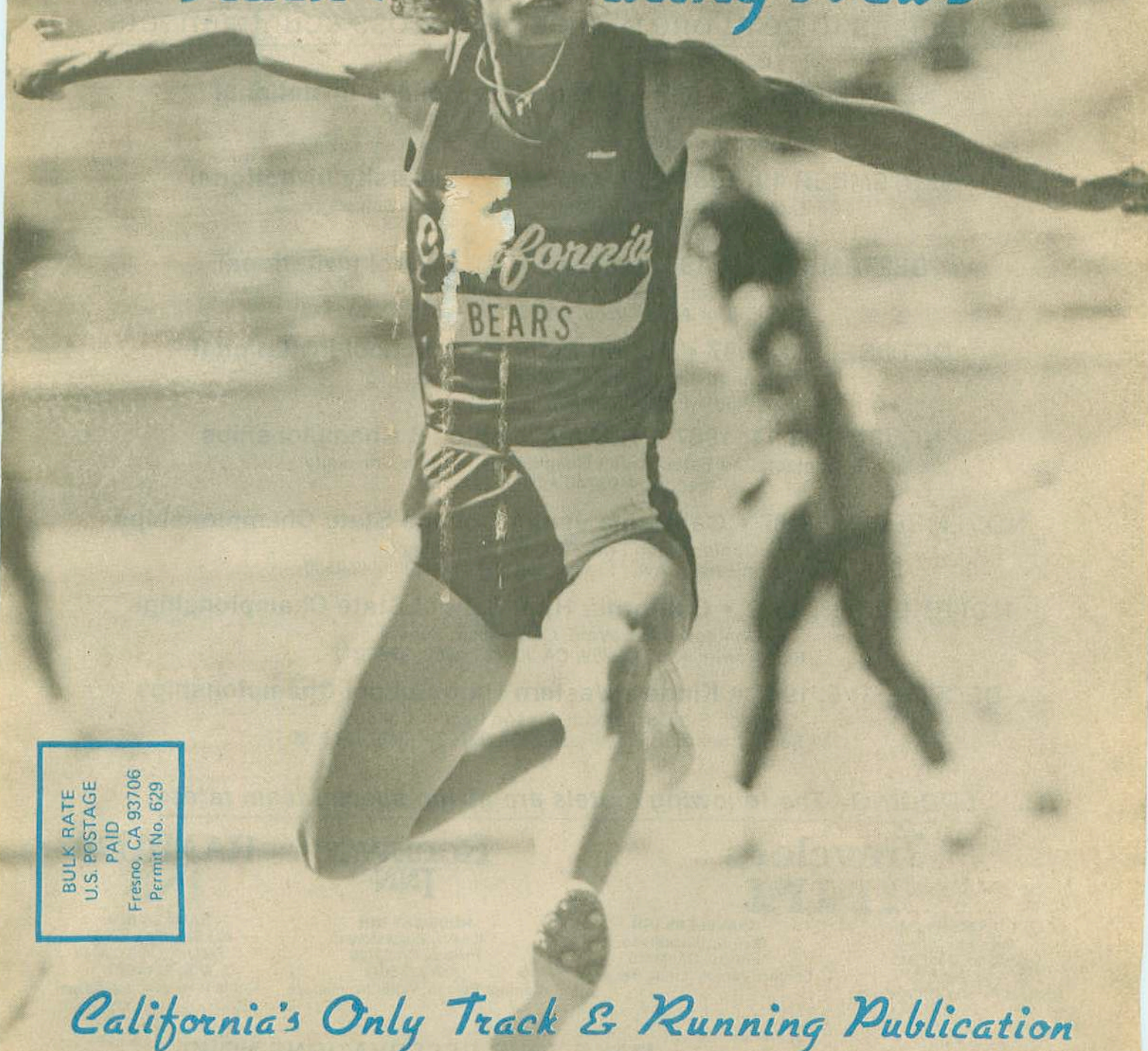


AUGUST 1987

ISSUE NO. 128

# CALIFORNIA

*Track & Running News*



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*California's Only Track & Running Publication*

13th Year

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# Cross Country

## At Fresno's Woodward Park

Make plans to be at one of these big cross country meets

**SEPTEMBER 12, 1987 • Fresno City College Invitational**

Contact: Bob Fries, Fresno City College  
1101 E. University Ave., Fresno, CA 93741 • (209) 442-4600

**SEPTEMBER 19, 1987 • Fresno State University Invitational**

Contact: Red Estes, Track Coach, Fresno State University  
Fresno, CA 93740 • (209) 294-4097

**SEPTEMBER 26, 1987 • Clovis High School Invitational**

Contact: Steve Ward, Clovis High School  
1055 Fowler Ave., Clovis, CA 93612 • (209) 299-7211

**OCTOBER 23, 1987 • Rough Rider High School Invitational**

Contact: Jim Fletcher, Roosevelt High School  
4250 E. Tulare, Fresno, CA 93702 • (209) 435-8780, home

**NOVEMBER 14, 1987 • N.C.A.A. Region 8 Championships**

Contact: Red Estes, Track Coach, Fresno State University  
Fresno, CA 93740 • (209) 294-4097

**NOVEMBER 21, 1987 • California Junior College State Championships**

Contact: Bob Fries, Fresno City College  
1101 E. University Ave., Fresno, CA 93741 • (209) 442-4600

**NOVEMBER 28, 1987 • California High School State Championships**

Contact: Steve Ward, Clovis High School  
1055 Fowler Ave., Clovis, CA 93612 • (209) 299-7211

**DECEMBER 5, 1987 • Kinney Western High School Championships**

Contact: Bill Cockerham, Fresno Pacific College  
1717 South Chestnut Ave., Fresno, CA 93702 • (209) 453-2100

**LODGING - The following motels are giving special team rates:**

### Travelers INN

TRAVELERS INN  
2655 East Shaw  
Fresno, CA 93710  
(209) 294-0224

Contact Person: Cindy Flores

TRAVELERS INN  
6730 N. Blackstone  
Fresno, CA 93710

Contact Person: Linda Peterson

### RODEWAY INN

RODEWAY INN  
4061 N. Blackstone  
Fresno, CA 93726  
(209) 222-5641

Contact Person: Violet Meindersee

### RAMADA INN

RAMADA INN  
324 East Shaw Ave.  
Fresno, CA 93710  
(209) 224-4040

Contact Person: Jan Coyle

**MAKE YOUR RESERVATIONS NOW!**



# CALIFORNIA

Track & Running News



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**Photographers:** Gene Cohn, Burt Davis, Barbara De Groot, Don Gosney, Louis Hirsch, Michael Lambert, Bill Leung, Jr., Jim Reynolds, Richard Slotkin, Maurice Wilson, Mark Winitz.

**Senior Editors:** Calvin Brown (Girls and Women Track & Field); Nancy Clark (Athlete's Kitchen); Steve Fagundes (Sac-Joaquin High School); Percy Knox (Masters Men Track & Field); Bill Minarik (Southern California); Dean Reinke (National Road Scene); Doug Speck (Southern California High School); Steve Ward (Central Section High School); Bob Womack (High School All Time Lists).

**Correspondents:** Louis Hirsch, Dennis McClanahan, Otto Pauls, Howard Willman.

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**4957 E. Heaton  
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(209) 255-4904**

MEMBER OF RUNNING USA

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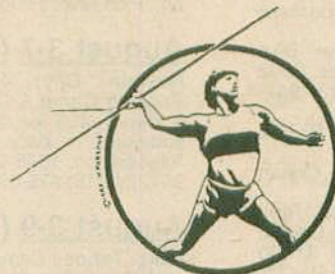
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**ON THE COVER:** Sheila Hudson — Local girl makes good: The Rio Linda High School graduate, now at Cal Berkeley, won the N.C.A.A. triple jump title with an American Record and then came back to up that record with her win at the T.A.C. Championships. See results of N.C.A.A. beginning on page 31 and the T.A.C. on page 34.

*Fine Flicks by Don Gosney*



# Schedule

By JACK LEYDIG

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

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

## Road Racing

### August 1 (Saturday):

**Squaw Valley:** Squaw Valley USA Mountain Run, 3.6 mile trail run ((2,000 Ft. elevation gain), 9:30 a.m. Holly Beatie Farr, Image Promotions Ltd., P.O. Box 2575, Olympic Valley 95730. (619) 943-1890.

**Bass Lake:** Bass Lake Run Thru the Pines Half Marathon, Pines Village, 8 a.m. Bill Cockerham, 4957 E. Heaton, Fresno 93727. (209) 255-4904.

**Mammoth Lakes:** Mammoth Snowcreek Triathlon, 1K swim, 40K bike, 10K run, time TBA. Rick Davis, P.O. Box 12, Mammoth Lakes 93546. (619) 934-8511.

**Morro Bay:** Morro Rock to Cayucos Pier Fun Run, 6 miles (on beach at low tide), time TBA. City of Morro Bay Recr. Dept., 535 Harbor St., Morro Bay 93442. (805) 772-1214, x229.

**Santa Barbara:** Fiesta Footraces, 5 & 30K and 3x10K Relay, 8:30 a.m./5K. Chris Holmberg, 503 State St., Santa Barbara 93101. (805) 563-1008.

**South El Monte:** San Gabriel River Bike Trail 12K Run, 5:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

**San Diego:** Aerospace 10K & 2 Mile, Balboa Park, 7 a.m. Pam Nolly (619) 437-4667.

**San Diego:** Ocean Beach 5 & 10K, Ocean Beach, 7 a.m. In Motion (619) 483-9501.

**Union City:** Gladiola Festival 5K Run, Kennedy Community Center (1333 Decoto Rd.), 9 a.m. Holly Community Center, 31600 Alvarado Blvd., Union City 94587. (415) 471-6877.

**El Cerrito:** Hill Run, 4 mile, Cerrito Vista Park (Moeser Ln. & Pomona Ave.), 10:30 a.m. Renee Kilpatrick, City of El Cerrito, 7007 Moeser Ln., El Cerrito 94530. (415) 525-6748.

**Crestline:** Lake Gregory 5 & 10K, 8 a.m. Race Central, P.O. Box 828, Rialto 92376. (714) 387-2594.

### August 2 (Sunday):

**San Leandro:** Skyline 50K, Lake Chabot Marina, 7 a.m. Howard Brining, 100 Iris Ct., Hercules 94547. (415) 799-2502.

**Larkspur:** The Good Sport Couples Relay, Male/Female 2x2 mile, Larkspur Landing Shopping Center, 10 a.m. The Good Sport, 2011 Larkspur Landing Cir., Larkspur 94939. (415) 461-1930.

**Pacific Grove:** YWCA Women's Walk-Run, 10K run and 5K walk-run, Lover's Point area, 9 a.m. Fabia Massaro, YWCA, 404 Camino El Estero, Monterey 93940. (408) 649-0834.

**Healdsburg:** River of No Return 2-person Pentathlon, 1/2 mile river swim, 10 mile canoe, 1/4 mile portage, 9 mile run, 22 mile bike. 8 a.m. Trowbridge Recr., Inc., 20 Healdsburg Ave., Healdsburg 95448. (707) 433-7247, or Team Challenge: (415) 841-1190.

**Sonoma:** Kilpatrick's Ironkids Triathlon, (7-10 yrs.: 100m swim, 5K bike, 1K run; 11-14 yrs.: 200m swim, 10K bike, 2K run), time TBA. Fleet Feet Triathlete: (415) 456-1095.

**Reno, NV:** Reno Run Relay, no other info available. Info: (916) 581-5119.

**Mt. Charleston, NV:** Mike's 18 Mile Forest Challenge, Kyle Canyon Rd., 7 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. Mike Naylor: (702) 383-1276.

**San Francisco:** DSE Women's Festival Run (men can run), 4.3 mile, Legion of Honor (34th Ave. & Clement), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Foster City:** Sri Chinmoy 10 Miler, Sea Cloud Park, 8 a.m. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 665-2244.

**Folsom Lake:** Camelia Capital Triathlon, 1K swim, 30K bike, 8K run, Beale's Point, 8 a.m. Camelia Capital Triathlon, 2419 "K" St., Sacramento 95816. Gail Benty (916) 442-SWIM.

**San Luis Obispo:** San Luis Bay Club Biathlon, .5 mile swim, 5K run, 8 a.m. Contact: Lynn Moon (805) 595-2614.

**Avila Beach:** Avila Beach 5K (near pier), 8 a.m. Greg DeNike, 201 Canyon Way, Arroyo Grande 93420. (805) 481-8725.

**South El Monte:** Legg Lake 8K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

### August 3-7 (Mon-Fri)

**Nevada City:** High Altitude Challenge Running Camp & Clinic, Grouse Ridge (7,700 ft. elev.), 425 fee, 20-26 mile daily, 2 notable speakers daily. Christian Runners Association, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

### August 3-9 (Mon-Sun):

**Lake Tahoe:** Camp Fleet Feet, (swim, bike, run), Sugar Pine Pt. Fleet Feet (916) 442-3338.

### August 5 (Wednesday)

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.



### August 6 (Thursday)

**Valencia:** College of the Canyons 5K Cross Country Series, 7 p.m. Gene Blankenship, P.O. Box 481, Newhall 91321. (805) 251-5562

### August 8 (Saturday)

**Ocean Township, N.J.:** Nat'l TAC S Men's 10K Road Championships, time TBA. Phil Benson, Box 2287, Ocean Township, NJ 07712. (201) 531-4156.

**Folsom Lake:** Tri-For-Fun, 1K swim, 20 bike, 5K run, Beale's Point, 8 a.m. Will Roxburg Fleet Feet, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**Reno, NV:** Dry Run 5 & 15K, Fisherman's Park, time TBA. Info: (916) 581-5119.

**South El Monte:** Legg Lake 5K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

**Crater Lake, OR:** Crater Lake Rim Runs, Marathon, 6.7 & 13.0 miles & marathon, 8:30 a.m. Crater Lake Rim Runs, 5830 Mack Ave. Klamath Falls, OR 97603. Bob Freirich: (503) 884-6939.

**Las Vegas, NV:** LVTC 2 & 5 Miler Foreste Freedman Age Handicap, Sunset Park, 7 a.m. The Running Store, 602 S. Maryland Pkwy Las Vegas, NV 89101. (702) 832-3496.

**Covelo:** Blackberry Festival 5 & 10K, Cove & Howard Sts. (near Willits), 8 a.m. Charler Holbrook, Box 829, Covelo 95428. (707) 983-6831.

**Irwindale:** Bud Light La Sprint Triathlon, mile run, 9 mile bike, 200 yd. swim. Santa F Dam, 8 a.m. Rob Hogan, Event Services Co 7211 Ramona Ave., Alta Loma 91701. (714) 989-6512.

### August 9 (Sunday)

**San Francisco:** National Running Festival for Women, 5K, Golden Gate Park, 8:30 a.m. Larry Wydro, Sierra Sports Mktg., 320 Buchanan, San Francisco 94123. (415) 567-7224.

**Alameda:** Alameda Run for the Parks, 101 Southshore Shopping Center, 9 a.m. Alameda Parks & Recr., Barry Weiss, City Hall - Room 201, Alameda 94501. (415) 522-4100, x227.



## □ Schedule

**Truckee:** TOAC Northstar Lake Tahoe Series #3, 5 & 10K, Northstar Lodge, 9 a.m. Tahoe Outdoor A.C., P.O. Box 5905, Tahoe City 95730. Mike Wolterbeek: (916) 587-0288.

**Arcata:** Freshwater Race, 2 mile & 10K, Freshwater Park, 10 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. Ellsworth Pence: (707) 445-9442.

**Big Bear Lake:** King of the Hill Triathlon, 1K swim, 40K bike, 10K run, time TBA. Don Frantz, P.O. Box 1746, Victorville 92392. (619) 949-1978.

**Ventura:** Inside's Out & Back 10K, 1410 E. Main St., 9 a.m. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

**Anaheim:** Orange County Biathlon & 3-Person Relay Series, 5 mile run, 25 mile bike, 5 mile run. Anaheim Stadium, 7 a.m. (No Raceday Entry). Chuck Catania, P.O. Box 671, Brea 92622. (714) 525-8539.

**Los Angeles:** Samurai Nisei Week 5K Run, Japanese Village Plaza (First & Central), 8 a.m. Samurai 5K, 120 E. Emerson Ave., Monterey Park 91754. Wayne: (213) 623-1673.

**Westlake Village:** Carrera de Locos Half-Marathon, Westlake Elementary School, 8 a.m. (Raceday entry only). Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

**Brisbane:** DSE "Where the Hell is Brisbane?" 5 Mile Run, Brisbane Yacht Harbor, 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**San Mateo:** Dump to Dump Run, 10K (& 2 mile walk), Coyote Point Park, 8:30 a.m. Dump to Dump Race, c/o UCPA, 100 View, Suite 102, Mountain View 94041. (415) 969-4711.

**Pinecrest:** Pinecrest Run, 5 miles, Pinecrest Lake. (209) 965-4362.

### August 11 (Tuesday)

**San Diego:** Hospitality Point 3 Mile Run, 6 p.m. Tom Morrow (619) 563-7597.

### August 12 (Wednesday)

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

### August 13 (Thursday)

**Valencia:** College of the Canyons 5K Cross Country Series, 7 p.m. Gene Blankenship, P.O. Box 481, Newhall 91321. (805) 251-5562.

### August 14 (Friday)

**Palo Alto:** TGIF 5K Run, Palo Alto Baylands, 5 p.m. Anne Cribbs, Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2429.

### August 15 (Saturday)

**Antioch:** Tri-For-Real Triathlon, 1 mile swim, 6.5 mile run, 20.6 mile bike. Contra Loma Regional Park, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Sacramento:** Susan B. Anthony Women's 5K Run, Glenn Hall Park (River Park), time TBA. George Parrott, 1988 University Park Dr., Sacramento 95825. (916) 488-6580.

**Camarillo:** Gold Coast Tri Series, Ventura State Beach, 1.5K swim, 40K bike, 10K run, time TBA. Tri-Club, P.O. Box 28, Camarillo 93011.

**South El Monte:** Legg Lake 5K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

**Los Angeles:** Tetrick Trail Run, 8 mile, Griffith Park (Riverside/Los Feliz entrance), 7:30 a.m. (No Pre-Entry). John Sporlder, 150 S. Glenoaks Blvd., #9171, Burbank 91510.

**Huntington Beach:** Distance Derby 1.5, 3 & 10 mile, Huntington Beach Pier, 7:30 a.m./10 mile, 10 a.m. others. City of Huntington Beach Community Services, P.O. Box 190, Huntington Beach 92648. Bob Werth: (714) 536-5486.

**Pomona:** Run for Jerry's Kids, 5 & 10K, Foothill Beverage Co., 8 a.m. Steven Heath, Foothill Beverage Co., 2800 So. Reservoir Ave., Pomona 91766. (714) 627-3131.

**San Diego:** MADD Run for Fiscal Fitness, 2 mile & 10K, Balboa Park, 7:30 a.m. Toni Deal: (619) 272-8316.

**Las Vegas, NV:** LVTC 30 Minute Run, Univ. of Nevada (track), 7 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

### August 16 (Sunday)

**Campbell:** Campbell Rotary Highlands Run, 10K, Campbell Park, 9 a.m. Campbell Rotary Highlands Run, P.O. Box 295, Campbell 95009. (408) 267-2780.



## Monday, September 7, 1987—LABOR DAY

1K (.62 miles) SWIM • 40K (24.8 miles) BIKE • 8K (4.9 miles) RUN

**START/FINISH:** Start at Lake Woollomes (8:30 a.m.). Finish at McFarland High School Track on Sherwood and Mast, McFarland. (Check in at McFarland for race packets.) Point-to-point. **FEES:** \$18 Pre-Registration postmarked August 21 or hand delivered August 25, \$54 Teams, \$25 late or race day entry. **NO RACE DAY ENTRY FOR TEAMS!!** **RACE CONTACTS:** Gary Farrell (805) 792-3187 days/Mike O'Haver (805) 792-3091 days M-Th. Or write the McFarland Recreation and Parks District, 100 S. 2nd St., McFarland, CA 93250. **AWARDS:** Custom-designed race medallions will be awarded at least 3 deep in 5-year divisions, male and female. 1st place will receive plaques. 1st place overall, male and female, receive trophies. Teams 3-deep in male, mixed, female will receive plaques and medallions. Special awards to 1st McFarland finisher, youngest finisher, and most distinguished (oldest) male and female. All finishers will receive t-shirts and medals. **WEATHER CONDITIONS:** It is usually hot and sunny in September, with temperatures 90°-100°. Be fully heat acclimated and hydrated before the race (water will be provided). **PARKING:** At McFarland High School (Sherwood offramp on 99, turn west 2 blocks) or at Lake Woollomes (Pond Road offramp on 99, follow signs east and north). Buses will take you and your bike from McFarland to Lake Woollomes either before or after race. (Awards and refreshments will be in McFarland at 12.) Try to provide own transportation. **SPONSORS:** Our primary sponsor is Westwinds Housing Development in McFarland. Other major sponsors: Stewart Title of Bakersfield, Cal Fame & Paramount Growers, McFarland, Bicycle Warehouse of Bakersfield, Snider Cyclery of Bakersfield.



## □ Schedule

**Lafayette:** Run the Rim, 5K & 7 mile, Lafayette Reservoir, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**San Francisco:** Alcatraz Challenge Triathlon, 1.5 mile swim, 1 mile run, 40K bike, 14.5 mile run. Time TBA. (150 Limit). Joe Oakes, 518 Outlook Dr., Los Altos 94022. (415) 941-6287.

**Los Gatos:** Animal Care-athon, 10K, Vasona Lake Park (298 Garden Hill Dr.), 8 a.m. Humane Society of Santa Clara, 2530 Lafayette St., Santa Clara 95050. (408) 727-3383.

**Hayward:** Zucchini Festival 10K, Cal State Hayward Campus, 9 a.m. Eden YMCA, 951 Palisade St., Hayward 94542. (415) 582-9614.

**Bodega:** Big Event Foot Race, 5 & 10K, Bodega Fire Hall, 9 a.m. Marge Windus, Box 249, Bodega 94922. (707) 876-3105.

**Mill Valley:** One Hour Run, Tamalpais High School (dirt track), two heats (fast heat first), 9 a.m. Dick Cordone, 918 Fifth Ave., San Rafael 94901. (415) 456-5334.

**Quincy:** Feather River Classic, 5K, 10 mile & 1.2 mile fun run, Pioneer Community Pool (Fairgrounds P.), 8 a.m. Roger Steward, Central Plumas Rec., P.O. Box 1551, Quincy 95971. (916) 283-3278.

**McKinleyville:** Hammond Bridge Half-Marathon and 2 Mile, McKinleyville High School track, 9 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. Buzz Webb (707) 839-3518.

**San Francisco:** Hook & Ladder 10K, Golden Gate Park (Rainbow Falls & JFK Dr.), 9 a.m. Jim Gallagher, 1671 - 16th. Ave., San Francisco 94122. (415) 753-0880.

**San Francisco:** DSE Golden Gate Park Run, distance TBA, Polo Fields (So. Side Parking Lot), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Fullerton:** North Orange County YMCA Fullerton 5 & 10K Runs, Fullerton High School, 7:30 a.m. Contact: (714) 879-9622.

**Mono Lake:** Long Live Mono Lake Run, 10K, Mono County Park, 10 a.m. Jim Parker, P.O. Box 29, Lee Vining 93541. (619) 647-6386.

**San Francisco:** Asian Runners Club Presidio Roller Coaster Run, 3.6 miles, Mountain Lake Park, 8:30 a.m. (415) 587-4725.

### August 19 (Wednesday)

**San Francisco:** Manufacturers Hanover Corporate Challenge, 3.5 mile, Justin Herman Plaza (corporate teams only), 7 p.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2322.

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

### August 20 (Thursday)

**Valencia:** College of the Canyons 5K Cross Country Series, 7 p.m. Gene Blankenship, P.O. Box 481, Newhall 91321. (805) 251-5562.

**South Lake Tahoe:** High Sierra 10K Track Race, So. Lake Tahoe Intermediate School, 5:30 p.m. Info: (916) 581-5119.

### August 22 (Saturday)

**Manitou Springs, CO:** Pikes Peak Marathon, time TBA. Carl McDaniel, 5520 N. Union Blvd., Colorado Springs, CO 80218. (303) 594-0505.

**Pico Rivera:** Rivera Park Sunset 5K, 6 p.m. Ken Elsaldez, P.O. Box 1016, Pico Rivera 90660. (213) 949-5648.

**June Lake:** June Lake 6x3 Mile Relay, 8 a.m. Newport Beach R.A., 1162 Dorset Lane, Costa Mesa 92628. (714) 966-0556.

**Norwalk:** Norwalk 8K Challenge, City Hall, 8 a.m. Tak Hamabata, City of Norwalk, 12700 Norwalk Blvd., Norwalk 90650. (213) 929-2677, x220.

**San Dimas:** Bonelli Park Short Course Triathlons (.5K swim, 20K bike, 5K run; or 300 yd. swim, 7 mile bike, 2 mile run), time TBA. LATOC, 2564 E. Garvey Ave., West Covina 91791. (818) 331-0169.

**Las Vegas, NV:** LVTC 5K, Industrial & Blue Diamond Rds., 7 p.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**Susanville:** The Human Race & Fun Run, 5 & 10K, Lassen High School, 8 a.m. Judy Emaga P.O. Box 1701, Susanville 96130. (916) 257-4139.

### August 23 (Sunday)

**San Francisco:** Presidio 10, 10 miles Central Grounds (Presidio), 9 a.m. The Guardsmen, 220 Sansome St., Suite 590, San Francisco 94104. (415) 781-6765.

**Redwood City:** Redwood Shores Biathlon 400m swim, 4 mile run. 350 Marine World Pkwy., 10 a.m. Wayne Robson, Big Brothers/Big Sisters, 944 Ralston Ave. Belmont 94002. (415) 592-2354.

**Oakland:** Lake Merritt J&S Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (Oak Boathouse - 14th & Lakeside), 9 a.m. Elvyr Blair, 745 Arimo Ave., Oakland 94605. (415) 632-9606.

**Sunnyvale:** Sunnyvale Baylands Classic, 5 & 10K, Moffett Industrial Park (Twin Creeks Softball Complex on Caribbean Dr.), 8 a.m. Sunnyvale Parks & Rec., P.O. Box 3707 Sunnyvale 94086. (408) 730-7350.

**Tahoe City:** Where the Hell is Truckee 18 Mile Run, North Tahoe H.S., 9 a.m. Gerald Rockwell, P.O. Box 1676, Tahoe City 95730. (916) 583-3766.

**Fresno:** Fresno Biathlon, 5 mile run, 21 mile bike. Woodward Park, 7 a.m. Bob Fries, 1507 E. Browning, Fresno 93710. (209) 439-6394.

**June Lake:** June Lake Triathlon, 500 yd swim, 20 mile bike, 10K run. 9 a.m. (400 Limit) Newport Beach R.A., 1162 Dorset Lane, Costa Mesa 92626. (714) 966-0556.

**South El Monte:** Legg Lake 5K Morning Run, 8 a.m. Arthur Martinez 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

**Big Bear Lake:** Big Bear Triathlon Series California State Championship, .5 mile swim 15 mile bike, 4 mile run. Time TBA. GO Sport P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

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# Pacific Crest Trail

☆ **Ultramarathon—50K/TAC Open Championships**

☆ **Ultra-Half Marathon—25K**

☆ **Relay—2x25K**

**Sunday  
Sept. 20, 1987**



TAHOE



California



patagonia

**Time:** 8 a.m. (Number pick-up 7-8 a.m.)

**Place:** Squaw Valley Mall at base of Cable Car. To reach start, take Interstate 80 to Hwy. 89S at Truckee. Continue to Squaw Valley Road, turn right and continue until road dead ends in Squaw Valley USA Ski Resort parking lot.

**Entry Fee:** Pre-registration by Sept. 16, 1987—\$30 for 50K Ultra, \$25 for 25K Ultra-Half, \$50 for relay (\$25 per person). On race day—\$35 for 50K Ultra, \$30 for 25K Ultra-Half, \$60 for relay (\$30 per person). A given person may sign up for only one race.

Long-sleeved t-shirts free to each participant.

**\$\$\$ Awards:** For 50K Open only. Men and women individuals—1st \$250, 2nd \$150, 3rd \$100. Must be registered with TAC prior to race day to qualify for money. Men and women's teams consisting of 5 members (Each completing 50K)—1st \$350, 2nd \$150. Teams must be registered with TAC prior to race day to qualify for money. All scoring done according to TAC rules. Direct questions to TAC (916) 966-6185.

**Age Groups:** ULTRA AND HALF Men & Women: 16-29, 30-39, 40-49, 50-59, 60 plus. RELAYS: Men, Women, Man & Woman — Open (total age of 2 entrants less than 80), Masters (total age of 2 entrants greater than 80).

**More Information:** TEAM CHALLENGE, Berkeley (415) 841-1190.

**BEST DEAL...Sleep and eat  
at SQUAW VALLEY INN (800-323-7666)**  
Mention Pacific Crest Trail

Room Rates: Single occupancy \$42.50, double occupancy \$42.50, triple \$53, quad \$63.60.

PCT buffet breakfast at Squaw Valley Inn, Sept. 19 and 20—\$4.95 each. PCT buffet dinner at Squaw Valley Inn, Sept. 19—\$7.95 each. Reserve by calling Squaw Valley Inn (800)323-7666.

## REGISTRATION FORM

Fill out form completely and sign the waiver. Make checks payable to **Team Challenge**. Mail registration to Team Challenge, P.O. Box 962, El Sobrante, CA 94803-0963.

NAME \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

CHECK ONE: ☐ Ultra ☐ Ultra-Half ☐ Relay Member #1 (Squaw to Donner)

TO QUALIFY FOR 50K PRIZE MONEY: TAC# \_\_\_\_\_, TAC Team Affiliation \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_ CIRCLE ONE: Male Female

RELAY MEMBER #2 \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_ CIRCLE ONE: Male Female

**WAIVER:** In consideration of accepting this entry into this race, I, the undersigned, do hereby for myself, my executors and administrators, waive and release any and all rights and claims for damages I may have or acquire against the beneficiaries, organizers, sponsors, advertisers, employees and Federal, State or local governments or private parties on whose property this race may be run, of any and all injuries suffered by the participant due to participation or competition in this race.

SIGNATURE OF PARTICIPANT\* \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARTICIPANT #2\* \_\_\_\_\_ DATE \_\_\_\_\_

\*Parent or Guardian must sign for participants under 18.



## □ Schedule

**San Diego:** America's Finest City Half-Marathon, Pt. Loma, 7 a.m. Lung Association. Pre-entry only. (619) 297-3901.

**Guadalupe:** Bask in the Sun Biathlon, distance TBA, time TBA. Mark DuFrances (805) 937-0315.

**Pyramid Lake, NV:** Friends of Pyramid Lake Triathlon, 1.5K swim, 10K run, 30K bike. Time TBA. Steve Cerocke, P.O. Box 6811, Reno, NV 89513. (702) 673-6335.

**San Jose:** Suncrest Run, 2K, uphill, 9 a.m. (408) 945-2853.

### August 26 (Wednesday)

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

### August 29 (Saturday)

**Lake Tahoe:** World's Toughest Triathlon, 2 mile swim, 100 mile bike, 18.6 mile run. Time TBA. Charlie Lincoln, P.O. Box 10758, So. Lake Tahoe 95731. (702) 782-9723.

**Ventura:** Team Inside Track Cross Country, 4 & 8K, Arroyo Verde Park, 8:30 a.m. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

**Bishop:** Mule Run Ultra 50K, 7 a.m. (200 limit). Bill Kissell, 1135 Calle Ortega, San Dimas 91773. (714) 599-4211, eves.

**South El Monte:** Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

**Tule Springs, NV:** LVTC 2 & 5 Mile & Picnic, Floyd Lamb State Park, 7 a.m. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**Livermore:** Sycamore Grove Cross Country Challenge, 5K, Sycamore Grove Regional Park, 10 a.m. Dave Trombino (209) 836-3313, eves.

**Valley Springs:** La Contenta 6K & 1 mile run, La Contenta Club House on Hwy 26, 8 a.m. La Contenta Home Owners Assoc., Box 686, Valley Springs 95252.

**Alviso:** Alviso Run for Your Life 5K, Alviso Marina, 9 a.m. (408) 262-7944, x206

### August 30 (Sunday)

**Oakland:** Run for Friends, 5 & 10K, Lake Merritt (568 Bellvue-Sailboat House), 9 a.m. Friends of Oakland Parks & Rec., 1520 Lakeside Dr., Oakland 94612. (415) 273-3092.

**San Francisco:** Baghdad by the Bay Half-Marathon. CANCELLED.

**Bodega Bay:** Bodega Bay to Breakers Run, 8K, Bodega Marine Lab, 9 a.m. Eleanor Uhlinger, P.O. Box 247, Bodega Bay 94923. (707) 875-2211.

**San Jose:** Bud Light USTS Triathlon Series, 1.5K swim, 40K bike, 10K run. Lake Cunningham Park, time TBA. Bud Light USTS, P.O. Box 1389, Solana Beach 92075. (619) 943-7500.

**Rio Dell:** Wildwood Days Distance Runs, 2 & 8 mile, Fireman's Park, 9:30 a.m. 2 mile, 10 a.m. others. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 725-4018, Susan Sohrakoff.

**West Hollywood:** West Hollywood 5 & 10K, West Hollywood Park (647 N. San Vicente), 8 a.m. City of West Hollywood, 8611 Santa Monica Blvd., West Hollywood 90069. Curtis Brown (213) 854-7471, days.

**San Francisco:** DSE Biathlon, 2.5 mile run (double Muni Pier), .5 mile swim. Dolphin Club (502 Jefferson St.), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 4585-7772.

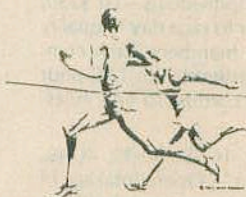
**San Francisco:** DSE Kids' Run, 0.6 mile, Dolphin Club (502 Jefferson St.), 9:30 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 4585-7772.

**Stockton:** Comanche Lake North Shore Triathlon, 2K swim, 50K bike, 10K run, 8 a.m. CCT, 2419 "K" St., Sacramento 95816. Gail Benty (916) 442-SWIM.

**San Luis Obispo:** Hind/Seaventure Triathlon, 1 mile swim, 40K bike, 10K run, time TBA. 400 Limit. Manufacturer's Sports Outlet, 695 Higuera St., San Luis Obispo 93401.

**Santa Monica:** Santa Monica Marathon, Half-Marathon & 5K, Santa Monica City College, 7 a.m. Richard Gill, Santa Monica Rec. & Parks Dept., 1685 Main St., Santa Monica 90401. (213) 458-8311.

**Courtland:** 3.5 Mile Slough Run & Pear Harvest Party, 8:30 a.m. (916) 775-1161 or 446-9900.



### September 2 (Wed.)

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

### September 3 (Thursday)

**Huntington Beach:** Sunset in the Park, 2 & 4.8 mile cross country runs, Huntington Beach Central Park West, 6 p.m. (2.8 mile - high school only), 6:30 p.m. (4.8 mile - open The Finish Line International, 7846 Connie Dr Huntington Beach 92648. (714) 841-5417.

### September 4 (Friday)

**Palo Alto:** Palo Alto Weekly Moonlight Run, & 10K, Bayland's Athletic Center, 9 p.m. Palo Alto Recreation Dept., Anne Cribbs, 130 Middlefield Rd., Palo Alto 94301. (415) 325-2429.

**Clam Beach:** Clam Beach Sunset Run, 4.8 mile, South End (near parking lot), 7:30 p.m. Six Rivers R.C., P.O. Box 214, Arcata 95521.

**Tahoe City:** Pepsi of Reno Lake Tahoe 7 Mile Run (counter-clockwise around lake), 7 a.m. (18 hour limit). Mike Hernandez: (916) 725-1526, eves.

### September 5 (Saturday)

**Sausalito:** Breakers to Bay 10K, Rodi Beach, 8:30 a.m. (1000 limit). Marin Spec Olympics, c/o Bonnie Hill, 2000 Lucas Valley Rd., San Rafael 94903. (415) 924-4020.

**Santa Rosa:** Caledonian Run, 3K & 8 Sonoma County Fairgrounds Racetrack, 8:45 a.m. Caledonian Run, c/o Wine Country Race Service, P.O. Box 237, Occidental 95467. (707) 874-2830.

**Lompoc:** Park to Park Cross City 8 Mile Run, Miguelito Canyon Park to La Purisima Mission Park, 8 a.m. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. Norm Yiskis: (805) 733-3044.

**South El Monte:** Born to Run 2 Miler, Legg Lake Park, 8 a.m. (150 limit). Jim Granado 2310 Havenbrook St., West Covina 91791. (818) 338-9685.

**South El Monte:** San Gabriel River 5 Morning Run, 9 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

**San Diego:** 4-Mile Cross Country Run, Balboa Park, 8 a.m. San Diego T.C., P.O. Box 7853, San Diego 92107.

**Fresno:** Fresno Watermelon Runs, 2, 4 & 8 miles, Fresno State University. Red Este Track Coach, Fresno State University, Fresno 93740.

### September 6 (Sunday)

**San Francisco:** DSE Kay Atkins Memorial Run, 4.5 mile, Golden Gate Park (Spreckels Lake), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Millbrae:** Almost Annual Almost Flat Grape Race, 5K fun run and 2 mile stride, Mills High School, 9 a.m. The Runners Inn, 486 S. Mateo Ave., San Bruno 94066. (415) 873-3805.

**San Jose:** Menhune 10K Fun Run, San Clara County Fairgrounds, 9 a.m. Jar Alvarado, P.O. Box 1619, Cupertino 95014. (408) 296-0217.

**Livermore:** Wente's Cellar to Cellar Run, 10K, Champagne Cellars (Wente Bros.), 9 a.m. Wente Bros., 5565 Tesla Rd., Livermore 94550.

**Seaside:** Circle Seaside 10K, Seaside High School, 9 a.m. Guy Pruitt, 125 Ocean View Blvd., Pacific Grove 93950. (508) 375-8812.

**Mariposa:** Amigo de Oro Race, 10 mile Mariposa County Fairgrounds, 7:30 a.m. Amigo de Oro Race, P.O. Box 155, Mariposa 95338.

## THE PEPPERMILL 15

### PA/TAC 15K CHAMPIONSHIP

OCTOBER 11, 1987 9:00 A.M.  
RENO, NEVADA

Look for application information in September issue of  
California Track & Running News

FOR MORE INFORMATION SEND SASE TO:

Silver State Striders  
P.O. Box 21171  
Reno, NV 89515

5K Fun Run also scheduled



## □ Schedule

**Valencia:** Valencia Arts & Sports Festival 8K, Valencia Meadows Park (2561 Fedala Rd.), 8:30 a.m. Gene Blankenship, P.O. Box 481, Newhall 91322. (805) 298-9268.  
**South El Monte:** Legg Lake 8K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

### September 7 (Monday)

**Auburn:** "Average Joe" Biathlon, 6 mile run, 7.45 mile bike, Bowman Elementary School, 8 a.m. (200 limit), Christian Runner's Ass'n., 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

**Fallon, Nevada:** Cantaloupe Festival 10K, time TBA. Info: (916) 581-5119.

**Soda Springs:** Serene Lakes 5 Mile Handicap, Serene Lakes Lodge, 10 a.m. Denis O'Halloran, P.O. Box 7641, Tahoe City 95730. (916) 581-5119.

**McFarland:** Westwinds Triathlon, 1K swim, 40K bike, 8K run. McFarland High School (track), 8:30 a.m. Gary Farrell, McFarland Rec. & Park District, 100 So. Second St., McFarland 93250. (805) 792-3187.

**Redondo Beach:** South Bay Labor Day 2x5K Relay, TRW (#1 Space Park), 8 a.m. Runner's Image, 170 Manhattan Ave., Hermosa Beach 90254. (213) 376-0047.

**Ventura:** Labor Day Couples 2x5K Relay, Holiday Inn, 8:30 a.m. (male/female teams only). Inside Track, 1410 E. Main St., Ventura 93003. (805) 658-6043.

**Mount Baldy:** Mt. Baldy 8 Mile Run to the Top, Mt. Baldy Village (end of road at foot of ski lift), 6,000 to 10,000 feet, 9 a.m. Run to the Top, P.O. Box 639, Mt. Baldy 91759. Bob Barlet: (714) 982-7379.

**Westlake Village:** Labor Day 5K Run, Westlake Elementary School, 9 a.m. (No Pre-Entry). Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

### September 9 (Wed.)

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

### September 10-13

**Carson City, NV:** 166 mile, 4-day run or relay (4 person teams, 41.5 miles/day), to Sacramento. Paul Reese, 308 Forest Ct., Auburn 95603. (916) 823-0276.

### September 12 (Saturday)

**Oakland:** Run Against the KKK, 5 & 10K, Lake Merritt (Old Boathouse, 14th & Lakeshore), 9 a.m. John Brown, Anti-Klan Committee, 220 Ninth St., #443, San Francisco 94103. (415) 431-8339.

**Gilroy:** Mt. Madonna Challenge, 10K, 20K & 4 mile fun run, Mt. Madonna Park (Hwy 152, Spig Lane), 8:30 a.m. Bill Flodberg, 12925 Foothill Ave., San Martin 95046. (408) 683-2453.

**Lake Berryessa:** Berryessa Biathlon, 1.25 mile swim, 24 mile bike, Royal Oaks Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Atascadero:** Atascadero Lake Park Triathlon, Distance Unknown, time TBA. Recreation Dept., City of Atascadero, P.O. Box 747, Atascadero 93423. (805) 466-8000, x124.

**Valencia:** "Run For The Health Of It" 5K, Henry Mayo Newhall Memorial Hospital, 8:30 a.m. Diana Pinto, c/o HMNMH, 23845 W. McBean Pkwy., Valencia 91355. (805) 253-8082.

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**South El Monte:** Legg Lake 5K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

**Seal Beach:** Seal Beach Triathlon, 1K swim, 20K bike, 10K run, Seal Beach Pier, 7:30 a.m. California Athletic Productions, P.O. Box 30306, Long Beach 90853. (213) 433-4557.

**Irvine:** The Pridemare 5 & 10K Run, Sky Park Industrial Tract (Sky Park South & Main St.), 7:30 a.m./10K, 8:15 a.m./5K. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

**San Diego:** Naval Warfare 10K, NAB Heli Pad, 7 a.m. Ray Hollenbeck (619) 437-4556.

**Wrightwood:** Angeles Crest 100 Mile Endurance Run (mountain trails through Angeles National Forest to Pasadena), 5 a.m. Ken Hamada, 370 W. Colorado St., Arcadia 91006.

**Tahoe City:** Northshore Challenge Triathlon, .5 mile swim, 5 mile run, 20 mile bike. Time TBA. Robyn McCulloch, Tahoe City Parks & Rec., P.O. Box 33, Tahoe City 95730. (916) 583-5544.

### September 12-13

**Cook's Station:** 83 Mile 2-Day Run (41.4 mile/day) to Sacramento. Paul Reese, 308 Forest Ct., Auburn 95603. (916) 823-0276.

### September 13 (Sunday)

**San Francisco:** Hoy's Sports "Super Opera" Classic, 10K, Golden Gate Park, 9 a.m. Deborah Gellermann, c/o Hoy's Sports, 1632 Haight St., San Francisco 94117. (415) 861-4697.

**Albany:** People Chase 5 & 10K, Golden Gate Fields, 9 a.m. Carolyn Pugh, 848 Stannage Ave., #12, Albany 94706. (415) 549-7060.

**Oakland:** "Move for Peach" 5 & 10K, Lake Merritt Boathouse, 9 a.m. Committee for Health Rights in Central America, c/o Kim Cox, 513 Valencia St., #6, San Francisco 94110. (415) 431-7760.

**Fremont:** Sportsmed "Run for S.A.V.E." 5 & 10K, Sportsmed Medical Clinic (Paseo Padre Pkwy., near Mowry Ave.), 8:30 a.m. S.A.V.E., P.O. Box 8283, Fremont 94537. (415) 794-6056.

**Pleasanton:** Heritage Days 5 & 10K, Amador Valley A.C., 8:30 a.m. Gretchen Sloan, 7090 Johnson Dr., Pleasanton 94566. (415) 463-2822.

**Point Richmond:** Brickyard Landing 10K & 2 Mile Run, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**San Jose:** San Jose Shelter Home Run, 10K, Spartan Stadium, 8:30 a.m. Dennis McNulty, San Jose Shelter Foundation, 607 N. First St., San Jose 95112. (408) 998-5433.

**Sacramento:** Sacramento Triathlon, Rancho Seco Park, 2K swim, 50 mile bike, 20K run, time TBA. Sally Edwards, c/o Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-3338.

**Nevada City:** Banner Mountain Stampede, 4K & 12K, Pioneer Park, 9:30 a.m. Nancy Martin, P.O. Box 217, Browns Valley 95918. (916) 639-2204.

**South El Monte:** Legg Lake 8K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

**San Diego:** Bud Light U.S. Triathlon Series, 1.5K swim, 40K bike, 10K run, time TBA. USTS, P.O. Box 1389, Solana Beach 92075. (619) 943-7500.

**San Diego:** PB Toyota 8K, Crown Point Dr., 7:30 a.m. In Motion (619) 483-9501.

**Pt. Reyes:** Drake's Bay 50 Mile Run, Bear Valley HQ, 6 a.m. (Rugged trails & 9,000 feet elev. gain). Enter by Aug. 20. Contact (415) 921-7138.

**Eugene, OR:** NIKE/OTC 25K and PW Pipe 5K Fun Run, Hayward Field, 8 a.m. Pete Gribkov, Oregon Track Club, P.O. Box 10412, Eugene, OR 97440. (503) 342-8082 or (503) 995-8248.

### September 15 (Tuesday)

**Los Angeles:** Manufacturers Hanover Corporate Challenge Race, 3.5 mile, Griffith Park, 5:30 p.m. Race Central, 245 S. Riverside Ave., Rialto 92376. (714) 874-5870.

### September 16 (Wed.)

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.



# **Schedule**

## **September 19 (Saturday)**

**Cupertino:** Silicon Valley, 5 & 10K, 8 a.m. Jennifer Murphy, Apple Computer Fitness Center, 10627 Bandy Dr., Cupertino 95014. (408) 973-6802.

**Grass Valley:** Bear Fair Races & Quadrathlon, 100m dash, 200m race walk, 1500m track run, 10K road run, Bear River High School, 9 a.m. Nick Vogt, Track Coach, Bear River High School, 11130 Magnolia Rd., Grass Valley 95949. (916) 268-3700, days or 878-0692, eves.

**Bass Lake:** Bass Lake Classic Triathlon, 1.5K swim, 40K bike, 10K run. Pines Marina, time TBA. Franz Weinschenk, 27720 Twin Ponds Rd., Clovis 93612. (209) 299-3195.

**South El Monte:** Legg Lake 5K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

**Valencia:** Castaic Triathlon, Castaic Lake, 1K swim, 40K bike, 10K run. Time TBA. Tom Redfern, 23725 Castilia Ct., Valencia 91355. (805) 253-3118.

**San Diego:** KSON Farewell to Summer 10K & 2 Mile, Balboa Park, 7:30 a.m. Kathy Loper (619) 437-4556.

**Albany, N.Y.:** National TAC Masters 10K Championships, time TBA. Bill Shrader, RD #1, Middleburgh, NY 12122. (518) 827-6709.

## **September 20 (Sunday)**

**San Jose:** Willow Glen Founders Day 10K, Willow Glen Elem. School, Lincoln & Minnesota Ave., 8 a.m. Steve Murphy, P.O. Box 8644, San Jose 95155.

**Palo Alto:** Bay to Breakfast, 5 & 10K, Baylands Athletic Field, 8:30 a.m. Midpeninsula Health Services, 704 Webster St., Palo Alto 94301. (415) 324-1085.

**Walnut Creek:** Walnut Festival Run, 5 & 10K, Heather Farms Park, 8:30 a.m. Walnut Festival Assoc., P.O. Box 3408, Walnut Creek 94598. (415) 935-6766.

**Woodside:** Pursuit of Excellence Half-Marathon, Canada College, 8:30 a.m. Terri Texeira, Sequoia YMCA, 1445 Hudson St., Redwood City 94061. (415) 368-4168.

**Crockett:** Sugar City Fun Run, 2 mile & 10K, John Swett High School (track), 9 a.m. Dale Vigus, P.O. Box 174, Crockett 94525. (415) 787-1130.

**Oakland:** Aztec Run, 5 & 10K, Lake Merritt (Bellevue Ave.), 8:30 a.m. Spanish Speaking Citizens Foundation, 1900 Fruitvale Ave., Suite 1B, Oakland 94601. (415) 261-7839.

**Pacific Grove:** Monterey Bay 10K (PA/TAC Masters Championships also), Lover's Point Park, 9 a.m. Ed Enquist, P.O. Box 1280, Seaside 93955. (408) 394-8043.

**Mineral:** Lassen Park Ultra, 28 mile, Hwy 172 (off Hwy 36), 7 a.m. (limit 250). The Clarks, P.O. Box 279, Mineral 96063. (916) 597-2240.

**San Francisco:** DSE South Embarcadero Run, 6.25 miles, Dolphin Club (502 Jefferson St.), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Sacramento:** Buffalo Stampede, 10 mile, Rio Americano High School (4540 American River Dr.), 8:30 a.m. George Parrott, 1988 University Park Dr., Sacramento 95825. (916) 488-6580.

**Davis:** Davis Triathlon, 1.5 mile swim, 22 mile bike, 10K run. Stonegate Country Club, 9 a.m. Fleet Feet, 132 "E" St., Davis 95616. (916) 758-6453.

**La Grange:** Don Pedro Triathlon, 1.5K swim, 40K bike, 10K run. Don Pedro Lake, time TBA. Don Pedro Recreation Agency, P.O. Box 160, La Grange 95329. (209) 852-2396.

**Blue Lake:** Blue Lake Race, 10K & 2 mile, Blue Lake School, 1 p.m./2 mile, 1:45 p.m./10K. Six Rivers R.C., P.O. Box 214, Arcata 95521. Bob Dickerson (707) 668-5161.

**Fresno:** Fall Festival Run in the Park, 2 & 6 mile, Woodward Park (Mtn. View Shelter), 7:30 a.m./2 mile, 8 a.m./6 mile. Nikki Service Center, Nadine Nishio, 912 "F" St., Fresno 93706. (209) 237-4006, 661-2074.

**San Luis Obispo:** YMCA City to Port Race, Higuera St. (MSO Store), distance(?), time TBA. Vicki Fisher, YMCA, 1020 Southwood St., San Luis Obispo 93401. (805) 543-8325.

**Malibu:** Malibu Triathlon, 1K swim, 30K bike, 9K run. Zuma Beach, time TBA. Michael Epstein, Tri-Pro Race Specialties, 5412 Las Virgenes Rd., Calabasas 91302. (818) 880-4195.

**Costa Mesa:** South Coast Classic, 5 & 10K Invitational, 7:25 a.m. Choc Padrinos, P.O. Box 5700, Orange 92667. (714) 997-3000, x5084.

**San Diego:** Balboa 8 Mile & 3 Mile, Balboa Park, 7 a.m. Bob Parkinson (619) 280-1138.

**Squaw Valley:** Pacific Crest Trail Ultra-Marathon, Half-Marathon & Relay, (50K Ultra is PA/TAC Open Championships), 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

## **September 23 (Wed.)**

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

## **September 26 (Saturday)**

**San Francisco:** Golden Gate Park Cross-Country Series, 4 mile., Lindley Meadow (30th Ave. & JFK Dr.), 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

**San Bruno:** San Bruno Mountain Elfin Run, 6.7 mile, Guadalupe Canyon Pkwy. & Radio Rd., 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**San Francisco:** DSE Walt Stack Birthday Run, 3 mile, Golden Gate Park (Stow Lake Boathouse), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Santa Barbara:** Sri Chinmoy 5 Mile Run, Palm Park (across from Red Lion Inn), 8 a.m. Sri Chinmoy Marathon Team, P.O. Box 2036, Goleta 93118. (805) 685-3325.

**Newport Beach:** Rusty Pelican's Human Race Triathlon, 1.5K swim, 30K bike, 5.9K run, time TBA. Jack Carress, 4255 Campus Dr., Suite A-100, Irvine 92715. (800) 331-4871.

**South El Monte:** Legg Lake 8K Evening Run, 5:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

## **September 27 (Sunday)**

**Antioch:** Women's Challenge Triathlon, 1 mile swim, 7 mile run, 22 mile bike. Contra Loma Regional Park, 9 a.m. (Women Only). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Lafayette:** Lafayette Stride, 5.6 Mile, Lafayette Community Center, 8:30 a.m. Carol Hunter, Lafayette Community Center Foundation, 500 St. Mary's Rd., Lafayette 94549. (415) 284-2232.

**Los Gatos:** YSI Vasona Park 10K Wildlife Run, 8:30 a.m. Youth Science Institute, 296 Garden Hill Dr., Los Gatos 95030. (408) 356-4945.

**Oakland:** Lake Merritt J&S Fourth Sunday Runs, 5K, 10K & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

**Antioch:** Delta Biathlon & Deltathon, 10K run & 20K bike or 1 mile run or 10K run. Antioch Fairgrounds (10th & L St.), 8 a.m. American Trophies, 504 W. Fourth St., Antioch 94509. (415) 754-7878.

**Folsom Lake:** Pacific Swim & Sport Biathlon, 1.5 mile swim, 6.2 mile run, Beale's Point, 9 a.m. CCT, 428 "J" St., Suite 101, Sacramento 95814. Gail Benty (916) 442-SWIM.

**Santa Cruz:** Santa Cruz Sentinel Triathlon, 1 mile swim, 24 mile bike, 10K run. Main Beach, 8 a.m. Alice Helmer, Santa Cruz Sentinel, 207 Church St., Santa Cruz 95060. (408) 423-4242, x301.

**Sonoma:** Sonoma Vintage Run, 5 & 10K, Sebastiani Vineyards, 8 a.m. Stan/Sandi Augustine, P.O. Box 608, Glen Ellen 95442. (707) 996-4815.

**Arroyo Grande:** Harvest Festival 10 Mile, Lake Lopez to City Hall, time TBA. Lynne Toomey, 172 Station Way, Arroyo Grande 93420. (805) 481-1526.

**Ventura:** SCA/TAC Half-Marathon District Championships, Ventura Mission Park, 8 a.m. Gary Tuttle, Inside Track, 1410 E. Main St., Ventura 93001. (805) 4643-1104.

**Encino:** McDonald's Run for Summer Fun, 1K, 5K, & 10K, Woodley Park, 7:45 a.m. McDonald's, 18753 Sherman Way, Reseda 91335. (818) 881-6801.

**San Diego:** Leukemia Society 10K & 2 Mile, 7:45 a.m. In Motion (619) 283-6131.

**Portland, OR:** Portland Marathon, time TBA. Portland Marathon, P.O. Box D, Portland, OR 97075. (503) 226-1111.

**Hilton Head, SC:** Bud Light USTS National Championships, 1.5K swim, 40K bike, 10K run. Entry by invitation/qualification only. Time TBA. Bud Light USTS Championships, P.O. Box 1389, Solana Beach, CA 92075. (619) 943-7500.

## **September 30 (Wed.)**

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

## **LOOKING AHEAD**

**Marathons, Relays, Important Deadlines, Major Events, Etc.**

**October 3. Folsom:** Sierra Nevada 50-Miler, Folsom Lake, 7 a.m. (40 mile trail, 10 mile pavement). D. Fralick, P.O. Box 5299, El Dorado Hills 95630. (916) 626-0199 or 965-8326.

**October 3. Jackson, MI:** The Ultimate Runner, 10K 400m, 100m, 1 mile, marathon (points awarded on performance in each event), 8 a.m. thru 2 p.m. Mike McGlynn, The Ultimate Runner, Jackson Community College, 2111 Emmons Rd., Jackson, MI 49201. (517) 787-0800, x281.

**October 10. Fountain Valley:** SCA/TAC 50 Mile District Championships, Mile Square Regional Park (16801 Euclid St.), 6:30 a.m. (12-Hr limit, no race-day entries). Lee Preble, West Coast Univ., 550 S. Main St., Orange 92668. (714) 953-2700.

**October 11. Weott:** Humboldt Redwoods Marathon & Half-Marathon, Humboldt Redwoods State Park, 9 a.m. Six Rivers R.C., Karen Angel/HRM, P.O. Box 214, Arcata 95521. (707) 442-6464.

**October 24. Castro Valley:** Firetrails Fifty, 50 mile, Lake Chabot Marina, 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

**October 25. Burlingame:** Sri Chinmoy 12-Hour Run, Burlingame High School (track), 7 a.m. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 665-2244.





## monterey bay ten-k · run for the beacon

WHEN: 9am, Sunday, September 20, 1987

WHAT: TAC Certified & Sanctioned 10 Kilometer Footrace, Hosting the PA/TAC Masters Championships

WHERE: Lovers Point Park, Pacific Grove, California

RACE INFORMATION HOTLINE: 408-375-8812 (Forerunner Sports)

PRE-REGISTRATION: \$10.00 before 9/11/87 RACE DAY REGISTRATION: \$12.00 (6:30am to 8:30am)  
(Includes T-shirt and Post-Race Refreshments)

PRE-RACE PACKET PICK-UP: Forerunner Sports, The American Tin Cannery, 125 Ocean View, Pacific Grove, CA

AGE GROUP DIVISIONS: 12 & Under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ (Female & Male)

TEAM DIVISIONS: Open-Female, Open-Male, Open-Coed (Minimum 5 members, fastest 5 scored)

TAC MASTERS DIVISIONS: Same as Age Group Divisions, 40+ (Female & Male)

TAC TEAM DIVISIONS: Masters (40+), Seniors (50+) (Female & Male) (Masters 5 fastest, Seniors 3 fastest scored)

AGE GROUP AWARDS: 1st, 2nd, 3rd in each Division (Female & Male) plus 1st Overall (Female & Male)

TEAM AWARDS: 1st in each Division

TAC MASTERS AWARDS: \$2,000.00 minimum Prize Money, split equally between Individuals & Teams (Female & Male)

Only PA/TAC residents holding current TAC registration are eligible for Cash Awards.

TIMING & SCORING: Fast Finish Race Services, Aptos, California



BACKWARD  
LUMBER



## monterey bay ten-k · run for the beacon

9am, Sunday, September 20, 1987, Lovers Point Park, Pacific Grove, California

Name

Address

City  State  Zip

Telephone  Age Race Day  Female ☐ Male ☐

Best 10K Time :  TAC NO.  T-Shirt Size ☐ 6 ☐ M ☐ L ☐ XL

TEAM DIVISIONS TEAM/CLUB NAME  ☐ WHEEL CHAIR DIVISION

☐ Open-Female (5 women any age) PRE-REGISTRATION before 9/11/87.....\$10

☐ Open-Male (5 men any age) RACE DAY REGISTRATION.....\$12

☐ Open-Coed (5 persons any age) EXTRA T-SHIRTS @ \$8 each .....\$

☐ TAC Masters (5 members 40+) I cannot run Race Day, but wish to

☐ TAC Seniors (3 members 50+) support BEACON HOUSE .....\$

TOTAL ENCLOSED \$ (Tax Deductible)

Make Checks Payable to:  
THE BEACON HOUSE  
P.O. Box 301  
Pacific Grove, CA 93950

WAIVER OF LIABILITY: In consideration of you accepting my entry, I, intending to be legally bound hereby for myself, my heirs, executors & administrators, waive and release all claims that I may have against all persons, organizations, volunteers, sponsors, officials and agencies, public & private including, but not limited to, the MONTEREY BAY TEN-K COMMITTEE, THE BEACON HOUSE, The Race coordinator and Staff, TAC, FAST FINISH RACE SERVICES, THE CITY OF PACIFIC GROVE, THE STATE OF CALIFORNIA, or their respective officers, agents or assigns, for any and all past or perceived injuries or damages which I may sustain as a participant in or travel to or from the MONTEREY BAY Ten-K. I further attest that I am physically fit and properly conditioned for this event.

Signature /Parent or Guardian if under 18 Date



## Russian River Runs

Listed below are the results from the 8K Championship recently conducted at the Russian River Runs. The event was very well conducted and special credit should be given to first-time race director, Steven Prochter and his entire group. By the way, this event is growing in size and popularity as their numbers were way up from 1986. Ukiah is a beautiful community and we look forward to returning once again in 1988! One final note, all results listed below are still pending, as the results of the drug testing conducted at the event are still not known.



### OPEN MEN

	Time/Pts
1 Daniel Grimes (PeppermillRT)	23:19/30
2 Domingo Tibaduiza (PepRT)	23:20/24
3 Jeff Adkins (Sub 4)	23:28/23
4 Rob Anex (PacificFlyrs)	23:33/22
5 John Moreno (ReebokRT)	23:36/21
6 Tim Gruber (Un)	23:44/20
7 Mark Hoefer (FleetFeetR)	23:51/19
8 Jeff Shaver (ReebAggies)	23:57/18
9 Alan Dehlinger (PepperRT)	24:02/17
10 David Minter (PepperRT)	24:13/16
11 Joaquin Leano (PepperRT)	24:16/15
12 Kevin Ostenberg (ReeAggies)	24:17/14
13 Scott Steinmaus (SacTC)	24:20/13
14 Dan Aldridge (Team Avia)	24:31/12
15 Glyn Reynolds (ReeAggies)	24:32/11
16 Jon Klinkman (PacFlyers)	24:36/10
17 Robert Herndon (ReebRT)	24:41/9
18 Randy Accetta (ReeAggies)	24:48/8
19 Colin Davidson (Un)	24:51/7

20 Richard McCann (PacFlyers)	24:55/6
21 Jerry Drew (PacificFlyers)	24:57/5
22 Bill Langhout (ReebokRT)	25:03/4
23 Derrick McIver (ReebAggies)	25:05/3
24 Bill Sevald (ExcelsiorTC)	25:06/2
25 Ray Cook (PeppermillRT)	25:08/1

**TEAM RESULTS:** 1. Peppermill RT 119:10 3 points, 2. Reebok Aggies 122:39 2 points, 3. Pacific Flyers 124:16 1 point, 4. Reebok RT incomplete.

### OPEN WOMEN

	Time/Pts
1 Terry Puckett (PacificFlyers)	27:19/30
2 Johanna Reneke (Impala RT)	27:59/24
3 Sharlet Gilbert (Un)	28:00/23
4 Heike Skaden (PacificFlyers)	28:04/22
5 Julie Thomas (ReebokAggies)	28:14/21
6 Peggy Smyth (PacificFlyers)	28:23/20
*7 Linda Somers (Un)	28:55/19
8 Chris Iwahashi (BuffChips)	29:01/18
9 Rossy Cardenas (PacFlyers)	29:08/17
10 Sue Brusher (Reebok RT)	29:10/16
11 Joan Colman (WestVlyTC)	29:38/15
12 Bev Marx (Pacific Flyers)	29:50/14
13 Patti Moggi (un)	29:58/13
14 Susan Putney (ReebokAggies)	30:01/12
15 Peggy Lavelle (Impala RT)	30:11/11
16 Hilary Naylor (Impala RT)	30:13/10
17 Eileen Brennan (ImpalaRT)	30:17/9
18 Renee Fontino (ReeAggies)	30:20/8
19 Debbie Bispo (Impala RT)	30:52/7
20 Joan Ulliot (WestVlyTC)	30:58/6
21 Cynthia Bailey (ReeAgg)	30:59/5
22 Margie Timberlake (PF)	31:12/4
23 Karen Lanterman (WVTC)	32:08/3
24 Mary Dunphy (ReeAggies)	32:26/2
25 Susan Locke (Tamalpa)	32:41/1

\*TAC card status in question

**TEAM RESULTS:** 1. Pacific Flyers 142:44 3 points, 2. Impala RT 149:32 2 points, 3. Reebok Aggies 152:00 1 point.

### MASTERS MEN

	Time/Pts
1 Bill Sevald (ExcelsiorTC)	25:06/20
2 Bob Lindsey (PacFlyers)	26:01/14
3 Gene Dangel (EastBayStr)	26:17/13
4 Jim Gibbons (Tamalpa)	26:45/12
5 David Taylor (EastBayStr)	27:12/11
*6 J. McPherson (un)	27:15/10
7 Allan Stanbridge (ExcelTC)	27:30/9
8 Joe Cavanaugh (EastBayStr)	27:31/8
9 Frank Krebs (PacFlyers)	27:39/7
*10 Chuck Winters (ExcelTC)	27:40/6
11 John Finch (un)	27:58/5
12 Dennis Reager (ExcelTC)	28:05/4
13 Wayne Miles (PacFlyers)	28:09/3

14 Jim Miller (un)	28:09/2
15 Rick Edson (PacFlyers)	28:27/1

\*TAC card status in question

**TEAM RESULTS:** 1. Pacific Flyers 138:54 3 points, \*2. Excelsior TC 139:10 2 points, \*3. East Bay Striders 139:53 1 points. \*Team results and GP points dependent upon TAC card status.

### MASTERS WOMEN

	Time/Pts
1 Joan Colman (WestVlyTC)	29:38/20
2 Hilary Naylor (ImpalaRT)	30:13/14
3 Joan Ulliot (WVTC)	30:58/13
4 Margie Timberlake (PacFlyrs)	31:12/12
5 Karen Lanterman (WVTC)	32:08/11
6 Laury Fisher (WVTC)	32:44/10
7 Gail Rodd (WVTC)	33:10/9
8 Ruth Anderson (NorCalSrs)	36:21/8
*9 M. Edwards (un)	36:30/7
*10 D. Handley (un)	36:53/6

\*TAC card status in question

**TEAM RESULTS:** 1. West Valley TC 158:38 3 points.

### SENIOR MEN

	Time/Pts
1 John Finch (un)	27:58/10
2 Fred Mattos (PacFlyers)	29:21/8
3 Peter Todd (NorCalSrs)	29:23/6
4 George Herd (SixRivRC)	29:32/4
5 Bernard Hollander (un)	30:04/2

**TEAM RESULTS:** 1. Lake Merritt Joggers & Striders 93:28 1 point.

### SENIOR WOMEN

	Time/Pts
1 Ruth Anderson (NorCalSrs)	36:21/10
*2 M. Edwards (un)	36:30/8
*3 D. Handley (un)	36:53/6

\*TAC card status in question

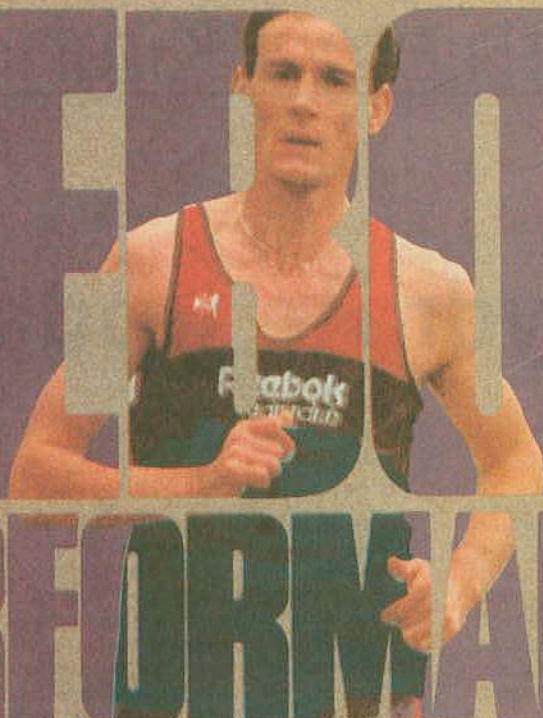
### SUPER SENIOR MEN

	Time/Pts
1 Paul Reese (GrayHairsRC)	NTA/1

**NEXT MONTH...  
UPDATED GRAND PRIX  
STANDINGS!**



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DL 5000



DL 6000



# ■ The Athlete's Kitchen

By NANCY CLARK, M.S., R.D.



## Carbohydrate Update

**E**veryone knows that carbohydrates are fattening. If you want to lose weight, you follow the advice of diet gurus Drs. Atkins and Stillman and eat as much chicken, tuna, turkey, steak, cottage cheese and other protein-rich foods as you want. But, be sure to avoid those sinful carbohydrates: the potatoes, bread, bagels, pasta and crackers. Right?

**WRONG!!** Fats, not carbohydrates, are fattening. Fats provide 36 calories per teaspoon, as compared to carbohydrates with sixteen. Hence, if you're watching your weight, you're better off eating toast spread with jelly (carbohydrate) rather than butter (fat). Similarly, you'll save calories by accompanying a lunch-time salad with a slice of bread in place of a scoop of cream-style cottage cheese (70 vs. 150 calories).

Due to this calorie misconception, I commonly hear athletes report they're "trying to stay away from carbohydrates." As marathoner Kim McDonald said, "I don't keep crackers, cereal, bread or potatoes in the house because when they're there, I eat them...*too many* of them! I want to lose weight, not gain it from those fattening carbo's."

bohydrates into body fat. The thin subjects converted an average of only 36 of the 2000 sugar-calories into body fat; the obese subjects—45 of the calories. Through a shift in their normal metabolic paths, they preferentially burn off significantly more carbs during this 14-hour study as compared to when they ate a more traditional balanced diet with 58% (rather than 100%) of the calories from carbohydrate.

This research points out that even a massive dose of carbohydrates does NOT lead to bulging body fat. Carbohydrates are NOT fattening!!! You do need to be aware, however, that by eating these carbohydrates, you'll be sparing the fat-calories from the other foods in your diet. *THOSE* calories *will* turn into body fat! For example, if you're over-indulging in a large scoop of Haagen Dazs (600 calories: 55% fat, 35% carbohydrate), you'll burn off the sugar-calories but store-up the excess cream-calories.

This research agrees with other metabolic studies which also indicate that carbohydrates are NOT fattening. Dr. Elliot Danforth of the University of Vermont reports in *The American Journal of Clinical Nutrition* (May, 1985) that sub-

ed the extra calories in fat (ie. butter, mayonnaise, salad oil, etc.). The fat-eaters increased their weight by 20-25% over normal in only three months with only 20,000-40,000 excess fat-calories. In addition, the fat-eaters easily maintained that abnormally high weight as compared to the carbohydrate-eaters who had to purposely consume about 30% more calories than expected.

Danforth reports that excess fats are more fattening than excess carbohydrates because we can store fat more efficiently than carbohydrates. Whereas the metabolic cost of converting excess dietary-fat into body fat is only 3% of ingested calories, the cost of converting excess carbohydrates into body fat is 23%. Simply stated, when taken in excess, fat is more fattening than carbohydrate. Therefore, if you're "destined" to over-eat and want to suffer the least weight gain, you'll be better off over-indulging in jelly beans (carbohydrates) than peanuts (fat)...The researchers are still mystified as to the fate of the excess carbohydrates that don't get turned into fat.

Apart from weight control reasons, you, as an athlete, should focus on a high carb diet simply because carbohydrates are more health-promoting and better fuel your muscles. To help determine which foods are highest in carbohydrates, you can simply study the nutrition information on food labels. The panel lists the number of grams of carbohydrate, protein and fat. Since one gram of carbohydrate has 4 calories, and one gram of fat has 9 calories, a product such as Haagen Dazs with 25 grams of carbohydrates, 19 grams of fat has 100 carbohydrate-calories (33% carbohydrate) and 171 fat-calories (55% fat). This misses the recommended target diet of 60% carbohydrates, 25% fat. The solution: more potatoes at dinner, less ice cream for dessert!

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### "carbohydrates are NOT fattening."

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As reported in *The American Journal of Clinical Nutrition* (January, 1987), carbohydrates are NOT fattening. Dr. Kevin Acheson of the University of Lausanne, Switzerland monitored the fate of 2,000 calories of sugar given over the course of five hours to twelve subjects. He measured the subjects' metabolic responses and found they converted a negligible amount of the excess car-

jects over-fed carbohydrates took much longer to gain weight than their counterparts who were over-fed fat. In the Vermont Studies on the Effects of Long-term Over-feeding, the volunteers (prisoners) who ate extra portions of the standard prison-diet required seven months and about 120,000-180,000 excess calories to gain the same amount of weight as those who ate the basic prison diet but consum-

Nancy Clark, M.S., R.D., nutritionist at Boston-area's Sports Medicine Brookline, recommends that carb-conscious athletes get a computerized dietary analysis to determine the percentage of calories they eat from carbohydrates and fat. To help boost this ratio, you might want to get a list of Foods Highest in Carbohydrates, available by sending a self-addressed stamped envelope to Nancy Clark, Sports Medicine Brookline, 830 Boylston Street, Brookline, MA 02167.



# Dean Reinke on Running

By DEAN REINKE



## The Chicago Marathons

**T**he most popular question in running circles today is 'when will America's Marathon Chicago be held'? After sugar daddy Beatrice pulled out its multimillion dollar sponsorship package a year ago, outspoken Race Director Bob Bright and race founder Lee Flaherty began hitting the pavement in search of a sponsor but found the sell tougher than they had expected. Several months ago Bright began to talk confidently that his multi-sponsor package was coming together but there was pressure being exerted to move to the spring because of a live ABC television commitment. Running calendars were still showing October 25 but Bob remained noncommittal while still waiting to choose which sponsor package to go with.

One of the first signals of the date change was this past January when Marathon Operations Director Pete Kozura took on the job of Director of the Bud Light USTS Chicago Triathlon July 26, a formidable task. Then in February with the possibility growing larger every day of America's Marathon Chicago moving to the spring, the local running community began voicing its opinion. The Chicago Area Running Association, or CARA, one of the stronger voices of the fragmented Chicago running scene expressed two sentiments. "Chicago should not go an entire year without a major marathon", explained CARA Executive Director Chris English, "and there should be a fall marathon". English explained CARA's original concept was for a "one-year shot on an interim basis", which they attempted to find a sponsorship for. But they too fell short of accumulating sponsor dollars.

While Bright was publicly still holding out the prospect, however slim, of a fall marathon, he was leaning more and more toward a move to the spring, at least for 1988. He even told Chicago Tribune sports writer Phil Hersh, an astute observer of the Chicago running scene, "we want to hold on to our turf in the fall in case we want to come back". Some of the local running community felt that Bright was now trying to dictate the Chicago running and event calendar, and with CARA out of the picture, the "Chicago Marathon" was created.

Led by Chicago Triathlon promoter Jan Caille and a group of local professionals, they saw an opening to create a new marathon, to be held October 4, 1987. The entrepreneurial Caille, no stranger to controversy himself, comes from an advertising agency background and knows the sponsor circuit well. He and partner Tom Cooney, supplying the logistical talents, were the Bud Light USTS Triathlon Directors until this past year when they decided to break off and create their own Triathlon, the "Chicago Triathlon", scheduled the week after Bud Light, August 2. You are probably starting to get the picture now. Joining Caille in his group are Jane Canepa of The Eventors, a Chicago Public Relations firm that



handles Caille's Triathlon among other projects; Ed Manetta, the former athletic director at Loyola University and now Director of Marketing and Sports Promotion for Selz-Seabolt, an international public relations firm; Ray Vandersteen, one of the founders of the Illinois Runner Magazine and John Peterson, President of Marketing & Promotions Group, MPG, a Chicago based firm that has the popular "Taste of Chicago" on its list of projects. Just recently the group presented its application for a permit to the City for the October 4 date while Bright is rumored to be considering a "shorter distance" event October 25 to retain ownership of the date.

Insiders say the City of Chicago, which just underwent its own "Battle Royale" with the two Triathlon groups over date and permit approvals, does not want a repeat with "two" marathons. The city has become used to America's Marathon but it also enjoys the network television and the world records that have accompanied it as well. CARA's original concept, in fact, was a lakefront marathon (like the original Mayor Daley Marathon, forerunner of AMC), but Caille's group, sponsors permitting, eventually wants a world class event. The City does not want to be placed in the position of judge and feels, like they should, that the running community should make its own decisions.

This is not the first time in running history that a major city has had more than one marathon on the schedule. Frankly, with less marathons dotting the national calendar, it's encouraging to have a new one for a change to add to the agenda. It's taken Bright and Flaherty a considerable investment of time and energy, however, along with plenty of sponsor dollars, to attain a unique status on the world marathon scene. They have a right to protect what they have built and should be given every opportunity to continue to build upon the solid foundation they have laid.

And what is the bottom line for those runners anxiously attempting to plan their training for a "fall" marathon in Chicago with less than 5 months until AMC's October 25 date? Look for a Regional caliber marathon from Caille's group October 4 and a world class 15K (or other less-than-marathon distance) October 25 directed by Bright. And finally, tune in May 10, 1988 for ABC's 3-hour live coverage of America's Marathon Chicago with yet another all-world field. As for the fall of 1988? Hey, I got you this far, didn't I?

*Dean Reinke is a running/triathlon columnist and announcer/commentator/consultant to major running and triathlon events across the country. In addition to his syndicated monthly columns, he writes two newsletters, "Dean Reinke of Running" and the "Dean Reinke Triathlon Report".*



# ■ Prep Notes

By KEITH CONNING

**California Interscholastic Federation**

## □ No High School Division at Cal Reebok X-C Invitational

Chris Walsh, the assistant coach at Cal, called me to say that the high school division of the Cal Reebok Cross Country Invitational scheduled for Saturday, September 26, 1987, would have to be cancelled this year. It turns out that City College of San Francisco is conducting a meet on the course in Golden Gate Park in San Francisco that day. There simply wouldn't be time for the high school runners.

This means that high schools can concentrate on the Clovis Cross Country Invitational at Woodward Park.

## □ Clovis Cross Country Invitational

The Clovis Invitational will be held at Woodward Park in Fresno on Saturday, September 26. They will use the State Meet course and have three enrollment divisions. Write to Steve Ward, 7178 N. Jackson #113, Fresno, CA 93710 over the summer, or to Clovis High School, 1055 Fowler Ave., Clovis, CA 93612 during the school year.

This will be an excellent chance for teams around the state to practice on the State Meet course.

## □ Mariner Invitational

The Mariner Invitational will be held at Garin Park in Hayward on Saturday, October 17. The course for the varsity is 3.1 miles and all other levels will run 2.0 miles. There will also be a coaches race.

There will be a spaghetti feed and cross country clinic on Friday, October 16 from 6:30-8:30 p.m. at Moreau High School. Write to Phil Wilder, Moreau High School, 27170 Mission Blvd, Hayward, CA 94544 or call (415) 582-5851.

## □ Fountain Valley/Huntington Beach Central Park Invitational

Fountain Valley High School's invitational is scheduled for Saturday, October 10. There will be 3 divisions and the distance is 3 miles. For more information contact: Matt Simpson or Bill Thompson, Fountain Valley High School, 17816 Bushard, Fountain Valley, CA 92708 (714) 962-3301 Ext. 512.

## □ Keebler Invitational

York High School, Elmhurst, Illinois. June 20 — Percy Knox (Antelope Valley) undefeated in the long jump through the

State Meet, tied for fifth with Alonzo Levinston (Skyline, Oakland), second in the State Meet, at 23-1 3/4.

Pat Alduenda (Ramona), who no-heighted in the State Meet pole vault, placed third at 15-6. Steve Slocum (Foothill, Santa Ana), the State Meet champion, was fifth at 15-0.

Paul Thomas (Jesuit, Carmichael), second in the State Meet 1600, placed second in the exhibition mile run in 4:10.1. Scott Robinson (Bellarmine, San Jose), the State Meet champion, was third in 4:10.3.

Lightning flashed across the sky and a heavy rainstorm deluged the York High School track in Elmhurst, forcing officials to scrub the remainder of the meet. After the meet was declared off, a handful of distance runners asked officials if they could compete on an informal basis. That is why the mile was run as an exhibition.

This meet also conflicted with the TAC Junior meet in Arizona. Many of the top Californians went there instead.

DISCUS—1, Kamy Kashmiri, Reno, Nev., 217-2 (breaks meet record 205-4, Clint Johnson, Shawnee Mission, Kan., 1980); 2, Dwight Johnson, Tempe, Ariz., 204-2; 3, Steve Yates, Burlington, Vt., 186-7; Chad Canaday, River-ton, Ill., 175-9; 5, Billy Sims, Galveston, Tex., 175-7.

HAMMER THROW—1, William Doyle, Dublin, Ireland, 208-2; 2, Robert Allen, Cumberland, R.I., 207-1; 3, Steve Dering, Albany, N.Y., 204-2; 4, Roman Linchoid, Gormanstown, Ireland, 197-2; 5, Allan Davenport, Cumberland, R.I., 175-2.

LONG JUMP—1, Nugent Cotton, Houston, Tex., 24-1 1/2; 2, Ron Vickers, Quincy, Fla., 23-9; 3, Charles Johnson, Tampa, Fla., 23-8 1/4; 4, Alan Turner, North Chicago, Ill., 23-8 1/4; 5, (tie) Percy Knox, Lancaster, Cal., and Alonzo Levinston, Oakland, Cal., 23-1 3/4; 7, Mike Riley, Marrero, La., 23-1 1/2; 8, Rashid Ward, St. Louis, Mo., 21-11.

HIGH JUMP (Standings when competition stopped because of rain)—1, Pat O'Donoghue, Walkerton, Canada, 6-10; 2, (tie) Terry Ferguson, Cherry Hill, N.J., and Bruce Reynolds, Naperville North H.S., Naperville, Ill., 6-8; 4, (tie) Carlos Johnson, Monroe, La., Robert

Johnson, Carrollton, Ga., Andy Hirsch, West Newbury, Mass., Joe Brown, White Deer, Tex., 6-8.

POLE VAULT (Standings when competition stopped because of rain)—1, (tie) Steve Payne, Owasso, Okla., and William Scotty Miller, Goldwalth, Tex., 15-6; 3, Pat Alduenda, Ramona, Cal., 15-6; 4, Kelly Riley, Garland, Tex., 15-0; 5, Steve Slocum, Santa Ana, Cal., 15-0; 6, Andy Elliott, Brookfield, Wis., 15-0.

JAVELIN—1, Ryan Mihalco, Derry, N.H., 225-11; 2, Troy Arcineaux, Lafayette, La., 215-11; 3, Dave Dymitrov, St. Catherine's, Canada; 4, Dan Ryan, Billings, Mont., 199-3; 5, Tom Smith, Ambridge, Pa., 192-8; 6, John Poole, Belgrade, Mont., 189-7; 7, Gary Choy, Rockaway, N.J., 183-2; 8, Ryan Herbert, Braux Bridge, La., 181-10; 9, Sean Murray, Hanover Park, N.J., 170-0.

300 METER INTERMEDIATE HURDLES—1, Andrew Cameron, Paterson, N.J., 36.71; 2, Tony Brown, El Dorado, Kan., 36.80; 3, Derrick Sowels, Dallas, 37.26; 4, Randy Mikan, Euless, Tex., 37.62; 5, Michael Cox, Meridian, Miss., 37.77; 6, Greg Stefanu, Oakville, Canada, 38.55; 7, Doug King, Lakewood, Colo., 38.59; 8, Marty Talley, Indianapolis, 41.6.

3,000 METER STEEPLECHASE—1, Michael Hedgecock, Wantagh, N.Y., 9:30.4; 2, Terry Burwell, Ontario, Canada, 9:43.1; 3, Gaty Serbent, East Greenbush, N.Y., 9:45.0; 4, Dave Rill, Farwick H.S., Oak Park, Ill., 9:46.6; 5, Mike Abercrombie, Birmingham, Ala., 10:15.0; 6, Mike Criedo, Madison, Wis., 12:26.5.

100 METERS—1, Ricky Huell, Meridian, Miss., 10.66; 2, Corey Pryor, Jackson, Miss., 10.70; 3, Keith Strong, Lakeland, Fla., 10.78; 4, Brian McDaniel, Tacoma, Wash., 10.82; 5, James Bullock, Dallas, 10.83; 6, Rick Stovall, St. Louis, 10.86; 7, Kevin Caldwell, Albuquerque, N.M., 10.95; 8, Tommy Walker, Memphis, Tenn., 11.02.

TWO MILE—1, Eric Hichman, Gastonia, N.C., 9:03.59; 2, Pat Haller, Lynwood, Wash., 9:08.51; 3, Todd Williams, Monroe, Mich., 9:07.09; 4, Anthony Hamm, Flint, Mich., 9:07.35; 5, T. J. McCardie, Garden City, N.Y., 9:09.49; 6, Jim Westphal, Oak Park H.S., Oak Park, Ill., 9:14.77; 7, Ryan Cahill, Glenbrook North H.S., Northbrook, Ill., 9:19.13; 8, Peter Rea, Farmington, Conn., 9:27.68.

400 METERS—1, Thomas Mason, St. Catherine's, Jamaica, 47.6; 2, Johnny Moffett, Mobile, Ala., 48.0; 3, Rod Richardson, Mobile, Ala., 48.8; 4, Lewis Brandon, Quigley South H.S., Chicago, 49.0; 5, Jim Cooper, Bensalem, Pa., 50.0.

MILE (Exhibition)—1, Glenroy Levy, St. Elizabeth, Jamaica, 4:09.7; 2, Paul Thomas, Carmichael, Cal., 4:10.1; 3, Scott Robinson, San Jose, Cal., 4:10.3; 4, Eric Lueck, Milwaukee, Wis., 4:13.0; 5, Andy Myers, Greeley, Colo., 4:15.0; 6, Chris Ray, Ridgewood, N.J., 4:17.1; 7, Lance Campbell, Cambridge, Mass., 4:17.7; 8, Eric Henry, The Woodlands [cq], Tex., 4:18.9.

200 METERS (Exhibition)—1, Ronnie Allen, Iselin, N.J., 2:14; 2, Rick Stovall, St. Louis, Mo., 2:20; 3, Tom Walker, Memphis, Tenn., 2:29.



December 5, 1987

Woodward Park, Fresno



# United States Leaders

(Through June 20)

By KEITH CONNING

## ★ Boys ★

### 100 Meters (10.13)

10.34 Mike Bates (Amphi, Tucson, AZ)  
10.36 Quincy Watts (Taft, WoodHls)  
10.36 Corey Ealy (Muir, Pasadena)  
10.41 Tony Miller (Riordan, SF)

### 200 Meters (20.13)

20.69 Quincy Watts (Taft, WoodHls)  
20.75 Aundre Reese (Ball, Galv, TX)  
20.80 Charles Barnes (Silsbee, TX)  
20.80 Corey Ealy (Muir, Pasadena)

### 400 Meters (44.69)

45.17 William Reed (Cent, Phila, PA)  
45.76 Steve Lewis (Amer, Fremont)

### 800 Meters (1:47.31)

1:46.58 George Kersh (Pearl, MS)

### 1500 Meters (3:39.0)

4:45.5 Jason Pyrah (Willard, MO)

### Mile (3:55.3)

4:04.25 Jason Pyrah (Willard, MO)

### 3000 (8:05.8)

8:14.75 Eric Henry (McCull, Wldls, TX)  
8:15.17 Dan Middleman (Cirk, Wst, NY)  
8:20.25 Paul Thomas (Jesuit, Carmich)

### 2 Miles (8:36.3)

8:55.4c Eric Henry (McCull, Wldls, TX)  
8:55.87c Dan Middleman (Cirk, Wst, NY)  
8:57.04c Paul Thomas (Jesuit, Carmich)

### 110m Hurdles (13.40)

13.46 Joe Galeano (Centereach, NY)

### 300m Int. Hurd. (35.32)

36.11 Derrick Sowell (SOC, Dall, TX)

### 400m Int. Hurd. (50.02)

50.66 Kelly Carter (SWDkib, Dec, GA)

### High Jump (7-6)

7-2 1/4 Mark Cannon (Elyria, OH)

### Pole Vault (18-2)

17-5 1/2 Brent Burns (Acalanes, Lafayette)

### Long Jump (26-8 1/4)

25-9 Nugent Cotton (Furr, Hous, TX)  
25-5 Percy Knox (AntVly, Lancaster)

### Triple Jump (53-6 1/2)

51-11 Joel Smith (Cord, RnchCord)  
51-8 1/4 MacArthur Anderson (Bkfld)

### Shot Put (81-3 1/2)

72-8 Charles Moye (Ellet, Akron, OH)

### Discus (213-6)

225-2 Kamy Keshmiri (Reno, NV)

### Javelin (259-9)

243-1 Matt Gee (ArkansasCty, KS)

### Decathlon (7,359)

7135 Brian Brophy (Manchester, CT)  
6536 Aaron Pierce (Frank, Seatt, WA)  
6202 Andy Connor (Yreka)

## ★ Girls ★

### 100 Meters (11.13)

11.35 Garyl Smith (Wash, Denver, CO)

### 200 Meters (22.77)

23.44 Maicel Malone (NCntrl, Ind, IN)

### 400 Meters (50.87)

52.84c Maicel Malone (NCntrl, Ind, IN)  
53.38 Tasha Downing (BostTech, MA)  
53.55 Angela Rolfe (Dorsey, LA)

### 800 Meters (2:00.07)

2:08.2 Jasmin Jones (Hackensck, NJ)

### 1500 Meters (4:16.6)

4:26.5 Jasmin Jones (Hackensck, NJ)  
4:27.59 Jodie Bilotta (NHnt, Annnd, NJ)  
4:29.3 Robbyn Bryant (Hesperia)

### Mile (4:35.24)

4:46.66c Kira Jorgensen (Vista)  
4:48.27c Robbyn Bryant (Hesperia)

Fine Flicks by Don Gosney



JACKIE ANDERSON

Fine Flicks by Don Gosney



STEVE LEWIS

Fine Flicks by Don Gosney



PAUL THOMAS

Fine Flicks by Don Gosney



ROBBYN BRYANT

### 3000 Meters (9:08.6)

9:31.1 Erin Keogh (Lngly, McLean, VA)  
9:36.6 Kira Jorgensen (Vista)

### 2 Miles (10:03.5)

10:06.60c Erin Keogh (Lngly, McLean, VA)  
10:21.9c Jodie Bilotta (NHnt, Annnd, NJ)  
10:26.68c Mary Mendoza (Present, SJose)

### 100m Hurdles (33"X12.95)

13.63 Dawn Bowles (Neptune, NJ)

### 100m Hurdles (30")

13.34 Janeene Vickers (Pomona)

### 300m Low Hurd. (40.18)

40.26 Janeene Vickers (Pomona)  
41.86 Effie Daetz (Leigh, San Jose)  
41.94 Laurie Smith (Valley, Sacto)

### 400m Low Hurd. (55.20)

57.88 Kellie Roberts (Cen, StPist, MD)  
58.26 Janeene Vickers (Pomona)

### High Jump (6-2 1/4)

6-1 1/4 Holly Kelly (Pimetto, Miami, FL)

### Long Jump (22-3)

20-11 Maddette Smith (Quartz Hill)

### Triple Jump (42-10 1/2)

42-9 1/2 Dana Boone (LkBrad, Burk, VA)  
41- 1/4 Jackie Anderson (MtMg, SpVly)

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

48-3 Christy Ward (NVly, GPass, OR)

### Discus (183-11)

170-4 Heidi Heim (Myvl-PrtInd, ND)

### Javelin (198-8)

174-11 Paula Berry (Dayville, OR)

LEGEND: c - converted. The national high school record through the 1986 season is listed after the event. Californians are indicated in bold type.

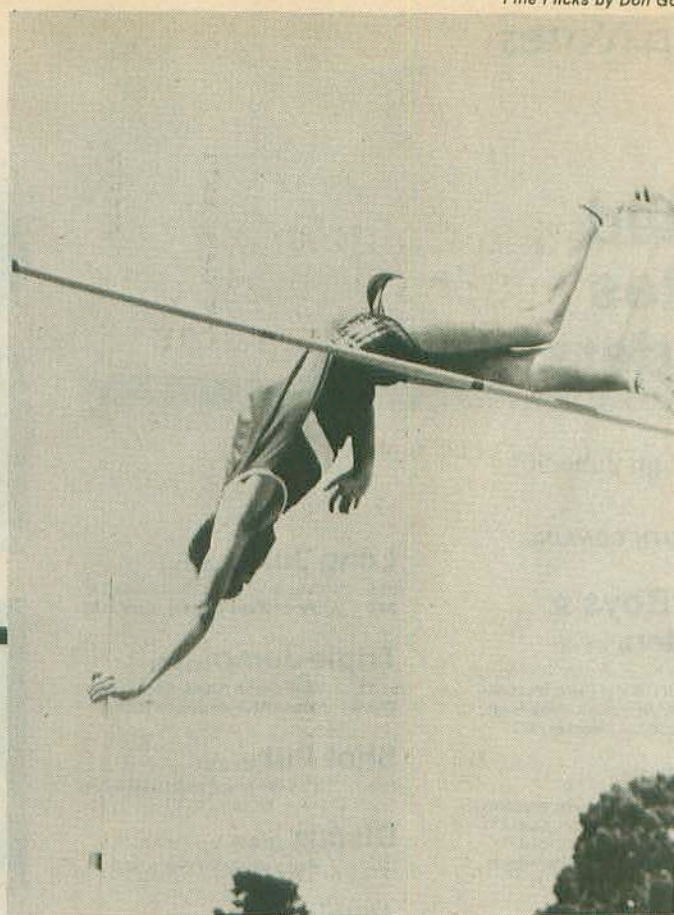


# Prep Notes

An Interview With . . .

# Brent Burns

by JESSE MALKIN



**BRENT BURNS** says it is no big deal to be the best prep pole vaulter in the country. "If I'm jumping as well as I am now and I'm not ranked at all, that would be cool," he explains.

But Burns is number one. His vault of 17-5½ at the North Coast Section 2A championships gives him the top mark in 1987 of all U.S. high schoolers. He won the prestigious Golden West Invitational and the TAC Junior Meet.

The Acalanes senior took the California state title in 1985, as a sophomore. As a junior, he cleared 17-6 for the number two high school vault in the country.

Burns' accomplishments are almost too good for high school. His winning performance at North Coast 2A was superior to the mark that won the Pac-10 championships on the same day. In 1986, his 17-6 put him among the top 50 vaulters in the United States.

Off the track, however, is a different case. He is, by his own words, "one of the guys." Personable and outgoing, Burns was glad to grant *California Track & Running News* an interview. We met after he captured his third consecutive North Coast Section title.

**CTRN:** When did you start vaulting?

**BURNS:** Well, the first time I did it was in a little decathlon. I must have been 12. It was fun, you know, it was one of the events you had to do.

**CTRN:** How did you do?

**BURNS:** I went 7-6. I had a good time with that. I've been in age group track ever since I was little, and we couldn't do the vault as an individual event until the next year, so I took it up then. I wasn't very good at first—I was a little bit afraid of it. Then my dad gave me some advice. He told me to just run fast. It worked. I raised my grip way up and it started to be a lot of fun.

**CTRN:** What would you say is the secret of your success?

**BURNS:** My parents. Definitely. They gave me the support I needed. At first, they had an idea of what it was about, but they weren't experts, so they went out and found some coaching for me. Then it kind of staircased upwards. My mom is basically the one who works with me on technique. She takes videotapes of every jump day, then we go home and look at them. She knows a lot about the vault now. She's a great vault coach.

**CTRN:** What do you feel it takes, mentally, to be as good as you are?

**BURNS:** Well, if something goes wrong—something always goes wrong in the vault—you have to be able to handle all the stuff that comes up. You have to be able to control your emotions, to some extent.

**CTRN:** Where are you going to college?

**BURNS:** Right here, U.C. Berkeley.

**CTRN:** Why did you choose Cal?

**BURNS:** I like it here; it's kind of my home turf. Kansas has a great program in the vault, but it's different from what I'm used to. I'm used to different ideas, different goals. Berkeley gives me the best place to do what I'm looking for.

**CTRN:** In the 400 meter relay (at North Coast Section where Burns ran the leadoff leg for Acalanes) you looked like you were out first. How fast can you run 100 meters?

**BURNS:** I ran 10.9 last year, in the first meet of the year. I'm not sure what I can do right now. But there is more than speed in the vault. You have to be able to control it. You can't take off unless you can control your speed.

**CTRN:** I guess Carl Lewis wouldn't be the greatest vaulter, would he?

**BURNS:** Actually, I kind of want to get a takeoff like his. Because his long jump is really good—being able to come in that fast.

**CTRN:** When you were going for 17-6 today, why did you wait for the mile relay to end before vaulting?

**BURNS:** It's not like I really like to play for the crowd, but they like to watch it, so I like to let them. A lot of people think it's neat, running down with this big stick.

**CTRN:** What have the reactions to your successes been like from the people at Acalanes High?

**BURNS:** Well, my car has a lot of key marks on it, but generally, I'm one of the guys.

**CTRN:** Keymarks??

**BURNS:** You know, people take their keys and make streaks on my car. I guess some people don't like me.

**CTRN:** What are your goals for 1987?

**BURNS:** I want to go real high. I'm not going to tell you any numbers, but I want to go real high.

continued on next page . . .



# Rating California High School Boys Track & Field Programs

By Doug Speck & Mike Kennedy

1	Hawthorne	476	29	Clovis	142
2	Muir (Pasadena)	366	30	Jesuit (Sacramento)	141
3	Taft (Woodland Hills)	315	30	Ygnacio Vly (Concord)	141
4	James Logan (UnCity)	301	30	Tulare	141
5	Dorsey (LA)	289	33	San Ramon (Danville)	139
6	Bakersfield	282	33	Compton	139
7	Independence (SJ)	247	35	Monte Vista (SprVly)	137
8	Duarte	228	35	San Diego	137
9	Royal	223	37	Arcadia	134
10	Grant (Sacramento)	222	38	Damien (LaVerne)	133
11	Riordan (San Fran)	215	39	Vacaville	129
12	Edison (Fresno)	200	39	San Fernando	129
13	Morningside (Inglwd)	192	41	Johnson (Sacramento)	128
14	South Bakersfield	188	42	Cordova (RanchoCor)	126
15	Crawford (San Diego)	187	43	Acalanes (Lafayette)	122
15	Edison (Hunt Beach)	187	43	University (LA)	122
17	Nevada Union (GrsVly)	186	45	Washington (LA)	120
18	Simi Valley	180	46	Fallbrook	119
18	Arroyo (El Monte)	180	46	St. Mary's (Berkeley)	119
20	Lincoln (San Diego)	178	48	Redlands	118
21	Carson	175	49	Manual Arts	116
22	Bellarmine (San Jose)	166	50	Mira Mesa (San Diego)	115
22	Thousand Oaks	166	51	Santa Rosa	113
22	Oakland	166	52	Burroughs (Ridgcrst)	110
25	Reseda	159	53	American (Fremont)	109
26	Madera	153	54	Corona del Mar	105
27	Birmingham (VnNys)	152	54	Mission SJ (Fremont)	105
28	Morse (San Diego)	145	56	Hoover (Fresno)	104

It is always interesting to take a look at ranking the California State High School Track and Field programs in ways other than the classical "points in championship competition" method. Such a select few are able to make it to the State Finals and score, that it is interesting to open up a ranking to include the potential for many more athletes to score in a comparison of season best marks. We took the top fifty marks in each of the typically contested high school events during the past season (only Accutrack clockings were considered up through 200 meters and no wind-aided efforts were used) and awarded 50 points for the best mark, 49 for the number 2 seasonal best, 48 for the number 3, and so on down to 1 for the number 50 performance in an event statewide in 1987. The resultant scores are listed above.

On top there are no real surprises with Hawthorne, the State Finals competition team champions also the winners here. Moving up from fourth last year when we compared marks twenty deep, the Cougars' margin of domination when such a comparison is made is quite awesome, as they had twelve individuals and their relay teams place among the top fifty statewide in different events. A big factor that is given credit for in this scoring system is an athlete who is not able to finish out the season, as was Hawthorne soph sprinter, Curtis Conway 10.81-21.82, who went down the last three weeks with injury. Sprinter Robert Carroll (10.51-21.45) and hurdler Yki Vallery (14.43-36.88) graduate, but returnees such as Conway and Travis Hanna (47.2) give Coach Kye Courtney and staff the nucleus to build another monster in 1988.

Muir had ten scorers in finishing in the same position as they did at Sacramento in chasing Hawthorne in the June State affair. Coincidentally, Muir was the runner-up squad last year in our scoring system behind Jesuit of Sacramento. Taft (Woodland Hills), had more than Quincy Watts (10.36-20.63), as they also had sprinters Sean Roberts and David Feinstein score in the 100 statewide. James Logan of Union City, proved to be easily the best from the northern half of the state, with their balance on the track, hurdles, relays and in the field events making them a strong candidate as the best dual meet squad in California this spring. Dorsey (LA) featured a fine group of sprinters, hurdlers, and relay teams on the way to their fifth place finish. Bakersfield (sixth) was another squad with good people all over the place who would be very, very tough to handle in a two-team competition. Perennial Central Coast Section power Independence of San Jose was seventh (just where they were in 1986) with another strong group. Potent Southern Section squads, Duarte (third last year), and Royal of Simi Valley, filled the number eight and nine positions, with Grant of Sacramento the first Sac-Joaquin section squad in tenth.

This is all done in the spirit of fun and just another way to look at things. In the next issue we will take a look at the women's program across the State.

## Burns, continued...

**CTRN:** Looking in the real long run (Burns interjects: "That's where I look."), what do you hope to do? Are the Olympics in your future?

**BURNS:** I'm certainly looking to the Olympics—'88, '92, '96, 2000. I'm not sure which—it depends on how my career is going.

**CTRN:** With a 6-2 high jump and a best of over 50 feet in the shot, I have to wonder what you could do in the decathlon.

**BURNS:** Yeah, I like the decathlon. It's too early to get real serious with it. I like the pole vault. It's a little easier than the decathlon.

One week after this interview, Burns no-heightened at the State Meet. He did not make an attempt until all the other competitors were eliminated. Critics point out that he should have started vaulting at a lower height than the 16-0 he opened at. In hindsight, this is easy to say, but these same critics would have balked had Burns missed a national record because of tiring himself out in unnecessary lower vaults. Using his performances from previous weeks, Burns had every reason to believe he could open at the height he did. He used the same strategy (of starting late) in subsequent weeks at Golden West and TAC Junior, and it worked.

*JOHN BRENT BURNS was born May 2, 1969, in Walnut Creek, California, and is 6-3½/180. A graduate of Lafayette's Acalanes High, he will be attending the University of California at Berkeley this fall. Major meet finishes: 1985—1) North Coast Section, 1) State. 1986—1) North Coast Section, 2) State. 1987—1) Arcadia, 1) North Coast Section, nh) State, 1) Golden West Invitational, 1) TAC Jr. His progression (with Track and Field News' national ranking in parentheses):*

Yr.	Age	Grade	Mark
'84	15	9	15-0
'85	16	10	16-2
'86	17	11	17-6(3)
'87	18	12	17-5½(1?)



# 1987 California Boys High School Best Marks List



From Doug Speck

The following are believed to be the top marks achieved by California male preps during the 1987 track and field season. Marks up through 200 meters were only considered if they were of the fully automatic electronic accurack timing system. Marks followed by a "c" are converted from the equivalent yard or metric distance.

senior, \* junior, \*\* sophomore, \*\*\* freshman, ? class unknown.

Please send any corrections or additions to: Doug Speck, 563 N. Willowgrove, Glendora, CA 91740.

Girl's list will be run in the next issue.



COREY EALY (left) & QUINCY WATTS

## 100 Meters (Accurack Timing)

10.36	*Quincy Watts (Taft,WoodHls)6 5/16 LA-Pepsi
10.36	Corey Ealy (Muir,Pasadi)1 5/23 Nrwik-SS4AFi
10.41	*Tony Miller (Riordan,SF)1 5/29 SJCCS Fin
10.50	Calvin Holmes (Carson)2 6/6 Sacto-State Fin
10.51	Robert Carroll (Hawth)2 5/23 Nrwik-SS4A Fin
10.55	W.C. Morrison (Pasadi)3 5/23 Nrwik-SS4A Fin
10.56	Raymond Ethridge (Crawfdr,SD)1 5/23 SDFin
10.63	*Brian Bridgewater (Wash,LA)1h2 5/22preVN
10.66	Patrick Rowe (Linc,SD)1 5/30 SD Fin
10.69	Ricky Ervins (Muir,Pas)4 5/23 Nrlk-SS4AFin
10.73	**Richard Turner (Prosp,SJ)2 5/29 SJ-CCSFin
10.74	Michael Roberts (Tulare)1 5/15 Tul-CentArea
10.77	Torry Edwards (Bkrsfld)2 5/21 Fresno-SecFin
10.77	Anthony Williams (RivCy,Sac)2h2 6/5 StPre
10.78	Kurt Hodges (StCruz)3 5/29 SnJose-CCSFin
10.78	Martin Cannady (Duarte)2 5/29 Nrwik-SS Fin
10.78	*Darren Stringer (Vacavil)7 6/6 Sacto-StateFin
10.79	*Mike Orwat (Parac,Lanc)3 5/29 Nrlk-SS Fin
10.80	Steve Provenzano (Arcadi)2 4/4 NorthInvit
10.80	Larry King (John,Sacto)1h2 4/18 SJose-Invit
10.80	*Billy Wright (Edison,Fres)3 5/21 Fres-SecFin
10.80	Percy Knox (AntelVly,Lanc)5 5/23 Nrwik-4AFi

### (Accurack Timing/Wind-aided)

10.17	*Quincy Watts (Taft,WoodHls)1 5/30 CityFin
10.36	Calvin Holmes (Carson)2 5/30 CityFin-VnNys
10.47	Patrick Rowe (Linc,SD)? 4/18 SD-Invit
10.54	*Mike Orwat (Parac,Lanc)1 5/23 Nor-SS1AFin
10.57	*Darren Stringer (Vacavil)1 5/23 Sac-Sect SF
10.60	Anthony Williams (RivCy,Sac)1 5/22SacSub2
10.62	Ernie Barnes (Monrovia)1 5/23 Nrwik-SS2AFi
10.62	Sean Roberts (Taft,WoodHls)3 5/30 CityFin
10.63	Martin Cannady (Duarte)1 5/23 Nrwik-SS3AFi
10.67	Charles Jordan (Morn,Ingldw)2 5/23 SS2AFi
10.67	Devon Goodlow (Tokay,Lodi)h 5/27 SJSecFi
10.70	Lucien Henderson (Banning)2 5/23 SS1AFin
10.71	Eddie Vaughn (Foot,Sac)h 5/27 Mod-SJSecFi
10.72	Tim Callier (Perris)2 5/23 Nrwik-SS3A Fin
10.75	*Mark McMillan (Kenn,GH)1 5/30 VN-Cty'B'Fi
10.76	*Rondo Smith (Ram,Rvrsd)3 5/23 Art-SS3AFi

10.78	**Curtis Conway (Haw)3 4/18 SD-Invit
10.78	Byron Pray (VicVly)3 5/23 Nrwik-SS2A Fin
10.78	Larry King (John,Sac)2 5/23 Sac-SubSec3
10.79	Jake Brown (Lompoc)4 5/23 Nrwik-SS2A Fin
10.79	Derick Vaughn (Venice)4 5/30 VnNys-CityFin
10.80	Charles Hampton (Craw,SD)2h3 4/18 SD-Inv

## 200 Meters (Accurack Timing)

20.63	*Quincy Watts (Taft,WoodHls)1 5/30 VN-LAFi
20.80	Corey Ealy (Muir,Pasa)1 5/23 Nrwik-SS4AFin
21.00	Raymond Ethridge (Craw,SD)1h3 6/5 StatePr
21.10	*Tony Miller (Rior,SF)2h2 6/5 Sac-State Pre
21.36	Steve Lewis (Amer,Frem)3h2 6/5 Sac-StPre
21.38	Robert Harris (SimiVly)2 5/23 Nrwik-SS4AFi
21.43	Calvin Holmes (Carson)2r52 4/24 MtSac-Inv
21.45	Robert Carroll (Hawth)3 5/23 Nrwik-SS4A Fin
21.48	Paul Peters (StaAnaVly)4 5/23 Nrw-SS4A Fin
21.49	*Brian Bridgewater (Wash,LA)1h2 VN-LAPre
21.49	Steve Provenzano (Arcadi)5 5/23 Nor-SS4A Fi
21.51	Martin Cannady (Duarte)2 5/29 Nrwik-SSStQu
21.54	Derick Franklin (Venice)2 5/30 VN-LA Finals
21.59	Patrick Rowe (Linc,SD)3h3 6/5 Sac-St Pre
21.62	Ernie Barnes (Monrovia)1r51 4/24 MtSac-Inv
21.65	David Sals (SnFerd)4h3 6/5 Sac-StatePre
21.67	Mike Wilson (Reseda)3 5/30 VnNys-LA Final
21.72	**Berry Smith (Miss,SF)1 5/30 Oak-SF/O Sec
21.72	*Mark McMillan (Kenn,GH)1 5/30 VN-LA'B'Fi
21.73	David Lawyer (SntBarb)6 5/23 Nrwik-SS4AFi

### (Accurack Timing/Wind-aided)

21.12	Patrick Rowe (Linc,SD)1 5/30 SD-SecFin
21.50	James Shipp (SilCrk,SJ)2 4/18 SJ-Invit
21.57	Anthony Williams (RivCy,Sac)1 5/22 SacSub
21.59	Charles Jordan (Morn,Ingldw)1 5/23 SS2AF
21.62	Devon Goodlow (Tokay,Lodi)h 5/27Mod-SJSF
21.63	Torrey Edwards (Bkrsfld)1 5/21 Fres-CenSec
21.69	*Binari Burroughs (Indep,SJ)3

## 400 Meters (Accurack & Hand-timed, .14 added to hand-times for placement on this list)

45.76	Steve Lewis (Amer,Frem)2 Tucson-JrTACF
47.34	Paul Peters (SanAnaVly)1r48 4/24 MtSAC-Inv
47.2	*Travis Hanna (Hawth)2 6/6 Sacto-State Fin
47.2	Maurice Horton (Edis,Fresno)3 6/6 Sac-StFin
47.56	*Quincy Watts (Taft,WoodHls)1 4/4 North-Inv
47.6	*Michael Stevenson (Morse,SD)1h2 6/5 StPre
47.82	Ron Coleman (ManArt,LA)1h2 5/15 VN-LAPre
47.7	Steve Provenzano (Arcadi)4 6/6 Sac-St Fin
47.8	Sean Cumby (Logan,UnCty)3h2 6/5 Sac-StPr
48.10	Reggie Johnson (Compton)3 4/11 Arcad-Inv
48.18	Patrick Rowe (Linc,SD)2r48 4/24 MtSAC-Inv
48.25	Darren Bernard (ThOaks)1r1 4/11 Arc-Invit
48.26	*Frank Jones (Hoov,Fres)2 5/21 Fres-SecFin
48.26	Robert Carroll (Hawth) 6/13 Sac-GoldWestIn
48.34	Robert Myles (NMontCo,Castr)2 4/18 SJ-Inv
48.35	Jake Brown (Lompoc)1 5/23 Nrwik-SS2A Fin
48.41	Bill Thurmond (Saddl,SA)4 5/29 Nor-StQ
48.44	Jerry Marsee (SanPedro)1h2 5/14 VN-LAPre
48.44	David Lawyer (SaBarb)2h1 5/16 Arte-SS4APr
48.48	Raymond Glass (Morn,Ingldw)5 5/29 Nor-StQ

## 800 Meters (Accurack & Hand-timed, .14 added to hand-times for comparison on this list)

1:50.71	Dan Gabor (AmVly,Pleas)6 6/13 GoldWest
1:52.05	*Travis Cooksey (RioMes,Ox)1 5/23 SS4AFin
1:52.4	Nick John Haiduc (Serv,Anah)2 6/6 Sac-StFi
1:53.03	Shan Forehand (MtCarm,SD)3 6/6 Sac-State
1:53.1	James Fraser (MoVist,SprV)4 6/6 Sac-StFin
1:53.2	Marcus Robertson (Muir,Pasa)5 6/6 Sac-StFi
1:53.3	John Hottinger (NevUn,GrVlyh)5/27 Mo-SSF
1:53.94	**Morgan Bateman (CreVly,LC)2 5/29 SSFi
1:53.9	?Derrick Miller (John,Sac)h 5/27 Mod-SJSecF
1:53.9	*Joe Amendt (Lick,SJ)1 5/29 SanJose-CCSFi
1:54.13	Nick Lugo (Schurr,Mntblo)1 5/8 LA-LgeFin
1:54.0	Scott Robinson (Bell,SJ)1 5/21 LosG-Reg1
1:54.1	Tim Corbin (MoVist,Danv)2 5/30 Berk-NCSeF



## Prep Notes

1:54.28	-Tim Miller (Alham)2 5/8 LA-LgeFin
1:54.30	-Craig Olson (ElDor,Pictia)2 4/11 Arcad-Inv
1:54.30	-Jeff Rachel (GolWest,Visal)2 5/21 Fres-SecF
1:54.32	-Antonio Houston (Locke,LA)3 4/11 Arc-Invit
1:54.37	-Tom Williams (GranHis,SD)2 5/30 SD-SecFi
1:54.38	-Al Allen (Gahr,Cerr)4 5/23 Nrwk-SS4A Fin
1:54.4	-Paul Thomas (Jes,Sacto)1 5/1 Sacto-Invit

## One Mile Run

(Accutrack & Hand-times, .14 added to hand-times on this list for comparison)

4:09.40c	-Scott Robinson (Bell,SJ)1 6/6 Sac-StFin
4:10.03c	-Paul Thomas (Jes,Sac)2 6/6 Sacto-State Fin
4:12.88c	-Raul Serratos (MorVly)11 4/1(1) Nor-StQual
4:13.01c	-Hassaim Sabra (OcnVw,HW)11 54(3)6/6 StFi
4:13.11c	-Andy Davis (PHnry,SD)11 64(4) Sac-St Fin
4:13.23c	-Jason Martin (Fallbrk)11 75(5) 6/6 Sac-StFin
4:14.38c	-Jason Lienau (Clovis)4:12.90(2h1) 6/5 StPre
4:14.83c	-Chris Bray (NevUn,GV)13 35(5h1) 6/5 Sac-StP
4:14.83c	-Jonathon Smith (Mira,Orin)13 35(7) 6/6 StFin
4:15.07c	-Marc Davis (SD)4:13.58(1h2) 5/23 SDSemFin
4:15.36c	-Kurt Deptyfer (LagBch)4:13.87(3)5/30 StQu
4:15.63c	-Bret Kimple (Carpin)4:14.19(4)5/29 Nor-StQu
4:16.02c	-Robert Pena (Buen,Vent)4:14.53(5)5/29 StQu
4:16.16c	-Sven Haug (Birm,VN)14 67(1) 5/30 VN-CityFi
4:16.29c	-Doug Fairman (ThOks)4:14.80(3) 3/28 LA-Inv
4:17.29c	-Alex deSilva (ElCerr)4:15.79(1) 5/30 NCStFi
4:17.37c	-Jeff Rachel (GldWst,Vis)15 87 5/21 Fres-SFi
4:17.41c	-Fili Arizmendi (Az)4:15.91(6) 5/29 Norw-StQu
4:17.43c	-Tefre Gebre (Belm,LA)15 93(2) 5/30 VN-CityF
4:17.4c	-Kevin Munoz (Lass)4:15.9(1) 4/25 Chico-Inv

## Two Mile Run

(Hand-times & Accutrack, .14 added to hand-times on this list for comparison)

8:57.09c	-Paul Thomas (Jes,Sact)53.92(1) 4/11 Arc-Inv
8:58.34i	-Marc Davis (SD)3:14 NewHav,CT-PathmrkIn
9:06.82c	-Aaron Mascorro (Rosemd)03 64(2) 6/6 Sac-St
9:08.50	-Mason Myers (Vacavil)05 31(3) 6/6 Sac-State
9:09.84c	-Chris Lugo (Val,Piac)06 64(5) 6/6 Sac-State
9:10.25c	-**Scott Hempel (Walnut)3 4/11 Arcad-Invit
9:10.88c	-Richard Erbes (Gindl)07 66(4) 4/11 Arc-Invit

9:11.20c	-*Scott Cole (Yosem,Okhrst)07 99(5)4/11 ArcIn
9:11.60c	-Tefre Gebre (Bel,LA)08 39(4) 6/6 Sac-State
9:12.53c	-Frank Flores (Hart,Newhl)09 32(6) Sac-State
9:13.00c	-**Bryan Dameworth (Agra)09 78(2) 5/29 StQ
9:13.62c	-*Terrence Mahon (LaHab)10 40(2)5/23 SS3AF
9:14.72c	-Greg Flynn (WTorri)11 49(3) 5/23 Nor-SS4AF
9:15.2	-*Dennis Hernandez (MissSJ,Frmt)1 11/1 Inv
9:16.52c	-Anthony Williams (Huen,Ox)5/29 Nor-SS4AFi
9:18.15c	-**Eddie Lavelle (CDM)14 90(5) 5/23 Nor-3AFi
9:13.7	-?Rob Meinhardt (Bell,SJ)2 11/1/86 Inv
9:19.38c	-*Shannon Winkleman (Mar,HBJ)16 13(1)3/28
9:15.59c	-Trevor Drummond (Hlx,LM)16 34(8)6/6 Sac-St
9:19.7c	-Chris Bray (NvUn,GV)16 4(3) 5/29 Mod-SJFin

## 110m High Hurdles

(Accutrack Timing)

13.84	-Dana Hall (Gan,Pom)1 5/29 Nrwk-StQual
13.84	-Shelton Boykin (SnFernd)1 5/30 VNys-CityF
13.88	-*Ron Copeland (Dray,LA)2 5/30 VN-CityFin
14.06	-Doug Conner (StMry,Berk)2h2 6/5 Sac-StPre
14.07	-Mark Crear (Rowl,RowHts)2 5/29 Nor-StQual
14.14	-Albert Pride (Grant,Sac)3 6/6 Sac-St Fin
14.26	-Elliott Beverly (Oak)1 5/30 Oak-SF/Oak Fin
14.32	-MarkArthur Anderson (Bkfld)1 5/21 Fres-SecF
14.34	-*John Montgomery (Indep,SJ)1 3/21 LosG-In
14.35	-Ron Cason (Buen,Ven)2h1 6/5 Sac-StPre
14.37	-Dimitri Huys (Kingsburg)6 6/6 Sac-St Fin
14.43	-Jesse Quentaria (Selma)2 5/21 Fres-SecFin
14.43	-Yki Vallery (Hawth)2 5/23 Norw-SS4A Fin
14.51	-Craig Gilbert (Ovrlt,SJ)1 5/1 LosG-Invit
14.55	-Darryl Lockett (Dors,LA)3 5/30 VN-CityFin
14.61	-Teddy Yu (Birm,VnNys)4 5/30 VN-CityFin
14.63	-?Brien George (Bkfld)2 5/15 Bkfld-SoArea
14.65	-Darin Maiden (So,Bkfld)1r1 5/21 Fres-SecFin
14.66	-*Darrell Thompson (Cerr)5 5/29 Norw-StQual
14.68	-Kevin Broschat (No,Bkfld)2 4/21 Fres-SecF
14.68	-Kenney Hall (Univ,LA)5 5/30 VNys-CityFin

(Accutrack Timing/Wind-aided)

13.99	-Albert Pride (Grant,Sac)1 5/22 Sac-SubSec2
14.09	-*John Montgomery (Ind,SJ)1 5/29 SJ-CCSF
14.32	-*Robert Ureno (Bonita,Lav)2 5/8 Ont-rgLgeFi
14.32	-Craig Gilbert (Over,SJ)2 5/29 SJ-CCS Fin
14.44	-Nate Sutton (Logan,UnCty)2 4/18 SJ-Invit
14.49	-Richard Terwilliger (Oakmt)2 5/22SacSub2
14.50	-Mike Loden (Bell,SJ)3 5/29 SJ-CCSF
14.52	-**Steve Ruffin (StFran,MtnVw)4 5/29 SJ-CCS
14.56	-Charles Patterson (In,SD)1h3 5/23 SecSemi
14.61	-*Diatori Gildersleeve (Grant,Sac)h 5/27 SJFin

Fine Flicks by Don Gosney



From left: TRAVIS COOKSEY, NICK JOHN HAIDUC, DAN GABOR

## 300m Interm. Hurdles

(Accutrack & Hand-times, .24 added to hand times for comparison on this list)

36.88	-Yki Vallery (Hawth)1 5/23 Norw-SS4A Fin
37.13	-Dana Hall (Gan,Pom)1 5/29 Nor-StQualif
37.36	-Mark Crear (Rowl,RowHts)2 6/6 Sac-StFinals
37.38	-*John Montgomery (Indep,SJ)2h2 6/6 StPre
37.47	-Shelton Boykin (SanFern)1 5/30 VN-CityFin
37.3c	-Martin Cannady (Duarle)1 3/12 dual
37.4	-Albert Pride (Grant,Sac)1 5/29 Modes-SecFi
37.66	-*Charles Wilford (DiamBar)91 5/23 SS3AFin
37.74	-Kirk Ayers (West,Anah)2 5/29 Nor-StQual
37.6	-Chris Moura (MenAth,Ath)2 5/29 SJ-SecFi
37.90	-*Kevin Jones (MtMig,SD)3h1 6/5 Sac-StPre
37.98	-*Ron Copeland (Dors,LA)2h2 5/23 CitySemiF
38.02	-Brad Jamison (Redinds)3 5/23 Nor-SS4AFin
37.8	-Darryl Lockett (Dors,LA)1 5/7 LA-LgFin
38.07	-Darin Maiden (So,Bkfld)4 4/11 Arcadia-Inv
38.10	-*John Berry (YgnVly,Cncrd)1 5/30 Berk-SecFi
37.9	-Mark D'Ambria (Gran,Liv)1h3 5/22 UnCty-3A
38.18	-Wes Montgomery (VicVly,Vicvly)1 5/23 SS2A
38.0	-Maurice Horton (Edis,Fres)1 4/14 Lem-Inv
38.1c	-Marcus Robertson (Muir,Pasa)1 4/30 dual
38.1	-*Marcus McFarland (Cas,Oak)1 5/16 Oak-LgF
38.1	-Chris Coleman (Indep,SJ)3 5/29 SJ-SecFin

## 400 Meter Relay

(Accutrack & Hand-timed, .14 added to hand times for comparison on this list)

40.78	Muir, Pasadena (1) 6/6 Sacto-State Finals
40.88	Taft, Woodland Hills (1h1) 5/22 VN-CitySemFi
40.91	Hawthorne (2) 4/4 Austin,TX-Texas Relays
41.06	Morningside, Inglewood (2) 6/6 Sac-St Finals
41.35	Carson (2) 5/30 Van Nuys-City Finals
41.47	Simi Valley (3) 5/29 Norwalk-State Qualif
41.59	Dorsey, LA (3h1) 6/5 Sacto-State Pre's
41.69	Crawford, San Diego (4) 6/6 Sacto-St Finals
41.86	Duarte (1) 5/23 Norwalk-SoSec 3A Finals
41.97	Reseda (4) 5/30 Van Nuys-City Finals
42.00	Diamond Bar (2) 5/23 Norwalk-SoSec 3A Fin
42.03	Castlemont, Oakland (1) 5/30 Oak-SF/OakFin
42.10	Lincoln, San Diego (2seeded) 4/11 Arc-Invit
42.11	Manual Arts, LA (5) 5/30 VanNuys-City Finls
42.13	Bakersfield (4H1) 6/5 Sacto-State Prelims
42.0	Johnson, Sacramento 5/1 Sacto-Invit
42.17	Independence, San Jose (1) 5/29 CCS SecFi
42.26	Tokay, Lodi (1) 5/8 Sacto-Invitational
42.28	Riordan, San Francisco (4h3) 6/5 Sac-StPre
42.29	Capistrano Vly, Miss Viejo (1) 5/8 Irv-LgFin

## 1600 Meter Relay

(Accutrack & Hand-times, .14 added to hand times for comparison on this list)

3:11.77	Hawthorne (1) 6/6 Sacto-State Finals
3:12.50	Morningside, Inglewood (2) 6/6 Sac-StateFin
3:13.65	Simi Valley (3) 6/6 Sacto-State Finals
3:14.45	Logan, Union City (4) 6/6 Sacto-State Finals
3:14.54	Morse, San Diego (5) 6/6 Sac-State Finals
3:14.68	Muir, Pasadena (6) 6/6 Sacto-State Finals
3:16.06	Taft, Woodland Hills (1) 5/30 VnNys-LACityFi
3:16.25	Independence, San Jose (2h2) 6/5 Sac-StPre
3:16.58	Compton (5) 5/29 Norwalk-SoSec St Qual Mt
3:17.07	Poly, Long Beach (6) 5/29 Nrwk-SoSec StQu
3:17.10	Ygnacio Vly, Concord (2) 5/30 Berk-NCSecFi
3:17.80	Carson (2) 5/30 Van Nuys-LA City Finals
3:17.84	Apple Valley (7) 5/23 Nrwk-SoSec StQual Mt
3:17.94	Wilson, Hacienda Hts (8) 5/29 Nor-SoSecStQ
3:18.14	Duarte (1) 5/23 Norwalk-SoSec 3A Finals
3:18.29	Banning, Wilmington (3) 5/30 VNys-CityFin
3:18.36	Santa Rosa 5/30 Berkeley-NoCoast Sec Fin
3:18.84	Reseda (3h1) 6/5 Sacto-State Prelims
3:19.15	Merced (3h2) 6/5 Sacto-State Prelims
3:19.15	Tokay, Lodi (5h3) 6/5 Sacto-State Prelims

## High Jump

7-1.25	-Louis Juico (PiedHls,SJ)1 6/6 Sac-StFin
7-0	-*Tim Prince (Logan,UnCty)1 5/23 UC-NCst3A
6-11	-Chris Arentz (Vly,Sact)2 6/6 Sac-StateFin
6-11	-Walter Barney (Livrmr)3 6/6 Sac-StateFin
6-10.75	-Chris LaQuay (Vacaville) 3/
6-10.5	-**Ricky Pickett (Clovis)1 4/14 Lemoore-Invit
6-10.25	-Jason Krumwiede (Saratoga) 3/27 dual meet

continued on next page...



# Prep Notes

- 6-10 -Eric Young (Fremont,Oak)1 3/28 Stanf-Invt
- 6-10 -John Amneus (Foothill,StAna)1 4/4 Plcintia-Invt
- 6-10 -Dave Swanson (Alemany,MisHls)1 4/11 Arc-In
- 6-10 -Jeff Donofrio (AltaLoma)1 4/23 dual meet
- 6-10 \*\*Kevin Keane (DeLaSal,Cncrd)5/1 Con-dual
- 6-10 \*\*Mark Wilson (CharOak,Cov)1 5/7 DiaBr-LgF
- 6-10 -Myron Williams (Orange)1 5/23 Nrwk-SS2AFI
- 6-10 -Joel Mitre (Redlands)5 6/6 Sacto-StFinals
- 6-10 -Matt Farmer (MonVist,SpVly)6 6/6 Sac-StFin
- 6-9 -Griff Joyce (DeLaSal,Conc)4/28 list
- 6-9 -Mike Paule (DelCampo,FrOks)1 5/29 SJFinl
- 6-8.25 -Doug Urry (Wilson,LgBch)1 4/30 dual meet

photo by Burt Davis



TOM PARKER (left) &amp; STEVE SLOCUM

## Pole Vault

- 17-5.5 -Brent Burns (Acal,Lafay)1 5/23 SRosa-NC2A
- 16-1 -Pat Alduenda (Ramona)4/23 dual meet
- 16-1 \*Matt Warwick (Hesperia)1 4/30 dual meet
- 16-0 -Steve Slocum (Foot,StAna)1 4/9 dual meet
- 16-0 -Rett Summerville (SanRam,Danv)2 4/18 SJ-In
- 16-0 \*Tom Parker (NtDam,ShOks)2/41 4/25 MtSac
- 15-7 \*R.W. Henson (NewHarb)1 4/23 dual
- 15-6 -Jay Rafail (Vista)1 5/15 San Diego-LgFinls
- 15-6 -Derek Oliver (Coalinga)1 5/1 Wasco-dual
- 15-6 -Jeff LaMonica (Poly,SunVly)3 6/6 Sac-StFin
- 15-5.75 -John Bruce (Atascad)1 4/4 KingCity-Invt
- 15-2 -Jeff McKee (Downey)1 4/6 Sacto-StateFin
- 15-2 \*Ed Quijada (RioVista)1 4/6 Sacto-StFin
- 15-0 -Sean Rapp (PatHnry,SD)5 4/18 SD-Invt
- 15-0 -Rick Gordon (RioVista)4/29 dual meet
- 15-0 \*Mike Guevara (ClovisW,Clovis)1 5/2 Visal-In
- 15-0 \*Howie Dooley (Anderson)5/12 list
- 15-0 \*Matt Lehman (SanDiego,Egncn)2 5/15 LgFin
- 15-0 -Frank Bray (VanNuys)1 5/24 Norwk-Invt
- 15-0 -Adam Stratton (Amador)2 5/29 Mod-SJsecFi
- 15-0 \*Tom Richards (SanMarc,SBBarb)6/5 StPrel

## Long Jump

- 25-5.5 -Percy Knox (AntelVly,Lanc)1 4/19 Lanc-dual
- 24-2.5 -McArthur Anderson (Bkrlid)1 4/25 Bak-Invt
- 24-2 -Alonzo Levingston (Sky,Oak)6/5 Sac-StPre
- 24-1 -Joel Smith (RanCor,Crdva)6/5 Sac-StPre
- 23-9.75 -Daren Zabel (Damien,Lavrn)5/2 Pom-LgPre
- 23-9.25 \*Billy Wright (Edis,Fresno)q 6/5 Sac-StPre
- 23-8.75 \*Frank Jones (Hoov,Fresno)q 6/5 Sac-StPre
- 23-6 -Stacy Gibson (Royal,Simi)q 6/5 Sacto-StPre
- 23-5.75 \*Charles Huff (LaJolla)q 6/5 Sacto-StPre
- 23-5 -Reggie Jackson (Rior,SF)3 4/11 Arcad-Invt
- 23-5 -Yki Vallery (Hawth)1 5/8 BevHls-LgFinls
- 23-5 -Stephone Gray (Hanford)1 5/15 Tul-CenArea
- 23-4.5 -John Ashworth (Poway)3 5/30 SD-SecFin
- 23-4 ? Scott (FeathRivPrep,Quincy)3/27 dual
- 23-3.25 ? Matt Malone (Mar,HuntBch)2 5/23 SS4AFI
- 23-2.5 \*Mitch Butler (Oakwd,NHlywd)1 5/23 SS1AF
- 23-1.5 ?Charlie Tyler (Edis,HuntBch)4 4/11 Arca-Invt
- 23-1 -Marc Chambers (Oxnard)2 3/7 Oxnard-Invt
- 23-0.75 -Tony Moseley (SantaAna)1 3/14 Pom-Invt
- 23-0.75 \*Diatori Gildersleeve (Grant,Sac)1 4/25 Chico

(Wind-aided)

- 26-0.5 -Percy Knox (AntelVly,Lanc)1 3/26 OH-dual
- 24-9.25 -Alonzo Levingston (Sky,Oak)2 6/13 Sac-GW
- 24-5.5 -Joel Smith (RnCor,Crdva)1 5/27 Mod-SecFi
- 24-2 \*\*Glen Reyes (OrngGin,Escon)1 3/20 dual
- 23-10.75 -Anthony Terrell (MissSJ,Fr)5/20 list
- 23-10 -Matt Farmer (MonVist,SpVly)1 5/30 SDSecFi
- 23-9 \*Tim Prince (Logan,UnCty)5/20 list
- 23-9 -Reggie Jackson (Rior,SF)1 5/29 SJ-CCSFin
- 23-8.75 -Alfonso Davis (Fairfld)2 5/23 Sac-SubSec3
- 23-8.5 -Maurice Brooks (Palmdale)2 5/8 QrtzHl-LgFi
- 23-8.5 \*Eric Thomas (Palmdale)3 5/8 QrtzHl-LgFin
- 23-8.5 \*LaMark Allen (Saugus)4 5/8 QrtzHl-LgFin
- 23-7.5 \*Charles Huff (LaJolla)2 5/30 SD-SecFin
- 23-6.5 \*\*Vince Whitley (W.Cov)1 5/23 Nor-SS2AFI
- 23-6.5 -Randy Starbird (Soquel)2 5/29 SJ-CCSecFi
- 23-6.25 -Albert Pride (Grant,Sac)2 5/27 Mod-SJSec
- 23-6.25 -DeWayne Quinn (Vand,TravAFB)3 5/27 SJSe
- 23-4.5 -Marc Chambers (Oxnard)1 3/28 SBBarb-Invt
- 23-4.25 -Lou Coons (Crawf,SD)4 5/30 SD-SecFin
- 23-3 -Jamie Calderon (Alisal,Salin)3 5/29 SJ-CCSfi
- 23-2 -Kirk Ayers (West,Anahm)1 5/4 Anahm-LgFin
- 23-1.5 \*Diatori Gildersleeve (Grant,Sac)5 5/27SJsec
- 23-1.25 -Tony Mosley (SantaAna)4 5/23 Nor-SS4A Fin

## Triple Jump

- 51-11 -Joel Smith (RanCor,Crdva)1 6/13 Sac-GWst
- 51-8.75 -McArthur Anderson (Bkrlid)1 5/8 Bkrlid-LgFin
- 50-3 -Alfonso Davis (Fairfld)q 6/5 Sac-StPrelims
- 49-10.5 -Reggie Jackson (Rior,SF)q 6/5 Sac-StPrel
- 49-7.25 \*\*Russell White (Crespi,Encino)2 6/6 Sac-StF
- 49-6 -Lawrence Miller (Palmdale)1 4/25 Bkld-Invt
- 49-4.5 -Anthony Terrell (MissSJ,Fr)2 4/18 SJ-Invt
- 49-4.5 \*Charles Huff (LaJolla)q 5/23 SD-SecSemFi
- 48-11.5 -Herman McCullough (Edg,W.Cov)2 4/25 MtSa
- 48-7.5 -Demetri Ghuys (Kingsburg)q 6/5 Sac-StPre
- 47-11.5 -Lou Coons (Crawf,SD)1 5/30 SD-SecFin
- 47-10.75 -Matt Farmer (MonVst,SpVly)1 5/15 Lak-LFI
- 47-10.5 \*\*Chris Perry (Muir,Pasa)5/23 Nor-SS4AFI
- 47-10.5 -Dan Bugay (Artesia)2 5/29 Nor-StQualMeet
- 47-7.75 \*Charles Rogers (BaldPrk)5/29 Nor-StQuMt
- 47-7.25 -Joe Frank (Over,SJ)1 4/18 Saratoga-Invt
- 47-7 -Walter Barney (Livermore)4/14 list
- 47-6 \*Diatori Gildersleeve (Grnt,Sac)5/1 Sac-Invt
- 47-5.5 -Chris Conrad (MatDel,StAna)1 5/23 SS2A Fi
- 47-4.25 -Dion Tolberl (Etiwanda)4 5/23 Nor-SS4AFin

(Wind-aided)

- 50-6.5 -Alfonso Davis (Fairfld)3 6/13 Sac-GolWest
- 49-8.5 -Anthony Terrell (MisSJ,Fr)1 4/4 UnCty-Invt
- 49-3.5 -Herman McCullough (Edg,W.Cov)1 4/4 Wal-In
- 49-1.5 \*Tim Prince (Logan,UnCty)2 4/4 UnCty-Invt
- 48-9.25 \*Diatori Gildersleeve (Gr,Sac)5/29 SacJsec
- 48-8.5 ? Scott (MesaVrd,CitHts)tr 5/27 Mod-SacJoa
- 48-6 -Damon Carson (SnDieg)1 4/18 SanDiego-Invt
- 48-5.25 \*\*Chris Perry (Muir,Pasa)1 5/23 Nor-SS4AFin
- 48-2.75 -Cedric Boyd (Stagg,Stock)3 4/18 SJ-Invt
- 48-0.5 -Michael Hatcher (StMar,Berk)1 5/15 Brk-LgFi
- 47-9.25 ? Berry (Centrl,Modesto)tr 5/27 Mod-Sect
- 47-7.5 -Joe Frank (Overfl,SJ)1 4/11 OakInd-Invt
- 47-6.25 \*Tim Young (Gahr,Cerr)2 5/23 Norik-SS4AFin

Fine Flicks by Don Gosney



From left: JOHN WIRTZ, DAVE BULTMAN, RICK COX



PERCY KNOX

## Shot Put

- 67-0 -David Bultman (Royal,Simi)1 6/6 Sac-StFin
- 63-0 \*Kaleaph Carter (Edis,HuntBch)2 6/6 StateF
- 62-6 -Sam Cavallaro (Log,UnCty)1 4/28 list
- 61-8.25 \*Rick Fuller (Arroy,ElMon)1 5/7 ElMon-LgFir
- 59-6 \*Jason Miller (ClovW,Clovis)q 6/5 Sac-StPre
- 58-10 -Doug Blanchard (Edis,HuntBch)2 5/8 HGlgF
- 58-2.25 -Rick Cox (SanRam,Danv)6 6/6 Sac-StFin
- 58-1.75 \*\*\*Bret Noon (FallBrk)q 6/5 Sac-StPrelims
- 57-7 -Alan Smith (Madera)1 5/2 Visalia-Invt
- 57-3.75 -Jason Wyatt (Dors,LA)1 5/22 VN-CitySemFi
- 57-3 -Steve Puryear (Crespi,Encino)1 5/8 LA-LgFi
- 57-3 -Kevin Marks (NevUn,GrVly)q 6/5 Sac-StPrel
- 57-1.5 -Rick Brown (MissVie)4 5/29 Nor-StQual
- 56-10.75 \*Larry Bryan (Damien,LaVq)5/7 Pom-LgPre
- 56-10.75 -Andy Maloata (Pion,SJ)1 5/22 SanMat-Reg2
- 56-9.5 \*Mike Stubblefield (So,Bkfld)1 3/4 Fres-Invt
- 56-8.75 \*Ro James (Enterprise,Redding)4/
- 56-8.5 -Junior Seau (Oceanside)2 5/30 SD-SecFin
- 56-8 -Alex Smith (Madera)
- 56-5 -John Wirtz (Leland,SJ)1 5/14 SJ-LgFinals
- 56-5 -Tony Scanlon (Burr,Ridge)5/16(Q)Qrt-SS4AF

## Discus Throw

- 196-10 -David Bultman (Roy,Simi)q 6/5 Sac-StPrel
- 189-10 -Mike Bain (CorDelMar)1 3/28 Tustin-Invt
- 187-3 -Rick Cox (SanRam,Danv)1 3/26 dual meet
- 183-5 \*John Wirtz (Lel,SJ)1 5/29 SJ-CenCstSecF
- 181-10 -Mike Tozzi (PasoRob)4/28 Lompoc-LgFin
- 178-11 -Alex Smith (Madera)1 5/21 Fres-CenSecFi
- 178-7 -Tony Scanlon (Burr,Ridge)3 5/29 Nor-StQual
- 176-6 \*Mike Stubblefield (So,Bkfld)1 4/4 Tul-Invt
- 175-10 -Nick White (Bell,SJ)2 5/29 SJ-SecFin
- 173-3 -Joe Glick (MtWhit,Vis)1 5/15 Tul-CenArea
- 173-2 \*Greg Winkler (StFran,MtnVw)q 6/5 Sac-StP
- 173-1 -Rick Brown (MissVie)1 5/8 Irvine-LgFin
- 172-4 ? Clements (Willows)4/
- 172-3 ?Wes Bogrstedt (Soquel)1 5/1 LosGatos-Invt
- 172-0 -Sean Ulom (Orange)1 4/2 dual meet
- 171-4 ?Bob Rawles (Palma,Salin)4 5/29 SJ-SecFi
- 171-4 -Robert Malsack (Escond)1 5/30 SD-SecFin
- 170-9 -Allen Smith (Madera)q 6/5 Sacto-StPrel
- 169-10 \*Damien Jenkins (Saugus)q 4/30 QrtzHl-LgF
- 169-9 -Dave Cvitanovic (Serra,SanMat)1 5/21 Reg



# Medical Notes for Runners

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

## Stress Fracture?



Newark, Delaware

Dear Dr. Subotnick,

I have had pain in the right heel for several months. The heel pain began upon resuming running after recovery from a stress fracture of the left foot, incurred in a November '86 marathon. The diagnosis was plantar fasciitis. I continued to run while taking anti-inflammatory medicine (Naprosyn, then later Indocine) and iced my foot for 20 minutes 3 times per day. The pain felt as if a nail was being hammered into my heel. The pain did not respond to the medication, and on a 3/6/87 run I felt a tearing sensation. The pain was now far worse than before and I discontinued running and began biking. My foot cramped when I tried to swim.

The heel was injected, but the pain upon running was even worse. Now I could not walk without pain. The tearing sensation was felt with each step. It felt as though the bottom inside of my heel was being ripped off, but the pain was not as severe as when I ran. There was no abatement of the pain during walking. It remained the same or worsened. The nail in heel and tearing sensations are both present.

X-rays and a bone scan were negative, but the diagnosis was a stress fracture of the heel. New orthotics were prescribed, and they reduced the pain when walking. I have not run in 6 weeks and only once (3 miles) in 2 months. I was running within 3½ weeks following the stress fracture of my left foot (metatarsal). I am still icing twice a day (following walking and biking).

I have been running for 11 years, and have worn orthotics for 9 years. Marathon was first in 8 years, but I have been running 70-plus miles per week for years and am now biking over 160 miles per week and walking 20 miles per week.

I read your book *Cures for Common Running Injuries* and was very impressed with your knowledge of the area. I ap-

preciate your time in reading this letter and hope that you can provide advice to me so that I can return to running.

### Chronology of Stress Fractures

11/2/86	Fractured left foot in Marine Corps Marathon and hurt arch of right foot.
11/19/86	Diagnosed as a stress fracture. Stopped running.
12/14/86	Returned to running after biking and swimming.
12/28/86	Back to 70 mile weeks but Plantar Fasciitis of right foot. Continued to run.
1/9/87	Began medicine for Plantar Fasciitis of right foot. Continued to run.
3/7/87	Began to bike. Heel killing me; feels like a nail driven through heel.
3/15/87	Tried 10 mile run. Still felt like nail but also felt like the inside of the heel was ripping.
3/29/87	Tried to run per Doctor's instructions. Big pain like 3/15.
4/20/87	Began to walk as well as bike.

### DR. SUBOTNICK'S RESPONSE:

*It sounds to me like you tore your plantar fascia in the right heel. Had you had a stress fracture, the bone scan would have*

*been positive. You describe a torn plantar fascia nonetheless. It may have started off as a adventitious bursitis or inflammation of the heel secondary to putting more pressure on the right heel following an injury to the left foot. In any event, since you have torn the plantar fascia, it will take some time for it to heal. I suggest that you see a good physical therapist and have physical therapy about three times a week with deep friction massage and, perhaps, electrogalvanic stimulation and ultrasound. Anti-inflammatory medications may be helpful, and you may need a couple more Cortisone injections. Once you start running, you should tape your foot to help support the arch. I suggest that you will probably run every second to third day initially since you will have some stiffness and discomfort after running. You can do whatever is comfortable and substitute aerobic activity, such as swimming, running in the swimming pool, or biking, which will be helpful. Eventually, you should heal without any trouble, but it may take quite a while up to six or eight months.*

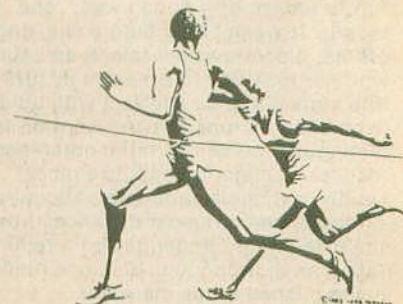
*Best of luck.*

*Very sincerely yours,*

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# CTRN Around the Bay

By MARK WINITZ

## Happy Birthday, Laurie!



That's right. Laurie is turning forty this month (on August 10th). You know which Laurie I mean: The holder of armfuls of American age group road records from the 5K to the marathon, four-time Bay to Breakers winner (1979, '80, '82, '83), running pioneer in an era when women runners finally started getting the attention they deserved. California born and raised. A quiet, private person that has been vocal, perhaps, more in her diligent and consistent performances over the years than in her actual words.

Laurie Binder is becoming a Master—in fact, will have done so by the time you read this. And that means “watch out.” You’ll more-than-likely see a lot of women’s master records fall in the ensuing months. This Oakland-Berkeley based woman is healthy again after several years of frustrating injuries. And she has a fresh outlook, a new coach, and an eagerness to try new ideas. You’ll be seeing a lot more of Laurie now that she’s hit that magical age group where a number of “soft” women’s records are likely to go plummeting.

Laurie entered the running scene relatively late as athletes go, but in ten years of competition she has made up a lot of lost time. A San Diego native and school girl, Binder graduated from UCLA in 1969 with a B.S. in nursing. After a three-year stint in the Peace Corps as a nurse in Kenya, she returned to California looking for a purpose and motivation to give up her smoking habit. She played a lot of beach volleyball. Then she began to run. Her first competitive race was in 1978—a half marathon in 1 hour 26 minutes. “I was really having too much fun to realize how good I was,” she recalls. It wasn’t long before she, and others, discovered her talent, as Laurie won her first Bay to Breakers in 1979. She signed a shoe contract with adidas (who she still runs for) and went on to distinguish herself with top-notch performances in major competitive races, locally, nationally, and internationally. Although she ran most distances from the mile on up, Binder gained a reputation as a strong long-distance runner distinguished in the marathon.

However, a multitude of foot problems

precipitated surgery on bunions, neuromas, and hammer toes in 1984. While that corrected her feet, Laurie feels that it changed her footstrike, the possible cause of her hamstring problems over the next several years.

Just this year, this tenacious woman has begun running well again. Working

*Fine Flicks by Don Gosney*



Laurie Binder

around her job as a nurse who assists in operating rooms 4 days a week, she upped her mileage and ran a slow, determined 2:48 at Houston-Tenneco last January to qualify for the Olympic Trials. She placed second at the Bonne Bell 10K in late March, providing the first true indication that she was on the comeback road. A win at the Modesto Half Marathon ensued the following weekend.

When I interviewed Laurie, she had just returned from running a 3000 on the

track at a NorCal Seniors meet in Berkeley. She was happy with a 9:48 in her first “3.” This was part of a new concentration, emphasizing shorter distance speed. She was pointing towards a 1500, 5000, and 10,000 in a Eugene meet in mid-August. A pretty ambitious combo. But, after all, it was to come only a few days after her 40th birthday, and Binder is eager and motivated. Here are the highlights of that interview.

**CTRN:** What are your immediate goals as a Master runner now that you’re turning forty?

**Binder:** My first desire is to stay healthy. The last two and a half years of nagging injuries have really put me out. Secondly, I’d like to go after Master’s records in almost every event that I can. I know the Masters have some fairly soft records. And without a challenge it’s no fun. So, I still plan to be very competitive in the open division.

Right now I’m focusing on the track and the Eugene meet. After that I’ll go into marathon training. But I’ll still keep the emphasis on speed. That’s what I need right now. A good 5K and 10K will transfer right over to good performances in the longer distances. I’d like to break the Master’s record (2:39) at the Twin Cities Marathon in October. I’ll very definitely run the Olympic Marathon Trials, although at this point, the chances of my making the team are slim.

**CTRN:** How did you get started in running?

**Binder:** I’ve always been an athletic person. But in the Peace Corps, I picked up the smoking habit. I wasn’t proud of it. When I was 28, I quit smoking and started running. At that time women like Gayle Barron and Jacqueline Hansen were starting to shine. They were the people in my age group who really motivated me.

When I first started running, I was naive. And I was enjoying it so much that I didn’t realize that I was good. My first race was a half marathon in about 1:26:00. My first 10K was 37 minutes. I had no idea that those times were good for a beginner. Mostly, I got my coaching



## □ Around the Bay

through reading running magazines. I also learned a lot by running with people from the San Diego Track Club. I was pretty much self-coached until I moved to the Bay Area in 1981. In 1982, Jim van Dine started helping me. I really did my best running under his guidance until my feet gave out. More recently, I started running with Jamie Maslach (who now coaches the Impala team—ed.) and he's given me a lot of excellent assistance. His own running goals are very close to mine, and he knows a heck of a lot about the road running scene.

**CTRN:** Did you have a role model in your early running years?

**Binder:** Yes! Judy Leydig. In 1979, I ran my first marathon, The Avenue of the Giants. Judy won it. I saw her coming in the opposite direction—she was way ahead of me— and she was having such a good time. She was smiling and waving, and running so easily. At the same time I was thinking "if I can just finish this I'll be lucky." Judy was my first early inspiration. I already mentioned Gayle Barron. Later, in the elite ranks, Lorraine Moller, Joan Benoit, and Patti Lyons (Catalano) were the people who I was really excited about and always followed after.

**CTRN:** What do think is your best racing distance, Laurie?

**Binder:** Good question! I used to answer that question quite easily with the marathon. But since I haven't run a quality marathon for a while, now I don't know. I tend to think that the longer distances are to my advantage. But I'd like to see that picture change. As I mentioned, I'm starting to work hard at the shorter stuff.

For a long time I've had a goal of running a sub-2:30 marathon. There were times when physically I felt I was ready to make that breakthrough. However, looking back, I've always put too much pressure on myself in achieving that goal.

I've learned since that good things can happen when you least expect it. For instance, today I went out on the track and ran a 3000. I had no idea what it would be like. Yet, I ran well and really had a good time. There was no pressure. I wish I could do that all the time. But that's the mystery of running personal bests.

**CTRN:** What advice would you give to younger women runners who really want to improve?

**Binder:** The most important thing is to make it fun. Enjoying what you do is the best motivation. I've seen too many talented women get burned out on competition in their college years. What they need to see is that there doesn't need to be that much pressure. The coaches can do a lot to improve things in this area.

Luckily, I never ran in high school or college, so I didn't have to go through that competitive scholastic cycle. I began running for enjoyment.

**CTRN:** You've been involved in the women's running movement for a good number of years now. What do you see as the major challenges facing women runners today?

**Binder:** I think with so many races in the States, American women tend to over-race and over-train. For that reason, we really haven't shown what we can do. I see young women—like Leslie and Lisa Welch, for example—who have a lot of talent. I'd like to see them run smart.

Women have come a long way in running since the early 80's. Of course, I was a part of the equal rights for women in the early days of the ARRA. Lorraine Moller and I struggled very hard to equalize prize money for women. And we did equalize it. Sure, the men sometimes go deeper (number of places) in the money. But I understand that. There are more men running in the races.

So, three or four years ago, I would have answered your question by saying "equal prize money." Now, I think the big problem is female burnout. Another issue is not being able to share ideas between ourselves. Some female athletes who have a lot of talent become

very isolated. They'll have their personal team of coach, psychologist, and masseuse. They'll all work together, but they won't share their ideas with other women. American women just aren't sharing what they've learned. There's no common ground. There's too many camps.

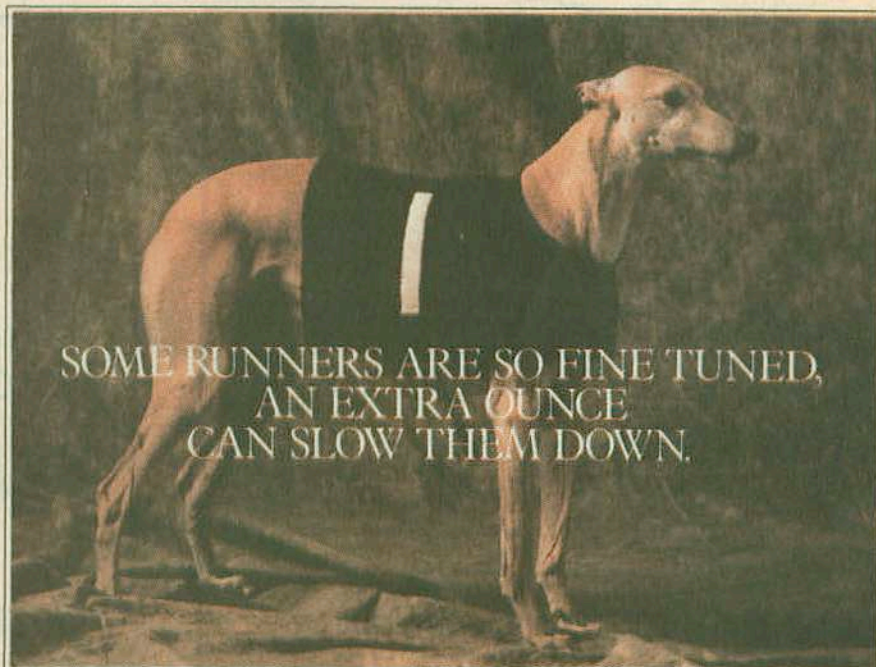
**CTRN:** Do you have any ideas for remedying that situation?

**Binder:** There are a few of us—especially a small local group of women that I train with—who are beginning to break these barriers. When we get on the line, we compete against each other. But when we train, we train together. That's more in the camp of what men are doing; and they have always done that. Why can't women do the same?

Whenever Lorraine Moller is in town we get together for a run. We've exchanged a lot of ideas about training and running in general. I'd like to see more women do the same.

The Bay Area is a wonderful outlet for running resources. We have the knowledge, the coaches, the medical expertise, and the runners. Why isolate ourselves? The sharing is starting to happen here. I'd like to see it happen all over the country.

*continued on next page...*



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## □ Around the Bay

**CTRN:** What's a typical training week like for you these days?

**Binder:** I'm concentrating on marathon training while looking at a reduced mileage, quality period in August when I run the track races. Generally, I'll do a track workout on Tuesday, tempo run of about ten miles at about six or sub-six pace of Thursdays. I'm trying to trade off weekends where I'll do a long run with weekends where I'll do a quality race or speed workout. Those are my three quality days. The other four days I'll just run and swim. I don't swim hard. Backstroke and sidestroke and stretchout swimming letting the water massage the legs.

**CTRN:** Any special nutritional regime?

**Binder:** I'd like to go by a little better diet than I'm eating now. I'd like to lose about five pounds before Eugene. It gets tougher when you get older. On working days I have to get up pretty early and often miss breakfast. You can't take a breakfast break when you're in the operating room. When I do eat breakfast, I'm trying to get away from just toast with jam. Cereal with fruit on it is better.

I eat a lot of vegetables and salads,

fish and poultry. Every so often, I'll go for a hamburger, but I don't eat a lot of red meat.

**CTRN:** Do you think an experienced runner can keep on improving right into and through their forties?

**Binder:** Yes, as long as they stay healthy. And they can't train like they used to. You need more time to recover from hard efforts. I've also noticed that my flexibility isn't what it used to be. That's why I'm swimming.

I believe that I'll run a better marathon as a Master than I have in the last three years. This time around (since the injuries) it's real different. When I feel pain, I back off. I might even look into taking one day off a week. I'm open to doing a little experimenting.

**CTRN:** We're looking forward to some new exciting performances from Laurie Binder. Looking back a bit, which of your many races really stand out in your mind?

**Binder:** Of course, winning Bay to Breakers all those times was very exciting. I got a lot of attention. People finally got to know who I was. Aside from Bay to Breakers—which is a great race but not really super competitive—a lot of the marathons have been exciting. The Nike OTC Marathon in 1982 when I ran 2:33:50 and the 1983 Houston where I

ran 2:33:34 stand out. Both times I was second. At Houston Ingrid Kristiansen beat me by only six or seven seconds. But she was a different runner back then. That was exciting. Now I'd be more than six minutes behind.

I ran the '82 Boston Marathon, the Rosie Ruiz race. You remember, that Jacqueline Gareau won. Well, they told me I was fifth. I took one look at that woman (Ruiz) and told them that I was fourth. She had cottage cheese thighs. There was no way.

New York is wonderfully exciting, although I was really only pleased with one of my four performances there (2:35). It has an incredible change of scenery, neighborhood, and potholes.

**CTRN:** You've run twenty-five or so marathons, right? How would you rate the Boston course?

**Binder:** I think about the third or fourth time that I ran Boston I finally got the hang of how to run it. It's a real surprise for people who don't know the course. The initial downhill really make it easy to go out too fast. Those downhills, and the hills around twenty miles, always made it devastating for me. My best time there (2:37) isn't very outstanding. But Boston has that flavor of tradition that makes it an incredible race. Still I think the OTC (Oregon Track Club—ed.)

MARK WINITZ'S

## RUN & CAL

RUNNING CALIFORNIA NEWSLETTER

LOS ALTOS, CALIFORNIA



Winitz is a columnist and feature writer for California Track and Running News and has been the Bay Area Editor for Running Scene Magazine.

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## □ Around the Bay

course in Eugene is my favorite. I hated to see that marathon go.

**CTRN:** How would you compare the running pastures of California to, say, Boston or Eugene?

**Binder:** I love California. I don't think I could handle the weather in Eugene. I like the sun. I'm a California girl. There's the inspiration and altitude you find at Boulder...the two places offer a collective population of wonderful runners. But they're all isolated from one another in their various camps. I'll still take California. I like the community of runners here.

**CTRN:** Will you always be a competitive runner or do you think that your approach will be more casual in years to come?

**Binder:** Mark, I came in with the first big women's movement in running. I feel like I did a lot to foster that movement. Now, I'm going to be the start of a string of Master women who come along behind me doing the same thing. When I turn forty—and then the women following me like Lorraine and Grete—the focus will be on Masters.

To answer your question, yes, my goals will always be there as long as I'm healthy. I'll always be a competitor as long as I'm walking.

**CTRN:** This is one of the regular questions that I always ask in interviews. What's the best thing that running has done for you?

**Binder:** Number one, it's allowed me to meet so many people. The traveling has been wonderful. Learning about different cultures—Japan, England, Australia. Being treated special because I'm an athlete is kind of neat, too.

**CTRN:** Last question. You've obviously accumulated a lot of valuable experiences as an elite runner. What would you like people to remember about Laurie Binder in contributing to our sport?

**Binder:** More than anything, I think I helped bring awareness to women's running in the late 70's and early 80's. Even though that was relatively late in time to start paying attention to women, I think I contributed a lot. Looking back, I think the Rosie Ruiz issue at Boston really brought home the point that we had to start paying attention to the women racers. And most of the time television coverage closed with the first women crossing—that was it. I was pretty vocal about that.

Also, I've always been a representative for West Coast women at national races. I helped spread the awareness wherever I was invited. At that time there were really very few elite women runners in the picture who really wanted to voice their opinions. It was like suffrage. Ridiculous in the 80's, right?

**CTRN:** Right. Thanks so much, Laurie, for the efforts in the hard times. And Happy Birthday!



## LAURIE BINDER Training Week, July 12-18

Laurie emphasized quality training during this week. Here's what it looked like:

**SUNDAY:** AM—12 miles. Tempo run with Jamie Maslach and Patti Gray on soft trails.

PM—4 miles easy.

**MONDAY:** AM—4 miles. Wake-up shuffle run before work.

PM—8-9 miles fairly easy.

**TUESDAY:** AM—4 miles easy.

PM—Track workout. 3-4 miles warmup followed by 6x110 yard strides. Then 8x880 in 2:37 to 2:39 with 220 yard recoveries. 4x330 untimed (coasting out and sprinting last 100 yards) with 110 yard recoveries. Warmdown.

**WEDNESDAY:** AM—4 miles easy.

PM—1 mile easy swim followed by 6-7 moderate miles.

**THURSDAY:** AM—8 plus miles Fartlek-type workout on rolling trails. Pushed uphill. Sub-6 minute base pace.

PM—1/4 mile easy swim plus 5 miles easy in the hills.

**FRIDAY:** AM—4 miles easy.

PM—9 miles trails easy.

**SATURDAY:** AM—3,000 meter time trial/race on track plus warmup/warmdown.

PM—8 miles easy.

**TOTAL:** about 90 miles

*Mark Winitz is a competitive runner and running journalist who resides in Los Altos, California. He is Bay Area Editor for California Track & Running News and publishes the RunCal Newsletter on California running. Please direct any correspondence on S.F. Bay Area running or runners for this column to Mark Winitz, 85 Main Street, Los Altos, CA 94022 or telephone (415) 948-0618.*

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...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

Date of Event \_\_\_\_\_ Location of Event \_\_\_\_\_

Name of Event \_\_\_\_\_

Type of Event: long distance run track meet cross country other \_\_\_\_\_

Starting Time \_\_\_\_\_ Distance if a running event \_\_\_\_\_

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## Track & Field

### TAC/PACIFIC Track & Field Championships

#### May 23, Los Gatos.

##### Open Men's Results

**4x100 Relay:** 1. St. George's TC 44.81, 2. US Navy 45.6, 3. US Navy No. 2, 45.61.

**100m:** 1. Garret Moore 10.75, 2. Chester Hines 10.77, 3. James Smith 10.95, 4. Howard Galloway 10.96, 5. Robin Smith 11.18.

**200m:** 1. Willie Caldwell 21.85, 2. Calvin Brooks 21.95, 3. James Smith 21.93, 4. Mark Kibort 21.96, 5. H. Galloway 22.21.

**400m:** 1. Thomas Johnson 46.83, 2. Willie Caldwell 46.97, 3. Tim Morris 47.74, 4. Timmons 48.04, 5. Gary Wallace 49.04.

**800m:** 1. Rod Green 1:48.4, 2. Atkinson 1:48.9, 3. Pat Maines 1:52.6, 4. Tim Morris 1:54.8, 5. Neil Fitzgerald 1:55.2.

**1500m:** 1. Brian Pettingill 3:44.9, 2. Larry Guinea 3:47.3, 3. Bob Rivera 3:49.3, 4. Ron Maoz 3:49.8, 5. Leonard Sperandeo 3:50.9.

**5000m:** 1. Jeff Kirk, 2. Carmelo Rios, 3. John Stokka, 4. Del McCormick, 5. Joe Rubio.

**110m Hurdles:** 1. Mike Benjamin 14.01, 2. Theron Brown 14.08, 3. Henry Andrade 14.40, 4. Rich Holmes 15.06, 5. Tim O'Neal 15.40.

**400m Hurdles:** 1. Theron Brown 51.07, 2. Forika McDougald 51.41, 3. Leon Kenon 54.61.

**Junior Hammer:** 1. David Lambert 39.83, 2. Mike Comer 38.10, 3. Brian Maloney 32.02.

**Open Hammer:** 1. Doug Gillard 222.6, 2. Matt Mileham 219.11, 3. Jan Desoto 211.1, 4. Fred Schumacher 206.11, 5. Mike Ostrom 191.0.

**Long Jump:** 1. Mike McRae 26-7/4, 2. Thomas Weatherspoon 24-6/5, 3. Curtis Miles 23-6, 4. Eric Wright 23-3/4.

**Triple Jump:** 1. Roger Bennet 50-1/4, 2. Curtis Miles 45-2, 3. Rudy Huber 43-10/4, 4. Jim Singleton 43-5.

**High Jump:** 1. Joe Radan 7-2, 2. Clyde Harp 7-10, 3. Ruben Wallace 7-0, 4. Ernest Patterson 6-10, 5. Darin Carter 6-9.

**Shot Put:** 1. Brian Oldfield 19.24, 2. R. Suelflohn 19.18, 3. Ben Plucknett 18.68, 4. Ron McKee 18.46, 5. Dan Lang 15.68.

**Discus:** 1. Paul Bender 56.60, 2. Horace Pendergrass 48.60, 3. John Garvey 46.06, 4. Dan Lang 43.84.

**Pole Vault:** 1. Bob Olsen 16-6, 2. Dan Besmer 16-0, 3. Doug Porter 15-6, 4. Doug Bockmiller 15-6, 5. Joe Sandrini 15-0.

**Javelin:** 1. Robert Kotmel 68.20, 2. Ralph Howe 64.04, 3. Franchesco Mari 60.42, 4. Ernie Fardeia 56.90, 5. Ed Schillo 55.36.

##### Open Women's Results

**100m:** 1. Kim Parish 12.28, 2. Deanne Hooper 13.94, 3. C. Feremian 14.77.

**200m:** 1. Sharyn Pfister 26.43, 2. Karen Locke 26.70, 3. Lisa Jack 28.69.

**400m:** 1. Helga Halldorsdottir 55.05, 2. Joy Upshaw 58.74, 3. Tonya Ross 59.00.

**800m:** 1. Karen Dowell 2:12.3, 2. Heather Sullivan 2:15.1, 3. Tressie Gibbs 2:14.7.

**1500m:** 1. Lori Bearson 4:30.9, 2. Heather Sullivan 4:46.2, 3. Monica Daley 4:47.6.

**5000m:** 1. Robyn Root 16:29.9, 2. Patricia Grey 17:23.8, 3. Susie Hansen 17:47.7.

**100m Hurdles:** 1. Sharyn Pfister 15.32, 2. Vivie Britton 15.41, 3. Ann Reed 17.11.

**400m Hurdles:** 1. Sharon Collins 1:10.50, 2. Kim Hines 1:05.98.

**Shot Put:** 1. Carol Cady 65.7.

**Long Jump:** 1. Sybil Rouse 17-9/4, 2. Dana Murray 15-1, 3. Denette Hooper 14-6/4.

**High Jump:** 1. Ann Reed 5-6.

**Discus:** 1. Lacy Barnes 57.60, 2. Pia Jacore 54.00, 3. Diane Jones 47.94.

**Javelin:** 1. Sharyl Giesert 46.46.

##### Masters Men's Results

**4x100m Relay:** (30) 1. TC San Francisco 46.52, 2. TC St. Georges, N.T.

**4x400m Relay:** (30) 1. TC St. Georges 3:58.5.

**80m Hurdles:** (70) 1. Ham Morningstar DNF, 2. Lester Liebenberg DNF.

**100m Hurdles:** (60) 1. Bob Higginbotham 17.83.

**110m Hurdles:** (30) 1. Gary Schmidt 17.69, 2. Andrew Hecker 18.87, (35) 1. Ed Baskauskas 16.88, 2. Frank Roublick 16.89.

**110m Hurdles:** (40) 1. James Hollister 16.55, 2. Bill Beagoe DNF, (50) 1. Steve Richmond 20.89, 2. Mal Andrews 18.70.

**100m:** (30) 1. Lee Larkins 11.54, 2. Maurice Glass 11.75, 3. Greg Bingham 11.99, 4. Ken Cook 12.09, 5. Rick Thomas 12.51, (30) 1. Gary Schmidt 12.86, 2. Steve Kemp, DNF, (35) 1. Glen Johnson 11.37, 2. Larry Lettieri 11.82, 3. Ray Yeck 12.01, 4. Earl Bryant 12.25, 5. Rich Ying 12.52, (40) 1. James Hollister 12.06, 2. Sammie Robinson 12.18, 3. Jim Pasquali 12.78, 4. Roland Davenport 13.39, 5. Larry Heller 13.40, (45) 1. Martyn Adamson 11.65, 2. Gilbert Latorre 12.04, 3. Al Biancani 12.55, 4. Ross Irving 12.90, (50) 1. Bruce Springbett 12.10, 2. Mal Andrews 12.97, 3. Norman MacLeod 13.02, 4. Marvin Smoller 13.41, 5. Ben Rivera 13.53, (55) 1. Donald Benton 12.67, 2. Vern Regier 13.12, 3. Huel Washington 13.32, 4. Bernie Stevens 13.43, 5. Alex Pappas 13.44, (60) 1. Carl Orndoff 13.69, 2. Higginbotham 13.93, 3. Jim Johnson 15.03, 4. Rich Hansen 16.38, (70) 1. Payton Jordan 13.53, 2. Harry Koppel 14.73, 3. John Satti 15.61.

**200m:** (30) 1. Greg Canfield 22.77, 2. Lee Larkins 23.56, 3. Greg Bingham 23.77, 4. Ken Cook 24.11, 5. Rick Thomas 24.82, (35) 1. Glen Johnson 22.85, 2. Ray Yeck 24.06, 3. Ernest Fuller 24.90, 4. Earl Bryant 25.00, 5. James Armstrong 25.57, (40) 1. Matt Pruitt 23.10, 2. Sam Robinson 24.69, 3. Russ Rutledge 25.01, 4. Jim Pasquali 26.24, 5. French 26.46, (45) 1. Martyn Adamson 23.47, 2. Bill Knocke 24.10, 3. Ross Irving 25.79, 4. Phil Agostini 26.84, 5. Gerry Varty 27.27, (50) 1. Bruce Springbett 25.15, 2. Marvin Smoller 27.78, (55) 1. Don Benton 25.83, 2. Huel Washington 26.88, 3. Bernie Stevens 27.03, 4. Alex Pappas 27.60, 3. Vern Regier 27.73, 4. Enver Mamen-Basich 29.45, (65) 1. Clarence Killion 29.21, (70) 1. Payton Jordan 27.53, 2. Harry Koppel 30.45.

**400m:** (30) 1. Glenn Carpenter 53.63, 2. Daniel Martinez 55.53, 3. Richard Ulrich 55.71, 4. Doug Riggie 57.0, 5. Ken Cook 59.3, (35) 1. Stan Harrison 50.54, 2. Jerry Williams 53.73, 3. Raymond Yeck 54.11, 4. Reggie Davis 55.57, 5. Max Naegle 56.41.

**(40)** 1. Mathew Pruitt 52.18, 2. Denis Duffy 53.47, 3. Russ Rutledge 55.71, 4. Allen French 59.67, (45) 1. Ted Cain 54.69, 2. Ben Miller 56.67, 3. Ross Irving 60.93, (50) 1. Bill Green Jr. 57.10, (55) 1. Ken Napier 58.84, 2. Donald Benton 59.17, 3. Alex Pappas 64.08, 4. Enver Mehmedbasich 65.64, (60) 1. Gilbert Duran 1:16.66, 2. Richard Hansen 1:31.09, (65) 1. Dave Burg 1:31.7, (70) 1. Jerome Lopes 1:17.43, 2. Lester Liebenberg 1:31.16, (85) 1. Doctor Spangler 2:09.97.

**800m:** (30) 1. Juan Garcia 2:00.2, 2. Jim Bordini 2:01.9, 3. Ray Leslie 2:02.0, 4. Leon Lyman 2:02.2, 5. Daniel Martinez 2:07.9, (35) 1. Dennis Schultz 1:58.6, 2. Danny Moon 2:03.5, 3. Sylvester Jones 2:05.3, 4. Jo Montoya 2:06.2, 5. Max Naegle 2:06.5, (35) 1. Bill McCarthy 2:11.3, 2. Jerry Williams 2:12.5, 3. William Johnston 2:21.3, (40) 1. Searcy Barnett 2:01.5, 2. Dennis Tracy 2:02.4, 3. Dennis Duffy 2:05.8, 4. Mike Phillips 2:08.2, 5. George Black 2:12.0, (45) 1. Ben Miller 2:11.1, 2. Phil Agostini 2:15.7, (50) 1. Pete Richardson 2:11.8, 2. Dave Bauer 2:25.3, (55) 1. Den Napier 2:14.2, (60) 1. Joe King 2:30.5, 2. Marcel Diraison 2:56.1, 3. Gilbert Duran 2:59.6, (65) 1. Don Wilgus 3:04.0, 2. Dave Berg 3:14.0, (75) 1. Joseph Goodman 3:39.5, (85) 1. Dr. Spangler 4:25.5.

**1500m:** (30) 1. Richard Goul 4:07.7, 2. Juan Garcia 4:09.3, 3. Steve Petto 4:16.7, 4. Stan Hockerson 4:19.2, 5. Ray Leslie 4:23.8, (35) 1. Peanut Harmes 4:02.4, 2. John Volkert 4:46.1, (40) 1. Harvey Franklin 4:11.2, 2. Dennis Tracy 4:11.4, 3. Jim Hampton 4:12.2, 4. Searcy Barnett 4:21.4, 5. Daryl Zapata 4:28.2, (45) 1. John Semler 4:44.4, (50) 1. Glyn Wood 4:37.2, 2. Jerry Lewis 4:43.5, 3. Richard Rodriguez 4:52.6, 4. Ed Mooney 4:39.8, 5. Harvey Collins 6:36.7, (55) 1. John Gregson 5:33.6, 2. Eddie Singleton 5:58.3, (60) 1. Joe King 4:59.1, 2. Don Cotner 5:56.5, 3. Marcel D'Iraison 6:02.6, 4. Gil Duran 6:10.2, 5. Alden Bryant 6:50.1, (65) 1. Don Wilgus 6:19.0, (70) 1. Bill Van Fleet 6:13.8, (85) 1. Dr. Spangler 8:44.2.

**5000m:** (30) 1. Allen Neel 15:49.2, 2. Don Jedlovac 16:28.3, 3. Greg Hodson 16:53.2, (35) 1. Nick Yray 15:44.1, 2. Curt Duff 15:57.6, (40) 1. Gary Goettelman 16:01.2, 2. Bill Clark 16:03.7, 3. David Taylor 16:35.7, 4. Frank Krebs 16:48.2, 5. Malcolm Scotchier 18:15.6, (45) 1. Richard Whitewater 16:52.8, (50) 1. Bernie Hollander 19:46.2, 2. Richard Rodriguez 19:56.2, (55) 1. John Gregson 22:42.73, (70) 1. Bill Van Fleet 24:02.0, 2. Lester Liebenberg 25:55.6, (75) 1. Joseph Goodman 26:47.5, (85) 1. Dr. Spangler 30:24.6.

**10K:** Open 1. Steve Lopez 31:52.1, (30) 1. Phil Behrends 35:20.6, 2. Jim Scileny 58:24.7, (35) 1. Charles Thompson 31:59.9, (40) 1. Gary Chamberlin 36:20.1.

**330 Hurdles:** (65) 1. Walter Dahlin 59.9, (70) 1. Lester Liebenberg 69.9.

**400m Hurdles:** (30) 1. John Kirkpatrick 58.71, 2. Andrew Hecker 62.38, (35) 1. Bill Phillips 66.83, (45) 1. Ted Cain 58.51, 2. Bill Knocke 58.55, 3. Phil Agostini 70.24, (50) 1. Ono Legend 74.18.

**5000 Race Walk:** Open 1. Robert Edwards 27:18.3, 2. Anthony Monroe 28:10.6.

(30) 1. Jim Scileny 34:42.3, (35) 1. Wally Brooks 38:40.2, (50) 1. Jack Bray DNF, (60) 1. Frank Kelly 33:50.4.

**Javelin:** (30) 1. Gary Schmitt 49.02, 2. Jim Scileny 34.48, (35) 1. Drew Stevick 55.48, 2. Mike Holzgang 36.92, (65) 1. Bob Stone 29.22.

**Shot Put:** (30) 1. R. Gorbet 15.53, 2. Gary Schmidt 12.10, 3. Jim Scileny 7.40, (35) 1. Jack Righini 11.61, 2. Gary Keimenson 11.51, 3. Michael Holzgang 10.96, (45) 1. Michael Parker 12.06, 2. Albert Ferreira 9.70, (50) 1. James Hart 13.94, (55) 1. Jack Morrill 7.24, (60) 1. Jerry Silsdorf 9.37, (65) 1. Quinto Merlo 10.64, 2. Robert Stone 10.34, 3. Seymour Lampert 10.01, 4. Hy Booth 9.10, (70) 1. James York 10.34, (80) 1. Homer Van Gelder 5.84.

**Hammer:** (30) 1. Mat Mileham 67.04, (35) 1. Gary Klemson 43.94, (45) 1. Ed Burke 54.86, 2. Joe Orsini 31.04, (50) 1. Jim Hart 40.28, 2. Gary Dawson 35.44, 3. Jack Morrill 29.20, (65) 1. Robert Stone 31.94, 2. Seymour Lampert 28.30, (70) 1. Robert Ush 24.82, 2. James York 17.26.

**Long Jump:** (30) 1. Ron Shields 19-4/4, 2. Gary Schmidt 18-2/4, 3. Andrew Hecker 18-1, (35) 1. Oliver Murphy 17-8/4, 2. Frank Quinlan 17-0/4, (40) 1. Lester Bond 19-9/4, 2. James Hollister 18-9/4, (45) 1. Darrell Horn 19-11/4, 2. Donald Dvorak 18-1, 3. Bill Benson 17-8, 4. Jack Karbens 15-11, (50) 1. Rick Schmidt 18-7, 2. Phil Presber 18-2/4, 3. Norman McLeod 16-10, 4. Ono Legend 16-10, 5. Steve Richmond 15-6, (55) 1. Al Brenda 14-11, (60) 1. Jim Johnson 14-4, 2. Bob Higginbotham 14-2, (70) 1. John Satti 12-6/4, 2. Lester Liebenberg 10-4/4, (75) 1. Les Holmquist 9-5/4, (80) 1. Homer Van Gelder 7-9/4.

**Triple Jump:** (30) 1. Ricardo Quinlan 37-11/4, 2. Andrew Hecker 37-6/4, 3. Gary Schmidt 37-0/4, (40) 1. James Hollister 36-8, (45) 1. Donald Dvorak 34-2, 2. Jack Karbens 30-0/4, (50) 1. Ono Legend 33-8, (55) 1. Al Brenda 32-0/4, (60) 1. Jim Johnson 28-4, (70) 1. John Satti 24-0, 2. Lester Liebenberg 24-2.

**Pole Vault:** (30) 1. Craig Boyak 15-0, 2. Soohoo Wilson 14-6, 3. Thomas Wilson 13-6, (35) 1. Steve Harrison 16-6, 2. Jim Williams 14-0, 3. Edward Seese 12-6, 4. Rich Ying 11-6, (40) 1. Rich Stepp 11-6, (55) 1. Al Brenda 9-0, (60) 1. Jim Johnson 8-6, (65) 1. Walter Dahlin 7-9.

**High Jump:** (30) 1. Ron Shields 6-0/4, (45) 1. Donald Dvorak 5-4, 2. Bill Benson 5-2, (50) 1. Donald Rose 5-4, 2. Steve Richmond 4-8, 3. Dave Bauer 4-8, (55) 1. Herm Wyatt 5-10/4, (60) 1. Joe King 4-10, 2. Jim Johnson 3-10, 3. Jerry Silsdorf 3-6, (65) 1. Walter Dahlin 4-6, (70) 1. Lester Liebenberg 3-8, (75) 1. Les Holmquist 3-4.

**Discus:** (Open) 1. Paul Bender 57.18, 2. Paul Blissady 53.54, 3. John Garvey 46.78, 4. Don Lang 43.60, (30) 1. R. Gorbet 39.74, 2. Gary Schmidt 37.10, 3. Jim Scileny 24.92, (35) 1. John Powell 61.72, 2. Gary Keimenson 32.62, 3. Michael Holzgang 29.66, (45) 1. Ron Michael 44.60, 2. Michael Parker 32.36, 3. Jack Karbens 29.94, (50) 1. James Hart 44.12, 2. Gary Dawson 28.90, (60) 1. Joe King 26.36, 2. Jerry Silsdorf 25.06, (65) 1. Robert Stone 38.84, 2. Hy Booth 38.52, 3. Quinto Merlo 36.18, 4. Sey Lampert 31.58, (70) 1. Jim York 30.86, 2. Lester Liebenberg 24.62, (80) 1. Homer Van Gelder 11.76.

continued on next page...



Millett  
Id, CA) 10:34.87, 9:53.49, 2. Lisa



# Results

## NCAA Division I Championships

June 5-6: Baton Rouge, LA.

### Men

100—1. Stewart (TCU), 10.14; 2. McRae (Pittsburgh), 10.21; 3. Marsh (UCLA), 10.28; 4. Heard (Texas A&M), 10.31; 5. Edet (Missouri), 10.32; 6. Sholars (TCU), 10.35; 7. Leach (Texas), 10.37; 8. Walker (Georgia), 10.43; 9. Morales (USC), 10.44.

400—1. Reynolds (Ohio St.), 44.12 (meet record, old mark, 44.30); 2. Gabriel Tlach (Washington St.), 1986; 3. Everett (UCLA), 44.47; 4. Haley (Arkansas), 44.82; 5. Robinson (SMU), 45.20; 6. Valmon (Seton Hall), 45.35; 7. Ugbisi (Texas Southern), 45.43; 8. tie between Simon (Illinois) and Allen (TCU), 46.17.

1,500—1. Bile (George Mason), 3:35.79; 2. Marsala (Indiana), 3:38.43; 3. Herrington (Clemson), 3:38.57; 4. O'Neill (Villanova), 3:38.86; 5. O'Reilly (Villanova), 3:38.93; 6. Bailey (Penn St.), 3:38.99; 7. Cobb (Virginia Tech), 3:39.35; 8. Stirling (Washington), 3:39.89; 9. Deady (Indiana), 3:40.27; 10. Verster (Nebraska), 3:40.79; 11. Simpson (Michigan St.), 3:42.37; 12. Drosky (Georgia Tech), 3:48.87.

5,000—1. Crowe (Boston U.), 13:43.40; 2. Nakkim (Boston U.), 13:44.47; 3. Harris (Navy), 13:45.75; 4. Whitey (Brown), 13:46.65; 5. Korir (Iowa St.), 13:52.42; 6. Jaeger (Auburn), 13:59.4; 7. Farmer (North Carolina), 14:00.80; 8. Wynn (Iowa St.), 14:03.39; 9. Mangan (New Mexico), 14:06.8; 10. Kuphaldt (Oregon), 14:08.45; 11. Fry (Wisconsin), 14:31.39; 12. Falcon (Arkansas), 14:57.49.

110HM—1. Reid (LSU), 13.51; 2. Blake (Florida St.), 13.59; 3. Purvis (Georgia Tech), 13.60; 4. Parker (Arizona St.), 13.61; 5. Talley (Alabama), 13.70; 6. Skinner (Maryland), 13.74; 7. Kerho (UCLA), 13.77; 8. Jett (California), 13.89; 9. Wilcher (Michigan), 14.07.

1,600 RELAY—1. UCLA (Washington, K. Young, Thomas, Everett), 3:00.55 (collegiate and meet record, old collegiate mark, 3:00.78, Southern Illinois, 1984; old meet mark, 3:00.84, Baylor, 1985); 2. SMU, 3:00.81; 3. Baylor, 3:00.83; 4. Arkansas, 3:02.45; 5. Rice, 3:03.04; 6. Texas Southern, 3:03.12; 7. Texas, 3:04.45; 8. Illinois, 3:04.66; 9. Ohio St., 3:06.91.

100 METERS

### DISCUS

#### Final

1. Felkins (Abilene Christian), 200-1; 2. Muse (Boise St.), 198-2; 3. Washington (Syracuse), 197-4; 4. Banich (UCLA), 196-7; 5. Quinn (Tennessee), 195-10; 6. Bogason (Alabama), 194-8; 7. Tabish (Washington), 189-4; 8. Nisula (California), 188-2; 9. Desouza (Oregon), 184-3; 10. Harrer (Southern Illinois), 180-0; 11. James Parman (NE Louisiana), 179-7; 12. Graf (Texas A&M), 170-10.

### JAVELIN

#### Final

1. Wennlund (Texas), 262-10; 2. Patterson (NE Louisiana), 246-7; 3. Matthiasson (Alabama), 241-9; 4. Amabile (Rutgers), 238-7; 5. Olander (LSU), 237-2; 6. Miller (Washington St.), 236-3; 7. Mendenhall (Washington St.), 236-2; 8. Seidmeyer (Fresno St.), 231-7; 9. Rockett (Washington), 228-9; 10. Francis (Grambling), 198-7.

### LONG JUMP

#### Final

1. Emordi (Texas Southern), 27-1; 2. George (Texas Southern), 27-0; 3. Matcalf (Texas), 26-8; 4. Manns (James Madison), 26-7; 5. Bery (Oregon), 25-4; 6. Lester (NE Louisiana), 26-0; 7. Rahal (Florida), 26-10; 8. Cooper (McNee St.), 25-8; 9. Birden (Oregon), 25-5; 10. Terry (Texas), 25-3; 11. James (Texas A&M), 25-2; 12. Sanders (Ball St.), no fair mat.

### POLE VAULT

#### Final

1. Fraley (Fresno St.), 18-5; 2. Lohr (Illinois), 18-1; 3. Martin (Kansas), 17-9; 4. tie among Hagan (Arkansas St.), Thaxton (Abilene Christian), Klassen (USC) and McMichael (Oklahoma), 17-5; 8. tie among White (USC), Siffer (Arkansas St.) and Carr (Florida St.), 7-1; Hunsaker (BYU), Wright (LSU) and Ivis (Oregon), no legal vault.

HAMMER—1. Johnson (Washington), 224-8; 2. Halpin (Manhattan), 211-7; 3. Garcia (Florida St.), 211-7; 4. Ni 6 (BYU), 210-5; 5. Murum (BYU), 207-10; 6. Tolpuit (USC), 207-10; 7. St. 1; 8. (UCLA), 204-9; 9. Class (Ft. 3; 10. 200-2; 9. Hoth (Diego), 193-4; 10. Thomas (On St.), 191-1; 11. Ostrom (Fresno), 185-4; 12. Abilene Christian, 181-1.

TRIPLE JUMP—1. Johnson (Washington), 56-1; 2. (AF), 55-2; 3. (IF), 54-6; 4. (AF), 54-10; 5. (AF), 53-10; 6. (AF), 52-7; 7. (AF), 52-7; 8. (AF), 52-7; 9. (AF), 52-7; 10. (AF), 52-7; 11. (AF), 52-7; 12. (AF), 52-7.

Fine Flicks by Don Gosney



100 HURDLES—1. Martin (Tennessee), 13:05; 2. Humphrey (Eastern Kentucky), 13:23; 3. Tolbert (Arizona St.), 13:24; 4. Walker (Colorado), 13:31; 5. Council (Auburn), 13:35; 6. Williams (LSU), 13:58; 7. Usifo (Texas Southern), 13:59; 8. Council (Auburn), 13:59; 9. Nelson (Texas), 13:59; 10. Maxie (Texas Southern), 13:59; 11. Williams (LSU), 13:59; 12. King (Texas), 13:59; 13. King (Texas), 13:59; 14. King (Texas), 13:59; 15. King (Texas), 13:59; 16. King (Texas), 13:59; 17. King (Texas), 13:59; 18. King (Texas), 13:59; 19. King (Texas), 13:59; 20. King (Texas), 13:59.

1. Thomas (Abilene Christian), 6-1; 2. Jankovsky (Oregon), 5-1; 3. Henry (Abilene Christian), 5-1; 4. Henry (Abilene Christian), 5-1; 5. Henry (Abilene Christian), 5-1; 6. Henry (Abilene Christian), 5-1; 7. Henry (Abilene Christian), 5-1; 8. Henry (Abilene Christian), 5-1; 9. Henry (Abilene Christian), 5-1; 10. Henry (Abilene Christian), 5-1; 11. Henry (Abilene Christian), 5-1; 12. Henry (Abilene Christian), 5-1; 13. Henry (Abilene Christian), 5-1; 14. Henry (Abilene Christian), 5-1; 15. Henry (Abilene Christian), 5-1; 16. Henry (Abilene Christian), 5-1; 17. Henry (Abilene Christian), 5-1; 18. Henry (Abilene Christian), 5-1; 19. Henry (Abilene Christian), 5-1; 20. Henry (Abilene Christian), 5-1.



# Results

**Javelin:** (40) 1. Richard Stepp 44.18, (45) 1. Mickey Murray 46.94, 2. Jack Karbens 36.42, 3. Michael Parker 32.02, (50) 1. Phil Conley 52.16, 2. Don Rose 43.04, (55) 1. Jack Morrill 27.44, (60) 1. Ed Chynoweth 42.80, 2. Jack Ralls 29.40.

## Master's Women's Results

**100m:** (30) 1. Margrette Duncan 14.25, (35) 1. Penny Farster-Gilkey 13.45, 2. Susan Schiedt 15.40, (45) 1. Cherrie Sherard 14.73, (50) 1. Irene Obera 13.79, 2. Caroline MacLeod 16.33, 3. Marj Moore 16.94, (55) 1. Magdalena Kuehne 16.68, (60) 1. Shirley Dietterich 22.4.

**200m:** (30) 1. Margrette Duncan 29.25, (35) 1. Penny Farster-Gilkey 27.11, 2. Susan Schiedt 32.57, (45) 1. Nadine O'Connor 29.06, (50) 1. Irene O'Bera 28.06, 2. Marj Moore 35.2, (55) 1. Magdalena Kuehne 34.39.

**400m:** (30) 1. Nancy Frost 66.85, 2. Chenger Memenbach 1:11.41, (35) 1. Penny Farster-Gilkey 64.21, (40) 1. Janie Duff 69.38, (45) 1. Nadine O'Connor 66.05, (50) 1. Irene Obera 66.00.

**800m:** (30) 1. Nancy Frost 2:38.5, 2. Chenger Memenbach 2:40.8, (50) 1. Mary Crarapata 2:40.3, (55) 1. Ruth Anderson 3:12.4.

**1500m:** (30) 1. Chenger Memenbach 5:40.3, (50) 1. Mary Crarapata 5:38.6, (55) 1. Ruth Anderson 6:18.2.

**5000m:** (30) 1. Laurel Ulrich N.T. (50) 1. Diane Bromstead 24:05.3.

**5000 Race Walk:** (30) 1. Cindy Paffumi 30:07.4, 2. Laura Cribbins 30:20.5, (50) 1. Margaret Seewerker 34:26.6, 2. June Strand 35:02.0.

**Javelin:** (35) 1. Joan Stratton 35.20, (45) 1. Fran Conley 30.26, 2. Allita Rosenfeld 23.66, (55) 1. Magdalena Kuehne 18.52, (60) 1. Shirley Dietterich 22.04.

**Shot Put:** (35) 1. Joan Stratton 12.34, (45) 1. Allita Rosenfeld 7.92, (65) 1. Riki Corvello 5.84.

**Hammer:** (35) 1. Brian Maloney 39.07, 2. Joan Stratton 37.70.

**Long Jump:** (50) 1. Caroline MacLeod 10-3 1/2, (55) 1. Magdalena Kuehne 11-6, (60) 1. Shirley Dietterich 11-6.

**Triple Jump:** (55) 1. Magdalena Kuehne 24-0 1/2.

**High Jump:** (30) 1. Patricia Reed 5-8, (35) 1. Riki Corvello 5-8, (45) 1. Joan Stratton 38.53, (45) 1. Cherrie Sherard 24.86.

## Second Day/June 19:

**Interm. Women's 5000 Meter Walk:** 1. Sara Standley (SoCalRR) 25:22.01.

**Jr. Women's 5000 Meter Walk:** 1. Cindy Perez (un/CA) 25:24.05 MR, 2. Sybil Perez (un/CA) 25:30.60, 3. Nora Comans (NY) 25:45.55.

**Jr. Men's 10,000 Meter Walk:** 1. Reginal Davenport (BronxInt) 48:53.3ht, 2. Jon Jorgenson (NY) 49:56.5ht, 3. Elmer Becker (MO) 49:57.8ht.

**Interm. Men's Javelin:** 1. Lyle Guillory (LA) 215-8, 2. Jeff Glass (TN) 210-2, 3. Jon Hanley (PA) 199-10.

**Interm. Men's Hammer:** 1. Daron Crass (Fresno St.) 195-2, 2. John Knight (OH) 185-11, 3. Don Kralovetz (AZ) 160-0.

**Interm. Men's High Jump:** 1. Joey Johnson (San Pedro, CA) 7-0 1/2, 2. Darrin Carter (MinView, CA) 6-10 1/4.

**Interm. Men's Shot Put:** 1. Tonyo Sylvester (FL) 53-1 1/2.

**Interm. Women's Shot Put:** 1. Carla Garrett (AZ) 50-10 1/4, 2. Brandi Gail (Cal Poly Pomona) 48-6, 3. Toyia Barnes (SoBayTC, CA) 43-11 1/4.

**Interm. Women's Javelin:** 1. Tina Kondas (PA) 154-3, 2. Jill Smith (OR) 150-9, 3. Brenda Bessner (WA) 150-1, 4. Durelle Schimek (CP Pomona) 143-5, 6. Toyia Barnes (SoBayTC) 121-0.

**Interm. Women's High Jump:** 1. Holly Kelly (FL) 5-10 1/4, 2. Angie Bradburn (PumaTC) 5-10 1/4, 3. Connie Long (KS) 5-8 1/4, 7. Durelle Schimek (CP Pomona) 5-5.

**Interm. Women's 100 Meter Hurdles:** 1. Dawn Bowles (CosmicTC) 13.48w, 2. Rochell Frazier (SoBayTC) 13.70, 3. Tanya Davis 13.74, 5. Jessica Johnson (CPSLO) 14.25.

**Interm. Men's 110 Meter Hurdles:** 1. Arthur Blake (FL) 13.87, 2. Lawrence Felton (TX) 14.09, 3. Terry Johnson (S&STC) 14.16, 5. Anthony House (AzusaPacific) 14.30.

**Interm. Women's 800 Meters:** 1. Kim Certain (PA) 2:11.36, 2. Maria Hackett (CO) 2:16.27.

**Interm. Men's 800 Meters:** 1. Matt Dunn (TX) 1:49.17, 2. James Grelle (GeorgetownU) 1:50.74, 2. Russell Mally 1:50.90.

**Interm. Men's Long Jump:** 1. Andre Love (S&STC) 25-9 1/4, 2. Llewellyn Starks (NoWestU) 25-0.

**Interm. Men's Pole Vault:** 1. Brian Wicks (Bkfld, CA) 16-4 1/2, 2. Jeff Mulligan (AZ) 16-0 1/4.

**Interm. Women's 400 Meters:** 1. Toinette Holmes (NY) 54.24, 2. Cheryl Cheeks (OmniTC) 54.82, 3. Janu Williams (NY) 54.88.

**Interm. Men's 400 Meters:** 1. Daymon Lee (SoBayTC) 46.40, 2. Timothy Thomas (OK) 46.57, 3. Charles Fondren (un) 47.73.

**Interm. Men's Triple Jump:** 1. Don Parish (MT-SAC) 52-10 1/4.

**Interm. Women's 100 Meters:** 1. Andrea Thompson (FL) 11.57w, 2. Tesha Giddens (SMTG/CA) 11.70, 3. Andrea Conaway (Rutgers) 11.91.

**Interm. Men's 100 Meters:** 1. Jason Leach (TX) 10.32, 2. Patrick Drake (PrairieTC) 10.39, 3. Marcos Pica (DiabloVlyColl) 10.40, 4. Greg Lewis (AggieTC) 10.48, 5. Andre Love (S&STC) 10.62, 6. Anthony Ford (LongBchSt) 10.68.

**Interm. Women's Long Jump:** 1. Jana Charleston (IN) 18-1 1/4.

**Interm. Women's Triple Jump:** 1. Janis Diggs (Hartnell/CA) 40-11, 2. Jill Wise (Bucknell) 38-10 1/4, 3. Gaylen Ames (SoBayTC) 38-9.

**Interm. Women's Discus:** 1. Carla Garrett (AZ) 174-3, 2. Brandi Gail (CP Pomona) 150-7, 3. Sandy Whitlock (OR) 143-0, 4. Toyia Barnes (SoBayTC) 142-7.

**Interm. Men's 400 Meter Hurdles:** 1. Ami Ice (LongBchSt) 59.76, 2. Pam Connell (PA) 1:01.05, 3. Jennifer Gloria (UT) 1:02.62, 4. Kimberly McRae (SoBayTC) 1:02.82, 5. Christy Binns (CPSLO) 1:05.53.

**Interm. Men's 400 Meter Hurdles:** 1. Patrick Mann (Georgetown) 50.07, 2. Sam Spiller (TX) 52.07, 3. Von Joyce (S&STC) 52.61, 4. Darius Smith (SoCalCheetahs) 52.94.

**Interm. Women's 1500 Meters:** 1. Kim Certain (PA) 4:40.86, 2. Michel Linihan (CA) 5:04.13.

**Interm. Men's 1500 Meters:** 1. James Grelle (Georgetown) 3:57.00, 2. Russell Nally 3:57.54.

**Interm. Women's 200 Meters:** 1. Andrea Thompson (FL) 23.61, 2. Andrea Conaway (Rutgers) 24.31, 3. Janu Williams (NY) 24.35.

**Interm. Men's 200 Meters:** 1. Patrick Drake (PrairieTC) 20.83, 2. Marcos Pica (DiabloVlyColl) 20.87, 3. Anthony Ford (LongBchSt) 21.47.

**Interm. Men's 3000 Meter Steeplechase:** 1. Kenneth McChesney (MT) 8:58.27, 2. Tim Paterie (U of TN) 9:02.06, 3. Brian Laird (PA) 9:06.66.

**Third Day/June 20:**

**Jr. Women's Javelin:** 1. Paula Berry (OR) 151-0, 2. Lisa Parak 144-5, 3. Debbie McWalter (MA) 137-5, 4. Becky Bresnick (SoCalRR) 134-0.

**Jr. Women's Shot Put:** 1. Tracie Millett (WA) 45-5, 2. Dawn Dumble (Bkfld, CA) 44-4 1/4, 3. Janet Hill (LA) 43-0 1/2.

**Jr. Women's High Jump:** 1. Dahlia Lockhart (AZ) 5-8 1/4, 2. Allison Smith (NY) 5-8 1/4, 3. Tristan Maddock (AZ) 5-7, 4. Lashawn McBride (Lakewood, CA) 5-7, 5. Simone Strubek (Fresno St) 5-5.

**Jr. Men's Shot Put:** 1. Shane Collins 54-11 1/2, 2. Roland Anderson (MenloPk, CA) 54-4 1/2, 3. CJ Hunter (PA) 54-2 1/2.

**Jr. Men's Hammer Throw:** 1. Bruce Gulot 187-5, 2. Scott Biberthaler (Fresno, CA) 167-9, 3. Marvin Williams (Track West) 166-4, 4. Andrew Harris (FresnoSt) 165-4.

**Jr. Men's Javelin:** 1. Darryl Roberson (WA) 223-7 MR, 2. John Richardson (MO) 216-5, 3. John Nieland (OR) 179-9.

**Jr. Women's 100 Meter Hurdles:** 1. Cinnamon Sheffield (TX) 13.80, 2. Effie Deatz (SanJose, CA) 13.89, 3. Rosa Baker (TX) 13-91, 4. Lashawn McBride (Lakewood, CA) 14-11, 5. Laurie Smith (SactoCA) 14-24.

**Jr. Men's 110 Meter Hurdles:** 1. Steven Brown 14.06, 2. Don Moore (TN) 14.08, 3. Joseph Galeano (NY) 14.37.

**Jr. Women's 800 Meters:** 1. Jasmin Jones (NJ) 2:09.01, 2. Shownda Martin (FL) 2:11.78, 3. Shola Lynch 2:12.76.

**Jr. Women's Long Jump:** 1. Tonia Sedwick (IN) 20-6 1/2w, 2. Alysia Hubbard 19-8w, 3. Dana Boone (VA) 19-3 1/4.

**Jr. Men's 800 Meters:** 1. Mark Everett (FL) 1:47.55 SR, 2. George Kersh (MS) 1:47.76, 3. Travis Akins (SoCalCheet) 1:49.49, 5. Vincent Thompson (SoCalCheet) 1:50.04.

**Jr. Women's 400 Meters:** 1. Tasha Downing (MA) 53.38, 2. Stephanie Saleem (Adams TC) 53.86, 3. Kendyl Baugh 54.82.

**Jr. Men's 400 Meters:** 1. William Reed (PA) 45.17 MR, 2. Steven Lewis (Sacto, CA) 45.76, 3. Tyrome Kemp (FL) 46.05.

**Jr. Women's 100 Meters:** 1. Caryl Smith (CO) 11.39, 2. Chryste Gaines 11.50, 3. Anita Howard 11.61, 4. Ronda Brooks (NorCal Cheetahs) 12.01.

**Jr. Men's 100 Meters:** 1. John Drummond (TX) 10.54, 2. Stacey Simmons (FL) 10.55, 3. Ronald McCree (S&STC) 10.57.

**Jr. Men's Pole Vault:** 1. Brent Burns (Lafayette, CA) 16-7, 2. Jim Stack (IN) 16-3, 3. Patrick Frederick (LA) 15-7.

**Jr. Women's 400 Meter Hurdles:** 1. Kellie Roberts 57.88 SR, 2. Dorchelle Webster (FL) 59.28, 3. Laurie Smith (SactoTC) 1:00.77.

**Jr. Men's 400 Meter Hurdles:** 1. Kelly Carter 50.66, 2. Keith Wheeler (MI) 50.72, 3. Robert Rucker (CO) 51.42.

**Jr. Women's 1500 Meters:** 1. Jodie Bilotta (NJ) 4:27.59, 2. Alexis Petrosky 5:37.98.

**Jr. Men's 1500 Meters:** 1. Paul Vandegrift (PA) 3:50.01, 2. Rob Rene (UT) 3:51.28, 3. Bob Whelan 3:51.30.

**Jr. Women's 200 Meters:** 1. Anita Howard 23.50, 2. Maicel Malone (IN) 23.62, 3. Ronda Brooks (CheetahTC) 24.06.

**Jr. Men's 200 Meters:** 1. John Drummond (TX) 20.64, 2. Quincy Watts (Woodland Hills, CA) 20.67, 3. Ronald McCree (S&STC/CA) 20.86.

**Jr. Men's 5000 Meters:** 1. John Trautmann (GeorgetownU) 14:41.15, 2. Larry Clark 14:47.36, 3. Harvey Franco (UT) 14:48.60.

**Jr. Men's 3000 Meter Steeplechase:** 1. Kurt Black (UT) 8:56.84, 2. Robert Price (WA) 9:04.86, 3. Bryan DeVries (UT) 9:18.59.

**Jr. Women's Triple Jump:** 1. Jamie McNear (FL) 40-5, 2. Althea Moses (SoBayTC) 39-9 1/4, 3. Kimberly Lassair (Concord, CA) 39-5 1/4, 5. Angela Hill (Whittier, CA) 37-7 1/4.

**Jr. Men's Long Jump:** 1. Dennis Harris (TX) 25-1 1/4, 2. Eric Metcalf (TX) 24-8 1/2, 3. Keith Holly (DC) 24-7, 9. Joel Smith (Sacto, CA) 22-8, 11. Curtis Rogers (Berk, CA) 21-10.

**Jr. Women's 3000 Meters:** 1. Laurie Gomez (OH) 9:53.49, 2. Lisa Dressel (WA) 10:34.87.

**Jr. Men's Discus:** 1. David Lavine (TX) 169-4, 2. Martin Perkins (CA) 167-1, 3. Chris Howard (GA) 165-0, 7. Mark Lambert (PacPalisades, CA) 155-1, 8. Patrick Cox (SanRamVly, CA) 149-1.

**Jr. Men's High Jump:** 1. Jeff Martinez (CO) 7-0 1/2, 2. Jeffrey Wyle 7-0 1/2, 3. Derrick Moore (S&STC) 6-10 1/4, 7. Mark Wilson (SoCalRR) 6-8 1/4.

**Jr. Men's 10,000 Meters:** 1. David Schumacher (LongBchSt) 30:45.02, 2. Shaun Barnes (TX) 30:58.49, 3. Stephen Imlay (UC Irvine) 31:32.59, 6. Mark Butala (LB State) 33:19.60.

**Jr. Men's Triple Jump:** 1. Marcus Hooks (S&STC) 52-10 1/4, 2. Joe McDonald (NY) 49-7 1/4, 3. Keith Holley (DC) 49-6 1/4, 4. Joel Smith (Sacto, CA) 49-5 1/4.

**Jr. Women's Discus:** 1. Janet Hill (LA) 154-4, 2. Tracie Millett (WA) 154-2, 3. Angela Miller (KY) 147-11, 5. Melissa Weis (Bkfld, CA) 144-7, 8. Dawn Dumble (Bkfld, CA) 136-11.

## Mt. SAC H.S. Heptathlon

May 30-31, Walnut.

### Overall Results

1	Laura Baker (12) Reno	4870
2	Ashley Selman (11) Foothill	4351
3	Sharon Swift (11) Eisenhower	4267
4	Lisa Gill (11) Alemany	4256
5	Dewanna Hushka (12) Torrance	3971
6	Deeanne Cail (10) Torrance	3354
7	Trina Guoan, Paraclete	3080
8	Shannon Cory (11) Arroyo	2977
9	Sheree Wong (10) Glendale	2851
10	Dora Robles (10) Montebello	2562
11	Christy King (10) Glendale	2387
12	Desiree Bunevacz (10) Paraclete	2362
13	Anna Melikides, Glendale	2359
14	Kim Smith (10) Glendale	2126
15	Liz Weaver (10) Glendale	1959

## U.S. Junior/Intermediate Track & Field Championships

June 16-20, University of Arizona, Tucson, Arizona.

June 16-17:

**Junior Women's Heptathlon:** 1. Jamie McNear (TrackFlorida) 5455, 2. Jovannie McDuffie (TrFlor) 4693, 3. Candi Odom (TrFlor) 4409.

**Interm. Women's Heptathlon:** 1. Evette Lyman (TrFlor) 5207, 2. Pam Connell (PennSt) 4962, 3. Durelle Schimek (CalPolyPomona) 4804.

**Interm. Men's Decathlon:** 1. Derek Huff (Peoria, IL) 7304, 2. Jack Nance (Azusa Pacific) 6809, 3. Rich Verbal (AzPac) 6639.

**Junior Men's Decathlon:** 1. Jeff Mooney (Auburn) 6713, 2. Richard Beattlie (Clemson) 6680, 3. Chris Wilcox (S&STC) 6639, 5. Tim Baker (FresnoSt) 6571, 7. Tommy Richards (SanMarcos, CA) 5994.

First Day/June 18:

**Men's 10,000 Meter Walk:** 1. Bradley Knutson (Spearfish, SD) 51:17.30.

**Women's 10,000 Meter:** 1. Gloria Kuiken (DePaul) 37:59.42, 2. Anne Kuiken (DePaul) 39:23.43.



# Results

## NCAA Division I Championships

June 5-8: Baton Rouge, La.

### Men

100—1. Stewart (TCU), 10.14; 2. McRae (Pittsburgh), 10.21; 3. Marsh (UCLA), 10.28; 4. Heard (Texas A&M), 10.31; 5. Edet (Missouri), 10.32; 6. Sholars (TCU), 10.35; 7. Leach (Texas), 10.37; 8. Waller (Georgia), 10.43; 9. Morales (USC), 10.44.

400—1. Reynolds (Ohio St.), 44.12 (meet record, old mark, 44.30, Gabriel Tiaoh, Washington St., 1986); 2. Everett (UCLA), 44.47; 3. Haley (Arkansas), 44.82; 4. Robinson (SMU), 45.20; 5. Vaimon (Seton Hall), 45.35; 6. Pierre (Baylor), 45.43; 7. Ugbisi (Texas Southern), 45.60; 8. tie between Simon (Illinois) and Allen (TCU), 46.17.

1,500—1. Bile (George Mason), 3:35.79; 2. Marsala (Indiana), 3:38.43; 3. Herrington (Clemson), 3:38.57; 4. O'Neill (Villanova), 3:38.86; 5. O'Reilly (Villanova), 3:38.93; 6. Balkey (Penn St.), 3:38.99; 7. Cobb (Virginia Tech), 3:39.35; 8. Stirling (Washington), 3:39.89; 9. Deady (Indiana), 3:40.27; 10. Verster (Nebraska), 3:40.79; 11. Simpson (Michigan St.), 3:42.37; 12. Drosky (Georgia Tech), 3:48.87.

5,000—1. Crowe (Boston U.), 13:43.40; 2. Nakkim (Boston U.), 13:44.47; 3. Harris (Navy), 13:45.75; 4. Whitely (Brown), 13:46.85; 5. Korr (Iowa St.), 13:52.42; 6. Jaeger (Auburn), 13:59.4; 7. Farmer (North Carolina), 14:00.80; 8. Wynn (Iowa St.), 14:03.39; 9. Mangan (New Mexico), 14:06.8; 10. Kuphaldt (Oregon), 14:08.45; 11. Fry (Wisconsin), 14:31.39; 12. Falcon (Arkansas), 14:57.49.

10,000—1. Reid (LSU), 13:51; 2. Blake (Florida St.), 13:59; 3. Purvis (Georgia Tech), 13:50; 4. Parker (Arizona St.), 13:51; 5. Talley (Alabama), 13:70; 6. Skinner (Maryland), 13:74; 7. Kerho (UCLA), 13:77; 8. Jett (California), 13:89; 9. Wilcher (Michigan), 14:07.

1,600 RELAY—1. UCLA (Washington, K. Young, Thomas, Everett), 3:00.55 (collegiate and meet record, old collegiate mark, 3:00.78, Southern Illinois, 1984; old meet mark, 3:00.84, Baylor, 1985); 2. SMU, 3:00.81; 3. Baylor, 3:00.83; 4. Arkansas, 3:02.45; 5. Rice, 3:03.04; 6. Texas Southern, 3:03.12; 7. Texas, 3:04.45; 8. Illinois, 3:04.66; 9. Ohio St., 3:06.91.

### 800 METERS

#### Final

1. Baskins (Seton Hall), 1:46.58; 2. Lavitte (Penn St.), 1:46.83; 3. Maton (Eastern Illinois), 1:46.90; 4. Harner (Illinois), 1:47.06; 5. Christie (Prairie View), 1:47.12; 6. Matterson (SMU), 1:47.14; 7. Van Helden (LSU), 1:47.21; 8. Johnson (Cincinnati), 1:47.57; 9. Moore (Pittsburgh), 1:48.49.

### 3,000-METER STEEPLECHASE

#### Final

1. Nelson (Oregon), 8:35.37; 2. Junkermann (UCLA), 8:36.21; 3. Bell (Washington), 8:36.71; 4. Cooper (Arkansas), 8:39.30; 5. Smith (Georgia Tech), 8:39.40; 6. Shirley (BYU), 8:41.39; 7. Coogan (Maryland), 8:42.33; 8. Thanos (Illinois), 8:48.34; 9. McGuirk (Oregon), 9:01.0 (ht); 10. Maxwell (Arizona), 9:13.5 (ht); 11. Gray (Tennessee), 9:13.6 (ht); Reese (Colorado), disqualified.

### 400-METER HURDLES

#### Final

1. K. Young (UCLA), 48.90; 2. Graham (Texas), 49.46; 3. Mason (Houston), 49.90; 4. Henderson (Auburn), 49.93; 5. Cox (Penn), 50.26; 6. Powell (Baylor), 51.14; 7. Buggy (Arizona St.), 54.0 (hand timed); McKinley (Prairie View), did not finish; Bennon (South Carolina), disqualified.

### 400-METER RELAY

#### Final

1. TCU (Tatum, Smith, Sholars, Stewart), 38.82; 2. Texas A&M, 38.85; 3. UCLA (Marsh, Young, Bixler, Thomas), 39.11; 4. East Carolina, 39.16; 5. Louisiana Tech, 39.16; 6. Florida, 39.50; 7. North Carolina St., 39.71; 8. NW Louisiana, 39.78; 9. Auburn, 39.83.

### DISCUS

#### Final

1. Felkins (Abilene Christian), 200-1; 2. Muse (Boise St.), 198-2; 3. Washington (Syracuse), 197-4; 4. Banich (UCLA), 196-7; 5. Quinn (Tennessee), 195-10; 6. Bogason (Alabama), 194-6; 7. Tabish (Washington), 189-4; 8. Nigula (California), 188-2; 9. Desouza (Oregon), 184-3; 10. Harer (Southern Illinois), 180-0; 11. James Parman (NE Louisiana), 179-7; 12. Graf (Texas A&M), 170-10.

### JAVELIN

#### Final

1. Wennlund (Texas), 252-10; 2. Patterson (NE Louisiana), 246-7; 3. Matthiasson (Alabama), 241-9; 4. Amabile (Rutgers), 238-7; 5. Olander (LSU), 237-2; 6. Miller (Washington St.), 236-3; 7. Mendenhall (Washington St.), 236-2; 8. Seidmeyer (Fresno St.), 231-7; 9. Rockett (Washington), 226-9; 10. Francis (Grambling), 198-7.

### LONG JUMP

#### Final

1. Emordi (Texas Southern), 27-1; 2. George (Texas Southern), 27-0; 3. Metcalf (Texas), 26-8; 4. Manns (James Madison), 26-7; 5. Bery (Oregon), 26-4; 6. Lester (NE Louisiana), 26-0; 7. Rahal (Florida), 25-10; 8. Cooper (McNeese St.), 25-8; 9. Birden (Oregon), 25-5; 10. Terry (Texas), 25-3; 11. James (Texas A&M), 25-2; Sanders (Bell St.), no fair mark.

### POLE VAULT

#### Final

1. Fraley (Fresno St.), 18-5; 2. Lohr (Illinois), 18-1; 3. Manson (Kansas), 17-9; 4. tie among Hagan (Arkansas St.), Thaxton (Abilene Christian), Klassen (USC) and McMichael (Oklahoma), 17-5; 8. tie among White (USC), Shaffer (Arkansas St.) and Carr (Florida St.), 17-1; Hunsaker (BYU), Wright (LSU) and Davis (Oregon), no legal vault.

HAMMER—1. Jonsson (Washington St.), 224-8; 2. Halpin (Manhattan), 219-6; 3. Garcia (Florida St.), 211-7; 4. Valimaki (BYU), 210-5; 5. Meldrum (BYU), 208-8; 6. Tolpitt (USC), 207-10; 7. Wilson (UCLA), 204-9; 8. Crass (Fresno St.), 200-2; 9. Hoth (San Diego St.), 199-10; 10. Thomas (Oregon St.), 198-3; 11. Ostrom (Fresno St.), 197-5; Felkins (Abilene Christian), 185-4.

TRIPLE JUMP—1. Rutherford (Houston), 56-1; 2. Harrison (Kansas St.), 55-2 3/4; 3. Hawks (Appalachian St.), 54-6 1/4; 4. Akridge (Florida), 54-6; 5. Tillman (Tennessee), 54-4; 6. Patton (North Carolina St.), 53-11 1/4; 7. Johnson (Murray St.), 53-8; 8. Higgins (Alabama), 53-6; 8. Samuels (SMU), 53-3; 10. Emordi (Texas Southern), 52-1; 11. Saunders (Virginia Tech), 51-7; 12. Williams (Oregon), 51-1.

HIGH JUMP—1. Smith (Illinois St.), 7-5 1/4; 2. Edwards (Georgia), 7-5 1/4; 3. Kemp (Boise St.), 7-5 1/4; 4. Guidry (SW Louisiana), 7-4 1/2; 5. Brown (NW Louisiana), 7-2 1/4; 6. tie between Todd (Oklahoma) and Nosi (Washington), 7-1; 8. Todd (Oklahoma), 7-1; 8. Sampson (BYU), 7-1.

SHOTPUT—1. Frank (Mississippi St.), 65-3/4; 2. Banich (UCLA), 64-1/4; 3. Lewis (Baylor), 63-6/4; 4. Parman (NE Louisiana), 61-6/4; 5. Bender (Fresno St.), 61-4/4; 6. Muse (Boise St.), 59-10 1/4; 7. Schnebel (Nebraska), 59-5; 9. Wenj (USC) and Barnes (Texas A&M), no mark.

FINAL TEAM LEADERS—UCLA 81, Texas 28, TCU 27, Arkansas 26, LSU 25, Texas A&M and Texas Southern 23, Illinois 20, BYU 19, Baylor, Boston U. and George Mason 18, Houston and Boise St. 17, SMU, NE Louisiana and Fresno St. 16, Florida, Penn St. and Washington St. 15, Oregon, Seton Hall, Florida St. and Alabama 14. Others included—Washington 11, Arizona St. 7; USC 6 1/2; California 2.

### Women

100—1. Torrence (Georgia), 11.25; 2. Devers (UCLA), 11.30; 3. Echols (LSU), 11.41; 4. Finn (Florida St.), 11.43; 5. Davis (Alabama), 11.47; 6. Ogunkoya (Mississippi St.), 11.59; 7. Onyal (Texas Southern), 11.61; 8. Qualls (Washington St.), 11.63; 9. Green (Nevada Las Vegas), 11.81.

Fine Flicks by Don Gosney



SHEILA HUDSON

200—1. Torrence (Georgia), 22.37; 2. Leatherwood-King (Alabama), 22.51; 3. Onyal (Texas Southern), 22.55; 4. Davis (Alabama), 22.64; 5. Ogunkoya (Mississippi St.), 22.87; 6. Finn (Florida St.), 23.04; 7. Stevens (Morgan St.), 23.08; 8. Vereen (Morgan St.), 23.15; Qualls (Washington St.), 23.42.

400—1. Leatherwood-King (Alabama), 50.90 (meet record, old mark, 50.94, Florence Griffith, UCLA, 1983); 2. Stevens (Morgan St.), 51.23; 3. Mitchell (Florida), 52.09; 4. Fridy (Virginia), 52.27; 5. Davis (Florida St.), 52.77; 6. Milling (Nebraska), 53.16; 7. Kaiser (Missouri), 53-10; 8. McGraw (USC), 53-10; 9. Cunningham (LSU), 54-10.

800—1. Jenkins (BYU), 2:02.52; 2. Harvey (Tennessee), 2:02.64; 3. Grant (Villanova), 2:02.65; 4. Adru (Alabama), 2:03.32; 5. Cato (LSU), 2:03.76; 6. Halliday (Villanova), 2:04.30; 7. Akkra (Iowa St.), 2:04.32; 8. Brydson (LSU), 2:04.96; 9. Craig (Oklahoma St.), 2:06.27.

1,500—1. Favor (Wisconsin), 4:09.85 (meet record, old mark, 4:12.64, Cathy Branta, Wisconsin, 1985); 2. Harvey (Tennessee), 4:09.92; 3. Chalmers (Northern Arizona), 4:12.07; 4. Allison (TCU), 4:14.85; 5. Jenkins (BYU), 4:15.96; 6. Adru (Alabama), 4:16.34; 7. Grant (Villanova), 4:16.8; 8. Frosini (Kentucky), 4:16.93; 9. Rowen (Virginia), 4:17.13; 10. Dunn (Houston), 4:22.55; 11. Tomanek (Eastern Michigan), no time; 12. Procaccio (Villanova), 4:27.5.

3,000—1. Huber (Villanova), 8:54.41 (meet record, old mark, 8:59.57, Cathy Branta, Nebraska, 1984); 2. Olatodottir (Alabama), 8:58.00; 3. Goudreau (Indiana), 8:59.74; 4. Hand (Oregon), 9:00.50; 5. Chalmers (Northern Arizona), 9:01.32; 6. Klassen (Rice), 9:03.39; 7. Plumer (UCLA), 9:09.28; 8. Natale (Texas), 9:09.72; 9. Leopold (Texas), 9:11.6.

5,000—1. Schweitzer (Texas), 15:46.00; 2. Hand (Oregon), 15:47.74; 3. Mosqueda (CS Los Angeles), 15:50.20; 4. Mullen (Western Michigan), 15:56.30; 5. Goodman (Oklahoma St.), 15:56.98; 6. Graves (Oregon), 15:58.01; 7. Murray (Western Illinois), 16:05.68; 8. McCracken (Boston U.), 16:22.60; 9. Cooper (Central Michigan), 16:25.49; 10. Smith (North Carolina St.), 16:37.89; 11. Turner (Alabama), 16:40.35; 12. Clifford (Florida), 16:56.06; 13. Laughlin (Texas), 16:56.06.

100 HURDLES—1. Martin (Tennessee), 13.05; 2. Humphrey (Eastern Kentucky), 13.23; 3. Tolbert (Arizona St.), 13.24; 4. Waller (Colorado), 13.33; 5. Council (Auburn), 13.36; 6. Williams (LSU), 13.58; 7. Usifo (Texas Southern), 13.59; 8. Council (Auburn), 13.60; 9. Nelson (Texas), 13.64.

400 HURDLES—1. Wilson (Nebraska), 55.55; 2. Maxie (USC), 55.78; 3. King (Texas), 55.80; 4. Williams (LSU), 56.51; 5. Usifo (Texas Southern), 57.45; 6. Luckett (Prairie View), 57.57; 7. Harrison (Georgia Tech), 58.04; 8. Fulcher (Illinois), 58.5 (ht); 9. Kellon (UCLA), 58.7 (ht).

1,600 RELAY—1. USC (Taylor, Maxie, Mayberry, McCraw), 3:36.26; 2. Texas Southern, 3:39.41; 3. LSU, 3:30.91; 4. UCLA, 3:32.10; 5. Tennessee, 3:33.59; 6. Texas, 3:36.26; 7. Prairie View, 3:36.27; Alabama and Nebraska, disqualified.

SHOTPUT—1. Cavanaugh (Rice), 56-10; 2. Suggs (Kansas St.), 54-10; 3. St. Phard (Princeton), 54-4; 5. Clements (USC), 54-0; 6. Buchanan (Kansas), 52-3; 7. Klein (Houston), 51-7; 8. Purpur (Stanford), 50-10; 9. Jones (Washington), 49-7; 10. Wilford (LSU), 49-4; 11. Eve (LSU), 47-7.

HIGH JUMP—1. Thomas (Abilene Christian), 6-2 1/4; 2. Jampolsky (Oregon), 6-2 1/4; 3. Welty (Idaho St.), 6-1 1/4; 4. Hodges (Temple), 6-0; 5. Henry (Abilene Christian), 6-0; 6. Johnson (Arizona), 6-0; 7. Carter (LSU), 5-10; 8. tie between Mendonca (Fresno St.) and Fehrman (Texas), 5-9; 10. Baker (Boise St.), no height.

LONG JUMP—1. Echols (LSU), 22-9; 2. Hudson (California), 21-4; 3. Bates (USC), 21-2; 4. Jones (Arizona), 21-1; 5. Richardson (Missouri), 20-11; 6. Conner (LSU), 20-9; 7. Smith (Texas Southern), 20-6; 8. Hyacinth (Alabama), 20-3; 9. Brown (USC), 20-3; 10. Cage (George Mason), 20-3; 11. Gusenberry (Houston), 20-2; 12. Goodrich (Oregon), 20-1.

JAVELIN—1. Laverne (LSU), 182-5; 2. Uristalo (Washington), 182-0; 3. Warren (Appalachian St.), 177-1; 4. Lee (BYU), 171-10; 6. Woodard (Tennessee), 168-8; 7. Solo (Virginia), 167-8; 8. Smith (Oregon), 159-10; 9. Okeberry (Weber St.), 155-5; 10. Peterka (Oregon St.), 154-2; 11. Wheeler (Stanford), 153-9; 12. Fetsch (Washington St.), 140-3.

DISCUS—1. Lavine (Washington St.), 184-2; 2. Barnes (Fresno St.), 182-10; 3. Lutjens (UCLA), 180-3; 4. Matthews (Florida), 173-9; 5. Rosansteel (Florida), 168-4; 6. Kesler (California), 168-0; 7. Jackson (Indianapolis), 167-0; 8. Willford (LSU), 163-1; 9. Purpur (Stanford), 162-7; 10. Lewis (Abilene Christian), 162-0; 11. Garrett (Arizona), 159-6; 12. Jones (Washington), 154-11.

TRIPLE JUMP—1. Hudson (California), 45-2 1/2 (collegiate and meet record); 2. Bates (USC), 44-7 1/4; 3. Brown (USC), 44-2; 4. Harrison (Georgia Tech), 43-10 1/2; 5. Hyacinth (Alabama), 43-8; 6. Carpenter (Kansas St.), 43-0; 7. Robinson (Nebraska), 42-2; 8. Jones (Arizona), 42-0; 9. Compton (Fresno St.), 41-9; 10. Neal (Prairie View), 39-7; 11. Scott (Tennessee), 38-5; 12. Gran (Texas San Antonio), 37-8.

HEPTATHLON (final)—1. Jones (Houston), 6:06.8; 2. Karlborn (BYU), 5:96.5; 3. Tyree (Purdue), 5:85.5; 4. Mann (Florida), 5:784; 5. Brown (USC), 5:681; 6. Carter (LSU), 5:450; 7. Dougherty (Arizona), 5:426. Others included: 9. Grelsson (UC Irvine), 5:324. Ind event leaders: LJ—Karlborn, 21-6; Brown (UCLA), 20-9; Jones, 20-9. Others included—Tyree (Purdue), 19-8; Grelsson, 18-11; JT—Major (Boise St.), 149-4; Mann, 148-3; Brown, 141-5. Others included—Tyree, 139-7; Jones, 126-3; Grelsson, 123-4; Karlborn, 117-9; 800—Jones, 2:17.87; Major, 2:18.21; Mann, 2:18.94. Others included—Tyree, 2:22.87; Grelsson, 2:23.52; Brown, 2:37.73.

FINAL TEAM LEADERS—LSU 62; Alabama 53; USC 51; Tennessee 33; Texas 28 1/2; BYU and UCLA 27; Texas Southern 26; Oregon 25; Florida St. 22; Villanova and California 21; Florida and Georgia 20; Nebraska 17; Kansas St. 16; Arizona and Wisconsin 16; Washington St. 15; Rice 13. Others included—CS Los Angeles 9, Fresno St. and Washington 8, Nevada Las Vegas 1.



# Results

## SoCal District Masters T&F Championships

June 20, Los Angeles.

The three P's — Payton, Patsalis, and Pickarts headlined this year's Southern California District Masters Track and Field Championships by breaking five-year age-group record records in a meet otherwise marked by perfect conditions and a record turnout. In all, over 220 athletes competed on Occidental College's "Coliseum-clone" facility in a meet that followed the National Pentathlon Championships held earlier in the day.

The most sentimental of the three records was the fabulous 26.8 200m of Payton Jordan. Running into a slight head-wind, the 70-year-old Jordan was away quickly and ran smoothly throughout to completely destroy the listed 70-74 record of 27.5 held by South Africa's Fred Reid. Payton, the former Olympic and Stanford track coach, also coached at Occidental through many of the college's glory years in track, and he was happy to be "home" again. "It's great to be back at Oxy," enthused Jordan. Of course, since the new rekortan surface and the mild turns make the track perhaps the fastest sea-level 200-meter facility in the world, he probably had more than just fond memories in mind when he said that!

Of all the three record-setters, the most fired-up seemed to be 65-year-old Tom Patsalis, who broke Canadian Ian Hume's listed 65-69 record triple jump of 34-11 1/4 by a mere 7 centimeters. Patsalis is the world record holder in the long jump and triple jump in the 60-64 age group, but he recently moved up in age and was "ready for bear." In addition, Tom was scratched from the high hurdles because he was late arriving from the long jump (which he also won), but (luckily for the meet director) he took out his aggression on the triple jump runway. His record jump came on his last effort, but it followed a fifth jump of almost identical distance...he almost broke the record twice in one day!

The most predictable of the records was the 183-8 javeline throw of 60-year-old Del Pickarts. Pickarts, whose throw exceeded Ed Chynoweth's listed 60-64 world record of 181-10 has been throwing the 600g. element extremely well all Spring, including a previous record effort at Mt. SAC. Competing in a field that included not only Chynoweth but also Bill Morales, the pending 65-69 record holder, Pickarts came through like a champion despite the lack of any real aiding wind. It seems only a matter of time before Del will be threatening the 190 mark.

While the rest of the entrants didn't break any 5-year world records, they did superbly well nonetheless:

Christel Miller (52) took time out from helping put on both meets to win the discus in a PR 82-0 and the hurdles in 15.1.

Stan Whitley (41), last year's national athlete of the year in the 40-44 age group, opened his quest for national and world titles with outstanding times of 10.8 in the 100m, and 49.8 (from a standing start!) in the 400.

Eugene Driver (37) blasted a 21.4 200m after getting nipped by Marion McCoy in the 100 (both were timed in 10.8).

Frank Duarte (45) cruised to a 15:54.7 5000m that was held under the lights after much of the crowd had left.

Bob Hunt (67), the world record holder in the highs, ran a superb 17.7 high hurdle

race and threw in a 53.0 300m intermediate hurdle victory as well.

Ed Bouldin (39) and Ron Laird (49), former internationalists in the racewalk, won their divisions of the 5000m walk by impressive margins.

Carl Brazelton (36) narrowly missed the American record in the pole vault and had to "settle" for 15-6.

### Men's Results

**100m: (30-34)** 1. Randy Kruse (Oregon) 11.2, 2. Michael Merrigan (Unat.) 12.4, 3. Mike Black (Unat.) N.T. (35-39) 1. Marion McCoy (Maccabi) 10.8, 2. Eugene Driver (AATC) 10.8, 3. Bobby Jackson (Unat.) 11.4. (40-44) 1. Stan Whitley (Cheetahs) 10.8, 2. Steve Robbins (SDAA) 11.3, 3. Frank Little-Hinckson (LAV) 11.3. (45-49) 1. Fred Niedermeyer (SCS) 12.0, 2. Murray Ralls (Unat.) 12.4, 3. Mel Sacks (SFVTC) 13.3. (50-54) 1. Ken Dennis (LAV) 11.5, 2. Bruce Springbett (WVTC) 11.7, 3. Nick Newton (LAV) 12.1. (55-59) 1. Will Robinson (CDM) 12.9, 2. Gordon Seifert (Alabama) 13.0, 3. Frank Kishki (LAV) 13.2. (60-64) 1. Robert Watanabe (LAV) 12.8, 2. Gene Harte (LAV) 13.1, 3. Claude Taggart (Unat.) 14.0. (65-69) 1. Tom Patsalis (CDM) 13.1, 2. David Lawyer (NY) 13.7, 3. Clarence Killion (CDM) 14.0. (70-74) 1. Payton Jordan (WVTC) 13.1, 2. Chia-Tsung Pao (Unat.) 17.9. (75-79) 1. Anthony Castro (Vir) 15.5.

**200m: (30-34)** 1. Randy Kruse (Or) 23.0, 2. Mel Embree (Coast) 23.4, 3. Roosevelt Wells (CSULA) 24.1. (35-39) 1. Eugene Driver (AATC) 21.4, 2. Marion McCoy (Maccabi) 22.0, 3. Glenn Johnson (Maccabi) 23.3. (40-44) 1. Frank Little-Hinckson (LAV) 22.8, 2. Steve Robbins (SDAA) 22.9, 3. Al Stallworth (LAV) 24.3. (45-49) 1. Ted Cain (WVTC) 23.7, 2. Fred Niedermeyer (SCS) 24.6, 3. Murray Ralls (Unat.) 25.0. (50-54) 1. Ken Dennis (LAV) 24.4, 2. Nick Newton (LAV) 24.4, 3. Stan King (LAV) 24.5. (55-59) 1. Gordon Seifert (Alabama) 26.1, 2. Will Robinson (CDM) 26.3, 3. Frank Kishki (LAV) 27.6. (60-64) 1. Robert Watanabe (LAV) 26.6, 2. Gene Harte (LAV) 28.1, 3. Claude Taggart (Unat.) 29.5. (65-69) 1. David Lawyer (NY) 28.6, 2. Robert Hunt (SCS) 28.8, 3. Clarence Killion (CDM) 29.2. (70-74) 1. Payton Jordan (WVTC) 26.8, 2. Chia-Tsung Pao (Unat.) 38.5. (75-79) 1. Anthony Castro (SCS) 31.5.

**400m: (30-34)** 1. Gregory Holmes (SSTC) 49.1, 2. James Bonilla (SSTC) 52.3, 3. Wayne Johnson (AATC) 54.1. (40-44) 1. Stan Whitley (Cheetahs) 49.8, 2. Russ Rutledge (WVTC) 54.4, 3. Al Stallworth (LAV) 55.9. (45-49) 1. Ted Cain (WVTC) 54.2, 2. Stan Baker (Unat.) 57.9, 3. John Cosgrove (SCS) 61.9. (50-54) 1. Stan King (LAV) 57.5, 2. Roger Tsuda (SCS) 58.7, 3. Tony Nasralla (CDM) 60.8. (55-59) 1. Gordon Seifert (Alabama) 59.0, 2. Louis Beadle (CDM) 61.1. (60-64) 1. Gene Harte (LAV) 64.3. (65-69) 1. Robert Hunt (SCS) 67.2.

**800m: (30-34)** 1. Howard Keeley (Maccabi) 1:58.7, 2. Wayne Johnson (AATC) 2:04.6. (35-39) 1. Nolan Smith (AATC) 1:58.1, 2. John Kilroy (Unpaid) 2:03.0, 3. Rex Hall (OCTC) 2:03.3. (40-44) 1. Ronald Jensen (Unat.) 1:59.0, 2. Bill Perry (SCS) 2:12.5, 3. Max Burgess (Unat.) 2:31.8. (45-49) 1. George Cohen (SMT) 2:03.7, 2. Mel Elliott (SMT) 2:05.6, 3. Cliff Bedell (AZ) 2:09.0. (50-54) 1. Fred Karlin (Unat.) 2:24.2, 2. Ross Dunton (SCS) 2:27.2, 3. George Marrett (Unat.) 2:34.3. (55-59) 1. Lloyd McGuire (SDTC) 2:26.7, 2. Louis Beadle (CDM) 2:28.4. (60-64) 1. Walter Atcheson (SCS) 2:54.6. (65-69) 1. Phil Jones (Unat.) 2:57.4, 2. John Roderique (Unat.) 3:18.7. (70-74) 1. Pete Ganahl (Unat.) 3:01.6.

**1500m: (30-34)** 1. Paul McClelland (SMT) 4:15.4. (35-39) 1. Irwin Mirkin (SMT) 4:51.2. (40-44) 1. Tom Tomlinson (Unat.) 4:57.3, 2. Michael Lalum (Unat.) 5:46.7. (45-49) 1. Mel Elliott (SMT) 4:24.7, 2. Cliff Bedell (AZ) 4:34.8. (50-54) 1. George Marrett (Unat.) 5:22.6. (55-59) 1. Jerry Withers (SCS) 5:02.6. (60-64) 1. Donald

Cotner (CDM) 5:49.3, 2. Walter Atcheson (SCS) 6:16.6.

**5000m: (30-34)** 1. Barry Weaver (Gardena) 15:26.2. (35-39) 1. Charlie Horn (HDR) 17:32.4, 2. Irwin Merkin (SMT) 17:50.7. (40-44) 1. Michael Figueroa (AthExp) 16:15.4, 2. Michael Lalum (Unat.) 21:15.1. (45-49) 1. Frank Duarte (Unat.) 15:54.7. (50-54) 1. Ted Oviatt (Unat.) 20:23.8, 2. Ken Hamrick (S.Clarity) 19:15.6. (55-59) 1. Patrick Devine (Marathons) 17:56.5, 2. Gunnar Linde (SMT) 18:38.1, 3. Allan Bangs (SMT) 23:29.8.

**High Hurdles: (30-34)** 1. Roosevelt Wells (CSULA) 15.8, 2. Michael Merrigan (Unat.) 16.4, 3. Kevin Speaks (LAV) 16.6. (35-39) 1. Eddie Loughridge (Unat.) 15.5. (40-44) 1. Theo Viltz (LAV) 15.2. (45-49) 1. John Dobroth (SCS) 15.7, 2. Gary Bane (CDM) 17.2. (50-54) 1. Jerry Stanners (LAV) 18.3. (65-69) 1. Robert Hunt (SCS) 17.7, 2. Burl Gist (CDM) 18.1, 3. George Simon (LAV) 20.4. (70-74) 1. Chia-Tsung Pao (Unat.) 16.9.

**Intermediate Hurdles: (30-34)** 1. Foots Williams (SSTC) 61.7, 2. Kevin Speaks (LAV) 62.0. (45-49) 1. Ted Cain (WVTC) 57.6, 2. Bill Knocke (WVTC) 57.9, 3. John Cosgrove (SCS) 73.8. (55-59) 1. Jerry Reiserer (Kansas) 68.5. (60-64) 1. Robert Watanabe (LAV) 48.7, 2. Jock Jocoy (SDAA) 56.0. (65-69) 1. Robert Hunt (LAV) 53.0. (70-74) 1. Pete Ganahl (Unat.) 58.3.

**5000m Racewalk: (35-39)** 1. Ed Bouldin (BSTW) N.T., 2. Richard Nester (LAV) N.T. (40-44) 1. David Snyder (IERW) N.T. (45-49) 1. Ron Laird (NYAC), 2. Arthur Goldbert (CalW), 3. Bob Brewer (WSH). (50-54) 1. Richard Oliver (WCLA), 2. Bob Meador (WCLA), 3. Jon Johnson (CalW). (55-59) 1.

Allen Havens (SCW), 2. Joe Weston (WCLA), 3. Richard O'Hara (EzyStr). (60-64) 1. Melvin Grantham (IERW). (65-69) 1. Jorge Newberry (Unat.). (80-84) 1. Chesley Unruh (Unat.).

**Hammer: (35-39)** 1. Mike Deller (CDM) 161-4. (45-49) 1. John White (SCS) 105-11. (50-54) 1. Stewart Thomson (SCS) 148-10. (55-59) 1. Dave Douglass (SCS) 116-2, 2. Jerry Wojcik (Unat.) 95-1, 3. Robert Perry (CDM) 76-3. (60-64) 1. Bill Bangert (ChStr) 127-6, 2. Thomas de Vaughn (Tro) 87-8, 3. Emson Grimm (Sen) 38-5. (70-74) 1. Arthur Vesco (SCS) 88-4.

**Long Jump: (30-34)** 1. Randy Kruse (OR) 6.68. (35-39) 1. Bobby Jackson (Unat.) 6.37, 2. John Kuechle (CSM) 6.24. (40-44) 1. Rufus Morris (SCS) 6.50, 2. Robert Bly (CSM) 5.54, 3. Robert Farber (Unat.) 5.16. (45-49) 1. Donald Dvorak (WVTC) 5.89, 2. Ted Cain (WVTC) 5.78, 3. Gary Bane (CDM) 5.25. (50-54) 1. Roger Tsuda (SCS) 5.48, 2. Jerry Stanners (LAV) 4.92, 3. Jack Randolph (BakTC) 4.77. (55-59) 1. Jerry Reiserer (Kansas) 4.58, 2. Burton Ottinger (Unat.) 4.27. (65-69) 1. Tom Patsalis (CDM) 5.04. (75-79) 1. Jeremiah Gaines (Vir) 3.77, 2. Carol Johnson (Tro) 3.11.

**Triple Jump: (40-44)** 1. Rufus Morris (SCS) 12.55. (50-54) 1. Raymond Fitzhugh (CDM) 9.88, 2. Tony Nasralla (CDM) 9.57, 3. Jack Randolph (BakTC) 9.39. (65-69) 1. Tom Patsalis (CDM) 10.73. (75-79) 1. Arthur Vesco (SCS) 5.25.

continued on next page...



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## Results

### SCA-TAC Masters Championships



PAYTON JORDAN

**Javelin:** (30-34) 1. Gary Schmidt (FIB) 139-2. (35-39) 1. Steve Jarvis (Bear TC) 173-9. 2. Frank Rock (Unat.) 146-11½. 3. Michael Holzgang (RCTC) 139-2½. (40-44) 1. Michael Woodward (CDM) 139-10½. (50-54) 1. Ed Martin (CDM) 136-6. 2. Hal Smith (Unat.) 128-6½. 3. Chuck Coutts (Tro) 111-7. (55-59) 1. Jerry Reiserer (Kansas) 97-6. 2. Jerry Wojcik (Unat.) 95-8. (60-64) 1. Del Pickarts (LAV) 183-8. 2. Ed Chynoweth (Unat.) 138-6. (65-69) 1. A. Ricciardi (NV) 80-0. (70-74) 1. William Morales (CDM) 151-10.

**Shot Put:** (30-34) 1. Bill Pendleton (AATC) 15-43. 2. Russ Reabold (Tro) 12-40. 3. Gary Schmidt (Unat.) 11-42. (35-39) 1. Mike Deller (CDM) 13-25. (40-44) 1. Gerd Kuhnke (Unat.) 11-59. (45-49) 1. John

White (SCS) 9-93. 2. Harry Harper (CDM) 9-92. (50-54) 1. Ray Martin (Tro) 14-05. (55-59) 1. Jack Smith (CDM) 10-01. 2. Dave Douglass (SCS) 9-82. 3. Jerry Wojcik (Unat.) 7-96. (60-64) 1. Bill Bangert (ChSt) 13-60. (65-69) 1. Mike Casteneda (SCS) 12-75. 2. A. Ricciardi (NV) 10-74. 3. Chuck McFate (SDAA) 9-66. (70-74) 1. Ham Morningstar (Michigan) 11-49. 2. Jack Thatcher (CDM) 11-35. (75-79) 1. Arthur Vesco (SCS) 8-09. (80-84) 1. Burt DeGroot (CDM) 8-37.

**Discus:** (30-34) 1. Glen Klein (SCS) 157-0. 2. Russ Reabold (Tro) 126-0. 3. Gary Schmidt (Unat.) 116-6. (35-39) 1. Mike Deller (CDM) 146-8. (40-44) 1. Michael Woodward (CDM) 136-3. 2. Gerd Kuhnke (Unat.) 120-5. 3. Jerry Eibert (CW) 94-11. (45-49) 1. Lloyd Higgins (SCS) 181-2. 2. John White (SCS) 101-3. (50-54) 1. Bob Humphreys (CDM) 168-3. 2. Edward Van Pelt (CDM) 143-6. (55-59) 1. Jerry Wojcik (Unat.) 84-8. (60-64) 1. Bill Bangert (ChSt) 128-8. (65-69) 1. Mike Casteneda (SCS) 141-2. 2. A. Ricciardi (NV) 100-7. 3. Chuck McFate (SDAA) 85-7. (75-79) 1. Arthur Vesco (SCS) 77-2. (80-84) 1. Burt DeGroot (CDM) 88-5.

**High Jump:** (30-34) 1. Jason Meisler (SG) 6-7¼. 2. Mel Embree (CA) 6-5¼. (35-39) 1. Charles Rader (LAV) 6-3¼. 2. Rick Lehmann (SCS) 4-10¼. (40-44) 1. Robert Bly (CDM) 5-0. (45-49) 1. Gary Bane (CDM) 5-2. 2. Donald Dvorak (WVTC) 5-2. (50-54) 1. Nick Newton (LAV) 5-4. 2. Jerry Stanners (LAV) 5-2. 3. Raymond Fitzhugh (CDM) 5-0. (55-59) 1. Gordon Seifert (Alabama) 5-2. 2. Jack Smith (CDM) 4-8¼. 3. Dave Douglass (SCS) 4-4¼. (60-64) 1. David Brown (CDM) 4-0¼. 2. Cal Porter (Unat.) 4-0¼. 3. Thomas DeVaughn (Tro) 3-10¼. (65-69) 1. Burl Gist (CDM) 4-8¼. 2. Chuck McFate (SDAA) 4-2¼. (70-74) 1. Ham Morningstar (Michigan) 4-4¼. 2. Pete Ganahl (Unat.) 4-2¼. (75-79) 1. Claude Taggart (Unat.) 4-0¼. 2. Carol Johnson (Tro) 3-10¼.

**Pole Vault:** (30-34) 1. Steve Smith 16-0. 2. Mike Hogan (SDAA) 15-0. (35-39) 1. Carl Brazelton (AIA) 15-6. 2. Richard Ying (Unat.) 12-0. (40-44) 1. Robert Bly (CDM) 10-6. (45-49) 1. Gary Bane (CDM) 10-6. (50-54) 1. Raymond Fitzhugh (CDM) 9-0. 2. Hal Smith (Unat.) 8-6. (55-59) 1. Dave Douglass (SCS) 9-6. 2. Ronnie DeVoe (SMT) 7-6. (60-64) 1. David Brown (CDM) 9-0. 2. Thomas DeVaughn (Tro) 6-6. (65-69) 1. Ralph Biesemeyer (NV) 9-0. (70-74) 1. Ham Morningstar (Mich) 6-6. (75-79) 1. Carol Johnson (Tro) 9-0.

#### Women's Results

**100m:** (40-44) 1. Christine Barnes (LAP) 13-5. (45-49) 1. Jeanne Carter (CDM) 15-0. (55-59) 1. Magdalena Kuehne (SCS) 15-2. (65-69) 1. Marjorie Hunt (SCS) 18-2.

### STANDARDS FOR 1988 OLYMPIC TRIALS

Men	Event	Women
10.30	100m	11.60
20.67	200m	23.59
45.82	400m	53.25
1:47.89	800m	2:05.46
3:41.97	1500m	4:17.05
—	3000m	9:10.72
13:41.58	5000m	—
28:32.49	10,000m	33:54.00
—	100H	13.68
13.81	110H	—
50.33	400H	58.80
8:39.49	3000SC	—
2.26	HJ	1.86
7.94	LJ	6.35
16.30	TJ	—
19.56	SP	15.85
61.20	Discus	54.30
71.90	Javelin	53.20
65.90	Hammer	—
5.57	Pole Vault	—
7800	Decathlon	—
—	Heptathlon	5425
2:20.00*	Marathon	2:49:59**

**200m:** (40-44) 1. Christine Barnes (LAP) 27-6. (45-49) 1. Jeanne Carter (CDM) 30-5. (55-59) 1. Magdalena Kuehne (SCS) 34-3.

**400m:** (30-34) 1. Tina Stough (Coast) 62-3. (35-39) 1. Sue Ward (SMT) 77-7. (40-44) 1. Christine Barnes (LAP) 63-5. (45-49) 1. Jeanne Carter (CDM) 70-3.

**800m:** (30-34) 1. Tina Stough (Coast) 2:22-8. (35-39) 1. Daiva Jusionis (TAC) 2:40-9. (70-74) 1. Dorothy Stotsenberg (SMT) 4:36-5.

**1500m:** (35-39) 1. Daiva Jusionis (TAC) 5:20-1. 2. Susan Ward (SMT) 5:31-8.

**80m High Hurdles:** (50-54) 1. Christel Miller (CDM) 15-1.

**5000m Racewalk:** (35-39) 1. Arlene Fung (WCLA), 2. Phyllis Eppie (Brewers), 3. Joyce Snead (Brewers). (40-44) 1. Madeline Jimenez (Unat.). (45-49) 1. Esperanza Lassany (Lanc), 2. Lynne Marsh (EzyStr), 3. Helen Smith (WCLA).

(60-64) 1. Collier Green (WCLA). (65-69) 1. Rose Kash (CalW).

**Long Jump:** (55-59) 1. Magdalena Kuehne (SCS) 3-72. 2. Shirley Kinsey (CDM) 3-58. (75-79) 1. Edith Mendyka (CDM) 1-99.

**Triple Jump:** (55-59) 1. Magdalena Kuehne (SCS) 7-49.

**Javelin:** (55-59) 1. Shirley Kinsey (CDM) 77-11. 2. Katie Jocoy (Unat.) 51-11. (60-64) 1. Patricia Osmon (SDTC) 59-¼. (75-79) 1. Edith Mendyka (CDM) 65-8.

**Shot Put:** (55-59) 1. Katie Jocoy (Unat.) 7-69. (60-64) 1. Patricia Osmon (SDTC) 6-30.

**Discus:** (50-54) 1. Christel Miller (CDM) 82-0. (55-59) 1. Shirley Kinsey (CDM) 71-11. (60-64) 1. Patricia Osmon (SDTC) 45-7. (75-79) 1. Edith Mendyka (CDM) 51-10.

**High Jump:** (35-39) 1. A. Steekelenburg (Unat.) 5-0.

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## Results



### USA/Mobil National Outdoor Track & Field Championships

June 23-27, San Jose City College, San Jose.

Text by Keith Conning  
Photos from Fine Flicks by Don Gosney

The following Californians placed in the top three in their respective event. A Californian is defined as an athlete who was born, attended school, or resides in California. Sometimes it is difficult to determine the residency of an athlete, because they put the city of the club they represent rather than their actual residence. It would be helpful to the media if TAC would require the athletes to put down their official residence.

#### MEN

**800 — Johnny Gray** (Santa Monica Track Club) won for the third straight time in 1:45.15 (24.7, 26.6 [51.3], 27.0 [1:18.3], 26.9-51.3/53.9). He also won the national championship in 1985 in 1:44.01 and in 1986 in 1:44.73. Gray was born in Los

Angeles on June 19, 1960. He attended Crenshaw High School, Los Angeles 1978, Southwest Los Angeles CC and Santa Monica CC.

**David Mack** (SMTC) placed third in 1:46.49 (51.8, 54.7). Mack was born in Los Angeles on May 25, 1961. He won the State Meet in 1978 in 1:51.83 and in 1979 in 1:50.2, while a student at Locke High School, Los Angeles.

Gray said, "I'm in the best shape of my life—world record shape. The world record is within my grasp. I should have had it last year. That's my goal this year. It's not a Grand Prix year for the 800, so I might have a hard time finding the right race, but I think I can do it."

**1500 — Steve Scott** (Tiger TC), the six-time national champion, placed second in 3:44.10 (52.6, 1:54.1). He won the national championship in 1977 in 3:37.3, 1978 3:38.8, 1979 3:36.40, 1982 3:34.92, 1983 3:36.62, and 1986 3:42.41. Scott was born in Upland on May 5, 1956. He attended Upland High School 1974 and UC Irvine 1978. He resides in Fallbrook. He placed second in the 1974 State Meet 880 in 1:52.4.

Scott said: "Since a week ago, I've only trained three days because of various injuries. Needless to say, I wasn't very confident going into this race."

**Steeple — Brian Abshire** (Nike B) placed second in 8:20.83, a lifetime best. Abshire was born on November 14, 1963 in El Sobrante. He attended DeAnza High School, El Sobrante 1982.

"This is my first steeplechase in quite a while," said Abshire after the qualifying round. "I didn't know what to expect. I injured my ankle and bottom of my foot in the water pit at Mt. SAC and haven't run the steeplechase since then."

**5000 — Doug Padilla** (Athletics West) placed second in 13:52.61 (59.9, 2:00.7). Padilla has won the national championship three times: 1983 13:25.12, 1985 13:16.42, and 1986 13:46.69. Padilla was born in Oakland on October 4, 1956. He attended Marina High School, San

Leandro 1974. He resides in Oakland.

"Sydney (Maree) went up and I started to go too," said Padilla. "I moved around Bill (Krohn) and when I moved out I clipped Terry's (Brahm) heels. He almost pulled my shorts off of me trying to keep himself up. Sydney ran a smart race. I think he recognized that he had the strength as well as the speed. He moved with 400, at least 300, to go and ran well on in. I was hoping to get some confidence from this one, but it was slow. Hopefully we can run well at the World Championships. There are a lot of good people out there. We would like to show that the Americans are capable of running good races."

**110 Hurdles — Greg Foster** (World Class AC) won his fourth national championship in 13.29w (2.8mps). He won in 1981 in 13.39, 1983 13.15, and 1986 in 13.26. He attended UCLA 1980. He resides in Long Beach.

"I never thought Tonie (Campbell) would not be a part of the World team," said Foster. "It happened to me indoors though. You try not to make a mistake but sometimes it happens."

"Once I get out I may decelerate at the end, but it won't be much. I felt him coming. My concern was basically to make the team. I didn't feel him there after the ninth hurdle. I heard the ninth hurdle come down hard and didn't realize he wasn't there until after that. A lot of people think that if you start out poorly it won't effect you but once you lost your concentration you're through. You have to concentrate the whole race. Tonie hit the first and second hurdles and then from the fourth one on in he kept hitting hurdles. He clobbered the ninth and it flipped over all the way and then he ran right through the tenth one."

"I'm disappointed that he (Campbell) didn't make the team. If I had to pick one [that] I wish would have made it, it would be him. With Tonie back (earlier in the year) it made it better for me."

"Getting up for the bigger meets has never been a problem. The World Champ-

ionships will probably be the easiest race of the year for me. Tonie is the only consistent hurdler (that I would have had to contend with), so I won't worry about that. My goal is to try and run as fast as I can every time."

**400 Hurdles — Edwin Moses** (Team adidas) won his fifth national championship in 47.99. He won in 1977 in 47.45 (world record), 1979 47.89, 1981 47.59, and 1983 47.84. He resides in Newport Beach.

"I don't even know what the time was," said Moses. "I look forward to the World Championships. I ran a typical race. I could have run a lot faster. I'm lucky that I can run those kind of times. I lost a step at the start, I made the same mistake yesterday."

"The point here was to run a good race. I felt I could run well no matter how anybody else ran. I didn't have to extend myself 100% today, which was good. I think I was ahead on the second hurdle. I just took it home from there."

"I think it's more exciting for the fans (to have some drama in the race). The fans need a little suspense. It's good for the sport. Even my losing may be good for the sport because it made people excited about the race. We need to show people that track and field can be exciting."

"Just the spirit of competition got me going and took me to first."

"It's a lot easier for me to run without the streak. It was a catch-22. It had to end. I'm 31 and still am able to win against guys 10 years younger, so I can't complain."

**Danny Harris** (Athletics West), the 1986 champion in 48.90, placed second in 48.70. Harris was born in Torrance on September 7, 1965. He attended Perris High School 1983. He was third in the 1982 State Meet 300LH in 36.50 and first in 1983 in 35.52, a national high school record.

continued on next page...



TOM PETRANOFF



WILLIE BANKS



LARRY MYRICKS



TIM BRIGHT



BRIAN ABSHIRE



## Results

"I'm happy the race is over," said Harris. "It's been a long two weeks. It feels good to have it done."

"There was a lot of hype but it was to be expected. I don't think it was blown out of proportion. The publicity was good for the race, good for the meet."

"I felt good coming into the race. I felt good during the race, I couldn't see him (Moses) but I felt him on the inside. He made a strong move at 280 meters, stronger than I've ever seen any runner do. I lost my concentration. You have to give him credit. He came back and ran like a champion."

"I still feel like I can beat Edwin. My confidence is at a high level. You can't win everyday."

"I lost my concentration when he went past me. I wished that I could have relaxed at the end. I still felt like I could catch him, but I started pressing and I messed up on the ninth hurdle."

**20K Walk — Ray Sharp** (Mazda Racewalk), who won the 5K walk in 1980 in 20:27.8 and 1981 in 30:47.2, placed third in 1:27:00. Sharp resides in Soda Springs.

**High Jump — Jerome Carter** (unattached) won his fifth national championship at 7-7. Carter's jumps: 7-3 0, 7-4 1/2 0, 7-5X0, 7-7 XO, 7-8 p, 7-9 1/4 XXX. "It means a lot to me," said Carter. "I've been at the record a lot of time and I continue to choke. The first attempt was nice but after that I started to really think that I could make it and tried too hard."

"Physically I'm in the best shape of my life. My weight is lower now than when I was 19 and I'm 24 now."

"I'm supposed to jet off to Stockholm. I will have to take a look at where (Pan Am Games) are in the schedule, but I would like to jump there."

**Lee Balkin** (Stars & Stripes TC) placed second at 7-7 (= 12, xA). Balkin's jumps: 7-3 XO, 7-4 1/2 0, 7-5 1/4 0, 7-7 XXO, 7-8 p, 7-9 1/4 XXX. Balkin was born in Glendale on June 7, 1961. He attended Glendale High School 1979 and UCLA 1984. He resides in Los Angeles. He won the 1979 State Meet in 7-3 1/4, a meet record.

**Long Jump — Larry Myricks** (Mazda TC), who won in 1979 at 27-2w and 1980 at 27-1 1/4w, placed second at 28-3 1/4 (4,12W; 3,10A). Myricks jumps: 27-0w, foul, foul, 27-11, 28-0 1/4w, 28-3 1/4. Myricks resides in Ontario.

"Right now, I'm just really excited," said Myricks. "I jumped really, really well."

"My opening jump was conservative just to get a mark. Then I cut loose and that's why I fouled on a couple of jumps. When I got off a good one to start the finals, I knew I had more left in me."

"It was important for me to come here and jump well. I've been jumping well this year. I just wanted to know that I could respond well when I need to."

Myricks was asked if he was frustrated finishing second. "I'm not frustrated," said Myricks. "I jumped well. Carl (Lewis) was having knee problems or he might have gone farther. If I had another jump I would have gone farther. I feel good, I'm really pleased."

"Everything flowed really smooth, I felt really good."

**Triple Jump — Willie Banks** (Mazda TC) placed second at 57-9w. Banks' series: 56-10, foul, 57-4 1/4, 49-0 1/4, 57-9w, 56-4 1/2. Banks has won the national championship four times: 1980 56-11 1/2w, 1981 57-7 1/2AR, 1983 56-7 1/2, 1985 58-11 1/2WR. Banks was born at Travis AFB on March 11, 1956. He attended Oceanside High School 1974 and UCLA 1978. He won the State Meet triple jump in 1973 at 49-7 1/4w and in 1974 at 50-7. He resides in Los Angeles.



JIM SPIVEY (left) & STEVE SCOTT

"It felt really good," said Banks. "I'm just starting to come around. I wasn't ready for that big one yet though. This is the first time I've gotten my run down. Really, this was my first major competition."

"I plan to jump in all of the events that I can this summer. It will help me to jump in more big events and give me a chance to really develop my skills. The most important thing to me right now is the World Championships. Everything I do will lead up to that. I have two goals. One is to win the World Championships and the other is to win a gold in the Olympics. If I can accomplish those then I can retire a very happy man."

**Shot Put — John Brenner** (Mazda TC) won his second straight national championship at 69-9. Last year he threw 69-2 1/2 at TAC. His series: 67-11, foul, 68-10 1/2, 67-6 1/4, 69-9, 67-7 1/2. Brenner was born in Long Beach on January 4, 1961. He attended Fullerton High School 1979 and UCLA 1984. He placed third in the 1979 State Meet at 62-1. He resides in Downey.

**Greg Tzafalis** (Stars & Stripes TC) placed second at 68-3 1/4. His series: 66-11 1/4, foul, 67-11 1/2, 68-3 1/4, foul, 66-10. He was born in San Francisco on April 9, 1958. He attended Capuchino High School, San Bruno 1976 and Skyline JC 1978.

**Discus — John Powell** (Mazda TC) won his seventh national championship and fifth straight at 217-3. He won in 1974 at 214-11, 1975 208-10, 1983 222-0, 1984 233-9, 1985 214-4, 1986 216-4. His

series: 210-1, 209-9, 203-7, foul, 217-3, 212-2. He was born in San Francisco on June 20, 1947. He attended Mira Loma High School, Sacramento 1965 and San Jose State 1969. He resides in Cupertino.

"I was missing it technically today," said Powell. "I had a good week. I thought I had rhythm today, but I lost it somewhere between the practice ring and here. But obviously it was enough. I thought the other folks would challenge me; I'm pleasantly surprised at the outcome. This is the meet I train for. I like throwing here and it sort of is a home field advantage for me. I have basically geared my training to compete against Americans; the rest of the world is out of my league. You have to set realistic goals. I just came in here on a wing and prayer and tried to visualize it (winning). This meet is very significant for me. No one else has won seven discus championships."

**Mac Wilkins** won six titles between 1973 and 1980. He also placed second to Cuban Luis Delis in 1982, when foreign men were still allowed to compete.

**Jay Sylvester** won five titles between 1961 and 1972. He also placed second to Ludvik Danek (Czechoslovakia) in 1965.

**Al Oerter** won six titles from 1957 to 1966.

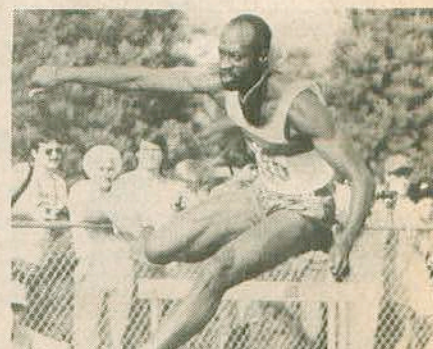
**Fortune Gordien** won six titles from 1947 to 1954.

**John Brenner** (Mazda TC) was third at 206-2. His series: 206-2, 201-11, foul, 201-0, foul, foul.

**Hammer — Bill Green** (Mazda TC), the 1986 champion at 250-0, placed second at 253-0. His series: 240-7, 248-8,



GREG FOSTER



EDWIN MOSES

251-5, 248-5, 253-0, 249-3. He attended Fremont High School, Sunnyvale 1978, Northridge State and Long Beach State 1983. He resides in Torrance.

**Ken Flax** (NYAC) placed third at 252-7. His series: 244-11, 250-0, 252-7, 248-0, foul, foul. He was born in San Francisco on April 20, 1963. He attended Redwood High School, Larkspur 1981.

**Javelin — Tom Petranoff** (Athletics West), who won in 1985 at 286-1 and in 1986 at 250-5 with the new implement, placed second at 261-10. His series: 229-1, 248-8, 253-2, 259-11, 261-10, 261-9. He attended Palomar JC 1978. He resides in Oceanside.

"I didn't feel right today," said Petranoff. "I don't know what it was. I'm just not really ready. I was lucky to get second place."

"Duncan (Atwood) did a hell of a job. Obviously the last couple of meets he's been hungry. I've been just sort of flowing with the music of the competition."

"It seems like such a ho-hum type of situation here compared to Europe. It's a different story in Europe with the crowds, the adrenalin, the psyche and the competition. I seem to jump up a little bit over there."

**Mark Babich** (SSTC) placed third at 259-7 (7, xA). His series: 252-8, 254-2, 244-11, 252-3, 259-7, foul. He resides in Los Angeles.

*continued on next page...*



## Results

### Decathlon • Tim Bright

(Athletics West) won his first national championship with 8340 (4.6A). His performances: 10.90, 23-11¼, 47-1, 6-11, 49.24 (42.77), 14.16, 134-11, 18-½, 189-3, 4:44.49 (40.63). He was born in Taft on July 28, 1960. It was his lifetime best. His previous PR was 8302 in 1986.

"This will be a motivator for me for sure," said Bright. "Everyone will be expecting a lot from me (in the World Championships) and the pressure seems to get me going."

"I needed an indicator to see where I needed work. I found my weights (events) weren't too good and I need speed work (in the sprints)."

"I had a halfway decent day yesterday, and was hoping to do just as good today but I had a couple of bad events that brought my score down a little. For not having gone in nine months, it wasn't bad."

Bright, who had about 30 family members and friends watching, said a bad start in the hurdles cost him at least one-tenth of a second, and he wasn't real pleased with his performance in the discus and javelin.

But about winning his first national title, Bright said, "That's what I'm happiest about."

Bright said he wants to compete in the Pan American Games in Indianapolis, Indiana, as well as the World Championships, although there's only three weeks between the two.

"If you're in good shape, it (the time between them) isn't too bad," said Bright. "Indy is probably the fastest track in the world. It's a good place to compete. Also, it's home. Rome is a long way away with different food and all."

If all goes well in Rome, Bright expects to score about 8500 points or so.

"Twenty-one days from now we'll see where I'm at," said Bright. "I'm going to pole vault tomorrow to see if I can at least get into the finals. I'll see how fast I can recover in the next couple of days. If I feel OK by Saturday, 21 days (between Rome and Indianapolis) probably will be enough."



JACKIE JOYNER-KERSEE



RAMONA PAGEL



PAM MARSHALL

## Women

**100 — Diane Williams** (Puma) won her first national championship in 10.90w. She attended Los Angeles State 1983. She resides in Venice.

**Alice Brown** (SSTC) placed second in 10.93. She attended Muir High School, Pasadena 1978 and Northridge State 1982. She placed second in the 1978 State Meet 100 yard dash in 10.96.

**Pam Marshall** (Mazda), the defending champion at 10.80w, placed third in 10.95. She attended Jordan High School, Long Beach 1978 and Long Beach City College 1980. She placed third in the 1978 State Meet behind Brown in 11.00y. She resides in Glenwood.

In case you're wondering, Kelia Bolton (Hill High School, San Jose) won the 1978 State Meet 100. Does anyone know where Kelia is now?

**200 — Pam Marshall** won her second straight national championship in 21.6w. She won last year in 22.24w. She placed second in the 1978 State Meet in 24.05y.

**Florence Griffith** (World Class) placed second in 21.7. She was born in Los Angeles on December 21, 1959. She attended Jordan High School, Los Angeles 1978, Northridge State and UCLA 1983. She resides in Los Angeles.

"I was so mad when I found out I had to

run in lane one," said Marshall. "I hate lane one because I'm too tall for it. (Marshall is 5-8, while Griffith is 5-5.) I'm not a good starter. I could see everybody out in front of me so it did help some. I run a lot better from behind."

"I felt pretty much under control. In my prelim and semi races, I was just running to qualify. The last 50 is my strongest part of the race."

**400 — Denean Howard** (SSTC) placed third in 51.02. She attended San Geronio High School in San Bernardino 1979, Kennedy High School, Granada Hills 1982, and Los Angeles State 1985. She placed third in the 1979 State Meet in 55.15y. She won the 1980 State Meet in 53.04, a national record, and the 1982 State Meet in 52.39, also a national record.

**1500 — Regina Jacobs** (LATC) won her first national championship in 4:03.70 (68.6, 68.3 [2:16.9], 63.0 [3:19.9], 43.8—29.7, 60.6, 2:04.9). She was born in Los Angeles on August 26, 1963. She attended Argyll Academy of North Hollywood 1981 and Stanford 1985. She resides in Santa Monica.

"I've never trained this hard before in my life," said Jacobs. "We have trained so hard. We do these workouts in Will Rogers Park (LA) and we work so hard. Sometimes, I just lay there and my stomach muscles feel torn up. I drive to workouts thinking this isn't fun anymore, but it's paid off."

"I didn't really have a plan today. We just decided to go according to how the race went. When I got the lead, I didn't want to look back. I didn't want to know if anybody was coming up on me."

"I think I'm faster and stronger but my race strategy is a lot smarter now."

**5000 — Sylvia Mosqueda** (adidas) placed third in 16:34.50. She was born in Los Angeles on September 8, 1966. She attended San Gabriel High School 1985, East Los Angeles City College 1986, Los

Angeles State 1989. She resides in Los Angeles.

**10,000 — Francie Larrieu-Smith** (New Balance), the 1985 champion in 32:18.29, placed second in 32:45.43 (18:34.9/16:10.6) (34.0, 71.5). She was born in Palo Alto on November 23, 1952. She attended Fremont High School, Sunnyvale 1970, UCLA, and Long Beach State 1974.

"As far as my personal performance, I did exactly what I thought I was capable of doing at this point of time," said Larrieu-Smith. "I ran exactly according to my plan."

"Lynn (Jennings) ran a great race. There was no way I could have gone out with her and stayed with her. I would have died big time."

"My principle concern during the race was that I was feeling very comfortable and I thought the pace was going too slow. I had to make the time (33.00) in order to qualify while the other two Lynns (Jennings and Nelson) already had made that qualifying time, so the pace was very important to me."

"I was feeling very comfortable but I decided I had to make a move."

"If you had any idea what this means to me, I've been through a lot this year. I haven't had one good race all year. I haven't been able to concentrate or to focus on racing, even though I've been doing all the work."

"I feel like I pulled one off today. I feel really good about it."

"It was critical for me to run an intelligent race and I think I did that."

**High Jump — Coleen Sommer** (Mazda) set a meet record of 6-5. The old meet record of 6-4¼ was set by Pam Spencer (LA Naturite) at Sacramento on June 21, 1981, and tied by Debbie Brill (Can/PCC) at Knoxville on June 19, 1982. Sommer won in 1980 at 6-4 as Coleen Rienstra. Her jumps: 5-10 p, 6-0 0, 6-1½ 0, 6-2¼ 0, 6-4 0, 6-5 0, 6-7½ XXX. She was born in Glendale on June 6, 1960.

**Phyllis Blunston** (Puma) placed third at 6-4 (7, xA). Her jumps: 5-10 0, 6-0 0, 6-1½ 0, 6-2¼ 0, 6-4 XO, 6-5 XXX. She was born in Los Angeles on April 24, 1959. She attended Crenshaw High School, Los Angeles 1978, El Camino CC, Bakersfield State 1982.

**Long Jump — Jackie Joyner-Kersey** (World Class) won her first national championship in the long jump with a meet record of 23-4½ (x, = 2A). The old meet record of 22-8 was set by Carol Lewis (Houston) at Indianapolis on June 18, 1983. Joyner-Kersey's series: 21-10¼, 23-4½, foul, 22-7¼, 23-3¼, foul. She attended UCLA 1985. She resides in Long Beach.

**Jennifer Inniss** (Atoms) placed second at 22-1¼ (7, xA). Her series: 21-4, 21-7½, 22-1¼, 21-6, 21-11½, 21-10. She attended Los Angeles State 1986.

**Triple Jump — Sheila Hudson** (adidas/Cal 1989) set an American and meet record of 45-5¼. The old American record of 45-2½ was set by Hudson at the NCAA in Baton Rouge on June 6, 1987. The old meet record of 43-2½ was set by Wendy Brown (Puma TC) at Indianapolis on June 16, 1985. Hudson attended Rio Linda High School 1985. She resides in Elveta. Her series: 44-3¼, 45-5¼, 44-10¼, foul, 43-5w, and 45-½. Hudson was third in the 1984 State Meet at 40-4 and first in the 1985 State Meet at 41-10w.

"I was hoping to break 14 meters (45-11¼), but 45-5 is pretty good," said Hudson. "Forty six feet would have been real nice."

"That magical feeling I had a couple weeks ago (at the NCAA meet) wasn't there today, so I was a little surprised my jump was that far."

Hudson was asked to comment on the competition today. "I was really afraid of Terry (Turner)," said Hudson. "She's been

continued on next page...



## Results

a real consistent 44-foot jumper. And I'm always thinking about Yvette (Bates) and Wendy (Brown)."

**Wendy Brown** (Puma), who had won the first two national championships in the triple jump (1985 43-2½, 1986 45-2½w), placed second at 44-4. Brown's series: 42-9½, 43-5½, 44-4, foul, 44-0, 43-5½. She attended Woodside High School 1984 and USC 1988. She won the 1982 State Meet at 39-8½, the 1983 Meet at 39-8½, and the 1984 Meet at 42-10½, a national record.

**Shot Put — Ramona Pagel** (Mazda) won her third straight national championship at 62-3. She won in 1985 at 60-4½ and in 1986 at 61-1½. Her series: 61-0½, 58-5½, 62-3, 61-5½, foul, 60-10. Ramona Ebert won the 1979 State Meet at 46-5½. She was born in Los Angeles on November 10, 1961. She attended Schurr High School, Montebello 1979, Long Beach State and San Diego State 1984. She resides in San Diego.

**Pam Dukes** (Puma) placed second at 59-5 (6, xA). Her series: 59-5, 56-10½, foul, 51-0, 57-5, foul. She attended Stanford 1986.

**Bonnie Dasse** (Coast Athletics) placed third at 58-11¼. Her series: 56-4½, 56-4½, 58-2, foul, 58-11¼, 58-11¼. She attended Costa Mesa High School 1977, Orange Coast CC 1979, and San Diego State 1981. She resides in Costa Mesa. She placed third in the 1977 State Meet at 42-4.

**Discus — Carol Cady** (Mazda), the 1985 national champion at 200-9 and 1986 at 205-9, placed second this time at 206-11. Her series: 202-5, foul, 199-4, 206-11, 190-10, 204-9. She attended Stanford 1984. She resides in Stanford.

**Ramona Pagel** (Mazda) placed third at 203-2 (5, xA). Her series: 194-11, 198-10, foul, 196-7, 203-2, foul.

**Javelin — Karin Smith** (Coast Athletics) won her fifth national championship at 203-8. She won in 1980 at 199-1, 1981 208-2, 1983 187-8, and 1984

198-11. Her series: 193-0, 198-0, p, foul, 196-10, 203-8. She attended La Jolla High School 1973, UCLA, CPSLO 1982.

"Satisfied?" said Smith. "Are you kidding? Who wouldn't be? I'm 9½ months post-reconstructive surgery on my knee. I'm just glad to be here. I know it sounds crazy, but I told my coach today I felt I had a good one in me."

**Lynda Hughes-Suffin** (LATC) placed second at 197-0. Her series: 183-9, 193-11, 184-8, 183-10, 197-0, 183-9. She resides in Santa Monica.

**Cathie Wilson** (Coast Athletics) placed third at 194-3 (9, xA). Her series: 179-9, 182-2, 173-3, 170-11, 194-3, foul. She was born in Santa Paula on November 17, 1962. She attended North High School, Bakersfield 1981, Bakersfield JC 1983, Fresno State 1985. She resides in Bakersfield.

**Heptathlon — Jackie Joyner-Kersey** (World Class) won her second national championship with a meet record of 6979 (x, 3W, A). The old meet record of 6587w was set by Jane Frederick (Athletics West) at Indianapolis on June 17-18, 1985. Joyner-Kersey won in 1982 at 6041. Her performances: 12.90, 6-0¼, 49-9¼, 23.02 [4130], 23-9½w, 132-0, 2:13.07 [2849].

Joyner-Kersey had two fouls in the javelin before she got off a fair throw. "I was lining my body up wrong," said Jackie. "I should have been on an angle instead of head on. I was veering off to the left a little. On the second throw I thought I was lining up legal but it went off to the left. On the third throw I just prayed to God...knew just a matter of getting a legal throw. I believed I was going to get a legal throw. Actually I feel really strong. Going into the long jump the only problem was a little tightness. I want to throw as long as I could (in javelin) so I wouldn't have to run the 800 (fast)...I was hoping for 165 (feet). This being the opener for me (first heptathlon since last year), there is the opportunity to go back and get stronger. I'm a bit disappointed about how I threw. Overall I'm happy."

She was asked about the long jump. "I think I have a lot left," said Joyner-Kersey. "I think I'm capable of breaking the world record in the long jump."

"I don't believe in safe throws," said Bob Kersee (Jackie's coach and husband). "Nine times (out of ten) with an athlete like Jackie, it's going to be OK. Worst thing that was going to happen was that it was going to land flat. I told her at the beginning of the year only one who is going to beat Jackie Joyner is Jackie Joyner. I think it's a blessing in disguise (not doing well in the javelin). Jackie is a hard-headed person. It's difficult for her to listen unless something goes wrong."

**Jane Frederick** (Athletics West), the nine-time multi-event national champion (pentathlon 1972 4169, 1973 4281, 1975 4676, 1976 4677, 1979 4506; heptathlon 1981 6011w, 1983 6493, 1985 6587, 1986 6230), placed second at 6389. Her performances: 13.62, 5-11½, 49-10½, 24.84 [3830], 20-5¼, 157-5, 2:20.50 [2559]. She was born in Oakland on April 7, 1952. She attended Miramonte High School, Orinda 1969. She resides in Santa Barbara.

**Cindy Greiner** (Athletics West), the 1984 champion at 6154, placed third at 6275 (4, xA). Her performances: 13.33, 5-11½, 45-7¼, 24.05w [3842], 21-1¼w, 121-5, 2:18.93 [2433]. She was born in San Diego on February 15, 1957.

## T.A.C. Results:

### June 23-24:

**Decathlon:** 1. Tim Bright (Athletics West) 8340, 2. Rob Muzzio (Mazda TC) 8134, 3. Gary Kinder (New York AC) 8053, 4. Jim Connolly (Athlnti) 8023, 5. Keith Robinson (un) 7912, 6. Mike Gonzales (Stars & Stripes) 7865.

**Heptathlon:** 1. Jackie Joyner-Kersey (World Class) 6979 MR, 2. Jane Frederick (Athletics West) 6389, 3. Cindy Greiner (Athletics West) 6275, 4. Jolanda Jones (Univ of Houston) 5981, 5. Wendy Brown (Puma TC), 6. Cathy Tyree (un) 5806.

### First Day/June 25:

**Women's 10,000 meters:** 1. Lynn Jennings (Ath West) 32:19.15 SR, 2. Francie Larrieu-Smith 32:45.43, 3. Lynn Nelson (Reebok RT) 32:52.55, 4. Patty Murray (Team adidas) 32:58.50, 5. Marly Cooksey (Tam Kangaroo) 33:05.09, 6. Judy Chamberlin (un) 33:07.22.

### Second Day/June 26:

**Women's 10,000 Meter Walk:** 1. Maryanne Torrellas (Reebok) 47:23.8 AR-MR-SR, 2. Lynn Weik (un) 47:36.5, 3. Debbi Lawrence (un) 48:30.3, 4. Teresa Valli (un) 48:57.2, 5. Sara Standley (SoCalIR) 50:53.3, 6. Mary Howell (un) 51:39.8.

**Men's Javelin:** 1. Duncan Atwood (un) 271-5, 2. Tom Petranoff (AthWest) 261-10, 3. Mark Babich (Stars & Stripes) 259-7, 4. Mike Barnett (Ath in Action) 258-9, 5. Jason Bender (Stars & Stripes) 247-11, 6. Brian Crouser (NYAC) 245-7.

**Men's Long Jump:** 1. Carl Lewis (Santa Monica TC) 28-4½ SR, 2. Larry Myricks (MazdaTC) 28-3¼, 3. Michael Conley (Tyson Int) 28-0¼w, 4. Gordon Laine (Lay Witnesses) 27-0½, 5. Michael McRae (Bay Area Strid) 26-10, 6. Brian Cooper (Atlantic Coast Club) 26-1¼.

**Women's Discus Throw:** 1. Connie Price (CoasAth) 212-5, 2. Carol Cady (Mazda TC) 206-11, 3. Ramona Pagel (MazTC) 203-2, 4. Kelly Landry (MazTC) 193-11, 5. Laura DeSnoo (SanDiegoTC) 191-5, 6. Lacy Barnes (FresnoSI) 191-2.

**Women's 100 Meter Hurdles:** 1. LaVonna Martin (CoastAth) 12.80 MR-SR, 2. Stephanie Hightower (MazTC) 12.99, 3. Sophie Hunter (AtomsTC) 13.05, 4. Rosalind Council (MazTC) 13.07, 5. Benita Brown (MazdaTC) 13.13, 6. Donna Waller (un) 13.26.

**Men's 110 Meter Hurdles:** 1. Greg Foster (WorldClass) 13.29w, 2. Cletus Clark (SMTC) 13.48, 3. Jack Pierce (KaramuFlyers) 13.56, 4. Arthur Blake

(MazTC) 13.61, 5. Keith Talley (KaramuFlyers) 13.78, 6. Albert Lane (KaramuFly) 13.90.

**Women's 200 Meters:** All Hand Times. 1. Pam Marshall (MazTC) 21.6w, 2. Florence Griffith (WorldClass) 21.7, 3. Grace Jackson (AtomsTC) 21.7, 4. Juliet Cuthbert (LATC) 21.7, 5. Evelyn Ashford (MazTC) 21.9, 6. Pauline Davis (Coast) 22.2.

**Men's 200 Meters:** 1. Carl Lewis (SMTC) 20.12 SR, 2. Wallace Spearmon (AtlCoast) 20.33, 3. Calvin Smith (un) 20.34, 4. Floyd Heard (adidas) 20.42, 5. Thomas Jefferson (un) 20.43, 6. Dwayne Evans (AthWest) 20.45.

**Women's Shot Put:** 1. Ramona Pagel (MazTC) 62-3, 2. Pam Dukes (PumaTC) 59-5, 3. Bonnie Dasse (Coast) 58-11¼, 4. Connie Price (Coast) 57-3¼, 5. Peggy Pollock (Coast) 57-3½, 6. Regina Cavauagh (PumaTC) 55-9¼.

**Women's High Jump:** 1. Coleen Sommer (MazTC) 6-5, 2. Louise Ritter (un) 6-4, 3. Phyllis Blunston (PumaTC) 6-4, 4. Jane Clough (PumaTC) 6-4, 5. Yolanda Henry (AbilChrisU) 6-2¼, 6. Rita Graves (MazTC) 6-1½.

**Women's 5000 Meters:** 1. Nan Davis (AthWest) 15:57.46 SR, 2. Maureen Cogan (BobSchulRT) 16:08.81, 3. Sylvia Mosqueda (adidas) 16:34.50, 4. Tricia Clifford (U of Florida) 17:08.05, DNF Missy Kane, DNS Cindy Bremser.

**Women's Triple Jump:** 1. Sheila Hudson (Team adidas) 45-5¼ AR-MR-SR, 2. Wendy Brown (PumaTC) 44-4, 3. Terri Turner (Nike) 42-7, 4. Renita Robinson (SoBayTC) 42-5½, 5. Felicia Carpenter (MazTC) 42-2¼, 6. Yvette Bates (SoCalCheetahs) 41-11½.

**Men's 10,000 Meters:** 1. Gerard Donakowski (AthWest) 28:25.10 SR, 2. Steve Plasencia (AthWest) 28:27.57, 3. Ed Eystone (Reebok) 28:28.85, 4. Pat Porter (AthWest) 28:29.70, 5. Bruce Bickford (TeamNewBal) 28:40.85, 6. James Sapienza (AthWest) 28:47.58.

### Third Day/June 27:

**Men's 20 Kilometer Walk:** 1. Tim Lewis (Reebok) 1:24:12.0 MR-SR, 2. Carl Schueler (Reebok) 1:26:10, 3. Ray Sharp (MazolaRacewalkTm) 1:27:00, 4. Gary Morgan (NYAC) 1:27:31, 5. Mike Stauch (U of Wis/Park) 1:28:15, 6. Paul Wick (NYAC) 1:30:06.

**Men's Hammer Throw:** 1. Bud Logan (NYAC) 259-4 MR-SR, 2. Jill Green (MazTC) 253-0, 3. Ken Flax (NYAC) 252-7, 4. Lance Deal (NYAC) 248-11, 5. Michael Fritchman (un) 227-9, 6. Mike Maynard (Stars & Stripes) 227-4.

**Men's 3000 Meter Steeplechase:** 1. Henry Marsh (AthWest) 8:20.26 SR, 2. Brian Abshire (Nike) 8:20.83, 3. Brian Diemer (AthWest) 8:20.95, 4. Jim Cooper (TeamNewBal) 8:22.20, 5. Ivan Huff (Reebok) 8:22.27, 6. Mark Smith (Reebok) 8:25.69.

**Women's 1500 Meters:** 1. Regina Jacobs (LATC) 4:03.70 SR, 2. Linda Sheskey (AthWest) 4:05.80, 3. Angela Chalmers (adidas) 4:06.43, 4. Christin Pfitzinger (NewBal) 4:06.47, 5. Diana Richburg (PumaTC) 4:07.32, 6. Suzy Favor (WisUnitAC) 4:09.10.

**Men's High Jump:** 1. Jerome Carter (un) 7-7, 2. Lee Balkin (S&STC) 7-7, 3. Thomas McCants (un) 7-5¼, 4. Jake Jacoby (Reebok) 7-5¼, 5. (tie) Doug Nordquist (AsicsTiger) 7-4½, 5. (tie) Brian Stanton (S&STC) 7-4½.

**Women's 400 Meter Hurdles:** 1. Judith Brown King (AthWest) 54.45 MR-SR, 2. Sandra Farmer (S&STC) 54.69, 3. LaTanya Sheffield (SDTC) 55.05, 4. Schowonda Williams (MazTC) 55.30, 5. Sophia Hunter (AtomsTC) 55.40, 6. Kathy Freeman (LouisianaStU) 56.10.



WENDY BROWN



KARIN SMITH

continued on next page...



## Results

**Men's 400 Meter Hurdles:** 1. Edwin Moses (adidas) 47.99, 2. Danny Harris (AthWest) 48.70, 3. David Patrick (S&STC) 48.76, 4. Kevin Young (SMTC) 48.91, 5. Tranel Hawkins (AccuTC) 48.94, 6. Nat Page (S&STC) 49.49.

**Women's Long Jump:** 1. Jackie Joyner-Kersey (WorldCI) 23-4 1/2 SR-MR, 2. Jennifer Inniss (Atoms) 22-1 1/4, 3. Sheila Echols (TeamElite) 21-6, 4. Carol Lewis (SMTC) 21-4, 5. Sheila Hudson (adidas) 21-0, 6. Cindy Greiner (AthWest) 20-11 1/4.

**Women's 400 Meters:** 1. Lillie Leatherwood-King (Reebok) 49.95, 2. Diane Dixon (Atoms) 50.62, 3. Denean Howard (S&STC) 51.02, 4. Valerie Brisco (WorldCI) 51.38, 5. Sonja Fridy (MazTC) 51.69, 6. Denise Mitchell (U of FL) 51.72.

**Men's 400 Meters:** 1. Harry Reynolds (OhioStU) 44.46 MR-SR, 2. Roddie Haley (adidas) 44.83, 3. Antonio McKay (un) 45.24, 4. Danny Everett (SMTC) 45.36, 5. Raymond Pierre (BaylorU) 45.46, 6. Michael Franks (AthWest) 45.55.

**Men's Shot Put:** 1. John Brenner (MazTC) 69-9, 2. Greg Taffalis (S&STC) 68-3 1/4, 3. Garry Frank (un) 65-1 1/4, 4. Jeff Braun (WisUn) 64-10 1/4, 5. Ron Backes (NYAC) 64-8 1/4, 6. James Doehring (S&STC) 64-2 1/2.

**Women's 800 Meters:** 1. Essie Washington (SMTC) 1:59.07 SR, 2. Delisa Walton-Floyd (SMTC) 1:59.20, 3. Joetta Clark (AthWest) 1:59.45, 4. Julie Jenkins (Reebok) 2:00.50, 5. Debbie Grant (Villanova) 2:00.82, 6. Rose Monday (TrackWest) 2:01.02.

**Men's 800 Meters:** 1. Johnny Gray (SMTC) 1:45.15 SR, 2. Stanley Redwine (AthWest) 1:45.47, 3. David Mack (SMTC) 1:46.49, 4. Lorenzo Brown (Reebok) 1:46.52, 5. Tracy Baskin (SetonHall) 1:46.59, 6. Randy Moore (NYAC) 1:47.01.

**Women's 100 Meters:** 1. Diane Williams (PumaTC) 10.90w, 2. Alice Brown (S&STC) 10.93, 3. Pam Marshall (MazTC) 10.95, 4. Gail Devers (WorldCI) 10.99, 5. Gwen Torrence (AthWest) 11.08, 6. Michelle Finn (Atoms) 11.11.

**Women's Javelin Throw:** 1. Karin Smith (Coast) 203-8 SR, 2. Lynda Hughes-Sutlin (LATC) 197-0, 3. Cathie Wilson (Coast) 194-3, 4. Donna Mayhew (SBTC) 186-0, 5. Liz Mueller (Coast) 181-5, 6. Jeanne Villegas (un) 180-8.

**Men's 100 Meters:** 1. Mark Witherspoon (SMTC) 10.04, 2. Carl Lewis (SMTC) 10.05, 3. Lee McRae (adidas) 10.08, 4. Harvey

Glance (AthWest) 10.21, 5. Calvin Smith (un) 10.22, 6. Lee McNeill (MazTC) 10.25.

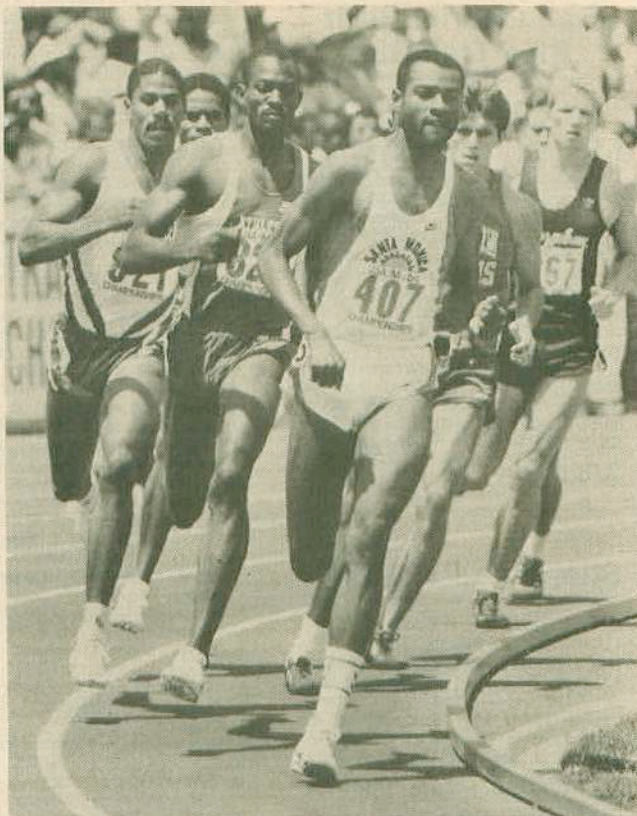
**Men's 1500 Meters:** 1. Jim Spivey (AthWest) 3:43.66, 2. Steve Scott (TigerTC) 3:44.10, 3. Charles Marsala (NYAC) 3:44.73, 4. Chuck Aragon (AthWest) 3:45.06, 5. Jeff Pigg (Reebok) 3:45.39, 6. Gawain Guy (Hit&RunTC) 3:45.43.

**Women's 3000 Meters:** 1. Mary Kniseley (NewBal) 8:57.60, 2. Cindy Bremser (WisUnit) 8:58.80, 3. Leslie Seymour (Club

Sola) 8:57.60, 4. Brenda Webb (Puma) 9:04.51, 5. Anne Schweitzer (Puma) 9:05.26, 6. Annette Hand (U of OR) 9:10.90.

**Men's 5000 Meters:** 1. Sydney Maree (Puma) 13:51.45, 2. Doug Padilla (AthWest) 13:52.61, 3. Terry Brahm (AthWest) 13:56.80, 4. Don Clary (un) 13:57.25, 5. Richard Harris (NYAC) 13:58.19, 6. Mike Blackmore (NYAC) 14:01.10.

**Men's Triple Jump:** 1. Michael Conley

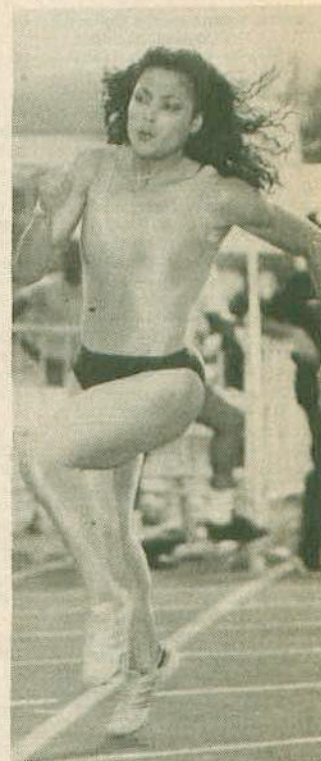


From left: DAVID MACK, STANLEY REDWINE, JOHNNY GRAY

(TysonInt) 58-7 1/2 SR, 2. Willie Banks (MazTC) 57-9w, 3. Charles Simpkins (AthWest) 57-8 1/2w, 4. Al Joyner (WorldCI) 57-5, 5. Ray Kimble (CougarTC) 56-7 1/4, 6. Robert Cannon (SoCalCheetahs) 56-4 1/4.

**Men's Discus:** 1. John Powell (MazTC) 217-3, 2. Randy Heisler (NYAC) 211-3, 3. John Brenner (MazTC) 206-2, 4. Art Burns (AthWest) 204-11, 5. Michael Buncic (NYAC) 204-1, 6. Art McDermott (NYAC) 200-6.

**Men's Pole Vault:** 1. Joe Dial (AthWest) 19-0 1/4 MR, 2. Earl Bell (PCC) 18-8 1/4, 3. Billy Olson (un) 18-8 1/4, 4. Scott Davis (S&STC) 18-8 1/4, 5. Mike Tully (MazTC) 18-8 1/4, 6. Kory Tarpenning (NYAC) 18-4 1/2.



FLORENCE GRIFFITH



Women's 400 Final (left to right): Denise Mitchell, Lily Leatherwood-King, Diane Dixon, Valerie Brisco, Denean Howard, Rochele Stevens.



# Results

## Road Racing

### Run for Relief

April 4. Fresno Pacific College, Fresno.

#### Overall Results

1	Stephen Penner (38) Reedley	36:33
2	Paul Garcia, Fresno	37:01
3	Robert Garcia (33) Clovis	37:28
4	John Minney (37) Madera	38:02
5	Bill Woody (44) Fresno	38:30
6	Samuel VanDenBerg(50)Fulton	38:39
7	Bob Perry (46) Tulare	38:43
8	Bill Schwartz (39) Fresno	39:02
9	Roger Orazo (45) Clovis	39:14
10	Henry Ovalle (46) Reedley	39:37
11	Ron Nikken (21) Reedley	39:49
12	Scot Hillman (29) Tulare	39:56
13	Alex Orosco (41) Fresno	40:09
14	Juan Urbina (29) Reedley	40:19
15	David Duerksen (44) Reedley	40:29
16	Darold Beckenhaur (40) Reedley	40:33
17	Thomas Brisky (30) Fresno	40:45
18	Steven Whitwill (38) Coalinga	41:00
19	Maurie Potts (32F) Fresno	41:36
20	Galen Quenzer (25) Watsonville	41:55
21	Jose Guerrero (39)	42:19
22	Tom Bryan (34) Fresno	42:20
23	Ken Friesen (38) Reedley	42:39
24	Nellie Gonzales (28F) Fresno	42:42
25	Charlene Janzen (21F) Dinuba	42:46
26	Tony Bush (57) Reedley	42:58
27	Jonathan Werger (18) Fresno	43:35
28	R. Brandt (44) Dinuba	43:35
29	Ron Zito (43) Fresno	43:38
30	Lisa Bennett, Fresno	43:47

#### Overall Results - 2 Mile

1	John Reynolds (16) Fresno	12:03
2	Michael Miles (32) Fresno	12:10
3	Ron Thiesen (37) Coarsegold	12:47
4	Darrell Wayenberg (24) Fresno	12:58
5	Chuck Diddy (44) Fresno	13:07
6	Jim Barnes (37) Visalia	13:09
7	Jan Alcock, Clovis	13:13
8	Roger Zimmerman (29) Reedley	13:35
9	James Enns (25) Fresno	13:44
10	Brad Barcus (27) Clovis	13:58

### Cuesta Spirit Biathlon

April 5.

1	Kerecman/Theobald	1:30:59
2	Sweeney/Furbee	1:31:46
3	Ken Kiss	1:32:36
4	Ray Webb	1:32:53
5	Betanecourt/Kirchert	1:34:38
6	Michael Smith	1:34:58
7	Pete Kain	1:35:49
8	Keith Schmidt	1:38:29
9	Brookes/Wilson	1:39:05
10	Jones/Hagy	1:39:18
11	Kelly Beck	1:40:02
12	Eddie Kolfer	1:40:23
13	Chris Hinshaw	1:40:27
14	Rosenfield/Farmer	1:40:39
15	Ron Lessley	1:40:51
16	Snekvik/Wyatt	1:40:53
17	Dennis Grossini	1:41:26
18	Ricky Medina	1:41:45
19	Curtis Karbowski	1:41:46
20	Moronay/Rice	1:41:53

### San Gabriel River Bike Trail Run

April 11. So. El Monte. 4 Miles.

#### Division Results - Men

5 & Under: 1. Brackon Garrittson 38:08. 15-18: 1. Chris Cosand 24:53. 25-29: 1. Mike Shiver 22:46. 2. James Waddell 24:03. 3. Jay White 25:45. 30-35: 1. Gary Foltz 21:20. 2. Francisco Rodriguez 25:49. 3. Orellana Carlos 26:56. 35-39: 1. Victor Chavez 26:08. 2. Ron Chiya 29:05. 40-44: 1. Jarrett Williams 23:56. 2. Juan Arcos 27:09. 3. Mike Lalum 29:07. 45-49: 1. Alfonso Villanueva 27:00. 50-54: 1. Cliff Stolba 26:37. 55-59: 1. Alfred Cruz 35:06. 60-64: 1. Wiley Nelson 34:10.

#### Division Results - Women

25-29: 1. Hither Dibdin 26:01. 2. Gwen Koyama 33:26. 30-34: 1. Doris Chung 36:30. 2. Laura Trippy 40:54. 35-39: 1. Ruth Savced 39:08. 40-44: 1. Theresa Riley 32:28. 2. Kathy Bates 34:00. 50-55: 1. Norma Martin 45:06.

### Shoreline Park 5 Mi.

April 18. Mt. View.

#### Division Results - Men

17 & Under: 1. Jonathan Goldstein 28:18. 2. Jim Strachan 28:25. 3. Kenny Brown 29:18. 18-29: 1. Andy Davis 26:21. 2. Chris Jagers 26:39. 3. W. Wagstaffe 26:45. 30-39: 1. Eddie Lanzarin 26:56. 2. David Garcia 27:58. 3. Michael Dembroski 28:17. 40-49: 1. Lew Faxon 27:43. 2. Doug Butt 28:47. 3. Preben Mortensen 29:06. 50 & Over: 1. Philip Hager 30:58. 2. E.R. Silver 31:22. 3. Sam Vandenburg 31:36.

#### Division Results - Women

17 & Under: 1. Tiki Wilcox 35:39. 2. T. Roberts 36:39. 3. Rina Sasaki 39:21. 18-29: 1. Carolyn Wollenberger 31:50. 2. Donna Hoffman 31:58. 3. Judith Rosario 33:03. 30-39: 1. Kathleen King 36:39. 2. Barbara Zoldan 36:42. 3. Nancy Lane 36:48. 40-49: 1. Jean Williams 34:24. 2. Gail Garabedian 39:35. 3. Toshiko Taguchi 40:17. 50 & Over: 1. Jaclyn Caselli 39:54. 2. Diane Bromstead 41:31. 3. Jacqueline Vosbink 45:25.

### Tropicana/KLAS-TV Las Vegas Easter Runs

April 18. Las Vegas. Half Mara. & 10K.

#### Overall Results - 10K

1	Paul Cummings (33) Ut	30:46
2	Patrick Sang (23) Tx	30:55
3	Ivan Huff (27) SLO	31:05
4	John Bolger (30) Calgary	31:26
5	Jay Woods (27) Ut	31:55
6	Ove Talsnes (24)	32:17
7	Gary Gregory (26) L.A.	32:31
8	Frank Meinseth (22)	32:51
9	Kellie Cathey (25) Phoenix	35:29
10	Robert Lowry (22) Las Vegas	35:35
11	Donald Cole (17) Las Vegas	36:01
12	David Schaffner (47) Las Vegas	36:11
13	Gaylon Gorgensen (57) Provo	36:28
14	Dave Albright (41) Las Vegas	36:38
15	Scott Tellez (24) Acton	36:45

#### Division Results - Men's 10K

14 & Under: 1. Gerald Nez 40:43. 2. Jeff Wainman 44:29. 3. Geno Hamilton 44:37. 15-18: 1. Donald Cole 36:01. 2. Richard Johnson 37:14. 3. Kevin Koch 38:17. 19-24: 1. Patrick Sang 30:55. 2. Ove Talsnes 32:17. 3. Frank Meinseth 32:51. 25-29: 1. Ivan Huff 31:05. 2. Jay Woods 31:55. 3.

Gary Gregory 32:31. 30-34: 1. Paul Cummings 30:46. 2. John Bolger 31:26. 3. Burt Wildemann 36:47. 35-39: 1. Rob Garner 37:04. 2. Dennis Dalton 41:49. 3. Ben Lucero 41:53. 40-44: 1. Dave Albright 36:38. 2. Ashimine 37:30. 3. David Van Sickle 38:11. 45-49: 1. David Schaffner 36:11. 2. Ray Maranda 38:00. 3. Rob Leavitt 39:58. 50-59: 1. Gaylon Gorgensen 36:28. 2. Ron Reedy 41:21. 3. Jim Birdsong 41:34. 60 & Over: 1. Tom Hodges 47:54. 2. Bill Boyd 49:07. 3. Roger Gill 50:35.

#### Division Results - Women's 10K

14 & Under: 1. Jennifer Smith 47:08. 2. Tarra Swift 48:47. 3. Stephanie Scott 48:58. 15-18: 1. Kellie Hourigan 46:45. 2. Cody Schumacher 50:49. 3. Marie Belle Heim 58:33. 19-24: 1. Tamara O'Dell 46:28. 2. Heidi Gerchman 47:50. 3. Jennifer Giddings 49:05. 25-29: 1. Kellie Cathey 35:29. 2. Ann Bond 37:06. 3. Janet Stamper 39:59. 30-34: 1. Terry Puckett 36:56. 2. Virginia Bax-Valentine 45:20. 3. Ruth Shickle 46:53. 35-39: 1. Cindy Ohlsen 46:21. 2. Jeannie Robbins 47:32. 3. Barb Tomita 48:27. 40-49: 1. Harolene Walters 39:09. 2. Molly Carder 46:56. 3. Helen Wright 48:45. 50-59: 1. Joyce Momita 44:51. 2. Kathy Johnson 46:44. 3. Clare Dye 55:23. 60 & Over: 1. Raye Johnson 50:21. 2. Lucille Adney 1:15:07.

#### Overall Results - Half Marathon

1	Alfredo Rosas (27)	1:09:56
2	Paul McCaffrey (23) SugarCity	1:10:22
3	Miguel Tibadulza (30)	1:10:49
4	Bob Ingram (31) Mansfield	1:11:17
5	Allen Russell (25) CO	1:11:50
6	Peter Williams (25) Sugar City	1:12:53
7	David Knoop (28) Midvale	1:13:52
8	Tyrus Deminter (23)	1:14:02
9	Bob Macias (35) Santa Monica	1:14:38
10	Scott Fuller (25) Ellensburg	1:16:48
11	Thomas Teschner (23) Tucson	1:17:12
12	Jeff Demyen (26) Las Vegas	1:18:38
13	Bill Cuculich (27) Tucson	1:19:12
14	Richard Field (31) Las Vegas	1:19:58
15	Maria Trujillo (27) Scottsdale	1:20:50

#### Division Results - Men's Half Marathon

19 & Under: 1. Kenneth Wong 1:27:42. 2. Louis Pedroza 1:35:03. 3. David Williams 2:00:38. 20-24: 1. Paul McCaffrey 1:10:22. 2. Tyrus Deminter 1:14:02. 3. Thomas Teschner 1:17:12. 25-29: 1. Alfredo Rosas 1:09:56. 2. Allen Russell 1:11:50. 3. Peter Williams 1:12:53. 30-34: 1. Miguel Tibadulza 1:10:49. 2. Bob Ingram 1:11:17. 3. Richard Field 1:19:58. 35-39: 1. Bob Macias 1:14:38. 2. Michael Naylor 1:24:40. 3. Dennis Jensen 1:27:50. 40-49: 1. Paul Bruvik 1:24:21. 2. Gary Kimbrell 1:24:37. 3. Lee Wilcox 1:25:36. 50-59: 1. Jerry Shourds 1:31:05. 2. Gaspard Pagoto 1:33:52. 3. Carlo Leone 1:35:34. 60 & Over: 1. Harold Hubbard 1:34:43. 2. Dutch Benedetti 1:51:57. 3. Bob Miller 1:24:40. Wheelchair: 1. Rondo Poole 1:34:43.

#### Division Results - Women's Half Mara.

24 & Under: 1. Kathryn Evans 1:25:33. 2. Jennifer Nelson 1:42:05. 3. Suzanne Lip-ton 1:42:41. 25-29: 1. Maria Trujillo 1:20:50. 2. Angela DeLeon 1:31:35. 3. Darlene Savage 1:44:00. 30-34: 1. Terri Lee Busby 1:28:07. 2. Sara Denning 1:30:18. 3. Mar-jane Martinez 1:57:18. 35-39: 1. Cam Kepst 1:35:01. 2. Terri Goodbeau 1:36:53. 3. Julie Wilcox 1:38:10. 40-49: 1. Judy Kewley 1:36:00. 2. Jean Braswell 2:07:09. 3. Betty Dietrich 2:11:34. 50-59: 1. Shirley Blush 1:49:03. 2. Maxine Brown 1:55:30. 3. Lupe Sutton 2:41:35. 60 & Over: 1. Marybelle Russell 2:14:12.

### Nimitz Run

April 18. Treasure Island. 5K & 10K

#### Division Results - Men's 5K

13 & Under: 1. Derek Blomquist 18:59. 14-19: 1. Roger Dix 14:55. 20-39: 1. Roy O'Flaherty 14:29. 40-55: 1. Gene Dangel 15:10. 56 & Over: 1. Hank Flagoza 17:34.



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#### Division Results - Women's 5K

13 & Under: 1. Mary Murphy 22:52. 14-19: 1. Carolyn Sheppard 23:25. 20-39: 1. Missy Norton 18:01. 40-55: 1. Frances Massey 21:59. 56 & Over: 1. Teresa Allen 27:43.

#### Division Results - Men's 10K

13 & Under: 1. Daymon Roletto 46:57. 14-19: 1. Thomas Celebrezze 38:48. 20-39: 1. Mark Patterson 30:48. 40-55: 1. Searcy Barnett 34:39. 56 & Over: 1. Bruce Oliver 42:39.

#### Division Results - Women's 10K

14-19: 1. Christi Azeved 52:47. 20-39: 1. Joanne Flynn 43:46. 40-55: 1. Julia Yaffee 45:47. 56 & Over: 1. Liese Rapozo N.T.

### San Gabriel River Bike Trail Run

April 18. So. El Monte. 5K.

#### Division Results - Men

6-9: 1. Brian Corriveau 25:07. 2. Kevin Gemme 26:42. 3. Miguel Galan 30:28. 10-14: 1. Marie Gonzalez 21:44. 15-18: 1. John Trafecahty 15:47. 2. Bobby Queen 17:50. 3. Daniel Orduna 19:09. 19-24: 1. Mike Gomez 16:41. 2. John Tuning 18:36. 3. Mauricio Rangel 21:53. 25-29: 1. Shawn Booth 18:44. 2. German Solis 20:06. 3. Vie Costello 21:28. 30-34: 1. Jeff Rubak 16:52. 2. Fernando Cisneros 18:38. 3. Amado Rocha 18:45. 55-59: 1. Aurelio Camacho 20:13. 2. Leo Prado 20:53. 60-65: 1. Larry Banuelos 21:29. 2. Wiley Nelson 27:10. 70-79: 1. Fraser Macminn 31:32. Racewalk: 1. Ed Bouldin 21:56. 2. Ron Brown 29:09. 3. Jason Atherley 38:34.

#### Division Results - Women

10-14: 1. Sandra Serratos 23:12. 15-18: 1. Kathy Nyman 23:25. 30-34: 1. Doris Chung 25:41. 2. Joann Mendez 25:48. 40-44: 1. Anne Burke 25:00. Racewalk: 1. Arlene Weiss 48:25.



# Results

## Original Foothill Footrace

### April 18. Coarsegold. 10K & 2 Mile.

#### Division Results - Men's 2 Mile

6-8: 1. Jonathan Adams 16:40, 2. Dusty Outerbridge 17:35, 3. Ryan Reid 19:42.  
9-11: 1. Roark Crosby 13:23, 2. Travis Conklin 13:24, 3. Chris Cooper 13:40. 12-14: 1. Scott Curtis 11:23, 2. Doug Drace 12:19, 3. Xay Xang 13:24. 15-17: 1. Carl Polivka 11:00, 2. Randy Drace 11:04, 3. Token Adams 12:54. 18-29: 1. Scott Thornton 10:43, 2. David Stackpole 12:58, 3. Phil Belmont 14:11. 30-39: 1. Robert Garcia 11:45, 2. John Minney 12:24, 3. Arthur Anderson 12:55. 40-49: 1. Gordon Keller 11:13, 2. Harry Duke 12:00, 3. Armenta Gustavo 12:44. 50-59: 1. Bill Schlichting 18:03, 2. Harold Belmont 18:20. 60 & Over: 1. Robert Musso 14:19, 2. Dorn Cole 18:00.

#### Division Results - Women's 2 Mile

6-8: 1. Lindsey Jones 17:41, 2. Kara Reid 17:52, 3. Sherrie Reid 18:02. 9-11: 1. Pine Reed 15:06, 2. Rosalyn Reid 15:38, 3. Rebecca Sebastian 16:46. 12-14: 1. Heather Reid 13:31, 2. Keri Crosby 14:58, 3. Christine Santellano 15:10. 15-17: 1. Jessica Kelly 19:37. 18-29: 1. Marybell Norris 14:14, 2. Sonya Johnson 16:23, 3. Terry Smith 17:06. 30-39: 1. Jan Alcock 13:40, 2. Kippur Spears 15:38, 3. Karen Irwin 16:30. 40-49: 1. Helene Miller 15:04, 2. Jan Brooks 18:20, 3. Martie Branecki 18:27. 50-59: 1. Kathy Belmont 21:07, 2. Shirley Schlichting 23:25.

#### Division Results - Men's 10K

15-17: 1. John Guzman 38:08, 2. Dean Gonzales 42:13, 3. Tony Ramos 48:13. 18-29: 1. Tom Davidson 35:06, 2. Jeff Merrow 35:21, 3. Mark Spencer 37:30. 30-39: 1. Richard Mead 34:04, 2. Bill Schwartz 38:24, 3. Casey Clark 38:31. 40-49: 1. Dave Cords 34:45, 2. Robin Swager 39:23, 3. Paul Jaramillo 40:16. 50-59: 1. Jim Thomas 44:22, 2. Klaus Penning 47:14, 3. Bob Rogers 47:38. 60 & Over: 1. Harry Harder 48:32.

#### Division Results - Women's 10K

15-17: 1. Karyn Krause 45:45, 18-29: 1. Tone Nichols 41:19, 2. Melissa Ortiz 43:13, 3. Jane Greene 54:26. 30-39: 1. Maurie Potts 41:06, 2. Carmen Brown 44:11, 3. Chris Crosby 52:27. 40-49: 1. Carolyn Campbell 43:32, 2. Deborah Schwartz 52:03.

## Old Mill Run

### April 18. Columbia. 10K & 2 Mile.

#### Overall Results - 10K

1	Fred Villegas	33:10
2	Daniel Rusk	33:27
3	Guy Terra	33:38
4	Ken Danz	33:46
5	Chuck Fanter	34:21
6	Steve Petto	34:38
7	Mike Behrens	34:40
8	Jack Lawson	34:44
9	Date Krans	34:49
10	Steve Tiete	34:14
11	Jimmy Elam	35:20
12	Pat Valenzuela	35:40
13	Eric Pugh	35:57
14	Rick Gaffney	36:05
15	Charles Pittel	36:08
16	Greg Farrow	36:11
17	Rick Edson	36:15
18	Ron Ferrell	36:19
19	Gary Ceragioli	36:39
20	Gil Robert	36:57
21	Mark Harlan	37:12
22	Shariet Gilbert	37:16
23	Tim Smart	37:18

24	John Zunino	37:21
25	Bill Hurst	37:30

#### Division Results - Men's 10K

13 & Under: 1. Dan Lilot 40:36, 2. Marc Boulard 42:24, 3. Vincent Call 50:39.  
14-18: 1. Guy Terra 33:38, 2. Jeff Hartman 37:36, 3. Jimmy Reclouidiok 38:42. 19-29: 1. Fred Villegas 33:10, 2. Daniel Rusk 33:27, 3. Ken Danz 33:46. 30-39: 1. Steve Petto 34:28, 2. Mike Behrens 34:40, 3. Jack Lawson 34:44. 40-49: 1. Pete Kraus 34:49, 2. Rick Edson 36:15, 3. Dick Jones 37:54. 50-59: 1. Dick Shorman 40:43, 2. Daniel Ryan 40:47, 3. Bob Stokes 40:56. 60-69: 1. Bill Ferrell 42:25, 2. Leon Casas 50:56, 3. A.D. Dambacher 52:32. 70 & Over: 1. Don Lundberg 46:20, 2. Malcolm Stuart 59:15, 3. Ernie Klann 1:06:01.

#### Division Results - Women's 10K

13 & Under: 1. Sara Morse 42:07, 2. Courtney Dominguez 44:54. 14-18: 1. Shawn Loos 45:14, 2. Caryn Nardello 47:12, 3. Kelly Loos 48:12. 19-29: 1. Suzanna Gyorey 39:11, 2. Joanie McArew 41:40, 3. Kathy Ryan 43:18. 30-39: 1. Shariet Gilbert 37:16, 2. Patti Scott-Baier 40:06, 3. Kathy Ceragioli 40:36. 40-49: 1. Barbara Miller 43:27, 2. Jean Schwison 46:58, 3. Virginia Seibert 48:05. 50-59: 1. Jo Sullivan 46:48, 2. Peggy Houston 49:13, 3. Lola Houston 54:49. 60-69: 1. Joy Scott 1:03:44, 2. Maryruth Casebeer 1:09:48, 3. Dorothy Scott 1:11:32.

#### Overall Results - 2 Mile

1	Fred Villegas	10:47
2	G. Ceragioli	11:13
3	Tom Diehl	11:25
4	Dean Nardello	12:04
5	Reg Robinette	12:07
6	Tom Thompson	12:09
7	Fred Lehr	12:22
8	Israel Davis	12:29
9	Linda Mantynen	12:32
10	Kathy Ceragioli	12:34

## Conejo Easter Four Mile Run

### April 19. Westlake Village.

#### Overall Results

1	Ian Alsen (16) Northridge	20:44
2	Bryan Dameworth (16) Calabasas	20:49
3	Terry Howell (31) Thousand Oaks	21:01
4	Tom Moriarty (31) Burbank	21:18
5	Andy Takaha (31) SoLk Tahoe	21:59
6	Bob McGeough (45) Banning	22:15
7	Peter Oviatt (17) Agoura	22:16
8	Mike Shriver (27) Simi Valley	22:40
9	Nick Trozzi (26) Panorama City	22:50
10	Jordan Fisher (17) Hidden Hills	22:52
11	Kevin Lutz (29) Burbank	23:11
12	Marty O'Malley (25) Thousand Oaks	23:12
13	Joe Jacobsen (43) Westlake V	23:27
14	Aba Ramirez (48) Moorpark	23:42
15	Jonathan Brower (42) Westlake V	23:50
16	David Bunn (25) Glendora	24:06
17	Tony Keavey (51) Sherman Oaks	24:09
18	Michael Froman (45) Agoura	24:16
19	Pauline Brown (31) Westlake V	24:28
20	Harry Pantelous (50) Westlake V	24:29

## Boston Marathon

### April 20. Hopkinton to Boston.

#### Overall Results - Men

1	Toshihiko Seko (29) Japan	2:11:50
2	Steve Jones (29) G.B.	2:12:37
3	Geoff Smith (29) G.B.	2:12:42
4	Dave Gordon (27) Eugene, OR	2:13:30
5	Tomoyuki Taniguchi (29) Japan	2:13:40
6	Rob DeCastella (29) Australia	2:14:24
7	Dirk Vanderherten (29) Belgium	2:15:02
8	Eddy Hellebuyck (26) Belgium	2:15:16
9	Hideki Kita (34) Japan	2:15:23
10	Ken Martin (28) Arizona	2:15:41
11	Juma Ikanga (29) Tanzania	2:16:17

12	Arega Abreha (25) Georgia	2:16:23
13	Richard Umberg (36) Switzld	2:17:01
14	John Treacy (29) Rhodelsland	2:17:50
15	Bill Rodgers (39) Massach.	2:18:18
16	Jean Jacques Padel (33) France	2:18:49
17	Bruce Bickford (30) Massach.	2:18:57
18	Yoji Takahashi (25) Japan	2:19:03
19	Ed Eyestone (29) Utah	2:19:19
20	Robert Yara (32) Texas	2:20:19
21	Kari Suominen (29) Finland	2:21:10
22	Domingo Tibadulla (37) Nev.	2:21:35
23	Gary Fanelli (36) Penn.	2:21:36
24	David Clark (43) G.B.	2:21:37
25	Bob Clifford (32) Massch.	2:21:40

#### Overall Results - Women

1	Rosa Mota (29) Portugal	2:25:21
2	Agnes Pardaens (30) Belgium	2:29:50
3	Ria Van Landeghem (29) Belg	2:29:56
4	Odette Lapiere (32) PQ Can.	2:30:00
5	Simikka Keskitalo (36) Virg.	2:33:58
6	Evy Palm (45) Sweden	2:36:24
7	Ellen Rochefort (32) PQ Can.	2:36:42
8	Leatrice Hayer (31) Massach.	2:37:58
9	Jacqueline Gareau (33) PQ Can.	2:40:40
10	Lisa Larsen (29) Michigan	2:43:06
11	Ena Guevara-Mora (28) Fl.	2:44:38
12	Tulja Jousimaa (28) Virg.	2:44:39
13	Nancy Corsaro (28) Mass.	2:46:10
14	Christina Skarvelis (25) Penn.	2:46:52
15	Christine Iwahashi (31) Sacto	2:49:42

#### Overall Results - California Men

1	Carey Simons (31) 51 Arcadia	2:27:06
2	Craig Moore (33) 75 Placervl	2:30:39
3	Steve Flynn (31) 85 ArroyoG	2:31:42
4	Glenn Madden (27) 97 Capitola	2:32:33
5	Brook Hinzmann (33) 112 PaloAl	2:33:20
6	John Trettin (32) 113 Lompoc	2:33:23
7	Brian Nelson (29) 131 Ventura	2:34:12
8	Frank Reno (22) 205 SanDiego	2:37:33
9	Jim O'Brien (34) 228 SierraMad	2:38:30
10	Kie Soohoo (30) 259 Anaheim	2:39:16
11	Robert Lindsey (42) 280 Fresno	2:40:07
12	Stuart Calderwood (29) 283 LagB	2:40:13
13	Syl Pascale (38) 294 SanCarlos	2:40:52
14	Scott Peterson (32) 328 GrassV	2:41:59
15	Ronald Kubokawa (34) 356 ElCer2	2:42:53
16	James Beuselink (28) 409 Sartg	2:44:20
17	Tim Johnson (25) 425 S.F.	2:44:43
18	Chris Turney (29) 433 RachoCor	2:44:49
19	Steven Rigor (25) 439 Watsonvil	2:44:55
20	Salvador Cervantez (35) 444 LaP	2:45:05
21	Gary Stang (35) 450 SanDiego	2:45:12
22	Fernando Puentes (33) Torrance	2:45:22
23	Dave Brandon (25) SanDiego	2:45:24
24	George O'Connor (30) Piedmont	2:45:41
25	John King (34) 493 Forestvil	2:46:13
26	James Wisener (43) 502 SanJos	2:46:22
27	Greg Pope (27) 506 Fresno	2:46:25
28	Robert Wilder (29) 511 SanPedro	2:46:32
29	Ernie Rivas (37) 515 Oakland	2:46:39
30	Ronny Harries (37) 515 Sacto	2:46:39
31	Kim Lilot (36) 531 S.F.	2:46:50
32	Michael DeSalvo (31) 580 S.Clar	2:47:42
33	Joseph Calhoun (39) 604 SimiV	2:48:07
34	David Morris (35) 609 Irvine	2:48:10
35	Larry Moore (34) 609 SanClem	2:48:10
36	Wm. Bassett (29) 641 Monterey	2:48:42
37	Siegfried Mattern (50) 667 S.F.	2:49:16
38	Jeffrey Reilly (25) 693 LaMesa	2:49:32
39	Allan Stanbridge (40) 710 Burint	2:49:56
40	Eric Chapman (27) 736 Bakersf	2:50:23
41	Rick Delanty (36) 742 SanClem	2:50:28
42	Kenneth Reeves (36) 767 Ventur	2:51:04
43	Gregory Shooter (25) 775 S.Rafal	2:51:10
44	Albert Lomeli (35) 778 Fresno	2:51:18
45	Robert Plant (43) 790 Woodside	2:51:29
46	Rudy Mondragon (43) 796 Hayw	2:51:35
47	Kenny Ward (37) 832 Susanvi	2:52:13
48	John McIntosh (40) 837 Redding	2:52:19
49	Barrie Graham (38) 844 S.Rosa	2:52:30
50	Paul Sackles (32) 855 SanJose	2:52:37
51	Wm. Hohman (35) 898 Delano	2:53:10
52	Wm. Balcer (29) 906 ManhatBch	2:53:15
53	Sean Kelly (34) 923 Irvine	2:53:29
54	Gary Elder (24) 931 HaciendaHt	2:53:35
55	Hollis Lenderking (37) 939 S.F.	2:53:51
56	Kevin Thornburgh (27) 940 W.Cov	2:53:54
57	Paul Steria (30) 966 SanDiego	2:54:11
58	Howard Worrell (32) 975 Oakld	2:54:17
59	Bernard Mougell (34) 994 SanDi	2:54:31
60	Curt Royer (35) 999 Merced	2:54:36
61	Robert Downing (32) 1014 S.Clar	2:54:45
62	Steve Tredway (39) 1050 Mantec	2:55:08
63	George Purden (30) 1056 Gardna	2:55:12
64	Ray Deschenes (36) 1068 LA	2:55:19
65	Don Duffy (33) 1113 CitrusHt	2:55:43

66	Jeff Coleman (34) 1139 Whit	2:56:03
67	Steven Moll (30) 1156 Ridgecst	2:56:14
68	James Clapp (38) 1160 S.F.	2:56:19
69	Hai Goforth (42) 1176 ElCajon	2:56:30
70	Doug Stevens (43) 1210 MenloPk	2:56:53
71	Tim Powell (26) 1255 SoLkTahoe	2:57:22
72	David Appel (40) 1268 LA.	2:57:28
73	Joe Delgado (48) 1344 Fresno	2:58:11
74	Steve Russell (43) 1359 Balboa	2:58:21
75	Frank Crabbe (57) 1384 S.F.	2:58:33
76	David Cook (28) 1390 SanMarco	2:58:37
77	Ron Parks (41) 1392 RedondoB	2:58:39
78	Gener Thibeault (41) 1398 Aubur	2:58:41
79	Ken Mazur (42) 1405 ElTorro	2:58:43
80	Ben Jackson (44) 1411 HuntIntB	2:58:45
81	Steven Cote (30) 1419 Campbell	2:58:49
82	John Ingram (24) 1437 RedwCy	2:58:59
83	Charles Young (40) 1437 MisVieJ	2:58:59
84	David Mahan (29) 1451 OlympV	2:59:05
85	Myles Helm (30) 1494 WildHill	2:59:24
86	John Stevenson (41) 1509 ThouO	2:59:32
87	Pat Wahl (26) 1515 Pleasantn	2:59:35
88	Paul Horuchi (36) 1526 LagB	2:59:38
89	Wm Brasier (30) 1532 PaloA	2:59:40
90	Greg Norman (35) 1582 SanDieg	2:59:59
91	Mickey DePalco (40) 1601 Burbk	3:00:13
92	John Zarembski (37) 1604 Son	3:00:17
93	Barry Turner (34) 1610 Sacto	3:00:20
94	John Isakson (34) 1612 ZPalms	3:00:23
95	Richard Nelson (40) 1618 NprtB	3:00:32
96	Steven Waltnier (46) 1621 Tustin	3:00:35
97	Robert Crooks (33) 1624 S.F.	3:00:37
98	David Mouat (42) 1638 MenloPk	3:00:49
99	Kevin O'Keefe (28) 1666 ElSeg	3:01:03
100	Leonard DeVoto (30) 1672 ElCer	3:01:07

#### Overall Results - California Women

1	Christine Iwahashi (31) 15 Sacto	2:49:42
2	Aine Lynam (33) 32 S.Monica	2:59:36
3	Joan Ulyot (46) 38 S.F.	3:01:41
4	Suzette Moore (29) 43 Placervl	3:03:00
5	Betsy Shillito (26) 50 LaJolla	3:04:21
6	Brenda Bellanger (28) 57 NewpB	3:05:58
7	Kay Bolla (35) 70 S.F.	3:07:37
8	Jacqueline Chen (24) 82 S.F.	3:09:48
9	Nancy Coury (27) 84 Torrance	3:10:06
10	Arlene Uclinski (33) 100 S.Mon	3:11:44
11	Fay Tong (36) 103 S.F.	3:12:00
12	Margie Timberlake (44) 112 Fres	3:13:04
13	Cyncl Calvin (40) 120 Auburn	3:13:57
14	Nancy Mustard (45) 132 Torranc	3:15:13
15	Lisa Heigh (30) 155 S.F.	3:17:19
16	Gail Rodd (44) 172 S.F.	3:18:38
17	Kim Swayze (34) 178 Colfax	3:18:50
18	Patricia Hung (41) 233 Orinda	3:23:11
19	Darlene Wallach (36) 243 SanJ	3:23:34
20	Barbara Shea (28) 245 PaloA	3:23:37
21	Ellen Nichols (35) 256 Chino	3:24:09
22	Giovan Venable (30) 259 Stanf	3:24:14
23	Marge Dunlap (48) 259 Andersn	3:24:14
24	Nancy McCord (36) 282 Auburn	3:26:03
25	Barbara Reid (35) 297 Diablo	3:26:53
26	Jessie Stratton (41) 316 Andrsn	3:28:06
27	Ellen Pue (47) 327 SanDiego	3:29:12
28	Madelyn Vassigh (44) 372 Camp	3:31:35
29	Dee Keese (40) 378 PalosV	3:31:58
30	Cheryl Allen (40) 379 HuntIntB	3:32:02
31	Joyce Parker (42) 382 Ojai	3:32:17
32	Cherie Gruenfeld (42) 383 MDR	3:32:18
33	Jane Garofalo (33) 384 Sacto	3:32:25
34	Paula Robichaud (31) 396 SoLkT	



## Results

56	Tena Arnesen(33)650 VanNuys	3:53:04
57	Kathryn Owen(45)651 RedBch	3:53:05
58	Neva Ingersoll(37)660 H.Bch	3:54:13
59	Carol Otis(37)668 Malibu	3:55:13
60	Susan Allen(45)675 S.F.	3:56:43
61	Judy Govin(44)676 Sacto	3:56:44
62	Patti Teale(31)722 Sacto	4:04:29
63	Marjorie Macris(52)735 Miliv	4:08:44
64	Lu Landers(36)740 LaJolla	4:10:04
65	Marita Price(45)744 Corona	4:12:46
66	Bev Callaway(40)745 Coronado	4:12:56
67	Mary Storey(62)762 Riverside	4:18:30

### Overall Results - Wheelchair

1	Andre Viger (34) PQ Can	1:55:42
2	Jim Martinson(40)WA	2:02:36
3	Thomas Foran(28) CT	2:03:10
8	Marty Ball (49) Clovis	2:06:58
9	Robert Molinatti (28) HuntBch	2:08:11
19	Raymond Stewart (33) Downey	2:22:30
26	Don Caron(48) CanogaPark	2:37:56

## Devil's Canyon Runs

From John Wareham

### April 25, San Bernardino. 5K & 10K.

#### Division Results - Men's 5K

14 & Under:	Eddy Jara 18:21, 2. Eric Hernandez 18:25, 3. Travis Bonds 21:06, 15-19: 1. Mark Hatch 17:22, 2. Moses Hernandez 17:55, 3. David Chebahtan 18:08, 20-29: 1. Dave Ortiz 16:01, 2. Robert Horvath 16:53, 3. Dan Burton 17:20, 30-39: 1. Peter Perez 19:02, 2. Dan Jones 21:53, 3. Raymond Torres 22:04, 40-44: 1. Joe Bautista 20:31, 2. Jim Pierson 21:03, 3. Dave Fairchild 22:09, 45-49: 1. Ray Hughes 17:38, 2. Fred Glover 19:30, 3. Ed Arasin 20:18, 50-59: 1. Bill Crum 20:03, 2. Jim Demet 20:05, 3. Harold Willis 22:37, 60 & Over: 1. Clarence Carnahan 22:34, 2. Joe Fleishmann 22:35, 3. Bill Hopkins 24:47.
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#### Division Results - Women's 5K

14 & Under:	Megan Kewin 23:18, 2. Lora Hahn 26:8, 3. Allena Rowland 27:06, 15-19: 1. Kimber Arasim 26:31, 2. Lisa Reed 29:51, 20-29: 1. Linda Hahn 25:25, 2. Eva Fitts 25:26, 3. Phyllis Lugo 27:10, 30-34: 1. Teri Ryan Jones 28:50, 2. Margot Lowell 31:01, 3. Pamela Shows 31:07, 35-39: 1. Nancy Stevenson 25:36, 2. Kay Crorkin 29:04, 3. Dee Berge 31:03, 40-44: 1. Linda Carlson 40:13, 2. Nanci MacDonald 44:36, 3. Elin Babcock, N.T. 45-49: 1. Margaret Shields 22:44, 2. Sandra Gould-Crum 28:33, 3. Elena Guisa 29:17, 50-59: 1. Donna Thomas 26:59, 2. Linda Capriola 31:36, 3. Barbara Canahan 31:42.
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#### Division Results - Men's 10K

15-19:	1. Marvin Rogers 48:49, 20-29: 1. David Swiderski 34:00, 2. Henne Hiltton 39:49, 3. Jeff Jacobs 40:59, 30-34: 1. Keith Witthaver 33:37, 2. John Schlabach 45:24, 3. Trevor Soderholm 47:56, 35-39: 1. Ron Baca 40:07, 2. Tom Schemanaver 46:15, 3. Jeff Terkeurst 49:45, 40-44: 1. James Gastineau 41:49, 2. Bill Ruff 43:17, 3. Willis 44:20, 45-49: 1. Jess Maxcy 40:26, 2. Al Glatt 40:47, 3. James Fogg 47:27, 50-59: 1. Wally Ingra 40:12, 2. Dick Belliss 44:42, 3. Cowan 48:27, 60 & Over: 1. Steve White 54:18, 2. Herman Russ 1:00:31.
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#### Division Results - Women's 10K

15-19:	1. Renee Rogers 50:10, 20-29: 1. Cathy King 45:35, 2. Linda Nellany 46:33, 30-34: 1. Pat Mueller 45:17, 2. Molly Coin 49:01, 3. Susan Salazar 51:48, 35-39: 1. Patricia Bieberdorf 44:29, 2. Bernadette Penrod 45:53, 3. Susanne Bebel 48:43, 40-44: 1. Linda Kewin 46:16, 2. Theresa Riley 50:17, 3. Diane Arasim N.T. 45-49: 1. Linda Pittman 54:57, 2. Ginny Beck N.T., 3. Carole Pinkner N.T.
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## Winters Youth Day Fun Run

### April 25, Winters. 10K & 5K.

#### Division Results - 5K

12 & Under:	1. Matt Baker 20:05, 2. Curtis Bray 22:35, 3. Steven Johnson 23:45, 13-18: 1. Scott McCallum 17:50, 2. Tim Pignataro 20:15, 3. Ron Cavazos 21:56, 19-29: 1. Micki Yozuchek 16:58, 2. Carlos Lewis 17:24, 3. Eric Lucero 21:44, 30-39: 1. Richard Sonne 17:06, 2. Mark Medeiros 22:16, 3. Reis Moses 25:24, 40-49: 1. Walt Frazier, 2. O. Anderson, 3. Gene Nelson, 60 & Over: 1. Spido Webb 26:08.
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#### Division Results - Women's 5K

12 & Under:	1. Tara Riley 31:56, 2. Sarah Martin 32:35, 3. Casie Kelly 35:57, 19-29: 1. Linda Webb 23:10, 2. Kathy Clark 28:26, 3. Debbie Geerts 28:39, 30-39: 1. Bonny Carr 28:08, 2. Joan Dobbs 29:50, 3. Nancy Young 30:52, 40-49: 1. Ann Brice 22:38, 2. Fran Smith 34:06.
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#### Division Results - Men's 10K

12 & Under:	1. David Monk Jr., 39:40, 2. Nathan Baker 50:24, 3. Joseph Green 1:10:42, 13-18: 1. James Felsch 44:53, 2. Jason Drouer 45:02, 3. Loren Bentley 47:21, 19-29: 1. Paul Cummings 33:03, 2. Neal Peterson 37:29, 3. George Demos 39:39, 30-39: 1. Allen Neel 33:14, 2. Robert Felsch 38:30, 3. Esteban Montano 40:48, 40-49: 1. Starcy Barnett 35:11, 2. Alan Titchenal 39:36, 3. Terry Higgins 39:45, 50-59: 1. Elwood Brooks, 2. Bob Taylor, 60 & Over: 1. Harry Hendrick 1:13:6.
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#### 5K Walk Winners - Men

1. Wilfred Bigelow, 2. Al Morgan.

#### 5K Walk Winners - Women

1. Hazel Speegle, 2. Dawn McCoey, 3. Gale Harper.

#### Kids One-Half Mile - Boys

6 & Under: 1. Brett Autry, 2. Ian Bone.

#### Kids One-Half Mile - Girls

6 & Under: 1. Kelly McKay, 2. Tandy Maxwell.

7-10 Boys: 1. Caleb Marks, 2. Husy Johnson, 3. Ted Reimers.

7-10 Girls: 1. Heather James, 2. Betsy But-ton, 3. Shannon Oates.

## Rhodendron Run

### April 25, Eureka. 10K & 2 Mile.

#### Overall Results

1	John Zinselmair (39) MadRiver	33:14
2	Mike Holt (38) Eureka	33:28
3	John Slavin (39) Redway	33:29
4	Dennis Slavin (22) Eureka	33:58
5	Randy Carrico (35) Eureka	34:32
6	Lance Baker (30) CrescCity	35:54
7	Alex Zygaizenko(37)Eureka	36:06
8	Jack Bellah (32) Carlotta	36:29
9	Emo Mello (35) CrescCity	36:36
10	George Ziebillich(38)Eureka	37:14
11	Chris Christensen(38)Fortuna	37:19
12	Patti Moggi (33) Fortuna	37:51
13	Richard Spinas (33) Eureka	37:53
14	Robert Berg (44) Eureka	38:02
15	Philip Lescano (33) Eureka	38:03
16	Daniel Montoya (15) Arcata	38:09
17	Kim Pieratt (23) Arcata	38:21
18	Scott Guild (31) Eureka	38:40
19	Hal Jackson (53) Arcata	38:43
20	Ron Ross (45) Arcata	38:50

#### Overall Results - 2 Mile

1	Brian Presson (19) Eureka	9:56
2	Paul Yost (25) Whittier	10:07
3	Andy Cleveland (15) Eureka	10:47
4	Nathan Ziebillich (13) Eureka	10:58
5	Gene Livingston (20) Eureka	11:09
6	Matt Cohen (22) Arcata	11:31
7	Billy Honsal (14) Eureka	11:35
8	Ray Ruiz (41) Weaverville	11:41
9	John Maurer (14) Bayside	12:03
10	Karen Angel (41) Eureka	12:12
11	Zachary Aitken (18) Korbelt	12:34
12	Hank Ramirez (48) Fortuna	12:42
13	Russ Mengel (14) Eureka	12:45
14	Roy Forcier (36) Eureka	12:45

15	Zachary Luce (10) Fortuna	12:46
16	Matthew Ziblich (10) Eureka	12:49
17	Steven Grantham	12:49
18	Richard Mello (14) CrescCity	12:56
19	Vince Vellutini (29) Eureka	12:58
20	Susan Knox (26) Garberville	13:03

## The Grape Escape

### April 25, Fresno. 5K & 10K.

#### Overall Results - Men

1	Scott Thornton (26)	15:51
2	David Cords (36)	15:59
3	Robert Garcia (26)	17:13
4	B. Benco (26)	17:26
5	J. Wheelock (18)	18:07
6	Obed Fernandez (36)	18:16
7	J. Heath (36)	19:03
8	K. Melberg (18)	19:15
9	Earl Bradford (46)	19:17
10	J. Martinez (18)	19:40
11	Tony Bush (56)	19:48
12	Brad Shinn (18)	19:50
13	Robert Britton (26)	19:53
14	Dennis Duffy (36)	20:01
15	D. Cook (26)	20:04
16	S. Rodriguez (18)	20:10
17	John Medina (18)	20:15
18	Mal Elliott (56)	20:19
19	Randel Wymore (26)	20:20
20	G. Plinck (18)	20:24

#### Overall Results - Women

1	Mary Norris (26)	20:18
2	J. Alcock (26)	20:34
3	T. Ryan (18)	22:40
4	J. MacChesney (26)	23:02
5	Dana Jacobsen (18)	23:08
6	K. McLaughlin (18)	23:19
7	L. Baggiolini (18)	23:39
8	J. Young (18)	24:34
9	T. Stanley (18)	24:37
10	C. Morewo (18)	24:55
11	W. Laborico (26)	25:10
12	Kathy Yoshida (18)	25:31
13	Cleo Bash (36)	25:41
14	C. Hintergardt (18)	25:46
15	Cathy Savage (18)	25:50

## Rattlesnake Run

From Ron Thiesen

### April 25, Coarsegold. 6 Mile.

The third annual Rattlesnake Run drew 32 participants on a warm spring morning in the Sierra Nevada foothills. Alas, the only snakes seen were of the rubber variety.

All runners agreed that the course was, as advertised, tough and hilly. Nevertheless, local favorite Jay Sloane managed to bring the course record down by over half a minute. He trailed 1986 winner Tom Davidson until the half-way point, then used a long down-hill to make his break. Davidson ran strongly in second and broke the 36-minute barrier.

Two minutes after the start, Maurie Potts and Tiffany Shaw appeared from the director of the rest rooms, only slightly concerned. The two track runners from Fresno City College managed to run down most of the women's field, Maurie defending her championship, and Tiffany winning her age division.

The post-race brunch, complete with rattlesnake pinada, was thoroughly enjoyed by 50 runners, volunteers, and children at the Gatehouse of Finegold Creek Institute.

#### Overall Results

1	Jay Sloane (24)	35:28
2	Tom Davidson (25)	35:58
3	Bruce Anderson (34)	39:42
4	Bill Schwartz (39)	41:03
5	Larry Duke (40)	41:27
6	Norm Takeuchi (32)	42:26

7	Dean Gonzales (16)	42:36
8	Ron Thiesen (37)	42:57
9	Jim Coughlin (27)	43:45
10	Doug Drace (14)	43:52

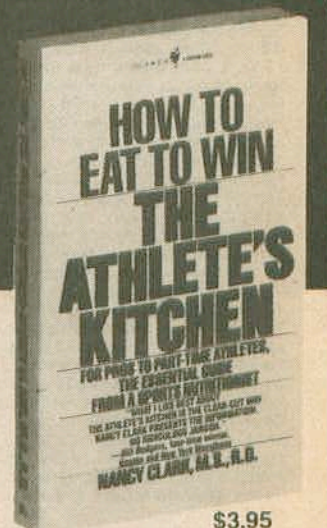
#### Division Results - Men

25 & Under: 1. Tom Davidson 35:58, 26-34: 1. Bruce Anderson 39:42, 35-39: 1. Bill Schwartz 41:03, 40 & Over: 1. Larry Duke 41:27.

#### Division Results - Women

29 & Under: 1. Tiffany Shaw 51:36, 30-39: 1. Barbi Thomas 51:59, 40 & Over: 1. Mary Ann Barroso 50:57.

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—Bill Rodgers



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# Results

## Schoolpower 10K

### April 25. Laguna Beach.

#### Division Results - Men

**10 & Under:** 1. Jarrod Garrington 39:53, 2. Carlos Irizarry 43:10, 3. Eric Sanchez 44:38. **11-14:** 1. James Garrington 32:58, 2. Mike Farrell 33:59, 3. Brandon Kaplan 42:30. **15-18:** 1. Mark Butala 31:15, 2. Jamie Oman 32:24, 3. Dean Palmer 33:38. **19-29:** 1. Tom Cheese 31:48, 2. Gordy Haskett 32:17, 3. Mike Lehmborg 32:23. **30-34:** 1. Steve Scott 28:53, 2. Enrique Alvarez 31:42, 3. Greg Stromberg 32:33. **35-39:** 1. Richard Numrich 33:50, 2. Brian Manning 34:10, 3. Fred Shuflehar 34:39. **40-44:** 1. Tom Burns 33:46, 2. Larry Lake 34:02, 3. Chad Ehlers 34:21. **45-49:** 1. Larry Hunt 35:27, 2. Tommy Martin 37:42, 3. Alan Wakeling 37:46. **50-59:** 1. Roger Montanus 36:18, 2. Juvenal Herrera 36:52, 3. James Bond 37:13. **60-69:** 1. Larry Banuelos 41:22, 2. Howard Turner 47:26, 3. Roger Averbeck 48:39. **70 & Over:** 1. Walt Kuetzing 51:05, 2. Fraser MacMinn 53:02, 3. Jacob Bishin 1:26:27.

#### Division Results - Women

**10 & Under:** 1. Carrie Garrington 35:32, 2. Heather Garrington 42:33, 3. Gerd 44:35. **11-14:** 1. Jessica Reiter 41:51, 2. Cristina Pickering 43:42, 3. Sheri Savel 47:36. **15-18:** 1. Angela Lillie 41:56, 2. Marcella Anderson 51:46, 3. Kristin Thorn 55:24. **19-29:** 1. Donna Glovacki 36:21, 2. Vicky Mills 38:12, 3. Mary Brook 39:07. **30-34:** 1. Ruth Wysocki 34:27, 2. Cynthia Tyler 42:11, 3. Becky Robinson 42:37. **35-39:** 1. Julie Millard 39:36, 2. Vicki Schafer 43:08, 3. Robin Dearing 43:30. **40-44:** 1. Harolene Walters 36:23, 2. Jan Vickers 40:31, 3. Margaret Neville 41:23. **45-49:** 1. Una Pierce 47:21, 2. Susan Alexander 48:45, 3. Carol Jones 48:50. **50-59:** 1. Mickie Shapiro 47:14, 2. Phyllis Kessler 49:00, 3. Carol Hemus 49:49. **70 & Over:** 1. Bess James 1:05:32.

#### Team Results

1 Rockwell Runners	1:59:49
2 Sts Graphics	2:01:28
3 Feberite	2:02:02
4 Shiley 3	2:04:23
5 Govars Inv. Man.	2:09:32
6 Shiley 1	2:15:53
7 Shiley 2	2:17:01
8 Run D J M C	2:26:09
9 Walt Disney	2:26:36
10 Scally 5	2:34:39
11 1st Amer Capital Bank	3:28:20

## Franklin Field Fun Run

### April 25. Taft. 5K & 10K.

#### Overall Results - Boy's 1.5 Mile

1 Mike Berry (9)	10:21
2 Chris Miller (7)	10:30
3 Calvin Brannon (11)	11:06
4 Curtis Dodson (8)	12:03
5 Michael Rucks (11)	12:19

#### Overall Results - Girl's 1.5 Mile

1 Nicole Berry (11)	11:22
2 Erin MacDonald (11)	11:26
3 Debbie Alexander (20)	13:01
4 Jennifer Jackson (15)	13:26
5 Sally Knost (47)	13:57

#### Division Results - Men's 5K

**14 & Under:** 1. Michael Farmer 19:44, 2. Dusty Watson 20:08, 3. Vic Posey 20:32. **15-19:** 1. Norman Knowles 17:40, 2. Lloyd Hollins 29:08. **20-29:** 1. David Naranjo 14:50, 2. Isaac Salcido 16:18, 3. Danny Moreno 18:31. **30-39:** 1. Jim Simonson 21:33, 2. Ralph Adame 24:58, 3. John

Jackson 27:19. **40-49:** 1. Norman Wycoff 21:46, 2. Bert Johnson 22:30, 3. Mike Rucks 22:31. **50-59:** 1. Jack Randall 23:03, 2. Bill May 23:34.

#### Division Results - Women's 5K

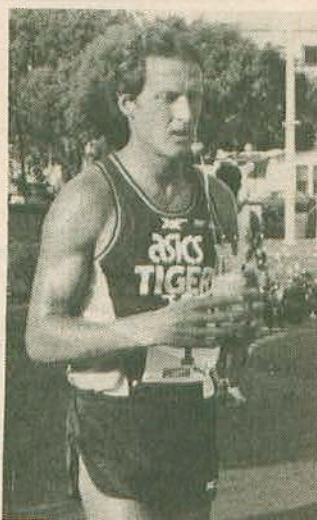
**14 & Under:** 1. Bekki Everts 27:58, 2. Rachel Hamilton 29:08. **15-19:** 1. Juliana Jackson 29:10. **20-29:** 1. Dana Thompson 24:28. **30-39:** 1. Sabrina Larkin 22:27. **40-49:** 1. Terry Jackson 28:51. **50-59:** 1. Verla Phillips 27:30.

#### Division Results - Men's 10K

**14 & Under:** 1. John Orosco 44:23. **15-19:** 1. Condor Bahen 39:42. **20-29:** 1. Zeke Andrade 37:15, 2. Jeff Allen 37:35, 3. Brent Moon 41:24. **30-39:** 1. Bob Dunlap 38:18, 2. Ralph Denio 38:37, 3. Rick Hixson 39:23. **40-49:** 1. Robert Scales 51:04. **50-59:** 1. Gil Hinz 41:25.

#### Division Results - Women's 10K

**20-29:** 1. Roman Yimesqus 54:21. **30-39:** 1. Debbie Gage 45:31, 2. Debbie Kennedy 46:17, 3. Andrea MacDonald 48:38. **40-49:** 1. Donna White 52:35, 2. Vicki Wilson 57:07.



STEVE SCOTT

## Morro Bay 10K

### April 25. Morro Bay.

#### Overall Results

1 Frank Hutchison (34)	33:42
2 Paul Lee (26)	34:12
3 Dave Schmalenberger (25)	34:50
4 Mark Pupich (30)	35:38
5 Bob Arnold (30)	35:50
6 John Blair (32)	37:00
7 Tim O'Halloran (30)	37:11
8 John Rupp (31)	37:30
9 Claire Aagaard (31)	38:58
10 Jani Johnson (31)	38:59

## Cancer Buster Runs

### April 26. Loma Linda. 5/10/15K.

#### Division Results - Men's 5K

**12 & Under:** 1. Jonathan Rosaasen 21:38, 2. Mando Cuellar 21:42, 3. Scott Stoddard 21:52. **13-18:** 1. Trevor Rush 17:34, 2. Jeremy Hahn 19:49, 3. John Pesapane 20:03. **19-29:** 1. Hoze Droze 15:36, 2. Julio Gonzalez 16:01, 3. Roger Phillips 16:17. **30-39:** 1. Douglas Will 18:12, 2. Chris Ramirez 18:16, 3. Steve Mera 19:00. **40-49:**

1. Elber Camacho 18:20, 2. Andrew Johnson 18:44, 3. Larry Ballew 19:40. **50-59:** 1. Frank Ogawa 18:46, 2. Bob McCormick 30:01, 3. Rosko Kidwell 36:52. **60 & Over:** 1. Dean Garvey 31:07, 2. George Kreuder 45:15.

#### Division Results - Women's 5K

**12 & Under:** 1. Deena Serrano 25:05, 2. Melissa Liou 27:07, 3. April Aitken 27:46. **13-18:** 1. Heidi Lingbeil 21:25, 2. Linda Hahn 24:02, 3. Alissa Clapper 25:01. **19-29:** 1. Loel Shelley 20:48, 2. Danette Gaetke 22:24, 3. Naomi Morita 24:45. **30-39:** 1. Mary Ann Rera 19:39, 2. Sue Harwell-Harris 22:16, 3. Aria Genstler 22:41. **40-49:** 1. Margaret Shields 22:25, 2. Gaudalope Naf 24:32, 3. Rosie Guillen 25:23. **50-59:** 1. Joyce Wood 32:42. **60 & Over:** 1. Mabel Hollifield 45:27, 2. Myrtle Scharffenberg 48:24, 3. Lottie Holt 54:47.

#### Division Results - Men's 10K

**12 & Under:** 1. Tristan Wilbur 1:00:20, 2. Gustan Smith 1:00:21, 3. Krister Smith 1:01:15. **13-18:** 1. Vincent Hott 36:16, 2. Matthew Rosaasen 39:58, 3. Ovidiu Popescu 43:33. **19-29:** 1. Nathan Mitre 40:04, 2. Mike Marseilles 41:16, 3. Kevin Tennant 41:36. **30-39:** 1. Bob Mitchell 34:08, 2. Daniel Crow 39:50, 3. Leonard Watson 40:17. **40-49:** 1. Bob McGeough 36:17, 2. Bill Ruff 39:53, 3. Fred Glover 40:26. **50-59:** 1. Duane Schlanan 46:13, 2. Wayne McKinney 58:28, 3. Jimmy Ford 1:03:55. **60 & Over:** 1. Stan Perrine 46:18.

#### Division Results - Women's 10K

**19-29:** 1. Donna Gee 45:38, 2. Dulcie Nilschke 52:23, 3. Deborah Weemes 56:05. **30-39:** 1. Carol Richardson 45:05, 2. Ellen Schouest 47:57, 3. Laurie Robertson 48:10. **40-49:** 1. Terry Zook 35:02, 2. Merrie English 53:23, 3. Wainett Smith 1:01:19. **60 & Over:** 1. Betty Gwynn 1:23:32, 2. Iris Wise 1:37:30.

#### Division Results - Men's 15K

**12 & Under:** 1. Bradley Andersen 1:33:22. **13-18:** 1. Mike Andersen 1:27:55. **19-29:** 1. Raymond Graham 58:43, 2. Gabriel Sanchez 1:01:16, 3. Asher Barrientos 1:01:29. **30-39:** 1. Danny Contreras 57:58, 2. Mike Clayton 59:15, 3. Michael Mulder 1:02:27. **40-49:** 1. Frank Freyne 1:01:14, 2. David Wilbur 1:05:22, 3. R.C. Morton 1:07:41. **50-59:** 1. Fred Kiddy 56:22, 2. Carlo Leone 1:04:11, 3. Lyle Deem 1:05:52. **60 & Over:** 1. Clarence Carnahan 1:18:45, 2. Stanley Stafford 1:23:59, 3. Carl Fountain 1:26:20.

#### Division Results - Women's 15K

**13-18:** 1. Brigid Freyne 57:09, 2. Tina Mattson 1:15:20. **19-29:** 1. Patricia Contreras 1:04:14, 2. Priscilla Lott 1:06:17, 3. Faye Whiting 1:13:02. **30-39:** 1. Nancy Fraser 1:23:45, 2. Lupe Olivas 1:29:16. **40-49:** 1. Donna Wagner 1:15:08, 2. Jeanne Standard 1:59:26. **50-59:** 1. Sandra Kiddy 1:04:14. **60 & Over:** 1. Lillian Miller 1:21:34.

## The Tortoise and the Hare 10K

### April 26. San Jose.

Over 2200 runners and walkers gathered for the Good Samaritan Hospital League's 3rd Annual Tortoise and Hare 10K Race and Fun Walk on Sunday, April 26th. Mark Patterson of Palo Alto won the men's division with a time of 30:40. The women's division winner was April Powers of Mill Valley with a time of 35:47. Recent Boston Marathon winner in the wheelchair division Candace Cable, won the women's wheelchair division with a time of 30:39. Nationally known wheelchair athlete, Gary Kerr, crossed the finish line in 27:33, winning the men's wheelchair division.

Radio state KEZR provided post race musical entertainment while runners and walkers enjoyed assorted refreshments. A fitness fair, including skin-fold measurement for body fat, was attended by most of the "Hares" and "Tortoises".

## Fourth Sunday Run

### April 26. Oakland. 5/10/15K.

#### Overall Results - 5K

1 Joseph Sheader (26) Berkeley	16:40
2 Steve Laffer (30) Oakland	17:12
3 Michael Schwartz (24) Berkeley	18:04
4 Tom Rose (46) Oakland	18:31
5 Charles Green (52) Oakland	19:06
6 Ron Simpson (42) Berkeley	19:20
7 James Kelley (37) San Rafael	19:33
8 Dan Dolan (35) Oakland	19:53
9 Chris Gaughan (28) Oakland	20:35
10 John Lee (40) Berkeley	20:53

#### Overall Results - 10K

1 Jim Misener (26) S.F.	34:42
2 Raul Corona (23) Oakland	35:16
3 Robert Sylvie (26) Berkeley	36:19
4 Karl Gerdes (38) El Cerrito	36:50
5 Jack Zakarian (35) Vallejo	38:11

#### Overall Results - 15K

1 Juan Ramirez (22) Piedmont	49:32
2 Jim Minani (43) Hayward	58:31
3 Arturo Ramirez (34) San Lorenzo	59:26
4 Bernie Hollander (51) Belvedere	61:30
5 Frank Hernandez (38) Alameda	66:51

## Run & Bike For Sight

### April 26. Santa Rosa. 10K Run, 40K Bike.

#### Division Results - Men

**14 & Under:** 1. Tony Hubbard 1:59:04. **15-19:** 1. Eric Brandt 1:43:52. **20-29:** 1. Brett Van Natta 1:34:49. **30-39:** 1. Kit Lauer 1:36:29. **40-49:** 1. Rick Niles 1:36:32. **50-59:** 1. Mort Gray 1:48:07. **60 & Over:** 1. Bill McGee 2:23:10.

#### Division Results - Women

**15-19:** 1. Mele Blackstone 2:23:03. **20-29:** 1. Cindi Van Natta 1:45:12. **30-39:** 1. Ginny Evans 1:58:30. **40-49:** 1. Reta Barlow 2:03:56. **50-59:** 1. Harriet Anderson 2:10:00.

#### Men's Teams:

**17 & Under:** 1. Wagele/Ammirata, N.T. **18-29:** 1. Garcia/Booker 1:31:43. **30-44:** 1. Cannon/Pollaccia 1:34:09. **45 & Over:** 1. Dubay/Davis 1:44:14.

#### Women's Teams:

**18-29:** 1. Black/Reed 1:44:37. **30-44:** 1. Dimick/Dimich 2:02:06.

#### Mixed Teams:

**17 & Under:** 1. Fischer/Smith 1:42:58. **18-29:** 1. Carroll/Welch 1:31:44. **30-44:** 1. Scofield/Kirby 1:45:31. **45 & Over:** 1. Irvine/Casperson 1:54:55.

## Laura Stegman Women's 5K

### April 26. Lompoc.

#### Overall Results

1 Dianna Hall (29)	18:57
2 Susan Carey (17)	20:31
3 Karlie Graham (15)	21:29
4 Brandy Barr (11)	21:56
5 Kerrie Marshall (27)	21:59
6 Sharah Travers (11)	22:09
7 Rochell Roane (25)	22:21
8 Lynette Hinman (32)	22:48
9 Rita Lane (24)	23:12
10 Joan Holloway (40)	23:27
11 Terri Niebrugge (26)	23:31
12 Jean Valencia (27)	23:35
13 Barb Barber (37)	23:53
14 Cheryl Nye (28)	24:17
15 Terri Noe (25)	24:23
16 Hilda Hoffman (45)	24:27
17 Sandra Barr (13)	25:02
18 Laura Morrill (17)	25:05
19 Lisa Norcutt (51)	25:06
20 Takita Zavalla (11)	25:10



# Results

## Lafayette Loop

April 26. Lafayette. 2 Mile & 10K.

### Division Results - Men's 2 Mile

12 & Under: 1. David Monk 11:01, 2. John Downing 11:13, 3. Erik Holm 11:50. 13-17: 1. Stephen Zirkelbach 9:15, 2. Chris Burger 9:23, 3. Mike Mahoney 9:50. 18 & Over: 1. Bryan Mayberry 9:12, 2. Corey Trovinger 9:26, 3. Eric Walker 9:30.

### Division Results - Women's 2 Mile

12 & Under: 1. Erin Ferguson 11:41, 2. Lisa Scott 12:09, 3. Anna Paine 13:00. 13-17: 1. Sarah Riley 11:58, 2. Courtney Clark 12:07, 3. Molly Stryker 13:04. 18 & Over: 1. Susan Putney 10:52, 2. Stephanie Danzig 11:35, 3. Teresa Basgall 11:40.

### Division Results - Men's 10K

16 & Under: 1. Scott Sutch 37:07, 2. Brandon Staglin 39:02, 3. Eddie Freyer 40:27. 17-29: 1. Jeffrey Adkins 30:34, 2. Daniel Lucas 31:26, 3. Casey Reinking 31:31. 30-39: 1. Brian Maxwell 31:42, 2. Joe Stermitz 32:17, 3. Eddie Lanzarin 32:26. 40-49: 1. Sal Vasquez 33:09, 2. Joe Cavanaugh 34:34, 3. Wolf Goubau 35:17. 50-59: 1. Bill Mossie 38:15, 2. Bryan Holmes 38:25, 3. Sam Vandenburg 38:31. 60 & Over: 1. Joe King 38:42, 2. Fred Nielsen 42:45, 3. John Rouse 43:12.

### Division Results - Women's 10K

16 & Under: 1. Thea Roberts 45:23, 2. Kathy Maxwell 47:02, 3. Jennifer Rockell 52:56. 17-29: 1. Suzanne Blevins 38:04, 2. Eileen Brennan 38:19, 3. Debbie Bispo 38:28. 30-39: 1. Patricia English 37:10, 2. Sue Vinella-Brusher 37:30, 3. Joann Dahlkoeter 38:14. 40-49: 1. Hilary Naylor 39:05, 2. Birthe Kirsch 41:35, 3. Barbara Schubert 42:05. 50-59: 1. Kathryn Haubensak 46:13, 2. Clara Steffan 50:13, 3. Eileen Klatsky 51:55. 60 & Over: 1. June Thompson 58:41.

## Beach Party Runs

April 26. Ventura. 10K & 5K.

### Overall Results - 10K

1 Rich McCandless (30-39)	30:21
2 Ken Kiss (19-29)	32:02
3 Ramiro Valencia (15-18)	32:11
4 Pete Dolan (19-29)	32:59
5 Rick Torres (19-29)	33:01
6 Ed Cohn (30-39)	33:44
7 Eric Kirkegaard	33:50
8 Larry Montag (30-39)	34:24
11 Arturo Frauston (40-49)	35:11
13 Scott Werve (14&U)	37:33
29 Sid Knox (50-59)	37:59
48 Fred Naselschmidt (60 & O)	39:51
51 Paddy Howell (30-39F)	40:12
55 Lorraine Mercado (19-29F)	40:26
114 Liz Cushman (40-49F)	44:41
147 Cecilia Meyer (14 & U) (F)	47:12
185 Kim Cook (15-18F)	49:48
232 Rosale Davis (60 & OF)	54:25

### Overall Results - 5K

1 Ray Knerr (19-29)	14:49
2 Ted Minor (19-29)	15:00
3 Francisco Robles (19-29)	15:47
4 Larry Montas (30-39)	15:48
5 Adolfo Huerta (30-39)	16:15
6 Jose Montaniz	16:21
7 Hans Van Koppen (30-39)	16:38
8 Efrain Robles	17:16
9 Scott Flickerson (14&U)	17:22
10 Scott Roberts (15-18)	17:32
11 Gene Ball (40-49)	17:39
14 Dave Wheeler (50-59)	18:23
29 Griselle Little (30-39)	19:53
34 Tami Dabel (15-18F)	20:02
35 Luann McKenzie (19-29F)	20:12
68 Joanne Barker (40-49F)	22:19

### Penfield School 10K

1 Arturo Frauston (40-49)	35:35
2 Barry Sheehan (25-29)	35:45
3 Scott Werve (18 & U)	36:31
4 Don Delaney (30-39)	36:44

5 Larry Pontinen (40-49)	37:01
6 Dave Wheeler (50 & O)	37:17
7 John Rodgers (19-24)	38:30
8 Jim Monahan (30-39)	38:37
9 Steve Mangum (30-39)	38:49
20 Erika Turo (25-29F)	41:33
28 Rita Schnapp (30-39)	42:09
37 Gail Mark (19-24F)	43:23
54 Joanne Barker (40-49F)	46:12
74 Kim Cook (18 & U) (F)	52:46
90 Marge Whitcomb (50 & O F)	59:43

## San Gabriel River Bike Trail Run

April 26. So. El Monte. 10K.

### Division Results - Men

19-24: 1. Mel Petersen 33:02, 2. Leopoldo Flores 37:43, 3. Martin Sigala 40:58. 25-29: 1. Allen Kennedy 34:56, 2. Vicente Rivera 36:34, 3. Guillermo Leticchia 39:34. 30-34: 1. Jose Rodriguez 36:16. 35-39: 1. Miguel Galon 37:31. 40-44: 1. Jarrette Williams 38:16, 2. Mike St. Andre 38:31, 3. Barry Hamilton 43:49. 45-49: 1. Richard Corriveau 44:25, 2. Julio Peres 44:29. 50-54: 1. Cliff Stolba 42:15, 2. Jim Kelly 54:56. 55-59: 1. Aurelio Camacho 41:43. 60 & Over: 1. Wiley Nelson 55:15.

### Division Results - Women's 10K

30-34: 1. Doris Chung 56:12. 40-44: 1. Barbara Reukema 47:34.

## LMJS Fourth Sunday Run

April 26. 5K & 10K.

### Overall Results - 5K

1 Joseph Sheader (26) Berkeley	16:40
2 Steve Lafler (30) Oakland	17:12
3 Michael Schwartz (24) Berkeley	18:04
4 Tom Rose (46) Oakland	18:31
5 Charles Green (52) Oakland	19:06
6 Ron Simpson (42) Berkeley	19:20
7 James Kelley (37) San Rafael	19:33
8 Dan Dolan (35) Oakland	19:53
9 Chris Gaughan (28) Oakland	20:35
10 John Lee (40) Berkeley	20:53
11 Linda Sheader (25F) Berkeley	21:02
19 Jenny Gould (25F) Berkeley	22:39
22 Doerte Murray (48F) S.F.	22:51
31 Mari Shine (36F) Oakland	27:59
33 Pam Rohrich (36F) ElCerrito	30:11

### Overall Results - 10K

1 Jim Misener (26) S.F.	34:42
2 Raul Corona (23) Oakland	35:16
3 Robert Sylvie (26) Berkeley	36:19
4 Karl Gerdes (38) ElCerrito	36:50
5 Jack Zakarian (35) Vallejo	38:11

### Overall Results - 15K

1 Juan Ramirez (22) Piedmont	49:32
2 Jim Minani (43) Hayward	58:31
3 Arturo Ramirez (34) SanLorenzo	59:26
4 Bernie Hollander (51) Belvedere	61:30
5 Frank Hernandez (38) Alameda	66:51

## Volunteer Triathlon

April 26. Fresno.

### Overall Results

1 Robert Rainwater (37) Fresno	1:34:50
2 Rick Conway (33) Hanford	1:36:44
3 Rick Klatt (36) Fresno	1:36:45
4 Tom O'Hern (31) Hermosa Bch	1:37:30
5 Eddie Kolofer (37) Gonzales	1:38:17
6 Eric Little (26) Clovis	1:38:30
7 Michael Lambert (20) Stockton	1:39:14
8 Jim Schoenduve (27) SanJose	1:39:36
9 Bill Harris (30) ManhattanBch	1:40:44
10 Jim Press (38) PaloAlto	1:40:48
11 Brian Lee (27) Lodi	1:41:01
12 Mike Rogge (40) Stockton	1:41:10
13 Jef chadwick (40) Clovis	1:41:23
14 Jim Walker (31) Bakersfield	1:41:51

15 Steve Meunier (38) Clovis	1:41:57
16 Michael Farley (36) Hanford	1:42:50
17 Lee Brownell (32) Fresno	1:43:07
18 Jim Reynolds (42) Bakersfield	1:43:12
19 Bern Galvin (32) HermosaBch	1:43:30
20 Gregory Sullivan (24) Fresno	1:44:24

### Division Results - Men

19 & Under: 1. Ken Wykoff, 2. Randy Drace, 3. Robert Webster. 20-29: 1. Eric Little, 2. Michael Lambert, 3. Jim Schoenduve. 30-39: 1. Robert Rainwater, 2. Rick Conway, 3. Rick Klatt. 40-49: 1. Mike Rogge, 2. Jim Reynolds. 50-59: 1. James Harris, 2. James Smith, 3. John Browning. 60 & Over: 1. John Bergey, 2. Vernon McCullough.

### Division Results - Women

19 & Under: 1. Kristin Ament, 2. Karyn Bender. 20-29: 1. Kathryn Hennelly, 2. Suzy Rely, 3. Kari Fike. 30-39: 1. Maurie Potts, 2. Jean Roberts, 3. Pamela Elam-Wenzel. 40-49: 1. Faye Daly, 2. Trudi Manfred, 3. Judy Miller.

## Ridge Run

April 26. Paradise. 3 Mi. & 6 Mi.

### Overall Results - 3 Mile

1 Daniel Rusk (20-29) Chico	16:44
2 Ed Byers (20-29) Paradise	16:51
3 Bob Hastings (20-29) Oroville	17:06
4 Steven Naiman (30-34) Chico	17:37
5 Ted Worden (15-19) Oroville	18:23
6 James Pierce (15-19) Chico	18:29
7 Michael Rivas (30-34) Paradise	18:55
8 Spencer Cole (15-19) Oroville	19:14
9 Scott Worden (14 & U) Oroville	19:22
10 Josh Hubbard (14&U) Chico	20:05

### Division Results - Men's 3 Mile

14 & Under: 1. Scott Worden 19:12, 2. Josh Hubbard 20:05, 3. Todd Shissler 23:02. 15-19: 1. Ted Worden 18:23, 2. James Pierce 18:29, 3. Spencer Cole 19:14. 20-29: 1. Daniel Rusk 16:44, 2. Ed Byers 16:51, 3. Bob Hastings 17:06. 30-34: 1. Steven Naiman 17:37, 2. Michael Rivas 18:55, 3. Dennis Cleary 20:31. 35-39: 1. Skip Neves 21:52, 2. Jim Nelson 22:27, 3. Ernest Henton 23:00. 40-44: 1. Nick Pizzica 20:19, 2. Mark Hauskens 21:01, 3. Tom Arms 25:07. 45-49: 1. Roy Butterfield 20:12, 2. Ernie Dalton 22:43, 3. Eugene Murphy 23:14. 50 & Over: 1. Val Andres 28:30.

### Division Results - Women's 3 Mile

14 & Under: 1. Sara Gates 22:33, 2. Sheila Peppas 23:45, 3. Crista Powell 23:50. 15-19: 1. Karen Burke 26:45, 2. Heather Coveret 29:18, 3. Kathryn Morford 30:57. 20-29: 1. Dale Darrow 21:37, 2. Edith Mills 21:39, 3. Debbie Bricker 21:54. 30-34: 1. Mandy Gardner 26:23, 2. Jill McMahon 23:54, 3. Rosa Vaquera 24:03. 35-39: 1. Kathleen Gabriel 26:23, 2. Diane Allen 27:02, 3. Gloria Canello 27:16. 40-44: 1. Tomi Pauly 28:27, 2. Carol Fisk 29:11, 3. Carol Schottbauer 30:50. 45-49: 1. Donna Dalton 25:58, 2. Charlotte Butterfield 26:00, 3. Helen Baker 30:26. 50 & Over: 1. Theresa Hanneman 23:33, 2. Laurene Feingold 25:01, 3. Joyce Hall 37:22.

### Overall Results - 6 Mile

1 Keith Maneval (20-29) Chico	33:37
2 Michael Buzbee (35-39) YubaCity	35:34
3 Niel Haggard (15-19) Paradise	36:11
4 Tom Hayes (40-44) Chico	36:32
5 Greg Smith (20-29) Challenge	36:58
6 Brett Barham (35-39) Chico	37:05
7 Bill Gardner (40-44) ForestRn	37:12
8 Luanne Park (20-29) Chico	37:32
9 Ken Takao (20-29) Redding	38:30
10 Zero LaFerriere (15-19) NVCity	38:57

### Division Results - Men's 6 Mile

15-19: 1. Neil Haggard 36:11, 2. Zero LaFerriere 38:57. 20-29: 1. Keith Maneval 33:37, 2. Greg Smith 36:58, 3. Ken Takao 38:30. 30-34: 1. Thomas Goslin 43:35, 2. Bill Bradshaw 43:45, 3. Tom Davey 44:25. 35-39: 1. Michael Buzbee 35:34, 2. Brett Barham 37:05, 3. David Welch 41:16. 40-44: 1. Tom Hayes 36:32, 2. Bill Gardner 37:12, 3. Thomas White 43:24. 45-49: 1. Rich Goudy 44:55, 2. Walter Zahnd 45:35, 3. Gary Rogers 48:54. 50 & Over: 1. John Lewis 53:48, 2. Al Deabel 57:38.

### Division Results - Women's 6 Mile

15-19: 1. Traci Fritz 49:24, 20-29: 1. Luanne Park 37:32, 2. Kimberly Glenn 49:20, 3. Debbie Stoner 52:53. 30-34: 1. Elizabeth Moural 46:27, 2. Kathryn Hiestand 47:08, 3. Marsha Henderson 48:19. 35-39: 1. Kathy Waller 51:14, 2. Carolyn Patania 52:54, 3. Marie Synnes 53:07. 40-44: 1. Shirley Goudy 56:10, 2. Jan Garlick 59:30, 3. Carol Robbins 67:36. 45-49: 1. Mary Nevin 62:22.

## Guadalupe Loop

April 26. San Jose. 5K & 10K & 1 Mi.

### Overall Results - 10K

1 Gilbert Maldonado (21)	34:34
2 Felix Eduardo (23)	35:12
3 Tim Schenone (20)	35:22
4 Ron Thaka (41)	37:14
5 Robert Smith (51)	37:43
6 Vezome Woehl (42)	38:41
7 Juan Sotelo (13)	39:14
8 David Hernandez (21)	39:30
9 Eric Falk (16)	39:45
10 Mike Corrick (41)	40:31

### Overall Results - 5K

1 Pete Kraus (44)	16:18
2 Ray Avalos (21)	16:56
3 Richard Scott (46)	18:30
4 Keith Williamson (42)	18:58
5 Rocky Insigna (13)	20:10
6 Stephen Carter (33)	20:23
7 Robert Fowler (43)	20:26
8 Curtis Tom (53)	21:01
9 Neil Witherspoon (40)	21:40
10 Aaron Egg (12)	21:53

### Overall Results - 1 Mile

1 Malcolm Carruthers (28)	4:15
2 Richard Scott (46)	4:48
3 Les Atteberry (48)	6:08
4 Jonathan Szymkiewicz (9)	6:09
5 Jennifer Florence (13)	6:12

## Legg Lake Evening Run 5K

April 30. So. El Monte.

### Division Results - Men's

6-9: 1. Brian Corriveau 25:25, 2. Miguel Galan 30:44. 10-14: 1. Richard Vasquez 22:26. 19-24: 1. Dan Bernal 17:19, 2. Jesus Ibarra 19:16, 3. Gilbert Medina 20:05. 25-29: 1. David Granado 18:25, 2. Edward Bernal 21:28. 30-34: 1. Jose Rodriguez 17:10, 2. Miguel Carranza 17:19, 3. Nicolas Gamboa 18:11. 35-39: 1. Miguel Galan 17:51. 40-44: 1. Jarrett Williams 17:47, 2. Salvador Gonzalez 18:07, 3. Juan Garcia 19:48. 45-49: 1. Al Villanueva 19:50, 2. Ismael Gonzalez 20:07, 3. Richard Corriveau 20:17. 50-54: 1. Cliff Stolba 19:31, 2. Jim Kelly 24:25. 55-59: 1. Al Friedman 22:27. 60-64: 1. Larry Banuelos 20:29, 2. Wiley Nelson 26:12.

### Division Results - Women

6-9: 1. January Galan 31:29. 30-34: 1. Rosa Marin 22:30, 2. Doris Chung 25:48, 3. Enriquez Mercedes 30:48. 45-49: 1. Sylvia Tronbridge 26:15.

## Diabetes Treatment Centers

May 2. Riverside. 5K & 10K.

### 10K Winners:

1 Gilbert Mata	31:23
1 Linda Nellany	42:57

5K Winners:

1 Mel Petersen	15:40
1 Chris Michalski	24:47

1 Mile:

1 Joseph Hearn	16:12
1 Kelly Scoggin	14:41



## Results

### Santa Fe Springs Firefighters 5K

#### May 2. Santa Fe Springs.

##### Division Results - Men

12-15: 1. Jeff Fanning 21:26, 2. Travis Robertson 22:31, 3. Steve Giron 23:04.  
16-21: 1. Heriberto Perez 17:43, 2. Javier Hernandez 18:10, 3. Carlos Barcelo 18:54.  
22-29: 1. Richard Bernal 18:53, 2. Dave Herbrigg 19:03, 3. Roger Francis 19:04.  
30-39: 1. Scott Adams 17:27, 2. Armando Mora 18:32, 3. Enrique Gutierrez 18:43.  
40-49: 1. Lee Baca 16:51, 2. Randall Shelley 17:48, 3. Florenzio Vargas 18:24.  
50 & Over: 1. Jesus Rangel 20:23, 2. Joe Arios 22:04, 3. Ray Castro 22:35.

##### Division Results - Women

11 & Under: 1. Kimberly Magie 25:22, 2. Annette Salcido 25:22, 3. Jennifer Rosenthal 27:26.  
12-15: 1. Mitzie Wolf 21:28, 2. Gloria Turner 4:00, 3. Crissy Reising 24:36.  
16-21: 1. Maria Hernandez 23:05, 2. Kristin A. 23:58, 3. Natalie Valderama 31.  
22-29: 1. Joan Marschke 21:51, 2. Cee Del Toro 22:44, 3. Joyce Kloppping 23:15.  
30-39: 1. Beatrice Luna 22:52, 2. Chris Reimerts 22:58, 3. Debbie Mardon 24:21.  
40 & Over: 1. Christa Fitch 23:09, 2. Carolina Hernandez 28:00, 3. Rose Castro 28:46.

### Silky Sullivan's Run for the Roses

#### May 2. Fountain Valley. 6K.

##### Division Results - Men

10 & Under: 1. Matthew Holmes 11:13, 1. Manny Garcia 14:17, 1. Mike Farrel 18:24.  
1. Phil Moores 25:29, 1. Joe Young 30:34.  
1. Keith Withauer 35:39, 1. Ben Wilson.  
40-44: 1. Salvador Gonzales 45:49, 1. Catarino Gonzales 50:59, 1. Dennis Grisso 60 & Over: 1. Larry Banuelos.  
Wheelchair: 1. Tim Bivens.

##### Division Results - Women

10 & Under: 1. Mindi Adam 11:13, 1. Tara Holmes 14:17, 1. Laura Doering 18:24, 1. Karen Davis 25:29, 1. Kelly Babcock.  
30-34: 1. Cathleen Plock 35:39, 1. Cynthia deNuno 40:44, 1. Cheryl Allen 45:49, 1. Joja Applegate 50:59, 1. Adrienne Knute.  
60 & Over: 1. Betty Walker.

### Dynamite Run

#### May 2. Hercules. 4 Mile.

##### Overall

1. Mike Warr 20:22  
2. Bob Blackman 20:52  
3. Leroy Kotchevar 21:01

##### Division Winners

0-12: 1. Jason Ysip 26:38, 2. Matthew McGraw 30:05, 3. Darin Divine 38:04.  
13-17: 1. Chad Musgrove 26:30, 2. Gilbert Gerbacio 27:30, 3. Manuel Murrillo, Jr. 29:04.  
18-24: 1. Tony Scardina 21:10, 2. William Mallet 21:37, 3. Mauro Scardina 23:36.  
25-29: 1. Mike Warr 20:22, 2. Bob Blackman 20:52, 3. Allen Smith 21:54.  
30-34: 1. Leroy Kotchevar 21:01, 2. Donald Hickman 21:22, 3. Robert Parks 22:43.  
40-49: 1. Doug Butt 22:31, 2. Peter White 23:00, 3. Gerald Werner 24:07.  
50-59: 1. Phillip Hager 24:35, 2. Hank Fragoza 24:54, 3. Don Hildebrand 25:51.  
60 plus: 1. John Nyser 29:09, 2. John McKay 29:45, 3. Ulysses Rati 30:00.

##### Women Overall

1. Sharlet Gilbert 23:51  
2. Peggy Lavelle 25:04  
3. Aenor Sawyer 25:36

##### Division Winners

0-12: 1. Beth Conkling 35:02, 2. Staci Dawson 64:34, 13-17: 1. Bradie Musgrove 35:35, 18-24: 1. Mary Beth Foley 35:19, 2. Wendy Chang 36:06, 3. Susan Castillo 42:48.  
25-29: 1. Peggy Lavelle 25:04, 2. Fran Gilmore 26:13, 3. Susan Kivland 27:45.  
30-34: 1. Aenor Sawyer 25:36, 2. Cheng-er Mehmedbasich 27:53, 3. Margie Placencia 29:14.  
35-39: 1. Sharlet Gilbert 23:51, 2. Mary McCraw 27:41, 3. Jeanne Krall 27:56.  
40-49: 1. Sandra Perez 30:06, 2. Marge Rose 31:24, 3. Ruth Warren 31:46.  
50 plus: 1. Barbara Robben 31:52, 2. Dorothy Goldman 60:00.

### Petaluma Scramble

#### May 2. Petaluma. 3K & 8K.

##### Overall Results - Men's 3K

1. Stan Hockerson (33) Santa Rosa 9:28  
2. John Demers (43) Petaluma 9:56  
3. Don Madronich (42) Santa Rosa 10:09  
4. Scott Nixon (29) Petaluma 10:19  
5. Ed Willard (35) S.F. 10:41  
6. Howard Womack (45) Petaluma 11:15  
7. Ralph Frick (29) Santa Rosa 11:38  
8. Charles Bouey (39) Sonoma 11:49  
9. Jim Pilacelli (30) Cotati 12:18  
10. James Harberson (45) Petaluma 12:20

##### Overall Results - Women's 3K

1. Mary Gilley (27) Santa Rosa 11:17  
2. Caron Schaumburg (46) S. Rosa 11:31  
3. Mary Stompe (23) Petaluma 11:45  
4. Julie Beer (14) Santa Rosa 11:51  
5. Linda Jennings (36) Santa Rosa 12:53  
6. Marcia Spaletta (34) Healdsburg 13:04  
7. Sharon Enale (27) Cotati 14:09  
8. Sue Emmel (25) Windsor 14:26  
9. Kit Arrington (34) Petaluma 14:34  
10. Debi Baker (28) Santa Rosa 14:39

##### Division Results - Men's 8K

12 & Under: 1. Joseph Janakes 13:48, 2. Koji Aoki 15:00, 3. Jason Rolie 17:21.  
13-17: 1. Joe Compton 12:30, 2. Robert Phillips 12:32, 3. Gabe Faure-Brac 13:33.  
18-24: 1. Steve Anzano 13:15, 2. Vince Zablatini 15:18, 3. Wayne Douglas 16:02.  
25-29: 1. Scott Nixon 10:19, 2. Ralph Frick 11:38, 3. Brule Ripley 12:24.  
30-34: 1. Stan Hockerson 9:28, 2. Jim Pilacelli 12:18, 3. Rick King 15:15.  
35-39: 1. Ed Willard 10:41, 2. Charles Bouey 11:49, 3. James Janakes 13:49.  
40-44: 1. John Demers 9:56, 2. Don Madronich 10:09, 3. David Sausen 15:06.  
45-49: 1. Howard Womack 11:15, 2. James Harberson 12:20, 3. Richard Henderson 12:32.  
50-59: 1. Patrick Reed 13:53, 2. Ray Patrick 14:55.  
60 & Over: 1. Bob Cuenin 15:06, 2. Ed Nunes 17:56.

##### Division Results - Women's 8K

12 & Under: 1. Celeste Cramer 27:23, 2. Chalon Cramer 27:23, 3. Siobhan Ryan 29:33.  
13-17: 1. Julie Beer 11:51, 2. Robin James 15:01, 3. Regina Camaron 17:53.  
18-24: 1. Mary Stompe 11:45, 2. Lori Shanoff 15:16, 3. Laura Scanlon 17:25.  
25-29: 1. Mary Gilley 11:17, 2. Sharon Enale 14:09, 3. Sue Emmel 14:26.  
30-34: 1. Marcia Spaletta 13:04, 2. Kit Arrington 14:34, 3. Margie Lawson 15:28.  
35-39: 1. Linda Jennings 12:53, 2. Virginia Fah 14:41, 3. Sue Thomsen 15:18.  
40-44: 1. Gail Cramer 15:13, 2. Eleanor Vaughn 15:40, 3. Donna Emmerson 15:50.  
45-49: 1. Caron Schaumburg 11:31, 2. Beth Juri 17:57, 3. Billie Monroe 29:47.  
50-59: 1. Ann Johnson 15:54.

##### Overall Results - Men's 8K

1. Mark Lewis (22) Petaluma 27:30  
2. Shawn Phillips (19) Petaluma 27:39  
3. Rob Cuenin (24) Petaluma 27:51  
4. Alai Isabeau (25) Pennngrove 27:54  
5. Darryl Beardall (50) Santa Rosa 27:55  
6. Larry Meridith (29) Santa Rosa 28:07  
7. John McIntosh-King (34) Forestv 28:13  
8. Sean Lanham (28) Petaluma 28:16  
9. Roger Zoldan (40) Fremont 28:33  
10. Dave Sjostedt (40) Bodega Bay 28:48

##### Overall Results - Women's 8K

1. Terry Trumbull (25) RohnertP 32:00  
2. Bethann McIntosh-King (33) Frstv 33:01

3. Lisa Homen (28) Petaluma 33:08  
4. Janet Buckendahl (53) Petaluma 34:02  
5. Julie O'Neill (24) RohnertPK 34:24  
6. Vicki French (37) Santa Rosa 34:39  
7. Shelly Lydon (26) Petaluma 34:40  
8. Deelynn Beardall (18) Santa Rosa 35:19  
9. Catrina Tuft (9) Petaluma 35:40  
10. Maureen Wendle (32) Santa Rosa 35:45

##### Division Results - Men's 8K

13-17: 1. Shawn Nelson 47:40, 18-24: 1. Mark Lewis 27:30, 2. Shawn Phillips 27:39, 3. Rob Cuenin 27:51.  
25-29: 1. Alai Isabeau 27:54, 2. Larry Meridith 28:07, 3. Sean Lanham 28:16.  
30-34: 1. John Paul McIntosh-King 28:13, 2. Kevin Kramer 28:51, 3. John Catts 30:43.  
35-39: 1. Bill Browne 29:34, 2. Don Sampson 31:56, 3. Judd Cuenin 31:59.  
40-44: 1. Roger Zoldan 28:33, 2. Dave Sjostedt 28:48, 3. Donn Deangelo 30:05.  
45-49: 1. Ray Gin 29:39, 2. Walt Vennum 30:17, 3. Bud Over-shiner 32:29.  
50-59: 1. Darryl Beardall 27:55, 2. Bob Chadwick 33:53, 3. Lee Vyenielo 37:22.  
60 & Over: 1. James Steere 45:22.

##### Division Results - Women's 8K

12 & Under: 1. Catrina Tuft 35:40, 18-24: 1. Julie O'Neill 34:24, 2. Deelynn Beardall 35:19, 3. Shellyanne Bolander 42:08.  
25-29: 1. Terry Trumbull 32:00, 2. Lisa Homen 33:08, 3. Shelly Lydon 34:40.  
30-34: 1. Bethann McIntosh-King 33:01, 2. Maureen Wendle 35:45, 3. Katherine Weaver 39:27.  
35-39: 1. Vicki French 34:39, 2. Barbara Zolden 35:46, 3. Judith Bolker 36:06.  
40-44: 1. Myrtle Edmiston 41:33, 2. Alice Gilmore 41:43, 3. Carolyn McLeod 42:17.  
45-49: 1. Carol Kelly 36:50, 2. Katherine Singer 42:34, 3. Micki Fabian 43:56.  
50-59: 1. Janet Buckendahl 34:02.



### The Great Rockwell Reservoir Runs

#### May 2. Canoga Park. 5K & 10K.

##### Overall Results - 5K

1. John Araujo (25-29) 16:14  
2. Lee Lubin (20-24) 16:20  
3. Andy Ligett (25-29) 16:23  
4. Gianni Carpani (35-39) 17:04  
5. Brian Rush (15-19) 17:12  
6. Greg Stumpus (25-29) 17:14  
7. Jon Terrazas (15-19) 17:37  
8. Johnny Camacho (20-24) 17:37  
9. Salvador Paniagua (35-39) 18:01  
10. Ignacio Fonseca (20-24) 18:14  
11. Patrick Lira (20-24) 18:19  
12. Rob Petrin (20-24) 18:24  
13. Bryan Hill (25-29) 18:26  
14. Bill Frick (40-44) 18:47  
15. Michael Hash (35-39) 18:50  
16. Michael Froman (45-49) 18:51  
17. Not Available (35-39) 18:55  
18. Felix Raudel (20-24) 19:00  
19. Mike Dargahi (20-24) 19:03  
20. Jerry Withers (55-59) 19:06  
21. Raymond Salcido (25-29) 19:12  
22. Larry Stevens (35-39) 19:16  
23. Danita Reese (30-34) 19:19  
24. Steve Folk (25-29) 19:21  
25. Gunnar Brickner (60-69) 19:26  
26. Sal Torres (40-44) 19:26  
27. Tom Fletcher (45-49) 19:35  
28. Steve Kennerley (40-44) 19:39  
29. Byron O'Neill (20-24) 19:50  
30. William Hickey (30-34) 19:53

##### Overall Results - 10K

1. John Araujo (25-29) 34:24  
2. Ed Chaidze (30-34) 34:33  
3. Tom Moriarty (25-29) 34:35  
4. Gianni Carpani (35-39) 34:35  
5. Brian Rush (15-19) 34:36  
6. Herman Rodriguez (35-39) 34:31  
7. Steve Bitterly (30-34) 35:00  
8. Jess Perez (25-29) 35:10  
9. Thomas Hall (35-39) 35:18  
10. James Brennan (25-29) 35:21  
11. Ron Russell (30-34) 35:30  
12. John Quinn (25-29) 35:36  
13. Robert Gleeson (20-24) 35:50  
14. John Frankman (25-29) 35:52  
15. Gary Maytum (25-29) 36:25  
16. John Johnston (25-29) 36:47  
17. Micah White (20-24) 37:10  
18. Reed Goodwin (30-34) 37:14  
19. Jerry Maytum (25-29) 37:15  
20. Doug Jesson (30-34) 37:16  
21. Nick Trozzi (25-29) 37:27  
22. Gary Schnittgrund (35-39) 37:30  
23. Rob Petrin (25-29) 37:49  
24. Kenneth Gatewood (25-29) 38:02  
25. Not Available (35-39) 38:24  
26. Jay Christie (40-44) 38:26  
27. Steven Durand (30-34) 38:37  
28. Dan Rodriguez (30-34) 38:48  
29. John Riddell (25-29) 38:48  
30. Jerry Stearns (45-49) 38:59

### Goldweb Gallop

#### May 2. Ione. 10K & Half Marathon.

##### Overall Results - 10K

1. Reggie Williams 33:35  
2. Anthony Reynoso 34:28  
3. Kenny Brown 35:41  
4. Jerry Gasper 35:42  
5. Rick Simonsen 35:49  
6. Gill Moore 36:31  
7. Greg Miller 36:44  
8. Don Spickelmier 37:03  
9. Leslie Fredrickson 37:28  
10. Mike Nasiatka 37:52  
11. Ken Chism 38:11  
12. Hugh Hayden 38:28  
13. Richard Bireley 39:04  
14. Mort Ward 40:07  
15. David Ugarkovich 40:11  
16. Steven Neubaum 40:55  
17. Bill Phillips 41:08  
18. Gary Hollinger 41:12  
19. Michael Dodson 41:21  
20. Dan Schkel 42:07

##### Division Results - Men's 10K

13 & Under: 1. Jared Hoopes 52:13, 2. Marty Schutz 52:50, 3. David Richards 70:51.  
14-19: 1. Reggie Williams 33:35, 2. Kenny Brown 35:41, 3. Ruben Anaya, Jr. 42:39.  
20-29: 1. Jerry Gasper 35:42, 2. Rick Simonsen 35:49, 3. Richard Bireley 39:04.  
30-39: 1. Anthony Reynoso 34:28, 2. Gil Moore 36:31, 3. Mike Nasiatka 37:52.  
40-49: 1. Greg Miller 36:40, 2. Don Spickelmier 37:03, 3. Hugh Hayden 38:28.  
50-59: 1. Leslie Fredrickson 37:28, 2. Mort Ward 40:07, 3. Gary Hollinger N.T.  
60 & Over: 1. Bert Gibbs 43:58, 2. James Eymann, N.T., 3. Robert Dornsife 54:33.

##### Division Results - Women's 10K

13-19: 1. Shanel Callahan 65:51, 20-29: 1. Sandy Hurd 48:49, 2. Susan Biggs 49:01, 3. Lisa Burke 59:32.  
30-39: 1. Cathie Chavez 42:22, 2. Sherry Quigley 43:42, 3. Marlene McCrystal 51:22.  
40-49: 1. Linda O'Keefe 48:10, 2. Carolyn Ward 50:41, 3. Jean Rodgers 50:43.

##### Overall Results - Half Marathon

1. Louie Phillips 1:23:21  
2. Rick Summers 1:31:21  
3. Doug Martin 1:34:52  
4. Rich Peterson 1:36:17  
5. Simon Gibson 1:38:03  
6. Mark Warmack 1:39:13  
7. John Galvez 1:42:03  
8. Eugene Reyes 1:43:10  
9. Alan Konecny 1:45:13  
10. Chuck Lawrence 1:47:11  
11. Ean O'Neill (F) 1:54:19  
12. Johanna Ehlhardt (F) 2:21:20  
13. Doni James (F) 2:30:46



# Results

## Maranatha Runs

### May 2, Sacramento, Half Marathon & 10K.

Overall Results - Half Marathon		
1	Don Hicks (27)	1:12:59
2	Adam Ferria (36)	1:15:29
3	Mauricio Maia (26)	1:16:24
4	Chris Enfante (35)	1:17:16
5	Rick Molincoe (36)	1:17:51
6	Don Alarid (44)	1:18:22
7	Mark Lane (33)	1:18:44
8	Tim Tweltmeyer (28)	1:20:37
9	Robert Johnson (28)	1:21:10
10	Dennis Meidinger (37)	1:21:18
11	Chris Hamer (28)	1:22:16
12	Ralph Richardson (30)	1:24:48
13	Frank Perry (46)	1:24:53
14	Walter Spiller (45)	1:25:46
15	Igor Herman (40)	1:26:01
16	Bill Land (38)	1:26:44
17	Ray Patterson (36)	1:27:27
18	Phil Coleman (37)	1:27:37
19	Michael Norris (32)	1:29:41
20	Larry Macklin (34)	1:29:56

Overall Results - 10K		
1	Andy Takaha (31)	34:37
2	Terry Tubb (40)	34:45
3	Nick Boucher (20)	35:04
4	Nick Vogt (36)	35:19
5	Gary Lotspeich (38)	36:12
6	Todd Teel (19)	38:06
7	Ruben Munoz (32)	38:09
8	John Stacey (40)	39:07
9	David Ragsdale (48)	39:21
10	David Prekeges (26)	39:51
11	John Beninga (24)	40:16
12	Andy Kuniyuki (37)	40:21
13	Clinton Baker (21)	40:35
14	Sra LeFebvre (33F)	40:48
15	George Paddeck (28)	40:50
16	Joan Lewis (25F)	40:58
17	Kitty Perry (31F)	41:23
18	Susan Colley (30F)	42:07
19	Pete Schooner (46)	42:17
20	John McIntosh (45)	42:30

## Monrovia Century Runs

### May 2, Monrovia, 5K & 10K.

### Division Results - Men's 5K

13 & Under: 1. Matthew Villescas 22:03, 2. Marklee Guerrero 23:42, 3. Brian Peters 24:53, 14-18: 1. John DeLaCruz 18:46, 2. Joe Munoz 21:04, 3. Sean Peterson 22:53.

19-29: 1. Tim Dougherty 15:56, 2. Sergio Valenzuela 18:12, 3. Gilbert Ortega 18:19.

30-39: 1. Enrique Serratos 16:05, 2. Juan Quintana 18:19, 3. Barry Foote 18:21.

40-49: 1. Phil Ryan 16:26, 2. Wayne Mitchell 17:43, 3. George Andersen 19:04.

50-59: 1. David Guerrero 21:13, 2. Marvin Harris 23:12, 3. Nick Guido 24:01. 60 & Over: 1. Gene Humphrey 19:34, 2. Ray Thorne 22:55, 3. Walt Malone 23:05.

Division Results - Women's 5K  
 13 & Under: 1. Veima Velarde 22:27, 2. Sandra Serratos 23:06, 3. Shannon Reader 31:47. 14-18: 1. Lisa Venegas 23:24, 2. Sheryl Busse 27:47, 3. Dina Johnson 30:22. 19-29: 1. Teresa Deanda 21:02, 2. Natalie Stuebner 23:18, 3. Debra Kirlink 25:53. 30-39: 1. Sharon Andriola 21:58, 2. Juanita Petersen 22:10, 3. Nancy Cross 22:51. 40-49: 1. Georgina Nortall 23:26, 2. Marilyn Howard 24:02, 3. Barbara Martin 30:58. 50-59: 1. Shirley Chadwick 27:20, 2. Betty Crosby 27:56, 3. Beverly Stunden 28:12. 60 & Over: 1. Daisy Wong 28:02.

28:02.

**Division Results - Men's 10K**

**13 & Under:** 1. Mario Delao 1:00:17, 14-18:

1. Eddie Ornelas 39:22, 2. Jeremy Faith

48:07, 19-29: 1. Eugene Muslag 32:44, 2.

Ceafas Esquivel 35:22, 3. Leslie Rich

38:54, 30-39: 1. Jim O'Brien 34:20, 2. Jose Gonzalez 36:00, 3. Richard Barron 36:21. 40-49: 1. Phil Ryan 16:26, 2. Wayne Mitchell 17:43, 3. George Andersen 19:04. 50-59: 1. David Guerrero 21:13, 2. Marvin Harris 23:12, 3. Nick Guido 24:01. 60 & Over: 1. Gene Humphrey 19:34, 2. Ray Thorne 22:55, 3. Walt Malone 23:05.

**Division Results - Women's 10K**  
**13 & Under:** 1. Eve Delao 1:05:18, 14-18: 1. Karen Talamantes 43:22, 2. Lynette Walden 1:13:51. **19-29:** 1. Laura Oswald 42:15, 2. Diana Henchey 43:57, 3. Denise Smith 48:58. **30-39:** 1. Sue Steima 49:59, 2. Peggy Griffin 50:56, 3. Teresa Bissner 55:04. **40-49:** 1. Cecily Parke 43:52, 2. Virginia Fertig 49:26, 3. Lois Franke 50:43.

## Inyokern OTHTC Road Run

### May 3, Ridgecrest, 10 Mile.

Overall Results - Men		
1	Juan Garza	56:42
2	Bill Wilson	59:37
3	Tony Whitmore	61:09
4	Mike Grusemen	61:14
5	Karl Sidor	62:37
6	Gill Cornell	63:00

Overall Results - Women		
1	Cindy Scott	65:15
2	Kathy McElroy	66:53
3	Mary Moore	74:04

### Division Results - Men

**14 & Under:** 1. Mike Oliver, 2. Chris Marshall, 3. Andrew Mitchell. **15-18:** 1. Andy Corzine 73:48, 2. Grant Bechler, 3. Robert Crouse. **19-29:** 1. Ron Ryan 67:14, 2. Steve Bridges 68:29, 3. Elmer Nash 72:13. **30-34:** 1. Steve Moll 64:27, 2. Dave Hamel 69:45, 3. Glenn Roquemore 82:24. **35-39:** 1. Henry Bednarski 64:17, 2. Jerry Killeen 65:09, 3. Mick Rindt 67:40. **40-49:** 1. Jo Oliver 63:23, 2. Tom Rindt 66:53, 3. Richard Casper 68:13. **50-59:** 1. Mel Miles 73:56, 2. David Rugg 74:09, 3. Scotty Broyles 74:16. **60 & Over:** 1. Bill Norris 79:17, 2. Dick Wisden 87:06, 3. Frank Morales.

#### Division Results - Women

15-18: 1. Rene Bargowski 83:14, 19-29: 1. Kirsti Smith, 2. Lori Ansell, 3. Kathy McDonough. 30-34: 1. Barbara Banaszyski, 2. Debra Kuchn, 3. Paige Sorbo. 35-39: 1. Jerry Mumford 76:45, 2. Michelle Bailey, 3. June Wasserman 93:23. 40-49: 1. Jo Kajivara 83:01, 2. Suzanne Haney 85:15, 3. Maria McBride 87:56. 50-59: 1. Bev Wood 1:43:44, 2. Gerry Wisdom 2:11:37.

## Avenue of the Giants Marathon

### May 3, Weott.

Overall Results		
1	Richard O'Brien (38) Newark	2:28:47
2	Mike Holt (38) Eureka	2:33:24
3	James Washington (32) Arcata	2:38:38
4	Robert Prattle (42) Albuquerque	2:42:00
5	Rick Spady (35) Great Falls, MT	2:42:59
6	Rodney Smith (36) Big Bear Lk	2:46:42
7	Gary Ceragioli (33) Markleeville	2:47:00
8	John Slavin (39) Redway	2:47:22
9	Scott Stebbenz (27) Tacoma	2:48:02
10	Rich Stewart (39) McKinleyville	2:48:08
11	John Misslin (36) Medford	2:48:24
12	Craig Roland (52) Santa Rosa	2:48:47
13	Tommy Anan (30) Eugene	2:51:03
14	Kurt Bonnette (26) Redding	2:51:10
15	Michael Addis (36) Arcata	2:51:36
16	Donald Fishman (38) Medford	2:53:10
17	William Daniel (42) Arcata	2:55:13
18	Paul Bauer (42) Mill City	2:55:28
19	Diane McKelvey (33) Santa Cruz	2:56:00
20	Frank Betlejewski (30) Ashland	2:56:07
21	Dennis McGraw (39) Eleva	2:56:10
22	Joe Schlereth (37) Fresno	2:56:15



DIANE MCKELVEY

23	Ronald Kroeker (43) Springfield	2:56:22
24	Tony Pryatel (41) Las Vegas	2:56:31
25	Judy Leydig (36) San Carlos	2:56:42
26	Craig Hohenberger (33) Carmel	2:56:50
27	Gary McCuen (50) San Anselmo	2:56:56
28	Bob Butler (28) Tacoma	2:57:07
29	Mel Hunt (47) Selma	2:57:29
30	John Janssens (26) Medford	2:58:19
31	Henning Mehrens (44) So. Lk. Tah	2:58:24
32	Wayne Snyder (36) El Toro	2:58:44
33	Jeffrey Frome (35) Arcata	2:58:47
34	Mike Rowerdink (35) Stockton	2:58:57
35	Paul Cataldo (30) Ashland	2:59:00
36	Jeffrey Barker (28) Coos Bay	2:59:06
37	Ulf Werner (46) Orina	2:59:18
38	Jay Mallonee (30) Bayside	2:59:26
39	Scott Coburn (37) Boulder	2:59:27
40	Dennis Jensen (39) Las Vegas	2:59:44
41	Richard Brunelle (38) Tampa	2:59:55
42	Hans Tjian (47) Berkeley	3:00:02
43	Timothy Quinn (40) Dublin	3:00:23
44	Kirk Apt (24) Crested Bltte	3:01:26
45	Douglas Kamprath (26) Arcata	3:03:12
46	Erich Kaufman (47) Eugene	3:03:44
47	Leigh Goldie (35) Eugene	3:03:48
48	James Peck (40) La Jolla	3:04:25
49	Karen Angel (41) Eureka	3:05:05
50	Jerry Stowe (46) San Diego	3:06:19



RICHARD O'BRIEN

## Spring Classic

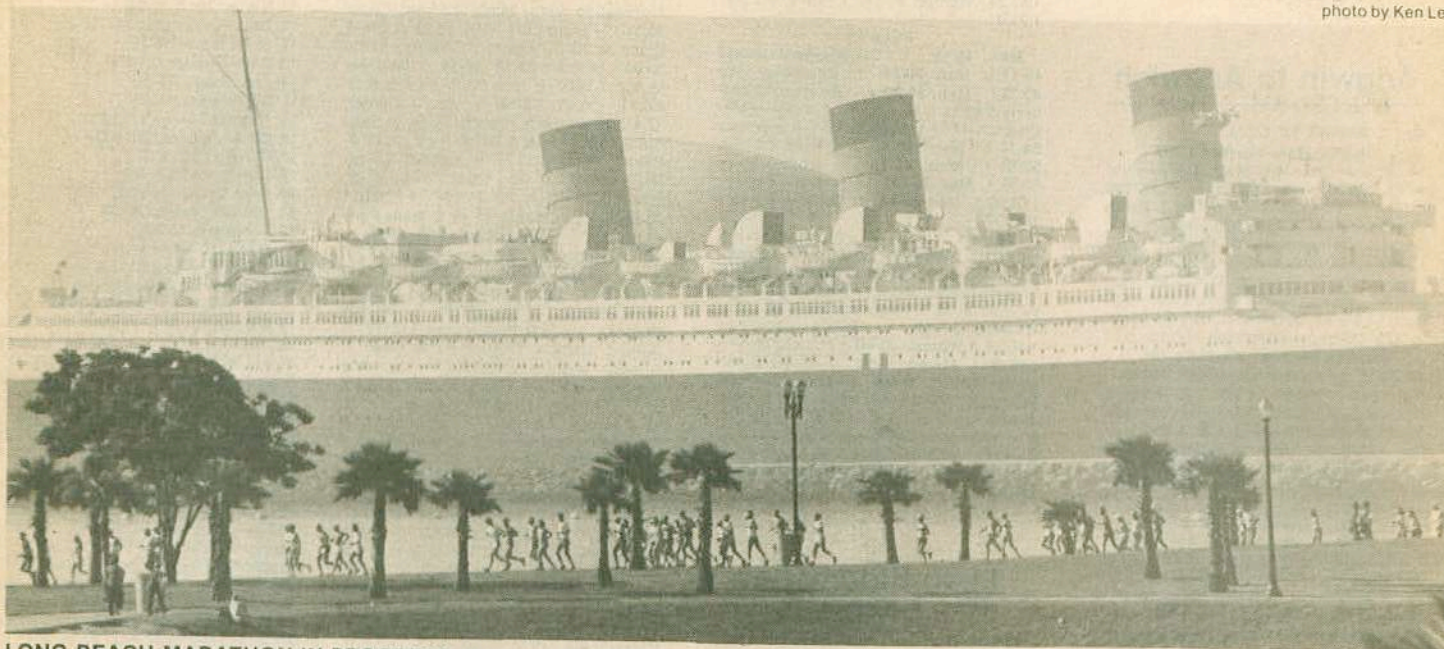
From Steve Hamilton

May 5, 8K.		
Overall Results		
1	Jon Sinclair (29) Ft. Collins	22:50
2	Keith Hanson (23) Milwaukie	22:52
3	Brent Barnhill (25) Media	23:21
4	Steve Spence (25) Annadale	23:26
5	John Doub (30) Waynesboro	23:28
6	Mark Conover (26) SLO	23:30
7	Kevin Ryan (30) Eugene	23:53
8	Paul Pilkington (26) Roy, Ut	23:58
9	Tim Gruber (27) Sunnyvale	24:00
10	Rick Becker (32) Olympia	24:03
16	Peter Churney (26) S.F.	24:50



# Results

photo by Ken Lee



LONG BEACH MARATHON IN PROGRESS

## Long Beach Marathon

### May 3, Long Beach.

80 degree temperatures slowed the pace, but not the determination of the nearly 3000 finishers of the sixth annual Long Beach Marathon on Sunday, May 3. The 92% finish rate was a testimony to the tremendous crowd support the runners received throughout their 26.2 mile trek. The city of Long Beach celebrated the event by decorating and lining the course, offering encouragement and refreshment, eliciting praise from participants, like men's champion John McCracken of Lincoln, Nebraska who commented, "I think the response from the crowd was great. It was better than any race I have ever run."

The winners, like the rest of the participants, had their performances hampered by the warm, sunny conditions. Despite the deepest field of top athletes ever entered in the Long Beach Marathon, only McCracken, setting a PR by nearly six minutes, broke 2:20, while posting a 2:19:15. Beth Milewski of Canoga Park, California led an equally talented women's field with a 2:53:37. In the men's race, Manuel Garcia of Mexico placed second in 2:20:31, and Brazilian Moacir Marconi was third in 2:22:30. Other top women finishers were Sharon Given of Los Altos, Calif. (2:54:27), and Palo Alto, Cal. resident Alison Unterreiner (2:56:31).

### Division Results - Men

**14 & Under:** 1. Lee Wilson 3:05:50, 2. Brian Johnson 3:38:39, 3. Scott Anderson 4:27:49. **15-18:** 1. Tim Brunold 3:09:19, 2. Lew Hankins, Jr., 3:16:24, 3. Scott Crawford 3:29:55. **19-24:** 1. Luis Pinon, Jr., 2:27:21, 2. Brock Vaughn 2:31:26, 3. Allen Just 2:34:47. **25-29:** 1. Moacir Marconi 2:22:30, 2. Kevin Broady 2:23:15, 3. Chris Schallert 2:24:51. **30-34:** 1. John McCracken 2:19:15, 2. Monte Brothwell 2:24:21, 3. Jim Ulvestad 2:31:09. **35-39:** 1. Manuel Garcia 2:20:31, 2. Jim Arquilla 2:38:49, 3. Ed Avol 2:41:32. **40-49:** 1. Fred Ortega 2:44:05, 2. James Edmonson 2:45:49, 3. Dan Ashimine 2:51:36. **45-49:** 1.

Victor Gonzalez 2:55:55, 2. Bart Coventry 2:56:00, 3. Jim Crawford 2:58:35. **50-54:** 1. Fred Kiddy 2:50:14, 2. Frank Greene 3:03:42, 3. Bobby Lopez 3:08:45. **55-59:** 1. Patrick Devine 3:03:07, 2. Clifford Adcock 3:07:22, 3. Tracy Brown 3:13:36. **60-64:** 1. Jack Goertzen 3:42:58, 2. Curtis Frame 3:44:27, 3. Warren Pait 3:46:19. **65-69:** 1. George Billingsley 3:20:33, 2. Reese Walton 3:53:30, 3. William Dietrich 4:19:29. **70 & Over:** 1. Paul Reese 3:25:37, 2. Eddie Lewin 3:48:15, 3. Dutch Benedetti 4:09:09.

### Division Results - Women

**15-18:** 1. Celeste Gonzales 3:54:22, 2. Diane Maher 4:14:00, 3. Jennifer Terran 4:19:17. **19-24:** 1. Anita Johnson 3:03:51, 2. Jennie Mason 3:08:24, 3. Catherine Porter 3:13:34. **25-29:** 1. Beth Milewski 2:53:37, 2. Dianna Hall 2:58:10, 3. Carol Carrigan 3:05:50. **30-34:** 1. Alison Unterreiner 2:56:31, 2. Carrie Morrison 3:00:26, 3. Louise Lovelace 3:14:55. **35-39:** 1. Sharon Given 2:54:27, 2. Loanne Harden 3:30:51, 3. Cindy VanStralen 3:31:03. **40-44:** 1. Linda King 3:35:10, 2. Gloria Santillan 3:36:01, 3. Barbara Reukema 3:37:30. **45-49:** 1. Roberta Lamping 3:37:43, 2. Yvette Lavigne 3:40:23, 3. Teresa Ross 3:41:08. **50-54:** 1. Sandra Kiddy 3:13:06, 2. Joyce Momita 3:36:52, 3. Missy Jennings 3:51:37. **55-59:** 1. Yukie Mochida 3:58:09, 2. Ruth Bloland 4:01:00, 3. Esther Millich 4:03:21. **60-64:** 1. Virginia Hastings 4:01:50, 2. Antoinette Hill 4:22:20, 3. Alice Goldberg 5:00:36. **65-69:** 1. Ilone Paulas 4:45:13.

## Fun & Fitness Fair 5K

From GARY TUTTLE

### May 3, Ventura. 5K.

1. Ken Kiss (1st 18-29) 15:41  
2. Larry Montas (1st 30-39) 15:43  
3. Adolfo Huerta (2nd 30-39) 16:02  
4. Angel Gallegos (2nd 18-29) 16:04  
5. Terry Howell (3rd 30-39) 16:07  
6. Hector Romero (3rd 18-29) 16:10  
7. Hans Van Koppen 16:40

8. Chris Carroll 16:59  
9. Rich Hart 17:09  
10. Robert Weinerth (1st 17u) 17:18  
14. Larry Pontinen (1st 40-49) 18:08  
27. George Marrett (1st 50+) 18:54  
28. Luann McKenzie (1st W18-29) 19:56  
33. Grisel Little (1st W30-39) 20:03  
38. Nicole Kennerley (1st W17u) 20:22  
47. Margaret Miller (1st W50+) 20:57  
52. Liz Cushman (1st W40-49) 21:35

## Wild Wild West Cross Country Marathon

### May 3, Lone Pine. Marathon & 10 Mi.

#### Division Results - Men's Marathon

**20-29:** 1. Steve Corona 3:28:01, 2. Jeff Jensen 3:37:02, 3. John Rowe 3:55:37. **30-39:** 1. Sean Crom 3:05:16, 2. Jim Genischen 3:10:08, 3. Fred Shufflebarger 3:18:05. **40-49:** 1. Thomas Sneddon 3:16:45, 2. Morey Boysquet 3:19:19, 3. Bob Beach 3:21:24. **50-59:** 1. Hap Arnold 3:27:19, 2. Robert Calvin 3:33:54, 3. Walt Johnson 3:33:59. **70-79:** 1. Jack Rosa 5:01:00.

#### Division Results - Women's Marathon

**20-29:** 1. Ann Trason 3:22:42, 2. Mary Tracey 3:48:02, 3. Heidi Anderson 4:29:29. **30-39:** 1. Karen Koslow 3:44:38, 2. Sue King 3:48:02, 3. Linda Lee 4:02:13. **40-49:** 1. Margaret Neville 4:17:04, 2. Barbara Basta 4:41:38, 3. Marge Biehl 5:11:39. **50-59:** 1. Clara Thom 6:48:00. **60-69:** 1. Pat Cingino 5:53:20, 2. Libby Priscilla 7:01:35.

#### Division Results - Men's 10 Mile

**19 & Under:** 1. Jack Osborne 1:02:05, 2. Blake Andrews 1:25:15, 3. Carson Beach 1:34:23. **20-29:** 1. Steve O'Connell 1:03:10, 2. Malcolm Williamson 1:20:43, 3. Jan-Marc Baker 1:05:36. **30-39:** 1. Holden MacRae 1:11:40, 2. Marc Reynolds 1:12:23, 3. Vern Biehl 1:14:29. **40-49:** 1. Martin Bleasdal 1:16:07, 2. Tony Farrow 1:21:23, 3. Jack Clark 1:22:54. **50-59:** 1. Don Henze 1:29:32, 2. Charles Cunliffe 1:33:20, 3. Don Jacques 1:37:39. **60-69:** 1. Frances Torino 2:44:51. **70-79:** 1. Frank Deners 2:02:45.

### Division Results - Women's 10 Mile

**20-29:** 1. Jamie Bisplinghoff 1:16:54, 2. Caroline Tiernan 1:18:44, 3. Janet Mamon 1:31:06. **30-39:** 1. Shelly Worth 1:33:55, 2. Sharon Grant 1:37:42, 3. Priscilla MacRae 1:38:52. **40-49:** 1. Julia Hart 1:41:54, 2. Denise Habegger 1:54:08, 3. Seana Von Henkle 1:57:31. **50-59:** 1. Fern Martin 2:10:51, 2. Val Cunliffe 2:18:50, 3. Gloriann Meramble 2:22:37. **60-69:** 1. Marjorie Zimmerman 2:24:01.

## Run for the Valley

### May 3, San Jose. 8K.

#### Division Results - Men

**12 & Under:** 1. Phil McShane 38:47, 2. John McStone 43:47, 3. Nathan Shoemaker 1:07:21. **13-19:** 1. Mike Shetter 38:00, 2. Keith Imamura 33:11, 3. Tee Nguyen 38:41. **20-29:** 1. Casey Reinking 25:05, 2. Jerry Odell 27:32, 3. Gibbeto Maldonado 28:21. **30-39:** 1. Danny Moore 28:51, 2. Nek Butterfield 29:07, 3. Sam Rising 29:09. **40-49:** 1. Carl Cull 30:16, 2. Richard Gonzalez 31:37, 3. Gordon Yerokida 32:44. **50-59:** 1. Franco Manuel 39:04. **20-29:** 2. Gough Reinhardt 35:00, 3. James Cabeceiras 37:49. **60 & Over:** 1. Jaye Walter 42:36, 2. Lawrence Viglienzone 1:00:23, 3. Don Prior 1:22:24.

#### Division Results - Women

**12 & Under:** 1. Lisa Miller 40:15, 2. Kerry Guinn 1:05:10. **13-19:** 1. Jennifer Lemes 39:04. **20-29:** 1. Deborah Holst 34:22, 2. Linda Giller 34:51, 3. Janet Paris 35:19. **30-39:** 1. Gayle Allen 32:42, 2. Camille Br 33:30, 3. Anita Lee 34:55. **40-49:** 1. Mary Anne Sullivan 39:16, 2. Cheri Miller 41:32, 3. Nancy Wiltstine 41:47. **50-59:** 1. Diane Bromstead 38:46, 2. Roberta Carlson 44:05, 3. Kathryn Walter 44:17. **60 & Over:** 1. Verle Waters 48:36, 2. Mamane Moroney 1:04:05.

#### Corporate Team Scores:

1. Lockheed Missiles and Space Co., 2:40:25, 2. Amdahl #2, 2:55:23, 3. Lockheed, 3:02:08, 4. VMC Phantasmagoric Runners, 3:09:43.



# Results

## Angwin to Angwish

May 3. Angwin. 5K & 10K.

### Division Results - Men's 10K

13-19: 1. James Choi 44:29, 2. Kias Eklof 49:24, 20-29: 1. Mike Warr 34:54, 2. Jeff Ing 38:47, 3. Ted Gorn 38:50, 30-39: 1. Byron Choiniere 37:37, 2. Antonio Zarate 39:03, 3. William Johnston 40:20, 40-49: 1. Jerry Lyerly 42:00, 2. Henry Work 43:48, 3. John Meyers 45:28, 50-59: 1. Darryl Beardall 39:07, 2. Vernon Kaiser 44:56, 3. Beryl Abbott 48:39, 60 & Over: 1. Karl Bollinger 47:42, 2. George Grammens 1:00:34.

### Division Results - Women's 10K

13-19: 1. Julie Nieman 48:28, 20-29: 1. Kathleen Powell 43:20, 2. Angela Nobuhara 46:55, 3. Rosalba Sanchez 50:59, 30-39: 1. Patricia Currie 53:26, 2. Diane Shrack 53:35, 3. Maria Jacobo 1:01:24, 40-49: 1. Katie Martin 51:02, 50-59: 1. Marcie Anderson 1:00:23, 60 & Over: 1. Els Tuinzing 1:00:33.

### Division Results - Men's 5K

12 & Under: 1. Ben Blackburn 24:48, 2. Travis Scarborough 25:15, 3. Jimmy Jarret 30:15, 20-29: 1. Dwight Bleasle 18:57, 2. Yoshi Mineyama 19:07, 3. Keith Mattox 19:52, 30-39: 1. Patrick Lecourt 18:40, 2. Bryan Henery 19:41, 3. Michael Koerner 20:03, 40-49: 1. Mike McClintock 21:23, 2. Walter Frazier 27:53, 3. Ed Schatz 32:31, 50-59: 1. E.G. Blackburn 21:11, 2. Carl Jackson 22:23, 3. Ken Marr 23:40, 60 & Over: 1. Willem Tuinzing 25:16.

### Division Results - Women's 5K

12 & Under: 1. Laura Taylor 24:48, 2. Mitzi Rockwell 31:39, 3. Julie Dennis 31:39, 13-19: 1. Lisa Rogers 28:31, 2. Donna Zdor 32:04, 20-29: 1. Maria Robinson 23:05, 2. Sherrilyn Roth 23:41, 3. Pascale Beek 24:07, 30-39: 1. Catherine Moody 23:49, 2. Lucille Nelson 26:12, 3. Kathy Ronenberg 27:58, 40-49: 1. Sharon Roscoe 25:29, 2. Katie Schneider 26:06, 3. Mary Eddards 27:00, 50-59: 1. Doris Morabito 32:27, 2. Ida Brown 38:01, 3. Ruth Burgess 38:01.

## Rinconada Triathlon

May 3. Palo Alto.

### INDIVIDUAL

Men 15-19: 1. Andy Kelsey 49:49, 2. Danie Candelaria 51:14, 3. Ted Stone 52:49, 20-24: 1. Bill Getchell 50:58, 1. Richard Valdez 51:09, 3. Gerald Bading 51:32, 1. Men 25-29: 1. Doug Heeter 50:52, 2. Kyle Ditzler 51:00, 3. Chris Ward 51:51, 1. Men 30-34: 1. Jerry Cvedez 50:09, 2. Buc Yates 50:25, 3. Patrick Bitter 52:31, 1. Men 35-39: 1. Dennis Good 50:54, 2. Timothy Lavelle 51:48, 3. Tucker Stanwood 54:56, 1. Men 40-44 and 45-49: Unavailable, Men 50-54: 1. Chuck Davey 1:19:52, 1. Men 55 and above: Unavailable.

Women 15-19: 1. Julie Hopkins 1:01:25, 2. Anne Mari Callin 1:03:00, 3. Kathleen Hopkins 1:03:07, Women 20-24: 1. Liesel Ernst 1:00:49, 2. Karla Percy 1:00:55, 3. Kim Sewell 1:01:27, Women 25-29: 1. Deborah Erdy 56:55, 2. Mary Mackey 59:28, 3. Denise Halferty 1:00:09, Women 30-34: 1. Debbie Ingram 56:53, 1. Elyse Dunnahoo 1:03:27, 3. Stella Sobczak 1:04:24, Women 35-39: 1. Maureen Lipa 1:03:56, 2. Susan Almquist 1:12:24, 3. Judy Officer 1:12:56, Women 40-44: 1. Linda Sampsel 1:05:13, 2. Carole Mawson 1:08:12, 3. Sally Braugh 1:10:43, Women 45-49: 1. Julia Carpenter 1:14:24, 2. Ruth Rowe 1:18:06, 3. Judy McCandless 1:19:03, Women 50-54: 1. Sally Morner 1:15:50, 2. Barbara LaPlante 1:17:01, 3. Vinnie Biberdorf 1:33:45, Women 55-59: 1.

Pate Hale 1:32:50, 2. Ann Lambertson 1:42:24, Women 60-64: 1. Sally Scholer 1:21:01.

### RELAYS

Men 15-19: 1. Claibourne/Williams 49:11, 1. Men 20-24: 1. Beach/Anthony 49:33, 1. Men 25-29: 1. Bowman/Chamberlain 49:11, 1. Men 30-34: 1. Kenyon/McClennon 47:02, 1. Men 35-39: 1. Box/Anaya 54:14, 1. Men 40-44: 1. Reid/Kiernan 52:55, 1. Men 45-49: 1. Roper/White 53:59, 1. Men 50-54: 1. Sullivan/Lemkuhl 1:03:59, 1. Men 60-64: 1. Kerswill/Stewart 1:03:09, 1.

Women 15-19: 1. Wober/Horting 1:01:33, 1. Women 20-24: 1. Herminiglaiz/Hobaugh 1:11:36, 1. Women 25-29: 1. Stites/Grisom 58:00, 1. Women 30-34: 1. Women 35-39: 1. Hoover/Gelwicks 1:10:23, 1. Women 40-44: 1. Nokes/Okarma 1:08:20, 1. Mixed 15-19: 1. Brown/Butterbaugh 49:27, 1. Mixed 20-24: 1. Gordon/Billingsley 50:52, 1. Mixed 25-29: 1. Burden/Stambridge 50:36, 1. Mixed 30-34: 1. Moore/Whiteneck 57:48, 1. Mixed 35-39: 1. Cartwright/Bennyl 59:34, 1. Mixed 40-44: 1. Forbes/Murray 1:04:14, 1. Mixed 50-54: 1. 1:07:41.

## Lilac Bloomsday Run

May 3. Spokane, WA. 12K.

### Overall Results - Men

1	Steve Binns, Britain	34:38
2	Rolando Vera, Ecuador	34:40
3	Mauricio Gonzales, Mexico	34:49
4	Michael Musyoki, Kenya	35:02
5	Jon Sinclair, Ft. Collins, CO	35:12
6	Paul Rugut, Kenya	35:19
7	Rafael Zepeda, Mexico	35:21
8	J. P. Ndayisenga, Fairfax, VA	35:23
9	Jesus Herrera, Mexico	35:28
10	Brad Camp, Australia	35:31
11	Peter Koech, Kenya	35:49
12	Steven Spence, Annandale, VA	35:51
13	Carlos Reitz, Mexico	35:53
14	Guillermo Serrano, Mexico	36:01
15	Randy Reins, San Antonio, TX	36:01
16	John Doub, Waynesboro, PA	36:24
17	Ibrahim Hussein, Kenya	36:39
18	Tracy Harris	36:42
19	Rick Becker	36:43
20	Dave Uhrich, Boulder, CO	36:53
21	Thomas Raunig, Missoula	36:57
22	Paul Pilkington, Roy, Utah	36:59
23	Michael Layman, San Antonio, TX	37:07
24	Rob Greer, Spokane	37:12
25	Ronald Johnson	37:36

### Overall Results - Women

1	Lesley Welch, Brookline, MA	39:22
2	Francie Smith, Buda, TX	39:52
3	Katie Ishmael, Madison, WI	40:51
4	Kathy Pfeiffer, Albuquerque, NM	41:07
5	Deborah Raunig, Missoula	41:17
6	Janis Klecker, Hopkins, MN	41:17
7	Lisa Welch, Brookline, MA	47:35
8	Sue Lee, Canada	41:46
9	Kim Rosenquist, Spokane	41:51
10	Carol McLatchie, Houston	41:51
11	Susan Patterson	42:47
12	Janine Aiello, S.F.	43:20
13	Gail Hall	44:20
14	Bobbie Rothman, Coconut Creek, FL	44:28
15	Lisa Dressel, Spokane	44:40
16	Patricia Wassik-Hinson	44:45
17	Susan Henderson, Lakewood, Or	44:51
18	Pamela Jensen, Pasco	44:57
19	Hope Bishop	45:07
20	Bernadine Portenski, NZ	45:23
21	Cynthia Kelly	45:27
22	Juana Stavolone, San Jose	45:30
23	Claire Sullivan	45:41
24	Regina Joyce, Ireland	45:52
25	Lori Moloney	46:17

### Division Results - Men

12 & Under: 1. Yosef Afenegus 47:27, 2. Gregory James 48:16, 3. Biniam Afenegus 49:04, 13-15: 1. Mark Lacey 41:33, 2. Yukon Degenhart 42:56, 3. Steve Kirschke 43:45,

16-18: 1. Kelly Husband 39:17, 2. Patrick Johnson 39:24, 3. Clint Gerle 40:28, 19-22: 1. Rolando Vera 34:40, 2. Brad Camp 35:31, 3. Phillip Ellis 37:56, 23-29: 1. Steve Binns 34:38, 2. Mauricio Gonzalez 34:49, 3. Jon Sinclair 35:12, 30-34: 1. Michael Musyoki 35:02, 2. John Doub 36:24, 3. Rick Becker 36:43, 35-39: 1. Benili Durden 37:41, 2. Kenneth French 38:28, 3. Rick Riley 38:32, 40-44: 1. Mick Hurd 37:32, 2. Patrick Murphy 38:28, 3. Stephen Lester 38:32, 45-49: 1. Joe Machala 40:45, 2. Roger Pratt 41:16, 3. Kirke White 42:17, 50-54: 1. Barry Magee 41:45, 2. Hans Fenz 43:28, 3. Derek Mahaffey 43:30, 55-59: 1. Will Barron 48:44, 2. Larry Doering 48:29, 3. Melvin Johnson 50:10, 60-69: 1. Orio Keniston 45:24, 2. Lenn Dompier 49:18, 3. Paul Wilson 51:07, 70-79: 1. George Boulden 54:47, 2. Wilbur Inks 1:02:17, 3. Wilfred Gamon 1:03:30, 80 & Over: 1. Russell Heaton 1:46:12, 2. Lawrence Kulesza 1:47:10, 3. Morey Haggin 1:52:45.

### Division Results - Women

12 & Under: 1. Krystal Crawford 54:46, 2. Shannon Lamb 58:35, 3. Jodi Mackinnon 58:56, 13-15: 1. Kristin Wellman 48:17, 2. Susan Bonogofski 49:21, 3. Joy Lamb 49:36, 16-18: 1. Lisa Dressel 44:40, 2. Amy Duryee 49:42, 3. Donna Kirschke 50:12, 19-22: 1. Katie Ishmael 40:51, 2. Heidi Vanderwilde 46:18, 3. Marni Ryli 49:32, 23-29: 1. Lesley Welch 39:22, 2. Kathy Pfeiffer 41:17, 3. Janis Klecker 41:17, 30-34: 1. Francie Smith 39:52, 2. Deborah Raunig 41:17, 3. Susan Patterson 42:47, 50-54: 1. Wilma Parker 49:51, 2. Sylvia Quinn 52:31, 3. Mae Horns 55:02, 55-59: 1. June Machala 53:27, 2. Madonna Buder 57:16, 3. Joanne Hegedus 1:02:11, 60-69: 1. Ivora Ward 1:01:30, 2. Billie Murphy 1:03:17, 3. Lois Hatch 1:04:07, 70-79: 1. Mabel Klein 1:20:54, 2. Edna Berg 1:28:39, 3. Lucille Quin 1:40:33, 80 & Over: 1. Mary Franklin 1:07:09, 2. Sally Wellman 1:32:23, 3. Carol Randall 1:55:17.

## Beethoven Fun Run

May 3. Alameda. 5K.

### Overall Results

1	Noah Hinkston (21)	16:02
2	Dan Patterson (30)	16:06
3	Patti Julios (36)	16:28
4	George Mason (43)	16:38
5	Mike O'Reilly (27)	16:40
6	Blair Venables (16)	16:46
7	Dale Severy (41)	16:51
8	Thomas Woo (28)	17:00
9	Watt Boone (16)	17:09
10	Gill Garcia (39)	17:18
11	Ron Maroko (27)	17:27
12	Scott Brown (17)	17:33
13	Eric Smith (20)	17:33
14	Shariel Gilbert (36)	17:40
15	Bruce Lawrence (40)	17:41
16	Derek Cole (26)	17:43
17	Noah Hill (16)	17:47
18	Joe Hancock (49)	17:48
19	Kevin Gallup (27)	17:54
20	William Damon (30)	17:56
21	Charles Venables (43)	17:59
22	John Dilsaver (31)	18:00
23	Richard Rodriguez (50)	18:11
24	Jose Gomez (35)	18:18
25	John Manan (40)	18:26

## Scenic Bay Run

May 3. Sausalito. 3.95 Mile.

### Overall Results

1	Addison Hunt (16-25)	20:07
2	George Green (26-39)	20:09
3	Greg Johnson (16-25)	20:37
4	John Edgcomb (26-39)	21:21
5	Daniel Butterfield (26-39)	21:24
6	John Swyers (40 & O)	21:24
7	Eddie Freyer (26-39)	22:10

8 Dimitris Sklavopoulos (40 & O) 22:41  
9 Raymond Moody (26-39) 23:02  
10 Steven Tech (26-39) 23:15  
11 Laurie Hollingsworth (16-25) 23:21  
12 Scott Nixon (16-25) 23:23  
13 Ralph Rorden (16-25) 23:33  
14 Jack Arago (26-39) 24:06  
15 Bob Walker (16-25) 24:19  
16 Thomas Mongan (40 & O) 24:41  
17 Clarence Grant (40 & O) 24:45  
18 Bill Neall (40 & O) 24:48  
19 Mark Yoessel (26-39) 24:51  
20 Irene Suzuki (16-25) 24:58  
21 Michael Mayes (26-39) 25:21  
22 Tom Lake (26-39) 25:30  
23 Bob Justice (40 & O) 25:32  
24 Michael Michoud (15 & U) 25:50  
25 Elizabeth Rodgers (26-39) 25:53

### Division Results - Men

15 & Under: 1. Michael Michoud 25:50, 2. Bill Bently 27:32, 3. Michael Canallita 31:05, 16-25: 1. Addison Hunt 20:07, 2. Greg Johnson 20:37, 3. Scott Nixon 23:23, 26-39: 1. George Green 20:09, 2. John Edgcomb 21:21, 3. Daniel Butterfield 21:24, 40 & Over: 1. John Swyers 21:24, 2. Dimitris Sklavopoulos 22:41, 3. Thomas Monzan 24:41.

### Division Results - Women

15 & Under: 1. Cosima Knez 34:21, 2. Allison Buckley 47:47, 3. Catherine Donohoe 49:12, 16-25: 1. Laurie Hollingsworth 23:21, 2. Irene Suzuki 24:58, 3. Slewin 28:08, 26-39: 1. Elizabeth Rodgers 25:53, 2. Amy Johnson 27:16, 3. Debbie Bispo 27:33, 40 & Over: 1. Jane McClure 26:34, 2. Joan Szarfinski 27:44, 3. Patricia Harms 29:20.

## Run for Fun

May 9. San Marino. 5K & 10K.

### Division Results - Men's 5K

12 & Under: 1. Kevin Murchie 25:16, 2. Mark Schaus 25:21, 3. Kurt House 26:04, 13-15: 1. Bryan White 18:32, 2. Brian Sax 19:02, 3. Chris Rossi 19:09, 16-18: 1. Jim Nida 16:50, 2. Steve Guluzian 18:20, 3. Blair Chang 18:51, 19-29: 1. Sergio Valenzuela 16:15, 2. E. Garcia 16:39, 3. T. Dougherty 16:53, 30-39: 1. E. Serratos 16:20, 2. T. Hackley 16:44, 3. W. Hitt 17:44, 40-49: 1. Phil Ryan 16:28, 2. T. Torrisi 19:24, 3. Bill Gallagher 20:08, 50-59: 1. Sam Gee 20:35, 2. Doug Shepherd 20:47, 3. Wendell Mortimer 23:00, 60 & Over: 1. Dick Diener 22:21, 2. Dan Lujan 22:49, 3. Wally Taylor 23:47.

### Division Results - Women's 5K

12 & Under: 1. S. Serratos 23:52, 2. Anna Maria Munoz 28:23, 3. Tori Krueger 29:04, 13-15: 1. Adelina Saldana 26:32, 2. Ida Whetten 26:32, 3. Claudia Munoz 27:07, 16-18: 1. D.T. Pettit 20:23, 2. Jamie Bearden 21:06, 3. T. Young 21:25, 19-29: 1. Ardelle Bahar 22:54, 2. Caroline Heron 23:09, 3. Natalie Stuebner 23:43, 30-39: 1. J. Sudenmand 18:55, 2. Kathy Hart 21:26, 3. Carolyn Kenny 22:35, 40-49: 1. Georgina Nuttall 24:17, 2. Bonnie Norquist 25:48, 3. J. Taylor 26:24.

### Division Results - Men's 10K

12 & Under: 1. Roberto Munoz 47:20, 2. Stanford King 58:22, 3. Jose Echevery 1:01:45, 13-15: 1. Alan Wu 38:57, 16-18: 1. Dean Palmer 34:21, 2. Erik Penn 34:50, 3. Kenneth Wong 37:11, 19-29: 1. Steve Corona 35:58, 2. Luke Merrill 38:16, 3. F. Canu 38:24, 30-39: 1. Cary Simons 33:02, 2. Mark Hemphill 34:29, 3. Jeff Snyder 35:14, 40-49: 1. Lee Baca 35:59, 2. Alex Meade 37:12, 3. W. Mitchell 37:49, 50-59: 1. Norm McAbee 41:23, 2. F. Vasquez 41:59, 3. F. Kearney 43:32, 60 & Over: 1. B. Thorne 44:32, 2. Ray Thorne 48:25.

### Division Results - Women's 10K

13-15: 1. Jen Giordano 1:01:07, 16-18: 1. K. Talamantes 44:50, 19-29: 1. Laurie Cullen 49:35, 2. A. Luna 52:07, 3. Margaret Brown 52:45, 30-39: 1. Lorraine Ordaz 39:45, 2. Donna Morin 47:00, 3. Mary Cortez 50:36, 40-49: 1. Susan Gimbel 39:24, 2. Cookie Petrie 46:41, 3. Lesley Calise 48:04, 50-59: 1. C. Thomas 52:15.



## Results

### Bakersfield Bud Light Triathlon

May 9, Bakersfield.

2K Swim, 40K Bike, 15K Run.

#### Overall Results - Men

1 Mike Pigg	2:19:11
2 Scott Molina (Boulder)	2:20:11
3 Scott Tinley (Encinitas)	2:22:49
4 Bryan Fahrenbach (Clovis)	2:26:49
5 Paul Huddle (Encinitas)	2:27:17
6 Rob Biatodeau (San Diego)	2:31:25
7 Roy Hinnen (Davis)	2:31:34
8 Tim Sheeher (Long Beach)	2:32:05
9 Tony Adler (Granada Hills)	2:34:07
10 Dan Weaver (Fair Oaks)	2:34:14

#### Overall Results - Men

Pro: 1. Mike Pigg 2:19:11, 2. Scott Molina 2:20:11, 3. Scott Tinley 2:22:49, 14-17: 1. Mike Muller 2:59:08, 2. Jason Middleton 3:02:15, 3. Francis Gangle 3:03:09, 18-24: 1. Chris Butze 2:35:08, 2. Garrett McCarthy 2:35:27, 3. Pete Kain 2:36:48, 25-29: 1. Dan Weaver 2:34:14, 2. Doug Moon 2:34:32, 3. Ralph Searcy 2:35:48, 30-34: 1. Wayne Buckingham 2:35:10, 2. Jim Butts 2:35:54, 3. Marty Brown 2:38:09, 35-39: 1. Bill McDermott 2:37:20, 2. Duncan Thomas 2:37:33, 3. Bill Penn 2:39:04, 40-44: 1. George Wright 2:47:13, 2. Mike Rogge 2:48:04, 3. David Brady 2:48:24, 45-49: 1. Larry Warren 2:49:51, 2. Don White 2:59:22, 3. Mike Maury 2:59:50, 50-54: 1. Tim Lemucchi 2:57:08, 2. John O'Reilly 3:11:33, 3. Mike Laramo 3:12:03, 55-59: 1. Dick Robinson 3:02:13, 2. David Stevenson 3:08:24, 3. Fred Kerr 3:14:55, 60-69: 1. Keith Albright 3:36:50, 2. Norton Davey 4:18:28, 3. Ronald Jeman 4:32:23, 70 & Over: 1. Ed Sower 4:30:49.

#### Overall Results - Women

1 Paula Newby-Fraser (Encinitas)	2:44:12
2 Karen Chequerpfeiffer (Mt. View)	2:44:47
3 Gina Aubrey (San Clemente)	2:47:10
4 Sue McMurray (Davis)	2:49:29
5 Janine Daley (Encinitas)	2:51:06
6 Laurie Samuelson (Carlsbad)	2:54:35
7 Susan Shaffer (Tempe)	2:57:27
8 Joan Alley (Redwood City)	2:58:13
9 Donna Lange (Riverside)	2:58:39
10 Robin Davis (Encinitas)	2:58:41

#### Division Results - Women

Pro: 1. Paula Newby-Fraser 2:44:12, 2. Karen Chequerpfeiffer 2:45:47, 3. Sue McMurray 2:49:29, 14-17: 1. Brandy Bennett, N.T. 18-24: 1. Gina Aubrey 2:47:10, 2. Vivian Poer 3:03:20, 3. Penny Bernstein 3:04:01, 25-29: 1. Donna Lange 2:58:39, 2. Patty Henry 3:00:11, 3. Ilene Farley 3:01:41, 30-34: 1. Laurie Samuelson 2:54:36, 2. Missy La Strange 2:59:04, 3. Susan Griffin 3:06:17, 35-39: 1. Susan Shafer 2:57:27, 2. Nancy Kumm-Baird 3:05:20, 3. Judi Thompson 3:06:34, 40-44: 1. Kaeti Ecker 3:12:21, 2. Susan Lucas 3:24:25, 3. Jane Granskog 3:26:27, 45-49: 1. Faye Daly 3:41:43, 2. Judy Miller 4:05:23, 3. Marion Mehrtash 4:07:53, 50-54: 1. Sue Hutchinson 3:20:30, 2. Kitty Brown 3:39:01, 3. Nancy Molitor 3:50:56, 55-59: 1. Claire Aukerman 5:15:57.

### Smokey Bear

May 9, Bass Lake, 10K & 2 Mile  
Overall Results - Men's 10K

1 Al Lara	32:25
2 John Devere	34:08
3 Gilbert Delgado	34:53
4 Al Lomeli	34:58
5 M. Breisch	35:59
6 Dan Vega	36:24
7 Rick Gaffney	37:17
8 Tim Cornell	37:42
9 Mark Spencer	38:25
10 Martin Bannon	39:12

#### Overall Results - Women's 10K

1 Tanis Leyendecker	38:52
2 Tone Nichols	41:11
3 Marie Potts	42:05
4 Diane Vartanian	42:31
5 Carmen Brown	44:40
6 Carolyn Campbell	44:56
7 Sylvia Furze	48:43
8 Mary Ann Barroso	49:15
9 Penny Carlo	50:56
10 Denise Bona	50:56

#### Division Results - Men's 10K

11-14: 1. Jordan Bull 45:53, 15-19: 1. Gilbert Delgado 34:53, 20-29: 1. John Devere 34:08, 2. Mrk Briesch 35:59, 30-39: 1. Al Lomeli 34:58, 2. Rick Gaffney 37:17, 3. Martin Bannon 39:12, 40-49: 1. Dennis Jones 42:05, 2. Rick Young 42:13, 50-59: 1. Sam Vandenburg 39:39, 2. Ken Napier 40:19.

#### Division Results - Women's 10K

11-14: 1. Heather Welch 52:03, 20-29: 1. Tone Nichols 41:11, 30-39: 1. Carmen Brown 44:40, 40-49: 1. Carolyn Campbell 44:56, 50-59: 1. Sally Irvin 58:03, 60 & Over: 1. Billie Breisch 66:26.

#### Division Results - Men's 2 Mile

10 & Under: 1. Dan Prescott 13:21, 2. Casey Holeman 13:38, 3. Mathew Sebastian 13:44, 11-14: 1. David Clark 12:39, 2. George Campos 12:49, 3. Eduardo Pueras 12:56, 15-19: 1. Raul Campos 11:17, 2. Michael Magdalina 12:04, 3. Lalo Nunes 12:29, 20-29: 1. Jack Williamson 12:43, 2. Thomas Pal 14:07, 3. Gilbert Fierro 14:51, 30-39: 1. Bill Schwartz 11:52, 2. Dennis Bell 12:31, 3. Ron Thioesen 12:43, 40-49: 1. Gustavo Armenta 12:38, 2. Fred Clivenger 13:09, 3. Roger Kingston 13:20, 50-59: 1. Bill Schlichting 17:02, 60 & Over: 1. James Morris 46:58.

#### Division Results - Women's 2 Mile

10 & Under: 1. Deana Wilson 16:28, 2. Allyson Brooks 16:45, 3. Stephanie Gomez 17:14, 11-14: 1. Maria Mosquezda 15:17, 2. Rebecca Sebastian 15:42, 3. Hether Outerbridge 16:02, 15-19: 1. Harticia Campos 15:23, 2. Carmen Corchado 16:46, 3. Courtney Hoyt 17:13, 20-29: 1. Jane Grfeene 15:57, 2. Denise Draper 17:02, 3. Martha Taylor 18:55, 30-39: 1. Haslyr Ward 13:42, 2. Natalia Bolanos 14:33, 3. Debbie Molina 16:19, 40-49: 1. Debbie Schwartz 15:32, 2. Oneida Bull 18:54, 50-59: 1. Eloyce Tobin 16:34, 60 & Over: 1. Dot Morris 34:35.

### Garritson's Smokebuster 5K

May 9, Pico Rivera.

#### Division Results - Men

5 & Under: 1. Bracken Garritson 25:50, 6-9: 1. Jarrod Garritson 18:55, 2. Brian Corriveau 18:54, 3. Tony Wellington 24:55, 10-14: 1. James Garritson 16:54, 2. Richard Cary 18:54, 3. Mike Johnson 21:03, 15-18: 1. Chris Raigosa 18:16, 2. Rex Dominguez 22:19, 3. Richard Vasquez 22:29, 19-24: 1. Martin Rodriguez 18:46, 2. Jose Nava 20:40, 3. Kevin Elkin 24:04, 25-29: 1. Vicente Rivera 16:50, 2. German Rodriguez 19:11, 3. Jay White 19:16, 30-34: 1. Francisco Rodriguez 19:29, 35-39: 1. Salvador Gonzalez 17:37, 2. Michael Garritson 19:42, 3. Victor Chavez 19:50, 40-44: 1. Mike St. Andre 18:12, 2. Ken DeSmet 18:26, 3. Dave Lance 19:57, 45-49: 1. Richard Carrievau 19:58, 2. Guillermo Johanson 21:35, 3. Mickey Lalum 22:03, 50-54: 1. Cliff Stolba 19:35, 2. Jim Kelly 41:27, 55-59: 1. Robert Culling 18:55, 2. Aurelio Camacho 19:37, 60 & Over: 1. Wiley Nelson 26:07.

#### Division Results - Women

6-9: 1. Heather Garritson 19:43, 2. Kathryn Johnson 30:10, 3. Tami Cayey 30:19, 10-14: 1. Carrie Garritson 17:35, 2. Cristian Peckering 21:08, 3. Veronica Chavez 22:30, 15-18: 1. Crystal Thoms 24:53, 30-34: 1. Doris Chung 25:23, 2. Laura Trippy 31:54, 40-44: 1. Barbara Reukema 23:16, 2. Kathy Bates 25:08, 45-49: 1. Clara Thoms 25:55, 2. Norma Martin 32:54, 60 & Over: 1. Mary Ames 41:20.

### Sunkist Gold Rush 100K

May 9-10, Georgetown.

After three years of finishing second, Bruce von Borstel, 41, of Georgetown, this year finally entered the winner's circle in the Sunkist Gold Rush 100K race. He covered the Saturday course, 50K from Georgetown to Coloma, in 3:47:42 and the 50K Sunday course, from Colfax to Yankee Jim, in 4:14:57, for an overall time of 8:02:31. Like von Borstel, every finisher was slower the second day.

Pai Whyte, 38, of Cool, finished second with an overall time of 8:25:41. Third was David Calderon, 27, of Sacramento, with an overall time of 8:29:23.

Toni Belaustegui, 39, of Reno, was the first woman finisher with an overall time of 10:12:41. She ran the Saturday course in 4:45:12 and the Sunday course in 5:27:29. Second was Deloah McKim, 33, of Sparks, in 11:23:25. Joan Bumpus, 44, of Penn Valley, was third in 11:48:18.

There were 37 finishers in the race (30 men, 7 women); 5 DNFs; and 8 scratches. Travelling the farthest to the race were Barbara Haines, of Wakefield, MA., and David Prior of Huntington Valley, PA.

In 1988 the race will change its name to the Slice 100K Run and the courses will be in the Nevada City area and -- say race directors Ray Mahannah, Paul Reese, and Hal Stainbrook -- the courses will continue to be 99% hilly.

#### Overall Results

1 Bruce Von Borstel (41)	8:02
2 Pat Whyte (38)	8:25
3 David Calderon (27)	8:29
4 Carlos Arellanes (31)	8:54
5 Stan Wegner (49)	8:56
6 Roland Martin (38)	9:04
7 Greg Montgomery (37)	9:10
8 Skip Lees (42)	9:13
9 David Prior (43)	9:19
10 Kenneth McKim (45)	9:42

### The Human Race

May 9, San Francisco, 8K.

#### Division Results - Men

17 & Under: 1. Brennan Horn 42:00, 18-29: 1. Michael Seythes 27:38, 2. Bud Napolio 27:42, 3. Michael Huckins 29:09, 30-39: 1. Carl Stempel 25:30, 2. Tom Bennett 27:51, 3. Don Hickman 28:09, 40-49: 1. George Maloney 30:23, 2. Mike Claycomb 30:24, 3. Steve Parker 33:24, 50-59: 1. John Lemke 32:22, 2. Paul Tigda 32:52, 3. Neil Mahoney 32:26, 60 & Over: 1. George Cossette 42:53.

#### Division Results - Women

17 & Under: 1. Christine Chung 46:16, 2. Aine Compil 46:43, 3. Jenny Huang 53:26, 18-29: 1. Pam Neronha 36:14, 2. Sharon Barth 36:17, 3. Megan Topping 37:42, 30-39: 1. Kim Kilier 33:47, 2. June Montuori 37:32, 3. Patricia Harms 39:50, 40-49: 1. J. Prendergast 43:51, 2. Brenda Kohn 44:03, 3. Inga Madden 44:23, 50-59: 1. Barbara Robben 40:45, 2. Barbara Wein 51:00.

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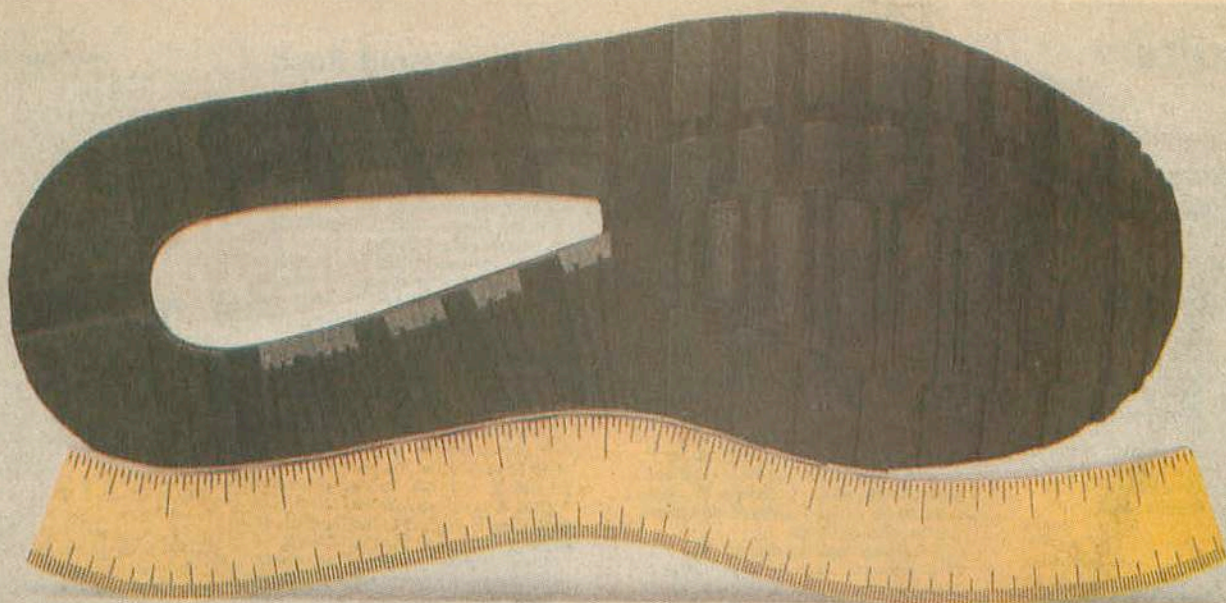
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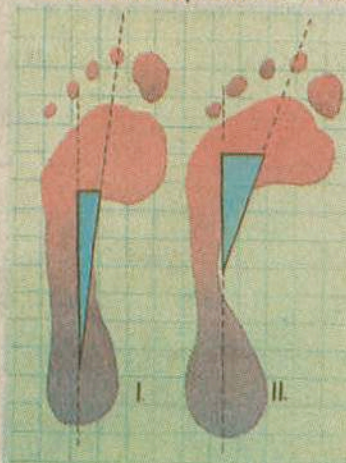


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pair of A•B Series shoes also has Goodyear Indy 500® rubber outsoles. Multi-density EVA midsoles. Tough, surlyn heel counters. And 360° reflectivity.

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move up the line. But no matter which one you choose, you'll get a lot of shoe for your money—without a lot of weight.

The Converse A•B Series running shoes. They're rewriting the rules of the road.

