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# CALIFORNIA

## TRACK & RUNNING NEWS

AUGUST 1982

ISSUE NO. 70

SPECIAL FEATURE

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## California Track & Running News



**Bill Cockerham**  
Editor & Publisher

**Judy Cockerham**  
Production Manager

**Kelth Conning**  
High School Editor

**Richard Slotkin**  
So. Cal. LDR Editor

**Jack Leydig**  
No. Cal. LDR Editor

**Steve Subotnick**  
Medical Editor

**Len Wallach**  
Special Features

**Bob Martin**  
LDR Statistics

**Barbara Smith**  
Production Assistant

**Photographers:** G. David Brown/Innersports, Michael Chickey, Gene Cohn, Ross Gentry, Don Gooney, Louis Hirsch, Marty Higginbotham, Bill Leung, Jr., Richard Slotkin, Ken Takeuchi, Maurice Wilson.

**Senior Editors:** Tony Baker (Corporate Track); Calvin Brown (Girls and Women Track & Field); Percy Knox (Masters Men Track & Field); Bill Minarik (Southern California); Doug Speck (Southern California High School); Gary Tuttle (LDR Column); Bob Womack (High School All Time Lists).

**Correspondents:** Fred Baer, G. David Brown, Ken Dose, Louis Hirsch, Rich McCann, Dennis McClanahan, Rich Romine, Chuck Skow, John Surge, Howard Willman.

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# Table of Contents

August 1982

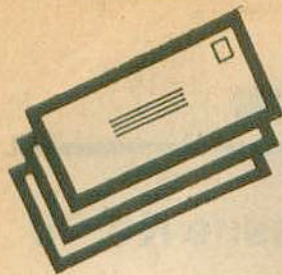
Issue No. 70

|                                      |       |
|--------------------------------------|-------|
| Mailbag .....                        | 2     |
| Olympic Update .....                 | 3     |
| Schedule of Events .....             | 4-7   |
| San Francisco Marathon Special ..... | 8-14  |
| SoCal Diary .....                    | 16    |
| Tuttle's Track Topics                |       |
| Drugs & Distance Runners .....       | 17    |
| Prep Notes .....                     | 18-26 |
| Leslie Maxie .....                   | 21    |
| USA Jr. Women's Nationals .....      | 22-23 |
| Shannon Stryker .....                | 23    |
| 1982 Final Prep Ranking .....        | 24-26 |
| Corporate Track .....                | 27    |
| Medical Notes for Runners            |       |
| The Rule of Three .....              | 28-29 |
| Masters Scene .....                  | 29    |
| Club News .....                      | 30-32 |
| Track & Field Results .....          | 33-34 |
| College Div. Comparisons .....       | 33    |
| Long Distance Log .....              | 35-48 |
| NorCal Notes .....                   | 35    |
| LDR Results .....                    | 36-47 |
| PR's .....                           | 47-48 |

**ON THE COVER:** Runners in the San Francisco Marathon head up Chinatown at the halfway point.

photo by Richard Lee Slotkin





# Mailbag

## TO STEVE SUBOTNICK

Dear Steve,

Just finished your "Boston Marathon" report. A truly masterful presentation. If you ever give up your foot fetish trade, you can get a writing job based on your 1st class literary efforts. I don't ever remember reading something so clearly presented as your writing on the physiological aspects of running—the overall effect of up and down hills, carbo loading, refreshments, etc. Your stuff is truly worth writing you a commendatory letter. *California Track & Running News* is fortunate in having such a good man on the job.

Keep up the good work.

Happy Days,  
Walt Stack  
San Francisco

P.S. Keep breathing, Steve.

Friends,

I'm one of the transfers from *NorCal Running Review* and I'm really pleased with your magazine. The deep results and easy on the "plastic" policy you all seem to have suits me fine. I used to subscribe to *Runner's World* but it just got too weird and groovy. I hope you all continue to be a going concern and if it comes down to a matter of raising the price or winging it with a volunteer staff, by all means raise the price! It's easy to tell that you sincerely care about the sport and reporting it and as long as that comes across clearly I don't think people would feel ripped off if the price has to go up from time to time. In other words it's a jungle out there, so please survive.

Stephen Puryear  
Oakland

I was an original subscriber to your newsletter because you gave something *Track & Field News* didn't in regards to high school track. You gave complete results of each section as long as somebody provided them. Now all we get is a list of national class performances [see July 1982 issue, page 20]. We can get that in *Track & Field News*. Go back to reporting results of California kids. Keith Conning is a good reporter; don't limit him to this [ie. 'Section Highlights'].

Richard Cronkite  
Diamond Bar

Quality out from quality in — March 1982 issue. It's very good indeed. Even though Alaska is out of your focus, I appreciate reading each of your issues about the running scene in California.

John P. Trent  
Anchorage, Alaska

## TO LOMPOC MARATHONERS

I owe an explanation to all you 514 runners who helped make our 6th Annual Valley of the Flowers Marathon and Half-Marathon a (qualified) success.

It was not my doing nor the doing of the Marathon Committee that 150 of you were forced to walk an additional 3000 feet, arbitrarily, after an exhausting race. I recognize how galling it was for your pick-up drivers to be stopped at the gate and told summarily that they could not enter, that they must make a 180 degree turn in the middle of a state highway, and that an alternative pick-up point was their own affair!

A green young Lompoc police officer had been given the authority to do exactly that! He brushed aside the carefully laid plans to open the gates as soon as safety would permit (about 11:30 a.m.). He ordered 8 seasoned Civil Air Patrol traffic control monitors away, along with their leader. Their leader is a commissioned U.S. Air Force officer. He has experience handling crowds of 5000 or more at air shows.

The Lompoc police officer took over with one junior officer and two police cadets. They arrived on the scene at the gate about 11:00 a.m., with no knowledge of how many cars were involved. They were not interested in our knowledge of this detail. We had been on the scene since before 6:00 a.m.

I take this opportunity to thank you runners and your pick-up drivers for your remarkable forbearance in the face of such difficulties. Believe me, I also was frustrated. I hope you will come back next year. Plans are being laid already to avoid a repetition of these incidents.

Joe Carey  
Traffic & Parking  
Chairman

## Letter to the Editor:

What a day—a course record in each the men's marathon (Tom McKeown, 2:23:29) and half-marathon (Ron Ysals, 1:09:07) plus a possible women's world record, age 56 (Margaret Miller, 1:28:38) [at the Valley of the Flowers Marathon & Half-Marathon on June 20]. There were plenty of PR's too, all in certified courses. We want to thank all of the runners who sent no letters and notes of appreciation. We tried a new parking and traffic control plan this year so that we could protect the runners during the final ½ mile of the race. The tradeoff was for runners and friends to walk this distance or less from a nearby parking area before the race. We regret the unexpected inconvenience. We know there were some upset feelings. A few on the scene were even downright hostile when they could not get into the park. However, we think the pre-

race parking frustration was offset immeasurably by the clear path to the finish line for runners during that last flat, but tortuous, ½ mile. Many runners, in fact, told us they appreciated the clear shot to the finish line without having to dodge cars and people. Even though I accept responsibility for the pre-race inconvenience, I have not received any post-race complaints. So thanks, runners, for your patience and tolerance. Plans are already underway for next year's races. We are going to smooth over some rough spots with the parking and traffic control and set the stage for another fun day and more PR's at the Valley of the Flowers Marathon and Half-Marathon.

Good running.

Lee Heinz  
Race Director  
Norm Yiskis  
President  
Lompoc Valley  
Distance Club

## TO RICHARD SLOTKIN

Rich,

Your mention of older runners wanting trophies in their age groups (June issue '82/SoCal Notes) was right on target! I've heard their whinings for more awards in their age groups when, as you said, maybe only 2 over 60's were in the race.

Notice how fairly the San Fran Marathon director split up the awards by total numbers in each age group...also, how he broke down the % in the women's division. Keep up the fine work and great objective writing.

Flory Rodd  
San Francisco

## TO RICHARD SLOTKIN

Dear Richard:

Thanks for your comments in the June issue of CTRN—and also in previous issues.

Too bad Frank Morales' run wasn't better publicized. I go considerable distances to find a 70 plus division. I would have given him some competition!

I am disappointed with the number of runs which have 50 plus as top division. I don't mind finishing just behind the awards in 60 plus, (this happened four times in the last two months), but 50 plus is just too much. There is a good group of 60 plus runners (note results in CTRN). And after 70 plus pulls 5 or 6 runners.

Anything you can do to give us a proper division will be greatly appreciated.

Ernest Lyons (73)  
Laguna Hills

We do have some fine athletes in our L.A. City Section. How can we get some attention from California Track & Running News?

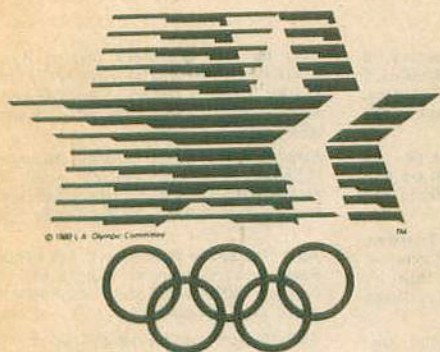
John Ralles  
Cross Country Coach  
Lincoln High School  
Los Angeles

John, yes, you do have some outstanding athletes in your L.A. City Section. Please send in material. We'll take anything: results, photos, profiles, features, etc.

—Editor



# Editorial



## Olympic Update

The 1984 Los Angeles Olympic Games are now only two years away. Many readers are concerned about the availability of tickets for track & field events. So, we'll try to answer some of the most frequent questions:

**Q. When will tickets be available for the 1984 Olympic Games?**

A. Ticket applications will be available the first quarter of 1983. Once the organizing committee has finalized the distribution and purchase procedure, they will release

the information through the media at the end of this year. Because the L.A. Olympic Organizing Committee is intent on keeping the Games economically feasible, they will be unable to maintain a waiting list or mailing lists.

**Q. What is the schedule of Olympic events?**

A. Events schedule will be announced at the end of this year. We will make them known to you as soon as we know.

**Q. Where will visitors and spectators be housed?**

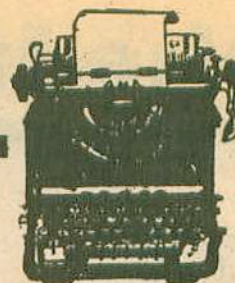
A. The housing and visitor accommodations program will be finalized by late 1982 at which time we will announce the program and policies.

**Q. Where will the events take place?**

A. The Olympic Games will take place in various locations throughout the Southern California area. See map.

**Q. Will there be a Pre-Olympic Meet and when?**

A. Yes, there will be a Pre-Olympic Meet. We've been unable to confirm it but we've heard it will be a 4-way meet with the USA scoring against the USSR, East Germany and Great Britain on June 25-26. We'll keep you posted.

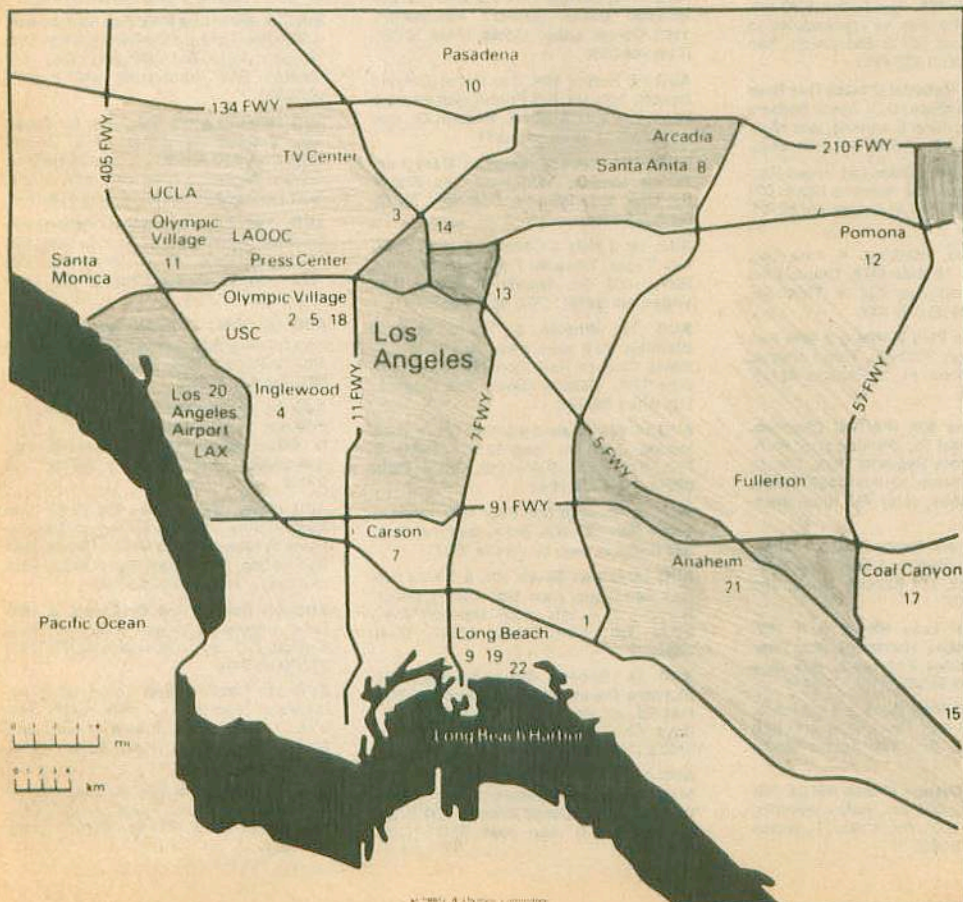


**Q. When is the cultural component of the Games and what will it entail?**

A. The cultural component of the Games will commence in mid-June and conclude on August 12. It will be a two month festival of artistic excellence in all mediums: dance, music, theater, visual arts from posters to exhibitions, and film. The cultural calendar will be announced in January of 1983.



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**SUGGESTION:** California Track & Running News strongly suggests that readers who are interested in attending the 1984 Olympics immediately join a tour group, one with a previous track record with Olympic tours. Established tour groups from the sport will automatically be granted a block of tickets. Tour groups also provide many other extras, work out many of the hassles and keep you informed. We recommend the tour by *Track & Field News* magazine. They've been in the business a long time and are experts in the sport. Judy and I went with T&FN in 1976 and had an excellent experience. We understand that their tour is full with a short waiting list which has a good chance of making it — so, get on the stick and contact them: Track & Field News, P.O. Box 296, Los Altos, CA 94022.

**MAP LOCATIONS:** 1. El Dorado Park (Archery); 2. LA Coliseum (Track & Field, Opening & Closing Ceremonies); 3. Dodger Stadium (Baseball); 4. The Forum (Basketball); 5. LA Sports Arena (Boxing); 6. Lake Casitas-not shown (Canoeing); 7. Cal State Dominguez Hills (Cycling); 8. Santa Anita Park (Equestrian); 9. Long Beach Convention Center (Fencing); 10. Rosebowl (Soccer); 11. UCLA (Gymnastics, Tennis, Olympic Village); 12. Cal Poly Pomona/Cal State Fullerton (Handball); 13. East LA College (Hockey); 14. Cal State LA (Judo); 15. Coto DeCaza, Orange County (Modern Pentathlon); 16. Lake Casitas-not shown (Rowing); 17. Coal Canyon (Shooting); 18. USC (Swimming, Olympic Village); 19. Long Beach Arena (Volleyball); 20. Loyola Marymount University (Weightlifting); 21. Anaheim Convention Center (Wrestling); 22. Long Beach Marina (Yachting).



# Schedule

by Jack Leydig  
Scheduling Director

Please send scheduling information directly to **Scheduling Director**, Jack Leydig, P.O. Box 612, San Mateo, CA 94401.

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

## Long Distance

### AUGUST

**AUG TBA: "Coors Light Challenge" 10K.** Rohnert Park, time TBA. Kathy Leonard, Redwood Pioneers, P.O. Box 1687, Rohnert Park 94928. (707) 584-7707.

**AUG 1: Summer Relays.** 5 x 4.5 mile legs, Lake Merced, San Francisco 9 am. Summer Relays, c/o P.O. Box 652, Burlingame 94010. (415) 837-6674.

**AUG 1: DSE Daly City Scenic Run.** 8.2 mile, Colma School, Daly City, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**AUG 1: Freshwater Race.** 2 & 6.2 miles, Arcata/Eureka Area, 1:45 pm. Six Rivers Running Club, Box 214, Arcata 95521. (707) 442-8522.

**AUG 1: Scotts Valley Days 10K.** Scotts Valley (Kings Village Center), 9 am. Second Sole, 218 B Mt. Hermon Rd. Scotts Valley 95066. (408) 438-4815 or 482-0818. Race is tentative.

**AUG 1: Ashton Bake 5 & 10K.** Sacramento (Ashton Park), 9 am. John Mansoor, 10513 Fair Oaks Blvd., Apt. J, Fair Oaks 95628. (916) 966-6185.

**AUG 1: Playmates Co-op Nursery School 5K.** (60 yds. for kids), San Francisco (Polo Fields, Golden Gate Park), 9 am. Raye Byrne, 1875 - 25th Ave., San Francisco 94122.

**AUG 1: Hospice Runs.** 1 mile & 10K, Modesto Jr. College West Campus, 8 am. Hospice, 1320 "L" St., Modesto 95354. (209) 577-0615.

**AUG 1: Freeze the Arms Race.** Distance TBA, Franklin Canyon Rd., Martinez, 9 am. Ron Servais, 953-B San Pablo Ave., Pinole 94564. (415) 758-7993, days.

**AUG 1: National TAC Masters 5K Championships.** Washington Park, Denver, Colorado, time TBA. Joseph Arrazola, 12336 E. Kentucky Ave., Aurora, CO 80012. (303) 443-8504.

**AUG 1: Soquel Aerobics Runs.** 10 mile & 3 mile. Soquel (7th Day Adventist Campmeeting Grounds, Old San Jose Rd.), 8 am/5 pm. Raceday registration only. Info. (408) 967-4477 or 297-1584.

**AUG 7: Good Snow by Thanksgiving 10K.** Northstar's Village, 9 am. Dave Williams, Northstar-at-Tahoe, P.O. Box 129, Truckee 95734. (916) 562-1010.

**AUG 7: Cazadero Footraces.** 3 & 7 miles, near Cazadero, 6 pm. Dave Sjostedt, Box 562, Bodega Bay 94923. (707) 875-9925.

**AUG 7: Kick & Run.** Distance and location TBA (2-person relay, run & bike), time TBA. Mike McGuire, 3605 Aaron Dr., Santa Rosa 95404. (707) 542-8687.

**AUG 7: International Triathlon Circuit.** 2 mile swim, 65 mile bike, 13.1 mile run, Santa Clara Valley, time TBA. Jim Thieling, 100 New Brighton Rd., Aptos 95003.

**AUG 7: Sierra Pines Relay.** 4-person, 26 mile total, Bass Lake (Pines Village), 8 am. Enter by Aug. 4; Jim Hartig, 1457 Keats, Clovis 93612. (209) 299-3747.

**AUG 7: Crater Lake Rim Marathon.** Crater Lake Nat'l Park, Oregon, 9 am. (Tentative). Bob Freilich, 5830 Mack Ave., Klamath Falls, OR 97601. (503) 884-6939.

**AUG 7: Coors-Oakdale Distance Classic.** No. 4. 10K & 2 mile fun run, Kerr Park (3 miles east of Oakdale), 7:15 am. ODC, 981 Terrace Dr., Oakdale 95361. (209) 847-0423.

**AUG 7: Fly Navy West 10K & 2 Mile Fun Run.** San Diego (Balboa Park), 7 am. John McMinn, End of Line, 1013 Park Pl., Coronado 92118. (714) 437-6141.

**AUG 7: Harbor 10K.** San Pedro, 7:30 am. (Note: This race may be rescheduled to Sept.) Bill Friend, 301 S. Bandini St., San Pedro 90731. (213) 832-4211.

**AUG 7: SPA & National (Postal) One Hour Run Championships.** U.C. Santa Barbara track, 3:30 pm. John Brennan, Box 6618, Santa Barbara 93111. (805) 964-2591, evens.

**AUG 7: Las Vegas 5 Miller.** Las Vegas Racquet Club, 7 am. The Running Store, 602 So. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

**AUG 7: Chico Triathlon.** 6 mile run, 1/2-mile swim, 18 mile bike, Chico, time TBA. Larry Morthous, 222 W. Third St., Chico 95926. (916) 345-1000.

**AUG 8: Balboa Park 8 Mile & 3 Mile Fun Run.** San Diego, 7:30 am. Tom LaPuzza, E.O.L., 1013 Park Pl., Coronado 92118. (714) 271-7033.

**AUG 8: Skyline 50K (PA/TAC Champe).** Wildcat Regional Pk. (Parking Lot), Richmond (to Chabot Regional Park, Castro Valley), 7 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023, evenings.

**AUG 8: DSE Twin Peaks Run.** 3.6 miles, San Francisco (Portola & Twin Peaks), 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

**AUG 8: Kaiser Lake Merritt 5 & 10K.** Oakland (Sailboat House), 9 am. Dave Shrimpton, Kaiser Engineers, P.O. Box 23210, Oakland 94623. (415) 271-4785.

**AUG 8: Annie & Mary Race.** 2 & 6.2 miles, Blue Lake (Perigot House), 8:30 am. Bob Dickerson, P.O. Box 214, Arcata 95521. (707) 668-5181.

**AUG 8: North Orange County YMCA 10K Run.** Fullerton, 7:30 am. Patsy Wendler, N.O.C. YMCA, 2000 Youth Way, Fullerton 92635. (714) 879-9622.

**AUG 8: St. Joseph's Medical Center 5, 10 & 15K Run.** Griffith Park, Los Angeles, 8 am. St. Joseph Medical Ctr., Bill Clarke, Buena Vista & Alameda, Burbank 91505. (213) 843-5111, ext. 5430.

**AUG 8: Little Tokyo-Nisei Week 5K.** Los Angeles (First & San Pedro), 8:30 am. Ron Senzaki, One City Blvd. West, Suite 800, Orange 92668. (714) 634-2652.

**AUG 8: Horny Toad Invitational Triathlon.** 1 1/2 mile swim, 50 mile bike, 13.1 mile run. Del Mar, time TBA. Murphy Reinschreiber, 3517 Curlew, San Diego 92103.

**AUG 11: Northridge Twilight 10K.** Cal State Northridge, 6:30 pm. Tom Babiracki, Runners Sole, 17521 Chatsworth St., Granada Hills 91344. (213) 368-7889.

**AUG 12: Burlingame Summer Fun Run.** 2.85 mile, Coyote Point Park, San Mateo, 6 pm. Burlingame Fun Run, Recreation Dept., 850 Burlingame Ave., Burlingame 94010. (415) 344-8386.

**AUG 14: Falmouth Road Race.** 7.1 mile, Falmouth, Mass., 10 am. Falmouth Recreation Dept., Main St., Falmouth, MA 02540. (617) 540-4417. Entries limited to 4,000.

**AUG 14: Monterey Bay Triathlon.** 2 mile swim, 30 mile bike, 10 mile run. (Near Santa Cruz to Monterey), time TBA. Joe Ossmann, Friends Outside, 404 Lincoln Ave., Salinas 93901. (408) 758-2733.

**AUG 14: Tetrack Trail Run.** 8 miles, Griffith Park, Los Angeles, 7:30 am. John Sporleder, 1428 Thompson, Glendale 91201.

**AUG 14: El Dorado Park 5 & 10K.** 7:30 am. Newport Beach Runners Association, 1162 Dorset Lane, Costa Mesa 92626. (714) 968-0556.

**AUG 14: Harbor 10K.** San Pedro (Cabrillo Beach), 7:30 am. Bill Friend, San Pedro & Peninsula YMCAs, 301 S. Bandini St., San Pedro 90731. (213) 832-4211.

**AUG 14: Tecate Quarter-Marathon.** Tecate, Mexico, 7 am. Rich Cota, End of the Line, 1013 Park Pl., Coronado 92118. (714) 225-8268.

**AUG 14: 5 Mile X-Country.** Sunset Park, Las Vegas, Nevada, 7 am. The Running Store, 602 So. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

**AUG 14: Wheels & Heels Century Bliathlon.** 73.8 mile bike, 26.2 mile run, Santa Cruz to Half Moon Bay & return, time TBA. Victoria Oakes, 518 Outlook, Los Altos 94022.

**AUG 14: Feetbeaters 5 & 10K.** Chula Vista Marina, 7:30 am. RAS Stroke, Pump & Run, 815 Third, Suite 119, Chula Vista 92011. (714) 426-7042.

**AUG 14: Summer Run Four Mile.** Mooney Grove Park, Visalia, 8 am. Summer Run, 633 S. Court, Apt. D, Visalia 93277.

**AUG 14: Ocean Beach 10K & 2 Mile Fun Run.** San Diego, 7 am. Ron Adams, Beach Running & Sports, 5059 Newport Ave., Suite 101, San Diego 92107. (714) 223-0232.

**AUG 14: Bodega Bay-to-Breakers 8K.** (Sonoma County 8K Championship), Bay Flat Rd. (off Route 1), Bodega Bay, 9 am. Dave Sjostedt, Box 562, Bodega Bay 94923. (707) 875-2188.

**AUG 14: Earthquake 5 & 10K.** San Jose State (track), road courses, 5:30 pm. R.A. Whitsett, Earthquakes Soccer, 800 Charcot, Suite 100, San Jose 95131. (408) 946-5020.

**AUG 15: John Steinbeck Country Run.** 10K, Salinas YMCA, 9:30 am (& 1-mile fun run for children under 12 at 9:00 am). Salinas YMCA, 117 Clay St., Salinas 93901. (408) 758-3811.

**AUG 15: A Run in the Country.** Distance (7), Aromas (Anzar & Cole Rds., south of Watsonville), 9 am. Tom Leikam, 145 Carr Ave., Aromas 95004. (408) 722-7709.

**AUG 15: Park to Park Relays.** 4x5 miles, Sacramento (Carmichael Park), 8 am. Jo Sumner, 5209 Moro Bay, Carmichael 95608. (916) 481-5869.

**AUG 15: Hook and Ladder 10K.** San Francisco (Golden Gate Park, Rainbow Falls), 9 am. (Note: date changed from Aug. 8). Ernie Altken, c/o Fire Fighter Local 798, 1139 Mission, San Francisco 94103. (415) 621-7103.

**AUG 15: Yount Mill 2 & 4 Mile Ribbon Run.** Yountville (Yountville Park), 9 am. Mimi Burch, 500 Kent St., Napa 94558.

**AUG 15: Tiburon Classic 8 Mile.** Tiburon (Trestle Glen Dr. near Blacky's Pasture), 8 am. Kees Tuinzing, 627 Galerita Way, San Rafael 94903. (415) 472-7917.

**AUG 15: Merced Red Cross Watermelon Run.** 1.5 mile & 10K, Merced County Courthouse Park, 7:30 am. Mike Mason, 1239 Kensington, Merced 95340.

**AUG 15: DSE Double Muni Pier Run.** 2.5 mile. Dolphin Club, San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**AUG 15: Old Town Half-Marathon.** Eureka (Old Town), 9 am. Jogg'n Shoppe, 410 Second St., Eureka 95501. (707) 443-6404.

**AUG 15: Miller Lite Billy Ball 8K Fun Run.** (4.96 mile), Oakland Coliseum, 9 am. Ron Wayne, Curley-Bates/Mizuno Co., 860 Stanton Rd., Burlingame 94010. (415) 697-6420.

**AUG 15: For Land's Sake Run for Cover.** 10K, Watsonville (Pinto Lake County Park, Green Valley Rd.), 9 am. Santa Cruz County Resource Conservation Office, 3019 Porter, Soquel 95073. (408) 475-1303.

**AUG 15: Jerry's Sports Endurance Triathlon.** 1/2-mile swim, 21 mile bike, 10K run, Santa Cruz, 10 am. Jerry's Sports, 1222 Soquel, Santa Cruz 95062. (408) 425-7445.

**AUG 15: CRRC Tune-Up Series.** 15K & 5 mile fun run, Griffith Park, Los Angeles, 8 am. California Road Runners Club, Box 891, Tarzana 91356.

**AUG 15: Santa Cruz Run-Swim-Run.** 1 1/2 mile run, 1/2-mile swim, 1 1/2 mile run. Santa Cruz, time TBA. S.C. Life Saving Association, 346 Church St., Santa Cruz 95060.

**AUG 15: Run By The Sea 10K (& 3K Kids Run).** Marineland (No. Entrance), Rancho Palos Verdes, (3K/7:15 am, 10K/8 am). Run By The Sea, 30940 Hawthorne Blvd., Rancho Palos Verdes 90274-5391.

**AUG 15: Run for the Cookies 5 & 15K.** Lake Arrowhead Village, 7:30 am. Race Central, P.O. Box 828, Rialto 92376. (714) 337-0903, Dave.

**AUG 18: Fiesta Island Team Triathlon.** (4-person teams) 2 x 4 mile run, 8 mile bike, 1 mile swim. Fiesta Island, San Diego, time TBA. Tom Brown (714) 277-8920.

**AUG 19: High Sierra 10K.** So. Lake Tahoe (tartan track), 6 pm. Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5224.



**AUG 20: Police Olympics 5K.** Sunset Park, Las Vegas, Nevada, 7 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**AUG 21: Salmon Creek Beach Run.** 2 & 5 miles, Bodega Bay, 10 am. Jim Bowers, 2818 Hollar Rd., Santa Rosa 95405. (707) 542-4568.

**AUG 21: Dammit Run.** 5.7 mile. Los Gatos (High School), 9 am. Bruce Springbett, P.O. Box 1328, Los Gatos 95030. (408) 354-2005.

**AUG 21: Lodi Triathlon.** 3.1 mile run, 5 mile bike, 1000 yd. swim. Lodi Lake Park, Lodi, 9 am. John Griffin, 2121 Gateway Cir., Lodi 95240. (209) 957-5848.

**AUG 21: Sierra Crest Survival 50, 75 and 100-Mile Runs.** Squaw Valley, 7 am. Charles Mersereau, 8895-B Salmon Falls Dr., Sacramento 95826. (916) 362-9660.

**AUG 21: Bass Lake Half Marathon.** Pines Village, Bass Lake, 8 am. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847.

**AUG 21: America's Finest City Half-Marathon.** San Diego (Cabrillo Monument), 7 am. Jack Dampson, c/o End of the Line, 1013 Park Pl., Coronado 92118. (714) 297-3901.

**AUG 21: Tehachapi 10K.** Tehachapi (Jacobson Elementary School, Snyder & Main Sts.), 8:30 am. Bakersfield TC, c/o 3512-C Sampson Ct., Bakersfield 93309. Bob Small (805) 871-7656.

**AUG 21: Vintage Fair Run.** 5K (?), Modesto, 8:30 am. Mike Miller, 410 Magnolia, Modesto 95354.

**AUG 21: NAS Fallon Half-Marathon.** NAS Fallon, Nevada, 6 am. Oasis Running Club, Box 45, Fallon, NV 89408. Jim Reed (702) 423-5161, ext. 3404.

**AUG 22: John Muir "Fun-Run" Marathon.** Pinole, 8 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023.

**AUG 22: Big Foot/Little Foot Run.** 4.2 mile, Watsonville (Pinto Lk County Park), 9:30 am. Paul Nasadowski, 10 Inez, Watsonville 95076. (408) 722-2897.

**AUG 22: Grape Run.** 6.3 miles, Williams Brothers Market, San Luis Obispo, 9 am. The Grape Run, Lawrence Winery, P.O. Box 3159, San Luis Obispo 93403 - Attn: Lori Malinli.

**AUG 22: Alameda Run for the Parks.** 10K, Alameda (South Shore Shopping Center), 9:05 am. Alameda Recreation & Parks Dept., Room 201, City Hall, Alameda 94501. (415) 522-4100, ext. 227.

**AUG 22: Lake Merritt Joggers & Striders 4th Sunday 5, 10 & 15K.** Oakland (Old Boathouse, Lake Merritt), 9 am. John Notch, 230 Marlow Dr., Oakland 94605. (415) 562-2210.

**AUG 22: Wildwood Days Race.** 2 & 8 mile, Rio Dell (Fireman's Park), 9:30 am. Susan Sohrakoff, 24 Pine Crest Dr., Fortuna 95540. (707) 725-4018.

**AUG 22: Kiwanis Share Good Health Run in Atherton.** 6.5 miles, Menlo College, 8 am. Kiwanis, P.O. Box 2745, Redwood City 94064.

**AUG 22: DSE Golden Gate Bridge Run.** 3 miles, San Francisco (Toll Gate Plaza Parking Lot), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**AUG 22: Redwood Shores Biathlon.** 4 mile run, 400m swim, Redwood Shores (Marine World Pkwy.), Redwood City, 10 am. Yvette Haworth, 350 Marine World Pkwy, Redwood City 95065. (415) 592-4170.

**AUG 22: Lake Tahoe Series 10K Run.** No. Tahoe High School, 9 am. Stephanie Atwood, Box 97, Carnelian Bay 95711. (916) 583-8475.

**AUG 22: Jog in the Fog.** 1 1/2 & 4 miles, Miramar Beach (near Half Moon Bay), 8 am. Stephen Fignon, 534 Spindrift Way, Half Moon Bay 94019. (415) 726-4273.

**AUG 22: Orienteering Meet.** Joe Grant County Park (Class B or C), time TBA. Joe Scarborough, 3151 Holyrood, Oakland 94611. (415) 530-2059.

**AUG 22: Police Olympics 10K.** Las Vegas, Nev. (Industrial & Blue Diamond Rds.), 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**AUG 22: International Swim & Run Invitational.** 1 mile run, 1/4-mile swim, 1 mile run, Avila Beach, time TBA. Hind-Wells, 390-E Buckley Rd., San Luis Obispo 93401. (805) 544-8555.

**AUG 22: Pikes Peak Marathon.** Manitou Springs, Colorado, 7 am. Marge Carter, YMCA, P.O. Box 1694, Colorado Springs, CO 80901. (303) 471-9790.

**AUG 25: Rubber Toad Triathlon.** 2 mile run, 8 mile bike, 1/4-mile swim; 1/2-mile run, 1/4-mile inner tube, 1/2-mile run. Fiesta Island (San Diego), time TBA. Dan O'Rourke (714) 299-9662.

**AUG 28: Bear Valley Foot Race.** 10K, Bear Valley (Lodge), 10 am. Susie Russo, c/o Red Dog Lodge, P.O. Box 5034, Bear Valley 95223. (209) 753-2344.

**AUG 28: Simi Winery 10K.** Healdsburg (Simi Winery), 8:30 am. Gracie Blackmer, 16275 Healdsburg Ave., Healdsburg 95448. (707) 433-6981.

**AUG 28: Signal Hill Rotary Club 10K.** Signal Hill, 8 am. Bob Randall (213) 426-1361.

**AUG 28: Spartan Roundup 10K.** Gonzales, 10 am. (Children's 1 mile race at 9:30 am). John Macias, Gonzales Union High School, P.O. Box 939, Gonzales 93926. (408) 675-2495.

**AUG 28: Escape From Alcatraz Triathlon.** 1.5 mile swim from Alcatraz, 15 mile bike, 14 mile run (Double Dipsea), early A.M. (time TBA) (Entry limit 100). Joe Oakes, c/o QCON, P.O. Drawer K, Los Altos 94022.

**AUG 28: Las Vegas 5-Mile & Picnic.** Tule Springs, Nevada, 7 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**AUG 28: Capitola Beach Festival Ironman Race.** 1/4-mile run, 1/4-mile swim, 200 yd. run, 1/4-mile paddle, Capitola, time TBA. Pat Gilbert, 4525 Capitola Rd., Capitola 95010. (408) 688-3599.

**AUG 28: Valley Oasis 5 & 8K.** Lancaster, 7 pm. Running Promotions Unitd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

**AUG 28: Twilight Zone 10K.** Mt. San Antonio College, Walnut, 7:30 am. Matt Ebner, 2734 Sunset Hill Dr., W. Covina 91791. (213) 332-5905.

**AUG 28: New Badillo 5K Run.** Covina, 8 am. Fran Delatch, City of Covina Recreation Dept., 1250 N. Hollenbeck, Covina 91722. (213) 331-0111.

**AUG 29: South Lake Tahoe Great Relay.** 13 mile bike, 10k run, 3.5 mile row. South Lake Tahoe (Timber Cove Lodge), 7:30 am. John McIntosh, 4120 E. Camino Ave., Sacramento 95821. (916) 488-7181.

**AUG 29: Santa Monica Marathon and Half Marathon.** City College, 7:30 am. Ed Montan, Recreation Supervisor, 1685 Main St. Santa Monica 90401. (213) 393-0462.

**AUG 29: Presidio 10: 10 mile.** Presidio Parade Grounds, San Francisco, 9 am. Henry Bunsow, c/o The Guardsmen, 12 Geary St., San Francisco 94108. (415) 989-6402.

**AUG 29: Basecamp's Where in the Hell is Truckee 18-Mile Run.** Tahoe City (No. Tahoe High School), 8 am. Barb Cohen, Basecamp, P.O. Box 1864, Tahoe City 95730. (916) 583-5306.

**AUG 29: DSE Lake Merced run.** 4.5 mile, San Francisco (Sunset Circle Pkg. Lot, Lake Merced), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**AUG 29: Crescent Beach Run.** 5 & 10K, Crescent City, 11 am. Stu Scholl, Box 931, Crescent City 95531. (707) 464-5354.

**AUG 29: SPA/TAC District 30K Championships.** Orange, 8 am. SPA/TAC LDRC, Box 891, Tarzana 91356.

**AUG 29: 50 Mile Run & 5-Man 50-Mile Relay.** Pleasant Valley, Camarillo, 6 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.

**AUG 29: Sun Run for the Blind 10K.** Balboa Park, San Diego (also 2 mile), Randy Miller (714) 286-2293; Jay Judge (714) 298-1565.

**AUG 29: Pinole/Hercules Chamber Country Run.** 10K, Fernandez Park (Tennant Alje & San Pablo), Pinole, 9 am. Elaine Szezhner, Doctors Hospital (Public Relations), 2151 Appian Way, Pinole 94564. (415) 724-5000, ext. 481.

## SEPTEMBER

**SEP 1: California Challenge Race.** 3 mile swim, 40 mile bike, 16 mile run, 6 mile paddle, 10 mile surf/ski/dory. Leo Carillo Beach to Long Beach, time TBA. Mark Thompson, P.O. Box 2678, Oxnard 93034. (213) 457-5538.

**SEP 4: Run for the Scotch.** 5 mile, Santa Rosa, 8:30 am. Linda Reitzell, P.O. Box 3508, Santa Rosa 95402. (707) 546-9922.

**SEP 4: SPA/TAC District 10K Championships.** Bellflower (Wm. Thompson Park), 8 am. Runner's High, 5519 E. Del Amo Blvd., Lakewood 90713. (213) 920-3580.

**SEP 4: Poway 10K & 2 Mile Fun Run.** Poway, time TBA. End of the Line, 1013 Park Pl., Coronado 92118. (714) 437-4556.

**SEP 4: Sierra Crest Survival Run.** 50, 75, and 100 miles, Squaw Valley, 7 am. Charles Mersereau, 8895-B Salmon Falls Dr., Sacramento 95826. (916) 326-9660.

**SEP 5: FSU Watermelon Run.** 2, 4, & 6 miles. Fresno State University campus, 8:30 am. Red Estes, Cross Country Coach, Fresno State University, Fresno 93740. (209) 294-4097.

**SEP 5: Silver State Marathon.** (also Half-Marathon), Reno, 6:30 am. Davis Creek/Washoe Lake (15 miles So. of Reno). Registration Deadline - Aug. 20 postmark. YMCA, P.O. Box 750, Reno, NV 89504. (702) 825-6240.

**SEP 5: San Francisco Giants/Lite Beer Run to Home Plate.** 2.5 miles, San Francisco, Noon. Caminar, 720 El Camino Real, Belmont 94002. (415) 591-2681.

**SEP 5: DSE Bay-to-Breakers Revisited.** 7.6 miles, San Francisco (Howard & Spear), 8 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

**SEP 5: CRRK Half Marathon.** Los Angeles (Griffith Park), 8 am. California Road Runners Club, P.O. Box 891, Tarzana 91356. (213) 888-5526.

**SEP 6: Labor Day 10 Miller.** (and 2 Mile Fun Run), Santa Rosa (Piner Elementary School), 8:30 am. Joe Phaby, 4100 Siskiyou Ave., Santa Rosa 95405. (707) 546-7892.

**SEP 6: Labor Day Run.** 2 & 4 Miles, Napa College, Napa (Handicap start, predicted time races), 9 am. Bob Beattie, 3034 North Ave., Napa 94558. (707) 224-7260. Race Day Registration Only.

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## Schedule

**SEP 6: The Hot Tube/KCBS-FM Labor Day Love Run.** 5 & 10K, Golden Gate Park (Polo Fields), San Francisco, 10 am. The Hot Tube, 2200 Van Ness Ave., San Francisco 94109. (415) 441-8829.

**SEP 6: "Average Joe" Mini-Triathlon.** 6.4 mile run, 1/8 mile swim, 8.2 mile bike. Bowman Elementary School, Auburn, 8 am. (Entry Limit of 200). YFC Track Team, 1025 Grange Rd., Meadow Vista 95722. (916) 386-8705.

**SEP 6: Love Run - 82.** 10K & 2 Mile Fun Run, Cal State Fresno (near Amphitheater), 7:15 am. Dennis Lee, Fresno Community Hospital, Box 1232, Fresno 93715. (209) 298-4240 work or (209) 442-6000, ext. 3118 work.

**SEP 11: Sierra Nevada Triathlon.** 2 mile swim, 55 mile bike, 13.1 mile run. Folsom, 7 am. Bill Thomas, c/o Fleet Feet, 8128 Madison Ave., Fair Oaks 95628. (916) 966-TEAM.

**SEP 11: September Special.** 5-10-20K, Mason Park, Irvine. Jacqueline Wolf, South Coast Runners Association, 3122 S. Baker, Santa Ana 92704. (714) 641-1708.

**SEP 11: Continental Relays.** 3x2 mile (Many Divisions), Continental Racquetball Club, Oakland, 10 am. Continental R.C., 7717 Edgewater Blvd., Oakland 94621. (415) 568-0132.

**SEP 11: Breuners-MJC Fun Run.** 2 & 5 mile, Salida (Breuners), 8:30 am. Jack Albani, Modesto Jr. College, Modesto 95350. (209) 526-2000.

**SEP 11: Guadalupe Restoration Run.** 4 mile & 15K, Guadalupe, 10 am. Frank Hutchinson, P.O. Box 1818, Santa Maria 93456. (805) 528-8437.

**SEP 11: Strawberry Feet Forever 2 & 8 Mile.** Garberville (Bentbow Lake State Park), 10 am. Bruce Strobbridge, P.O. Box 431, Miranda 95553. No Raceday Registration.

## Race Clocks

**SPECIAL PRICE ON CHRONOMIX CC-811 DIGITAL CLOCKS** — We have several customers that are interested in selling their digital display clocks for \$900-\$1000 (the original retail price was \$1295), so they can purchase the newer CC-601 (\$1350 normal retail). Also have nearly new Chronomix CC-721, the "big" one for \$1500. If you're interested in finding out more, please contact Jack Leydig at (415) 341-3119. These will probably go very fast at this price, so we suggest you respond immediately if you're at all interested. Prices are "negotiable." We also have an Indoor display clock on sale for \$500.

**SEP 11: Castroville Artichoke Festival Run.** 10K, Castroville Comm. Center, 9 am. Castroville Artichoke Festival, P.O. Box 1041, Castroville 95012. (408) 833-2485.

**SEP 11: Coyote Reservoir 20K.** Coyote Reservoir Camping Area, 8:30 am. Bill Fiodberg, 12925 Foothill Ave., San Martin 95048. (408) 683-2453.

**SEP 11: International Triathlon Circuit Western States Championship.** 2 mile swim, 65 mile bike, 13.1 mile run. Northern Calif. (site TBA). Jim Theuring, 100 New Brighton Rd., Aptos 95003. Note: Listed as Sept. 18th in other sources...check with contact for firm date.

**SEP 11: Synanon Wheels & Heels Half-Marathon.** & 2 Mile Prediction Run, Badger, 7:30 am. Michele Gauthier, Synanon Running Club, Box 42, Badger 93603. (209) 337-2885.

**SEP 11: Thousand Oaks 10K.** Cal Lutheran College, Thousand Oaks, 8 am. Chris Meaney, Cal Lutheran College, Olsen Rd., Thousand Oaks 91360.

**SEP 11: Toro 10K X-Country.** Cal State Univ. Dominguez Hills, Carson (Victoria & Avalon Bldgs.), 7:30 am. Mitch Harmatz, CSUDH Toro X-C Series, Dept. of Physical Education, Carson 90747. (213) 516-3761. 400 Runner Limit.

**SEP 11: California Angela 10K Run for Cancer.** Anaheim (Angel Stadium), 8 am. Sandy Sato, 4030 Birch, Newport Beach 92663. (714) 752-8800.

**SEP 11: Castaic Lake Triathlon.** 1 mile swim, 5 1/2 mile run, 4 1/2 mile canoe, Castaic Lake, time TBA. Dave Carlson, 9514-9 Reseda Blvd., No. 615, Northridge 91324. (805) 254-1833.

**SEP 11: Harbor 10K.** San Pedro, 7:30 am. Barry Pearce/Bill Friend, San Pedro & Peninsula YMCA, 301 S. Bandini Blvd., San Pedro 90731. (213) 832-4211.

**SEP 11: Run With Christ 10K.** San Diego Area, time TBA. E.O.L., 1013 Park Pl., Coronado 92118. (714) 437-4556.

**SEP 11: Vermont Canyon X-Country.** 1 & 3.5 mile, Los Angeles (Griffith Park), 8 am. Sept. 7 Entry Deadline. Fred Honda, 3900 Chevy Chase Dr., Los Angeles 90039. (213) 246-5613.

**SEP 11: TUG's Swim-Run-Swim Biathlon Workshop.** 1/4-mile swim, 5 1/2-mile run, 1/4-mile swim. San Diego, time TBA. Tom Warren, 2393 LaMarque St., San Diego 92109. (714) 483-TUGS.

**SEP 11: Central Cal Cross Country Run.** 5 mile men, 2 mile women. Woodward Park, Fresno. Red Estes, Cross Country Coach, Fresno State University, Fresno 93740. (209) 294-4097.

**SEP 11: Jug & Rose Run.** 7.7 mile, Sutter Creek, 8 am. Mary Graham, Amador High School Cross Country Team, P.O. Box 219, Sutter Creek 95685. (209) 296-7791.

**SEP 12: VMRC Spring Lake Relays.** 3x4.15 mile, Santa Rosa (Springlake), 9 am. Dave Sjostedt, Box 562, Bodega Bay 94923. (707) 875-9925.

**SEP 12: Conn Dam Relays.** 2-8 person Teams (32 miles total), So. of St. Helena, 9 am. Kaye Hall, 4518 Dry Creek Rd., Napa 94558. (707) 255-0883.

**SEP 12: Nike Marathon.** Eugene, Ore., 8 am. Nike Marathon. P.O. Box 10412, Eugene, OR 97440. (503) 687-2477. Entries limited to about 1,000, June 18 deadline.

**SEP 12: Burlingame 2.85 Mile Fun Run.** Burlingame (Coyote Point Park Beach Parking Lot), 8:30 am. Brock Riddle, Burlingame Recreation Dept., 850 Burlingame Ave., Burlingame 94010.

**SEP 12: CANCELLED - California Road Runners 5 & 10K.** Cupertino (DeAnza College Parking Lot C), 9 am. Dennis Zamzow, DPM, 2500 Hospital Dr., Bldg. 9, Mtn. View 94040. (415) 964-4800.

**SEP 12: The Out and Back 5 & 10K (& 1 Mile) Run.** Burlingame (Burlingame Racquetball Club), 9 am. Becky Cooper, Partners, 1250 San Carlos Ave., San Carlos 94070. (415) 595-5100.

**SEP 12: Golden Gate Race Walkers 10K Championships.** Angel Field, Stanford, 10 am. (also a 1-mile & 5K event). Harry Siitonen, 106 Sanchez, No. 17, San Francisco 94114. (415) 863-0479.

**SEP 12: Crow Canyon 10K Classic.** Crow Canyon Commons Shopping Center, San Ramon, 9 am. Crow Canyon Classic, c/o Diablo Gymnastics School, 2417 Old Crow Canyon Rd., San Ramon 94583. (415) 820-8885, Irv Rashoff.

**SEP 12: DSE Golden Gate Bridge Vista Run.** 5.0 mile, Legion of Honor, San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**SEP 12: Blue Lake Races.** 2 & 8.2 miles, Blue Lake School, 1 pm. Bob Dickerson, P.O. Box 214, Arcata 95521. (707) 668-5161.

**SEP 12: Indian Ridge Run.** 5 & 10K, St. Mary's College, Moraga, 9 am. Moraga Jr. Women's Club, P.O. Box 462, Moraga 94556. (415) 376-8893.

**SEP 12: Women's Buddy Run.** 2.5 & 3.5 mile, Stokton (Fleet Feet Store), 9 am. John Griffin, 2121 Gateway Cir., Lodi 95240. (209) 957-5646.

**SEP 12: The Sundown Run 10K & 2 Mile Fun-Run.** San Diego, 8 pm., Celeste Roberts, c/o E.O.L., 1013 Park Pl., Coronado 92118. (714) 584-4004.

**SEP 12: SIDS Run for Life 10K.** Tilden Park, Berkeley, 9 am. Northern California SIDS Foundation c/o Children's Hospital, 54th & Grove Streets, Oakland 94609. (415) 428-3827, Sandy Trachtenberg. September 5 Entry Deadline.

**SEP 12: Cable Saves Cable Car Run.** 10K, San Francisco, 8 am. HBO, 530 Bush St., San Francisco 94109. (415) 986-3860.

**SEP 17: Pepsi of Reno Lake Tahoe 72-Mile Run.** Tahoe City (Commons Park), 7 am. Mark Elgert, 840 West Benjamin Holt Dr., Stockton 95207. (209) 951-3008.

**SEP 18: International Triathlon Circuit (Western States Finals).** See September 11.

**SEP 18: Run for Your Life.** 5 & 10K, Lake Merritt (New Boathouse, Bellevue St.), Oakland, 9 am. Sister Clara Muhammad School, 1652 - 47th Ave., Oakland 94601. (415) 436-7755, Samuel Rasheed.

**SEP 18: "Be Special, Help Someone Special" Fun Run.** Walk, Jog or Run and Distance over a 3 hour period, Cal-State Univ., Sacramento, 8 am. Be Special, P.O. Box 2150, Sacramento 95810. (916) 448-5276.

**SEP 18: Run at Rancho.** 10K, Rancho Los Amigos Hospital, Downey, 8 am. Run at Rancho, First Baptist Church, 8348 E. Third St., Downey 90241. (213) 923-1261, Rich Freeman.

**SEP 18: China Cup Series Race No. 8.** 5K X-C Run, Newport Beach, 2 pm. Newport Beach Runners Assoc., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

**SEP 18: Jim Thorpe Memorial 5 & 10K.** Lomita, 7 am/8 am. Lomita Chamber of Commerce, P.O. Box 425, Lomita 90717. (213) 326-6378.

**SEP 18: Soccer Bowl 10K.** San Diego, Time TBA. End of Line Race Consulting, 1013 Park Pl., Coronado 92118. (714) 437-4556.

**SEP 19: Relay to End World Hunger.** 4 person, 21K total, Santa Rosa (Spring Lake Pk.), 9 am. Chris Oaks, P.O. Box 11282, Santa Rosa 95406. (707) 576-1518.

**SEP 19: Sr. Men's National TAC 25K Championships.** (and SPA/TAC District Championship), Ventura (Mission Park), 8 am. Team Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

**SEP 19: National TAC 30K Championships.** (All divisions), Schenectady or Albany, New York. George Regan, 231 Fourth St., Troy, NY 12180. (518) 273-3722.

**SEP 19: Buffalo Stampede 10 Mile.** Sacramento (Rio Americano High School), 9 am. Elliott Eisenbud, 6400 Coyle, Carmichael 95608. (916) 966-5404.

**SEP 19: Walnut Festival 10K.** Heather Farms, Walnut Creek, 9 am. 2000 Runner Limit. Dr. Richard Bogdan, 2425 East St., Concord 94520. (415) 798-7878, days.

**SEP 19: Bigfoot-Bigheart 10K Race.** San Francisco (So. Parking Lot, Polo Fields, Golden Gate Park), 9 am. Catholic Social Service, 50 Oak St., San Francisco 94102. (415) 864-7400, Alicia Gallegos.

**SEP 19: The Great Grape Race 10K.** San Jose (Quicksilver Mine Park - Castillero Jr. High), 8 am. Rockl Kramer, 8552 Jerome Ct., San Jose 95120. (408) 997-2812.

**SEP 19: Footsteps Run.** 4.2 mile. Pate's Harbor, Redwood City, 9 am. Debbie Foote, Dymomite Gymnastics Club, 955 Terminal Way, San Carlos 94070. (415) 591-4832.

**SEP 19: DSE Low-Tide Ocean Beach Run.** 6.5 mile, Balboa & Great Highway, San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**SEP 19: Nisene Marks Run-to-the-Creek 10K.** Aptos (Nisene Marks State Park, Bayview Hotel), 9 am. Benjamin Sawyer, 148 Pryce St., Santa Cruz 95060. (408) 475-6367.

**SEP 19: Run for Pumpkins.** 2 & 5 mile, Ralston Park, Atwater, 8 am. Randy Cagle, 2308 Santa Cruz Dr., Atwater 95301. (209) 358-3571.

**SEP 19: South Bay 10K for Special Olympics.** Hermosa Beach, 7:30 am. South Bay Special Olympics, c/o ARC-Southwest, 16921 S. Western Ave., Gardena 90247. (213) 532-8031.

**SEP 19: Sri Chinmoy 10K.** Santa Barbara (Goleta Beach County Park), 8 am. Tom Schaefer (805) 982-3450.

**SEP 19: Prefontaine Memorial Run.** 10K, Coos Bay (Fourth & Anderson), 11 am. Prefontaine Memorial Run, P.O. Box 210, Coos Bay, OR 97420. (503) 289-0215.

**SEP 19: Big Brothers/Big Sisters Triathlon Relay.** 8.5 mile bike, 1 mile boat, 8 mile run. Marysville, 8:30 am. Allan Harder, P.O. Box 2658, Marysville 95901. (916) 742-5151.

**SEP 19: Kirkwood 10K Run.** Kirkwood Ski Resorts Timber Creek Lodge, 9 am. Norm or Connie Rupp, 2808 Newlands Ave., Belmont 94002. (415) 591-2312 or Kirkwoods (209) 258-6000.

**SEP 25-26: California Orienteering Championships.** Big Basin State Park (Santa Cruz County), Class, time TBA. Joe Scarborough, 3151 Holyrood, Oakland 94611. (415) 530-3059.

**SEP 25: Richmond YMCA Pancake 2.7 Mile Race.** Richmond (Nicholi Park), 9 am. Ken Stein, 3230 MacDonald, Richmond 94804. (415) 234-1270.

**SEP 25: Chuck's Triathlon.** 10K run, 20K bike, 1 mile swim. Mission Bay, San Diego, Time TBA. Alan Olson, 3923 Caden Way, San Diego 92117. (714) 274-4414.

**SEP 25: KFWB/South Coast Classic 5 & 10K Races.** Irvine (Mason Regional Park), 8 am. Kathy, Children's Hospital of Orange County, Box 5700, Orange 92667. (714) 558-2884.

**SEP 25: Davis Triathlon.** 6.2 mile run, 19.2 mile bike, 1.5 mile swim. Davis (Stonegate Country Club), 9 am. 550 Limit, No Raceday Entries. John Bracchi, 3307 Canoe Pl., Davis 95616. (916) 753-2005, Joanne Ball.

**SEP 25: Santa Barbara Triathlon.** 1.25 mile ocean swim, 50 mile bike, 13.1 mile run. Santa Barbara (1118 Cabrillo Blvd.), 7 am. Entries must be postmarked by Sept. 11. Laurie Jane Weiss, 6889 El Colegio Rd., No. 101, Goleta 93117. (805) 988-8351, eves.



**SEP 25: FSU X-Country Invitational.** Men 10K, women 5K, Woodward Park, Fresno. Red Estes, Cross Country Coach, Fresno State University, Fresno 93740. (209) 294-4097.

**SEP 26: Bridge to Bridge Run.** 8 miles (& 5K Fun Run), San Francisco, 9 am. KNBR, 1700 Montgomery, San Francisco 94111. (415) 788-2611.

**SEP 26: CANCELLED Muir Run.** Walnut Creek.

**SEP 26: CANCELLED Monterey Bay Ford Hospice Race.** 10K, Monterey.

**SEP 26: Sonoma Vintage 3.5 Mile & 10K Runs.** Sonoma (Sebastiani Winery, 4th St.), 8 am. Butch Alexander, P.O. Box 632, Sonoma 94576.

**SEP 26: Billy Mills/PA-TAC 10K Championships.** Sacramento (Cosumnes River College), 9 am. Len Wallach, P.O. Box 9635, Sacramento 95823. (916) 428-1171, Larry Gury.

**SEP 26: DSE Legion of Honor 4.5 Mile.** San Francisco (34th Ave. & Clement), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**SEP 26: Home Town Foot Race.** 5 mile, San Carlos (Burton Park, Brittan & Cedar), 9 am. Dave Branning, 510 DeAnza Ave., San Carlos 94070. (415) 365-5972, eves.

**SEP 26: Dominican Sisters' 4 & 7 Mile Runs.** San Rafael, time TBA. Patsy Vincent, 1520 Grand Ave., San Rafael 94901. (415) 454-9221.

**SEP 26: Petaluma Countryside Run.** 7.5 mile, Petaluma (Petaluma Plaza North Shopping Center), 9 am. Sports-A-Foot, 275 No. McDowell Blvd., Petaluma 94952. (707) 762-4749. **TENTATIVE**

**SEP 26: Whiskeytown Lake Relays.** Whiskeytown Lake, nr. Redding 9 am. SWEAT, 2191 Penn Dr., Redding 96002. (19.3 mile - 4-person teams) Info. (916) 243-8448, Andy. **TENTATIVE**

**SEP 26: Police & Friends 6 Mile Run.** Fresno (Shaw & Palm), 7:30 am. Fresno Police Officers Ass'n, Raul Saldana, 2975 E. Belmont, Fresno 93701. (209) 266-8155.

**SEP 26: Kit Carson 10K.** Escondido (Kit Carson Park), 7:30 am. Escondido Lions Club, P.O. Box 991, Escondido 92025. (714) 745-7576.

**SEP 26: St. Johns 10K.** Marina Del Rey, Time TBA. Contact: (213) 829-8426.

**SEP 26: Fall Classic 5 & 10K.** Salinas (Toro Park Estates), 9 am. Tony Ramirez (408) 757-7536.

## OCTOBER

**OCT 2: CANCELLED — California Road Runners 100-Mile Endurance Run.** Cupertino (DeAnza College, Parking Lot C), 4 am. Dennis Zamzow/William Feigel, 2500 Hospital Dr., Bldg. 9, Mountain View 94040. (415) 964-4800.

**OCT 2: Walt Stack Birthday Run.** 10K, Ft. Mason, San Francisco, 9 am. Sherman Welpton, 258 40th Street Way, Oakland 94611. (415) 653-1055, eves. before 10.

**OCT 2: Salinas Sky Climb.** 7.5 miles, Torro Park, Salinas, 9:30 am. Monterey County A.C., Don Dugdale, 607 Kirkwood Ave., Salinas 93901. (408) 422-1681.

**OCT 2: Selma Cancer Run.** 2 & 6 miles, Selma (Bretlinger Park), 8 am. *Sept. 24 Entry Deadline.* Tony Dominguez, 3746 Gaynor St., Selma 93662. (209) 896-1028.

**OCT 2: Fitness Classic 5 & 10K.** Lancaster, time TBA. Running Promotions, Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

**OCT 2: Del Mar Day Triathlon.** 1 mile swim, 10K run, 20 mile bike. Del Mar, time TBA. Betsy Millich or John Collins, 1050 Camino del Mar, Del Mar 92014. (714) 755-9313.

**OCT 2: Benicia Rotary Run 10K.** Benicia, 10 am. Paul Burton, 335 W. Military, Benicia 94510. (707) 745-4600, days.

**OCT 3: Great Race at Stanford.** 10K, Stanford Stadium, (also 2.5K Fun Run), 8:30 am/2.5K, 9 am/10K. Oz Crosby, 535 Middlefield, Suite 250, Menlo Park 94025. (415) 329-0862.

**OCT 3: Sacramento Marathon & Half Marathon.** Sacramento (William Land Park), 7 am. John McIntosh, 4120 El Camino Ave., Sacramento 95821. (916) 488-7181.

**OCT 3: National TAC Masters 15K Championships.** Washington D.C. Larry Noel, 105 Northway Dr., Greenbelt, MD 20770. (301) 474-9362.

**OCT 3: Rabbit Run 9-Mile.** Belmont (Fox School, 3100 St. James), 9 am. Len Wallach or Bob Kislack, Boardwalk VW, 350 Convention Way, Redwood City 94063. (415) 364-0100.

**OCT 3: Delta-thon.** 1.9 & 6.2 mile, Antioch (Los Medanos College), 9 am. Jill Cogan, Delta-thon, P.O. Box 70, Antioch 94509. (415) 757-2525, ext. 61.

**OCT 3: Sonoma County Harvest Fair 10K.** Santa Rosa (Howarth Park), 9 am. Pete Peterson, Sonoma County YMCA, 1111 College Ave., Santa Rosa 95404. (707) 545-9622.

**OCT 3: Northwood Classic 5 Mile & 1.5 Mile Fun Run.** Napa, 9 am. Bob Benning, Northwood School, 2214 Berks, Napa 94558. (707) 228-9844.

**OCT 3: Harbor Lite Half-Marathon.** San Pedro (Peck Park), 7:30 am. Barry Pearce, San Pedro & Peninsula YMCA, 301 S. Bandini Blvd., San Pedro 90731. (213) 832-4211.

**OCT 3: Santa Cruz County Half-Marathon.** Santa Cruz (Long Marine Lab, UCSC), near Natural Bridges State Park, 8 am. Mike Moser, c/o Marine Studies, Univ. of California, Santa Cruz 95064. (408) 429-4675 or 2883.

**OCT 3: DSE Colt Tower Run.** 3.0 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**OCT 3: Loop Loop Race.** 2 & 7.2 mile, Arcata, 1:45 pm. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.

**OCT 3: Run for Health.** Balboa Park, San Diego, time TBA. Tom Thompson, E.O.L., 1013 Park Pl., Coronado 92118. (714) 5582-3516, ext. 224.

**OCT 3: AMJA Ultra-Marathons.** 50 mile & 100K, Chicago, IL, 7 am. Dr. Noel Nequin, 5145 N. California Ave., Chicago, IL 60625. (312) 878-8200, ext. 5327. *RRCA National Championship.*

## LOOKING AHEAD

(Marathons, Relays, Important Deadlines, Major Events, etc.):

**OCT 9: Ironman Triathlon World Championship.** Kailua-Kona, Hawaii. 2.4 mile ocean swim, 112 mile bike, 26.2 mile. Ironman, P.O. Box 25861, Honolulu, HI 96825. (808) 395-4582.

**OCT 10: Heart of San Diego Marathon & 10K Fun Run.** Coronado, 7 am. American Heart Ass'n, 3649 Fifth Ave., San Diego 92103. (714) 291-7454.

**OCT 10: RRCA National Marathon Championships.** Minneapolis, MN, 8 am. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424. (612) 920-0558.

**OCT 10: Humboldt Redwoods Marathon.** Weott, 9 am. Chuck Ehlers, 245 Spring Ave., Arcata 95521. (707) 822-3136.

**OCT 10: Sam's Marathon.** Cameron Park (east of Placerville), 8:30 am. M.O.R.E. Workshop, 2850 Cold Springs Rd., Placerville 95667. (916) 622-4848.

**OCT 17: Monterey County Marathon & Half-Marathon.** Listed in some sources as Oct. 24. Salinas, 8 am. Dave Lewis, Fleet Feet R.C., P.O. Box 475, Salinas 93902. (408) 424-4343.

## CONCEPTUAL RACE MAPS



Custom drawn for your event.  
For promotions, Tee-Shirts, Race Forms, etc.  
Erin O'Toole • P.O. Box 8255 • Sacramento, CA 95818

**OCT 17: Santa Barbara Marathon.** Santa Barbara City College, 7:30 am. John Brenand, Box 6616, Santa Barbara 93111. (805) 964-2591.

**OCT 24: Los Angeles Harbor Marathon.** San Pedro (Pt. Fermin Park), 7 am. Bill Friend, YMCA, 301 S. Bandini St., San Pedro 90731. (213) 832-4211.

**OCT 24: Monterey County Marathon & Half Marathon.** Listed in some sources as Oct. 17. Please see Oct. 17 above.

**OCT 31: YMCA Golden Gate Marathon.** San Francisco (Ferry Bldg.), 7 am. Embarcadero YMCA, 166 The Embarcadero, San Francisco 94105. (415) 392-2191.

**NOV 6: 50 Mile Run.** Santa Cruz to Half Moon Bay, 6 am. Stephen Fignoli, 534 Spindrift Way, Half Moon Bay 94019. (415) 726-4273.

**NOV 7: Stockton Marathon & Half Marathon.** Stockton, 7:30 am. Don Hoffman, 7025 Shoreham Pl., Stockton 95207. (209) 952-2055, eves.

**NOV 7: Orange Grove Marathon.** Loma Linda, 7 am. Loma Linda Lopers, P.O. Box 495, Loma Linda 92354. (714) 824-1779, eves.

**NOV 7: Golden Empire 10K, Half Marathon & Full Marathon.** Bakersfield, 7:30 am. Michael Callagy, P.O. Box 9013, Bakersfield 93389. (805) 325-9474-WK, (805) 323-6800-H.

**NOV 13: NCAA Dist. 8 & PCAA Cross Country Championships.** Woodward Park, Fresno. Red Estes, Cross Country Coach, Fresno State University, Fresno 93740. (209) 294-4097.

## Track & Field

**JUL 31-AUG 1: TAC National Experimental Decathlon Championship for Women.** Ventura High School, 11 am. Housing provided. John Dobroth, 1209 Shelburn, Ventura 93001. (805) 654-2506.

**AUG 6-8: AAU National Junior Olympics.** Memphis, TN.

**AUG 3: Chabot All Comers.** Chabot College, Hayward, 6:30 pm. Boys & girls 14 & under. Norm Guest (415) 786-6800.

**AUG 5: Los Gatos All Comers Meet.** Los Gatos High School, 6 pm. Bruce Springbett (408) 354-7333.

**AUG 5: Chabot All Comers.** Chabot College, Hayward, 6:30 pm. High school & open (with javelin & hammer). Norm Guest (415) 786-6800.

**AUG 7: San Diego All Comers.** Southwestern College, 2 pm. (714) 455-4440.

**AUG 10: Chabot All Comers.** Chabot College, Hayward, 6:30 pm. Boys & girls 14 & under. Norm Guest (415) 786-6800.

**AUG 12: Chabot All Comers.** Chabot College, Hayward, 6:30 pm. High school & open (with javelin & hammer). Norm Guest (415) 786-6800.

**AUG 14: San Diego All Comers.** San Diego State. (714) 455-4440.

**AUG 17: Chabot All Comers.** Chabot College, Hayward, 6:30 pm. Boys & girls 14 & under. Norm Guest (415) 786-6800.

**AUG 19: Chabot All Comers.** Chabot College, Hayward, 6:30 pm. High school & open (with javelin & hammer). Norm Guest (415) 786-6800.

**AUG 27: Los Banos All Comers Meet.** Los Banos Stadium, 6 pm. Phone (209) 826-0325.

**JUN 25-26, 1983: Pre-Olympic Meet.** USA vs. E. Germany, USSR & Great Britain. Los Angeles Coliseum. **TENTATIVE.**





# THE San Francisco Marathon

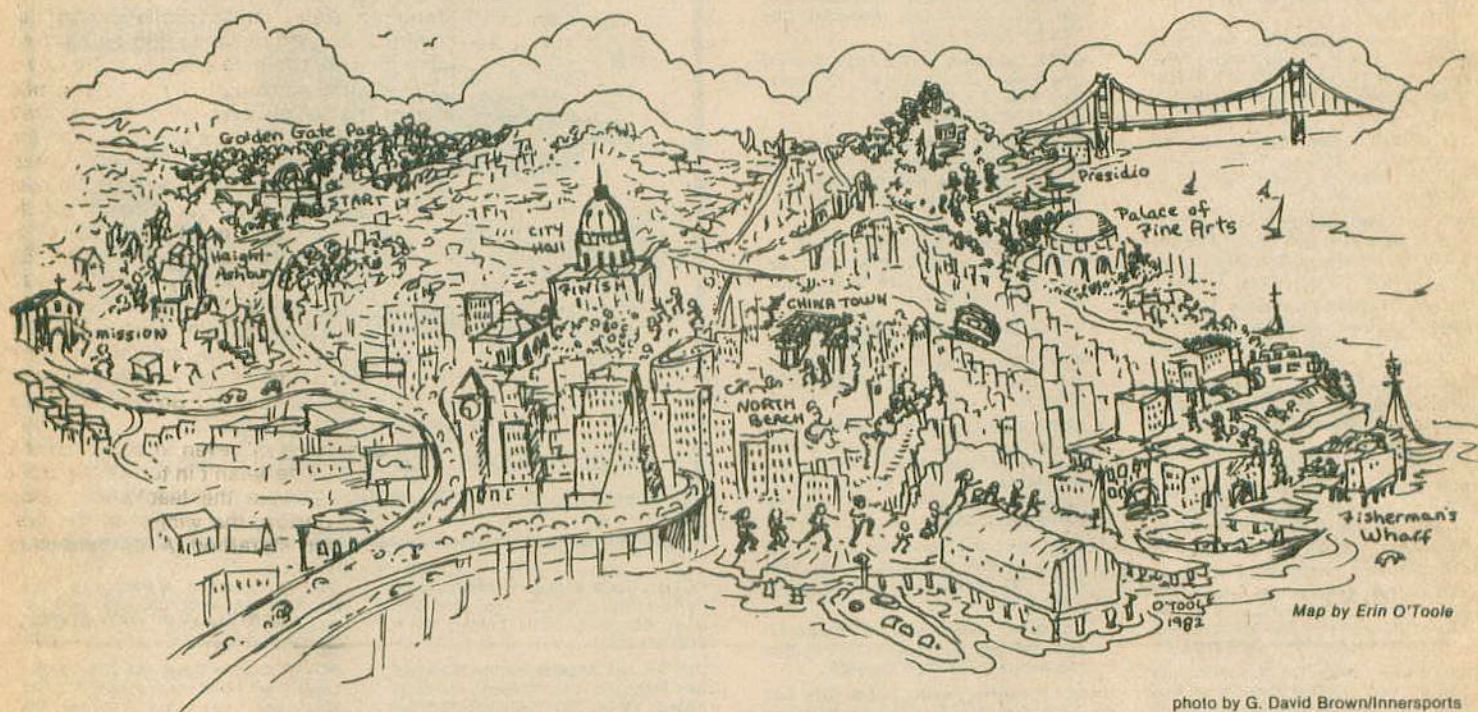


photo by G. David Brown/Innersports

## The Race

By RICHARD LEE SLOTKIN

I knew this would probably be a good one. Two nights before the marathon, they held a cocktail party at the Fort Mason Officers club for the press and just about anyone else who wanted to come. Let me tell you, I've been to some fancy bar mitzvahs that didn't have spreads as good as they had that evening. French fried zucchini sticks, egg rolls, Swedish meatballs that were not only edible, but good, and all the drinks you could drink. And that was just for starters. I didn't have to buy so much as a hamburger for the next two days.

Lots of good folks were there, too. George Sheehan, the famous running doc; Walt Stack, San Fran's living legend...the first time I ever saw him when he wasn't bare-chested, "That's what everyone is saying," he told me, smiling; Jim Bowers, the incredibly speedy master's champ; George Hirsch, publisher of *The Runner*; Fred Lebow, director of the New York Marathon...oh, there were all kinds of people there.

There were also these two guys from Colombia, brothers, and they were going to try the new course set up by race director Scott Thomason in a bid to raise the race to the level of New York and Boston. Anyway, these two brothers were going to run. Their name is Tibaduiza and one of them, Domingo, who is older, is by far the better of the two. In fact, he was the favorite to win the race. Miguel, the younger brother, figured to come in somewhere between 4th and 10th, maybe.

Now, this wasn't a star-studded field a la Boston and New York, but there was some pretty good stuff in it. Last year's winner and course record holder, Hal Schulz, was back. The new course was supposed to be faster than the old one, so Schulz's record was likely to be in jeopardy, if by no one else, at least by him.

And there was some pretty good local talent entered. Mike Pinocci, Dou Paul, Dennis O'Halloran and two-time Jordache winner, Ron Nabors. The Oregon Track Club sent Art Boileau and Ric Sayres down for the occasion, while Skip Shaffer, up from the L.A. area, and Sal Vasquez were on hand to see if they could make Bowers work a little for top gun in the masters.

Although Laurie Binder wasn't back to defend her title...and that is a story in itself...there was an interesting women's field. Florianne Harp was back, but despite



Left to Right: Athol Barton, Miguel Tibaduiza, Art Boileau, Ric Sayre, Domingo Tibaduiza.



the fact that she had really come on since last year's race, she had gotten married the day before the marathon, so she figured to be totally out of it. I mean, how fast can you go when you're smiling? But at just 19, Heike Skaden wasn't likely to be getting married in the next 15 minutes, and she had run a 2:43 at last year's Nike. Sue Petersen is married, but it's old stuff by now and wasn't likely to affect her performance. Margo Elson had a 2:48 in the books and her coach thought she could win the whole thing and go under 2:40. Ann Gladue, from Southern California via New Jersey, had a 2:45 at New York.

So, there was some action in the gals' divisions. One other we should at least mention is Bjorg Atrheim-Smith. She is 39, a mother of 4, wife of one, and was hoping to break 3 hours.

So?

C'mon, ask me: So what, Richard Lee? Why are you making a big deal of her?

Why, I thought you'd never ask!

OK, I'll tell you. Y'see, two weeks ago, exactly, Bjorg baby ran the Western States 100, won the women's division by around 4 hours or so and placed SEVENTH OVER-ALL! Personally, I doubted that she'd break 3:20. Who does she think she is? Jim Howard?

And, before I forget, there was also a first-timer by the name of Nancy Ditz. Ditz wasn't exactly a nobody. She had taken second in the Bay to Breakers and has been doing 10k's in the low 35's. Would it pay to watch her? About as much as it would pay to watch Miguel Tibadulza.

Speaking of Miguel, at the cocktail party, his brother was, naturally, one of the centers of interest, so I started talking to him because he was more accessible. Accessible, hell—he was being ignored. So, just kidding, I asked him if he was going to beat his "little" brother...Miguel, though younger, is taller. He just laughed. So did I.

Well, the usual San Francisco summer weather came through again. It was cool and overcast. There were some things that were different though. The course still started in Golden Gate Park, but instead of starting by the Polo Field, it began on a wide stretch of Kennedy Drive near the eastern end of the park. And, it wouldn't stay in the park. Like New York, it would wind through various neighborhoods, from the seedy to the sumptuous, the poor to the pretty and the flat to the not so flat, ending in front of City Hall.

Gone were all the familiar faces of the Pamakids, who put on this race. Well, not exactly gone. More like submerged by the 1400 volunteers who did everything from man the aid stations to carry off the dead meat at the finish line. Suffice it to say that this was a usual Scott Thomason well-organized event. Of course, nothing is ever perfect and ol' Scott nearly had a heart attack toward the end of the marathon. With the last of the stragglers hobbling in, he was found sitting forlornly on the back of one of the fleet of rental trucks used in the race logistical support. Seems that he had no idea where the trophies, medals and merchandise awards were. And the Awards Ceremony was only a half hour away. I

won't hold you in suspense...he found them.

Despite a last minute snafu in getting the runners to the starting line, things got off almost on schedule.

And 7,000 people surged forward. Nearly three times the usual crowd for this run. Counting bandits and pacers, it was probably closer to 8,000.

It was competitive, too. The way the lead changed hands, you would have thought that first prize was two hours in Fort Knox with a forklift and a pick-up truck instead of a plaque and a trip to the Honolulu Marathon. Canadian Art Boileau went out front first and led the gang through the first mile in something like 4:50. There were large digital clocks at every single mile marker...have you ever seen *that* before? But there was still some dispute as to the actual first mile split. In any case, it was somewhere between 4:40 and 4:50. Boileau opened up a lead that reached as much as 20 yards and ranged mostly from 10 to 15. He was followed by a large lead pack, 20, maybe as much as 30 guys, with Boileau looking for all the world like a rabbit. Why you'd need a rabbit in a marathon is anyone's guess, and why anyone would be one, is even harder to say. We didn't expect we'd be seeing much of Boileau at race's end.

Hal Schulz wasn't even in sight and the word was that he wasn't in top shape. Both Tibadulzas were in the lead pack, along with Athol Barton, the winner of the first San Francisco Marathon. And, there were plenty more.

*continued on next page...*

## Overheard at the Marathon

From Richard Lee Slotkin

**Pete Peterson:** "Back to a marathon-a-week routine and we're running better."

**Sue Peterson:** On her short haircut "My hairdresser said it would take two minutes off my marathon."

**Harry Cordellos:** On his "slow" 3:27 finish "I felt OK, but I just couldn't get unwound."

**Nancy Ditz:** "I train mostly with Gary Goettlemann. They (Stanford) didn't have a track team when I was there... This Spring I started getting really serious about training." Regarding winning the race "I was pretty confident after I passed Sue (Peterson). I haven't trained for a marathon, this was done off training for 10k's... I wanted to see if I could do the distance... I never got over 60 miles (per week)... I don't intend to go much higher than that. I work full time... I was tired at the end, nothing serious, felt pretty stong."

**Fred Lebow:** "It was the best organization out on the course that I ever saw."

**Sandy Kiddy:** On her record "I'm in real good shape... but I didn't expect to do that well. I wanted to be in the low 2:50's, but I didn't know if I could do it. I hadn't seen the course... once I started (the race), I was going for it the whole time. I was laboring the last mile and a half. If anyone had been close to me, they could have taken me, because all I could do was just keep it going."

**Fred Kiddy:** "I thought the course was tough... the footing was really bad... tracks, the grades... and I don't like dirt, period! I mean, I'm very happy with my time (a PR)."

**Domingo Tibadulza:** Asked if he knew Miguel would run as he did "Not exactly. He ran a marathon 3 weeks ago in Winnipeg, so I didn't think he'd recover that fast. But we've been training well..."

**Miguel Tibadulza:** Asked if he thought he'd beat Domingo today "Not really." Regarding the course "Pretty nice, except the gravel." Regarding the 4:42 in mile 22 "I turned around and he was falling behind, so I just wanted to get away."

**David Salo:** Setting age 49 record of 2:30:19 - Did he know he was going for it? "Yes, sir! I ran Boston and came in 7th in the masters in 2:31, so I did a PR today." Asked if he was keying on anyone "In my mind, I was trying to break 2:30... The thing that got me excited was at the start of the race. The weather was great; compared to Boston." Regarding the bad footing in some places "Well, if you can run a marathon in Chicago, you can run a marathon anywhere... The course was excellent!" Slotkin: "Suppose you had run a three-thirty, suppose you had gone out and died. How was the course?" "It was too hot!"

**Heike Skaden:** "Actually, the whole race, I was just kind of feeling off, and by 15 I didn't have a whole lot left... I just took it in as best I could..." Regarding her first mile in 6:18 "I panicked... I didn't think I was going to be that slow... Had a bad start... I felt like I was already pushing, and when I hit a 6:18..."



One of them, Boileau's OTC teammate, Ric Sayre, decided to move up and join Boileau. They went through 4 miles in 19:40. That's a 4:55 pace.

The lead pack was stringing out by now, but it had opened up a huge lead on the rest of the field. It seemed almost like two separate races. All this time, there was a Tibaduza right up front, just behind the pacesetter. We thought it was Domingo, but if anyone had taken the trouble to look, they would have known better. The Tibaduza in front was taller than the one further back, and he was wearing a West Valley Track Club singlet, not Sub-4.

By six miles, the pace had slowed a little and the split for the leaders was 30:30. Boileau was still there. Well, anyone can run 6 miles. Sayre was still with him, but the lead was about to start changing hands more often than a bookie's phone number.

Before that, though, we saw Jim Bowers fly by in just 32 minutes. It took a while longer before any women passed, but the first of them was Sharlet Gilbert somewhere around 37 minutes. She had done a 2:43 last month at Avon, so it wasn't expected that she would stay up front. She'd start feeling Avon pretty soon. Actually, we kind of thought that Sue Petersen would be first at this point. She was next, and her personal marathon pacer, husband Pete, was right there alongside, wearing a matching outfit.

By seven miles, Mike Smith, from Spokane, had taken the lead. Just after the seven mile point, Smith glanced at his watch. The time was 45:30. He had about a 15 yard lead over a group of nine runners. It looked as though they were in a reversed flying wedge. Both Tibaduzas, Athol Barton and, towards the back, Hal Schulz were in that group. Schulz had been moving up since the six mile mark, when he went through in 31:06 a little over a half minute behind the leaders. That doesn't sound like much, but it put him far back enough so that he wasn't in sight when the leaders passed.

Now, he was in the middle of the action. And behind Schulz, there was...well, hardly anybody. Way back you could see someone, and way back of him, maybe another runner. But, after that...nothing. Somewhere back there, there was a marathon going on.

Well, there was one going on up front, too. A very stubbornly fought one. No one could hold onto the lead for long, and Smith wasn't going to hold it for much longer. The 23-year old Smith, running for U.R.T., whatever that is, had predicted a 2:14 for this one. That turned out to be optimistic, but he sure went for it.

By 11 miles, Mike Pinocci had moved out to a 20 yard lead. He must have really put on a surge to get that because he had been more than that behind Smith. Then, at 63 minutes, Hal Schulz had moved up front, and with Pinocci and Miguel, yes, that's MIGUEL Tibaduza alongside, they went through Chinatown. A small group of five trailed about 25 yards behind. After that, runners came by one at a time with as much



The Tibaduzas after their one-two finish. Winner Miguel is on the right. From their expressions you wouldn't know they were the winners; but, then, running a marathon is more fun than talking to the press.

photo by Richard Lee Slotkin

as a hundred yards between them. Things were REALLY strung out at this point.

Pretty soon, though, the line began to thicken and the trickle became a stream and then a flood. And at 67 minutes, Sue Petersen passed by—the first woman. A couple of minutes later, Nancy Ditz came by followed by Helke Skaden.

At 15 miles, it was still Schulz, Pinocci and Miguel...by this time we were convinced that it really was Miguel, not Domingo. It was hard to believe. Here was a guy that, as far as we knew, had never gone under 2:20. It turned out that he had, but there was considerable confusion as to whether it was a 2:18 or 2:16. In any case, he had run a marathon at Winnipeg only 3 weeks ago and his own brother, who is also his coach, didn't think it was too smart for him to be running this one. The offer of a free hotel room...which was all he got...was too much for him to pass up.

At this point, though, it looked as though Schulz might be the one to worry about. He was looking like the Hal Schulz who won last year.

Meanwhile, Nancy Ditz was making her way up to the front. At about 14 miles, Sue Petersen said, "I fell apart." By 15, Ditz had moved into the lead and there she remained. Petersen was to fall back to fifth place. She "fell apart" to a 2:50! Geez!

Back up front, Pinocci suffered the same fate as the rest of the early leaders, and he began to fall back. Schulz and Miguel were now alone and they stayed that way through 21 miles. At about 19, there was a very sharp turnaround, just short of the Golden Gate Bridge. Both Schulz and Tibaduza slowed noticeably coming out of that turn. You could just see the lactic acid flowing through them. They shook it off,

though, and with Schulz still a half step ahead, they raced on to their destiny.

It was at the start of the 22nd mile that lightning struck. There was a slight hill. Miguel had edged into the lead and peeking over his shoulder, he saw that Schulz was falling back a bit.

POW!!

With all the class of a Bill Rodgers or an Alberto Salazar, Miguel exploded to a 4:42 mile. He opened up a 100 yard lead on Schulz...and the race was over. Oh, there were still a few anxious moments, but it was all Miguel. Brother Domingo, all but forgotten for the past 10 miles, got into high gear and passed a very tired Schulz. He was closing on Miguel, but Miguel had eased off some, and was already in sight of the finish line.

With a crowd of several thousand lining the way, the dark horse, the surprise, the little kid brother, Miguel who?, had the final 200 yards all to himself. The crowd cheered him through every yard. He looked like he was finishing a light workout, not his second marathon in three weeks, and a PR no less. The time: 2:14:31.7.

Twenty-one seconds later, Domingo came in to complete the brother act. They grabbed each other, hugged almost to the crushpoint and smiled for one and all to see. It was a good day for the brothers Tibaduza.

And it was a good day for the new San Francisco Marathon.

The mob, which had been so strung out while on the course seemed to have tightened up considerably, in the stretch. Schulz came in not that far behind Domingo, but totally exhausted, and had to be all but carried through the chute. His time was 2:15:10, a PR. Boy! Just think if he had been in shape!



After Schulz was Ric Sayre and Sayre was followed by Athol Barton in the surprisingly good time of 2:17:47. In fact, at the end, it was all the early leaders, still up front. Even Art Bolleau hadn't gone to lunch. He was 7th, right behind Barton. The major casualty of the frontrunners was Smith, who wound up with a 2:20:40 and 13th place. But, even that was pretty respectable.

Fifteenth overall was the incredible master, Jim Bowers. He wanted to do a 2:22 or under. He had to settle for a 2:23:59, but how many 43-year olds can get within 15 minutes of that?

Nancy Ditz never lost the lead once she got it and was a convincing winner in 2:44:04.7. That was over two minutes ahead of second place, Kathy Pfeifer. Kathy Pfeifer? Where did she come from? We hadn't heard her name mentioned once over the PA or on the radio coverage, but there she was. She slipped by Sue Petersen, Heike Skaden and Marilyn Matthews for second. For that matter, Matthews escaped our attention too.

We will admit that the women's times aren't that exciting for a race of this

caliber...seems that there ought to be at least two or three under 2:40...but the top six all ran well, and by next year some of them could be under 2:40. Also, the success of this year's race should attract some sponsor money next year so that they can pull in a few sub-2:40 women.

For that matter, they might get some sub-2:10 men.

In my opinion, one of the most notable performances was one of the least noticed. Sandy Kiddy PR'd in 2:53:23, taking 10th place overall among the women, and knocking about 2 minutes off her previous best. She also won a trip to the Honolulu Marathon for being the first female master. Finally, she set a U.S. age group and age 45 record.

Why, even husband Fred PR'd with a 2:47, but had the bad luck to be in the same division as David Salo who ran a 2:30. And that's also the 45-49 age group. Who says they didn't have any class in this race?

There was so much more that happened, but being limited in space, we can't get it all in, and being San Francisco, some of it isn't printable anyway. Fred Lebow, who ran it, this being his 9th marathon in 9 different

countries this year, said it was the best organized course he has ever seen. He repeated the charge later in one of the local papers. So, you know he meant it. The way he put it went beyond the point of diplomacy. "It was the best organization out on the course that I ever saw."

Bjorg Austrheim-Smith didn't reach her goal of sub-3 hours, but she made a believer out of me. Her time was 3:09. Seems that after a slow start because of the massive crowd...quite a bit different from the Western States...she got going at a 6:50 pace, but by 20 miles she said she began feeling the Western States.

"How come," I asked. "I don't know!" she laughed.

Miguel Tibaduiza was quite happy with everything, as you could imagine. But he still had his feet on the ground. When I asked him about '84, he said that he thought it would be difficult for him and Domingo to make the Colombian Olympic team because they have so many good runners "...but, we're gonna try."

I'll bet.

## NANCY DITZ

By G. DAVID BROWN, INNERSPORTS

**N**ancy Ditz is just relatively new to the marathon scene, but new to running itself. She started jogging just about two years ago and has been racing for only a year and a half. Training 60 miles a week before the marathon with the highest mileage at 16, Ditz commented before the race, "This is my race to figure out if I have any marathon potential." The potential is there and Ditz's time was one of the top American times recorded thusfar this year.

"I'm really happy about my performance. I wanted to run the low 2:40's and that's what I did. I've been training for 10,000 meters and haven't done many long runs at all. I've been doing more sharpening and speed work; my longest continuous run was about 16 miles.

"I felt strong throughout the whole race. I felt comfortable and didn't have any serious pains. I didn't take the lead until about the 14 mile mark and then I felt fairly confident when I passed Sue Petersen. It was a really nice course and had lots of downhill; every time you ran uphill you ran downwards afterward. The weather was nice and cool." Ditz still doesn't plan on going over 60 miles a week and will still concentrate basically on the 10K. She plans on running New York where she wants to compete with the "best."

photo by Richard Lee Slotkin



Nancy Ditz

## MIGUEL TIBADUIZA

By G. DAVID BROWN, INNERSPORTS

**F**or Miguel Tibaduiza winning the San Francisco Marathon was a first step in a promising marathon career. "I ran a marathon three weeks ago, so I didn't know how I was going to feel. So actually I didn't have any strategy. I just wanted to stay behind the leader as long as I could and see what was going to happen at the end. At 22 miles, I felt great."

Miguel is another member of the crop of fast 10K runners emerging into the marathon. He claims that being fast at the 10K definitely helped his race. "We've been training pretty good distance two to three weeks before. The last week we usually didn't do anything specific, we've been easing down in order to have a good race." Miguel trains with a group of other Colombian runners like himself with older brother Domingo his coach and training partner. "The course was excellent, really nice and this weather was perfect!" His future plans are just to "train really hard" and he is looking forward to his cross country season at the University of Nevada at Reno.

continued on next page...

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photo by Richard Lee Slotkin



## From the Middle of the Pack

By JIM-DIEGO CREED

One of the things that you learn as a marathoner is that you cannot predict for certain how you will do in a race. You can plan your pace down to the exact second per mile, memorize all your splits perfectly, run every step of the course in person or in your mind until you can see and taste that PR and see that medal as it hangs around your neck.

But there are too many factors which come in to play in 26 plus miles. The weather may not be to your liking (too cold, too hot, too much or not enough wind, too much fog or smog) or you may have a latent injury not apparent in training or you may have used the wrong diet technique or have a psychological problem due to job or family problems. No one can tell for sure what you will do.

The editor gave me a good assignment. He wanted a story of the San Francisco Marathon as a pack runner would see it. I had indicated to him that I was not planning to go for a PR (under 3:02) this time due to a recent injury, but that I would be content with around 3:15 or 3:30 so this seemed like a good opportunity to relax and run easy and check out my pace group for a pretty story.

It would have been great and would have worked out perfectly had I not developed a severe cramp halfway through and been forced to drop out at the 14 mile mark. I was very disappointed, but it suddenly dawned on me that this was a stark reality of running anytime, not only for pack runners, but for joggers and seeded athletes alike. Injuries and illness are as much a part of running as are medals, personal records and adulation from family and friends. You take the losing in stride as well as you do the winning and this is what makes runners a special breed of happy, well-adjusted, tough-minded people and makes me proud to be one of them.

I greatly admire Gary Tuttle, not only as a runner but as a writer for this and other magazines. But Gary "zinged" us "packers" a bit in his article about the Bay to Breakers in the July CTRN. He expressed his disdain for the 60,000 "joggers" behind him in that race, forgetting that many thousands of those people are really very competitive runners in their own right—maybe not on a national or international scale, but very respectable in their pace group. They make up the vast majority of runners in the country and it has been their contribution in interest and financial involvement—entry fees, magazine subscriptions, shoe and singlet purchases, clinic attendance—that has made it possible for the "gunners" to receive many benefits in the form of prize money, endorsements, sponsorships and paid trips to such places as Hawaii, Australia, Greece, as well as New York and Boston. Without the support of the so-called jogger, the sponsors of these events would not be able to offer such fringe benefits. Where would the industry be without these average guys and gals? I agree with Gary in my attitude toward those imbeciles who hide in the side streets and then jump in front to impede the seeded runners. If I ever believed in the benefits of medieval torture methods in society...! All the average runner wants from the star athlete is his respect and his recognition that the less-talented participant is a part of the running scene and deserves his day in the sun.

In the San Francisco Marathon on July 11, we started out from Golden Gate Park's JFK Avenue under the 3:15-3:30 sign, and we were so packed in that we did the first mile in about 8:00. Your natural tendency is to try to work your splits down and this develops a tendency in the run-of-the-mill competitor to use too much of his or her energy in the first few miles and waste precious energy that you will need later. I always do this and even though I have run in 35 marathons and have completed 26, I never seem to avoid making this "charge".

Most of the route from Oak to Army Street was downhill or at least level and with good running surface. We thinned out a bit and as we passed the 5 mile mark our little pack had turned a split of 35:20, which is a 7:04 per mile pace. That sounds great and not too fast for our ability and training until you realize that the only way to cut your time from 8:00 for the first mile to 7:04 for five is by running some 6:30 in the interim. That was too fast for some of us—I know in my present conditioning it was for

me—and you pay for it later. If you are behind your pace in the first five miles, you should not try to get it back all at once; this principle I knew but I ignored it.

We had our first look at the leaders at the sixth mile when we went into the wind at that little triangle along Cargo Way. It is discouraging to see so many people ahead of you, but you know that when you yourself are coming back out of the triangle there will be a lot of envious people looking at you the same way. Everything in success is relative.

We went through the tenth mile at China Basin, took a look at the big ships, went under the Bay Bridge—it looks so awesome and impressive from underneath—and turned into the area so familiar to so many of us—the area where the BB begins at Fifth and Howard.

We went up the California hill past the 12 mile marker in 1:24:30, which is about a 7:02 pace, ahead of what I would need for a PR—not what I had set for my goal at all, too damn fast, but I was still feeling pretty

photo by Richard Lee Slotkin



good except for a churning stomach and I was locked in with a pack of three or four guys and two attractive girls who seemed content to run together and I didn't listen to what common sense told me.

California Street was a canyon shading our path as we turned to Kearney, hit another short hill up Bush and to the top of Grant and down through Chinatown. To me, this was the most fun part of the course. The tourists, the Chinese people, the sights and smells of this famous landmark and mostly downhill.



We made that sharp corner onto Columbus—big crowds—I heard someone say they were mostly Italians waiting for the World Cup final on TV and having nothing better to do. Could be.

My discomfort became a full-blown cramp as we headed down Battery toward the Embarcadero. At Coit Tower, there is an aid station, but I could not get rid of the cramp, despite some water, a swallow of ERG and some upper body stretching to raise the diaphragm. No good. I walked a bit, then tried to jog, panicked by the thought that I was losing pace. No use. Suddenly, just like that, I was out of it and had to turn back.

I met another dropout, a flu-stricken runner from Boston, and we made our way back to Market Street, alternately walking and jogging, ironically now feeling better than during that 14th fatal mile. It happens that way and you wonder if you did the right thing.

Almost every runner, whether the most inexperienced jogger or the greatest of the world-class front runners, has had to drop out with illness and/or injury at one time or the other. It's going to happen, you can't always avoid it and you have to figure there is another day.

We arrived at Civic Center just in time to join the good-sized crowd in their enthusiastic acclaim of the Tibaduiza brothers and the popular Hal Schulz as they sprinted in to the finish. It was a thrill to see them finish and the impact of our disappointment never hits us when they win, because we didn't expect to be up there anyway. In fact, it is kinda nice to see the finish for once.

Where the pack runner suffers his pangs of regret is when the group with which he was running begins to come in around that 3:05 to 3:30 area. You were there, you were a part of that, you were ahead of some of those people and now you aren't. You experience a hollow empty feeling instead of the elation and runner's high. It isn't the medal and it isn't the race result sheet that you receive in the mail later—it is the sudden feeling that you are not part of the family, the community for a little while.

But one thing that always amazes me about us runners is that we bounce back quickly. It is not the end of the world, there is always tomorrow. Two days after my failure at San Francisco, I went back to the city and started at Coit Tower and ran the last 12 miles of the route so that I could

write this account with some degree of personal credibility. I paired up with another runner whom I met on the way and to my surprise, he had also quit in the race and wanted to run the rest of the course. We had a good time, shared a couple of beers, swapped phone numbers and went our separate ways feeling a lot better about the whole thing.

It was a beautiful course, well-marked, well-monitored and well-organized and it surely beats the boring mind-defeating stretch on the Great Highway that we were subjected to in previous years. Hats off to the entire committee for a job well done.

We are of the pack. We love the leaders and are proud to drop their names around and quote their stats and records, but remember that we make up the real running community that has become an important part of the "running revolution" in this country. We will be back and we will meet new challenges and trod new roads, all of us, together.

*continued on next page...*

## RESULTS

### From TOTAL RACE SYSTEMS

#### TOP 100 MEN:

|    |                      |         |
|----|----------------------|---------|
| 1  | Miguel Tibaduiza/23  | 2:14:32 |
| 2  | Domingo Tibaduiza/32 | 2:14:53 |
| 3  | Hal Schulz/24        | 2:15:09 |
| 4  | Ric Sayre/28         | 2:15:29 |
| 5  | Mike Pinocci/27      | 2:15:42 |
| 6  | Athlo Barton/34      | 2:17:47 |
| 7  | Art Bolleau/24       | 2:17:56 |
| 8  | Michael Cassidy/31   | 2:18:04 |
| 9  | Derrick May/27       | 2:18:50 |
| 10 | Dan Buntman/24       | 2:19:30 |
| 11 | Dave Kraus/22        | 2:19:39 |
| 12 | Denis O'Halloran/30  | 2:19:53 |
| 13 | Michael Smith/23     | 2:20:39 |
| 14 | Larry Torella/32     | 2:21:52 |
| 15 | Jim Bowers/43        | 2:23:58 |
| 16 | Jim Christopher/29   | 2:24:24 |
| 17 | Denis Eberheart/23   | 2:25:24 |
| 18 | Jim Gruber/22        | 2:25:32 |
| 19 | Ron Fritze/25        | 2:25:45 |
| 20 | Stuart Loudon/27     | 2:25:49 |
| 21 | Joe Mangano/21       | 2:25:53 |
| 22 | James Dill/25        | 2:25:58 |
| 23 | Jerry Drew/24        | 2:26:03 |
| 24 | Paul Sechrist/23     | 2:26:08 |
| 25 | Greg Jewett/35       | 2:26:31 |
| 26 | Gilbert/21           | 2:26:54 |
| 27 | Christopher Hamer/23 | 2:27:01 |
| 28 | Gary Comfort         | 2:27:08 |
| 29 | Ernie Rivas/32       | 2:27:11 |
| 30 | Joel Hope/24         | 2:27:45 |
| 31 | Bob Cooper/27        | 2:28:10 |
| 32 | Adam Smith/30        | 2:29:06 |
| 33 | Glen Latimer/34      | 2:29:45 |
| 34 | Stuart Jenkins/23    | 2:29:49 |
| 35 | Dean Raymond/33      | 2:29:52 |
| 36 | Bill Seaver/32       | 2:30:12 |
| 37 | Bob Manzanarez/31    | 2:30:15 |
| 38 | David Salo/49        | 2:30:19 |
| 39 | Luis Bernal/30       | 2:30:21 |
| 40 | David Muela/30       | 2:30:27 |
| 41 | Skip Houk/40         | 2:30:30 |
| 42 | Ted Quintana/27      | 2:30:41 |
| 43 | Joe Kames/16         | 2:30:43 |
| 44 | Michael Duncan/32    | 2:30:50 |
| 45 | Jeff Clark/27        | 2:30:57 |
| 46 | Henry Nunez/24       | 2:30:59 |
| 47 | Skip Brown/32        | 2:31:00 |
| 48 | Craig Moore/29       | 2:31:04 |
| 49 | John Merhaut/31      | 2:31:04 |
| 50 | Larry Lenamon/37     | 2:31:15 |
| 51 | Nell Coville/37      | 2:31:20 |
| 52 | Bill Clark/38        | 2:31:34 |

|     |                       |         |
|-----|-----------------------|---------|
| 53  | Bill Tippetts/31      | 2:31:35 |
| 54  | Gerard Canchola/26    | 2:31:39 |
| 55  | Bill Stalnbrook/28    | 2:31:46 |
| 56  | Harry Cottrell/36     | 2:31:48 |
| 57  | Paul Maier/34         | 2:31:50 |
| 58  | Harold Celms/25       | 2:31:51 |
| 59  | Peanut Harms/31       | 2:31:56 |
| 60  | Bradley Brown/24      | 2:32:02 |
| 61  | Jeff Wall/40          | 2:32:09 |
| 62  | Dan Williams/33       | 2:32:10 |
| 63  | Dick Look/34          | 2:32:13 |
| 64  | Chris Turney/24       | 2:32:23 |
| 65  | Mitchell Greenberg/30 | 2:32:24 |
| 66  | Dennis Early/26       | 2:32:36 |
| 67  | Scott Katzman/19      | 2:32:47 |
| 68  | Kevin Kirby/25        | 2:32:50 |
| 69  | George Guerrero/29    | 2:32:55 |
| 70  | Bruce Hodge/29        | 2:32:59 |
| 71  | Mark Murray/19        | 2:33:14 |
| 72  | Dave Carlson/29       | 2:33:19 |
| 73  | Weston Press/26       | 2:33:25 |
| 74  | Mark Hines/31         | 2:33:26 |
| 75  | John Barrett/18       | 2:33:30 |
| 76  | Noel Lincicome/34     | 2:33:44 |
| 77  | Thomas Iredale/37     | 2:33:54 |
| 78  | Larry Montag/30       | 2:33:55 |
| 79  | Ted Pawlak/26         | 2:34:01 |
| 80  | Jim Bailey/29         | 2:34:03 |
| 81  | Dan Rueckert/25       | 2:34:04 |
| 82  | Joseph Ancira/30      | 2:34:05 |
| 83  | Frank Hutchinson/29   | 2:34:09 |
| 84  | Tim Powell/21         | 2:34:11 |
| 85  | Bob Murphy/29         | 2:34:16 |
| 86  | Tom Dixon/29          | 2:34:19 |
| 87  | Matt Fettig/27        | 2:34:27 |
| 88  | Skip Shaffer/44       | 2:34:35 |
| 89  | Mike Deatherage/27    | 2:34:37 |
| 90  | Bob Smith/23          | 2:34:43 |
| 91  | Ronald Navarrette/43  | 2:34:50 |
| 92  | Glen Bailey/34        | 2:35:00 |
| 93  | Mike McCaffery/29     | 2:35:08 |
| 94  | Jacques Pittel/36     | 2:35:09 |
| 95  | Tom Hensley/27        | 2:35:13 |
| 96  | Jim Lawson/29         | 2:35:18 |
| 97  | Bob Thompson/29       | 2:35:23 |
| 98  | Michael Cunningham/32 | 2:35:24 |
| 99  | Hugh Stahl/29         | 2:35:30 |
| 100 | Virginio Dearaujo/30  | 2:35:32 |

#### TOP 100 WOMEN:

|   |                     |         |
|---|---------------------|---------|
| 1 | Nancy Ditz/28       | 2:44:05 |
| 2 | Kathy Pfeifer/22    | 2:46:27 |
| 3 | Helke Skaden/19     | 2:46:46 |
| 4 | Marilyn Matthews/29 | 2:47:38 |
| 5 | Sue Petersen/37     | 2:50:36 |
| 6 | Liz Garman/20       | 2:51:11 |

|    |                          |         |
|----|--------------------------|---------|
| 7  | Margo Elson/31           | 2:52:11 |
| 8  | Shariet Glibert/31       | 2:52:42 |
| 9  | Sue Moen/32              | 2:52:47 |
| 10 | Sandra Kiddy/45          | 2:53:23 |
| 11 | Florianne Harp/34        | 2:55:27 |
| 12 | Krista Roberts/20        | 2:55:32 |
| 13 | Jane Sowersby/31         | 2:56:15 |
| 14 | Nelly Wright/36          | 2:56:24 |
| 15 | Pamela Bast/33           | 2:56:54 |
| 16 | Leslie McMullin/31       | 2:57:26 |
| 17 | Ragna Roksvag-Zanger/38  | 2:59:02 |
| 18 | Ann Gladue/20            | 2:59:42 |
| 19 | Ilana Saraf/22           | 3:00:39 |
| 20 | Twyia Willis/29          | 3:02:02 |
| 21 | Molly Thayer/39          | 3:02:24 |
| 22 | Terri Muela/26           | 3:02:48 |
| 23 | Bridget Goodwin/26       | 3:02:51 |
| 24 | Patrice Cross/27         | 3:03:38 |
| 25 | Debbie Farynarz/19       | 3:03:52 |
| 26 | Mary Hirschfield/45      | 3:05:00 |
| 27 | Sandra Mike/33           | 3:06:23 |
| 28 | Marion Irvine/52         | 3:06:24 |
| 29 | Sue Johnston/40          | 3:06:45 |
| 30 | Angela Tibaduiza/24      | 3:07:02 |
| 31 | Margaret Miller/56       | 3:07:22 |
| 32 | Patty Cutler/36          | 3:07:29 |
| 33 | Patty-Scott Baier/29     | 3:07:29 |
| 34 | Frances Bradford/58      | 3:07:50 |
| 35 | Diane Williams/22        | 3:07:55 |
| 36 | Heldi Skaden Poyner/44   | 3:08:08 |
| 37 | Charlotte Lane/31        | 3:08:12 |
| 38 | Audrey O'Brien/22        | 3:08:13 |
| 39 | Karen Lanterman/38       | 3:08:30 |
| 40 | Kimberly Hills/24        | 3:08:39 |
| 41 | Barbara Terhune/39       | 3:09:23 |
| 42 | Torili Jensen/26         | 3:09:37 |
| 43 | Bjorn Austrheim-Smith/39 | 3:09:44 |
| 44 | Deanna Haley/18          | 3:10:06 |
| 45 | Lucy Kaplan/43           | 3:10:13 |
| 46 | LaDonna Washington/27    | 3:10:17 |
| 47 | Terri Brown/18           | 3:10:21 |
| 48 | Linda Edwards/37         | 3:10:25 |
| 49 | Joanne Ernst/23          | 3:10:43 |
| 50 | Carol Johnson/25         | 3:11:27 |
| 51 | Teresa Jackson/24        | 3:11:55 |
| 52 | Debbie Sierra/30         | 3:12:00 |
| 53 | Linda Chase/20           | 3:12:12 |
| 54 | Kristan Martin/24        | 3:12:51 |
| 55 | Karen Nolan/23           | 3:12:56 |
| 56 | Patricia Callahan/26     | 3:12:58 |
| 57 | Dominica Leung/30        | 3:13:24 |
| 58 | Pat Kling/36             | 3:14:13 |
| 59 | Mimi Riggen/31           | 3:14:31 |
| 60 | Lorraine Schenone/25     | 3:14:38 |
| 61 | Annette Mungai/23        | 3:14:46 |
| 62 | Terry Forsell/20         | 3:15:13 |

|     |                         |         |
|-----|-------------------------|---------|
| 63  | Anita Johnson/21        | 3:15:32 |
| 64  | Marty Minjares/28       | 3:15:34 |
| 65  | Kristine Morella/37     | 3:15:39 |
| 66  | Susan Keener/35         | 3:15:57 |
| 67  | Elaine Schumacher/29    | 3:16:26 |
| 68  | Abbie Wade/27           | 3:16:44 |
| 69  | Kay Johnson/37          | 3:16:45 |
| 70  | Michele Schwartz/24     | 3:16:50 |
| 71  | Sandy Fitzwater/36      | 3:16:53 |
| 72  | Gail Gottelmann/37      | 3:16:57 |
| 73  | Bonnie Blascher/30      | 3:17:12 |
| 74  | Mandy Gardner/29        | 3:17:54 |
| 75  | Karen Austin/29         | 3:17:58 |
| 76  | Lauren Syda/30          | 3:17:59 |
| 77  | Laurey Fisher/37        | 3:18:02 |
| 78  | Bernadete Mulholland/31 | 3:18:33 |
| 79  | Linda Miller/31         | 3:18:45 |
| 80  | Agatha Lee/42           | 3:18:53 |
| 81  | Peggy Taggart/25        | 3:19:07 |
| 82  | Dolores Morazzini/31    | 3:19:37 |
| 83  | Lisa Palladino/25       | 3:19:42 |
| 84  | Linda Shelly/26         | 3:19:43 |
| 85  | Kay Bolla/30            | 3:19:46 |
| 86  | Helen Ladden/35         | 3:19:50 |
| 87  | Pat Olesko/35           | 3:20:18 |
| 88  | Vickie Limbers/33       | 3:20:44 |
| 89  | K. Beols/19             | 3:20:52 |
| 90  | Evelyn Martinez/34      | 3:21:27 |
| 91  | Vickie Dunn/20          | 3:21:43 |
| 92  | Karen Keller-Day/32     | 3:21:47 |
| 93  | Anne Marie Spetle/39    | 3:22:10 |
| 94  | Patti Williams/37       | 3:22:15 |
| 95  | Dotty Welch/36          | 3:22:25 |
| 96  | Suzanne Berry/24        | 3:22:31 |
| 97  | Pauline Connor/23       | 3:22:34 |
| 98  | Ruth Waters/48          | 3:23:44 |
| 99  | Jytt Fruchtmann/43      | 3:23:56 |
| 100 | Karla Fenwick/31        | 3:24:27 |

#### OTHER DIVISION WINNERS:

**Men Under 18:** 3. Tony Scardina/17  
**Men 45-49:** 2. Fred Kiddy/48  
 2:37:24, 3. John Weston/49 2:41:51. **Men 50-54:** 1. Norm McAbee/50 2:40:53, 2. Gaylon Jorgensen/53 2:46:25, 3. Ephraim Romesberg/51 2:47:27. **Men 55-59:** 1. Ian Sussex/55 3:00:20, 2. Leo Steneck/55 3:07:00, 3. Gordon Barrow/58 3:08:05. **Men 60 Plus:** 1. Paul Reese/65 3:11:40, 2. Tom Edwards/60 3:24:18, 3. Bill Momono/60 3:25:20. **Women Under 18:** 3. Terrie Martin/17  
 3:30:08. **Women 50-54:** 2. Ruth Anderson/52 3:28:00, 3. Sally Wolfert/50 NT. **Women 60 Plus:** 1. Els Tulzing/60 3:51:04.



## Behind The Scenes

From Bill Cockerham

It started innocently enough. A group of Pamakid Runners, all marathoners, were sitting at the Beach Bay Coffee Shop after a race in adjoining Golden Gate Park. Someone remarked, sometime between the juice and pancakes, how nice it would be if there was a local marathon run between Avenue of the Glants in May and Sonoma State in October. The conversation took place in June, 1976.

Then one evening in March of 1977, Scott Thomason attended his first Pamakid club meeting. One of the items being discussed was the proposed first annual San Francisco Marathon. In looking at a map of the course he was immediately struck with the fact that it didn't go through San Francisco. Little did he know then that in just two years he would be the director of the SF Marathon and three years after that it would be under his guidance that the San Francisco Marathon would really be the "San Francisco" Marathon.

1982 is the year of the San Francisco Marathon as a city-wide event. A first! And, a beginning of what promises to be a long tradition of the best of marathoning in one of the world's most unique settings — "The City."

1982 marked the fulfillment of a vision Thomason first felt at that initial Pamakid meeting. But it wasn't easy. "It wasn't until I became race director in 1979 that I discovered first-hand some of the problems," Scott related.

The biggest problem, of course, was the course; it's layout through the snarling city, hitting the popular hot spots yet avoiding the notorious hills. Then, traffic control on such a course was another biggie. Enter Tom Benjamin, assistant race director, and long a supporter of the city-wide concept. He took it upon himself to video tape various streets of the city, weeding out streets which could not be used for various reasons (too narrow, too steep, etc.) while keeping track of acceptable routes. The traffic problem was solved by paying the San Francisco Police for their services in traffic control — to the tune of \$22,000.

So, with the major obstacles of the course and traffic control behind him Scott was set to get down to the business of conducting a "class" marathon for runners and spectators. The long hours and hard work for him was just beginning.

His efforts paid off as Scott Thomason, the Pamakid Runners and all of the 1200-plus volunteers produced a very excellent event. Sure, there were minor problems. When dealing with 8,000 runners there's bound to be some "situations" like: delays in getting runners transported from finish line to start before the race, not enough paper in the port-a-potties, no race-day registration, and a jumbled finish area. All are already being looked at for next year.

The highlight of the event was the most

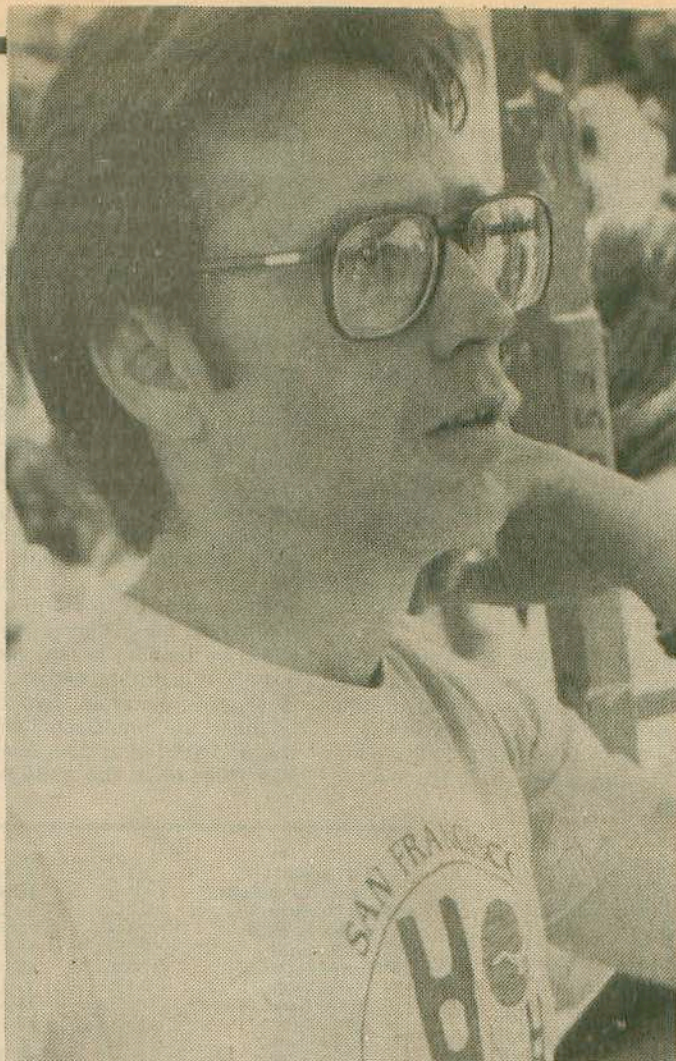


photo by Richard Lee Slotkin

### The Man Behind The Scenes: SCOTT THOMASON

interesting course imaginable: Cruising through Golden Gate Park to the Haight-Ashbury, continuing through the Mission District, along the Embarcadero to cross into the Financial District, Chinatown, and North Beach, on to a "turnaround" at Ft. Point at the base of the Golden Gate Bridge, past the Yacht Harbor and Fisherman's Wharf, and finally down Market St. to the finish at City Hall. What better and quicker way to see the tourist sights of San Francisco. It would take all day to see these same famous spots by car, and parking would cost much more than the twelve buck entry fee.

Many areas along the course were lined with spectators noisily cheering for each and every runner. Several music groups were stationed along the route to provide encouragement for competitors and it was the first time I've seen the runners applaud the spectators which they did repeatedly for the woodwind trio at the Palace of Fine Arts — many begging for the theme from "Rocky."

Other '82 San Francisco Marathon pluses: Starting on time, transportation of sweats to finish, beautiful souvenir T-shirt to all entrants, nice awards, official time for all finishers, well manned aid-stations, live radio coverage, a super 40 page program, and an hour long TV special later in the day.

What about next year? "We're pleased with the way things went," Thomason was

able to say afterward. "We wanted to build a house that could withstand a tidal wave... It's still standing." The marathon is on for next year! The date hasn't been set yet as it depends on the home schedule of the Glants and other local happenings. The race committee is looking at July 17th. The entry fee will probably stay the same with the hope of gaining additional sponsors. Scott is looking at upping the number of entrants to 10,000 with the use of a dual start. He'd like to have a bigger finish area, may modify the course only slightly, have a later start, more music, more spectator involvement, and offer prize money.

Thomason was apologetic for the inconvenience caused some runners by having to come into The City the day before to check-in as no raceday check-ins were allowed. "We couldn't spare any more volunteers on race day," he said. "I'm sympathetic to those who had problems but there will never be a raceday check-in for the San Francisco Marathon — it's just too difficult logistically. The runners will have to become conditioned to checking in the day before; as they do at New York, Boston, London, and Montreal."

The San Francisco Marathon, once a mere whimsical remark in a coffee shop, has become a reality. Thanks are due to Scott Thomason and the Pamakid Runners for making it truly a "happening" for a city and for runners.



## Classifieds

**BACK ISSUES AVAILABLE** — All issues of *California Track & Running News* are still available except issue number 36 (June, 1979). \$1.50 per issue. Specify which issue(s) by issue number or date. Please enclose payment with order. Send to: CT&RN, P.O. Box 6103, Fresno, CA 93703.

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## Newport Back Bay EIGHT "K"



**Date:** Sunday, December 5, 1982

**Start:** Newport Back Bay (San Joaquin Hills Road and Back Bay Road). Eight kilometers (4.8 miles) scenic wildlife reserve. Paved, even surface with two hills.

**Time:** 8:00-9:30 a.m. Race Day Entry  
9:00 a.m. Invitational Team Championships  
10:00 a.m. Back Bay 8K

**Special Pre-Entry Offer:** The very popular Sub-4 100% cotton Long Sleeve Training Shirt with the Back Bay logo will be given to all those pre-registering at \$10. This custom training shirt available only to those who participate in the race.

**Entry:** Pre-entry with Long Sleeve Training Shirt \$10  
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Race-day entry without shirt \$5

### Back Bay Awards:

**First Place Each Division:** The Sub-4 tri-blend Windsong Training Suit. The new look and feel in elite training.

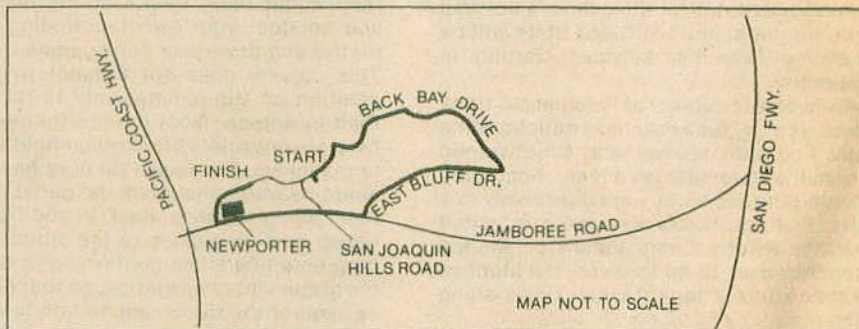
**2nd thru 5th Each Division:** Sub-4 European Mesh Singlets for the Men; Malibu Singlets for Women.

**Everyone has a Chance!** 50 prizes including Sub-4 training apparel, Penafiel, and Carta Blanca will be given to participants in a random drawing.

**Refreshments:** All participants will be served Penafiel.

**Race Information:** Stay tuned to KFWB 98 AM for race information, interviews and updates. Or call 714-754-0385.

**Race Headquarters:** The Newporter



KFWB ALL NEWS 98



THE NEWPORTER



# SoCal Diary

By BILL MINARIK

## □ July 13

Another track season is history and as has been the case in recent years, SoCal thincads dominated the track scene at virtually every level. Mission Viejo and Crenshaw shared honors in the Boy's State High School Championship which is considered the most prestigious in the nation. SoCal community college athletes went on a national record-setting binge this year. SoCal Division II men's teams took 5 of the top 10 spots at the NCAA Meet, while CPSLO ran away with the women's title. In Division I, the UCLA women were the champs, while the Bruin men were right up there close to the leaders. Last, but not least, Azusa Pacific was runner-up at the NAIA Championships. While it would seem tough to top this year's act, some preliminary recruiting information coming in indicates another bumper crop of athletes will be entering SoCal institutions come September.

In a final round-up of newsy items, you fans may have read in last month's issue where Compton high school coach Seymour had to pick up the tab for taking his tracksters to the State Meet because the school district said it ran out of money. It seems the money he used to bankroll the trip was money he and his wife had planned to use for a well-deserved summer vacation. However, at last report the parents of some team members were attempting to raise funds to reimburse the coach. Now that's what I would call a worthy cause!

This year's edition of the Palomar CC women's track team was probably the smallest in school history; only one team member. However, that team member was none other than Liz Mueller who broke the national CC record in the javelin with a 173 plus effort. To give you an idea of how good an athlete this young lady is, after pulling a weight triple in the conference meet, she took off and arrived just in time to sock the winning home run for the school's softball team. I understand San Diego State will be benefiting from her services starting in September.

While on the subject of Palomar CC track teams, you CC fans may have noticed some of the fine early season relay times turned in from the Palomar men's team. According to the SID, those times were due mainly to a number of tracksters who were recruited from the nearby Camp Pendleton Marine Base. However, in mid-season, the Marines shipped out and took the fast times along with them.

While down in San Diego County, I must mention a serious problem plaguing the long distance racing circuit. This year, no less than 3 LDRs have been ripped off of race day receipts. All three were being held

for very benevolent purposes including muscular dystrophy. In all three cases, the MO was the same. After all race day receipts had been collected, an official would put the receipts in the trunk of his car or van, and return to watch the race. When the race was over and he returned to his car he found the car broken into and the receipts gone. In each case, the receipt bag or box was found the next day with the checks still there, but all the cash gone. This cash amounted to many thousands of dollars and broke a lot of hearts. I can think of four ways of solving this problem. 1) Don't allow entries on race day. 2) Allow entries which must be paid by check. 3) Put a guard by the car holding the receipts. 4) Or, take the receipts directly to a depository. These occurrences shouldn't be taken lightly by any race director. If they rip off Jerry's kids, they will rip off anyone.

There were strong rumors circulating at the recent Watts Summer Games that the problem of prep tracksters attending high schools outside their own district has reached epidemic proportions. The example of alleged impropriety cited most often concerned that fabulous all-frosh 400 relay team from Hawthorne High. The rumor has it that all four girls should be attending schools in other districts, with Washington, Gardena and Inglewood High Schools being the victims. The rumor goes on to say that because residency requirements are so difficult to enforce, administrators have made a general agreement to look the other way when the illegal students enter at the first year of high school, and only take action when the students try to "jump" from a high school they are already attending to another high school.

While on the subject of rumors, let me qualify them a bit. Rumors are basically unsubstantiated gossip. If you feel you are significantly influenced by any rumor you read about here, then I strongly suggest you conduct your own fact-finding in the matter and draw your conclusions thereon. This column does not attempt to take a position on the rumors, only to recognize their existence. Most rumors that come in here are not printed for being either vicious or malicious. The ones I do print have been heard so often, that I feel obligated to pass them along to the readers. In addition, it is hoped someone close to the situation will drop us a line either confirming or denying the statement or allegation, so that one way or another the rumor can be laid to rest.

One thing that is not a rumor is that the Howard sisters are on the move again. Instead of all the sisters being at UCLA next season, they will be competing for Cal State LA. It seems a riff developed between the

Howard's father Eugene and Bruin head man Scott Chisam. Papa Howard wanted to be made an assistant Bruin coach and coach his daughters, while Scott indicated that this move would only go to circumvent a UCLA rule against outside coaching. In addition, the Bruin mentor indicated that he had confidence in his own staff to coach the sisters to their full potential. In any case, Gudrun Armanski, the head women's track coach at CSLA, indicated he would accept Howard's demands and placed him on the staff. As far as taking sides, I would have to go along with Scott Chisam on this one. I've talked with Eugene Howard at some all-comer meets and he definitely knows his stuff, but he is not in the same class with Bob Kersee or any of Scott's other assistants. In addition, what Eugene asked for, in my opinion, goes beyond the parental prerogative in institutional athletics, irrespective of how tight the family may be. A situation like that sets a bad example that could eventually lead to a moral problem. As I see it, the Bruin program was bigger than the Howard sisters, while the CSLA program was not.

While on the subject of UCLA, I noticed where former Bruin distance coach Hal Harkness has taken the head track coach job at Franklin High School replacing Bill Bogdanoff. I guess Bill must have retired because he had been at Franklin at last since 1956 when I arrived at rival Eagle Rock High School. The last time I talked with Bill, he was lamenting about how tough it was to field a winning team at Franklin because half the school were illegal aliens and ineligible to compete in any case. Harkness, the former Oxy distance wiz, will be coaching less than a mile from his alma mater.

Speaking of Oxy, head coach Bill Harvey said in an interview in *The Daily News* that with the school's SCIAC conference defeat behind him, he is ready to start a new win streak and has the best recruiting crop ever to help him do it. As an Oxy die-hard, I sure hope so.

For all of you community college athletes who achieved All-American status in track, and would like a certificate acknowledging your accomplishments, you must send a request to us with your name, address and basis for recognition. To achieve A.A. status, you must be in one of the following categories: 1) placed in the top 6 at the State Meet or 2) been NorCal or SoCal champ, or 3) had a state leading mark, or 4) had one of top 2 marks nationally.

This wraps up the diary column for this school year. However, the diary will be back in October just as newsy and nosy as ever.



# Tuttle's Track Topics

By GARY TUTTLE

## Drugs & Distance Runners Don't Run Together



**L**ately, the sports pages have been covered with stories of alcohol and drug abuse in baseball and football. Almost daily, accusations and rumors surface concerning today's professional stars.

So far the sport of distance running has managed to stay out of the controversy. The athletes of distance running have not, and probably will not, hit the scandal pages for a couple of reasons.

First of all, unlike baseball where even the third string catcher is a household name, very few runners have ever been heard of by the public, and the public doesn't really care about their personal lives.

Secondly, (and I may be naive here), there really isn't a whole lot of abuse of drugs or alcohol at the upper level of distance running. In the 19 years I've been running I haven't seen much evidence of such abuse.

Unlike baseball and football, it is nearly impossible to have any more than a casual relationship with either drugs or alcohol, and still maintain the high level of fitness necessary to race at the world class level.

Many runners do have a casual relationship with beer. Beer is the distance runner's favorite drink. After a road run the top runners can usually be seen downing a few of their favorite brew, but hardly ever will you find them drinking before a race. I know most of the world's best runners and none are alcoholics.

Most runners are only moderate beer drinkers because they realize that alcohol (one beer) will reduce the body's heat tolerance for 24 to 48 hours. And some studies have shown that three beers or more within 24 hours can reduce heat tolerance for up to 10 days. They also know that alcohol decreases the body's maximum oxygen uptake and slightly reduces muscle contractile strength.

Despite the negative factors, the truth is runners do drink. In Puerto Rico I saw Lasse Viren so drunk on rum after a victory he could hardly walk straight. In Germany, after the World Cross Country Championships, British officials had to physically remove world record-holder Dave Bedford from the post-race party because he was drunk and abusive.

I've had many a beer with Bill Rodgers in the Elliot Lounge following his Boston Marathon victories, and I have seen Steve Scott celebrate a sub-4:00 minute mile with a brew.

The main thing to remember, however, is no matter how late they stay up and no matter how much they drink, these runners are up the next morning for a run.

Runners drink an occasional beer because they are thirsty after a hard effort. Beer serves as a good after-run drink because it replenishes the fluids, the calories and the minerals lost during strenuous exercise. Beer also helps the mind and muscles to relax.

Even though alcohol is consumed often—but usually in moderation—drugs are seldom used by world-class distance runners. I'm sure I'm naive concerning dope and distance runners, but I'd be very surprised if the number of abusers were even at the level of the general population.

I've been on 26 teams overseas and seldom have I seen marijuana smoked. Never have I seen a distance runner smoke marijuana, although I'm sure a few have. Several times on trips I've detected the marijuana odor seeping from under a closed door, but always it was from the room of a sprinter or jumper. On one occasion I sat in my

room at the USA vs. USSR dual track meet and watched two Russian pole vaulters smoke dope.

Most runners are very moderate on dope because of the possibility of hampering the lungs' ability to transfer oxygen to the muscles. If a world class miler thinks the smoke will cause even a one-half percent drop in performance, then, he will stay away from it.

As much as I'd enjoy making an expose concerning cocaine and amphetamines, I can honestly say I've never seen a world-class distance runner ever use either. In fact, the only time I've seen coke snorted was by a running shoe salesman.

Perhaps cocaine is used more than I think because according to the Sports Medicine Book, "Cocaine has the capacity to intensify muscular work, primarily because of a lessened fatigue awareness. After moderate doses the heart rate is increased because of central and peripheral sympathetic stimulation. Several studies with cocaine show that it slightly expands endurance and increases the speed of recovery after bicycle riding."

If cocaine was proven to help a runner, then certainly some would use it. Dr. Gabe Mirkin, a sports medicine medical doctor, proved this when he asked more than 100 top runners, "If I could give you a pill that would make you an Olympic Champion—and also kill you in a year—would you take it?" Incredibly, more than half of those people asked replied "Yes."

Twenty years ago, some endurance athletes, especially cyclists, were using amphetamines because they thought it would improve their racing. Amphetamines were fairly widely used until two deaths occurred and the release of scientific studies which showed amphetamines actually hindered endurance. Then, amphetamine usage dropped to nil.

Probably the most misused drug in track and field, particularly among weight men and women (shot putters and discus throwers), are steroids. Steroids are used for two reasons: they reduce inflammation caused by injuries and increase muscle bulk.

Unfortunately, steroids have many side effects. Prolonged use is suspected to cause liver damage, facial hair growth on women, decrease sex drive, prolongation of healing time for muscle and tendon injuries, acne, and residual deposits around damaged muscles and tendons.

Steroids were largely responsible for the tremendous improvements in world records for the shot put, discus and many women's events during the 1960's and 1970's.

In the late 1970's, an effective test for detecting steroids in the athlete's body was devised, and the athletes have been forced to cut down their steroids use for fear of suspension from their sport.

To my knowledge, except for an occasional doctor-prescribed cortisone shot, distance runners do not use steroids. With thinness being desirable for endurance running, it would be counter-productive to build body mass.

Generally, although distance runners are liberal in their outlook towards life, they are conservative when it comes to their health and their running. They monitor closely what they put into their bodies, and live a life of moderation in all things.

Perhaps former 10,000 meter world record holder, and "wild man of distance running" Dave Bedford, expressed the runner's philosophy best when he said, "We live in a very scientific age...but whether you talk about blood doping, taking tablets or whatever, at the end of the day you've got to work hard."



# Prep Notes

By KEITH CONNING

## ★ SPA-TAC Women's Olympic Development Meet

UC Irvine, June 13—Jacque Norton (Coast Athletics/Mission Viejo HS), the State Meet discus champion, moves to sixth on the all-time American prep list with a mighty toss of 167-5.

Denise Ball (Newbury Park), who placed second in the State Meet 1600 and 3200, moved down to the 800 to record a fast 2:10.11.

## ★ TAC Junior Men's Championships

Billy Hays Track, Bloomington, Indiana, June 14-15—Harold Kuphaldt (Capital City Flyers/Bella Vista HS, Fair Oaks), the State Meet champion in the 3200 meter, placed third in the 5000 meters in 14:23.70, to make him the 24th best Californian. The California record of 14:08.4 was set by Terry Williams (Lompoc) in 1973. In addition to Williams only Jeff Nelson (Burbank 1979), junior Ralph Serna (Loara, Anaheim 1974), junior Thom Hunt (Henry, San Diego 1975), junior Chuck Assumma (Eisenhower, Rialto 1978), Richard Kimball (De La Salle, Concord 1974), Hal Schulz (Redwood, Larkspur 1976) have run faster while in high school.

Kuphaldt secured a spot on the U.S. Junior National Team. The Junior National team consists of the top two finishers in each event at the Junior National meet. But Arizona State's Tom Ansberry, who also won the 10,000 meters, decided to drop the 5,000 to concentrate on that event, giving Kuphaldt the final spot on the U.S. team, which will begin its summer world tour within a few weeks.

Clint Williams (Central Union, Fresno), who placed third in the State Meet long jump, finished seventh at 23-6 3/4.

In the heats non-qualifiers included: 400—McArthur Osborne (Crenshaw HS, Los Angeles) 48:13; 800—Don Young (St. Joseph's HS, Santa Maria) 1:53.22; John Phillips (Los Altos HS, Hacienda Heights) 1:53.78, Osborne did not finish; 110H—Robert Budwig (Clovis West, Clovis) 14.73.

## ★ Keebler International Prep Invitational

North Central College, Naperville, Illinois, June 19—Maury Burnett (Washington HS, Los Angeles), the Los Angeles Section high jump champion, who failed to qualify for the State Meet finals and finished second at the Golden West Invitational, won with a jump of 7-1. He and Louis Callaway (Homewood-Flossmoor HS), who won the Illinois State meet, tied for first, but Burnett won at 6-10 in a lengthy jumpoff.

"They said I jumped at least 16 times," said Callaway, who will attend Louisiana State, to Jerry Shnay of the Chicago Tribune. "That's almost a week's worth of practice jumps for me." Callaway and Burnett both missed three times at 7-2,

three times at 7-1 and again at 7-feet and once each at 6-11 before Burnett finally cleared the bar at 6-10.

Seventeen-year-old Marc Oleson of Ottawa, Canada, destroyed a quality field in the two-mile, sprinting the final 500 yards en route to an 8:50.2, his best ever.

Oleson broke away from a closely packed field of six starting down the stretch of the next-to-last lap and never looked back. Keith Hansen of Stevens Point, Wisconsin, was second in 8:56.6 and Harold Kuphaldt of Fair Oaks, California, who had the best time in the nation for the event (8:55.1) was third in 8:56.8. Oleson said he felt comfortable throughout his driving finish. "I like to run that way when I don't know much about the field," he said.

Clint Williams (Central Union, Fresno), third in the State Meet long jump, jumped 23-5 to finish third behind Nick Rahal (Rockledge, FL) 24-2 and Benji Moote (Moncks Corner, SC) 23-5. Fred Covington (Fairfield), second in the State Meet, placed fourth at 23-0 3/4.

## ★ TAC Championships

Knoxville, TN, June 18-20—Denean Howard, who elected to miss her high school graduation at Kennedy High in Granada Hills, to defend her title in the women's 400, made the right decision.

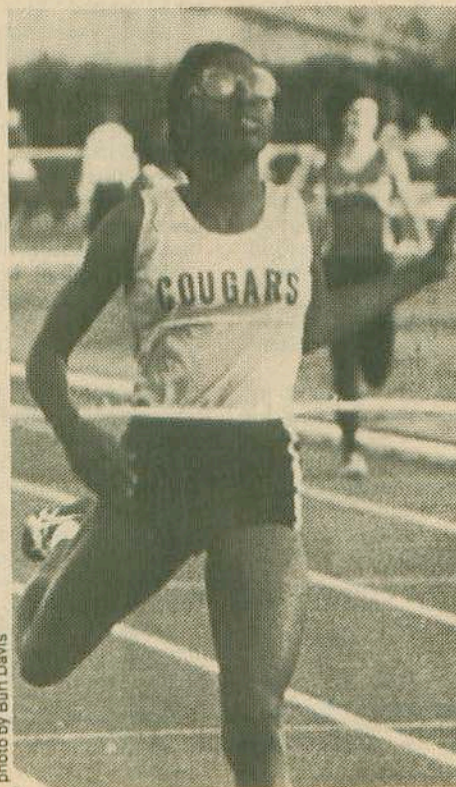


photo by Burt Davis

Denean Howard - off to Cal State L.A.

Not only did she win the race for the second year in a row, the 17-year-old, broke the American junior, high school, meet and track records with a time of 50.87. The old American junior record of 51.09 was set by her sister Sherri in 1979 at altitude. The old national high school record of 50.90 was set by Sheila Ingram (Coolidge, Washington, D.C.) at the Olympic Games at Montreal, Quebec, Canada on July 28, 1976. Ingram, now running for St. Augustine's College in Raleigh, N.C., placed third in the NCAA Division II 400 in 54.78 at Sacramento on May 29th. The old meet record of 51.04 was set by Lorna Forde (Atoms TC) on June 10, 1978.

Only one other American woman, Rosalyn Bryant, has run faster (50.62) and she finished second to Howard. Howard plans to attend Cal State LA.

Howard ran two outstanding races in order to qualify for the finals. On June 18th she won her quarterfinal heat in 53.16. On June 19th she placed second in semifinal heat one in 52.29. Her relay leg of 51.3 for LA Naturite was also run on the 19th.

Another scholastic mark was broken in the men's 400, but the record-breaker didn't win. Darrell Robinson, 18-year-old, of Wilson High in Tacoma, Washington, was clocked in 45.22 in finishing second to defending champion Cliff Wiley, clocked in 45.05. The old record of 45.51 was set by Bill Green (Cubberley, Palo Alto) at Walnut on June 17, 1979.

Most impressive was Mary Decker Tabb's overwhelming victory in the women's 1500 meters in 4:03.37.

En route to breaking the meet and track records and winning her first national title since 1974—when she took the 800 as 15-year-old Mary Decker. Her mark of 2:02.29 as a sophomore at Orange High School is still the California prep record. Only Kim Gallagher (Upper Dublin, Ft. Washington, PA) has run faster in high school—2:01.82 in 1981.

Jacquie Norton (Coast Athletics/Mission Viejo HS), the State Meet discus champion, finished a non-qualifying 14th at 161-3.

Rennie Durand (Coast Athletics/Laguna Beach HS), the State Meet 800 champion, finished a non-qualifying seventh in heat one of the semifinals in 2:07.13. Kim Gallagher (Wilt's AC) won that heat in 2:02.75. Diana Richburg (Wilt's AC/Lansingburgh HS, Troy, NY) placed a non-qualifying fifth in heat two of the 800 semifinals in 2:05.77.

The Los Angeles Naturite Track Club 4 X 400 relay team of Sharon Dabney 53.4, Denean Howard 51.2, Sherri Howard 52.2, and Rosalyn Bryant 51.9 won in 3:28.68, a non-national team American record. The Southern California Cheetahs team of junior Gayle Kellon (Walnut), Zelda Johnson (Garey, Pomona), freshman Michelle Taylor



(Ganesha, Pomona), and Gervaise McGraw (Ganesha, Pomona) placed fifth in 3:37.08.

Lisa Winston (Coast Athletics/Jordan HS, Long Beach), fifth in the State Meet 100, finished fifth in heat two of the semifinals in 11.90. She recorded her seasonal best of 11.63 in finishing fourth in heat 4 on June 18th.

Denise Ball (LA Naturite/Newbury Park HS), second in the State Meet 3200, finished 27th in the 3000 in 9:53.97.

The Southern California Cheetahs 4 X 100 team of Inniss (Guyana), Gervaise McGraw, Veronica Bell, and Zelda Johnson placed eighth in 45.30. They ran 45.24 in heat two.

The LA Naturite 4 X 800 team of Sharon Dabney 2:09.8, Denise Ball, 2:11.2, Jennie Stachura (Newbury Park) 2:13.3, and Marlene Harmon 2:08.3 placed third in 8:42.59.

The LA Naturite sprint medley B team of Tina Howard, Denean Howard, Hay and Dunlap 52.0 finished second in 1:37.57. The Southern California Cheetahs team of Inniss, Zelda Johnson, Gervaise McGraw, and Gayle Kellon 52.7 placed third in 1:38.28.

#### ★ TAC Junior Heptathlon

USC, June 25-26— Sharon Hatfield (Coast Athletics/Fountain Valley HS) set an American junior record of 5,404 points.

Debbie Da Costa (Sunshine Striders/Palmetto HS, Miami, FL), the old record holder at 5,322, finished second with 5,191 points.

Hatfield's performances included: 100 hurdles 14.50, shot put 33-6, high jump 5-5½, 200 25.65 (-2.6mps), long jump 18-8½, javelin 116-10, and 800 2:21.18.

#### ★ United States—West Germany—Pan Africa

Wallace Wade Stadium, Duke University, Durham, NC, June 26-27— Denean Howard (U.S./Kennedy HS, Granada Hills) placed second in the 400 meters in 51.38. Another high schooler Diane Dixon (U.S./Tech HS, Brooklyn, NY) was fourth in 52.28. Bussmann (W.G.) won in 51.06.

The U.S. women's 4 X 400 meter relay team of Rosalyn Bryant (LA Naturite), LaShon Nedd (UCLA), Diane Dixon, and Denean Howard set a new meet record of 3:25.02 in beating the West Germans.

#### ★ Watts Summer Games

East Los Angeles College, June 27— Chewuaku Knighton (Los Angeles Mercurettes/Dorsey, Los Angeles), who will be a sophomore in the fall, won the 200 in 24.40, the low hurdles in 14.5 and placed second in the 100 in 11.90. Inger Peterson (Dorsey, Los Angeles) won the 100 in 11.80. No wind readings were reported in the Los Angeles Times.

★ 1982 USA—MOBIL Outdoor Grand Prix Denean Howard (LA Naturite/Kennedy HS, Granada Hills) scored ten points in the 400 meters to place second and won \$1,000.

One other prep Darrell Robinson (Unattached/Wilson HS, Tacoma, Washington) scored eight points in the 400 meters to place third and won \$500.

First place winners received \$2500.

#### ★ Oregon Signs Harold Kuphaldt

Eugene, Oregon— Harold Kuphaldt (Bella Vista, Fair Oaks) was the first athlete to return an Oregon letter of intent.

"He's a good runner, a good student and a good kid," said Oregon Coach Bill Dellinger. "He was second in the national junior cross country meet and should help us in cross country next fall. He's built like Jim Hill, and should be able to go from 1,500 meters to the 10,000."

Kuphaldt has bests of 4:06.66 in the mile, 8:51.99 in winning the State Meet 3200, and 14:23.70 in the 5,000.

#### ★ Prep Star To Attend Cal

Berkeley, June 18— Ken Williams, a Fullerton prep track star, has signed a national letter of intent to attend the University of California.

Williams finished second in the triple jump in the State Meet and posted a wind-aided 51-10 at the Golden West Invitational. The Troy High School graduate also has bests of 6-7 in the high jump and more than 23 feet in the long jump.

#### ★ Don Bowden—History of the 1954 & 1957 State Meets

Half-miler Don Bowden (Lincoln, San Jose) defended his title with a new State Meet record of 1:52.9 on Saturday, May 29, 1954 at Edwards Stadium in Berkeley. At the North Coast Section meet he set a new National record of 1:52.3.

Later Bowden, a junior at the University of California, became the first American to better 4 minutes in the mile. On June 1, 1957 at the Pacific Association of the AAU championships at Baxter Stadium in Stockton, Bowden ran 3:58.7.

"I took a final examination in Economics the morning of the meet," Bowden said to Ed Schoenfeld of the Oakland Tribune. "I was very nervous. During the examination, I could hear a starter's gun go off. The State High School Meet was going on down at Edwards Stadium."

While Bowden was driving to Stockton, Jim Cervany (Mission Bay, San Diego) ran 1:52.7 to break Bowden's State Meet record.

Bowden, who is 46, lives in Saratoga and is a traveling salesman.

#### ★ Our Man in Chico

Mal Van Meer, our Northern Section correspondent, wonders where Tonya Alston (Chico) ran her 13.7 (110 hurdles 30") in 1977 as a sophomore. I don't know, but I suspect she ran it during the summer in the AAU Junior Olympic program. If you know, please write to Mal at 2549 Pillsbury Road, Chico CA 95926.

Alston was third in the Northern Section in her junior year in the discus at 130-8 (1978), behind Karen Stampfli (Lessen, Susanville) and Leslie Deniz (Gridley). She never touched it again.

Deniz set the California freshman discus record of 144-1 at the National Junior Olympics at Lincoln, Nebraska in August, 1977.

Junior Jim Frey (Yreka), who was second in the State Meet 1600 at 4:10.32, had a mile best of 4:22.6 prior to his 4:13.2 1600 at the Northern Section meet in Yreka. He won by 11 seconds.

The highest high jump by a girl on Northern Section soil was 6-0 this year. Shari Collins (Chiloquin, Oregon), the junior national champion, leaped 6-0 at this year's Yreka Invitational.

*continued on next page...*

## KINNEY X-COUNTRY



## WESTERN CHAMPIONSHIP

November 27, 1982 — Fresno, California

For high school runners from the following western states: Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming. The top eight male and top eight female finishers will be sent to the National Championships, all expenses paid.

## NATIONAL CHAMPIONSHIP

December 11, 1982 — Orlando, Florida

The top eight from each of four regional championships will compete in the Nationals.

### FOR MORE INFORMATION AND ENTRY BLANK:

Contact: Bill Cockerham, California Track & Running News, P.O. Box 6103, Fresno, CA. Phone: (209) 264-5847.

### WESTERN COURSE PREVIEW

September 18: Clovis Invitational — Woodward Park, Fresno. This meet which is sanctioned for all sections in the state will use the same Kinney course. For information and Entry Forms: Steve Ward, Cross Country Coach, Clovis High School, 1055 Fowler Ave., Clovis, CA 93612. Phone: (209) 298-3388.



## Prep Notes

### ★ Fourth Annual Clovis High School Cross Country Invitational

Steve Ward, the meet director, has scheduled the meet for Saturday, September 18 at Woodward Park in Fresno. The Kinney Western Regional will be held there on November 27 and this meet will use the same course.

The meet is sanctioned for all sections of the state. You can contact Steve at (202) 299-7211 (school) or (209) 298-3388 (home) or write to 1055 Fowler Avenue, Clovis, CA 93612.

### ★ Fourth Annual Coca-Cola/San Luis Obispo Cross Country Relays

Brian Waterbury, the meet director, is trying to present an early season (September 18) cross country invitational that will draw schools from all over the state. He has invited every school within 250 miles of San Luis Obispo. He hopes to get schools from seven sections of the CIF for a great comparison of the runners on one course. You can contact Brian at (805) 544-5770 (school) or write to 1350 California Boulevard, San Luis Obispo, CA 93401.

### ★ Ollie Matson Picked for Shrine

Ollie Matson (Washington, San Francisco), who placed third in both the 100 and 220 at the State Meet on May 29, 1948 at Edwards Stadium in Berkeley, was chosen to the Bay Area Sports Hall of Fame on July 3, 1982.

Matson first gained national prominence as a high school senior when he chased Herb McKenley to a 440-yard world record time of 46 flat at Edwards Stadium on June 5, 1948 in the Pacific Association of the AAU meet. Running his third ever 440, Matson was clocked at 47.1, the fastest ever registered by a prep.

Art Rosenbaum, the current sports editor of the San Francisco Chronicle, then a reporter wrote in the June 6, 1948 Chronicle: "Herb McKenley, Jamaican quartermiler, keeping a promise to run the 440 yards in 46 seconds flat in today's Pacific Association track meet, did exactly that to better his own world record of 46.3 made on this same track last year."

"Only eight yards to the rear of the most blistering quarter-mile ever run was another colored boy, Ollie Matson of Washington High School," continued Rosenbaum. "Matson was unofficially timed in 47.1, a performance which must be listed as noteworthy but unrecognized."

"Because Matson didn't win, his mark does not break the national interscholastic 440-yard mark, which is currently but unofficially rated somewhere under 48 seconds," added Rosenbaum. "The official record book mark is 48.2, made by Frank Sloman of Poly High, San Francisco, in 1915 (on a straightaway), and Herb Moxley of Columbus, Ohio, in 1928."

"That's right, Mister, I don't like the 440," confirmed Matson to Will Connolly of the San Francisco Chronicle on June 13, 1948. "Oh, I don't mind it so much now that I've run 47.1. But before last Saturday I liked only the 100 and 220 dashes. They're over with

## A Letter to the High School Editor

Keith Conning:

I thought you might be interested in a high school distance team that could have beaten many colleges. In 1971-1974, Lompoc High School put together a distance crew that was so deep that a 1:58 half miler finished sixth in a dual meet behind 5 of his teammates, (Tim Cates 1st 1:55, 2nd Terry Williams 1:55, Alvin Gilmore 1:55, Jim Schankel 1:56, Tim Jackson 1:56 and Dean Chestman 1:58).

Here is a list of Lompoc HS distance crew:

| Name           | Best Mark 1973 |        |        | What & Where in 1974          |
|----------------|----------------|--------|--------|-------------------------------|
|                | 880            | 1 Mile | 2 Mile |                               |
| Terry Williams | 1:55           | 4:09   | 8:54   | (2 mile state champ) U-Oregon |
| Alvin Gilmore  | 1:54           | 4:09   | 9:15   | (1 mile state champ) UCLA     |
| Jim Schankel   | 1:56           | 4:14   | 9:07   | Junior 4:09 8:56              |
| Jim Warrick    |                | 4:26   | 9:20   | Senior Cal Poly SLO           |
| Roger Fabing   |                | 4:28   | 9:21   | Junior 4:14 9:05              |
| Tony Nunes     |                |        | 9:28   | Senior Cal Poly SLO           |
| Steve Galbrith |                |        | 9:35   | Senior Unknown                |
| Tim Costa      | 1:54           | 4:28   | 9:40   | Senior Long Beach CC          |
| Tim Jackson    | 1:56           |        |        | State Champ 800m              |
| Dean Chestman  | 1:58           |        |        |                               |

In 1971 Bruce Hildebrand ran 9:11 in the two mile. The following year Roger Hansen also ran 9:11. The same year (1972) a freshman named Heller ran 9:37 two mile. Heller moved to the Midwest his sophomore year and won the state meet two mile as a senior.

How many high school runners do you know of that a 9:40 two miler couldn't make the x-country team? What is unbelievable is Lompoc didn't have a real coach. The math teacher filled in while Terry Williams coached the workouts.

Lompoc set national records in the 5 man 10 mile relay with an average of 9:16 and set the National Distance Medley. Lompoc also won the Southern Section X-country Championships placing four in the top ten, with Alvin Gilmore being sick that day. Some of the other finishers in that race were Ralph Serna, Eric Hulst, Gary Blume and Barry Williams.

Hopefully this might answer some of your readers questions of who was the greatest high school x-country team. And I thought I had it tough in high school.

Stan Hockersen  
Rohnert Park, CA

quicker and take less out of you. The 440 is tough. Mr. (Lou) Vasquez here makes me train harder for the quarter."

On July 3, 1948, Matson placed third in the National AAU meet in Milwaukee 5 yards behind Herb McKenley 46.3 and almost even with Mal Whitfield.

At the Olympic Trials on July 10, 1948 at Northwestern University in Evanston, Illinois, Matson finished fourth in the first heat of the 400 meters in 47.9. Thus Matson was shut out of the Olympic team. Matson drew lane No. 1, the inside lane. The 400 was run around two turns.

"I remember they gave me the outside lane (at Edwards Stadium on June 5, 1948)," Matson recalled to Al Corona of the San Francisco Examiner, "because I was the only high school runner. I didn't know I could veer over until I had run the first 220 yards. I probably would have had a better time if I had veered earlier." In those days the 440 was run around one turn and runners could cut for the turn, when they had sufficient clearance. The race started on the northwest side of Edwards Stadium in the present tennis court area, and finished on the northeast side of the track.

Matson was good enough to represent his country in the Olympic Games, where he brought home a silver and bronze in 1952. He wasn't expected to win a medal, but Ollie took a bronze in the 400 meters with a 46.8 clocking behind Jamaicans George Rhoden and Herb McKenley. In the

1600-meter relay event, Matson's 46.7 leadoff leg gave the U.S. a lead, but the Jamaicans wiped it out.

"Football was my main sport, and I loved it, but missing out on the 1948 Olympics gave me an incentive to try even harder in 1952," Matson said to Nick Peters of the Oakland Tribune. "A lot of people will say that I was a natural in track and didn't give it much attention, but I was serious in 1952. I worked very hard."

## SOUTHERN SECTION PREP NOTES

By DOUG SPECK

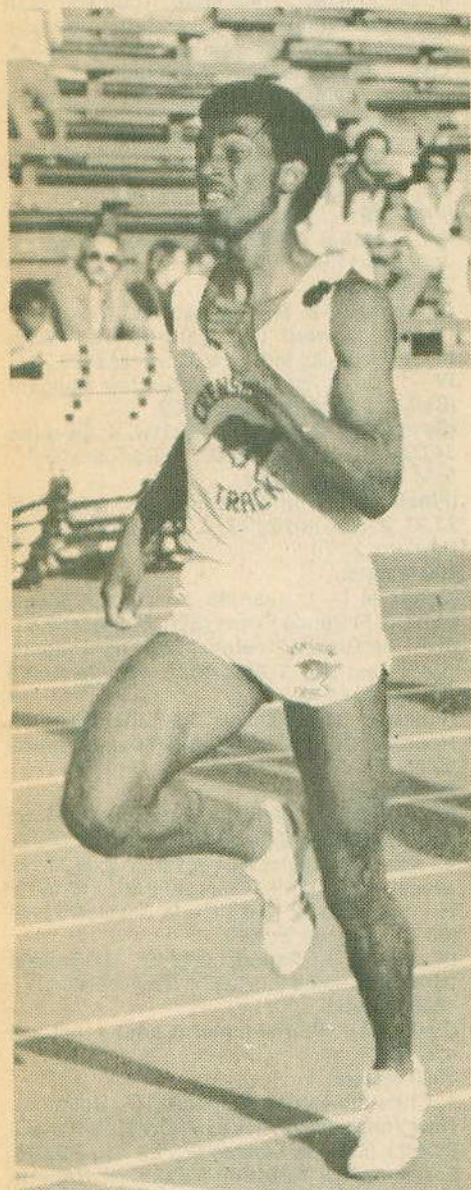
★ Before the spring track season gets too far away from us it would seem correct to mention two of the more prolific performers in their events in Southern California history—Terry Parks (Muir, Pasadena) and MacArthur Osborne (Crenshaw, Los Angeles).

Terry was a converted high jumper who was a leader in the sprints up through the quarter for Coach Walter Opp's CIF-SS 4A championship squad. Parks had bests of 10.79 (100 meters), 21.66w (200 meters), 47.33 (400 meters) and third in the State Meet. He was also an important performer on Muir's 41.37 (400) and 3:13.57 (1600) relay squads—running the second leg on the shorter and anchoring the longer. The



amazing statistic when looking over Terry's entire season is the number of top quality quarters he ran—thirteen times he raced the open 400 meters (or its equivalent when .2 was taken from 440 yard times) in 48.8 or better. Parks seemed to put forth a top effort in each of his races this year, whether it was a dual or important qualifier on the way to state.

Fine Flicks by Don Gosney



MacArthur Osborne

"Mac" Osborne was just as prolific on his way to a fourth in the State 400 (47.37) and fifth in State at 800 meters (1:50.70). Another team oriented runner, he was a key part of his Crenshaw LA City runner-up squad. In addition to anchoring a 3:17.44 1600 meter relay group he recorded other seasonal bests of 21-9½ in the long jump, an eye-popping 21.7 for 220 yards. He even threw in a 58.3 for 500 yards indoors at San Diego. Osborne's season (indoors and out) included twelve 800 meter efforts at 1:55.5 or better and another dozen open 400 races at 49.4 or better.

It is certainly hoped that these two young men can get into good college programs because their efforts during the 1982 high

## Freshman Sensation LESLIE MAXIE Glides to Fame

By G. DAVID BROWN, INNERSPORTS

Perhaps there is only one way to describe Leslie Maxie. PERFECT. After all how many athletes can win four events, set four meet records and win enough points to earn their team a championship.

So far in her short but illustrious track career Maxie has won four league events, four region events, and two Central Coast Section events. During the process she broke league, region and CCS records. Her 53.99 400 time is considered one of the nation's best as is her 13.99 in the 100 hurdles.

Leslie Maxie seemed born to run. Possessed with a gazelle like body, Maxie has the perfect shape for running and jumping. As one paper commented, "Leslie Maxie doesn't run, she glides."

Many glorify only on Leslie's short track career at Mills. But her first emergence on the National scene occurred when she won her age group in high jump at the Jesse Owens Jr. Games. Here she was an 8th grader and jumped 5-4.

As a freshman, Maxie was already National class in this event with 5-8¾. She started running at the age of 7 with Mills coaches Ed Parker and Rich Wheeler.

The transition from a top junior high school athlete to a freshman athlete in high school went fine for Maxie. From the first track meet on she broke every record there was to be broken and remained undefeated.

Records are always broken. But Maxie proved this theory wrong. She showed that her 440 time was the best recorded ever in CCS history as well as a leading time in the nation. Her 13.99 was also a CCS best.

The final culmination of her freshman season occurred at the State Meet where Maxie blazed to a 53.76 in the 400 meters for third, 14.6 in the 100 hurdles and a 5-9 high jump.

"I'm happy it turned out so well. I didn't really expect all this," commented Maxie. "When I got 53 in the quarter it shocked the mess out of me."

What are long term goals for this young but extremely gifted athlete? "I would like to go in '84 but I kind of doubt it. I would like to at least make it as an alternate. But I would really like to do it in '88."



photo by G. David Brown/Innersports

school season showed they have a high level of ability and the determination to lay it on the line in a big way week after week.

## California High School Decathlon Champ.

May 31-June 1, Mt. San Antonio College.

|   |                               |      |
|---|-------------------------------|------|
| 1 | Rick Martinez (Claremont HS)  | 6436 |
| 2 | Greg Coquette (Burbank HS)    | 6033 |
| 3 | Bill Martinez (Claremont HS)  | 5922 |
| 4 | Dave Dickerson (La Puente HS) | 5771 |
| 5 | David White (Whittier HS)     | 5727 |
| 6 | Darrin Tobolski (Katella HS)  | 5403 |

## Address Change?

Be sure to notify California Track & Running News as soon as possible of a change in address. CT&RN is mailed third class bulk rate and the post office will not forward the magazine. Send your new address, as well as your old, to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.



## Prep Notes

### USA Junior Women's Nationals

By DOUG SPECK

June 30-July 1. At UCLA.

A National Junior Women's record in the 400 hurdles by Gayle Kellon, impressive wins by long sprint and middle distance stars Gervaise McGraw, Trescia Palmer, and Polly Plumer, and Natalie Kaalawahia's usual fine shot put effort highlighted Californian efforts in the TAC Junior Women's Track and Field Championships at UCLA June 30 and July 1. The meet for young ladies who will not turn 19 during the calendar 1982 year had a bit more appeal this year with top qualifiers eligible for a summer dual meet against Canada in Houston, Texas (July 24), and the Second Pan American Junior Championships in Venezuela (July 30-August 1).

National high school record holder at the 300 meter hurdles for Walnut High School during the prep season, Gayle Kellon blasted a 58.32 in her Wednesday 400 hurdle semifinal—a bare .01 behind Sandra Farmer's 58.31 from 1979. In the next day's finals, she was challenged through half the race by Florida's Debbie DaCosta, then pulled away. Coming to a stop at the ninth hurdle, the Southern California Cheetah star took off from both feet to clear that barrier, and ease in at 58.22. Gayle has another year as an International Junior to substantially lower her mark (she had to lose close to a second at that ninth hurdle).

Fine Flicks by Don Gooney



Gervaise McGraw

California State high school 100 meter winner, Gervaise McGraw, moved up to the 400 (and 200) here. With a lot of running

planned here (three 200's, two 400's, 400 and 1600 relay legs) for the Cheetahs, Gervaise timed her move in the 400 finals perfectly on the stretch to move from fourth to a 53.50 PR win. Gervaise raced to a 23.67 (4th) in the 200 (23.61 semi), almost ran down the LA Mercurette's LaTanya Dawkins on the anchor leg of the 400 relay (45.60-45.63 win for Mercurettes), and anchored the Cheetahs 1600 relay team to a meet record 3:39.1 win (along the first three legs were Gayle Kellon, Zelda Johnson, and Michelle Taylor).

The 800 was an All-California show. After brutal Wednesday qualifying (2:09.98 did not get out of one semifinal) a super group from all across the nation lined up for the finals. Brooklyn's Doreen Best took the pack out at 59.5 for the first 440 with Jessica Spies leading the following pack. With 300 meters to go Trescia (pronounce it "Tre-see-a") Palmer charged past everyone, put down a challenge from Spies around the final turn, and raced away to an excellent 2:06.07 win. Back a bit, Kerri Zaleski (Coast Athletics) who will be a soph at Millikan High School in Long Beach next year, charged from sixth to second on the final straight at 2:07.00. Spies was third at 2:07.23, and Michelle Taylor (Cheetahs-Ganesha HS, Pomona) 2:08.18 was fourth.

With defending champion Kim Gallagher a late scratch, the 1500 meter field played the "let's follow Polly Plumer" game (strange, but I've watched this game the last five weekends Polly has raced). In this game nobody passes Plumer at any time, and the Irvine star applies the pressure over the final 800 and finishes any late hangers-on in the final straight. After 69.2-2:24.5-3:35.8 lap splits only New Jersey's Michelle Rowan was close. Polly finished her off in the final 100 to win in a fine 4:23.33 (final 440 67.3).

Fullerton High School weight star Natalie Kaalawahia successfully defended her shot put title here—getting out to 51-3. The worst of Natalie's six puts was a foot better than second place.

Denean Howard was the victim of a mild upset in the 200 meters as she sought to defend her title there. Seattle (Washington) area prep Donna Dennis had already been a big 100 meter winner at 11.52, and she was placed on the pole, one lane inside of Howard, for the 200 final. The Naturite sponsored Granada Hills resident led into the straight, with Dennis gradually moving up and passing Denean in a 23.39-23.47 win. Dennis is a future great—her performances through heats, semis, and finals in both sprints and relay action was a tribute to her conditioning and competitiveness.

Vickie Cook led the 3000 meter field from the second lap on, then survived being run off the track while being cut off by Mephram High School's (New York) soph Christine Curtin, to work her way back up to even with a half a lap to go. Surprisingly, from there the young New Yorker edged away to a 9:25.72-9:26.23 win over Cook (final 440 69.8).

In other meet highlights national prep outdoor leaders Arnita Epps (Virginia 13.4 30" HS 100LH) and Cindy Johnson (Arizona 176-4 DT) won their events here with fine efforts. Epps sailed over the 33" 100 LH in

14.10, and Johnson easily outdistanced the discus field at 174-0.

#### Results

- (a) — Wednesday, June 30  
(b) — Thursday, July 1

#### 100 Meters:

(Heat a) III—2. Inger Peterson (LA Mercurettes) 11.85w, 3. Monique Robinson (San Diego Cougars) 11.87w, 4. Zelda Johnson (Southern Calif Cheetahs) 11.87w. IV—1. Lisa Winston (Coast Athletics) 11.71, 2. Monica Taylor (un, Sacto) 11.75, 3. LaTanya Dawkins (LA Merc) 11.89.

(Semis a) I—3. Peterson 11.92, 4. M. Robinson 11.98. II—2. M. Taylor 11.75, 3. Z. Johnson 11.87, 4. Dawkins 11.88.

(Finals b) —1. Donna Dennis (South Central AA, Seattle) 11.52, 4. Taylor 11.82, 5. Johnson 11.98.

#### 200 Meters:

(Heats a) I—2. M. Robinson 23.75w. II—1. Denean Howard (LA Naturite TC) 23.95. III—2. Gervaise McGraw (Cheetahs) 23.78w. IV—1. Dawkins 24.04, 3. Nedrea Rodgers (Berkeley East Bay TC) 24.22.

(Semis a) I—2. McGraw 23.61w, 4. Dawkins 24.09w. II—1. Howard 23.32, 4. Rodgers 23.94, 5. M. Robinson 24.01.

(Finals b) 1. Donna Dennis (SCAA-Seattle) 23.39, 2. Howard 23.47, 4. McGraw 23.67, 7. Dawkins 24.78.

#### 400 Meters:

(Semis a) I—1. Jeannie Arnold (LA Merc) 54.33, 3. Florence Evans (SD Cougars) 55.40. III—1. McGraw (Cheetahs) 54.57, 3. Rodgers (Berk East Bay TC) 54.60, 5. Wanda Smith (LA Merc) 55.78.

(Finals b) 1. McGraw (Cheetahs) 53.50, 3. Rodgers (BETC) 53.83, 4. Arnold (LA Merc) 53.86.

#### 800 Meters

(Semis a) I—1. Trescia Palmer (LA Merc) 2:07.62, 2. Kerri Zaleski (Coast Ath) 2:07.99, 4. Michelle Taylor (Cheetahs) 2:09.77, 6. Stacey Threadgill (College Park RC/Mitty HS, San Jose) 2:10.03. II—2. Jessica Spies (SJ Cindergals) 2:08.96.

(Finals b) 1. Palmer 2:06.07, 2. Zaleski 2:07.00, 3. Spies 2:07.23, 4. Taylor 2:08.18.

#### 1500 Meters:

(Finals b) 1. Polly Plumer (Coast Athletics) 4:23.33.

#### 3000 Meters:

1. Christine Curtin (Mephram HS, Bellmore, New York) 9:25.72, 2. Vickie Cook (Wilt's AC) 9:26.23, 5. Tania Fischer (Wilt's AC) 9:35.33, 8. Denise Ball (Naturite) 10:01.87, 9. Nanette Garcia (SJ Cindergals) 10:09.2 (ht).

#### 3000 Meter Walk:

1. Simone Pavlides (Island TC) 15:31.41.

#### 100 Meter Low Hurdles:

(Semis a) I—4. Sharon Hatfield (Coast Athletics) 14.67, 5. Yvette Bates (BETC) 15.09. II—2. Natalie Spinks (BETC) 14.48, 3. Ruth Whitehead (BETC) 14.59.

(Finals b) 1. Arnita Epps (Tidewater TC, Virginia) 14.10, 4. Whitehead 14.45, 5. Hatfield 14.57, 6. Spinks 14.62.

#### 400 Meter Hurdles:

(Semis a) I—1. Gayle Kellon (Cheetahs) 58.32.

(Finals b) 1. Kellon 58.22 (AMERICAN JUNIOR RECORD).

#### 400 Meter Relay:

(Finals b) 1. LA Mercurettes A 45.60, 2. So



## Interview...

# Shannon Stryker

Shannon Stryker has come a long way in a short time. The Orange County native did not start running until her sophomore year in high school and has continued to improve by leaps and bounds ever since. As a twelfth grader, she's recorded times of: 10K 35:15 (1982), 3200m 10:29 (1982), 5K 17:42 (1981 Kinney), 1500m 4:45 (1982), mile 4:59 (1982), 880 2:17.0 (1982) 10 miles 80:54 (1982).

**Age:** 17. **Height:** 5'3½". **Weight:** 103. **School:** Tustin High School/Class of 1982. **Birthdate:** 9/29/64 in Orange, CA. **Coached by:** Tom Coffey.

**CTRN:** We understand, Shannon, that you just 'love to talk about running', so we are glad to learn a bit about your experiences and philosophies in this sport and share them with our readers. Aside from your school records in the 2 mile (10:32c), mile (4:59.0), 880 (2:17.1) and 10K (35:15), what other honors or awards have you received from your running?

**SHANNON:** In 10th grade I was voted the Most Improved Track & Field Athlete and in 11th and 12th grade was part of the first team all league in cross country and received the Coach's 100% award. Also in 12th grade I was on the second team All Orange

## Junior Women, continued...

Calif. Cheetahs 45.63, 6. LA Mercurettes B 47.12.

### 1600 Meter Relay:

(Finals b) 1. So Calif Cheetahs 3:39.1 (MEET RECORD), 4. LA Mercurettes B 3:46.2.

### 880 Yard Medley Relay:

1. New Image TC (Pittsburgh) 1:42.88, 2. LA Mercurettes B 1:43.05, 3. LA Mercurettes A 1:44.39.

### Two Mile Relay:

(Finals b) 1. Liberty AC 9:02.30, 2. San Jose Cindergals (Nanette Garcia, Charlene Rogers, Sharon Yaninek, Jessica Spies) 9:03.65.

### High Jump:

(b) 1. Shari Collins (un, Chiloquin, Ore HS) 5-10¾, 5. Lisa Fegraus (Laguna Beach HS) 5-7.

### Long Jump:

(b) 1. Lois White (Sunshine Striders TC, Florida) 19-7½w, 2. Yvette Bates (BEBTC) 19-6½.

### Shot Put:

(b) 1. Natalie Kaalawahia (un, Fullerton HS) 51-3, 7. Jacque Norton (Coast Athletics) 43-7.

### Javelin:

(b) 1. Bronwen Morrison (Abraxas TC) 137-4.

### Discus:

(b) 1. Cindy Johnson (Coast Ath) 174-0, 2. Jacque Norton (Coast Ath) 154-9, 3. Karen Nickerson (un, Cordova HS, Rancho Cordova) 154-5, 5. Natalie Kaalawahia (un, Fullerton HS) 145-5, 6. Mary Dentinger (un, El Camino HS, Sacramento) 142-8.

County and sixth in CIF. I also participated in the Kinney Cross Country Meet and was 2nd team All California and 2nd team All Western U.S.

**CTRN:** What is your favorite event and competition strategy?

photo by Burt Davis



**SHANNON:** My favorite is the 10K and no matter what the competition is, I usually always try to do my best in every race I run. If the competition is weak, it just means I have to push myself mentally. I like going out fast in races and pushing a hard pace the whole way because I figure if someone is going to beat me, they're going to have to work to do it.

**CTRN:** Do you 'peak' for certain competitions?

**SHANNON:** Mainly our team runs hard through the whole season and then starts easing off towards the end of the real important meets, eg. CIF, Masters, State, etc.

**CTRN:** Tell us about your personal training rules.

**SHANNON:** Well, I don't eat junk food. I take vitamins B, C and E every day and try to get to bed by 9:00-9:30 p.m. on week-nights.

**CTRN:** What are your immediate and long-term goals in your running?

**SHANNON:** This summer I plan on getting in a lot of 10K's if I can, and better my time there. My goal for college is to make the top seven on the cross country team and just do my best. I would hope that my improvement will keep going, maybe to where I can be the #1 runner on the cross country team in college. I don't have any specific marks or times I have in mind to set right now, I just want to keep improving and moving up.

**CTRN:** Do you plan to continue competing after college?

**SHANNON:** I plan on competing throughout college for sure, but after that I don't know. If I make another big improvement in col-

lege, like I did this year, maybe I'll continue after that. If I don't become some really great runner, I'll still continue running in road races because I love it so much.

**CTRN:** How did you get started in track and cross country?

**SHANNON:** I didn't make the tennis team my sophomore year and I really wanted to go out for a sport. I thought I'd be OK in track because I could beat most of the kids in our neighborhood when we would do about a 100 yard sprint down the street. So I signed up in track. I started out in the sprinters group, but I finally figured out that distance running was my best event.

**CTRN:** What college or university would you like to attend?

**SHANNON:** UCLA, because I like the campus and the atmosphere a lot. I think it's a very good academic school and it's athletic programs are outstanding also. I really like the girls on UCLA's cross country team and I think I'd have a lot of fun there while getting a good education and a university degree as well.

**CTRN:** Has there been a particular individual who has inspired you?

**SHANNON:** I don't know if there has really been anyone who has inspired my running, but there have been many helpful people. My coach has been the greatest by far. Without him I know I wouldn't be where I am today. He's the one who really noticed my potential at long distance running and he always believed in me. There were many times when I wasn't confident in myself and he would keep telling me how good I was. He also makes the long road runs less boring when he runs with us because he keeps us entertained by talking about different things. He runs 10K's with me too and gives me advice on a lot of things. He says I'll forget about him when I go away to college, but I know I never will.

**CTRN:** In summary, are there any thoughts or comments you would like to share with our readers?

**SHANNON:** My philosophy on running is that the more you do, the better you're going to get. You have to enjoy what you are doing though if it's going to help you.

## Cross Country Workout:

Monday — Road run in morning, long road run or hill intervals in afternoon

Tuesday — Road run in morning, long road run or intervals in afternoon (depending on Monday)

Wednesday — Road run in morning, medium run in afternoon

Thursday — Meet

Friday — Road runs again unless there's a meet on Saturday

## Track Workout:

Monday — Road run in morning, intervals in afternoon, eg. 440's

Tuesday — Road run in morning, intervals in afternoon, eg. 330's

Wednesday — Road run in morning, Fartlek or jogging in afternoon

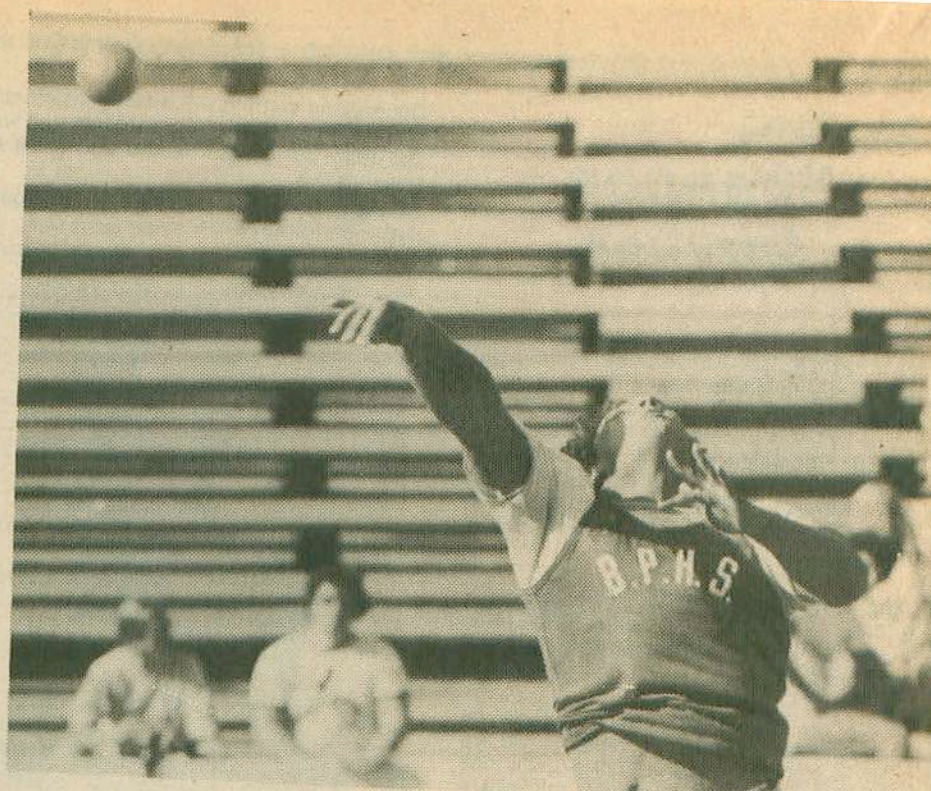
Thursday — Meet

Friday — Road run in morning, road run in afternoon



# 1982 Prep Best Marks

Compiled by Keith Conning



Pat Kyle (Buena Park High School)

Fine Flicks by Don Gosney

This list contains the best California high school marks reported to our High School Editor by July 7, 1982. Listed under each event are the current American, California, Northern California, and Southern California records. I have added the regional records in preparation for 1983, when there will be Northern and Southern California regional qualifying meets for the State Meet. Classes — \*junior, \*\*sophomore, \*\*\*freshman. Symbols — c = converted mark (hand-time to automatic or yards to meters). Please send all high school information to Keith Conning, 2235 Browning Street, Berkeley, CA 94702. Please be sure to include wind information on all affected events and specify if timing is hand or automatic.

## Boys

### 100 Meters

AR—10.16 Houston McTear(Baker, FL)78  
CR—10.39 Ken Robinson(Berkeley)81  
NCR—10.39 Ken Robinson(Berkeley)81  
SCR—10.44c Michael Sanford(Pasadena)79

10.50 Fabian Cooper(Wash, LA)  
10.53 Lew Dunn(North, Riverside)  
10.54 Antonio Manning(Hamilton, LA)  
10.60 Walter Steen(Vy, Santa Ana)  
10.61 Eric Coleman(Monrovia)  
10.62 Stoney McCree(Berkeley)  
10.64c Malcolm Hardy(Van, Travis AFB)  
10.64c Pablo Hendricks(Vly, Sacto)

10.65 Bernard Mathis(Muir, Pasadena)  
10.68 Damon McVea(Crenshaw, LA)  
10.68 Eugene Profit(Serra, Gardena)

### 200 Meters

AR—20.22 Dwayne Evans(South Mountain, Phoenix, AZ) 1978  
CR—20.88 James Sanford(Pasadena)77  
NCR—20.81 \*Kevin Willhite(Cordova, Rancho Cordova) 1981  
SCR—20.68 James Sanford(Pasadena)77

20.94c \*Eric Coleman(Monrovia)  
21.18 \*Antonio Manning(Hamilton, LA)  
21.22c Fabian Cooper(Wash., LA)  
21.50 Kevin Willhite(Cord, Rancho Cordova)  
21.51 Gerald Johnson(Sweet, NC)  
21.52 Ron Brown(Bishop Amat, LP)  
21.53 \*Greg Brown(Bishop Amat, LP)  
21.54 Bernard Mathis(Muir, Pasadena)  
21.61 Eugene Profit(Serra, Gardena)  
21.62 Dana Hill(Muir, Pasadena)

### 400 Meters

AR—45.22 Darrell Robinson(Wilson, Tacoma, WA) 1982  
CR—45.51 Bill Green(Cubberley, Palo Alto) 1979  
NCR—45.51 Bill Green(Cubberley, Palo Alto) 1979  
SCR—46.04c Ulla Williams(Compton)61

46.38 Fabian Cooper(Wash, LA)  
47.30 Blair McMurray(Compton)  
47.33 Terry Parks(Muir, Pasadena)  
47.37 McArthur Osborne(Crenshaw)  
47.64c Angelo McNeil(Gallieo, SF)  
47.74c Tommy Barber(Bakersfield)  
47.84 Craig Armstrong(Berkeley)  
47.85 \*Mark Howard(Poly, Lg Bch)  
47.94c Robert Mabrey(Fairfield)  
47.98 \*Kimmie James(Richmond)

### 800 Meters

AR—1:47.31 Pete Richardson(Berkeley, CA) 1981  
CR—1:47.31 Pete Richardson(Berkeley, CA) 1981  
NCR—1:47.31 Pete Richardson(Berkeley, CA) 1981  
SCR—1:46.20 Jeff West(Crenshaw, LA)79

1:49.99 John Phillips(Los Altos, HH)  
1:50.05 James Garrett(Narbonne, HC)  
1:50.44 Chauncey Isom(Westchtr, LA)  
1:50.49 \*Kimmie James(Richmond)  
1:50.70 Patrick McCrystle(Jesuit, Car)  
1:50.70 McArthur Osborne(Crens, LA)  
1:51.0c Don Young(St. Joseph, StMar)  
1:51.62 Tyrone McCullough(Poly, LB)  
1:52.3 Jason Hall(Bakersfield)  
1:52.53 Brian Casey(Righetti, StMar)

### 1600 Meters

AR—3:54.0c Jim Ryun(East, Wichita, KS) 1965  
CR—3:58.1c Tim Danielson(Chula Vista) 1968  
NCR—4:01.0c Rich Kimball(DeLaSalle, Concord) 1974  
SCR—3:58.1c Tim Danielson(Chula Vista) 1968

4:05.23c Harold Kuphaldt(BellaV, FrOk)  
4:07.02c Jeff Williams(Foothill, Tust)  
4:08.05 Tom Grewe(Carpinteria)  
4:10.32 \*Jim Frey(Yreka)  
4:10.33 Joe Manuel(Kearny, San Diego)  
4:10.50 John Hanson(El Dorado, Plcr)  
4:10.51 Keith Tanin(Crescarm, Enc)  
4:11.80 Gary Lewis(Gunderson, SJ)  
4:12.71 Sean Nugent(Culver City)  
4:12.85 Scott Bishop(San Luis Obispo)

### 3200 Meters

AR—8:33.4c Jeff Nelson(Burbank, CA)79  
CR—8:33.4c Jeff Nelson(Burbank, CA)79  
NCR—8:43.5c Richard Kimball(DeLaSalle, Concord) 1974  
SCR—8:33.4c Jeff Nelson(Burbank, CA)79

8:51.99 Harold Kuphaldt(BellaV, FrOk)  
8:52.92 \*Eric Reynolds(Camarillo)  
8:59.31 \*Jim Ortiz(Barstow)  
9:00.62 Sean Nugent(Culver City)  
9:01.12 Jose Vega(Chula Vista)  
9:02.09 \*Jesus Gutierrez(Pasadena)  
9:02.57 Bob Erickson(FountainVly)  
9:06.49 Fredrick Hesselevik(Univ, Iv)  
9:08.4 Brian Abshire(DeAnza, Rich)  
9:09.16 \*Tim Cammack(So Hills, Cov)

### 110 Hurdles

AR—13.17c Renaldo Nehemiah(Scotch Plains-Fanwood, Scotch Plains, NJ)1977  
CR—13.41 Steve Kerho(Mission Viejo)82  
NCR—13.47c Dedy Cooper(Ella, Richmond) 1975  
SCR—13.41 Steve Kerho(Mission Viejo)82

13.41 Steve Kerho(Mission Viejo)  
13.79 Troy Weaver(Edgewood, W Cov)  
13.80 Ron Brown(Bishop Amat, LP)  
13.94c \*Rod Green(Palo Alto)  
13.96 \*Erick Montgomery(Indep, SJ)  
14.05 \*Mark Boyd(St Marys, Berkly)  
14.18 Mike Gonzalez(BishMont, Tor)  
14.21 Todd Gaskill(Arcadia)  
14.23 Aaron Burns(Garey, Pomona)  
14.24 Jeff Smith(Serra, San Diego)  
14.24c Robert Budwig(Clovis, W, Clov)

### 300 Low Hurdles

AR—35.76 Tony Atkins(Walnut, CA) 1982  
CR—35.76 Tony Atkins(Walnut) 1982  
NCR—35.79 Walter Murray(Berkeley) 1981  
SCR—35.76 Tony Atkins(Walnut) 1982

35.76 Tony Atkins(Walnut)  
35.82 Steve Kerho(Mission Viejo)  
36.00c \*Erick Montgomery(Indep, SJ)  
36.15 Danny Harris(Perris)  
36.44c Tom Anderson(Muir, Pasadena)  
36.44c \*Mark Boyd(St Marys, Berkly)  
36.47 David Johnson(Cabrillo, Lom)  
36.58 James Ferreira(North, Tor)  
37.14c Jerry Coulson(Millikan, LB)  
37.14c Shaw Curry(Mt. Pleas, SJ)

### 4x100 Meters

AR—40.14c Lincoln, Dallas, TX 1970  
CR—40.88 Berkeley 1981  
NCR—40.88 Berkeley 1981  
SCR—40.92 Dorsey, Los Angeles 1981

41.09 Oakland  
41.35 Cordova, Rancho Cordova  
41.37 Muir, Pasadena  
41.40 Crenshaw, Los Angeles  
41.54c Edison, Fresno  
41.58 Monrovia  
41.84c Washington, Los Angeles  
41.85 Carson



41.71 Burbank, Sacramento  
41.76c Carlmont, Belmont

## 4x400 Meters

AR—3:08.94 Berkeley, CA 1981  
CR—3:08.94 Berkeley 1981  
NCR—3:08.94 Berkeley 1981  
SCR—3:10.37 Centennial, Compton 1980

3:13.57 Muir, Pasadena  
3:13.91 Compton  
3:14.83 Bishop Amat, La Puente  
3:14.97 Pasadena  
3:15.92 Poly, Long Beach  
13:15.97 Oakland  
3:16.81 Berkeley  
3:17.02 Hawthorne  
3:17.44 Crenshaw, Los Angeles  
3:18.07 Kennedy, Granada Hills

## High Jump

AR—7-4 1/4 Gail Olson(Sycamore, IL) 1978  
CR—7-3 1/4 Lee Balkin(Glendale) 1979  
NCR—7-2 Bill Hice(Oakland) 1977 &  
Kerry Myers(Berkeley) 1978  
SCR—7-3 1/4 Lee Balkin(Glendale) 1979

7-1 \*Maurice Crumby(Baiboa, SF)  
7-0 Maury Burnett(Wash, LA)  
7-0 Ted Glatke(Beyer, Modesto)  
7-0 John Morris(Fairfield)  
6-11 Kevin Holmes(Cleveland, LA)  
6-10 1/4 Troy Haines(Millikan, LB)  
6-10 1/4 Dave Swanson(Anal, Sebas)  
6-10 1/4 Victor Nehring(Camarillo)  
6-10 Brian Coushay(Newbury Park)  
6-10 Mark Le Brew(Crenshaw, LA)  
6-10 Dave Sampson(Homestead, Cup)  
6-10 Kelly Watkins(San Diego)

## Pole Vault

AR—15-1 1/4 Joe Dial(Marlow, OK) 1981  
CR—17-4 1/4 Anthony Curran(Crespi  
Carmelite, Encino) 1978  
NCR—16-1 1/4 Bert Tardieu (Del Mar,  
San Jose) 1978  
SCR—17-4 1/4 Anthony Curran(Crespi  
Carmelite, Encino) 1978

15-9 \*Doug Fraley(Clovis W, Clov)  
15-8 1/2 \*Mike Kibort(Saratoga)  
15-7 \*Melvin Hempstead(Vly, Sac)  
15-6 Scott Christiansen(Acal, La)  
15-4 1/4 Stuart Taylor(Davis, Modesto)  
15-0 Jim Barrett(Clovis W, Clovis)  
15-0 Ken Grogan(Lincoln, Stock)  
15-0 Andy Sythe(Los Gatos)  
15-0 Paul Weckler(Westmt, Cmpbl)  
14-8 James McClanahan(Gall, SF)  
14-8 \*John Skaggs(Lemoore)

## Long Jump

AR—26-8 Carl Lewis(Willingboro, NJ) 79  
CR—26-2 1/4 Ken Duncan(McClatchy,  
Sacramento) 1972  
NCR—26-2 1/4 Ken Duncan(McClatchy,  
Sacramento) 1972  
SCR—26-0 1/4 Jerry Proctor(Muir,  
Pasadena) 1987

24-7 1/4 Ken Frazier(Mission, San Fran)  
24-4 1/4 Eric Thomas(Nort Del Rio, Sac)  
24-2 Miguel Wingo(Albany)  
24-0 Clint Williams(Central, Fres)  
23-11 1/4 Fred Covington(Fairfield)  
23-11 Greg Coquette(Burbank)  
23-10 Claude Allen(Jordan, LA)  
23-9 Eugene Profit(Serra, Gard)  
23-9 Joe Richardson(Pasadena)  
23-8 1/4 Walter Steen(Valley, StAna)

## Triple Jump

AR—53-4 1/4 Sanya Owolabi(Sleepy  
Hollow, North Tarrytown, NY) 1978  
CR—52-10 1/4 Charles Mayfield(Muir,  
Pasadena) 1980  
NCR—52-4 1/4 \*Ken Frazier(Mission,  
San Francisco) 1981  
SCR—52-10 1/4 Charles Mayfield(Muir,  
Pasadena) 1980

50-4 Ken Frazier(Mission, SF)  
50-3 1/4 Cornell Archie(Fresno)  
50-3 1/2 Ken Williams(Troy, Full)  
50-2 Garnet Taylor(Clovis W, Clov)  
49-9 1/4 Mike Pullins(Muir, Pasad)  
49-5 1/4 Chris Mooring(Mt. Pleas, SJ)  
49-4 Ralph Pfost(Roseville)  
49-0 Clint Williams(Central, Fres)  
48-11 Pat Hooks(Lakewood)  
48-10 Richard Osborne(El Cajon)

## Shot Put

AR—61-3 1/4 Mike Carter(Jefferson,  
Dallas, TX) 1979  
CR—60-3 1/4 Jim Neldhart(Newport  
Harbor, Newport Beach) 1973  
NCR—60-5 1/4 Steve Montgomery(Lassen,  
Susanville) 1978  
SCR—60-3 1/4 Jim Neldhart(Newport  
Harbor, Newport Beach) 1973

63-0 1/4 Bruce Parks(Chaffey, Ontar)  
60-11 Pat Kyle(Buena Park)  
60-3 Antonio Dobbins(Burr, Ridg)  
60-2 1/4 Earl Gorman(Hawthorne)  
60-0 1/2 Jantz Fitzgerald(Burr, Burb)  
59-0 Sean Purcell(Helix, La Mesa)  
58-10 Guy Davids(Bishop Amat, LP)  
58-3 1/4 David Dixon(Inglewood)  
58-2 1/4 Bill Hall(Bishmont, Torr)  
58-0 1/4 \*John Bender(Shafter)

## Discus

AR—213-6 Clint Johnson(Shawnee  
Mission South, Overland Park, KS) 1980  
CR—209-6 Dave Porath(Atwater) 1978  
NCR—209-6 Dave Porath(Atwater) 1978  
SCR—200-7 Paul Bender(Shafter) 1980

193-8 Rick Luiten(Monrovia)  
192-3 Antonio Dobbins(Burr, Ridge)  
191-7 Del Detwiler(Roseville)  
190-6 Dan Katches(Mills, Millbrae)  
185-7 John Almonetti(Blackfrd, SJ)  
184-11 Barry Estes(Clovis W, Clovis)  
182-4 \*Curt Sisco(Vacaville)  
180-9 Larry Plinski(Montg, St Rosa)  
178-3 Jeff Hall(Katella, Anaheim)  
178-1 \*Kurt Holden(Hart, Newhall)

## Girls

### 100 Meters

AR—11.13 \*Chandra Cheeseborough  
(Ribault, Jacksonville, FL) 1978  
CR—\*Sharon Ware (Berkeley) 1980  
NCR—11.34 \*Sharon Ware (Berkeley) 80  
SCR—11.50 Kim Robinson (Westchester,  
Los Angeles) 1977

11.61 Gervaise McGraw(Gan, Pom)  
11.63 \*Lisa Winston(Jordan, LB)  
11.68 LaTanya Dawkins(Dorsey, LA)  
11.69 Zaida Johnson(Garey, Pom)  
11.70 Denean Howard(Kennedy, GH)  
11.78 \*Monica Taylor(Grant, Sacto)  
11.80 \*Nedrea Rodgers(Berkeley)  
11.93 \*Pam Qualls(Burbank, Sacto)  
11.95 Michelle Stewart(Dorsey, LA)  
11.96 \*\*\*Kim Grant(Hawthorne)

### 200 Meters

AR—22.77A \*\*Chandra Cheeseborough  
(Ribault, Jacksonville, FL) 1975  
CR—23.19 Sherri Howard (Kennedy,  
Granada Hills) 1980  
NCR—23.62 \*Sharon Ware (Berkeley) 80  
SCR—23.19 Sherri Howard (Kennedy,  
Granada Hills) 1980

23.25 Denean Howard(Kennedy, GH)  
23.27 Gervaise McGraw(Gan, Pom)  
23.80 \*Diane Pullins(Muir, Pasad)  
23.81 LaTanya Dawkins(Dorsey, LA)  
23.83 Zaida Johnson(Garey, Pom)  
23.93 \*Lisa Winston(Jordan, LB)  
24.11 \*Pam Qualls(Burbank, Sacto)  
24.23 \*Nedrea Rodgers(Berkeley)

24.25 Jeannie Arnold(Locke, LA)  
24.30 Michelle Stewart(Dorsey, LA)

## 400 Meters

AR—50.87 Denean Howard (Kennedy,  
Granada Hills, CA) 1982  
CR—50.87 Denean Howard (Kennedy,  
Granada Hills) 1982  
NCR—52.24c Kathy Hammond (Mira  
Loma, Sacramento) 1980  
SCR—50.87 Denean Howard (Kennedy,  
Granada Hills) 1982

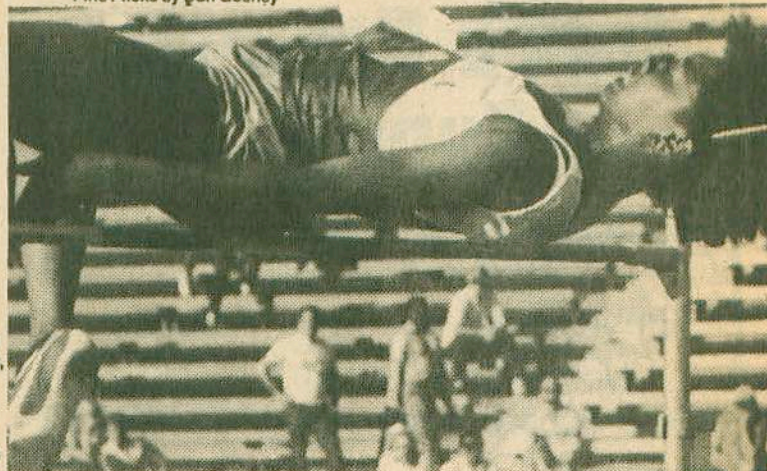
50.87 Denean Howard(Kenn, GH)  
53.34 Jeannie Arnold(Locke, LA)  
53.50 Gervaise McGraw(Gan, Pom)  
53.76 \*Gayle Kellon(Walnut)  
53.76 \*\*\*Leslie Maxie(Mills, Millbrae)  
53.83 \*Nedrea Rodgers(Berkeley)  
54.63 \*Diane Pullins(Muir, Pasadena)  
54.70 \*\*Andrea Rolfe(Dorsey, LA)  
54.74c Brenda Brewer(Hillsdale, SM)  
55.06 \*Lana Rice(Berkeley)

## 800 Meters

AR—2:01.82 \*Kim Gallagher (Upper  
Dublin, Ft. Washington, PA) 1981  
CR—2:02.29 \*\*Mary Decker (Orange) 1974  
NCR—2:04.37 \*\*Ann Regan (Camden,  
San Jose) 1977  
SCR—2:02.29 \*\*Mary Decker (Orange) 74

2:06.07 \*Trescia Palmer(Westch, LA)  
2:06.21 Rennie Durand(Laguna Bch)  
2:06.95 Jessica Spies(Livermore)  
2:08.18 \*\*\*Michelle Taylor(Ganesh, Pom)  
2:09.9 Polly Plumer(University, Irv)  
2:10.03 Stacy Threadgill(Mitty, SJ)  
2:10.11 Denise Ball(Newbury Park)  
2:10.39 \*Sharon Yaninek(Present, SJ)  
2:10.44 \*Yolanda Moore(Piedmont)  
2:11.07 Yolanda Devers(Sweet, NC)

Fine Flicks by Don Gosney



Katrina Johnson (Marshall High School, Pasadena)

## 1600 Meters

AR—4:33.85c Polly Plumer(University,  
Irvine, CA) 1982  
CR—4:33.85c Polly Plumer (University,  
Irvine) 1982  
NCR—4:39.1c Eileen Clausus (Rio  
Americano, Sacramento) 1973  
SCR—4:33.85c Polly Plumer (University,  
Irvine) 1982

4:33.85c Polly Plumer(University, Irv)  
4:40.4c Vickie Cook(Alemany, MisHis)  
4:44.47 Denise Ball(Newbury Park)  
4:45.4c Jessica Spies(Livermore)  
4:45.4c Tia Allen(Santana, Santee)  
4:52.62 \*Tania Fischer(Cham, CanPk)  
4:52.94 \*\*\*Laura Cattivera(Mira Cos, MB)  
4:53.56 \*\*Noreen deBettencourt(Car, C)  
4:54.08 Mary Jo Barry(Leigh, SJ)  
4:54.73 Lori Lopez(Sacred Heart, LA)

## 3200 Meters

AR—10:00.0c Mary Shea (Cardinal  
Gibbons, Raleigh, NC) 1979  
CR—10:06.3c Cheri Williams  
(Livermore) 1978  
NCR—10:06.3c Cheri Williams  
(Livermore) 1978  
SCR—10:11.78 Vickie Cook(Alemany,  
Mission Hills) 1982

10:11.78 Vickie Cook(Alemany, MisHis)  
10:15.99 Denise Ball(Newbury Park)  
10:24.39 \*Tania Fischer(Cham, CanPk)  
10:26.01 Lori Lopez(Sacred Heart, LA)  
10:29.03 \*\*Teresa Barrios(Univ, Irvine)  
10:29.42 Shannon Stryker(Tustin)  
10:30.40 \*\*\*Nanette Garcia(Silver Crk, SJ)  
10:34.7 \*Wendy Sihner(Miramonte, Or)  
10:34.7 Robyn MacSwain(Terr Lin, SF)  
10:35.42 Tammy Brazel(Chino)

## 100 Hurdles

AR—12.95 \*Candy Young(Beaver Falls,  
PA) 1979  
CR—13.64c Judy Young(Berkeley) 1980  
NCR—13.64c Judy Young(Berkeley) 1980  
SCR—13.71 Marlene Harmon(Thousand  
Oaks) 1980

13.74 \*\*Yvette Bates(Berkeley)  
13.95 \*Ruth Whitehead(Berkeley)  
13.99 Felicia Thompson(Jord, LB)  
14.09 \*Sharon Hanson(Buena, Vent)  
14.23 CeCe Chandler(Elsinore)  
14.26 \*Sharon Hatfield(Ftn Vly)  
14.26 \*\*Leslie Maxie(Mills, Millbrae)  
14.45 \*Roberta Eccles(Gunder, SJ)  
14.46 Jennette Mayes(Ventura)  
14.55 Lissa Palla(Northgate, Wal Crk)  
Wind-aided:  
13.72 Natalie Spinks(Skyline, Oak)

## 300 Hurdles

AR—41.09 \*Gayle Kellon (Walnut, CA) 82  
CR—41.09 \*Gayle Kellon (Walnut) 1982  
NCR—42.37 Sherita Sanders (Berkeley) 81  
SCR—41.09 \*Gayle Kellon (Walnut) 1982

41.09 \*Gayle Kellon(Walnut)  
42.55 Sharon Hatfield(Foun Vly)  
42.62 Felicia Thompson(Jord, LB)  
43.38 \*Ruth Whitehead(Berkeley)  
43.70 Natalie Spinks(Skyline, Oak)  
43.80c \*Roberta Eccles(Gunder, SJ)  
43.86 Karen Bonty(Man Arts, LA)  
44.04 Robin Stinson(Marshall, LA)  
44.11 \*Sharon Hanson(Buena, Vent)  
44.12 Noton (Sunny Hills, Fullerton)

continued on next page...



## High Jump

AR—8-2½ Kym Carter (East, Wichita, KS) 1982  
CR—6-1 \*Sue McNeal (Carlsbad) 1979  
NCR—6-0 \*Karen Lysaght (St. Francis, Sacramento) 1980  
SCR—6-1 \*Sue McNeal (Carlsbad) 1979

5-11 Katrina Johnson(Marsh,Pa)  
5-10 \*Tonya Mendonca(MiWhit,Vis)  
5-10 \*Denise Yamada(DsPueb,Gol)  
5-9 \*\*\*Latrese Johnson(Clovis)  
5-9 \*\*\*Leslie Maxie(Mills,Milbrae)  
5-8½ \*\*Wendy Brown(Woodside)  
5-8 \*\*Rachel Bray(Los Altos)  
5-8 DeWitte (Indio)  
5-8 \*\*Lisa Fegeaus(LongBch)  
5-8 \*Michal Miller(Santa Clara)

## Long Jump

AR—22-3 Kathy McMillan (Hoke County, Raeford, NC) 1978  
CR—20-8½ Kim Attlessey (Corona del Mar, Newport Beach) 1971 & Mariene Harmon (Thousand Oaks) 1980  
NCR—20-4½ Carrie McLaughlin (Davis, Modesto) 1979  
SCR—20-8½ Kim Attlessey (Corona del Mar, Newport Beach) 1971 & Mariene Harmon (Thousand Oaks) 1980

19-11½ \*\*Wendy Brown(Woodside)  
19-7½ \*\*Yvette Bates(Berkeley)  
19-6½ \*Vivian Riley(MiPleas, SJ)  
19-4½ Katrina Johnson(Marsh,Pa)  
19-1½ Kim Goodman(Narbonne, HC)  
18-11½ Denise Woodard(Hemet)  
18-10½ Gurtha Pounds(LiveOk,MgHi)  
18-10½ Sharon Hatfield(FntnVly)  
18-8½ Shella Frye(Poly, Long Bch)  
18-8½ \*\*Tammy Bryant(Ventura)

## 4x100 Meters

AR—45.13 Berkeley, CA 1981  
CR—45.13 Berkeley 1981  
NCR—45.13 Berkeley 1981  
SCR—45.42 Dorsey, Los Angeles 1982

45.42 Dorsey, Los Angeles  
46.16 Berkeley  
46.26 Ganessa, Pomona  
46.26 Hawthorne  
47.19 Manual Arts, LA  
47.22 Jordan, Long Beach  
47.34 Poly, Long Beach  
47.41 Morse, San Diego  
47.54 Walnut  
47.73 Burbank, Sacramento

## 4x400 Meters

AR—3:37.71 Kennedy, Granada Hills, CA 1981  
CR—3:37.71 Kennedy, Granada Hills 81  
NCR—3:41.33 Berkeley 1981  
SCR—3:37.71 Kennedy, Granada Hills 81

3:41.72 Dorsey, Los Angeles  
3:43.26 Ganessa, Pomona  
3:43.5 Manual Arts, Los Angeles  
3:46.59 Jordan, Long Beach  
3:46.84 Berkeley  
3:47.46 Poly, Long Beach  
3:47.53 Muir, Pasadena  
3:48.90 Camarillo  
3:49.08 Pasadena  
3:49.43 Hawthorne

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Left to Right: Leslie Maxie (Mills), Ruth Whitehead (Berkeley).  
photo by Don Gosney

## Triple Jump

AR—40-11½ Terri Turner (New Caney, Porter, TX) 1982  
CR—40-1 \*\*Wendy Brown (Woodside) 82  
NCR—40-1 \*\*Wendy Brown(Woodside) 82  
SCR—39-7 \*\*\*Gayle Wadsworth (Hawthorne) 1982

40-1 \*\*Wendy Brown(Woodside)  
39-7 \*\*\*Gayle Wadsworth(Hawthorn)  
39-2½ \*\*Yvette Bates(Berkeley)  
38-7½ Kim Taylor(Valencia)  
38-7½ CeCe Chandler(Elsinore)  
38-6½ Alice Franklin(Valley, StAna)  
38-4½ Shella Frye(Jordan, LBch)  
38-4 Debbie Disbrow(Granada, Llv)  
38-0½ Jones (Chino)  
37-7 Crocker(GraniteHls, El Cal)

## Shot Put

AR—52-4½ \*\*Natalie Kaaiawahia (Fullerton, CA) 1981  
CR—52-4½ \*\*Natalie Kaaiawahia (Fullerton) 1981  
NCR—48-8½ Dot Jones (Hilmar) 1982  
SCR—52-4½ \*\*Natalie Kaaiawahia (Fullerton) 1981

52-2½ \*Natalie Kaaiawahia(Fuller)  
48-8½ Dot Jones(Hilmar)  
45-2½ Wendy Bradshaw(Saugus)  
44-8½ Jacque Sheffield(Eisen,Rial)  
44-8 \*\*Carol Manaea(Seaside)  
44-5½ Jill Crisler(Gunn, PaloAlto)  
44-5 Linda Mitchell(Willows)  
44-0 Patty Taylor(West, Torrance)  
43-10½ Jacque Norton(MissVlejo)  
43-5½ Cindi Durchslag(SanCarlos)

## Discus

AR—183-11 Leslie Deniz (Gridley, CA) 80  
CR—183-11 Leslie Deniz (Gridley) 1980  
NCR—183-11 Leslie Deniz (Gridley) 1980  
SCR—173-3 \*Natalie Kaaiawahia (Fullerton) 1982

173-3 \*Natalie Kaaiawahia(Fuller)  
167-5 Jacque Norton(Mission Viejo)  
164-10 Karen Nickerson(Cord, RC)  
154-2 Toni Lutjens(Righetti, StMar)  
150-4 Cindi Durchslag(SanCarlos)  
148-5 Janet Whitney(Fresno)  
147-11 Andrea Kriva(Burbank)  
145-5 Mary Dentinger(ElCam, Sac)  
144-9 Kim Shakir(ClovisW, Clovis)  
141-9 Renee Perkins(MorVy, Smyrd)



Sean Nugent

photo by Burt Davis





# California Corporate Track Association

by Tony Baker

## Southern California CORPORATE TRACK CHAMPIONSHIPS

May 23, El Camino College.

Every race at the Southern California Corporate Track Championships was competitive, close and exciting. All of the sprint races and many of the distance races were decided by only a few yards. In the men's open 100 meters the first six runners were within .2 seconds and in the open 400 meters six yards separated first and fifth places.

The anticipated close men's team battle between TRW, Hughes Aircraft and General Atomic was won by TRW. TRW began the meet by winning the open and 30 and over 400 meter relay events. They increased their lead in points throughout the meet and won the team championship over second place Hughes Aircraft 114 points to 89. General Atomic was third with 51 points.

In the women's team competition TRW won easily with 170 points. The real battle was for second place where Hughes edged the L.A. Times 40 to 39 with Exxon right behind with 33 points.



One of the most exciting races of the day was the men's open 400 meters. Less than six yards separated first and fifth place. From left to right: Tim Upshaw (Hughes) who won in 52.00, Danell Middleton (Sec Pac Bank), Vince Moretti (TRW), Bill Atkins (Escondido Fire Dept.), Michael Brown (Hughes), Glenn Rheinhart (Sec Pac Bank) and Peter Rasmusson (General Atomic).

Some of the outstanding performances were:

- ✓ Ginny Sargent (TRW) accumulated four gold medals by winning the 30 and over 200 meters in 29.77, 400m in 66.60 and anchoring the 30 and over 400 and mile relays.
- ✓ Peter Mogg (Security Pacific Bank) sprinted away from the field in both the open 800m and 1500m to win in 1:57.6 and 4:05.1. He also ran on Security Pacific's fourth place 400 relay and second place mile relay.
- ✓ Graeme Shirley (General Atomic) won the 30 and over 800m and 1500m in 2:01.6 and 4:08.4 and ran on GA's second place mile relay.
- ✓ Wendy Watson (TRW) won the 30 and over 800m in 2:39.5, was second in the 1500m in 5:18.7, and ran on the winning 400 and mile relays.

### RESULTS

| MEN   |                              |         | WOMEN   |                           |         |
|---|------------------------------|---------|---|---------------------------|---------|
| <b>Open 100m:</b>   |                              |         | <b>Open 100m:</b>   |                           |         |
| 1   | Greg Anderson(StaterBros)    | 11.26   | 1   | Lerrita Discua(Fluor)     | 13.13   |
| 2   | Al Shorts(Rockwell)          | 11.38   | 2   | Dyann Mathews(LATimes)    | 13.75   |
| 3   | Derant Davis(PacTel)         | 11.47   | 3   | Holly Stewart(TRW)        | 13.80   |
| <b>30 &amp; Over 100m:</b>  |                              |         | <b>30 &amp; Over 100m:</b>  |                           |         |
| 1   | Michael Lindsey(Datsun)      | 11.07   | 1   | R. Shamid-Deen(LATimes)   | 14.70   |
| 2   | Kirk Powers(TRW)             | 11.76   | 2   | Lu Walker(PacTel)         | 15.02   |
| 3   | Duane Johnson(SecPacBank)    | 12.01   | 3   | Debbie Terrano(TRW)       | 15.09   |
| <b>Open 200m:</b>   |                              |         | <b>Open 200m:</b>   |                           |         |
| 1   | John Thomas(HewlettPack)     | 22.45   | 1   | Barbara Samanlego(B of A) | 26.80   |
| 2   | Derant Davis(PacTel)         | 23.45   | 2   | Lerrita Discua(Fluor)     | 28.48   |
| 3   | Michael Brown(Hughes)        | 23.77   | 3   | Holly Stewart(TRW)        | 28.89   |
| <b>30 &amp; Over 200m:</b>  |                              |         | <b>30 &amp; Over 200m:</b>  |                           |         |
| 1   | Michael Lindsey(Datsun)      | 24.10   | 1   | Ginny Sargent(TRW)        | 29.77   |
| 2   | Carl Frazier(SecPacBank)     | 24.58   | 2   | R. Shamid-Deen(LATimes)   | 31.45   |
| 3   | Robert Simmons(LATimes)      | 24.88   | 3   | Doris Smith(LATimes)      | 31.51   |
| <b>Open 400m:</b>   |                              |         | <b>Open 400m:</b>   |                           |         |
| 1   | Tim Upshaw(Hughes)           | 52.00   | 1   | Barbara Samanlego(B of A) | 62.47   |
| 2   | Michael Brown(Hughes)        | 52.53   | 2   | Karen Ruse(TRW)           | 63.42   |
| 3   | Darrell Middleton(SecPacBnk) | 52.69   | 3   | Honor Fetherston(PacTel)  | 63.67   |
| <b>30 &amp; Over 400m:</b>  |                              |         | <b>30 &amp; Over 400m:</b>  |                           |         |
| 1   | Bill Wright(TRW)             | 54.00   | 1   | Ginny Sargent(TRW)        | 66.60   |
| 2   | C. Sturtevant(Exxon)         | 55.67   | 2   | Sue Robbins(Rockwell)     | 75.20   |
| 3   | Jerry Williams(PacTel)       | 55.90   | 3   | Belle Tom Dennis(Exxon)   | 82.29   |
| <b>40 &amp; Over 400m:</b>  |                              |         | <b>40 &amp; Over 400m:</b>  |                           |         |
| 1   | Louis Amarillas(PacTel)      | 56.20   | 1   | Kathie Owens(TRW)         | 76.80   |
| 2   | Robert Simmons(LATimes)      | 56.59   | 2   | Karen Milke(TRW)          | 78.75   |
| 3   | Chris Bourke(TRW)            | 59.30   | 3   | Faye Metz(Hughes)         | 79.70   |
| <b>Open 800m:</b>   |                              |         | <b>Open 800m:</b>   |                           |         |
| 1   | Peter Mogg(SecPacBank)       | 1:57.6  | 1   | Vivienne Nixon(TRW)       | 2:37.0  |
| 2   | Al Shorts(Rockwell)          | 1:59.7  | 2   | April Winship(TRW)        | 2:48.2  |
| 3   | Dave Rollendelli(TRW)        | 2:00.1  | 3   | Jan Connors(Exxon)        | 2:51.9  |
| <b>30 &amp; Over 800m:</b>  |                              |         | <b>30 &amp; Over 800m:</b>  |                           |         |
| 1   | Graeme Shirley(GenAtomic)    | 2:01.8  | 1   | Wendy Watson(TRW)         | 2:39.5  |
| 2   | Rob Whitley(TRW)             | 2:03.1  | 2   | Pam Henline(GenAtomic)    | 2:39.8  |
| 3   | Ben Wilson(KaiserSteel)      | 2:03.4  | 3   | Sue Robbins(Rockwell)     | 2:53.0  |
| <b>40 &amp; Over 800m:</b>  |                              |         | <b>40 &amp; Over 800m:</b>  |                           |         |
| 1   | Chris Bourke(TRW)            | 2:17.3  | 1   | Kathie Owen(TRW)          | 2:53.6  |
| 2   | Jerry Hackett(Lockheed)      | 2:17.7  | 2   | Alberta Codd(TRW)         | 3:00.4  |
| 3   | Ron Werner(TRW)              | 2:18.1  | 3   | Faye Metz(Hughes)         | 3:13.4  |
| <b>Open 1500m:</b>  |                              |         | <b>Open 1500m:</b>  |                           |         |
| 1   | Peter Mogg(SecPacBnk)        | 4:05.1  | 1   | Teresa Horn(Hughes)       | 5:14.5  |
| 2   | Greg Gawlik(Hughes)          | 4:07.9  | 2   | Kathy Hart(SecPacBank)    | 5:29.8  |
| 3   | John Araujo(Rockwell)        | 4:14.1  | 3   | April Winship(TRW)        | 5:30.5  |
| <b>30 &amp; Over 1500m:</b>   |                              |         | <b>30 &amp; Over 1500m:</b>   |                           |         |
| 1   | Graeme Shirley(GenAtom)      | 4:08.4  | 1   | Diana Johnson(Hughes)     | 5:14.3  |
| 2   | Ben Wilson(Kaiser Steel)     | 4:11.8  | 2   | Wendy Watson(TRW)         | 5:18.7  |
| 3   | Mike Tsehai(Rockwell)        | 4:12.4  | 3   | Pam Henline(GenAtomic)    | 5:32.7  |
| <b>40 &amp; Over 1500m:</b>   |                              |         | <b>40 &amp; Over 1500m:</b>   |                           |         |
| 1   | Ron Werner(TRW)              | 4:31.9  | 1   | Alberta Codd(TRW)         | 5:50.9  |
| 2   | Al Barrett(TRW)              | 4:37.5  | 2   | Masumi Hattori(TRW)       | 6:34.4  |
| 3   | Pete Larson(GenAtom)         | 4:40.6  | <b>50 &amp; Over 1500m:</b>   |                           |         |
| <b>50 &amp; Over 1500m:</b>   |                              |         | 1   | Ginny Gossard(AmerAir)    | 6:35.4  |
| 1   | Bill Fitzgerald(TRW)         | 4:48.9  | 2   | Agnes Kamento(TRW)        | 6:39.2  |
| 2   | Dwight Moberg(TRW)           | 5:19.2  | 3   | Nicki Hobson(GenAtomic)   | 6:46.1  |
| 3   | Bob Landry(LATimes)          | 5:22.9  | <b>Open 5000m:</b>  |                           |         |
| <b>Open 5000m:</b>  |                              |         | 1   | Teresa Horn(Hughes)       | 19:54.8 |
| 1   | Greg Gawlik(Hughes)          | 15:26.8 | 2   | Kathy Hart(SecPacBank)    | 20:23.3 |
| 2   | Les Tate(Fluor)              | 15:36.9 | 3   | Ilma Romero(PacTel)       | 21:57.3 |
| 3   | Mark Dulaney(Datsun)         | 15:45.6 | <b>30 &amp; Over 5000m:</b>   |                           |         |
| <b>30 &amp; Over 5000m:</b>   |                              |         | 1   | Diana Johnson(Hughes)     | 20:01.2 |
| 1   | Ben Wilson(KaiserSteel)      | 15:24.3 | 2   | Mary Walker(TRW)          | 23:06.5 |
| 2   | Mike Tsehai(Rockwell)        | 16:31.1 | <b>40 &amp; Over 5000m:</b>   |                           |         |
| 3   | Bruce Horiguchi(Hughes)      | 17:04.9 | 1   | Mary Elwell(TRW)          | 21:56.5 |
| <b>40 &amp; Over 5000m:</b>   |                              |         | 2   | Ann Martin(Hughes)        | 23:22.9 |
| 1   | Pete Larson(GenAtomic)       | 17:38.0 | 3   | Loretta Smith(TRW)        | 24:02.1 |
| 2   | Chuck Bolin(TRW)             | 19:30.4 | <b>Open 400 Relay:</b>  |                           |         |
| 3   | David King(SecPacBank)       | NT      | 1   | TRW                       | 53.81   |
| <b>Open 400m Relay:</b>   |                              |         | 2   | LA Times                  | 59.94   |
| 1   | TRW                          | 44.84   | 3   | Postal Instant Press      | 61.34   |
| 2   | Hughes                       | 45.56   | <b>30 &amp; Over 400 Relay:</b>   |                           |         |
| 3   | Hewlett Packard              | 45.86   | 1   | TRW                       | 58.74   |
| <b>30 &amp; Over 400m Relay:</b>  |                              |         | 2   | Mattel                    | 66.73   |
| 1   | TRW                          | 46.70   | 3   | Exxon                     | 67.08   |
| 2   | Hughes                       | 53.99   | <b>Open Mile Relay:</b>   |                           |         |
| <b>Open Mile Relay:</b>   |                              |         | 1   | TRW                       | 4:43.3  |
| 1   | Hughes                       | 3:31.6  | 2   | Exxon                     | 6:16.9  |
| 2   | Security Pacific Bank        | 3:34.8  | <b>30 &amp; Over Mile Relay:</b>  |                           |         |
| 3   | TRW                          | 3:35.5  | 1   | TRW                       | 5:05.8  |
| <b>30 &amp; Over Mile Relay:</b>  |                              |         | <b>Team Scores:</b>   |                           |         |
| 1   | TRW                          | 3:49.9  | 1 TRW 170, 2 Hughes Aircraft 40, 3 LA Times 39, 4 Exxon 33, 5 Pacific Telephone 15, 6 Rockwell Int'l 15, 7 Bank of America 12, 8 Fluor Corp 11, 9 Mattel 10, 10 Security Pacific Bank 10, 11 Postal Instant Press 8, 12 General Atomic 8, 13 American Airlines 6, 14 Chiropractic Offices 3, 15 Stater Bros Markets 2, 16 Fed Mart 1. |                           |         |
| 2   | General Atomic               | 3:59.8  |   |                           |         |
| 3   | Hughes                       | 4:02.9  |   |                           |         |
| <b>Team Scores:</b>   |                              |         |   |                           |         |
| 1 TRW 114, 2 Hughes Aircraft 89, 3 General Atomic 51, 4 Security Pacific Bank 43, 5 Rockwell Int'l 28, 6 LA Times 28, 7 Pacific Telephone 24, 8 Kaiser Steel 23, 9 Hewlett Packard 20, 10 Stater Bros. Markets 20, 11 Fed Mart 17, 12 Exxon 11, 13 Datsun 10, 14 Escondido Fire Dept. 6, 15 Lockheed & Fluor Corp 5, 17 Garrett Corp 2, 18 7 teams with 1 point—Bank of America, Interstate Electronics, Oceanside School Dist, Dept of Defense, Kaiser Hospital, San Diego Tribune, State of California. |                              |         |   |                           |         |



# Medical Notes for Runners

By STEVEN I. SUBOTNICK, D.P.M., M.S.

## The RULE OF THREE

**T**he number three has some very interesting applications for us runners. About ten years ago, I developed a rule of three based upon the fact that there are three times body weight going through the support foot, the foot on the ground, during running. This is not exactly true inasmuch as there is about three times body weight registered by a stress plate, or three times body weight going through the ground, when on a level surface with about a 150 pound runner. There is about four times body weight going downhill since you are falling further. Going uphill, there is two times body weight. Body weight, scientifically, is described in G's. G's means gravity. One G equals one body weight factor. In actuality, accelerometer devices to measure acceleration and force, placed in the bones of the lower extremities, show that there may be as much as 18 to 22 G's, or 18 to 22 times your body weight, going through the extremity itself. Much of this force is absorbed by the muscles, the bones, and the motion of the joints itself.

In previous articles, I've mentioned the fact that The Rule of Three, likewise, is influenced by the surfaces you run on. Grass and natural surfaces, such as grass, tend to be about 50% less jarring on the body than running on cement. Asphalt is a better surface than cement in regards to shock absorbance.

### So What is the Significance of The Rule of Three?

The significance is that most of the biomechanical abnormalities that we see in the lower extremity are three times more important in a runner than in a non-runner or sedentary individual. This means that, if you have an imbalance in the forefoot of about 4°, it's as important as if it was a 12° deformity if you are a runner. This 4° deformity may not cause a significant amount of discomfort in walking or standing activities but certainly can cause a major problem with excessive pronation or rolling in of the foot in secondary imbalance of the whole

lower extremity chain in running. The reason that I developed The Rule of Three was to make physicians who are treating athletes aware of the fact that what was discounted in the nonathlete cannot be discounted in the athlete. A 1/8 inch limb length discrepancy in an athlete can be important and is as important or influential as a 3/8 inch limb length discrepancy which most people feel to be important, even in a non-runner. The reason for this is that the runners have a tendency to toe out on the short-legged side causing excessive strain to the inner aspect of the foot, ankle, leg, knee, and even strain to the hip and low back.

### What Else About The Rule of Three?

Well, we note that it takes about three days to recover from a hard race. It takes three weeks to feel the effects of a marathon. I notice, myself, that, about three weeks after a marathon, I'm totally wiped

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***"...make physicians...aware of the fact that what was discounted in the nonathlete cannot be discounted in the athlete."***

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out. It takes about three months to prepare for a marathon.

We notice that average runners, such as myself, do far better if we take it very easy or rest for three days before a long distance event. I have found that it takes about three years for the body to go through its major changes when an individual goes from the status of being a nonathlete or nonrunner to that of a long distance runner. Some of the changes will be a decrease in the fat in the thighs. As this fat decreases, the legs come closer together during running and the running form is more efficient. This may cause the need for a different shoe as your body changes and your running style



changes three years after you become a runner. Likewise, I have found that orthotic prescriptions can change as the body type changes during running. We also note personality changes as the body type changes and, as one goes from a mesomorph (a muscular person) or an endomorph (a somewhat fat person) to an ectomorph (a skinny person), the personality may change and people have a tendency to mellow out. All this takes about three years.

### And There is Even More

Injured runners lose three weeks for every week they are off. The body deconditions very fast.

By eating properly with modified carbohydrate loading; you can increase the store of glycogen (stored energy substance) in your muscles by about three times. This means, simply, that for four days prior to an endurance event, very little running is done and you eat mostly complex carbohydrates. The Rule of Three also may signify the fact that the mitochondria (power houses in your muscles that metabolize glycogen) increase by at least three times the amount as that seen in an inactive person. This, of



course, is why runners are most efficient and why they metabolize the food they eat so well. This also accounts for the fact that running helps you lose weight.

To stretch this out even further, we know that it takes 3500 calories burnt off to lose 1 pound. If one is running a mile, then 110 to 140 calories might be expended. That means that 35 miles per week equals 1 pound per week weight loss. It's not exactly that simple since people running 35 miles per week have a tendency to eat more complex carbohydrate to have the energy they need to keep their glycogen stores up so that the mitochondria can metabolize the glycogen and give the muscles the energy and power they need to allow that individual to run. What's really important is that the body is much more efficient and the mitochondria are metabolizing everything we eat, better. They are metabolizing fat, complex carbohydrates, and even the sugars we take into our body.

#### Is There More?

Of course there's more. I've found that almost everybody can get by with biomechanical abnormalities, sloppy running form, poor eating habits, and poor training habits for about three years before it all catches up. I don't know why but this is just a general observation. It certainly has been true with most of the people I treat and, likewise, has been true with myself. You have about three years grace period before it all catches up.

#### And Finally!

And finally, we note that you can about extend yourself to run three times your average daily training run. If your average run is 9 miles per day, 5 days a week, you should be able to complete a marathon or at least go 27 miles. This doesn't mean that you will go fast but it means that you should be able to finish. If your average run is 3 miles a day, or fifteen miles a week, you could probably struggle through an 8 or 9 mile race if you went slow and easy and didn't burn out at first. Just as you can extend yourself to cover a distance of about three times your average run during the week, it also is prudent to prepare yourself by slowly running the distance so that you are used to it; and, likewise, using The Rule of Three, if you run for 15 minutes and walk for 5 minutes, you'll certainly be able to complete almost all endurance events. This is what the fifty-miler athletes often will do. This means that you run three times more than you walk but you have a walking break with every workout or, at least, during the long endurance races.

So there you have it. The Rule of Three with all kinds of associated hints and examples. If any of you can think of additional examples of The Rule of Three, let me know. Likewise, if you are having any problems, questions, or have suggestions, let me know.

Thanks for reading.

Dr. Subotnick, in addition to writing this monthly column in *California Track & Running News*, is Associate Professor of Biomechanics, Surgery and Kinesiology; Past President of the American Academy of Podiatric Sports Medicine, author of *The Running Foot Doctor, Cures for Common Running Injuries*; and Podiatry Consultant for *Runner's World* magazine.

## Masters Scene

### West Coast Masters Classic T&F Meet

**Two Mile Walk:** 50-59: 1. John Friesen (CDM) 20:25.2. 60-69: 1. Frank Saylor (Unatt) 20:51.4. **70-plus:** 1. Ches Unruh (SDTC) 20:48.8.

**3 Mile:** 30-39: 1. Juan Garza (Unatt) 15:27.8; 2. Gary Campbell (VR) 15:38.9. 40-49: 1. James Erbes (TRW) 16:55.0; 2. Frank Padilla (VR) 18:09.9. 50-59: 1. Rey Dietderich (NCS) 23:13.0. 60-69: 1. Harry Harder (HSTC) 19:48.6.

**2 Mile:** Women 30-39: 1. Cherie Stephenson (VR) 14:04.1.

**440 Relay:** 30-39: 1. Tulare Trackmasters 50.5. 40-49: 1. So. Cal Striders 46.2. 50-59: 1. So. Cal Striders 54.1. 60-69: 1. Corona Del Mar 61.3.

**120 Yard Hurdles:** 30-39: 1. Cornelius McCormack (Unatt) 15.8. 40-49: 1. Dee DeWitt (SCS) 15.4. 50-59: 1. Bob Higginbotham (Unatt) 18.7.

**440:** Women 40-49: 1. Jeanne Carter (CDM) 67.9. Women 60-69: 1. Josephine Kolda (NCS) 80.3. 30-39: 1. Will Richmond (Unatt) 65.9. 40-49: 1. Robin Arthur Winstone (CDM) 55.9. 50-59: 1. Delaine Wagner (SCS) 60.1. 60-69: 1. George Poloyinis (CDM) 73.5.

**1 Mile:** 30-39: 1. Ray Corona (Pinole TC) 4:37.4. 40-49: 1. George Cohen (SCS) 4:38.2. 50-59: 1. Walter Atcheson (SCS) 5:28.9. 60-69: 1. Ray Mahannah (NCS) 6:08.0.

**100 Yards:** Women 30-39: 1. Maria Magana (WV) 14.2. 40-49: 1. Christel Miller (CDM) 13.1. 50-59: 1. Shirley Dietderich (NCS) NT. 60-69: 1. Josephine Kolda (NCS) 14.7. 30-39: 1. Dan Fitzsimmons (Unatt) 10.6. 40-49: 1. Lewis Smith (SCS) 10.7. 50-59: 1. Richard Zumwalt (Unatt) 12.0. 60-69: 1. Chas. Mercurio (CDM) 11.6.

**Doctors Mile:** 30-39: 1. Roger Sebert 5:15.5. 40-49: 1. Bob Blakeley 5:15.2. 50-59: 1. George Lavenson 6:42.5. 60-69: 1. George Poloyinis 6:18.9.

**440 Hurdles:** 30-39: 1. Cornelius McCormack (Unatt) 61.2. 40-49: 1. Gary Miller (CDM) 58.4.

**880:** 30-39: 1. Wayne Douglas (LVTC) 2:03.7. 40-49: 1. George Cohen (SCS) 2:01.2. 50-59: 1. Ken Napier (WVJS) 2:17.6.

**220:** Women 30-39: 1. Maria Magana (WV) 32.1. Women 40-49: 1. Jeanne Carter (CDM) 30.4. Women 50-59: 1. Shirley Dietderich (NCS) 37.5. Women 60-69: 1. Josephine Kolda (NCS) 34.1. 30-39: 1. Dan Fitzsimmons (Unatt) 24.1. 40-49: 1. Robin Arthur Winstone (CDM) 24.7. 50-59: 1. Richard Zumwalt (Unatt) 27.1. 60-69: 1. Clarence Killion (CDM) 28.4.

**Mile Relay:** 30-39: 1. West Valley J&S 3:57.4. 60-69: 1. Unatt 5:48.2.

**Long Jump:** Women 40-49: 1. Cristel Miller (CDM) 13-8. 30-39: 1. Rufus Morris (SCS) 21-10½. 40-49: 1. Dee DeWitt (SCS) 18-4. 50-59: 1. Jim Johnson (NCS) 16-1½. 60-69: 1. Chas. Mercurio (CDM) 12-7½.

**High Jump:** Women 50-59: 1. Shirley Kinsey 3-6. 30-39: 1. Wesley Mitchell (Unatt) 5-10. 40-49: 1. Dee DeWitt (SCS) 5-4. 50-59: 1. Jim Johnson (NCS) 4-3.

**Shot Put:** Women 30-39: 1. Rachel Mezza 21-1. Women 40-49: 1. Crystel Miller 26-2½.

50-59: 1. Shirley Kinsey 30-8. 30-39 (16 lb): 1. Dennis Swearingen 43-6. 40-49 (16 lb): 1. Chuck Hann 43-1. 50-59 (12 lb): 1. Lowell Neilson 31-6. 60-69 (8 lb): 1. Bob Stone 44-2.

**Discus:** Women 30-39: 1. Rachel Mezza 53-6. Women 40-49: 1. Crystel Miller 78-5. 50-59: 1. Shirley Kinsey 84-11. 30-39: 1. Cornelius McCormack 132-1. 40-49: 1. Chuck Hann 112-7. 50-59: 1. Lowell Nielson 88-2. 60-69: 1. Bob Stone 135-8. 70-plus: 1. Robert Booth 78-1.

## All American Invitational

June 12: Cal Poly Pomona.

**100 Meters:** 1. Roberson (CDM) 11.3; 2. Segal (CDM) 11.5; 3. Lester (AATC) 14.1. **200:** 1. Roberson (CDM) 23.5; 2. Segal (CDM) 23.6; 3. Sallinger (CDM) 25.1. **400:** 1. Miller (CDM) 52.2; 2. Williams (AATC) 55.0. **800:** 1. Cheeren (Unat) 2:12.3. **110H:** 1. Sallinger (CDM) 15.1; 2. Henry (DCM) 15.7. **Long Jump:** 1. Henry (CDM) 20-0¼; 2. Jackson (CDM) 19-1. **Triple Jump:** 1. Jackson (CDM) 41-8¾; 2. Henry (CDM) 41-1½. **Hammer:** 1. Frenn (AATC) 195-6. **Discus:** 1. Miller (CDM) 96-4. **Women's Javelin:** 1. Miller (CDM) 96-8½. **Discus:** Miller, C. (CDM) 87-1.

## Masters Decathlon

August 28-29: World Veteran Decathlon. At San Diego State University. For further information call (714) 455-4440 (days), or (714) 299-TRAC.

## Lockheed Masters Win

June 27, Stanford Stadium, Palo Alto. Corporate Cup Master Relay.

A Lockheed Missiles & Space Company team of Rudy Escobedo, 42 (2:14.1); Sam Vandenburg, 45 (61.3); Jerry Lewis, 47 (2:10.2); won the Corporate Cup Masters Relay event (880-440-880) with a time of 5:25.6.

## L.A. All Comers Meets

Los Angeles City Schools Summer All Comers Meets. Best marks through July 11.

**100 Yards:** 1. Nick Newton 11.1; 2. Sal Pratt 11.2; 3. Fouts Williams 11.2; 4. Bob Smith 11.5; 5. Bill Adler 12.0. **Mile:** 1. Norm Towers 4:50; 2. Ted Oviatt 5:05; 3. Tom Hanson 5:13; 4. Jack Stewart 5:18; 5. Jim Hanley 5:19; 6. Johan Arms 5:20; 7. Ira Yawnick 5:22; 8. Mike McKeon 5:36; 9. Fouts Williams 5:43. **880:** 1. Norm Towers 2:14; 2. Fouts Williams 2:19; 3. Al Barrett 2:21. **440:** 1. Gary Miller 54.1; 2. Harvey Johnson 55.28; 3. Fouts Williams 56.1; 4. Wayne Johnson 56.1; 5. Sal Pratts 59.0; 6. Al Sheahan 61.7; 7. Jerry Withers 63.3. **220:** 1. Nick Newton 24.1; 2. Gary Miller 24.4; 3. Fouts Williams 24.9; 4. David Stewart 26.0. **SP:** 1. Chris Miller 25-0½. **LJ:** 1. Chris Miller 12-5. **TJ:** 1. Chris Miller 25-11. **HJ:** 1. John Dobroth 6-4; 2. Nick Newton 5-4; 3. Marlon Connelly 5-0.



# Club News

Clubs wishing to be in the "Club News" section of California Track & Running News should send monthly reports of 300 words or less to: Club News, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Also, clubs are encouraged to send black and white photographs of members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be much appreciated.

## Stevens Creek Striders

Box 3540, Santa Clara 95055-3540

A new running club has formed in Cupertino, known as the "STEVENS CREEK STRIDERS." In just four months, membership has grown to over eighty runners.

On July 4th some 50 members of the club participated in the 3rd Annual Milpitas Firecracker 10K. Top award winners included: Rich Siemens 2nd in masters, Liz Ross 1st in women's seniors, Kathy Stinson 2nd in women's sub-masters, and Shelly Grieb 3rd in women's sub-masters.

Upcoming club activities: The Summer Relays, Lake Merced in San Francisco, and a weekend train ride to the Santa Barbara Marathon.

## Island City Runners

Island City Runners is a newly organized Alameda club sponsored by Island City Sports of Alameda. The members (almost 100 of them) have plenty of opportunities to keep themselves active in their favorite sport. There are monthly meetings with guest speakers from the running community. Usually there are two and sometimes three weekly training runs - on the streets and along the shorelines of Alameda, scenic runs in nearby hills and parks, long weekend runs, or track workouts. A pasta dinner or brunch afterward is added incentive for some. Races are regularly designated as club runs, with special attention focused on those providing good opportunities for post-race social excursions.

But even with all these activities, the Alameda Run for the Parks (see schedule) on August 22 is the club's centerpiece - its commitment to providing a superbly organized, first-rate race. The race committee includes race experts Angel Martinez and Gail Wetzork as well as dozens of runners and volunteers from the club and the Alameda Recreation and Park Department. A flat, certified 10K course, digital timer, free t-shirts, hundreds of merchandise awards, Hawaii trips, refreshments, and a professional start and finish line crew are a few of the race's highlights.

If you live in or near Alameda and want to learn more about running, join other runners in training and social activities, become active in sponsoring a first class road race, or find out about training and racing in the Bay Area, consider joining the Island City Runners. Membership details are available through Island City Sports.

photo by Richard Lee Slotkin



Helke Skaden - Capitol City Flyers

## Capitol City Flyers

Junior member Harold Kuphardt has been having a very successful year. At the Golden West Invitational he clocked 4:06.6 in the mile finishing second. Three days later he clocked a very fast 14:23.7 5,000 meters at the Junior Nationals, finishing third. Then at the Keebler Invitational Prep Meet he ran a 8:56 2-mile finishing second.

Judy Walker competed in the Western States 100 Miller finishing in 23 hours, 14 minutes. She was the fourth place woman.

At the PA-TAC 15 Kilo Championships the Flyers placed second in both the men's and women's team competition. For the men Jerry Drew was 16th in 48:19, and was followed by Jeff Clark 17th-48:40, John Mansour 18th-48:40, Ken Harvey 27th-50:01, and Mark Murray 33rd-50:52. Patti Gray led the Flyer women with her first place overall finish in 54:17. Gray was followed by third place Helke Skaden 54:43, Krista Roberts 9th-58:25, Rita Fagundes 12th-60:36, and Katherine Virostko 14th-62:37.

August 10 the Flyers will host the Capitol City Track Classic at Cal State Sacramento, beginning at 5 pm.

## Inner City AC

P.O. Box 5344, Oakland 94605

At last year's TAC championships, James Robinson set a record by winning his fourth consecutive 800 meter title. In the process, he also equaled the record of five over-all wins by Mel Sheppard (1906-07-08-11-12) and Mal Whitfield (1949-50-51-53-54). This year's win gives him an unprecedented five wins in a row and six total wins (1976-78-79-80-81-82). Now Robinson stands alone as the most prolific winner of 800 meter championships in the history of United States track and field.

Robinson's winning time of 1:46.12 at Knoxville came in only his third open 800 meter race of the season, but he expects to have a very busy European schedule.

Mark Kent made it to the semi-finals in both 100 and 200 meters at the TAC meet. Lloyd Johnson was less fortunate in the 800. Mike White did not compete because of a leg injury.

## Sportsmen of Stanislaus

819 Sunset Ave., Modesto 95351

Benton Hart, honorary member of S.O.S. has recently begun training for the big annual open club run - The Natural Light Footrace which will be held Sunday, October 31, at the MJC West Campus. There will be a 10K and 2 Mile.

There are many families running together and travelling together to races: The Lee Huddy family, Charles Johnson family, the Coley's, the McCloud's, and the Halley's.

Recently Ron Champion, Lee Huddy and Charles Johnson ran some pretty good times in the Mike Fitzgibbon Memorial Run in Modesto. Ron was 6th in 36:47, Charles placed 20th with a time of 39:03 and Lee ran a very fine 43:04.

On Saturday, June 12, the Johnson's ran in the D.I.D. Father's Day Run. Charles and son Terry won the Father-Son Division and daughter Tina won the female 14-19 race. The 5 mile course seemed short, so when the race director was questioned as to the measurement of the course, he responded that he ran the course at his jogging pace of 8 minutes per mile, thus estimated the course to be 5 miles after 40 minutes of running.

Many club members are getting involved in triathlons, including Eric Hazer, Tim Halley, and Mike Webb. Several members participated in the July 11 S.F. Marathon, including Pat Stoycheff, William Hillman, Bob Higday, and Leroy Light.



## Sierra Slowpokes

116 High St., Grass Valley 95945

51-year-old club member George A. Peavy completed the 100 mile Western States run from Squaw Valley to Auburn. He recorded a 29:58:17 and was one of only 177 finishers from the total 300 starters. He fell in a creek at the 25 mile mark and broke his hand but kept going for 75 miles more.

The club sent a masters team (40-plus) to the Lake Tahoe 72 Mile Relay and came home with a first place in the age-group. The runners in order of their legs were: Jim Walker, Ted Kendall, Gary Loucks, Don Bradford, Jim Tucker, Dwayne Fleming and Barry Turner.

Adding to his reputation as a top area masters runner, on June 27 John Smallen won the Masters Division of the Sickle Cell Run at Lake Merritt in Oakland.

## Northern Calif Seniors

881 Cedar St., Alameda 94501

Nineteen club members ran the Woodminster Handicap this year. Top places were turned in by Bob Malain and Ruth Waters. Sister Marion Irvine scored a new national women's 50-plus record of 37:43 in the Pacific Sun 10K, slicing 26 seconds off the previous record. Vickie Bigelow won the 40-49 division.

The NCSTC women's team notched second place in the masters race of the Avon Marathon. The top NCSTCers were Marion Irvine (2:59:55), Ruth Anderson (3:18:29), and Ruth Waters (3:23:09). Other club participants were Karen Gudiksen 4:01:47, Annabelle Marsh 4:52:00 and Fannie Reed 5:05:56.

At the Vineyard Run Ruth Anderson won the 50-plus (3rd overall) division with a 43:43. Several members competed in the Aptos Creek Marathon; top male being Dick Collins in 4:34:44 and top female Ruth Waters at 4:37:03.

## Athletes in Action

17102 Newhope St., Fountain Valley 92708

George Mason was the top club member at the 1982 Boston Marathon and placed 15th with his 2:17:55, missing his personal best by only 31 seconds. Other AIA runners were Eric Hulst in 28th (2:20), Kent Mulkey (2:29) and Steve Mouselis (2:40).

Club director Chris Adsit announced that the team would be moving in mid-August. "Our headquarters will move to Eugene, Oregon — that seems to be the track capital of the country. Then we will have two field offices: one in southern California and one in Waco, Texas. Our primary reason is to have greater contact with our nonstaff runners. Right now we have 30 staff members in southern California and 110 nonstaff around the country with 50 more in application right now.

## Zephyr A.C.

2192 Owens Ct., Pinole 94564

Leroy Kotchevar is in his best shape since right before the 1981 Jordache Pro-Am Marathon, so it's no surprise to find him on the winner's stand so often lately. He won the Valentine's Day Run 5K at 15:03, the Herc-Dynamite Run at 20:22 (4 miles), and the St. Patrick's Benefit Run 5K at 15:11. Also, he set a PR and club record for 10K with his 30:27 at the San Jose Mercury News race.

Zephyr finally garnered a team win. Dan Hollis put together a team for the Vallejo Channel to Lake 10 miler and they won handily. Besides Hollis were Dennis & Pat Shaughnessy, Sharlet Gilbert, and John King.

Carol LaPlant won the muddy and sunken Magical Musical Marathon at 3:17:09 while Laury Fisher won the 30-39 Division for the half marathon in 1:30:12. Two weeks later both finished the American River Fifty, Carol under 9 hours and Laury under 10 hours. Here Valerie Doyle was first Zephyr in about 8:50.

Dan Hollis recounted his Boston Marathon experience from a pay-as-you-go point of view: To start with the entry fee is \$6.00. Then they tell you a \$6.00 TAC fee is mandatory. If you want a T-shirt you pay another \$6.00. When you get to Boston the program is \$2.50 and the hat is \$2.00 more. For \$5.00 you can view the course by bus. Then there goes \$3.50 per day for the two day sport expo — once inside you can pay \$7.00 to listen to the lecture given by the marathon favorites. The pre-race carbo load dinner is \$9.00. After all these charges you now have to pay \$2.00 more to get to the starting line by bus because the roads are closed to regular traffic. Then you go home and wait to pay an additional \$12.50 for the race photo — which brings your total to \$65.00. . . How did Hollis do - 2:38:18.



Ozzie Osgood - High Sierra TC

## Southern Calif. Striders

22736 Mulholland Dr., Woodland Hills 91364

At the popular Striders Relays the host team of Ralph Lee (1:59.6), George Cohen (4:42.9), Mel Elliot (3:29.7), and Bill Knocke (51.6) recorded a new American Record of 11:03.8 for the Distance Medley Relay. . . In San Diego Vic Cook vaulted 14-2½ for a new world 50-plus record.

Walt Atcheson won't quit. He ran 8 races on 8 consecutive weekends, picking up 6 firsts and 2 seconds in his 50-plus age group. George Cohen took to the roads during March and April and bagged now fewer than 4 first places (40-44 group) in a one month period, recording times of 4:36 for the mile, 16:27 5K, 39:39 10K and 1:19:41 half-marathon.

## Tulare Runners

P.O. Box 517, Tulare 93275

Dennis Wong placed third overall and second in the 25-29 division at the Run for Life 20K in Fresno with a fine 1:11:06.

Mike Cates finished second in the 30-34 age category of the Jug to the Club 10K in Visalia with a 41:01 clocking on March 20.

Don Chorley captured a third place finish in the 40-49 division with a 3:36 in the Porterville Marathon back in March.

Dennis Wong ran the San Francisco Marathon on July 11th in 2:47:54 to qualify for the 1983 Boston Marathon. The month before Wong finished second in the 25-29 division of the Air Show Half Marathon in Lemoore with 1:13:35. At the Chihuahua Road Race 6 Mile he was third in the 20-29 group with a 31:30.

Don Chorley completed the Western States 100 in 29 hours and 5 minutes. This was Don's first attempt at this distance.

At the Air Show Half Marathon A.R. Souza finished second in the 50-59 group with a 1:30:15.

New club officers were recently elected and installed to lead the club during the year. They are Larry Shanley, President; Esther Henson, Vice-President; Rena Petty, Secretary/Treasurer; and Wilma Mendoza, Newsletter Editor.

## High Sierra Track Club

112 Green Oaks, Visalia 93277

Juan Molina led club members at the Natural Light Cal Classic 8K. Molina timed a very fast 24:06 finishing second. Bob Loux was next in fifth timing 25:07. Ozzie Osgood 26:39 was first in the 35-39 group. These three came up just a hair short of winning the team title. Len Thornton ran a superb 27:38 in winning the 50-plus category. Harry Harder captured the 60-plus group at 32:42.

Dave Perez challenged Fresno Track Club's Jim Hartig at the July 4th Independence Day Run 4 Mile in Visalia, but fell short as he finished second in 20:06.

Ozzie Osgood timed 2:42 at the San Francisco Marathon and is ready to attempt a sub-2:40 at the Oakland Marathon later this year.



## Club News

### Fresno Track Club

P.O. Box 6103, Fresno 93703

The month of August holds two of the club's most interesting events with the annual Bass Lake Relay and Half Marathon.



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The Sierra Pines Marathon Relay will take place on Saturday August 7 under the direction of Jim Hartig. This year's relay will be four-person teams running twice around the lake. The Half Marathon on August 21 is once around for each runner. Both runs are sponsored by the Bass Lake Chamber of Commerce.

The first leg of the three race Bunion Derby got off to a good start with 100 runners taking part in the 3K race held in Roeding Park. Some good times and personal bests were turned in by: Al Lomeli 9:04.3, Mark Hull 9:09 (PR), Steve Ward 9:31, Frank Delgado 9:48 (PR), Jim Lambe 10:03 (PR), Tom Morgan 10:04, Ralph Smith 10:06, Dave Overstreet 10:11 (PR), Bob Rainwater 10:20 (PR), Bill Woody 10:32 (PR), Erin Woody 10:38 (PR), Jack Wilkinson 10:46 (PR), Grant Sharp 11:00 (PR), and Erin Valdez 13:14.

Several members earned top places in the Fresno Father's Day Run: David Naranjo 2nd in 15-19 at 30:56 (PR), Eric Little 2nd in 20-24 31:26, Curt Elia 1st 30-34 29:51, Bob Lindsey 1st in 35-39 31:31 (PR), Frank Delgado 1st in 45-49 33:41 (PR), Bob Fries 1st in 50-54 34:07, Sid Toabe 1st in 55-59 37:15, Erin Valdez 1st in Women 10-14 45:05 (PR), Diane Barrett 2nd in Women 20-24 41:00, Donna Wilkinson 2nd Women 35-39 42:30 (PR).

At the second annual Lemoore Naval Air Station Half Marathon award winners included Bill Woody 4th in the 40-44, Ken Takeuchi 3rd in 50-plus, Pat Hurst 1st in Women 50-plus, Marge Timberlake 1st in Women 35-39, and Erin Woody 6th in 13-18.

FTC's Frank Delgado won three divisional races during the recent California State Police Olympics staged in San Francisco. Frank won back to back 1500 meters, and 5000 meters, and with a day of rest came back to take the half marathon.

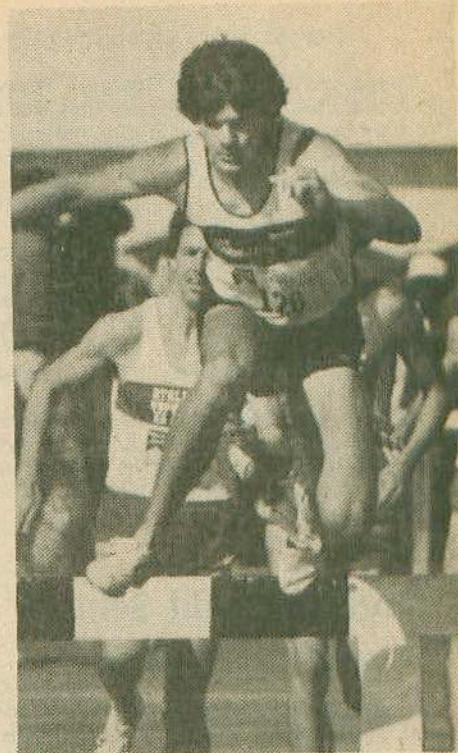
### Visalia Runners

P.O. Box 3638, Visalia 93277

The Visalia Runners men's team of Sal Lozano, Ed Taylor and Gary Campbell combined to win the team title at the Natural Light California Classic 8 Kilo. They placed fourth (25:00), sixth (25:08), and seventh (25:33) respectively. In winning the team title they earned a trip to the National TAC 25 Kilo at Ventura in September. The club also won the women's team championship with Tanis Ryzebol who was first woman finisher overall in 31:09, Shirley Johnson 32:23 and JoAnn Branco 32:44 (first master). Other club members included Robert Taylor 26:32, Jesse Rodriguez (first master) 27:01, Dave Calderon 27:22, Rob Stephenson 27:28, Pam Jones first submaster women finisher in 32:32.

Ed Taylor led club members at the July 4th Independence Day Four Mile Run in Visalia. Taylor finished third in 20:12. Following Ed was younger brother Robert with 20:34. Jess Rodriguez established a new masters course record timing a fast 21:07. Tanis Ryzebol led the club women with her second place finish overall in 24:28. Pam Austin was the next club finisher in 26:35 as she led a Visalia Runner sweep of women's 30-39 awards with Cherrie Stephenson second and Sandra Heller third.

photo by Dave Stock



Ivan Huff - Aggie Running Club

### Aggie Running Club

The Mobil/TAC USA National Championships held in June in Knoxville marked the end of the Aggie track schedule. Four Aggs, Ivan Huff, Dan Gruber, Joe Fabris, and Rudy Munoz made the trip, accompanied by Coach Peanut Harms. The TAC Meet, being the National Championships, brought together the country's best athletes. Competition in the heats was tight and tough. Joe came as close as one can to making the final in the 1500m. He was fifth in his heat with a 3:41.9 (equivalent to a 3:59 mile), and missed advancing to the final by a tenth of a second. Ivan, on the other hand, was sixth in his heat of the steeplechase and advanced to the final based on his time of 8:37. In the final Ivan ran another smart race, staying within fifteen yards of the leader of the pack at all times. Going into the last water jump, Ivan was ninth. He passed Ron Addison over the water, and then passed Kelly Jensen down the final stretch to finish in 8:31.2 for seventh, and a new PR and club record. Both Dan and Rudy ran the 10,000m in which there were no heats. Dan's 29:52 and Rudy's 29:55 were both solid efforts considering the increased humidity of Knoxville.

Undoubtedly 1982 has to be regarded as the Aggies finest year of track since their humble beginning in the early 70's. New records for the 10K, 5K, steeple, mile and 4x1500 relay and a plethora of PR's all support this claim. The Aggs thank Converse for all the monetary and equipment aid, making it possible for all the training and travel. They also acknowledge Sub-4 for all of the clothing and uniforms they have supplied to keep them fast, functional, and fashionable.



# COLLEGE DIVISION COMPARISONS ON A 5-3-2-1 BASIS

From BILL MINARIK

I have had a number of requests by coaches during the past year to do another comparison of the results of championship meets of NCAA Div. II, NCAA Div. III, NAIA, and Community Colleges. So, I did, and the results are shown here. A 5-3-2-1 scoring was used for the marks. Only events which were scoring events in all of the meets were used in the comparison. All results were courtesy of *Track & Field News*.

As was the case in the prior comparison, the Community Colleges have again outscored their 4-year college counterparts. In addition, when you consider that the CCs have only freshmen and sophomores, it becomes apparent that the country's top prep tracksters have indicated a definite preference for the community colleges as opposed to 4-year schools with the exception of NCAA Div. I. The California Community Colleges, by the way, posted 15 of the 19 best marks for the CCs with the rest of the country (NJCAA) accounting for only four.

| Event      | NCAA II<br>Mark | Pts. | NCAA III<br>Mark | Pts. | Com. Col.<br>Mark | Pts. | Mark     | Pts. |
|------------|-----------------|------|------------------|------|-------------------|------|----------|------|
| 100        | 10.57           | 2    | 10.63            | 1    | 10.32             | 5    | 10.35    |      |
| 200        | 20.96           | 2    | 21.44            | 1    | 20.84             | 3    | 20.75    | 5    |
| 400        | 45.93           | 3    | 46.14            | 1    | 46.02             | 2    | 45.78    | 5    |
| 800        | 149.97          | 2    | 1:50.29          | 1    | 1:47.77           | 5    | 1:48.78  | 3    |
| 1500       | 3:41.82         | 5    | 3:44.50          | 3    | 3:46.46           | 2    | 3:49.32  | 1    |
| 3000 SC    | 8:45.45         | 5    | 8:52.95          | 2    | 8:51.74           | 3    | 9:02.2   | 1    |
| 5000       | 14:09.09        | 5    | 14:33.39         | 1    | 14:13.05          | 3    | 14:14.05 | 2    |
| 10,000     | 29:04.94        | 5    | 29:56.07         | 2    | 29:30.76          | 3    | 30:30.7  | 1    |
| 110 HH     | 13.97           | 3    | 13.99            | 1½   | 13.99             | 1½   | 13.75    | 5    |
| 400 IH     | 50.22           | 3    | 52.63            | 1    | 50.36             | 2    | 50.07    | 5    |
| 400 Relay  | 39.80           | 5    | 40.71            | 1    | 40.03             | 2    | 39.82    | 3    |
| 1600 Relay | 3:09.17         | 3    | 3:09.52          | 2    | 3:11.39           | 1    | 3:06.16  | 5    |
| LJ         | 26-2            | 5    | 24-0             | 1    | 24-1              | 2    | 25-11    | 3    |
| TJ         | 53-8            | 3    | 49-8             | 1    | 53-1              | 2    | 54-3     | 5    |
| HJ         | 7-0             | 1½   | 7-0              | 1½   | 7-1               | 3    | 7-4      | 5    |
| PV         | 17-3            | 2    | 15-6             | 1    | 18-3              | 5    | 17-6     | 3    |
| SP         | 59-11           | 1    | 63-10            | 3    | 61-0              | 2    | 65-4     | 5    |
| DT         | 187-8           | 3    | 190-9            | 5    | 183-9             | 2    | 178-6    | 1    |
| JT         | 244-8           | 2    | 225-8            | 1    | 255-8             | 5    | 253-3    | 3    |
| Totals     |                 | 60½  | 31               | 53½  | 64                |      |          |      |

## Track & Field Results

### Hartnell/Nike Inv.

From Howard Willman

May 19, Hartnell College, Salinas.

#### MEN:

**Shot Put:** 1. Gregg Tafralis (WC) 66-0¼ (62-7¼, 62-8¼, 62-4¼, 63-7¼, 66-0¼, 64-4¼); 2. Brian Oldfield (UCTC) 65-8¼; 3. Al Feuerbach (AW) 64-3; 4. Mike Smith (WC) 63-6¼; 5. Bob Gummerson (WC) 61-2; 6. Kevin Brady (WC) 59-7¼; 7. Rob Suellfohn (SJS) 58-4¼. **Discus:** 1. Luis Delis (Cuba) 231-7 (f, 221-5, f, 214-9, 229-8, 231-7); 2. Imrich Bugar (Czechoslovakia) 220-9 (211-6, 212-5, 220-9, 214-5, 209-9, 206-6); 3. Mac Wilkins (AW) 211-0; 4. Art Burns (AW) 206-0; 5. Ken Stadel (AW) 204-3; 6. Stan Cain (AA) 203-11; 7. Jose Santa Cruz (Cuba) 203-9; 8. Jim McGoldrick (Unat) 198-7; 9. Paul Bishop (WC) 197-0; 10. Scott Overton (WC) 189-8; 11. Gregg Tafralis (WC) 187-7; 12. Tony Hill (Cal) 181-4; 13. Brian Oldfield (UCTC) 181-0; 14. Tony Fahey (WVTC) 177-2; 15. Ludvik Danek (Czechoslovakia) 174-2; 16. Jay Kovar (Cal) 173-3; 17. Bob Cook (SJS) 172-3.

#### WOMEN:

**Shot Put:** 1. Maria Sarria (Cuba) 62-3¼ (58-6¼, 60-3, 59-11, 59-2¼, f, 62-3¼); 2. Meg Ritchie (Arizona/Great Britain) 56-3¼; 3. Doris Gutewort (West Germany) 45-5. **Discus:** 1. Doris Gutewort (WG) 206-11 (191-10, 198-11, 194-1, 206-11, f, f); 2. Meg Ritchie (A/GB) 202-11; 3. Maria Sarria (Cuba) 102-9.

### Two Big Guys Mountain Games

From Howard Willman

May 22. Shot put held at Al Feuerbach's backyard in the Santa Cruz Mountains, discus held at Soquel High School.

#### MEN:

**Shot Put:** 1. Dave Laut (AW) 67-0¼ (64-1¼, 64-6, 63-7¼, f, 65-7¼, 67-0¼); 2. Brian Oldfield (UCTC) 65-8¼; 3. Jeff Braun (UCTC) 65-0¼; 4. Al Feuerbach (AW) 64-6¼; 5. Gregg Tafralis (WC) 64-4¼; 6. Ron Semkiw (WC) 64-3¼; 7. Marcus Gordien (SSTC) 64-1; 8. Doug Lane (SSTC) 63-0¼; 9. Mike Weeks (SSTC) 62-1; 10. Bishop Dolegiewicz (WC/Canada) 60-4. **Discus:** 1. Luis Delis (Cuba) 227-7 (f, f, 224-0, 224-1, f, 227-7); 2. Mac Wilkins (AW) 220-5; 3. Imrich Bugar (Czechoslovakia) 215-10; 4. Al Oerter (NYAC) 210-11; 5. John Powell (AA) 210-7; 6. Ken Stadel (AW) 210-7; 7. Art Swarts (Shore) 205-5; 8. Goran Svensson (BYU/Sweden) 203-7; 9. Jose Santa Cruz (Cuba) 199-8; 10. Jim McGoldrick (Unat) 196-4; 11. Dave Voorhees (OTC) 196-1; 12. Ludvik Danek (Czechoslovakia; former world recordholder, now 45) 178-2. No mark -- Stan Cain (AA).

#### WOMEN:

**Shot Put:** 1. Maria Sarria (Cuba) 62-2¼ (60-3, 60-5¼, 61-2¼, 61-9¼, 62-2¼, 61-10½); 2. Meg Ritchie (Arizona/Great Britain) 55-4¼; 3. Lorna Griffin (AW) 53-5¼; 4. Kathy Picknell (OTC) 50-10¼; 5.

Carol Cady (Stanford) 50-0. **Discus:** 1. Ingra Manecke (West Germany) 211-8 (173-5, f, 194-5, 211-8, f, f); 2. Doris Gutewort (WG) 205-0; 3. Leslie Deniz (Arizona St.) 194-11; 4. Lorna Griffin (AW) 184-4; 5. Kathy Picknell (OTC) 182-7; 6. Julie Hansen (SportsWest) 174-11; 7. Karen McDonald (Oregon) 169-11; 8. Carol Cady (Stanford) 167-8; 9. Meg Ritchie (Arizona/GB) 162-6; 10. Gale Zaphropoulos (WC) 158-6.

### Bantam Boys: (100m, SP, HJ)

1. Gunnar Miller (Unat) 569  
(16.39, 14-5¼, 3-5¼)

### Bantam Girls: (100m, SP, HJ)

1. Lisa Santiago (SBSP) 904  
(15.61, 17-9¼, 3-7¼)

### SPA Multi-Event

From Rich Ede

June 5-6, Cal State Northridge. Southern Pacific Association TAC Heptathlon and Junior Olympic Multi-Events Championship.

#### Heptathlon:

(100mH, SP, HJ, 200m, LJ, JT, 800m)  
1. Marlene Harmon (Naturite) 5637  
(14.06, 36-7¼, 5-3, 24.63, 18-5¼, 111-10, 2:11.95)

2. Anne Widenflit (S. Barbara) 4622  
3. Luanne Morris (S. Barbara) 4405

#### Youth Boys:

(100mH, SP, HJ, LJ, 800m)  
1. Mario Diaz (Montebello) 5637  
(16.55, 35-3¼, 5-3, 16-11¼, 2:16.67)  
2. Matt Smoth (Montebello)  
3. Eric Noguichi (Montebello)

#### Youth Girls:

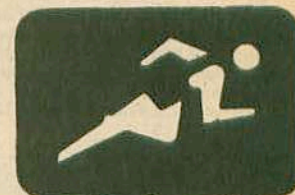
(80mH, SP, HJ, LJ, 800m)  
1. Mindy Smith (SBSP) 3142  
(12.70, 36-4¼, 4-9, 15-2¼, 2:45.8)  
2. Sandra Alexander (SBSP) 2941  
3. Tammy Banks (SBSP) 2938

#### Midget Boys:

(50mH, SP, HJ, LJ, 800m)  
1. Garrett Noel (NVGB) 2670  
(8.68, 30-9¼, 4-5¼, 14-3¼, 2:47.88)  
2. Tom Bruner (NVGB) 2095

#### Midget Girls:

(50mH, SP, HJ, LJ, 800m)  
1. Ashley Selmon (SBSP) 2125  
(9.52, 24-5¼, 4-1¼, 13-1¼, 2:53.03)  
2. Heather Hanson (SBSP) 1900



### Weight City Inv.

From Howard Willman

June 9: Bud Winter Field, San Jose State.

**Shot Put:** 1. Ron Semkiw (WC) 65-0¼ (f, 65-0¼, 63-10¼, f, f); 2. Brian Oldfield (UCTC) 64-8¼; 3. Al Feuerbach (AW) 64-8; 4. Kevin Brady (WC) 61-1¼; 5. Mike Weeks (SSTC) 60-1¼; 6. Howard Stuart (WC) 58-1; 7. Kevin Goode (CS Northridge) 54-11¼. **Discus:** 1. Art Burns (AW) 213-8 (196-1, f, f, 204-11, 200-9, 213-8); 2. Ken Stadel (AW) 212-8; 3. Jim McGoldrick (Unat) 188-1; 4. Scott Overton (WC) 187-1; 5. Paul Bishop (WC) 186-11; 6. Mike Weeks (SSTC) 185-0; 7. Tom Fahey (WVTC) 175-11. **Hammer:** 1. Dave Thomson (Stanford TC) 193-6 (192-1, 190-3, 182-10, f, 193-6, 190-10); 2. Mike Walls (Unat) 180-10; 3. Jim McGoldrick (Unat) 179-9; 4. Kevin Goode (CSN) 166-5. **12 lb Hammer:** 1. Mike Ostrom (Las Lomas HS, Walnut Ck.) 148-4. **Javelin:** 1. Jim Lothrop (WC) 249-11 (201-8, 240-10, 237-2, f, 247-5, 249-11); 2. Steve Roller (WC) 238-6; 3. Todd Kaufman (SJCC) 176-3.

continued on next page...



## Track & Field Results Continued

### All American Inv.

June 12: Cal Poly Pomona.

**100 Meters:** 1. Holmes (Unat) 10.4; 2. Booker (Unat) 10.7; 3. Quarrie (Unat) 10.8.  
**200:** 1. Holmes (CSLA) 21.5; 2. Perry (Macc) 21.9; 3. Penn (El Camino) 22.4.  
**400:** 1. Brown (SSTC) 47.3; 2. Benson (FC) 48.2; 3. Dixon (Unat) 48.2.  
**800:** 1. Handelsman (Unat) 1:49.2; 2. Lawrence (UCLA) 1:52.2; 3. Villanipa (Unat) 1:53.6.  
**1500:** 1. Russell (SSTC) 3:44.2; 2. Blaty (CPP) 3:44.3; 3. Lawrence (UCLA) 3:44.8.  
**110H:** 1. Perry (Macc) 14.1; 2. Durck (AATC) 14.6; 3. Venegas (Unat) 14.9.  
**400H:** 1. Cook (Unat) 51.7.  
**400 Relay:** 1. Maccabi 41.3; 2. Fast Crowd TC 42.1; 3. LBCC 43.4.  
**3000 Steeplechase:** 1. Haro (SMTC) 9:14.5; 2. Daniel (SMTC) 10:12.4.  
**Long Jump:** 1. Taylor (Unat) 24-1; 2. McCullough (LBCC) 23-3; 3. Rivers (LBCC) 22-5.  
**Shot Put:** 1. Lister (CSLA) 58-1½; 2. Thoma (Unat) 51-5; 3. Cartwright (AATC) 40-1½.  
**High Jump:** 1. Hrawine (CPP) 7-2½; 2. Valentine (AATC) 7-0; 3. McNamara (Fresno St.) 6-10.  
**Discus:** 1. Binley (AATC) 181-4.  
**Triple Jump:** 1. Salazar (LBCC) 52-0; 2. Gray (CSLA) 51-2½; 3. Harris (Unat) 50-8.  
**Hammer:** 1. Galle (NYAC) 201-9; 2. Rohovit (CSLB) 195-5; 3. Nickerson (UCLA) 193-1.  
**56 Lb. Weight:** 1. Frenn (AATC) 42-0; 2. Briski (Unat) 32-2½; 3. Thomas (Unat) 31-8½.  
**Pole Vault:** 1. Baird (Unat) 16-6; 2. Lester (AATC) 14-0; 3. Werner (Unat) 14-0.  
**Javelin:** 1. Kulak (CSUN) 257-4; 2. Irizarry (Unat) 220-0; 3. Rlder (Unat) 218-3.  
**Decathlon:** 1. Jim Schnur (Unat) 7658; 2. Grant Niederhaus (Macc) 7475; 3. Jon Gold (Mt. SAC) 6808.

### L.A. All Comers

June 14-15, Los Angeles City School All Comers Best Marks for the Week.

**NOVICE:** 120HH: 1. Anthony Reynolds 15.8. Mile: 1. Steve Mando 4:42; 2. Darryl Hill 4:43. PV: 1. Pat Johnson 12-0. Manuel Rodriguez 12-0. 880: 1. Don Young 1:58. 440: 1. Ron Teltel 51.9. 220: 1. Kurt Johnson 22.5. 2 Mile: 1. Ruben Haro 9:28; 2. Steve Brumwell 9:30.5. LJ: 1. Steve Baker 20-6½. SP: 1. Scruggs 50-5. HJ: 1. Brian Patchett 6-4; 2. Frank Raton 6-2. TJ: 1. Kenny Howard 45-3½.

**OPEN:** 120HH: 1. Mike Dawson 14.6; 2. Eddie Brown 14.8. Mile: 1. Dan Barry 4:27. PV: 1. Bubba Cavanaugh 16-0; 2. Chuck Suey 16-0. 880: 1. Peter Mogg 1:57.5; 2. Terry Faley 1:58.5. 440: 1. Ronald Delaney 51.5. 220: 1. Randy Walker 22.1; 2. Joseph Sangster 22.1. 3 Mile: 1. Juan Orejel 15:41. LJ: 1. Bernard Atkins 23-8. SP: 1. Steve Smith 58-8. HJ: 1. Phillip Anderson 6-8. TJ: 1. Phillip Anderson 48-6.

**WOMEN:** Mile: 1. Gladys Prieur 5:08; 2. Paula Bresnan 5:07. 880: 1. Gladys Prieur 2:22. 440: 1. Kim Stewart 61.0. 220: 1. Tisha Giddens 25.3. 2 Mile: 1. Katy Danamuir 11:11. LJ: 1. Katrina Johnson 17-10½. HJ: 1. Katrina Johnson 5-6.

### Weight City All Comers Meet

From Howard Willman

June 15: Bud Winter Field, San Jose State.

**Shot Put:** 1. Gregg Tafralis (WC) 65-7½ (f, 64-8, 65-3½, 65-7½, f, 65-5½); 2. Al Feuerbach (AW) 64-5; 3. Mike Smith (WC) 64-3; 4. Mike Weeks (SSTC) 58-6½.  
**Discus:** 1. Art Burns (AW) 219-3 (219-3, f, 211-2, f, f); 2. Ben Plucknett (SCS) 218-8; 3. Ken Stadel (AW) 214-4; 4. Mike Weeks (SSTC) 176-0.

### L.A. All Comers

June 21-25, Los Angeles City School All Comers Meets best marks for the week.

**NOVICE:** 120HH: 1. Fred Adams 14.88; 2. Calvin Goodson 14.89. 100y: 1. Randall Walker 9.68; 2. John Thomas 9.9. Mile: 1. Greg Hausen 4:32; 2. Christian Preul 4:34. 880: 1. Bruce Phillips 2:06. 440: 1. Antonio Manning 51.4; 2. Howard Kenny 51.8. 220: 1. Ron Delaney 22.5. 330LH: 1. Michael Newman 41.1. 2 Mile: 1. Danny Zepeda 9:07; 2. Eric Gottsfeld 9:31. LJ: 1. Steve Baker 21-7. HJ: 1. Mike Fitzgerald 6-2. PV: 1. Vince Coleman 14-6; 2. Bill Whitaker 13-0; 3. Bruce Phillips 13-0. TJ: 1. Steven Baker 42-11. SP: 1. Paul Brice 49-0.

**OPEN:** 120HH: 1. Ramon Blins 14.86. 100y: 1. Antonio Manning 9.8; 2. Brian Hawkin 9.9. Mile: 1. Ron Maroko 4:23. 880: 1. Ron Maroko 2:01. 440: 1. Chauncy Isom 49.8. 220: 1. Frank Peace 22.3. 330H: 1. Mel Embree 40.12. 3 Mile: 1. Steve Rivera 15:04. LJ: 1. Darryl Taylor 23-2. HJ: 1. Mel Embree 6-6. PV: 1. Greg Woepse 16-9; 2. Don Baird 16-9; 3. Chuck Suey 16-3. TJ: 1. Darryl Taylor 46-6½. SP: 1. Tom Lister 60-6; 2. John Frazier 53-4.

**WOMEN:** 100y: 1. Tisha Giddens 11.17. Mile: 1. Gladys Prieur 5:05; 2. Katie Dusimuir 5:15. 880: 1. Paula Bresnan 2:13. 440: 1. Rachel Villegas 62.1. 220: 1. Angeli-que Green 27.1. 330H: 1. Duntra McCray 48.68. LJ: 1. Janneen Holland 15-0. HJ: 1. Yolanda Avelas 5-2. TJ: 1. Meg Morley 29-9½. SP: 1. Lisa Mitchell 36-6; 2. Karen Fletcher 36-5.

### Weight City All Comers Meet

From Howard Willman

June 22: Bud Winter Field, San Jose State.

**Shot Put:** 1. Rob Suefflohn (SJS/WC) 63-5 (59-11¼, f, 58-6½, 63-0¼, f, 63-5); 2. Kevin Brady (WC) 60-6¼; 3. Ron McKee (CS Northridge) 58-8½. **Discus:** 1. Ken Stadel (AW) 223-2 (219-5, f, 207-1, 223-2, 215-3, f); 2. Art Burns (AW) 222-4; 3. Ben Plucknett (SCS) 205-11.

### TAC Heptathlon

From Sherry Calvert

June 26-27: University of Southern California. T.A.C. Heptathlon National Championships and FGR vs. USA.

**SENIOR DIVISION:**  
1. Jackie Joyner (Wilt's AC) 8041 (13.81, 38-8¼, 5-7¼, 23.85, 20-4, 119-11, 2:12.67)  
2. Iris Kuenstner (FGR) 8025  
3. Cindy Greiner (Oregon TC) 5950 (14.49, 42-7, 6-1¼, 25.18, 18-11½, 128-10, 2:18.31)  
4. Helke Filsinger (FGR) 5927  
5. Marlene Harmon (LA Naturite) 5902 (13.72, 37-8¼, 5-6¼, 24.51, 19-8¼, 116-7, 2:11.30)  
6. Birgit Dressel (FGR) 5889  
7. Marita Gabriel (FGR) 5740  
8. Patsy Walker (U. Houston TC) 5720 (14.30, 42-9, 5-7¼, 25.39, 18-7¼, 120-5, 2:18.93)

**JUNIOR DIVISION:**  
1. Sharon Hatfield (Coast) 5405 (14.50, 33-6, 5-5½, 25.65, 18-8½, 116-10, 2:21.18)  
2. Debbie CaCosta (Sunshine) 5191 (14.37, 36-3, 5-3, 25.58, 17-1¼, 107-0, 2:28.41)  
3. Sharon Pfister (Unat, NY) 5105 (14.64, 31-5¼, 5-7¼, 26.87, 18-3¼, 104-7, 2:30.38)  
4. Debbie Larsen (Coast) 5091  
5. Denise Gatzembide (Unat, Utah) 4915  
6. Laura Mozingo (Knoxville TC) 4839  
7. Dori Tressler (Unat, CA) 4365  
8. Molly Moore (Unat, CA) 4277

### L.A. All Comers

June 28-July 2, Los Angeles City Schools All Comers Meets, best marks for the week.

**NOVICE:** 120HH: 1. Steven Daniels 14.6; 2. Fred Adams 14.88; 3. Calvin Goodson 14.89. 100y: 1. Randall Walker 9.68. Mile: 1. Greg Hausen 4:32; 2. Christian Preul 4:34. 880: 1. Donald Young 1:58. 440: 1. McArthur Osborne 49.7. 220: 1. Ron Delaney 22.5; 2. Kurt Johnson 22.5. 330H: 1. Michael Dawson 40.1; 2. Don Young 40.6. 2 Mile: 1. Martin Gonzalez 9:56. PV: 1. Paul Velasco 12-0. TJ: Henry Green 44-6½. HJ: 1. Lindy Leory 6-6; Brian Patchett 6-4. SP: 1. Paul Brice 49-7. LJ: 1. Henry Green 21-10.

**OPEN:** 120HH: 1. Mike Dawson 14.4; 2. Eddie Brown 14.8. 100y: 1. Antonio Manning 9.6; 2. Randy Walker 9.7; 3. Calvin Jackson 9.7; 4. Darrin Turner 9.7; 5. Brian Hawkins 9.7; 6. Eugene Driver 9.7. Mile: 1. Ron Moroko 4:23. 880: 1. Peter Mogg 1:57; 2. Lance Podolski 1:57. 440: 1. Chanuncy Isom 49.8. 220: 1. Antonio Manning 21.4; 2. Eugene Driver 21.6; 3. Randy Walker 21.9. 330H: 1. Mel Embree 40.12. 3 Mile: 1. Reuben Haro 14:26; 2. James Isom 14:43. SP: 1. Steve Smith 58-6. LJ: 1. Bernard Atkins 23-8. PV: 1. Bubba Cavanaugh 16-0. TJ: 1. Phillip Anderson 48-6. HJ: 1. Phillip Anderson 6-6.

**WOMEN:** 100: 1. Tish Giddens 11.0. Mile: 1. Laura Miller 4:58; 2. Gladys Prieur 4:59. 880: 1. Gladys Prieur 2:22. 440: 1. Kim Stewart 61.0. 220: 1. Tisha Giddens 25.3. 2 Mile: 1. Gladys Prieur 10:45. SP: 1. Linda Soja 37-8. LJ: 1. Katrina Johnson 17-10. TJ: 1. Tracey Watson 28-6. HJ: 1. Katrina Johnson 5-6.

### L.A. All Comers

July 5-9, Los Angeles City Schools All Comers Meets, best marks of the week.

**NOVICE:** 120HH: 1. Steven Daniels 14.6. 100y: 1. Frank Peace 10.0. Mile: 1. Kenneth Hall 4:39. 880: 1. Don Young 1:59. 440: 1. McArthur Osborne 49.7. 220: 1. Darryl Simon 22.6; 2. Micheal Godinez 22.8. 330H: 1. Micheal Dawson 40.1; 2. Don Young 40.6. 2 Mile: 1. Martin Gonzalez 9:56. PV: 1. Paul Velasco 12-0. TJ: Henry Green 44-6½. HJ: 1. Lindy Leory 6-6; Brian Patchett 6-4. SP: 1. Paul Brice 49-7. LJ: 1. Henry Green 21-10.

**OPEN:** 120HH: 1. Mike Dawson 14.4. 100y: 1. Antonio Manning 9.6; 2. Randy Walker 9.6; 3. Calvin Jackson 9.7; 4. Darrin Turner 9.7; 5. Brian Hawkins 9.7; 6. Eugene Driver 9.7. Mile: 1. Steve Gilbert 4:28.8. 880: 1. Lance Podolski 1:57; 2. Chauncey Isom 1:57.4; 3. John Hall 1:57.6. 440: 1. John Ranson 50.8. 220: 1. Antonio Manning 21.4; 2. Eugene Driver 21.6; 3. Randy Walker 21.9. 330H: 1. Mel Embree 43.0. 3 Mile: 1. Reuben Haro 14:26; 2. James Isom 14:43. PV: 1. Phil Castro 13-6. TJ: 1. Cedric DeCree 41-4. HJ: 1. Mel Embree 6-6. SP: 1. Aron Buckholtz 44-7. LJ: 1. Jim Sweet 22-4.

**WOMEN:** 100y: 1. Andrea Rolfe 11.5. Mile: 1. Laura Miller 4:58; 2. Gladys Prieur 4:59. 880: 1. Lisa Buckley 2:30. 440: 1. Rachel Villegas 61.2. 220: 1. Keya Paul 26.1. 330H: 1. Demetria McCray 53.4. 2 Mile: 1. Gladys Prieur 10:45. HJ: 1. Yolanda Aviles 5-1. SP: 1. Linda Soja 37-8. LJ: 1. Lynn Shamburger 16-0½.

# Tehachapi

Natural  
Light

## August 21, 1982

REGISTRATION: 7:30-8:30 AM on August 21st only, No Pre-registration! Sign up at Start - Jacobson Jr. High, Snyder & Tehachapi Blvd., Tehachapi. Race starts at F St. & Mojave.

ENTRY FEES: With choice of T-shirt or Bag \$7, No T-shirt or Bag \$3. Choice of T-shirt or Duffel Bags to 1st 200 registered.

DIVISIONS & AWARDS: Many age group divisions and awards. Finish certificates to all finishers.

REFRESHMENTS: Water, Soda, ERG, & Natural Light Beer available at finish, Water & Erg at 5K Aid Station.

TEHACHAPI MOUNTAIN FESTIVAL: Activities include - Parade, Bar-B-Q, Rodeo, Dance & much more. Bring the family and have fun.

FOR MORE INFORMATION: Call Bob Small (805) 871-7656 or Paul Cross (805) 399-5750.



# Long Distance Log

## NorCal Notes

By Jack Leydig

**NOTE:** Please send newsy information and "tidbits" for the NorCal area (Fresno northward) directly to — Jack Leydig, P.O. Box 612, San Mateo, CA 94401, or phone (415) 341-3119. If you think you have some news that may be of interest to our readers, don't be bashful! Mail it in right away. *Deadline* for receipt of materials is the 10th of each month for the following month's issue. We still aren't getting very much response. Remember, if you want this column to be interesting and representative, we must get some input!

**PEOPLE NEWS:** Ron Fritzke of San Jose, who was second in the Bay to Breakers behind Rod Dixon, recorded a sparkling 29:16 for the Peachtree 10K in Atlanta to place ninth overall, just a minute behind winner John Sinclair. Ex-Northern California masters ace, Judy Fox Eddy of Durham, NC, who is 41 years old, finished a remarkable 10th overall in the women's field with a fine 35:32. . . . Jim Bowers zipped to a 1:07:45 for the Ass to Ass Half-Marathon in Santa Rosa in May, however, it will not be counted because the course is not nationally certified. His time was 6 seconds under the current national record. The 43-year-old Bowers then did an encore at the San Francisco Marathon, taking the masters division there in a sparkling 2:23:59. . . Sub-three-hour masters woman Marilyn Harbin was cruising along in the San Francisco Marathon when something snapped (literally)...one of her achilles tendons tore and she was immediately put out of action and taken to a hospital. . . . S.F. Marathon winner, Miguel Tibadulza, clipped some 8 minutes from his previous PR, set only 3 weeks earlier, with a 2:14:30. The 24-year-old Colombian upended his older brother Domingo, a three-time Olympian, for the first time. Domingo also dipped under 2:15 with a 2:14:52, while defending champion Hal Schulz set a PR with a time of just a few seconds over 2:15.

**RACE INFORMATION:** Lots of race cancellations this fall. The California Road Runners decided to cancel both their September 12 5 & 10K races in Cupertino, and also their 100 Miller on October 3rd. The latter was cancelled due to many washed-out trails from last winter's storms which made many areas impassable. . . . The Muir Run and Monterey Bay Ford Hospice Run, both scheduled for September 26th, have been cancelled for unannounced reasons. The Bridge to Bridge Run which is scheduled for the same day, will surely lure many of those that had been planning on running either of those races.

**PA/TAC CHAMPIONSHIPS:** The Hayward Half-Marathon has been awarded the District Championship title and is scheduled for October 24th. No prize money as yet has been approved. The 10-Mile Championship will be the Buffalo Stampede in Sacramento—prize monies will be limited to \$250 for open men and women, with \$150 going to men, and the masters committee has approved \$150 in prize money. The 50K Championship held on August 8th was granted \$175 in prize money. The 10K Championship will be held on September 26th at the Billy Mills 10K, and was granted \$250 on a conditional basis (what condition?). The 25K Championship will be held on November 14th (in Marin) and will be called the China Camp 25K. A sponsor has been acquired that will provide \$2,400 in prize money to both teams and individuals (men and women, open and masters). Specific amounts to be listed in the next issue. A list of the 1983 PA/TAC Championships that were awarded at the June 27th meeting (following the 15K in Los Altos) will be listed in next issue. . . . The 4th annual Sportsmen of the Stanislaus-Natural Light Footrace, scheduled for October 31st, will be hosting a Running Clinic the day before. For information contact: Jeff Highlet, 229 Charlemagne Way, Modesto 95350 (209) 527-7597. . . . Running Promotions Unlimited of Lancaster (in Southern California) will host the Ed Jerome Memorial 5K and Half-Marathon on October 23rd (in Lancaster). Proceeds from



Jack Leydig  
NorCal Editor

the event will be used to perpetuate the race and promote running and fitness in Ed's memory. As many of you may recall, Ed was killed while training for a triathlon when a car hit him. He had many friends in both the North and South state.

The PA/TAC Men's & Women's Track & Field Championships will be held on August 28th at Edwards Stadium in Berkeley (University of California). Prize money will be awarded to the top three men's and women's teams (clubs) on a \$200/\$100/\$50 distribution, with scoring on a 5-3-1 basis. Al Kolling will serve as Chairperson for the Championships and can be reached at 1237 Glen Ave., Berkeley 94708 (415) 843-2523. The meet will have a full schedule of events—100m thru 10,000m for men, with 3000m and 5000m for women, and both relays. It is assumed that all field events, including javelin and hammer, will be held.

**Re: TAC REGISTRATION** — For the PA/TAC Championships that are only PA Championships, and nothing else (i.e. not part of another race), a TAC card will be required of every entrant. For those championships that are part of another race, that race will be required to suggest a TAC card (& how to obtain one) from every entrant. Of course, anyone wishing to score or receive prizes in a Championship will be required to have a TAC card.

August 15th is the deadline for any National TAC By-Law or Rule Changes (legislation submission) to be submitted thru the local Board of Athletics. This is also the deadline for National (1983) Championship bids.

The next PA/TAC Meeting will take place after the 10K Championships on September 26th in Sacramento. The Executive Committee will conduct any business between now and then.

**WHEELCHAIR ATHLETES:** It should be a right, and not a privilege, for wheelchair athletes to participate in road running events, according to an article in the current issue of the Pacific Law Journal. The quarterly journal is published by students at University of the Pacific's McGeorge School of Law in Sacramento.

McGeorge student David D. Carico authored "Wheelchair Participation in Road Racing: A Right, Not a Privilege". It argues that a 1981 court decision to exclude wheelchair competitors from the New York Marathon violates certain sections of federal and state law and the equal protection clause of the 14th Amendment.

Carico, a runner who has worked with the handicapped, explains that he researched this legal issue for the Journal to try and avoid imposition of the New York rule in this state. He proposes amending the California Civil Code to remedy this situation and to increase the availability of road races and other organized athletic events for the physically handicapped.



# Results

## Health Beat Run

From End of the Line  
Race Consultants

### May 15. Chula Vista. 10K.

|                        |       |
|------------------------|-------|
| 1 Terry Cotton (27)    | 30:30 |
| 2 Jose Vega (18)       | 30:56 |
| 3 Jeff Ruland (22)     | 31:06 |
| 4 Gilbert Alvarez (23) | 31:52 |
| 5 Steve Hastings (20)  | 33:07 |
| 6 Ted Kukla (23)       | 33:14 |
| 7 Kevin Peck (20)      | 33:43 |
| 8 Norman Hammond (20)  | 33:55 |
| 9 Bob Miller (25)      | 34:15 |
| 10 Alvaro Garza (32)   | 34:47 |

**Men's Divisions: 17 & Under:** 1. Maxim Duprat 37:48, 2. Luis Lopez 38:30, 3. David Bitonti 39:40, 4. Mark Fishel 44:48. **30-39:** 1. Alvaro Garza 34:47, 2. Dennis Smith 35:11, 3. Dan Oden 35:38, 4. Jay Gehrig 35:54. **40-49:** 1. Dale LaraBee 35:38, 2. Jim Waters 38:12, 3. Fred Lehr 38:38, 4. Steve Kimes 38:40. **50-59:** 1. Chuck Anderson 38:59, 2. Dick Robinson 37:03, 3. Jim O'Neil 37:10, 4. Bill Stock 39:39. **60 & Over:** 1. Donald Dilworth 40:41, 2. Casey Poole 42:08, 3. Jimmie Meza 44:33, 4. Dr. Elrick 45:18.

### Women's Top Ten:

|                         |       |
|-------------------------|-------|
| 1 Linda Copp (29)       | 38:18 |
| 2 Laura Johnson (18)    | 39:46 |
| 3 Dorothy Stock (49)    | 39:46 |
| 4 Tiffany Gorman (57)   | 39:48 |
| 5 Lynda Gregg (34)      | 41:25 |
| 6 Nancy Courter (39)    | 41:35 |
| 7 Betty Aguire (26)     | 42:02 |
| 8 Debbie Bernal (23)    | 42:55 |
| 9 Judy Splitgerber (42) | 43:12 |
| 10 Ursula Rains (40)    | 43:31 |

**Women's Divisions: 17 & Under:** 1. Tiffany Gorman 39:50, 2. Cynthia Aguirre 46:23, 3. Patricia Naumann 48:32, 4. Sandra Gilmer 55:00. **30-39:** 1. Lynda Gregg 41:17, 2. Nancy Courter 41:18, 3. Susan Hunter 45:37, 4. Mary Ann Kerachner 46:58. **40-49:** 1. Dorothy Stock 39:49, 2. Judy Splitgerber 43:08, 3. Ursula Rains 43:27, 4. Betty Frankum 48:15. **50 & Over:** 1. Liz Cappoz 56:51, 2. Olga Finney 65:28, 3. Delight Sims 67:08, 4. Sonia Chastain 68:00.

## Heritage Days

From Running Promotions

### May 22: Lancaster: Fourth Annual Heritage Days 10K.

|                                      |       |
|--------------------------------------|-------|
| 1 Pat Curran (Lancaster) 28          | 33:10 |
| 2 Marc Condos (Ridgecrest) 17        | 33:19 |
| 3 John McGovern (Leona) 18           | 33:35 |
| 4 Al Dehlinger (Palmdale) 21         | 33:43 |
| 5 Tony Whitmore (Lancaster) 27       | 33:44 |
| 6 Gary Maytum (Palmdale) 21          | 33:50 |
| 7 Sam Culver (Lancaster) 32          | 33:53 |
| 8 Tom Aines (Redondo Bch) 30         | 34:46 |
| 9 Andy Bermea (Lancaster) 19         | 35:04 |
| 10 Tom Barton (Newbury Pk) 16        | 35:25 |
| 11 Jerry Maytum (Palmdale) 21        | 35:30 |
| 12 Wayne Hallam (San Diego) 35       | 35:30 |
| 19 Gary Schwager (S. Monica) 40      | 37:15 |
| 21 Frank Ogawa (Palmdale) 46         | 37:24 |
| 25 Ken Hamrick (Lancaster) 44        | 38:11 |
| 43 Marv Powers (Lancaster) 54        | 40:31 |
| 51 Jeanette Wells (Lancaster) 44F    | 41:22 |
| 52 Bill Broyles (Ridgecrest) 53      | 41:27 |
| 62 Gerry Armstrong (Lancaster) 58    | 42:21 |
| 69 Jim Talley (Lancaster) 61         | 42:45 |
| 78 Carolyn Wagstaff (La Habra) 26F   | 43:08 |
| 86 Silvia Aceves (Lancaster) 32F     | 43:40 |
| 95 Liz Sundberg (Lancaster) 28F      | 44:02 |
| 110 Mary Kilpatrick (Ridgecrest) 31F | 44:54 |
| 221 Karen Morris (Leona) 41F         | 55:07 |
| 258 Haulker (Lancaster) 65           | 65:27 |

## Natural Light

### Natural Light Cal Classic 8K

From Marty Higginbotham

#### May 22. Visalia.

The area's top runners gathered on May 22, at Mooney Grove Park in Visalia for the Natural Light California Classic Eight Kilometer Run. Dennis Forthoffler from southern California jumped to an early lead setting a very fast pace. Jim Hartig, of Fresno, caught up with Forthoffler and the pair passed two miles in 9:27. Hartig took the lead, while Juan Molina also caught and passed Forthoffler. Hartig passed three in 14:24 and four miles in 19:24. Molina made an attempt at Hartig, however, he fell short as Hartig crossed the finish line in a fast 24:00 with Molina timing 24:06 and Forthoffler held third position in 24:31. (In 1980, Molina and Hartig duelled and Molina came out on top by a mere second.)

In the team competition a close battle was fought between the Visalia Runners and the High Sierra Track Club. (Team competition was determined by the combined time of the first three runners on each team). In the end, Sal Lazano, Ed Taylor and Gary Campbell of the Visalia Runners combined for a time of 1:15:42.5 to the High Sierra Track Club 1:15:51.6. The winning team earned a trip to the National TAC 25K championships in Ventura on September 19. (The first place male and female finishers overall also earned a trip to the National Championships in Ventura). For the second year in a row the always tough, Fresno Track Club, took top honors in the masters team competition with the team of Frank Delgado, Gene Lynch and Bill Woody.

Tanis Ryzabol defended her women's title as she ran a 31:09 for top honors. Ryzabol easily outdistanced second place finisher DeAnna McDaniel who timed 32:16. Tanis Ryzabol, Shirley Johnson and JoAnn Branco combined to give the Visalia Runners the women's team title.

The Natural Light California Classic is one of Central California's top road races. It is one of the first races to be run at the eight kilometer distance since the distance has been reorganized as a standard road racing distance.

**Men's Division Winners: 14 & Under:** 1. Kevin Carillo 28:39, 2. Manuel Molina 30:35, 3. Alex Tilson 30:50. **15-19:** 1. Joe Jarmlilo 26:31, 2. Kevin Pierz 27:17, 3. Pazcaul Tapia 27:55. **20-24:** 1. Dennis Forthoffler 24:31, 2. Sal Lazano 25:00, 3. Robert Taylor 26:32. **25-29:** 1. Jim Hartig 24:00, 2. Juan Molina 24:06, 3. Bob Loux 25:07. **30-34:** 1. Gary Campbell 25:33, 2. Dave Bronzan 26:49, 3. Larry Lung 27:06. **35-39:** 1. Ozzie Osgood 26:38, 2. Frank Ortega 26:53, 3. Bill Osak 31:41. **40-44:** 1. Jess Rodriguez 27:01, 2. Cram 29:04, 3. David Overstreet 29:05. **45-49:** 1. Frank Delgado 27:58, 2. Rick Zamarrillo 28:45, 3. Gene Lynch 29:08. **50-59:** 1. Len Thornton 27:38, 2. Jess Rivera 29:36, 3. Richard Razler NT. **60 & Over:** 1. Harry Harder 32:42.

**Women's Division Winners: 14 & Under:** 1. Soil Orme 37:08, 2. Jennifer Tracy NT. **15-19:** 1. Michelle Bailey 26:28, 2. Deon Stockton NT, 3. Sarah Johnson 40:34.

20-29: 1. Tanis Ryzabol 31:09, 2. DeAnna McDaniel 32:16, 3. Vicki Evangelho NT. **30-39:** 1. Pam Austin 32:32, 2. Jan Coyle



Tanis Ryzabol  
Natural Lite Classic

33:38, 3. Susan Martin 34:38. **40-49:** 1. JoAnne Branco 32:44, 2. Ramona Diaz NT, 3. Cle Conway NT. **50 & Over:** 1. Sue Takayama 41:31.

## Springfest Run

From Dave Babirak

### March 26. Granada Hills. 10K.

|                        |         |
|------------------------|---------|
| 1 Danny Bustos (19)    | 30:51.8 |
| 2 George Yusten (18)   | 30:51.8 |
| 3 Steven LeBlanc (26)  | 32:26   |
| 4 Damien Curry (17)    | 33:37   |
| 5 Steve Bitterly (26)  | 33:59   |
| 6 Ron Russell (25)     | 34:04   |
| 7 Victor Fonseca (20)  | 34:10   |
| 8 Chris Francoia (31)  | 34:49   |
| 9 Charles McClung (41) | 34:52   |
| 10 Darrel Mirkin (17)  | 35:04   |
| 11 Timothy Panec (16)  | 35:06   |
| 12 Ken Gearhart (21)   | 35:16   |
| 13 Don Grimes (37)     | 35:23   |
| 14 Clayton Patten (22) | 35:28   |
| 15 Jeff Jacobs (14)    | 35:30   |
| 16 Jerry Daniels (43)  | 35:35   |
| 17 John Tope (32)      | 35:39   |
| 18 Marc Umenoto (17)   | 35:43   |
| 19 Mark Fischer (25)   | 35:48   |
| 20 George Kingsly (42) | 35:54   |
| 21 John Blitzer (20)   | 36:04   |
| 22 Nick Trozzi (21)    | 36:21   |
| 23 Rick Keller (30)    | 36:27   |
| 24 Tony Keavy (40)     | 36:54   |
| 25 Mark Graham (24)    | 37:17   |

**Male: 13 & Under:** 1. Josh King 39:52.6, 2. Danny Nucci 43:41.0, 3. Fabian Mena 44:09.8. **45-49:** 1. Tony Keavy 36:54, 2. Thomas Cosgrove 38:24, 3. Chris Strange 38:55. **50-59:** 1. George Ropella 39:55, 2. Bill Winstanley 40:07, 3. Cliff Flores 43:10. **60 & Over:** 1. Eddie Lewin 40:20, 2. Abe Stein 42:23, 3. Paul Jernstrom 42:26.

**Females: 13 & Under:** 1. Esmeralda Solis 39:47, 2. Jennifer Fredrick 48:53, 3. Lisa Aranoff 48:55. **14-17:** 1. Stephanie Wendorf 38:28, 2. Kim Allen 42:59, 3. Valerie Ensign 50:55. **18-23:** 1. Barbara Vetter 44:14, 2. Laura Chsamassima 47:54, 3. Debra Kaloi 50:09, 4. Jody Giangreco 52:50, 5. Heidi McClintock 53:26. **24-29:** 1. Martha Mantini 43:52, 2. Linda Allison 44:23, 3. Marie Kordus 44:28, 4. Elizabeth Ann Burke 47:18, 5. Lauren O'Brien 50:03. **30-34:** 1. Carol Powell 48:35, 2. Cathy Fritchen 48:51, 3. Sharon Melndertsma 48:46. **35-39:** 1. Kathy Tucker 44:45, 2. Angelita Llerena 44:49, 3. Henrietta Theobald 48:01. **40-44:** 1. Rita Gilmore 42:58, 2. Roberta Elliott 48:22, 3. Ute Procter 46:33. **45 & Over:** 1. Atsuko Fujimoto 47:05, 2. Marie Hart 51:31, 3. Pat Winstanley 1:01:19.

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## Indian Gluch To Hornitos

May 23, Merced Area.

5 Miles:

|                                   |       |
|-----------------------------------|-------|
| 1 Dan Murray(Modesto)             | 25:30 |
| 2 John Carter(MTC)                | 28:02 |
| 3 Bill Yaley(MTC)1-40             | 28:50 |
| 4 Daniel Jeung(Ath.World)         | 29:10 |
| 5 Andres Pathan(Firebaugh)        | 29:12 |
| 6 Danny Valdez(MTC)               | 30:27 |
| 7 Gerry Holmes(MTC)               | 30:36 |
| 8 Gerald Braxton(Atwater)         | 30:37 |
| 9 Tom Parker(MTC)                 | 30:45 |
| 10 Tom Norris(MTC)                | 30:50 |
| 12 Frank Russell(MTC)2-40         | 30:56 |
| 17 Charlie Rodgers(MTC)1-50       | 31:55 |
| 22 Dick Shorman(Modesto)3-40      | 32:26 |
| 25 Mel Elliott(Hunt.Bch)2-50      | 32:41 |
| 30 Muriel Olsen(MTC)1/F           | 33:29 |
| 42 Rena Colliver(EI Portal)1/F-40 | 34:27 |
| 46 Alesha Duggins(MTC)3/F         | 34:44 |
| 49 Jane Russell(MTC)4/F           | 35:01 |
| 52 Holly Jenkins(MTC)5/F          | 35:24 |

10 Miles

|                            |       |
|----------------------------|-------|
| 1 Joaquin Leano(Reno)      | 51:12 |
| 2 Jim Hartig(FTC/Adidas)   | 54:34 |
| 3 Fred Villegas(MTC)       | 56:36 |
| 4 Joe Day(MTC)             | 60:03 |
| 5 Randy Cagle(MTC)         | 60:28 |
| 6 Curt Royer(MTC)          | 63:24 |
| 7 Rick Dahlgren(Los Banos) | 64:26 |
| 8 Ken Schwisow(MTC)1-40    | 64:40 |
| 9 Biff Burleigh(Merced)    | 64:47 |
| 10 Doyle Gerrard(MTC)1-50  | 64:48 |
| 33 Becky Dieter(Fresno)1/F | 78:07 |
| 39 Jean Schwisow(MTC)2/F   | 82:55 |
| 44 Walt Staub(MTC)1-80     | 88:41 |
| 47 Flo Seely(MTC)1/F-50    | 96:14 |

Top 10 Women:

|                        |       |
|------------------------|-------|
| 1 Mindy Ireland (30)   | 37:35 |
| 2 Linda Sippelle (47)  | 39:16 |
| 3 Patty Madrigal (16)  | 39:50 |
| 4 Lynda Gregg (34)     | 41:44 |
| 5 Carol Scott (35)     | 43:00 |
| 6 Diane Stocklin (42)  | 43:04 |
| 7 Alicia Felix (35)    | 43:08 |
| 8 Ann Grim (25)        | 43:24 |
| 9 Mary Portala (39)    | 43:48 |
| 10 Susanne Morris (30) | 44:06 |

**Women's Divisions: 12 & Under:** 1.Dawn Stone 45:20, 2.Irene Arias 54:42, 3.Christina Gay 61:00, 4.Christine Canfield 64:38, 13-17: 1.Patty Madrigal 39:50, 2.Erin Champion 65:10, 18-29: 1.Ann Grim 43:24, 2.Cheryl Kantor 45:33, 3.Madeline Lecoca 45:36, 4.Pamela Maher 45:48, 30-39: 1.Mindy Ireland 37:35, 2.Lynda Gregg 41:44, 3.Carol Scott 43:00, 4.Alicia Felix 43:08, 40-49: 1.Linda Siperelle 39:16, 2.Diane Stocklin 43:04, 3.Bernadette Simms 53:55, 4.Magdalen Wong 58:00, 50 & Over: 1.Alice Scott 50:08, 2.Rosemary Ennis 63:32.

## Centennial Cup Race

From End Of The Line  
Race Consultants

May 23, Mission Bay, 10K.

|                        |       |
|------------------------|-------|
| 1 Terry Cotton (27)    | 30:42 |
| 2 Gilbert Alvarez (24) | 31:48 |
| 3 Dave Cook (23)       | 32:50 |
| 4 Steve Hastings (20)  | 33:01 |
| 5 Norman Hammond (20)  | 33:12 |
| 6 Dennis Smith (34)    | 34:40 |
| 7 Robin Schultz (30)   | 34:44 |
| 8 Dan Oden (30)        | 34:54 |
| 9 Clemente Casas (25)  | 34:55 |
| 10 Dale Larabee (41)   | 36:16 |

**Men's Divisions: 12 & Under:** 1.Eric Billmeyer 39:26, 2.Daryl Weed 45:10, 3.Brian Pannings 47:15, 4.Donning Stabilein 53:20, 13-17: 1.Ramon Magana 36:58, 2.Ken Wong 37:25, 3.Jeff Stinchcomb 37:52, 4.Curtis Smith 41:39, 30-39: 1.Dennis Smith 34:40, 2.Robin Schultz 34:44, 3.Dan Oden 34:54, 4.Loren Swan 37:35, 40-49: 1.Dale Larabee 36:16, 2.Leon Simms 36:31, 3.Thomas Morrow 36:42, 4.William Graham 37:30, 50-59: 1.Bill Stock 39:02, 2.Jim Selty 41:19, 3.Richard Gross 43:16, 4. Mauro Hernandez 44:35, 60 & Over: 1.Ernie Pierce 52:20.

## Camino Del Diablo Race

From Mary Skinner

May 23, 9 Miles.

|                     |           |
|---------------------|-----------|
| 1 Henry Perez       | 54:03.0   |
| 2 Victor Torez      | 55:49.6   |
| 3 John Carey        | 58:28.6   |
| 4 D.Williams        | 59:20.8   |
| 5 Brian Bonner      | 1:00:01.0 |
| 6 Bryan Hagins      | 1:00:07.8 |
| 7 Dan Hollis        | 1:00:43.6 |
| 8 Gary Alderman     | 1:00:55.4 |
| 9 Eric Hayes        | 1:02:11.1 |
| 10 Steve Taylor     | 1:02:29.3 |
| 11 Bryan Holmes     | 1:03:06.3 |
| 12 Jose Perez       | 1:03:25.0 |
| 13 John Benitou     | 1:03:28.5 |
| 14 Richard DeGlymes | 1:03:54.5 |
| 15 Rip Talavera     | 1:04:00.8 |
| 16 P.Zulin          | 1:04:44.3 |
| 17 Hoyt Walker      | 1:05:00.5 |
| 18 Alan Chesterman  | 1:05:23.1 |
| 19 Paul Hopkins     | 1:05:37.9 |
| 20 Kyle Meintzer    | 1:05:57.4 |
| 21 Tim Carrier      | 1:06:03.9 |
| 22 Dan Moore        | 1:06:19.8 |
| 23 L.Tracy          | 1:07:12.3 |
| 24 Doug Rodgers     | 1:07:19.0 |
| 25 Matt Marchand    | 1:07:47.0 |

**Top Female:** Joan Shuler 1:13:24.0. **Men:** Under 12: Michael Diavatis 1:14:04.6, 13-19: Eric Hayes 1:02:11.1, 20-29: Victor Torres 55:49.6, 30-39: D. Williams 59:20.8, 40-49: Bryan Holmes 1:03:06.3, 50-64: Darrell Gee 1:10:42.1, 65 & Over: Mel Shline 1:28:20.0.

**Females:** Under 12: Megan Nab 1:43:22.7, 13-19: Michelle Kelsey 1:23:22.8, 20-29: Monya Lane 1:13:46.9, 30-39: Penny DeMoss 1:16:46.9, 40-49: Joan Schuler 1:13:24.0, 50-64: Ruth Anderson 1:16:26.7.

## NORML 10K

May 30, San Francisco (Golden Gate Park), NORML 10K Run.

**MEN:** Under 17: 1. John Wilhelmy 35:25; 2. Skip Bogardus 40:50; 3. Eric Teuton 45:04, 18-29: 1. John Moreno 31:15; 2. Mike Warr 32:22; 3. Michael Anduze 34:34, 30-39: 1. Jost Smith 32:04; 2. Charles Thompson 34:45; 3. William Larsen 35:17, 40-49: 1. David Hayes 34:54; 2. Michael Hicks 37:01; 3. Pat Cunneen 37:35, 50-Plus: 1. George Rodriguez 41:29; 2. Herman Perez 45:20; 3. Augustine Perez 45:58.

**WOMEN:** Under 17: 1. Chris Humenick 49:43; 2. Annelise Rynter 50:52; 3. Gwen Coleman 53:00, 18-29: 1. Mitzie Kelly 38:49; 2. Mary Cummings 42:28; 3. Katie Casey 43:57, 30-39: 1. Ragna Roksvagzanger 38:05; 2. Vickie Sauers 43:40; 3. Asa Mooney 47:32, 40-49: 1. Diana Platty 45:20; 2. Georgyn Hittleman 49:57; 3. Vivian Rodriguez 50:09, 50-Plus: 1. Annabel Marsh 53:08; 2. Arlene Fitzgerald 59:00; 3. Peggy Yardell 61:10.

## Ass-to-Ass

May 30, Santa Rosa: Ass-to-Ass Run. 13.1 mile and 7.7 mile.

**Men's 13.1 Mile:** Under 18: 1. Joss Walter 1:11:56; 2. Tony Scardina 1:12:49; 3. Eric Risley 1:14:09, **Open:** 1. Ted Quintana 1:04:48; 2. Rudy Munoz 1:06:43; 3. Ed Schlegle 1:07:00, **Sub-Masters:** 1. Peanut Harms 1:05:53; 2. Gary Highland 1:07:00; 3. Hersh Jenkins 1:08:13, **Masters:** 1. Jim Bowers 1:07:45; 2. Darryl Beardall 1:12:03; 3. Jon McPherson 1:14:27, **Seniors:** 1. Morton Gray 1:18:46; 2. Leo Steneck 1:27:42; 3. Aaron Hamilton 1:27:43, **Disabled:** 1. Mike DeMartin 1:58:21.

**Women's 13.1 Mile:** Under 18: 1. Lesley Foster 2:02:33; 2. Cheryl Furson 2:08:23, **Open:** 1. Sharon Powers 1:21:30; 2. Mary Humphreys 1:28:28; 3. Karen Schlegle 1:27:00, **Sub-Masters:** 1. Sharlet Gilbert 1:18:22; 2. Molly Thayer 1:20:14; 3. Sandra



John Moreno  
Round Runway &  
NORML Winner

Mike 1:23:48, **Masters:** 1. Janet Buckendahl 1:37:25; 2. Kathryn Singer 1:36:17; 3. Beth Eiselman 1:41:26, **Seniors:** 1. Majori Lawson 2:12:53; 2. Liese Ropozo 2:16:14; 3. Shirley Segar 2:22:14.

**Men's 7.7 Mile:** Under 18: 1. David Hope 42:42; 2. Ed McCullough 43:55; 3. Ryan Gilliam 45:03, **Open:** 1. Armand Moreno 40:13; 2. Tom Weir 40:26; 3. Mike Sullivan 44:06, **Sub-Masters:** 1. Brian Oldham 41:42; 2. Eduardo DeUnarte 42:08; 3. Robert Adelson 43:27, **Masters:** 1. Tom Kirchner 42:51; 2. Bill Bugler 43:11; 3. Bob Goorich 43:35, **Seniors:** 1. Bill Poore 51:28; 2. Bob Chadwick 53:24; 3. Herm Jensen 55:16, **Disabled:** 1. Don Levely 1:43:16; 2. Keith Bonchek 1:43:16.

**Women's 7.7 Mile:** Under 18: 1. Laune Rogers 53:54; 2. Wendy Smith 57:51; 3. Kern Bradley 59:38, **Open:** 1. Cathy Butler 48:36; 2. Lauren Dyda 51:48; 3. Janet Fiedler 53:03, **Sub-Masters:** 1. Kate Cornaan 47:55; 2. Nadine Soffer 49:52; 3. Vicki Brown 52:47, **Masters:** 1. Minam St. Clair 56:53; 2. Sharon Marshall 57:09; 3. Cindy McMahon 57:57, **Seniors:** 1. Nancy Sarkisan 1:08:13; 2. Jackie Leach 1:11:48; 3. Alice Waco 1:12:31, **Disabled:** 1. Kelly Johnson 2:41:17.

## Charle Chaplin 10K

June 5, Fremont.

|                 |         |
|-----------------|---------|
| 1 Ron Fritze    | 30:23.0 |
| 2 John Carey    | 31:39.8 |
| 3 Bob Brascisco | 32:07.8 |
| 4 Ron Wayne     | 32:39.4 |
| 5 Ron Davis     | 33:26.8 |
| 6 R. Whitewater | 34:04.0 |
| 7 Steve Vargas  | 34:16.6 |

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Last name, print \_\_\_\_\_ first name \_\_\_\_\_

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## Results

8 Eric Peterson  
9 B. Bugier  
10 Vegas  
11 Almendarse  
12 Rivera  
13 Robert Frost  
14 S. Selbreole  
15 S. Hochhan  
16 Myron Neuraumont  
17 Ronald Boveg  
18 Michael Hick

34:25.4  
34:32.0  
34:41.9  
34:43.7  
34:45.3  
34:52.0  
34:57.5  
34:59.1  
35:15.5  
35:32.4  
35:36.5

19 Stephen James  
20 L. Gussman  
**Women's Open:**  
1 Mar Earl  
2 C. Ruport  
3 E. Valkens  
4 Diane Bromstead  
5 Debora Fredrick  
6 Paige Lonardo

35:58.7  
36:02.7  
39:43.5  
43:00.1  
43:27.1  
43:42.2  
43:53.3  
43:55.4

## St. Margaret's Parish 5K & 10K

June 5. At Chino.

**Men:** 12 & Under: James Golle 19:35.  
13-15: Matt Hurlimann 17:43, Mike Ramos  
18:05, Danny Evans 18:10. 16-18: Zachary  
Mejia 16:47, Jim Boswell 17:21, Kevin  
Popeck 17:32. 19-29: Terry Drake 15:18,  
Kevin Jacobs 16:12, Dave Cook 16:32,  
Juvenal Naranjo 17:04, Juan Ortiz 17:13.  
30-39: Mark Newton 17:07, Joe Jacobsen

17:10, Andy Avalos 17:35. 40-49: Wally In-  
gram 16:50, Tom Richards 16:58, Michael  
McCreery 17:51. 50 & Over: Walter Al-  
cheson 18:08, Roger Tilford 19:24, Ignacio  
Mariscal 21:05.

**Females:** 12 & Under: Darby Grant 20:47,  
13-15: Maria Rocha 21:20, Ronda Gates  
23:01, Kara Brunzell 24:11. 16-18: Karen  
Sammons 22:40, Paula Williams 26:30,  
Mary Williams 26:57. 19-29: Donna  
Fromme 20:28, Margi Stroh 21:28, Lucy  
Orona 22:39, Lori Smith 22:56, Mitzie  
Twombly 23:38. 30-39: Carolyn Graywood  
21:26, Sharea Watterson 23:18,  
Guadalupe Naf 25:41. 40-49: Sally Woz-  
niak 23:52, Sandy Miller 27:57, Audrey  
Wagner 28:28. 50 & Over: Frances Tilford  
28:17.

10K:

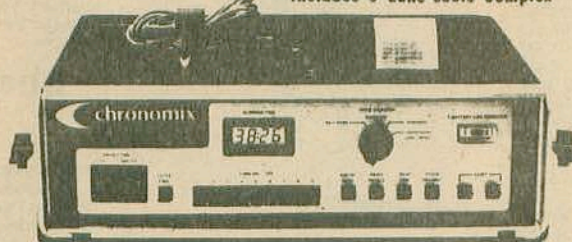
**Men:** 12 & Under: Scott Coder 43:24. 13-15:  
Shawn Riley 39:15. 16-18: David Loud  
33:18, Nathan Williams 36:03, Jimmy Salz  
37:00. 19-29: Nick Trozzi 37:27, Bryan  
Jones 37:52, John Hart 37:57. 30-39: Harry  
Hartley 35:22, Thomas Nelson 35:23, Roy  
Nilsson 36:10, Otis Fessler 36:55, Jeff  
Wilson 37:03. 40-49: Wally Ingram 35:31,  
Gary Riley 35:50, Roland Krumm 36:17,  
Robert Beehler 36:49, Dave Arntson 37:31.  
50 & Over: Charles Hanson 37:14, Douglas  
Maljala 39:51, Roger Tilford 40:44.

**Females:** 12 & Under: Emily Mungaray  
50:25. 13-15: Shannon Duncan 43:35, Mag-  
gie Minick 43:38. 16-18: Sheri Castro  
48:33. 19-29: Salley Mann 47:35, Lori  
McNaught 49:33, Robin Torgerson 51:19.  
30-39: Sue Harwell 44:45, Vicki Day 46:37,  
Patricia Miller 50:35. 40-49: Hilde Thomp-  
son 53:58. 50 & Over: Mercie Santos 54:47.

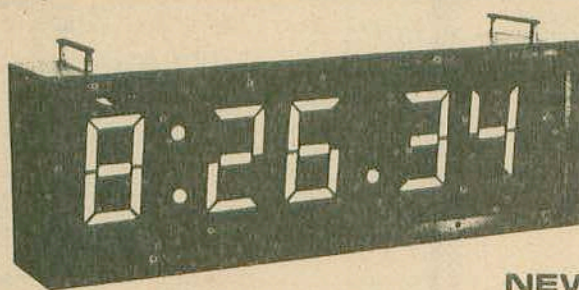
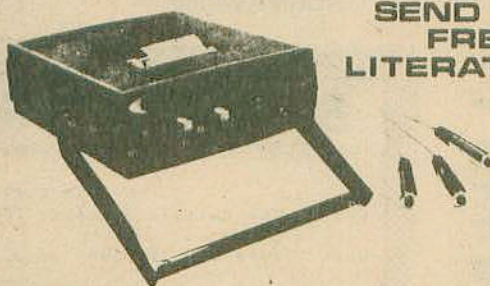
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## Synanon Mt. Run

From Ken Takeuchi

June 5, Badger: Synanon 10K Cross Country Mountain Run.

The Fourth Annual 10K Cross Country Mountain Run sponsored by the Synanon Running Club took place June 5, at the notoriously famous course over jeep trails, watering holes and cow paths. Without a doubt, the toughest course in this part of the state. This year saw one of the best turnouts ever as Michele Gauthier and Don Ramirez added a women's 5K and two mile prediction run, giving runners at every level of competition a chance to compete.

Due to the unusually heavy rain and snowfall this past winter and spring,



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washouts and gullies along with mud holes made for an interesting course. John Blair, a very strong hill runner, flattened out several of the steeper "Billy Goat" mountains to post an exceptionally good time of 37:20 to win over Rod Marvin of the Valley Sports team at 37:30 and Fresno TC's Al Lomell, 37:31. Synanon's own line runner, young Richard Rice placed 4th overall with a 37:39, and Visalia Runner's Craig Newport rounded out the top five at 39:56.

Tone Nichols won her second Betty Dederich Award for being the overall women's winner. Dederich was known as the First Lady of Synanon and passed away five years ago from the effects of cancer. The award serves as a memorial to what she believed in.

|                               |         |
|-------------------------------|---------|
| John Blair (USFS) 1 19-29     | 37:20   |
| Rod Marvin (VS) 2 19-29       | 37:30   |
| Al Lomell (FTC) 1 30-39       | 37:31   |
| Richard Rice (SRC) 3 19-29    | 37:39   |
| Craig Newport (VR) 2 30-39    | 39:56   |
| Dan Currier (VS) 3 30-39      | 41:12   |
| Bob Blakely (VR) 1 40-49      | 43:06   |
| Chuck Maas (VR) 2 40-49       | 45:18   |
| Dave Binns (SRC) 3 40-49      | 48:03   |
| Chris Denny (FJ) 1 50-59      | 45:51   |
| Ken Takeuchi (FTC) 2 50-59    | 48:22   |
| Tone Nichols (FTC) 1 19-29F   | 49:26   |
| Don Welsh (FJ) 3 50-59        | 50:18   |
| Laura Kublitke 2 19-29F       | 54:17   |
| Karen Moritz 3 19-29F         | 55:11   |
| Cecilia Vasquez (FJ) 4 19-29F | 56:38   |
| Virginia Martin (FJ) 1-60F    | 1:07:09 |
| Jim Martin (FJ) 1-60          | 1:08:51 |
| <b>Women's 3 Miles:</b>       |         |
| Erin Valdez 1 12-15           | 21:47   |
| Jennifer Tracy 1 11-under     | 24:30   |
| Shirley Moran 1 16-18         | NT      |
| Sonya Escobedo 1 40-49        | 24:33   |
| Ellen Rockwell 1-60           | 36:53   |

## Redding Triathlon

June 5 & 6, Lake Redding Park, Redding: Redding Rendezvous Triathlon.

Mike Ammon, of Carmichael, was the Iron Man for this years Triathlon on June 5, 1982, competing in the 30-39 year old age group. Ammon came in first overall in a field of 20 competitors in the grueling, three-event triathlon.

Ammon completed the eight-mile run, 23 1/2 mile bike ride and four mile canoe course in a time of 2:29:11. Ammon's time was just 38 seconds behind the best team time recorded the next day over the same course with a field of 22 four-man teams in the running.

The team of Mike Healey, who ran the eight miles; Gary McKee, who did the bicycle leg; and Mike Loudon and Steve Scoggins, canoeists; all of Redding, finished first overall in the team competition on June 6th.

Lea Brooks of Redding, competing in the 18-29 year olds bracket had the best overall time for the women in the individual competition with a time of 3:20:36. The winning women's team was composed of Debbie Jones, runner; Carla Hoots, cyclist; and Canoeists Lorrell Cooper and Renee Rucker; competing in the 18-29 year olds, finishing with a time of 3:06:55.

## Sun Run

June 6, Fair Oaks. 5 Miles.

David Chairez of Fair Oaks crossed the finish line in 26 minutes, 10 seconds, to lead the 350 participants in Sunday's five-mile Fiesta Sun Run in Old Town Fair Oaks.

Mary Ann Scannel of Sacramento, with a time of 30:23, was the top woman finisher.

**Men: 12 & Under:** 1. Ty Nickel 34:21, 2. Jason Orozco 36:46, 3. Mike Bertane 37:41, 13-17: 1. Rick Anderson 28:45, 2. (tie) Mike Marotte and Rodney Gricue 30:11, 18-29: 1. Chairez 26:10, 2. Frank Goss 26:23, 3. Matt Jones 27:31, 30-39: 1. Randy Sturgeon 28:08, 2. Lucky Volselle 29:38, 3. Ron Vogel 29:47, 40-49: 1. Tom Kando

31:23, 2. Paul Mitchel 32:15, 3. Jerry Ket-chum 32:52, 50 & Over: 1. Vance Koener 35:36, 2. Horace Viarnes 35:37, 3. Rich Kuphalt 35:43.

**Women: 12 & Under:** 1. Kris Hill 61:15, 13-17: 1. Monica Nielebeck 31:07, 2. Kristen Smith 32:19, 3. Teri Dillon 36:31, 18-29: 1. Scannel 30:23, 2. Deborah McLaughlin 31:28, 3. Nancy Riedel 32:14, 30-39: 1. Polly Lowry 36:44, 2. Suzanne D'Arcy 39:00, 3. Bunny Beloso 40:34, 40-49: 1. Nancy Millor 40:22, 2. Judy Phillips 40:36, 3. Idella Pederson 42:24, 50 & Over: 1. Muriel Orr 48:03, 2. Lorraine Brown 49:30, 3. Laura Cullins 49:59.

## Spring Flower Festival

From End Of The Line Race Consultants

June 6, Encinitas. 6.55 Miles.

|                     |       |
|---------------------|-------|
| 1 Terry Cotton      | 31:54 |
| 2 Robert Lusitana   | 32:19 |
| 3 Wally Buckingham  | 32:21 |
| 4 Frank Haralson    | 33:16 |
| 5 Bill Davies       | 33:20 |
| 6 Glen Morris       | 34:07 |
| 7 Ted Goodlake      | 34:20 |
| 8 Dave Cook         | 34:36 |
| 9 Ted Kukla         | 35:03 |
| 10 Stephen Yavorsky | 35:10 |

**Men's Divisions: 17 & Under:** 1. Ted Goodlake 34:18, 2. David Ulrich 36:52, 3. Steve Dean 37:18, 4. Tom Rich 37:33, 5. Jim Isbell 38:01, 30-39: 1. Steven Yavorsky 35:10, 2. Rick Haglin 35:18, 3. Chris Cortez 35:4, 4. Gary Petersen 35:43, 5. Dan Dierken 35:4, 40-49: 1. Gary Hooker 37:09, 2. Robert McAndrews 37:10, 3. Danilo Pound 40:07, 4. Edmund Fantino 40:37, 5. Jacob Eager 41:02, 50-59: 1. Jim O'Neill 38:41, 2. Marsh Haraden 39:54, 3. Gordon Broadhead 43:28, 4. Bud Blackwood 43:30, 5. Peter Hansen 43:33, 60 & Over: 1. Don Dilworth 43:12, 2. Jimmie Meza 47:18, 3. Don Bradley 48:37, 4. Michael Reid 52:4, 5. Bob Hutchins 52:5.

|                      |       |
|----------------------|-------|
| <b>Top 10 Women:</b> |       |
| 1 Ellen Turkel       | 41:45 |
| 2 Susan Elder        | 42:28 |
| 3 Maureen Sands      | 44:34 |
| 4 Jane Seybert       | 45:10 |
| 5 Robin Paine        | 45:26 |
| 6 Trish Walsh        | 45:48 |
| 7 Robin Eager        | 46:36 |
| 8 Becky Russell      | 47:58 |
| 9 Kim Satterlee      | 48:01 |
| 10 Sharon Devlin     | 48:13 |

**Women's Divisions: 17 & Under:** 1. Maureen Winner 44:01, 2. Robin Eager 45:57, 3. Amy King 48:15, 4. Lisa Denish 58:55, 5. Teresa Winiacki 60:20, 40-49: 1. Toni Deal 48:52, 2. Beverly Harju 50:03, 3. Sylvia Somerville 50:15, 4. Caroline Hale 52:47, 5. Angel Gonzalez 55:35, 50 & Over: 1. Tensia Trejo 52:38, 2. Shirley Tobin 52:50, 3. Marcia Foley 58:56, 4. Rosemary Ennis 67:12, 5. M. Rudee 72:10.

## De Anza Day Run

From Richard Cornelius

June 6, Cupertino: De Anza Day Annual 5K & 10K Run.

**10K Women:** 13-17: 1. Sandra Woods 47:47, 18-29: 1. Kathy Koudela 39:07, 2. Jeanne Lavin 41:40, 3. Dahlia Annell 43:38, 30-39: 1. Brogan Brogan 44:25, 2. Debi Shafer 45:52, 3. Julie Martel 47:44, 40-49: 1. Betsy Fraser-Smith 47:08, 50-59: 1. Joan Valdes 65:26.

**10K Men:** Under 13: 1. Philip Cox 44:53, 13-17: 1. Eric White 39:31, 2. Andrew Nevitt 40:17, 3. Mike West 41:09, 18-29: 1. Terence Boynton 33:28, 2. Hank Lawson 34:10, 3. Tim Chain 34:28, 4. John Clary 34:31, 5. Armando Lagunas 34:48, 6. Victor Castillo 35:24, 7. Andy Harris 35:48, 30-39: 1. Wayne Glusker 35:55, 2. John Bulash 37:53, 3. Phillip Stenna 38:18, 40-49: 1. Jim Baichtal 37:38, 2. Tom Gleason 38:55, 3.

John Ulate 39:10, 50-59: 1. Ephraim Romberg 39:05, 60-Plus: 1. John Gilkey 47:04.

**5K Women:** Under 13: 1. Linda Hanson 25:05, 13-17: 1. Christi Mall 21:15, 18-29: 1. Janet Smith 19:34, 2. Elaine Bush 19:49, 3. Elaine Helwig 20:26, 30-39: 1. Ronnie Griesse 21:12, 2. Jean Williams 22:41, 3. Jack Greer 23:37, 40-49: 1. Ruth Rowe 23:51, 50-59: 1. Jessie Brackett 31:13, 60-Plus: 1. Peggy Pridmore 30:59.

**5K Men:** Under 13: 1. Matt Dillon 20:44, 13-17: 1. Tom Legan 16:30, 18-29: 1. Daniel Gonzalez 15:19, 2. Paul French 15:35, 30-39: 1. Nick Yray 16:11, 2. Ron Tanaka 17:09, 40-49: 1. David Hayes 16:41, 2. Everett Riggie 17:13, 3. William Tucker 18:48, 50-59: 1. Bernard Stevens 20:19, 60-Plus: 1. Richard Brackett 29:10.

## Gales Creek Valley Marathon

June 6, Oregon. TAC/Penn Mutual National Masters Marathon Championship.

|                            |         |
|----------------------------|---------|
| 1 Jim Walker (MT)          | 2:21:38 |
| 2 Frank Duarte (CA)        | 2:30:19 |
| 3 Fay Bradley (Wash. D.C.) | 2:31:22 |
| 4 Warren Finke (OR)        | 2:32:20 |
| 5 Mark Gardner (OR)        | 2:32:49 |
| 6 Bill Foulk (MT)          | 2:34:50 |
| 7 Jim Knerr (CA)           | 2:35:23 |
| 8 John Watts (OR)          | 2:36:01 |
| 9 Dave Troesch (OR)        | 2:38:24 |
| 10 Dick Hipp (MD)          | 2:38:48 |
| 11 Patrick Holly (OR)      | 2:39:01 |
| 12 Robert Marsh (WA)       | 2:42:33 |
| 13 Al Beck (OR)            | 2:43:22 |
| 14 Charles Rose (VA)       | 2:44:10 |
| 15 Perry Auger (OR)        | 2:44:47 |
| 21 Skip Shaffer (CA)       | 2:50:13 |
| 24 Patrick Devine (CA)     | 2:53:44 |

## Sri Chinmoy Running Club

From Michael Lindemann

June 6, Foster City.

The fourth annual Sri Chinmoy Marathon toured the streets and walkways of Foster City this Sunday morning, and the sponsoring Sri Chinmoy Running Club is finally satisfied that they have found a permanent course. Runners in this race reported numerous PR's, due in part, no doubt, to near-perfect weather conditions, coupled with the flattest course the SCRC has ever put together. Negotiations well start immediately with city officials to return the marathon here in June, 1983.

Stiff competition from other races, notably Dipsea and the Avon Marathon in San Francisco, reduced the size of the field below the club's hopes. Still, some 350 runners left the line at 7:00 a.m., and 255 finishers were counted. Philip Broadus of Berkeley took top honors with an impressive 2:22:29.

First woman to finish was Patrice Cross, in 3:20:34. Ms. Cross is the wife of All-Pro lineman Randy Cross of the S.F. 49ers, who was recovering from a broken ankle. Patrice had never run a marathon, and had not trained for this race. "Randy's in so much pain," she said, "that I wanted to go out and do something for him, so I did this." The Cross couple would have been on an ocean cruise, but for Randy's accident.

This edition of the Sri Chinmoy Marathon introduced the fourth new course in as many years. The Foster City course took two winding loops around the city, making extensive use of the bike trail along the baylands. This course proved relatively easy to manage, and featured time splits and aid stations at each mile as in past years. Foster City police contributed some much-appreciated help at one major intersection as morning traffic increased. No traf-

fic incidents or other difficulties were reported at any point during the event.

The race organizers believe this new course can handle 1500 or more runners with ease. They are looking ahead to a much expanded field, as well as a variety of new services for participants, in the fifth annual Sri Chinmoy Marathon in early June, 1983.

**Top Ten Men:**

|                                 |         |
|---------------------------------|---------|
| 1 Philip Broadus (21) Berkeley  | 2:22:29 |
| 2 Joel Hope (24) Seaside        | 2:34:35 |
| 3 Jeff Wall (40) Daly City      | 2:34:45 |
| 4 Neil Coville (37) Albany      | 2:35:57 |
| 5 Lloyd George (25) Castro Vly  | 2:41:18 |
| 6 Bob Freck (31) Half Moon Bay  | 2:45:04 |
| 7 Steven Levy (33) Fresno       | 2:48:11 |
| 8 Robert Edward (23) Cupertino  | 2:48:19 |
| 9 Jerry Glover (28) Berkeley    | 2:48:41 |
| 10 Larry Bechtel (32) Daly City | 2:47:14 |

**Top Five Women:**

|   |         |
|---|---------|
| 1 Patrice Cross (27) Redwood Ct   | 3:20:34 |
| 2 Sandy Vernon (44) San Fran  | 3:38:31 |
| 3 Enid Marcus (29) San Fran   | 3:43:32 |
| 4 Jeanne Seelbach (34) La Honda   | 3:48:55 |
| 5 Ellen Mangels (29) Burlingame   | 3:50:15 |
| <b>Men: 40-49:</b> 1. Jeff Wall (Daly City) 2:34:45, 2. John Deitchman (San Jose) 2:51:13, 3. Dick Malkin (Berkeley) 2:57:09, 50 & Over: 1. Bob Farrington (San Jose) 2:47:53, 2. Gaylon Jorgensen (Highland, UT) 2:48:38, 3. Don Lucero (Belmont) 3:10:54.   |         |
| <b>Women: 30-39:</b> 1. Jeanne Seelbach (La Honda) 3:48:55, 2. Christine Patterson (Foster City) 3:57:06, 3. Laura Beck (Millbrae) 3:59:07, 40-49: 1. Sandy Vernon (San Francisco) 3:38:31, 2. Lucy Rios (San Francisco) 3:59:29, 50 & Over: 1. Ilona Kallai (N.Y.) 4:27:31, 2. Etta Palmer (Saratoga) 4:33:33. |         |

## Mt. Misery Run

June 6, Placerville: 10k.

Folsom's Tim Powell ran through the roads and hills of Camino and Placerville in 32 minutes, 56.4 seconds to win the 12th annual Mt. Misery Run. The 21-year old was the winner of the 18-29 age group and had the fastest time amongst the winners. Suzanne M. ore of Placerville was the women's open winner in 47:57.4.

Other winners were Tammi Foster of Diamond Springs, who took the 10th grade division in 43:01.1, Brenda Payton, Foster's El Dorado High track and cross country teammate won the 11th grade girls race in 43:53 while Brian Weidner won the boys 11th grade race in 38:20.5.

Joanne Schoener of Placerville won the ladies 30-39 race in 47:30, with Rich Goyette winning the men's 30-39 event in 36:59. In the men's 40-49 race, Rich Peterson of Pollock Pines triumphed in 37:19 while the 50-59 group was headed by John Shepard of Eagle Springs in 40:20. Finally, Oakland's John Thune won the men's 60-and-over race, completing the 6.2 miles in 48:56.0.

## Russian River Marathon

June 6.

**Men's Open:**

|                             |           |
|-----------------------------|-----------|
| 1. Irv Ray (Covina)         | 2:36:22.5 |
| 2. Mark Judge (Torrance)    | 2:36:55.4 |
| 3. Frank Selvaggio (Covina) | 2:37:28.1 |

**Women's Open:**

|                                 |           |
|---------------------------------|-----------|
| 1. Mandy Gardner (Chico)        | 3:11:45.0 |
| 2. Susan Fernandes (Redwd. Vy)  | 3:22:22.8 |
| 3. Trudy Schmutzler (Oceanside) | 3:32:03.6 |

**Men's 30-39:**

|                             |           |
|-----------------------------|-----------|
| 1. Joe Burzynski (Richmond) | 2:41:47.9 |
| 2. Ken Gurley (Santa Rosa)  | 2:42:26.9 |
| 3. Norman Gould (San Jose)  | 2:47:13.7 |

**Women's 30-39:**

|                                 |           |
|---------------------------------|-----------|
| 1. Sandra Mike (Ukiah)          | 3:01:00.5 |
| 2. Kathleen McArthur (Stanford) | 3:28:43.8 |
| 3. Casey James (Lafayette)      | 3:42:23.8 |

continued on next page...



## Results

### Men's 40-49:

|                              |           |
|------------------------------|-----------|
| 1. Nik Epanchin (San Rafael) | 2:37:42.4 |
| 2. Michael McGie (Chico)     | 2:53:40.4 |
| 3. Don James (Lafayette)     | 2:56:28.1 |

### Women's 40-49:

|                               |           |
|-------------------------------|-----------|
| 1. Valerie Doyle (Berkeley)   | 3:12:39.6 |
| 2. Diana Thompson (Palo Alto) | 4:22:55.2 |
| 3. Sandy Becker (Palermo)     | 4:26:24.0 |

### Men's 50-Plus:

|                          |           |
|--------------------------|-----------|
| 1. Alan Bellon (Ukiah)   | 3:21:03.3 |
| 2. Roy Disney (Lakeport) | 3:26:10.9 |
| 3. Alfred Rotz (Soquel)  | 3:44:16.9 |

### Half Marathon

#### Junior Men's:

|                               |           |
|-------------------------------|-----------|
| 1. Justin Eckhart (Benecia)   | 1:29:45.9 |
| 2. Michael Diavatis (Benecia) | 1:33:10.9 |
| 3. Arthur Wortuba (Ukiah)     | 1:39:54.8 |

#### Junior Women's:

|                        |           |
|------------------------|-----------|
| 1. Beth Thomas (Chico) | 1:48:21.1 |
|------------------------|-----------|

#### Men's Open:

|                          |           |
|--------------------------|-----------|
| 1. Dann Brown (Martinez) | 1:10:25.5 |
| 2. Tim Wallen (Ukiah)    | 1:13:38.5 |
| 3. Jim Walker (Chico)    | 1:14:08.2 |

#### Women's Open:

|                                 |           |
|---------------------------------|-----------|
| 1. Jan Fiedler (Clearlake)      | 1:32:56.0 |
| 2. Carol Everhart (Kelseyville) | 1:38:34.9 |
| 3. Liz Black (Ukiah)            | 1:38:42.6 |

### Men's 30-39:

|                            |           |
|----------------------------|-----------|
| 1. Jim Gibbons (Willits)   | 1:14:27.3 |
| 2. Kenneth Drew (San Jose) | 1:14:29.5 |
| 3. John Notch (Oakland)    | 1:16:34.4 |

### Women's 30-39:

|                              |           |
|------------------------------|-----------|
| 1. R. Silva (Chico)          | 1:36:53.3 |
| 2. Sue Mattiuzzo (Ft. Bragg) | 1:41:09.9 |
| 3. Pamela Bartko (Oakland)   | 1:41:21.7 |

### Men's 40-49:

|                             |           |
|-----------------------------|-----------|
| 1. Ray Menzie (Tiburon)     | 1:22:25.7 |
| 2. Lowell Bennion (Bayside) | 1:24:48.1 |
| 3. E. G. Bradley (Piedmont) | 1:25:34.5 |

### Women's 40-49:

|                             |           |
|-----------------------------|-----------|
| 1. Mary Bates (Ft. Bragg)   | 1:44:05.8 |
| 2. Hisea Reichel (Oakland)  | 1:44:41.6 |
| 3. Sherry Bennion (Bayside) | 1:45:00.6 |

### Men's 50-Plus:

|                                |           |
|--------------------------------|-----------|
| 1. David Peterson (San Carlos) | 1:28:38.1 |
| 2. Loy Bise (Santa Rosa)       | 1:37:18.9 |
| 3. Ward Upson (Santa Rosa)     | 1:40:14.5 |

### Women's 50-Plus:

|                                |           |
|--------------------------------|-----------|
| 1. Betty Peterson (San Carlos) | 1:58:35.6 |
| 2. Patricia Welch (Ukiah)      | 2:00:48.2 |
| 3. Rose Conover (San Mateo)    | 2:05:18.9 |



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## Cherry Blossom Run

From Steve Nakajo

### San Francisco, 5 Mile Run.

#### Top 25 Men:

|                                |       |
|--------------------------------|-------|
| 1. Dave Smith (Rancho)         | 25:07 |
| 2. Steve Ottoway (San An)      | 26:39 |
| 3. D. Himmelberger (Palo Alto) | 27:30 |
| 4. Louis Garcia (Santa)        | 27:50 |
| 5. Jon MacPherson (Santa)      | 28:02 |
| 6. Steve Lyons (Larks B)       | 28:26 |
| 7. Scott Boyden (Green B)      | 28:31 |
| 8. Truman Yee (San Fran)       | 28:37 |
| 9. Mark Indihar (San Fran)     | 28:55 |
| 10. Mich Rodriguez (San Fran)  | 29:08 |
| 11. Robert Chan (San Fran)     | 29:10 |
| 12. Michael Loya (Corte)       | 29:11 |
| 13. Roger Sobsey (San Fran)    | 29:12 |
| 14. Rudy Breland (San Fran)    | 29:44 |
| 15. David Uenaka (San Jose)    | 29:46 |
| 16. Kevin Simpson (Daly City)  | 29:48 |
| 17. Don Ardell (Mill Vly)      | 30:04 |
| 18. John Galletta (San Fran)   | 30:20 |
| 19. Richard Timko (San Fran)   | 30:28 |
| 20. Matthew Gong (San Fran)    | 30:29 |
| 21. Harry Young (San Fran)     | 30:34 |
| 22. Henry Nakata (San Jose)    | 30:35 |
| 23. Maurici Alardo (San Fran)  | 30:40 |
| 24. Robert Ward (San Fran)     | 30:45 |
| 25. Eugene Lew (San Fran)      | 30:49 |

#### Top 25 Women:

|                                 |       |
|---------------------------------|-------|
| 1. Patricia English (San An)    | 28:41 |
| 2. Sue Lee (Lafayette)          | 31:53 |
| 3. Barbara Magid (Mill Vly)     | 32:21 |
| 4. Sharon Jordan (Stockton)     | 32:32 |
| 5. Maryann Truitt (Forest)      | 32:56 |
| 6. Andrea Eschen (Mill Vly)     | 33:01 |
| 7. Sara Ripp (San Ra)           | 33:44 |
| 8. Nadin O'Connor (Tiburo)      | 34:21 |
| 9. Amy Suyama (Oakland)         | 35:06 |
| 10. Donna Lowe (San Fran)       | 35:40 |
| 11. Nancy Dula (San Fran)       | 35:50 |
| 12. Kim Bloomfield (San Fran)   | 35:59 |
| 13. Colleen Fox (Sul Sun)       | 36:15 |
| 14. Christine Hosod (Daly City) | 36:53 |
| 15. Laura Mahanes (Oakland)     | 36:54 |
| 16. Joan Roberts (Belmont)      | 36:59 |
| 17. Stephan Serlet (Mill Vly)   | 37:02 |
| 18. Ro Saltonstall (Corte)      | 37:12 |
| 19. Anna Karpowsky (San Br)     | 37:25 |
| 20. Neel Stallings (Mill Vly)   | 37:36 |
| 21. Kathy Whelan (San Fran)     | 37:37 |
| 22. Keri Kubokawa (Palo Alto)   | 37:54 |
| 23. Lisa Pisenti (San Fran)     | 37:55 |
| 24. Gayle Momono (Oakland)      | 37:58 |
| 25. Melody Castro (Novato)      | 38:01 |

**Men: 16 & Under:** 1. David Uenaka (San Jose) 29:46, 2. Devin Simpson (Daly City) 29:48, 3. Matthew Gong (San Fran) 30:29, 4. Doug Minagawa (San Rafael) 31:08, 5. Jimmy Staats (Greenbrae) 31:15. **40 & Over:** 1. Jon MacPherson (Santa Rosa) 28:02, 2. Steve Lyons (Larksburg) 28:26, 3. Don Ardell (Mill Valley) 30:04, 4. Roger Keenan (San Bruno) 31:33, 5. Dan Dougherty Sr (Staten Island) 31:45.

**Women: 16 & Under:** 1. Keri Kubokawa (Palo Alto) 37:54, 2. Kathy Heydorn (Tiburon) 40:36, 3. Andrea Topel (San Rafael) 44:14, 4. Josephine Chew (Foster City) 45:45, 5. Amy Feldman (Mill Valley) 46:05. **40 & Over:** 1. Sue Lee (Lafayette) 31:53, 2. Nadine O'Connor (Tiburon) 34:21, 3. Fran Burke-Roberts (Lagunitas) 39:30, 4. Ann Curley (Washington) 41:53, 5. Gail Bahr (San Rafael) 42:02.

## Palos Verdes Marathon

From Louis Hirsch

### June 12.

Palos Verdes is definitely not a PR course, unless the only other marathon you've run is Hidden Valley. It's hilly and the weather is usually warm, and by the time you're halfway through, it feels quite hot. Nevertheless, some people do come out to run it and hope for the best.

They lucked out this year. It was still hilly, but the weather was great. It was overcast, cool, and there was even some

drizzle. That made 1650 people very happy. The times showed it too. Winning time in the low 2:20's, a lot of guys under 2:40, only one woman under 3 hours, but several under 3:10.

Naturally, courses like this don't attract the better known names....although they probably would if there were some money to be handed out. So, when we tell you that Greg Gawlik ran a 2:22:16 to be the wire to wire winner, don't say, "Who?" On a course like Boston or New York, that might have been more like a 2:15 or 2:16. Gawlik took off and grabbed the lead right away, going through the first mile in 4:43. By then, he was already ten seconds ahead of everyone. He went through the half marathon in 1:12 and finished up with a 4 minute lead over second place Alan Lind. Gawlik has run 2:18 at Fiesta Bowl, so he knew he could go. He happens to live in PV, so he really couldn't pass up this race.

Women's winner Sue Peterson is certainly no stranger to these parts. Running her usual let's-have-fun approach to life, she paced husband Pete to a 2:47:57. Considering the course, it seems pretty safe to say that Sue is back, and running about as well as ever. Second female was Yvonne Richardson with a time of 3:03:20, followed by Yvette Rice and Dianne Williams in 3:08:10 and 3:09:08 respectively. On a flatter course, they might all have gone under 3 hours.

Jim Brownfield won the men's 50-54 division with a 2:52:11. Connie Eroen was second with a 2:57:08. Tracy Brown, who is usually good for something in the low 2:50's, had to settle for just a whisker over 3 hours for 3rd in that division. Considering everything, that's a pretty fast set of stats for that age group.

As usual, traffic control was outstanding, and, also as usual, results tabulation left much to be desired. C'mon, Ikenberrys, give them a discount so they can hire you next year and everyone won't have to wait so long to find out if they won anything.

**Men: 14 & Under:** 1. Dan Tukaji 3:38:25, 2. Gus Garcia 3:53:33, 3. Lewis Hankins 3:55:57, 15-18: 1. Randy Kosano 2:27:38, 2. John Barrett 2:35:17, 3. Jeff Holyfield 2:37:20, 19-29: 1. Greg Gawlik 2:22:16, 2. Alan Lind 2:26:27, 3. Tom Burns 2:33:49, 4. Bill Aguayo 2:37:05, 5. Julian Crews 2:40:25, 6. Harry Staalberg 2:43:14, 7. Coco Wiberly 2:44:15, 8. Joe Olivas 2:45:18, 9. Steve Loken 2:45:59, 10. Graeme Diccombe 2:46:51. **30-39:** 1. Don Ogana 2:31:43, 2. Jim French 2:36:54, 3. Boyd Hartley 2:37:41. **40-49:** 1. Andre Tocco 2:38:39, 2. Girts Ofilins 2:46:07, 3. Meri Clausen 2:46:39. **50-54:** 1. Jim Brownfield 2:52:11, 2. Conrad Eroen 2:57:08, 3. Tracy Brown 3:00:12. **55-59:** 1. Lester Trujillo 3:12:52, 2. Rheinhold Ullrich 3:16:18, 3. Dan Sheeron 3:18:35. **60 & Over:** 1. Richard Davies 3:14:37, 2. Willie Rlaylock 3:16:02, 3. Mathew Allen 3:32:03. **Cardiac Division:** 1. Jim Clappett 3:09:11, 2. Bill Lowry 3:17:30, 3. Mario Corona 3:41:56.

**Women: 15 & Under:** 1. Esmee Huggard 3:52:25, 2. Cindy Heverlow 4:15:09, 3. Carol Talenala 4:22:56. **16-27:** 1. Yvonne Richardson 3:03:20, 2. Yvette Rice 3:08:10, 3. Dianne Williams 3:09:08. **28-35:** 1. Darlene Roberts 3:11:08, 2. Judy Milkie 3:14:26, 3. Debbie Flynn 3:23:30. **36-44:** 1. Sue Peterson 2:47:57, 2. Harolene McLean 3:17:45, 3. Marianna McMullen 3:18:01. **45 & Over:** 1. Sue Hutchinson 3:17:53, 2. Dobi McDougal 3:46:37, 3. Jane Dods 3:50:33.

## Statuto Race

### June 13. At San Francisco, 8 Miles.

|                                |       |
|--------------------------------|-------|
| 1. Don Paul (SFAC)             | 39:47 |
| 2. George Green (Ex.T.C.)      | 39:58 |
| 3. Dave Muela (Ex.T.C.)        | 40:13 |
| 4. Mark Hines (Ex.T.C.)        | 41:12 |
| 5. Michael Gullik (Gr.SF Walk) | 41:52 |
| 6. Al Stanbridge (Ex.T.C.)     | 42:21 |
| 7. Brian Olham (W.A.T.C.)      | 42:32 |
| 8. Pete Nowicki (Gr.SF Walk)   | 43:00 |
| 9. Patrick McVeigh (Unatt.)    | 43:07 |

|                                |       |
|--------------------------------|-------|
| 10. Michael Eshla (Gr.SF Walk) | 43:56 |
| 11. Mark Horton (Ex.T.C.)      | 44:11 |
| 12. Alberto Juarez (Unatt)     | 44:18 |
| 13. Bill Brusher (Unatt)       | 44:25 |
| 14. Jim Isenberg (Unatt)       | 45:21 |
| 15. Mike Bernick (Asian R.C.)  | 45:49 |
| 16. Russel Cohen (Unatt)       | 46:10 |
| 17. Armen Khachadourian (DSE)  | 46:18 |
| 18. Godfrey Revis (WFR)        | 46:24 |
| 19. Jeff Gunderson (South End) | 46:25 |
| 20. Michael Rodriguez (DSE)    | 46:34 |
| 29. Molly Thayer (WATC)1/F     | 47:58 |
| 44. Debbie Sierra (SFAC)2/F    | 50:56 |
| 61. Daphne Dunn (Pamakis)3/F   | 53:16 |

## Moscow Rd. 10K

From Fred Kenyon

### June 13, Monte Rio: Moscow Road 10K Run.

|                                     |       |
|-------------------------------------|-------|
| 1. Hersh Jenkins (Santa Rosa) 30    | 31:25 |
| 2. Jim Noonan (Santa Rosa) 22       | 31:41 |
| 3. Jim Bowers (Santa Rosa) 43       | 31:42 |
| 4. Chris Christopher (GP) 38        | 32:30 |
| 5. Butch Alexander (Sonoma) 28      | 32:40 |
| 6. Dan Preston (Santa Rosa) 40      | 32:50 |
| 7. Daniel McCullough (Sonoma) 25    | 33:08 |
| 8. Terry Pintane (Santa Rosa) 31    | 33:12 |
| 9. Roger Scott (La Tahoe) 35        | 33:15 |
| 10. Wayne Stone (Santa Rosa) 34     | 33:19 |
| 11. John Wendler 25                 | 33:39 |
| 12. Russel Black (Santa Rosa) 28    | 33:59 |
| 13. Dick Ogg (Santa Rosa) 29        | 34:13 |
| 14. Ken Gurley 34                   | 34:18 |
| 15. Tom Weir (Guerneville) 29       | 34:21 |
| 16. Rick Dunn (Sonoma) 18           | 34:22 |
| 17. George Merrill (Santa Rosa) 18  | 34:47 |
| 18. Ken Cox (Santa Rosa) 19         | 35:00 |
| 19. Stacy Van Horn (Santa Rosa) 18F | 35:14 |
| 20. Hank Skevins (Santa Rosa) 34    | 35:18 |
| 21. Mike McClendon 30               | 35:18 |
| 22. Jeff Ramsey (Santa Rosa) 27     | 35:24 |
| 23. Mort Gray (Santa Rosa) 50       | 35:25 |
| 24. Ryan Gilliam (Sebastopol) 16    | 35:25 |
| 25. John Hagan (Rohnert Pk) 17      | 35:26 |
| 51. Beckie Simmie (Santa Rosa) 30F  | 37:03 |
| 61. Pearl Anit (Pacifica) 22F       | 37:38 |
| 62. Sharon Powders (Santa Rosa) 22F | 37:38 |
| 97. Aaron Hamilton (Sebastopol) 51  | 39:49 |
| 104. Kim Reiking (Santa Rosa) 16F   | 40:00 |
| 130. Janet Buckendahl (Pet.) 48F    | 41:07 |
| 142. Margaret Oakes (Healds) 46F    | 41:31 |
| 252. Bob Lee (Monte Rio) 65         | 47:24 |
| 283. William Redmond 60             | 48:56 |
| 355. Angela Chadwick 53F            | 52:56 |
| 372. Jackie Leach (Sebas.) 53F      | 54:24 |

## Woodminster Handicap Cross Country Race

From Gail Wetzork

### June 13. (Handicap in minutes in parentheses)

|  |       |
|--|-------|
| 1. Sal Vasquez (3 min.) 42             | 47:29 |
| 2. Brian Maxwell (0 min.) 29           | 47:49 |
| 3. Sharlet Gilbert (9 min.) 31(1/F)    | 48:02 |
| 4. Dan Anderson (0 min.) 30            | 48:57 |
| 5. John Coburn (3 min.) 35             | 49:03 |
| 6. Bob Malain (9 min.) 55              | 49:05 |
| 7. Glyn Reynolds (0 min.) 27           | 50:29 |
| 8. Dave Smith (0 min.) 22              | 50:51 |
| 9. Eve Peil (12 min.) 45(2/F)          | 50:57 |
| 10. Dave Lowler (0 min.) 20            | 51:06 |
| 11. Michael Duncan (0 min.) 32         | 51:12 |
| 12. Darren Gray (9 min.) 10            | 51:09 |
| 13. Dave Ehrhardt (9 min.) 11          | 51:34 |
| 14. Brian O'Connor (0 min.) 35         | 51:49 |
| 15. Press Weston (0 min.) 26           | 51:51 |
| 16. Jim Reichle (0 min.) 24            | 51:51 |
| 17. Marta Smith (9 min.) 22(3/F)       | 55:09 |
| 18. George Frazier (3 min.) 35         | 52:18 |
| 19. Pat Whittingslow (12 min.) 42(4/F) | 52:19 |
| 20. Curt Wildemann (0 min.) 25         | 52:39 |
| 21. Mike Wheeler (0 min.) 33           | 52:41 |
| 22. Pat Scannell (0 min.) 22           | 52:42 |
| 23. James Jacobs (6 min.) 48           | 52:52 |
| 24. Andrea Eschen (9 min.) 25(5/F)     | 53:07 |
| 25. Dave Anderson (0 min.) 18          | 53:14 |



# Dannon 10 Mile

From Dick Weeks

## June 13, Van Nuys.

|                                  |       |
|----------------------------------|-------|
| 1 Frank Plasso(21)Las Vegas      | 49:02 |
| 2 Chuck Smead(30)Santa Paula     | 49:07 |
| 3 Gian Starinieri(24)Canoga Pk   | 50:32 |
| 4 Tim Tobin(28)Northridge        | 51:42 |
| 5 Steven Durand(25)Can. Country  | 52:20 |
| 6 Jerry Alexander(28)Encino      | 52:30 |
| 7 Michael Chambliss(33)Houston   | 52:44 |
| 8 Enrique Castro(25)LA           | 53:18 |
| 9 John Merhaut(31)Pasadena       | 53:22 |
| 10 Ricardo Martinez(35)Las Vegas | 53:43 |
| 11 James Becker(18)N Hollywood   | 54:30 |
| 12 Mike Mudrick(21)Northridge    | 54:31 |
| 13 Henry Nunez(24)LA             | 54:38 |
| 14 Ted Cotti(20)LA               | 54:45 |
| 15 Charles Hoover(33)Sepulveda   | 54:56 |
| 16 John Kovacic(30)LA            | 55:05 |
| 17 Ronald Shirley(24)Sun Valley  | 55:22 |
| 18 Michael Dib(17)Arleta         | 55:31 |
| 19 Eino Romppanen(42)Malibu      | 55:55 |
| 20 Cedillo Marcos(23)Newhall     | 56:01 |



photo by Peg Newman

Frank Plasso  
Dannon Winner

|                                      |         |
|--------------------------------------|---------|
| 21 Jim Minami(38)Sun Valley          | 56:03   |
| 22 Brian Dolan(25)LA                 | 56:10   |
| 23 Brian Fernee(44)Pacific Palisades | 56:22   |
| 24 Barry Kelly(23)Arcadia            | 56:23   |
| 25 Steve Flynn(26)Tarzana            | 56:41   |
| 26 Juan Oregel(20)Huntington Pk      | 56:45   |
| 27 Bill Flynn(28)Tarzana             | 56:55   |
| 28 Craig Ford(18)Pacoima             | 57:13   |
| 29 Pedro Ponce(36)Pacoima            | 57:23   |
| 30 Glenn Ward(39)Ventura             | 57:25   |
| 31 Douglas Humphries(26)Studio City  | 57:32   |
| 32 Juan Vazquez(27)Huntington Pk     | 57:46   |
| 33 Truman Clark(46)Port Hueneme      | 57:54   |
| 34 Larry Taylor(21)Camarillo         | 58:06   |
| 35 Joseph Ramirez(24)PI Del Rey      | 58:15   |
| 36 Francisco Garcia(25)LA            | 58:18   |
| 37 Mark Lorden(25)Canoga Pk          | 58:28   |
| 38 Ronald Smith(35)Granada Hills     | 58:34   |
| 39 Ken Moffitt(29)LA                 | 59:01   |
| 40 Jesse Ortiz(28)LA                 | 59:01   |
| 41 Victor Fonseca(20)Pacoima         | 59:03   |
| 42 Darryl Potyk(22)Northridge        | 59:06   |
| 43 Robert Davison(37)LA              | 59:07   |
| 44 Charles McClung(41)Reseda         | 59:26   |
| 45 Jack Gallagher(32)Temple City     | 59:30   |
| 46 Edwin Mora(26)Lawndale            | 59:30   |
| 47 Terry Toles(35)Upland             | 59:36   |
| 48 Bruce Horiguchi(34)LA             | 59:40   |
| 49 Robert Baker(31)Agoura            | 59:41   |
| 50 Mich Avant(26)Burbank             | 59:42   |
| 51 Walt Windsor(50)Tujunga           | 59:43   |
| 52 Jay Devorak(32)Bev. Hills         | 59:46   |
| 53 Tom Musante(42)Man Bch            | 59:48   |
| 54 Jon Sutherland(30)Northridge      | 59:50   |
| 55 Ray Spald(25)Newhall              | 1:00:01 |

## Boys 13 & Under:

|                              |         |
|------------------------------|---------|
| 1 Josh King(13)VanNuys       | 1:04:00 |
| 2 Leo Ojinaga(13)LA          | 1:13:59 |
| 3 Shane Valladares(10)Sylmar | 1:25:10 |

## Boys 14-17:

|                           |         |
|---------------------------|---------|
| 1 Michael Dib(17)Arleta   | 55:31   |
| 2 Doug McLeod(15)Newhall  | 1:04:38 |
| 3 Miguel Munoz(17)Hunt Pk | 1:04:39 |

## Men 18-34:

|                                |       |
|--------------------------------|-------|
| 1 Frank Plasso(21)Las Vegas    | 49:02 |
| 2 Chuck Smead(30)Santa Paula   | 49:07 |
| 3 Gian Starinieri(24)Canoga Pk | 50:32 |

## Men 35-39:

|                                 |       |
|---------------------------------|-------|
| 1 Ricardo Martinez(35)Las Vegas | 53:43 |
| 2 Jim Minami(38)Sun Valley      | 58:03 |
| 3 Pedro Ponce(36)Pacoima        | 57:23 |

## Men 40-49:

|                                     |       |
|-------------------------------------|-------|
| 1 Eino Romppanen(42)Malibu          | 55:55 |
| 2 Brian Fernee(44)Pacific Palisades | 56:22 |
| 3 Truman Clark(46)Port Hueneme      | 57:54 |

## Men 50-59:

|                                 |         |
|---------------------------------|---------|
| 1 Walt Windsor(50)Tujunga       | 59:43   |
| 2 David Parker(51)Sylmar        | 1:02:47 |
| 3 Bill Winstanley(53)Gran Hills | 1:05:52 |

## Men 60 & Over:

|                               |         |
|-------------------------------|---------|
| 1 Art Schneider(60)Encino     | 1:11:26 |
| 2 Robert Vannoy(60)Northridge | 1:14:28 |
| 3 Bob Womer(60)Camarillo      | 1:24:19 |

## Girls 14-17:

|                            |         |
|----------------------------|---------|
| 1 Kim Boing(17)Saugus      | 1:19:51 |
| 2 Suzanne Worden(15)Saugus | 1:19:52 |
| 3 Yvonne Hurd(14)LA        | 1:26:19 |

## Women 18-34:

|                         |         |
|-------------------------|---------|
| 1 Sue Harmon(32)VanNuys | 1:06:43 |
| 2 Sue Beatty(19)Venice  | 1:07:16 |
| 3 Teresa Horn(29)LA     | 1:08:38 |

## Women 35-39:

|                              |         |
|------------------------------|---------|
| 1 Sheila Hasham(39)Athlambra | 1:12:07 |
| 2 Sheila Pattinson(38)LA     | 1:12:52 |
| 3 Silvia Aceves(35)Lancaster | 1:12:55 |

## Women 40-49:

|                               |         |
|-------------------------------|---------|
| 1 Christa Romppanen(43)Malibu | 1:04:06 |
| 2 Maree Field(40)Burbank      | 1:06:43 |
| 3 Missy Jennings(46)Pasadena  | 1:15:50 |

## Women 50-59:

|                           |         |
|---------------------------|---------|
| 1 Marjorie West(50)Pan Ct | 1:17:15 |
| 2 Joyce Ford(51)Pacoima   | 1:31:18 |
| 3 Loudeam Reeves(53)LA    | 1:34:05 |

# Rancho Bernardo 10K Run

From End Of The Line  
Race Consultants

## June 13, San Diego.

### Top 10 Men:

|                         |       |
|-------------------------|-------|
| 1 Terry Cotton (27)     | 30:14 |
| 2 Athol Barton (34)     | 30:50 |
| 3 Sean Evans (20)       | 31:00 |
| 4 Gilbert Alvarez (24)  | 31:20 |
| 5 Dennis Wilson (26)    | 31:23 |
| 6 Jeff Ruland (22)      | 31:35 |
| 7 Emeterio Valles (19)  | 31:59 |
| 8 Jim Mosher (32)       | 32:05 |
| 9 Jim Legakis (33)      | 32:15 |
| 10 Eric Rutherford (19) | 32:30 |

### Men's Divisions: 9 & Under:

|                         |       |
|-------------------------|-------|
| 1. Eric Ven             | 43:33 |
| 2. Ryan O'Dell          | 44:02 |
| 3. Chris Heincy         | 45:25 |
| 4. David Henderson      | 47:12 |
| 10-11: 1. Gene Carswell | 41:48 |
| 2. Padilla Javier       | 43:45 |
| 3. Craig Newman         | 44:25 |
| 4. Terry Conklin        | 45:50 |
| 12-13: 1. Guy Herr      | 38:45 |
| 2. Eric Billmeyer       | 38:48 |
| 3. John Kopenhaver      | 39:18 |
| 4. Bryon Devore         | 43:19 |

### 14-15:

|                            |       |
|----------------------------|-------|
| 1. Donald Raines           | 38:25 |
| 2. Barry Manuel            | 37:50 |
| 3. Phillip Aguilar         | 37:52 |
| 4. Toni Artho              | 38:30 |
| 16-17: 1. David Nowakowski | 33:33 |
| 2. Bob Fithen              | 34:50 |
| 3. David Ulrich            | 34:55 |
| 4. Paul Haack              | 35:30 |
| 40-49: 1. Dan McCaskill    | 34:26 |
| 2. Wally Ingham            | 34:39 |
| 3. Will Rasmussen          | 35:55 |
| 4. Ray Sabian              | 36:08 |
| 50-59: 1. Homer Rhoads     | 37:53 |
| 2. Ron Clark               | 38:46 |
| 3. Bill Stock              | 38:53 |
| 4. Rudy Iglesias           | 39:42 |
| 60-69: 1. John Lafferty    | 42:02 |
| 2. Casey Poole             | 43:15 |
| 3. Don Bradley             | 48:33 |
| 4. Louis Rocha             | 48:12 |
| 70 & Over: 1. Carl Stroud  | 48:00 |
| 2. Henry Rumble            | 53:42 |
| 3. Willard Benton          | 58:52 |

### Race Walker:

|                      |       |
|----------------------|-------|
| 1. Dale Sutton (42)  | 50:43 |
| 2. Edgar Ricci (90)  | 63:00 |
| 3. Jerry Herman (37) | 70:49 |
| 4. Doug Reeves (33)  | 70:50 |

### Top 10 Women:

|                        |       |
|------------------------|-------|
| 1 Nancy Wilkinson (25) | 36:47 |
| 2 Mindy Ireland (30)   | 37:30 |
| 3 Shirley Matson (41)  | 38:29 |
| 4 Yvonne Yanke (24)    | 38:55 |

|                        |       |
|------------------------|-------|
| 5 Lisa Gross (20)      | 39:25 |
| 6 Marilyn Martin (22)  | 40:42 |
| 7 Joni Pendleton (35)  | 41:12 |
| 8 Dorothy Stock (49)   | 41:29 |
| 9 Robin Eager (14)     | 41:54 |
| 10 Camille Keller (25) | 41:59 |

**Women's Divisions: 9 & Under:** 1. Angela Hernandez 46:25, 2. Bruni Rains 54:26, 3. Brandy Reagle 56:28, 4. Sarah Dawore 61:52, 10-11: 1. Marilyn Honea 46:25, 2. Yvette Niles 46:50, 3. Anne Eddy 54:00, 4. Ellen Holty 56:08, 12-13: 1. Tiffany Sorman 42:02, 2. Christine Flanagan 42:13, 3. Tammy Kniffing 43:18, 4. Buffy Reardon 53:12, 14-15: 1. Robin Eager 41:54, 2. Jill Newman 46:24, 3. Dawn Erickson 48:15, 4. Jennifer Burke 48:55, 16-17: 1. Heather Christ 43:38, 2. Leslie Hankin 46:10, 3. Beth McAdams 51:23, 4. Amy Gale 55:11, 30-39: 1. Mindy Ireland 37:30, 2. Joni Pendleton 41:12, 3. Diane Smith 42:00, 4. Nancy Courter 42:12, 40-49: 1. Shirley Matson 38:29, 2. Dorothy Stock 41:29, 3. Diane Dickerson 42:08, 4. Judy Splitgerber 42:47, 50-59: 1. Anne Johnson 43:17, 2. Tensia Trejo 50:54, 3. Alice Scott 53:10, 4. Elaine Pew 54:33, 70 & Over: 1. Mildred Judd 65:50, 2. Felicitia Salazar 68:50, 3. Chata Thomson 73:20, Race Walker: 1. Jolene Stegerwalt (54) 58:07, 2. Adrian Hughes (21) 64:50, 3. Kate O'Clasien 72:45, 4. Phyllis Noviova (60) 72:50.

# Round The Runway

From Jim Adams

## June 13, 5K & 10K.

The 5th annual "Round the Runway" footrace held at NAS Moffett Field was the scene of a truly remarkable performance by Gary Kerr, an outstanding wheelchair athlete.

Kerr first entered the 5k race, which was laid out in and around NASA/Ames Research Center. His 14:55.5 time was the fastest of the event. He finished just ahead of the top runner Gregg Szanto, who posted a 14:57.0. Szanto was entered in the Men's 18-29 division. Connie Buckler, girl's 12-17 division, had the winning time for the ladies, 19:28.5.

Kerr then entered the fast 10K race about 30 minutes later with the same result. He won the race with an excellent 29:41.2 mark for the course around the runways of Moffett Field Naval Air Station. The top time for women was also recorded by a wheelchair participant, Kathrynne Carlton with a 37:36.6. Top running times were posted by John Moreno (30:22.7) and Teresa Jackson (38:26.9) entered in the Men's and Women's 18-29 division.

### 5K: Top 15:

|                         |         |
|-------------------------|---------|
| 1 Gary Kerr(Wheelchair) | 14:55.5 |
| 2 Gregg Szanto          | 14:57.0 |
| 3 Harold Robinson       | 15:13.9 |
| 4 Dan Gonzales          | 15:28.6 |
| 5 Michael Niemiec       | 15:38.1 |
| 6 Nick Yray             | 15:56.2 |
| 7 Jim Gorman            | 16:04.9 |
| 8 Dan Minutillio        | 16:05.8 |
| 9 Tom Legan             | 16:06.7 |
| 10 Sammy Castillo       | 16:07.5 |
| 11 Tim Rostegge         | 16:08.5 |
| 12 Robert Edwards       | 16:24.1 |
| 13 Juan Armendariz      | 16:29.7 |
| 14 Larry Eder           | 16:42.5 |
| 15 Walter Vanzant       | 17:00.0 |

### Boys 11 & Under:

|                                   |                          |
|-----------------------------------|--------------------------|
| 1. Jimmy Veyna                    | 19:30.1                  |
| 2. Scott Mascia NT                | 3. Billy Fraser-Smith NT |
| Boys 12-17: 1. Tom Legan          | 16:06.7                  |
| 2. Dave Rouse NT                  | 3. Galen Ramos NT        |
| Men 18-29: 1. Gregg Szanto        | 14:57.0                  |
| 2. Harold Robinson NT             | 3. Dan Gonzales NT       |
| Men 30-39: 1. Michael Niemiec     | 15:38.1                  |
| 2. Nick Yray NT                   | 3. Jim Gorman NT         |
| Men 40-55: 1. Tim Rostegge        | 16:08.5                  |
| 2. Juan Armendariz NT             | 3. Walter VanZant NT     |
| Men 56 & Over: 1. Bill Barclay    | 20:33.2                  |
| 2. Troy Grove NT                  | 3. Howard Powers NT      |
| Men Military: 1. Rolando Sandoval | 19:23.9                  |
| 2. George Clarke NT               | 3. Alex McMillan NT      |
| Females: 11 & Under: 1. Tina Miks | 23:35.3                  |
| 2. Jennifer Davidson NT           | 3. Tiffany               |

Wickstrom NT. 12-17: 1. Connie Buckler 19:28.5, 2. Dondi Hart NT, 3. Becky Van Zant NT. 18-29: 1. Val Arris 21:59.1, 2. Carol Quilala-Tanaka NT, 3. Constance Gwynn NT. 30-39: 1. Sherry Gaskin 21:54.4, 2. Marcia Wills-Chapman NT, 3. Alice Chew NT. 40-55: 1. Joanne Biddinger 22:37.7, 2. Jean Teter NT, 3. Marilyn Kirby NT. 56 & Over: 1. Peggy Pridmore 29:10.0, 2. Marce Einberger NT, 3. Madeline Taylor NT. Women Military: 1. Lilliarose Blake 20:58.5, 2. P.J. Battin NT, 3. Judy Schmidt NT.



Teresa Jackson  
Round the Runway

### 10K: Top 30:

|                                    |           |
|------------------------------------|-----------|
| 1 Gary Kerr(Wheelchair)            | 29:26.2   |
| 2 John Moreno                      | 30:22.7   |
| 3 Leonon Tyme                      | 30:53.1   |
| 4 Mike Engleman                    | 32:12.0   |
| 5 Hank Lawson                      | 33:04.1   |
| 6 Allen Neel                       | 33:33.1   |
| 7 Doug Bamford                     | 33:36.2   |
| 8 Ken Drew                         | 33:56.2   |
| 9 Steven Selbrede                  | 34:02.3   |
| 10 Robert Smith                    | 34:49.0   |
| 11 Joe Mercado                     | 34:49.0   |
| 12 Bob Feist                       | 35:01.3   |
| 13 Richard Llewellyn               | 35:25.6   |
| 14 Ron Chauvel                     | 35:52.5   |
| 15 Jack Exton                      | 36:04.4   |
| 16 Bobby McKee                     | 36:24.8   |
| 17 Michael Matthews                | 36:28.5   |
| 18 Patrick Perkins                 | 36:33.1   |
| 19 Chris King                      | 36:35.8   |
| 20 Mike McKenney                   | 36:41.4   |
| 21 Mark Rosenblum                  | 36:46.0   |
| 22 John Delichman                  | 36:48.7   |
| 23 W. David Augustime              | 37:01.6   |
| 24 Jeffrey R. Fell                 | 37:10.7   |
| 25 Tony Fraser-Smith               | 37:18.0   |
| 26 Kathrynne Carlton               | 37:21.6   |
| 27 Rob Wickstrom                   | 37:25.2   |
| 28 Tom Gleason                     | 37:29.7   |
| 29 Randy Wonders                   | 37:41.0   |
| 30 Michael Kassner                 | 37:44.5   |
| Men: 11 & Under: 1. Arick Little   | 43:34.0   |
| 12-17: 1. Michael Matthews         | 36:28.5   |
| 18-29: 1. John Moreno              | 30:22.7   |
| 30-39: 1. Ken Drew                 | 33:56.2   |
| 40-49: 1. John Delichman           | 36:48.7   |
| 50 & Over: 1. George Carroll       | 44:37.7   |
| Military: 1. Mike McKenney         | 36:41.4   |
| Women: 11 & Under: 1. JoAnn Arnold | 40:10.4   |
| 12-17: 1. Mary Matthews            | 43:27.3   |
| 18-29: 1. Teresa Jackson           | 38:26.9   |
| 30-39: 1. Ean O'Neill              | 48:31.0   |
| 40-55: 1. Betsey Fraser-Smith      | 43:36.9   |
| 56 & Over: Esther Rodriguez        | 1:02:38.1 |
| Military: 1. Janet Salter          | 43:06.3   |



## Results

### Century City 10K

By RICHARD LEE SLOTKIN

June 13, Los Angeles, 10K.

Gary Tuttle isn't really that old. He's been around so long that it just seems like it. But, he's only 34. He is a lot older than some of the guys who tried to stay with him on the hilly Century City course. This isn't what you'd call a PR course, but still, old Tuttle did OK. At least 20 seconds better than anyone else. At 29:22 Tuttle shows he has no intention of growing old gracefully.

For a change, a mighty welcome change, we had cool weather and overcast skies instead of the hot and humid stuff that we've had all the other times. For the first time in the five years that they have run this race, the weather was with us instead of agin' us.

So, after checking out the field for a couple of miles, Tuttle decided that all the parts were working just fine and, like a craftsman, he went to work. At about 3 1/2 miles he just plain took off. Steve Webb, James Goldring and Bob Macias were all under 30 minutes, but quick as they are, they never got anywhere near Tuttle once he made that move. "I lost interest after 4 miles," Tuttle said, which I have to tell you is a bit uncharitable to say the least. I mean, one cramped calf, or a side stitch, or even a blister and there were three sub-30 runners ready to zip right by. C'mon, Gary.

Steve Webb, of UCLA, was second about 100 yards back. It would have been even more had he not gotten into a contest for the spot with Britisher James Goldring, who had a slight lead on him going into the last half mile. Webb had never met Tuttle, and he didn't know who that was ahead of him. By mile 5, Bob Macias didn't care. "I was just maintaining," he said, meaning he was hurting so badly he just wanted to get it over with. Anyway, Webb decided not to go after Tuttle and hope that he might tire and come back. Good luck.

Beth Milewski, fresh off a win at the Brentwood 10K, did it again here. Taking an early lead, she cruised to a 34:53, which was almost a minute and a half ahead of second place finisher Anabelle Villanueva. Milewski finished very strongly, passing several men in the last two miles. She says that she doesn't feel comfortable about doing that because she doesn't like to hurt their feelings. Instead, she would say something like, "Hang in there!" Although it was said with the best of intentions, it stung at least one guy. He decided to go after her in the last half mile. "I'm a miler. I can make up 200 yards."

"Wrong! I made up only about seven seconds!"

Villanueva, who runs for UCLA, had a very classy pacer. Fellow UCLA, Jon Butler, ran along with her, helping her to a 36:14 PR, and second place. Butler was highly frustrated to see all those guys streaking past them in the final stretch desperately trying to slip in ahead of Villanueva. People that wouldn't be within six or seven minutes of him, if he had been running for himself. But, he was loyal to the blue and gold, and he stuck with Villanueva right to the end.

Sixteen year old Katie Dunsmuir, a student at Pacific Palisades High School, was third. Running for Santa Monica Track Club, she PR'd in 36:38.

As usual, the awards ceremony featured lots of fine merchandise, along with the trophies. And, with Twentieth Century Fox as a major sponsor, the first 500 male and female finishers were handed the now-traditional passes to special preview screenings of a new TCF movie.

## RESULTS:

|                          |       |
|--------------------------|-------|
| 1 Gary Tuttle(34)        | 29:22 |
| 2 Steve Webb(21)         | 29:42 |
| 3 James Goldring(26)     | 29:49 |
| 4 Bobby Macias(32)       | 29:55 |
| 5 Armando Cendejas(25)   | 30:16 |
| 6 Ron Ysaia(20)          | 30:22 |
| 7 Unknown                | 30:24 |
| 8 Jim Scott(28)          | 30:32 |
| 9 Joey Gomez(21)         | 30:45 |
| 10 Ben Wilson(33)        | 30:49 |
| 11 Web Loudat(35)        | 30:55 |
| 12 Darren George(32)     | 30:58 |
| 13 Michael Pope(20)      | 31:02 |
| 14 Stephen Surridge(22)  | 31:08 |
| 15 Thomas Bryant(28)     | 31:09 |
| 16 Changming Chin(27)    | 31:16 |
| 17 Ron Gee(31)           | 31:17 |
| 18 Tom Wheeler(29)       | 31:24 |
| 19 Ruben Haro(24)        | 31:28 |
| 20 Gustav Quinez-M14(16) | 31:32 |
| 21 Ben Martinez(31)      | 31:33 |
| 22 Carlos Godoy(31)      | 31:36 |
| 23 Alán Rich(32)         | 31:37 |
| 24 Ed Chaldez(29)        | 31:39 |
| 25 Ray Knerr-F4(22)      | 31:43 |
| 26 Jeff Dettmer(21)      | 31:44 |
| 27 Brian Russell(23)     | 31:48 |
| 28 Ron Kurrie(34)        | 31:51 |
| 29 Enrique Seratos(30)   | 31:58 |
| 30 Steven Whitcomb(21)   | 32:02 |
| 31 Mitch Harmatz(27)     | 32:03 |
| 32 Clyde Matsumura(22)   | 32:13 |
| 33 Tom Lowry(29)         | 32:19 |
| 34 Tom Babiracki(23)     | 32:20 |
| 35 Dan Davies(25)        | 32:29 |
| 36 Robert Radnoti(24)    | 32:29 |
| 37 Michael Hill(31)      | 32:40 |
| 38 David Maxwell(18)     | 32:40 |
| 39 Gabriel Bernal(43)    | 32:47 |
| 40 Steven Rivera(18)     | 32:50 |
| 41 Mark McKinzie(24)     | 32:53 |
| 42 Raul Serratos(16)     | 33:07 |
| 43 John M(20)            | 33:14 |
| 44 Chuck McCann(30)      | 33:15 |
| 45 Michael Sovec(23)     | 33:16 |
| 46 Daniel Wojcik(26)     | 33:17 |
| 47 R Greifinger-M13(22)  | 33:19 |
| 48 Eric Parker(29)       | 33:22 |
| 49 Unknown               | 33:25 |
| 50 Paul Farina(20)       | 33:38 |

## Women:

|                           |       |
|---------------------------|-------|
| 1 Beth Milewski(24)       | 34:53 |
| 2 Anabelle Villanueva(19) | 36:14 |
| 3 Katie Dunsmuir(16)      | 36:38 |
| 4 Jaymie Studenmund(28)   | 36:40 |
| 5 Karen Copper(19)        | 37:26 |
| 6 Jennifer Liu(16)        | 37:47 |
| 7 Evelyn Silvey(24)       | 37:49 |
| 8 Jeanne Murphy(18)       | 38:20 |
| 9 Sallie Stout(27)        | 39:02 |
| 10 Dorie Fullerton(20)    | 39:17 |
| 11 Margaret Miller(56)    | 39:25 |
| 12 Diana Johnson(30)      | 40:59 |
| 13 Tamsin Valdez(17)      | 41:14 |
| 14 Georgia Seltzer(31)    | 41:18 |
| 15 Lari Bright(21)        | 41:28 |
| 16 Judy Martin(46)        | 41:39 |
| 17 Allison Baker(15)      | 42:13 |
| 18 Hermila Lopez(20)      | 42:17 |
| 19 Marie Stevenson(37)    | 42:24 |
| 20 Helen Dick(57)         | 42:32 |
| 21 Alisa Greenberg(26)    | 42:43 |
| 22 Susan Oberding(39)     | 43:12 |
| 23 Chris Tyrenhag(22)     | 43:16 |
| 24 Lisa Graham(26)        | 43:41 |
| 25 Jan Berlefin(29)       | 43:48 |
| 26 Anne Quinez-M14(43)    | 43:48 |
| 27 Terri Goodreau(32)     | 43:59 |
| 28 Lynn Nueca(30)         | 44:06 |
| 29 Leslie Carrera(36)     | 44:07 |
| 30 Joyce Momita(45)       | 44:25 |

## Beer Run

by Ross Rowley

June 15, Stockton, 3 Miles.

The third annual Beer Run, a weekday three mile road race that always contains good competition followed by a party late into the night, was again a resounding success on both counts. This Tuesday evening event, which wound around a residential area of Stockton in 90° heat, was won by Dan Buntman of the Greater San Francisco Track Club in a course record of 14:09. His nearest competitor was local steeplechaser Henry Perez, who chose to run unofficially in spite of being offered a free entry. Buntman, who recently won the Pacific Sun 10 Kilometer in 29:16, finished 29 seconds ahead of Perez. The second official finisher was Olympic Trials marathoner Adam Ferrara in 14:44, followed by 17 year old John Hancock in 14:53. Fourth place was captured by West Valley Track Club's Bill Seaver, a 2:18 marathoner and current Stockton Marathon champion. Ron Nabers, winner of the first two professional marathons and co-winner of last year's Beer Run, stopped racing after one mile and trotted in at 16:05. Ron's Greater San Francisco teammate and co-champion from last year, Mike Fanelli,

was coming back from a stress fracture and finished 5 seconds behind Nabers.

With 239 runners and over 400 total party-goers, this "small time" race produced some excellent performances and approximately 800 empty beer cans in the backyard.

## Men:

|                                |       |
|--------------------------------|-------|
| 1 Dan Buntman(Greater SF)      | 14:09 |
| 2 Adam Ferrara                 | 14:44 |
| 3 John Hancock                 | 14:53 |
| 4 Bill Seaver(WVTC)            | 15:15 |
| 5 Jeff Baker                   | 15:27 |
| 6 Bob Cooper(Greater SF)       | 15:32 |
| 7 Robert Miller(Sundance RC)   | 15:33 |
| 8 Joss Walter(Sundance RC)     | 15:33 |
| 9 Mark Stoker(Sundance RC)     | 15:38 |
| 10 Silky Sullivan              | 15:38 |
| 11 Ron Nabers(Greater SF)      | 16:05 |
| 12 Matt Bruni(Sundance RC)     | 16:07 |
| 13 Mike Fanelli(Greater SF)    | 16:10 |
| 14 Steven Kovisto              | 16:13 |
| 15 Kevin Sage(Greater SF)      | 16:18 |
| 16 John Semler(Sundance)1-40   | 16:35 |
| 17 Jerry Martinez(Sundance RC) | 16:41 |
| 18 Gabriel Chavez              | 16:46 |
| 19 Peter Fadum                 | 16:50 |
| 20 Mark Ulm(Sundance RC)       | 16:58 |

## Women:

|                                 |       |
|---------------------------------|-------|
| 1 Sharon Jordan                 | 19:31 |
| 2 Francine Perez                | 20:31 |
| 3 Karen Butler(Greater SF)      | 20:38 |
| 4 Sherron Hoffman(Sundance)1-40 | 21:00 |
| 5 Nancy Meidinger               | 21:15 |

## Run For The Health Of It

June 20, 10K.

|                             |           |
|-----------------------------|-----------|
| 1 Gary Kerr(Wheelchair)     | 29:43.6   |
| 2 Scott Steinmaus           | 33:03.9   |
| 3 Troy Durham(Wheelchair)   | 33:14.3   |
| 4 Craig Steinmaus           | 33:14.7   |
| 5 Mendez                    | 33:16.8   |
| 6 John Notch                | 33:35.9   |
| 7 Richard Cunningham        | 33:36.6   |
| 8 Camgolino                 | 33:37.2   |
| 9 David Wills               | 33:52.0   |
| 10 Sisson                   | 33:59.3   |
| 11 Anduze                   | 34:07.1   |
| 12 Castilly                 | 34:11.1   |
| 13 Ackerman                 | 34:14.8   |
| 14 Milan                    | 34:35.8   |
| 15 Ratti                    | 34:38.4   |
| 16 Brusher                  | 34:55.1   |
| 17 Juan Armendariz(1-40)    | 35:30.3   |
| 18 Vegas                    | 36:02.6   |
| 19 Patten                   | 36:08.7   |
| 20 Alonzo                   | 36:16.4   |
| 21 John Jancoski            | 36:20.1   |
| 22 Portocarrero             | 36:48.1   |
| 23 Dan Buchanan(Wheelchair) | 37:13.5   |
| 24 Larry Pegis              | 37:07.6   |
| 25 Raghbir Sandhu           | 37:36.6   |
| 27 Richard Keene(2-40)      | 37:55.5   |
| 30 Aenar Sawyer(1/F)        | 38:12.4   |
| 37 Anthony Caviglia(3-40)   | 38:40.9   |
| 45 Sue Brusher(2/F)         | 39:27.2   |
| 51 Arnold DeLaRosa(1-50)    | 39:54.4   |
| 65 Jenny Ratti(3/F)         | 40:56.0   |
| 88 John Lallo(2-50)         | 42:55.3   |
| 105 Carol Ovalle(4/F)       | 44:13.7   |
| 112 Floyd Carley(1-60)      | 44:46.7   |
| 123 Frank Rodriguez(3-50)   | 46:15.0   |
| 160 Al Tully(2-60)          | 49:21.0   |
| 182 Noreen Wong(1/F-40)     | 51:10.8   |
| 217 Sally Morner(2/F-40)    | 54:27.0   |
| 229 May Kuwatani(3/F-40)    | 55:45.6   |
| 279 Viola Kull(1/F-50)      | 1:05:01.5 |

## The Swimming Pool Run

From Don Hoffman

June 22, Stockton, 8K.

|                            |       |
|----------------------------|-------|
| 1 Robert Muer(20)          | 27:12 |
| 2 Steve Kovisto(18)        | 27:22 |
| 3 Mike Rowderdink(30)      | 27:58 |
| 7 Harvey Ferrilli(44)      | 30:39 |
| 18 Tom Fong(54)            | 34:29 |
| 21 Felicia Quiatantang(25) | 34:46 |
| 41 Anna Fong(57)           | 48:29 |

## Valley Of The Flowers Marathon

From Lee Heinz

June 20, In Lompoc, Full & Half Marathon.

|                              |         |
|------------------------------|---------|
| 1 Tom McKewon(28)            | 2:23:29 |
| 2 Bill Scobey(37)            | 2:33:36 |
| 3 Charles Hoover(33)         | 2:34:59 |
| 4 Ted Pawlak(26)             | 2:37:31 |
| 5 Brian Nelson(24)           | 2:42:18 |
| 6 Tom Jermyn(19)             | 2:42:25 |
| 7 Kemp Aaburg(42)1-40        | 2:44:00 |
| 8 James Ryan(37)             | 2:45:36 |
| 9 Boyd Hartley(37)           | 2:47:09 |
| 10 Eric Stepans(16)          | 2:53:40 |
| 11 Gary Dinkins(43)2-40      | 2:54:05 |
| 12 Jeff Saley(38)            | 2:55:15 |
| 13 Bill Buchanan(34)         | 2:55:17 |
| 14 Jay Devorak(32)           | 2:56:09 |
| 15 M Wohlwend(33)            | 2:56:14 |
| 16 Gary Riley(40)3-40        | 2:58:50 |
| 17 Chuck Anderson(51)1-50    | 2:57:32 |
| 18 Bob Chlc(37)              | 2:58:13 |
| 19 Joe Englebrecht(32)       | 2:58:27 |
| 20 Bill Yanez(35)            | 2:58:32 |
| 31 Annette Connell(37)1/F    | 3:06:10 |
| 37 Luann Brodie(24)2/F       | 3:12:20 |
| 67 Gaye Spout(38)3/F         | 3:25:53 |
| 107 Joanne Cargill(40)1/F-40 | 3:45:30 |
| 121 James Conrad(61)1-60     | 3:58:31 |

## Half-Marathon

|                                |         |
|--------------------------------|---------|
| 1 Ron Ysaia(20)                | 1:09:07 |
| 2 Jerry Alcorn(21)             | 1:10:49 |
| 3 Michael Ryan(35)             | 1:11:18 |
| 4 Art Cendejas(23)             | 1:12:17 |
| 5 Allen Just(19)               | 1:12:30 |
| 6 Joe Karnes(16)               | 1:12:37 |
| 7 Larry Montag(29)             | 1:12:55 |
| 8 Thomas Sneddon(36)           | 1:13:05 |
| 9 Frank Hutchinson(29)         | 1:13:19 |
| 10 Marshall Mayte(38)          | 1:13:35 |
| 11 Michael Griesmer(28)        | 1:13:53 |
| 12 Stuart Sutherland(26)       | 1:14:08 |
| 13 John Kovack(30)             | 1:14:33 |
| 14 Willie Pittenger(31)        | 1:15:03 |
| 15 George Aguirre(24)          | 1:15:16 |
| 16 Steve Hart(21)              | 1:15:25 |
| 17 Todd Robinson(25)           | 1:16:00 |
| 18 Terry Mack(30)              | 1:16:09 |
| 19 Steve Jones(22)             | 1:16:13 |
| 20 David Dickinson(24)         | 1:16:17 |
| 21 Paul Lee(21)                | 1:16:27 |
| 22 Fred Kiddy(48)1-40          | 1:16:41 |
| 23 Richard Snekvik(34)         | 1:17:08 |
| 24 Henry Tushar(26)            | 1:17:42 |
| 25 Frank Ramirez(16)           | 1:18:48 |
| 26 Craig Gully(24)             | 1:19:06 |
| 27 Mich Auant(26)              | 1:19:12 |
| 28 Ralph Rodriguez(30)         | 1:19:19 |
| 29 Michael Loya(26)            | 1:19:42 |
| 30 Dennis Esser(28)            | 1:20:00 |
| 34 Dan Pondella(41)2-40        | 1:21:42 |
| 43 Diane Killen(25)1/F         | 1:22:57 |
| 44 Gil Hinz(52)1-50            | 1:22:58 |
| 60 Sandra Marshall(34)2/F      | 1:25:38 |
| 64 Sandra Kiddy(45)1/F-40      | 1:28:03 |
| 65 Christa Romppanen(43)2/F-40 | 1:26:18 |
| 67 John Holoubek(65)1-60       | 1:27:00 |

## Dump To Dump Run

June 20, Distance Unknown.

|                       |         |
|-----------------------|---------|
| 1 Terrance Zerzan     | 24:58   |
| 2 Jost Schmitt        | 24:58   |
| 3 Paul Ghildosel      | 25:45.5 |
| 4 Jim Tracy           | 26:02.1 |
| 5 Mark Hines          | 26:18.9 |
| 6 Charles Harris      | 26:26.6 |
| 7 Philip Kay          | 26:59.5 |
| 8 Larry Bechtel       | 27:03.6 |
| 9 Tom Green           | 27:07.1 |
| 10 Richard Whitewater | 27:09.2 |
| 11 Tim Rostage        | 27:21.8 |
| 12 Ron Loza           | 27:43.9 |
| 13 Bob Waterman       | 27:47.1 |
| 14 Kevin Murray       | 28:06.5 |
| 15 Steve Fuller       | 28:13.6 |
| 16 Bob Treck          | 28:30.7 |
| 17 Valdemar Schultz   | 28:39.1 |
| 18 Richard Jones      | 28:39.1 |



|                           |         |
|---------------------------|---------|
| 19 Robert Plant           | 28:49.2 |
| 20 Jerry Lyman            | 28:52.0 |
| 21 Doug Riggie            | 28:56.0 |
| 22 Rob Bovey              | 29:12.3 |
| 23 Mike Heim              | 29:28.3 |
| 24 Don Tarrington         | 29:29.2 |
| 25 Dave Rouse             | 29:29.6 |
| 60 Dede Concannon(1/F)    | 31:42.4 |
| 72 Amanda Goldner(2/F)    | 32:43.4 |
| 78 Heather Rezowalli(3/F) | 33:13.2 |
| 80 Liz Grotz(4/F)         | 33:21.8 |
| 150 Miriam St.Claire(5/F) | 35:35.2 |

## Father's Day Run

From Bob Fries

### June 20. Fresno. 6 Miles.

|                   |       |
|-------------------|-------|
| 1 Juan Molina     | 29:41 |
| 2 Shawn Smallwood | 29:51 |
| 3 Curtis Ella     | 30:56 |
| 4 David Naranjo   | 31:10 |
| 5 Ed Taylor       | 31:20 |
| 6 Mike Taylor     | 31:26 |
| 7 Eric Little     | 31:30 |
| 8 Tim Cornell     | 31:30 |
| 9 Bob Lindsey     | 31:31 |
| 10 Mike Brooks    | 31:35 |



Juan Molina  
Father's Day Winner

|                        |       |
|------------------------|-------|
| 11 Charles Pittel      | 31:42 |
| 12 Aggie Contreras     | 31:45 |
| 13 Al Lomeli           | 31:47 |
| 14 Mark Hull           | 31:52 |
| 15 John Blair          | 31:57 |
| 16 Leroy Rivera        | 32:05 |
| 17 Ronald Brown Jr.    | 32:08 |
| 18 Frank Ortega        | 32:08 |
| 19 Craig Ella          | 32:13 |
| 20 Baldemar Betancourt | 32:19 |
| 21 Kevin Peira         | 32:26 |
| 22 Daniel Hernandez    | 32:30 |
| 23 Robert Taylor       | 32:33 |
| 24 Jason Lienau        | 32:33 |
| 25 Genaro Salazar      | 32:51 |
| 26 Gary Reimer         | 32:57 |
| 27 Unknown             | 33:00 |
| 28 Miguel Hurtado      | 33:04 |

|                      |       |
|----------------------|-------|
| 29 Ron Schafer       | 33:05 |
| 30 Larry Lung        | 33:10 |
| 31 Joseph Contreras  | 33:11 |
| 32 Jeff Chandler     | 33:17 |
| 33 Ken Burton        | 33:25 |
| 34 Leon A. Valley    | 33:26 |
| 35 Jim Lambe         | 33:29 |
| 36 Scott Durham      | 33:36 |
| 37 Steven Levy       | 33:40 |
| 38 Bruce Johnson     | 33:40 |
| 39 David Williams    | 33:41 |
| 40 Frank Delgado     | 33:45 |
| 41 Mike Cole         | 33:46 |
| 42 Michael Evangelho | 33:48 |
| 43 Clemente Flores   | 33:49 |
| 44 Greg Steinhauer   | 33:49 |
| 45 Ricardo Garcia    | 33:50 |
| 46 Louis Grieco      | 33:58 |
| 47 Jimmy Jimenez     | 34:02 |
| 48 Ron Enos          | 34:06 |
| 49 Ray Hernandez     | 34:07 |
| 50 Bob Fries         | 34:09 |

**Men's Division Winners: 40-44:** 1.Sid Cram 34:50, 2.Fernie Montanez 34:51, 3.Kenneth Schwison 34:52. **45-49:** 1.Frank Delgado 33:41, 2.Rick Zamarripa 34:22, 3.Jim Belcher 36:17. **50-54:** 1.Bob Fries 34:07, 2.Dick Cain 36:07, 3.Jess Rivera 36:09. **55-59:** 1.Sid Toabe 37:15, 2.Don Welsh 39:54, 3.Frank Weinschenk 40:35. **60 & Over:** 1.Harry Harder 39:28, 2.George Leavitt 44:06, 3.Donald Zarin 46:00. **Women's Division Winners: 10-14:** 1.Erin Valdez 45:05, 2.Kim Vogel 50:06, 3.Jennifer Neumeier 55:15. **15-19:** 1.Catherine Isham 36:59, 2.Sylvia Santistevan 38:44, 3.Chris Martinez 39:45. **20-24:** 1.Tone Nichols (overall women's winner) 36:36, 2.Diane Barrett 41:00, 3.Melissa Ortiz 41:08. **25-29:** 1.Gina Moss 40:00, 2.Wanda Richberger 40:24.5, 3.Lori Rechenbach 40:55. **30-34:** 1.Jan Coyle 38:55, 2.Rosa Medina 40:34, 3.Dianne Stauffer 40:48. **35-39:** 1.Muriel Olsen 40:46, 2.Donna Wilkinson 42:30.8, 3.Mary Ann Barroso 42:44.4. **40-44:** 1.Ramona Diaz 43:31.7, 2.Judy Wright 45:25.3, 3.Cie Conway 46:39. **45-49:** 1.Tricia Holley 51:34, 2.Judi Rober 58:32. **50 & Over:** 1.Isabel Verdusco 43:14.3, 2.Mae Rogers 45:40, 3.Dorothy Thomas 47:12.

## Holy City Race

### June 20. 9.08 Miles.

The 19th annual Holy City Race was run as a no-frills race for the first time. Due to losses incurred in prior years, we decided to drop the awards, the restroom facilities, and postrace free drinks. But, we also charged no entry fee. As expected, we got our smallest ever turnout for this demanding, hilly course. Inasmuch as this was a freebie race, some who entered the race treated it as a training run and crossed the finish line whereas if it had been a regular race, they would have run unofficially and not crossed the finish line. Thus, apparent bad performances (such as super master Bill Meinhardt's time) should be judged in that light.

Running-wise, we had our best weather ever—dense fog with a temperature in the mid 50s.

Armando Lagunas and Greg Jenkins traded the lead throughout the race. Armando led early but was overtaken by Greg on the tough Melody Lane section. Thereafter, they stayed close until Armando was able to assert his superior downhill running ability over the final two miles.

Jack Kirk continued his streak of not having missed this annual race since 1970.

|   |       |
|---|-------|
| 1 Armando Lagunas (25)  | 51:31 |
| 2 Greg Jenkins (21)   | 52:05 |
| 3 Chris Cole (28)   | 53:43 |
| 4 Jim LaFuenta (16)   | 53:47 |
| 5 Chris Amaral (21)   | 54:32 |
| 6 Tom Warfel (33)   | 54:47 |
| 7 Walt VanZant (43)   | 55:23 |
| 8 Frank Ruona (38)  | 56:15 |
| 9 Walter Radloff (37)   | 56:32 |
| 10 Norm Gould (33)  | 56:32 |
| <b>Div. Winners: Men: 30-plus:</b> Tom Warfel 54:47, 40-plus: Walt VanZant 55:23, |       |

**50-plus:** KenNapier 61:02, **60-plus:** Earl Parsons 76:24, **70-plus:** Jack Kirk 81:30. **19-29:** Armando Lagunas 51:31, H.S. Jim LaFuenta 53:47. **Women: 12 & Under:** Michelle Matthews 77:10, H.S. Becki VanZant 67:03, **19-29:** Shella McConville 76:19, **30+** Ean O'Neill 77:05, **40+** Peggy LaDell 70:31.

## Lemoore Half Marathon

From Ken Taksuchi

### June 20.

The second annual Lemoore Naval Air Station Half Marathon attracted four hundred runners to this sprawling military base in Western Fresno County. Last year's winner, Gil Cortez of the Santa Monica Track Club paced the 386 finishers with an excellent 1:08:58 over the combination dirt and asphalt course. Bakersfield College Star Brenda Villanueva won the overall women's title with a fine 1:26:40 clocking.

|                               |         |
|-------------------------------|---------|
| 1 Gil Cortez(SMTC)            | 1:08:58 |
| 2 Bob Loux(Visalia Runners)   | 1:10:21 |
| 3 David Perez(HSTC)1/13-18    | 1:10:54 |
| 4 Scott Thornton(HSTC)        | 1:11:32 |
| 5 Gary Campbell(VR)1/30-34    | 1:11:54 |
| 6 Dean Raymond(Unatt)         | 1:12:12 |
| 7 Ozzie Osgood(VR)1/35-39     | 1:13:00 |
| 8 Dennis Wong(Tulare Runners) | 1:13:35 |
| 9 Jess Rodriguez(VR)1/40-44   | 1:14:12 |
| 10 T.Deminson(Unatt)          | 1:14:22 |
| Len Thornton(HSTC)1-50        | NT      |
| Debbie Aschwanden(VR)1/30-34  | NT      |
| Marge Timbellare(FTC)1/35-39  | NT      |
| JoAnne Branco(VR)1/40-44      | NT      |
| Patricia Hurst(FTC)1/F-50     | NT      |

## Cancer Crusade Run

From Race Central

### June 27. Loma Linda University, Riverside. 5K, 10K, 15K.

|   |       |
|---|-------|
| <b>5K. Top Male Finishers:</b>  |       |
| 1 Bill Knauft (24)  | 16:18 |
| 2 Henry Morton (16)   | 16:29 |
| 3 Kevin Arnett (22)   | 17:03 |
| 4 Wally Ingram (49)   | 17:11 |
| 5 Vance Rogot (28)  | 17:21 |
| <b>Male: 12 &amp; Under:</b> 1.Raymond Robles 20:32, 13-18: 1.Henry Morton 18:29, 2.Kevin Popeck 17:23, 3.Clara Masangcay 17:54. <b>30-39:</b> 1.Dave Roadruck 17:29, 2.Ron Gagnon 17:37, 3.Dick Tufts 17:45. <b>40-49:</b> 1.Wally Ingram 17:11, 2.Sam Mayo 18:12, 3.Bob Stafford 18:25. <b>50-59:</b> 1.Ollie Harker 21:30. <b>60 &amp; Over:</b> 1.Bill Cornett 22:18. |       |
| <b>Top Female Finishers:</b>  |       |
| 1 Gretchen Wuorch (15)  | 20:22 |
| 2 Faith Walker (13)   | 21:29 |
| 3 Carolyn Greywood (35)   | 21:31 |
| 4 Penny Bourne (23)   | 22:17 |
| 5 Martha Rogot (27)   | 22:36 |
| <b>Females: 12 &amp; Under:</b> 1.Jenny Pitteroff 24:22. <b>30-39:</b> 1.Carolyn Greywood 21:31, 2.Sylvia Robles 24:20, 3.Guadalupe Naf 25:02. <b>40-49:</b> 1.Wanda Scott 28:05. <b>50-59:</b> 1.Ann Crawford 28:12. <b>60 &amp; Over:</b> 1.Esther Harris 41:53.  |       |

|   |       |
|---|-------|
| <b>10K. Top Male Finishers:</b>   |       |
| 1 Robert Morrison (28)  | 35:05 |
| 2 Bob Nations (42)  | 35:58 |
| 3 Dennis Payne (24)   | 37:37 |
| 4 Jeff Tinsley (15)   | 38:02 |
| 5 David Taber (35)  | 38:21 |
| <b>Male: 12 &amp; Under:</b> 1.Brian Reynolds 48:16. <b>19-29:</b> 1.Robert Morrison 35:05, 2.Dennis Payne 37:37, 3.Terry Fitzpatrick 38:48. <b>30-39:</b> 1.David Taber 38:21, 2.Bruce Nicotero 38:25, 3.Tomas Papetka 39:35. <b>40-49:</b> 1.Bob Nations 35:56, 2.James Edgerly 39:16, 3.Doug Nielsen 40:42. <b>50-59:</b> 1.Frank Husak 43:44, 2.Edward Scott 44:54, 3.Geoffrey Dooley 45:52. <b>60 &amp; Over:</b> 1.Karlis Smiltens 48:48. |       |

### Top Female Finishers.

|                           |       |
|---------------------------|-------|
| 1 Shannon Duncan (14)     | 44:07 |
| 2 Patricia Escamilla (24) | 45:05 |
| 3 Vaneen Parker (29)      | 46:05 |
| 4 Jean Han (23)           | 46:45 |
| 5 Ina Bridges (18)        | 47:48 |

**Females: 12 & Under:** 1.Christy McConnell 1:01:06, **30-39:** 1.Kathy Heard 48:54, 2.Nancy Weary 51:33, 3.Wendy Boelter 53:12. **40-49:** 1.Laura White 50:52. **50-59:** 1.Lillian Miller 52:23. **60 & Over:** 1.Bess James 1:06:55.

### 15K. Top Male Finishers.

|                         |       |
|-------------------------|-------|
| 1 Morris Scoggin (35)   | 52:29 |
| 2 Torin Rotstein (23)   | 53:24 |
| 3 Michael Schutten (25) | 53:31 |
| 4 Dean King (35)        | 53:46 |
| 5 David Swiderski (17)  | 53:54 |

**Male: 12 & Under:** 1.Scott Coder 1:12:25. **40-49:** 1.Bob McGeough 56:48, 2.Harry Dreier 57:53, 3.Dave Arntson 58:10. **50-59:** 1.Jason Harris 1:02:56, 2.Daniel Carlson 1:05:37, 3.Ron Morris 1:09:48. **60 & Over:** 1.George Wesselman 1:17:09.

### Top Female Finishers.

|                       |         |
|-----------------------|---------|
| 1 Denise Bedford (25) | 1:00:08 |
| 2 Judy Esbitz (38)    | 1:06:20 |
| 3 Jayne Schliff (26)  | 1:08:39 |
| 4 Myra Lauder (39)    | 1:11:16 |
| 5 Jill Angel (25)     | 1:12:07 |

**Females: 12 & Under:** 1.Emily Mungeray 1:25:41, 13-18: 1.Karen Stanley 1:25:48. **40-49:** 1.Lupe Aragon 1:20:05. **50-59:** 1.Marjorie West 1:12:59.

## Folsom 10K

From George Parrott

### June 27.

A total of 221 finishers completed the 13th annual Folsom 10k race over the newly re-measured and corrected course passing the gates of Folsom Prison. Kurt Graves, a recent graduate of Oral Roberts University and the possessor of 29 minute 10k and recent 2:24 marathon credentials easily handled the challenge of a strong performance by Adam Ferreira. The women's race was no contest as young Sally Plinckner of Davis moved away from her local track and cross-country nemesis, Stacey McAfee of Loomis.

|                            |       |
|----------------------------|-------|
| 1 Kurt Graves (22)         | 31:25 |
| 2 Adam Ferreira (32)       | 32:04 |
| 3 David Chalfez (22)       | 32:35 |
| 4 Tim Powell (21)          | 32:41 |
| 5 Chuck Nichols (32)       | 33:57 |
| 6 Charles Dodd (18)        | 33:52 |
| 7 Frank Krebs (39)         | 33:59 |
| 8 Doug Butt (37)           | 34:15 |
| 9 Ron Mellor (29)          | 34:20 |
| 10 Tom Davies III (18)     | 34:27 |
| 11 Dan Smolich (28)        | 34:40 |
| 12 T. Andy Harris (22)     | 34:47 |
| 13 David Blakely (32)      | 35:06 |
| 14 Bruce Fujimoto (26)     | 35:10 |
| 15 Dale R. Gross (25)      | 35:17 |
| 16 Tom Nussbaum (33)       | 35:23 |
| 17 Don Spickelmier (41)    | 35:31 |
| 18 Karl Yamauchi (34)      | 35:35 |
| 19 Bob Seldner (41)        | 35:37 |
| 20 Milt Whaley (35)        | 35:40 |
| 42 Robert Malain (55)      | 37:56 |
| 49 Sally Plinckner (16)1/F | 38:19 |
| 68 Stacey McAfee (16)2/F   | 40:02 |
| 71 Kathy Beales (19)3/F    | 40:20 |
| 85 Rae Bright (39)4/F      | 41:34 |
| 99 Carolyn Tucker (31)5/F  | 42:34 |
| 137 Karen Frincke (42)6/F  | 45:58 |

## Jacoby Creek Streak

### June 27. Bayside. 4.6 Miles.

1.Harry Cottrell 23:49, 2.Greg Helstuman 24:05, 3.Mike Addis 26:16, 16.Gerald Hoopes (1-40) 28:35, 20.Lenny Escarda (1-50) 29:35, 22.Jane Wooton (1/F) 30:07, 25.Sandy Waters (2/F) 30:58, 29.Karen Kelley-Day (3/F) 31:29. **1.8 Miles:** 1.Glen Borland 8:51, 2.Dennis Pfeiffer 9:07, 7.Gayle Kerstetter (1/F-40) 11:36, 9.Linda Kirkham (2/F) 13:39.



## Results

### Cascade Run Off

From Michele Bowler

June 27, Portland, Oregon: 5th Annual 15-kilometer Cascade Run Off.

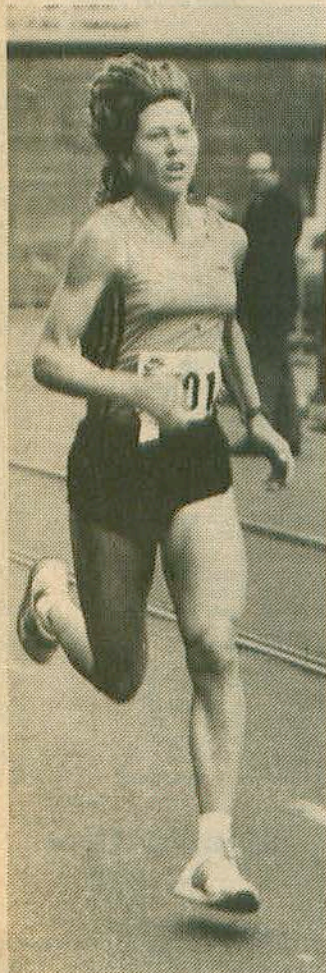
Michael Musyoki staged a dramatic finishing kick to nip Jon Sinclair in a near-world-record time of 43:10.5, and Anne Audain strengthened her claim to the title of the world's top woman road runner by crushing an impressive women's field in this year's running of the "Run Off."

Despite the presence of one of the fastest and deepest fields ever, Musyoki and Sinclair used demanding terrain to turn the event into a private duel by covering the last 5 kilometers in 13:22.5 and 13:25.4 respectively.

The Cascade Run Off course features a long climb of 450 feet over 3½-plus miles, followed by a gradual 3¼ mile descent to the finish line.

Beginning at the 5 kilometer mark, the leaders Sinclair, Musyoki, Rodolfo Gomez of Mexico and Gabriel Kamau, Kenyan teammate of Musyoki's at the University of Texas-El Paso, used the most challenging uphill portions to open a large lead. Behind them came Rod Dixon and then another pack composed of Herb Lindsay, Paul Cummings and Benji Durden.

photo by Gene Cohn



Laurie Binder, top Calif. female at Cascade Run Off

Near the crest of the hill, Dixon made a strong move to regain contact and pulled into the lead with Sinclair and Musyoki, leaving Kamau and Gomez in his wake. Sinclair, however, took Dixon out of the race by relentlessly pushing the pace on the downhill while the New Zealander was still feeling the effects of his catchup move.

Musyoki and Sinclair traded surges the rest of the way, covering the last three full miles in 4:16, 4:22 and 4:15.

Sinclair made his finishing move with a half mile to go and when Musyoki failed to answer, opened up a commanding lead.

However, with 250 yards to go, the Kenyan started an incredible finishing kick to catch Sinclair and earn the \$10,000 first prize.

"He got me in the last 10-15 yards. I thought when I got out by 20 yards I had him," said Sinclair. "Today he was the better runner. I couldn't go with him the last 15 meters but I did my best and I won't ask for more."

Unlike the men's winner, New Zealander Anne Audain ran her race against the clock by seizing a commanding early lead and improving it throughout the race.

Audain broke Patti Catalano's course record by 21 seconds and finished 1:42 ahead of her nearest rival. Her Run Off victory marked the fifth consecutive road race in which Audain has broken a course record.

Ellen Hart won her duel for second with Debbie Elde of Salem, Oregon, by posting a fine time of 51:03.2. Nancy Konz of Easthampton, Massachusetts, finished a comfortable fourth and another relative unknown, Linda McLennan, bested several road racing stars such as Judi St. Hillaire, Jacqueline Gareau, Laurie Binder and Julie Shea for fifth in a time of 52:01.20.

A look at the times posted on the challenging Cascade Run Off course reveals the race's quality and depth: It took a 44:32 for Olympian Benji Durden to finish 10th; the top ten women all ran 52:40 or better.

This year's Cascade marked the first anniversary of ARRA's (Association of Road Racing Athletes) efforts to bring about open prize money racing and its resulting confrontation with TAC. Both the dramatic increase in the number of prize money road races and TAC's acceptance of that fact illustrate changes that have occurred in the last year.

The Cascade Run Off again awarded a total purse of \$50,000 donated by NIKE to top finishers with the absence of controversy and with TAC's blessing.

An estimated 100,000 spectators watched the Cascade Run Off on the streets of Portland and millions of TV viewers watched same day coverage of the event on CBS's Sports Sunday, marking only the second time a road race has been featured in network coverage.

Next year's race date is Sunday, June 26, 9 a.m.

| Overall Men:                    |       |
|---------------------------------|-------|
| 1 Michael Musyoki (Kenya)       | 43:10 |
| 2 Jon Sinclair (Colorado)       | 43:13 |
| 3 Rod Dixon (New Zealand)       | 43:32 |
| 4 Gabriel Kamau (Kenya)         | 43:35 |
| 5 Rodolfo Gomez (Mexico)        | 43:40 |
| 6 Herb Lindsay (Colorado)       | 44:02 |
| 7 Paul Cummings (Utah)          | 44:11 |
| 8 Dave Gordon (Washington)      | 44:26 |
| 9 Halli Ebba (Washington)       | 44:28 |
| 10 Benji Durden (Georgia)       | 44:32 |
| 11 Duane Gaston (Kentucky)      | 44:35 |
| 12 Jerald Jones (Idaho)         | 44:40 |
| 13 Jose Gomez (Mexico)          | 44:44 |
| 14 Tom Birnie (New Zealand)     | 44:51 |
| 15 Dean Matthews (Georgia)      | 44:53 |
| 16 Pablo Vigil (Colorado)       | 44:54 |
| 17 John Rogerson (Florida)      | 44:55 |
| 18 Ed Mendoza (Arizona)         | 44:56 |
| 19 Ric Sayre (Oregon)           | 45:08 |
| 20 Domingo Tibaдуiza (Colombia) | 45:16 |

| Overall Women:              |       |
|-----------------------------|-------|
| 1 Anne Audain (New Zealand) | 49:21 |
| 2 Ellen Hart (New Mexico)   | 51:03 |
| 3 Debbie Elde (Oregon)      | 51:07 |

|                                 |       |
|---------------------------------|-------|
| 4 Nancy Konz (Massachusetts)    | 51:50 |
| 5 Linda McLennan (Georgia)      | 52:01 |
| 6 Mary O'Connor (New Zealand)   | 52:13 |
| 7 Glenys Quick (New Zealand)    | 52:20 |
| 8 Judi St. Hillaire (Mass)      | 52:23 |
| 9 Jacqueline Gareau (Canada)    | 52:34 |
| 10 Laurie Binder (Oakland, CA)  | 52:40 |
| 11 Julie Shea (N. Carolina)     | 52:57 |
| 12 Susan Schneider (Minn)       | 53:19 |
| 13 Eileen Clausius (Sac'to, CA) | 53:45 |
| 14 Ann Locke (Alaska)           | 53:54 |
| 15 Susan Niedermeyer (Oregon)   | 54:25 |
| 16 Winnie Ng (Hong Kong)        | 54:39 |
| 17 Cindy Dalrymple (New York)   | 54:43 |
| 18 Marilyn Mathews (Oregon)     | 54:45 |
| 19 Barbara Clark (Oregon)       | 55:00 |
| 20 Patsy Sharples (S. Africa)   | 55:05 |
| Shariet Gilbert (Richmond, CA)  | 57:08 |
| Jane Sowersby (SF, CA)          | 57:46 |

**Women 50-59:** 1. JoAnne Hegedus (Washington) 1:23:17; 2. Peggy Taylor (Harbor City, CA) 1:23:18; 3. Delight Leonard (Oregon) 1:24:13; 4. Pat Lautenschlager (Oregon) 1:27:38; 5. Joan Meyer (Oregon) 1:29:47.

**Men 60-Plus:** 1. Clive Davies (Oregon) 55:52; 2. Richard Kasal (Oregon) 66:19; 3. Vic Groening (Washington) 69:52; 4. Robert McAllister (Oregon) 70:15; 5. Brice Hammalk (Oregon) 70:42.

**Women 60-Plus:** 1. Patricia Dixon (Oregon) 1:12:42; 2. Norma Bernardi (San Pedro, CA) 1:18:14; 3. Josephine Hess (Washington) 1:20:00.

### Fitch Mountain Footrace

June 27, Healdsburg, 10K.

|  |         |
|--|---------|
| <b>Overall Men:</b>  |         |
| 1. Rudy Balli  | 33:38.4 |
| 2. Ken Gurley  | 35:39.2 |
| 3. Tom Fish  | 38:11.7 |
| 4. Mark Vollmer  | 38:27.4 |
| <b>Overall Women:</b>  |         |
| 1. Sandra Mike   | 40:07.5 |
| 2. Mary Maloney  | 41:34.5 |
| 3. Janet Buckendahl  | 42:21.3 |
| 4. Karen Eberhardt   | 43:15.5 |
| <b>Men's Divisions: 13 &amp; Under:</b>  |         |
| 1. Reed Colfax 44:59.0, 2. Nathan Pile 47:10.1, 3. Ryan Snyder 48:21.9, 4. Tim Pile 52:36.1; 14-18:                    |         |
| 1. Mark Vollmer 38:27.4, 2. George Merrill 37:09.7, 3. Paco Montanez 41:23.0, 4. John Guarduno 43:09.1; 30-39:         |         |
| 1. Ken Gurley 35:39.2, 2. Andy Jansen 37:26.7, 3. Fred Leoni 38:04.9, 4. Guy Hedenberg 38:22.9.                        |         |
| 40-49:   |         |
| 1. Glenn Reed 38:50.0, 2. Gard Leighton 40:30.0, 3. Arnold Cleveland 40:36.1, 4. Bob Buckendahl 42:10.9; 50 & Over:    |         |
| 1. Hank Fragoza 39:38.8, 2. Leo Steneck 41:33.2, 3. Howard Young 42:18.1, 4. Loy Bise 43:23.1.                         |         |
| <b>Women's Divisions: 13 &amp; Under:</b>  |         |
| 1. Denell Turner 1:02:48.3, 2. Keille Barfield 1:07:07.1, 3. J. Turner 1:10:43.8; 14-18:                               |         |
| 1. Mary Maloney 41:34.5, 2. Jennifer Seales 48:04.5, 3. Cathy Brenegan 56:28.1, 4. Paula Lyons 59:37.2; 19-29:         |         |
| 1. Eileen Cunningham 48:10.5, 2. Josie Hopkins 49:59.4, 3. Carla Dal Colletto 50:08.5, 4. Heidi Messerschmitt 51:05.0. |         |
| 30-39:   |         |
| 1. Sandra Mike 40:07.5, 2. Jeanne Harvey 47:07.1, 3. Jeanine Nichols 48:23.6, 4. Marilyn Williams 50:24.0; 40-49:      |         |
| 1. Janet Buckendahl 42:21.3, 2. Karen Eberhardt 43:15.5, 3. Margaret Oakes 43:24.2, 4. Becky Bebb 51:01.8.             |         |

### Shoreline 10K Race

June 27, San Leandro.

**Junior Boys:** 1. David Sasek 38:28, 2. Scott Lawrie 40:18, 3. Rob McKeever 41:48, 4. Art Del-Castillo 48:30, 5. Patrick Lough 48:48.

**Open Men:** 1. Robert Brasesco 33:35, 2. John Nitch 34:38, 3. Dave Willis 34:42, 4. Doug Rodgers 35:15, 5. Adrian Laakas 35:47.

**Masters Men:** 1. David Rouse 39:31, 2. David Jennings 41:18, 3. Jim Cole 41:39, 4. Rudy Rodriguez 42:30, 5. Greg Hickey 44:24.

**Super Masters Men:** 1. John Gregson 41:01, 2. Jack Riley 41:49, 3. Bruce Oliver 42:04, 4. Bruce Riggs 42:24, 5. Don Devlin 46:16.

**Junior Girls:** 1. Sandy Tregarthen 49:55, 2. Lisa Texiera 1:01:54.

**Open Women:** 1. Sue Vinella-Brusher 40:38, 2. Cathie Chavez 42:26, 3. Estelle Valkema 48:18, 4. Linda Glass 51:35, 5. Suzanne Williams 52:36.

**Masters Women:** 1. Laverne Riley 48:37, 2. Karen Gudiksen 48:58, 3. Eva Marie Morrish 53:38, 4. Carmen Del-Castillo 55:31, 5. Madrene Koelsch 57:49.

### PA TAC 15K Championship

| June 27, Los Altos.             |         |
|---------------------------------|---------|
| 1. Joaquin Leand (N/R)          | 45:50.2 |
| 2. Jairo Correa (N/R)           | 45:50.8 |
| 3. Mark Conover (Hum)           | 45:56   |
| 4. Rudy Munoz (ARC)             | 46:14.8 |
| 5. Dennis O'halloran (ARC)      | 46:18.0 |
| 6. Doug Avrit (PW)              | 46:32.3 |
| 7. Rich Langford (ARC)          | 46:42.4 |
| 8. Tim Gruber (ARC)             | 46:46.3 |
| 9. Rich McCann (ARC)            | 46:50.8 |
| 10. Joe Fabris (ARC)            | 47:18.6 |
| 11. Bill Gail (ARC)             | 47:27.5 |
| 12. Don Paul (GSF)              | 47:42.2 |
| 13. Harold Colms (ARC)          | 48:08.4 |
| 14. Bud Geter (ARC)             | 48:13.1 |
| 15. Sal Vasquez (PK)1-40        | 48:16.3 |
| 16. Jerold Drew (CCF)           | 48:19.4 |
| 17. John Mansoor (CCF)          | 48:40.8 |
| 18. Jeff Clark (CCF)            | 48:41.4 |
| 19. Greg Jewett (Ex)            | 49:06.3 |
| 20. Par T Tyme (ARC)            | 49:11.5 |
| 21. Steve Strangio (ARC)        | 49:18.5 |
| 22. Peter Day (Ex)              | 49:22.3 |
| 23. Ed Schlegle (ARC)           | 49:41.2 |
| 24. Robert Govi (TAM)           | 49:42.7 |
| 25. Ernie Rivas (Ex)            | 49:49.6 |
| 26. Bill Sevaly (Ex)            | 49:57.2 |
| 27. Ken Harvey (CCF)            | 50:01.8 |
| 28. Steve Ferraz (GSF)          | 50:12.5 |
| 29. Lester Mina (ARC)           | 50:26.0 |
| 30. Tony Hyun (TAM)             | 50:28.6 |
| 31. Dave Smith (GB)             | 50:37.6 |
| 32. Joe Rubio (PW)              | 50:40.1 |
| 33. Mark Murray (CCF)           | 50:52.7 |
| 34. Mike Wheeler (LMJS)         | 50:55.2 |
| 35. Michael Gulli (GSF)         | 51:03.2 |
| 36. Ken Stein (ZAC)             | 51:04.2 |
| 37. Kram Uastord (ARC)          | 51:06.8 |
| 38. Mike Fanelli (GSF)          | 51:13.6 |
| 39. Orlando Biggs (PW)          | 51:17.7 |
| 40. Bill Melnhardt (WVJS)2-40   | 51:26.3 |
| 41. Skip Brown                  | 51:34.8 |
| 42. Tony Reynoso (ARC)          | 51:41.2 |
| 43. Don Dugdale (WVJS)          | 51:55.2 |
| 44. Jesse Torres (PW)           | 52:01.0 |
| 45. Jake White (WVJS)3-40       | 52:10.0 |
| 46. Greg Jenkins (PW)           | 52:14.3 |
| 47. John Clary                  | 52:19.7 |
| 48. Larry Bechtel               | 52:23.1 |
| 49. Thomas Aldara (Ex)          | 52:32.3 |
| 50. Mike White (ARC)            | 52:39.1 |
| 51. Harold Knutson (PK)4-40     | 52:40.7 |
| 52. Kent Guthrie (WVJS)5-40     | 52:52.2 |
| 53. Patti Gray (CCF)1/F         | 54:17.7 |
| 54. Pat English (TAM)2/F        | 54:34.1 |
| 55. Helke Skelden (CCF)3/F      | 54:48.7 |
| 56. Amy Harper (ARC)4/F         | 55:34.7 |
| 57. Tena Harms (ARC)5/F         | 57:12.1 |
| 58. Jolie Houston (ARC)6/F      | 57:41.1 |
| 59. Kathy Way (ARC)7/F          | 57:49.1 |
| 60. Denise Bigelow (ARC)8/F     | 58:15.5 |
| 61. Krista Roberts (CCF)9/F     | 58:25.5 |
| 62. Jennifer Jamesson (ARC)10/F | 59:34.2 |





Bill Scoby  
Seabreeze 20K



Ann Gladue  
Seabreeze 20K

## Seabreeze Runs

From Gary Tuttle

June 27, Ventura: Seabreeze 10 & 20K Runs.

|                       |       |
|-----------------------|-------|
| <b>10K Race:</b>      |       |
| 1 Gary Tuttle         | 30:27 |
| 2 Martin Navarro      | 32:00 |
| 3 Mike Hunt           | 32:43 |
| 4 Dan Davis           | 32:56 |
| 5 Adolfo Huerta       | 33:32 |
| 6 Steve Jaeger        | 34:40 |
| 7 P. Flores           | 34:46 |
| 8 John Brennan 1-40   | 34:52 |
| 9 T. Garcia           | 35:05 |
| 10 B. Spielman        | 35:06 |
| 14 D. Swanson 2-40    | 35:35 |
| 18 T. Yzaquirre       | 36:20 |
| 30 J. Klausmeir 1-F   | 38:41 |
| 43 B. Winstanley 1-50 | 39:55 |
| 48 C. Rompannen 1-40F | 40:10 |
| 41 J. Murphy 3F       | 40:11 |
| 57 T. Blumberg 2-50   | 40:49 |
| 60 M. Elliott 3-50    | 41:05 |
| 84 S. Vandehie 1-50F  | 43:25 |

|                         |       |
|-------------------------|-------|
| <b>20K Race:</b>        |       |
| 1 Bill Scoby            | 67:29 |
| 2 T. Peterson           | 68:11 |
| 3 L. Montag             | 71:05 |
| 4 D. Maxwell            | 71:53 |
| 5 D. Rodriguez          | 71:53 |
| 6 B. Huehel             | 72:48 |
| 7 Eino 1-40             | 72:51 |
| 8 P. Hernandez          | 73:12 |
| 9 B. O'Melveny          | 73:13 |
| 10 G. Olson             | 73:21 |
| 12 A. Mortell 2-40      | 73:56 |
| 13 K. Aaberg 3-40       | 75:22 |
| 21 F. Nagelschmidt 1-50 | 79:50 |
| A. Gladue 1F            | 82:09 |
| 33 J. Kewley 2F         | 82:58 |
| 36 L. Schiller 3F       | 84:09 |
| 53 Hipsman 2-50         | 87:58 |
| 55 R. Miller 3-50       | 88:33 |
| 70 M. Stevenson 4F      | 90:57 |
| I. Hainline 1-40F       | 97:56 |

## Lake Gregory Summer Fest

July 3. At Lake Gregory. 5 & 10K.

|  |       |
|--|-------|
| 1 Paul Rosser (17)   | 17:08 |
| 2 Darren Near (15)   | 17:20 |
| 3 Solis Juan (16)  | 17:22 |
| 4 Dave Cook (25)   | 17:27 |
| 5 Gil Abrego (16)  | 17:29 |
| Men's Divisions: 12 & Under: 1.Scott Coder 21:12, 2.Bruce Bauer 22:40, 3.Andy Mogensen 23:03, 4.Chad Smith 23:52, 5.Brian Broxson 24:41, 13-19: 1.Paul Rosser 17:08, 2.Darren Near 17:20, 3.Solis Juan 17:22, 4.Gil Abrego 17:29, 5.Jeff Jacobs 18:00, 20-29: 1.Dave Cook 17:27, 2.Dan Crowley 17:43, 3.Chuck Perdue 17:57, 4.Steven Brown 17:59, 5.Ricky Medina 18:00, 30-39: 1.Tom Nelson 17:30, 2.Bob Hoogendyk 17:50, 3.Mark Newton 18:21, 4.Ken Tolar 18:58, 5.James Pepin 19:28, 40-49: 1.Tom Richards 17:40, 2.Sam Mayo 19:26, 3.Dick Johnson 19:31, 4.John Brown 20:55, 5.Dick Nance 22:52, 50 & Over: 1.Walter Atcheson 19:11, 2.Jerry Withers 19:52, 3.Mel Elliott 20:27, 4.Mac McCombs 23:04, 5.Norman Nisly 23:23. |       |

|  |       |
|--|-------|
| <b>Top Female Finishers:</b>   |       |
| 1 Debra Kreske (22)  | 22:06 |
| 2 Meg Werner (17)  | 22:46 |
| 3 Faith Walker (13)  | 23:11 |
| 4 Vaneen Parker (29)   | 23:15 |
| 5 Niddia Garza (22)  | 24:14 |
| <b>Women's Divisions: 12 &amp; Under:</b>  |       |
| 1.Tammy Nielsen 25:24, 2.Cindy Robbins 25:43, 3.Bobbie Heck 25:44, 4.Lori Valdez 27:03, 5.Charlie Kolander 28:25, 13-19: 1.Meg Werner 22:46, 2.Faith Walker 23:11, 3.April Quaker 25:34, 4.Tracy Gregory 25:36, 5.Traci Staviski 26:21, 20-29: 1.Debra Kreske 22:06, 2.Vaneen Parker 23:15, 3.Niddia Garza 24:14, 4.Roberta Soderholm 24:43, 5.Liz Posey 26:16, 30-39: 1.Linda Bird 24:50, 2.Lynn Dean 26:43, 3.Theresa Wilson 28:45, 4.Kay Crorkin 28:55, 5.Carla Hale 29:15, 40 & Over: 1.Donna Thomas 27:13, 2.Darlene Oavis 28:04, 3.Adele Schoene 29:17, 4.June Elliott 33:35, 5.Cathy Wedel 37:38. |       |

### 10K. Top Male Finishers:

|                        |       |
|------------------------|-------|
| 1 Dennis Caldwell (27) | 34:45 |
| 2 Morris Scoggin (35)  | 35:59 |
| 3 Joseph Bird (41)     | 36:10 |
| 4 Don Cousins (48)     | 38:02 |
| 5 Bryan Hendry (23)    | 38:07 |

**Men's Divisions: 12 & Under:** 1.Mike Kratz 48:13, 2.Jerald Brantley 49:04, 3.Donald Edstrom 58:05, 4.Jeff Baughn 58:07, 13-19: 1.Barry Verespey 41:28, 2.Mark Boyer 45:39, 3.Daniel Myers 48:47, 4.Timothy Hendershott 49:44, 5.John Steger 53:50. 20-29: 1.Dennis Caldwell 34:45, 2.Bryan Hendry 38:07, 3.Pete Martinez 38:13, 4.Ralph West 39:16, 5.Mike Alder 40:05. 30-39: 1.Morris Scoggin 35:59, 2.Dan Gutierrez 39:28, 3.Martin Ruggles 40:51, 4.Pat Hoban 40:59, 5.Gil Speer 41:59. 40-49: 1.Joseph Bird 38:10, 2.Don Cousins 38:02, 3.Hal Rose 41:37, 4.Burton Gilliam 42:34, 5.Bill Engs 42:37. 50 & Over: 1.Robert Davis 41:41, 2.Harold Daughters 42:35, 3.James Talley 44:48, 4.Richard Benter 49:18, 5.Fred Lowe 50:27.

### Top Female Finishers:

|                         |       |
|-------------------------|-------|
| 1 Sue Harwell (30)      | 46:28 |
| 2 Karen Ringkamp (13)   | 46:47 |
| 3 Diane Eastman (40)    | 48:59 |
| 4 Patricia Jackson (31) | 47:38 |
| 5 Lynn Walsh (19)       | 48:11 |

**Women's Divisions: 12 & Under:** 1.Marisa Cantrell 54:32, 2.Andrea Brumble 1:05:19. 13-19: 1.Karen Ringkamp 46:47, 2.Lynn Walsh 48:11, 3.Maggie Minick 49:54, 4.Michelle Kay 54:59, 5.Klarissa Cantrell 58:37. 20-29: 1.Sally Pierce 53:25, 2.Dale Kucerak 56:08, 3.Betsy Swope 1:00:43, 4.Drucie Riley 1:02:26. 30-39: 1.Sue Harwell 46:28, 2.Patricia Jackson 47:38, 3.Janet Delaney 48:35, 4.Linda Davis 52:04, 5.Lora Banxs 52:37. 40 & Over: 1.Diane Eastman 48:59, 2.Carole Pinkner 54:27, 3.Audrey Singer 56:06, 4.Virginia Martin 1:09:56.

## Semana Nautica

by Ginger Cisl

July 3, Santa Barbara: SPATAC Semana Nautica 15K Championships.

The blanket of low coastal clouds and overcast may not have been too delightful for the holiday beach goers on July 3rd, but to the 510 runners who were covering ground in the 9-mile Semana Nautica road race in Santa Barbara, it was more than delightful. This 15K road race featured some top individuals, teams and age group competitors. It was a determining race for masters to qualify for the masters championship in Philadelphia.

Gary Tuttle and Bob Macias battled it out together for the first mile. Tuttle explained, "Macias and I were together for the first mile with a 4:40." Then, Tuttle pulled ahead and maintained the lead throughout the entire course. Tuttle obliterated the old course record which he held at 45:20 and lowered it to 45:14. Macias blazed in behind him with a 48:38.

James Triplett captured third with a 46:53 over Ed Calloway's fourth place time of 48:56. "Calloway and I were fighting it out the whole way," Triplett said. "But I'm happy with my time," Calloway emphasized.

Team scores were based on the cumulative time of the first five finishers (first three for women). The Santa Monica Track Club swept the field to seize the winning men's team. Bob Macias (48:38), Tom Wheeler (47:40), Tom Bryant (48:02), Ron Gee (48:16), and Clyde Matsumara (49:08) comprised the five man team. "It was a nice course," stated Gee and Wheeler. "It was nice but tough. I prefer it to the Ironing board course," Wheeler expressed. "The weather helped, too. Last year it was 80 degrees," Matsumara explained.

Margaret Miller, 56; Christa Rompanen, 42; and Judy Kewley, 37, won the team title in the women's division. Representing the California Condors, all three women train together and are shooting for American and world records in their age group.

There were some astounding times in the master's division. Competitors travelled from out of state as well as out of the city to win a free trip to the masters championships in Philadelphia. Interpolated by points according to the age group, the top four men and the top two women won a free trip to the championships. Nike representative Val Schulz, awarded the trip prizes and announced that this was the seventh from a total of eight races to qualify for the championships.

Margaret Miller won by a long shot according to the interpolated point system. With a 60:36 15K, she and Sandra Kiddy will be in Philadelphia for the championships.

Dan Longnecker, 68, from Silver City, New Mexico, took first with a 58:38. Jim O'Neil, John Rawlings and Bill Faulk will accompany Longnecker in Pennsylvania. Also, winning a pair of shoes instead of a trip to the championships, was Andre Tocco.

**MEN: 15 & Under:** 1. John McGovern 51:16; 2. Joe Garcia 53:25. 19-34: 1. Gary Tuttle 45:14; 2. Bob Macias 48:38; 3. James Triplett 46:53. 35-39: 1. Michael Ryan 49:00; 2. Marshall Matye 49:09; 3. Bill Scobey 49:54. 40-44: 1. Frank Duarte 48:34; 2. Skip Shaffer 50:58; 3. John Rawlings 51:45. 45-49: 1. Bill Bould 50:21; 2. Andre Tocco 50:54; 3. John Brennan 51:47. 50-54: 1. Jim Brownfield 54:53. 55-59: 1. Jim O'Neil 54:19. 60-Plus: 1. Don Longnecker 58:38.

**WOMEN: 18 & Under:** 1. Laura Hardy 68:20. 19-29: 1. Kelly Wells 59:23; 2. Kelly Reynolds 60:54. 30-39: 1. Elaine Campo 55:57; 2. Sue Peterson 56:33; 3. Sue Krenn 57:53. 40-49: 1. Sandra Kiddy 58:50. 50-Plus: 1. Margaret Miller 60:36.



## Milpitas Firecracker Run

July 4. In Milpitas. 10K.

|                                    |         |
|------------------------------------|---------|
| <b>Men: 16 &amp; Under:</b>        |         |
| 1. Thor Jaques(Woodland)           | 33:22   |
| 2. Greg Whalen(Weaverville)        | 35:11   |
| 3. Max Mancini(San Jose)           | 35:34   |
| <b>17-29:</b>                      |         |
| 1. Paul Sechrist(Cupertino)        | 30:36.3 |
| 2. Brad Hawthorne                  | 31:42   |
| 3. Hank Lawson(Sunnyvale)          | 32:04   |
| <b>30-39:</b>                      |         |
| 1. Dan Anderson(Castro Vv)         | 31:24   |
| 2. Nick Yray(San Jose)             | 32:21   |
| 3. Bill Clark(Los Altos)           | 32:25   |
| <b>40-49:</b>                      |         |
| 1. Peter Leal(San Jose)            | 35:21   |
| 2. Myron Navramont(Fremont)        | 35:24   |
| 3. Rich Siemges(San Jose)          | 36:20   |
| <b>50 &amp; Over:</b>              |         |
| 1. Ephram Romesberg(San Jose)      | 36:07   |
| 2. E.R. Silver(San Jose)           | 36:58   |
| 3. Hank Fragoza(Travis AFB)        | 37:20   |
| <b>Females: 16 &amp; Under:</b>    |         |
| 1. Dana Rositano(San Jose)         | 41:55   |
| 2. Tera Kennedy                    | 48:16   |
| 3. Shelly Brown(Milpitas)          | 47:13   |
| <b>Open: 17-29:</b>                |         |
| 1. Rosa Gutierrez(San Jose)        | 36:50   |
| 2. Christine Callas(Mt. View)      | 41:44   |
| 3. Margaret Menrath(San Mateo)     | 43:34   |
| <b>30-39:</b>                      |         |
| 1. Virginia Fair-Delano(Los Gatos) | 45:17   |
| 2. Kathy Stinson(Santa Cruz)       | 45:42   |
| 3. Shelly Grieb(San Jose)          | 45:53   |
| <b>40-49:</b>                      |         |
| 1. Jeanne Shuler(Livermore)        | 40:29   |
| 2. Barbara Robben(Berkeley)        | 48:18   |
| 3. Betty Carpenter(Palo Alto)      | 49:08   |
| <b>50 &amp; Over:</b>              |         |
| 1. Elizabeth Ross(Los Gatos)       | 48:10   |
| 2. Angie Girven(Lodi)              | 52:12   |
| 3. Penny Hall(Cupertino)           | 55:59   |



## ADP Run

From Janet L. Cates

### July 4. La Palma. 10K

At 8:00 a.m. on July 4th, approximately 1,000 running enthusiasts lined Walker Street in front of the La Palma City Hall to compete in the 4th Annual La Palma—ADP Running Celebration.

Half an hour later, for the second consecutive year, former John F. Kennedy High School running star Stephen Webb crossed the finish line. Webb's time of 30:05.2 breaks his last year's record of 30:44.3. Webb competed in the 19-24 age category. K. Nunez, also in the 19-24 age division, was the first female finisher with a time of 37:53.7. In the Wheelchair division, John Wiley won in 34:20.5, while Mike Bustamante finished the 10K Run in 38:37.1. In the Peace Officer division, which was hosted by the La Palma Police Association.

The La Palma—ADP Running Celebration was the beginning of daylong special activities that also included a pancake breakfast, children's games, music, entertainment, a BBQ dinner, and a free fireworks display at dusk.

**Men's results:** 14 & Under: 1. James Rodriguez 37:25.9, 2. Sam Gutierrez 38:12.9, 3. John Lisiewicz 43:21.6, 4. Eric Vogelbacher 45:21.9, 5. Terrell Reyes 47:21.9, 15-19: 1. Brad Clary 31:57.9, 2. Raul Serratos 32:00.8, 3. Paul Gianetto 32:36.5, 4. D. Spicer 32:55.3, 5. Don Hogue 34:09.0, 19-24: 1. Stephen Webb 30:05.2, 2. K. Broadly 30:19.2, 3. Donald Scott 31:49.8, 4. S. Adams 31:55.0, 5. David Dahl 32:05.6, 25-29: 1. M. Rehn 33:27.8, 2. Scott Di Vetta 33:29.4, 3. J. Milla 34:09.5, 4. Thomas O'Brien 34:49.2, 5. A. Serrato 35:16.4, 30-34: 1. H. Hartley 34:03.8, 2. Chris Henry 34:04.5, 3. Eugene Hunt 35:48.6, 4. Jeff Wilson 36:26.3, 5. Joe Englebrecht 37:07.1, 35-39: 1. T. Lavery 33:51.5, 2. William Kelly 33:59.2, 3. R. Sodini 34:21.1, 4. Jim Reilly 35:20.8, 5. Tony Coccio 36:05.2, 40-44: 1. Hugh Kirkman 33:48.9, 2. S. Shaffer 34:14.3, 3. R. Navarrete 34:50.5, 4. Jim Chenoweth 34:58.9, 5. Dave Arntson 37:03.9, 45-49: 1. Aurelio Camacho 36:50.8, 2. Tracy Brown 37:02.2, 3. Juan Carmona Jr. 38:16.1, 4. Donald Kitchin 38:48.4, 5. Marvin Warren 38:55.2, 50 & Up: 1. Walter Atcheson 37:16.3, 2. Bryant Avery 39:29.1, 3. Leonard Kulbacki 41:36.3, 4. R. Hart 42:48.8, 5. Ralph Montoya 43:12.0, **Females:** 14 & Under: 1. Lucinda Reyes 50:46.3, 2. D. Lirette 56:33.3, 3. Wendy Bubonica 56:33.9, 15-19: 1. S. Brown 56:43.2, 2. Sandy Wilson 59:18.9, 19-24: 1. K. Nunez 37:53.7, 2. Susan Nordquist 41:26.6, 3. Susan Genthner 41:46.3, 25-29: 1. T. Constantino 40:28.4, 2. K. DiFilippo 42:26.9, 3. Kiane Shrock 43:06.1, 30-34: 1. Cynthia Heck 41:46.1, 2. Linda Comiskey 43:53.6, 3. Ellen Nichols 44:19.9, 35-39: 1. Peggy Heard 44:10.0, 2. N. Buchanan 44:43.2, 3. P. Burnette 44:59.4, 40-44: 1. V. Phillips 42:12.2, 2. Cynthia Van Oosting 52:59.3, 3. Jimmie Spliatro 54:14.8, 45-49: 1. Reina Hart 40:15.8, 2. E. Havens 43:06.8, 50 & Up: 1. Mary Bowman 1:09:30.7, **Wheelchair:** 1. John Wiley 34:20.5, 2. Ruben Varela 38:31.5, 3. Andy Rosenberg 44:04.5, 4. Kristen Keefe 50:35.0.

## 4th of July Run

### July 4. Corte Mader-Larkspur. 10K.

**Men's Overall:**  
1. Pete Sweeney 32:09  
2. Tim Killeen 33:07  
3. Tom Smith 33:17  
4. Bruce Aster 34:43  
5. Pete Laskier 35:09  
**Women's Overall:**  
1. Laura Starrett 36:39  
2. Jos Lee Houston 36:48  
3. Denise Bigelow 38:06  
4. Ann Hodel 39:27

## Sacramento Union Fun Run

### July 4. Near Glen Hall Park. 5 Miles.

**Men's Results:** 1. Mike Van Horn 24:34, 2. Warren Beatty 24:36, 3. Matt Gary 24:44, 4. Adam Ferreira 24:46, 5. Don Murray 24:52, 6. David Chairez 25:13, 7. Steve Haase 25:25, 8. Harold Kuphaldt 25:35, 9. Ken Mattson 25:35, 10. Leonard Scerando 25:41, 11. Chris Turney 25:48, 12. John Hansen 25:56, 13. Chris Hadley 25:57, 14. Rene Perez 26:00, 15. Jeff Grubbs 26:08, 16. James Robinson 26:13, 17. Phillip Shipley 26:17, 18. Mark Murray 26:19, 19. Frank Krebs 26:22, 20. Michael Cunningham 26:24, 21. Chris Vicencio 26:25, 22. Dodd 26:27, 23. C. Nichols 26:31, 24. David Maldonado 26:37, 25. Tim Jordan 26:43, 26. Paul Conrad 26:44, 27. Rich Hanna 26:53, 28. Ron Mellor 27:00, 29. Dan Alarid 27:02, 30. Bosco Bailey 27:04, **Top Ten Women:** 1. Kathy Pifer 28:08, 2. Rita Fagundes 29:21, 3. Sally Pinkner 29:34, 4. Sheryl Bair 30:05, 5. Jeanette Allred 30:51, 6. Heidi Poyser 31:09, 7. Donna Washington 31:32, 8. Kathy Beals 31:34, 9. Rae Bright 31:42, 10. Nancy Riedel 31:51.

## Daisy Fresh Natural Juices Independence Day Four Mile Run

By Marty Higginbotham

### Mooney Grove Park, Visalia.

Jim Hartig of the Fresno Track Club continued his dominance in Central San Joaquin Valley road racing. Hartig took an early lead with High Sierra Track Clubs', David Perez, running right with him. It was a two man race until Hartig's pace became too much for Perez. Hartig went on to victory in 19:49 (well off Gary Tuttle's 18:51 course record). Perez hung on to finish second (first in 15-19 age



Pam Austin  
Independence Run

group) in 20:06, while Ed Taylor, who was closing fast, finished in 20:12. Al Lomili was next in 20:24, he was also the first submaster finisher.

Jesse Rodriguez broke the masters course record by ten seconds with his fast 21:07 clocking. Kevin Carrillo ran a very impressive 22:24 to capture the 14 and under age group.

Toni Nichols who was the women's champion in 1980, clocking 25:17, came back this year to win again but in a much faster time of 24:07, out-distancing runner up Tanis Ryzabol, who timed 24:28. Cathy Isham finished third (first in 15-19 division) in 25:01. Jennifer Baker ran 26:08 finishing fourth but capturing the 14 and under division.

Over two hundred runners competed in the event which was sponsored by Daisy Fresh Natural Juices, which was on hand as refreshment for the competitors after the race. The run has developed into one of the top road races in Central California.

**Men's Divisions:** Under 14: 1. Kevin Carrillo 22:24, 2. Lou Aguilar 24:50, 3. Chris Martinez 26:12, 15-19: 1. David Perez 20:06, 2. David Naranjo 20:37, 3. Kevin Pierra 20:55, 20-24: 1. Humberto Ramirez 20:32, 2. Robert Taylor 20:34, 3. David Calderon 21:39, 25-29: 1. Jim Hartig 19:49, 2. Ed Taylor 20:12, 3. Bryon Patterson 20:50, 30-34: 1. Al Lomeli 20:24, 2. Ray Hernandez 22:30, 3. Alex Hernandez 22:37, 35-39: 1. Bob Lindsay 20:54, 2. Ozzie Osgood 20:58, 3. Don Sage 21:28, 40-44: 1. Jesse Rodriguez 21:07, 2. Dave Overstreet 23:04, 3. Mendoza 23:11, 45-49: 1. Frank Delgado 22:10, 2. Rick Zamarrilla 23:04, 3. Lipford 23:37, 50-54: 1. Jack Watts 25:59, 2. Ken Takeuchi 26:57, 3. Fred Fitchhorn 27:00, 55-59: 1. Paul Bratsch 30:37, 2. Gene Simmons 33:29, 3. John Friesen 34:52, 60 & Over: 1. Harry Harder 26:19, 2. John Brecker 37:55.

**Women's Divisions:** 14 & Under: 1. Jennifer Baker 26:08, 2. Lori Cook 26:39, 3. Larri McNeally 27:33, 15-19: 1. Cathy Isham 25:01, 2. Julie Isham 25:51, 3. Lisa Ina 30:23, 20-24: 1. Toni Nichols 24:07, 2. Tanis Ryzabol 24:28, 3. Shirley Randall 26:11, 30-34: 1. Pam Austin 26:35, 2. Cherrie Stephenson 28:00, 3. Sandra Heller 28:39, 40-44: 1. Laurie Gahn 34:45, 2. Lennis Dearing 40:19, 3. Stella Wheaton 40:23, 50 & Over: 1. Sue Takayama 33:07.

## Will Rogers 10K

By RICHARD LEE SLOTKIN

### July 4. Pacific Palisades.

No one would have believed it, but LA's cool weather held out long enough to take in even the July 4th weekend, and that was great news for the runners entered in the Will Rogers 10K. It's bad enough that the course is tough with some humungous hills. But, it's always hotter than a fry cook's griddle, too. This time, just as with the Century City 10K, it was Brentwood weather. That's cool and cloudy. So the only thing the runners had to worry about was the hill factor. That's enough to keep you plenty worried.

As so often happens in sports, it turned out to be great day for the home team. Dave Greifinger, a Palisadian who won this race 3 years ago, got second this time and he was in the race most of the way. And high schooler Katie Dunsmuir did bring in a win for the Palisades by being the first female finisher. It was also a good day for the Santa Monica Track Club, taking second place overall, and the first two places for the women.

But, it was a non-Palisadian and a former Santa Monica who got the cigar...you should pardon the expression. Jim Scott, was once a teammate of Greifinger. Now, he trains with Australian Bill Emmerton and he won his first major race in Southern California, something that has been a long time coming. Letting a not-in-best-shape Paul Farina take the early lead, Scott played it smart and hung back a bit with Greifinger. Farina was

blazing for about 3 miles, but then reality set in. That and the switchbacking Will Rogers Park hill. Scott and Greifinger went by Farina and, going up the hill, Scott pulled ahead. It turned out that Greifinger also wasn't in top condition either, recovering from injury and illness. So, taking nothing away from Scott, he built up a small lead. But coming down the hill, Greifinger began to nibble away at it. Then, came another hill, the last one and not as steep as the one in the park. Steep enough to kill Greifinger's hopes of overtaking Scott, who cruised the last half mile to a 31:15.3 win. "I knew I was in trouble when I heard him carrying on a conversation," Greifinger said later. Greifinger finished 26 seconds back, followed by Octavio Morales in 31:47. Farina had notions of forgetting the last hill in favor of a beer, but he didn't do it, mostly because no one offered him one. So, he hung in and finished 8th in 32:41.8, just ahead of Mike Fanelli, brother of Gary, down from San Francisco for the race.

Dunsmuir went out fast and finished fast. She had to because Mindy Ireland, up from San Diego, was chasing her through the last half mile, but came up seven seconds short. Dunsmuir made the local folks happy and proud with a winning time of 38:22.4. Her Santa Monica teammate, Gladys Prieur, was third in 37:35.0.

An interesting combination was a mother and son second place combination. Mom Jeffery Ann Jones took second in the women's 30-34 division, while son Casey Higer was second in the boys' 12 and under.

**Results:**  
**Men 12U:** 1. O. Aarnes 47:19, **Men 13-15:** 1. Abe Hernandez 37:16.5, **Men 16-18:** 1. Octavio Morales 31:47.0, 2. Michael Dib 32:27.8, **Men 19-29:** 1. Jim Scott 31:15.3, 2. David Greifinger 31:41.6, 3. Tom Babiraki 31:54.7, 4. Steve Goldkamp 31:58.7, 5. Rudy Chavez 32:10.1, 6. Paul Farina 32:33.7, 7. Mike Fanelli 32:41.8, 8. Anton Gonzales 32:47.3, 9. David Short 32:52.3, 10. Clyde Matsumura 32:58.7, **Men 30-34:** 1. Henry Lange 33:50.2, 2. Charles McCann 34:19.3, 3. Irwin Merelin 34:41.9, **Men 35-39:** 1. Dick Weeks 33:01.2, **Men 40-44:** 1. Brian Fernee 34:47.7, 2. Bruce Mitchell 35:25.9, **Men 45-49:** 1. Bruce Brinkma 37:42.9, 2. Donald Croley 37:49.3, **Men 50-59:** 1. Bob Gerlach 38:59.3, 2. John Rately 39:10.7, **Men 60 Plus:** 1. Eddie Lewin 40:42.7.

**Women 12U:** 1. Tiffany Glass NT, **Women 13-15:** 1. Patricia Armendarez 41:10.1, **Women 16-18:** 1. Katie Dunsmuir 38:22.4, 2. Gladys Prieur 37:35.0, 3. Caroline Haro 43:46.9, **Women 19-29:** 1. Daniela Hairabedian 38:10.6, 2. Michele Whitmore 38:29.1, 3. Sheryl Snyder 38:33.2, **Women 30-34:** 1. Mindy Ireland 36:29.1, 2. Jeffery Ann Jones 44:59.3, **Women 35-39:** 1. Harolene McLean 42:13.3, 2. Kathy Whitaker 43:59.1, **Women 40-44:** 1. Rita Gilmore NT, **Women 45-49:** 1. Joyce Momita 44:57.2, **Women 50-59:** 1. Helen Palmer NT.

## SCRC 10 Mile

### July 11. Griffith Park, LA.

1. Jim Scott 49:53  
2. Danny Martinez 52:25  
3. Enrique Castro 52:56  
4. Tom Moriarty 53:02  
5. Phil Ryan 53:14  
6. Ted Cottl 53:27  
7. Ruben Garcia 53:28  
8. Dick Gantili 53:42  
9. Charlie Hoover 53:59  
10. Cleveland Whalen 54:21  
**40 & Over:** 60:11  
1. Skip Witt  
**Female Overall Winner:** 69:00  
1. Sheila Hasham  
**40 & Over:** 73:59  
1. Joyce Momita



## Top Of The State Footraces

July 10. Weed. 4.7 & 7 Miles.

A field of 185 finishers, two course records and twelve age division records were the highlights of the Seventh Annual Top-of-the-State Footraces held in Weed this past Saturday. Ideal weather conditions, fast roads and a competitive field of 89 runners helped Don Merwein and Denae Dunlap establish new all-time records in the 4.7 mile run for the men's and women's divisions respectively. Merwein, the Hayfork High School track star who placed seventh in this year's California State High School Track Championships in the 3,200 meters, ran 23:54.8 over his challenging layout to set his new record by 41 seconds. Dunlap, an Anderson High School sophomore who also ran in the state meet last spring, cruised to victory in 30:16, breaking the former record by 20 seconds.

In the seven-mile, Jim Price of Redding, ed 53 others enroute to a 39:23.3 clocking to record the fifth fastest time ever on the course. On the distaff side, Linda Doniak of Central Valley covered the route in 51:05 to break the age group record she set last year. There were also 42 runners

in a two-mile fun run which was won by Scott Harmon of Klamath Falls, Oregon, in 14:44. A notable achievement in the fun run was the 29:50 clocking turned in by 70-year old Thelma Welborn of Weed, her first attempt at racing.

### 4.7 Mile Run

|                                |         |
|--------------------------------|---------|
| 1 Don Merwein(Hayfork)         | 23:54.8 |
| 2 Gerald Robinson(La Grande)   | 25:58.6 |
| 3 Mike Garcia(Mt.Shasta)       | 26:57   |
| 4 Mike Lybrand(Anderson)       | 27:58   |
| 5 Pete Batchelder              | 28:39   |
| 6 Jeff Webster(Mt.Shasta)      | 28:42   |
| 7 Brian McKee(Yreka)           | 28:44   |
| 8 Bill Wagner(Etna)1-50        | 29:00   |
| 9 Bruce Friend(Weed)1-40       | 29:18   |
| 10 Tim Doyle                   | 29:19   |
| 12 Denae Dunlap(Anderson)1/F   | 30:16   |
| 24 Sharon Long(Mt.Shasta)2/F   | 33:04   |
| 45 Veima Nile(Mt.Shasta)1/F-50 | 37:23   |

### 7 Mile Run

|                                 |         |
|---------------------------------|---------|
| 1 Jim Price(Redding)            | 39:29.3 |
| 2 Al Masterson(Redding)         | 40:16   |
| 3 Mike Healy(Redding)           | 41:01   |
| 4 Bill Pewin                    | 43:54   |
| 5 Bill Parr(Redding)            | 44:27   |
| 6 Eric Wakkuri(Klamath Falls)   | 44:34   |
| 7 Michael Johnson               | 45:11   |
| 8 Ron Prior(Redding)            | 45:45   |
| 9 Jeff Woods(Central Vy)        | 46:04   |
| 10 Patrick Bushey(OR)1/40-44    | 46:10   |
| 11 Lee Bunnell(Redding)1/45-49  | 46:54   |
| 15 Blaine Menning(Adin)1-50     | 49:25   |
| 18 Linda Doniak(Central Vy)1/F  | 51:05   |
| 28 Marge Dunlap(Anderson)1/F-40 | 54:35   |

## Vineyard Run

From Michael Rodeno

July 11, Yountville: Third Annual Run in the Vineyard 10K.

A happy crowd of over 500 runners completed the Third Annual Run in the Vineyard on a warm and sunny Sunday, July 11th. Co-sponsored by Domaine Chandon and the Napa Valley Runners Club, the 10-kilometer ran attracted people from as far away as Virginia and Idaho, the Bay Area providing the rest of the field.

First to cross the finish line was Tom Down of Berkeley, whose time of 30:51 set a new course record for the Run in the Vineyard (last year's time was 34:30). The first woman to finish was Leal Reinhart of Albany in 39:24.

The course, which meanders through Domaine Chandon's Yountville vineyard and neighboring Napanook (part of the old Inglenook estate) is a favorite of local Napa Valley and northern California runners because of its scenic beauty.

Men: 1. Tom Downs 30:51; 2. John Morse 32:43; 3. Dan Brown 33:56. Women: 1. Leal Reinhart 39:24; 2. Colleen Moran 41:22; 3. Amy Hall 45:42.



Leal Reinhart  
Vineyard Run Winner

## P.R.'s

By Richard Lee Slotkin

To make things easier for you, we are putting in a coupon to fill out with your P.R.'s. Congratulations to the Impalas who got 4 P.R.'s in the Devil Mountain 10K. But Ivan Huff of the Aggies got 4 all by himself, including an 8:36 steeple. Another Aggie, Joe Fabris, who claims to be the tallest Aggie in captivity, went under 4 minutes in the mile. But speaking of numbers, the Point Fermin Flyers got about a Jillion P.R.'s in the San Pedro Grunion Run. Well, 16 anyway, of course, about 12,000 of them entered the race, so some of them should have PR'd.

Frank Assumma, over in Europe, lowered his mile to 3:56.2. He's running in some pretty exciting territory. Some other exciting PR's are listed under "Steve Scott (Sub-4 TC)."

Running his first marathon, on 10K type training, Dan Buntman was 10th overall in 2:19 at San Francisco. Running her first marathon, on 10K type training was Nancy Ditz who was first woman at San Francisco in 2:44. Is there a message there?

Besides being our biggest list to date, even if it took two months to do it, it's also our best. Look over some of the names and times. There's some mighty good stuff here.

|  |          |
|--|----------|
| Pearl Anit (Impala) Devil Mountain 10K                   | 38:31    |
| Rob Annex (Aggie RC) Martin Luther Games Steeplechase    | 9:02.0   |
| Frank Assumma (SCRR/UCR) USA vs. Sweden vs. England mile | 3:56.2   |
| Kenny Atkins (PFF) Orange County Marathon                | 3:40:47  |
| Bjorg Austrheim-Smith - San Francisco Marathon           | 3:09     |
| Allison Baker (SMT) Century City 10K                     | 42:13    |
| Dug Barnes (SCRR) Track City Inv. Classic, Eugene 1500   | 4:39.82  |
| Jaime Barnes (SCRR) Track City Inv. Classic 1500         | 5:37     |
| Joe Barrow, Sr. (PFF) Grunion Run 10K                    | 42:55    |
| Joey Barrow (PFF) Grunion Run 10K                        | 33:28    |
| Penelope Barrow (PFF) Grunion Run 10K                    | 52:11    |
| Shawn Barrow (PFF) Grunion Run 10K                       | 33:47    |
| Bill Bentz (SCRR) Track City Classic 3000m               | 9:50.1   |
| John Bechtol (PFF) Grunion Run 10K                       | 35:27    |
| John Beck (SCRR) TAC Jr. Olympics Dist. 3000m Walk-1st   | 14:32    |
| Jeanne Biddinger - Round the Runway 5K                   | *22:37.2 |
| Renea Biggers (SCRR) North Coast YMCA mile               | 5:54.3   |
| Renea Biggers (SCRR) North Coast YMCA 2 mile             | 12:24    |
| Renea Biggers (SCRR) TAC Age Group Nationals 3000m       | 11:10    |
| Renea Biggers (SCRR) TAC State Championships 1500m       | 5:21.9   |
| Mark Bongo (SCRR) North Coast YMCA 800                   | 3:00.2   |
| Margaret Braun (SCRR) Olympic Development Meet 800m      | 2:46.2   |
| Leslie Brygart (PFF) Grunion Run 10K                     | 50:19    |
| Dan Buntman (GSFTC) San Francisco Marathon               | *2:19:31 |
| Michelle Bush (UCLA) SPATAC Championships 800m           | 2:06.77  |
| Karen Butler - San Francisco Marathon                    | 3:31:00  |
| Gilbert Castruita (SCRR) Track City Classic 1500m        | 4:21.6   |
| Suzanne Castruita (SCRR) Track City Classic 800 - 1st    | 2:30.6   |
| Suzanne Castruita (SCRR) Track City Classic 1500m - 1st  | 5:00.35  |
| Amber Chavez (SCRR) Track City Classic 1500m             | 5:10.7   |
| Amber Chavez (SCRR) Track City Classic 1500 RW - 1st     | 7:54.7   |
| Amber Chavez (SCRR) TAC Girls Age Group Nationals 3000m  | 10:50    |
| Chas Coco (PFF) Around the Bay in May 10 Mile            | 1:15:38  |
| Karen Copper (UCLA) Century City 10K                     | 37:26    |
| Ron Cornell (Sub-4) SPATAC Championships 5000m - 1st     | 13:58    |
| Dave Daniels (UCLA) USFTF Championships 3000 SC          | 8:29.24  |
| Anatr Davidson (PFF) Nipomo Marathon                     | 3:15:03  |
| Jeff Dobra (PFF) Grunion Run 10K                         | 35:56    |
| Laura Doering (SCRR) Track City Classic 800              | 2:33.4   |
| Laura Doering (SCRR) Track City Classic 1500m - 3rd      | 5:00.6   |

|  |          |
|--|----------|
| Laura Doering (SCRR) Track City Classic 3000m - 3rd          | 10:44.9  |
| Laura Doering (SCRR) Olympic Dev. Meet UCI 8]] - 3rd         | 2:33.4   |
| Laura Doering (SCRR) North Coast YMCA mile                   | 5:35.4   |
| Laura Doering (SCRR) North Coast YMCA 800                    | 2:38.4   |
| Joe Fabris (Aggie RC) Mt. SAC Relays 1500m                   | 3:41.75  |
| Joe Fabris (Aggie RC) Tom Black Classic 5000                 | 13:59.7  |
| Joe Fabris (Aggie RC) Prefontaine Meet mile                  | 3:58.3   |
| Paul Farina (SMT) Brentwood 10K                              | 31:12    |
| Paul Farina (SMT) SPATAC 3000 SC                             | *9:56    |
| Elizabeth Finke (PFF) Playa Vista 10K                        | 52:40    |
| Elizabeth Finke (PFF) Lakewood 10K                           | 51:08    |
| Elizabeth Finke (PFF) Ford Spring 5K                         | 24:15    |
| Ron Fortner (PFF) Boston Marathon                            | 3:23:25  |
| Peter Gallagher - San Francisco Marathon                     | 3:15:12  |
| Greg Gawlick (Hughes TC) Brentwood 10K                       | 30:46    |
| Greg Gawlick (Hughes TC) Palos Verdes Marathon 1st           | 2:22:13  |
| Ron Gee - Brentwood 10K                                      | 30:56    |
| Linda Goen (UCLA) SPATAC 800m                                | 2:07.42  |
| James Goldring (Great Britain) Century City 10K - 3rd        | 29:49    |
| Jenell Gomez (SCRR) Track City Classic 1500m                 | 4:52.3   |
| Jenell Gomez (SCRR) Track City Classic 800m                  | 2:25.1   |
| Bridget Godwin (Impala) Devil Mountain 10K                   | 37:59    |
| Johnny Gray (SMT) Int'l Tri Meet in N. Carolina 800 - 2nd    | 1:45.91  |
| Kevin Green (SCRR) Track City Classic 1500m - 3rd            | 3:57:79  |
| Kevin Green (Villa Park HS) Century League 2 mile            | 10:08    |
| Dan Gruber (Aggie RC) Mt. SAC Relays 10,000                  | 29:08.4  |
| Sue Harmon (SFVTC) Los Alamitos Marathon                     | 3:07:44  |
| Sue Harmon (SFVTC) Teleprompter 10K                          | 30:28    |
| Peanut Harms (Aggie RC) Los Gatos 5K                         | 14:19    |
| Ruben Haro (SMT) Pomona Inv. 3000 SC - 1st                   | 9:14     |
| Shannon Harrison (SCRR) North Coast YMCA 2 mile              | 12:40.2  |
| Ann-Marie Henderson - Brentwood 10K                          | 54:34    |
| Wally Hesseltine - Ass to Ass Half Marathon                  | 1:23:45  |
| Wally Hesseltine - Napa Marathon                             | 2:59:21  |
| Wally Hesseltine - Run for Daylight 10K                      | 39:21    |
| Holly Hogan (SCRR) Olympic Dev. Meet, UCI 800m - 2nd         | 2:18.8   |
| Holly Hogan (SCRR) North Coast YMCA mile                     | 5:18.7   |
| Holly Hogan (SCRR) North Coast YMCA 800                      | 2:28.8   |
| Jim Hogue - UCLA Intramural Meet mile                        | 4:34.42  |
| Greg Holt (SCRR) TAC Jr. Olympic Dist. 1500 - 3rd            | 4:31.9   |
| Ceci Hopp (Stanford) Int'l Tri Meet, N. Carolina 3000m - 4th | 8:57.27  |
| Ivan Huff (Aggie RC) Tom Black Classic 3000 SC               | 8:36.4   |
| Ivan Huff (Aggie RC) Prefontaine 3000 SC - 5th               | 8:36.0   |
| Ivan Huff (Aggie RC) King Games 10K - correction from June   | 29:03.3  |
| Ivan Huff (Aggie RC) Mt. SAC 5K                              | 13:53.6  |
| Ivan Huff (Aggie RC) Los Gatos 1500                          | 3:48.7   |
| Diana Johnson (Hughes TC) Century City 10K - 1st 30-39       | 40:59    |
| Diana Johnson (PFF) Grunion Run 10K                          | 47:42    |
| Jackie Joyner (UCLA) TAC Heptathlon 800m                     | 2:12.67  |
| Shlomo Kapelinkova - Brentwood 10K                           | 42:28    |
| Brad Kearns (Taft HS) Calif State 1800m                      | 4:18.35  |
| Joe Kender (CRT) Run for Gay Pride 10K                       | 32:58    |
| Judy Kewly (CCTC) TAC West. Masters 5000 - 1st               | 18:44    |
| Judy Kewly (CCTC) Seabreeze 20K - 2nd overall                | 82:58    |
| Judy Kewly (CCTC) Semena Nautica 15K                         | 50:08    |
| John Kirm - Ass to Ass Half Marathon                         | 1:16:13  |
| John Kirm - Run for the Roses 10K                            | 35:11    |
| John Kirm - San Francisco Marathon                           | *2:59:22 |

P.R.'s continued on next page...



# Results

Eddie Lavelle (Blue Angels) Sweat, Don't Fret 5K  
 Eddie Lavelle (Blue Angels) Chariots of Fire 10K - 1st under 12  
 Eddie Lavelle (Blue Angels) UCI Track Meet 3000 - Nat Rec  
 Eddie Lavelle (Blue Angels) LASW Track Meet 1500  
 Eddie Lavelle (Blue Angels) Run to Beat Cancer 5K  
 Tami Lawler (SCRR) TAC Girls Age Gp. Nationals 3000m  
 Michael Lawrence (UCLA) Eugene Meet 800  
 Michael Lawrence (UCLA) Cal Poly Pom. Inv. 1500m  
 Tom Laythe (Aggie RC) Mt. SAC Relays 10,000m  
 Thomas Leong (SCRR) TAC State Championships 5000m  
 Michael Leach (SMT) Century City 10K  
 John Licaia - Around the Runway 10K  
 John Licaia - Angel Island 8K Run  
 Mike Licaia (PWTC) Angel Island 8K Run  
 Mike Licaia (PWTC) Independence Time Trials 5 Mile  
 Mike Licaia (PWTC) All Comers 1500m  
 David Longyear (SCRR) North Coast YMCA 2 mile  
 Karen Longyear (SCRR) North Coast YMCA 2 mile  
 Toni Lopez (SCRR) TAC Girls Age Gp. Nat'l 3000m  
 David Mack (SMT) Oslo Track Meet 800m - 3rd  
 Denise Mahoney (SCRR) Olympic Dev. Meet UCI 1500m  
 Bill Mandeville (PFF) Ford Spring Tune Up 5K  
 Abby Marpet - Brentwood 10K - 1st under 12  
 Clyde Matsumura (SMT) SPA/TAC 5000m  
 Clyde Matsumura (SMT) SPA/TAC 3000 SC  
 Larry McCracken (6 Rivers RC) San Francisco Marathon  
 Dean McCollom (PFF) Grunlon Run 10K  
 Karl McCollom (PFF) Grunlon Run 10K  
 Jack Meoff (CRTC) Century City 10K  
 Beth Milewski (CSUN) Brentwood 10K - 1st female  
 Kerry Milligan (SCRR) Track City Classic 1500m  
 Kerry Milligan (SCRR) Track City Classic 800m - 3rd  
 Kerry Milligan (SCRR) Olympic Dev. Meet UCI 800m - 2nd  
 Kerry Milligan (SCRR) Long Beach 5K  
 Kerry Milligan (SCRR) North Coast YMCA mile  
 Paul Moreno (SCRR) Oregon All Comers 1500m - 1st under 14  
 Dennis Morin (PFF) Half Marathon In Germany  
 Dennis Morin (PFF) 10K In Germany  
 Terri Muela (Impala) Devil Mountain 10K  
 Rudy Munoz (Aggie RC) Mt. SAC Relays 10,000m  
 Hilary Naylor (Impala) Devil Mountain 10K  
 Art Nuno (PFF) Grunlon Run 10K  
 Dennis O'Gren (PFF) Torrance Armed Forces 10K  
 Darci Olson (SCRR) Olympic Dev. Meet UCI 1500m Walk  
 Darci Olson (SCRR) North Coast YMCA 880  
 Mike Orr (PFF) Leatherneck Marathon  
 Steve Ortiz (UCLA) PAC-10 5000m  
 Steve Ortiz (UCLA) Kinney Inv. 2 mile  
 Trudy Palmer (FMT) TAC Region 13 800m - 1st  
 David Parker (SCRR) Track City Classic 800m - 3rd  
 David Parker (SCRR) Track City Classic 1500m  
 David Parker (SCRR) Track City Classic 3000m - 2nd  
 David Pascal (SMT) Prefontaine Meet 1500m  
 David Pascal (SMT) TAC Qualifying Meet 800m  
 Hector Perez (SMT) Brentwood 10K  
 Hector Perez (SMT) Triathlon Relay 15K  
 Louis Pinon (PFF) Grunlon Run 10K  
 Frank Plasso, Jr. - Dannon 10 Mile - 1st  
 Patti Sue Plumer (Stanford) Int'l Tri Meet, N. Carolina 3000m - 3rd  
 Gladys Prieur (SMT) Brentwood 10K - 3rd female  
 Richard Provost (PFF) Corp. Cup Tryouts 10,000m  
 Richard Provost (PFF) Corp. Cup Tryouts 2 mile  
 Inv Ray (CRTC) Russian River Marathon - 1st  
 Inv Ray (CRTC) Run for Gay Pride 10K  
 Inv Ray (CRTC) Cal Poly All Comers 1500m  
 Suzanne Richter (UC Berkeley) Devil Mountain 10K - 1st female  
 Todd Robinson - Valley of Flowers 1/2-Marathon  
 Rick Rose (UCLA) SPA/TAC 5000m  
 Tim Roastage - Devil Mountain 10K  
 Maria Santesteban (PFF) Grunlon Run 10K  
 Ray Santesteban (PFF) Grunlon Run 10K  
 Jim Scott - Century City 10K  
 Steve Scott (Sub-4) Bislett Games, Norway mile - 1st AR  
 Steve Scott (Sub-4) Oslo Games mile  
 Marian Sepulveda (SCRR) TAC Girls Age Gp. Nat'l 800m - 3rd  
 Marian Sepulveda (SCRR) TAC Girls Age Gp. Nat'l 1500m - 3rd  
 Terry Sherman - Run for the Health of It 10K  
 Evelyn Kane Silvey (SMT) Brentwood 10K  
 Evelyn Kane Silvey (SMT) Century City 10K

16:48  
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 \*10:02.9  
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 2:37.9  
 5:21.27  
 53:12  
 38:13  
 37:49

Dave Sjustedt (VMRC) Canine Companion 8K  
 Dave Skoufos (SFSU) San Francisco Marathon  
 Craig Smith - Run for the Health of It 10K  
 Douglas Smith - Run for the Health of It 10K  
 Harry Stahlberg (PFF) Grunlon Run 10K - 3rd  
 Janie Studenmund (GPAC) Century City 10K  
 Chris Taylor (SCRR) North Coast YMCA mile  
 Bruce Thomson - UCLA Intramural Meet mile  
 Andre Tocco (CCAC) Leatherneck Marathon  
 Fernando Vasquez (PFF) Grunlon Run 10K  
 Annabelle Villanueva (UCLA) Century City 10K - 2nd female  
 Matt Wallace (SCRR) North Coast YMCA 880  
 Steve Webb (UCLA) vs. Texas 5000m  
 Steve Webb (UCLA) Century City 10K (road PR) - 2nd  
 Steve Whitcomb (UCLA) PAC-10 1500m  
 Dave Wisker (PFF) London Marathon  
 Matt Yeo (Aggie RC) King Games 10,000m  
 Nick Yray - Milpitas Firecracker 10K  
 Monica Zeischang (CSM) NorCal CC 1500m  
 Monica Zeischang (CSM) Golden Gate Conf. 800m

27:20  
 \*2:42:03  
 55:42  
 50:38  
 31:57.7  
 36:40  
 6:42.9  
 4:34.42  
 2:35:29  
 32:52.8  
 36:14  
 2:55.8  
 14:15  
 29:42  
 3:42.95  
 3:35:02  
 29:41.8  
 32:21  
 4:37.3  
 2:18.1

\* = first time at distance.

## P.R.'s - Sprints & Hurdles

By Richard Lee Slotkin

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

Jeanette Bolden (UCLA) NCAA Championships 100m 11.16  
 CeCe Braun (SCRR) North Coast YMCA 220 29.6  
 Margaret Braun (SCRR) North Coast YMCA 440 77.5  
 Tgia Brown (FMT) Mt. SAC/Cheetahs 200 26.0  
 Alechia Campbell (FMT) Mt. SAC/Cheetahs 100m 16.0  
 Sha-Ron Edmonds (FMT) TAC Region 13 400 83.3  
 Sha-Ron Edmonds (FMT) So. Cal. RR Meet 200 27.7  
 Arlise Emerson (UCLA) NCAA Championship 400 52.15  
 Florence Griffith (UCLA) NCAA Championships 200 22.39  
 Florence Griffith (UCLA) NCAA Championships 100m 11.18  
 Denean Howard (LAN) USTF Nat'l Championship 400 - 1st 50.87  
 Jackie Joyner (UCLA) NCAA Championships Heptathlon 200 24.07  
 Jackie Joyner (UCLA) NCAA Championships Heptathlon 100mH 13.94  
 Janelle Johnson (FMT) TAC Age Gp Nat'l 200 27.2  
 Denise Martin (FMT) So. Cal RR 400 63.3  
 Crystal Moore (FMT) Mt. SAC/Cheetahs 400 68.2  
 LaShon Nedd (UCLA) NCAA Championships 400 52.29  
 LaShon Nedd (UCLA) NCAA Championships 200 23.20  
 Gayuon Ooten-Smith (FMT) So. Cal RR 100m 13.2  
 Trudy Palmer (FMT) TAC Age Gp. Nat'l 400 - 1st 56.3  
 Kim Paulson (SCRR) North Coast YMCA 220 30.34  
 Tara Turner (SCRR) Olympic Dev. Meet, UCI 400 - 2nd 67.14  
 Tara Turner (SCRR) North Coast YMCA 440 70.8  
 Matt Wallace (SCRR) North Coast YMCA 220 33.77

## P.R.'s - Field Events

By Richard Lee Slotkin

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

Chip Benson (UCLA) NCAA Championships TJ 54-10  
 Becky Bresnick (SCRR) Track City Classic JT - 3rd age 12 88-8  
 Anthony Curran (UCLA) PAC-10 PV 18-2 1/4  
 Del Davis (UCLA) NCAA HJ - 2nd 7-7 1/4  
 Daniellea Dones (FMT) So. Cal RR LJ 15-5  
 Terri Japs (SCRR) Track City Classic JT - 3rd age 14 120-1  
 Jackie Joyner (UCLA) NCAA Championships Heptathlon JT 142-8  
 Jackie Joyner (UCLA) NCAA Championships Heptathlon SP 40-0 1/4  
 Jackie Joyner (UCLA) NCAA Championships Heptathlon Total 6009  
 Dave Kenworthy (USC) USTF Nat'l Championships PV 18-1 1/4  
 Dave Laut (UCLA) US-USSR Meet SP - 1st 71-5 1/4  
 Denise Mahoney (SCRR) North Coast YMCA LJ 11-1  
 Steve Nickerson (UCLA) NCAA HT 201-11  
 Trudy Palmer (FMT) All Comers, UCI LJ 17-5  
 Amy Paulsen (SCRR) Las Vegas Inv. SP - 1st 21-7 1/4  
 Amy Paulsen (SCRR) TAC Girls Age Gp. Nat'l SP 2nd 7-3  
 Kim Paulson (SCRR) Las Vegas Inv. LJ - 1st 14-2  
 Scott Paulson (SCRR) Las Vegas Inv. SP - 1st 31-6 1/4  
 Scott Paulson (SCRR) Las Vegas Inv. DT - 1st 78-3 1/4  
 Scott Paulson (SCRR) North Coast YMCA HJ 4-0  
 Matt Wallace (SCRR) North Coast YMCA SP 24-4  
 Dokie Williams (UCLA) UCLA/Pepsi TJ 55-2  
 Dokie Williams (UCLA) PAC-10 LJ 25-9

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

Name \_\_\_\_\_

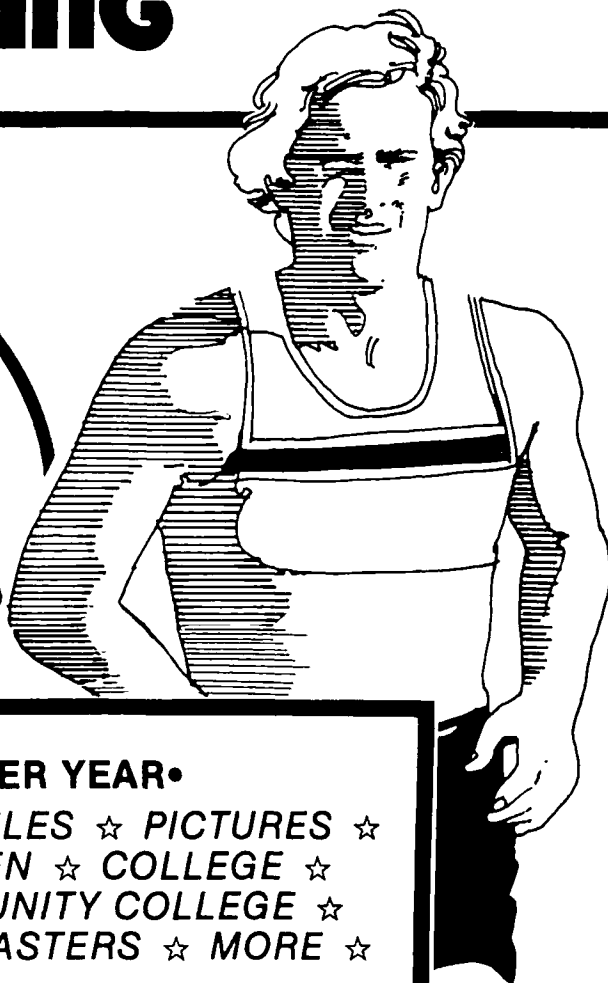
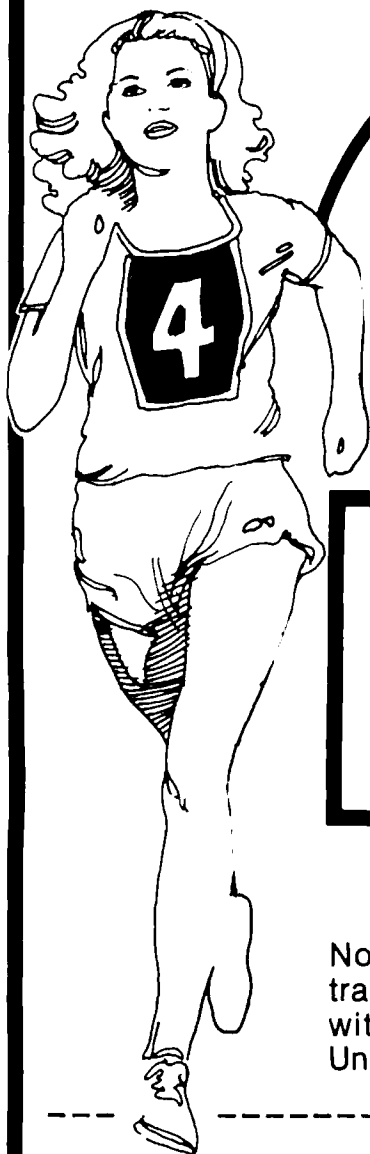
Event \_\_\_\_\_

Mark \_\_\_\_\_

☐ Check if first time.



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Well, you can kiss those days goodbye.

Because now there's the Elite Classic. And, frankly, it puts the old Elite to shame.

Oh, the colors are the same.

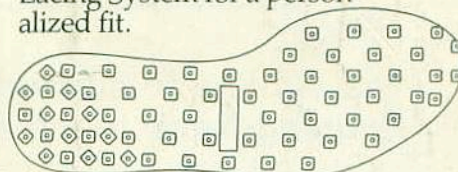
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And run it out of town.



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