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# CALIFORNIA

## TRACK & RUNNING NEWS

DECEMBER 1982

ISSUE NO. 74



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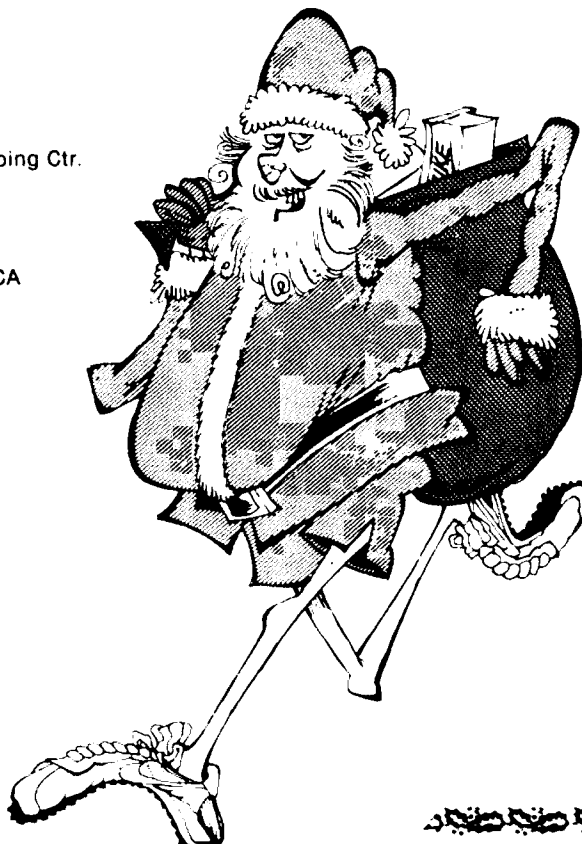
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# California Track & Running News



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**ON THE COVER:** Two of California's top triathletes: Dean Harper (left) and Scott Molina. See special triathlon feature beginning on page 8.  
photo by G. David Brown/Innersports



Sat ~ Feb 5, 1983

# Bakersfield Marathon

*The last flat & fast Qualifier before Boston*

**STARTING TIME:** 8:00 A.M. No check-in required.

**STARTING PLACE:** Start/Finish at Cal State Bakersfield, 9001 Stockdale Highway.

**RACE CONTACTS:** Paul Cross (805) 399-5750, or Dennis Burkett (805) 872-1858.

**COURSE:** Out and back loop, flat and fast, rural roads and scenic bike path along the Kern River

**ENTRY FEE:** \$10.00 **NO RACE DAY ENTRY**

**DEADLINE:** Postmarked January 17, 1983

**FACILITIES:** The locker rooms, lockers, restrooms, and showers at Cal State will be open

**AWARDS:** Division awards will be 5 deep in divisions, Male & Female. The winners in each race will receive original hand painted graphic designs of the race logo by the artist. A trip to the Boston Marathon will be awarded 1 man and 1 woman and will be determined by a random drawing from all who qualify at this race. All finishers will receive a long sleeve T-shirt, a unique finish certificate, a results brochure with photos, individual finish photos, and Boston qualifying certificates for those who qualify. There will be a Merchandise Raffle of running apparel and accessories for all entrants.

**REFRESHMENTS:** Each runner will receive 2 Natural Light beers, Calistoga mineral water, raisins, oranges, water & ERG

**DISTANCES:** Full Marathon - 26.2 miles  
Half Marathon - 13.1 miles

**SPONSORS:** Natural Light, BC Chemicals, Tenneco, Western Mud, Fappas Printers, Calistoga, Sports Country, Bakersfield Californian, Shamrock Designs, Rio Bravo Lodge, Hilton Inn, Royal Palms Motor Hotel, Super 8 Motel, J & J Citrus Company, and Le Gourmet Catering.

## Entry Form ----- Entry Form

Name \_\_\_\_\_ Phone \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex \_\_\_\_\_ T-Shirt Size ☐ S ☐ M ☐ L ☐ XL ☐ Mar ☐ 1/2 Mar

Check Division: ☐ Wheelchair ☐ 12 & Under ☐ 13-18 ☐ 19-29

☐ 30-39 ☐ 40-49 ☐ 50-59 ☐ 60 & Over

Date of Birth \_\_\_\_\_ Best Mar or 1/2 Mar \_\_\_\_\_ Club \_\_\_\_\_

Send \$10 to Bakersfield Marathon, 1111 El Tejon, Oildale, CA 93308  
Postmark Deadline January 17, 1983 **NO RACE DAY ENTRY**

**WAIVER:** In consideration of my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims which I may hereafter accrue to me against the Bakersfield Track Club, Natural Light Beer, California State College at Bakersfield, any race sponsor, or any of their respective officers, agents, representatives, successors, and/or assigns, for any and all injuries suffered by me while travelling to or from or participating in this event. I certify that I am physically fit for this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian must sign if entrant is under 18 years of age

## Editorial

### Questionable Results

Last month I wrote about the wide variety of running events to be found around the state. This diversity, as I said then, is healthy for the sport as it provides something for everyone. However, I wish there were at least some uniformity or consistency in the way the results of these many and varied events are reported.

On my desk right now is a set of results which came in titled "10K Race" — that's all, just "10K Race." Then followed the places, names and times, and even a listing of division winners. What race was it? Where was it held? When was it held? We hesitate to print the results of an event without knowing the name, place or date. Often we can fill in some of the missing information by piecing together clues from postmarks, names of athletes running or by studying old schedules.

Other events will be reported but without any indication of division — some not even indicating male and female. First names help, but is Pat a male or female? What about Chris or Dale? Some results come in without any indication of the distance of the race, or no times are given. Some will be listed alphabetically, others by race number. As you can understand it is a real chore for us to give you results in a meaningful and consistent manner.

Race directors can help us and others who will be reading (and trying to make some sense out of) their results by supplying the following minimum information.

- 1 Name of event.
  - 2 Date of event.
  - 3 Location of event.
  - 4 Distance of event(s).
  - 5 Places with runners names, sex, age, city or club, and time.
  - 6 Division places are also a big help.
- Thank you for your cooperation.

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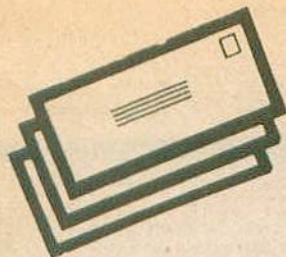
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# Mailbag

## CHEERS FOR TUTTLE ARTICLE

Just read Tuttle's article in the November issue of California Track & Running News, on the 16 "easy way" gimmicks.

Nice job - well written, with just enough bite to give it spice.

Keep running and writing.

Len Wallace  
San Francisco

## IN RESPONSE TO CHRISTA ROMPPANEN

(See letter from Christa Romppanen in the October 1982 issue of California Track & Running News)

Dear Christa, Congratulations on your many splendid competitions this year. I loved your recent article about the improprieties associated with the women's division of some LDR races.

Just to clear up a couple of small points, mainly for your readers edification, I submit the following:

Paragraph 1: I will have issued about 250 sanctions for 1982 and as part of the SPA-TAC sanction application we recommend either 5 or 10 age groups for males and females. The ultimate decision as to how many rests with the race director/committees. For the most part they are well spelled out on the entry blank. It seems evident protest would be not to enter those with none or few awards. The race committee would soon get the idea.

Paragraph 2: Same as above; although the District Championship, the awards and their depth are set by the race director (in this case John Brennand). You are absolutely right. It is hard to believe and being a master runner, I am very sympathetic to your remarks.

Paragraph 3: Same as numbers one and two. I often wonder why people participate in these events knowing the awards breakdown (if not stated - call or write the race director) and then complain after. If the field dwindled the race committee would take notice and perhaps adjust to help their races.

Paragraph 4: The award of a men's trip to the TAC Nationals is appropriate since it is the "men's" XC Champ. That's not discriminating. Maybe the women's LDR could send a woman to their National Championship. I'm sure the men would somehow understand that. "Wheelchairs not eligible" on all grass and dirt courses is not hard to understand also.

Paragraph 5: Contact Julie McKinney - Women's LDR Chairperson, she would be glad to have your "help" to improve women's running. Not any one person can affect change. All of us pulling together can help.

The LDR Committee meets the first Wednesday of every month and there is never more than six people in attendance out of about 4,000 registered. If you or anyone is sincere in their ambitions to improve conditions, they can best help by helping the governing body (TAC) do its job. There is nobody else to set standards, enforce regulations, and monitor the sport. Support the sanctioned events and we can control their activities through your voice (the membership). Stay away from non-sanctioned events, or if you want to run in them, don't complain about how they treat you, you had it coming.

Chuck S. Lichter  
Chairman, TAC LDR Committee  
Tarzana

## THE OOPS DEPT.

It's too seldom I take the time to express what value CT&RN is to our sport. You're doing nothing but getting better.

With that in mind, Mara Lazdars from Miracosta College (picture and results on page 40, issue 72) needs a spelling change. She was one of the lights in San Diego Section HS last year from Fallbrook and I think you're going to see that name a lot more. (And the race was in your backyard, too.)

Rich Ede  
Claremont

## RACE DIRECTORS REQUIRED READING

Your editorial in the November issue of CTRN should be made required reading for all race directors. This year, after counting the finishers, by division in the Central California Marathon, I realized the awards given were not evenly distributed, according to the number of participants in each division.

We had two divisions, that combined, represented nearly 75 percent of the field, and those two divisions received less than twenty five percent of the awards. On the other hand, we had one division with no runners, two divisions with one runner each, we had one division with three awards and four runners. Next year I can assure all of our competitors that a more systematic

approach will be used for determining the distribution of awards, and the one you suggested is the most realistic, and the fairest way I can see to handle the problem. Percentages will be determined based upon the participation of the past five years.

This year, I received requests for more special divisions than would be possible to score. The only request I didn't receive was one for the first bare-footed runner, wearing purple tights with green spots, hopping on one foot. I received one request from a gentleman from Sacramento for a 60 plus division. He castigated me severely, but didn't show the courtesy of providing a return address on his letter or envelope, so I could let him know that we have not had a runner in that age group for the past two years at least.

Fortunately, as you state, most runners are in the sport for the achievement of personal goals, and that achievement is its own reward. It's ironic, but those are the runners who usually receive most of the awards, and well they should, as they normally work and train harder, with resulting better performances, than those who are in the sport for awards, medals or peer approval and recognition.

Incidentally, you might like to know that I ran a full page ad for the Central California Marathon in CTRN, and kept count of those entries I received as a result of the ad. I am pleased to report that I received enough entries as a result of the ad, to pay for it several times over.

Bill Woody, Director  
Central California Marathon  
Fresno

## TAKES EXCEPTION

I take exception with the billing of the Tetrick Trail 8 Mile being the toughest hill race in Southern California.

I have not run the Tetrick Trail 8 Miller, but have run in two races which are unquestionably tougher: Mount Wilson Trail Run (9 miles), and Mount Baldy Race to the Top (8 miles).

The record pace for Tetrick Trail is 5:51, Mount Wilson is (approx.) 6:39, and Mount Baldy is 7:55.

Maybe next year you should call Tetrick Trail the third toughest (or maybe it is even lower).

Thanks for the great magazine.

Sam Oglesby  
Garden Grove



# Schedule

by Jack Leydig  
Scheduling Director

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

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

## DECEMBER

**DEC 4: Fiesta Bowl Marathon.** Scottsdale, Ariz., 7:30 am. Nov. 8 deadline. Fiesta Bowl Marathon, P.O. Box 1032, Scottsdale, AZ 85252.

**DEC 4: Cardiac Pacer 5-Miler.** U.C. Santa Cruz (East Fieldhouse), 10 am. Terry Warner (408) 429-4220.

**DEC 4: Mt. Madonna Challenge.** (Listed as December 5 in some sources), 12.1 mile, Spring Lake, Hwy 152 (south of San Jose), 11 am. Bill Flodberg, 12925 Foothill Ave., San Martin 95046. (408) 683-2453.

**DEC 4: Olympians 10K Run.** Laguna Niguel, (also 5K), 7:30 am. Newport Beach Runners Association, 1162 Dorset, Costa Mesa 92626. (714) 966-0556.

**DEC 4: Tiger Run.** 5 & 10K, South Pasadena, 8 am. Marty Parkinson, 1422 Milan Ave., So. Pasadena 91030. (213) 799-7038.

**DEC 4: S.L.O. Elks/Youth Cross-Country Runs.** (Possibly Dec. 11), San Luis Obispo High School (distances vary from 220yd to 3 mile), Pre-kindergarten thru high school, time TBA. Brian Waterbury, c/o S.L.O. High School, 1350 California Blvd., San Luis Obispo 93401.

**DEC 4: 5 Mile Santa Claus Race & SNA/TAC 5 Mile Championships.** Las Vegas Racquet Club, Las Vegas, 10 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**DEC 4: Balboa Park Boogie.** 5K, San Diego, 8 am. Women and Girls only. Red or Mary Isom (714) 583-8799.

**DEC 4: Quarter-of-a-Day Relay.** 6-person teams running one-mile legs alternately for 6 hours, Foothill College, Los Altos Hills (track), 10 am. Limit 50 teams. Coach D. Harms, Foothill College, 12345 El Monte Rd., Los Altos 94022. (415) 948-8590.

**DEC 4: Point Pinole Run.** 10K & 2 mile, Pt. Pinole Regional Park (Parking Lot), Richmond, 9:30 am/2 mile, 10:30 am/10K. Richmond Recreation & Parks Dept., Dan Hughey, 25th & Barrett, Richmond 94804. (415) 234-5428.

**DEC 4: Bacon Bash 10K.** Stockton, 9:30 am. Ernie Rodriguez, P.O. Box 8831, Stockton 95208. (209) 478-1126.

**DEC 5: Total Race Systems Track Meet.** 1 mile & 5K, College of Marin, Kentfield, 10 am. (Heats). Kees Tuinzing, 627 Galerita Way, San Rafael 94903. (415) 472-7917.

**DEC 5: Decemberfest Road Run.** 10K, Campbell (The Factory), 9 am. Don Campbell, P.O. Box 97, Campbell 95008. (408) 379-5399.

**DEC 5: Great American Smoke-Out 10K & Half Marathon.** Riverside, time TBA. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.

**DEC 5: Half-Marathon & 5K.** Goleta, 9 am. Brandon Elem. School, 195 Brandon Dr., Goleta 93117. (805) 965-6073.

**DEC 5: Half-Marathon.** Davis (Central Park), 9 am. Deming MacLise, 132 E Street, Davis 95616. (916) 758-5433.

**DEC 5: Western Hemisphere Marathon.** Culver City, 8 am. Jack Nakanishi, 4117 Overland Ave., Culver City 90230. (213) 202-5689.

**DEC 5: PATAC 25K Championships.** CANCELLED!

**DEC 5: Maderathon.** 10K, Stanford Univ. (Stadium), 9 am. Maderathon, c/o Madera House, Wilbur Hall, Stanford 94305. (415) 321-1084 or 497-4144, messages.

**DEC 5: Great Berkeley Race.** 5 & 15K, Univ. of California (Oxford & Center Sts.), 8:30 am. Cherle Swenson, P.O. Box 2501, Oakland 94614. (415) 568-8884.

**DEC 5: 25K RRCA Postal.** Guerneville (Armstrong Grove State Pk.), 10 am. Tom Blackstone, 4728 Stonehedge Dr., Santa Rosa 95405. (707) 539-3291.

**DEC 5: Westend Race.** 4.5 mile, Arcata(?), 1:45 pm, also 2 mile at 1 pm. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**DEC 5: Perrier Beverly Hills 10K.** & Children's 2 Mile, Beverly Hills, 9 am. Beverly Hills Recreation Dept. (213) 550-4864.

**DEC 5: Sub-4/Caprolan Nylon Invit.** 8K. Newport Beach, 9 am. Glenn Rouse, 11615 Coley River Cir., Fountain Valley 92708. (714) 754-0385.

**DEC 5: Newport Back Bay 8K.** (open race, same location & contact as Invitational above).

**DEC 5: Double Muni Pier Run.** 2.5 mile, San Francisco (Dolphin Club), 10 am. DSE Runners, Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**DEC 5: Carmel Valley Golf & CC MPC Fitness Lab Benefit 8K.** Carmel Valley Golf Course, 3 pm. (Limit 700 Runners). Skip Marquard, 312 W. Carmel Valley Rd., C.V. 93924. (408) 659-2267.

**DEC 5: Alpine Kiwanis Country 10K.** Alpine Creek Shopping Ctr., 8:30 am. Kiwanis, P.O. Box 997, Alpine 92001. (714) 445-5472.

**DEC 11: California Bowl 10K Run.** Fresno (Fresno State Univ.), 10 am. California Bowl 10K, 4524 N. Kittyhawk, Sanger 93657. (209) 298-3755.

**DEC 11: Grossmont College 10K & 3 Mile Fun Run.** Grossmont College, El Cajon, 7:30 am. Fast Feet (714) 469-3278.

**DEC 11: Las Vegas Classics Half Marathon, 10K, and 2 Mile.** Las Vegas Strip. Bob Fowler, Las Vegas Classics, Hacienda Hotel Suite 500, Las Vegas, NV 89119. (800) 634-6713. No marathon this year.

**DEC 11: Capital City Winter Classic.** 10K, Jesuit High School (Carmichael), 10 am. NorCal Prep Road Championships, 11 am. Randall Sturgeon, 4841 Fair Oaks Blvd., Carmichael 95608. (916) 481-8419.

**DEC 11: Arcata to Willow Creek Race.** 40 miles, Arcata (mountainous), 8 am. Burnie Kemp, 360 Herrick Rd., Eureka 95501.

**DEC 11: McFarland Christmas Parade 2-Mile Run.** McFarland (City Hall), 10 am. (Raceday Registration Only). Mike O'Haver, 3512-C Sampson Ct., Bakersfield 93309. (805) 792-3091.

**DEC 11: Christmas Run.** 5 Mile, Mason Park (Irvine), 9 am. South Coast Runners Association, 3122 So. Baker, Santa Ana 92707. (714) 641-1708.

**DEC 11: Night Orienteering Meet.** Joaquin Miller Park, Oakland, 6 pm. Joe Scarborough, 3151 Holyrood Dr., Oakland 94611. (415) 530-3059.

**DEC 12: Honolulu Marathon.** Honolulu, Hawaii, 6 am. Entry deadline usually in Oct. Honolulu Marathon Assn., Attn: David Benson, P.O. Box 27244, Chinatown Sta., Honolulu, HI 96827. (808) 734-7200.

**DEC 12: Christmas 5-Miler.** Sacramento (Cal-State Stadium), 10 am. Karen Kelley, c/o 2408 "J" St., Sacramento 95816. (916) 442-7223.

**DEC 12: Santa's Stampede Ribbon Runs.** 2 & 5 miles, Napa College (Napa), 9:30 am. Bernice Sousa, 2833 Tennessee St., Vallejo 94590. (Raceday Registration Only).

**DEC 12: Christmas Carol Charity Run.** 10K, San Francisco (exact location TBA), 8:30 am. Fred Campbell, c/o Arthur Young & Co., No. 1 Post St., 31st Floor, San Francisco 94104.

**DEC 12: Street Orienteering.** Runner's Feet, Oakland, 10 am. Bruce Wolfe, 1042 Underhills, Oakland 94610. (415) 834-3027. Also Orienteering Workshop & Pot Luck.

**DEC 12: DSE Diamond Heights Run.** 4 miles, McAteer High School, San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94110.

**DEC 12: Madera Half-Marathon.** Madera (Town & Country Pk.), 10 am. Bob Owen, 121 Berry Dr., Madera 93637. (209) 673-3089.

**DEC 12: Santa Maria Half-Marathon.** Righetti High School, 9 am. Jim Batterson, 4277 Brentwood Ln., Santa Maria 93455. (805) 922-0856.

**DEC 12: Wells Fargo 10K. DATE CHANGED TO JANUARY 16.** Sylmar, 8 am. P.O. Box 481, Newhall 91321. (805) 252-4755, (805) 254-1000 (2-5 pm).

**DEC 12: Corona Tri-Run Classic.** 5K, 10K & Half Marathon. Corona High School, 8:30 am. Corona Parks & Recreation Dept., 815 W. 8th St., Corona 91720. Judy Flynn (714) 736-2241.

**DEC 12: Temple Beth El 5 & 10K.** San Pedro Point (Fermin Area), 8 am. Temple Beth El, 1435 W. 7th., San Pedro 90732. (213) 833-2467.

**DEC 12: TAC Jr. Men's 5K Cross Country National Championships.** Woodward Park, Fresno. Open to males who will remain 19 years old or under during 1982. Dan Cruz, 2125 Los Gatos-Almaden Rd., San Jose 95124. (408) 559-1936.

**DEC 12: Misty Redwood Run.** 7.6 miles, Redwood Regional Park (Canyon Parking Lot), Oakland, 10 am. American Lung Ass'n., 295 - 27th St., Oakland 94612. Joe Rubini: (415) 531-9300, x249.

**DEC 12: Venice/Marina 10K Run.** Marina Del Rey, 8 am. Christmas Run, 2210 Wilshire Blvd., Santa Monica 90403. (213) 399-0191.

**DEC 18: Newark Recreation Coyote Hills-to-the-Bay 8.8 Mile.** Coyote Hills (8000 Patterson Ranch Rd.), Fremont, 10:30 am. Darryl Reina, 35501 Cedar Blvd., Newark 94560. (415) 793-1406, x264.

**DEC 18: Get Ready for Marathon 15 & 30K.** Bakersfield Area (site TBA), 9 am. Mike O'Haver, 3512-C Sampson Ct., Bakersfield 93309. (805) 792-3091.

**DEC 18: Toro X-C Series 15K.** Carson (Cal-State Univ. Dominguez Hills), 9 am. (400 Runner Limit). CSUDH Toro X-C Series, Dept. of P.E., Carson 90747. Mitch Hartz (213) 516-3761.

**DEC 18: SNA/TAC 25K Championships & 5 Mile.** Tule Springs (Floyd Lamb State Park), near Las Vegas, Nevada, 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**DEC 18: The Alumni Cross-Country Challenge.** 3 mile, Live Oak Park (Tulare), noon. Tulare Track Club, 642 Manor, Tulare 93274. (209) 686-4761. Note: Teams consist of 5 or more runners who attended same high school, or "All Star" teams consisting of 5 or more runners who attended high school in: NorCal, SoCal or another state.

**DEC 18: North County Heart 10K & 2 Mile Fun Run.** Rancho Bernardo, 7:30 am. Sean Harker (714) 485-4643.

**DEC 18: Sanger Striders Pre-Christmas Run.** 6 mile race and 3 mile prediction run, 10:30 am. Madison School, Clay & Bethel, Sanger. Dave Dodson, 10518 E. California, Sanger 93657. (209) 875-4072.

**DEC 19: MIZUNO/Christmas Relays.** 4.64 mile x 5 legs, San Francisco (Lake Merced), 9 am. Relays, P.O. Box 652, Burlingame 94010. (415) 837-6674, Mari.

**DEC 19: Central Coast Marathon & 10K.** Arroyo Grande, 7:30 am. Greg DeNike, 495 Valley Rd., Arroyo Grande 93420. (805) 489-1351.

**DEC 19: Venice-Marina Xmas 10K.** 8 am. California Road Runners Club, Box 891, Tarzana 91356. (213) 888-5526.

**DEC 19: Riverside Heart Classic 5 & 10K.** Riverside, 7:30 am/5K, 8:15 am/10K. American Heart Ass'n., 4175 Brockton Ave., Riverside 92501. Randy Hill: (714) 684-6444.

**DEC 19: Fairfax Festival/Herald Examiner 10K.** Los Angeles (Beverly Blvd. & Fairfax), 9 am. Maccabi Union USA, 2080 Century Park East, Suite 401, Los Angeles 90067. (213) 553-9322.

**DEC 19: Festival of Lights 10K & 2 Mile Run.** Balboa Park, San Diego, 7:30 am. San Diego JCC, 4079 - 54th St., San Diego 92105. (714) 583-3300.

**DEC 19: European Cross Country.** 5 miles, Lodi (Lodi Lake), 10 am. Fleet Feet, 5757 Pacific Ave., No. 50, Stockton 95207. (209) 957-5646.

**DEC 25: DSE Christmas Couples Relay.** 2x2 mile, San Francisco (Stow Lake, Golden Gate Park), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**DEC 26: Last 10K.** (also 2 mile), Santa Rosa (Piner Elementary School), noon. Richard Bonney, 2312 Holiday Ct., Santa Rosa 95401. (707) 523-0755. December 17 Deadline.

**DEC 26: European X-Country.** 5 mile, Lodi (Lodi Lake Park), 9 am. John Griffin, 2121 Gateway Circle, Lodi 95240. (209) 957-5646.

**DEC 26: Westlake 20 Mile.** 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 495-8705. Raceday Registration Only.

**DEC 26: SNA/TAC 10K Championships.** Blue Diamond & Industrial Rds., Las Vegas, Nevada, 10 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**DEC 26: Recover From the Holidays Fat Ass 50 Mile.** Half Moon Bay to Santa Cruz, 8 am. John Lehrer, Runner's World,



Box 366, Mtn. View, 94042. (415) 965-8777, ext. 244. Enter by December 10th.

**DEC 26: Lake Merritt Joggers & Striders Fun Run.** 5, 10 & 15K, Lake Merritt, Oakland, 9 am. John Notch, 230 Marlow Dr., Oakland 94605. (415) 562-2210.

**DEC 27 thru JAN 2: The Great American Challenge.** 6-day race for distance, San Diego area, time TBA. The Flatlanders, P.O. Box 178414, San Diego 92117.

**DEC 31: New Years Eve 10K.** Encino (Balboa & Victory), midnight. California Road Runners Club, Box 891, Tarzana 91356. (213) 888-5526.

**DEC 31: California All-Star Classic 5K.** 11:30 pm. Fun Run at midnight, also 5K. Foothill College, Los Altos Hills. Runner's World, P.O. Box 366, Mtn. View 94042. (415) 965-8777.

**DEC 31: New Years Eve Midnight Masquerade.** 1 1/2 & 3 miles, Sacramento (CSUS, Guy West Bridge), midnight. Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-7223.

**DEC 31: Midnite Family 4.8-Mile Fun Run.** Lompoc (Vandenberg Shopping Center), 11:15 pm. John Perkins, 3304 Via Dona, Lompoc 93436. (805) 733-1767.

## JANUARY

**JAN 1: New Year's Resolution Run.** 10K, Santa Rosa (Strawberry Elementary School), 9 am. Tom Crawford, 1981 Silverwood St., Santa Rosa 95405. (707) 526-0661. No pre-entry.

**JAN 2: Resolution Run.** 15K & 3.7 mile, Redwood Valley (Lion Frances Maize Field), 11 am. Andy Jensen, 255 Fairview Ct., Ukiah 95482. (707) 463-1407.

**JAN 2: First of the Year Half-Marathon.** Las Vegas (Charleston Heights), Nev., 9 am. The Running Store, 602 So. Maryland Pkwy, Las Vegas 89101. (702) 382-3496.

**JAN 8: Racey Lady 5 & 10K.** Olivenhain (Old Meeting Hall), 9 am. Sheryl Johnson, 7639 Galleon Way, Carlsbad 92008. (714) 753-0213.

**JAN 8: 5 Mile Run.** Las Vegas, Nev. (L.V. Racquet Club), 11 am. The Running Store, 602 So. Maryland Pkwy, Las Vegas, NV 89101. (702) 753-0213.

**JAN 9: Avenue of the Olives Marathon & Half Marathon.** Davis, 9 am. Fleet Feet, 132 "E" St., Davis 95616. (916) 758-6453.

**JAN 9: SPA/TAC 8K & 20K Championships.** Griffith Park, Los Angeles, 8 am. California Road Runners, P.O. Box 891, Tarzana 91356. (213) 888-5526.

**JAN 9: California 10 Mile (PATAC Championships).** Lincoln Elementary School, Stockton, 10 am. Frank Hagerty, 7309 Camellia Ln., Stockton 95207. (209) 473-4124. Dec. 20 Deadline, 800 Limit.

**JAN 9: Crystal Springs Ribbon Run.** 1 mile, 2 mile, 4.6 mile, 15K, St. Helena, 9:30 am. Therman Gibson, P.O. Box 519, Angwin 94508. No pre-entry.

**JAN 9: Santa Clarita Women's 8K.** Newhall, 8:30 am. Runners Up, 22932 1/2 Lyons Ave., Newhall 91321. (805) 254-1833, 252-4755.

**JAN 9: Burlingame Fun Run.** 2.85 miles, Coyote Point Park, time TBA. Burlingame Recreation Dept., 850 Burlingame Ave., Burlingame. (415) 344-6386.

**JAN 15: Rosebowl 10 Mile.** Pasadena, time TBA. Ed Keller (213) 615-2033.

**JAN 15: Copper Bowl 10K.** San Diego, 8 am. Gary Riechle (619) 236-6283.

**JAN 15: High Sierra TC 5 & 10K.** Fresno (Woodward Park), 9 am/5K, 10 am/10K. Len Thornton, 5768 N. Millbrook, Fresno 93710. (209) 439-5468.

**JAN 15: SNA/TAC 30K Championships & 5 Mile Run.** Sunset Park, Las Vegas, Nev., 9 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

**JAN 16: Zoo Run.** 4 miles, San Francisco (Zoo), 9 am. Nancy Ratzenberger, S.F. Zoological Society, Sloat Blvd. & Great Hwy, San Francisco 94132. (415) 661-7456, 661-2023.

**JAN 16: Cossack Challenge & Sub-Challenge Run.** 13.5 mile & 8K, Rohnert Park (Sonoma State Univ.), 10 am. Bob Sorani, Phys. Educ. Dept., Sonoma State University, Rohnert Park 94928. (707) 864-2521.

**JAN 16: Zonta Run for Everyone 10K.** Santa Barbara (Goleta Beach County Park), 9 am. Pam Van Blaricum, 4907 Yapple Ave., Santa Barbara 93111. (805) 964-7601. Jan. 7 Deadline.

**JAN 16: The Complete Runner/Active Sports Ultra-Marathon.** 50 mile, Scottsdale, Ariz., time TBA. The Complete Runner/Active Sports, 6208 No. Scottsdale Rd., Scottsdale, AZ 85253.

**JAN 16: Wells Fargo 10K.** (Date changed from Dec. 12th in last issue). Sylmar, Veterans Memorial Park, 8 am. Gene Blankenship, P.O. Box 481, Newhall 91321. (805) 252-4755.

**JAN 22: Willy's Road Race.** 1 & 5 mile, Los Altos (St. William Parish Hall), 9:30 am. Ellen Clark, 156 Marvin Ave., Los Altos 94022. (415) 948-8029.

**JAN 22: PATAC 20K Championships.** Sacramento State, Sacramento, time TBA. John Mansoor, P.O. Box 1495, Fair Oaks 95628. (916) 966-6185.

**JAN 22: High Sierra TC 5 Miller.** (Muck & Mire Championships), Hwy 41, 5 miles north of Fresno, 11 am and 12 noon (2 races). SASE to Joe Herzog, 822 S. Claremont, Fresno 93727. (209) 252-3897.

**JAN 23: Mission Bay Marathon.** San Diego, 7 am. Mission Bay Marathon, 3711 Jackdaw St., San Diego 92103. (714) 295-6459.

**JAN 23: Sri Chinmoy 5-Mile.** Santa Barbara (Leadbetter Beach), 8 am. Tom Scheaffer, 1218 Castillo, No. 1, Santa Barbara 93101. (805) 962-3450.

**JAN 23: Silver Anniversary 5K Run.** Pico Rivera(?), 9 am. Ralph Aranda, P.O. Box 1016, Pico Rivera 90660. (213) 942-2000.

**JAN 23: Winter Warm-Up 5 & 10K.** Mason Park, Irvine, 5K/8:15 am, 10K/9 am. Jacky Wolf, 3122 S. Baker, Santa Ana 92707. (714) 641-1708.

**JAN 29: Snowball Run.** 10K, Meyers (Cattlemen's Restaurant), 10 am. Austin Angell, P.O. Box 1521, So. Lake Tahoe 95705. (916) 541-5224.

**JAN 29: Mt. Rubidoux 5 & 10K.** Riverside (Fairmount Park), 9 am. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.

**JAN 29: Joel Ormer Moon-to-Noon Run.** 43 miles, Palos Verdes, time TBA. Joel Ormer, 6476 Parklynn Dr., Rancho Palos Verdes 90274.

**JAN 30: World Masters Marathon & 10K.** Chapman College, Orange, 7:30 am. Recreation Dept., 326 E. Almond, Orange 92666.

**JAN 30: El Camino Derby Run.** 10K & 1 mile, San Mateo (Bay Meadows Racetrack), 8:30 am/1 mile, 9:15 am/10K. Joan Rosa, American Heart Ass'n., P.O. Box 1039, Burlingame 94010. (415) 692-0981.

**JAN 30: Wells Fargo 10K.** Whittier Dam, Whittier, 8 am. California Road Runners, P.O. Box 891, Tarzana 91356. (213) 888-5526.

**JAN 30: Super Bowl Sunday 10K.** Redondo Beach, 8 am. Race Committee, P.O. Box 637, Redondo Beach 90277. (213) 372-1171, x274.

**JAN 30: Crown City Optimists Half-Marathon.** 5 & 10K also, Pasadena, Rosebowl, 7:30 am. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.

*continued on next page...*

# THE OAKLAND MARATHON & HALF MARATHON

**WEATHER**—Low 50's, likely overcast or fog.

**ENTRY FEES**—Prior to January 1 registration for either race is \$10. After January 1 registration is \$15. No refunds.

**LIMITED FIELD**—Registration is limited to the first 8,000 applicants. Oakland Marathon Association members are guaranteed acceptance of application (not transferable).

**DIVISIONS**—Men and Women—15-17 (Marathon) 12-17 (Half) Both races 18-29, 30-39, 40-49, 50-59, 60 Over.

## SUNDAY FEBRUARY 6, 1983 AMERICA'S INTERNATIONAL RACE

**SISTER MARATHON AWARDS**—Marathon—first male—Fukuoka Marathon; first female—Stockholm Marathon; first Oakland residents m/w—Auckland Marathon, New Zealand. Other trip awards to the National Capitol Marathon in Ottawa and Scott's Peoples Marathon in Glasgow. Race Directors Award—1 trip to the Boston Marathon drawn at random from those who qualify in Oakland.

**CORPORATE COMPETITION**—Five member teams, men or women, open or masters, Half or Full Marathon. Top three score. Perpetual Trophy. Teams must be declared in advance of race.

**RUNNING CLUB COMPETITION**—Same rules as above apply.

**COURSE**—Remeasured and recertified due to construction on 1980 route. Flat, fast, some scenery—many pr's and qualifying times for Boston.

SEND SASE TO THE OAKLAND MARATHON, P. O. BOX 2501, OAKLAND, CA 94614  
FOR ENTRY FORM, CHERIE SWENSON, RACE DIRECTOR (415) 568-8884



## Schedule

**JAN 30: Super Run II.** 10K & 2 mile, La Jolla (Village Square), 8 am. Super Run II, c/o March of Dimes, 8333 Clairemont Mesa Blvd., Suite 101, San Diego 92111. (714) 576-1211.

**JAN 30: Super Bowl Sunday 10K.** Santa Cruz Bridges State Park, 9 am. Don Ramos, 419 Vista Del Mar, Aptos 95003. (408) 688-0794.

**JAN 30: Super Race V.** (Dennis the Menace Race) 10K, Monterey Lake El Estero Park, 10 am. Monterey Penn. YMCA, 404 Camino El Estero, Monterey 93940. (408) 373-4166.

**JAN 30: Tule Springs 5 & 10 Miller.** Tule Springs, Nevada (Floyd Lamb State Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3486.

## LOOKING AHEAD

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

**FEB 5: Las Vegas Marathon.** Mountain Springs to Las Vegas, Nevada, 7:30 am. Al Boka, c/o The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3486.

**FEB 6: Oakland Marathon & Half Marathon.** Downtown Oakland, 7:45 am/Half, 8 am/Full. Limit 8000 entries, total. C. Swenson, P.O. Box 2501, Oakland Airport Sta., Oakland 94621. (415) 568-8884.

**FEB 13: Palm Springs Marathon.** Palm Springs, 7 am. Susan Schroeder, Leisure Services Div., P.O. Box 1786, Palm Springs 92263. (619) 323-6286.

**FEB 20: Long Beach Marathon.** (Queen Mary), 7:30 am. Gordon Protor, 295 Redondo Ave., Long Beach 90803. (213) 432-5411.

**FEB 26: Trail's End Marathon.** Seaside, Oregon, time TBA. Seaside Chamber of Commerce, P.O. Box 7, Seaside, OR 97138. (503) 738-6391.

## MASTERS T&F SCHEDULE

**APR 2: Central Cal TAC Championships.** Fresno State University, Hugh Adams, 7904 S. McCall, Selma 93662.

**APR 22: Sacramento Relays.** Bob Roemer, 3808 Yellowstone Ct., Folsom 95630.

**APR 23-24: Mt. SAC Relays.** Walnut, CA

**MAY 1-2: Mt. SAC Relays.** Walnut, CA

**MAY 7: West Coast Masters.** Visalia. Marty Higginbotham, 1026 W. Princeton, Visalia 93277.

**MAY 8-8: South Eugene Eastern Classic.** Raleigh, N.C. P.O. Box 590, Raleigh, NC 27602.

**MAY 21: Pacific Association Masters Champs.** Los Gatos. Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

**MAY 29: Grandfather II.** UC Irvine.

**JUN 4-5: Las Vegas Masters Classic.**

**JUN 11-12: Southeast Regional & TAC National Team Champs.** Atlanta, GA. Ken Kirk, 3800 Stonewall Terrace, Atlanta, GA 30339.

**JUN 18: Senior Sports Festival.** Seattle, Washington. King County Rec. Dept., 425 S.W. 144th, Seattle, WA 98166.

**JUN 18: Challenge of the Ages.** Cerritos College, Los Angeles. Lewis Smith, 510 S. Ardmore, No. 112, Los Angeles 90020.

**JUN 25-26: Hayward Classic.** Eugene, Oregon. Bill McChesney, 1755 Coburg Rd., Eugene, OR 97401.

**JUL 2-3: National TAC Decathlon Champs.** Merced, A.J. Pugilovich, 720 E. 2nd St., Merced 95340.

**JUL 9: Southern Pacific Association Champs.** Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale 91201.

**JUL 23-24: West Valley Masters.** Los Gatos. Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

**JUL 30: Northwest Regional.** Gresham, Oregon. Jim Puckett, 85 NE 19th, Gresham, OR 97030.

**JUL 29-30: National Masters Sports Festival.** Philadelphia, PA. Fred Mannis, c/o National Masters Sports Festival, Philadelphia Civic Ctr., 34th & Civic Ctr. Blvd., Philadelphia, PA 19104.

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

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

**SEP 10-11: New Senior Olympics.** Los Angeles.

**SEP 16-18: National TAC Championships.** Houston, TX.

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

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

## INDOOR TRACK & FIELD

**JAN 21: Sunkist Invitational.** Los Angeles Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326(bus.), (213) 879-9210 (home).

**FEB 4: Los Angeles Times Indoor Games.** The Forum, Inglewood. Will Kern/Glen Davis, Special Events Dept., Los Angeles Times, Los Angeles 90053. (213) 972-5771 (bus.), (714) 538-1416 (home).

**FEB 11: Foot Locker Games.** Cow Palace, San Francisco. Jim Terrill, Box 764, Los Altos 94022. (415) 964-9238.

**FEB 18: Michelob Invitational.** San Diego Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326 (bus.), (213) 879-9210 (home).

**FEB 25: USA/Mobil Indoor T&F Championships.** (Men & Women) Madison Square Garden, New York City. Ollan Cassell (317) 638-9155. Meet Director is Heliodoro R. Rico, Box 4301, Grand Central Station, New York, NY 10017. (212) 421-2554 (bus.), (914) 271-4252 (home).

## OUTDOOR TRACK & FIELD

**COACHES: Please send track & field schedules to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.**

**DEC 4-5: Long Beach Winter Decathlon.** Cal State Long Beach. John Tansley, Track Coach, CSU Long Beach, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

**DEC 4: Holiday Decathlon.** Tentative. Mt. San Antonio College. Don Ruh, Athletic Dept. Mt. SAC, 1100 N. Grand Ave., Walnut 91789.

**DEC 4: CSUDH All-Comers Track & Field Meet.** Cal State Dominguez Hills, 9 am. (714) 516-3893.

**DEC 10: Cal State Long Beach All Comers.** CSULB, 1 pm. John Tansley, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

**DEC 11: Cal State Northridge All Comers.** CSUN, 1 pm. Bill Webb, CSUN Athletics, Northridge 91330. (213) 885-3608, 885-3208.

**DEC 11: San Francisco State All Comers Meet.** SFSU, 10 am. Men's Track Office, San Francisco State University, San Francisco 94132. (415) 469-2218.

**DEC 12: West Coast Weight Pentathlon.** (Open, Univ., JC, HS, Masters) Cal State Long Beach. John Tansley, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

**DEC 17: Glendale All Comers.** Glendale College, 1 pm. Tom McMurray, Glendale College Athletics, 1500 N. Verdugo Rd., Glendale 91208. (213) 240-1000.

**DEC 17: Cal State Long Beach All Comers.** CSULB, 1 pm. John Tansley, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

**DEC 18: CSU Northridge All Comers.** CSUN, 1 pm. Bill Webb, CSUN Athletics, Northridge 91330. (213) 885-3608, 885-3208.

**DEC 18: CSUDH All Comers Track & Field Meet.** Cal State Dominguez Hills, 9 am. (714) 516-3893.

**DEC 31: Mt. SAC All Comers Meet.** Mt. San Antonio College, 10 am. Ernie Gregoire, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611, No. 500.

**DEC 31: Glendale All Comers.** Glendale College, 1 pm. Tom McMurray, Glendale College Athletics, 1500 N. Verdugo Rd., Glendale 91208. (213) 240-1000.

**JAN 8: SFS Men's Pentathlon.** (LJ, JT, 200m, DT, 1500m), San Francisco State University, 10 am. Harry Marra, Track Coach, SFSU Athletics, San Francisco 94132. (415) 469-1561.

**JAN 8: CSUDH All Comers Track & Field Meet.** Cal State Dominguez Hills, 9 am. (714) 516-3893.

**JAN 9: SPA Women's Olympic Development Meet & Sunkist Qualifier.** UCLA, 9 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

**JAN 15: Mt. SAC All Comers.** Mt. San Antonio College, 10 am. Ernie Gregoire, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611, No. 500.

**JAN 21: Long Beach State All Comers.** CSU Long Beach, 1 pm. John Tansley, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

**JAN 22: Redlands All Comers.** University of Redlands, 9:30 am. Clay Brooks, Redlands University, Redlands 92373. (714) 793-2121.

**JAN 22: CSUDH All Comers Track & Field Meet.** Cal State Dominguez Hills, 9 am. (714) 516-3893.

**JAN 28: Long Beach State All Comers.** CSU Long Beach, 1 pm. John Tansley, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

**JAN 29: Mt. SAC All Comers.** Mt. San Antonio College, 10 am. Ernie Gregoire, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

**JAN 29: SPA Women's Olympic Development & L.A. Times Indoor Qualifier.** USC, 12 noon. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

**FEB 4: Long Beach State All Comers.** CSU Long Beach, 1 pm. John Tansley, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

**FEB 5: Redlands All Comers.** University of Redlands, 9:30 am. Clay Brooks, Redlands University, Redlands 92373. (714) 793-2121.

**FEB 12-13: Men's Decathlon Meet.** San Francisco State University, 10 am. Harry Marra, Track Coach, San Francisco State Univ., Athletic Dept., San Francisco 94132. (415) 469-1561.

**FEB 25-26: Women's Heptathlon Competition.** San Francisco State University, 10:30 am. Lloyd Wilson, Women's Track Coach, Athletic Dept., San Francisco State, San Francisco 94132. (415) 469-1561 office, (415) 568-3497.

**MAR 5: Long Beach Relays.** (Univ., College, JC, men and women): Cal State

Long Beach. John Tansley, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

**MAR 26-27: UCSB Decathlon.** Santa Barbara. Sam Adams, Track Coach, UCSB Athletics, Santa Barbara 93106. (805) 961-3400.

**APR 1-2: Martin Luther King Games.** Stanford University. Brooks Johnson, Track Coach, Stanford University, Stanford 94305. (415) 497-4591.

**APR 9: Bruce Jenner Junior College.** San Jose City College. Bert Bonanno, Athletic Dept., San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

**APR 16: Bruce Jenner High School, Open, University.** Club. San Jose City College. Bert Bonanno, see above.

**APR 16-17: Sacramento Decathlon.** Track Coach, CSUS Athletics, 6000 J St., Sacramento 95819. (916) 454-7008.

**APR 16: Woody Wilson Relays.** (College men and women). UC Davis. John Pappa, Track Coach, UC Davis Athletics, Davis 95616. (916) 752-0511.

**APR 16: Northridge Invitational.** Cal State Northridge. Bill Webb, Track Coach, CSUN Athletics, 18111 Nordhoff, Northridge 91330. (213) 885-3205.

**APR 23: Mt. San Antonio Invitational.** Walnut. Don Ruh, MSAC Athletics, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

**APR 30: Nick Carter Invitational.** UC Santa Barbara. Sam Adams, Track Coach, UCSB Athletics, Santa Barbara 93106. (805) 961-3400.

**MAY 7: Johnny Mathis Tune-Up Meet.** San Francisco State University, 10 am. Harry Marra, Track Coach, SFS Athletics, San Francisco 94132. (415) 469-1561.

**MAY 11-14: Northern Calif. Athletic Conference.** San Francisco State University. Harry Marra, SFS Athletics, San Francisco 94132. (415) 469-1561.

**MAY 13-14: PCAA Championships.** UC Santa Barbara, 11:00 am. Sam Adams, Track Coach, UCSB Athletics, Santa Barbara 93106. (805) 961-3400.

**MAY 21: Long Beach Invitational.** Cal State Long Beach, 11:00 am. John Tansley, Track Coach, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

**MAY 23-28: NCAA II Championships.** Cape Girardeau, MO.

**MAY 28: Bruce Jenner Invitational, Open, University.** San Jose City College. Bert Bonanno, SJCC Athletics, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

**MAY 31-JUN 4: NCAA Division I Championships.** Houston, TX.

## Address Change?

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



# California's Running Experts

These fine running stores will not only meet all of your equipment and apparel needs, but their staff of experienced runners can provide expert advice and information. You can also buy the latest copy of *California Track & Running News* at these locations.

## Northern California

### Fleet Feet

222 West 3rd St.  
CHICO

### Fleet Feet

1582 Fitzgerald Drive  
PINOLE

### Fleet Feet

1642 Market St.  
REDDING

### Jogg'n Shoppe

708 9th St.  
ARCATA

### Jogg'n Shoppe

410 2nd St.  
EUREKA

### Jog-In

229 Clark Ave.  
YUBA CITY

## Central California

### City Sports Works

5114 Madison Ave.  
SACRAMENTO

### Fleet Afoot

1st & Ashlan Ctr.  
FRESNO

### Fleet Feet

132 E Street  
DAVIS

### Fleet Feet

8128 Madison Ave.  
FAIR OAKS

### Fleet Feet

107 S. Harding Blvd.  
ROSEVILLE

### Fleet Feet

2408 J Street  
SACRAMENTO

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364 Main St.  
SALINAS

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4709 Quail Lakes Dr.  
STOCKTON

### Fleet Feet

100 Peabody  
VACAVILLE

### Phidippides

420 Del Monte Center  
MONTEREY

### Second Sole

Ming Plaza  
BAKERSFIELD

### Second Sole

633 N. Main St.  
PORTERVILLE

## Bay Area

### Fleet Feet

333 San Anselmo Ave.  
SAN ANSELMO

### Fleet Feet

Princeton Plaza  
SAN JOSE

### Fleet Feet

2086 Chestnut St.  
SAN FRANCISCO

### Fleet Feet

1528 Bonanza  
WALNUT CREEK

### Lyon Enterprises

2444 Durant Ave.  
BERKELEY

### Nike Berkeley

2114 Addison  
BERKELEY

### Runners Factory

51 University  
LOS GATOS

### Runners Feet

1004 Oak Grove Ave.  
BURLINGAME

### Runners Feet

875 D Street  
HAYWARD

### Runners Feet

3008 Lakeshore  
OAKLAND

### Runners Feet

9 Sutter St.  
SAN FRANCISCO

### The Running Shop

151 Towne & Country  
PALO ALTO

### Ryan's Sports Shop

1000 Lafayette  
SANTA CLARA

## Southern California

### Beach Running & Sports

5059 Newport Ave.  
OCEAN BEACH

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2658 E. Garvey Ave.  
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9931 Hamilton  
HUNTINGTON BEACH

### Fleet Feet

18232 Imperial Hwy  
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1410 E. Main  
VENTURA

### Loeschhorn's

145 East Duarte  
ARCADIA

### Loeschhorn's

10810 Warner Ave.  
FOUNTAIN VALLEY

### Marathons

1434 W. 25th  
SAN PEDRO

### Phidippides

16545 Ventura Blvd.  
ENCINO

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5519 E. Del Amo  
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### The Running Center

249 S. Riverside  
RIALTO

### A Running Experience

5304 E. 2nd Street  
LONG BEACH

### Second Sole

950 Aviation Blvd.  
HERMOSA BEACH



# LIFE INSIDE THE IRONMAN: An Inside Report

*"Have you ever seen pictures of dead people? When I saw the picture of the finish line I thought: That's what dead people look like. My eyes were closed, but I was smiling, I knew finally it was all over."*

Julie Moss on finishing the Ironman Triathlon

BY G. DAVID BROWN/INNERSPORTS

**T**he Triathlon. As one magazine described it—"an ordeal for athletes seeking the ultimate challenge." Truly a challenge it is. Most people look at the marathon as the ultimate challenge, but today the triathlon is the new king of the ultra endurance events.

It takes a special breed to be a triathlete. It takes a person that is not only able to combine three events into one but a person willing to sacrifice a large part of his life to an event that offers only one kind of glory: to oneself.

As one athlete described the Ironman, "I thought once I finished a marathon that I could do anything, but now that I finished the Ironman, I know I could do EVERYTHING."

The Ironman is to triathletes what the World Cup is to runners—the creme de la creme, the main event. For most finishing the event is a feat in itself, but for the elite it brings a more distinct challenge. To challenge the limits of your body and to bring yourself to the threshold of endurance competitiveness. This year's Ironman was held in October in its familiar home of Kona, Hawaii. A lot breezier than it's February 1982 counterpart, this was the best Ironman ever. All the top athletes were present and were aimed to peak for this one event.

Just like Russia boasts the best gymnasts, California has the best triathletes. The Golden State has the best climate needed to train for such an event.

Here up close and personal we meet with the California competitors that made this year's Ironman its best ever.

**Q:** What inspired you to get involved in the triathlon?

**HARPER:** Initially, the first time I saw it, it was on the Wide World of Sports program. I saw Dave Scott (that was in 1980). I swam with Dave in college and we were fairly comparable in distance swimming. So, I figured if he does it, I can do it!

**MOLINA:** I got interested in it by reading an article in *Sports Illustrated*. I think it was about Tom Warren and the first time he did the Ironman Triathlon. And when I saw the special with Dave Scott in it, it even got me more interested. I didn't know there were any triathlons besides the Ironman.

photo by G. David Brown/Innersports



SCOTT MOLINA

photo by G. David Brown/Innersports



DEAN HARPER

**Scott Molina:** (6 feet/155 pounds) At the young age of 24, Scott Molina is a "full-time" triathlete. Probably the strongest triathlete runner, Molina has run such times as 32 minutes for the 10K and 2:20 for the marathon. Speed is an asset with him as he showed in the San Diego Triathlon in which he put on a sprint at the finish to edge Scott Tinley by three seconds. Scott finished a strong fourth at the Ironman and took second place in the swimming event, two minutes behind winner Dave Scott.

**Dean Harper:** (6 feet/155 pounds) Dean is a relatively newcomer to the triathlon scene having started competing in the triathlon mini-series this summer. A 29-year old law student, Harper has turned down many a job to train and race his favorite event. Harper trains in his home of Lafayette, California, with his good friend and fellow triathlete, Scott Molina.

I talked to Dean and Scott in their home of Lafayette where they gave their insight on living and training for the triathlon...the new sport of the 80's.

**Q:** Were you good athletes in high school?

**MOLINA:** I was a fairly good swimmer in high school. I ran 4:30 for the mile and about 9:30 for the two in track.

**HARPER:** I played baseball when I started high school, then I started swimming through high school and college. I didn't start running until I was out of college. I wanted to stay in shape, so I just started running and it became an addiction and I started to run marathons.

**Q:** Does it take a special person to try a triathlon or does it just take dedication and hard work?

**HARPER:** I think Scott and I were very successful off the bat in triathloning because we both had backgrounds in two sports (running and swimming). It definitely helps to have a background in at least one sport and if you have two, it's easy to pick up a third and do pretty well. But, as far as special talents, I don't think it takes any more talent than any other sport, it just takes the development of three different sports and so it takes longer.

**MOLINA:** I think dedication is probably the most important factor, especially for the longer triathlons. It's just not like putting 80-100 miles a week training; it takes



two or three times that amount of time that it just takes to run. I think if you take a look at the top triathletes and want to see commonalities, it's dedication.

**HARPER:** Dave Scott said, "You can't have a full-time job and be a triathlete." And I think it's coming to that, to where it takes so much time to train and so much discipline that you can't have a full-time job.

**Q:** When you're facing an event like the Ironman, what kind of thoughts go in your mind the night before?

**MOLINA:** I don't get nervous, if you think back to all the time and effort you put into it preparing for the race, there's no use in worrying. I think there are some people that are a little nervous. I just try to relax and let what I've done in the past carry me through the race.

**HARPER:** I think having done a lot of other triathlons helps too. The first one of the season I was probably most nervous but then you learn to adjust. The night before I don't sleep as well as I normally do, there's no doubt about that. I try to have a nice dinner with my wife and relax and try not to think about it.

**Q:** How long have you been triathlon training and what is your daily schedule like?

**HARPER:** I started training last summer after my first year of law school and trained about 3 months for the Sierra Nevada Triathlon. And then I trained pretty much all last year. The most amount I've trained is about a 7-week period prior to the Ironman and that's because I was going to law school, but with a light load. It consisted of about 400 miles a week on the bike, 70 running and 20-25 thousand yards swimming. That period was about 6 or 7 hours a day training, 7 days a week.

**MOLINA:** I started full-time about the beginning of May and about 40 hours a week. I quit working altogether in July. From that time until the Ironman, it has been heavy duty hours. I kind of go hard to easy day.

**Q:** Training every day for an event like the Ironman must take long hours. What kind of personal sacrifices do you have to make?

**HARPER & MOLINA, (at once):** MONEY!!!

**HARPER:** For me money's a big part of it, because I have two directions I could go for my law career and I opted to go to the direction of continued competition and training, so I'm passing up some good jobs. So that's the biggest sacrifice. Of course, it's a sacrifice for your wife, too. She has to put up with it and she's willing to do it. (There are a lot of triathlon marriages that aren't doing so well!!). If your wife isn't all that much interested in it, then it's going to create a lot of friction. You also have to sacrifice going to parties and a lot of social events because you don't have the time and the energy to do it.

**MOLINA:** I think first and foremost you're going to sacrifice the money that you could make at your job. My wife and I had a lot of tense moments over this!! A lot of triathletes are single, but I'm married and have a daughter so it's not just like I could do whatever I want.

**Q:** Is there any under-the-table money like in road racing?

**MOLINA:** I have been offered money to appear in races; I haven't gone because of

conflicting interests. That was only on two occasions. I think, in the future, you're going to see that, but right now most of the money that triathletes get is in the form of sponsorship money, and it's not under the table at all.

**HARPER:** I haven't had anything under the table—not that I wouldn't take it!! I think you also see a lot of prize money now and it's starting to get bigger. The Ironman doesn't, but if you win that you can get a lot in the form of sponsorship. Right now the triathlons that are doing it full-time have to either have sort of sponsorship and winnings. There's very little at this point under-the-table money. I think that is coming though. The history of triathloning is following the history of marathoning and it's popularity, and there's certainly a lot of under-the-table money in the marathon.

**Q:** Do you visualize the night before an event like the Ironman?

**HARPER:** I heard it helps, but I don't.

**MOLINA:** I do a lot when I'm training the night before. But I play little mental games where you have yourself racing against your competitors and stuff like that. Or just

photo by G. David Brown/Innersports



Scott Molina(left) and Dean Harper

racing yourself. I do that kind of daydreaming a lot.

**Q:** Can you tell us some of your thoughts on the Ironman this year and it's competitors?

**HARPER:** It was tough!! I think Scott was quoted as saying it was the toughest field assembled for the Ironman and I think that's true. The only former winner that wasn't there was John Howard and it wouldn't make any difference if he were, because he probably wasn't in top shape. There's just a lot of people training full-time to do it. There's a lot of people coming from countries all over the world and they're starting to train pretty hard too. It was tough this year and it's probably going to get tougher.

**MOLINA:** Everybody that was there was in the best shape of their life. Dave Scott was definitely in the best shape of his life and I was in the best shape of mine.

Everybody was in top shape not just physically but mentally too. They've been pointing for this race all summer long.

**HARPER:** I predicted the night before where everyone would be in the top 10 and I had 7 of them correct. And the other three were in the top 15. So, I don't think there were too many surprises. I expected the Tinleys, Dave Scott and Scott Molina to be in the top four, and I was pretty confident that I would be in the top 10.

**Q:** What was the most satisfying moment you had as a triathlete?

**HARPER:** One of the most satisfying for me was the Livermore Triathlon of the mini-triathlon series. Because I placed 6th at San Diego and 5th in Long Beach, and then, at Livermore, I was second and not too behind Scott. And, of course, he was disqualified, so I ended up with all the glory. But it was the most satisfying moment just to finish second to Scott.

**MOLINA:** To me it's more of a lifestyle. Just to go out there and do whatever I want, and do what I love to do.

**HARPER:** That's what it is for me too. I enjoy the training particularly for three sports. If you don't feel like doing one of them one day, then you can do the other one; it's really enjoyable to me to train. I think both of us are banking in on the fact that there's going to be a little more money than there is now...so you can make a living doing triathlons, and that would be great. If I could see some faraway places, maybe overseas, that would be extremely satisfying.



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## **Dave Scott** **Winner of the 1982 Ironman Triathlon**

By G. DAVID BROWN / INNERSPORTS

photo by USTA



"The only guy who is unbeatable now is Dave Scott and I'm not a firm believer in natural talent." This comment came from fellow triathlete Dean Harper who, along with many others, competed with Scott at this year's Ironman Triathlon in Hawaii.

Harper's comment is no boast. After finishing (and winning) the San Diego race of the U.S. Triathlon series, Dave Scott showed no pain whatsoever. As one reporter put it, "The least Dave Scott could do is double up in pain." But Scott just stood there looking fresh as ever after swimming 1.2 miles in 23 minutes, riding a bicycle in a little over an hour and running a 15K in 54:07, covering the 32 miles in 2:18.

Many triathletes look up to Scott in awe. He is the 'Mark Spitz' of triathloning. Cool and friendly, Scott is always ready to show a smile and answer questions on his sport. His whole life seems devoted to the triathlon. When not swimming, biking, or running, he's either coaching or consulting on physical fitness and the triathlon.

Scott was involved in the triathlon when

most of the other triathletes didn't even realize there was such a sport.

"I heard about the triathlon in 1978. I was over in Hawaii doing the annual Waikiki rough water swim, where the original start of the Ironman event was, and this guy came up to me and told me they had designed an event that is like three events into one and told me the distance. At that time I thought it was absurd!! I had never been a serious cyclist or runner and I thought, 'Oh my god! who would do that stuff!'"

A year later he realized that he could actually do such an event and was able to do such long endurance type workouts and enjoy it at the same time. In 1980 he won the Ironman, the first time he competed in the event. Plagued by injuries, Scott did not compete in the 1981 race which John Howard won. But in 1982, after winning the San Diego race, everybody knew he was fully back in shape and ready to peak for the upcoming Ironman in October.

"I thought I should be the favorite in it," said Scott about this year's Ironman. "Scott Tinley had beaten me in February of this year and I had some injuries prior to going in the race. I was pleased with my race over there in February, but I had lost quite a bit of training due to the injuries. I didn't feel I was nearly up to my optimum. I had a good summer this past year. I competed in four races and won all four. I think I had a psychological advantage that I had beaten what I thought were the top people who were going to compete in Hawaii."

"I felt if I have scouted all competitors thoroughly then I would certainly have a clear shot at the victory."

Victory indeed. Dave won all three of the triathlon events and set a new record over the 140 mile course in 9 hours 8 minutes and 23 seconds. He beat February's winner, Scott Tinley, by nearly 20 minutes.

"I pretty much knew who were the top competitors; there were really no surprises. As far as my own strategy, I wanted to be fairly competitive on the swim and I felt reasonably good. I was kind of surprised no one else was out in front of me at the halfway point, so I just felt I want to set the pace that I am comfortable with, and I wanted to make sure that I would get a comfortable lead on my competitors as I could. By the end of the swim leg, I was satisfied. I saw the time and knew I swam pretty well. Then when I started the bike leg just as I got out of the water I got a little twinge in my hamstring. I had a knot that had developed as I just pumped the first hill on the bike. I tried to shake it out on the first couple of miles of the bike leg. I thought in my mind, 'I'm out here and I just had a good swim—now I have this cramp and I'm going to have to stop and quit.' Mentally, it was real difficult to deal with."

After realizing that no one had caught up to him after trying to work off the cramp and

actually stopping and standing up to fight off the twitch, Scott saw no one until the halfway point of the bike point. Mark Allen, a newcomer, caught up and was riding with Scott for a small part of the race. After applying some strategy, Scott left Allen (who had some difficulties with his bike).

"Once I got off the bike I didn't know if my leg was going to knot up or not. When I first started out I stopped and bent over and stretched my leg out during the run. I remember after the first three or four miles I thought this is going to be a hell of a run! I thought I never died on a marathon before and I'm not going to die now."

Scott went on to run the marathon to victory. His time was 3:07:15, two minutes ahead of second place Tinley. Crossing the finish line in a no-pain-look with his familiar Hollywood smile, everyone knew he was the true Ironman.

## **An Interview with...**

### **JEFF TINLEY** **3rd at Ironman**

By G. DAVID BROWN  
INNERSPORTS

**Q:** What inspired you to get involved in the triathlon?

**A:** I've always been a runner, and I'm a lifeguard and do a lot of swimming. I picked up cycling on the side and started to race and it's just an extension of all those three sports.

**Q:** What did you think of this year's Ironman?

**A:** It was a great field and had a lot of super athletes over there. It was just about what I expected, the body of athletes were so good you just couldn't pick anyone out. There was one person who was forced out by a bike breakdown and that was Mark Allen, who would have also been up there I'm sure. It was a really quality field.

**Q:** Is there any type of competition between you and your brother Scott?

**A:** No, there's a little bit of sibling rivalry, but it's all in fun. We don't go out to race each other. I'm not going to wait for him and he's not going to wait for me; we're not down each other's throats by any means.

**Q:** Was it a coincidence that both of you got involved in the same sport?

**A:** Pretty much. We both ran in high school and picked up cycling on the side. It's just kind of an extension of what we enjoy doing most.

**Q:** What was the most satisfying moment you had so far as a triathlete?

**A:** Probably the finish line at Hawaii!!!

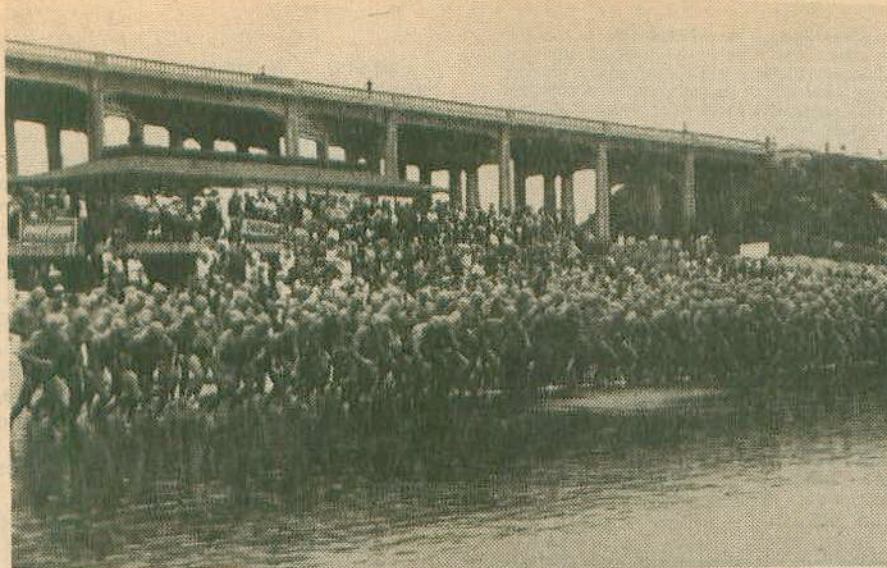
**Q:** How long do you train a day?

**A:** Pre-race I was training 4-6 hours a day, varying with distance each week. It all depends on how much time I had, trying to train full-time and work full-time.

**Q:** What advice do you give to the person who wants to attempt a triathlon?

**A:** To know their own limitations and don't get in a race you're not going to finish. Don't bite off more than you can chew. Try a small triathlon first. A lot of people go into the Ironman with that being their first.





## THE MEASURE OF MADNESS: A Self-Analyzing Test

"The reason that we do this is to push out our frontiers further."—Sally Edwards, 1981

By Sally Edwards

Sally Edwards was third place woman finisher in both the February and October 1982 Ironman Triathlons with a best time of 11 hours and 03 minutes. In these events she also won her age division as well as being fastest marathoner.

The 35-year-old former coach is the founder of Tri Triathlon, a triathlon product company that develops, markets, and promotes the sport of triathlons. She is also the author of the book Triathlon: A Triple Fitness Sport. The following is a chapter from this book. The book may be purchased from Sally - see the ad on the next page.



**A**ny runner looking 26.2 miles down the road from the starting line is asking a question which the next few hours will answer. The same is true of a 100-mile bicycle racer, an endurance swimmer and a triathlete performing all three events in succession. Both the question posed and the answer provided are unique to the individual. A private ordeal—a personal triumph meeting the challenge of sport—is a test of the will.

And the won't. The human body is more than an instrument of the mind's intentions. Physical and psychic life exist in collaboration for the athlete, the body complains of its limitations to the mind, the mind responding with its ambitions to the body. In endurance sports, of the two, the body is wiser. But the mind rules like an imperious warrior conquering new truths in pursuit of a vision. Wisdom is along for the ride, until it proclaims that the ride is over.

A triathlete may have to peer as far as 141 miles to see that finish banner in the distance, with two other banners in between. What kind of will and what kind of wisdom together enable a competitor first to train for and then to race a heroic swim plus a century cycle plus a marathon run?

In Hawaii's International Triathlon, an ultradistance race, such consecutive distances are an excruciating fact. The sport is luring new devotees with an elite metallurgical status withheld from other endurance-sport specialists—Ironperson. The titles Ironwoman and Ironman suggest the kind of colossal invincibility usually reserved for comic book superheroes, a bit of swagger to accompany the stagger after 141 miles of muscle propulsion.

The stuff of daydreams, yes? Maybe just your sort of mad, adventurous challenge. If so, you might first take the measure of your madness before plunging, pedaling and pounding onward toward your goal. Are you a champion or just the breakfast of champions? Time for taking stock. Stand before a mirror and look eye to eye with your self-image. You are about to give yourself, warrior mind and wiseman body, the triathlon quiz.

## SELF-ANALYZING YOUR TRIATHLON POTENTIAL

(NOTE: Answer each question with Yes, No, or Don't Know).

1) Do you know your personal style for establishing and working toward goals?

Some people are hard-headed straight-line strivers and some are sail-with-the-wind strivers. There are innumerable ways to aim for accomplishment. Whatever your own style as a triathlete it must be purposeful rather than aimless.

Answer: \_\_\_\_\_

2) Can you lay out your present schedule and either find time holes or create them?

Time is available for what must be done. With ingenuity you might train while bike commuting and swim on your lunch hour. Athletic training is a matter of managing time and avoiding lost opportunities.

Answer: \_\_\_\_\_

3) Can you adapt to change and accommodate the unforeseen?

A triathlete may have three times the chance for unwanted surprises—illness, injury, demands from job or family. You can take all hurdles in stride if you are patient rather than easily frustrated.

Answer: \_\_\_\_\_

4) Can you dispense with self-punishing guilt and see training as a flowing process, not as a fragile tower of cards?

Some people set themselves up for failure by ignoring their successes—the "you're not doing well enough" syndrome. Any deviation from schedule or falling short of expectation is regarded as a cardinal sin, as if being tough on one's self will soften disapproval on high. A successful triathlete takes pride in progress and learns from difficulties.

Answer: \_\_\_\_\_

5) Can you balance other competing values and compromise between diverse demands without abandoning something dear to your life?

A dedicated triathlete keeps all facets of life in perspective, knowing that psychological health is as important to performance as physical health. Happiness is the whole cookie, not just a crumb. A triathlete must be humanistic rather than obsessive.

Answer: \_\_\_\_\_

6) Can you share your commitment with loved ones by inviting them into your vision?

The people who care about you want to help. In nutrition, recreation and education, find ways to bring your loved ones into the picture. Share your interests creatively; avoid selfish isolation.

Answer: \_\_\_\_\_

7) Can you recognize truth and keep from fooling yourself?

The body is ever-honest and is ready to give its life in loyal service to the will. A fool dismisses the body's grievances about overtraining, poor nutrition, injury and illness. Or, at the other extreme, he thinks the body is somehow easily capable of what it has not been conditioned to do. In sport, as in love, desire can overwhelm good sense unless you are relentlessly honest.

Answer: \_\_\_\_\_

8) Can you delay ultimate gratification by savoring small pleasures on the way to big ones?

Training is a process; performance, a product. A wise triathlete finds day-to-day rewards in the preparation itself. You might even come to prefer training over the actual race for the feelings of fitness and the outdoor adventures continual training provides. Like the old prospector in wild country, you need not find gold to make the search worthwhile. Appreciate the beauty of the search.

Answer: \_\_\_\_\_

continued on next page...



## Triathlon Quiz continued...

9) Can you follow personal intentions, keeping in step with your own rhythms, and ignore inappropriate advice or gamesmanship?

Some athletes think they are in competition right from the first day of training. If someone else is doing triple workouts daily, then they have to do likewise. Keeping "secrets" about training, technique or nutrition gives the illusion of a competitive edge. What seems to be working for someone else may not work for you. Be inner-directed rather than outer-distracted; look inward and listen to yourself.

Answer: \_\_\_\_\_

10) Can you accept responsibility for initiating remedial action, knowing that no matter what got you into a fix you have to get yourself out?

In athletics, as in the rest of life, the inclination to blame often rears its warty head. Learning from history is wise, but either vilifying or vindicating history is a silly waste of brain power. Tackle your future; don't haggle over the past.

Answer: \_\_\_\_\_

11) Can you deliberately approach pain again and again, yet respond repeatedly to its warning by backing off, even laying off?

The aphorism, "No pain, no gain" is not necessarily a license for masochism. Some athletes dote on torture by continually pressing themselves to the breaking point, then suffering the consequences with satisfaction. Others cry out at every twinge like hyper-hypochondriacs. Many competitive athletes dread taking off any time, as if in one day of necessary rest all

that they have worked for will collapse. Is this the Puritan ethic or is it paranoia? Nudging the pain threshold upward, then resting after overload is the only way to gain strength. A mature triathlete is objective rather than passionate about pain, neither loving nor fearing it, just using it.

Answer: \_\_\_\_\_

12) Can you claim high-level fitness in at least one aerobic endurance sport?

Your cardiovascular system is basic gear for swimming, cycling, and running alike. Your muscle sets for unfamiliar movement inevitably will need conditioning, but your heart and lungs should need no significant upgrading. If you call yourself a runner and a seven-minute mile seems like a sprint, or if you are primarily a cyclist who can't break two hours for 25 miles, or if you are first and foremost a swimmer who fatigues severely after half-a-mile in the pool, then your specialty is none too strong aerobically. Of course, you may be able to complete a long triathlon by taking all events at a slow but steady pace, which is a worthy accomplishment. Just be realistic rather than romantic about how hard you can push for a top performance.

Answer: \_\_\_\_\_

13) Can you readily learn new physical skills and maintain good form even when fatigued?

If you are mastering new sports, you need adaptable motor abilities, including balance, coordination, kinesthetic sense and quickness. Athletic adjustability is only partly a matter of genetic inheritance. More important is the confidence sustained by sensitive teaching, especially when you have to be your own teacher. Develop the habit of self-visualization—seeing your form as if through a camera lens, then feel what you see for confirmation. In this way you can get the most out of what little energy you have left near the end of a race. Skill counts most when power is at its weakest.

Answer: \_\_\_\_\_

End of quiz. No points to score, no grade to award. The test is intended to start a learning process—learning about yourself.

If you don't score yourself as one who wants to compete in a triathlon, that's fine. The fitness benefits of tri-training are unquestionably valuable. By definition you are an athlete—a triathlete—if you participate.

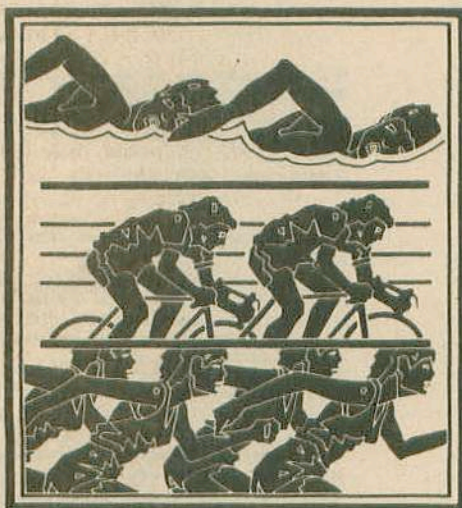
How about age, sex and handicaps—the kind of data requested on standard physical exams? As the lawyers on television shows say, "Irrelevant, immaterial and inadmissible." In the Hawaii International Triathlon, women left many of the men behind, a blind athlete went the full distance, and Walt Stack, age 74, completed the race in 26 hours, 20 minutes.

Triathlons, you see, are an equal opportunity insanity.



## TRIATHLON: A Triple Fitness Sport

By Sally Edwards



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# Tuttle's Track Topics

By GARY TUTTLE

## Getting Your Runner Back In The House

One of the most serious problems in the running community today is the high percentage of divorce.

Surveys have shown that a serious runner who is married to a non-runner has a greater chance of his/her marriage ending in divorce than a married couple who both run, or a married couple who both don't run.

The reasons for the high incidence of divorce are varied and vast, but three main problems are present. Often, the real serious runner becomes too selfish with his time and health and allows his running to dominate the family's every moment, which alienates the non-running spouse.

In many cases the new runner transforms from an ugly caterpillar to a pretty butterfly, and either becomes attracted to another healthy runner, or the non-running spouse becomes too jealous and protective: either way spells disaster.

In a few divorce cases, both partners develop separate, positive interests. For example, one spouse starts running and the other spends hours in front of a ham radio. They both develop other friends and just grow apart.

Even though the hazards for divorce are many, thousands of marriages have survived a running fanaticism. In some of the marriages the non-running spouse decides that rather than fight her, he'll join her on the roads. In some surviving marriages, the non-running member is attentive to the runner's needs, and the family revolves around the runner.

In more than a few households the marriage survives because the non-runner does everything in his power to make the spouse's experiment in masochism as enjoyable as possible, never quitting until the misguided waif has seen the foolishness of his ways and finally quits, thereby saving his marriage.

Running experts and psychologists have written reams of copy on the non-running spouse, advising them, "How to be supportive to the runner," or "How to begin a jogging program in order to join the spouse on

the road, and thereby save the marriage."

To my knowledge, however, no one has yet to address the third group of non-running spouses — those that choose to save the marriage by getting the runner back in the house where they belong. To those who design to make the running experience an unforgettable flop, the rest of the article is written to you.

In my 20 years of running I've learned that in order to be successful at day-to-day running you've got to make it a habit. Therefore, in order to defeat the runner, you must break the habit. Each time you keep the runner from doing his daily duty, you've come a step closer.

Tricks of the trade:

1) Leave his only shoes out in the rain! Nothing worse than wet shoes at 6 a.m.

2) Remind her how cold it is outside the bed covers.

3) Choose the running time to be extra-sensual; make him decide between sex and sweat.

4) Set the alarm clock back 30 minutes and blame a power failure.

5) Refuse to let him buy running shoes, make him run in his old Army boots.

6) Show no sympathy to her injuries; tell her to be tough and run through pain.

7) Once he gets a daily running time, insist on having a hearty meal exactly 30 minutes before.

8) Refuse to meet her running buddies; tell her they are boring.

9) Continually tell him he's dumb for running so much.

10) Tell her she looks too skinny, and then get her mom to ask her if she's been sick.

11) Find heart attack statistics for his age group and convince him he's killing himself.

Many runners have trouble staying motivated, and probably would quit running if it wasn't for that monthly 10K race. With this type of runner you've got to work extra hard on race weekend. You've got to make it an awful experience. It's easy, just do all of the following:

1) On race morning, fix him pancakes, sausages, and eggs and insist that he eat them all.

2) Hide her racing clothes and leave out only cut-off Levis.

3) Put lots of pre-race pressure on him to win, especially if he's only really concerned with just finishing.

4) Insist on a spicy Mexican food dinner the night before.

5) Plan a large, late drinking party the night before.

6) Make sure the car runs out of gas, forcing him to push it the last mile to the race.

7) At the race, refuse to hold his sweat-soaked; make him run in it the entire way.

8) Don't let her use the "porta-potty" because it's "much too unsanitary."

9) Once the race starts, follow alongside in the car, alternate yelling, "Pick it up, you're lazy," and "Get in the car and let's go home."

10) Every 5 minutes, drive in front of her and make her breathe the car's exhaust.

11) At the halfway point, tell him he looks terrible, and point out the dried saliva that is in his beard.

12) Meet her at an aid-station and drop the water just as she reaches for it.

13) Within a mile of the finish, point her on a course which takes her a half-mile too far.

14) At the finish, scream "Sprint,," and frantically urge him to catch everyone in sight, then later, act disinterested when he tells you his time and place.

15) Get the kids to climb all over her right after finishing, especially effective following a marathon.

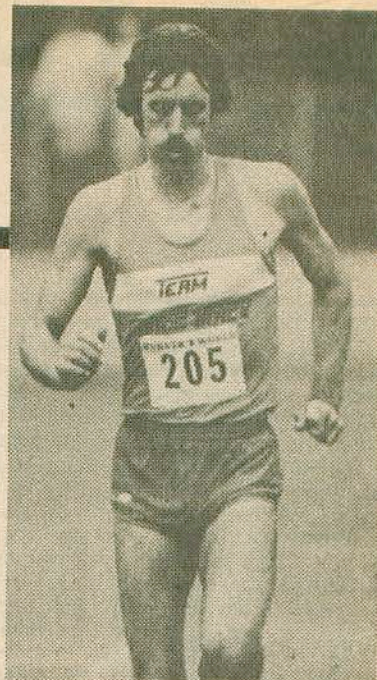
16) Get the kids to repeatedly ask him why he didn't win.

17) Ask her if she was really lost.

18) Immediately after the race, go around pointing out every individual that beat him, especially the women.

19) Forget to bring the beer.

These are just a few of the techniques you can use to save your marriage. With a little luck, and a lot of work, you can have your running man back in front of the TV and your running woman back in the kitchen, back where they belong.





# SoCal Diary

By BILL MINARIK

## October 24.

The Community Colleges took the spotlight the past week-end as virtually all the CC's were at the Mt. SAC Invitational. At that one, Juco Power, Pima Arizona outran Glendale and Moorpark by a 79-85-107 margin with Glendale's Andy Diconti the individual winner in the sweepstakes division. For Glendale and Moorpark, this was probably their best performance ever at this meet. In division II and III men's division, it was Saddleback and Citrus coasting to easy wins. In the women's competition, it was Orange Coast edging out rival Grossmont 90-95 in division I while San Bernardino slipped by Santa Ana in division II 108-122.

In High School action at the Ventura County championship, it was Newbury Park over Thousand Oaks 57-72 in the boys division with Buena again over Thousand Oaks 43-51 in the girls race. The big story here was Camarillo's Eric Reynold's winning time of 14:44.3 which was about a full minute ahead of his nearest challenger in a county known for its tough x-c competition.

## November 1

Lots of action last week for 4-year colleges and high schools with CC's finishing up dual meets.

At the PAC-10 Southern Division meet at Tucson, UCLA went 2-3-5-6-7 to run away from runner-up Arizona 23-50 while at the WCAA championships, Stanford put on their usual awesome performance to run by Arizona 18-65.

At the NCAA Division II Regionals and CCAA meet at UC Riverside the men's race was just as close as expected with the host UCR team edging out CPSLO and Cal Poly Pomona 47-50-56. In the women's race however, it was CPSLO all the way with a 16-42 margin over CS Northridge.

At the high school version of the Mt. SAC Invitational, it was Mater Del in the boys division and Foothill in the girls division as sweepstakes team winners while Eric Reynolds and Palsades Katie Dunsmuir were individual winners.

## November 8

In the NCAA Regional Division III meet at Lake Castaic the strong men's team of Pomona-Pitzer and women's team of Occidental posted lopsided wins with each school runner-up to the other.

At the SoCal CC Invitational at Moorpark, the host team outran long-time rival Glendale 33-46 despite the fact Glendale's Andy Diconti broke Steve McCormick's course record by 30 seconds with a 19:03 clocking. On the distaff side, it was Cerritos 42-68 over Fullerton. At the Metro Conference Championships, Long Beach needed a 1-2-3-4 finish to get by a tough El Camino

men's team 33-39, however the El Camino gals were runaway 25-62 winners over Pasadena.

At the high school level, all teams were engaged in their league meet with all CIF favorites advancing handily.

## November 15

At the NCAA District 8 meet at Fresno, Oregon edged out UCLA 53-58 and 46-51 in PAC-10 scoring to win men's competition. Stanford outdistanced Oregon 33-55 to win the women's race.

At the NAIA District III championships, it was Azusa-Pacific getting by Westmont's men 30-66 while Westmont's women eased by Point Loma 40-44.

In Community College conference action, Grossmont swept both divisions of the Pacific Coast Conference with the men 20-76 over S.D. Mesa and the women 32-44 over Saddleback. Orange Coast did the same to its South Coast Conference foes 17-70 over Fullerton and 34-64 over Cerritos. In the Mountain Valley, Moorpark and

Antelope Valley took turns beating each other 21-63 and 19-48. In the Inland Valley Conference, it was Glendale's men getting by Citrus 32-42 and East L.A.'s women running away from Glendale 35-75.

The CIF's Southern Section held its preliminaries with Mater Del in the boys divisions and University in the girls divisions as the teams to beat.

Beginning in Fall of 1983, the CIF's L.A. city section may lose some of its competitive strength as a rule requiring athletes to carry a "C" average to be eligible for sports goes into effect. L.A. school board member, Rita Walters, who sponsored the measure said her proposal stemmed from the plight of black youths who were high school sports stars but failed to find jobs as adults. This new rule however, has had its critics. The A/D at Banning High School said that a lot of athletes are just not "C" students, while a spokesman for the CIF's Southern Section said that the only thing that keeps many students in school is sports.

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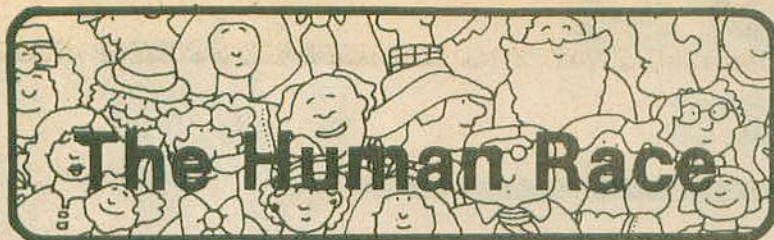
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**By Len Wallach**

**S**omewhere along in my athletic career, I stopped counting. For years I kept score when I was competing in swimming, but after a while it all got a little boring. It wasn't that I was so great at it, but I did manage to get my share of the glory before I abandoned keeping track of my 1500 times and how many medals came my way. All I know is that it ceased to be important to me or anybody else how much swimming I had done and how many places I had won.

It was different when I took up weightlifting. For awhile I was so low on the poundage levels that I was like the 6 hour marathoner at Nike's speedfest in Eugene. As I got better, you can bet that I was keeping score and knew just how many guys ahead of me could deadlift more than I or could bench press 200 pounds over body weight. When I finally made that monumental lift, I started losing interest again and shortly it was no longer important to do anything but just enjoy the workouts to see if I could "burn muscle" just one more repetition.

Then came running with sailing and scuba diving in between. It was the same thing with the water sports, that is, I kept track only as long as I had something to compete with like depth, danger, or speed. It was never less fun when I stopped counting, but the emphasis was on the technical excellence and my own struggle with myself.

Running was not much different. When I first started logging the miles and stacking the intervals, I kept good mental records of my own successes as well as those of others. Running has many more opportunities to score in that there are so many different distances, and most races are held on different terrain. I fell in love with cross country as the best of it, but the only way I could compare times was on an annual basis. I logged my Dipsea times for years to see how I was doing but seeing that it came around only once a year, the comparisons were unique—improved by training, slowed by age. The same is true of most major road races, each year's comparison is not like swimming an exact same 1500 or bench pressing an exact same 340 pounds or diving to an exact 50 meters. Road races can't be compared one to another, so I started just keeping track of the training and race mileage as separate records.

This Dolphin South End Runners' system worked well for me as a motivator as the training and race mileage was rewarded by various size of trophies and I found myself counting anew.

After a year or so of that chronicling, I looked around for some other way to keep track of me and settled on trying to complete the Hawaii Triathlon, Pikes Peak, Western Staes 100, the Escape from Alcatraz, the Tahoe 72, and a couple of other of the biggies to be taken on one at a time until all are finished over a 10-year span.

But when that's all done in a few years, the thing I would like to do the most is to finally top off my 100th marathon. I talked to my friend Sherman Welpton, who shares

space on the 'San Francisco Running Man of the Year' trophy with a very few others of us who pound the roads fairly regularly, and suggested that we form a "Century Club" for those who have run 100 marathons or intend to. He and I are the charter members. He's done it and I intend to.

I'm guessing that along with Sherm that Walt Stack, Tony Stratta, Steve Cole, Jay Helgeson, and maybe Dick Collins all have century achievements.

This has to be one of those clubs where the ultras don't count. You can run all those 72 and 100's you want, but unless there's an official marathon in the course, the ultras can't be credited, as it would dilute this counting of counting.

For the guys and gals who want to count ultras, we'll form an "Ultras Ultra Union" with a tree house for a club meeting hall.

If you know any century completers, let me know and if you want to join us keeping track, sign up on a piece of Kleenex and mail it to Sherm if you can find his address. There will be only one rule besides having to complete 100 marathons or intend to, and that is that there will be no rules. Nor will there be dues, officers, constitutions, bylaws, newsletters, awards, recognition ceremonies, patches, T-shirts, or elections. The only officials in the Century Club are Sherman and me. He's the President and I'm not.

I've finally found a way to count without counting. I'll probably get bored with this too, but I figure by that time I'll be dead.



"LEN WALLACH AND SHERMAN WELPTON, FOUNDERS OF THE CENTURY CLUB."



# Medical Notes for Runners

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

## WALK-AWAY SURGERY

In recent years, there has been a considerable amount of publicity about walk-away surgery. Walk-away surgery means that you have surgery done in an out-patient surgical facility, either in a hospital or in a doctor's office, and go home the same day. A typical example of walk-away surgery might be a runner who has a very painful fifth toe. This runner would come to my office in the morning and have local anesthesia placed in the toe. Minor surgery would then be performed on the toe and a sterile dressing applied. This surgery would be performed in a fully equipped operating room which is in my office. The patient would then go home and recuperate from the surgery. The surgery would take about three weeks to heal fully but the patient would be fully ambulatory using a postoperative sandal. Running would resume about three weeks after the surgery.

A variation of walk-away surgery is same day surgery. An athlete might have a serious bunion which needs surgery. This bunion might be too complicated to be fixed in an outpatient office and more appropriately fixed in a hospital. There are

go home that late afternoon. This is called same day surgery. This surgery can be performed under local anesthesia or, if the patient prefers, an anesthesiologist can be in attendance for what is called local-standby or general anesthesia depending upon the wishes and the health of the athlete.

Although many procedures can be done comfortably and safely in a podiatrist's private operating suite, some procedures are better reserved for a hospital. The problem is deciding where to go for what or whom to go to for what. It has always been my philosophy to do the utmost for the athlete in regards to surgery if surgery is required. In other words, if an athlete is going to take the time off from training to have foot surgery for some problem, then a procedure which optimizes the chances for complete recovery and no relapse of deformity should be performed. Many of the walk-away surgical procedures which are performed in some podiatrist's offices are temporary procedures. A small portion of bone is removed. A lump or bump is removed but the true deformity is never corrected. Many patients state that they went to a par-



walk-away procedure and other things do not. Some foot problems respond to this approach; some foot problems do not.

I've found, in my experience, that simple bunion procedures, simple hammer toe procedures, neuroma surgery, heel spur surgery, plantar fascial surgery, and runner's bump surgery, as well as some forms of achilles surgery, do quite well with same day surgical procedures or walk-away surgical procedures that could be carried out in the privacy of my own operative suite. I've also found that more advanced surgical procedures should be done in a hospital.

Walk-away surgery works quite well for senior citizens who need to have a minimal surgical approach on only one problem and who are not going to have the same demands upon their feet or lower extremity as we athletes. When out-patient or walk-away surgery is performed, only one or two procedures at a time should be performed. This means that the athlete or patient may have to return to the surgical suite one, two, three, or four times to have the complete job done. If multiple procedures are to be performed, they should be performed in a hospital setting and hospital setting and hospitalization or an overnight stay may be desirable.

Before you are considering surgery, check around. Seek another opinion. Make sure that the surgeon and the place of surgery is best for you. If you have any comments, suggestions, or questions, please do not hesitate to contact me.

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***"...some things work well with walk-away procedure and others do not."***

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new ways of fixing surgically created fractures when bunion surgery is performed, called A.O. fixation. In this way, very precise screws and bone instruments are utilized to hold bone in proper position to assure the athlete of the utmost in healing and the utmost in positional stability once a bunion surgery has been performed. This patient might go into the hospital in the morning, have surgery done in the operating room in the afternoon, and then

ticular podiatrist's office and had surgery and had very little pain after the surgery and all the problems are gone. These same patients see me two, three, or four years later with recurrent deformity and are bitter about their initial experience. Other patients, who have suffered for long periods of time, have gone to similar podiatrist's offices, had same day walk-away surgery and excellent results. The important point I make is that some things work well with



# Club News

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

## Northern California Seniors Track Club

881 Cedar St., Alameda 94501

Mimi St. Clair led the NorCal women's team to victory in the PA-TAC Cross Country Championships (Excelsior West End Run 10K) in Golden Gate Park on November 7. The team won \$50 for the club from the PA-TAC masters committee funds.

Mimi was the first masters woman to cross the finish line in a fine time of 45:19 on a course described by Excelsior as "soft, uneven footing, water hazards, and hay bales to bound over (or trip on)," European style. Mimi was backed up by Nora Smiriga (second master in 45:55), Ruth Waters (third masters in 46:46), Ruth Anderson (first 50-plus in 47:04), Joan Don (47:48), Marty Maricle (49:47), and Carroll O'Conner (53:55).

The NorCal men were ably represented by Gail Wetzork, who ran the course in 45:10, Hal Knutson, and Phil Conley.

At the Brass Pole Run Eileen Klatsky won first place in the 50-plus. Karen Gudiksen won the 40-49 in a PR 44:43.

## Santa Barbara A.A.

4476 Meadowlark Ln., Santa Barbara 93105

Four races with four different leaders for the Santa Barbara AA group. At the McConnell's 5 Mile it was John Botke leading the charge for the club with his third place finish in 27:08. At the McConnell's Swim & Run it was Kemp Aaberg in fifth at 45:53. Then at the American Cancer Society 10K Tom Phillips paced the local group with a 32:52 second place. Finally, at the Sri Chinmoy 10K Run Mitchell Powers placed fifth in 34:51 as the first SBAA member.

## Tulare Runners

P.O. Box 1995, Tulare 93275

Club members Jill Canales and Shannon Battles representing Tulare Western and Tulare Union High, qualified for the San Joaquin Valley C.I.F. Cross Country Finals set for November 19th at Woodward Park in Fresno. Jill finished second in 12:11 with Shannon sneaking in to the fifth place slot in 12:28 to both qualify for the valley at the Central Area Qualifying meet.

Ultramarathoner Don Chorley ran the Porterville Veteran's Day 10K as a speed-workout and it paid off handsomely as he captured the 40-49 division in 41:32.

Dennis Wong ran a personal best 1:12:20 to claim second overall and second in the 19-29 age bracket behind Fresno's Tony Ramirez at the Madera Half Marathon on October 31st.

## San Luis Distance Club

P.O. Box 1134, San Luis Obispo 93406

Report From Cow Mountain 50 Miller: "The course was beautiful but probably the hardest I've even run" reports John Squires, who's run enough of them to know. 69 runners, 50 of who finished, shared space on the trails with 150 horses covering the same distance in the mountains around Lake Mendocino. The course was so steep in places that riders had to get off the horses and lead them up the hills as the only way to be able to make it to the top. The race was won by Warren Finke in 5:56, with Bakersfield's Eddie Lujan, a club friend in third in 6:20. The first woman was Carol Hewitt in 7:30 with John coming in at 9:19 and Dave Kroll at 10:21. Entrants were treated to a pre-race meal and a post-race barbeque with the added attraction of a dance for those who were able to.

## Fresno Track Club

P.O. Box 6103, Fresno 93703

Fresno Track Club's top seed, Jim Hartig blistered the 5000 meter Porterville Veteran's Day Road Race for a course record 14:37.7. The Cole Elementary School teacher and coach got out quick and broke from the pack never to be headed. At the annual Merced Track Club Great Bell Race Hartig won his division with a strong 46:51 for the 15K race from Applegate Park. He holds the course record at 46:46. Club director Leon Valley turned in a 54:29 in his first race since the Bass Lake Relays in August.

As of the CTRN deadline, 302 runners have filed entry forms for the fifth annual Central California Marathon. Race director Bill Woody in his first year at the helm of the biggest marathon in the San Joaquin Valley forsees some of the closest competition in race history. Major sponsors include West Coast Growers and Packers, Inc., Sun World, and Pepsi Cola Bottling Co. of Fresno.

The annual Sportsmen of Stanislaus 10K Race on October 31 once again drew a class field of runners and quoting Jim Hartig, "a very tough field." Hartig placed sixth with a 30:55. Winner was Dan Buntman in 29:34. To give readers an idea of the strength of the field world class Miguel Tibaduiza was third followed by former winner Benton Hart, fifth. In the two mile race Al Lomeli was first in the 30-39 class with 9:52. Other members running the 10K were Bob Lindsey, Dick and David Naranjo.

## 50 Plus Runners Assoc.

P.O. Box D, Stanford 94305

50-Plus Runners was founded in 1980 in Menlo Park by Ibrahim Clark, who until recently served as chairman of the board of directors. One objective in forming the organization was to provide a basis for exchanging information about running and its benefits among the obviously large and growing number of over-50 runners. Another was to establish a cadre of people who could serve as a basis for studies of the impact of running on many aspects of life.

There is a current membership of about 1,000. The current chairman of the board is Dr. Peter Wood, associated with the Heart Disease Prevention Program at Stanford University. Memberships are available for a modest \$10 fee to cover cost of newsletters and office expenses.



Dennis Wong - Tulare Runners



## Santa Clarita Runners

P.O. Box 481, Newhall 91321

18 SCRs participated in the Newport Marathon Nov. 14. Half (9) of them were first timers at this distance and our finish rate was 100%! Congratulations to: George Morse (2:41), Earl Beverly (2:47), Ron Smith (3:05), Dave Brown (3:26), Charles Fretz (3:27), Russ Sidles (3:27), Tony Fadale (3:35), Don Haas (3:35), John Thompson (3:39), Chuck Cunliffe (3:39), Maynard Mickelson (3:54), Bob Elliott (4:02), Don McGeorge (4:03), Bob Kimmerly (4:03), Chjris Sidles (4:09), Emma Williams (4:15), Hal Williams (4:21), and Sally Brollier (4:43).

The Santa Clarita Valley has 3 local high schools — Canyon, Hart & Saugus, and our members from these schools have done exceptionally well this cross country season. Tim Watson (Canyon) was undefeated in the Golden League this year. He won first place at the Royal Invitational; was third at the Kenny Staub, and first in his heat in the CIF-3-A preliminaries. Canyon took 3rd in the Finals with Tim placing third overall in 15:19. Dale Kroeger was 2nd man for the squad finishing 21st overall. Bob Badgett (Saugus) took 2nd at the Dana Hills Invitational, 1st at Mater Dei, 10th at the Mt. SAC Invit. (Sweepstakes race), and was first in the San Luis Obispo Relays. Bob Badgett and Mike Fretz helped the unrated Saugus team to a 6th place finish in CIF. Bob was 11th. Mike, a freshman, was their 5th man. Donna Elliot ran 7th man for the Saugus girls team which placed 2nd in the 3-A schools. Hart has a young team that should make it to CIF competition next year. They missed winning the Foothill League frosh/soph title by 1 point. Club members Doug McLeod and Hank Fenenbock have taken turns running first man for the team. Hart's pride is an outstanding freshman, Lisa Rizzo. She won the Royal and Northridge Invitationals. She was 2nd at Bell-Jeff, and 6th at MtSAC (Sweepstakes race) in 18:21. Lisa was 2nd in her CIF 3-A preliminary heat and medalled 5th in the finals — the only freshman to medal as an individual.

## Sierra Slowpokes

116 High St., Grass Valley 95945

On October 22nd the club sponsored a running forum which featured noted nutritionist/allergist Dr. Zane Kime from Auburn. A December 3rd forum will bring in physical therapist Walter Abbey who will speak on "Physiology and the Benefits of Exercise on the Body." Joining Abbey will be runner Dr. Barry Turner.

On the 27th of October Robbie Tucker ran in the Bowman Elementary X-C meet in Auburn. He ran in the 5th grade boys 1 mile run and came in 1st place over 87 others in 6:14.

## Sub 4 Track Club

11615 Coley River Circle  
Fountain Valley 92708

Many of you viewed the New York City Marathon on television. You saw 15,904 runners, joggers, and whatever's starting out across Verrazano-Narrows Bridge. Then you saw a pack of twenty or so runners breaking away from the rest. At the half way point you caught a glimpse of Dave Murphy leading the race with only Alberto Salazar, Rudolfo Gomez and Jose Lopes close behind. The finish showed Salazar, Gomez, and Grete Waitz. What you did not see was Dave Murphy, running his first ever marathon, finishing in fifth place running 2:12:48. In 11th place Ralph Serna ran 2:14:22, and Mike Pinocci ran 2:16:11 for 19th.

Now for the team title! If it were determined by lowest score, Sub-4 won with 35 over New Balance at 53 and Athletics West with 61. However, the team title was not determined by points but rather by total time. The results differed only for second and third place as the Sub-4 TC won the title by a full minute with 6:44:21 followed by Athletics West 6:45:21 and New Balance 6:47:37.

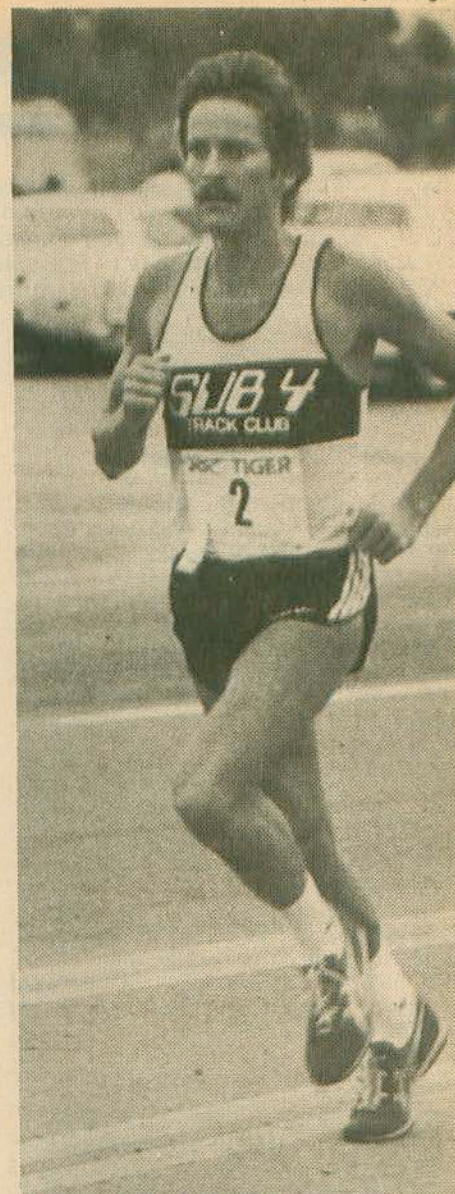
The following weekend at the Tulsa Run 15K, three more Sub-4 runners showed up to take the team title there. Nick Rose finished first in 43:46 followed by Domingo Tibadulza in sixth and Roy Kissin in 12th.

## Bakersfield Track Club

P.O. Box 10371, Bakersfield 93389

The 1983 Bakersfield Natural Light Marathon & Half Marathon will have a revised TAC Sanctioned & Certified course. It will be starting and finishing at Cal State Bakersfield, where runners will be able to take advantage of better all-around accommodations. The new course will probably be out and back on the recently extended bike path running along the Kern River for the first 13.1 miles. The Full Marathoners will continue on around the same loop as used last year, ending up back at the Cal State track.

There has already been sponsorship commitments from Natural Light Beer, BC Chemicals, Tenneco, Western Mud, Fappas Printers, Calastoga Mineral Water, Sports Country, The Bakersfield Californian, and Shamrock Designs. With their help and the continued support of the running community the 1983 Bakersfield Marathon will be the best ever. For additional information and a race flyer and entry form call Marathon Director Paul Cross (805) 399-5750 or Assistant Director Dennis Burkett (805) 872-1858, or write the Bakersfield Track Club at P.O. Box 10371, Bakersfield, CA 93389.



Tom Wysocki - Sub-4 Track Club

## Stevens Creek Striders

P.O. Box 3540, Santa Clara 95055

In just nine months membership stands at 113. The past three months have been particularly good to the Striders. Their singlets can be seen at many races all over the West Coast.

•Skyline 50K: Rich Siemans, 1st master 4:03.

•Sri Chinmoy 10K: Rich Siemans, 2nd master 34:49.

•Nike Marathon: Larry Gomez, 1st 50-59 3:05:45(PR); Liz Ross, 1st 50-59 3:33; Kathy Stinson 3:36:26(PR).

*continued on next page...*

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## Club News

- Juneau, Alaska Half Marathon: Bill Dunn, 1st overall 1:12:08.
  - Summer Relays: 65 members, 13 teams, 3 awards.
  - Hayward Half Marathon: Bill Dunn, 6th 35:39 1:13:24; Elaine Huttinspillar, 5th 35:39 1:35:24; Tammy Teikchgraeber, 2nd 20:24 1:37:32; Kathy Stinson, 6th 30:34 1:41:29.
  - Portland Marathon, Terry Sayfarth, 3:37(PR).
  - Wharf-to-Wharf: Liz Ross, 1st 50:59; Judy Hooper, 2nd 40:49.
  - Any Mountain 10K: Jim Bordoni, 2nd Overall 32:30.
  - Humboldt Marathon: Elaine Huttinspillar, 3:30(PR).
- Anyone interested in running with the Striders may meet at De Anza College, Flint Center Parking Lot, Saturday mornings at 8:30 a.m.

## Team Chart House

7432 - 50 La Jolla Blvd., La Jolla 92037

Team Chart House runners have been busy on the roads and over hill and dale this fall. Joe League has turned in some fine road performances and Mike Lebold has led the Chart House harrier squad in cross country. Some of the road racing highlights include:

- Sunburst 10K, 9/12: Joe League, 30:52, 1st; Ted Van Arsdale, 31:48, 2nd.
  - Burbank 8K, 10/2: Mike Lebold, 25:04, 1st.
  - Salute to the Navy 5 Mile, 10/10: Joe League, 24:05, 1st; Jeff Ruland, 24:38(PR), 3rd; Gilbert Alvarez, 25:06, 6th; Andy Morabe, 25:21, 7th.
  - Bonne Bell 10K Championships, Boston, 10/10: Mindy Ireland, 35:15(PR), 18th overall, 1st in 30-39 (previous best: 35:36, 7/10/82).
  - Bonita Half Marathon, 10/16: Joe League, 1:06:33, 2nd; Jeff Ruland, 1:09:23, 3rd; Women: Diane Riley, 1:23:39, 1st; Debbie Lewis, 1:24:51, 3rd. Robert Lusitana, Jamul Toads, won in 1:06:27, eclipsing Ruland's old course mark of 1:08:14.
  - New York City Marathon, 10/24: Carrie Morrison, 2:50:14, 47th woman.
- A team of Mike Lebold, Ted Van Arsdale, Jeff Ruland, Gilberto Alvarez, Steve Hastings, Andy Morabe, and David Brandon put together an ambitious and mostly successful first season. In the season opener at the 40th Aztec Invitational on 10/2 the club finished 15th in a field of 30 teams that included BYU, Arizona, UCLA, and the Jamul Toads. Mike Lebold's high placing at the UCSB Invitational on 10/23 (7th, 25:02, 4.9 mile) and the San Diego Invitational on 11/6 (3rd, 25:22, 5 mile) helped the team to third place finishes in both events. Jim Mosher, who was the team's coach, returned to racing at the San Diego meeting after recovering from an Achilles tendon injury during the summer. The veteran submaster runner had run a 30:42 at the St. Patrick's Day race in March and clocked a 3:52.2 1500m at Mt. SAC in April.

## LONDON MARATHON

April 10th - 18th 1983

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## Las Vegas Track Club

4224 Claymont St., No. 3  
Las Vegas, NV 89109

Things are shaping up for the upcoming big Las Vegas Track Club Marathon on February 5th, 1983. The biggest news is the receipt of an entry from New Zealand's Jack Foster, the masters marathon world record holder (2:50 for 50 years and older).

On Sept. 5, Bill Schaefer ran the Big Brothers Half-Marathon in Flagstaff, AZ, and finished 7th overall and 2nd in the 30-39 division in a time of 1:23:56. 129 runners finished the race which was run at 7,000 ft. elevation on forest service roads and trails; at least four miles were uphill.

Masters runner Neal Chappel temporarily overcame persistent injuries to place 2nd overall of 50 competitors in the St. George Half Marathon Sept. 11. Neal was timed in 1:17:31 after blazing the first 5 miles in 27:27. "The downhill slopes destroyed my hamstrings," lamented Chappel, who is back on the trainer's table.

Frank Plasso, Jr. won the TAC National 25K Championship in Ventura, CA, Sept. 19. Frank's 1:18:37 bested the field of 500 as he led most of the way. Richard Martinez placed 2nd in the Submaster regional division with 1:24:21 and Pier Culbreth was second in the women's open (and 2nd overall) in 1:35:58.

## YFC Track & Field Team

1025 Grange Rd., Meadow Vista 95722

Jon Kliwman ran to a 5th place finish in the Redbrick Road Half-Marathon in Redmont, Washington with a time of 1:10:30. This was his first attempt at the half.

All six of the YFC athletes who participated in the TAC 10 Kilometer Championships in Sacramento on September 26 were awarded medals for their performances. Mike Van Horn took 2nd in the age 20-24 division in a time of 30:59. Dean Raymond and Ron Mellor placed 2nd and 3rd in the age 30-34. Frank Krebs took 2nd in the age 35-39. Judy Mellor and Debbie Hickman were the final medal winners with a 2nd and 3rd place in the women's division.

At the Sacramento Half Marathon, four YFC athletes placed. Mike Van Horn was 2nd overall in 1:08:45, Ron Mellor was 2nd in the Sub-Masters with a clocking of 1:12:24, and Debbie Hickman and Judy Mellor finished 4th and 5th in the women's open division in times of 1:29:27 and 1:31:28.

On October 10, Ken Hunter was 1st American and 3rd overall in the Bank One Marathon at Columbus, Ohio. His time was 2:21:02 in 80° temperatures and 97% humidity. Also on Oct. 10, YFC's sub-master runner, Frank Krebs, ran to a fifth overall place in the Van's 10K Run in Sacramento with a time of 32:10.

On Oct. 16, Mike Van Horn finished 3rd with a 31:28 in the Sacramento Bee 10K.

## Empire Runners

3605 Aaron Dr., Santa Rosa 95404

**Lake Tahoe 10K by Morton Gray:** As we toed the starting line, I thought how lucky we were to have clear blue skies for the race. It had rained and hailed most of the afternoon and evening before. Just as they were set to start the race a Douglas County Sheriff car pulled up blocking our path. He refused to allow the race to start until orange plastic cones were placed the entire length of the course so the runners would have a single highway lane in which to run. This is what you call a Race Director's nightmare. The running club had already complied with the rules laid down by the Nevada Highway Patrol and the Douglas County Sheriff's Dept. by having cones for only the first mile. Fifty five minutes later, after stretching what few cones they had as far as they could, the race was finally allowed to start.

Having to deal with the high altitude, twenty mile per hour head-wind and a very hilly difficult course, I didn't quite know how fast to go out. Letting the chips fall as they may, I went with the flow of runners. My finishing time was 38:39, which I was very pleased with, considering all the difficulty of the race.

The overall winner of the race was Paul Cummings in 30:37. The tenth place men's time was Tracy Smith's 31:57. Skip Houk walked away with \$100 for 1st over 40 and I was able to also walk away with \$100 for 1st over 50.



# Prep Notes

By KEITH CONNING

## ★ NORTHERN CALIFORNIA HIGH SCHOOL ROAD RACING CHAMPIONSHIPS

The Capital City Winter Classic, scheduled for Saturday, December 11, in Sacramento, will provide the locale for the first annual Northern California High School Road Racing Championships. Separate races for high school runners will be provided following the open 10,000 meter competition. The boys' and girls' races will be contested separately over certified 10,000 and 5,000 meter courses, respectively. Team competition will be emphasized with awards presented to the top boys' and girls' teams and combined teams from the same school. Top individuals will also receive awards. For further information contact: Randall Sturgeon, 4841 Fair Oaks Blvd., Carmichael, CA. 95608, (916) 481-8419.

## ★ UPCOMING DATES OF INTEREST

All-Corner Track and Field meets at Los Gatos High School. Every Saturday January 8, 15, 22, 29, February 5, 12. (6 meets). Field events start at 12:00, running at 1:00! (75' per athlete).

"The Great Race," 4.0 miles. From Los Gatos to Saratoga. January 9th on Sunday. Starting time 9:00! Put on by Western Federal Savings Bank and the Los Gatos Athletic Association.

For more information contact: Willie Hartz, home 395-5825, school 354-2730.

## ★ CENTER MEET

Crystal Springs, Belmont, October 14—Bellarmine took the varsity boys' title and Homestead took the girls' title.

Carlmont's Mike Anderson ran 15:34 on the three-mile course to beat Capuchino Junior Paul Ghidossi by six seconds. Anderson's effort helped Carlmont place second with 114 points to Bellarmine's 86.

In the girls' varsity division, Homestead finished 30 points ahead of runner-up San Mateo.

## ★ MILES INVITATIONAL

Chichibu Park, Antioch, October 16—Leigh (San Jose) won the boys' large school title.

Other team winners included Alhambra (Martinez) in the girls' division and Miramonte in the boys' small school bracket.

Leigh landed the top three finishers, Chris Craig, 9:44; Roy Garcia, 9:53; and Dave Bell 9:54.

Twenty-two schools and over 700 runners competed in the meet.

Paige Tully (Alhambra, Martinez) won the girls' race over two miles with a time of 11:31.

## ★ CENTER MEET

Crystal Springs, Belmont, October 21—Mike Anderson ran 15:23 to place first, leading Carlmont to the varsity boys' title. Carlmont compiled 72 points to 79 for Menlo-Atherton.

In the varsity girls' race Mountain View's Shannon Clark ran 18:07 to place first by 54 seconds. Mitty used its depth to breeze to the team title, compiling 80 points to 137 for Gunn and 142 for Lynbrook.

## ★ SOQUEL INVITATIONAL

Soquel High School, October 23—The invitational drew a record number of schools, 57, and runners, 824, to Soquel High, but no record times were set over the 2.5 mile course in any of the nine divisional events.

"It was the biggest and the weather was perfect," said meet coordinator Mark McConnell to the *Santa Cruz Sentinel*. McConnell said a computer was used this year to time runners and tabulate scores. "The rain Friday night made for perfect conditions in the morning," McConnell said.

Madera won the boys' large school varsity team title, Tamalpais (Mill Valley) was first in the small school boys' varsity race and St. Francis (Mt. View) won the girls' varsity.

photo by Keith Conning



John Morse

photo by Keith Conning



Shannon Clark

photo by Keith Conning



Nanette Garcia

Jason Flamm of La Sierra had the low time of the day, winning the large school varsity race in 12:26, four seconds off the record set in 1981 by Bella Vista's Harold Kuphardt, who now runs for the University of Oregon. Second in the race was Grant Foster, of Monta Vista, in 12:53, with Saratoga's Doug Golliher third, in 12:57. They were the only runners under 13 minutes in the meet.

Nanette Garcia of Silver Creek in San Jose ran off with the large school varsity race, in 15:05 enjoying nearly a 50-second cushion over the rest of the field.

## ★ CASTRO VALLEY INVITATIONAL

Canyon Middle School, Castro Valley, October 23—Northgate won its second consecutive team title in the large school boys' division.

The Broncos edged DeLaSalle 65-67, with Castro Valley finishing third with 69 points.

The host Trojans did have the top two finishers in the varsity race, with sophomore Calvin Gaziano winning in 16:10 over 5,000 meters and Mike Spencer second in 16:11.

In the girls' large school division, Amador Valley and Granada made it an East Bay



Athletic League party in the top two, with the Dons edging the Matadors 69-70 for the team title.

Heather Watkins of Berkeley won the girls' large school race in 19:36.

In the small school division, Piner won the team title 70-85 over Moreau.

John Morse of Las Lomas was the individual winner over Robert Gomez of St. Elizabeth.

Encinal captured the girls small school title over Alameda County Athletic League rival Alameda, 41-49, led by Jennifer Thatcher's first place finish. Kathy Cooke of Bishop O'Dowd was second.

Former Alameda County District Attorney Lowell Jensen and his family helped tabulate the results at the end of the finish shute.

#### ★ NEW YORK CITY MARATHON

New York City, October 24—Ralph Serna of Fountain Valley, California finished 11th in 2:14.22. He was the sixth American finisher.

Serna placed second in the two mile for Loara High School in Anaheim in the 1975 State Meet. He placed third in the mile in 4:10.1 at the International Prep meet in 1975.

If you look on the all-time prep 5,000 meter list you will find marathon winner Alberto Salazar (Wayland, Ma) listed sixth in 14:04.8. But in 13th place on the list is Serna at 14:16.2 set as a high school junior in 1974.

Serna's best prep two mile time of 8:45.9 still ranks him 7th all-time.

#### ★ NATIONAL POSTALS

Los Gatos High School, Los Gatos, October 30—Cory Schubert (Del Mar, San Jose) set a Central Coast Section record of 10:31.0 in the girls two-mile race, breaking the old record of 10:33.3 set by Roxanne Bier (Independence, San Jose) in 1979. Nanette Garcia, the CCS champion in the two-mile last spring, was second in 10:39.7.

Orlando Biggs (Willow Glen, San Jose) won the boys two-mile in 9:11.1, defeating defending CCS cross country champion Grant Foster (Monta Vista, Cupertino) 9:12.3.

St. Francis (Mountain View) girls' team broke its year-old Central Coast Section record. Led by Susan Brodie, St. Francis placed first in the varsity girls' race in 57:37.8, bettering the Lancers' CCS record of 58:47.1. St. Francis' time will be compared with others throughout the country in a bid for a high national ranking. Brodie ran 11:07 to place fourth. Teammates Kim Himenes, Dana Rositano and Karen Himenes placed 7-8-9 as the Lancers beat runner-up Saratoga by 2:06.7.

Willow Glen won the boys' varsity race in 47:32.8, the third fastest CCS team time ever.

The weather conditions were miserable as it rained all day.

#### ★ DEDY COOPER

Hayward, October 31—Dedy Cooper is trying out as a defensive back and wide receiver with the Oakland Invaders of the United States Football League.

He sat out the 1982 track season and went to work in a bank. Now he hopes to catch on in football.

"Dedy Cooper of Ells was the busiest and most versatile athlete in the (State) Meet (in 1975)" wrote Donn Kirk in the *History of the State Track Meet*. "Cooper won the low hurdles in 36.5 although tripping on the last hurdle, finished second in the high hurdles in 13.3, and anchored the Ells' 440 and mile relay teams to victories in 41.2 and 3:15.7. Cooper had a poor start in the highs and suffered his first loss of the year in that event."

#### ★ JUNIOR MEN'S CROSS COUNTRY: ON AGAIN

Indianapolis, November 20, 1982 — This year's U.S. Junior Men's Cross Country Championships will take place after all.

The event had originally been scheduled for Baldwinsville, N.Y., but was cancelled after meet hosts in the upstate New York town said they would not be able to put on the event.

This week a prospective meet director on the west coast offered to salvage the event, and his bid was approved by the long distance running committee of The Athletics Congress.

The junior men's event, a 5000 meter race, will now take place December 12 at Woodward Park in Fresno, Calif.

The event is open to male athletes who will remain 19 years old or under during 1982.

Daniel Cruz of San Jose will serve as meet director. For further information contact Daniel at: 2125 Los Gatos-Almaden Road, San Jose, CA. 95124, (408) 559-1936.

#### ★ COURT VOIDS 'PAY-TO-PLAY' SCHOOL FEES

Los Angeles, November 6—School districts cannot charge students fees for taking part in after-school activities such as sports and drama, a state Court of Appeal has ruled.

The unanimous decision by a three-member panel, in a suit by a Santa Barbara parent, was announced yesterday by the State Department of Education.

The decision, if it stands, would wipe out an important source of money for many high schools that are trying to defray post-Proposition 13 budget cuts. The department's lawyer, Thomas Griffin, estimated that one-third to one-half of the high school districts in the state charge fees for extracurricular activities.

The suit by Barbara Hartzell, parent of a student in the Santa Barbara High School District, challenged the \$25-a-year fee the district charges for students taking part in any after-school campus activity, such as sports, drama, music or various clubs.

She cited the state constitutional requirement of a free public school system, and a State Board of Education regulation specifically banning the fees.

#### ★ ROBERT LOUIS STEVENSON INVITATIONAL

Pebble Beach, November 6—John Trevethick of La Canada broke his own course record in winning the 15th annual invitational in 16:23 over the three mile course.

La Canada won the boy's competition with 56 points to 98 for runner-up Live Oak.

Gilroy won the girls' meet with 83 points to 88 for Half Moon Bay.

#### ★ NORTHERN SECTION

Chico, November 6—Jim Frey (Yreka), the leading harrier in Northern California, remained undefeated and unchallenged with an easy 46 second victory over Mike Weidlein (Anderson).

Las Plumas won the boy's title.

Sophomore Denae Dunlap (Anderson), the No. 1 girl in Northern California, also won easily with a 25 second margin over Renee Rife (Portola).

Enterprise won the girls' title.

#### ★ HIGH SCHOOL BURNOUT

Stanford University, November 8—Brooks Johnson, the Stanford coach, believes that the tendency of high school distance stars to fail in college has nothing to do with burnout. "It is because he or she falls in love, the coach is intimidated by the talent, or they refuse to go to class," he said to David Woods of the *San Jose Mercury*. "Very rarely is it because kids burned out in high school."

#### ★ NORTH COAST SECTION 2A SOUTH AND 3A

Heather Farms Park, Walnut Creek, November 14—This was a day for close individual races and spirited team competitions. Two races were decided in the final strides to the finish.

In the 2A South girls competition, Miramonte (Orinda) won the title with 72 points, but only six points separated the first four teams. Paige Tully (Alhambra, Martinez) upset Wendy Sihner (Miramonte, Orinda), the defending North Coast Section champion, by 14.3 seconds.

In the 2A South boys competition, DeLaSalle (Concord) easily won with 60 points and a team time of 78:51.7. John Morse (Las Lomas, Walnut Creek) defeated sophomore John Bass (Castro Valley) by 4.8 seconds.

In the 3A girls team battle, Berkeley defeated San Ramon by two points. Amy Cathcart (Amador Valley, Pleasanton) upset Heather Watkins (Berkeley) in an exciting sprint to the finish.

In the 3A boys competition, Berkeley won with 67 points. Some people were surprised to find that Berkeley was good at distance running as well as sprinting. Dave Basinger (Granada, Livermore) edged Jim West (Livermore) by .8 in another great battle.

The Berkeley boys will face another stern test next week as they have to meet DeLaSalle for the North Coast Section Meet of Champions title. Berkeley's team time of 79:36.4 is 44.7 seconds slower, so DeLaSalle should be favored.

## Prep Mailbag...

October 22, 1982

Keith,

I'm not sure how you manage to keep such a good tabs on what's going on but CT&RN is lucky to have you. I was very glad to see the notice of the NorCal pentathlon.

Could you give us a plug for the Claremont High School Invitational Pentathlon on April 23, 1983. As you can see from the enclosed list of past winners, it has been an interesting group of competitors (Jenny



## Prep Notes

Stary, Claremont 75; Carolyn Zeller, Redlands 76-77; Linda Soja, Polytechnic 79; Sharon Hatfield, Fountain Valley 80; Maria Dorsey, San Dimas 81; and Cheri Slater, Moreno Valley 82). We've ranged from 6 to 64 entries depending on the year and we've found it to be a good introduction to multi-events for a lot of girls.

We also count the pentathlon as one event in the Claremont Invitational (scoring double for team scores) which allows a girl to compete in the pentathlon one week, then finish up the Invitational by competing in 3 events the following week if need be, while participating in only one invitational.

I hope you'll be able to have a entire section on multi-event results by this time next year.

Thanks,  
Richard Ede

October 20, 1982

Dear Keith,

Enclosed is a photo of Piedmont's varsity girls team after winning the Artichoke Invitational on October 2nd. They defeated a strong St. Francis team.

They have defeated Terra Linda, and Carondelet in dual meets this year. They ran in Division I (large schools) at Stanford and finished 5th overall. I think they will be a strong NorCal contender.

Regards,

Jack Hill, Piedmont

Editor: Piedmont placed fourth in the North Coast Section 2A South meet, but was only six points behind the winner Miramonte (Orinda).

## Northern California Rankings

By Keith Conning

Through November 13.

### Boys Individuals

- 1 Jim Frey (Yreka)
- 2 Jason Flamm (La Sierra)
- 3 John Morse (Las Lomas)
- 4 Grant Foster (Monta Vista)
- 5 James Thompson (Hoover)

### Girls Individuals

- 1 Denae Dunlap (Anderson)
- 2 Joni Mooney (Vacaville)
- 3 Cory Schubert (Del Mar)
- 4 Paige Tully (Alhambra)
- 5 Nanette Garcia (Silver Cr.)

### Boys Teams

- 1 Sanger
- 2 Willow Glen (San Jose)
- 3 De La Salle (Concord)
- 4 Madera
- 5 Leigh (San Jose)

### Girls Teams

- 1 St. Francis (Mt. View)
- 2 Miramonte (Orinda)
- 3 Clovis
- 4 El Dorado (Placerville)
- 5 Carondelet (Concord)



Piedmont—1st at Artichoke Invitational (left to right): Alison Keller, Nancy Benson, Sue Noe, Ann Culligan, Laurel Cochran, Missy Moore, Sarah Hill. This team was also first at the North Coast Section.  
photo by Jack Hill

## Southern California Cross-Country Prep Notes

By Doug Speck

★ Some interesting things have happened in area dual meets this year. The Hawthorne and Mira Costa (Manhattan Beach) women were battling for the Ocean League title during their dual meet when one of Mira Costa's scorers was knocked down accidentally by a car coming out of a driveway. She was not seriously hurt, but Hawthorne went on to win the meet. Mico returned with a vengeance in the League Finals to win 26-38 in the return engagement. Hawthorne returned the favor with a 19-43 shellacking of a very good Mico Men's team (81:24 Mt. SAC team time) in the Finals Meet.

★ It gets more interesting. Walnut High had a dual meet streak in the Sierra League of up somewhere around 60 straight Men's Varsity wins going into their meet with Rowland this year. Rowland was the definite favorite in the meet. Some pre-race verbal bantering developed into something much more serious as a Rowland student jumped out of the bushes some 200 yards from the finish and beat up Walnut's first runner. Needless to say the following Walnut runners were torn between finishing and helping out their teammate. Rowland won the meet 21-38, and while both coaches felt Rowland would have won even if the Walnut athlete had not been interfered with, the incident spoiled what should have been a great day for Rowland.

★ The Rio Hondo League of medium size schools in the San Gabriel Valley is always tough in Cross-Country. A number of top runners and top teams all out of proportion to the size and number of schools in the six team League develop each year. This year things were interesting, as usual, in the guy's Varsity division. Temple City defeated

La Canada for the first time in the school's history. San Marino turned around to nip Temple City 26-29. You guessed it, La Canada nipped San Marino 27-28 on the Titan's home course. So, all three went into the League Finals on the tough Lower Arroyo Seco (Pasadena) course with one loss. The League Finals—La Canada 44, San Marino 57, South Pasadena 66 (a very talented team waiting in the wings), and Temple City 76. Temple City advanced to Sectional competition as the League's third squad off dual meet results.

★ Maranatha (Sierra Madre) is another area Cross-Country program that is coming fast. The 450 student private school under Coaches Ken Cronquist and Peter Rouse have made a very big improvement from a good 1981 season with a group that is still fairly young. The Minutemen will be a IA threat in both the Men's and Women's Divisions.

photo by Doug Speck



Katie Dunsmuir



# Mt. SAC 3 Mile High School Course All-Time Performance List & All-Time Performers List

Compiled by Doug Speck  
and Mike Kennedy

## Mt. SAC 3 Mile High School Course All-Time Performance List and All-Time Performers List—Women.

1	Katie Dunsmuir (Pallades)1982	17:25
2	Laura Cattivera (Mira Costa)1982	17:26
3	Polly Plumer(Univer.,Irvine)1981	17:27
4	Tania Fischer(Canoga Park)1981	17:29
	Fischer (1981)	17:31
5	Vickie Cook(Alemany,Mis.Hill)1981	17:39
6	Theresa Barrios(Univ. Irvine)1981	17:43
	Fischer (1982)	17:43
7	Sandy Blakeslee(Vista, SD)1982	17:46
	Cook (1981)	17:49
8	Lesley White(Sonora,La Habra)1981	17:54
9	Denise Ball(Newbury Park)1981	17:56
10	Claire Felt(Mater Dei, SA)1982	17:57
11	Lori Lopez(Sacred Heart,LA)1981	18:00
12	Katie Manning(Louisville)1982	18:09
13	Ann Bensch(Palos Verdes)1981	18:16

## Mt. SAC 3 Mile High School Course All-Time Team Time (5 athletes) Performance List and All-Time Performers List — Women.

1	University (Irvine)1981	92:25
	University (Irvine)1981	92:28
2	Mira Costa (Manhat.Bch)1982	94:40
3	Foothill (Santa Ana)1982	94:59
	University (Irvine)1981	95:32
4	Foothill (Santa Ana)1981	96:28
	Foothill (1981)	96:41
5	Costa Mesa (1981)	96:52

6	Tustin (1981)	97:20
	Tustin (1981)	97:24
7	Tustin (1982)	97:39
8	Newbury Park (1981)	98:03
9	Thousand Oaks (1982)	98:29
10	Mira Costa (1981)	98:48
11	Walnut (1981)	98:50
12	Fountain Valley (1981)	99:01
13	Thousand Oaks (1981)	99:08
14	San Marino (1981)	99:16
15	Bishop Amat(La Puente)1982	99:19
16	Bishop Montgomery(1981)	99:47
17	Edison(Hunt.Bch)1981	99:56
18	Laguna Beach (1981)	99:58
19	Westlake (1982)	99:59

## Mt. SAC 3 Mile High School Course All-Time Performance List and All-Time Performers List — Men.

1	Jeff Nelson(Burbank)1978	14:32
2	Eric Reynolds(Camarillo)1982	14:44
3	Jesus Gutierrez(Pasadena)1982	14:53
4	Jon Butler(Edison)1980	14:55
5	John Gerhardt(Costa Mesa)1977	14:56
	Jim Ortiz(Barstow)1982	14:56
7	Chuck Assuma(Eisenhower)1977	14:57
	Butler (1979)	14:57
8	Paul Medvin(Univer,LA)1978	14:58
	Eric Sappenfield (Santa Barb.)1979	14:58
10	Jeff Holyfield(La Crescenta)1981	15:00
11	Rick Rose(Helix)1977	15:01
12	Ken Ernst(EI Dorado)1978	15:04
	Mark Junkerman(Los Alamito)1982	15:04
14	Jay Marden(Fremont)	15:05
15	Joe Young(Costa Mesa)1977	15:06
	Steve Webb(La Palma)1977	15:06

	Mike Melendez(Norco)1978	15:06
	Rich Reade(Fremont)1979	15:06
19	Martin Sandoval(San Diego)1982	15:08
20	Marc Keller(Helix)1977	15:09
	Richard Diaz(Redondo Bch)1978	15:09
	Mike Parkinson(S.Pasadena)1979	15:09
23	Gary Gonzales(Clovis)1980	15:10
	Scott Hakeman(Placentia)1982	15:10

## Mt. SAC 3 Mile High School Course All-Time Team Time (5 Athletes) Performance List and All-Time Performers List — Men.

1	Helix, San Diego(1977)	78:08
2	South, Eugene(1978)	78:23
3	Mission San Jose, Frem.(1978)	78:54
4	Mission San Jose, Frem.(1979)	78:58
5	Mater Dei, Santa Ana (1982)	79:06
6	Mater Dei, Santa Ana (1981)	79:21
7	Eisenhower, Rialto (1977)	79:24
	Thousand Oaks (1979)	79:24
9	Crescenta Valley (1981)	79:25
10	Costa Mesa (1977)	79:29
11	Monte Vista, San Diego(1982)	79:30
12	Foothill, Santa Ana (1977)	79:39
13	Marina, Huntington Bch.(1977)	79:40
14	Burroughs, Burbank(1978)	79:42
15	Palos Verdes (1977)	79:44
16	Kearney, San Diego (1977)	79:47
	Monte Vista, San Diego (1978)	79:47
18	El Dorado, Placentia (1982)	80:03
19	Corona Del Mar (1977)	80:07
20	Fountain Valley (1977)	80:08
21	Upland (1978)	80:14
22	Helix, San Diego(1979)	80:17
	Montebello (1982)	80:17

## Southern California X-C Prep Invationals

By Doug Speck

### \* MATER DEI INVITATIONAL

October 9. Eisenhower Park, Orange  
**Men's Varsity** —(Athletes run in races with all first men in one race, all second men, in another, etc.)—Team scores-total of seven men) Mater Dei 8, Orange 26, Saugus 30, Loara & Riverside Poly 32. (Individuals)—1.Badgett (Saug) 10:43, Martinez (MD) 10:59, Lahti (Loara) 11:05, hergenreder (Or) 11:15, 2.Eddy (MD) 10:42, Forstie (RP) 10:50, Bullard (Mission Viejo) 11:01, Mora (Saug) 11:05, Hernandez (Or) 11:07, 3.Toner (MD) 10:53, 4.Dolan (MD) 10:51, 5.Arsenault (MD) 11:04, 6.Munoz (MD) 11:23, 7.Gallivan (MD) 11:23.  
**Women** —(Team)—Foothill (Santa Ana) 10, Newport Harbor 17, Mater Dei 23, Riverside Poly 38. (Individuals)—1.Felt (MD) 12:14, Rabbit (NH) 13:23, 3.Abraham (F) 12:58, Murrel (NH) 13:12, Worden (Saug) 13:20, Croteau (MD) 13:26, 3.Lloyd (F) 13:14, Boing (Saug) 13:26, 4.Carney (F) 13:36, 5.Thoner (F) 13:54, 6.Friend (F) 13:27, 7.Oliver (F) 13:44.

### \* MONTEBELLO INVITATIONAL

October 9. Legg Lake, Whittier.  
**Women** —Races run by grade level, 9th graders two miles, soph-junior-senior 3 miles. 11th-12th grade race—(Individual)

Mosqueda (San Gabriel) 17:51, Farley (SG) 18:55, Vasquez (Alhambra) 19:23, Elcher (Rowland) 19:32. 10th grade race—Amy (Hawthorne) 19:46, Smullen (Haw) 19:51. 9th grade race—Placencia (Rowl) 12:26, Larios (Haw) 13:05.  
**Men** —Senior—Brasley (Montebello) 15:15, Espinoza (Rowl) 15:51, Kerns (Haw) 15:52, Storie (Haw) 16:01, Perez (Mont) 16:05. 11th grade—Hogue (Sonora, La Habra) 15:43, Partida (Whittier) 15:50, Portillo (Downey) 15:51, Juarez (Alhambra) 15:58, Carter (Aih) 16:00. 10th grade—Crandall (Sonora) 16:10, Placencia (Rowl) 16:10. 9th grade—Trujillo (California, Whittier) 10:44

### \* FOUNTAIN VALLEY/HUNTINGTON BEACH INVITATIONAL

October 9. Central Park, Huntington Bch.  
**Women** —Division I (Team) 1.Toro 36 (106:56), West Torrance 45 (Indiv.)—Biggers (ET) 19:43.0, Paoletti (WT) 20:10, Gilbert (FV) 20:19, Division II (Team) Palos Verdes 18 (100:48), Norco 68 (109:15) (Indiv.)—O'Hara (PV) 19:05, Stoltz (PV) 19:37, Williams (N) 20:03. Division III (Team) Edison 15 (101:59), Westminster 75 (112:24) (Indiv.)—Pratt (Ed) 19:34, Vander-molen (Ed) 20:27.  
**Men** —Division I (Team) El Toro 31 (83:21), Warren 68 (85:49) (Indiv.)—Gianetto (Katella, Anaheim) 16:09, Cunningham (ET) 16:17, Makens (ET) 16:25, Archibald (Ocean View, HB) 16:30. Division II (Team) Palos Verdes 41 (84:34), South Hills 44 (84:25), Simi Valley 85 (86:49), Huntington Beach 91 (Indiv.)—Cammack (SH) 16:03, Reynolds (SH) 16:36, Johnson (HB) 16:38, Potter (Simi) 16:38. Division III (Team) Edison (Huntington Beach) 54 (88:35), Pacifica (Garden Grove) 57, Los Alamitos 76 (Indiv.)—Junkerman (LA) 15:32, Coe (Ed) 16:34.

### \* RIGHETTI HS/HANCOCK INVITATIONAL

October 9. Valley Park, Santa Maria.  
**Women's Varsity** —Division II (Team) Lompoc 33, Cabrillo 57, Atascadero 67, St. Joseph (Santa Maria) 84, Carpinteria 97. (Indiv.)—No times (watch malfunction) Allaback (Cafe, Carpinteria), Rich (Lomp). Division I (Team) Westlake 50 (100:35), Santa Barbara 52 (100:31), Righetti 83 (104:13), Crescenta Valley 109. (Indiv.)—Fuess (Westl) 19:00, Ash (N. Bakersfield) 19:31, Heinrichs (SB) 19:34, Deal (Righ) 19:44.  
**Men's Varsity** —Division II (Team) Righetti 35 (83:20), Cabrillo (Lompoc) 37 (84:12), Atascadero 62 (86:27), Lompoc 116. (Indiv.)—Casey (Righ) 15:45, Quinones (Righ) 16:10, Parker (Cabrillo) 16:31, Grijalva (At) 16:32. Division III (Team) Morro Bay 34 (88:41), Paso Robles 46, Carpinteria 57. (Indiv.)—Paine (Carp) 16:21, Hoff (MB) 16:59. Division I (Team) Westlake 58 (84:01), Santa Barbara 64 (84:29), Crescenta Valley 88 (86:13), No. Bakersfield 99. (Indiv.)—Sullivan (W) 15:51, Esparza (SB) 15:58, Herrold (CV) 16:08, Fessler (SB) 16:16, Mendoza (Santa Maria) 16:27.  
**Men's Frosh** —(Team) Bakersfield 42. (Indiv.)—Brown (Coast) 17:37.  
**Jr. High Boys** —Sporer (Orcutt) 12:39.5.  
**Jr. High Girls** —Martino (St. Louis) 14:11.1  
**Elementary Boys** —Herrin (Van) 8:40.9.  
**Elementary Girls** —Graham (Lompoc) 8:37.

### \* BUENA PARK HS INVITATIONAL

October 9. Buena Park HS  
**Women's Varsity** —Division I (Team) Laguna Hills 30 (104:51), Los Amigos 39 (106:02), Buena Park 80. (Indiv.)—Klarnan (LA) 18:48, Helm (LH) 19:28. Division II (Team) Esperanza (Anaheim) 30 (100:57), Irvine 56 (104:01), El Modena 71 (105:39).

Estancia (Costa Mesa) 127. (Indiv.)—Valdez (Esp) 19:18, Naujokas (Irv) 19:47, Gregson (EM) 20:01. Division III (Team) Tustin 34 (97:57), Millikan (Long Beach) 43 (99:51), Newbury Park 100 (108:01), Upland 105. (Indiv.)—Miller (T) 18:32, Fleagle (T) 18:50, Jones (NP) 19:09, Hinrichs (Mill) 19:24, Morfoot (Mill) 19:31, Kennedy (LB Jordan) 19:45, Prusia (Upl) 19:58.

**Women's Varsity** —Division I (Team) Coachella Valley 29 (85:48), Rancho Alamitos (Garden Grove) 41 (86:35), Los Amigos (Garden Grove) 95. (Indiv.)—Gonzales (CV) 16:40. Division II (Team) Buena Park 46 (82:44), Garden Grove 62 (83:39), Irvine 119. (Indiv.)—Carrasco (BP) 16:00, White (Irv) 16:09, Alcaraz (Santa Ana Valley) 16:12, Baerg (Estancia) 16:14, Smith (GG) 16:16, Scardina (BP) 16:20, Ochoa (Anaheim) 16:25. Division III (Team) Newbury Park 26 (79:09), Tustin 81 (83:19), Millikan 86 (84:11), Upland 112. (Indiv.)—Rice (NP) 15:27, Barton (NP) 15:40, Andoetoe (LB Jordan) 15:52, Battenfield (Mill) 15:58, MacDonald (T) 16:04, McNay (NP) 16:09, Belodeau (T) 16:14, McMillan (NP) 16:16, Delany (NP) 16:17.

### \* DOS PUEBLOS INVITATIONAL

October 9. Dos Pueblos HS (Goleta)  
Races run by grade-scores of three runners per grade-frosh run 2 miles, others 3 miles.  
**Women** —Sr. (Team) Thousand Oaks 10 (Indiv.)—Willis (Buena, Vent) 19:02, Chabot (TO) 19:13, Junior (Team) Thousand Oaks 15 (Indiv.)—Irving (San Marino) 18:45, Plante (Ventura) 19:21, Soph. (Team) Dos Pueblos 16. (Indiv.)—Beman (SM) 18:48, McCarthy (Buena) 19:00, Anderson (DP)

Continued on next page... 23



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19:04. Sweepstakes: Thousand Oaks 47, Dos Pueblos 77, Buena 116.  
**Men** —Sr. (Team) Thousand Oaks 15, (Indiv.) Reynolds (Camarillo) 14:55, Hatch (TO) 15:58, Alquist (TO) 15:59, Junior (Team) Royal 15, (Indiv.) Green (Villa Park) 15:44, Baca (SM) 16:07, Soph. (Team) DP 19, (Indiv.) Allen (SM) 16:19. Sweepstakes: Thousand Oaks 108, Villa Park 120, San Marino 176.

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**Women's Varsity** —Small Division (Team) Cabrillo (Lompoc) 55 (105:47), Morro Bay 63 (107:19), Maranatha (Sierra Madre) 78 (109:17), Atascadero 97 (111:38), (Indiv.) Shotloff (Moorpark) 19:23, Mayfield (Cabr) 19:39, Lewis (MB) 20:18, Large Division (Team) Westlake 28 (100:28), Righetti 48 (103:16), Simi Valley & Royal (Simi) 97, (Indiv.) Fuess (W) 19:16, Deal (Righ) 19:33, Rodriguez (Sanger) 19:41, Vandenberg (W) 19:51, Wullivan (W) 20:01.

**Men** —Small Division (Team) Cabrillo (Lompoc) 45 (81:44), Maranatha 64 (82:57), Atascadero 86, Shafter 103 (Indiv.) Brown (Cabr) 15:51, Garcia (SH) 15:59, Parker (Cabr) 15:59, Ramos (McFarland) 16:02, Large Division (Team) Sanger 37 (78:38), Royal (Simi) 85 (81:45), Simi Valley 88 (81:51), Mt. Whitney (Visalia) 96, Righetti 103, (Indiv.) Leal (Sanger) 15:12, Bahr (Mt. W) 15:17, Casey (Righ) 15:19, Nagel (Mt. W) 15:24, Murdado (Sang) 15:30, Naranjo (Sang) 15:41, Potter (Simi) 15:43, Bernal (Sang) 15:45.

**Men's Frosh** —Small (Indiv.) Walker (Maranatha) 17:39, Carr (Mar) 17:47, Large (Indiv.) Sullivan (Sanger) 17:14, Kellogg (Westl) 17:26.

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**Women's Varsity** —Race I (Team) University 23 (98:55), Esperanza 77 (105:42), Los Amigos 117 (109:07), Dana Hills 118 (108:56), El Modena 120 (109:15), (Indiv.) McLaughlin (Uni) 18:54, Kiernan (LA) 19:12, Barrios (Uni) 19:37, Seleine (Uni) 19:38, Gilbert (Fountain Valley) 19:50, Race II (Team) Foothill 20 (96:53), Mater Dei 74 (104:18), Newport Harbor 76 (105:05), Irvine 103 (109:15), (Indiv.) Felt (MD) 18:08, Meyers (F) 19:19, Cox (F) 19:28, Lloyd (F) 19:28, Carney (F) 19:30, Friend (F) 19:30, Abraham (F) 19:35, Murrell (NH) 19:35, Rabbitt (NH) 19:43, Race III (Team) Tustin 39 (99:14), Edison 48 (100:28), Mission Viejo 91 (105:22), El Toro 94 (105:04), El Dorado 132 (109:22), (Indiv.) Miller (T) 18:45, Biggers (ET) 19:12, Pratt (Ed) 19:13, Buck (ET) 19:21, Fleagle (T) 19:30, Vander-molen (Ed) 19:39, Bean (Ed) 19:44, Dilger (T) 19:48.

**Men's Varsity** —Race I (Team) Mater Dei 29 (80:53), Costa Mesa 121 (84:51), Buena Park 122 (84:59), Esperanza 156 (86:06), (Indiv.) Martinez (MD) 15:48, Lawrence (Esp) 15:53, Eddy (MD) 16:08, Carrasco (BP) 16:11, Dolan (MD) 16:12, Hogue (Sonora) 16:14, Race II (Team) El Dorado 62 (81:51), Villa Park 66 (82:11), Huntington Beach 96 (83:29), Dana Hills 112 (84:14), Newport Harbor 144 (85:01), (Indiv.) Anderson (Corona Del Mar) 15:27, Hakeman (Ed) 15:42, Green (VP) 15:54, Baugh (HB) 15:57, Kiner (NH) 15:58, Doering (VP) 16:10, Parker (VP) 16:12, Ree (Kennedy, La Palma) 16:16, White (Irvine) 16:18, Race III (Team) El Modena 40 (80:43), El Toro 57 (82:00), Tustin 94 (84:13), Mission Viejo 116 (85:13), (Indiv.) Junker-man (Los Alamitos) 15:03, Esparza (EM) 15:41, Ghanetto (Katella) 15:46, McGaha (EM) 15:59, Allen (ET) 16:03, Makens (ET) 16:09, MacDonald (T) 16:13, Farlen (ET) 16:16, Christie (MV) 16:18.

**Men's Soph** —Race I (Indiv.) Whiteley (Uni) 16:08, Dominic (MD) 16:32, Carlson (Uni) 16:40, Younklin (MD) 16:48, Race II (Indiv.) Grandall (Sonora) 16:48, Gonzalez

(Magnolia) 17:01, Race III (Indiv.) Kiser (Edison) 17:05.

**Men's Frosh** —Race I (Indiv.) Duarte (MD) 17:14, Race II (Indiv.) Schaffler (Foothill) 17:05, Perry (Estancia) 17:45, Race III (Indiv.) Patino (Edison) 17:33, Linrud (Mission Viejo) 17:58, Gontang (MV) 17:59.

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**Races run first team member against other first runners, second race for second runners, and so on. Course 2.2 miles.**

**Women** —Top Team Times (7 athletes) Palos Verdes 102:57, Buena 103:10, Mira Costa 103:23, Dos Pueblos 104:22, Thousand Oaks 104:50, Monte Vista (San Diego) 110:47, (Individual Top Times from all races) Fischer (Chaminade) 12:59, CR, Cattivera (MC) 13:08, O'Hara (PV) 13:30, McCarthy (Buena) 13:50, Willis (Buena) 13:57, Anderson (DP) 14:03, Zimmerman (DP) 14:03, Stoltz (PV) 14:04, Vandehei (Buena) 14:10, Bessel (TO) 14:11.

**Men** —Top Team Times (7 athletes) Monte Vista 83:14, Palos Verdes 83:23, Arroyo (El Monte) 85:28, Mira Costa 85:47, Thousand Oaks 86:55, Buena 88:41, Alhambra 89:04, (Individual Top Times) Sandoval (MV) 11:11, Hauser (Santa Monica) 11:14, Watson (PV) 11:20, Schauder (MV) 11:23, Rau (MV) 11:34, Hatch (TO) 11:35, Alquist (TO) 11:37, Near (Monrovia) 11:37, Chambers (PV) 11:38, Montez (Arr) 11:44.

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**Athletes run races first runner against first runners, etc.**

**Women** —Team Times (Top 5) Bishop Amat 99:36, Rowland 103:12, Northview (Covina) 109:06, Nogales (La Puente) 109:08, (Individual Top Times) K. Ebner (BA) 18:30, Maldonado (BA) 19:07, Placencia (Rowl) 19:24, Ostinger (So. Hills) 19:37, Elcher (Rowl) 19:53.

**Men** —Top Team Times (5) South Hills 83:05, Los Altos (Hacienda Heights) 84:13, Rowland 84:42, Walnut 86:42, (Individual) 1. Cammack (SoH) 16:08, Bishop (Glendora) 16:13, Baldridge (LA) 16:21, Henson (Waln) 16:25, 2. Reynolds (SH) 16:12, 3. Vargas (SH) 16:36, 4. Apodaca (LA) 16:46, 5. Luna (LA) 16:55.

**Soph-Frosh** —Indiv.-Baldridge (LA) 16:47, Cohee (SH) 16:54, Hurlimann (SH) 16:56.

## 

By Doug Speck

On the weekend of Friday, October 29th, and Saturday, October 30th, the Preps took over the Mt. SAC Cross Country course for the annual invitational sponsored by Baldwin Park High School's Dave Kasper. Great weather and super competition marked the two days, with the good weather needing a special emphasis. Last year Saturday's competition was marked by a real heat wave which slowed most late morning and afternoon races quite a bit. This year the Friday afternoon races had their usual cool weather, and Saturday broke quite over-cast with the threat of rain. It did rain some after the final races on Saturday. Athletes took advantage of these conditions and the competition to crank out some super performances.

Two young ladies, Katie Dunsmuir (Palisades), at 17:25, and Laura Cattivera (Mira Costa, Manhattan Beach), at 17:26, running in separate races on Saturday, both broke the Course Record of 17:27 set by Polly Plummer in last year's Sectional Finals. Katie is a tall long-strider, and her

duel with Chaminade's mighty-mite Tanya Fischer in the Individual Sweepstakes Race, was a sharp one to watch. The duo cruised by the flat first mile with Sandy Blakeslee (Vista) in tow at under 5:20. Fischer tried to lose Katie on a steep grade prior to two miles, but Dunsmuir came back on Reservoir Hill, a half a mile from the finish, and eased away to a big eighteen second win. Miss Dunsmuir is a powerful runner who will be heard from in 1982-83. Cattivera, the Mira Costa soph, romped to a 59 second win in the Team Sweepstakes race in her 17:26 run — needless to say she probably could have gone faster if pushed. Foothill High of Santa Ana was a big winner in the Women's Team Sweepstakes Race with its 8-9-10-11-15 placings and team time of 94:59 marking it among Southern California's best ever Female squads. The 94:59 is the fourth best team time ever on the Mt. SAC 3 Mile Course, with Mira Costa second in this race at 73 points, but a 94:40 team time (3rd best ever) off Cattivera's record time. University of Irvine has raced very nicely in duals, but has run only partial squads or none of their top athletes in invitational (they ran their JV in the Varsity Sweeps here). In Friday's Smaller School action, Louisville's (Woodland Hills) Katie Manning raced a fine 18:09 (12th best ever at Mt. SAC) to take the Sweepstakes race over much improved San Marino soph Ann Beman (18:28).

Men's action centered around a super confrontation of undefeated athletes in the Individual Sweepstakes. 8:25 3200 runner Eric Reynolds (Camarillo), 9:02 3200er Jesus Gutierrez (Pasadena), and Mark Junkerman (Los Alamitos) had all been big winners so far this Fall in each of their races. Add Jim Ortiz (Barstow), 8:59 for 3200 last Spring, and Stanford invitational winner Jason Fiamm (La Sierra, Carmichael), and you have among the top fields ever gathered here. Junkerman is not used to have anyone close, and he started this race like he planned on another run away. A 4:36 first mile shook some, but not a pack of 6-8 (including all the above except Ortiz, who sat back a bit). Coming to the steep poop-out hill prior to two miles Reynolds and Junkerman had broken away, with the Camarillo star picking out that spot to make his move. Reynolds edged away from there on in, with Gutierrez moving up into second, and Ortiz coming from a ways back to place third. The times were super. Reynolds' 14:44 is second only to the great Jeff Nelson's 14:32 on the all-time list, while Gutierrez is third with his 14:53 and Ortiz sixth at 14:56.

The Men's Sweepstakes race was taken by guess who? Mater Dei of Santa Ana continued its domination of Southern California Cross-Country with its win here with 97 points and a team time of 79:06.0 (5th fastest team time ever on the course). San Diego's best, Monte Vista, was 2nd at 121 (79:30.2-11th best ever). Mater Dei ran without top-flyer Jim Toner, while the third place team, El Dorado (Placentia), raced 80:03 without Ric Allen, who is usually equal to Scott Hakeman. Hakeman was sandwiched in at second individually at 15:10 between San Diego stars, Martin Sandoval (Monte Vista) 15:08 and Aaron Rudd (Valhalla) 15:12. In Friday Smaller School action a match-up between George Yuster (Brentwood) and Pat Green (La Jolla) went astray when Green and his team somehow ended up in the race after which they were scheduled. Yuster ran away from his competition to win in 15:22, while Green was unpressed through a 15:45 win.

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**Women's Individual Sweeps**  
**Individuals**—1. Dunsmuir (Palisades) 17:25 (CR), 2. Fischer (Chaminade, Canoga Park) 17:43, 3. Blakeslee (Vista) 17:46, 4. Felt (Mater Dei) 17:57, 5. Brazel (Chino) 18:21, 6. Rizzo (Hart, Newhall) 18:24, 7. Prieur (Le Lyce Francais) 18:28, 8. Buck (El Toro) 18:40, 9. Cohenour (Arlington) 18:45, 10. Ehrbard (Arlington) 18:45, 11. Stehly (Orange Glen) 18:48, 12. Silva (Kennedy,

Granada Hills) 18:56, 13. Biggers (El Toro) 19:13, 14. Valdez (Esperanza) 19:17, 15. Good (Arlington) 19:20.  
**Scoring:** 1. El Toro 138 (100:18.1), 2. Esperanza 145 (101:03.6), 3. Mater Dei 151 (100:28.5).

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**Individuals**—1. Cattivera (Mira Costa) 17:26, Maldonado (Bishop Amat) 18:25, Ebner, K. (BA) 18:34, Miller (Tustin) 18:47, White (Mira Costa) 18:48, Rich (Lompoc) 18:49, Harris (Mira Costa) 18:50, Cox (Foothill) 18:51, Lloyd (Foothill) 18:57, Abraham (Foothill) 18:58, Meyers (Foothill) 18:59, Bessel (Thousand Oaks) 19:01, Fairman (TO) 19:10, Fleagle (Tustin) 19:12, Friend (Foothill) 19:14.

**Scoring:** 1. Foothill (Santa Ana) 53 (94:59.0), 2. Mira Costa 73 (94:40.0), 3. Tustin 111 (97:39), 4. Thousand Oaks 130 (98:29), 5. Bishop Amat 145 (99:19), 6. Millikan 166 (100:18.2), 7. Mt. Carmel (San Diego) 168 (100:30), 8. Hawthorne 193 (101:42.0), 9. Lompoc 195 (101:28.0), 10. Monte Vista (SD) 227 (105:18.0), 11. Newport Harbor 264.

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**Individuals**—Reynolds (Camarillo) 14:44, Gutierrez (Pasadena) 14:53, Ortiz (Barstow) 14:58, Junkerman (Los Alamitos) 15:04, Fiamm (La Sierra, Carmichael) 15:12, Goodlake (Fallbrook, San Diego) 15:13, Harris (Eisenhower, Rialto) 15:20, Cruz (Burbank) 15:21, Palma (Glendale) 15:26, Badgett (Saugus) 15:31, Torc (Barstow) 15:33, Hauser (Santa Monica) 15:40, Hatch (Thousand Oaks) 15:54, Near (Monrovia) 15:55, Ghanetto (Katella) 15:57.  
**Scoring:** 1. Barstow 87 (80:21.7), 2. Thousand Oaks 104 (81:55.6), 3. Burbank 117 (82:13.2), 4. Bella Vista (Fair Oaks) 150 (84:00.1).

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**Individuals**—Sandoval (Monte Vista) 15:08, Hakeman (El Dorado) 15:10, Rudd (Valhalla) 15:12, Eddy (Mater Dei) 15:20, Cammack (South Hills) 15:22, Schauder (Monte Vista) 15:24, Martinez (MD) 15:28, Rice (Newbury Park) 15:35, Arsenault (MD) 15:36, Rau (MV) 15:38, Watson (Canyon) 15:41, Ouellette (Mira Mesa) 15:44, Montez (Arroyo) 15:48, Nowakowski (Mira Mesa) 15:49, Carrillo (Montebello) 15:51.  
**Scoring:** Mater Dei 97 (79:06), Monte Vista 121 (79:30), Montebello 125 (80:17), El Dorado 134 (80:03), El Toro 148 (80:51), Valhalla 152 (80:31), Hawthorne 167 (81:10), Arroyo (El Monte) 179 (81:23), South Hills (Covina) 181 (81:20), Newbury Park 215 (82:19), Mira Mesa (San Diego) 231 (82:45.8).

**October 29, Mt. SAC Invitational, Division I** (1099 students or less in grades 10-11-12) plus Junior High Races-Jr. High races 2 miles.

No. 1-8th Grade Girls-(Team) Matilija (Ojai) 81 (Indiv.) Williams (Kranz, El Monte) 13:11.8.  
 No. 2-8th Grade Boys-(Team) Mesa Robles 90 (64:41.8) (Indiv.) Soto (Dwyer, Huntington Beach) 11:15.1, Barrios (Rancho San Joaquin) 11:32.1.  
 No. 3-7th Grade Girls-(Team) Twin Peaks 85 (75:17.7) (Indiv.) Williams (Kranz) 12:31.4, Kniffino (Greenfield) 12:45.2, Flores (Cedar Lane) 12:54.8.  
 No. 4-7th Grade Boys-(Team) Twin Peaks 72 (66:57.7) (Indiv.) Polite (Suzanne, Walnut) 12:25.9, Churchill (Chapparral) 12:55.7.  
 No. 5-Soph Men-(Team) St. Francis (La Canada) 126 (99:04.5) (Indiv.) Smilovitz (San Luis Obispo) 17:53.1.  
 No. 6-Frosh Men-(Team) LaSalle 84 (92:59.7), Sherman Indian 92 (93:08.5) (Indiv.) James (Mar Vista, San Elgo) 17:01.8, Villalobos (Brawley) 17:20.4, Oliver (SI) 17:36.7, Ramon (SI) 17:43.3.  
 No. 7-JV Men-(Team) South Hills 33 (92:13.5) (Indiv.) Saigado (SH) 17:47.4.  
 No. 8-JV Men-(Team) St. Francis 62 (91:50.8) (Indiv.) Schultz (Mar Vista) 17:48.1.  
 No. 9-Frosh Men-(Team) Valley View JHS (Simi) 79 (94:22.3) (Indiv.) Zimmer (Sequoia JHS, Simi) 17:46.2, Ortiz (Calixico) 17:47.7.



No. 10-Soph Men-(Team) South Hills 33 (87:46.1) (Indiv.) Cohee (SH) 16:43.3, Hurlimann (SH) 16:49.1, Benson (Maranatha) 16:54.2.  
 No. 11-Soph Men-(Team) Sherman Indian 83 (92:27.3) (Indiv.) Allen (San Marino) 16:49.7.  
 No. 12-Varsity Men-(Team) Chaminade (Canoga Park) 85 (86:57.3) (Indiv.) Zolda (Chaminade) 16:42.5.  
 No. 13-Varsity Men-(Team) Miraleste (Palos Verdes) 87 (86:30.2) (Indiv.) Solis (La Sierra, Riverside) 16:10.6, Meinhold (SLO) 16:20.3.  
 No. 14-Varsity Men-(Team) Sherman Indian 88 (84:58.8), La Salle 116 (85:43) Brentwood 117 (84:48), Bell-Jeff (Burbank) 86:31 (Indiv.) Yuster (Br) 15:22.2, Greer (St. Augustine, San Diego) 15:42.7, Hall (La Salle) 15:44.9, Williams (Brentwood) 16:03.6, Mawhorter (La Verne Lutheran) 16:12.7.  
 No. 15-Varsity Men-(Team) Serrano 107 (90:47.5) (Indiv.) Green (La Jolla) 15:45.5.  
 No. 16-Varsity Men-(Team) Mar Vista (San Diego) 87 (81:53.4), San Marino 131 (83:35.4), La Canada 146 (83:37.8), Cabrillo (Lomp) 152 (84:07.2), Costa Mesa 165 (84:41), Romona (San Diego) 170 (84:06) (Indiv.) Clayton (MV) 15:41.3, Koenia (Rom) 15:43.5, J.Trevlthick (LC) 15:48.6, Loud (Charter Oak) 15:53.1, Guerin (MV) 15:57.0, Allen (Perris) 16:02.6, Baca (SM) 16:06.3.  
 No. 17-Varsity Women-(Team) Morro Bay 77 (103:54.4), Louisville 82 (103:09.3) (Indiv.) Manning (Louisville, Woodland Hills) 18:09.9, Beman (San Marino) 18:28.0, Morris (Costa Mesa) 18:51.0, Irving (SM) 18:56.5.  
 No. 18-Varsity Women-(Team) Bishop 89 (109:56.9) (Indiv.) Mohr (La Reina, Thousand Oaks) 19:44.3.  
 No. 19-Varsity Women-(Team) Agoura 95 (108:27.0), Cabrillo 100 (107:59.9) (Indiv.) Mayfield (Cabrillo) 19:19.6.

No. 20-Varsity Women-(Team) Santa Fe Christian, Solana Beach 67 (114:32.9) (Indiv.) Doody (Webb) 20:12.3.  
 No. 21-Varsity Women-(Team) Yucalpa 54 (105:28.9) (Indiv.) Kent (Rio Mesa, Oxnard) 19:55.2.  
 No. 22-Soph Women-(Team) Mar Vista 62 (111:44.3) (Indiv.) Pedrosa (MV) 20:28.4.  
 No. 23-Fresh Women-(Team) Rim of World 137 (119:14.8) (Indiv.) Gorman (Bonita Vista, Chula Vista) 19:43.6.  
 No. 24-JV Women-(Team) no team 5 finishers (Indiv.) Brendt (San Marcos, SD) 22:50.2.

#### October 30. Mt. SAC Invitational. Division II-III (1100-3500 students).

No. 25-III JV Men-(Team) Millikan (Long Beach) 29 (88:28.3) (Indiv.) Malligan (Mill) 16:44.7.  
 No. 26-III So Men-(Team) Huntington Beach 48 (88:45.4) (Indiv.) Ziegler (Mira Costa) 17:09.4.  
 No. 27-III Fr Men-(Team) Edison (Huntington Beach) 40 (92:22.8) (Indiv.) Patino (Ed) 17:25.2.  
 No. 28-III JV Men-(Team) Mira Costa 19 (88:15.3) (Indiv.) Potter (MC) 17:24.3.  
 No. 29-III So Men-(Team) Beverly Hills 81 (87:27.5), Thousand Oaks 82 (87:25.4), Westlake 85 (86:10.4) (Indiv.) Myers (Westlake) 16:20.0, Kinser (Edison) 16:50.2.  
 No. 30-III Fr Men-(Team) Thousand Oaks 93 (91:20.3) (Indiv.) Fierro (Chaffey, Ontario) 17:20.2.  
 No. 31-III Var Men-(Team) Bell Gardens 76 (84:13.0) (Indiv.) Forstie (Riverside Poly) 16:14.2, Bishop (Glendora) 16:21.7.  
 No. 32-III Var Men-(Team) Mt. Carmel (San Diego) 89 (82:55.5) (Indiv.) Martin (Victor Valley) 15:47.3, Feters (Upland) 15:55.6, Orre (Kennedy La Palma) 15:58.0, Price (Mt. Carmel) 16:00.4.  
 No. 33-III Var Men-(Team) Mira Costa 69 (81:24.0), Millikan 107 (82:33.0), Hun-

tington Beach 119 (82:35.6), Royal (Simi) 126 (82:43.0), Lakewood 156 (83:37.9) (Indiv.) LaPlant (Palmdale) 15:36.7, Baugh (HB) 15:58.0, Mota (Poway) 15:59.9, Diaz (Cerritos) 16:01.3.  
 No. 34-III Var Women-(Team) Santa Barbara 58 (no times on race) (Indiv.) Sowers (Victor Valley).  
 No. 35-III Var Women-(Team) Mira Mesa (San Diego) 36 (102:36.8) (Indiv.) Vasquez (Alhambra) 19:25.3.  
 No. 36-III Var Women-(Team) Westlake 36 (99:59.3) (Indiv.) Fuess (Westl) 18:54.7, Prusia (Upland) 19:26.2.  
 No. 37-III JV Women-(Team) Thousand Oaks 80 (113:50.1) (Indiv.) Milley (Millikan) 20:59.9.  
 No. 38-III So Women-(Team) Edison (Huntington Beach) 17 (101:32.1) (Indiv.) White (Ed) 19:41.0.  
 No. 39-III Fr Women-(Team) Edison 30 (104:04.4) (Indiv.) Eager (Vista) 19:04.4, Ritchot (Edison) 19:55.0.  
 No. 40-43 Sweepstakes Races covered and results in Feature Article.  
 No. 44-II Var Men-(Team) Newport Harbor 110 (82:58.1), San Marcos (Santa Barbara) 112 (83:08.6), Dana Hills 126 (83:33.2), Eagle Rock (LA) 128 (82:50.9) (Indiv.) Casey (Righetti) 15:32.3, Waian (ER) 15:33.9, Ramirez (Lompoc) 15:40.0, Block (Lomp) 15:47.8.  
 No. 45-II Var Men-(Team) De La Salle (Concord) 58 (81:38.2), Mountain View (El Monte) 115 (83:49.4) (Indiv.) Bahr (Mt. Whitney, Visalia) 15:38.6, Carranza (El Centro) 15:53.3, Fortner (MV) 15:57.5.  
 No. 46-II Var Men-(Team) San Pasqual 87 (83:44.2) (Indiv.) Christie (Mission Viejo) 16:02.0.  
 No. 47-II Var Men-(Team) Walnut 89 (84:12.0), Tustin 89 (84:20.2) (Indiv.) Fontaine (Serra, San Diego) 15:54, Filther (Serra) 15:57.  
 No. 48-II Var Men-(Team) Colton 65 (85:39.7) (Indiv.) Zampardo (Hilltop, San Diego) 16:37.5.

No. 49-II Var Women-(Team) Valhalla, San Diego 62 (100:12.1) (Indiv.) Williams (Norco) 18:58.7, Lewis (San Pasqual) 19:10.3.  
 No. 50-II Var Women-(Team) Amador Valley (Pleasanton) 37 (100:34.2) (Indiv.) Cathcart (AV) 19:09.8.  
 No. 51-II Var Women-(Team) Sweetwater, San Diego 52 (102:31.3) (Indiv.) McDonald (Diamond Bar) 19:11.5.  
 No. 52-II Var Women-(Team) El Dorado, Placentia 90 (103:24.6) (Indiv.) Lisiewicz (Hoover, Glendale) 18:49.4, Bean (ED) 18:58.4.  
 No. 53-II So Men-(Team) De La Salle (Concord) 60 (86:04.7), Mater Dei (Santa Ana) 67 (86:01.8) (Indiv.) Youngin (MC) 16:31.7, Dietlen (El Capitan, San Diego) 16:39.6, Rice (EC) 16:40.9, Stocking (DLS) 16:48.5.  
 No. 54-II So Men-(Team) Santa Ana 53 (90:53.6) (Indiv.) Sandoval (Southwest, San Diego) 16:06.2.  
 No. 55-II So Men-(Team) Tustin 43 (87:10.5) (Indiv.) Manuel (Saugus) 16:58.9.  
 No. 56-II Fr Men-(Team) Mission Viejo 78 (90:37.5) (Indiv.) Holloway (Quartz Hill) 16:55.2, Belardes (Orange Glen, San Diego) 17:02.7.  
 No. 57-II Fr Men-(Team) Saugus 86 (94:43.1) (Indiv.) Rincon (El Capitan) 16:26.4.  
 No. 58-II Fr Men-(Team) Righetti, Santa Maria 84 (94:16.1) (Indiv.) Garcia (Garey, Pomona) 17:34.7.  
 No. 59-II JV Men-(Team) Mater Dei 15 (85:22.7) (Indiv.) Larkin (MD) 16:50.4.  
 No. 60-II JV Men-(Team) De La Salle 48 (88:03.5) (Indiv.) Cortez (Arroyo, El Monte) 16:50.1.  
 No. 61-II So Women-(Team) Tustin 54 (105:29.1) (Indiv.) Ojeda (Eagle Rock) 19:22.5.  
 No. 62-II Fr Women-(Team) Newport Harbor 99 (109:06.3) (Indiv.) Panno (San Pasqual) 19:38.8, Gonzales (Bishop Amat) 19:45.9.  
 No. 63-II JV Women-(Team) Valhalla 29 (110:39.4) (Indiv.) Kingman (Tustin) 21:17.3.

## SAC-JOQUIN UPDATE

From STEVE FAGUNDES

### Sac Joaquin Section Pre-Section Meet X-C Rankings

Based on the results of invitational and championship meet competition from September 15 to November 6, the following rankings were developed for both individual and team competition.

Girls Teams	
1 El Dorado	Placerville
2 Del Campo	Fair Oaks
3 Del Oro	Loomis
4 Vacaville	
5 Davis	
Merced (Tied)	
Girls Individuals	
1 Joni Mooney	Vacaville
2 Sally Pinkner	Davis
3 Stacey McAfee	Del Oro, Loomis
4 Julie Rivers	El Dorado, Placerville
5 Julie Van Horn	Kennedy, Sacramento
Boys Teams	
1 Jesuit	Carmichael
2 Nevada Union	Grass Valley
3 Cordova	Rancho Cordova
4 Bella Vista	Fair Oaks
5 Mira Loma	Sacramento
Placer (Tied)	Auburn
Boys Individuals	
1 Jason Flamm	La Sierra, Carmichael
2 Rene Perez	Woodland
3 Nick Sparks	Bella Vista, Fair Oaks
4 Mark Edwards	NV Union, Grass Valley
5 Mike Larson	Del Campo, Fair Oaks

### Rio Linda Invit.

October 17. Gibson Ranch County Park, Elverta, Ca. Small Schools.

The team competition in the small schools division was dominated by South Tahoe High School. With Karen Haase as the individual winner and placing another four girls in the top ten, South Tahoe easily captured the team title. In the boys division, Jerry Saldana (Riverbank) was the individual winner with John Downing's second place finish leading South Tahoe to another team championship.

Girls Individuals	
1 Karen Haase (South Tahoe)	19:14
2 Pumental (East Union)	20:02
3 Prevost (South Tahoe)	20:03
4 Foster (South Tahoe)	20:18
5 Crist (Bret Harte)	20:54
6 Eldridge (Colfax)	21:03
7 Phillips (Lassen)	21:07
8 Marcucio (South Tahoe)	21:12
9 Skenfield (Bret Harte)	21:24
10 Stewart (South Tahoe)	21:34
Girls Team Scores: 1. South Tahoe 20, 2. Colfax 47, 3. Amador 92, 4. Amador 92.	
Boys Individuals	
1 Jerry Saldana (Riverbank)	16:15
2 Downing (South Tahoe)	16:28
3 Williams (Las Plumas)	16:34
4 Knox (South Tahoe)	16:53
5 Ramirez (Colfax)	17:06
6 Dix (South Tahoe)	17:09
7 Tweed (Las Plumas)	17:18
8 Knowlton (Las Plumas)	17:40
9 Bakkerud (Bret Harte)	17:45
10 Gomos (St. Mary's)	17:53
Boys Team Scores: 1. South Tahoe 29, 2. Las Plumas 48, 3. Riverbank 58, 4. Lassen 83.	

### Large Schools

In the large school division, Joni Mooney (Vacaville) dualed Lauretta Miller (Carson City, Nevada) over the entire three mile course moving away in the final 300 yards for a slim two second victory. Led by sophomore Julie Rivers, El Dorado (Placerville), the Sac-Joaquin Section's number one ranked team, garnered the team championship. Rod Curry (Christian Brothers) captured first place in the boys individual competition with Jim Mattson's fifth place finish leading Cordova (Rancho Cordova) to the team title. In the boys large school individual race (no team competition), Mike Larson (Del Campo, Fair Oaks) ran a "solo" 16:16 finishing over thirty seconds in front of second place.

Girls Individuals	
1 Joni Mooney (Vacaville)	18:16
2 Miller (Carson City)	18:18
3 McAfee (Del Oro)	18:40
4 Bowman (Carson City)	18:43
5 Rasmussen (Lincoln)	18:55
6 Rivers (El Dorado)	18:59
7 Van Horn (Kennedy)	19:10
8 L. Bushling (Yuba City)	19:18
9 Payton (El Dorado)	19:28
10 Self (Del Campo)	19:30
11 Brazzelton (Vacaville)	19:43
12 Whitworth (Reed, NV)	19:47
13 Kashuba (Casa Roble)	19:58
Boys Individuals	
1 Rod Curry (Christ. Bro.)	16:08
2 Vicencio (Del Oro)	16:19
3 Oliveira (Highlands)	16:25
4 Farwell (El Cerrito)	16:32
5 Mattson (Cordova)	16:33
6 Garrett (Vacaville)	16:33

Miller (Douglas NV)	16:37
Craighead (Carson City)	16:37
7 Bailey (El Dorado)	16:38
8 Lawson (Del Oro)	16:39
9 Coker (Vacaville)	16:44
10 Tenthorrey (Cordova)	16:46
<b>Boys Team Scores: 1. Cordova (Rancho Cordova) 76, 2. Carson City (Nevada) 97, 3. Reed (Nevada) 108, 4. El Dorado (Placerville) 121, 5. Vacaville 124</b>	

### Sac Joaquin Sub Section 1

November 5. Oak Grove Park, Stockton, CA.

Merced High School dominated both the boys and girls divisions of the meet. An exception was the girl's individual title which was won by Julie Rasmussen (Lincoln, Stockton), despite suffering from a stomach virus. Demonstrating excellent team strength by placing four girls in the top ten individuals, Merced easily captured the team title. In the boys division, pre meet favorite Gabriel Chavez (Franklin) was another victim of the flu, finishing fourth behind Doug Willeagen's (Merced) first place finish. As in the girls team competition, Merced displayed excellent team strength putting four individuals in the top ten finishers to capture the team championship.

Girls Individuals	
1 Julie Rasmussen (Lincoln)	18:56
2 Crawford (Grace Davis)	NTA



# Sally Pinkner

By STEVE FAGUNDES



As the gun sounded for the start of the Sac-Joaquin Section 3200m, a diminutive figure clad in the blue and white of Davis High School immediately raced to the lead. Although competing in only her fifth two mile, there was no hesitation for Sally Pinkner against one of the strongest fields in section history. For each successive lap she controlled the pace or ran stride for stride with the leader, refusing to relinquish the lead. Holding off a spirited last lap challenge, Sally captured her first Sac-Joaquin Section Championship in a personal best of 10:52.4.

The victory exemplified her strong competitive drive and improved confidence. As Sally related, "Although I had run only a few two mile races, I knew I was strong enough to stay with the leaders. Before the race started I decided that I would drop from exhaustion, before I would let the lead group get away." Unfortunately, the following week her inexperience was evident as she attempted to stay with the early leaders at the State Meet and

faded badly "finishing back in the pack." A neophyte in state level competition, she hopes to remedy the situation by gaining valuable experience at the Kinney Western Cross Country Regionals and some invitational meets in Southern California and the Bay Area during the coming track season. She explained her racing philosophy accordingly "Good or bad, each race is a learning experience and will help me improve." As evidenced by her 4.00 grade point average, it won't take Sally long to learn from these experiences.

A weekly training regimen of 30-35 miles during the "off season" and 60-65 miles during the competitive season has allowed her to sustain a high level of fitness throughout the year. "I lower my mileage between seasons," she explained, "to give myself both a physical and mental break. This maintains both my fitness and enthusiasm for the upcoming season." Currently ranked second in the Sac-Joaquin section for cross country (behind Joni Mooney of Vacaville). Sally enjoys all the venues of competitive running. As she detailed, "Cross country is both an individual and a team sport and I really enjoy the team aspect. The surroundings are always different which makes race strategy vary from course to course. Track is a completely different form of running, where the races are more individually competitive, times can be compared from week to week since there is no difference between racing surfaces. Finally, I enjoy road racing in the off season because of the friendly atmosphere at the races."

With the end of her junior cross country season rapidly approaching, Sally has set her sights on a top five finish in the Northern California Championships (she finished twenty-second last year) and a good "showing" at the Kinney Western Regionals. Beyond these immediate goals she would like to "continue to improve and be competitive at the state level in both cross country and track." Competing in college is definitely in her plans. With a career in medicine planned, she would like to attend a university possessing both a strong athletic program and an excellent academic reputation.

For Sally, each competition becomes a learning experience—her next step to improvement. With her ability and determination, no doubt she will find success both on and off the athletic field.

Sally Pinkner was born May 4, 1966 and is 5'2 / 97 lbs. She attends Davis Senior High School (Davis) and will graduate in 1984. Ed Hass, in his nineteenth year at Davis, is her coach. Her progression is:

Year	Age	Class	400m	800m	1600m	3200m	5000m	10,000m
1980	14	8		2:32				
1981	15	9		2:21	5:12			
1982	16	10	63.0	2:20	5:08	10:52	17:58(r)	38:19(r)

Other personal bests include: 29:20(r) for 5 miles, 64:15(r) for 10 miles (r = road race)

## Sac-Joaquin Sub Section, cont.

3	Tubman (Grace Davis)	NTA
4	Duggins (Merced)	NTA
5	Rowan (Turlock)	NTA
6	Ball (Merced)	NTA
7	Donaldson (Merced)	NTA
8	Bernecker (Atwater)	NTA
9	Fluegel (Merced)	NTA
10	Chin (Turlock)	NTA

Girls Team Scores: 1. Merced 36 (NTA), 2. Turlock 54 (NTA), 3. Lincoln (Stockton) 66 (NTA).

### Boys Individuals

1	Doug Willeager (Merced)	15:51
2	Valdez (Merced)	NTA
3	Orosco (Turlock)	NTA
4	Chavez (Franklin)	NTA
5	Miller (Lodi)	NTA
6	DSTurner (Merced)	NTA
7	Avila (Beyer)	NTA
8	Hope (Atwater)	NTA
9	Norris (Merced)	NTA
10	Martinez (Lodi)	NTA

Boys Team Scores: 1. Merced 29 (NTA), 2. Turlock 55 (NTA), 3. Lodi 77 (NTA).

## Sac Joaquin Sub Section II

From Steve Fagundes

November 5. Wood Junior High School, Vacaville.

Paced by an impressive victory by junior Joni Mooney, the sections number one rated female cross country runner, Vacaville captured the girls team title over a strong field. Sally Pinkner, recovering from bronchitis which forced her out of last week's Delta League Championship meet, led Davis to a strong second place finish. In the boy's division, both the team and individual titles were never in doubt. Senior Rene Perez (Woodland) dominated the individual competition finishing a full minute ahead of second place. Jesuit (Carmichael), led by freshmen twins Mark and Eric Mastalir, easily captured the team title placing seven runners in the top ten.

### Girls Individuals

1	Joni Mooney (Vacaville)	17:37
2	L. Bushling (Yuba City)	18:13
3	Brazelton (Vacaville)	18:32
4	Pinkner (Davis)	18:42
5	Rasmussen (Elk Grove)	19:25
6	Uldall (Vacaville)	19:36
7	Lewis (Davis)	19:43
8	Madell (Davis)	19:57
9	Jenson (Vacaville)	20:08
10	Torres (Davis)	20:18

Girls Team Scores: 1. Vacaville 31 (96:57), 2. Davis 36 (99:00), 3. Elk Grove 57 (102:33), 4. Vintage (Napa) 106 (110:04).

### Boys Individuals

1	Rene Perez (Woodland)	14:40
2	M. Mastalir (Jesuit)	15:40
3	Oliveria (Highlands)	15:43
4	Stauffer (Jesuit)	15:43

5	E. Mastalir (Jesuit)	15:45
6	Grieve (Jesuit)	15:48
7	Bass (Jesuit)	15:49
8	Berke (Jesuit)	15:52
9	Schmalenberger (Davis)	15:58
10	Granger (Jesuit)	15:59

Boys Team Scores: 1. Jesuit (Carmichael) 15 (78:45), 2. Fairfield 55 (83:11), 3. Davis 76 (87:28).

## Sac-Joaquin Sub Section III

From Steve Fagundes

November 3. Sierra College, Rocklin.

Leading from start to finish, junior Julie Van Horn (Kennedy, Sacramento) easily captured the individual title over the rolling three mile course. Sophomore Deonne Self, despite suffering from a cold, paced her Del Campo (Fair Oaks) squad to a convincing victory in the team competition. Senior Jason Flamm (La Sierra, Carmichael) continued his dominance of section competition with a solo effort after the first mile, just missing Harold Kuphaldt's course and meet records by a mere 1.5 seconds. In a strong team competition (containing four of the top five ranked teams in the section), Nevada Union (Grass Valley), led by Mike Edwards' second place finish, defeated Cordova (Rancho Cordova) for the first time this season to capture the team title.

### Girls Individuals

1	Julie Van Horn (Kennedy)	18:52
2	Kashuba (frosch) (Casa Roble)	19:17
3	Self (Del Campo)	19:26
4	Virga (Del Campo)	19:32
5	Montgomery (Bella Vista)	19:44
6	Riley (Nevada Union)	20:06
7	Gregory (Cordova)	20:07
8	Houser (Nevada Union)	20:09
9	Reeves (Del Campo)	20:30
10	Poggi (Placer)	20:41

Girls Team Scores: 1. Del Campo (Fair Oaks) 33 (101:23), 2. Cordova (Rancho Cordova) 61 (105:44), 3. Casa Roble (Orangedale) 76 (107:55), 4. Nevada Union (Grass Valley) 84 (113:16), 5. Placer (Auburn) 111 (112:56).

### Boys Individuals

1	Jason Flamm (La Sierra)	15:02
2	Edwards (Nevada Union)	15:38
3	Sparks (Bella Vista)	15:42
4	Larson (Del Campo)	15:47
5	C. Adcock (Placer)	15:49
6	Marotte (Bella Vista)	15:54
7	Curry (Christian Bros.)	15:54
8	Goss (Nevada Union)	15:59
9	Walker (Del Campo)	16:01
10	Tenthorey (Cordova)	16:06

Boys Team Scores: 1. Nevada Union (Grass Valley) 38 (80:31), 2. Cordova (Rancho Cordova) 52 (81:25), 3. Bella Vista (Fair Oaks) 63 (82:00), 4. Placer (Auburn) 81 (83:03), 5. Christian Bros. (Sacramento) 127 (89:17).



## Sac Joaquin Sub Section IV

November 5. Gibson Ranch County Park, Elverta.

At full strength after a month of injury and/or illness to key individuals, the El Dorado (Placerville) girl's team captured the team title to remain undefeated against Sac-Joaquin Section competition. Sophomore Julie Rivers paced El Dorado with a second place finish behind Stacey McAfee (Del Oro, Loomis). In a highly competitive boys division, Pete Vicencio (Del Oro) captured the individual title with Mira Loma (Sacramento) edging out El Dorado and Del Oro for the team title.

Girls Individual	
1 Stacey McAfee (Del Oro)	18:42
2 Rivers (El Dorado)	18:50
3 Payton (El Dorado)	19:09
4 Wilson (Del Oro)	19:20
5 Knox (Del Oro)	19:22
6 Terapelli (Encina)	19:26
7 Goyette (El Dorado)	19:29
8 Nath (Sonora)	19:31
9 Pimentel (East Union)	19:45
10 Olsen (El Dorado)	19:55

**Girls Team Scores:** 1. El Dorado (Placerville) 29 (97:27), 2. Del Oro (Loomis) 36 (98:45), 3. Sonora 72 (103:55), 4. El Camino (Sacramento) 104 (109:36), 5. Rio Americano (Sacramento) 120 (112:02).

Boys Individual	
1 Pete Vicencio (Del Oro)	15:52
2 Allen (Mira Loma)	15:56
3 Vanatta (Oakmont)	16:14
4 Smedburg (El Dorado)	16:17
5 Bailey (El Dorado)	16:19
6 Stafford (Mira Loma)	16:28
7 Lawsen (Foothill)	16:35
8 Erlich (Mira Loma)	16:38
9 Poley (Sonoma)	16:47
10 Lawson (Del Oro)	16:54

**Boys Team Scores:** 1. Mira Loma (Sac) 42 (84:04), 2. El Dorado (Placerville) 44 (84:46), 3. Del Oro (Loomis) 48 (84:54), 4. Sonora 93 (88:40).

## Sac Joaquin Sub Section V (Class A Champ.)

November 5. Sierra College, Rocklin.

Team competition for both the boys and girls Class A Championship was extremely close with only a few points separating the first and second place finishers. In the girls division, Ronda Wagner (Mariposa) easily captured the individual title finishing more than a minute ahead of second place. Sara Tellman's third place finish placed Colfax to a four point victory over Delta for the team championship. Jerry Saldana (Riverbank) raced to individual honors in the boys division leading his team to a one point victory over Bret Harte.

Girls Individual	
1 Ronda Wagner (Mariposa)	19:37
2 Christ (Bret Harte)	20:42
3 Tellman (Colfax)	20:52
4 Rios (Colfax)	20:59
5 Johnson (Calaveras)	21:02
6 Eldridge (Colfax)	21:02
7 Rawhnsen (Vanden)	21:13
8 Felber (Summerville)	21:14
9 Ramos (Colfax)	21:27
10 Skenfield (Bret Harte)	21:30

**Girls Team Scores:** 1. Colfax 27 (106:10), 2. Delta 31 (114:09), 3. Bret Harte 69 (NTA).

Boys Individual	
1 Jerry Saldana (Riverbank)	15:52
2 Navroth (Vanden)	16:16
3 Ramirez (Colfax)	16:51
4 Long (Calaveras)	16:58
5 Houle (Bret Harte)	17:06
6 Bakkerud (Bret Harte)	17:10
7 Segales (Riverbank)	17:11
8 Taylor (Folsom)	17:24
9 McRoy (Bret Harte)	17:26
10 Jones (Vanden)	17:27

**Boys Team Scores:** 1. Riverbank 37 (87:36), 2. Bret Harte 38 (88:29), 3. Vanden 46 88:55.

## More Invationals

### Maria Duncan Memorial Run

From Keith Conning

October 9.	
Girls Teams	
1 El Dorado	15
2 Amador	48

Girls Individuals	
1 Rivers (El Dorado)	19:50
2 Goyette (El Dorado)	20:37
3 Payton (El Dorado)	20:51
4 Olsen (El Dorado)	21:12
5 Johnson (Calaveras)	22:21

Junior Boys Teams	
1 El Dorado	24
2 Vanden	33

Junior Boys Individuals	
1 Selveira (Calaveras)	17:06
2 Navroth (Vanden)	17:27
3 Schlamman (Amador)	18:21
4 Keck (El Dorado)	18:34
5 Watson (River City)	18:41

Senior Boys Teams	
1 El Dorado	15
2 Bret Harte	51
3 Cordova	59
4 Vanden	98

Senior Boys Individuals	
1 Bailey (El Dorado)	17:18
2 Smedberg (El Dorado)	17:33
3 Long (Calaveras)	17:49
4 Tarlton (El Dorado)	18:03
5 Lomas (El Dorado)	18:05

### Center Meet

From Keith Conning

October 14. Crystal Springs, Belmont.

Boys Teams	
1 Bellarmine (San Jose)	86(83:48)
2 Carlmont (Belmont)	114(84:08)
3 San Mateo	120(84:40)
4 Homestead (Sunnyvale)	129(85:04)
5 Hillsdale (San Mateo)	135(85:23)
6 Menlo-Atherton (Ather.)	149(85:48)
7 Capuchino (San Bruno)	166(88:20)
8 Monta Vista (Cupertino)	170(88:45)
9 Sacred Heart (San Fran.)	182(86:45)
10 Serra (San Mateo)	248(89:02)

Boys Individuals	
1 Mike Anderson (Carlmont)	15:34
2 Paul Ghidossi (Capuchino)	15:40
3 Abbey (Hillsdale)	15:43
4 Collier (San Mateo)	16:08
5 Guisto (San Mateo)	16:08
6 Forsell (Sacred Heart)	16:10
7 Zamzwe (Homestead)	16:13
8 Valpey (Menlo-Ath.)	16:15
9 Vant (Hillsdale)	16:20
10 O'Flaherty (Bellarmine)	16:22

Girls Teams	
1 Homestead (Sunnyvale)	51(105:15)
2 San Mateo	81(107:01)
3 Half Moon Bay	84(108:44)
4 Menlo-Atherton (Ather.)	99(108:43)
5 Mills (Millbrae)	126(111:50)
6 Carlmont (Belmont)	131(111:28)
7 Milpitas	159(113:15)
8 Sacred Heart (Mt. View)	164(113:40)
9 Notre Dame (San Jose)	285(126:29)
10 Lynbrook (San Jose)	290(131:52)

Girls Individuals	
1 Hart (Homestead)	19:30
2 Byrne (Menlo-Ather.)	19:37
3 Concannon (Capuchino)	19:52
4 Bungo (Milpitas)	20:07
5 Aquirre (Burlingame)	20:20
6 Ferrara (Half Moon Bay)	20:26
7 Nelson (San Mateo)	20:32
8 De Marval (Menlo-Ather)	20:42
9 Ardent (Carlmont)	20:56
10 Waterfield (Homestead)	20:58

## Madera Elks Invitational

From Steve Ward (Clovis)

October 15.	
Boys Teams	
1 Madera	40
2 Merced	40
3 Clovis	57
4 Hoover	95
5 Corcoran	137
6 Clovis West	162
7 Atwater	178

Boys Individuals	
1 James Thompson (Hoover)	14:29
2 Danny Valdez (Merced)	14:48
3 Doug Twilleager (Merced)	14:57
4 Bryann Bradburn (Madera)	15:01
5 G. Torres (Clovis)	15:08
6 William Villanueva (Madera)	15:13
7 Hector Sepulveda (Firebaugh)	15:16

Girls Teams	
1 Merced	18
2 Clovis	50
3 Clovis West	90
4 Corcoran	93

Girls Individuals	
1 Kelly Donaldson (Merced)	11:16
2 Lori Cook (G.W.)	11:37
3 Alesia Duggins (Merced)	11:41
4 Mary Ball (Merced)	11:42
5 T. Shelley (Clovis)	11:49

Frosh/Soph Girls	
1 Stacey Shaw (McLane)	11:49

## Del Mar Invitational

From Keith Conning

October 16.	
Boys Teams	
1 Del Mar	47
2 Westmont	72
3 Westmoor	75
4 Santa Clara	87
5 Newark Memorial	103

Boys Individuals	
1 Todd Strickland (Westmont)	10:48.8
2 Mark Beauchemin (Westmont)	10:50.1
3 Dan Schall (Del Mar)	11:12.4
4 Miguel Menuoz (Irvington)	11:14.5
5 Dave La Plante (Del Mar)	11:17.1

Girls Teams	
1 Los Gatos	38
2 Mitty	47
3 Westmoor	72
4 Newark Memorial	91
5 Milpitas	95

Girls Individuals	
1 Eugenia Jauregui (New Mem.)	13:04.8
2 Sabrina Han (Westmoor)	13:10.8
3 Therese Fisher (Los Gatos)	13:13.3
4 Deirdre Kelly (Mitty)	13:23.3
5 Kelly Bungli (Milpitas)	13:29.6

## Hershel Miles Invitational

From Scott Brady-Smith (Antioch)

October 16. Chichibu Park, Antioch.	
Large School Boys Teams	
1 Leigh	29
2 Berkeley	56
3 Northgate	61
4 San Ramon	107
5 Skyline	120
6 Antioch	154
7 College Park	164
8 Concord	168
9 Ygnacio Valley	209

Large School Boys Individuals	
1 Chris Craig (Leigh)	9:44
2 Roy Garcia (Leigh)	9:53
3 Dave Bell (Leigh)	9:54
4 John Wilhelmy (Northgate)	9:58
5 Martin Higginbotham (Berkeley)	10:02
6 Jim Howard (Northgate)	10:05
7 Roark Roney (San Ramon)	10:06
8 Charlie Cypher (Skyline)	10:07
9 Brian Vaughan (Berkeley)	10:10
10 Roland Westgate (Berkeley)	10:11

Girls Teams	
1 Alhambra	52
2 Berkeley	72
3 Northgate	86
4 Antioch	103
5 Miramonte	135
6 Las Lomas	163
7 Skyline	185
8 Clayton Valley	196
9 Campolindo	200
10 Ygnacio Valley	219
11 College Park	241
12 Carondelet	312

Girls Individuals	
1 Paige Tully (Alhambra)	11:31
2 Doniece Johnson (Berkeley)	11:41
3 Heather Watkins (Berkeley)	11:44
4 Patricia Stone (Las Lomas)	11:52
5 Michele Manasewitsch (Nirhg)	12:02
6 Stacey Mikula (Antioch)	12:06
7 Danise Rogers (Concord)	12:16
8 Laura Vaughan (Berkeley)	12:20
9 Casey Burns (Northgate)	12:33
10 Teresa Raffo (Miramonte)	12:36
11 Ann Peissner (Ygnacio Valley)	12:38
12 Katie Leary (Alhambra)	12:38

Girls Frosh/Soph Individuals	
1 Becky Chamberlin (Leigh)	12:09
2 Dawn Thomas (Antioch Jr.)	12:23
3 Trisha Herzog (Campolindo)	12:23

Small School Boys Teams	
1 Miramonte	32
2 Campolindo	61
3 Las Lomas	78
4 Pittsburg	81
5 Alameda	127
6 Alhambra	134
7 Kennedy	144

photo by Keith Conning



Christopher Craig

Small School Boys Individuals	
1 John Foley (Miramonte)	10:05
2 Kevin Cubillas (Alameda)	10:11
3 Jay Butler (Pittsburg)	10:14
4 Mike Morn (Miramonte)	10:14
5 Mike Stankus (Campolindo)	10:30
6 Jeff Ryan (Miramonte)	10:34
7 Bob Stone (Las Lomas)	10:38

Continued on next page...



## Prep Notes

### Foothill St. Francis Invitational

From Keith Conning

October 16. Foothill College, Los Altos Hills.

#### Senior Boys Teams

1 Leland (San Jose)	37
2 Bellarmine (San Jose)	39
3 Palo Alto	44

#### Senior Boys Individuals (2.7 miles)

1 Jim La Fuente (Mt. Pleasant)	14:09.3
2 Daron Gabriel (Saratoga)	14:30.9
3 Jim Kenny (Lynbrook)	14:46.3
4 Dan Barger (Leland)	14:57.3
5 Jeff Hondo (Saratoga)	15:09.0

#### Junior Boys Teams

1 Bellarmine	25
2 Saratoga	69
3 St. Francis (Mt. View)	73
4 Palo Alto	106
5 Leland	113

#### Junior Boys Individuals

1 Tom Legan (Independence)	14:04.0
2 Doug Gollmer (Saratoga)	14:11.6
3 Shawn Ayers (Bellarmine)	14:20.7
4 Greg Hales (Leland)	14:38.0
5 Ed Pasone (Bellarmine)	14:48.5
6 Rich Clark (Mt. View)	14:54.2

#### Sophomore Boys Individuals

1 Shane O'Flaherty (Bell.)	14:59.9
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#### Senior/Junior Girls Teams

1 Saratoga	54
2 Gunn (Palo Alto)	62
3 St. Francis	65
4 (tie) Leland & Cupertino	72

#### Senior/Junior Girls Individuals

1 Connie Buckler (Saratoga)	17:08.9
2 Carla Halford (Leland)	17:25.8
3 Michelle Seck (Lynbrook)	17:35.6
4 Jeanette De Moss (Leland)	17:52.9
5 Ann Kendrick (Wilcox)	17:55.5

#### Fresh/Soph. Girls Teams

1 St. Francis	39
2 Half Moon Bay	55
3 Independence	97
4 Lynbrook	118
5 Palo Alto	118

#### Fresh/Soph Girls Individuals

1 Shannon Clark (Mt. View)	18:25.4
2 Karen Himenes (St. Fran.)	18:00.8
3 Sari Kelly (Cupertino)	18:02.7
4 Kim Himenes (St. Fran.)	18:07.9
5 Sharlene Rogers (Independ.)	18:21.6

### Center Meet

From Keith Conning

October 21. Crystal Springs, Belmont.

#### Boys Teams

1 Carlmont (Belmont)	72(82:50)
2 Menlo-Atherton (Atherton)	79(84:10)
3 Bellarmine (San Jose)	114(86:10)
4 Lynbrook (San Jose)	119(85:17)
5 Sacred Heart (SF)	122(87:38)
6 Pacific Grove	190(87:14)
7 Santa Clara	192(87:19)
8 Mountain View	217(87:56)
9 Palo Alto	206(88:29)
10 Gunn (Palo Alto)	260(89:44)

#### Boys Individuals

1 Anderson (Carlmont)	15:23
2 Kenry (Lynbrook)	15:58
3 Valpey (Menlo-Ath.)	15:59
4 Clark (Mt. View)	16:07
5 Forscel (Sacred Heart)	16:10
6 Bullock (Carlmont)	16:12
7 Matthews (Silver Creek)	16:18
8 Caharach (Pacific Grove)	16:22
9 Mancian (Bellarmine)	16:27
10 Carroll (Sequoia)	16:28

#### Sophomore Boys Individuals

1 O'Flaherty (Bellarmine)	16:16
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#### Girls Teams

1 Mitty (San Jose)	80(105:19)
2 Gunn (Palo Alto)	137(108:43)
3 Lynbrook (San Jose)	142(107:18)
4 Carlmont (Belmont)	147(108:39)
5 Sacred Heart (Menlo Park)	156(109:55)

6 Terra Nova (Pacifica)	178(110:29)
7 Palo Alto	178(111:01)
8 Milpitas	180(114:57)
9 Wilcox (Santa Clara)	180(114:58)
10 Los Altos	200(112:29)

#### Girls Individuals

1 Clark (Mt. View)	18:07
2 Seck (Lynbrook)	19:01
3 Van Zant (Wilcox)	19:29
4 Kendrick (Wilcox)	19:31
5 Johnson (Presentation, SJ)	19:44

### Fresno Invitational

From Steve Ward (Clovis)

October 22. Woodward Park.

#### Senior Boys

1 Bradburn (Madera)	15:27
2 Torres (Clovis)	15:35
3 Peterson (Reedley)	15:54
4 Sarario (Madera)	15:56
5 Castellanos (Madera)	15:59
6 Villanueva (Madera)	18:04

#### Junior Boys

1 Thompson (Hoover)	15:17
2 Bryant (Clovis)	15:50
3 Amaral (Fresno)	15:52
4 Morgan (Madera)	16:12

#### Senior Girls

1 Hooke (Bullard)	11:57
2 Martinez (Redwood)	12:35

#### Junior Girls

1 Lewis (Clovis)	12:08
2 Jungwirth (Redwood)	12:35
3 Alcarez (McLane)	12:37
4 Montie (Clovis)	12:42
5 Billings (Hoover)	12:55

#### Sophomore Girls

1 Guajardo (Clovis)	12:13
2 Stebles (Clovis)	12:33
3 Shaw (McLane)	12:58

#### Freshman Girls

1 Shelley (Clovis)	12:44
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### Soquel Invitational

From Keith Conning

October 23. Soquel High School.

#### Boys Large School Teams

1 Madera (Central Section)	103
2 Bellarmine (San Jose)	104
3 Leigh (San Jose)	111
4 Saratoga	135
5 San Mateo	165
6 Leland (San Jose)	190
7 Bella Vista (Fair Oaks)	193
8 Serra (San Mateo)	195
9 Live Oak (Morgan Hill)	199
10 Carlmont (Belmont)	227

#### Boys Large School Individuals

1 Flamm (La Sierra, Carm.)	12:26
2 Foster (Monta Vista, Cupertino)	12:53
3 Gollmer (Saratoga)	12:57
4 Guisto (San Mateo)	13:00
5 Craig (Leigh)	13:02
6 Collier (San Mateo)	13:02
7 Ayers (Bellarmine)	13:04
8 Sparks (Bella Vista)	13:08
9 Garcia (Leigh)	13:10
10 Abbey (Hillsdale, San Mateo)	13:10

#### Boys Small School Teams

1 Tamalpais (Mill Valley)	75
2 Westmont (Campbell)	76
3 North Monterey County (Castro.)	83
4 San Lorenzo Valley (Ben Lomnd)	123
5 Aragon (San Mateo)	137
6 Hollister	142
7 Colfax (Sac-Joaquin Sect)	171
8 Oakmont (Roseville)	174
9 Palma (Salinas)	182
10 Terra Nova (Pacifica)	216

#### Boys Small School Individuals

1 Ghidossi (San Bruno)	13:12
2 Green (Aragon)	13:21
3 Green (Aragon)	13:29
4 Rome (San Lorenzo Vy)	13:30
5 Beauchemin (Westmont)	13:33
6 Mesa (Tamalpais)	13:35
7 Gonzales (Hollister)	13:43
8 Vanatta (Oakmont)	13:44
9 Hansen (Tamalpais)	13:45
10 Searson (N. Monterey County)	13:47

#### Girls Teams

1 St. Francis (Mt. View)	28
2 Saratoga	55
3 Leland (San Jose)	81
4 Gilroy	111
5 Stevenson (Pebble Bch.)	153
6 Aragon (San Mateo)	157
7 Independence (San Jose)	165
8 Clovis West (Clovis)	206
9 Terra Nova (Pacifica)	212

#### Girls Individuals

1 Garcia (Silver Creek, SJ)	15:05
2 Rositano (St. Francis)	15:52
3 Martin (Redwood, Larkspur)	15:54
4 Buckler (Saratoga)	15:58
5 Brodie (St. Francis)	15:58
6 Halford (Leland)	16:11
7 Hart (Homestead)	16:20
8 Bain (Saratoga)	16:24
9 Himenes (St. Francis)	16:28
10 De Moss (Leland)	18:31

#### Girls Fresh/Soph Individuals

1 Chamberlin (Leigh)	15:43
2 Williams (Terra Nova)	16:24

photo by Keith Conning



Jennifer Thatcher

### Castro Valley Invitational

From Keith Conning

October 23. Canyon Middle School.

#### Small School Girls Teams

1 Encinal	41(116:28)
2 Alameda	49(120:12)
3 Bishop O'Dowd	53(121:35)
4 Piner	69

#### Small School Girls Individuals

1 Jennifer Thatcher (Encinal)	19:34
2 Kathy Cooke (O'Dowd)	21:27
3 Ann Ratto (Alameda)	22:03
4 Missy Johnson (Encinal)	22:41
5 Jana Jarosz (O'Dowd)	22:51

#### Small School Boys Teams

1 Piner	70(89:39)
2 Moreau	85(90:50)
3 Encinal	87(90:56)
4 Las Lomas	103
5 St. Elizabeth	116
6 Liberty	123
7 DeAnza	147

8 Redwood Christian	178
9 Alameda	191

#### Small School Boys Individuals

1 John Morse (Las Lomas)	15:38
2 Robert Gomez (St. Eliz)	16:15
3 Kevin Cubillas (Alameda)	17:01
4 Steve Schram (Piner)	17:13
5 Doug McBeth (Piner)	17:18
6 Tony DeLeon (St. Eliz)	17:20
7 Jim Myers (Liberty)	17:24
8 Jeff Cardwell (Moreau)	17:26
9 Alex Lopez (Encinal)	17:31

#### Large School Girls Teams

1 Amador Valley	69
2 Granada	70
3 Carondelet	77
4 Antioch	121
5 Northgate	127
6 Livermore	134
7 Westmoor	177
8 Newark Memorial	199
9 Castro Valley	203
10 Clayton Valley	203
11 Washington (Fremont)	262

#### Large School Girls Individuals (73 finishers)

1 Heather Watkins (Berkeley)	19:36
2 Doniece Johnson (Berkeley)	19:44
3 Colleen Strout (Carondelet)	20:05
4 Eugenia Jauregui (New. Mem)	20:13
5 Amy Cathcart (Amador Valley)	20:17
6 Kathy Daley (Granada)	20:21
7 Noreen De Bettencourt (Caron.)	20:33
8 Sabrina Han (Westmoor)	20:40
9 Janice Bishop (Livermore)	20:42
10 Liz Swift (Amador)	20:45
11 Pam Washey (Livermore)	20:48

#### Large School Boys Teams

1 Northgate	65
2 De La Salle	67
3 Castro Valley	69
4 Jesuit	80
5 Montgomery	124
6 Antioch	157
7 Granada	165
8 Concord	200
9 Logan	204
10 Washington	249
11 Newark Memorial	252
12 Westmoor	276

#### Large School Boys Individuals

1 Calvin Gaziano (Castro Vy)	16:10
2 Mike Spencer (Castro Vy)	16:11
3 Dave Basinger (Granada)	16:24
4 Jim Howard (Northgate)	16:33
5 John Bass (Castro Vy)	16:42
6 Steve Sparks (Terra Linda)	16:45
7 John Wilhelm (Northgate)	16:51
8 Rico Balatti (DeLaSalle)	16:53
9 Pete Vincent (Montgomery)	16:55
10 Martin Higginbotham (Berk.)	16:57
11 Kevin Thayer (Terra Linda)	16:58
12 John Fitzsimmons (DeLaSalle)	17:04

### Firebaugh Invitational

From Keith Conning

October 23.

#### Boys Teams

1 McFarland	36
2 Avenal	45
3 Firebaugh	62
4 Fowler	87

#### Boys Individuals

1 Ramos (McFarland)	15:43
2 Sepulveda (Firebaugh)	16:00
3 Ramos (Avenal)	16:16
4 Serna (McFarland)	16:17
5 Martinez (Avenal)	16:25

#### Girls Teams

1 McFarland	23
2 Yosemite (Oakhurst)	34

#### Girls Individuals

1 Soto (McFarland)	12:45
2 Graves (Yosemite)	13:50
3 Gonzalez (McFarland)	14:02
4 Casas (McFarland)	14:17
5 Engles (Yosemite)	14:23



## National Postal 2 Mile

From Willie Harmatz

### October 30. Los Gatos High School.

<b>Boys Teams</b>		
1 Willow Glen	47:32.8	
2 Leigh	48:13.7	
3 Saratoga	49:06.4	
4 Bellarmine	49:07.2	
5 Castro Valley	49:48.3	
6 Leland	50:20.5	
7 Westmont	50:28.6	
8 Carlmont	50:37.9	
9 Mission San Jose	50:50.1	
10 Los Gatos	51:00.9	
<b>Girls Teams</b>		
1 St. Francis	57:37.8	
2 Saratoga	59:44.5	
3 Del Mar	59:55.8	
4 Leland	62:00.1	
5 Leigh	62:09.5	
6 Mitty	63:08.6	
7 Los Gatos	63:39.7	
8 Willow Glen	64:03.4	
9 Mission San Jose	65:34.5	
10 Soquel	66:02.0	

<b>Race No. 2 Stud Varsity</b>		
1 Biggs (Willow Glen)	9:11.1	
2 Foster (Monta Vista)	9:12.3	
3 La Fuente (Mt. Pleasant)	9:13.9	
4 Anderson (Carlmont)	9:14.4	
5 Morse (Las Lomas)	9:16.7	
6 Livingston (Willow Glen)	9:18.4	
7 Legan (Independence)	9:19.2	
8 Gaziano (Castro Valley)	9:20.8	
9 Gollither (Saratoga)	9:21.3	
10 Hill (Mission San Jose)	9:22.7	
<b>Race No. 3 Studette Varsity</b>		
1 Schubert (Del Mar)	10:31.0	
2 Garcia (Silver Creek)	10:39.4	
3 Chamberland (Leigh)	11:06.8	
4 Brodie (St. Francis)	11:07.1	
5 Buckler (Saratoga)	11:11.1	
6 Seek (Lynbrook)	11:18.3	
7 Himenes (St. Francis)	11:24.4	
8 Rositano (St. Francis)	11:26.9	
9 Halford (Leland)	11:32.9	
10 Kendrick (Wilcox)	11:35.5	
<b>Race No. 5 Girls Varsity</b>		
1 Himenes (St. Francis)	11:31.6	

## Stevenson Invitational

From Keith Conning

### November 6. Stevenson High School, Pebble Beach.

<b>Boys Teams</b>		
1 La Canada (Southern Section)	56	
2 Live Oak (Morgan Hill)	98	
3 Watsonville	164	
4 North Monterey County (Castroville)	177	
5 Monterey	185	
6 Santa Teresa (San Jose)	206	
7 Gilroy	208	
8 Hollister	221	
9 Paso Robles (Southern Sect)	228	
10 Aptos	337	
<b>Boys Individuals (3.1 miles)</b>		
1 John Trevithick (La Canada)	16:23 MR	
2 Troy Curran (York, Monterey)	16:28	
3 Stephen Keen (Live Oak)	16:51	
4 Jim Bloomer (El Cerrito)	17:02	
5 Chris Borne (Pacific Grove)	17:07	
<b>Girls Teams</b>		
1 Gilroy	83	
2 Half Moon Bay	88	
3 North Salinas (Salinas)	101	
4 Aptos	136	
5 Seaside (Monterey)	169	
6 Stevenson (Pebble Beach)	194	
7 King City	212	
8 Santa Teresa (San Jose)	243	
9 El Cerrito	271	
10 Alisal (Salinas)	275	
<b>Girls Individuals</b>		
1 Sheri Opp (Santa Teresa)	21:22	
2 Sara Kelly (Cupertino)	21:33	
3 Stephen Ferriera (Half MB)	21:43	
4 Crista Printe (Pacific Grove)	21:44	
5 Diane Kitayama (Gilroy)	21:46	

## Junior Olympics

From Keith Conning

### November 11. Pleasant Hill.

<b>Boys 17-18</b>		
1 Mike Rome (Felton)	15:12.9 (3m)	
<b>Girls 17-18</b>		
1 Leslie Cowan (Fairfield)	19:16.7	
<b>Boys 15-16</b>		
1 Jeff Fitzmyers (San Ramon)	13:01.1	
<b>Girls 15-16</b>		
1 Katie Rohlen	15:30. (2.5m)	
<b>Boys 13-14</b>		
1 Mike Gibson (Danville)	10:31.8 (2m)	
<b>Girls 13-14</b>		
1 Jana Jarosz (Oakland)	11:58.1	

## Central Section North Area Meet

From KEITH CONNING

### November 12. Woodward Park, Fresno.

<b>Boys Team Scores:</b> 1. Clovis 34, 2. Madera 38, 3. Fresno 88.		
<b>Boys Individuals (3 miles)</b>		
1 Thompson (Hoover, Fresno)	15:09.8	
2 Bradburn (Madera)	15:33.4	
3 Villanueva (Madera)	15:34.9	
4 Torres (Clovis)	15:36.7	
5 Vega (Clovis)	15:37.1	
6 Amaral (Fresno)	15:37.3	
7 Jauregui (Clovis)	15:44.3	
8 Porter (Clovis)	15:48.3	
9 Castellanos (Madera)	15:51.2	
10 Carrillo (Clovis)	15:52.6	
11 Bradburn (Madera)	15:17.0	
12 Diaz (Tranquillity)	16:00.7	
13 Peters (Bullard, Fresno)	16:02.9	
14 Morgan (Madera)	16:06.1	
15 Williams (Clovis)	16:08.3	
<b>Girls Team Scores:</b> 1. Clovis 23, 2. Clovis West 59, 3. Hoover (Fresno).		
<b>Girls Individuals (2 miles)</b>		
1 Hooke (Bullard, Fresno)	11:38	
2 Guajardo (Clovis)	11:41	
3 Lewis (Clovis)	12:04	
4 Shaw (Clovis West)	12:05	
5 Stebbles (Clovis)	12:05	
6 Alcaraz (McLane, Fresno)	12:28	
7 Orme (San Joaquin, Fresno)	12:43	
8 Shelley (Clovis)	12:48	
9 Montie (Clovis)	12:54	
10 Shaw (McLane)	12:56	
11 Morton (Clovis)	13:04	
12 Billing (Hoover, Fresno)	13:06	
13 Johnson (Clovis)	13:11	
14 Martinez (Central, Fresno)	13:17	
15 Lara (Hoover)	13:24	

## Central Section Central Area Meet

From KEITH CONNING

### November 12. Hickey Park.

<b>Boys Team Scores:</b> 1. Sanger 28, 2. Mt. Whitney (Visalia) 62, 3. Parlier 89, 4. Redwood (Visalia) 95, 5. Corcoran 123, 6. Reedley 133, 7. Lemoore 211, 8. Avenal 255, 9. Hanford 267, 10. Fowler 282, 11. Tulare 300, 12. Exeter 307, 13. Orosi 391.		
<b>Boys Individuals</b>		
1 Bahr (Mt. Whitney)	14:30	
2 Leal (Sanger)	14:37	
3 Nagel (Mt. Whitney)	14:52	
4 Naranjo (Sanger)	15:01	
5 Bernal (Sanger)	15:02	
6 Nunez (Golden West)	15:03	
7 Hurtado (Sanger)	15:04	
8 Aguilier (Parlier)	15:14	
9 Peterson (Reedley)	15:15	
10 Contreras (Fowler)	15:34	
11 Butler (Mt. Whitney)	15:39	
12 Morales (Sanger)	15:42	
13 Lopez (Redwood)	15:46	
14 Espinoza (Parlier)	15:47	
15 Cardenas (Parlier)	15:50	
<b>Girls Team Scores:</b> 1. Redwood (Visalia) 34, 2. Lemoore 52, 3. Sanger 91, 4. Tulare		

98, 5. Immanuel (Reedley) 109, 6. Mt. Whitney (Visalia) NTA.

<b>Girls Individuals</b>		
1 Cooke (Golden West)	11:53	
2 Canales (Tulare Western)	12:11	
3 Rodriguez (Sanger)	12:14	
4 Cruz (Exeter)	12:15	
5 Battles (Tulare)	12:28	
6 Jungwirth (Redwood)	12:28	
7 Martinez (Redwood)	12:37	
8 Streeter (Redwood)	12:37	
9 Kibby (Hanford)	12:42	
10 Cox (Immanuel)	12:44	
11 Thompson (Lemoore)	12:45	
12 Verzosa (Lemoore)	12:49	
13 Smith (Redwood)	12:51	
14 Elias (Corcoran)	12:52	
15 Grew (Lemoore)	12:57	

## North Coast Section 2-A South & 3-A

From Keith Conning

### November 13. Heather Farms Park, Walnut Creek.

<b>2A South Girls Teams (4 qualify to NCS MOC)</b>		
1 Miramonte (Orinda)	72	
2 Carondelet (Concord)	75	
3 Alhambra (Martinez)	77	
4 Piedmont	78	
<b>2A South Girls Individuals (8 qualify)</b>		
1 Paige Tully (Alhambra)	17:08.2	
2 Wendy Sihner (Miramonte)	17:22.5	
3 Noreen DeBettencourt (Carond)	17:46.6	
4 Ann Ratto (Alameda)	17:52.1	
5 Allison Keller (Piedmont)	17:59.9	
6 Kathy Cooke (O'Dowd)	18:06.4	
7 Jenny Thatcher (Encinal)	18:19.5	
8 Sue Banfield (Miramonte)	18:31.3	
<b>2A South Boys Teams (4 qualify)</b>		
1 De La Salle (Concord)	60	
2 Castro Valley	97	
3 Encinal (Alameda)	126	
4 Miramonte (Orinda)	133	
<b>2A South Boys Individuals (8 qualify)</b>		
1 John Morse (Las Lomas)	14:41.9	
2 John Bass (Castro Valley)	14:46.7	
3 Robert Gomez (St. Elizabeth)	14:50.4	
4 John Lattin (Alhambra)	15:02.0	
5 Mike Spencer (Castro Valley)	15:02.4	
6 David Hansell (Acalanes)	15:13.0	
7 Calvin Gaziano (Castro Valley)	15:21.3	
8 Larry Moore (DeLa Salle)	15:26.5	
<b>3A Girls Teams (6 qualify)</b>		
1 Berkeley	77	
2 San Ramon (Danville)	79	
3 Amador Valley (Pleasanton)	88	
4 Granada (Livermore)	106	
5 Northgate (Walnut Creek)	135	
6 Mission San Jose (Fremont)	144	
<b>3A Girls Individuals (12 qualify)</b>		
1 Amy Cathcart (Amador Valley)	17:51.8	
2 Heather Watkins (Berkeley)	17:52.3	
3 Doniece Johnson (Berkeley)	18:07.5	
4 Dana Whitney (Mission SJ)	18:13.6	
5 Tina Goodykoontz (San Ramon)	18:20.6	
6 Eugenia Jauregui (Newark Mm)	18:27.0	



Paige Tully

7 Michele Manasewitsch (Ngate)	18:41.0
8 Kathy Daley (Granada)	18:52.2
9 Claudine Wilde (Logan)	18:52.7
10 Kacey Burns (Northgate)	18:57.6
11 Laura Vaughan (Berkeley)	19:00.5
12 Janice Bishop (Livermore)	19:05.9
<b>3A Boys Teams (6 qualify)</b>	
1 Berkeley	67
2 Northgate (Walnut Creek)	87
3 Livermore	90
4 San Ramon (Danville)	99
5 Mission San Jose (Fremont)	129
6 Granada (Livermore)	160
<b>3A Boys Individuals</b>	
1 Dave Basinger (Granada)	15:02.7
2 Jim West (Livermore)	15:03.5
3 Jim Chaney (College Park)	15:09.5
4 John Wilhelmy (Northgate)	15:13.1
5 Scott Hill (Mission SJ)	15:20.1
6 Martin Higginbotham (Berk.)	15:30.9
7 Jay Butler (Pittsburg)	15:33.0
8 Leo Scott (San Ramon)	15:36.2
9 Bobby Rivera (Newark Mem)	15:37.3
10 Jim Howard (Northgate)	15:38.4
11 Mike Scott (Amador Valley)	15:39.4
12 Mark Goralka (Livermore)	15:40.6

photo by Keith Conning



Left to Right: Robert Gomez, John Morse, Dave Hansell.



# Long Distance Log

## SoCal Notes

By Richard Lee Slotkin

**NOTE:** Please send newsy information and "tidbits" for the SoCal area (Bakersfield/San Luis Obispo southward) directly to—Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

What with one thing or another, it seems that I've gotten so far behind in my race coverage that the only way I'm going to get up to date is to condense everything into one big roundup type article.

But first...

Did everyone see the Eino TV Special last month? Well, it wasn't really the Eino Show, it just started out like it. It turned out to be the Al and Grete Hour. Now, a lot of people have told me how happy they were that ABC-TV devoted so much time to the sport that is so close to our hearts and, in general, so badly neglected. I didn't see it that way.

For starters, why doesn't ABC get some MARATHONERS to do the color work? Oh, yeah, they had Craig Virgin, but his remote never started working, so we didn't get a thing from him. But how about Diana Nyad? She is a long distance swimmer, and was a damned good one, too. But she is not a runner and doesn't know anything about running or the runners. And it showed.

For that matter, Marty Liquori, great a miler as he was, is also not a marathoner, and his commentary suffered from the same deficiencies as did Nyad's—no intimacy with the action.

Allison Roe could have saved the day had they used her, but she was there mostly to look pretty and to supply the illusion of legitimacy. She told me later, when she was in Los Angeles for the Steve Garvey/Pepsi 10K, that she would slip them notes from time to time during the broadcast, suggesting things to call attention to, but even though they thanked her profusely, they used all too little of it.

My next gripe is one of my biggest complaints about commercial television in general. That is the frantic attempt to create stars. That meant we were presented with the Al and Grete New York Hour. We saw two WINNERS: Alberto Salazar and Grete Waitz. All the rest, all 14,000 of them, are LOSERS.

Baloney!

Absurd.

Julie Brown became only the 3rd American to go under 2:30, thereby joining a very exclusive club, consisting of probably not even ten members. And, she was the second female finisher. But as far as you could tell from the coverage, she wasn't even in the state let alone the race. Grete was covered as though she were the only woman in the whole race. Yet, there were some fine times turned in. Julie Isphording, of Xavier U., ran a 2:34:24, which made her the 7th fastest American and number 2 on the collegiate list. I'll bet you didn't know that. I'll bet Diana Nyad still doesn't know it. Nancy Ditz won her first marathon at San Francisco last summer with a time of 2:44 and some seconds. At New York, she was in the 2:38's. But who knew? Katherine Switzer certainly has run a marathon...it's her claim to fame, but she was no help either. Of course, the TV truck she was in was glued to Grete, so she couldn't know what was going on even as close as a block back.

Oh well, don't feel bad. Even the L.A. Times was no better. All they had to say about Julie Brown, who lives in nearby San Diego, and I mean this quote is the sum total, was...get this: *San Diego's Julie Brown, 27, was the second woman finisher in 2:38:33. Alan Greenberg! You didn't even get the time right!*

Then there was all that wasted footage on New York scenery...while the race was in progress. Was this supposed to be coverage of a major sports event or P.R. for the New York City Chamber of Commerce?

No question that Alberto Salazar is the most outstanding

photo by Bill Leung, Jr.

photo by Richard Lee Slotkin



Julie Brown



Graeme Fell

marathoner there ever was. I personally like Rodgers and people will talk about de Castella, but in the past couple of years, Salazar is the man. He does what must be done to do what says he will do. And he does it faster than anyone else.

But, Salazar wasn't alone at New York. How many of you knew from the telecast that Rudolfo Gomez had won a very hotly contested 15K in El Paso just two weeks before? And in a time of 43:51 with a 10K split of 28:48?! And here he was neck and neck with Salazar right to the end. Why, if the guy had been, say, 10 yards back from the 20th mile, his name would never have come up. Danny Schlessinger and Dave Murphy did a great job taking 3rd and 5th, Murphy running his first marathon in 2:12. And he was the one who had pushed Gomez 2 weeks earlier.

Do you remember Linda Downs? She was the plucky lass who went the distance on crutches, souvenirs courtesy of cerebral palsy. She got plenty of coverage, including a taped interview. Well, she deserved it, but she wasn't presented as an athlete. She was presented as a hearttugger. "Oh, look at this poor thing, trying to overcome her terrible handicap!"

But did anyone notice how well developed and efficient her technique was? That girl was just as much an athlete as Waitz and Brown. To ABC, however, she was just part of the freak show to support the stars.

Disgusting.

I thought the whole thing stunk.

I just don't buy the point of view that despite the shortcomings, running is getting favorable publicity, and is being introduced to millions who might not otherwise know about it. The trouble is that people who aren't into it are getting a distorted picture. They are only seeing the superstars, the celebrities and a few of the odd balls. And they are being told that in every race there is only one winner and everyone else is a loser.

I don't think that's good for running.



Whatever-happened-to Dept.: Kathy Mintie. Alive and well. Boy, is she well. According to her former coach at UCLA, Scott Chisam, she is into high fashion modeling and making a mintie at it. Tall, very thin and with a truly beautiful face, she was a natural. But, that isn't all. Coach Chisam says that she is still running and though she isn't competing, her speed is still right there and she is capable of running with anyone. She's keeping herself in shape for a possible try at the Olympic Marathon. She's living in sunny Southern California and working out informally but regularly.

Gail Olinekova. Pretty much recovered from her plantar injury, but, like Mintie, into bigger things. She has finished her book, "Go For It!", and is on tour promoting it. Recently, she was involved in a photo session with internationally famous fashion photographer Helmut Newton. He was doing a series of nudes for his latest book. What he wanted was a shot of Olinekova in the midst of a high flying leap. Naturally, because of the costume, it had to be a studio shot. Unfortunately, Newton's studio is a bit small and Olinekova, powerful athlete that she is, didn't really have enough room to get the desired action without crashing into a wall. And the walls in Newton's studio are brick. So, Olinekova's manager, Michael Grandi, was assigned to be the catcher. Well, with a running start and with the power in the legs that *Sports Illustrated* rated as the greatest in the world, Michael, who isn't much bigger than she is, was taking quite a beating. With a perfectionist like Newton, you know there had to be a retake after retake, and after each one they had to peel Michael off the wall. Newton said he felt sorry for the guy. It could have been worse, though. What if he had been managing Marin Seidler?

Now for the roundup. It was no surprise that Graeme Fell was first finisher at the UCLA Invitational Cross Country Meet at the Westwood Campus last September, nor was it any surprise that UCLA was the winning team. Fell, from England and running for SDSU, took things pretty easy until just before the 3 mile mark. Then he went to work, took over the lead and cruised in for what he felt was a pretty easy win. His time for the 4 mile course was 18:51.3, and to give you an idea how easy it was, he broke Dave Daniels' record by almost 12 seconds. However, Fell didn't have much depth behind him, and the next 3 finishers were Bruins, led by Steve Webb. The Aztecs did take second, but they had 58 points heaped upon them to UCLA's 23. The Bruins placed 6 men in the top 10.

Freshman Polly Plumer was a just as convincing a winner in the women's race, beating out second place Laurie Crisp by almost 14 seconds. Again, UCLA was the winning team, and again SDSU was second, but this race was closer, 31 to 40. CSUN was 3rd but way back with 106 points.

The big surprise was Katie Dunsmuir. The Pacific Palisades High School senior, running for the Santa Monica Track Club women's team, nearly ran down Michelle Bush in the last 300 yards. Bush was just a step or two behind Laurie Crisp at that point and Dunsmuir was about 30 yards back. But, Bush faded a bit and Dunsmuir came on strong. Bush just did manage to hold her off by 7 tenths of a second. Dunsmuir's SMTC team took 4th overall, beating out by 114 to 127 a newly formed team representing JOVI a women's sporting wear products manufacturer. Both these teams promise to be tough before the year is out. An interesting footnote is that this race was held at the odd time of Sunday evening. The women's race was first, starting at 6:00 p.m. That wasn't too bad, as it was light enough, late enough, for all to come in with good visibility. But for the men, who didn't get going til about 6:45 p.m., it was strictly blind man's bluff. I had to use a flash when Fell crossed the line, it was that dark. By the time the 3rd and 4th places were in, it was really dark. From the middle of the pack on, it looked like Recon patrol coming back from a mission in Viet Nam.

The Harbor Lite Half Marathon had an interesting little bit of extra curricular activity. This annual San Pedro Event saw San Pedro's favorite son, Ron Cornell take things out pretty quickly. Actually, Jerry Alexander took the original lead, but at about a mile and a half, Cornell made his move. Too early as it turned out. While Cornell and Alexander beat each other's brains out, SMTC's Bobby Macias ran his usual cool, calm and collected race, and at 12 miles he took the lead from Alexander, who had finally gotten away from Cornell. Macias held the lead to the finish and Cornell found the strength for one last surge to overtake Alexander, holding on for second.

While all this was going on, it seems that Cornell and Alexander were having a little war of words. Each blamed the other and the truth may never be known. It seems that after Cornell had taken

the early lead and Alexander finally caught him a little past 6 miles, Alexander said something to Cornell about there being a long way to go.

Now, Alexander maintains that he was just being friendly, and being in the early stages of something of a comeback after a long layoff, he felt sort of honored to be running with someone of Cornell's ability. Cornell thought that Alexander was just trying some smart-ass psyching.

Whatever, Cornell was feeling the after effects of heavy weights workout from the previous evening...migod!!! Whatever for???...not to mention the heat which was getting worse by the mile. Alexander also paid the price before it was over, and in the words of 4th place finisher Jim Scott, it was a case of a master of strategy beating out a...well, it's not the way Jim put it but...non-master of strategy.

Oh well, I understand there were no hard feelings retained once the post race beer began to flow.

The women's winner was Julie Brown in 72:50. She beat a fellow San Diegan, Patti Hurl, by 3 seconds short of 9 minutes. Hurl is 34, so her 81:47 wasn't exactly sleepwalking. Wendy Walker, a Naturite teammate of Julie, was 3rd about a minute behind Hurl, and to keep the girl-a-minute pattern going, Margo Elson of the Impalas was 4th, one scant second short of a minute behind Walker.

On October 9th, I flew down to El Paso, Texas, courtesy of the El Paso reservations office of Continental Airlines. I won't go into how I lucked out to get that, plus the first rate accommodations and red carpet treatment, but, considering that it was El Paso, it was a pretty good deal.

The occasion was a 15K with a tough international field, including Rudolfo Gomez, Dave Murphy, Michael Musyoki and the rest of the UTEP Kenyans, Frank Shorter, Tom Wysocki and a load more. Unfortunately, other than Wysocki, who finished 8th, there were no Californians in the top open finishers, male or female, so we aren't doing the story. You can read about it in the November *Track and Field News* by your correspondent here. Suffice it to

*continued on next page...*

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## Long Distance Log

say that it was an exciting race with Gomez, Musyoki and Murphy running side-by-side for 5 miles, going through the 10K in 28:48 (!!!) and Gomez surging at the 8 mile mark to open up a 100 yard lead that he lost a half mile later because he accidentally went off course, only to surge again and win quite convincingly in 43:51, followed by Murphy 6 seconds later. Musyoki, the great kicker of Cascade Run-Off fame, was all out of kick, a victim of his own success in several previous dog-fights over the summer.

The women's field, also loaded, was won by Joan Benoit, who had hoped to set an AR, but the combination of not being pushed the way Gomez had been, and very strong Texas desert winds hitting her head-on at the 10K point was too much. She won in 51:08, followed by Ellen Hart just 12 seconds later. Hart looked good. We'll see a lot of her name.

photo by Richard Lee Slotkin



Judi Vivian

photo by Keith Conning



Pat English

photo by Louis Hirsch



Beth Milewski

photo by Richard Lee Slotkin



Pam Morris

Anyway, where the Californians did show up proud was in the masters division. Sal Vasquez was 3rd. He had been holding second all the way until the 8 mile mark. The leader was the incomparable Antonio Villanueva, who is 42, the same as Vasquez. Villanueva was so far up toward the front, in fact he finished 34th overall in a field in which Frank Shorter was 28th, that the escort bike didn't even know anyone was ahead of Vasquez. You see, they had some volunteers on 10-speeds to escort the first female and first master, male and female. The idea was mainly to make it easy to see them coming. So each of these bikes had a long skinny antenna with a small pennant signifying their runner. Anyway, the bike was with Vasquez. Meanwhile, Vasquez's short mileage training caught up with him. So did Dan Conway. Conway ran with Vasquez for a while, having caught up with him at the 8 mile mark. Then, he decided to make a move and he soon opened up about a 50 to 60 yard lead. As they entered the baseball stadium in which the race finished after about a 300 yard loop, Conway suddenly thought that he better crank it on because of Vasquez, for all he knew, was right on his tail. It wasn't so, but Conway gave it all he had and picked up a few more seconds on the tired Vasquez, and

finished in 49:11.6. Vasquez was still an easy 3rd, the last master to break 50 minutes, with a time of 49:22.1.

Villanueva? Oh, he came in in 47:48.2.

In all fairness to Vasquez, this guy works a tough swing shift job, and has a family to support. He is a classic part-time runner. He knows his mileage is too short for anything over a 10K, but what's a guy supposed to do? I am a free market economist, to the core, but if ever there was a case for a subsidy program for worthy athletes...and paid for with your and my tax money...Sal Vasquez is the man.

That was about it for the men. The women is where the real California Story was. Pat English, of San Anselmo was the first, PR'ing in 53:54.5 and taking 5th overall, beating out Mary Shea late in the race.

No, Pat isn't a master. She's only 29.

First master was San Diego's Shirley Matson. Matson was going for Miki Gorman's age 41 AR and darned near got it. She was 2 seconds short. She did finish 10th overall among the women. Second master was also Californian, was also from San Diego. In fact, Dorothy Stock and Matson both run for the San Diego Track Club. Stock did get an age AR, her 61:29.3 being the fastest ever done by a 50-year-old American woman. It wasn't an accident either. The day before the race, she and husband Bill drove the course, which crossed the border into Mexico's Ciudad Juarez and ran through that town for about 4 miles before returning to El Paso. They checked out every turn so that Dorothy would know when it was coming and when to swing over from one side of the street to the other so as to run the least number of steps. With all the turns on that course, a few seconds per turn could make for a big difference in the end.

It did, and Dorothy finished 15th overall, got her AR and a smile of approval from husband Bill.

Incidentally, Bill was not running this one, but was assisting as a race official, and was almost singlehandedly responsible for stopping the 1500 strong mob as it surged forward in a false start. It seems that the artillery battery, from nearby Ft. Bliss, fired off their 75mm howitzer too early due to a mistake in signals.

Boy! Did that thing make a noise!

Anyway, the next master was also Californian. Sue Johnston, running for the Impalas from San Francisco way was two places back of Stock, 17th, finishing in a very good time of 62:28.7. She wasn't super happy with it, but it wasn't bad, really.

So, that was El Paso. It's not the kind of place you'd want to make a career out of, but let me tell you, it's Texas, and Texas hospitality is world class. I really enjoyed it. The only problem I had was after the 1st day, my nose was constantly running. I noticed the locals were having the same problem. Seems that when those dry desert winds start blowing, they bring in all kinds of things that people are allergic to. I'd hate to think of having that feeling all year long.

As it happened, though, had I been in L.A., it wouldn't have been much better. The hot dry Santa Ana winds blew in that weekend and they really played havoc with the Jon Douglas 10K held the following day, October 10. This race is held in Santa Monica and the weather is usually cool, courtesy of the breezes blowing in from the Pacific Ocean. It's also usually quite fast because the last couple of miles are down the gentle San Vicente Blvd. slope. But, with a start time temperature of nearly 80 degrees, the 2900 runners weren't feeling quite up to snuff after the first mile. In an attempt to offset the weather, race director Bruce Mitchell made a last minute change with the water station. He moved the station from the halfway point forward to about the 2.8 mile mark. Then he set up a second station at 5.2 miles. That turned out to be a popular move; in fact, the station wound up running out of paper cups.

Anyway, it was a typical Santa Monica Track Club finish for this race, SMTc taking 6 of the first ten places, including 1st and 2nd. Well, they should. They train all week on the course.

Bobby Macias was the winner, in a slow time for both him and the course, of 30:42. He was followed by teammate Tom Bryant in 30:51. Jim Scott, former SMTc'er was 3rd in 31:10. Normal weather would have dropped all those times by 30 to 60 seconds.

For the second straight year, Julie Brown won the women's race. Her time, too, was slower than what she's been running. She was way ahead of second though, with her 33:36. This was just two weeks before her great PR at New York. Second went to a kid whose star is rising very quickly and very impressively: Katie Dunsmuir. Dunsmuir has logged many miles on this course also in her training with SMTc, so she knew what she could expect.



Her time was in the low 35's, not quite in Julie's class, but not bad for a high school senior. Not bad for anybody, actually.

The big winner must have been Jacob Bishin. Ol' Jake is 81 years old, and he ran through that furnace in 66 minutes. And do you know what? Jake decided to join the Santa Monica Track Club so he can be trained to either beat Bobby Macias or break one hour, whichever comes first.

Next on the list is the LAAC Mercury 10K. By October 17th, the weather was back to normal, which means high 60's to low 70's for the race. Race director Jim Goulding put together another quality field which included Tom Wysocki, Steve Bishop, Harrison Koroso of Kenya, Steve Bishop, Ron Cornell and Armando Cendejas. The women's field wasn't bad, either. Lorraine Moeller, Judi Vivian, Pam Morris and Beth Milewski were the ones to watch, although no one seriously expected Moeller to be challenged.

She wasn't.

She took off fast and broke Kathie Mintie's course record with a 32:44 clocking

Wow! Fast.

Pam Morris, who has just about wrapped up the China Cup Series, was second, looking pretty good with a time of 35:18. Milewski was 3rd and Vivian, finally recovered from a leg injury and training with the Naturite T.C., was 4th, both of them under 46 minutes.

Before the race even started, Tom Wysocki figured he was the one to beat. He was still feeling good about his performance in the El Paso 15K. Although he finished 8th overall, it was in a world class field and he was happy with the way he felt and his time. So he was ready for this one.

Wysocki went through the mile in 4:45, but he wasn't in the lead. Bill Donakowski was. Wysocki was running with Steve Bishop, and they were about 5 seconds behind Donakowski.

Wysocki moved into first at the two mile mark, going by in 9:01. That's a 4:16 second mile, folks. From that point, he opened some breathing space and by 3 miles the race was pretty much in hand.

Meanwhile, Bishop, who had been unable to stay with Wysocki back at 2 miles, kept pressing anyway and took over second.

So with first and second taken care of by the 4th mile, the real contest was for 3rd. And it was a contest. From 3rd on back to at least 10th, anyone could have taken it, they were that close. In the end, it was the Kenyan Koroso outkicking the pack and literally nosing out Cendejas for 3rd. They were given the same time, 29:29...that's how close it was. 5th was only two seconds behind that, and that was Don Janicki from U. of Arizona, running for Maccabi. The first 8 finished under 30 minutes, and Wysocki was under 29. 28:42 to be exact. Great time but not a course record. That belongs to Thom Hunt, set last year. I don't remember what it was, but Wysocki was close. Had he been pushed, he might well have made it. Donakowski, the early leader dropped back to 15th, finishing in 30:42.

The president of the LAAC, Charles Hathaway got himself a PR by several minutes in this one. His time was 42:44, and it augured well for his upcoming try at the New York Marathon.

Well, that about wraps it up. I hope I haven't left anything out or neglected anyone.

See you next month with the Steve Garvey/Pepsi Challenge 10K among others.

## PR's

Shirli Allen (63 years old) Anaheim Halloween Festival 5K	41:10
Roma Antoniewicz (JOVI) LAAC Mercury 10K	37:00
John Beck (VPHS) Villa Park vs. Foothill vs. Santa Ana X-C/3 miles	15:48
Don Beechan (VPHS) Villa Park vs. El Modena vs. Canyon X-C/3 miles	17:08
Don Bemowski (CSDH) Western Reg X-C Champ. 10K	33:35
Laurie Binder, New York Marathon (7th woman)	2:35:18
Mario Blaum, Pasadena College of Chiropractic Run/8K	31:30
Mike Brase (VPHS) Villa Park vs. El Modena vs. Canyon X-C/3 miles	16:59
Jamie Braun (SCRR) The Great Pumpkin 5K (1st race even)	28:42
Margaret Braun (SCRR) The Great Pumpkin 5K	23:36
Jim Bray (VPHS) Villa Park vs. El Modena vs. Canyon X-C/3 miles	22:14
Julie Brown (LANTC) New York Marathon (2nd woman)	2:28:33
Doris Burgess (Schumb's Bums) Steinbeck Country 10K (1st master)	45:33
Chip Camp (Villa Park HS) vs. El Modena vs. Canyon X-C/3 miles	20:36
Armando Cendejas (Maccabi) New York Marathon	*2:15:00
Teresa Choy (CSDH) Western Regional X-C Champs. 5K	24:23
Mike Christensen (Villa Park HS) vs. El Modena vs. Canyon X-C/3 miles	20:17
George Cohen (SoCal Striders) LAAC Mercury 10K (3rd 40-49)	34:18
George Cohen (SoCal Striders) Tokai Bank 5 Miles	27:47
Gene Cohn, Golden Gate Marathon	3:30:20
Leonard Cruz, UCLA Invitational X-C/4 miles	21:10
Doug DaSilva, Golden Gate Half Marathon	1:23:51
Jessie DeLaGarza (Lavina Elem. Sch.)vs. Washington Jr HS X-C/1 mile	6:04
Oscar DeLaGarza (Lavina Elem. Sch.)vs. Washington Jr HS X-C/1 mile	5:32
Ramon Delgadillo (Lavina Elem. Sch.)vs. Washington Jr HS X-C/1 mile	5:30
Nancy Ditz, New York Marathon (10th woman)	2:38:08
Donal Doering (VPHS) Villa Park vs. El Modena vs. Canyon X-C/3 miles	14:59
Julie Doering (SCRR) The Great Pumpkin 5K (1st female)	18:12.6
Laura Doering (SCRR) The Great Pumpkin 10K (1st under 14/3rd female)	39:42
Jim Evans (Villa Pk HS)vs. El Modena vs. Canyon X-C/3 miles	19:35
Alan Eyerly (Villa Pk HS)vs. El Modena vs. Canyon X-C/3 miles	19:30
Carmen Ford, Steve Garvey/Pepsi Challenge 5K	*22:16
Ron Gee (SMT) LAAC Mercury 10K	30:55
Tim Gloe (Villa Pk HS)vs. El Modena vs. Canyon X-C/3 miles	19:04
Kevin Green (Villa Pk HS)vs. El Modena vs. Canyon X-C/3 miles	14:46
Richard Greifinger (SMT) UCLA Invit. X-C/4 miles	21:18
Richard Greifinger (SMT) Santa Monica Half Marathon	*1:11:22
Richie Gunter (Lavina Elem. Sch.)vs. Washington Jr HS X-C/1 mile	6:09
Caroline Haro (University HS)vs. Palisades HS X-C	13:16
Ruben Haro (SMT) Steve Garvey/Pepsi Challenge 10K	30:52
Chris Hart (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	15:54
Nathan Hayden (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	15:39
Al Hernandez (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	22:16
Rich Hivner (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	19:48
Didi Hurtado (CSDH) Western Regional X-C Champ. 5K	19:34
Didi Hurtado (CSDH) Wilmington Classic 5.8 miles	38:12
Howard Kepler (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	16:49
Judy Kewley (Calif. Condors) Catalina West End 25K (1st 35-19, 3rd woman)	1:46:00
Kathy Kusner, LAAC Mercury 10K	44:02
Thomas Leong (Villa Park HS)vs. Foothill vs. Santa Ana X-C/3 miles	15:57
Thomas Leong (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	15:56
Brad Lewis (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	18:41
Rolando Martinez (Lavina Elem. Sch.)vs. Washington Jr HS X-C/1 mile	6:23
Harolene McClean (JOVI) LAAC Mercury 10K	39:50
Ken McFadden (SCRR) Tokai Bank/Ala 5 Miler (1st 14 under)	27:20

Matiaz Medina (Lavina Elem Sch.)vs. Washington Jr HS X-C/1 mile	6:29
Irwin Merlein (SMT) Wilshire Police Community 10K	33:29
Lorraine Moeller (NBTC) LAAC Mercury 10K	32:44
Wes Monroe (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	17:28
Sandy Murphy (CSDH) Western Reg. X-C Champ. 5K	19:46
Denise Nieto (Lavina Elem Sch.)vs. Washington Jr HS X-C/1 mile	5:55
Sam Oglesby (Loeschhorn RC) Beer Belly 50 Miler (2nd place)	*7:25:40
Jeff Olson (CSDH) Western Reg. X-C Champ. 10K	30:50
Jeff Olson (CSDH) Wilmington Classic 5.8 mile	28:42
Joe Ortega (Lavina Elem Sch.)vs. Washington Jr HS X-C/1 mile	5:11.0
Alfonso Pacheco (Lavina Elem Sch.)vs. Washington Jr HS X-C/1 mile	5:33
David Parker (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	15:06
Jim Parker (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	18:44
Scott Rasmussen (SMT) Santa Monica Half Marathon	1:26:49
Christopher Ratti, Pt. Pinole Skunk Run 3K	15:58
Julius Ratti, Berkeley Waterfront 5 mile	27:25
Julius Ratti, Hayward Half Marathon	1:17:01
Melissa Ratti, Pt. Pinole Skunk Run 3 Mile	*20:14
Nicholas Ratti, Pt. Pinole Skunk Run 3 Mile	14:36
Ken Resh (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	22:07
Bill Rogers (Schumb's Bums) Big Sur River Run 10K	45:26
Bill Rogers (Schumb's Bums) Santa Cruz Half Marathon	1:43:00
Chris Schumb (Schumb's Bums) San Jose Y Rose Garden/5 mile	30:30
Jerry Schumb (Schumb's Bums) San Jose Y Rose Garden/5 mile	35:20
Ralph Serna (Sub-4) New York Marathon	2:14:22
Michelle Soderberg, LAAC Mercury 10K	37:21
Ken Survillas (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	17:39
Dave Tebo (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	16:37
Roger Thayer (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	19:46
Bruce Thumson (SMT) UCLA Invit. X-C/4 miles	21:12
Tom Thrasher (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	16:40
James Toschi (Lavina Elem Sch.)vs. Washington Jr HS X-C/1 mile	5:59
Manuel Trujillo (Lavina Elem Sch.)vs. Washington Jr HS X-C/1 mile	5:35
Ken Underwood (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	18:39
Brian Waltrous (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	18:20
Gary Warnecke, Pasadena College of Chiropractic Run 8K	29:25
David Wheeler (Villa Park HS)vs. El Modena vs. Canyon X-C/3 miles	19:23
Tom Wysocki (Sub-4) LAAC Mercury 10K (1st place)	28:42
Nick Yray, Sacramento Marathon (2nd place)	2:22:01

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

Name \_\_\_\_\_

Event \_\_\_\_\_

Mark \_\_\_\_\_ Club/School \_\_\_\_\_

☐ Check if first time



# Santa Monica Track Club Summer 1982 European Tour

by RICHARD LEE SLOTKIN

Every summer, Joe Douglas, coach of the Santa Monica Track Club, takes a team of his best athletes to Europe and they make the rounds of the summer circuit of international track meets.

This year Douglas had a really high quality group. Carl Lewis, World's best long jumper and sprinter; Bill McChesney, top U.S. 2 miler; Todd Harbour, 2nd fastest all-time U.S. miler; and two of the best two-lappers in captivity, Johnny Gray and David Mack, were just part of the best team SMTC has fielded yet.

SMTC always does well in Europe, but this year, was a real watershed. In particular, the 800 meter runners—with which SMTC is *loaded*—shined. All but one of them set PR's and they all performed consistently well.

Here's a summary of the 1982 tour:

**July 3:** At Byrkjelo, Norway. In the 800m, Jerry Masterson took 2nd in 1:48:00 and Charlie Talliaferro, running injury-free for the first time since joining the club two years ago, was 3rd in 1:48:8.

**July 6:** At Stockholm, Sweden for the National Championships. This was Johnny Gray's first stop from the U.S. and he was still feeling jet lag. He still managed a 2nd place in the 800m in a slowish 1:49:05.

**July 7:** At Nykoping, Sweden. Masterson and Talliaferro again in the 800m. This time 1st and 2nd. It was a strategic race, meaning no one wanted to go out fast on the first lap. But Masterson picked it up in the second lap and finished with a very fast kick just a tenth of a second ahead of Talliaferro. Masterson 1:49:3, Talliaferro 1:49:4.

**July 7:** Oslo, Norway. The World famous Bislett Games. The Bislett track is fast and David Mack established himself on that track as a World class two-lapper. He took 3rd in 1:45:55 behind James Robinson and Garry Cook in a very fast race. At the same meet, Carol Lewis ran a PR 13.55 in 100m hurdles.

**July 9:** USA vs. East Germany. Johnny Gray took 3rd in 1:47:02. Carol Lewis won the women's long jump with a leap of 22-4 1/4.

**July 13:** Cork, Ireland. Two more 1st places for SMTC. In the 800m, David Mack went by the rabbit a 400m in a time of 51.5 and with a 5 yard lead over the rest of the field, he went onto a 1:46:48 win. Despite the calendar, the weather was chilly, but it didn't hurt Mack or Carol Lewis. Carol won the long jump in 21- 3/4.

**July 13:** Turku, Finland. Masterson and Talliaferro in the 800m again. They didn't place quite as well as in the previous meets, but they ran better. This time Talliaferro edged Masterson. Talliaferro 3rd 1:47:7, Masterson 4th 1:48:0.

**July 14:** Lausanne, Switzerland. PR for Johnny Gray. He took 2nd in the 800m in 1:45:4 and that made him the second fastest U.S. two-lapper of 1982, not counting Steve Scott's 1:45:05. It was clearly Gray's best race of the year as he passed Alberto Guimaraes in the stretch and was closing on James Robinson.

**July 15:** Lappeenranta, Finland. Charlie Talliaferro got a win in the 800m. His time was 1:48:2, but there were better things still to come...much better!

**July 17:** Berne, Switzerland. Miserable weather—windy and raining. David Mack took 2nd in the 800m in 1:47:93. Johnny Gray moved up to the 1500 where he ran 3:54:02, good for only 11th. Carol Lewis was second in the 100m hurdles in 13.83.

**July 18:** Ylivieska, Finland. Still in Finland, Charlie Talliaferro tried his hand...feet?...at the 1500m and on a rainy day in a 'strategic' (read slow...) race, he took second with a 3:47:4.

Following this meet, the team spent nine days at the Swiss National Training Center at Macolin.

**July 28:** Helsinki, Finland. Two days here. Windy and gloomy the first day but not for David Mack as he won the 400m in 47:43. The next day the sun made an appearance. It turned out to be a good omen because SMTC's emblem is a sunburst, and, three of the first four finishers in the 800m were wearing the sunburst. Johnny Gray slipped by Jerry Masterson in the last 20 meters. He finished first in 1:46:15 followed by Masterson in 1:46:27. Fourth went to Charlie Talliaferro, storming across the line with a great PR of 1:46:83.

**August 2:** Goteborg, Sweden. 800m—David Mack 1:47:33 (3rd). 1500m—Todd Harbour 3:40:31 (Harbour had arrived just 5 hours prior to the race, following an 18-hour trip from the U.S.). 5000m—Bill McChesney 13:39:36 (1st) McChesney was also suffering from jet lag, but not enough for anyone to take advantage of.

**August 4:** Malmö, Sweden. 800m—Johnny Gray came close again, but no cigar, as James Robinson's devastating kick saved him yet once again. Gray had the lead and almost held Robinson, missing by .01 seconds. His time was 1:46:08, 2nd place. 1500m—Todd Harbour, 3:39:17 (2nd). Bill McChesney was ill and did not compete.

**August 11:** Viareggio, Italy. 100m—Carl Lewis 10:25 (1st)—Lewis beat Calvin Smith who was 2nd in 10:26. 800m—David Mack 1:48:16 (5th) and Johnny Gray 1:49:25 (6th)—a little slow for the SMTC two lappers. 1500m—This was a class field and SMTC was at the head of the class—1) Todd Harbour 3:39:07, 2) Thomas Wessinghage (W. Germany) 3:39:12, 3) Sidney Maree (USA) 3:39:43, 5) Bill McChesney (SMTC) 3:40:79. 100m (Women)—Carol Lewis 12:31 (2nd).

**August 14:** Nice, France. 200m—Carl Lewis 20:48 (2nd). 800m—Johnny Gray 1:47:19 (4th). 2000m—Todd Harbour 4:59:28 (3rd) This made Harbour 2nd all-time U.S. performer/performance. 3000m—Bill McChesney 2:48:38 (3rd). Long Jump (women)—Carol Lewis 20-11 1/4 (3rd) Carol sustained an injury at this meet.

**August 18:** Zurich, Switzerland. This is the most prestigious meet of the European summer circuit, and it was one of the most exciting as the runners competed not only for wins, but for places in World ranking. The 1500m was a typical dogfight. At 950 meters, Britain's Steve Cram took the lead with Steve Scott, John Walker, Sidney Maree and SMTC's Todd Harbour in a bunch eyeballing each other. Going into the final lap, Cram was still in

the lead and turned in a 56.1 lap with 230 meters to go. Harbour made his move and burned the last 200 meters in 26.2 to 27.6 for Cram. Harbour closed much of the gap, but not quite all. Still, he took second in that World class field ahead of Walker, Scott and Maree, and got himself a PR to boot. The times: 1) Steve Cram (GB) 3:33:66, 2) Todd Harbour (SMTC) 3:33:99, 3) Steve Scott (Sub-4) 3:34:18, 4) John Walker (Sub-4) 3:34:83.

Bill McChesney also got a PR, his coming in the 5000. His time was 13:14:80, 3rd U.S. all-time, and got him 3rd place despite being knocked off the track. Doug Padilla took the early lead and set the pace for seven laps. Then Peter Koeh took over. With 800m to go, McChesney moved up front. Then, going into the first curve of the bell lap, East Germany's Hansjorg Kunze collided with West Germany's Wessinghage. (See, the twin do meet!) Wessinghage was knocked into McChesney who found himself clean off the track. McChesney hung in, though, and shot back into the lead, but this surge cost him. He wound up falling back to 4th in a fast race, finally won by Kunze in 12:15. No foul was called.

At the same meet, Carl Lewis uncorked the longest jump ever seen on European soil—28-1 1/4. That business taken care of, he then anchored the 4x100m relay team to the second fastest time in history. Lewis' leg as 38.13.

**August 20:** Berlin, Germany. In an evening Lewis continued his winning ways and socked it to Calvin Smith yet one more time, setting a meet record of 10:08. Then, back to the 4x100 relay and another anchor leg of 38.13 as the U.S. team took 1st. Todd Harbour ran a 3:54:08 mile for a 4th place finish. Then in the 3000m, Bill McChesney and Henry Rono went head to head. Not only head to head, but side to side until the final 90 meters. Then McChesney fired up the afterburners and just plain outkicked Henry. And won in 7:45:55.

**August 22:** Cologne, West Germany. In another exciting 3000m, McChesney set a fast pace but was edged out by a fast finishing Thomas Wessinghage. Wessinghage's time was 7:39:34 less than a second ahead of McChesney's 7:40:19. This was the meet in which Carl Lewis was injured in the 100m. Johnny Gray ran 1:47:38 in the 800.

**August 27:** Brussels, Belgium. This was the season's last major meet in Europe and the Ivo Van Damme Memorial Stadium was filled with 38,000 spectators. SMTC rose to the occasion. David Mack took 3rd in the 800m, behind the great Alberto Juantorena and the Dutchman Druppers, and ahead of James Robinson. His time was 1:46:26. Juantorena won in 1:45:65.

Todd Harbour was 4th in a strong field in the 1500m. Sidney Maree won in 3:32:12 followed by the improving Tom Byers and Mike Bolt. Harbour's time was 3:36:76.

But the big one for SMTC was the 10,000. Bill McChesney led most of the way and won the hearts of the 38,000 spectators, not to mention race as he clocked a blazing 27:50:82, outlegging Craig Virgin by almost 17 seconds.

David Pascal, former Bruin, former often-injured Bruin, had a fine summer tour. He was consistently in the 3:44 range for the 1500m and lowered his PR in that event by over 8 seconds. He also broke 1:50:00 in the 800 meters for the first time. He ran 1:49:70 at Lage, Germany. At Bieleog, W. Germany, he PR'd in the 5000m with a 14:13.2.

So, all in all, the tour was an unqualified success for the Santa Monicans. Besides all the results presented in this article, there was a bit of frosting on the cake. Seven members of Joe Douglas's team qualified in 7 events for the 1983 World Games in Helsinki. Here they are:

100m — Carl Lewis  
800m — David Mack, Johnny Gray, Jerry Masterson  
1500m — Todd Harbour  
5000m — Bill McChesney  
10,000m — Bill McChesney  
1J — Carl Lewis  
1J (women) — Carol Lewis

## Race Clocks

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# Why are so many serious runners out \$219 for the PO<sub>2</sub> Aerobic Exerciser?

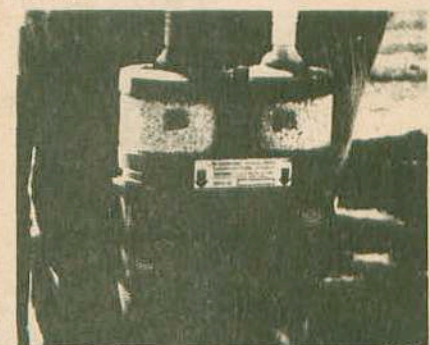
Great Selling  
Christmas Gift

Runner Magazine called it "A new invention that could have a profound effect on training." And Runner's World described it as "...a device so revolutionary, it may well expand every runner's horizons. Eventually, it may prove to be as meaningful to the runner as his first good pair of running shoes."

No wonder there's been so much excitement over InspirAir's PO<sub>2</sub> Aerobic Exerciser, a portable altitude simulator which allows the serious athlete to combine both sea level training for strength and speed with altitude training for endurance without ever leaving home.

## How it works.

The patented unit is a product of eight years of development and testing by a practicing anesthesiologist and engineer. The PO<sub>2</sub> Aerobic Exerciser duplicates conditions that would be found at moderate altitudes, with the basic unit pre-set to simulate 7,500 feet. As elevation increases, the partial pressure of oxygen decreases. As an example, the ambient or outside air at sea level contains 20.95% oxygen. At 7,500 feet, it's 15.87%.



The PO<sub>2</sub> Aerobic Exerciser accomplishes this without the need to travel to the mountains or to invest in your own altitude chamber. When you inhale ambient air, a portion of the oxygen is absorbed by your lungs, and the rest is expired or exhaled. This expired breath contains approximately 15% oxygen, and is circulated through a breathing hose to the device. A special PO<sub>2</sub> absorbent removes the carbon dioxide from the expired air, and the recycled oxygen is stored in the reservoir tanks until your next breath.

With subsequent breaths, the user is breathing a combination of ambient air and recycled air. This new combination simulates conditions which would be found at 7,500 feet. The size of the orifice or hole in the face mask determines the altitude to be simulated.

Of course you don't use the device all the time. The objective is to develop a training schedule which combines altitude training and sea level training. Simply by putting on the face mask, the user experiences an altitude of 3,500 feet. With mild to moderate exercise, the simulation increases to the pre-set 7,500 foot elevation. To return to sea level, slip off the face mask!

## Advantages of altitude.

Lots of folks seem to be confused about altitude training. But it's no secret that some of the best distance runners in history have been those who have trained at moderate altitudes. When the 1968 Olympics were held in Mexico City (7,300 feet elevation), many of the world's top runners were handicapped at altitude for simple lack of endurance. A special medical symposium following the 1968 Games concluded that future world class runners would be those who could combine sea level training for strength and speed along with altitude training for endurance.

With the PO<sub>2</sub> Aerobic Exerciser, this is now possible for the first time. Studies show altitude training will greatly enhance sea level performance.

According to physiologists, altitude training stresses the cardiovascular system so that the body can squeeze more and more energy from the available oxygen. Tests have shown that there is a very real physiological change, as the oxygen transport system is improved. *More energy means more endurance, and more endurance means better performance.* This is particularly important for any endurance activity where the difference between winning and losing is that extra burst of power when everyone else is hitting the wall.

It is no coincidence that so many running physicians have been among the first to order PO<sub>2</sub> Aerobic Exercisers, because they understand the benefits of altitude training. And in a ten week test at the University of Oregon, head track coach Bill Dellinger monitored eight top runners using the PO<sub>2</sub> Aerobic Exerciser. After only the third week of use, there were measurable increases in both red blood cell count and hemoglobin. Extrapolating this data, Coach Dellinger projected that use of the device could turn a 2:12 marathoner into a 2:10:30 winner.

Given the extreme conditioning of these world-classers to start with, this is a dramatic improvement. As far as the "average" runner is concerned, the potential for increased performance is outstanding.

## Not just for runners.

The PO<sub>2</sub> Aerobic Exerciser has a direct application for any athlete involved in endurance sports—bicycling, skiing, weightlifting, swimming, mountain climbing, etc.

A key point is that the athlete can obtain maximum benefit with less effort. This differs from sport to sport, but translates to more intense training over a shorter period of time. For runners, for instance, the same or greater benefits can be realized with less total mileage, since the runner's system is stressed so much more when running at altitude. And by training less, but with greater intensity, there is an added advantage in that the risk of injury to the muscular-skeletal system is reduced. Injury is often a direct result from over-training—trying to do too much and over-reaching physical limits. The PO<sub>2</sub> Aerobic Exerciser is the answer.

This is also important for the injured athlete, who may not be able to maintain a full training schedule while recovering. During this recovery period, the athlete can nonetheless maintain endurance conditioning using the PO<sub>2</sub> Aerobic Exerciser. There are also increasing numbers of athletes using the device with a stationary bicycle, as the principles of endurance conditioning using the PO<sub>2</sub> Aerobic Exerciser are the same.

## Is it worth it?

The PO<sub>2</sub> Aerobic Exerciser is not an inexpensive training device, but no matter what the sport, the true enthusiast will gladly pay the price if he or she is convinced of its value. In other words, if you get what you pay for—and it delivers the promised benefits—it's worthwhile. For the runner, the cost of the PO<sub>2</sub> Aerobic Exerciser is roughly equivalent to a year's worth of top-grade running shoes. The shoes continue to wear out, of course, but the PO<sub>2</sub> Aerobic Exerciser will become a vital part of your training regimen for years to come. The only operating expense of the system is the special PO<sub>2</sub> absorbent, which removes the carbon dioxide. Each canister is good for about three and a half hours.

And like anything else in the "better mousetrap" category, it does take a while getting used

to, simply because it's so different from anything else quite like it. The PO<sub>2</sub> Aerobic Exerciser is as lightweight as possible, and is mounted on an orthopedically-designed base which weighs only four pounds. It feels strange, but you quickly adapt to it.

Wearing the face mask is also a challenge, particularly as you feel your system working harder and harder with less oxygen. But again, that's all part of endurance training. You're supposed to feel the stress.

And some runners have reported initially feeling self-conscious running with the PO<sub>2</sub> Aerobic Exerciser. It does draw a lot of attention, for sure. Everyone wants to know what it is, what it does and where to get one.

But when race day comes—when you're out there running head to head for either trophies or your own PR—you're running without the unit, but with a maximal level of endurance for a peak performance. The benefits of altitude training with the PO<sub>2</sub> Aerobic Exerciser make true believers.

## Safety and testing.

The PO<sub>2</sub> Aerobic Exerciser has been tested by more than a dozen universities, research facilities and government agencies over the past year, and these tests are continuing. Interestingly, the U.S. Army's Altitude Research Division is now testing specially-modified units pre-set to simulate 13,000 feet. It's also been the subject of considerable interest in a host of publications including Sports Illustrated, Runner's World, The Runner, the Los Angeles Times and others.

The PO<sub>2</sub> Aerobic Exerciser is a significant training device designed for the conditioned athlete. It is not for the out-of-shape armchair athlete, or anyone with a history of heart disease, high blood pressure or related problems.

## Order yours today.

JACK'S ATHLETIC SUPPLY is offering the basic 7,500 foot PO<sub>2</sub> Aerobic Exerciser complete and ready for use for \$219 plus \$5 handling and shipping. And we'll also include Coach Dellinger's special "PO<sub>2</sub> Aerobic Exerciser Training Manual"! We guarantee shipment within five days from the time you place your order.

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Please send Money Order or Cashier's Check or a valid purchase order for organizations & schools.



# Results

## College-Open Cross Country

Fine Flicks by Don Gosney



Lori Lopez

## UCLA Invitational

From Richard Slotkin

September 19. L.A.		
1	Polly Plumer(UCLA)	16:55.6
2	Laurie Crisp(SDSU)	17:09.1
3	Michele Bush(UCLA)	17:10.2
4	Katie Dunsmuir(Santa Monica)	17:10.9
5	Shannon Stryker(UCLA)	17:32.9
6	Sheila Ralston(Wilts AC)	17:35.1
7	Laura Koterha-Buss(CSULB)	17:36.0
8	Debbie Chaddock(SDSU)	17:36.5
9	Liz Baker(SDSU)	17:37.3
10	Vickie Cook(UCLA)	17:43.4
11	Nena Manriquez(CSUN)	17:49.2
12	Stacy Hazlett(UCLA)	17:51.3
13	Erin Sherman(SDSU)	17:52.3
14	Shelly Hazlett(UCLA)	17:53.4
15	Sherry Simmons(JovITC)	17:58.4
16	Michelle Hopper(Medalist)	18:08.4
17	Teresa Raro(Santa Monica)	18:11.7
18	Karen Copper(UCLA)	18:12.6
19	Luola Rodriguez(CSUN)	18:12.9
20	Gladys Prieur(Santa Mon.)	18:19.1
21	Lisa Gross(SDSU)	18:26.0
22	Jeanne Murphy(USIU TC)	18:27.3

23	Carol Keller(CSUN)	18:28.0
24	Joanne Howard(Cal Poly Po)	18:29.3
25	Shelly Prochaska(CSULB)	18:30.6
<b>Team Scores:</b> 1.UCLA 31, 2.San Diego State 40, 3.CS Northridge 106, 4.Santa Monica TC 114, 5.JovITC 127, 6.CS Long Beach 155, 7.Cal Poly Pomona 203, 8.US International 263, 9.Loyola-Marymount 304, 10.CS Los Angeles 331, 11.Pepperdine 332, 12.Coast Athletics 333, 13.CS Fullerton 343, 14.CS Dominguez Hills 366.		

## NCAA Women's West Regionals

October 30. UC Riverside. 10K.		
1	Amy Harper (CPSLO)	16:29
2	Patricia Gray (UCD)	16:46
3	Jennifer Dunn (CPSLO)	16:47
4	Carol Gleason (CPSLO)	17:04
5	Maryanne Scannell (JAA)	17:10
6	Kristin Thompson (CPSLO)	17:11
7	Linda Somers (UCD)	17:12
8	Magdalena Manriquez(CSUN)	17:14
9	Marilyn Nicholas (CPSLO)	17:16
10	Kathy Way (CSUH)	17:32
11	Kathy Koudela (CSUH)	17:39
12	Lauri Shansby (SP)	17:39
13	Carol Keller (CSUN)	17:43
14	Jeanette Allred (CSUN)	17:48
15	Robyn Dubach (CPSLO)	17:51
16	Ann Hoerber (UCD)	17:53
17	Tracy Schofield (CSUN)	17:53
18	Debbie Morris (CSUH)	17:54
19	Connie Benson (SP)	17:59
20	Anne Hamilton (CSUH)	18:01
21	Nancy Riedel (UCD)	18:05
22	Lorene Lopez (CPSLO)	18:09
23	Valerie Eberly (CSUN)	18:09
24	Lisa Koelfgen (SP)	18:10
25	Dottie Meyers-Jnngs (S.P.)	18:12
26	Carol Lowe (UCR)	18:13
27	Colleen Spadoni (CSUN)	18:16
28	Helen Arzu (UCR)	18:19
29	Karen Mence (UCD)	18:20
30	Michelle Ballentine (EWU)	18:22

Men's		
1	Carmelo Rios (CPSLO)	30:02
2	Tony Reyes (CPP)	30:08
3	Matt Blaty (CPP)	30:16
4	Frank Assumma (UCR)	30:18
5	Rick LaCreide (PSU)	30:22
6	Steve Jenness (UCR)	30:18
7	Tim Cruber (HSU)	30:29
8	Gary Borbon (CPP)	30:33
9	Ray Cook (UCR)	30:34
10	Steve Pybus (EWU)	30:42
11	Gilbert Cortez (CSULA)	30:46
12	Lee Young (CSUS)	30:40
13	Jeff Olson (CSUDH)	30:50
14	Darryl Genest (EWU)	30:52
15	Gregory Jenkins (CSUS)	30:55
16	John Rembao (CPSLO)	30:56
17	Kevin Broady (CPSLO)	30:57
18	Mike Trujillo (CSUN)	30:58
19	Matthew Gary (CSUS)	30:59
20	Michael Lansdon (CPSLO)	31:01
21	Chris Brennenman (UCR)	31:01
22	Matt Morgan (EWU)	31:02
23	James Kaspari (UCD)	31:07
24	Hector Perez (CPSLO)	31:09
25	Ed Dotter (EWU)	31:10
26	Philip Imlay (CSULA)	31:12
27	Kenneth Smallwood (UCD)	31:18
28	Theodore Franse (CSUS)	31:18
29	Robert Haase (CSUS)	31:20
30	Mark Holtink (EWU)	31:21

Team Results		
<b>Men's</b> 1. UC Riverside 88, 2. Cal Poly SLO 74, 3. Eastern Washington 96, 4. Cal State Sacramento 98, 5. Cal Poly Pomona 106, 6. Humboldt St. 156, 7. UC Davis 167, 8. Cal St. L.A. 251, 9. CS Chico 272, 10. CS Northridge 277, 11. CS Dominguez Hills 293, 12. CS Hayward 322, 13. San Francisco St. 332, 14. CS Bakersfield 414.		
Women's		
1. Cal Poly SLO 23, 2. UC Davis 75, CS Northridge 75, 4. CS Hayward 90, 5. Seat-		

tle Pacific 115, 6. Eastern Washington 194, 7. UC Riverside 203, 8. Cal Poly Pomona 225, 9. CS Sacramento 229, 10. CS Dom. Hills 310, 11. CS Bakersfield 323.

## NCAC Championships

October 30. UC Riverside. 10K.		
1	Tim Gruber (HSU)	30:29
2	Lee Young (SAC)	30:48
3	Greg Jenkins (SAC)	30:55
4	Matt Cary (SAC)	30:59
5	Jim Kaspari (UCD)	31:07
6	Ken Smallwood (UCD)	31:18
7	Ted Franse (SAC)	31:18
8	Bob Haase (SAC)	31:20
9	Ray Webb (HSU)	31:24
10	Mike Fisher (HSU)	31:49
11	Bob Goralka (UCD)	31:53
12	Arnulfo Morales (HSU)	31:55
13	Oan Stefanisko (UCD)	31:59
14	Chris Hood (Chico)	32:02
15	Dave Maldonado (SAC)	32:06
<b>Team Scores:</b> 1.Sacramento State Univ. 24, 2.(tie) Humboldt State Univ. and UC Davis 51, 4.Chico State Univ. 116, 5.Hayward State Univ. 142, 6.San Francisco State Univ. 145.		

## Quadrangular X-C Meet

October 30. Balboa Park, San Diego.		
1	Tim Varley (USIU)	30:41.22
2	Mark Ruelas (UCI)	30:43



photo by Richard Lee Slotkin

Polly Plumer

3	Brian Harold (SDSU)	31:0
4	Jose Vega (SDSU)	31:1
5	German Aranda (UNLV)	31:2
6	Jeff Woodland (SDSU)	31:2
7	Mel Thompson (UNLV)	31:3
8	Danny Martinez (UCI)	31:3
9	Mike Carlton (UCI)	31:4
10	John Whitesides (UCI)	31:4
<b>Team Scores:</b> 1.San Diego State 40, 2.Ut Irvine 41, 3.Nevada-Las Vegas 64, 4.USIU 103.		

## West Coast Athletic Conference Championships

November 6. St.Mary's College. 10K.		
Individual Results:		
1	Chris Lattig (UOP)	32:2
2	Dan Quigley (UOP)	32:4
3	Joe Shannon (UOP)	32:4
4	Shaun Delaney (USD)	32:4
5	Mike Kollas (SCU)	32:5
6	John Sherry (UOP)	33:2
7	John Gillespie (UOP)	33:2
8	Paul Oriady (Gonzaga)	33:3
9	Julian Whitley (USF)	33:4
10	Ty Strange (UOP)	33:5
11	Ted Cotti (LMU)	33:5
12	Dan Crowley (SCU)	34:1
13	Tom Carlton (LMU)	34:3
14	Bruce MacMahon (SMC)	34:3
15	Chad Pratt (SCU)	34:5
<b>Team Results:</b> 1.Portland 19, 2.Santi Clara 80, 3.Loyola Marymount 88, 4.Gonzaga 96, 5.St.Mary's 138, 6.San Diego 149, 7.San Francisco 155, 8.Pepperdine 186.		

## Dr. Pepper Nor-Cal Invitational

From G. David Brown

At San Mateo, Crystal Springs. 4.2 miles		
Men—Division I		
1	Steve Blakemore (Foot)	21:34.1
2	Nelson Bernal (WV)	21:34
3	Dave Dempsey (SM)	21:5
4	Dan Betker (Sacto)	22:0
5	Kyle Kessler (Chabot)	22:1
<b>Team Scores:</b> 1.West Valley 59, 2.Chabot 90, 3.Fresno CC 100, 4.Foothill 134, 5.American River 171.		
Division II		
1	Clark (B)	21:06
2	Merwin (Shasta)	21:21
3	Adalps (Har)	21:36
4	Gauracha (Har)	21:46
5	Koscattini (Har)	21:47
<b>Team Scores:</b> 1.Sierra 49, 2.Hartnell 52, 3.Butte 68.		
Women (3.0 Miles) Division I		
1	Smythe (SR)	17:04.2
2	Dwyer (CCSF)	17:26
3	Powers (SR)	17:55
4	Erti (Diablo)	18:17
5	Davis (AR)	18:20
<b>Team Scores:</b> 1.Santa Rosa 40, 2.Chabot 80, 3.Foothill 103.		
Division II		
1	Redford (Monterey)	18:00
2	Dolan (Shasta)	18:33
3	Zieschang (Menlo)	19:06
4	Berry (Butte)	19:09
<b>Team Scores:</b> 1.Yuba 54, 2.Butte 69, 3.Cabrillo 70.		



# NAIA District III X-C Champion- ships

November 13. Biola Univ., La Mirada.

## Men's Division 5 mile

1 Croft, Paul (Westmont)	25:43
2 Martinez, Aaron (Azusa Pac)	26:06
3 Maxwell, David (Cal Luth)	26:34
4 Smith, Mark (Azusa Pac)	26:34
5 Erdman, Chris (Azusa Pac)	26:40
6 Cook, Kirk (Westmont)	26:43
7 Selvaggio, Frank (Pt. Loma)	26:46
8 Clausen, Karl (Cal Tech)	27:04
9 Hamilton, Brian (Azusa Pac)	26:52
10 Riley, Frank (Azusa Pac)	26:53
11 Cammarata, Vincenzo (Cal Tech)	27:04
12 Delong, Dave (Pt. Loma)	27:06
13 Spitz, Chris (Cal Luth)	27:11
14 Scott, Robert (Westmont)	27:19
15 Aguirre, Miguel (Pt. Loma)	27:25
16 Bishop, Hayland (Azusa Pac)	27:27
17 Martin, Gary (Pt. Loma)	27:25
18 Vizzini, Greg (Biola)	27:31
19 Backman, Tom (Azusa Pac)	27:46
20 Clark, Mitch (Biola)	27:52
21 Wallen, Tim (Westmont)	28:03
22 Stahl, Steve (Cal Tech)	28:07
23 Schweikart, Steve (Biola)	28:13
24 Nolan, Chris (Westmont)	28:25
25 Kleinsasser, Brian (Pt. Loma)	28:45

**Men Team Scores:** 1. Azusa Pacific 30, 2. Westmont College 66, 3. Point Loma College 76, 4. California Institute of Technology (Cal Tech) 99, 5. California Lutheran College 115, 6. Biola Univ. 123, 7. Los Angeles Baptist 203.

## Women's Division 3 mile

1 Garman, Liz (Azusa Pac)	18:42
2 Pernell, Andi (St. Mary's)	18:48
3 McMillion, Kathy (Westmont)	19:49
4 Williamson, Tammy (Westmont)	19:51
5 Bookout, Maura (Azusa Pac)	19:56
6 Burrows, Judi (Pt. Loma)	20:08
7 Mallory, Marian (Cal Luth)	20:10
8 Stickney, Karmen (Pt. Loma)	20:25
9 Fricke, Julie (Azusa Pac)	20:31
10 McGarvey, Patty (St. Mary's)	20:32
11 Close, Karen (Cal Tech)	20:32
12 Kobylinski, Mary (Pt. Loma)	20:33
13 Curci, Alicia (Westmont)	21:00
14 Grebisz, Chris (Pt. Loma)	21:13
15 Molloy, Lisa (Westmont)	21:20

**Women's Team Scores:** 1. Westmont College 40, 2. Point Loma 44, 3. St. Mary's University 58, 4. California Institute of Technology 98, 5. California Lutheran College 104. Other teams entered: Azusa Pacific (3 finishers), L.A. Baptist (1 finisher).

64 Tony Reyes (CP-Pamona)	40:01.6
78 John Rembao (CP-SLO)	40:17.3
80 Steven Strehlow (UCR)	40:18.3
81 Lee Spence (UCR)	40:20.4
82 Kevin Broady (CP-SLO)	40:21.5
85 Hector Perez (CP-SLO)	40:26.5
95 Salvador Lozano (CP-SLO)	40:37.1
99 Steven Strangio (CP-SLO)	40:46.3

**Team Results:** 1. Eastern Washington U. 84, 2. South Dakota St. U. 123, 3. Indiana St. Evansville 140, 4. Indiana (PA) Univ. 145, 5. St. Cloud State U. 162, 6. U. of Cal. Riverside 164, 11. Cal. Poly-SLO 262.

## Women-5,000 Meters

1 Amy Harper (Cal Poly-SLO)	21:13.6
2 Jennifer Dunn (CP-SLO)	21:15.9
3 Lori Bocklund (S. Dakota St.)	21:20.0
4 Kristin Thompson (CP-SLO)	21:22.3
5 Audrey Stavrum (S. Dakota St.)	21:23.8
6 Patricia Gray (U. Cal-Davis)	21:24.8
7 Debbie Spino (U. Wisc. Parkside)	21:26.4
8 Kristin Asp (S. Dakota St.)	21:39.3
9 Kathy Koudela (Cal. St. Hay)	21:42.0
10 Alane Keefer (Ashland College)	21:42.8
11 Lori Bearson (Mankato St.)	21:43.6
12 Marilyn Nichols (CP-SLO)	21:46.5
13 Christine Ridenour (SE Miss)	21:48.2
14 Nancy Gieske (S. Dakota St.)	21:49.3
15 Linda Somers (UC-Davis)	21:50.1
16 Debbie Gresens (Ashland Col.)	21:50.8
17 Nancy Goodwine (C. Missouri)	21:59.2
18 Laura Mason (E. Stroud St.)	22:02.4
19 Ann Hoerber (UC-Davis)	22:04.0
20 Robyn Dubach (CP-SLO)	22:04.8
21 Carol Gleason (CP-SLO)	22:06.0
22 Magdalena Manriquez (CSN)	22:11.8
26 Valerie Eberly (CSN)	22:18.1
29 Karen Menge (UC-Davis)	22:21.0
31 Nancy Riedel (UC-Davis)	22:22.0
33 Denise Pruitt (UC-Davis)	22:23.0
41 MaryAnne Scannell (CS-Sac.)	22:30.2
44 Carol Keller (CSN)	22:32.4
50 Lori Lopez (CP-SLO)	22:43.7
54 Jeanette Allred (CSN)	22:52.9
56 Kathy Way (CS-Hayward)	22:54.2
58 Tara Statton (CSN)	22:56.4
69 Colleen Spadoni (CSN)	23:26.1
71 Tracy Schofield (CSN)	23:32.8
74 Francesca Negri (UC-Davis)	23:51.0

**Team Results:** 1. Cal Poly SLO 32, 2. South Dakota St. U. 45, 3. U. of Cal-Davis 82, 4. Cal St. Univ. Northridge 161, 5. U. of Wisconsin-Parkside 168, 6. U.S. Air Force Academy 173, 7. Holy Cross College 178, 8. Ashland College 191, 9. West Chester St. College 201, 10. Abilene Christian U. 205, 11. Troy State Univ. 332.



UCLA's Jon Butler leads teammates Steve McCormack and Rick Rose along with UC Irvine's Mark Ruelas.

Other Cal runners earning individual advances were Berkeley's Louise Romo who ran the race of her life in 16:49 and UCLA's Plummer.

November 13. Woodward Park, Fresno. Men's 10,000 meters. Women's 5,000 meters.

## Men's 10,000 meters

1 James Hill (Oregon)	28:50
2 Tom Downs (Berkeley)	29:25
3 Steve McCormack (UCLA)	29:36
4 John Zishka (Oregon)	29:37
5 Jon Butler (UCLA)	29:37
6 Tom Ansberry (Arizona)	29:37
7 Mark Fricker (Oregon State)	29:47
8 Mark Ruelas (Irvine)	29:52
9 Greg Erwin (Oregon)	29:56
10 Rick Rose (UCLA)	30:01
11 Peter Koech (Washington State)	30:06
12 Richard Tuwei (Washington St.)	30:06
13 Tim Varley (USIU)	30:10
14 Chris Dugan (Arizona)	30:12
15 Keith Morrison (Arizona)	30:12
16 Steve James (Washington State)	30:13
17 Steve Webb (UCLA)	30:14
18 Vance Blow (Oregon)	30:15
19 Scott Mayfield (Fresno St.)	30:15
20 German Aranda (UNLV)	30:19
21 Harold Kuphaldt (Oregon)	30:20
22 Robert G. Ryndam (Oregon St.)	30:24
23 Ron W. Roberts (UCLA)	30:30
24 Mark LaBonte (Berkeley)	30:32
25 Bill Graham (Stanford)	30:34
26 Matt McGuirk (Oregon)	30:36
27 Brian Pettingill (Stanford)	30:39
28 David D. Dobler (Arizona)	30:42
29 Robert Ingram (Arizona)	30:43
30 Glenn Lee (San Jose St.)	30:45
31 Brad Simpson (Oregon)	30:47
32 Omar Ortega (Wash State)	30:48
33 Dan Caprioglio (UCLA)	30:49
34 Gary Gonzales (Fresno St.)	30:49
35 Ian Clark (Berkeley)	30:52
36 Jim Smith (Stanford)	30:53
37 Andre Woods (Arizona)	30:54

38 Greg Long (Utah St.)	30:59
39 John Frank (Oregon St.)	31:01
40 Richard Oldfield (Ore St.)	31:04
41 Pat Fox (Stanford)	31:05
42 Patrick Ewing (Washington)	31:08
43 Jacinto Navarret (Wash St.)	31:07
44 Mike Serna (Long Beach St.)	31:08
45 Danny Martinez (Irvine)	31:08
46 Eddie Fuel (Fresno St.)	31:10
47 Mike Carlton (Irvine)	31:11
48 Jeff Hess (Arizona)	31:14
49 Chris Lattig (Portland)	31:17
50 Michael McCollum (Berkeley)	31:22

**Team Scores:** 1. Oregon 55, 2. UCLA 58, 3. Arizona 92, 4. Washington State 114, 5. Berkeley 176, 6. Oregon State 178, 7. Stanford 181, 8. Irvine 207, 9. Fresno State 226, 10. Long Beach State 306, 11. Utah State 323, 12. Washington 328, 13. Portland 369, 14. San Jose State 371, 15. Nevada Las Vegas 397, 16. USIU 411, 17. Santa Barbara 412, 18. Fullerton 573.

## Women's 5,000 meters:

1 Cecil Hopp (Stanford)	16:03
2 Kim Schnurpfell (Stanford)	16:09
3 Regina Joyce (Washington)	16:14
4 Kathy Hayes (Oregon)	16:19
5 Polly Plummer (UCLA)	16:24
6 Sabrina Peters-Stern (Ariz St.)	16:30
7 Kim Roth (Oregon)	16:31
8 Eryn Forbes (Oregon)	16:31
9 Pattisue Plummer (Stanford)	16:33
10 Anne Locke (Stanford)	16:39
11 Regina Jacobs (Stanford)	16:43
12 Louise Romo (Berkeley)	16:49
13 Susan Gregg (Washington)	16:49
14 Kim Gallagher (Arizona)	16:50
15 Victoria Cook (UCLA)	16:55
16 Lisa Martin (Oregon)	16:57
17 Melissa Martel (Santa Barb)	16:59
18 Michelle Duane (Ariz St.)	17:02
19 Suzanne Richter (Berkeley)	17:03
20 Rosa Gutierrez (Oregon)	17:05

Continued on next page... 37

# 1982 NCAA Division II X-C Championship

November 13. St. Cloud State Univ., St. Cloud, MN, 10,000 Meters.

1 Greg Beardsley (Edinboro St.)	36:49.8
2 Robert Petrini (Slippery Rock)	37:50.7
3 Kurt Threinen (St. Cloud)	37:57.3
4 Brian Ferrari (Calif. (PA) St.)	38:02.4
5 Frank Assumma (U. Cal-River.)	38:10.6
6 Todd Heller (Ind. St.-Evan.)	38:13.5
7 Rick LaGreide (Portland St.)	38:17.8
8 Dan Carlson (S. Dakota St.)	38:18.7
9 Scott Eragen (St. Cloud)	38:24.1
10 Jeff Taylor (Mankato St.)	38:25.8
11 Tom Stambaugh (N. Dakota)	38:30.1
12 Harry Freeman (St. Augustine)	38:37.7
13 Steve Spence (Shippensburg)	38:38.6
14 Steve Pybus (Eastern Wash. U.)	38:39.7
15 Michael Lansdon (Cal Poly SLO)	38:40.6
16 Monte Wright (E. Wash. U.)	38:42.4
17 Joe Chamberlain (S. Dakota)	38:45.1
18 Tim Gruber (Humboldt St.)	38:45.7
19 Steve Repko (Edinboro St.)	38:46.4
20 Ricky Miller (Bellarmine)	38:47.8
19 Christopher Brennenman (UCR)	39:29.5
17 Steve Jenness (UCR)	39:35.9
14 Raymond Cook (UCR)	39:43.3
16 Carmelo Rios (CP-SLO)	39:44.3
17 Steven Dietrich (UCR)	39:45.0

# NCAA District 8 Championships

From Innersports

Stanford once again showed their awesome strength in the recent NCAA District 8 championships. Led by sophomore sensation Cecil Hopp, Stanford gathered 1-2-9-10-11 places in the meet to down Oregon by 22 pts.

Hopp's time was a brisk 16:09 over the 5000 meter course which is a personal record for her. Johnson commented that he thinks she is one of the best in the nation and possibly number one.

The only team in the way according to Johnson, is Virginia who earned top rankings in early season polls.

Kim Schurpfell ran 16:09, which was two seconds off her personal best. Washington's Regina Joyce had a fine race placing third in 16:14 followed by Oregon's Kathy Hayes and UCLA freshman sensation Polly Plummer.

Plummer's sister Patti Sue who runs for Stanford, placed 9th in her first race of the season due to injuries. Her time was a personal best of 16:33.

Oregon dethroned defending champion UCLA with Jim Hill winning the overall title in a fast 28:50. Arizona was third at 92 points to advance into the NCAA Nationals along with UCLA and Oregon.

Cal's Tom Downs was fifth and along with UC Irvine's Mark Ruelas earned individual advances to the nationals.



# Results

Fine Flicks by Don Gosney

21 Adrienne Lorrwick (Wash)	17:12
22 Mary Gaffield (Berkeley)	17:12
23 Laura Starrett (Berkeley)	17:13
24 Laura Crisp (San Diego St)	17:14
25 Anthea James (Arizona)	17:15
26 Maria Trujillo (Ariz St)	17:19
27 Jessica Spies (Stanford)	17:20
28 Linda Goen (UCLA)	17:23
29 Allison Snow (Oregon)	17:23
30 Leslie Haywood (Arizona)	17:25
31 Claudette Groenendaal (Ore)	17:26
32 Elizabeth Baker (San Diego St)	17:26
33 Renee Wyckoff (Fresno St)	17:27
34 Sandra Greag (Washington)	17:28
35 Debra Chaddock (San Diego St)	17:31
36 Lisa Gonzales (Irvine)	17:33
37 Jan Oehm (Arizona)	17:33
38 Jayne Basiger (Santa Barb)	17:34
39 Ellen Lyons (Stanford)	17:35
40 Erin Sherman (San Diego St)	17:35
41 Stacy Kneeshaw (San Diego St)	17:36
42 Michelle Hazlett (UCLA)	17:36
43 Lisa Pluhl (Ariz St)	17:37
44 Shannon Stryker (UCLA)	17:38
45 Stacy Crystal (Arizona)	17:38
46 Eliza Carney (Arizona)	17:43
47 Kelly Ringer (Irvine)	17:44
48 Joan McGrath (Wash St)	17:44
49 Mary Mason (Santa Barb)	17:47
50 Leanne Buckley (Wash)	17:50

**Team Scores:** 1. Stanford 33, 2. Oregon 55, 3. Washington 120, 4. California 128, 5. UCLA 134, 6. Arizona State 147, 7. Arizona 151, 8. San Diego State 172, 9. Santa Barbara 243, 10. Irvine 292, 11. Long Beach State 325, 12. Fresno State 359, 13. Hawaii 365, 14. Santa Clara 447, 15. Fullerton State 460, 16. San Francisco 486.



Ceci Hopp

## California Community College X-C Championships

From BOB FRIES and KEN DOSE

November 20. Woodward Park, Fresno. Men and Women Division II.

Susan Radford of Monterey lead the first mile in 5:40 a fast pace that she held through the 2nd mile in 11:57 (a 6:17 mile on the hills). Kathy Dolan from Shasta was on her heels at the 2-mile came back and out sprinted Susan for the title. The women's course is 130 yards short of 3 miles and 30 yards long than last year. John Orogren's Gals from Yuba claimed the title with a well grouped finish 2:46-9-12.

Karen Gray of Yuba was the first in for her team having won the Bay Valley Conference race.

Shasta College brought two athletes and both won State titles with Don Merwin duplicating Susan's effort for the individual crown. Don didn't take the lead until the fourth mile as Nick Greco set the pace at 4:55 with Nash Guaracha taking the 2nd mile lead at 10:06. A third leader, Dan Clark took the honors at mile three at 15:16. Don ran a 4:59 last mile to win the crown for Shasta's perfect day for individual champions. Congratulations on your two runners Gary Lewis from Shasta.

Kim Ellison's Butte team spread 5 runners in the first eleven places with Dan Clark winning the runner up spot for his team's championship.

<b>Women</b>	
1 Kathy Dolan (Shasta)	17:41
2 Susan Radford (Monterey)	17:41.8
3 Teresa Berry (Butte)	18:23
4 Karen Bray (Yuba)	18:37
5 Gabriele Ziesch (Menlo)	18:52
6 Kathy Staoener (Cabrio)	18:55
7 Angela Buhling (Yuba)	18:56
8 Diane Holderbein (Butte)	19:13
9 Susan Hawthorne (Yuba)	19:30
10 Sheri Leorna (Sierra)	19:38

11 Kim Greenwell (Menlo)	19:38
12 Ruth Garland (Cabrio)	19:49
13 Lori Wright (Butte)	20:09
14 Jackie Lassaga (Yuba)	20:22
15 Kelly Morgan (Cabrio)	20:36

**Women's Team Scores:** 1. Yuba 33 pts., 2. Butte 39, Cabrillo 52.

<b>Men</b>	
1 Don Merwin (Shasta)	20:14
2 Daniel Clark (Butte)	20:19
3 Nash Guaracha (Hartnell)	20:45
4 Mark Hofer (Sierra)	20:50
5 Chris Cummings (Cabrillo)	20:54
6 Herb Bladorn (Butte)	20:55
7 Kirk Dye (Marin)	20:55
8 Devin Casey (Sierra)	20:59
9 Don Williams (Butte)	21:06
10 Manuel Aldape (Hartnell)	21:14
11 Dave Dinnell (Sierra)	21:17
12 Chris Vicencio (Sierra)	21:20
13 Ken Holder (Butte)	21:23
14 George Tedford (Butte)	21:28
15 Al Miller (Hartnell)	21:30

**Men's Team Scores:** 1. Butte 32, 2. Sierra 39, 3. Hartnell 50.

**Women's Division I**

Nine teams and 15 individuals sprinted across the wide grass area at Woodward Park on a beautiful sunny day at 60 degrees. Mira Costa's Mara Lazdars lead the first mile in a quick 5:22, but Peggy Smythe of Santa Rosa battled back with a 5:56 over the hilly part as she built up a 30 yard lead and an 11:18 two mile. Kim Defetis caught Peggy in the last 400 yards to wear the State crown. Kim's first place was a big factor in leading Gordie Fitzer's and Larry Greer's women to defend their State title at Woodward Park.

Orange Coast had a strong up-front finish with Dawn Howe's 6th place, Kathy Dube's 9th, Suzie Zika 12th and hanging on to 25th was Dori Price.

American River made a strong bid, but Jeannie Snugg's runners needed more women in the single digit numbers to catch Orange Coast.

El Camino had a good group as Don Shannon's harriers finished between 10th and 21st for the 3rd place trophy.

The course at Woodward was packed from a hard rain on Thursday, leaving the course in excellent condition. The women

gave the course a good run with at least 20 running under a 6 minute pace, figuring the 25 seconds that would be added on their time for the 130 yards needed for the 3 mile distance. The course will be lengthened to 5,000 meters (3 miles 188 yards) in 1983 with a 200 yard loop added in the second mile under Spectator Hill and 130 yards staying on the dirt road going to the right of the tough grass hill.

<b>Women</b>	
1 Kim Devetis (Orange C)	16:51
2 Mara Lazdars (Mira C.)	16:58
3 Peggy Smythe (S. Rosa)	17:10
4 Terri Elliott (Pasadena)	17:07
5 Sharon Powers (S. Rosa)	17:10
6 Lorrain Mercado (Ventura)	17:11
7 Ruth Truscott (Gross.)	17:14
8 Kathy Pedroza (E. L.A.)	17:15
9 J. Slingerland (A.R.)	17:16
10 Penny Miller (Cerr.)	17:20
11 Dawn Howe (Or. Coast)	17:21
12 Lynn Hill (Santa Mon.)	17:21
13 Darlene Davis (A.R.)	17:24
14 Cathy Demmelmaier (W. Valley)	17:25
15 Elaine Campo (Snta Bar.)	17:26
16 Alex Acquirre (East L.A.)	17:29
17 Kathy Dube (Or. Coast)	17:32
18 Yvette Rice (El Cam.)	17:33
19 Lolita Anderson (Glendale)	17:39
20 Laura McHale (A.R.)	17:40
21 Sue Zika (Or. Coast)	17:46
22 Cynthia Jeong (Chabot)	17:53
23 Mwinga Sote (Mt. Sac.)	17:54
24 Jeannet Griffiths (El. Cam.)	17:58
25 Rufus Schneider (Gross.)	18:00
26 Barbara Vasquez (Saddle.)	18:01
27 Tracy Waterman (El Cam.)	18:02
28 Diane Hernandez (Gross)	18:06
29 Thesa Perin (A.R.)	18:07
30 Doreen Lopez (Chabot)	18:08
31 Ali Owen (Santa Barb)	18:09
32 Lori Meighan (El Camino)	18:10
33 Ta-Ana Savo (El Camino)	18:10
34 Jill Moss (A.R.)	18:12
35 Carolyn Tiernan (Fresno)	18:18
36 Beth Taft (Gross)	18:21
37 Dori Price (Or. Coast)	18:23
38 Kerry Brogan (Foot.)	18:31
39 Sue Ramsadell (Ant. Valley)	18:23
40 Nancy Panico (Ventura)	18:33

**Team Scores:** 1. Orange Coast 53, 2. American River 63, 3. El Camino 81, 4. Grossmont 89, 5. East L.A. 131, 6. Chabot 136, 7. Ventura 157, 8. Antelope Valley 199, 9. Fresno 218.

**Men**

There were many favorite teams and a dozen favorite individuals as they lined up for the 19th running of the men's California State Cross Country meet. The dash across 150 yards of the soft grass, the jockeying for position over 400 meters of blacktop, onto the 1200 meters of rolling hills of dirt, recently packed by a hard rain, helped Rusty Knowles of American River, to a 25 yard lead in a hot 4:34 pace. The hills in the second mile slowed Rusty as Rich Brownsberger of Grossmont kept a good 4:50 pace on the hills and saw him take over the lead at a 9:30 two mile. Rich built up a 35 yard lead in the next 400

photo by Bob Fries



Community College State Champs — Grossmont College

meters, with Jesse Torres of San Jose, last year's runner-up, maintaining the second spot. Rich came by the 3 mile mark at 14:22, with Jesse 40 yards back. Jesse closed up to 4 seconds but Rich was determined to wear the State crown, as he set a new course record at 19:17. Jesse tied the record at 19:21 for the silver medal and won the runner-up spot again in '82.

Rich's first place and teammate Mike Robbins' 3rd place finish were one of the keys to Tom Lux's Grossmont team regaining the State title from Orange Coast. Jack Kairy's 12th, John Casten's 20th and Javier Sandoval's 27th gave them a 4 point victory. Grossmont has won the title ten times in the last 18 years of the State Meet.

Orange Coast ran in a close group from 10th to 17th but needed an inspired performance by at least one man to help new coach Larry Greer's team to make up the 4 points they needed to defend their crown.

Ron Allice's third place Long Beach team had their five men up front in the first mile, with two of them surviving the pace, Casa Marquez 3rd, and Gonzalo photo by Maurice Wilson



Torie Elliott



Huggins 5th. Trying to run up front had a negative effect on their next three, who finished 18th, 19th and 38th place.

American River might have been up too high as their leader Rusty Knowles overran the first mile and had to hang on for 9th place. Al Baeta's 4th place team

photo by Bob Fries



Rich Brownsberger  
State Champion

finish gives American River a fine record of finishing in the top five seven times in their 17 appearances in this meet.

1 Rich Brownsberger (Gross)	19:17
2 Jesse Torres (San Jose)	19:21
3 Mike Robbins (Gross)	19:28
4 C. Marquez (Long Beach)	19:40
5 Steve Blakemore (Foothill)	19:40
6 Fern Velasquez (Citrus)	19:41
7 Gonzalo Huggins (Long Beach)	19:48
8 Rusty Knowles (Amer. River)	19:49
9 Nelson Bernal (W. Valley)	19:51
10 Joe Rubio (W. Valley)	19:53
11 Steve Fairman (Moorpark)	20:03
12 Ralph Garibaldi (Santa Barb.)	20:04
13 Bob Erickson (Orange Coast)	20:05
14 Gary Dailey (Orange Coast)	20:05
15 Jack Kairy (Gross)	20:06
16 Scott Lacrosse (Orange Coast)	20:11
17 Mandia Kunene (Porterville)	20:13
18 Gary Whaler (Amer. River)	20:14
19 Paul Merryman (Orange Coast)	20:15
20 Jeff Scott (Amer. River)	20:16
21 Dan Betker (Sacramento)	20:17
22 Bob Adams (Orange Coast)	20:18
23 Tyrus Deminter (Long Beach)	20:20
24 Angel Roman (Long Beach)	20:23
25 John Casten (Gross)	20:23
26 Frank Jewett (Santa Barb.)	20:23
27 Allen Dehlinger (Ant. Valley)	20:24
28 Ken Johnson (West Valley)	20:27
29 Lalo Terriquez (Orange Coast)	20:28
30 Wayne Bratten (Amer. River)	20:29
31 Ron Johnson (Citrus)	20:30
32 Leroy Rivera (Fresno)	20:33
33 John Singhado (West Valley)	20:35
34 Javier Sandoval (Gross)	20:36
35 John Galvan (Gross)	20:38
36 Mike Madrigal (Citrus)	20:40
37 Joe Brunet (Moorpark)	20:41
38 David Perez (Fresno)	20:45
39 M. Armbruster (Cuesta)	20:47
40 John Spillman (Moorpark)	20:48

**Men's Team Scores:** 1. Grossmont 62, 2. Orange Coast 66, 3. Long Beach 83, 4. American River 96, 5. West Valley 98, 6. Citrus 124, 7. Moorpark 152, 8. Fresno 204, 9. Ventura 257.

## Long Distance Results

### Summer Relays

August 1. Lake Merced, San Francisco. 5-person teams; 4.464 miles per leg.

1 Golden Bear T.C. "A"	1:49:30
2 West Valley T.C.	1:51:07
3 Pacific West T.C.	1:51:25
4 Angel Field Ancients	1:53:28
5 Pacific West	1:55:40
6 Runner's Feet	1:57:13
7 Pacific West	1:57:40
8 SUB-5	1:57:43
9 Canyon T.C. Blazers	1:57:57
10 Foothill Gonads	1:58:18
11 Lake Merritt Jog/Striders	1:59:39
12 Great S.F. "Subs"	1:59:40
13 West Valley Jog/Striders	1:59:42
14 West Valley Jog/Striders	2:00:01
15 Pacific West "C"	2:00:33
16 Tamalpa Open Men's "A"	2:00:48
17 W. Valley TC Subs/2 Masters	2:01:20
18 Tamalpa Submaster Men "A"	2:01:46
19 San Francisco State	2:02:19
20 Diablo Road Runners	2:02:32
21 I.B.M.	2:02:56
22 Valley Boys	2:04:51
23 Diablo Road Runners	2:05:26
24 Stevens Creek Striders	2:05:26
25 Golden Bear TC "B"	2:06:16

### Berkeley Waterfront Run

September 17. Berkeley. 5 Miles.

1 Hal Schultz	24:54.7
2 Phil Horning	25:05.5
3 Mark Graves	25:07.0
4 Mark Young	25:07.3
5 Arturo Rodriguez	25:32.3
6 Kirk Oye	25:51.0
7 Paul Kinny	26:04.3
8 Robert Gomez	26:04.9
9 Peter Ramos	26:12.7
10 Wolf Goubau	26:15.7
11 Bob Lay	26:38.5
12 Tom Roberson	26:40.0
13 William Jenny	26:48.0
14 Richard Cunningham	26:33.2
15 Ron Ruborawa	26:53.7
16 Harvey Franklin	26:55.2
17 Laurie Binder	26:56.0
18 Jerry Emory	26:58.6
19 Tom Castro	26:59.6
20 Jim Reichle	27:19.2
21 Julius Ratti	27:25.2
22 Mike Anduze	27:27.4
23 Dan Williams	27:30.3
24 Joe Schietter	27:34.1
25 John Monteverdi	27:48.9

**Division Winners:**

**Men:** 1-17: 1. Robert Gomez 26:04.9, 2. Dave White 28:00.3, 3. Javier de Lou 28:05.3. 18-29: 1. Hal Schulz 24:54.7, 2. Phil Horning 25:05.5, 3. Mark Young 25:07.3. 30-39: 1. Mark Graves 25:07.0, 2. Arturo Rodriguez 25:32.3, 3. Wolf Goubau 26:15.7. 40 Plus: 1. William Jenny 26:48.0, 2. Dick Malkin 28:34.0, 3. John Swyer 28:40.5, 4. Bill Jensen 29:10.2, 5. Bryan Holmer 29:15.2.

**Women:** 1-17: 1. Molly May 44:13.8. 18-29: 1. Sarah Tabbutt 29:41.8, 2. Sue Busher 29:54.4, 3. Kristan Martin 30:09.6. 30-39: 1. Laurie Binder 26:36.0, 2. Larry Fisher 32:45.0, 3. Gail Rodd 33:07.8. 40 Plus: 1. Sally Wolfer 34:14.0, 2. Kirch Buthe 34:34.0, 3. Sally Switz 34:49.0, 4. Carol Watkin 39:47.0, 5. Kay White 45:19.0.

### Walnut Festival 10K Run

September 19. Walnut Creek.

1 Domingo Tibadulza	29:18.4
2 Dan Grimes	29:29.4
3 Roy Kissin	30:04.8

4 Roy Hoglund	30:32.6
5 Don Paul	30:52.7
6 John Morse	30:58.9
7 Peter Churney	31:02.4
8 Tom Borschel	31:15.4
9 A. Michael McQueeney	31:29.0
10 Kevin Ostenberg	31:38.5
11 Bill Clark	32:02.7
12 Daryl Zapata	32:19.6
13 Larry Stapleton	32:22.7
14 Mark Piccillo	32:29.5
15 Mark Kushner	32:36.7
16 Thomas Laris(1-40)	32:46.6
17 David Garcia	32:58.3
18 Jake White(2-40)	33:06.0
19 Tim Rostegge(3-40)	33:11.1
20 John Clary	33:11.5
21 Brian Bonnea	33:13.1
22 Doug Bamford	33:38.4
23 David Weamer	33:42.3
24 John Bruce	33:45.1
25 Matt O'Brien	33:48.8
26 Nick Winter	33:51.6
27 David Unger-Smith	33:57.8
28 Kevin Searls	34:07.4
29 Hugh R. Stahl	34:12.7
30 Stephen Gregory	34:17.6
31 John Benito	34:27.5
32 Jim Moore(4-40)	34:40.2
33 Fred Meltz	35:00.0
34 David Ganser	35:00.5
35 Kyle McIntzer	35:01.1
36 Rey Corona	35:13.0
37 Gary Alderman	35:13.5
38 Walter Hahn	35:14.5
39 Robert Lattina	35:31.3
40 Jim Jones	35:35.1
41 Jim McKinnon	35:35.6
42 Mark Lane	35:39.4
43 Phil Williamson	35:49.8
44 Frank Knafele(5-40)	35:50.2
45 Paige Youngman	35:53.8
46 Hoyt Walker	35:54.6
47 James Rycek	35:56.7
48 Robert Johnson	35:57.0
49 Peter Fadum	36:15.6
50 Paul Sasse	36:17.5
51 Rainey Kay Stolp(1/F)	36:21.2
52 Rossy Tibadulza(2/F)	36:45.3
61 Connie Hester(3/F)	36:57.1
63 Constanza Tibadulza(4/F)	37:02.4
65 Jerry Faulkner(1-50)	37:03.3
69 Vicki Bigelow(1/F-40)	37:10.1
71 Jack Hodges(2-50)	37:14.1
110 Linda J. Shelley(6/F)	39:26.7
111 Amanda Goldner(7/F)	39:28.2
112 Jess Chaney(3-50)	39:28.7
136 Margaret Barrett(8/F)	40:31.2
248 Bev Richardson(2/F-40)	44:12.6
314 Charles Hansen(1-60)	46:26.4
333 Mel Shine(2-60)	47:20.8
540 Paula Silva(1/F-50)	56:05.6

### Billy Mills 10K

From LARRY GURY

September 26. Sacramento

Led by Ivan Huff, an Olympic-style obstacle course runner from the Northern California foothills, more than 900 runners participated in the third annual Billy Mills 10K Run held Sunday morning, Sept. 26. The biggest and best run yet, the Southgate Recreation and Park District sponsored event took place in downtown Sacramento and included a jaunt around the State Capitol.

Huff, a nationally ranked steeple-chaser, spends a majority of his spare time training near Truckee, where the mountainous elevation exceeds 7,000 feet. Therefore a quick 6.2 mile run on a level course through Sacramento proved to be of little difficulty. Huff defeated approximately 900 other runners to win the Billy Mills PA-TAC 10K Championship in 29 minutes, 38 seconds.

Huff, 23, who in June finished seventh in the 3,000-meter steeplechase at The Athletic Congress National in Knoxville, Tenn., led a contingent of six members of the Aggie Run Club who finished among the top 10 in the men's division.

Bob Dies, who formerly ran for American River College and Fresno State, finished second and Rob Anex, also of the Aggie Running Club, was third.

Vickie Bigelow, a 47-year-old nurse

from San Lorenzo who holds the national age group record at 3,000-meters, was the overall women's winner in 37:05. Joan Reiss of Sacramento was second and Bjorn Austrheim-Smith, also of Sacramento, was third.

**Overall**

1 Ivan Huff	29:36
2 Bob Dies	30:06
3 Bob Anex	30:34
4 David Rennehan	30:36
5 John Mansoor	30:38
6 Matt Yeo	30:50
7 Brian Foley	30:56
8 Mike Van Horn	31:07
9 Edward Schlegel	31:36
10 Jeff Clark	31:39
11 Jerry Drew	31:51
12 Chris Hammer	32:00
13 Pedro Reyes	32:05
14 Bob Topia	32:13
15 Dwight Smith	32:38
16 Jeff Grubbs	32:44
17 Dan Donohue	32:47
18 Jim Robinson	32:57
19 Dean Raymond	33:08
20 Tim Jordan	33:21
21 David Russell	33:36
22 Pat Markham	33:40
23 Ron Mellor	33:42
24 Tony Reynoso	33:45
25 Snag Olpus	33:46
26 Frank Krebs	33:56
27 Mark Trujillo	34:07
28 Don Alarid	34:26
29 Ron Souza	34:34
30 Curtis Duff	34:50

**Division**

**Men**

**Under 12:** 1. Jason Orozco 43:41, 2. Joey Anderson 46:08, 3. Nathan Sandro 50:27. **13-18:** 1. Mark Trujillo 34:07, 2. Travis Cruz 35:46, 3. Charles Slaughter 37:29. **40-44:** 1. Tim Jordan 33:21, 2. Dan Alarid 34:26, 3. Doug Rennie 35:17. **45-49:** 1. Paul Holmes 36:57, 2. Paul Michele 38:11, 3. Terry Lowell 39:46. **50-54:** 1. Robert Downs 37:56, 2. Tom Marshall 41:00, 3. Ray Helm 41:35. **55-59:** 1. Robert Malain 37:48, 2. Vance Koerner 43:37, 3. Kenneth Mar 46:42. **60-Over:** 1. Paul Reese 40:36, 2. Hugh Mills 51:36, 3. Kenny King 59:20.

**Women**

**12-Under:** 1. Aysha Head 46:00, 2. Stacy Myers 51:31, 3. Adma Ellis 51:32. **13-18:** 1. Sharon Barr 43:38, 2. Rosalie Benvin 43:41, 3. Charise Slaughter 45:01. **25-29:** 1. Ardis Bow 41:04, 2. Judi Mellor 42:28, 3. Janie Matthews 46:25. **30-34:** 1. Dolores Morazzini 39:14, 2. Jean Reynolds 46:12, 3. Lupe Sarabia 52:17. **35-39:** 1. Bjorg Austrheim-Smith, 2. Raye Bright 39:30, 3. Jo Sumner 47:26. **40-44:** 1. Karen Frincke 42:38, 2. Miriam St. Clair 43:11, 3. Janet Jamieson 47:09. **45-49:** 1. Vickie Bigelow 37:00, 2. Joan Reiss 38:32, 3. Kathy Gseri 48:05. **50-54:** 1. Adela Girvin 51:43, 2. Peggy Ewing 52:49, 3. Laura Collins 57:16.

### John Means Fun Run

October 2. Hart Park, Bakersfield. 10K, 5K & 1 Mile.

**1 Mile**

**Men: 12 & Under:** 1. Mike Camarillo 7:09.7. **30-39:** 1. Alex Canales 10:01.9.

**Women: 12 & Under:** 1. Isabella Rios 5:33.4 (overall winner). **13-18:** 1. Brandy Camarillo 6:19.3. **30-39:** 1. Josie Ott 8:00.6.

**5K**

**Men: 12 & Under:** 1. Chris Martinez 19:26.3. **13-18:** 1. Fred Everts 18:51.3. **19-29:** 1. Hilario Cavazos 18:10.1 (overall winner). **2. Carlos Guero 21:55.0, 3. Douglas McAfee 26:50.4. 30-39:** 1. Jim Rude 19:51.1, 2. Ken Wyss 22:29.5, 3. Richard Ward 28:55.3. **40-49:** 1. Leonard Villanueva 20:50.4, 2. R.C. Clemenson 26:16.7, 3. Bruce Jones 26:37.4.

**Women: 12 & Under:** 1. Angela Foranti 29:27.3. **19-29:** 1. Brenda Villanueva 19:11.5, 2. Nancy Torii 21:22.1, 3. Yvonne Fox 24:49.7. **30-39:** 1. Shelly Wyss 23:39.7, 2. Jill Carter 28:18.0, 3. Kathy Everts 29:36.1. **40-49:** 1. Veria Phillips 24:29.2, 2. Margaret Lemucchi 26:40.7.



## Results

**10K**  
**Men: 13-18:** 1. Kim Fields 38:42.4, 19-29: 1. Ben Lopez 40:19.4, 2. Dave Brewer 40:55.4, 3. Jose Espinoza 41:20.0, 30-39: 1. John Lopez 37:04.3, 2. Jim Glinn 39:31.8, 3. Richard Piper 39:52.1, 40-49: 1. Tim Lemucchi 41:28.7, 2. George Medina 41:51.8, 3. Norman Prigge 43:05.8.  
**Women: 12 & Under:** 1. Mary Ann Martinez 44:20.7, 19-29: 1. Samantha Steinbeck 39:46.0, 30-39: 1. Janice Brown 58:19.8.

## Dumbarton Bridge Run

### October 3. Menlo Park.

1 John Clary (22) Saratoga 38:26  
 2 Raynold Wleand (24) Belmont 40:28  
 3 Ray Castro (23) Union City 40:41  
 4 Kenneth Grace (25) Castro Vily 41:02  
 5 Glenn MacDougall (27) Daly City 41:18  
 6 Bobby Rivera (16) Newark 41:38  
 7 Doug Rodgers (20) Castro V. 41:49  
 8 Mike Plummer (24) Newark 42:19  
 9 Richard Whitewater (41) 1-40-49 42:21  
 10 Glen Walder (31) Dublin 42:34  
 11 Ken Buntin (19) Cupertino 43:11  
 12 Sammy Castillo (37) San Jose 43:21  
 13 Thomas Lucas (23) Redwood City 43:26  
 14 Julios Ratti (32) Oakland 43:43  
 15 Rick Guilfooy (31) San Fran 43:47  
 16 Steven Vandervoort (33) S.F. 43:52  
 17 John Srem (16) Newark 44:03  
 18 J. Armandariz (2-40-49) Milpitas 44:34  
 19 A. Bruce (3-40-49) Oakland 44:35  
 20 Doug Ward (38) Fremont 44:41  
 21 Stephen Pitcher (25) Livermore 44:48  
 22 George Aurit (28) Union City 44:53  
 23 William Mercer (23) San Jose 45:03  
 24 John Jancoski (27) Union City 45:08  
 25 Allen Staples (24) Fremont 45:26  
 26 Rudy Hernandez (30) Union City 45:34  
 27 Robert Solorio (35) Hayward 45:35  
 28 Hyt Walker (30) Livermore 45:41  
 29 Jaime Hernandez (24) Fremont 45:41  
 30 Michael Elliott (21) Newark 45:42  
 31 Kristan Martin (1-F-23) Oakld 45:49  
 32 Roger Zolidan (35) Fremont 46:06  
 33 Glenn Unsicker (49) Milpitas 48:12  
 34 Steven Freitas (32) Martinez 48:20  
 35 Paul Ficken (37) Union City 48:30  
 36 Matt Reyes (15) Hayward 48:34  
 37 Leon Souza (43) Redwood City 48:39  
 38 Greg Boyden (33) Pacifica 48:43  
 39 James Richards (25) Castro Vily 48:45  
 40 Robert Sakai (37) Hayward 48:49  
 K. Schleicher (29-F) Palo Alto 51:57  
 B. Zolidan (35-F) Fremont 53:08  
 Kay Schroer (35-F) Los Altos 55:27  
 Val. Colosi (19-F) Millbrae 55:56  
 Whitney Keeler (19-F) Oakland 57:08

### Men's Divisions

**12-U:** 1. Jordan Carroll (12), 2. Pat McManus (12), 3. Jerome Daniels (8), 4. Alvaro DeLeon (12), 5. James Mattis (9).  
**13-17:** 1. Bobby Rivera (16), 2. John Srem (16), 3. Matt Reyes (15), 4. Michael Wiley (17), 5. Mich Tapia (14), 18-29: 1. John Clary (22), 2. Raynold Wleand (24), 3. Ray Castro (23), 4. Kenneth Grace (25), 5. Glenn MacDougall (27), 30-39: 1. Glen Walder (31), 2. Sammy Castillo (37), 3. Julios Ratti (32), 4. Rick Guilfooy (31), 5. Steve Van der Voort (33), 40-49: 1. Richard Whitewater (41), 2. Juan Armandariz (42), 3. Andrew Bruce (40), 4. Glenn Unsicker (49), 5. Leon Souza (43), 50-59: 1. John Rouse (55), 2. Bob Gehl (54), 3. Don Lucero (55), 4. David Peterson (52), 5. Bernard Stevens (53), 60-Over: 1. Ted Flagg (64), 2. Dale Yee (62), 3. John Guinee (63), 4. Fred Augustine (64), 5. George Lee Loy (66).

### Women's Divisions

**12-Under:** 1. Suzanne Srem (12), 2. Lisa Evans (12), 3. Angela Puchta (10), 13-17: 1. Elizabeth Lempert (13), 2. Libby Rydell (15), 3. Tina Sato (13), 4. Cindy Long (13), 5. Darci Adams (14), 18-24: 1. Kristan Martin (23), 2. Kristin Scheicker (29), 3. Valerie Colosi (19), 4. Whitney Keeler (19), 5. Elizabeth Ramirez (29), 30-39: 1. Barbara Zolidan (35), 2. Kay Schroer (35), 3. Marjorie Scott (32), 4. Liz Talbot (34), 5. Sara Trauer (36), 40-49: 1. Elvyn Blair (45), 2. Ann Broderick (43), 3. Hsiae Reichel (49),

4. Bath Eiselman (40), 50-59: 1. Adela Bishop (50), 2. Reima Surila (54), 3. Rozanne Kuckson (50), 4. Joy Notmeyer (51), 5. Laise Rapozo (55), 60-Over: 1. Victoria Small (60), May Howard (70).

## ORR Portland Marathon

### October 3. Portland, Oregon.

1 Gray, Charles (23) Warrens, Mo 2:19:42  
 2 Yeo, Matt (29) Los Altos 2:21:15  
 3 Harmon, Ron (30) Boulder, CO 2:21:38  
 4 Stacy, Tom (27) Bellingham, WA 2:22:55  
 5 Galloway, Jeff (37) Atlanta, GA 2:23:56  
 6 O'Halloran, Dennis (30) Los Alto 2:24:35  
 7 Hill, Leonard (30) White City, OR 2:25:00  
 8 Managan, Joe (25) Sunnyvale 2:25:03  
 9 Holly, Pat (WHCHR) (32) OR 2:25:37  
 10 Bomber, Ed (22) Portland, OR 2:29:18

## The Harbor Lite A Half Marathon

### October 3. San Pedro.

#### Overall Winners:

1 Bob Macias (32) Santa Monica 1:06:53  
 2 Ron Cornall (23) San Pedro 1:07:03  
 3 Jerry Alexander (28) Van Nuys 1:07:16  
 4 Jim Scott (28) 1:08:22  
 5 James Arquilla (31) 1:09:21  
 6 Mark McKinzie (24) 1:10:08  
 7 John Merhaut (31) 1:10:13  
 8 Fernando Vasquez (19) 1:10:51  
 9 Ronald Jensen (35) 1:10:59  
 10 Joe Carlson (31) 1:10:59  
 11 David Vanderveen (27) 1:11:06  
 12 Art Nuno (28) 1:11:23  
 13 Tom Burns (39) 1:11:32  
 14 Unknown  
 15 Paul Maier (34) 1:12:06  
 16 Eric Faiz (24) 1:12:11  
 17 Andre Tocco (47) 1:12:17  
 18 John Kovack (30) 1:13:27

1 Julie Brown (26) San Diego 1:21:47  
 2 Patti Hurl (34) San Diego 1:21:47  
 3 Wendy Walker (22) Santa Mon. 1:22:44  
 4 Margo Elson (31) 1:23:43  
 5 Sheryl Snyder (29) 1:23:44  
 6 Judy Kewley (38) 1:23:58  
 7 Mary Blissh (27) 1:24:59  
 8 Shiela Hasham (39) 1:27:18  
 9 Gail Gill (28) 1:28:59  
 10 Kathy Skeflich (32) 1:29:05  
 11 Sherry Simmons (24) 1:29:54  
 12 Eileen Flick (24) 1:30:28  
 13 Kim DiFilippo (28) 1:30:28  
 14 Karen Novikoff (36) 1:30:33  
 15 Tammy Nugent (22) 1:31:19

### Men's Division

**12-14:** Clay Bond 1:31:24, 15-19: 1. Fernando Vasquez 1:10:51, 2. Victor Estrada 1:14:28, 3. Shawn Barrow 1:15:18, 20-24: 1. Ron Cornall 1:07:03, 2. Mark McKinzie 1:10:08, 3. Eric Faiz 1:12:11, 25-29: 1. Jerry Alexander 1:07:16, 2. Jim Scott 1:08:22, 3. David Vanderveen 1:11:06, 30-34: 1. Bob Macias 1:06:53, 2. James Arquilla 1:09:21, 3. John Merhaut 1:10:13, 35-39: 1. Ronald Jensen 1:10:59, 2. Tom Burns 1:11:32, 3. James Reilly 1:14:30, 40-44: 1. John Rawlings 1:14:12, 2. Ron Navarette 1:15:29, 3. Joseph Bird 1:16:42, 45-49: 1. Andre Tocco 1:12:17, 2. John Rudserg 1:19:05, 3. Richard Bellevue 1:20:46, 50-59: 1. Patrick Devine 1:21:30, 2. Tracy Brown 1:22:23, 3. Richard Leslie 1:24:53, 60-Over: 1. Robert Page 1:31:35, 2. Paul Jernstrom 1:32:52.

### Women's Division

**15-19:** 1. Marie Santisteban 1:34:11, 2. S. Yakota 1:39:59, 3. Kathy Ritzke 1:49:14, 20-24: 1. Julie Brown 1:12:50, 2. Sheryl Snyder 1:23:44, 3. Mary Blissh 1:24:59, 30-34: 1. Patti Hurl 1:21:47, 2. Margo Elson 1:23:43, 3. Kathy Skeflich 1:29:05, 35-39: 1. Judy Kewley 1:23:58, 2. Shiela Hasham 1:27:18, 3. Karen Novikoff 1:30:33, 40-44: 1. Viola Phillips 1:34:32, 2. Joja Applegate 1:36:57, 3. Mary Elwell 1:38:26, 45-49: 1. Mariana McMullen (NTA), 2. Joyce Momita 1:37:11, 3. Alberta Codd 1:40:11, 50-59: 1. Diane Fritz 1:48:12, 2. Keiko Johnson 1:50:06, 3. Yukie Mochida 1:50:50, 60-Over: 1. Gerry Davidson 1:51:58.

## Berkeley-To-Moraga Run

### October 10. 13 Miles.

1 Tom Borschel (25) 1:11:59  
 2 Dwight Hendrix (28) 1:14:35  
 3 Mark Young (25) 1:14:49  
 4 Neil Coville (37) 1:15:08  
 5 Paul Jacobs (25) 1:15:49  
 6 Mike Wheeler (33) 1:16:33  
 7 Wolf Goubau (37) 1:17:47  
 8 Jim Reichle (25) 1:18:26  
 9 Bert Johnson (39) 1:18:48  
 10 Jay Helgeson (27) 1:19:02  
 11 Thom Trimble (23) 1:19:07  
 12 Julios Ratti (31) 1:19:16  
 13 Matt O'Brien (23) 1:19:29  
 14 John Bruce (33) 1:19:30  
 15 Gene Dangel (35) 1:19:31  
 16 John Benitou (31) 1:19:43  
 17 Ronald Kubokawa (29) 1:19:43  
 18 Dennis Tracy (36) 1:19:58  
 19 Bruce Fujimoto (26) 1:20:24  
 20 Ramon Juncoosa (30) 1:20:28  
 21 Bruce Shaw (20) 1:20:33  
 22 Jerry Emory (25) 1:21:08  
 23 Michael Milewski (40) 1:21:11  
 24 Edward Condit (26) 1:21:30  
 25 Barron Guillermo (30) 1:22:16  
 26 Bill Fontaine (23) 1:22:17  
 27 Fernando Perez (21) 1:22:55  
 28 Joe Schieffer (31) 1:22:57  
 29 Bill Jeffery (33) 1:23:10  
 30 Leigh Forsberg (34) 1:23:14  
 31 James Wilkins (39) 1:23:28  
 32 Hoyt Walker (30-39) 1:23:51  
 33 Thomas Beritzhoff (31) 1:23:55  
 34 Greg Beavers (15) 1:24:10  
 35 Kevin Garry (27) 1:24:13  
 46 Kristan Martin (23) 1-F 1:26:01  
 57 Sharlet Gilbert (31) 2-F 1:28:17  
 113 Pat Whittingslow (42) 3-F 1:35:25  
 141 Linda Skinner (34) 4-F 1:38:39  
 146 Cynthia Ashley (35) 5-F 1:39:25

## Sri Chinmoy Seven Mile Run

### October 17. Foster City.

#### Top Ten Overall

1 Bill Sevald (36) San Fran. 35:20  
 2 Byron Chainiere (27) Foster Ct 37:31  
 3 Ray Wleand (23) Belmont 38:21  
 4 Richard Stillier (37) San Mateo 38:49  
 5 Bruce Gouveia (23) San Mateo 40:28  
 6 Dennis Lanterman (47) Hillsbor. 41:04  
 7 Gregory Mandanis (23) Belmont 41:05  
 8 unofficial  
 9 Steve Rafstedt (30) Burlingame 41:25  
 10 Frank Hunt (43) Millbrae 41:30  
 11 Rich Pick (33) San Mateo 41:35

#### Masters Men: (40 years and over)

1 Dennis Lanterman (47) Hillsbor. 41:04  
 2 Frank Hunt (43) Millbrae 41:30  
 3 Vic Kaprielian (42) Millbrae 43:56

#### Women: Top Ten Overall

1 Karen Lanterman (38) Hillsbor. 41:04  
 2 Lorraine Schenone (26) Foster Ct 45:22  
 3 Deborah Norton (27) San Mateo 46:34  
 4 Kathy Riethmeier (22) San Mateo 48:44  
 5 Jane Maxwell (41) Palo Alto 48:45  
 6 Betsy Potter (30) Redwood Ct 49:44  
 7 Cathleen Morehouse (32) Belmont 49:58  
 8 Evelyn Egger (41) Los Angeles 51:31  
 9 Ellen Mangels (29) Burlingame 52:45  
 10 Elizabeth Monick (24) San Jose 53:20

#### Masters Women

1 Jane Maxwell (41) Palo Alto 48:45  
 2 Evelyn Egger (41) Los Angeles 51:31  
 3 Lucy Rios (42) San Fran. 55:59

## The Bagel Run

### From Sherron Hoffman

#### October 17. Stockton. 30K.

1 Jerry Martinez (30) 2:00:33  
 2 David Solis (18) 2:12:03  
 3 Steve Russo (17) 2:12:05  
 4 Pete Fadum (30) 2:14:14  
 5 Manuel Cabrera (33) 2:14:17  
 6 Don Bryan (43) 2:17:09  
 7 David Jang (25) 2:17:58  
 17 Sharon Jordan (21) 2:26:02  
 18 Tom Fong (54) 2:28:24  
 19 Joanne Gavin (36) 2:44:52

## Concord Classic

### October 17. Concord. 10K.

1 Crispin Romero (UK) 32:32  
 2 Leroy Kothchevat (Zephyr) 32:55  
 3 Dan Anderson (Cryn TC) 1/30-34 33:04  
 4 Mike Warr (UK) 33:48  
 5 Grant Foster (UNA) 1/16-17 34:04  
 6 Lester Wyborny II (DRR) 34:13  
 7 Jeff Wall (UNA) 1/40-44 34:15  
 8 Kent Thompson (Zephyr) 34:20  
 9 Doug Butt (WVTC) 1/35-39 34:25  
 10 Adrian Laekas (DRR) 34:42  
 11 Steven Wight (DRR) 35:04  
 12 John Bruce (DRR) 35:11  
 13 David Wight (DRR) 32:21  
 14 Jim Moore (DRR) 1/45-49 35:47  
 15 Michael Magyar (UK) 1/14-15 36:19  
 16 Adam McAbey (UNA) 36:25  
 17 Kevin Garry (DRR) 36:27  
 18 Jeff Maguire (UNA) 36:29  
 19 Van Robbins (UNA) 36:31  
 20 Matthew Dowling (DRR) 36:39  
 21 Gary Alderman (DRR) 36:45  
 22 David Zumwalt (UNA) 36:56  
 23 Mike Gibson (DVTFC) 1/12-13 36:57  
 24 Norm McAbee (PAMAKID) 1/50-59 36:58  
 25 Dave Berlier (UNA) 37:29  
 26 Jim McKinnon (UNA) 37:46  
 27 Mike Licalsi (Pac West) 38:01  
 28 Peter Jensen (Cryn TC) 38:11  
 29 John Kopchik (UNA) 38:19  
 30 Tom Torlakson (UNA) 38:23  
 67 Amanda Goldner (DRR) 1/Open F 42:02  
 73 Wanda Bailey (Amy Blanc) 10-11F 42:39  
 89 Michelle Kelsey (UNA) 1/14-15 43:56  
 91 Amy Byers (DVTFC) 1/12-13F 44:07  
 103 Linda Karns (Zephyr) 1/35-39F 44:52  
 102 Bev Callaway (UNA) 2/35-39F 45:39  
 124 Laurie Nakasone (UK) 2/14-15F 48:02  
 126 Ruth Anderson (NCSTC) 1/50-59F 48:14  
 134 Greta Heintz (DRR) 1/30-34F 47:45  
 147 Marcia Robbins (UNA) 1/40-44F 48:44  
 155 Mel Shine (DRR) 1/60 plus 49:12  
 167 Sarah Gallagher (UNA) 2/Open F 50:28  
 170 Laverne Riley (Unknw) 1/45-49 50:37  
 171 Linda Ellis (UNA) 3/Open F 50:45

#### 2 Mile

1 Justin Tyme 10:08  
 2 Skit O'Frenck 10:44  
 3 Bruce Williams 10:58  
 4 Mark Lane 11:11  
 5 Gary Wilson 11:24  
 23 Ronda Brooks (12-13F) 13:40  
 32 Crystal Alexander (9-UF) 14:42  
 33 Astrid Crabbe (10-11F) 15:13

## Pumpkin Patch 10K Run

### October 16. Fremont.

#### Divisions: Men: 10 & U: 1. Jerome Daniels

47:30, 11-15: 1. Stan Carroll 35:25, 16-20: 1. Larry Pegls 36:03, 21-25: 1. Rick Riordan 34:49, 2. Norman Carr 37:18, 26-30: 1. Tony Balsamo 36:42, 2. James Figgins 37:09, 31-35: 1. Gilbert Garcia 35:44, 2. Warren Barnhart 37:53, 36-40: 1. Richard Tompkins 35:48, 2. Doug Ward 36:09, 41-45: 1. Philip Hager 36:32, 2. Rodney Elliott 39:05, 46 & up: 1. Bryan Holmes 36:45, 2. Donald Cottrell 40:02.

#### Women: 10 & Under: 1. Marlene Chambliss

54:56, 16-20: 1. Carmen Mendoza 47:21, 21-25: 1. Theresa Daniels 49:52, 2. Theresa Sanchez 52:37, 26-30: 1. Margaret Merrath 46:34, 2. Mary Pillerin 59:53, 31-35: 1. Sharlet Gilbert 37:39, 2. Roxi Alderete 56:27, 36-40: 1. Joan Roberts 51:33, 2. Lita Gorver 66:45, 41-45: 1. Darlyne Elliott 59:04, 46 & Up: 1. Laverne Riley 47:14, 2. Adrian Kristi 50:46.

#### Top 15

1 Rick Riordan 34:49  
 2 Stan Carroll 35:25  
 3 Gilbert Garcia 35:44  
 4 Richard Tompkins 35:48  
 5 Larry Pegls 36:03  
 6 Doug Ward 36:09  
 7 Mark Cochrane 36:20  
 8 John Oakes 36:27  
 9 Philip Hager 36:32  
 10 Tony Balsamo 36:42  
 11 Bryan Holmes 36:45  
 12 James Figgins 37:09  
 13 Norman Carr 37:18  
 14 Ernie Morva 37:19  
 15 Sharlet Gilbert (1/F) 37:39



## Young At Heart

October 17. Santa Rosa. 7.2 & 3.4 miles.  
Under 13

Girls: 1.Kristie McCall 51:19, 2.Jenny Potter 54:43, 3.Wendi Simmons 59:57.  
Boys: 1.David Feniger 48:56, Brett White 55:14, 3.Joe Bronson 56:58.

14-19

Female: 1.Darren Morker 46:40, 2.Amy Stout 48:06, 3.Michelle Fountain 53:56.  
Male: 1.Stacy VanHorn 40:17, 2.George Merrill 43:30, 3.Tony Harrison 45:11.

20-29

Female: 1.Pat English 41:41, 2.Jov Taylor 43:01, 3.Anne Prouty Burr 45:35.  
Male: 1.Butch Alexander 38:08, 2.Steve Ottaway 38:56, 3.Bernie Crinigan 39:23.

30-39

Female: 1.Lee Marie 42:41, 2.Shariet Gilbert 44:05, 3.Joan Roberts 51:18.  
Male: 1.Terry Pintane 39:43, 2.Chris Johnson 40:43, 3.Richard Greenwald 41:43.

40-49

Female: 1.Margaret Oakes 48:23, 2.Karen Eberhardt 49:23, 3.Sabine Ackman 51:36.  
Male: 1.Jim Bowers 38:36, 2.Darryl Bear-dall 45:19, 3.Ray Gin 42:46.

50-59

Female: 1.Erma Baker 58:53.  
Male: 1.Don Pickett 45:36, 2.Jess Chavez 48:02, 3.Karl Bollinger 47:15.

60 & Over

Female: 1.Helen Kuziara 1:10:56.  
Male: 1.William Redmond 56:38, 2.Dick Dekay 56:39, 3.Roy Mikalson 59:51.

3.4 Miles

Under 13

Female: 1.Kelly Gilliam NT, 2.Denise Beer NT.  
Male: 1.Brian McInnes NT, 2.Reed Colfax NT.

14-19

Female: 1.Sherri Minkler NT, 2.Jennifer Biddaph NT.  
Male: 1.Eric Risley NT, 2.Marc Lewis NT.

20-29

Female: 1.Merry Humphreys NT, 2.DeAnne Marvino NT.  
Male: 1.Drew Jeroid NT.

30-39

Female: 1.Barbara Magid NT, 2.Terry Breazeale NT.  
Male: 1.Joe Phaby NT, 2.Ted Rollheiser NT.

40-49

Female: 1.Dolly DeGraffenreid NT, 2.Joanne Kambur NT.  
Male: 1.Guy Young NT, 2.John McGourty NT.

50-59

Female: 1.Doris Rogers NT, 2.Alice Waco NT.  
Male: 1.Howard Young NT, 2.David Heimann NT.

60 & Over

Female: 1.Jan Klein NT, 2.Marian Timmer-man NT.  
Male: 1.Ed Burke NT, 2.Willison Lingafelter NT.

## Caph Benefit 5K

October 17. Hart Park, Bakersfield.

1 Larry Bayless (1-13-18)	16:00
2 Angel Carrillo (1st 19-29)	16:06
3 Troy Hodges	17:02
4 John Wallace	17:10
5 John Laird	17:28
6 Erik Schweninger	17:54
7 Raymond Chavez (1st 30-39)	18:03
8 Gary Levey	18:11
9 Gil Hinz (1st 50 +)	18:15
10 Eddie Lagan (1st 40-49)	18:23
11 Paul White	18:25
12 Tony Zuniga	18:27
13 Karl Haack	18:32
14 Bob Moses	18:33
15 Brent Harris	18:45
16 Fred Everts	18:48
17 Harry Maloney	18:53
18 Brenda Villanueva (1-F)	19:09
19 Greg Cortez	19:21
20 Richard Piper	19:25
21 Mary Ann Martinez (2-F)	19:46
33 George Medina (2nd 40-49)	20:20

34 Leonard Villanueva(3rd 40-49)	20:47
36 Leo Marquez (4th 40-49)	20:57
38 Nancy Torii (3rd F)	21:03
39 Herb Hoggard (2nd 50 +)	21:05
40 Jane Meyer (4th F)	21:05
46 Isabella Rios (5th F)	21:40
63 Verla Phillips (1-F 40-49)	24:10
64 Susan Rubin (1st F 30-39)	24:11
65 Susan McCreery (2nd 40-49)	24:24
68 Kris Moran (2nd F 30-39)	25:33

### 1 Mile Results

1 Gerald Koop	5:34
2 Mike Camarillo	7:46
3 Jason Elliot	7:09
4 Mike O'Haver	7:20
5 John Cicone	8:11
9 Kathy Kimm	9:48
10 Brandy Camarillo	6:49

### Wheelchair

1 Tracy Brown (13-18)	8:22
2 Chris Taylor (19-29)	9:53
3 Tony Robinson (19-29)	11:20

## L.A. Mercury 10K

October 17. Los Angeles.

The shattering of the women's course record and the most competitive men's field in the history of the race marked the 6th Annual Los Angeles Athletic Club Mercury 10K Run as the best ever.

Over 1500 runners ran this year's race on a beautiful Sunday morning, in which, Lorraine Moeller of New Zealand, shattered Kathy Mintie's course record by 36 seconds in a personal best of 32:44.

Paced by Tom Wysocki's near course record performance of 28:42, the top 10 men in the field drove to the finish line in times good enough to win most 10K's, with just over one minute separating the first and tenth place runners.

### Top Ten Men:

1 Tom Wysocki(25)	28:42
2 Steve Bishop(23)	29:17
3 Harrison Koroso(27)	29:29
4 Armando Cendejas(24)	29:29
5 Donald Janicki(24)	29:31
6 Ron Ysais(20)	29:36
7 Chris Hollahan(26)	29:48
8 Tom Ratcliffe(23)	29:55
9 Dave Frickel(27)	30:03
10 Ron Cornell(23)	30:06

### Top Ten Women:

1 Lorraine Moeller(27)	32:44
2 Pam Morris(24)	35:18
3 Beth Milewski(24)	35:34
4 Judy Vivian(31)	35:53
5 Janice Standlea(25)	36:09
6 Michele Hopper(28)	36:21
7 Jaynie Studenmund(28)	36:52
8 Roma Antoniewicz(22)	37:00
9 Mary Tracy(22)	37:20
10 Michele Soderberg(31)	37:21

**Divisions: Men: 12 & Under:** 1.Jess Perez, Jr. 38:51, 2.Eric Christopherson 43:18, 3.Keith Ortiz 47:36. **13-15:** 1.Jeff Jacobs 33:52, 2.Greg Houlgate 34:43, 3.Chuck Taylor 36:50. **16-18:** 1.Victor Herrera 31:40, 2.Robert Ramirez 33:02, 3.David Grossman 33:42. **19-29:** 1.Jeff Dettmer 30:14, 2.Steve Alvarez 30:23, 3.William Donakowski 30:42. **30-34:** 1.Chuck Smead 30:08, 2.Ben Wilson 30:25, 3.Ed Chadez 30:46. **35-39:** 1.Ron Jensen 31:27, 2.Marshall Matye 31:56, 3.Dick Weeks 32:23. **40-49:** 1.Eugene Blankenship 33:45, 2.Brian Fernee 33:59, 3.George Cohen 34:18. **50-59:** 1.Jim Brownfield 35:29, 2.Gunnar Linde 38:00, 3.Patrick Devine 38:21. **60 & Over:** 1.Eddie Lewin 38:56, 2.Robert Page 41:09, 3.Paul Jernstrom 42:35.

**Women: 12 & Under:** 1.Jamie Brown 49:12, 2.Christine Brockway 52:07, 3.Silva Araceli 1:08:19. **13-15:** 1.Yvonne Hurd 48:09, 2.Kevin Schneider 48:09, 3.Susie Dudley 52:58. **16-18:** 1.Tania Bentler 41:29, 2.Toni Artis 42:10, 3.Allison Gillanders 45:19. **19-29:** 1.Beth Weber 37:22, 2.Sheryl Snyder 37:25, 3.Kathleen Nunez 37:44. **30-39:** 1.Barbara Terhune 39:06, 2.Harolene McLean 39:50, 3.Terri Goodreau 40:37. **40-49:** 1.Roberta Lamping 43:06, 2.Anne Quinonez 43:30, 3.Kathy Kusner 44:02. **50 & Over:** 1.Helen Dick 41:16, 2.Alice Leicht 47:16, 3.Barbara Vail 49:11.

## Rosita-Si Central California Half Marathon

October 17. Mooney Grove, Visalia.

1 Humberto Ramirez	1:11:44
2 Robert Taylor	1:11:54
3 Ed Taylor	1:12:43
4 Bob Lindsey(1st,35-39)	1:13:25
5 Frank Ortega(2nd,35-39)	1:13:36
6 Al Lomeli(1st,30-34)	1:14:29
7 Ozzie Osgood(3rd,35-39)	1:15:41
8 Jaime Pimentel(1st,18U)	1:15:57
9 Roger Sebert(4th,35-39)	1:18:36
10 Craig Newport(5th,35-39)	1:18:51
11 Wayne VanDellen(1,45-49)	1:19:53
12 Frank Padilla(2nd,45-49)	2:00:03
13 Jim Hill(2nd,30-34)	1:23:57
14 Robert Arballo(3,30-34)	1:25:12
15 Bob Terhaar(6,35-39)	1:27:34
17 Sid Toabe(1st,50-59)	1:27:54
18 Shirley Johnson(1/F)	1:28:00
24 Linda Glaude(2/F)	1:29:44
32 Tanis Leyendekker(3/F)	1:31:57
37 Deon Stockton(4/F)	1:33:28
40 Ruby Hernandez(5/F)	1:34:10
42 JoAnn Branco(1/F,40)	1:35:17
46 Janie Rodriguez(1/F,30-39)	1:37:34
47 Ken Takeuchi(2nd,50-59)	1:38:09
51 Harry Harder(1st,60 plus)	1:39:37



JoAnn Branco

## Any Mountain 10 Mile Classic

October 17. Cupertino.

**Women: 16 & Under:** 1.Terese Partak (16) 1:21:10.9, 17:39: 1.April Powers (1st, overall) (20) 1:07:21.8, 2.Anne Dahlin (22) 1:10:02.9, 3.Lindy Hayes (30) 1:12:41.0, 4.Cathy Casey (33) 1:19:14.4, 5.S. Grieb (33) NT. **40 & Over:** 1.Peggy Le Delt (43) 1:16:53.1, 2.Betsy Fraser-Smith (44) 1:17:16.1, 3.Sylvia Jensen (42) 1:21:19.1.

**Men: 16 & Under:** 1.Mitch Rümagali 1:03:44.6, 17:39: 1.Dennis O'Halloran 54:23.6, 2.Paul Sechrist 55:00.5, 3.John Clary 55:49.5, 4.Joe Mangan 57:13.6, 5.Frank Bautista 57:38.8. **40 & Over:** 1.Tim Gleason 1:08:10.0, 2.Malcolm Stewart 1:09:34.2, 3.Rich Rebozzi 1:08:56.8.

## Angora Ridge 10K

October 17. So. Lake Tahoe. 6.2 miles.

1.Mike Lannoy 34:04, 2.Dave Carlsen 35:58, 3.Andy Takaha 37:30, 4.Bruce Ziegler 38:27, 5.Gary Ceragioli 39:59, 6.Ralph Johnson 40:45, 7.Debbie Waldear (1/F) 41:06, 8.Austin Angell 41:32, 9.Jim Jones 42:56, 10.Dave Hall 43:24, 11.Art Branchini 44:16, 12.Rick Miller 44:28, 13.Pat Sagers (2/F) 45:12, 14.Steve Truman 48:11, 15.Craig Smith 55:37, 16.Juan Duarte (3/F) 1:02:30.

## Agnews Coyote Creek Run

October 17. San Jose. 10K.

### Men's Overall

1 Gorman, Jim (1-30-39)	35:08
2 Farrington, Don	36:19
3 Arevalo, Michael	37:21
4 Souza, Tim	37:25
5 Powell, Edd	37:29
6 Veyna, V (1-40-49)	37:41
7 Contreras, Jose	37:56
8 Jedloves, Donald	38:04
9 Trocki, Paul	38:18
10 Mesina, Pablo	38:42
11 Crepeau, John	38:42
12 Lonardo, J	39:09
13 Unsicker, Glenn	39:58
14 Dionisio, Jeremiah	40:07
15 Garioto, John	41:22
16 Guevara, J	41:48
17 Hellman, J	41:59
18 Cachopo, Ronald	42:09
19 Murillo, Hector	42:17
20 DeCamp, Ron	42:39
25 Powers, Howard (1-50 +)	43:52
35 Tapia, Mike (1-17 & Under)	46:08

### Women

1 Kitayma, Monica	44:05
2 Peters, Summer	46:34
3 Cachopo, Patricia (1-40-49)	49:36
4 Nauarrete, Terri	50:15
5 McConnell, LeAnn	50:53
6 Gross, Lisa	51:29
7 Lehman, Jodi	52:14
8 Esparza, Geraldine	55:30
9 Bratcher, Danita	56:06
10 Hopkins, Eileen	57:23
11 Williams, Maureen(1-17&U)	58:27



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## Results

### The Great Race For Youth

October 17, Del Mar Racetrack.  
Women

<b>12 &amp; Under:</b>	
1 Shannon Sassi(12)	55:50
<b>13-17:</b>	
1 Brenda Brandt(16)	49:11
2 Rita Patel(16)	51:45
3 Laurie McCullough(17)	64:10

<b>18-29:</b>	
1 Monica Joyce(24)1st, overall	34:08
2 Suzanne Morris(25)	40:10
3 Kathy Gillian(25)	42:10

<b>30-39:</b>	
1 Patti Hurl(34)	38:39
2 Darlene Burns(38)	40:33
3 Bonnie Baer(38)	44:39

<b>40-49:</b>	
1 Judy Spittgerber(42)	42:45
2 Dixie Barnard(45)	47:20
3 Sylvia Somerville(43)	48:40

<b>50-59:</b>	
1 Tensia Trejo(55)	50:46
2 Dolores Jacobs(52)	54:05
3 Delight Sims(50)	62:58

<b>60 &amp; Over:</b>	
1 Gladys Lewis(62)	57:48

<b>Men</b>	
<b>12 &amp; Under:</b>	
1 Eric Billmeyer(12)	37:19
2 Billy Dyer(12)	40:37
3 Frank Coviter(11)	45:18

<b>13-17:</b>	
1 David Ulrich(17)	34:56
2 David Huey(14)	37:08
3 Ian Roth(16)	40:47

<b>18-29:</b>	
1 Chris Sadler(24)1st, Overall	30:43
2 Franklin Haralson(24)	31:53
3 Mark Belger(26)	32:14

<b>30-39:</b>	
1 Dan Oden(31)	33:38
2 Cliff Fowler(31)	35:44
3 Mary Williams(32)	36:18

<b>40-49:</b>	
1 Robert McAndrews(42)	34:09
2 Wallace Johnson(40)	36:25
3 Bill Dani(41)	37:22

<b>50-59:</b>	
1 Jim O'Neil(57)	36:09
2 Ron Clark(50)	37:56
3 Macias Silver(52)	39:35

<b>60 &amp; Over:</b>	
1 Donald Dilworth(63)	41:20
2 Don Bradley(66)	44:30
3 Lowell Tozer(61)	47:12

### Bonelli Park Lake Run

From Gary Root

October 17, Pomona. 5 & 10K.

5K

Overall Winners: 1. Fred Doubell 16:40.3, 2. Dave Cook 16:41.6, 3. Skip Shaffer 16:56.7.

**Divisions: Men: 12 & under:** 1. Johnny Maycock 20:49.1, 13-15: 1. Hugo Vargas 18:21.0, 16-18: 1. Keith Chesney 18:09.04, 19-29: 1. Dave Cook 16:41.6, 2. Antonio Tapia 17:09.0, 3. Tracy Klinkhart 17:31.3, 30-34: 1. Fred Doubell 16:40.3, 2. Frank Meza 17:51.4, 3. Gregory Payne 19:40.3, 40-44: 1. Skip Shaffer 16:56.7, 2. Fred Vaugoeils 20:40.7, 3. Robert Snyder 21:21.4, 45-49: 1. Eugene Black 18:33.3, 2. Sam Mayo 19:18.3, 3. Robert Burgess 23:36.1, 50-54: 1. Jerry Withers 19:04.6, 2. George Reynolds 23:07.8, 3. William Ward 27:24.1, 55-59: 1. Tad Fujioaka 21:43.2, 2. Al Scarzo 24:03.9, 3. George Adams 27:48.2, 60 & Over: 1. Fraser MacMinn 25:37.9, 2. Thomas Smith 28:40.5.

**Females**  
**12 & Under:** 1. Tami Brandin 27:21.0, 13-15: 1. Jenell Gomez 20:00.9, 16-18: 1. Carina Quezada 21:37.2, 19-29: 1. Monique Gregoire 21:27.4, 2. Betty Baca 21:41.4, 3. Carmen Thornburgh 23:12.9, 30-34:

1. Diane Haies 22:22.3, 2. Nancy Brando 23:08.6, 3. Gina Villegas 24:30.3, 35-39: 1. Augie Ramirez 24:35.1, 2. Aurie Duran 28:59.6, 3. Linda Risch 30:45.4, 40-44: 1. Sigrid McAllister 22:09.2, 2. Donna Osho 25:26.5, 3. Audra McElrea 26:16.6, 45-49: 1. Elaine Hemenway 27:49.5, 2. Christine Tayaglione 44:27.2, 60 & Over: 1. Leona Vinson (73) 42:44.9.

10K

**Men: 12 & Under:** 1. Eric Arnoff 49:16.5, 13-15: 1. Shawn Rely 41:12.8, 16-18: 1. Gerry Flores 34:16.2, 19-29: 1. Robert Beauchamp 34:01.5, 2. James Marquez 35:56.2, 3. Francisco Bustamarte 36:30.3, 30-34: 1. Phil Beauchamp 37:46.0, 2. Bill Marks 40:15.8, 3. Rick Stepp-Bolling 42:15.2, 35-39: 1. James Cope 36:31.6, 2. Charles Freitas 37:34.6, 3. Ron Crittendon 38:46.9, 40-44: 1. Anthony Spore 36:39.0, 2. John Cheever 38:40.7, 3. Maury Molloy 40:19.2, 45-49: 1. Chris Bourke 37:14.6, 2. Dennis Kelly 40:16.1, 3. Don Moore 42:15.7, 50-54: 1. Aurelio Camacho 39:18.3, 2. David Gabele 45:25.9, 3. John Doyle 47:27.8, 55-59: 1. Lono Tyson 41:40.1, 2. K.G. Taki 42:08.0, 3. James Schilz 50:10.1.

**Females:** 13-15: 1. Eleanor Uribe 44:10.2, 16-18: 1. Joanne Maldonado 39:39.1, 19-29: 1. Sote Mwinga 39:05.9, 30-34: 1. Rondi Thornton 49:01.4, 2. Berni Grasha 53:36.6, 3. Romaine German 56:20.5, 35-39: 1. Kathleen Galvin 44:57.2, 2. Eiko Tsuno 50:17.9, 3. Susan McMaster 53:08.8, 40-44: 1. Patricia Kennedy 47:33.2, 2. Twila Ketterman 58:57.6, 45-49: 1. Elaine Havens 44:46.9, 2. Shirley Blush 47:34.3, 3. Atsuko Fujimoto 49:06.9, 55-59: 1. Ruby Taki 56:45.6.

### Mall To Marina Run

October 23, Stockton. 7.3 miles.

1 Bradley Brown	38:14
2 Matthew Bruni	38:25
3 Henry Perez	39:54
4 Steve Kovisto	40:29
5 Mark Stoker	41:07
6 Dean Raymond	41:27
7 Dave Miller	42:09
8 Ricky Buck	42:13
9 Blake Strena	42:15
10 David Hope	42:55
11 Thorn Hackley	43:02
12 Kevin Sage	43:05
13 Mike Rowderink	43:11
14 Mark A. Ulm	43:33
15 John Semler	44:12
16 Mark Boydston	44:21
17 David D. Liska	44:34
18 Jesus Davila	44:44
19 Peter Fadum	44:48
20 Jerry Martinez	45:26
21 Richard Doty	45:33
22 Edward Ortiz	45:52
23 Gary Meyer	46:02
24 Richard Johnson	45:06
25 Ken Garber	46:14

### BYU Autumn X-C Classic

From Bob Sarsen

October 23, Provo, Utah. 10K.

1 Doug Padilla(Unatt.)	27:25.9
2 Ed Eyestone(BYU)	27:28.5
3 Phil Stevenson(Unatt.)	27:44.0
4 Greg Burrell(ISU)	27:45.4
5 Steve McCormack(UCLA)	27:48.5
6 Farley Gerber(Weber)	27:52.3
7 Jon Butler(UCLA)	27:58.3
8 Francis Clark(BYU)	28:00.8
9 Greg Matthews(BYU)	28:08.4
10 Steve Webb(UCLA)	28:11.4
11 Matt Ebner(UCLA)	28:11.7
12 Tracy Harris(ISU)	28:16.0
13 Ric Rose(UCLA)	28:25.1
14 Kurt Davis(ISU)	28:34.3
15 Hernando Hernandez(SUSC)	28:42.0
16 Ron Roberts(UCLA)	28:45.6
<b>Team Scores:</b> 1. UCLA 36, 2. BYU 48, 3. ISU 55, 4. Weber 104, 5. Utah St. 138, 6. Utah 175.	

### Freeze The Nuclear Arms Race

From Janie Vrenicar-Lewis  
Ray Lewis

October 23, Benicia. 10K & 5K.

**Men: 13 & Under:** Edmund Dumuke 52:42, 14-19: Ross Keeping 39:10, 20-29: John Sup 32:01, 30-39: David Muela 33:49, 40-49: Bob Goodrich 38:02, 50-59: James Reynolds 51:02, 60 & Over: Mel Shine 47:51.  
**Females: 14-19:** Stephanie O'Neill 54:00, 20-29: Torill Owen 41:18, 30-39: Dottie Charon 44:01, 40-49: Linda Morrison 56:15, 50-59: Paula Silva 57:06, 60 & Over: Bernice DeBols NT.  
**Overall Winner:** John Sup 32:01. **2nd Overall:** David Muela 33:49. **3rd Overall:** Mike Wright 34:03.

**5K**  
**Overall Winner:** Don Paul 15:56.  
**Men: 13 & Under:** Marco Valbuena 26:20, 14-19: Steven Pilsenberger 24:21, 20-29: Chuck Rueben 18:25, 30-39: Don Paul 15:56, 40-49: Bruce White 23:50.  
**Females: 13 & Under:** Missy Crawford 28:40, 20-29: Kathleen Giblin 26:20, 30-39: Susan Lancaster 22:51, 40-49: 1. Eldrid Gasney 24:10.

### Nevada Appeal Mini-Marathon

October 23, 13.1 miles.

**Males: 12 & Under:** 1. Dalton Crump 1:43:35, 13-19: 1. Mark Winkelman 1:22:39, 20-29: 1. Joaquin Leano 1:07:24, 2. Steven Pradere 1:09:33, 3. Lynn Mentzer 1:10:56, 4. George Hernandez 1:11:20, 5. Dave Carlson 1:14:36, 6. Jeff Hutzler 1:17:05, 7. Mark Nash 1:21:00, 8. Frank Gentile 1:30:04, 9. Steve Hay 1:32:11, 10. David Geiser 1:32:34, 30-39: 1. Jerry Jobski 1:10:25, 2. Lyle Freeman 1:14:19, 3. Richard Billy 1:20:14, 4. David Amster 1:23:22, 5. Mitch Karadonis 1:23:36, 40-49: 1. Kenneth Adams 1:17:00, 2. Jim Bevins 1:19:17, 3. Neal Chappell 1:21:32, 4. Angell Austin 1:28:14, 5. John Barney 1:29:33, 50 & Over: 1. Bill Brown 1:38:13, 2. Dr. C.M. Belcourt 1:39:10, 3. Ronald Rader 1:44:46.  
**Females: 13-19:** 1. Lisa Maria Gaskill 1:43:05, 20-29: 1. Cathy Gibbs 1:32:33, 2. JoDee Carlson 1:45:43, 3. Pat Griffith 1:56:47, 30-39: 1. Susan Anne Deming 1:32:45, 2. Beth Clark 1:38:54, 3. Kathy Schultz 1:47:13, 40-49: 1. Gloria Chapin 1:41:14, 2. Kilty Brown 1:48:56, 3. Sandra York 1:54:04, 50 & Over: 1. Ann Priddy 1:52:20, 2. Barbara Durham 1:59:41.

### Ed Jerome Memorial Half Marathon

October 23, At Quartz Hill.

Antelope Valley College runner John McGovern upset the race favorites Saturday, Oct. 23 at the Ed Jerome Memorial Half Marathon with his first place finish in 72:42. Pre-race favorites Steve Durand of Canyon Country and Alan Dehlinger, also from Antelope Valley College had to settle for second (74:17) and third (74:40), respectively. McGovern was a last minute entrant and led from the start to finish in this race which was established by the High Desert Runners to honor the memory of the late Ed Jerome. Jerome was killed in an automobile-bicycle accident in August of 1981.

Jerome had been a runner for nearly twenty years and had completed over 140 marathons (26.2 miles) in his career. The half-marathon was Ed's favorite race distance and the High Desert Runners set about to establish a race and course

which Ed would have appreciated for its tough hills and scenic beauty. Apparently, it was successful as over 250 people tested themselves over the half marathon and five kilometer courses. Ed's mother, Mary Jerome, of Springfield, Virginia was overjoyed at the tremendous turnout and cheered the loudest when her 26 year old son, Bruce finished the course in 1:56:10.

In the women's half-marathon, Jeanette Wells of Quartz Hill and Antelope Valley College was the winner in a time of 1:35:22. Following in second place was Mary Kilpatrick from Ridgecrest with a time of 1:36:05. Altogether over 120 runners finished the 13.1 mile course despite a rugged head wind which came up just at the time the race started.

Richard Burns led the way in the 5 kilometer run with a time of 16:35, with Gary Everson second in 16:55. Debbie Heaton of Redlands was the top female finisher with a super time of 18:44. The next local race will be Saturday, November 13, 1982 at 8:30 am when Running Promotions Unlimited (PO Box 128, Lancaster, CA 93534) presents the City of Palmdale Parks and Recreation 5k and 8k Runs.

Men — 5K Run

<b>12 &amp; Under</b>	
1 Craig Cieslik(9)Lancaster	19:44
2 Chad Cieslik(8)Lancaster	20:40
3 Sammie Culver(12)Lancaster	27:15
4 James Gordon(10)Lancaster	28:03
5 Martin Todd(10)Tehachapi	29:36
<b>13-16</b>	
1 Jack Kicklighter(15)Lanc.	18:15
2 David Duran(15)Lancaster	18:17
3 Keith Power(15)Lancaster	18:50
4 Ronnie Bemus(15)Lancaster	19:33
5 Alan Anderson(15)Sunnymede	20:06
6 Robt. Serblitz(13)Sunnymede	21:54

<b>17-24</b>	
1 Jim Worden(21)Lancaster	17:05
2 Jim Powell(22)Lancaster	17:23
3 Steve Maciej(17)Lancaster	17:29
4 Mike Nelsen(17)Lancaster	17:38
5 Clint Davis(22)Palmdale	17:44
<b>25-39</b>	
1 Richard Burns(27)Valencia	16:35
2 Gary Everson(37)Lancaster	16:50
3 Tony Whitmore(26)Lancaster	17:06
4 Scot Duval(28)Lancaster	17:30
5 Larry Burch(31)Palmdale	17:30

<b>40-49</b>	
1 Sam Mayo(48)Runn.Springs	18:54
2 George Ekins(40)Saugus	19:14
3 James Cleveland(43)Montebel	19:55
4 Russ Sides(45)Saugus	20:00
5 Fred Gross(42)Sunnymede	20:16

<b>50 &amp; Over</b>	
1 Henry Cleveland(52)P. Rivera	24:41
2 Howard Sundberg(54)Lancaster	25:14

<b>Women — 5K Run</b>	
<b>16 &amp; Under</b>	
1 Kathy Coffee(12)Canyon Ctry	24:28
2 Katy Beverly(10)Valencia	28:45
3 Melissa Boutelle(9)Valencia	33:46

<b>17-24</b>	
1 Lori Barker(22)Lancaster	23:14
2 Lori Hier(24)Lancaster	24:02
3 Darlene Savage(23)Edwards	25:01
4 Andrea Foster(22)Los Angeles	25:26
5 Helen Husted(24)Saugus	27:09

<b>25-39</b>	
1 Debbie Heaton(34)Redlands	18:44
2 Janet Guiscardo(26)Valencia	23:24
3 Lois Peck(30)Valencia	25:30
4 Maggie Hentges(36)Lake Hugh.	25:59
5 Maureen Redfern(33)Valencia	26:51

<b>40 &amp; Over</b>	
1 Chris Sides(45)Saugus	25:36
2 Jeanne MacWhirter(44)Lanc.	26:21
3 Judi Brand(41)Sepulveda	26:42
4 Chris Hove(42)Lancaster	30:26
5 Sue Dehlinger(46)Palmdale	35:27
<b>Men 1/2 Marathon</b>	
<b>17 &amp; Under</b>	
1 Jess Perez, Jr.(12)Syomar	1:45:10
2 Charles Kehoe(15)Edwards	1:11:28
<b>18-29</b>	
1 John McGovern(19)Lancaster	72:42
2 Steve Durand(26)Canyon Ctry	74:17
3 Alan Dehlinger(21)Palmdale	74:40
4 Pat Curran(28)Lancaster	77:22
5 Henry Tushart(27)Santa Bar.	81:17
6 Vern Biehl(29)Lake Hughes	83:32
<b>30-34</b>	
1 Barry Martin(30)Valencia	75:47
2 George Morse(33)Castaic	83:49



3	Larry Meyer(34)Ridgecrest	84:13
4	Enrique Flores(32)Pacoima	84:43
5	Howard Sundberg(31)Lancaster	85:20
<b>35-39</b>		
1	Jim Minami(38)Sun Valley	79:16
2	Pedro Ponce(36)Pacoima	82:14
3	Dan Ashimine(39)Torrance	83:23
4	Mike Mench(37)Valencia	84:24
5	Earl Beverly(39)Valencia	88:36

<b>40-49</b>		
1	Gary Schwager(40)Santa Monica	84:05
2	Freddie Perez(42)Sylmar	84:45
3	Frank Ogawa(46)Palmdale	88:00
4	Dave McConnell(40)Joshua Tree	88:39
5	Jim Munson(42)Lancaster	90:40

<b>50 &amp; Over</b>		
1	Mary Powers(54)Lancaster	1:31:26
2	William Broyles(54)Ridgecr.	1:32:37
3	Jim Talley(61)Lancaster	1:40:55
4	Maynard Mickelson(56)Newhl	1:41:46
5	Charles Cunliffe(53)Valencia	1:42:07

#### Women- 1/2 Marathon

17 & Under		
1	Pam Roth(16)Leona Valley	2:11:39

<b>18-29</b>		
1	Dana Todd(20)N. Hollywood	1:42:23
2	Liz Sundberg(29)Lancaster	1:44:17
3	Nancy Torii(26)Valencia	1:46:58
4	Bea Montoya(27)Rosamond	1:53:02

<b>30-34</b>		
1	Mary Kilpatrick(31)Ridgecr	1:36:05
2	Sue Simms(32)Canyon Ctry	1:41:01
3	Sylvia Aceves(33)Lancaster	1:56:27
4	Terri Aviles(30)Mammoth	2:09:02
5	Pat Bates(33)Sylmar	2:14:28

<b>35-39</b>		
1	Julie Andolsek(37)Valencia	1:57:37
2	Sharon McClung(39)Palmdale	2:11:31
3	Henrietta Theobald(36)Sepul.	2:13:52
4	Sharon Diermer(37)Sylmar	2:14:28
5	Judi Bledsoe(36)Lancaster	2:24:52

<b>40 &amp; Over</b>		
1	Jeanette Wells(44)Quartz Hill	1:35:22
2	Patricia Kennedy(40)Studio City	1:55:47
3	Cathy Swords(45)Quartz Hill	2:11:31

## Las Vegas Beerathon

From Lydia Russell

### October 24. 8 Miles.

Judging from the response to the 1st Annual Las Vegas Beerathon, October 24, there will be many more years of Beerathons down the road. Over 200 runners participated in this 8-mile event, with most of them downing 5 oz. of Budweiser at each of the six mandatory beer stops before continuing on their way. It appeared that no one got lost as the runners traveled down some residential but mostly desert roads. Although rain threatened most of the way, the runners only had to contend with slightly watered-down beer as just a few raindrops fell.

#### Top Ten Finishers:

1	Tom Hosea(1st,21-29)	48:02
2	Jeffrey Gardner	48:19
3	Wayne Peterson	49:06
4	Bill Schaefer(1st,30-39)	49:09
5	Johnny Clark	49:57
6	Larry Clark	50:07
7	Colton Borchardt	50:19
8	Scott McDaniel	51:18
9	Steve Green	51:33
10	Ron Baize(1st,40-49)	51:51

#### Women:

1	Pier Culbreth(1st,21-29)	50:19
2	Denise Pepin(1st,30-39)	58:28
3	BJ Empey(1st,40-49)	59:30
4	Judy Gardner	1:04:30
5	Linda Bixler	1:05:32
6	Alyce Wasden	1:05:57
7	Carol Corbett	1:08:06
8	Erin Hill	1:10:17
9	Mary Farley	1:10:36
10	Virginia Morris	1:11:39

## Women's Run In In The Park

### October 24. San Francisco. 5 mile

Grand Prize winner: Barb Gaenslen 28:32

Divisions

12-Under: 1. Renee Chambliss 37:04, 2. K. McCandless 41:15, 3. Marlene Chambliss 41:46, 13-17: 1. Jessie Tobin 39:34, 2. A. Austin 3. Patty Colgan 44:18, 18-29: 1. Marilyn Taylor-Allen 28:35, 2. Connie Hester 28:39, 3. B. Dwyer 28:43, 30-39: 1. Barbara Magid 31:51, 2. Parsla Blakis 32:29, 3. J. Sierra 32:59, 40-49: 1. C. Hellman 33:54, 2. L. Woodward 34:41, 3. A. Carmona 36:49, 50-59: 1. S. Wolf 33:53, 2. K. Lawson 41:44, 3. P. Silva 41:56.
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Wheelchair: 1. Susan Schapiro 47:47, 2. K. McMillan 49:54, 3. Wendy Gratton 49:59.

## Lake Legg 8K

### October 24. Whittier Narrows.

#### Men's Division

12 & Under: 1. Brandon Carteen 33:55, 2. Paul Bollin 38:16, 3. Rob Hessman 39:32, 13-18: 1. Paul Serratto 24:29, 2. Noel Santoyo 27:52, 3. Dan Randolph 29:06, 19-24: 1. Dennis Forthoffer 23:50, 2. Richard Sanchez 26:08, 3. Jose Garcia 26:30, 25-29: 1. Adolfo Serratto 27:18, 2. Francisco Bustamarte 27:22, 3. Nahum Chavez 28:41, 30-39: 1. Miguel Salas 28:38, 2. Peter Heaton 28:16, 3. Larry Fabela 28:39, 40-49: 1. Fred Mascorro 27:28, 2. Bob Nyman 29:28, 3. Ray Rivera 31:31, 50-59: 1. Dick Venne 29:45, 2. Bob Burdick 32:09, 3. Bruce Odou 33:25, 60-Over: 1. Steve Chipilis 36:17.
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#### Women's Division

12-Under: 1. Jaimie Barnes 32:58, 2. Veronica Chavez 27:09, 3. Luisa Villanueva 33:09, 13-18: 1. Joanne Maldonado 30:21, 2. Susan Pheasant 32:45, 3. Michelle Taylor 34:59, 19-24: 1. Colleen Corsaro 33:37, 2. Wendy Styer 34:37, 3. Lori Smith 36:17, 25-29: 1. Becky Thomas 31:19, 2. Wendy Duncan 31:49, 3. Linda Collins 33:09, 30-39: 1. Linda Stephens 37:02, 2. Hilda Chavez 37:19, 3. Eugenia Maldonado 38:25, 40-49: 1. Eloisa Casares 39:06, 2. Laura Pinkney 39:15, 3. Silvia Hitchison 45:14, 50-59: 1. Ruth Mackin 42:54, 2. Hortense Carillo 43:51, 3. Juana Cardona 44:33.
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## Megawalk

### October 24. Monterey. 10K.

1	Walter Jaquith(Lake Tahoe)	48:12
2	Gary West(Monterey)1-40	48:39
3	Adriano Manny(Tivoli Harts)	49:58
4	Chuck Marut(Oakland)	50:00
5	Lory Maynard(Redwood City)1/F	54:49
6	Beth Sibley(Oakland)2/F	59:54
7	Walter Neumann(Monterey)1-50	62:17
8	Steve Bendley(Monterey)	63:50
9	Mary Gosser(Monterey)3/F	63:54
10	Linda Cruzan(Monterey)4/F	64:01

## The KGO Radio Chevron 5 Miler

### October 24. San Francisco.

#### Top Finishers

1	Dave Dempsey(Wexford, IR)26	24:44
2	Brad Rowe(Menlo Park)22	24:46
3	Brad Hawthorne(Pisnt Hill)26	25:39

#### Wheelchair Race

1	William Fraser(Daly City)22	33:33
2	Bert Egley(Berkeley)23	34:04
3	Gregory Jensen(Menlo Park)43	38:28

## Great Cookie Caper

From JANE MARTIN

### October 24. Fresno. 2 mile and 10K

#### 2 mile

Men's Division 15 & Under: 1. Shon Wilson 12:37, 2. Eric Juline 14:25, 3. Patrick Schneider 15:09, 16-29: 1. Spencer Carter 10:46, 2. Juan Puentes 11:10, 3. Juan Garza 12:02, 30-39: 1. David Solie 11:15, 2. Ignacio Dominguez 12:42, 3. Lee Nordvedt 13:35, 40-49: 1. Joe Herzog 10:55, 2. Jim Raymond 11:49, 3. Jerry Carr 12:13, 50 & Over: 1. Bob Fries 11:03, 2. Bob Musso 13:36, 3. George Nasse 17:54.
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Wheelchair: 1. Jason Torosian 30:21.

Women's Division 15 & Under: 1. Cheryl Bonner 13:42, 2. Kris Nasse 16:53, 16-29: 1. Tina Schulz 13:42, 2. Laura Kuhn 16:05, 3. Michele Scheuber 17:11, 40-49: 1. Gina Francis 17:51.

#### 10K

Men's Division 15 & Under: 1. Joe Martinez 39:36, 2. Timothy Hermon 45:58, 16-29: 1. Vince Garza 35:04, 2. James Ostergaard 35:43, 3. Daniel Castro 38:04, 30-39: 1. Jaime Gomez 35:21, 2. Jeff Butzi 39:53, 3. Jose Guerrero 40:32, 50-59: 1. Rick Zamarripa 38:15, 2. Lee Case 39:23, 3. Grant Sharp 40:00, 60-Over: 1. Roger Eastman 45:59, 2. Tom Kerwan 47:52, 3. Brent DeMonte 47:53.

Wheelchair: 1. Daniel Hernandez 39:02.

Women's Division 16-29: 1. Carolyn Fisher 40:41, 2. Sandy Martin 42:27, 3. Melinda Silvas 49:48, 30-39: 1. Jeanne Arakelian 40:42, 2. Sandy Jacob 48:12, 3. Mary Airola 48:17, 40-49: 1. Julie Wilson 52:26, 2. Stella Hinds 55:45, 3. Barbara Troisi 55:47, 50-59: 1. Pat Hurst 43:04, 2. Neysa Pickens 1:04:21, 60 & Over: 1. Virginia Martin 1:02:22.

## Laguna Lake Relays

From Stan Rosenfield

### October 24. San Luis Obispo.

2 Person Teams: Leg 1 = 1.5 miles / Leg 2 = 2.5 miles.

1	Roman DeSota(18)CPSLO(7:20)	20:10
2	Mike Whitcombe(18)CPSLO(12:50)	
3	Mike Dresp(18)SLOSHS(7:49)	21:38
4	John Ernatt(19)SLDC(13:49)	
5	Ted Brown(13)CUHS(8:10)	21:53
6	Jim Brown(39)SLDC(13:43)	
7	John Breseke(21)PKP(8:20)	21:59
8	Ed Kitchen(23)PKP(13:39)	
9	Phil Moffat(36)SLDC(9:26)	22:11
10	Peter Roske(20)SLDC(12:45)	

#### Individual Splits:

<b>Leg 1 — 1.5 miles</b>		
1	Roman DeSota	7:20
2	Mike Dresp	7:49
3	Ted Brown	8:10
4	J. Breseke	8:20
5	Kirkpatrick	8:27
6	Tim Norman	8:52
7	Laurie White	8:57
8	Ian Gavine	8:59
9	Phil Moffat	9:26
10	M. Endert	9:26

#### Leg 2 — 2.5 miles

1	Peter Roske	12:45
2	M. Whitcombe	12:50

## Witchrun 10K

### October 30. Union City.

1	John Sup(San Leandro)	32:16
2	Daniel Rubio(Vacaville)	33:34
3	Raymond Wileand(Belmont)	34:21
4	Glen Walder(Dublin)1st 30-34	34:41
5	Craig Johnson(Union City)	34:55
6	M. Nevrbaum(Fremont)1-45-49	36:00
7	Ron Tanaka(San Jose)1-35-39	36:35
8	Terry Chavez(Fremont)1-15-19	36:37
9	Tony Balsamo(Newark)	36:37
10	Reed Lewis(Fremont)	36:58
11	Pedro Perez(Hayward)	38:00
12	Freddie Ayap(Fremont)1-25-29	38:10
13	Jaime Hernandez(Fremont)	38:20
14	John Laramie(Union City)	38:34
15	Rolf Nebelung(Pleasant)1-25-29	38:37
16	Frank Miramontes(Union City)	38:45
17	Michael Elliot(Newark)	38:58
18	Bill Sharp(Hayward)	39:17
19	Larry Wing(Fremont)	39:36
20	Sal Villa(Union City)	39:50
21	Bob Barber(Hill Moon Bay)	39:51
22	Sid Naiman(Fremont)	39:53
23	Paul Houseworth(Fremont)	39:56
24	Chris Higaes(Newark)	40:08
25	Jose Vazquez(Hayward)	40:10
33	Reed Wakley(Fremont)1-14-U	41:04
53	Susan Crawford(Mt. View)1-F	43:51
58	Jerry Fishman(S.F.)1st 50-80	44:11
69	Sue Goddard(Pisnt)2-F	46:01
76	Elizabeth Ramirez(San Jose)3-F	46:30
108	Susan Enslin(Newark)4-F	49:32
109	Jewell Fernellus(San Lean)5-F	49:38
110	Sherry Lohrmann(Fremont)6-F	49:47
111	Mary Bossard(San Lorenzo)7-F	49:49

#### Women's Division

30-34: 1. (54th) Donna Uyemoto(Oakland)	50:49, 2. (61st) Robbe Skiles(San Leandro) 52:43, 35-39: 1. (87) Sue Goddard(Pleasanton) 46:01, 2. (46) Susan Enslin(Newark) 49:32, 40-44: 1. (40) Sherry Lohrmann(Fremont) 49:47, 2. (215) Judy Tom(San Leandro) 50:52, 45-49: 1. (121) Barbara Robben(Berkeley) 48:25, 2. (214) Adrian Kristi(Fremont) 50:08.
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## Dry Run

### October 30. Golden Gate Park, San Francisco. 5K and 10K.

#### Men's 5K

1	Mike McMannis(13-18)Oakland	17:24
2	Ray Gin(40-49)Petaluma	18:02
3	Chris Sullivan(30-39) San Fran.	18:16

#### 10K

1	Donald Ray(13-18)S.S.F.	33:59
2	Robert Schug(19-29)Berkeley	34:06
3	Randy Margo(19-29)San Fran.	34:53

#### Women's 5K

1	Pam Cogswell(30-39)Novato	21:49
2	Madellin Rashe(19-29)Sunnyvale	22:35
3	Lynn Brysaiz(19-29)Santa Clara	22:52

#### 10K

1	Laura Bennet(30-39)Mill Valley	35:00
2	Vicky Randall(19-29)Ross	36:34
3	Fiorianne Harp(30-39)Mill Valley	38:54

## Nike/Continental Team Relay

### October 30. Oakland.

(3 member teams, each member running 2 miles.)  
1. Diablo Road Runners 30:00.1, 2. D.O.A. 30:24, 3. Alameda Track Club 31:49.1, 4. Road Runners 32:36.9, 5. Apple Computer "B" 34:20.2, 6. Apple Computer "A" 34:45.3, 7. Keller/Moore/Ratto 34:47.4, 8. The Stokers 35:30.7, 9. The 3 J's 35:51.3, 10. The Hairballs 36:02.3, 11. Mindless Matter 36:18.8, 12. Triskellion 36:24.0.



## Results

### Halloween 8K

From Roger D. Sabert M.D.

#### October 30. Visalia.

The Halloween 8K race had its festive atmosphere dampened by a steady down pour, but the race went on. Many appeared in costume to go along with the scene.

It was a dual to the end but Umberto Ramirez, currently of Porterville, finally gained the victory over Ed Taylor of Visalia Runners in a time of 25:53. Ed's time was 25:57. They also finished one-two in the 19-29 age division. In the women's division Tanis Leyendecker won first overall with a time of 30:56.

**Men: 18 & Under:** Allen Fischer 31:26. **19-29:** Umberto Ramirez 25:53. **30-34:** Gary Campbell 27:06. **35-39:** Ozzie Osgood 27:10. **40-49:** Rich Baxter 31:45. **50 & Over:** S.I. Miller 39:48. **Women: 19-29:** Tanis Leyendecker 30:56. **30-39:** Cheri Stephenson 37:17. **40 & Over:** Alice Wilson NT.

### Care Run 8K & 2 Mile

From Rhoda Lutting

#### October 30. Walnut Creek.

**Females: 2 Mile.**  
1. Martie Behrens 13:21.0  
2. Ami Carter 13:48.7  
3. Aileen McKillop 14:03.0

**Males: 2 Mile.**  
1. Matt Dowling 11:02.8  
2. Mack Timmerman 11:23.5  
3. Bruce Bergeson 11:37.5

**Divisions: Females: 10 & Under:** 1. Margie Miller 18:16.7. 11-13: 1. Dana Goodman 17:22.9. 14-17: 1. Ami Carter 13:48.7. 18-21: 1. Tammy Fong 15:52.9. 22-29: 1. Donna Messina 16:16.1. **30-39:** 1. Martie Behrens 13:21.0. **40-49:** 1. LaVerne Riley 15:17.2. **50-59:** 1. Hilda DeMello 19:10.4. **60 Plus:** 1. Tommie Welch 28:53.8.

**Males: 10 & Under:** 1. Justin Simmons 14:51.9. 11-13: 1. David Kennedy 14:00.5. **14-17:** 1. Bruce Bergeson 11:37.5. **18-21:** 1. Mike Pestich 16:55.8. **22-29:** 1. Matt Dowling 11:02.8. **30-39:** 1. Stan Millard 12:21.1. **40-49:** 1. Kenneth Iles 13:20.1. **50-59:** 1. Jack Riley 13:05.2. **60 Plus:** 1. Troy Grove 13:33.4.

**8K — Females**  
1. Marilyn Harbin 31:25.3  
2. Joan Daniels 32:35.6  
3. Marsha Sias 34:05.4  
4. Greta Heintz 35:08.3  
5. Kathy Appleby 35:19.0  
6. Lucy Dibanca 35:57.0  
7. Allison Murray 36:29.6  
8. Bonnie Abrousseau 37:19.1  
9. Cathy Smith 37:54.1  
10. Yvonne Tweenen 38:29.9

**Males**  
1. Rudy Mondragon 26:21.6  
2. Steve Gregory 27:21.8  
3. Jim Moore 27:25.8  
4. Andy Lillie 27:50.7  
5. Matt Dowling 27:57.4  
6. Randy Moser 28:13.0  
7. David Berlier 28:31.4  
8. Mark Timmerman 28:34.8  
9. Mike Kassner 28:39.1  
10. Michael Green 28:44.9

**Divisions: Males: 10 & Under:** 1. Joe Rosendahl 32:12.3. 11-13: 1. Gerald McGhee 32:13.9. 14-17: 1. Jerry Fish 29:55.6. 18-21: 1. Andy Lillie 27:50.7. 22-29: 1. Steve Gregory 27:21.8. **30-39:** 1. Rudy Mondragon 26:21.6. **40-49:** 1. Jim Moore 27:25.8. **50-59:** 1. Fred Neilson 32:17.7. **60 Plus:** 1. Luka Sekulich 37:11.7.

**Females: 10 & Under:** 1. Julie Maier 50:44.4. 14-17: 1. Shawn Felix 41:05.9. 18-21: 1. Suzy Baffort 39:24.3. 22-29: 1. Joan Daniels 32:35.6. **30-39:** 1. Marsh Sias 34:05.4. **40-49:** 1. Marilyn Harbin 31:25.3. **50-59:** 1. Kit Pickles 53:20.0.

## Ecology 10K

From Liz Snyder

#### October 30. Fort Ord.

**Divisions: Men: 12 & Under:** 1. Chris Cochran 55:10. 2. Anthony Brandon 55:59. **13-18:** 1. Russ Emerson 36:51. 2. Ivan Salikin 39:38. 3. Randy Hawkins 1:04:12. **19-29:** 1. Jack Lemaster 32:07:01 (1st, overall). 2. Albert De La Torre 32:50. 3. Matthew King 34:06. **30-39:** 1. Allen Gamber 33:43. 2. Emile Allen 35:08. 3. Tony Kopacz 35:32. **40-49:** 1. Jay Cook 36:04. 2. Roland Schut 41:23. 3. Dave Olmet 42:43. **50-59:** 1. Richard Bawcom 38:35. 2. Edward Singleton 40:10. 3. Joe Bryant 41:56. **60-69:** 1. Toby Solorzano 54:14.

**Women: 12 & Under:** 1. April Tracy 1:12:01. **19-29:** 1. Sue Myers 48:28. 2. Cynthia Mangaser 49:24. 3. Chris Straver 49:42. **30-39:** 1. Paula Potts 39:06 (1st, overall). 2. Gail Bernardi 40:10. 3. Liz Snyder 42:46. **40-49:** 1. Diane Bromstead 45:25. 2. Marilyn Hicks 48:51. 3. Janet Street 1:00:21.

## Mills 10K

From DR. WEISS

#### October 31. Millbrae.

1. Terrance Zerzan (San Mateo) 31:49  
2. Jose Gurrola (San Bruno) 33:19  
3. Douglas Chan (Mt. View) 33:26  
4. Ron Loza (Berkeley) 33:49  
5. Chuck Paul (Berkeley) 33:54  
6. Ray Wleand (Belmont) 34:50  
7. Steve Woods (San Mateo) 35:25  
8. Mark Miller (Burlingame) 35:28  
9. Tom Mitchell (Millbrae) 36:15  
10. Dino Aponte Jr. (Redwood City) 36:27  
11. Robert Ballew (S. San Fran) 53:16  
12. Ronald Campos (Daly City) 37:22  
13. Richard Sisson (Alameda) 57:25  
14. Steve Morehouse (Belmont) 58:03  
15. Jesus Gurrola (San Fran) 37:57  
16. Vie Kaprieliah (Millbrae) 38:43  
17. Dan Wheeler (Millbrae) 38:48  
18. Adonis Amoroso (Burlingame) 39:15  
19. Deborah Norton (San Mateo) 1-F 39:37  
20. Andy Ruiz (San Bruno) 40:50  
21. Thomas Petika (Burlingame) 41:05  
22. Gary Hurd (Burlingame) 41:16  
23. Greg Meglinness (Burlingame) 41:20  
24. Mike Shaffer (Burlingame) 41:33  
25. William Asbra (Millbrae) 42:18  
26. Cathleen Morehouse (Belmont) 42:25  
27. Jeff Dankworth (Millbrae) 42:27  
28. Arnold Loza (Millbrae) 42:29  
29. Tom Jacobs (Millbrae) 42:29  
30. Linda Mezzetta (Millbrae) 42:41  
31. Robert Brown (Millbrae) 43:16  
32. Ron Markille (San Bruno) 43:21  
33. Jim Campbell (Burlingame) 43:56  
34. Justin Bock (Millbrae) 44:42  
35. Mike Weiss (San Bruno) 44:57  
36. Catherine Casey (Burlingame) 45:10  
37. Ed Burke (San Fran) 45:46  
38. John Gibbs (Burlingame) 46:12  
39. Robert Rheume (Millbrae) 46:25  
40. David Narva (Palo Alto) 46:26  
41. Devera Mason (Oakland) 47:04  
42. Emmett Smith (Burlingame) 47:13  
43. Charles Forbes (Millbrae) 47:31  
44. John Griffith (Oakland) 47:34  
45. Chuck Daugy (Redwood City) 48:10  
46. Chris McGulgan (Burlingame) 48:16  
47. Donna Hinchshaw (Half Moon) 48:41  
48. Karen Ansaldo (Daly City) 49:21  
49. Liz Barrows (Millbrae) 49:55  
50. John Moynihan (San Fran) 49:56  
51. Morton Weisberg (Hillsborough) 50:00  
52. Jeanne Kimball (Millbrae) 50:15  
53. Peter Kimball (Millbrae) 51:31  
54. Alan Siskind (Miami) 51:31  
55. Lynn Madonich (San Bruno) 51:39  
56. Eric Kimball (Millbrae) 52:12  
57. Harold Green (Millbrae) 52:31  
58. Kevin Warner (Millbrae) 53:16  
59. Harish Dullabh (Millbrae) 55:33  
60. Bea Lopez (San Mateo) 57:25  
61. Regina Robert (Burlingame) 58:03  
62. Vicki Wooding (San Mateo) 58:20  
63. Maureen Stanley (San Fran) 58:29  
64. Janet Kentworth (Millbrae) 58:53  
65. Cayora Vankuri (Millbrae) 58:56  
66. Jeff Sills (San Bruno) 58:57  
67. Arline Fitzgerald (San Bruno) 60:09  
68. Verena Graham (San Bruno) 62:21  
69. Frances Simmons (Half Moon) 63:07

## UCSC Symphony Run

#### October 31. UC Santa Cruz. 5 Mile.

##### Men's Division

**U-12:** 1. Patrick Garrahen 42:52. 2. Kerry Noda 45:54. **13-18:** 1. Dan Clemens 29:10. 2. Steve Goettelman 30:22. 3. John Demaski 34:20. **20-29:** 1. Patrick Shantle 27:40 (Overall winner) 27:40. 2. M. Lotter 28:59. 3. Javier Narango 29:46. 4. Eric Falls 30:22. 5. Rotstein 30:50. **30-39:** 1. Art Nedder 29:44. 2. Jim Doran 30:42. 3. Stephen Hinkel 31:10. 4. Louis Davidson 32:10. 5. Jamie Townsend 32:38. **40-49:** 1. Bob Scott 31:18. 2. Benjamin Sawyer 32:42. 3. Stan Hayduk 33:19. 4. Charles Foster 35:42. **50-Over:** 1. Jerry Schmid 39:45. 2. Bob Bickel 39:54. 3. Bill Rodgers.

##### Women's Division

**U-12:** 1. Susie Sewell 55:10. 2. Lisa Kime 1:10. 3. Amy Harger 1:10. **13-19:** 1. Kelly Illicki 37:11. 2. Cathy Stracener 37:51. 3. Diane Kitiyama 37:59. **20-29:** 1. Barb Myers (overall women's winner) 33:42. 2. Carol Dickinson 33:50. 3. Rebecca Daughter 34:50. 4. Cindy Rotwelt 36:16. 5. Chris Hansen 36:50. **30-39:** 1. Carol Dixon 35:25. 2. Nancy Watkins 42:06. 3. Dayoan Rivera 43:02. 4. Suzanne Duval 43:48. 5. Mary McPherson 44:11. **40-49:** 1. Judy Dorosin 36:23. 2. Doris Burgess 42:48. 3. Carol Teachout 42:54. **50-Over:** 1. Kathy Beirs 44:18. 2. Nadine Beuno 1:00.

## Earthquake Run

#### October 31. Hollister. 10K.

1. Jeff Shaver (22) San Jose 31:06  
2. Malcolm Cleary (27) Hollister 31:22  
3. Nick Yray (33) Morgan Hill 32:04  
4. Cesar Acosta (19) Hollister 32:19  
5. Nash Guaracho (20) Hollister 32:29  
6. John Clary (22) Saratoga 32:49  
7. Scott Hennessy (35) Monterey 33:37  
8. Ken Drew (32) San Jose 33:38  
9. Allen Gamber (38) Fort Ord 33:42  
10. Glynn Wood (48) Monterey 34:04  
11. Robert Gonzalez (16) Hollister 34:12  
12. Dale Porter (16) Morgan Hill 34:34  
13. Gilbert Cosio (24) Berkeley 35:09  
14. Emile Allen (33) Salinas 35:22  
15. Thomas Browne (20) San Jose 35:53  
16. Bob Farrington (51) San Jose 35:56  
17. Bob Brown (27) Monterey 35:58  
18. Richard Leutinger (43) P.G. 36:04  
19. Jorge Mosqueda (30) Soledad 36:07  
20. Roberto Pantoja (42) Soledad 36:13  
21. Dale Schwin (38) Salinas 36:35  
22. Rafael Trierfalia (29) Monterey 37:18  
23. Jeff Sweet (31) Aromas 37:21  
24. John Glass (39) Hollister 37:23  
25. Matt Gourley (15) Salinas 37:23  
26. Nelly Wright (37) Monterey 1-F 37:35  
27. Bert Rangel (16) Gilroy 37:42  
28. Peter Marseguerra (40) Carmel 37:42  
29. Sharlet Gilbert (2-F-30-39) Richmond 37:59  
30. Martin Miranda (16) Salinas 38:22  
31. Tom Bryan (42) Santa Cruz 38:23  
32. John Borchert (38) Salinas 38:25  
33. Jesse Santana (11) Salinas 38:26  
34. Steve Becker (37) Hollister 38:33  
35. Samuel Vandenburg (45) Aptos 38:34  
36. John Campos (14) Gilroy 38:56  
37. Dennis LeBow (16) Salinas 38:59  
38. John Shelton (37) San Juan Bautista 39:10  
39. Will Rodgers (18) Hollister 39:14  
40. John Beason (32) Salinas 39:20

##### Men's Division

**U-12:** 1. Jesse Santana (Salinas) 38:26. 2. Rene Sanchez (Gilroy) 41:03. 3. Nick Yray, Jr. (Morgan Hill) 41:20. **13-18:** 1. Robert Gonzales (Hollister) 34:12. 2. Dale Porter (Morgan Hill) 34:34. 3. Matt Gourley (Salinas) 37:23. **19-29:** 1. Jeff Shaver (San Jose) 31:06. 2. Malcolm Cleary (Hollister) 31:22. 3. Cesar Acosta (Hollister) 32:19. **30-39:** 1. Nick Yray, Sr. (Morgan Hill) 32:04. 2. Scott Hennessy (Monterey) 33:37. 3. Ken Drew (San Jose) 33:38. **40-49:** 1. Glynn Wood (Monterey) 34:04. 2. Richard Leutinger (Pacific Grove) 36:04. 3. Roberto Pantoja (Soledad) 36:13. **50-59:** 1. Bob Farrington (San Jose) 35:56. 2. Tom Gutierrez (Gilroy) 41:50. 3. Joe Vega (Gilroy) 42:11. **60-Over:** 1. John Popper (San Jose) 44:07.

2. Robert Daugherty (Mountain View) 47:22. 3. Ward Saunders (Oakland) 48:49.

##### Women's Division

**U-12:** 1. Leticia Ancheta (Salinas) 42:35. 2. Corina Lopez (Soledad) 44:23. 3. Celecia Diaz (Gilroy) 48:30. **13-18:** 1. Mona Lopez (Salinas) 40:39. 2. Lan Chidester (Salinas) 43:47. 3. Martha Gourley (Salinas) 45:09. **19-29:** 1. Judy Sambrallo (Aromas) 44:47. 2. Caryn Landau (Hollister) 45:30. 3. Peggy Alfred (Cupertino) 46:34. **30-39:** 1. Nelly Wright (Monterey) 37:34. 2. Sharlet Gilbert (Richmond) 37:59. 3. Bernice Ann Smith (Hollister) 45:38. **40-49:** 1. Elaine Peterman (Cupertino) 50:27. 2. Joyce Cernohavek (Sunnyvale) 52:06. 3. Geri Mitchell (Cupertino) 52:46. **50-59:** 1. Carol O'Brien (Hollister) 53:01. 2. Betty Peterson (San Carlos) 54:45. 3. Dorothy Carlson (Cupertino) 55:12.

## Oktoberfest Run

#### October 31.

1. Leo Lenting (25) 19:20  
2. P.G. Sweeney (27) 19:39  
3. Mark Schilling (28) 20:24  
4. Mike White (27) 20:41  
5. Frank Hutchinson (30) 1st, 30-39 20:50  
6. Scott Asire (18) 21:38  
7. John Brown (17) 22:14  
8. Paul Lee (21) 22:17  
9. Michael Hamer (21) 22:36  
10. Chris Alsipuro (22) 22:37  
11. Greg Miles (23) 22:38  
12. William Graham (41) 1st, 40-49 22:55  
13. Jim Brown (40) 23:26  
14. Jeff Keely (16) 23:48  
15. Dave Howell (41) 23:52  
16. John Woodard (33) 24:06  
17. Nate Brady (20) 24:10  
18. Les Beck (38) 24:11  
19. Jim Batterson (30) 24:12  
20. Lee Broshearn (31) 24:18  
21. Robert Carter (19) 24:33  
22. Tom Mason (34) 24:35  
23. Jim Hurly (26) 24:35  
24. Ted Brown (13) 1st, 12-14 24:42  
25. David Lilly (14) 2nd, 12-14 24:52  
26. Shane Sarrar (24) 24:55  
27. Patrick Jenkins (36) 25:10  
28. Scott McMillen (31) 25:20  
29. Larry Hinkel (21) 25:20  
30. Charlie Burt (33) 25:23  
31. Maria Pederson (24) 1/F 25:35  
32. John Hurd (55) 1st, 50 & O 25:36  
33. Diane Dixon (28) 2/F 25:37  
34. Glenn Vanderlinda (53) 2nd, 50 & O 25:47  
35. Carrie Walters (26) 3/F 26:10  
36. Joshua Ellingwood (11) 1st, 9-11 26:12  
37. Mark Endert (11) 2nd, 9-11 26:13  
38. Laura Held (22) 4/F 26:18  
39. Tina Lucas (34) 1/F, 30-39 26:38  
40. Gail Vanderlinds (43) 1/F, 40-49 29:11  
41. Jane Farooqui (31) 2/F, 30-39 30:05  
42. Will Roundy (7) 1st, U8 31:55

## Madera Half Marathon

From Bob Owen

#### October 31.

The rain finally ended on Saturday evening, and Sunday had ideal racing conditions—50-65 degrees and no wind. The course was flat and fast, and although not certified, it is believed to be fairly accurate. The overall level of performance was excellent, with several being particularly noteworthy. Tony Ramirez established a new course record even though he was never pushed. Paula Ramirez kept things in the family as she established a new record for women. The depth and quality of performance in the 30-39 and 40-49 men's categories was outstanding. Fifty percent of the finishers were in the 30-39 age bracket. As a curiosity note, twentieth place was taken by Steve Hardison, who has cleared 18 feet in the pole vault.

1. Tony Ramirez (27) Fresno 1:06:25  
2. Dennis Wong (27) Tulare 1:12:20  
3. Jose Caballero (18) Madera 1:14:17  
4. David Williams (30) Fresno 1:15:54  
5. Steven Levy (33) Fresno 1:16:07



6	Rito Fuentes(30)Fresno	1:16:37
7	Craig Newport(36)Visalia	1:17:23
8	John Aldrich(31)Madera	1:17:37
9	Frank Delgado(46)Fresno	1:17:39
10	David Smith(26)Fresno	1:18:53
11	Andres Patian(33)Firebaugh	1:19:07
12	Sid Cram(44)Fresno	1:19:31
13	Bill Woody(40)Fresno	1:19:46
14	Diego Quintana(18)Clovis	1:20:03
15	Frank Bushakra(34)Modesto	1:20:09
16	Thomas Bowen(40)Fresno	1:20:11
17	Mark Hemphill(33)Fresno	1:20:14
18	Don Trout(42)Fresno	1:20:32
19	Rick Zamarrilla(49)Fresno	1:22:37
20	Steve Hardison(32)Fresno	1:23:19
21	Sid Toabe(58)Fresno	1:23:57
22	Lloyd Martin(49)Fresno	1:26:03
23	John Plus(43)Sanger	1:26:27
24	Paula Ramirez(25)Fresno, 1/F	1:27:07
25	Rhonda Davidson(21)LaPal., 2/F	1:29:32
26	Vicki Evangelho(27)Fresno, 3/F	1:31:43
27	Margie Timberlake(40)Fr., 4/F	1:34:27
28	Janie Rodriguez(31)Fr., 5/F	1:34:54
29	Ken Takeuchi(52)Fresno	1:36:13
30	Becky Dieter(30)Fr., 6/F	1:37:07
31	Laurie George(22)Clovis, 7/F	1:37:31
32	Brent DeMonte(53)Fresno	1:47:51
33	Liz DeMonte(52)Fresno, 13/F	1:50:41

## The Great Pumpkin Run

### October 31. San Luis Obispo, 25K.

1	Manny Bautista (24)	1:24:25
2	Thomas Becker (24)	1:27:50
3	Craig Lowrie (26)	1:28:40
4	Pat O'Bryan (21)	1:30:27
5	Paul Lake (20)	1:30:40
6	Mike Kriege (22)	1:31:01
7	Steve Dornish(37)1st, 30-39	1:31:15
8	John Henley (19)	1:31:16
9	Jon Root (28)	1:32:24
10	Gregor Robin (25)	1:33:21
11	Rene-Pierre Romero (27)	1:34:43
12	Bill Norman (36)	1:36:30
13	John Ernatt (19)	1:37:21
14	Charles Sepko (37)	1:38:44
15	Bill VanWyngaarden(1st, 40-49)	1:38:55
16	Clem Michel (38)	1:39:01
17	Keith Kirkpatrick (36)	1:40:50
18	Michael Moore (32)	1:41:32
19	Larry Jamison(2nd, 40-49)	1:42:04
20	Robert McCumsey (34)	1:43:07
21	Irene Crowley(21)1/F	1:43:39
22	Debbie Bryant(19)2/F	1:44:59
23	Barbara Hasson(26)3/F	1:46:57
24	Leo Estes(3rd, 40-49)	1:47:52
25	Tim Davis(1st, Wheelch.)	1:48:16
26	Claudia Morlang(21)4/F	1:50:45
27	Joe Kourakis(50)1st, 50&O	1:52:52
28	Gilbert Peter(50)2nd, 50&O	2:02:58
29	John Squires(51)3rd, 50&O	2:04:59

## Golden Gate Marathon & Half Marathon

### October 31. San Francisco.

John Gailson, 29, of Stateline, Nevada and Pat English, 29, of San Anselmo, California, both set new course records at the 1982 Fifth Annual YMCA Golden Gate Marathon. Both winners broke course records established since 1978, the first year of the race.

Gailson finished in 2:25:36, breaking a previous record of 2:25:38 set by Mike Porter in 1978. Pat English, the first female finisher, sets a new record in the women's category by finishing at 2:47:28. The previous record was 2:54, held by Sue Krenn since 1978.

Both winners were awarded round trip tickets to the Honolulu Marathon, which takes place on December 12, 1982. The two grand prizes, donated by Stonestown Sportswear, include round trip airfare and hotel accommodations.

In the half marathon race, Gerardo Conchola was the first male finisher, coming in at 1:12:08. Wink Luskin, 31, was the first female finisher at 1:27:52.

The race began under clear, sunny

skies in front of the YMCA building on the San Francisco Embarcadero. The full marathon started at 7:00 a.m. and the half marathon at 7:15 a.m. The course, one of the most scenic in Northern California, followed the San Francisco waterfront, crossing the Golden Gate Bridge and passing through Sausalito, where the half marathon ended at Dunphy Park. The full marathon course proceeded north to Mill Valley, through Corte Madera, entering Larkspur into College of Marin, then continued eastward, finishing at the Golden Gate Ferry Terminal in Larkspur.

This year's event attracted over 2500 runners, a 50 percent increase from last year's total of 1600.

All proceeds from this annual fundraising event will benefit the Embarcadero YMCA Physical Education Department.

### Top 20 Male Finishers, Full Marathon.

1	John Gailson (29)Stiline, NV	2:25:36
2	Dan Anderson (30)Castro Vly	2:28:38
3	Dwight Hendrix (28)Oakland	2:33:39
4	Rodolfo Rialde (23)Phillip	2:35:19
5	Paul Jacobs (22)Berkeley	2:36:00
6	Michael Wheeler (33)Oakland	2:37:38
7	Joaquin Leano (23)Reno, NV	2:40:27
8	David Kayser-tie(30)Saug, MA	2:41:52
9	Ron Kubokawa-tie(29)El Carr	2:41:52
10	Virginio Dearaujo (30)San Fran	2:44:47
11	Chris Berka (28)Stanford	2:45:08
12	Jay Helgeson (27)Berk	2:46:02
13	Mike Ambrose (33)San Raf.	2:46:42
14	Norman Gould (33)San Jose	2:47:10
15	Ken Kelly (24)San Jose	2:47:24
16	Bill Catanesi (44)Mill Vly	2:48:47
17	Joseph Jolly (21)San Jose	2:48:48
18	Craig Dunagan (24)San Fran	2:49:57
19	J. McCormick (30)San Fran	2:50:02
20	Ranie Provido(17)Phillip	2:51:55

### Top 20 Female Finishers Marathon

1	Pat English (29)San Ansel	2:47:28
2	April Powers (24)Los Altos	2:51:16
3	Carol Swain (34)San Fran	3:12:45
4	Lucy Kaplan (44)Berkeley	3:15:33
5	Twyla Willis (30)San Fran	3:15:45
6	Gay Hunter (30)Mill Vly	3:18:02
7	Gail Rodd (39)San Fran	3:18:25
8	Florianne Harp (34)Mill Vly	3:18:36
9	Laurey Fisher (37)Oakland	3:20:06
10	Cathy Gibbs (26)Reno NV	3:21:19
11	Susan Anzelc (29)Scotts Vly	3:25:47
12	Kath. Anderson(33)Oxnard	3:26:00
13	Janet Buchedahl(48)Petaluma	3:28:45
14	Janette Duchman(35)San Fran	3:29:30
15	Diane Ventre (29)Vallejo	3:30:12
16	Kathy Reithmeier(23)San Mat.	3:31:37
17	Jill Johnson (26)Morgan Hill	3:32:40
18	Diane Polesky (40)Kentfield	3:35:27
19	Sally Adams (32)Berkeley	3:35:48
20	Judy Huber (35)Norman OK	3:36:01

### Male Division, Full Marathon

U-17:	1. Ranie Provido (17) 2:51:55.	18-29:	1. John Gailson (29) 2:25:36.
			30-39: 1. Dan Anderson (30) 2:28:38.
			40-49: 1. Bill Catanesi (44) 2:48:47.
			50-59: 1. Hans Roenau (54) 3:10:38.
			60+: 1. Don Wilgus (61) 3:52:19.

### Female Div., Full Marathon

U-17:	1. Laura Neck (16) 3:48:45.	18-29:	Pat English (29) 2:47:28.
			30-39: 1. Carol Swain (34) 3:12:45.
			40-49: 1. Erma Baker (54) 4:18:02.

### Top 20 Male Finishers 1/2 Marathon

1	Gerardo Conchola (18-29)	1:12:08
2	Chris McCracken (18)Los Altos	1:13:00
3	Jack Martinez (26)Palo Alto	1:14:56
4	Glen MacDougall (27)Daly City	1:15:29
5	Abdulla Ebrahimi (35)San Jose	1:15:29
6	Fassil Sasinos (25)Los Altos	1:16:11
7	Nik Espanchini(43)San Rafael	1:16:52
8	Thomas Eng (31)San Fran	1:17:21
9	Guillermo Barron (30)Oakland	1:17:37
10	George Miller (24)Oakland	1:18:22

### Top 10 Female Finishers 1/2 Marathon

1	Wink Luskin (31)Olympic Vly	1:27:52
2	Nancy Ankeny (24)Menlo Park	1:29:05
3	Kathleen Pope (28)Mill Vly	1:29:06
4	Crystal Engelman (32)Berkeley	1:29:23
5	Donna Lowe (31)San Fran	1:32:17
6	Joan Ulliyot (42)San Fran	1:32:26
7	Kristy Shuman (20)San Fran	1:32:44
8	Dee Gibson (32)Los Altos	1:32:45
9	Diane Smith (28)San Fran	1:33:38
10	Peggy LeDelt (43)San Jose	1:34:40

### Half Marathon Divisions

Male 17-U:	1. Jeff Dunn (16) 1:24:10.	18-29:	1. Gerardo Conchola 1:12:08.
			30-39: 1. Abdulla Ebrahimi (35) 1:15:29.
			40-49: 1. Nik Espanchini (43) 1:16:52.
			50-59: 1. Arnold

Knapter (51) 1:24:19. 60+: 1. John Getas (60) 1:36:12.

Female 17-U: 1. Valerie Neck (13) 1:53:58. 18-29: 1. Nancy Ankeny (24) 1:29:05. Wink Luskin (31) 1:27:52. 40-49: 1. Joan Ulliyot (42) 1:32:26. 50-59: 1. Eileen Klatsky (50) 1:43:42.

photo by Gene Cohn



Doug Lattimer

## Challenge Cup 50

### November 6. Golden Gate Park, San Francisco. 50 Miles.

1	Doug Lattimer(44)	5:32.02
	New American age record	
2	Ray Wieand(23)	5:56.22
3	Ron Kovacs(44)	6:24.22
4	Ted Anderson(38)	6:28.44
5	Guillermo Barron(30)	6:43.45
6	Ron Holman(26)	6:50.49
7	Mike Levin(39)	7:04.58
8	Keith Pflieger	7:06.55
9	Norris Head(33)	7:14.59
10	John Medinger(31)	7:18.55
11	Leo Ruiz(43)	7:25.56
12	Roger Sobsey(31)	7:28.46
13	Robin Heikes(18)	7:28.49
14	Bernie Lainson(50)	7:32.06
15	Dan Lindstrom(32)	7:47.37
16	Carol Poxon(30)	7:54.53
	New American age record	
17	Andy Finn(30)	8:05.45
18	Vivian Rodriguez(48)	8:15.19
	New American age record	
19	Bill Zabicki(37)	8:16.11
20	Hector Hernandez(41)	8:22.49
21	Terry Seyfarth(34)	8:28.42
22	Karen Smith(33)	8:33.05
23	Lee Cannon(34)	8:45.20
24	Richard Conn(56)	8:57.36
25	Bobbie Stavis(35)	9:00.29
26	Bob Domes(39)	9:09.24
27	Gary Aglietti	9:21.24
28	Mary Hays(34)	9:27.35
29	Lee Schmidt(43)	10:29.33

## 25 Mile Relay

### November 6. Irvine.

#### Top Ten Teams

1	Siray Dogs	1:57
2	Tiger/Second Sole	1:59
3	Second Sole/South Bay	2:04

4	Club Hack	2:07
5	U.S.M.C. Special Services	2:07
6	Barracudas	2:07
7	Space Striders 1	2:09
8	Orange County Track Club	2:09
9	Rockwell Open	2:09
10	TRW 1	2:11

## Mission Viejo 7-Up 10K Run

### November 6. Mission Viejo.

#### Men's Divisions

12-Under: 1. Wally Wiggins (243rd) 45:20. 13-18: 1. Daniel Buss (19th) 34:20. 19-24: 1. Marty Kibilaski (8th) 31:51. 2. Joe Hope (9th) 32:07. 3. Steven Adams (14th) 32:33. 25-29: 1. John Brenhman (2nd) 30:21. 2. Christopher Mollahan (3rd) 30:26. 3. Dave Frickel (4th) 30:27. 4. Dennis Wilson (8th) 30:46. 5. Stephen Mousetis (10th) 32:19. 30-34: 1. Ruben Chappins (1st-M Overall) 30:13. 2. Ben Wilson (5th) 30:34. 3. Ben Martinez (7th) 31:22. 4. Walt Hitt (13th) 33:09. 5. Keith Strodi (17th) 34:00. 35-39: 1. Mike Eck (20th) 34:42. 2. Bob Kossin (25th) 35:04. 3. Bill Anderson (34) 36:26. 40-43: 1. Pete Petersen (22nd) 34:57. 2. Gene Gurute (24th) 35:02. 3. Nelson Cunningham (42nd) 37:22. 45-49: 1. Warren Osborn (64th) 38:27. 2. Steve Dibble (83rd) 39:21. 3. Joseph Szabo (89th) 39:37. 50-54: 1. Wally Evertz (47th) 37:36. 2. Tancy Marino. 55-59: 1. Clifford McKinley (357th) 48:37. 2. Earl Abell (421st) 51:06. 60-Over: 1. Casey Poole (208th) 44:10. Wheelchair: 1. James Knaub (1st Wh) 29:06.

#### Women's Divisions

12-Under: 1. Kimberly Brown (254th) 45:42. 13-18: 1. Tammy Burch (239th) 45:09. 19-24: 1. Pamela Norris (1st-F overall) 28th/35:26. 2. Evelyn Tribble (49th) 37:38. 3. Anne Gardner (131st) 41:23. 25-29: 1. Diane Bjelland (65th) 38:37. 2. Alice Germann (275th) 48:21. 3. Vicki Juneman (278th) 46:24. 30-34: 1. Pam Goacher (86) 39:25. 2. Schubert (125th) 41:15. 3. Deborah Bingham (267th) 46:10. 35-39: 1. Sue Petersen (51st) 37:50. 2. Patricia Dokos (208th) 44:05. 3. Eileen McClure (300th) 46:56. 40-44: 1. Teri Eggers (569th) 57:56. 2. Anne Roby (577th) 58:24. 45-49: 1. Judy Martin (172nd) 42:57.

## Queen Of The Valley Hospital's 5K — 10K Run

From Mary Ann Harvey

### November 6. West Covina.

10K — Men: 13 & Under: 1. Sam Chacon 41:01. 14-19: 1. Jerry Flores 34:10. 20-24: 1. Jesse Moreno 32:57. 2. Mark Hammond 33:12. 3. Jimmy granados 34:59. 4. Michael Cahon 35:13. 5. Ramiro Gonzales 35:26. 25-29: 1. Steve Blum 31:27. 2. David Vanderveen 32:45. 3. Fred Carter 33:19. 4. Ricky Gamba 35:01. 5. Frank Bustamante 35:03. 30-34: 1. Irv Ray 32:39. 2. Richard Silver 34:58. 3. Craig Broadway 37:02. 4. Salvador Cervantes 37:17. 5. Robert Galindo 37:22. 35-39: 1. Phil Ryan 32:23. 2. Larry Fabella 35:04. 3. Octaviano Canche 36:50. 4. Joe Ortiz 36:53. 5. Dick Schouw 37:50. 40-44: 1. Kurt Trieselmann 39:25. 2. Henry DelRay 39:30. 3. Robert Frazin 40:41. 4. Tino Ogaz 41:33. 5. Richard Carbatal 41:33. 7. 45-49: 1. Truman Clark 34:39. 2. Merl Glauber 34:53. 3. John Poer 38:25. 50-54: 1. Camacho Avrezto 38:15. 2. Richard Elifarreras 39:08. 3. Ernest Carrillo 40:27. 55-59: 1. K.G. Taki 40:48. 2. Lono Tyson 41:34. 3. Bry Thorne 41:45. 60 & Over: 1. Howard Wilcott 43:47. 2. Ernest Durr 56:44. 3. Ronald Story 56:47.

Women: 13 & Under: 1. Shawna Allen 63:03. 14-19: 1. Theresa Ebinar 39:41. 20-24: 1. Darleen Bams 42:27. 2. Gail Arsenault 43:14. 3. Betty Bacca 43:44. 4. Coleen Corsaro 43:55. 5. Bonnie Bulthuis 45:36. 25-29: 1. Becky Thomas 39:35. 2. Karen Harbault 46:30. 3. Kathy Ravecraft 48:26. 4. Joy Sherman 54:09.



## Results

5. Karen Hochberger 54:11. 30-34: 1. Susan Lacoff 41:10, 2. Sue Reed 50:09, 3. Judy Alexs 51:47. 35-39: 1. Joan Philipps 40:58, 2. Dolores Gallardo 43:23, 3. Linda Stephens 48:15. 40-44: 1. Annie Quinonez 43:02, 2. Cecily Parke 45:05, 3. Judy Oglooby 46:28. 45-49: 1. Shirley Blush 44:34, 50-54: 1. Elisa Remanick 57:34, 55-59: 1. Ruby Taki 51:53, 2. Helga Carden 56:16, 3. Carol Pedersen 65:14.

5K —Men: 13 & Under: 1. Mike Ramos 16:58.7, 14-19: 1. Hayland Bishop 15:24.1, 20-24: 1. David Adams 15:49.2, 2. Juvenal Naranjo 16:20.5, 3. Darryl Clark 16:33.9, 4. Daniel Reyes 16:43.2, 5. Jimmie Evans 17:05.4, 25-29: 1. Terry Drake 15:05.3, 2. Rudy Chavez 15:11.6, 3. Peter Mogg 15:16.5, 4. Jeff Drutman 15:43.4, 5. Jeff Rubak 16:03.2. 30-34: 1. Fred Doubell 16:06.4, 2. Frank Maza 16:57.6, 3. Andy Avalos 17:03.1, 35-39: 1. Bruce Geddes 17:03.5, 2. Alejandro Morales 17:36.8, 3. Bill Salisbury 17:37.8, 40-44: 1. Robert McGeough 17:31.2, 2. Michael McCreedy 17:36.3, 3. Victor Gonzales 17:37.3, 45-49: 1. Eugene Black 17:58.0, 2. Sam Mayo 18:09.4, 3. Bill Lowry 18:14.1, 50-54: 1. Wally Ingram 17:17.4, 2. Gunnar Linde 17:52.1, 3. Jerry Withers 18:00.4, 55-59: 1. Leonard Kulbacki 19:52.1, 2. Tad Fujioaka 21:22.1, 3. Richard Diener 21:32.0. 60 & Over: 1. Jack Britton 20:55.8, 2. Ed Stotsberg 21:26.0, 3. Carl Hiver 26:15.3.

Women: 13 & Under: 1. Suzanne Castruita 18:45.7, 14-19: 1. Mistie Garcia 19:59.4, 20-24: 1. Mulinga Sote 17:44.6, 2. Dawn Basson 20:35.6, 3. Rene Ruiz 21:48.8, 4. Cindy Murphy 22:59.9, 5. Diane Ensmann 23:03.6, 25-29: 1. Jeanne Kawasima 20:05.4, 2. Leonora Long 21:42.5, 3. Denise Boesch 24:15.0, 4. Grace Nozaki 24:21.7, 30-34: 1. Marian Bauley 21:33.2, 2. Debbie Keena-Blum 21:50.2, 3. Patricia Martin 22:56.5, 35-39: 1. Lynda Huey 22:33.8,

2. Donna Hammer 24:09.5, 3. Laureen Steiner 24:22.2. 40-44: 1. Sally Wozniak 22:46.9, 2. Donna osko 25:09.1, 3. Audrey Wagner 27:56.3, 45-49: 1. Arline Jones 26:44.5, 2. Elaine Hemenway 27:03.7, 3. Gall Fields 27:07.2, 50-54: 1. Mae Myers 24:37.4, 2. Mildred Tiltford 29:58.4, 3. Pat Christopherson 33:23.1, 55-59: 1. Dorothy Story 42:11.5, 2. Vivian Hill 46:31.2. 60 & Over: 1. Harriet Barton 29:05.3, 2. Dorothy Stotsberg 32:56.7.

## Friendship School Race 'Rainbow Run'

November 6. San Luis Obispo. Bike & Run 5K & 10K.

Results: Richard Aleshire, 1st Intermediate 16:47. Hugh Dohi, 1st place open 18:35. Betty King, 1st place Intermediate 24:34. Celia Lopez, 1st place Women's Open 19:56. Patti McSorley, 1st place Junior 32:25. George Mach, 1st place Masters 29:32. Jean Spierling, 1st place masters 23:31.

10K: Rory Cooper, 1st place Wheelchair 39:57. Steve Dornish, 1st place Intermediate 32:56. Sally Henisey, 1st place Intermediate 49:36. John Henley, 1st place Open 33:35. Nick King, 1st place Junior 38:04. Mary Beth Smith, 1st place Woman's Open 47:27. Bill Van Wyngarden, 1st place Masters 35:52.

## ESL Runaway

From Susan J. Bash

November 7. Sunnyvale. 10K

Men: 1. Joseph DeVito, So. Lake Tahoe 30:43, 2. Mike Engleman, Santa Clara

30:54, 3. Gary Goetteimann, Aptos 31:06. Women: 1. Marilyn Taylor, San Francisco 34:57, 2. Ann Wotherspoon, San Jose 36:19, 3. Linda Jungsten, Redwood City 36:41.

5K

Men: 1. Pete Rosser, Cupertino 15:30.2, 2. Kenneth Drew, San Jose 15:52.8, 3. Steven O'Brien, Burlingame 15:59.0. Women: 1. Lyndy Hayes, San Jose 18:12.4, 2. Mary Janet Bellamy 18:18.1, 3. Amanda Goldner, Pleasanton 18:24.1.

## Trudger's 10K

From Bill Grant

November 7. Playa Del Rey.

Women: 1. Rita Denniston (25) 37:52, 2. Margo Elson (31) 38:56, 3. Stephanie John (29) 39:15. Divisions: 13 & Under: 1. Christine Brockway 50:03, 14-19: 1. Tammy Wold 42:21, 20-29: 1. Rita Denniston 37:52, 2. Stephanie John 39:15, 3. Diane Williams 39:35, 30-39: 1. Margo Elson 38:56, 2. Harolene McLean 40:37, 3. Margie Tenenbaum 40:46, 40-49: 1. Lynda Vance 45:44, 2. Shirley Blush 45:44, 50-59: 1. Nelly Williams 49:11, 2. Peggy Taylor 50:08, 60 & Over: 1. Mem Howe 53:05, 2. Edith Carlisle 54:41.

Men: 1. Ron Cornell (23) 30:15, 2. Tim Tobin (28) 31:33, 3. Brent Griffiths (19) 31:38. Divisions: 13 & Under: 1. Aaron Mascorro 37:04, 14-19: 1. Brent Griffiths 31:38, 20-29: 1. Ron Cornell 30:15, 2. Tim Tobin 31:33, 3. Michael Trujillo 31:42, 30-39: 1. Hartzell Alipzar 32:54, 2. Robert Denniston 33:30, 3. Jack Cochran 34:30, 40-49: 1. Norman Cohen 34:55, 2. John Kurtz 35:18, 50-59: 1. Richard Leslie 38:12, 2. Dave Thomas 40:22, 60 & Over: 1. Paul Jernstrom 43:33, 2. Clyde Alling 45:42.

1:50:16.1, 2. Cecilia Conway 1:52:14.5, 3. Joanne Denike 1:57:23.3.

Mens 10K: Overall Winner: Humberto Rameriz 31:56.2. 14 & Under: 1. Jess Perez Jr. 39:08.6, 2. Francisco Rios 42:02.4, 3. Daniel Longori 42:35.6, 15-18: 1. Eric Anderson 37:15.2, 2. Chris Rafers 37:26.2, 3. David Marks 41:43.3, 19-29: 1. Humberto Rameriz 31:56.2, 2. Mark Pevler 31:58.9, 3. Leon Jackson 32:59.7, 30-39: 1. Irwin Merin 34:01.8, 2. Paul Crass 35:30.0, 3. Ray Chavez 34:14.1, 40-44: 1. Bill Loughry 35:17.1, 2. Neil Wilcox 38:05.2, 3. Joe Alba 41:21.4, 45-49: 1. Bill Callup 51:28.5, 2. Eugene McMillian 58:20.8, 50-54: 1. Gil Hinz 37:53.3, 2. Bob Denike 57:39.7.

Womens 10K: Overall Winner: Mary Ann Marting 42:27.0, 15 & Under: 1. Mary Ann Marting 42:27.0, 2. Margaret Perada 47:31.7, 3. Isabella Rios 54:27.6, 16-27: 1. Maureen Thistle 47:16.2, 2. Debbie McCain 49:09.6, 3. Cindy Hoak 50:28.8, 28-35: 1. Susan Rubiss 48:12.0, 2. Pam Cantelmi 50:38.4, 3. Lupe Eberly 50:51.5, 36-44: 1. Jill Carter 54:34.6, 2. Margaret Lenucci 54:42.6, 3. Karen Page 56:37.1, 45 & Over: 1. Lori Kumelos 55:43.9, 2. Sue Plutzenreuter 56:40.2, 3. Joyce Wood 1:01:31.4.

## Loma Linda Lopers Orange Grove Marathon

From NELLIE R. KILLION

November 7. Marathon

Overall Men's Winner: Allen Just (20) 2:24.7

Overall Women's Winner: Judy Milkie (33) 3:16.16

Men 13-17: 1. Chris Zevallos (13) 4:46.05, 94th, 18-24: 1. Allen Just (20) 2:24.27, 1st, 25-29: Bruce Dulin (25) 2:46.14, 4th, 30-34: 1. Ben Wilson (34) 2:36.04, 2nd, 35-39: 1. David Warren (39) 2:53.56, 8th, 40-44: 1. Joaquin Oranado (43) 3:03.50, 12th, 45-49: 1. Arthur Kobayashi (48) 3:24.39, 38th, 50-59: Jack Resh (51) 3:05.23, 14th, 60-69: Paul Sterner (69) 3:54.27, 82nd.

Women 18-24: 1. Silvia Fairchild (23) 5:55.23, 15th, 25-29: 1. Penny Bourne (27) 3:27.21, 4th, 30-34: 1. Judy Milkie (33) 3:16.16, 1st, 35-39: 1. Meredith Jury (35) 3:20.07, 3rd, 40-44: 1. Lorraine Nashes (41) 3:50.21, 7th, 50-59: 1. Barbara Innes (54) 4:16.31, 9th.

Half-Marathon Overall Men's Winner: Jim Masterson (28) 1:12.03

Overall Women's Winner: Deborah Heaton (34) 1:21.21

Men 12-17: 1. Charles Holguin (9) 1:37.54, 114th, 13-17: 1. Joe Karnes (17) 1:16.54, 8th, 18-24: 1. Elliot Teaford (20) 1:14.03, 3rd, 25-29: 1. Jim Masterson (28) 1:12.83, 1st, 30-34: 1. Terry Mack (33) 1:14.20, 4th, 35-39: 1. Dean King (35) 1:19.20, 15th, 40-44: 1. Ron Navarette (43) 1:17.00, 9th, 50-59: 1. Frederic Kiddy (44) 1:18.16, 12th, 50-59: 1. Jason Harris (51) 1:26.27, 47th, 60-69: 1. Robert Kroger (66) 1:33.55, 85th, 70-Plus: 1. Nat Pisciotto (70) 2:15.57, 238th.

Women 12-17: 1. Lucinda Reyes (10) 1:50.40, 29th, 13-17: 1. Karen Stanley (16) 1:39.54, 13th, 18-24: 1. Tammy Nugent (22) 1:30.30, 5th, 25-29: 1. Denise Bedford (24) 1:26.40, 2nd, 30-34: 1. Deborah Heaton (34) 1:21.21, 1st, 35-39: 1. Judi Richardson (37) 1:26.01, 3rd, 40-44: 1. Sigrd McAlliste 1:39.10, 12th, 45-49: 1. Sandra Kiddy (45) 1:27.18, 4th, 50-59: 1. Mary Storey (58) 1:39.09, 11th, 10K Overall Men's Winner: Bill Knauft (24) 33:04.

Overall Women's Winner: Ellen Coleman (27) 42:49.

## FIELD CAMP

Pole Vault • Shot Put • Discus • Hammer

The camps are designed to give the athlete OR coach a total experience in that particular event. The content will consist of Lectures, Demonstrations, Participation, Drills, Film Analysis and Training Philosophies. Each camp has its own autonomy. You will walk away from this experience totally satisfied!!!

WHERE: Glendale Community College  
1500 North Verdugo Road  
Glendale, California 91208

DATES: January 14, 15, 16 (Friday-Sunday)

INSTRUCTORS:

POLE VAULT: Ernie Bullard (San Jose State) 5 vaulters over 18 feet, 14 vaulters over 17 feet, coached Dan Ripley.

WEIGHTS: Art Venegas (UCLA Weight Coach) coached 6 shot putters over 60 feet, 8 discus throwers over 190 feet, and more Americans over 200 feet for hammer.

COST: \$60.00 (coach free with two athletes)

CAMP STRUCTURE: 15 hours total

ADDITIONAL INFORMATION: Call  
Tom McMurray, Track Coach  
Glendale College  
(213) 240-1000, ext. 265  
or home (213) 255-4249

## Golden Empire Marathon, Half Marathon & 10K

November 7. Bakersfield.

Mens Marathon: Overall Winner: Ozzie Osgood 2:35:47.7, 30-39: 1. Ozzie Osgood 2:35:47.7, 2. Pedro Ponce 2:49:31.4, 3. Paul White 2:53:3.5, 40-44: 1. Edward Lujan 2:46:38.6, 2. Fredy Perez 2:51:11.3, 3. Tom Chaves 3:06:25.5, 45-49: 1. Ken Hamrick 3:01:29.0, 2. Tim Lemucchi 3:19:19.6, 50-54: 1. Marvin Powers 3:07:49.3, 2. Joseph Carrier 3:19:03.3, 3. Jack Myriah 3:21:00.4, 55-59: 1. Bob Small 3:08:57.4, 2. Bob Edwards 3:30:36.8, 3. Pat Cangians 3:37:37.2. Women Marathon: Overall Winner: Susan McMaster 3:40:53.5, 28-35: 1. Loretta Cosby 4:05:19.3, 2. Trish Morgan 4:06:51.3, 36-44: 1. Susan McMaster 3:40:53.5.

Mens Half Marathon: Overall Winner: George Mason 1:08:18.0, 14 & Under: 1. Kevin Carrilo 1:16:43.6, 2. Fred Everts 1:29:10.6, 3. Mike Hunter 1:33:01.9, 15-18: 1. John English 1:20:42.5, 2. Barry Hibbard 1:24:06.5, 3. Jack Mayes 1:31:20.1, 19-29: 1. George Mason 1:08:18.0, 2. Paul Anderson 1:15:57.4, 3. David Riel 1:16:05.0, 30-39: 1. Ron Gee 1:08:53.4, 2. Darren Masonhelmer 1:15:21.5, 3. Ronald Rodman 1:17:02.4, 40-44: 1. Doug Carriger 1:29:17.6, 2. John Rous 1:30:11.8, 3. Jim Cowles 1:30:12.2, 45-49: 1. Graham Partlett 1:18:15.1, 2. James Lipford 1:22:53.7, 3. Tommy Upton 1:27:13.3, 50-54: 1. George Berg 1:22:33.2, 2. John Uharriet 1:33:20.7, 55-59: 1. Don Crass 1:36:02.3, 2. Walter Woods 1:50:36.9.

Womens Half Marathon: Overall Winner: Brenda Villanueva 1:22:39.9, 15 & Under: 1. Kris Lyman 1:53:18.1, 16-27: 1. Brenda Villanueva 1:22:39.9, 2. Jill Walker 1:28:18.2, 3. Wendy Walker 1:28:18.6, 28-35: 1. Vicki French 1:34:11.2, 2. Andrea McDonald 1:38:29.3, 3. Sabrina Larkin 1:48:58.9, 36-44: 1. Barbara Tarr 1:32:09.5, 2. Susan Lucas 1:46:05.9, 3. Linda Carriger 1:47:40.3, 45 & Over: 1. Verla Phillips



## Men

U-12: 1. John Liblewicz (11) 42:12. 13-17: 1. Scott Carter (13) 34:43. 18-24: 1. Bill Knauft (24) 33:04. 1st. 25-29: 1. Robert Morrison (29) 33:15. 3rd. 30-34: 1. Louis Marovitch (30) 35:44. 9th. 35-39: Michael Figueroa (38) 34:56. 6th. 40-44: 1. Jess Maxcy (42) 37:35. 23rd. 45-49: 1. Jack Ireton-Hewitt 41:32. 53rd. 50-59: 1. Wally Ingram (50) 32:03. 19th. 60-69: 1. John Goodyear (62) 42:42. 70th. 70-Plus: 1. Tony Perona (74) 49:50. 134th.

## Women

U-12: 1. Sara Reyes (7) 57:37. 47th. 13-17: 1. Susan Lee (15) 44:07. 18-24: 1. Sandy Koval (22) 44:11. 3rd. 25-29: 1. Ellen Coleman (27) 42:49. 1st. 30-34: 1. Marlene Benjamin (31) 47:28. 7th. 35-39: 1. Irma Zuniga (35) 48:45. 9th. 40-44: 1. Marsha Daidola (41) 42:04. 26th. 45-49: 1. Marie-Anne Conroe (47) 46:30. 6th. 50-59: 1. Dorothy Riley (57) 56:54. 42nd. 70-Plus: Bess James (73) 1:03:51. 41st.

## Excelsior West End Run

November 7. San Francisco. 10K.

1. Larry Lawson (28) Moosehd.AC 30:42.7  
2. Danny Grimes (23) PWTC 30:45.2  
3. Ivan Huff (23) ATC 30:51.2  
4. Dan Buntman (25) GSFTC 31:04.7  
5. Simon Kilili (27) PWTC 31:08.9  
6. Dan Gruber (27) ATC 31:33.4  
7. Doug Avrit (23) ATC 31:35.0  
8. Pete Sweeney (27) ATC 31:49.3  
9. Bill Galt (24) ATC 31:51.4  
10. Peanut Harms (31) ATC 31:55.0  
11. Denis O'Halloran (30) ATC 31:58.8  
12. Mike Porter (29) AFA 32:06.5  
13. Matt Yeo (27) ATC 32:13.0  
14. Greg Jenkins (22) PWTC 32:21.0  
15. Mark Conover (22) WVTC 32:29.2  
16. Glyn Reynolds (27) ATC 32:36.1  
17. Phil Hornig (25) Unatt. 32:37.4  
18. John Mansoor (27) CCF 32:44.8  
19. Helmes Aslakew (22) GBTC 32:46.0  
20. Bradley Rowe (22) WVTC 32:47.5  
21. Terry Zerzan (26) ETC 32:49.0  
22. John Sheshan (28) ATC 32:51.7  
23. Jim Kaspari (21) ATC 32:54.3  
24. Tom Borschel (25) GBTC 32:55.2  
25. Richard Langford (29) ATC 32:59.6  
26. Bob Tapia (23) ATC 33:05.1  
27. Peter Churney (27) GBTC 33:09.3  
28. Dirk Rohloff (27) ATC 33:10.8  
29. John Embury (27) GBTC 33:12.6  
30. Marco Ibarra (20) GSFTC 33:15.7  
31. Brock Hinzmann (29) ETC 33:17.3  
32. Mark Young (25) Unatt. 33:18.1  
33. Rob Anex (24) CCF 33:20.1  
34. Ernie Reith (23) ATC 33:25.5  
35. Jerry Drew (23) CCF 33:27.2  
36. Scott Marconda (18) UC Berk. 33:29.0  
37. Timothy Leyden (27) Unatt. 33:32.6  
38. Brad Zarnczyk (19) Cal 33:33.9  
39. Chris Hamer (25) CCF 33:34.3  
40. Damien Curry (18) GBTC 33:34.7  
106 Michelle Aubuchon (23) 1/F, ATC 37:39.2  
121 Tena Harm (26) 2/F, ATC 38:33.3  
127 Joyce Taylor (27) 3/F, GSFTC 39:00.3  
133 Mary Brennan (19) 4/F, ATC 39:27.8  
135 Heike Skaden (20) 5/F, CCF 39:32.1  
137 Sarah Tabbuti (23) 6/F, EC 39:36.6  
141 Marilyn Davis (18) 7/F, UCB 39:52.8  
145 Jane Sowersby (32) 8/F, GSFTC 40:08.2  
149 Denise Bigelow (21) 9/F, ATC 40:13.2  
156 Kathy Kelly (20) 10/F, Unatt. 40:40.0  
159 Marleen Haverty (20) 11/F, ATC 40:58.9  
160 Val Knafelc (18) 12/F, UCB 41:02.4  
162 Judy Leydig (31) 13/F, WVTC 41:13.1  
168 Joan Mollenkamp (22) 14/F, EC 41:52.5  
169 Hillary Naylor (36) 15/F, Imp. 41:54.7

**Divisions: Men-30-39:** 1. Peanut Harms 31:55.0. 2. Denis O'Halloran 31:58.8. 3. Mark Graves 33:46.0. 40-49: 1. Bill Meinhardt 35:03.8. 2. Tom Laris 35:29.8. 3. Tim Rostige 35:51.9. 50-59: 1. Norm McAbee 37:56.3. 2. Jim Nicholson 40:07.4. 3. Don Carpenter 40:20.8. 60-69: 1. Tom McGee 48:58.0. 2. Willem Tulzing 48:12.3. 3. Terilus Chandler 54:52. **70 & Over:** 1. John McGee 59:50.2.

**Women: 30-39:** 1. Jane Sowersby 40:08.2. 2. Judy Leydig 41:13.1. 3. Hillary Naylor 41:54.7. **40-49:** 1. Miriam W. St. Clair 45:19.3. 2. Nadine O'Connor 45:52.0. 3. Nora Smiriga 45:55.7. **50-59:** 1. Ruth Anderson 47:04.8. 2. Carroll O'Connor 53:55. **60-69:** 1. Jaclyn Casselli 51:18.



Lead Pack at Excelsior West End Run: Dan Grimes, Ivan Huff, Simon Kilili and winner Larry Lawson.

## Pine Cone Seven

November 14. 7.0 miles.

1. S. Barlow (21) AHC 37:32  
2. David Trissel (18) ORR 38:41  
3. S. Dornish (37) 1st, SM 39:22  
4. M. Hopkins (18) AHC 40:42  
5. T. Jermyn (19) LVDC 40:46  
6. S. Jones (22) LVDC 40:46  
7. B. Norman (36) ORR 40:57  
8. G. Ortega (24) USMC 41:25  
9. A. Ramos (37) 41:29  
10. T. Allen (39) ORR 41:40  
11. W. Graham (41) LVDC, 1st-M 41:47  
12. S. Paduganan Sr. (30) 42:17  
13. C. Sepko (38) ORR 42:27  
14. G. Sanders (39) ORR 43:24  
15. J. Batterson (30) SLDC 43:26  
16. J. Coffey (47) SLDC, 2nd-M 44:05  
20. A. Schickram (53) LVDC, 1st-50 44:50  
22. J. Gran (15) S.J.H.S., 1st, Junior 45:04  
26. R. Gil (58) LVDC, 2nd-50 45:42  
27. B. Hasson (26) SLDC, 1/F 45:52  
38. C. Greenley (49) LVDC, 3rd-M 47:44  
45. Graham Lewis (24) ORR, 2/F 49:11  
59. J. Lawyer (18) 3/F 53:05  
62. D. Mitchell (33) ORR, 1/F-SM 56:09  
65. K. Middlebrook (39) ORR, 2/F-SM 57:01  
67. M. Rehorn (47) SLDC, 1/F-M 58:30  
73. S. McGehee (51) ORR, 1/F-50 60:02  
80. D. Hebard (17) 1/F-Junior 62:30

## Burlingame Fun Run

November 14. San Mateo. 2.85 miles.  
**Top 5 Men:** 1. Paul Ghidossi 15:07. 2. Steve Woods 15:29. 3. Bruce Gouveia 15:41. 4. Steve Rafstedt 15:45. 5. Tony Madera 15:55.

**10 & Under:** 1. Adam Benedict 26:00. **11-15:** 1. John King 17:40. **16-20:** 1. Paul Ghidossi 15:07. 2. Tony Madera 15:55. 3. George Brown 17:08. **21-30:** 1. Bruce Gouveia 15:41. 2. Steve Rafstedt 15:45. 3. Dino Aponte 15:58. 4. Ed Lopez 16:10. 5. Ben Grahali 16:58. **31-39:** 1. Steve Woods 15:29. 2. Jessie Portillo 17:57. 3. John Kelso 18:32. 4. Carlos Torreblanca 18:35. 5. R. Kariss 18:54. **40-49:** 1. Arnold Wong 18:16. 2. Bob Bean 18:39. 3. Philip Hartlaub 19:30. 4. Charles Lewman 19:37. 5. Roland Friedrich 20:10. **50 & Over:** 1. Don Hamilton 20:37. 2. Robert Parr 21:46. 3. George Loy 25:44. 4. Ralph Silver 27:06. 5. Ken Leavitt 29:41.

**Top 5 Women:** 1. Liz Grotz 18:23. 2. Doerte Murray 19:34. 3. Chris Stanbridge 20:20. 4. Monica Nelson 20:55. 5. Linda Casco 21:30.

**10 & Under:** 1. Tracy Stanbridge 26:19. **11-15:** 1. Monica Nelson 20:55. **16-20:** 1. Caroline Carder 25:05. **21-30:** 1. Liz Grotz 18:23. **31-39:** 1. Chris Stanbridge 20:20. 2. Linda Casco 21:30. 3. Nancy Benedict 26:01. **40-49:** 1. Doerte Murray 19:34. 2. Rosalie Barron 24:17. 3. Charlene Schmitz 25:46. **50 & Over:** 1. Betty Black 26:09.

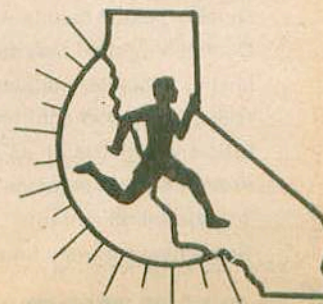
## Veteran's Day Road Race 10K

November 11. Porterville.  
1. Ozzie Osgood (36) 33:49.5  
2. Kevin Carrillo (14) 34:36.3  
3. Leonard Thornton (52) 35:49.9  
4. Keith Temple (17) 35:57.4  
5. Luis A. Orozco (24) 36:10.9  
6. Steve D. Harber (32) 36:14.6  
7. Dan Castro (21) 36:41.4  
8. Steven Whitwill (33) 37:15.7

photo by Doug DaSilva



Michelle Aubuchon







# WHAT DO YOU WANT OUT OF A ROAD RACE?

Please Complete and Return to:  
Jack Leydig, Box 459, San Carlos, CA 94070

A look at the schedule section of *California Track & Running News* will reveal a wide variety of road running events: fun runs, fund runs, charity runs, jog-a-thons, handicaps, prediction runs, classics, pro races, series races, district championships, and invitationals.

If you participate regularly in road race events you will also be able to note the variety of distances, terrain, entry fees, awards, timing, check-in, aid stations, course markings, etc., etc.

Variety is nice as it breaks up the monotony and guarantees there will be something for everyone in the sport. However, here at *CTRN* we are becoming increasingly aware of poor race organization, management and just plain runner rip-offs (at least) in our opinion. Maybe our evaluation is wrong, or maybe the majority of runners don't really care.

We have the feeling that a high percentage of runners at any

given event are relatively new to the sport (within a year or two) and so don't know what to expect at a road race and have come to accept poor quality as the standard.

Possibly those at different levels of the sport have different needs and expectations from road races. We'd like to find out just what the various groupings of runners would like from their road runs. After all, these events should exist first of all for the participants — not solely for the sponsors, charities or officials.

With your help, we hope to be able to send a message to meet directors and improve the quality of some of the local events. Meet directors won't know what we want if we don't tell them. That's why it's important that you tear out and **return this questionnaire right away**. If you don't respond it will indicate that you don't really care about improving the California road running scene.

What is your age? \_\_\_\_\_ Your sex? ☐ male ☐ female

How many years have you been running/jogging? \_\_\_\_\_

How many years have you been competing in road runs? \_\_\_\_\_

Have you ever helped out (volunteered to work) at a road race?

If yes, how many times per year on average? \_\_\_\_\_

Rate your "importance" (specific job) on a scale of 1 to 5, with 5 being "most important." Put highest rating if you've performed several duties: \_\_\_\_\_

Circle where you usually finish (percentage-wise in your division) in a typical roadrace:

Top 10%      Top 25%      Top 50%      Last 50%

Rate on a scale of 1 to 5 (with 5 being "very important" and 1 being "not important") all of the following items as they pertain to how you feel regarding their importance in a road race.

- ☐ Accurate certified course measurement.
- ☐ Accurate finish time.
- ☐ Accurate overall finish place recording.
- ☐ Accurate division place recording.
- ☐ Clear map of course at registration/check-in.
- ☐ Well-marked course.
- ☐ Well-supplied and frequent aid stations.
- ☐ Flat, fast course.
- ☐ Quickly posted results with times and division places.
- ☐ Complete printed results mailed to all competitors.
- ☐ Mile or kilometer markers on course.
- ☐ Mile or kilometer split times called.
- ☐ Efficient registration on raceday.
- ☐ Prompt awards ceremony.
- ☐ T-shirts for all entrants.
- ☐ Something for every finisher (ribbon, certificate).

☐ Raffles where every entrant has a chance to win something.

☐ Free finish line liquid refreshments.

☐ Free finish line food refreshments.

☐ Pre and/or post race activities (clinics, dinners, shows, etc.).

☐ Having "big name" runners participate in the run.

☐ Music at start and finish.

☐ Small or large fields? (1 if you prefer small races, 5 if "mega-races" like Bay to Breakers.

How deep should awards go?

Winners only

Top 3 in each division

A percentage of the runners in a given division—What %.

Other. Please list \_\_\_\_\_

What is the highest entry fee you feel is justified for a road race that meets all of your expectations above?

With a t-shirt:

Without a t-shirt:

Give the name and location of what you feel was the *best* road race you have ever participated in:

How did you place: Top 10%    Top 25%    Top 50%    Last 50%

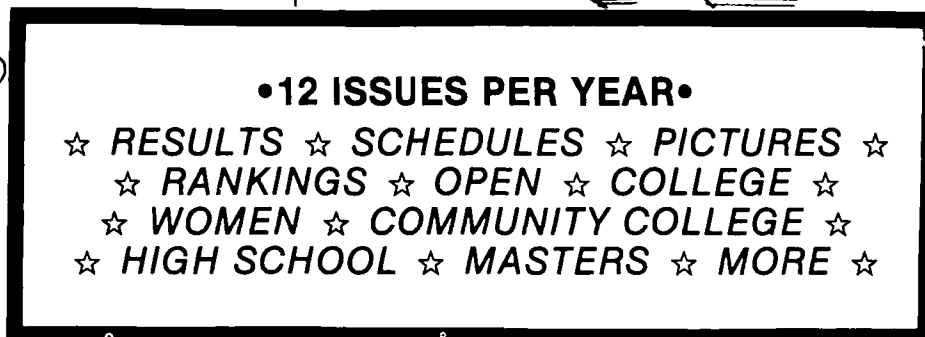
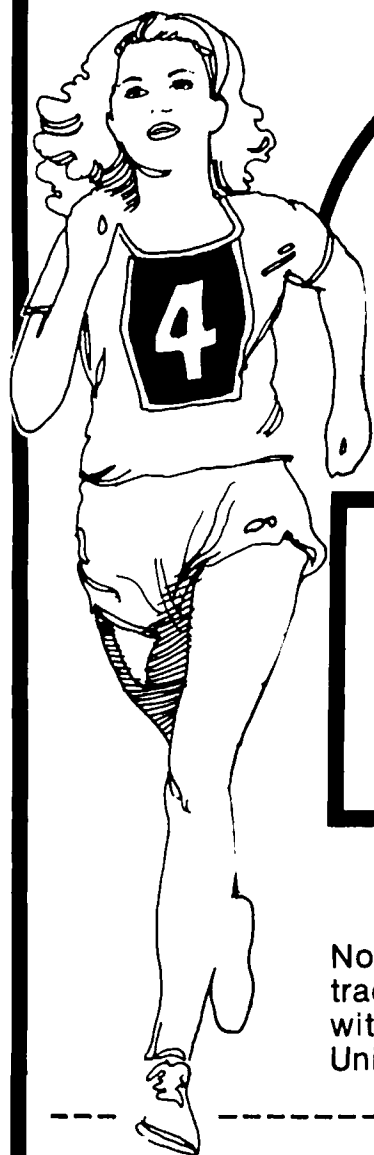
Give the name and location of what you feel was the *worst* road race you have ever participated in:

How did you place: Top 10%    Top 25%    Top 50%    Last 50%

Other comments: \_\_\_\_\_



# CALIFORNIA TRACK & RUNNING NEWS



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## A BETTER WAY TO FILLET A SOLE.

Unless you're a perfect size 9, most midsoles just don't cut it.

In all likelihood, they'll give you the wrong amount of cushion. An improper heel lift. And, in the smaller sizes, not nearly enough flexibility.

Surprised? So were a lot of people.

But they knew exactly what we meant the minute they took our Terra T/C out for a test run. It is the first shoe that gives big feet and small feet the anatomical attention they deserve.

Up until now, most running flats ignored the rather funny way nature has of scaling the human body. When she

makes a foot 5 percent larger than another, she doesn't make the average vertical forces it will experience 5 percent greater as well. Normally, they're more like 10 percent.

As a result, the way traditional midsoles are made, the larger foot doesn't get enough cushion. And the smaller foot receives too much. And when there's more cushion than you bargained for, there's also less flexibility.

Heel lift is another problem



All you have to do is look at a size 3 and a size 15 of the same model. It's fairly obvious that the larger foot is receiving less relative heel lift. In truth, about 30 percent less.

That can lead to some serious repercussions.

But not in the Terra T/C. The midsole is made from a revolutionary new material called Phylon™.

Because of the way it can be molded, we were able to engineer the midsole in the Terra T/C so that it provides the same relative amount of cushion in every size. Along with the same angle of heel lift—4°20'.

Someday, all midsoles will be prepared this way. But in the meantime, we have given athletes a more intelligent shoe.

And everyone else a little food for thought.



Beaverton, Oregon