdale (31) 36:30.

### Overall Results - Women

1. Suzanne Gyorey (31) 39:44, 2. Syda Kosofsky (19) 41:25, 3. Ninon Argoud (33) 41:25, 4. Margaret Chung (31) 41:49, 5. Linda Strong (38) 43:30.

### Division Results - Men

18 & Under: 1. Keith Eggers 40:12, 2. Rob Frost 40:21, 3. Tom Follett 43:50, 19-29: 1. David Rouse 34:48, 2. John Anderson 36:11, 3. Oskar Vuskains 36:55, 30-39: 1. Gilbert Munoz 32:40, 2. Torin Rotstein 34:00, 3. Vasilis Kondylis 34:50, 40-49: 1. Charles Thompson 33:10, 2. David Furst 33:26, 3. Jan Valencia 36:40, 50-59: 1. Mark Steelman 39:40, 2. William Flodberg 40:11, 3. Gordon Pitz 41:34, 60 & Over: 1. Howard Powers 53:20, 2. V. Guajalote 57:02, 3. Bud McCary 57:55.

### Division Results - Women

18 & Under: 1. Jen Chaplin 55:55, 2. Hope Hartman 56:26, 3. Juliana King 56:29, 19-29: 1. Syda Kosofsky 41:25, 2. Lisa Smith 44:10, 3. R. Escamilla 46:28, 30-39: 1. Suzanne Gyorey 39:44, 2. Ninon Argoud 41:25, 3. Margaret Chung 41:49, 40-49: 1. Nadine Nuefeld 50:05, 2. Ellen Kanthack 53:11, 3. Judith Brower 53:25, 50-59: 1. D. Bramstead 52:11, 2. Jerri Psick 56:24, 3. A. Philpott 1:06:11.

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# RESULTS

## Southern California TAC 30K Championships

February 18, Ventura.

### Overall Results

1. Paul Hough (320) 1:40:56, 2. Gregg Horner (35) 1:42:18, 3. Jussi Hamalainen (43) 1:48:10, 4. Alberto Ocampo (30) 1:48:10, 5. Byrle Smallen (42) 1:48:20, 6. Jim Kornell (38) 1:48:48, 7. Brian Zellner (26) 1:49:00, 8. Jim O'Brien (37) 1:50:16, 9. Brian Nelson (32) 1:53:06, 10. Scott Engel (31) 1:53:57.

### Division Results - Men

19-29: 1. Brian Zellner 1:49:00, 2. Steve Shaull 1:55:45, 3. Ruben Ledesma 2:00:38, 30-34: 1. Paul Hough 1:40:56, 2. Alberto Ocampo 1:48:10, 3. Brian Nelson 1:53:06, 35-39: 1. Gregg Horner 1:42:18, 2. Jim Kornell 1:48:48, 3. Jim O'Brien 1:50:16, 40-44: 1. Jussi Hamalainen 1:47:06, 2. Byrle Smallen 1:48:20, 3. Jim Gensichen 1:56:03, 45-49: 1. Abe Valdez 1:59:40, 2. Richard Hilesstad 2:00:02, 3. John Marnell 2:02:06, 50-54: 1. Dave Wheeler 1:59:46, 2. Dave Arntson 2:02:35, 3. Jerry Stearns 2:07:15, 55-59: 1. Bob Meissner 2:13:41, 2. Paul Wheatman 2:24:42, 3. Sam Ferrel 2:28:36, 60-69: 1. Pat Devine 2:03:46, 2. Fred Nagelschmidt 2:18:13, 3. Phil Clarke 2:44:15.

### Division Results - Women

19-29: 1. Kathleen Hopkins 2:07:44, 2. Leticia Melgoza 2:08:51, 3. Bobbi Magerus 2:16:49, 30-34: 1. Maureen Horner 2:20:56, 2. Janet Collinge 2:22:54, 3. Megan Whalen 2:25:36, 35-39: 1. Vicki Huffman 2:23:20, 2. Terri Lee Werber 2:33:01, 40-44: 1. Loretta Bronk 2:25:17, 45-49: 1. Judy Kewley 2:21:52, 2. Joyce Parker 2:28:41, 3. Carmen Connolly 2:30:36, 50-54: 1. Joanne Barker 2:34:03, 2. Karen Alderson 2:42:24.

## Martinez to Port Costa Brick Yard Run

February 24, Martinez, 8.4 Mile.

### Overall Results

1. Crispin Romero (28) Concord 43:22, 2. Sal Vasquez (50) Suisun 43:40, 3. James Press (41) Menlo Park 45:04, 4. Leroy Kotchevar (36) Rodeo 45:32, 5. Michael Plummer (31) Hayward 45:43, 6. Nick Nickols (30) Palo Alto 46:13, 7. Dwight Hendrix (35) Kensington 46:26, 8. Tony Chan (30) Alameda 46:48, 9. Terry Buller (39) Oakland 47:50, 10. Carlos Lopez (30) Woodland 48:00.

11. Richard Knapp (37) Walnut Creek 48:06, 12. Jim Roberts (37) Martinez 48:18, 13. Kevin Searls (32) Martinez 48:24, 14. P. Murphy (46) Oakley 48:36, 15. Tim Quinn (43) Oakland 48:42, 16. Kevin Cowley (31) Martinez 48:47, 17. Vincent Gonsalves (26) Martinez 48:49, 18. Barry Hampshire (40) Walnut Creek 48:59, 19. Bob Hermens (38) Concord 49:07, 20. Gary Kirchubel (32) Fairfield 49:22.

### Division Results - Men

13 & Under: 1. Ryan Demal 14:20, 1. Steve Lowe, 2. Gregory Snelling, 21-29: 1. Crispin

Romero, 2. Vincent Gonsalves, 3. Fernando Garcia. 30-34: 1. Michael Plummer, 2. Nick Nickols, 3. Tony Chan. 35-39: 1. Leroy Kotchevar, 2. Dwight Hendrix, 3. Terry Buller. 40-44: 1. James Press, 2. Tim Quinn, 3. Barry Hampshire. 45-49: 1. P. Murphy, 2. David Weamer, 3. John Blankenship. 50-54: 1. Sal Vasquez, 2. Wesley Hurlburt, 3. Barry Hampshire. 55-59: 1. Peter Todd, 2. Paul Ligda, 3. Sam Stevenson. 60 & Over: 1. Richard Laine, 2. Bruce Oliver, 3. Phil Paulson. 70 & Over: 1. Mel Shine, 2. Tertius Chandler, 3. Lawrence Viglienza.

### Division Results - Women

14-20: 1. Missi Hurlow, 2. Staci Brunton, 3. Jenny Lawrence. 21-29: 1. Teresa Martin, 2. Cynthia McElvery, 3. Kimberly Brockman. 30-34: 1. Trisha Arbogast-Kluge, 2. Kari Scardaci, 3. Judy Guinn. 35-39: 1. Sue Vinella Brusher, 2. Sharlet Gilbert, 3. Kathy Kraham. 40-44: 1. Marilyn Acquistapace, 2. Linda Wimmer, 3. Diane Repulles. 45-49: 1. Judith Russo, 2. Vicki Blankenship, 3. Nancy Pelayo. 50-54: 1. Sandy Gangwer, 2. Karen Gudiksen. 55-59: 1. Marty Maricle, 2. Lola Harris, 3. Harriet Kelly. 60 & Over: 1. Ruth Anderson, 2. Judy Golding, 3. Kit Pickles.

## John Muir Monumental

February 24, Mill Valley, 7.5 Mi & 5K.

### Overall Results - 7.5 Mile

1. Tad Kazik (37) Fairfax 47:59, 2. Michael LeVangie (25) San Francisco 48:46, 3. Byron Choiniere (34) Walnut Creek 49:47, 4. Michael Duncan (40) San Mateo 51:10, 5. Nikos Moutos (32) San Jose 52:02, 6. Ronald Brown (35) Mill Valley 52:10, 7. Bradford Bryon (32) Petaluma 52:12, 8. Steve Ottaway (37) Sausalito 52:22, 9. Vince Fausone (28) San Francisco 52:26, 10. Eric Carberg (25) Lathrop 53:39.

11. David Laipic (25) Sausalito 54:11, 12. Peter Franks (43) Sausalito 54:17, 13. Donn DeAngelo (43) Forest Knolls 54:57, 14. D. Slavopoulos (40) Mill Valley 55:35, 15. Mark Richey (40) Oakland 56:00.

### Overall Results - 5K

1. Cassius Titus (28) Oakland 24:16, 2. David Copms (31) Mt. View 25:24, 3. Bo Parker (28) Berkeley 27:20, 4. Kay Willoughby (54) Mill Valley 28:55, 5. B. H. Chinn (29) San Francisco 29:37, 6. Suhl Chin (33) Berkeley 29:44, 7. Dave Houts (26) Rohnert Park 29:56, 8. Pete Matheson (27) San Rafael 30:59, 9. Julia Stamps (11) Santa Rosa 31:00, 10. Herman Schwarz (37) San Rafael 32:49.

## Phi Delta Phi Run

February 24, San Francisco, 5K.

### Overall Results

1. Merton Howard (22) 17:49, 2. Robert Epstein (27) 18:06, 3. Niall Lynch (25) 18:10, 4. Mack Polhemus (25) 18:13, 5. James McCormick (37) 18:17, 6. Matthew Berger (25) 18:18, 7. Patricia Story (40) 18:30, 8. Rob Coelho (22) 18:38, 9. Rick Darwin (22) 19:19, 10. Charles Perkins (24) 19:22.

11. George Love (22) 19:23, 12. Rob Henderson (24) 19:32, 13. David Sorensen (26)

19:34, 14. Tom McGrath (25) 19:45, 15. Scott Graviat (27) 19:50, 16. Steve Disala (23) 19:57, 17. James Ballentine 20:11, 18. Ed McDonnell (32) 20:12, 19. Steve Taylor (27) 20:13, 20. Steve Parker (49) 20:13.

21. Jorge Costello (31) 20:32, 22. Tim Kratz (24) 20:49, 23. Nathan Perry (26) 20:50, 24. Wayne Wolff (28) 21:10, 25. Chris Cole (25) 21:19, 26. David Woodruff (26) 21:32, 27. Bob Irwin (35) 21:35, 28. Sean Beatty (24) 21:48, 29. Jeff Zimmel 21:54, 30. Brandon Chun 22:16.

## Great Chowder Chase

February 25, Santa Cruz, 4.5 Mile.

### Overall Results - Men

1. David Ottaway 22:07, 2. Dan Stefanisko 22:29, 3. Fernando Balderas 22:54, 4. Andy Liel 23:24, 5. Patrick Rainey 23:33, 6. Lupe Vargas 23:46, 7. Rick Bruess 23:50, 8. Jon Schroeder 23:59, 9. Michael Williams 24:31, 10. Paul Blodgett 24:34.

### Overall Results - Women

1. Rosa Gutierrez 25:43, 2. Barb Myers-Acosta 26:10, 3. Eileen Bickard-Brown 26:23, 4. Laura Bruess 26:54, 5. Laura Sanchez 27:07, 6. Krista Whelan 27:25, 7. Anne Hayden 28:06, 8. Juana Stavolone 28:47, 9. Tina McCandless 28:53, 10. Liz Long 29:15.

### Division Results - Men

12 & Under: 1. Cuco Chavez 28:03, 2. Matt Buckley 28:37, 3. Blair Newman 32:19, 13-18: 1. Todd Stevens 25:32, 2. Josh Padron 25:48, 3. Justen Whittall 27:13, 19-24: 1. Andy Liel 23:24, 2. Patrick Rainey 23:33, 3. Stewart Gilster 24:48, 25-29: 1. David Ottaway 22:07, 2. Dan Stefanisko 22:29, 3. Fernando Balderas 22:54, 30-34: 1. Rick Bruess 23:50, 2. Jon Schroeder 23:59, 3. Andy Harris 24:58, 35-39: 1. Lupe Vargas 23:46, 2. Bob Eberle 24:42, 3. Tony Munoz 25:18, 40-44: 1. Ron Kiyono 25:56, 2. Jan Valencia 26:07, 3. Bob Lilly 27:11, 45-49: 1. Dele Draus 25:11, 2. Gary Goettelmann 25:59, 3. Alex Vago 27:22, 50-54: 1. Jim Turner 28:55, 2. Carl Miller 30:42, 3. Charles Williams 35:25, 55-59: 1. John Finch 27:25, 2. Ernest Meisner 35:27, 3. Ron Galloway 36:41, 60 & Over: 1. Dick Yaeger 33:19, 2. Don Lucero 33:49, 3. Ted Horner 36:35.

### Division Results - Women

12 & Under: 1. Nicole Silva 31:30, 2. Michelle Kiyono 32:04, 3. Monique Silva 43:17, 13-18: 1. Amy Drew 34:12, 2. Amy Graff 34:12, 3. Alissa Waiswiles 34:25, 19-24: 1. Benedicte Biar 31:14, 2. Mora Baker 31:24, 3. Neelle Selich 31:30, 25-29: 1. Rosa Gutierrez 25:43, 2. Laura Bruess 26:54, 3. Laura Sanchez 27:07, 30-34: 1. Barb Myers-Acosta 26:10, 2. Eileen Bickard-Brown 26:23, 3. Tina Ebrahimian 29:48, 35-39: 1. Anne Hayden 28:06, 2. Katie Scott 30:48, 3. Laurel Ulrich 33:08, 40-44: 1. Juana Stavolone 28:47, 2. Sandra Sanchez 31:27, 3. Alice Stegman 35:25, 45-49: 1. Gail Goettelmann 34:07, 2. Beverly Empey 35:22, 3. Terry Locke-Paddon 36:37, 50-54: 1. Nancy Troxa 35:12, 2. Annis Lembo 37:58, 3. Barbara Hinshaw 38:26, 55-59: 1.

Emily Maloney 37:24, 2. Bertie Argyris 39:36, 3. Katherine Beiers 39:49.

## Jackets Run

February 25, Stockton, 10K & 2 Mile.

### Overall Results - 10K

1. Leon Shordon (Moraga) 33:16, 2. Tim Coburn (Stockton) 34:22, 3. Doug Butt (Fairfield) 34:46, 4. Don Hicks (Rancho Cordova) 34:57, 5. Thom Pearman (Carmichael) 35:11, 6. Tim Jordan (Elk Grove) 35:20, 7. Mike Hotton (Antioch) 35:59, 8. David Elsner (Manteca) 40:20, 9. Leon Casas Jr. (Sonora) 36:09, 10. Steve Treadway (Manteca) 36:09.

### Overall Results - 2 Mile

1. Leon Shordon (Moraga) 9:39, 2. Kenny Brown (Carmichael) 9:54, 3. Brad Lael (Sacto) 10:33, 4. Raoul Perez (Stockton) 10:44, 5. Tom Rennie Jr. (Shingle Springs) 10:46, 6. Jeff Baker (Stockton) 10:50, 7. Jerry Martinez (Stockton) 10:56, 8. Scott Bobb (Sacto) 10:57, 9. John Pike (Sacto) 11:03, 10. Jeremy Williams (Sacto) 11:22.

### Division Results - Men's 10K

14 & Under: 1. Jeff Michelson, 2. Ryan Lackin, 3. Zackary Piellesel. 15-18: 1. Tim Coburn, 2. Clyde Trent, 3. Tom Rennie Jr. 19-25: 1. Jaime Ramon, 2. Albert Lopez, 3. Matt Anderson. 26-30: 1. Leon Shordon, 2. Don Hicks, 3. Thom Pearman. 31-35: 1. Mike Hotton, 2. Charles Pittel, 3. Joseph Montes. 36-41: 1. Leon Casas, 2. Robert Chambers, 3. Rene Rodriguez. 42-50: 1. Doug Butt, 2. Steve Treadway, 3. Gerry Holmes. 51-59: 1. Tim Jordan, 2. Paul Naylor, 3. Frank Miyashiro. 60 & Over: 1. Rick Thomas, 2. Adrian Verdugo, 3. Vic Lyons. Wheelchair: 1. David Elser.

### Division Results - Women's 10K

15-18: 1. Sonja Visscher, 19-25: 1. Susan Lang. 26-30: 1. Mary Sciam, 2. Elizabeth Hatch, 3. Kimberly Haworth. 31-35: 1. Laurie Lusk, 2. Diana Strongbaker, 3. Janet Branaman. 36-41: 1. Doris Valiska, 2. Kendal Smeeth, 3. Rosie Sutherland. 42-50: 1. Mary Ellen Murillo, 2. Jaye Manfredi. 51-59: 1. Chyo Shinger, 2. Dina Fields, 3. Marlene Kinser.

### Division Results - Men's 2 Mile

14 & Under: 1. Noah Dye, 2. Victor Salis, 3. Romin Jamshidi. 15-18: 1. Tom Rennie Jr., 2. Scott Bobb, 3. John Pike. 19-25: 1. Kenney Brown, 2. Brad Luel, 3. Cory Harworth. 26-30: 1. Leon Shordon, 2. Jeff Baker, 3. PoPo Fairchild. 36-41: 1. Raoul Perez, 2. Jerry Martinez, 3. Carl Hurtzig. 42-50: 1. Sammy Trijillo, 2. Ken Valentine, 3. John Sember. 51-59: 1. Roger Davis, 2. Les Solaro, 3. Richard Pepping. 60 & Over: 1. Gilbert Duran, 2. Frank Cunningham, 3. Chuck Holmes.

### Division Results - Women's 2 Mile

14 & Under: 1. Valerie Cormuelli, 2. Regina Martinez, 3. Angelena Martinez. 19-25: 1. Deborah Baugh, 2. Alice Van Ommerew, 3. Elizabeth Knight. 26-30: 1. Dianna Fenocchio, 2. Colleen Morrison, 3. Linda Rivara. 31-35: 1. Karen Summer, 2. Nancy Womble, 3. Maria Geiger. 36-41: 1. Carolyn Wischusen, 2. Susan Donia, 3. Priscilla Baum-



# RESULTS

bach: 42:50: 1. Janet Harrigan, 2. Darlene Simonaro, 3. Sharon Miller. 51:59: 1. Dina Fields, 2. Guadalupe Frias, 3. Ardy Belder. 60 & Over: 1. Dorothy Lang, 2. Dorothea Cole.

## Spirit Run

February 25, Newport Beach, 5K & 10K.

### Division Results - Men's 5K

Overall Winners: 1. John Konings 14:45, 2. Pete Vicencio 15:23, 3. Peter DeLaCorda 15:28. 6 & Under: 1. Kory Gantz 30:36, 2. Joe Stroud 31:56, 3. Parker Hardt 35:29. 7-8: 1. Adam Hoyt 27:56, 2. Matthew Larson 28:26, 3. Derek Maney 28:37. 9-10: 1. Cameron Conover 20:58, 2. Matt Hoyt 21:48, 3. Greg Coon 21:53. 11-12: 1. Tom Coffey 19:41, 2. Karl Park 20:25, 3. Mike Escamilla 20:36. 13-15: 1. Paul DeLaCorda 16:53, 2. Daniel O'Connor 17:00, 3. Dennis Yu 17:09. 16-18: 1. Peter DeLaCorda 15:28, 2. Jose Brito 16:03, 3. Blake Rothchild 17:17. 19-24: 1. Pete Vicencio 15:23, 2. Brett Rantanen 16:32, 3. James Trabaud 17:34. 25-29: 1. Walter O'Brien 17:08, 2. David Allen 17:08, 3. Mike Dietz 17:16. 30-34: 1. John Konings 14:45, 2. Rick Medillin 15:42, 3. Derrick May 15:47. 35-39: 1. Gary Shapiro 16:08, 2. Robert Langston 16:52, 3. Walt Hitt 17:42. 40-44: 1. Bill Sumner 16:31, 2. John McAndrew 16:51, 3. Jim Moser 17:04. 45-49: 1. Mike Scott 16:07, 2. Fred Masorro 18:11, 3. Peter Jones 18:45. 50-59: 1. George Cohen 17:39, 2. Alan Wakeling 17:45, 3. Kenneth Calvin 19:57. 60-69: 1. Mike Evertz 19:48, 2. Jerry Withers 20:27, 3. David Lewis 23:53. 70 & Over: 1. Phil Jones 22:01, 2. Stewart Anderson 34:34, 3. August Burns 42:48.

### Division Results - Women's 5K

Overall Winners: 1. Anet Cooper 17:16, 2. Carrie Garrison 17:36, 3. Kathleen Looney 18:11. 6 & Under: 1. Laurie O'Connor 27:21, 2. Diana Hossfeld 28:11, 3. Murphy West 30:06. 7-8: 1. Amy Mullinox 24:16, 2. Tracy Brown 24:17, 3. Michele Nelson 31:20. 9-10: 1. Natalie Forsyth 22:47, 2. Shannon O'Connor 22:57, 3. Rebecca Jordan 23:38. 11-12: 1. Meichelle O'Connor 20:42, 2. Melissa Ford 23:55, 3. Morgan Mead 25:08. 13-15: 1. Carrie Garrison 17:36, 2. Dresden Howell 19:10, 3. Katy Eklof 20:42. 16-18: 1. Johanna Wallin 19:14, 2. Kim Robinson 20:09, 3. Denisha Bendz 20:09. 19-24: 1. Laura Carter 18:50, 2. Cathy Rowan 19:20, 3. Stacey Skeia 21:10. 25-29: 1. Anet Cooper 17:16, 2. Julie Patterson 20:10, 3. Susan Dick 21:00. 30-34: 1. Tina Pettingill 21:35, 2. Marsha DeVan 23:40, 3. Angeles Haro 23:47. 35-39: 1. Lori Coker 18:47, 2. Leslie Skow 20:16, 3. Jane Blair 23:15. 40-44: 1. T.Gerri Goodreau 20:11, 2. Norma Fruchbom 20:52, 3. Cathy Kroninger 21:25. 45-49: 1. Kathleen Looney 18:11, 2. Sandy Carter 20:48, 3. Dinny Shryock 21:12. 50-59: 1. Mamie O'Brien 22:00, 2. Marcia Martyn 25:41, 3. Heidi Schroeder 27:11. 60-69: 1. Mary Storey 23:48, 2. Margaret Gill 30:33, 3. Anna Griffith 36:40. 70 & Over: 1. Anne Robinson 31:21, 2. Dara Russell 48:29, 3. Janet Friedlander 57:51.

### Division Results - Men's 10K

Overall Winners: 1. Alfredo Vallejo 30:03, 2. Alfredo Viguera 30:03, 3. Kevin Broady 30:47. 7-8: 1. Blake Armand 1:00:14, 9-10: 1. Scott Muckley 50:55, 2. Robert Ristan 54:43, 3. Victor Grijalva 59:05. 11-12: 1. Eddie Alarcon 39:37, 2. Pace Colleser 44:49, 3. Jeremy Piasecki 46:23. 13-15: 1. Rondie Gibbs 35:49, 2. Alfonso Camarillo 35:55, 3. Ramiro Rosales 38:57. 16-18: 1. Richard Shelley 31:43, 2. Ole Seidel 35:52, 3. Sigi Cabrera 38:51. 19-24: 1. Victor Morales 34:20, 2. Timothy Sullivan 37:15, 3. Baltasar Estrada 37:19. 25-29: 1. Alfredo Vallejo 30:03, 2. Alfredo Viguera 30:03, 3. Kevin Broady 30:47. 30-34: 1. Keith Thuer 32:00, 2. Harry Johnson 34:09, 3. Ed Mora 35:22. 35-39: 1. Enrique Alvarez 33:20, 2. Matt Berenda 33:55, 3. Chris Day 35:43. 40-44: 1. Carl Brown 37:20, 2. John Turner 39:20, 3. Bill Flemming 39:58. 45-49: 1. Roy Russell 36:57, 2. Richard Quintanilla 37:03, 3. Wayne Mitchell 37:52. 50-59: 1. Ralph Smith 42:05, 2. Kenneth Calvin 44:23.

### Division Results - Women's 10K

Overall Winners: 1. Susan Berenda 35:57, 2. Jacqui Wilder 41:14, 3. Georgina Ried 41:34. 6 & Under: 1. Sarah Duggins 48:50, 7-8: 1. Megan McGowan 45:12, 9-10: 1. Christie Shinn 1:10:50, 2. Kara English 1:17:47. 11-12: 1. Kelly Campbell 51:07, 13-15: 1. Jennifer Bailey 46:05, 2. Lara Daily 52:27. 16-18: 1. Jacqui Wilder 41:14, 2. Brooke Gammel 49:11, 3. Nichole Ruddock 53:23. 19-24: 1. Peggy Brennan 44:36, 2. Lori Heinselman 45:07, 3. Jackie O'Brien 46:01. 25-29: 1. Susan Berenda 35:57, 2. Erin Casey 43:01, 3. Bernie McGrady 44:11. 30-34: 1. Georgina Ried 41:34, 2. Susan Takata 44:44, 3. Shirley Tomol 45:12. 35-39: 1. Ursula Hill 44:03, 2. Lorraine Brewster 47:12, 3. Marilee Algie 47:15. 40-44: 1. Judy Scott 47:23, 2. Valerie Henning 47:36, 3. Rita Stephens 48:44. 45-49: 1. Diane Rosentreter 54:47, 2. Christina Cole 55:41, 3. Sharon Kerson 56:06. 50-59: 1. Elizabeth Carr 51:14, 2. Barbara Camp 51:29, 3. Betty Kelly 51:46. 60-69: 1. Mary Storey 51:40, 2. Gerry Davidson 54:16. 70 & Over: 1. Devin McGrade 47:45, 2. Lois Edds 58:24.

## Winter Series Triathlon #6

February 25, Bakersfield.

### Division Results - Men

19 & Under: 1. Greg Giltner 52:14, 2. Thomas Huth 58:05. 20-29: 1. Rick Graves 51:04, 2. Jonathon Wykoff 53:45, 3. Todd Gottfried 54:41. 30-39: 1. David Dennis 53:14, 2. Don Billiard 56:24, 3. Mike Moseley 57:06. 40-49: 1. Jim Reynolds 53:51, 2. Norman Wykoff 1:00:53. 50 & Over: 1. Gary McCain 58:56.

### Division Results - Women

26-35: 1. Laura Lowe 55:16, 2. Kathy Sharum 1:04:15. 36-45: 1. Jane Granskog 1:03:47. 46 & Over: 1. Exilda Pearlman 1:29:56.

## Legg Lake Runs

### San Gabriel River Run

February 10, So. El Monte, 3 Mile.

#### Overall Results

1. Juan Gonzalez (17) 16:15, 2. Vicente Rivera (30) 16:25, 3. Joe Englebrecht (40) 18:16, 4. Larry Green (41) 18:44, 5. Al Fernandez (37) 20:03, 6. Victor Nanez (40) 20:25, 7. Ben Bernal (56) 20:41, 8. Mike Lalum (45) 20:51, 9. Scott Zielke (28) 20:54, 10. Norbert Bell (50) 21:22.

### Sweetheart Run

February 11, So. El Monte, 5K.

#### Overall Results

1. John Araujo (31) 16:19, 2. Enrique Vazquez (18) 16:54, 3. Jose Baltazar (24) 16:58, 4. Alex Miroshnichenko (23) 17:03, 5. Rafael Soto (29) 17:39, 6. Filemon Rujas (30) 17:54, 7. Carlos Marin (28) 18:00, 8. Ray Parker (44) 18:14, 9. Aldo Arca (30) 18:43, 10. Emilio Romero (24) 18:47.

### Presidents' Run

February 12, So. El Monte, 8K.

#### Overall Results

1. Marco Chavarria (36) 30:18, 2. James Lee Eales (30) 31:47, 3. Kenneth Ganezer (36) 32:12, 4. Michael Rions (40) 33:19, 5. Ken Koscki (39) 33:27, 6. Jose Luis Anda, Sr. (39) 33:54, 7. Alex White (57) 35:03, 8. Pancho Villar (25) 35:53, 9. Michael Crivelli (41) 36:06, 10. Bruce Odou (62) 36:24.

### Falcon Run

February 17, So. El Monte, 5K.

#### Overall Results

1. Peter Brell (42) 19:45, 2. Bruce Odou (60) 23:33, 3. Jim Maynard (61) 25:00, 4. Billy Brell (34) 26:04, 5. Mike Lalum (45) 27:34.

### Crow Run

February 18, So. El Monte, 5K.

#### Overall Results

1. Henry Avalos 19:38, 2. Jarrett Williams (43) 20:48, 3. Mike Lalum (45) 22:26, 4. Joe Blancas (40) 22:38, 5. Jim Maynard (61) 23:41.

### Presidents' Run

February 19, So. El Monte, 8K.

#### Overall Results

1. Jim Perez (27) 28:18, 2. Randall Shelley (45) 29:42, 3. David Nunez (26) 30:24, 4. Jerry Lawrence (38) 30:39, 5. Kenneth Ganezer (36) 33:33.

### Rain Run

February 24, So. El Monte, 5K.

#### Overall Results

1. Refugio Servin (30) 17:41, 2. Bobbie Schipper (30) 18:36, 3. Jarrett Williams (43) 20:23, 4. Leonard Walts (61) 20:38, 5. Victor Nanez (35) 21:26, 6. Alex White (57) 22:05, 7. Bruce Odou (62) 22:07, 8. David Cohen (75) 24:22, 9. Robert Fino (45) 26:14, 10. Wiley Nelson (67) 26:21.

## Green Grass Run

February 25, So. El Monte, 5K.

### Overall Results

1. Carlos Marin (28) 17:39, 2. Chanel Jones (31) 18:03, 3. Ray Parker (44) 18:23, 4. Henry Avalos 19:45, 5. Kenneth Ganezer (36) 19:55, 6. Joseph Leon (28) 21:53, 7. Alex White (57) 22:01, 8. Mike Lalum (45) 22:16, 9. Horacio Gomez (47) 23:12, 10. Robert Velazquez 23:22.

## American Martyrs Good Morning Run

March 3, Manhattan Beach, 5K.

### Overall Results - Men

1. Tommy Leon 15:02, 2. Bob Leetch 15:02, 3. Mitchel Sloan 15:06, 4. Harold Ketting 15:20, 5. Adolfo Garcia 15:36, 6. Eric Renfro 15:36, 7. Greg Gonzales 15:38, 8. Sean Seley 15:41, 9. Jeffrey Geslin 15:48, 10. George Marquez 16:01.

### Overall Results - Women

1. Annie Seawright 17:25, 2. Gina Faust 19:22, 3. Olivia Padilla 19:31, 4. Claudia Vellertri 19:40, 5. Diana Silva 19:42, 6. Barbara Burg 19:55, 7. Carrie Schmidt 19:57, 8. Liane Kivela 20:05, 9. Karen Samsonoff 20:13, 10. Nadine Newell 20:21.

### Division Results - Men

6 & Under: 1. Chris Ahfeld 27:32, 2. Ryan Gates 27:46, 3. Devon Lavis 28:59. 7-8: 1. Michael Hales 23:18, 2. Mitchell Gudmundson 25:40, 3. Jon Schneiderman 25:46. 9-10: 1. Devon Murray 20:26, 2. Chris Chacon 22:22, 3. James Peetz 22:43. 11-13: 1. Samuel Harang 20:06, 2. Denito Kelly 21:08, 3. David Gellner 21:08. 14-17: 1. Jeffrey Larson 18:08, 2. Kevin Chak 18:17, 3. Sean Delair 18:46. 18-24: 1. Tommy Leon 15:02, 2. Mitchel Sloan 15:06, 3. George Marquez 16:01. 25-29: 1. Bob Leetch 15:02, 2. Adolfo Garcia 15:36, 3. Eric Renfro 15:36. 40-49: 1. Jack McDowell 17:11, 2. Paul Marcel 17:16, 3. Catarrino Gonzales 17:36. 50-59: 1. Sonna Monioz 18:16, 2. Ron Poston 18:22, 3. Richard Schnare 18:47. 60 & Over: 1. Ellis Reveness 21:47, 2. Bob Herman 22:44, 3. Luis Cordova 25:28.

### Division Results - Women

6 & Under: 1. Kirstin Ericson 28:20, 2. Teryn Spragg 32:20, 3. Nora Pirzynski 34:20. 7-8: 1. Cosette Smith 25:43, 2. Sara Veronick 27:24, 3. Leslie Zapf 28:57. 9-10: 1. Bryndis Sudmundson 27:35, 2. Katie Devcich 28:50, 3. Courtney Daniels 28:58. 11-13: 1. Lindsay Steiner 24:06, 2. Erin O'Donnell 26:48, 3. Jennifer Lombardi 27:27. 14-17: 1. Coleen Thibodo 25:24, 2. Danielle Roman 25:49, 3. Christina Li 27:26. 18-24: 1. Annie Seawright 17:25, 2. Diane Kivela 20:05, 3. Nadine Newell 20:21. 25-29: 1. Diane Silva 19:42, 2. Carrie Schmidt 19:57, 3. A. Papajohn 30:39, 4. Olivia Padilla 19:31, 5. Claudia Vellertri 19:40, 6. Barbara Burg 19:55. 40-49: 1. Lisa Allen 20:42, 2. Sue Reinhardt 20:47, 3. Wendy Watson 22:14. 50-59: 1. Gina Faust 19:42, 2. Jeanne Hoagland 20:42, 3. Chris Matso 23:59. 60 & Over: 1. Doris Gordon 28:10, 2. Bertha Shimazu 35:00, 3. Marge Hester 39:05.



# RESULTS

## Grape Stampede

March 3. Gonzales, 10K.

### Division Results - Men

19 & Under: 1. Nicholas Ratti 37:16, 2. Javier Avila 37:46, 3. Brian Piper 38:07. 20-29: 1. John Barrett 31:36, 2. John Foley 31:57, 3. Mark Hoefler 32:11. 30-39: 1. Daniel Gruber 32:27, 2. Jorge Mariscal 33:47, 3. Salvador Lopez 34:08. 40-49: 1. David Furst 33:35, 2. Jose Garcia 33:53, 3. Tim Rostage 34:22. 50-59: 1. Jay Cook 37:26, 2. James Erbes 37:38, 3. Ken Noel 39:13. 60 & Over: 1. Richard Laine 40:08, 2. Thomas Gutierrez 44:30, 3. Ed Foley 45:30. 70 & Over: 1. Pierre Delfausse, 2. Albert Jarschke.

### Division Results - Women

19 & Under: 1. Latonja Fiddemon 49:24, 2. Yvonne Melendrez 50:47, 3. Heather Swenor 57:51. 20-29: 1. Laura Sanchez 38:01, 2. Terry Juri 40:06, 3. Denise Murphy 40:43. 30-39: 1. Barbara Frank 36:12, 2. Margaret Chung 42:59, 3. Kaye Provini 43:00. 40-49: 1. Barbara Zoldan 44:08, 2. Evelyn Delgado 49:59, 3. Judith Brower 51:11. 50-59: 1. Myra Rhodes 48:48, 2. Gloria Dake 51:13, 3. Louise Anderson 56:09. 60 & Over: 1. Silvia Sweet 1:06:21.

## Red Lobster 10K Classic

March 3. Orlando, FL.

John Halvorsen, of Norway, won the 1990 Red Lobster 10K Classic minutes ahead of Lynn Jennings, of suburban Boston, MA., who set a new American record in this prestigious 10K race, which involved more than 3000 runners.

Halvorsen, ranked the world's top road racer, finished with a time of 28:15, second ahead of Martin Pitayo, of Mexico City (28:22), and Mauricio Gonzalez, also of Mexico City (28:29).

"The Mexican team was very tough," said Halvorsen minutes after the race. "We stayed together pretty well until the last half mile, when I was able to make a strong



Start of Red Lobster 10K Classic

kick and get ahead of the pack."

Halvorsen, a student at the University of Ottawa in Ontario, Canada, was a member of the 1988 Norwegian Olympic team (10,000 meters). This was his first attempt in the Red Lobster 10K Classic.

Jennings, who broke her old American 10K record by 25 seconds, crossed the finish line with a time of 31:06, 28 seconds off the world record set here last year by Liz McColgan of Dundee, Scotland, who withdrew from the race several days ago due to a viral infection.

Jennings took the lead among other women right from the start of the race, finishing more than a minute ahead of Judi St. Hilaire, Fall River, MA., near Boston, (32:09), and 1 minute, 48 seconds ahead of Jody

Dunston, San Antonio, TX., (32:54). A sixth-place winner in the 10,000 meter at the 1988 Olympics, Jennings also holds the American 8K record and is a four-time National Cross Country champion. She also is the world indoor record holder in the 5000m (15:22) and the two-mile (9:28.15).

The Red Lobster 10K Classic also was the site for the 1990 TAC Men's U.S. National 10K Championship, which was won by Harry Green, a 22-year-old seven-time All American at the University of Texas. A native of Houston, Green was the first American male to cross the finish line, with a time of 28:56.

### Results

Men's Open: 1. John Halvorsen (23) Canada 28:15, 2. Martin Pitayo (30) Mexico City 28:22, 3. Mauricio Gonzalez (29) Mexico

City 28:29, 4. Jonathan Solly (26) Jenkintown, PA 28:30, 5. Marcos Barretto (29) Mexico City 28:39, 6. Salvador Garcia (26) Mexico City 28:44, 7. Abundio Mondragon (28) Toluca, Mex. 28:50, 8. Harry Green (22) Houston, TX 28:56, 9. Steve Binns (29) Keighly, England 28:58, 10. Chris Fox (31) Hagerstown, Maryland 28:60, 15. Michael Musyoki (33) 29:12, 16. Mark Conover (29) 29:12, 18. Ivan Huff (30) 29:26, 28. Matt Giusto (23) 29:49.

Women's Open: 1. Lynn Jennings (29) Newmarket, NH 31:06, 2. Judi St. Hilaire (30) Fall River, MA 32:09, 3. Jody Dunston (23) San Antonio, TX 32:54, 4. Annette Peters (24) Springfield, OR 32:57, 5. Sabrina Dornhoefer (26) Minneapolis, MN 33:14, 6. Monica Joyce (31) Ypsilanti, MI 33:42, 7. Maria Trujillo (30) Scottsdale, AZ 33:46, 8. Carole Rouillard (29) Montreal, Canada 34:01, 9. Dorthe Rasmussen (30) Lyngby, Denmark 34:15, 10. Cassandra Davis (28) Gifford, England 34:26.

TAC National 10K: 1. Harry Green (22) Houston, TX 28:56, 2. Chris Fox (31) Hagerstown, Maryland 28:60, 3. Jeff Jacobs (25) Roscoe, IL 29:08, 4. John Tuttle (31) Douglasville, GA 29:10, 5. Mark Conover (29) SLO 29:12.

Men's Masters: 1. Domingo Tibaduiza (40) Reno, NV 30:33, 2. Ken Hamilton (43) Ontario, Canada 30:41, 3. Larry Alberg (48) Ellensburg, WA 30:46, 9. Steve Ferraz (42) San Francisco 32:51.

Women's Masters: 1. Gabriele Andersen (44) Sun Valley, ID 34:48, 2. Barbara Filutze (43) Erie, PA 35:58, 3. Nancy Oshier (41) Spencerport, NY 36:51.

Men's Wheelchair: 1. Doug Kennedy (32) Haleyville, AL 23:35, 2. Craig Blanchette (21) Springfield, OR 24:50.

Women's Wheelchair: 1. Ann Walters (20) Bloomfield, CN 32:54, 2. Brenda Zajac (29) Tampa, FL 37:14.

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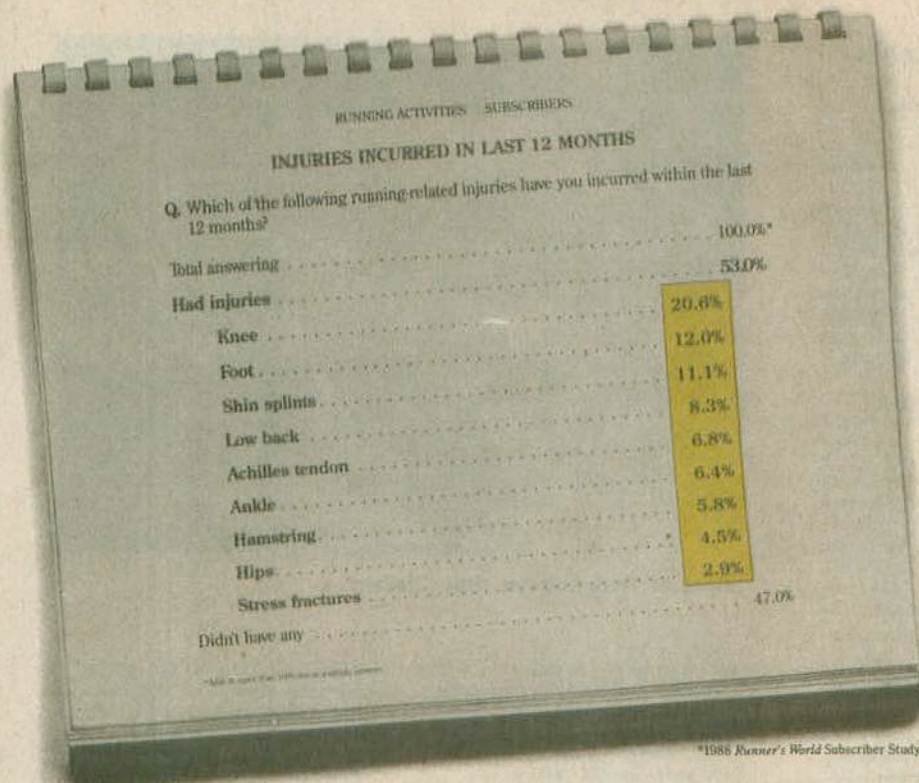
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