

CALIFORNIA

Track & Running News

APRIL 1996

ISSUE NO. 219



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Carmichael CA 95608

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TABLE OF CONTENTS

April 1996

Since 1974

ISSUE NO. 219

Schedule.....	4
Subscription Form.....	15
The Athlete's Kitchen "Exercise for Weight Loss".....	17
By Nancy Clark, MS, RD	
Spring Shoe Update.....	18
By Cregg Weinmann	
"Speed" by Jim Hunt.....	26
Road Race Spotlight: Los Angeles Marathon.....	28
Meet Spotlight: Nike/Cal Poly Invitational.....	30
Prep Notes.....	32
Prep Results.....	35
Coaches Alliance	
Part II: Training Your Horizontal Jumpers by Ed Luna.....	40
Sprints: Periodization by Tony Veney.....	42
Prep Notes by Doug Speck.....	43
Results.....	46

FROM THE EDITOR

If the Shoe Fits

Shoes, shoes and more shoes. It seems like there is an endless variety of track and running shoes now on the market. It hasn't always been that way, however. When I first joined the Duarte High School cross country team back in 1960, I was running in Converse sneakers, and it was a year before I got into a real adidas running shoe. There weren't many choices back then, just as there weren't many runners back then. You can be sure there is a connection between the big numbers of runners now and the big number of running shoes. Supply and demand in action, or, should I say, demand and supply.

With the huge number of brands and models now on the market, it can be a bit confusing for athletes trying to find just the right shoe. That's where *California Track & Running News* comes in. If you have been a long-time reader, you will have noticed our yearly Shoe Review. These shoe summaries have served the purpose of guiding runners to the best shoe for their needs. CTRN not only provides information on the many modern running shoes, but now prides itself in also reviewing track and field specialty shoes. Thanks to our "Shoe Guy" Cregg Weinmann, track athletes will know what is available before hitting the shoe dealers.

Shoe choice and availability has come a long way since my first pair of Converse back

in 1960. Well, this is true for most runners, however, the few of us blessed with mega-wide feet are still stuck with little to choose from. For over twenty years, the only real option for my size 8 1/2 EEEE feet were New Balance. New Balance is the only running shoe to come in true width sizing. Recently, however, a couple of the other manufacturers have produced an extra wide version of a model or two. See the Wide-Load Review in this issue. New Balance in EEEE is still my favorite fit, but it is nice to have some options. Now, if only there were more wide foot runners, we could get the supply and demand thing working for us. In the meantime, shoe selection is simple -- if the shoe fits wear it.

I hope *California Track & Running News* will be "The Shoe that Fits" your running and track magazine needs. I think you will find this another useful and interesting issue; it is packed with information. As always, we are open to your feedback. Stay in touch!

ON THE COVER: America's premier vaulters DEAN STARKEY and MELISSA PRICE (inset) propelled themselves to wins at the Nike/Cal Poly Invitational. See story and results in this issue. Price tied her American outdoor record of 13-1 3/4 and Starkey outjumped David Cox at 18-2 1/2.

Photos by Elaine Rosenbert

SCHEDULE

Please send schedule information...

Cross country and track information--

CTRN, 4957 E. Heaton Ave.,
Fresno, CA 93727
FAX (209) 255-4904

Road Racing information--

Jack Leydig, PO Box 1390,
San Mateo, CA 94401
FAX (415) 348-1862

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 Cross Country

Youth Track & Field

April 12 (Fri)

Walnut: Mt. SAC Relays AAF Youth Day (JUNIOR/MIDDLE SCHOOL). AAF-Mt. SAC Relays, PO Box 2109, Walnut 91789 (909) 468-3999 FAX (909) 594-4266.

April 13 (Sat)

Walnut: Mt. SAC Relays AAF Youth Day (ELEMENTARY SCHOOL). AAF-Mt. SAC Relays, PO Box 2109, Walnut 91789 (909) 468-3999 FAX (909) 594-4266.

April 20 (Sat)

Santa Rosa: Santa Rosa Express Meet. Elsie Allen HS. Contact Bob Shor (707) 538-0708.

April 27-28 (Sat-Sun)

Sacramento: T-Shirt Track Club Invitational. Location TBA. Contact Hubert Evans (916) 668-7901.

May 18-19 (Sat-Sun)

Hayward: 3M Track Club Invitational. Chabot College. Contact Will Pittman (510) 581-4428.

May 26-27 (Sun-Mon)

Pacific Association Championships. Location TBA. Contact James Wynn (408) 263-1607.

June 8-9 (Sat-Sun)

Stockton: Kids on Track Invitational. Delta College. Contact A. B. Coleman (209) 462-4623.

June 15 (Sat)

Santa Rosa: Santa Rosa Express TC Invitational. Elsie Allen HS. Contact Bob Shor (707) 538-0708.

June 16 (Sun)

Santa Rosa: Junior Olympic Championships. Contact Bob Shor (707) 538-0708.

June 22-23 (Sat-Sun)

Stockton: San Joaquin Co. Invitational. Delta College. Contact Al Midgett (209) 943-2520.

June 29-30 (Sat-Sun)

Reno, NV: Silver State Striders TC/West Coast Classic Invitational. Reed HS. Contact Bruce Sussong (702) 849-0599.

July 3-7 (Wed-Sun)

Salt Lake City, UT: Youth National Championships. Contact Rolan Colbert (801) 264-9922.

July 11-14 (Thurs-Sun)

Pacific Association Region 14 Junior Olympic Championships. Location TBA. Contact Brad Tomasini (805) 758-3081.

July 19-21 (Fri-Sun)

Eugene, OR: 19th Annual International Track City Classic. Univ. of Oregon. Contact Erin Olsen (503) 687-8453.

July 23-28 (Tues-Sun)

Houston, TX: USATF Junior Olympic National Championships. Univ. of Houston. Contact Willie Richardson (713) 437-1758.

High School

Track & Field

April 6 (Sat)

Oakland: Oakland Meet. At UC Berkeley.
Stockton: Bear Creek Invitational. At San Joaquin Delta College facility. Contact Greg Wright, Bear Creek HS, 10555 Thomson Rd., Stockton 95209 (209) 953-8235 or (209) 943-2735 home.
Gilroy: Gilroy Meet. At Gilroy High School.
Azusa: San Gabriel Valley Invitational. 10 a.m. Contact Ivy Ray (818) 815-6000, ext. 3294.

April 10 (Wed.)

Oakland: OAL Time Trials.

April 12 (Fri.)

Los Gatos: CCS Frosh/Soph Meet. At Los Gatos HS.

April 13 (Sat)

Pittsburg: Pittsburg Meet. At Pittsburg HS.
King City: King Meet. At King City HS.
Fresno: Fresno Relays. Ratcliffe Stadium. 10 a.m.

Arcadia: Arcadia Invitational. Arcadia High School. (Rainout date = April 27, 1996) Open--Events begin at 11 a.m. Invitational--Field events begin at 4 p.m., running events begin at 6:30 p.m. Arcadia Invitational, 180 Campus Drive, Arcadia 91007 (818) 445-7507, FAX (818) 445-8564.

April 19 (Fri.)

Chico: Chico/West Valley Meet. At CSU Chico.

Sanger: Sanger Metric Classic.

April 20 (Sat)

San Jose: 6th Annual Hampton Phillips Track & Field Classic. At San Jose City College. 8 a.m. to 5 p.m. Divisions: Frosh Soph, Women and men, plus selected events for elementary, middle schools and track clubs. Contact Robert

Poynter (408) 238-0825 or Frank Slaton (408) 238-9197.

Vallejo: Vallejo Meet. Corbus Field. Vallejo HS

April 26 (Fri)

Los Gatos: CCS Top 8. At Los Gatos HS.

April 27 (Sat)

Union City: Bay Area Top 8. At James Logan HS.

May 3 (Fri.)

Lafayette: Bob Warren Meet. At Acalanes HS.
Fresno: NWYL Championships. Ratcliffe Stadium.

May 4 (Sat)

Sacramento: Sacramento MOC. At American River College.

May 7 & 9

San Mateo: Peninsula AL. College of San Mateo.

May 8 & 10

Martinez: Mountain Bay AL Meet. At Alhambra HS. Finals on 5/10.

May 9 (Thurs.)

San Mateo: Peninsula AL Finals. At College of San Mateo.

Fresno: North Area Meet. Ratcliffe Stadium.

May 10 (Fri.)

Clovis: Golden Eagle Relays. Clovis West Noon.

May 11 (Sat)

Los Gatos: CCS North Sub-Section. At Los Gatos HS.

May 16 (Thurs.)

Sanger: CIF Valley Championships.

May 18 (Sat)

San Jose: CCS Semi-Finals. At San Jose CC.

May 20-23 (Mon-Thurs)

Oakland: OAL Meet. At Laney College. Field finals 5/20. Track trials 5/21 & 5/22, finals 5/23.

May 24-25 (Fri-Sat)

Berkeley: NCS Meet of Champions. At UC Berkeley.

May 31-June 1

Norwalk: CIF State Meet. At Cerritos College.

June 8 (Sat)

Sacramento: Golden West. At American River College.

Cross Country

August 28 (Wed.)

Los Banos: Warm-up Meet. At San Luis State Park Forebay. Contact Mike Miller, XC Coach. Los Banos HS. 1966 S. 11th St., Los Banos 93635.

Sept. 7 (Sat.)

Monterey: Condon Earlybird Invitational.

Sept. 14 (Sat)

Kingsburg: Kingsburg Invitational.

Fresno: McLane Invitational. Woodward Park

Irvine: Woodbridge Invitational.

Oakmont: Oakmont Invitational.

SCHEDULE

Sept. 19 (Thurs.)
Porterville: Monache Invitational.
 Sept. 20 (Fri.)
Sanger: Sanger Invitational. Avocado Lake.
 Sept. 21 (Sat.)
Grass Valley: Nevada Union Invitational.
San Francisco: Lowell Invitational.
Hawaii: Hawaii Invitational.
Bret Harte: Frog Town Invitational.
Wasco: Wasco Invitational.
 September 27 (Fri.)
Hanford: Hanford Invitational. Hickey Park.
Visalia: Mt. Whitney Invit. Mooney Grove Park.
 Sept. 28 (Sat.)
Carson City: Carson Invitational.
Daly City: Westmoor "Ram" Invitational.
Merced: Merced Invitational. Lake Yosemite.

October 3 (Thurs.)
Los Banos: Los Banos Invitational. At San Luis State Park Forebay. Contact Mike Miller, XC Coach, Los Banos HS, 1966 S. 11th St., Los Banos 93635.

October 4 (Fri.)
Visalia: Golden West Invitational. Cutler Park.
Visalia: Mt. Whitney Visalia Invitational. Mooney Grove Park. (Verify this date.)

October 5 (Sat.)
Half Moon Bay: Half Moon Bay Invitational.
Palo Alto: Stanford Invitational.
Oahu: Hawaii Invitational.

October 9 (Wed.)
Madera: Madera Elks Invitational.

October 12 (Sat.)
Fresno: Clovis Invitational. Woodward Park.
Atascadero: Atascadero Invitational.
San Mateo: Crystal Springs Invitational.
Huntington Beach: Fountain Valley Invit.
Castro Valley: Castro Valley Invitational.
Hawaii: Hawaii Invitational.

October 18 (Fri.)
Fresno: Roosevelt Rough Rider Invitational. Woodward Park.
Tulare: Tulare Western Invitational.

October 19 (Sat.)
San Luis Obispo: Cal Poly Invitational.
Hayward: Mariner Invitational.

October 22 (Tues.)
Fresno: Madera K of C Invitational. Woodward Park.

October 23 (Wed.)
Mendota: Mendota Invitational.

October 24 (Thurs.)
Reedley: Reedley Invitational.

October 25 (Fri.)
Rocklin: Placer/Sierra Invitational. Sierra College.

October 25 & 26 (Fri-Sat)
Walnut: Mt. SAC Invitational.

October 26 (Sat.)
Soquel: Soquel Invitational.
Alameda: Oakland Invitational.

October 31 (Thurs.)
Kingsburg: John Seaman Invitational.

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November 1
Bakersfield: Kern Invitational.
 November 8 (Fri.)
Fresno: League Championships. Woodward Park.

November 14 (Thurs.)
Sanger: CIF Central Section Championships. Avocado Lake.

November 21 (Thurs.)
Fresno: Grand Masters Valley Championships. Woodward Park.

November 30 (Sat.)
Fresno: CIF State Meet Championships. Woodward Park.

December 7 (Sat.)
Fresno: 18th Annual Foot Locker West Regional XC. Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 16 in San Diego). Contact: Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

December 16 (Sat.)
San Diego: Foot Locker Cross Country Championships. Morley Field, Balboa Park. 10 a.m./girls; 10:45 a.m./boys. Foot Locker Cross Country Championships, 233 Broadway, 4th Floor, New York, NY 10279 (212) 720-3752.

College & Open

Track & Field

April 1-2 (Mon-Tues)
Fresno: FS Decathlon/Heptathlon. Warner-dam Field. Info: Red Estes (209) 278-4097.

April 6 (Sat.)
San Francisco: Johnny Mathis Invitational. San Francisco State. (415) 338-1561.

April 11-13 (Thurs-Sat.)
Fresno: Fresno Relays. Ratcliffe Stadium. (209) 278-4097.

April 13 (Sat.)
Berkeley: Pierce Golden Bear Challenge. UC Berkeley.

San Diego: UCSD Invitational. 10 a.m. UC San Diego North Track, 9500 Gilman Dr., Dept. 0531, La Jolla 92093-0531. Ted Van Arsdale. (619) 534-0328. FAX (619) 822-0379.

April 18-19
Azusa: Mt. SAC Relays/California Invitational Multi-Events. 10 a.m. Contact Kevin Reid (818) 815-6000, ext. 3294.

April 19
Pomona: Pomona-Pitzer Invitational.

April 19-21
Walnut: 38th Annual Mt. SAC Relays April 19--9 a.m.-9 p.m., Community College and Open Distance Carnival; April 20--8 a.m.-8 p.m., High School Relay Carnival, International Distance Carnival 8 p.m.; April 21--University Open Division 9 a.m.-12 noon, Day of Champions 12 noon-6:30 p.m. Mt. SAC Relays, Walnut 91789 (909) 594-5611 ext 4840.

April 20 (Sat.)
Davis: Woody Wilson Invitational. UC Davis.

April 22
Azusa: BFI International Meet of Champions 10 a.m. Contact Kevin Reid (818) 815-6000, ext. 3294.

April 26-27 (Fri-Sat)
Azusa: GSAC Championships. Contact Kevin Reid (818) 815-6000, ext. 3294.

April 26-28 (Fri.-Sun.)
Berkeley: Cal/Nevada Championships.

April 27 (Sat.)
Sacramento: Ken Carmine Classic. CSU Sacramento. (916) 885-5656.

May 4 (Sat.)
Santa Rosa: Pat Ryan Invitational. Santa Rosa CC.

Chico: Chico Invitational. CSU Chico.

May 10
Stanford: Cardinal Invitational.

SCHEDULE

May 10-11

Los Angeles: PAC-10 Decathlon/Heptathlon Championships.

May 11 (Sat.)

Modesto: Modesto Relays. (209) 524-3116.

Eagle Rock: Occidental Invitational.

May 15-17 (Wed.-Sat.)

Albuquerque, NM: WAC Championships.

May 17-18

Los Angeles: Asics Classic. 7 p.m. (213) 730-9617.

May 18 (Sat.)

Davis: Davis Invitational. UC Davis.

May 18-19

Los Angeles: PAC-10 Championships.

May 22 (Wed.)

Salinas: Hartnell Throwers Meet. Gary Shaw (408) 755-6845.

May 23-25 (Thurs.-Sat.)

Marietta, GA: NAIA Outdoor Championships.

May 25 (Sat.)

San Mateo: Pacific Association Championships. San Mateo College. (415) 574-6448.

May 30-June 1 (Thurs.-Sat.)

Eugene, OR: NCAA Championships.

June 1 (Sat.)

San Jose: Bruce Jenner Classic. San Jose CC. (408) 298-2181 ext 3731.

Azusa: Pre-Olympic Invitational. 7 p.m. Contact Irv Ray (818) 815-6000, ext. 3294.

June 7 (Fri.)

Fresno: Central Cal USATF Championships. Ratcliffe Stadium. 6 p.m.

June 14-23

Atlanta, GA: US Olympic Trials. (317) 261-0500.

June 29-30

Columbus, OH: USATF Junior National Championships.

July 20-August 4

Atlanta, GA: Olympic Games.

Masters

April 6 (Sat.)

Los Angeles: Cougars Invitational. LA Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles 90065-3724 (213) 257-1285, FAX (213) 259-0265.

April 13 (Sat.)

San Francisco: San Francisco Senior Games. 55+. Lenore Naxon (415) 750-4952.

San Diego: UCSD Invitational. 10 a.m. UC San Diego North Track, 9500 Gilman Dr., Dept. 0531, La Jolla 92093-0531. Ted Van Arsdale (619) 534-0328, FAX (619) 822-0379.

April 14 (Sun.)

Santa Ana: Orange Spring Games (25+) & John Ward Masters Meet. Rancho Santiago College. Al Siddons (714) 564-6936.

April 20 (Sat.)

Santa Cruz: KELfield Throws Meet #48. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

April 28

Los Angeles: Crown Valley Senior Games (50+). Occidental College. Christel Miller or Cynthia Vaughan (818) 397-4064.

May 3-5

Solano County Senior Games. 55+. Gaylord Whitlock (707) 864-0484.

May 5

Irvine: Steve Scott Invitational (masters day). UC Irvine. Mac McCormick (714) 586-9942.

May 11

Long Beach: Southern California Striders Meet of Champions. CSU Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad 92009 (619) 436-7696.

May 18

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

Santa Cruz: KELfield Throws Meet #49. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

May 25

Santa Cruz: USATF Pacific Association Weight Pentathlon championships. KELfield. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

May 26

Irvine: Dan Aldridge Memorial Meet. UC Irvine. Mac McCormick, 52 Via Athena, Aliso Viejo 92656 (714) 586-9942 (eve).

May 30-June 2

Sacramento: California Senior Games State Championships. At Sacramento State University. State Games Hotline: (800) 229-8625 or (916) 277-6190.

June 1

San Jose: Bruce Jenner Classic. San Jose CC. M40+ 400, 1500/M50+, 200/100 60+, M70+, women. Bruce Springbett (408) 354-2005, 354-7333.

June 8

Los Gatos: USATF Pacific Association Masters Championships. Los Gatos HS. HT/JT/WT at KELfield (408-458-0202). SC at West Valley College. Los Gatos AA, Monica Townsend, 138 Johnson, Los Gatos 95032 (408) 395-9486.

June 9

Long Beach: USATF/SCA Championships. CS Long Beach. Marvin Thompson & Hugh Cobb. SASE to L.A. Patriots, 3911 Verdugo Rd., Suite 2, Glassell Park 90065-3724. (213) 257-1285.

June 30

Los Angeles: Trojan Masters Meet. USC. Russ Reabold, 1125 N. Stimson, La Puente 91744 (818) 917-6289.

July 6

Los Angeles: SCA Series/Grand Prix All-Comers. LA Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles 90065-3724. (213) 257-1285, FAX (213) 259-0265.

July 20

Norwalk: USATF West Regional Masters Championships. Cerritos College. Marvin Thompson or Doug Wells (213) 380-5409.

Los Angeles: SCA Series/Grand Prix All-Comers. LA Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles 90065-3724. (213) 257-1285, FAX (213) 259-0265.

August 2

Norwalk: SCA Series/Grand Prix Championships. Cerritos College. Doug Wells (310) 860-2451, ext 2889.

August 3

Santa Cruz: USATF West Regional Masters Weight Pentathlon Championships. KELfield. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

August 15-18

Spokane, WA: 29th Annual USATF National Masters Championships. Spokane Sports Unlimited. West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204 (509) 533-3644. FAX (509) 533-4128.

August 31

Seattle, WA: USATF National Masters Weight & Superweight Championships. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116 (206) 932-3923.

September 14

Bozeman, MT: USATF National Masters Weight Pentathlon.

October 5

Santa Barbara: Club West Masters Meet. Santa Barbara CC. Beverly Lewis or Gordon McClenathen (805) 964-3005.

October 27

Long Beach: Sri Chinmoy Masters Games 40+. Bigalita Egger (310) 645-0271.

All-Comers

July 6, 13, 20, 27

Azusa: Summer Twilight Cross Country Series. 7 p.m. Contact Irv Ray (818) 815-6000, ext 3294.

Camps & Clinics

April 4-6 or April 8-10

Atascadero: Sky Jumpers Vaulting Camp. All vaulters 12 and up. Sky Jumpers, 6505 Santa Cruz. Atascadero 93422. Information: (805) 466-8119 or FAX (805) 466-8273.

April 13

Azusa: BFI Azusa Youth Day Track Clinic. 9 a.m. Contact Irv Ray (818) 815-6000, ext. 3294.

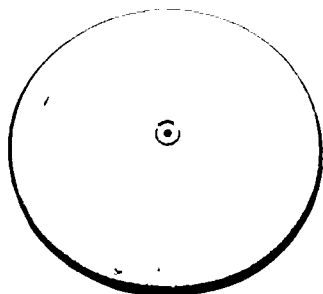
June 2-30

Azusa: Sprint Training for Distance Runners. With Coach Scott Wilson. Contact (818) 815-6000, ext 3294.

June 10

Azusa: Part 2 -- Australian Training Model for Middle & Long Distance Runners. Pre-Comp/Comp Series. Contact Irv Ray (818) 815-6000, ext. 3294.

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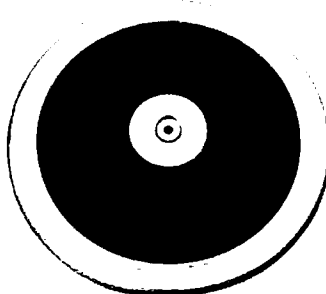


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The world's most sought-after discus. The Gold has 85% rim weight (no more is needed) and is best for throwers who release the discus with an extremely rapid spinning action. The Black has 80% rim weight so it can be thrown effectively by throwers who produce slightly less spin. Both models have an outstanding flight pattern and their alloy rims and fiberglass bodies last for years. Many throwers have both Gold and Black models and decide which to use depending on the direction of the wind.

CANTABRIAN GOLD

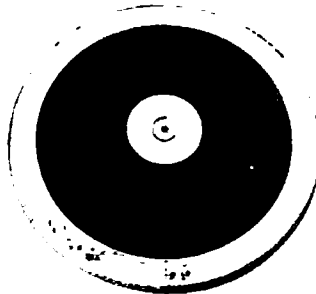
Men's 2 kg. \$284.95
Boys' 1.616 kg. \$279.95
Women's 1 kg. \$269.95



CANTABRIAN BLACK

CANTABRIAN BLACK

Men's 2 kg. \$189.95
Boys' 1.616 kg. \$179.95
Women's 1 kg. \$174.95

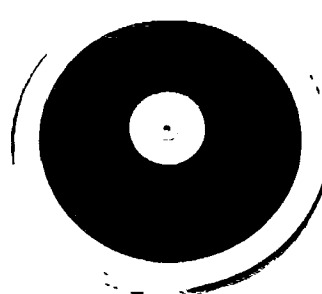


CANTABRIAN RED

Both are made with the same great precision as the Cantabrian Gold and Black models. They last as long and "fly" as well, but they have less rim weight so throwers who do not release the discus with a rapid spinning action can use them effectively. Many discus throwers will actually throw the Red and Blue models farther than they will the Gold or Black. The Red is more precisely weighted than the Blue and has a higher rim weight (Red 75%, Blue 70%).

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Men's 50-59 1.5 kg. \$94.95
Women's 1 kg. \$89.95



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CANTABRIAN BLUE

Men's 2 kg. \$79.95
Boys' 1.616 kg. \$74.95
Men's 50-59 1.5 kg. \$74.95
Women's 1 kg. \$69.95

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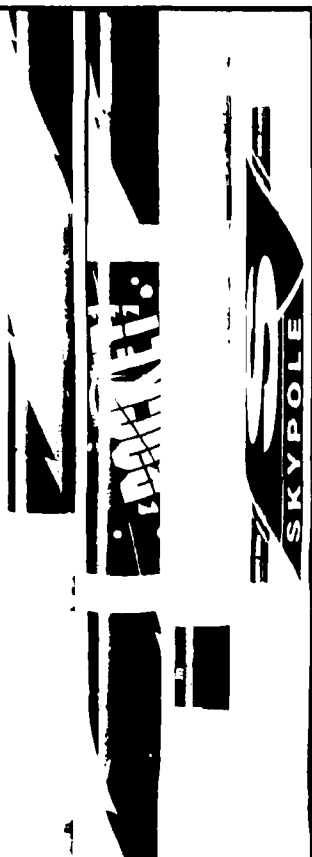
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SCHEDULE

June 13-15

Atascadero: Sky Jumpers Vaulting Camp. All vaulters 12 and up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422. Information: (805) 466-8119 or FAX (805) 466-8273.

July 10-15

Azusa: San Gabriel Valley Summer Day Track Camp. Boys & girls, ages 10-18. Contact Irv Ray (818) 815-6000, ext. 3294.

July 31-August 5

August 6-13

Mammoth Lakes: Steve Scott Camp & Workshop. 2 sessions. Contact Irv Ray (818) 815-6000, ext. 3294.

December 28-31

Atascadero: Sky Jumpers Vaulting Camp. All vaulters 12 and up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422. Information: (805) 466-8119 or FAX (805) 466-8273.

▲ Road Racing

April 6 (Sat.)

Woodside: Woodside Trail Half-Marathon & 5M, Huddart County Park, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

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

Sacramento: American River 50M, Cal-State Univ. Sacramento to Auburn, 6 a.m. (Mar. 18 entry deadline). Delmar Fralick/Will Roxburgh, 1730 Santa Clara, #3, Roseville 95661 (916/650-8602).

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

Santa Barbara: Santa Barbara Marathon, San Marcos Pass (General Store), 8 a.m. (Limited Entries). Info: 805/967-8758.

Camarillo: Camarillo Kiwanis 5K/10K Runs, Camarillo Community Center, 7:30 a.m./5K, 8 a.m. Camarillo Kiwanis Club, P.O. Box 533, Camarillo 93011 (John Muller: 805/987-1381; Jim Graf: 805/484-0534).

Arcadia: Santa Anita Derby Day 5K Run/Walk & Kids' 1 Mi., Santa Anita Park, 8 a.m. Info: Elite Racing, Attn: Santa Anita Derby Day, 19671 Beach Blvd., Suite 204, Huntington Beach 92648 (714/374-3200; 610/450-6510).

El Cajon: El Cajon 20K, Granite Hills H.S., 7:30 a.m. Judi Richardson, 2215 Crest Dr., El Cajon 92021 (619/444-3785).

Las Vegas, NV: LVTC/5M & 2M. Silver Bowl Park, 8 a.m. Contact: Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 898-RUNN: The Running Store.

April 7 (Sun.)

San Francisco: DSE Easter Egg Run, 3M, Riordan H.S. (175 Phelan Av.), 9 a.m./Kids' Run,

9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (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).

April 13 (Sat.)

San Francisco: Walk-N-Roll 5K Run/Walk/Inline Skating, Golden Gate Park Music Concourse, 9 a.m. The Buoniconti Fund to Cure Paralysis, P.O. Box 570546, San Francisco 94147 (415/512-1388).

Half Moon Bay: Coastside Blufftop 5K/10K Run/Walk, Ted Adcock Community Center, 8 a.m. Sue Lockyer, 535 Kelly Av., Half Moon Bay 94019 (726-2231, 726-9056).

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

San Rafael: China Camp Shoreline Marathon/Half-Marathon/10K, Miwok Meadows (China Camp State Park, N. San Pedro Rd. off 101), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Carmichael: 5 Points 5K/10K, 5 Points Shopping Center (Arden/Fair Oaks), 8 a.m. Try It All Sports, 813 Harbor Blvd., #228, West Sacramento 95691 (916/372-7367).

Whiskey Creek: Mountainside Ride & Tie 12/25M (1 horse, 2 runners, alternating running/riding), Time TBA. Chris/Cheryl Knoch, Knoch-sport, P.O. Box 745, Alturas 96101 (916/233-4553, or Gayle/Mike 916/365-8225).

Modesto: Run for Hava Sake 5K/10K, Modesto Court Room, 9 a.m. Jeff Brickley, Modesto Court Room, 2012 McHenry Av., Modesto 95350 (209/577-1060).

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

Bakersfield: Rio Bravo Valley 10-Mile Run, Lake Ming Rd. at Ruidal Rd. (near Kern River Golf Course), 8 a.m. Bakersfield T.C., 3300 La Costa, Bakersfield 93306 (805/871-9074).

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

San Juan Capistrano: Capistrano Trail Mix 5K Trail Run & Mtn. Bike Ride, Rancho Capistrano, 8 a.m. Info: Kinane Events (619/434-7706).

Temecula: Callaway's Run Through the Vineyards, 5K/10K, Callaway's Bell Vineyard (10M east of Hwy. 15 on Rancho California Rd.), 7:45 a.m. Temecula Sunrise Rotary, 30520 Rancho California Rd., Suite 107-258, Temecula 92591 (800/334-9077).

Medford, OR: Pear Blossom Run 10M/5K & Mayors Cup 1M/2M, Time TBA. Jerry & Zillah Swartsley, P.O. Box 146, Medford, OR 97501 (503/535-1205, even; 503/772-6293, days).

Las Vegas, NV: LVTC/5M & 2M. Hidden Palms Park (Pebble & Hidden Palms), 8 a.m. Contact: Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 898-RUNN: The Running Store.

April 14 (Sun.)

San Francisco: DSE Walt Stack Trail 10K Dolphin Club (502 Jefferson St.), 9 a.m./Kids 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

San Francisco: San Francisco Senior Games (50 years & over), track & field, race walking, and other sports. S.F. Senior Games, 450 Stanyan St., San Francisco 94117 (415/750-4952).

Palo Alto: Oak Creek Apartments 5K, 1600 Sand Hill Rd., 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (415/696-1196).

Morgan Hill: AAUW Wildflower Run, 10K/5K/2K, Live Oak H.S. (1505 E. Main), 9 a.m. AAUW Run, P.O. Box 451, Morgan Hill 95038 (408/778-3635).

Davis: AMSA Heartbeat Run for the Clinics. 5K/10K (& kids' event), U.C. Davis School of Medicine (Hutchinson Dr. off Rt. 113), 9 a.m. (Kids/10 a.m.). UCD School of Medicine, Office of Student Affairs, Davis 95616 (916/752-3170).

Ukiah: Ukiah Stride 3K/1M Walk, Ukiah Valley Medical Center/Hospital Dr., 8 a.m. Mike Harris/North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/468-5641).

Chico/Durham: Chico Duathlon (1.5mR-15mB-1.5mR), Durham Park, 9 a.m. John Whitehead, 2592 Norte Dome Blvd., Chico 95928 (916/894-8920).

Lompoc: The Laura Stegman Memorial Women's 5K Run/Walk (women only), River Park, 8:30 a.m. Bill Graham, 1309 Palmetto St., Lompoc 93436 (805/736-4696).

Northridge: Devonshire Dash 5K/10K, Cal State Univ., 9 a.m. Ruben Lopez/PALS, P.O. Box 7446, Northridge 91327 (818/756-8270).

Coronado: GOP Stampede 8K Run & 4M Walk, 10th & Glorietta (8K), Tidelands Park (4M), 7:30 a.m./8K, 8 a.m. GOP Stampede, 7801 Mission Center Ct., Suite 200, San Diego 92108 (619/298-7400, Kathy Loper).

April 15 (Mon.)

Hopkinton, MA: 100th Annual Boston Marathon (qualifying times req'd.), noon (entries closed on Dec. 31). BAA, Box 1996, Hopkinton, MA 01748 (508/435-6905).

April 20 (Sat.)

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

Pinole: "Bit of the Bears" Biathlon (5kR-15mB-5kR), Ellerhorst Grammar School (Pinole Valley Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Los Gatos: Run & Walkathon for Lupus 5K Vasona Lake Park, 9 a.m. Bay Area Lupus Fdn., 2635 No. First St., #206, San Jose 95134 (408/954-8600).

Yountville: Rotary Run to Literacy 5K/10K Runs (& 1M Fun Run), 6548 Yount St., 8:30 a.m. Frances Houser/Carol Stein, 580 Coombs St., Napa 94559 (707/253-4283).

SCHEDULE

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).

Carmel Valley: The Wild Boar Stampede 5K/10K, Garland Ranch Regional Park, 9 a.m. The Cypress Group, 215 W. Franklin, Ste. 214, Monterey 93940 (408/373-1839).

Columbia: Old Mill Run, 10K/2M, Columbia State Park, 8 a.m. Dan Ryan, P.O. Box 323, Jamestown 95327 (209/984-4308).

El Dorado Hills: El Dorado Hills Duathlon (5kR-30kB-5kR), Latrobe Industrial Park, 9 a.m. Try All Sports, 813 Harbor Blvd., #228, W. Sacramento 95691 (916/372-7367).

Redding: RSVP Run Earthday Arboretum Trail Run 5K/10K/Jr. Mile, Caldwell Park, 8 a.m./5-10K, 9:15 a.m./Mi. Betty Brass/Kim Stampien, 1670 Market St., Suite 300, Redding 96001 (916/255-5803).

Arvin: Arvin Wildflower Festival Runs, 5K/10K & 1M, DiGiorgio Park (Franklin & Hill Sts.), 8 a.m./5&10K, 8:10 a.m./1M. Bear Mountain Rec. & Park District, P.O. Box 658, Lamont 93241 (805/845-4471, 845-0757).

Pismo Beach: Pismo Pier 10K Beach Run, 9 a.m. Joan Holt, Recr. Div., City of Pismo Beach, 760 Mattie Rd., Pismo Beach 93449 (805/773-7049).

Lake Hughes: Leona Divide 50 Mi. Run, Forest Lakes Resort, 6 a.m. Info: 805/270-1378.

Irvine: UCI Zot Trot 5K & Kid's 1K Tiny Trot, UC Irvine Campus, 7:30 a.m. Zot Trot, UC Irvine Alumni Assoc., Phineas Banning Alumni House, Irvine 92717 (714/476-7076) or Rita Yee (714/824-2725).

San Diego: Downtown YMCA Health Net Breakers 10M/5K, Relay & Sr. Challenge, Mission Beach (Belmont Park near Great Dipper Roller Coaster), 7 a.m. YMCA Health Net Breakers Event, 78701 Mission Center Ct., Suite 200, San Diego 92108 (619/232-7451 or 619/298-7400).

Las Vegas, NV: Carl Fromm Memorial 5K, Lorenz Park (702) 796-9600, 7:30 a.m.

April 21 (Sun.)

San Francisco: Gimme Shelter 5K Run/1M Walk for the Homeless (USAT&F Championship), downtown (Yerba Buena Ctr.), 9 a.m. Gimme Shelter, Rhodyco Productions, 1417 Irving St., San Francisco 94122 (415/564-0532).

San Francisco: DSE Kennedy Dr. Run, 4.7 Mi., Golden Gate Park (south side of Polo Fields), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Stanford: Challenge for Charity Race, 10K/5K, Stanford Stadium, 8:30 a.m. Kristin Feitzinger, 1335 Hopkins Av., Palo Alto 94301 (415/322-6932).

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

Discovery Bay: Rally Around the Lake 5K, Athletic Club (Discovery Bay Blvd.), 9:30 a.m. Lions Club, c/o Phil Paulson, 5514 Marlin Ct., Discovery Bay 94514 (510/634-8654).

Vacaville: Spring Fling (1.5kS-40kB-10kR; 1kS-20kB-5kR), Lake Solano, 8 a.m./Long, 8:30 a.m./

Short, High Valley Promos, 2926 Yulupa Av., Santa Rosa 95403 (408/327-9223).

Shingle Springs: Marshall MASH Run, 5K/10K, Ponderosa H.S., 9 a.m. Jenna Hasenour/Cardiac Rehab, Marshall Hospital, Marshall Way, Placerville 95667 (916/626-2766).

Visalia: End of the Trail Run, Distance TBA, 8 a.m. Dennis John, 3945 W. Hemlock Av., Visalia 93277.

Los Osos: Earth Day 3.6M Run the Bluff Fun Run, Montana de Oro State Park (Spooners Cove), 9 a.m. Los Osos Community Organization, P.O. Box 6397, Los Osos 93412 (Lesa Smith: 805/528-7703; Juliet Meece: 805/528-5801).

Valencia: Run for the Health of It 5K, Henry Mayo Newhall Memorial Hospital, 9 a.m. Lori Tompkins, 23845 McBean Pkwy., Valencia 91355 (805/253-8082).

Mt. Soledad: Mt. Soledad 5K (starts at top, runs down Via Capri and back to top), 8 a.m. Power Endurance Events, 6 Harbor Way, Santa Barbara 93109 (800/967-8758).

Fallbrook: Guacamole Grande 10M/20M/50M, Fallbrook H.S., 7:30 a.m./50M, 9 a.m./20M, 10 a.m./10M. Randy, 12300 E. Washington Blvd., #W, Whittier 90606 (310/943-9440).

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

Encino, CA: The L.A. Dog Jog, 2 Mi. Run & 1 Mi. Walk (all participants must enter with their canine best friend!), 8:30 a.m. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

Los Angeles: Jimmy Stewart Relay Marathon, Griffith Park (near Merry-Go-Round), 8 a.m. Laurie Andrews, 1328 - 22nd St., Santa Monica 90404 (310/829-8968).

Redlands: A Run Through Redlands 5K/10K/Half-Marathon, Redlands Mall, 7:30 a.m./H-M, 7:45 a.m./5K, 8 a.m./10K. Norm Lynde, P.O. Box 1702, Redlands 92373 (909/335-2791).

San Diego: San Diego Internat'l. Duathlon (5kR-25kB-5kR) & 25K Cycling Time Trial, Sabre Spring Business Park, 7:30 a.m. Koz Enterprises, P.O. Box 421052, San Diego 92142 (619/528-8111).

April 27 (Sat.)

San Francisco: Escape to Land's End 10M/5M, Crissy Field (Presidio of S.F.), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Campbell: D.A.R.E. Fun Run, 10K Run/5K Walk, Orchard City Dr./Central Av., 9 a.m./10K, 9:05 a.m./5K, 9:10 a.m./Kids' Mile. Art Markham, Campbell Police Dept., 70 N. First St., Campbell 95008 (408/866-2170).

Santa Rosa: California 50 Mile Endurance Run, Anadel State Park, 6 a.m. (150 Limit). Info: Tom & Nancy Crawford (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).

Elk Grove: Laguna Fun-N-Fast 5K/10K, Laguna West Community Ctr. (Laguna Blvd. btwn. I-5 &

Franklin), 8 a.m. Try It All Sports, 813 Harbor Blvd., #228, West Sacramento 95691 (916/372-7367).

Georgetown: Gold Rush 50K/100K (2 days) (two different 50K courses...run either or both) El Dorado Forest, 8:30 a.m. (No Raceday Entries; Entries Limited). Paul Reese, 308 Forest Ct., Auburn 95603 (916/823-0276).

Angels Camp: Paint the Town Red 5K/10K, Bergantz Nursery on Hwy 49 (1M north of Hwy 4/49 Xing), 9 a.m. On Your Mark, Box 2061, Arnold 95223 (209/795-7832).

Chinese Camp: Fred Hills Day Trail Run 12K, 4K, Red Hills Recr. Area (2M east of Chinese Camp), 9 a.m./4K, 10 a.m. Tuolumne County Trails Council, Box 313, Columbia 95310 (Chuck Knowles: 209/532-2954; Mike Sullivan: 209/529-8341).

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

Santa Maria: YMCA Triathlon (800yS-15mB-4mR), 8 a.m. Info: YMCA (805/937-8521).

Santa Barbara: Law Day USA, 15K & 3x5K Relay, Palm Park, 8:30 a.m. Joe Howell, Santa Barbara Bar Assoc., 1111 Garden St., #106, Santa Barbara 93101 (805/962-3443).

South Pasadena: Road Runner Classic, 5K 10K/1K, 7:30 a.m./5-10K, 9 a.m./1K. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123, 818/799-9119).

Los Angeles: YMCA Run for Unity, 5K, Weingart Urban Center YMCA, 8 a.m. Info: W2 Promotions (310/828-4123).

Placentia: Placentia Earth Week "The Dash Against Trash" Run/Walk, 5K/10K/1K, Placentia Town Center, 8 a.m. John Fraser/Steve Pischel, 401 E. Chapman Av., Placentia 92670 (714/993-8117).

Las Vegas, NV: UNLV Reach Out Run 5K/1M, Maryland between Trop & Flamingo, 8 a.m.

April 28 (Sun.)

San Francisco: May Day Run, 5K/10K/1K Kids Run, Golden Gate Park (Band Shell), 8:30 a.m. American Heart Assoc., 120 Montgomery St. Ste. 1650, San Francisco 94104 (415/433-2273).

San Francisco: DSE Beach Esplanade Run, 5.6M, Sloat Blvd. & Great Hwy., 9:30 a.m. DSE Runners, P.O. Box 210483, San Francisco 94121 (415/978-0837).

Palo Alto: IAMS Dog's Best Friend 5K Run-Walk, Baylands Athletic Center (Embarcadero & Geng), 8:30 a.m. (categories based on dog size). The Final Result, 460 Wisnom Av., San Mateo 94401 (415/696-1196).

Oakland: LMJS Fourth Sunday Runs, 5K/10K, 15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. Len Goldman, 1910 Arrowhead Dr., Oakland 94611 (510/394-3604 510/601-7887/Hotline).

Livermore: Livermore Fitness Days 5K/10K The Bam (3131 Pacific Av.), 8:30 a.m. LARP Sheryl Hardin/Brian Tibbetts, 71 Trevano Rd. Livermore 94550 (510/373-5723).

Saratoga: Run to the Stars 3K/8K, Christa McAuliffe Elem. School (Titus & Prospect), 8:30 a.m. Chris Fellenz, 5018 Amondo Dr., San Jose 95129 (408/255-4811).

SCHEDULE

Milpitas: LSI Logic 5K/10K, McCarthy/Cottonwood, 9 a.m. Nathan Keyes, LSI Logic, 1551 McCarthy Blvd., M/S D-263, Milpitas 95035 (408/433-8525).

Big Sur: Big Sur International Marathon/5K & 5-person Marathon Relay (finishes in Carmel), 7 a.m./Mara. & Relay, 7:30 a.m./5K. Joe Sweeney, P.O. Box 222620, Carmel 93922 (408/625-6226).

Stockton: Stockton Asparagus Festival 5K Fun Run, Oak Grove Regional Park, 8:30 a.m. GAMUT Promotions, 1132 No. Hunter, Stockton 95202 (209/466-6674).

Georgetown: Gold Rush 50K/100K (see Apr. 27 information).

Truckee: Summit to Shore Race Pentathlon (downhill ski 5K, nordic ski 5K, 5K run, 12K bike, 3K paddle), Donner Ski Ranch, 9:30 a.m. Jeff Schloss, Far West Ski Assoc., P.O. Box 10046, Truckee 96162 (916/582-6397).

Hornitos: Indian Gulch to Hornitos Run, 5M/10M, downtown Hornitos Community Park, 8:30 a.m. Merced T.C., 3139 Kingsland, Merced 95340 (Kevin Olds: 209/723-0972; Arnie Cervajal: 209/385-7507).

Covina: CBK Country Covina Rotary 5K & 1M Kids' Run, Covina City Park, Time TBA. Info: Bill & Cheri Kissell (818/339-5251).

La Jolla: La Jolla Shores 5K, La Jolla Cove Park, 7:30 a.m. (No Race Day Reg.). La Jolla Shores 5K, P.O. Box 1664, La Jolla 92038 (Jerry Gottlieb: 619/454-1262).

Del Mar: La Jolla Half-Marathon, 7:30 a.m. (No Race Day Reg.). La Jolla Half Marathon, P.O. Box 1664, La Jolla 92038 (Jerry Gottlieb: 619/454-1262).

May 3 (Fri.)

San Diego: SDSU Night Moves 5K Fun Run, San Diego State Univ. (near Scripps College), 6:30 p.m. Night Moves 5K, SDSU Recr. Sports, 196 Peterson Gym, San Diego 92182 (619/594-6424).

Las Vegas, NV: Mojave 250M Death Race/Relay (2 days), 12-person teams (\$500 entry fee), Mojave Desert near Las Vegas, Time TBA. Ron Cooke, 1000 N. Patton St., "E", Santa Ana 92701 (714/953-4440).

May 4 (Sat.)

Angel Island: Angel Island Run/Walk, 4.5M (ferry service from S.F. & Tiburon), 12:30 p.m. The Guardsmen, 115 Sansome St., #310, San Francisco 94104 (415/781-6785).

San Francisco: What-Mi-Wok Trail 100K, Rodeo Lagoon (Marin Headlands), 5 a.m. (16 Hr. cutoff). Bay Area Ultra Runners, Kellie Sheehan, 6 Gerke Alley, San Francisco 94133 (415/291-8772).

San Jose: Quicksilver Ride & Tie (Pro/Am), 11/23M (1 horse, 2 riders, alternating running & riding), Time TBA. Wayne & Robin Hinrichs, 1865 Indian Valley Rd., Novato 94947 (415/897-9044).

Santa Cruz: Berry Creek Falls Half-Marathon/10K, Hiway 1 at Waddell Creek (10M north of

Santa Cruz), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Monterey County: Wildflower Long Course Triathlon (1.2mS-58mB-13.1mR), Lake San Antonio, 8 a.m. (40 Ironman qualifying slots). Tri-California Events, P.O. Box 51116, Pacific Grove 93950 (408/373-0679).

Monterey County: Wildflower Mountain Bike Triathlon (0.25mS-10mMB-2mR), geared to novice & youth (11-17), also elite open division, 9 a.m. Tri-California, P.O. Box 51116, Pacific Grove 93950 (408/373-0679).

Sacramento: Run for the Flame 5K, Crocker Park (downtown), 2:30 p.m. DeBencik & Hensley Events, 918 Second St., #200, Sacramento 95814 (916/443-6223).

Roseville: Foothills Fun Run 5K (& Kids' 1M/0.5M), Woodcreek H.S., Time TBA. Karen Darst, 7501 Foothills Blvd., Roseville 95747 (916/789-4852).

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

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

Santa Barbara: UCSB Spring Runs, 5K/10K, UCSB Campus Lagoon, Time TBA. Info: 805/893-3908.

Inglewood: The Crippled Children's Run, 5K/8K, 8 a.m. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

Manhattan Beach: Manhattan Mile/5K/'Marathon', Live Oak Park, 7:30 a.m./5K, 8 a.m./Mile races: every 15 min. do mile heat (23 repeats). Erika Stevens/MB Track Club, P.O. Box 3431, Manhattan Beach 90266 (310/376-8460).

Fountain Valley: Orange County's Run for the Roses 6K & 1.25M Fun Run, Mile Square Park, 8:30 a.m./6K, 9:30 a.m. Info: 714/864-8064.

North Las Vegas, NV: Menudo Run. 10K/2M. Fiesta Motel (Rancho & Lake Mead) 7 a.m. Latino Police Officers Assoc., PO Box 16012, Las Vegas 89101. (702) 645-9618.

Cabo San Lucas, B.C. (Mexico): Los Cabos International Half-Marathon, 10K/5K, Hard Rock Cafe (Plaza Bonita), 7:30 a.m. Prime Time, Box 1009, Twin Peaks 92391 (909/875-8045).

May 5 (Sun.)

San Francisco: Ocean Beach 5K/10K (run at low tide), Time TBA. People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

San Francisco: DSE South Embarcadero Run, 6.25M, Dolphin Club (502 Jefferson), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Palo Alto: JCC Health & Fitness Fun Triathlon (440yS-11.4mB-5kR), ALS Jewish Community Ctr., 8:30 a.m. Rosan Comperts, 655 Arastradero Rd., Palo Alto 94306 (415/493-6702).

Cupertino: Tandem's Up & Running 10K/2M (& Kids' 1M Run (7-12 Yrs.)), 19333 Vallico Pkwy., 9 a.m./10K-2M, 10 a.m./Kids. Up & Running, c/o Rhodyco Prod., 1417 Irving St., San Francisco 94122 (415/564-0532).

San Jose: Nihonmachi Run 5K, 4th/Jackson St. (Japantown), 9 a.m. Yu-Ai Kai Community

Center, 588 No. Fourth St., San Jose 95112 (408/294-2505).

Danville: Devil Mountain Run, 5K/10K/Kids 200m & 400m (3-8 Yrs.), Town & Country Village S.C., 8 a.m./5-10K, 9:30 a.m. DMR, P.O. Box 93, Pleasanton 94566 (510/426-1435).

Los Banos: Los Banos PAL May Day Run, 5K, 1M, Tuttle Creek Campground, 9 a.m./Kids' 1M, 9:20 a.m./1M Elite, 9:50 a.m./5K. Gregg Wilson 945 Fifth St., Los Banos 93635 (209/827-0603).

Stockton: The Bagel Chase 5K, 9:30 a.m. Laurie Merrill, 1116 Edgewood Dr., Lodi 95240 (209/367-1787).

Monterey County: Wildflower Olympic Distance Triathlon (0.93mS-24mB-6.2mR), Lake San Antonio, 9 a.m. Tri-California, 1105 David Av., Pacific Grove 93950 (408/373-0679).

Napa: Vichy Springs Run, 5M/2.5M, William Hill Winery (1761 Atlas Peak Rd.), 9 a.m. Vichy Springs Run, 2429 Stonehouse Ct., Napa 94558 (707/252-4456).

Boonville: Boontling Classic 5K, Anderson Valley Elem. School (Hwy 128 north of Boonville) 10 a.m. Mike McDonald/North Coast Stnders P.O. box 1556, Ukiah 95482 (707/895-2701).

Fair Oaks: Sun Run 5M (& 0.5M Kids' Run). Community Clubhouse (7997 California), 8:30 a.m. Marsha Karley, Fair Oaks Chamber of Commerce, P.O. Box 352, Fair Oaks 95628 (916/967-2903).

Weott: 25th Annual Avenue of the Giants Marathon & 10K, Humboldt Redwoods State Park, 9 a.m. Ken Yonasko, 281 Hidden Valley Rd., Bay-side 95524 (707/443-1226).

Lone Pine: Wild Wild West Marathon, 10M/3M Fun Run, Tuttle Creek Campground, 7 a.m. Lone Pine Chamber of Commerce, P.O. Box 749, Lone Pine 93545 (619/876-4444).

Ventura: Law Day 5K Run, Ventura County Government Center, 9 a.m. Steve Henderson, 4475 Market St., #B, Ventura 93003 (Inside Track: 805/643-1104).

Studio City: Studio City 5K/10K, near Laurel Canyon/Ventura Blvd., 8 a.m./5K, 8:30 a.m. Sondra Frohlich, 12153 Ventura Blvd., #100 Studio City 91604 (818/980-3811).

Chino Hills: "Run for the Hills", 5K/10K, Alterra Park, 8 a.m./5K, 8:30 a.m. Kiwanis Club of Chino Hills, 3233 Grand Av., N-223, Chino Hills 91709 (Katrina Hamilton: 818/966-2199).

Irvine: Orange County Half Marathon & 5K, Sand Canyon & Barranca (near Irvine Spectrum), 8 a.m. OCHM, P.O. Box 7132, Newport Beach 92660 (714/476-7076).

San Diego: Get Movin' San Diego 5K/10K, Torrey Pines Beach/Hwy 101, 8 a.m. Kathy Loper 7801 Mission Center Ct., #103, San Diego 92108 (619/736-1001).

San Diego: San Dieguito River Park Trail Events, 6M/4M, 8 a.m. Info: 619/235-5445.

Vancouver, BC (Canada): Vancouver International Marathon & Half-Marathon, BC Place Stadium, 7 a.m. Gordon Rogers, P.O. Box 3213 Vancouver, BC, V6B 3X8 Canada (604/872-2928).

May 6 (Mon.)

Anaheim: Go With the Flow 5K Run for Water, 5K, Anaheim Lake, 8 a.m. San Dieguito River

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**Race Directors
Conference & Workshop**
Friday, June 28th

The NETCOM 5K
Saturday
June 29th

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FITNESS ACTIVITIES, as an alternative to one or more of the runs, include aerobics, biking, hiking, and walking. NUTRITION expert Nancy Clark, author and nutrition counselor to casual and competitive athletes, will make a presentation following dinner on Saturday night.

New England Runner's Race Directors Conference and Workshop – Friday, June 28

SPECIAL TOPIC: Race Directing In Cyberspace!

Some of the nation's leading experts will guide us through the World Wide Web and how to put it to use promoting and marketing your events! Join us for this first-ever conference on the technology of the '90s and the next millenium, and how it applies to our sport.

This conference is national in scope, and we hope to welcome race directors from every region of the country. It is held in association with USA Track & Field, and in conjunction with the Bill Rodgers and Joan Benoit Samuelson Running and Fitness Camps at Ascutney Mountain Resort.

The 1st NETCOM 5K Road Race – Saturday, June 29

NETCOM 5K at the Ascutney Mountain Resort, Brownsville, Vermont

This inaugural event will be part of the festivities at the Bill Rodgers and Joan Benoit Samuelson Running and Fitness Camps. Run along with Bill and Joan and their staff on a scenic, certified 5K loop through beautiful Vermont countryside.

For brochures and information: New England Runner, PO Box 252, Boston, MA 02113 (617) 891-1844

SCHEDULE

Park Trail Run, 7801 Mission Center Ct., #103, San Diego 92108 (714/378-3333).

May 11 (Sat.)

Larkspur: The Human Race, 5M, Larkspur Ferry Terminal, 8 a.m. Dianne Faw, The Volunteer Center, 650 Las Gallinas, San Rafael 94903 (415/479-5660).

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

Pleasanton: Human Race 10K/5K, 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, Mockingbird Hill Ln., 6 a.m. Quicksilver R.C., c/o 6363 Firefly Dr., San Jose 95120 (408/227-7102).

San Jose: The Human Race, 10K/5K, 2655 Seely Rd., 8:30 a.m. Nicki Amatore, Volunteer Exchange, 1922 The Alameda, #211, San Jose 95126 (408/247-1126).

Lodi: Walk for the Health of It 5K/1M Walk/Roll, Lodi Memorial Hospital, 9 a.m. Joanne Barkley, 149 So. Fairmont Av., Lodi 95240 (209/339-7582).

Sacramento: Sacramento Race for the Cure 5K, State Capitol, 9 a.m. Race for the Cure, 918 Second St., #200, Sacramento 95814 (916/443-6223).

Truckee: Donner Lake 7M/14M, Donner Lake State Park (east end of Lake), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Bakersfield: Bakersfield Action Sports Triathlon (1.5kS-40kB-10kR), Lake Ming (West shore) 8 a.m. (wave start) (May 3 Reg. Deadline; Entry Limit 1000 + 150 Relay Teams). No. Bakersfield Recr. & Park District, 405 Galaxy Av., Bakersfield 93308 (805/399-2720).

Lompoc: La Purisima Mission 10K/5K, 8:30 a.m./5K, 9 a.m. Lompoc Valley D.C., P.O. box 694, Lompoc 93438 (Ray Gil: 805/736-4233).

Century City: Revlon Run/Walk for Women 5K (men's & women's divisions), Fox Studios (backlot), 8 a.m. Info: 818/759-9522.

Los Angeles: Human Race 5K/10K & 1M Kids' Run, Griffith Park, 8 a.m./1M, 8:30 a.m. Volunteer Center, 2117 W. Temple St., 3rd Fl., Los Angeles 90026 (213/484-2849).

Huntington Beach: Southern California Hillsea 7.57M, Central Park West, 8 a.m. The Finish Line Internat'l., 7848 Connie Dr., Huntington Beach 92648 (714/841-5417).

Solana Beach: Fiesta del Sol Triathlon (500mS-15kS-5kR), Fletcher Cove, 7:30 a.m. Koz Enterprises, P.O. Box 421052, Solana Beach 92142 (619/528-8111).

San Diego: Native American Run, 5K/10K, Balboa Park, 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

Las Vegas, NV: LVTC/ 10M-5M-2M. Silk Purse Ranch (between Durango & Tenaya). Contact: Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 898-RUNN: The Running Store.

May 12 (Sun.)

San Francisco: DSE 'Right to Assemble' Run, 7.48M, Howard/Spears Sts., 8 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/897-0837).

Watsonville: Mothers Day Run for Shelter 10K/1M, Callahan Park, 8 a.m. Jim Belcher, 215 Highland Dr., Aptos 95003 (408/728-5649).

Santa Rosa: Santa Rosa 10K/5K, Location TBA, 8 a.m./10K, 8:15 a.m. High Valley Promotions, 2926 Yulupa Av., Santa Rosa 95405 (707/327-9223).

Bakersfield: Kaiser Permanente Tri-4-Kids (7-10 Yrs: 100yS-4mB-0.6mR; 11-14 Yrs: 200yS-7mB-1.9mR), Cal-State Univ., Time TBA. No. Bakersfield Recr. & Park District, Tri-4-Kids, 405 Galaxy Av., Bakersfield 93308 (805/399-2720).

May 18 (Sat.)

Davenport: Big Creek Ride & Tie, 30M (1 horse, 2 runners alternating riding/running), Time TBA. Barbara McCrary, 330 Swanton Rd., Davenport 95017.

Oakland: Port of Oakland's Run for the Cranes, 5K/10K, Jack London Square (Water/Washington Sts.), 8 a.m. Richard Mathews, c/o MCM, 161 John St., Oakland 94611 (510/601-7095).

Antioch: Skip to Skips 10 Mile Challenge Run/Mtn. Bike, 7 a.m./Bike, 8 a.m./Run. Darryl Whaley, P.O. Box 824, Clayton 94517 (510/672-5286).

Benicia: Benicia Young Life 5K Run/Walk, Ninth Street Park (9th & West K), 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Stockton: KOT 10K/5K, 8 a.m. A.B. Coleman, P.O. Box 645, Stockton 95201 (209/469-95224 eve).

Davis: Mutt Strut 5K (run with dog only), UCD Health Sciences Bldg., 8 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Merced: Pancake Run, 2M/10K, Lake Yosemite, 8:30 a.m. Merced T.C., P.O. Box 3275, Merced 95344.

Reno, NV: Silver State 50K, Time TBA. Ken McKim, 1460 Prospect, Sparks, NV 89431 (702/356-2024).

Burbank: Run for the Hungry, 5K & Munchkin Mile (11 & under), Johnny Carson Park, 8 a.m. Info: Mickey DePalo (818/238-5390).

Las Vegas, NV: Las Vegas Stars 5K, Cashman Field, N. Las Vegas Blvd. & Washington. (702) 386-7200.

Las Vegas, NV: Relay for Life. UNLV (Maryland between Flamingo & Tropicana). 10 a.m.

May 19 (Sun.)

San Francisco: Examiner Bay to Breakers, 12K, Howard & Spear Sts. to Ocean Beach, 8 a.m. (Elite field must qualify & enter by 4/15; others must enter by 5/1). EXBB, P.O. Box 429200, San Francisco 94142 (415/808-5000, x2222 or 510/808-5000, x2222 or 408/808-5000, x2222).

San Carlos: San Carlos Rotary 5K/10K, Burton Park, 8:30 a.m. George Stafford, 700 Chestnut St., San Carlos 94070 (415/594-5199).

So. San Jose: Power Bar-South Bay Triathlon IV (0.75mS-17mB-5mR), Uvas Reservoir, 8 a.m. J&A Prods., 1032 Hacienda Av., Campbell 95008 (408/866-8848).

Berkeley: Tilden Tough Ten, 10M, Tilden Park (Inspiration Point, parking lot off Wildcat Canyon), 9 a.m. LMJS, 12001 Broadway Terr., Oakland 94611 (510/601-7887).

Fremont: Ohlone Wildemess 50K Trail Run, Time TBA. John Vonhof, 4438 Gibraltar Dr. Fremont 94536 (510/797-8169).

Newport Beach: Bach Bay Classic 8K/Half-Marathon/2K Minuet, Back Bay, 8 a.m./H-M. 8:10 a.m./8K. Hope House, 707 No. Anaheim Blvd., Anaheim 92805 (714/776-7490).

Fountain Valley: Go With the Flow 5K and Water Festival, 3451 E. Miraloma Av., 8 a.m. Katie Coates, P.O. Box 20895, Fountain Valley 92728 (714/378-3333).

Ontario: Ontario 5000, 5K, Ontario Airport Hilton, 8 a.m. Info: 714/458-6036.

Tecate-Ensenada: 5-Person, 73 Mi. Relay. Tecate Town Square, 7 a.m. Info: 619/454-0317.

San Diego: Over the Bay Bridge, 4M, 8 a.m. Over the Bay Bridge Run, c/o Breaking 40, 4060 Moreno Blvd., #G355, San Diego 92117 (619-272-8316).

May 25 (Sat.)

San Bruno: San Bruno Memorial Cross Country Run, 4M, San Bruno City Park, 8:30



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SCHEDULE

a.m. Runners Inn, 486 San Mateo Av., San Bruno 94066 (Don Conklin: 415/952-8127; Mike Sullivan: 209/529-8341).

Pinole: Pinole Spring Festival 4M/1K Kids' Run, Fernandez City Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Oak View: Ventura Lions Club 2K/10K, Foster Park (Ojai bike trail), 8 a.m. Info: Inside Track (805/643-1104).

Topanga: Jacqueline Hansen Tough Topanga 10K, Trippet Ranch (Topanga State Park), 8 a.m. Info: 310/455-3671.

Sierra Madre: Mt. Wilson Trail Race, 8.6M, Kersting Ct., 7:30 a.m. (Pre-Reg. Only, May 13 Deadline; 300 Limit). Parks & Recr. Dept., City of Sierra Madre, 232 W. Sierra Madre Blvd., Sierra Madre 91024 (818/355-7135, x255).

Bonita: Bonita Road Runners 5K/10K, Rohr Park, 7:30 a.m./5K, 8 a.m. Bonita Road Runners, P.O. Box 851, Bonita 91908 (Ken Velasquez: 619/421-5473).

Las Vegas, NV: Run to the Sun 6M, Eldorado High School 7 a.m. The Running Store, 4350 E. Sunset Rd., Henderson, NV 89014. Karla Ely (702) 898-7866.

May 26 (Sun.)

San Francisco: DSE Walt Stack Trail 25K/10K, Dolphin Club (502 Jefferson), 8 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Oakland: LMJS Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. Len Goldman, 1910 Arrowhead Dr., Oakland 94611 (510/601-7887).

San Ramon: Wind Breaker 5K Run/Inline, Bishop Dr./Camino Ramon, 8:30 a.m./Inline, 8:45 a.m./Run. Steve Pierol, City of San Ramon, 12501 Alcosta Blvd., San Ramon 94583 (510/275-2308).

Grass Valley: Grass Valley Memorial Run 8K, Memorial Park, 8:30 a.m. Sierra Trailblazers R.C., P.O. Box 1811, Cedar Ridge 95924 (916/265-4387).

Incline Village, NV: I Can Run For Drug Free Youth, Distance, Location & Time TBA. Fleet Feet, P.O. Box 5792, Incline Village, NV 89450 (702/831-0668).

Arroyo Grande: Strawberry Stampede 10K/5K start at gazebo, 7 a.m. Ben Horner, P.O. Box 456, Arroyo Grande 93421 (800/439-6878).

May 27 (Mon.)

Kentfield: Pacific Sun Races, 10K/2.5M/YMCA Youth Track Races, College of Marin, 8 a.m. TRS, 80 Mitchell Blvd., San Rafael 94903 (415/472-RACE).

El Sobrante: MiniMan Triathlon (250yS-10mB-2mR), Lakeridge A.C. (San Pablo Dam Rd./Castro Ranch Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778; 510/222-2500).

Clayton: Memorial Day Classic, Distance, Location & Time TBA. Hank Stratford, P.O. Box 30, Clayton 94517 (510/672-9200).

Santa Cruz: Memorial Day Race for Knowledge, 5K/10K, Natural Bridges State Park en-

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SCHEDULE

trance (Delaware St.), 8:30 a.m./3K, 9 a.m./10K. Tom Brekka, 101-F Frederick St., Santa Cruz 95062 (408/458-9631).

La Canada-Flintridge: Fiesta Days Run, 5K, Descanso Gardens (1418 Descanso Dr.), 8 a.m. Info: Sheree Violon (YMCA) (818/790-0123).

Lakeville: Lake Jennings Memorial Day Water Run, 8K & 1 Mi. Fun Run, 7:30 a.m. Waterun '96, c/o Breaking 40, 4060 Morena Blvd., #G355, San Diego 92117 (619/272-8316).

June 1 (Sat.)

San Jose: Run 5 MORE for Our Children, 5K/10K, MORE Clinic (near Santa Clara Univ.), 9:15 a.m./10K, 9:20 a.m./5K. Robyn Klassen, 2145 The Alameda, San Jose 95126 (408/987-0950).

Aptos: Forest of Nisene Marks Marathon/Half-Marathon/5K, Park HQ, 8 a.m. Harry Taub, Lions Club, P.O. Box 1676, Soquel 95073 (408/479-5483).

Sacramento: Tri For Fun Triathlon Series #1 (1KS-20KB-5KR), Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Av., Fair Oaks 92648 (916/965-8326).

Rancho Cordova: Cordova Twilight Classic 5K, Cordova H.S./Hagan Park, 7 p.m. Classic Challenge Series, c/o Up & Running, 11114 Oberun River Ct., Rancho Cordova 95670 (916/362-1841).

Pollock Pines: Run of the Pines, 0.5M/5K/10K/13M, Sierra Ridge School, 8 a.m. Bruce Boom, 6128 Dolly Varden, Pollock Pines 95726 (916/644-5908).

Gridley: Coot Scoot 5K/10K/1M, Gray Lodge Wildlife Area, 8:30 a.m. Bruce Forman, Calif. Dept. of Fish & Game, 1701 Nimbus Rd., Rancho Cordova 95670 (916/358-2885).

Reno, NV: Reno Air Championship Races (see Jun. 2), Kids' Races only on Jun. 1, Winfield Park, 9 a.m. Bill Meister, 13235 Fellowship Way, Reno, NV 89511 (702/688-3926).

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

Fontana: Fontana Days Half-Marathon, 5K & Kids' 1M, Lytle Creek (Apple White Campgrounds), 7:45 a.m./H-M & 1M, 8 a.m./5K. Barbara Smith, 17005 Upland Av., Fontana 92335 (909/350-6729).

Corona Del Mar: Corona Del Mar Scenic 5K, Ocean Blvd. & Helitrope, 8:15 a.m./Women, 8:35 a.m./Men. Sue Stein, 3300 Newport Blvd., P.O. Box 1768, Newport Beach 92658 (714/644-3151).

San Diego: Domino's Pizza CV Run & Walk, 5K/10K, Carmel Valley Town Center, 7:30 a.m. CV 5000, P.O. Box 2293, Del Mar 92014 (619/736-1001).

Rosarito 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 Int'l., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Las Vegas, NV: LVTC/5K & 2M Championships. Bunker Family Park (Alexander & Tenaya), 7 a.m. Contact: Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 898-RUNN: The Running Store.

June 2 (Sun.)

Mill Valley: DSE Practice Dipsea, 6.8M, Old Mill Park (finish at Stinson Beach), 8 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Sonoma: Hit the Road Jack 10K/2.3M, Sonoma Cheese Factory, 8 a.m. Boy's & Girl's Club, P.O. Box 1726, Sonoma 95476 (707/938-8544, 935-7504).

San Francisco: San Francisco Italian A.C. Statuto Race, 4.2M, S.F.A.C., 9 a.m. S.F.A.C., 1630 Stockton St., San Francisco 94133.

Millbrae: Millbrae Hillclimber 5K/10K, Millbrae Park (Richmond/Palm), 6 p.m. The Final Result, 460 Wisdom Av., San Mateo 94401 (415/696-1196).

Hillsborough: Hillsborough Concours Family Fun Run, 5K/10K, North School, 8 a.m. Hillsborough Concours Fun Run Office, 2500 Ralston Av., Hillsborough 94010 (415/344-2272).

Alameda: Harbor Bay 5K/10K, Harbor Bay Ferry Terminal, 8:30 a.m. Streamline Fitness, 909 Marina Village Pkwy., #139, Alameda 94501 (510/521-6460).

San Jose: Alum Rock Run, 10K/0.5M Kids' Run, Alum Rock Park Visitor's Center, 8:30 a.m./10K, 10 a.m./Kids. Gary Hafley, 460 Park Av., San Jose 95110 (408/295-0320).

San Jose: Pure Software San Jose Int'l. Triathlon (1KS-40KB-10KR), Lake Almaden, 7:30 a.m./Elite, 8 a.m./Age-Groups. J&A Prods., 1032 Hacienda Av., Campbell 95008 (408/866-8848).

Ukiah: Russian River Run, Half-Marathon & 8K, East Side Rd./Talmage, 6 a.m./HM, 8 a.m./8K, North Coast Striders, P.O. Box 518, Ukiah 95482 (707/468-8024).

Nevada City: Gold Country Trail Marathon/Half-Marathon/10K/5K, Pioneer Park, 7:30 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

Reno, NV: Reno Air Championship 15K/5K & 3x5K Relay, (15K/220 Edison Way, Reno; 5K/Greg St. & River Path, Sparks), 8:30 a.m./5K, 9 a.m./15K & Relay. Bill Meister, 13235 Fellowship Wy., Reno, NV 89511 (702/688-3926).

Santa Paula: Heart Association 10K, 8 a.m. Info: Inside Track (805/643-1104).

Los Angeles: All Sports Festival & Expo, 8K Run/Walk, L.A. Convention Center, 7:30 a.m. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

San Diego: Port of San Diego International Triathlon (1KS-30KB-10KR; 500mS-20KB-5KR), Spanish Landing Park, 7 a.m. Koz Enterprises, P.O. Box 421052, San Diego 92142 (619/528-8111).

June 8 (Sat.)

Sloughhouse: Sloughhouse Country Run, 5K/10K & Kids' 1M, (12700 Meiss Rd.), 8 a.m./Kids, 8:30 a.m. Lou Edgar, P.O. Box 160488, Sacramento 95816 (916/424-2624; 444-9304).

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

So. Lake Tahoe: Capt. Robert De Celle II Tahoe Memorial Relay, 72M (7-person teams),

Hwy. 50/89, 7 a.m. Robert E. DeCelle, P.O. Box 1606, Alameda 94501 (510/523-2264 or 510/521-9626).

Santa Barbara: The State Street Mile, Pedregosa/State St., 8 a.m. (age group races). Lon Russell, 3207 Campanil Dr., Santa Barbara 93109 (805/687-1508).

Arcadia: The American Cancer Society & Polish American Congress Making Strides Against Cancer, 5K/10K Run, Arboretum, 8 a.m./5K, 8:30 a.m. Info: 818/577-9797.

Palos Verdes: Palos Verdes Marathon, 3-Person Relay & 5K (& Kids' Runs - 10 & Under), 7 a.m. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

San Diego: UT Dr. Seuss Kid's Magic Mile (12 & Under), Harbor Dr. (downtown), 8 a.m. In Motion, Dr. Seuss Races, 511 S. Cedros, #B, Solana Beach 92075 (619/792-2900).

Las Vegas, NV: LVTC/5K & 2M, Sunset Park (southmost entrance from Sunset on Eastern), 8 a.m. Contact: Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 898-RUNN: The Running Store.

June 9 (Sun.)

Mill Valley: 86th Annual Dipsea Race, 7.1M, 8:30 a.m. Dipsea, Box 30, Mill Valley 94942 (415/331-3550) (send SASE for entry; all forms mailed out on Apr. 1 only...fills in 1 week).

San Francisco: Alcatraz Triathlon (1.5mS-2mR-18mB-10mR), Alcatraz Island, 7:15 a.m. (\$150 Entry Fee). Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

San Francisco: DSE Polo Fields 5K, Golden Gate Park (south side of Polo Fields), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Redwood City: Sequoia Hospital's "Run by the Bay"...**CANCELLED FOR 1996.**

Alameda: Run the Runway 5K/10K, Alameda Naval Air Station, 6 p.m. The Final Result, 460 Wisdom Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Pleasanton: Pleasanton Spirit Run, 5K/10K, Pleasanton Sports Park, 8 a.m./10K, 8:30 a.m./5K. Tim Lundell/Rotary Club, 2358 Greenberry Ct., Pleasanton 94566 (510/484-4874).

Aptos: Aptos Women's 5-Miler, Aptos Village Park (entrance to Forest of Nisene Marks), 9 a.m. Carol Cuminala, P.O. Box 3568, Santa Cruz 95063 (408/458-9028).

Salinas: Run in the Sun 10K, 5K Walk, Kids Mile, Chamisal Tennis Club, 8:30 a.m./Mile, 9 a.m./10K, 9:15 a.m. Joan, 185 Robley Rd., Salinas 93908 (408/484-1135, 649-1135).

Guerneville: Vineman Internat'l. Triathlon (1mS-24mB-10KR), Johnson's Beach, 8 a.m. (Tri-Fed Jr. Nat'l. team qualifier). Vineman P.O. Box 6007, Santa Rosa 95406 (707/528-1630).

Modesto: Modesto Downtown Classic, 1M/8K, Courthouse lawn, 7:45 a.m./1M, 8:15 a.m./8K. Modesto Downtown Classic, 816 Altamont Ct., Modesto 95358 (Dale Ghaner: 209/521-9582; Barbara Miller: 209/575-4040).

Healdsburg: Fitch Mountain Foot Race, 3K/10K, Downtown Plaza, 8 a.m. Jerry Strong 14685 Grove St., Healdsburg 95448 (707/838-5141).

SCHEDULE

Lompoc: Valley of the Flowers Marathon/Half-Marathon/5K/1M Kids' Run, Lompoc H.S. (Huyck Stadium), 7 a.m./Mara., 7:30 a.m./H-M, 8 a.m./5K, 9 a.m./1M. Rick Bolitte, Lompoc Family YMCA, 201 W. College Av., Lompoc 93436 (805/736-3483).

Studio City: Studio City 5K/10K, Laurel Canyon/Ventura Blvd., 8 a.m./5K, 8:30 a.m./10K. Sondra Frohlich, 12153 Ventura Blvd., #100, Studio City 91604 (818/980-3811).

Laguna Niguel: Maximum 5K/10K Run & 1K Kids' Fun Run, Plaza de la Paz (Home Base Shopping Ctr.), 7:30 a.m./5K, 8:30 a.m. Info: Vicky Carabini (714/831-6163).

San Diego: UT Dr. Seuss 8K, Balboa Park, 7 a.m. In Motion, Dr. Seuss Races, 511 S. Cedros, #B, Solana Beach 90275 (619/792-2900).

June 11 (Tue.)

Bakersfield: BTC Handicap 5K #1, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

June 15 (Sat.)

San Jose: Fujitsu-KNTV "Run for the Kids" 8K/2M & Kids' Youth Races (ages 4-14; 200m/400m/800m/Mile), near No. First/Rio Robles, 8:30 a.m./8K-2M, 9:30 a.m./Kids. Jackson Ross/Kim Hosaka, Fujitsu, 3545 N. First St., San Jose 95134 (408/922-9000).

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

Grassale: Grassale Outpost 5K/10K, Hwy 89 (49 mi. north of Truckee), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Venice: Venice Area Chamber of Commerce Father's Day Weekend 5K/10K & 1K Kids' Fun Run, new library on So. Venice Rd., 8 a.m./5K, 8:30 a.m./10K. Info: Venice Area Chamber of Commerce (310/827-2366).

West Los Angeles: Papa-Do-Run-Run & Walk, 10K/5K, VA Medical Center West LA/Back Bay Newport Beach, 8 a.m. Joe Del Castillo, 3600 Wilshire Blvd., Ste. 920, Los Angeles 90010 (213/382-7337).

Playa del Rey: Keep L.A. Running, 5K/10K, Dockweiler Beach, 8 a.m./5K, 8:30 a.m. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

San Juan Capistrano: Capistrano Trail Mix 5K Trail Run/Mountain Bike Ride, Rancho Capistrano, 8 a.m. Info: Kinane Events (619/434-7706).

Poway: Chaparral School 5K/1M,

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Photo by Bill Leung, Jr

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SCHEDULE

Chaparral Elem. School, 8 a.m. Info: 619/487-9221.

Las Vegas, NV: LVTC/5K & 2M. Pueblo Park (Lake Mead & Pueblo). 7 a.m. Contact: Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 898-RUNN: The Running Store.

June 16 (Sun.)

San Francisco: DSE Presidio Gate Run, 3.3M & Kids' Run, Dolphin Club (Jefferson at foot of Hyde), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Menlo Park: Oak Knoll. Otter 5K, 1895 Oak Knoll Ln., 8:30 a.m. Ceci St. Game, 1935 Oak Av., Menlo Park 94025 (415/325-7940).

Oakland: Dick Houston Woodminster X-C Race, 7.3M, Joaquin Miller Park (Pinewood area), 9 a.m. Gareth Fong, c/o Island City Runners, P.O. Box 1493, Alameda 94501 (510/655-8228).

Isleton: Isleton Crawdad Festival Classic 5 Mile Fun Run, Delta Av./Jackson Rd. at Main St., 8 a.m. EZ Living Casuals, P.O. Box 1025, Walnut Grove 95690 (916/776-1627).

Soda Springs: High Sierra Marathon/Half-Marathon, Serene Lakes Lodge, 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

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

June 19 (Wed.)

San Mateo: "Longest Day Run", 5M, Coyote Point County Park (south of S.F. airport), 7:30 p.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

June 20 (Thur.)

Los Angeles: Union Bank Heart of the City 5K, 445 S. Figueroa, 7 p.m. Karen T. Williams, Union Bank, 445 S. Figueroa (G08-999), Los Angeles 90069 (213/236-5710).

June 22 (Sat.)

Stinson Beach: DSE Double Dipsea, 13.7M, to Mill Valley & back, 9 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Palo Alto: Baylands Front Runners Pride Run, 10K/5K, Palo Alto Baylands, 8:30 a.m. Baylands Front Runners, P.O. Box 223, Cupertino 95015 (408/984-4076).

Los Altos: Bay Area Corporate Relays, Foothill College (track), 8 a.m./5K, 10 a.m./T&F events. Kaye Donnelly/BACCA, P.O. Box 898, Menlo Park 94026 (415/573-4703).

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

Pleasanton: 4-H Fair Fun Run, 5K, Alameda Co. Fairgrounds (main gate), 8:30 a.m. Barbara Costalla, 4133 Florida Ct., Livermore 94550 (510/447-6109).

Arnold: Two Rivers Trail Run, 7M/9M/2.9M,

Cedar Center (Hwy. 4), 9 a.m. On Your Mark Event Management, P.O. Box 2061, Arnold 95223 (209/795-7832).

San Diego: Run for the Gold, 5K/10K, Sea World, 7:30 a.m. Run for the Gold, c/o Kathy Loper Events, 7801 Mission Center Ct., #103, San Diego 92108 (619/298-7400).

San Diego County: American Cancer Society's Relay for Life Run/Walk 24-Hour Relay (various locations), 6 p.m. Info: Dave Ziedelis (619/299-4200).

Las Vegas, NV: Deer Creek 9M Trail Run & Picnic. Deer Creek 8 a.m.

June 23 (Sun.)

Novato: Stafford Lake Biathlon (2mR-10mB or 10KR-40KB), Stafford Lake County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Palo Alto: The Recycled Race, 5K/10K, Baylands Athletic Center (Embarcadero & Geng), 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/686-1196).

Oakland: Lake Merritt J&S Fourth Sunday Runs, 5K/10K/15K, Old Boathouse (14th St./Lakeside Dr.), 9 a.m. Info: 510/601-7867.

Hayward: Garin Park Dry Creek Trail Runs, 8K/2.1M, Garin Park (by the Barn), 8:30 a.m. Friends of Garin Park, 27170 Mission Blvd., Hayward 94544 (510/582-2206).

Newport Beach: Newport 5000 (& Kids' 1M, 12 & Under), Jamboree & Birch, 7:30 a.m./Masters 5K, 8:30 a.m./Open 5K, 9:30 a.m./1M. Newport 5000, P.O. Box 10325, Newport Beach 92660 (714/476-7076).

Brea: The Road Less Traveled 10.2M, Carbon Canyon Regional Park, 8:15 a.m. Info: Eric "Gumby" Anderson (714/531-7053).

June 25 (Tue.)

Bakersfield: BTC Handicap 5K #2, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

June 26 (Wed.)

San Carlos: Edgewood Trail Race, 5M, Edgewood County Park (I-280 & Edgewood Rd.), 7 p.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

San Diego: Lawyers Have a Heart 5K Run/Walk, downtown, 6:30 p.m. Info: Perette Godwin (619/291-7454).

June 29 (Sat.)

Gustine: Freedom Run, 5K/10K, Henry Miller Park, 7:30 a.m. Jim Bonta, 1065 Lee Av., Gustine 95322 (209/854-1739).

Rio Vista: Brannan Island "Outback" Triathlon (900yS-14mB-3.8mR), Brannan Island State Recr. Area, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Rocklin: Rocklin Cultural Jubilee, 5K/10K/Kids' 0.5M, Sierra College (football field, 5000 Rocklin Rd.), 7 a.m./0.5M(boys), 7:15 a.m./0.5M(girls), 7:30 a.m. Rocklin Community Services, 5480 Fifth St., P.O. Box 1380, Rocklin 95677 (916/623-4100).

Squaw Valley: Western States 100 Mile Endurance Run, 5 a.m. Norm & Helen Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916/638-1161) (entries closed...entries must be received by Nov. 15 & pre-quality...determined by lottery).

Lompoc: Flower Festival Parade Route 5K, Lompoc Shopping Ctr. (H & Pine Sts.), 9:15 a.m. Mary Lou Seelandt, LVDC, P.O. Box 694 Lompoc 93438 (805/737-6153).

June 30 (Sun.)

San Francisco: DSE Twin Peaks Run, 3.36M, Portola Dr./Twin Peaks Blvd., 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Castro Valley: Lake Chabot Trail Challenge, 13.1M/5K, Lake Chabot Park Marina, 8 a.m. Michael Raffee, Golden Bay Runners, 4340 Krause St. Pleasanton 94588 (510/484-1339).

LOOKING AHEAD

Marathons, Ultra, Relays,
Important Dates,
Major Events, etc.

July 12 (Fri.)

Mt. Rainier, WA: Mt. Rainier to the Pacific Relay, 150M (11-person teams) (Jul. 12-13). Rainier Overland Lodge (1M east of Ashford), Time TBA. Mt. Rainier to the Pacific Relay, P.O. Box 17086, Seattle, WA 98107 (206/782-6547, 783-5285).

July 13 (Sat.)

Davenport: World Championship Ride & Tie (1 horse, 2 runners - alternate running/riding) Time TBA. Curt Riffle, 469 Casita Way, Los Altos 94022 (415/949-0620).

July 14 (Sun.)

San Francisco: San Francisco Marathon/5K. Golden Gate Bridge (finish at Kezar Stadium), 8 a.m. USAT&F, 120 Ponderosa Ct., Folsom 95630 (800/722-3466).

July 20 (Sat.)

Sacramento: Eppie's Great Race (5.82mR-12.5mB-6.35mPaddle), Sunrise Bridge (American River), 8 a.m. The Great Race, 3711 Branch Center Rd., Sacramento 95827 (916/366-2940).

THE ATHLETE'S KITCHEN

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

Exercise for Weight Loss

IF YOU ARE AMONG THE MANY PEOPLE who struggle with having excess body fat, you may be using exercise to help you shed a few pounds. Dieters often initiate a program of "fat burning exercises", believing that jogging, aerobics, walking and other low intensity activities will whittle away their waist and thin their thighs. Some people successfully lose their undesired fat; others don't and wonder why not. Dayle, a busy executive who religiously added aerobics into her hectic daily schedule, complained "I must be doing something wrong. I've been sweating bullets and haven't lost an ounce or an inch." If this complaint sounds familiar, keep reading and learn how to separate fact from fiction regarding exercise for weight loss. Much of the information is adapted in *The Journal American Dietetic Assoc.* by Chester Zelasko, exercise scientist at Buffalo State College (Dec. 1995).

Q. What are the best fat-burning exercises to help me get rid of my spare tire?

A. Contrary to popular belief, any type of exercise can contribute to weight reduction. Some people think that they should do only low intensity exercises (walking, low impact aerobics, easy biking) that are fueled primarily by fat. (During low intensity exercise, your muscles burn about 50% fat and 50% carbohydrates for fuel. At a somewhat harder pace (75% max. heart rate), your muscles burn less fat and more carbs--about 40% fat, 60% carbs.)

One example of a low intensity, fat-burning exercise is sleep--but sleep is not known to be a dieters' aid! Clearly, burning fat, is not the issue when it comes to losing body fat. No research has demonstrated that burning fat is better than burning carbohydrate to promote weight reduction.

True, fat-burning exercises are often better for weight reduction programs because people can generally sustain low intensity exercise for a longer period of time than they can a rigorous workout. Hence, they burn more total calories. For example, a 180 pound person might burn about 215 calories when walking slowly for two

miles (45 minutes). That's more than s/he'd burn if asked to do a higher intensity running program that s/he could only do for five or ten minutes. Plus, if you are overweight and underfit, you'll find exercise to be no fun; it threatens and injures and results in a high drop-out rate.

Q. Despite all my training for the Boston Marathon, I'm still fat. What am I doing wrong?

A. The trick to fat loss is to create and maintain a calorie deficit that permanently dwindles body fat stores. You can create that deficit by adding on exercise and/or by subtracting food. If you add on exercise, note that you will still have to monitor your food intake. If you replace all the calories you burn, you won't lose any weight. That's what went wrong with Dayle's exercise program--and many other people's too.

Because your body strives to balance expenditure and intake, the more you exercise the more you will want to eat. To lose, you will have to consciously stop yourself from eating all you desire to eat. The rumor that exercise "kills your appetite" holds true only for a limited amount of time after you exercise when your body temperature is elevated. Your appetite returns in full force within a few hours, at which time you have to ask yourself, "Would I rather be leaner? Or would I rather eat more?"

A common mistake among hungry diet-and-exercisers is to eat too many fat-free carbohydrates, thinking *fat-free = calorie free*. They eliminate most fat from their diets, but eat too many fat-free bagels, pretzels, fat-free cookies, frozen yogurts and bags of air popped popcorn. All these foods have calories that can negate the calorie deficit created by their exercise program. No wonder they don't lose weight!

Q. How many calories do I burn after I exercise due to an elevated metabolic rate?

A. Not very many if you are an ordinary exerciser. The rumor that you burn "tons more calories after your exercise" is a gross exaggeration.

After a light exercise, you burn about 5 to 10 additional calories and after moderate exercise about 12 to 35 calories -- too few to make a significant dent in your body fat stores! If you are doing strenuous exhaustive exercise you may rid yourself of an additional 180 "afterburn calories." But keep in mind that you have to create a 3,500 calorie deficit to lose a pound of body fat.

Q. What's the best way to lose weight?

A. The best way to reduce body fat is to create a calorie deficit. If enjoyable exercise helps contribute to that deficit, fine. But don't count on it. The more you exercise, the more you will feel driven to eat--and there goes the calorie deficit! Your best bet is to add on a little enjoyable exercise and subtract a little food. Weight loss at the rate of 1/2 to two pounds per week is right on target for most people.

Fat-burning exercise has been overexaggerated as a means to lose weight! I recommend you separate exercise and weight reduction. Yes, you should add on exercise as a means to relieve stress, feel good, improve fitness, build muscle, improve athletic performance, and enhance health--but not just to burn calories. The *e* in exercise stand for enjoyment, not excruciating punishment for having excess body fat. By enjoying your exercise program, you'll be likely to maintain it for a lifetime.

Have fun, eat wisely & achieve your desired goals!



Nancy Clark, RD, is author of her popular *Sports Nutrition Guidebook* (\$18) and her *nutrition guide for endurance athletes. The NYC Marathon Cookbook* (\$23). Send a check to Sports Nutrition Materials, 830 Boylston, St., Brookline, MA 02167.

Spring Shoe



This spring there have been over 45 new running shoe releases. This creates something of a problem when trying to do a thorough review of what's new and what to wear. We concur with the fine job Dr. Workman did in last month's issue. This month, we add several other shoes, which are worthy of mention, and wish you many happy training miles.

Researched, Compiled and Photographed by **CREGG WEINMANN**

◆ adidas

adidas Argonaut

Price: \$79.99

Weight: Men's - 11.9 Ounces in size 9, Women's - 9.9 Ounces in size 7

Upper: Breathable mesh with synthetic leather trim. **Midsole:** INVA midsole with Adiprene insert in heel with dual density on medial side, and the Torsion system to allow natural foot motion. **Outsole:** Carbon rubber in heel with solid rubber forefoot. **Last:** Slightly curved slip lasted

Size: Men's -- 6.5-13, Women's -- 5-11, 12

Color: Men's -- Dark Gray/White/Light Gray or White, Dark Blue/Burgundy.
Women's -- White/Purple/Red

The Argonaut was a pleasant surprise. It was very flexible, but supportive and stable. The medial post was quite firm, but adidas has added to the supportive aspect by putting in a double density sockliner as well. The toe box is very roomy, with a nice fit in the heel, and good cushioning. This is a good mid-priced, every day kind of trainer

adidas Galaxy

Price: \$59.99

Weight: Men's -- 11.1 ounces in size 9, Women's -- 10.5 ounces in size 7

Upper: Closed mesh with synthetic leather trim. **Midsole:** INVA (CM-EVA) with adiprene insert in rearfoot and Torsion system. **Outsole:** Carbon rubber with "aggressive" pattern for good traction. **Last:** Slightly curved combination lasted

Size: Men's 6.5-12, 13, Women's - 5-10

Color: Men's -- White/Blue/Black or Big Sur (teal)/White/Black.
Women's -- White/Purple/Silver or White/Black/Gold

The Galaxy is a well-built basic trainer in the economy price range. I enjoyed running in it. Roomy toe box, good cushioning, not a clunky trainer. I did have problems with stiffness of the synthetic leather trim, requiring a longer than necessary break-in period. Overall, the Galaxy is a good looking, good performing shoe with a few nice features.

continued next page



adidas Argonaut



adidas Galaxy

Update



◆ Asics

Asics Gel-125

Price: \$70

Weight: Men's -- 11 ounces in size 9, Women's -- 9 ounces in size 7

Upper: Nylon mesh, reinforced with synthetic leather. **Midssole:** Contoured CM-EVA, DuoMax (dual density post), Alpha Gel in heel. **Outsole:** AHAR heel, blown rubber forefoot. **Last:** Slightly curved slip lasted

Sizes: Men's 6-13, 14, 15 (8-13, 14, 15, 16 wide). Women's - 5-11 (5-11 AA width)

Color: Men's -- White/Weathered Navy/Black or White/Silver/Black

Women's -- White/Hydro(teal)/Iris (lavender)

The 100 series has been among the most versatile trainers in any line. Our wear testers found the 125 to be well-cushioned while providing a stable ride for those in need of a little motion control. The DuoMax medial post is quite firm which makes it a good choice for the mild pronators. This may be the most widely available new shoe this spring.

Asics Gel-Lyte 125

Price: \$75

Weight: Men's -- 10 ounces in size 9, Women's -- 8 ounces in size 7

Upper: "Breathable" synthetic mesh with synthetic leather trim. **Midssole:** Contoured CM-EVA, with small, denser EVA medial post. Alpha-Gel cushioning in rearfoot. **Outsole:** AHAR heel, blown rubber forefoot. **Last:** Curved combination lasted

Sizes: Men's 6-13, 14. Women's - 5-11

Color: Men's -- Navy/Black/White

Women's -- Concord (purple)/Midnight/White

The Gel-Lyte 125 is shoe #2 of three, in the 125 series, and replaces earlier Lyte models. Our wear testers were very impressed with the cushioning and curved shape of this shoe. The ads suggest that it can handle long days, hard days, or long hard days. So far so good. One of the testers has made this her racer for everything from the mile to the marathon.

continued next page...

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Avia 2061 Sanada



Brooks Beast



Etonic Maestro

Asics Gel-MC 125

Price: \$80

Weight: Men's - 12 ounces in size 9, Women's -- 10 ounces in size 7

Upper: Polyester mesh, reinforced with synthetic leather.

Midssole: DuoMax system with medial motion control insert and stabilizing polyurethane collar at base of heel. T-Gel & P-Gel cushioning, in forefoot & rearfoot. **Outsole:** AHAR heel, solid rubber outsole. **Last:**

Almost straight slip lasted

Sizes: Men's 6-13, 14, 15, 16, Women's - 5-11

Color: Men's -- White/White/Navy

Women's -- White/White/Concord (purple)

◆ Avia

Avia 2061 Sanada

Price: \$60

Weight: Men's -- 10.5 Ounces in size 9, Women's -- 8.5 Ounces in size 7

Upper: Synthetic leather and mesh. **Midssole:** CM-EVA midssole with dual density EVA wedge. **Outsole:** Solid rubber with "anatomical flex" grooved Cantilever outsole. **Last:** Semi-curved, perimeter slip lasted.

Sizes: Men's 6.5-12, 13, Women's 5-10, 11

Color: Men's -- White/Green/Blue.

Women's -- White/Green

The Sanada is a good solid trainer with an economic price tag. One of our wear testers felt the break in was a little long, but they are now her favorite shoes. She thinks their useful life may exceed that of her other training shoes. Our other wear tester was very impressed with the stability aspects, especially the support offered by the tongue. I thought this was a little strange, but took his word for it, after all he's my podiatrist.

◆ Brooks

Brooks Beast

Suggested Retail: \$94.95

Weight: 13 Ounces in size 9

Upper: Mesh with synthetic leather trim. **Midssole/outsole:** CM-EVA midssole with forefoot Hydroflow and rearfoot Hydroflow ST for stability. Dual density post on medial side (inside) with Diagonal Rollbar to curb overpronation. Blown rubber outsole.

Color: Dark blue with white and silver accents.

The Beast is an improvement over previous incarnations. Brooks does not differentiate the different model years, but this is common in the various mail order catalogues. The Beast has been redesigned to better address cushioning and motion control. Our wear tester put 100 miles on the shoe in a week and a half, and praised the ride and comfort of the shoe. His quote was "A Cadillac ride in a one pound package." I'm not sure what a dead French guy has to do with it.

◆ Etonic

Etonic Maestro

Price: \$54.99

Weight: 12.1 ounces men's size 9, 10.1 ounces women's size 7

Upper: Mesh and synthetic suede and synthetic leather with reflective trim. **Midssole:** CM-EVA with StableAir unit in heel. **Outsole:** Everdure high abrasion rubber **Last:** Slightly curved slip lasted

Sizes: Men - 6.5-12, 13, 14 (7-12, 13 wide), Women - 5-10, 11, 12 (6-10, 11 wide)

Color: Men - White/Navy/Silver or White/Black/Green/Purple

Women - White/China Blue/Mulberry or White/Navy/Silver

Etonic has made major improvements in this updated model, putting their StableAir technology in a very affordable price range. Our wear testers were very impressed with the performance of the Maestro, seeming to like it more as the miles piled up (even

continued next page

though Etonic describes this as a mid-mileage shoe). It did require a bit of breaking in for the women's shoe, but we can't get them off her feet now.

Etonic Contour

Price: \$69.99

Weight: 12.8 ounces men's size 9, 9.7 ounces women's size 7

Upper: Mesh and synthetic suede with reflective trim. **Midsole:** Dual-density CM-EVA with StableAir unit in heel and forefoot. **Outsole:** Everdure high abrasion rubber **Last:** Semi-curved slip lasted

Sizes: Men -- 6.5-12, 13, 14 (7-12, 13 wide). Women -- 5-10, 11, 12 (6-10, 11 wide)

Color: Men -- White/Indigo/Grey or White/Teal/Black

Women -- White/Bright Blue/Grey or White/Grape/Dark Grey

Etonic describes this model as a high mileage trainer, and once again their StableAir technology is in an affordable price range. Our wear testers were very satisfied with the performance of the Contour, though the fit in the heel caused some blister problems. They are reasonably stable, and very flexible. I ran 12 miles in them the first time out of the box, with no problems.

◆ New Balance

New Balance 500

Weight: 11.5 ounces men's size 9, 8.8 ounces women's size 7

Upper: Mesh with synthetic suede. **Midsole:** CM-EVA. **Outsole:** Carbon rubber

Last: Semi-curved combination lasted

Sizes: Men -- 7-12, 13, 14 (7-12, 13, 14 wide).

Women -- 5-10, 11, 12 in 2A or B (5-10 wide)

Color: Men -- White/Navy/Silver or White/Black/Green/Purple

Women -- White/China Blue/Mulberry or White/Navy/Silver

New Balance has a lightweight well-cushioned high mileage trainer in the 500. Our wear testers were impressed and completely satisfied with the performance of the 500. They are very flexible and ready to go the first time out of the box. One of our testers ran back-to-back half marathon races in them in the first ten days he had them, and praised them more highly than his very favorable first impression of them.

New Balance 685

Price: \$80

Weight: 9.8 ounces women's size 7

Upper: Mesh with synthetic suede. **Midsole:** Double-density CM-EVA with ROLLBAR motion control device in heel. **Outsole:** Carbon rubber **Last:** Semi-curved combination lasted

Sizes: Women -- 5-10, 11, 12 (6-10, 11 wide)

Color: White/White/Green

New Balance describes the 685 as a well-cushioned motion control trainer. Our wear testers concurred that it is cushioned and controls motion (thanks to the ROLLBAR anti-pronation device). As this is a women's shoe, the colors may have prevented more enthusiasm.

New Balance 705

Price: \$70

Weight: 12.3 ounces men's size 9, 9.6 ounces women's size 7

Upper: Mesh with synthetic leather. **Midsole:** Double-density CM-EVA with ABZORB pad in heel. **Outsole:** Carbon rubber **Last:** Semi-curved slip lasted

Sizes: Men -- 7-12, 13, 14, 15 (7-12, 13, 14, 15 wide)

Women -- 6-10, 11, 12 (2A), 5-10, 11, 12 (B or wide)

Color: Men -- White/White/Blue or Green/White/Black

Women -- White/Purple/Blue

Controlling mild over-pronation is a mixed bag. Some folks are milder, some wilder. Our wear testers liked the look and feel of the 705. Both found it very flexible but one "mild" pronator felt it wasn't stable enough, while the other felt it was just right.



New Balance 500



New Balance 705

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continued next page...



Nike Air Max Triax



Nike Air Structure Triax



Nike Air Terra Outback



Puma Trinomic Guidance

◆ Nike

Nike Air Max Triax

Price: \$85

Weight: 12.5 ounces men's size 9 - 10.2 ounces women's size 7

Upper: Mesh with synthetic leather, secure fitting nylon webbing lace system and reflective trim. **Midsole:** Polyurethane with large volume visible Air unit in heel, interlocking Phylon (CM-EVA) forefoot with separate Air unit. **Outsole:** BRS 1000 high abrasion rubber **Last:** Slightly curved Strobel stitched (slip) lasted

Sizes: Men - 6-13, 14, 15 (6-13, 14, 15 wide)

Women - 5-11, 12 (5-11, 12 wide)

Color: Men - White/Black/Varsity-Royal

Women - White/Lagoon/Newport Blue

My first run in the cushioned version of the "affordable, technically superlative" Triax series was unremarkable. As was my second. And third, until I began to realize that the shoe was allowing me to not be distracted by the nagging questions: "Is there enough cushion?", "How are my legs feeling today?", and "Can I recover from yesterday's race/speed session/pounding?" These allowed what a cushioned ride needs to be, namely cushioned. The Air Max Triax has adequate flexibility, and the forefoot cushioning was far more effective than can be stated, above shoes with only rearfoot cushioning. If you need cushioning, you'll be hard pressed to find a more effective shoe.

Nike Air Structure Triax

Price: \$85

Weight: 12 ounces men's size 9 - 10 ounces women's size 7

Upper: Nylon with synthetic leather, secure fitting nylon webbing lace system and reflective trim. **Midsole:** Sculpted full-length Phylon (CM-EVA) with large volume Air unit in heel, with separate Air unit in forefoot. **Heel-Hinge Footbridge** anti-pronation device in heel. **Outsole:** BRS 1000 high abrasion rubber **Last:** Slightly curved Strobel stitched (slip) lasted

Sizes: Men - 6-13, 14, 15 (6-13, 14, 15 wide)

Women - 5-11, 12 (5-11, 12 wide)

Color: Men - White/Deep Emerald/Light Zen Gray

Women - White/Navy/Copper Rose

Comfort, control, cushion. Tri-praise for the motion controlling Triax offering. Our wear tester put the miles on this shoe from day one, and was very pleased with its performance. If J.D. Powers and Associates were rating this one, they'd say it was "The top performer in its class." We concur.

Nike Air Terra Outback

Price: \$85

Weight: 12 ounces men's size 9, 10 ounces women's size 7

Upper: Mesh, synthetic suede, synthetic leather, convenient pull-tabs, and reflective trim. **Midsole:** Full length Phylon (CM-EVA) with forefoot and rearfoot Air units. **Outsole:** BRS 1000 carbon rubber **Last:** Slightly curved Strobel stitched (slip) lasted

Sizes: Men - 6-13, 14, 15

Women - 5-10, 11, 12

Color: Men - Cool Gray/Obsidian/White

Women - Cool Gray/Obsidian/White

The Terra Outback seems to be the baby bear of Nike's trio of trail shoes, it's just right. We found the fit nice and snug with plenty of toe room and a stable base. The cushioning was very good, and traction, critical for a trail shoe, did the job on the steep trails we used it for. It was also a very adequate road shoe, which is what you sometimes need to travel before hitting the trail.

◆ Puma

Puma Trinomic Guidance

Price: \$65

Weight: 12.8 ounces men's size 9 - 10.8 ounces women's size 7

continued next page

Upper: Mesh, synthetic leather, and reflective trim. **Midssole:** CM-EVA with rearfoot Trinomicpad, and denser EVA medial post. **Outsole:** EVERTRACK high abrasion rubber **Last:** Slightly curved Strobel stitched (slip) lasted

Sizes: Men -- 6.5-12,13,14

Women -- 5-10,11

Color: Men -- Silver/Garnet/White

Women -- White/Royal Blue/Turquoise

Puma has brought in a complete line of good shoes in a price range which makes them look even more attractive. The Guidance is a well-cushioned, long-wearing, stable, daily trainer. If they (the Puma line) catch on, we will all have some very solid shoe alternatives to choose from.

Puma Trinomic Lite Trainer

Price: \$70

Weight: 9.5 ounces men's size 9

Upper: Mesh, synthetic leather, and reflective trim. **Midssole:** CM-EVA with rearfoot Trinomicpad, and denser EVA medial post. **Outsole:** EVERTRACK high abrasion rubber **Last:** Slightly curved Strobel stitched (slip) lasted

Sizes: Men -- 6.5-12,13

Color: Men -- White/Pearl Silver/Green

The Lite Trainer is among the lightest of the lightweights. It could well be used for a racer for the overpronating folks, certainly better than the non-motion inhibiting racers. The ride was fairly cushioned, quite stable, and quick. A good buy for a fast paced trainer.

Puma Trinomic Cushioning

Price: \$55

Weight: 12 ounces men's size 9, 10 ounces women's size 7

Upper: Nylon, synthetic leather, and reflective trim. **Midssole:** CM-EVA with rearfoot Trinomicpad, **Outsole:** EVERTRACK high abrasion rubber rearfoot, blown rubber forefoot. **Last:** Slightly curved Strobel stitched (slip) lasted

Sizes: Men -- 6.5-12,13,14

Women -- 5-10,11

Color: Men -- White/Royal/Black or Forest Green/White/Black

Women -- White/Magenta/Green

The is right in the thick of the basic trainers, but rises to the top when price is the main consideration. It is the equal lowest price model reviewed, while maintaining the technology features necessary for performance. The fit, ride, and wear on the Cushioning were better than expected, perhaps some of the bells and whistles present in other shoes aren't as needed as the marketing folks would lead us to believe.



Puma Trinomic Lite Trainer



Puma Trinomic Cushioning



Reebok Supreme Control

◆ Reebok

Reebok Supreme Control

Price: \$95

Weight: 13.7 ounces men's size 9, 11.7 ounces women's size 7

Upper: Nylon and synthetic leather with reflective trim (including reflective shoelaces). **Midssole:** CM-EVA with Ultra-Hexalite unit in heel and Hexalite in forefoot with thermo-plastic anti-pronation device on medial side. **Outsole:** Solid rubber **Last:** Straight combination lasted

Sizes: Men -- 6.5-13,14,15,16,17,18,19,20

Women -- 5-10,11,12

Color: Men -- White/Classic Navy/Flash Red

Women -- White/Spa Blue/Bright Pink

The name pretty much says it all. The Supreme Control does not feel as heavy as one might think, and the combination lasting makes it pretty flexible. The reflective trim and laces make it a pretty visible shoe if much of your training is done before or after the sun visits us. If you need a straight lasted maximum motion control shoe, this is one of only a handful.

continued next page...



Reebok Boston Road



Reebok Spitfire

Reebok Boston Road

Price: \$60

Weight: 12 ounces men's size 9 - 10 ounces women's size 7

Upper: Nylon and synthetic leather with reflective trim. **Midssole:** CM-EVA with Hexalite unit in heel.

Outsole: Blown rubber forefoot, MC 5000 heel for durability. **Last:** Semi-curved slip lasted

Sizes: Men - 6.5-13, 14, 15

Women - 5-11, 12

Color: Men -- White/Team Royal/Tropic Green

Women - White/Spa Blue/Royal Purple or White/Runner Royal/Black Cherry

The Current Boston Road is an updated version of the epitomy of basic cushioned trainers. The looks, blown rubber forefoot, and additional eyelets are all improvements to the former Boston. The ride is stiffer, but well-cushioned, and the synthetic leather trim is a bit overdone, requiring extra break-in without overly enhancing the shoe. It is a solid shoe in the affordable price range.

Reebok Spitfire

Price: \$50

Weight: 12 ounces men's size 9

Upper: Mesh with synthetic suede. **Midssole:** CM-EVA with Hexalite unit in the heel. **Outsole:** Solid rubber

Last: Semi-curved fabric board lasted

Sizes: Men - 6.5-12, 13, 14, 15 (6.5-12, 13, 14, 15 wide)

Women - 5-11, 12

Color: Men - White/Classic Navy/Safety Orange

Women -- White/Lunar Lilac/Team Turquoise

The Spitfire is another example of technology trickle down. It is a solid, stable, economy trainer with basic features. It has better than adequate cushioning, and perhaps best of all, fits wide feet. As a second or third trainer it is good, being a fairly versatile choice between flexible and stable.

◆ Saucony

Saucony GRID Azura

Price: \$75

Weight: 11.5 ounces men's size 9 - 9.5 ounces women's size 7

Upper: Mesh with synthetic leather and suede trim. Loop eyestay straps at forefoot and ankle collar

Midssole: Maxlite - lightweight CM-EVA with GRID Cassette in heel. **Outsole:** XT-600 high abrasion rubber

Last: Semi-curved combination lasted

Sizes: Men - 7-12, 13

Women - 5-10, 11

Color: Men -- White/Amparo Blue/Copper/Black

Women -- White/Hyacinth/Copper/Black

The Azura is the first of three GRID matrix series shoes which updates previously successful models. The Azura features a snugger fitting eyelet loop setup to cinch the forefoot and ankle collar, which it does very well. It has a roomy toe box, and gives a cushiony ride.

Saucony GRID Procyon

Price: \$75

Weight: 12.3 ounces men's size 9 - 9.6 ounces women's size 7

Upper: Mesh with synthetic leather. **Midssole:** Molded Polyurethane with GRID cassette in heel. **Outsole:** XT-600 high abrasion rubber

Last: Semi-curved slip lasted

Sizes: Men - 7-12, 13

Women - 5-10, 11

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Color: Men -- White/Traube/Blue Bird
Women -- White/Pagoda Blue/Magenta

The Procyon's original version attracted a large following, possibly because of the thousands of pairs sold at a bargain price at places like Big 5. The new Procyon is a pleasant improvement over the original, and hugely improved over the Procyon RC. It has a very springy and durable polyurethane midsole, and has the feeling of a lightweight trainer, while providing the cushioning to keep the pains away after a hard workout.

Saucony GRID Jazz

Price: \$75

Weight: 12 ounces men's size 9 - 9.9 ounces women's size 7

Upper: Mesh with synthetic leather. **Midsole:** Maxlite - lightweight CM-EVA with GRID Cassette in heel. **Outsole:** XT-600 high abrasion rubber **Last:** Semi-curved slip lasted

Sizes: Men -- 7-12, 13

Women -- 5-10, 11

Color: Men -- White/Amparo Blue/Copper/Black

Women -- White/Hyacinth/Copper/Black

The GRID cassette is an attempt to provide cushioning and stability to satisfy two segments of the running population with the same shoe. The Jazz comes the closest to satisfying this goal. It has a deeper cupped heel in the midsole, which combines with the GRID cassette to provide good stability, even preventing some over-pronation, but also provides a cushioned ride. Combined with the good fitting heel is a spacious roomy toebox. 'Attaboys' all around.

Saucony GRID Titan

Price: \$65

Weight: 12.9 ounces men's size 9 - 9.6 ounces women's size 7.

Upper: Mesh with synthetic leather. **Midsole:** CM-EVA with GRID Cassette in heel. **Outsole:** XT-600 high abrasion rubber **Last:** Semi-curved combination lasted

Sizes: Men -- 7-12, 13

Women -- 5-10, 11

Color: Men -- White/Blue Ashes/Dark Blue Green

Women -- White/Deep Blue/Jazzberry

The Titan may be one of the best Technology trickle down shoes available this spring. The only thing that really sets this shoe apart from the GRID.Matrix shoes is the fact that there is no window in the sole to let you see the GRID. Maybe that's important, but if it isn't important to you, put the 10 bucks into some other running accessory.

W-i-d-e Load

Our editor, Bill Cockerham, has the squarest feet I've ever come across, size 8 EEEE. As such he is qualified to address the issue of wide loads. Though the shoe companies have addressed it before there are probably more choices for wide feet now than at any other time in running history. We put many of them to the test, on Bill's square feet. These passed the test:

Etonic StableAir Pro III New Balance 705

Nike Air Max Triax Reebok Spitfire

Others, also offered in w-i-d-e:

ASICS 125	Brooks	Etonic Maestro
Etonic Contour	New Balance 1600	New Balance 999
New Balance 998	New Balance 750	New Balance 700
New Balance 679	New Balance 585	New Balance 500
New Balance 496	New Balance 486	Nike Air Pegasus

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TECHNIQUE & TRAINING

By Jim Hunt

Speed

It's not the speed that kills, it's the sudden stop. Speed work has been blamed for many of the maladies of running, including the overuse syndrome, peaking too early and disabling injuries. Injuries stop people from running, not the speed with which they run.

Speed does not burn out runners and lead to over-training if administered properly. Athletes who win races are those with the fastest feet, and a runner cannot develop fast feet without speed work. Periods of aerobic work with no anaerobic training has no scientific basis. Long periods of aerobic work with no stimulation of fast twitch fibers teaches the runner to run slow by lowering muscle power and decreasing flexibility.

A subsequent period of time must be spent in overcoming the speed lost before improvement can begin. Limiting speed work to short periods of time

who cannot break 60 seconds in the 400m would surely fail in an attempt to run under 30 minutes in a 10k. Likewise, trying to run a four-minute mile when you can't break 50 seconds in a 400m would be futile.

It is difficult to teach working muscles to contract faster due to the complicated processes that involve the brain and nervous system. The brain and nervous system has to learn how to stimulate the muscle fibers to contract faster. By maintaining a semblance of speed work throughout the year, a runner will not lose kinesthetic pattern of rhythm and speed, making relearning unnecessary. This is especially true for persons who were not blessed with good speed at birth.

To prevent injuries and overuse, speed training should be administered properly. It is also very important that a

important to do speed workouts early in the week's routine and a day or two of restful running.

There are many types of speed improvement workouts, as well as specific drills that stimulate speed-oriented muscle fibers. During the aerobic build-up phase of training, one speed workout per week will probably suffice. Speed work during this phase should comprise from 3-5 percent of the total weekly mileage.

One of the best ways to consistently stimulate F.T. fibers is through hill running. Runners who consistently work out in the hills already have a built-in method of F.T. stimulation. Other workouts to keep in touch with speed can be coordinated with aerobic running. Some of these would consist of.

a. One to two minute pick-ups to 3k speed during a steady state run that are separated by 3-5 minutes of easy pace.

b. Rhythms reps-repeat 400's @3k pace with complete rest between reps followed by a steady state run.

c. Running a mile at 5k goal pace during the middle of a steady state run or tagging it on to the end of run.

d. Repeat 100's on the grass bare-foot at 1500m pace, followed by a steady state run.

During and immediately prior to the competitive season, speed work should be specific to the primary distance to be raced. The volume and intensity of the speed work should be gradually and systematically increased up to the time of peaking for the great race.

"All races of aerobic direction must be implemented by a continual flow of anaerobic energy."

throughout the year limits the development of anaerobic muscular action. All races of aerobic direction must be implemented by a continual flow of anaerobic energy.

Speed work, when properly administered, does not cause over-training and injuries. Speed or lack of it is a limiting factor in determining how fast a runner can race a specific distance. A runner

runner learn the proper mechanics of running before participating in speed work.

In the daily routine of workouts speed training should come at a time when muscles are rested and relaxed. The brain and nervous system can do a better job when fatigue is not present. The best time of the day to insert speed work is right after a good warm-up. It is very

AN ALPHABET OF SPEED ENHANCING WORKOUTS FOR DISTANCE RUNNERS

- A Fast start 30-50m dashes
- B 100m sprints
- C Repeat 100m on a declining surface

continued next page

TECHNIQUE & TRAINING

- D 50m up-hill surges
- E Fast relaxed 300's -- graduated
- F Graduated 100's (each 1/3 segment faster than the last) 200's & 300's
- G 150m on decline
- H 400's @ goal race pace
- I 600's @ G.P.
- J 800 @ race pace with graduated last 200
- K 400's easy 250 with 150 blast
- L 200m graduated hill surges
- M Graduated 600's
- N 400's @ 3k pace
- O 600-500-400-200-100-R=4,3,2,1
- P Race 1500m
- Q 800's @ race pace-4 sec 100@ RP-4 sec. 1200@ GP- 4 sec.
- R 800-1000,1200,1600 @ 5k RP 1:1 rest
- S Repeat 3-5 min. at 5k pace with 5 min. easy.
- T 5k plus 10k races
- U Repeat 1 mi @ VO2 Pace 1:1 rest.
- V 6 x 800 cut downs
- W 3 x 1 mi. cut downs
- X Repeat miles at A.T. pace.
- Y Repeat 1 miles of variable paced 400's (specific race pace alternated with marathon or RE pace.)
- Z Running sn "all-out race."

Suggested speed enhancing workout for specific race distances

- 800 -- a, b, c, d, e, f, g
- 1500 -- c, d, e, f, g, h, i, j, k, l
- 3000 -- g, h, i, j, k, l, m
- 5000 -- g, h, i, j, k, l, m, n, o, p, q
- 10,000 -- h, i, j, k, l, m, n, o, p, q, r, s, t, u, v, w
- Marathon -- r, s, t, u, w, x, y, z.

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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ROAD RACE SPOTLIGHT

By Bill Cockerham

Los Angeles Marathon

March 3, 1996. Good News -- Bad News

The 1996 and Eleventh Annual Los Angeles Marathon was an event filled with contrasts. The biggest contrasts for the runners, besides running the opposite direction on the brand new course, has to be the variety of communities through which the race travels. From high-tech high-rises to factory backyards to Hollywood showcases, runners travel through the historic, cultural and financial heart of Los Angeles.

This year there was yet another contrast -- that of good news, bad news. Both centered around the fact that this is an Olympic year. The bad news is that the U.S. Olympic Trials were contested just a matter of weeks prior to the L.A. Marathon, so . . . all of the major U.S. runners would have just competed in the Trials and therefore wouldn't be here. The good news, with this being an Olympic Year, was that many other nations were using the Los Angeles Marathon as their Olympic trials race, while still other foreign runners were hoping for times and

places that would impress their country's Olympic team selection committee. This all added up to lots of very good foreign competition without the top U.S. competitors.

While most of these elite foreign runners had their expenses paid to Los Angeles, at least one did not. That runner made up for the lack of expense money by winning the whole thing, grabbing the \$15,000 cash and driving away with the car. Costa Rica's **Jose Luis Molina** didn't enter until the Friday before the Sunday race and, as such, had to fork out to pay his way. Additionally, as a late entry, he wasn't listed on the pre-race media guide elite runner roster, causing some frustration among the reporters and fans. His 2:13:23 winning time is, however, more than 5 minutes better than his previous best; it is also a best for Costa Rica. Next year, he may not win, but you can be sure he will at least have his way paid to participate in this grand event.

Gradually moving up to and through the pack, Molina left everyone behind at 20 miles except for **Alfredo Viguera** of Mexico. It was a back-and-forth

battle all the way home as Viguera finished a measly three seconds back in the closest L.A. Marathon finish in its eleven-year history. Viguera, from Mexico, has been training in New Mexico and expects to be a US citizen this Spring.

One of the early leaders was **Eddy Hellebuyck** who dropped out at 16 miles because the pace wasn't to his liking -- not fast enough to make the selection criteria for the Belgium Olympic Team. Other early leaders who ended up "biting-the-dust" were **Peter Fleming** of Scotland and **Peter Fonseca** of Canada, who each made it about 20 miles before folding up their tents.

First Californian and first US citizen was a local -- **Hector Lopez** of Los Angeles, who finished seventh in 2:18:20. Winner of last year's San Francisco Marathon, Lopez had a personal best time of 2:20:59 recorded in the 1994 L.A. Marathon.

The women's race was, likewise, a display of foreign dominance as **Lyubov Klovko** of Ukraine won in 2:30:30, bagging \$15,000 and a new Honda car. She led from wire-to-wire and easily

qualified for the Ukrainian Olympic team, beating her next closest competitor, **Lucia Rendon** of Mexico, by over four minutes. Rendon also met her country's Olympic qualifying time, but must wait to see if others will surpass it in the upcoming months.

Of note in the women's race was the fact that **Klovko**, in the last fourth of the race, pulled away from the great **Judma Ikangaa** who has a 2:08:01 best time recorded when he won the 1989 New York Marathon. Ikangaa, a three-time Olympian, was trying to get a time good enough for another trip to the Olympics.

On the women's side, like the men, the first Californian was also the first US competitor, **Mary Burns-Prine** of San Diego placed 15th with a 2:51:12.

The event attracted 19,284 registered runners in the 26-mile marathon (one-time lifting of traditional cap of 19,000), 14,500 cyclists, hundreds in the 5k, and nearly 100 wheelchairs. Mention must also be made of the eight blind competitors. Due to the large field, it took some competitors nearly 10-minutes to reach the starting line after the gun. The late

continued next page

ROAD RACE SPOTLIGHT

starting line crossing was not a big concern, as each runner had a plastic timing chip attached to his or her shoes, to record times more accurately and to prevent cheating.

In the shorter 5K race, conducted while the marathon was being run, local **Dave Lorne** of Ramona raced to a large margin 14:41 victory. In the women's 5K it was another local, **Tania Fischer**, a nearby Chaminade High prep star from the early eighties, ran a speedy 17:30.



Jose Luis Molina of Costa Rica won the 1996 Los Angeles Marathon

Photo by Bill Cockerham

RESULTS

Men Overall

1	Jose Luis Molina (Costa Rica)	2:13:23
2	Alfredo Viguera (Mexico)	2:13:26
3	Julio Hernandez (Columbia)	2:14:50
4	Vladimir Kotov (Belarus)	2:15:30
5	Luis Carlos Da Silva (Brazil)	2:17:04
6	Wieslaw Perszke (Poland)	2:17:50
7	Hector Lopez (Los Angeles, CA)	2:18:20
8	Kawai Nobuharu (Japan)	2:18:28

9	Jose Santana (Brazil)	2:19:05
10	Victor Vkhristenko (Ukraine)	2:19:58
11	Marcos Juarez (Guatemala)	2:20:26
12	Luis Perez Martinez (Guatemala)	2:21:44
13	Victor Komlenko (Ukraine)	2:22:00
14	Javier Santana (Puerto Rico)	2:22:59
15	Joselido Rocha (Brazil)	2:23:29
16	Jesus Vazquez Alonzo (LVegas, NV)	2:23:48
17	Gregorio Dominguez (Mexico)	2:23:59
18	Alfonso Nunez (Los Angeles, CA)	2:25:43
19	Koichi Senda (Japan)	2:25:46
20	Sergio Hernandez-Fuentes (Mexico)	2:29:14
21	Carlos Valenzuela (Los Angeles, CA)	2:29:51
22	Pascal Monmartreau (France)	2:30:57
23	Juma Ikangaa (Tanzania)	2:31:19
24	David Selma (El Paso, TX)	2:31:21
25	Robert Franks (Costa Mesa, CA)	2:31:30
26	Redge Heislitz (Houston, TX)	2:31:50
27	Rafael Ramos (Glendale, CA)	2:32:32
28	Juan Gonzalez (Guatemala)	2:33:33
29	Hugo Huarez (Guatemala)	2:33:36
30	Vince Saltarelli (Capistrano, CA)	2:33:37
31	Jesus Gutierrez (Pasadena, CA)	2:34:29
32	Alan-Knoop (Oregon City, OR)	2:34:32
33	Hector Romero (Laguna Beach, CA)	2:34:46
34	Maximino Ayala (Guatemala)	2:35:11
35	Emigdio Zarazua (SBernardino, CA)	2:35:54
36	Trinidad Campos (Los Angeles, CA)	2:35:55
37	Carlos Ruiz (Pasadena, CA)	2:36:14
38	Jose Ortiz (Gardena, CA)	2:36:19
39	Anicento Espinoza (Burbank, CA)	2:36:26
40	Bryce Jacobsen (Los Angeles, CA)	2:36:31
41	Dan Goldstein (Thousand Oaks, CA)	2:37:19
42	Juan Hernandez Lopez (Lamont, CA)	2:37:20
43	Sal Chacon Zaragoza (Mexico)	2:37:34
44	Carlos Navarro (Paramount, CA)	2:38:30
45	Juan Amores (Costa Rica)	2:38:57
46	Andre Briant (French Polynesia)	2:39:16
47	Nicolas Hernandez (Whittier, CA)	2:39:34
48	Rigoberto Vega (Los Angeles, CA)	2:39:59
49	Jorge Garcia (Fontana, CA)	2:40:11
50	Joseph Schieffler (Oakland, CA)	2:40:17

Women Overall

1	Lyubov Klochko (Ukraine)	2:30:30
2	Lucia Rendon (Mexico)	2:34:55
3	Marcarmen Diaz (Mexico)	2:35:18
4	Igladini Gonzalez (Columbia)	2:35:19
5	Danuta Bartozek (Canada)	2:36:27
6	Nina Kovnizhina (Ukraine)	2:38:31
7	May Allison (Canada)	2:41:25
8	Elena Vinitalska (Belarus)	2:42:54
9	Santa Velazquez (Mexico)	2:43:34
10	Galina Baruk (Belarus)	2:44:02
11	Oliat Kossolapova (Ukraine)	2:48:46
12	Anna Rybicka (Poland)	2:48:51
13	Lila Torres (Mexico)	2:50:21
14	Eloisa Toral (Mexico)	2:50:29
15	Mary Burns-Prine (San Diego, CA)	2:51:12
16	Rosamaria Salinas (Mexico)	2:51:40
17	Lyudmila Pushkina (Ukraine)	2:52:01
18	Satomi Sakuraba (Japan)	2:52:11
19	Otelia Rodarte (Mexico)	2:55:04
20	Mary Button (Los Angeles, CA)	2:55:20
21	Susana Hernandez (Mexico)	2:55:56
22	Carolyn Lowe-Thompson (Clare, CA)	2:59:32
23	Sharon Keble (Chino, CA)	3:02:35
24	Andrea Lynn (San Diego, CA)	3:04:07
25	Maria Gallardo (Hunt Park, CA)	3:04:30



Lyubov Klochko
First Female

Photo by Bill Cockerham



Hector Lopez
First Californian

Photo by Bill Cockerham

Age-Group Winners

Men		
18u:	Hector Romero (LagBch., CA)	2:34:48
18-24:	Kawai Nobuharu (Japan)	2:18:28
25-29:	Luis Carlos DaSilva (Brazil)	2:17:04
30-34:	Jose Luis Molina (Costa Rica)	2:13:23
35-39:	Julio Hernandez (Columbia)	2:14:50
40-44:	Hugo Juarez (Guatemala)	2:33:36
45-49:	Carlos Ruiz (Pasadena, CA)	2:36:14
50-54:	Wayne Mitchell (Mojave, CA)	2:54:22
55-59:	Paul Redoble (Castaic, CA)	3:08:49
60-64:	John Murphy (Cypress, CA)	3:01:34
65-69:	Genaro Pena Soto (Mexico)	2:57:20
70-74:	John Cahill (Salt Lk City, UT)	3:38:28
75-79:	Glen McGuire (Riverside, CA)	5:14:13
80-98:	John Moen (Marshfield, WI)	5:23:57

Women:

18u:	Angela Co (RPalos V. CA)	3:52:41
18-24:	Elena Vinitalska (Belarus)	2:42:54
25-29:	Marcarmen Diaz (Mexico)	2:35:18
30-34:	Lucia Rendon (Mexico)	2:34:55
35-39:	Lyubov Klochko (Ukraine)	2:28:01
40-44:	Lorraine Gersitz (LA, CA)	3:11:50
45-49:	Judy West (S Madra, CA)	3:17:54
50-54:	Patricia Brumbalow (29Palms, CA)	3:33:33
55-59:	James Kiw (Redondo Beach, CA)	3:04:35
60-64:	Judy Omen (Riverton, UT)	3:29:20
65-69:	Mary Ehlich (Pems, CA)	4:14:47
70-74:	Lillian Miller (Loma Linda, CA)	4:59:00
75-79:	Lois Edds (Laguna Beach, CA)	4:46:55

Wheelchair Overall

1	Heinz Frei (Switzerland)	1:27:10
2	Mustapha Badid (Austin, TX)	1:32:06
3	Paul Wiggins (Australia)	1:32:06
4	James Briggs (Champaign, IL)	1:32:09
5	Jacob Heivell (Bothe, WA)	1:32:09
6	Scot Hollonbeck (Smyrna, GA)	1:32:09
7	Saul Mendoza (Mexico)	1:32:10
8	Jorge Luna (Santa Fe Springs, CA)	1:32:11
9	Eric Neitzel (San Diego, CA)	1:32:11
10	Ben Lucas (New Zealand)	1:32:17

Nike / Cal Poly Invitational

March 16. Cal Poly, San Luis Obispo.

From Stan Rosenfield

The feature of the Nike/Cal Poly Invitational this year was depth. Not only were most events very competitive, but the number of entrants in each was up considerably from previous editions. Along with Olympic athletes such as PattiSue Plummer, Jeff Atkinson, Sandie Richards and Andrew Valmon, were teams from the Big Ten (Illinois & Ohio State), Big Eight (Iowa), Pac-10 (USC & Washington), WAC (Fresno State), and American West conferences, from JC's (Long Beach CC, Hartnell & Riverside), and a number of other schools and track clubs. More than a dozen athletes who were competing ranked in the top-25 in the world or U.S. in their events in 1995.

Topping the competition was the pole vault, both men's and women's. The women went first with ex-Kingsburg HS standout Melissa Price, now in her first year at Fresno State, tied her American outdoor record of 13-1 3/4. Then came the men with Dean Starkey winning a lengthy jumpoff with Fresno's David Cox at 18-2 1/2 as both broke the 1993 meet and stadium record of Australia's Simon Arkell. Starkey, from nearby Paso Robles, is #10 all-time world and #4 A/T U.S., with a best of 19-5 and was spurred on by jumping in front of a hometown crowd. In other field events, Washington's Aretha Hill (#22-US in '95) upset Cal Poly's Erica Ahmann (#11-U.S.) in the women's discus while the men's high jump saw 3 competitors clear 6-11 3/4.

The middle distances were another feature with the men's and the women's 800's billed as Olympic Development events. Linetta Wilson/South Bay TC topped the women over Jamaica's Sandie Richards, whose primary event is the 400 where she was ranked #11-W in '95 with 50.53. For the men, WAC champion Aaron Samansky of Fresno set a quick pace through 600 with a 10-15 yard gap but was reeled in and wound up 4th behind winner Steve Agar (Farm Team). Ivan Huff, #5 all-time U.S. (8:16.59 in '86) won the steeplechase as he began his bid for a 4th Olympic Trials.

Noteworthy entrants were NCAA champion Marco Koers of Illinois (#38-W in '95, 1:45.83), anchoring his team to victory in the 4x800; PattiSue Plummer who returned after a 4th in the 800 to win the 3000; former Salinas prep star Alvin Harrison, a close third in the 400 in 46.89, only .06 out of first; 1991 state meet 800 champion Nicole Teter, 4th in the 1500 after leading most of the way as Beth Bartholomew (ex-UCLA) edged Asics teammate Polly Plummer by .21 at the finish; and another former state HS winner, Francis O'Neill, third in the men's 1500. Steve Agar doubled back to win that one, holding off 1988 Olympian Jeff Atkinson by less than a second. Like fellow Stanford alum PattiSue, Atkinson was doubling back after the 800. Other ranked entrants included 400 winner Tanya Dooley (AIA, ex-Fresno State) and Olympic relay gold medalist Andrew Valmon (5th in an 800 training run).

Those who like an exciting 4x400 to close the meet couldn't have found a better one than this. First came the women with 6 teams in contention throughout all four legs, rarely separated by more than few yards and seldom that much. The six finished within a range of less than 2 1/2 seconds, topped by a .43 win by USC. Then came the men with enough teams to field two full heats of 9 teams each. That one was won by Iowa in 3:06.54 by .08 over Illinois, and finally everyone could go home after 5 hours of track and 9 hours of field events.

Along with the action on the field, the meet was taped for telecast on Prime Network. In addition to the Olympians on the track, there were others on hand such as Meredith Rainey and Lynn Jennings, there to watch the meet and help with commentary and interviews. Spectators were kept informed by Bob Womack whose knowledge and style are always welcomed at meets throughout California.

RESULTS

(Colmbined from all heats in some events.)

Men

HT: 1. Darron Felice (U of Wa) 193-09, 2. Justin Carvallo (Sac St) 184-01, 3. Jason Dossey (Fres St) 180-08, 4. Bill Stangela (U of Wa) 179-08, 5. Eric Prolystfield (U of Wa grads) 178-10, 6. Marc Mazzoni

(Stanford) 175-01. PV (13' to 15-6): 1. Craig Wobbe (CPSLO) 15-4, 2. Logan Nichols (CPSLO) 14-0, 3. Brad Pickett (CPSLO) 14-0, 4. Kenny Moxey (LBCC 14-0, 5. Phil Wagner (Fres St) 14-0. DT: 1. Jamie Presser (un) 189-07, 2. Kyle Taylor (U of Ill) 171-0, 3. Gary Kostrabula (U of Iowa) 168-03, 4. Jason Dossey (Fres St) 165-05, 5. Jeff McCarty (Stanford 160-08, 6. Matt Karsevar (un) 158-10. LJ: 1. Bashir Yamini (U of Iowa) 7.73, 2. Tony Nai (Miz SCC) 7.66, 3. Carl Meyers (U of Ill) 7.42, 4. Matt Carrick (CSUN) 7.38, 5. Derrick Mitchell (Fres St) 7.36, 6. Kendall Hoggatt (Fres St) 7.24. JT: 1. Troy Burholder (U of Wa) 225-01, 2. Kenny Hall (un) 207-06, 3. Jerry Edwards (Central Cst TC) 189-04, 4. Scott Sweeney (U of Wa) 187-06, 5. Jon Roldan (Stanford 180-09, 6. Jason Crass (Fres St) 179-05.

PV (15-6+): 1. Dean Starkey (Reeb) 18-02.5, 2. David Cox (FresSt) 18-00.5, 3. Jim Drath (un) 17-06.5, 4. Tim Bright & Pat Manson NH. SP: 1. Ernie Connel (U of Wa) 61-04.75, 2. Dennis DeSoto (Sac TC) 55-11.25, 3. Bradley McDaniel (un) 55-07.5, 4. Matt Godbehere (un) 55-03, 5. Kurth Connell (U of Wa) 54-08.75, 6. Derek Baumer (Sac St) 52-00. TJ: 1. Don Ware (un) 53-02.25, 2. Carl Meyers (U of Ill) 50-06.25, 3. Derrick Mitchell (Fres St) 50-02.5, 4. Robert Macias (Hartnell) 48-06.25, 5. De Von Bean (LBCC) 4-05.5, 6. Andrew Hill (CPSLO) 47-08.5. HJ: 1. Rob Reynolds (U of Wa) 6-11.75, 2. Undrae Walker (Team Patriots) 6-11.75, 3. Enc Nyberg (Fres St) 6-11.75, 4. Moses Kearney (Fres St) 6-09.75, 5. Michael Wilkins (un) & Kevin Jackson (LBCC) 6-08.0.

110mH: 1. Eugene Swift (Inspirt) 13.57, 2. Larry Harrington (un) 13.66, 3. Dion Trowers (U of Iowa) 13.91, 4. Ben Kearse (Riv CC) 14.36, 5. K. Aladele (USC) 14.47, 6. Marquis Jones (CSUN) 14.70. 3000mSC: 1. Ivan Huff (Reeb Aggies) 9:11.89, 2. Barry Pearman (U of Ill) 9:18.18, 3. Polo Duarte (Fres St) 9:27.54, 4. Joe Taverner (CPSLO) 9:33.32, 5. Lee Fernandez (Hartnell) 9:46.43, 6. Chris Parod (Fres St) 10:13.77.

100m: 1. J. Shelton (USC) 10.21, 2. Eugene Swift (Inspirt) 10.27, 3. Mike Lewis (South Bay TC) 10.35, 4. Dorian Green (U of Ill) 10.44, 5. Mike Ward (Hartnell) 10.49, 6. Andre Morris (U of Iowa) 10.61. Olympic Dev 800m: 1. Steve Agar (Farm Team) 1:51.26, 2. Jeff Atkinson (Foot Locker) 1:51.83, 3. Jack Armour (Westchester TC) 1:51.87, 4. Aaron Samansky (Fres St) 1:52.54, 5. Andrew Valmon (Reeb) 1:55.23, 6. Almik Jones (CPSLO) 1:56.02. 400mR: 1. U of Iowa 40.13, 2. U of Illinois 40.46, 3. U of Iowa/B & USC 40.80, 5. U of Washington 41.22, 6. Long Beach CC 41.29. 1500m: 1. Steve Agar (Farm Team) 3:52.69, 2. Jeff Atkinson (Foot Locker) 3:53.44, 3. Francis O'Neill (Asics TC) 3:54.77, 4. Leonard Speranza (Etonic RT) 3:56.06, 5. Bashir Hussain (Riv CC) 3:56.23, 6. Ryan Nugent (Sac St) 4:01.84.

400m: 1. Chris Williams (Riv CC) 46.83, 2. Mike Ward (Hartnell) 46.84, 3. Alvin Harrison (un) 46.89, 4. George Page (U of Iowa) 47.68, 5. Ken Hall (Miz SCC) 47.89, 6. Benjamin Greene (Fres St TC) 48.36. 4x800mR: 1. U of Illinois 7:35.48, 2. U of Iowa A

continued next page

MEET SPOTLIGHT

7:42.97, 3. ? , 4. USC 7:49.67, 5. Fresno State/A 7:58.74, 6. CPSLO 8:06.57. 5000m: 1. Cosmo Musyoka (Riv CC) 14:23.14, 2. Ian Alsen (South Bay TC) 14:24.29, 3. Nick Panach (U of Wa) 14:33.09, 4. Sasha Vujic (South Bay TC) 14:55.03, 5. Javier Ramirez (CSUN) 14:58.50, 6. Brian Godsey (CSUN) 14:59.95. 1600mR: 1. U of Iowa 3:06.54, 2. U of Illinois 3:06.62, 3. Ohio State 3:09.39, 4. USC 3:10.00, 5. Long Beach CC 3:12.68, 6. U of Washington 3:13.14. **Sprint Medley R:** 1. U of Washington 3:21.74, 2. Ohio State 3:22.48, 3. Long Beach CC 3:28.62, 4. Fresno State 3:32.33, 5. Sacramento State 3:35.68, 6. Riverside CC 3:39.52.

Women

100mH: 1. Monica Missick (un) 13.57, 2. Kedrick Washington (Miz SCC) 13.59, 2. Maria Runyan (un) 13.59, 2. Valerie Manning (Sac TC) 13.59, 5. Samone Cole (Fres St) 13.85, 6. Felicia Brown (Fres St) 14.10. **100m:** 1. Angela Daigle (Fres St) 11.68, 2. Charmaine Burton (Riv CC) 11.70, 3. Gracie Dinkins (Chabot TC) 11.76, 4. Tanya Dooley (AIA) 11.78, 5. Samone Cole (Fres St) 11.79, 6. Mariette Penton (U of Wa) 11.87, 6. Kesha Criswell (Fres st) 11.87. **Olympic Dev. 800m:** 1. Linetta Wilson (South Bay TC) 2:03.79, 2. Sandie Richards (un) 2:05.81, 3. Maria Runyan (un) 2:06.25, 4. PattiSue Plummer (un) 2:07.36, 5. Renee Ross (Sheffield Elite) 2:10.85, 6. Irene Orozco (Fres St) 2:11.59. **1500m:** 1. Beth Bartholomew (un) 4:29.00, 2. Polly Plummer (Asics TC) 4:29.21, 3. Lisa Lopez (Chabot TC) 4:29.96, 4. Nicole Teter (Cent Cst TC) 4:30.00, 5. Diane Whipple (Chabot TC) 4:35.10, 6. Charlotte Mayock (Riv CC) 4:42.00.

400mR: 1. Fresno State/A 46.12, 2. USC 46.43, 3. San Diego St. 47.17, 4. CSU Northridge/A 47.39, 5. U of Washington 47.72, 6. Fresno State/B 47.95. **400m:** 1. Tanya Dooley (AIA) 53.49, 2. Charmaine Burton (Riv CC) 55.12, 3. Eannan Tillman (CSUN) 55.84, 4. LaTanya Sheffield (Sheffield Elite) 56.64, 5. Malika Freeman (San Diego St) 56.67, 6. Tamikio Simpson (Fres St) 56.76. **4x800mR:** 1. USC 9:03.29, 2. U of

PattiSue Plummer

Photo by Elaine Rosenfield

Ian Alsen

Photo by Elaine Rosenfield

Steve Agar

Photo by Elaine Rosenfield

Washington 9:09.08, 3. Cal Poly SLO 9:22.20, 4. Long Beach CC 10:02.49. **3000m:** 1. PattiSue Plummer (un) 9:35.9, 2. Emabet Shileraw (USC) 9:38.50, 3. Rae Henderson (Reeb Aggies) 9:56.92, 4. Kellie Flathers (un) 9:58.27, 5. Martha Pinto (CSLA) 10:00.18, 6. Danielle Nelson (Fres St) 10:10.78. **1600mR:** 1. USC 3:46.66, 2. Fresno State/A 3:47.09, 3. San Diego State 3:47.61, 4. Ohio State 3:48.30, 5. CSU Northridge/A 3:48.79, 6. U of Washington 3:49.04.

HT: 1. Staci Darden (Fres St) 166-04, 2. Soozie Shandley (U of Wa) 154-03, 3. Melissa Baermeister (Fres St) 154-01, 4. Aretha Hill (U of Wa) 140-05, 5. Erika Spence (Fres St) 138-10, 6. Beth Burton (CSUN) 136-02. **JT:** 1. Amy Bubkiak (un) 152-08, 2. Erika Spence (Fres St) 141-09, 3. Lelica Zazabon (Fres St) 135-06, 4. Natalie Brager (U of Wa) 134-05, 5. Alicyn Chappelle (Sac St) 110-01. **SP:** 1. Rica Brown (Miz SCC) 49-05.5, 2. Beth Burton (CSUN) 46-10, 2. Aretha Hill (U of Wa) 46-10, 4. Enca Ahmann (CPSLO) 43-05.75, 5. Katrinka Jackson (Stanford) 42-06.25, 6. Tvrenda Stamps (Fres St) 42-02.

HJ: 1. Alicyn Chappelle (Sac St) 5-07.75, 1. Maria Runyan (un) 5-07.75, 3. Katrinka Jackson (Stanford)

5-05.75, 3. Sumayyah Abdullah (Sac St) 5-05.75, 3. Sondra Biere (U of Wa) 5-05.75, 6. Michelle Emal (U of Wa) 5-03.75, 6. Jayme Ullrich (Fres St) 5-03.75, 6. Julie Tingle (Cent Cst TC) 5-03.75, 6. Annette Mendonca (San Diego St) 5-03.75. **LJ:** 1. Kelly Deiph (Cent Cst TC) 20-04.5, 2. Julie Bright (un) 20-03, 3. Felicia Brown (Fres St) 19-03.0, 4. Carrie Janser (Fres St) 19-01.0, 5. Samone Cole (Fres St) 18-08.25, 6. Christyna Serrano (Hartnell) 18-02.5. **DT:** 1. Aretha Hill (U of Wa) 183-09, 2. Erica Ahmann (CPSLO) 169-01, 3. Becky Elwood (un) 167-07, 4. Tvrenda Stamps (Fres St) 150-09, 5. Kristina Matiaia (CSUN) 150-06, 6. Sue Demars (Stanford) 149-01. **TJ:** 1. Kyla Sutton (U of Wa) 39-10.5, 2. Cecilia Noel (LBCC) 39-04.5, 3. Kesha Doby (LBCC) 38-03.25, 4. Amy Connole (San Diego St) 38-02.0, 5. Melinda Forest (San Diego St) 38-00, 6. Cynthia Pattibon (CPSLO) 37-08.75. **PV:** 1. Melissa Price (Fres St) 18-01.75, 2. Sue DiMarco (un) 11-00, 3. Marion Meyer (Ulan St) 10-00, 4. Pam Deanc (CSUN) 10-00, 5. Paula Serrano (CPSLO) 9-00 & Kelly Jacqueline (un) 9-00. **Sprint Medley R:** 1. Fresno State/A 4:03.10, 2. U of Washington 4:05.76, 3. Ohio State 4:06.15, 4. Long Beach CC 4:07.88, 5. Sacramento State 4:25.93.

Nike/Cal Poly Invitational Records

Men

Event	Mark	Name	Date
100m	10.1	Rod Lewis (un)	3/94
400m	45.55	Andrew Valmon (Maz)	3/93
800m	1:49.14	Tomonari Ono (Japan)	3/93
1500m	3:46.92	Joao N'Tyamka (Angola)	3/93
3000mSC	8:44.39	Wande Moura (Brazil)	3/93
5000m	14:15.58	Jim Sorensen (Brooks)	3/95
110mH	13.4	Eugene Swift (un)	3/94
400mH	51.35	Jordan Gray (Ohio St)	3/94
400mR	40.0	Ohio State	3/94
1600mR	3:06.54	Univ. of Iowa	3/96
4x800mR	7:26.97	Santa Monica TC	3/95
HJ	6-11 3/4	Rob Reynolds (U of Wa)	3/96
PV	18-02.5	Dean Starkay (Reeb)	3/96
LJ	25-00.0	Anthony Maybank (un)	3/95
TJ	53-02.25	Don Ware (un)	3/96
SP	61-04.75	Ernie Connell (U of Wa)	3/96
DT	189-07	Jamie Presser (un)	3/96
HT	197-04	Monte Wilson (un)	3/95
JT	225-01	Troy Burkholder (U of Wa)	3/96

Women

Event	Mark	Name	Date
100m	11.2	Chryste Gaines (un)	3/94
400m	53.49	Tanya Dooley (AIA)	3/96
800m	2:03.79	Linetta Wilson (SBTC)	3/96
1500m	4:23.34	Shola Lynch (FL)	3/93
3000m	9:34.2	Ceci St. Geme (un)	3/94
5000m	17:59.7	Amy Gratius (Fres St)	3/95
100mH	12.7	Sau Ying Chan (USC)	3/94
400mH	59.32	Alison Poulin (un)	3/95
400mR	44.1	Central State	3/94
1600mR	3:37.7	Unattached	3/94
Dist. Med.	12:08.48	Cal Poly SLO	3/95
HJ	6-3 1/2	Sue Rembao (un)	3/93
PV	13-1 3/4	Melissa Price (Fres St)	3/96
LJ	20-04.5	Kelly Deiph (Cent Cst TC)	3/96
TJ	42-01.25	Telisa Young (un)	3/95
SP	60-07.25	Connie Price-Smith (un)	3/94
DT	188-11	Pam Dukes (un)	3/93
JT	152-08	Amy Bubkiak (un)	3/96
HT	166-04	Staci Darden (Fres St)	3/96

PREP NOTES

By KEITH CONNING



■ High School Track Results Wanted

Please send results to the following locations:

Northern California--Keith Conning, 2235 Browning Street, Berkeley, CA 94702; fax (510) 849-3342; e-mail conning@aol.com.

Southern California--Doug Speck, 563 N. Willowgrove, Glendora, CA 91740.

Central Section--CTRN, 4957 E. Heaton Avenue, Fresno, CA 93727; e-mail CTRN@aol.com; fax (209) 255-4904.

■ Eating Disorders Familiar in Sports

Oct. 15 (The Orlando Sentinel) -- It was the ultimate sign of desperation.

After nearly four years of playing competitive high school sports, Melissa, an Orlando-area high school senior, quit the softball, volleyball and soccer teams and gave up all hope of making the track and cross-country teams.

"I got to the point where the sports themselves weren't supplying me with the amount of exercise I felt I needed," she said.

Melissa, who requested her real name not be used, has anorexia, an eating disorder that affects an estimated 7 million women and 1 million men across the country. Although pressures of competitive sports often are a factor in eating disorders, playing sports solely for the purpose of burning fat calories may be a new twist. For Melissa, the bingeing and purging cycle was replaced by excessive exercising. Thirty-five minutes on the stairmaster on the top level followed by 20 minutes on the stationary bike and finally the Nautilus weights may be a daily routine for some serious workout junkies. For Melissa it is a daily obsession.

"I find myself lying to people to make sure I can fit my workout in," she said.

"I'll even tell my mom I'm going into work early so that I can run over to the gym. And I can't just do 29 minutes on the stairmaster, it has to be 30, no matter what."

Because of the daily pounding on her body, Melissa has developed soreness in her hip joints, which have become warped from overuse. For the past couple of weeks, her knees have been sore from too much time on the bike. Yet, she keeps pushing herself physically, worrying that if she doesn't exercise, she'll resort to forcing herself to purge instead.

"I began playing softball at age four," said Melissa, 17, "My whole life revolved around my sports schedules. But last year I began to really feel weak. During the volleyball season, I lost my starting position on the team. Then I had a horrible soccer season. As a defender, I needed to be quick and able to run all over. But I was always dehydrated and needing to sit down and take a break.

"Then in softball, my favorite sport, the sport where I had been named an MVP the year before, I quit after the first practice of the season. After nine years, I just quit. Just like that. It was taking away too much of my exercising time."

Adel Eldahmy, a California psychiatrist and the founder of Anorexics and Bulimics Anonymous, came up with the term "hypergymnasia" in 1987 to describe the compulsive exercise behavior associated with eating disorders. As Eldahmy sees it, people spend too much time in health clubs, spas and running tracks working out in an attempt to combat overindulgence. When what people are actually doing is fighting to achieve a body image that most will never attain.

Lose a couple pounds

Melissa was in the ninth grade when she began crash dieting. It was not long before she fell victim to the vicious cycle of anorexia.

"My best friend started a fat-free diet, and I thought I could stand to lose a couple of pounds myself," said Melissa, who stood 5 feet 7 and weighed 134 pounds, the normal weight for her age and height. During the first month of dieting, she lost 25 pounds. But that was not enough. Because of her hours of exhausting exercise, she now weighs a bony 112 pounds and is fighting a constant battle to maintain her current weight.

Without any practices after school and competitions on the weekends, Melissa often finds herself home alone after school. Four months ago, she began the bingeing and purging cycle associated with bulimia, an eating disorder characterized by the gorging of large quantities of food followed by purging, as through self-induced vomiting or the use of laxatives.

"If I was to stand in front of the mirror, you may see a skeleton, but I see places where I could pinch fat all over my bottom," she said. "Instead of eating three times a day, I would limit myself to one. But then I'd binge, eat everything in sight and have to purge."

"My eating disorders are hell. Food, losing weight and exercising are constantly on my mind. They occupy my every thought. It determines where I go and what I do every day."

Either exercise or purge

For Cathy, the signs are everywhere. Television commercials, highway bill-

continued next page

boards, even friends and family. All reinforcing the image to be stick thin.

"When I see signs or ads like that, I'm not sure what to think," said Cathy, an Orlando resident who also requested her name not be used for fear of the stigma that can accompany eating disorders. "Those people are obviously healthy, and I want to be too, so I push myself. Am I crossing the line? I don't know. What is compulsive exercise and what is simply pushing yourself to the limit?"

Cathy is a runner. She is also anorexic and bulimic. And even at 30, she finds it hard to determine where the line between being a model of health and a compulsive exerciser lies.

"Sometimes I'll end up getting to work late because I had to exercise before I go in," she says. "And many times, I'll even take a long lunch because once I'm at the gym working out during my lunch break, it's hard for me to stop -- even if it's time to go back to work."

"Once, when I was out running, I realized I had left without taking my inhaler (for asthma). But I convinced myself it was more important to keep going. I ran as far as I could before I almost collapsed."

When she does not have time to exercise, Cathy resorts to forcing herself to vomit. When forced to choose between the two options, Cathy prefers what she sees as the "safer" option, the more socially accepted behavior -- compulsive exercise.

"I haven't binged or purged in two days," she says proudly. "But I worked my ass off. I know they're tied together, but I feel exercise is more. . . healthy."

Unfortunately, excessive exercise can be just as harmful, in that it fosters the same behaviors as athletes with eating disorders. Both must have a "fix" before they allow themselves to eat anything. They use exercise to burn off calories and will not stop even if they are exhausted or injured. For athletes like Cathy, exercise is an excessive and compulsive pursuit of the ideal body, not an activity that enhances well-being.

Eating disorders

Stories like Cathy and Melissa's are not uncommon. Recent data suggests that eating disorders, which increasingly have included excessive exercising, are becoming a significant health concern among high school and college age athletes. According to the American College of Sports Medicine, as many as 62 percent of females competing in appearance sports (such as figure skating and gymnastics) and endurance sports such as track and cross country) suffer from eating disorders.

In a recent NCAA survey, in which 64 percent of NCAA member institutions responded, 48 percent of the schools indicated problems within women's gymnastics, marking the highest incidences reported. In contrast, the highest eating disorder incidences in men's sports occurred in wrestling, with seven percent. Perhaps more disturbing, however, is the fact that eating disorders are becoming more common in the high school age and under population -- ages where organized athletics are beginning to become an important aspect of their lives.

Based on a 1995 study by the National Association of Anorexia Nervosa and Associated Disorders of senior level students in 20 high schools in 18 states, 12 percent of these students suffer from eating disorders, a slight increase in these disorders from 10 years ago. Although actual statistics are hard to get, there are several theories as to why there exists such a strong correlation between athletes and eating disorders.

"One thing linking the two tends to be the strong attention given to the body in athletics," suggests Paula Levine, the director of the Anorexia And Bulimia Resource Center in Coral Gables. "Now that more and more young women are being primed for athletic events, more are becoming aware of how their bodies look at a younger age, as many athletes train in or show up for practice in less than what a non-athlete might wear."

Rebecca Carroll, a licensed clinical social worker specializing in eating disorders in Winter Park, points to low self-

esteem and society's fascination with being thin as conditions that foster athletes into becoming trapped in eating disorders.

"The problem is we overly reward people who work out all the time and maintain a certain weight, she said. "We don't put as much emphasis on being emotionally healthy as we do in being physically healthy. If an athlete is distressed over something, they see it as a willpower issue."

"So they work on their bodies, work on becoming and staying accepted, using exercise as a solution to all their problems. But that emotional problem still exists. And as long as it does, no amount of exercise is going to solve it."

■ MAGGARD KEEPS SPORTS FIRST AS MONEY MATTERS DOMINATE OLYMPIC PLANNING

ATLANTA, Jan. 25 (AP) -- As an Olympic athlete in the relatively innocent days before the Games became synonymous with big money, Dave Maggard slept in quarters so cramped that if he stretched his legs, he'd bump into a teammate's foot.

Twenty-eight years later, Maggard is the chief sports organizer for the 1996 Summer Games. It's his job to make sure that the schedules, arenas, equipment and record-keeping work right for athletes in the age of dream teams and multimillion-dollar television contracts.

Maggard's domain is where the disparate interests of national Olympic committees, international sports federations, TV networks and the intensely budget-conscious Atlanta Committee for the Olympic Games come together.

"It's a matter of mixing idealism with pragmatism," Maggard said. "I think the Games are about sports. Now, you're really naive if you think that's all it is."

In 1968, when Maggard went to the Mexico City Games as a shot putter (he finished fifth), he knew he'd be going back to Los Altos, CA, to teach high

continued next page

PREP NOTES

school history and coach track.

At the time, pushing 30 with a wife and two young children, Maggard sometimes felt foolish chasing his Olympic dream. It's much different for today's Olympians, many of whom get backing to train in the finest athletic centers and can parlay their success into lucrative endorsements.

"The whole feel of the Olympics has changed dramatically," Maggard said. "I've never been one to say, like an old timer, these kids today are so lucky and all that. I like to see the progress."

Progress, however, brings great expectations. And Maggard, a relatively low-profile figure among the top executives at ACOG, will be on the hot seat if the athletic competition doesn't measure up.

"The public expects the sports to be without a hitch -- everything from the field of play to the timing has to be perfect," said Harvey Schiller, an executive at Turner Broadcasting System Inc. and a former executive director of the U.S. Olympic Committee.

"There are growing expectations on the part of athletes, too, on what the competition has to be," said Schiller, a longtime friend of Maggard.

Maggard, 56, was not hired in Atlanta out of Olympic nostalgia. He was dripping with credentials as one of the most experienced sports administrators in the country.

He was athletic director at his alma mater, California, for 19 years, then held the same position at Miami from 1991-

93, a stretch that included a national football championship.

Along the way, Maggard maintained ties with the Olympic world by serving on numerous NCAA and USOC committees and helping organize dozens of major track and field meets. If that insider's relationship with this country's sports powers has served him well, it also has forced him into an uncomfortable neutrality as an advocate for the world's athletes.

For example, Maggard has had to distance himself from the ongoing issue of whether to alter the track schedule so U.S. star Michael Johnson can have a shot at winning the 200 and 400-meter races. That question will be decided in March by the International Amateur Athletic Federation.

"I think it's been a real struggle for Dave to have an even hand and not balance it to the U.S.," said Ollan Cassell, executive director of USA Track and Field. "I think Dave, more than anyone else on the Olympic committee, understands the importance of the U.S. doing well -- he's been a member of the U.S. team."

Maggard said he has told Cassell, whom he has known since the 1960's, to keep him and ACOG out of it.

"Our focus is putting on the Games for the world," Maggard said. "This is one of the reasons we stayed out of the Michael Johnson situation. What I've told all the staff is, look, don't get involved in this."

"I'm from the United States -- I want to see the United States do well. At the same time, I appreciate what an athlete goes through, wherever that athlete may be from."

Maggard's real devotion is to ACOG, the institution, said Paul Henderson, the head of the International Yachting Federation, who tangled with the Atlanta organizers for months over plans for the 1996 yachting venue.

"Maggard is a very solid team player, meaning whatever is the stated policy set by ACOG, he follows it to the letter," Henderson said. "If I were a businessman trying to protect my business, I'd hire Dave Maggard in a second. But if what you're trying to accomplish on everyone's behalf goes against the stated policy of ACOG, then it sure takes a lot of time."

Henderson became frustrated in negotiating with Maggard over such things as the size of a marina, and ultimately went over his head to A.D. Frazier, the chief operating officer at ACOG. The major disagreements have been worked out, he said.

While not specifically discussing yachting, Maggard said disagreements with the federations are part of the job.

(Prep Editor: I have known Dave Maggard since we were teammates at Cal in the early 60's. In fact, he taught me how to lift weights in a room under the east stands of Edwards Stadium. Maggard graduated from Turlock High School.)

continued next page

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RESULTS

From Doug Speck

National Scholastic Indoor Championships

The National Scholastic indoor, the big east coast finish to the Prep indoor season (March 9-10) moved to Boston this year with a great facility called the "Reggie Lewis Recreation Center" that had a banked synthetic 200 meter track that proved to be very, very quick. Californians, competing unattached, were very much a big presence, as usual, with an impressive three National Indoor records coming from the two days of action. The Boys' team from Muir High finished the winter with its third and fourth national record setting efforts at the Sprint Medley and 4x400 relay distance, with a young Long Beach Wilson girls' group taking down an old 4x400 record on their side of the competition. **Angela Williams**, **Liz Giltner**, **Michael Granville**, **Mike Stember**, and **Gerald Williams** were other impressive winners from California.

On Saturday evening Muir toed the line for the Sprint Medley, with a 3:27.80 from earlier this winter at the Simplot Meet taking down their own 3:27.90 National Record from last winter. **Makio Haywood** started Muir off with a 49.36, with **Jucorie Tryon** (22.45) and **Sultan McCullough** (21.81) handing off to **Obea Moore** with a big lead. Moore responded with a 1:52.30 that dropped the record way down to 3:25.90 (it started at 3:30.8 two years ago with the super Muir squad dropping it five seconds since then).

The next day in the 4x200 the back east teams stacked their squads early, with **DeAngelo Holmes** (22.5) and **Sultan McCullough** (22.9) about third as they came up for the second exchange to **Obea Moore**. The hand-off had Moore turned to the rear at the exchange, with Obea getting one good running stride before taking off after the pack. Down the backstretch he wowed the big crowd as he raced past everyone in a split timed by Finishlynx (all the hundredths splits here are a wonder of that technology) in 21.42 (!), with **Jucorie Tryon** anchoring in 22.1 for the Mustang's 1:28.92 winner. The handoff problems probably cost the group about a second, enough to challenge the National Record. Not to be denied, however, Muir came back strong in the 4x400 event, going after their 3:14.85 National Record from Simplot. Tryon (48.86), Sultan McCullough (49.06), Haywood

(49.14) handed off to Obea, who responded with an amazing 46.28 for a 3:13.34 All-Time Prep Best! It was another great weekend for Muir!

The Wilson of Long Beach Girls were not far behind. The big action was Saturday for them, with a 4x200 race against William Penn of Philadelphia and others. **Veronica Calloway** (25.3) was close to **Angela Patterson** of Penn (25.1), with **Joni Smith** (24.9) moving Wilson ahead, but **Jamila Levine** of Penn gave her team the lead against **Latrice Borders** (25.6). Wilson's **Kinchasa Davis** grew up from a girl to woman on the anchor, rocketing past one of America's fine young sprinters for Penn, **Nefertitti Cooper**, during a 24.1 leg that had the Wilson crew win at 1:39.95. Davis's relay leg was one of the crowd highlights of the weekend! In the 4x400 relay Wilson had run 3:46.36 at Simplot, the #2 prep time ever indoors, with the 3:46.59 4x440 yard record good from way back in 1982. Today it would fall, with Penn and the back-east people keeping the Californians honest! **Veronica Calloway** (57.85), **Latrice Borders** (56.44) and **Joni Smith** (54.54) gave **Kinchasa Davis** the lead and a definite chance at the record, with the junior responding with a 55.55 that had the team finish at 3:44.38, destroying the old mark! It was a glorious relay day for the Californians!

Other individuals from our area were very impressive. **Angela Williams** was super in the 60 and 200 meter sprints. Facing **Kenise Bocage**, who had raced 6.79 indoors for 55 meters this winter, Williams dominated each round, finishing the 55m final with a 7.32-7.48 win over the Coloradan. The winning clocking was only .02 outside of the National Record set by **Zundra Feagin** her twelfth grade year when the Floridan was very hot! Over 200 meters Angela found herself challenged by North Carolinian **Crystal Cox** off the final turn, but turned it on to win at 23.73, again #2 All-time behind the record of 23.67 (set by Feagin in this meet five years ago!). Angela gained a big eastern following with her efforts here.

Multi-event rivals **Liz Giltner** and **Ashley Bethel** met in the Pentathlon, with Giltner winning 3509-3414. The two are the nation's best in the multi's!

Michael Granville made another trip back east for indoor action, chasing his 1:50.55 from last year, with his total domination of the competition and lack of anyone close probably the only thing that kept him from breaking his old record. Michael was out at 24.9 and 52.9 (28.4), then slowed to 30.1 for the third 200 (1:23.0) before accelerating through a 28.1 final lap that had him finish at 1:51.26, another great

race to close out his prep indoor career.

Michael Stember hoped to meet **Sharif Karie** from Virginia, but the easterner did not show up for Sunday's race after a smooth 4:09.6 1600m distance medley leg on Saturday. Saudi Arabian **Makhlid Alotaibi** pushed the third quarter enough to make it kind of interesting, but Stember blasted the next 220 after the 1320 at 3:12 in 26.9, screeching away from the pack on the way to his 4:10.07 win.

Gerald Williams had a fine double, with a 24-08.25 Long Jump win over **Clarence Scott** (23-10), who had his usual quota of monster fouls. Williams returned to place second in the Triple Jump at 49-10, with Muir's **Derrick Evans** third at 49-07.25. **Stephanie Jones** kept up the strong jumping action with a 19-06.25 for second in the Girls Long Jump, with **Tisha Ponder** 19-03.5 for fourth.

Kim Mortensen (4:54.11 mile) and **Steve Nichols** (PV 15-09) had strong second place performances at the meet.

In the Two Mile, **Julia Stamps** gave us another scare, failing to the track after a mile and a quarter while locked in a big struggle with **Christy Nichols** of Maryland. Julia was taken to the hospital and later judged okay, with Nichols racing on to a 10:09.75, one of prep history's great performances ever.

THIRTEENTH ANNUAL NATIONAL SCHOLASTIC INDOOR TRACK AND FIELD CHAMPIONSHIPS

Reggie Lewis Athletic Center, Boston, MA. Saturday-Sunday, March 9-10, 1996 (March 9: Sprint and Distance Medley Relays, Pentathlon, trials of 200/400; Weight Throw; Women's Pole Vault/Triple Jump)

WOMEN

60m 1. **ANGELA WILLIAMS, Chino CA 7.32 USL (Meet, Soph class record; previous, Williams, semi 1, 7.34) (#2 A-T) 2. *KENISE BOCAGE, Washington, Denver CO 7.48 (= Junior class record held by Michelle Glover, Willingboro, NJ, 1980) (#8 A-T) 3. **JEMIA ELLIS, Scotlandville, Baton Rouge, LA (= #15 A-T) 7.61 4. -PRINCESS FENTON, Somerville, MA (= #17 A-T) 7.62 5. *JOYCE BATES, Simon Gratz, Philadelphia, PA (= #19 A-T) 7.64 6. -JULIA O'NEAL, Southeast, Bradenton, FL 7.65 Lane 200m 1. 4. **ANGELA WILLIAMS, Chino, CA 23.73 USL (Soph class record; previous, Marlon Jones, Rio Mesa, Oxnard CA, 1991, 23.89) (#2 A-T) 2. 3. *CRYSTAL COX, Pine Forest, Fayetteville, NC (#6 A-T) 24.04 3. 5. **KEYON SOLEY, Uniondale, NY (#8 A-T) 24.06 4. 6. *KINSHASA DAVIS, Wilson, Long Beach, CA 24.69 5 1. -LYRIA MARTIN, La Guardia, New York NY 24.89 6 2. -DANA BURNETT, Williamstown, NJ 25.16 Lane 400m 300m 1 2. *HEATHER HANCHAK, Ellis, Pittsburgh, PA 39.3 54.68 (is USL and #7 A-T @ 54.14A) 2. 5. -SHARKARA GRANT, Wheaton MD (#14 A-T) 39.8 54.93 3. 3. *ANGEL PAT-

TERSON, William Penn Philadelphia PA 55.78 4. 4. **CHAR FOSTER, Central Catholic, Clearwater, FL 39.6 56.18 5 6. -DANA BURNETT, Williamstown, NJ 56.2 6. 1. **YSANNE WILLIAMS, Albany, NY 56.63 Dana Burnett is the only athlete to ever qualify for the 60-200-400 finals she finished 8th in the 60m. Finals in the 200-400 qualified 6 only because of the track size - the 60m and 60mHH qualified 6. Heather Hanchak missed the 200m final by .01. 800m 1. -TAMIEKA GRIZZLE, George Washington, New York NY 2:04.90 USL! 29.1 59.7 (30.6) 1:31.1 (31.4) (33.8) 17.6 last 100m! (Meet record; previous, Jawana Mc Mullen, Christ the King, Queens NY, 1994, 2:08.35) (#2 A-T) 1:31.3 600m #3 A-T) 2. *AIMEE TETERIS, Birchmont Park, Scarborough, CANADA 2:09.34 3. -TARA MENDOZZA, Eaglecrest, Aurora, CO 2:09.58 4. -CANDACE NICHOLSON, Beaumont, Cleveland Heights, OH 2:10.30 5. -ANNA QUEZADA, Good Counsel, Wheaton MD 1:12 2:13.65 6. -TANQUERAY HAYWARD, Overbrook, Philadelphia PA 2:13.78 I believe this time was faster than the 1996 NCAA indoor 800m. Mile 1500m 1. -COURTNEY ADAMS, Brebeuf Prep Indianapolis IN 4:30.3 4:49.46 USL [70 1 2 24.7 (74.7) 3:38.3 (72.6) (71.1)] (4 30.3 @ 1500m is USL) 2. -KIM MORTENSEN, Thousand Oaks, CA 4:34.5 4:54.11 3. -CERIAN SHEPARD, Markham, CANADA (fifth year) 4:40.1 5:00.81 4. -KERRY DUGAN, Boulder, CO 4:41.6 5:01.56 5. -AUTUMN FOGG, Hunterdon Central, Flemington, NJ 4:42.4 5:02.26 6. **KYLENE KOWNURKO, Council Rock Newtown, PA 4:44.7 5:03.41 Adams led the whole way as in her Milrose victory Two Miles 3000m 1. -CHRISTY NICHOLS, Anne Arundel, Gambrills, MD 9:30.0 10:09.75 USL [Julia Stamps, Santa Rosa CA led until just after 1 1/4 mile mark her splits: 73.9 2:30.6 (76.7) 3:45.9 (75.4) 5:03.6 (77.78) 6:22.7 (79.2). At this point Nichols assumed the lead: 7:39.0 (76.3) 8:54.7 (75.7) (75.0); miles: 5:03.6 5:06.1 [9:30.0 @ 3000m USL and #5 A-T) (#4 A-T) 2. *KATIE RADKEWICH, Beaumont, Cleveland Heights, OH 9:48.1 10:29.94 (#16 A-T) 3. -DANA OSTRANDER, Snedenhowa, Clifton Park, NY 10:00.4 10:41.68 4. *ERIN DAVIS, Saratoga, NY 10:03.1 10:45.65 5. -LAURIE STURGEON, Hudson, OH 10:49.31 6. *AMY BEYKIRCH, Pinelands, Tuckerton, NJ 10:53.6 60m Hurdles (33") 1. -DOMINGUE, CALLOWAY, South, Denver CO 8.34 USL (National, Meet and Senior class record; previous, Calloway, Semi 1, 8.50) 2. *JOYCE BATES, Simon Gratz, Philadelphia, PA (#2 A-T) 8.43 (Junior Class record; previous, Bates, semi 2, 8.56) 3. -LAKEYA WILLIAMS, Jamaica, Queens NY (#6 A-T) 8.54 4. *KIM TURKO, Stevens, Edison, NJ (#8 A-T) 8.56 5. -LYSTRA BARTHOLOMEW, Fairport, NY (= #12 A-T) 8.71 6. -DEANNE DAVIS, Cummings, Burlington, NC (#13 A-T) 8.72 Mile Walk 1. **USA KUTZING, Port Jel-

PREP NOTES

Ierson, NY (#3 A-T) 7:22.71 USL 2.
 *SALLY RAPP, Pine Bush, NY (#9 A-T)
 7:33.03 3. *ALISON ZABRENSKI, Bowie,
 MD 7:35.93 4. *LAURIE STARR, Cibola,
 Albuquerque, NM 7:44.30 5. *CORINNE
 COLLING, Chantilly, VA 7:44.99 6. -
 SUZANNE SCAVERA, Suffern, NY
 7:46.19 4x200m 1. WILSON, Long Beach,
 CA 1:39.95 | ***VERONICA CALLO-
 WAY 25.3 ***JONI SMITH 24.9
 ***LATRICE BORDERS 25.6
 *KINSHASA DAVIS 24.1 | (is USL and #2
 A-T @ 1:38.25A) 2. WILLIAM PENN. Phil-
 adelphia, PA (#9 A-T) 1:40.59 | *ANGEL
 PATTERSON 25.1 -BRANDIT COPPER
 25.3 ***JALIMA LEVINE 25.4
 ***NEFERTITI COOPER 24.9 | 3. ELEAN-
 OR ROOSEVELT, Greenbelt, MD (#15 A-
 T) 1:41.48 4. UNIONDALE, NY (#19 A-T)
 1:41.65 5. SCOTLANDVILLE, Baton
 Rouge, LA [1r2] 1:42.10 6. SIMON
 GRATZ, Philadelphia, PA 1:42.54 4x400m
 1. WILSON, Long Beach, CA 3:44.38 USL
 | ***VERONICA CALLOWAY 57.85
 ***LATRICE BORDERS 56.44 ***JONI
 SMITH 54.54 *KINSHASA DAVIS 55.55 |
 (National Record; previous: Central, Seat
 Pleasant, MD, 1982, 3:45.28. Meet
 Record; previous: Samuel J. Tilden, Brook-
 lyn, NY, 1988, 3:48.64) 2. WILLIAM
 PENN. Philadelphia, PA (#3 A-T) 3:46.05 |
 *QUANDA TALINGTON 57.8 -BRANDIT
 COPPER 57.6 ***NEFERTITI COOPER
 55.7 *ANGEL PATTERSON 54.9 | 3.
 SIMON GRATZ, Philadelphia, PA (#10 A-T)
 3:48.87 | -DESHAUNDA WILLIAMS 57.5
 -LEATRICE SHAW 58.5 ***JAMILLAH
 WADE 58.7 *JOYCE BATES 56.2 | 4. EL-
 EANOR ROOSEVELT, Greenbelt, MD
 [1r2] 3:56.27 5. SOUTH LAKES, Reston,
 VA [2r2] 3:57.32 6. MT. VERNON, NY
 [3r2] 3:57.53 4x800m 1. BAY SHORE, NY
 9:09.61 USL | ***NICOLE BRAXTON
 2:20.0 -CHANTE' DAILY 2:15.5 -
 MELANIE MICKLE 2:18.9 -ERIN HAYES
 2:15.2 | (Meet Record; previous: Notre
 Dame Academy, Staten Island, NY, 1987,
 9:13.50) (#2 A-T) 2. COLUMBIA, Maple-
 wood, NJ 9:23.96 3. AUBURN, NY
 9:25.38 4. CENTRAL, Manchester, NH
 9:25.87 5. FRANKLIN, MA 9:25.87 6. AR-
 LINGTON, La Grangeville, NY 9:27.11
 Sprint Medley Relay 1. SIMON GRATZ,
 Philadelphia, PA (#3 A-T) 4:02.74 |
 *DESHAUNDA WILLIAMS 56.3 *JOYCE
 BATES 24.6 ***JAMILLAH WADE 25.6 -
 LEATRICE SHAW 2:16.2 | 2. DE WITT
 CLINTON, Bronx, NY (#7 A-T) 4:05.62 3.
 OVERBROOK, Philadelphia, PA (#16 A-T)
 4:08.85 4. MT. VERNON, NY 4:10.94 5.
 WILLIAM PENN. Philadelphia, PA 4:15.69
 6. WARWICK VALLEY, NY [1r7] 4:16.24
 Distance Medley Relay 1. BIRCHMONT
 PARK, CANADA 11:52.53 | -HEATHER
 SMITH 3:43.3 *TIFFANY BOXX 61.9
 *JIMEE TETERIS 2:10.2 -SANDY WELLS
 4:57.1 | 2. SHENENDEHOWA, Clifton
 Park, NY (#8 A-T) 12:03.89 USL |
 ***JULIE SHAPIRO 3:42.3 -MARIE MA-
 CANDER 61.7 (fals) -KAREN PADULA
 2:22.3 -DANA OSTRANDER 4:57.5 | 3.
 AUBURN, NY (#14 A-T) 12:08.75 4. BAY

SHORE, NY (# 12:08.48 is #13 A-T)
 12:09.37 5. SARATOGA, NY (#19 A-T)
 12:10.62 6. CENTREVILLE, Clifton, VA
 [1r2] 12:13.60
 High Jump 1. *ADRIANE SIMS, Byrd,
 Fayetteville, NC (#12 A-T) 5-11.25 USL | 5-
 3 5-4.25 5-5.5 5-6.5 5-7.75 5-9 5-10 5-
 11.25 6-0.5 | O P O P O X O X O O
 XXX | 2. -HEATHER FRANCIS, Dart-
 mouth, North Dartmouth, MA 5-8.75 3.
 *JOY GANES, Bay Shore, NY 5-7.75 4. -
 KATHY KILAR, Stevens, Edison, NJ 5-7.75
 5. -ANDREA CLARKE, Northwest Catho-
 lic, West Hartford, CT 5-8.5 6. -JESSICA
 THOMPSON, Sargent Central, Forman,
 ND 5-6.5 Sims had 3 very good attempts
 at 6-0.5, the best of which was her last in
 which the bar held for a full second before
 falling. Pole Vault 1. *MELISSA FEINSTEIN,
 Weston, MA 11-0 (is USL and National
 Record Holder @ 12-3.5) 2. -MELISSA
 BULLARD, Davis, Kaysville, UT (= #8 A-T)
 10-0 3. -HOLLY SPEIGHT, Sprague, Sa-
 lem, OR 9-0 4. *****SAMANTHA SHEP-
 ARD, Natick, MA 9-0 5. (tie) *CAROLINA
 GEISSELER, Palmdale, CA 8-0 *ANNICA
 WHITE, Natick, MA 8-0 Long Jump 1.
 *LYNETTE WIGINGTON, Mattituck, NY
 (= #3 A-T) 20-5 USL | [19-11 F 19-11 19-
 5.5 20-5 20-2.5] (Equals Meet Record by
 Michelle Spear, Oak Ridge, Orlando, FL,
 1987) 2. -STEPHANIE JONES, Walnut,
 CA 19-6.25 3. -DESTYNE JONES, Cen-
 treville, Clifton, VA 19-4.75 4. -TISHA
 PONDER, Del Mar, San Jose, CA 19-3.5
 5. *STEPHANY REID, Riverview, CANA-
 DA 19-3.5 6. *MYRA COMBS, La
 Grange, Lake Charles, LA 19-1.5 Wigington
 had just come off basketball - is a true raw
 talent from a small town on the eastern end
 of Long Island. Triple Jump 1. -DEANNE
 DAVIS, Cummings, Burlington, NC 41-9.25
 [F 41-3.75 41-5 39-6.25 41-9.25 41-1.5]
 (is USL and #3 A-T @ 42-0) 2. -
 MICHELLE HICKMAN, A.P. Randolph, New
 York, NY (#4 A-T) 41-7.75 [F 41-8 40-
 1.25 38-4 40-1.5 40-10.5] 3. -JENNIFER
 WALKER, Jefferson, Alexandria, VA (#12
 A-T) 40-2 [F 40-2 39-10.75 P 39-2.25
 39-10.75] 4. *LYNETTE WIGINGTON,
 Mattituck, NY (= #13 A-T) 40-1.5 [39-3
 37-11.5 40-0 F 40-1.5 39-3.25] 5.
 *MARIJA MARTINOVIC, Belgrade, YU-
 GOSLAVIA 39-6 6. *STEPHANY REID,
 Riverview, CANADA 39-5.25 Shot Put 1. -
 SEILALA SUA, Aquinas, Fort Lauderdale,
 FL (#17 A-T) 47-4.25 USL | 42-9.5 46-
 4.75 46-5.25 46-1.25 47-1.75 47-4.25 | 2.
 *HEATHER COLYER, East Juniata, Co-
 colamus, PA 43-4.5 3. -KRISTY MARTIN,
 Robinson, Fairfax, VA 42-3.5 4. -EMILY
 CARLSTEN, Warwick, RI 41-10.5 5.
 *MARY KATE MARCHAND, Somerset,
 MA 41-4.25 6. -DIANE POTKAY, Derby,
 CT 40-10.5 Weight Throw (20 pounds) 1.
 *MAUREEN GRIFFIN, Pocatello, ID 48-
 3.5 | 40-9 46-2.75 45-1.75 48-3.5 F | (is
 USL and National Record holder @ 51-8.5)
 (Establishes meet record) 2. -BETH PER-
 KINS, Hartford, White River Junction, VT
 (#3 A-T) 43-3.25 3. *KIMBERLY LAVAL-
 LEY, Nashua, NH (#7 A-T) 36-4.75 (Junior

Class record; previous: Beth Obruba, Hamp-
 field, PA, 1994, 34-8.5) 4. *MARIE JOSE
 LE JOUR, Blainville, CANADA 33-9.5 5. -
 ALISON TOSTEVIN, Morse, Bath, ME (#10
 A-T) 33-7.5 6. *MARIANNE BERNDT, Port
 Washington, NY/CHI (#11 A-T) 32-8.5 Pen-
 tathlon 1. *LIZ GILTNER, Chaminade, Ca-
 noga Park, CA (#10 A-T) 3509 [9.24 5-8
 32-7.5 17-7.5 2:40.37] 2. *ASHLEY BE-
 THEL, Mission Viejo, CA (#18 A-T) 3414 [9.07
 5-3.25 32-0 18-1.75 2:41.99]
 (Sophomore Class record; previous: Brandy



Ashley Bethel
 Photo by Bill Cookman

Venable, Jackson
 Academy, Jackson,
 MS, 1986,
 3362) 3. -FELICIA
 COOKSEY, Mi.
 Vernon, Alexandria,
 VA 3349 [9.60 5-
 7 31-5.75 16-
 10.75 2:37.54] 4. -
 ANDREA
 CLARKE, North-
 west Catholic,
 West Hartford, CT
 3260 [9.37 5-8
 29-3.75 17-6 75
 2:55.91] 5. -
 BRANDI SMITH, Norcom, Portsmouth, VA
 3096 [9.63 4-10.5 30-11.25 16-8 75
 2:35.65] 6. -ANGELA MONTGOMERY,
 Franklin, PA 3042 Giltner was only 50 points
 shy of Talisa Young's junior class record

MEN
 60m 1. ***MIKE NEWELL, Potomac,
 Dumfries, VA 6.86 (Freshman Class record
 previous, Newell, Semi 2) 2. -CHARLES AL-
 LEN, Mississauga, CANADA 6.88 3. -
 DAYMON CARROLL, Norristown, PA 6.88
 4. *MAURICE JACKSON, Marshall, Ro-
 chester, NY 6.93 5. -BOBBY WILLIAMS,
 Buchholz, Gainesville, FL 6.96 6. -ANTONE
 MC CATTY, Wellesley, MA 6.96 Lane
 200m 1. 5 -CHARLES ALLEN, Mississau-
 ga, CANADA 21.65 2. 4 *ALBERT NEW-
 KIRK, Camden, NJ 22.06 3. 6 -ADAM
 CLOVER, Morristown, NJ 22.19 4. 3
 *KEITH DAVIS, Bensalem, PA 22.22 5. 1 -
 BOBBY WILLIAMS, Buchholz, Gainesville
 FL 22.32 6. 2 *DAYNE ROSS, Hodgson
 Newark, DE 22.44 Lane 400m 300m 1. 4 -
 KENNETH GOWAN, Oakmont, Roseville,
 CA 35.3 48.86 2. 5 -JAMES CARTER,
 Mergenthaler, Baltimore, MD 35.5 48.94 3.
 3 -RAUHN TURNER, St. Benedict's, Ne-
 wark, NY 35.0 48.95 4. 6 -DAMEON
 JOHNSON, Carver, Baltimore, MD 49.74 5.
 1 *COURTNEY CORNWALL, Lawrence
 Cedarhurst, NY 50.05 6. 2 *GEORGE WIL-
 LIAMS, Franklin, Stockton, CA 51.74 800m
 1. -MICHAEL GRANVILLE, Bell Gardens,
 CA (NR) [USL] 1:51.26 [24.5 52.9 (28.4)
 1:23.0 (30.1) (28.1)] (is USL @ 1:51.18A: is
 National Record holder @ 1:50.55. 1996) 2. -
 ARIF WELCHER, St. Benedict's, Newark, NJ
 1:53.61 3. -CHRIS WADDLE, Eisenhower
 Yakima, WA 1:54.67 4. -DEREK ED-
 WARDS, Woodrow Wilson, Washington, DC
 1:55.14 5. -SHELDON SMITH, Andrew
 Jackson, Queens, NY 1:55.16 6. -CHRIS
 MC FADDEN, Bensalem, PA 1:55.29 Mile
 1500m 1. -MICHAEL STEMBER, Jesuit

Carmichael, CA (#3 A-T) 4:10.07 USL (is
 USL and #3 A-T @ 4:07.07) 3:52.6 2
 *JONATHAN RILEY, Brookline, MA
 3:58.7 4:15.54 3. *DANIEL MC KAY,
 Hatboro-Horsham, Horsham, PA 3:59.0
 4:16.08 4. -DARREN DINEEN, Phillips
 Academy, Andover, MA 4:16.33 5. -NATE
 JUTRAS, Wellesley, MA 4:17.84 6. -
 ROBERT LYTHGOE, Msr Bonner, Draxel
 Hill, PA 4:00.4 4:17.97 Two Miles 1. -
 ABDUL ALZINDANI, Fordson, Dearborn
 MI 9:14.50 USL 2. *ERIK KWEDER, Ed-
 son, Alexandria, VA 9:14.78 3.
 *ABDULAH ALGAHTANI, Riyadh SAUDI
 ARABIA 9:17.99 4. -DEREK HOLLAND
 Toronto, CANADA 9:19.57 5. *ADAM
 DANIELS, Seton Hall, West Orange, NJ
 9:19.83 6. -MICHAEL FITZULA, Cornwall
 NY 9:20.10 60m Hurdles (39") 1. -
 THAVIUS NELSON, Troup County, La
 Grange, GA (#2 A-T) 7.68 USL 2.
 *SULTAN TUCKER, Delsea, Franklinton
 NJ (#3 A-T) 7.76 (Junior Class record; pre-
 vious, Tucker, Semi 1, 7.83) 3. *ADONIS
 COLES, Chester, PA (= #12 A-T) 8.04 4
 *SCOTT MC CRAY, Camden, NJ 6.09 5
 -LA SHUN WHITE, Denigh, Newport
 News, VA 8.14 6. -JACK JEFFREYS, Lar-
 go, MD 8.16 Mile Walk 1. -FRANCOIS XA-
 VIER BERUBE, Laval, CANADA 6:30.83
 2. *SCOTT CRAFTON, North Central In-
 dianapolis, IN 6:30.90 3. *BRIAN COL-
 BY, Edgewood, Madison, WI 6:45.53 4.
 *BRANDON PERRY, West Palm
 Beach, FL 6:48.28 5. -BRIAN FANNING
 Commack, NY 6:48.29 6. -TED KOHNEN
 ? Smithtown, NY 7:27.11 4x200m 1
 JOHN MUIR, Pasadena, CA (#3 A-T)
 1:28.91 | *DEANGELO HOLMES 22.5
 *SULTAN MC CULLOUGH 22.9
 *OBEA MOORE 21.42 *JUCORIE
 TRYON 22.1 | (is #3 A-T @ 1:28.64A) 2
 CHESTER, PA [1r2] 1:30.51 3. JOHN
 MARSHALL, Rochester, NY [2r2] 1:30.65
 4. BOYS and GIRLS, Brooklyn, NY
 1:30.83 5. PINE FOREST, Fayetteville, NC
 [1r3] 1:30.93 6. WOODROW WILSON
 Camden, NJ 1:31.12 4x400m 1. JOHN
 MUIR, Pasadena, CA 3:13.34 NR |
 *JUCORIE TRYON 48.86 *SULTAN
 MC CULLOUGH 49.06 *MAKIO HAY-
 WOOD 49.14 *OBEA MOORE 46.28 |
 (National Record; previous, John Muir,
 17Feb96, 3:14.84A) 2. BOYS and GIRLS
 Brooklyn, NY 3:19.78 3. CHESTER, PA
 3:19.88 4. CAMDEN, NJ 3:24.62 5. MER-
 GENTHALER, Baltimore, MD [1r3] 3:25.02
 6. HILLHOUSE, New Haven, CT [1r4]
 3:25.13 4x800m 1. TECH, Brooklyn NY
 7:55.00 | *DAVID ROBINSON -
 LEFONZA THORNTON *SAUL ROJAS -
 SHAWN WILSON | 2. LA SALLE, Phila-
 delphia, PA 7:55.30 3. CBA Lincroft NJ
 7:56.27 4. CHAMINADE, Minnesota, NY
 7:57.20 5. ST. MICHAEL'S COLLEGIATE
 CANADA 7:57.59 6. MT. ST. MICHAEL
 Bronx, NY 8:00.03 Sprint Medley Relay 1
 JOHN MUIR, Pasadena, CA 3:25.90 NR |
 -MAKIO HAYWOOD 49.26 *JUCORIE
 TRYON 22.44 *SULTAN MC CUL-
 LOUGH 21.80 *OBEA MOORE 1:52.30 |
 (National Record; previous, John Muir

PREP NOTES

17Feb96, 3:27.80A) 2. CHELTENHAM. Wyncote, PA (112) (#5 A-T) 3:32.07 3. SNYDER, Jersey City, NJ (114) (#10 A-T) 3:33.13 [-ISIDRO PIMENTEL 1:55.5] 4. TECH, Brooklyn, NY (212) (#12 A-T) 3:33.29 5. TRANSIT TECH, Brooklyn, NY (#19 A-T) 3:33.82 6. JEFFERSON, Richmond, VA 3:33.95 Distance Medley Relay 1. CBA, Lincoln, NJ (#9 A-T) 10:14.84 [-BRIAN BENNETT -CHRIS BLUNT -EUGENE MC CARTHY -ERIC SAVOTH] 2. WEST SPRINGFIELD, Springfield, VA (#16 A-T) 10:16.80 [-SHARIF KARIO 4:09.6] 3. ST. MICHAEL'S COLLEGIATE, CANADA 10:20.79 4. CHAMINADE, Minneola, NY 10:24.64 5. OLD BRIDGE, NJ 10:26.88 6. NORTH PENN, Lansdale, PA 10:28.41

High Jump 1. -PETER ALEXANDRE, St. Jean Sur, CANADA 6-9.75 [6-4 6-5 6-6.25 6-7.5 6-8.75 6-9.75 6-11 7-0.25] O P X O P O P XXX 2. -ALVIN J.J. BARTON, Lafayette, LA 6-9.75USL O P O O P X O P XXX (is co-USL) 7-1 3 -SEAN VAGO, South, Williamsburg, NY 6-9.75 O P O P XXX 4. -NATHANIEL CLOPTON, Denbigh, Newport News, VA 6-6.25 5. -DOUG HUMPHREY, West Springfield, Springfield, VA 6-6.25 6. (tie) -STACY RUFFER, Stryker, OH 6-6.25 -WESLEY YOUNG, Oak Harbor, WA 6-6.25 Pole Vault 1. -RUSS BULLER, Westlake, LA (#18 A-T) 16-7.25 [13-3 13-9 14-3 14-9 15-3 15-9 16-0.75 16-7.25 17-0.75] P P P O O O O XXX 2. -STEVE MICHELS, Brethren, Cypress, CA 15-9 3. -PATRICK TVARKUNAS, Glenelg, MD 15-9 4. -JOE KOENIG, Yoakum, TX 15-3 5. -JACOB GENSIC, Carroll,

WILLIAM SPEARMAN, Wilson, Camden, NJ 23-6.75 4. -RAMON JOHNSON, Warrensville Heights, OH 23-6 5. -CHARLES MAHATHA, Asheboro, NC 23-2.5 6. -MAURICE JACKSON, John Marshall, Rochester, NH 23-1.25 Triple Jump 1. -DEVON DAVIS, Pickering, CANADA 50-0.5 [47-5 47-9.75 F 50-0.5 45-9.75 48-10.75] 2. -GERALD WILLIAMS, Lynwood, CA 49-10 [48-11.5 49-3.75 49-3 49-10 48-11.75 49-7.75] 3. -DERRICK EVANS, John Muir, Pasadena, CA 49-7.25 4. -CLEVELAND MC CLORY, West Potosi, Alexandria, VA 49-2.5 5. -GREG YELDELL, North Rowan, Spencer, NC 48-10.75 6. -CHRIS HERCULES, Palatine, IL 48-6.75 Shot Put (12 Pound) 1. -BEN LINDSEY, Lynnwood, WA 63-5 USL [61-6.25 59-2 59-7.75 63-5 F 60-1.75] 2. -BEN GILBERT, Lancaster, OH 61-0.25 [F 58-9.5 60-6 60-8.75 57-7.25 61-0.25] 3. -PETER GOVENS, Glen Mills, Concordville, PA 59-2 4. -TOBY COLYER, East Juniata, Cocolamus, PA 59-1.5 5. -KEVIN DI GIORGIO, St. Peters, Jersey City, NJ 58-1.25 6. -DAMIAN JONES, Glen Mills, Concordville, PA 57-6.5 Weight Throw (25 pounds) 1. -SEAN FLYNN, Pilgrim, Warwick, RI (#2 A-T USL) 72-5.75 (is #2 A-T 74-7) 2. -MATT KAVANAGH, Warwick, RI (#6 A-T) 71-1.5 3. -ERIC HINDY, St. Raphael, Pawtucket, RI 61-2.25 4. -JAMIE BREWSTER, Classical, Providence, RI 60-8 5. -ROBERT PALOSI, Mt. Pleasant, Providence, RI 59-9.5 6. -SAL GIGANTE, Iona Prep, New Rochelle, NY 59-5.5 Pentathlon 1. -STEVEN MESLER, City Honors, Buffalo, NY 3610 USL [8.48 21-11 45-4.25 8-2 3:07.50] 2. -KJANA CORBIN, Columbia, Maplewood, NJ 3476 [8.62 20-11.75 31-11 6-8 2:57.84] 3. -SHIPLEY ENNIS, Kings, Seattle, WA 3467 [9.08 20-1.75 45-3.5 6-3.25 2:58.10] 4. -KEITH NICHOLSON, Leeds, AL 3401 [8.39 20-8 46-2.75 5-10.5 3:16.69] 5. -MICHAEL GOTCH, Morristown, NJ 3339 [8.61 18-4.25 37-4.5 6-5.5 3:00.44] 6. -DAMON MOSS, Meade, FL Meade, MD 3280 [8.51 22-4.25 32-6.75 6-2 3:20.53]

Long Beach Poly Relays

Saturday, March 3, Long Beach CC. From Charlee Clinton

Boys:
400m Re (R-2) Serra (Gardena) 43.22. (R-3) Muir (Pasadena) 41.76, Lynnwood 43.15. (R-4) Jordan (LB) 43.20. 4x200. Muir 1:26.54, 2. Poly (LB) 1:29.26, 3. Serra 1:29.73. (R-2) Muir "B" 1:29.03, 4x400 Muir 3:17.36, 2. Serra 3:26.44, 4x800 Poly 8:27.75, 4x1600 Eisenhower (Rialto) 18:57.4, Spr Medley Muir 3:34.10, Dist Med Eisenhower 11:12.09, Shuttle Hurdles (H?) Muir 60.56, HJ Tolliver (Eisenhower) 6-00, LJ Chaney (Poly) 21-05.25, TJ Anderson (Poly, LB) 49-04.5 (wind legal), 2. Evans (Muir) 48-02.5, SP Narin (Dorsey) 48-08.

Girls:
400m Re St. Bernard (Playa del Rey) 47.52, 2. Muir (Pasadena) 49.23, 3. St. Mary's (Inglewood) 50.19, 4. Pomona

50.60, 4x200m Poly (Long Beach) 1 40.86, 2. Muir 1:44.04. (R-2) St. Bernard 1:46.08, 4x400 Poly 4:03.55, Muir 4:07.16, 4x800 Poly 10:10.78, 4x1600m Peninsula (Rolling Hills) 22:58.58, 800m Spr Medley: St. Bernard 1:47.93, 2. Poly 1:49.40, Dist Med Poly 13:11.46, HJ Williams (Poly) 5-3, LJ Ongunleye (Poly) 18-6, TJ Jefferson (Eisenhower, Rialto) 35-6.75.

Earl Engman Santa Ana Relays

March 3, Rancho Santiago CC

Boys:

Div I - Team - El Toro 29, Dist Med - Huntington Beach 11:02.5, Div II - Team - Garden Grove 36.
4 x 880 - Edison 8:12.1, Dist Med Orange 10:53.5, Div III Team - Yucaipa 37.5, 4x800 Yucaipa 8:10.3, Dist Med Santa Margarita (Rancho SM) 10:53.9.

Girls:

Div I - Team Santa Ana Valley 40, Dist Med - Dana Hills 12:59.5, Div II - Team Woodbridge 40
4x100 Woodbridge 50.5, Div III - Team - Yucaipa 37.5 Dist Med - Yucaipa 12:37.2 4x800 - Yucaipa 9:46.8.

Eagle Rock Relays

March 10, Occidental College, From John Beattie

Here are some of the top performances from last Saturday's Eagle Rock Relays at Occidental College. The temperature was warm with sunny skies and calm winds all day. All results to 100ths are FAT. Hand times were used for the 6400r and the 1600r due to conditions being too dark for the film

Boys 400r: Pasadena 42.37; Serra 'A' 42.43; Blair 43.25; Taft 43.25; Pasadena Marshall 43.30; Westchester 43.32; Damien 43.40; Birmingham 43.54; Manual Arts 43.76; Serra "B" 43.96. **Girls 400r:** Riverside JW North 48.66; Westchester 49.11; Cerritos 49.94; Taft 50.02; Fontana 50.56; Mira Costa 50.88. **Boys 8x200r:** Serra 2:58.41; Pasadena 3:05.82. **Girls 8x200r:** Mira Costa 3:38.14. **Boys 1600r:** Serra 3:21.3; Taft 3:25.4; South Pasadena 3:28.6; Westchester 3:30.0; Damien 3:30.8. **Girls 1600r:** JW North 4:03.3; Esperanza 4:10.7; Cerritos 4:11.8; Bishop Amat 4:13.9. **Boys SMR:** Pasadena 3:39.95; Pasadena Marshall 3:41.03; Taft 3:42.08. **Girls SMR:** Taft 4:25.16; Westchester 4:25.27. **Boys 3200r:** Glendale Hoover 8:25.91; Huntington Beach 8:28.50. **Girls 3200r:** Buena 10:01.56; Esperanza 10:05.21. **Boys DMR:** Huntington Beach 10:45.36; Hoover 10:45.57. **Girls DMR:** Esperanza 13:11.2. **Boys 6400r:** Huntington Beach 18:34.6; Hoover 18:46.2. **Girls 6400r:** Esperanza 22:53.1. **Girls 100HH:** Nicole Hoxie (JW North) 14.49; Angie Polk (Cerritos) 15.37. **Boys 110HH:** Pat Swanson (Esperanza) 14.89; Merlin DeMartinis (Harvard-Westlake) 15.59. **Boys PV:** Alfredo Llamas (South Gate) 14'0"; Demartinis 13'7"; Abad (South Gate) 13'1". **Girls PV:** Km

Wyatt (West Torrance) 8'0". **Boys TJ:** Jc Chambers (Pasadena Marshall) 43'2.5". **Girls TJ:** Kelly O'Connor (Esperanza) 40'5.25" (series 40'5.25" - 40' 5" - 33" - 38'4.5"). Desiree Woodman (Fontana) 36'8". Ebony Poe (Cerritos) 36'6". **Boys LJ:** Chidi Luwoma (Pasadena) 22'25". **Girls LJ:** O'Connor (Esperanza) 18'8.5". **Boys DT:** Griffin Wayne (Esperanza) 154'9.5". Brian Bachhuber (Esperanza) 154'7.5". Scott Moser (Huntington Beach) 154'5.25". **Girls DT:** Kari Desoto (Esperanza) 123'0". Liz Walker (North Torrance) 105'5". **Boys SP:** Adam Tomps (Esperanza) 50'2.75". Ted Jacenda (Hart) 48'5". **Girls SP:** Amber Howard (Fontana) 35'11". Liz Walker (North Torrance) 35'6.5". Sherilyn Frazier (Cerritos) 35'3". **Boys HJ:** Geoff Fallesen (Warren) 6'6". Jon Barton (Cerritos) 6'6". **Girls HJ:** Michelle Mahlike (Marymount, LA) 5'6.5". Mia Gramata-Jones (Dorsey) 5'2". Enn Conway (North Torrance) 5'2".

Inland Empire Championships

Saturday 3/23 - UC Riverside (No wind information) (From Don Chadez)

Boys:

100m R.J. Soward (Fontana) 10.76 2 Jerome Burrell (Palm Springs) 10.91 200m Burrell 22.25 400m Mark Hassell (Bartow) 50.25 1600m David Jackson (Rm of World Lake Arrowhead) 4:25.22 110mHH Walter Tabb (Etwanda) 15.14 30mH Clintie Motley (Alta Loma) 40.47 400m Re Moreno Valey 43.19 HJ Tai Toliver (Eisenhower, Rialto) 6-2. LJ Zeb Campbell (Alta Loma) 21-6.5 TJ Reggie Jackson (Colton) 45-6. SP Derek Krukowski (Canyon Springs, Moreno Valley) 53-7.75 DT Lucas Miranda (Hemet) 15-13

Girls:

100m Trina Higgins (Chino) 12.52 200m Higgins 25.82 400m Angela Williams (Chino) 57.07 800m Shelby Horgan (Temescal Canyon, Elsin) 2:44.38 1600m Hogan 5:20.72 100mHH Nicole Hoxie (North, Riverside) 14.76 300mH Hoxie 45.37 400m Re - Chino 49.52 2. Eisenhower (Rialto) 49.88 HJ Jennifer Barnes (Hemet) 5-2. LJ Mandrei Anderson (North Riverside) 15-10. TJ Desiree Woodman (Fontana) 36-2.5. SP Breanne Elton (San Jacinto) 37-00.75 DT Jennifer Vail (Palm Springs) 104-6. PV Ann Marie Butterfield (Elsinore) 8-6

Walnut Invitational

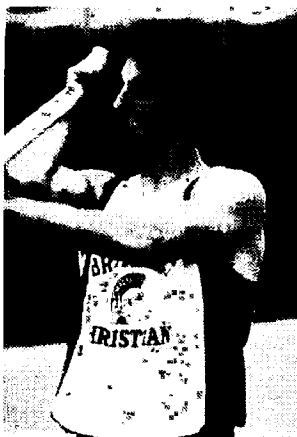
March 23, Walnut HS

From Rich Gonzalez (no wind information)

Boys:

200m Manly (Rowland, Rowl Hits) 21.7 400m Robert Jarvis (Covina) 49.9 110mHH Shawn McIlwain (Covina) 14.5 400m Re Covina 43.0 LJ Jimmy LeJay (Ayala, Chino Hills) 22-4 HJ Marcel Almond (Walnut) 6-4. Score - Covina 103.5 Athletes Meet - McIlwain Track LeJay Field

Girls:



Steve Michels

Photo by Bill Cockerham

Fl. Wayne, IN 15-3 6. -MIKE UHELSKY, Monroe-Woodbury, Central Valley, NY 15-3 Long Jump 1. -GERALD WILLIAMS, Lynnwood, CA (#15 A-T) 24-8.25 [24-0 23-8 24-1 24-8.25 24-3 24-5.5] 2. -CLARENCE SCOTT, Dorsey, Los Angeles, CA 23-10 USL (is USL 24-8.5) 3. -

PREP NOTES

100m Joney David (Charter Oak, Covina)
12.2. 400m Stephanie Jones (Walnut) 58.1.
400m Re Ayala 50.5. 2. Walnut 50.7. LJ
Jones 18-11. Scores: Ayala 155. Athletics
Meet - David Track, Jones Field

Azusa Meet of Champions-Arroyo Distance Carnival

March 23. Azusa Pacific University
Boys:

800m - Frichtel (Hemel) 1:54.6. 2.
Schultz (Yucaipa) 1:56.8. 3. Nale (Yuc)
1:57.8. 4. Glat (Edison, Hunt Bch) 1:58.4.
1600m Frichtel 4:17.5. 2. Lopez (Hoover,
Glen) 4:20.5. 3. Dylan (Edison, HB) 4:24.7.
4. Bernaldo (Nordhoff, Oj) 4:27.5. 3200m -
Clendaniel (Yucaipa) 9:28.6. 2. Roberts
(Edison, HB) 9:29.2. 3. Lyon (Hesperia)
9:31.0. 4. Lopez (Hoover, Glen) 9:32.7. 5.
Orendain (San Gabriel) 9:35.2. 6. Edson
(Yuc) 9:38.0. 7. Emenaker (El Modena, Or)
9:39.4.

Girls:
800m - Whiteside (Yucaipa) 2:19.3. 2.
Dahlberg (El Modena, Or) 2:19.8. 1800m -
Burnis (Ayala, Chino Hills) 4:54.0. 2. White-
side 5:06.3. 3. Meyer (Yuc) 5:12.2. 4. Ray
(Yuc) 5:12.9. 5. Nilsson (Ayala) 5:13.4.
3200m - Welsh (Yucaipa) 10:48.7. 2.
Brown (Yuc) 11:13.3. 3. Smith (Chino)
11:21.2. 4. Burton (El Modena) 11:21.2. 5.
McFall (?) 11:26.7. 6. Schweitzer (Saugus)
11:28.0.

Santa Barbara Easter Relays

Saturday, March 23. La Playa Stadium,
Santa Barbara CC

Boys:
100m (+1.8) Jenkins (Heueneme, Ox-
nard) 10.78. 2. Pipersburg (Santa Barbara)
10.85. 110mH (+3.6) Hughes (Hawthorne)
14.62w. 400m Re Serra (Gardena) 41.65.
2. Hueneme 42.07. 3. Lompoc 42.45.
1600m Re Serra 3:19.86. 2. Hawthorne
3:25.84. HJ Wilkinson (Arroyo Grande) 6-8.
2. Hill (Camantilo) 6-6. PV Kriwinski (AG)
14-00. LJ Jenkins 23-67. Gibbs (Lompoc)
22-8.5. TJ Meier (Righetti, Santa Maria)
46-03.5.

Girls:
100m (+3.2) Hallie (San Luis Obispo)
12.40w. 1500m Cruz (Mexico) 4:50.14. LJ
Rice (Oxnard) 17-5. SP Davidson (Reading)
40-00. Brown (AG) 39-11. DT Godkin
(Carpinteria) 119-7.

Brea Olinda Relays

March 23. Brea HS

Boys:
100m - Griswold (Garden Grove) 10.6.
110mH Hicks-Beach (Manna) 14.9. 400m
Re Garden Grove 42.9. 4x800 Re Garden
Grove 8:24.7.

Girls:
400m Nelson (Brea) 59.6. 1600 Cuth-
bertson (Marina, Hunt Bch) 5:15.6. 400m
Re Woodbridge (Irvine) 50.1.

Tustin Relays

March 23. Tustin HS and Rancho Santiago
CC

Boys:
400m Re - Santa Margarita (Rancho
SM) 43.4. 4x800 El Toro 8:14.8. 4x1600m
Tustin 18:17.7. PV Fox (Edison, Hunt Bch)
14-00. SP Tomps (Esperanza, Anaheim)
52-00.5.

Girls:
4x800 Fountain Valley 9:54.9. Dist
Medley Fountain Valley 13:06.1. 4x1600
Fountain Valley 22:33.3. 2. Santa Ana Val-
ley 22:50.0. TJ Priato (North Torrance) 36-
03. SP Topi (Los Amigos, Garden Grove)
41-02. DT Axton (Los Amigos) 137-02. 2.
De Soto (Esperanza) 126-10. 3. Gadbold
(Mission Viejo) 125-8.

Long Beach Wilson Relays

March 23. Long Beach CC

Boys:
400m Re - Notre Dame (Sherm Oaks)
43.30. 2. Jordan (LB) 43.33. 3. Bishop
Aamf (La Puente) 43.34. 4. Bakersfield
43.53. 800m Re Jordan (LB) 1:30.74. Dis
Med Wilson (LB) 1:10.23. 110mH Wilmore
(Paramount) 14.85. HJ Nelson (La Mirada)
6-9. 2. Barton (Cerritos) 6-6. PV Michels
(Brethren Christian, Cypress) 15-08. 2. La-
mas (South Gate) 14-6. 3. DeMartini
(Harvard-Westlake, North Hollywood) 14-
00. LJ Slater (Pleasant Valley, Chico) 22-
9.5. 2. Tibble (Wilson, LB) 22-8. TJ Slater
47-08.5. SP Mounts (Bakersfield) 61-7.5.
DT Mounts 154-05.5

Girls:
400m Re Wilson (LB) 47.88. 800m Re
Wilson 1:40.10. 1600m Re Wilson 3:58.97.
2. Palmdale 4:00.78. 3. St. Bernard (Playa
del Rey) 4:02.69. 4x800m Louisville (Wood-
land Hills) 10:01.24. Spr Medley Palmdale
4:16.49. Dist Med Peninsula (Rolling Hills)
13:04.1. 1600m Marquand (University, Ir-
vine) 5:16.4. HJ Griffith (Trabuco Hills, Mis-
sion Viejo) 5-4. 2. Givens (Wilson) 5-4. PV
Wyatt (W. Torrance) 9-6. LJ Parker (Bak-
ersfield) 17-6.5. SP Ademiluyi (Poly, LB)
42-11. DT Buckley (Bakersf) 147-2. 2. Bur-
ton (Bakersf) 121-2.

Trabuco Hills HS (Mission Viejo) Invitational

Saturday, March 30. Weather, breezy dur-
ing the day temperature in 70's, calm in
evening temperature dipped into high 60's.

Boys:
100m (R-1) (+2.72) Covington Lyndon
(Villa Park) 11.07w. 2. Alan Manning (Val-
encia, Placentia) 11.11w. (R-3) (+3.16)
Marcus Roberts (Downey) 10.95w. (Inv)
(+1.86) Miguel Fletcher (Alemany, Mission
Hills) 10.47. 2. Kevin Griswold (Garden Gro-
ve) 10.87. 3. Darrel Redeaux (Poly, Long
Beach) 10.89. 4. Melvin Johnson (Wilson,
Long Beach) 10.95. 5. Damon Anderson
(Westchester) 10.97. 200m (R-1) (0 wind

for all races) Marcus Roberts (Downey)
22.38. (Inv) Miguel Fletcher (Alemany, MH)
21.44. 2. Kevin Griswold (Garden Grove)
21.56. 3. Karim Kelly (Poly, LB) 22.17. 4.
Darrel Redeaux (Poly, LB) 22.35. 400m
(Inv) Marcus Anderson (Poly, LB) 49.00. 2.
Hassan Dickens (Dominguez, Compton)
50.46. 3. Ryan Easterday (Don Lugo, Chino)
50.87. 800m (Inv) 1. Jess Strutzel (Hunting-
ton Beach) 1:57.9. 2. Nathan Herbert (Yu-
caipa) 1:58.4. 3. David Lendahl (Dana Hills,
Dana Pt) 1:59.0. 4. Paul Gauci (Alemany
Mission Hills) 1:59.9.

1600m (Inv) Juan Chavira (Hanford)
4:20.0. 2. Brix (University, Irvine) 4:21.2. 3.
Beardlee (Corona del Mar, Newport Beach)
4:23.6. 4. Barragan (Wilson, Long Beach)
4:24.7. 5. Ibarra (Arlington, Riverside)
4:27.3. 6. Gaston (Huntington Beach)
4:28.0. 3200m 1. Juan Chavira (Hanford)
9:16.4. 2. Sean Clendaniel (Yucaipa) 9:19.3.
3. Jesse Baragan (Wilson, Long Beach)
9:26.4. 4. Tony Trueba (Huntington Beach)
9:26.9. 5. Brent Edson (Yucaipa) 9:26.0
(only times taken). 110mH (R-3) (wind
+2.08) Justin Wright (Edison, Huntington
Beach) 15.22w. (Inv) (+2.55) Kenyon Rambo
(Poly, Long Beach) 14.42w. 2. Pat Swanson
(Esperanza, Anaheim) 14.64w. 3. James
Brown (Dana Hills, Dana Point) 15.02w. 4.
Lonny Winegar (Woods Cross, Ut) 15.11w. 5.
Merlin DeMartini (Harvard, North Holly-
wood) 15.28w. 300mH (Inv) Kenyon Rambo
(Poly, LB) 39.38. 2. Dam Shin (Rancho Ala-
mitos, Garden Grove) 40.74. 4x100m (R-1)
Downey 43.27. (Inv) Garden Grove 42.82. 2.
Alemany (Mission Hills) 42.88. 3. Westches-
ter 43.67. 4x200m (Inv) Villa Park 1:31.68.
4x400m (R-1) Poly (Long Beach) 'B'
3:28.79. (Inv) Poly (Long Beach) 3:19.8. 2.
Dominguez (Compton) 3:20.0. 3. Alemany
(Mission Hills) (Fletcher 47.9) 3:20.2. 4. Gar-
den Grove 3:21.82 (Griswold 49.3). 5. Don
Lugo (Chino) 3:27.7. 6. Woods Cross UI
3:29.5. 4x800m - (Inv) Wood Cross (Utah)
8:15.69.

4x1600m - Huntington Beach 18 14.9.
Chino 18:43.3. Sprint Medley (Inv) Wilson
(Long Beach) (Demond Todd 1:58.7)
3:40.09. 2. Burroughs (Ridgecrest) 3:42.67.
Dist Med (Inv) Woodbridge (Irvine) 10:37.5
2. El Modena (Orange) 10:42.8.

HJ - Cory Johnson (Los Alamitos) 6-08.
2. Jeff Fallesen (Warren, Downey) 6-8. 3.
Jon Barton (Cerritos) 6-6. 4. Ron Nelson (La
Mirada) 6-6. 5. Danyl Taylor (Westchester)
6-4. PV - Steve Michels (Brethren Chris-
tian, Cypress) 15-09. 2. Nate Fox (Edison
Hunt Bch) 14-00. 3. Eric Chang (Iolani HS
Oahu, HI) 14-00. 4. David Allen (Woodbridge,
Inv) 13-06. 5. Merlin DeMartini (Harvard-
Westlake, North Hollywood) 13-06. LJ (Inv)
(wind okay) Brian Merchain (Rancho Cucu-
monga) 21-10. SP (Inv) Richie Nichols (Co-
rona del Mar, Newport Beach) 54-05.25. 2.
Sean Jame (Esperanza, Anaheim) 51-04. 3.
Tyler Steel (Harvard-Westlake, No Holly-
wood) 50-09.75. (Open) Billy Battle (Wood-
bridge, Inv) 49-10.5. TJ - (Inv) (wind okay)
Mike Ballou (?) 42-10.75. Discus - John
Bello (Rancho Cucamonga) 168-06. 2. Scott
Moser (Huntington Beach) 164-07. 3. Ed
Taama (?) 159-08. 4. Wayne Griffin (Espe-

ranza, Anaheim) 157-11. 5. Sean Jarne,
(Esperanza, Ana) 155-02. 6. Abe Mendo-
za (Mission Viejo) 154-08. 7. Shane Reese
(Newport Harbor, Newport Beach) 151-11.
Dakis Matza (Esperanza, Ana) 150-02
Girls:

100m (R-4) (+1.90) Rashida Greer
(Poly, Long Beach) 12.56. (Inv) (+3.79) Br-
anna Glenn (La Mirada) 11.89w. 2. Sahai-
ea Showe (Poly, Long Beach) 12.04w. 3.
Erin Stovall (Woodbridge, Irvine) 12.05w. 4.
Tiffany Thompson (Alemany, Mission Hills)
12.35w. 5. Jackie (Dix (Woodbridge, Inv)
12.66w. 200m (R-1) (0 wind for all races).
Virginia Williams (Dominguez, Compton)
26.19 (R-5) LaToya Thomas (Poly, Long
Beach) 26.23. (Inv) Brianna Glenn (La Mi-
rada) 25.14. 2. Zahalea Showe (Poly, LB)
25.46. 3. Ashley Bethel (Mission Viejo)
25.98. 4. Loretta McKinney (Hanford)
26.16. 400m (R-4) Aisha Washington
(Poly, LB) 57.93. (R-5) Karen Anderson
(Edison, HB) 59.07. 2. Nicola Balogun
(Westchester) 59.73. (Inv) Myesha W-
illiams (Poly, Long Beach) 57.12. 2. Loretta
McKinney (Hanford) 57.89. 3. Sherron
Rhetta (Poly, LB) 59.01. 800m (Inv) Sher-
ron Rhetta (Poly, Long Beach) 2:20.68. 2.
Surye Williams (Poly, LB) 2:21.23. 3. Kim
Gaidersleeve (Poly, LB) 2:21.27. 4. Peggy
Hall (Trabuco Hills, Mission Viejo) 2:24.39.
1600m (Inv) Kim Welsh (Yucaipa) 5:01.04
2. Allyson Marquand (University, Irvine)
5:02.73. 3. Angie Winkler (Fountain Valley)
5:05.77. 4. Vickie Whiteside (Yucaipa)
5:11.28. 5. Serena Meyer (Yucaipa)
5:11.94. 6. Christina Ray (Yucaipa) 5:12.88.
3200m - Kim Welsh (Yucaipa) 10:52.9. 2.
Mandy Schwecherl (Laguna Hills) 11:11.4
3. Angie Winkler (Fountain Valley) 11:21.4
4. Kim Bates (Los Alamitos) 11:23.3. 5.
Serena Meyer (Yucaipa) 11:37.8. (only
times taken). 100mH (R-3) (+1.99) Deetra
King (Poly, Long Beach) 15.76. (R-4)
(+3.14) Katy Zimmon (Edison, Huntington
Beach) 15.85. (Inv) (+2.29) Ashley Bethel
(Mission Viejo) 14.61w. 2. Angie Polk (Cer-
ritos) 14.92w. 3. Erin Stovall (Woodbridge
Irvine) 15.14w. 4. Rashida Green (Poly,
Long Beach) 15.26w. 5. Kerry O'Bnc (Edi-
son, Huntington Beach) 15.32w. 6. Robin
Leafblad (Arlington, Riverside) 15.38w. 7.
Joanne Hunt (Westchester) 15.59w.
300mLH (R-4) Mika Ellis (Riata) 47.76.
(Inv) Polk (Cerritos) 44.98. 2. Robin Leaf-
blad (Arlington, Rivers) 46.24. 3. Deetra
King (Poly, LB) 46.29. 4. Heavin Hoshino
(Woodbridge, Inv) 46.77. 5. Leanne Slater
(Pioneer, San Jose) 47.24. 4x100m (R-3)
Poly (Long Beach) 'B' 50.98. (Inv) Poly
(LB) 'A' 47.88. 2. Chino 48.83. 3. Brea-
bridge (Irvine) 48.92. 4. Westchester
49.63. 5. Cerritos 50.19. 6. Brea-Olinda
50.90. 7. Mission Viejo 50.92. 4x200m
(Inv) Chino 1:45.23 (Angela Williams 23.41
4x400m (R-2) Westchester 4:04.9. 2.
Poly (Long Beach) 'B' 4:06.7. 3. Brea-
Linda 4:08.6. (Inv) Poly (Long Beach) 'A'
3:51.7. 2. Woodbridge (Irvine) 4:08.0. 3. Ed-
ison (Huntington Beach) 4:09.8. 4x800m
(Inv) El Modena (Orange) 9:50.48. 2. Ale-
many (Mission Hills) 9:51.08. 3. Mission
Viejo 9:58.09. 4x1600m - Dana Hills

PREP NOTES

21:50.9, 2. El Modena (Orange) 21:53.1, 3. Espinosa (Anaheim) 22:11.1, 4. Los Alamitos 22:38.9, 5. Foothill (Santa Ana) 22:58.8. 1600m Medley - (Inv) Edison (Huntington Beach) 4:14.17, 2. Chino 4:16.15 (Angela Williams 57.2). Diet Med Re (Inv) University (Irvine) 12:32.3 (Marquand 5:09), 2. Dana Hills (Dana Pt) 12:56.5, 3. Newport Harbor (Newp Bch) 12:57.1, 4. Esperanza (Ana) 13:03.3, 5. Mission Viejo 13:19.7.

HJ (Inv) Taybba Haneel (Laguna Hills) 5-10, 2. Shavett Williams (Poly, LB) 5-8, 3. Damesha Griffith (Trabuco Hills) 5-4. PV - (Inv) Enca Hemig (Foothill, Santa Ana) 10-0, Jenny Thompson (Woodbridge, Inv) 8-6, LJ (Inv) (all wind-legal) Kerry O'Bric (Edison, HB) 18-2 1/2, 2. Kelly O'Connor (Esperanza, Anaheim) 17-10.5, 3. Harris (Cerritos) 17-8.5, 4. Erin Stovall (Woodbridge, Inv) 17-7.25, 5. Ashley Bethel (Mission Viejo) 17-4.5. TJ - (wind okay) Kelly O'Connor (Esperanza, Anaheim) 39-04.5, 2. Erica Dickson (Mission Viejo) 36-3.25, Ebony Poe (Cerritos) 35-08.25, 4. Anita Sampson (Rancho Cucamonga) 34-06.5. SP (Open) Claudia Faaloolia (Garden Grove) 35-1, 2. Margie Nimata (Rancho Alamitos, Garden Grove) 34-10, (Inv) Marie Philman (Edison, HB) 41-1 1/2, 2. Cynthia Ademiyi (Poly, Long Beach) 40-00, 3. Jenny Shutt (Edison, HB) 39-11, 4. Kerry O'Bric (Edison, HB) 38-4 1/2, 5. Sherilyn Frazier (Cerritos) 37-7, 6. Laura Wilson (Newport Harbor, Newp Beach) 36-00. DT - (Inv) Carrie Axton (Los Amigos, Fountain Valley) 133-08, 2. Wendy Dufresne (Woodbridge, Irvine) 127-05, 3. Kari DeSoto (Esperanza, Ana) 125-8, 4. Katie Enslay (Los Alamitos) 122-2, 5. Marie Philman (Edison, Hunt Bch) 121-05, 6. Jenny Shutt (Edison, HB) 121-00, 7. Marie Arthur (Esperanza, Ana) 115-6.

Pasadena Games

March 30. Occidental College (No wind readings provided - results difficult to read, some hundredths below probably off, places and times out of order on many events in result sheets)

Boys:

100m - S. McCullough (Muir, Pasadena) 10.79, 2. Vince Williams (University City, San Diego) 10.80, 3. D. Holmes (Muir, Pas) 10.91, 4. Clarence Scott (Dorsey, LA) 10.95, (R-2) Mike Sanford (Pasadena) 11.03, 200m - Williams 21.55, 2. Brian Johnson (Marshall, Pas) 22.36, 400m - Juconie Tryon (Muir, Pas) 48.66, 2. Kashus Perone (Eisenhower, Rialto) 49.49, 3. Chris Forde (Notre Dame, Sherman Oaks) 49.57, 4. Mike Sanford (Pas) 49.76, 5. Carlos Gonzales (University City, SD) 50.59, (R-2) Carlos Aguilar (Palisades, Pac Pal) 50.08, 2. Ivan Boynton (Crenshaw, LA) 50.72, 800m (Inv) Obea Moore (Muir, Pas) 1:53.68, 2. Xavier Savant (Muir, Pas) 1:55.37, 3. Garrick Goods (Dorsey, LA) 1:55.61, 4. Doug Singer (Santa Ana) 1:57.97, 5. Chris Simonds (Crescenta Valley, La Cresc) 1:58.59, (R-2) Jan Maynard (Marina, HB) 1:57.44, 1600m - Brent Bol-

ton (Scripps Ranch, SD) 4:22.26, 2. Michael Murray (Santa Margarita, Rancho SM) 4:23.88, 3. Will Bernaldo (Nordhoff, Ojai) 4:24.08, 4. Imar Rodriguez (Taft, Woodland Hills) 4:24.18, 5. Omar Vega (Nordhoff, Oj) 4:24.29, 6. Chad Schmidt (North, Bakersfield) 4:26.62, 7. Bryan Green (Little Rock) 4:27.02, 8. Mike Gavar (Tustin) 4:27.11, 3200m Chad Schmidt (North, Bakersfield) 9:23.30, 2. Kevin Koepfer (St. Francis, La Canada) 9:28.96, 3. Bryan Green (Little Rock) 9:29.27, 4. Ryan Deane (Peninsula, Roll Hills) 9:32.96, 5. Geyer (Palmdale) 9:36.81, 6. Efrain Garcia (Fillmore) 9:38.20, 110mHH 1. Makio Haywood (Muir, Pas) 13.94, 2. Sheril Paxton (Crenshaw, LA) 14.04, 3. D. DeGrammont (Tustin) 14.09, 4. Reggie DePass (Montgomery, San Diego) 14.86, 5. Matt Blasdel (Santa Margarita, Rancho SM) 15.06, (R-2) Derrick Evans (Muir, Pas) 14.65, 300mHH Makio Haywood (Muir, Pas) 37.63, 2. Glen Valdez (Stockdale, Bakersfield) 39.38, 3. Chad Hicks-Beach (Marina, Hunt Bch) nt, 4x100m - Muir (Pas) 41.10, 2. University City (SD) 42.63, 3. Notre Dame (Sherm Oaks) 43.74, 4. Taft (WH) 43.82, (R-2) Crenshaw (LA) 42.49, 2. Marshall (Pas) 43.04, 3. Blair (Pas) 43.14, 4. Santa Margarita (Rancho SM) 43.32, 4x400 Muir (Pas) 3:08.75, 2. Dorsey (LA) 3:16.65, 3. Taft (WH) 3:23.04, 4. Hamilton (LA) 3:26.26, 5. Pasadena 3:27.06, 6. University City (SD) 3:28.08, (R-2) Muir "B" 3:20.79, 2. Eisenhower (Rialto) 3:21.03, 3. Marshall (Pas) 3:26.82, Diet Med Re - Santa Margarita (Rancho SM) 10:30.60, 2. Tustin 10:40.91, 3. Eisenhower (Rialto) 10:43.24.

HJ Todd Kozuki (Reedley) 6-4, PV - Chad Salisbury (Stockdale) 14-0, LJ - Clarence Scott (Dorsey, LA) 23-02.5 (-0.2 wind), 2. Brent Hayes (Notre Dame, SO) 21-10.5 (+0.1 wind), TJ - Derrick Evans (Muir, Pas) 48-06.25 (nw), 2. Tony Carr (Palmdale) 45-02, SP Mike Lopez (Arroyo, El Monte) 53-10, DT Lopez 156-03, Girls 100m Latroya Mucker (Hamilton, LA) 12.16, 2. Latrice Borders (Wilson, LB) 12.30, 3. Disa Page (Muir, Pas) 12.35, 4. Janice Thomas (Dorsey, LA) 12.43, 5. Tanisha Holmes (Palmdale) 12.49, 6. Bo Alade (Foothill, Bakersf) 12.51, (R-2) Michael Irby (Marshall, Pas) 12.50, 2. Antiba Green (University City, SD) 12.52, 200m Kinchasa Davis (Wilson, LB) 24.54, 2. Mucker 24.70, 3. Borders 24.10, 4. Joni Smith (Wilson, LB) 25.11 (lists 24.11), 5. Alade 25.17, 6. Irby 25.45, 400m Smith (Wilson) 55.55, 2. Davis 57.19, (R-2) Amanda Bernal (Stockdale, Bakers) 59.50, 800m Maribel Delgado (Valley, Santa Ana) 2:15.66, 2. Jamie Claiborne (Peninsula, Roll Hills) 2:16.26, 3. Kadrina Coffee (Palmdale) no time, 4. Betty Butler (Dorsey, LA) no time, (R-2) Shaella Lutor (Marshall, Pas) 2:18.12, 2. Meaghan Dunne (Buena, Vent) 2:18.14, 1600m Heather Cuthbertson (Marina, HB) 5:06.41, 2. Sarah Ellis (La Canada) 5:10.97, 3. Tracy Cohn (Stockdale, Bakersf) 5:14.36, 4. Latanya Sumlin (North, Bakersf) 5:18.89, 3200m Julie Harris (Canyon, Cany Cntry)

11:06.91, 2. Laura Fleishman (Canyon, CC) 11:09.11, 3. Sarah Schmidt (Scripps Ranch SD) 11:13.50, 4. Country Baird (University HS, San Diego) 11:14.38, 5. Jaymie Harper (Santana, Santee) 11:14.41, 6. Beth Schwetzer (Saugus) 11:17.59, 100mHH Khameel Fleming (Dorsey, LA) 15.04, 2. Nadine Myvett (Wilson, LB) 15.24, 3. Janell Nelson (Wilson, LB) 15.26, 300mHH Nelson 44.19, 2. no name 44.81, 3. Jennifer Knowles (Muir, Pas) 44.85, 4. Myvett 45.06, 5. Bridle Hatch (Nordhoff, Oj) 45.63, 4x100m Wilson (Long Beach) 46.89, 2. Palmdale 47.07, 3. Dorsey (LA) 47.99, 4. Taft (WH) 49.52, 5. University City (SD) 50.25, 6. Muir "A" 50.35, (R-2) Muir "B" 49.61, 2. Palmdale "B" 50.51, (R-3) Hamilton (LA) 49.61, 4x400m Wilson (LB) 3:48.18, 2. Muir (Pas) 3:52.99, 3. Palmdale 3:55.02, 4. Dorsey 3:56.23, 5. Taft (WH) 4:06.37, (R-2) Wilson "B" 4:00.41, 2. Foothill (Bakersf) 4:03.40, Dist Med - Louisville (Wood Hills) 12:21.76, 2. Stockdale (Bakersf) 12:32.21, 3. Canyon (CC) 12:32.63, 4. University HS (San Diego) 12:33.13, 5. Valley (SA) 12:48.59, HJ Crystal Givens (Wilson, LB) 5-2, PV - Stephanie Heup (Marina, HB) 10-06, LJ Kara Walker (Muir, P) 17-00.75, TJ Ming Zhang (Alhambra) 32-07.75, SP Stacey Davidson (Reedley) 38-06.25, 2. Sonya Bryant (Marina, HB) 36-11.25, DT Bryant 117-1, 2. Denni Lara (North, Bakersf) 115-09, 3. Davidson 114-7.

Bishop Amat Relays

March 30. Mt. San Antonio College.

Boys:

100m - Pipersburg (Santa Barbara) 10.96, 2. McNair (Mater Dei, SA) 10.99, 200m - Williams (Lynwood) 21.62, 2. Pipersburg 21.80, 3. Thomas (Bakersf) 22.09, 400m Macias (Bishop Amat, La Pi) 48.99, Jones (Chandler, Az) 49.60, 3. Logan (Banning, Wilmington) 49.89, 800m Brown (Crawford, SD) 1:54.08, 2. Gonzalez (W Covina) 1:55.97, 3. Mause (Simi Valley) 1:56.55, 1500m - Brown 4:01.3, 2. Taylor (Pennsua RH) 4:05.6, 300m - McQuilty (Grossmon La Mesa) 8:52.5, 2. Wickersham (Mater Dei, SA) 9:02.1, 110mHH Stanford (Alta Loma) 14.98, 2. Motley (AL) 15.22, 300mHH Motley 39.76, 400m Re Bakersfield 42.66, 2. Lynwood 42.74, 3. Santa Barbara 43.01, 800m Re Lynwood 1:29.10, 1600m Re Alta Loma 3:23.88, 2. Bakersfield 3:24.86, 3. Banning (Wim) 3:25.14, Diet Med - Barstow 10:41.56.

HJ - Motley 6-6, PV Ortiz (La Puente) 14-6, 2. Whalem (Mater Dei) 14-00, LJ Wingfield (Carson) 23-06.25, TJ Olekabe (Cimmaron, Las Vegas) 49-05, 2. Williams (Lynwood) 49-3, 3. Pierce (Bakersf) 45-06, SP Mounts (Bakersf) 59-9, 2. Gillian - San Benito, Hollister) 53-4.75, DT Beadle - Highland, Bakersf) 170-11, 2. Chelton (Cimmaron, LB) 166-2, 3. Stewart (Cimmaron, LB) 157-6.

Girls:

100m Barnes (BA) 12.62, 200m Barnes 26.03, 400m Bonner (MD) 59.0, 800m Belvans (Peninsula) 2:18.79, 3. Wanbur (Row-

land, Rowl Hits) 2:19.36, 1500m Ebner, St Lucy's, Glendora) 4:44.4, 3000m Ebner 10:05.7, 2. Zhang (Rowland) 10:40.0, 100mHH Parker (Bakersf) 15.28, 2. Shaw (Chandler, Az) 15.29, 300LH Shaw 46.07, 2. Wall (Cimmaron, LV) 46.35, 400m Re South Bakersfield 49.84, 2. Redlands 49.9, HJ Stevenson (Diamond Bar) 5-4, 2. Wall (Cimmaron, LV) 5-4, 3. Kunasec (Claremont) 5-4, PV Pratt (Fairbrook) 9-0, LJ Parker (Bakersfield) 17-6, TJ Johnson (Castle Park, Chula Vista) 36-02, SP Brown (Lynwood) 37-6.5, DT Buckley (Bakersfield) 143-10, 2. Burton (Bakersfield) 133-10, 3. Martinez (Durango, LV) 123-7.

San Luis Obispo County

Arroyo Grande

Boys:

1600m Burchmore (Morro Bay) 4:26.8, 2. Festa (MB) 4:28.0, 3200m Festa 9:44.2.

HJ Wilkinson (Arroyo Grande) 6-10, 2. Jenkins (Paso Robles) 6-6, PV Kwnisku (AG) 14-6, LJ Wilkinson 22-5, Jenkins 22-0, DT Neft (AG) 155-9.

Girls:

PV Johnson (Atascadero) 10-6, 2. Sanders (AG) 9-6, SP Brown (AG) 42-04.5, 2. Hatchett (AG) 41-04.75, DT Hatchett 137-8, 2. Brown 123-03.

Westside Inv

Beverly Hills HS

Boys: HJ Christian (Crenshaw, LA) 6-4.

4

Girls: 100m Wallace (Pomona) 12.2, 100mH Perry (Quartz Hills) 15.1, 300mH Perry 44.0, 400m Re St. Bernard (Playa del Rey) 49.2, TJ Nieto (North Torrance) 37-7.



Van Mounts

Photo by Bill Cockernan

Part II

Training Your Horizontal Jumpers

By ED LUNA

UC Riverside Coach & AAF/CIF Instructor



THE TRIPLE Jump requires speed, power, rhythm, balance, flexibility, concentration, and body awareness. The triple jump has been referred to as "POWER BALLET."

It is best to start out with the basic movements by having your athletes Hop, then Step, then Jump from a standing start. The take-off foot should be the athlete's strongest leg due to the fact it will be used for the Hop and the Step, or determined by the athlete's preference. The jumper should concentrate on an even rhythm for each landing. The foot strike of the Hop and Step should be flat or full-footed, with the landing leg knee bent slightly in preparation for take-off.

Break the jump into its component phases. Teach the hop phase by having the athlete do a walking one-legged hop several times, then incorporate the circling action of the hop leg. Follow this with multiple one-legged hops with a circling leg, flat landing, and upright posture.

After learning the Hop, move onto the Step and Jump phases. Consecutive bounds duplicate the step and jump actions. The jumper should do these with a double-arm action and land full-footed. The desired distance of each bound should be the Hop 35%, the Step 30%, and the Jump 35% of the total jump.

Next combine the three phases of the jump. Start with Hop and Step combinations on grass. Stress carrying momentum from the Hop into the Step. Finally, add the Jump phase. Again, emphasize carrying momentum from one phase to the next with an even rhythm for each phase. While learning the event, stress the desired percentages in each phase of the jump. Once the jump phases have been put together, slowly add steps to the run-up in accordance with the athlete's ability to control his speed properly.

The approach run for the Triple Jump is similar to that of the Long Jump. The purpose of both run-ups is to create the greatest amount of speed that can be controlled for that jump. Lack of strength and technique skills will reduce the distance and the amount of speed that can be carried successfully into the jump.

The major difference in the triple jump approach is the transition into the jump. The lowering of the center of mass in preparation to jump is very slight in the triple jump. The full-footed contact of the penultimate step is eased back and substantial flexing of the leg is eliminated. The athlete runs off the board in an effort to maintain horizontal velocity and minimize the vertical component in the hop. Excessive height on the hop will hinder the jump because the increased absorption time upon landing reduces horizontal speed. Informing your athletes to think of **running off the board** and **not jumping off the board** will also help prevent the excessive height. The athlete's eyes should

be focused on the rear of the pit for the entire jump, start to finish.

The Hop Phase

The initial phase of the triple jump begins with the athlete running off the board. The athlete should be thinking **out and up** as they leave the board. The take-off leg is fully extended for a complete push off the ground and the drive leg thigh should be nearly parallel to the ground at take-off, with the knee joint at approximately a 45 degree angle, and the foot relaxed. The foot of the take-off leg will be pulled to the buttocks. The drive leg will then begin to rotate from in front of the center of gravity to behind it, while the take-off leg begins to pull forward. As the thigh of the take-off leg reaches parallel, the lower portion of the leg extends past the knee, with the foot dorsi flexed. Once the leg is extended, the athlete then forcefully drives the entire leg downwards, setting himself up for an **active landing**. Flexibility is critical here; the greater the angle of extension during flight, the more "AIR" time and greater the Hop.

The Step Phase

The second phase of the triple jump begins as a take-off foot returns to the ground. The take-off leg is fully extended with the drive leg thigh just below parallel to the ground. As the athlete leaves the ground, the take-off leg stays extended behind the center of gravity with the calf held approximately parallel to the ground through mid-flight.

continued next page

California Track and Cross Country COACHES ALLIANCE

At the same time, the opposite leg drives to waist level where it remains through mid-flight of the Step phase. The angle of the knee joint should be no greater than 90 degrees. As the athlete begins to descend, the drive leg extends with a flexed ankle (creating a long lever) and snaps downward for a quick transition into the third phase. During the Step phase, the athlete is concentrating on riding the step as long as possible. This is usually the weakest of the Triple Jump phases and requires the most coaching.

The Jump Phase

The third and final phase of the Triple Jump is a long jump preceded by a jump rather than a run. The take-off leg (the drive leg in the previous phases) is extended forcefully upon contact with the ground. With the free-leg thigh driving to the waist level again. The arms drive forward and up, and block momentarily when the hands reach face level. The torso should be held erect with the chin up and eyes looking beyond the pit. Once in the air, the legs move into a hang position with both thighs directly below the torso, legs bent at the knees to an angle of 90 degrees or less. The arms are extended overhead to slow rotation with the hands reaching for the sky. This position is held through mid-flight. The arms then drive forward, down, and back as the legs, simultaneously, swing forward and the thighs rise parallel to the ground. The knees remain bent to take advantage of a shorter lever. When the thighs reach parallel the legs extend rapidly with the ankles flexed and toes pointing up. The athlete holds this position until his heels hit the sand. As the knees collapse, the hips rise and the athlete slides through the sand. The butt has to get dirty for the best results.

Arm Action Through the Three Phases

The use of a single (speed-oriented) or a double (power-oriented) arm action at

Sample Training Patterns for Horizontal Jumpers

Sprinters/ Long Jumpers	Pre-Season	Mid-Season	Peak Season
Bounding/Plyometrics	Mon/Thurs	Mon	Mon
Sprint repetitions	Tues	Tues	Tues
Approaches	Wed/Fri	Wed/Fri	Wed/Thurs
Starts	Wed	Wed	Wed
Exchanges	Fri	Fri	Thurs
Long Jump drills	Sat	Mon	Mon
Competition	N/A	Thurs/Sat	Sat
Rest	Sun	Sun	Fri/Sun
Long & Triple Jumpers	Pre-Season	Mid-Season	Peak Season
Bounding/Plyometrics	Mon/Thurs	Mon	Mon
Sprint repetitions	Tues	Tues	Tues
Approaches	Wed/Fri	Wed/Fri	Wed/Thurs
Exchanges	Fri	Fri	Thurs
Long Jump drills	Sat	Mon	Mon
Triple Jump drills	Wed	Wed	Wed
Competition	N/A	Thurs/Sat	Sat
Rest	Sun	Sun	Fri/Sun
Triple & High Jumpers	Pre-Season	Mid-Season	Peak Season
Bounding/Plyometrics	Mon/Thurs	Mon	Mon
Sprint repetitions	Tues	Tues	Tues
Approaches	Wed/Fri	Wed/Fri	Wed/Thurs
Exchanges	Fri	Fri	Thurs
High Jump drills	Sat	Mon	Mon
Triple Jump drills	Wed	Wed	Wed
Competition	N/A	Thurs/Sat	Sat
Rest	Sun	Sun	Fri/Sun

take-off depends on the athlete's preference. For athletes just being introduced to the triple jump, a single-arm take-off is easier to execute because of its similarity to a running motion. The double-arm method leads to more power at take-off, but novice triple jumpers often reduce their approach speed in preparation, thereby negating the effects of any added power.

In the single-arm method, the arm opposite the free leg drives forward and up, blocking when the hand reaches face level. The angle at the elbow should be between 80 and 110 degrees. The hand should never drive higher than the nose. This position is held briefly until both arms move back in preparation for the next phase.

With the double-arm method, the lead arm crosses slightly in front of the body on the penultimate step. As the take-off step is initiated, the arm pauses next to the body rather than swinging behind as

with a normal stride. The arm, as it descends, will bounce off the hip meeting with the trailing arm and both arms work in unison throughout the rest of the jump. As the take-off foot contacts the ground, both arms drive forward and up from the body. The angle of the arms at the elbows will be greater than 90 degrees in order to create a more powerful impulse forward.

There is less need for upward drive with the arms because of the double-arm action. As with the single-arm method, the hands are blocked momentarily at face level and the drive leg is blocked when the thigh nears waist level. However, the emphasis here should be on preserving horizontal speed, not gaining height off the ground. Driving the arms and leg provides the needed vertical impulse off the ground without attempting to jump upward. After the arms have blocked, they are then pulled behind the body in preparation for the Step phase.

continued next page

SPRINTS...

Periodization

By Tony Veney

Co-Chair, USATF Women's Sprint Development

PERIODIZATION is the ability of the coach and athlete to organize your season to reach an optimal performance at the right moment. This involves introducing the athlete to levels of stress and recovery that will enable them to hit their best effort with the lowest potential for illness or injury.

If you are working with a track season that will probably have 20 to 25 weeks in it, you can take a long hard

look at the number of weeks you can devote to what part of the two main phases. In the preparatory phase, you are getting your young athlete training to train. This period should take up 35% to 50% of your training regimen. By taking your time in getting your athletes to adapt to the higher demands, you avoid injury and costly down time. This does not mean that you play "kid gloves" with them, but when you hammer them, give them adequate rest (rest is not profanity



and should be a part of your training philosophy, and not only when they've been busted up--some of your kids will train hard everyday if you let them,

that's not intelligent training).

With all of the things that can be accomplished during the general prep phase, breaking your days up into 10 to 14 day cycles will enable you to touch on all the elements of the athlete's physical development you'd like. Within the confines of a

continued next page

Horizontal Jumpers...

When using double-arm method, the coach must make sure the athlete is not **loading up** before the first phase by cocking both arms back at take-off. **Loading** only decreases the crucial horizontal velocity.

Foot Strike Through the Three Phases

The transition from Hop to Step, and Step to Jump is of utmost importance in maintaining the greatest velocity during each phase of the Triple Jump. This active landing, referred to as **pawing**, is similar to the footstrike of a tiger, reaching out, grabbing the ground and pulling it towards him. In an active landing the athlete's leg is extended, the ankle flexed and the entire lever pulled down forcefully striking the ground mid-foot. Upon contact the body rolls forward over the foot onto the toes while pushing off the ground. If the athlete lands stiffly on the heel, a braking action occurs, de-

creasing velocity and distance, and increasing the chance of injury.

I hope these articles (Part I appeared in the March 1996 issue) will be helpful in training your horizontal jumpers. If all else fails, just tell them to have fun and jump far.

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

California is fortunate to have many capable and successful coaches in track, field and cross country. If you are interested in sharing your coaching expertise within this forum, or would like to comment on a past article, please contact George Payan, 23931 Catbird Ct., Laguna Niguel, CA 92677, FAX (714) 831-7443.

In addition, please send any information you have on California coaching clinics. Thank you!



Correction to Part I of Training Your Horizontal Jumpers

(March 1996 issue, pg. 49, paragraph 2)

Teaching the Long Jump and Triple Jump The Approach Run

The length of the approach should be approximately 6 to 12 strides for high school athletes (two steps equal one stride).

Goal: To develop the maximum controllable velocity which can be converted into a jump for each individual jumper.

Considerations:

- ▲ # of events
- ▲ Timing of events
- ▲ Pre-season, in-season, post-season
- ▲ Running surface
- ▲ Athlete's conditioning
- ▲ And more

My philosophy: Too short is better than too long. Too long of an approach will destroy the velocity desired at the take-off.

PERIODIZATION, continued

general prep 10 day cycle, you can touch the following:

- ✓ strength training on the track and in the weight room
- ✓ acceleration development (short jumps-hills-tire pulls)--make sure that speed in ever-increasing amounts are used throughout the year
- ✓ medicine ball days with in-place jumps (hops-depth jumps)
- ✓ technique work (form running-slow learning)
- ✓ speed development (fly-ins and Max speed)
- ✓ speed work (different from speed development)
- ✓ hills and tire pulls to develop power (longer reps)
- ✓ acceleration day number 2
- ✓ sprint circuit of drills over a set course
- ✓ technical day number 2 (everyday should be on form, but some days need slower technical mastery).

As you go into your specific prep phase, you are no longer training to know how to train. You are now training to compete. You may already have run some meets, but you should hold off on trying to get them race sharp too early. Your peak can be reached in about 8 to 10 weeks and can be held for another 8 weeks, if you use a **single peak approach**. Many of the things you concentrated on in the general prep phase are present in the specific phase, but the volume and intensities are beginning to change. Some other minor changes should include:

- ✓ race modeling (take bits of the race and attack them)

- ✓ more speed endurance
- ✓ more explosive work
- ✓ technique, power, speed, special endurance are woven together to build a strong body resistant to injury

The competitive period is broken down into early competitive events to test fitness and to try different race plans. It's also time to test technical fitness, as well as mental fitness. You can use the competitions to train as you attempt to get in the weekly phase goals. And early competitions can help your athletes deal with running rounds by hammering them on Thursday and bringing back at a weekend invite, having them compete in three or four events (make sure that they get two to three days of "easy does it" after you try this, so they can recharge the central nervous system).

The theories behind periodization are based on the knowledge that the human physiology can bounce back after 24 to 48 hours of intense training. With that in mind, you should be able to organize your days, weeks and months into a viable plan for success. The workouts will come to you as you realize what you want to do and what time of year it is.

Mon hard speed (short)	Tues pool	Wed acceleration fly-ins	Thurs tech runs pool 40 min	Fri easy
Sat race	Sun rest	Mon strength work	Tues special endurance	Wed pool 40 min
Thurs relays/starts or modeling speed endurance	Fri easy	Sat race or max speed	Sun rest	

Prep Notes

By Doug Speck

✓ GOLDEN WEST INVITATIONAL

Mike Larsen reports that the **Golden West Invitational**, scheduled this year for **Saturday, June 8**, has guaranteed the winner of each California State Meet event a spot in the annual Invitational billed as a "National High School Championship." The best male and female prep athletes from across the nation from all grades compete each year in the competition at Sacramento.

✓ STATE TRACK MEET TO MOVE NORTH

In a vote by the section representatives to the State CIF that was part of a deal to bring the State Basketball Tournament down south, the State Track Meet will begin a northern rotation in 1997 that will have it held in Northern California. With the great success of the 1995 Sacramento Senior Nationals in the sport, it is hoped that the momentum that started last summer can continue with support for the State High School Meet to be run and supported on a par with one of the more pleasant senior title affairs in recent years. It would appear that Hughes Stadium in Sacramento, a nine-lane facility is the early front-runner in the site possibilities.

✓ 1996 JUNIOR NATIONAL TRACK & FIELD CHAMPIONSHIPS

The U.S. Junior National Championships in Track & Field, for those athletes born 1977 or later, will be held **June 28-29, 1996** in **Columbus, Ohio** at Ohio Wesleyan University. This Meet will bring together the finest young athletes in the country and serve as the qualifying competition for the World Junior Championships in Track & Field in Sid-

continued next page.

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Speck's Notes, continued

ney, Australia August 20-25, 1996. The U.S. Junior Championship Meet is the only end of season competition for high school athletes that can lead on to valuable international experience as the member of a U.S. Junior National Team.

The U.S. Junior Championship competition is a highlight of the season for the top high school athletes in the nation. The 1995 Junior Championship Meet in Walnut, California at Mt. San Antonio College, was headlined by the presence of *Track & Field News* Prep Male and Female Athletes of the Year, Jerome Young of Connecticut and Joanna Hayes of Riverside, California. Both athletes went on to star for the U.S. Junior National team in the Pan American Junior Championships in Santiago, Chile, after qualifying for that team from the Walnut competition. The last World Junior Championships in 1994 in Lisbon, Portugal was a spectacular one for the Junior National team, with the U.S. almost doubling the medal (gold-silver-bronze) count of any other nation with a total of seventeen first, second, or third place awards. Preps who brought home medals were from Pennsylvania, Tennessee, California, Texas, Louisiana, Georgia, Colorado, South Carolina, Virginia, and New York, showing the geographically diverse nature of the U.S. Championships and participation from across the country. A number of National High School Records have been set in recent years in the USA Track & Field Junior National Championships or by members of the U.S. Junior National team chosen from that competition during summer international meets. Seven of the top ten on the Boys' side in voting for 1995 US Prep Male Athlete of the Year, and the top nine on the Girls' side for that honor were all participants in the U.S. Junior National Championships during their prep careers. Many of these athletes were members of the U.S. Junior National team in summer meets, picking up invaluable international experience. The presence at the U.S. Junior Nationals of these top male and female stars shows the importance of that competition in the seasonal plan of top prep athletes. Of the one hundred and sixty high schoolers accorded All-American status by *Track & Field News* for 1995 eligible for the Junior Championships, ninety-six competed in the 1995 National Junior Championships. Over half of the U.S. Junior National team selected from last year's U.S. Junior National Championship Meet was of High School age. Most College coaches follow the Junior Championships to discover future recruits.

1996 USA TRACK & FIELD JUNIOR OUTDOOR CHAMPIONSHIP QUALIFYING STANDARDS

MEN		WOMEN	
	Auto/Hand		Auto/Hand
100m	10.64/10.4	100m	12.14/11.9
200m	21.54/21.3	200m	24.74/24.5
220y	21.64/21.4	220y	24.84/24.6
400m	47.84/47.7	400m	56.14/56.0
440y	48.04/47.9	440y	56.44/56.3
800m	1:53.14/1:53.0	800m	2:15.14/2:15.0
880y	1:53.24/1:53.1	880y	2:16.14/2:16.0
1500m	3:58.14/3:58.0	1500m	4:46.14/4:46.0
1600m	4:15.14/4:15.0	1600m	5:04.94/5:04.8
1 Mile	4:17.14/4:17.0	1 Mile	5:06.14/5:06.0
3000m SC	9:40.00/9:40.0	3000m	10:25.14/10:25.0
2000m SC	6:27.00/6:27.0	3200	11:05.14/11:05.0
3000m	8:40.00/8:40.0	2 Mile	11:10.14/11:10.0
3200m	9:16.00/9:16.0	5000m	18:30.14/18:30.0
2 Mile	9:19.20/9:19.2	10,000M	40:00.14/40:00.0
5000m	15:10.00/15:10.0	100m H (33")	14.64/14.4
3 Mile	14:25.00/14:25.0	100m H (30")	14.34/14.1
10,000m	32:45.00/32:45.0	300m H (30")	44.14/44.0
110mH (42")	14.64/14.4	400m H (30")	63.14/63.0
110mH (39")	14.24/14.0	3K Walk	16:00.14/16:00.0
400mH (36")	53.94/53.8	5K Walk	28:30.14/28:30.0
400mH (30")	53.74/53.6	10K Walk	58:00.14/58:00.0
300mH (36")	37.64/37.4		Metric/English
300mH (30")	37.14/36.9	High Jump	1.70/5-07.00
5K Walk	25:28.00/25:28.0	Pole Vault	2.90/9-06.25
10K Walk	55:15.00/55:15.0	Long Jump	5.70/18-8.5
	Metric/English	Triple Jump	11.60/38-0.75
High Jump	2.09/6-10.25	Shot (4K)	12.75/41-10
Pole Vault	4.72/15-05	Discus	42.50/139-5
Long Jump	7.28/23-10.75	Hammer	37.00/121-05
Triple Jump	14.63/48-00	Javelin	39.00/127-11
Shot (16#)	15.54/51-00	Heptathlon	4200 (FAT)
Shot (12#)	17.98/59-00		
Discus (2K)	47.24/155-0		
Discus (HS)	53.34/175-00		
Hammer (16#)	42.68/140-0		
Hammer (12#)	48.78/160-0		
Javelin (NEW)	54.86/180-00		
Javelin (OLD)	59.44/195-00		
Decathlon	5900 (Int'l)		
	/6025 (HS)		

Qualifying Guidelines:

1. All qualifying marks for running events must be made on a standard indoor or outdoor track. 2. Qualifying marks must be made in 1) USATF or IAAF sanctioned meets, 2) collegiate meets, or 3) high school meets, except dual and triangular meets. 3. Junior Qualifying standards must be met from May 1, 1995 through June 21, 1996. 4. A three percent (3%) altitude adjustment, on the standard, is permitted on track events of 1500 meters and longer, contested at a facility 4000 feet or more, above sea level. 5. A manual time may not be used for qualifying if a fully automatic time exists for the race. A manual time may not supersede a fully automatic qualifying time for an event. 6. Times submitted in hundredths of a second must be fully automatic times. 7. 1500-meter, 1600-meter, one mile, 3000-meter, 3200-meter, two mile, and three mile qualifying times also qualify for the 5000 meters and 10,000 meters both men and women and the 3000 meter steeplechase.

Plan to finish your 1996 season against the very best of your age, and plan on this invaluable experience in your 1996 outdoor seasonal plans!! (As you can see from the enclosed qualifying date guidelines you may already be qualified from 1995 best efforts).

More information on the 1996 United States

Junior Track & Field Championships can be secured by contacting the Meet Management. Wayne Roberts, at U.S. Junior Nationals, Columbus Recreation Department, 90 West Broad Street, Columbus, OH 43215-9019 - (Ph) (614) 645-8431 or (fax) (614) 645-5801.

California Track and Cross Country Coaches Alliance

Why Should I Join The Coaches Alliance?

Now in its sixth year, the CALIFORNIA TRACK AND CROSS COUNTRY COACHES ALLIANCE is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field.

The Alliance provides your only unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows, a group consensus helps to bring about change more effectively than isolated individual concerns. The COACHES ALLIANCE directly represents you on the state Track & Cross Country Advisory Board that meets twice a year.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the COACHES ALLIANCE is involved with clinics in San Diego, Los Angeles, Fresno, and San Francisco.

What Do I Receive For My Membership?

COACHES ALLIANCE members will receive a year's editions of **California Track & Running News**, the official publication of the ALLIANCE. Each month, members will be kept current with happenings around the state in the COACHES ALLIANCE section of the magazine. Both cross country and track will be covered.

COACHES ALLIANCE meetings are organized around the State Meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.

The COACHES ALLIANCE works directly with the State CIF regarding the selection of the Honor Coaches from each section in our sports. Starting in the fall of 1994, as a member of the Alliance, you will be able to vote in this process.

To join, please fill out and return the following: (Please Print)

Name: _____ School: _____

Section: _____ Mailing Address: _____

City: _____

Phone: Home (____) _____ School (____) _____

Dues for 1995/96 year (Tax Deductible) -- \$25.00.

Make check out to "Coaches Alliance" and send to:

Dennis McClanahan, Treasurer
c/o California Track & Running News
4957 East Heaton Ave., Fresno, CA 93727

Associate Member \$12 -- If you want to join the Coaches Alliance, but do not want the magazine. You will receive clinic discounts and any membership mailouts during the year.

School Membership \$50 -- Schools will receive discounts for all members of their staff at clinics, as well as a second copy of *California Track & Running News* (you can have it sent to the library, assistant coach, etc.). Please indicate name and/or address for the second copy below.

RESULTS

Please send results directly to: CTRN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

▲ Track & Field

CSUB Roadrunner T & F Invitational

February 3, Bakersfield.

Overall Results-Men

110 H: 1. Joey Moore, Antelope, 15.7. 2. Mike Askjaer, Fresno, 16.1. 3. Haniel DeLeon, Citrus, 17.0. 2: 1. Vaughn Walker, Fresno, 14.9. 2. Kevin Meir, Sac TC, 15.7. 3. Matthew Roderick, SCUB, 15.7. 500 M: 1. Marvin Samuels, SCUB, 1:03.0. 2. Gerald McCladdie, SCUB, 1:04.0. 3. Kwabena Stewart, SCUB, 1:07.8. H S 3200 M: 1. Steve Hackworth, unatt, 10:00.1. 2. Travis Kinney, Taft TC, 11:25.8. 3. Travis White, Taft TC, 11:27.6. 400 M Relay: 1. Sacramento CC, 41.8. 2. Antelope Valley, 42.2. 3. Cal Poly SLO, 42.6. Sprint Medley: 1. Cal Poly SLO, 3:28.5. 2. Renegade TC, 3:46.5. 3. South Bakersfield TC, 3:50.1. 3,000 M: 1. Joe Carnegie, unatt, 8:49.0. 2. Joe Tavernier, Cal Poly SLO, 8:50.0. 3. Eric Engel, Cal Poly SLO, 8:52.0. 400 M IH: 1. Paea Kokohu, Sacramento CC, 54.0. 2. David Baeza, Cal Poly SLO, 55.3. 3. Abvelino Garza, Renegade TC, 56.4. 2: 1. Chariton Jordan, Fresno State, 56.7. 2. Ryan Taube, Cal Poly SLO, 58.4. 3. Ryan Vaughn, Cal Poly SLO, 58.8. 300 M: 1. Mike Lewis, South Bay TC, 33.9. 2. Kenny Hall, Mizuno SC Cheetahs, 34.6. 3. Gerald McCladdie, unatt, 34.5. 2: 1. Greg Turner, CSUB, 34.1. 2. Allen Lollis, Westmont, 35.8. 3. Robert Kyle, unatt, 35.9. Distance Medley: 1. Westmont, 10:16.0. 2. Fresno State A, 10:17.3. 3. Cal Poly SLO, 10:33.8. Boys HS Distance Medley: 1. Cougar TC, 11:24.6. 4 X 200 M Relay: 1. Sacramento CC, 1:28.0. 2. CSUB, 1:28.2. 3. Antelope Valley College A, 1:28.5. 2: 1. ACTC, 1:28.6. 2. Unattached, 1:32.4. 3. Antelope Valley College B, 1:32.6. 4 X 800 M Relay: 1. Fresno State A, 7:56.2. 2. Cal Poly SLO, 7:58.9. 3. Westmont, 8:13.0. Boys HS 4 X 800 M Relay: 1. Cougar TC, 8:52.0. 2. BHS TC, 9:13.5. 3. Taft TC, 10:25.5. 5,000 M: 1. Todd Farrington, Westmont, 15:25.5. 2. Joe Taveemer, Cal Poly SLO, 15:39.1. 3. Joe Carnegie, unatt, 15:45.5. 4 X 400 M Relay: 1. CSUB, 3:18.7. 2. A.C.T.C., 3:19.3. 3. Mizuno So. Cal, Cheetahs, 3:25.1. 2: 1. Sacramento CC B, 3:28.0. 2. Fresno State B, 3:28.3. 3. Fresno State C, 3:29.9. Hammer: 1. Monte Wilson, unatt, 183-7. 2. Jason Dossey, FSU, 180-1. 3. Kevin Ekbands, E. TC, 173-4. Shot Put: 1. Matt Godbehers, unatt, 58-1. 2. Bill McDannell, unatt, 55-8 3/4. 3. Jason Dossey, FSU, 51-

4 1/2. Javelin: 1. Mike Askjaer, FSU 184-7. 2. Jason Grass, FSU, 183-7. 3. Josh Sidwell, Westmont, 175-2. High Jump: 1. Mike Wilkins, unatt, 6'8. 2. James Nieto, Sacramento C, 6'8. 3. David Larsen, CSUB, 6'8. Pole Vault: 1. Craig Webig, Cal Poly SLO, 14'6. 2. Sean Brown, Cal Poly SLO, 14'0. 3. Mike Janes, unatt, 14'0. Long Jump: 1. James McGee, unatt, 2203 3/4. 2. Walker Vaughn, FSU, 21-7 1/2. 3. Robet Kyle, unatt, 21-7 1/4. Triple Jump: 1. Robert House, unatt, 50-2 1/2. 2. Jason Sargent, SCUB, 48-6 3/4. 3. Anthony Leyba, FSU, 46-2 3/4. Discus: 1. Marc Eubanks, SCUB, 137-5. 2. Andy Sverchek, Cal Poly SLO, 133-4. 3. Luis Melgoza, FSU 132-9.

Overall Results-Women

100 M Hurdles: 1. 1. Kirsten Nelson, FSU, 16.2. 2. Hattie Russel, Westmont, 16.5. 3. Kristen Bostick, Antelope Valley, 16.7. 2: 1. Lori Himes, FSU, 15.2. 2. Clarie Balkin, FSU, 15.9. 3. Denise Martinez, FSU, 17.3. 500 M: 1. Linetta Wilson, So. Bay TC, 1:09.0. 2. Erin Green, SCUB, 1:24.0. 3. Charrell Nelson, FSU, 1:54.4. 400 M Relay: 1. Cal Poly SLO, 48.8. 2. Westmont, 55.0. Sprint Medley: 1. Cal Poly SLO, 4:10.7. 2. Fresno Pacific, 4:30.1. 3. Westmont, 4:32.4. 5,000 M: 1. Kelly Jacoboun, FSU, 18:12.7. 2. Liz Leishwood, FSU, 18:23.0. 3. Ann Castillo, unatt, 18:57.4. Distance Medley: 1. Cal Poly SLO, 12:02.0. 2. Westmont, 12:37.4. 3. Fresno State, 12:51.1. 300 M: 1. Linetta Wilson, South Bay TC, 37.9. 2. Stacey Thompson, CSUB, 41.2. 3. Sara Naylor Westmont, 41.2. 2: 1. La Monica Milner, Antelope Valley, 45.8. 2. Chyllis Scott, Fresno Pacific, 46.1. 3. Kacy O'Malley, SCUB, 46.4. 3: 1. Amita Myricks, So. Cal. Cheetahs, 42.1. 2. Christine Fridolfs, Fresno Pacific, 49.9. 3. Shandra Snook, Fresno Pacific, 50.5. 400 M Hurdles: 1. Kirsten Nelson, FSU, 1:03.7. 2. Denise Martinez, FSU, 1:05.0. 3. Desiree Green, CSUB, 1:06.3. 4 X 200 M Relay: 1. Mizuno So. Cal. Cheetahs, 1:40.09. 2. Cal Poly SLO, 1:45.3. 3. Fresno State, 1:46.2. 4 X 800 M Relay: 1. Fresno State A, 7:56.2. 2. Cal Poly SLO, 7:58.9. 3. Westmont, 8:13.0. 3,000 M: 1. Angela Orefice, Cal Poly SLO, 10:14.0. 2. Miriam Niednagel, Westmont, 10:33.8. 3. Lori Miller, unatt, 10:55.8. 4 X 400 M Relay: 1. Mizuno So. Cal. Cheetahs, 3:57.0. 2. Fresno State, 4:06.1. 3. Cal Poly SLO, 4:13.4. Hammer: 1. Staci Darden, FSU, 165-2. 2. Melissa Bauermister, FSU, 146-3. 3. Becky Elwood, unatt, 134-0. Discus: 1. Erica Ahman, Cal Poly SLO, 160-0. 2. Staci Darden, FSU, 145-5. 3. Becky Elwood, unatt, 143-11. High Jump: 1. Delpane Kelly, Central Coast TC, 5'4. 2. Jayme Ulrich, FSU, 5'2. 3. Julie Tingle, Central Coast TC, 5'2. Long Jump: 1. Delpane Kelly, Central Coast TC, 18-6. 2. Julie Tingle, Central Coast TC, 17-11. 3. Carrie Jensen, FSU, 17-4. Javelin: 1. Lelicia Zazaboi,

FSU, 42-2 1/2. 2. Erica Ahmon, Cal Poly SLO, 41-6 1/2. 3. Tyrenda Stamps, FSU, 40-7 1/2. Triple Jump: 1. Cynthia Patibon, Cal Poly SLO, 34-7 1/4. 2. Carrie Jensen, FSU, 34-4 1/2. 3. Kirsten Nelson, FSU, 34-1 3/4. 20-P Weight: 1. Staci Darden, FSU, 51-11 1/2. 2. Melissa Bauemeister, FSU, 51-2. 3. Misako Hampton, CSUB, 49-6 1/4.

Non-Conference 3-Way

February 10.

Men

100m: 1. Kelley (AV) 11.0. 200m: 1. Kelley (AV) 22.4. 400m: 1. Daniels (AV) 48.4. 800m: 1. McLaughlin (SBV) 2:03.7. 1500m: 1. Hernandez (AV) 4:07.1. 3000m: 1. Hernandez (MP) 9:08.0. 3000mSC: 1. Villavicencio (MP) 10:30.0. 110mHH: 1. McDonald (MP) 15.8. 400mIH: 1. Drossel (AV) 55.7. 400mR: 1. Moorpark 42.8. 1600mR: 1. Antelope Valley 3:22.8.

HJ: 1. Canales (MP) 6-5. PV: 1. Beam (MP) 15-6. LJ: 1. Blankenship (AV) 21-10 1/4. TJ: 1. McDonald (MP) 41-5 1/4. SP: 1. Patterson (MP) 50-5. DT: 1. Patterson (AV) 136-7. HT: 1. Matri (AV) 169-9. JT: 1. Canales (MP) 166-1.

Team Scores: 1. Antelope Valley 93 1/2. 2. Moorpark 91 1/2. 3. San Bernardino Valley 15.

Women

100m: 1. Turpin (MP) 13.7. 200m: 1. Parker (SBV) 27.1. 400m: 1. Argandar (AV) 2:45.5. 1500m: 1. Argandar (AV) 5:26.0. 3000m: 1. Martin (AV) 12:04.7. 100mHH: 1. Bostick (AV) 17.1. 400mLH: 1. Bostick (AV) 70.3. 400mR: 1. Moorpark 55.4. 1600mR: 1. Moorpark 4:43.1.

PV: 1. O'Connor 6-6. LJ: 1. Parker (SBV) 15-4 1/4. TJ: O'Connor (MP) 29-1. HT: 1. Amend (AV) 73-9. JT: 1. Amend (AV) 78-8.

Team Scores: 1. Moorpark 70. 2. Antelope Valley 46. 3. San Bernardino Valley 13

Western States Conference

February 15.

Ventura/Glendale/Hancock/Canyons

Men

100m: 1. Parker (G) 11.78. 200m: 1. Jackson (V) 23.94. 400m: 1. Gray (G) 51.86. 800m: 1. Almedarez (G) 1:59.4. 1500m: 1. Serratos (G) 4:09.2. 5000m: 1. Serratos 15:42.0. 110mHH: 1. McLucas (V) 15.24. 400mIH: 1. McLucas (V) 55.51. 400mR: 1. Ventura 44.45. 1600mR: 1. Ventura 3:32.0. HJ: 1. McLucas (V) 6-0. PV: 1. Tumbolie (H) 13-0. LJ: 1. Ethridge (H) 21-2 3/4. TJ: 1. Jones (H) 43-11. SP: 1. Curry (G) 40-10. JT: 1. Phillips (C) 137-0.

Team Scores: 1. Ventura 81. 2. Glendale 63. 3. Hancock 17. 4. Canyons 5

Women

100m: 1. Bradley (V) 13.48. 200m: 1. Tobin (V) 29.67. 400m: 1. Denina (V) 1:06.7. 800m: 1. Overlook (C) 2:30.5. 1500m: 1. Overlook (C) 5:08.6. 3000m: 1. Overlook (C) 11:08. 100mH: 1. Arana (V) 16.9. 400mH: 1. Arana (V) 1:17.2. 400mR: 1. Ventura 1:04.20. 1600mR: 1. Glendale 4:28.3.

HJ: 1. Arana (V) 40.4. LJ: 1. Bradley (V) 15-8. TJ: Bradley (V) 33-7 1/4. SP: 1. Tumoloau (V) 46-8. JT: 1. Isom (C) 118-0.

Team Scores: 1. Ventura 95. 2. Canyons 33. 3. Canyons 10. 4. Hancock 9

Moorpark/Cuesta/West LA

Men

100m: 1. Farnbach (M) 10.8. 200m: 1. Farnbach (M) 22.2. 400m: 1. Lucien (WLA) 51.0. 800m: 1. Hernandez (M) 2:03.7. 1500m: 1. Hernandez (M) 4:18.2. 5000m: 1. Beltran (M) 15:31.9. 110mHH: 1. Mconalc (M) 15.7. 400mIH: 1. Hunter (M) 58.7. 400mR: 1. West LA 44.3. 1600mR: 1. Moorpark "A" 3:31.2.

HJ: 1. Szilagyi (M) 6-4. PV: 1. Bean (M) 15-0. LJ: 1. Lucien (WLA) 22-2. TJ: 1. Johnson (WLA) 44-5. SP: 1. Tozzi (C) 48-10 1/4. DT: 1. Tozzi (C) 134-8. JT: 1. Canale (M) 160-1. HT: 1. Tozzi (C) 141-2.

Team Scores: 1. Moorpark 126. 2. Cuesta 42. 3. West LA 19.

Women

100m: 1. Turpin (M) 13.3. 200m: 1. Turpin (M) 28.4. 400m: 1. Heagarty (M) 1:10.5. 800m: 1. Lubas (M) 2:34.0. 1500m: 1. Richards (M) 5:37.8. 3000m: 1. Askarnia (M) 12:34.2. 100mH: 1. Isaac (M) 16.6. 400mH: 1. Santos (C) 1:19.7. 400mR: 1. Moorpark 55.1. 1600mR: 1. Moorpark 4:45.0.

HJ: 1. Bielberg (M) 4-10. LJ: 1. Field (C) 145-7 1/2. TJ: 1. Hickman (M) 31-5. SP: 1. McAllie (C) 26-7 1/4. DT: 1. Isaac (M) 96-8. JT: 1. McAllie (C) 97-4.

Team Scores: 1. Moorpark 97. 2. Cuesta 64. 3. West LA 6

Foothill Conference

February 15.

Men

100m: 1. Kelley (AV) 10.94. 200m: 2. Kelley (AV) 21.71. 400m: 1. Daniels (AV) 48.64. 800m: 1. Ethridge (SBV) NTA. 1500m: 1. Ethridge (SBV) 4:08.31. 3000m: 1. Pareja (C) 10:48.5. 5000m: 1. Beusle (SBV) 16:16.0. 110mHH: 1. Neely (SBV) 15.54. 400mIH: 1. Neely (SBV) 55.19. 400mR: 1. Antelope Valley 41.42. 1600mR: 1. Antelope Valley 3:22.14.

HJ: 1. Keast (Ch) 6-6. PV: 1. Moorpark (AVC) 7-10. LJ: 1. Kooba (C) 22-8. TJ: 1.

RESULTS

Kooba (C) 44-4 1/2. SP: 1. Tate (SBV) 47-10. DT: 1. Patterson (AV) 137-5. JT: 1. Reddt (AV) 172-10. HT: 1. Peter (AV) 166-1.

Team Scores: 1. Antelope Valley 124.5. 2. San Bernardino Valley 99.5. 3. Citrus 34. 4. Chaffey 18. 5. Desert 4.

Women

100m: 1. Parker (SBV) 13.10. 200m: 1. Parker (SBV) 27.26. 400m: 1. Benson (Ch) 1:05.8. 800m: 1. Arciniega (Ch) 2:34.27. 1500m: 1. Argandar (AV) 5:21.5. 3000m: 1. Martin (AV) 11:43.41. 5000m: 1. Martin (AV) 20:58.93. 100mHH: 1. Bostick (AV) 16.47. 400mHH: 1. Bostick (AV) 1:09.00. 400mR: 1. Chaffey 53.74. 1600mR: 1. Chaffey 4:43.55.

HJ: 1. Herrington (D) 4-6. LJ: 1. Benson (Ch) 13-7. TJ: 1. Amer (C) 31-5. SP: 1. Ethel (Cit) 35-4. DT: 1. Ethel (Cit) 103-7. JT: 1. Amer (C) 108-1. HT: 1. Surina (Ch) 125-0.

Team Scores: 1. Citrus 92. 2. Chaffey 58. 3. Antelope Valley 54. 4. Desert 44. 5. San Bernardino Valley 22.

Long Beach Relays

February 17 Long Beach

Overall Results-Community College Men

3000 M Steeplechase: 1. Albert Oganayan, PCC, 11:09. 2. Francisco Burzuala, Cerr, 11:14. 3. Israel Rivera, PCC, 11:15. 110 M Hurdles: 1. Jay Young, Cerr, 15.26. 2. Benjamin Barron, LBCC, 15.85. 3. George Garcia, LBCC, 16.80. 4 X 100 M Relay: 1. Long Beach CC A, 41.31. 2. Long Beach CC B, 42.87. 3. Cerritos CC, 43.14. Distance Medley: 1. El Camino CC A, 10:19.07. 2. Pasadena CC, 10:30.25. 3. Long Beach CC, 10:41.55. Sprint Medley: 1. Long Beach CC, 3:30.38. 2. Compton CC, 3:32.47. 3. Cerritos, 3:33.06. 4 X 800 M Relay: 1. Long Beach CC, 7:41.21. 2. El Camino CC, 8:32.13. 3. Cerritos CC, 8:49.94. 400 M Int. Hurdles: 1. Jason Brownlee, LBCC, 53.68. 2. Hassam Bangarrah, LBCC, 53.75. 3. Sid Toggerson, ECC, 58.72. 4 X 200 M Relay: 1. Long Beach CC, 1:29.34. 2. Pasadena CC, 1:32.74. 3. Los Angeles CC, 1:34.39. 4 X 1600 M Relay: 1. El Camino CC A, 17:49.8. 2. Pasadena CC, 18:20.1. 3. El Camino CC B, 18:58.6. 5000: 1. Cesar Vasquez, LACC, 15:46.23. 2. Miguel Ramirez, PCC, 16:01.71. 3. Art Ramirez, Cerr, 16:28.79. 4 X 400 M Relay: 1. Long Beach CC A, 3:12.96. 2. El Camino CC A, 3:23.75. 3. Long Beach CC B, 3:25.25. Discus: 1. George Arceo, RSC, 146-1. 2. Jared Naab, Cerr, 129-3. 3. Sam Purcell, RSC, 119-7. Javelin: 1. Jason Lane, ECC, 128'6. 2. Alex Murray, Cerr, 162'0. 3. Kemien Bougere, Comp, 161'3. Long Jump: 1. Sammy LeFleur, Comp, 2'34 1/2. 2. Dominic Benoly, LBCC, 2'14 3/4. 3. Mike Jordan, ECC, 2'11 1/2. High Jump: 1. Kevin Jackson, LBCC, 6'8 3/4. 2. Ron Stewart, ECC, 6'6 3/4. 3. Marty Brossett, ECC, 6'6 3/4. Pole Vault: 1. Tony Stuart, LBCC, NH. 2. Jimmy Cortinas, Cerr, NH. 3. Jose Ramirez, Cerr, NH. Shot Put: 1. Matt Pentecost, LACC, 54'2 1/2. 2. Shannon Garnett, PCC, 51'2 3/4. 3. Alex Murray, Cerr, 42'3/4. Triple Jump: 1. Sammy LeFleur, Comp, 47'5 3/4.

2. Sharon Colebrook, LBCC, 45'3 1/2. 3. Antwan Nowden, ECC, 44'8 1/4. Hammer: 1. Shannon Garnett, PCC, 126'3. 2. Alex Murray, Cerr, 118'5. 3. Cory Bykowski, LBCC, 114'9.

Overall Results-Community College Women

3000 M: 1. Mariluz Duran, Cerr, 11:52.2. 2. Veronica Garcia, PCC, 11:56.6. 3. Francis Valadez, PCC, 12:11.1. 100 M Hurdles: 1. Keisha Doble, LBCC, 17.13. 2. Shaine Gwin, Comp, 18.01. 3. Jennifer Odom, LBCC, 18.31. 4 X 100 M Relay: 1. Long Beach CC, 49.09. 2. Compton CC A, 49.50. 3. Compton CC B, 52.49. Distance Medley: 1. El Camino CC A, 12:36.62. 2. Pasadena CC, 13:32.88. 3. Cerritos CC, 14:41.78. Sprint Medley: 1. Long Beach CC, 1:49.0. 2. El Camino CC, 1:50.7. 3. Compton CC A, 1:51.5. 400 M Hurdles: 1. Kelly Moten, LBCC, DNF. 4 X 800 M Relay: 1. Cerritos CC, 11:09.39. 4 X 200 M Relay: 1. Long Beach CC, 1:43.23. 2. El Camino CC, 1:43.59. 3. Compton CC, 1:47.48. 4 X 1600 M Relay: 1. El Camino CC A, 22:00.88. 2. El Camino CC B, 25:36.06. 5000: 1. Jeannie Robinson, LBCC, 18:41.02. 2. Aldita Gibson, PCC, 19:30.67. 3. Elsa Mesa, PCC, 19:30.73. 4 X 400 M Relay: 1. El Camino CC, 4:06.76. 2. Long Beach CC, 4:06.87. 3. Compton CC A, 4:23.98. Shot Put: 1. Sarah Goodlaw, PCC, 36'8 1/4. 2. Margaret, unatt, 30'0 1/4. 3. Tanya Castillo, PC, 29'3 3/4. High Jump: 1. Davis Hall, PCC, 4'11 3/4. Long Jump: 1. Kimela West, ECC, 17'2. 2. Shaine Gwin, Comp, 16'9 3/4. 3. Keisha Doby, LBCC, 16'6. Javelin: 1. Gina Perodi, ECC, 93'11. 2. Shirley Bell, LBCC, 78'2. 3. Carrie Zazueta, Cerr, 77'9. Discus: 1. Sarah Goodlaw, PCC, 125'5. 2. Diane Petticollis, ECC, 102'5. 3. Myisha McMiller, LBCC, 95'9. Triple Jump: 1. Cecilia Noel, LBCC, 38'3/4. 2. Keisha Doby, LBCC, 36'5. Hammer: 1. Sarah Goodlaw, PCC, 132'4. 2. Tanya Castillo, PCC, 98'11. 3. Staunola Tautoto, Cerr, 86'1.

Overall Results-Univ/Open Men

1600 M Relay: 1. UC Los Angeles, 17:03.75. 2. Asics Track West A, 17:10.70. 3. Westmont, 17:24.46. 5000: 1. Juan Sotelo, UCLA, 15:13.68. 2. Kevin Bowes, UCLA, 15:24.56. 3. Ryan Larson UCLA, 15:28.56. 4 X 400 M Relay: 1. Jim Bush TC, 3:08.01. 2. Southern Cal, 3:09.12. 3. Long Beach State, 3:10.48. Javelin: 1. Alan Colatz, unatt, 215'3. 2. Joe Greenberg, Advantage Ath, 204'3. 3. Dallas Richey, unatt, 190'10. Long Jump: 1. Detric Coffield, LBS, 24'2 1/2. 2. Clyde Wilkinson, LBS, 23'8 3/4. 3. Jason Smith, UCI, 21'11 3/4. 3000 M Steeplechase: 1. Devin Elizando, UCLA, 9:18.6. 2. Francisco Vasquez, CSF, 10:00.6. 3. Matt Pfitz, UCLA, 10:14.3. 100 M Hurdles: 1. Rich Benoy, Spring Co, 13.8. 2. Gerald Stamps, unatt, 14.4. 3. Shawn Wilbourn, Nike TC, 14.5. 4 X 100 M Relay: 1. Long Beach State, 40.28. 2. Southern Cal, 40.77. 3. Cal St. Fullerton, 43.06. Distance Medley: 1. Southern Cal, 10:01.62. 2. Asics Track West, 10:04.46. 3. UC Irvine A, 10:08.45. Sprint Medley: 1. Long Beach State, 3:30.04. 2. UC Irvine, DQ. 4 X 800 M Relay: 1. Southern Cal, 7:46.60. 2. UC

Los Angeles, 7:47.73. 3. Asics Track West, 7:45.69. 400 M Int. Hurdles: 1. Aaron Lacy, Patriots, 52.92. 2. McCulloch, unatt, 53.59. 3. Jason Lewis, UCLA, 55.86. 4 X 200 M Relay: 1. Long Beach State, 1:27.37. 2. New York Express, 1:29.57. 3. Cal St Fullerton, 1:30.29. High Jump: 1. Brian Stanton, SSTC, 7' 1/2. 2. Ed Barnett UCLA, 6'10 3/4. 3. Doug Nordquist, Athleticorp, 6'8 3/4. Discus: 1. Shawn Wilbourn, Nike TC, 166-8. 2. Dave Johnson, Athleticorp, 165-4. 3. Gordon Hovey, unatt, 160-9. Triple Jump: 1. Robert Cannon, unatt, 53'8 1/4. 2. Detric Coffield, LBS, 46'10 1/4. 3. Chris Czerwinski, LBS, 45'9. Pole Vault: 1. Paul Babbitts, unatt, 16'8 3/4. 2. Eric Stanfield, USC, 15'11. 3. Chad Reddy, UCLA, 15'11. Shot Put: 1. Shaun Pickering, Great Britain, 62'8. 2. Matt Godbehare, unatt, 57'2 3/4. 3. David Spitz, unatt, 51'11. Hammer: 1. Marvin Williams, unatt, 208'2. 2. David Spitz, unatt, 173'1. 3. Dagan Massey, unatt, 163'7.

Overall Results-Univ/Open Women

5000 M: 1. Dabbie Carney, AIA, 17'56.50. 2. Erin Remy, CSF, 17:51. 48. 3. Sarah MacDougall, CSF, 18:14.03. 4 X 400 M Relay: 1. Nike TC, 3:48.36. 2. Southern Cal A, 3:48.41. 3. UC Irvine A, 4:03.36. 3000 M: 1. Jeanene Harlick, UCLA, 9:57.0. 2. Shariette Garcia, El Camino TC, 10:13.5. 3. Alison Lhemore, CSF, 10:38.4. 100 M Hurdles: 1. Tanya Smith, USC, 14.50. 2. Nicole Haynes, USC, 14.57. 3. Skye Green, UCI, 15.69. 4 X 100 M Relay: 1. Southern Cal, USC, 47.34. 2. UC Irvine A, 49.11. 3. Long Beach State, 50.25. Distance Medley: 1. Southern Cal, 11:39.77. 2. Asics Track West, 11:49.84. 3. UC Los Angeles, 11:57.68. Sprint Medley: 1. Southern Cal, 1:48.0. 2. Cal St. Fullerton, 1:53.4. 3. UC Irvine, 1:59.2. 4 X 800 M Relay: 1. Asics Track West, 9:13.03. 2. Southern Cal, 9:15.43. 3. UC Los Angeles, 9:33.97. 400 M Hurdles: 1. Carla Veltman, 69.83. 2. Kendra Dose, 69.85. 3. Brooke Green, 78.44. 4 X 200 M Relay: 1. UC Irvine B, 1:44.27. 2. Westmont, 1:47.78. 3. Long Beach State, 1:50.50. 4 X 1600 M Relay: 1. Asics Track West A, 2:11.35. 2. UC Irvine A, 20:34.57. 3. UC Irvine B, 21:13.97. High Jump: 1. Tanya Smith, USC, 5'9 3/4. 2. Lisa Coleman, unatt, 5'9 3/4. 3. Kristi Kieruff, LBS, 5'7 3/4. Pole Vault: 1. Sue DiMarco, Advantage, 11'5 3/4. 2. Jocelyn Chase, UCLA, 10'11 3/4. 3. Glenda Smith, unatt, 10'6. Long Jump: 1. Penny Blackwell, unatt, 20'3 1/2. 2. Gloria Dolphin, USC, 18'5. 3. Edwina Almond, unatt, 17'5 1/2. Shot Put: 1. Kiran Moss, LBS, 39'3 3/4. 2. Carrie Prodromides, LBS, 37'3 1/4. Javelin: 1. Edwina Almond, unatt, 125'9. 2. Shannon Chapman, LBS, 107'6. 3. LaDonna Crosby, CSF, 91'5. Triple Jump: 1. Penny Blackwell, unatt, 41'11 1/4. 2. Gloria Dolphin, USC, 37'5. 3. Jeanara Jackson, UCLA, 37'2 1/2.

Cerritos Invitational

February 24, Cerritos College. Heats combined.

Men

1500m: 1. Hancock (OrCst) 3:58.7. 2. Hernandez (EICam) 4:01.7. 3. Gonzalez

(Pasa) 4:05.2. 4. Sanchez (EICam) 4:16.4. 5. Macias (Glen) 4:07.5. Sprint Medley: SBVC 3:29.2 (meet record). 2. Cerritos 3:31.9. 3. Fullerton 3:37.1. 4. LACC 3:39.4. 5. Santa Monica 3:42.2. 800m: 1. Hancock (OrCst) 1:55.41. 2. Johnson (BC) 1:57.32. 3. Cleare (LBCC) 1:57.56. 4. Pelemagill (Glen) 1:57.72. 5. Ferguson (LBCC) 1:59.13. 400mHH: 1. Bongorh (LBCC) 54.31. 2. McLucas (Ven) 54.74. 3. Walker (MSAC) 55.52. 4. Walsh (Ven) 55.79. 5. Garza (Bkld) 56.40. 400mR: 1. Riverside 41.70. 2. Antelope Valley 41.96. 3. MSAC 42.69. 4. Moorpark 42.74. 5. Bakersfield 42.91. 100m: 1. Foster (LBCC) 10.59. 2. Fanbach (Moon) 10.62. 3. Gimes (Riv) 10.71. 4. Knight (LBCC) 10.73. 5. Kelle, (Cerr) 10.74. 400m: 1. Cooper (Comp) 47.95. 2. Settle (LBCC) 48.59. 3. Daniel (AntVly) 48.75. 4. Russell (MSAC) 49.11. 5. Dabney (AntVly) 49.13. 3000mSC: 1. Serratos (Glen) 9:36.9. 2. Ramos (Glen) 9:54.2. 3. Segane (Glen) 9:57.8. 4. Schaefer (Ven) 10:01.6. 5. Bronaugh (EICam) 10:11.9. DMR: 1. Glendale 10:32.3. 2. Ventura 10:47.6. 3. LA Valley B 10:53.6. 800mR: 1. MSAC 1:29.68. 2. SBVC 1:29.80. 3. LA Valley B 1:31.54. 110mHH: 1. Ben Kearse (Riv) 14.28. 2. Castillo (MSAC) 14.66. 3. McLucas (Ven) 14.85. 4. Walker (MSAC) 14.94. 5. Young (Cerr) 14.97.

200m: 1. Cooper (Comp) 21.38. 2. Foster (LBCC) 21.85. 3. Fanbach (Moon) 21.87. 4. Gozvis (LBCC) 21.87. 5. Brimes (Riv) 21.96. 5000m: 1. Elazar (Moon) 14.56. 2. Beckum (MSAC) 15:16.6. 3. Sanchez (Pasa) 15:29.3. 4. Bacs (MSAC) 15:36.6. 5. Goodrich (EICam) 15:41.1. 1600mR: 1. Antelope Valley 3:19.05. 2. Bakersfield A 3:23.21. 3. MSAC 3:23.43. 4. Ventura 3:24.56. 5. West LA 3:24.85. TJ: 1. Cooper (Mesa) 47-6.25. 2. Stewart (EICam) 47-6. 3. Laffeur (Comp) 46-4. 4. Rollins (Bkld) 46-0.5. 5. Magee (West LA) 44-0.5. PV: 1. Beam (Moon) 15-0. 2. Tumbiota (Hanc) 14-6. 3. Spotts (Bkld) 14-6. 4. Acevedo (Pasa) 14-0. 5. Wright (MSAC) 14-3. Alcantara (Cit) 14-0. HJ: 1. McGuinnis (MSAC) 7-0.5 (meet record). 2. Jackson (LBCC) 6-10.75. 3. Langley (OrCst) 6-6.75. 4. Szilagyi (Moon) 6-6.75. 5. Lgriboum (LBCC) 6-6.75. SP: 1. Staat (Bkld) new meet record, mark unavailable. LJ: 1. Devon Bean (LBCC) 24-2.5 (meet record). 2. Haupt (Mesa) 24-1.5. 3. McBride (SMonica) 23-6.75. 4. Green (SBVC) 23-5. Boykin (LBCC) 22-10. JT: 1. Rudy Davis (MSAC) 181-10. 2. Jose Davila (MSAC) 167-7. 3. Cheeks (MSAC) 163-6. 4. Padilla (Chal) 162-04. 5. Naab (Cerr) 161-2. HT: 1. Staat (Bkld) 168-2. 2. Liberty (Mesa) 151-0. 3. Patterson (AntVly) 136-3. 4. Henry (Bkld) 129-7. 5. Boswell (Bkld) 123-5. DT: 1. Staat (Bkld) 163-9 (meet record). 2. Gonzales (OrCst) 148-11. 3. Boswell (Bkld) 145-6. 4. Parker (MSAC) 137-4. 5. Patterson (AntVly) 131-9.

Women

1600mR: 1. Riverside 4:06.78. 2. Compton 4:06.61. 3. MSAC 4:16.93. 4. Santa Monica 4:19.64. 5. Citrus 4:22.92. 5000m

RESULTS

1. S. Nakamura (EICam) 18:06.1, 2. Landa (SMon) 18:56.1, 3. Roblez (MISAC) 19:01.5, 4. Covarrubias (ELAC) 19:05.2, 5. Formosa (MISAC) 19:17.8. HT: 1. Subina (Clt) 130-1, 2. Goodlaw (Pasa) 127-4, 3. Nakashima (Bkld) 126-10, 4. Harris (Mesa) 121-5, 5. Jones (MISAC) 115-4. PV: 1. Hickman (Moor) 6-6 (new meet record), L.J. West (EICam) 18-10 1/4, 2. Nelson (LBCC) 18-4 3/4, 3. Graph (Bkld) 15-11 1/2, 4. London (LAVly) 15-9 1/2, 5. Dorsey (SMon) 15-1 3/4. JT: 1. Phillips (Full) 108-10, 2. Gurely (Bkld) 97-10, 3. Brenton (MISAC) 97-9, 4. Parodi (EICam) 97-8, 5. Rich (LBCC) 93-8. DMR: 1. San Diego Mesa 12:35.96, 2. Mt. SAC 13:41.88, 3. LA Valley 13:55.60, 4. Glendale 13:59.78, 5. Bakersfield 14:40.0. 3000m: 1. Lopez (EICam) 10:10.6, 2. Akor (Riv) 10:47.8, 3. Robinson (LBCC) 10:48.5, 4. Nunez (MISAC) 10:59.0, 5. North (SBCC) 10:59.5. 400mR: 1. Compton 50.3, 2. Compton 51.0, 3. Ventura 52.9, 4. Mt. SAC 53.1, 5. Fullerton 53.3. 400mH: 1. Molen (LBCC) 66.79, 2. Arner (Clt) 66.88, 3. Bostick (AVC) 69.05, 4. Piazza (SMon) 72.00, 5. Phillips (GOD) 73.65.

HJ: 1. Escobar (SMon) 5-1 3/4, 2. Davis (Pasa) & Bleiberg (Mor) 4-11 3/4, 4. Noel (LBCC) 4-9 3/4, 5. Potter (MISAC) 4-9 3/4. TJ: 1. Noel (LBCC) 39-1, 2. Foote (Riv) 36-1 1/2, 3. Doby (LBCC) 35-8, 4. Montemayor (LBCC) 32-5 3/4, 5. Bradley (Ven) 32-4 1/4. 100mH: 1. Watkins (Bkld) 15.33, 2. Bostick (AVC) 16.63, 3. Doby (LBCC) 16.64, 4. Odom (LBCC) 16.76, 5. Amos (Riv) 17.08. SP: 1. Tuimolau (Ven) 48-2 1/4 (meet record), 2. Brown (Bkld) 39-11, 3. Darrow (Mesa) 38-7 1/2, 4. Harris (Mesa) 38-2 1/2, 5. Goodlaw (Pasa) 36-11 1/2. 400m: 1. Dotson (LBCC) 57.99, 2. Good (EICam) 59.40, 3. Woods (EICam) 60.01, 4. Missick (Comp) 60.32, 5. Garvey (Comp) 62.74. 100m: 1. West (EICam) 12.40, 2. Lee (LBCC) 12.56, 3. Paker (SBVC) 12.74, 4. Dixon (Comp) 12.74, 5. Shaw (Comp) 12.88. DT: 1. Rich (LBCC) 131-0, 2. Tuimolau (Ven) 126-3, 3. Darrow (Mesa) 123-8, 4. Goodlaw (Pasa) 122-4, 5. Righetti (Ven) 116-6. 1500m: 1. Gibson (Pasa) 5:07.1, 2. Aispura (Bkld) 5:08.6, 3. Covarrubias (ELAC) 5:09.5, 4. Guerrier (LBCC) 5:12.2, 5. Lopez (Pasa) 5:14.8. 800m: 1. Gonzales (Mesa) 2:19.82, 2. Trotman (LBCC) 2:21.66, 3. Barnett (Mesa) 2:21.79, 4. Carter (Mesa) 2:24.81, 5. Gilmore (LBCC) 2:27.03. 200m: 1. Barton (Riv) 24.48, 2. Stringer (LBCC) 25.85, 3. West (EICam) 25.87, 4. Good (EICam) 26.17, 5. Banks (Comp) 26.39.

College 7 Team Meet

February 24, Azusa Pacific University
Overall Results-Men

4 X 800 M Relay: 1. Azusa Pacific, 7:46.65, 2. Claremont, 8:01:10. 60 M: 1. Benny Fernandez, APU, 6.77, 2. Daryl Nolan, APU, 6.96, 3. X. Comfort, CMS, 6.98. 3000 M Steeplechase: 1. Scott Curtis, FPC, 10:07.85, 2. Nathan Robinson, FPC, 10:13.85, 3. Chris Jimenez, PLNC, 10:23.11, 4 X 100 M Relay: 1. Claremont

Mudd, 43.21, 2. Point Loma, 43.22, 3. Westmont, 44.37, 1500 M: 1. Matt Nealon, WC, 3:57.01, 2. Bradd Aggard, unat., 3:57.52, 3. Phillip Wingood, WC, 4:00.67, 110 M Hurdles: 1. Olle Svensson, PLNC, 14.93, 2. Ken Royal, CBC, 15.70, 3. Q.Laba, CMS, 15.96, 400 M: 1. Jim Drake, WC, 49.98, 2. X. Shawn, PLNC, 50.15, 3. Andre Moss, CBC, 51.54, 100 M: 1. Daryl Nolan, APU, 11.01, 2. Allen Lollis, WC, 11.07, 3. Ogale Eleaye, Biola, 11.16, 800 M: 1. Stephan Letzler, PLNC, 1:54.30, 2. Jaime Martiniz, APU, 1:56.42, 3. John Beechick, FPC, 1:56.57, 400 M Hurdles: 1. James Meyer, APU, 55.59, 2. Grant West, un., 58.97, 3. R. Grover, CMS, 58.88, 200 M: 1. Jason Miller, CBC, 21.91, 2. Ogale Eleaye, Biola, 22.26, 3. Allen Lollis, 22.87, 5000 M: 1. Jackson, unat., 15:06.47, 2. Trevor Sybert, Biola, 15:19.15, 3. M. Newman, CMS, 15:24.02, 4 X 400 M Relay: 1. Azusa Pacific University, 3:19.81, 2. Cal Baptist College, 3:20.17, 3. Westmont College, 3:25.80, Pole Vault: 1. J. Rice, Biola, 14'6", 2. A. Juarez, Cal Baptist, 14'6", 3. T. Allen, Point Loma, 12'0", Long Jump: 1. B. Fernando, Azusa Pacific, 24'22 3/4, 2. T. Peterson, Azusa Pacific, 24'5 3/4, 3. J. Devine, Cal Baptist, 23'6 1/4, Shot Put: 1. J. Davis, Azusa Pacific, 50'4 3/4, 2. S. Sharif, Claremont-Mudd, 43'11 3/4, 3. R. Root, Azusa Pacific, 42'8", Triple Jump: 1. Hong Li, Azusa Pacific, 48'6", 2. J. Devine, Cal Baptist, 48'1/2, 3. E. Jones, Claremont-Mudd, 45'8 1/2, High Jump: 1. A. Berha, Cal Baptist, 6'6", 2. E. Jones, Claremont-Mudd, 6'6", 3. T. Peterson, Azusa Pacific, 6'4", 35lb Wt.: 1. D. Flynt, Azusa Pacific, 54'0", 2. R. Dangan, Cal Baptist, 52'10", 3. J. Davis, Azusa Pacific, 52'2 3/4, Discus: 1. S. Sharif, Claremont-Mudd, 155'7, 2. Jon Davis, Azusa Pacific, 148'0", 3. Magnus Stranquist, Point Loma, 132'3, Javelin: 1. Aurdie Loba, Claremont-Mudd, 174'10", 2. Ty Wynn, Azusa Pacific, 171'8", 3. Ralph Lyckama, Azusa Pacific, 169'9, Hammer: 1. Robert Dangan, Cal Baptist, 173'1, 2. Darren Flynt, Azusa Pacific, 164'0", 3. G. Arcenio, Claremont-Mudd, 155-0, Overall Team Scores: 1. Azusa Pacific (148), 2. Claremont Mudd Scripps (107), 3. Cal Baptist (93), 4. Point Loma (83), 5. Biola (80), 6. Westmont (58), 7. Fresno Pacific (34).

Overall Results-Women

Dist. Medley Relay: 1. Azusa Pacific, 12:35.85, 60 M: 1. Michelle Campbell, APU, 8.07, 2. Ashanti Austin, APU, 8.10, 3. X. Wilson, SMS, 8.37, 3000 M: 1. J. Davis, CMS, 10:28.56, 2. L. Tench, CMS, 10:31.54, 3. J. Stuart, CMS, 10:50.30, 4 X 100 M Relay: 1. Westmont, 51.8, 2. Claremont Mudd, 51.8, 3. Point Loma, 52.7, 1500 M: 1. Miriam Niednagel, WC, 4:47.73, 2. Andrea Warner, APU, 4:52.22, 3. Sarah Lauffer, APU, 4:52.58, 100 M Hurdles: 1. Michelle Campbell, APU, 14.19, 2. Carrie Vickery, PLNC, 15.52, 3. Hattie Russell, Westmont, 15.55, 400 M: 1. Fatima Yusuf, APU, 54.49, 2. Liz Schmidt, APU, 59.70, 3. Sara Lovli, PLNC, 1:03:10, 100 M: 1. J. Culley CMS, 13.00, 2. Vickery, PLNC, 13.13, 3. A. Pinte, CMS, 13.39, 800 M: 1. Michelle Teo-

doro, APU, 2:15.04, 2. Julie Hassan, WC, 2:22.83, 3. Rhonda Brown, FPC, 2:25.94, 400 M Hurdles: 1. Hattie Russell, Westmont, 1:08.40, 2. Anne Murphym, CBC, 1:11.88, 3. Jolene Schoenert, WC, 1:13.04, 200 M: 1. J. Culley, CMS, 26.49, 2. Sarah Naylor, WC, 26.89, 3. Carrie Vickery, PLNC, 27.36, 4 X 400 M Relay: 1. Azusa Pacific, 4:02.11, 2. Claremont Mudd Scripps, 4:12.67, 3. Point Loma Nazarene, 4:13.32, Pole Vault: 1. S. Winger, Azusa Pacific, 8'0", Shot Put: 1. D. Flynt, Azusa Pacific, 49'9, 2. K. McCall, Azusa Pacific, 43'9 1/4, 3. S. Clark, Westmont, 36'4, 35 lb Wt. 1. D. Flynt, Azusa Pacific, 50'4, Hammer: 1. X. Colton, Claremont-Mudd, 142'0, 2. T. Keller, Claremont-Mudd, 133'5, 3. N. Sper, Claremont-Mudd, 114'8, High Jump: 1. s Burns, Azusa Pacific, 5'2, 2. S. Lovli, Point Loma, 5'0, 3. J. Beard, Westmont, 4'10, Long Jump: 1. Sarah Lovli, Point Loma, 16'9 1/4, 2. Suzanne Burns, Azusa Pacific, 15'11 1/4, 3. J. Naylor, Claremont-Mudd, 15'9 3/4, Javelin: 1. Katy Seagle, Fresno Pacific, 118'0, 2. Sandra Clark, Westmont, 117'0, 3. Christina Frideles, Fresno Pacific, 107'10, Triple Jump: 1. Mary Sauer, Azusa Pacific, 36'7 3/4, 2. Sara Lovli, Point Loma, 33'6 1/2, 3. Courtney Postlethwait, 33'3 1/4, Discus: 1. Dagmar Flynt, Azusa Pacific, 141'3, 2. Sandra Clark, Westmont, 107'2, 3. A. Colton, Claremont-Mudd, 105'5, Overall Team Scores: 1. Claremont Mudd Scripps (142), 2. Azusa Pacific (119), 3. Westmont (100), 4. Point Loma (85), 5. Fresno Pacific (56), 6. Cal Baptist (13), 7. Biola (5).

U.S. Indoor Championships

March 1-2, Atlanta.

Overall Results-Men

60 M: 1. Donovan Powell, 6.55, 2. Keith Williams, 6.56, 3. Michael March, 6.60, 4. Leroy Burrell, 6.60, 200 M: 1. Kevin Little, 20.46, 2. Jeff Williams, 20.61, 3. Dave Dopek, 20.70, 4. Chris Nelloms, 20.74, 400 M: 1. Michael Johnson, 44.66, 2. Derek Mills, 45.60, 3. Marlon Ramsey, 45.86, 4. Darnell Hall, 46.24, 800 M: 1. Brandon Rock, 1:48.71, 2. David Kiptoo, 1:48.74, 3. Richard Kanah, 1:49.20, 4. Savieri Ngidhi, 1:49.48, 60 M Hurdles: 1. Courtney Hawkins, 7.46, 2. Allen Johnson, 7.50, 3. Derek Knight, 7.65, 3000 M: 1. Khalid Kariouani, 7:46.77, 2. Bob Kennedy, 7:47.41, 3. Brian Baker, 7:47.47, Mile: 1. Steve Holman, 3:57.72, 2. Jason Pyrah, 3:58.89, 3. Marcus O'Sullivan, 3:58.98, 4. Jim Sorensen, 3:58.16, 5.000 Race Walk: 1. Allen James, 20:02, 2. Gary Morgan, 20:06, 3. Curt Clausen, 20:17, 4. Timothy Seaman, 20:38, Pole Vault: 1. Pat Manson, 18'8 1/4, 2. David Cox, FSU, 18'6 1/2, 3. Kory Tarpenning, 18'6 1/2, 4. Scott Huffman, 18'4 1/2, Long Jump: 1. Erick Walder, 26'7, 2. Kareem Streete-Thompson, 26'1 3/4, 3. Mike Conley, 25'11, 4. Joe Greene, 25'8, High Jump: 1. Charles Austin, 79 1/4, 2. Randy Jenkins, 75 3/4, 3. Hollis Conway, 73 3/4, 4. Stephen Smith, 73 3/4, Triple Jump: 1. Lamark Carter, 56'2, 2. Desmond Hunt, 55'2, 3. Jerome Romain, 54'11

1/4, 4. Dion Simmons, 54'10 3/4, Shot Put 1. John Dodina, 66'9 3/4, 2. C.J. Hunter, 66'5 1/4, 3. Ron Backes, 63'7 3/4, 4. Scott Petersen, 62'3 3/4, Weight Throw 1. Lance Deal, 83'7 1/4, 2. Louis Chisan, 73'7 1/2, 3. Bons Stokos, 71'3 1/2, 4. Steve Dennis, 69'3 1/4.

Overall Results-Women

60 M: 1. Gwen Torrence, 7.05, 2. Celena Mondie-Milmer, 7.17, 3. Hollie Hychie, 7.24, 4. Chandra Sturup, 7.25, 200 M: 1. Gwen Torrence, 22.33 (American record), 2. Darnette Young, 22.71, 3. Carlette Guidry-White, 22.97, 4. Pauline Davis, 23.09, 60 Hurdles: 1. Michelle Freeman, 7.91, 2. Tonya Lawson, 7.98, 3. Cheryl Dickey, 8.08, 4. Monifa Taylor, 8.12, 400 M: 1. Maical Maline, 51.49, 2. Jearl Miles, 51.57, 3. Shanellie Porter, 52.06, 4. Kimberly Graham, 52.11, 800 M: 1. Joetta Clark, 2:00.90, 2. Julie Jenkins-Donley, 2:01.16, 3. Alisa Hill, 2:01.65, 4. Amy Wickus, 2:02.25, 3000 M: 1. Joan Nesbit, 8:56.01, 2. Amy Rudolph, 9:00.58, 3. Fran TenBensel, 9:14.52, 4. Chen Goddard, 9:18.42, Mile: 1. Stephanie Best, 4:34.67, 2. Sarah Thorsent, 4:35.00, 3. Kathy Franey, 4:35.73, 4. Tosha Sumner, 4:36.30, 3000 Race Walk: 1. Michelle Roh, 12:55.90, 2. Maryanne Torrellas, 13:09.35, 3. Victoria Herazo, 13:13.29, 4. Debbi Lawrence, 13:13.71, Weight Throw: 1. Dawn Elerbe, 65'1 1/4, 2. Lisa Mispaka, 60'7 1/4, 3. Gladys Nortey, 59'1 1/4, 4. Latanya Brown, 56'10, Long Jump: 1. Shana Williams, 22' 1/2, 2. Manek Veltman, 21'2 1/2, 3. Dadee Nathan, 21' 3/4, 4. Terri Turner-Hairston, 21' 1/2, Triple Jump: 1. Sheila Hudson, 46'7 1/2, 2. Cynthia Rhodes, 45'8 1/2, 3. Carla Shannon, 44'3 1/2, 4. Diana Oranage, 43'6 1/2, High Jump: 1. Tisha Walker, 6'6 1/4, 2. Angela Bradburn, 6'3 1/2, 3. Clare Look-Jaeger, 6'3 1/2, 4. Karol Jenkins, 6'2 1/4, Shot Put: 1. Connie Price-Smith, 61'9, 2. Ramona Pagel, 58'11 1/2, 3. Valeyta Althouse, 58'8 1/2, 4. Eileen Vans, 57'9 3/4.

Three-Way Meet

March 9, Claremont.

Men

HT: 1. R. Buehler (UCSD) 51.19, 2. G. Lambert (UCSD) 50.80, 3. G. Arcenio (CMS) 50.79, 110mHH: 1. A. Sutton (CMS) 16.03, 2. T. Prudence (UCSD) 16.13, 3. M. Syverson (West) 16.26, Mile: 1. G. Lindsey (UCSD) 4:23.45, 2. E. Robinson (West) 4:24.91, 3. J. Owens (CMS) 4:26.28, 1.6: 1. F. Wong (CMS) 22-6 3/4, 2. A. Sutton (CMS) 21-2, 3. E. Jones (CMS) 21-1, 2. 400mR: 1. Claremont-Mudd-Scripps A, 43.27, 2. UC San Diego 45.17, 3. Westmont 46.46, JT: 1. O. Loba (CMS) 184-9, 2. R. McIntosh (CMS) 166-3 1/2, 3. S. Elsbend (CMS) 162-5 1/2, TJ: 1. E. Jones (CMS) 45-6 1/2, 2. D. Olander (UCSD) 44-8 1/4, 3. A. Sutton (CMS) 44-6 1/2, 800m: 1. M. Nealar (West) 1:58.54, 2. G. Lindsey (UCSD) 1:59.29, 3. R. Walton (UCSD) 2:00.73, HJ: 1. E. Jones (CMS) 6-8, 2. D. Bennett (UCSD) 6-2, 3. M. Syverson (West) 5-8, SP: 1. M. Seeteld (UCSD) 43-1 3/4, 2. S.

RESULTS

Shariti (CMS) 42-9 1/4. 3. R. Buehler (UCSD) 39-4. 400m: 1. K. Marsh (UCSD) 52.44. 2. J. Arciniega (UCSD) 52.93. 3. J. Cops (CUSD) 58.41. 100m: 1. B. Comfort (CMS) 10.86. 2. A. Lolis (West) 11.04. 3. J. Pham (CMS) 11.05.

400mH: 1. K. Miller (UCSD) 56.88. 2. T. Prudence (UCSD) 57.96. 3. M. McKay (CMS) 58.57. 200m: 1. A. Lolis (West) 22.20. 2. B. Comfort (CMS) 22.37. 3. J. Pham (CMS) 22.86. DT: 1. S. Shariti (CMS) 152-9. 2. M. Seefeld (UCSD) 139-5. 3. G. Lambert (UCSD) 119-9. PV: 1. C. Stary (UCSD) 15-10. 2. D. Spector (UCSD) 15-3. 3. A. Sutton (CMS) 12-6. 2 Mile: 1. T. Farrington (West) 9:42.3. 2. P. Livingood (UCSD) 9:42.3. 3. M. Newman (CMS) 9:45.4. 1600mR: 1. CMS "A" 3:26.83. 2. UCSD "A" 3:27.45. 3. CMS "B" 3:36.88.

Team Scores: 1. Claremont-Mudd-Scripps 86. 2. UC San Diego 73. 3. Westmont 32.

Women

JT: 1. S. Clark (West) 123-8. 2. K. Richer (CMS) 106. 3. Turner (CMS) 104-9. HT: 1. T. Monaghan (UCSD) 49.02. 2. A. Colton (CMS) 42.49. 3. T. Keeler (CMS) 40.29. 400mR: 1. Claremont-Mudd-Scripps A 51.08. 2. UCSD 51.28. 3. Westmont 52.57. LJ: 1. Shepard (UCSD) 17-6. 2. T. Paulauska (UCSD) 16-5. 3. J. Culley (CMS) 16-14. 100m: 1. K. Li (UCSD) 12.89. 2. J. Culley (CMS) 12.92. 3. A. Pinto (CMS) 13.30. 100mH: 1. H. Russell (West) 15.55. 2. L. Splevak (CMS) 16.83. 3. J. Hackworth (West) 17.51. Mile: 1. M. Niednager (West) 5:10.69. 2. L. Tench (CMS) 5:18.70. 3. A. Gustafson (West) 5:25.11. 400m: 1. S. Naylor (West) 59.42. 2. J. Lee (UCSD) 61.89. 3. L. Wilson (CMS) 64.20. 400mH: 1. H. Russell (West) 66.19. 2. M. Monaghan (UCSD) 66.90. 3. S. Tobin (CMS) 72.36. 800m: 1. A. Ingham (CMS) 2:23.01. 2. R. Herkskowitz (UCSD) 2:23.22. 3. M. Dwire (UCSD) 2:23.71. 200m: 1. S. Naylor (West) 25.72. 2. J. Culley (CMS) 26.42. 3. K. Li (UCSD) 26.67. Ht: 1. H. Winberry (UCSD) 1.64. 2. L. Barlee (UCSD) 1.54. 3. J. Beard (West) 1.54. 2 Mile: 1. J. Hassen (West) 11:39.6. 2. J. Card (UCSD) 11:45.05. 3. A. Bergenske (West) 12:04.04. SP: 1. S. Clark (West) 38-9 1/4. 2. A. Colton (CMS) 35-5 1/2. 3. T. Monaghan (CUSD) 34-11 3/4. 1600mR: 1. UCSD A 4:07.29. 2. CMS A 4:12.29. 3. Westmont 4:23.14. DT: 1. A. Allen (UCSD) 129-4. 2. T. Monaghan (UCSD) 123-8. 3. S. Clark (West) 122-6. TJ: 1. L. Shepard (UCSD) 37-2 1/4. 2. A. Neely (West) 34-5 3/4. 3. Postlethwaite (West) 33-3.

Team Scores: 1. UC San Diego 69. 2. Westmont 59. 3. Claremont-Mudd-Scripps 53.

CS Stanislaus Invitational

March 9, Turlock.

Men

800m: 1. Erick McBride (LA Pat) 1:50.46. 2. Tyson Thomas (Stanis) 1:57.56. 3. Peter Fain (SF St) 1:58.88. 400mH: 1. Andrew

White (UC Davis) 53.92. 2. Jay Shuttleworth (UCD) 56.04. 3. Mike Cuglietta (SF St) 57.96. 200m: 1. Tony Jones (SF St) 22.17. 2. Skip Lind (UCD) 22.87. 3. Eric Gilson (UCD) 23.17. 5000m: 1. Ossie Servin (Stanis) 15:02.6. 2. Brent Butler (SF St) 15:13.6. 3. Wayne Chen (UCD) 15:21.66. 1600mR: 1. UC Davis "B" 3:22.71. 2. San Francisco State 3:28.28. 3. USA/Visa 3:32.28.

SP: 1. Renato Grizelezi (SF St) 51-08. 2. Matt DeMartini (SF St) 49-4. 3. Kris Long (SF St) 47-09. HT: 1. Mark Moran (SF St) 178-05. 2. Jeff Blakelield (UCD) 177-02. 3. Kris Long (SF St) 176-02. DT: 1. Jeff Blakelield (UCD) 155-10. 2. Matt DeMartini (SF St) 148-02. 3. Adam Stout (SF St) 142-11. JT: 1. Jason Cetina (SF St) 189-0. 2. Mark Crowley (SF St) 171-08. 3. John Marheineke (SF St) 148-05. PV: 1. Aaron Matthes (SF St) 14-08. 2. Nick Cimilia (UCD) 13-08. 3. Ryan Barnes (UCD) 13-06. LJ: 1. John Thiesen (Fres Pac) 22-04.75. 2. Geoff Bradshaw (LA Pat) 22-02. 3. Brian Brophy (USA/Visa) 21-09. TJ: 1. Dave Livingston (UCD) 46-11.25. 2. Jon Reed (UCD) 45-11.3. 3. Seteone Veamohov (SF St) 45-03.54. HJ: 1. John Gamber (un) 6-04. 2. James Levain (SF St) 6-04. 3. Mike Trueblood (UCD) 6-02.

400mR: 1. UC Davis 43.62. 2. San Francisco St. 43.94. 3. Fresno Pacific 45.05.

1500m: 1. Ossie Servin (Stanis) 4:01.04. 2. Mark McManus (UCD) 4:02.66. 3. Sean Keenan (UCD) 4:04.33. 110mH: 1. Chris Wilcox (USA/Visa) 14.93. 2. Jeremy Allen (SF St) 15.28. 3. Sean Wooley (UCD) 15.72. 400m: 1. Jessie Guerrero (SF St) 50.41. 2. Eric Gilson (UCD) 50.43. 3. Rob Walling (UCD) 50.94. 100m: 1. Tony Jones (SF St) 11.38. 2. Skip Lind (UCD) 11.64. 3. David Nguyen (SF St) 11.89.

Women

100m: 1. Cori Evans (UCD) 12.92. 2. Stephanie Meldgaard (Sonoma St) 13.62. 3. Laura Mumolo (UCD) 13.63. 800m: 1. Carrie Neugebauer (Nike Cst) 2:10.34. 2. Gamila Demby (UCD) 2:14.48. 3. Lisa Wallace (UCD) 2:16.98. 400mH: 1. Sara Garcia (UCD) 1:04.93. 2. Jenn Jacoby (UCD) 1:06.22. 3. Katie Hadley (SF St) 1:06.90. 200m: 1. Cori Evans (UCD) 26.44. 2. Cathy Prater (UCD) 26.62. 3. Laura Mumolo (UCD) 27.93.

HT: 1. Michelle Gallagher (Stanis) 136-07. 2. Dara Wright (Stanis) 131-09. 3. Joanna Vandeven (UCD) 121-08. JT: 1. Angie Laney (Fres Pacif) 139-02. 2. Katy Seagle (Fres Pacif) 119-07. 3. Pilar Varela (UCD) 113-00. DT: 1. Michelle Reis (UCD) 137-02. 2. Dara Wright (Stanis) 117-02. 3. Michelle Gallagher (Stanis) 112-02. SP: 1. Michelle Reis (UCD) 40-09. 2. Coleen Krause (Fres Pacif) 34-02.5. 3. Clorinda Lau (UCD) 30-06.25. PV: 1. Alma Chappel (SF St) NH. LJ: 1. Angela Orlando (UCD) 17-06. 2. Joetta Taylor (UCD) 17-03. 3. Kristen Robinson (SF St) 15-06. TJ: 1. Molly Zoller (UCD) 34-11.5. 2. Kristen Robinson (SF St) 32-05. 3. Aida Dait (SF St) 31-11.75. HJ: 1. Heather Mings (Stanis) 5-00. 2. Joetta Taylor (UCD) 5-00. 3. Annitta Engelman (UCD) 4-

10.

3000m: 1. Jodi Dailey (SF St) 13: 8.9. 2. Staci Brunton (un) 10:22.2. 3. Kristen Kabo (UCD) 10:26.4. 400mR: 1. Fresno Pacific 53.43. 2. Sonoma St. 1:02.86. 1500m: 1. Carrie Neugebauer (Nike Cst) 4:29.93. 2. Jill Peckler (UCD) 4:49.35. 3. Ragga Thorbarson (SF St) 5:05.09. 100mH: 1. Sara Garcia (UCD) 16.00. 2. Lillian Pennacchio (Sonoma St) 17.67. 3. Marcita Keys (SF St) 17.78. 400m: 1. Cathy Prater (UCD) 59.87. 2. Erica Boone (UCD) 1:00.53. 3. Rhonda Brown (Fres Pacif) 1:02.04.

Bakersfield College Relays

March 16, Bakersfield.

Men

HT: 1. Jeremy Staat (BC) 170.00. 2. Ma-tral (AVC) 156.05. 3. Josh Liberty (Mesa) 156.01. 10,000m: 1. Humberto Sanchez (ECC) 31:39.7. 2. Ben Mejia (RS) 31:43.8. 3. Phillip Gonzalez (PCC) 32:02.2. DT: 1. Jeremy Staat (BC) 178.09. 2. Troy Sproul (COS) 156.00. 3. J. McDonald (Sadd) 156.00. JT: 1. Darrell Higgins (Merci) 76.07. 2. Alex Murry (Cem) 174.09.5. 3. R. Jackson (Sadd) 168.07. LJ: 1. Zachary Haupt (Mesa) 24.01.75. 2. Perry McBride (SMC) 22.09.5. 3. Mike Jordan (ECC) 22.04.75. PV: 1. Jeff Beam (MP) 15.05. 2. Jason Spotts (BC) 15.00. 3. Mike Tumbiolo (AHC) 14.06. SP: 1. Jeremy Staat (BC) 52.08. 2. Shannon Garnett (PCC) 49.01. 3. Troy Sproul (COS) 48.00.

HJ: 1. Ronald Stewart (ECC) 6.08. 2. Josh Coffey (BC) 6.06. 3. Marty Brossett (ECC) 6.06. TJ: 1. Zachary Haupt (Mesa) 49.11.75. 2. Offord Rollins (BC) 48.11. 3. Perry McBride (SMC) 47.03. 1500m: 1. Mike Hancock (OCC) 3:54.68. 2. Chris Coleman (COS) 3:56.04. 3. Rene Paragas (ECC) 4:00.05. 400mH: 1. Jay Young (Cem) 52.76. 2. Felix Sanchez (Mesa) 52.93. 3. Abellino Garza (BC) 54.28. 3,000mSC: 1. Frank Hernandez (RS) 9:48.4. 2. Jesus Villavicercio (MP) 9:55.2. 3. Jared Caldwell (BC) 10:05.8. 4x100mR: 1. Antelope Valley 41.2. 2. Bakersfield 41.4. 3. Moorpark 41.5. 400m: 1. Kenneth Stevenson (BC) 50.08. 2. Tavarre Williams (Mer) 50.30. 3. Antwan Nowden (ECC) 50.31.

4x400mR: 1. El Camino 7:49.42. 2. Pasadena 8:00.29. 3. Moorpark 8:05.54. 440m Shuttle Hurdle: 1. Moorpark 1:04.86. 2. Saddleback 1:06.45. 3. Citrus 1:07.92. 110mH: 1. Jay Young (Cem) 14.74. 2. Kris McLucas (VC) 14.79. 3. Jason Martin (BC) 15.37. 100m: 1. Charles Lee (Lav) 10.77. 2. Tom Farnbach (MP) 10.86. 3. Vincent Brown (BC) 10.88. 800m: 1. Paul Vincent (SMC) 1:56.61. 2. Hector Sanchez (BC) 1:56.97. 3. Brian Mitzel (RS) 1:58.03. 200m: 1. Jayson Sargent (Merc) 22.16. 2. Andrew Reyes (SMC) 22.25. 3. Benard Hardman (RS) 22.47. 4x200mR: 1. Antelope Valley 1:26.27. 2. Bakersfield 1:26.74. 3. San Diego Mesa 1:27.59. 5000m: 1. A. Sanchez (Sadd) 15:04.82. 2. Chris Coleman (COS) 15:06.84. 3. Kenny Goodrich (ECC) 15:09.36. 4x400mR: 1. Antelope Valley

3:16.90. 2. Bakersfield 3:18.52. 3. Ventura 3:20.07.

Women

SP: 1. Dolores Tuimolou (VC) 46-06. 2. Dani Darrow (Mesa) 40-11. 3. Andrea Brown (BC) 39-03. LJ: 1. Aisha Harnsco (BC) 17-05.5. 2. Marian Reneau (COS) 17.03.75. 3. Angie Grah (BC) 16-06. JT: 1. Kelly McAlee (CU) 110-10. 2. Suelien Fuller (SMC) 108-09. 3. Amy Phillips (FC) 106-00. DT: 1. Dani Darrow (Mesa) 144-11. 2. Dolores Tuimolou (VC) 135-01. 3. Sarah Goodlaw (PCC) 132-00. HJ: 1. Hah Davis (PCC) 5-02. 2. Kathy Watson (WLA) 5-02. 3. Marcie Williams (SBCC) 5-00. TJ: 1. Aisha Harrison (BC) 36-08. 2. Lorien Bradley (VC) 33-05.5. 3. Karmen Furr (C) 33-03.5. 1500m: 1. Maria Lopez (ECC) 4:40.45. 2. Carrie Barnett (Mesa) 4:50.35. 3. Jennifer Overlock (COC) 4:52.08. 4x100 Shuttle R: 1. Bakersfield 1:07.61. 2. San Diego Mesa 1:09.28. 3. Moorpark 1:11.16.

Sprint Medley: 1. San Diego Mesa 1:50.02. 2. El Camino 1:50.92. 3. Ventura 1:54.01. 4x100mR: 1. Compton 49.23. 2. San Diego Mesa 49.44. 3. Bakersfield 49.61. 100mH: 1. Tina Watkins (BC) 14.96. 2. Monica Holguin (FC) 16.08. 3. Brstick (AVC) 16.55. 400m: 1. Kateena Berr (Mesa) 56.94. 2. Dorisa Good (ECC) 58.24. 3. Shandira Missick (Comp) 58-12. 100m: 1. Lalashia McKinney (Mesa) 12.24. 2. Kimela West (ECC) 12.56. 3. Akeia Shax (Comp) 12.63. 800m: 1. Rowena Gonzalez (Mesa) 2:16.91. 2. Maria Lopez (ECC) 2:18.77. 3. Melissa Carter (Mesa) 2:20.66. 3,000m: 1. Jennifer Flores (RS) 10.45.5. 2. Eli Estrada (RS) 10:58.1. 3. Gabby Salgado (ECC) 11:04.0. 4x400mR: 1. El Camino 3:56.21. 2. Compton 4:03.43. 3. San Diego Mesa 4:07.80. 200m: 1. Kateena Berr (Mesa) 25.30. 2. Michelle Tillet (PCC) 26.20. 3. Aisha Harrison (BC) 26.39. 10,000m: 1. Liz North (SBCC) 39:11.2. 2. K. Koenig (Sadd) 39:36.0. 3. Jotene Argardar (AVC) 40:11.2. HT: 1. Sarah Goodlaw (PCC) 142-03. 2. Dani Darrow (Mesa) 141-04. 3. Carla Nakashima (BC) 132-01. PV: 1. Julie Patton (RS) 10-00.

Santa Barbara Easter Relays

March 16, Santa Barbara City College. Events combined.

Men

JT: 1. Quang Leba (CMS) 186-4. 2. Ralph Lycklama (APU) 181-0. 3. Ty Wynn (APU) 180-0. HT: 1. Larry Johnson (un) 206-7. 2. Dave Spitz (un) 191-3. 3. Mohammad Saata (un) 183-4. LJ: 1. John Thiesen (FPL) 22-1. 2. Tim Bias (UR) 21-1.25. 3. Sylvan White (PP) 20-8.5. SP: 1. Dave Spitz (un) 51-0. 2. Jon Davis (APU) 50-5.5. 3. Kyie Donovan (CLU) 44-1.5. DT: 1. Brian Blureich (un) 193-7. 2. Gary Kirchhoff (un) 191-8. 3. Michael Opp (un) 174-10. PV: 1. Dan Tapia (Cem) 16-1. 2. Jason Rice (BU) 15-0. 3. Brian Lubock (UCSB) 15-0. TJ: 1. Lavell Davenport (un) 46-7.5. 2. Sylvan White (PP) 46-7.5. 3. O. Robinson (USMC) 46-2.75. HJ: 1. Brian Brown (un) 6-10.25.

RESULTS

2. Kevin Carlson (SCC) 6-10.25, 3. Brian Carlson (SCC) 16-10.25. 100m: 1. Robert Reading (Accu) 10.57, 2. Kevin Wiley (APU) 10.68, 3. Ray Brown (un) 10.87. 4x100mR: 1. Azusa Pacific (Atherton, Wynn, Wiley, Nolan) 42.51, 2. USMC 43.51, 3. CLU "A" 43.81.

1500m: 1. Dene Balaze (APU) 3:51.63, 2. Scott Wilson (APU TC) 3:52.01, 3. Mark LaPlant (Asics) 3:54.88. 3000mSC: 1. Dave Cullum (un) 9:07.90, 2. John Howell (un) 9:08.99, 3. Todd Farrington (West) 9:18.00. 110mHH: 1. Robert Reading (Nike) 13.58, 2. Tony House (un) 14.41, 3. David Petton (SBTC) 15.38. 400mH: 1. Marc Musitano (UCSB) 55.1, 2. Nathan Busse (PP) 55.6, 3. Jim Meyer (APU) 56.3. Sprint Medley: 1. West (Drake, Lolis, Gustafson, Sturm) 3:34.79, 2. BU 3:38.36, 3. USMC 3:43.65. 4x400mR: 1. Asics (Smith, Sacco, Ward, Rust) 7:40.20, 2. UCSB 7:44.24, 3. Westmont 7:52.13. 4x400mR: 1. APU "A" (Kastor, Rust, Umer, Spina) 3:23.21, 2. West 3:24.77, 3. Fresno Pacific 3:24.83. Distance Medley: 1. Asics "A" (Kastor, Ward, Spina, LaPlant) 10:22.11, 2. CMS 10:41.89 (DQ), 3. Asics "B" 10:46.11. 5000m: 1. Jaime Martinez (APU) 14:42.25, 2. Brad Glosser (un) 14:42.66, 3. Nathan Jobe (UCSB) 14:45.37.

Women

HJ: 1. Suzanne Burns (APU) 5-4, 2. Mary Sauer (APU) 5-2, 3. Makela Theriqlt (Chap) 5-0. 5000m: 1. Annie Seawright (Asics) 18:17.08, 2. Amy Ward (CMS) 18:48.44, 3. Amy Bergenske (West) 19:08.05. 400mH: 1. Keisha Thompson (CSLA) 1:07.80, 2. Christy Carvin (Chap) 1:08.70, 3. Jolene Schoenert (West) 1:10.41. 100mHH: 1. Lisa Knott (UCSB) 15.11, 2. Ann Murphy (CaB) 16.63, 3. Keisha Thompson (CSLA) 16.65. 100m: 1. Myra Mayberry (Snow) 11.79, 2. Ashanti Austin (APU) 12.62, 3. Isis Orejel (SCC) 13.08. 1500m: 1. Mary Crane (UCSB) 4:37.68, 2. Nikke Pool (SCC) 4:38.88, 3. Kristin Von Teuber (Asics) 4:42.95. HT: 1. Kiyomi Parish (PP) 178-1, 2. Dagmar Flynt (APU) 152-5, 3. Malaika Williams (WHC) 139-11.5. SP: 1. Kym Carter (un) 50-4, 2. Dagmar Flynt (APU) 47-0.5, 3. Karin McCall (APU) 43-4.25, JT: 1. Kym Carter (un) 132-3, 2. Sandra Clark (West) 131-4, 3. Angie Laney (FPU) 117-4. TJ: 1. Courtney Postlethwait (West) 34-2.25, 2. Amy Neely (West) 33-7.75, 3. Angie LaMance (SCC) 32-10.5. LJ: 1. Ashanti Austin (APU) 17-10.25, 2. Amy Neely (West) 15-7.25, 3. Shandra Snook (FPU) 15-5.5. DT: 1. Amy Colton (CMS) 110-6, 2. Karen McCall (APU) 108-5, 3. Angie Laney (FPC) 106-3. Sprint Medley: 1. Claremont-Mudd (Wilson, Morales, Pinto, Culey) 1:52.41, 2. Chapman 1:56.21, 3. USMC 1:58.98. DQ. 4. Westmont 2:00.98. Distance Medley: 1. Asics "A" (Monica, Mayne, Colebrook, VonTeuber) 11:58.61, 2. UC Santa Barbara 12:26.37, 3. Westmont 12:33.54. 4x800mR: 1. Asics (Colebrook, Lunsman, Monica, Mayne) 8:52.38, 2. UCSB 9:25.63, 3. Westmont 9:31.10. 4x100mR: 1. Azusa Pacific (Asht, Decker, Saur, Dix-

on) 50.89, 2. Chapman 51.14, 3. Claremont Mudd 51.36. 4x400mR: 1. Asics (Monica, Lunsman, Padilla, NollMayne) 3:57.23, 2. Westmont 4:08.34, 3. Fresno Pacific 4:12.54.

▲ Road Racing

California 10

January 7, Stockton.

Overall Results-10K Men

1. Bob Kempainen (29) Minneapolis MN. 48:47, 2. Brent Griffith (32) Morro Bay. 49:53, 3. Dave Scudamore (25) Davis. 49:56, 4. Rey Flores (31) Oakland. 49:57, 5. Joe Rubio (32) San Luis Obispo. 50:02, 6. Michael Tobin (32) Boise ID. 50:03, 7. Miguel Tibaduz (39) Reno NV. 50:13, 8. Parker Kelly (27) Belmont. 50:14, 9. Kevin Corliss (31) St. Paul MN. 50:18, 10. Bret Kimple (31) Davis. 50:24, 11. Jeff Hacker (35) San Francisco. 50:26, 12. Jose Alsipuro (34) Watsonville. 50:32, 13. Mark Conover (35) San Luis Obispo. 50:34, 14. Mike Spencer (30) Castro Valley. 51:38, 15. Ty Strange (35) Ukiah. 51:44, 16. Robert Anex (36) Davis. 51:52, 17. Rick Hanna (31) Sacramento. 51:57, 18. Jamey Harris (24) Campbell. 52:03, 19. Scott Kennedy (26) Alameda. 52:04, 20. Aaron Pierson (32) Daly City. 52:09, 21. Jeff Hildebrandt (36) Roseville. 52:25, 22. Ben Ayers (25) Sacramento. 52:26, 23. Rick Reltz (26) Livermore. 52:33, 24. Michael Gottardi (28) Sacramento. 52:35, 25. Terence Boynton (36) Cupertino. 52:36, 26. Ken Keyte (32) Windsor. 52:38, 27. Lloyd Stephenson (41) San Francisco. 52:46, 28. Brad Lael (30) Sacramento. 52:59, 29. Michael Slavin (36) Davis. 53:04, 30. Alan Dehlinger (35) Reno NV. 53:11, 31. Eric Bohn (33) Rohnert Park. 53:17, 32. Ian Blair (24) Santa Cruz. 53:45, 33. Jose Lizarraga (34) San Francisco. 53:52, 34. Christopher Phipps (26) Davis. 53:55, 35. Dirk Vandepol (27) Davis. 54:07, 36. Bill Devine (34) Crystal Bay NV. 54:12, 37. Jeffrey Shaver (35) Cupertino. 54:16, 38. Charles Alexander (31) MTN. View. 54:19, 39. Jeff Townsend (40) Los Gatos. 54:20, 40. Ernie Freer (40) Campbell. 54:23, 41. Rod Heskett (27) Campbell. 54:23, 42. Brock Hinzmann (42) Palo Alto. 54:30, 43. Jeff Teeters (36) Berkeley. 54:35, 44. Antonio Corgas (38) San Francisco. 55:14, 45. Steve Scholz (31) San Carlos. 55:28, 46. Scott Schneider (28) Davis. 55:45, 47. Joe Schieffler (44) Oakland. 55:48, 48. Louis Garcia (38) S. R. 55:55, 49. Don Paul (45) San Francisco. 56:00, 50. Mark Piccillo (39) Berkeley. 56:19.

Overall Results-10K Women

1. Linda Somers (34) Oakland. 53:21, 2. Maria Trujillo (36) Marina. 57:29, 3. Diana Fitzpatrick (37) San Francisco. 57:43, 4. Honor Fetherston (41) Mill Valley. 57:50, 5.

Rosa Gutierrez (32) sunnyvale. 58:13, 6. Christine Kennedy (41) sunnyvale. 59:28, 7. Lisbel Engberg (31) San Francisco. 59:37.8, Terry Adams-Schmid (38) Staleline NV. 59:43, 9. Lisa Geoffrion (35) Petaluma. 59:52, 10. Kathy Ward (41) Sacramento. 59:56.

11. Rae Henderson (29) Lafayette. 1:00:06, 12. Peggy Lavelle (33) San Francisco. 1:01:16, 13. Laura Sanchez (34) Salinas. 1:01:58, 14. Shannan Sweeney (36) Santa Rosa. 1:02:17, 15. Cathy Dubay (31) Santa Rosa. 1:02:32, 16. Sandy Patterson (37) San Francisco. 1:02:46, 17. Joan Ottaway (51) Sonora. 1:02:54, 18. amanda Gerhardt (27) Woodside. 1:03:02, 19. Lynice Benton (27) Sparks NV. 1:03:05, 20. Christine Lincke (30) MTN View. 1:03:09.

21. Jennifer Cubillas (26) Walnut Creek. 1:03:24, 22. Jenny Goettsche (27) Reno NV. 1:03:32, 23. Mallia Dinell Schwa (33) Berkeley. 1:03:35, 24. Kristin Javcohs (31) San Jose. 1:03:54, 25. Connie Kondo (37) Folsom. 1:04:11, 26. Jennifer Devine (24) Sacramento. 1:04:15, 27. Debbi Beyers (39) Danville. 1:04:25, 28. Elizabeth Edwards (21) Piedmont. 1:04:35, 29. Julie Rohloff (33) Los Gatos. 1:04:46, 30. sharon Vos (41) Riverside. 1:05:05.

31. Joann Dahlkoetter (42) Redwood City. 1:05:31, 32. Janet Smith (35) Cupertino. 1:05:32, 33. Tracy Parrott (25) Sacramento. 1:05:48, 34. Kathi Berman (34) San Francisco. 1:05:53, 35. Marianne Zerebko (38) Tahoe City. 1:06:11, 36. Karin Kuffel (32) Oakland. 1:06:16, 37. Laura Quirke (34) San Jose. 1:06:22, 38. Carla Gottardi (29) Sacramento. 1:06:25, 39. Debbie Devine (3) Crystal Bay NV. 1:06:29, 40. Rebecca D'Aoust (33) San Rafael. 1:06:33, 41. Christina Iwahashi (40) Sacramento. 1:06:36, 42. Melody Anne Scultz (54) Ross. 1:06:39, 43. Linda Kidd (37) Roseville. 1:06:39, 44. Shelley Sumner (41) San Jose. 1:07:03, 45. Dana Garrett (31) Novato. 1:07:32, 46. Kattie Gray (41) Novato. 1:07:33, 47. Mia Howard (29) Gilroy. 1:07:53, 49. Judi Shade (50) Los Gatos. 1:08:15, 50. Irene Suzuki (32) MTN View. 1:08:17.

Division Results-10K Men

18 & U: 1. Joshua Schweitzer (18) 57:11, 2. Jim Britts (18) 59:23, 3. Nikolai Schweitzer (15) 1:00:22, 19-24: 1. Mamey harris (24) 52:03, 2. Ian Blair (24) 53:45, 3. Scott Adam (19) 59:13, 25-29: 1. Bob Kempainen (29) 48:47, 2. Dave Scudamore (25) 49:56, 3. Parker Kelly (27) 50:14, 30-34: 1. Brent Griffith (32) 49:53, 2. Rey Flores (31) 49:57, 3. Joe Rubio (32) 50:02, 35-39: 1. Miguel Tibaduz (39) 50:13, 2. Jeff hacker (35) 50:26, 3. Mark Conover (35) 50:34, 40-44: 1. Lloyd Stephenson (41) 52:46, 2. Jeff Townsend (40) 54:20, 3. Brock Hinzmann (42) 54:30, 45-49: 1. Don Paul (45) 56:00, 2. Sylvester Franklin (45) 56:52, 3. Les Ong (45) 58:28, 50-54: 1. Enar Gordillo (50) 57:51, 2. Mike Ammon (50) 58:00, 3. Dan Preston (53) 58:21, 55-59: 1. Tim Rostegge (55) 1:01:47, 2. Rolf Nebelung (55) 1:03:22, 3. Jerry Lyerly (56) 1:06:24, 60-64: 1. William Floodberg (62) 1:12:07, 2. Stephen Gaal

(61) 1:12:27, 3. Phil Phythian (61) 1:15:20, 65-69: 1. Patrick Devine (67) 1:12:21, 2. Hank Fragoza (65) 1:13:04, 3. marion Carter (65) 1:15:38, 70-74: 1. Frank Cunningham (72) 1:25:33, 2. Stan De Martinis (73) 1:27:26, 3. Howard Powers (70) 1:34:16.

Division Results-10K Women

18 & U: 1. Martiath Schwetz (11) 1:08:37, 2. Angelina Martinez (14) 1:20:17, 19-24: 1. Jennifer Devine (24) 1:04:15, 2. Julie Oeghschlaege (24) 1:12:32, 25-29: 1. Rae Henderson (29) 1:00:06, 2. Amanda Gerhardt (27) 1:03:02, 3. Lynice Benton (27) 1:03:05, 30-34: 1. Linda Somers (34) 53:21, 2. Rosa Gutierrez (32) 58:13, 3. Lisbel Engberg (31) 59:37, 35-39: 1. Maria Trujillo (36) 57:29, 2. Diana Fitzpatrick (37) 57:43, 3. Terry Adams-Schmid (39) 59:43, 40-44: 1. Honor Fetherston (41) 57:50, 2. Christine Kennedy (41) 59:28, 3. Kathy Ward (41) 59:56, 45-49: 1. Toni Belaustegu (48) 1:13:32, 2. Irene Herman (46) 1:13:55, 3. Patty Jacques (48) 1:16:58, 50-54: 1. Joan Ottaway (51) 1:02:54, 2. Melody Anne Scultz (54) 1:06:39, 3. Judi Shade (50) 1:08:15, 55-59: 1. Eve Pell (58) 1:09:29, 2. Louise Walters (56) 1:11:25, 3. Dina Fields (58) 1:27:53, 60-64: 1. Juliana Scheberies (61) 1:27:31, 2. Marlene Kinser (60) 1:42:21, 3. Jean La Fever (64) 1:50:51.

Jedediah Smith Ultra Classic

January 20, Sacramento

Overall Results-50 Mile

1. Sean Crom (39) 5:33:31, 2. Michael Carlson (36) 6:28:31, 3. Lars Saalran (43) 6:35:30, 4. John Cooper (31) 6:44:54, 5. Greg Atchley (29) 6:52:52, 6. Wayne Miles (49) 6:55:05, 7. Derrick DeLong (23) 7:24:32, 8. Helen Hull (37) 7:25:55, 9. Wayne Kocher (58) 7:32:05, 10. Bob Ueoa (46) 7:33:57.

Division Results-50 Mile Men

Overall Winner: 1. S. Crom. 5:33:31, 20-24 1. D. DeLong. 7:24:32, 25-29: 1. G. Atchley 6:52:52, 30-34: 1. J. Cooper. 6:44:54, 35-39: 1. S. Crom. 5:33:31, 40-44: 1. L. Saalran. 6:35:30, 45-49: 1. W. Miles. 6:55:05, 50-54: 1. F. Whiting. 7:55:57, 55-59: 1. W. Kocher. 8:32:05.

Division Results-50 Mile Women

Overall Winner: 1. H. Hull. 7:25:55, 30-34 1. S. Mills. 10:17:42, 35-39: 1. H. Hull. 7:25:55, 40-44: 1. R. Gail. 8:44:40, 50-54 1. L. Elam. 8:10:49.

Overall Results-50km

1. Mike Gottardi (28) 3:10:21, 2. Brad Lae (31) 3:11:42, 3. Joe Schieffler (44) 3:18:03, 4. Brian Purcell (39) 3:18:12, 5. Jerry Witte-nauer (36) 3:24:55, 6. Charles Ehm (26) 3:33:00, 7. Frank Ruona (50) 3:34:00, 8. Rick Simonsen (34) 3:35:51, 9. James Ross (34) 3:37:34, 10. Bruce Aldrich (40) 3:44:00, 11. mark Samuelson (42) 3:48:20, 12. Bruce Linscott (37) 3:53:01, 13. Sy Pascale (47) 3:53:47, 14. Gary Henstee (44) 3:54:48, 15. Mo Bartley (40) 3:56:13.

Division Results-50km Men

Overall Winner: 1. M. Gottardi. 3:10:21, 25-29: 1. M. Gottardi. 3:10:21, 30-34: 1. E

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Lael 3:11:42. 35-39: 1. B. Purcell, 3:18:12. 40-44: 1. J. Schleffer, 3:18:03. 45-49: 1. Syl Pascale, 3:53:47. 50-54: 1. F. Ruona, 3:34:00. 55-59: 1. R. Rogerson, 4:18:40. 60-64: 1. G. Leighton, 3:59:19. 65-69: 1. E. Rosenberg, 4:45:12.

Division Results-50km Women

Overall Winner: 1. M. Bartley, 3:56:13. 25-29: 1. D. Dom, 5:19:27. 30-34: 1. S. Lister, 4:04:03. 35-39: 1. H. Ryan, 4:58:44. 40-44: 1. M. Bartley, 3:56:13. 45-49: 1. N. March, 4:52:55. 50-54: 1. A. Grove, 4:44:29. 55-59: 1. g. Bryan, 4:47:48.

Overall Results-30km

1. Doug Thurston (35) 1:58:56. 2. John Kennedy (42) 2:09:08. 3. Jon Priest (34) 2:13:02. 4. Steve Ashe (35) 2:14:01. 5. Jerry Lyerly (56) 2:17:19. 6. Wally Hesselstine (52) 2:20:28. 7. Tony Capasso (44) 2:22:31. 8. Alex Petzinger (35) 2:23:46. 9. Rod Dickson (50) 2:24:10. 10. Doug Arnold (49) 2:24:53. 11. Mike Baume (34) 2:25:52. 12. George Beinhorn (53) 2:26:00. 13. Renee Golenz (36) 2:26:27. 14. Chuck Honeycutt (48) 2:29:34. 15. Robert Longwell (57) 2:29:43.

Division Results-30km Men

Overall Winner: 1. D. Thurston, 1:58:56. 20 & U: 1. M. Cain 3:02:30. 20-24: 1. D. Fadden, 2:33:25. 30-34: 1. J. Priest, 2:13:02. 35-39: 1. D. Thurston, 1:58:56. 40-44: 1. J. Kennedy, 2:09:08. 45-49: 1. D. Arnold, 2:24:53. 50-54: 1. W. Hesselstine, 2:20:28. 55-59: 1. J. Lyerly, 2:17:19. 60-64: 1. G. Hall, 2:59:15. 65-69: 1. M. Johnson, 2:48:04. 70 & O: 1. P. Camerer, 3:36:00.

Division Results-30km Women

Overall Winner: 1. R. Golenz, 2:26:27. 20 & U: 1. J. Rhodes, 3:39:45. 25-29: 1. C. Kehoe, 2:45:22. 30-34: 1. B. Gouge, 2:30:03. 35-39: 1. R. Golenz, 2:26:27. 40-44: 1. M. Klienbach, 2:45:58. 45-49: 1. S. Black, 2:44:24. 50-54: 1. L. Prizmich, 3:36:50. 55-59: 1. R. Carter, 4:21:31. 65-69: 1. P. Ewing, 3:41:36.

Legion Of Honor Run

January 28, 4.3 Miles

Overall Results-4.3 Miles

1. Gary Judson, 23:53. 2. Tyler Abbott, 24:24. 3. Gary Ellis, 24:32. 4. Dev Sinha, 25:28. 5. Jerry Lee, 25:38.

Saratoga Gap Runs

February 3

Overall Results-7 Mile

1. Kimberly Madison (33) Walnut Creek, 57:55. 2. Tana Netsch (25f) Santa Clara, 57:55. 3. Brad Williamson (37) 1:01:40. 4. Julius Schillinger (45) San Jose, 1:01:41. 5. Dave Littlehales (un) San Jose, 1:18:00.

Overall Results-1/2 Marathon

1. Justin Davis (19) Sunnyvale, 1:16:00. 2. Gordon Smith (19) San Jose, 1:17:00. 3. David Haoden (31) Berkeley, 1:18:37. 4. Douglas Graham (35) Los Gatos, 1:19:00. 5. Michael Leach (24) Modesto, 1:21:25. 6. Felix Jaramila (36) Folsom, 1:22:54. 7. Mark Olsand (31) Davis, 1:24:03. 8. Don Silvera (29) Walnut Creek, 1:30:00.

Davis Stampede

5, 10K & Half Marathon

February 4, Davis

Overall Results-5K

1. David Rodriguez (16) 16:23. 2. Mark Shaw (34) 17:14. 3. Erik Dube (21) 17:16. 4. James Nielsen (16) 17:23. 5. Sergio O'Cadiz (29) 17:35. 6. Tim Shannon (46) 17:48. 7. Gary Hart (40) 17:56. 8. Rob Johnson (20) 18:03. 9. Shannon Sweeney (36) 18:13. 10. Christian Ladd (28) 18:19.

11. Eileen Vukicevich (36f) 18:22. 12. Bob Rosemeyer (41) 18:35. 13. Greg Struthers (26) 18:44. 14. Jake Currie (16) 18:45. 15. Ernest Johnson (18) 18:46. 16. Gary Barnett (39) 18:58. 17. Ruben Gonzales (27) 19:04. 18. Ron Mills (35) 19:08. 19. Jose Reyes (13) 19:08. 20. Frank Krebs (52) 19:09.

21. Jim Scheumann (26) 19:10. 22. Tyrone Nelson (54) 19:18. 23. Huang Albert (16) 19:25. 24. Mark Huffman (37) 19:34. 25. David Rissmiller (50) 19:39. 26. Jamie Grocock (21) 19:46. 27. Wolf Hillesheim (50) 19:47. 28. Nicole Portley (15f) 19:49. 29. Erik Uchida (17) 19:51. 30. Robert Seldner (55) 19:58.

31. Matthew Johnson (14) 20:01. 32. Steve Garger (38) 20:05. 33. James Greene (18) 20:13. 34. Armando Avalos (14) 20:20. 35. Jess Anderson (48) 20:21. 36. Eric Anderson (19) 20:24. 37. Linda Kidd (37f) 20:27. 38. Bev Marx (42f) 20:33. 39. Kwame Adwore-Boamah (24) 20:38. 40. James Gross (38) 20:52.

Overall Results-10K

1. Oswaldo Servin (20) 30:50. 2. Kevin Corliss (31) 30:52. 3. Steven Chavez (38) 33:01. 4. Carlos Castelo (26) 34:10. 5. Steven Palladino (39) 34:16. 6. Michael Dove (48) 35:27. 7. Thom Pearman (33) 35:29. 8. Jeff Cowling (36) 35:35. 9. Chris Enlante (44) 35:39. 10. Bruce Aldrich (40) 35:51.

11. Lisa Geoffron (35f) 36:03. 12. Dan Donohue (44) 36:04. 13. Edward Schelegle (42) 36:17. 14. John Gromada (17) 36:20. 15. Dick Ratliff (46) 37:28. 16. Pam Runquist (32f) 37:45. 17. Rob Stark (36) 37:59. 18. Tim Rostegge (55) 38:01. 19. Bruce Fujimoto (40) 38:04. 20. Daniel Garcia (15) 38:16.

21. Jacob Michaels (28) 38:18. 22. Jeffrey Stehr (34) 38:23. 23. Dave Meyer (27) 38:39. 24. Steven Shaffer (35) 38:42. 25. Robert Sakai (50) 39:00. 26. Daniel Garcia Sr (40) 39:16. 27. Michael Shriver (36) 39:31. 28. Matt Jurach (22) 39:56. 29. Karin Kuffel (32f) 40:09. 30. John Litwinovich (46) 40:12.

31. Martha Brook (36f) 40:17. 32. David Daigh (42) 40:49. 33. Bill Driskill (35) 40:51. 34. Bob Bustabade (32) 40:56. 35. Mark Hendrie (28) 40:57. 36. Tomy Estipular (34) 40:58. 37. Ron Petroff (35) 40:58. 38. Midori Waugh (29f) 41:04. 39. Jon Brown (24) 41:05. 40. Ivan Gromada (16) 41:10.

Division Results-10K Men

14 & U: 1. Abel Rodriguez (13) 54:28. 2. Zack Lang (12) 1:26:50. 15-19: 1. John Gromada (17) 38:20. 2. Daniel Garcia (15) 38:16. 3. Ivan Hromada (16) 41:10. 20-24: 1. Oswaldo Servin (20) 30:50. 2. Matt Ju-

rach (22) 39:56. 3. Jon Brown (24) 41:05. 25-29: 1. Carlos Castelo (26) 34:10. 2. Jacob Michaels (28) 38:18. 3. Dave Meyer (27) 38:39. 30-34: 1. Kevin Corliss (31) 30:52. 2. Thom Pearman (33) 35:29. 3. Jeffrey Stehr (34) 38:23. 35-39: 1. Steven Chavez (38) 33:01. 2. Steven Palladino (39) 34:16. 3. Jeff Cowling (36) 35:35. 40-44: 1. Chris Enlante (44) 35:39. 2. Bruce Aldrich (40) 35:51. 3. Dan Donohue (44) 36:04. 45-49: 1. Michael Dove (48) 35:27. 2. Dick Ratliff (46) 37:26. 3. John Litwinovich (46) 40:12. 50-54: 1. Robert Sakai (50) 39:00. 2. Davis John (53) 45:20. 3. Robert Holland (51) 46:14. 55-59: 1. Tim Rostegge (55) 38:01. 2. Gary Hollinger (59) 44:44. 3. Bruce Piner (55) 46:14. 60-64: 1. Paul Chorley (62) 47:31. 2. Hank Gonzales (64) 1:27:55. 65-69: 1. Ken Zacher (68) 52:13. 2. George Black (66) 58:13. 3. John Donovan (67) 1:15:28.

Division Results-10K Women

14 & U: 1. Kelly McNamey (13) 50:21. 2. Onka Nogales (14) 50:23. 15-19: 1. Catherine Brown (17) 45:18. 2. Wendy Dear (17) 50:29. 3. Julie Glide (16) 52:34. 20-24: 1. Susan Dinsmore (21) 47:58. 2. Hana Schultz (22) 49:23. 3. Ann Evans (24) 51:26. 25-29: 1. Midori Waugh (29) 41:04. 2. Kelly Bosma (26) 44:52. 3. Amy Bustabade (26) 45:24. 30-34: 1. Pam Runquist (32) 37:45. 2. Karin Kuffel (32) 40:09. 3. Karrie Hoffer-Schmidt (33) 41:20. 35-39: 1. Lisa Geoffron (35) 36:03. 2. Martha Brook (36) 40:17. 3. Amy Makarchuk (39) 45:33. 40-44: 1. Patti Hartinian (43) 48:18. 2. Misty Gaswint (40) 49:33. 3. Gabrielle Pereira (40) 53:05. 45-49: 1. Sheila Scaly (45) 43:08. 2. Lyn Liuzzi (46) 44:36. 3. Shelley Black (48) 48:28. 50-54: 1. Jessie Stratton (50) 43:10. 2. Cynthia Hayes (53) 55:05. 3. Gayle Lossman (52) 1:06:51. 55-59: 1. Lucia Khan (55) 53:43. 2. Arlene Bidwell (57) 1:14:09.

Overall Results-1/2 Marathon

1. Chris Phipps (26) 1:13:16. 2. Arne Hanson (28) 1:16:26. 3. Mark Drake (40) 1:17:36. 4. Michael Tuffly (33) 1:18:04. 5. Enck Ray McBride (25) 1:19:01. 6. Scott Erba (26) 1:19:31. 7. Mike Maguire (33) 1:20:21. 8. Steven Yee (43) 1:21:33. 9. Bob Sharman (40) 1:22:03. 10. Kiko Bracker (27) 1:22:21.

11. Peter Faeth (23) 1:22:36. 12. Kevin Gmini (35) 1:22:45. 13. Elmer Watanabe (30) 1:23:04. 14. Larry Fujita (37) 1:23:14. 15. Steve Hall (44) 1:23:45. 16. Bruce Svoboda (37) 1:24:08. 17. Mike Tarvid (33) 1:24:21. 18. Tom Cooper (35) 1:24:30. 19. Mark Gouge (35) 1:24:45. 20. Vince McDnald (42) 1:25:04.

21. Lawrence Ochoa (39) 1:25:07. 22. Bob Whitehead (46) 1:25:20. 23. Alex Wright (23) 1:25:44. 24. Brian Woodhouse (40) 1:25:47. 25. Ken Cox (39) 1:25:51. 26. Grant Irvin (38) 1:25:52. 27. Matt Duffy (27) 1:26:05. 28. Todd Clark (39) 1:26:08. 29. David Williams (43) 1:26:15. 30. Dennis Meldinger (46) 1:26:24.

31. Connie Kondo (37f) 1:26:27. 32. Jenny Clark (28f) 1:26:29. 33. Jim Freeman (38) 1:26:36. 34. Mitchell Clark (36) 1:26:51. 35.

Jay Alft (35) 1:27:29. 36. Larry Mackinn (43) 1:27:36. 37. John Kennedy (42) 1:27:41. 38. Mark Barichevich (31f) 26:41. 39. Ruben Rodriguez (30) 1:26:58. 40. Ramon Jaime (30) 1:28:12.

Division Results-1/2 Marathon Men

15-19: 1. Stuart Conery (18) 1:38:23. 2. Aaron Van Order (15) 1:38:25. 3. Corey Fielding (19) 1:38:34. 20-24: 1. Peter Faeth (23) 1:22:36. 2. Alex Wright 1:22:36. 3. Dean Fadden (24) 1:33:21. 25-29: 1. Chris Phipps (26) 1:13:16. 2. Arne Hanson (28) 1:16:26. 3. Erick Ray McBride (25) 1:19:01. 30-34: 1. Michael Tuffly (33) 1:18:04. 2. Mike Maguire (33) 1:20:21. 3. Elmer Watanabe (30) 1:23:04. 35-39: 1. Kevin Gmini (35) 1:22:45. 2. Larry Fujita (37) 1:23:14. 3. Bruce Svoboda (37) 1:24:08. 40-44: 1. Mark Drake (40) 1:17:36. 2. Steven Yee (43) 1:21:33. 3. Bob Sharman (40) 1:22:03. 45-49: 1. Bob Whitehead (46) 1:25:20. 2. Dennis Meldinger (46) 1:26:24. 3. Edward Smeloff (45) 1:34:27. 50-54: 1. Mark Jones (52) 1:28:14. 2. Doug Bult (55) 1:29:06. 3. Chuck Cammack (50) 1:33:35. 55-59: 1. Jerry Young (55) 1:38:50. 2. Gar Audiss (56) 1:43:12. 3. Steve Galvar (57) 1:46:21. 60-64: 1. John Dunn (62) 1:49:15. 2. John Mine (64) 1:43:12. 3. Sabino Galvan (61) 1:57:57. 65-69: 1. Ken Nash (67) 2:00:11. 2. Hal Brown (68) 2:00:48. 3. Harvey Cain (65) 3:16:32. 70 & O: 1. Vic Lynn (70) 2:27:00. 2. Grant Eldridge (74) 2:49:02.

Division Results-1/2 Marathon Women

20-24: 1. Jennifer Bryan (21) 1:44:29. 2. Kristina Svendsen (20) 1:46:08. 3. Kimber Kadzik (24) 1:48:40. 25-29: 1. Jenny Clark (28) 1:26:29. 2. Tammy Davenport (28) 1:39:03. 3. Elizabeth Watkins (27) 1:42:43. 30-34: 1. Beatz Royce (34) 1:39:35. 2. Kristin Martinez (30) 1:41:42. 3. Chnsy Choy (30) 1:42:21. 35-39: 1. Connie Kondo (37) 1:26:27. 2. Theresa McCourt (36) 1:29:54. 3. Laura Stanfield (35) 1:34:36. 40-44: 1. Anne Veling (40) 1:40:19. 2. Yaeiko Chiders (44) 1:41:19. 3. Mary Hess (41) 1:45:56. 45-49: 1. Marilyn Arguelles (46) 1:44:18. 2. Candace Rossi (49) 2:00:59. 3. Jan Bleiweiss (47) 2:01:18. 50-54: 1. Sue Cammack (52) 1:44:26. 2. Judy Covin (53) 1:58:50. 3. Susan Benson (53) 1:59:22. 55-59: 1. Dina Fields (58) 2:05:41. 2. Khartoor Brown (58) 2:08:09. 3. Maureen McColligar (57) 2:18:38. 60-64: 1. Mary Young (67) 2:27:44. 65-69: 1. Peggy Ewing (66) 2:30:39. 70 & O: 1. Po Adams (71) 2:45:41.

Stern Grove Run

February 4, 4 Miles

Overall Results-4 Miles

1. Tyler Abbott, 23:21. 2. Antonio Corgas 24:39. 3. John Spriggs, 24:46. 4. Darnie Smiley, 25:05. 5. James Stratta, 26:00.

Death Valley Trail Marathon

26K & 1/2 Marathon

February 10, Death Valley

Overall Results-Marathon

RESULTS

1. David Buck (25) Berkeley. 3:04:45. 2. Richard Hillestad (53) Topanga. 3:14:25. 3. Spencer Roberts (37) Tucson. AZ. 3:16:20. 4. Ishii Tatsuo (44) Japan. 3:19:10. 5. John Montgomery (49) Del Mar. 3:23:18. 6. Wayne Peterson (41) Las Vegas. NV. 3:26:40. 7. Gregory Fowlkes (27) San Francisco. 3:30:07. 8. Marc Weaver (un) UN. 3:31:40. 9. Kenneth Price (53) Redondo Beach. 3:31:55. 10. John Scott (39) Lafayette. CO. 3:33:00.

30. Pam Golden (41f) Tucson. AZ. 3:59:05. 36. Mary Tracey (36f) Upland. 4:01:16. 41. Cathy Tibbets (41f) Farmington. NM. 4:18:20.

Overall Results-26K

1. Thomas Camp (27) San Francisco. 1:52:10. 2. Tom Wheeler (43) Santa Monica. 1:52:52. 3. Jerry Ratti (44) Oakland. 1:59:50. 4. Patty Tracey (29f) Del Mar. 2:05:00. 5. Jack Kurecki (35) Brooklyn. NY. 2:05:50. 6. Sharon Grant (46f) Agoura Hills. 2:13:40. 10. Carol Drake (38f) Brooklyn. NY. 2:24:30. 12. Helene Wood (39f) Watsonville. 2:33:30.

Overall Results-1/2 Marathon

1. David Platt (53) Fremont. 1:34:30. 2. Rich Cooper (52) Lancaster. 1:35:02. 3. Frank Marini (34) Tucson. AZ. 1:35:08. 4. Tom Ross (37) Morgan Hill. 1:45:10. 5. Brenda Fox (32f) Capitola. 1:45:30. 6. Wayne Muesse (31) Milpitas. 1:45:41. 7. Dave Collins (27) West Linn. OR. 1:47:00. 8. Lee Thompson (51) Capitola. 1:56:05. 9. Walter Alvey (36) Hicksville. NY. 1:58:10. 10. Liz (31f) Hicksville. NY. 2:01:20.

11. Lisa Nasoff (35f) Wantagh. NY. 2:01:20. 12. Judy Hillestad (52f) Topanga. 2:01:45. 13. Michaela Kiernan (31f) Palo Alto. 2:03:35.

Golden Gate Bridge Vista Run

February 11. 5.04 Miles

Overall Results-5.04 Miles

1. Tyler Abbott. 28:26. 2. Gary Ellis. 29:08. 3. Pete Nowicki. 30:22. 4. Jim Meissner. 31:22. 5. Neil McDonagh. 32:49

Heart Run

February 11. Woodland Hills

Division Results-5K Men

Overall Winner: 1. Jorge Marquez (29) L.A. 16:17. 2. Kirby Lee (31) Monterey Park.

16:36. 3. Steve Sorkin (27) 16:51. 12 & U: 1. Jameson Morra (12) Canyon Country. 19:55. 2. Douglas Broers (10) Castaic. 22:31. 3. Efrain Olivares (12) Northridge. 22:42. 13-18: 1. Bryan Green (17) Palmdale. 17:15. 2. Zour Shaposhnik (18) Northridge. 17:56. 3. Jeff Torres (14) Clovis. 18:13. 19-24: 1. Terry Ghiselli (20) Glendale. 17:37. 2. Russ Squires (20) Glendale. 21:28. 3. James Hamill (22) Riverside. 22:09. 25-29: 1. Jorge Marquez (29) L.A. 16:17. 2. Steve Sorkin (27) un. 16:51. 3. S. Foy (25) Woodland Hills. 17:10. 30-34: 1. Kirby Lee (31) Monterey Park. 16:36. 2. Amir Bashir (30) Burbank. 17:57. 3. Thomas Caylor (32) Woodland Hills. 18:13. 35-39: 1. Charlie Christensen (35) Tomsnad Oaks. 17:04. 2. Michael Smith (38) Glendale. 17:05. 3. Chuck Teixeira (36) Canyon Country. 17:13. 40-44: 1. Daniel Barry (40) Calabasas. 17:04. 2. Sgeven Watanabe (42) Santa Clarita. 18:16. 3. Luis Bugarin (40) Woodland Hills. 19:28. 45-49: 1. John Casso (45) Oxnard. 17:07. 2. Russell Stockard (48) Agoura Hills. 18:29. 3. Bill Sampson (49) Sylmar. 18:29. 50-54: 1. Alex meade (51) un. 20:08. 2. Ric narvaez (54) Agoura Hills. 21:53. 3. Ron Baumsteiger (54) Moorpark. 22:13. 55-59: 1. Harry Pantelas (59) Westlake Village. 20:07. 2. R. Gethel (59) Woodland Hills. 20:39. 3. Larry Templeman (58) Granada Hills. 21:53. 60-64: 1. Aldo Mora (61) Sherman Oaks. 19:39. 2. William O'Donnell (61) Burbank. 20:35. 3. John Van Egmond (63) Woodland Hills. 23:26. 65-69: 1. Leonard Walts (67) Los Angeles. 22:21. 2. Martin Lipp (65) Sherman Oaks. 25:15. 3. Duane Ulrich (65) West Hills. 25:21. 70 & O: 1. Larry Banuelos (71) 22:18. 2. Kenneth Butts (71) Bell Canyon. 26:15. 3. Murray Cohen (72) Tarzana. 26:34.

Division Results-5K Women

Overall Winner: 1. Michelle Ishii (23) Van Nuys. 18:40. 2. Peggy Lavelle (35) Woodland Hills. 18:56. 3. L. Carvalho (35) Woodland Hills. 19:36. 12 & U: 1. Denise Broers (8) Castaic. 23:07. 2. Jade Kiawer (12) Valencia. 23:16. 3. Jessica Briley (10) Castaic. 28:48. 13-18: 1. Melissa Bonds (17) Woodland Hills. 21:20. 2. Tiffany Etland (17) Simi Valley. 21:37. 3. Wendy Chan (15) Reseda. 22:14. 19-24: 1. Michelle Ishii (23) Van Nuys. 18:40. 2. Pamela Faul (23) Canoga Park. 28:00. 3. Rachel Muncie (23) Chatsworth. 28:07. 25-29: 1. Branda Hadjian (28) agoura Hills. 21:22. 2. Shaadhy Kurian

(26) Chatsworth. 21:33. 3. Joanne Garfias (29) Sylmar. 21:58. 30-34: 1. Rachel McCoy-Bedford (32) Hawthorne. 22:50. 2. Gail Moser (31) Tarzana. 22:54. 3. Georgene Pantelas (30) Sylmar. 21:58. 35-39: 1. Peggy Lavelle (35) Woodland Hills. 18:56. 2. L. Carvalho (35) Woodland Hills. 19:36. 3. Tracy Hrach (39) Calabasas. 21:52. 40-44: 1. Alicia Moses (43) Woodland Hills. 22:24. 2. Patricia Korn (41) Calabasas. 22:33. 3. Teresa Lima (40) Van Nuys. 25:54. 45-49: 1. Yoko Eichel (48) Woodland Hills. 21:14. 2. Patricia Bates (47) 22:35. 3. Kathie Gordon (49) 23:31. 50-54: 1. Rosanna Devenmark (51) Ventura. 23:54. 2. Leslie Stepan (50) Northridge. 24:07. 3. hannah Saber (50) Woodland Hills. 26:04. 55-59: 1. Rita Gilmore (55) Pacific Palisades. 23:09. 2. Dorothy Malavolti (57) Granada Hills. 28:09. 3. Nadine Kirshbaum (59) Woodland Hills. 31:08. 60-64: 1. Htsuko Hujimoto (60) Pacific Palisades. 25:36. 2. Anna Cheney (60) West Hills. 29:31. 3. Eleanore Rembaum (62) Chatsworth. 34:48. 65-69: 1. Trudi Tudor (65) Gardnerville. NV. 26:42. 70 & O: 1. Helen Dick (71) Los Angeles. 26:58. 2. Betty Thompson (71) 39:38. 3. Jane Frankman (70) Tarzana. 48:36.

Division Results-10K Men

Overall Winner: 1. Dan Goldstein (31) Thousand Oaks. 33:34. 2. Gul Guzman (35) Santa Monica. 34:16. 3. Tim Geraghty (38) Woodland Hills. 35:32. 12 & U: 1. Ignacio Rodriguez (12) Woodland Hills. 47:16. 2. Jonathan Levin (7) Tarzana. 52:25. 3. Tony Mora (10) Valencia. 1:04:43. 13-18: 1. Randy Nater (16) Canoga Park. 39:44. 2. Adam Kaplan (16) north Hills. 40:48. 3. Udi Vermesh (14) Los Angeles. 45:48. 19-24: 1. ty Vachon (22) hermosa Beach. 40:45. 2. Julio Hernandez (23) Sherman Oaks. 42:06. 3. John Henry (23) Lancaster. 47:25. 25-29: 1. Sai natarajan (25) Agoura Hills. 38:47. 2. Louis Brank (25) Los Angeles. 39:38. 3. Michael mahurin (26) Van Nuys. 39:54. 30-34: 1. dan Goldstein (31) Thousand Oaks. 33:34. 2. Jess Perez (34) Canoga Park. 35:43. 3. Terrence Moriarty (31) Venice. 37:18. 35-39: 1. Gil Guzman (35) Santa Monica. 34:16. 2. Tim Geraghty (38) Woodland Hills. 35:32. 3. Michael smith (38) 36:13. 40-44: 1. James Stepan (42) Northridge. 37:58. 2. Levi Locke (41) Canyon Country. 38:40. 3. Roger Johnson (41) Thousand Oaks. 40:12. 45-49: 1. Bill Samp-

son (49) Sylmar. 38:36. 2. Tim Lynch (40) Valencia. 41:15. 3. Dick Held (47) Los Angeles. 42:35. 50-54: 1. Fred Blasetti (52) Granada Hills. 40:19. 2. William Brady (52) Reseda. 42:44. 3. John Harris (54) Los Angeles. 48:01. 55-59: 1. Jerry Stearn (56) Caoga Park. 42:46. 2. Harry Pantelas (59) Westlake Village. 43:40. 3. Howard Brown (55) Chatsworth. 45:32. 60-64: 1. Paul Freidin (60) north Hills. 47:13. 2. Rex Ma. (64) Playa Del Rey. 47:18. 3. Salvador Sanchez (60) Canoga Park. (60) Canoga Park. 47:40. 65-69: 1. Donald Hathaway. (66) Hemet. 46:24. 2. Ellis Revness (68) Los Angeles. 47:59. 3. Al Friedman (65) Woodland Hills. 50:45. 70 & O: 1. Leonard DeGrace (71) Thousand Oaks. 50:40. 2. Vincent Malizia (81) Northridge. 1:01:44

Division Results-10K Women

Overall Winner: 1. Peggy Lavelle (35) San Francisco. 40:52. 2. Galla Pistotnik (29) Agoura Hills. 42:25. 3. Patti Taylor (31) Woodland Hills. 42:35. 13-18: 1. Jackie Gering (15) West Hills. 50:09. 19-24: 1. Gion. Kroetz (21) Westlake Village. 47:36. 2. Crystal Sherman (22) northridge. 49:38. 3. Jennifer Hildebrand (24) Agoura Hills. 50:34. 25-29: 1. Galla Pistotnik (29) Agoura Hills. 42:25. 2. Dana Fernandez (27) Woodland Hills. 45:00. 3. Sacha Hewitt (28) Los Angeles. 45:32. 30-34: 1. Patti Taylor (31) Woodland Hills. 42:53. 2. Marci Fengold (31) Granada Hills. 43:05. 3. Teresa Herder (34) Palmdale. 43:12. 35-39: 1. Peggy Lavelle (35) San Francisco. 40:52. 2. manika Pearlman (37) Agoura Hills. 49:27. 3. Lisa Haier (38) Calabasas. 50:27. 40-44: 1. Patricia Korn (40) Canoga Park. 47:26. 2. Marekouma Ouma (44) Woodland Hills. 47:44. 3. Kathy White (40) Lancaster. 48:18. 45-49: 1. Patricia Bates (47) Northridge. 48:46. 2. Kathy Housel (46) La Crescenta. 51:45. 3. Linda Hernandez (49) Canoga Park. 53:45. 50-54: 1. Sharon Diemert (50) Chatsworth. 47:22. 2. Marianne Gideon (50) Oceanside. 49:48. 3. Alice Appel (53) Sylmar. 55:17. 55-59: 1. Catherine Kaeller (58) Calabasas. 55:44. 2. Ellen Frost (55) Woodland Hills. 1:05:38. 3. Sam Wildman (58) Calabasas. 1:09:35. 60-64: 1. Elaine Herter (63) West Covina. 1:01:46. 65-69: 1. Rita Cobb (66) Whittier. 1:17:38. 70 & O: 1. Helen Rose (70) Sherman Oaks. 48:43

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RESULTS

"Together with Love" 10K Run

February 11, Monterey

Overall Results-10K Men

1. Jim Kurtzman (33) Pebble Beach, 32:39. 2. Jim Scattini (32) Salinas, 32:45. 3. Paul Lee (35) Pismo Beach, 33:41. 4. Jim Christensen (35) Morgan Hill, 34:00. 5. Sean McCormick (32) Paso Robles, 34:07. 6. Rick Baca (37) Monterey, 34:18. 7. Mike Heney (43) San Jose, 34:20. 8. Felipe Avila (33) Watsonville, 34:54. 9. David Cech (28) Salinas, 34:56. 10. David Cech (28) Salinas, 34:56.

11. Gerard Pearlberg (32) Santa Cruz, 35:00. 12. Elijah Bilotta (17) 35:20. 13. Rod Middleton (32) Monterey, 35:22. 14. Jose Garcia (46) Gilroy, 35:22. 15. Ramon Zaccarias (30) 35:47. 16. Jim Poulos (42) Carmel, 36:03. 17. Javier Alonso (25) Corralitos, 36:07. 18. Jefferson Seay (41) Salinas, 36:08. 19. Jeff Allen (35) Salinas, 36:14. 20. Clint Sapiro (17) Salinas.

Division Results-10K Men

6-13: 1. Mark Ferlito (11) Carmel, 44:28. 14-16: 1. Brian Villegas (16) Salinas, 39:54. 2. Andrew (16) Marina, 42:07. 3. Cassie Lewis (14) Los Banos, 1:17:19. 17-19: 1. Elijah Bilotta (17) 35:20. 2. Clint Sapiro (17) Salinas, 36:17. 3. Toby Hoffpau (17) Salinas, 39:58. 20-24: 1. Shayne Kline (24) Aptos, 36:25. 2. Eric Small (24) Santa Cruz, 37:04. 3. Victor Hernandez (23) Watsonville, 37:49. 25-29: 1. David Cech (28) Salinas, 34:56. 2. Javier Alonso (25) Corralitos, 36:07. 3. Jim Bergmann (29) Burbank, 37:46. 30-34: 1. Jim Kurtzman (33) Pebble Beach, 32:39. 2. Jim Scattini (32) Salinas, 32:47. 3. Sean McCormick (32) Paso Robles, 34:07. 35-39: 1. Paul Lee (35) Pismo Beach, 33:41. 2. Jim Christensen (35) Morgan Hill, 34:00. 3. Rick Baca (37) Monterey, 34:18. 40-44: 1. Mike Heney (43) San Jose, 34:20. 2. Michael Johnson (40) Pacific, 35:04. 3. Jim Poulos (42) Carmel, 36:03. 45-49: 1. Jose Garcia (46) Gilroy, 35:34. 2. Bob Anderson (48) Los Altos, 36:55. 3. Tommy Dodd (45) Aptos, 37:20. 50-54: 1. Jan Valencia (50) Seaside, 37:54. 2. Walter Radloff (50) San Jose, 38:24. 3. Gerry Holmes (53) Modesto, 38:44. 55-59: 1. Karl Gnepenburg (57) Petaluma, 37:39. 2. Jerry Colletto (55) Novato, 41:25. 3. George Nye (55) Monterey, 42:14. 60-64: 1. Lynn Wood (61) Monterey, 44:01. 2. Jess Chavez (64) Berkeley, 48:55. 3. Lion Wilkins (63) Sacramento, 50:58. 65-69: 1. Dudley Swedberg (67) San Jose, 1:01:34. 2. Ron Schenone (65) San Jose, 1:02:24. 3. Mikhail Poyurovsky (65) Monterey, 1:04:10. 70-95: 1. Howard Poweres (71) Scotts Valley, 54:37. 2. Jack Friedlander (74) San Mateo, 57:12. 3. George Kuska (74) Salinas, 1:01:11.

Overall Results-10K Women

Ramona Young (30) Watsonville, 37:29. 2. Christine Lincke (30) Mountain View, 37:51. 3. Christy Runde (27) San Jose, 37:58. 4. Erika Watson (29) Scotts Valley, 39:12. 5. Laura Given (28) Salinas, 39:26. 6. Lisa Nichols (30) Pacific Grove, 39:33. 7. Lorie Tam (29) San Ramon, 40:49. 8. Dee Gray

(40) Los Altos, 40:57. 9. Julie Dehlschlaeger (24) 41:26. 10. Janet Sobczak-Martin (41) Aptos, 41:31.

11. Patricia Schehrer (34) Santa Cruz, 41:50. 12. Sandy Tamillo (31) Seaside, 42:31. 13. Polly Polkey (27) Seaside, 42:32. 14. Erica Herman (25) Los Altos, 42:38. 15. Shanna McCord (30) Pebble Beach, 43:28. 16. Alice Irvine (17) Pebble Beach, 43:28. 17. Janet Calmels (42) Novato, 43:41. 18. Catherine Powers (32) Pebble Beach, 43:50. 19. Phyllis Wheeler (25) Seaside, 43:52. 20. Carney Price (34) Carmel Valley, 43:56.

Division Results-10K Women

6-13: 1. Isis Sien (13) Santa Cruz, 50:46. 14-16: 1. Paige Sorenson (14) Los Banos, 1:00:14. 2. Barbara hasselbach (16) Salinas, 1:00:44. 3. Gabriela Pelayo (16) Greenfield, 1:06:25. 17-19: 1. Alice Irvine (17) Pebble Beach, 43:28. 2. Elena Garcia (18) Gilroy, 44:37. 3. Emily Heltzman (18) Monterey, 45:47. 20-24: 1. Julie Dehlschlaeger (24) Madera, 41:26. 2. Heidi Pollard (22) Monterey, 47:30. 3. Caroline Bamel (24) Sunnyvale, 48:58. 25-29: 1. Christy Runde (27) San Jose, 37:58. 2. Erika Watson (29) Scotts Valley, 39:12. 3. Laura Given (26) Salinas, 39:26. 30-34: 1. Ramona Young (30) Watsonville, 37:29. 2. Christine Lincke (30) Mountain View, 37:51. 3. Lisa Nichols (30) Pacific Grove, 39:33. 35-39: 1. Diane Delucchi (35) Aptos, 44:41. 2. Margaret Chung (37) Carmel, 44:49. 3. Joki Schaffer (36) Carmel Valley, 45:03. 40-44: 1. Dee Gray (40) Los Altos, 40:57. 2. Janet Sobczak-Martin, 41:31. 3. Janet Calmels (42) Novato, 43:41. 45-49: 1. Marjane Maples (46) Morgan Hill, 44:52. 2. Kaye Proveni (45) Morgan Hill, 46:03. 3. Betsy Leclerc (49) Monterey, 47:25. 50-54: 1. Lynn Altenberg (52) Pacific Grove, 52:19. 2. Teri English (50) Pebble Beach, 53:16. 3. Joyce Cohan (53) Los Gatos, 54:25. 55-59: 1. Joyce Small (57) San Mateo, 59:16. 2. Katharine Edwards (57) Novato, 1:00:02. 3. Rosemary Avila (55) Watsonville, 1:02:33. Team Scores: 1. Michael Johnson, Erika Watson, 35:04 & 39:12. 2. Javier Alonso, Lisa Nichols, 36:07 & 39:33. 3. Bob Anderson, Dee Gray, 36:55 & 40:57. 4. Elijah Bilotta, Alice Irvine, 35:20 & 43:28. 5. Jose Garcia, Elena Garcia, 35:34 & 44:37.

Cascading Cataracts Marathon, 25K & 7 Mile

February 17, Tamaulipas St. Park

Overall Results-Marathon

1. John Cooper (32) Concord, 3:24:00. 2. Harry Islas (45) Stockton, 3:32:22. 3. Dave Carlson (42) Carson City, NV, 3:44:46. 4. Vincent Jervis (28) Pleasant Hill, 3:48:00. 5. Michael Owen (30) Danville, 3:48:48. 6. Laurette Fox (43) Auburn, 4:23:15. 10. Pat Koren (39) Cupertino, 5:05:47.

Overall Results-25K

1. Jim Musick (27) Walnut Creek, 1:50:55. 2. Brent Cromley (27) San Francisco, 2:20:02. 3. Kevin Smith (40) Pacific Grove, 2:02:15. 4. Eric Krawitt (27) San Francisco, 2:02:55. 5. Kim Harbaugh (29) San Fran-

cisco, 2:08:06. 6. Richard Boggs (28) San Francisco, 2:13:52. 7. Greg O'Brien (28) San Francisco, 2:17:38. 8. Michael Schultz (34) Newark, 2:18:10. 9. Nicolas Marin (28) San Francisco, 2:18:35. 10. Kevin O'donnell (30) San Francisco, 2:20:32.

Overall Results-7 Mile

1. Ted Ray (25) San Francisco, 1:02:00. 2. Garin Frost (27) San Mateo, 1:02:00. 3. Michael Conli (30) Mill Valley, 1:09:30. 4. Michael Desrosiers (37) Charleston, SC, 1:10:10. 5. Erna Kessell (35) Davis, 1:10:20. 6. David Platt (53) Fremont, 1:11:30. 7. Scott Caughois (29) Berkeley, 1:13:20. 8. Debbie Williams (23) Sacramento, 1:14:02. 9. Chris Cale (26) Sacramento, 1:17:40. 10. John Johnson (47) Sacramento, 1:18:10. 12. Susan Lindstrom (28) San Francisco, 1:18:32. 14. Kim Eggert (34) Travis AFB, 1:18:52.

Polo Fields 5K/10K

February 18.

Overall Results-5K

1. Dev Sinha, 16:51. 2. Michael Gama, 16:54. 3. Andy Chan-Man, 17:22. 4. Pete Nowicki, 18:05. 5. Jim Gianigan, 18:11.

Overall Results-10K

1. Tyler Abbott, 35:06. 2. Peter Hsia, 35:51. 3. Mike Rossner, 37:00. 4. Tom Davies, 37:39. 5. Mark Gonzales, 37:46.

Whale Chase 5K

February 18, Dana Point

Division Results-5K Men

Open: 1. Lia Knutsson (24) 15:33. 2. Troy Manzer (25) 15:50. 3. Chris Jagers (35) 15:53. 13 & U: 1. Michael Mena (12) 18:54. 2. Gavin Coleman (10) 19:33. 3. Markie Mena (9) 20:07. 13-14: 1. Justin Neuroth (13) 17:27. 2. Nathan Lynch (14) 18:19. 3. Brian Renaud (14) 18:40. 15-18: 1. Mark Savel (16) 17:05. 2. Ryan Downey (16) 19:23. 3. Todd McCanne (17) 28:16. 19-24: 1. Ola Knutsson (24) 15:33. 2. Matthew Schavel (21) 19:16. 3. Pat Fitzgerald (20) 20:59. 25-29: 1. Troy Manzer (25) 15:50. 2. Dennis Arms (27) 16:08. 3. Michael Richardson (29) 16:14. 30-34: 1. Steve Hastings (34) 17:01. 2. Ino Urbe (34) 17:31. 35-39: 1. Chris Jagers (35) 15:53. 2. Barry Sheehan (35) 16:23. 3. Jeff Shaddox (38) 16:42. 40-44: 1. Steve Lassegard (43) 17:15. 2. Jim Stephens (42) 17:41. 3. Mark Bradbury (41) 17:47. 45-49: 1. Don Irvine (46) 16:55. 2. Steve Kellmyer (45) 17:18. 3. John McAndrew (46) 18:11. 50-54: 1. Wayne Mitchell (51) 17:14. 2. Fred Millard (50) 18:30. 3. Jim Burton (50) 20:11. 55-59: 1. Al Shook (56) 19:19. 2. Frank Russo (58) 21:29. 60-64: 1. Paul Saucedo (64) 20:13. 2. William Dubay (61) 24:04. 3. Don Stafford (61) 24:20. 65-69: 1. Frank Buxton (65) 20:02. 2. Jack Pomeroy (66) 23:39. 3. Gil Nielsen (65) 24:03. 70 & U: 1. Robert Kay (70) 22:07. 2. Leonard De-Grace (71) 23:10. 3. Jack Green (70) 25:05.

Division Results-5K Women

Open: 1. Gina Krieg (36) 18:41. 2. Jean Harvey (24) 18:52. 3. Alexandria Brava (47) 18:53. 13 & U: 1. Leslie Robin (12) 24:09. 2.

Ashley Tyson (12) 27:01. 3. Michele Gosi, 12:31. 23-13-14: 1. Megan McGowan, 19:44. 2. Melissa Rogers (13) 22:01. 3. Megan Spansail (13) 23:58. 15-18: 1. Chyna Fitzgerald (16) 18:56. 2. Jamie Swamer, 16:19. 20:11: 1. Stephanie Kozowyk (26) 21:09. 2. susie gutierrez (27) 21:18. 3. Laura Tanabe (25) 21:53. 30-34: 1. Victoria Grego (34) 19:19. 2. Susan Berenda (34) 19:37. 3. Denise Woodard (31) 19:46. 35-39: 1. Gina Krieg (36) 18:41. 2. daniel Prancevic (37) 19:15. 3. Pilar Gordillo (39) 19:46. 40-44: 1. Carol Wimbish (44) 20:33. 2. Sabrina Larkin (41) 22:32. 3. Tamara Wilson (44) 23:46. 45-49: 1. Alexandria Brava (47) 18:53. 2. Eva Cervantes (45) 21:12. 3. Rachel Rodriguez (46) 22:40. 50-54: 1. Nancy Ten-Berger (54) 23:41. 2. Peggy Eckroth (53) 26:40. 3. Cindy Prewitt (50) 26:43. 55-59: 1. Elaine Cook, 27:02. 2. Helen Geotfrion (57) 27:25. 60-64: 1. Patti McMahon (60) 32:09. 2. Elaine Innman (63) 35:47. 3. Rosemary McMackin (62) 35:48. 65-69: 1. Mickey Shockley (66) 32:16. 2. Char Killingsworth (65) 35:27. 3. Catherine Ishizana (65) 37:51. 70 & U: 1. Margaret Baney (70) 36:12. 2. Vivian Holt, 71:14. 44:54.

Almond Blossom Run

February 24, Ripon

Division Results-1 Mile Men

Overall Winner: Noah Hinkston, 4:34. 8 & U: 1. Jimmy Elam, 6:56. 9-13: 1. Cameron Kaiser, 6:13. 14-15: 1. Tony Azevedo, 6:34. 16-19: 1. Jeff Kaiser, 4:50. 20-29: 1. Mike Boyer, 5:07. 30-39: 1. Noah Hinkston, 4:34. 40-49: 1. Louie Phillips, 5:13. 50-59: 1. Ricardo Guidolin, 5:49. 60 & U: 1. Vic Lyons, 6:11.

Division Results-1 Mile Women

Overall Winner: Kelsey Kaiser, 6:13. 8 & U: 1. Emily Palmer, 10:33. 9-13: 1. Kelsey Kaiser, 6:13. 14-15: 1. Lon Duroy, 6:23. 16-19: 1. Regina Thorsland, 14:07. 20-29: 1. Doreen Van Laar, 8:20. 30-39: 1. Jan Yonan, 7:07. 40-49: 1. Rita Gorham, 8:05. 50-59: 1. Emily Ward, 9:03. 60 & U: 1. Aleer Kaiser, 11:23.

Division Results-8K Men

Overall Winner: 1. Doug Thurston, 27:02. 12 & U: 1. Nate Madsen, 35:29. 13-19: 1. Emiliano Figueroa, 29:21. 20-29: 1. John Eschmann, 27:27. 30-39: 1. Doug Thurston, 27:02. 40-49: 1. David Furst, 28:16. 50-59: 1. Mike Ammon, 28:11. 60-69: 1. Jim Hine, 34:29. 70 & U: 1. Jim Sullivan, 43:30.

Division Results-8K Women

Overall Winner: 1. Karen Steele, 31:32. 12 & U: 1. Christina Muirhead, 42:50. 13-19: 1. Nicole Loeffler, 35:00. 20-29: 1. Carol Parise, 31:58. 30-39: 1. Karen Steele, 31:32. 40-49: 1. Claire Fry, 31:54. 50-59: 1. Barbara Miller, 32:30. 60-69: 1. Guadalupe Freitas, 44:37.

RESULTS

Escape From Marin Marathon

February 24, Sausalito

Overall Results-Marathon

1. Kevin Thompson (42) Redwood City, 3:59:00. 2. Gayla Johnson (32) Sunnyvale, 4:09:20. 3. Scott Mark (52) San Ramon, 5:08:50. 4. Michael Delarosa (48) San Jose, 5:09:30. 5. Todd Gregorian (17) Menlo Park, 5:09:33.

Overall Results-7 Mile

1. Michael Conti (30) Mill Valley, 1:04:01. 2. Garin Frost (27) San Mateo, 1:08:22. 3. Kevin Babson (28) San Francisco, 2:15:05. 4. Lisa Stephens (28) San Francisco, 2:15:13. 5. Austin Bond (25) Berkeley, 2:16:40. 6. Amy Kistler (28) San Francisco, 2:19:25. 7. Emily Troemel (25) San Francisco, 2:23:15. 8. Kathryn Johnston (24) Menlo Park, 2:23:25.

Overall Results-1/2 Marathon

1. Alex Hetherington (28) Vista, 1:36:36. 2. Brent Cromley (27) San Francisco, 1:40:56. 3. Charles Lombard (43) Los Altos Hills, 1:41:18. 4. John Steiner (31) Berkeley, 1:46:52. 5. Evan Kerr (31) San Francisco, 1:52:05. 6. Jeff Pointer (32) Boise, ID, 1:55:20. 7. Greg O'Brien (28) San Francisco, 1:56:00. 8. Stephen Wallace (25) Stanford, 1:58:31. 9. Richard Boggs (28) San Francisco, 1:59:43. 10. Carleton Sage (28) San Francisco, 2:00:38.

16. Stacey Weinthal (27) San Francisco, 2:03:20. 18. Anne Courtney (36) Mill Valley, 2:05:30. 22. Valerie Hamilton (38) Windsor, 2:09:59. 24. Katie Fer

Berkeley Rainbow Run

February 25, Berkeley

Overall Results-5K

1. Matthew Greene (30) Sacramento, 16:32. 2. Garrett Fogel (16) San Lorenzo, 17:16. 3. Bill Zachary (47) Berkeley, 17:23. 4. Jeff Rosenthal (34) Lafayette, 17:39. 5. Jerry Goodwin (54) Berkeley, 17:46. 6. Mark Tachman (39) Oakland, 17:56. 7. Nicole Portley (15) San Mateo, 17:58. 8. Kim Bruyn (34) Placerville, 18:10. 9. Janet Ekstrom (21) Newark, 18:22. 10. Mark Watson (42) Oakland, 18:34.

11. Alex Vago (55) San Jose, 18:46. 2. Shannan Mathre (19) Concord, 18:58. 13. Greg Gillis (43) un, 19:13. 14. Jeff Remley (33) Novato, 19:28. 15. John McCall (53) Novato, 19:43. 16. James West (31) San Francisco, 19:58. 17. John Gillis (13) Hayward, 20:13. 18. Bryan Holmes (61) Concord, 20:28. 19. Dupre Miller (34) South San Francisco, 20:43. 20. Paul Sproer (55) Albany, 20:58.

Division Results-5K Men

13 & U: 1. John Gillis (13) Hayward, 20:13. 14-17: 1. Garrett Fogel (16) San Lorenzo, 17:16. 22-29: 1. Michael Kan (28) Berkeley, 24:01. 30-39: 1. Matthew Greene (30) Sacramento, 18:32. 40-49: 1. Bill Zachary (47) Berkeley, 17:23. 50-59: 1. Jerry Goodwin (54) Berkeley, 17:46. 60-69: 1. Bryan Holmes (61) Concord, 20:28. 70 & 0: 1. David Cole (73) Sonoma, 25:49.

Division Results-5K Women

13 & U: 1. Jennifer Bickley (13) Alameda, 37:48. 14-17: 1. Nicole Portley (15) San Mateo, 17:58. 18-21: 1. Janet Ekstrom (21) Newark, 18:22. 22-29: 1. Inga Wagar (27) un, 24:19. 30-39: 1. Kim Bruyn (34) Placerville, 18:10. 40-49: 1. Rebecca Gray (40) South San Francisco, 22:13. 50-59: 1. Lynn Gok (51) Pacifica, 30:01.

Overall Results-10K

1. Gary Judson (33) San Francisco, 33:22. 2. Juan Carlos Ortega (30) San Mateo, 34:12. 3. Mike Maguire (33) Hayward, 34:18. 4. Andy Schuler (31) Oakland, 36:40. 5. Daniel Rosenthal (30) Piedmont, 37:10. 6. Jarrod Eaton (27) San Francisco, 37:54. 7. Mike Regan (39) Danville, 37:45. 8. Douglas Titenour (26) San Francisco, 37:54. 9. Kristin Jacobs (31) San Jose, 38:05. 10. Adlar Su (19) Berkeley, 38:25.

11. Anthony Ancombe (35) Alameda, 38:48. 12. Tim Maher (45) un, 38:56. 13. Fred Martin (51) Pleasanton, 39:14. 14. Michael Palmer (42) Berkeley, 39:23. 15. John Weidinger (54) San Francisco, 39:25. 16. Don Hickman (43) El Sobrante, 39:46. 17. Mike Willey (30) San Francisco, 39:53. 18. Stephen Rhudy (28) Berkeley, 40:13. 19. Darin Nee (14) 40:14. 20. Curtis Overway (33) 40:16.

Division Results-10K Men

14-17: 1. Darin Nee (14) Kentfield, 40:14. 18-21: 1. Adlar Su (19) Berkeley, 38:25. 22-29: 1. Jarrod Eaton (27) San Francisco, 37:54. 30-39: 1. Gary Judson (33) San Francisco, 33:22. 40-49: 1. Tim Maher (45) un, 38:56. 50-59: 1. Fred Martin (51) Pleasanton, 39:14. 60-69: 1. Pentti Valkonen (61) Piedmont, 45:50. 70 & 0: 1. Gary Toji (72) Berkeley, 50:29.

Division Results-10K Women

14-17: 1. Kelly Macdonald (17) Sausalito, 48:11. 18-21: 1. Monika Goetz (21) Pleasanton, 1:03:15. 22-29: 1. Nell Smith (26) Berkeley, 41:47. 30-39: 1. Kristin Jacobs (31) 38:05. 40-49: 1. Anna Bolick (42) South San Francisco, 45:30. 50-59: 1. Barbara Brady (51) Livermore, 48:38. 60-69: 1. Barbara Robben (61) Berkeley, 53:43.

Great Chowder Chase

February 25, Santa Cruz

Division Results-4.5 Miles Men

12 & U: 1. David Hehn (11) Aptos, 32:37. 2. Ricky Noble (12) San Jose, 33:22. 3. Gus Balla (11) Santa Cruz, 36:11. 13-18: 1. Frankie Palacios (18) Watsonville, 25:47. 2. John Hromada (17) Sacramento, 26:24. 3. Steven Hoffmaster (18) San Jose, 26:41. 19-24: 1. Ramon Zacarias (22) Watsonville, 25:04. 2. Ismael Garcia (22) Gilroy, 26:47. 3. David Koch (23) Monterey, 29:38. 25-29: 1. Brian Williamson (27) Campbell, 24:43. 2. Scott Bang (27) San Jose, 25:23. 3. Andy Chan (25) San Francisco, 25:32. 30-34: 1. Jose alsupuro (34) Watsonville, 22:54. 35-39: 1. Jay Marden (32) Fremont, 23:05. 3. Felipe Avila (33) Watsonville, 25:15. 35-39: 1. Javier Naranjo (37) Watsonville, 23:58. 2. Chris Saul (35) San Jose, 26:49. 3. Kevin Gallagher (37) Santa Cruz, 27:05. 40-44: 1. Bob Ebert (41) Santa Cruz, 23:40. 2. Fran-

cisco Avila (40) Santa Cruz, 26:59. 3. Rick Holstetter (41) Santa Cruz, 27:30. 45-49: 1. Jose Garcia (46) Gilroy, 25:52. 2. Tom Odd (45) Aptos, 26:47. 3. Olaf Schiappacasse (46) Santa Cruz, 28:13. 50-54: 1. Jan Valencia (50) Seaside, 27:19. 2. Kick Duccini (53) Scotts Valley, 28:31. 3. James Weber (50) Aptos, 29:21. 55-59: 1. Bob Feldman (56) Saratoga, 32:24. 2. Frank Taormina (56) Santa Cruz, 33:32. 3. Nick Calarco (55) Hayward, 33:48. 60-64: 1. William Flodberg (62) San Martin, 30:34. 2. Tom Kurihara (60) Vienna, 32:54. 3. Ron Strout (62) Santa Cruz, 34:43. 65-69: 1. Wil Kins (65) Orangevale, 32:19. 2. Ken Nash (68) San Jose, 35:06. 3. Ed Valencia (65) Santa Cruz, 37:3070 & 0: 1. Jim Eymann (72) Sacramento, 38:29. 2. Jack Friedlander (74) San Mateo, 40:46. 3. Norman Krieg (71) San Jose, 41:13.

Division Results-4.5 Miles Women

12 & U: 1. Jodi Mitchell (11) Santa Cruz, 36:29. 2. Briana Wiles (11) Soquel, 37:30. 3. Megan Carney (11) Santa Cruz, 41:14. 13-18: 1. Elena Garcia (18) Gilroy, 31:05. 2. Annette Holmquist (16) San Jose, 31:27. 3. Brianna Denley (17) Prunedale, 31:45. 19-24: 1. Cheryl Atkinson (21) Santa Cruz, 34:26. 2. Laurel Wood (21) Aptos, 35:14. 3. Serra Oldfield (19) Santa Cruz, 36:04. 25-29: 1. Helen Kim (27) Milpitas, 30:47. 2. Amy Deamond (27) Santa Cruz, 30:54. 3. Maureen Williamson (28) Monterey, 32:05. 30-34: 1. Ramona Young (30) Watsonville, 27:04. 2. Kaki Drottar (30) Santa Cruz, 32:02. 3. Cathy Jager (34) Santa Cruz, 32:19. 35-39: 1. Bettianne Sien (38) Santa Cruz, 35:10. 2. Linda Haas (36) Scotts Valley, 36:14. 3. Nancy Foley (36) Lincoln, 36:25. 40-44: 1. Anne Hayden (41) Santa Cruz, 30:33. 2. Lynne Denley (44) Prunedale, 33:17. 3. KJ Bowman (40) Santa Cruz, 33:17. 45-49: 1. Clementine Jones (45) Hollister, 36:23. 2. Pamela Dood (45) Aptos, 37:35. 3. Lilly Frawley (47) Sacramento, 38:06. 50-54: 1. Julie Yaffee (52) San Carlos, 33:56. 2. Bec Empey (54) San Mateo, 43:03. 3. Cheryl Bentley (50) Santa Cruz, 37:20. 55-59: 1. Lucille Desjardins (56) Santa Cruz, 41:20. 2. Joyce Small (57) San Mateo, 43:03. 3. Rosemary Avila (55) Watsonville, 43:42. 60-64: 1. Emily Maloney (64) Santa Cruz, 42:28. 2. Katherine Beiers (63) Santa Cruz, 42:48. 65-69: 1. Barbara Nash (67) San Jose, 59:01. 70 & 0: 1. Jaclyn Caselli (74) San Jose, 43:17.

Point Reyes Trail Marathon

25K & 7 Mile

March 2, Pt. Reyes National Seashore

Overall Results-Marathon

1. Ken Cox (39) Woodland, 4:03:00. 2. Greg Atchley (39) Reno, NV, 4:17:40. 3. Larry Goodman (29) Ukiah, 4:23:35. 4. Michael Owen (30) Danville, 4:45:20. 5. Vincent Jarvis (28) Pleasant Hill, 4:45:20. 15. Wini Jabian (52) MTN. View, 6:44:12. 18. Dexter Dobberpuhl (50) Martinez, 7:08:10.

Overall Results-25K

1. Taylor Greenleaf (29) Pt. Reyes Station, 2:16:50. 2. Mike Laurenson (28) San Francisco, 2:22:05. 3. Greg Engemann (35) Greenwood, 2:24:00. 4. Katie Gengler (24) San Luis Obispo, 2:24:20. 5. Ian Mangle (33) Menlo Park, 2:31:12. 6. Kevin O'Donnell (31) San Francisco, 2:33:45. 7. Dana Garra (34) Orinda, 2:35:30. 8. Penny Demoss (46) Oakland, 2:38:50. 9. Joe MacFarland (32) San Francisco, 2:40:36. 10. Dan Fraost (39) Novato, 2:44:05. 14. Cathy Hilton (38) Walnut Creek, 2:58:30. 15. Dale Reed (42) Larkspur, 2:59:00.

Overall Results-7 Mile

1. Erna Kessell (35) Davis, 51:47. 2. Alice Lee (36) Albany, 57:57. 3. Don Alexson (39) Santa Rosa, 57:57. 4. Dave Cureton (41) Fremont, 57:57. 5. Seam McDanie (29) Lincoln, 59:15.

Sutter Home Napa Valley Marathon

March 3, Napa Valley

Aaron Pierson of Daly City, Calif., successfully defended his 1995 title and claimed his second marathon in six weeks Sunday, while winning the Sutter Home Napa Valley Marathon in 2 hours, 23 minutes and 58 seconds.

Pierson, 32, a waiter in San Francisco overtook surprising leader Richard Flores of Windsor, Calif., after 15 miles was never challenged enroute to the third triumph of his eight-marathon career.

Flores, 41, running in his first marathon held nearly a minute lead over the two-time titlist after 13 miles. But the civil attorney, eventually finished second in 2:26:04, a new men's masters (over age 40) record.

Rob Reid, 40, of Victoria, B.C., steadily advanced through the field and placed third in 2:27:40.

Veronica Haskell, 24, of Redding, Calif., a new mother who was competing in her first marathon, led from within the first mile and ran to more than a 10-minute victory in the women's division in 2:53:48.

A field of 1,281 began the race just south of Calistoga under overcast skies and with a temperature of 51 degrees, near ideal conditions. The weather remained in the 50s throughout the day, with periodic light rain. There were 1,110 finishers.

Jennifer Bates, 38, of Eugene, Ore., was second woman in 3:04:57, with Jennifer Devine, 24, of Sacramento, Calif., third in 3:05:17.

Pre-race favorite Christine Iwahashi, 40, of Sacramento, Calif., a three-time former race winner, finished seventh and claimed the women's masters division in 3:11:42.

"At 12 miles I was really beginning to wonder about his (Flores) pace," said Pierson who captured the San Diego Marathon on Jan. 21 in a personal record 2:23:06. "He was a little more talented than I thought he was. I got concerned. But about halfway said, 'I have to put the hammer down. I know, it's early, but I have to do it. I can't keep wondering about this guy any longer. I just want to catch him, no matter what'."

RESULTS

Haskell, who began to run again 10 days after the birth of her 11-month-old son, was never challenged after she took her early lead.

"I thought I could run around three hours," said Haskell. "And I was under that easily, so I'm really happy. I ran the first half pretty hard and I knew it was going to hit me, but I did it anyway. By 24 miles, I thought I couldn't move anymore."

Steve Radigan, 44, of Milpitas, Calif., and Harry Cadelago Jr., 48, of Napa, Calif., the only to runners to complete the race every year, both recorded their 18th finish in 3:01 and 4:12, respectively.

Overall Results-Marathon Men

1. Aaron Pierson (32) Daly City, 2:23:58.
2. Richard Flores (41) Windsor, 2:26:04.
3. Rob Reid (41) Victoria, B.C., 2:27:40.
4. Sean Crom (40) Reno, NV, 2:31:29.
5. Michael White, (un) San Jose, 2:35:41.
6. Tony Fong (36) Alameda, 2:38:25.
7. Gil Guzman (36) Santa Monica, 2:39:30.
8. Gregg Walchli (33) Bellevue, WA, 2:39:44.
9. Steve Greenspan (38) Phoenix, AZ, 2:40:54.
10. Jeff Teeters (36) Berkeley, 2:41:14.
Wheelchair: 1. Jerry Martin Cheney, WA, 1:56:24.

Overall Results-Marathon Women

1. Veronica Haskell (28) Redding, 2:53:58.
2. Jennifer Bates (38) Eugene, OR, 3:04:57.
3. Jennifer Devine (24) Sacramento, 3:05:17.
4. Kristin Wellman (24) Mesa, AZ, 3:07:21.
5. Annamarie King (35) Mountain View, 3:07:50.
6. Becky Drees (29) Seattle, WA, 3:09:35.
7. Christine Iwahashi (40) Sacramento, 3:11:42.
8. June Gessner (43) Laguna Niguel, 3:13:18.
9. Cary Craig (38) Esparto, 3:15:56.
10. Sonya Wells (31) Roseville, 3:16:18.

San Joaquin River Run/Walk

March 3, Fresno

Division Results-5 Mile Men

Overall Winner: 1. Barry Proctor, 25:39.
10-14: 1. Matt Kelley, 33:28. 15-18: 1. Michael Kasahun, 26:15. 19-24: 1. Pete Munoz, 31:00. 25-29: 1. Felipe Lemus, 27:36. 30-34: 1. Jay Geary, 27:54. 35-39: 1. Barry Proctor, 25:39. 40-44: 1. Jim Hartig, 26:04. 45-49: 1. Steve Leby, 28:10. 50-54: 1. Mark Haymond, 30:27. 55-59: 1. Frank Delgado, 32:38. 60-64: 1. Ric Zamarripa, 34:48. 70 & 0: 1. Franz Weinschenk, 49:34.

Division Results-5 Mile Women

Overall Winner: 1. Ann Castillo, 29:02. 19-24: 1. Cathy Urroz, 40:49. 25-29: 1. Leann Holm, 35:52. 30-34: 1. Maia Pucay, 32:40. 35-39: 1. Ann Castillo, 29:02. 40-44: 1. Deanna Voelker, 31:55. 45-49: 1. Karen Brooke, 35:10. 50-54: 1. Margie Lindsey, 34:57. 55-59: 1. Glenda Morgan, 44:21. 60-64: 1. Sydney Loo, 52:36.

Division Results-2 Mile Men

Overall Winner: 1. Allen Greulich, 14:26. 10-14: 1. Ryan Dunlap, 14:27. 19-24: 1. Dwayne Martin, 17:06. 25-29: 1. Mark Aguilar, 15:27. 30-34: 1. Jerry Spurtlock, 14:32. 35-39: 1. David Provencio, 15:29. 40-44: 1. David Cuevas, 14:44. 45-49: 1. Pete Musto, 15:06. 50-54: 1. Allen Greulich, 14:26. 55-59: 1. Monty Pistorosi, 19:49. 60-64: 1. Mickey Kallangian, 14:46. 65-69: 1. Rafael Silva, 15:32. 70 & 0: 1. Bob Musso, 17:18.

Division Results-2 Mile Women

Overall Winner: 1. Samantha Cherrington, 14:32. 10-14: 1. Samantha Cherrington, 14:32. 19-24: 1. Teresa Amaral, 17:47. 25-29: 1. Jessie Flores, 25:55. 30-34: 1. Sabina Sprulock, 15:41. 35-39: 1. Deirdre DaSilva, 19:49. 40-44: 1. Betty Crowell, 15:46. 45-49: 1. Frances Caraker, 23:08. 55-59: 1. Louise Rhoad, 22:45. 60-64: 1. Theanne Woodruff, 24:17. Walk, 0-39: 1. Ledia Ridgeway, 22:20. 40-49: 1. Benita Morris, 20:25. 50 & 0: 1. Paula Singler, 26:08....

Run At Rascal Creek Run 3K

March 10, Merced

Overall Results-3K

1. Donald Ellis, 9:21. 2. Noah Hinkston, 9:22. 3. Ryan Carroll, 9:29. 4. Ray Winter, 9:44. 5. Rafael Silva, 9:56. 6. Enrique Rodriguez, 9:59. 7. Russell Walke, 9:59. 8. Chariz Laccay, 10:01. 9. Savy Leam, 11:05. 10. David Simenson, 11:10. 11. James Reid, 11:11. 12. Vanessa Yonan, 11:19. 13. Jason Bloom, 11:22. 14. Julian Lopez, 11:24. 15. Ryan Hamill, 11:24. 16. Tom Diehl, 11:30. 17. Francisco Nunez, 11:40. 18. Eric Espinoza, 11:43. 19. Drew Williams, 11:53. 20. Kevin Padilla, 11:55. 21. Nicole Loeffler, (f) 11:58. 23. Miriam Yonan (f) 12:22. 24. Gwen Rohrer (f) 12:25. 25. Kristin Ellis (f) 12:44.

Overall Results-10K

1. David Welch, 30:33. 2. James Harris,

30:44. 3. Christopher Schile, 30:48. 4. Mike Livingston, 30:54. 5. Jason Lienau, 30:56. 6. Mike Spencer, 31:04. 7. Francesjohn Gailson, 31:07. 8. Alan Dehlinger, 32:16. 9. Rod Heskett, 32:33. 10. EJ Bohn, 32:43.

11. Jay Marden, 33:31. 12. David Nanajo, 33:38. 13. Fred Villegas, 34:02. 14. Ray Cook, 34:10. 15. Mark Galeazzi, 34:13. 16. Kenny Brown, 34:19. 17. Doug Thurston, 34:25. 18. Jim Hartig, 34:58. 19. Scott Schneider, 35:01. 20. John Eschmann, 35:11.

21. Terry Richardson, 35:14. 22. Christine Kennedy (f) 35:20. 23. Emiliano Figueroa, 35:28. 24. Barry Starkey, 35:30. 25. Santiago Bustamante, 35:52. 26. Sai Vasquez, 36:01. 27. Bob Korock, 36:08. 28. David Straup, 37:10. 29. Steve Ottaway, 37:16. 30. Michael Dean, 37:21.

32. Joan Ottaway (f) 37:48. 33. Ann Castillo (f) 38:07. 44. Karin Kuffel (f) 39:35. 55. Barbara Miller (f) 40:50. 56. Karen Steele (f) 40:56. 59. Sharlet Gilbert (f) 41:22. 63. Carol Parise (f) 41:51. 76. Dee Dee Gralias (f) 43:47....

Mercury News 10K

March 24, San Jose.

Overall Women

1. Barb Acosta (Santa Cruz) 34:45. 2. Bona Samuel (Los Gatos) 35:22. 3. Ramona Young (Watsonville) 36:43.

Overall Men

1. Eric Polonski (Piedmont) 28:35. 2. Shannon Butler (Boulder, CO) 29:40. 3. Wilhelm Gidabuday (Riverside) 30:36.

Overall Masters Women

1. Christine Kennedy (Sunnyvale) 36:13. 2. Joan Ottaway (Sonoma) 38:53.

Overall Masters Men

1. Francesjohn Gailson (Kirkwood) 30:57. 2. Lloyd Stephenson (San Francisco) 31:10.

Overall Wheelchair Women

1. DeAnna Sodoma (Carlsbad) 25:23. 2. Cheri Becera (Nebraska City, NE) 28:50.

Overall Wheelchair Men

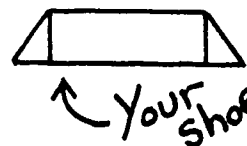
1. Eric Neitzel (San Diego) 22:31. 2. Jacob Heilwell (Bothell, WA) 22:32. 3. Scott Parson (Santa Barbara) 22:33.

Overall Masters Wheelchair Women

1. Candace Cable (Truckee) 25:57. 2. K. Carlton (Cupertino) 36:35.

Overall Masters Wheelchair Men

1. Chuck McAvoy (Rancho Cordova) 28:58. 2. Marty Ball (Pine Plains, NV) 29:47. 3. Jerry Deets (Pescadero) 31:31.



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Your Foot
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Running Shoe
that isn't
Designed for
Your ...**

- ◆ weight
- ◆ mileage
- ◆ foot shape
- ◆ biomechanics
- ◆ orthotics
- ◆ needs
- ◆ wants
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foot.*

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envelope to: AR&FA RSDB,
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405, Bethesda, MD 20814

*(Left foot also included)



IF YOU ARE MOVING...

...let us know as soon as possible.
CTRN is mailed third class bulk rate
and is NOT forwardable.

Thank you!

Wharf to Wharf

Santa Cruz, California

This summer, on July 28, a few fast runners will be in Atlanta for the centennial celebration of the Olympic Games. If you aren't going to Atlanta, you don't have to be left at home on the couch. Get out and show your Olympic Spirit. Run Wharf to Wharf in Santa Cruz.

Go for the challenge, inspiration and fun of the spectacular 10k seaside course, forty live bands, and throngs of festive fans. Go for the cash prizes, top 100 windbreakers and coveted finisher tee shirts or just go to groove on Santa Cruz.

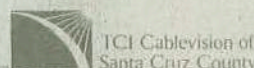


But get going soon, because, just like the Olympics, Wharf to Wharf is not for everyone. Entry is limited to 14,000 on a first-come-first-served basis. Nearly twice that number apply each year. The field typically sells out in June. If you want to run, you must sign up early. There is no race-day registration. So get off the couch and sign up now!!

It's the best little roadrace in California.

Go for it!!

Wharf to Wharf is a footrace. Runners, joggers and walkers welcome. Pets and wheeled vehicles including bikes, roller bladders, skateboards and baby strollers are prohibited. Special considerations provided for wheelchairs and other runners with special needs.



OFFICIAL ENTRY FORM

1996 WHARF TO WHARF RACE

SUNDAY JULY 28-8:30 A.M.

NAME											BEST 1995 10K TIME	:	:	YOUR AGE ON RACEDAY	:	:
ADDRESS											TARGET TIME FOR WTW 10K	:	:	SEX	:	:
CITY											DAY TELEPHONE	:	:	:	:	:
										STATE	:	:	ZIP	:	:	

☐ WHEELCHAIR ATHLETE ☐ ATHLETE WITH OTHER SPECIAL NEEDS (SPECIFY)

ACCIDENT WAIVER AND RELEASE OF LIABILITY

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to participants, volunteers, spectators, coaches, event officials and event monitors and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault. I certify that I am physically fit, have sufficiently trained for participation in this event and have not been advised otherwise by a qualified medical person. I acknowledge that this Accident Waiver and Release of Liability (AWRL) form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said event. In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, heirs, next of kin, successors and assigns as follows: (A) Waive, Release, and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event. THE FOLLOWING ENTITIES OR PERSONS: WHARF TO WHARF RACE INC., CITY OF SANTA CRUZ, COUNTY OF SANTA CRUZ, CITY OF CAPITOLA, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (B) Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether cause by negligence of releases or otherwise. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this event. I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and/or assigns. This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible.

Under applicable law, I certify that I have read this document; and, I understand its content.

PARENT GUARDIAN WAIVER FOR MINORS (Under 18 years old)

The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, claim, damage, whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents of legal guardian. 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 FORM (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.