

APRIL 1992

ISSUE NO. 178

# CALIFORNIA

## Running News

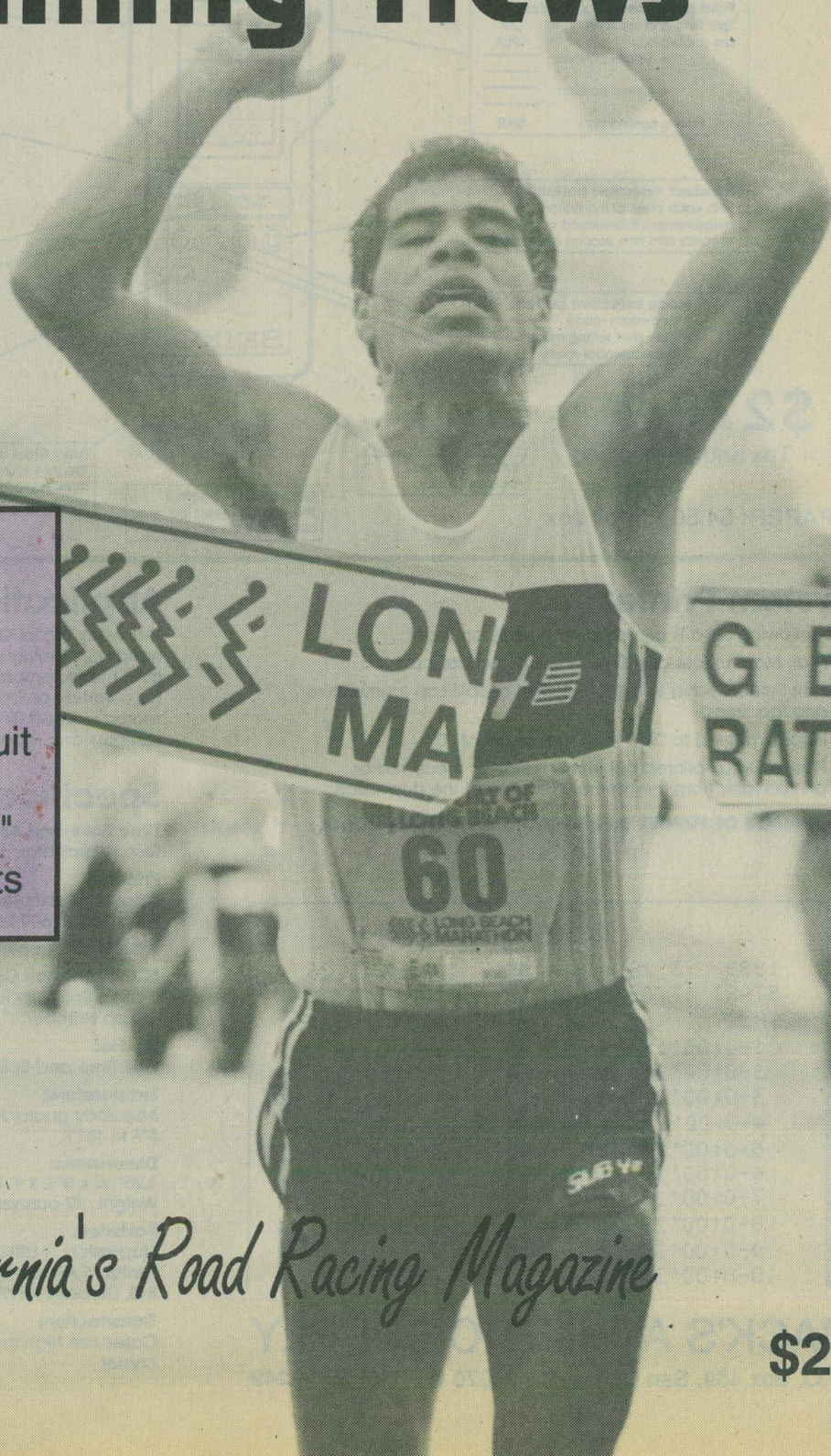
- ✓ Long Beach Marathon
- ✓ Los Angeles Marathon
- ✓ "Sweeteners: Fruit Juice vs. Sugar"
- ✓ "Getting Smooth"
- ✓ Schedule, Results

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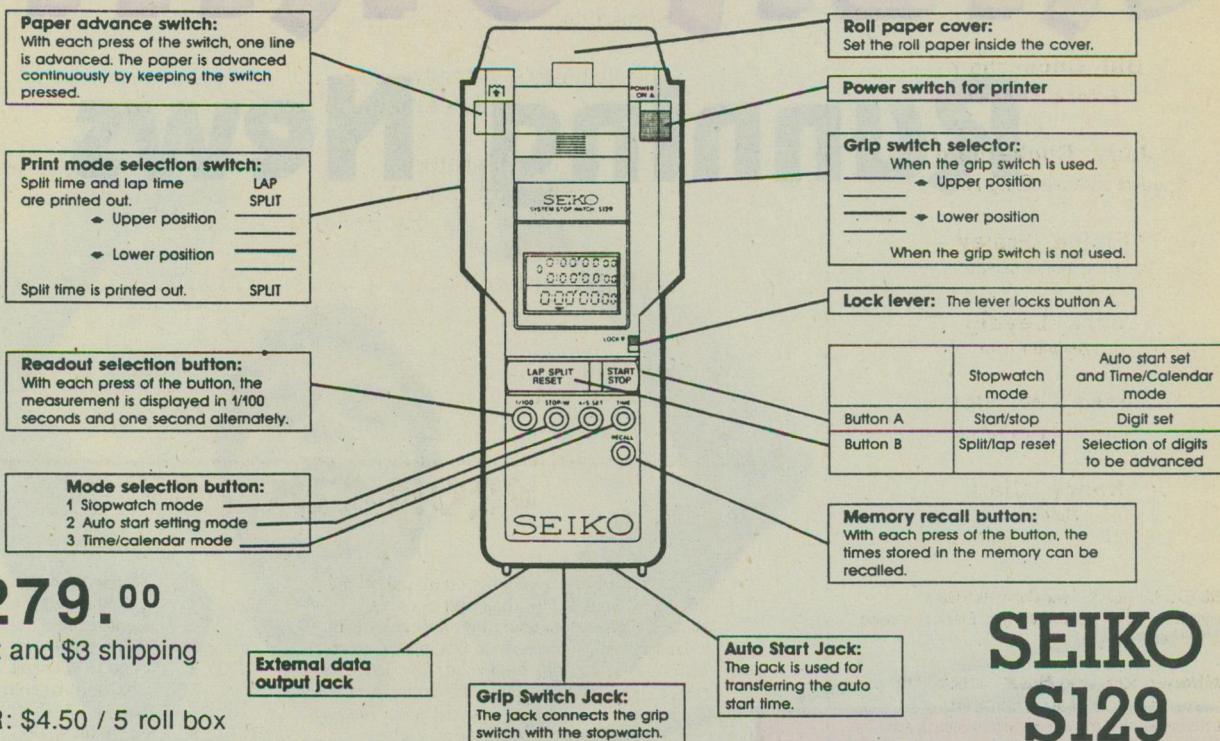
**\$2.25**





# Digital Quartz Printing Stopwatch S129

## DISPLAY AND BUTTON/SWITCH OPERATION



**\$279.00**

+ Tax and \$3 shipping

PAPER: \$4.50 / 5 roll box

**SEIKO  
S129**

## System Printer

The following data is printed permanently on tape:

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

### SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```

1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
```

```

1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
0:00'07 06
2-0:00'09 03
0:00'01 97
3-0:00'11 11
0:00'02 08
4-0:00'13 15
0:00'02 04
    
```

## Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

## Specifications

### Time Base and Accuracy:

Quartz oscillator,  $\pm 0.5$  seconds (24 hours/70°F)

### Printout:

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

**Time Measurement:** 1/100 of a second

### LCD Stopwatch Display:

6 digits Split/Lap Time, 7 digits Running Time, 2 digits show Place or Lap Number.

### Modes:

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

### Temperature:

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

### Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

### Batteries:

Stopwatch: 1 Lithium battery, SB-T 51 (3-year maximum life).  
 Printer: 4 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815, Duracell MN1500. Will print approx. 10,000 lines.

### Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

**JACK'S ATHLETIC SUPPLY**

P.O. Box 459, San Carlos, CA 94070 • (415) 595-2249



# CALIFORNIA Running News

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## FROM THE EDITOR

Running has been a very important part of my life since I first went out for the sport of cross country as a high school sophomore. That was in the Fall of 1959 at Duarte High in Southern California. I was hooked from the beginning. So hooked, in fact, that I went out for track in the Spring and ran road races in the Winter and Summer Friends thought I was just young and goofy.

After graduating from college I went into coaching running and in 1971 started a track and running magazine (*Valley Track and Field*, the forerunner to this magazine). I continue to attempt to run to this day. Friends think I am just old and goofy.

With running being such an integral part of my life, of course, I would like my two daughters to enjoy it as well. Running was never pushed on me and I haven't pushed nine-year-old Allison or six-year-old Amanda. They both have occasionally asked to accompany me on my walk-runs, sometimes on bike, sometimes on foot. It's been fun, it's been low-key. It's been good for us.

A week ago Allison asked if she could be in a kids 12 and under one mile race. Trying to contain my excitement, I said "Sure, if you can get up at 5:30 am." She said she could and she did. I was pretty excited when she toed the line with the other five little girls. We had talked about pace so when the gun went off she was left behind, but soon overtook all but one and went on to earn a second place trophy in 8:12. She had fun and wants to do it again. She even got up early the next day to do one- and-a-half miles with me before church.

I could get excited with planning her training and racing. I could get enthusiastic with encouraging and prodding. But I'm not going to... yet. Sure I would like her to win. It would make me a proud pappa. But, I am reminded of the results of a survey conducted by the Athletic Footwear Association (AFA). The survey was given to 10,000 students and asked them to rank numerically the most important reasons they participate in sports. The results of the AFA survey are listed here in rank order of importance:

1. To have fun
2. To improve skills
3. Excitement of competition
4. To do something I'm good at
5. To stay in shape
6. Challenge of competition
7. To win
8. For team spirit

I was surprised. "To win" was next to the bottom. "To have fun" was at the top. When AFA surveyors asked students in a separate question to identify the single most important reason for participating in a school sport, "to have fun" was the winner among 3,500 boys and 3,000 girls. In another question, AFA asked students to think about a single experience that made them feel successful. Highest among 20 statements ranked was, "My performance made me feel good." in 13th place came, "I won."

It seems, at this age, having fun is pivotal. If it's not "fun," young people won't play a sport. The survey also pointed out that skill development is a crucial aspect of fun; it is more important than winning. My approach then will be to make running fun for my kids and use it to develop motor skills and fitness. This should be parents' and teachers' challenge, "To make running (or any sport) fun, because so many people fail to accept physical exercise as enjoyable."

We know running is fun and good for us. We need to pass that legacy on to our children, first of all by making it fun.

*Bill*

**ON THE COVER:** Long Beach Marathon winner **ALFREDO ROSAS** breaking the tape. See Richard Lee Slotkin's story and photos beginning on page 16.

Photo by Richard Lee Slotkin



# SCHEDULE

By Jack Leydig

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

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

## April 10 (Friday):

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Sunset Fish Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## April 11 (Saturday):

**Pinole:** Three Valleys Half Marathon & 5K, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Stinson Beach:** Ode to Olema Marathon & Half Marathon, (Start: Mara.-Parkside Cafe; Half-Bolinas/Fairfax & Ridgecrest Blvd. on Mt. Tam), 9 a.m./Mara., 10 a.m./H-M. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

**Medford, OR:** Pear Blossom Run, 2 Mi. & 10 Mi. (& Mayor's Cup Mile), Time TBA. Pear Blossom Run, P.O. Box 146, Medford, OR. 97501. (503) 772-6293.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Sunset Fisherman Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Bakersfield:** Cancer Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. (805) 327-2424.

**Irvine:** Run for the Hills, 8K, Mason Regional Park, 8 a.m. OCFED, P.O. Box 9118, Fountain Valley 92708. (714) 963-1430.

**San Dimas:** L.A. Triathlon Series, Distances TBA, Bonelli Park, Time TBA. Info: (818) 331-0169.

**Columbus, OH:** U.S. Men's Olympic Trials, Columbus, Ohio, 10 a.m. (US male residents, age 18 & Over, who have run a sub-2:20 marathon on a TAC-certified course between Nov. 11, 1990 and March 31, 1992, may compete for a spot on the 1992 Olympic Team.) 1992 U.S. Men's Olympic Marathon Trials, Douglas Thurston, Race Director, 6660 Doubletree Ave., No. 8, Columbus, OH 43229. (614) 433-0395. FAX (614) 433-0330.

**Danville:** BAOC Las Trampas A-Meet (Orienteering), Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Mark Blair (510) 422-4266. **2 Day Meet.**

✓ **Firebaugh:** Rotary River Run, 3 & 6 Mi. (1 Mi. for 12/under), Firebaugh H.S. (football stadium), 8 a.m. Dr. Ron Sani, 2107 N. Harrison, Fresno 93704. (209) 233-0009, eves.

**Bakersfield:** Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Rancho California:** Vintage 5 & 10K and 2K Walk, Callaway Bell Vineyards, 7:30 a.m. Vintage 10K Run, P.O. Box 178, Temecula 92590. (714) 676-4001.

**San Diego:** Barrio Run, Distance TBA, Chicano Park (base of Coronado Bridge), 7:30 a.m. El Sol de San Diego, P.O. Box 13447, San Diego 92170. (619) 233-8496.

## April 12 (Sunday):

**San Francisco:** Bonne Belle Women's Classic, 5 & 10K, Golden Gate Park (Academy of Sciences), Time TBA. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

**San Francisco:** DSE Alamo Square Run, 7 Mi., Golden Gate Park (Spreckels Lake, Kennedy Dr. & 36th Ave.), 10 a.m. Info: (415) 978-0837.

**Modesto:** Modesto Marathon & Half Marathon, Blue Gum & Carpenter Rds., 7:30 a.m. Joann Hull, P.O. Box 3605, Modesto 95351. (209) 578-4575.

**Milpitas:** LSI Logic Run, 5 & 10K Run/Walk, Oak Creek Business Park (1501 McCarthy Blvd.), 9 a.m. LSI Logic, 1551 McCarthy Blvd., Milpitas 95035. (408) 433-7995.

**Sacramento:** Nor Cal Duathlon Series #2, 5K Run, 30K Bike, 5K Run, Discovery Park, 8 a.m. A Change of Pace, 221 G St., Suite 205, Davis 95616. (916) 757-6017.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi., & 10 Mi. Fishnet Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Stinson Beach:** Mt. Tam Tri-Bi-Athlon, 1K Swim or 5K Run, 14 Mi. Bike, 5 Mi. Run, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94863, El Sobrante 94803. (510) 841-1190.

**Los Gatos:** Holy City Dash, 10K, Alma Bridge to Los Gatos H.S. track, 9:15 a.m. (reg. at H.S., bus to start). Athletic Performance, 55 W. Main St., Los Gatos 95030. (408) 354-7365.

**Sebastopol:** Apple Juice Run, 2 Mi. & 10K, Analy H.S., 8 a.m. Attn: Teresa, Sebastopol Chamber of Commerce, P.O. Box 178, Sebastopol 95473. (707) 823-3032.

**Newport Dunes:** Bach Bay 8K, Newport Dunes Resort, 8 a.m. Hope House, c/o Race Pace, P.O. Box 795, Dana Point 92629. (714) 776-7490.

**San Diego:** Rainforest Run, 5K & 1 Mi., Mission Bay (South of Hilton), 7:30 a.m. Breaking Forty, 4060 Morena Blvd., #G355, San Diego 92117. (619) 272-8316.

**Walnut:** Mt. SAC Relays 5 & 10K and Munchkin Run, Mt. San Antonio College, Time TBA. Info: ESCO (714) 456-0952.

**Ontario:** In-n-Out Burger Ontario 5000 and Half Marathon, Ontario Airport Hilton Hotel, 7 a.m./5K, 8:10 a.m./H-M. ESCO, P.O. Box 1176, Alta Loma 91701. (714) 466-0952.

**Redondo Beach:** Spring Fest 5K Run/Walk, No. Redondo Beach, Time TBA. Info: (310) 798-2488.

## April 13 (Monday):

**Fresno:** Harry's 75th Birthday Party Run, 7 1/2 Mi. (or less), Woodward Park (Mountain



# SCHEDULE

View), 5 p.m. No-host potluck. Habitat for Humanity, P.O. Box 742, Fresno 93712. (209) 237-4102.

## April 16 (Thursday):

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Sunset Stride Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## April 18 (Saturday):

**Mountain View:** Shoreline Park 5 Mile, Shoreline Blvd. (No. off Hwy. 101), 9 a.m. Norman Shaskey, 600 Rainbow Dr., Suite 166, Mtn. View 94041. (415) 964-6367.

**San Jose:** Almaden Triathlon Challenge, 8 Mi. Run, 23 Mi. Bike, 20 Mi. Horseback (Individual & Team entries), Carlero Park, Time TBA. Skip Lightfoot, 970 Blossom Hill Rd., San Jose 95123. (408) 226-0745, 770-4243 eves.

**Arvin:** Arvin Wildflower Runs, Distances, Location & Time TBA. Info: (805) 845-0757.

**Sausalito:** California 49'er Double Marathon, Marathon & 30K, (Start: Double at Limantour Beach, Pt. Reyes; Mara./30K at Pantoll Ranger Sta./Mt. Tam), 6 a.m./Double, 9 a.m./Mara.-30K. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

**Chico:** Chico Masters 4 Miler, Bidwell Park, 9 a.m. Walt Schafer, Enloe Stress & Health Center, 5th Ave. & Esplanade, Chico 95926. (916) 891-7411.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Carrera de Pascua, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Saratoga:** Villa Montalvo 10K Run/2.5 Mi. Walk, Villa Montalvo, 8 a.m. Runners Factory, 51 University Ave., Los Gatos 95030. (408) 395-4311.

**Antioch:** Golden Triangle Triathlon, 0.5 Mi. Swim, 16 Mi. Bike, 4 Mi. Run, Contra Loma Regional Park, Time TBA. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**El Dorado Hills:** Mother Lode Biathlon, 6 Mi. Run, 28 Mi. Bike, Business Park (off El Dorado Blvd. (south)), 9 a.m. Tom Faulkner, Fleet Feet, 1730 Santa Clara Dr., Suite 3, Roseville 95661. (916) 783-4558.

## April 19 (Sunday):

**San Francisco:** DSE Easter Sunday Egg Run 3 Mi., Mt. Davidson (Riordan H.S., 175 Phelan), 10 a.m. Info: (415) 978-0837.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Easter Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## April 20 (Monday):

**Hopkinton, MA:** Boston Marathon, noon. Boston Marathon, P.O. Box 1992, Hopkinton, MA 01748. (508) 435-6905. **Qualifying Times.**

## April 23 (Thursday):

**So. El Monte:** Legg Lake, 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Sunset Pace Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## April 25 (Saturday):

**San Francisco:** Ruth Anderson 100K, Lake Merced (Sunset Blvd. Parking Lot), 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (510) 530-6634.

**Treasure Island:** Nimitz Run, 5 & 10K, 9:30 a.m. Race Central, P.O. Box 828, Rialto 92376. (510) 642-9335.

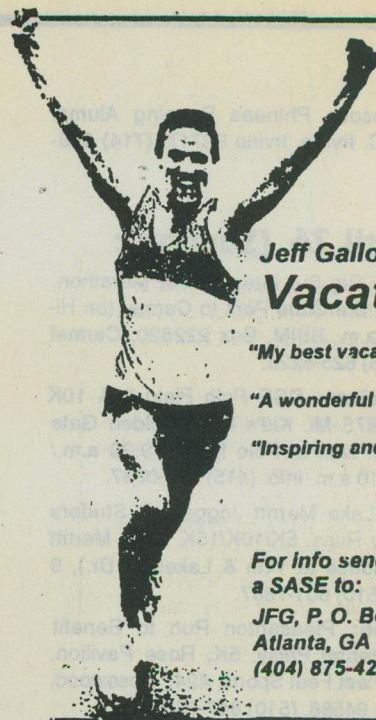
**Larkspur:** Madrone Canyon Race, 5K Run & 3K Walk, Doliver Park (Magnolia/Madrone), 9 a.m. Larkspur Recr. Dept., 400 Magnolia Ave., Larkspur 94939. (415) 927-5031.

**Kelseyville:** Earth Day 5 & 10K, Clear Lake State Park (swimming beach), 8 a.m. Clear Lake State Park Interpretive Assoc., Val Nixon, 5300 Soda Bay Rd., Kelseyville 95451. (707) 279-4293.

**Fort Bragg:** Mendocino Lost Coast Trail Marathon, 25K and 10 Mi., USAL Creek Campground at south end of Sinkyone Park, 9 a.m. **(Pre-reg. only).** Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Sunset Woodchuck Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Big Water, Utah:** Lake Powell Marathon & 10K (10K run entirely in Page, AZ), 7 a.m./



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Mara., 8:30 a.m./10K. Lake Powell Marathon, P.O. Box 3148, Page, AZ. 86040. (800) 835-4671.

**Lake Berryessa:** Lake Berryessa Quadathlon, 0.5 Mi. Swim, 16 Mi. Bike, 4 Mi. Run, 5 Mi. Bike, Putah Creek Resort (north end of Lake), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Taft:** Franklin Field Runs, Distance & Location TBA, Time TBA. Info: (805) 763-4246.

**Valencia:** Run for the Health of It, 5K, 8:45 a.m. HMNMH Foundation, Run for the Health of It, 23845 W. McBean Pkwy., Valencia 91355. (805) 253-8082.

**Palos Verdes:** Palos Verdes Library 5/10K Run and 3K Walk, Shops at Palos Verdes, 7:30 a.m./3K, 8 a.m./5K, 8:05 a.m./10K. Race Central, P.O. Box 828, Rialto 92377. Mark Conte Prod. (310) 798-2488.

**So. Pasadena:** Road Runner Classic 5/10K and 5K Walk, So. Pasadena-San Marino YMCA, 7:30 a.m./5K & 10K, 8:45 a.m./1K. So. Pasadena-San Marino YMCA, 1605 Garfield Ave., So. Pasadena 91030. (818) 799-9119.

**Irvine:** UCI Zot Trot, 5K Run/Walk & Tiny Tot Zot Trot, UC Irvine, 8 a.m./5K, 8:45 a.m. UCI



# SCHEDULE

Alumni Assoc., Phineas Banning Alumni House, U.C. Irvine, Irvine 92717. (714) 548-4897.

## April 26 (Sunday):

✓ **Carmel:** Big Sur International Marathon, Pfeiffer Big Sur State Park to Carmel (on Highway 1), 7 a.m. BSIM, Box 222620, Carmel 93922. (408) 625-6226.

**San Francisco:** DSE Polo Field 5 & 10K Runs & 0.875 Mi. Kid's Run, Golden Gate Park (south side of Polo fields), 9:30 a.m./Kid's Run, 10 a.m. Info: (415) 978-0837.

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th & Lakeside Dr.), 9 a.m. Info: (510) 601-7887.

**Pleasanton:** Pleasanton Run to Benefit United Cerebral Palsy, 5K, Rose Pavilion, 8:30 a.m. Fleet Feet Sports, 4247 Rosewood, Pleasanton 94588. (510) 847-9255.

**San Jose:** The Tortoise & Hare 10K Run/5K Walk, Union Middle School, 8:30 a.m. Info: (408) 559-2555.

**Byron:** Rally Around the Lake 5K, Swim & Tennis Club (Discovery Bay Blvd.), 9:30 a.m. Phil Paulson (Lions Club), 5514 Marlin Ct., Byron 94514. (510) 634-6654.

**Windsor:** Run & Ride for Sight, 10K Run, 40K Bike, Windsor Middle School, 7:30 a.m. Ed Marks, 914 Jack London Dr., Santa Rosa 95409. (707) 539-9546.

**Napa:** Vichy Alternative School Hill-to-Hill Run, 2 & 5 Mi., William Hill Winery (1761 Atlas Peak Rd), 9 a.m. (Limit 500). Thom (Race Director), Hill to Hill Run, 3261 Vichy Ave., Napa 94558. (707) 252-8450, Marie.

**Yountville:** Rotary's Napa Valley 5 & 10K, Yountville Park, 8:30 a.m. Info: (707) 257-2488.

**Shingle Springs:** Marshall M\*A\*S\*H Runs, 5 & 10K and 1/2-Mi. Kid's Run, Ponderosa H.S., 8:30 a.m./Kids, 9 a.m. Public Relations, Marshall MASH Run, Marshall Hospital, Marshall Way, Placerville 95667. (916) 626-2874.

**Davis:** Nor Cal Duathlon Series #3, 5K Run, 30K Bike, 5K Run, Greenbelt (14th & Oak Sts), 8 a.m. A Change of Pace, 221 G St., Suite 205, Davis 95616. (916) 757-6017.

**Stockton:** Asparagus Festival Fun Run, 3 Mi., Oak Grove Regional Park (I-5 and 8 Mile Rd., 5 Mi. north of Stockton), 8:30 a.m. Stockton Asparagus Festival, 1132 No. Hunter, Stockton 95202. (209) 466-6674.

**Merced Area:** Indian Gulch to Hornitos Runs, 5 & 10 Mi., 8:30 a.m. Jean Schwisow, 629 El Portal, Merced 95340. (209) 722-8385.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Wild Flower Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Carmel:** The 5K, The "Cross Roads" (by Big Sur Marathon finish), 8 a.m. The 5K, P.O. Box 222620, Carmel 93922. (408) 625-6226.

**Stanford:** MBA Challenge for Charity, 5K/10K, Stanford Stadium, 8 a.m. John Vonk, 408 Wilkie Way, Palo Alto 94306. (415) 857-0702.

**Palo Alto:** Dog's Best Friend Run/Walk, 5K, Baylands Athletic Center (Geng & Embarcadero Rds.), 9 a.m. Tom Osborne, Palo Alto Recr., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Hayward:** Wally Wickander Trail Run, 5.5 Mi., Memorial Park (Hayward Plunge), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Healdsburg:** Fitch Mountain Footrace, 3K/10K, Plaza Park (downtown), 8 a.m. Healdsburg Parks & Recr., P.O. Box 578, Healdsburg 95448. (707) 431-3301.

**Laguna Beach:** Laguna Beach 10K Classic & 2K Fun Run/Walk, Sawdust Festival Grounds, 8 a.m. Schoolpower, c/o Race Central, P.O. Box 828, Rialto 92377. (714) 661-6062.

**Upland:** Run for the Health of It, 5 & 10K, Memorial Park, 7:30 a.m./5K, 8 a.m./10K. San Antonio Community Hospital, SACH Race, 999 San Bernardino Rd., Upland 91786. (714) 985-2811 X3998.

**Encino:** Crespi Classic Fun Run, 5 & 10K, Pierce College (Football stadium), 8:30 a.m./5K, 9:15 a.m./10K. Crespi Fun Run, 5031 Alonzo Ave., Encino 91316. (818) 881-4578.

**Glendale:** Kaleidoscope 5/10K Run, Verdugo Park, 8 a.m. Kaleidoscope Run & Walk, Glendale Memorial Health Foundation, Central & Los Feliz, Glendale 91225.

**Redlands:** A Run Through Redlands, 5K/10K and Half Marathon, Redlands Mall, 7:45 a.m./5K & HM, 8 a.m./10K. Race Central, P.O. Box 828, Rialto 92377. (714) 335-5751.

**La Jolla:** La Jolla Half Marathon & 5 Mi. Stride, 7:30 a.m. La Jolla Half Marathon, P.O. Box 1664, La Jolla 92038. (619) 454-1262.

**San Diego:** San Diego Ekiden Relay, Distance, Location & Time TBA. Info: Elite Racing (619) 275-5440.

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# SCHEDULE

## April 30 (Thursday):

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Sunset Runner Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## May 2 (Saturday):

**Corralitos:** Sole Savers 10K Run for Youth, Holy Eucharist Church (527 Corralitos Rd.), 9 a.m. Michael Jordan, 14 Eileen St., Watsonville 95076. (408) 724-2962.

**Ben Lomond:** Ben Lomond's Cinci De Mile-O, 5.1 Mi., St. Andrew's Church, 8 a.m. St. Andrew's Church, P.O. Box 293, Ben Lomond 95005. (408) 336-5994.

**Fair Oaks:** Tramp for Camp 5K, Irv Gums's Pumpkin Farm (5415 Kenneth Ave.), 8:30 a.m. Marjorie Estev, San Juan U.S.D., P.O. Box 477, Carmichael 95629. (916) 971-7185.

**Sacramento:** Maranatha Half-Marathon & 10K (& 1/2 Mi. & 1 Mi. Kid's Races), Goethe Park, Nick Vogt, Christian R.A., 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

**Palo Alto:** May Fete Mile, University & Emerson, 8 a.m. Tom Osborne, Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Lake San Antonio:** Wild Flower Festival International Triathlon, 0.5 Mi. Swim, 20 Mi. Bike, 4.5 Mi. Run, Time TBA. Terry Davis, P.O. Box 5279, Salinas 93915. (408) 755-4899.

**Turlock:** Turlock Rotary Clubs' Biathlon, 10K Run, 50K Bike (Limit 280; 85 teams), Turlock High School (Canal Dr. & Berkeley Ave.), 7:30 a.m. (No Raceday Reg.) Turlock Rotary Biathlon, c/o Larrie Sweet, P.O. Box 1985, Turlock 95381. Bob Schmidt (209) 632-9931.

**Bakersfield:** Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Bakersfield:** Carrera del Ano, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Taft: (Cancelled...replaced by Apr. 25th event)** Westside Runs, Distance, Location & Time TBA. Info: (805) 763-4246.

✓ **Los Cabos, Mexico:** Cabo San Lucas Half-Marathon & 5K, San Jose del Cabo, 7 a.m. Los Cabos Clinic Foundation, P.O. Box 60371, Bakersfield 93386.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Sunset Frog Leg Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Dimas:** Los Angeles Triathlon Series, Distance TBA, Bonelli Park, Time TBA. Info: (818) 331-0169.

**San Diego:** Fiesta Island Masters 10K, West Fiesta Island, 7:30 a.m. San Diego T.C., P.O. Box 7853, San Diego 92107. (619) 275-6542.

**Colfax:** Colfax Record Run/Walk, 5K/10K and 1/2 Mi. Kids' Fun Run, downtown, 8:30 a.m./Fun Run, 8 a.m. Soroptimist International Coordinator, P.O. Box 1036, Colfax 95713.

## May 3 (Sunday):

**Weott:** Avenue of the Giants Marathon, & 10K. Avenue of the Giants Marathon, Dept. R, 281 Hidden Valley Rd., Bayside 95524.

**San Francisco:** DSE Potrero Hill Run, 4.5 Mi., 17th St. & Arkansas, 10 a.m. Info: (415) 978-0837.

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

**Los Gatos:** Los Gatos Scholastic Classic, 10K & 2 Mi., Los Gatos H.S., 8:30 a.m. Gillian Cichowski, P.O. Box 352, Redwood Estates 95044. (408) 353-1991.

**Saratoga:** Run to the Stars 3K/8K, Christa McAuliffe Elem. School (Prospect & Titus), 9 a.m./3K, 9:30 a.m./8K. Hank Lawson, 12375 Farr Ranch Rd., Saratoga 95070. Charmaine Morris (408) 255-4326.

**San Jose:** San Jose Nihon Machi Run, 8K & 1 Mi. Fun Run/Walk, 6th & Jackson Sts., 9 a.m. Yu-Ai-Kai, 565 No. Fifth St., San Jose 95112. (408) 294-2505.

**Sausalito:** Sausalito Scenic Bay Run/Walk, 3.95 Mi., entrance to tunnel at Ft. Cronkhite, 9 a.m. Sausalito Recr. Dept., 420 Litho St., Sausalito 94965. (415) 289-4125.

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

**Napa:** Vichy Spring Run, 5 Mi. & 2.5 Mi. Walk, William Hill Winery (1761 Atlas Peak Rd.), 8:30 a.m. (Limit 500). Vichy Spring

# June 6, 1992

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Run, 3261 Vichy Ave. Napa 94558. (707) 252-8450.

**Lake San Antonio:** Wild Flower Festival Triathlon Challenge, (Short: 0.25 Mi. Swim, 10 Mi. Bike, 2 Mi. Run; Long: 1.2 Mi. Swim, 56 Mi. Bike, 13.1 Mi. Run), Time TBA. Terry Davis, P.O. Box 5279, Salinas 93915. (408) 755-4899.

**Chico:** Butte Biathlon, 4 Mi. Run, 30 Mi. Bike, 4 Mi. Run (or 1.5 Mi. Run, 15 Mi. Bike, 1.5 Mi. Run), 9 a.m. Exchange Club, 2500 Zannella Way, Ste. A, Chico 95928. (916) 894-8920.

**Stockton:** Cinco de Mayo 5K Run & 2 Mi. Walk, Stockton Waterfront, Time TBA. Tarahumara R.C., P.O. Box 8422, Stockton 95208. Rudy (209) 948-0938.

**Folsom:** BAOOC Folsom Lake Orienteering Meet, Distances TBA, Doton's Pt., Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Doug Brown (916) 663-2781.

**Pismo Beach:** Pismo Pier 10K Fun Run, Pismo Pier, 9 a.m. Pismo Beach Recreation



# SCHEDULE

Dept., Fun Run, 1000 Bello St., Pismo Beach 93449. (805) 773-4658.

**So. El Monte:** Legg Lake 8K, 660 Yds. & 2.3 Mi. Spike Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Three Rivers:** Kaweah River Run, 8 mi, 9 a.m. Dave Bronzan (209) 688-0567, or write KRR, 20 N. Tower Square, Tulare 93277.

## May 6 (Wednesday):

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

## May 7 (Thursday):

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Sunset Pride Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## May 9 (Saturday):

**San Jose:** Mike Popolizio Quicksilver 50K/50M, Quicksilver County Park, 6 a.m. Steve Tietz, 6363 Firefly Dr., San Jose 95120. (408) 268-1683.

**San Francisco:** Angel Island 5 Mi. Run/Walk, Time TBA. The Guardsmen, 115 Sansome St., #310, San Francisco 94104. (415) 781-6785.

**San Francisco:** Ocean Beach 5K, Balboa St. & Great Hiway, 11:15 a.m. (on sand at low tide). Ocean Beach 5K, 153 Lunado Way, San Francisco 94127. (415) 469-9265.

**San Mateo:** Human Race 5K/10K, Central Park, 8:30 a.m. Lois Koenig, 535 Darrell Rd., Hillsborough 94010 (415) 342-9328.

**Marin County:** Human Race, Distance, Location & Time TBA. Volunteer Center, 70 Skyview, San Rafael 94903. (415) 479-5660.

**Pleasant Hill:** 24-Hour Heartbeat Challenge, Marathon, 6-Hr., 12-Hr. & 24-Hr. (individuals & teams), Diablo Valley College (track), 9 a.m. Jack Riley, c/o American Heart Association, P.O. Box 6181, Concord 94524. (510) 827-1600.

**San Jose:** Santa Teresa Wilderness Run, 5K & 12K, Santa Teresa County Park, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Sacramento:** The Human Race 5K/10K, William Land Park, 8:30 a.m. Ann Matz, Volun-

teer Center, 8912 Volunteer Ln., Suite 140, Sacramento 95826. (916) 368-3105.

**Sacramento:** "Y Not Run" 5K/10K, Northeast YMCA (3127 Eastern Ave.), 8:30 a.m. Dave Mackey, c/o YMCA, 3127 Eastern Ave., Sacramento 95821. (916) 452-5451.

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

**Bass Lake:** Smokey Bear 10K & 2 Mile. 8 a.m. Start at The Pines Resorts. Contact: Dennis Wilson, U.S. Forest Service (209) 683-4665.

**Bakersfield:** Bakersfield Bud Light Triathlon. Tri-Fed/USA Southwest Regional Championship. (No Raceday Registration). North Bakersfield Recreation and Park District, 405 Galaxy Ave., Bakersfield 93308. Gidget Hernandez (805) 399-2720.

**Huntington Beach:** Southern California Dipsea Footrace, 7.1 Mi., Central Park West, 8 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Sunset Pit Bull Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## May 10 (Sunday):

**Washington, DC:** Nike Women's Race, 8K, West Potomac Park, 8 a.m. (**May 8 Deadline or 4000 entrants**), Nike Women's Race, Box 20090, Alexandria, VA 22320. (703) 780-3037.

**San Francisco:** DSE Right to Assemble Run, 7.45 Mi., Howard & Spear to beach, 8 a.m. Info: (415) 978-0837.

**San Jose:** BAOOC Orienteering Meet, Distance TBA, Joe Grant Park, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. (408) 729-1960.

**Bakersfield:** Tri-4-Kids Triathlon, Distance, Location & Time TBA. Info: (805) 323-6460.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Sunset Garritson's Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Visalia:** End of the Trail 15K and 2 Mi. Fun Run, 8 a.m., Mooney Grove Park. Larry Doss, 2821 W. Sunnyside, Visalia 93277. (209) 732-4333 or 732-2842.

## May 14 (Thursday):

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi., & 10 Mi. Sunset Freedom Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## May 16 (Saturday):

**Ft. Cronkhite:** Bobcat Biathlon, 4.5 Mi. Run, 12.8 Mi. Mountain Bike, Rodeo Lagoon (off Bunker Rd.), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Geyserville:** Icebreaker Triathlon, 0.5 Mi. Swim, 5K Run, 14 Mi. Bike, Lake Sonoma (Marina boat ramp), 8 a.m. (**May 4 entry deadline; 400 limit**). Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

**Colfax:** Slice 100K Run (**50K on Sat. from Colfax to Foresthill; 50K on Sun. from Georgetown to Coloma**). Time TBA. Paul Reese, 308 Forest Ct., Auburn 95603. (916) 823-0276.

**Shafter:** Run Shafter Runs, Distances, Location & Time TBA. Info: (805) 393-0866.

**Tustin:** Run for the Family, 5K Run/Walk & 1K Youth Dash, Tustin Market Place (El Camino Real & Jamboree), 7:30 a.m. City of Tustin, Community Services Dept., 15222 Del Amo Ave., Tustin 92680. (714) 544-8890, x220.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi., & 10 Mi., Armed Forces Day Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln, Pico Rivera 90660. (213) 949-0394.

**San Ramon:** Great Strides (Walk to Cure Cystic Fibrosis), San Ramon Community Center, 9 a.m. Cystic Fibrosis Foundation, 350 Sansome St., Suite 640, San Francisco 94104. (415) 677-0155.

**Vallejo:** Great Strides (Walk to Cure Cystic Fibrosis), Marina Vista Park, 9 a.m. Cystic Fibrosis Fndn., 350 Sansome St., Suite 640, San Francisco 94104. (415) 677-0155.

**Bakersfield:** The 24-Hour Relay Challenge, 10-Person teams alternating 1 Mile each for 24 hours, Bakersfield College (Memorial Stadium), 9 a.m. (36 Team Maximum). Kern County Superintendent of Schools Office (Attn: Michael Hulsizer), 5801 Sundale Ave., Bakersfield 93309. (805) 398-3646.

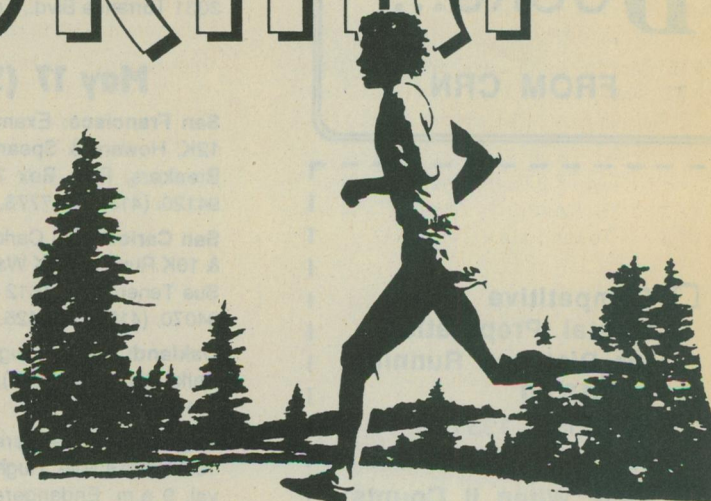
**Torrance:** Armed Forces Day 5K/10K Runs, City Hall (3031 Torrance Blvd.), 8 a.m.



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City of Torrance Armed Forces Day Runs,  
3031 Torrance Blvd., Torrance 90503.

### May 17 (Sunday):

**San Francisco:** Examiner Bay to Breakers 12K, Howard & Spears Sts., 8 a.m. Bay to Breakers, P.O. Box 7260, San Francisco 94120. (415) 777-7773.

**San Carlos:** San Carlos Rotary Fun Run, 5 & 10K Runs and 5K Walk, Burton park, 9 a.m. Sue Tenerowicz, 1612 Laurel St., San Carlos 94070. (415) 593-8425.

**Oakland:** Tilden Tough Ten, 10 Mi., Tilden Park (Inspiration Point), Time TBA. Info: (510) 601-7887.

**Hughson:** Endangered Species Run, 5K/10K & Kid's Mile, Hughson Fruit & Nut Festival, 9 a.m. Endangered Species Education Trust, P.O. Box 1504, Pleasanton 94566. (510) 846-8126.

**Sacramento:** Old Sacramento Triathlon, 0.3 Mi. Swim, 13 Mi. Bike, 3 Mi. Run, Front & "J" Sts., 9 a.m. Bill Kelly, Fleet Feet Sports, 2408 J St., Sacramento 95816. (916) 442-RACE.

**Oxnard:** California Strawberry Festival 10K Race. 8 a.m. Sunset Lane and Harbor Blvd. 10K & 2 mile Fun Run. Contact Fleet Feet Sports, 4269 East Main St., Ventura 93003 (805) 644-9712.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Great Western Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Kansas City, MO.:** TAC/USA National Masters 10K Championship. Jerry Morrison, 5617 N. Adrian Ave., Kansas City, MO. 64151. (816) 741-2314.

### May 20 (Wednesday):

**Davis:** Humpday 5K Run/10K Rollerblade, UC Davis Campus, 6 p.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

**San Diego:** One-Hour Run, Balboa Stadium, 5:30 p.m. Info: Peter Stern (619) 272-5380.

### May 21 (Thursday):

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Sunset Victory Run, 6 p.m. Ar-

thur Martinez, 9502 Reichling Ln. Pico Rivera 90660. (213) 949-0394.

### May 23 (Saturday):

**Vacaville:** Gold Medal Triathlon, 0.5 Mi. Swim, 10 Mi. Bike, 3.8 Mi. Run, Lagoon Valley Park, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Morgan Hill:** Mushroom Mardi Gras 10K & 2 Mi., Live Oak H.S., 8:30 a.m./10K, 8:45 a.m. Mitch Brenncise, 16857 Gallop Dr., Morgan Hill 95037. (408) 256-2533.

**San Dimas:** Los Angeles Triathlon Series, Distance TBA, Bonelli Park, Time TBA. Info: (818) 331-0169.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Purple Tree Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

### May 24 (Sunday):

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K & 5K Walk, Lake Merritt (Old Boathouse: 14th & Lakeside Dr.), 9 a.m. Info: (510) 601-7887.

**Pinole:** Pinole Spring Festival 4 Mi. & 1K Kids' Run, 10 a.m. (Raceday Reg. only). Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Aptos:** Renee's Bakery Women's Duathlon, 2.5 Mi. Run, 15 Mi. Bike, 2 Mi. Run, Valencia Elem. School, 8 a.m. (Limit 150). Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072.

**Cotati:** Smartass Race, 3K & 10K, 8 a.m. Smartass Race, Cotati Chamber of Commerce, P.O. Box 592, Cotati 94931. (707) 795-5508.

**Daly City:** DSE San Bruno Mountain 5K/10K & Half Marathon, San Bruno Mtn. State Park (atop Guadalupe Canyon Pkwy), 10 a.m. Info: (415) 978-0837.

**Bolinas:** BAOC 6 Hour Rogaine Orienteering Meet, (tentative), Distance & Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr. Oakland 94611. Gary Kraght (415) 383-4429.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Cottontail Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.



# SCHEDULE

**Clarksburg:** Delta Duathlon Sprint Series, 1.8 Mi. Run, 11.5 Mi. Bike, 1.8 Mi. Run, Delta H.S., 8:30 a.m. Race Ready Race Management, P.O. Box 1295, West Sacramento 95605. (916) 372-7367.

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

**Palm Springs:** Danskin Women's Triathlon, 0.75K Swim, 20K Bike, 5K Run, Time TBA. Info: (800) 452-9526.

## May 25 (Monday):

**Kentfield:** Pacific Sun 10K & 2.5 Mi. (PA/TAC 10K Championships with age-graded scoring for Masters), College of Marin, 8 a.m. Total Race Systems, 80 Mitchell Blvd., San Rafael 94903. (415) 472-RACE.

**Pinole:** Miniman Triathlon, 250 Yd. Swim, 2.1 Mi. Run, 8 Mile Bike, 9 a.m. Team Challenge,

P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Concord:** Concord Memorial Hill Run, 5K, Newhall Park, 9 a.m. LeRoy Pacheco, 11 Asbury Way, Pittsburg 94565. (510) 458-3978.

**Grass Valley:** Grass Valley Memorial Run, 8K & 3K Walk, Memorial Park, 8:30 a.m. Gary Loucks, 116 High St., Grass Valley 95945. (916) 273-9268.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Cottontail Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## May 28 (Thursday):

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Soldier Creek Sunset Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## May 30 (Saturday):

**San Bruno:** San Bruno Memorial Cross Country Run, 4 Mi., San Bruno City Park (Crystal Springs Rd. & Oak Ave.), 8:30 a.m. Mike Sullivan, P.O. Box 4680, Sonoma 95370. (209) 532-1910; Don Conklin: (415) 952-8127 or 952-6454.

**Aptos:** Aptos Marathon, Half Marathon & 10K, Forest of Nisene Marks State Park, 8 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**So. El Monte:** San Gabriel River 5K & 10K Memorial Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## May 31 (Sunday):

**San Francisco:** DSE Ferry Building Biathlon, 3.83 Mi. Run, 0.5 Mi. Swim, (in Bay), Dol-

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# SCHEDULE

phin Club (Foot of Hyde St.), 10 a.m. Info: (415) 978-0837.

**Fremont:** Ohlone Wilderness Trail Run, 50K, end of Stanford Ave., 7 a.m. John Vonnhoff, Bay Area Ultra Runners, 4438 Gibraltar Dr., Fremont 94536. (510) 797-8169.

**Cupertino:** Tandem's "Up & Running" 10K Run & 2 Mi. Run/Walk, Tandem Computer (Valco Pkwy.), 8 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

**Oakland: (Tentative):** Oakland Double 10K & 5K Express, Jack London Waterfront, 8 a.m. Festival at the Lake, 1630 Webster St., Oakland 94612.

**Davis:** Davis Street Faire 5 Mi. Run & 3 Mi. Walk, Davis Train Depot (east end of 2nd St. near "G" St.), 8:30 a.m. Kathie Skrabo, P.O. Box 447, Davis 95617. (916) 756-7542.

**So. El Monte:** San Gabriel River 5K & 10K Brendal Pup Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## June 2 (Tuesday):

**Bakersfield:** BTC Darryl Easter Handicap, 5K, Location & time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. (805) 871-8741.

## June 4 (Thursday):

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Falling Springs Sunset Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394

## June 6 (Saturday):

**San Francisco:** Hoy's Sports 5K Run, Kezar Stadium, Time TBA. Hoy's Sports, 1632 Haight St., San Francisco 94117. Ed Lopez (415) 666-3754.

**San Francisco:** Great Strides (Walk to Cure Cystic Fibrosis), Ghiradelli Square, 9 a.m. Cystic Fibrosis Fndn., 350 Sansome St., Suite 640, San Francisco 94104. (415) 677-0155.

**Sonoma:** Hit the Road Jack VI 10K, Sonoma Plaza, Time TBA. Hit the Road Jack, P.O. Box 1762, Sonoma 95476.

**Salinas:** Creekbridge Challenge, 4K and 10K, Creekbridge Development (Nantucket & Constitution Blvd.), 9 a.m. Thrust IV, 2093 Landings Dr., Mtn. View 94043.

**Sacramento:** Tri-For-Fun Triathlon Series, 1K Swim, 20K Bike, 5K Run, Rancho Seco Park, 8 a.m. Will Roxburgh, Fleet Feet Sports, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**Fresno:** Exercise for Health 10K. Woodward Park.

**Bakersfield:** Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Rosarito Beach, Baja, CA:** Festival de Primavera, 5K/10K/10 Mi. & 1 Mi. Fun Run, 20 Miles south of San Diego, 8 a.m./5K, 8:10 a.m./10K, 8:11 a.m./10 Mi. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

**So. El Monte:** San Gabriel River 1 Mi., 5K & 10K Bull Frog Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Aptos:** Forest of Nisene Marks Marathon, Half Marathon & 5K, Nisene Marks State Park, 8 a.m. Santa Cruz Host Lions Club, P.O. Box 477, Santa Cruz 95061. (408) 458-9984.

**Albany, N.Y.:** Freihofer's Run for Women. Empire Plaza in downtown Albany. Freihofer's Run for Women, 233 Fourth St., Troy, NY 12180 (518) 273-0267.

## June 7 (Sunday):

**Mill Valley:** DSE Practice Dipsea, 6.8 Mi. (finish at Stinson Beach), 8 a.m. Info: (415) 978-0837.

**San Francisco:** Statuto Race 8K, 1630 Stockton, 9 a.m. S.F. Italian Club, 1630 Stockton St., San Francisco 94133. (415) 781-0166.

**Palo Alto:** Duck to Ducks 10K Run, Baylands Interpretive Center (end of Embarcadero), 8:30 a.m. Bill Bace, 1202 Sharon Park Dr., #74, Menlo Park 94025. (415) 854-6925.

**San Leandro:** Shoreline Run, 3K/10K, San Leandro Marina (Fairway & Neptune Drs.), 8:45 a.m. Ted Swenson, c/o Recreation Dept., 835 E. 14th St., San Leandro 94577. (510) 511-3469.

**San Jose:** Alum Rock Run 10K, Alum Rock Park (Visitors Center), 8:30 a.m. (400 Limit). Gary Hafley, 460 Park Ave., San Jose 95110. (408) 295-0320.

**Guerneville:** Vineman International Triathlon, 1 Mi. Swim, 25 Mi. Bike, 10K Run, 8 a.m. Vineman Triathlon, P.O. Box 6007, Santa Rosa 95406. (707) 528-1630.

**Nevada City:** Gold Country Races, 5K, 10K, 20K & 30K, Pioneer Park, 7:30 a.m./20&30K, 7:55 a.m./5&10K. Bud Grattan, P.O. Box 787, Grass Valley 95945. (916) 272-8885.

**So. El Monte:** San Gabriel River 1 Mi., 5K & 10K Pheasant Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Ukiah:** Russian River Marathon, Half Marathon & 8K, Talmage Exit off 101, 6 a.m./Mara. & H-M, 8 a.m./8K. Russian River Run, c/o North Coast Opportunities, 413 N. State St., P.O. Box 204, Ukiah 95482. (707) 462-1950.

## June 11 (Thursday):

**Los Angeles:** Union Bank Heart of the City 5K, downtown, 7 p.m. Union Bank Heart of the City Run, 445 S. Figueroa, Los Angeles 90071. (213) 236-5710.

## June 12 (Friday):

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Crystal Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## June 13 (Saturday):

**Oakland:** Run & Walk Against Racism, 5K/10K, Old Boathouse (Lake Merritt, 14th St. & Lakeside), 8:30 a.m. John Brown Anti-Klan Committee, 220 Ninth St., #443, San Francisco 94103. (415) 830-5363.

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# SCHEDULE

**So. Lake Tahoe:** Robert E. DeCelle II Memorial Tahoe Relays, 7-Persons (72 Mi. total), near junction of Hiway 50 & 89 (5th & Hwy. 89), 7 a.m. (150 Team Limit). Alameda T.C., P.O. Box 1606, Alameda 94501. (415) 523-2264, days.

**Bakersfield:** Big Brothers' Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Run for Jesus, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## June 14 (Sunday):

**San Francisco:** DSE Parnassus Heights Run, 3.24 Mi., Claremont at 7th Ave. & Laguna Honda Blvd., 10 a.m. Info: (415) 978-0837.

**Oakland:** Dick Houston Memorial Woodminster Run, 8.3 Mi., Joaquin Miller Park (Woodminster Meadow), 9 a.m. Gail Wetzork, 3452 Capella Ln., Alameda 94501. (510) 522-4010.

**Foster City:** 10K Career Run/Walk, Sea Cloud Park, 9 a.m. Ron Visconti, c/o CCEC, 1660 Amphlett Blvd., #314, San Mateo 94402. (415) 345-0753.

**Aptos:** Aptos Women's 5-Miler, Aptos Village Park, 9 a.m. Carol Cuminale, Santa Cruz T.C., P.O. Box 3568, Santa Cruz 95063. (408) 458-9028.

**Aptos:** Hammerhead Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 10 Mi. Run, Rio del Mar Beach & Valencia Elem. School, 7:30 a.m. Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072. Pre-Reg. Only (300 Limit).

**Carmel:** Carmel 10K, Sunset Center (San Carlos btwn. 8th & 9th), 9 a.m. Earl Reuter, 305 Hilltown Rd., Suite A, Salinas 93908. (408) 455-2399.

**Fresno:** Chihuahua Run '92. Fresno and "E" Streets. 10K (6:30 a.m.) and 2 mile (6:15 a.m.). Rotary-Chihuahua Road Run, 776 E. Shaw, #205, Fresno 93710. (209) 225-6502.

**Clarksburg:** Delta Duathlon Spring Series, 1.8 Mi. Run, 11.5 Mi. Bike, 1.8 Mi. Run, Delta

High School, 8:30 a.m. Race Ready Race Management, P.O. Box 1295, West Sacramento 95605. (916) 372-7367.

**Oakland:** BAOC Orienteering Meet, Distance TBA, Joaquin Miller Park, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Flag Day Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Lompoc:** Valley of the Flowers Marathon & Half Marathon, Lompoc High School (515 W. College Ave.), 7 a.m./Mara., 7:30 a.m./H-M. Lompoc Valley D.C., 716 E. Ocean Ave., Lompoc 93436. (805) 735-3255.

**Mill Valley:** Dipsea Race, 7.1 Mi., handicapped, 9 a.m. (Send S.A.S.E. for entry-all entries mailed out Apr. 1 only -race filled on first come basis only). Dipsea, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

## June 16 (Tuesday):

**Bakersfield:** BTC Darryl Easter Handicap, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## June 19 (Friday):

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Long Sunset Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## June 20 (Saturday):

**San Jose:** Fujitsu Classic 8K, 8:30 a.m. Info: (408) 922-9000.

**Gilroy:** Run for Diamonds, 5K/10K, Gavilan College, 8:30 a.m./5K, 9 a.m./10K. Dennis Castro, 7540 Santa Theresa Dr., Gilroy 95020. (408) 847-7540.

**Stockton:** Stockton YMCA Twilight 5K/10K, Micke Grove Park (8 Mile Rd. off I-5 &

99) 6:30 p.m. Julie Mason, c/o YMCA, 640 N. Center St., Stockton 95202. (209) 466-9603.

**Smith Valley, NV:** Coyote Chase 5K/10K & 2K Walk, Smith Valley School (Day Ln. off Hwy. 208), 8:30 a.m. Bev Jones, 11 Wild Peach Ln., Wellington, NV 89444. (702) 465-2650.

**Bakersfield:** BTC Good Ole Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Riverside:** Tin Man Triathlon. 5K Run/ 10 Mile Bike/ 75 meter Swim. Arlihgton High School. 8:00 am. Tin Man Triathlon, Parks and Recreation, 3900 Main St., Riverside 92522

**So. El Monte:** San Gabriel River 1 Mi., 5K & 10K Harolene Walters Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## June 21 (Sunday):

**San Francisco:** DSE Little Marina Green Run, 4.4 Mi. & Kids' Run, Little Marina Green, 9:30 a.m./Kids, 10 a.m. Info: (415) 978-0837.

**Redwood City:** Sequoia Hospital's "Run by the Bay", 5K/10K & 1 Mi., Port of Redwood City, Time TBA. Fleet Feet Sports, 39012 Fremont Hub, Fremont 94538. (510) 796-6453.

**Santa Rosa:** Spring Lake Tinman Triathlon, 1 Mi. Swim, 10K Run, 20 Mi. Bike, 8 a.m. (Limit 400; Jun 15 deadline). Redwood Coast Tri-Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

**Fresno:** Father's Day Run. 6 miles. Downtown Fresno.

**So. El Monte:** San Gabriel River 1 Mi., 5K & 10K Fathers Day Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Francisco:** (Tentative date): City of San Francisco Marathon - more info in future issues.

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# SCHEDULE

## June 26 (Friday):

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Shine Sunset Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## June 27 (Saturday):

**Stinson Beach:** DSE Double Dipsea (to Mill Valley & back), 13.7 Mi., 9 a.m. Info: (415) 978-0837.

**Montebello:** 2 Mile Dash, Grant Rea Park (600 N. Rea Dr.), 7:30 a.m. RIP Racing Team, 1742 Cabrillo St., West Covina 91791.

**So. El Monte:** Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Sunset Run for Life, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Squaw Valley:** Western States 100 Mile Endurance Run, 5 a.m. (Entires limited and determined by lottery on 11/30/91 - qualifying standards). Helen & Norm Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

## June 28 (Sunday):

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K and 5K Walk, Lake Merritt (Old Boathouse, 14th St. & Lakeside), 9 a.m. (Raceday Reg. only). Info: (510) 601-7887.

**San Jose:** Bud Light Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Lake Cunningham (swim), Time TBA. (No Raceday Reg.). CAT Sports, 5966 La Place Ct., #100, Carlsbad 92008. (619) 221-5555.

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

**Norden:** BAOC Orienteering Meet, Distance TBA, Boreal Ridge (20 Mi. NW of Lake Tahoe), Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611.

**San Diego:** San Diego International Triathlon, 1K Swim, 30K Bike, 10K Run, Seaport Village (Spanish Landing Park), 7 a.m. KOZ Enterprises, 862 Gable Way, El Cajon 92020. (619) 441-7844.

## June 30 (Tuesday):

**Bakersfield:** BTC Darryl Easter Handicap,

Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## Looking Ahead

### (Marathons, Relays, Important Dates, Major Events, Etc.)

**July 10 (Fri): Ashford, WA:** Mt. Rainier to the Pacific Relay, 160 Mi. (11-person teams), Ashford to Ocean Shores (250 team limit), Time TBA. Mt. Rainier to the Pacific Relay, P.O. Box 17086, Seattle, WA. 98107. (206) 782-6547.

✓ **July 26 (Sun.): Santa Cruz:** Wharf to Wharf Run, 6 Mi., Santa Cruz Wharf to Capitola, 8:30 a.m. (12,000 Limit). Wharf to Wharf, P.O. Box 307, Capitola 96010.

**Aug 15 (Sat.): Mammoth Lakes:** Mammoth Mountain Marathon & Half Marathon, Mammoth Mtn. Inn (9200 Ft.), 8 a.m. Tam Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Aug 22 (Sat): Flint, MI:** TAC/USA National Masters 10 Mile Championships. Lois Craig, P.O. Box 981, Flint, MI. 48501. (313) 235-3396.



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# THE ATHLETE'S KITCHEN

By Nancy Clark, M.S., R.D.



## Sweeteners: Fruit Juice vs Sugar

*Dear Nancy: When I shop, I am careful to choose products that are sweetened with fruit juice (usually grape juice) rather than sugar. Whether the product is juice or jam, I avoid sugar in favor of fruit juice. My question: Although there is no calorie difference between pure fruit jam and sugar sweetened jam, is there a nutritional difference? Taste aside, does it matter whether I select foods and beverages sweetened with an equal caloric volume of sugar, high fructose corn syrup or grape juice?*

*I imagine that other people concerned with nutrition may have the same question, which leads me to believe that it deserves mention in your column. Thank you. WS.*

Like this reader, many athletes question the health value of juice sweetened products. Certainly, choosing these all-natural jams, juices, juice-sweetened cereals and baked goods is the "in thing". Rumors suggest that refined white sugar is a nutritional sin, an addictive substance and a cause of hyperactivity. Are they true? Are juice sweetened foods a solution? Are these products worth their higher price?

To start, let's look at the biochemistry of sugar. The simplest of sugars (Glucose, fructose and galactose) are single molecules. Table sugar (sucrose) and milk sugar (lactose) are double molecules. Regardless of the original form, all sugars eventually end up as glucose, the sugar the body prefers for energy. For example, when you eat table sugar (50% glucose, 50% sucrose), digestive enzymes in the small intestine split the double molecule into glucose and fructose. The glucose goes into the blood stream for use by the muscles and brain; the fructose goes into the liver where it is stored as liver glycogen and released as glucose when the blood glucose drops. Pure glucose causes a rapid increase in blood sugar whereas pure fructose causes a more gradual increase.

Very few of us eat pure glucose or pure fructose. Fruit is a mixture of fructose, glu-

cose and sucrose. Of the sugar in apples, 17% is glucose, 58% fructose, 25% sucrose. Of the sugar in grapes 44% is glucose, 46% fructose, 10% sucrose. High fructose corn syrup (a derivative of the starch in corn that is used to sweeten soft drinks because it is less expensive than cane sugar) is generally about 55% fructose, 45% glucose.

Since few of us eat sugar straight-up but rather in sweetened foods, we're unlikely to experience a "sugar surge" from having a teaspoon of jam or fruit spread on toast, due to the buffering effect of the bread. The ingredients in these foods dramatically buffer the entry of any type of sugar into the bloodstream.

**Are there nutritional differences between sugars?** Sugar is simply gas in the car. It is a source of calories, but not vitamins or minerals. The foods in which you find sugar contain the nutrients. For example, in a can of soft drink, you get 150 calories from (refined) sugar, but no other vitamins or minerals. In the same amount of orange juice, you get 150 calories from (natural) sugar, along with lots of potassium, vitamin C, folic acid and other vitamins and minerals found in oranges. The juice sweetened foods commonly use "stripped" apple and pear juices that have lost any trace of nutrition in the processing. Hence, if you choose fruit spread because you believe it's more nutritious than sugar-filled jam, think again. Neither are a gold mine.

**Is refined sugar an addictive substance?** Some people view sugar as a trigger food that sets them off on food binges during which they consume not just one or two cookies but rather the whole bag. Although sugar may seem addictive to some athletes, sugar binges are generally triggered by extreme hunger or stress, not by sugar. When you get very hungry, you tend to crave quick energy -- sugar! When you get very hungry, you also tend to overeat. If you're hungry and stressed, you can really overeat! The problem is not sugar, but getting too hun-

gry and/or stressed. You can help prevent sugar binges by eating more calories at breakfast and lunch, so that you're not ravenously craving sweets by mid-afternoon. This food also provides more energy to cope with stress.

**Does refined sugar contribute to hyperactivity?** To listen to many parents, you'd swear that sugar causes their children to bounce off the walls. According to extensive research that has investigated the role of sugar in hyperactivity, sugar is not a culprit. In fact, in studies in which both normal and hyperactive children were given the equivalent of 1-2 cans of soft drink, the sugar had either no effect or a tendency to decrease activity. Other research similarly suggests that carbohydrates promote sleepiness (J Am Diet Assoc Feb 1990).

The scientific community overwhelmingly concludes that sugar does not cause hyperactivity, but rather, if anything, has a calming effect if the environment allows. Children who eat sugar at parties and other special events are likely wired by the excitement that surrounds these special occasions, not the sugar itself.

**Conclusion:** If you choose juice sweetened foods because you enjoy the lighter, fruity taste, fine. If you choose them for nutritional benefits, you'll find none. If you choose them to avoid sugar highs and lows, you're unlikely to find a physiological difference. However, each person is metabolically unique. If you feel that you are extremely sensitive to either natural or refined sugar, you can simply avoid foods that disrupt your body's metabolic balance.

*Nancy Clark, MS, RD is the nutrition counsellor at Boston-area's SportsMedicine Brookline. She helps both casual exercisers and competitive athletes be successful with food. Her popular books The Athlete's Kitchen ('81, \$7) and Nancy Clark's Sports Nutrition Guidebook ('90; \$16.50) are available through NESF, P.O. Box 252, Boston, MA 02113.*



# ROAD RACE SPOTLIGHT

By Richard Lee Slotkin

## Long Beach Marathon

**February 9, 1992. Long Beach.**

**IT MUST BE A SIGN OF THE TIMES. INFLATION HAS CAUGHT UP WITH THE MARATHON.**

For \$10,000 today, all you get from the men is a 2:18 and 40 or so seconds. That's almost a 2:19.

And second place won't break 2:19.

That's what Long Beach got for their money this year.

They received a little more value in the women's department, though. Olga Appell of Mexico knocked over 4 minutes from her PR to record a 2:30:43 in an in-your-face response to her country's federation requirement of a 2:32 qualifying time for the Mexican Olympic team. Appell's American husband, former Weber State runner Brian Appell, was especially pleased with his mate's time. He felt that the federation was a bit unfair to require a qualifying time 2 minute's under the country's best runner's PR. "So, she really socked it to them," he said.

Gloated would be more accurate.

Appell, the Pan Am Games champ, took the lead from the gun and that was that. Maria Trujillo, disappointed and just a bit weary from the marathon Trials in Houston only two weeks earlier, made an effort to chase Appell but it wasn't going to happen. Despite a very good 2:35:40, almost identical to her Trials time, Trujillo saw Appell slowly, but with deadly surety, extend her lead for the whole 26 miles and not only PR but demolish the CR by over 5 minutes and set a new Mexican NR. And that was Trujillo's record she broke, set just last year. As a matter of fact, Trujillo herself came in 10 seconds under that same former CR.

So, though the winning time was respectable, there wasn't much of a race.

For the men, it was just the opposite. The times were mediocre but there was a battle. After the usual jockeying and probing, the race took it's final shape at about 15 miles.

At that point it was Sam Sitonik with a step lead over Julio Hernandez of Columbia, Alfredo Rosas of next door San Pedro and Sam Rotich, who, like fellow African Sitonik, is living in Albuquerque. By 19 miles it had come down to Rosas and Rotich. Rotich tried a surge, Rosas went with it and when Rotich eased back, Rosas kept right on going. Despite blisters that had been torturing him

since 13 miles, Rosas pushed ahead to a 200 yard lead by mile 24. From there on it was just a matter of holding on and Rosas did just that.

Later, Rotich said that somewhere between miles 21 and 24 and again in the last mile and a half, it appeared that Rosas had someone pacing him. And, as Rosas came into view in the approach to the finish line, someone called race Director Joe Carlson's attention to what appeared to be a pacer, eliciting a mighty groan from the director. However, no pacers were observed at any time by those in the photo truck. There was someone around mile 25 who was running on the sidewalk, keeping pace with Rosas, but that wouldn't qualify as pacing. While it is true that there were several occasions when the photo truck was not able to go with the runners, including, as luck would have it, parts

*continued next page...*



**Left to right: SAM ROTICH, JULIO HERNANDEZ, ALFREDO ROSAS AND SAM SITONIK.**

*Photo by Richard Lee Slotkin*

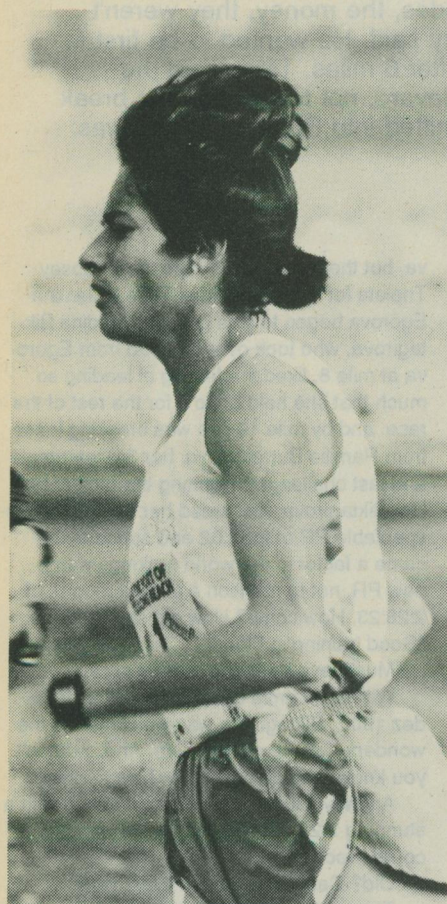


# ROAD RACE SPOTLIGHT

of the race when this allegedly happened, it is also true that those occasions represent a small portion of the 26 miles. So, if someone did slip in a mile or two with Rosas, the benefit had to be, at best, negligible. Rosas won the thing with his own feet, blisters and all.

Got himself a nice payday, too. Let's see: it came out to \$5000 per blister.

Third place went to Doug Kurtis. Trying to surpass Kjell-Erik Stahl for the most sub 2:20 marathons, the 39-year-old Kurtis kept the string alive with a 2:19:26. First passing the fading Hernandez, he then passed Sitonik at 23 miles.



**OLGA APPELL at 6 miles**

Photo by Richard Lee Slotkin

## Division Results - Men

**Overall Winners:** 1. Alfredo Rosas 2:18:40, 2. Sam Rotich 2:19:13, 3. Doug Kurtis 2:19:26, 4. Tom Birnie 2:20:53, 5. Sam Sitonik 2:21:04, 6. Julio Hernandez 2:22:44, 7. Danny Reed 2:22:51, 8. Yingbing Mu 2:23:42, 9. Adolfo Lopez 2:24:40, 10. Dan Streble 2:26:39. **24 & Under:** 1. Tom Piazza 2:36:16, 2. Robert Dennis 2:36:59, 3. Don Franken 2:41:30. **25-29:** 1. Yingbing Mu 2:23:42, 2. Dan Streble 2:26:39, 3. Rameshon Murugiah 2:30:42.

**30-34:** 1. Alfredo Rosas 2:18:40, 2. Sam Rotich 2:19:13, 3. Julio Hernandez 2:22:44. **35-39:** 1. Doug Kurtis 2:19:26, 2. Tom Birnie 2:20:53, 3. Sam Sitonik 2:21:04. **40-44:** 1. Gabriel Sandoval 2:44:02, 2. Gary Julin 2:48:36, 3. Joseph Rizza 2:52:04. **45-49:** 1. Mike Sanchez 2:52:24, 2. Wayne Mitchell 2:52:57, 3. David Allaun 2:55:49. **50-54:** 1. David Buddington 2:46:40, 2. Abe Valdez 2:50:06, 3. Victor Gonzalez 3:00:42. **55-59:** 1. Gordon Waston 3:06:05, 2. Leroy Kim 3:15:08, 3. Jim Scott 3:15:20.

**60-64:** 1. Ed Foat 3:28:05, 2. Bill Turley 3:29:13, 3. Hugh McHugh 3:32:42. **65-69:** 1. Raymond Penkert 3:20:53, 2. Donald Jones 3:25:40, 3. Bob Koch 3:36:47.

**Wheelchair:** 1. Jim Knaub 1:44:47, 2. Raymond Stewart 1:48:44, 3. Doug Wight 1:49:30.

## Division Results - Women

**Overall Winners:** 1. Olga Appell 2:30:43, 2. Maria Trujillo 2:35:40, 3. Maureen Custy-Roben 2:41:54, 4. Suzi Morris 2:42:51, 5. Carrie Booth 2:47:19, 6. Betsy Swan 2:52:05, 7. So Liang Toh 2:52:57, 8. Debora Medina 2:57:20, 9. Colleen Stephens 2:57:34, 10. Kathy Britcliffe 3:05:02. **24 & Under:** 1. Sally Wood 3:13:27, 2. Bridget Brunnick 3:16:27, 3. Carolyn Kyle 3:22:58. **25-29:** 1. Olga Appell 2:30:43, 2. Betsy Swan 2:52:05, 3. Sue Davis 3:15:26.

**30-34:** 1. Maria Trujillo 2:35:40, 2. Suzi Morris 2:42:51, 3. Carrie Booth 2:47:19. **35-39:** 1. Maureen Custy-Roben 2:41:54, 2. Kathy Britcliffe 3:05:02, 3. June Gessner 3:07:45. **40-44:** 1. Colleen Stephens 2:57:34, 2. Kathleen Swenson 3:12:42, 3. Marygail Brauyer 3:22:18. **45-49:** 1. Nancy Buchanan 3:40:17, 2. Valerie Henning 3:40:45, 3. Sue Reinhardt 3:45:34. **50-54:** 1. Mariana McMullen 3:26:50, 2. Patricia Brumalaw 3:27:39, 3. Maree Field 3:28:33. **55-59:** 1. Irene Oberz 3:27:20, 2. Khartoon Tudhope 3:45:11, 3. Lorraine Seidmeyer 3:56:49.

**Wheelchair:** 1. De Anna Sodoma 2:53:03, 2. Mary Thompson 3:10:33.

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By Richard Lee Slotkin

## Los Angeles Marathon

March 1, 1992. Los Angeles.

"...I PROBABLY DID IT THE HARD WAY BY GOING OUT AND RUNNING THE UPHILLS HARD AND PUTTING EVERYBODY AWAY...WHEN YOU DO IT LIKE THAT, SOMETIMES YOU'RE GOING TO HURT OVER THE LAST FEW MILES." AND JOHN TREACY DID HURT, A LOT AND LONG; over the last 7 miles, in fact. He hurt so badly that he had to sit down for at least 15 minutes halfway through the finish chute.

But, it worked. It got him what he wanted, which was the win. The Mercedes, the money, they weren't important. He'd had enough seconds and thirds, Fionnuala (Mrs. John) Treacy said. He wanted to be first in a big race. And the strategy was simple: go hard early and hold on. So, just after 6 miles, Treacy put the pedal to the metal and with the aid of a series of hills on famous Sunset Boulevard, not to mention the break in the recent heat wave, took over the lead about a half mile later. He then shifted into Phase II, which was: break the field.

Which he did.

All but one.

It happened that there was an unfamiliar Moroccan by the name of Dacha Driss, who had the impertinence to tuck in behind Treacy and dog him for the next 8 miles. And, as if that weren't brash enough, at 11 1/2 miles Driss had the nerve to suggest to Treacy that they take turns leading and make life easier for both of them.

Well, part of being Irish is being practical, so Treacy was agreeable to this. However, it didn't work out--Driss never took his turn.

So, at 15 miles, the Irishman, who picked up a silver medal in the 1984 Olympic Marathon on a course partially overlapping this one, decided enough was enough and made his second move of the day. Treacy proceeded to run off a string of 3 miles with an average speed of 4:53. Then came mile 19 and suddenly there was pain. The gait noticeably stiffened, the expression, never particularly pleasant, became a steady grimace. And the pace slowed.

A 5:04 followed by a 5:05 and tightening hamstring. Then there was a 5:16 and it just kept going down until, finally, at 25 miles the split was an agonizing 5:37. Driss was gone and would finish 5th. But a Brazilian by name of Joseilda Rocha, who had been running 3rd for several miles until he passed the fading Driss, was coming on very strongly. Unfortu-

nately, a veritable convoy of media and pace vehicles kept Treacy hidden from his view until the last mile. And by then it was too late. Treacy gritted his teeth clear down to the gums and held on: 2:12:29. Not great, but not bad for L.A., especially with so much of the talent saving itself for upcoming Olympic Trials. Rocha stormed in 25 seconds later and as he filed through the finish chute he didn't even notice the exhausted Treacy sitting, forlornly despite his win, alongside.

A minute and a third later came the 3rd finisher, New Zealander Peter Renner, who was never really in it but was a leader in what turned out to be the 2nd pack.

It's called the Confederation of Independent States now, but the people they send still look like Russians. In a real coup for L.A. race director Bill Burke arranged for his marathon to serve as the Olympic Trials for the CIS.

And, by whatever name, they sent some good ones. All four in the delegation took off as though they meant business and race in the lead like the team they were. It wasn't the plan, though, as Biktagirova said after the race. It was simply that this was their Olympic Trials and they all wanted to be one of those three tickets to Barcelona.

Shortly, they dropped one, Tatiana Zuye-

va, but the remaining 3 were the Bobbsey Triplets for eighteen miles! Then Valentina Egorova began to give ground. Madina Biktagirova, who took over the lead from Egorova at mile 8, liked the feeling of leading so much that she held on to it for the rest of the race, and by mile 19 she was breaking loose from Ramilia Burangulova, her 3rd teammate and last challenger. Running the race of her life, Biktagirova discarded her old PR, her respectable PR of 2:32:02 and suddenly became a factor in the world rankings with a new PR, not to mention a course record, of 2:26:23. How come? How did she do it? "Good training in Florida. . ." was her answer.

Must have been the orange juice.

With a 1st prize of \$20,000 and a Mercedes 190E, Biktagirova was welcomed to the wonderful world of capitalism. And, wouldn't you know, she doesn't know how to drive.

Anyway, Burangulova, who came in with a stunning 2:28:12, was also under the old course record.

Old? Cathy O'Brien did it last year.

Third place was nearly a photo finish, but German Kerstin Pressler beat out Egorova by one step, 2:29:40 to 2:29:41. Four ladies under 2:30. With results like this, the L.A. Marathon may finally be coming of age. In some ways, at least.

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Bill Burke gets a bit of flak every year for riding in the pace car, standing, waving and dispensing benevolences like a Roman general at his Triumph through the streets of the Eternal City. But Burke at least performs some useful functions: he keeps things moving, adds a bit of showmanship to the event and monitors the course. And, with Mercedes Benz putting up a pair of cars as part of first place winnings, a case can be made for giving them some visibility by chauffeuring Burke over the course. What is really troublesome is the caravan of vehicles in front of the leaders and the ironclad primacy of position and priority that TV is given. For most of the race the still photographers are either blocked from view by the TV camera truck or are placed in positions that are completely worthless for photo taking. They jam close to two dozen in an open truck which, because of its size, bounces so much that holding the camera steady enough to take any kind of photo is most difficult.

But, more troublesome than the effect on the photographers is the fact that all that rolling hardware, the TV truck, the TV motorcycles, police motorcycles, the clock car, and other "Official Race Vehicles" in addition to Burke and the Mercedes serve to block the view of runners chasing the leader; and his view of them. Mark Plaatjes, winner of this race last year, and in charge of elite athlete acquisition for the marathon, agreed that vehicles can be a problem. However, don't blame the photo truck, even though it's the bulkiest of the lead vehicles--it's rarely in position to block anyone from anything. When a 300 millimeter telephoto lens doesn't get you close enough for shot, you're not in anyone's way.

Another problem is the press conference format for interviews. By the time the print reporters have access to the top finishers, they have already been pretty well drained by TV interviews, not to mention the race itself. When the print reporters finally do get at them, a series of mostly inane queries by reporters who know little to nothing about running in general and the marathon in particular provide little information and rapidly erode whatever vestiges of patience remain with the runners and the more knowledgeable reporters.

Fortunately, sometimes it's possible to talk to the runners after the formal session is over; then some real news can be obtained.



**DACHA DRISS (left) and JOHN TREACY on Hollywood Boulevard.**

*Photo by Richard Lee Slotkin*

It isn't easy getting some of these stories to you, dear readers of *California Running News*.

And, in the unkindest cut of all, about a week before the race, one of the major sponsors, John Hancock Financial Services, announced it was not renewing its contract with L.A. Hancock's beef was that the race didn't have the high visibility of others that they sponsor, such as Boston. The lack of visibility, they claim, and rightly so, as you have read before in this column, is the general mediocrity of the field. However, the company comes across as just a bit disingenuous--look it up--because they have enough elite runners under contract to put out as strong a field as they choose. Why don't they send them? Hey! I just work here. What do I know? Ironically, L.A. had a pretty good one.

So, there.

One last item, this one rather tragic.

A young man, a troubled young man, as his father later informed *The Los Angeles Times*, got into an altercation with police in the Family Reunion Area. That's where runners and their family and/or friends can find each other after they finish. In the ensuing scuffle, the young man allegedly went for an officer's weapon and was then fatally shot by another officer.

This isn't the kind of thing we usually cover in *California Running News* but it happened at the race, while the race was still on. You may

have even been there, seen it. It might even have been you, but for the grace of God, as the saying goes.

A little perspective can be a good thing; it's just that, why does the price have to be so high?

Holy Cow! I just noticed something. I was making a last minute check of the results to see if there were any Americans who qualified for the Trials--just now, even as I type--and my eye caught something that, up until now, I missed: Finisher number 11, at 2:18:38, about 17 minutes faster than I've ever seen him do without cutting a course, is POLIN BELISLE.

Belisle was DQed from Long Beach Marathon when he realized he was being tailed by course officials. You read it in *California Running News*. The lad is from the Central American country of Belize and apparently is desperate to qualify for their Olympic team. More on this later. If, in fact, there is any more. I'll go on record now, though: I don't believe he did it.

### **Overall Results - Men**

1. John Treacy (34) Ireland 2:12:29, 2. Joseildo Rocha (27) Brazil 2:12:54, 3. Peter Renner (32) New Zealand 2:14:13, 4. Jose Santana (27) Brazil 2:14:26, 5. Dacha Driss (29) Morocco 2:14:44, 6. Marco Ochoa (27) Mexico 2:16:34, 7. Alvaro Sanchez (31) Mexico 2:17:02, 8. Luciano Flores (28) Mexico 2:17:06, 9. Alfredo Viguera (29) Santa Ana 2:17:32, 10. Agapius Masong (32) Tanzania 2:18:32.

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# ROAD RACE SPOTLIGHT

11. Polin Velisle DQed (25) Belize 2:18:38, 12. Katsuya Natsume (25) Japan 2:19:04, 13. Tesfaye Bekele (21) Ethiopia 2:19:52, 14. Norman Tinkham (28) USA 2:20:25, 15. Anteimo DeLaLuz (19) Culver City 2:20:30, 16. A. Bautista (24) Mexico 2:20:55, 17. Juan Lope (25) Mexico 2:21:08, 18. Marcelino Duarte Macedo (27) Mexico 2:21:12, 19. Sam Ngatia (32) Kenya 2:21:37, 20. Jeff Merganti (25) Syracuse, NY 2:22:29, 21. Juan Amores (28) Costa Rica 2:22:30, 22.



**MADINA BIKTAGIROVA**

Photo by Richard Lee Slotkin

- Emiliano Franco-Garcia (26) Guatemala 2:22:31, 23. Cayetano DeLaLuz (31) Culver City 2:22:40, 24. Martin Vrabel (36) Czechoslovakia (2:23:13, 25. Miguel Angel Espinosa Alcant (26) Mexico 2:24:59, 26. Jorge Gonzales (39) Puerto Rico 2:25:11, 27. Manuel Garcia Perez (41) Mexico 2:25:35, 28. Ernesto Gutierrez Perez (35) Mexico 2:25:59, 29. Salvador Chacon Zaragoza (25) Mexico 2:26:00, 30. Joe Gilboy (32) Irvine 2:26:01.

31. Brian Russell DQed (33) Studio City 2:26:02, 32. Sam Sitonik (36) Kenya 2:26:07, 33. Jeffrey Edwards (25) Sacramento 2:26:27, 34. Angel Carera Salas (20) Mexico 2:26:30, 35. Juan Roche Perez (30) Guatemala 2:26:58, 36. David Steffens (32) USA 2:27:13, 37. Arsenio Herrera Arsenio (31) Guatemala 2:27:59, 38. Reiichi Yamada (30) San Diego 2:28:00, 39. Jesus Vazquez (30) Los Angeles 2:28:13, 40. Kevin Broady (30) Anaheim 2:28:14.

41. Pablo Castillo (23) Mexico 2:28:15, 42. Redge Heislitz (33) Germany 2:28:18, 43. Joshua Breslow (23) La Jolla 2:28:34, 44. Stephen Fader (35) Cincinnati, OH 2:28:49, 45. James Bulman (21) Mission Viejo 2:29:01, 46. Scott Long (26) Alamogordo, NM 2:29:01, 47. Jim Klein (29) Flagstaff, AZ 2:29:16, 48. Michael Dudley (21) Travis AFB 2:29:24, 49. Feliciano Sula (29) Guatemala 2:29:27, 50. Peter Olsson (27) Sweden 2:29:51.

## Overall Results - Women

1. Madina Biktagirova (27) CIS 2:26:23, 2. Ramilia Burangulova (30) CIS 2:28:12, 3. Kerstin Pressler (30) Germany 2:29:40, 4. Valentina Egorova (28) CIS 2:29:41, 5. Lizanne Bussieres (30) Canada 2:31:24, 6. Marcia Narloch (22) Brazil 2:32:56, 7. Tatiana Zuyeva (33) CIS 2:33:17, 8. Erin Baker (30) New Zealand 2:35:49, 9. Lucia Rendon (22) Mexico 2:38:11, 10. Paola Cabrera Palafo (20) Mexico 2:41:14.

11. Petra Guevara Qortuguez (24) Mexico 2:41:31, 12. Pascualine Wangui (31) Kenya 2:42:32, 13. Elena Reyna (30) Mexico 2:42:46, 14. Susana Lopez Malvaez (32) Mexico 2:44:04, 15. Danuta Bartoszek (30) Canada 2:46:19, 16. Jackie A. Zawertailo (34) Canada 2:47:25, 17. Marisol Vargas (21) Mexico 2:48:33, 18. Claudia Corona Vazquez (27) Mexico 2:50:32, 19. Yukari Kuroyanagi (20) Japan 2:51:23, 20. Lucinda Martin (28) Mexico 2:51:33.

21. Angelina Tellez Solis (37) Mexico 2:52:31, 22. Mary Burke (34) Australia 2:53:50, 23. Silvia Lopez Rios (21) Mexico 2:54:30, 24. Beatriz Peralta (28) Mexico 2:55:45, 25. Krisia Lorenu Garcia (28)

- El Salvador 2:56:41, 26. Mary Button (32) Los Angeles 2:56:41, 27. Isabel Tun (25) Guatemala 2:57:32, 28. Carmen Perez Sanchez (31) Compton 2:57:56, 29. Jondelina Buckley (27) Studio City 3:01:48, 30. Sandra Marshall (44) San Diego 3:02:47.

## Wheelchair Results

1. Jim Knaub (36) Long Beach 1:33:47, 2. Claude Issorat (26) France 1:36:16, 3. Douglas Kennedy (34) Haleyville, AL 1:37:47.

## Quad Wheeler Results

1. Christoph Etzlstorfer (28) Austria 2:01:22, 2. Serge Raymond (33) Canada 2:04:26, 3. John Brewer (41) Salt Lake City, UT 2:17:37.

## Rogaine 5K - Men

1. Khalid Skah (24) Morocco 13:28, 2. Frank O'Mara (30) Fayetteville, AR 13:35, 3. John Gregorek (30) Seekonk, MA 13:35, 4. Shannon Butler (24) Wilmington, DE 13:38, 5. Aaron Ramirez (27) Albuquerque, NM 13:40, 6. Matt Guisto (26) Portola Valley 13:42, 7. Isaac Garcia (23) Mexico 13:44, 8. Chris Weber (25) Phoenix, AZ 13:50, 9. Roberto Ramirez (28) Boulder, CO 13:52, 10. Jim Spivey (31) Glenn Ellyn, IL 13:53, 11. Doug Padilla (34) Orem, UT 13:56, 12. Brad Barquist (25) Lynnwood, WA 13:57.

## Rogaine 5K - Women

1. Sonia O'Sullivan (23) Villanova, PA 15:24, 2. Sylvia Mosqueda (25) Alhambra 15:34, 3. Annette Peters (26) Eugene, OR 15:42, 4. Olga Markova (24) Sherman Oaks 15:48, 5. Sabrina Dornhoefer (29) Minneapolis, MN 15:51, 6. Regina Cistiakova (30) Vilnius Lithuania 15:51, 7. Liz Wilson (24) Eugene, OR 15:58, 8. Inna Pushkariova (26) Sherman Oaks 16:00, 9. Lisa Karnopp (24) Portland, OR 16:07, 10. Darcy Arreola (23) Canoga Park 16:08, 11. Maria Trujillo (32) Salinas 16:18, 12. Carmen Alala-Troncoso (28) Austin, TX 16:22.



**THE VICTORS: BIKTAGIROVA and TREACY**

Photo by Richard Lee Slotkin



# Getting Smooth

By Jeff Galloway

Here's a "fun" innovation which can help you improve your running form now--and set you up for continued improvement. By running smoother, you'll not only reduce the pounding on your feet and legs. The efficiency you achieve will help you run faster while you reduce the risk of injury.

Smoothness is a quality of your running style. Instead of feeling effort on each stop, you'll glide along, allowing the running muscles, tendons, and mechanical elements to work as a team in harmony with your cardiovascular system. You

ate as a unit, and not as separate parts.

Keep the feet low to the ground as you increase the turnover rate. Try to find a landing position for the foot which seems easier, and makes you feel lighter on your feet. In the process, your posture will be upright and you'll feel stronger and under control.

It will take much practice, but you can actually run faster without putting out much effort. The sensation is that you're gliding along like a car in overdrive, with all of the mechanical components working in harmony. In each of those accel-

but efficient pace, you can allow the primary driving muscles to relax and recover, so they'll be ready to go again and again as you work toward faster times.

When runners make mistakes, they tend to overstride. When you reach out even slightly farther than your optimal stride, running will be more difficult, your legs will tighten up, and your breathing will increase. Keep focused on lightness afoot, quick turnover, and becoming an efficient unit.

It is crucial that you practice this twice a week. Even missing one of these sessions will cause you to lose a little of the timing and mechanical alignment which you've worked so hard to develop.

Have fun with the accelerations. You may imagine yourself gliding past competitors in the Olympic final, or accelerating away from a pack of grizzly bears in the middle of the Alaskan wilderness. There is no reason why you shouldn't feel better after each acceleration--not out of breath, tired, or tight.

Here's a way to teach yourself a rare message--that going faster can be EASIER. Yes, running can be fun!

**Note:** Olympian Jeff Galloway has written the nation's best-selling running book, Galloway's Book on Running, and conducts fun running vacations and seminars for all abilities: JFG, P.O. Box 76843, Atlanta, GA 30358. (404) 255-1033.

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You may imagine yourself gliding past competitors in the Olympic final, or accelerating away from a pack of grizzly bears in the middle of the Alaskan wilderness.

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will teach yourself how to run smoother by doing it twice a week.

First, schedule a series of 4-8 accelerations during two or three of your weekly runs. Warm up by running slowly for 1-2 miles, then start by accelerating the turnover of your feet for 50-150 yds. Instead of dramatically increasing the effort of each acceleration, work on smoothness of form, effort, breathing, and overall efficiency. You want to oper-

ations, you will have to make little adjustments to your stride, foot placement, and leg position to maintain optimum efficiency. You may not notice your improvement during each session--but you'll improve significantly as the months go by.

As you teach yourself to run with a quick, smooth and easier motion, you'll develop a great technique for races and speed workouts. By cruising at a fast



**MEET DIRECTORS . . .** Please send your road race results directly to CRN, 4957 E. Heaton Ave., Fresno, CA 93727 or FAX (209) 255-4904.

## Santa Clarita Runners Women's 5K

February 16. Saugus.

### Overall Results

1. Tammy Batterton 20:35, 2. Stephanie Woodmansee 20:50, 3. Sue Dimarco 21:12, 4. Lisa Searcy 21:26, 5. Teri Ingram 21:53, 6. Lara Minassian 21:56, 7. Linda Lemieux 22:22, 8. Kimberly Utterson 22:50, 9. Shelly Burkert 23:00, 10. Jeanne Hoagland 23:01, 11. Heather Bleecker 23:17, 12. Pam Troupe 23:40, 13. Jeanette Wells 23:43, 14. Penny Huber 24:05, 15. Doree Marton 24:15, 16. Teri Hiller 24:18, 17. Diane Abato 24:29, 18. Allison Woodmansee 24:39, 19. Dorothy Malovolti 24:42, 20. Sharon Elm 24:43, 21. Kay Gagnon 24:46, 22. Joyce Menta 24:52, 23. Carol Vautrain 25:04, 24. Toni Mench 25:07, 25. Valerie Rudolph 25:10.

## Indian Valley Biathlon

February 22. Novato.

### Overall Results

1. Joey Sanders (24) 59:31, 2. Tim Pontarelli (30) 1:02:24, 3. Dough Denny (25) 1:05:21, 4. Gregg Trent (31) 1:06:05, 5. Lucio Perez (30) 1:06:28, 6. Derick Scovel (25) 1:07:13, 7. Mojo Cosgrove (31) 1:08:34, 8. Mark Pretti (31) 1:08:51, 9. Lauren Alexander (28) 1:09:16, 10. Anthony Brantley (20) 1:09:20, 11. Matt Christenson (20) 1:09:35, 12. Chuck Neumann (33) 1:10:21, 13. Dough & Sarah (Team) 1:10:44, 14. Steve Polaski (31) 1:11:39, 15. Terry McKellips (28) 1:12:05, 16. Troy Turner (29) 1:12:50, 17. Rick Lawton (26) 1:13:12, 18. Ron Bortfeld (41) 1:13:28, 19. Ron Svinth (32) 1:13:45, 20. Michael Agah (26) 1:14:10, 21. Gene Wolske (17) 1:14:24, 22. Chris Townzen (24) 1:14:42, 23. Steve Sovik (26) 1:14:51, 24. Mark Goralka (26) 1:15:32, 25. Richard Juarez (28) 1:15:40.

## Cascading Cataracts Marathon

February 22. Stinson Beach. Mara., 25K & 7 Mile.

### Overall Results - Marathon

1. George Mitchell (29) San Francisco 4:54:50, 2. Janice Ogrady (43) San Jose 4:58:47, 3. Ellen Troth (45) Castro Valley 5:03:15, 4. Eldrith Gosney (50) Vallejo 5:04:59, 5. Kathy Ratermann (31) Carmichael 5:08:55, 6. David Kessler (50) Rancho Cordova 5:08:55, 7. Michael DeLaRosa (44) San Jose 5:10:35, 8. Joan Risse (42) Santa Rosa 5:29:50, 9. Richard Gillespie (45) Santa Rosa 5:29:50, 10. John Clark (49) Citrus Heights 5:42:30.

### Overall Results - 7 Mile

1. Tom Hale (39) Berkeley 1:01:15, 2. Robert Fales (31) Vallejo 1:01:30, 3. Michael McCartney (43) Mill Valley 1:06:50, 4. Suzanne Bryan (29) San Carlos 1:10:00, 5. Michael Levine (45) Mill Valley 1:11:20, 6. Tim Marks (39) San Francisco 1:14:09, 7. Kristin Bennett (24) Berkeley 1:14:11, 8. Simon Heart (25) Berkeley 1:14:11, 9. Rick Kepple (35) Los Gatos 1:16:22, 10. Rex Kampfhelfer (39) San Francisco 1:16:45.

### Overall Results - 25K

1. Brad Curry (32) Menlo Park 1:58:48, 2. Dennis Gawlik (34) San Francisco 1:58:55, 3. Michael Owen (26) Walnut Creek 1:59:07, 4. James Owen (28) San Francisco 2:01:20, 5. Chris Putney (28) San Francisco 2:05:55, 6. Diarmuid MacNeill (26) San Francisco 2:05:55, 7. Vincent Jervis (24) Walnut Creek 2:20:04, 8. David Bott (39) Greenbrae 2:21:58, 9. Colin Smith (37) San Mateo 2:24:22, 10. Russ Boetes (45) Richmond 2:24:40.

11. Christopher Hall (44) Kensington 2:26:48, 12. Laura Kulsik (31) Folsom 2:27:43, 13. Al Perley (42) Greenbrae 2:27:54, 14. Dan Jenkins (42) Shingle Springs 2:27:59, 15. Robert Dayton (38) Carmel 2:30:20, 16. Jamie Lasher (24) San Francisco 2:32:44, 17. Walter Lehle (45) San Francisco 2:32:48, 18. James Tillson (41) San Rafael 2:34:15, 19. David Bekemeier (50) Los Gatos 2:40:04, 20. Tammy White (29) Sacramento 2:40:57.

## Trail's End Marathon

February 22. Seaside, OR. Marathon & 8K.

### Division Results - Men's Marathon

- Overall Winner:** 1. David Petersen 2:26:02. **Top Masters:** 1. Steven Campagna 2:41:31. **14-19:** 1. Shawn Lawler 2:38:16. **20-24:** 1. Robert Gershbein 3:08:18. **25-29:** 1. Blas Guerra, Jr. 2:30:20. **30-34:** 1. David Harding 2:33:56. **35-39:** 1. John Currie 2:42:23. **45-49:** 1. John Bradley 2:42:53. **50-54:** 1. Charles Ferguson 3:01:09. **55-59:** 1. Lary Webster 3:02:14. **60-64:** 1. Max Jones 3:11:57. **65-69:** 1. Tom Walsh 5:30:05. **70 & Over:** 1. Elijah Gallaway 4:08:23.

### Division Results - Women's Marathon

- Overall Winners:** 1. Burnadette Duffy 3:04:24. **Top Masters:** 1. Adrienne Bassett 3:27:35. **14-19:** 1. Angie McCall 3:58:49. **20-24:** 1. Erin Miller 3:29:02. **25-29:** 1. Alysia Hennessy 3:12:12. **30-34:** 1. Joni Miller 3:12:37. **35-39:** 1. Debra Roth 3:16:27. **40-44:** 1. Sandy Bradley 3:28:27. **45-49:** 1. Nancy Cole 3:42:46. **50-54:** 1. Barbara Scott 4:11:50. **55-59:** 1. Ann Whiting 4:11:53.

### Division Results - Men's 8K

- Overall Winners:** 1. Mel Peterson 25:15.

- Top Masters:** 1. Gary Wilborn 26:33. **13 & Under:** 1. Jared Bigby 39:18. **14-19:** 1. Ernie Ammons 26:23. **20-24:** 1. Steve Sutherland 30:10. **25-29:** 1. James Weeks 25:41. **30-34:** 1. William Scheer 26:46. **35-39:** 1. Greg Gustafson 25:56. **40-44:** 1. Paul Zitzelberger 27:55. **45-49:** 1. Alan Beck 26:54. **50-54:** 1. Lew Johnson 29:21. **55-59:** 1. Ken Ogden 31:16. **60-64:** 1. Buz Masters 34:14. **65-69:** 1. George Crosta 49:14. **70 & Over:** 1. Maury Cummings 46:42.

### Division Results - Women's 8K

- Overall Winner:** 1. Heather Tolford 29:02. **Top Masters:** 1. Wendy Crosta 34:09. **13 & Under:** 1. Jamie Schaumberg 37:25. **14-19:** 1. Julia Markley 35:12. **20-24:** 1. Hillary Simmons 30:49. **25-29:** 1. Genevieve Phueler 31:05. **30-34:** 1. Rebecca Santos 31:12. **35-39:** 1. Theresa Caspell 32:59. **40-44:** 1. Glenda Leutwyler 34:46. **45-49:** 1. Sue Cammack 34:40. **50-54:** 1. Shirley Ingram 38:35. **55-59:** 1. Barbara Olafson 42:19. **60-64:** 1. Pat Rouse 50:23. **65-69:** 1. Helen Lachman 48:10. **70 & Over:** 1. Irene Crane 54:51.

## San Pedro Bay 15K Relay

February 22. San Pedro. 5K & 10K.

The San Pedro Bay Relay, a 5K & 10K run and walk & 15K Relay, recently attracted over 900 people to the Cabrillo Marina area of San Pedro.

Race winners included: Mark Mastalir of Portola Valley and Kirsten O'Hara of Palos Verdes in the 5K; Farron Fields of Boston, MA and Annie Seawright of Hermosa Beach in the 10K; and Brian Abshire, Jay Marden and Mark Mastalir of Northern California in the 15K relay. All race winners were awarded a pair of roundtrip tickets to London.

## The Castaway

February 23. San Mateo.

### Overall Results - 10K

1. Michael Dudley (21) 32:45, 2. Bruce Phinney (32) 35:02, 3. William Reitter (21) 35:17, 4. Ken St. Cyr (39) 36:34, 5. Troy Overton (29) 37:04, 6. Jesus Ruiz (30) 37:22, 7. Ron Kiyono (44) 37:23, 8. James McLaren (30) 38:09, 9. Laura Bruess (31) 38:27, 10. Sharlet Gilbert (40) 38:55.

11. Ken Cicinelli (26) 39:55, 12. Tuan Ho (18) 40:11, 13. Renato Reyes (40) 40:20, 14. John Weidinger (50) 40:43, 15. Roger Smale (31) 40:54, 16. Gluecu Siegeried (35) 41:04, 17. Robert Schmitt (50) 41:42, 18. Robert Lanway (37) 42:28, 19. David Blythe (30) 42:29, 20. Erroc Yamat (43) 42:41.

### Overall Results - 5K

1. Nick Nickols (32) 16:44, 2. Michael Plummer (33) 17:05, 3. Bill Dunn (44)

- 17:09, 4. Harold Radin (28) 17:22, 5. David Stewart (26) 17:40, 6. Steve Flatland (30) 18:28, 7. Heliodoro Perez (31) 18:36, 8. Tom Kaiser (51) 18:51, 9. Fifi Ghobian (25) 18:52, 10. Garylory Flynn (42) 19:02.

## Firecracker Runs

February 23. Los Angeles. 5K & 10K.

### Division Results - Men's 5K

- Overall Winners:** 1. Mark Junkerman 13:42, 2. T.J. Reyes 14:06, 3. Tommy Leon 14:36. **9 & Under:** 1. Nelson Lin 24:20, 2. Michael Esquivel 26:21, 3. Wilson Lin 30:29. **10-12:** 1. Nate Bershtel 18:07, 2. Eric Reyes 21:04, 3. Ryan Jenkins 22:31. **13-15:** 1. Masafumi Aoyama 16:24, 2. Matt Metoyer 16:40, 3. Marcello Lopez 17:39. **16-18:** 1. T.J. Reyes 14:06, 2. Julian Hsu 17:13, 3. Jason Hehn 17:30. **19-24:** 1. Tommy Leon 14:36, 2. Dave Hall 15:24, 3. Kris Avina 15:48. **25-29:** 1. Mark Junkerman 13:42, 2. Peter Autio 15:17, 3. Tim Korsakov 15:43. **30-34:** 1. Francisco Ortiz 14:58, 2. Don Buck 15:46, 3. Dan Johnson 18:10. **35-39:** 1. James Monahan 16:51, 2. Ron Spilman 16:53, 3. Jerome Roberts 17:01. **40-44:** 1. Ron Gee 14:57, 2. Caz Scislowicz 16:52, 3. Larry Ward 17:09. **45-49:** 1. John Medina 17:48, 2. Ron Simonelli 18:31, 3. Manuel Vasquez 18:47. **50-54:** 1. Skip Witt 18:06, 2. Jim McDiarmid 18:25, 3. Lee Yong Hui 18:51. **55-59:** 1. Bruce Lin 17:11, 2. Raoul Delasota 17:55, 3. Kan Jew 18:04. **60-64:** 1. Albert Nobuto 18:52, 2. William Warren 28:56, 3. Roberto McAfee 30:42. **65-69:** 1. Larry Banuelos 19:35, 2. Roy Murano 27:35, 3. Bob Roberts 39:50. **70 & Over:** 1. Julian Myers 33:35, 2. Odie Brown 34:42, 3. Ed Lowell 38:46.

### Division Results - Women's 5K

- Overall Winners:** 1. Jennifer Wong 18:13, 2. Saralee Reyes 18:26, 3. Terri Goodreau 18:47. **9 & Under:** 1. Tiffany Servo 24:23, 2. Nicole Adelstein 28:50, 3. Jackie Swihart 36:37. **10-12:** 1. Alicia Medina 19:31, 2. Angelica McGaha 23:49, 3. Amanda McDermott 28:42. **13-15:** 1. Lani Van Bebbler 25:38, 2. Alexis Waters 26:25, 3. Leslie Hernandez 26:39. **16-18:** 1. Jennifer Wong 18:13, 2. Saralee Reyes 18:26, 3. Liz Macias 23:51. **19-24:** 1. Maria Miranda 26:35, 2. Shelley Chia 26:39, 3. Amanda Yule 27:11. **25-29:** 1. Janet Lam 19:42, 2. Lori Kuriki 23:34, 3. Anna Diaz 26:05. **30-34:** 1. Greta Stanford 23:38, 2. Cynthia Woo 23:54, 3. Cyndi Hoffman 24:18. **35-39:** 1. Bev Dolva 23:20, 2. Rosa Marin 24:24, 3. Ginger Reynolds 24:25. **40-44:** 1. Teri Goodreau 18:47, 2. Yoko Eichel 19:05, 3. Claudia Morales 19:35. **45-49:** 1. Penny Huber 25:28, 2. Sharon Shorer 26:24, 3. Susan Boyle 27:55. **50-54:** 1. Dorothy Malavolti 24:53, 2. Carole Davis 25:02, 3. Pauline Freeland 26:08. **55-59:** 1. Irene Olberz



20:33, 2. Jane Dods 24:08, 3. Simone King 24:56. **60-64:** 1. Lois Tandy 32:40, 2. Lynn Roberts 33:32, 3. Inez Phillips 41:45. **65-69:** 1. Margaret Bellet 46:24.

## Division Results - Men's 10K

**Overall Winners:** 1. Alfredo Rosas 31:33, 2. Danny Martinez 31:34, 3. Dave Schumacher 32:04. **10-12:** 1. Jon Schneiderman 48:49, 2. Fernando Garcia 58:16. **13-15:** 1. Jesus Servin 40:39, 2. Jerin Kingston 41:27, 3. Richard Rojas 42:53. **16-18:** 1. Javier Hernandez 39:16, 2. Walter Aguilar 39:20, 3. Enrique Montiel Jr. 40:06. **19-24:** 1. Hector Agredano 40:03, 2. Nathan Lester 43:30, 3. Salvador Ramos 43:58. **25-29:** 1. Danny Martinez 31:34, 2. Dave Schumacher 32:04, 3. Xavier Estrada 35:00. **30-34:** 1. Alfredo Rosas 31:33, 2. Trinidad Reyes Romero 33:54, 3. Jesus Juarez 36:11. **35-39:** 1. Takashi Yagisawa 35:22, 2. Herbie Yee 35:33, 3. John Andersen 35:50. **40-44:** 1. Amando Hernandez 36:19, 2. Daniel Kelly 37:39, 3. Gilbert Rangel 39:11. **45-49:** 1. Alex Meade 37:37, 2. Tom Duket 37:59, 3. Echo Edmonson 38:05. **50-54:** 1. Chuck McClung 37:25, 2. Byron Melendy 40:36, 3. Cecil Smith 42:15. **55-59:** 1. Raymond Prizgintas 41:21, 2. Leoy Kim 42:41, 3. Wayne Fong 43:41. **60-64:** 1. John Racely 46:09, 2. Emilio Chavez 46:15, 3. Loren Leonard 50:30. **65-69:** 1. Arthur Zussman 52:51, 2. Stanley Neufeld 53:42, 3. Peter King 54:59. **70 & Over:** 1. George Feinstein 58:00, 2. Jack Ishii 58:48, 3. Fred Suto 59:49.

## Division Results - Women's 10K

**Overall Winners:** 1. Alfreda Inglehart 40:16, 2. Kim Huey 42:27, 3. Dolores Rivas 42:37. **13-15:** 1. Ruth Escoto 58:19, 2. Elvira Perez 1:01:40, 16-18: 1. Melissa Pelote 48:00, 2. Michelle Studley 50:58, 3. Stephany Campos 58:11. **19-24:** 1. Kim Huey 42:27, 2. Dolores Rivas 42:37, 3. Magda Kondeja 45:21. **25-29:** 1. Rocio Santana 43:36, 2. Irene Barillas 47:09, 3. Mary Krauss 48:36. **30-34:** 1. Catherine Molina 44:35, 2. Jeanne Sather 46:24, 3. Giovanna Aguilera 49:00. **35-39:** 1. Ofelia Bermudez 43:40, 2. Wendy Bracamonte 45:57, 3. Ann Johnson 46:17. **40-44:** 1. Alfreda Inglehart 40:16, 2. Sally Simpison 44:33, 3. Yolanda Benitez 45:41. **45-49:** 1. Sue Reinhardt 45:11, 2. Joanie Matheson 49:40, 3. Verena Florence 53:41. **50-54:** 1. Maree Field 43:48, 2. Alma Paige 49:44, 3. Ida Hendrick 50:21. **55-59:** 1. Shirley Blush 49:03, 2. Carolyn Leacock 52:50, 3. Karen Masters 54:01. **60-64:** 1. Elaine Herfert 56:24. **65-69:** 1. Helen Dick 51:04, 2. Doris Cerdan 59:10.

## Call of the Wild Runs

February 29. Santa Rosa. Marathon, Half, & 10K.

### Overall Results - Half Marathon

1. Gian Gross (36) Livermore 1:31:10, 2. Clarke Smyth (32) Santa Rosa 1:32:10, 3. Michael Owen (26) Walnut Creek 1:36:20, 4. Ronald Guenza (38) Carmichael 1:39:12, 5. Justin Connolly (17) Forestville 1:39:34, 6. Bob Adelson (41) Alamo 1:39:48, 7. Ron Bishop (35) Rohnert Park 1:44:20, 8. Craig

Kendall (30) Auburn 1:46:10, 9. Randy Fernandez (26) Sonoma 1:49:40, 10. Rory Skuce (41) Pope Valley 1:50:00.

11. George Loughe (44) Hayward 1:50:25, 12. David Bowman (27) Salinas 1:52:32, 13. Richard Parker (46) San Francisco 1:52:58, 14. Francis Rogers (31) San Francisco 1:53:02, 15. Bruce Demmer (53) Santa Rosa 1:53:32, 16. Walter Lehle (45) San Francisco 1:53:40, 17. James McCaffrey (36) San Ramon 1:53:50, 18. Jim Sauve (37) San Rafael 1:53:59, 19. Patrick Durham (29) Sacramento 1:54:36, 20. Eric Gould (32) Palo Alto 1:55:12.

### Overall Results - Marathon

1. Mark Wise (27) Fall Creek, WI 3:29:52, 2. Jim Clover (49) Healdsburg 3:42:04, 3. David Skavdahl (47) Modesto 4:08:06, 4. John Clark (49) Citrus Heights 4:34:20, 5. Michael Norris (37) Carmichael 4:37:59.

### Overall Results - 10K

1. Alan Supan (39) San Jose 48:12, 2. Susan Supan (29) Santa Rosa 48:54, 3. John Dugan (40) San Francisco 54:09, 4. Celeste Brandt (38) San Jose 54:39, 5. Barry Dugan (38) Santa Rosa 54:48, 6. Michael Viloria (53) Santa Rosa 54:58, 7. Donald Martin (29) Oakland 54:58, 8. Alan Pilling (48) Redwood City 56:22, 9. David Delduco (35) Stone Mountain 57:15, 10. Sandy Pitts (39) Redwood City 57:39.

## Brickyard Run

February 29. Martinez to Port Costa. 8.4 Mile.

### Division Results - Men

**Overall Winners:** 1. Steve Pappa 43:44, 2. Leroy Kotchever 44:29, 3. Sal Vasquez 45:22. **14-20:** 1. David Flynn 48:51, 2. Esteban Garcia 50:07, 3. Hyrum Ernestrom 54:38. **21-29:** 1. Steve Pappa 43:44, 2. Dan Marks 45:49, 3. Mike Amorosa 46:45. **30-34:** 1. Kevin Searls 45:46, 2. Lou Perez 46:44, 3. Tim Tottle 48:26. **35-39:** 1. Leroy Kotchever 44:29, 2. Robert Hardy 45:37, 3. Jim Roberts 47:46. **40-44:** 1. Jose Garcia 46:39, 2. Bob Hermens 46:54, 3. Derrick Ruiz 47:09. **45-49:** 1. Dan Alarid 49:47, 2. John Monteverdi 49:52, 3. Rick Sumner 51:33. **50-54:** 1. Sal Vasquez 45:22, 2. Rolf Nebelung 52:39, 3. Joe Hancock 52:49. **55-59:** 1. Peter Todd 55:24, 2. Stan Morner 59:44, 3. Gerald Glendenning 64:25. **60-69:** 1. John Gregson 62:54, 2. Bruce Oliver 64:18, 3. Abraham Szoke 67:34. **70 & Over:** 1. Tertius Chandler 77:06, 2. Mel Shine 84:49.

### Division Results - Women

**Overall Winners:** 1. Sharlet Gilbert 50:15, 2. Catherine Isham 52:30, 3. Melinda Villar 56:25. **14-20:** 1. Molly McNeerney 70:29, 2. Jennifer Harwood 78:43, 21-29: 1. Catherine Isham 52:30, 2. Val Knaft Riener 59:54, 3. Clare Hramiec 63:11. **30-34:** 1. Suzanne Kowalski 57:07, 2. Michelle Montes 63:56, 3. Sarah Gallagher 68:36. **35-39:** 1. Mary Langlois 63:54, 2. Shirley DeLeon 68:07, 3. Pat Smalley 69:02. **40-44:** 1. Sharlet Gilbert 50:15, 2. Melinda Villar 56:25, 3. Marilyn Acquistapace 57:47. **45-49:** 1. Linda Wimmer 60:31, 2. Dexter

Dobberpuhl 69:46, 3. Pam Caponio 73:24. **50-54:** 1. Jan Knafelc 84:53. **55-59:** 1. Alice Rose 62:11, 2. Barbara Robben 69:33, 3. Hanna Szoke 77:53. **60-69:** 1. Kit Pickles 76:39, 2. Bernice Brucker Vincent 96:37.

## Chad Zeller Memorial

February 29. Sierra Del Ore. 1K, 5K & 10K.

The Chad Zeller Memorial Runs is the toughest, most scenic 10K ever tackled. Half of the race consists of hills which climb 50 to 400 feet in 1/4 to 1/2 mile.

### Division Results - Men's 10K

**Overall Winner:** 1. Jim Platske 37:14. **13-15:** 1. Mark de Wit 46:43. **25-29:** 1. Joe Morgan 39:50. **30-34:** 1. Jim Platske 37:14. **35-39:** 1. Santiago Arias 48:04. **40-49:** 1. Steve Deterville 49:06. **60-69:** 1. Ed Duffley 1:01:42.

### Division Results - Women's 10K

**Overall Winner:** 1. Kasey Lane 55:06. **13-15:** 1. Isabel Perez 1:06:19. **16-19:** 1. Kasey Lane 55:06. **25-29:** 1. Jennifer Venable 1:06:26. **30-34:** 1. Diane Tinkhas 1:05:39.

### Division Results - Men's 5K

**Overall Winner:** 1. Dan Burton 18:52. **12 & Under:** 1. Garth Rasmussen 24:22. **113-15:** 1. Doug Henning 19:04. **16-19:** 1. Grant McDougall 22:19. **20-24:** 1. Dave Griffin 21:44. **25-29:** 1. Kevin Sullivan 20:50. **30-34:** 1. Dan Burton 18:52. **35-39:** 1. Fidel Diaz 20:27. **40-49:** 1. Todd Christensen 25:06. **50-59:** 1. Dave Barte 26:05. **60 & Over:** 1. Robert Cullins 21:19.

### Division Results - Women's 5K

**Overall Winner:** 1. Tiffeny Rasmussen 22:30. **12 & Under:** 1. Monique Deterville 22:41. **13-15:** 1. Tiffeny Rasmussen 22:30. **16-19:** 1. Julie Cianco 30:02. **20-24:** 1. Donna Calderwood 31:23. **25-29:** 1. Dawn Staab 23:56. **30-34:** 1. Marge Lazarus 27:05. **35-39:** 1. Louise Fernandes 29:14. **40-49:** 1. Kim Strong 24:57. **60 & Over:** 1. Shirley Olson 41:12.

## Almaden Valley Athletic Club Triathlon Classic

February 29. San Jose. (250y Swim, 10 Mi. Bike, 2 Mi. Run).

### Overall Results

1. Mark Loos (Elite) 27:58, 2. Tom Carney (Elite) 28:44, 3. Dave Slothower (Elite) 29:43, 4. Ian Ross (Elite) 30:03, 5. Sean Murphy (20-29) 30:57, 6. Brett Howard (20-29) 31:38, 7. Rick Gallia (20-29) 32:36, 8. Sam George (30-39) 32:56, 9. Bob Eldridge (20-29) 33:03, 10. Harry Vitelli (30-39) 33:09, 11. Gary Schuster (30-39) 33:17, 12. John Scholl (50-59) 33:47, 13. Michael Smith (20-29) 33:50, 14. Mike DeBlauw (20-29) 33:50, 15. Tom Wescott (40-49) 33:54.

## Three Valleys Biathlon

March 7. Pinole.

1. Rob Wickstrom (25) 1:07:45, 2. Ron

Callison (29) 1:08:05, 3. Tim Pontarelli (30) 1:08:23, 4. Dan Ordoins (27) 1:09:44, 5. Chuck Neumann (33) 1:11:39, 6. Peter Sharkey (35) 1:11:41, 7. Gary Johnsrud (35) 1:13:35, 8. Brent Batley (30) 1:13:40, 9. Gil Uresti (36) 1:14:28, 10. Mark Pretti (31) 1:14:36.

11. Jun Amano (44) 1:15:52, 12. Daniel Osipow (26) 1:16:17, 13. George Rehmet (25) 1:16:29, 14. Bill Winston (26) 1:16:47, 15. Dave Lamar (30) 1:17:31, 16. Scott Kostka (28) 1:19:24, 17. Ben Winslow (48) 1:19:27, 18. Paul Lusk (35) 1:20:29, 19. Thom Pearman (30) 1:20:45, 20. Barry Jones (46) 1:22:26.

## Mt. Hamilton Runs

March 7. San Jose. Marathon, Half & 10K.

### Overall Results - Marathon

1. Mark Falcone (34) Gilroy 3:52:30, 2. Ed Willard (40) San Francisco 4:33:36, 3. John Clark (49) Citrus Heights 2:20:55, 4. Ellen Troth (45) Castro Valley 4:51:18, 5. Lyl Holmberg (49) San Jose 4:58:43.

### Overall Results - Half Marathon

1. Gian Gross (36) Livermore 1:27:06, 2. Mark Falcone (34) Gilroy 1:35:19, 3. David Gross (28) San Jose 1:36:15, 4. Troy Overton (30) Santa Clara 1:38:49, 5. Peter Jordan (36) Salinas 1:48:46, 6. Robert Weissman (24) San Francisco 1:48:56, 7. Tony Beeman (38) Los Altos Hills 1:52:44, 8. Cliff Allen (33) San Jose 1:54:40, 9. Octavio Soria (27) San Jose 1:55:22, 10. Peter Leslie (38) Saratoga 1:55:52.

11. Robert Ouye (35) Sunnyvale 1:56:18, 12. Larry Adams (50) Cupertino 1:56:22, 13. Susan Dougherty (34) Los Gatos 1:57:14, 14. Jolynn Mignano (30) San Jose 1:58:43, 15. Walter Lehle (45) San Francisco 1:59:48.

### Overall Results - 10K

1. Ken Cicinelli (26) San Jose 38:26, 2. Colin McDowell (22) Santa Clara 44:05, 3. Al McDowell (54) Santa Clara 44:45, 4. Chuck Blevins (35) San Jose 46:30, 5. Scott Vorous (25) Walnut Creek 48:06.

## Blossom Trail Run

March 7. Sanger. 11K & 2 Mile.

### Division Results - Men's 11K

**Overall Winner:** 1. Adrian Huerta 37:22. **18 & Under:** 1. Shawn Young 39:47. **19-24:** 1. Shawn Sanwo 43:08. **25-29:** 1. David Lennon 38:32. **30-34:** 1. James Joost 41:16. **35-39:** 1. Don Gregory 40:40. **40-44:** 1. Steve Gregory 40:41. **45-49:** 1. Bill Woody 43:27. **50-54:** 1. John Plus 48:28. **55-59:** 1. Len Hansen 52:53. **60-64:** 1. Tony Bush 54:11. **65-69:** 1. Franz Weinschenk 55:44. **70 & Over:** 1. Henry Harder 60:33.

### Division Results - Women's 11K

**Overall Winner:** 1. Dawn Woudstra 47:35. **18 & Under:** 1. Jennifer Michels 49:02. **19-24:** 1. Laura Wells 59:36. **25-29:** 1. Shelly Derutter 49:14. **30-34:** 1. Kathy Hildebrand 49:36. **35-39:** 1. Ann Phillips 52:34. **40-44:** Margaret Pinuelas 60:23. **45-49:** 1. Sharon Mayo 56:44. **50-54:** 1.



Heidi Fialho 68:01. 55-59: 1. Sydney Mae Loo 71:18.

## Division Results - Men's 2 Mile

**Overall Winner:** 1. John Robinson 9:54. 18 & Under: 1. Ray Rahn 9:55. 19-24: 1. Tom Gibson 13:29. 25-29: 1. Jay Geary 10:35. 30-34: 1. Lester Smith, Jr. 10:45. 35-39: 1. Frank Bonilla 12:58. 40-44: 1. Craig Ella 10:42. 45-49: 1. Eddie Gomez 13:28. 50-54: 1. Evan Orme 12:41. 55-59: 1. Frank Delgado 11:40. 60-64: 1. Len Thornton 12:30. 65-69: 1. Bob Musso 14:47.

## Division Results - Women's 2 Mile

**Overall Winner:** 1. Marlene Parra 12:19. 18 & Under: 1. P.J. Carman 13:09. 19-24: 1. Andrea Hester 18:00. 25-29: 1. Terri Woodward 13:27. 30-34: 1. Debbie Robinson 13:52. 35-39: 1. Vickie Cervantez 14:55. 40-44: 1. Trish Drionane 14:21. 45-49: 1. Sharon Mayo 15:00. 50-54: 1. Jackie Ryle 16:38. 55-59: 1. Louise Rhoan 19:18. 65-69: 1. Dorothy Thomas 16:10. 70 & Over: 1. Laura Rothaus N.T.

## Grape Stampede

March 7. Gonzales. 10K.

### Division Results - Men

**Overall Winner:** 1. Brian Moody 30:36. 19 & Under: 1. Ryan Bartlett 35:31. 2. Caleb Rightmyer 37:43. 3. Matthew Wolge 40:05. 20-29: 1. Brian Moody 30:36. 2. Luis Sanchez, Jr. 32:40. 3. Adolfo Rodriguez 36:34. 30-39: 1. Gilbert Munoz 32:00. 2. Patrick Moss 32:59. 3. Jim Poulos 34:03. 40-49: 1. Jose Garcia 33:14. 2. Mike Dove 33:44. 3. William Erickson 34:47. 50-59: 1. Fernando Leon 40:09. 2. William Flodberg 40:14. 3. John Ancheta 40:39. 60 & Over: 1. Don Anhorn 48:16. 2. Arthur Marquez 48:21. 3. Howard Powers 51:48.

### Division Results - Women

**Overall Winner:** 1. Lil Trimboli 38:22. 19 & Under: 1. April Williams 43:29. 2. Nancy Lee 43:37. 3. Jennifer Rickard 51:52. 20-29: 1. Michelle Perry 39:40. 2. Shannon Aldridge 44:25. 3. Kathleen Lenno 44:45. 30-39: 1. Lil Trimboli 38:22. 2. Catherine Bowman 39:17. 3. Brenda Cranford 40:41. 40-49: 1. Anne Goode 46:29. 2. Judith Brower 50:12. 3. Lillian Bloom 52:57. 50-59: 1. Gloria Dake 49:45. 2. Diane Bromstead 49:50. 3. Jan Holloway 50:21. 60 & Over: 1. Margie Faller 1:20:11.

## Run for the Seals

March 7. Sausalito. 4 Mile.

### Overall Results - Men

1. Gregor Knobel (23) San Rafael 20:04. 2. Mitch Craib (30) San Francisco 20:06. 3. Benjamin Castaneda (27) San Francisco 20:20. 4. Jake Furber (24) San Francisco 20:33. 5. Roderick Berry (32) San Anselmo 20:38. 6. Rich Govi (39) Sacramento 20:53. 7. Dale Londres (27) Mill Valley 21:09. 8. Arthur Welch (30) Novato 21:14. 9. Bruce Linscott (33) Fairfax 21:26. 10. Timothy Tottle (31) Walnut Creek 21:43. 11. Cassius Titus (30) Oakland 22:15. 12. Alan Reynolds (28) Stinson Beach 22:20. 13. Jon Klinkman (32) Novato 22:45. 14.

Doug Rasmussen (36) Reno, NV. 22:50. 15. Richard Batty (40) Mill Valley 22:57. 16. Lou Gourveia (31) Berkeley 23:10. 17. Kurt Ryan (34) Larkspur 23:20. 18. Brian Vickery (51) Mountain View 23:38. 19. Arthur Fraser (45) San Francisco 23:40. 20. Stephen Lyons (50) Quentin Hill 23:42.

### Overall Results - Women

1. Linda Somers (30) Pleasant Hill 22:21. 2. Sharlet Gilbert (41) Richmond 24:40. 3. Kim Rupert (37) Hillsborough 24:51. 4. Karen Fogerson (37) Morgan Hill 25:53. 5. Margaret Kritzer (32) San Francisco 26:02. 6. Laura Reeve (33) Santa Clara 26:14. 7. Julia Stamps (13) Santa Rosa 26:19. 8. Carol Bruton (34) Livermore 26:46. 9. Florianne Gordon (44) San Francisco 27:02. 10. Pamela Allenby (32) Sacramento 27:08. 11. Tina Bowen (40) Moraga 28:16. 12. Marta Nakae (30) El Cerrito 28:37. 13. Eileen Hoefler (40) Saratoga 28:40. 14. Tricia Borge (31) San Francisco 28:59. 15. Lillian Shackelford (33) Sausalito 29:06. 16. Cynthia Davis (26) San Francisco 29:08. 17. Leigh Bellingall (41) Pacifica 29:08. 18. Jill Gisvold (23) San Francisco 29:17. 19. Adrienne Modafferi (22) Oakland 29:20. 20. Mary Verwoert (44) Lake Tahoe 29:29.

## Napa Valley Marathon

March 8. Napa.

Taking advantage of perfect conditions, San Francisco's Diana Nelson Fitzpatrick shattered the women's course record at the 14th running of the Napa Valley Marathon. Nelson Fitzpatrick's time of 2:39:42 clipped nearly seven minutes from the old record of 2:46:41 by Stanford's Betsy Swan in 1991.

Second place in the woman's division went to Jeannie Urness of Mather AFB, who ran 2:47:17. Urness' time was just 36 seconds off the old women's course record and was the fourth fastest time ever run by a woman at Napa. Luisa Romero of Mexico placed third overall with 2:59:17.

The men's overall winner was Tony Nading of Flat Rock, Indiana. Nading, who had been hoping for an Olympic Trials qualifying time of 2:20:00, took the lead before half-way mark and ran the rest of the race virtually alone. His time of 2:27:26 put him nearly four minutes ahead of Stephen Brown of Ventura, who ran 2:31:13 for second. Third place over went to Joseph Brunetti of Los Gatos with 2:32:38.

Other strong performances were turned in by Martin Jones of Sonoma, who won the men's 45-49 age division with a time of 2:42:27, and John Crouch of Victoria, British Columbia, who clocked 2:50:09 in the 50-54 age group. Two senior men also logged strong runs. Roy Piva of South San Francisco, 65, ran 3:06:44, and George Billingsley of Loomis, 70, had 4:00:13.

### Division Results - Men

**Overall Winners:** 1. Tony Mading 2:27:26. 2. Stephen Brown 2:31:13. 3. Joseph Brunetti 2:32:38. 4. David Ronco 2:34:56. 5. Ted Pawlak 2:35:11. 20-24: 1. Eric Mastalir 2:37:55. 25-29: 1. Stephen Brown 2:31:13. 30-34: 1. Tony Nading 2:27:26. 35-39: 1.

Ted Pawlak 2:35:11. 40-44: 1. John Hirschberger 2:46:00. 45-49: 1. Martin Jones 2:42:27. 50-54: 1. John Crouch 2:50:09. 55-59: 1. Jerry O'Hanlon 3:20:30. 60-69: 1. Ray Piva 3:06:44. 70 & Over: 1. George Billingsley 4:00:13. **Wheelchair:** 1. Bob Rose 2:32:25.

### Division Results - Women

**Overall Winners:** 1. Diana Nelson Fitzpatrick 2:39:42. 2. Jeannie Urness 2:47:17. 3. Luisa Romero 2:59:17. 4. Brenda Rau 3:06:49. 5. Carol Foster 3:09:28. 19 & Under: 1. Kristin Kelly 4:26:01. 20-24: 1. Ruth Martinez-Squires 3:16:03. 25-29: 1. Jeannie Urness 2:47:17. 30-34: 1. Diana Nelson Fitzpatrick 2:39:42. 35-39: 1. Carol Foster 3:09:28. 40-44: 1. Brenda Rau 3:06:50. 45-49: 1. Carol Bianconi 3:37:31. 50-54: 1. Audrey Schroeder 3:34:40. 55-59: 1. Wen-Shi Yu 3:27:55. 60-69: 1. Helen Klein 4:41:36. 70 & Over: 1. Judy Golding 5:08:26.

## Memorial Runs

March 8. River Park, Lompoc. 5K & 10K.

### Overall Results - 5K

1. Scott Coe (31) Lompoc 16:46. 2. Doug Sims (31) San Luis Obispo 16:55. 3. Sean McCormick (28) Paso Robles 17:54. 4. Anthony Hubert (30) Lompoc 21:26. 5. Peggy Yost (34) Solvang 21:43. 6. Ray Gil (67) Lompoc 21:51. 7. Dan Vordale (36) Lompoc 21:57. 8. Lynnette Hinman (36) Lompoc 21:59. 9. Greg Ballou (22) Solvang 22:46. 10. Mike Warren (45) Lompoc 23:03.

### Overall Results - 10K

1. Paul Lee (31) Santa Maria 33:42. 2. Bill Graham (51) Lompoc 38:48. 3. Stanley Williams (47) Guadalupe 46:27. 4. C.H. Keane (57) Goleta 51:06. 5. Lisa Norcutt (56) Lompoc 55:46.

## San Jose Mercury News

March 8. San Jose. 10K.

### Division Results - Men

**Overall Winners:** 1. Rachid El Basir 28:49. 2. Rich McCandless 29:00. 3. Ivan Huff 29:07. 15 & Under: 1. Jason Balkman 35:21. 2. Hector Leija, Jr. 36:15. 3. Arnold Song 36:35. 4. Tom Becker 38:12. 16-19: 1. Stewart Ellington 31:21. 2. Kyle Dando 32:19. 3. Yuji Higaki 34:27. 4. Ernest Solari-on 34:31. 20-29: 1. Rachid El Basir 28:49. 2. Daniel Gonzalez 29:12. 3. Dan Franek 30:03. 4. Brent Griffiths 30:12. 30-39: 1. Rich McCandless 29:00. 2. Ivan Huff 29:07. 3. Bill Donakowski 29:27. 4. Danny Grimes 29:33. 40-49: 1. Domingo Tibaduiza 30:15. 2. James Milton 31:08. 3. James Tracy 31:58. 4. Dennis O'Halloran 32:27. 50-59: 1. Sal Vasquez 33:27. 2. Bill Meinhardt 35:24. 3. Tim Rostegge 35:41. 4. Jerry LaLonde 37:15. 60 & Over: 1. Ephraim Romesberg 41:20. 2. Hank Fragoza 41:47. 3. Ray Stewart 44:32. 4. Bob Farrington 44:59. **Wheelchair:** 1. Jerry Deets 27:27. 2. Richard Parson 27:57. 3. Marty Ball 29:17. 4. Carlos Chiquillo 31:32.

### Division Results - Women

**Overall Winners:** 1. Gordon Bloch 33:04. 2.

Maria Trujillo 33:53. 3. Kathlene Bowman 34:12. 15 & Under: 1. Sarah Pitts 45:46. 2. Amber McCrear 46:47. 3. Phoung-Mai Bui-Quang 49:50. 4. Rachel Pitts 52:18. 16-19: 1. Keri Sanchez 41:35. 2. Belinda Williams 41:41. 3. Jessie Richter 43:17. 4. Kate Sweeney 43:43. 20-29: 1. Sabrina Han 34:20. 2. Rosa Gutierrez 34:56. 3. Rae Stiger 35:12. 4. Jenn Thatcher 35:20. 30-39: 1. Gordon Bloch 33:04. 2. Maria Trujillo 33:53. 3. Kathlene Bowman 34:12. 4. Barb Myers-Acosta 36:13. 40-49: 1. Laurie Binder 35:04. 2. Darlene Wallach 38:23. 3. Sharlet Gilbert 38:35. 4. Linda Mantynen 38:40. 50-59: 1. Shirley Matson 38:28. 2. Sandy Vaur 47:16. 3. Luise Muller 51:29. 4. Julia Carpenter 55:42. 60 & Over: 1. Joy Johnson 51:02. 2. Virginia LaFever 58:46. 3. April Jacobson 1:07:04. 4. Silvia Sweet 1:13:11. **Wheelchair:** 1. Emily Ball 34:30. 2. K. Lynne Carlton 37:01. 3. Elyse Wesen-dunk 1:11:09.

## Rascal Creek Runs

March 8. Merced. 10K & 1 Mile.

### Division Results - Men's 10K

**Overall Winners:** 1. Joe Carnegie 33:40. 2. Bob Loux 34:14. 3. Gary Grilliot 35:00. 19 & Under: 1. Matt Batchelor 37:57. 2. James Cross 43:28. 20-29: 1. Joe Carnegie 33:40. 2. Gary Grilliot 35:00. 3. Dan Valdez 35:55. 30-39: 1. Bob Loux 34:14. 2. Greg McKinstry 35:14. 3. Matt Crabbe 35:24. 40-49: 1. Karl Bacon 36:24. 2. John Mason 38:59. 3. Sargon Nong 39:01. 50-59: 1. Ken Schwisow 38:10. 2. Paul Ligda 42:12. 3. Butch Hughes 46:08. 60 & Over: 1. Richard Fosse 43:41. 2. Charlie Rodgers 45:03.

### Division Results - Women's 10K

**Overall Winners:** 1. Kelly Donaldson 41:57. 2. Kim Gholston 43:25. 3. Amy Olson 43:45. 19 & Under: 1. Coral Tablilla 56:32. 20-29: 1. Kelly Donaldson 41:57. 2. Kim Gholston 43:25. 3. Amy Olson 43:45. 30-39: 1. Valerie Hamilton 44:41. 2. Heidi Ryan 44:55. 3. Claudia Azevedo 48:58. 40-49: 1. Jean Schwisow 47:44. 2. Michelle Bottjer 47:45. 3. Linda Casebler 53:39. 60 & Over: 1. Barbara Neyens 59:50.

### Division Results - Men's 1 Mile

**Overall Winners:** 1. Brian Wilkinson 4:40. 2. Daniel Garcia 5:08. 3. Tom Diehl 5:11. 6 & Under: 1. Matthew Stickland 9:45. 2. Brad Smith 10:57. 3. Lance Lippincott 11:08. 7-9: 1. Jason Martinez 7:12. 2. Nathan Todd 7:18. 3. Bryan Todd 8:14. 10-12: 1. Craig Bothun 6:22. 2. Jeremy Lariosa 6:27. 3. Simon Cardoza 6:27. 13-18: 1. Brian Wilkinson 4:40. 2. Jeff Hamel 5:12. 3. Todd Tramble 5:14. 19-29: 1. Eric Espinoza 5:43. 2. Ken Taylor 6:06. 3. Dan Zacharias 6:12. 30-39: 1. Daniel Garcia 5:08. 2. Tom Diehl 5:11. 3. Michael Gomes 6:04. 40-49: 1. Frank Miranda 5:24. 2. Stanley Jeansant 5:37. 3. Dave Zacharias 5:37.

### Division Results - Women's 1 Mile

**Overall Winners:** 1. JoAnna Cerri 5:34. 2. Carrie Tacheira 5:38. 3. Consuela Garcia 5:53. 6 & Under: 1. Whitney Diehl 11:09. 2. Katie Wilson 11:58. 7-9: 1. Lorena Rivas 6:58. 2. Kristen Smith 7:00. 3. Dallan Wil-



# RESULTS

liams 7:03. 10-12: 1. Angelina Martinez 5:58, 2. Liz Lariosa 6:00, 3. Regina Martinez 6:08. 13-18: 1. Joanna Cerri 5:34, 2. Carrie Tacheira 5:38, 3. Sheng Xiong 9:07. 19-29: 1. Conchita Zacharias 9:02, 2. Linda Barcellos 9:06. 30-39: 1. Consuelo Garcia 5:53, 2. Christie Hendricks 6:39, 3. Carolyn Williams 7:16. 40-49: 1. Adrienne Mettler 8:17, 2. Anita Mason 10:24, 3. Kathy Lane 11:24. 50 & Over: 1. Vera Fogle 10:16, 2. B-Joe Witort 11:53.

## Wild Boar Runs

March 14. Stinson Beach. 8 Mi., 18 Mi., Marathon.

### Overall Results - 18 Mile

1. Chris Lucey (26) Alexandria, VA. 2:21:45, 2. Michael Owen (26) Walnut Creek 2:27:40, 3. Jim Owen (28) San Francisco 2:27:40, 4. Chris Putney (28) San Francisco 2:32:07, 5. Vincent Jervis (24) Walnut Creek 2:35:38, 6. Robert Haas (43) Oakland 2:42:42, 7. Bart Simmons (42) Walnut Creek 2:43:00, 8. Al Perley (42) Greenbrae 2:51:50, 9. Murray Lamp (42) Berkeley 2:54:15, 10. Carrie Roberts (25) Berkeley 2:56:50.

### Overall Results - Marathon

1. Edmund Sulzman (24) San Francisco 3:31:05, 2. Dana Stanley (26) San Francisco 3:59:40, 3. Alan Richardson (53) Australia 4:24:08, 4. Eric Gould (32) Palo Alto 4:24:42, 5. John Grant (44) Santa Rosa 4:46:30.

### Overall Results - 8 Mile

1. Archie George (42) Moscow, ID 50:41, 2. Jack Sayers (28) Fairfax 58:00, 3. Scott Donnellan (34) San Francisco 58:04, 4. Lindy Miller (36) San Mateo 58:05, 5. Steven Vukazich (32) Davis 58:19, 6. Jeff Arnett (43) Santa Cruz 58:42, 7. Robert Sanchez (34) Livermore 59:05, 8. David Roberson (29) Campbell 1:03:05, 9. Scott Love (32) Santa Rosa 1:03:59, 10. Mark Hall (33) Santa Rosa 1:05:00.

## Run for Hungry Children

March 14. Irvine. 5K & 10K.

### Division Results - Men's 10K

Overall Winners: 1. Angelo Decolibus 33:30, 2. Keith Meter 34:55, 3. Carl Rossi 36:24. 19-24: 1. Keith Meter 34:55, 2. Amando Torres 37:19, 3. Pete Martinez 38:28. 25-29: 1. Carl Rossi 36:24, 2. Tim Korsakov 36:43, 3. Jeff Disbrow 36:45. 30-34: 1. Angelo Decolibus 33:30, 2. Timothy Geis 37:36, 3. Mike Hughes 38:43. 35-39: 1. Bruce Minard 37:45, 2. John Bacon 39:29, 3. John Williams 39:38. 40-44: 1. Hayes Powell 38:38, 2. Bill Trapp 41:55, 3. John Cymerint 45:00. 45-49: 1. Paul Akiyama 42:12, 2. Nicholas Prukop 43:40, 3. Clive Williams 43:51. 50-54: 1. Ralph Smith 44:35, 2. Phillip Newberg 47:58, 3. Lloyd Garrison 48:28. 55-59: 1. Ed Judy 45:13, 2. Carlos Vega 45:54, 3. Joe Kelly 47:45. 60-69: 1. Harry Cromer 50:13, 2. John Redwine 57:30. 70 & Over: 1. Richard Kasper 1:01:33.

### Division Results - Women's 10K

Overall Winners: 1. Jennifer Briggs 38:17,

2. Diane Wilga 41:45, 3. Rozanne Brambila 42:21. 13-18: 1. Shannon Shank 1:03:23. 19-24: 1. Jennifer Briggs 38:17, 2. Misty Maeding 45:51, 3. Kristy Knudson 46:27. 25-29: 1. Cindy Kurrie 43:18, 2. Brook Dery 45:37, 3. Diane Hinojosa 46:59. 30-34: 1. Diane Wilga 41:45, 2. Rozanne Brambila 42:21, 3. Christin Lewis 47:11. 35-39: 1. Liz Sponagle 43:07, 2. Lisa Brier-Capps 48:38, 3. Gwen Gerety 50:24. 40-44: 1. Debbie Seale 52:28, 2. Susan Scott 54:01, 3. Ann Wierdsma 55:47. 45-49: 1. Tarla Fallgatter 52:42, 2. Jill Goodell 55:07, 3. Kathy Steinfeld 55:34. 50-54: 1. Rosi Noon 56:39, 2. Nancy Green 58:18, 3. Arlene Moore 58:49. 60-69: 1. Chris Cromer 54:23.

### Division Results - Men's 5K

Overall Winners: 1. Dave Parsel 15:21, 2. Robert Price 15:27, 3. Ruben Esparza 15:37. 12 & Under: 1. Martin Brix 18:13, 2. Luis Hennigar 20:11, 3. Ben Carter 20:59. 13-18: 1. Mike Stimmler 28:57, 2. Rob Rommelfanger 29:23, 3. Josef Link 30:41. 19-24: 1. Robert Price 15:27, 2. Dave McKissick 16:42, 3. Art Canales 17:08. 25-29: 1. Ruben Esparza 15:37, 2. Rikie Martinez 15:39, 3. Scott Shean 16:38. 30-34: 1. Rick Waterman 16:47, 2. Tim Clemente 17:03, 3. Walter O'Brien 17:28. 35-39: 1. Dave Parsel 15:21, 2. Jon Eifler 18:51, 3. Robert Dameron 18:59. 40-44: 1. Bill Sumner 16:48, 2. Brook Thomas 16:58, 3. Don Irvine 17:03. 45-49: 1. Harry Hunt 18:15, 2. Paul Akiyama 19:26, 3. Bob Kingery 19:44. 50-54: 1. Phil Talamantes 19:15, 2. Jay Edgerton 20:10, 3. John Thomas 22:05. 55-59: 1. Hall Seely 19:40, 2. Merle Lauderdale 20:35, 3. Jim Borgerding 21:59. 60-69: 1. Larry Banuelos 21:31, 2. Fred Castaneda 22:34, 3. George Armerding 26:32. 70 & Over: 1. Bill Nice 24:22, 2. Len Burke 31:52, 3. Ed Fong 35:37.

### Division Results - Women's 5K

Overall Winners: 1. Kathleen Smith 17:11, 2. Denise Bigelow-Ripley 20:17, 3. Danisha Bendz 20:21. 12 & Under: 1. Allyson Marquand 23:38, 2. Siobhan Conwell 24:34, 3. Rachel Steinfeld 27:50. 13-18: 1. Denisha Bendz 20:21, 2. Audrey Read 23:23, 3. Caryn Waechter 23:25. 19-24: 1. Maricela Benavides 20:33, 2. Cindy Dahlin 25:44, 3. Paige Estrada 27:03. 25-29: 1. Kathleen Smith 17:11, 2. Patty Borgerding 20:26, 3. Kendall Clark 20:32. 30-34: 1. Denise Bigelow-Ripley 20:17, 2. Junko Cheng 22:01, 3. Luann Campo 24:36. 35-39: 1. Ursula Hill 22:09, 2. Youlin Kingsey 22:16, 3. Jani Wilson 24:08. 40-44: 1. Patti Tisone 22:25, 2. Jodie Kinney 23:19, 3. Carolyn Stafford 23:58. 45-49: 1. Sandra Thomas 25:22, 2. Tara Edmonds 26:48, 3. Karen Alston 27:24. 50-54: 1. Marcia Martyn 25:34, 2. Lore Waechter 27:44, 3. Denise Mock 27:46. 55-59: 1. Dolores Vega 26:51, 2. Kathy Borgerding 30:13, 3. Jean Graves 50:20. 60-69: 1. Muriel Southall 40:45, 2. Virginia Olson 49:08, 3. Julie Vura 52:53.

## Monte Bello Run

March 14. Palo Alto. 8.75 Mile & 5 Mile.

### Overall Results - 8.75 Mile

1. Brad Curry (32) 56:10, 2. Curt Wohlge-muth (33) 56:15, 3. Scott Kister (22) 58:10, 4. Steve Murphy (31) 1:02:27, 5. Troy Over-ton (30) 1:03:02, 6. Jerry Lyerly (52) 1:05:55, 7. Ian Schofield (40) 1:06:06, 8. Alex Brynea (48) 1:06:17, 9. Winston Thomas (35) 1:09:28, 10. Bill Devine (35) 1:09:53.

11. Inka Mims (31) 1:10:35, 12. Barry Ste-vens (42) 1:11:26, 13. Patricia Story (43) 1:11:28, 14. Gary Specker (49) 1:13:12, 15. Richard Laine (62) 1:14:00.

### Overall Results - 5 Mile

1. Nikos Mourtos (34) 39:12, 2. Ken Cici-nelli (26) 39:21, 3. A. Khachadourian (41) 39:56, 4. M. Stewart (53) 44:31, 5. Mark Wolff (31) 44:52.

## St. Patrick's Day Run

March 14. Newhall. 5 Mile.

### Overall Results

1. Tony Whitmore 29:38, 2. Rich Cooper 30:07, 3. Bart Radford 30:14, 4. Pat Harlan 30:30, 5. Brian Stansauk 30:30, 6. Robert Spjano 31:06, 7. Eric Schranz 31:29, 8. Mike Mench 32:03, 9. Richard Valez 32:40, 10. Scott Wymore 32:41. 11. Nick Riesz 32:54, 12. Don Barrington 32:58, 13. Carlos Mendoza 33:17, 14. Cheryl Nelson 33:26, 15. John Daly 33:31, 16. Horacio Martinez 34:01, 17. Richard North 34:24, 18. Andrejs Krutainis 34:36, 19. Greg Nohz 35:09, 20. Ken Hamrick 35:13.

## Pocket Pursuit

March 15. Sacramento. (5K Run, 30K Bike, 5K Run).

### Division Results - Men

Overall Winners: 1. Joey Sanders 1:17:33, 2. Dan Ordoins 1:20:30, 3. Mayes-Stone 1:22:45. 15-19: 1. John Whitney 1:27:30, 2. Spencer Fine 1:33:35, 3. Zack Borges 1:36:32. 20-29: 1. Joey Sanders 1:17:33, 2. Dan Ordoins 1:20:30, 3. David Larabee 1:23:04. 30-39: 1. Kevin Cimini 1:24:55, 2. Gary Johnsrud 1:30:30, 3. Don Hicks 1:31:08. 40-49: 1. Tom Nuss Baum 1:25:41, 2. Guy McKenzie 1:26:14, 3. Louis Phillips 1:29:02. 50-59: 1. Bruce Piner 1:34:02, 2. Don Richey 1:41:20, 3. Roger Rasmussen 1:42:12. 60 & Over: 1. Robert Miller N.T.

### Division Results - Women

Overall Winners: 1. Jill Newman 1:33:49, 2. Linda Casillas 1:34:06, 3. Joan Gregg 1:37:04. 20-29: 1. Jill Newman 1:33:49, 2. Linda Casillas 1:34:06, 3. Missy Hurlow 1:41:59. 30-39: 1. Joan Gregg 1:37:04, 2. Booth Borcharding 1:39:39, 3. Leslie Stepanek 1:40:29. 40-49: Jeanette Sullivan 149:25, 2. Jacklyn Litman N.T., 3. Kathie Bechtel N.T. 50-59: 1. Greta Carriger N.T.

## Stockton 4 Mile

March 15. Stockton.

### Division Results - Men

17 & Under: 1. Todd Tarnblie 23:43, 2. Ric Presley 24:45, 3. Alex Gomez 25:16. 18-29: 1. Steve Lopez 19:56, 2. Steven Overgoard 20:35, 3. Eric Petterson 22:37. 30-39: 1. Tim Swietlik 21:41, 2. Nick Nichols 22:06, 3. Daniel Garcia 22:10. 40-49: 1. Don Spie-

kelmier 22:11, 2. Mike Larson 22:17, 3. Karl Bacon 22:51. 50-59: 1. Javier Del Rio 25:54, 2. Bob Guenther 25:58, 3. Paul Liga 26:02. 60-69: 1. Vic Lyons 33:38, 2. Harold Linde 33:50, 3. Richard Solomon 35:40. 70 & Over: 1. Paul Reese 30:48, 2. Don Lundberg 32:46.

### Division Results - Women

17 & Under: 1. Angelina Martinez 27:33, 2. Regina Martinez 28:30, 3. Liz Lariosa 28:44. 18-29: 1. Jeannie Urness 23:10, 2. Stacey Moseley 24:28, 3. Delette Speel-mon 30:46. 30-39: 1. Vickie Herrera 29:20, 2. Diane Huey 31:02, 3. Karen LaCrosse 32:57. 40-49: 1. Linda Molina 30:33, 2. Kathryn Hannaford 32:12, 3. Mary Murrillo 32:58. 50-59: 1. Dina Fields 31:49, 2. Karen Diekmeyer 34:20, 3. Linda Ingiehart 40:22. 60-69: 1. Adela Givrem 40:44.

## International Veteran's Cross Country

March 20. Franklin Park, Boston, MA:

1. Pierre Levisse (France) 23:05, 2. Char-lie McMullen (USA) 24:15, 3. Bryan Stride (Can) 24:21, 4. Ted McKeigen (Can) 24:51, 5. Joseph Cooper (Ireland) 25:04, 6. Larry Olsen (USA 45-49) 25:10.



RUTH ANDERSON 1st-60+ Woman  
Photo by Elaine Rosenfield

18. Graham Tattersall (NZ) 26:02, 38. Bruce Tulloh (GB) 1:50+ 26:44, 48. Rita Cecil (Can) 35F 1F 27:06, 53. Jack Waitz (Norway) 27:19, 70. Heather Matthews (NZ) 1F-40+ 28:00, 83. Eino (Finland) ex-CA 28:32, 89. Gabriel Bernal (NY) ex-CA 28:53, 118. Amby Burfoot (Run World) 30:18, 124. Brian Fernee (Pac Palisades, CA) 30:36, 155. Stan Rosenfield (San Luis DC/SLO) 31:55, 264. Ruth Anderson (NCSTC) 1F-60+ 41:46.

## Big Basin Redwoods Marathon

March 21. Boulder Creek. Mara., Half & 4 Mi.

### Overall Results - Marathon

1. Byron Choiniere (36) Walnut Creek 2:51:40, 2. David Nakashima (44) Salinas



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3:39:30, 3. Ed Willard (40) San Francisco 4:00:50, 4. Jon Thomas Regen (45) Santa Cruz 4:04:37, 5. Martin Miller (40) Helena 4:05:26.

## Overall Results - Half Marathon

1. Byron Choiniers (36) Walnut Creek 1:20:12, 2. David Nakashima (44) Salinas 1:42:30, 3. Richard Parker (46) San Francisco 1:51:50, 4. Peter Prodis (31) Carmel 1:51:59, 5. George Prodis (25) San Jose 1:53:20.

## Overall Results - 4 Mile Fun Run

1. Ivan Ocon (32) Pinole 28:20, 2. Michael Daly (46) Hayward 29:45, 3. Kathy Soltero (29) Concord 30:42, 4. Catherine Keller (24) Sunnyvale 30:42, 5. Eric Howard (24) Sunnyvale 30:42.

## Oroville Classic

March 21, Oroville, 3 Mile & 5 Mile.

### Division Results - Men's 5 Mile

Overall Winner: 1. Jackson Corley 28:45, 13-19: 1. Griff Harty 30:41, 2. David Ball 33:11, 3. Jason Tamura 34:32, 20-29: 1. Jackson Corley 28:45, 2. Jason Becker 47:21, 3. Justin Monsen 51:46, 30-39: 1. Alvin Cahee 30:06, 2. Ted White 31:37, 3. John Cerantes 33:03, 40-49: 1. Kirk Draper 32:17, 2. Richard Howell 33:34, 3. Ken Moore 34:13, 50-59: 1. Everett Riggie 31:35, 2. Bob Davis 34:31, 3. Don Richey 35:33, 60 & Over: 1. Marvin Metzger 37:23.

### Division Results - Women's 5 Mile

Overall Winner: 1. Elizabeth Mosier 33:28, 20-29: 1. Elizabeth Mosier 33:28, 2. Laura Barone 47:12, 3. Alisa Smith 51:45, 30-39: 1. Judy Wilmarth 43:02, 2. Debbie Summers 47:02, 3. Helen Ayala-Wardell 54:01, 40-49: 1. Victoria Fisci 35:44, 2. Marijke Valencia 36:44, 3. Barbara Little 47:21, 50-59: 1. Jean Sutton 52:42.

### Division Results - Men's 3 Mile

Overall Winner: 1. Michael Robertson 17:20, 12 & Under: 1. Matt Stanley 21:24, 2. Paul Heath 28:12, 3. Ian Rocchi 34:26, 13-19: 1. Mike Robertson 17:20, 2. Mike Stanley 19:15, 3. Obadiah Durham 20:50, 20-29: 1. James Murray 20:46, 30-39: 1. Mike Zygaizenko 17:26, 2. Bob Hastings 17:46, 3. David Ennes 22:00, 40-49: 1. Rod Cooper 18:31, 2. Tom Lando 18:58, 3. Edward Preble 20:51, 50-59: 1. Jim Thorup 21:27, 60 & Over: 1. Jim Gard 29:43, 2. Ernie Wilson 36:30.

### Division Results - Women's 3 Mile

Overall Winner: 1. Dina Vollendroff 19:25, 12 & Under: 1. Kristie Williams 19:57, 2. Leslie Murray 22:59, 13-19: 1. Dina Vollendroff 19:25, 2. Michele Kiyono 20:29, 3. Jolena Avitia 20:37, 20-29: 1. Marcia Myers 23:40, 2. Marcie Brown 25:35, 3. Anne Sisney 26:80, 30-39: 1. Barbara Brake 24:54, 2. Dorthia Hudec 26:02, 3. Jana Sanford 34:08, 40-49: 1. Carol Myers 31:34, 2. Carla Nissen 31:36, 50-59: 1. Lynn Hurrell 24:00, 2. Carolyn Nagle 31:30, 60 & Over: 1. June Bock 30:13, 2. Joan Wilson 36:30.

## Serra's Run

March 21, Carmel, 10K.

### Division Results - Men

Overall Winner: 1. Brian Moody 32:10, 19

& Under: 1. Ryan Bartlett 37:55, 2. Seth Haines 41:24, 3. Donald Taylor 44:55, 20-29: 1. Brian Moody 32:10, 2. Andrew Boudreau 33:29, 3. Kevin McGushin 36:47, 30-39: 1. Scott Peters 34:52, 2. Jim Poulos 35:34, 3. Jorge Solorio 35:44, 40-49: 1. William Erickson 35:50, 2. Mark Lieberman 36:40, 3. Rick Nagano 37:21, 50-59: 1. Lawrence Lyonhardt 40:17, 2. Mark Steelman 41:50, 3. James Allen 43:06, 60 & Over: 1. Ron Schenone 59:44, 2. George Kuska 1:03:43.

### Division Results - Women

Overall Winner: 1. Kim Rupert 38:46, 19 & Under: 1. Tegan Firth 48:11, 20-29: 1. Michelle Perry 42:16, 2. Sarah Burford 44:47, 3. Evelyn Hanks 45:53, 30-39: 1. Kim Rupert 38:46, 2. Liese Adams 46:05, 3. Cindy Kuethe 48:05, 40-49: 1. Joan Ottaway 40:33, 2. Sally Walters 49:10, 3. Carol Lieberman 49:49, 50-59: 1. Annis Lemo 54:56, 2. Phyllis Rosenblum 1:00:55, 60 & Over: 1. Frances Sackerman 51:47, 2. Barbara Neyens 1:01:01, 3. Marge Scanlon 1:13:47.

## 20th IAAF Snickers World Cross Country Championships

March 21, Boston.

### Overall Results

#### Senior Men (12,000 meters):

1. John Ngugi (KEN) 37:05, 2. William Mutwol (KEN) 37:17, 3. Fita Bayesa (ETH) 37:18, 4. Khalid Skah (MAR) 37:20, 5. Richard Chelimo (KEN) 37:21, 6. Steve Moneghetti (AUS) 37:23, 7. Dominic Kirui (KEN) 37:26, 8. William Sigei (KEN) 37:27, 9. Thierry Pantel (FRA) 37:30, 10. Bruno Le Stum (FRA) 37:33, 19. Todd Williams (USA) 37:51, 34. Mark Coogan (USA) 38:09, 41. Kenneth Martin (USA) 38:19, 76. Bradley Barquist (USA)

38:44, 120. Daniel Nelson (USA) 39:23.

Team Scores: 1. Kenya 46, 2. France 145, 3. Great Britain And No. Ireland 147, 4. Spain 171, 5. Italy 246, 6. Morocco 247, 7. Portugal 249, 8. USA 263, 9. Australia 354, 10. Ethiopia 425, 11. Ireland 430, 12. Germany 432, 13. Belgium 459, 14. Canada 685, 15. United Team 726, 16. Brazil 738, 17. Netherlands 766, 18. Japan 858, 19. Jamaica 1117, 20. India 1208, 21. Indonesia 1227, 22. Fiji 1279.

#### Senior Women (6,000 meters):

1. Lynn Jennings (USA) 21:16, 2. Catherine McKiernan (Irel) 21:18, 3. Albertina Dias (Por) 21:19, 4. Vicki Huber (USA) 21:34, 5. Nadia Dandolo (Ita) 21:35, 6. Yunxia Qu (Chn) 21:36, 7. Sonia O'Sullivan (Irl) 21:37,



JOHN NGUGI (Kenya) wins his 5th World X-C title

Photo by Elaine Rosenfield



The chase pack crest the hill at the World X-C Championship: #311 RICHARD CHELIMO (Ken) 5th, #312 DOMINIC KIRUI (Ken) 7th, #317 WILLIAM SIGEI (Ken) 8th, #154 FITA BAYESA (Ethiopia) 3rd, KHALID SKAH (behind Chelimo #311) 4th, MATHIAS NTAWULIKURAL (Rwanda) rear, 13th.

Photo by Elaine Rosenfield

8. Jill Hunter (GBR) 21:39, 9. Susan Sirma (Ken) 21:40, 10. Luchia Yisiak (Eth) 21:42.

30. Annette Peters (USA) 22:13, 47. Melinda Schmidt (USA) 22:28, 89. Lisa Karnopp (USA) 23:10.

Team Scores: 1. Kenya 47, 2. USA 77, 3. Ethiopia 96, 4. Ireland 103, 5. Portugal 115, 6. Romania 129, 7. Great Britain and No. Ireland 129, 8. Spain 138, 9. France 148, 10. Italy 154, 11. Canada 179, 12. Netherlands 189, 13. Belgium 201, 14. Japan 243, 15. United Team 256, 16. Australia 261, 17. Brazil 345, 18. Argentina 439, 19. Costa Rica 454.

#### Junior Men (8,000 meters):

1. Ismael Kirui (Ken) 23:27, 2. Haile G/Silasie (Eth) 23:35, 3. Josephat Machuka (Ken) 23:37, 4. Josephat Ndeti (Ken) 23:45, 5. Tegnu Abebe (Eth) 23:50, 6. Francis Nade (Tan) 23:54, 7. Yasuyuki Watanabe (Jpn) 23:58, 8. Gerbaba Iticha (Eth) 24:16, 9. Antony Mwingereza (Tan) 24:19, 10. Samwel Otieno (Ken) 24:20.

34. Shane Garcia (USA) 24:55, 54. Edward Fitzpatrick (USA) 25:16, 55. Christopher Georgoules (USA) 25:17, 73. Carlos Paradelo (USA) 25:35, 74. Michael Richardson (USA) 25:37.

Team Scores: 1. Kenya 18, 2. Ethiopia 28, 3. Japan 90, 4. Morocco 103, 5. Italy 128, 6. Great Britain and No. Ireland 135, 7. Tanzania 135, 8. Spain 149, 9. USA 160, 10. France 186, 11. Canada 189, 12. Algeria 190, 13. Switzerland 234, 14. Brazil 246, 15. Germany 267, 16. Denmark 290, 17. Ireland 317, 18. Cyprus 357, 19. India 418.

#### Junior Women (4,000 meters):

1. Paula Radcliffe (GBR) 13:30, 2. Junxia Wang (Chn) 13:35, 3. Lydia Cheromei (Ken) 13:43, 4. Jennifer Clague (GBR) 13:44, 5. Anja Smolders (Bel) 13:58, 6. Janeth Calzaitin (Ecu) 14:00, 7. Elena Erzelia Cosoveanu (Rom) 14:02, 8. Lirong Zhang (Chn) 14:03, 9. Gete Wame (Eth) 14:04, 10. Denisa Costescu (Rom) 14:05.

15. Pamela Hunt (USA) 14:08, 61. Kim Kelly (USA) 14:59, 62. Laura Wooller (USA) 15:00, 89. Kristin Cobb (USA) 15:37, 92. Gretchen Klein (USA) 15:50.

Team Scores: 1. Ethiopia 55, 2. Romania 59, 3. Kenya 59, 4. Great Britain and No. Ireland 61, 5. China 78, 6. Japan 103, 7. Spain 165, 8. France 166, 9. USA 170, 10. Italy 191, 11. Germany 193, 12. Ecuador 207, 13. Canada 209, 14. Poland 255, 15. Hungary 313, 16. Jamaica 345, 17. Botswana 369.

## NorCal Duathlon #1

March 22, Fairfield.

### Overall Results - Elite

1. Chris Willis (33) 1:17:14, 2. Mac Williamson (27) 1:17:21, 3. Joey Sanders (24) 1:20:23, 4. Andy Libert (24) 1:22:38, 5. Bob Korock (24) 1:23:29.

### Overall Results - Open

1. Tim Pontarelli (30) 1:21:07, 2. Ron Callison (29) 1:22:54, 3. Chris Ward (32) 1:23:47, 4. Joseph Brunetti (26) 1:24:08, 5. Bruce Mace (33) 1:24:12, 6. John Armour (24) 1:24:18, 7. Scott Winfield (31) 1:24:28, 8. Sean Sullivan (26) 1:24:33, 9. Nathan Smith III (36) 1:24:35, 10. Todd



# RESULTS

Greenhalgh (29) 1:24:46.

11. David Larabee (25) 1:24:50, 12. Scott Schumaker (21) 1:24:56, 13. Franco Goss (33) 1:25:12, 14. Ed Harris (33) 1:25:57, 15. Scott Young (25) 1:26:00, 16. Gregg Trent (31) 1:26:07, 17. Craig Jones (23) 1:26:11, 18. Mojo Cosgrove (31) 1:26:17, 19. Arne Hanson (24) 1:26:17, 20. Tom Mussbaum (43) 1:26:22.

## Relay Teams

**Mixed:** 1. Anderson LaBarber 1:49:58, 2. Benart Contreras 1:52:20, 3. Team M & M 1:53:29, 4. Steele Bullets 1:56:17, 5. Salazar Taylor 2:02:48.

**Women:** Team Grafius 1:33:09, 2. Topper Garner 2:04:12, 3. McRaynor 2:19:41.

**Men:** 1. Gray Larsen 1:33:29, 2. Crash & Burn 1:35:44, 3. Team EOS 1:37:36.

## Orca Cinco

March 22. Vallejo, 5K.

### Division Results - Men

**Overall Winners:** 1. Philip Peterson 16:51, 2. David Delucchi 17:35, 3. Eric Patterson 17:45. **5-12:** 1. Seth Braselton 19:35, 2. Johnny Pizzo 20:31, 3. Joseph Heywood 24:36. **13-15:** 1. Jason Richardson 19:09, 2. Caleb Kline 21:44, 3. Hussey 29:51. **16-18:** 1. Francisco Garcia 21:59, 2. Ken Dewitt 27:07, 3. Jose Luiz Gutierrez 27:31. **19-29:** 1. David Delucchi 17:35, 2. Eric Patterson 17:45, 3. Juan Ortega 17:54. **30-39:** 1. Philip Peterson 16:51, 2. Robert Haugen 18:05, 3. Jesus Ruiz 18:13. **40-49:** 1. Eddie Freyer 18:27, 2. Greg Burke 18:44, 3. Michael Edling 18:44. **50-59:** 1. Roger Bryan 19:14, 2. Ben Lemos 23:37, 3. Danny Plouvier 24:11. **60 & Over:** 1. Doveed Minkus 48:25.

### Division Results - Women

**Overall Winners:** 1. Jeannie Urness 18:14, 2. Sharlet Gilbert 18:57, 3. Linda Jungsten 19:43. **5-12:** 1. Erica Barnum 31:39, 2. Andora Hunt 37:21, 3. Kira Martinielli 37:22. **13-15:** 1. Carla Malven 32:26, 2. Maricelo Vasquez 33:52, 3. Karind Vazquez 33:52. **16-18:** 1. Tricia Scholes 27:09, 2. Laura Beitler 40:09, 3. Melissa Guajardo 45:06. **19-29:** 1. Jeannie Urness 18:14, 2. Linda Jungsten 19:43, 3. Cecille Hillesland 23:36. **30-39:** 1. Vicki Coyle 20:11, 2. Claire Fry 20:28, 3. Suzanne Kowalski 21:11. **40-49:** 1. Sharlet Gilbert 18:57, 2. Riitta Shepard 24:42, 3. Sue Tzareff 26:03. **50-59:** 1. Ann Grove 22:53, 2. Jill Simmons 31:09, 3. Charire Fong 32:48. **60 & Over:** 1. Els Tuinzing 32:45, 2. Lilac Wing 39:58, 3. Marie Barker 46:29.

## Rialto Rotary Run for D.A.R.E.

March 22. Rialto, 5K.

### Division Results - Men

**Overall Winners:** 1. Chris Jagers 15:49, 2. Rick Perman 15:59, 3. Matt Underwood 16:00. **10 & Under:** 1. James Bartosh 23:31, 2. Mark Seethre 27:16, 3. Justin Ambos 27:54. **11-14:** 1. David Bayles 18:59, 2. Anthony Fontanez 19:24, 3. Jim Copeland 19:39. **15-19:** 1. Eduardo Nunez

18:04, 2. Manuel Olivarez 18:13, 3. Angel Romero 18:38. **20-24:** 1. Rick Penman 15:59, 2. Luis Escanuela 16:08, 3. Erick Alvarado 16:50. **25-29:** 1. Matt Underwood 16:00, 2. Vernon Morris 16:15, 3. John Stabel 16:49. **30-34:** 1. Chris Jagers 15:49, 2. Brent Kay 16:30, 3. Jeff Ambos 16:37. **35-39:** 1. Charles Sanchez 17:01, 2. Thomas Ryerson 18:03, 3. Fred Vartanian 18:11. **40-44:** 1. Bob Dillman 17:06, 2. Eduardo Ajuria 18:45, 3. Rey Venegas 18:47. **45-49:** 1. Allen Gamber 17:46, 2. Paul Akiyama 19:03, 3. Glenn Goretlick 19:20. **50-54:** 1. Bob McGeough 17:15, 2. Alan Banks 20:48, 3. Fred Glover 21:01. **55-59:** 1. William Wall 19:32, 2. Wally Ingram 20:04, 3. Don Moore 20:54. **60 & Over:** 1. Efrain Sanchez 21:13, 2. Martin Hicks 21:41, 3. Peter Bulza 21:51.

### Division Results - Women

**Overall Winners:** 1. Elizabeth Robles 19:23, 2. Megan McGowan 19:32, 3. Nancy Villanueva 20:36. **10 & Under:** 1. Megan McGowan 19:32, 2. Jayme Ambos 24:46, 3. Heidi Gruzensky 24:51. **11-14:** 1. Nancy Villanueva 20:36, 2. Selena Harrigan 22:09, 3. Christine Bender 23:05. **15-19:** 1. Elizabeth Robles 19:23, 2. Nancy Roycroft 21:21, 3. Mary Copeland 24:11. **20-24:** 1. Tobin Chauvet 22:10, 2. Sylvia Chavez 23:12, 3. Siobhan Warren 27:15. **25-29:** 1. Alison Daniel 20:51, 2. Trisha Degroot 22:07, 3. Gretchen Wuerch 23:04. **30-34:** 1. Cheryl Keithley 21:25, 2. Elizabeth Stantoine 22:31, 3. Rebecca Gomez 24:10. **35-39:** 1. Rose Cooke 24:04, 2. Cynthia Clamp 24:40, 3. Robin Casey 24:43. **40-44:** 1. Kim Strong 21:42, 2. Ruth Coates 21:52, 3. Lee Butler 27:12. **45-49:** 1. Susan Walsh 29:42, 2. Helen Quintana 32:45, 3. Barbara Miller 33:58. **50-54:** 1. Aleeta Jones 28:01. **60 & Over:** 1. Mary Storey 24:19, 2. Esther Coffman 43:37, 3. Iris Wise 44:18.

## Cacique Run to Save the Children

March 22. Los Angeles, 5K.

### Division Results - Men

**Overall Winners:** 1. Daniel Martinez 14:54, 2. Gavin Sloane 15:15, 3. Raymond Acosta 15:25. **14 & Under:** 1. Jono Reece 21:10, 2. Jeff Lewis 21:34, 3. Henry Lozano 22:50. **15-19:** 1. Juna Cervantes 16:34, 2. Luis Cervantes 17:19, 3. Luis Torres 17:50. **20-24:** 1. Nolan Smith 15:46, 2. Rutilio Lopez 16:43, 3. Jose Arriaga 16:45. **25-29:** 1. Gavin Sloane 15:15, 2. Raymond Acosta 15:25, 3. Fred Cowles 15:47. **30-34:** 1. Daniel Martinez 14:54, 2. Genaro Diaz 15:55, 3. Eddie Lopez 16:46. **35-39:** 1. Jesse Smith 16:16, 2. Takashi Yagisawa 16:37, 3. Grant Cochran 16:50. **40-44:** 1. Donald Ocana 16:36, 2. Bill Sumner 16:47, 3. Mark Hemphill 17:00. **45-49:** 1. Don Parker 18:07, 2. Victor Caldivar 18:26, 3. Randall Reece 19:25. **50-54:** 1. Salvador Gonzalez 17:01, 2. Mauro Rodriguez 18:06, 3. Heriberto Landa 18:09. **55-59:** 1. Ian Anderson 19:39, 2. Ray Prizgintas 19:40, 3. Frank Vasquez 20:23. **60-64:** 1. Paul Saucedo 19:31, 2. Ruben Esqueda 21:23, 3. Emilio Chavez 21:28.

**65-69:** 1. Larry Banuelos 20:46, 2. Jack Green 23:41, 3. Peter King 24:33. **70-74:** 1. Bill Dietrich 27:17. **75 & Over:** 1. George Feinstein 27:58.

### Division Results - Women

**Overall Winners:** 1. Kathleen Smith 16:53, 2. Anet Cooper 17:25, 3. Grace Padilla 17:37. **14 & Under:** 1. Sara Soto 25:00. **15-19:** 1. Jasmyrn Agnew 24:15, 2. Carol Bothamley 26:39, 3. Enriqueta Castaneda 28:16. **20-24:** 1. Grace Padilla 17:37, 2. Jenn Biggs 18:05, 3. Maria Delgado 20:43. **25-29:** 1. Kathleen Smith 16:53, 2. Marisol Cossio 18:44, 3. Rocio Santana 19:49. **30-34:** 1. Anet Cooper 17:25, 2. Kathleen Ciccone 18:51, 3. Leticia Melgoza 19:03. **35-39:** 1. Sally Amato 22:08, 2. Lisa DeLaLoza 23:23, 3. Deborah Watkins 24:30. **40-44:** 1. Terri Goodreau 19:47, 2. Eva Cervantes 22:05, 3. Donna Parker 22:13. **45-49:** 1. Carmen Connolly 22:48, 2. Maria Rodriguez 23:12, 3. Barbara Reuke-ma 23:29. **50-54:** 1. Nancy Green 28:41, 2. Eleanor Tostado 29:32, 3. Sharon Dellamaria 32:43. **55-59:** 1. Irene Olberz 22:16, 2. Missy Jennings 24:10, 3. Simone King 24:58. **60-64:** 1. Lillian Esqueda 29:09, 2. Lupe Castaneda 29:26, 3. C. Bosch 33:52. **65-69:** 1. Leonor Flores 30:58.

## Foggy Bottoms Milk Run

No Date Available. 4 Mile & 10 Mile.

### Division Results - Men's 4 Mile

**14 & Under:** 1. Brian Beckerdite 23:44, 2. Andy Cleveland 23:55, 3. Mark Dani 24:04. **15-19:** 1. Dennis Pfeiffer 20:41, 2. Jeff Johnson 21:13, 3. Tom Greene 21:18. **20-29:** 1. Greg Williams 19:49, 2. Jim Noonan 19:53, 3. Mike Baca 19:55. **30-34:** 1. Stuart Scholl 20:28, 2. Greg Heistuman 20:45, 3. Mike Holt 21:41. **35-39:** 1. John Slavin 20:59, 2. Alex Zyagaczenko 21:02, 3. John Zyagaczenko 21:07. **40-44:** 1. John Zinselmair 21:15, 2. Jim Gibbons 21:43, 3. Ron Flenner 22:58. **45-49:** 1. Jim Gibbons 22:57, 2. Bill Morris 24:10, 3. John Petersen 24:57. **50-54:** 1. George Herd 22:56, 2. Forrest Williams 24:40, 3. John Petersen 25:32. **55-59:** 1. George Herd 23:09, 2. Hal Jackson 26:09, 3. Bill Rodgers 29:31. **60-64:** 1. Alan Bellow 25:44, 2. John Facey 27:56, 3. Bob Dickerson 28:34. **65-69:** 1. Bill Van Fleet 31:35, 2. Bob Dickerson 31:46, 3. Lawrence Forero 33:10. **70-74:** 1. Paul Perrine 38:13. **75-79:** 1. Robert Karr 67:05.

### Division Results - Women's 4 Mile

**14 & Under:** 1. Hannah Buell 27:11, 2. Michelle Hawk 28:04, 3. Anna Bonomini 28:04. **15-19:** 1. Sally Carlson 26:11, 2. Tammy Davy 26:33, 3. Deanna McVicar 26:47. **20-29:** 1. Kathy Dolan 23:31, 2. Sally Hunt 24:29, 3. Deanna McVicar 25:00. **30-34:** 1. Judy Pettier 24:40, 2. Sharon Powers 25:57, 3. Mary Pincini-Wells 26:42. **35-39:** 1. Tessa D'Usseau 27:56, 2. Elaine Osanian 27:57, 3. Ann Lindsay 28:25. **40-44:** 1. Jessie Stratton 27:55, 2. Gayle Kerstetter 28:05, 3. Linda Forbes 29:44. **45-49:** 1. Marge Dunlap 28:50, 2. Linda Forbes 28:57, 3. Merry Maloney 29:43. **50-54:** 1. Lynn Lawrence

31:08, 2. Merry Maloney 31:44, 3. Dorothy Story 32:01. **55-59:** 1. Lynn Lawrence 32:24, 2. Nancy Gardner 34:59, 3. Betty Hamblin 35:37. **60-64:** 1. Betty Hamblin 36:58, 2. Beverley Forero 38:37, 3. Frances Facey 40:17. **65-69:** 1. Mary Freeman 42:44, 2. Rosemary Goins 50:00, 3. Peggy Dickerson 55:23. **70-75:** 1. Mary Freeman 44:28, 2. Gladys Hersey 50:00, 3. Merna Guthrie 60:52. **75-79:** 1. Muriel Allen 66:50.

## Trinidad-Clam Beach Run

No Date Available. Arcata Union.

### Division Results - Men

**14 & Under:** 1. Travis Schneider 1:06:29, 2. Christian Fitting 1:09:59, 3. Tyson Dempe-wolf 1:12:32. **15-18:** 1. Jerry Locker 54:13, 2. Robert Johnson 58:24, 3. Dennis Platz 59:00. **19-24:** 1. Chris Douville 50:54, 2. Michael Woods 57:22, 3. Jeffrey Sanborn 57:44. **25-29:** 1. Randy Accetta 45:32, 2. James Nelson 49:40, 3. Michael Tuffly 50:54. **30-34:** 1. Tim Wollenberg 52:37, 2. Scott Winfield 52:39, 3. Tim Gorham 54:15. **35-39:** 1. Greg Heistuman 47:03, 2. Dane Hart 52:12, 3. Byron Evans 52:41. **40-44:** 1. Jim Price 49:35, 2. Jeff Frome 52:00, 3. Mike Holt 52:18. **45-49:** 1. Jamieson VanEaton 54:44, 2. Bud Reed 58:50, 3. Mike McGuire 59:54. **50-54:** 1. Chuck Winters 55:11, 2. John Petersen 58:14, 3. Ron Ottaway 58:17. **55-59:** 1. Bill Allison 1:03:30, 2. George Crandell 1:05:05. **60-64:** 1. Weil Mahoney 1:09:15, 2. Don Watson 1:17:51, 3. Bill Sloan 1:18:16. **65 & Over:** 1. Len Ramp 1:07:22, 2. John Norberg 1:15:45, 3. Bill Van Fleet 1:25:45.

### Division Results - Women

**14 & Under:** 1. Maya Frisbie 1:37:45. **15-18:** 1. Elise Johnson 1:06:07, 2. Vicky Fleschner 1:06:18, 3. Kim Sousa 1:07:30. **19-24:** 1. Alice Atkinson 1:02:39, 2. Andrea Gibbins 1:03:22, 3. Amy Perry 1:05:40. **25-29:** 1. Kim Steimpfen 56:31, 2. Kim Pieratt 1:00:47, 3. Linda Edwards 1:07:50. **30-34:** 1. Luanne Park 54:14, 2. Sharon Powers 57:52, 3. Carolyn Meyer 1:02:28. **35-39:** 1. Sidney Morrison 58:04, 2. Leslee Parr 58:34, 3. Mary Wells 59:32. **40-44:** 1. Karen Kelley-Day 1:01:11, 2. Mimi Warnecke 1:06:10, 3. Suzan Towlen 1:08:39. **45-49:** 1. Karen Angel 1:05:01, 2. Lee Macey 1:12:21, 3. Reta Kyle 1:12:48. **50-54:** 1. Marge Dunlap 1:08:34, 2. Michele McKeegon 1:14:12, 3. Judy Shipman 1:15:46. **55-59:** 1. Carol Tichy 1:14:49, 2. Maureen Hennessy 1:24:04, 3. Lynn Lawrence 1:25:35. **60-64:** 1. Victoria Burgess 1:29:07, 2. Liese Rapozo 1:29:28. **65 & Over:** 1. Judy Golding 1:26:20.

## RACE DIRECTORS

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Fresno, CA 93727



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A I R

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