

CALIFORNIA

Track & Running News

APRIL 1995

✧ Since 1974 ✧

ISSUE NO. 210



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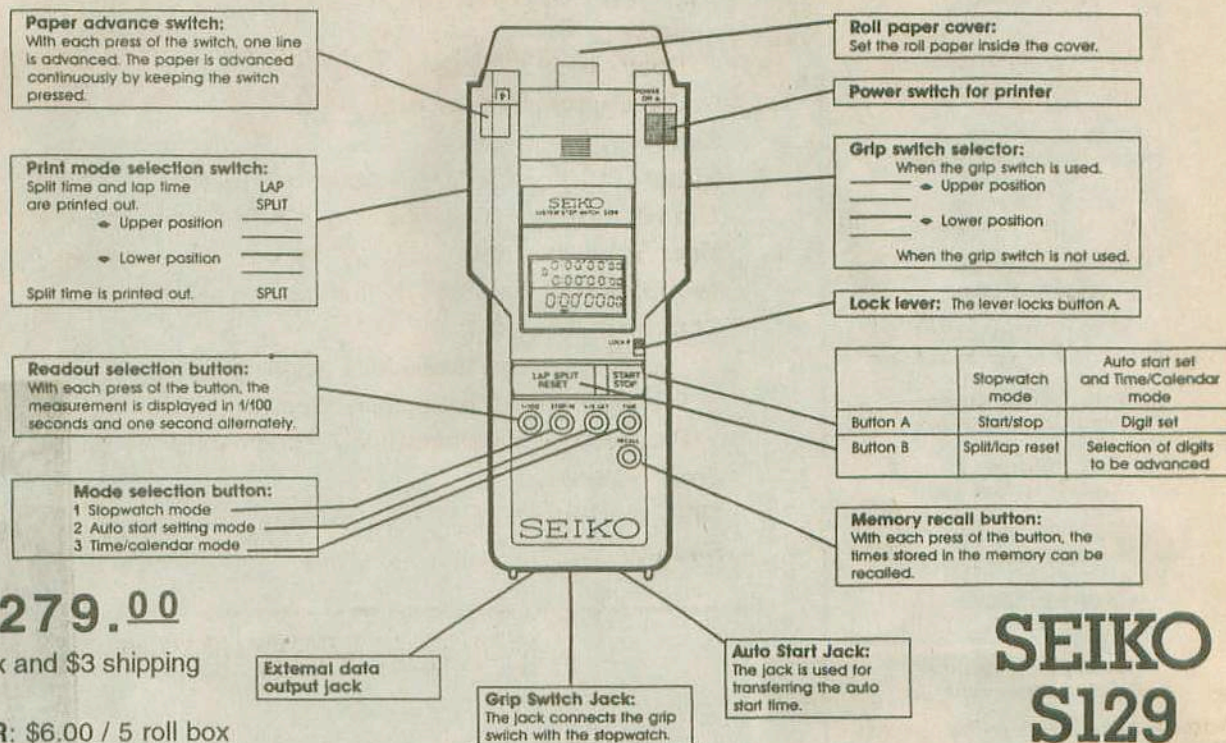
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1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
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1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
2-0:00'07 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
    
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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.

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FROM THE EDITOR

Gotta Love It!

I love this issue! There is something for everyone. Lots of good stuff that you can't find anywhere else. I'm sure you will enjoy it, too.

Our philosophy, from the beginning, has been to publish unique track and running information that we would like to read. This issue is a good example of the application of our basic philosophy. As always, though, there is more information than room in these pages. However, there is enough here to chew on for awhile.

The foundation of each issue of CTRN is the schedule and results, or the "what's coming up" and "what happened." On top of this framework you'll enjoy the newsy reports of staff members Keith Conning, Doug Speck and Bill Minarik. Next, you'll find special fea-

tures by experts like Don Babbitt (shot put, p. 24), Jim Hunt (Aerobic Fitness, p. 22), Ellen Sampson (Max HR, p. 19), and Nancy Clark (Magic Bullets, p. 18).

And to the above, add a ranking, a proposal for changes in high school qualifying procedures, and a load of pictures. I think you, too, will love this issue.

Dig in! You'll love it!

Bill

ON THE COVER: Start of the 10th Los Angeles Marathon (photo by Chappell Studio/Marathon Foto) with inset photo of **BRIAN WILKINSON**, Hartnell College's outstanding 800 meter runner (photo by Elaine Rosenfield).

NOTE TO OUR SUBSCRIBERS:

As you know, effective with this issue we have combined California Track News and California Running News into one magazine. For those of you who were receiving BOTH magazines, we have consolidated your subscription by computing the number of CRN issues remaining (more issues per year) and added that number of issues to your CTN subscription. Your new expiration date appears on this issue's address label. We hope this change of format will continue to be beneficial and be a vital source of information for you. Thank you!

SCHEDULE

Please send cross country and track information to CTRN, 4957 E. Heaton Ave., Fresno, CA 93727. Road racing information should be forwarded to Jack Leydig, PO Box 1390, San Mateo, CA 94401. The schedule is subject to change, so please verify dates, locations, times, etc., prior travelling to an event. It is a good idea to always include a self-addressed, stamped envelope when requesting information or entry forms.

▲ Track & Field

High School

April 8 (Saturday)

Arcadia: Arcadia/Foot Locker Invitational. Contact Doug Speck, Arcadia High School, 180 Campus Dr., Arcadia 91007 (818) 445-7507 or FAX (818) 445-8564.

April 11 (Tuesday)

Sanger: Easter Classic. 5:00 p.m.

April 15 (Saturday)

San Jose: Hampton-Phillips Track & Field Classic. San Jose City College (site of 1995 Junior Olympics). High schools, middle schools, elementary schools and clubs. Contact Bob Poynter or Frank Slaton at Silver Creek HS (408) 274-1700.

April 21 (Friday)

Sanger: Sanger Metric Classic. 4 p.m.

April 22 (Saturday)

Saratoga: West Valley Relays. 9 a.m. to 5:30 p.m. at West Valley College. Contact Bill Hotchkiss, Leigh HS, 5210 Leigh Ave., San Jose, 95124.

April 29 (Saturday)

Stockton: Bear Creek Invitational. San Joaquin Delta College. For info call: Greg Wright (209) 943-2735 home, or (209) 953-8235 at Bear Creek HS.

Reedley: Reedley Invitational. 10:30 a.m. **Union City:** Bay Area Top "8". James Logan HS. 9 a.m. (North Coast, Central Coast, San Francisco, Oakland and Sac-Joaquin sections). Contact Lee Webb (510) 471-2520 ext 5113w, (510) 505-9557h.

May 18 (Thursday)

Bakersfield: CIF Central Section. 4 p.m.

May 27 (Saturday)

Santa Cruz: Pacific USATF T&F Masters & Submasters Weight Pentathlon Championships. KELfield. Championship /masters & submasters. Non-championship /Junior, HS, Open, men & women. WT, HT, SP, DT, JT. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

June 2-3 (Fri-Sat)

Norwalk: California State High School Track & Field Championships. At Cerritos College.

June 10 (Saturday)

Sacramento: Golden West High School Invitational. American River College. Pacific Associ-

ation USATF, 120 Ponderosa Court, Folsom 95630 (916) 983-4622, FAX (916) 983-4624.

June 16-17 (Fri-Sat)

Raleigh, NC: National Scholastic Outdoor championships. North Carolina State. Mike Bymes, 201 Spring St., Culpeper, VA 22701 (703) 829-6718, FAX (703) 829-0271.

June 23-24 (Fri-Sat)

Walnut: U.S. Junior National Track & Field Championships. Qualifier for Pan American Track & Field Championships in Santiago, Chile. Contact Dan Shrum, 1100 N. Grand Ave., Walnut 91789 (714) 594-5611 ext 4840, FAX (714) 594-4266.

June 27 (Tues)

Joplin, MO: US Youth Athletics Championships. Missouri Southern State. Tom Rutledge, Ath Dept, Missouri southern State, Joplin, MO 64801 (417) 625-9554, FAX (417) 625-9773.

July 25-30 (Tues-Sun)

San Jose: US Junior Olympic Championships. San Jose City College. Steve Haas, Ath. Dept., 2100 Moorpark Ave., San Jose 95128 (408) 288-3730, FAX (408) 287-7222.

September 1-3

Santiago, Chile: Pan American Junior Championships.

College & Open

April 8 (Saturday)

Davis: Woody Wilson Invitational. Toomy Field. Jon Vochatz, Ath. Dept., UC Davis, Davis 95616 (916) 752-8608.

San Jose: Bruce Jenner Community College Games. San Jose City College. 10 a.m.

San Luis Obispo: Cal Poly Open. Brooks Johnson/Terry Crawford, Mott Gym, CPSLO, San Luis Obispo 93407 (805) 756-2235, FAX (805) 756-2699.

San Diego: UCSD Invitational Track & Field Meet. Contact Tony Salerno, Head Track & Field Coach, UCSD, ICA-0905, 9500 Gilman Dr., La Jolla 92093 (619) 534-0328.

April 9 (Sunday)

Athens, Greece: World Marathon Cup.

April 10-11 (Mon-Tues)

Fresno: FSU Decathlon/Heptathlon. Warner-dam Field. 9 a.m. Red Estes, Ath. Dept., #27 FSU, Fresno 93740-0027 (209) 278-4097, FAX (209) 278-6611.

April 13-14 (Thurs-Fri)

Azusa: Cal Invitational Multi-Events. (Mt. SAC Relays Multi) Azusa Pacific University. Kevin

Reid, 901 E. Alota, Azusa 91702 (818) 815-3856, FAX (818) 969-7180.

April 13-15 (Thurs-Sat)

Walnut: Mt. SAC Invitational. Dan Shrum, 1100 North Grand Ave., Walnut 91789 (714) 594-5611 ext 4840, FAX (714) 594-4266.

April 14 (Friday)

Pomona: Pomona-Pitzer Invitational.

April 15 (Saturday)

San Francisco: Johnny Mathis Invitational. Cox Stadium. Matt Lydum, Ath. Dept., 1600 Holloway Ave., San Francisco 94132 (415) 338-1561, FAX (415) 338-1967.

Salinas: Ed Adams Invitational. Hartnell College. 11 a.m.

Long Beach: Long Beach Grand Prix. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

April 18-19

Sacramento: VISA Decathlon & Panther Heptathlon. Hughes Stadium. Bob Lanza/Lisa Bau-duin, 3835 Freeport Blvd., Sacramento 95822-1386 (916) 558-2305/2306, FAX (916) 441-4142.

April 19-20 (Wed-Thurs)

Sacramento: Nor-Cal Multi Events Championships. Sacramento City College.

April 22 (Saturday)

Turlock: Stanislaus Invitational. Cal State Stanislaus. Kim Duyet, Ath. Dept., 801 West Monte Vista, Turlock 95382 (209) 667-3312, FAX (209) 667-3084.

Berkeley: Pierce Golden Bear Challenge. UC Berkeley. Erv Hunt, Ath. Dept., U of Calif., Berkeley 94720 (415) 642-3158.

Stanford: All-Comers Meet. Stanford University. Vin Lannana, Track Office, Stanford Univ., Stanford 94305 (415) 723-2756.

Santa Barbara: Nick Carter Gaucho Invitational. Pauley Track, UCSB. Pete Dolan, Ath. Dept., UCSB, Santa Barbara 93106 (805) 893-8276, FAX (805) 893-8640.

Azusa: BFI Meet of Champions. College & open. Contact Kevin Reid (818) 815-3856.

Irvine: UC Irvine Invitational. Vince O'Boyle or Ed Crawford, Crawford, UCI, Irvine 92717 (714) 856-6080, FAX (714) 856-5260.

April 27 (Thursday)

Fullerton: Fullerton Open. CSF Sports Complex. John Elders, Ath. Dept., PO Box 34080, Fullerton 92634-9480 (714) 733-3490, FAX (714) 449-5396.

April 28-29 (Fri-Sat)

San Diego: GSAC Championships. Pt. Loma Nazarene College.

April 29-30 (Sat-Sun)

Fresno: Cal/Nevada Championships. Ratcliffe

SCHEDULE

Stadium, Red Estes, Ath. Dept. #27 FSU, Fresno 93740-0027 (209) 278-4097, FAX (209) 278-6611.

Beijing, China: World Cup of Racewalking.

May 6 (Saturday)

Chico: Chico Invitational. CSU Chico, Kirk Freitas, CSU-Chico, Chico 95929 (916) 898-6470, or (916) 898-5150.

Sacramento: Hornet Invitational. Joe Neff, Ath. Dept., 6000 J Street, Sacramento 95819-6073 (916) 278-6208.

Stockton: Nor-Cal Trials (JC). Delta College, 10 a.m.

Pomona: Poly Invitational. Kellogg Field. Jim Sackett, 3801 W. Temple Ave., Pomona 91768 (714) 869-2831, FAX (714) 869-2814.

May 12 (Friday)

Sacramento: Northern California Junior College Championships. American River College. Bill Allen/ Jean Snuggs, 4700 College Oak Drive, Sacramento 95841 (916) 484-8143.

May 12-13 (Fri-Sat)

Long Beach: Big West Conference Outdoor Championships. Long Beach State Track. Cindy

Masner, Ath. Dept., LBSU, 1250 Bellflower Blvd., Long Beach 90840.

May 13 (Saturday)

Modesto: Modesto Invitational. Modesto JC Stadium. Tom Moore, PO Box 367, Ceres 95307 (209) 537-0411.

Bakersfield: Southern California Junior College Championships. Memorial Stadium. Bob Covey, Ath. Dept., 1801 Panorama Drive, Bakersfield 93305 (805) 395-4340.

Los Angeles: Occidental Invitational. Bill Henry Track. Bill Harvey, Ath. Dept., Occidental College, Los Angeles 90041 (213) 259-2608, FAX (213) 341-4993.

Eugene, OR: Twilight Meet. 5 p.m. Tom Heinonen 1-800-531-9253, John Gillespie (503) 346-5438.

May 14 (Sunday)

Long Beach: Southern California Striders Meet of Champions. Long Beach State Track. John Lomax, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (213) 666-0379.

May 17-18

Sacramento: American West Conference Decathlon & Heptathlon.

May 17-20 (Wed-Sat)

Provo, UT: WAC Championships. Cougar Stadium. Craig Poole, Ath. Dept., BYU SFH #33 Provo, UT 84602 (801) 378-7508, FAX (801) 378-5756.

Sacramento: American West Conference Championships. Hornet Stadium. Joe Neff, Ath. Dept., 6000 J Street, Sacramento 95819 (916) 278-6208.

May 18-20

Odessa, TX: National Junior College Athletic Assoc. Championships. (Hep & Dec 5/16-17). Ratliff Stadium. James Segrest, 201 W. University, Odessa, TX 79764 (915) 335-6426, FAX (915) 335-6304.

May 19-20

Tucson, AZ: PAC-10 Championships. Univ. of Arizona. (Multi 5/12-13). Dick Bartech, Ath. Dept., McKale Center, U of Arizona, Tucson, AZ 85721 (602) 621-4694, FAX (602) 621-2681.

Bakersfield: California Community College State Championships. Memorial Stadium. Bob Covey, Ath. Dept., 1801 Panorama Drive, Bakersfield 93305 (805) 395-4340.



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SCHEDULE

Van Nuys: Asics Twilight Distance Classic (not a road race). Tom Bradley Track. Skip Stolley, 825 16th St., Suite B, Santa Monica 90403 (310) 453-7655.

May 20 (Saturday)

Davis: Davis Invitational. Toomey Field. Jon Vochatzer, Ath. Dept., UC Davis, Davis 95616 (916) 752-8608.

May 20-21 (Sat-Sun)

Santa Barbara: VISA Late Afternoon Decathlon. Pauley Track, UCSB. Pete Dolan, Ath. Dept., UCSB, Santa Barbara 93106 (805) 893-3276, FAX (805) 893-8640.

Santa Barbara: SCA Heptathlon Championships. LaPlaya Stadium. Jane Fredericks (805) 893-3746.

May 24-27

Emporia, KS: NCAA Division II Championships. Welch Stadium. David Harris, 1200 Commercial, Box 4020, Emporia, KS 66801 (316) 341-5938, FAX (316) 341-5603.

May 25-27 (Thurs-Sat)

Azusa: NAIA National Outdoor Championships. Azusa Pacific University. Kevin Reid, 901 E. Alosta, Azusa 91702 (818) 815-3856, FAX (818) 969-7180.

Northfield, MN: NCAA Division III Championships. Carlton College. Bill Terriguez, Ath. Dept., Carlton College, Northfield, MN 55057 (507) 663-4053, FAX (316) 341-5603.

May 27 (Saturday)

San Jose: Bruce Jenner Classic/Grand Prix Meet. San Jose City College. Bert Bonanno, Ath. Dept., 2100 Moorpark Ave., San Jose 95128 (408) 288-3730, FAX (408) 971-9882.

May 31-June 3

Knoxville, TN: NCAA I Championships. Tom Black Track. Doug Brown, PO Box 15016, Knoxville, TN 37901-5016 (615) 974-1265, FAX (615) 974-5393.

June 3 (Saturday)

San Mateo: Pacific Association of the USATF Open Championships. 9 a.m./Running Events, 10 a.m./Field Events. Info: (916) 983-4622.

June 3 or 4

Eugene, OR: Prefontaine Classic. Hayward Field. Tom Jordan, 2110 Fairmount Blvd., Eugene, OR 97403 (503) 683-5635, FAX (503) 687-1016.

June 4 (Sunday)

Norwalk: Southern California USATF Assoc. Championships. Cerritos College. Doug Wells, Ath. Dept., 11110 E. Alondra Blvd., Norwalk 90650 (310) 860-2451 ext 2889.

June 9 (Friday)

Fresno: Central California USATF Championships. Ratcliffe Stadium. Ken Dose, Ath. Dept., 1101 E. University Ave., Fresno 93741 (209) 442-4600 ext 8445, FAX (209) 485-3367.

June 10 (Saturday)

Long Beach: USATF Championship Tune-Up. Long Beach State Track. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

June 14-18

Sacramento: USA Mobil Outdoor Championships. Hughes Stadium. (Multi 6/13-14). Jean Snuggs, Ath. Dept., 4700 College Oak Drive, Sacramento 95841 (916) 484-8143. (Multi 6/13-14, or 6/14-15).

June 17 (Saturday)

Pasadena: Tournament of Walkers (5K & 10K Track). Cal Tech Track. Richard Oliver, 11431 Sunshine Terrace, Studio city 91604-3128 (818) 985-9854, FAX (818) 985-0452.

June 23-24 (Fri-Sat)

Walnut: USATF Junior Championships. Qualifying standards apply.

July 28-30 (Fri-Sun)

Colorado Springs, CO: U.S. Olympic Festival '95. Air Force Academy. Ralph Lindeman, Ath. Dept., US Air Force Academy, Colorado Springs, CO 80840 (719) 472-2173, FAX (719) 472-3798.

August 4-13

Gothenburg, Sweden: World Track & Field Championships.

August 27-September 3

Fukuoka, Japan: World University Games.

September 9 (Saturday)

Monte Carlo, Monaco: IAAF Mobil Grand Prix Finals.

Masters

April 8

Los Angeles: USATF/SCA Meet. Occidental College. (818) 843-2139.

April 15 (Saturday)

Los Angeles: 2nd Annual Bob Watanabe Memorial Meet. UCLA. Bill Adler, Box 832, 1000 Paines, CA 90076 (619) 433-0773.

April 22 (Saturday)

Santa Cruz: KELfield Throws Series #38. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

April 23

Irvine: Steve Scott Open Invitational & Masters Meet. UC Irvine. Mac McCormick (714) 586-9942 eve.

Los Angeles: Crown Valley Senior Games. Occidental College. Cynthia Vaughn (818) 397-4064.

May 14

Long Beach: Southern California Striders Meet of Champions. CSU Long Beach. Hugh Cobb (619) 436-7696.

May 17-24

San Antonio, TX: US National Senior Sports Classic V. USNOSO, 14323, South Outer Forty Rd., Suite N300, Chesterfield, MO 63017 (314)

878-4900.

May 20 (Saturday)

Visalia: Visalia Classic Masters T&F Meet. 30-Bob Higginbotham, 1026 W. Princeton, Visalia 93277 (209) 732-8030.

Santa Cruz: KELfield Throws Series #39. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

May 27 (Saturday)

Santa Cruz: USATF/Pacific Masters & Submasters Weight Pentathlon Championships. KELfield. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

San Jose: Bruce Jenner Classic. San Jose CC. 400, 1500 (M40+); 200 (M50+); 100 (M60+, M70+, Women). Bruce Springbett, PO Box 2002, Los Gatos, CA 95031 (408) 354-2005.

May 28 (Sunday)

Irvine: Dan Aldridge Memorial Meet. UC Irvine. Mac McCormick (714) 586-9942 eve.

June 10

Los Gatos: Los Gatos Open & USATF Pacific Association Masters Championships. Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos 95032 (408) 395-9486.

June 17-18

Eugene, OR: USATF National Masters Decathlon/Heptathlon Championships. Timothy Shelley, 2748 Agate St., Eugene, OR 97403 (503) 343-4610.

June 24

Los Gatos: USATF West Regional Masters Championships. Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos 95032 (408) 395-9486.

July 1 (Saturday)

Santa Cruz: KELfield Throws Series #37. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

July 5-9

East Lansing, MI: USATF National Masters Championships. Michigan State University. Randy Williams, 12651 Cloverlawn, Detroit, MI 48238 (313) 834-0378.

July 13-23

Buffalo, NY: WAVA World Veteran's Athletics Championships. WAVA Meet Director, Box 150. Niagara Square Station, Buffalo, NY 14201-0150 (716) 852-2765, FAX (716) 852-0131.

August 26 (Saturday)

Site TBA: USATF National masters Weight Pentathlon Championships. Richard Hotchkiss, director.

September 16-17

Sylvania, OH: USA Men's/Women's Masters 24-Hour National Championship. Olander Park. Tom Falvey/Dave Payette, 2338 Laskey Rd., Toledo, OH 43613 (419) 475-0731 or 1341, FAX (419) 473-3590.

SCHEDULE

October 8 (Sunday)

Minneapolis, MN: Twin Cities Marathon (US Master's National Championships). Scott Schneider, 708 N. First St., Suite 33, Minneapolis, MN 55401 (612) 673-0778, FAX (612) 673-0780.

Canandaigua, NY: Masters 10K Cross Country Championships. Peter Glavin, 160 Laney Rd., Rochester, NY 14620 (716) 242-9031.

All-Comers

April 22 (Saturday)

Santa Cruz: KELfield Throws Series #38. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

May 20 (Saturday)

Santa Cruz: KELfield Throws Series #39. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

May 27 (Saturday)

Santa Cruz: Pacific USAT&F Masters & Submasters Weight Pentathlon Championships. All divisions. HT, SP, DT, JT, WT. Championship Divisions: Masters & Submasters Men and Women. Non-Championship Divisions: Junior, High School, Open, Men and Women. Contact Gary Kelmenson, 5601 Empire Grade, Santa Cruz (408) 458-0202.

June 29 (Thursday)

Santa Barbara: SCA/USATF Thursday Series. LaPlaya Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

July 1 (Saturday)

Santa Cruz: KELfield Throws Series #40. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

Long Beach: SCA/USATF Summer All-Comers Meet. Long Beach State Track. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

July 6 (Thurs.)

Azusa: Summer XC Twilight Series. 7 p.m. 2K, 3K, 4K, 5K. Contact Irv Ray (818) 969-3434 ext 3294.

Santa Barbara: SCA/USATF Thursday Series. LaPlaya Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

July 7 (Friday)

Santa Monica: SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

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TRACK & FIELD NEWS

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July 13 (Thurs.)

Azusa: Summer XC Twilight Series. 7 p.m. 2K, 3K, 4K, 5K. Contact Irv Ray (818) 969-3434 ext 3294.

Santa Barbara: SCA/USATF Thursday Series. LaPlaya Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

July 14 (Friday)

Santa Monica: SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

July 15 (Saturday)

Long Beach: SCA/USATF Summer All-Comers Meet. Long Beach State Track. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

July 20 (Thurs.)

Azusa: Summer XC Twilight Series. 7 p.m. 2K, 3K, 4K, 5K. Contact Irv Ray (818) 969-3434 ext 3294.

Santa Barbara: SCA/USATF Thursday Series. LaPlaya Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

July 21 (Friday)

Santa Monica: SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

July 27 (Thurs.)

Azusa: Summer XC Twilight Series. 7 p.m. 2K, 3K, 4K, 5K. Contact Irv Ray (818) 969-3434 ext 3294.

Santa Barbara: SCA/USATF Thursday Series. LaPlaya Stadium. Robin Paulsen, Ath. Dept.,

SCHEDULE

SBCC, 721 Cliff Drive, Santa Barbara 93109
(805) 965-0581 ext 2275, FAX (805) 963-7222.

July 28 (Friday)

Santa Monica: SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

July 29 (Saturday)

Long Beach: SCA/USATF Summer All-Comers Meet. Long Beach State Track. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

August 3 (Thursday)

Verify this date -- Santa Barbara: SCA/USATF Thursday Series. LaPlaya Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

August 4 (Friday)

Santa Monica: SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

Camps & Clinics

April 13-15

Atascadero: Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

April 17-19

Atascadero: Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

June 2-30

Azusa: Azusa Sprint Training Camp for Distance Runners. Contact Scott Wilson (818) 969-3434 ext 3294.

June 10

Azusa: Australian Training Model (Part 2). For middle and long distance runners. Coaches/Athlete Clinic. Contact Irv Ray, c/o Azusa Pacific University, PO box 7000, Azusa 91702 (818) 969-3434 ext 3294.

June 18-20

Atascadero: Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

June 26-29

Eugene, OR: Kid's Track Camp. Boys and girls, ages 8-14. For beginners. Info from Assistant Track Coach John Gillespie (503) 346-5438. Kid's Track Camp, Univ. of Oregon, 2727 Leo Harris Pkwy., Eugene, OR 97401.

July 9-14 or July 16-21

Eugene, OR: Bill Dellinger's Track Camp. All events. Coed. Ages 12-19. Info: Bill Dellinger (503) 346-5465 or write to: Bill Dellinger Track Camp, Univ. of Oregon, 2727 Leo Harris Pkwy., Eugene, OR 97401.

July 10-15

Azusa: San Gabriel Valley Day Camp. Summer day track camp for boys and girls ages 10-18. Contact Irv Ray (818) 969-3434 ext 3294.

July 23-July 27

Flagstaff, AZ: Ron Mann's High Altitude Camp Track & Field/Cross County Camp. Northern Arizona University. Info: (602) 523-0011 or Coach Mann (602) 523-5646. Track & Field Cross Country Camp, PO Box 15400, Flagstaff, AZ 86011-5400.

July 23-28

Carpinteria: Gary Tuttle's Distance Running Camp. Cate School. Ages 12 & up. Gary Tuttle, 1410 E. Main Street, Ventura 93001 (805) 643-1104.

July 30-August 4

Lake Tahoe: Runner's Workshop Cross Country Running Camp. Coed. Ages 12 & older, novice to state champ. For more information contact: Mark and Rene Celestin, (310) 493-7545. Or mail to: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720. (Camp also in Prescott, AZ at this same time).

July 31-Aug. 5

Aug. 6-13

Mammoth Lakes: Steve Scott Camp and Workshop for Mature Coed Athletes & Families. Contact Irv Ray, c/o Azusa Pacific University, PO Box 7000, Azusa 91702 (818) 969-3434 ext 3294.

August 7-11

Grouse, Ridge: California High Altitude Camp. 7700 ft. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697.

August 12-16

Stanford: Stanford Running Camp. At Stanford University. Ages 9-18. Vin Lananna, Athletic Dept., Stanford Univ., Stanford, CA 94305 (415) 723-2736.

August 22-27

Catalina Island: Runner's Workshop Cross Country Running Camp. Coed. Ages 12 & older, novice to state champ. For more information contact: Mark and Rene Celestin, (310) 493-7545. Or mail to: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

August 26

Hayward: 2nd Annual Distance & XC Coaches Clinic. Moreau Catholic Student Center. Info: Phil Wilder at Moreau (510) 881-4300 or Helen Lehman at Carondelet (510) 686-5347.

December 27-31

Atascadero: Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 &

up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

▲ Road Racing

April 8 (Saturday)

San Francisco: (Also listed on Apr. 9 - Verify Date) DSE "Walt's Run", about 17 Mi. or 8.5 Mi., Dolphin Club (Hyde/Jefferson) to Sausalito & back, 8 a.m. Info: 415/978-0837.

San Mateo: April Showers Fun Run, 5K/10K, Coyote Point Park, 10 a.m. Lois Koenig, P.O. Box 626, Belmont 94002 (415/342-9328).

Pinole: Three Valley's Half-Marathon & 5K, Pinole Valley H.S., 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Big Sur: Big Sur Coastal Challenge Marathon/Half-Marathon/10K, Andrew Molera State Park, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/888-1829).

Carmichael: 5 Points 5K/10K, Arden & Fair Oaks, 8 a.m. Race Ready Management, 813 Harbor Blvd., W. Sacramento 95691 (916/732-7367).

Clam Beach: Master's Run, 6.2 Mi., Clam Beach frontage road, 10 a.m. Info: Larry Moss: 707/677-3324.

Fresno: Run for Relief, 10K/2M, Fresno Pacific College (1717 S. Chestnut), 7 a.m. Run for Relief, c/o 4957 E. Heaton, Fresno 93727 (209/638-6911, 638-5007).

Fresno: Spring Fling Biathlon (4.4mR-18mB), Woodward Park, 9 a.m. Tri-Sport Unltd., 132 W. Nees, #111, Fresno 93711 (209/432-0800).

Santa Barbara: Santa Barbara Winery Chardonnay 10M/5K, Leadbetter Beach, 8 a.m. Adventours Outdoor Excursions, P.O. Box 215, Santa Barbara 93102 (805/963-2248).

San Fernando Valley: L.A. Dog Jog 1 & 2 Mi., 7 p.m. Info: W2 Promotions (310/828-4123).

Arcadia: Santa Anita Derby Day 5K Run & Kids' Mile Race, Santa Anita Park, 8 a.m./5K, 9:15 a.m./Mi. Santa Anita Derby Day 5K, c/o Elite Racing, 10509 Vista Sorrento Pkwy, Suite 102, San Diego 92121 (714/548-4897, 619/450-6510).

Temecula: Callway's Run Through the Vineyards, 5K/10K, Bell Vineyards (Rancho California Rd.), 7:45 a.m./5K, 8:15 a.m. Temecula Sunrise Rotary, P.O. Box 2203, Temecula 92593 (909/684-5700, x231).

San Diego: Rainforest 5K Run, Mission Bay Park (south of Hilton), 7:30 a.m. Rainforest Run, 4060 Morena Blvd., #G355, San Diego 92117 (619/272-8316).

Las Vegas, NV: LVTC 5K/2M, Sunst Park, 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (Hotline: 702/540-0970).

Medford, OR: Pear Blossom Run, 10M/1M/2M, Time TBA. Jerry & Zella Swartsley, P.O. Box 146, Medford, OR 97501 (503/535-1205).

April 9 (Sunday)

San Francisco: (Also listed Apr. 8 - Verify Date) Walt Stack Trail Run, 25K, Dolphin Club (Hyde & Jefferson), 8 a.m. Walt's Run, 2570

SCHEDULE

Ocean Av., Box 163, San Francisco 94132 (415/978-0837).

San Francisco: Gimme Shelter 5K Run (PA/USATF Championships) & 1 Mi. Walk for the Homeless, Yerba Buena Center, 9 a.m. Info: RhodyCo Prods (415/564-0532).

Palo Alto: Oak Creek 5K Run, 1600 Sand Hill Rd., 8:30 a.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

Oakland: Misty Redwood Run, 10K, Redwood Regional Park, 9 a.m. American Lung Assoc., 295 - 27th St., Oakland 94612 (510/893-5474).

Los Gatos: Tortoise & Hare 10K Run/5K Walk, Los Gatos H.S., 8:30 a.m. Good Samaritan League, 2425 Samaritan Dr., San Jose 95124 (408/559-2555).

Byron: Rally Round the Lake 5K, Discovery Bay, 9:30 a.m. Paul Paulson, 5514 Marlin Ct., Byron 94514 (510/634-6654).

Chico: Chico Duathlon (1.5mR-15mB-1.5mR and 4mR-30mB-4mR), Durham Park, 9 a.m. Exchange Club Center for Prevention of Child Abuse, 2592 Notre Dame Blvd., Suite B, Chico 95928 (916/894-8920).

Los Angeles: Santa Monica Mountains Adventure Run 10K/20K, Trippit Ranch (Topanga State Park), 8 a.m. Stan Swartz/Trail Runners, 911 El Medio Av., Pacific Palisades 90272 (310/459-3757).

San Diego: San Diego International Duathlon (5kR-25kR-5kR), Sabre Springs Business Park, 7:30 a.m. KOZ Enterprises, P.O. Box 421052, San Diego 92142 (619/627-9111).

April 15 (Saturday)

San Francisco: Rabbit Run, 5K/0.25M, Golden Gate Park (Polo Fields), 9 a.m. South Park Race Prods., P.O. Box 77681, San Francisco 94117 (415/665-3397).

San Francisco: Ruth Anderson 100K, Lake Merced (Sunset Blvd. parking lot), 6:30 a.m. Dick Collins, 1015 Hollywood Av., Oakland 94602 (510/530-6634).

Sausalito: Golden Gate Headlands Marathon/Half-Marathon & 7 Mi., Rodeo Beach (Marin Headlands), 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Arcata: Atalanta's Victory Run, 2 & 5 Mi., Arcata Co-op, 9:30 a.m. Info: Cathy Dickerson: 707/826-1512.

El Dorado Hills: Mother Lode Duathlon (5mR-28mB), 8 a.m. True Grit Prods., Matt Toft, 1306 Daisy Dr., Roseville 95661 (916/782-8124).

Camarillo: Camarillo Kiwanis 5K/10K, Camarillo Comm. Center, 7:30 a.m. Info: John Muller (805/987-1381).

Las Vegas, NV: LVTC 5M/2M, Silver Bowl Park, 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (Hotline: 702/540-0970).

April 16 (Sunday)

San Francisco: DSE Easter Sunday Egg Run, 3 Mi. & Kids' Run, Riordan H.S. (175 Phelan), 9 a.m./Kids, 9:30 a.m. Info: 415/978-0837.

Angel Island: Romancing the Island 12K/25K, Angel Island State Park (ferry from Tiburon only at 8:30 a.m.), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Arcata: One Hour Track Run, Humboldt St. (?), 10:45 a.m. Info: Bill Daniel (707/822-8050).

April 17 (Monday)

Hopkinton, MA: Boston Marathon, qualifying times needed, 12 noon. BAA, P.O. Box 1995, Hopkinton, MA 01748 (617/236-1652).

April 21 (Friday)

Pasadena: Crown Valley Senior Games (thru May 6), Track & Field and Swimming events held at various sites in the San Gabriel Valley. Cynthia Vaughan, 85 E. Holly St., Pasadena 91103 (818/397-4062).

April 22 (Saturday)

Pinole: Three Valleys Biathlon (5kR-15kR-3kR), Ellerhorst Grammar School (Pinole Valley Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Calistoga: Napa Valley Trail Marathon/Half-Marathon & 10K, Napa Valley State Park (Hwy 29 btwn. St. Helena & Calistoga), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Davis: Earth Day Run, 5K/10K, 8 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Chinese Camp: Red Hills Earth Day Trail Run, 12K/2M, Red Hills Rec. Area (1 mi. east of Chinese Camp), 9 a.m./12K, 10 a.m. Tolumne Trails Council, Box 313, Columbia 95310 (Mike Sullivan: 209/532-1910; Chuck Knowles: 209/532-2594).

Millerton Lake: Millerton Lake Wildflower Triathlon (1mS-25mB-5mR), North Shore boat ramp, 10 a.m. Fresno State Triathlon Club, CSU-Fresno, USU Room 306, 5280 No. Jackson, Fresno 93740 (209/224-2617).

Seal Beach: Seal Beach 10K/5K & Kids 1K, 8 a.m. Seal Beach Runs, P.O. Box 561, Seal Beach 90740 (310/431-2379).

So. Pasadena: Road Runner Classic, 1K/5K/10K, YMCA, 7:30 a.m. YMCA, 1605 Garfield Av., So. Pasadena 91030 (213/682-2147).

Irvine: UCI Zot Trot, 1K/5K, UCI Campus, 7:30 a.m./1K, 7:45 a.m. Alumni Assoc., Phineas Banning Alumni House, Univ. of California, Irvine 92717 (714/824-2586).

Las Vegas, NV: LVTC 5K/2M, Shadow Rock Park, 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Las Vegas, NV 89190 (Hotline: 702/540-0970).

April 23 (Sunday)

San Francisco: DSE Diamond Heights Run, 2.99 Mi., McAteer H.S. (Portola & O'Shaughnessy), 9:30 a.m. Info: 415/978-0837.

Stanford: MBA Challenge for Charity, 5K/10K, Stanford Stadium, 8:30 a.m. Valerie Wharton, 1244 University Dr., Menlo Park 94025 (415/326-1459).

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

Livermore: Livermore Fitness Day 5K/10K, The Barn (3131 Pacific Av.), 8:30 a.m. Sheryl

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SCHEDULE

Hardin/Rich Lange, 71 Trevano Rd., Livermore 94550 (510/373-5700).

Martinez: Brickyard Run, 4M/8M, Martinez Municipal Park (Talbart & Buckley Sts.), 8:30 a.m. Diablo R.R., P.O. Box 31236, Walnut Creek 94598 (510/906-8880).

Antioch: West Coast Sprint Triathlon (1K-20K-5K), Contra Loma Regional Park, 8 a.m. TerraSport, P.O. Box 10951, Truckee 96162 (916/582-4231).

Yountville: Rotary Run to Literacy, 5K/10K, Yountville Library (6548 Yount St.), 9 a.m. Carol Stein, Napa City/County Library, 1150 Division St., Napa 94559 (707/253-4283).

Pl. Reyes: Limantour Rerun 10K/12M, Limantour Beach (Spit) Parking Lot, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Corralitos: Big Head Duathlon (2mR-12mB-2mR), Bradley Elem. School, 8:15 a.m. North Wind Promos, P.O. Box 2451, Aptos 95001 (408/688-6072).

Stockton: Stockton Asparagus Festival Run, 5K, Oak Grove Regional Park (8 Mi. Rd. & I-5), Time TBA. Stockton Asparagus Festival, 1132 No. Hunter St., Stockton 95202 (209/466-6674).

Shingle Springs: Marshall M.A.S.H. Run, 5K/10K/0.5M, Ponderosa H.S., 8:30 a.m./0.5M, 9 a.m. Marshall M.A.S.H., c/o Marshall Hospital, Marshall Way, Placerville 95667 (916/626-2766).

Truckee: Summit to Shore Race (Pentathlon) (5K Downhill Ski, 5K Nordic Ski, 5K Run, 10K Bike, 3K Paddle), Donner Ski Ranch, 8:30 a.m. (indiv. or 2-person teams). Jeff Schloss, Far West Ski Assoc., P.O. Box 10046, Truckee 96162 (916/582-1231).

Hornitos: Indian Gulch to Hornitos (30 Miles East of Merced), 8:30 a.m. Payson Taylor, 1402 Edith Dr., Gustine 95322 (209/854-2809).

Los Osos: Montana de Oro Earth Day 3.6 Mile "Run the Bluff" Fun Run. Spooner's Grove, Montana de Oro State Park, 9 a.m. Info: Lesa Smith (805) 528-7703 or Juliet Meece (805) 528-5801, LOCO, PO Box 6397, Los Osos 93412.

Lompoc: Laura Stegman Memorial Women's 5K, River Park, 9 a.m. Bill & Mary Graham, LVDC, P.O. Box 694, Lompoc 93438 (805/736-4896, eves).

Valencia: "Run for the Health of It" 5K, Time TBA. Fran Conaway, 23845 McBean Pkwy., Valencia 91355 (805/253-8082).

Orange: Round Orange Race, 5K/10K/Kids' 1M, 1400 Tustin Av., 7:30 a.m. Info: Susan Tyler Johnson (714/636-4781).

Redlands: Run Through Redlands, 5K/10K/ Half-Marathon, Redlands Mall, 7:45 a.m./5K, 8:15 a.m. Norm Lynde, Redlands Kiwanis, P.O. Box 1702, Redlands 92373 (909/335-2791).

La Jolla: La Jolla Half-Marathon & 5K, Del Mar Fairgrounds to La Jolla Cove, 7:30 a.m. Jerry Gottlieb, P.O. Box 1664, La Jolla 92038 (619/454-1262).

Sabre Springs: Pardee Sabre Springs 5K & Kids' 0.5 Mi. Dash, Springhurst & Mt. Pass Rd., 9 a.m. Pardee Sabre Springs 5K, 7801 Mission Center Ct., Suite 200, San Diego 92108 (619/298-7400).

April 28 (Friday)

San Diego: Night Moves 5K, San Diego State

Univ. (near Aztec Center), 6:30 p.m. Eric Huth, AS/SDSU Recr. Sports, 196 Peterson Gym, San Diego 92182 (619/594-6424).

April 29 (Saturday)

Angels Camp: Paint the Town 5K/10K, downtown, Time TBA. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Nevada City: Nevada City Spring Run 5K/10K, 433 Broad St., 8:30 a.m. Nevada City United Methodist Church, 433 Broad St., Nevada City 95959 (916/265-2797).

Eureka: Rhododendron Run, 2M/4M, Waterfront Dr., 10 a.m. Bill Honsal: 707/441-4084.

Campbell: D.A.R.E. Fun Run, 10K/5K/Kids' Mile, Orchard City Ddr. & Central, 8:45 a.m. Art Markham, Campbell Police Dept., 70 No. First St., Campbell 95008 (408/866-2170).

San Jose: Mt. Hamilton Marathon/Half-Marathon & 10K, Joseph Grant City Park (Mt. Hamilton Rd.), 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Santa Rosa: California 50 Mile Endurance Run, Annadel State Park (dirt trails), 6 a.m. Tom & Nancy Crawford, 2818 Rollo Rd., Santa Rosa 95404 (707/526-0661).

Lake Berryessa: Lake Berryessa Quadrathlon (0.5mS-16mB-4mR-5mB), Putah Creek Resort (north end of Lake), 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Davis: Mutt Strutt, 5K/10K, U.C. Davis Vet Center, 8 a.m. (dog optional). A Change of Pace, 221 "G" St., Suite 205, Davis 95616 (916/757-6017).

Elk Grove: Laguna Fun 'N Fast 5K/10K, Laguna West Comm. Ctr., 8 a.m. Race Ready Management, 813 Harbor Blvd., #228, W. Sacramento 95691 (916/372-7367).

Pismo Beach: Pismo Beach 10K Pier Run. South side of the Pismo Beach Pier, 9 a.m. City of Pismo Beach, Recreation Division, Attn: FUN RUN, 760 Mattie Road, Pismo Beach 93449. Info: (805) 773-4658.

Santa Barbara: Law Day 15K Run & Relay. Joe Howell, PO Box 1260, Santa Barbara 93102 (805) 963-2044.

Los Angeles: The YMCA Unity 5K/10K Runs, Location & Time TBA. Info: W2 Promotions (310/828-4123).

San Dimas: Los Angeles Triathlon Series (500yS-24kR-4kR), Bonelli Park, 8:30 a.m. Tri-Events, Inc., 3222 Virginia Av., West Covina 91791 (818/331-0169).

Las Vegas, NV: Las Vegas Valley Water District 3 Mi. X-Country, Time TBA. Info: Tri-Run (702/870-8269).

April 30 (Sunday)

San Francisco: May Day Run, 5K/10K, Golden Gate Park (Band Shell), 9 a.m. American Heart Assoc., 120 Montgomery St., Suite 1650, San Francisco 94104 (415/433-2273).

Daly City: DSE San Bruno Mountain 5K/10K/ Half-Marathon, San Bruno Mtn. State Park (atop Guadalupe Cyn. Pkwy.), 8:30 a.m./H-M, 9:30 a.m. Info: 415/978-0837.

Palo Alto: Dogs Best Friend 5K, Baylands Athletic Center, 9 a.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

Saratoga: Run to the Stars 3K/8K, Christa McAuliffe Elem. School, 8:30 a.m./3K, 9 a.m.

Hank Lawson/Marty Wagner, 12375 Farr Ranch Rd., Saratoga 95070 (408/446-9063).

Carmel: Big Sur International Marathon, Pfeiffer Big Sur State Park to Carmel on Hwy. 1, 7 a.m. (3,000 Limit). BSIM, P.O. Box 222620, Carmel 93922 (408/625-6226).

AND ... Big Sur KCCN-TV 5K, Crossroads Shopping Ctr., 8 a.m. (2-wave start). Big Sur KCCN-TV 5K, P.O. Box 222620, Carmel 93922 (408/625-6226).

Scotts Valley: "For Youth Only" Y.E.S. Triathlon, Distances TBA, El Rancho Preschool, 8 a.m. North Wind Promos, P.O. Box 2451, Aptos 95001 (408/688-6072).

Milpitas: LSI Logic Classic, 5K/10K, 1551 McCarthy Blvd., 9 a.m. J&A Productions, 1032 Hacienda Av., Campbell 95008 (408/866-8848).

Byron: Rally Round the Lake 5K, Discovery Bay (Swim & Racquet Club), 9:30 a.m. Phil Paulson, 5514 Marlin Ct., Byron 94514 (510/634-6654).

Los Angeles: Jimmy Stewart Relay Marathon (5-person teams), Griffith Park Ranger Station, 8 a.m. Laura McLaughlin, 1328 - 22nd St., Santa Monica 90404 (310/829-8968).

Fullerton: Camp Titan Classic 8K Run, Cal-State Univ. (800 N. State College Blvd.), 8 a.m. Camp Titan, Cal-State Univ., University Center 259, Fullerton 92634 (714/773-3036).

Fountain Valley: Orange County's Own Run for the Roses 6K & Fun Run, Mile Square Park, 8:30 a.m. Info: 714/963-5967.

Laguna Beach: Laguna Beach Classic 5K/10K & Kids' 1K, Sawdust Festival Grounds, 7:45 a.m./5K, 8:15 a.m./10K, 9:15 a.m./1K. Info: 619/434-7706, 714/494-6811.

May 5 (Friday)

Tijuana, B.C. (Mexico): Cinco de Mayo 5K, Plaza Pueblo Amigo, 5 p.m. Info: Kathy Loper Events (619/298-7400).

May 6 (Saturday)

Angel Island: Angel Island Run, 4.5 Mi., 12:30 p.m. The Guardsmen, 115 Sansome St., #310, San Francisco 94104 (415/781-6785).

Aptos: Aptos Half Marathon/10K, Forest of Nisene Marks State Park (Aptos Village), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Stockton: KOT - 10K/5K, Lake Brookside (Club Brookside), 8 a.m. A.B. Coleman/Kids on Track, P.O. Box 691506, Stockton 95269 (209/957-1846).

Colfax: Colfax Record Run 5K/10K & 0.5M Kids' Run, downtown, 8:30 a.m./Kids, 9 a.m. Janis Quinn, P.O. Box 1036, Colfax 95713 (916/637-4878).

Lake San Antonio: Wildflower Triathlon Festival (Long Course) (1.2mS-56mB-13.1mR), Time TBA. Wildflower Triathlon, Monterey County Parks Dept., P.O. Box 5279, Salinas 93915 (408/755-4899).

Turlock: Turlock Rotary Biathlon (10K/50K) and Fun Run, Turlock H.S. (Berkeley Av. btwn. Canal & Marshall), 8 a.m. John Jauregui, 436 E. Main St., Turlock 95380 (209/634-2002).

Santa Maria: YMCA's First Annual Fun Run.

SCHEDULE

5K & 10K, 5K/8:30 a.m., 10K/9:15 a.m. Waller Park, Santa Maria Valley YMCA, 3400 Skyway Dr., Santa Maria 93454. Info: (805) 937-8521.

Santa Barbara: UCSB Intramural 5K/10K, 8:15 a.m./5K, 9 a.m. Info: 805/893-3253.

Playa del Rey: Rainbow Workers Unity 5K/10K, Time TBA. Info: W2 Promotions (310/828-4123).

Agoura: Malibu Trail 50 Mi., Base Camp (Paramount Movie Ranch), 5 a.m. (120 Runner Limit). Info: Ingrid Shattuck (805/495-2248).

Northridge: PALS and SOLID 5K/10K, 8 a.m. Info: 818/832-4742.

Manhattan Beach: Manhattan Mile & 5K, Live Oak Park, 7:30 a.m. MBTC, P.O. Box 3431, Manhattan Beach 90266 (310/372-9941).

Placentia: Michael D. Anderson & Michael M. Cho Memorial 8K, Placentia Linda Hospital, 8 a.m. Placentia Linda Hospital, c/o Race Pace, P.O. Box 795, Dana Point 92629 (714/661-6062).

Anaheim: Go With the Flow 5K Run for Water, Anaheim Lake, 8 a.m. Info: 714/378-3333.

Huntington Beach: Southern California Hillsea 7.57 Mi., Central Park west, 8 a.m. The Finish Line Intl., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

San Bernardino: Tin Man Triathlon (3.1mR-9mB-100Y) and 5K, Cal-State Univ., 7:45 a.m. Jon Shultz, P.O. Box 5884, San Bernardino 92412 (909/884-6431).

Las Vegas, NV: LVTC 10K/2M, Silk Purse Ranch, 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (Hotline: 702/540-0970).

May 7 (Sunday)

San Francisco: San Francisco Performing Arts Workshop 5K, Marina Green, 9 a.m. Performing Arts Workshop, Fort Mason Center, Landmark Bldg. C, Room 265, San Francisco 94123 (415/673-2634).

San Francisco: DSE Land's End Run 5K & Kids' Run, Balboa Av./Great Hwy, 9 a.m./Kids, 9:30 a.m. Info: 415/978-0837.

Cupertino: Tandem's Up & Running Goes Wild With Marine World Africa USA, 10K/2M & 1M Kids' Run, 19333 Valco Pkwy., 9 a.m./10K-2M, 10 a.m./1M. Info: RhodyCo Prods. (415/564-0532).

Danville: Devil Mountain Run, 5K/10K, Town & Country Shopping Ctr., 8 a.m. Devil Mtn. Run, P.O. Box 93, Pleasanton 94566 (510/426-1435).

Napa: Vichy Spring Run, 5M/2.5M, William Hill Winery (1761 Atlas Peak Rd.), 9 a.m. Vichy Spring Run, 2429 Stonehouse Ct., Napa 94558 (John: 707/254-8701).

Fair Oaks: Sun Run, 5M/2.3M & 0.5M Kids' Run, Fair Oaks Community Clubhouse (California & Temescal), 8 a.m./0.5M, 8:30 a.m./5M, 8:35 a.m./2.3M. Sheryl Bray, Fair Oaks Chamber of Commerce, P.O. Box 352, Fair Oaks 95628 (916/961-4312).

Folsom: Run for the Parks 10K/5K, Oak Chan School, 8:30 a.m./5K, 9 a.m. Folsom Recr. Center, 212 Silberhom Dr., Folsom 95630 (916/983-5519).

Lake San Antonio: Wildflower Olympic Triathlon (1.5kS-40kB-10kR) (Tri-Fed Collegiate Championships), Time TBA. Wildflower Triathlons, Monterey County Parks Dept., P.O.

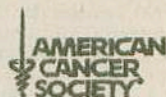


11TH ANNUAL GARDENA 5000 5K RUN / FUN WALK



SUNDAY, JUNE 4, 1995 • 8:00 A.M.

Pacific Square, 1630 W. Redondo Beach Blvd., Gardena, CA

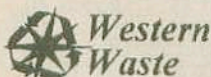


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Race Time

5K Run & Fun Walk	8:00 a.m.
Invitational	9:00 a.m.
Kid's 1/2K Fun Walk/Run	9:30 a.m.

Awards

Five (5) deep in 17 age groups.

Registration

\$15.00 - 5K Run/Fun Walk
\$10.00 - Kid's 1/2K Fun Walk/Run
Add \$3.00 after May 28th postmark.

Mail To

Gardena 5000
16820 South Western Avenue
Gardena, CA 90247

Packet Pick-Up

Saturday June 3, 10:00 a.m. - 5:00 p.m.
(enter on 158th St.)

Race Information

(310) 324-7085

Box 5279, Salinas 93915 (408/755-4899).

Yreath: Avenue of the Giants Marathon & 10K, Dyerville Bridge, Time TBA. Ave. of the Giants, c/o 281 Hidden Valley Rd., Bayside 95524 (707/443-1226).

Lone Pine: Wild Wild West Marathon/10M/3M, Tuttle Creek Campgrounds, Time TBA. Donna Bonnefin, P.O. Box 749, Lone Pine 93545 (619/876-4444).

Ventura: Law Day 5K, Ventura County Gov't. Ctr., 9 a.m. Steve Henderson, 4475 Market St., Suite B, Ventura 93003 (805/650-7599).

San Dimas: Adventure Run 15K/5K/1K Kids' Run, Bonelli Park, 8 a.m. Info: Motivate Promotions (818/961-3530).

Chino Hills: Chino Hills Kiwanis Run for the Hills 5K/10K, Alta Mira Park (Soquel Canyon Rd.), 8 a.m. Info: Geoff Novall (909/465-6228).

Escondido: San Dieguito River Park Trail 6 Mi., 7:30 a.m. San Dieguito River Park Trail Run, 10509 Vista Sorrento Pkwy., Suite 102, San Diego 92121 (619/450-6510, 714/548-4897).

San Diego: It's All Downhill From Here 5K, Torrey Pines Science Park, 7:30 a.m. The Hill, P.O. Box 2293, Del Mar 92014 (J&T Enterprises: 619/481-1607).

San Diego: By the Sea 4 Mile Relay, bikepath across from Sea World Mission Bay area, 7-11 a.m. Info: Ron Tabb (619/483-6679).

Spokane, WA: Lilac Bloomsday Run. 12K. Convention Centr. Lilac Bloomsday Assoc., PO box 1511, Spokane, WA 99210 (509) 838-1579.

May 13 (Saturday)

Larkspur: The Human Race 5 Mile, Ferry Terminal, 8 a.m. Mary Fitzpatrick, Volunteer Center, 70 Skyview Terr., San Rafael 94903 (415/479-5660).

Ft. Cronkhite: Bobcat Biathlon (4.5mR-12.8mB), Lagoon Warehouse (by Rodeo Lagoon off Bunker Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

San Mateo: The Human Race 5K/10K, Coyote Point Park, 8:30 a.m. Lois Koenig, P.O. Box 626, Belmont 94002 (415/342-9328).

Pleasanton: The Human Race 10K Run, 4400 Rosewood Dr., 8:30 a.m. The Volunteer Center, 333 Division St., Pleasanton 94566 (510/462-3570).

San Jose: Mike Popolizio Quicksilver 50K/50M, Quicksilver Park (Mockingbird entrance),

SCHEDULE

6 a.m. Al Hill, 6363 Firefly Dr, San Jose 95120 (408/978-5199).

San Jose: The Human Race 10K, Cadence Design Systems (Seely & Montague Expwy.), 8:30 a.m. Volunteer Exchange, 1922 The Alameda, #211, San Jose 95126 (408/247-1126). **Bakersfield:** Bakersfield Bud Light Triathlon (1.5K-40K-10KR), Lake Ming, Time TBA. Info: 805/399-2720.

Santa Cruz Island: 8 Mile Run, 10:30 a.m. (depart Santa Barbara harbor at 7 a.m.). Info: 800/967-8758.

Lompoc: Mission Fiesta 5K/10K Runs. La Purisima Mission. Ray Gil, Lompoc Valley DC, PO Box 694, Lompoc 93438 (805) 736-4233.

Inglewood: Run, Roll & Stroll 8K/5K & 1K, Hollywood Park, 8 a.m. Crippled Children's Society, c/o Race Central, P.O. Box 828, Rialto 92376 (W2 Promotions (310/828-4123).

Century City: Revlon 5K Run/Walk for Women (Men's & Women's 5K), Fox Studios (backlot), 9 a.m. Run/Walk for Women, c/o Race Central, P.O. Box 828, Rialto 92376 (818/759-9522).

Pasadena: Run the Rose Bowl. 5K, Brookside Park (Arroyo Blvd & Rosemont Ave), 8 a.m. GeoSpace Academy, PO Box 94882, Pasadena 91103 (Pamela Walker: (818) 787-1635, Brenda Sharp (818) 398-5667).

Corona: City of Corona 5K/10K Run for the Crown, Corona High School, 7:45 a.m. Info: 909/736-2241.

Huntington Beach: H.B. AFCEM Surfside 5K/10K, H.B. Pier, 8 a.m. Info: Joshua Jones (310/324-7542).

San Diego: Native Americans 10K/5K, Balboa Park, 7:30 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

San Diego County: Lost Boys 50 Mile Trail Run, Anza Borrego Desert (Laguna Mtns.; Guyamaca to Green Valley), 5 a.m. (100 Limit). Tom Waddell, 8382 Morning Mist Ct., San Diego 92119 (619/461-4595).

Las Vegas, NV: Las Vegas Stars 5K, Cashman Field, Time TBA. Info: Mark Grenier (702/386-7200).

May 14 (Sunday)

San Francisco: DSE Right to Assemble Run, 7.46 Mi., Howard & Spear (Bay to Breakers course), 8 a.m. Info: 415/978-0837.

Fresno: Mother's Day HIV Awareness Run/Walk-a-Thon. 10K, 2 Mile, Run/Walk, 1K Kid's Run. Lewis Eaton Trail on San Joaquin River Parkway. 7:30 a.m. 1K, 7:45 a.m. 2 Mile, 8:00 a.m. 10K. Info: Chris Moad (209) 268-1184.

May 19 (Friday)

Los Gatos: Relay for Life, 18-Hour Relay (8-12 runners), Los Gatos H.S. track, 6 p.m. Connie Tueffelen, American Cancer Society, 535 Race St., Suite 200, San Jose 95126 (408/287-5973).

May 20 (Saturday)

Stinson Beach: Muir Woods Marathon/25K/7M, Mt. Tam State Park, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Oakland: Run for the Cranes 5K/10K, Jack London Square (Waterfront Restaurant), 8 a.m. Richard Matthews, MCM, 652 Chetwood, #B, Oakland 94610 (510/601/7095).

San Ramon: Wind Breaker 5K Run, Camino Ramon & Bishop Dr., 8:30 a.m. Steve Piersol, 2222 Camino Ramon, San Ramon 94583 (510/275-2300).

Folsom: Folsom Family Run, 5K/10K, Willow Creek Town Center (E. Bidwell/Blue Ravine), 8 a.m. Race Ready Management, 813 Harbor Blvd., #228, W. Sacramento 95691 (916/372-7367).

Redding: Annual RSVP Benton Ranch 5K/10K/Jr.Mile, Caldwell Park (Quartz Hill Rd.), 7:30 a.m./5K-10K, 8:30 a.m./1M. Kim Stempien/Betty Brass, 1670 Market Sts., Suite 300, Redding 96001 (916/225-5803).

Bishop: Bishop High Sierra 50M/30K, Millpond Recr. Area, 6 a.m. Marie Boyd, Route 1, Box 62, Bishop 93514 (619/873-5373).

Baywood Park: Bayfest Four Mile Run. Boat dock in downtown Baywood Park. Ron Roundy, 2160-B Pine St., Los Osos 93402 (805) 528-0775.

Solana Beach: Fiesta Del Sol Triathlon (0.25mS-9mB-3mR), Time TBA. KOZ Enterprises, P.O. Box 421052, San Diego 92142 (619/627-9111).

Valley Center: San Diego Downtown YMCA/Health Net Breakers 10 Mi., Bates Nut Farm, 7:30 a.m. Info: Tom (619/749-3440).

Cuyamaca: Cuyamaca Half Marathon & 10K Fun Run, Hwy. 79 & Engineers Rd., 8 a.m. Info: Butch Paddock (619/765-1939).

San Diego: Breakers 10 Miler & 5K Run, Belmont Center at roller coaster, 7 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

Las Vegas, NV: LVTC 5K/2M, Bruce Trent Park, 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (Hotline: 702/540-0970).

May 21 (Sunday)

San Francisco: Examiner Bay to Breakers 12K, Howard & Spear Sts., 8 a.m. EXBB, P.O. Box 429200, San Francisco 94142 (415/512-5000, x2222).

San Carlos: San Carlos Rotary Club 5K/10K, Burton Park, 8:30 a.m. Info: 415/594-5199.

Berkeley: Tilden Tough Ten, 10 Mi., Inspiration Point (Wildcat Cyn. Rd.), 9 a.m. Info: 510/601-7887.

Inverness: Out Where the Tule Elk Roam 8 Mi., Tomales Point (north end of Pierce Pt. Rd.), 10 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Santa Cruz: Cabrillo Triathlon (0.5mS-18mB-5mR), Nisene Marks Park, 8 a.m. Cabrillo College Athletics, 6500 Sequel Dr., Aptos 95003 (408/479-6409).

Morgan Hill: South Bay Triathlon III (0.75mS-17mB-5mR), Uvas Reservoir, 8 a.m. Info: J&A Prods. (408/866-8848).

Monterey: Run in the Sun 10K & 1 Mi. Kids' Run, Chamisal Tennis/Fitness Club, 8:30 a.m./1K, 9 a.m. Joan Hackbert, 185 Robley Rd., Salinas 93908 (408/649-1135).

Hughson: Hughson Fruit & Nut Festival Fun Run, 10K/5K/1K Kids' Run, Hughson Av./7th St. pool, 9 a.m., 10:30 a.m./1K. Teresa Saenz, P.O. Box 1455, Hughson 95326 (209/848-8335).

Nevada City: Gold Country Trail Marathon, Half-Marathon, 10K/5K, Pioneer Park, 6:30 a.m./Mara., 7:30 a.m. George & Jan Hagel, 17647 Shoshoni Trail, Nevada City 95959 (916/265-0705).

Truckee: Donner Lake 7M/14M, Donner Lake

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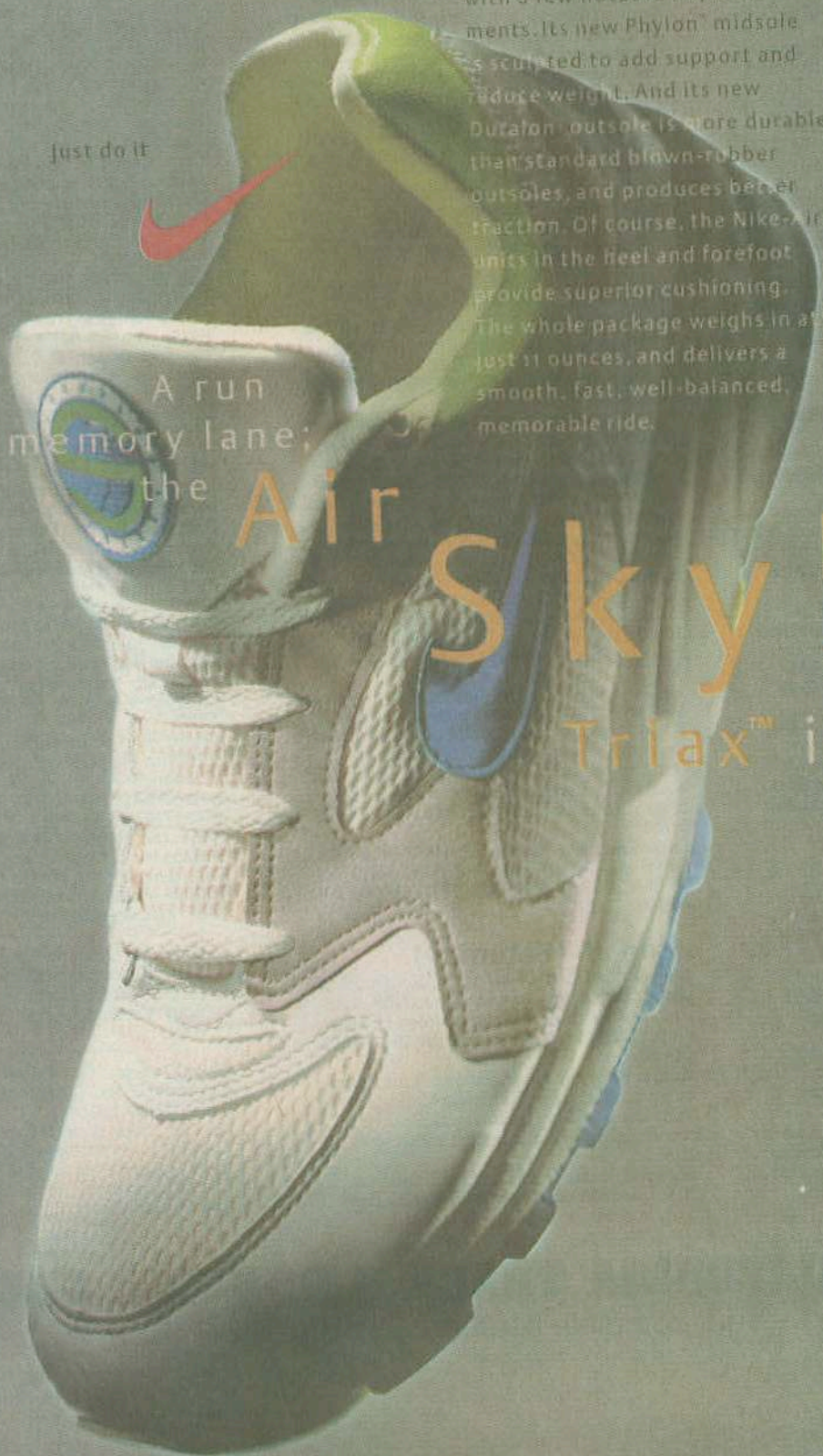
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A run
down memory lane;
the

Air Skylon

Triax™ is back



SCHEDULE

State Park (east end of Lake), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Bayside: Jacoby Creek Streak, 1.8 & 4.8 Mi., Bayside Grange, 10 a.m. Info: Bill Morris: 707/822-8565.

San Fernando Valley: Chai 5K/10K, Pierce College, 8 a.m. Info: W2 Promotions (310/828-4123).

Irvine: Duathlon in EXILE (5K/10K/5K), Amtrak Station, 8 a.m. SBR Sports Prods., 5405 Alton Pkwy., Suite 445, Irvine 92714 (714/858-7386).

Newport Beach: "Bach" Bay Classic, 8K/Half-Marathon/2K, Newport Beach Back Bay, 7 a.m./Mara-HM, 8 a.m. Info: Hope House (714/776-7490), Race Pace (714/661-6547).

San Diego: Over the Bay Bridge 4 Mile, S.D. Convention Center to Tidelands Pk. in Coronado, 8 a.m. Over the Bay Bridge Run, c/o Breaking 40, 4060 Morena Blvd., #G355, San Diego 92117 (619/272-8316).

May 27 (Saturday)

San Bruno: San Bruno Memorial Cross-Country Run, 4 Mi., San Bruno County Park, 8:30 a.m. Runners' Inn, 486 San Mateo Av., San Bruno 94066 (415/952-8127; 209/532-1910).

Sausalito: Headlands Wolf Ridge Classic Marathon/Half-Marathon/5M, Rodeo Beach (Ft. Cronkhite, GGNRA), 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

San Luis Obispo: San Luis Obispo HS 24 Hour Relay, Teams up to 10 people. Charlotte Coyes (805) 544-3733.

Bonita: Bonita Road Runners 5x5 and 5 Mi. Road Races, Rohr Park, 7:30 a.m. Info: Bob Hutsler (619/267-6112).

Sierra Madre: Mt. Wilson Trail Race, 8.6 Mile, Kersting Ct. (Sierra Madre Blvd. & Baldwin Ave.), 7:30 a.m. City of Sierra Madre, c/o Mt. Wilson Trail Race, 232 W. Sierra Madre Blvd., Sierra Madre 91024 (818) 355-5278. **300 Limit.**

May 28 (Sunday)

Daly City: DSE Daly City Scenic Run, 6.8 Mi. & Kids' Run, Colma School (E. Market St. & Hillside), 9 a.m./Kids, 9:30 a.m. Info: 415/978-0837.

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

Morgan Hill: Morgan Hill MushroomMardi Gras 10K/5K, Community Park, 8:30 a.m. Debs Holst, 25 W. First St., Morgan Hill 95037 (408/779-2233).

Lodi: The Trix Run, 5K/1M & Kids 0.5M, Lodi Lake, 8 a.m./5K-1M, 9:15 a.m./0.5M. Todd Mulbarger, Lodi Events, P.O. Box 243, Woodbridge 95258 (209/3343-RACE).

Grass Valley: Grass Valley Memorial Run, distance TBA, Memorial Park, 8:30 a.m. Don Bradford, P.O. Box 1811, Cedar Ridge 95924 (916/273-3276).

Arroyo Grande: Strawberry Stampede, 5K & 10K, 8 a.m. Ben Homer, P.O. Box 456, Arroyo Grande 93421 (805/489-6878).

Los Angeles: Brentwood 5K/10K, San Vicente Blvd. & Barrington Av. (Brentwood), 8 a.m./5K, 8:45 a.m. Info: 310/820-7585.

Bonita: Bonita 5x5 (5K x 5 or 5M x 5), Rohr Park (Sweetwater Rd.), 7:30 a.m./5K, 8:15 a.m./5M. Info: 619/267-6112.

Las Vegas, NV: Women in Motion 5K (open to men & women), Sands Expo Center, Time TBA. Women in Motion, 511 S.S. Ceddros Av., Suite B, Solana Beach 92075 (800/994-6668).

May 29 (Monday)

Kentfield: Pacific Sun 10K/2.5M/KidSoft Track Races (Ages 4-14: 200m, 400m, 800m, Mi.), College of Marin, 8 a.m. Total Race Systems, 80 Mitchell Blvd., San Rafael 94903 (415/472-RACE).

Portola Valley: Portola Valley Marathon/Half-Marathon/9M, Corte Madera School (Alpine Rd./I-280), 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Clayton: Clayton Memorial Day Classic Half-Marathon/10K/5K, Mitchell Canyon Pk., 8 a.m. Hank Stratford, P.O. Box 30, Clayton 94517 (510/672-9200).

Santa Cruz: Memorial Day Race for Knowledge 3K/10K, Natural Bridges State Park entrance (Delaware St.), 8:30 a.m./3K, 9 a.m./10K, 10:30 a.m./Kids' Run. Tom Brekka, 101-F Frederick St., Santa Cruz 95062 (408/458-9631).

La Canada Flintridge: Fiesta Days 10K/5K & 1 Mi. Fun Run, Descanso Gardens, 7:30 a.m./1M, 8 a.m. Nancy Becker, 1930 Foothill Blvd., La Canada Flintridge 91011 (818/790-0123).

San Dimas: Los Angeles Triathlon Series (1K-40K-8K), Bonelli Park, 8:30 a.m. Tri-Events, 3222 Virginia Av., West Covina 91791 (818/331-0169).

Lakeside: Lake Jennings Waterun, 8K & 1 Mi. Fun Run, 7:30 a.m. Breaking Forty, 4060 Morena Blvd., #G355, San Diego 92117 (Mindy: 619/466-0585, x270).

June 3 (Saturday)

Gilroy: Walk for the Health of It, 10K/Run & 3M Walk, South Valley Hospital, 9 a.m./10K, 9:15 a.m. Martha Underwood, So. Valley Hospital Fdn., 9400 No Name Uno, Gilroy 95020 (408/848-8646).

Aptos: Forest of Nisene Marks Runs, Marathon/Half-Marathon/5K, Nisene Marks State Park, 8 a.m. Gary Benito, Santa Cruz Host Lions, P.O. Box 477, Santa Cruz 95061 (408/427-2524).

Sonoma: Sears Point Outdoor SportsFest, 5K/10K, Duathlons, Sears Point Raceway (Hwy 37/

121), Time TBA. Info: 707/938-8448 (x100). **Sacramento:** Tri for Fun Triathlon Series #1 (1K-5K-10K-20K), Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Av., Fair Oaks 95628 (916/965-8326).

Arcadia: American Cancer Society & Polish American Congress Making Strides Against Cancer, 5K/10K Runs, L.A. State & County Arboretum, 7 a.m. Info: 818/577-9797.

Fontana: Fontana Days Half-Marathon & 5K, City Hall (8353 Sierra Av.), 7:45 a.m. Fontana Community Services Dept., 17005 Upland Av., Fontana 92335 (909/350-6670).

Del Mar Highlands: CV 5,000, 5K/10K & Kids' Run, Town Center, 7:45 a.m. C.V. 5000, P.O. Box 2293, Del Mar 92014 (J&T Enterprises: 619/481-1607).

Las Vegas, NV: LVTC 5 Mi. Championships & 2 Mi., Silver Bowl Park, 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/540-0970).

Rosario Beach, B.C., Mexico: Festival De Primavera 5K/10K/1M, 7:45 a.m./1M, 8 a.m./5K, 8:10 a.m. Finish Line Intl., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

June 4 (Sunday)

Mill Valley: DSE Practice Dipsea, 6.8 Mi., Old Mill Park, 8 a.m. Info: 415/978-0837.

Palo Alto: Duck to Ducks 10K Run, Baylands Interpretive Center, 8:30 a.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

San Jose: Alum Rock Run, 10K, Alum Rock Park Visitors Ctr., 8:30 a.m. Gary Hafley, 460 Park Av., San Jose 95110 (408/295-0320).

Sonoma: Hit the Road Jack 2.3M/10K, Sonoma Square, 8 a.m. Boys & Girls Club, P.O. Box 1762, Sonoma 95476 (707/938-8544 or 707/935-7504).

Ukiah: Russian River Run, Half-Marathon, 8K & 2K Kids' Run, 2600 East Side Rd., 6 a.m. H-M, 8 a.m./8K, 9:30 a.m./2K. Dottie Deewester, North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/468-8024).

Reno, NV: Reno Air PA/USATF 15K Championships, Half-Marathon and 5K, Cottonwood Park, 8 a.m./15K & H-M, 8:05 a.m./5K. Bill Meister, 13235 Fellowship Way, Reno, NV 89511 (702/688-3926).

Gardena: Gardena 5,000 (5K) & Kids' 0.5M, Pacific Square, 8 a.m. Info: Brian (310/324-7085). Gardena 5000, 16820 South Western Avenue, Gardena 90247.

Grand Terrace: Grand Terrace 5K/10K, 8:30 a.m. Info: Grand Terrace Chamber of Commerce (909/783-3581).

Mission Viejo: Orange County Performing Arts Triathlon (1K-5K-10K), Playa Del Norte (North Beach) Lake Mission Viejo, 7 a.m. Info: Calif. Athletic Productions (310/433-4557).

San Diego: Rancho Bernardo 5K/10K, Rancho



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SCHEDULE

Bernardo Business Park, 7:30 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

June 10 (Saturday)

Los Altos Hills: Bay Area Corporate Relays, 5K X-C and Track & Field events, 8 a.m. Kaye Donnelly, BACAA, P.O. Box 1556, Menlo Park 94026 (415/573-4703).

Sloughhouse: Sloughhouse Cuntry Run, 5K/10K and 0.5M Kids' Run, near Sloughhouse Inn, 8 a.m./Kids, 8:30 a.m. Lou Edgar, P.O. Box 160488, Sacramento 95816 (916/424-2624).

South Lake Tahoe: Capt. Robert DeCelle II Memorial Tahoe Relay, 72 Mi. (7-person teams), 7 a.m. Robert DeCelle, P.O. Box 1606, Alameda 94501 (510/521-9626).

Long Beach: Sober, Safe & Healthy 3 Mi., Recreation Park, 8 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Palos Verdes Peninsula: Kiwanis Club of Palos Verdes Marathon & 5K (also 3-person Marathon Relay: 2x10M and 10K), Peninsula Center (Rolling Hills Estates), 7 a.m. Patricia Gill, P.O. Box 2856, Palos Verdes Estates 90274 (310/828-4123).

Las Vegas, NV: LVTC 20 x 400m (2-member relay teams), Location & Time TBA. Info: Rob Gardner (702/656-1040).

June 11 (Sunday)

San Francisco: DSE Roller Coaster Run, 3 Mi. & Kids' Run, Mountain Lake Park (12th Av. & Lake), 9 a.m./Kids, 9:30 a.m. Info: 415/978-0837.

Redwood City: Sequoia Hospital's "Run by the Bay", 10K/5K/1M, Port of Redwood City, 8:15 a.m./1M, 8:30 a.m. Judy Camerlengo, Sequoia Hospital, 170 Alameda de las Pulgas, Redwood City 94062 (415/367-5246).

Mill Valley: Dipsea Race, 7.1 Mi., Time TBA (handicap race)...send SASE (all entry forms mailed out on Apr. 1 only, fills in one week). Dipsea, P.O. Box 30, Mill Valley 94942 (415/381-DIPC).

Hayward: Garin Park Dry Creek Trail Runs, 2.1m & 8K, Garin Regional Park, 8:30 a.m./8K, 9:30 a.m. (200 Limit), Ron Mueller, 1320 Garin Av., Hayward 94544 (510/582-2206).

Pleasanton: A.C.T. II Arroyo Centennial Trails 5K/10K, S. Pleasanton Sports Park, 8 a.m./5K, 8:20 a.m. Joanie Fields, 4053 Walnut Dr., Pleasanton 94566 (510/462-4312).

Aptos: Son of Snapperhead Duathlon (3.1mR-18mB-3.1mR), Valencia Elem. School, 8:15 a.m. NorthWind Promos, P.O. Box 2451, Aptos 95001 (408/688-6072).

Modesto: Modesto Downtown Classic 8K & 1M, Courthouse lawn, 8 a.m./1M, 8:30 a.m. Barbara Miller/Heidi Ryan, 1913-B Edgebrook Dr., Modesto 95354 (209/575-4040 or 524-7110).

Trinidad: Dows Prairie Loop 10K, Clam Beach Frontage Rd., 10 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521 (Tim Martin: 707/839-3777).

San Diego: Union-Tri 10, 10K/5K, Balboa Park/10K, Horton Plaza/5K, 7:30 a.m. The Union-Tri 10, 571 S. Cedros, Suite B, Solana Beach 92075 (619/792-2900).

June 17 (Saturday)

San Francisco: Ocean Beach 5K/10K, Ocean Beach (near Great Hwy. & Sloat Blvd.), during extreme minus tide, 8:55 a.m. People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

San Jose: Fujitsu-KNTV "Run for the Kids" 8K/2M, near No. First & Rio Robles, 8:30 a.m. Jackson Ross, 3545 N. First St., San Jose 95134 (408/922-9270).

Gilroy: Run for the Diamonds 5K/10K, Gavilan College, 8:30 a.m./10K, 8:45 a.m. Dennis Castro, 7540 Santa Theresa St., Gilroy 95020 (408/847-7540).

Pleasanton: Tri For Fun #1 (400yS-12mB-3mR), Shadow Cliffs Regional Park, 7 a.m. On Your Mark, Box 2061, Arnold 95223 (209/795-7832).

Riverside: Tin Man Triathlon (75mS-10mB-5kR), Arlington H.S., Time TBA. Info: 909/7782-5407.

Las Vegas, NV: Deer Creek 9 Mi. Trail Run & Picnic, 8 a.m. Info: Mike Naylor (702/383-1276).

June 18 (Sunday)

San Francisco: DSE Polo Field 5K/10K, Golden Gate Pk. (south side of Polo Fields), 9:30 a.m. Info: 415/978-0837).

Oakland: Dick Houston Woodminster Run, 7.3 Mi., Joaquin Miller Pk. (meadow), 9 a.m. Gail Wetzork, 3452 Capella Ln., Alameda 94502 (510/522-4010).

Trinidad: Clam Beach 5K Challenge, Clam Beach Frontage Rd., 10 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521 (Karen Kelley-Day: 707/443-2652).

Camp Pendleton: "Do the Tri, Try the Du Series" (0.5mS or 2mR and 30kB-5kR), Club Del Beach, 8:30 a.m. Russ Jones, 32946 Paseo Miraflores, San Juan Capistrano 92675 (714/240-8547).

Lake Elsinore: Lake Elsinore 5K Storm Diamond Dash, Diamond Field, 8 a.m. Info: Kathy Loper Events (619/298-7400).

San Diego: Sri Chinmoy Pacific Beach Swim/Run (0.5mS-5mR), Pacific Beach (Crystal Pier), 7:30 a.m. Info: SCMT (619/282-4116).

June 22 (Thursday)

Los Angeles: Union Bank Heart of the City 5K Run & Dine-A-Thon, Union Bank, 7 p.m. Karen Williams, Union Bank, 445 So. Figueroa St., Los Angeles 90071 (213/236-5710).

June 24 (Saturday)

Stinson Beach: DSE Double Dipsea, 13.7 Mi., 9 a.m. (pre-reg. encouraged). Info: 415/978-0837.

Los Gatos: Skyland Mountain Run, 10K/5K, Radonich Farms (Highland Way), 8:30 a.m. Karen Izzo, 25059 Skyland Rd., Los Gatos 95030 (408/353-5945).

Arnold: Two Rivers Trail Run, 7.9M/3.1M, Cedar Center (Hwy 4), 10 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Squaw Valley: Western States 100 Mile Endu-

rance Run (entries closed), 5 a.m. Helen & Norm Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916/638-1161).

Playa Del Rey: Rainbow Workers Unit 5K/10K, 8 a.m. Info: W2 Promotions (310/828-4123).

June 25 (Sunday)

Oakland: LMJS Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse: 14th St. & Lakeside Dr.), 9 a.m. Info: 510/601-7887.

San Jose: MORE Clinic Fun Run, 5K/10K, The Alameda & Idaho St., 9:20 a.m. Mike Ehrlich, 335 Elan Village Ln., #102, San Jose 95134 (408/248-6886).

San Jose: San Jose International Triathlon (1.5kS-40kB-10kR), Lake Cunningham Regional Park, 8 a.m. Info: J&A Productions (408/866-8848).

Aptos: Hammerhead Triathlon (1.2mS-50mB-10mR) & Hammerhead Lite (0.5mS-12mB-3mR), Rio Del Mar Beach, 7:30 a.m. NorthWind Promos, P.O. Box 2451, Aptos 95001 (408/688-6072).

Sonoma: Class 5 Fitness Mother Load Mile & Couples' Relay, Old Town Mall, 7:30 a.m. (many divisions). Info: Mike Sullivan (209/532-1910).

Newport Beach: Newport 5000 (5K) & Kids' 1 Mi., Jamboree & Birch, 8 a.m. Info: Bill Sumner (714/854-3266).

Lomita: Lomita/Jim Thorpe 5K, 8 a.m. City of Lomita, 24300 Narbonne, Lomita 90717 (310/325-7110).

San Diego: San Diego International Triathlon (0.5kS-20kB-6kR or 1kS-30kR-10kR), Spanish Landing Park, 7 a.m. San Diego Int'l. Triathlon, 3350 E St., San Diego 92102 (619/627-9111).

LOOKING AHEAD

(Marathons, Ultras, Relays, Important Dates, Major Events, etc.)

July 9 (Sunday)

San Francisco: City of San Francisco Marathon & 5K, Golden Gate Bridge, 7:30 a.m. S.F. Marathon, P.O. Box 77148, San Francisco 94107 (415/391-2123).

July 14 (Friday)

Mt. Rainier, WA: Mt. Rainier to the Pacific Relay, 12-persons (180 Mi.), Longmire Campground, 2 p.m. (wave starts thru 6 p.m.) (350 team limit). Mt. Rainier to Pacific Relay, P.O. Box 17086, Seattle, WA 98107 (206/782-6547).

July 23 (Sunday)

Santa Cruz: Wharf to Wharf 6 Mi., Santa Cruz Wharf to Capitola Wharf, 8:30 a.m. (13,000 Limit). Kirby Nicol, P.O. Box 307, Capitola 95010 (408/475-2196).

SoCAL DIARY

By Bill Minarik

AS TRACK SEASON APPROACHES, more and more coaches are of the opinion that the sport is dying in Southern California. Some of the high schools which used to be the powerhouses of T&F activity now struggle to cover all of the dual meet events. Many community colleges which used to charter a bus for dual and tri-meets now can get by with a van. Cal State Northridge wasn't even sure it was going to have a men's program until the University President relented. Where once there were four indoor meets, only the Sunkist Meet survives.

A discussion with a number of local coaches seems to generate consensus about the cause. It seems that all of the non-spring sports in which tracksters traditionally participated have become all-year-around programs. The coaches of these other sports have discouraged potential track athletes from competing in track by implying their positions on the team will be given to someone else and they will be forced to win back the spot. The only athletes unaffected are cross country runners. The only solution I can see is having the school athletic directors getting involved and making sure that all of the coaches work together for a quality *overall* athletic program.

February 13

SoCal's lone indoor meet, the Sunkist Invitational, gave 11,841 track fans a chance to see local star Jackie Joyner-Kersey back up her American record in the 50 meter hurdles, which she had set the previous night in Reno. While her winning time of 6.82 was shy of her record 6.67, it was still faster than the old record of 6.84. The fans did, however, get to see an American record thanks to Melissa Price of Kingsburg High, who upped her own AR in the pole vault from 12-1 1/2 to 12-2. The pole vault, by the way, will be a scoring event for girls at this year's State high school meet.

Outdoor track also got a start over the weekend at the Cal Tech Invitational. With nine teams competing, the Moorpark CC men won out over runner-up Claremont-Mudd 167-130. However, the Claremont women were victorious over Moorpark 139-108.

February 20

There wasn't much track activity last weekend, but what there was, was located in Long Beach at the Long Beach Relays. Most impressive athletes there were Ramona Pagel 60-8 3/4 and Amy Acuff 6-1 1/2 who appeared to be on track for '96 in Atlanta. Also, community college teams from El Camino and Cerritos appeared to be potential big point-getters in the SoCal championships.

In a Community College tri-meet, the Moorpark men and women ran past Bakersfield and Santa Barbara while down at Glendale, the Ventura men outran the Glendale and Canyon men 105-70-6 while the Glendale women were 75-58-18 winners over Ventura and Canyons.

In an indoor meet at Pocatello, ID, Mike Granville set a national junior class record of 1:50.8 in the 800. Also the boys from Muir High and the girls from Long Beach Poly and Long Beach Wilson really ran up a storm in the individual as well as relay events.

February 27

At the NAIA Indoor Nationals, the track strength of Lubbock Christian was finally able to overcome the field event muscle of Azusa Pacific to defeat APU 18-97 in the men's competition. The APU women were able to take third with 51 points behind Southern New Orleans with 90.

At the WAC Indoor Championships, Fresno State made a very good showing taking fourth in the men's division with 104 points behind BYU's winning total of 129. The Bulldog women were even bet-

ter with 124 points for second behind BYU.

In a quad meet at CPSLO, the home team was victorious in both sections by scores of 201-158-136-135 over the men of UCSB, CS Fullerton and CS Bakersfield, and 197-172-126-54 ahead of the women from CSB, UCSB and CSF. At the Cal Tech Invitational II, the Claremont-Mudd men destroyed the field and runner-up Cal Tech 240-76, while the women of Westmont eased past CM 103-88.

At the community college level, Moorpark continues to be the team to beat in the Western States Conference as the Raider men and women rolled past Ventura, West LA and LA Valley 99-76-10-0 and 89-42-22-13. At Santa Barbara, Santa Barbara CC's men were victorious over Glendale and Cuesta 75-57-51, while the Cuesta women prevailed over Glendale and SBCC 72-62-16.

March 6

UCLA opened their outdoor season on a high note even though many of their top athletes were being held out for the indoor nationals. The men topped Long Beach State, CS Los Angeles and UC Santa Barbara 82-42-38-36. The Lady Bruins eased by CSLA, UCSB and Long Beach State by a 80-37-20-19 count. Top Bruin performers were Suzy Powell with a 182-10/169-1 double, Amy Acuff over the bar at 6-2 3/4, and Karen Hecox at 2:08.6.

Over at USC, the Ron Alice era opened on a winning note as the Trojan men topped UC Irvine, CS Northridge and CS Fullerton by dual meet scores of 103-33, 98-55 and 97-38. The women of Troy also prevailed over UCI and CSN by counts of 99-31 and 92-46. Top Trojan performers were Balasz Kiss in the hammer at 238-4 and a 13.75-51.79 hurdle double by sophomore Kehinde Alade'fa.

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THE ATHLETE'S KITCHEN

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

Magic Bullets

If running faster, jumping higher and getting stronger could be achieved with taking a magic pill, wouldn't athletes be happy? No more hours of endless training and thoughtful eating. Rather, you could simply pop a pill or drink a potion to achieve your goals. Perhaps unrealistic, unethical or illegal—but eager athletes yearn for success.

In the quest for "magic bullets," exercise scientists and athletes alike are searching for ways to enhance performance. The strategies include 1) **providing supplemental fuel to the muscles** (carbo-loading, fat-burning, 2) **enhancing the metabolic processes that generate energy** (vitamins, minerals, carnitine, creatine), 3) **reducing fatigue of the brain and the nervous system** (caffeine, serotonin, branch-chain amino acids), 4) **building stronger muscles** (protein, amino acids) and 5) **preventing dehydration** (water, sport drinks). You have undoubtedly seen these ergogenic tactics advertised in sports magazines. Are the claims legitimate?

Sometimes yes, sometimes no.

To clarify, some of the current controversies that surround ergogenic aids. The Gatorade Sports Science Institute brought together respected researchers to present their knowledge at a Nutritional Ergogenics Aid Conference (Chicago, November 1994). The following briefly summarizes some of the presented information.

Is fat loading the next magic bullet?

No. Although the hypothesis is intriguing that "fat loading" can improve endurance performance by increasing the use of the relatively unlimited fat stores for fuel and decreasing the reliance upon the limited carbohydrate (glycogen) stores, there is insufficient evidence to support this notion. With hard training, your muscles can adapt to greater fat-burning. But excess fat does not enhance endurance. At best, trained muscles can utilize only 8-12% of the fats that pass through the muscle. Scientific evidence still says that exhaustion relates to carbohydrate depletion—despite what ads for "fat burning" foods and pills suggest.

Can extra branch-chain amino acids such as valine, leucine and isoleucine prevent the mental fatigue that is associated with exhaustion?

Fatigue is associated with biochemical changes that occur in the brain as well as in the mus-

cles. For example, exhausted athletes have a high level of brain serotonin. This substance increases when blood levels of the serotonin precursor tryptophan are higher than the branch chain amino acids (BCAAs). Will BCAA supplements correct this problem? Doubtful.

Low doses of BCAA supplements tend to have little effect upon brain serotonin; large doses are unpalatable, can contribute to dehydration, and may create a toxic reaction. The better way to reduce mental fatigue is to simply consume adequate carbohydrates during endurance exercise. These carbs (from sports drinks or solid foods) reduce the amount of tryptophan in the blood, consequently reduce brain serotonin levels, and fight fatigue.

Will extra protein enhance performance by building stronger muscles?

No. Although athletes do have slightly higher protein requirements than the average sedentary person, both strength and endurance athletes who eat a proper sports diet can easily get the recommended 0.5 to 0.8 grams protein per pound of body weight (75 to 120 gms protein/150 lb athlete—the amount of peanut butter on a sandwich, a can of tuna and two cups yogurt). Claims that extra protein will enhance performance are unsubstantiated. Nothing can replace consistent strength training.

Will creatine enhance performance in oarsmen, hockey players, 100 meter sprinters and other athletes who do short bursts of high intensity exercise?

Perhaps. Creatine is a naturally occurring compound found in meat and fish. (Vegetarians tend to have lower creatine levels than meat-eaters.) Creatine is also available in powder and pills. Creatine phosphate is used by the muscles to generate energy for 1-10 seconds of intense work. Prior to exercise, 5 grams creatine (dissolved in 8 oz. water) taken in the morning, at noon, afternoon and evening for 5 days increases muscle creatine. This allows muscles to perform better during brief all-out exercise bouts.

Creatine is not a drug, so it is unlikely to become a banned substance. The questions remain: Is extra creatine any more devious than extra carbohydrates? Do creatine supplements contradict the spirit of "fair play" in sports?

Can athletes who do short-term, intense exercise enhance endurance by buffering lactic acid?

Yes. The metabolic acids generated during intense exercise hinder muscular function. Bicarbonate (as in baking soda) taken at 0.15 gms/lb body weight one to two hours before the exercise task buffers the acids and can enhance performance during an event that lasts 1 to 7 minutes (1500 m running, 400 m swimming, rowing events). Caution: athletes who "soda load" commonly experience intestinal distress. If you are tempted to use buffers, you should not only weigh the ethics of this practice, but also determine during training if you can tolerate the buffer without side-effects that hurt performance. Also note that some athletes respond better than others.

What's the best way to delay fatigue and enhance performance?

Without question, preventing dehydration and maintaining normal blood sugar via adequate fluids and carbohydrates is the best investment in top performance. This means being well hydrated and well fueled (3-5 grams carbs/lb body weight/day) every day so you can train at your best; pre-event, drinking extra fluids until your urine is clear; during exercise that lasts longer than 60-90 minutes, consuming adequate carbohydrates (120-200 calories/hour) and fluids; afterwards, recovering with about 200 calories of carbohydrates per hour x 5 hours. Not magic or mystical, but food does work—and it is ethical!



Nancy Clark, MS, RD, nutrition counselor at Boston-area's SportsMedicine Brookline, is author of Nancy Clark's Sports Nutrition Guidebook (\$18) and the New York City Marathon Cookbook (\$23). To read how to eat for greater energy and top performance, send check payable to Sports Nutrition Services to 830 Boylston St., Brookline, MA 02167.

THE HEART WAY

By Ellen E. Sampson

Five Steps to Self-Test Max HR

Because the accurate assessment of your maximum heart rate (Max HR) is critical to the development of any heart training program, most coaches and trainers advocate verifying an "estimated" Max HR with an actual performance test. The test can be conducted by a physician or other health professional in a laboratory setting or self-administered.

Sally Edwards, author of the *Heart Rate Monitor Book*, recently developed the following Max HR self-test which requires only two to four minutes of hard effort. It is designed for fit runners only and she recommends that individuals talk with their own personal physician to determine whether a self-administered test is medically appropriate.

For the test, you will need a track, a heart rate monitor and a partner who can run with you, give HR readings and set a hard pace. The runner being tested wears the chest transmitter belt and the partner wears the wrist receiver.

Step 1: Start the test with an easy warmup of at least five minutes. You want to get your heart working to about 60 percent of your age-estimated Max HR.

Step 2: After warming up (and without stopping), gradually accelerate so your HR climbs about five beats every 15 seconds. Your goal is to reach Max HR between two and four minutes.

Step 3: At 15-second intervals, the partner calls out HR and elapsed time such as "One minute, 155." The partner should also offer on-going encouragement to push harder.

Within a two-to-four-minute window, if the partner sets the pace correctly, your HR will cease to climb even with increased effort and pace. You should be running extremely fast, breathing rapidly

and hard and starting to lose form.

Step 4: During the final 30 seconds of the test, the partner should keep stating HR over and over. Eventually, the same number will be repeated because your heart can only beat so fast or "max out." At that point, you've reached your max and the partner should end the test.

Step 5: Warm down to a slow walk to recover.

Having determined an accurate Max HR, you are now ready to calculate the heart training zones which meet your current level of fitness and goals. The different zones for zone training will be covered in the next column.

Ellen Sampson and Sally Edwards publish The Fitness Monitor, a bi-monthly newsletter for heart rate monitor users. For more information call, write or FAX: TFM, 2636 Fulton Avenue, Sacramento, CA 95821 (916) 451-7043. Mention this publication in your request.

Q.

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HEART RATE MONITOR newsletter

Published in association with Trinity Fitness Company

Nike/Cal Poly Track & Field Invitational

March 18. San Luis Obispo, CA.

This year's meet focused more on college competition than on the world class athletes of the past few years, as schools represented included Ohio State, Iowa, Cal State Bakersfield, USC, Stanford, Riverside CC, Sacramento State, Nevada-Las Vegas, Cal Poly SLO and Fresno State along with athletes from Reebok, the Santa Monica Track Club, Mountain West, South Bay TC and The Farm Team. There were 16 individual running events, 8 relays and 17 field events, making up a full six-hour program.

The top performances on the track came from former California prep 800 meter standouts Brian Wilkinson and Nicole Teter. Wilkinson, now at Hartnell JC, led from the gun to win in 1:49.30, while Teter led from the beginning of the women's race to take first by five seconds in 2:03.81. This broke the meet and stadium record of 2:04.10 set last year by Meredith Rainey. Cal Poly took the distance medley and 3200 meter relays on strong performances from Villanova transfer and former Fillmore HS standout Nikki Shaw.

Outstanding performances in the field were by discus throwers Melissa Weiss of the Goldwin TC and Cal Poly's Erica Ahmann. Weiss, another former California prep star, hit 187-8, 15 inches off Pam Dukes' meet mark, while Ahmann's throw of 176-1 was a new school record and a Division I qualifying mark, the first for Cal Poly in its initial Division I season.

--From Stan Rosenfield

RESULTS--MEN

400m Hurdles (1): 1. K. Aladeta (USC) 51.6, 2. Marcus Carter (USC) 52.9, 3. Mark McKinney (un) 53.3.



NIKKI SHAW

Photo by Elaine Rosenfield



NICOLE TETER

Photo by Elaine Rosenfield



BRIAN WILKINSON

Photo by Elaine Rosenfield

(2): 1. Olivier Boissy (Riv CC) 54.43, 2. Reuben Parish (Fresno St) 54.71, 3. Matthew Halley (Riv C) 55.71.

Distance Medley: 1. Fresno State 10:07.14, 2. CS Sacramento 10:09.78, 3. Cal Poly SLO 10:19.71.

110m Hurdles (1): 1. Rich Benoy (Club Springco) 13.78 w+1.80, 2. Robert Foster (Fresno St TC) 14:02, 3. K. Aladeta (USC) 14.20. **(2):** 1. Ben Kearse (un) 14.78 w+2.80, 2. Jonathan Tullet (U of Iowa) 14.96, 3. Olivier Boissy (Riv CC) 15.13. **(3):** 1. David Ashford (Dana Pt. Health Club) 14.20 w+3.00, 2. Ron Hatter (Ohio St U) 14.66, 3. Reuben Parish (Fresno St) 14.77.

3000m Steeplechase: 1. Dan Berkeland (CPSLO) 9:17.44, 2. Joey Tavernier (CPSLO) 9:30.52, 3. Patrick Garrity (un) 9:39.20.

100m (1): 1. Larry King (un) 10.41 w+2.00, 2. Anthony Barnes (Fresno St TC) 10.45, 3. Brent Perryman (Ohio St U) 10.51. **(2):** 1. George Page (U of Iowa) 10.52 w+2.10, 2. Chris Keane (Riv Cc) 10.66, 3. Anthony Volson (USC) 10.82. **(3):** 1. Anthony Bookman (Stanford) 10.63 w+1.80, 2. Ryan McGinnis (Hartnell) 10.68, 3. Charlton Jordan (Fresno St) 10.70. **(4):** 1. Etroy Nelson (Fresno St) 10.68 w+2.80, 2. Edward

Rozell (U of Iowa) 10.71, 3. Branyon Davis (Stanford) 10.76.

4x100m Relay (1): 1. Univ. of Southern California 40.28, 2. Remi's Track Club 40.32, 3. Univ. of Iowa 40.60. **(2):** 1. Stanford 41.37, 2. CS Bakersfield 41.53, 3. Fresno State 42.17.

1500m (1): 1. Daniel Held (un) 3:48.60, 2. Abderrazak Merchoud (Riv CC) 3:50.11, 3. Robert Gary (Ohio St U) 3:50.43. **(2):** 1. Fred Carter (Farm Team) 4:00.44, 2. Jared Pittman (U of Iowa) 4:01.99, 3. Fernando Mendoza (Fresno St) 4:03.34.

400m (1): 1. Bryan Krill (USC) 46.70, 2. Russell Hester (un) 46.77, 3. Pedro Rodrigues (USC) 47.57. **(2):** 1. Aaron Samansky (Fresno St) 48.82, 2. Dant Kusleika (Fresno St TC) 48.90, 3. Al Washington (Hawaii Elite) 49.38.

4x800m Relay: 1. Santa Monica Track Club 7:26.97, 2. Cal Poly SLO 7:42.59, 3. University of Iowa 7:44.68.

5000m: 1. Jim Sorensen (Brooks) 14:15.58, 2. Rey Flores (Farm Team) 14:27.05, 3. Stephen Agar (Dominica) 14:30.74, 4. Ian Alsen (South Bay TC)

continued next page.

MEET SPOTLIGHT

14:39.70, 5. Dan Zoldak (Fresno St) 15:03.93.

4x400m Relay (1): 1. Univ. of Iowa 3:08.68, 2. USC 3:09.30, 3. CS Bakersfield 3:16.79. **(2):** 1. Fresno State 3:20.96, 2. CPSLO 3:21.06, 3. Fresno State 3:33.57.

800m: 1. Brian Wilkinson (Hartnell) 1:49.30, 2. Christian Cushing-Murray (SMTC) 1:50.80, 3. Roger Chagnon (Brooks) 1:51.24, 4. Sean Kelly (SMTC) 1:51.86, 5. Winston Tidwell (Ohio St U) 1:51.90.

Hammer: 1. Monte Wilson (un) 197-4, 2. Toby Norwood (Stanford) 194-10, 3. Kevin Eubanks (un) 168-11.

Pole Vault (1-under 15-6): 2. Phil Wagner (Fresno St) 14-0, 3. Mike Tumbiolo (Hancock), 4. Jason Phillips (CS Sacto) 13-0. **(2-over 15-6):** 1. Bret Whitford (CPSLO) 17-0, 2. Steve Keating (un) 16-6, 3. Ed Lasquette 16-0.

Discus: 1. Rod Chronister (un) 169-3, 2. Matt Godbehere (CS Bkfld) 162-07, 3. Jason Dossey (Fresno St) 156-10.

Long Jump: 1. Anthony Maybank (un) 25-00 w+3.50, 2. Libby Tracy (un) 24-3 w+2.50, 3. Hoggatt (Fresno St) 24-00.25 w+4.00.

Javelin: 1. Dallas Richey (Fresno St) 195-9, 2. John Roldan (Stanford) 182-0, 3. Crass (Fresno St) 177-01.

Shot Put: 1. Billy McDanell (un) 56-05.25, 2. Rod Chronister (un) 55-11.75, 3. Matt Godbehere 55-03.5.

High Jump: 1. Otis Winston (Ohio St U) 6-10.75, 2. Adolfo Lopez (CS Sacto) 6-08.75, 3. Erik Nyberg (Fresno St) 6-06.75.

Triple Jump: 1. Derrick Mitchell (Fresno St) 51-01.75

w+2.50, 2. Robert House (Fresno St) 49-01.75 w+2.40, 3. Brian Manning (Stanford) 48-11.0 w+1.90.

RESULTS-WOMEN

100m (1): 1. Tamatha Cox (CPSLO) 11.76 w+1.90, 2. Charmaine Burton (Riv CC) 11.80, 3. Kiesha Criswell (Fresno St) 11.85. **(2):** 1. Reyna Hill (Fresno St) 12.15 w+2.60, 2. Tamara Archibald (UNLV) 12.58, 3. Candyce Flemister (Riv CC) 12.59.

5000m: 1. Amy Grafius (Fresno St) 17:59, 2. Liz Leigh-Wood (Fresno St) 18:37.4, 3. Janet Norem (SLDC) 18:52.3, 4. Veronica Barajas (Fresno St) 19:04.04, 5. Shannon Battles (un) 19:30.8.

400m Hurdles: 1. Allison Puolin (un) 59.32, 2. Angela Harris (un) 1:00.62, 3. Christy Boyd (Stanford) 1:02.56.

Distance Medley: 1. CPSLO 12:08.48, 2. USC 12:15.37, 3. Fresno State 12:19.12.

100m Hurdles (1): 1. Ronda Colvin (US Army) 13.32 w+4.00, 2. Monica Missick (Fresno St TC) 13.38, 3. Samone Cole (Fresno St) 13.90. **(2):** 1. Allison Puolin (un) 14.27 w+2.30, 2. Lisa Collett (un) 14.36, 3. Bernadette Armano (Stanford) 14.44. **(3):** 1. Kerri Gabrielson (CPSLO) 15.34 w+3.70, 2. Rachel Hudson (Fresno St) 15.40, 3. Diane Korbel (CPSLO) 15.71.

400m (1): 1. Cheryl Allen (un) 55.24, 2. Latima Jones (USC) 55.29, 3. Janice Nichols (CS Bkfld) 56.72. **(2):** 1. Kelly Griffin (West LA College) 55.05, 2. Barbara Jones (CPSLO) 58.21, 3. Kim Harris (Fresno St) 59.41.

4x100m Relay: 1. Fresno State 46.29, 2. Fresno State TC 46.72, 3. USC 47.16.

1500m (1): 1. Jennifer Draughon (Mtn West TC)

4:28.59, 2. Stephanie Best (Mtn West) 4:32.91, 3. Anne Burris (Fresno St) 4:36.04. **(2):** 1. Irene Orozco (Fresno St) 4:56.59, 2. Stephanie Artis (CS Sacto) 4:59.24, 3. Liz Leigh-Wood (Fresno St) 5:05.61.

4x800m Relay: 1. CPSLO 9:22.80, 2. USC 9:31.15, 3. Fresno State 10:04.03.

3000m: 1. Shannon Harris (Reebok) 9:52.27, 2. Monica Townsend (Reebok) 9:58.68, 3. Anne Burris (Fresno St) 10:07.90, 4. Michelle Deasy (Farm Team) 10:08.94, 5. Danielle Nelson (Fresno St) 10:22.83.

4x400m Relay: 1. Unattached 3:43.75, 2. Fresno State TC 3:49.21, 3. Fresno State 3:50.41.

Javelin: 1. Lelica Zazaboi (Fresno St) 137-9, 2. Erika Spence (Fresno St) 137-6, 3. Allison Eilerts (CPSLO) 128-6.

Shot Put: 1. Ericka Goines (Ohio St U) 50-01.75, 2. Gina Heads (Stanford) 45-03.75, 3. Erica Ahmon (CPSLO) 44-08.25.

High Jump: 1. Clare Look-Jaeger (Nike West) 5-11.5, 2. JC Barr (Sacto TC) 5-11.5, 3. Lisa Coleman (Nike West) 5-07.75.

Long Jump: 1. Trishua Jackson (Fresno St TC) 19-05.75 w+3.30, 2. Tameika Porter (Ohio St U) 19-03.5 w+2.60, 3. Felicia Brown (Fresno St) 19-03 w+3.70.

Discus: 1. Melissa Weiss (Goldwin TC) 187-08, 2. Erica Ahmon (CPSLO) 176-01, 3. Staci Darden (Fresno St) 158-09.

Triple Jump: 1. Telisa Young (un) 42-01.25 w+2.40, 2. Karen Smith (un) 42-00.5 w+3.10, 3. Tameika Porter (Ohio St U) 40-09.75 w+2.90.

800m: 1. Nicole Teter (un) 2:03.81, 2. Renee Manfredi (Sacto TC) 2:08.39, 3. Jean Fletcher (UNLV) 2:09.38.

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TECHNIQUE & TRAINING

By Jim Hunt

Bettering Your Aerobic Fitness

If you are beginning a running program, recovering from an injury or starting over after an extended layoff, you should follow a progression of physiological learning, starting with how to run correctly.

Every cell of your body that is involved with running is a muscle cell. Every muscle cell maintains its own strength status and its own particular contractile patterns. Every movement that our body parts make influences these two elements. Forward movement is a result of our brain telling our legs and feet when and how to move and the muscles in those areas trying to respond to that stimuli. Forward move-

weight while landing on the next foot.

Muscular action for forward movement causes the heart to accelerate its beating action in order to meet the demand for oxygen in the working muscles.

There is a constant adjustment taking place between the muscle's demands and the heart's ability to produce, which results in increased muscle cell strength and contractility.

The first step in a running program is learning how the body can best produce forward movement. Running is not a natural body movement. Babies learn to practice forward movement by working their arms and legs in a crawling action. When the baby is strong enough to sup-

walk correctly, it is easy to learn to run correctly. Developing a rhythmic action of all body parts results in economical use of energy.

The basic principles of walking are as follows:

- 1) Stand in a tall, relaxed position.
- 2) Lean forward from the ankles until the weight is on the balls of the feet (body is like a pencil balanced on its point).
- 3) Lift the heel, then push against the ground with the flexible part of the foot using a backward pawing action of one foot and then the other.
- 4) Roll each ankle and knee over the other with quick foot action, keeping one foot in contact with the ground at all times.
- 5) Keep the upper body relaxed.
- 6) The arms are bent at the elbow with the hands held in a loosely closed position.
- 7) The arms move back and forward in a short quick action in direct opposition to the feet.
- 8) The lower arms and hands must be kept relaxed and allowed to slightly shorten the lever action at the top and slightly lengthen at the bottom.

These same principles of mechanics apply to running. The difference between walking and running is that in running a quicker impulse against the ground results in a forward movement that does not allow continuous foot contact with the ground. Each step taken while running results in the body being airborne for a period of time. During this air time, the body's forward velocity decelerate until the next push-off can take place. Getting the feet on and off the

continued next page

"The first step in a running program is learning how the body can best produce forward movement. Running is not a natural body movement."

ment, as in walking or running, is a result of the leg levers positioning the feet so that each foot lever pushes against the ground.

A runner has to deal with two basic physiological happenings: 1) Provide the muscular actions for the push-off, 2) Absorbing the shock of the body's

port an upright position, a forward movement is made through walking and finally running.

Running is complicated due to the necessary synchronization of upper and lower body movement which involves actions and reactions and rotation of body parts. If a person first learns to

TECHNIQUE & TRAINING

ground as quickly as possible will result in better running economy. Each push-off should cause the knees to immediately go forward bringing the foot with it. The shorter the angle between the upper and lower leg, the quicker the foot can be brought back in contact with the ground.

SCOUT'S HONOR

The old Boy Scout pace of walk awhile, then run awhile, has a sound physiological basis. The run part activates the working muscles and circulatory system. The walk part allows the working muscles a chance to recover and prepare for the next run. The run part will be faster than it would be if you were running a steady pace. This will help you improve your V02 Max more quickly and stimulate your metabolism to use more calories per minute and enhance post-exercise thermogenesis (increased burning of calories).

By walking for 30 seconds then running for 30 seconds, a reasonably healthy person can begin to progress toward aerobic fitness. Depending on your personal fitness level, you can start your program with 10 to 30 minutes per day total exercise time. Begin with 3 days per week and increase to 5 days


over a time period of 30 days.

During each work session concentrate on each foot striking the ground as far back under the center of mass as possible, making the initial contact on the flexible part of the foot. A good way to develop running rhythm is to count turnovers. During the 30 seconds of walking, strive for 39 turnovers and 48 (1.6 per second) during the 30 seconds of running. When this running rhythm is automatic, you won't need to time your segments, just count.

You are ready to extend the exercise time. At this point, you can add some steady state 400 meter reps to your routine. At the end of your 30 minutes of exercise, walk for two minutes, then run 400 meters at the highest pain level that you can tolerate and still complete the 400 meter distance. Time your effort and note your heart rate. Your heart rate at the end of the 400 meters will give you a good reference-point as to your maximum heart rate.

By using a heart monitor you no longer need to stay with a set time of walking and running. When your running segment reaches 90 percent of MHR hold that pace for two minutes, then walk until your HR lowers to 60 percent of MHR. Whether or not you use a heart rate

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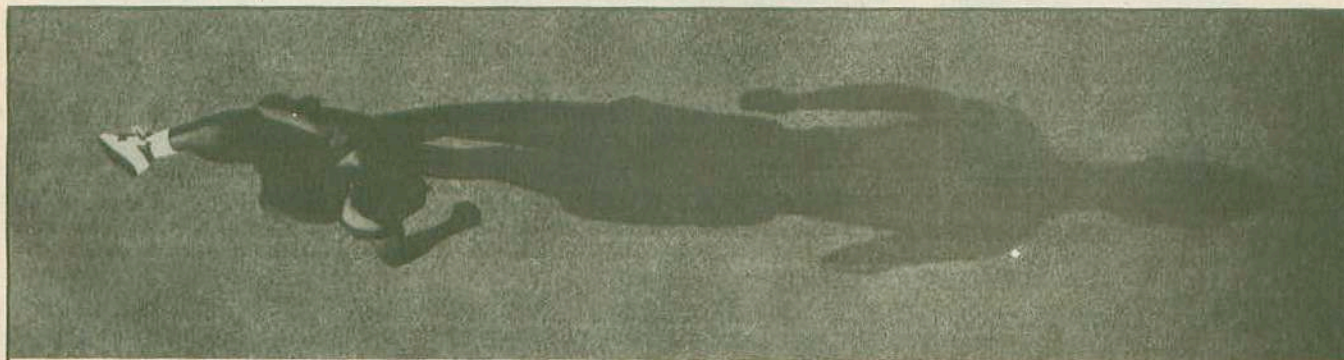


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monitor, continue to gradually increase the length of the total workout time and also the length of the run segment. You should never suffer from undue self-inflicted pain. Time has to pass as well as consistent work in order to safely increase your fitness level.

Jim Hunt is the International Director for Distance Running & Walking for Special Olympics International, as well as active coaching at the junior college level. Jim's coaching career included 21 years at Humboldt State University where his teams regularly finished in the top 10 at the NCAA level and produced 64 All-Americans. His 1980 team won the NCAA Nationals in cross country.



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Teaching Progressions for Beginning Shot Put

PART I

By Don Babbitt, Assistant Coach
Men's & Women's Track & Field and Cross Country
Cal State University Los Angeles

This article will be presenting step-by-step teaching progressions that can be used to lead the beginning thrower through the various aspects of shot put technique. These progressions cover all aspects of the shot put from how to hold the shot to a full throw using the rotational or glide technique. Teaching progressions can be an effective way to introduce a highly technical event such as the shot put, which demands coordination of the legs, trunk, and arms in order to have a successful performance. It is important that each step of a teaching progression focuses on a *single* aspect of technique and that only *one* new technical element

is introduced with each successive step. By teaching the shot put in such a progressive manner, the beginning shot putter is allowed to learn one step at a time and will not be overloaded by having to concentrate on many things at once.

All descriptions for this article will be for the right-handed thrower.



Don Babbitt

HOW TO HOLD THE SHOT

When introducing the shot put to the beginner, they should be told to balance the shot in their hand so it is resting at the point where the fingers are connected to the palm of the hand. Many beginners will tend to wrap their fingers around the shot and grab on to it like holding a softball. Throwers should also be instructed to keep their fingers together and allow their thumb to gently rest against the side of the shot that opposes the other four fingers. Once the proper grip has been established, the thrower can now learn how to place the shot in a position to be thrown.

The shot should be placed underneath the jaw roughly one inch in front of the ear. The hand should be pressing the shot against the neck to support it in this position. It is very important that the throwing hand be *behind* the shot and not underneath it. By having the throwing hand behind the shot, it will allow the thrower to release the implement away from the chest in the same manner one would push a weighted bar away from the chest while bench pressing. Again, many beginners will tend to put their throwing hand *underneath* the shot in an effort to support and control it. This should be discouraged, for it will cause the thrower to push the shot in an upwards manner upon release, causing the release angle to be too high, or it will

cause the thrower to "drop" their elbow upon release resulting in a great loss of power.

FIVE STEP PROGRESSION

Once the beginning shot putter is able to demonstrate that they can hold the shot properly they can begin a five step progression that will teach them the basic elements of the throw in a step-by-step fashion. The final step of this progression will have the beginner throwing from a *standthrow* position, which can be used as a technique for competition.

STEP ONE

The **first** step has the thrower standing in the shot ring with their whole body facing the throwing sector and their toes will be touching the inside of the toe-board. The shot will be positioned under the jaw as described earlier with the intent to throw straight away from the chest. From this position, the thrower will push the shot away from the chest using only the throwing arm. This first step will **isolate the throwing action of the arm** so that the proper mechanics of this motion can be emphasized. The coach should be careful to note that the thrower is keeping the upper arm behind the forearm as they push on the shot and that the arm is at roughly a 90-degree angle upon release. The

continued next page...

thrower should also be releasing the shot off the end of the middle three fingers so the shot will snap off the throwing hand. A proper release will cause the shot to spin very little and it is not desirable to have a lot of rotation on the shot upon release. Once these steps have been mastered the thrower can advance to the second step of the progression.

STEP TWO

The **second** step will have the thrower start from the same position as in step one, but with one modification. This will be to have the thrower rotate the trunk 90 degrees so that their chest is facing the side of the shot ring. From this position, the thrower will rotate their trunk back to the original starting position to give a little momentum to the shot before they begin the throw with their arm. This step **isolates the trunk rotation and the throwing action of the arm** so that the proper mechanics of these two actions can be emphasized. The proper execution of this drill will see the thrower coordinating the movements of the trunk and arm to realize at least a five foot gain in distance from the first step in this teaching progression.

STEP THREE

The **third** step of this progression will have the thrower starting from the same position as in step two, but with one modification. This will be to have the thrower bend their legs into a quarter squat position while putting all their weight on the balls of both feet. From this position, the thrower will initiate the throw in the same manner as in step two while they extend their legs up out of the quarter squat position. This step **introduces the action of the legs into the throw** while also coordinating the extension of the legs with the trunk rotation and throwing action of the arm. Once again, the proper coordination of the legs, trunk and arm should cause another five foot increase in distance from the technique used in step two.

STEP FOUR

The **fourth** step has the thrower performing the exact same movements as in step three except that this step is performed at near maximal effort. The coach may allow the athlete to explode out of the starting position to such an extent that they "blow out" of the shot ring. This may be allowed to teach the athlete to be aggressive in throwing the implement. Step four will be the first time that the beginning thrower will be **focusing more on the quickness of execution and the explosive elements of shot putting**. Up until this point, the first three steps focused on the coordination of body segments and proper throwing positions.

It is crucial for the coach, at this point, to make sure that the thrower is executing all elements of the throwing technique correctly for each step of this progression builds on the previous step(s).

STEP FIVE

The **final** step of this five step progression will lead the thrower into what is called the **standthrow**. To introduce the standthrow to the beginning thrower, the coach should start their athlete in the same position that they started for step one. From this position, the thrower should step back in toward the center of the ring with their right foot to make a "base" with their feet that is a little wider than shoulder width. It should be noted that the width of this base may vary depending on the dimensions of the thrower and what feels comfortable to them, so there is no steadfast rule as to exactly how wide the feet should be apart. The thrower's feet should also exhibit what is known as heel-toe alignment meaning that the right heel should be lined up with the left toe along the line that extends down the center of the ring from front to back. This alignment is critical for it allows the hips to "square up" when the shot is thrown and allows full trunk rotation for maximal involvement of the back and leg muscles.

After the thrower has established a

base with their feet, they should bend their right knee and allow almost all of their weight to be balanced over the ball of the right foot. One way to check and see if the weight is over the right foot is to have the thrower lift their left leg completely off the ground and balance themselves on the ball of the right foot. Once this has been established, the thrower should turn their trunk so that their shoulders are squared up to the back of the shot ring. At this point, the thrower is in the basic position to perform a standthrow.

Other technical details that the coach should look out for in the standthrow position are as follows:

- 1) The head is looking out the back of the ring with the eyes focused on a spot that is roughly 15 feet behind the back of the ring.
- 2) The left arm is relaxed and gently reaching downward toward the back of the ring.
- 3) The right foot is facing out the side of the shot ring with the weight balanced on the ball of the foot. The heel should not be touching the ground.
- 4) The back of the thrower should be facing the throwing sector.
- 5) The left leg is relaxed and slightly flexed in anticipation of bracing for a shift of weight from the right leg to the leg. The heel should not be touching the ground.

PERFORMING THE STANDTHROW

The standthrow should be initiated by the legs, followed by the trunk and then the throwing shoulder. The first movement will be an upward extension of the right leg (also known as the drive leg), while the right leg and right hip rotate around to square up the right hip. This will result in a corkscrew movement of the right leg and hip. Once the legs and hips are in motion, the upper body will start to rotate around to square up the chest toward the throwing sector. As this is happening, the left arm will gradu-

continued next page...

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ally extend out from the body and reach out down the right sector line of the throwing sector. At this point, the final rotation of the hips and shoulders, along with the complete extension of the legs will result in the release of the shot (just as in step three). As the shot is being put with the right hand, the left elbow will be pulled back toward the left hip to further help with the squaring up of the shoulders to the throwing sector.

As the right leg is finishing its extension and the hips are squaring up to the throwing sector, the left leg (also known as the block leg, or post leg) will lock out and "post up". By firming up the left side of the body in this way, the right side can be accelerated even further as the shot is released. This action is known as "blocking" and is critical to realize the best possible throw. Other technical details that the coach should look for during the execution of the standthrow are as follows:

1) The head is always facing straight out from the chest. It should not be thrown to the side. Upon release the head may be thrown straight back to allow the chest to rise up so the shot may be lifted.

2) The thrower should start off throwing from a "non-reverse" position meaning that they should have their feet, hips, chests, and head facing the throw after they have released the shot. This is to insure that the thrower is fully extending the arms and legs completely before release so that they can "push" on the shot as long as possible. The longer the push on the shot, the more the shot will be accelerated.

3) At the completion of the throw, both toes should be facing the throwing sector.

TEACHING THE REVERSE

Once the standthrow with a non-reverse finish has been mastered, the thrower can advance to the reverse technique. The reverse allows the thrower to follow through and "chase after" the

shot a little more than the non-reverse. The reverse will see the thrower turn their body around 180 degrees as the follow-through on their throw so that they are facing out the left side of the ring (for the right-handed thrower) after their throw. The reverse is performed by kicking the block leg out the left side of the ring while replacing it with the right leg. This simultaneous action will cause the thrower to rotate 180 degrees as they follow through on their release of the shot into the reverse position. It is important that the thrower does not watch the shot as it is released, for it will cause their center of mass to move forward out the front of the ring. This will result in the thrower fouling by falling out the front of the ring. Many long throws have been lost because of this technical error.

Many beginning throwers will tend to reverse too soon when they attempt to reverse for the first time. It is for this reason that I recommend that beginning throwers start by non-reversing and only graduate to the reverse when they show that they can consistently reach full extension of the arms, hips, and legs on their non-reverse throws. For throwers who are not able to reverse all the way, the simple drill of having them jump (with their hands on their hips) and turn 180 degrees at a time may give them the feel for the reverse.

Once the beginning thrower is able to complete a full standthrow under control, they can now start on drills to learn the glide and/or rotational technique(s). I have seen many throwers throw much farther in warmups with their standthrow than their full technique and then go on to use their full technique in the meet! It should be noted that it is okay for throwers to standthrow in meets and it doesn't make sense to have a thrower rush to the glide or rotational technique before they are ready for it.

Part II of this article will cover teaching progressions for introducing both the glide and rotational techniques.

The information in the Coaches' Corner column is offered via the California Track and Cross Country Coaches Alliance to assist in the continuing education of California coaches. George Payan, Jr. (Head Cross Country and Track Coach at Valley High School in Santa Ana) serves the Coaches Alliance and CTRN as column editor.



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PROPOSAL FROM THE SOUTHERN SECTION

The following is the text from a proposal set forth by George Varvas and others in the Southern Section concerning the qualifying procedures from Leagues and placement of schools in divisions in the Southern Section.

Dear Coach,

On behalf of the Southern California Cross Country and Track Coaches Association and the California Track Coaches Alliance, we would like to propose the following changes intended to improve the sport of Track and Field in the CIF - SS. These changes are new in some respects; others revert to things that were done in the past. The proposed changes are as follows:

1) Place CIF qualifiers from each league into divisions based on school attendance as opposed to league strength. Each League will have the top three finishers in each boys' and girls' events advance to the CIF Prelims. These entrants will then be assigned to divisions based on each athlete's school population, as it is now done in cross country and basketball. In addition, each league will send two additional finishers and their league finals marks (times must be automatic times) to be considered for at-large berths. These performances must rank among the top ten efforts from the previous year's CIF prelims.

The advantages of this system will be:

a) Small schools like Corona Del Mar, Newport Harbor, etc. (population around 1,000) will not have to compete for a CIF title against huge schools like Upland, Nogales (population over 300,0). This was the CIF goal and reason for the existence of the divisions we now have.

b) Whenever a league is especially strong in an event, the fourth or fifth athletes in that event will have an opportunity to also advance into the CIF competition. The advancement will take place if the mark is as good as any in the top ten efforts of the previous year's CIF prelims. Track is one of only a few sports that does have at-large entries to the CIF competition. Practically all other sports (football, basketball, swimming, cross country, baseball, etc.) allow more than the guaranteed spots into their playoffs. It is time for track to also have that opportunity for its deserving athletes.

I have done a breakdown of the '92 and '93 CIF Prelim entries into the attendance divisions and have found out that events balance out fairly well. I have not been able to get the copies of the '94 entries to do the same.

Input of the meet managers is needed to design the new entry form to accommodate for this change and to set the mechanism for the new system. Since we have a 45-athlete entry to each event with the present system, I anticipate that less than 5 additional heats might be needed in some of the sprint events in using this new system of post-season competition. None of the coaches in our Association have any concerns about the additional few minutes that it would take to add these new heats (if we needed them at all).

2) Change the start-up date of after-school practice to the first day of the second semester, or the first Monday in February. This, the coaches feel, is a necessary change to minimize the risk of injury that can befall athletes in our sport.

Track and Field is a Cardiovascular sport. The athlete who participates in Track and Field is subjected to extreme physical duress due to the running, jumping, and throwing activities that make up the essence of the sport. To prepare the athlete in a way that would minimize leg injuries (shin-splints, stress fractures, muscle pulls, etc.), give them the cardio-vascular base needed for their races, and instruct them on the technique needed for the complicated and sometimes dangerous events, such as pole vault, hurdles, high jump, throws, much more time is needed than the eight days presently allowed.

Track and Field is really treated unfairly by the CIF regulations due to its nature. Other sports supervised by CIF are given adequate opportunities to properly prepare for their season. For example, football, cross country, girls' tennis, water polo have now basically unlimited time to prepare for their first contest. Soccer, boys volleyball, basketball and baseball can participate as full squads in Club competitions or winter/spring leagues to get ready for their seasons. There are no such opportunities for track.

Additionally, track is penalized because of the nature of the sport (based on running). A basketball, baseball, football, etc. coach, for example, can run his athletes for conditioning and speed improvement, without any limit at all in the off-season; even though, running (speed, endurance) is an important skill in their sport. Yet a track distance runner (who needs the endurance-base much more than athletes of other

sports) is not given the same opportunity. The only way he/she can attain an equal opportunity would be for that individual to train unsupervised or for the coach to compromise his/her professional integrity. This obviously presents plenty of liability and ethics issues.

The holiday calendar and the weather also contribute to the lack of proper preparation for a track athlete. Some of the preparatory days are wiped out each year due to these two factors. Rains are prevalent during this time and many families take advantage of the schools breaks to go on trips. And it is not as if the coach can delay the start of the season to make sure that its athletes are properly prepared. The eight (or seven) - team leagues have to start the second week of the season. And, if the coach foregoes the pre-league meets, then the athletes would be asked to get in meaningful races right-away. This also is not healthy for them.

Lastly, since we all compete with the rest of the State Sections at the State Meet, should our athletes not have the same opportunity to succeed against the athletes of the other sections? As you probably know, other CIF sections allow their athletes to begin their preparations earlier than the Southern Section does. Baseball, swimming, boys' tennis and the other spring sports do not have State Championships; therefore having the same start-up date as these sports is not fair to the track athletes.

Please discuss these proposals with the other coaches in your league and area. If you and the other coaches favor them, go to your administrators and sell them on these proposals. Ask them to bring them up for a vote at the league meetings. When the proposals win their approval, ask the league to forward them to the CIF Executive Board for a line-item vote.

Thank you for your time and efforts towards improving our sport!

Sincerely,
George Varvas

Join the **COACHES ALLIANCE** (Membership form in this issue)

PROPOSED HIGH SCHOOL RULE AMENDMENT

Body Weight/Pole Stiffness



In light of the 1995 National High School rule regarding body weight and pole stiffness, we would like to propose the following amendment:

A high school vaulter may vault on a pole rated below his/her body weight IF a specific individual maximum grip line is established at a rate of 1" per pound of body weight that the athlete exceeds the manufacturer's maximum suggested weight. This is not a new concept. In fact, some of the earliest fiberglass poles were marked this way.

EXAMPLE: A 145-pound vaulter could vault on a 14' 140 pole by gripping the pole at least five inches below the manufacturer's line. So, if the manufacturer's maximum grip line is at 13'6", this 145-pound vaulter could not hold higher than 13'1".

RATIONALE: For every inch a vaulter raises his/her grip within the grip area, the vaulting pole becomes approximately one pound lighter or easier to bend. Conversely, for every inch a vaulter lowers his/her grip within the grip area, the pole becomes approximately one pound stiffer or harder to bend.

With this in mind, each individual would have their own maximum grip line on the pole within the grip area. Failure to make this simple amendment will result in the purchase of unnecessary additional poles, making the event even more expensive.

Though we agree with the intended spirit of the new rules, we feel that the overall safety and cost efficiency of the pole vault as an endangered event would be better served by implementing our proposed amendment.

NAME _____
TELEPHONE _____ FAX _____
SCHOOL/AFFILIATION _____
ADDRESS _____
CITY/STATE/ZIP _____
YEARS VAULTING _____ #YEARS COACHING _____

If you agree with this rule amendment, please sign this form and return to:
Jan Johnson, 6505 Santa Cruz, Atascadero, CA 93422
(800) 652-5201 or FAX (805) 466-8273



PREP NOTES

By KEITH CONNING

■ Northern California Results Wanted

Please send Northern California track results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823; fax (510) 849-3342; e-mail Conning@aol.com

■ Second Annual Distance and Cross-Country Coaches' Clinic!

Come hear Owen Anderson, Ph.D., internationally renowned expert on distance running and editor of Running Research and columnist for Runner's World!

Come hear Jesuit High School Coach Walt Lange, Bellarmine College Prep Coach Terry Ward, and other great Northern California high school cross-country coaches in a round table discussion on your questions!

See the latest in running apparel and equipment from Venue Sports!

See the latest in timing devices by Flyin' Feet Computers!

Enjoy a free lunch! Win lots of running prizes! Earn a unit of CEU from Cal State Hayward!

When: Saturday, August 26, 1995

Where: Moreau Catholic High School Student Center in Hayward

Cost: \$25 for pre-registration (by August 19) \$30 for late registration. There is an additional \$30 cost if you are interested in getting 1 CEU.

For more information call Phil Wilder at Moreau Catholic High School (510) 881-4300 or Helen Lehman at Carondelet High School (510) 686-5347.

■ Stamps passed out at World Junior Cross Country Trials

Julia Stamps told me by phone that

she passed out after the world junior cross country trials in Alabama. She had arrived late at her hotel and didn't eat a proper breakfast in the morning. It was discovered later that she also had a virus. She still qualified for the World Junior team by placing fifth.

■ Sitting on Top Of Two Worlds--Jones a Leader on Court and Track

Chapel Hill, N.C., Feb. 17 (New York Times) -- Say this for Marion Jones. She has learned that she must satisfy only one person in this world -- herself.

So she is happy that she left her native Southern California a year and a half ago for the University of North Carolina. She is happy that she is playing basketball in the winter and running track in the spring and summer. And if you think she is ruining a world-class career as a sprinter by spending the winter as a starting point guard, that's your problem.

At the moment, the only problem that concerns the 19-year-old sophomore is getting her up-and-down basketball team up again and ready to defend it's National Collegiate Athletic Association championship. After that, she will turn her attention to track and, she hopes, qualify for the United States team for the world outdoor championships in August in Goteborg, Sweden.

"I've always liked to do a lot of things," she said recently in an interview. "As a kid, I did ballet and tap dancing and soccer and baseball and tee ball, hitting a baseball off a batting tee. I started organized track at 7 and basketball in the sixth grade.

"People kept telling me to do this,

don't do that. In my early days in track, I tried so much to please so many people. Now I want to please Marion. If I wanted to play soccer or hurdle or do anything else, I have the heart and the determination to do it."

Without that determination, she might have become a basketball misfit. In high school, at 5 feet 10 inches and with great leaping ability, she dominated backboards. When she got to college, the basketball players were taller and stronger.



MARION JONES

Photo by Kirby Lee

After the first two or three days of practice, Coach Sylvia Hatchell made a big decision.

"I told her I wanted her to be our point guard," Hatchell said. "It's not easy. The point guard has to handle the ball and has to know when to drive and when to set up. She had never played point guard. In high school, she was the off-guard or an inside player. But she said, 'Whatever you want me to do, I'm ready.'"

Well, maybe not quite ready.

"When she told me she was thinking of me as a point guard," Jones said, "I hesitated a little. Now I have the point-guard mentality. I wouldn't want to play anything else. I love it."

So does Hatchell.

"She's confident and she combines

continued next page...

PREP NOTES

that confidence with a great work ethic," the coach said. "She brings everyone up to her level. She's a tremendous leader. She has a world-class mentality about competition and competing. She knows what it takes to be the best at whatever she's doing, and that's what often separates the great athletes from the good."

Last year, Jones played like a freshman. She had problems dribbling with her left hand. Her jump shot was erratic. Her best moments came when her speed and quickness got her to a loose ball.

"Now," said Coach Jim Davis of Clemson, "she's so much cooler. Last year, she was a great athlete. This year, she's a full-fledged player."

She certainly is. She helped North Carolina to an 18-0 start this season (23-3 overall) and scored 21 points, with 4 rebounds, 3 assists and 3 steals in Wednesday night's 82-69 victory over Clemson. Starting all 26 games, Jones is averaging 16.9 points, with 4.8 rebounds and 5.3 assists per game. On request, she even offered this self-scouting report:

"Very good athlete. Incredible quickness. Needs work on jump shot. Fair ballhandler and passer. Team leader."

But what about Marion Jones, the fastest 200-meter sprinter in high school history, who finished fourth in the 200 at the 1992 Olympic Trials, coming so close to making the United States team?

When she entered North Carolina on a basketball scholarship, she and the coaches agreed that she would play basketball in the winter and run outdoor but not indoor track. When her basketball season ends, she will take a week off and return to track.

"Our track team has a chance to do something in the N.C.A.A. championships," she said, "so I may run both sprints and a relay and also long jump. Then I'd like to make the world-championship team, probably in the long jump because I have so much natural ability there and I lack work in the sprints."

Next year is an Olympic year, a time when a sprinter/long jumper might have mixed feelings about playing basketball. Not to worry. Hatchell said she thinks Jones should redshirt basketball next season to concentrate on track.

Jones will probably do that. Her Olympic priorities are the 200 meters, where only Gwen Torrence seems sure to make the United States team, and the long jump, where Jackie Joyner-Kersey is the only solid candidate.

Although track takes a back seat now, Jones feels it is her better sport.

"My heart is in track," she said. "I have confidence in my track ability, and I know there's so much farther I can go. For now, I'm an athlete who plays basketball and runs track. A few years ago, if you asked me what I was, I would have said I'm a sprinter. But I've developed a basketball mentality, and I'm in basketball season now."

"I'm happy. The basketball team is going well. My family is healthy. My education is being paid for by one of the top universities in the country. Life is good."

(Prep Editor: The above article appeared in The New York Times on February 17, 1995. There were two pictures of Marion with the following caption: "The University of North Carolina's Marion Jones has stopped listening to people who say she should concentrate on either track or basketball.")

■ Darden's Richmond roots exhibited during trial

Richmond, March 5, Oakland Tribune--When prosecutor Christopher Darden shoots an angry look at Judge Lance Ito during the O.J. Simpson trial, his football and track coach recognized that look.

"It was the same look he gave me when I told him to run another quarter mile," said Larry Richardson, who coached Darden when he was a sports star at Kennedy High School in Richmond.

The intensity of that glare is familiar to

a lot of Darden's friends and relatives. People who know Darden, 38, from his youth in Richmond say he displays the same tough-minded intensity in breaking down Rosa Lopez on the witness stand as he did in school and sports. "He would rather die than quit in a race," Richardson said of the former regional champion track star. "Chris never backed down when he thought he was right."

Born and raised in Richmond with five brothers and sisters, Darden joined the Simpson trial team in November and plays an equal role with Marcia Clark, the lead prosecutor. This week, he has taken the lead in attacking the credibility of Lopez, the maid who represents Simpson's only alibi in the murder of Nicole Brown Simpson and Ron Goldman. Under a blistering cross-examination, Darden forced Lopez to admit that she was unsure of when she saw Simpson's Bronco, the key to her testimony.

"They need a competent black lawyer to neutralize the race issues in the case and to offset Johnnie Cochran's charisma," said Oakland attorney John Burris, who is black and has worked with Darden several times on police misconduct cases. "But he has earned his stripes. He wasn't just put there because he's black."

There's more than irony in the fact that Darden is prosecuting a man who was his boyhood hero. Darden's friends say his passion for justice overrides any personal interests. "He was always proud to be a black man, but he also stood for justice," Richardson said. "It didn't matter if you were black or white. It's whether you were right or wrong, and it's clear he still feels that way."

To his siblings and parents, Eddie, a retired Mare Island Naval Shipyard welder, and Marie, a former school cafeteria worker, all that matters is that Darden is doing what's right.

"We're just proud of him," said a close family member. The relative asked not to be named because the Los Angeles County district attorney's office told his

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family not to speak to the press.

"(Darden) is doing what we want. He's doing what's right, which is what he's always done," said the family member, hours after Darden spent the day grilling Lopez.

Darden's intensity first emerged in high school, where he dedicated himself to track and football. He kept his books in the school's Physical Education office, did his homework there and helped out with office chores.

He ran track for three years, sprinting a quarter-mile in 49 seconds. He played wide receiver and defensive back on the varsity football team.

Darden got his first taste of verbal sparring on Kennedy's nationally ranked debate team, where he shone above the other students. His debate coach and English teacher, Sharon Todd, said all the Darden children were like that.

"All the Darden kids were achievers, solid students and good human beings, the kind you wish you could clone," Todd said. "Chris was always a gentleman and always polite, no matter how upset he was."

Cousin Silas Louis Darden, Sr. called the Darden clan a close-knit family built on love and support.

"We are lovable, caring and very supportive of each other. You can always count on one another for support," said Silas Darden, whose children attended school with Christopher Darden and his siblings.

Darden graduated early from high school in 1974. He went to Diablo Valley College in Pleasant Hill, then San Jose State University and graduated from Hastings School of Law in Sacramento.

"His mom and dad were hard-working people who instilled good, strong values in a tough neighborhood where there were a lot of temptations, but none of their children ever succumbed," Richardson said.

(Prep Editor: The preceding article appeared in The Oakland Tribune on March 5, 1995.)

■ Northern Californians at National Scholastic Indoor Syracuse, New York, March 11-12--

Michael Stember (Jesuit, Carmichael), the Sac-Joaquin Section 1,600 meters champion and second in the State Meet in 4:08.52, set two new national junior class indoor records--4:08.79 in the mile and 3:53.77 in the 1,500 meters while en route. The old junior class mile record of 4:12.8 was set by Doug Smith (Central, Sioux City, IA) in 1967. Stember becomes the ninth fastest performer in the indoor mile of all-time and the third fastest California indoor miler of all-time. Thom Hunt (Henry, San Diego) ran mile in 4:02.7 in-1976, and Eric Mastalir (Jesuit, Carmichael) ran 4:08.06 in 1986.

Seneca Lassiter (Lafayette, Williamsburg) won the mile in 4:08.62. He becomes the 8th fastest performer with the 10th fastest performance.

Rene Loraine (Petaluma), the North Coast Section champion and Sunkist indoor winner, won the pole vault at 15-6.

I introduced Doug Johnson, the Petaluma coach, to Mike Byrnes the National Scholastic meet director, at Sunkist.

■ Shin splints likely forerunner to broken leg

Walnut Creek, March 16, Contra Costa Times--Marcela Villalobos may not be the most talented member of Clayton Valley High School's 1994 state championship girl's cross country team, but the sophomore is certainly getting a lot of attention for something she wishes had never happened. *Runner's World* briefly features Villalobos in the Human Race section of its April issue.

Villalobos was unable to finish the championship race last fall when, 100 yards from the finish line, the tibia in her lower right leg snapped and she went down.

"During the last half of the race, (my leg) really started to bother me," Villalobos recalled last week. "Then during the last half-mile I had to limp. Then it broke. I felt it give and I fell. I tried to

get up but I fell again."

Villalobos earned a trip to the hospital and a full cast on her right leg. Her troubles did not end there. In December, the fracture had to be reset and she spent most of her Christmas vacation on the couch in pain.

Three weeks ago, Villalobos finally was able to walk without a cast. She talks dispassionately about her injury but definitely seems relieved that it is healing.

"It is doing a lot better now. I don't have anything on it right now," Villalobos said.

Villalobos' broken leg probably was caused by shin splints. According to Clayton Valley cross country coach Ron Silveira, Villalobos developed shin splints in her left leg during the season. In November, she began to develop shin splints in her right leg, probably as a result of over-compensating.

Shin splints are a common injury in beginner runners. Before the 1994 cross country season, Villalobos had been a recreational runner. She would occasionally run with her dad and enter a few races. During the season she made remarkable progress and was among her team's top seven. Her ascent to the top may have put too much stress on her legs.

Silveira said that he has concluded shin splints may have been a result of her running style.

"Her feet turn out at 45 degrees when she runs," he said. "Her gluteus (butt muscles) are overpowering and this places stress on the medial side (closest to the midline of the body) of her leg. Before the championships, we did a work-up to develop a strength training plan to get rid of the gluteus problem."

A strength training program has not yet been approved by Villalobos' doctor. In the meantime, the school's athletic trainer is overseeing some healing exercises.

Currently, Villalobos is bicycling and jogging in a pool with a flotation vest. Villalobos said: "I don't think I'll be doing

continued next page.

PREP NOTES

any (strength training) until I see the doctor again in a couple of weeks. I have not been cleared for that yet."

Villalobos intends to run during the 1995 cross country season. She hopes to be able to do some strength training and walking/running in May. "It is a definite possibility to run again in the fall for the team. I am excited (about running again)," Villalobos said.

■ K-Bell Classic

Los Gatos, March 18--Julia Stamps (Santa Rosa), the State Meet 3,200 meter champion, won the two mile in 10:26.40.

Senior Marc Mazzoni (Bellarmine, San Jose), who was the fifth best hammer thrower in the nation last year at 189-6, won at 193-4, the national season best.

■ Welch Wins 10K by 29 Seconds

March 20, San Jose Mercury News--He was listed on the results sheet as being from Oakland, but he is really from Meadow Vista and went to high school in Sacramento and to college at Arkansas. He won the Mercury News 10K race in San Jose on Sunday and will use his \$1,000 first prize to go to Europe this summer.

Did you catch all that?

Well, certainly nobody caught David Welch (Jesuit High School, Carmichael 1989) in the streets of San Jose as he cruised to victory in 29 minutes, 36 seconds. Welch's margin of victory over second-place Jamey Harris of Fresno was 29 seconds.

In the women's race, Linda Somers of Oakland (Indio High School 1979) successfully defended her championship. Somers, 33, covered the course in 33:13, which was four seconds faster than her winning time last year but nine seconds off the course record. She never was threatened for the lead.

Rosa Gutierrez of Sunnyvale (Glen-dale High School, Oregon 1981/Oregon 1986), a two-time winner of the Mercury 10K, took second place with a time of 35:44.

In addition to the \$1,000 first prize, there was \$500 for second and \$250 for third in the 18th annual running of the race.

About 8,000 people participated in the day's activities, which also included a wheelchair race and a 5K walk.

Welch, 23, grabbed a quick lead on the 6.2-mile course that began and ended at the intersection of Park Avenue and Almaden Boulevard. The course started northbound on Almaden and then turned left on Santa Clara Street. Welch was already out in front at that point, where the runners were greeted by a bagpipe ensemble.

By the second mile, Welch was 100 feet in front of the secondary pack that included Harris, eventual third-place finisher Ernie Freer of Fresno (Hayfork High School 1984/Shasta CC 1986/Fresno State 1989), Mike Stone of Santa Rosa (Las Lomas High School 1987/Sonoma State 1991) and Tyrus Deminter of Los Angeles.

"I never looked back," said Welch, who won a state 3,200-meter championship when he ran for Jesuit High School in Sacramento. "That's the cardinal rule of running. If you look back, they'll know you're possibly hurt or thinking about them."

SCATTERING THE APPLAUSE

Welch had a pretty strong indication that he was running unchallenged.

"People would clap for me, and then I would try to count how long it was before they clapped for the next person," Welch said.

At the third mile, Welch led by 14 seconds. At the fourth mile, the lead was 25 seconds. At the fifth mile, it was 30 seconds. This was the first time Welch had run this race. He thought he was in shape to run the course in 29 minutes flat.

"I heard the course record was 28:40, and that's definitely do-able if there was a stronger field," he said. Actually the course record is 28:49.

WEATHER FAVORABLE

"We needed more guys running at that pace," Welch said. "It was kind of hard

to do it just by myself. But you've got to be happy with the win. There are always worse things that can happen. You could be second or third or not even in the money."

Welch also appreciated the crisp, runner-friendly weather (55 degrees at race time).

"Right about this time of year it starts getting real hot and humid back in Arkansas," he said.

Welch will stick around to compete in the 5,000 meters next weekend at the Stanford Invitational.

■ Somers Preparing for Boston

March 20, San Jose Mercury--For women's champion Linda Somers (Indio High School 1979/U.C. Davis 1983), the Mercury News 10K race Sunday served as a nice tuneup for her first stab at the Boston Marathon next month.

"I've been running 10K races a couple times a month to help train for Boston," said Somers, 33, of Oakland.

Somers had no trouble defending her Mercury 10K title. Her winning time of 33 minutes, 13

seconds was 2:31 faster than runner-up Rosa Gutierrez of Sunnyvale.

"This is a nice, fast course, but what I really like about the race is that it's a community event,"

Somers said.

"There are expos after the race, and people hang around to eat. Some races, people run and leave. Here, they make a day of it



LINDA SOMERS

Photo by Bill Cockerham

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so it's an event and not just a race."

The race was not all that competitive for Somers, who jumped ahead early and continued to build her lead.

"I didn't think anybody was near me, so I pretty much ran my own race," she said.

Somers has won two marathons.

YOUTH: Enrique Torres of Silver Creek High, a two-time Mercury News All-Central Coast Section cross-country runner, won the male 16-19 age-group division. Torres, who finished 37th overall, had a time of 34:48.

The winner of the female 16-19 division was Claire Ryan, a senior at Mitty High.

"I saw the times from last year's race and thought I had a chance to place in my age group," said Ryan, whose time was 42:18.

EXPERIENCE: Jaclyn Caselli, 73, of San Jose won the female over-70 division with a time of 1 hour, 1 minute, 57 seconds.

"When I started out, I was still in my 50s," Caselli said. "I petitioned for a 50-and-over division. Then I petitioned for a 60 and over."

■ Runner Competes by Vibration and by Heart

March 20, MAR DEL PLATA, Argentina (N.Y. Times)- The public-address announcer asked for quiet before Sunday's 400-meter race at the Pan American Games. Wendell Gaskin of Kansas City, Kan., is deaf. Unable to hear the starter's pistol, he relies on his hands, feeling the pistol's report through a vibration in the track.

The gun sounded, and Gaskin started in sync with the rest of the field. He is the world-record holder for deaf 400-meter runners, and he had hoped for a medal here. But his race essentially ended before it began.

In Saturday's semifinal heat, Gaskin could not hear the runners behind him, and he slowed down too soon, finishing third and drawing Lane 8 for Sunday's final. The top finishers in the heats are awarded the middle lanes for the final. Lane 8 is on the outside. There would be no runner in front to gauge, and no way for Gaskin to know who was coming from behind.

For a sprinter with perfect hearing, Lane 8 is difficult. For a deaf sprinter, it can be impossible.

Gaskin seemed to slow down in the first curve and wait for the Colombian runner in Lane 7 to make up the staggered start. Uncertain of himself, Gaskin ran tentatively and finished sixth in 45.86 seconds. Norberto Tellez Santana of Cuba won in 45.30, a time that was 1-hundredth of a second slower than the 45.29 Gaskin had run last year in setting a world record for the hearing-impaired.

"I had never been in Lane 8 before," Gaskin said after Sunday's race, using an interpreter as he labored to speak. "I didn't know how to run out there. You can't get in the top three in Lane 8."

But if he was disappointed, it was only for a moment. This was the first outdoor race of the season. There would be plenty of other races with better lanes, better finishes.

"I'm pretty proud of myself," Gaskin said.

Without a hearing aid, he hears nothing, said his coach, Trevor Graham. Relying on vibrations or the movement of other runners at the start, Gaskin stands to lose valuable time in a race that is often decided by hundredths of a second. Still, he has made himself into a world-class sprinter, the only one among the hearing-impaired. Only 25 runners were faster last year at 400 meters, all of them with regular hearing.

"Deaf people think they can't beat hearing people; they think they're slow," the 22-year-old Gaskin said. "I never thought I was slow."

He began running when he was 8, telling his family that he wanted to be a track star. Eventually, his determination and the speed in his legs overcame the lack of hearing in his ears. Gaskin went to public high school in Kansas City, Kan., and played wide receiver on the football team, reading lips in the huddle as the quarterback designated pass routes by certain colors. He attended Kansas State University for a semester, where Graham was the coach, but Gaskin said he had problems when interpreters failed to show up for his classes.

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■ Northern California Track Schedule

April 1, Oakland Invitational, Edwards Stadium, University of California, Berkeley. Contact Ralph Belany, McClymonds High School, Oakland.

April 1, Steve Lewis. Contact American High School, Fremont.

April 15, Hampton-Phillips, San Jose City College. Contact Bobby Poynter, Silver Creek High School, San Jose.

April 22, Vallejo Relays, Corbus Stadium, Vallejo High School, Vallejo. Contact Mike Wilson, Vallejo High School.

April 22, Bella Vista Bronco Invitational, American River College, Sacramento. Contact Dave Unterholzner, Bella Vista High School.

April 29, Bay Area Top 8, James Logan High School, Union City. Contact Lee Webb, James Logan High School.

April 29, Bear Creek Invitational, Delta College, Stockton. Contact Greg Wright, Bear Creek High School, Stockton.

May 6, Sacramento Meet of Champions, American River College, Sacramento. Contact Jerry Colman (916) 487-3175.

May 27-28, North Coast Section Meet of Champions, TBA.

June 10, Golden West Invitational, American River College, Sacramento. Contact John Mansoor (916) 983-4622.

PREP NOTES

He transferred to Johnson County Community College in Overland Park, Kan., and won the 1994 national junior college championship at 400 meters, despite chicanery by his competitors, who sometimes flinched deviously in the blocks, trying to lure him into false starts.

"I've never false started," Gaskin said. "They would do this, and I would say, 'Sorry, try again.'"

After a fifth-place finish at the 1994 national outdoor championships for Olympic-level runners, Gaskin followed Graham, his coach, to Raleigh, N.C., where Antonio Pettigrew, the outdoor national champion, also trains. Gaskin was raw, Graham said, unfamiliar with the language and strategy of running 400 meters.

"He didn't know how to sprint or breathe; he just ran naturally," Graham said. "I had to go out there and walk him through a race. He felt embarrassed at first. But I told him: 'Don't worry about anybody else. I'm going to be here for you.' He's a smart guy, and he learns fast."

Graham has taught Gaskin to control his speed and the tempo of a race. He runs now in memory of his mother, Ledora Gaskin, who died when he was 5 and whose name he wears on a medal around his neck. During a race, he turns his hearing aid off, smothering any sound that may confuse or distract him at the start.

"I can't hear the crowd," he said. "I can hear my heart."

The 1996 Summer Olympics are coming to Atlanta, and it is Gaskin's goal to qualify for one of three spots on the American team at 400 meters. It will not be easy. One spot is all but ensured for Michael Johnson of Dallas, the reigning outdoor world champion and indoor world-record holder. Quincy Watts of Los Angeles (Taft High School, Woodland Hills 1988), the 1992 Olympic champion, is also expected to mine for more Olympic gold.

"Everybody knows about Michael Johnson," Gaskin said. "I'm not ready for that right now. But I want to put my name up there. You have to think you can."

And you also have to avoid Lane 8.

NORTHERN CALIFORNIA TRACK RESULTS

K-Bell Classic

March 18, 1995. Los Gatos High School, Los Gatos

BOYS

Teams -- 1, Bellarmine 55; 2, Loyola (Los Angeles) 49 1/2; 3, Los Altos 34; 4, Milpitas 31 1/2; 5, McAttee 27 1/2.

100 -- 1, O'Neal (Milpitas) 11.10; 2, Flood (McAttee) 11.33; 3, Naploin (Del Mar) 11.35. **200** -- 1, Smith (San Jose) 22.30; 2, Ward (Alisal) 22.41; 3, O'Neal (Milpitas) time unavailable. **400** -- 1, Duff (Loyola) 49.39; 2, Ward (Alisal) 50.42; 3, Lie (Lowell) 50.79. **800** -- 1, Hornsby (St. Mary's) 1:55.79; 2, Vanden Heuvel (Santa Rosa) 1:57.59; 3, Riddle (Gunn) 1:58.79.

Mile -- 1, Spica (O'Dowd) 4:19.95; 2, Becker (Bellarmine) 4:23.81; 3, Egerton (Santa Rosa) 4:24.93. **2-mile** -- 1, Balkman (Lynbrook) 9:25.73; 2, Barrett (Santa Rosa) 9:32.60; 3, Asmerom (McAttee) 9:33.42. **110 high hurdles** -- 1, Naivalu (Fremont) 14.48; 2, J. Nord (Los Altos) 15.53; 3, Leonard (Piner) 15.82. **300 intermediate hurdles** -- 1, Naivalu (Fremont) 39.16; 2, Young (St. Ignatius) 40.60; 3, Hornstein (Bellarmine) 40.65. **400 relay** -- 1, Milpitas 42.86; 2, McAttee 43.26; 3, Bellarmine 43.45. **Mile relay** -- 1, Loyola 3:25.95; 2, De La Salle 3:26.89; 3, St. Mary's 3:29.97.

High jump -- Leonard (Piner) 6-8; 2, Zeidler (Bellarmine) 6-6; 3, Andre (Sonoma Valley) 6-6. **Pole vault** -- 1, Baumeister (Loyola) 14-0; 2, Vong (Silver Creek) 13-6; 3, Vong (Mt. Pleasant) 13-0. **Long jump** -- 1, Capaleo (Loyola) 22-11 3/4; 2, J. Nord (Los Altos) 22-6 3/4; 3, Parler (Washington-S.F.) 21-5 3/4. **Triple jump** -- 1, D. Nord (Los

Altos) 45-4; 2, Saso (Bellarmine) 43-8 1/4; 3, Jackson (Piedmont Hills) 43-3 3/4. **Shot put** -- 1, Pente-cost (Loyola) 60-11; 2, Nelson (Lincoln) 55-11 1/2; 3, Mazzoni (Bellarmine) 54-2. **Discus** -- 1, Hovey (Monta Vista) 158-1; 2, M. Seefeld (Marin Catholic) 151-9 1/2; 3, A. Seefeld (Marin Catholic) 150-10 1/2. **Hammer throw** -- 1, Mazzoni (Bellarmine) 193-4, national season best; 2, Koumetas (Los Gatos) 153-9; 3, Hoard (Bellarmine) 146-2.

GIRLS

Teams -- 1, Bishop O'Dowd 57; 2, St. Francis 38; 3, Del Mar 36; 4 (tie), Amador Valley and Santa Rosa, 29.

100 -- 1, Bennett (O'Dowd) 12.53; 2, Gross (Independence) 12.75; 3, Pogue (Del Mar) 12.81. **200** -- 1, Gross (Independence) 26.14; 2, Pogue (Del Mar) 26.22; 3, Jennings (Woodside) 26.61. **400** -- 1, Van Wegen (Amador Valley) 58.79; 2, Street (O'Dowd) 59.26; 3, Bennett (O'Dowd) 59.80. **800** -- 1, Holt (Menlo-Atherton) 2:21.96; 2, Van Wegen (Amador Valley) 2:23.95; 3, Berna (Drake) 2:25.24.

Mile -- 1, Silva (Aptos) 5:19.47; 2, Siegel (Amador Valley) 5:18.47; 3, Renteria (Westmont) 5:21.84. **2-mile** -- 1, Stamps (Santa Rosa) 10:26.40, national season best; 2, Sandoval (St. Ignatius) 11:13.71; 3, Gills (Moreau) 11:31.71. **100 low hurdles** -- 1, Grant (O'Dowd) 14.83; 2, Ocegueda (St. Francis) 15.16; 3, Triggs (Moreau) 16.21. **300 low hurdles** -- 1, Minton (Acalanes) 48.88; 2, Slater (Pioneer) 49.91; 3, Henkels (Santa Rosa) 50.06. **400 relay** -- 1, St. Francis 50.19; 2, Los Gatos 51.37; 3, Monta Vista 51.75. **Mile relay** -- 1, Bishop O'Dowd 4:02.60; 2, Mitty 4:11.04; 3, Menlo-Atherton 4:11.60.

High jump -- 1, Tan (Monta Vista) 5-2; 2, Armstrong (Independence) 5-2; 3, Nichols (Acalanes) 5-0. **Long jump** -- 1, Ponder (Del Mar) 17-11 1/4; 2, Elarms (Piedmont Hills) 17-3 1/2; 3, Grant (O'Dowd) 16-11 3/4. **Triple jump** -- 1, Burnham (Los Altos) 35-9; 2, Ito (Fremont) 34-9 1/2; 3, Williams (St. Joseph's) 34-9.



JULIA STAMPS--Set national season best mark of 10:26.40.

Photo by Bill Cockerham

PREP NOTES

1995 NORTHERN CALIFORNIA PREVIEW

by Keith Conning

BOYS

100 METERS

- 10.55 *Felton Charles (Westmoor, Daly City)
- 10.74 -Shawn Williams (Silver Creek, San Jose)
- 10.75 -Tony Bray (Kennedy, Sacramento)
- 10.77 -Hannibal Navies (Berkeley)
- 10.92 -Deltha O'Neal (Milpitas)
- 10.93 -Dee Morankola (De Anza, Richmond)
- 10.94 -James Hinex (Grant, Sacramento)
- 10.96 -Bashii Livingston (Seaside, Monterey)
- 10.97 -Edward Coleman (Grant, Sacramento)
- 11.00 *Mario Zamora (Westmoor, Daly City)
- 11.00 *Leon Callen (De La Salle, Concord)

Sunkist 50--2. Charles 5.93, 4. Morankola 5.97.

State Meet--no finalists.

CCS (+0.52)--1. Williams 10.74.

OAL--1. Jason Cooper (11 Skyline) 10.84w.

NCS (-.15)--2. Callen 11.00, 3. Monokola 11.05.

NS--1. Clifton Jackson (12 Chico) 11.09.

SJS--3. Bray 10.58

200 METERS

- 21.31 *Felton Charles (Westmoor, Daly City)
- 21.45 -Shawn Williams (Silver Creek, San Jose)
- 21.62 -Tony Bray (Kennedy, Sacramento)
- 21.91 -Deltha O'Neal (Milpitas)
- 22.06 -James Hinex (Grant, Sacramento)
- 22.08 -J'Juan Cherry (Berkeley)
- 22.17 -Hannibal Navies (Berkeley)
- 22.20 *Jason Cooper (Skyline, Oakland)
- 22.21 *Leon Callen (De La Salle, Concord)
- 22.38 *Kashaka (Vallejo)

State Meet--5. Williams 21.96.

CCS (0.00)--1. Charles 21.31, 2. Williams 21.45.

OAL--1. Cooper 21.78.

NCS (+0.59)--1. Navies 22.17, 3. J'Juan Cherry

22.34.

NS--1. Clifton Jackson (12 Chico) 22.46.

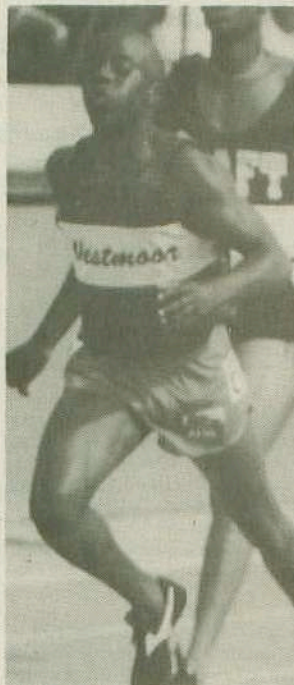
SJS--2. Bray 21.18.

400 METERS

- 47.17 *Felton Charles (Westmoor, Daly City)
- 48.3 *Kenny Gowan (Oakmont, Roseville)
- 48.62 -Darin Higgins (Lassen, Susanville)
- 48.85 -Todd Smith (San Jose)
- 48.8 -Mike Wilson (Vallejo)
- 49.29 **Tim Brown (McClymonds, Oakland)
- 49.39 -Marlon Monroe (Berkeley)
- 49.3 -Corey Brown (Valley, Sacramento)
- 49.45 -Jeremy Riddle (Gunn, Palo Alto)
- 49.50 -Derek Prior (Santa Teresa, San Jose)

State Meet--3. Charles 47.17, 8. Higgins 48.92.

CCS--1. Charles 47.73, 2. Smith 48.85.



FELTON CHARLES

Photo by Bill Cockerham



MICHAEL STEMBER

Photo by Bill Cockerham



FRED JACKSON

Photo by Bill Cockerham

OAL--1. Taz Tims (11 Skyline) 50.50.

NCS--3. Monroe 49.66.

NS--1. Higgins 49.26.

SFS--1. Raymond Lie (12 Lowell) 50.41.

SJS--2. Wilson 49.56.

800 METERS

- 1:50.34 -Aaron Richberg (Logan, Union City)
- 1:53.39 -Jonevan Hornsby (St. Mary's, Berkeley)
- 1:54.9 -Alex Teakell (Bishop O'Dowd, Oakland)
- 1:55.88 -Jason Williams (Gunn, Palo Alto)
- 1:56.34 *Daniel Sikiric (Gunderson, San Jose)
- 1:56.7 -Nate Crosno (Salinas)
- 1:56.92 -Michael Blair (Napa)
- 1:57.0 -Matt Padilla (De La Salle, Concord)
- 1:57.02 *Jason Clark (San Marin)
- 1:57.19 *Beebe Rutledge (Los Gatos)

State Meet--4. Richberg 1:52.57.

CCS--1. Williams 1:55.88, 2. Dan Valles (12 Santa Teresa) 1:57.64, 3. Crosno 1:57.87.

OAL--1. Tim Brown (10 McClymonds) 2:06.56.

NCS--1. Richberg 1:50.34 meet record, 4. Hornsby 1:53.39.

SFS--1. Yonathan Asmerom (12 McAteer) 2:00.16.

1,600 METERS

- 4:08.52 *Mike Stember (Jesuit, Carmichael)
- 4:14.87 -Michael Blair (Napa)
- 4:15.48 *Michael Jones (Livermore)
- 4:16.33 -Alex Teakell (Bishop O'Dowd, Oakland)
- 4:18.05 *Aaron Gillen (Yreka)
- 4:18.74 -Darren Holman (Sonoma)
- 4:19.06 -Amerigo Rossi (Harbor, Santa Cruz)
- 4:19.31 -Greg Phister (Davis)
- 4:19.63 *Mike Wojichowski (Clayton Vly, Concord)
- 4:19.70 *Daniel Sikiric (Gunderson, San Jose)

State Meet--2. Stember 4:08.52, 7. Blair 4:14.87, 8. Jones 4:15.48.

CCS--2. Sikiric 4:21.0, 3. Amerigo Rossi (12 Harbor) 4:21.2.

NCS--1. Teakell 4:16.33, 3. Jones 4:17.93, 4. Wojichowski 4:19.63.

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PREP NOTES

NS--1. Gillen 4:26.68.
SFS--1. Yonathan Asmerom (12 McAteer) 4:31.10.
SJS--1. Stember 4:15.53, 2. Blair 4:17.77.

3,200 METERS

9:07.97 -Jason Balkman (Lynbrook, San Jose)
9:10.9 *Mike Stember (Jesuit, Carmichael)
9:13.74 -Steve Immel (Livermore)
9:16.93 *Aaron Gillen (Yreka)
9:17.91 *Enrique Torres (Silver Creek, San Jose)
9:20.86 -Tom Becker (Bellarmine, San Jose)
9:23.3 **Brad Hansen (St. Ignatius, San Fran)
9:28.7 -Dave McDonough (Cupertino)
9:30.1 *Micheil Jones (Livermore)
9:33.5 -Keith Kennedy (San Leandro)

State Meet--9. Balkman 9:15.93, 10. Gillen 9:16.93, 11. Becker 9:32.81, 13. Immel 9:20.27, 24. Kennedy 9:49.55, 25. Torres 9:54.25, 26. Senai Kidane 12 (Skyline, Oakland) 9:58.05, DNR. Bolota Asmerom 11 (McAteer, San Francisco).
CCS--1. Balkman 9:16.7, 2. Torres 9:17.7, 3. Becker 9:20.6.
OAL--1. Kidane 10:19.60.
NCS--1. Immel 9:13.74, 4. Kennedy 9:36.95.
NS--1. Jones 9:39.80
SFS--1. Asmerom 10:08.44

CROSS COUNTRY

Listed according to the best time at Woodward Park during the State Meet or the Foot Locker Western Regional.

14:58 -Jason Balkman (Lynbrook, San Jose)
15:23 *Micheil Jones (Livermore)
15:24 -Tom Becker (Bellarmine, San Jose)
15:28 *Aaron Gillen (Yreka)
15:31 -Alex Teekell (Bishop O'Dowd, Oakland)
15:33 -Steve Immel (Livermore)
15:36 *Michael Stember (Jesuit, Carmichael)
15:39 -Darren Holman (Sonora)
15:42 **Tom Prindiville (De La Salle, Concord)
15:47 -Gabe Szody (Foothill, Redding)

Foot Locker Western Regional--1. Balkman 14:58, 16. Jones 15:23, 17. Becker 15:24, 21. Teekell 15:31, 28. Stember 15:36.

State Meet (under 18:50)--

Division I: 1. Balkman 15:15, 7. Becker 15:44. Division II: 4. Stember 15:39. Division III: 1. Jones 15:25, 3. Immel 15:33, 5. Teekell 15:46. Division IV: 4. Gillen 15:49. Central Coast Section--

Division I: 1. Balkman 14:54; 2. Arnold Song, Bellarmine 15:06; 3. Becker 15:07. Division II: 1. Brad Hansen, St. Ignatius 15:43; 2. Steven Moreno, North Salinas 15:46; 3. Tomas Garcia, Watsonville 15:52. Division III: 1. Jeremy Riddle, Gunn 15:39; 2. David McDonough, Cupertino 15:51; 3. Michael Cheung, St. Francis 16:00. Division IV: 1. Justin Stern, Half Moon Bay 16:05, 2. Louis White, Half Moon Bay 16:42, 3. Peter West, Stevenson 16:49.

North Coast Section--

Division I: 1. Peter Egerton, Santa Rosa 16:50; 2. Zach Barrett, Santa Rosa 17:20; 3. Chad Foster, Logan 17:40. Division II: 1. Tom Prindiville, De La Salle 16:34; 2. Randy Maestretti, De La Salle 16:52; 3. Adam Grubbs, Eureka 17:04. Division III: 1. Micheil Jones, Livermore 16:24, 2. Alex Teekell, Bishop O'Dowd 16:35, 3. Steve Immel, Livermore 16:37. Division IV: 1. Ryan Gallagher, Campolindo 16:47; 2. Jason Hardy, California School for the Deaf 16:56; 3. Cody Clark-Thompson, Arcata 16:57.

Sac-Joaquin Section--

Division I: Yonan, Beyer, 15:29; Buenrostro, Stagg, 15:35; Oudegeest, Beyer, 15:35. Division II: Stember, Jesuit, 14:51; Phister, Davis, 14:59; Hansen, Napa, 15:06. Division III: Holman, Sonora, 15:02; D'Ottavio, Placer, 15:33; Gohlke, East Union, 15:38. Division IV: Brackett, Calaveras, 15:32; Renn, Bret Harte, 16:25; Rocha, Vanden, 16:32.

San Francisco Section--1. Bolota Asmerom (McAteer), 17:59; 2. Jerome Morton (McAteer), 18:03; 3. Yonathan Asmerom (McAteer), 18:06.

110 METER HIGH HURDLES

14.88 -Joe Cokes (Berkeley)
14.94 -Aaron Hill (De Anza, Richmond)
15.00 *Chris Barnsdale (Montgomery, S Rosa)
15.02 -Brian Click (Logan, Union City)
15.06 **Donte Joseph (Pinole Valley)
15.12 -Dan Nord (Los Altos)
15.12 -David Moorman (Valley, Sacramento)
15.18 -Norm Woods (Del Campo, Fair Oaks)
15.23 -Pat Leonard (Piner, Santa Rosa)
15.43 -John Bull (Mountain View)

State Meet--no finalists.

NCS (-0.32)--2. Hill 14.94, 3. Cokes 14.99, 4. Joseph 15.06.

300 METER INTERMEDIATE HURDLES

38.94 -Max Ford (Vallejo)
39.30 *Smith (Florin, Sacramento)
39.41 *Joe Naivalu (Fremont, Sunnyvale)
39.65 -Bryan Click (Logan, Union City)
39.67 *Mike Wilson (Vallejo)
39.70 -Eric Woodyard (Bella Vista, Fair Oaks)
39.83 *Chris Barnsdale (Montgomery, S Rosa)
39.85 -Joe Cokes (Berkeley)
39.92 -Jeremy Riddle (Gunn, Palo Alto)
39.92 *Evans (Ceres)

State Meet--no finalists.

NCS--3. Click 39.65, 4. Barnsdale 40.09.

SJS--3. Ford 38.94.

HIGH JUMP

6-10 -Brendan Zeidler (Bellarmine, San Jose)
6-10 -Jerrod Johns (Vallejo)
6-9 -Pat Leonard (Piner, Santa Rosa)
6-8 -Michael Wilkins (Red Bluff)
6-7 -Jeff Soukup (Sierra, Tollhouse)
6-7 *Casey Turner (Monte Vista, Danville)
6-6 -Wilber Jackson (Los Altos)
6-6 *Felton Charles (Westmoor, Daly City)
6-6 *Matt Hurd (Antioch)
6-6 *Saleem Mahdi (Pittsburg)

State Meet--4. Johns 6-9, 7. Leonard 6-6.

OAL--1. Tylus Irvin (10 Oakland) 5-6.

NCS--1. Leonard 6-9, 3. Mahdi 6-6, 4. Hurd 6-6.

NS--1. Wilkins 6-8.

SFS--1. Calvin Chanemany (12 McAteer) 5-10.

SJS--1. Johns 6-10.

POLE VAULT

15-0 -Bevan Hart (Christian Bros, Sacramento)
15-0 -Rene Loraine (Petaluma)
14-6 -Ryan Barnes (Jesuit, Carmichael)
14-6 -Brian Weist (Oakmont, Roseville)
14-6 -Corby Wright (Bear Creek, Stockton)
14-3 -Mike Haldezos (Mills, Millbrae)
14-0 -Eric Barden (Nevada Union, Grass Valley)

14-0 -Casey Gregory (Bella Vista, Fair Oaks)

State Meet--8. Loraine 14-8, 9. Hart 14-2.

NCS--1. Loraine 15-0.

SFS--1. Calvin Chanemany (12 McAteer) 11-0.

SJS--2. Wright 14-6, 3. Hart 14-3.

LONG JUMP

23-9 -Fred Jackson (Oak Grove, San Jose)
23-7 -Chris Ferreira (Oak Ridge, El Dor Hills)
23-3 3/4 -Jeff Nord (Los Altos)
22-8 *Felton Charles (Westmoor, Daly City)
22-7 1/4 -Todd Smith (San Jose)
22-6 1/2 -Mark Saso (Bellarmine, San Jose)
22-4 -Joe Cokes (Berkeley)
22-3 -Jo Jo Wright (Silver Creek, San Jose)
22-2 *Luther Dunn (Silver Creek, San Jose)
22-0 1/4 -Kevin Dates (Castro Valley)

State Meet--3. Ferreira 23-7, 5. Jackson 23-2 3/4.

CCS--1. Jackson 23-4 3/4, 2. Nord 23-3 3/4.

OAL--1. Hasani White (12 McClymonds) 20-10 1/2.

NCS--4. Oates 22-0 1/4 (+1.95).

SJS--1. Ferreira 23-0, 2. Robert Kyle (12 Los Banos)

22-10, 3. Shawn Pittman (12 McClatchy) 22-5 1/2.

TRIPLE JUMP

47-0 3/4 -Dan Nord (Los Altos)
46-3 3/4 *Peter Slater (Pleasant Valley, Chico)
45-7 1/2 **Anthony Colson (Center, Elverta)
45-6 1/2 -Mark Saso (Bellarmine, San Jose)
45-4 1/2 -Chris Ferreira (Oak Ridge, El Dor Hills)
44-10 3/4 -Rasheed Abdullah (Logan, Union City)
44-8 -Fred Jackson (Piedmont Hills, San Jose)
44-6 -Gary Smith (Logan, Union City)

State Meet--no finalists.

NCS--2. Abdullah 45-11 1/2 (+2.29), 3. Smith 45-7 3/4 (+2.66).

NS--1. Slater 45-11 1/2.

SFS--1. Kobie Roberts (12 McAteer) 41-4.

SJS--2. Ferreira 45-10 1/2.

SHOT PUT

55-0 -Hosea Nelson (St. Ignatius, San Francisco)
54-10 -Aaron Lewis (St. Ignatius, San Francisco)
54-1 3/4 -Joe Borgess (Elk Grove)
53-9 3/4 **Brian Chase (Santa Rosa)
53-3 3/4 -Willie Howard (Los Altos)
52-2 1/2 -Aaron Towne (Corning)
51-0 -Matt Seefeld (Marin Catholic, Kentfield)
50-4 -Clyde Sanders (Grant, Sacramento)
50-4 -Billy Bush (Downey, Modesto)
50-3 -Joe Turner (Logan, Union City)

State Meet--no finalists.

CCS--2. Nelson 53-4.

NCS--3. Chase 53-3.

NS--1. Towne 52-2 1/2.

SFS--1. Steve Parker (10 McAteer) 47-1.

SJS--2. Borges 54-1 1/2.

DISCUS

179-9 -Billy Bush (Downey, Modesto)
163-0 -Matt Seefeld (Marin Catholic, Kentfield)
159-7 -Derrick Stevens (Downey, Modesto)
158-10 -Brad Perkins (Bellarmine, San Jose)
158-8 -Dave Spitz (Monte Vista, Danville)
152-9 -Aaron Towne (Corning)
152-9 -Ed Garcia (Calaveras)

continued next page.

PREP NOTES

151-0 -Matt Hazle (Los Gatos)
150-8 -Kyle Donovan (Washington, Fremont)
148-7 -Charlie Slack (Los Altos)

State Meet--7. Bush 162-3.
NCS--4. Spitz 142-9.
SFS--1. Steve Parker (10 McAteer) 136-3.
SJS--2. Bush 162-8.

GIRLS

100 METERS

11.87 -Kelli White (Logan, Union City)
12.09 *Jernae Wright (Logan, Union City)
12.11 **Zhauntel Holman (Valley, Sacramento)
12.23 *Carla Estes (Logan, Union City)
12.24 **Daveetta Shepherd (Kennedy, Richmond)
12.36 ***Anita McCallum (JHS, Oakland)
12.39 -Aisha Wallace (Skyline, Oakland)
12.40 *Turshika Bennett (O'Dowd, Oakland)
12.40 -Jamara Stallworth (Grant, Sacramento)
12.50 -Tanya Jackson (Skyline, Oakland)

State Meet (+1.24)--3. White 11.93, DNR. Holman.
CCS (+0.82)--2. Kathy Gross (10 Independence)
12.56, 3. Annie Pogue (10 Del Mar) 12.57.
OAL--1. Wallace 12.15.
NCS (+1.15)--1. White 11.87, 4. Shepherd (10 Kenne-
dy) 12.30.
NS--1. Tracy Turner (12 West Valley) 12.96.
SJS--1. Holman 11.69, 3. Tonya Adams (11 Dixon)
12.21.

200 METERS

23.80 -Kelli White (Logan, Union City)
24.83 **Daveetta Shepherd (Kennedy, Richmond)
24.87 *Shavonne Jennings (Woodside)
24.95 **Zhauntel Holman (Valley, Sacramento)
25.20 -Sylvia Pieslak (Menlo Atherton, Atherton)
25.37 *Rochelle Hogans (Downey, Modesto)
25.40 **Carla Estes (Logan, Union City)
25.46 -Jamara Stallworth (Grant, Sacramento)
25.50 *Turshika Bennett (O'Dowd, Oakland)
25.65 *Jernae Wright (Logan, Union City)

State Meet (+1.37)--5. White 23.96, 8. Jennings
25.66.
CCS (+0.22)--1. Jennings 24.87, 3. Pieslak 25.20.
NCS (+2.21)--2. White 24.28.
NS--1. Katie Jasmer (11 Anderson) 26.26.
SF--Noretta Seals (10 Washington) 26.51.
SJS--1. Holman 24.16.

400 METERS

55.49 *Martina Ze (Livermore)
56.13 -Sylvia Pieslak (Menlo Atherton, Atherton)
56.13 *Crystal Miles-Threath (O'Dowd, Oakland)
56.4 -Nadine Donaldson (Valley, Sacramento)
56.71 -Kaseiah Crockett (Skyline, Oakland)
56.90 **Brandee Grant (Holy Names, Oakland)
57.28 **Carla Estes (Logan, Union City)
57.29 *Turshika Bennett (O'Dowd, Oakland)
57.35 **Angie Milner (Modesto)
57.39 -Kelli White (Logan, Union City)

State Meet--7. Miles-Threat 56.24, 8. Ze 56.49.
CCS--1. Pieslak 56.13, 3. Tisha Ponder (11 Del Mar)
58.05.
NCS--2. Ze 55.88, 3. Miles-Threat 56.85, 4. Brandee

Grant (10 Holy Names) 57.58.
SFS--1. Myrsha Kirtman (10 Lowell) 58.38.
SJS--2. Donaldson 56.54, 3. Nicole Dufresne (12 Bey-
er) 58.54.

800 METERS

2:13.89 -Tanya Andrews (Del Campo, Fair Oaks)
2:14.3 **Julia Stamps (Santa Rosa)
2:14.47 **Angie Milner (Modesto)
2:14.63 *Candace Miles-Threath (O'Dowd, Oakland)
2:14.73 -Pamela Richardson (Montgomery, S Rosa)
2:14.81 -Elissa Riedy (Mission San Jose, Fremont)
2:15.6 **Monica Van Wagon (AmadVly, Pleasantn)
2:16.84 -Rebecca Redon (NevUnion, Grass Valley)
2:17.0 **Kelly Howlsey (Clayton Valley, Concord)
2:17.0 -Maria Pleyte (San Benito, Hollister)

State Meet--5. Andrews 2:14.05, 6. Milner 2:14.47, 8.
Miles-Threat 2:16.35.
CCS--1. Pleyte 2:17.37, 2. Lanesha McPherson (11 Sil-
ver Creek) 2:18.33.
NCS--3. Miles-Threat 2:14.63, 4. Richardson 2:14.73.
SFS--1. Alyssa Mellot (12 Lowell) 2:26.50.
SJS--1. Milner 2:15.83, 2. Andrews 2:16.69, 3. Redon
2:16.84.

1,600 METERS

4:54.25 -Elissa Riedy (Mission San Jose, Fremont)
4:57.9 -Lori Riedy (Mission San Jose, Fremont)
4:58.25 **Julia Stamps (Santa Rosa)

4:59.35 *Deborah Bleisch (Silver Creek, San Jose)
4:59.63 *Tina Bowen (San Ramon Valley, Danville)
5:01.2 **Kristen Gordon (Carondelet, Concord)
5:01.30 -Alison Lambert (Northgate, Walnut Crk)
5:03.19 -Emily Allison (Leland, San Jose)
5:06.0 -Nicole Silva (Aptos)
5:08.33 -Maggie Hurst (Sonora)

State Meet--1. E. Riedy 4:54.28, 7. L. Riedy 5:03.11,
9. Bowen 5:14.05.
CCS--2. Bleisch 4:59.35.
NCS--1. E. Riedy 4:56.10, 2. L. Riedy 5:00.07, 3. Lam-
bert 5:01.30, 4. Bowen 5:02.99.
SFS--1. Desai Lucero (11 Lowell) 5:29.88.
SJS--1. Hurst 5:08.33, 3. Stephanie Artis (12 Oak
Ridge) 5:10.99.

3,200 METERS

10:26.51 **Julia Stamps (Santa Rosa)
10:50.6 -Elissa Riedy (Mission San Jose, Fremont)
10:51.24 **Kristen Gordon (Carondelet, Concord)
10:56.0 -Lori Riedy (Mission San Jose, Fremont)
11:09.59 -Nicole Silva (Aptos)
11:11.68 *Emily Allison (Leland, San Jose)
11:12.3 *Tina Bowen (San Ramon Valley, Danville)
11:13.64 *Laura Sandoval (St. Ignatius, San Fran)
11:15.13 *Heather Wallace (Clayton Valley, Concord)
11:18.93c *Deborah Bleisch (Silver Creek, San Jose)

State Meet--1. Stamps 10:26.51, 2. Gordon 10:51.24,
14. Allison 11:13.20, 17. Silva 11:29.02, 19. Sandoval



CANDACE MILES-THREATH

Photo by Bill Cockerham



MARTINA ZE

Photo by Bill Cockerham



ELISSA & LORI RIEDY

Photo by Keith Conning

continued next page

PREP NOTES

11:34.86, 23. Anne-Marie Franco 11 (Skyline, Oakland)
11:53.63, 24. Oasii Lucero 11 (Lowell, San Francisco)
12:04.68, DNR. E. Riedy.
CCS--1. Silva 11:09.3, 2. Alison 11:11.5, 3. Laura Sandoval 11:13.64.
OAL--1. Franco 12:21.30.
NCS--1. Stamps 10:28.49, 2. Gordon 11:00.10, 4. E. Riedy 11:13.93.
SFS--1. Lucero 12:12.0.

CROSS COUNTRY

Listed according to the best time at Woodward Park during the State Meet and the Foot Locker Western Regional.

16:45 **Julia Stamps (Santa Rosa)
18:06 **Kristen Gordon (Carondelet, Concord)
18:15 -Alison Lambert (Northgate, Walnut Crk)
18:17 *Heather Wallace (Clayton Valley, Concord)
18:19 -Elissa Riedy (Mission San Jose, Fremont)
18:26 *Tina Bowen (San Ramon Valley, Danville)
18:30 -Rachel Mosher (San Leandro)
18:34 *Emily Allison (Leland, San Jose)
18:34 -Julie Hassan (Nevada Union, Grass Valley)
18:38 -Lori Riedy (Mission San Jose, Fremont)

Foot Locker Nationals--1. Stamps 16:41.
Foot Locker Western Regional--1. Stamps 16:45CR, 9.
Gordon 18:06, 15. Lambert 18:15, 19. Wallace 18:17,
23. Bowen 18:26, 24. Mosher 18:30, 28. Hassan 18:34,
48. Allison 18:54.

State Meet --

Division I: 1. Stamps 17:06, 6. Deborah Bleisch (Silver Creek, San Jose) 18:43, 8. Gordon 18:46, 9. Hassan 18:55. Division II: 2. E. Riedy 18:19, 3. Allison 18:34, 4. L. Riedy 18:38, 7. Nicole Silva (Aptos) 18:53. Division III: 4. Lambert 18:22, 5. Wallace 18:22, 8. Mosher 18:45, 11. **Deborah Osteen (Clayton Valley, Concord) 18:55. Division IV: 1. -Kristen Schreiber (Miramonte, Orinda) 19:11, 2. ***Theresa Newman (Marin Catholic) 19:13, 3. -Jenny Spoon (West Valley, Cottonwood) 19:21.

Central Coast Section --

Division I: 1. Bleisch 18:35, 2. Jacquie Cooke, Burlingame 18:59, 3. Laneisha McPherson, Silver Creek 19:16. Division II: 1. Allison 18:03, 2. Silva 18:58, 3. Meghan Randall, Aptos 19:16. Division III: 1. Laura Sandoval, St. Ignatius 18:43, 2. Muffie Binkley, Los Altos 19:26, 3. Shana Driscoll, St. Ignatius 19:35. Division IV: 1. Trisha Felts, Sacred Heart Prep 19:47, 2. Shauna O'Leary, Half Moon Bay 19:56, 3. Chloe Barger, Half Moon Bay 19:58.

North Coast Section --

Division I: 1. Stamps 18:10.4, 2. Gordon 19:39, 3. Pamela Richardson, Montgomery 20:33.4. Division II: 1. L. Riedy 19:26, 2. E. Riedy 19:35, 3. Bowen 20:03. Division III Individuals: 1. Wallace 19:13, 2. Osteen 19:30, 3. Jessica Rhodes, Acalanes 19:34. Division IV Individuals: 1. Schreiber 19:58, 2. Newman 20:14.9, 3. Jennifer Ponig, Terra Linda 20:45.9.

Sac-Joaquin Section--

Division I: Schindler, Ponderosa, 18:04; Hassan 18:32; Faria, Turlock, 18:38. Division II: Pope, Del Oro, 18:31; L. Starke, Del Oro, 19:03; Marriner, Oakmont, 19:10. Division III: Hurst, Sonora, 18:29; Sellers, East Union, 18:55; Avila, Livingston, 19:32. Division IV: Miller, Bear River, 19:32; Chamberlain, Rocklin, 19:34; Firebaugh, Escalon, 20:03.

San Francisco Section--1. Oasii Lucero (Lowell), 21:31; 2. Jennifer Akana (Lowell), 22:12; 3. Alyse Christensen (McAteer) 22:32.

100 METER HIGH HURDLES

13.86 **Daveetta Shepherd (Salesian, Richmond)
14.57 -Felicia Stone (Kennedy, Sacramento)
14.58 *Ayana Grant (Bishop O'Dowd, Oakland)
14.73 -Deaweh Totimeh (Valley, Sacramento)
14.94 -Tonia Broden (Jefferson, Daly City)
15.29 -Marie Triggs (Moreau, Hayward)
15.37 -Gina Oceguera (St. Francis, Mtn View)
15.70 -Alicyn Chappelle (Logan, Union City)
15.91 -Marcia Stortz (Monte Vista, Cupertino)
15.91 -Alice Mickla Tata (Turlock)

State Meet (+3.82)--1. Shepherd 13.73, 5. Grant 14.28.

CCS (+0.21)--3. Oceguera 15.5. Note: Jennifer Odom (Independence, San Jose) has moved to Oregon.
OAL--1. Sekai Metcalf (12 Skyline) 16.36.
NCS (+0.06)--1. Shepherd 14.20, 4. Grant 14.58.
SFS--Patricia Low (11 Lowell) 18.16.
SJS--2. Stone, 3. Alice Tate (11 Turlock) 15.15.

300 METER LOW HURDLES

44.14 -Charon Stewart (Beacon, Oakland)
44.30 **Daveetta Shepherd (Kennedy, Richmond)
44.45 -Julie Peterson (Ferdale)
44.67 -Deaweh Totimeh (Valley, Sacramento)
45.0 -Ayana Grant (Bishop O'Dowd, Oakland)
45.25 -Sakai Metcalf (Skyline, Oakland)
45.2 **Kim Lowe (San Ramon Valley, Danville)
45.49 **Julia Damansky (Wood, Vacaville)
45.69 **Melissa Cartwell (San Ramon Vly, Danv)
46.04 -Amy Evans (Mission San Jose, Fremont)

State Meet--no finalists.

NCS--2. Stewart 44.14.
NS--1. Tracy Turner (12 West Valley) 46.89.
SJS--3. Deaweh Totimeh (12 Valley) 44.67.

HIGH JUMP

5-10 -Jamilla Churchill (Bishop O'Dowd, Oakland)
5-6 -Alicyn Chappelle (Logan, Union City)
5-6 -Erica Larson (Carmel)
5-6 **Missy Grubb (Atwater)
5-6 -Callie LaMont (Ceres)
5-5 -Danielle Muniz (Kelseyville)
5-5 -Traci Banks (Alhambra, Martinez)
5-5 *Karen Townsend (Logan, Union City)
5-4 -Shasta Burdick (Aragon, San Mateo)
5-4 *Tait Holden (Wood, Vacaville)
5-4 **Jessie Wright (Ran Cotate, Rohn Park)
5-4 -Amy Swartout (Cordova, RanCordova)
5-4 -Amy Tantivongsathron (MVista, Cuper)
5-4 *Heidi Covington (Anderson)
5-4 -Evie Smith (Santa Cruz)

State Meet--2. Churchill 5-10, 9. Larson 5-4.

CCS--1. Larson 5-6.
NCS--1. Churchill 5-8, 2. Banks 5-5, 3. Townsend 5-5, 4. Chappelle 5-4.
NS--1. Covington 5-4.
SFS--1. Elizabeth Leung (12 Lowell) 4-8.
SJS--1. LaMont 5-4, 2. Grubb 5-4, 3. Holden 5-4.

LONG JUMP

19-8 1/2 *Jernae Wright (Logan, Union City)
18-3 *Tisha Ponder (Del Mar, San Jose)
18-2 1/4 -Jessica Valpey (Pleasant Valley, Chico)
17-11 1/4 -Gina Oceguera (St. Francis, Mtn View)
17-10 -Stephanie Coleman (Corning)
17-8 *Ayana Grant (Bishop O'Dowd, Oakland)
17-7 1/2 -Gigi Charlson (Paradise)

17-7 1/2 **Carla Estes (Logan, Union City)
17-6 -Jennifer Test (Bret Harte, Altaville)
17-5 1/4 **Kameelah Elarms (Piedm Hills, San Jose)

State Meet--5. Valpey 18-11 1/2, 9. Wright 17-8 1/2.
CCS (wind-aided)--1. Ponder 18-3, 2. Oceguera 17-7 1/2, 3. Renee Emery (12 Menlo) 17-3 1/4.
OAL--1. Jodi Bailey (12 Skyline) 16-10.
NCS--1. Wright 19-6 1/2 (+0.12), 2. Grant 17-6 1/4 (+0.95).
NS--1. Valpey 18-0 1/4.
SJS--2. Test 17-10, 3. Julie Tinker (11 Valley) 17-7 1/2.

TRIPLE JUMP

37-8 1/4 -Jennifer Test (Bret Harte, Altaville)
37-7 1/2 -Gigi Charlson (Paradise)
37-4 -Cindy Pettibone (Gunderson, San Jose)
37-1 *Andrea Lacson (Logan, Union City)
36-9 -Jessica Valpey (Pleasant Valley, Chico)
36-5 3/4 -Alicyn Chappelle (Logan, Union City)
36-5 1/2 -Deaweh Totimeh (Valley, Sacramento)
36-5 -Gina Oceguera (St. Francis, Mtn View)
36-3 -Stephanie Coleman (Corning)
36-2 -Tequilla Miller (Vallejo)

State Meet--9. Pettibone 36-6 3/4.
CCS--3. Pettibone 36-6 1/2w.
OAL--1. Demetria Beverly (11 Oakl Tech) 34-11 1/2.
NCS--3. Lacson 37-1 (+0.03).
NS--1. Charlson 37-7 1/2.
SFS--Auril Hampton (12 McAteer) 32-0.
SJS--2. Totimeh 38-1, 3. Julie Tinker (11 Valley) 37-11.

SHOT PUT

44-5 1/2 -Christina Etuale (Jefferson, Daly City)
39-4 1/2 -Rebecca Morrison (Present, San Jose)
39-4 1/4 *Kristen Bryden (Anderson)
39-0 -Nicole Santos (Anderson)
38-8 1/2 *Cathy Spano (Del Mar, San Jose)
38-5 *Sandra Sahourish (Westmoor, Daly City)
38-0 -Christine Knobel (Santa Rosa)
37-8 *Darlene Tulua (Carmel)
37-5 1/4 *Vatau Pohahau (Balboa, San Francisco)
37-5 -Rebecca Morrison (Present, San Jose)

State Meet--9. Etuale 37-0 1/2.

CCS--1. Etuale 44-5 1/2, 3. Morrison 39-4 1/2.
OAL--1. Elizabeth Tuputia (11 Castlemont) 32-4.
NS--1. Bryden 38-6.
SFS--1. Pohahau 35-8.

DISCUS

145-4 *Darlene Tulua (Carmel)
138-2 ***Chanique Ross (JHS, Elk Grove)
137-3 -Christina Etuale (Jefferson, Daly City)
135-10 -Robyn Flynn (Fortuna)
135-3 -Nicole Santos (Anderson)
131-9 -Rebecca Morrison (Present, San Jose)
127-5 *Mary Kalihiwa (Loretto, Sacramento)
124-7 -Holly Royaltley (San Lorenzo Vly, Felton)
123-0 -Lynn Smith (Mariposa)
120-3 -Penny Hansen (NevUnion, Grass Valley)

State Meet--4. Tulua 145-4.

CCS--1. Tulua 142-11, 3. Royaltley 124-7.
NCS--3. Flynn 126-8.
NS--1. Santos 135-3.
SFS--1. Michelle Valentin (12 Lowell) 91-1.

RESULTS

Please send results directly to: CTRN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

▲ Track & Field

Long Beach State

February 4, Long Beach

Overall Results-Men

4 x 100 M (Open): 1. Long Beach State, 41.4. **4. 100 M (HS):** 1. Crenshaw, 44.1. **60 M Hurdles (Masters):** 1. Bill Knocke, 10.1. **60 M Hurdles (Open):** 1. David Ashford, 8.3. **60 M Hurdles (HS):** 1. Jeremy Womack, 8.8. **1600 Meters (Masters):** 1. Jamel Morese, 5:16.4. **1600 Meters (Open):** 1. Ryan Wirth, 4:38.1. **1600 Meters (HS):** 1. John Gould, 5:07.1. **400 Meters (Open):** 1. Adan Herdon, 49.3. **400 Meters (HS):** 1. Jeremy Womack, 52.1. **400 Meters (Masters):** 1. Rob Russell, 57.2. **400 Meters (Youth):** 1. Jayren Griffin, 1:13.1. **60 Meters (Open):** 1. Jeff Williams, 6.5. **60 Meters (HS):** 1. Juan Gibbons, 6.8. **300 M Hurdles (Open):** 1. Felix Sanchez, 38.6. **300 M Hurdles (HS):** 1. Vincent Montez, 41.3. **800 Meters (Open):** 1. Julian Rust, 1:56.7. **800 Meters (HS):** 1. Karim Rahim, 2:08.4. **800 Meters (Masters):** 1. Rob Russell, 2:13.6. **800 Meters (Youth):** 1. Jayren Griffin, 2:42.8. **200 Meters (Open):** 1. J. Williams, 20.6. **200 Meters (HS):** 1. Felix Sanchez, 22.6. **3200 Meters (HS):** 1. Tyler Beardslee, 10:47.0. **3200 Meters (Open):** 1. Pat Hill, 9:39.9. **1600 m Relay (Open):** 1. Long Beach State A Team, 3:15.6. **1600 m Relay (HS):** 1. Poly, 3:39.9. **Long Jump (Open):** 1. Clyde Wilkinson, 22'1"3/4. **Long Jump (HS):** 1. Mack McKeever, 22'10"3/4. **Long Jump (Masters):** 1. Stanley Royster, 20'1. **Discus (Open):** 1. Roman Slobodyiivisaij, 152'8. **Discus (Masters):** 1. Joe Marino, 124'4. **Discus (HS):** 1. Allen Parks, 126'2. **Shot Put (Open):** 1. Larry Walker, 39'9"3/4. **Shot Put (Masters):** 1. Bill Gardiner, 42'4. **Shot Put (HS):** 1. John Davis, 54'4"1/2. **Javelin (Masters):** 1. Bill Gardner, 139'8. **Javelin (Open):** 1. Joe Gore, 137'8. **Pole Vault (Open):** 1. Mike Marshall, 15'0. **Pole Vault (HS):** 1. Tony Stuart, 12'0. **Triple Jump (Open):** 1. Kevin Scannell, 44'4. **Triple Jump (HS):** 1. Ronald Stewart, 45'6"1/2. **High Jump (Open):** 1. Brian Stanton, 7'3. **High Jump (Masters):** 1. Mel Embree, 6'1"1/2. **High Jump (HS):** 1. Ronald Stewart, 6'7"1/2.

Overall Results-Women

60 M Hurdles (Open): 1. Glory Dol-

phin, 8.9. **(HS):** 1. Ashley Bethel, 8.9. **1600 Meters (Open):** 1. Lisa Bower, 5:20.8. **(HS):** 1. Surya Williams, 5:41.8. **400 Meters (Open):** 1. Dorniesha, 59.8. **(HS):** 1. Sharent Williams, 1:02.1. **60 Meters (Open):** 1. Nai-Ne Gibson, 7.7. **(HS):** 1. Ashley Bethel, 7.9. **300 M Hurdles (Open):** 1. Di Murrin, 50.9. **(HS):** 1. Lisa McCreary, 52.1. **800 Meters (Open):** 1. Lesley Noll-Mayne, 2:10.8. **(HS):** 1. Vanessa Jamieson, 2:29.8. **200 Meters (Open):** 1. Nai-Ne Gibson, 25.5. **(HS):** 1. Christina Neal, 27.5. **3200 Meters (HS):** 1. Jade Jamieson, 13:35.0. **1600 M Relay (Open):** 1. Long Beach State, 4:14.8. **(HS):** 1. Poly, 4:12.7. **Long Jump (Open):** 1. Wendy Brown, 18'11"1/4. **(HS):** 1. Ashley Bethel, 16'11. **Shot Put (Open):** 1. Aisha McKinney, 31'10"3/4. **(HS):** 1. Eboni White, 30'11"1/4. **Javelin (Masters):** 1. Karen Vaughn, 81'4. **(Open):** 1. Nadene Volkoff, 111'11". **Triple Jump (Open):** 1. Wendy Boru, 39'10. **(HS):** 1. Rajsheda Fortner, 31'1. **High Jump (HS):** 1. Sharent Williams, 5'5"3/4. **(Open):** 1. Wendy Boru, 5'5"3/4.

Cal Tech Invitational

February 11, Pasadena.

Overall Results-Men

10,000 M: 1. Eric Snook (FP) 35:15.6. **3000 M Steeplechase:** 1. Jeff Wilson (MC) 9:19.9. **100 M High Hurdles:** 1. Jerald Stamps (PCC) 15:36. **100 Meters:** 1. Thomas Fambach (MC) 11:00. **200 Meters:** 1. Gene Shepard (PCC) 22:35. **400 Meters:** 1. Marcus James (MC) 50:95. **800 Meters:** 1. A Archer (CMS) 1:55:80. **1500 Meters:** 1. Brad Aagaard (Unat) 4:01:31. **400 Meter Relay:** 1. Moorpark College A, 42:89. **5000 Meters:** 1. Tim Hardin (SCC) 15:46:80. **1600 Meter Relay:** 1. Moorpark College A, 3:25:52. **Long Jump:** 1. A Sutton (CMS) 19'11"1/4. **Triple Jump:** 1. Matthew Gardner (FP) 41'5"3/4. **High Jump:** 1. Andy Szilagyi (MC) 205cm. **Javelin:** 1. Quang Leba (CMS) 170'2". **Discus:** 1. G Okerson (CMS) 42.62m. **Shot Put:** 1. G. Okerson (CMS) 46'10". **Pole Vault:** 1. Jeff Beam (MC) 15'1".

Overall Results-Women

10,000 M: 1. Kerry Sue Houchin (FP) 41:37.6. **3000 M Steeplechase:** 1. Susan Kwietniewski (PCC) 12:03.2. **100 Meters:** 1. Avonya Linton (MC) 13.05. **100 M High Hurdles:** 1. Lana Cantrell (PCC) 16.21. **200 Meters:** 1. Avonya Linton (MC) 27.00. **400 Meters:** 1. Melissa Giangrosso (PCC) 64:67. **400 M Intermediate Hurdles:** 1. Heather

Hanger (MC) 1:12:81. **800 Meters:** 1. Sarah Gerard (CMS) 2:29.40. **1500 Meters:** 1. Gretchen Brugman (CMS) 5:01.87. **3000 Meters:** 1. Caitlin Henderson (CIT) 11:03.75. **400 Meter Relay:** 1. PCC, 52.60. **1600 Meter Relay:** 1. CMS A, 4:21.84. **High Jump:** 1. Erika Spencer (LV) 150cm. **Long Jump:** 1. Abby Tammi (CMS) 15'4"3/4. **Triple Jump:** 1. Janine Molina (FP) 32'7"1/2. **Javelin:** 1. A Houser (CMS) 102'2". **Shot Put:** 1. Sarah Goodlaw (PCC) 34'11". **Discus:** 1. Sarah Goodlaw (PCC) 118'7".

54th Long Beach Relays

February 18, Long Beach State University

Overall Results-Men's University/Open

3000 M Steeplechase: 1. Devin Elizondo, UCLA, 9:46.88. 2. Terence Flynn, OXY, 9:47.22. 3. Brandon DelCampo, UCLA, 9:57.90. **110 M High Hurdles:** 1. Rich Benoy, Co Spring, 13.91. 2. Ken Alladafar, USC, 14.17. 3. Eric Bell, USC, 14.69. **4 x 100 M Relay:** 1. Long Beach ST., 40.59. 2. Southern Cal, 41.08. 3. South Bay TC, 42.18. **Distance Medley:** 1. Asics Track West, 10:12.42. 2. UCSB, 10:16.93. 3. Occidental, 10:22.00. **Sprint Medley:** 1. Long Beach ST., 3:38.39. 2. UCSB-B, 3:44.16. 3. UCSB-A, 3:44.69. **4 x 800 M Relay:** 1. Asics Track West, 7:41.97. 2. Southern Cal, 7:53.16. 3. UC Los Angeles, 7:54.16. **400 M Int. Hurdles:** 1. Marcus Carter, USC, 52.20. 2. David Mayeda, UCI, 54.35. 3. Andy White, UCSB, 56.49. **4 x 200 M Relay:** 1. South Bay TC, 1:29.96. 2. UC Irvine-A, 1:37.14. 3. Westmont, 1:40.22. **5000 M Run:** 1. Ryan Winn, Unatt., 14:47.69. 2. Tyrus Deminter, LBCC, 14:58.44. 3. Juan Sotelo, UCLA, 15:48.30. **4 x 400 M Relay:** 1. Southern Cal-A, 3:11.15. 2. Long Beach ST.-A, 3:12.20. 3. Southern Cal-B, 3:20.84. **Javelin:** 1. Joe Greenberg, AA, 205'3". 2. Rudy Davila, SCTC, 185'11". 3. Matt Zeman, OXY, 159'4". **Long Jump:** 1. Kyle Beck, USC, 22'8". 2. Sohan Park, UCI, 21'8"1/4. 3. Carl Hampton, Unatt., 20'11"3/4. **High Jump:** 1. Aaron Junta, LBSU, 6'4". 2. Terri Simmons, Unatt., NH. 3. Jeff Argabright, LBSU, NH. **Discus:** 1. Rod Chronister, Unatt., 169'7". 2. Troy Sticklin, Cerritos TC, 157'4". 3. Damon DeVault, LBSU, 155'3". **Pole Vault:** 1. Borya Orloff, UCI, 16'7"3/4. 2. John Shirley, Beach TC, 16'1"3/4. 3. Chad Reedy, UCLA, 15'7"3/4. **Triple Jump:** 1. Eli Gladden, UCSB, 45'10". 2. Taiwo Madison, USC, 45'2"1/4. 3. Chris

Czerwindki, LBSU, 44'8". **Shot Put:** 1. Rod Chronister, Unatt., 53'7"1/2. 2. Damon DeVault, LBSU, 50'4". 3. Troy Sticklin, Cerritos TC, 45'6"1/2. **Hammer:** 1. Monte Wilson, Unatt., 188'2". 2. Kevin Eubanks, Unatt., 173'11". 3. Damon DeVault, LBSU, 171'10".



TYRUS DEMINTER

Photo by Bill Cockerman

Overall Results-Women's University/Open

3000 Meter's: 1. Kathy Smith, Cal Coast TC, 9:54.78. 2. Traci Goodrich, Nike Coast, 10:01.72. 3. Jeanene Harlick, UCLA, 10:05.75. **100 M Hurdles:** 1. LeGretta Hinds, Unatt., 14.30. 2. San Ying Chan, USC, 14.62. 3. Shelia Burrell, UCLA, 14.72. **4 x 100 M Relay:** 1. UC Irvine-A, 51.06. 2. Southern Cal, DQ. **Distance Medley:** 1. Asics Track West, 11:45.98. 2. UC Los Angeles, 11:56.72. 3. Beach TC, 12:30.46. **Sprint Medley:** 1. Southern Cal, 1:44.40. 2. UCSB, 1:50.86. **4 x 800 M Relay:** 1. Asics Track West, 9:02.76. 2. UC Los Angeles, 9:07.32. 3. Southern Cal, 9:25.83. **400 M Hurdles:** 1. LeGretta Hinds, Unatt., 63.47. 2. Skye Green, UCI, 67.45. 3. Sarah Kaminski, UCI, 72.03. **4 x 200 M Relay:** 1. UC Los Angeles, 1:38.63. 2. UCSB, 1:46.82. 3. UC Irvine-A, 1:49.28. **4 x 1600 M Relay:** 1. Asics Track West, 20:18.23. 2. UCSB, 20:35.75. 3. UC

RESULTS

Los Angeles, 20:38.97. **4 x 400 M Relay:** 1. UCLA-A, 3:43.23. 2. Southern Cal, 3:50.85. 3. UCLA-B, 3:58.16. **High Jump:** 1. Amy Acuff, UCLA, 6'11/2. 2. Clare Look-Jager, Nike Coast, 5'11/2. 3. Clarissa Moulton, CSUB, 5'5/3/4. **Long Jump:** 1. Glory Dolfin, USC, 17'11/4. 2. Nicole Haynes, USC, 16'5/4. 3. Khara Covington, UCI, 15'9. **Shot Put:** 1. Romona Pagel, Nike Coast, 60'08/3/4. 2. Lara Newell, SCUB, 39'7/3/4. 3. Kirran Moss, LBSU, 39'0/1/2. **Javelin:** 1. Celeste McVey, USC, 152'3. 2. Nadene Volkoff, LBSU, 117'1. 3. Latoya Williams, CSUB, 105'1. **Triple Jump:** 1. Glory Dolfin, USC, 39'0/1/2. 2. Lisa Domico, UCLA, 37'0/1/2. 3. Khara Covington, UCI, 32'3. **Discus:** 1. Kirran Moss, LBSU, 129'0. 2. Lara Newell, CSUB, 126'1. 3. Jenna Endres, UCSB, 117'11. **Hammer:** 1. Kirran Moss, LBSU, 148'11. 2. Ray Van Dinther, Unatt., 111'10.

Overall Results- Men's Community College

3000 M Steeplechase: 1. Andy McLarty, Mt. SAC, 10:30.33. **110 M Hurdles:** 1. Jeff Corriea, Cerritos CC, 14.71. 2. Eric Torres, PCC, 15.37. **4 x 100 M Relay:** 1. Long Beach CC, 41.70. 2. Pasadena, 42.81. 3. El Camino-A, 42.97. **Distance Medley:** 1. El Camino-A, 10:27.26. 2. Pasadena, 10:29.21. 3. El Camino-C, 10:54.61. **Sprint Medley:** 1. El Camino-A, 3:29.53. 2. Long Beach CC, 3:32.52. 3. Pasadena, 3:53.34. **4 x 800 M Relay:** 1. Cerritos, 9:21.17. **400 M Int. Hurdles:** 1. Hassan Bangarah, LBCC, 53.40. 2. Kemein Bougere, Compton CC, 64.09. 3. Lisando Ramirez, ECC, 65.01. **4 x 200 M Relay:** 1. Cerritos-A, 1:28.29. 2. El Camino-A, 1:28.32. 3. Pasadena, 1:32.62. **4 x 1600 M Relay:** 1. El Camino-A, 18:02.50. 2. Long Beach CC, 18:55.53. 3. El Camino-B, 18:55.79. **5000 Meter's:** 1. Everardo Gomez, LACC, 17:08.4. 2. Oscar Cisneros, LACC, 18:03.7. **4 x 400 M Relay:** 1. Cerritos-A, 3:19.88. 2. Long Beach CC, 3:20.09. 3. El Camino-A, 3:21.87. **Discus:** 1. James Barnes, Cerritos CC, 136'6. 2. Larry Walker, Compton CC, 128'5. 3. Steve Toto, Mt. SAC, 124'5. **Javelin:** 1. Robert Ernster, Cerritos CC, 175'5. 2. John Peterson, LBCC, 165'10. 3. Walter Cheeks, Mt. SAC, 159'0. **Long Jump:** 1. Eric Torres, PCC, 21'7/4. 2. Santiago Delgado, Cerritos CC, 21'4. 3. Mike Robinson, Mt. SAC, 20'5/3/4. **High Jump:** 1. Eric Torres, PCC, 5'6. **Pole Vault:** 1. Eric Stanfield, LBCC, 15'1/3/4. 2. John Peterson, LBCC, 12'8/1/4. 3. Eric Torres, PCC, NH. **Shot Put:** 1. James Barnes, Cerritos CC, 42'11/3/4. 2. Robert Ernster, Cerritos CC, 39'8/1/2. 3. Francisco Alvarez, PCC, 38'7. **Triple Jump:** 1. Santiago Delgado, Cerritos CC, 45'9/1/4. 2. Chris Gilmore, Cerritos

CC, 39'11/1/2. **Hammer:** 1. Tom Malooly, Mt. SAC, 119'3. 2. James Barnes, Cerritos CC, 118'3. 3. Henry Slonsky, Mt. SAC, 111'6.

Overall Results- Women's Community College

3000 Meter's: 1. Jeannie Robinson, LBCC, 10:55.7. 2. Lupe Hernandez, Mt. SAC, 11:46.4. 3. Andrea Duran, Mt. SAC, 11:53.90. **100 M Hurdles:** 1. Karen Vigilant, LBCC, 15.1. 2. Natalie Martin, Cerritos, 15.5. 3. Nadia Bodie, Compton CC, 17.4. **4 x 100 M Relay:** 1. El Camino CC, 49.09. 2. Compton-A, 51.54. 3. Cerritos, 52.59. **Distance Medley:** 1. El Camino, 12:31.63. 2. Pasadena, 14:21.95. **Sprint Medley:** 1. El Camino, 1:49.33. 2. Long Beach CC, 1:49.81. 2. Long Beach CC, 1:49.81. 3. Compton, 1:52.86. **400 M Hurdles:** 1. Nadia Bodie, Compton CC, 74.09. 2. Susan Kwietniewski, PCC, 84.10. **4 x 200 M Relay:** 1. Pasadena, 1:48.18. **4 x 1600 M Relay:** 1. El Camino, 21:26.07. **4 x 400 M Relay:** 1. Long Beach CC, 4:00.15. 2. El Camino, 4:05.20. 3. Compton, 4:20.14. **Shot Put:** 1. Bernadette, Cerritos CC, 36'9. 2. Sarah Goodlaw, PCC, 36'2/1/4. 3. Aisha McKinney, ECC, 33'2. **High Jump:** 1. Cecilia Noel, LBCC, 4'11/3/4. 2. LaKris Kindred, LBCC, 4'4. **Long Jump:** 1. Cynthia Midkiff, LBCC, 16'8/3/4. 2. Ciesha Hicks, Cerritos CC, 14'6/3/4. 3. Marisol Ward, Cerritos CC, 12'0/3/4. **Javelin:** 1. Susan Barajas, Mt. SAC, 109'11. 2. Kiia Ruiz, Mt. SAC, 104'5. 3. Sarah Goodlaw, PCC, 88'11. **Discus:** 1. Sarah Goodlaw, PCC, 122'10. 2. Bernadette Quinteros, Cerritos, 114'0. 3. Aisha McKinney, ECC, 87'7. **Triple Jump:** 1. Wintress Lang, Compton CC, 36'7. 2. La Kristi Kindred, ECC, 29'10. **Hammer:** 1. Bernadette Quinteros, Cerritos CC, 84'8.

Mustang Four-Way Track Meet

February 25, San Luis Obispo
Overall Results-Men

400 M Relay: 1. Cal State Bakersfield, 41.90. 2. Cal State Fullerton, 43.47. 3. UC Santa Barbara, 43.57. **3000 M Steeplechase:** 1. Dave Cullum, UC Santa Barbara, 9:08.11. 2. frest Quinlon, UC Santa Barbara, 9:30.75. 3. Dan Berkland, Cal Poly SLO, 9:36.70. **110 M Hurdles:** 1. Darryl Fitzhugh, Cal Poly SLO, 15.79. 2. Matthew Roderick, Cal State Bakersfield, 15.93. 3. John Kidd, Cal State Fullerton, 16.18. **400 M:** 1. Don Oliver, UC Santa Barbara, 48.59. 2. Cory Doxey, Cal State Bakersfield, 49.52. 3. Shane Clark, Cal State Bakersfield, 49.73. **1500 M:** 1. Kevin Berkowitz, Cal Poly SLO, 4:00.81. 2. Adam Loo, Cal State Fullerton, 4:03.40. 3. Rich Raya, Cal Poly SLO, 4:03.44. **100 M:** 1. Steve Amundson, Cal Poly SLO, 11.0. 2. Eric Hutchinson, Cal State Bakersfield, 11.2. 3.

Chico Zappia, UC Santa Barbara, 11.4. **400 M Hurdles:** 1. Andy White, UC Santa Barbara, 54.7. 2. John Kidd, Cal State Fullerton, 55.3. 3. Justin Heilmann, Cal Poly SLO, 56.2. **800 M:** 1. Nate Heggenberger, Cal State Fullerton, 1:54.63. 2. Scott Kolenic, Cal Poly SLO, 1:54.65. 3. Adrian Garcia, UC Santa Barbara, 1:55.30. **200 M:** 1. Cory Doxey, Cal State Bakersfield, 21.7. 2. Steve Amundson, Cal Poly SLO, 21.9. 3. Don Oliver, UC Santa Barbara, 22.0. **5000 M:** 1. Kevin Berkowitz, Cal Poly SLO, 15:07.94. 2. Nate Jobe, UC Santa Barbara, 15:12.03. 3. Joey Tavernier, Cal Poly SLO, 15:15.7. **1600 M Relay:** 1. UC Santa Barbara, 3:20.05. 2. Cal Poly SLO, 3:21.6. 3. Cal State Fullerton, 3:31.1. **Hammer:** 1. Matt Godbehere, Cal State Bakersfield, 156'09. 2. Marcus Eubanks, Cal State Bakersfield, 143'03. 3. Bill Pedigo, Cal Poly SLO, 131'0. **Javelin:** 1. Trey Smith, UC Santa Barbara, 172'08. 2. David Boles, UC Santa Barbara, 164'07. 3. Bill Pedigo, Cal Poly SLO, 150'06. **Shot Put:** 1. Matt Godbehere, Cal State Bakersfield, 53'02. 2. Andy Sverchek, Cal Poly SLO, 48'11. 3. Joel Sharpe, Cal Poly SLO, 43'01. **Long Jump:** 1. Maurice Eaglin, Cal Poly SLO, 22'09. 2. Steve Amundson, Cal Poly SLO, 21'03. 3. Chris Reiz, Cal State Bakersfield, 21'02. **Triple Jump:** 1. Zaylore Stout, Cal State Fullerton, 46'02. 2. Eli Glad-

Bakersfield, 15'6. 3. Russ Miller, Cal Poly SLO, 15'0. **Discus:** 1. Matt Godbehere, Cal State Bakersfield, 158'09. 2. Joel Sharpe, Cal Poly, 147'09. 3. Albert Avila, Cal State Fullerton, 143'05. **High Jump:** 1. Zaylore Stout, Cal State Fullerton, 6'6. 2. Eli Glad-den, UC Santa Barbara, 6'6. 3. Noah Kimbwa, Cal State Fullerton, 6'4. **Team Scores:** 1. Cal Poly SLO, 201. 2. UC Santa Barbara, 158. 3. Cal State Fullerton, 136. 4. Cal State Bakersfield, 135.

Overall Results-Women

5000 M: 1. Angela Orefice, Cal Poly SLO, 17.38. 2. Laura Becill, Cal Poly SLO, 17.58. 3. Elizer Alexander, UC Santa Barbara, 18.01. **400 M Relay:** 1. Cal State Bakersfield, 48.65. 2. Cal Poly SLO, 49.11. 3. UC Santa Barbara, 49.35. **100 M Hurdles:** 1. Anita Madden, Cal State Bakersfield, 15.40. 2. Julie Mosier, UC Santa Barbara, 15.81. 3. Desiree Green, Cal State Bakersfield, 15.89. **400 M:** 1. Barb Jones, Cal Poly SLO, 57.99. 2. Kim Montgomery, Cal State Bakersfield, 59.99. 3. Meri Webster, UC Santa Barbara, 1:00.22. **1500 M:** 1. Nikki Shaw, Cal Poly SLO, 4:43.52. 2. Lori Fancon, Cal Poly SLO, 4:45.98. 3. Laura Hodnett, UC Santa Barbara, 4:48.00. **100 M:** 1. Tam Jackson, Cal Poly SLO, 12.18. 2. Renee Williams, Cal State Bakersfield, 12.74. 3. Anita



LORI FANCON

Photo by Elaine Rosenfield



ANGELA OREFICE

Photo by Elaine Rosenfield

den, UC Santa Barbara, 44'08. 3. Maurice Eaglin, Cal Poly SLO, 43'05. **Pole Vault:** 1. Bret Whitford, Cal Poly SLO, 16'0. 2. Ben Stark, Cal State

Madden, Cal State Bakersfield, 12.98. **400 M Hurdles:** 1. Stacey Thompson, Cal State Bakersfield, 1:03.28. 2. Lisa Knott, UC Santa Barbara, 1:03.93. 3.

RESULTS

Kerri Gabrielson, Cal Poly SLO, 1:05.17. **800 M**: 1. Nikki Shaw, Cal Poly SLO, 2:17.45. 2. Janice Nichols, Cal State Bakersfield, 2:20.44. 3. Melanie Hand, Cal Poly SLO, 2:20.65. **200 M**: 1. Tam Jackson, Cal Poly SLO, 25.56. 2. Renee Williams, Cal State Bakersfield, 26.12. 3. Meri Webster, UC Santa Barbara, 26.76. **3000 M**: 1. Heather Killeen, Cal State Fullerton, 10:02.85. 2. Angela Orefice, Cal Poly SLO, 10:22.69. 3. Jennifer Lacovara, Cal Poly SLO, 10:24.9. **1600 M Relay**: 1. Cal State Bakersfield, 3:57.85. 2. Cal Poly SLO, 3:21.6. 3. Cal State Fullerton, 3:31.1. **Javelin**: 1. Allison Elierts, Cal Poly SLO, 141'0. 2. Mary Wilson, UC Santa Barbara, 128'6. 3. Erica Ahmann, Cal Poly SLO, 123'3. **Discus**: 1. Erica Ahmann, Cal Poly SLO, 156'2. 2. Lara Newell, Cal State Bakersfield, 126'4. 3. Mary Wilson, UC Santa Barbara, 122'0. **Shot Put**: 1. Lara Newell, Cal State Bakersfield, 43'6. 2. Kenya Wells, Cal State Bakersfield, 39'8. 3. Erica Ahmann, Cal Poly SLO, 37'7. **High Jump**: 1. Clarissa Moulton, Cal State Bakersfield, 5'9. 2. Diane Korbel, Cal Poly SLO, 5'4. 3. Kacy Omalley, Cal State Bakersfield, 5'2. **Long Jump**: 1. Stacey Thompson, Cal State Bakersfield, 17'6. 2. Erika Bornhorst, UC Santa Barbara, 17'5. 3. Clarissa Moulton, Cal State Bakersfield, 17'4. **Triple Jump**: 1. Stacey Thompson, Cal State Bakersfield, 11'38. 2. Clarissa Moulton, Cal State Bakersfield, 10'85. 3. Carey Moyle, Cal Poly SLO, 10'71. **Team Scores**: 1. Cal Poly SLO 197. 2. Cal State Bakersfield, 172. 3. UC Santa Barbara, 126. 4. Cal State Fullerton, 54.

WAC Indoor Meet

February 25. Air Force Academy, Colo.

Overall Results-Men

55 Meter's: 1. Oba Thompson, UTEP, 6.17. 2. Godfrey Hewlett, UTEP, 6.30. 3. Leonard Myles-Mills, BYU, 6.37. **200 Meter's**: 1. Oba Thompson, UTEP, 20.88. 2. Godfrey Hewlett, UTEP, 21.12. 3. Mark Noreiga, UTEP, 21.18. **400 Meter's**: 1. Hayden Stephen, UTEP, 47.77. 2. Karios Samuels, UTEP, 48.05. 3. Paul Gomez, AFA, 48.38. **800 Meter's**: 1. Jim McCreery, Wyo., 1:51.37. 2. Aaron Samansky, Fresno, 1:52.61. 3. Bryan Horan, CSU, 1:53.52. **1 Mile**: 1. Nick MacFalls, AFA, 4:13.30. 2. Kipp Ortenburger, Fresno, 4:14.53. 3. Dave Sobolik, CSU, 4:19.25. **3,000 Meter's**: 1. Eric Mack, AFA, 8:25.67. 2. Mark Johansen, BYU, 8:38.51. 3. Brandon Rhoads, BYU, 8:38.53. **55 Meter Hurdles**: 1. Marcus Turner, CSU, 7.43. 2. Jason Medearis, Wyo., 7.45. 3. Richard Price, UTEP, 7.51. **1 Mile Relay**: 1. UTEP, 3:15.19. 2. CSU, 3:15.63. 3. AFA, 3:17.28. **Distance Medley**: 1. UTEP, 10:18.25. 2. AFA, 10:22.79. 3. Fresno, 10:35.93.



KIPP ORTENBERGER

Photo by Elaine Rosenfield

High Jump: 1. Moses Kearney, Fresno, 7'2 1/2. 2. Bud Hamilton, Wyo., 7'1 1/2. 3. (tie) Erik Nyberg, Fresno, and Lance Greer, BYU, 7'0 1/4. **Pole Vault**: 1. David Pike, AFA, 18-0 1/2. 2. David Cox, Fresno, 17-8 1/2. 3. Heath Fulk, Fresno, 17-8 1/2. **Triple Jump**: 1. Marek Sameli, BYU, 50-8 1/4. 2. Sam Ransom, AFA, 48-6 1/4. 3. Robert House, Fresno, 48-3 1/4. **Shot Put**: 1. Marc Harisay, BYU, 56-8. 2. Ryan Butler, Wyo., 54-10. 3. Kevin Whurick, CSU, 54-4. **Team Scoring**: 1. Brigham Young (129.5). 2. Air Force (126). 3. Texas-El Paso (121.5). 4. Fresno State (104). 5. Colorado State (87). 6. Wyoming (84). 7. Utah (4). 8. New Mexico (3).

Overall Results-Women

55 Meter's: 1. Melinda Sergeant, UTEP, 6.77. 2. Windy Jorgensen, BYU, 7.07. 3. Ineka Cooray, UTEP, 7.09. **200 Meter's**: 1. Sergeant, UTEP, 23.82. 2. Christine Reaux, CSU, 24.74. 3. Samone Cole, Fresno, 24.76. **400 Meter's**: 1. Janisha Richardson, Fresno, 55.56. 2. Christine Reaux, CSU, 24.74. 3. Tia Glenn, UTEP, 56.82. **800 Meter's**: 1. Tonje Vrale, UTEP, 2:12.54. 2. Janeth Caizalitin, BYU, 2:12.62. 3. Jenny Hodsden, CSU, 2:13.20. **1 Mile Run**: 1. Caizalitin, BYU, 5:06.14. 2. Molly Moulton, Wyo., 5:08.08. 3. Dayna Pack, Utah, 5:10.47. **3,000 Meter's**: 1. Maribella Aparicio, BYU, 10:21.10. 2. Amy Wroe, Wyo., 10:26.83. 3. Michelle Truesdale, AFA, 10:35.97. **55 Meter Hurdles**: 1. Tiffany Lott, BYU, 7.75. 2. Stacey Dickson,

CSU, 8.03. 3. Felicia Dixon, CSU, 8.27. **1 Mile Relay**: 1. UTEP, 3:50.91. 2. CSU, 3:53.33. 3. BYU, 3:54.02. **Distance Medley**: 1. BYU, 12:37.70. 2. CSU, 12:42.61. 3. Fresno, 12:50.14. **High Jump**: 1. Melinda Boice, BYU, 5'9 3/4. 2. Amanda Hopkins, Utah, 5'8 1/2. 3. Jayme Ulrich, Fresno, 5'8 1/2. **Triple Jump**: 1. Kathy Sorenson, BYU, 39-1. 2. Jennifer Frazier, BYU, 38-7 3/4. 3. Felecia Brown, Fresno, 38-6. **Shot Put**: 1. Amy Christiansen, BYU, 50-8. 2. Petra Juraskova, BYU, 50-0 3/4. 3. Myra Smith, UNM, 45-7 1/4.

Team Scores: 1. Brigham Young (185.5). 2. Fresno State (124.5). 3. Colorado State (90.5). 4. Texas-El Paso (82). 5. Wyoming (56). 6. Utah (41). 7. Air Force (27.5). 8. New Mexico (14).

Fresno State vs. Stanford vs. Cal Poly

March 4. Warmerdam Field, Fresno.

Overall Results-Men

100 M: 1. Charlton Jordan, FSU, 10.7. 2. Branyan Davis, Stan., 10.8. 3. Steve Amundsen, Cal Poly SLO, 10.9. **200 M**: 1. Branyan Davis, Stan., 21.98. 2. Jamie Houston, FSU, 22.08. 3. Steve Amundsen, Cal Poly SLO, 22.08. **400 M**: 1. Jimmie Johnson, Stan., 47.77. 2. Etroy Nelson, FSU, 49.08. 3. Tad Heath, Stan., 49.79. **800 M**: 1. Aaron Samansky, FSU, 1:52.60. 2. Scott Kolenic, Cal Poly SLO, 1:54.45. 3. Ahmik Jones, Cal Poly SLO, 1:54.50. **1500 M**: 1. Kipp Ortenburger, FSU, 3:52.98. 2. Ryan McCalmon, Stan., UN, 3. Dan Zoldak, FSU, 3:55.61. **3000 M Steeplechase**: 1. Israel Pose, FSU, 9:12.67. 2. Bryan Zmijewski, Stan., 9:15.13. 3. Dan Berkeland, Cal Poly SLO, 9:21.70. **5000 M**: 1. Rob Reeder, Stan., 14:39.92. 2. Brain McCaffery, Stan., 14:49.51. 3. Israel Pose, FSU, 14:56.59.

110 M Hurdles: 1. Tovi Abello, Stan., 15.01. 2. Rueben Parrish, FSU, 15.13. 3. Kendall Hoggatt, FSU, 15.49. **400 M Hurdles**: 1. Rueben Parrish, FSU, 54.23. 2. Alonzo Arreola, FSU, 55.05. 3. Jeff Allen, Stan., 55.19. **4 x 100 M Relay**: 1. Fresno State (Jordan, Houston, Hoggatt, Thomas) 41.73. 2. Stanford (Clark, Abbink, Heath, Johnson) 42.7. 3. DNF-Cal Poly (Eaglin, Bane, Bellamy, Amundsen) Dropped baton on final handoff. **4 x 400 M Relay**: 1. Fresno State "A" (Jordan, Houston, Hoggatt, Thomas) 3:16.89. 2. Stanford "A" (Webb, Davis, Bookman, Manning) 3:19.26. 3. Cal Poly SLO (Eaglin, Bane, Bellamy, Amundsen) 3:21.87. **Sprint Medley Relay**: 1. Fresno State (Mitchell, House, Askjaer, Ortenburger) 3:26.96. 2. Stanford (Clark, Manning, Bookman, Karlgaard) 3:29.59. 3. Cal Poly SLO (Fitzhugh, Bellamy, Eaglin, Kolenic) 3:30.96. **Hammer**: 1. Adam Connolly, Stan., 196'5. 2. Justin Strand, Stan.,

187'8. 3. Christian Dose, FSU, 173'8. **Javelin**: 1. Alonzo Arreola, FSU, 190'4. 2. Michael Askjaer, FSU, 178'10. 3. John Roldan, Stan., 178'7. **Pole Vault**: 1. Darren Fraley, FSU, 16'0. 2. Chris Buddin, Stan., 16'0. 3. Bret Whitford, Cal Poly SLO, 15'6. **High Jump**: 1. Moses Kearney, FSU, 7'0 1/2 (Fresno State vs. Cal Poly meet record). 2. Erik Nyberg, FSU, 6'9. 3. Chris Bane, Cal Poly SLO, 6'6 3/4. **Long Jump**: 1. Derrick Mitchell, FSU, 24'3. 2. Kendall Hoggatt, FSU, 23'0. 3. Maurice Eaglin, Cal Poly SLO, 22'5 1/4. **Triple Jump**: 1. Derrick Mitchell, FSU, 51'10 1/2. 2. (NCAA Provisional Qualifier) 2. Brian Manning, Stan., 48'5 1/4. 3. Robert House, FSU, 46'0 3/4. **Discus**: 1. Jason Dossey, FSU, 165'5. 2. Jeff Buckley, Stan., 159'11. 3. Sean McKeown, FSU, 159'4. **Shot Put**: 1. Sean McKeown, FSU, 54'6. 2. Jason Dossey, FSU, 52'11 1/2. 3. Andy Svercek, Cal Poly SLO, 49'7.

Men's Dual Meet Results: Fresno State 117, Stanford 96, Fresno State 138, Cal Poly 66, Stanford 137, Cal Poly 77. **Men's Tri Meet Results**: 1. Fresno State, 189. 2. Stanford, 144. 3. Cal Poly SLO, 84.

Overall Results-Women

100 M: 1. Tamatha Cox, Cal Poly SLO, 12.15. 2. Kasha Criswell, FSU, 12.20 (Fresno State vs. Stanford meet record). 3. Shuntay Taylor, FSU, 12.62. **200 M**: 1. Tamatha Cox, Cal Poly SLO, 24.84. 2. Kasha Criswell, FSU, 24.95 (Fresno State vs. Stanford meet record). 3. Monica Hoggatt, Stan., 25.32. **400 M**: 1. Monica Hoggatt, Stan., 56.07. (Fresno State vs. Stanford meet record). 2. Heather Miller, Stan., 57.10. 3. Barbara Jones, Cal Poly SLO, 57.21. **800 M**: 1. Sarah Moore, Sta., 2:12.91. 2. Irene Orozco, FSU, 2:13.00. 3. Nikki Shaw, Cal Poly SLO, 2:15.60. **1500 M**: 1. Gwen Williams, Stan., 4:41.2. 2. Leila Burr, Stan., 4:41.3. 3. Danielle Nelson, FSU, 4:44.4. **3000 M**: 1. Ann Burris, FSU, 10:01.93. 2. Danielle Nelson, FSU, 10:02.25. 3. Angela Orefice, Cal Poly SLO, 10:16.89.

5000 M: 1. Ann Burris, FSU, 17:25.38. 2. Kelly Jacobson, FSU, 17:32.78. 3. Anne Lee, Stan., 15:24.4. **400 M Hurdles**: 1. Christy Boyd, Stan., 1:01.81. 2. Kerri Gabrielson, Cal Poly SLO, 1:04.94. 3. Deneise Martinez, FSU, 1:04.71. **4 x 100 M Relay**: 1. Fresno State (Taylor, Hill, Mitchell, Criswell) 47.02 (Fresno State vs. Stanford meet record). 2. Stanford (Boyd, Hoggatt, Miller, Armand) 47.91. 3. Cal Poly SLO (Cox, Jones, Anderson, Wood) 48.57. **4 x 400 M Relay**: 1. Fresno State "A" (Simpson, Brown, Harris, Hill) 3:48.72. 2. Stanford (Miller, Hoggatt, Boyd, Moore) 3:51.24. 3. Fresno State "B" (Criswell, Wilson, Taylor, Orozco) 3:53.49. **Sprint Medley Relay**: 1. Fresno State

RESULTS

(Mitchell, Wilson, Simpson, Dawson) 4:08.3. 2. Cal Poly (Anderson, Fancon, Malenkoff, Hand) 4:14.3. 3. Stanford (Moore, Lee, Witmer, Burr) 4:15.2.

Long Jump: 1. Felecia Brown, FSU, 18'9 1/2. (Fresno State vs. Stanford meet record). 2. Amey Mitchell, FSU, 18'3 1/4. 3. Diane Korbel, Cal Poly SLO, 17'9 1/2. **Triple Jump:** 1. Flo Adu, Stan., 40'0 3/4. (Fresno State vs. Stanford meet record). 2. Anne Lee, Stan., 38'7 3/4. 3. Felecia Brown, FSU, 36'10 1/4. **Discus:** 1. Erica Ahmann, Cal Poly SLO, 167'0. (NCAA Provisional Qualifier) 2. Staci Darden, FSU, 161'0. 3. Sami Jo Small, Stan., 149'2. **Shot Put:** 1. Gina Heads, Stan., 45'6 1/2. 2. Lelica Zazaboi, FSU, 41'5 3/4. 3. Erica Ahmann, Cal Poly SLO, 41'4 1/4. **Javelin:** 1. Sami Jo Small, Stan., 175'11. (Fresno State vs. Stanford meet record). 2. Melissa Jones,



ERICA AHMANN

Photo by Elaine Rosenfield

FSU, 146'3. 3. Erika Spence, FSU, 141'6. **High Jump:** 1. Jayme Ullrich, FSU, 5'7. 2. Diane Korbel, Cal Poly SLO, 5'3. 3. Katrinka Jackson, Stan., 5'3. **Hammer:** 1. Staci Darden, FSU, 152'8. (Fresno State record; Fresno State vs. Stanford meet record; Fresno State vs. Cal Poly SLO meet record). 2. Gina Heads, Stan., 131'6. 3. Monique Bradshaw, Stan., 121'9.

Women's Dual Meet Results: Fresno State 102, Stanford, 97. Fresno State 121, Cal Poly SLO, 72. Stanford 108, Cal Poly SLO, 84. **Women's Tri Meet Results:** 1. Fresno State, 157. 2. Stanford, 142. 3. Cal Poly SLO, 98.

U.S. Mobil Indoor Championships

March 4. Atlanta.

Overall Results-Men

60: 1. Tim Harden, Kentucky, 6.54. 2. Michael Green, Jamaica, 6.55. 3. Michael Marsh, Santa Monica TC, 6.56. **200:** 1. Tod Long, Unattached, 20.75.

2. Antoniko Pettigrew, Reebok RC, 20.80. 3. Brad Fields, Michigan State, 20.81. **400:** 1. Michael Johnson, Nike International, 44.63. (world record, previous record, 44.97, Michael Johnson, Reno Nev., Feb. 10 1995). 2. Derek Mills, unattached, 45.49. 3. Darnell Hall, Nike TC, 45.61. **800:** 1. Joseph Tengelei, Kenya, 1:46.70. 2. Jose Parrilla, unattached, 1:47.24. 3. Rich Kenah, Reebok-Enclave, 1:47.65. **Mile:** 1. Niall Bruton, Ireland, 4:00.49. 2. Marcus O'Sullivan, Ireland, 4:00.76. 3. Erik Nedeau, New Balance TC, 4:01.10.

3,000: 1. Bob Kennedy, Nike International, 7:48.39. 2. Khalid Kairouani, Morocco, 7:51.22. 3. Reuben Reina, Foot Locker TC, 7:55.33. **5000 Walk:** 1. Allen James, Athletes in Action, 20:16.47. 2. Jonathan Matthews, unattached, 20:29.66. 3. Rob Cole, Reebok Racing Club, 20:36.63. **60 Hurdles:** 1. Allen Johnson, Goldwin TC, 7.42. 2. Mark Crear, Reebok TC, 7.49. 3. Jack Pierce, Mizuno, 7.58. **1,600 Relay:** 1. Louisiana State, 3:07.37. 2. Texas-El Paso, 3:09.30. 3. Kentucky, 3:09.36. **Distance Medley Relay:** 1. Brooks AC (Layne Anderson, Mike Rose, Doug Consiglio, Mike Kaufman) 9:40.96. 2. New York AC, 9:40.97. 3. Purdue, 9:43.64.

High Jump: 1. Tony Barton, Team Adidas, 7'6. 2. Stephen Smith, Nike TC, 7'4 1/2. 3. Randy Jenkins, Nike TC, 7'4 1/2. **Pole Vault:** 1. Nick Hysong, Stars & Stripes, 19'2 1/4. 2. Tim Bright, Mizuno, 19'0 1/4. 3. Dean Starkey, Reebok RC, 18'8 1/4. **Long Jump:** 1. Joe Green, unattached, 26'9 3/4. 2. Erick Walder, Team Adidas, 26'5. 3. Roland McGhee, Nike International, 26'3 3/4. **Triple Jump:** 1. Kenny Harris, Miuno, 55-9. 2. Edrick Floreal, Canada, 55-2 3/4. 3. LaMark Carter, Mid Atlantic Sports, 55-0 3/4. **Shot Put:** 1. C.J. Hunter, USA West Track Club, 69-0 3/4. 2. Kevin Toth, Nike International, 68-11 1/4. 3. Gregory Tafalis, unattached, 64-0 1/4. **35-Pound Weight:** 1. Lance Deal, New York AC, 84-10 1/4. (world record, previous record, 81-8 1/2, Lance Deal, Reno, Nev., Feb. 11, 1995) 2. Lou Chisari, New York AC, 76-11. 3. Scott McGee, New York AC, 68-10.

Overall Results-Women

60: 1. Gwen Torrence, Mazda TC, 7.04. 2. Carlette Guidry-White, Team Adidas, 7.04. 3. Chryste Gaines, unattached, 7.18. **200:** 1. Carlette Guidry-White, Team Adidas, 22.73 (American record, previous record, 22.74, Gwen Torrence, Atlanta, March 5, 1995). 2. Dannette Young-Stone, Reebok RC, 22.83. 3. Juliet Cuthbert, Jamaica, 22.84. **400:** 1. Jearl Miles, Reebok RC, 50.99. 2. Maicel Malone, Asics TC, 51.92. 3. Sandie Richards, Jamaica, 52.00. **Also:** 6. Tanya Dooley, Athletes in Action, 52.73. **800:** 1. Mana Mutola, Mozambique, 1:58.41. 2. Meredith Rai-



LYNDA TOLBERT-GOODE (left) and JACKIE JOYNER-KERSEE competing here at Sunkist, met again at the Indoor Nationals
Photo by Kirby Lee

ney, Foot Locker TC, 1:59.61. 3. Joetta Clark, Foot Locker TC, 1:59.85. **Mile:** 1. Regina Jacobs, Mizuno, 4:26.54. 2. Hassiba Boulmerka, Algeria, 4:33.78. 3. Kristen Seabury, New Balance TC, 4:34.40.

3000: 1. Lynn Jennings, Nike International, 8:57.62. 2. Sinead Delhanty, Ireland, 8:58.33. 3. Joan Nesbit, Team New Balance, 9:01.80. **1,600 Relay:** 1. Tennessee, 3:38.64. 2. Rice, 3:38.95. 3. Eastern Michigan, 3:39.18. **60 Hurdles:** 1. Lynda Tolbert-Goode, Goldwin TC, 7.93. 2. Jackie Joyner-Kersey, Honda TC, 7.97. 3. Michelle Freeman, Jamaica, 7.98. **3000 Walk:** 1. Michelle Rohl, Brooks AC, 13:04.99. 2. Victoria Herazo, California Walkers, 13:11.76. 3. Joanne Dow, unattached, 13:28.22.

High Jump: 1. Gwen Wentland, Kansas State, 6'5. 2. Tisha Waller, Goldwin TC, 6'5. 3. Yolanda Henry, unattached, 6'4. **Long Jump:** 1. Jackie Joyner-Kersey, Honda TC, 22'0 3/4. 2. Shana Williams, unattached, 20'10 3/4. 3. Jackie Edwards, Bahamas, 20'8 1/2. **Triple Jump:** 1. Sheila Hudson-Strudwick, Reebok TC, 46'8 1/4. (American record, previous record 46'6 by Hudson-Strudwick, Feb. 25, 1995, at Flagstaff, Ariz.). 2. Cynthia Rhodes, unattached, 44'6. 3. Juliana Yendork, Southern California Cheetahs, 44'1 1/4. **Shot Put:** 1. Ramona Pagel, Nike Coast, 61'3 1/2. 2. Connie Price-Smith, Reebok RC, 58'8 1/2. 3. Eileen Vanisi, Reebok RC, 57'2 1/4. **Weight**

Throw: 1. Sonja Fitts, New York AC, 62'7 1/4. 2. Pam Dukes, Nike Coast TC, 61'10 1/4. 3. Dawn Ellerba, unattached, 60'8.

NCAA Indoor Championships

Division 1 finals at Indianapolis
March 10-11. Indianapolis

Overall Results-Men

55 M: 1. Tim Harden, Kentucky, 6.12. 2. Donovan Polwell, Texas Christian. 6.19. 3. Oba Thompson, Texas II Paso, 6.20. **55 M Hurdles:** 1. Philip Riley, Florida State, 7.10. **200 M:** 1. Dave Depek, DePaul, 20.78. **400 M:** 1. Deon Minor, Baylor, 46.0. 2. Greg Haughton, George Mason, 46.01. 3. Kevin Lyles, Seton Hall, 46.16. **800 M:** 1. Michael Williams, Manhattan, 1:48.12. 2. Bryan Woodward, Georgetown, 1:49.22. 3. Alex Morgan, George Mason, 1:49.25. **Mile:** 1. Kevin Sullivan, Michigan, 3:55.33. (meet record; old record, Sullivan Nyambui, Texas-El Paso, 3:57.89, 1979). 2. Graham Hood, Arkansas, 3:55.72. 3. Paul McMullen, Eastern Michigan, 3:56.21.

3,000 M: 1. Jason Bunston, Arkansas, 8:06.81. 2. Richie Boulet, California, 8:06.92. 3. Robert Gary, Ohio St., 8:07.74. **5,000 M:** 1. Mark Carroll, Providence, 13:55.15. **1,600 M Relay:** 1. North Carolina (Tony, McCall, Milton Campbell, Henry McRoy, Ken Harnden) 3:06.36. 2. George Mason, 3:06.42. 3. LSU, 3:06.43. **Distance Medley Relay:**

RESULTS

1. Michigan (Nick Kartonta, Trinity Townsend, Ian Forsyth, Kevin Sullivan) 9:33.44. 2. Eastern Michigan, 9:35.57. 3. Illinois, 9:36.33. **High Jump:** 1. Petar Malesev, Nebraska, 7'4 1/4. **Long Jump:** 1. Kareem S. Thompson, Rice, 26'4 1/4. **Triple Jump:** 1. Hrvoje Verzi, Georgia, 54'5 1/2. 2. Lenard Ozo-linich, California, 54'2 1/2. 3. Ndabe Mhlongwa, Southwestern Louisiana, 51'1. **Pole Vault:** 1. Tim Mack, Tennessee, 18'4 1/2. 2. Daren McDonough, Illinois, 18'0 1/2. 3. David Cox, Fresno St. 17'8 1/2. **Shot Put:** 1. John Godina, UCLA, 56'11 1/4. **35 lb. Throw:** 1. Alex Papadimitriou, Texas-El Paso, 71'5 1/4. 2. Brian Murer, Southern Methodist, 69'10 3/4. 3. Tomas Sjostrom, Georgia, 69'9.

Team Scores: 1. Arkansas, 59. 2. (tie) George Mason and Tennessee, 26. 4. (tie) Illinois and Michigan, 25. 6. Georgia, 24. 7. (tie) UCLA, Baylor and Rice, 22. 10. California, 20. **Also:** 28. (tie) Indiana and Fresno St., 8 1/2.

Overall Results-Women

55 M: 1. Melinda Sergeant, Texas-El Paso, 6:73. 2. Sevatheda Fynes, Eastern Michigan, 6:74. 3. Debbie Ferguson, Georgia, 6:76. **200 M:** 1. Merlene Frazer, Texas, 23:14. **400 M:** 1. Youlanda Warren, LSU, 52:39. 2. Ebony Robinson, Florida, 52:17. 3. Jennifer Jordan, Baylor, 53:11. **800 M:** 1. Amy Wickus, Wisconsin, 2:02.86. 2. Jennifer Buckley, Kent State, 2:05.02. 3. Tosha Woodward, Villanova, 2:05.71.

1 Mile: 1. Trine Pilskog, Arkansas, 4:39.19. 2. Kecki Wells, Alabama, 4:40.07. 3. Karen Hecox, UCLA, 4:41.03. **3,000 M:** 1. Sarah Schwald, Arkansas, 9:19.90. 2. Christine Stief, Boston, 9:20.69.

3. Nicole Karr, Portland, 9:25.13. **5,000 M:** 1. Jennifer Rhines, Villanova, 15:41.12. (meet record, previous, 15:48.17.



KAREN HECOX

Photo by Elaine Rosenfield

Valerie McGovern, Kentucky, 1990). **55 M Hurdles:** 1. Gillian Russell, Miami, 7:49. **1,600 M Relay:** 1. Texas (Zenita Davis, Donna Howard, Toya Brown, Merlene Frazer), 3:32.17. 2. LSU, 3:32.94. 3. Arizona St., 3:33.77. **Distance Medley Relay:** 1. Villanova (Tosha Woodward, Cathalina Staye, Becky Spies, Jennifer Rhines) 11:11.98. 2. Auburn, 11:13.34. 3. Wisconsin,

11:19.96. **Long Jump:** 1. Diane Guthrie-Gresh, George Mason, 21'8 1/4. **Triple Jump:** 1. Najuma Fletcher, Pittsburgh, 44'2 3/4. 2. Icolyn Kelly, Georgia, 43'9. 3. Nicola Martial, Nebraska, 43'4 1/4. **High Jump:** 1. Amy Acuff, UCLA, 6'5 1/2 (meet record; old record, J. C. Broughiton, Arizona, 6'3 1/2, 1993). 2. Gwen Wentland, Kansas St., 6'3 1/4. 3. Corissa Yasen, Purdue, 6'2 1/4. **Shot Put:** 1. Dawn Dumble, UCLA, 57'8 1/2. 2. Paulette Mitchell, Nebraska, 55'5. 3. Valeyta Althouse, UCLA, 54'10.

Team Scores: 1. Louisiana St. 40. 2. UCLA, 37. 3. Texas, 32. 4. (tie) Arkansas, and Villanova, 21. 6. Pittsburgh, 22. 7. Georgia, 20. 8. (tie) North Carolina and Nebraska, 19. 10. Wisconsin, 18.

Road Racing

Las Vegas International Marathon

February 4, Las Vegas, NV.

Overall Results-Men

1. Vladimir Netreba, Russia, 2:14:52 (\$7,000). 2. Istvan Pinter, Hungary, 2:15:40 (\$3,500). 3. Ruben Maza, Venezuela, 2:15:50 (\$2,500). 4. Markus Gerber, Switzerland, 2:17:28 (\$1,200). 5. Andrej Witczak, Poland, 2:18:28 (\$800). 6. Anders Szalkai, Sweden, 2:18:52 (\$400). 7. Christian Zwick, Switzerland, 2:19:55 (\$400). 8. Ivo Rodriguez, Brazil, 2:21:01 (\$200). 9. Don Johns, Ottawa Lake, Mich., 2:21:45 (\$100). 10. Steve Fader, Cincinnati, Ohio, 2:23:43 (\$200).

Overall Results-Women

1. Laura Mason, Stroudsburg, Pa., 2:37:20 (better Previous event record of 2:37:55 by Marie Rollins in 1988), (\$7,200). 2. Elena Razdroguina, Russia, 2:38:09 (\$3,200). 3. Gouzel Tazetdinova, Russia, 2:39:03 (\$2,200). 4. Natalya Balyakina, Russia, 2:40:37 (\$1,000). 5. Gail Hall, Bothell, Wash., 2:41:18 (\$600). 6. Heather Lucas, Murphysboro, Ill., 2:42:10 (\$200). 7. Patty Valadka, Houston, Tex., 2:43:56 (\$200). 8. Irina Bondarchouk, Russia, 2:46:45 (\$2,000). Master's winner. 9. Svetlana Netchaeva, Russia, 2:48:27 (\$200). 10. Karen Sanford-Gall, Billings, Mont., 2:48:37 (\$100).

U.S. Women's Marathon Championship (Carolina Marathon)

February 11, Columbia, South Carolina.

Overall Results-Women's Marathon
1. Debbie Kilpatrick, Moning Comfort,

2:34:42. 2. Laura Edmark, Adidas, 2:43:28. 3. Julie Kirtland, Moving Comfort, 2:44:05. 4. Roxi Erickson, Unatt., Omaha, NE, 2:44:24. 5. Ann Schaeffers, Unatt., Schaumburg, IL, 2:45:32. 6. Jeanne Johnson, Adidas, 2:48:06. 7. Mary Carol Knight, Unatt., Decatur, GA, 2:48:12. 8. Monique Eckler, Adidas, 2:48:54. 9. Kim Carlson Benner, Unatt., Framingham, MA, 2:49:44. 10. Heather Appenheimer, Unatt., Chapel Hill, NC, 2:51:38.

11. Maria Pasarentzos, Reebok, 2:53:19. 12. Dodie Kocsis, Unatt., Harrisonburg, VA, 3:01:19. 13. Mary Dunn, Unatt., Morgantown, NC, 3:01:21. 14. Tauna Vanderbilt, Unatt., West Olive, MI, 3:03:15. 15. Ella Willis, Detroit, MI, 3:05:16.

U.S. 100 Kilometer Road Race

February 18, Sacramento.

Overall Results-Men

1. Valmir Nunes, BRA, 6:22:13. 2. Rich Hanna, Sacramento, 6:42:09. 3. Carl Anderson, Kensington, 6:54:25. 4. Tom Johnson, Lookis, 6:55:56. 5. Kevin Setnes, Germantown, WI, 7:00:19.

Overall Results-Women

1. Suzie Lister, San Ramon, 8:32:57. 2. Ellen McCurtin, New York, NY, 8:41:27. 3. Jennifer Johnson, Cal., 8:43:33. 4. Theresa Daus-Weber, Littleton, CO., 8:47:10. 5. Daniele Chemiak, Cohoes, NY., 8:51:41.

U.S. Women's World XC Team Trials

February 18, Magic City Running Park, Birmingham, Alabama

Overall Results-Senior Women (6117 Meters)

1. Joan Nesbit, New Balance, 21:01. 2. Gwyn Coogan, Adidas, 21:24. 3. Liz Wilson, New Balance, 21:27. 4. Katy McCandless, Reebok, 21:40. 5. Carmen Ayala-Troncoso, Nike Texas, 21:44. 6. Carole Zajac, Reebok, 21:47. 7. Lisa Senatore, New Balance, 22:02. 8. Nnenna Lynch, Foot Locker, 22:16. 9. Kate Fonshell, Asics, 22:24. 10. Fran Ten Bensel, New Balance, 22:28.

Overall Results-Junior Women (4077 Meters)

1. Kortney Dunscombe, Stanford, 14:09. 2. Jessica Fry, Alabama, 14:11. 3. Mary Cobb, Pittsfield, MA, HS, 14:12. 4. Sally Glynn, Walter Johnson HS, MD, 14:14. 5. Julia Stamps, Santa Rosa, CA, HS, 14:15. 6. Heather Burroughs, Colorado, 14:19. 7. Sarna Renfro, Stanford, 14:26. 8. Katy Radkevich, Beaumont HS, OH, 14:46. 9. Leslie Almeida, Connecticut, 14:57. 10. Carrie Garritson, Alabama, 14:59.

Almond Blossom Run

1 Mile & 8K

February 25, Ripon

Overall Results-1 Mile

Overall Winner Men: 1. Jeff Kaiser, 4:53. **Overall Winner Women:** 1. Lori Duran, 6:16.

Overall Results-8K

Overall Winner Men: 1. Amol Saxina, 27:00. **Overall Winner Women:** 1. Vickie Pelli, 32:00.

Napa Valley Marathon

March 5, Napa.

Aaron Pearson of San Francisco, a former Naval officer who entered the race at the last minute, took the lead after 16 miles and cruised to more than a three-minute victory in the 17th annual Sutter Home Napa Valley Marathon in 2 hours, 26 minutes and 18 seconds.

Pearson, 31, a waiter competing in his fifth marathon, was never seriously challenged after passing early leader Jeff Teeters of Berkeley, Calif., and ran to a 44 second personal record.

"Races I do well in, it always happens in the last few days that I enter," said Pearson, who moved to San Francisco from Florida last December. "I found when I wanted to pick it up I could. The last six months I've been running really good. It's like a second coming. Going into my 30's I started running like I've never run before."

A field of 1,554 began the race at 7 a.m. in Calistoga under ideal running conditions-overcast skies and with a temperature in the high 40's. There were 1291 finishers.

Overall Results-Men's Marathon

1. Aaron Pearson (31) San Francisco, 2:26:18. 2. Jeff Teeters (35) Berkeley, 2:29:51. 3. Tony Huffman (32) Jackson, Miss., 2:32:23. 4. Charles Thompson (45) San Francisco, 2:32:38. 5. Michael White (31) San Jose, 2:33:50. 6. Robert Vanderlip (33) Sunnyside, 2:35:17. 7. Jeff Mello (35) San Francisco, 2:35:36. 8. Steve Greenspan (un) Phoenix, Ariz., 2:36:29. 9. Michael Georgi (un) Berkeley, 2:38:33. 10. Bill Pitchkolan (un) El Paso, Texas, 2:39:17.

Overall Results-Women's Marathon

1. Cheryl Boessow (34) Birmingham, Ala., 2:51:54. 2. Debbie Martin (29) Oakland, 2:53:11. 3. Cathy Cheeky (34) St. Helena, 2:58:59. 4. Christine Iwahashi (39) Sacramento, 2:59:47. 5. Bridget Brunnick (26) Trabuco Canyon, 3:03:14. 6. Tracy Golba (34) La Jolla, 3:06:33. 7. Alchera Clemenshaw (27) Cardiff, 3:07:16. 8. Vickie Roberts (40) San Diego, 3:07:26. 9. Jody La Follett (23) Brimfield, Ill., 3:08:34. 10. Rachel Atchley (30) Reno, Nev., 3:09:14.

The City of Los Angeles Marathon X

March 5, Los Angeles.

Marathon - Men

1. Rolando Vera (29) Ecuador 2:11:39, 2. Bob Kempainen (28) Minnetonka MN 2:11:59, 3. Martin Pitayo (35) Mexico 2:12:49, 4. Arturo Barrios (32) Boulder, CO 2:14:47, 5. Mark Plaatjes (33) Boulder, CO 2:15:41, 6. Jose Santana (30) Brazil 2:18:01, 7. Danny A. Ree (34) Riverside 2:21:06, 8. Daniel Martinez (33) Alhambra 2:21:35, 9. Hiroyuki Ito (26) Japan 2:23:33, 10. Katsuya Natsume (28) Japan 2:23:54,

11. Hector V. Lopez (27) Los Angeles 2:25:42, 12. Michael Alexander (25) Trinidad Tobago 2:25:58, 13. Marcos Juarez (21) Guatemala 2:26:03, 14. Gerard Kolbeck (30) France 2:26:22, 15. Richard Rono (33) Kenya 2:26:51, 16. Jesus Vazquez (33) Las Vegas, NV 2:27:03, 17. Lazaro Vasquez Sosa (30) Guatemala 2:28:14, 18. Redge Heislitz (36) Germany 2:29:04, 19. Joshua A. Braslow (26) Carlsbad 2:29:08, 20. Kevin Broady (33) Anaheim 2:29:40,

21. Abdriaz Drayer (27) Covina 2:29:52, 22. Dagoberto Perez (27) El Salvador 2:29:56, 23. Gilberto Chicol (33) Guatemala 2:30:41, 24. Chuck E. Mullane (25) San Clemente 2:30:56, 25. Jorge Marquez (28) Hermosa Beach 2:32:00, 26. Jose Luis Arriaga (30) Mexico 2:32:29, 27. Dean E. Rinde (31) Quincy 2:32:31, 28. Paulo N. Scherer (31) Santa Monica 2:34:46, 29. Refugio Servin (25) Huntington Beach 2:35:20, 30. Jaime Ortiz (34) Cudahy 2:35:29,

31. Darryl C. Wagner (26) Tucson, AZ 2:35:48, 32. Rafael Ramos (28) Glendale 2:35:57, 33. Pete Kaplan (38) Simi Valley 2:36:21, 34. Stephen J. Wright (36) New Zealand 2:36:24, 35. John Bednarski (45) Albuquerque, NM 2:36:40, 36. Harry Johnson III (39) Anchorage, AK 2:37:02, 37. Randy Winn (45) New Orleans, LA 2:37:02, 38. Rigoberto Vega (39) Los Angeles 2:37:43, 39. David Serina (29) Mexico 2:37:46, 40. Steve Brunt (34) 2:38:18,

41. Jose L. Zavala (25) South Pasadena 2:39:25, 42. Manny M. Nunes (39) Apache Junction, AZ 2:39:38, 43. Jerry S. Spears (29) Lancaster 2:39:53, 44. Pedro Gutierrez Santa Barbara 2:40:29, 45. Klaus

Pester (45) Germany 2:40:47, 46. Marco Antonio Aguilar Rodas (34) Guatemala 2:41:05, 47. Emigdio Zarazua (28) San Bernardino 2:41:09, 48. Ronald G. Coleman (43) Hawthorne 2:41:18, 49. Hans A. Gouwens (34) Los Angeles 2:41:19, 50. Cesar Vasquez (32) Los Angeles 2:41:31,

51. Rudy Son Gonzalez (30) Guatemala 2:41:37, 52. Dana J. Gemme (40) Lakewood 2:42:05, 53. Ecequiz Hernandez (32) Maywood 2:42:36, 54. Michael E. Latham (27) Los Angeles 2:42:49, 55. Jussi Hamalainen (48) Agoura Hills 2:42:54, 56. Carlos E. Ruiz (45) Pasadena 2:43:00, 57. Henry Fuentes Yerry (31) Los Angeles 2:43:15, 58. Ramon Ramos (30) Lynwood 2:43:26, 59. Dennis E. Bock (47) Palmdale 2:43:37, 60. Salvador Araujo (34) Pico Rivera 2:43:40,

61. Raymond J. Knerr (34) Ventura 2:43:44, 62. Sergio Correa (30) Oceanside 2:43:57, 63. John J. Jericau (33) Santa Monica 2:44:22, 64. David S. Roberson (32) Campbell 2:44:40, 65. Hugo Vargas (27) Compton 2:44:49, 66. Brian V. King (28) San Luis Obispo 2:45:01, 67. Armando Lopez (36) Guatemala 2:45:12, 68. Matt P. Barnard (34) Woodbury, MN 2:45:25, 69. Antonio Gamez Cornelio (35) Guatemala 2:45:35, 70. Jesus Garcia (33) Half Moon Bay 2:45:40,

71. Baldomero Bernudez Garcia (45) Los Angeles 2:45:42, 72. Armando A. Onofre (25) El Monte 2:45:43, 73. Michael W. Beichele (31) Germany 2:46:32, 74. Hyon S. Kang (29) Edwards AFB 2:46:49, 75. Andrew R. Tuovinen (31) Canada 2:47:02, 76. Per M. Jantelid (30) New York, NY 2:47:28, 77. Barry Steinwand (27) Los Angeles 2:47:29, 78. Bill Carlson (34) Diamond Bar 2:47:40, 79. Curtis L. McLaurin (24) Camarillo 2:47:45, 80. Michael Littmann (28) Germany 2:47:52,

81. Leonardo Flores (39) Mexico 2:47:52, 82. Chad T. Pratt (31) South Pasadena 2:48:22, 83. Lucio Arriaga (42) Los Angeles 2:48:35, 84. Daniel B. Goldstein (30) Thousand Oaks 2:48:38, 85. Joe D. Steinman (39) Los Angeles 2:49:20, 86. Rodrigo Casas (35) Downey 2:49:23, 87. Santos Per Mich (24) Guatemala 2:49:50, 88. Rae L. Clark (43) Camino 2:49:51, 89. Hansjoerg Mueller (34) Switzerland 2:50:02, 90. Scott A. Taylor (41) Tucson, AZ 2:50:05,

91. Jose Acuchi (24) San Fernando

2:50:10, 92. Thom Yojacek (34) Venice 2:50:14, 93. Leonard Aguilar (42) La Puente 2:50:23, 94. Brad D. Alexander (28) Huntington Beach 2:50:36, 95. Ricardo Sarabia (26) Hermosa Beach 2:50:47, 96. Norberto Romero (29) Pasadena 2:50:52, 97. Jose Gomez (41) Los Angeles 2:50:52, 98. Kenneth J. Cottrell (33) Oro Valley, AZ 2:50:55, 99. James Wright (39) Los Angeles 2:51:16, 100. Masaro Tamura (39) Japan 2:51:27.

Marathon - Women

1. Nadia Prasad (27) France 2:29:48, 2. Anna Rybicka (31) Poland 2:32:59, 3. Lyobov Kiochko (35) Ukraine 2:33:31, 4. Aniela Nikiel (29) Poland 2:34:51, 5. Kirsi Rauta (32) Finland 2:41:46, 6. Olia Kosolapova (30) Ukraine 2:44:49, 7. Yuki Ando (24) Japan 2:45:42, 8. Judy Mercon (36) Clearwater, FL 2:55:57, 9. Stephanie J. Wessell (25) Portland, OR 3:02:09, 10. Keena Carstensen (34) Thousand Oaks 3:02:16,

11. Jill Horne (34) Palm Springs 3:04:23, 12. Leticia Macias (31) Mexico 3:04:43, 13. Gilda Mendez De Moran (34) La Canada/Flintridge 3:04:58, 14. Holly Nybo (32) Mountain View 3:05:46, 15. Isabel TumCanto (28) Guatemala 3:06:37, 16. Carla Figueroa (28) Irvine 3:08:52, 17. Griselda Estrada Esquivel (31) Mexico 3:09:23, 18. Rosalinda Garcia (26) Long Beach 3:10:00, 19. Nicole Logan (21) Northridge 3:12:17, 20. Marni Rytli (27) Newport Beach,

21. Alfreda Iglehart (44) Los Angeles 3:13:29, 22. Chrystee Perkins (24) Port Hueneme 3:15:03, 23. Elida Ortiz (33) Guatemala 3:17:19, 24. Alison Page (24) Whittier 3:17:23, 25. Anna-Maria Howard (30) Gilroy 3:17:33, 26. Ruth Ziony (51) Los Angeles 3:18:48, 27. Renee Covi (26) Piedmont 3:18:53, 28. Nancy Abrahams (38) Santa Monica 3:19:01, 29. Jennifer Austin (25) Mission Viejo 3:19:02, 30. Vickie Ford (34) Los Angeles 3:19:10,

31. Maria Wodraska (20) Tempe, AZ 3:19:18, 32. Leslie King (42) Bakersfield 3:20:14, 33. Anne Spillane (28) Manhattan Beach 3:20:43, 34. Robin Barrett (29) Sacramento 3:21:41, 35. Lora Logsdon (28) San Francisco 3:21:41, 36. Jill Penman (24) Chicago, IL 3:21:43, 37. Erin Noonan (20) Agoura Hills 3:22:08, 38. Erendira McCormick (35) Santa Paula 3:22:46, 39. Wendy Slay (27) Hermosa Beach 3:22:58, 40. Martha Gandy (30) San

Diego 3:23:27,

41. Katie Ferguson (28) San Francisco 3:23:45, 42. Sally Rogers (29) San Diego 3:24:32, 43. Patricia Brumbalow (53) 29 Palms 3:24:34, 44. Heidi Tisovic (37) Valencia 3:24:51, 45. Cecilia Ramos (43) Montecito 3:25:34, 46. Lari Nusinov (34) Calabasas 3:25:57, 47. Britta Jensen (27) San Francisco 3:26:16, 48. Tere Wierson (35) Los Angeles 3:26:40, 49. Leda Whitmer (43) Valencia 3:27:01, 50. Kathleen Slinger (47) Boise, ID 3:27:16,

51. Louise Menashe (34) Gainesville, FL 3:27:22, 52. Julie Lister (48) Glendale 3:27:37, 53. Maria Gallardo (925) Huntington Park 3:27:46, 54. Stephanie Norberg (18) Arcadia 3:27:55, 55. Esther Schindeler (29) Netherlands 3:28:00, 56. Linda Favuzza (29) Cathedral City 3:28:30, 57. Mary Baker (55) Los Angeles 3:28:37, 58. Carla Bressler (33) San Diego 3:28:44, 59. Anne Charron (28) Camarillo 3:28:45, 60. Carrie Sova (31) Santa Barbara 3:28:58,

61. Victoria Devita (41) Valencia 3:29:01, 62. Debra Matthews (36) Bakersfield 3:29:29, 63. Missy Mandery (25) Phoenix, AZ 3:29:33, 64. Sherri Clark (37) Phoenix, AZ 3:29:40, 65. Araceli Aguilar (33) Los Angeles 3:29:46, 66. Gabriela Arriaga (17) Los Angeles 3:29:47, 67. Elizabeth Kelly (35) Agoura Hills 3:29:59, 68. Susan Nishiyama (28) Santa Barbara 3:30:07, 69. Leticia Melgoza (33) Fillmore 3:30:18, 70. Anne Mudie (27) Glendale 3:30:20,

71. Merce Sastre (26) Yorba Linda 3:30:32, 72. Liz Sponagle (40) Jemez Pueblo, NM 3:30:33, 73. Christine Hicklin (23) Pasadena 3:30:55, 74. Patricia Peck (38) Irvine 3:30:58, 75. Jennifer Sticksel (22) Pasadena 3:30:59, 76. Shelly Stevenson (29) Menlo Park 3:31:23, 77. Laura Flynn (22) New York, NY 3:31:25, 78. Mirza Gallardo (28) South Gate 3:31:26, 79. Christine Carter (25) Chicago, IL 3:31:27, 80. Marie Romero (36) La Canada/Flintridge 3:31:36,

81. Tommie Moreau (31) La Quinta 3:31:36, 82. Alexandra Carey (29) Evanston, IL 3:31:38, 83.

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RESULTS

Candelaria Clark (43) Tustin 3:31:43, 84. Kelly Vandyke (26) San Jose 3:31:57, 85. Clare MacAulay (28) Seattle, WA 3:32:11, 86. Kathy Yamazawa (36) Huntington Beach 3:32:31, 87. Kelly Zirbes (33) Venice 3:32:37, 88. Galia Pistotnik (28) Calabasas 3:32:44, 89. Nancy Nunn (33) Sherman Oaks 3:32:45, 90. Shelly Bancroft (30) Calimesa 3:32:48.

91. Debbie Jester (27) Long Beach 3:32:54, 92. Alison Hunt (24) Canada 3:33:04, 93. Sita Jones (24) Costa Mesa 3:33:25, 94. Kathryn Gushue (35) Alta Loma 3:33:31, 95. Jolene Rowe (21) Santa Barbara 3:33:37, 96. Gloria McCoy (49) La Jolla 3:33:47, 97. Tamaki Myers (23) La Jolla 3:33:59, 98. Dale Libeau (44) New Zealand 3:34:04, 99. Karen Haycraft (51) San Clemente 3:34:45, 100. Brenda Villanueva (34) Bakersfield 3:34:49.

Marathon-Wheelchair

1. Paul Wiggins (32) Long Beach 1:36:06, 2. Thomas Sellers (29) Ormond Beach, FL 1:40:11, 3. Claude Issorat (29) Guadeloupe 1:41:22, 4. Craig Blanchette (26) Cheney, WA 1:41:23, 5. Jeff Adams (24) Canada 1:46:39, 6. Scot Holmbeck (25) Champaign, IL 1:46:40, 7. Eric Kaiser (30) Santa Barbara 1:48:08, 8. Jean-Marc Berset (34) Switzerland 1:49:05, 9. Gorge Luna (32) Santa Fe Springs 1:49:24, 10. Scott Parson (36) Santa Barbara 1:49:27.

14. Jean Driscoll (28F) Champaign, IL 1:52:51, 24. Louise Sauvage (21F) Australia 2:00:48, 25. Deanna Sodomia (27F) Carlsbad 2:00:49.

Marathon Divisions—Men

17u: 1. Andrew Hori (17) Palos Verdes 3:02:27, 2. Heriberto Cruz (16) Anaheim 3:07:46, 3. Matt Swarts (16) Newbury Park 3:09:38, 4. Gabriel Valdovinos (16) Anaheim 3:17:34, 5. Edgar Reyes (15) Anaheim. **18-24:** 1. Marcos Juarez (21) Guatemala 2:26:03, 2. Curtis McLaurin (24) Camarillo 2:47:45, 3. Santos Per Mich (24) Guatemala 2:49:50, 4. Jose Acuchi (24) San Fernando 2:50:10, 5. Scott Phillips (24) Playa Del Rey 2:52:00. **25-29:** 1. Rolando Vera (29) Ecuador 2:11:39, 2. Bob Kempainen (28) Minnetonka, MN 2:11:59, 3. Hiroyuki Ito (26) Japan 2:23:33, 4. Katsuya Natsume (28) Japan 2:23:54, 5. Hector Lopez (27) Los Angeles 2:25:42.

30-34: 1. Arturo Barrios (32) Boulder, CO 2:14:47, 2. Mark Plaatjes (33) Boulder, CO 2:15:41, 3. Jose Santana (30) Brazil 2:18:01, 4. Danny Ree (34) River-



side 2:21:06, 5. Daniel Martinez (33) Alhambra 2:21:35. **35-39:** 1. Martin Pitayo (35) Mexico 2:12:49, 2. Redge Heislitz (36) Germany 2:29:04, 3. Pete Kaplan (38) Simi Valley 2:36:21, 4. Stephen Wright (36) New Zealand 2:36:24, 5. Harry Johnson III (39) Anchorage, AK 2:37:02. **40-44:** 1. Ronald Coleman (43) Hawthorne 2:41:18, 2. Dana Gemme (40) Lakewood 2:42:05, 3. Lucio Arriaga (42) Los Angeles 2:48:35, 4. Rae Clark (43) Camino 2:49:51, 5. Scott Taylor (41) Tucson, AZ 2:50:05.

45-49: 1. John Bednarski (45) Albuquerque, NM 2:36:40, 2. Randy Winn (45) New Orleans, LA 2:37:02, 3. Klaus Pester (45) Germany 2:40:47, 4. Jussi Hamalainen (48) Agoura Hills 2:42:54, 5. Carlos Ruiz (45) Pasadena 2:43:00. **50-54:** 1. Wayne Mitchell (50) Modjeska Cyn, CA 2:56:15, 2. Abel Martinez (51) Hawthorne 2:59:33, 3. Pancera Primo (52) Italy 3:02:05, 4. Mike Sanchez (52) Norco 3:03:01, 5. Patrick Wickens (54) Redondo Beach 3:04:11. **55-59:** 1. Carlos Valls (59) Downey 2:52:48, 2. JR Short (55) San Dimas 2:53:53, 3. Paul Redoble (57) Castaic 2:55:45, 4. James Kim (57) Palos Verdes Pen 2:58:12, 5. Ron Navarrette (56) Placentia 3:00:34.

60-64: 1. Trinidad Campos (63) Los Angeles 2:52:44, 2. Epifanio Morales Tellez (60) Los Angeles 2:54:05, 3. Hiroshi Ogata (60) Japan 3:02:56, 4. John Murphy (61) Cypress 3:10:47, 5. Alfonso Castillo (64) Montebello 3:12:29. **65-69:** 1. Jesus Gallegos (65) Oxnard 3:01:01, 2. Richard Roodberg (66) Van Nuys 3:17:24, 3. Patrick Devine (66) Rancho Palos Verdes 3:20:16, 4. Richard Lamer Mayer (66) Morton Grove, IL 3:44:24, 5. Eugene Young (67) Laguna Beach 3:54:08.

70-74: 1. Fred Nagelschmidt (70) Ventura 3:47:28, 2. Raymond Penkert (70) El Cajon 3:50:28, 3. Milton Bassett (72) Los Angeles 4:21:52, 4. Manuel Lara (73) Gardena 4:32:00, 5. William Norris (74) Ridgecrest 4:50:51.

75-79: 1. John Rodriguez (75) Los Angeles 5:42:17, 2. Harry Warshawsky (76) Woodland Hills 6:30:44, 3. Felix Saldumbide (76) Alhambra 6:58:40, 4. Francisco Raul-Rivera (75) Los Angeles 6:59:32, 5. Fred Brooks (75) Santa Monica 7:00:43. **80-98:** 1. Frank Barbosa (89) Lake Elsinore 3:52:17, 2. Robert Hernandez (89) Monterey Park 3:58:11, 3. Jose Santana (89) Los Angeles 4:04:39, 4. Bobby Sierra (89) Lancaster 4:58:01, 5. Ernest Van Leeuwen (82) Los Angeles 5:38:17.

Marathon Divisions—Women

17u: 1. Gabriela Arriaga (17) Los Angeles 3:29:47, 2. Alison Howard (14) Los Angeles 3:54:24, 3. Kellyn Wong (15) Los Angeles 4:16:30, 4. Jennifer Degeer (16) Clarkdale, AZ 4:18:30, 5. Lydia McDonald (16) Los Angeles 4:23:45. **18-24:** 1. Yuki Ando (24) Japan 2:45:42, 2. Nicole Logan (21) Northridge 3:12:17, 3. Chrystee Perkins (24) Port Hueneme 3:15:03, 4. Allison Page (24) Whittier 3:17:23, 5. Maria Wodraska (20) Tempe, AZ 3:19:18. **25-29:** 1. Nadia Prasad (29) France 2:29:48, 2. Aniela Nikiel (29) Poland 2:34:51, 3. Stephanie Wessell (25) Portland, OR 3:02:09, 4. Isabel Tum Canto (28) Guatemala 3:06:37, 5. Carla Figueroa (28) Irvine 3:08:52.

30-34: 1. Anna Rybicka (31) Poland 2:32:59, 2. Kirsi Rauta (32) Finland 2:41:46, 3. Oia Kosolapova (30) Ukraine 2:44:49, 4. Keena Carstensen (34) Thousand Oaks 3:02:16, 5. Jill Horne (34) Palm Springs 3:04:23. **35-39:** 1. Lyobov Klochko (35) Ukraine

2:33:31, 2. Judy Mercon (36) Clearwater, FL 2:55:57, 3. Nancy Abrahams (38) Santa Monica 3:19:01, 4. Erendira McCormick (35) Santa Paula 3:22:46, 5. Heidi Tisovic (37) Valencia 3:24:51. **40-44:** 1. Alfreda Iglehart (44) Los Angeles 3:13:29, 2. Leslie King (42) Bakersfield 3:20:14, 3. Cecilia Ramos (43) Montecita 3:25:34, 4. Leda Whitmer (43) Valencia 3:27:01, 5. Victoria Devita (41) Valencia 3:29:01.

45-49: 1. Kathleen Slinger (47) Boise, ID 3:27:16, 2. Julie Lister (48) Glendale 3:27:37, 3. Gloria McCoy (49) La Jolla 3:33:47, 4. Mary Campbell (48) Beverly Hills 3:37:23, 5. Marygail Brauer (47) Santa Monica 3:38:27. **50-54:** 1. Ruth Ziony (51) Los Angeles 3:18:48, 2. Patricia Brumalov (53) 29 Palms 3:24:34, 3. Karen Haycraft (51) San Clemente 3:34:45, 4. Karen Helms (51) Los Angeles 3:41:14, 5. Barbara Buckman (53) Los Angeles 3:42:31. **55-59:** 1. Mary Baker (55) Los Angeles 3:28:37, 2. Suzanne Murphy (57) Cypress 3:37:26, 3. Carrie Jean Napier (58) Los Angeles 3:54:26, 4. Laura Pinkney (58) Los Angeles 3:56:28, 5. Barbara Valastro (56) Valencia 3:57:17.

60-64: 1. Wen-Shi Yu (60) Kew Gardens, NY 3:51:03, 2. Madonna Buder (64) Spokane, WA 4:12:42, 3. Fujiko Yamada (60) Los Angeles 4:15:49, 4. Patricia De Vita (61) Granada Hills 4:39:50, 5. Bobbi Pollock (62) Claremont 4:50:08. **65-69:** 1. Anna Hollenberg (65) Redlands 4:16:51, 2. Antoinette Hill (68) Long Beach 4:26:29, 3. Linda Lakshin (66) Santa Ana 4:47:06, 4. Mary Ehrlich (66) Perno 4:51:31, 5. Lillian Miller (69) Loma Linda 4:57:19. **70-74:** 1. Evelyn Riel (70) Upland 5:12:32, 2. Hortense Tarango (70) Los Angeles 5:29:24, 3. Po Adams (70) Carmichael 5:30:37, 4. Dorothy Lineberry (71) Lake Elsinore 5:42:57, 5. Beatrice Baldridge (70) Garden Valley, ID 6:22:36.

75-79: 1. Sarah London (76) Carson 5:55:43, 2. Priscilla Libby (77) Los Angeles 7:56:39. **80-98:** 1. Mavis Lindgren (87) Orleans 7:50:21.

Results next issue...

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It's the best little road race in California!

Each year on the fourth Sunday in July, thousands of runners from across America and around the globe return to Santa Cruz for the annual six-mile run to Capitola-by-the-Sea. They are a special breed. They know what they want, and they go for it!

They go for the beach party fun, the fifty bands, giant rainbows of balloons and festive crowds that line the seaside course.

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Top 100 finishers take home elite, Centurion windbreakers.



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And they go for the sheer joy of running, and because they were lucky enough to get into the race at all!

Not for everyone, Wharf to Wharf is strictly limited to 14,000 runners on a first-come-first-served basis. Nearly twice that number apply each year making it the most exclusive event of its kind in the world. Registration opens April 1st. The field typically sells out by June. There is no raceday registration. If you want to run, you have to sign up early. Go for it!

Wharf to Wharf is a footrace. Runners, joggers and walkers welcome. Pets and wheeled vehicles including bikes, roller blades, skateboards and baby strollers are prohibited. Special considerations provided for wheelchairs and other runners with special needs.

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1995 WHARF TO WHARF RACE

1995 ENTRY FORM

SUNDAY JULY 23-8:30 A.M.

NAME											BEST 1994 10K TIME	:	:	YOUR AGE ON RACEDAY	:	:
ADDRESS											TARGET TIME FOR WTW 6 MI.	:	:	SEX	:	:
CITY						STATE	:	:	ZIP			DAY TELEPHONE	:	:	:	:
<input type="checkbox"/> WHEELCHAIR ATHLETE <input type="checkbox"/> ATHLETE WITH OTHER SPECIAL NEEDS (SPECIFY)																

AS ROAD RACING IS DANGEROUS ALL RUNNERS ARE REQUIRED TO ASSUME ALL RISK BY SIGNING THIS GENERAL RELEASE.

In consideration of your accepting my entry application, I for myself, my personal representatives, heirs and next of kin hereby release and discharge WHARF TO WHARF RACE, Inc., its organizers, sponsors, directors and agents, the County of Santa Cruz, the Cities of Santa Cruz and Capitola and their respective agents from all liability to me, my personal representatives and heirs for all loss, damage, or any claims or demands on account of personal injury, death or property damage arising from my participation in the WHARF TO WHARF RACE. I am fully aware of the risks inherent in participating in said RACE and hereby elect to voluntarily enter said event and event area and voluntarily assume all risks of loss or injury which I may sustain. I am physically fit and properly conditioned for this event. I hereby grant full permission to WHARF TO WHARF RACE, INC. to use my name, voice or picture in any broadcast, telecast, advertising promotion or account of this event for any purpose. I have read and understand this release and waiver of liability. I know that all entrants are subject to drug testing for banned drugs listed in IAAF Rule 55. I agree to comply with all race rules and instructions of race officials and I understand that right to reject any race entry application or issue special invitations is reserved by Wharf to Wharf Race, Inc.

Signatures

Runner

Parent/Guardian if under 18

Date

ONLY ONE ENTRY PER BLANK (FORM MAY BE PHOTOCOPIED), FORM MUST BE SIGNED

Clip and mail with check for **\$18.00** to: WHARF TO WHARF RACE, Box 307, Capitola, CA 95010

If your check is cashed you are in. If you do not make the 14,000-runner cut your check will be returned. ONCE ACCEPTED ENTRY FEES ARE NOT REFUNDABLE.