

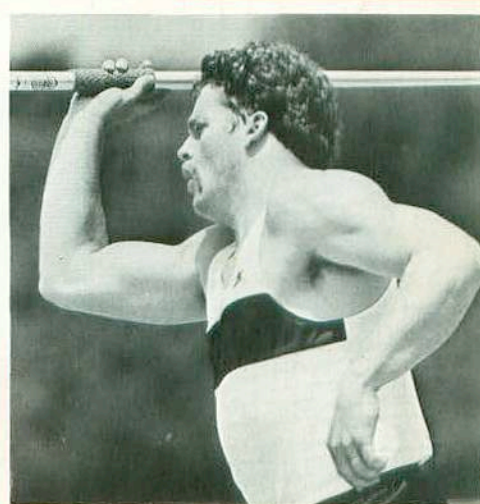
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# CALIFORNIA

## TRACK & RUNNING NEWS

AUGUST 1983

ISSUE NO. 82



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**327-2**

**California's Only Track & Running Publication**



# The New Balance racing shoes are attracting quite a following.

Sprinters, milers and marathoners are all discovering that New Balance racing shoes do more to improve their performance than anything they've ever worn.

What is it that sets our new competition shoes apart?

A level of technological sophistication that, until now, was found only one other place.

Our training shoes.

**IT TOOK THREE YEARS TO DESIGN THEM.**

Combining racing experience and technological expertise, we developed a new racing last—one that results in the snug, "sock-like" fit that's essential for competitive running.

Because it's a *curved* last, our shoes form more exactly to the forefoot. That precise fit provides better toe-off and enables runners to move through their gait cycles more quickly.



So we tested our shoes on the feet of Dick Beardsley, Francie Larrieu Smith, Ray Flynn, Lorraine Moeller, Kevin Ryan, Paul Cummings and other world class runners.

And after they had trained in them, raced in them, even *won* in them—they criticized them.

And we listened.

**IT WILL TAKE JUST ONE RACE TO APPRECIATE THEM.**

What resulted from all this, are the shoes you see here.

Featherlight spikes and flats that fit like a second skin and offer support and comfort superior to any other racing shoes.

They are, quite simply, the finest racing shoes we can make. And not settling



**IT TOOK TWO YEARS TO TEST THEM.**

Races aren't won—or lost—on the drawing board.

Comp 400M

for second best will always be the difference between a leader and a follower.

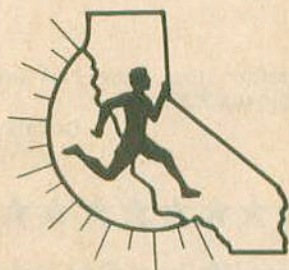
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**new balance**  
**RACING SHOES**

New Balance, Inc., Boston, MA 02134

For complete information on the New Balance Racing Shoes, write for our brochure. Enclose a stamped, self-addressed business envelope and send to: New Balance Racing Shoe Brochure, P.O. Box 150A, Brighton, MA 02134, ATTN: Gordon McLaughlin.



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**Photographers:** G. David Brown/Innersport Agency, Michael Chickey, Gene Cohn, Burt Davis, Ross Gentry, Don Gosney, Louis Hirsch, Marty Higginbotham, Bill Leung, Jr., Jim Reynolds, Richard Slotkin, Maurice Wilson.

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

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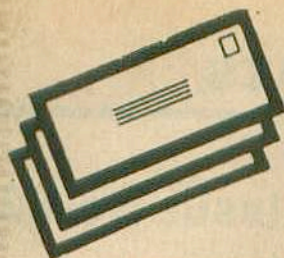
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## ON THE COVER:

The BIG Throw—photographer Louis Hirsch was on the spot to capture Tom Petranoff's world record javelin toss of 327-2 at the UCLA/Pepsi Invitational. See page 12 for a special CTRN interview with Petranoff and his coach Bill Webb. Side photos by Bill Leung, Jr.





# Mailbag

## A PAT ON THE BACK

Most running magazines today seem to exist primarily to market shoes and clothes, or corporate running programs. *CTRN* stands out as a leader in providing news and information about the sport and its participants at a variety of levels. Keep up the great work.

John Hayes  
New York, NY

## MORE ON RACE PACING

There was more excitement caused by Joan Benoit's allegedly being "paced" than by her incredible effort! Just this season I watched the men's mile event in the Bruce Jenner Track Meet and announced were not only the names of the top milers, but also that of the "rabbit" which is nowadays always used in this men's event (note that Mary Decker did not have a rabbit in the 3000 meters of the same track meet). This pacer ran twice or so around the track and then stepped off without finishing as IAAF rule 148 requires. Why this fuss about women? Joan Benoit's time came pretty close to the men's olympic qualifying time, and that makes some people nervous. Had Allison Roe and Jackie Garreau been ready and able on that particular day to run Joan's pace, then why did they not follow on her heels taking advantage of this opportunity as they should have? Who moved Joan Benoit's legs and breathed and ached and endured for her? Her pacer? He supposedly gave pace information and told her where her competitors were. An experienced athlete such as Joan knows what pace she is going, and how could Kevin Ryan see her women competitors in a crowd of thousands and more than a mile behind? Also Kevin Ryan is a countryman of Allison's not Joan's. I am certain that the other leading women were informed during the race where their nearest competitors were by someone.

In front of the lead pack of men there is almost always some guy that leads them out at a fast pace and who complains when he falls behind after 10 or so miles or does not complete the race. EVERY competitive

race consists of runners *pacing* off their nearest competitor. It happens in the Olympics even. It is unrealistic to think a rule will change this. Of course an all women's race should only include women. But what if a top 10,000 meter woman is hired to pace the women marathoners? How can this be controlled?

Part of the present problem of "women paced by men" is that women's running is still so young and there are a few women runners who are lightyears ahead of the rest. In just a few years women's being paced by men will be as likely or unlikely as mens, because there will be a lead PACK of women that can run 2:22, and who will care then if some guy runs along with them?

The rule 165 about refreshment aiding I feel is outdated and should be struck. With times getting faster and faster and the crowds of thousands the need for an individual who runs hard to be assured that he gets water at the proper intervals is essential to his/her health and survival. I remember just a few years ago on a hot Boston marathon day were runners came to crowded empty tables, some of them diving into the water bins in a frantic effort to get liquids. I would advise no one to take aid from a stranger nowadays and see nothing wrong or unsportsmanlike with bottles being handed over among the runners that have been given to them by wives, husbands, coaches or friends.

All in all I agree that *preplanned* pacing of men or women ought to be discouraged, but I see no rule that could make the delicate distinctions required. In the case of Joan Benoit, she had not asked nor planned to be paced. Actually I think it quite a good idea to have someone monitor the first woman, 1st male and 1st female masters also, providing he not converse with them and thus coverage of the "hidden" leaders (i.e. women or masters runners) is possible, and infact it would be a great weapon against cheaters, which have also unfortunately come along with the running boom.

Getting back to Joan - I understand from some top men runners that ran some workouts with her before the Boston

Marathon that they had predicted she would run 2:20!

Christa Romppanen  
Malibu, CA



## Qualifying Standards for U.S. Olympic Trials

The Athletics Congress has released the qualifying standards for entry into next year's U.S. Olympic Trials in Track and Field. The trials will take place at the Los Angeles Coliseum, June 16-24. For detailed qualifying procedures and entry guidelines contact: The Athletics Congress, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

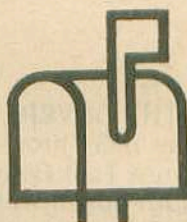
MEN		
Track Event	Auto Time	Manual
100m	10.35	10.1
200m	20.74	20.5
400m	46.00	45.8
800m	1:47.44	1:47.4
1500m	3:42.20	3:42.2
5000m	13:49.00	13:49.0
10,000m	28:46.00	28:46.0
3000m SC	8:40.80	8:40.8
110m HH (42")	13.90	—
400m IH (36")	50.54	50.4
20k Walk	1:33:00	1:33:00
50k Walk	4:30:00	4:30:00
Decathlon	7625 pts.	7725 pts.
Field Event	Metric	Imperial
High Jump	2.24m	7-4 1/4
Pole Vault	5.40m	17-8 3/4
Long Jump	7.85m	25-9 1/4
Triple Jump	16.20m	53-1 1/4
Shot Put	19.81m	65-0
Discus	61.26m	201-0
Javelin	78.80m	258-6
Hammer	63.00m	206-8

WOMEN		
Track Event	Auto Time	Manual
100m	11.64	11.4
200m	23.74	23.5
400m	53.40	53.2
800m	2:05.00	2:05.0
1500m	4:17.50	4:17.5
3000m	9:15.00	9:15.0
100m H (33")	13.74	13.5
400m H (30")	58.80	58.6
Heptathlon	5550 pts.	5600 pts.
Field Event	Metric	Imperial
High Jump	1.84m	6-0 1/2
Long Jump	6.30m	20-8
Shot Put 4K	15.85m	52-0
Discus	54.00m	177-2
Javelin	52.50m	172-3



## 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.







### Run on Olympic tracks.

Run all over L.A. in a series of 5K runs which will culminate in an exciting Coliseum 10K run on October 2. By participating in RUN LA, you'll run on 8 new Olympic tracks that have been funded by ARCO to give our current and future Olympic hopefuls the best facilities available.

### Run next in August at Santa Monica College and USC.

The next runs in this series will be Saturday August 20th at Santa Monica College, and Saturday August 27th at USC, Los Angeles. So mark your calendars!

### Cross the Olympic finish line.

The exciting Coliseum 10K run will

begin from the downtown Los Angeles Athletic Club, and end at the same finish line that our Olympic athletes will cross in 1984. And after you cross the finish line, watch the finish of the thrilling Invitational Coliseum 10K run where the world's finest men and women runners compete for \$55,000.

### Look before you run.

Here is some important information regarding the runs:

**Entry forms:** Additional entry forms can be obtained by calling the Los Angeles Athletic Club, 625-2211.

**Awards:** Olympic style medals will be awarded to the first three finishers in each age division. The awards will be presented by celebrities during the track dedication ceremonies following the runs.

### Divisions: Male and Female

12-Under	25-29	45-49
13-15	30-34	50-54
16-18	35-39	55-59
19-24	40-44	60+

**Packet Pickup:** Run packets, which include T-shirt, run number and information will be available for pick-up at the track prior to the runs.

**Sponsored by:** ARCO

**Coordinated by:** The Los Angeles Athletic Club

**Sanctioned by:** The Athletic Congress and the President's Council on Physical Fitness.



Atlantic Richfield Company



## Run LA 5-10K Entry Form

Mail entry to:  
**RUN LA**  
Los Angeles  
Athletic Club  
431 West  
Seventh Street  
Los Angeles,  
CA 90014

Make Checks  
payable to:  
**RUN LA,**  
Los Angeles  
Athletic Club.

Name										First										Last									
Address																													
City										State										Zip									
Phone										Male										Female									
										S										M									
										L										XL									
										Age On										Race Day									

Fees: (Include T-shirt)

Any 5K Run—\$5 • Combination 5K Run + Coliseum 10K Run—\$12 • Coliseum 10K Run only—\$10.

For additional 5K Runs, add \$5 per race.

Check the boxes below for any race or combination of races you wish to enter.

<input type="checkbox"/> 5K Santa Monica College Santa Monica August 20, 1983	<input type="checkbox"/> 5K USC, Los Angeles August 27, 1983	<input type="checkbox"/> 5K UCLA Los Angeles September 11, 1983	<input type="checkbox"/> 5K Southwest College. Los Angeles September 17, 1983
<input type="checkbox"/> 5K Occidental College. Los Angeles September 24, 1983	<input type="checkbox"/> 10K Los Angeles Memorial Coliseum, October 2, 1983 (Open 10K only)	Amount Enclosed _____	

**Important:** 5K runs start promptly at 9:00 a.m. 5K runners may enter on the day of the race between 7 a.m. and 8:30 a.m. at the track. Check-in time is 8:00 a.m. at the track site. The 10K Open starts promptly at 8:00 a.m. with check-in time at 6:30 a.m.

**Waiver:** In consideration of the acceptance of my entry, I undersigned, intending to be legally bound, for myself, my executors, administrators and assignees, do hereby waive and release the sponsor of this race, and all persons and agencies connected with this run from all claims for damages arising from my participation in and travel to and from this event. I also certify that I am physically fit and adequately trained to participate in this event.

Participant's Signature \_\_\_\_\_

Parent or legal guardian's signature if under 18 years of age \_\_\_\_\_

Date \_\_\_\_\_





# Schedule

by Jack Leydig  
Scheduling Director

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

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

## AUGUST

**AUG 4: Burlingame 5K Summer Fun Run.** San Mateo (Coyote Point Pk., Beach Parking Lot), 5:30 pm. Burlingame Rec. Dept., 850 Burlingame Ave., Burlingame 94010. (415) 344-6388.

**AUG 6: Cazadero Footraces.** 3 & 7 miles, Cazadero area (Austin Rd. & Cazadero Hwy), 6 pm. Fred Kenyon, 1645 Timberhill, Santa Rosa 95401.

**AUG 6: Twilight Double Dam Dash.** 4 mile, Lake Perris Dam, 7 pm. Ron Lowy, 210 W. Hacienda Dr., Corona 91720. (714) 371-7324.

**AUG 6: Sierra Pines Marathon Relay.** 4-person, 26 mile total, Bass Lake, time TBA. Jim Hartig, 1457 Keats, Clovis 93612.

**AUG 6: California 50-Mile Endurance Run.** (hilly) Santa Rosa (Spring Lake & Annadel State Park), 6 am. *Must pre-enter by July 1.* Nancy Crawford, 1981 Silverwood St., Santa Rosa 95405. (707) 526-0661.

**AUG 6: Chico Triathlon.** Chico, 6 mile run, 1/2 mile swim, 16 mile bike. Larry Matthews, 222 W. Third St., Chico 95926. (916) 345-1000.

**AUG 6: Crater Lake Rim Runs & Marathon.** 6.7, 13.0 & marathon, Crater Lake, Oregon, 9:30 am. Crater Lake Rim Runs, 5830 Mack Ave., Klamath Falls, OR 97601. (503) 884-6939, Bob or Bev Freirich.

**AUG 6: Ocean Beach Community Service 10K & 2 Mile Fun Run.** Ocean Beach, 7 am. Lynn Flannigan (619) 276-2738.

**AUG 6: North Orange County YMCA 10K.** Fullerton, 7:30 am. Patsy Wendler, N.O.C. YMCA, 2000 Youth Way, Fullerton 92635. (714) 879-9622. Some sources list as Aug. 7.

**AUG 6: YWCA Women's Walk & Run.** 5K Walk/Run, 10K Run, Pacific Grove (Lover's Point), 9 am. YWCA, 276 Eldorado, Monterey 93940.

**AUG 6: One Hour Run - TAC Postal Championships.** Cal Poly SLO track, 8:30 am. SLD, P.O. Box 1134, San Luis Obispo 93401. (805) 544-9320.

**AUG 6: Wilson Saddle Hill Climb.** Approx. 4 miles, Newhall, 7:30 am. Gene Blankenship, P.O. Box 481, Newhall 91321. (805) 254-1000.

**AUG 6: The 5-Miler.** Los Altos (Foothill College), 10 am. Peanut Harms, 12345 El Monte Rd., Los Altos Hills 94022.

**AUG 6: Patagonia's Squaw Valley Mountain Run.** 3.6 mile (2000' elev. gain), Squaw Valley, 10 am. Image Promotions, P.O. Box 2575, Olympic Valley 95730. (916) 587-5571.

**AUG 6: Hood To Coast Relay.** Mt. Hood to Pacific City — Oregon. 170 mile, 10 person maximum. Hood To Coast Relay, 808 N.W. 19th Ave., Portland, OR 97209.

**AUG 7: Horny Toad Invitational Triathlon.** San Diego. 1.5 mile swim, 50 mile bike, 13.1 mile run. Race Director, 3517 Curlew St., San Diego 92103.

**AUG 7: Skyline 50K.** El Sobrante (Clark Gate, Wilcat Canyon Regional Pk. to Lake Chabot Marina), 7 am. Fleet Feet, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188. 350 limit.

**AUG 7: Jerry's Sports Endurance Triathlon.** 1/4 mile swim, 21 mile bike, 10K run, Santa Cruz area, 10 am. Jerry Malmin, 1222 Soquel Ave., Santa Cruz 95062. (408) 425-7445.

**AUG 7: Run in the Sun 10K.** Garland Ranch Regional Park, Carmel Valley, 10 am. Run in the Sun, P.O. Box 965, Carmel Valley 93924. Tom Augustitus (408) 659-3693.

**AUG 7: Freshwater Race & SRRRC Potluck.** 2 mile and 10K, 1 pm/2 mile, 1:30 pm/10K. Moonlight Beach. 6 Rivers RC, P.O. Box 214, Arcata 95521. Dick Meyer (707) 442-6522.

**AUG 7: St. Joseph Medical Center/VANS 5/10/15K.** Griffith Park, Los Angeles, 8 am. Bill Clarke, c/o SJMC Foundation, Buena Vista & Alameda Sts., Burbank 91505.

**AUG 7: Pacific Palisades High School, 10K Run.** Pacific Palisades, 6 pm. California Road Runners Club, P.O. Box 891, Tarzana 91356. (213) 888-5526.

**AUG 7: Dog Daze Run.** 6.2 mile & 1 mile fun run, Ukiah (Oak Manor School), 8 am. North Coast Striders, P.O. Box 1556, Ukiah 95482. Erick Johnson (707) 468-1352.

**AUG 7: Tule Springs 5-Miler.** Tule Springs (Floyd Lamb State Park), Nevada, 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**AUG 7: DSE Lands End Run.** 3 mile, San Francisco (Balboa & Great Hwy), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**AUG 7: Skinnydipper Adventure Run.** 6 to 16 miles (adventure running), Trinity Alps Wilderness, 9 am. Pete Siligo, Box 929, Weaverville 96093. (916) 623-5406.

**AUG 7: Sunrise Optimist Ocean Run-Swim-Run.** 1 mile run, 1 mile swim, 1 mile run. Ventura Pier, time TBA. Chuck Moore, 3060 Channel Dr., No. 26, Ventura 93003. (805) 967-5511, x2700.

**AUG 7: Freedom Run 10K.** Freedom, 9 am. Gloria Guarena, 2018 Freedom Blvd., Freedom 95019.

**AUG 7: Ashton Bake 5 & 10K.** Sacramento (Ashton Park), 9 am. Randy Sturgeon (916) 488-7181.

**AUG 7: Balboa Park 6 Mile & 3 Mile Fun Run.** San Diego, 7:30 am. Nancy Coulter (619) 475-5016.

**AUG 7: Annie & Mary Race.** Date change... listed 8/14 last issue. 2 mile & 10K, Blue Lake (Eureka area), 8:30 am/2 mile, 9:30 am/10K. Blue Lake Chamber of Commerce, P.O. Box 476, Blue Lake 95525. Peggy Dickerson (707) 668-5656.

**AUG 7: World Health Expo.** 10K. Long Beach (Convention Center), 8 am. CRR, Box 891, Tarzana 91356. (213) 888-5526.

**AUG 10: Northridge Twilight 10K.** Cal-State Northridge, 6:30 pm. Runner's Sole, 17820-A Chatsworth St., Granada Hills 91344. (213) 368-7889.

**AUG 13: Brock's Levi "Olympic" 10K Run.** Bakersfield (Valley Plaza-Brock's), 7 am. Bakersfield Track Club, P.O. Box 10371, Bakersfield 93389. Nancy Mahlmann (805) 327-1731, ext. 279 (days).

**AUG 13: Wild Sports Triathlon Series.** 1.5 mile swim, 56 mile bike, half-marathon. Lake Tahoe, time TBA. Sam Barber, 2222 Kalakaua Ave., Suite 803, Honolulu, HI 96815. (808) 923-7602.

**AUG 13: Hastings K-LITE Olympic Run.** 10K, San Francisco (The Cannery), 8:30 am. Olympic Run, 135 Post St., San Francisco 94108. (415) 393-8954.

**AUG 13: The Lite Bear Oakland A's 8K Fun Run.** Oakland Coliseum, 9 am. Oakland A's 8K Fun Run, c/o The Bay Area Black United Fund, 1440 Broadway, Suite 402, Oakland 94612. (415) 763-7270.

**AUG 13: Big Tree Run.** 8K, Sebastopol, Analay High School, 8 am. Toni, Analay High School, 6950 Analay Ave., Sebastopol 95472. (707) 823-7623, (707) 823-4331.

**AUG 13: Alcatraz Breakout Triathlon.** Name changed from Alcatraz Challenge. 1 1/4 mile swim, 17 mile bike, 14.5 mile run, San Francisco, time TBA. Limit 100. Joe Oakes, c/o QCON, P.O. Drawer K, Los Altos 94022. (415) 941-6287.

**AUG 13: Moonlight in the Morning Fun Run.** 1, 3 & 5 mile, Encinitas, 8:30 am. (Moonlight Beach). Rebecca Fengler (619) 942-9622.

**AUG 13: El Dorado Park 5K & 10K Runs.** Long Beach, 7:30 am. Newport Beach Runners Ass'n, 1162 Dorset Lane, Costa Mesa 92626. (714) 966-0556.

**AUG 13: Mammoth Lakes Lions Club 10K.** Mammoth Lakes (Old Mammoth Mall), 8 am. Mammoth Lakes Lions Club, P.O. Box 19, Mammoth Lakes 93546.

**AUG 14: Monterey Bay Triathlon.** 1.5 mile swim, 50 mile hilly bike, 13 mile run. Monterey(?) to Toro Regional Park, time TBA. *Pre-Entries Required.* Joe Ossman, c/o Friends Outside, 404 Lincoln Ave., Salinas 93901. (408) 758-2733.

**AUG 14: Plum Canyon Run.** Approx. 7 miles, Canyon Country (North Oaks Park), 7:30 am. Cross Country. Gene Blankenship, P.O. Box 481, Newhall 91321. (805) 254-1000.

**AUG 14: Fresno Biathlon.** Woodward Park, 6:30 am. 5 mile run, 21 mile bike. Bob Fries, 1501 E. Browning, Fresno 93710. (209) 439-6394.

**AUG 14: Red Cross Watermelon Run.** 10K & 5K, Merced (Courthouse), 7:30 am. Mike Mason, 1239 Kensington, Merced 95340. (209) 723-8080.

**AUG 14: Hook & Ladder Run.** 10K, San Francisco (Golden Gate Pk., Rainbow Falls), 9 am. Fire Fighter Local 798, 1139 Mission, San Francisco 94103. (415) 621-1950.

**AUG 14: Kaiser Lake Merritt Runs.** 5 & 10K, Oakland (Lake Merritt), 9 am. 3000 runner limit. David Shrimpton, 3169 Santa Cruz Ln., Alameda 94501. (415) 521-8379.

**AUG 14: John Steinbeck Country Run.** 10K, Salinas (YMCA), 10 am. Salinas YMCA, 117 Clay St., Salinas 93901. (408) 758-3811.

**AUG 14: Aromas Run in the Country.** 10K, Aromas, 9 am. Tom Leikam (408) 726-1367.

**AUG 14: Santa Cruz Beach Festival Run-Swim-Run.** 1 1/2 mile run, 1/2 mile swim, 1 1/4 mile run. Santa Cruz (Cowell's Beach), 10 am. Santa Cruz City Parks & Recreation Dept., Al Mitchell, 425 Church St., Santa Cruz 95060. (408) 423-3149.

**AUG 14: Runaway Hawaii.** 2 & 5 mile, Ferndale (Humboldt County Fairgrounds), 1:30 pm. Katherine Queen (707) 786-9511.

**AUG 14: Yountville Ribbon Runs.** 2 mile & 8K, Yountville (Yountville Pk.), time TBA. *Raceday Registration Only.* Steve Rodriguez, 1243 Rubicon St., Napa 94559. (707) 226-8959.

**AUG 14: DSE Double Muni Pier Run.** 2.5 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**AUG 14: Squaw Valley Triathlon.** 2K swim, 30K bike, 10K run. Donner Lake, 9 am. Tri Triathlon, 2408 "J" St., Sacramento 95816. (916) 442-7223, Holly Beatie.

**AUG 14: Run for the Cookies.** 5/15K & 1 mile fun run (11 & under), Lake Arrowhead Village, 7:30 am. Altitude 5280'. David Eap, Bear's Brown Bag of Cookies, 2726 Main St., Santa Monica 90405. (213) 396-1375.

**AUG 14: Little Tokyo Nisei Week 5K.** Los Angeles (Little Tokyo), time TBA. Race Central, Box 828, Rialto 92376.

**AUG 14: Conejo Track Club 8K Run.** Westlake Village, 8 am/39 & under, 9 am/40-plus. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088. *No Pre-Entry.*

**AUG 14: Run by the Sea 10K & 3K Kids Fun Run.** Rancho Palos Verdes (Marineland North Entrance), 8 am/10K, 7:15/3K. Rancho Palos Verdes Dept. of Leisure Services (213) 377-0360, x59.

**AUG 14: Old Town Half-Marathon.** Eureka, 9 am. Jogg'n Shoppe, 410 Second St., Eureka 95501. (707) 443-6404.

**AUG 14: Pinecrest 5-Mile Lake Run.** Pinecrest (Pinecrest Lake Beach), 9 am. Reichle Family, P.O. Box 1071, Pinecrest 95364.

**AUG 14: USOC Bay Run.** 5 & 10K, Ventura, 8 am. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

**AUG 20: Tehachapi 10K Run.** Tehachapi Park (Tehachapi), 8:30 am. Bakersfield Track Club, P.O. Box 10371, Bakersfield 93389.

**AUG 20: Airmen Quicksilver Watermelon Run.** 5 & 10K, San Jose (Meridian & Camden), 9 am. Karl Laucher, San Jose Mercury News, 750 Ridder Park Dr., San Jose 95190. (408) 287-7117.

**AUG 20: 7-Up Run Through The Pines Half Marathon.** Bass Lake (The Pines Village), 8 am. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847.

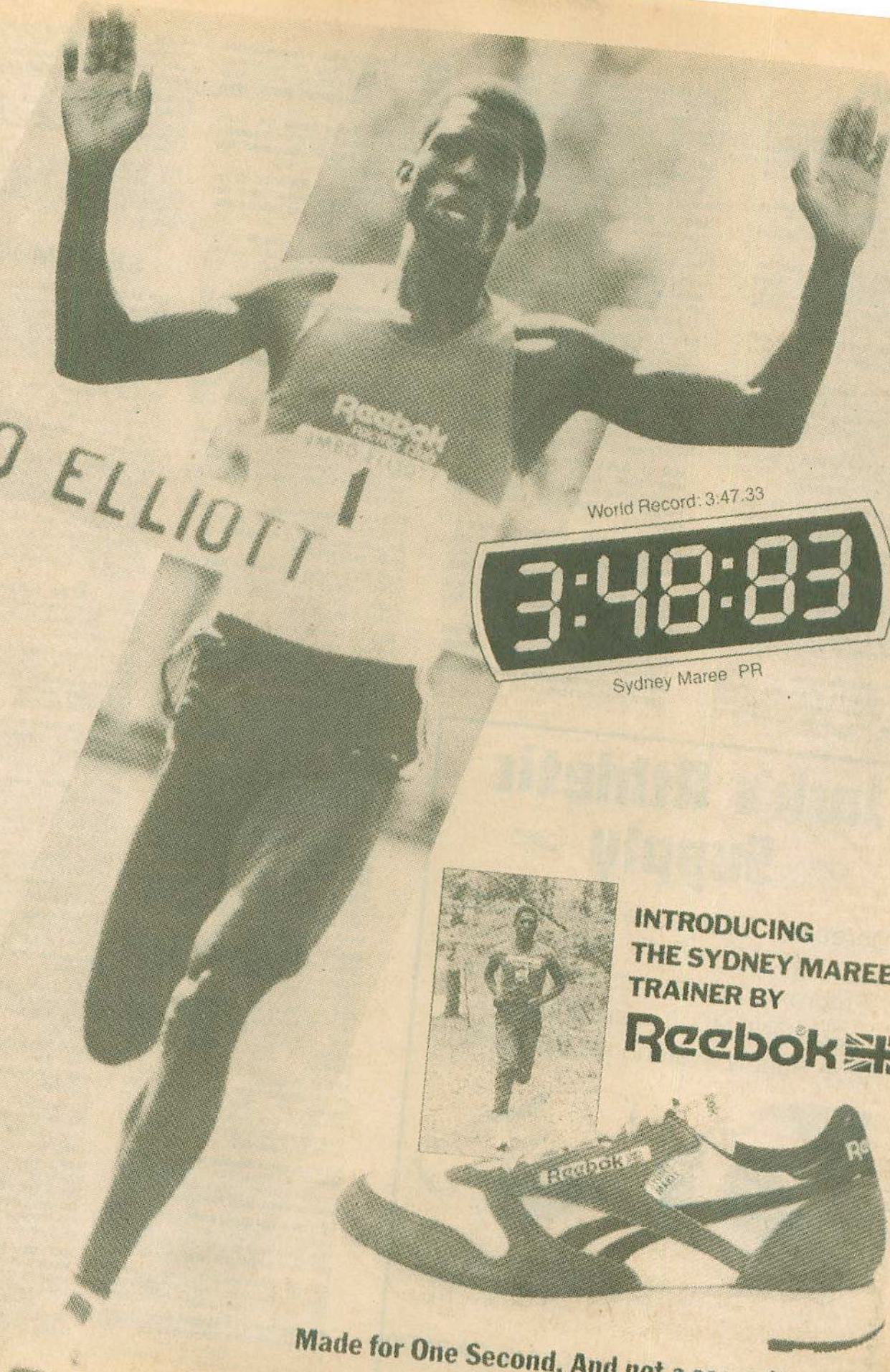
**AUG 20: Lodi Triathlon.** 3 mile run, 5 mile bike, 1,000 yd. swim. Lodi (Lodi Lake), 8 am. John Griffin, c/o Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-3338.

**AUG 20: San Francisco Triathlon.** 1K swim, 20K bike, 5K run. San Francisco State College, 6 am. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188, Mary Ann Truitt.

**AUG 20: Saimon Creek Beach Run.** 2 & 5 mile, Bodega Bay, 10 am. Steve May (707) 526-1987.

**AUG 20: Tetrack Trail Run & Picnic.** 8 mile, Griffith Park, Los Angeles, 7:30 am. John Sporleder, 1428 Thompson Ave., Glendale 91201. (213) 246-4101.





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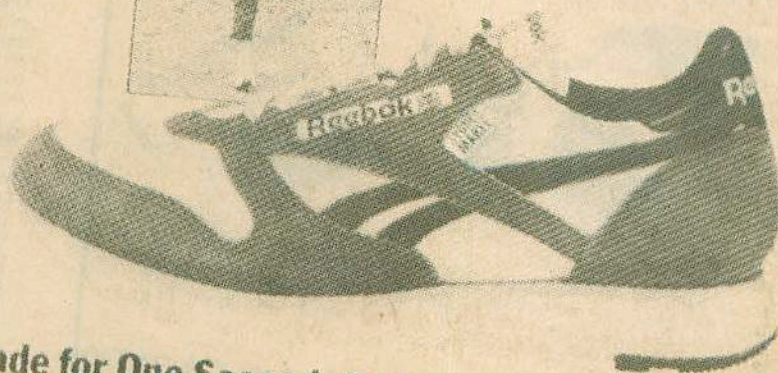
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## Schedule

**AUG 20: The Ocean Air/Benefit for the Switzer's Children Center Triathlon.** 1 mile swim, 25 mile bike, 10 mile run. Palos Verdes Peninsula, time TBA. Steve Whitehead, P.O. Box 10097, Torrance 90505. (213) 540-1127.

**AUG 20: Run LA—Santa Monica College 5K.** Santa Monica City College, 8 am. LAAC, Run LA, 431 W. Seventh St., Los Angeles 90014.

**AUG 20: Be A Sport 10K & 2 Mile Fun Run.** San Jose (Los Paseos Park, Santa Teresa Blvd.), 8:30 am. Be A Sport Enterprises, 5756-B Santa Teresa Blvd., San Jose 95123. (408) 241-7030.

**AUG 20: Sun Run 5 & 10K.** Whittier (Sun Datsun), 8 am. CCRC, Box 891, Tarzana 91356.

**AUG 21: Pikes Peak Marathon.** 25.8 miles, Manitou Springs, Colorado. *Limited Field.* Time TBA. Marge Carter, Pikes Peak YMCA, Box 1694, Colorado Springs, CO 80901. (303) 471-9790.

**AUG 21: South Hill 50-Miler.** Camarillo, time TBA. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

**AUG 21: America's Finest City Half Marathon.** Pt. Loma (Cabrillo National Monument), 7 am. American Lung Ass'n, 3861 Front St., P.O. Box 3879, San Diego 92103. (714) 297-3901, Jack Damson.

**AUG 21: World Wildlife Centaurian Triathlon.** Los Angeles (Manhattan Village S.C.), 2.4 mile swim, 112 mile bike, 26.2 mile run. *June 30 Deadline.* World Wildlife Fund, 3500 Sepulveda Blvd., Suite W, Manhattan Beach 90266. (213) 546-4875.

**AUG 21: Panda Marathon.** Los Angeles (Manhattan Village S.C.), 6 am. *June 30 Deadline.* World Wildlife Fund, 3500 Sepulveda Blvd., Suite W, Manhattan Beach 90266. (213) 546-4879.

**AUG 21: Run for the Parks.** 10K, Alameda (South Shore Center), 9:05 am. Alameda Recreation & Parks Dept., Jim Niskanen, Room 201, City Hall, Alameda 94501. (415) 522-4100, x227

**AUG 21: Hammond Bridge Half-Marathon.** McKinleyville (High School), 9 am. David Paulson, Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-2894.

**AUG 21: Big Foot/Little Foot Run.** 4.2 mile, Watsonville (Pinto Lake County Pk., Green Valley Rd.), 9:30 am. Paul Nasadaski (408) 722-2897.

**AUG 21: CRRC Tuneup Series 10K & Half-Marathon.** Griffith Park, Los Angeles, 9 am. CRRC, P.O. Box 891, Tarzana 91356. (213) 888-5526.

**AUG 21: Redwood Shores Biathlon.** 4 mile run, 400m swim. Redwood Shores, time TBA. Jim Gorman, Redwood Shores, 350 Marine World Pkwy, Redwood Shores 94065. (415) 594-4242.

**AUG 21: See the Sea Triathlon.** 1 1/4 mile swim, 20 mile bike, 10K run. Avila Beach, time TBA. Hind Wells, 390 Buckley, San Luis Obispo 93401. (805) 544-8555.

**AUG 21: Sub-4/LAPR & AC "Beat the Heat" 5/10K.** Elysian Park (LA Police Academy), 8:30 am. Sub-4, 2620 Temple Heights Dr., Oceanside 92054. (714) 546-4681.

**AUG 21: Polaroid "600 Series" 5/10K.** Irvine (Mason Regional Park), 8 am. South Coast Runners Ass'n., 3857 Birch, No. 442, Newport Beach 92660. (714) 646-3452.

**AUG 21: Run for Life 5 & 10K.** Oakland, 9 am. Go Promotions, 6020 Majestic St., Oakland 94605. (415) 632-6456.

**AUG 21: Inglewood Physical Fitness 5/10K Run to Eliminate World Hunger.** Inglewood (The Forum), 8 am. Universal Runners, P.O. Box 37271, Los Angeles 90037. (213) 469-7643.

**AUG 21: Park to Park 4-Person/20-Mile Relays.** May be on Aug. 28. Sacramento (Carmichael Park), 8 am. Jo Sumner, 5209 Moro Bay, Carmichael 95608. (916) 481-5869.

**AUG 21: Lake Tahoe Series 10K.** North Tahoe H.S. (Tahoe City), 9 am. Stephanie Atwood, P.O. Box 97, Carnelian Bay 95711. (916) 583-8475.

**AUG 21: Conquer the Hill 5/10K.** Signal Hill (City Hall), 8 am. Signal Hill Rotary Club, P.O. Box 6029, Long Beach 90806. Les Saul (213) 597-6633.

**AUG 23: The Beer Run.** 3 miles, Stockton, 7 pm. Ross Rowley, 1844 Bristol, Stockton 95204. (209) 464-0928. *No post entry.*

**AUG 24: Manufacturer's Hanover Run.** 3.5 miles, San Francisco (Ferry Bldg.), 6:30 pm. Scott Thomason, P.O. Box 27385, San Francisco 94127.

**AUG 27: Run LA 5K.** Los Angeles (University of Southern California), 9 am. Run LA, Los Angeles Athletic Club, 431 West Seventh St., Los Angeles 90014. (213) 625-2211.

**AUG 27: For Land's Sake Run for Cover.** 10K, location TBA. Richard Casale, Santa Cruz County Resource Conservation Office, P.O. Box 267, Soquel 95073. (408) 475-1303.

**AUG 27: Spartan Roundup.** 10K, Gonzales (Dick Force Stadium, Cleo Vista St.), 10 am. John Macias, P.O. Box 939, Gonzales 93926. (408) 675-2495.

**AUG 27: Sonoma II Vineyards Run.** 10K, Sonoma (Depot Pk.), 9 am. Family Service Agency, 1212 Fourth St., Santa Rosa 95404. (707) 545-4551.

**AUG 27: Escape from Alcatraz Triathlon.** 1 1/4 mile swim, 15 mile bike, 15 mile run *extremely tough.* Alcatraz (SF Bay), time TBA. Dolphin Club, 502 Jefferson, San Francisco 94109.

**AUG 27: Turlock Triathlon.** 1K swim, 25K bike, 10K run. Turlock Lake State Recreation Area, 8 am. Cecil Daniel, Fleet Feet, 2555 Geer Rd., Turlock 95380. (209) 634-3338.

**AUG 27: Twillite Zone 10K.** *POSTPONED until October.* Walnut (Mt. SAC College), 6:30 pm. Matt Ebner, 2734 Sunset Hill Dr., West Covina 91791. (213) 332-5905.

**AUG 27: Tule Springs 5 Miler.** Tule Springs, Nevada, 7 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**AUG 27: Fly Navy West.** 10K & 2 mile. San Diego (Balboa Park), time TBA. E.O.L., 1013 Park Place, Coronado 92118. John McMinn (619) 437-6141.

**AUG 27: Dammit Run.** 5.83 miles, Los Gatos (High School), 9 am. Bruce Springbett, P.O. Box 1328, Los Gatos 95030. (408) 354-7333.

**AUG 27: King of the Hill Triathlon.** 1 mile swim, 22 mile bike, 6 mile run. Big Bear Lake, time TBA. Don Frantz, P.O. Box M6-32, Big Bear Lake 92315. (714) 585-5650.

**AUG 28: Presidio 10.** 10 miles, Presidio of San Francisco. RRCA National 10 Mile Championships for Men and Women Masters. 9 am. Henry Bunsow, c/o The Guardsmen, 12 Geary St., San Francisco 94108. (415) 543-9600.

**AUG 28: Santa Monica Marathon & Half Marathon.** Time TBA. Santa Monica Recreation Dept., 1685 Main St., Santa Monica 90401. (213) 393-0462.

**AUG 28: Angel Island Biathlon.** 4 mile run, 1 mile swim. Angel Island (S.F. Bay), time TBA. Challenge Sports, P.O. Box 340246, Mtn. View 94039. (415) 865-1355.

**AUG 28: Wildwood Days Race.** Distance TBA, Eureka Area, time TBA. Six Rivers RC, Box 214, Arcata 95521. (707) 822-9435.

**AUG 28: Come Up to Simi Run.** 4 mile & 10K, Healdsburg (Simi Winery), 9 am. Kate Jones, Simi Winery, 16275 Healdsburg Ave., Healdsburg 95448. (707) 433-6981.

**AUG 28: Lakeside Nautilus Triathlon.** 1.2 mile swim, 22 mile bike, 10K run. Reno, Nevada, time TBA. Bill Blackmore, 112 W. Moana, Reno, NV 89502. (702) 826-4870.

**AUG 28: Fourth Sunday Runs.** 5/10/15K, Oakland (Lake Merritt, Old Boathouse), time ?; Lake Merritt Joggers & Striders, c/o John Notch, 230 Marlow Dr., Oakland 94605.

**AUG 28: 10K for Muscular Dystrophy.** Long Beach (El Dorado Park), 8 am. Leanne Burley, Imperial Savings, 11809 Artesia Blvd., Artesia 90701. (213) 924-7685.

## SEPTEMBER

**SEP 1: California Challenge.** Run-Swim-Run 19 miles, Paddleboard 6 miles, Surf Ski or Dory 6 miles, Bike 40 miles. Leo Carillo Beach, time TBA. Sam Barber, Wild Sports, American Express, 2222 Kalakua Ave., Suite 803, Honolulu, HI 96815. (808) 923-7602.

**SEP 3: Highland Run.** (Part of the Caledonia Games), 10K, Santa Rosa (Fairgrounds), 8:30 am. Linda Miller, 1303 College Ave., Santa Rosa 95404. (707) 544-3299.

**SEP 3: Breakers to Bay 8 1/2 Mile.** Rodeo Beach (Ft. Cronkhite, Marin Headlands), 8:30 am. Sausalito Art Festival, P.O. Box 566, Sausalito 94965. (415) 332-0505.

**SEP 4: Casa to Casa Fun Run.** 2.5 & 10K, Petaluma (Casa Grande H.S.), 8:30 am. Casa Grande High School, 333 Casa Grande Rd., Petaluma 94952. (707) 778-4677.

**SEP 4: DSE Bay to Breakers Re-visited.** 7.6 mile, San Francisco (Spear & Howard), 8 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

**SEP 4: Sierra Nevada Triathlon.** 2 mile swim, 55 mile bike, half-marathon run. Folsom Lake State Park., 7 am. Fleet Feet, 8326 Madison Ave., Fair Oaks 95628. (916) 442-8326.

**SEP 4: Waterman Memorial Triathlon.** Run-Swim-Run-Paddle (22 mile total), Zuma Beach, time TBA. Waterman Memorial, P.O. Box 2421, Goleta 93118.

**SEP 4: Silver State Marathon & Half Marathon.** Reno (Davis Creek Campground), 6:30 am., Silver State Striders, P.O. Box 750, Reno, NV 89504. (702) 825-9213, (702) 825-6240.

**SEP 4: CRRC Championship 25K.** Los Angeles (Griffith Park), time TBA. California Road Runners Club, P.O. Box 891, Tarzana 91356. (213) 888-5526.

**SEP 5: Average Joe Biathlon.** 6 mile run, 8.2 mile bike. Auburn (Bowman Elem. School), time TBA. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

**SEP 5: Labor Days Runs.** 3 mile & 10K, Napa (Napa College), 8:30 am. Bob Beattie, 3034 North Ave., Napa 94558. (707) 224-7260.

**SEP 5: Labor Day 10-Miler.** Santa Rosa (Piner Elem. School), 9 am. Joe Phaby, 4100 Siskiyou St., Santa Rosa 95405. (707) 546-7892.

**SEP 5: Labor Day Fun Run.** Distance TBA, Fresno (Woodward Park), 7 am. James Pius, 1325 Adler Dr., Clovis 93612. (209) 299-8592.

**SEP 5: Meals On Wheels 5 & 10K Runs.** Westlake Village (Westlake Elementary School), 5K/7:30 am, 10K/8:30 am. Kathryn Floriano, Women's Council of Realtors, 258 Lombard St., Thousand Oaks 91361. (805) 496-4340.

**SEP 10: The Ultimate Challenge The World's Toughest Triathlon.** 2.4 mile swim, 120 mile bike, marathon run. South Lake Tahoe, time TBA. Race Director, P.O. Box 8877, So. Lake Tahoe 95731. \$25,000 purse. (Individual & Team categories).

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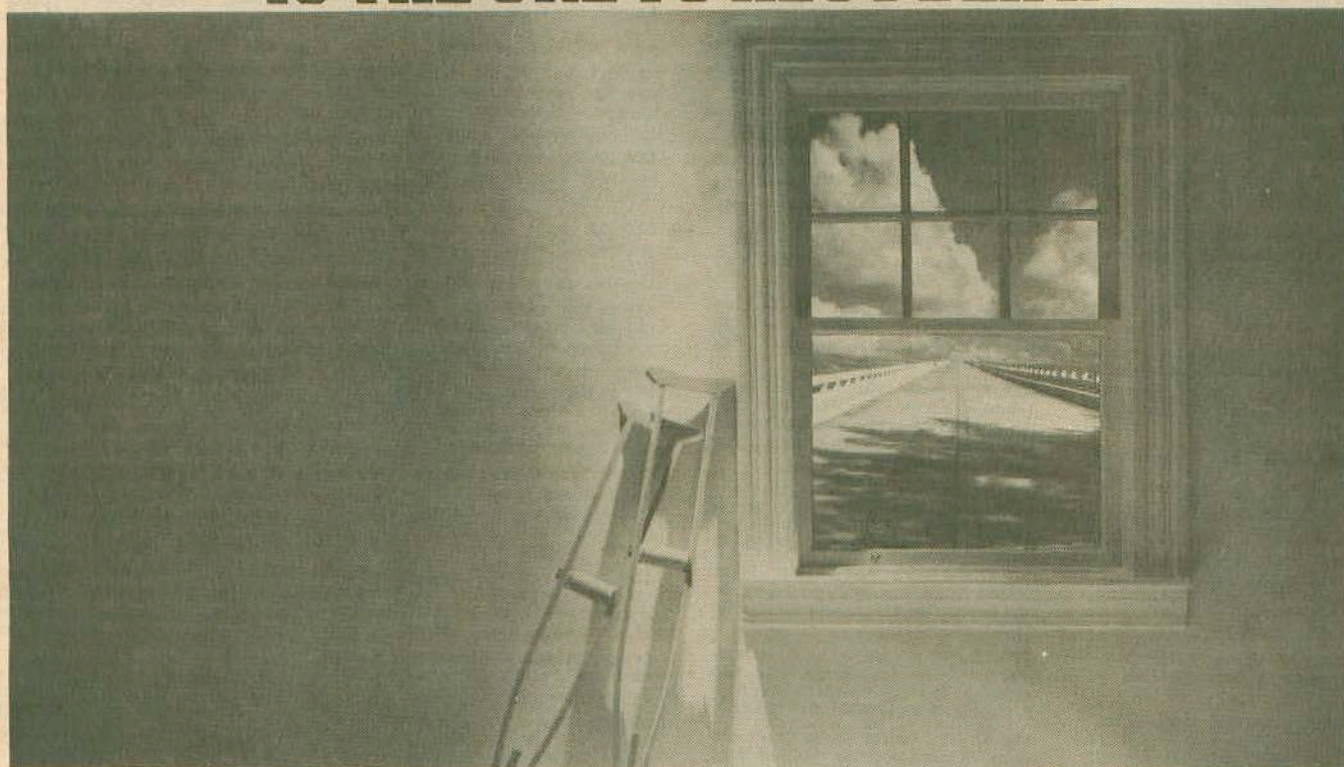


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## Schedule

**SEP 10: The Steve Sax 5 & 10K Run for Hope.** Pierce College, Woodland Hills, 8K/7:45 am, 10K/8:30 am. Contact (213) 626-4611, ext. 299.

**SEP 10: Castrolville Artichoke Festival 10K Run.** Castrolville Community Ctr., 9 am. Castrolville Artichoke Festival 10K. P.O. Box 1041, Castrolville 95012. (408) 633-CHOK.

**SEP 10: Sugar City Fun Run.** 10K & 2 mile, Crockett (John Swett H.S.), 9 am. Chris Valentini, P.O. Box 383, Crockett 94525. (415) 787-1320.

**SEP 10: Synanon Wheels & Hills Half-Marathon.** Badger, time TBA. Michele Gauthier, P.O. Box 42, Badger 93603. (209) 337-2885.

**SEP 10: Lake Tahoe Triathlon Classic.** 1.5 mile swim, 56 mile bike, 13.1 mile run. So. Lake Tahoe, time TBA. Sam Barber, Wild Sports, American Express, 2222 Kalakaua Ave., Suite 803, Honolulu, HI 96815. (808) 923-7602.

**SEP 10: September Special 5/10K.** Fountain Valley (Mile Square Pk.), 8 am/5K, 8:45 am/10K. South Coast Runners Ass'n., 3857 Birch, No. 442, Newport Beach 92660. (714) 646-3452.

**SEP 10: Bay Cities Jewish Center Ass'n "Santa Monica 10K Run."** Santa Monica, time TBA. For info: SPA-AAU, P.O. Box 6015, No. Hollywood 91603. (213) 877-0256.

**SEP 11: VMRC Spring Lake Relays.** 3x4.15 mile, Spring Lake, Santa Rosa, 9 am. Dave Sjostedt, Box 562, Bodega Bay 94923. (707) 875-9925.

**SEP 11: Run LA 5K.** Los Angeles (UCLA), 9 am. Run LA, Los Angeles Athletic Club, 431 West Seventh St., Los Angeles 90014. (213) 625-2211.

**SEP 11: DSE Golden Gate Bridge Vista Run.** 5 miles, San Francisco (Legion of Honor), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**SEP 11: Wonderland Triathlon.** 1 mile swim, 18 mile bike, 8 mile run. Whiskeytown Reservoir (Redding), 7 am. Fleet Feet, 2635 Park Marina Dr., Redding 96001. (916) 244-2626.

**SEP 11: Crow Canyon Classic.** 10K, San Ramon (Crow Canyon S.C.), 9 am. Irv Rashoff, 2417 Old Crow Canyon Rd., San Ramon 94583. (415) 820-6885.

**SEP 11: See the Sea 8K.** San Rafael (Pt. San Pedro, Loch Lomond Marina), 9 am. Bib Sisters of Marin, 1717 Fifth St., San Rafael 94901. (415) 457-5838.

**SEP 11: Indian Ridge Run.** 5/10K, Moraga (St. Mary's College), 9 am. Vicky Cohune, 36 Gaywood Pl., Moraga 94556. (415) 376-2295.

**SEP 11: Valley Heritage Days.** 10K, King City (San Lorenzo Regional Park), 9 am. King City Recreation Dept., 212 Vanderhurst, King City 93930. (408) 385-3575.

**SEP 11: United Way-El Camino Hospital 5-Miler.** Mountain View, time TBA. El Camino Hospital, c/o Community Health Educ., 2500 Grant Rd., Mtn. View 94042. (415) 940-7300.

**SEP 11: Row-Run-Ride Triathlon.** Row 35 miles, run 8 miles, bike 15 miles. Catalina Island, time TBA. Steve Hathaway, 4469 Admiralty, Marina del Rey 90291. (213) 823-4567.

**SEP 11: American Cancer Society/Nike Grand Prix 10K.** Montecito, 8:30 am. ACS/Nike Grand Prix, P.O. Box 6616, Santa Barbara 93160.

**SEP 11: Pearlblossom to Punchbowl Run.** Approx. 8 miles. Pearlblossom (Pearlblossom Park), 7:30 am. Gene Blankenship, P.O. Box 481, Newhall 91321. (805) 254-1000.

**SEP 11: Celebrate Life 10K Run.** Irvine Park, 8 am. Leukemia Soc. of America, 9355 Chapman, Suite 109, Garden Grove 92641.

**SEP 16: Pepsi of Reno Lake Tahoe 72-Mile Run.** (Around the lake), Tahoe City (Commons Park), 6 am. Mark Elgert, 840 W. Benjamin Holt Dr., Stockton 95207. (209) 951-3006.

**SEP 17: Run LA 5K.** Los Angeles (LA Southwest College), 9 am. Run LA, Los Angeles Athletic Club, 431 W. Seventh St., Los Angeles 90014. (213) 625-2211.

**SEP 17: The Crossroads 5-Mile Charity Race.** Carmel (159 Crossroads Blvd.), 9 am. Debbie Bradburn, The Crossroads, 159 Crossroads Blvd., Carmel 93923. (408) 625-4106.

**SEP 17: Run for the Gold.** 5/10K, Auburn (Chana Park), 9 am/5K, 10 am/10K. Susanne Michaels, 610 Jans Ln., Colfax 95713. (916) 346-8568, eves.

**SEP 17: Mission Viejo National Open Triathlon.** 2 mile swim, 100K bike, 20K run. Mission Viejo Lake, time TBA. Dennis McCarbery/Hans Albrecht, P.O. Box 1087, San Pedro 90733.

**SEP 17: Angel's 5/10K Run.** Anaheim Stadium, time TBA. American Cancer Society, 4030 Birch St., Suite 101, Newport Beach 92660. (714) 752-8600.

**SEP 17: Jim Thorpe Memorial 5/10K Run.** Lomita, 7/8 am. Lomita Chamber of Commerce, P.O. Box 425, Lomita 90717. (213) 326-6378.

**SEP 17: Run at Rancho.** 5/10K, Downey (Rancho Los Amigos Hospital), 8 am. Run at Rancho, c/o First Baptist Church, 8348 E. Third St., Downey 90241. (213) 923-1261.

**SEP 17: US Triathlon Series Championships.** 2K swim, 40K bike, 15K run. Bass Lake (Yosemite), time TBA. USTS, P.O. Box 1438, Davis 95617. Note: Strictly invitational championship field determined by preceding USTS events.

**SEP 18: SPATAC District 25K Championships.** Ventura, 8 am. Inside Track, 1401 E. Main St., Ventura 93003. (805) 643-1104.

**SEP 18: Relay to End World Hunger.** 4 legs (2x5K, 1K & 10K), Spring Lake Park, Santa Rosa, 9 am. Rich Surlow, P.O. Box 11282, Santa Rosa 95406. (707) 538-5023.

**SEP 18: Nisene Marks Run-to-the-Creek.** 7 miles, Aptos (Nisene Marks State Pk.), 9 am. Benjamin Sawyer, 148 Pryce St., Santa Cruz 95060. (408) 475-6367.

**SEP 18: Footsteps 4.2-Miler.** Redwood City (Pete's Harbor), 8 am. Kathy Fielding, 954-126 Henderson Ave., Sunnyvale 94086. (408) 249-9118.

**SEP 18: Big Foot Big Heart Run.** 10K, San Francisco (Golden Gate Park, Polo Fields), 9 am. Pat Christensen, 1617 16th Ave., San Francisco 94122. (415) 731-2859.

**SEP 18: The Monterey Bay Ten K (Run for the Beacon).** Pacific Grove (Lover's Point), 9 am. Info: (408) 372-4811 days, (408) 372-2334 eves.

**SEP 18: Atwater Pumpkin Run.** 1 & 5 mile, Atwater (Ralston Pk., 5th & Grove), 8 am. Randy Cagle, 2308 Santa Cruz Ave., Atwater 95301. (209) 358-3571.

**SEP 18: Bass Lake Triathlon.** 1 mile swim, 30 mile bike, 10 mile run. Bass Lake, time TBA. Mark Doris, 83 E. Shaw, Suite 100, Fresno 93710. (209) 226-2800 days, 255-4606 eves.

**SEP 18: California Road Runners Club 5/10K.** Los Angeles (Griffith Park), 8 am. CRRRC, P.O. Box 891, Tarzana 91356. (213) 888-5526.

**SEP 18: Marysville Triathlon.** Bike, River-Race, 8 Mile Run, 8:30 am. Hubert Bower, 630 "B" St., Marysville 95901. (916) 742-5151.

**SEP 18: DSE Low-Tide Ocean Beach Run.** 6.5 mile, San Francisco (Balboa & Great Hwy.), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**SEP 18: Cabrillo Festival 10K & 2 Mile Fun Run.** San Diego County, 7:30 am. Keith Kalis, c/o EOL Race Consulting, P.O. Box 1049, Coronado 92118. (619) 222-0386.

**SEP 20: Tulare Fair Day Mile.** Wilson School, 9:45 am. Dennis Wong, P.O. Box 1995, Tulare 93275.

**SEP 24: Race Ipsa Loquitur.** 10K, Monterey, time TBA. Sally Workman, c/o Monterey College of Law, 498 Pearl, Monterey 93940. (408) 373-3301.

**SEP 24: East Bay Triathlon.** 1K swim, 20K bike, 5K run. Antioch (Contra Loma Park), 9 am. Steve Justice, Fleet Feet, 1582 Fitzgerald St., Pinole 94564. (415) 222-0188.

**SEP 24: Vernal Equinox 3K & 5 Mile.** Santa Rosa (Armstrong Grove State Park), 9:30 am. Steve May, 516 Pinewood Dr., Santa Rosa 95401. (707) 526-1987.

**SEP 24: Santa Barbara Triathlon.** 1 1/4 mile swim, 56 mile bike, 13.1 mile run, time TBA. Anita Watts, Recreation Dept., P.O. Drawer P-P, Santa Barbara 93102. (805) 963-0611, x373.

**SEP 24: Run LA 5K.** Los Angeles (Occidental College), 9 am. Run LA, Los Angeles Athletic Club, 431 W. Seventh St., Los Angeles 90014. (213) 625-2211.

**SEP 25: Mineral King Marathon.** Visalia area, time TBA. Robert Stephenson, 1527 Vassar, Visalia 93277. (209) 733-1655.

**SEP 25: Sonoma Vintage Festival Runs.** 3.5 & 6.2 mile, Sonoma (Sebastiani Winery, 4th St.), 9 am. Phil Widener, 1927 Calaveras Dr., Santa Rosa 95405. (707) 527-5395.

**SEP 25: DSE Legion of Honor Run.** 4.5 mile, San Francisco (near 34th Ave. & Clement), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**SEP 25: Western Mountaineering Equinox Run.** Location TBA (between Monterey & San Jose?), details TBA, call Paul Bousquet (408) 429-6300.

**SEP 25: Perry to Perry's Run.** 13.1 mile, San Francisco (Marina Green) to Mill Valley (Perry's Restaurant), time TBA. Perry's Restaurant, 625 Redwood Hwy, Mill Valley 94941. (415) 383-1344.

**SEP 25: Golden State Women's Run.** 5/10K, Huntington Beach (Bolsa Chica State Beach), 9 am. Fleet Feet, Golden State Women's Run, 2410 "J" St., Sacramento 95816. (916) 442-3962.

**SEP 25: Out 'n Back 8K & 1 Mile.** Burlingame, 10 am. Rebecca Cooper, Partners, 1250 San Carlos Ave., San Carlos 94070. (415) 595-5100.

**SEP 25: Police and Friends 6 Mile.** Fresno, time TBA. Raul Saldana, 2975 E. Belmont, Fresno 93701. (209) 266-8155.

**SEP 25: On the Road to Good Health 5/10K.** Arcadia, Santa Anita Race Track area, 8 am. CRRRC, Box 891, Tarzana 91356. (213) 888-5526.

**SEP 25: Trash to Energy Dash 10K & 2 Mile Fun Run.** San Marcos, 7 am. Pam Thornton, c/o EOL Race Consulting, P.O. Box 1049, Coronado 92118. (619) 471-0431.

**SEP 25: Seagull Half-Marathon & 2 Mile Fun Run.** San Diego (San Diego Park), time TBA. Bob Breitel, c/o EOL Race Consulting, P.O. Box 1049, Coronado 92118. (619) 756-3765.

**SEP 25: Westwood 5K & 10K Runs.** Holmby Hills, 5K/8 am, 10K/8:15 am. Inst. for Cancer & Blood Research, 140 N. Robertson Blvd., Beverly Hills 90211. (213) 655-4706.

## OCTOBER

**OCT 1: Walt Stack Birthday Run.** 10K, San Francisco (Ft. Mason), 9 am. Sherman Welpton, 258 - 40th St. Way, Oakland 94611.

**OCT 1: Dual at the Dam Biathlon.** 8.6 mile run, 22.3 mile bike, Friant Dam (near Fresno), 7:30 am. **Entry Deadline Sept. 17.** Dual at the Dam, 6073 N. First St., Fresno 93710. (209) 284-0235 or 485-0390.

**OCT 1: Selma-Cancer Run.** 6 miles, Selma, time TBA. Tony Dominguez, 3746 Gaynor St., Selma 93662. (209) 896-1028.

**OCT 1: Los Angeles Marathon & Jon Douglas 10K.** Santa Monica, Marathon/6:30 am, 10K/9 am. Santa Monica Community Services Day, 801 Wilshire Blvd., Santa Monica 90401 (for 10K); Los Angeles Marathon, 2601 "B" Ocean Park Blvd., Santa Monica 90405.

**Del Mar Days Triathlon.** 1 mile swim, 20 mile bike, 10K run, Del Mar, time TBA. Del Mar Foundation, 1050 Camino del Mar, Del Mar 92014. (619) 755-9313.

**OCT 1: Pepsi Heritage Day 10K & 2 Mile.** Waterford City Park, 8 am. Don Lundberg, 12607 Lone Oak Rd., Waterford 95386. (209) 874-2229.

**OCT 2: Sacramento Marathon & Half-Marathon.** Sacramento (William Land Park), 7 am. John McIntosh, 4120 El Camino Ave., Sacramento 95821. (916) 488-7181. Limit 1600 in full, 1300 in half marathon.

**OCT 2: SPATAC District 20K Championships.** Newhall, time TBA. Gene Blankenship, P.O. Box 481, Newhall 91321. (805) 254-1000.

**OCT 2: Bridge to Bridge Run.** 8 miles, San Francisco (Ferry Bldg.), time TBA. City Sports, P.O. Box 3693, San Francisco 94119. (415) 788-2611.

**OCT 2: RRCA Nat'l 50 Mile & 100K Championships.** 6:30 am. Noel Nequin, MD, Cardiac Rehab Ctr., Swedish Covenant Hospital, 5145 N. California Ave., Chicago, IL 60625. (312) 878-8200, ext 5327.

**OCT 2: Run LA 10K.** Memorial Coliseum, Los Angeles, 8 am. Run LA, Los Angeles Athletic Club, 431 West Seventh St., Los Angeles 90014. (213) 625-2211.

**OCT 2: Santa Cruz County Half-Marathon.** Santa Cruz (UCSC, end of Delaware St.), 8 am. Mike Moser (408) 429-4675 or 429-2883.

**Oct. 2: Salinas Skyclimb.** 7.5 mile, Toro Regional Park (west of Salinas), 9:30 am. Fleet Feet, 364 Main St., Salinas 93901. (408) 424-4343.

**OCT 2: Marriott's Great America Carousel to Coaster 10K.** Santa Clara, 9 am. Larry Wolfe, 1500 Warburton, No. 103, Santa Clara 95050. (408) 984-3223.

**OCT 2: Sonoma County Harvest Fair 10K.** Santa Rosa (Herbert Slater J.H.S.), 9 am. Pete Peterson, Sonoma County YMCA, 1111 College Ave., Santa Rosa 95404. (707) 545-9622.

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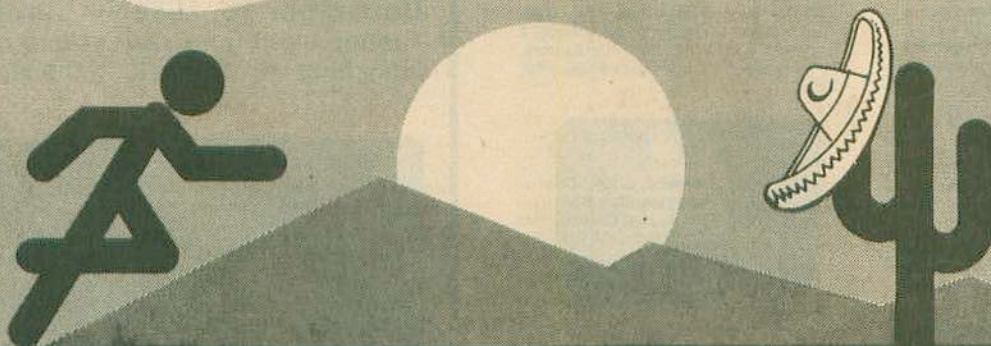
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## Schedule

**OCT 2: Run for the Hills 8K.** Woodside (Huddart Park), 9 am. Very hilly. 500 limit. Deborah McIntosh, American Cancer Society, 1710 Webster St., Oakland 94612. (415) 893-7900.

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

**OCT 2: Northwood Classic.** 1 1/2 mile & 8K, Napa (Northwood School), 1 1/2/9 am, 8K/9:30 am. Bob Benning, 2571 Patricia Dr., Napa 94558. (707) 226-9844.

**OCT 2: Coliseum 10K.** Formerly the Mercury 10K. Los Angeles Athletic Club, 8 am. Jim Goulding LAAC, 431 West 7th St., Los Angeles 90014. (213) 625-2211.

**OCT 2: Portland Marathon.** Portland, Oregon, 8 am. P.O. Box D, Beaverton, OR 97075.

## LOOKING AHEAD

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

**OCT 8 or 9: Papal Fresno Fair 10K.** Tentative. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847.

**OCT 9: Humboldt Redwoods Marathon & Half Marathon.** Weott (Dyerville Bridge, 2 1/2 miles north), Humboldt Redwoods State Park, 9 am. Total 1200 entry limit both races combined. Six Rivers R.C./Redwoods Marathon, P.O. Box 214, Arcata 95521, (707) 822-3136 or 822-4325. Entry Deadline Sept. 15.

**OCT 9: The Great Race VI.** 10K, Stanford Univ., 9 am. Oz Crosby, 535 Middlefield Rd., Suite 250, Menlo Park 94025. (415) 329-0862.

**OCT 9: Nat'l Sr. Men's TAC 10K Road Race Championships.** Date and place change — See October 30 for new information.

**OCT 22: Ironman Triathlon World Championships.** Kona, Hawaii, 7 am. 2.4 mile swim, 112 mile bike, 26.2 mile run. Foster Gaffney Associates, P.O. Box 448, Hialeah, HI 98708. (808) 575-2578.

**OCT 23: SPATAC District 50 Mile Championships.** Pasadena (Rose Bowl), 6 am, CRRS, P.O. Box 891, Tarzana 91356. (213) 888-5526.

**OCT 23: Modesto Natural Light Footrace 10K Championships & 2 Mile Run.** (Formerly Stanislaus-Natural Light Footrace), Modesto (Jr. College West Campus), 2 mile/8:15 am, 10K/9 am. Jeff Highlist, 229 Charlemagne Way, Modesto 95350. (209) 527-7597.

**OCT 23: Hayward Half-Marathon.** Kennedy Park, 9 am. Phil Dennoncourt, 1099 "E" St., Hayward 94541. (415) 881-6700.

**OCT 23: Monterey County Marathon & Half Marathon.** Salinas (Allsall High School), 9 am. Fleet Feet, 364 Main St., Salinas 93901. (408) 424-4343.

**OCT 29: PA-TAC 10K Cross Country Championships & Pt. Pinole Skunk Run.** Richmond (Pt. Pinole Regional Park), 10 am (real European XC). Steve Justice, Fleet Feet, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188.

**OCT 30: Golden Gate Marathon & Half-Marathon.** San Francisco (Embarcadero YMCA), 7 am, (finishes in Sausalito & Larkspur). Limit 1000 in full, 1500 in half; entries close Sept. 30. YMCA Golden Gate Marathon, Dept. 62196, P.O. 62000, San Francisco 94162. (415) 392-4218.

**OCT 30: Nat'l TAC Men's & Women's Sr. 30K Championships.** Phoenix, Arizona. Pete Falman, 220 N. Scottsdale Rd., Suite N, Scottsdale, AZ 85257. (602) 990-1273.

**OCT 30: Nat'l TAC Masters 15K Cross Country.** University Park, PA. Harry Groves, Track Coach, Penn State Univ., University Park, PA 16802. (814) 863-0237.

**OCT 30 Marquis de Sade Bel Air Marathon.** UCLA Drake Stadium, 12 noon. Lawyers T.C., 101 California Ave., Santa Monica 90403. (213) 393-3026.

**OCT 30: Nat'l TAC Men's 10K Road Championships.** San Diego. Judy Stolpe, P.O. Box 1049, Coronado 92118. (619) 437-4667 or 437-4556.

**NOV 5: Circus Circus "Run Reno" Marathon.** Reno, Nevada, 9 am. \$10,000 in prize money. David R. Britton, 500 N. Sierra St., Reno, NV 89503. (702) 329-0711.

**NOV 6: Stockton Marathon & Half-Marathon.** Stockton (Univ. of Pacific, Spanos Ctr.), 8 am. Mike Rogge, P.O. Box 4405, Stockton 95204. (209) 477-0538.

**NOV 18: Malibu Marathon.** Cabrillo State Park, 8 am. 1200 limit. Roy E. Place, Malibu Township Council, P.O. Box 803, Malibu 90265. (213) 457-4129.

**NOV 6: Nat'l TAC Sr. Men's 50 Mile Championships.** New York City (Central Park). New York RRC, P.O. Box 881, FDR Station, NY, NY 10022. (212) 880-4455.

**NOV 12: Central California Marathon.** Fresno (Cal State Univ.), 7:30 am. Bill Woody, 8038 N. Mariposa, Fresno 93710. (209) 431-6820.

**NOV 13: Summit Marathon.** Los Gatos (High School) to Sequel (High School), 7 am. Brad Armstrong, Runner's Factory, 51 University Ave., Los Gatos 95030. (408) 395-9311.



## MASTERS T&F SCHEDULE

**AUG 4: Los Gatos All Comers Meet.** Los Gatos High School, 5:30 pm. For information call: Willie Harmatz (408) 395-5825.

**AUG 6-7: Pacific Palisades Mini-Olympic Track Meet.** Pacific Palisades High School. Chuck Lichter (213) 888-5526.

**AUG 6: CDM, Striders & San Diego Tri-Masters Meet.** Southwestern College, Chula Vista. Joe Horn, 1147 Agate St., San Diego 92109.

**AUG 13: CCP's 12th Annual Chinese Little Olympics.** Foothill College (Los Altos Hills), 8 am. Dale Yee (415) 328-5757.

**AUG 20-21: Western TAC Regional.** Los Gatos. Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

**AUG 27: Southern Calif. Masters Championships.** Southwestern College, Chula Vista. Joe Horn, 1147 Agate St., San Diego 92109.

**SEP 3-4: Rocky Mountain Games.** Denver, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010.

**SEP 10-11: New Senior Olympics.** Los Angeles. Bob Watanabe, 11645 Wilshire Blvd., Suite 701, Los Angeles 90025. (213) 478-0805.

**SEP 16-18: National TAC Championships.** Houston, TX. Jim McLatchie, P.O. Box 740728, Houston, TX 77274.

**SEP 24-31: World W.A.V.A. Championships.** V World Veterans Games. G.P.O. Box 336, San Juan, Puerto Rico 00936.

**OCT 1 or 8: Club West Masters.** Santa Barbara. George Adams. P.O. Drawer K, Goleta 93107.

# KINNEY'83

## KINNEY CROSS COUNTRY

### ★ Western Championship December 3, 1983 — Fresno, California

The meeting of the best high school cross country runners from California and eleven other western states will meet head-to-head. The top eight male and top eight female finishers will be sent to the National Championships, all expenses paid.

### ★ National Championship December 10, 1983 — San Diego, CA

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



1982 Kinney Western Cross Country Champions:  
Eric Reynolds and Cory Schubert

**FOR MORE INFORMATION & ENTRY BLANK:**  
Contact: Bill Cockerham, California Track & Running News, Box 6103, Fresno, CA 93703 • (209) 264-5847

## Vietnam Vets Trans USA Run

A Vietnam Veterans Run is being coordinated to run from V.A. Hospital in Santa Monica, California to the Vietnam Veteran's Memorial in Washington, D.C. The dates for the run are as follows: October 29 to November 11, 1983. Several more running Vietnam Vets are still needed to complete the team. For further information contact BRAVO Headquarters at (213) 760-3171.







## Special Interview

# Tom Petranoff

By John A. Ortega



**O**n Sunday, May 15, 1983, Tom Petranoff stunned the track and field world with his prodigious 327-2 (99.72m) world record javelin throw at the 6th Annual UCLA-Pepsi Invitational. His world record effort destroyed Hungarian Ferenc Paragi's global best of 317-4 (96.72m) from 1980 by 9 feet, 10 inches and made Petranoff the first American to hold the mens javelin world since Al Cantello (282-3½) held it from 1959-1961. In the process, Petranoff also became the first man in history to throw the javelin over 97, 98 and 99 meters as well as becoming the first thrower to crack the 320 and 325 foot barriers.

The number 9 ranked javelin thrower in the world in 1982, Petranoff had been throwing extremely well even prior to his world record. He had upped his competition PR to 297-2 in Melbourne, Australia in January while also throwing 308 and 303 (twice) at javelin clinics at Cal State Northridge in March.

*California Track and Running News* caught up with the talkative, easy-going Petranoff a week and a half after his fantastic throw and spoke to him about his feelings regarding the world record and the event itself. In addition to that, we also talked briefly with his coach Bill Webb.

**CTRN:** What's it been like since you set the world record?

**Petranoff:** There's been a lot of publicity. It's really been kind of a pain in the butt because it's taken away from my training a little bit. I just want to forget about it now. I've enjoyed it for a week here but now I just want to get back to training and concentrate on the U.S. and World Championships.

**CTRN:** How did the throw itself feel? Were you thinking world record?

**Petranoff:** I've never thought world record whenever I've thrown. I didn't even know how far it was until the announcer said, "that looks like it's well over the world record." I just thought to myself, "Man, this guy is nuts!" But then I went over to look at the tape and it was over 99 meters. That's when I freaked.

**CTRN:** Did you have any set goals before the meet; such as your first 300 footer in competition?

**Petranoff:** I definitely wanted to throw 300. I felt that with my biochemical throws at 308 and 303-5 that I was capable of a big effort. I wanted more than anything to come out and prove that I could throw far under pressure in competition against the best people. Plus, I had lost to Barnett at Mount SAC and I was ticked off about that. I cut down on my weight lifting and worked on my flexibility and it just all came together.

**CTRN:** How much farther do you think you're capable of throwing?

**Petranoff:** It's hard to say. 327 seemed to be a good goal for me period, amen in my lifetime. I don't set any limits on myself. I've never come out expecting to throw 305 or 310 or whatever. I just come out and throw.

**CTRN:** How are you going to combat complacency after a 327-2 world record?

**Petranoff:** Just forget about it. Pretend like it never happened and relax. As long as I don't put pressure on myself the big throws will come. I think I can do it again and I will.

**CTRN:** What are your goals for the rest of the year?

**Petranoff:** To win the world championships, to be ranked number 1 in the world, to be consistent and to improve the popularity of the event in the United States.

**CTRN:** Which throwers do you feel are capable of breaking your world record?

**Petranoff:** I think there are about four or five other throwers in the world right now who are capable of throwing 100 meters. There's Bob Roggy (314-4 PR), Uwe Hohn of East Germany (1982 European Champion at age 20, 299-8 PR), maybe Dainis Kula of the Soviet Union (302-0 PR) and maybe Mike Barnett (296-5 PR); he's a possibility, he's so young. Detlef Michel (317-4 PR) of East Germany is a possibility also; he's older than the rest of us but he's got a few more good years left in him.

**CTRN:** Before the year started, did you feel that a world record was a realistic goal?

**Petranoff:** In the back of my mind, that was my ultimate goal. When you're ranked in the top nine in the world like I was last year, a world record is a realistic possibility. After throwing 297 down in Australia and then 308 and 303 at the javelin clinics I really felt the world record was a possibility. I

photo by Bill Leung, Jr.



trained hard through those meets because they weren't that important to me however I still threw well. I had six meets over 282 (in Australia and New Zealand) and I felt good.



I cut back about two weeks before Pepsi and that seemed to help my flexibility, power and coordination come together.

**CTRN:** What's more important to you, a world record or an olympic or world championship gold medal?

**Petrano:** What can I say about a world record. I don't think there's anything better than a world record except possibly a gold medal at the World Championships in Helsinki, Finland, where javelin throwing is the number 1 sport. That is my immediate dream and then a gold medal in the Olympics is my main goal.

**CTRN:** Were you always serious about the javelin?

**Petrano:** No. I began throwing it in March of 1977 and I didn't really get serious about it until I threw 252 about four or five weeks later. Then I thought, "Man, I've got a lot of potential here." The next year I went down to Houston to the Olympic Development Camp and met Bill Webb. When I was down there they fed all these statistics about me (height, weight, etc.) into a computer and the computer projected a 325-330 foot throw for me in the future; which is kind of peculiar because evidently the computer was right. That was the first time I had real contact with the really good throwers and coaches. It was probably the first time that I felt that the javelin was something I could excel at.

**CTRN:** Were you ever in awe of a guy like Bob Roggy?

**Petrano:** Oh sure, who isn't. I'm still in awe of Bob as far as physical size, but that's not the name of the game in the javelin throw. I think I've been able to tap the necessary ingredients to be consistent at 300 feet. My 327 was just a welcomed gift.

**CTRN:** Was your training this past winter any different?

**Petrano:** I just worked harder. I've added some drills but a lot of it's mental. Your psychological profile is very important in this event. You must be able to get out there against the world's best and not fall apart. I've only been at it six years now and I'm just learning to tap the mental aspect of it with confidence.

**CTRN:** How would you describe your technique?

**Petrano:** I think it's a combination between a Ferenc Paragi and a Bob Roggy. Meaning I utilize a wrap position for a greater rotational torque. I use a lot more pull and drive (similar to Paragi) while Bob's more of a power thrower.

**CTRN:** How much longer do you plan on competing?

**Petrano:** I'm going to definitely go through 1988. I think I'll be burned out after that. But two Olympics is what I'm after right now. 1988 should actually be my peak year. I'll be thirty and that's right about peak time. Most good javelin throwers tend to peak from ages 27-31. The technique, maturity and strength all seem to come together during those years.

While most people were shocked by Petrano's world record, his coach of the past four and a half years, Bill Webb (head track coach at Cal State Northridge) said that he was only mildly surprised by his protege's performance. "Tom's performance

didn't really surprise me that much because I saw how hard he has pushed himself this past year. He's stronger, bigger, quicker and faster than he's ever been. He has just continued to improve in all aspects of the event year after year."

When asked to describe Petrano's technique, Webb commented, "The real strength in his style is his ability to have his arm way back behind him. He has dynamic flexibility of the shoulder joint and he gets a long pull on the javelin. He also has very good timing on his lower body block. He gets his foot down very quickly. He gets as long as an effective force as any thrower I've seen. On his world record throw he did all these things very well."

Finally, when asked if he thought Petrano's performance was Beamon-esque, Webb said; "I don't think it was quite a Beamon-esque performance in terms of quality but I do think it shocked a lot of

people. I don't think Tom's performance is going to stagnate the event like Beamon's did. I think his world record will stimulate throwers like Roggy and Barnett; as well as the Russians, Finns, East Germans and the Hungarians. The 100 meter throw is no longer an impossible dream. I think that the 300 foot throw will no longer be a mental barrier to throwers like it once was. I think you'll see a lot of people throwing 300 feet this year."

Thomas Alan Petrano (Pe-TRA-noff) was born in Aurora, Illinois on April 8, 1958. He now stands 6-1½ and weighs 216 pounds. His previous list of achievements include the 1977 AAU Junior title as well as a 2nd in the 1980 and 3rd in the 1982 TAC Championships. He also placed 4th in the "Olympic Trials" in 1980. His progression, including positions in the world and U.S. rankings and on the world and U.S. lists:

Year	Age	Affiliation	Best Mark	World Ranking	U.S. Ranking	World List	U.S. List
1977	19	Palomar JC	254-2	—	—	—	17
1978	20	Palomar JC	261-7	—	—	102	12
1979	21	Unattached	256-6	—	—	—	13
1980	22	AF Striders	280-4	—	5	37	6
1981	23	SC Striders	249-6 inj.	—	—	—	27
1982	24	SC Striders	290-0	9	2	10	2
1983	25	SC Striders	327-2 WR	?	?	?	?

## Men's Javelin World Record Progression

91.72	300-11	Terje Pedersen (Nor)	vs. CSR, Oslo, Nor	September 2, 1964
91.98	301-9	Janis Lusis (Sov)	Saarijärvi, Fin	June 23, 1968
92.70	304-1	Jorma Kinnunen (Fin)	Tampere, Fin	June 18, 1969
93.80	307-9	Lusis	Stockholm, Swe	July 6, 1972
94.08	308-8	Klaus Wolfermann (FRG)	Leverkusen, W. Ger.	May 5, 1973
94.58	310-4	Miklos Nemeth (Hun)	Montreal, Can	July 26, 1976
96.72	317-4	Ferenc Paragi (Hun)	Tata, Hun	April 23, 1980
99.72	327-2	Tom Petrano (USA)	Westwood, USA	May 15, 1983

## Men's Javelin — Top 25 Performers

99.72	327-2	Tom Petrano (USA)	Westwood	May 15, 1983
*96.72	317-4	Ferenc Paragi (Hun)	Tata	April 23, 1980
95.80	314-4	Bob Roggy (USA)	Stuttgart	August 29, 1982
*94.58	310-4	Miklos Nemeth (Hun)	Montreal	July 26, 1976
94.52	310-1	Detlef Michel (GDR)	Berlin	May 9, 1982
94.22	309-1	Michael Wessing (FRG)	Oslo	August 3, 1978
*94.08	308-8	Klaus Wolfermann (FRG)	Leverkusen	May 5, 1973
93.90	308-1	Hannu Siitonen (Fin)	Helsinki	June 6, 1973
93.84	307-10	Pentti Siinisaari (Fin)	Auckland	January 27, 1979
*93.80	307-9	Janis Lusis (SU)	Stockholm	July 6, 1972
93.54	306-11	Seppo Hovinen (Fin)	Helsinki	June 23, 1976
92.74	304-3	Antero Puranen (Fin)	Saarijärvi	June 24, 1979
92.72	304-2	Helmut Schreiber (FRG)	Ulm	July 27, 1979
*92.70	304-1	Jorma Kinnunen (Fin)	Tampere	June 18, 1969
92.64	303-11	Paula Nevala (Fin)	Helsinki	September 6, 1970
92.06	302-0	Dainis Kula (SU)	Moskva	June 21, 1980
*91.72	300-11	Terje Pedersen (Nor)	Oslo	September 2, 1964
91.44	300-0	Mark Murro (USA)	Tempe	March 27, 1970
91.34	299-8	Uwe Hohn (GDR)	Athens	September 7, 1982
91.24	299-4	K. Van Der Merwe (RSA)	Middleburg	February 5, 1983
91.14	299-0	Wolfgang Hanisch (GDR)	Helsinki	June 28, 1978
91.04	298-8	Arto Harkonen (Fin)	Helsinki	May 28, 1981
90.94	298-4	Esa Utraiainen (Fin)	Helsinki	August 13, 1979
90.92	298-3	Cary Feldmann (USA)	Bakersfield	May 19, 1973
90.86	298-1	Jorma Jaakola (Fin)	Kaarlela	August 8, 1976

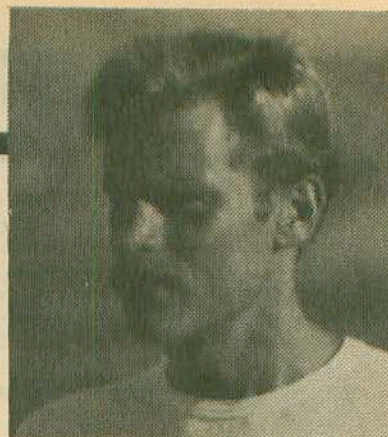
\* = former World Record in event



# Ironman Insights

By DEAN HARPER

## Injured Runner? Why Not "Tri"?



It has been estimated that over 60% of all currently active triathletes come primarily from running backgrounds. And a large number of these runners are fitness conscious professionals who have been plagued with running related injuries. Many are discovering that they can remain just as fit, and injury free, by reducing their running mileage and supplementing it with cycling and swimming. Plus, this "triple-fit" individual can get his or her competitive "fix" by either running in a local road race or by competing in a shorter distance triathlon.

Unfortunately, the triathlon is still struggling to gain popular acceptance as

something the average individual can do. Ask the average person about a triathlon and they visualize a "gruelathlon" with Julie Moss crawling across the finish line in the February 1982 Ironman. The average armchair athlete doesn't realize that the Ironman is still the toughest of triathlons and that ABC searches for agonizing athletes in order to make the program marketable. Although ABC *Wide World of Sports* popularized the sport, it has also created a false impression of what the triathlon movement is all about.

Another misconception about the sport is that to become an accomplished

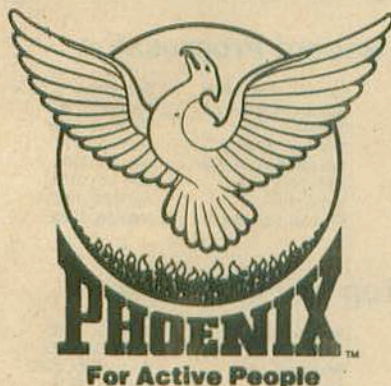
triathlete one must quit his job, and neglect spouse and family. This just isn't true. Even to become successful in the Hawaii Ironman one need not swim 20 miles, cycle 450 miles and run 70 miles weekly like Dave Scott. In fact, I'm convinced that mega-mileage actually slows you down for shorter distance triathlons.

Planning a sensible training program is the key to successful completion of a triathlon. How do you plan such a program? First, you must determine what event or events you are training for. Second, you must determine how much time you can devote to your training program. Then devote a proportionate amount of time to each of the three disciplines, taking into consideration your strengths and weaknesses.

For example, if you are training for a U.S.T.S. event, the distances are 1.2 mile swim, 25 mile bike, and 9.3 mile run. If you can train 10 hours a week, you might devote roughly 3 hours to swimming, 3 hours to running and 4 hours to cycling. Your weekly mileage might add up to approximately 5 miles of swimming, 70 miles of cycling, and 25 miles of running. If you are a very strong runner and a relatively weak cyclist, you may want to spend proportionately more time cycling and less time running.

Regardless of your weekly mileage, there are a few things I think are important to accomplish in a weekly workout schedule. I hope to outline a more specific training program in a future column. But basically, interval workouts are particularly important to develop speed in swimming. In cycling, weekly time trials will help you develop more rapidly than simply logging in the mileage. And a weekly speed workout, in addition to aerobic runs, will help you develop or maintain running speed. Plus, a weekly overdistance workout in each of the 3 disciplines is important.

In short, if you are an injured runner but want to stay in good physical shape, why not consider the triathlon. If you can run a 10K, you can complete a triathlon. There are a number of short triathlons that are within the capabilities of the average individual. The Lodi triathlon on August 20, for example, consists of a 3.1 mile run, a 5 mile bike (flat course), and 1000 yard swim. Also a number of short distances "fun-run" triathlons are scheduled for the end of the summer. Why not "tri" one?



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# Medical Notes for Runners

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

## Dynamic Brace For Runner's Knee

**R**unner's knee is a catch-all term for pain about the knee joint, most associated with motion of the knee cap. The knee cap is termed the patella, and patellar motion causes abnormal wearing of the cartilage on the undersurface of the patella where it articulates with the long leg in the thigh, the femur. There also can be soft tissue injury about the knee cap, either to the inside or the outside. Most often,

there is pain at the undersurface of the knee cap on the inner aspect and, also where the patellar tendon attaches to the knee cap itself. This is the tendon that runs from the knee cap to the leg.

For quite some time, we have noted that dynamic splinting or bracing of the knee cap helps greatly to decrease the wobbling of the knee cap or the mild outward subluxation of the patella, or patellar compression syndrome, which means that the knee cap is pulled to the outside by the massive thigh muscles as the foot flattens and both knees press together. This is called functional valgus, secondary to pronation. Dynamic bracing, in the past, was used simply by using elastic tape at the under surface of the knee cap to increase the efficiency of the patellar tendon and to help hold the knee cap in the groove of the femur. This elastic taping has now been replaced with a device called a Cho-Pat® strap. This strap fits underneath the knee cap and acts like a dynamic brace for the patellar tendon. There's a buttress underneath the knee cap, which helps to hold the knee cap up and decreases the wearing of the cartilage, which was previously being worn and it also decreases the lateral subluxation, or outward motion, of the knee cap. When the Cho-Pat® strap is used along with a program of strengthening the inner thigh muscles, the medial quadriceps, as well as using foot orthotics if there is abnormal pronation; the end results are very good. Most of my runners note that the Cho-Pat® strap is very helpful as part of the total treatment plan. Some of them state that the orthotics will help them with their knee problems sixty to seventy percent; the quad sets help about ten percent; and the Cho-Pat® strap may help thirty to forty percent. I realize that this doesn't add up to one hundred percent, but then many of my patients don't add well. Also, there is quite a variation in the statistics that I have.

The Cho-Pat® strap is lighter and easier to utilize than many of the larger bulkier neoprene braces that we use. The neoprene braces still have their place for certain knee problems; but, for moderate to mild runner's knee, the Cho-Pat® strap is easier to utilize and appears to be more effective.



Dr. Subotnick, along with being the Medical Editor of California Track and Running News, is also Editorial Consultant for Runner's World Magazine; President of the American Academy of Podiatric Sports Medicine; and Professor of Biomechanics, Surgery and Kinesiology.

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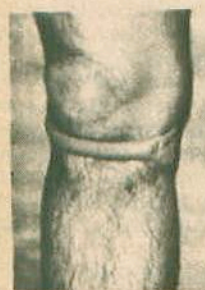
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# SoCal Diary

By BILL MINARIK

## Wrap-Up

In a round-up of championship meets, let's start first with the preps.

In the CIF SoCal Championships, as expected, Hawthorne, led by super-soph Henry Thomas, came from behind with a win in the 1600 relay to ease by McLane of Fresno 43-36 in the boy's competition, while Dorsey was a surprise winner in the girl's division coming from behind with a win in the 1600 relay. The winning scores are not necessarily indicative of how dominant the CIF's Southern Section was in this meet. In the boy's division the number of qualifiers for the State Meet from the various sections was as follows: Southern—57, Central—9, San Diego—8, L.A. City—6.

In the High School State Meet, as anticipated, Hawthorne, led by the incomparable Henry Thomas, outran St. Mary's of Berkeley 40-28 to take the boy's crown, while the Berkeley girls continued their dynasty with a 29-24 win over Del Mar (San Jose) and Sweetwater (San Diego). As a

side note, Henry Thomas' anchor leg on the 1600m relay team of 46 flat may be some kind of an unofficial record for a high school soph.

In NCAA Div. II, last year's winners in both divisions repeated with Abilene Christian taking the men's competition 169-145-117 over Angelo State and Cal Poly SLO (which seems to be headed back toward the top). In the women's competition, it was CPSLO again in a blow-out 206-116-105 over Morgan State and CS Hayward.

In NCAA Div. III, Pomona-Pitzer and Oxy finished 5th and 6th in the men's competition with 65 and 52 points respectively. Oxy received a tremendous performance from Doug Porter who not only won the decathlon, but came back to win the pole vault in a new Division III record of 16-9½.

In the NAIA Championships, Azusa-Pacific's men destroyed the field with a 94-36-33 win over Saginaw Valley and Hampton Institute. Leading the way for A-P was Innocent Egbunike who won both sprints and then anchored the 1600 relay team to victory. In addition, strongmen Mike Barnett and Christian Okoye posted wins in the javelin and discus. To top things off, in another unprecedented display of muscle, A-P went 2-3-4-5-6 in the hammer throw. This year's accomplishments by Coach Terry Fransen's thinclads must rank among the great success stories in the history of intercollegiate track and field. It seems only a few years ago that Azusa-Pacific had no track program and was competing in cross country only.

In NCAA Division I men's competition, SMU used its foreign legions to edge out an all-American Tennessee 104-102. USC was 10th with 40 points and UCLA 13th with 33½. Most notable local performances were the Trojans' Mark Handlesman with a 7th place 800 meters in 1:47.2 and the Bruins John Brenner with a fine 67'10"/204' weight double, good for second and fourth respectively.

In Division I women's competition, UCLA, overcoming an incredible amount of bad breaks, hung in there to score a 116½-108-106½ win over Florida State and Nebraska. Things really looked bad for the Bruins when both Sandy Meyer Leung, the meet record holder in the 400m hurdles, and distance wiz Polly Plumer DNQ'd in the qualifying round. Then, after Linda Goen was tripped and DNQ'd and sprint ace Jeanette Bolden was unable to start, it looked like it was all over for the UCLAns. However, at that point heroes started to emerge. Jackie Joyner came through with a real endurance performance, winning the heptathlon, taking 3rd in the long jump with the meet on the line, being 8th in the 100 meter hurdles and running a leg on both Bruin relay teams. Equally impressive was Florence Griffith who won the 400 meters, was 2nd in the 200 meters, and anchored

the Bruins 400m relay team. Last but not least was the incomparable Michelle Bush who was a surprise winner in the 1500 meter run. As many of you are aware, Michelle's religious convictions preclude her from competing between sundown Friday and sundown Saturday. This fact kept virtually all the rest of the major colleges from offering her a scholarship. However, Bruin mentor Scott Chisam took a chance on the former Rolling Hills prep flash and that gamble paid off with a national championship.

In the TAC meet, most of the winners were no real surprise. Such big names as Lewis, Scott, Salazar, Foster, Marsh, Moses, Stones, Banks, Laut, Ashford, Howard, Campbell, Decker, Smith, Deniz, Lewis came out as national champions. However two big names DNQ'd in the preliminaries. NAIA javelin champ Mike Barnett could manage only a 224 foot throw while NCAA shot put king Mike Carter went out at 63-5.

In the TAC International Games at the L.A. Coliseum, the featured USA-East Germany meet saw the USA take a 108-100 first day lead only to have the Germans come back on the second day for a 197-181 combined victory. There were some bright spots for the U.S. and two of the brightest were in the women's competition where Louise Ritter set an American record of 6-6¾ in the high jump and the 400 meter relay team pulled a major upset in beating the world record holding East Germans in a time of 41.63. That time, which is only .03 off of the world record, is incredible when you consider the old record was 42.29 and this team has only been together for a week. Special recognition on that team should go to Cal State L.A.'s Diane Williams who smoked two-time Olympic gold medal winner Barbara Wockel on the second leg. On the negative side, a number of top athletes, both men and women, decided to pass up this meet or run on the relay team only. Such big names as Salazar, Virgin, Padilla, Nix, Olson, Tully, Schmidt, Smith, Ashford (200) decided that for reasons such as rest, big money meets, and not wanting to lose, they would not compete. On the other hand, the East Germans had all of their best in the line-up and even had distance ace Werner Schildhauer double in the 5K and 10K to try and win the meet.

Another question, which still remains unanswered concerns the TAC's unequivocal declaration that any athlete who qualified for the U.S. Dual Meet team and elected not to compete in the dual meet would not be allowed to compete in the open international competition which was being held concurrently with the dual meet. However, Joetta Clark, who qualified as the number two 800 meter runner on the women's team, ran in the open competition instead and won the race. I wish someone from the TAC would write in and explain



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# Eino's Notebook

By EINO

One of the questions that I often hear travelling through this great running country is "Will Lasse be back?" He was recently visiting Southern California and I took him to inspect the marathon course. I could see the question that was beaming in his eyes. He was in an extremely good mood. He liked the idea that there were several places where you could escape from your competition by disappearing behind the turns. Also, the finish of this course is relatively flat, while the World Championship Marathon in Helsinki has 36 uphills. In the Olympic marathon, basically the second half is the more difficult. After inspecting the course, Lasse was very interested that I find him a fast marathon between November and February.

I recently read in the *San Diego Running News* about some doctor who wrote about blood-doping and how the future of running will be athletes using chemicals. This same doctor came to one of my runners—Ed Mendoza—and told him how he's wasting his time not using chemicals to help him run better. It's not the chemicals and it's not the doctors.

I know how hard he trained and what Lasse did to get ready for his Olympic competition. How could anyone accuse him of blood-doping? It makes me absolutely sick, not only because I'm a Finn, but because I'm a total fan of running and at least half of my time is spent in coaching, running, putting together races, consulting, and working on the movement of running. It gives us in the United States the wrong impression that this is what we need. Basically, one sore loser was asked by an ABC reporter right after the 5000 meters in the Montreal Olympics: "How do you think Lasse does it?" This person answered, "I don't know, blood-doping or something." He did not even know what he was talking about and what blood-doping was, I assume. If the blood-doping is so effective, why didn't Lasse win gold medals in the 10,000 meters and marathon in Moscow? And why doesn't this same individual—whose name I don't have to mention and who has never really won anything—go and use blood-doping himself to get four gold medals? Unfortunately, in my knowledge there is one Finn who has used blood-doping. He paid for it very dearly and ever since has had

stomach problems. He has had a very hard time raising his hemoglobin to where it was before, even though he has trained several times at altitude.

So what did Lasse do to become a four-time gold medalist? Why has Lasse run more times under 28 minutes in the 10K than any other runner in the world? You may go ask Frank Shorter, Duncan MacDonald, Garry Bjorklund, Don Kardong, and many other top American runners who have run against him and admire him. They may give you a different answer, but in their books Lasse is the best. This is my opinion of how Lasse does it: Lasse not only has Sebastian Coe's form when he runs but has an incredible training program behind him when he enters a major competition.

I've been fortunate enough to know not only Lasse but also his great coach Rolf Haikkola and several of his training compatriots. I have listened to their stories of the awesome training that Lasse has done in the high altitude of the Kenyan mountains. One of them told me how when he was up there Lasse did as much as 250 miles in some weeks. All the rest of the time he either ate or slept or got a massage. He always had his personal masseur with him, like most of the top Finnish runners. No human body or mind can take all year round training of this kind and still get the body to perform when you ask it to, and that's one of the reasons that you only hear from Lasse every four years. He himself has said that you can run a world record anytime and anywhere: select the best course, best conditions, best timing for yourself, and run the record. But you can only get a gold medal on a particular day, and often even the smallest mistake will totally eliminate your chances.

Many of us thought that Lasse failed totally in Moscow. Many of us were thinking that Lasse was totally washed out. Before the Moscow Olympics he had several small problems that hindered his concentration. From these experiences he will only be more dangerous in the Los Angeles Marathon. But what is so bad about being fifth place in the 10,000 meters at the Olympics? I will take that anytime.

One of the things that I know that Lasse wants most is the gold medal in the marathon. It's actually the only thing that he has not received in running that he has wanted to try for. Since Lasse has visited Southern California in February, there are two things that have happened that will help him to make the decision. First, at the time Lasse was trying to get a seat in the Finnish Parliament, but he fell short by only a few votes. Secondly, Montreal silver-medalist Lopez recently ran 2:08 in Brussels. I'm sure that this is the last thing that Lasse needed to hear to make the question of running or not running in the Los Angeles Olympic marathon very clear to him.

## SoCal Diary, continued

that one. The bottom line to the whole dual meet situation is that unless the U.S. athletes get more serious about the team concept of track, the TAC should drop the dual meet format and save our country the embarrassment of getting beat by countries a fraction of our size.

Looking at the various institutional levels this past season, it was the women and not the men who made the big noise. Almost all of the national records set at the high school and community college level were by women and it was UCLA and Cal Poly SLO which brought home national track championships in women's Division I and II.

In other prep observations, the concept of athletes attending schools outside their own district or area continues on both a legal and illegal basis. The legal basis being PWT or voluntary busing and also the "magnet school" concept where various schools within a district are considered to have a specialty in a certain academic area. Anyone desiring to specialize in that field can attend that magnet school on a permit. The number of athletes attending magnet schools on permits is consistently outnumbering non-athletes. My understanding from sources up north is that this practice

of obtaining top tracksters is definitely not limited to "SoCal".

On the community college level, it seems that the rich are getting richer and the poor poorer. With the budget crunch on the state CC's, many schools are cutting back to the point where only one coach is left to coach both men's and women's teams. In many cases, the schools will be dropping cross country and track. The programs which have relied totally on school financing will find themselves in trouble, while the ones which have been involved in extensive fundraising should stay fat. Competitively, the CC's should continue to produce major college caliber athletes even though they will be working with high school type budgets.

In NCAA Div. III, both Oxy and Pomona-Pitzer appear to have solid title contenders while in Division II, SoCal is still what it is all about with four of the nation's top 10 teams.

In Division I, both UCLA and USC are on the rise after having what both schools would agree were down seasons. I understand a number of blue chip recruits, including Eric Reynolds and Antonio Manning, are headed toward both schools.

This wraps up the diary for another school year. I look forward to beginning cross country season with a preview of what looks like a very exciting Olympic year.





# TAC NOTES

By ALAN T. KOLLING

**T**raditionally in a pre-Olympic year, the host country of the Summer Games holds a week long "mini-Olympics," a sort of dry run at each of the Olympic venues that allows the organizers and athletes a chance to test out the facilities and transportation and other things that can and will go wrong. Mexico City and Montreal both had their pre-Olympic meets, while Moscow invited international teams to participate in their domestic Spartakiade in 1979. Too bad the organizers of our Sports Festival didn't have the foresight to do the same in Los Angeles this year.

Instead, individual sports are hosting their own international meets and the track and field portion, designated the TAC International Summer Games, was held in conjunction with the USA-East Germany dual in the L.A. Coliseum on the refurbished all-weather track installed for the Games. If you've gotten over the shock of the prices for Olympic tickets and want to know how things are going, keep reading. If not, skip this column and rest assured that you are not the only one who plans to stay at home and watch the Games on television.

When the dust had finally settled in the Coliseum (maybe I should have said when the smog finally cleared, but we all know that never happens in LA) the news was mostly good. I was one of the few officials

at the meet who wasn't from the Southern Pacific Association, so I got to stay with the athletes at the USC dorms, one of two designated Olympic Villages (the other being at UCLA). It isn't too often that I get to eat with the likes of Alberto Juantorena, Marita Koch, Ben Plucknett or Ilona Slu-panek (in a long pink skirt and high heels, no less) and even the food was good! Burgers and fries were the favorite lunchtime fare, especially among the foreign teams, but there was usually a choice of two additional entrees, and one could have all one could eat.

The dorms themselves were impeccable in every way. I mean, no graffiti on the bathroom walls?? Still, I wonder if they will squeeze more than two athletes in each room which is all they comfortably fit now. They ran a regular shuttle bus to the Coliseum but I eschewed the ride in favor of the ten minute walk from the dorms, as did a lot of the athletes. Speaking of transportation, I found the new public bus system quite adequate and hopefully things will get even better by next summer. I even braved the notorious freeways at rush hour and lived to tell the tale. The natives insist that things will not get markedly worse during the Games, but I'm not sure I share their optimistic outlook.

Track officials are the silent stalwarts of our sport. They show up at meets regardless of the weather, work voluntarily and generally go unrecognized for their efforts. The Los Angeles crew was certainly one of the best I have ever worked with — very professional and knowledgeable about the rules. I wasn't surprised to see some of the top officials from around the country visiting for the meet and checking out the local talent for possible inclusion on the Games Officials squad. If what I saw was any indication of the officials we'll get, chances are pretty slim that there will be any repetition of the unfortunate "incidents" involving officials at the Moscow Games.

I've never been to a football game at the Coliseum so I was visibly impressed by the facility when I first saw it. The Montreal Games introduced the Instant Replay Board but L.A. has gone one step further with its replays in living color, all 36x48 feet worth. In addition, there are two black and white scoreboards just in case you blinked a few times during the sprints. The new Rekortan track was bouncy and well-received by the athletes, although some pulled up during their races with hamstring injuries.

Athletically, the American men showed they would be a force to be reckoned with,

while the women evidenced more potential than promise. Of course, like all major invitationals, the Summer Games suffered from no-shows of several notables, including the entire Kenyan team (Rono, Korir, Tuwei, Koech, Waigwa, Bitok, Bolt) and some East Europeans (Melinte, Todorova, Ionescu). The Americans stayed away in droves, and the 10,000m saw an "international" field of three runners.

Crowd favorites, Edwin Moses and Mary Decker, continued to please, the latter scoring a convincing front-running victory over Moscow silver medalist Christine Wartenberg in 3:59.93. Carl Lewis made a guest appearance anchoring the 400 relay (maybe the crowds would have been bigger had he tripled here too) and Louise Ritter continued the American resurgence in the women's high jump with several decent attempts at the world record.

The highlight for me was the stunning upset by our women's 400 relay over a seemingly invincible East German relay squad. Leadoff leg, Marita Koch, had the second fastest 100 ever, and world records for 200 and 400; Barbel Wöckel, four-time Olympic gold medalist (no one has ever won more); Silke Gladisch, the slowest member of the team at 11.04; and anchor Marlies Gohr, who had earlier beaten Evelyn Ashford in their first outdoor match up in almost two years, and who had recently broken the 100m world record. Ashford's loss to Gohr was both unexpected and inexplicable. Perhaps the victim of a fast gun, Ashford stumbled at 80m and lost a meter, either because she misjudged the finish line or, more likely, because she was struggling to make up the deficit. In any event, the monkey that was on Ashford's back has now been transferred back to Gohr, at least until Helsinki.

Their winning time of 41.63, only three hundredths off the world record, and a time most college men's teams would be happy to run, suggested that the "home court" advantage the American team will enjoy next summer may provide that extra edge we need to overcome the psychological advantage enjoyed by the Communist bloc countries in some events.

As I left the stadium for the last time, I clutched my Misha-like teddy bear, given all officials by the East German athletes, and reflected on the sanguine possibility that maybe friendship had a place in international competition after all.

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By KEITH CONNING

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## ★ KINNEY INVITATIONAL

Edwards Stadium, Berkeley, June 12 — There were four high school events.

The Berkeley girls' 800 relay team of junior Jackie Baker, senior Lana Rice, junior Yvette Bates, and senior Nedrea Rodgers, who placed second in the State Meet 400 relay, set a new meet record of 1:39.08. The old record of 1:39.6 was set by the same Berkeley foursome last year.

Sophomore Nanette Garcia (Silver Creek, San Jose), who placed fourth in the State Meet 1600 in 4:46.74, won the mile in 4:49.2.

In the mile sophomore Calvin Gaziano (Castro Valley) edged senior Grant Foster (Monte Vista, Cupertino) in a spirited duel to the tape — 4:16.0 to 4:16.2. Junior Chris Craig (Leigh, San Jose) led at the 440 in 67.2 and at the 880 in 2:10.8. Senior Gus Quinonez (Huntington Beach), 8th in the State Meet 3200, lead at the 1320 in 3:13.48.

There were four high school athletes who competed in the open events. Senior Maurice Crumby (Balboa, San Francisco), the State Meet champion, placed third in the high jump at 7-1½. He passed at 6-9½ and 6-11½. He cleared 7-1½ on his third attempt. He passed 7-3¼. He missed three times at 7-5, which would have been a new high school and junior record. Senior James Lott (Refugio, Texas) broke Crumby's national high school record of 7-4½ at the Texas State Meet on May 14th with a jump of 7-4¾. Tyke Peacock (Puma TC) also jumped 7-1½, but he cleared it on his second attempt. Thus, Peacock took second place.

Senior Gladees Prieur (Le Lycee Francais, Los Angeles), sixth in the State Meet 1600 in 4:59.03, was fifth in the women's 1500 in 4:25.2, the second fastest time in the nation. Her splits were: 1:08.6, 2:19.7, 3:15.0 (one lap to go), and 3:29.9. Michelle Rowen (Washington Township, Sewell, NJ) leads the nation at 4:25.1.

Sophomore Kristin Dowell (Santa Teresa, San Jose), second in the State Meet 800 in 2:09.05, placed fifth in 2:11.90. Junior Suzanne Lehmkuhl (Acalanes, Lafayette), ninth in the State Meet in 2:14.7, was sixth in 2:15.38. Dowell ran her first 400 in 62.6.

Senior Erick Montgomery (Independence, San Jose), second in the State Meet 300 low hurdles in 36.13, moved up to the 400 intermediate hurdles with an eight place finish in 52.7.

## ★ TAC CHAMPIONSHIPS

Indianapolis, Indiana, June 17 — Senior Gayle Kellon (Ganessa, Pomona), the State Meet 300 hurdles champion, set a new American junior record and high school record of 57.90 in the 400 hurdles in heat three. The old record of 58.06 was set by Kellon in the Pepsi Meet on May 15.



Mike Kibort (Saratoga): State Meet champion, Golden West champion & Keesler champion

## ★ KEEBLER INVITATIONAL

Elmhurst, Illinois, June 18 — Mike Kibort (Saratoga), the State Meet champion, was California's lone winner, vaulting 16-0 to triumph over Doug Fraley (Clovis West, Clovis), whose 16-0 came on more attempts.

Kimmie James (Richmond), the State Meet champion, placed second in the 800 in 1:51.78 behind Golden West champion Jeff Van Wie (Suffern, NY) at 1:51.64.

Maurice Crumby (Balboa, San Francisco), the two-time State Meet high jump champion, finally had his showdown with James Lott (Refugio, Texas), the national high school record holder at 7-4¾. Neither Lott, nor Crumby jumped until the bar reached 7-2. And each made it on his third try. Lott cleared 7-3½ while Crumby passed. And when both missed at 7-4¼, Lott got the victory. Ted Glatke (Beyer, Modesto), fifth in the State Meet at 6-10, placed sixth at 7-0.

Eric Reynolds (Camarillo), the State Meet 3200 champion, placed third in the two-mile in 9:01.52. For seven laps only 5 yards separated eight runners. But Brian Jaeger (Winter Park, Florida), third in the Golden West mile, broke away from the pack to win with a time of 8:56.

Mark Boyd (St. Mary's, Berkeley), the State Meet 110 high hurdles champion, placed fifth in the highs at 14.07 and fifth in the long jump at 23-7¾.

## ★ BACARDI RUM RUN

Lake Merritt, Oakland, June 19 — Sophomore Calvin Gaziano (Castro Valley), the 16-year-old Northern California

3200 meter champion, placed third in the 5,000 meters in 15:02.

Brad Hawthorne, 27, of Pleasant Hill overtook Gaziano in the last 10 meters to grab the runnerup spot by one second.

Rob Heirle of Larkspur sliced some 40 seconds off his previous best by winning in 14:54.

## ★ NEVADA STATE MEET

Bryan Barton (South Tahoe, South Lake Tahoe High) jumped to 7-0 to win the Nevada State high school championship. South Tahoe is located in the South Lake Tahoe, California, next to the Nevada border, so the school competes with Nevada teams to keep expenses down.

## ★ COMPUTER SOFTWARE

I would like to do my high school list on a computer.

Does anyone have a program that would produce a leaders list?

I currently do my list with pencil and paper, and it is very time consuming.

I would like to be able to enter a performance and performer and let the computer put the performers in order.

I have access to an Apple II computer and disk drive.

## ★ SAN FRANCISCO PREP STAR HONORED

New York, June 16 — Maurice Crumby of San Francisco's Balboa High will receive the Hertz No. 1 Award for excellence in high



school sports.

Crumby, a track star, was chosen for his 7-foot-4½ inch high jump at the Martin Luther King Games at Stanford University. He will attend the University of Arizona.

Crumby and other honorees have been invited to receive their awards personally from O.J. Simpson, a graduate of San Francisco's Galileo High School, on June 29 in New York City.

Crumby broke the 5-year-old USA high school high jump record.

#### ★ CLOVIS HIGH/FLEET AFOOT INVITATIONAL

Fresno — Clovis High will hold their cross country invitational meet in conjunction with the Fresno State Invitational on September 24.

Many of the top college teams on the West Coast participate in this meet. Seventy percent of the course will be the same as that used at the Kinney Western Regional to be held December 3rd.

Contact Steve Ward, the Clovis High School cross country coach, at (209) 299-7211 (school) or (209) 298-3388 (home).

#### ★ MT. CARMEL/SECOND SOLE CROSS COUNTRY INVITATIONAL

San Diego — Mt. Carmel High School will host their cross country invitational on October 8.

The meet will offer competition on three levels (varsity, junior varsity, and frosh-soph) in a format that allows runners of different ranking in your school to compete

against comparable runners from other schools. For example, 1-2 vs 1-2, 3-4 vs 3-4, etc.

Last year they had 48 schools, according to meet manager Dennis McClanahan. Ted Goodlake (Fallbrook) and Martin Sandoval (Monte Vista) are scheduled to run this year. The course is three miles for boys and 2.2 miles for girls.

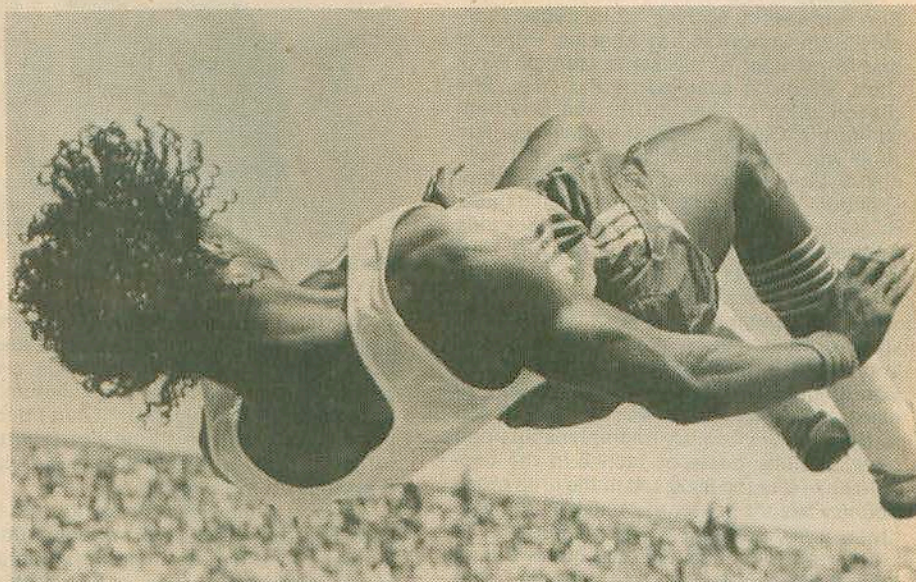
The meet is open to all sections of California, Nevada and Arizona.

#### ★ CAL POLY SAN LUIS OBISPO WOMEN'S TRACK GETS FOUR RECRUITS

San Luis Obispo — Cal Poly women's track and field head coach Lance Harter, coming off a second consecutive NCAA Division II National Track and Field Championship, says his team will be even better at the national meet in 1984.

*continued on next page...*

photo by Gene Cohn




Maurice Crumby: California high jump state record holder at 7-4½

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## Prep Notes

"We'll be better basically because we'll have a lot of returning athletes who scored this year and the people coming in will also score some points for us," said Harter, whose Lady Mustangs totaled 206 points.

Harter is bringing in four outstanding high school performers. Three of the four competed in the 1983 California State Meet. They include two distance runners, a hurdler and a high jumper.

Gladees Prieur is the top distance runner. She is currently running for Le Lycee Francals High School in Los Angeles. Prieur is also a member of the Santa Monica Track Club, which is coached by Pat Caty. She placed third in the 1600 at the Southern California Championships on May 28. Her time was 4:43.90. Prieur's 1500 split was 4:30.0. She was 15th at the National Junior Olympic Cross Country championships. Prieur owns the 10th best prep indoor mile all-time at 4:47.1 and has run a 4:28.1 1500 and 9:41.2 3000. She was 6th in the State Meet 1600 in 4:59.03.

Katie Dunsmaier of Palisades High in Pacific Palisades is also a distance ace, and runs for the Santa Monica Track Club. She finished fifth in the 3200 at the May 28 meet in 10:43.75. She was second at the national cross country championships and owns lifetime bests of 10:27.6 in the two-mile, 9:38.2 in the 3000 and is the prep cross country record holder at Mt. SAC. She was ninth in the State Meet 3200 at 11:04.6.

Sharon Hanson is a hurdler out of Buena High School in Ventura. She was not in the State Meet due to a knee injury. She clocked a 13.9 100 hurdles in 1982, and has run a 43.1 330 lows. She could become a heptathlete.

Julie Wiegmann is a high jumper from Crescenta Valley High School. She is a 6-foot tall athlete who has a best of 5-9½ this season. Wiegmann placed second at the prep regional meet with a 5-8 effort. She was second in the State Meet at 5-9.

### ★ CAL WOMEN'S TRACK SIGNEES

Berkeley, June 22 — Former Harry Ellis High School of Richmond long jumper Sheila Nicks and discus thrower Kim Kesler from Vintage High School of Napa have signed letters of intent to attend the University of California.

Nicks, who competed for College of the Sequoias this season and has a best of 21-3, "will shatter the Cal record (19-1½) her first time out," according to assistant track coach Archie Owens. Kesler has thrown the discus 162-10 and boasts a 4.0 grade point average.

Nicks placed ninth in the TAC Championships at 20-5¼. Kesler placed fourth in the State Meet at 138-10.

### ★ BAD GRADES, NO PLAY

Los Angeles, May 9 — In a move to improve academic performance in the nation's second-largest school district, more than 6000 high school students have been told they must drop out of after-school activities, including theater, choir and sports.

The new policy, described by one teacher as a "good slap in the face" for lazy students, has brought tears and protests from some of those affected — and praise from others.



Gladees Prieur

photo by Burt Davis

"At first I was disappointed, then angry," said Alan Reed, 17, a junior at Los Angeles High school who lost his place on the baseball team and a role in the school play because he failed algebra. "Then I decided to raise the grade next time. I'm determined to get at least a D. I think this is going to make me try even harder."

A report issued by the district last week showed that 6069 high school students, almost 20 percent of those participating in extracurricular activities, had to drop them because they either failed a class or did not maintain a C average on their last report card.

The new requirements, designed to make sure that students spend time studying instead of playing, took effect January 31.

The most controversial is the no-fail policy. The report showed that 2034 students became ineligible for extracurricular activities because they failed one class, even though they maintained a C average or better in all their courses.

Crenshaw track coach Moss Benmosche, who lost only two members from his boys' and girls' teams endorses the C average treatment but not the no F rule.

"They won't take challenging classes because they're afraid it'll jeopardize their participation in other things," he complained. "They're not adults yet. They're not out on the street. School is a time they need to have their options open, to try things."

"It's heartless."

### ★ JIM KNAUB

Jim Knaub (Lakewood), who won the pole vault at 15-6 in the 1974 State Meet, won the 1982 Boston Marathon wheelchair races and is a busy man between acting and racing.

Knaub, 27, has been confined to a wheelchair since a 1977 motorcycle accident.

He acted in a feature-length film, Blake Edwards' *The Man Who Loved Women*, starring Burt Reynolds and Julie Andrews.

Knaub starred as a pole vaulter at Cal State Long Beach and later coached the school's track team.

### ★ CROSS COUNTRY CHALLENGE

Jeff Dewitt (Skyline, Oakland) writes:

"This letter is to who wrote about the sophomore team from San Jose regarding the challenge to the Skyline sophomore team."

"Your challenge has been considered and accepted. Please write and give us more information about the race. (Date, time, etc.)."

Contact Jeff Dewitt, 2098 Asilomar Drive, Oakland, CA 94611.

### ★ OLESEN HEADS LIST OF SIX STANFORD MEN'S TRACK RECRUITS

Stanford, May 30 — Marc Olesen whom Stanford assistant coach Mike Tomasello termed "the best in North America", is one of six student-athletes who have signed track letters-of-intent to attend Stanford University in the fall.

Olesen is another in the growing number of very fine distance runners who will be running for Stanford Director of Track Brooks Johnson and his top assistant, Tomasello, who works mainly with the men's program.

Besides Olesen, a native of Nepean, Ontario in Canada, Stanford has also added five other fine prospects in Gary Crowley of Seekonk, Mass., Jeffrey Knosmo of Puyallup, Wash., Jonathan Mann of Wayland, Mass., Michael Urhammer of Eugene, Oregon, and Jay Vavra of El Cajon, Calif.

"I'm very, very pleased with our recruiting efforts," said Tomasello. "As our men's team becomes more successful, we will continue to attract the very best runners on the North American continent."

Olesen lists a number of outstanding accomplishments — especially over the past two years or so. He placed 19th last year at the Junior World Cross Country Championships in Rome, Italy. Also in 1982, he won the two-mile at the International Prep Invitational in Chicago with a time of 8:50.2. And he won the 1,500 meter run at the Canadian Junior National track trials with a time of 3:46.49.

Crowley is the defending Massachusetts state champion in cross country, as well as in the Indoor two mile.

Knosmo has already run a 1:53.6 in the 800 and a 4:14.5 in the 1600.

Mann is a middle distance performer, who has run a 1:51.43 in the 800 at the TAC Junior Olympics in Lincoln, Nebraska as a junior. Mann placed third at the Golden West Invitational in 1:49.55.

Urhammer is considered the leading schoolboy pole vaulter in the state of Oregon. His best has been 15 feet.

Vavra is yet another vaulter whose best is 15-0.

### ★ CAL TRACK SIGNS TOP HURDLER

Cal Coach Tony Sandoval announced the signing of Roberta Eccles of San Jose to a letter of intent to attend the University of California.

The 5-6 Eccles was the 1982 Central Coast Section 100 meter hurdles champion, and was fifth in the State Meet in both the 100 and 300 hurdles. This year she placed third in the State Meet 300 hurdles.

A versatile athlete, Eccles was an All CCS pick in basketball, volleyball, and track. She carries a 4.0 at Gunderson High School.

"Roberta is a coach's dream," said Sandoval. "She is a great leader in addition to being a great athlete."



# California's Best 1983 Prep Ranking

By Keith Conning

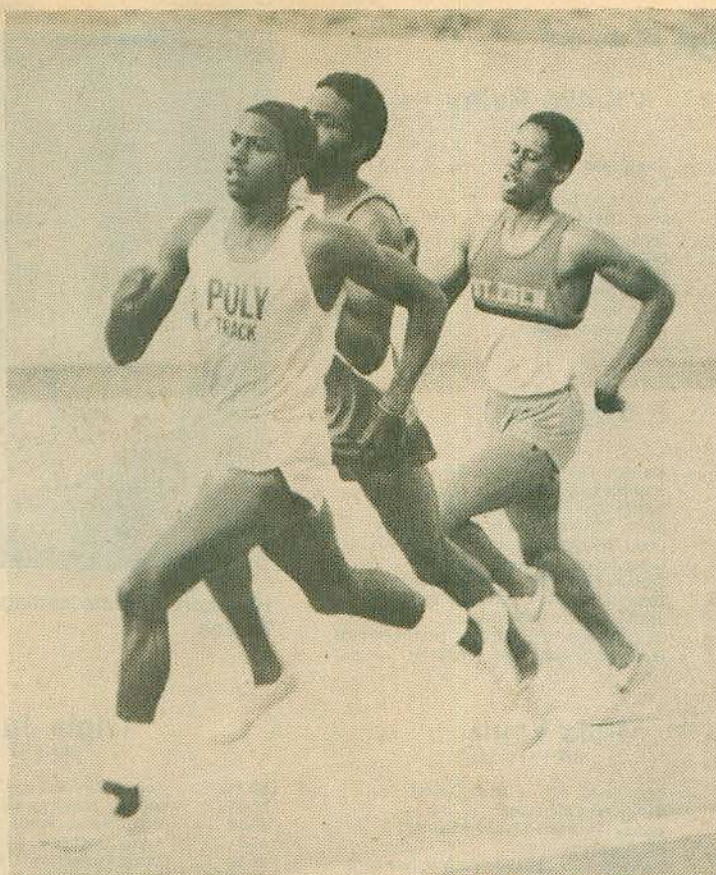
These lists contain the best California high school marks (combined, indoors and outdoors) reported to me by June 23.

The current California record is listed at the head of each event. Times in 100ths are automatic and are placed in a position of correspondingly higher value in relation to hand times (10ths).

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. All marks without specific wind information are placed on the illegal list until proven otherwise.

Classes: \*\*\*-fresh; \*\*-soph; \*-junior; ?-class unknown; all others are believed to be seniors.

Symbols: c-Converted mark; i-Indoor mark.



California's top 800 meter runners (left to right): Tyrone McCullouch, Kimmie James, and Alfred Burkes.

Fine Flicks by Don Gooney

## Men

### 100 Meters (10.39)

10.46	**Henry Thomas (Hawthorne)
10.61	**Steve Jones (Burbank, Sacto)
10.62	*Calvin Scruggs (McLane, Fresno)
10.63	Antonio Manning (Hamilton, L.A.)
10.70	*Aaron Jenkins (Edison, Stockton)
10.72	*Ken Henderson (Berkeley)
10.74c	**Darren Norris (El Camino, Oceanside)
10.81	*Ray Brown (Muir, Pasadena)
10.83	*Darrell Rosette (Morse, San Diego)
	Kevin Evans (Compton)

### 200 Meters (20.68c)

21.02	**Henry Thomas (Hawthorne)
21.19	**Steve Jones (Burbank, Sacto)
21.36	Antonio Manning (Hamilton, L.A.)
21.41c	Curtis Gregory (Dominguez, Compton)
21.43c	Mel Hedgepeth (Channel Islands, Oxnard)
21.48	Sandy Combs (Dos Pueblos, Goleta)
21.49	Sam James (Eisenhower, Rialto)
21.61	?Gamble (Santa Barbara)
21.66	?Ricky Reynolds (Burbank, Sacto)
21.72	*Calvin Scruggs (McLane, Fresno)

### 400 Meters (45.51)

47.03	Larry Walker (Edison, Fresno)
47.15	Mark Howard (Poly, Long Beach)
47.20	Gary Brown (Bishop Amat, La Puente)
47.26	*Daymon Lee (South Gate)
47.30	?John Schmidt (Torrance)
47.33	Kerry Threats (Westmoor, Daly City)
47.49	*Mike Davidson (St. Francis, Mt. View)
47.52	Anthony Miller (Muir, Pasadena)
47.59	*Bernard Johns (North, Torrance)
47.91	Jeff James (Beverly Hills)

1:49.95	Kimmie James (Richmond)
1:51.16	Tyrone McCullouch (Poly, Long Beach)
1:51.83	?Walter Tilque (Compton)
1:52.25	Brian Casey (Righetti, Santa Maria)
1:52.26	John Trevelthick (La Canada)
1:52.36	Tom Ellsworth (Point Loma, San Diego)
1:52.56	Alfred Burkes (Mt. Eden, Hayward)
1:52.62	Jim Gallivan (Mater Dei, Santa Ana)
1:52.84	*Kenny Green (Bishop O'Dowd, Oakland)
1:52.99	Chris Bowe (Pacific Grove)

### 800 Meters (1:47.31)

### 1600 Meters (3:58.1c)

4:08.82	Jim Frey (Yreka)
4:10.41	Joe Manual (Bonita Vista, Chula Vista)
4:10.75	Paul Greer (St. Augustine, San Diego)
4:10.84	Ruben Esparza (El Modena, Orange)
4:10.89	Ron Harris (Eisenhower, Rialto)
4:11.91	Richard Graves (Lakewood)
4:12.73	*Dave Anderson (Corona del Mar, Newport)
4:12.98	*Jesus Gutierrez (Pasadena)
4:13.06	?Green (Villa Park)
4:13.25	*Tom Legan (Del Mar, San Jose)

### 3200 Meters (8:33.4c)

8:41.0c	Eric Reynolds (Camarillo)
8:58.21	*Jesus Gutierrez (Pasadena)
9:00.22	*Calvin Gaziano (Castro Valley)
9:00.85	*Jim Ortiz (Barstow)
9:01.15	Mark Junkermann (Los Alamitos)
9:03.00	Grant Foster (Monta Vista, Cupertino)
9:04.66	Rene Perez (Woodland)
9:05.40	George Yuster (Brentwood, L.A.)
9:05.86	Gus Quinonez (Huntington Beach)
9:05.88	Mike Anderson (Carlmont, Belmont)

13.90	Erick Montgomery (Independence, S.J.)
13.92	Mark Boyd (St. Mary's, Berkeley)
13.93	Rod Green (Palo Alto)
14.13	Mo Hill (Stagg, Stockton)
14.21	Danny Harris (Perris)
14.24c	James Ferreira (North Torrance)
	Pat Duffy (Shasta, Redding)
	Mike Lee (St. Mary's, Berkeley)
	Dion Nelson (Skyline, Oakland)
14.26	Richard Martinez (Claremont)

### 110m Hurdles (13.41)

### 300m Low Hurdles (35.52)

35.52	Danny Harris (Perris)
35.66c	Erick Montgomery (Independence, S.J.)
36.14	Mark Boyd (St. Mary's, Berkeley)
36.41	*Raymond Young (Hawthorne)
36.42	Richard Martinez (Claremont)
36.50	Sebron Fienough (Perris)
36.54	James Ferreira (North, Torrance)
36.65	Tyrone McCullouch (Poly, Long Beach)
36.79	Darrell Christman (Locke, L.A.)
36.81	*Gordon Bugg (West Covina)

### 4 X 100 Relay (40.83)

40.83	Edison, Fresno
40.87	Berkeley
41.11	Muir, Pasadena
41.22c	McLane, Fresno
41.30	Compton
41.34	Hamilton, L.A.
41.35	Eisenhower, Rialto
41.39	Perris
41.45	Morse, San Diego

continued on next page...



## Prep Notes

photo by Burt Davis

### 4 X 400 Relay (3:08.94)

3:10.11	Hawthorne
3:10.33	Perris
3:13.27	Poly, Long Beach
3:13.29	Muir, Pasadena
3:13.87	Compton
3:15.54	North, Torrance
3:15.87	Banning, Wilmington
3:15.80	West Covina
3:16.43	Poly, Sun Valley
3:16.54	Eisenhower, Rialto

### High Jump (7-4 1/2)

7-4 1/2	Maurice Crumby (Balboa, S.F.)
7-1	**Ken Burke (Westlake)
7- 1/4	Ted Glatke (Beyer, Modesto)
7-0	Bryan Barton (S.Tahoe, S.Lake Tahoe)
6-11 1/2	Doug Dreibalbis (Foothill, Santa Ana)
6-11	Craig Branstrom (Half Moon Bay)
	Sammy Bryant (Palo Verde, Blythe)
6-10	?Bareford (Millikan, Long Beach)
	Justin Brown (Galileo, S.F.)
	Sean Chambers (Highlands, No.Highlands)
	Mike Haeflinger (David, Modesto)



Hawthorne's state leading 1600 meter relay team (left to right): Thomas, Kelly, Torrente, McGee.

### Pole Vault (17-4 1/4)

16-8 1/2	Doug Fraley (Clovis West, Clovis)
16-7	Mike Kibort (Saratoga)
16-3	Melvin Hempstead (Valley, Sacto)
15-6	Bill Shepard (Clovis)
15-0	?Lance Betson (Newport Harbor, Newport)
	Ron Decker (Clovis)
	Jay Vavra (Valhalla, El Cajon)
14-9 1/2	Joe Croft (Tulare)
14-8	Andy Avellar (Fremont, Sunnyvale)
	*Jeff Foss (Santa Ynez)
	Mark Hill (Sunny Hills, Fullerton)

### Triple Jump (52-10 1/4)

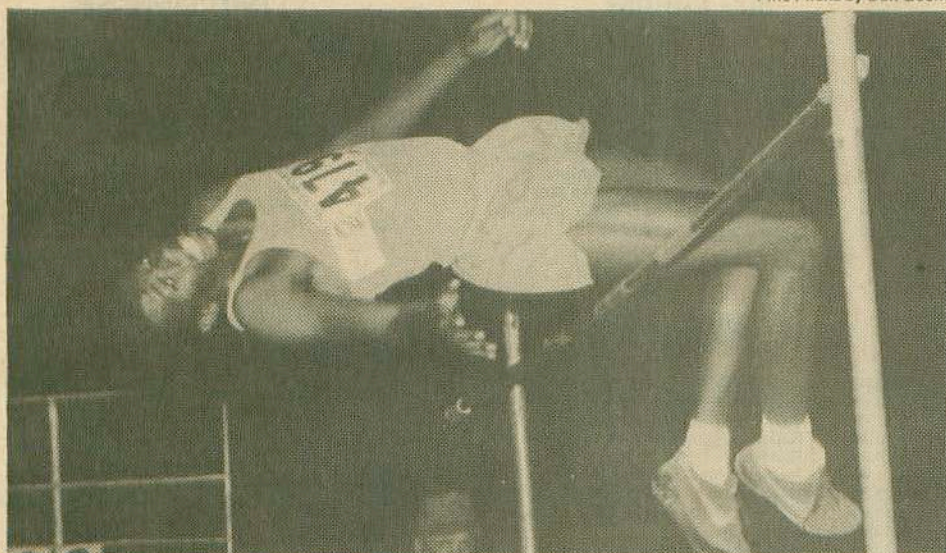
50-7 1/4	Torrey Barr (McLane, Fresno)
50-4 1/4	*Keenan Jones (Grant, Sacto)
49-10	Byron Patterson (St. Mary's, Berkeley)
49-4	Adrian Justice (Logan, Union City)
49- 1/2	*David Puffer (Grant, Sacto)
48-10 1/2	*Eric Carr (Washington, Easton)
48-8	Tyrone Pope (El Camino, Oceanside)
48-6 1/2	Sheldon Blockburger (Newport Harbor, N.B.)
48-5 1/4	Chris Mooring (Mt.Pleasant, San Jose)
48-4	Sandy Combs (Dos Pueblos, Goleta)
	?Llister (Mt.Pleasant, San Jose)

### Discus (209-6)

190-8	Curt Sisco (Vacaville)
188-2	Rob Shenk (Menlo-Atherton, Atherton)
185-9	Barry Estes (Clovis West, Clovis)
185-0	*Kevin Richardson (Shafter)
183-11	Pat Rose (Encinal, Alameda)
183-8	*Kurt Holden (Hart, Newhall)
182-3	Mike Ostrom (Las Lomas, Walnut Creek)
176-7	Deron Lord (South Pasadena)
176-3	*Steve Dudley (Leland, San Jose)
175-10	Robert Dakovich (Fallbrook)

Fine Flicks by Don Gosney

photo by Burt Davis



Kenny Burke: ranks number two in the high jump

### Long Jump (26-2 1/4)

24-10	?Anthony Bailous (Canoga Park)
24-8 1/2	*Johnny Cleveland (Soquel)
24-5	Michael Anderson (Rubidoux, Riverside)
24-1 1/4	*Henry Green (Inglewood)
24-1	Larry Farriester (Ceres)
23-11 1/2	Mark Boyd (St. Mary's, Berkeley)
23-8 1/4	Chris Alarcon (Mt. Carmel, San Diego)
23-8	*Chris Hale (Monrovia)
23-7 1/2	Ron Jordan (Righetti, Santa Maria)
23-6 3/4	Torrey Barr (McLane, Fresno)

### Shot Put (69-3 1/4)

63-9 1/2	Curt Sisco (Vacaville)
61-8 1/2	?Greg Alkenhead (Mission Viejo)
61-7 1/2	*John Bender (Shafter)
60-6	Mike Moya (Desert, Edwards)
58-3	?Blutreich (Capistrano Valley, Mission Viejo)
58-1 1/4	Bill Flores (Kennedy, La Palma)
57-6	Mike Fine (Granada Hills)
57-3 1/2	John Turco (Whittier)
57-2 1/4	Nate Barnreiter (Del Mar, San Jose)
56-11	Deron Lord (South Pasadena)



Anthony Bailous: state long jump leader



# Women

## 100 Meters (11.34)

11.59	Monica Taylor (Grant, Sacto)
11.69	*Gail Devers (Sweetwater, National City)
	Lisa Winston (Jordan, Long Beach)
11.86	Robin Simmons (Crenshaw, L.A.)
11.89	*Pam Qualls (Burbank, Sacto)
11.92	**Madeline Drew (Roseville)
11.94c	*Kim Grant (Hawthorne)
11.98	*Chewuakil Knighten (Locke, L.A.)
12.01	*Asal Boulware (Millikan, Long Beach)
12.02	**Mina Hutchins (Independence, S.J.)

Fine Flicks by Don Gosney



Top two on 400 list: Leslie Maxie (left) and Chewuakil Knighten.

## 200 Meters (23.19)

23.63	Lisa Winston (Jordan, Long Beach)
23.94c	Robin Simmons (Crenshaw, L.A.)
23.96	Monica Taylor (Grant, Sacto)
24.05	*Pam Qualls (Burbank, Sacto)
24.26	Diane Pullins (Dorsey, L.A.)
24.28	*Faye Robinson (La Puente)
24.38	**Madeline Drew (Roseville)
24.53	*Cathy Roberts (Cerritos)
24.54c	**Paulette Blalock (Compton)
	*Kim Grant (Hawthorne)

## 400 Meters (50.87)

53.19	**Leslie Maxie (Mills, Millbrae)
53.27	**Chewuakil Knighten (Locke, L.A.)
53.54c	Gayle Kellon (Walnut)
54.10	Nedrea Rodgers (Berkeley)
54.22	**Michelle Taylor (Ganesha, Pomona)
54.80	**Paulette Blalock (Compton)
55.14c	Wendy Von Fries (Tamalpais, Mill Vally)
55.16	*Andrea Rolfe (Dorsey, L.A.)
55.21	Trescia Palmer (Westchester, L.A.)
55.23	*Alicia Watson (Compton)

## 800 Meters (2:02.29)

2:05.59	*Keri Zaleski (Millikan, L.B.)
2:06.57	Trescia Palmer (Westchester, L.A.)
2:08.45	**Kristin Dowell (Santa Teresa, S.J.)
2:09.8	Cory Schubert (Del Mar, San Jose)
2:09.82	Suzie Hensel (Valencia, Placentia)
2:10.33	**Michelle Taylor (Ganesha, Pomona)
2:10.8	*Lanette Davis (Del Mar, San Jose)

2:10.83  
2:11.13  
2:11.4

Jill Harrington (Rolling Hills)  
Sharon Yaninek (Presentation, San Jose)  
Dawna Brown (Crenshaw, L.A.)

## 1600 Meters (4:33.65c)

4:43.90	Paula Bresnan (Kennedy, Granada Hills)
4:44.93	Cory Schubert (Del Mar, San Jose)
4:45.30	?Julie Seleine (University, Irvine)
4:46.74	**Nanette Garcia (Silver Creek, S.J.)
4:47.23c	Gladees Prieur (La Lycee Francais, L.A.)
4:48.1c	Tania Fischer (Chaminade, Canoga Park)
4:49.66	?Jennifer Abraham (Foothill, Santa Ana)
4:53.26	Jill Harrington (Rolling Hills)
4:53.67	Leslie Pratt (Edison, Huntington Beach)
4:55.5c	*Lanette Davis (Del Mar, San Jose)

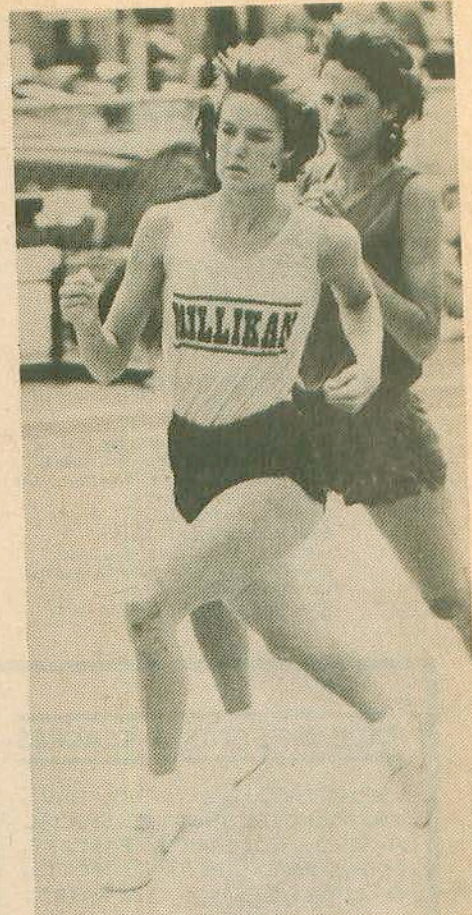
## 3200 Meters (10:04.2)

10:04.2	Cory Schubert (Del Mar, San Jose)
10:19.10	Tania Fischer (Chaminade, Canoga Park)
10:27.6	Katie Dunsmuir (Palisades, Pacific Pal.)
10:28.0	*Teresa Barrios (University, Irvine)
10:30.05	Wendy Sihner (Miramonte, Orinda)
10:31.90	**Laura Cattivera (Mira Costa, M.B.)
10:32.62	Sandy Blakeslee (Vista, San Diego)
10:32.97	Jennifer Thatcher (Encinal, Alameda)
10:33.38	***Shannon Clark (Mt. View)
10:36.25	Janine Walther (Chatsworth)

photo by Burt Davis



Michelle Taylor: ranks 5th on 400 list.



State 800 leader, Kerl Zaleski, leads Sharon Yaninek.

## 100m Hurdles (13.64c)

13.88	**Chewuakil Knighten (Locke, L.A.)
13.99	**Leslie Maxie (Mills, Millbrae)
14.16	*Debbie Budwig (Clovis West, Clovis)
14.18	*Wendy Brown (Woodside)
14.24c	Junea White (Dorsey, L.A.)
14.30	*Yvette Bates (Berkeley)
14.35	Gayle Kellon (Walnut)
14.37	Roberta Eccles (Gunderson, San Jose)
14.37	Nancy Young (Banning, Wilmington)
14.42	Jocelyn Lee (Irvine)

## 300m Hurdles (41.09)

41.44c	Gayle Kellon (Walnut)
42.26	*Gail Devers (Sweetwater, National City)
43.21	*Janice Farwell (Millikan, Long Beach)
43.41	Roberta Eccles (Gunderson, San Jose)
43.54	Stacy Noton (Sunny Hills, Fullerton)
43.75	**Melissa King (Fremont, L.A.)
43.78	*Mary Anne Bullard (Esperanza, Anaheim)
43.81	Marjorie Johnson (Monroe, L.A.)
43.84c	Heidi Waterfield (Homestead, Cupertino)
44.13	**Lana Cantrell (Muir, Pasadena)

## 4 X 100 Relay (45.13)

46.15	Hawthorne
46.46	Dorsey, L.A.
46.69	Berkeley
46.73	Crenshaw, L.A.
47.00	Kennedy, Granada Hills
47.42	Grant, Sacto
47.48	Poly, Long Beach
47.64c	Compton
	Mission, S.F.
47.73	Walnut

continued on next page...



## Prep Notes

### 4 X 400 Relay (3:37.71)

3:46.24	Dorsey, L.A.
3:47.89	Millikan, Long Beach
3:48.18	Crenshaw, L.A.
3:48.66	Compton
3:48.74	Hawthorne
3:49.45	Edison, Huntington Beach
3:49.58	Berkeley
3:49.71	Canyon, Anaheim
3:50.09	Poly, Long Beach
3:52.10	Locke, L.A.

### High Jump (6-1)

6-1	Tonya Mendonca (Mt. Whitney, Visalia)
5-10 1/2	Denise Yamada (Dos Pueblos, Goleta)
5-9 1/2	Julie Wiegmann (Crescenta Valley, La Cre.)
5-9	*Rachel Bray (Los Altos)
	*Wendy Brown (Woodside)
	Sheri Morford (Foothill, Sacto)
5-8	*Leanne Atencio (Del Mar, San Jose)
	Elisa Cooks (Wilson, Hacienda Heights)
	**Latrice Johnson (Clovis)
	?Annette Woo (Bella Vista, Fair Oaks)

### RACE DIRECTORS & COACHES

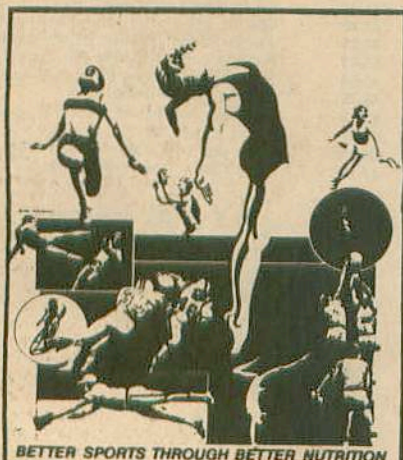
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HOOFIN' IT ATHLETICS



BETTER SPORTS THROUGH BETTER NUTRITION

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Fine Flicks by Don Gosney



Keri Zaleski  
800 meter leader



Denise Yamada  
ranks 2nd in high jump



Monica Taylor  
100 meter leader

### Long Jump (20-8 1/4)

20-2 3/4	*Wendy Brown (Woodside)
20-1	*Gail Devers (Sweetwater, National City)
19-5 1/4	*Yvette Bates (Berkeley)
19-2	**Yvette Roberts (Washington, Easton)
19-1 1/2	*Tammy Bryant (Ventura)
18-1 1/2	Shannon McGinnis (Canyon, Anaheim)
18-10 1/2	Rebecca Sims (Edison, Fresno)
18-9 1/2	*Brette Sellers (Ganesha, Pomona)
18-6 1/2	*Michelle Motley (Wilson, Long Beach)
18-6 1/4	?Pie West (Ripon)

### Triple Jump (40-8)

40-8	*Wendy Brown (Woodside)
40-6 1/4	*Yvette Bates (Berkeley)
39-7	Carole Jones (Chino)
39-3	*Renita Robinson (Manual Arts, L.A.)
38-9	*Janis Diggs (Salinas)
38-2 1/4	*Kim Taylor (Valencia, Placentia)
38-1 1/4	*Cathy Roberts (Cerritos)
37-11 1/2	Tamara Compton (Rosemead)
37-10 1/2	*Yvonne Griffin (El Camino, Oceanside)
	**Shelia Hudson (Rio Linda)

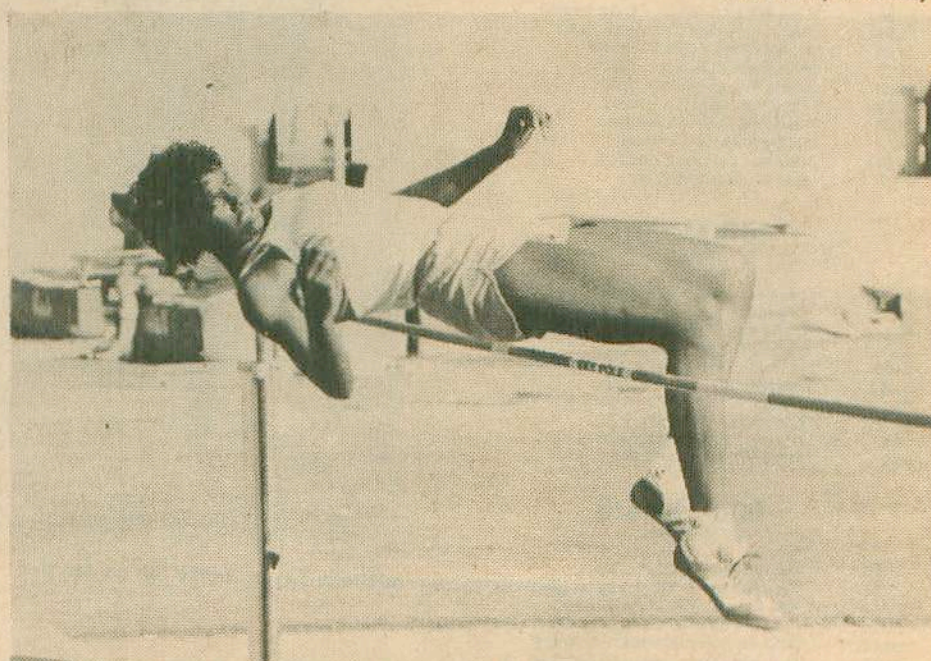
53-7 3/4	Natalie Kaaiawahia (Fullerton)
46-6 1/2	*Pam Alexander (Arlington, Riverside)
44-11 3/4	Cindy Niko (Mt. Eden, Hayward)
44- 1/2	?Carol Manaea (Seaside)
	?Torre Moses (Lincoln, Stockton)
43-5 1/2	*LaTonia Floyd (Oak Grove, San Jose)
43-2 1/2	Rose Faamal (Kennedy, Granada Hills)
41-11 1/2	?Marilyn Elkins (Manteca)
41-10 1/4	?Tracy Saylor (Quartz Hill)
41-6	?Wince (Pioneer, San Jose)

### Shot Put (53-7 1/4)

### Discus (183-11)

174-9	Natalie Kaaiawahia (Fullerton)
162-11	Kim Kester (Vintage, Napa)
158-7	Toni Lutjens (Reggatti, Santa Maria)
157-6	?Lenora Barnes (Burroughs, Ridgecrest)
150-7	**Gina Niko (Mt. Eden, Hayward)
147-9	Anne Petree (St. Francis, Mt. View)
142-7	Joyce van Overbeek (Presentation, S.J.)
142-0	Lisa Williams (Valley, Santa Ana)
141-10	?Tracy Saylor (Quartz Hill)
140-9	?Carol Manaea (Seaside)

Fine Flicks by Don Gosney



Wendy Brown: state leader in long jump and triple jump



# Prep Results

## Golden West Invitational

By KEITH CONNING

June 11. California State University, Sacramento.

The 24th annual meet was one of the best ever with five meet records.

Roger Bennett (Garfield, Woodbridge, VA) set a new meet record in the triple jump and won the Governor's Trophy as the most outstanding performer in the meet. Bennett, the national leader, started the meet at 7th all-time (52-3) and ended at 3rd all-time with a magnificent jump of 52-9. Ken Harrison (Central, Brookfield, WI), who had a best of 50-1/4 before the meet, improved to 52-4 1/2 (7th all-time). Ray Humphrey (Beacon, NY) placed third at 51-5 (19th all-time). According to meet announcer Bob Jarvis, it was the greatest high school triple jump competition of all-time. The old meet record of 52-5 1/4 was set by Sanya Owolabi (Sleepy Hollow, North Tarrytown, NY) in 1978. Tyrone Pope (El Camino, Oceanside), fourth in the State Meet at 48-0 1/4, placed fourth at 48-4 1/2.



Eric Reynolds

Jeff Van Wie (Suffery, NY) set a new meet record of 1:48.56 (8th all-time) in the 800 and won the Mares Rodebaugh Award as the most inspirational performer. He gave up the opportunity to run in his state meet in order to run here. The old meet record of 1:48.9 was set by John

Drew (Spring Branch Memorial, Houston, TX) in 1968. Drew attended the University of California at Berkeley and is still 7th on the Cal all-time list at 1:48.6y. Rodney Giles (Northern, Owings, MD) placed second and also broke the old meet record with 1:48.67 (11th all-time). Kimmie James (Richmond), the California State Meet champion at 1:50.83, finished fourth in 1:49.95, a lifetime best. The first six runners set personal bests. The national leader before this race was Mike Stahr (Carmel, NY) at 1:50.5. Tyrone McCulloch (Poly, Long Beach), whose father Earl was the outstanding athlete in this meet in 1964, did not run. Tom Ellsworth (Point Loma, San Diego), third in the State Meet at 1:52.36, placed seventh at 1:52.5.

Eric Reynolds (Camarillo), the State Meet 3200 champion in 8:54.75, set a new meet record of 8:16.0 in the 3000. The old meet record of 8:16.3 was set by Richard Perez (San Geronimo, San Bernardino) in 1980. Reynolds is the current national leader at 8:09.0 (2nd all-time). Jeff Moss (Conroe, McCulloch, TX) led the first lap in 1:09.2. Mark Junkermann (Los Alamitos), sixth in the State Meet 3200 at 9:10.00, led at 800 in 2:16.9. Karl Van Calcar (Edmonds, WA) came through three laps in 3:23.2. Then Reynolds took over with splits of 4:30.2, 5:36.2, 6:41.0, 7:13.0 (one lap to go), and 7:44.3.

Clark Waddell (Franklin, Somerset, NJ) set a new meet record of 10.58 in the 100 meters. The old meet record of 10.72 was set by Curtis Riddick (First Colonial, Virginia Beach, VA) in 1980. The first five runners all broke the old meet record. The wind was -15mps.

Doug Hedrick (Shawnee Mission East, Prairie Village, KS) set a new meet record of 51.25 in the 500 intermediate hurdles. The old record of 51.42 was set by Chris Person (Plainfield, NJ) in 1978. Tony Valentine (Plainfield, NJ), who placed second, also broke the old meet record by .01.

James Lott (Refugio, TX), the national record holder at 7-4 1/4, set a new meet record of 7-2 1/2. The old meet record of 7-2 1/4 was set by Tyke Peacock (Urbana, Illinois) in 1979. Maurice Crumby (Baiboa, San Francisco) did not compete.

Michael Cannon (South Oak Cliff, Dallas, TX) upset national leader John Patterson (Tascosa, Amarillo, TX) 46.15 to 46.26. At the Texas State 5A meet on May 14, Patterson beat Cannon 46.0 to 46.2. Patterson leads the nation at 46.06 (10th all-time). Kerry Threats (Westmoor, Daly City), third in the State Meet at 47.41, placed seventh in 47.33.

Victor Moore (Bixby, OK), second in the nation at 13.69, won the 110 hurdles in 13.82. Mark Boyd (St. Marys, Berkeley), the State Meet champion at 13.93, finished fifth in 14.15.

Mike Kibort (Saratoga), the State Meet champion at 16-8, won with a vault of 16-6. Melvin "Sky King" Hempstead (Valley, Sacramento), second in the State Meet at 15-10, placed second at 16-3, a lifetime best. National leader David Catch (Curtis Christian, River Ridge, LA) was third at 16-0. Doug Fraley (Clovis West, Clovis) was fifth at 15-9.

Vernon George (Tyler, TX) took over the national lead in the long jump at 25-4. He also leads the 110 hurdles at 13.66. However, he placed eighth in the hurdles at 14.37.

Kevin McGorty (Westfield, NJ) won the decathlon with a total of 7321 (2nd all-time). Rich Martinez (Claremont), sixth in the State Meet 300 hurdles in 36.91 and seventh in the 110 hurdles in 14.86, placed third with 6771 (2nd all-time in California). Bob Mathias (Tulare), the 1948 Olympic champion, set the California record of 6899 in 1948.

### RESULTS

100 (-1.5 mps):	
1 Clark Waddell(Franklin, Som, NJ)	10.58
2 Greg Richardson(Wm, Mobile, AL)	10.59
3 Ronald Morris(Cooper, TX)	10.60
4 Kevin Young(TempBap, Den, CO)	10.66
5 Robert Hackett(King, Mliw, WI)	10.67

photo by Gene Cohn



Nanette Garcia  
winner of girls mile

200 (-2.4mps):	
1 Robert Hackett(King, Mliw, WI)	21.34
2 Delton Hall(Grims, Grnbro, NC)	21.48
3 Clark Waddell(Frnk, Somer, NJ)	21.53
4 Greg Richardson(Wm, Mobile, AL)	21.64
5 Dave Jackson(PerryH, Balt, MD)	21.68
400:	
1 Michael Cannon(SOKClf, Dal, TX)	46.15
2 John Patterson(Tasc, Amar, TX)	46.26
3 Delton Hall(Grim, Grnbro, NC)	46.62
4 Dave Jackson(PerHal, Balt, MD)	46.91
5 Sherman Arnold(Feng, Chic, IL)	47.05
7 Kerry Threats(West, DlyCy)	47.33
800:	
1 Jeff Van Wie(Suffern, NY)	1:48.56
2 Rodney Giles(No, Owings, MD)	1:48.67
3 Jon Mann(Wayland, MA)	1:49.55
4 Kimmie James(Richmond)	1:49.95
5 Joey Bunch(Hono, HI)	1:50.3
7 Tom Ellsworth(PiLom, SD)	1:52.5
1: 5 2 . 5	
Mile:	
1 John Carloti(Berndsvi, NJ)	4:06.1
2 Billy Convey(Ran-Ev, Miami, FL)	4:08.3
3 Brian Jaeger(WinterPk, FL)	4:08.7
4 Michael Byrd(Longview, TX)	4:11.4
5 Mike Billyeu(Hale, Tulsa, OK)	4:13.5
8 Jim Frey(Yreks)	4:25.5
3000:	
1 Eric Reynolds(Camarillo)	8:16.0
2 Curt Anschuetz(E, Brkfld, WI)	8:18.0
3 Jeff Moss(Conroe, McCull, TX)	8:20.1
4 Karl Van Calcar(Edmonds, WA)	8:22.3
5 Mark Junkermann(Los Alamitos)	8:22.4
7 Grant Foster(MontVist, Cup)	8:23.4
8 Rene Perez(Woodland)	8:23.5
110H (-1.6mps):	
1 Victor Moore(Bixby, OK)	13.82
2 Ray Hutchinson(Refugio, TX)	13.89
3 Steve Fletcher(Princeton, NJ)	13.93
4 Charles James(Trum, Levit, PA)	13.93
5 Mark Boyd(St. Mary, Berk)	14.15
400 IH:	
1 Doug Hedrick(ShawMis, PV, KS)	51.25
2 Tony Valentine(Plainfld, NJ)	51.41
3 Paul Qultzau(MtOliv, Flndrs, NJ)	51.91
4 Mike Morrisberger(ChBro, Lin, NJ)	53.63
5 Gerald Alexander(Linc, Dallas, TX)	54.8

High Jump:	
1 James Lott(Refugio, TX)	7-1 1/4
2 Mark Reed(Great Falls, MT)	7-1
3 Sharief Hazim(West, Top, KS)	7-1
4 Bryan Barton(SoLkTahoe)	7-0
5 Doug Dreibeis(Foot, Tustin)	6-10
6 Ted Glatke(Beyer, Modesto)	6-10
8 Sean Chambers(High, Sacto)	6-8
Pole Vault:	
1 Mike Kibort(Saratoga)	16-8
2 Melvin Hempstead(Vly, Sacto)	16-3
3 Greg Likens(JuncCty, OR)	16-0
3 David Gatch(CurChr, RR, LA)	16-0
5 Doug Fraley(Clovis West)	15-9
Long Jump:	
1 Vernon George(Tyler, TX)	25-4
2 Billy Farrell(SoOkClf, Dal, TX)	24-6 1/4
3 Johnny Johnson(Nashvi, AR)	24-4 1/4
4 Adam Cox(HighPrk, Dal, TX)	23-8 1/4 w
5 Dio Cadogan(Linc, Tac, WA)	23-6 1/4
Triple Jump:	
1 Roger Bennett(Garf, Wood, VA)	52-9
2 Ken Harrison(Cen, Brkfld, WI)	52-4 1/2
3 Ray Humphrey(Beacon, NY)	51-5 w
4 Tyrone Pope(ElCam, Oceanside)	48-4 1/2
5 Byron Patterson(StMary, Berk)	48-1/2
Shot Put (12 lb.):	
1 Gary Price(Monroe, MI)	63-10 1/4
2 Gary Frank(Omro, WI)	62-2 1/4
3 Randy Campbell(Russvi, AR)	61-2 1/4
4 Jeff Pickett(Texark, TX)	61-1/4
5 Curt Sisco(Vacaville)	58-10 1/4
Shot Put (16 lb.):	
1 Gary Price(Monroe, MI)	53-4 1/4
2 Gary Frank(Omro, WI)	49-11
3 Eric Olson(Taunton, MA)	49-3
4 Randy Campbell(Russvi, AR)	47-5 1/4
Discus:	
1 Johnny Mitchell(Muskegon, MI)	195-5
2 Daryl Dapron(CottGrv, OR)	190-11
3 Gene Abernathy(K-MtC, WI, KS)	185-7 1/4
4 David Stanley(Angleton, TX)	178-10
5 Curt Sisco(Vacaville)	172-8 1/4
7 Rob Shenk(Men-Ath, Ather)	163-6
Javelin:	
1 Bob Amabile(Wall, NJ)	233-8
2 James Jones(FrPk, Shrvpt, LA)	227-9
3 John Towle(ScotPins, NJ)	213-1
4 Bruce Bacchiocchi(Dum, NJ)	210-6
5 Mike Ostrom(LasLom, WalCk)	208-6
Decathlon:	
1 Kevin McGorty(Wesfld, NJ)	7321
2 Steve Klassen(Fair, Bldr, CO)	6905
3 Rich Martinez(Claremont)	6771
4 Scott Peterson(Shafter)	6563
5 Todd Howard(Bryan, TX)	6394
7 Lindy Lucas(SimiVly)	5931

## Kinney Invitational

from KEITH CONNING

June 12. Edwards Stadium, Berkeley.

High School Events

Boys Mile

1 Calvin Gaziano(Castro Vly)	4:16.0
2 Grant Foster(Mnte Vista, Cup)	4:16.2
3 Gus Quinonez(Huntington Bch)	4:17.5
4 Tom Legan(Del Mar, SJ)	4:18.9
5 Jim LaForte(Mt. Pleasant, SJ)	4:22.0
6 Danny Valdez(Merced)	4:23.8
7 Jim Bloomer(El Cerrito)	4:25.7
8 Chris Craig(Leigh, SJ)	4:26.3
9 Kimmie James(Richmond)	4:30.7

Boys 800 Relay

1. Berkeley (Anthony Usher, John Paulding, Andre Hunter, Ken Henderson)	1:27.48, 2. Merced 1:29.20, 3. Castlemont, Oakland 1:29.57.
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Girls Mile

1 Nanette Garcia(Silver Crk, SJ)	4:49.2
2 Lanette Davis(Del Mar, SJ)	4:57.2
3 Paige Tully(Alhambra, Martinez)	4:59.4
4 Wendy Sihner(Miramonte, Or.)	4:59.5
5 Jennifer Thatcher(Encinal, Alm)	5:00.3
6 Liz McDowell(Del Oro, Loomis)	5:00.6
7 Beth Wilson(Terra Nova, S.R.)	5:16.7
8 Kelly Donaldson(Merced)	5:23.0
9 Rebecca Chamberlain(Leigh, SJ)	5:23.0
10 N. Bettencourt(Carondelet, Con)	5:26.3
Girls 800 Relay: 1. Berkeley HS, Jackie Baker, Lana Rice, Yvette Bates, Nedra Rodgers 1:39.08, 2. Mission (SF) HS 1:42.74.	



# 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.*

## Capitol City Flyers

P.O. Box 1495, Fair Oaks 95628

The month of June saw some fast footing by the "Flyers." To start things off Andy Ferguson won the Fair Oaks Fiesta Run on June 5th with a 25:58 runaway. More than a minute behind but in second place was teammate Dave Chalez in 27:08. Jeanette Slingerland won the women's overall in 34:13 for a clean sweep for the club.

On June 11th Ferguson came back for a 14:22 third place finish at the PA-TAC Track Championships 5000; then the next day won the Beaver Believer in 19:52. Also on June 12th Harold Kuphardt won the Bronco Roundup 5K in 14:59.

Two members participated in the June 18 TAC-USA National Track Championships: Patti Gray was 4th in the 10,000 in a PR 33:42. Dave Rennelsen ran an unplaced 8:46 in the steeplechase.

The biggest event for the "Flyers" was winning the open men's and open women's team titles at the PA-TAC 25K Championships. Leading the way for the men were Jerry Drew in 3rd, John Mansoor 4th, Rob Anex 8th; for the women: Linda Somers 1st, Laura McHale 5th and Rita Fagundes 6th.

## Club Hack

3101 Queensbury Dr., Los Angeles 90064

The recently formed track club composed mostly of UCLA five-year redshirts has been running together (and winning) at UCLA Intramural cross country and track races for several years.

On May 31st and June 2nd the club got together at the UCLA Intramural track meet. By placing 3 or 4 runners in each of the distance events, the club took the team title with 96 points (next closest: Football Team 46, SAE Fraternity 42). Main point scorers were: Bruce Thomson (1st in mile, 2 mile and mile relay and 2nd in 5000); Mark Ulloa (1st in 5000, 2nd in 2-mile, 3rd in mile); and Jim Hogue (1st in mile relay, 2nd in mile and 880).

At the Mt. SAC Relays, a 4x1500m relay team was entered with fine performances by Ron Moroko (3:57) and Bruce Thomson (4:08 PR).

Most of the teams' racing has been at the China Cup Series races where the club is leading the overall team point total for the series. Team scorers other than previously mentioned, include Eric Waiian, Richard Friefinger, and Lee Berg.

## Seniors Track Club

24409 S. Meyler St., Harbor City 90710

The Seniors Track Club was formed January 28, 1966 by ten people in a meeting held at the Fountain Valley City Hall. This makes the club numero uno in the masters movement. Not long after, the San Diego Track Club and the Striders established masters divisions. Within the next year the Northern California Seniors and the Corona Del Mar Track Clubs were formed. Many have contributed to the masters movement, but only one club, the Seniors Track Club, gave the movement its initial start.

Over the years the club has boasted many American record holders and AAU/TAC national championship titles. The club has also included many notorious people such as Nathan Pritikin and Alan Cranston.

The club, now as always, consists mostly of average people that are neither fast nor famous. It is Southern California based, and is open to any person regardless of age, sex, race or creed. It is run by the members, for the members and does not revolve around any single person. Its motto is "Running for Fun and Fitness."

Because the club was originally founded to promote more and equal competition for the older runner, the bulk of the membership is 35 years of age and older. But younger runners are welcome.

For more information or membership application, contact: Hal Winton, President, 24409 S. Meyler St., Harbor City 90710. (213) 534-1704.

## San Diego Track Club

P.O. Box 7853, San Diego 92107

At least 25 SDTC women participated in the Avon Marathon in Los Angeles June 5. First finisher among them was up-and-coming submasters runner Judy Dodge, 36. Judy, who recently finished 12th in a class field at Bonne Bell, ran the Avon course in 3:01:26, good enough for a 62nd place finish overall in an international field representing 30 countries.

SDTC individual division awards in the race went to Ursula Rains, Judy Simon, Bess James and Anne Johnson.

Most impressive was the team showing: Judy Simon, Gerry Davidson, Hazel Klein and Bess James won the TAC national championship for 60-plus teams.

## Coyote Hills RR

2609 Falcon Ct., Union City 94587

The CHRR in the Tri-Cities area (Hayward, Union City, Fremont) is seeking to further promote running and physical fitness.

Fun Runs with the Coyote Hills RR at Coyote Hills Regional Park, Fremont, are held every Sunday morning at 8 am. Meet across from the Alameda Creek Equestrian Center on Newark/Union City Blvd. adjacent to the canal entrance to the park. For information contact Craig Johnson (415) 487-1460.

## Fresno Track Club

P.O. Box 6103, Fresno 93703

Fresno Track Club's top seed, Jim Hartig, put together four consecutive weekends of running with results that all runners dream of but rarely accomplish. Starting with the May 29 prestigious Brentwood 10K in Southern California, Jim placed 4th overall out of 3000-plus with a solid 30:48. Six days later he was in Helena, Montana for the Governor's Cup 10K where the Cole Elementary School teacher and coach placed second with a 31:12 on a course he described as the "Hilliest 10K course I have ever been on, at 4,700 feet elevation to boot." The next two Sundays are now all etched in the archives of San Joaquin Valley Road Racing with resounding back-to-back wins at the Chihuahua six miler and the Father's Day six miler. Hartig's Chihuahua run of 28:48 was a course record and personal best as he repulsed every Tony Ramirez thrust to win a classic duel. A week later, Hartig again met Ramirez head-on in a more tactical race, but came through to defeat his fellow Team Adidas runner in a gutty 28:52 performance.

Other Club division winners at Chihuahua included Frank Delgado 1-40-49 10:32; Dick Cain 1-50-59 10:44; Donna Wilkinson 1-30-39w 13:08; and Jeanne Arakelian 1-40-49w NT in the two mile. In the six mile Juan Garza 1-30-39; Jim Brooks 1-WC 44:05; Rosa Medina 1-30-39w 38:21; and Marge Timberlake 1-40-49w 39:22.

Other Father's Day division winners in the six mile were: Juan Garza first father 30:54; Don Trout 1-40-44 34:03; Frank Delgado 1-45-49 33:45; Chris Delgado first grandfather 34:04; Jim Brooks 1-WC 39:12; Donna Wilkinson 1-35-39w 40:49; Jeanne Arakelian 1-40-49w 39:15; Pat Hurst 1-50-59w 41:03.



## Modesto Footracing

1600 Sunrise, No. 14, Modesto 95350

The Modesto Footracing Association was recently awarded by the RRCA at the national convention in S.F. May 14 the 1984 RRCA Cal State and Western Region 10K Championships. The event will be held in conjunction with the Modesto Natural Light Footrace - it will be held in October.

Modesto Footracing members have been quite busy at the races with several claiming first places. Heading the list currently is Bob Loux, who won the Lite Brigade Half Marathon in the Bay Area in April. His time was 1:09 and bested over 4000 others. Also on a winning note was Jeff Highiet as he captured a first place tie in the SOS Joqqing Ass'n Godzilla Gasp 10 miler over a hilly Knights Ferry Course.

## East Bay Striders

5742 Claremont Ave., Oakland 94618

Can a group of friends whose running talent ranges from moderate to good hope to be competitive in Northern California relay and road races? East Bay Striders was formed in March 1983 to answer such a question. The club, an off-shoot of Lake Merritt Joggers and Striders, celebrated its birth by being the first TAC team and third overall to finish the Tahoe Relays held June 11. The team (E. Williams, Harnett, Ivary, Monteverdi, Wheeler, Jacobs and D. Williams) broke the old club record (LMJS) by 22 seconds by finishing in 7:00:25.

Dan Williams finished sixth overall and third submaster in the April 17 American River 50. This was Dan's first 50 miler and only his second "ultra." Dan won the Skyline 50K last August.

Thom Trimble swept ahead of a good field to win the April 10 Run for Daylight 10K in Alamo with an excellent 31:55 for this hilly course. Trimble also won the 3000 meters at an all-comers meet in 8:38.

Eric Williams' excellent time of 25:14 at the July 4th 5 Miler in Oakland placed him second submaster and fifth overall. Eric was also first submaster at the July 10 Marin Headlands Race.

Joe Schieffer cracked the top 50 barrier at Bay to Breakers with a time of 39:26.

## Tulare Runners

P.O. Box 1995, Tulare 93275

Shannon Battles, a junior at Tulare Union High School, won the women's division of the Tulare Sundowner 3K on June 16th in 12:31. Dennis Wong finished sixth overall in the same race with a time of 9:24. In the second edition of the Sundowner 3K series, club runner Jim Canales finished fourth in 9:39.

Don Chorley completed his second Western States 100 Mile Endurance Run on June 25th in 26 hours and 34 minutes. Chorley bettered his 1982 time by over 2½ hours.

Dennis Wong finished twelfth overall with a personal best of 31:25 at the Father's Day Six Mile on June 19th in Fresno.



Sub-4 Runners Larry Cuzzort (3) and Nick Rose (1) in their familiar role—leading a road race. Photo from Sub-4/Caprolan Nylon Invitational 8K.

## Sub-4 Track Club

11615 Coley River, Fountain Vly., 92708

How's this for a tough racing schedule. Sub-4's Domingo Tibaduiza ran a 2:15:11 in the Rome Marathon. The following week Domingo finished third at the very competitive Lilac Bloomsday, covering the 7.5 mile course in 35:28. From there he took a weekend off before placing sixth in the Frankfurt Marathon, running 2:15:46. The very next week (5/22) he travelled to Berne, Switzerland to place fourth in a ten miler, running 47:21. On the 28th of May in Bonn, West Germany, he turned in a 2nd place, 28:32 10K. Then to cap it all off, Domingo ran a superb 2:12:46 Stockholm Marathon on June 4, to finish fourth. Now, there's an Ironman.

Teammember Roy Kissin is starting production on a movie that he has been working on for over a year now. The movie, "On the Edge" will feature Bruce Dern in the lead role. Break a leg, Roy.

At the Olympic Torch 10K in Newport Beach on May 22nd Club members cleaned up: 1st Steve Scott 28:58, 5th Ralph Serna 29:41, 7th John Koningh 29:56, 10th Manny Bautista 30:08, 17th Dave Babiracki 30:42, 22nd Ben Wilson 30:59, 28th Ron Cornell 31:44.

Also running quick 10K's in May were Larry Cuzzort who placed 4th in 29:02 at the Tom Black Classic in Knoxville, Tenn.; and Nick Rose who was also 4th in the Revco 10K with 28:55 in Cleveland, Ohio.

At the UCLA/Pepsi Invitational on May 14th Steve Scott won the mile in 3:53.16 and John Koningh was 4th with a PR in the 2 mile at 8:41.3.

Club News continued on page 48. . . .

## Aztlan Track Club

448 N. Ave. 56th., Los Angeles 90042

Aztlan's participation in the 75 mile relay race from Tecate to Ensenada was a great success. 15 Aztlan teams from all parts of California showed. The top team was the group from Los Angeles which placed 12th in 7 hours, 36 minutes.

The Avon Womens Marathon was another major event for the track club. Participants were Cathy Molina with a fantastic 3:20, followed by Luz Garcia 3:44, Magdalena Gonzalez 3:45, Terry Baumgart 4:02, Lupe Sarabia 4:09, and Adela Chavez 4:10.

Jim Minami is making a great comeback after a 6 month bout with Hepatitis. He ran the La Crescenta 5K in a fantastic time of 15:54. Also Frank Meza one year after back surgery won the San Marino 5K in 16:10.

## NorCal Seniors T.C.

3784 Army St., San Francisco 94110

The NorCal Seniors Classic Track & Field Meet on July 3, was a big success as many American and World records fell at Berkeley's, Edwards Stadium track.

Elvyn Blair was busy for the club in recent runs. On May 14 she limbered up for Bay to Breakers and the PA-TAC 15K by winning the 40-49 division at the Stoney Ridge Vineyard run with an 8K time of 34:55. Her biggest win of the month was her first masters woman at the Russian River Half-Marathon which she ran in 1:34:08. Not only did she win the masters, she was the first woman overall! Eileen Klatsky was another NorCal winner, taking first in the 50-59 division in 1:44.



# PR's

PR of the month goes to Alice Brown. Her 11.08 in the 100m of the TAC Summer Games puts her 3rd U.S. performer. But more than that, the day before, it was Brown who went head to head with GDR's 200 and 400 meter world record holder, Marita Koch in the 4x100 relay of the USA vs. GDR meet. She went stride for stride with Koch and even picked up a meter on her, allowing Diane Williams and Chandra Cheeseborough to open up a big enough lead for Evelyn Ashford to hold off a fast closing Marlies Gehr.

Another good effort was Santa Monica Track Club's newest sub-9:00 steepler, Ruben Haro. With a previous best of around 9:07, Haro knew he could break nine minutes, but he also knew it wouldn't be easy. Then, at the Prefontaine Classic, he put it all together. He kept himself under control, avoiding going out too fast, a temptation he has found difficult to resist. When it was over, he had blown right through that nine minute barrier and makes this month's list with an 8:55.97.

We've got a big list this month, but not as big as it would be if some of you clubs and schools would send your lists in, not to mention all you individuals. Don't be bashful. How about you coaches? Don't you want all of us to know about your coaching? Just imagine if every high school, J.C. and university coach sent in even one P.R. each month! That alone would fill a few pages.

Roma Antoniewicz, Olympic Torch 10K	36:35
Roma Antoniewicz, Loeschhorn's 10K, 1st F	36:08
Allison Baker (SMT) CIF League Finals, 2m, 2nd	12:21.0
Pam Bardwil (SCR) Springfest 10K	44:06
Bob Bans (SCR) Birmingham All-Comers 3200m	10:45
Doug Barnes (SCRR) TAC State Champ. 5000m	16:41.5
Doug Barnes (SCRR) TAC State Champ. 1500m	4:37.1
Doug Barnes (SCRR) SCRR Invit. 2000m Stpl	7:11.6
Doug Barnes (SCRR) Las Virgines Invit. 3000m	9:54
Doug Barnes (SCRR) Blue Angels Invit. 5000m	*17:03
Barbie Benton, Avon Marathon	*4:43:00
Bill Bentz (SCRR) SCRR Invit. 1500m	4:29
Bill Bentz (SCRR) SPATAC Dist. Champ. 1500m	4:28.4
Bill Bentz (SCRR) Blue Angels Invit. 5000m	*16:57
Bill Bentz (SCRR) TAC State Champ. 5000m	16:38.9
Earl Beverly (SCR) SPATAC 5K	17:22
Mike Blaha (SCR) Van Nuys Kiwanis 10K	44:31
Nicole Biggers (SCRR) TAC State Champ. 1500m, 2nd/14-15	4:49.6
Nicole Biggers (SCRR) CIF 3A Finals 800m	2:13.24
David Blackwell (SCR) Birmingham All-Comers 3200	12:56
Darcy Bowden (SMT) Brentwood 10K	37:03
Ann Boyd (SCR) Brentwood 10K	49:30
Ann Boyd (SCR) Pico 8K	37:58

Jeff Boyd (SCR) Leatherneck Marathon	3:18:33
Becky Bresnick (SCRR) SCRR Invit. 3000m, RW, 1stF/13-14	16:37
Mike Brindley (Covnia HS) Magan Clinic 1 Mile	*6:05.0
Alice Brown (Wilt's AC) TAC Summer Games 100m	11:08
Dave Brown (SCR) Corporate Cup 10K	41:22
Julie Brown (Adidas) Avon Women's Int'l Marathon, 1st (2 US, 4 World)	2:26:24
Michelle Bush (Wilt's AC) TAC Summer Games 300m	9:06.23
Robin Campbell (Stanford TC) UCLA/Pepsi, w800m, 1st (4th U.S.)	1:59.7
Jim Carlisle (Heart Club) Beryl Hgts School 5K	18:38
Al Carr (PFF) Run With Jim 10K	40:40
Suzanne Castruita (SCRR) SCRR Invit. 800m	2:29.5
Suzanne Castruita (SCRR) SPATAC Dist. Champ. 800m, 1st/10-11	2:27.6
Suzanne Castruita (SCRR) Las Virgines Invit. 1500m	4:56.9
Suzanne Castruita (SCRR) SPATAC Dist. Champ. 1500m	4:54.4
Suzanne Castruita (SCRR) Las Virgines Invit. 3000m	10:46
Suzanne Castruita (SCRR) SCRR Invit. 3000m	10:40.9

photo by Richard Lee Slotkin



Jaynie Studenmund  
PR at Brentwood 10K

photo by Richard Lee Slotkin



Roma Antoniewicz  
PR at Loeschhorn's 10K

Amber Chavez (SCRR) SPATAC Dist. Champ. 1500m Racewalk, 1st/10-11	7:55.5
Amber Chavez (SCRR) Las Virgines Invit. 1500m	4:59.9
Heidi Clarke (Heart Club) Rockwell Reservoir 10K	46:01
Charles Coco (PFF) Around the Bay in May 10-Miler	72:08
Norah Collins (PF) Avon Marathon	4:32:00
Dee Comfort (SCRR) Pico 8K	*53:27
John Cosgrove (Heart Club) UCLA Challenge 10K	37:56
Chuck Cunliffe (SCR) SPATAC 5K	19:59
Glenn Deines (SCR) Olympic Torch 10K	37:31
Glenn Deines (SCR) Brentwood 10K	37:29
Glenn Deines (SCR) SPATAC 5K	18:08
April DiAmbrosi (PFF) Avon Marathon	*3:52:22
Laura Doering (SCRR) Cougar Invit., 1st	10:43.29
Laura Doering (SCRR) SCRR Invit. 3000m	10:41.0
Laura Doering (SCRR) Dist. Champ. 300m	10:37.7
Katie Dunsmuir (SMT) L.A. City Prelims, 3200m, 1st	10:27.6
Paul Farina (SMT) SPATAC T&F Champ. 5000m	15:11
Charlie Fretz (SCR) Brentwood 10K	40:09
Diane Gale (SCR) Avon Int'l Marathon	3:39:14
Diane Gale (SCR) SPATAC 5K	*20:27
Greg Gawlick (Heart Club) Boston Marathon, 51st/overall	2:17:32
Bob Gerlach (SCR) Van Nuys Kiwanis 10K	37:06
Irene Gilbert (SCR) Santa Anita Lite 10K	53:59
Chuck Gormley (Paramount HS) Cerritos Coll. All-Comers 1500m	*4:47
Johnny Gray (SMT) All-American Invit. 400m, 1st	48.3
John Hall (SMT) All-American Invit. 1500m	3:50.2
Joe Hampton (SCR) Fox Trot 15K	57:17
Tim Hampton (SCR) Van Nuys Kiwanis 5K	15:28
Kevin Hardway (Covina HS) Mt. SAC Memorial Day All-Comers, 5000m	*22:40.0
Ruben Haro (SMT) PreFontaine Classic 300m, SC	8:55.97
Ruben Haro (SMT) Long Beach All-Comers 1500	4:03.0
Ruben Haro (SMT) All-American Invit. 1500	3:57.9
Bill Harvey (SCRR) SPATAC Dist. Champ. 3000m	11:01.4
Bill Harvey (SCRR) SCRR Invit. 1500m	5:14
Bernie Heinze (SCR) McDonald 10K	46:35
Caroline Heinze (SCR) McDonald 10K	47:43
John Hiroshima (Heart Club) Beryl Heights 5K	17:01
Don Hosek (SCR) Hansen Dam 10 Mile	65:09
Don Hosek (SCR) Van Nuys Kiwanis 10K	37:43
Carol Kallier (CSUN) Mt. SAC Relays 3000m	9:27.7
Bob Kimmerly (SCR) Lompoc Marathon	*3:21.37
Bob Kimmerly (SCR) Brentwood 10K	39:19
Bob Kimmerly (SCR) SPATAC 5K	19:34
Glenda Kimmerly (SCR) SPATAC 5K	22:27
Amy King (SCRR) SPATAC Dist. Champ. 1500m	5:14.3
Amy King (SCRR) TAC State Champ. 800m	2:35.4
Amy King (SCRR) OCMA 5K, 1st F	19:28
Amy King (SCRR) North Coast YMCA Invit. Mile	5:49.4
Jim Kinnir (Heart Club) Beryl Hgts. School 5K	17:21
Dorothy Kobayashi (PFF) Avon Marathon	3:58:04
Eileen Kraemer (Club Adidas) Brentwood 10K, 2nd F	34:38
Shannon Krause (SCR) Avon Int'l Marathon	*3:30:07
Willard Krick (Heart Club) Playa Vista 10K	41:38
Eddie Lavell (BA) SPATAC Dist. Champ. 1500m, 1st 12-13	4:35.1
Eddie Lavell (BA) Blue Angel Track Meet 3000m, 1st	9:39.6

## BAY AREA

# THE SCHEDULE

## THE ROAD RACER'S REFERENCE

This monthly magazine is the official PA-TAC LDR Schedule for 1983. It contains a complete race calendar for a full year as well as entry blanks for many up-coming races.

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Tami Lawler (SCRR) SPATAC Dist. Champ. 3000m  
Tami Lawler (SCRR) SPATAC Dist. Champ. 1500m  
Tami Lawler (SCRR) TAC State Champ., 4x800m  
Marc Lawson (SCRR) SPATAC Dist. Champ. 800m  
Marc Lawson (SCRR) SPATAC Dist. Champ. 1500m  
Sheri Lawson (SCRR) SPATAC Dist. Champ. 3000m, 1st place  
Thomas Leong (SCRR) TAC State Champ. 500m  
Thomas Leong (SCRR) SCRR Invit. 2000m SC  
David Longyear (SCRR) North Coast YMCA Invit. 2M, 1st 13-14  
David Longyear (SCRR) SPATAC Dist. Champ., 3000m  
David Longyear (SCRR) TAC State Champ., 3000m  
David Longyear (SCRR) Orange JHS City Champ., Mile, 2nd/8th grade



First time marathoner Barbi Benton and veteran Mavis Lindgren at Avon Marathon.

photo by Richard Lee Slotkin

Karen Longyear (SCRR) SPATAC Dist. Champ. 1500m 5:18  
Karen Longyear (SCRR) SPATAC Dist. Champ. 3000m 11:05.6  
Karen Longyear (SCRR) OCMA 5K 20:07  
Toni Lopez (SCRR) SPATAC Dist. Champ. 1500m, 1st/12-13 4:52.8  
Toni Lopez (SCRR) SPATAC Dist. Champ. 3000m 10:25.6  
Toni Lopez (SCRR) SCRR Invit. 800m 2:26.0  
David Mack (SMT) TAC Nat'l Champ. 800m, 2nd 1:44.76  
Robert Mackey (Covina HS) Sunrise 10K \*37.43  
Liz Mandeville (PFF) Avon Marathon 3:52:36  
Brian Mason (Covina HS) Mt. SAC Relays, H.S. decathlon \*4338 pts.  
Wayne Matsumura (SMT) Brentwood 10K 33:35  
Bill Meyer (SCRR) SPATAC Dist. Champ. 800m 2:04.9  
Bill Meyer (SCRR) Orange JHS City Champ. Mile, 1st/9th grade 4:46  
Steve Miller (Covina HS-Coach) Magan Clinic 1 Mile \*5:43.1  
Steve Miller (Covina HS-Coach) Mt. SAC Memorial Day 10,000m; 3rd \*43:01.0  
Paula Moreno (SCRR) Cougar Invit. 1500m 5:25  
Steve Morgan (Heart Club) El Camino 10K 48:14  
George Morse (SCR) SPATAC 5K \*17:38  
Dietmar Oberhoessel (Heart Club) Love Your Heart 10K 38:45  
David Parker (SCRR) TAC State Champ. 500m \*18:33  
David Parker (SCRR) SCRR Invit., 2000m SC 1st/16-17 \*6:49.9  
Tiny Porter (SCRR) SCRR Invit., 1500m RW 10:47.4  
Tiny Porter (SCRR) SPATAC Dist. Champ. 1500m racewalk 10:08.6  
Gladys Prieur (SMT) So. Calif. Women's Invit. 800m 2:13.5  
Kathy Pugh (SCRR) Cougar Invit. 3000m, RW, 1st place 15:08.0  
Kathy Pugh (SCRR) TAC State Champ. 3000m, RW, 1st/14-15 14:51.8  
Julius Ratti (Ratti's Runners) SRI Shinmoy Marathon 2:50.18  
Tom Redfearn (SCR) Leatherneck Marathon \*3:33:03  
David Rizzo (SCR) Olympic Torch 10K 37:11  
Leann Rogue (PFF) Avon Marathon 4:21.00  
Mitch Rudoff (WVTC) Oakland Half-Marathon 1:24:09.7  
Cheryl Sale (SCR) Birmingham All-Comers 3200m 12:33  
Mike Sather (Heart Club) Around the Bay in May 10 Mile 1:16:46  
Mike Schriever (PFF) Around the Bay in May 10 Mile 56:59  
Chris Sidles (SCR) Van Nuys Kiwanis 10K 23:16  
Chris Sidles (SCR) Fox Trot 15K 80:06  
Russ Sidles (SCR) Fox Trot 15K 62:28  
Russ Sidles (SCR) SPATAC 5K 19:29  
Sarina Sidles (SCR) Brentwood 10K 60:02  
Sarina Sidles (SCR) Pico 8K 49:29  
Ron Smith (SCR) PV Marathon 2:48:00  
Michelle Soderberg (CC) Olympic Torch 10K 36:16  
Jaynie Studenmund (Tiger) Brentwood 10K 36:16  
Mark Storr (PRR) Torrance Armed Forces Day 10K 34:50  
John Swallow (SCR) Hansen Dam 10 Mile 67:07  
John Swallow (SCR) Fox Trot 15K 62:51

10:50.3  
5:08.4  
2:37  
2:47.5  
5:18.4  
10:14.4  
17:01  
\*7:36.1  
11:05.4  
9:52.5  
9:50.0  
5:03  
Eddie Tabares (SMT) So. Calif. JC Prelims 5000m  
Tanya Thayer (SCRR) Cougar Invit. 1500m  
Tanya Thayer (SCRR) SCRR Invit. 1500m  
Tanya Thayer (SCRR) SPATAC Dist. Champ. 1500  
Tanya Thayer (SCRR) Cougar Invit. 3000m  
Tanya Thayer (SCRR) SPATAC Dist. Champ.  
Linda Wicker (SCR) Brentwood 10K  
Emma Williams (SCR) Pico 8K  
Emma Williams (SCR) Van Nuys Kiwanis 10K  
Randy Wilson, Jr. (SCRR) SCRR Invit. 1500m  
Randy Wilson, Jr. (SCRR) TAC State Champ. 1500m  
Randy Wilson, Jr. (SCRR) SCRR Invit. 300m, 1st/10-11  
Bill Winstanley (SCR) Hansen Dam 10 Mile  
Bill Winstanley (SCR) SPATAC 5K  
Jeannie Wood (PFF) Avon Marathon

15:06.0  
5:20.05  
5:18.2  
5:17  
11:06  
11:03.4  
54:51  
39:00  
47:59  
5:10  
4:55.0  
10:34.2  
64:31  
18:35  
3:58.02

## SPRINTS

Kirk Baptiste (SMT) TAC Nationals 20.38  
Tim Ellis, Valley Conf. Finals, 100 yds. 11.8  
Brent Erickson (SCRR) SPATAC Dist. Champ., 200m 22.4  
Chuck Gormley (Paramount HS) Cerritos Coll. All-Comers, 200m \*27.1  
Jackie Joyner (UCLA) NCAA Champ. Heptathlon, 1st (NCAA Record) 8365 pts.  
Carl Lewis (SMT) Jenner Int'l, 200m, 1st 20:16  
Carl Lewis (SMT) TAC Nationals, 200m, 1st AR 19:75  
Ophir Trommer (SMT) Long Beach All-Comers 200m 22.8

## FIELD EVENTS

Durnesia Body (SCRR) SPATAC Dist. Champ. SP 1st F 12-13 39-9  
Durnesia Body (SCRR) TAC State Champ. SP 1st F 12-13 41-11  
Durnesia Body (SCRR) SCRR Invit. Discus 1st F 12-13 111-0  
Becky Breenick (SCRR) Las Virgenes Invit. Jav. 95-0  
Crystal Davis (SCRR) SPATAC Dist. Champ. SP 34-3  
Jenell Gomez (SCRR) Las Virgenes Invit. Jav. 94-7  
Brenda Hack (SCRR) SCRR Invit. Discus 79-6  
Brenda Hack (SCRR) SCRR Invit. SP 28-5  
Brenda Hack (SCRR) TAC State Champ. Discus, 1st F 10-11 85-3  
Brenda Hack (SCRR) TAC State Champ. SP 29-2  
Carl Lewis (SMT) TAC Nationals LJ, 1st (2 US, 2 World) 28-10 1/4  
Carol Lewis (SMT) TAC Nationals LJ, 1st (2 US) 22-8  
Jason Newbourne (SCRR) TAC State Champ. Discus, 1st 10-11 104-7  
Jason Newbourne (SCRR) TAC State Champ. SP, 1st 10-11 39-10  
Scott Paulsen (SCRR) TAC State Champ. SP 34-10  
Scott Paulsen (SCRR) TAC State Champ. Discus 100-2  
Scott Paulsen (SCRR) TAC State Champ. Jav. 99-1  
Joanne Sepulveda (SCRR) SPATAC Dist. Champ. LJ 11-2

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# Results

## Track & Field Results

### SPATAC All-Star Team 1982

(All members and teams must be registered in the SPA or living in the district and compete in at least one meet in the district.)

<b>100m</b>	
1 Carl Lewis (SMTC)	10.00
2 Ron Brown (SSTC)	10.20
3 Darwin Cook (USC)	10.20
<b>200m</b>	
1 Carl Lewis (SMTC)	20.27
2 Eric Brown (UCLA)	20.39
3 Don Quarrie (SCS)	20.39
<b>400m</b>	
1 Eddie Carey (AIA)	45.42
2 Michael Turner (PCC)	45.48
3 Howard Henley (SSTC)	45.49
<b>800m</b>	
1 Steve Scott (Sub-4)	1:45.05
2 Johnny Gray (SMTC)	1:45.41
3 David Mack (SMTC)	1:45.55
<b>1500m/Mile</b>	
1 Steve Scott (Sub-4)	3:32.33
2 Todd Harbour (SMTC)	3:33.99
3 Ray Wickell (Sub-4)	3:39.58
<b>3000m SC</b>	
1 Dave Daniels (UCLA)	8:29.24
2 Bill McCullough (SMTC)	8:36.1
3 George Mason (AIA)	8:45.3
<b>5000m</b>	
1 Bill McChesney (SMTC)	13:14.80
2 Steve Ortiz (UCLA)	13:35.0
3 Todd Harbour (SMTC)	13:38.5

<b>10,000m</b>	
1 Bill McChesney (SMTC)	27:50.82
2 Steve Ortiz (UCLA)	28:21.3
3 Steve Bishop (Macc)	28:35.01
<b>110 HH</b>	
1 Greg Foster (WAC)	13.22
2 Sam Turner (SSTC)	13.31
3 Milan Stewart (SSTC)	13.48
<b>400H</b>	
1 Andre Phillips (Wilt's AC)	48.45
2 James King (Macc)	49.30
3 John Lerstrohm (SSTC)	49.68
<b>4x100 Relay</b>	
1 USC Alumni	39.41
<b>4x200 Relay</b>	
1 USC Alumni	1:22.12
<b>4x400m Relay</b>	
1 Pacific Coast Club	3:06.09
<b>4x800 Relay</b>	
1 Santa Monica TC	7:15.72
<b>4x1500 Relay</b>	
1 UCLA	15:18.2
<b>Sprint Medley</b>	
1 El Camino College	3:18.9
<b>Distance Medley</b>	
1 SMTCT	9:32.4
<b>H.J.</b>	
1 Dwight Stone (PCC)	7-7/2.31
2 Del Davis (UCLA)	7-7 1/4/2.32
3 Brian Stanton (SMTC)	7-5 1/4/2.265
<b>P.V.</b>	
1 Dan Ripley (PCC)	18-9 1/4/5.72
2 Mike Tully (NYAC)	18-4 1/4/5.60
3 D. Kenworthy (SSTC/USC)	18-2 1/4/5.56
<b>C.J.</b>	
1 Carl Lewis (SMTC)	28-9/8.76
2 Larry Myricks (AA)	28-1/8.56
3 Danielle Jackson (SSTC)	25-11 1/4/7.91
<b>T.J.</b>	
1 Willie Banks (A.W.)	57-1 1/2/17.41
2 Dokle Williams (UCLA)	55-2/16.81
3 Mike Marlow (SSTC)	55-0/16.76
<b>Shot</b>	
1 Dave Lant (AW)	72-3/22.02
2 Gary Wilkly (AZ State)	68-2 1/4/20.78
3 Mike Weeks (SSTC)	66-5/20.24
<b>Discus</b>	
1 Ben Plucknett (SCS)	224-9/68.50
2 Gary Wilkly (AZ State)	203-6/62.02
3 Marcus Gorden (SSTC)	202-11/61.84
<b>Hammer</b>	
1 Bill Green (SSTC)	230-1/70.12
2 Peter Farmer (Macc)	239-0/72.86
3 Doug Barnett (AZ Univ)	225-10/68.84
<b>Javelin</b>	
1 Tom Petranoff (SCS)	290-0/88.4
2 Mike Barnett (Azusa)	265-3/80.86
3 Tom Jadwin (SSTC)	259-1/78.98
<b>Dec.</b>	
1 Denny Jackson (SSTC)	7655
2 Terry (CSN)	7389
3 Brad Harris (Unatt)	7599

<b>AWARDS</b>	
SPA Track Club of the Year 1982: SMTCT	
SPA Field Club of the Year 1982: SSTC	
SPA Outstanding Coaches for 1982	
Merle McGee	SMTC
Bob Larson	UCLA
Art Venagas	UCLA
<b>Outstanding Services to TAC</b>	
Frank Reilly	All-American TC

## San Diego Decathlon

<b>June 11-12</b>	
<b>High School Division</b>	
1. Wes Hayes (El Cajon HS) 12.0, 18-8, 37-6, 5-7, 55.6, 18.3, 108-5, 9-0, 150-10, 4:46.0, (5440).	
2. Lester Brown (San Diego HS) 11.9, 19-7 1/4, 33-2 1/2, 5-11, 58.7, 18.7, 76-2, 9-6 1/4, 123-8, 5:07.0, (4995).	
3. Charles Bradley (Oceanside HS) 12.0, 19-7 1/4, 47-9, n.h., 59.1, 19.6, 101-11, 9-0, 147-1 1/2, 5:10.0, (4758).	
4. Guy Fowler (Tulare HS) 12.4, 17-4 1/4, 34-8, 5-3, 1:01.3, 21.0, 85-2, 8-0, 106-2, 6:21.4.	

5. Sonny Slson (Serra HS) 12.9, 16-1 1/4, 32-2, 4-7, 1:01.0, 17.9, 76-1, 7-0, 119-11, 6:07.7, (3592).	
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### College/Open Division

1. Milton Scott 11.4, 19-3, 40-8, 6-8 1/4, 52.5, 15.0, 130-7, 12-0, 200-7, 5:00.6, (6937).	
2. Bruce Reid 11.4, 21-2, 41-1, 5-11, 53.9, 17.0, 121-4, 13-0, 158-5, 5:33.4, (6319).	
3. Steve Demartino 11.8, 18-2, 35-5, 5-7, 54.7, 18.2, 107-4, 9-0, 164-1, 5:02.5, (5418).	
4. Jason Twedt 11.7, 19-4, 35-0, 5-5, 54.7, 20.5, 111-6, 8-6, 172-6, 4:58.7, (5354).	
5. Jon Harrison 12.4, 18-4, 25-6, 5-7, 53.1, 20.2, 70-1, 9-6, 126-7, 4:25.9, (4845).	

## PA/TAC T&F Championships

from WILLIE HARMATZ

### June 11. Los Gatos High School.

#### Men's Events

<b>100m:</b> 1. Mark Kent (Maccabi) 10.3, 2. Tom Ford (Golden Bear) 10.7.	
<b>200:</b> 1. Mark Kent (Maccabi) 21.2, 2. Cleve Prince (Aggies) 21.8.	
<b>400:</b> 1. Cleve Prince (Aggies) 47.6, 2. Joe Soro (LGAA) 50.7.	
<b>800:</b> 1. Loyd Johnson (Icne) 1:48.5, 2. Mike White (Inner City) 1:48.5, 3. Larry Guiner (Aggies) 1:49.1.	
<b>1500:</b> 1. Dan Buntman (Aggies) 3:45.3, 2. Paul Cox (LGAA) 3:50.5.	
<b>5000:</b> 1. John Moreno (Aggies) 13:54.5, 2. Manny Bautista (SLO) 14:22.3.	
<b>10,000:</b> 1. Dan Gruber (Aggies) 30:15.9, 2. Terry Gibson (Unat) 30:27.5.	
<b>110HH:</b> 1. Frank Williamson (Unat) 13.9, 2. Brian Conley (Maccabi) 14.0.	
<b>400H:</b> 1. Ray Smith (Maccabi) 51.8, 2. Thomas Bobertz (Unat) 53.7.	
<b>1 Mile Relay:</b> 1. Aggies 3:45.5.	
<b>440 Relay:</b> 1. Golden Bear TC 42.1.	
<b>Pole Vault:</b> 1. Tom Hintnaus (Oregon) 18-1 1/2, 2. Doug Bockmiller (Golden Bear) 17-7, 3. Allen Sauk (All-Amer.) 17-1 1/4, 4. Mark Kibort (Maccabi) 16-6.	
<b>Shot Put:</b> 1. Brian Oldfield (Unat) 67-11 1/4, 2. Al Feurbach (Unat) 65-11, 3. Mike Smith (Unat) 65-5.	
<b>Discus:</b> 1. Paul Bishop (Unat) 201-0, 2. Greg Taffaus (Unat) 193-11, 2. Jim McGoldrick (Unat) 190-6.	
<b>Hammer:</b> 1. Ed Burke (Accusplit) 234-6.	
<b>Long Jump:</b> 1. Mike McRae (Bay Area Striders) 26-10 1/2, 2. Terry Armitage (SLO) 24 3/4.	
<b>Triple Jump:</b> 1. Ray Kimble (Bay Area Striders) 54-11w.	
<b>High Jump:</b> 1. Jim Maran (Unat) 7-0, 2. Cory Andree (Unat) 6-6.	

#### Women's Events

<b>100m:</b> 1. Gwen Ward (Hayward) 12.1, 2. Lisa Hull (Unat) 12.5.	
<b>200:</b> 1. Leslie Maxie (Millbrae) 24.2, 2. Jessica Johnson (Suff City) 25.1.	
<b>400:</b> 1. Bobby Gilmore (Stanford) 54.3, 2. Robin Atkinson (Woodside) 64.7.	
<b>800:</b> 1. Robin Atkinson (Woodside) 2:20.3, 2. Janet Smith (Aggies) 2:24.3.	
<b>1500m:</b> 1. Amy Harper (SLO) 4:22.0, 2. Chris Manning (Aggies) 4:29.3.	
<b>5000:</b> 1. Connie Hester (Aggies) 17:05.6, 2. Michelle Phipps (Aggies) 17:18.0.	
<b>10,000:</b> 1. Nancy Dietz (Ryan's) 34:29.1, 2. Marilyn Taylor (Unat) 35:21.4.	
<b>110HH:</b> 1. Leslie Maxie (Millbrae) 14.5, 2. Joy Upshaw (Hayward) 15.0.	
<b>400H:</b> 1. Joy Upshaw (Hayward) 65.9.	
<b>1 Mile Relay:</b> 1. Aggies 4:07.8.	
<b>440 Relay:</b> 1. Woodside 59.8.	
<b>Shot Put:</b> 1. Diane Oswalt 44-9, 2. Glen-da Ford 43-10.	
<b>Discus:</b> 1. Diane Oswalt 163-0, 2. Glen-da Ford 159-0.	
<b>Long Jump:</b> 1. Yvette Bates (Berkeley) 18-6 1/2.	

## Kinney Invitational

from KEITH CONNING

### June 12. Edwards Stadium, Berkeley.

#### Open Men

**Javelin:** 1. Tom Petranoff (Striders TC) 296-7 (stadium record, old record 293-1, Janis Donins, 1971), 2. Rod Ewaliko (Ath. West) 273-4, 3. Duncan Atwood (Ath. West) 267-7.

**Pole Vault:** 1. Billy Olson (Pac. Coast) 18-2 1/2 (stadium record, old record 18-1, Olson, 1982), 2. Tom Hintnaus (Striders) 17-7 1/2, 3. tie Anthony Curran (Striders) and Ross McAlexander (Cal) 17-0.

**110 Hurdles:** 1. Sam Turner (Stars & Stripes) 13.40, 2. Larry Cowling (Accusplit TC) 13.57, 3. Tonie Campbell (Kappa TC) 13.76.

**100m:** 1. Ron Brown (Stars & Stripes) 10.35, 2. Emmitt King (Alabama) 10.47, 3. Kenny Robinson (AZ St.) 10.56.

**High Jump:** 1. Milton Goode (Jaguar TC) 7-3 1/4, 2. Tyke Peacock (Puma TC) 7-1 1/4, 3. Maurice Crumby (Balboa High) 7-1 1/4, 4. John Morris (Cal) 6-11 1/4.

**Shot Put:** 1. Dave Laut (Ath. West) 69-11 1/2, 2. Brian Oldfield (UCTC) 68-4, 3. Marcus Gorden (unatt) 67-2.

**Triple Jump:** 1. Ray Kimble (Bay Area Striders) 56-5 1/2 (wind-aided), 2. Willie Banks (Ath. West) 55-9 1/4 (stadium record, old record 55-5 1/4, Anatolij Piskulin, 1978), 3. Ajayi Agbebaku (Nigeria) 55-8 1/2.

**200:** 1. Clancy Edwards (unatt) 20.93, 2. Darwin Cook (South. Cal) 21.02, 3. Roy Mosley (Cal) 21.05, 4. Ken Robinson (AZ St.) 21.07.

**Discus:** 1. Ben Plucknett (Striders) 233-5 (stadium record, old record 223-9, John Powell, 1980), 2. Art Burns (Ath. West) 226-1, 3. Mac Wilkins (Ath. West) 223-11.

**400 Hurdles:** 1. Larry Cowling (Accusplit TC) 48.87, 2. Bernie Holloway (SJ State) 49.35, 3. Leonard Robinson (Cal) 49.55.

**Two Mile:** 1. Graeme Fell (Grt. Britain) 8:31.51, 2. Steve Ortiz (Tiger TC) 8:37.83, 3. Jon Kunings (unatt) 8:41.19.

**400:** 1. Charlie Phillips (Ablene Christ.) 45.73, 2. Chris Whitlock (WA St.) 46.00, 3. Roy Mosley (Cal) 45.76.

**Mile:** 1. Eamonn Coghlan (Ireland) 3:52.52, 2. Steve Scott (Sub-4 TC) 3:52.53, 3. Jim Spivey (Ath. West) 3:53.35.

#### Women

**100:** 1. Diane Williams (LA TC) 11.49, 2. Patrice Carpenter (unatt) 12.09, 3. Quen Ward (Hayward St.) 12.15.

**800:** 1. Louise Romo (Calif.) 2:03.68, 2. Cynthia Warner (LA Mercurettes) 2:04.01, 3. Deann Gutowski (LA Mercurettes) 2:07.78.

**1,500:** 1. Mary Decker (Ath. West) 4:04.5 (stadium record, old record 4:17.58, Alice Trumbly, Cal, 1980), 2. Monica Joyce (Converse TC) 4:16.8, 3. Eleanor Simonsick (unatt) 4:17.1, 4. Frannie Castro (Hayward St.) 2:08.20.

**High Jump:** 1. Pam Spencer (LA TC) 6-2 1/4 (stadium record, old record 6-1 1/4, Louise Ritter, 1978), 2. Phyllis Blunston (Adidas TC) 5-11.

## Tulare All Comers Track Meet

from NORM TAKEUCHI

### June 16. Bob Mathias Stadium, Tulare.

**Male Junior High Events — 50 Yard**

**Dash:** 1. James Stallworth 5.3. **100m:** 1. James Stallworth 12.3. **200m:** 1. Tony



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Meadows 25.5. 400m: 1. Ralph Rodriguez 1:05. 800m: 1. Lee Strickland 2:30. Mile: 1. John Hogan 5:13. High Jump: 1. John Hogan 4-10. Long Jump: 1. Tony Meadows 17-4.

**Male High School Events — 100m:** 1. Jay Jenkins 11.5. 200m: 1. Derrick Timmons 23.2. 400m: 1. Julian Recendez 51.0. 800m: 1. Gary Nagel 2:05.7. Mile: 1. Kevin Carrillo N.T. High Jump: 1. Joe Herrera 5-2. Long Jump: 1. Guy Fowler 17-11. Shot Put: 1. John Bender 58-11.

**Male Open Events — 50 Yard Dash:** 1. Charlie DiMarco 5.7. 100m: 1. Charlie DiMarco 11.6. 200m: 1. Laron Rich 25.3. 400m: 1. Paul Hendrix 53.6. 800m: 1. Rob Robinson 2:01.2. Mile: 1. Bryan Patterson 4:29. High Jump: 1. Steve Stafford 5-10½. Long Jump: 1. Tony Rotella 20-3½. Shot Put: 1. Ed Irwin 35-1.

**Female Junior High Events — 50 Yard Dash:** 1. Margaret Fredrickson 5.8. 100m: 1. Lori Rocha 14.2. 200m: 1. Susan Nunes 31-1. 400m: 1. Margaret Fredrickson 1:37. 800m: 1. Margaret Fredrickson 3:19. Mile: 1. Margaret Fredrickson 7:03. Long Jump: 1. Susan Nunes 13-5.

**Female High School Events — 100m:** 1. Lee Ann Adams 14.8. 200m: 1. Lee Ann Adams 28.3. 400m: 1. Lee Ann Adams N.T.. 800m: 1. Shannon Battles 2:31.2. Long Jump: 1. Lee Ann Adams 16-0.

**Female Open Events — 50 Yard Dash:** 1. Jeannie Irwin 7.1. 100m: 1. Tonya Mendonca 13.2. 200m: 1. Felicia Washman 30.2. 400m: 1. Lee Ann Adams N.T.. Mile: 1. Linda Osgood 8:16. High Jump: 1. Tonya Medonca 5-8½. Long Jump: 1. Felicia Washman 10-9½. Shot Put: 1. Barbara Kennedy 20-9.

**Masters — 50 Yard:** 1. Ken Vaughn 6.2. 100m: 1. Ken Vaughn 12.8. 200m: 1. Ken Vaughn 27.1. 400m: 1. Ken Vaughn N.T.. 800m: 1. Henry Clark 2:30. Mile: 1. Bob Blakely 5:47. High Jump: 1. Ken Vaughn 4-10. Long Jump: 1. Tony Bush 15-5½. Shot Put: 1. Joe Cox 36-0.

## TAC National Decathlon Championships

from D. Hostetter

June 21. UCLA.	
1 Mark Anderson/Wilt's AC	8152
2 John Crist/Athletics West	7998
3 Gary Bastien	7877
4 Tony Allen-Cooksey/At West	7861
5 Steve Erickson/Club Northwest	7791
6 Jim Connolly/Unat	7768
7 John Sayre/So. Indiana U.T.C.	7703
8 Grant Niederhaus/Unat	7646
9 Stan Vagar/San Diego T.C.	7601
10 Steve Alexander	
11 Jim Wooding/Shore AC	7594
12 Doug Chapman/Unat	7571
13 Jim Howell/Tiger Int'l	7535
14 Lane Maestretti/Outreach	7513
15 Tony Hale/Chattanooga T.C.	7489
16 John Harrell/New Mexico T.C.	7400
17 Greg Veatch/Striders	7391
18 Bob Stebbins/Unat	6987
19 Rick Schwellzer/Unat	6327
DNF: Robert Baker; Ed Brown; Greg Culp; Wes Herbst; Lance Bingham; Gary Gelfe; John Irvine; Danny Lamp; Neville Laverett; Gary Kinder; Jeff MontPas; Willy Pirtle; David Saye; Jim Schnur.	

## Tulare All Comers Track Meet

June 30. Bob Mathias Stadium, Tulare.

### Men

**50 Yard Dash:** Junior High: Johnny Ingram 6.12. High School: Jay Jenkins 5.97. Open: Willard Epps 5.66.  
**100 Meters:** Junior High: John Ingram 11.97. High School: Jay Jenkins 11.00. Open: Nick Chavez 11.15.  
**200 Meters:** Junior High: Tony Meadows 25.93. High School: Derrick Timmons 23.98. Open: Laron Rich 25.60.

**400 Meters:** Junior High: Ralph Rodriguez 1:08. High School: Derrick Timmons 54.5. Open: Laron Rich 57.1.  
**800 Meters:** Junior High: Thomas Valles 2:13. Open: Roger Drummond 2:04.  
**Mile:** Junior High: Thomas Valles 4:55. High School: Jaime Pimentel 4:43. Open: Keith Willsey 4:42.  
**High Jump:** Junior High: Joe Herrera 5-0. High School: Steve Mitchell 6-4. Open: Mark Thompson 6-6.  
**Long Jump:** Junior High: Tony Meadows 18-8½. High School: Paris Richardson 18-11. Open: Tony Rotella 21-1½.  
**Shot Put:** Junior High: Joe Hoagner 26-0. High School: Guy Fowler 34-11. Open: Bill Edminster 46-2½.

**Triple Jump:** Junior High: John Hogan 33-4½. High School: Mike Rowland 42-8. Open: Tony Rotella 43-11.  
**Women**  
**50 Yard Dash:** Junior High: Susan Nunes 7.09. High School: Eve Adams 7.10. Open: Jeannie Irwin 7.06.  
**100 Meters:** High School: Lee Ann Adams 13.40. Open: Jeannie Irwin 14.37.  
**200 Meters:** Junior High: Tameca Richardson 27.88. High School: Lee Ann Adams 27.82. Open: Marilyn Miller N.T.  
**400 Meters:** High School: Michelle Bailey 1:09.  
**Mile:** High School: Michelle Bailey 6:22. Open: Dolores Castillo 8:01.  
**High Jump:** Junior High: Susan Nunes 4-0.

**Shot Put:** Junior High: Kristen Klompnauer 22-0.  
**Triple Jump:** Junior High: Susan Nunes 30-1½. High School: Lee Ann Adams 33-3.  
**Masters**  
**50 Yard Dash:** Hugh Adams 6.14.  
**100 Meters:** Hugh Adams 12.62.  
**200 Meters:** Hugh Adams 25.46.  
**400 Meters:** Hugh Adams 57.9.  
**800 Meters:** Tony Bush 2:34.  
**Mile:** J. D. Fischer 5:44.  
**High Jump:** Hugh Adams 5-0.  
**Long Jump:** Tony Bush 13-9.  
**Shot Put:** Ken Vaughn 35-1.

# Collegiate T & F Championships

## NCAA Division II Championships

May 23-28. Southeast Missouri State University, Cape Girardeau, Missouri.

### MEN

**Team Scores:** 1. Abilene Christian 169.5, 2. Angelo State 145, 3. Cal Poly SLO and St. Augustine's 117.5, 5. Southeast Missouri State 83, 6. Cal State Bakersfield 53, 7. Cal State Northridge 50, 8. Morgan State 48.5, 9. Cal State Hayward 43.5, 10. Cal State L.A. 43, 13. California Riverside 33, 18. Humboldt State 28, 25. Cal State Sacramento 23, 29. Cal State Chico, 32. UC Davis 18, 46. San Francisco State 8, 54. Chapman 5.

**Decathlon:** 1. Tim Bright (Abilene) 7743, 2. Neville Leverett (Angelo St) 7573, 3. Albert Miller (Sac State) 7455, 6. Ron Jenkins (Chico St) 7259, 7. Brett Selby (CS Bkfld) 7233, 13. Jeff Dodd (Chico) 6781, 14. John Pauley (SF State) 6681.

**Hammer:** 1. Greg Gassner (So Conn) 205-4, 2. Doug Gillard (Ferris State) 199-6, 3. Dave Debus (CS Hayward) 191-3, 4. Curt Thomas (CS Bkfld) 188-10, 6. Aaron Buckholtz (CS North) 176-8, 7. Chris Beneventi (UC Davis) 174-5, 8. Dennis Dalton (UC Davis) 173-1, 9. Dan Goodman (CS North) 172-1, 10. Steve Jones (Chico) 169-0.

photo by Bill Leung, Jr.



Carmelo Rios: NCAA II 5,000 champ

**Discus:** 1. Randy Helsier (Indiana Central) 196-9, 2. J. R. Hanley (East Texas) 186-6, 3. Curt Thomas (CS Bkfld) 180-9, 7. Steve Jones (Chico) 168-4, 8. Eric Van Skike (Chapman) 164-8.

**4x100m Relay:** 1. Angelo State 39.98, 2. St. Augustine's 40.10, 3. Cal State L.A.

40.35, 9. CS Hayward NT, 10. Cal Poly SLO NT, 12. Humboldt State NT.

**800:** 1. Gordon Hinds (Adelphi) 1:50.97, 2. Mike Marton (So Dakota) 1:51.39, 3. Michael Tapscott (SW Texas) 1:51.50, 7. Dave Russell (CS Sacto) 1:52.26, 8. Seth Roberts (Chico) 1:52.43.

**400m Hurdles:** 1. Tranel Hawkins (Angelo St) 50.44, 2. Carl Young (Angelo St) 51.11, 3. Doug Lalicker (CPSLO) 51.33, 5. Gordon Read (CPSLO) 52.41, 6. Brad Underwood (CPSLO) 52.6 (HT).

**200m (Heat Time):** 1. Tim Williams (SE Missouri) 20.5, 2. Darren Holmes (SW Texas) 20.6, 3. Arthur Williams (Abilene) 20.8, 4. Greg Holmes (CSLA) 20.9, 5. Eric Williams (CSLA) 21.2.

**3000m Steeplechase (Heat Time):** 1. Mike Vanatta (SE Missouri) 8:37.7, 2. Carmelo Rios (CPSLO) 8:38.6, 3. Greg Beardsley (Edinboro St) 8:39.2, 6. Tim Gruber (Humboldt) 8:53.2, 8. Steve Cubillas (CPSLO) 8:57.9, 9. Jim Thyllin (CS Hayward) 8:58.2, 10. Lee Young (CS Sacto) 8:59.6.

**Long Jump:** 1. Ron Waynes (CPSLO) 26-4¼, 2. Timothy Leach (St. Augustine's) 25-5½, 3. Kerry Therwanger (Angelo St) 25-1½, Ed Taylor (Humboldt) 24-2¼, 12. Jeff Abston (UC Davis) 23-4¼.

**High Jump:** 1. Bill Thomas (N. Colorado) 7-0, 2. Mark Tobias (Mt. St. Marys) 7-0, 3. Michael Williams (St. Augustine's) 7-0, 8. Mike Patterson (CS Sacto) 6-10 and Mark Langon (CPSLO) 6-10.

**10,000m:** 1. Brian Ferrari (Cal St. PA) 29:39.62, 2. Mark Conover (Humboldt) 29:39.64, 3. Tom Stambaugh (No Dakota St.) 29:46.94, 11. Mike Lansdon (CPSLO) 30:36.4 (HT).

**Javelin:** 1. Paul Kulak (CS North) 249-7, 2. Dave Stephens (CS North) 241-3, 3. Mark Pierce (E Washington) 235-8, 4. Steve Roller (CS Hayward) 231-3, 8. Tom Walker (CS Hayward) 219-3, 10. Steve Koel (San Francisco) 210-0.

**400m Dash:** 1. Charles Phillips (Abilene) 45.12, 2. Ed Yearwood (Morgan State) 46.02, 3. Kevin Jones (Northwood) 46.27, 5. Rufus Jackson (CS Bkfld) 46.46.

**Shot Put:** 1. Bruce Anderson (E Washington) 60-7¼, 2. Mats Bedberg (Angelo State) 60-1¼, 3. Curt Thomas (CS Bkfld) 59-5½, 5. Brian Faul (CS North) 59-1.

**100m:** 1. Jeff Gold (Norfolk St.) 10.61, 2. Tim Williams (SE Missouri) 10.69, 3. Arthur Williams (Abilene) 10.81, 6. Ron Waynes (CPSLO) 10.90.

**1500m Run:** 1. Frank Assuma (Cal Riverside) 3:44.73, 2. Jim Ryan (NW Missouri) 3:46.77, 3. Joe Lackner (SE Missouri) 3:47.19, 4. Ken Haney (CS Bkfld) 3:47.89, 5. Hector Perez (CPSLO) 3:48.93, 10. Steve Johnson (Cal Riverside) NT, 12. Phil Imlay (CSLA) 3:58.8 (HT).

**110m Hh:** 1. Jack Pierce (Morgan St) 13.62, 2. Dwayne Johnson (Adelphi) 13.90, 3. Ken McNair (SE Missouri) 13.93, 7. Daryl Hill (UC Davis) 14.23.

**Pole Vault:** 1. Dale Jenkins (Abilene)

18-1, 2. Brad Pursley (Abilene) 16-6, 3. Tim Bright (Abilene) 16-6, 6. Fred Nackin (CPSLO) 15-10¼, 8. James McClanahan (San Francisco) 15-4¼.

**5,000m Run:** 1. Carmelo Rios (CPSLO) 14:20.57, 2. Steve Spence (Shippensburg) 14:21.12, 3. Robert Petrini (Slippery Rock) 14:32.12, 4. Frank Assuma (Cal Riverside) 14:36.53, 7. Ray Cook (Cal Riverside) 14:56.4 (HT), 8. Mike Lansdon (CPSLO) 15:07.4 (HT), 11. Mark Conover (Humboldt) 15:37.6 (HT).

**4x400m Relay:** 1. Abilene Christian 3:06.84, 2. Morgan State 3:08.11, 3. St. Augustine's 3:08.33, 5. Cal Poly SLO 3:09.17, 6. Cal State L.A. 3:09.21.

**Triple Jump:** 1. David McFadden (Virginia St) 53-1¼, 2. Vincent Cobb (Morehouse) 52-6¼, 3. Dorant Bartlett (St. Augustine's) 52-0, 9. Anthony Trammel (CS Hayward) 50-7¼, 11. Terry Armitage (CPSLO) 50-6.

### WOMEN

**Team Scores:** 1. Cal Poly SLO 206, 2. Morgan State 116, 3. Cal State Hayward 105, 4. Alabama A & M 102.5, 5. Cal State Bakersfield 76, 6. Cal State Northridge 71, 7. St. Augustine's 68.5, 8. UC Davis 54, 12. Cal State Sacramento 41, 20. Cal Poly-Pomona 20, 39. Cal Riverside 7.

**Heptathlon:** 1. Marlene Harmon (CS North) 5871, 2. Tracy Sue Hanlon (US Military) 5402, 3. Janet Nicolls (CP-Pomona) 5357, 5. Chris Dubois (CPSLO) 5177, 5. Tika Simon (CS Hayward) 5077, 7. Tina Glenn (CP-Pomona) 4971.

**10,000m:** 1. Patti Gray (UC Davis) 35:02.21, 2. Linda Somers (UC Davis) 35:18.8 (HT), 3. Connie Benson (Seattle Pacific) 35:32.78, 7. Beth Milewski (CS North) 36:21.3 (HT), 11. Kathy Way (CS Hayward) 37:06.46, 12. Laura McHale (CS Sacto) 37:06.93.

**Javelin:** 1. Danella Barnes (CPSLO) 152-6, 2. Kim Marsh (UC Davis) 151-10, 3. Marie Sherwood (St. Cloud State) 149-5, 10. June Wintermute (CP-Pomona) 131-11, 12. Tika Simon (CS Hayward) 128-5.

**3000m Run:** 1. Carol Keller (CS North) 9:29.48, 2. Lori Lopez (CPSLO) 9:32.98, 3. Vicki Bray (CPSLO) 9:35.35, 6. Nena Manriquez (CS North) 9:55.95, 7. Michele Phipps (CS Hayward) 9:58.24, 8. Nancy Reidel (UC Davis) 10:00.02, 10. Tara Slaton (CS North) 10:04.93.

**100m Dash:** 1. Donna Carley (CS Sacto) 11.75, 2. Andralette Gill (CS Bkfld) 11.80, 3. Janet Dodson (Morgan St.) 11.96, 5. Quen Ward (CS Hayward) 12.04, 6. Gurtha Pounds (CS Bkfld) 12.06.

**400m IH:** 1. Kim Whitehead (Morgan St.) 58.46, 2. Lisa Davis (Lincoln U) 58.94, 3. Adrienne Pitts (Central Conn) 1:00.83, 10. Christina Dubois (CPSLO) 1:02.86, 12. Joy Upshaw (CS Hayward) 1:03.25.

**1500m Run:** 1. Amy Harper (CPSLO) 4:24.26, 2. Joy Meyer (Air Force) 4:26.57, 3.

continued on next page...



## Results

Lori Bearson (Mankato) 4:27.34, 5. Chris Manning (CS Hayward) 4:28.23, 10. Jeanette Allred (CS North) 4:33.51, 11. Debbie Morris (CS Hayward) 4:35.78.

**Shot Put:** 1. Sharon Hamilton (CS Bkfld) 49-6½, 2. Deborah Corley (CS Bkfld) 48-3¼, 3. Glenda Ford (CS Hayward) 45-7, 8. Dana Henderson (CPSLO) 44-7½, 10. Linda Mitchell (CS Sacto) 44-6.

**4x400m Relay:** 1. Morgan State 3:35.82, 2. Alabama A&M 3:42.15, 3. Cal Poly SLO 3:43.53, 6. Cal State Northridge 3:46.21, 7. Cal State Hayward 3:46.5 (HT).

**Long Jump:** 1. Sabrina Douglas (St. Augustines) 20-8¼, 2. Janet Yarbrough (CPSLO) 20-7¼, 3. Carla Jackson (Ablene) 19-9½, 9. Kim Boodman (CS North) 18-9¼.

**5,000m Run:** 1. Amy Harper (CPSLO) 16:25.00, 2. Leslie White (CPSLO) 16:28.46, 3. Patti Gray (UC Davis) 16:50.56, 7. Kathy Koudela (CS Hayward) 17:16.34.

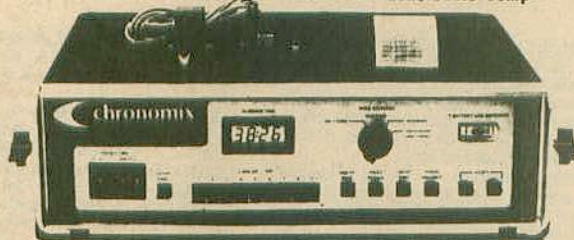
**4x100m Relay:** 1. Cal State Bakersfield 44.94, 2. Morgan State 45.10, 3. Alabama A&M 45.11, 5. Cal Poly SLO 45.50, 6. CS Hayward 45.55, 7. CS Northridge 46.42.

**Discus:** 1. Glenda Ford (CS Hayward) 162-1, 2. Diana Oswald (CS Hayward) 151-6, 3. Martha Jugah (Lincoln U) 150-5, 5. Kathy Kahn (CPSLO) 146-8, 6. Mary

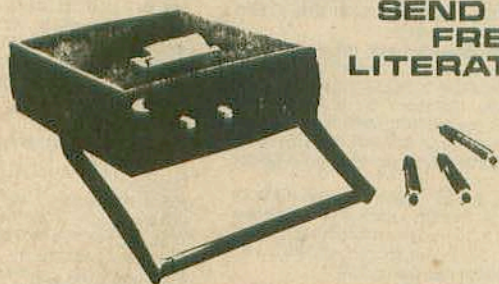


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Marlene Harmon  
NCAA II heptathlon champ

Dentinger (CS Sacto) 145-8, 7. Kim Shakir (CS Bkfld) 143-0.

**400m Dash:** 1. Gail Conway (Air Force) 53.06, 2. Delphina Banks (CS Hayward) 53.32, 3. Willetta Page (Morgan St.) 53.35.

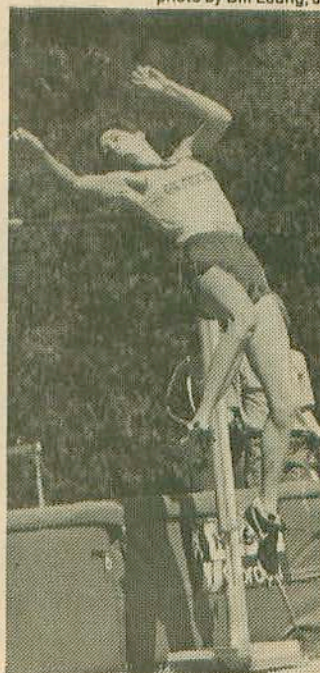
**800m Run:** 1. Serene Mitchell (Alabama A&M) 2:09.33, 2. Jill Ellingson (CPSLO) 2:09.59, 3. Stephanie Green (Navy) 2:10.78, 6. Helen Arzu (Cal Riverside) 2:11.66, 7. Alison Elhen (CPSLO) 2:12.46, 8. Chris Allyne (CPSLO) 2:14.11.

**High Jump:** 1. Sue McNeal (CPSLO) 5-10½, 2. Thea Ackerman (Mt. St. Marys) 5-9¼, 3. Debra Ryals (SIU Edwardsville) 5-9¼, 11. Karen Kraemer (CPSLO) 5-7, 12. Janet Nicolls (CP-Pomona) 5-5.

**100m Hurdles:** 1. Kim Whitehead (Morgan St.) 13.84, 2. Janet Yarbrough (CPSLO) 14.22, 3. Cece Chandler (CPSLO) 14.29.

**200m Dash:** 1. Donna Carley (CS Sacto) 23.75, 2. Danna Young (Alabama A&M) 23.76, 3. Janet Dodson (Morgan St.) 23.84, 4. Gurtha Pounds (CS Bkfld) 23.98, 5. Arlene Van Warneidan (CPSLO) 24.09.

photo by Bill Leung, Jr.



Sue McNeal  
NCAA II high jump champ

## NCAA Division III Track & Field Championships

May 23-28, Naperville, Illinois.

### Men's Events

**Final Team Standings:** 1. Glassboro State College 97, 2. Hamline Univ. 94, 3. Mount Union College 84½, 5. Pomona-Pitzer Colleges 65, 9. Occidental College 52, 45. Whittier College 10.

**Decathlon:** 1. Doug Porter (Occi) 7,216, 2. Dave Dufek (UW-Milw) 6,787, 3. Keith Arlington (Emory & Henry) 6,713.

**Hammer Throw:** 1. James Hilbert (Pomona-Pitzer) 181-7½, 2. Dan Miodozieniec (SUNY-Fredonia) 181-2¼, 3. Joseph Brancaccio (Queen's) 179-0, 10. Dave Casey (Sonoma State) 162-1, 11. Joel Peterson (Occidental) 161-2½.

**Discus Throw:** 1. Mike Manders (Hamline) 191-2½, 2. Paul Kendrick (Hamline) 175-1½, 3. Dave Knezovich (St. Thomas) 170-2½.

**Long Jump:** 1. Tom Weatherspoon (UW-Stevens Pt.) 24-10, 2. Eron Keely (Nebraska Wesleyan) 24-2½, 3. James Williams (Christ. Newport) 24½, 5. Alonzo Robinson (Pomona-Pitzer) 23-11, 10. Willard Hankins (Occidental) 23-0, 11. Vance Mueller (Occidental) 22-9¼.

**High Jump:** 1. Tracy Garner (Albion) 7-2¼, 2. Dean Bohman (UW-Whitewater) 6-11½, 3. Al Sheriff (Millikin) 6-11½, 4. Stanley Watson (Pomona-Pitzer) 6-10¼.

**4x100m Relay:** 1. Mount Union 40.79, 2. Frostburg State 41.59, 3. IBC 41.77.

**800m Run:** 1. Steve Brilowski (UW-Stevens Pt.) 1:49.62, 2. Tom Plockner (Bethel) 1:50.46, 3. George Bazold (UW-Milw) 1:50.61.

**400m Int. Hurdles:** 1. Stanley Moore (Glassboro) 52.39, 2. Archie Ayles (SUNO) 52.40, 3. Steve Sanborn (Whittier) 53.32.

**200m Dash:** 1. Derrick Rippey (Mt. Union) 21.16, 2. Rick Hairston (Mt. Union) 21.56, 3. Barry Fearon (Lincoln) 21.60.

**3,000m Steeplechase:** 1. Todd Coffin (Colby) 8:56.37, 2. Kevin Crawley (US Coast Guard Acad.) 9:04.39, 3. Robert Rinkis (Glassboro) 9:05.33, 6. Chris Grenzer (Pomona-Pitzer) 9:13.52.

**10,000m Run:** 1. Dave Valentine (North Park) 29:14.95, 2. Nick Manciu (St. Thomas) 29:26.70, 3. Tony Bleull (North Central) 29:55.44, 8. Dave Francis (Pomona-Pitzer) 30:34.92.

**Javelin Throw:** 1. Steve Ryan (Bates) 228-7½, 2. Christopher Budynas (FIT) 210-5, 3. Mark Griffen (Montclair State) 210-3, 13. James Woguils (Pomona-Pitzer) 180-10.

**Triple Jump:** 1. Tom Weatherspoon (Wisc S P) 50¼, 2. James Woguils (Pomona-Pitzer) 49-5, 3. Mark Clark (Christopher Newport) 49-4¼, 4. Stanley Watson (Pomona-Pitzer) 49-3¼, 13. Tom Sperling (Occidental) 48-10¼, 14. Alonzo Robinson (Pomona-Pitzer) No Mark.

**Pole Vault:** 1. Doug Porter (Occidental) 16-5¼, 2. Dave Wenberg (Hamline) 16-5¼, 3. Daniel Russell (US Merch. Marine) 15-9¼, 16. Paul White (Pomona-Pitzer) 14-6, 20. Erik Nash (Occidental) 14-6.

**Shot Put:** 1. Mike Manders (Hamline) 64-2, 2. Paul Kendrick (Hamline) 58-8, 3. Dan Miodozieniec (SUNY-Fredonia) 54-6¼, 11. Joel Peterson (Occidental) 50-2½.

**400m Dash:** 1. Barry Fearon (Lincoln) 46.95, 2. Ed Harris (Buffalo State) 47.43, 3. Willie Lawson (Glassboro St) 47.49.

**100m Dash:** 1. Derrick Rippey (Mt. Union) 10.56, 2. Rick Hairston (Mt. Union) 10.57, 3. Stanley Evans (IBC) 10.58, 8. Neal Reynolds (Occidental) 10.87, 11. Jon Ventress (Sonoma St) 11.01.

**1,500m Run:** 1. Kevin Foley (Haverford) 3:46.96, 2. Dick Kell (Rochester) 3:47.59, 3. Max Harn (UW-Oshkosh) 3:47.88.

**110m High Hurdles:** 1. Stanley Moore (Glassboro St) 14.01, 2. Robert Stanley (Frostburg St) 14.24, 3. Anthony Ablica (Glassboro St) 14.69, 5. Dave Lewis (Occidental) 14.77.

**5,000m Run:** 1. Brian Smith (St. John's) 14:19.70, 2. Peter Wareham (St. Thomas) 14:23.22, 3. David Litoff (Connect) 14:26.95.



**4x400m Relay:** 1. Buffalo State 3:10.99, 2. Lincoln 3:11.25, 3. Frostburg State 3:12.57.

#### Women's Events

**Final Team Standings:** 1. Univ. of Wisconsin-La Crosse 156, 2. College of St. Thomas 126, 3. SUNY at Cortland 92½, 8. Occidental College 39, 16. Sonoma State Univ. 25, 43. Calif. State College-Stanislaus 9, 47. Univ. of Redlands 6, 51. Calif. Institute of Technology 7, 56. Pomona-Pitzer Colleges 6.

**Heptathlon:** 1. Deanne Malvino (Sonoma St) 4,955, 2. Martha Andersen (St. Thomas) 4,716, 3. Elisabeth Phelps (Ohio Wesleyan) 4,664, 4. Shawn Lawson (Occidental) 4,657, 17. Sandra Kacharos (Sonoma St) 4,301, 21. Audrey Moore (Redlands) 4,075.

**10,000m Run:** 1. Debra Thometz (St. Thomas) 33:50.32, 2. Colleen Casey (Trenton St) 35:07.87, 3. Linda Zeman (Macalester) 35:38.48, 4. Cynthia Rogers (Occidental) 36:13.68.

**Long Jump:** 1. Pauline Henry (Cornell) 19-2¼, 2. Tracey Ann Armstead (SUNY at Cortland) 18-7¼, 3. Darlene Kemp (Wooster) 18-6¼, 12. Shawn Lawson (Occidental) 17-8¼.

**Javelin:** 1. Jean Wohlgemuth (Montclair St) 150-11¼, 2. Jodi Smiley (UW-La Crosse) 148-7½, 3. Carol McLeod (SE Mass.) 147-3½, 7. Brenda Trobaugh (CS Stanislaus) 137-6½, 13. Debbie Odink (CS Stanislaus) 116-0.

**Shot Put:** 1. Cindy Lensmire (UW-La Crosse) 48-1¼, 2. LuAnn Soderling (Nebraska Wesleyan) 47½, 3. Veronika Platzter (Grinnell) 45-3¼.

**3,000m Run:** 1. Tori Neubauer (UW-La Crosse) 9:27.44, 2. Debra Thometz (St. Thomas) 9:29.43, 3. Theresa Mayer (St. Thomas) 9:40.89, 4. Michelle Andersen (Sonoma St) 9:44.57, 12. Carol Karamitos (Occidental) 10:48.68.

**100m Dash:** 1. Tracey Ann Armstead (SUNY at Cortland) 12.01, 2. Karen Boxley (Flisk) 12.19, 3. Michelle Mazurik (Rochester) 12.20.

**400m Int. Hurdles:** 1. Natalie Jordan (William Paterson) 1:01.48, 2. Heather Sibbison (Tufts) 1:02.69, 3. Amy Klee (UW-La Crosse) 1:02.88, 8. Jerri Baker (Occidental) 1:06.23, 12. Barbara Friedsam (Sonoma St) 1:05.32.

**1,500m Run:** 1. Rose McIlrath (St. Thomas) 4:34.21, 2. Melissa La Casse (SUNY at Cortland) 4:36.76, 3. Theresa Mayer (St. Thomas) 4:36.83, 9. Cindy Joyce (Occidental) 4:42.52, 13. Carol Karamitos (Occidental) 5:10.46.

**4x400m Relay:** 1. Fitchburg State 3:50.13, 2. UW-La Crosse 3:51.74, 3. Messiah 3:53.26, 4. Occidental 3:54.60.

**Discus:** 1. Cindy Lensmire (UW-La Crosse) 163-8½, 2. Veronika Platzter (Grinnell) 143-2, 3. Lauren Andrews (Brandeis) 141-11, 5. Linda Dougherty (Redlands) 138-10, 6. Brenda McIntyre (Pomona-Pitzer) 134-3¼, 10. Diane Hughes (CS Stanislaus) 129-4¼, 12. Caroline Howe (Pomona-Pitzer) 121-7.

**High Jump:** 1. Glynis Payne (Carthage) 5-8¼, 2. Michelle Riedi (UW-Stevens Pt) 5-8¼, 3. Sheila Jeanne Simon (Wittenburg) 5-7.

**5,000m Run:** 1. Tori Neubauer (UW-La Crosse) 16:12.25, 2. Debra Thometz (St. Thomas) 16:26.89, 3. Jennifer Colgrove (Allegheny) 16:46.82.

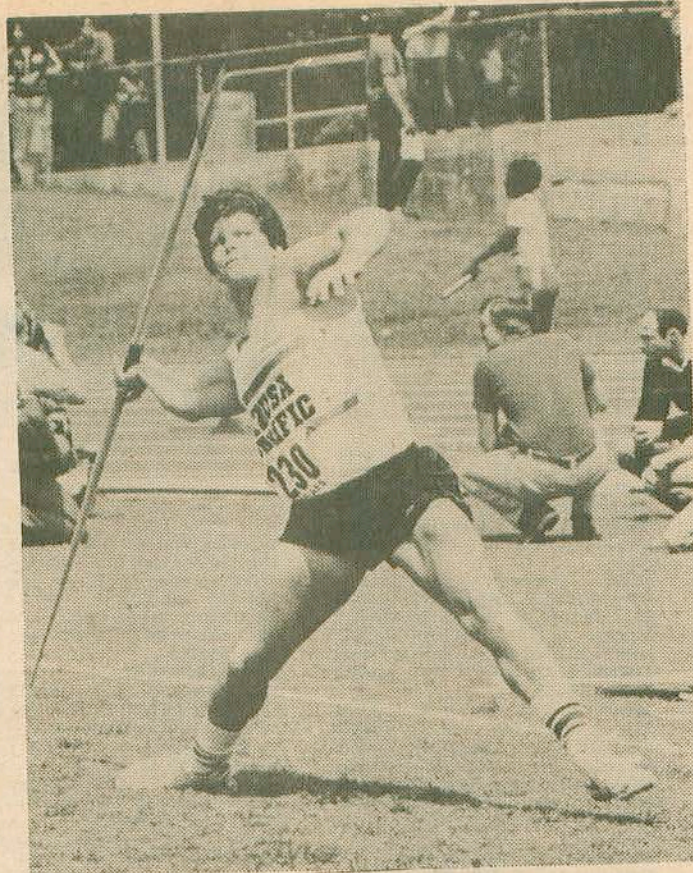
**4x100m Relay:** 1. Central 47.71, 2. Wooster 47.90, 3. SUNY at Cortland 48.45.

**400m Dash:** 1. Natalie Jordan (William Paterson) 54.73, 2. Sharon Kearns (Montclair St) 55.88, 3. Silvia Douglas (Christopher Newport) 55.99.

**800m Run:** 1. Mary Kastelic (UW-La Crosse) 2:10.33, 2. Liz Rogers (Wartburg) 2:10.94, 3. Eloise Evans (Salve Regina) 2:11.96, 3. Jerri Baker (Occidental) 2:17.37.

**100m High Hurdles:** 1. Valerie Thompson (Alfred) 14.38, 2. Heather Sibbison (Tufts) 14.46, 3. Charlene Kemp (Wooster) 14.66, 4. Darlene Kemp (Wooster) 14.71.

**200m Dash:** 1. Tracey Ann Armstead (SUNY at Cortland) 24.51, 2. Marci Thurn (Central) 25.04, 3. Nancy Cisar (Central) 25.13.



Mike Barnett: First in javelin, second in hammer to key Azusa Pacific NAIA national title.

## NAIA National Championships

May 26-28.

#### Men's Events

**Team Standings:** 1. Azusa Pacific (CA) 94, 2. Saginaw Valley St (MI) 36, 3. Hampton Inst. (VA) 33, 11. Point Loma (CA) 21.

**5,000m:** 1. Mike Maraun (Simon Fraser, BC) 14:16.78, 2. Sam Montoya (Adams St, CO) 14:20.02, 3. Troy Queller (Saginaw Villy, MI) 14:22.94.

**Triple Jump:** 1. Tommy Stewart (Whitworth, WA) 50-3¼, 2. Roosevelt Ketr (Azusa Pac., CA) 49-4, 3. Chris McColium (Ovachita Bapt., AR) 49-4.

**800m:** 1. Darren Harsin (Doane, NE) 1:49.48, 2. Randy Kolarcik (Simon Fraser, BC) 1:49.90, 3. Livingston Marshall (Hampton Inst., VA) 1:50.09.

**200m:** 1. Innocent Egbunike (Azusa Pac., CA) 20.94, 2. Nathaniel Sloan (Mississ. Villy, MS) 21.03, 3. Aaron Lang (Pittsburg St., KS) 21.16.

**Steeplechase:** 1. Brad Braunberger (Jamestown, ND) 9:04.41, 2. Glenn Magrum (Hillsdale, MI) 9:05.82, 3. Marty Meyer (Malone, OH) 9:07.33.

**400m:** 1. Willie Hudson (Alcorn State, MS) 46.08, 2. Nathaniel Sloan (Miss. Villy, MS) 47.03, 3. Robert Brown (Hampton Inst., VA) 47.23.

**400m Hurdles:** 1. Ed Brown (Saginaw Villy, MI) 50.09, 2. Thaddeus Gamble (Prairie View, TX) 51.36, 3. Dewitt Hale (WV St, WV) 51.66, 6. Mike Martinez (Azusa Pac., CA) 52.95.

**Hammer Throw:** 1. Roger Axelsson (Point Loma, CA) 199-8, 2. Mike Barnett (Azusa Pac., CA) 192-6, 3. Ron Ponciano (Azusa Pac., CA) 192-3, 4. Christian Okoye (Azusa Pac., CA) 177-5, 5. Phil Mann (Azusa Pac., CA) 174-11, 6. John Hunt (Azusa Pac., CA) 169-9.

**Marathon:** 1. Terry Coker (Belmont, TX) 2:21.18.8, 2. Jimmy Brackeen (Central St.,

OK) 2:22.03.9, 3. Ken Graycraft (Malone, OH) 2:22.30.8.

**Javelin:** 1. Mike Barnett (Azusa Pac., CA) 259-11, 2. Steve Davis (Southwestern, KS) 242-11, 3. Dan Thomasson (Pittsburg, KS) 230-1, 6. Marty Honea (Point Loma, CA) 207-3, 8. John Hunt (Azusa Pac., CA) 204-5.

**Long Jump:** 1. Aaron Sampson (Southern Utah, UT) 25-7½, 2. Adrain Sampson (South. Utah, UT) 24-11¼, 3. Orville Peterson (Campbell, NC) 24-9¼.

**10,000m:** 1. Steve DeLano (Southwestern, KS) 29:48.36, 2. David Schaufuss (Cumberland, KY) 29:53.8, 3. Sam Montoya (Adams, CO) 30:05.79.

**Shot Put:** 1. Filip Jones (David Lipscomb, IN) 57-3, 2. Scott Karr (Pittsburg, KS) 56-11½, 3. Joey Force (South. Arkansas, AK) 56-6¼, 5. Roger Axelsson (Point Loma, CA) 55-5.

**110 High Hurdles:** 1. Robert Johnson (Wayland Bapt., TX) 14.03, 2. Ed Brown (Saginaw Villy, MI) 14.14, 3. Warren McGee (Westmar, Iowa) 14.21.

**Decathlon:** 1. Phil Scott (Pac. Lutheran, WA) 7452, 2. Doug Loisel (Azusa Pac., CA) 7225, 3. Doug Murray (Defiance, OH) 7146, 4. Ted Campbell (Azusa Pac., CA) 7136, 6. Shane Paynter (Azusa Pac., CA) 6827.

**100m Dash:** 1. Innocent Egbunike (Azusa Pac., CA) 10.34, 2. Larry White (Miss. Villy State) 10.61, 3. Arron Lang (Pittsburg St., KS) 10.69.

**High Jump:** 1. James Hawkins (Tarleton, TX) 7-2¼, 2. Orville Peterson (Campbell, NC) 7-1, 3. Randy DeBuhr (Midland, NE) 7-0.

**Pole Vault:** 1. Rory Chilton (Arkansas Tech, AR) 16-1, 2. Brad Nachtigall (Fort Hays, KS) 15-9, 3. Scott Foutch (Kearney, NE) 15-5.

**4x100m Relay:** 1. Hampton Inst. (VA) 40.56, 2. Pembroke State (NC) 40.75, 3. Wayland Baptist (TX) 40.88.

**1500m:** 1. Alec Ritchie (Simon Fraser, BC) 3:46.06, 2. Rob Schippers (Central WA, WA) 3:46.59, 3. Mike Lambing (Southwestern, KS) 3:47.26.

**Discus:** 1. Christian Okoye (Azusa Pac., CA) 187-11, 2. Roger Axelsson (Point Loma, CA) 181-4½, 3. Mark Mason (Hampton Inst., VA) 50.50, 6. Ron Ponciano (Azusa Pac., CA) 158-0.

#### Women's Events

**Team Standings:** 1. Prairie View A&M (TX) 119, 2. Hampton Institute (VA) 90, 3. Adams State (CO) 82, 10. Azusa Pacific (CA) 16, 17. California Lutheran (CA) 8.

**400m Hurdles:** 1. Lynn Gamble (Prairie View A&M, TX) 58.99, 2. Edith Renfro (Prairie View A&M, TX) 1:00.09, 3. Wendy Malich (West. Wash., WA) 1:01.46.

**4x100m Relay:** 1. Prairie View A&M (TX) 45.06, 2. Hampton Institute (VA) 46.34, 3. Adams State (CO) 47.76.

**1500m:** 1. Leah Pells (Simon Fraser, BC) 4:25.42, 2. Pamela Harty (Moorhead, MN) 4:27.28, 3. Cathy Schmidt (Saginaw Villy, MI) 4:30.75.

**Discus:** 1. Carol Woodside (Hampton Institute, VA) 151-1, 2. Vandora Wilson (Fort Hays State, KS) 143-9, 3. Karen Waddell (Prairie View A&M, TX) 140-7, 5. Corrine De Jong (Azusa Pac., CA) 140-1.

**5,000m:** 1. Linda Marquardt (UW-Milwaukee) 16:53.49, 2. Kate Webb (Marquette, WI) 17:00.19, 3. Deanna Marchello (UW-Eau Claire, WI) 17:10.46.

**Marathon:** 1. Sharon Foster (Adams, CO) 2:58.26, 2. Liz Garman (Azusa Pac., CA) 3:03.00.2, 3. Penny Rosdli (Manchester, IN) 3:04.02.6.

**Long Jump:** 1. Lori Risen Hoover (Adams, CO) 20-3¼, 2. Thomasina Busch (Hampton Institute, VA) 18-9, 3. Lynne Gamble (Prairie View A&M, TX) 18-8¼.

**400m:** 1. Easter Gabriel (Prairie View A&M, TX) 53.91, 2. Norrie McAfee (Prairie View A&M, TX) 55.39, 3. Julie Jenkins (Adams State, CO) 55.71.

**800m:** 1. Leah Pells (Simon Fraser, BC) 2:09.77, 2. Lillie Taylor (Prairie View A&M, TX) 2:09.89, 3. Paula Bobrendt (Moorhead St., MN) 2:12.13.

**200m:** 1. Sheila LaBome (Prairie View A&M, TX) 24.16, 2. Eldece Clarke (Hampton Inst., VA) 24.61, 3. Cynthia Cason (Hampton Inst., VA) 24.61.

**3,000m:** 1. Carolyn Sheld (UW-Eau Claire, WI) 9:52.09, 2. Julie Willoughby (Moorhead State, MN) 9:52.55, 3. Debbie Spino (UW-Parkside, WI) 9:58.87.

**4x400 Relay:** 1. Prairie View A&M (TX) 3:42.39, 2. Adams St. (CO) 3:44.77, 3. Hampton Inst. (VA) 3:48.96.

**10,000m:** 1. Linda Marquardt (UW-Milwaukee) 35:17.88, 2. Cindy Reinhard (Saginaw Villy, MI) 35:38.27, 3. Bridget Cooke (West. Oregon, OR) 36:15.95.

**Shot Put:** 1. Karen Waddell (Prairie View A&M, TX) 49-2¼, 2. Loretta Fidel (Adams, CO) 47-8¼, 3. Sue Macaroni (Saginaw Villy, MI) 44-1¼.

**Sprint Medley:** 1. Prairie View A&M (TX) 1:40.36, 2. Adams State (CO) 1:43.93, 3. Hampton Institute (VA) 1:44.06.

**High Jump:** 1. Mechele Hebbard (So. Utah, UT) 5-8¼, 2. Leanna Jackson (Adams State, CO) 5-7, 3. Cindy Pool (So. Colorado, CO) 5-7.

**Heptathlon:** 1. Kari Kramme (Midland, NE) 4782, 2. Charlotte Nelson (Southwest, MN) 4707, 3. Amanda Abshire (Adams State, CO) 4629.

**Javelin:** 1. Maria Haley (Wayland Baptist, TX) 164-¼, 2. Beth Owens (Calif. Luth., CA) 157-4, 3. Lorna Martinson (Central Wash., WA) 151-10, 4. Casey Giacomazzi (Azusa Pac., CA) 151-4¼.

**100m Hurdles:** 1. Thomasina Busch (Hampton Inst., VA) 14.06, 2. Loretta Jeffery (Hampton Inst., VA) 14.55, 3. Maria Mitchell (East Texas St.) 14.63, 5. Julie Fricke (Azusa Pac., CA) 15.02.

**100m:** 1. Sheila Loabome (Prairie View A&M, TX) 11.89, 2. Cynthia Cason (Hampton Inst., VA) 12.11, 3. Eldece Clarke (Hampton Inst., VA) 12.20.

**4x800m Relay:** 1. Moorhead St. (MN) 9:00.97, 2. Saginaw Valley (MI) 9:06.97, 3. Marquette (MI) 9:11.68.

continued on next page...



# Results

## NCAA Div. I Championships

June 2-4, Houston, Tx.  
Men

**Hammer Throw:** 1. Robert Weir, Southern Methodist 244-2 (meet record; old record 240-7, Weir, 1982), 2. Declan Hegarty, Boston U. 232-3, 3. Richard Olsen, Southern Methodist 229-2, 4. Bill Green, Long Beach St. 229-1, 5. Mikko Vallmaki, Brigham Young 226-4, 6. Tore Johnsen, Texas-El Paso 220-11, 11. Fred Schumacher, San Jose St. 202-7, 12. Shaun Pickering, Stanford 201-3.

**440 Relay:** 1. Tennessee (Sam Graddy, Reggie Towns, Terry Scott, Willie Gault 39.22, 2. Washington 39.24, 3. Georgia 39.27, 4. Arizona State 39.32, 5. North Carolina St. 39.38, 6. Texas Christian 39.39, 12. San Diego State 40.14.

**800 Meters:** 1. Joaquim Cruz, Oregon 1:44.91 (meet record; old record, Mark Enyeart, Utah St. 1:45.16, 1977), 2. William Wuyke, Alabama 1:45.77, 3. Stanley Redwine, Arkansas 1:46.13, 4. Scott David, Missouri 1:46.30, 5. Charles Anderson, Ohio St. 1:47.00, 6. Pete Richardson, Arizona St. 1:47.18, 7. Mark Handelsman, So. Calif. 1:47.23, 11. Mike White, California 1:47.96.

**400 Hurdles:** 1. Sven Nylander, Southern Methodist 48.88, 2. John Thomas, Indiana 49.03, 3. Julius Mercer, Kansas St. 49.76, 4. Mark Patrick, Tennessee 50.07, 5. Kenneth Gray, Florida 50.19, 6. Scott Walker, Utah St. 50.36, 10. Bernie Holloway, San Jose St. 50.43.

photo by Burt Davis



**John Brenner  
Second in Shot Put**

**Long Jump:** 1. Ralph Spry, Mississippi 27-5 1/2 (wind-aided), 2. Michael Conley, Arkansas 27-2 (meet record; old record, Vance Johnson, Arizona, 26-11 1/4, 1982),

3. Yussuf Ali, Missouri 26-10, 4. Edward Tave, Southern California 26-9 1/4, 5. Reginald Kelly, Jackson St. 26-7, 6. Andre Kirnes, Middle Tennessee St. 26-5 1/4, 7. George Gaffney, Fresno St. 26-1, 9. Ron Wayne, Cal Poly-San Luis Obispo 25-9 1/2.

**200:** 1. Elliott Quow, Rutgers 20.31 (wind-aided), 2. Calvin Smith, Alabama 20.36, 3. Kirk Baptiste, Houston 20.43, 4. Alvin McNair, 20.47, 5. Phillip Epps, Texas Christian 20.49, 6. Harvey McSwain, North Carolina St. 20.53, 11. Ken Robison, Arizona St. 20.76.

**High Jump:** 1. Rickie Thompson, Houston Baptist 7-5 1/4, 2. Clarence Saunders, Boston U. 7-4 1/4, 3. Ite, Brian Tieriens, Iowa St. and James Hopson, Connecticut 7-4 1/4, 5. Brent Harken, Washington St. 7-4 1/4, 6. Doug Shouse, Arkansas St. 7-4 1/4, 8. Anthony Caire, Southern California 7-3, 12. Ite, Ethan Glass, Texas A&M, and Lee Balkin, UCLA 7-1 1/4.

**3,000 Steeplechase:** 1. Brian Diemer, Michigan 8:28.95, 2. Julius Korir, Washington St. 8:28.95, 3. Richard Tuvel, Washington St. 8:29.37, 4. Farley Garper, Weber St. 8:32.58, 5. Ricky Pittman, Tennessee 8:33.05, 6. Tom Stevens, Illinois 8:33.41.

**10,000:** 1. Gidamis Shahanga, Texas-El Paso 29:10.28, 2. Zakaria Barie, Texas-El Paso 29:11.69, 3. Gerald Donakowski, Michigan 29:25.33, 4. Joseph Kipsang, Iowa St. 29:40.36, 5. Keith Brantly, Florida 29:45.95, 6. Edward Evestone, Brigham Young 29:55.29.

**Javelin:** 1. Einar Vilhjalmsson, Texas 293-1, 2. Steven Stockton, Northwestern St. 271-10, 3. Ronald Bradstock, Southern Methodist 264-7, 4. Dave Mills, Iowa St. 255-8, 5. Juan de la Garza, Texas A&M 253-11, 6. Laslo Babits, Washington St. 248-4, 11. Paul Kulak, Northridge St. 238-8.

**Shot Put:** 1. Michael Carter, Southern Methodist 68-7, 2. John Brenner, UCLA 67-9 1/4, 3. Dean Crouser, Oregon 67-5 1/4, 4. Oskar Jakobsson, Texas 66-10, 5. Hank Kraychir, Southern California 66-0 1/2, 6. August Wolf, Princeton 63-9 1/2, 11. Cameron Baxter, Fresno State 60-10 1/2.

**400 Meters:** 1. Bertland Cameron, Texas-El Paso 44.62, 2. Sunday Uti, Iowa St. 44.96, 3. Sunder Nix, Indiana 45.29, 4. Alonzo Babers, Air Force 45.51, 5. Oliver Bridges, Howard 45.58, 6. Laron Brown, Tennessee 45.63, 7. Chris Whitlock, Washington St. 45.68.

**110 Meter Hurdles:** 1. Roger Kingdom, Pittsburgh 13.54, 2. Reggie Towns, Tennessee 13.63, 3. Willie Gault, Tennessee 13.63, 4. Ronnie McCoy, Iowa 13.72, 5. Henry Andrade, Southern Methodist 13.75, 6. Jack Pierce, Morgan State 13.78, 11. 1,500 Meters: 1. Frank O'Mara, Arkansas 3:40.51, 2. Earl Jones, Eastern Michigan 3:40.64, 3. John Glenn Hinton, Virginia 3:41.08, 4. Wybo Lellefeld, Clemson 3:41.68, 5. Dub Myers, Oregon 3:41.92, 6. Michael England, Villanova 3:42.71.

**100 Meters:** 1. Emmil King, Alabama 10.15, 2. Calvin Smith, Alabama 10.16, 3. Terry Scott, Tennessee 10.23, 4. Rod Richardson, Texas A&M 10.25, 5. Sam Graddy, Tennessee 10.25, 6. Willie Gault, Tennessee 10.32, 7. Darwin Cook, Southern California 10.33.

**Triple Jump:** 1. Keith Connor, Southern Methodist 56-7 1/2, 2. Al Joyner, Arkansas St. 55-7, 3. Michael Conley, Arkansas 55-5, 4. Byron Criddle, Houston 55-0 1/4, 5. Charlie Simpkins, Baptist College 54-2 1/4, 6. David Siler, Tennessee 54-1 1/4.

**5,000 Meters:** 1. Gidamis Shahanga, Texas-El Paso 13:54.13, 2. Zakaria Barie, Texas-El Paso 13:54.38, 3. Yobes Ondieki, Iowa St. 13:59.18, 4. Brian Carlton, Miami (Ohio) 14:01.80, 5. Julius Korir, Washington St. 14:02.86, 6. Charles DeGarmo, Colorado St. 14:02.88, 7. Steve McCormack, UCLA 14:02.33, 12. Jon Butler, UCLA 14:43.61.

**1,600 Meter Relay:** 1. Texas Christian Allen Ingraham, James Richard, Keith Burnett, David Walker 3:02.09 (meet record; old record, Howard 3:02.66, 1982), 2. Alabama 3:02.33, 3. Michigan State 3:02.51, 4. Southern Methodist 3:03.25, 5. Texas 3:03.79, 6. Howard 3:05.38.

**Pole Vault:** 1. Felix Bohni, San Jose St. 18-2 1/2 (wins on fewer misses) (meet

photo by Maurice Wilson

Fine Flicks by Don Gosney



**Mark Handelsman  
Seventh in 800 Meters**

record; old record, Randy Hall, Texas A&M, 18-2 1/4, 1980), 2. Joe Dial, Oklahoma St. 18-2 1/4, 3. Brad Pursley, Abilene Christian 18-2 1/4, 4. Jeff Buckingham, Kansas 17-10 1/2, 5. Shannon Sullivan, Oregon St. 17-6 1/2, 6. Paul Brattloff, Rice 17-6 1/2, 7. David Kenworthy, So. Calif. 17-2, 10. Clark Elliot, San Diego St. 16-10 1/4.

### Team Totals:

1. Southern Methodist, 104, 2. Tennessee, 102, 3. Alabama, 88, 4. Texas-El Paso, 84 1/2, 5. Washington, 66, 6. Oregon State, 59 1/2, 10. Southern California, 40, 13. Ite, Texas Christian and UCLA, 33 1/2, 22. San Jose State, 20, 48. Long Beach State, 54, Fresno State, 67, California-Santa Barbara, 74, San Diego State, 88, Stanford.

### Women

**Javelin:** 1. Denise Thiemard, Nebraska 178-10, 2. Lorri Kokkola, Texas 173-3, 3. Donna Mayhew, Arizona 170-6, 4. Rozlyn Rouse, Oregon 170-5, 5. Deanna Carr, Washington 168-9, 6. Susie Ray, UCLA 168-3, 11. Mary Osborne, Stanford 155-5.

**100:** 1. Merlene Ottey, Nebraska 11.04 (wind-aided), 2. Diane Williams, Los Angeles St. 11.05, 3. Brenda Clette, Florida St. 11.27, 4. Jennifer Inniss, L.A. St. 11.31, 5. Sharon Ware, Arizona St. 11.33, 6. Randy Givens, Florida St. 11.34, 10. Donna Carley, Sac St. 11.56.

**400 Hurdles:** 1. Judi Brown, Michigan St. 56.44 (meet record; old record, Tonia Brown, Florida St. 56.46, 1982), 2. Shariefia Barksdale, Tennessee 56.97, 3. Angela Wright, Florida St. 57.27, 4. Lori McCauley, Rutgers 57.55, 5. Patty Bradley, Villanova 57.58, 6. Sandra Farmer, L.A. St. 57.67.

**1,500:** 1. Michele Bush, UCLA 4:14.98 (meet record; old record, Regina Jacobs, Stanford, 4:14.53, 1982), 2. Ranza Clark, Oregon 4:16.23, 3. Linda Dettelsen, Georgia 4:16.77, 4. Jill Haworth, Virginia 4:16.89, 5. Doreen Startare, Penn St. 4:16.96, 6. Suzanne Foster, Michigan 4:17.58, 7. Louise Roma, California 4:18.62.

**3,000:** 1. Allison Wiley, Stanford 9:03.51 (meet record; old record, Wiley, 9:17.02, 1982), 2. Patti Sue Plummer, Stanford 9:10.22, 3. Jenny Anne Stricker, Harvard 9:11.50, 4. Lynn Jennings, Princeton 9:11.95, 5. Judith Shepherd, Clemson 9:14.50, 6. Sabrina Peters-Stern, Arizona St. 9:19.35, 8. Renee Wycoff, Fresno St. 9:22.59.

**5,000 Meters:** 1. Betty Jo Springs, No. Carolina St. 15:51.97 (meet record; old record, Springs, 15:57.66, 1982), 2. Kathy Hayes, Oregon 15:53.73, 3. Wendy Lynn VanMierlo, Illinois St. 16:06.05, 4. Lisa Martin, Oregon 16:07.83, 5. Katie Ishmael, Wisconsin 16:10.69, 6. Nan Doak, Iowa 16:16.31.

**400 Meter Relay:** 1. Florida St. (Angela Wright, Marita Payne, Brenda Clette, Randy Givens) 42.94 (collegiate record; old record, Florida St. 43.52, 1983), 2. Nebraska 43.44, 3. Tennessee 43.84, 4. Houston 43.84, 5. UCLA 43.90, 6. Bakersfield St. 44.79, 10. San Diego St. 45.58.

**100 Hurdles:** 1. Benita Fitzgerald, Tennessee 12.84 (meet record; old record, Ite, Kim Turner, Texas-El Paso 1983, and Fit-



**Allison Wiley  
3000 Meter Champion**

gerald, 1982, 13.13), 2. Turner, Texas-El Paso 12.95, 3. Rhonda Blanford, Nebraska 13.45, 4. Candy Young, Fairleigh Dickinson 13.48, 5. Tanya Lowe, Kentucky 13.56, 6. Lori Dinello, Florida 13.60, 7. Lori Smith, San Diego St. 13.76, 8. Jackie Joyner, UCLA 13.99, 11. Ite, Missy Jerald, UCLA and Sherifa Sandes, Oklahoma 13.77.

**800 Meters:** 1. Joetta Clark, Tennessee 2:02.28 (meet record; old record, Delisa Walton, Tennessee, 2:02.90, 1982), 2. Tina Krebs, Clemson 2:03.01, 3. Lee Ann Vanlandingham, Louisiana St. 2:04.09, 4. Jacqui Sedwick, Michigan St. 2:04.80, 5. Annette Campbell, Oklahoma 2:05.20, 6. Kathy Williams, Ohio 2:05.40, 9. Regina Jacobs, Stanford 2:07.49.

**High Jump:** 1. Disa Gisladdottir, Alabama 6-1 1/2 (wins on fewer misses) (meet record; old record, Gisladdottir, 6-1 1/4, 1982), 2. Wendy Markham, Florida St. 6-1 1/2, 3. Katrena Johnson, Arizona 6-1 1/4, 4. Bonita Harrington, Ball St. 6-0 1/2, 5. Ann Bair, Virginia 5-11 1/4, 6. Francis Daniel, Ohio 5-11 1/4, 7. Ite, Dabra Larsen, Southern California and Rita Graves, Kansas St. 5-11 1/4, 9. Ite, Kari Gossweiler, UCLA, Jane Clough, Oklahoma, Mary Mol, Iowa, Annette Tannander, Colorado and Linda McCurray, Texas-El Paso 5-10.

**400 Meters:** 1. Florence Griffith, UCLA 50.94 (meet record; old record, Griffith, 51.31, 1983), 2. Easter Gabriel, Prairie View A&M 50.99, 3. Merlene Ottey, Nebraska 51.12, 4. Denean Howard, L.A. St. 51.46, 5. Marita Payne, Florida St. 51.49, 6. Diane Dixon, Ohio St. 51.77, 7. Sharon Dabney, L.A. St. 51.91, 9. Arliss Emerson UCLA 52.67, 11. Delphine Banks, Hayward St. 52.99.

**Discus:** 1. Leslie Deniz, Arizona St. 209-10, 2. Carol Cady, Stanford 204-9, 3. Meg Ritchie, Arizona 196-9, 4. Pia Lacovo, Alabama 181-2, 5. Julie Ann Jones, Brigham Young 177-8, 6. Victoria Gay, Texas Southern 174-3, 7. Cynthia Johnson, Southern California 173-11 11, Linda Toman, UCLA 163-2, 12. Diane Oswalt, Hayward St. 163-2.

**200 Meters:** 1. Merlene Ottey, Nebraska 22.39, 2. Florence Griffith, UCLA 22.42, 3. Randy Givens, Florida St. 22.60, 4. Brenda Clette, Florida St. 22.98, 5. Diane Williams, L.A. St. 23.04, 6. Marita Payne, Florida St. 23.20, 11. Donna Carley, Sac St. 23.72.

**Long Jump:** 1. Carol Lewis, Houston 21-11 1/2 (meet record; old record, Jennifer Inniss, L.A. St. 21-10, 1983), 2. Tudie McKnight, Kansas 21-7 1/4, 3. Jackie Joyner UCLA 21-7 1/4, 4. Gwendolyn Loud, Hawaii 21-6 1/4, 5. Inniss 21-5 1/2, 6. Angela Thacker, Nebraska 20-7.

### Team Totals:

1. UCLA, 116 1/2, 2. Florida St. 108, 3. Nebraska 106, 4. Tennessee 87, 5. Oregon 66, 6. Stanford 60, 7. Los Angeles St. 59, 24. San Diego State, 28. Southern California, 33. Long Beach St., 40. Hayward State, 49. California, 51. Fresno State.



# Masters T & F Results

## Redlands Masters Meet

May 14, Redlands.

### Men

**5000 Meter Walk:** 45-49: 1. Larry Green 27:22.6, 50-54: 1. John MacLachlan 31:12.0.

**400 Meter Relay:** 30-34: 1. Pacific Telephone (Missouri, Johnson, Williams, Davis) 45.2, 35-39: 1. Corona del Mar (Morris, Robinson, Robertson, Butler) 43.1, 40-44: 1. Bakersfield T.C. (Stanners, Jones, Fitzhugh, Wong) 44.85, 55-59: Corona del Mar (Ambrose, Miller, Radford, Messersmith) 53.9, 60-64: Corona del Mar (Miller, Gist, Guidet, Mercurio) 55.9.

**1500 Meters:** 30-34: 1. Ron Rook 4:55.7, 35-39: 1. Ron Jensen 4:10.4, 2. Mike Figueroa, 3. Bill Perry, 40-44: 1. Norm Towers 4:23.5, 50-54: 1. Jerry Withers 5:08.4, 2. Ed Scholl, 3. Ray Green, 55-59: 1. Walter Atcheson 5:14.3, 2. Jock Jocoy, 3. Clinton Marr, 60-64: 1. Bill Cornett 6:18.1, 2. Karlis Smiltens.

**110 Meter Hurdles:** 30-34: 1. Fouts Williams 19.6, 35-39: 1. Marvin Thomas 14.5, 40-44: 1. Walt Butler 14.3, 45-49: 1. Alvin Henry 16.4, 2. Jerry Stanners, 3. Ray Fitzhugh, 50-54: 1. Fred Gallardo 17.9, 2. Tony Nasralla, 3. Dave Douglass, 55-59: 1. Wayne Ambrose 21.0, 2. Jock Jocoy, 3.

45-49: 1. Nick Newton 56.3, 2. Ron Wagner, 3. Ed Martin, 50-54: 1. Bob Messersmith 57.3, 2. Tony Nasralla, 3. Charles Rice, 55-59: 1. Louis Beadle 1:01.3, 2. Jock Jocoy, 3. Walter Atcheson, 60-64: 1. Bob Hunt 1:03.5, 2. Hayden Parks, 3. Karlis Smiltens, 65-69: 1. Clarence Killion 1:07.9, 2. Herbert Miller.

**100 Meters:** 30-34: 1. Reggie Davis 11.3, 2. George Wong, 3. Charles Missouri, 35-39: 1. Walt Butler 11.1, 2. Marvin Thompson, 3. Sam Jones, 40-44: 1. Lewis Smith 11.6, 2. Tony Croddock, 3. Howard Beck, Jr., 45-49: 1. Nick Newton 11.9, 2. Alvin Henry, 3. Roger Tsuda, 50-54: 1. Tony Nasralla 12.2, 2. Bob Messersmith, 3. Hugh Cobb, 55-59: 1. Jock Jocoy 13.1, 2. Wayne Ambrose, 3. Tom Miller, 60-64: 1. Charles Mercurio 14.1, 2. Hayden Parks, 65-69: 1. Clarence Killion 13.0, 2. Al Guidet, 3. Andy Collins, 70-74: 1. Joe Caruso 14.7, 2. Bert Morrow, 75-79: 1. Redmond Doms 18.8.

**800 Meters:** 30-34: 1. Ron Beadle 2:21.2, 2. Jerry Williams, 3. Ron Rook, 35-39: 1. John Perry 2:02.8, 2. Mike Figueroa, 3. Bob Heaton, 40-44: 1. Norm Towers 2:10.2, 50-54: 1. Jason Harris 2:22.8, 2. Lloyd McGuire, 3. Charles Rice, 55-59: 1. Walter Atcheson 2:28.0, 2. Jock Jocoy, 3. Clinton Marr, 60-64: 1. Dave Lewis 2:41.5, 2. Karlis Smiltens, 3. Bill Cornett.

**400 Int. Hurdles:** 30-34: 1. Fouts Williams 1:06.3, 45-49: 1. Ray Fitzhugh 1:17.4, 50-54: 1. Tony Nasralla 1:10.2, 2. Fred Gallardo, 55-59: 1. Walter Atcheson 1:23.3, 2. Loren

55-59: 1. Walter Atcheson 1:23.3, 2. Loren

24.9, 2. Bob Messersmith, 3. Dawkins, 55-59: (1st heat) 1. Jock Jocoy 27.9, 2. Tom Miller, 3. Clinton Marr, (2nd heat) 1. Louis Beadle 27.3, 2. Robert Wingo, 60-64: 1. Charles Mercurio 30.0, 65-59: 1. Charles Killion 28.0, 2. Herbert Miller, 3. Chia-Tsung Pao, 70-74: 1. Bert Morrow 32.0.

**5000 Meters:** 30-34: 1. Ron Rook 18:50.04, 35-39: 1. Rick Williams 17:29.01, 2. Bill Perry, 3. Bob Heaton, 40-44: 1. Anthony Gomez 18:35.5, 55-59: 1. Robert Anderson 20:55.0, 60-64: 1. Karlis Smiltens 22:44.5, 65-69: 1. Frank Ostolich 22:19.0, 70-74: 1. John Montoya 22:45.0, 2. Tony Perona.

**Pole Vault:** 30-34: 1. Carl Brazelton 13-0, 35-39: 1. Mardon Connelly 13-0, 45-49: 1. Tom Woodring 12-0, 2. Gary Bane, 3. Jerry Stanners, 50-54: 1. Fred Gallardo 11-0, 2. Dave Douglass, 55-59: 1. Dan Grosh 8-6, 60-64: 1. Dave Brown 9-0, 2. Tom DeVaughn, 3. Bill Burke, 65-69: 1. Jim Vernon 9-6, 2. Elmer Siegel, 75-79: 1. Robert MacConaghy 8-0.

**Hammer:** 30-34: 1. J. Peterson 163-1, 2. Mike Deller, 3. Gary Kelmanson, 35-39: 1. Vincent Orr 102-5, 40-44: 1. Abe Scheinker 108-0, 50-54: 1. Dave Douglass 117-0, 2. Robert Perry, 55-59: 1. Bill Bunzert 112-7, 2. Emson Grimm, 60-64: 1. Bob Stone 117-7, 2. Dan Aldrich, 3. Tom DeVaughn, 70-74: 1. Don Pierotti 118-2, 75-79: 1. Redmond Doms 92-9.

**Javelin:** 30-34: 1. Ron Rook 136-6½, 2. Gary Kelmanson, 35-39: 1. Richard Rook 137-1, 40-44: 1. Robert Jones 123-6, 45-49: 1. Gary Miller 171-6, 2. Gary Bane, 3. Ed Martin, 50-54: 1. Fred Gallardo 124-4, 55-59: 1. Jock Jocoy 93-10, 2. Emson Grimm, 60-64: 1. Dan Aldrich 129-7, 2. Bob Stone, 3. Bill Burke, 70-74: 1. Don Pierotti 89-2, 75-79: 1. Robert MacConaghy 100-6, 2. Redmond Doms.

**Triple Jump:** 30-34: 1. Gary Moody 38-½, 2. Ron Rook, 35-39: 1. Rufus Morris 41-½, 45-49: 1. Jerry Stanners 31-11, 60-64: 1. Herbert Miller 28-5½, 2. Elmer Siegel, 70-74: 1. Joe Caruso 26-1½, 75-79: 1. Redmond Doms 21-1.

**High Jump:** 40-44: 1. Gene Zubrinsky 5-9, 45-49: 1. Nick Newton 5-8, 2. Gary Bane, 3. (tie) Jerry Stanners, Ray Fitzhugh, 50-54: 1. Dave Douglass 4-9, 2. Robert Perry, 55-59: 1. Jock Jocoy 4-5, 60-64: 1. Burl Gist 4-11, 2. Hayden Parks, 3. Bill Burke, 65-69: 1. Jim Vernon 4-5, 2. Herbert Miller, 3. Elmer Siegel, 70-74: 1. Bert Morrow 3-9.

**Long Jump:** 35-39: 1. Rufus Morris 22-5½, 2. Gary Fewkes, 40-44: 1. Robert Jones 18-10, 45-49: 1. Gary Miller 19-3½, 2. Roger Tsuda, 3. Ray Fitzhugh, 50-54: 1. Tony Nasralla 17-1½, 2. Fred Gallardo, 55-59: 1. Jock Jocoy 15-0, 60-64: 1. Charles Mercurio 14-6, 2. Bill Burke, 65-69: 1. Herbert Miller 13-4, 2. Elmer Siegel, 70-74: 1. Joe Caruso 12-10.

**Discus:** 30-34: 1. Mike Deller 153-0, 2. Gary Kelmanson, 40-44: 1. Abe Scheinker 89-1, 45-49: 1. Bob Humphreys 159-1, 2. Gary Miller, 3. Ed Martin, 50-54: 1. Charles Renfro 142-3, 2. Dave Douglas, 55-59: 1. Emson Grimm 53-10, 60-64: 1. Dan Aldrich 153-5, 2. Bob Stone, 3. Mike Castaneda, 65-69: 1. Jack Thatcher 126-11½, 70-74: 1. Vernon Cheadle 120-0, 2. Don Pierotti, 75-79: 1. Redmond Doms 108-10 (American Record-age 76).

**Shot Put:** 30-34: 1. J. Peterson 48-10, 2. Mike Deller, 3. Gary Kelmanson, 35-39: 1. Alan Stevens 48-5, 2. Vincent Orr, 40-44: 1. Abe Scheinker 24-7, 45-49: 1. Ray Martin 39-9, 50-54: 1. Charles Renfro 44-5, 2. Dave Douglass, 3. Fred Gallardo, 55-59: 1. Bill Bunzert 41-8, 2. Loren Noyes, 3. Jock Jocoy, 60-64: 1. Mike Castaneda 45-9½, 2. Dan Aldrich, 3. Bob Stone, 70-74: 1. Vernon Cheadle 41-4½, 2. Don Pierotti, 75-79: 1. Redmond Doms 36-5 (World Record-age 76).

### Women

**1500 Meters:** 30-34: 1. Deborah Heaton 5:09.1, 2. Nadine Falbo, 40-44: Lorraine Hashey 6:04.4, 45-49: 1. Linda Sipprelle 5:26.6.

**80 Meter Hurdles:** 45-49: 1. Christal Miller 15.2, 50-54: 1. Shirley Kindsey 17.7.

**400 Meters:** 40-44: 1. Jeane Carter 1:06.2, 2. Nadine Falbo, 3. Sorraine Hashey.

**100 Meters:** 40-44: 1. Jeane Carter 13.9, 50-54: 1. Magdalena Kuehne 17.7, 60-64: 1. Margorie Hunt 21.2, 70-74: 1. Edith Mendyka 19.4.

**800 Meters:** 30-34: 1. Tina Stough 2:38.0, 2. Deborah Heaton.

**200 Meters:** 30-34: 1. Tina Stough 28.9, 2. Nadine Falbo, 40-44: 1. Jeane Carter 29.0, 50-54: 1. Shirley Kinsey 32.9, 2. Magdalena Kuehne.

**Javelin:** 40-44: 1. Catie Burke 47-1, 45-49: 1. Christel Miller 101-9, 50-54: 1. Shirley Kinsey 86-10½ (U.S. record), 2. Magdalena Kuehne, 70-74: 1. Edith Mendyka 72-7 (W.R. age 72).

**High Jump:** 45-49: 1. Christal Miller 4-3, 50-54: 1. Shirley Kinsey 3-4.

**Long Jump:** 50-54: 1. Magdalena Kuehne 10-3, 70-74: 1. Edith Mendyka 8-1.

**Discus:** 40-44: 1. Catie Burke 49-5, 50-54: 1. Shirley Kinsey 84-3, 2. Magdalena Kuehne, 70-74: 1. Edith Mendyka 58-10.

**Shot Put:** 40-44: 1. Catie Burke 20-4, 50-54: 1. Shirley Kinsey 30-1½, 70-74: 1. Edith Mendyka 26-11.

## Anteaters Masters Meet

from Dave Lewis

May 21, Irvine.

University of California, Irvine was the site of the first Anteaters Masters Track and Field Classic. Perfect weather greeted 250 entrants. The campus is one of the most beautiful in America, and being close to the Pacific keeps the air clean and cool, contributing to record breaking performances. The throwers were particularly awesome. George Ker, who turned 60 in January, put the shot 55-4 for an age group world record. Then 45 year old Larry Stuart threw the javelin 211-4 for an 45-49 age group American record. Seventy-six year old Red Doms broke the record for his age in the shot put, 37-10 and the discus, 113-3. The high jump continues to be dominated by 63 year old Burl Gist who leaped 5-0.

Thirty-eight year old Rufus Morris long jumped 23-2½ and triple jumped 41-2½ while 62 year old Tom Patsalis long jumped 18-4½.

Two video cameras recorded all the events and some exciting races were filmed. For example, Bill Fitzgerald (58) relinquished, and then regained, the lead coming off the final turn of the 800 meters to win in 2:18.7 over Jerry Withers 2:19.1. Then there was the wire to wire lead of 35 year old Bill Summers, who in his first race in Masters Track, won the 1500 meters in 2:07.7.

The Anteaters Masters replaces the popular Grandfathers Games which was promoted by George Ker for 12 years in the San Fernando Valley. With the blessing of UC Irvine and Chancellor Don Aldrich (who threw the discus 157-5, an age record for 64), this meet may well become an important meet on the West Coast. Besides California, there were entrants from Arizona, Florida, Texas, Colorado and Nevada.

Meet Director, Dave Lewis, a middle distance runner who competes regularly in road races had encouraged his road racing buddy's to try masters track and field. About 30 did and they really enjoyed the competition and excitement. Jon Visel, for example, a 45 year old, 6'3", 220 lb. distance runner and former Occidental College athlete, came back to his real event and won first place in the discus with a toss of 103-11. Not bad for the first try in 20 years.

Convenient to San Diego athletes (25 attended), the Anteaters Masters Meet at UC Irvine will become the site of some intense rivalry between the San Diego Track Club contingent and the Striders and Corona del Mar Track Clubs.

### Men

**Steeplechase:** 30-34: Henry Lange 10:31.0, 35-39: Jarrett Williams 11:40.0, 40-44: Tim Rhone 12:20.9, 55-59: Avery Bryant 12:25.8, Jack Noble 12:35.6, 65-69: Paul Ganahl 15:13.4.

**100 Meters:** 30-34: Mike Jackson 11:29, Mike Black 11:80, Mike Overn 12:11, 35-39:

continued on next page...



Jock Jocoy



Clarence Killion

Loren Noyes, 60-64: 1. Bob Hunt 17.3, 2. Burl Gist, 65-69: 1. Al Guidet 18.1, 2. Herbert Miller, 3. Chia-Tsung Pao.

**80 Meter Hurdles:** 70-74: 1. Bert Morrow 22.1.

**400 Meters:** 30-34: 1. Glenn Johnson 52.2, 2. Ron Beadle, 3. Reggie Davis, 35-39: 1. Ron Jensen 53.1, 2. Mike Figueroa, 3. Dean Olsen, 40-44: 1. Howard Beck Jr. 58.3, 2. Robert Jones, 3. Randy Kirby,

Noyes, 60-64: 1. Bob Hunt 1:15.1, 2. Hadyn Parks, 65-69: 1. Al Guidet 1:20.0, 2. Paul Ganahl, 3. Chia-Tsung Pao.

**200 Meters:** 30-34: 1. Glenn Johnson 22.0, 2. Ron Beadle, 3. Reggie Davis, 35-39: 1. Walt Butler 22.6, 2. Marvin Thompson, 3. Willie Robertson, 40-44: 1. Lewis Smith 24.5, 2. A.V. Craddock, 3. Robert Jones, 45-49: 1. Nick Newton 24.3, 2. Alvin Henry, 3. Ron Wagner, 50-54: 1. Tony Nasralla



# Results

Walt Butler 11.2, Lindsey Harmon 11.5, Steve Caminilli 11.5. 40-44: Lew Smith 11.8, Tony Craddock 12.2, David Dill 15.2. 45-49: Hugo Hartenstein 11.61, Nick Newton 12.12, Al Henry 12.19. 50-54: Don Benton 12.2, Tony Nasralla 12.2, Bob Messersmith 12.5. 55-59: Bob Watanabe 12.7, Bob Jordan 13.1, Hal Wallace 13.7. 60-64: Tom Patsalis 12.5, Bob Hunt 13.0, Byron Walls 14.1. 65-69: Al Guidet 13.7, Andy Collins 14.0, Herb Miller 14.2. 70-74: Tony Castro 14.9, David Blanton 18.5. 75-79: Willard Benton 20.3.

200 Meters: 30-34: Ron Beadle 22.9, Nolen Smith 23.6, Mike Black 24.0. 35-39: Willie Robertson 23.0, Lindsey Harmon 23.8, John Pulley 24.0. 40-44: Walt Butler 23.2, George Cohen 23.8, Tony Craddock 25.1. 45-49: Hugo Hartenstein 23.6, Nick Newton 24.2, Jesse Carrington 24.7. 50-54: Tony Nasralla 25.1, Bob Messersmith 25.3, Don Benton 25.4. 55-59: Bob Watanabe 25.9, Bob Jordan 27.5, Robert Wingo 30.0. 60-64: Hayden Parks 28.7, Chas Mercurio 29.5, Leroy Wherley 32.7. 65-69: Herb Miller 30.5, Chia Pau 33.1. 75-79: Willard Benton 45.4.

400 Meters: 30-34: Nolen Smith 52.1, Ron Beadle 52.3, Willie Bogan 53.7. 35-39: Ken Stuart 51.1, Frank Little 53.7. 40-44: George Cohen 52.7, Robert Jones 56.5, William Powell 56.5. 45-49: Nick Newton 55.8, Ed Martin 1:02.2. 50-54: Tony Nasralla 57.0, Bob Messersmith 58.0, Willie Robinson 59.3. 55-59: Lew Beadle 60.0, Bob Watanabe 1:00.7, Gene Harte 1:01.0. 60-64: Hayden Parks 1:08.1. 65-69: Mike Reid 1:15.9, Herb Miller 1:19.7. 75-79: Willard Benton 1:39.1.

800 Meters: 30-34: Nolen Smith 1:57.0, Kyle Jokela 2:01.4, Rex Hall 2:02.6. 35-39: Ron Jensen 1:57.1, Mike Eck 2:02.6, Mike Figueroa 2:11.5. 40-44: Norm Towers 2:07.7, Tony Gomer 2:18.2. 45-49: Gary Miller 2:07.1, Jesse Carrington 2:09.2, Cliff Bedell 2:09.8. 50-54: Jerry Withers 2:19.1, Bob Holmes 2:25.8, Lloyd McGuire 2:27.9. 55-59: Bill Fitzgerald 2:18.7, Walt Atcheson 2:28.9, Jack Green 2:45.5. 60-64: Dave Lewis 2:42.3, Dave Pain 2:53.8. 75-79: Willard Benton 3:37.4, Paul Spangler 3:48.8.

1500 Meters: 30-34: Henry Lange 4:44.0, Gregg Kall 4:50.0. 35-39: Bill Sumner 4:07.7, Ron Jensen 4:13.8, Mike Figueroa 4:37.0. 40-44: T. Nelson 4:27.8. 45-49: Lee Miller 4:44.7, John Weldy 5:02.9, Buddy Belshe 5:07.1. 50-54: Jerry Withers 4:54.3, Pat Trevino 4:59.7. 55-59: Dick Hochschild 5:36.6. 60-64: Lew Beadle 5:34.3. 65-69: David Pain 6:12.5. 75-79: Willard Benton 7:28.8, Al Guth 8:31.3. 80-84: Paul Spangler 7:43.4.

3000 Meters: 35-39: Mike Figueroa 9:44.6, Bill Perry 9:52.1, Robert Hill 9:54.7. 40-45: Jerry Daniel 9:59.4, T. Gomez 10:34.0, Steve Badolato 10:40.0. 45-49: John Weldy 9:49.2, Lee Miller 10:00.8, Joe Livesay 10:20.0. 50-54: Pat Devine 10:19.7, Gunnar Linde 10:29.7, Jason Harris 10:50.0. 55-59: Pete Mundie 10:37.9, Walt Atcheson 11:17.8, Bob Kay 11:59.4. 65-69: Bill Nice 13:07.5. 70-74: Al Guth 17:12.0. 80-84: Paul Spangler 15:49.0.

110 H.H.: 30-34: Eddie Loughridge 14.6. 40-44: Walt Butler 14.8, Larry Sallinger 15.3, Dee DeWitt 15.8. 45-49: Al Henry 18.1, Ray Fitzhugh 20.7. 50-54: Fred Gallardo 18.1, Dave Douglas 18.8. 55-59: Loren Noyes 23.8. 60-64: Tom Patsalis 18.2, Bob Hunt 17.0, Burl Gist 17.7. 65-69: Al Guidet 18.1, Herb Miller 18.8, Chia Pau 20.9.

400 H.H.: 30-34: Mike William 1:03.0. 40-44: Larry Sallinger 1:02.5. 45-49: Ray Fitzhugh 1:17.4. 50-54: Tony Nasralla 1:08.8, Fred Gallardo 1:09.8, Dave Douglas 1:12.5. 55-59: Loren Noyes 1:28.8. 60-64: Bob Hunt 1:11.6. 65-69: Chia Pau 1:25.0, Paul Ganahl 1:33.4.

400 Meter Relay: 30-39: Striders (Morris, Foot, Harmon, Jackson) 45.9, Corona Del Mar (Robinson, Wong, Callahan, Loughridge) D.Q. 50-59: Corona Del Mar (Messersmith, Sallinger, Jackson, Clayton) 51.1. 60-69: Corona Del Mar (Burke, Mercurio, Miller, Guidet) 57.2. 1600 Meter Relay: 30-39: S.C. Striders (Jensen, Morris, Bogan, Stuart) 3:42.1. 50-59: Santa Monica T.C. (Lindhe, Carmona, McGreavey, Mundie) 4:46.0.

High Jump: 35-39: Charlie Rader 6-4 1/4, Rufus Morris 5-9. 40-44: Gene Zobrinsky 6-0, Dee Dewitt 5-4. 45-49: Nick Newton 5-9, Gary Bane 5-4, Ray Fitzhugh 5-0. 50-54: Leon Frankamp 4-10, Dave Douglas 4-8, Burton Otzinger 4-8. 55-59: Hal Wallace 4-8. 60-64: Burl Gist 5-0, Hayden Parks 4-4, Dave Brown 3-8. 65-69: Jim Brown 4-4, Elmer Siegel 4-2, Herb Miller 3-10.

Long Jump: 30-34: Eddie Loughridge 23-7 1/4. 35-39: Rufus Morris 23-2 1/4, Carl Flowers 22-3. 40-44: Dee Dewitt 18-5, Robert Jones 17-10. 45-49: Gary Bane 17-8 1/2, Ray Fitzhugh 16-4, Roger Tsuda 16-1. 50-54: Burton Otzinger 16-3 1/4, Tony Nasralla 15-6. 60-64: Tom Patsalis 18-4 1/4, Chas Mercurio 14-11, Chuck Cheshire 14-2 1/4. 65-69: Bill Morales 14-4, Herb Miller 14-3 1/4, Mike Reed 9-9 1/4.

Triple Jump: 30-34: Ron Rook 30-6. 35-39: Rufus Morris 41-2 1/4. 50-54: Tony Nasralla 32-5 1/2. 60-64: Tom Patsalis 37-8 1/2, Chas Mercurio 30-8 1/4. 65-69: Herb Miller 29-7 1/4, Elmer Siegel 20-10. 75-79: Red Doms 20-3 1/2.

Pole Vault: 30-34: Tim Knappen 14-0. 35-39: James Ball 11-0, Harold Sansbury 10-0. 40-44: Mardon Connelly 14-0, Dee Dewitt 11-0. 45-49: Tom Woodring 12-6, Gary Bane 11-6, Jerry Moore 10-8. 50-54: Fred Gallardo 10-6, R. Harms 8-6, Ronnie DeVoe 8-8. 55-59: Hal Wallace 10-6, Don Gosh 9-6. 60-64: Dave Brown 8-6, Bill Burke 7-6, Tom DeVaughn 6-8. 65-69: Jim Vernon 10-6, Elmer Siegel 8-0. 75-79: Bob MacConaghy N.H.

Shot Put: 30-34: Mike Deller 45-10, John Shea 25-1. 35-39: Jerry Elbert 28-10, Jarrett Williams 25-10. 40-45: David Dills 33-11 1/4, Abe Sheinker 27-1. 45-49: Ray Martin 40-4, Gary Bane 28-7. 50-54: Chas Renfro 44-5, Harry Hawke 43-0, Leon Frankamp 37-10 1/2. 55-59: Hank Habegger 39-5, Hal Wallace 37-10 1/4, Loren Noyes 30-6 1/2. 60-64: George Ker 55-4 (W.R.), Mike Castaneda 47-0, Bill Burke 38-3. 65-69: Jack Thatcher 44-7, Jerry Siebert 38-7. 70-74: Vern Cheadle 41-8, Dom Pierotti 35-7, Brenek Rous 30-7. 75-79: Red Doms 37-10 (W.R.).

Discus: 30-34: Mike Deller 146-11, Tino Martinez 121-8, John Shea 66-5. 35-39: Jerry Elbert 122-0, Jarrett Williams 65-3. 40-44: Pete Toughill 118-7, David Dills 108-6, Abe Sheinker 87-8. 45-49: Jon Visel 103-11, Ed Martin 93-7, Gary Bane 93-0. 50-54: Ed Van Pelt 142-4, Chas Renfro 138-4, Harry Hawke 138-4. 55-59: Hal Wallace 110-10, Hank Habegger 97-2, Emson Grimm 45-4. 60-64: Dan Aldrich 157-5, George Ker 138-2, Mike Castaneda 134-2. 65-69: Jack Thatcher 124-2, Jerry Siebert 104-5. 70-74: Vern Cheadle 124-1, Dom Pierotti 106-10. 75-79: Red Doms 113-3 (W.R.), Burt DeGoot 88-1.

Javelin: 30-34: Clyde Foreman 183-1, Ron Rook 143-11. 35-39: Richard Rook 131-5, Jarrett Williams 97-2, John Shea 99-1. 40-44: Robert Jones 107-5, David Dill 102-6. 45-49: Larry Stuart 211-4 (A.R.), Gary Bane 129-7, Ed Martin 121-9. 50-54: R.E. Hudson 158-1, Harry Hawke 138-10, Dick Smith 126-11 1/2. 55-59: Hal Wallace 122-11 1/2, Emson Grimm 55-1. 60-64: Bill Burke 113-9. 65-69: Bill Morales 147-4, Jerry Siebert 117-1. 70-74: Don Pierotti 88-3. 75-79: Bob MacConaghy 100-8, Red Doms 92-3.

Hammer: 30-34: Mike Deller 145-11. 40-44: Abe Sheinker 105-2. 50-54: Dave Douglas 132-1, Jerry Wojcik 104-8, J.C. DeVilbiss 89-11. 55-59: Emson Grimm 57-0. 60-64:

Tom DeVaugh 109-2, Seymour Lampert 57-11. 70-74: Don Pierotti 118-0.

Women  
100 Meters: 35-39: Chestine Barnes 13.68. 40-44: Jeanne Carter 14.27. 45-49: Barbara Smith 17.43. 50-54: Shirley Kinsey 15.78, Magdelene Kuehne 18.0, Evelyn Reiten 19.24. 60-64: Majorie Hunt 21.40. 70-74: Marilla Salisbury 32.0.

200 Meters: 30-34: Tina Stough 28.7. 40-44: Jeanne Carter 29.0, Irene Bracher 44.3. 50-54: Shirley Kinsey 32.6, Evelyn Reiten 41.9. 75-79: Marilla Salisbury 1.17.

400 Meters: 30-34: Tina Stough 1:06.8. 35-39: Chestine Barnes 1:03.2. 40-49: Jeanne Carter 1:10.4. 45-49: Barbara Smith 1:26.6, Irene Bracher 1:37.4, Marilyn Carey 2:33.7. 50-54: Alice Leicht 1:17.1. 75-79: Marilla Salisbury 2:33.8.

800 Meters: 30-34: Tina Stough 2:32.8, Deana Sanders 2:42.8. 35-39: Chestine Barnes 2:29.8. 75-79: Marilla Salisbury 6:00.2.

1500 Meters: 30-34: Debbie Heaton 5:05.0, Deana Sanders 5:45.2. 35-39: Coty Miller 7:08.0. 45-49: Barbara Smith 6:22.0, Carol Hochschild 6:NT, Irene Bracher 7:07.7, 50-54: Ellie Brown 8:54.5. 75-79: Marilla Salisbury 13:12.9.

3000 Meters: 30-34: Debbie Heaton 10:41.8. 35-39: Coty Miller 14:34.8. 40-44: Carlene Madvig 14:43.4. 45-49: Linda Sipprelle 11:19.2, Carroll Hochschild 14:28.8. 50-54: Evelyn Reiten 13:56.1.

High Jump: 35-39: Lantanya Glass 4-0. 50-54: Alice Leicht 3-10, Shirley Kinsey 3-6.

Long Jump: 35-39: Lantanya Glass 11-3 1/4. 50-54: Alice Leicht 12-1, Magdalena Kuehne 9-10 1/4. 70-74: Edyth Mendyka 8-1 1/4.

Triple Jump: 45-49: Christel Miller 27-2 1/4. 50-54: Magdalena Kuehne 22-11 1/4. 70-74: Edyth Mendyka 14-2.

Shot Put: 35-39: Lantanya Glass 27-7. 40-44: Catie Burke 21-3. 70-74: Edyth Mendyka 27-4.

Discus: 40-44: Catie Burke 55-7. 50-54: Shirley Kinsey 82-3. 70-75: Edyth Mendyka 57-5.

Javelin: 40-44: Catie Burke 48-2. 45-49: Christel Miller 97-7. 50-54: Shirley Kinsey 87-9, Magdalena Kuehne 46-0. 70-74: Edyth Mendyka 72-4.

## Golden State Masters

May 28, Porterville.

Men's Divisions

100m Dash — 30-39: 1. Bob Brantle (33) 11.9, 2. Robert Murphy (31) 12.4. 40-49: 1. Bill Knocke (43) 11.8, 2. Dennis Duff (40) 11.9, 3. Dee Dewitt (44) 11.9. 45-49: Gilbert Latorre (45) 11.8, 2. Raymond Fitzhugh (48) 13.4, 3. Jerry Stanners (48) 13.1. 50-54: 1. Bruce Springbett (50) 11.8, 60-69: 1. Charles A. Mercurio (63) 14.0. 65-69: Payton Jordan (66) 12.8, 2. Clarence Killion (65) 13.8, 3. Elmer Landis (67) 18. 70-74: 1. Anthony Castro (73) 14.8, 2. Jc Caruso (73) 15.0. 75+ : 1. Sing Lum (7) 16.3.

200m Dash — 30-39: 1. Jerry Balade (37) 24.8, 2. Jerry Koop (30) 25.2, 3. Lck Rich (34) 25.8. 40-44: 1. Dennis Duffy (4) 24.1, 2. Anthony Craddock (40) 25.8, 3. Kc Vaughn (41) 27.3. 45-49: 1. Gilbert Lator (45) 24.2. 50-54: 1. Bruce Springbett (5) 24.5. 55-59: 1. Robert Higginbotham (5) 28.3. 60-64: 1. Robert Hunt (63) 28.0. 65-69: 1. Payton Jordan (66) 26.9, 2. Clarence Killion (65) 28.4, 3. Bill Fairbanks (66) 31. 70-74: 1. Anthony Castro (70) 31.3. 75+ : Sing Lum (78) 35.8.

400m Dash — 30-39: 1. James Hary (32) 49.9, 2. Jerry Balade (37) 53.6, Jerry Koop (30) 54.5. 40-44: 1. Dennis Duffy (40) 52.7, 2. Kenneth Washman (40) 65. 45-49: 1. Milton Newton Jr. (49) 56.0, Ross Irving (45) 70.0. 55-59: 1. Walter cheson (56) 65.3, 2. Robert Higginbotha (56) 65.9. 60-64: 1. Robert Hunt (63) 64.0, Davis Lewis (61) 69.2. 65-69: 1. Clarence Killion (65) 67.0, 2. Bill Fairbanks (66) 66.

800m Run — 30-39: 1. Wayne Doug (35) 2:05.8. 40-44: 1. Dennis Scott (4) 2:12.1, 2. Neal Chappell (44) 2:16.8. 50-



August 20, 1983-8:30am

START: Tehachapi Park, Tehachapi at 8:30 am

ENTRY FEE RACE DAY: \$7-BTC, \$8-Public

PRE ENTRY FEE: \$6-BTC, \$7-General Public

Postmarked by August 16, 1983

RACE DAY REGISTRATION: 7 am to 8:15 am

FESTIVAL: Includes - Parade, Bar-B-Q, Dance,

Rodeo, Arts & Crafts Show & much more

ENTRY FORMS: Write Bakersfield Track Club

Post Office Box 10371, Bakersfield, CA

93389



1. Tom Sturak (51) 2:18.9, 2. Tony Bush (54) 2:46.3, 55-59: 1. Walter Atcheson (56) 2:38.3, 60-64: 1. David Lewis (61) 2:46.2, 2. Warren Rankins (62) 3:45.1.

**1500m Run — 30-39:** 1. Wayne Douglas (35) 4:23.3, 2. Dennis Farrell (30) 5:54.2, 40-44: 1. Neal Chappell (44) 4:45.4, 2. Fred Mendoza (44) 4:53.3, 55-59: 1. Tom Sturak (51) 4:47.5, 60-64: 1. Walter Atcheson (56) 5:17.9, 65-69: 1. Warren Rankins (62) 7:35.6.

**5000m Run — 30-39:** 1. Juan Garza (31) 15:43.1, 2. Richard Snekvik (35) 17:06.9, 3. Paul Cross (36) 18:02.5, 40-44: 1. Dennis Scott (40) 16:09.2, 2. Fred Mendoza (44) 18:33.7, 50-54: 1. Tom Sturak (51) 18:43.8, 2. Douglas Dittmar (51) 20:56.8.

**3000m Steeplechase — 30-39:** 1. Juan Garza (31) 9:52.0.

**5000m Walk — 30-39:** 1. Carl Warrell (33) 29:27.4, 65-69: 1. Frank Saylor (69) 35:43.6.

**110m Hurdles — 30-39:** 1. Ed Baskauskas (32) 15.7, 2. Robert Murphy (31) 15.9, 3. Jerry Hougen (30) 17.7, 40-44: 1. Larry Sallinger (40) 15.5, 2. Dee DeWitt (44) 16.2, 3. Dennis Dismuke (40) 16.3, 45-49: 1. Raymond Fitzhugh (48) 16.6, 2. Jerry Stanners (48) 19.2, 50-54: 1. David Douglas (51) 18.4, 55-59: 1. Robert Higginbotham (56) 17.9, 60-64: 1. Robert Hunt (63) 17.5, 2. Burl Gist (63) 17.8, 3. Bill Burke (64) 22.6.

**400m Hurdles — 40-44:** 1. Bill Knocke (43) 60.5, 2. Ken Washman (40) 1:23.4, 45-49: 1. Raymond Fitzhugh (48) 73.2, 55-59: 1. Walter Atcheson (56) 1:35.7, 60-64: 1. Robert Hunt (63) 75.3.

**440y Relay — 30-39:** 1. Carl Warrell (33), Dale Tedrow (36), Paul Cross (36), Jerry Koop (30) 51.0, 60-64: 1. Charles Mercurio (63), Robert Hunt (63), Bill Burke (64), Burl Gist (63) 55.2.

**Discus — 30-39:** 1. John Roehr (35) 139-0, 2. Jerry Hougen (30) 129-9, 3. Gary Kelmenson (32) 111-0, 40-44: 1. Chuck Hann (41) 121-4, 2. Abe Sheinker (43) 89-3, 45-49: 1. Gary Miller (45) 105-4, 2. Jerry Stanners (48) 86-1, 3. Raymond Fitzhugh

(48) 85-5, 50-54: 1. Sherrell Sears (53) 103-1, 2. Dave Douglass (51) 92-1, 3. Jerry Wojcik (53) 89-5, 55-59: 1. Bill Bangert (59) 121-10, 60-64: 1. Mike Castaneda (63) 138-6, 2. Robert Stone (62) 137-4, 3. Quinto Merlo (63) 114-5, 65-69: 1. James York (69) 108-11, 70-74: 1. David Pierotti (72) 97-0.

**Javelin — 30-39:** 1. Gary Kelmenson (32) 133-2, 2. Dennis Farrell (30) 98-0.



Shirley Kinsey

40-44: 1. Dee DeWitt (44) 110-3, 45-49: 1. Gary Miller (45) 162-8, 2. Raymond Fitzhugh (48) 117-10, 3. Jerry Stanners (48) 95-9, 50-54: 1. Harvey Schellenberg (50) 148-1, 2. Jerry Wojcik (53) 109-11, 3. Jack Morrill (54) 96-6, 55-59: 1. Ed Chynoweth (59) 147-2, 2. Bill Bangert (59) 89-10, 60-64: 1. Robert Stone (62) 126-8, 2. Bill Burke (64) 121-4, 65-69: 1. Frank Saylor (69) 74-3, 70-74: 1. David Pierotti (72) 76-11.

**Shot Put — 30-39:** 1. John Roehr (35) 48-9½, 2. Gary Kelmenson (32) 35-3½, 40-44: 1. Chuck Hann (41)\*45-1, 2. Abe Sheinker (43) 27-1, 45-49: 1. Ray Martin (47) 40-10, 2. Raymond Fitzhugh (48) 28½, 3. Jerry Stanners (48) 27-6½, 50-54: 1. Sherrell Sears (53) 35-10, 2. Dave Douglass (51) 55-59: 1. Bill Bangert (59) 41-5½, 60-64: 1. Mike Castaneda (63) 45-8½, 2. Robert Stone (62) 42-1½, 3. Quinto Merlo (63) 41-9, 65-69: 1. James York (69) 39-9½, 2. Elmer Landis (67) 28-5½, 70-74: 1. David E. Pierotti (72) 33-4½.

**Hammer Throw — 30-39:** 1. Gary Kelmenson (32) 133-1, 40-44: 1. Abe Sheinker (43) 106-5, 50-54: 1. Dave Douglass (51) 119-11, 2. Jerry Wojcik (53) 98-3, 3. Jack Morrill (54) 90-4, 55-59: 1. Bill Bangert (59) 112-2, 60-64: 1. Robert Stone (62) 120-11, 65-69: 1. James York (69) 93-7, 70-74: 1. David Pierotti (72) 113-1.

**Long Jump — 30-39:** 1. Bob Brantley (33) 18-4, 2. Carl Warrell (33) 17-0, 3. Lelon Rich (34) 16-0, 40-44: 1. Larry Sallinger (40) 18-10½, 2. Dennis Dismuke (40) 17-10, 3. Dee DeWitt (44) 17-8½, 45-49: 1. Gary Miller (45) 18-3, 2. Jerry Stanners (48) 15-8, 3. Raymond Fitzhugh (48) 15-7, 50-54: 1. Harvey Schellenberg (50) 17-8, 2. Tony Bush (54) 15-0, 60-64: 1. Charles Mercurio (63) 13-11, 2. Bill Burke (64) 12-4½, 65-69: 1. Elmer Landis (67) 10-4, 70-74: 1. Joe Caruso (73) 12-3.

**Triple Jump — 30-39:** 1. Ed Baskauskas (32) 42-3½, 40-44: 1. Dee DeWitt (44) 34-9½, 2. Richard Findley (43) 33-4, 45-49: 1. Raymond Fitzhugh (49) 32-8, 2. Jerry

Stanners (48) 32-5, 60-64: 1. Charles Mercurio (63) 28-0.

**High Jump — 30-39:** 1. Ed Baskauskas (32) 6-2, 2. Jerry Hougen (30) 6-0, 40-44: 1. Dee DeWitt (44) 5-0, 2. Ken Vaughn (41) 4-8, 45-49: 1. Milton Newton Jr. (49) 5-8, 2. Jerry Stanners (48) 5-0, 3. Raymond Fitzhugh (48) 4-8, 50-54: 1. Herm Wyatt (51) 5-10, 2. Harvey Schellenberg (50) 4-6, 3. Douglas Dittmar (51) 4-6, 60-64: 1. Burl Gist (63) 4-10, 2. Orv Gillett (63) 4-4, 3. Bill Burke (64) 4-2, 65-69: 1. Jim Vernon (66) 4-4.

**Pole Vault — 30-39:** 1. Bruce Hotelling (39) 13-6, 2. Ed Baskauskas (32) 12-0, 3. Jerry Hougen (30) 11-0, 40-44: 1. Mardon Connelly (41) 13-6, 2. Dee DeWitt (44) 11-6, 45-49: 1. Jerry Stanners (48) 10-6, 50-54: 1. Douglas Dittmar (51) 10-6, 2. Harvey Schellenberg (50) 10-0, 60-64: 1. David Brown (60) 9-6, 2. Ralph Biesmeyer (63) 9-6, 3. Orv Gillett (63) 8-6, 65-69: 1. Jim Vernon (66) 10-0.

#### Women's Divisions

**100m Dash — 30-39:** 1. Maria Magana (33) 15.6, 45-49: 1. Christel Miller (48) 14.5, 60-64: 1. Myrtle Oak (60) 20.3, 2. Marjorie Hunt (64) 21.9.

**200m Dash — 30-39:** 1. Maria Magana (33) 33.0.

**400m Dash — 60-64:** 1. Myrtle Oak (60) 1:46.5.

**1500m Run — 60-64:** 1. Myrtle Oak (60) 8:27.8.

**5000m Run — 30-39:** 1. Susan Rubin (33) 24:04.9, 2. Rita Reynaga (31) 26:35.1.

**Discus — 30-39:** 1. Marsha Cartwright (31) 90-3, 40-44: 1. Catherine Burke (44) 46-9, 45-49: 1. Christel Miller (48) 76-0.

**Javelin — 40-44:** 1. Catherine Burke (44) 49-5, 45-49: 1. Christel Miller (48) 96-8.

**Shot Put — 30-39:** 1. Donna Hougen (30) 19-5, 40-44: 1. Catherine Burke (44) 20-10, 60-64: 1. Myrtle Oak (60) 17-4½.

**High Jump — 45-49:** 1. Sheila Newton (46) 4-2, 2. Christel Miller (48) 4-2.

## Road Racing Results

### Aztlan Indian Run

May 5, Elysian Park, L.A. 5K.

Cinco de Mayo, Thursday evening, 200 men and 60 women showed up to compete in a wild and muddy 5K Indian Run. For atmosphere, two fully dressed Aztec Indians gave a traditional blessing to all participants prior to the race which must have been the reason there were no injuries.

The run featured 6 fallen trees (all 2-3 feet high), 2 large water traps (8 X 8 feet), one long mud trap with plenty of loose mud, and of course a series of challenging hills.

All runners navigated the obstacles with varying degrees of skill.

In the mens race the Serratos brothers, both sub 14:30 5K's, battled with dark horse Enrique Castro for the entire race. But, with a half mile to go Enrique Castro opened up a 50 yard lead which he just managed to hold on to for the win.

The womens race featured three 12 and under females taking the first thru third position, with overall winner being Sharon Prince.

All division winners took home a long sleeve shirt with the race logo and 1st place imprinted on it, and all others a lot of wet and muddy feet!!

#### Men

**12 & Under:** 1. Hector Mejia 22:16, 2. Robert Lopez 24:23, 3. Scott Presley 26:03, **13-18:** 1. Raul Serratos 18:31, 2. Lino Hernandez 19:56, 3. Douglas Moreno 20:24, **19-29:** 1. Enrique Castro 18:28, 2. Jim McKenzie 19:02, 3. Scott Tellez 19:13,

4. Francisco Garcia 19:49, **30-39:** 1. Enrique Serratos 18:40, 2. Tony Gualardo 19:59, 3. King Wayman 20:09, 4. David Leaton 20:13, 40-49: 1. Johnny Risk 22:25, 2. Joe Razo 22:32, 3. Balomero Pedraza 23:17, **50 & Over:** 1. Watt Windsor 21:38, 2. Dick Durand 22:42, 3. Walt Atcheson 22:51.

#### Women

**12 & Under:** 1. Sharon Prince 22:30, 2. Lorena Ramirez 23:23, 3. Diane Castillo 24:22, **13-18:** 1. Johanna Connell 25:46, 2. Sonja Waite 25:48, 3. Mariene Reyes 26:00, **19-29:** 1. Gladys Martin 29:05, 2. Luz Garcia 29:08, 3. Slamlah Catli 29:49, **30-39:** 1. Marian Bauleys 26:23, 2. Gerrie Riuz 27:14, 3. Margarita Silva 27:33, **40-49:** 1. Jane Dods 28:30, 2. Carol Wright 30:30, 3. Marsha Daidola 31:34, **50 & Over:** 1. Stella Ramirez 37:37, 2. Francis Holguin 38:08.

### Armed Forces Day 10K

May 21, Torrance.

#### Women

**12 & Under:** 1. Sandy Tregarthen 57:04.1, 2. Lisa Ruth Wilson 1:09:40.7, 3. Tina Anderson 1:18:34.4.

**13-15:** 1. Connie Carlson 48:04.4, 2. Kim Evans 1:03:47.7, 3. Lori Shiotani 1:14:11.2, **16-18:** 1. Stacey O'Hara 41:36.1, 2. Ann Winfield 43:16.3, 3. Diane Ver Steeg 44:44.1.

**19-24:** 1. Tracy Waterman 40:16.1, 2. Shannon Prochaska 43:36.4, 3. Christy Hanlon 43:42.0.

**25-29:** 1. Shelly Prochaska 37:15.1 (overall winner), 2. Connie Garbarini 39:25.2, 3.

Yvonne Cochran 40:10.7.

**30-34:** 1. Sandra Bleher 43:39.6, 2. Liz Mandeville 46:03.5, 3. Susan Sakal 46:17.5.

**35-39:** 1. Joyce Rose 49:12.6, 2. Sara Gilmore 49:14.9, 3. Nash Inca 50:18.7.

**40-44:** 1. Kathryn Owens 44:45.7, 2. Nancy Mustard 48:54.9, 3. Susanne Hershey 48:06.3.

**45-49:** 1. Mary Lenihan 49:16.4, 2. Joan Mackenzie 1:02:00.2, 3. Sharon Holmes 1:03:45.0.

**50-54:** 1. Neely Williams 46:59.6, 2. Jean Windishar 1:02:34.5, 3. Carrie Bisignano 1:14:40.2.

**55-59:** 1. Willa Rogers 55:33.3, 2. Carmen De Luccio 1:14:39.7.

**60 Plus:** 1. Anna Richardson 1:04:34.6, 2. Sarah London 1:11:45.8, 3. Vi Pepe 1:24:59.8.

#### MEN

**12 & Under:** 1. Brent Conkling 43:10.4, 2. Phillip Northup 47:55.2, 3. Tom Griffin 48:17.7.

**13-15:** 1. David Delgado 35:19.4, 2. Tommy Cantine 36:58.9, 3. Carlton Uslamay 38:01.5.

**16-18:** 1. Brian Escobar 34:30.9, 2. Roger Booth 34:53.6, 3. Robert Pantanini 37:52.1.

**19-24:** 1. Fernando Vasquez 31:35.8 (overall winner), 2. Jim McKenzie 33:28.4, 3. Eddie Edwards 33:47.4.

**25-29:** 1. Mark Starr 34:50.3, 2. David Bower 35:00.3, 3. Dan Turner 36:38.1.

**30-34:** 1. Jon Hiroshima 35:44.5, 2. Ruben Gurrola 37:52.1, 3. Ed Sanchez 39:12.6.

**35-39:** 1. Manny Burrola 35:26.6, 2. Edward Monroy 38:17.4, 3. Dennis Ogren 36:46.1.

**40-44:** 1. Dave Peck 38:48.8, 2. Antonio Menchaca 40:01.5, 3. Bill Mandeville 40:12.6.

**45-49:** 1. Girls Ozolins 38:17.9, 2. John Rudberg 38:27.4, 3. Ken Fletcher 38:58.6.

**50-54:** 1. Eugene Cook 41:03.8, 2. Dave Thomas 41:15.5, 3. LeRoy Carter 43:23.5.

**55-59:** 1. Larry Banuelos 38:49.5, 2. John Feyk 39:41.9, 3. Reinhold Ullrich 42:16.4.

**60 Plus:** 1. Ward Glenn 43:49.2, 2. John Nino 43:52.8, 3. Milt Fryer 45:08.9.

## Race Clocks

**SPECIAL PRICE ON CHRONOMIX CC-811 DIGITAL CLOCKS** — We have several customers that are interested in selling their digital display clocks for \$895 (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) 595-2249. 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.



## Results

### Merci Runs

May 21. Monterey Park. 5K & 10K.  
Men's Divisions 5K

11-Under: 1. Steven Sumner (9) 21:13, 2. Lance Navarro (10) 23:10, 3. Michael Stoker (8) 23:17. 12-15: 1. Alec Meade (15) 19:33, 2. William Ramirez (14) 14:59, 3. Benjamin Almeida (15) 21:09. 16-20: 1. Juan Torres (19) 18:01, 2. Sergio Valenzuela (18) 18:07, 3. Paul Orsi (20) 20:44. 21-25: 1. Robert Proctor (24) 14:58, 2. Jesus Puente (21) 18:18, 3. Frank Padilla (24) 20:35. 26-35: 1. Andy Clifford (26) 14:38, 2. Enrique Serratos (30) 15:37, 3. Mark Ulloa (30) 18:14. 36-45: 1. Pete Gomez (41) 18:23, 2. Alan Smith (40) 18:27, 3. Raul Chavez (44) 18:41. 46-55: 1. Richard Flores (48) 17:43, 2. Bill Tosetti (48) 18:29, 3. Dennis Sullivan (51) 20:54. 56-Over: 1. Walt Malone (57) 20:13, 2. David Cohen (63) 21:02, 3. Leopoldo Fregoso (64) 24:09.

Women's Divisions 5K

11-Under: 1. Lorena Ramirez (10) 20:27, 2. Monica Jaimes (8) 23:56, 3. Shannon Fosnes (11) 26:16. 12-15: 1. Claudia Candelaria (12) 20:39, 2. Shelly Ruiz (14) 28:31, 3. Valerie Jimenez (14) 33:02. 16-20: 1. May Severson (21) 21:41, 2. Stef Scarborough (18) 24:10, 3. Teresa Crane (20) 21:25. 21-25: 1. Diane Gonzales (21) 22:22, 2. Joan Raber (25) 25:47, 3. Araceli Solano (22) 26:32. 26-35: 1. Jeanne Kawashima (26) 20:32, 2. Elsa Aguirre (32) 22:35, 3. Lupe Zisman (26) 23:26. 36-45: 1. Hilda Macis (38) 22:39, 2. Nancy Iahino (39) 24:51, 3. Barbara Defino (37) 31:27. 46-55: 1. Alice Evavold (47) 25:05, 2. Jean Sutton (46) 28:54, 3. Lydia Soto (49) 30:55.

Men's Divisions 10K

11-Under: 1. Larry Ortiz (10) 53:52. 12-15: 1. David Conabrock (15) 37:28, 2. Michael Kim (14) 38:12, 3. Greg Alaniz (15) 43:41. 16-20: 1. Victor Herrera (19) 30:23, 2. Raul Serratos (17) 31:44, 3. George Juarez (17) 32:45. 21-25: 1. Carlos Ortiz (23) 32:53, 2. Richard Jackson (25) 38:02, 3. Patrick Miller (22) 38:21. 26-35: 1. Rudy Chavez (28) 30:10, 2. Adolfo Serrato (28) 33:53, 3. Tony Guajardo (32) 34:02. 36-45: 1. Rene Ruiz (40) 35:36, 2. Alex Meade (41) 41:38, 3. Ruben Navarro (36) 37:32. 46-55: 1. Bob Gerlach (53) 38:15, 2. Joe Le Gall (49) 41:38, 3. T.C. Chung (48) 43:13. 56-Over: 1. Albert Boone (58) 42:23, 2. Eugene Benedetti (68) 53:01, 3. Ernest Durr (68) 53:40.

Women's Divisions 10K

16-20: 1. Lisa Merchain (17) 41:27, 2. Lisa Voorhis (19) 53:40, 21-25: 1. Catherine Molina (25) 39:49, 2. Susan Fry (24) 50:09, 3. Rose Marie Puccio (22) 54:25. 26-35: 1. Reine Ishida (35) 52:36, 2. Arlene Inouye (29) 52:43, 3. Margie Sanchez (29) 53:23. 36-45: 1. Nancy Gough (42) 47:48, 2. Elaine Murphy (44) 49:23, 3. Celia Sullivan (38) 51:37. 46-55: 1. Liz McClellan (48) 53:59.

### Nat. 50 Kilo Race Walking Championships

May 21. Monterey.

Overall

1. Martin Bermudez (Mexico) 3:50:43  
2. Felix Gomes (Mexico) 4:00:11  
3. Marco Evonlik (Unatt) 4:01:43  
4. Marcell Collin (Mexico) 4:07:12  
5. Jim Helring (Ath. Att.) 4:07:20  
6. Daniel O'Connor (SSTC) 4:09:29  
7. Thomas Edwards (Island/NY) 4:15:52  
8. Samuel Shick (AIA) 4:17:03  
9. Wayne Glusker (WYTC) 4:22:30  
10. Fabrian Knizacky (Shore) 4:27:24  
33. Bev La Veck (STC) 5:27:20  
38. Diane Mendoza (GGRW) 5:44:23

### Budweiser Light California Classic 8K

from Marty Higginbotham

May 21. Mooney Grove Park. Visalia

Men: Overall Places:

1. Juan Garcia 24:49, 2. Dennis Forthoffer 25:06, 3. Robert Taylor 25:42, 4. Ed Taylor 25:42, 5. Bryan Patterson 25:57, 6. Gary Campbell 26:26, 7. Frank Ortega 26:47, 8.



Tanis Leyendekker  
Women's winner Cal Classic

Dave Calderon 26:55, 9. Larry Lung 27:02, 10. James Williams 27:02.

14 & Under: 1. Les Strickland 31:34, 2. Randall Gremmuis 34:03, 3. Matt Ashbrook 34:55. 15-19: 1. James Williams 27:02, 2. Gabriel Torres N.T., 3. Eric Northrup N.T. 20-24: 1. Robert Taylor 25:42, 2. Dave Calderon 26:55, 3. Jasvir Singh 28:13. 25-29: 1. Juan Garcia 24:49, 2. Dennis Forthoffer 25:06, 3. Ed Taylor 25:42. 30-34: 1. Gary Campbell 26:26, 2. Larry Lung 27:02, 3. Craig Wheaton 29:05. 35-39: 1. Frank Ortega 26:47, 2. Jim Hill 29:48, 3. Ralph Smith 31:31. 40-44: 1. Jess Rodriguez 27:14, 2. Fred Mendoza 29:48, 3. Bob Blakeley 31:21. 45-49: 1. Wayne Van Dellen 27:25, 2. Frank Padilla 28:10, 3. Fred Perrira N.T. 50-59: 1. Jess Rivera 30:23, 2. Chuck Fruehler 34:57. 60 & Over: 1. Woody Cape 38:43.

Women: Overall Places:

1. Tanis Leyendekker 30:40, 2. Pam Barnes 34:27, 3. Albie Ashbrook 38:16, 4. Juanita Gibbs 37:42, 5. Jennifer Tracy 37:48.

14 & Under: 1. Albie Ashbrook 36:16 N.R., 2. Jennifer Trascy 37:48, 3. Margaret Frederickson 39:11. 20-29: 1. Tanis Leyendekker 30:40 N.R., 2. Pam Barnes 34:27, 3. Barbara Bell 43:43. 30-39: 1. Juanita Gibbs 37:42, 2. Pam Jones 37:49, 3. Becky Nava 40:12.

### Dala Horse Trot II

May 21. Kingsburg.

10K (Note: No Times Available.)

Men: 15 & Under: 1. Mark Berry, 2. Rodney Peter, 3. Skip Longfellow. 16-29: 1. Baldemar Bettancourt, 2. Alfred Cordova, 3. Paul Petty. 30-34: 1. Steve Levy, 2. Dave Williams, 3. John Volkmann. 35-39: 1. Robert Stephenson, 2. Jim McManis, 3. Doug Foster. 40-49: 1. Frank Delgado, 2. Sid Cram, 3. Rick Zamarripa. 50 Plus: 1. Dick Cain, 2. Sid Toabe, 3. John Paraedes. Wheelchair: 1. Jason Torosian.

Women: 15 & Under: 1. Karin Rucker, 16-29: 1. Diane Farley, 2. Darlene Gaffney, 3. Laura Hendrix. 30-34: 1. Sandy Jacob, 2. Leslie Moradian, 3. Elissa Maas. 35-39: 1. Cherie Stephenson, 2. Martha Geisel, 3. Pam Lindsey. 40-49: 1. Diane Vargas, 2. Julie Wilson, 3. Barb Troisi. 50 Plus: 1. Virginia Martin.

2 Miles

Men: 15 & Under: 1. Jose Garcia, 2. Oliver Bullock, 3. David Hawkins. 16-29: 1. Adolph Vizcarra, 2. Ron Schafer, 3. Gilbert Guzman. 30-34: 1. Lawrence Alderetti, 2. Howard Uyeno, 3. Steve Harber. 35-39: 1. Tom Ockey, 2. John Cota, 3. Mark Jensen. 40-49: 1. Henry Clark, 2. Fred Keenom, 3. Phil Farina. 50 Plus: 1. Christopher Denny, 2. Jack Watts, 3. Roger Eastman.

Women: 15 & Under: 1. Jennifer Eastman, 2. Christina Santellano, 3. Mindy Hess. 16-29: 1. Jana Nelson, 2. Ruth Nelson, 3. Tricia Lopez. 30-34: 1. Jan Alcock, 2. Elizabeth Maack, 3. Sharon Madsen. 35-39: 1. Connie Cruz, 2. Gail Munoz, 3. Gail Stimmell. 40-49: 1. June Hess, 2. Helen Burnham, 3. Sue Peter.

### Run for the Roses

May 21. Santa Rosa. 10K.

Open Division

1. Paul Ghidoss (San Bruno) 32:24  
2. Stacy Van Horn (Santa Rosa) 32:25  
3. Darryl Beardall (Santa Rosa) 32:27  
4. Daniel McCollough (Sonoma) 33:13  
5. Doug Rustad (Santa Rosa) 33:23

Men's 13-Under

1. Jeff Wilson (Santa Rosa) 39:55  
2. Mike Post (Sebastopol) 43:02  
3. Jeff Fletcher (Santa Rosa) 44:29

Men's 14-18

1. Paul Ghidoss (San Bruno) 32:24  
2. John Murray (Santa Rosa) 36:25  
3. Todd Jackman (Santa Rosa) 36:54

Men's 19-29

1. Stacy Van Horn (Santa Rosa) 32:25  
2. Daniel McCollough (Sonoma) 33:13  
3. Scott Leonard (Santa Rosa) 34:50

Men's 30-34

1. Herh Jenkins (Santa Rosa) 34:13  
2. Mike McClendon (Santa Rosa) 34:20  
3. Dick Ogg (Santa Rosa) 34:26

Men's 35-39

1. Dave Sjostedt (Bodega Bay) 35:18  
2. Brendon Hutchinson (Santa Rosa) 36:07  
3. Logan Adams (Santa Rosa) 36:24

Men's 40-44

1. Doug Rustad (Santa Rosa) 33:23  
2. Steve Sierra (Sebastopol) 36:43  
3. Robert Lazark (Sebastopol) 37:35

Men's 45-49

1. Darryl Beardall (Santa Rosa) 32:27  
2. Bob Buckendahl (Petaluma) 38:34  
3. David Webster (Santa Rosa) 39:59

Men's 50-Over

1. Morton Gray (Santa Rosa) 35:14  
2. Darrell Gee (Walnut Crk) 39:21  
3. Louis Menachof (Santa Rosa) 41:09

Women's 13-Under

1. Kristie McCall (Santa Rosa) 41:08  
2. Bibi Crawford (Sonoma) 49:53  
3. Brittany Lacey (Santa Rosa) 58:09

Women's 14-18

1. Kathy DuBay (Santa Rosa) 41:25  
2. Rebecca Nieto (Santa Rosa) 42:48  
3. Linda German (Rohnert Pk) 52:56

Women's 19-29

1. Anne Burn (Santa Rosa) 38:05  
2. Anne Lague (Santa Rosa) 41:30  
3. Tess Kamphaw (Sebastopol) 42:36

Women's 30-34

1. Vickie French (Santa Rosa) 43:12  
2. R. Rogers (Forestville) 43:44  
3. Chris Read (Santa Rosa) 44:05

Women's 35-39

1. Joan Roberts (Belmont) 42:21  
2. Sharon Janulaw (Pungrove) 44:16  
3. Julie Schreck (Santa Rosa) 44:48

Women's 40-44

1. Karen Eberhardt (Sebastopol) 41:38  
2. Jan Maximova (Santa Rosa) 50:20  
3. Joan Ballard (Santa Rosa) 51:03

Women's 45-49

1. Linda Ronchelli (Santa Rosa) 48:52  
2. Sandra Menchof (Santa Rosa) 49:27  
3. Judy Lindberg (Santa Rosa) 50:26

Women's 50-Over

1. Angela Chadwick (Petaluma) 50:33  
2. Dorothy Hudson (Santa Rosa) 52:07  
3. Bernice Ferrari (Santa Rosa) 52:52

### Miller Lite Run

May 22. Bakersfield. 5K & 10K.

10K

Men: 12 & Under: 1. Amador Ayon 44:25. 13-18: 1. Jim Webbin 37:52, 2. Mickey Gaxton 38:00, 3. Jeremy Hall 40:10. 19-29: 1. Jeff Perez 41:23, 2. Steve Phillips 41:36, 3. Mike Georgino 42:24. 30-39: 1. Juan Garza 33:57, 2. Jim Leask 36:17, 3. Robert Rodriguez 38:31. 40-49: 1. Eddie Lujan 35:51, 2. Neil Wilcox 39:24, 3. Joe Maki 41:02. 50-59: 1. Gill Hino 40:05, 2. Bert Beeve 44:28, 3. Bill May 53:04. 60 & Over: 1. Toby Solorzano NT.

Women: 19-29: 1. Lenee Loustalot 47:41, 2. Andrea McDonald 48:22, 3. Ornell Hickman 48:23. 30-39: 1. Susan Rubin 51:22, 2. Linda Fulke 57:02. 40-49: 1. Verla Phillips 51:77, 2. Marge Stauffer 54:77. 50-59: 1. Lou Kumulos 59:19.

5K

Men: 12 & Under: 1. Keith Garrett 19:23, 2. Chris Martinez 20:03, 3. Eliseo Ochoa 22:19. 13-18: 1. Kevin Cannon 16:07, 2. Danny Cruz 17:31, 3. Rubin Ozina 17:39. 19-29: 1. Tony Zuniga 17:52, 2. Rogelio Gamez 18:02, 3. Fernando Gomez 18:25. 30-39: 1. Ozzie Osgood 16:55, 2. Tom Tyack 17:18, 3. Richard Mollner 18:25. 40-49: 1. James Lipford 18:11, 2. Leo Marquez 19:30, 3. Don White 19:59. 50-59: 1. Tom Davis 23:35, 2. Joseph Gonzales 29:55. 60 & Over: 1. B. Ruchenberger 47:14.

Women: 12 & Under: 1. Carolyn Berg 23:40, 2. Tracy Winds 24:02, 3. Jenny Yates 24:38. 13-18: 1. Debbie McCain 24:27, 2. Alma Fuentes 32:59. 19-29: 1. Maureen Thistle 22:36, 2. Kat Balogh 24:23, 3. Nancy Soles 24:52. 30-39: 1. Jill Carter 26:47, 2. Debbie Miller 27:03, 3. Margaret Martinez 27:44. 40-49: 1. Susan McCreary 23:52, 2. Sharon Allison 28:26, 3. Barbara Guitler 28:38. 50-59: 1. Aurora Perez 26:41, 2. Carolyn Tekaat 45:46. 60 & Over: 1. Anita Foote 34:35.

### Athletic Express Track Club 5 & 10K Runs

From Wally Ingram

May 22. Riverside.

Men—12 & Under: 1. Jimmy Owens 18:53. 13-19: 1. Mark Castro 15:29, 20-29: 1. Danny Reed 14:58. 30-39: 1. Michael Figueroa 16:45. 40-49: 1. Bill Crum 16:49. 50-59: 1. Wally Ingram 17:25. 60 & Over: 1. Stephen White 21:05.

Women—12 & Under: 1. Sharon Prince 18:41. 13-19: 1. Sylvia DeSantiago 18:27. 20-29: 1. Linda Harding 19:35. 30-39: 1. Kathy Storey 20:22. 40-49: 1. Linda Harman 21:11. 50 & Over: 1. Ruth Webb 26:19.

10K

Men—12 & Under: 1. Charles Holguir 44:26. 13-19: 1. Allan Cummins 38:50. 20-29: 1. Ron Amundsen 31:56. 30-39: 1. Dean King 35:40. 40-49: 1. Bill Crum 35:11. 50-59: 1. Wally Ingram 37:10. 60 & Over: 1. Stephen White 45:18.

Women—12 & Under: 1. Sharon Prince 45:50. 20-29: 1. Denise Bedford 37:13. 30-39: 1. Kathy Heard 45:52. 40-49: 1. Lorraine Hasley 44:56. 50-59: 1. Mary Store 43:32.



## Red Bluff Relays

from KELLY AVILLA

### May 22. 10 Miles.

Last Sunday, May 22nd, the Red Bluff Racquet and Athletic Club hosted the 1st annual "Spring Relays" held at Ridgeway Park west of Red Bluff, California.

Thirty teams, consisting of three runners per team, competed in the 10 mile event despite intense heat. The race was highly competitive and the overall winning team ran the 10 mile relay in less than 5 1/2 minute miles.

Race directors, Kelly Avilla and Cathy Ackes, expect entries to soar next year because of the positive feedback.

### Men's Divisions

16-29	
1 Redding	53:58
G. Whalen, D. Merwin, J. Price	
2 Red Bluff	58:47
B. Woods, J. Haub, A. Hinek	
3 Los Molina	60:46
R. Pitkin, L. Stahl, T. Hamer	

30-39	
1 Chico	64:55
J. D'Anna, S. Simmons, R. Teague	
2 Redding	67:16
L. Morgan, J. Brown, J. King	
3 Chico	70:12
D. McNelis, R. Lander, S. Casey	

40-Over	
1 Redding	58:35
G. Reed, B. Parr, H. Thiel	
2 Redding	60:56
L. Edholm, J. Frost, R. Prior	
3 Chico	62:00
M. Andrews, L. Hubbard, D. Vermontte	

Women's Divisions	
16-29	
1 Cottonwood	75:06
L. Godley, K. Pote, B. Collins	
2 Chico	75:53
D. Grabowski, L. Symons, J. Symons	
3 Redding	79:27
K. Edholm, L. Apechechea, G. Small	

30-39	
1 Oroville	68:45
C. Andrews, A. Williams, L. King	
2 Chico	72:54
C. Briston, J. Kelly, S. Condon	
3 Redding	77:22
F. Parr, T. Swanson, P. Kahler	

40-Over	
1 Redding	72:06
J. Sullens, C. McHenry, M. Dunlap	

## LA's the Place 10K

### May 22. Los Angeles.

Men	
18 & Under:	1. Steve Perez 32:14, 2. George Marquez 32:50, 3. Jose Jimenez 33:30, 4. Tom Wilkinson 33:40, 5. Richard Bernal 34:22, 6. Manuel Brasley 34:33, 7. Manuel Gomez 34:37, 8. Douglas Sullivan 34:47.

19-24:	1. Jeff Kirk 32:38, 2. Steve Moreno 32:40, 3. Victor Carrillo 32:49, 4. Cayetano Delaluz 34:26, 5. Gustavo Aguilera 34:26, 6. Saltona Barr 35:00, 7. Miguel Garcia 35:11, 8. Carlos Contreras 36:53.
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25-29:	1. Enrique Castro 32:31, 2. Tom Moriarty 33:13, 3. Jose Garcia 33:24, 4. Chris Callahan 33:35, 5. Devin Corcoran 35:57, 6. Javier Lara 36:12, 7. Mark Matta 36:14, 8. David Myers 36:14, 9. Mark Lorden 36:35.
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30-34:	1. Ben Martinez 31:06, 2. Ron Gee 31:16, 3. Art Ting 33:33, 4. Ronald Sykes 34:09, 5. Tony Guajardo 34:41, 6. Jay Uretsky 35:21, 7. King Wayman 35:56, 8. Joe Englebrecht 36:39, 9. Keith Hankins 36:41, 10. Carlos Holguin 36:55.
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35-39:	1. Larry Fabela 33:44, 2. Robert Davison 34:52, 3. Hartzell Alipaz 35:01, 4. Bernard Breaia 35:16, 5. Salvador Torres 36:04, 6. James Wagoner 36:40, 7. Curtiss Kellogg 36:41, 8. Alvan Nava 36:56.
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40-49:	1. Robert McAndrews 34:49, 2. Bob Rude 34:58, 3. James Murphy 35:37, 4. Tom Carroll 36:46, 5. Jay Willis 37:19, 6. Balduero Pedraza 38:58, 7. Al Eisenmann 38:58, 8. Chip Strange 39:18, 9.
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Henry Del Rey Jr. 39:24, 10. Vic O'Bryan 39:30.

50-59: 1. Ryoji Akiyama 37:58, 2. Aurelio Camacho 38:24, 3. Juan Carmona Jr. 38:36, 4. Bob Gerlach 39:49, 5. Bob Larkin 40:39.

60 & Over: 1. Eddie Lewin 41:54, 2. Edwin Bishop 42:33, 3. David Cohen 44:31.

### Women

18 & Under: 1. Kim Ojeda 42:51, 2. Linda Lucas 43:37.

19-24: 1. Marie Martinez 44:06, 2. Julie Sherman 46:38, 3. May Shea 46:55.

25-29: 1. Sharon Barbano 36:41, 2. Pauline Brown 36:59, 3. Julie McKinney 38:52, 4. Jonie Van Engelen 42:07, 5. Jeanne Kawashima 42:20.

30-34: 1. Darlene Roberts 41:39, 2. Catherine LeCleire 43:23, 3. Laurel Hyde 45:20.

35-39: 1. Gloria Santillan 46:27, 2. Carol Powell 47:03, 3. Mary Ann Jestel 47:24.

40-49: 1. Joyce Momita 45:04, 2. Maria Fribourg 48:14.

50-59: 1. Helen Dick 47:22.

## Aptos Creek Marathon

from DENNIS R. MCCABERY

### May 22. Aptos.

Jim King and Deborah Waldear set records in winning the men's and women's championships at the third annual Aptos Creek Marathon on Sunday, May 22.

King, 27, of Twin Peaks (CA), held off Joe Mangan, 27, of Sunnyvale, to win by 11 seconds and shatter the course record with a time of 2 hours, 48 minutes and 45 seconds (2:48:45). The old mark was 3:04:20 set in 1982 by Michael Duncan.

Waldear, 33, of Kirkwood (CA) held off 1982 winner Bjorg Austrheim-Smith, 40, of Sacramento by 51 seconds to shatter the women's course record with a time of 3:27:26. The old mark was 3:27:39 set by Austrheim-Smith last year.

The Aptos Creek Marathon is one of the most difficult in the nation, with the start at near sea-level and the turnaround at 13.1 miles at 2,600 feet, and the entire course over narrow forested hilly trails in the Forest of Nisene Marks State Park, which is about 10 miles south of Santa Cruz.

The difficulty of the course was reflected in the large number of "ultra marathon runners" in the field. King and Austrheim-Smith are reigning champions of the Western States 100 Mile Race. Coffey is age group holder at 50 miles and Harp is women's champion of the Run To The Sun 38 Mile Race in Maui.

### Men's Results

Top 5 Men	
1 Jim King (26) Twin Peaks	2:48.45
2 Joe Mangan (26) Sunny Vale	2:48.56
3 Bob Cooper (28) San Fran.	2:54.55
4 John Talco (36) Oakland	2:55.19
5 John Coffey (27) Portland, OR	2:55.43

18-Under	
1 Dan Barger (17) San Jose	3:36.58
2 Leo Gallegos (17) San Pedro	4:34.14

19-24	
1 Paul Bousquet (24) Santa Cruz	3:12.23
2 Chris Cole (20) Downey	3:43.29
3 Gary Benito	3:46.09

25-29	
1 Jim King (26) Twin Peaks	2:48.45
2 Joe Mangan (26) Sunnyvale	2:48.56
3 Bob Cooper (28) San Fran.	2:54.55

30-34	
1 Steve Ottaway (30) San Ansim	2:59.04
2 Herb Tanzar (31) Torrance	2:59.08
3 Davey Carlsen (30) Carson, NV	3:00.36

35-39	
1 John Talco (36) Oakland	2:55.19
2 Frank Bozanich (37) Broth. WA	2:55.50
3 William Davis (37) San Fran.	3:13.49

40-44	
1 Mike Paradis (44) San Jose	3:17.12
2 Bill Stacy (41) San Jose	3:19.33
3 Ron Kovacs (44) Mt. View	3:26.44

45-49	
1 Bob Lopez (47) Long Beach	3:29.11
2 Raymond Prizgintas (46) L.A.	3:29.54
3 Malcolm Stewart (45) Cupertino	3:44.04

### 50-Over

1 E.R. Silver (52) San Jose	3:27.38
2 Ephraim Romesberg (52) S.J.	3:40.08
3 Bob Farington (51) San Jose	3:43.26

### Women's Results

Top 5 Women	
1 Deborah Waldear (33) Kirkwd	3:27.26
2 Bjorg Aust-Smith (40) Sacto	3:28.17
3 Patricia English (30) Sn Ansim	3:33.23
4 Susan Deane (29) Portland, OR	3:49.54
5 Paula Beard (31) San Fran.	3:52.35

18-Under	
1 Wendy Closson (18) Rilling Hills E	5:50.42

19-24	
1 Judy Hampton (22) Aptos	4:19.10
2 Jane Allen (21) Capitola	4:28.39
3 Francie Ready (22) Los Altos	5:00.52

25-29	
1 Susan Deane (29) Prtld, OR	3:49.54
2 Maryann Trullit (26) San Fran	3:52.36
3 Terri Muela (27) Daly City	3:58.04

30-34	
1 Deborah Waldear (33) Krkwd	3:27.26
2 Pat English (30) San Anselmo	3:33.23
3 Paula Beard (31) San Fran.	3:52.35

35-39	
1 Florian Harp (35) Mill Villy	3:56.09
2 Bill Stacy (41) San Jose	3:19.33
3 Ron Kovacs (44) Mt. View	3:26.44

40-44	
1 Bjorg Aust-Smith (40) Sacto	3:28.17
2 Valerie Doyle (40) San Fran.	4:07.02
3 Miriam St. Claire (41) Pio Alto	4:34.55

45-49	
1 Ruth Waters (49) San Carlos	4:23.02
2 Vivian Rodriguez (48) Milbrae	5:10.21

## Asian Runners Club Coyote Hills Fun Run

### May 22. Union City. 4.5 and 3.3 mile.

4.5 Overall	
1 Alan Winley	31:06
2 Mike Byrne	33:25
3 Tony Burke	33:46
4 Benito Ramirez	34:07
5 Richard Taltague	23:17
12 Jerri Hudson (1/F)	41:29
18 Seichi Matsunami (2/F)	48:07
20 Terry Ketchum (3/F)	54:28

3.3 Overall	
1 Steve Parker	21:04
2 Carl Tuck	24:02
3 Armando Ramirez	25:05
4 William Lee	25:27
5 Steve Nevins	25:56
6 Robert Read	26:02
7 Barbara Lee (1/F)	26:15
9 Narge Fujikawa (2/F)	27:13
12 Mabel Wong Shiramizu (3/F)	28:34
13 Roxanne Chin (4/F)	28:58

## Kappa Klassic

### May 22. Palo Alto. 8K.

Men's Divisions	
17-Under:	1. Bob McLaughlin 28:09, 2. Andy Bullock 28:30.8, 3. Scott McKean 28:35.6. 18-29: 1. Curt Hutchings 27:02.6, 2. Joseph Wahling 27:28.8, 3. Eric Deelt 27:30.1. 30-39: 1. Dennis Tracy 26:20.1, 2. Desmond Knuckey 27:02.2, 3. Richard Stillier 27:20.8. 40-49: 1. Tom Allen 29:24.5, 2. Kim Graham 30:13.6, 3. Bob Campbell 32:43.7. 50-Over: 1. Dr. Wood 31:48.9, 2. Don Lucero 32:26.7, 3. John Johansson 34:38.2.

Women's Divisions	
17-Under:	1. Julie Moher 42:18.8, 2. Jennifer Wong 1:09:14.2. 18-29: 1. Pearl Anit 30:24.8, 2. Joanna Girard 33:24.4, 3. Sue Duffek 33:25.6. 30-39: 1. Linda Mantynen 31:34.5, 2. Debbie Mason 35:16.9, 3. Ronnie Griese 35:37.4. 40-49: 1. Shirley Church 34:32.8, 2. Sylvia Jensen 35:01.3, 3. Diane Terry 37:33.2. 50-Over: 1. Joan Valdes 48:39.7, 2. Verle Waters 49:30.7, 3. M. Moore 49:33.1.

## Panther Run 10K

from Pam Kidder

### May 28. Antioch.

Male: 18 & Under: 1. Aron Sather 38:38.4, 2. Jerry Fish 41:00.3, 3. Gabriel Medina 47:20.6. 19-29: 1. Chris Romero 33:23, 2. Tom Lathye 34:04, 3. Steve Wright 37:04.9. 30-39: 1. William Seaven 34:02.8, 2. Dave Klein 38:35.1, 3. James Bocco 39:27.5. 40-49: 1. James Wilkins 37:43.1, 2. Joe Sibley 41:25.1, 3. Ricardo Madrigal 45:32.4. 50 & Over: 1. George Beinhart 43:00.1, 2. Joe Barbour 49:44.8, 3. Toby Schorzano 55:21.5.

Women: 18 & Under: 1. Stacy Mikula 47:19.7, 2. Susan Ganguer 50:58.4, 3. Heather Fernou 58:20.0. 19-29: 1. Susan Franz 64:20.3. 30-39: 1. Christine Hodge 52:06.8, 2. Donna Bocco 53:11.9, 3. Lori Rolin 56:31.6. 40-49: 1. Sandy Ganguer 51:05.0, 2. Pat Wilson 51:53.1, 3. Chris Johnson 52:37.6.

## Bonne Bell Triathlon

### May 29. Redwood City.

The Bonne Bell Triathlon, the first all-women's triathlon in the history of the sport, was off with a splash over Marine World/Africa USA-centered event. This "short course" triathlon, including a 1-kilometer swim, 30-kilometer bike race, and 10-kilometer run, drew individual triathletes and relay team members to a total of nearly 900 women competitors and a volunteer force of more than 300 Bay Area enthusiasts.

1 Elaine Alrutz	1:58.10
2 Anne Dandoy	1:59.02
3 Julie Moss	2:00.58
4 Kathie Rivers	2:04.41
5 Jennifer Hinshaw	2:04.53
6 Leslie Maurer	2:05.08
7 Jenny Lamott	2:05.27
8 Lyn Brooks (1st 30-39)	2:05.41
9 Susan Chinchio-Smith	2:05.51
10 Joanne Ernst	2:06.00
11 Missy Lestrangle	2:07.01
12 Clayre McCarty	2:07.38
13 Molly Barnum	2:08.23
14 Gina Fleming	2:09.32
15 Renee Arst	2:09.37
16 Tarzana Phelan	2:09.43
17 Holly Beatie	2:10.33
18 Pamela Sisney-Miller	2:11.05
19 Dianne Shea	2:11.14
20 Joann Dahlkoetter	2:11.42
21 Bonnie Storm	2:12.28
22 Margaret Fischer	2:12.54
23 Dee Zidker	2:13.20
24 Eva Ueltzen	2:13.36
25 Donna Chadwick	2:14.12
32 Penny Burnstein (1st 18u)	2:17.41
39 Susan Mum (1st 40-49)	2:19.26

## TAC Masters 20K Championship

### May 29. Hains Point, DC.

Men	
1 Norman Green (Pa) 50	65:50
2 Tony Gerrity (Pa) 40	66:03
3 George Keim (Pa) 40	66:24
4 Herb Lorenz (NJ) 44	66:28
5 Lew Faxon (VA) 42	66:45
6 Jerry Smith (NY) 40	67:05
7 Don Davis (VA) 40	67:14
8 Graham Bendrey (NZ) 43	67:25
9 Bill Hall (NC) 42	68:28
10 Fay Bradley (DC) 45	68:43
Women	
1 Susan Henderson (CO) 36	77:36
2 Lolita Bache (VA) 41	84:40
3 Irma Lorenz (NJ) 41	85:23
4 Inez Kerch (VA) 43	87:52
5 Jeanne Ulrich (MD) 43	93:08



## Results

### Norml 10K

from John Medinger

May 29. San Francisco.

This popular annual event had an added attraction this year. Race Director Bill Dake included a one mile road race on a downhill course on JFK Drive in Golden Gate Park. The mile dropped nearly 50 feet in elevation and led to a rash of PR's.

Thomas Einsingbach of West Germany won the mile in 4:08.9. Einsingbach was in San Francisco on vacation. Jill Miller, running for Impala, won the Women's division in 4:57.8.

In the 10K which followed, Sal Vasquez was leading when he took a wrong turn after 4 miles. Sal quickly realized his mistake but lost about 100 yards and couldn't catch fast finishing Mike Warr of Napa, who won by 26 seconds in 32:11. Vicky Farrell won the women's division by almost two minutes over a thin field.

**Men:**

1. Mike Warr 32:11, 2. Sal Vasquez 32:37, 3. Charles Thompson 32:45, 4. Mike Wheeler 33:51, 5. Jim Howard 34:04, 6. David Kadish 34:54, 7. John Wilhelmy 35:05, 8. John Lawson 35:08, 9. Paul Anthony 35:22, 10. Lon Kincannon 35:44.

**Women:**

1. Vicky Farrell 42:05, 2. Denise Dunbar 43:43, 3. Chris Karas 44:11, 4. Patricia Gordon 44:18, 5. Sally Savitz 44:41, 6. Millicent Buxton 44:56, 7. Susan Frankeny 46:01, 8. Vicki Sauers 46:23, 9. Judy Saylor 46:49, 10. Kathy Luciano 47:09.

**Divisions:**

**Men: 17 & Under:** 1. Jim Howard 34:03.8, 2. John Wilhelmy 35:05.5, 3. Mike Tapia 38:12.5, 20-29: 1. Mike Warr 32:10.8, 2. John Lawson 35:07.1, 3. Kim Reed 36:01.7, 30-39: 1. Charles Thompson 32:44.43, 2. Mike Wheeler 33:50.8, 3. David Kadish 34:53.2, 40-49: 1. Sal Vasquez 32:44.4, 2. Kevin Gilligan 35:57.6, 3. W. Spiegelman 36:58.2, 50-59: 1. Mike Murphy 38:32.4, 2. John Gregson 39:59.0, 3. Bob Gehl 40:15, 60-69: 1. John Gulnee 50:39.5, 2. Steve Cole 52:03.8, 3. Loy nt.

**Women: 17 & Under:** 1. April Cardenas 1:00.02, 2. Elizabeth Watts 1:04.02, 3. Phoebe Maddox 1:04.23, 20-29: 1. Vicky Farrell 42:04.7, 2. Denise Dunbar 43:42.7, 3. Pat Gordon 44:15.5, 30-39: 1. Chris Karas 44:10, 2. Millicent Buxton 44:55.8, 3. Vickie Savers 46:20, 40-49: 1. Sally Savitz 44:40.1, 2. Cynthia Hall 49:12.5, 3. Vivian Rodriguez 50:52.3, 50-59: 1. Elinor Sherman 48:23.8, 2. Doris Gordon 51:55, 60-69: 1. Arlene Fitzgerald NT.

**Freedom Mile**

**Men:**

1. Thomas Einsingbach 4:08.9, 2. Arthur Beckert 4:12.9, 3. Mark Vollmer 4:21.8, 4. Mike Faue 4:22.0, 5. Richard Whitewater 4:23.6, 6. Rick Cairo 4:25.0, 7. Tom Kearcher 4:27.0, 8. John Wilhelmy 4:27.5, 9. Robert Archibald 4:27.8, 10. Jim Howarth 4:28.5.

**Women:**

1. Jill Miller 4:57.8, 2. Carol Chilcoat 5:15.9, 3. Millicent Buxton 5:20.1, 4. Denise Dunbar 5:27.9, 5. Marilyn Davis 5:50.4, 6. Valerie Gnesdloff 6:08.2, 7. Henni Williston 6:12.7, 8. Martha Cederstrom 6:15.2, 9. Kathy Ronnenberg 6:23.5, 10. Elinor Sherman 6:24.4.

**Divisions:**

**Men: 17 & Under:** Wilhelmy 4:27.5, 18-29: Einsingbach 4:08.9, 30-39: Cairo 4:25.0, 40-49: Whitewater 4:23.6, 50-59: John Lemke 5:00.3.

**Women: 17 & Under:** Heidi Nerbourg 7:56.8, 18-29: Miller 4:57.8, 30-39: Buxton 5:20.1, 40-49: Gnesdloff 6:08.2, 50-59: Sherman 6:24.4, 60 & Over: Arline Fitzgerald 7:40.1.

## Banana Slug Classic V

May 29. Santa Cruz.

128 runners attacked this year's fifth running of the scenic, yet brutal, "Banana Slug" course on UCSC's ocean view campus.

The men's race was highly competitive with the lead pack hitting the first mile in 5:10 before heading up almost 3 miles of rapidly climbing hills to the turnaround. Terry Rusboldt, top local finisher just the week before in the dreaded Aptos Creek Marathon, ran away from the leaders on the downhill winning in a brisk 42:02. Ben Yates, who won five miles over the same hills the previous weekend, cruised in to a 2nd in 42:15 followed by Joseph Ancira (42:25) and prep Patrick Rainey in (43:44).

The women's race was dominated by Kriss Katterhagen from SLO and PhD candidate and a relatively new runner, Barbara Meyers-Acosta. Kris opened a lead through the hills to win comfortably with a 47:43 to Barb's 48:43.

**Men: 17 & Under:** 1. Patrick Rainey 43:44, 2. Chuck Lewis 48:35, 3. Chris Connell 52:58, 18-29: 1. Ben Yates 42:15, 2. Steve Gottelmann 43:59, 3. Anthony Duareger 44:52, 30-39: 1. Terry Rusboldt 42:02, 2. Joseph Ancira 42:25, 3. Bob Eberle 43:52, 40-49: 1. Kit Ruona 45:48, 2. A. McDonough 52:31, 3. M. D. Jourdan 53:18, 50-59: 1. George Carrol 56:41, 2. Rune Hjalmarsson 1:00:37, 3. Edwin Moore 1:03:16, 60 & Over: 1. John McManus, 2. Robert Daugherty.

**Women: 17 & Under:** 1. Laura Carter 55:06, 2. Karen Sinclair 58:01, 18-29: 1. Kris Katterhagen 47:43, 2. Barb Meyers-Acosta 48:43, 3. Denise Fruitt 53:21, 30-39: 1. Patricia Dixon 59:57, 2. Julie Reiner 1:02:59, 3. Woutje Herrick 1:04:15, 40-49: 1. Jamie Roth 1:05:42, 2. Isabel Rivas 1:07:41, 50-59: 1. Kathy Belers 1:04:15.

## Mushroom Mardi Gras Fun Run - 10K

May 29. Morgan Hill.

**Overall Winner:** Sal Berumen (San Jose) 31:57 (new course record).

**Men (Top 3 per age group)**

**12 & Under:** Jerry Weddele 49:20, William Wallace 52:35, Javier Zamora 57:23, 13-18: Robert Gonzales 33:17, Bob McLaughlin 35:06, Dale Porter 35:23, 19-29: Sal Berumen 31:57, Cesar Acosta 32:29, Joey Mercado 35:37, 30-39: John Garioto 36:42, Jeff Borges 37:20, Jesse Sotelo 38:33, 40-49: Juan Armendariz 35:49, Vincent Veyna 35:55, Gerald Slihsager 36:42, 50 & Over: Bill Barclay 39:55, Tom Gutierrez 41:11, Dick Spencer 42:51.

**Women (Top 3 per age group)**

**12 & Under:** Alma Quistlan 1:08:17, Emily Gutierrez 1:09:09, 13-18: Corinne Downs (SJ also top women's finisher) 44:03, Christina Calvillo 46:27, Chris Kelley 47:30, 19-29: Cathy Cryder Sower 46:45, Maria Latzke 48:03, Becky Kitchens 48:56, 30-39: Sally Wertz 48:28, Joy Downing 49:33, Cheri Tablada 50:47, 40-49: Diane Bromstead TNA, Martha Cadenasso 49:42, Joanne Mihelic 51:14, 50 & Over: No entries.

## Run For The Wine

May 29. Hopland. 6 miles.

**Top Five Men**

1. Wayne Hurst (Los Gatos) 40:17, 2. Greg Durbin (Ukiah) 40:42, 3. Bill Davis (Ukiah) 41:58, 4. Michael O'Connor (San Jose) 42:57, 5. James Erbes (San Jose) 44:14.

**Top Five Women**

1. Liz Keehn (Hopland) 56:46, 2. Vickie Torres (Los Gatos) 58:50, 3. Ruth Stone (Los Gatos) 59:23, 4. Ellen McCullough (Saratoga) 60:54.

5. Elisa Fisher (Los Gatos) 61:15

**Age Group Winners**

**Men 21-25:** 1. Michael O'Connor (San Jose) 42:57, 26-29: 1. Wayne Hurst (Los Gatos) 40:17, 30-34: 1. Ken Nowell (Santa Clara) 48:05, 35-39: 1. John-Michael O'Connor (San Jose) 47:07, 40-44: 1. Frank Stempski (San Jose) 45:41, 45-49: 1. James Erbes (San Jose) 44:14, 50-54: 1. George Burtness (Palo Alto) 48:49, 55-Over: 1. Vic Crosetti (Redwood Vly) 48:37. **Women 21-25:** 1. Liz Keehn (Hopland) 56:46, 26-29: 1. Sheila Felzer (Redwood Vly) 73:08, 30-34: 1. Vickie Torres (Los Gatos) 58:50, 35-39: 1. Betty Antoni (Ukiah) 73:08, 40-44: 1. Ruth Stone (Los Gatos) 59:23, 50-54: 1. Yvonne Burtness (Palo Alto) 64:46.

photo by Richard Lee Slotkin



Pat Story  
Brentwood Winner

## Brentwood 10K

by RICHARD LEE SLOTKIN

May 29. Brentwood.

The first time I ran this race, back in 1978, it was hot. Over ninety at start time. Twenty people went to the hospital, and most of the rest of us thought we ought to be going. So, a certain amount of apprehension accompanies the approach of the Brentwood for me every year. One year we even had some drizzle.

Pat Story had an apprehension of a different type. Two years ago she was ready to come out and take a good shot at winning. She never made it because her car was stolen. This year, along with the now usual good weather, her car was waiting for her and she made it to the start line. She also had the fortune to be close to her best shape and went wire to wire in front to get her name engraved on the big permanent trophy that sits in the lobby of the local branch of the sponsoring 1st Interstate Bank.

Story had hoped to go under the 34 minutes on this flat and slightly rolling 2 loop course. At the 5K she was 16:58, "... right on schedule ..." She was chased from that point on by Eileen Kraemer. At first, Kraemer wasn't gaining much, so Story did not worry about her. With a mile and a half to go, she was definitely

making a good move, but Story still wasn't worried because, "... I couldn't do any more. I did try to maintain it; I had no sprint left in me ..." The reason she didn't have any sprint left was probably because of her 5:10 first mile. "I went out too fast, I think." It didn't matter. Despite a furious kick, Kraemer came up 3 seconds short, but as Story's boyfriend said, "She was really movin'!"

For that matter, so was Story. 34:48 is not your standard jogger's pace, you know.

Chris Shallert has a reputation for going out fast ... Chris, meet Pat Story ... and then settling into a groove for the rest of the way. That's pretty much what

photo by Richard Lee Slotkin



Chris Shallert  
Brentwood Winner

he did to take first place overall. In so doing, he broke the 2 year stranglehold that the New Zealanders had established here. In the words of one of them, "We got our clock cleaned!"

Going out with the usual lead pack, Shallert hit the mile in 4:38, kind of slow for this race, especially with good ol' Dan Brady not being present. (Hi Dan!) At the first turn around, about a mile and a half, Shallert decided to test the pack, seeing as how, "... they want me to lead. I don't want to let them make me do all the work. I'm going!"

And he did. Frank Plasso was the only one who tried to go with him, but Shallert got too big a jump and when it was over, he was 21 seconds ahead of Plasso. If he had been 22 seconds ahead, he'd have broken 30 minutes ... by a second, but a win is a win. And now his name goes with Story's on that trophy. Third place went to Jeff Dettmer. At 2 miles he was back in 8th place. Asked if he put on a vicious kick Dettmer said, "No. Everyone else slowed down."

Diogenes! Come back! I have found your honest man!

And finally, the performance of the day award goes to Jaymie Studenmund coming back from injury, she's doing 3 miles a week with virtually no speed work. Jaymie PR'd with a 36:16!



Men		
Top 3		
1. Chris Shallert	30:00	
2. Frank Plazzo	30:21	
3. Jeff Dettmer	30:25	
13-15: 1. Collin Wolfe 36:02, 2. Albert Ramirez 36:12, 3. Bobby Bans 36:14.		
16-18: 1. Joseph Nitti 32:28, 2. William Surft 34:33, 3. Rafael Sanguino 35:01.		
19-29: 1. James Hartig 30:38, 2. Alan Dehlinger 30:56, 3. Melvin Thompson 31:10, 4. David Grefinger 31:12, 5. Tim Mann 31:15, 6. Daniel Capriglio 31:19, 7. Colton Barscherdt 33:27, 8. Francois Walman 33:30, 9. Robert Rainey 33:36, 10. David Wallace 33:37, 30-34: 1. Ron Gee 30:52, 2. Bobby Macias 31:23, 3. Carlos Munoz 32:24, 4. John Kovacic 32:56, 5. Chris Francolia 33:49, 35-39: 1. Ron Kurrie 31:48, 2. Bill Sumner 32:34, 3. Ricardo Martinez 32:48, 4. Raymond Bagley 33:08, 5. Ron Smith 33:17, 6. Dick Weeks 33:33, 40-44: 1. Tom Burns 32:41, 2. Mike Mahler 33:13, 3. Gene Blankenship 34:43, 45-49: 1. Jim Knerr 33:50, 2. Brian Fernee 34:23, 3. Norman Cohen 34:33, 50-54: 1. Bob Gerlach 38:26, 2. Jack Thomas 39:10, 3. Milton Widen 40:05, 55-59: 1. Peter Mundie 38:06, 2. David Hirschenson 40:58, 3. Marcel Diraison 43:10.		

Women		
Top 3		
1. Patricia Story	34:46	
2. Eileen Kraemer	34:49	
3. Piere Culbreth	35:52	
12 & Under: 1. Elizabeth Kroeger 47:06, 2. Katie Gehring NT, 3. Diane Leshen NT.		
16-18: 1. Caroline Hard 41:07, 2. Eleanor Mak 42:09, 3. Larry Kelly 43:17, 19-29: 1. Jaynie Studenmund 36:16, 2. Sherry Simmons 36:25, 3. Roma Antoniewicz 36:46, 4. Teresa Coe 36:58, 5. Victoria Erwin 37:45, 6. Evelyn Silvey 38:09, 7. Kim Filler 39:44, 30-34: 1. B. Balzer 36:44, 2. Darsie Bowden NT, 3. Aine Lynam 40:16, 4. Debbie Densmore 42:10, 5. Mary Del Campo 42:42, 35-39: 1. Judy Kewley 36:59, 2. Mary Campbell 40:06, 3. Marie Stevenson NT, 4. Lisa Winfield 45:56, 5. Dale Shumate 46:41, 40-44: 1. Susan Stevens 43:08, 2. Rita Imore 45:57, 3. Linda Vance 46:05, 45-49: 1. Linda Sippelle 42:08, 2. Robert Elliot 43:49, 3. Joyce Momita 44:15, 50-54: 1. Helen Dick 43:29, 2. Myra Widen NT, 3. Joan Kornbluh NT, 55-59: 1. Roland Childs, 2. Phyllis Greifinger, 3. Vivian Whalen, 60-64: 1. Katherine Weilerau, 2. Rosie Kash(walk).		

## Grass Valley Memorial Run-10K

May 29. Grass Valley.  
Top 20 Overall

1. Gordon Innes(29)Aggie, Sac.	33:08
2. Keith Golding(22)Aggie, Sac.	33:29
3. Chris Hamer(24)Flyers, Orgville	33:52
4. Bruce Hodge(30)Sra Slwpsk, G.V.	34:00
5. Brent Cushman(23)Slwpsk, GV	34:22
6. T. Harris(23)Sra Slwpsk, Sac.	34:44
7. Michael Buzbee(3)Slwpsk, Yuba	35:09
8. Vance Goss(16)Slwpsk, N.C.	35:33
9. Richard Kraus(27)Slwpsk, N.C.	36:04
10. Jim Bowles(33)Delta, Ark.	36:27
11. Jim Tucker(4)SSRC G.V.	36:50
12. Gene Thibeault(37)F.F.Au.	36:50
13. Kim Isham(30)HHH, Marysville	37:11
14. Theron Daniel(26)Isom, Marysville	37:15
15. Ronald Souza(29)Isom, Sac.	37:19
16. J. Ballantyne(41)Padse, Padse.	37:44
17. Eric Evers(33)F.F., Auburn	38:02
18. John Talco(36)F.F., Oakland	38:05
19. Ron Mellor(30)YFC, Loomis	38:09
20. Cary Bertoncini(16)YFC, Sac.	38:16

**Divisions**  
**Male: Overall:** Gordon Innes 33:08. **10 & Under:** Jay Shuttleworth 54:26. **11-13:** David Bradley 48:21. **14-18:** Vance Goss 35:33. **19-29:** Keith Golding 33:29. **30-39:** Bruce Hodge 34:00. **40-49:** Jim Tucker 36:50. **50-59:** Don Bradford 42:27. **60 & Over:** Virgil Dameron 52:46.  
**Female: Overall:** Marilyn McCormick 42:34. **10 & Under:** Heather Clendaniel 89:41. **11-13:** Ting Ha Wong 79:44. **14-18:** Angela Bushling 47:39. **19-29:** Judy Mellor 43:51. **30-39:** Kim Swayze 44:32. **40-49:** Carol Egoroff 50:08. **50-59:** Dorothy Peavy 54:33. **60 & Over:** Nathalie Cooley 55:46.

## Tracy Picnic Run

May 29. Tracy.

**Two Mile**  
**Men: 18 & Under:** Guy Roult 10:35. **19-29:** Bill Rothschild 10:09. **30-39:** Robert Aulia 14:09. **40 & Over:** Jim Golden 13:04.  
**Women: 18 & Under:** Yvonne Mobley 14:09. **10K**  
**Men: 18 & Under:** Eric Crump 35:16. **19-29:** Henry Perez 30:43. **30-39:** Jerry Martinez 34:57. **40 & Over:** Art Freiler 44:39.  
**Women: 18 & Under:** Lonca Mobley 46:41. **19-29:** Amanda Goldner 39:45. **30-39:** Francisca Moline 52:31.

## Love Your Heart 10K

May 29. Redondo Beach.

**Women's Divisions — 12-14:** 1. Katie Howard (12) 55:19. **15-19:** 1. Marie Santisteban (17) 41:38. **20-24:** 1. Donna Stocker (23) 39:44. **25-29:** 1. Rachel Wells (21) 43:41. **30-34:** 1. Colleen Ruetz (23) 45:23. **35-39:** 1. Katie Cakebread (25) 39:39. **40-44:** 1. Ellen Petrill (27) 41:59. **45-49:** 1. Melaine Rich 43:27. **50-54:** 1. Dianna Tracy (30) 37:30. **55-59:** 1. Barbara Honeck (31) 42:45. **60-64:** 1. Laurel Hyde (31) 43:58. **65-69:** 1. Betty Jo Cohen (39) 45:05. **70-74:** 1. Joan Ross (36) 45:52. **75-79:** 1. Joan Vita (36) 46:40. **80-84:** 1. Carol Allyn (41) 43:19. **85-89:** 1. Sylvia Jensen (43) 45:18. **90-94:** 1. Bev Camp (41) 45:30. **95-99:** 1. Marylene Wong (49) 51:56. **100-104:** 1. Louann Evans (48) 56:24. **105-109:** 1. Nelly Williams (52) 49:23. **110-114:** 1. Virginia Baldwin (53) 52:02.  
**Men's Divisions — 11-Under:** 1. Jack Martin (11) 49:32. **12-14:** 1. Billy Hoffman (14) 41:55. **15-19:** 1. Rick Dodson (19) 31:53. **20-24:** 1. Marty Kibloski (23) 32:09. **25-29:** 1. John Carrasco (22) 32:28. **30-34:** 1. David Ortiz (21) 32:40. **35-39:** 1. Mark Dulaney (29) 32:13. **40-44:** 1. Eric Patterson (25) 32:50. **45-49:** 1. Aggie Contreras (26) 33:02. **50-54:** 1. Thom Lacie (31) 34:14. **55-59:** 1. Jack Cochran (32) 34:40. **60-64:** 1. Chris Melvin (30) 35:13. **65-69:** 1. Gary Tuttle (35) 30:51. **70-74:** 1. Manny Burrola (37) 35:52. **75-79:** 1. David Dixon (36) 36:10. **80-84:** 1. Gary Kimbell (42) 37:17. **85-89:** 1. Michael Kiernan (42) 37:26. **90-94:** 1. Gregory Kelly (40) 37:31. **95-99:** 1. Girts Ozolins (46) 36:40. **100-104:** 1. Frank Greene (47) 37:33. **105-109:** 1. Dietmar Oberhoegsel (46) 38:47. **110-114:** 1. Patrick Devine (54) 36:47. **115-119:** 1. John McIntyre (50) 38:55. **120-124:** 1. Dan Sayer (56) 39:57. **125-129:** 1. Kenneth Morrison (62) 41:02. **130-134:** 1. Jon Baldwin (67) 45:44.

## Runners World 5 Mile No Show Run

by Eino

June 4. Los Altos Hills.

I was visiting the San Francisco area recently and feeling the urge to race well in the Bay Area, I scanned the local papers and several running magazines. I thought the Runners World 5 Mile at Foothill College, June 4 sounded impressive. I got my racing gear ready, did a little carbo loading the night before, had my cup of coffee before I left my hotel room near San Mateo to take the 20 minute drive to the race site, all the while psyching myself up to run a 5 mile PR to-day. I got there an hour early so that I had plenty of time to warm up, but to my amazement there was, as yet, no race director, volunteers, start and finish banner, and just a few runners. As the 10 a.m. start moved closer we realized that no race was going to take place. I was properly warmed up and ready to go, and had used the hour well to find out the capabilities of my "opponents" of which there were only three left. We reached a conclusion that may well revolutionize future races - namely - that instead of the \$6.00 entry fee we each laid down a dollar and the winner would take it all. I asked my wife to be the timer. At the last minute two female runners appeared. We took

down all the entrant's names. One more runner appeared and upon being informed of our "race" looked us up and down and said he would run but as a bandit. The results of this prestigious event are as follows: **1st male overall:** Eino (43) 25:39 (PR) and the convenient winner of \$3.00. **2nd:** Robert Grove (15) 27:55. **3rd:** Cory Dudley (20) 28:25. **4th:** Bandit Ray Mascia. We waited for awhile for the 2 ladies. As far as we know they are still on the course which lacked course monitors.

## Field Stone Winery 10K

June 4. Healdsburg.

Men's Overall

1. Daniel McCullough (Sonoma)	37:09
2. Terry Pintine (Santa Rosa)	37:18
3. Darryl Beardall (Santa Rosa)	38:05
4. Keith Maurer (Santa Rosa)	38:46
5. Roy Castro (Healdsburg)	39:08
6. Rick Blackmon (Cloverdale)	39:23
7. Brendan Hutchinson (Santa Rosa)	39:58
8. Scott Leonard (Santa Rosa)	40:16
9. Myron Burr (Santa Rosa)	40:58
10. Mark Aranoff (Santa Rosa)	41:43

**Divisions — 13-Under:** 1. Jethro Greenbaum (Santa Rosa). **14-19:** 1. Roy Castro (Healdsburg) 39:08, 2. Bernabe Avila (Healdsburg) 43:12, 3. Antonio Jimenez (Windsor) 44:34. **20-29:** 1. Daniel McCullough (Sonoma) 37:09, 2. Keith Maurer (Santa Rosa) 38:46, 3. Rick Blackmon (Cloverdale) 39:23. **30-39:** 1. Terry Pintine (Santa Rosa) 37:18, 2. Brendan Hutchinson (Santa Rosa) 39:58, 3. Mark Aranoff (Santa Rosa) 41:43. **40-49:** 1. Darryl Beardall 38:05, 2. Jim Dalton (Novato) 43:48, 3. Art Agnew 44:13. **50-59:** 1. Howard Young (Healdsburg) 47:50, 2. Scott Chliott (Santa Rosa) 48:39, 3. Dick Lopeman (Healdsburg) 56:28. **Over-60:** 1. Dick DeKay (Occidental) 50:36, 2. Charles Mayhew (Santa Rosa) 1:10:12.

Women's Overall

1. Kimberly Bricker (Healdsburg)	48:37
2. Judy Witch (Santa Rosa)	48:51
3. Verilinda Henry (Santa Rosa)	51:52
4. Debra Kiley (Rohnert Park)	51:52
5. Sandra Maurer (Santa Rosa)	51:57
6. Johanna Garcia (Healdsburg)	52:12
7. Heide Messerschmet (Santa Rosa)	53:25
8. Nancy Herring (Sebastopol)	54:20
9. Jeannie Ennis (Santa Rosa)	54:38
10. Sue Wagers (Healdsburg)	55:0

**Divisions — 14-19:** 1. Sawako Yokoshima (Healdsburg) 56:42, 2. Cathy Brenegan (Sebastopol) 58:40, 3. Elisha Stoner (Forestville) 1:07:18. **20-29:** 1. Verilinda Henry (Santa Rosa) 48:37, 2. Sandra Maurer (Santa Rosa) 51:57, 3. Heide Messerschmet (Santa Rosa) 53:25. **30-39:** 1. Kimberly Bricker (Healdsburg) 48:37, 2. Judy Witch (Santa Rosa) 48:51, 3. Debra Kiley (Rohnert Park) 51:52. **40-49:** 1. Janice Maximova (Santa Rosa) 59:00, 2. Pat Soto 1:04:09, 3. Carmen Magsamer (Santa Rosa) 1:08:10. **50-59:** 1. Phyllis Ennis (Santa Rosa) 1:05:21.

## River Run

Firebaugh. 6 and 3 mile.

6 Mile

Women's Divisions

**Open:** 1. Donna Aldrich 48:11, 2. Celia Felix 47:26, 3. Linda Acosta 49:08.

Men's Divisions

**Open:** 1. Gilbert Navarette 41:44, 2. Henry C. Hernandez 45:39, 3. Tim Clorot. **Seniors (30-34):** 1. Rito Fuentes 34:49, 2. Wayne Baker 35:26, 3. John Aldrich 36:09. **Masters (40-Over):** 1. Chris Denny 40:00, 2. Walter Brown 40:30, 3. Donald McQuown 40:53.

3 Mile

Women's Divisions

**Under 30:** 1. Rosa Delgado 24:20, 2. Rosey Topete Hernandez 36:08. **30-Over:** 1. Jan Alcock 19:45, 2. Carmen Patlan 23:24, 3. Julia Brungess 28:02.

Men's Divisions

**Open:** 1. Al Lomeli 15:54, 2. David Williams 17:06, 3. Rick Zamarippa 17:34. **High School:** Alfonso Garcia 20:43.

## Mirassou Grape Run

by JAN REEDER

June 4. San Jose.

The field of over 1,000 runners in the Mirassou's 4th Annual Grape Run took off up Aborn Road in San Jose and would their way through the vineyards of Cavernet Sauvignon vines that surround the winery for the 3 1/2 mile run.

The first to cross the finish line was 25-year-old Mike Dyer with a record time of 17:14.5. Sue Munday, also 25, was the first woman to finish the race. Her time was 20:27.5.

Men's Divisions

**21-29:** 1. Michael Dyer 17:14.5, 2. Mike Engleman 17:19.8, 3. Wayne Hurst 18:13.0. **30-39:** 1. Gary Gettleman 18:12.8, 2. Richard Stiller 18:53.9, 3. Kenneth Drew 19:08.2. **40-49:** 1. Roger Buyer 20:09.7, 2. Dee Balzer 21:37.5, 3. George Gallegos 21:55.2. **50-59:** 1. Dill Almon 22:15.0, 2. William Barclay 22:34.1, 3. Ralph Morocco 23:08.6. **60-Over:** 1. Val Vlahakis 32:00.4, 2. Don Leonard 32:31.2, 3. Allen Rosenberg 32:56.9.

Women's Divisions

**21-29:** 1. Sue Munday 20:27.5, 2. Kathleen Tufts 21:59.2, 3. Connie Gwynne 24:51.0. **30-39:** 1. Teresa Rementer 23:46.8, 2. Diane Johnston 25:12.0, 3. Kaye Provi 25:21.2. **40-49:** 1. Carol Stroud 22:09.8, 2. Gayle Kenney 24:17.5, 3. Marilyn Schreiber 25:47.9. **50-59:** 1. Annette Totten 26:45.1, 2. Dorothy Strout 30:00.5, 3. Joan Morocco 30:34.3.

## Sanger Striders Memorial Run

from DAVE DODSON

June 4. Sanger. 6 miles.

**Men's Divisions — 15-Under:** 1. John Blanchette (FTC) 36:01.7. **16-18:** 1. Jaime Pimentel 32:42.9. **19-29:** 1. Alfred Lara 31:06.4, 2. Ron Schafer 35:58.9, 3. Rocky Pipkin 41:27.9. **30-39:** 1. Patrick Dunning 34:44.0, 2. John Volkman (SSTC) 36:54.8, 3. Gary Domazlicky (Synanon) 38:00.4, 4. Wayne Campbell 38:04.9, 5. Ryoichi Morita 40:04.1. **40-49:** 1. Sid Cram 35:37.3, 2. Bill Woody (FTC) 36:07.4, 3. Phil Faring (Fresno Joggers) 37:29.5, 4. Russel Lange 37:50.8, 5. Don Ramirez (Synanon) 38:10.7. **50-59:** 1. Jess Rivera (HSTC) 37:15.5, 2. Sid Toabe (FTC) 37:56.0, 3. Steve Diamant (Synanon) 45:55.7. **60-Over:** 1. Bob Musso (Fresno Joggers) 43:19.0, 2. Harry Harder (HSTC) 43:28.7.

**Women's Divisions — 19-29:** 1. Gina Moss 40:13.2. **30-39:** 1. Rosa Medina (FTC) 40:14.7, 2. Janice Harms 44:30.5. **40-49:** 1. Michele Gauthier (Synanon) 43:05.9.

## The Human Race

by JUDY ERNAGA

June 4. Susanville.

10K

**Men:** 1. Martin Rizzo 34:42, 2. Edgar Hernandez 36:14, 3. Ray Darwin 37:15, 4. Robert Hoffman 42:25, 5. Hal Luedtke 43:19. **Women:** 1. Mary Mathieu 50:02, 2. Kathleen Knoll 56:44, 3. Charlene Luedtke 60:56.

**Men's Divisions — 15-21:** 1. Mark Goulet 17:58. **22-34:** 1. Ken Ward 19:01. **35-45:** 1. Marvin VanPelt 22:28. **Women's Divisions — 12-14:** 1. Christina Hawks 25:20. **15-21:** 1. Kim Flinchum 31:47. **22-34:** 1. Anne King 23:35. **35-45:** 1. Donna Morelino 26:54. **46-55:** 1. Helen Love 50:47. **56-Over:** 1. Teresa Pastor 50:47.



## Results

photo by Janearl, Ltd.

### Run With Jim

June 4. Dockweiler Beach. 5K & 10K.  
**5K — Men's Results:** 1. Cleveland Whealan 15:03, 2. Rick Dodson 15:35, 3. Mark Silva 16:08. **Women's Results:** 1. Heather Thompson 16:15, 2. Tina Barones 20:20, 3. Dobi McDougal 20:21.  
**10K — Men's Results:** 1. Dennis Eberhart 30:22, 2. Jim Scott 31:38, 3. Victor Herrera 31:47. **Women's Results:** 1. Laurie Rogers 39:00, 2. Marsha Dyer 40:41, 3. Roberta Troxel 40:48.

### Apple Run 10K

June 5. Watsonville.  
**1. Armando Siqueiros (24)** 29:53  
**2. Jorge Torres (27)** 32:29  
**3. Joseph Ancira (31)** 32:33  
**4. Ben Yates (18)** 32:45  
**5. Terry Rusboldt (30)** 32:55  
**6. Tony Munoz (28)** 33:39  
**7. Pilar Alsipuro (21)** 33:53  
**8. Gary Riley (26)** 34:15  
**9. Brent McGinnis (30)** 34:33  
**10. Gilbert Munoz (23)** 35:51  
**11. Larry Jamison (40)** 36:03  
**12. David K. Wilcox (29)** 36:44  
**13. David Hermosillo (31)** 37:01  
**14. Matt Gourley (16)** 37:17  
**15. Mark Sullivan (20)** 37:21  
**16. Mark Steelman (44)** 38:25  
**17. Jeff Hall (36)** 38:39  
**18. Jerry Jones (44)** 39:03  
**19. Steve Wong (30)** 39:09  
**20. Jim Smith (40)** 39:35  
**Male 12 & Under:** 1. Harvey Contreras 44:00. **Male 13-18:** 1. Ben Yates. **Male 19-39:** 1. Armando Siqueiros 29:53 (course record). **Male 40-49:** 1. Larry Jamison 36:03. **Male 50 & Over:** 1. Robert Bicka 45:04. **Female 12 & Under:** 1. Angela Hernandez 44:59. **Female 13-18:** 1. Martha Gourley 44:51. **Female 19-39:** 1. Carol Crocker 42:03. **Female 40-49:** 1. Judy Dorosin 41:39. **Female 50 & Over:** 1. Kathy Beiers 48:01.

### Dump To Dump Run

from VICKI THOMAS

#### June 5. Men's Divisions

**12-Under:** 1. Bryan Huggins 32:02.01, 2. Ben Brauer 32:26.1, 3. Cesar Ramirez 33:34.4. **13-17:** 1. Jim Haworth 28:28.2, 2. Mike Roach 29:21.4, 3. Mathew Gong 30:47.2. **18-29:** 1. Dave Perlman 26:07.2, 2. Leonard Speradie 26:17.4, 3. John Vance 26:49.6. **30-39:** 1. Fred Tileston 26:30.8, 2. Joseph McDavitt 27:12.4, 3. Frank Fredrico 28:49.2. **40-49:** 1. Will Speigelman 39:02.1, 2. Kim Graham 30:38.6, 3. Bob Barber 31:20.5. **50-59:** 1. Ralph Boyd 30:54.5, 2. Jack Fisher 32:55.8, 3. Ray Auker 34:59.8. **60+:** 1. John Gilkey 33:03.0, 2. L.A. Kelson 33:59.7, 3. Loren Young 36:07.3.

#### Women's Divisions

**12-Under:** 1. Vicki Young 43:48.0, 2. Lisa Young 43:49.8, 3. Nicole Sullivan 46:04.2. **13-17:** 1. Karen McGough 30:52.0, 2. Catherine Casey 35:41.3, 3. Heidi Roth 37:16.8. **18-29:** 1. Amanda Goldner 31:11.1, 2. Joe Trujillo 32:57.4, 3. Patricia Rosal 33:17.3. **30-39:** 1. Sharon Swann 31:14.8, 2. Patricia Irmacher 32:09.1, 3. Catherine Ryan 35:32.4. **40-49:** 1. Cathy Fogarty 31:59.7, 2. Dianna Platt 38:17.7, 3. Lynn Meyer 38:40.6. **50-59:** 1. Marion Irvine 34:03.1, 2. N. Sackerman 35:15.1, 3. Judy Goldine 48:25.8. **60+:** 1. Dotty Wiltner 40:35.2, 2. Arline Fitzgerald 48:32.3, 3. Peggy Primrose 54:59.7.

AVON AVON AVON AVON AVON  
 Running Running Running Running Running



The start of the Avon International Marathon in Los Angeles. 934 women finished the race—the largest women's only race in history.

### 1983 Avon International Marathon

by RICHARD LEE SLOTKIN

#### June 5. Los Angeles.

Avon went all out for this one. It all started a couple of months ago when they preempted the weekly track and field writers' lunch at the fancy Taix restaurant, and comped the tab for everyone's steak-and-all-the-trimmings lunch. Then, they set up headquarters at the also fancy Mirimar Sheraton in Santa Monica, overlooking the blue Pacific, of course, and found a couple more occasions to invite us media types for a free pass at the feed trough. And if that weren't enough, at the finish line itself, they had TWO catering trucks providing yet one more free lunch for us. (Wouldn't you know that I never even noticed them until I was on my way back to Santa Monica. I unhesitatingly delayed my departure long enough to grab a hamburger and a bottle of Pineapple Crush.) And that was just for the press. You should see what they did for the girls.

And after all that largesse, which, I forgot to mention, included some full size samples of after-shave and women's cologne for us press people and our wives-daughters-girlfriends, you'd think that the least the girls...and women, and ladies and females—take your pick, nitpickers...you'd think that the least they could have done was provide one hell of a great race. I mean, the talent was there: Joyce Smith — so she's 45... she's still a sub-2:30 marathoner; Julie Shea; Mary Shea; Ellen Turkel; Laurie Binder; Laura DeWald; another Laura, this one from Italy, Laura Fogli; Eleonora Mendonca; and some other gal by the name of Julie. And this was just among others. There was a bundle of talent there. Sure Lorraine Moller was a no show. Actually she did show, but as a color commentator for NBC. Moller, and a few others who had been expected to run found themselves entered in the World Championships at Helsinki in the 3,000 meters and the marathon would have messed up their training.

There were even a couple of legends entered. Jacqueline Hanson, France's Chantal Langlace and Germany's Christa Vahlensiek.

So, what happened? Well, this kid named Julie decided to hog the whole show for herself, literally. After a few miles, you couldn't see anyone else without a long telephoto lens...like, maybe 600mm...and

a few miles after that, you couldn't see anyone else with a satellite relay.

Now is that any way to treat those nice Avon people who have sunk so much time and money into this thing?

You think I'm exaggerating? At about 16 miles, the photo truck pulled alongside the NBC TV truck. It looked like a funeral over there. Lorraine Moller, Donna DeVerona and NBC sportscaster Charlie Jones not only had long faces, they had cobwebs on them. If someone had thought to bring a deck of cards, they'd have been playing gin rummy. Well, what was there to talk about? At the six inch mark, this Julie What's-her-name took the lead and never looked back. Not even sideways. Just straight ahead. Except for the time at around 2½ miles when some guys taking movies from a van were crowding her. She told them to get out of her way and finally a motorcycle cop chased them away.

Oh, some did try to make a race out of it, for the first two miles, at least. Lord knows this Julie kid gave them the chance. She went out in a very pedestrian 6:01 pace for those first couple of miles. But, it was no use. By three quarters of a mile...and that's the FIRST three quarters of a mile in the whole 26.2 mile marathon...Julie Whoozis was already 10 yards ahead of what can only charitably be called the lead pack. And at a 6:01 pace! Even I could have stayed with her that long. In fact, six of that pack wound up averaging below that. But, for now, the order of the day, apparently, was to run a tactical race. In case you don't know, tactical is coalesce for slow.

Well, to summarize, by 2 miles, the lead was 15 yards, at 3 miles it was 30 yards, at 4 miles, forget it. She's 150 yards ahead. Well, so what, you might say. Lots of people get off to big leads only to get reeled in later when the pros go to work. Only this time, the pro was already at work and NOBODY reeled her in. Oh sure, around the 10K mark, coming down San Vincente Boulevard, the pack had managed to chop 4 or 5 seconds off her lead, but by 9 miles, on Ocean Avenue near the Santa Monica Pier, Pierlet now, the lead was back up to 45 seconds. I have to give it in seconds because it was too long to estimate in yards.

The rest of the story gets even duller because by the 15K, the rest of the field had literally dropped out of sight. 74:18 at the half-marathon and 1:28:02 at 25K. A 2:28 pace and she's getting stronger. And Julie Brown...remember that name, folks, Brown as in B-R-O-W-N...much maligned Julie Brown totally destroyed a damned fine international field of women marathoners as she checked out the course she expects to be trying again around this time next year...in the '84 Olympics.

If anyone ever had any doubts at all about Brown's ability to run with the best, they need not have them any longer. With NO tailwind, with NO pacer, with NO male runners to pull her or female runners to push her, AND with a net UPHILL course, Julie Brown ran the second fastest marathon ever run by an American female, and the 4th fastest ever run by any female. The only thing she had going for her was a cool and overcast morning.

What do you suppose would have happened if Joan Benoit had been there? Jeaz! They both might have gone under 2:20!

Was she surprised? Not really. "I never thought anyone would challenge me. I kind of thought that I would have to do it by myself."

Well, where did you figure you had the race pretty well in hand? "The whole way."

It's true. She said that, and she went and did that.

"... eventually I was very tired and bored..."

**CTRN:** At about 22 miles, it looked as though you had picked up the pace.

**BROWN:** I meant to... maybe I did pick up the pace because I was so tired of the race at that point.

**CTRN:** You looked like you did.

**BROWN:** I don't know. Maybe just because I wanted to get it over with. (Laughs lightly.)

Just once, just once before I die, wouldn't I like to be in a race like that!

So there it is. Brown in 2:26:24, seven minutes, or, to put it in another perspective, about a mile and a quarter ahead of the next finisher.

You know, if you took Brown out of there, it wasn't a bad race at that. There was more at stake than just winning. There was prize money... well, Avon called it "development" money... there was qualification for the US women's Olympic Trials, and, most importantly, there was the matter of qualifying for the women's marathon team to Helsinki. So, the next two US finishers had something to keep them going.

Also, there were a couple of surprises, rather pleasant, I might add. Christa Vahlensiek made a move at 30km and none of the very few who were still left in that pack went with her. The former world record holder, who has been running very well of late anyway, cruised in the rest of the way and crossed the line in second place looking very pleased. She should have been. Her 2:33:22 was a P.R. The next surprise came 22 seconds later as unknown Marianne Dickerson, from St. Joseph, Illinois, knocked ten minutes from her previous P.R. She was elated with her time of 2:33:44, crossing the line



all smiles. Not only that, she grabbed herself a free ride to Helsinki. Italy's Laura Fogli was 4th, another of the few survivors of the original big lead (except for Brown) pack. Her time was 2:34:19. She was followed by Joyce Smith, who, despite being 45, isn't even considered a master runner. She's ranked right in there with the opens. 2:34:39 for Smith. How many 45-year-old men ... or 25-year-old men for that matter ... can do that?

Then came the final place for the US World Championship marathon team, Debbie Eide. She was 6th overall and her time was 2:35:15. It was almost 2 minutes before anyone else came by, and that was Margaret Groos, running her first marathon. Not bad at all, a 2:37:02, and a place as alternate on the Helsinki team.

In all, 22 Americans qualified for the trials and 54 runners broke 3 hours. Rose Gardner, at 43, was the first master to finish, just missing going under 3 hours by 10 seconds and she was 56th overall.

And, yes, let me tell you: The L.A. jinx has finally been broken. A women-only race and we had a real turnout for once. There were almost 1300 entered and about 1100 finished. Maybe this is the one we needed.

With a race this long and with as much talent as was out there, it may seem as though I'm giving short shrift to everyone but Julie Brown. That isn't my intention, but if you had been there on the photo truck, or on the NBC TV truck, you would understand. We just never saw anything after about nine miles ... except for Julie.

Oh, it was kind of interesting at the aid station just before the 10-K mark. A couple hundred yards back we could see the pack move over to the water tables like a swarm of bees. And then it looked as though only about half of them took off again. That aid station sliced off about half the pack. After the race, Joyce Smith told me that what happened was that the runners who had their own water ... or whatever ... bottles set up in advance had to work their way through the throng of run because their bottles were all at the far end of the table. So, a lot of people were getting in each other's way.

That evening, there was a victory banquet, by invitation only. I wasn't invited. However, thanks to certain very special runner and the Adidas rep, I found myself once again partaking of Avon's generosity.

I love it!

#### THEY SAID IT:

**Marianne Dickerson:** ... everybody was drinking more water than I was ... since I'm kind of a novice at this, I thought, "Gosh! I should be stopping and drinking a little more water like them." But ... I noticed that people started breathing harder ... at 20 miles, there were three of us, Margaret Groos, myself and the Italian girl (Fogli). We were all running together and at about 22 miles they began failing back. Someone on a bicycle told me at 24 miles that I was 150 yards ahead. I was kind of shocked that I'd gained that much in 2 miles.

**Mary Shea:** By six miles, I knew I was having a bad day. (Asked why she didn't drop out) ... after all that Avon had done, we (She and sister Julie, who also had a very rough time) didn't want to let them down. Besides, we just don't quit races; we don't want to get into that kind of mindset. And we didn't want to contribute to the stereotype that women can't run marathons.

**Barbi Benton:** ... It got miserable on the (Marina) freeway. The cement gave me problems with my knees. It always does.

**Joyce Smith:** ... (at the aid stations) a couple of times I had to shout to a couple of people to get out of my way ... at every feeding station the group got split up and you had to fartlek to get back into it ... I got to a point where you worried about the stations you know, in case you did lose too much ground ... on the last feeding station I dropped my bottle. (CTRN: Is that where Fogli got ahead of you?) ... she got away from me then. I never managed to close it. I tried to start

with, but then I realized that I was tired anyway. But definitely, the gap that she got from me was purely because of the feed station dropping ...

**Debbie Eide:** I thought I could do a 2:35. (She did)

Biggest hand of the day went to Mavis Lindgren who finished in 4:56:46 is 76! Fenya Crown, 70, also broke 5 hours. Her time was 4:47:52. Tosh D'Elia is 53 and she took the 50-54 age group with a 3:10:19. Impressed? Don't be. She can go sub-three.

Well, Los Angeles got a preview of the biggie next year. There wasn't much in the way of spectator support for this one, but we expect it will be different next year. Except for that one problem at the aid stations, things went pretty smoothly. Several local clubs contributed their time and membership to help out, most notably the Santa Clarita Runners who manned the aid stations and the Point Fermin Flyers, who were course monitors. (I know what some of those guys were monitoring ... they're not kidding me!)

At 19.2 miles, the course passes my apartment. On the island divider there, just a half block from Overland on Jefferson, there was a series of signs, Burma Shave fashion, that read: Achin Back ... Feet of Lead ... Seven More Miles ... And Off To Bed! ... Hang in There, Alice! Alice, darlin', whoever you are, I've got your signs. Let me know where you are and you've got yourself a souvenir!

#### RESULTS

1	Julie Brown(28)San Diego	2:26:24
2	Christa Vahlensieck(34)OH	2:33:22
3	Marianne Dickerson(22)St.Jo,IL	2:33:44
4	Laura Fogli(23)Comacchio FE	2:34:19
5	Joyce Smith(45)WatHrts,UK	2:34:39



Julie Brown

6	Debbie Eide(27)Salem,OR	2:35:15
7	Margaret Groos(23)Eugene,OR	2:37:02
8	Nancy Ditz(28)MenloPark	2:37:56
9	Karen Dunn(20)Durham,NH	2:38:46
10	Laura Dewald(25)Arling,VA	2:38:56
11	Heidi Hutterer(23)Ergoldsbach	2:39:38
12	Angela Piskusch(21)StateU,AZ	2:39:41
13	Laurie Binder(35)Oakland	2:40:08
14	Jeann Lasse Johnson(25)LV	2:40:46
15	Eefje Van Wissen(Netherlands)	2:42:26
16	Isabelle Carmichael(33)NY	2:44:07
17	Luisa Ronquillo(26)Mexico	2:44:31
18	Meiko Tajima(23)Nobeoka	2:44:43

19	Jane Weisel(28)Sudbury,MA	2:45:12
20	Teresa Villaseñor(29)MisCy,TX	2:47:34
21	Marilyn Mathews(29)Bend,OR	2:48:05
22	Paulin Elliott-Brown(27)Wstik	2:48:35
23	Mora Main(34)Randwick Syd	2:48:40
24	Ann Peisch(27)Brighton,MA	2:48:56
25	Sharon Barbanco(29)Newt,MA	2:49:06
26	Rita Dennison-Kalaheo, HI	2:49:12
27	Karen Bukowski-Chicago, IL	2:49:20
28	Marcy Schwam-Well HI, MA	2:50:11
29	Juana Stavole-San Jose, CA	2:50:34
30	Denise Verhaert-Belgium	2:51:02
31	Maddy Harmeling-Merrick, NY	2:51:09
32	Trinje Smeenge-Holland	2:51:54
33	Kay O-Jenkins-Charlotte, NC	2:52:06
34	Margaret Reddan-Australia	2:52:25
35	Annie Rindt-Holland	2:52:32
36	Jillian Pratten-Australia	2:52:45
37	Marilyn Hulak-Brooklyn, NY	2:52:46
38	Beth Milewski-Canoga Pk, CA	2:52:56
39	Debbie Lewis-San Diego, CA	2:53:00
40	Sherry Simmons-Lomita, CA	2:53:01
41	Ellen Turkel-San Diego, CA	2:53:24
42	Janita Etheridge-Norfolk, VA	2:53:51
43	Candas Weise-Kittredge, CO	2:54:00
44	Deborah Heaton-Redlands, CA	2:54:27
45	Linda Donkelaar-Tempe, AZ	2:55:37
46	Sheryl Snyder-Wind His, CA	2:55:55
47	Kathy Culla-Vly Cottage, NY	2:56:00
48	Julie Shea-Raleigh, NC	2:56:07
49	Jennifer Smith-L.A., CA	2:56:13
50	Paula Beard-S.F., CA	2:57:16
51	Mary Shea-Raleigh, NC	2:58:12
52	Charlene Groot-Demotte, IN	2:58:24
53	Jean Melby-Lacrosse, WI	2:58:45
54	Eleonora Mendonca-Cmbg, MA	2:59:54
55	Suzanne Bryan-Boulder, CO	3:00:00
56	Rose Gardner-Tacoma, WA	3:00:10
57	Tish Husak-Long Beach, CA	3:00:26
58	Gail Scott-Durango, CO	3:00:37
59	Christine Reid-Lansing, IL	3:00:47
60	Tracey Wong-Austin, TX	3:01:13
61	Mary Quinn-Pompton Lks, NJ	3:01:19
62	Judy Dodge-San Diego, CA	3:01:26
63	Josita Spottedwolf-Bishop, CA	3:02:03
64	P. Rajakumari-Malaysia	3:02:10
65	Julie McKinney-Rndo Bch, CA	3:03:33
66	Tammy Sargeant-Lakewood, CA	3:06:26
67	Patty Parmalee-New York, NY	3:06:47
68	Carrie Morrison-San Diego, CA	3:07:07
69	Pat Dokos-Carlsbad, CA	3:07:09
70	Caryne Finlay-Pr VII, KS	3:07:34
71	Judy Fierstein-Rdwd City, CA	3:08:02
72	Maureen Lusk-Genoa, NV	3:08:19
73	Elizabeth Noyola-Bldwn Pk, CA	3:08:36
74	Ane Ingalls-L.A., CA	3:09:22
75	Kerri Draper-Hunt Bch, CA	3:09:27
76	Andrea Ray-Ovln Pk, KS	3:10:00
77	Kathleen Nunez-Mhnt Bch, CA	3:10:04
78	Toshiko D'Elia-Rdwd, NJ	3:10:19
79	Ann Gladue-Ventura, CA	3:10:41
80	Nancy Rodriguez-N.Y., NY	3:10:44
81	Julia Emmons-Atlanta, GA	3:10:54
82	Aine Lynam-Toluca Lk, CA	3:10:55
83	Beverly R. Miller-Macomb, IL	3:10:56
84	Kath. Anderson-Oxnard, CA	3:11:22
85	Lindalee Stockbower-Cpita, CA	3:11:23
86	Shiela Hasham-Alhambra, CA	3:11:45
87	Maleah Grover-LaJolla, CA	3:12:01
88	Reina Hart-Villa Pk, CA	3:12:09
89	Judith Orach-El Segundo, CA	3:12:13
90	Maryann Trull-S.F., CA	3:12:17
91	Gail Goettelmann-Aptos, CA	3:12:23
92	Marty Mattox-S.F., CA	3:12:25
93	Ursula Rains-Chula Vista, CA	3:12:28
94	Marilyn Palmer-Chmbg, PA	3:12:33
95	Wendy Watson-Mhntn Bch, CA	3:13:13
96	Marian Mallory-Agoura, CA	3:13:53
97	Valdene Rantum-Wht Rdg, CO	3:14:03
98	Evelyn Tribble-Anaheim, CA	3:14:52
99	Pamela Hathaway-Brnk, CA	3:15:16
100	Jeanette Wells-Qtz Hls, CA	3:15:45

40-44: Rose Gardner(43) Tacoma, WA 3:00:10. 45-49: Joyce Smith(45) Watford Herts, England 2:34:39. 50-54: Toshiko D'Elia(53) Ridgewood, NJ 3:10:19. 55-59: Margaret Miller(57) Thousand Oaks 3:30:06. 60-64: Althea Wetherbee(64) Huntington St, NY 4:13:47. 65-69: Edna Laffin(65) Sun City West, AZ 5:53:41. 70-74: Fenya Crown(70) Beverly Hills 4:47:52. 75-79: Mavis Lindgren(76) Orleans 4:56:46.

## Heart 5K

#### June 5. El Segundo.

**Men's Divisions — 13-Under:** 1. Shaun Masters 21:38. 2. Matthew Timmons 23:32. 3. Michael Evans 24:21. 14-19: 1.

Mauricio Hernandez 16:30. 2. Bryan Portillo 19:12.3. 3. Lincoln Scott 19:12.9. 20-29: 1. Brent Swanson 15:20. 2. Ron Russell 15:39. 3. Mata Gilbert 15:52. 30-39: 1. Tom Lowry 15:11. 2. Fred Doubell 16:22. 3. Bruce Wint 16:41. 40-49: 1. Jon Smith 17:11. 2. Tony Coccio 17:56. 3. Mel Ramos 18:07. 50-59: 1. Pat Devine 17:35. 2. Leroy Carter 19:54. 3. Robert Smith 19:55. 60+: 1. Eddie Lewin 19:56. 2. Rudy Ceja 20:07. 3. Stanley Neufeld 20:26. **Wheelchair:** 1. Barrett Christophe.

**Women's Divisions — 13-Under:** 1. Caroline Wiese 21:55. 2. Tracy Hahn 28:17. 3. Courtney Speeneker 29:55. 14-19: 1. Karen Donahue 19:09. 2. Debbie Noonan 24:32. 3. Maria Chacon 25:19. 20-29: 1. Donna Stocker 19:20. 2. Therese Roszowski 20:32. 3. Diane Hattori 20:38. 30-39: 1. Jill Conner 24:52. 2. Chestine Barnes 21:34. 3. Anita Bugge 22:13. 40-49: 1. Elsie Silva 24:52. 2. Juoy Angel 25:41. 3. Jeanette Lopez 25:58. 50-59: 1. Mary Fitzgerald 25:12. 2. Joan Pitts 27:35. 3. Shirley Williams 28:00. 60+: 1. Alice Siefert 40:00. 2. Jennie Reyerson 45:54.

## SRI Chinmoy Marathon

#### June 5. Foster City.

##### Top 10 Men Overall

1	Michael Cassaday(32)Oakland	2:21:03
2	Kevin Johnston(23)Ottawa,Can.	2:28:12
3	John Sheehan(29)Mt. View	2:36:00
4	Glenn Bailey(35)Sacto.	2:41:31
5	William Dunn(35)Campbell	2:41:44
6	Daniel Hollis(32)San Lean.	2:42:48
7	Gerald Burke(33)Mill Vily	2:42:58
8	Tim Shannon(33)Woodland	2:43:18
9	Lloyd George(26)Castro Vily	2:44:34
10	David Kadish(30)S.F.	2:45:53

##### Men's Divisions

**Open:** 1. Michael Cassaday (32) Oakland 2:21:03. 2. Kevin Johnston (23) Ottawa, Canada 2:28:12. 3. John Sheehan (29) Mt. View 2:36:00. **Masters:** 1. Bob Farrington (51) San Jose 2:51:57. 2. Dick Malkin (43) Berkeley 2:56:15. 3. Dave Remington (42) Mill Valley 2:58:26.

##### 10 Ten Women Overall

1	Michele Soderberg(32)LA.	2:50:19
2	Jeannie Gutsche(27)S.F.	2:57:06
3	Terri Muela(27)Daly City	2:57:31
4	Jeannie Seelbach(35)Snnyvle	3:14:11
5	Trisha Callahan(27)Hayward	3:15:07
6	Kathy Donofrio(18)S.F.	3:15:38
7	Marilyn Petch(29)Berkeley	3:17:24

##### Women's Divisions

**Open:** 1. Michele Soderberg (32) LA 2:50:19. 2. Jeannie Gutsche (27) SF 2:57:06. 3. Terri Muela (27) Daly City 2:57:31. **Masters:** 1. Susan Roberts (41) Sunnyvale 3:28:55. 2. Pauline McLaren, Cupertino 3:37:55. 3. Valerie Doyle (41) Berkeley 3:50:28.

## Rolling Start Run

from Wally Ingram

June 5. Bloomington.

5K

**Male: 12 & Under:** Mike Lauruhn 25:31. 13-19: Enrique Camacho 17:32. 20-29: David Ortiz(1st overall) 15:05. 30-39: Brice Hammerstein 17:00. 40-49: Ron Moore 19:25. 50-59: Walter Atchison 18:45. 60 & Over: Karlis Smiltens 22:43.

**Female: 12 & Under:** Gina Bautista 27:58. 13-19: Ariane Ingham (1st overall) 21:29. 20-29: Linda Lidergar 21:37. 30-39: Hanria Egan 21:30. 40-49: Joyce Reisswig 21:58. 50-59: Delores Bazanah 28:33.

**10K**  
**Male: 12 & Under:** Robbie Burgess 63:03. 13-19: Bill Glass 37:24. 20-29: Randy Landis 36:43. 30-39: Dean King(1st overall) 34:56. 40-49: Manouch Lankarani 37:26. 50-59: Wally Ingram 35:12. 60 & Over: John Goodyear 42:14.

**Female: 12 & Under:** No Entry. 13-19: Cheryl Thurman 53:04. 20-29: Shockey Johnson 46:45. 30-39: Pam ... (overall) 46:41. 40-49: Sharon ... 53:48. 60 & Over: Jeanne Weissman 58:09.



## Results

### Russian River Run

from JON PELKEY

#### June 5, Ukiah. Marathon & 1/2 Marathon.

Twenty-year-old Allen Just from Buena Park, California won the 5th Annual Russian River Run in a new course record of 2:24:56.1. The mark bettered the previous record held by Ted Pawlak of 2:29:10 set in 1981. Challenging Just were Robert Clay of Kelseyville who finished second overall in a time of 2:33:46.7 and Ted Pawlak of Los Gatos finishing third overall in a time of 2:35:45.7.

The Russian River Run includes 3 races—a full marathon, half marathon and 4.9 mile run. A record total field of 667 finishers contributed to establishing six new records between the full and half marathon.

Dann Brown, 29, of Greenville, returned to defend his half-marathon record of 1:10:25.5 set in 1982. Dann took the lead with a 4:40 first mile but was followed closely through the first 5 miles by Dwight Cornwell of San Jose and James Gibbons of Willits. Dann increased his lead over the last 6 miles and finished first in a time of 1:10:33.8, just 8 seconds off his own record mark. Cornwell finished second in 1:12:37.9 with Gibbons third in 1:12:55.5.

The overall women's half-marathon winner was Elvyn Blair of Oakland who cruised to a new division record for women 40-49 of 1:34:08.5. Second woman overall was Susan Keener of San Francisco who covered the half-marathon in 1:35:57.8.

The half-marathon also saw new division records for both men and women in the 50 and over division. Morton Gray of Santa Rosa set the Men's 50 and over mark with a time of 1:21:14.5. In the Women's 50 and over division Eileen Klatsky, Orinda, established a new division record of 1:48:44.3. There were 346 total half-marathon finishers in the 5th Annual Russian River Run.

In the full marathon, Mary Nichols traveled from Espanola, New Mexico to capture both the women's overall marathon and the 30 and 39 division. Her time of 3:03:09.2 was just two minutes off the course record held by Sandy Mike of Ukiah. Second overall for women and winner of the Women's Open was Elizabeth Hamilton of Larkspur. Her time of 3:04:54.9 also establishes a new division record for the Women's Open. Third overall was Joan Roberts of Belmont finishing in 3:30:37.8.

A total of 148 full marathoners finished the race with 58 under 3:30. Allen Just set both a new overall marathon record and also a Men's Open record.

The 4.9 mile run was won by Larry Morton of Redwood Valley in 27:14.9 slightly off his own record for the distance of 26:47.3. Dana Pyorre of Fort Bragg was the first woman finisher in 33:24.6. 175 runners completed the 4.9 mile run.

#### Half Marathon

**Top 5 Men:** 1. Dann Brown (Greenville) 1:10:33.8, 2. Dwight Cornwell (San Jose) 1:12:37.9, 3. James Gibbons (Willits) 1:12:55.5, 4. Tim Williams (Citrus Heights) 1:13:23.1, 5. Chris Thomas (Sausalito) 1:13:29.9.

**Top 5 Women:** 1. Elvyn Blair (Oakland) 1:34:08.5, 2. Susan Keener (San Francisco) 1:35:57.8, 3. Elizabeth Black (Ukiah) 1:38:02.2, 4. Sherri Meyer (Fremont) 1:38:07.9, 5. Kathryn Singer (Novato) 1:38:20.9.

**Men's Divisions — 14-Under:** 1. Paul Gell (Loma Linda) 1:51:47.6. **Open:** 1. Brown (Greenville) 1:10:33.8. **30-39:** 1. Dwight Cornwell (San Jose) 1:12:37.9. **40-49:** 1. Malcolm Singer (Novato) 1:23:55. **50+:** 1. Morton Gray (Santa Rosa) 1:21:14.5.

**Women's Divisions — 14-Under:** 1. Trista Peters (Modesto) 1:57:58.3. **Open:** 1. Elisabeth Black (Ukiah) 1:38:02.2. **30-39:** 1. Susan Keener (San Francisco) 1:35:57. **40-49:** 1. Elvyn Blair (Oakland) 1:34:08.5. **50+:** 1. Eileen Klatsky (Orinda) 1:48:44.3.

#### Full Marathon

**Top 5 Men:** 1. Allen Just (Buena Park) 2:24:56.1, 2. Robert Clay (Kelseyville) 2:33:46.7, 3. Ted Pawlak (Los Gatos) 2:35:45.7, 4. Knut Frostad (San Ramon) 2:42:53.3, 5. Ralph Duckett (Hayward) 2:48:06.5.

**Top 5 Women:** 1. Mary Nichols (New Mexico) 3:03:09.2, 2. Elizabeth Hamilton (Larkspur) 3:04:54.9, 3. Joan Roberts (Belmont) 3:30:37.8, 4. Karen Angel (Trinidad, CA) 3:37:17.7, 5. Ann Retaillick (Ukiah) 3:50:21.4.

**Men's Divisions — Open:** 1. Allen Just (Buena Park) 2:24:56. **30-39:** 1. Robert Clay (Kelseyville) 2:33:46.7. **40-49:** 1. Knut Frostad (San Ramon) 2:42:53.3. **50+:** 1. Alan Bellon (Ukiah) 3:10:34.4.

**Women's Divisions — Open:** 1. Elizabeth Hamilton (Larkspur) 3:04:54.9. **30-39:** 1. Mary Nichols (New Mexico) 3:03:09.2. **40-49:** 1. Elaine Carlson (Cupertino) 4:07:35.9.

#### 4.9 Mile Run

**Top 5 Men:** 1. Larry Morton (Redwood Valley) 27:14.9, 2. Dan Wallen (Ukiah) 28:04.0, 3. Steve Bernhisel (Fort Bragg) 30:14.0, 4. Drew Colfax (Boonville) 30:56.1, 5. Bill Baugh (Ukiah) 31:06.5.

**Top 5 Women:** 1. Dana Pyorre (Fort Bragg) 33:24.6, 2. Sandi Pickering (Fort Bragg) 34:47.4, 3. Christy Maska (Novato) 37:33.1, 5. Lin Dye (Ukiah) 37:38.4.

## San Leandro Shoreline 10K & 2 Mile Run

#### June 5, San Leandro.

##### 2 Mile

**Men's Divisions — 17-Under:** 1. Eron Cuthbertson 11:44.8, 18-29: 1. Todd Martinez & Phillip Duncun (Tie) 9:48.49. **30-39:** 1. Bill Brusher 10:15.1. **40-49:** 1. Rich Bartke 12:05.4. **50-Over:** 1. Arnold Delarosa 11:40.03.

**Women's Divisions — 17-Under:** 1. Elizabeth Scatena 11:34. 18-29: 1. Julie Witt 12:53.05. **30-39:** 1. Ruth Grimes 14:05.9. **40-49:** 1. Jutta Frankie 16:29. **50-Over:** 1. Donna Reed 16:15.6.

##### 10K

**Men's Divisions — 17-Under:** 1. John Buck 38:01.5, 2. Arturo Belagucia 37:26. 3. David Sasck 39:16. 18-29: 1. Phil Hornig 31:20.4, 2. Rich McCandless 31:35, 3. Jim Thyn 33:26. **30-39:** 1. Dan Anderson 33:02.9, 2. Gene Dangel 33:59, 3. David Garcia 34:14. **40-49:** 1. Sal Vasquez 30:46.6, 2. Jake White 34:12, 3. Dan Alarid 34:50. **50-Over:** 1. Jack Hodges 38:05.6, 2. Gleen Unsiker 38:09, 3. John Rouse 38:43.

**Wheelchair:** 1. Gary Kerr 28:32 (1 minute headstart). **Women's Divisions — 17-Under:** 1. Krista Pierpoint 47:37.8, 2. Sharon De La Cruz 49:56, 3. Marlene Chambliss 49:56. 18-29: 1. Sue Vinella-Brusher 37:07.6, 2. Susie Meek 39:32.4, 3. Ann Capers 40:43. **30-39:** 1. Vickie Pierpoint 42:11, 2. Carol Hekkanen 43:59, 3. Sue Goddard 44:37. **40-49:** 1. Sally Sautz 44:39.8, 2. Barbara Robben 49:13, 3. Gillian Crutcher 49:54. **50-Over:** 1. Tina McGovern, 2. Nancy Stout, 3. Beverly Edwards (No times available).

## The Race

#### June 5, Eugene, Oregon. 8K.

##### Overall Men's Division

1 Kevin Ryan (26) Springfield 22:54  
2 Dave Gordon (23) Eugene 22:59  
3 Christy Davids (26) Eugene 23:25  
4 Bill McClement (26) Kirkland 23:38  
5 Ron Tabb (28) Eugene 23:53  
6 Paul Raether (30) Eugene 23:55  
7 Greg Hitchcock (23) Eugene 23:58  
8 Derek Bridges (23) Eugene 24:03  
9 Craig Masback (28) Wt Plns 24:16  
10 Richard Cleek (27) Eugene 24:21

11 John Caine (36) England 24:28  
12 Duncan McLean (36) Marquette 24:28  
13 Bob Hall (31) Belmont 24:29  
14 Matt McGuirk (18) Eugene 24:40  
15 Maurice Weaver (23) Eugene 24:49

##### Overall Women's Division

1 Regina Joyce (26) Edmonds 35:50  
2 Marty Cooksey (28) 27:16  
3 Leanne Buckley (20) Woodinville 27:58  
4 Kirsch Hagenlocher (22) Rdmnd 28:26  
5 Kate Sharples (33) N. Bend 38:27  
6 Ariene Volkmer (27) Seattle 29:12  
7 DeeAnn Dougherty (24) Eugene 29:17  
8 Jennifer Lacey (25) Eugene 29:30  
9 Karen Drake (21) Eugene 29:30  
10 Kathy Adams (24) Seattle 29:51  
11 Mary Peterson (36) Portland 29:52  
12 Gayle Proudfoot-Shoup (37) Egne 29:59  
13 Betsy Ryan (25) Springfield 30:15  
14 Marisa Quintanilla (19) Egne 30:24  
15 Cheryl Duman (27) Eugene 30:32

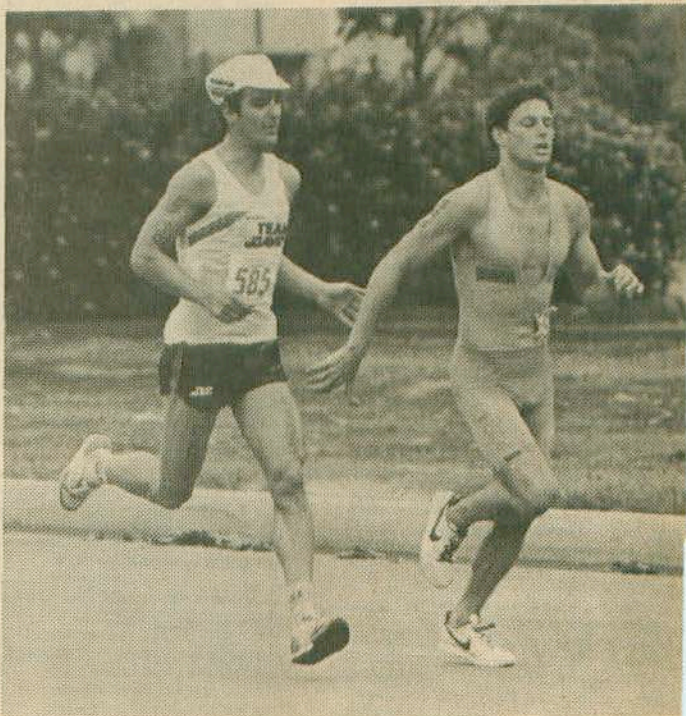
##### Men's Divisions

**14-Under:** 1. Samuel Hagen (12/Lake Oswego) 28:22. **15-19:** 1. Matt McGuirk (18/Eugene) 24:40. **20-24:** 1. Gordon Hitchcock (23/Eugene) 23:58. **25-29:** 1. Kevin Ryan (26/Springfield) 22:54. **30-34:** 1. Paul Raether (30/Eugene) 23:55. **35-39:** 1. John Caine (36/England) 24:26. **40-44:** 1. Dwight Reed (40/Woodinville) 26:53. **45-49:** 1. Gayle Hess (48/Albany) 28:46. **50-54:** 1. Ray Hatton (51/Bend) 25:24. **55-59:** 1. Bill McChesney (55/Eugene) 28:25. **60-Over:** 1. Dick Bartholomew (63/Seattle) 33:06. **Wheelchair:** 1. Bob Hall (31/Belmont) 24:29. **Racewalker:** 1. Dan Pierce (26/Seattle) 38:48.

##### Women's Divisions

**14-Under:** 1. Kim Bovis (13/Beaverton) 31:40. **15-19:** 1. Marisa Quintanilla (19/Eugene) 30:24. **20-24:** 1. Leanne Buckley (20/Woodinville) 27:58. **25-29:** 1. Regina Joyce (26/Edmonds) 25:50. **30-34:** 1. Kate Sharples (33/North Bend) 28:27. **35-39:** 1. Mary Peterson (36/Portland) 29:52. **40-44:** 1. Kay Porter (42/Eugene) 34:38. **45-49:** 1. Lyn La Grandier (48/Eugene) 35:57. **50-54:** 1. Sharon Sahonchik (51/Eugene) 35:27. **55-59:** 1. Harriet Wilson (55/Eugene) 39:08. **60-Over:** 1. Jane Brown (60/Corvallis) 43:58. **Wheelchair:** 1. April Carney (26/Eugene) 49:34. **Racewalker:** 1. Gwen Robertson (27/Redmond) 41:28.

## Bud Light U.S. Triathlon



Scott Molina (585) prepares to overtake Mark Montgomery on his way to winning the San Diego stop of the Bud Light Triathlon.

#### June 5, San Diego.

Julie Moss is back. After finishing a strong third at the Bonne Bell triathlon only two weeks ago, Moss came to the San Diego stop of the Bud Light U.S. Triathlon Series with a hometown confidence that spelled success.

Moss came from six minutes behind out of the swim to secure first place during the bike and hold it to the end. It was only her second triathlon win ever and her first victory on the Bud Light USTS circuit (she finished second in San Francisco and third in both San Diego and Los Angeles last year).

Hometown favorites Jenny LaMott, 22, and Molly Barnum, 19, beat the women's field out of the water with a spread of only two seconds between them at 31:43 and 31:45 (15th and 16th places overall). In third, nearly a minute behind was 17-year-old Katherine Riddle of Coronado, Calif. And in 11th place more than 9½ minutes behind was Diane Israel, 23, of Boulder, Colo., who has finished fourth at every Bud Light USTS race this year. It was Israel's first swim in the ocean.

Barnum secured the lead early in the bike but yielded to Moss before hitting the transition area. Out on the run Moss was 40 seconds in front and held on to win at 2:54:44. Hawaii's Sue Smith, 24, locked in second place at 2:55:07 and Anne Dandoy, 24, of Redondo Beach finished third at 2:56:17. Israel took fourth place once again and Barnum finished in the money in fifth place.

Moss came in nearly 24 minutes behind Scott Molina, 23, winner in the men's bracket who celebrated his second USTS victory (Los Angeles 1982) with a hug at the finish line from 2-year-old daughter Jennifer and wife Stephanie.

Molina told a reporter after the race that he had never come from so far behind, so late in a race and won. But on Saturday during a taped interview for ESPN, Molina predicted he would be "very, very tough to beat" if he was near the lead with 3 miles to go.

Paul Donohue of Malibu was the first out of the chilly (62-64 degree) water, clocking in a fast 27:11 in the 1.2-mile swim. Donohue was more than 3½ minutes ahead of second-place swimmer Molina and held the lead for most of the bike.

Meanwhile, 27-year-old Mark Montgomery of Redondo Beach, Calif., quick-



ly made up time on the bike after finishing sixth in the swim (31:16). Montgomery passed Molina early in the bike, held onto second through the final turnaround and flew through the transition 2 minutes ahead of Donohue who was fading.

Montgomery faced the 9.4-mile run with a 3-minute lead on Molina. But the run is Molina's strongest event and Montgomery told reporters afterward that he knew before the race he needed, at least, a 5-minute advantage.

Molina caught up with Montgomery at mile 7 and spread a quarter-mile lead before hitting the finish line at 2:30:40. Montgomery, who finished second at 2:34:10, was penalized 2 minutes for an improper transition. The penalty did not affect the final standings. Scott Tinley, winner of the first two Bud Light USTS event this year, finished third at 2:35:08.

#### Top 5 Men

- 1 Scott Molina (23)DelMar 2:30:40
- 2 Mark Montgomery(27)Red.Bch 2:34:10
- 3 Scott Tinley(26)San Diego 2:35:08
- 4 Dale Basescu(27)Cardiff 2:36:46
- 5 George Hoover(20)DelMar 2:37:45

#### Top 5 Women

- 1 Julie Moss(24)Carlsbad 2:54:44
- 2 Sue Smith(27)Kailua-Kona 2:55:07
- 3 Anne Dandoy(24)Red.Bch. 2:56:17
- 4 Diane Israel(23)Boulder,Col. 2:56:24
- 5 Molly Barnum(19)Coronado 2:57:11

#### Age Group Winners-Men

- 15-19 I. Mike McManus(19)LaMesa, 2:42:59.
- 20-24 I. Collin Brown(22)LaJolla, 2:46:55.
- 25-29 I. Mark Allen(25)San Diego, 2:48:55.
- 30-34 I. Gary Petersen(31)Encinitas, 2:40:16.
- 35-39 I. Bill Leach(37)Newport Beach, 2:40:45.
- 40-44 I. E.M.Stang(42)San Diego, 2:53:36.
- 45-49 I. Ron Smith(49)Del Mar, 2:53:09.
- 50-54 I. Dick Robinson(52)Bonita, 3:18:10.
- 55-59 I. Carl Yates(55)Santa Clara, 3:26:57.

#### Age Group Winners-Women

- 15-19 I. Katherine Riddle(17)Coronado, 3:02:09.
- 20-24 I. Jenny LaMott(22)San Diego, 2:58:10.
- 25-29 I. Julie Leach(26)Newport Beach, 3:02:55.
- 30-34 I. Leslie Mahr(30)San Diego, 3:16:37.
- 35-39 I. Ruth Pulaski(39)Rancho Santa Fe, 4:34:44.
- 40-44 I. Anne Rosser(42)San Diego, 3:56:19.

## De Anza Day 5K & 10K

from BRUCE D. FREMD

June 5. De Anza College, Cupertino.  
5K Run

**Men's Division — Under-13:** 1. Tony Barnes 20:02.7, 2. Mike Gabriel 20:07.2, 3. Jamie Boyle 20:36.1, 13-17: 1. Herb Pepper 18:57.4, 2. Mike West 17:06.0, 3. Alex Miroshnichenko 17:32.9. **18-29:** 1. Rex Burrows 18:35.1, 2. Rich Thomas 16:49.9, 3. Michael Poulsen 16:50.9. **30-39:** 1. Nick Yray (1st Overall) 16:16.3, 2. Greg Burke 18:21.4, 3. Don Jacques 18:37.5. **40-49:** 1. Michael Hicks 17:58.6, 2. Dick Rebozzi 18:41.0, 3. Charlie Ono 21:10.5. **50-59:** 1. Bill Almon 19:04.6, 2. John Armstrong 19:46.1, 3. Bernie Stevens 20:17.4. **60-Over:** 1. Don Leonard 27:05.2, 2. Richard Brackett 29:09.2.

**Women's Division — Under-13:** 1. Erin Smith 29:20.0, 2. Heidi Dillon 35:05.4, 3. Meredith Loose 35:16.9. **13-17:** 1. Melissa Minkin 23:44.1, 2. Vicki Sutter 29:07.7, 3. Debbie Schoengold 29:28.2. **18-29:** 1. Janet Smith 19:26.6, 2. Lori Elwood 20:56.0, 3. Laurel Ulrich 21:52.3. **30-39:** 1. Ronnie Griese 21:03.6, 2. Marcia Wells-Lawson 21:49.1, 3. Mary Dageforde 23:40.0. **40-49:** 1. Ruth Rowe 24:00.5, 2. Brenda Ainscow 24:09.4, 3. Shirley Paulides 25:45.8. **50-59:** 1. Nilda Duffek 32:18.8, 2. Markie Brown 37:05.7.

#### 10K Run

**Men's Division — Under-13:** 1. Jerry Weddle 52:56.5, 2. Eric Gundred 56:03.7, 3. Gene Bobroff 57:54.9. **13-17:** 1. Frank Martin 40:26.3, 2. Ed Pepper 40:52.3, 3. Marc Montoya 41:20.8. **18-29:** 1. Ag Converse 35:39.8, 2. Steve Ernst 37:32.5, 3. Rueben Partlow 38:41.1. **30-39:** 1. Denis

O'Halloran (1st Overall) 33:20.1, 2. Lon Kincannon 37:08.7, 3. Kannin Geiser 37:56.2. **40-49:** 1. Vicente Veyna 38:46.1, 2. Paul Kane 39:51.8, 3. Tom Lowman 38:55.1. **50-59:** 1. Michael Kooyman 49:36.8, 2. Don Phillips 49:39.5, 3. Robert Merritt 51:05.6. **60-Over:** 1. Bud Rubin 51:15.7.

**Women's Division — 13-17:** 1. Lori Nishiura 56:46.2, 2. Katherine Ghilchrist 57:16.6, 3. Stephanie Ghilchrist 102:28.8. **18-29:** 1. Nancy Brooks 45:03.9, 2. Sue Duffek 45:50.2, 3. Alicia Wiatler 46:02.5. **30-39:** 1. Gigi Luhtala 45:47.4, 2. Geraldine Redpath 48:29.2, 3. Anne Bossange 49:58.7. **40-49:** 1. Jackie Rhodes 47:31.2, 2. Betsy Fraser-Smith 51:20.7, 3. Christel Filles 52:27.7. **50-59:** 1. Gayle Spencer 100:27.1, 2. Mildred O'Brien 109:16.4, 3. Patricia Falls 115:55.4.

## Tahoe Relay

June 11.

The cool dawn light shown on the clean-washed air of the 19th running of the Tahoe Relay. Ninety-one teams lined up at the starting line, on a day that was perfect for running! Ninety teams finished, all in less than eleven hours.

#### Divisions

**Open:** 1. Aggie Running Club #1, 6:36:37 (Denis O'Halloran, Matt Yeo, Joe Mangano, Mark Protea, Ed Schelegle, Derek McIver, Rich Langford).

**TAC:** 1. Lake Merritt Joggers & Striders, 7:00:27 (Thom Trimble, Eric Ivary, John Monteverdi, Joe Shiefer, Mike Wheeler, Dann Brown, Dan Williams-used to run for Alameda HS).

**AAU:** 1. Alameda Track Club, 8:21:27 (John Bass, Kathy Cooke, Suzy Noe, Ann Ratto, Paul Bigelow, Mike Spencer, Kevin Cubillas).

**Masters:** 1. Rabid Chicken Racing Team, 7:53:35 (Al Beane, Ted Andersen, Hank Fragoza, Bob Goodrich, Bill Hackley, Joe Dana, Bob Curtis).

**Open Mixed (Must have a division of 4-3 or 3-4 of male & female):** 1. Eagle Valley Track Club, 7:51:59 (Nancy Bowman, Mike Longero, Maria Granier, Lauretta Miller, David Amster, Steve Pradere, Rick Billy).

**Women:** 1. Second Sole (Reno, NV), 8:35:56 (Claudia Wish, Jill Silva, Paula Conkey, Laurie Brantingham, Micheu Dioguardi, Angela & Rosie Tibaduiza).

**High School:** 1. All That For A Quarter (South Lake Tahoe), 7:58:01 (Todd Hoefer, Todd Tapper, Karin Haase, Jim Knox, John Downing, Roger Dix, David Haase).

## Bess James Ramonland 10K

from Wally Ingram

June 11. Hemet.

**Male: 12 & Under:** 1. Jimmy Arr 46:59, 2. Eric Sanchez 47:07, 3. Dave Schrabel 51:51. **13-19:** 1. Ron Perez 32:17, 2. Andrew Slohufus 36:47, 3. Everett Bissenette 37:55. **20-29:** 1. Jeff Wilson (1st overall) 31:38, 2. Lance Bianchetto 31:48, 3. Ron Bezenah 32:30. **30-39:** 1. Bob Elley 32:51, 2. Dean King 34:11, 3. Wayne Stanfield 35:19. **40-49:** 1. Juquin Granado 35:34, 2. Dick Pailles 36:11, 3. Don McLean 38:35. **50-59:** 1. Wally Ingram 34:28, 2. Marvin Burnell 41:35, 3. Mike Fortune 42:45. **60-69:** 1. Harold Daughters 38:03, 2. Ferdi Gonzales 43:39, 3. Karl Smithens 47:00. **70 & Over:** 1. Willard Benton 54:05.

**Female: 12 & Under:** 1. S. Davis 43:05, 2. Ruth Hueregue 53:09, 3. C. Schnable 1:02:42. **13-19:** 1. Michelle Argmin 45:56, 2. Sue Baugh 57:53. **20-29:** 1. Chris Herbert (1st female) 41:41, 2. D. King 57:54, 3. Tammy Hussar 1:01:52. **30-39:** 1. Pat Bilberdorf 43:25, 2. Melinda Lyon 49:56, 3. Helen Connor 53:08. **40-49:** 1. Lorraine Hashey 43:00, 2. Jeanita McColloch 51:55, 3. Diane Arasim 1:01:37. **50-59:** 1. Jo Fortune 47:41, 2. Dolores Bezenah 55:05, 3. Jeanne Reno NT. **60-69:** 1. Gerry Davidson 47:51, 2. Virginia Martin 1:02:38. **70 & Over:** 1. Bess James 1:02:10, 2. Helene Standfield 1:18:20, 3. Evelyn Chandler 1:33:26.

## Tin-Man Triath-A-Lung

June 11. Santa Rosa. 1 Mile Swim/7 Mile Run/18 Mile Bikes.

#### Tin-Men

- 13 & Under:
- 1 Dennis O'Connor(Napa) 2:47.05
- 2 Kevin McDonald(Santa Rosa) 2:57.51
- 3 Patrick O'Connor(Napa) 3:01.27
- 14-18:
- 1 Robert Mayes(Santa Rosa) 2:03.15
- 2 Michael Parker(Santa Rosa) 2:23.02
- 3 Mitchell DeShields(Santa Rosa) 2:27.13

- 19-29:
- 1 Jerry Cvecko(Plsnt Hill) 1:57.52
- 2 Matt Trask(Berkeley) 2:02.22
- 3 Tim Sheeper(So.S.F.) 2:07.02
- 4 Daniel DelCarlo(Freestone) 2:07.07
- 5 Rob Lynde(Graton) 2:09.22

- 30-39:
- 1 Don Alexander(Woodacre) 2:07.46
- 2 Mark Aronoff(Santa Rosa) 2:12.19
- 3 Rick Niles(Mill Valley) 2:12.57
- 4 Lawrence Phippen(Hayward) 2:13.07
- 5 Richard Rogers(Napa) 2:14.26

- 40-49:
- 1 John Fianagan(Moraga) 2:11.53
- 2 Bob Geddes(Pleasanton) 2:19.03
- 3 David Smith(San Ramon) 2:20.32

- 50 & Over:
- 1 Fred Trask(Hawaii) 2:21.27
- 2 F. Chilcott(Santa Rosa) 2:31.04
- 3 Bob Lynde(Graton) 2:51.38

#### Tin-Women

- 14-18:
- 1 Donna Frostick(Windsor) 2:48.50
- 19-29:
- 1 Julie Moss(Carlsbad) 2:07.49
- 2 Jacqueline Phelan(S.F.) 2:15.07
- 3 Dee Zicker(Pleasanton) 2:17.23
- 4 Pamela Sisney-Miller(Oakland) 2:20.19
- 5 Teresa Jackson(Hayward) 2:21.47

- 30-39:
- 1 Sibyl Cornish(Novato) 2:29.28
- 2 Nadine Soffer(Graton) 2:32.59
- 3 Susan Lea(Corte Madera) 2:39.29
- 40-49:
- 1 Sharon Marshall(Santa Rosa) 2:43.54
- 2 Mari Zelman(Santa Rosa) 2:48.29
- 3 Louisa Fraser(Santa Rosa) 3:07.23

## China Cup Series Race #6

June 11. 5K & 10K.  
5K

**Men's Divisions — 14-Under:** 1. Tony Vargas 18:02. 15-18: 1. David Rosas 15:08. **19-24:** 1. David Ortiz 15:16, 2. James Dyer 15:27, 3. Steve Adame 16:08. **25-29:** 1. George Mason 14:43, 2. Marve Alvarez 15:41, 3. Bill Foley 16:11. **30-34:** 1. Joe Carlson 15:43, 2. Walt Hitt 15:47, 3. Henry J. Lange, Jr. 16:13. **35-39:** 1. Arthur Martinez 16:54, 2. Dale Fairchild 17:09, 3. Ed Monroy 17:16. **40-44:** 1. Tom Burns 15:49, 2. John Branner 17:31, 3. Steve Walther 17:38. **45-49:** 1. Sam Mayo 17:14, 2. Juvenal Herrera 17:23, 3. Rick Fordiani 19:09. **50-59:** 1. John Harper 18:04, 2. Walts Leonard 18:19, 3. Larry Banuelos 18:33. **60+:** 1. Stanley Neufeld 20:04, 2. Dave Lewis 20:57, 3. Thomas Smith 27:36.

**Women's Divisions — 14-Under:** 1. Kerri Dudley 20:22. **15-18:** 1. Deanna Feser 21:20. **19-24:** 1. Renee Lopat 17:29, 2. Katt Buchanan 23:19, 3. Jana Jones 24:07. **25-29:** 1. Mary Bale 20:30, 2. Michelle Reinglass 22:48, 3. Marianne Luther 23:09. **30-34:** 1. Sue Rudolph 19:53, 2. Lyndia Evans 22:06, 3. Wendy Bull 23:24. **35-39:** 1. Sue Robins 21:21, 2. Barb Samuels 22:21, 3. Nancy Ishino 23:49. **40-49:** 1. Ann Kieran 23:02, 2. Irene Bracher 24:20, 3. Jennifer Sexton 25:33. **50-59:** 1. Sylvia Dade 26:20, 2. Jean Windishar 28:19. **60+:** 1. Shirli Allen.

#### 10K

**Men's Divisions — 14-Under:** 1. Brett Killeen 26:55. **15-18:** 1. Erii Waian 32:27. **19-24:** 1. Steve Webb 30:14, 2. Joey Gomez 30:20, 3. Timothy Wilson 31:29. **25-29:** 1. Robert Traba 30:35, 2. Kim Uile 32:02, 3. Mark McKinzie 32:10. **30-34:** 1. Benny Martinez 30:25, 2. Mark Uila 31:59, 3. Ferol Kimble 35:33. **35-39:** 1. Bill Sumner 32:03,

2. John Loeschhorn 32:11, 3. Octavio Canishi 33:38. **40-44:** 1. Frank Duarte 31:25, 2. Bill Elam 35:13, 3. Tommy Martin 37:21. **45-49:** 1. Elgin Edwards 38:39, 2. Tom Wakefield 39:49, 3. Millard Lalum 41:05. **50-59:** 1. Dennis Bracher 38:56, 2. Tom Wilson 39:21, 3. Bill Francis 39:32. **60+:** 1. Steve Chiples 42:13, 2. Glenn Ward 43:30, 3. Casey Poole 47:34.

**Women's Divisions — 14-Under:** 1. Heather Killeen 42:49. **15-18:** 1. Melody Fowler 42:39. **19-24:** 1. Roma Antoniewicz 36:08, 2. Rene Lopat 36:36, 3. Sue Corsea 42:20. **25-29:** 1. Kim DiFilippo 38:42, 2. Judy Orach 39:46, 3. Jeanne Kawashima 41:49. **30-34:** 1. D. Mattox 39:54, 2. Lois Curl 41:14, 3. Susie Fuller 50:56. **35-39:** 1. Lonnie Horn 43:03, 2. Ann deStakosch 44:08, 3. Chrystal Wilkerson 45:20. **40-49:** 1. Cherrie Lightburne 42:13, 2. Marcia Martyn 44:18, 3. Ida Hondrick 47:26. **50-59:** 1. Louise Smith 57:21, 2. Chris Hodowski 57:27.

## Morro Bay to Cayucos Fun Run

June 12. 6+ miles (sand).

#### Overall

- 1 Steve Dornish (SLO/SLDC) 36:09
- 2 Paul Lee (SLO/SLDC) 36:22
- 3 Clint Pearson (Prtville/PR) 36:22
- 4 Kevin Carrillo (Prtville/PR) 36:48
- 5 Ozzie Osgood (Prtville/PR) 37:25
- 6 Rick Hallblom (S.B./SBAA) 38:14
- 7 Jim Brown (Cambria/SLDC) 38:26
- 8 Len Thornton (Fresno/HSTC) 38:56
- 9 Larry Jamison (SLO/SLDC) 39:04
- 10 Bob Nanninga (SLO/SLDC) 39:20
- 11 Ken Doss Jr. (SLO) 39:42
- 12 Mark Anderson (Atas./SLDC) 39:53
- 13 Bill VanWyngaarden (SLO/SLDC) 39:57
- 14 John Parry (SLO) 40:34
- 15 Eric Nelson (SLO) 40:35
- 16 Patrick Jenkins (Mor.Bay/SLDC) 40:41
- 17 Tim O'Hara (Los Osos/SLDC) 40:43
- 18 Sam Richards (Atas./SLDC) 40:54
- 19 Jerry Hill (Nipomo/SLDC) 40:55
- 20 Nate Brady (Cambria/SLDC) 41:01
- 21 Dave Howell (Mor.Bay/SLDC) 41:18
- 22 David Book (Santa Maria/ORR) 41:34
- 23 Jesse Arnold (Cambria/SLDC) 41:41
- 24 Paul Silvon (SLO) 41:50
- 25 Buz Hamblin (Atasc./SLDC) 41:53
- 26 Diane Dixon/F (Los Osos/SLDC) 44:00
- 26 John Herd (Mor.Bay/SLDC) 44:03
- 39 Roger Boedecker (Pt. Hueneme) 44:25
- 57 Emily Schoenwald/F (BH/SLDC) 46:57
- 61 Shannon Battles/F (Pix/Tul Run) 47:24
- 64 Susan Krout/F (SLO) 48:14
- 65 Cheryl Sale/F (Newhall/SCVAA) 48:17
- 70 Robin O'Hara/F (Los Os/SLDC) 49:15
- 76 Debbie Katekaru/F (SLO/SLOHS) 49:48
- 87 Cindy Hedrick/F (SLO/SLOHS) 51:48
- 94 Sheila Smith/F (ArrGr/SLDC) 52:14
- 95 Joan Graham/F (Atascadero) 52:24
- 96 Liz Kroeger/F (Valencia/SCVAA) 52:27
- 104 Joe Norris (Atasc./SLDC) 54:18

## Camp Coombs X-C Run

June 12.

A benefit run, proceeds for patient activities at Napa State Hospital.

Three races a .5, 1.5, and 6.2 mile run. The 6.2 run is a challenge to a good runner. The first quarter mile is around the hospital on pavement then continues up into the rolling hills behind the hospital on dirt road amongst oak trees, meadows, Camp Coombs and a small stream. The record time in four years of the run is 33:00. Information for next year's run, write to Bart Swain, Box A, Imola CA, 94558. Registration for the 1984 run will be in April 84.

**Men's Divisions — 11-Under:** 1. Max Proteau 56:56. **12-17:** 1. Toney Squibb 40:58. **18-29:** 1. John Hawley 37:21. **30-39:** 1. Dave Muela 36:24. **40-49:** 1. John Tierney 44:21. **50-Over:** 1. Hank Fragoza 41:28.

**Women's Divisions — 12-17:** 1. Sharon Jarecki 71:20. **18-29:** 1. Kristen Berg 53:08. **30-39:** 1. Bernice Sousa 50:12. **40-49:** 1. Yolka Zwetsloot 48:18.



## Club News

### Complete Runner T.C.

24074 Willow Ck. Rd., Diamond Bar 91765

On June 25 the Complete Runner TC took a contingent of 12 men and 4 women to the Griffith Park 10K for their run of the month. The club walked away with a number of medals and trophies but the surprise of the day came when the club was awarded a nice plaque by the promoters of the run (Calif. Road Runners Club) as the Club of the Year, for the support of runs put on by CRRC.

With the awards won and the comradery of all runners, the day was a success.

On the same day two members, Mike Lazoya and Eddy Crawford, flew to Oregon for the Cascade Run Off. Even though Mike is recovering from a thigh injury, he still ran a very good 54:38 and Eddy ran a PR 57:21 over the 15K layout.

## So. Calif. Roadrunners

The Southern California Roadrunners performed very well at the TAC Region XIII meet at Cal Poly Pomona on June 18-19. The SCRR captured seven individual state championships.

Noteworthy performances included Jason Newbourn capturing the 10-11 shot put and discus titles in his first year of competition. Durnesia Body captured the 12-13 year old shot put and discus and threw the nation leading put of 41-11. Brenda Hack, also a first year competitor, won the 10-11 girls discus with a toss of 85-3. Kathy Pugh defended her 14-15 state title in the 3000m race walk with a possible national age group record 14:51.8.

In the running events, Sheri Lawson captured the 12-13 3000m state title by running into head winds with a time of 10:44. Suzanne Castruita ran a strong triple by placing second in the 10-11 1500m (4:54.8), third in the 800 (2:29) and third in the 3000m (10:52).

## New West Running Club

6004 Fostoria St., Bell Gardens 90201

Dennis Forthoffer led all club members in winning the Santa Fe Springs 5K on May 14th in 14:41. Other club finishers who placed were Robert Ramirez 15:50, 4th overall; Phil Torres 16:05, 6th overall; Sal Peralta 16:12, 8th overall; Fernando Ramirez ran his first 5K in over 3 months with a 17:51, slowly coming off an injury. Forthoffer came back the next day at the Santa Anita Classic to take 2nd in the 5K with a 14:50.

At the Son Rise 5K in Covina, Carol Holquin (age 13) ran a PR of 21:20, placing 2nd in her age group. Also on June 5th, Carol's mother, Belinda, knocked off close to 10 minutes with a 3:43 marathon at the Avon Marathon.

Most of the club members are from the Whittier-Norwalk and surrounding areas, which are in Los Angeles County. Club president is Jay Jurado, who is also co-owner of Runner's High, which just opened up a second store in Seal Beach.

## BROOKS BROOKS BROOKS BROOKS

Send attached entry and \$10.00 check  
paid to Finnish Invitational, 32926 Mulholland Hwy., Malibu, CA 90265  
**Enclose 2 self-addressed stamped envelopes.**

PRINT NAME \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE ( ) \_\_\_\_\_

8 A.M. RACE ☐ 10 A.M. INVITATIONAL RACE ☐

AGE DIVISIONS: 13-18, OPEN, 30-39, 40-49, 50 AND OVER MALE ☐ FEMALE ☐

T-SHIRT SIZE ☐ ☐ ☐ ☐  
S M L XL

PREVIOUS BEST PERFORMANCES (list race, place, time, date, championships, etc.)

In consideration of your accepting this entry and for other valuable consideration receipt and sufficiency of which are hereby acknowledged, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any sponsors, the Pacific Association of the AAU, Finnish-Invitational, Eino or the State of California and its employees, volunteers, successors, and assigns for any and all injuries, suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the competition of the Lasse Viren-Finnish Invitational 20 Km Run, and my physical conditioning for participating in this type event has been verified by a licensed Medical Doctor during the last six months. I AGREE TO ENCLOSE A CHECK FOR \$10.00 AS AN ENTRY FEE AND WILL MAKE MY CHECK PAYABLE TO THE FINNISH INVITATIONAL.

Signature in full \_\_\_\_\_  
(Parent's or Guardian's signature if under 18 years of age.)

NOVEMBER 20th, 1983  
SIXTH ANNUAL

BROOKS  
LASSE VIREN

**FINNISH INVITATIONAL 20KM**

Point Mugu State Park, Ca.  
9000 W. Pacific Coast Hwy.  
(Halfway between Malibu and Oxnard)

**OPEN RACE 8 a.m.  
INVITATIONAL RACE 10 a.m.**

Once again you have a chance to run with some of the best runners of the world. The race is especially designed for those who are interested in high achievements in running.

Qualification for entry: 8 a.m. race: must have completed 10 Km within 45:59 minutes in past 12 mos. regardless of age or sex. Limited to first 500 eligible applicants.

10a.m. Invitational Race: Women open - 38 Minute 10K. Women masters - 40 Minute 10K. Men open - 35 Minute 10K. Men Masters and 13 - 18 Men 38 Minute 10K. All applicants will be required to provide certification of qualifying performance.

Entries will close on Nov. 17, 1983 or first 500 applicants. NO LATE ENTRIES WILL BE ACCEPTED. THE RIGHT TO REJECT ANY ENTRY OR TO ISSUE SPECIAL INVITATIONS IS RESERVED.

Entry fee is \$10.00 (non-refundable) which must accompany entry. Please enclose 2 (two) self-addressed, stamped envelopes. If your entry is refused because you fail to meet qualifying standards, you will forfeit your entry fee. Make check payable to FINNISH-INVITATIONAL. The race package includes a beautiful T-shirt designed by famous California artist James-Paul Brown.

Course: 1 last loop in the beautiful Point Mugu State Park. Mostly unpaved trail through canyons with the first 10 Km a light climb from sea level to 300 feet. A little before 10 Km sharp short climb to 600 feet following with a gradual incline till the "Finnish" line. No traffic jams, no pollution and a chance to run with our generation's best middle distance runners. Send your entry early to secure your participation.

Previous race winners: Gary Tuttle and Marty Cooksey, 1978. Kirk Pfeiffer and Grete Waitz, 1979. Jon Sinclair and Grete Waitz, 1980. Adrian Royle and Ann Gladue, 1981. Gary Tuttle and Sherry Simmons, 1982.

The record for the course is 58:34 set by Adrian Royle in 1981; best female time set by Grete Waitz, Norway, 1:08:20, 1979.

PLEASE ORGANIZE CARPOOLS



# CALIFORNIA TRACK & RUNNING NEWS



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FOR SO LITTLE.**

It was one of those victories that, frankly, took us by surprise.

All we were after was an Air shoe with a slightly more down-to-earth price tag.

The more runners who experience Air, we reasoned, the fewer will settle for anything less. That was the theory.

Pegasus. That was the name.

Then our R&D department proceeded to run amuck. First, they incorporated the Nike Air-Wedge™. That was fine. Because it gives the kind of long-lasting cushion you just can't find in any other shoe.

But then they started looking around for other innovations from some of our more specialized models.

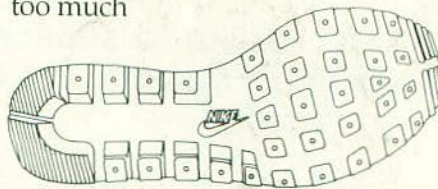
Next thing we knew, the Pegasus was sporting the Waffle™ Center-of-Pressure™ outsole. For even more cushion. And greater stability. It also made the Pegasus great for running over any number of different surfaces. From grass to asphalt, to gravel and mud.

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As a result, the Pegasus is not only a great training shoe, but at

roughly 10 ounces in a size 9, it's more than light enough to race in.

We were stunned. And we told them—this is just too much



technology, too much versatility. The Pegasus is simply more shoe than we bargained for.

Then they reminded us. That's what a bargain is all about.

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