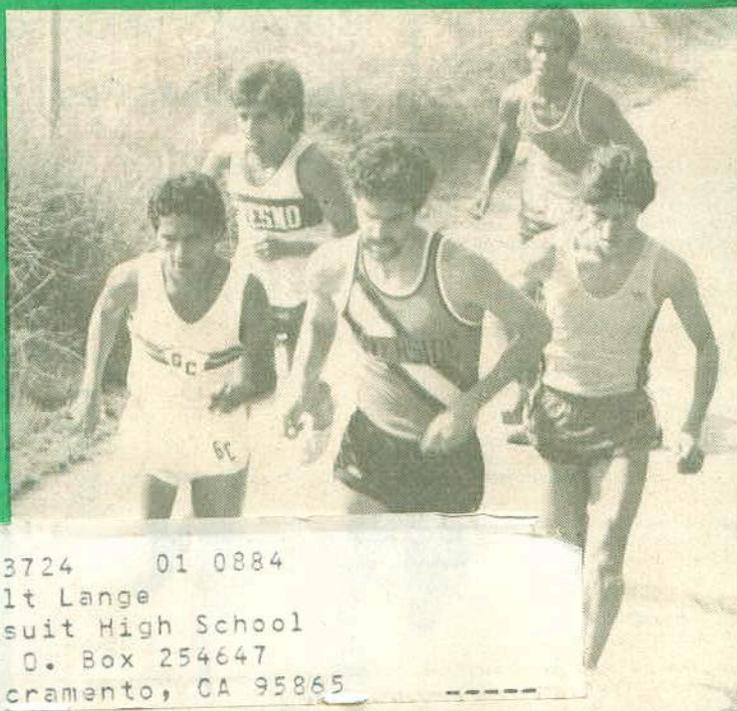
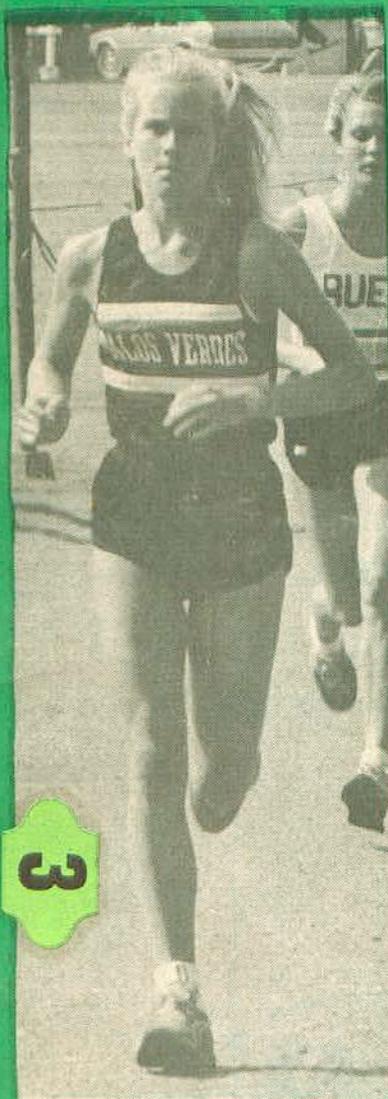


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# CALIFORNIA TRACK & RUNNING NEWS

DECEMBER 1983

ISSUE NO. 86



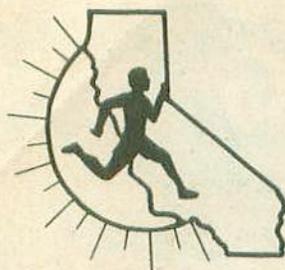
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California's Only Track & Running Publication

## California Track & Running News



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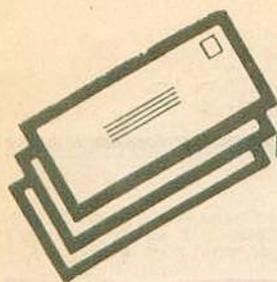
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### ON THE COVER:

This month's issue features cross country action:

- (Left) Kirsten O'Hara (Palos Verdes High School). *photo by Burt Davis.*
- (Top - Left to Right) Chris Craig, Tom Legan, Calvin Gaziano, Nick Sparks, Pete Vicencio, unknown, Matt Giusto. *photo by Ray Delmore.*
- (Bottom - Left to Right) Community College Action: Rene Perez (Grossmont), LeRoy Rivera (Fresno), Mark Castro (Riverside) and Eugene Cruz (LA Valley). *photo by Doug Speck.*



# Mailbag

## ATHLETE'S OF THE YEAR

As 1983 draws to a close I imagine that you people will once again pick California's best athletes. This year I would like you to select only Californians for this honor. I do not consider people who live, vote and pay taxes in another state to be Californians even if they did, once upon a time, go to high school or college here.

Peter G. Sweeney  
Aggie Ironhorse  
Pacific Grove

*We do limit our selections to Californians, but we include in our definition of "Californian" those California high school graduates who are away at a College or University in another state and any out of state high school graduate who is attending a California college or university. In the past it has sometimes been difficult to determine which state an athlete calls his home state, as has been the case, for example, with someone like Ed Mendoza or Kirk Pfeffer who on occasion have resided in two states during a given year.*

Editor

## PUSH FOR RULE CHANGE

After trying for several years to get a rule change in track and field in the Southern Section CIF, without much success, I thought I would try the "Mailbox Section" of your

magazine for added support. In the Southern Section of the state CIF athletic federation an athlete is permitted to run in 9 dual or triangular meets and 4 invitational track meets. I proposed a rule change so that an athlete would be permitted *any 13 contests*. A look at the "Blue Book of Rules" will verify that track and field is the only sport using an antiquated system. League meets would automatically count as one of the 13. This rule would provide more competition to teams with premier individuals or relay teams and afford more of an opportunity to get on to decent tracks in an attempt to improve overall times and distances. It would also help us run down some of those Texas times. Over the past 7 years I figured that we would have averaged 7 dual meets and 6 invitationals. This is not much of a change but at least we would have the added flexibility for our programs. I have talked to hundreds of coaches and only one was against the change for personal reasons. Last year this rule change was approved by the Southern Section Commissioner's Track Coaches Advisory Committee, and is again in the legislative process at the CIF office.

Perhaps your readers feel as I do. I know that I am right on this issue but what I need is some added punch and support from you and your readers to help make this rule change a reality.

Kye S. Courtney  
Head Track Coach  
Hawthorne High School

## BOOK REPORT

**HIGH SCHOOL CROSS COUNTRY:** By Joseph McLaughlin, 96 pages, \$6.00.

It's about time. Joe McLaughlin has written an outstanding basic guide on the sport of high school cross country that will be a standard reference for coaches for years to come.

Contents include: Cross Country Basics, Clothing and Equipment, Training, Calisthenics and Stretching, Running Form, Racing Tactics, Diet and Health, First Aid, The

Young Athlete, and Planning and Running an Invitational Meet. Plus Winning Coaches Forum which surveys a number of successful prep coaches on their approach to the sport.

Presented in a logical, easy-to-read style, *High School Cross Country* will be of interest and value to both the novice and veteran coach.

**SPRINTS & RELAYS: Contemporary Theory, Technique and Training:** By Jess Jarver, Editor, 120 pages, \$8.50.

Another fine volume in the popular "Contemporary" series, prepared by editor Jess

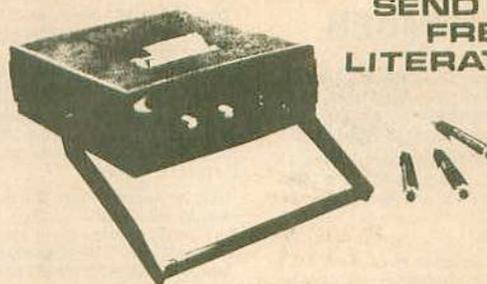
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### CC707 Economy Printing Timer (Middle Photo)

Prints place and time for an unlimited number of runners. Prints splits and gives total. Also prints sequential and cumulative times. CC707 times to 1/10 second and operates on rechargeable batteries (charger included).

### CC601 Run Time Clock (Bottom Photo)

This new Run Time Clock has 6" Day-Glo digits that can be seen up to 400' distant. Shows hours, minutes, seconds (or 1/100's in split mode). It operates 75 hours on an internal set of D-size batteries. An easy-to-use keyboard sets all functions and preset times.

**JACK'S ATHLETIC SUPPLY**  
P.O. BOX 459, SAN CARLOS, CA 94070

Jarver. This second edition is a completely new compilation, with 39 articles written by such coaching authorities as Boris Tabatschnik, Valeriy Borzov, and W. Petrovskiy of the Soviet Union, England's Peter Radford and Frank Dick, West Germans Manfred Letzeller and Eberhard Stroot, Americans John Tansley, Sam Bell, Ralph Steben, and others.

Articles range over such topics as talent identification, the optimal starting position,

the low method of training, ideas for increasing speed, 200-meter endurance, training for the 400 meters, feedback in sprint training, relay drills for youngsters, and much more.

This is a work that offers a treasury of valuable, practical information for every coach.

Both of these books are available from the publisher: TAFNEWS PRESS, P.O. Box 296, Los Altos, CA 94022.

# 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 17: Holiday Bowl 10K & 2 Mile Fun Run.** San Diego (Jack Murphy Stadium), time TBA. Roger Martin, c/o EOL, P.O. Box 1049, Coronado 92118. (619) 232-7451.

**DEC 17: Coyote Hills to-the-Bay Race.** 3.4 & 6.8 miles, Fremont (Coyote Hills Regional Park), 10 am. Newark Recreation Dept., 35501 Cedar Blvd., Newark 94560. (415) 790-7252.

**DEC 17: Pre-Christmas Runs.** 6 miles & 3 mile (prediction on shorter race), Sanger (Madison School at Cherry & Bethel), 9:30 am. Sanger Striders T.C., 10518 E. California Ave., Sanger 93657. (209) 875-4072.

**DEC 17: Fall-Over Medley Relay.** (1, 2 & 3 mile legs, 3 person relay), Visalia (Mooney's Grove), 11 am. Bryan Patterson, 1325 S. Central, #7, Visalia 93277. (209) 733-7668.

**DEC 17: Las Vegas Marines 10K Run.** Las Vegas, Nevada (Sunset Park), 9 am. Las Vegas Marines Trust Account, P.O. Box 28556, Las Vegas, NV 89126. (702) 385-6320, x60.

**DEC 18: 10th Annual Christmas Relays.** San Francisco (Lake Merced, Sunset Circle Pkg. Lot), 5x4.464 mile legs (13 divisions), 9 am. Christmas Relays, P.O. Box 652, Burlingame 94010. (415) 342-3107, Karen.

**DEC 18: Central Coast Marathon & 10K.** Arroyo Grande, 7:30 am/marathon, 8:00 am/10K. Central Coast Marathon, 495 Valley Road, Arroyo Grande 93420, Attn: Greg DeNike.

**DEC 18: The Last 10K.** Santa Rosa (Piner Elementary School), 9 am. Chris Tray, 4700 Foulger Dr., Santa Rosa 95405. (707) 539-7808.

**DEC 18: Herald Examiner Nat'l AAU 10K Championship.** Playa del Rey (Dockweiler Beach), 9 am. Maccabi Union USA, 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322.

**DEC 18: Christmas Classic 2 & 5 Mile Runs.** Irvine (Mason Park), 8:45 am/2 mile, 9:15 am/5 mile. South Coast Runners Ass'n., 3857 Birch, #442, Newport Beach 92660. (714) 648-3452.

**DEC 18: Xmas 10K.** Venice/Marina, time TBA. California Road Runners, P.O. Box 891, Tarzana 91356. (213) 888-5526.

**DEC 18: Westlake Village 20 Mile Run.** 8 am. Conejo T.C., 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

**DEC 18: Olympic Torch Xmas 10K.** Griffith Park, Los Angeles. CRRC, Box 891, Tarzana 91356. (213) 888-5526.

**DEC 18: Festival of Lights 10K.** Balboa Park, San Diego, 7 am. Sam Cohen, EOL Race Consulting, P.O. Box 1049, Coronado 92118. (619) 583-3300.

**DEC 24: Las Vegas 5-Miler.** Las Vegas (Sunset Park), Nevada, 10 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**DEC 25: DSE Men/Women Christmas Relay Run.** 2 miles (each leg?), San Francisco (Golden Gate Park, Stow Lake Boathouse), 10 am. Wait Stack, 741 Kansas St., #2, San Francisco 94107.

**DEC 25: Lake Merritt Joggers & Striders 4th Sunday Runs.** 5, 10, & 15K, Oakland (Lake Merritt, Old Boathouse), 9 am. Contact: (415) 834-3607.

**DEC 26: Recover From The Holidays Fat-Ass 50 Mile.** Half Moon Bay, 7 am. (low-key, must provide own handler). John Lehrer, Runner's World, 1400 Stierlin Rd., Mtn. View 94043. (415) 965-8777.

**DEC 29-31: Big Island Triathlon.** 6 mile swim, 225 mile bike, 50 mile run, Kailua-Kona, Hawaii, J. Curtis Tyler, P.O. Box N, Kailua-Kona, HI 96740.

**DEC 31: Midnight Run.** (24th annual), Open 5K at midnight, Invitational 5K at 11:30 pm. Los Altos Hills (Foothill College), Midnight. Runner's World Road Club, 1400 Stierlin Rd., Mtn. View 94043. (415) 965-8777.

**DEC 31: Midnight New Year's Eve 10K.** Encino, Midnight (1000 limit). CRRC, P.O. Box 891, Tarzana 91356. (213) 888-5526.

**DEC 31: 10,000 Meter Track Run.** Las Vegas, Nevada (UNLV track), 10 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**DEC 31: SPA/TAC 10K Championship.** Westlake Village, 8 am. LDRC, 1626 Wellington Place, Westlake Village 91361. (805) 496-0088.

**DEC 31: Midnight Family Fun Run.** Vandenberg Village (Lompoc area). John Perkins, 3304 Via Dona, Lompoc. (805) 733-1767.

## JANUARY

**JAN Date TBA: Racey Lady 5 & 10K.** Women Only. Olivenhain, time TBA. Sally Montruccio, c/o EOL, P.O. Box 1049, Coronado 92118. (619) 481-1660.

**JAN 1: New Year's Resolution Runs.** 5 & 10K, Santa Barbara, 8:30 am. NYRR, Box 6616, Santa Barbara 93160. (805) 964-2591.

**JAN 7: Crippen Ambulance 5 & 10K Runs.** Covina, 8:00 am. 5 & 10K, I.C.M.C., 303 North Third, Covina 91723. (714) 980-0650.

**JAN 7: Sunshine Run 5 & 10K.** Fountain Valley (Mile Square Park), 8 am/5K, 8:45 am/10K. Sunshine Run, 369 E. 17th, Suite 690-A241, Costa Mesa 92628. (714) 645-8710.

**JAN 7: Tule Springs Runs.** 2, 5 & 10 miles, Tule Springs, Nevada, 10 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**JAN 7: FSU Coach of the Year Clinic 10K.** Fresno State, 8 am. Bob Fraley, Athletic Dept., Fresno State University, Fresno 93740. (209) 294-4097.

**JAN 8: California 10.** 10 miles, Stockton, 10 am. Frank Hagerty, 7309 Camellia Ln., Stockton 95207. (209) 473-4124. PA/TAC Championships.

**JAN 8: Daily News New Year 10K Run.** Van Nuys (Sepulveda Basin), 9 am. Steve Stein, Box 2486, Van Nuys 91404. (213) 997-3469.

**JAN 8: Heart of Palm Springs 10K Run.** Palm Springs (High School track), 8 am. Kennan Barber, MD, P.O. Box 1639, 73-282 Hwy 111, Suite 105, Palm Desert 92261. (619) 346-8109.

**JAN 8: New Year Print Sprint 10K.** Sepulveda Dam Recreation area (Los Angeles area), 8:30 am. Rita Escalante, Daily News, 14539 Sylvan St., Van Nuys 91411. (213) 997-4316.

**JAN 14: Fresno Good Times Parade One Mile Run.** Fresno (1 mile down Shaw parade route), 8 am. Victor Salazar (209) 268-0834.

**JAN 14: Willy's Road Race.** 1 & 5 miles, Los Altos (St. William School, 401 Rosita Ave.), 9:30 am/1 mile, 10 am/5 mile. Ellen Clark, 156 Marvin, Los Altos 94022. (415) 948-8029.

**JAN 14: SNA/TAC 30K Championships & 5 Mile Run.** Las Vegas (Sunset Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**JAN 15: San Bernardino Community Hospital/YMCA Marathon.** San Bernardino (Del Valle Jr. High School), 7:30 am. Tony Mino, 808 E. 21st St., San Bernardino 92404. (714) 886-4661.

**JAN 15: Mission Bay Marathon & 10K Fun Run.** San Diego (Mission Bay Park), 7 am. Mission Bay Marathon, P.O. Box 1049, Coronado 92118.

**JAN 15: Zoo Run.** 4 miles, San Francisco Zoo (Zoo Rd., at Skyline Blvd.), 9 am. Zoo Run, S.F. Zoo Society, San Francisco 94132. (415) 666-2023.

**JAN 15: Sweeten's Sweethearts 10-Mile Twosome.** Irvine (Mason Regional Park), 8 am. Dave Pelham, Loeschhorn's for Runners, 10810 Warner Ave., Fountain Valley 92708. (714) 964-4567.

**JAN 15: Vista Del Mar & Shorim 10K & 1-Mile Fun Run.** Los Angeles, 9 am. Lt. Robert Spierer, Hall of Justice, #408, Los Angeles 90012. (213) 994-0162.

**JAN 15: Walk & Run 5 & 10K Runs.** San Jose (Evergreen Valley College, San Felipe Rd.), 9 am. Kiwanis Club of Evergreen Valley, P.O. Box 21367, San Jose 95151. (408) 238-3197.

**JAN 15: Avenue of the Olives Marathon.** VERIFY DATE. Davis, 9 am. Fleet Feet, 132 "E" St., Davis 95616. (916) 758-6453.

**JAN 15: Dr. Martin Luther King, Jr. Birthday Run.** 5 & 10K, Oakland (Lake Merritt Sailboat House), 9 am. MLK, Jr. Child Care Centers, 2401 67th Ave., Oakland 94605. (415) 636-1664.

**JAN 15: Zonta 10K.** Santa Barbara (Goleta Beach State Park), 9 am. Pam VanBiaricum, 4907 Yapple Ave., Santa Barbara 93111. (805) 964-7601.

**JAN 15: Tot Trot 10K and One Mile Kid Run.** Los Angeles (Griffith Park), 8 am. Gary Skiles, 210 West Ave. 26, Los Angeles 90031.

**JAN 15: YMCA 5K, Half and Full Marathon.** San Bernardino (Del Valle Jr. High School), 7:30 am. Tony Mino, Up-town YMCA, 808 East 21st St., San Bernardino 92404. (714) 886-4661.

**JAN 21: Glass-to-Glass V. 3 & 15K.** Stockton, 9 am. Don Hoffman, 7025 Shoreham Pl., Stockton 95207. (209) 952-2055.

**JAN 21: Corona Del Mar Spirit Run.** 5K & 10K. Corona Del Mar, 8 am. Danny Shryock, 1843 Port Wheeler Place, Newport Beach 92660. (714) 760-0177.

**JAN 21: Hyattfest Run of the Champions 10K.** Hyatt San Jose Mediterranean Center parking lot, 8 am. Maria Lagahuta, 1171 Lincoln Ave., San Jose 95125. (408) 295-WALK.

**JAN 22: Super Bowl Sunday 10K.** Redondo Beach, 8 am. Super Bowl Sunday 10K Run, P.O. Box 637, Redondo Beach 90277. (714) 859-8644, Hans Albrecht.

**JAN 22: Solidarity Fun Run for the Teachers' Union of El Salvador.** 5 & 10K, San Francisco (Polo Fields, Golden Gate Park), 9 am. Cosandes 2121, 2940 - 16th St., Suite 305, San Francisco 94103. (415) 861-2121.

**JAN 22: Super Run III 10K.** San Diego (La Jolla Village Square), 8 am. Bob Wood, March of Dimes, 8333 Clairemont Mesa Blvd., Suite 101, San Diego 92111. (619) 576-1211.

**JAN 22: Anniversary 5K Run.** Pico Rivera (Smith Park), 9 am. Ralph Aranda, Box 1016, Pico Rivera 90660.

**JAN 22: Sri Chinnoy Marathon.** Ventura (Hobson Beach Park), 7 am. Tom Scheafer, 1218 Castillo #1, Santa Barbara 93101. (805) 962-3450.

**JAN 22: Redondo Beach Super Bowl 10K.** Redondo Beach (Beryl and North Harbor), 9 am. 10K Run Committee, Box 637, Redondo Beach 90277. (213) 372-1171.

**JAN 22: CCRC 8K.** Los Angeles (Griffith Park), 8 am. CCRC, Box 891, Tarzana 91356. (213) 888-5526.

**JAN 22: Dublin Run 10K.** Dublin High School, 9 am. Tom Cathcart (415) 846-6491 or (415) 828-6410.

**JAN 22: Tucson Marathon.** Southern Arizona Roadrunners, P.O. Box 40728, Tucson, AZ 85717.

**JAN 22: Paramount Rotary 10K.** (& Special Masters Div. Race), Paramount (Progress Park), 8 am. Paramount Rotary Club, P.O. Box 636, Paramount 90723. (213) 634-2123 or (714) 848-5779.

**JAN 28: Winter Warm-Up 5/10K.** Irvine (Mason Regional Park), 8 am/5K, 8:45 am/10K. So. Coast Runners Ass'n, 3857 Birch, #442, Newport Beach 92660. (714) 646-3452.

**JAN 28: La Mirada Park Age Group 4 Mile Cross Country.** La Mirada, 9 am. Steve Broten, 13512 East Romona Dr., Whittier 90602. (213) 693-4183.

**JAN 29: El Camino Derby Runs.** 10K & 1 mile, San Mateo (Bay Meadows Race Course), 8:30 am. American Heart Ass'n, 1801 Murchison Dr., Burlingame 94010. (415) 692-1028.

**JAN 29: Sub 4/Rose Bowl 5K and 10K.** Pasadena, 8 am. Sub 4, Inc., 2620 Temple Heights Dr., Oceanside 92054. (619) 941-2830.

**JAN 29: Runner's Den/KOY 10K.** Phoenix, Arizona. Rob Wallack, Runner's Den, 4015-C N. 16th St., Phoenix, AZ 85016. (602) 277-4333.

## FEBRUARY

**FEB 4: Bakersfield Marathon & Half-Marathon.** Cal-State Bakersfield, 8 am. Bakersfield Track Club, P.O. Box 10371, Bakersfield 93389. (805) 399-5750.

**FEB 4: Diamond Bar 5 & 10K Runs.** Diamond Bar (High School), 9 am. Race Director, c/o Congregational Church (Attn: Ruth Schaffer), 1649 Kiowa Crest, Diamond Bar 91765. (714) 861-6056.

**FEB 4: McDonald's Cougar Classic.** 2K, 5K and 10K, Azusa, 8:30 am. Terry Franzen, 4137 La Junta, Claremont 91711. (714) 596-4128.

**FEB 4: Santa Barbara Winter Run.** 6 and 10 miles, (Santa Barbara (Cabrillo Arts Center), 8:30 am. SBWR, Box 6616, Santa Barbara 93160. (805) 964-2591.

**FEB 4: Las Vegas Marathon.** The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101.

**FEB 5: Oakland Marathon & Half-Marathon.** Downtown Oakland, 7:45 am/half, 8:00 am/full. Cherie Swenson (Oakland Marathon), P.O. Box 2501, Oakland 94614. (415) 568-8884.

**FEB 5: Senior Masters Old Fashioned Four-Miler.** (55 yrs. & up only), Yucaipa (Calimesa Park), 9 am. Stan Stafford, 34184 County Line Rd., #56, Yucaipa 92399.

**FEB 5: Winter Classic 5/10K.** Anaheim (Yorba Regional Pk.), 8:15 am/5K, 9 am/10K. Winter Classic, 3941-B So. Bristol, Room 101, Santa Ana 92704. (714) 556-9611.

**FEB 5: Sand and Strand Run.** 2.5 and 5 miles, Hermosa Beach, 8 am. South Bay Free Clinic, 1807 Manhattan Beach Blvd., Manhattan Beach 90266.

**FEB 5: Firecracker 10K Run.** Los Angeles (Chinatown), 9 am. L.A. Chinatown 10K Race Committee, Box 4732, Terminal Annex, Los Angeles 90051. (213) 250-1008.

## LOOKING AHEAD

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

**FEB 11: Hidden Valley Marathon.** Newbury Park (Adventist Academy), 8 am. William Wilson, 180 Academy Dr., Newbury Park 91320. (805) 498-2191, x38.

**FEB 12: Long Beach Marathon.** Long Beach, 7 am. Joe Carlson, Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804. (213) 494-2664.

**FEB 12: Palm Springs Marathon.** Palm Springs (Sunrise Plaza), 7 am. Susan Schroeder, Community Services Dept., P.O. Box 1786, Palm Springs 92263. (619) 323-8286.

**FEB 12: San Dieguito Half-Marathon.** Solana Beach (San Dieguito County Park), 8 am. Rebecca Fengler, North Coast YMCA, P.O. Box 907, Encinitas 92024. (619) 942-9622.

**FEB 19: Los Angeles International Marathon.** Santa Monica to Los Angeles (Olympic Course), 7:30 am. (Qualifying times: same as for Boston Marathon). Ed Staley, 15115 1/2 Sunset Blvd., Pacific Palisades 90272. (213) 459-5796.

**FEB 19: Jedediah Smith 50 Mile Classic.** West Sacramento, 8 am. City Sport Works, 5114 Madison Ave., Sacramento 95841. (916) 332-6453.

**MAR 10: City of Los Alamitos Marathon & 10K.** Los Alamitos Community Center, 7:30 am/Marathon, 8 am/10K. Los Alamitos Marathon, P.O. Box 3147, Los Alamitos 90720. (213) 430-1073 or (714) 827-9010.

## INDOOR TRACK & FIELD

**JAN 20: Sunkist Invitational.** L.A. Sports Arena, Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

**FEB 3: Albuquerque Jaycee Invitational.** Ken Hansen, 5505 S. Emporia Circle, Englewood, Colorado 80111. (303) 770-9544.

**FEB 10: Los Angeles Times Games.** Inglewood (The Forum). Will Kern, Special Events Dept., Los Angeles Times, Los Angeles 90053. (213) 972-5771.

**FEB 17: Michelob San Diego Indoor.** San Diego Sports Arena, Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

**FEB 24: USA/Mobil Championships.** New York (Madison Square Garden). Heliodoro R. Rico, TAC, Box 4301, Grand Central Station, New York, NY 10017.

**FEB 24-25: NAIA Indoor Championships.** Kansas City, MO. Wally Schwartz, 1221 Baltimore, Kansas City, MO 64105. (816) 842-5050.

**MAR 2: Foot Locker Track Classic.** San Francisco (Cow Palace). Jim Terrill, Box 764, Los Altos 94022. (408) 253-0586.

**MAR 9-10: NCAA Championships.** Syracuse University, New York. Andy

Jugan, Track Coach, Syracuse Univ., Manley Field House, Syracuse, NY 13210. (315) 423-4705.

**MAR 17: Oregon Invitational.** University of Oregon. Bill Dellinger, Track Coach, Univ. of Oregon, McArthur Court, Eugene, OR 97403. (503) 686-4481.

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# Schedule

## College/Open Track & Field

**DEC 17: All Comers Meet.** Cal State U., Los Angeles, 10 am. Gene Howard/Calvin Brown (213) 224-3319 or (213) 428-3141.

**DEC 17: All Comers Meet.** Cal State Northridge, 11:30 am. Bill Webb (213) 885-3608.

**DEC 24: All Comers Meet.** Cal State U., Los Angeles, 10 am. Gene Howard/Calvin Brown (213) 224-3319 or (213) 428-3141.

**JAN 7: All Comers Meet.** Mt. San Antonio College, 10 am. Ernie Gregoire (714) 594-5611, ext. 500.

**JAN 7: All Comers Meet.** Cal State Dominguez Hills, 10 am. Mitch Harmatz (213) 516-3513.

**JAN 7: All Comers Meet.** Los Gatos High School, 12 noon. Willie Harmatz (408) 395-5825 or 395-4311.

**JAN 7: All Comers Meet.** UC Berkeley, 10 am. Erv Hunt (415) 642-3158.

**JAN 8: Sunkist Qualifier/SPA Olympic Development.** UCLA, 9 am. Bob Seaman (213) 924-0075.

**JAN 8: Weightman's Throwing Meet.** Occidental College, 9 am. Bill Harvey (213) 259-2608.

**JAN 14: All Comers Meet.** Mt. San Antonio College, 10 am. Ernie Gregoire (714) 594-5611, ext. 500.

**JAN 14: All Comers Meet.** Cal State Dominguez Hills, 10 am. Mitch Harmatz (213) 516-3513.

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**JAN 21: All Comers Meet.** Cal State Dominguez Hills, 10 am. Mitch Harmatz (213) 516-3513.

**JAN 21: All Comers Meet.** UC Berkeley, 11 am. Erv Hunt (415) 642-3158.

**JAN 27: All Comers Meet.** Cal State Long Beach, 12 noon. John Tansley (213) 498-4666.

**JAN 27: All Comers Meet.** Cal State Dominguez Hills, 10 am. Mitch Harmatz (213) 516-3513.

**JAN 28: All Comers Meet.** Los Gatos High School, 12 noon. Willie Harmatz (408) 395-5825 or 395-4311.

**JAN 28: Weight Pentathlon-Triathlon.** Fresno State. Red Estes (209) 294-4097.

**JAN 28: All Comers Meet.** UC Berkeley, 11 am. Erv Hunt (415) 642-3158.

**JAN 28-29: On Track Decathlon.** Los Angeles area. Ron Morris (213) 845-7147.

**JAN 29: SPA TAC Olympic Development/Times Indoor Qualifier Meet.** USC, 1 pm. Bob Seaman (213) 924-0075.

**FEB 3: All Comers Meet.** Cal State Long Beach, 12 noon. John Tansley (213) 498-4666.

**FEB 4: Consumnes River Weight Pentathlon-Triathlon.** Consumnes River JC, Sacramento.

**FEB 4: All Comers Meet.** Cal State U., Los Angeles, 10 am. Gene Howard/Calvin Brown (213) 224-3319 or (213) 428-3141.

**FEB 4: All Comers Meet.** Redlands University, 10 am. Clay Brooks (714) 793-2121, ext. 259.

**FEB 4: All Comers Classic.** Cal State Northridge, 11:30 am. Bill Webb (213) 885-3608 or 885-3208.

**FEB 4: All Comers Meet.** Los Gatos High School, 12 noon. Willie Harmatz (408) 395-5825 or 395-4311.

**FEB 4: All Comers Meet.** UC Berkeley, 11 am. Erv Hunt (415) 642-3158.

**FEB 10: All Comers Meet.** Cal State Long Beach, 12 noon. John Tansley (213) 498-4666.

**FEB 11: All Comers Meet.** Mt. San Antonio College, 10 am. Ernie Gregoire (714) 594-5611, ext. 500.

**FEB 11: All Comers Meet.** San Diego State University, 1 pm. Jim Cerveny (619) 265-5536.

**FEB 11: Cal State Bakersfield Invitational.** Bob Coons, CSB Track, 9001 Stockdale Hwy., Bakersfield 93307. (805) 833-2347.

**FEB 11: Throwers Pentathlon.** UCLA, 11 am. Roberta Chisam (213) 825-8691.

**FEB 11: All Comers Meet.** Los Gatos High School, 12 noon. Willie Harmatz (408) 395-5825 or 395-4311.

**FEB 11: All Comers Meet.** UC Berkeley, 11 am. Erv Hunt (415) 642-3158.

**FEB 12: Weight Pentathlon & Throwers Meet.** Cal State Northridge, 9:30 am. Bill Webb (213) 885-3608.

**FEB 18: All Comers Meet.** Redlands University, 10 am. Clay Brooks (714) 793-2121, ext. 259.

**FEB 18: All Comers Meet.** Cal State Long Beach, 11 am. Ron Buss (213) 498-5792.

**FEB 18: All Comers Meet.** UC Berkeley, 11 am. Erv Hunt (415) 642-3158.

**FEB 25: All Comers Meet.** Cal State Bakersfield, 10:30 am. Bob Coons (805) 833-2347.

**FEB 25: All Comers Meet.** UC Berkeley, 11 am. Erv Hunt (415) 642-3158.

**MAR 2-3: UNLV Invitational.** University of Nevada, Las Vegas (incl. Decathlon and Heptathlon). Al McDaniels, UNLV Track, 4505 Maryland Parkway, Las Vegas, NV 89154. (702) 739-3985.

**MAR 3: Aztec Invitational.** San Diego State University, 10 am. Dixon Farmer, track coach, SDSU, 5402 College Ave., San Diego 92812.

**MAR 3: Long Beach Relays.** Cal State Long Beach. John Tansley, CSULB Track, 1250 Bellflower, Long Beach 90801. (213) 498-4666.

**MAR 3: Sacramento State Relays.**

**MAR 10: Long Beach State Women's Relays.** Cal State Long Beach, 10:30 am. Ron Buss, CSULB Track, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-5792.

**MAR 10-11: Arizona Decathlon Invitational.** University of Arizona, Ralph Lindeman, McKale Center, Univ. of Arizona, Tucson, AZ (602) 621-4082.

**MAR 16-17: NorCal Multi-Events Championships.** Shasta College, Redding, 9 am. Michael Moynahan (916) 222-6601.

**MAR 17: SPA TAC Olympic Development Meet.** Cal State U., Los Angeles, 12 noon. Gene Howard/Calvin Brown (213) 224-3319 or (213) 428-3141.

**MAR 17: Warrior Relays.** Westmont College, 11 am. Russell Smelley, Track Coach, Westmont College, 955 La Paz Rd., Santa Barbara 93108. (805) 969-5051.

**MAR 17-18: Occidental Heptathlon and Decathlon.** Occidental College. Bill Harvey, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.

Saturday, February 4, 1984

# Bakersfield Marathon

## The Last Flat & Fast Qualifier before Boston

**STARTING TIME:** 8:00 A.M.

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

**RACE CONTACTS:** Paul Cross (805) 399-5750, or Dave Brewer (805) 324-8141.

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

**ENTRY FEE:** \$10.00. **Race Day:** \$15.00.

**DEADLINE:** Postmarked January 30, 1984. Hand deliveries OK until February 2, 1984.

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

**AWARDS:** Division awards will be 3 deep in divisions, Male & Female. The winners in each race will receive original hand painted graphic designs of the race logo by the artist. 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 Bud Light beers, raisins, oranges, water & ERG.

**DISTANCES:** TAC Certified/Sanctined. Marathon 26.2 miles; Half 13.1 miles.

**SPONSORS:** Bud Light, Western Mud, Fappas Printers, Shamrock Designs, and Q94 Radio.

### Entry Form ----- Entry Form

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

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

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

Sex \_\_\_\_\_ Long Sleeve 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  Team

Team Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Best Marathon or 1/2 Marathon \_\_\_\_\_

Send \$10 to Bakersfield Marathon, 1111 El Tejon, Oildale, CA 93308.

Postmark Deadline January 30, 1984

**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, Bud 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

**MAR 24-25: Golden Bear Meet of Champions (Women).** UC Berkeley. Tony Sandoval, Hearst Gym., Room 177, Berkeley 94720. (415) 642-9447.

**MAR 24: Bronco Relay Carnival.** Cal Poly Pomona, 9 am. Jim Sackett, CPP Athletics, 3101 Temple Ave., Pomona 91768. (714) 598-4611.

**MAR 30-31: San Francisco State Invitational Decathlon & Heptathlon.** Harry Marra, Athletic Dept., SFSU, San Francisco 94132. (415) 469-1561.

**APR 7: Fresno Bee Games.** Fresno State University, 8 am. Tom Pagan, FSU Track, Fresno 93740. (209) 294-4098.

**APR 7: Sun Angel Classic.** Arizona State University. Roger Kerr, ASU Women's Track, Tempe, AZ 85281. (602) 965-2406.

**APR 14: Converse Hind Wells Invitational.** Cal State Northridge, 11 am. Don Strametz, CSUN Women's Track, Northridge 91324. (213) 885-3242.

**APR 14: SPA TAC Olympic Development Meet.** Santa Monica City College, 10 am. Anna Biller Posey, Women's Athletics, 1900 Pico Blvd., Santa Monica 90405. (213) 450-5150, ext. 9850.

**APR 14: California Christian College Conference.** San Diego, 11 am.

**APR 14: Bakersfield Relays.** Bakersfield J.C.

**APR 14-15: Santa Barbara Heptathlon & Decathlon.** UCSB. Sam Adams, UCSB Athletics, Goleta 93017. (805) 961-4060.

**APR 17-18: Fresno State Decathlon and Heptathlon.** Red Estes, track coach, Fresno State, Fresno 93740. (209) 294-4097.

**APR 20-21: Lady Bronco Invitational.** (includes heptathlon) Cal Poly Pomona. John Turek, CPP Women's Track, 3101 Temple Ave., Pomona 91768. (714) 598-4611.

**APR 21: Cal State LA Invitational.** CSULA, 10 am. Gene Howard/Gudrun Armanski, 5151 University Dr., Los Angeles 90032. (213) 224-3319.

**APR 21: Jenner Invitational.** San Jose City College, 12 noon. Bert Bonanno, San Jose CC Track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

**APR 21: Nike Invitational.** Cal State Northridge, 12 noon. Bill Webb, CSUN Track, Northridge 91330. (213) 885-3608.

**APR 21: Nick Carter Invitational.** Santa Barbara.

**APR 26-27: Mt. SAC Relays Heptathlon & Decathlon.** Rich Ede, 1424 Lyoak Dr., Claremont 91711. (714) 624-1484.

**APR 28-29: Mt. SAC Relays.** Don Ruh, Mt. SAC Relays, 1100 N. Grand Ave., Walnut 91789.

**APR 28: Cal Poly SLO Invitational.** Lance Harter, Cal Poly SLO Track, San Luis Obispo 93402. (805) 546-1130.

**MAY 4: Johnny Mathis Tune Up Meet (Women).** San Francisco State. Harry Marra, Athletic Dept., SFSU, 1600 Holloway Ave., San Francisco 94132. (415) 469-1561.

**MAY 5: Johnny Mathis Tune Up Meet (Men).** San Francisco State. Harry Marra, Athletic Dept., SFSU, 1600 Holloway Ave., San Francisco 94132. (415) 469-1561.

**MAY 5: New Balance Southwest Invitational.** UC Irvine, 11 am. Vince O'Boyle, Crawford Hall, Irvine 92717. (714) 858-6342.

**MAY 5: UC Berkeley Invitational.** Erv Hunt, Track Coach, University of California, Berkeley 94720. (415) 642-3158.

**MAY 10-12: NAIA District 3 Championships.** UC Santa Barbara. Russell Smelley, Westmont College, 955 La Paz Rd., Santa Barbara 93108. (805) 969-5051.

**MAY 11-12: PCAA Championships.** Fresno State University. Red Estes, Track Coach, Fresno State, Fresno 93740. (209) 294-4097.

**MAY 12: California Relays.** Modesto. Tom Moore, 1720 Richard Way, Ceres 94720. (209) 537-0411.

**MAY 12: Oxy Invitational.** Occidental College. Bill Harvey, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.

**MAY 13: UCLA Pepsi Invitational.** UCLA, 11 am. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

**MAY 18-19: NOR PAC Championships.** Fresno State University. Tom Pagan, Athletic Dept., Fresno State, Fresno 93740. (209) 294-4098.

**MAY 19-20: TAC Sr. Women's Heptathlon Champs.** UCLA. Rich Ede, 1424 Lyoak Dr., Claremont 91711. (714) 624-1484.

**MAY 20: Long Beach Invitational.** John Tansley, CSULB Track, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

**MAY 20: SPA Jr./Sr. Women's & Sr. Men's Championships.** UCLA, 9 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

**MAY 24-26: NAIA National Championships.** Charleston, WV

**MAY 26: Jenner International.** San Jose City College, 12 noon. Bert Bonano, SJCC track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

**MAY 26: San Diego/Imperial TAC District Championships.** San Diego State, 10 am. Jim Cerveny, SDSU Track, San Diego 92185. (619) 265-5536.

**MAY 27: Compton Invitational.** Compton College, 10 am. Wally Williams, 5242 Pendleton Ave., No. 26, Soputh Gate 90280. (213) 631-3416.

**MAY 28-JUN 2: NCAA Div. I Championships.** University of Oregon. Tom Heinonen, McArthur Court, Eugene, OR 97401. (503) 686-3395.

**JUN 3: TAC Nationals Qualifying Meet.** Mt. San Antonio College. Ernie Gregoire, 1100 N. Grand, Walnut 91789. (714) 594-5611, ext. 500.

**JUN 7-9: TAC Sr. National Championships.** San Jose City College. Bert Bonano, SJCC Track, 2100 Moorpark Ave., San Jose 94128. (408) 288-3730.

**JUN 16-24: U.S. Olympic Trials.** L.A. Coliseum. Will Kern, Special Events Dept., Los Angeles Times, Los Angeles 90053. (213) 972-5771.

**JUN 16-17: TAC Jr. Women's Heptathlon Champs.** L.A. Coliseum. Bery Wagner, U.S.A. TAC, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

**JUN 18-19: TAC Jr. Men's Decathlon Champs.** L.A. Coliseum. Bery Wagner, U.S.A. TAC, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

**JUN 22-24: TAC Jr. Men/Women Championships.** L.A. Coliseum, 9 am. Bery Wagner, U.S.A. TAC, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

**JUL 7: International Pre Olympic Meet.** (Tentative). UC Berkeley. Dave Maggard, Athletic Director, UC Berkeley 94720. (415) 642-5316.

**JUL 7: Long Beach Invitational II.** CSULB. John Tansley, CSULB Track, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

**JUL 14: International Pre Olympic Meet.** Mt. San Antonio College. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

**JUL 21: International Pre Olympic Meet.** Hughes Stadium, Sacramento. Al Baeta, American River College, 4700 College Oak Dr., Sacramento 95841. (916) 484-8143.

**JUL 21: Long Beach Invitational III.** CSULB. John Tansley, CSULB Track, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

**AUG 3-12: Olympic Track & Field Games.** L.A. Memorial Coliseum. H.D. Thoreau/Bill Bedford, LAOOC, Los Angeles 90084. (213) 305-1984 or 305-8414.

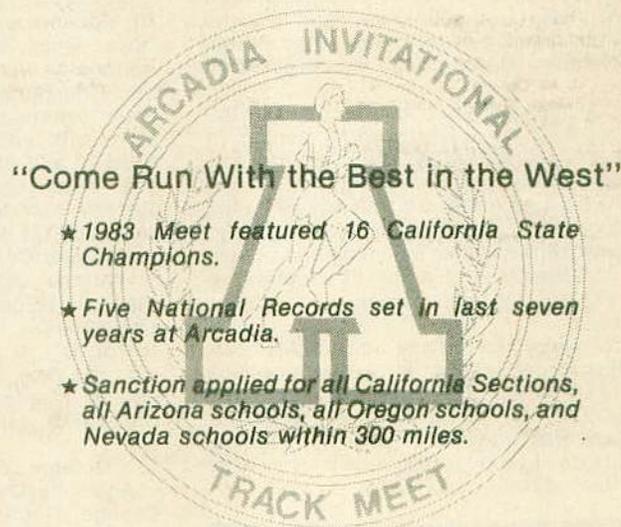
**AUG 15: Post Olympic Meet.** University of Oregon. Tom Heinonen, McArthur Ct., Eugene, OR 97401. (503) 686-3395.

"One of the Nation's Elite Meets."  
—Howard Willman (*Track & Field News*)

# 17th Arcadia Invitational

Track and Field Meet for High School Men & Women

## Saturday Evening APRIL 14, 1984



"Come Run With the Best in the West"

★ 1983 Meet featured 16 California State Champions.

★ Five National Records set in last seven years at Arcadia.

★ Sanction applied for all California Sections, all Arizona schools, all Oregon schools, and Nevada schools within 300 miles.

### MEET RECORDS:

**Men:** 10.57 - 21.36 - 47.05 - 1:49.9 - 4:06.7 - 8:45.2 - 14.04 - 36.07 - 41.5 - 3:13.1 - 10:13.6(DMR) - 7'1" - 16'5" - 24'10" - 50'8½" - 66'10¼" - 204'11".

**Women:** 11.57 - 23.77 - 52.90 - 2:10.33 - 4:50.74 - 10:28.97 - 14.17 - 42.32 - 46.6 - 3:46.3 - 11:59.11(DMR) - 5'10" - 20'4¾" - 39'2" - 50'10" - 172'4".

*Metric Distances  
Sprints Full Electric Accutrack Timed*

**For Meet Information:**  
Doug Speck • Arcadia High School  
180 Campus Dr. • Arcadia, CA 91006  
(213) 446-0131

# SoCal Diary

By BILL MINARIK

## □ October 2.

It was the Prep Invationals taking the spotlight the past week-end with the Kenny Staub Invitational the main event. At that one, CIF individual favorite Jesus Gutierrez outran Glendale's Danny Palma 15:10 to 15:27 to capture individual honors in the boys race. Team wise Hawthorne showed it is just as tough in X-Country as it is in track as its boys team beat perennial CIF power Newbury Park 88-111 for Div. I honors while La Canada was a 67-82 winner over Temple City in Div. II. In girls Div. I, CIF power Palos Verdes just did edge a rugged Edison 7, 48-49.

In the Bell-Jeff Invitational, it was Atascadero, Simi Valley, Loyola, and Paraclete winning boys divisions, while Westlake and Morro Bay were the girls winners.

Down at the Costa Mesa Invitational, it was Mater Dei, Villa Park, and Rancho Alamitos taking boys honors, while Tustin, University and Norco captured the girls divisions.

In 4-year college action, the Aztec Invitational was where it was all happening. In the mens race, UCLA's Ron Roberts was the individual winner in 30:19, but Arizona went 2-3-4 en route to a runaway 29-75-102 victory over Cal Poly Pomona and the Bruins. In the womens competition, it was CPSLO destroying the field as usual with a 24-100 margin over runner-up Northern Arizona.

In Road Racing, Pat Porter of Alamosa Colorado set an apparent world record of 27:41 in the L.A. Coliseum 10K good for a \$10,000.00 first prize. However, when the course was officially measured, it turned out to be more than 100 yards short, which eliminated the record.

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## □ October 9.

Saturday was loaded with Prep Invationals lead by the Palos Verdes Invitational where Arroyo High and host Palos Verdes were boys and girls winners respectively. Individually PV's Katie O'Hara broke Tanya Fischer's course record of 12:59 with a 12:53 clocking.

At the Fountain Valley Invitational, it was Mater Dei, Corona Del Mar, and the Sherman Indians winning boys divisions, while El Toro, Newport Harbor and Westminster did likewise for the girls.

Up at Hancock, Santa Barbara, Righetti, and McFarland captured boys honors with Santa Barbara and Louisville girls champs.

Down the coast at Dos Pueblos, the host school in the boys division and Cabrillo in the girls division were sweepstakes winners.

At the Buena Park Invitational, Villa Park, El Modena and Magnolia won divisional boys races while Millikan, Irvine and Maranatha were the winning girls teams.

In Community College action at the Hancock Invitational, it was Ray Kring's host team with an awesome 1-2-3-4 finish en route to a 26-85 win over Santa Barbara in the mens race, however coach Steve Bushey saw his SBCC female thinclads take a 89-117 win over Cuesta.

In 4-year College action, at the Stanford Invitational, UCLA, lead by Ron Robert's 6th place finish got by BYU 70-92 in mens action while Div. I power Stanford went 1-2-3-4 to top Div. II power CPSLO 19-47 in the womens race. Based on some comparative scores, Stanford rates stronger than any other Div. I women's team.

## □ October 16.

Again starting with the Preps; first at the Orange County Championships where Mater Dei, Corona Del Mar, Villa Park, and El Toro were all boys winners, while girls teams from Tustin, Edison, Foothill, and Newport Harbor likewise were victorious.

At the San Gabriel Invitational run Mt. SAC, it was Rowland High sweeping both girls and boys divisions over La Puente and Bishop Amat respectively.

In Community College action down at the SoCal Invitational at Mira Costa, a controversy arose over the men's team champion, which is determined by combining the times of each team's 7 runners who run in 7 different races. In one of the races, a Long Beach CC harrier who was leading the race took a wrong turn and inadvertently cut 2 minutes off the course. Meet director Noel Montrucchio gave the LBCC runner the first place trophy, but also gave the LBCC team a DQ for the short cut. LBCC mentor Ron Allice argued vehemently that his Viking harriers would have won the team title without the shortcut, but to no avail. Thus, Grossmont was declared the mens winner.

In 4-year action, at the Biola Invitational, UC Riverside outran runner-up CS Long Beach 29-57 with Pt. Loma also a winner in Div. II mens action. In womens competition,

it was USIU 51-68 over Fresno State despite a runaway individual win by FSU's Renee Wyckoff.

At the Cal Poly Pomona Invitational, Northern Arizona went 1-2-3-4 en route to a 16-70 win over UC Irvine in the mens race, while in the womens competition, it was also Northern Arizona over UCI 22-38.

At the California Invitational, the Stanford Cardinals outran the host UCB Bears 48-60 in mens varsity competition, while Wisconsin was a 28-52 winner over UCLA on the distaff side.

## □ October 24.

There was a light Prep Invitational schedule over the week-end as most leagues were winding down their dual meet schedule. In the Invationals taking place, first at the Yucaipa Invitational, Indio, Colton, Orange, and Covina High were victorious in boys races, while Indio, Bishop Amat, Yucaipa, and 29 Palms had victorious girls teams.

At the Ventura County Championships, it was Newbury Park ahead of Buena in the boys run while Buena outran Westlake in the girls race.

In Community College action, the Mt. Sac Invitational, which has more of a big meet atmosphere than the State Meet saw the top teams from all over the State and Arizona run the picturesque Mt. Sac course.

In the mens races, El Camino put on an awesome display of front line strength with a 2-3-6-9-12 finish to easily outdistance Glendale, CA and Pima, AZ 32-80 in a rugged Div. I field. In Div. II, Saddleback was a surprise 84-85-91 winner over NorCal power West Valley, and SoCal power Grossmont which I understand was without their two top runners. In Div. III, Hancock looked astonishing with 1-2-4 finish and the top two individual times of the day, however Central Arizona had 7 men inside Hancock's 5th to edge out Ray Krings gang 38-41. Based on this meet, it appears both El Camino and Hancock are odds-on favorites for SoCal and State titles.

In the womens competition, Phoenix outdistanced Mt. Sac 62-84 in Div. I, while Golden West was an easy winner in Div. II. At this point, it looks like Mt. Sac, and Santa Barbara as favorites for SoCal and State titles.

In 4-year College action at the Cal Poly Pomona Invitational, Pt. Loma surprised UC Irvine and CPP 33-52-64 in the mens competition, while UCI was a runaway winner over USC and UC Riverside 16-65-78 in the womens race.

## □ October 31.

Virtually all high schools in SoCal plus a few outsiders were at Mt. SAC for their annual feast of X-Country. Jesuit High of Sacramento and nearby Tustin High were boys and girls team sweepstakes winners, while Jesus Gutierrez of Pasadena and Mooney of Vacaville were individual overall titlist.

In the SCIAC men's championships at Redlands, Oxy regained the title from Pomona-Pitzer with a dual meet like 28-41 score.

At the CCAA Championships, Cal Poly Pomona was an easy 24-47-64 winner over UC Riverside and Cal Poly SLO. At the PCAA Championships, a big sur-

prise here as John Tansley's CS Long Beach 49ers stunned traditional powers UC Irvine and Fresno State 39-50-96 with UNLV 3rd with 80 points.

In the WCAC there was no surprise as the Stanford Cardinals took 4 of the first 5 places while coasting to a 32-58 win over runner-up UCLA.

In the PAC-10, it was Arizona in a close 38-44 win over Oregon with an injury riddled UCLA team 3rd at 74.

A few rumors have been circulating lately and this is what they sound like. It seems a coach that invested quite a bit of his resources to obtain two athletes may have to write the investment off as a loss as there now appears to be an eligibility question because of the athletes allegedly pocketing money from participation in the Grand Prix circuit. The coach has reportedly told his assistant to discontinue coaching the athletes until the matter can be resolved.

There has been a rumor going around for some time, and to an extent has been confirmed by a recent article in the L.A. Times, that the rise to power by Pomona-Pitzer in the academically oriented SCIAC Conference is almost totally because of the fact that Pitzer's academic standards, which do not meet those of the other member schools, allows in many athletes whose potential for graduation is questionable. The other half of the combination Pomona College, has apparently retained its tough Liberal Arts standards. Both schools are part of the group of 5 Claremont colleges.



All the big guns in the individual sweepstakes race for boys at Mt. SAC. Count 'em: Hall, Gutierrez, Green, Goodlake, Gaziano and Bahr. Toro of Barstow is hiding back there as is his teammate Jimmy Ortiz. photo by Burt Davis

# — AT LAST! —

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\*Since 1963, Harris has run more than 300 races, coached runners at every level from junior high school to a 1972 Olympic silver medalist, and taught college jogging & racing classes.

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# Medical Notes for Runners

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

## Contralateral Injury

Contralateral means the other side. The significance of the other side is that, oftentimes, when I see athletes, the injury that they have takes place on the other side of where they had their first injury. Their first injury may have been a minor injury, such as a twisted knee, twisted ankle, or strain in the foot. They continue running and put more stress on the contralateral or other side and end up with a severe injury. The severe injury occurs secondary to increased impact stress and increased load.

When I study athletes with injuries, I find that they tend to touch down more lightly on the injured side and spend less time with the injured foot on the ground. In contrast to this, they come down heavier on the opposite or contralateral foot and spend more time on the ground. Thus, there is more chance of injury. The injured runners tend to land toward the ball of the injured foot so that the foot can leave the ground sooner, and on the heel of the uninjured foot. If they have a minor injury on the right side and continue running this way, they will surely develop a severe injury on the opposite left side. Thus, contralateral injury can suggest that there is a history of injury somewhere else on the opposite side; at least, this should be investigated. Repeated injuries on the same side, however, may be indicative of a structural or biomechanical problem in that side or a limb length discrepancy.

There is a rule that I have in many of my books called, "Once an injury, always an in-

jury." This rule tends to stand true throughout time. It means, quite simply, that you must fully rehabilitate from any injury. Within two weeks of having serious knee injury, up to forty percent of the strength of the quadriceps is lost. This means that this joint is no longer able to protect itself. The same is true for other joints in the body. Once muscles lose their strength, they lose the ability to produce, as well as absorb, energy. Thus, more energy goes to the bones and joints, and there is more chance for injury.

If you are having injuries, think about all those old injuries that you have had and get checked out properly to make sure that you have full strength and flexibility in your whole lower extremity. One good way to rehabilitate yourself is to ride a bike or swim, utilizing fins. Fins tend to increase the power and flexibility of your legs. I find that working out in a swimming pool with fins, once or twice a week, helps my running. I find that biking, likewise, is helpful.

Let me give you an example of a contralateral injury. A twenty-four year old college runner came to my office complaining of severe pain in the left leg, about three inches above the inner ankle bone. He had had this pain for the past four days. There was a secondary complaint of a nagging injury underneath the knee cap in the right knee. This patient had recently changed to a lighter, more flexible, pair of shoes and had increased mileage. Upon examination, it was seen that the original injury was that



of a runner's knee, secondary to excessive pronation and improper shoes. The presenting complaint was secondary to increased stress on the left foot; and, indeed, a stress fracture was present. This was not seen on original x-rays, but a bone scan was ordered since college competition was anticipated. The bone scan showed increased uptake of radioactive dye, and a stress fracture was diagnosed. The athlete was rehabilitated on both sides with swimming and biking and finally returned to competition.

If you have injuries, think about all your old injuries and rehabilitate fully.

Best of running.

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*See page 47 for an order blank*

# Ironman Insights

By DEAN HARPER



## Triathlon Fever

In May of this year I graduated from law school. After 4 years of undergraduate work, 2 years of graduate studies in Sport and American History, and 3 years of intense legal training, I was about to embark upon a career that could be intellectually stimulating and financially rewarding. The latter is important in order to pay off an accumulation of 3 years of sizable loans.

But something has taken hold of me these last 2 years. It's grip became firm at the end of my second year of law school when I turned down an offer as a research assistant for a former U.S. Supreme Court Justice in order to train more while still in school. Now it is November and I have placed my legal career on a voluntary "hold" while I seek out an existence as a professional triathlete, i.e., a "triathlon junkie". My law school friends tell me I must take the bar now while the mountains of legal material gems are still fresh on my mind. I respond that my heart is not in "the law" but in triathlons. They respond that I've been stricken with a sickness—triathlon fever.

Make no mistake, there are tens of thousands of triathletes stricken with triathlon fever. Very few forsake careers. But it would be impossible for me to compete at the level I desire and, at the same time, launch into a law career. I want to try to make a living as a triathlete.

Why do I temporarily forsake a legal career in favor of a triathlon career? After some reflection I do believe that there are at least 3 "rational" reasons: First is the op-

portunity to travel worldwide at little or no expense. Second, I see the opportunity to shape a rapidly growing sport. Third, I enjoy the lifestyle more than any other I've experienced.

**TRAVEL:** Prior to this year my domestic travels had taken me as far east as Chicago. This year I competed in triathlons on the East Coast and had the opportunity to see more of the country. My trip to the quaint and peaceful community of Oxford, Maryland was really an enriching experience.

Prior to this year my foreign travel consisted of three trips south of the border into Baja. This year I've already had the opportunity to visit the French Riviera, I leave next week for a race in Rio de Janeiro, and I've received an invitation to conduct a series of clinics in West Germany in February. The sport is rapidly spreading worldwide and the opportunity for American triathletes to travel is expanding with the sport. Next year there are triathlons scheduled in Japan, Australia, New Zealand, Mainland China, South America, and numerous European countries. My triathlete friends in West Germany tell me the East Germans and Soviets are "secretly" training triathletes. Hopefully these countries will soon stage their inaugural triathlons.

**SHAPING THE SPORT:** I truly enjoy conducting or being a part of triathlon clinics. It gives me the opportunity to disseminate information about the sport and share knowledge gained through my 3 years in the sport. At the same time those attending the

seminars invariably teach me new things. There are so many variables, nuances, and unknowns that the more information that is exchanged about triathlons the more our knowledge of the sport will grow.

Perhaps the greatest way in which I feel that I'm able to help shape the sport is through my involvement with the newly formed Association of Professional Triathletes (APT). Our primary purpose is to provide for the welfare of the growing number of professional triathletes and protect their interests in triathlon competitions worldwide.

The APT has put together a Super Series of six races for next season in which we hope will have a minimum of \$50,000 in prize money per race. CBS has agreed to cover our first event on January 8 on the island of Kauai. And we hope to have the Super Series schedule firmed up by the first of the year. Bill Leach, Kathleen McCartney, Kurt Madden, Jody Durst and myself make up the Executive Committee. Larry King, of World Professional Tennis fame, is acting as our executive director.

**DO WHAT I ENJOY MOST:** My involvement in the legal world led me to believe that far too few people really enjoy their chosen profession. If I were so wealthy I didn't have to work, I believe I would be doing what I am doing. If I were currently working as an attorney I don't believe I could say that.

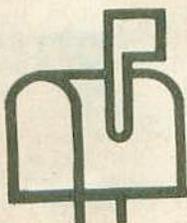
I can honestly say that right now there is nothing I'd rather do than train and compete as a triathlete, participate in triathlon clinics, and write for various publications. I am currently doing what I enjoy most. If I were independently wealthy only a few things would change: First, my wife would insist I trade in our '72 Toyota Corolla for a new BMW 318i. Second, I would buy the house we're now renting. And finally, I would spend far less time hustling sponsorship.

In short, my decision to pursue an athletic career is not without rationale. Hopefully I'll look back 10 years from now and acknowledge that it was an intelligent decision.

**TRIATHLON QUESTIONS:** In future columns I would like to address reader questions regarding any phase of triathlons. Please send your questions or comments to: Dean Harper, 3264A Withers Ave., Lafayette, CA 94549.

### Address Change?

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## Prep Notes

## Prep X-C Invitational Results

### Colton Invit.

#### Colton H.S. Sept. 17.

In a meet "by-grade" the results were led by the Barstow Men's senior trio in a 1-2-3 sweep of Jim Ortiz (14:59), Ed Toro (15:27), and Henry Morton (16:01). Colton junior Ron Perez was the other athlete under 16:00 with his 15:44 race win. Barstow was an easy Men's team time winner at 80:48 for five over Colton (81:57).

Rubidoux's Trish Ramirez (18:37) led the Arlington trio of Sally Cohenour (18:49), Kris Ehrhard (18:54), and Lori Good (19:08) in the 11th-12th grade Women's race. Beaumont's Shannon Duncan (19:23) easily won the Frosh-Soph race. Arlington (100:42) took Rubidoux (Riverside) (101:37) for the team time title.

#### Results

**Men - 9th Grade:** 1. Elsworth (Sherman Indian) 16:38. **10th Grade:** 1. Barnes (Corona) 16:11, 2. Rios (Indio) 16:12. **11th Grade:** 1. Perez (Colton) 15:44. **12th Grade:** 1. Ortiz (Barstow) 14:59, Toro (B) 15:27, Morton (B) 16:01, Calvillo (Duarte) 16:05. **Team Scores: (top 5 all grades)** 1. Barstow 80:48, 2. Colton 81:57, 3. Sherman Indian (Riverside) 82:38, 4. Corona 84:16.

**Women - 9th-10th Grade:** 1. Duncan (Beaumont) 19:23, Heck (Rubidoux) 20:18. **11th-12th Grade:** 1. Ramirez (Rubid) 18:37, Cohenour (Arl) 18:49, Ehrhard (Arl) 18:54, Good (Arl) 19:08, Howse (Redlands) 19:08. **Team Scores:** 1. Arlington 100:42, Rubidoux (Riverside) 101:37, 3. Sherman Indian 108:06, 4. Indio 108:57.

## Menlo-Atherton Invitational

from Plato Yanicks

#### Atherton, Sept. 19. 2.2 Miles.

##### Overall Winners - Boys

1. Aaron Lopez (Menlo-Atherton) 10:50
2. Jim Thompson (HalfMoonBay) 10:53.5
3. John Dye (HalfMoonBay) 11:00.5
4. Brendon Valpey (Menlo-Ather) 11:09.5
5. Jake Niebaum (HalfMoonBay) 11:12

##### Team Scores

1. Half Moon Bay 27, 2. Menlo-Atherton 33, 3. Fremont 72, 4. Sequoia 88.

##### Overall Winners - Girls

1. Lorena Ferreira (HalfMoonBay) 13:20.5
2. Silvia Aguirre (Burlingame) 13:23.5
3. Tone Hartlaub (Burlingame) 13:37
4. Sandrine DeMarval (Menlo-Ath) 13:44.5
5. Nora Williams (Menlo-Ather) 13:55.5

##### Team Scores

1. Half Moon Bay 33, 2. Menlo-Atherton 42, 3. Fremont 85, Burlingame (incomplete).

## Chaffey Invit.

#### Pomona, Sept. 24.

Ontario's Sylvia DeSantiago was an easy individual winner (18:34) and Alta Loma an easy team winner with 42 points (99:30) in this Pomona-area Women's Section. Walnut junior, Gustavo Bento (15:26), edged Upland's Ken Fetters (15:28) individually for the Men's title while Alta Loma also won here with 85 points (84:35).

#### Results

**Women - DeSantiago (Ont)** 18:34, McDonald (Diamond Bar) 19:06, Prusia (Upland) 19:10, Woodside (Alta Loma) 19:17. **Team Scores:** 1. Alta Loma 42 (99:30), 2. Walnut 87 (105:02), 3. Burroughs

(Ridgecrest) 93 (105:09).

**Men - 1. Bento (Wain)** 15:26, 2. Fetters (Upla) 15:28, 3. Shrum (Diamond Bar) 15:55. **Team Scores:** 1. Alta Loma 85, 2. Upland 88, 3. Diamond Bar 91, 4. Walnut 97.

## Perris Invit.

#### Perris H.S. Sept. 24.

The home Men's team was an easy winner here with 34 points with four in the top seven behind Cajon's (San Bernardino) Gil Abrego (16:40), the individual titlest.

Rubidoux's Trish Ramirez (19:38) led her team to an easy team victory over a depleted Bishop Amat squad with 34 points.

#### Results

**Men - 1. Ramirez (Rub)** 19:38, Maldonado (BA) 19:47, Heck (Rub) 20:50. **Team Scores** 1. Rubidoux 34 (108:29), 2. Perris 69, 3. Victor Valley 84. **Div. I:** 1. Cafferty (Los Pinos, Lake Elsinore) 17:46. **Team Scores:** 1. Los Pinos 32, 2. 29 Palms 51. **Div. II:** 1. Abrego (Caj) 16:40, 2. Salvador (Perris) 16:56, 3. Carlton (Perris) 16:59. **Team Scores:** 1. Perris 34 (87:05), 2. Bishop Amat (La Puente) 61.

## Dana Hills Invit.

#### Dana Hills H.S. Sept. 24.

A torrid Men's Senior race among some of the Section's finest 12th grade Men and the continued fine development of a Tustin Women's squad high-lighted this big meet held at the sponsoring Orange County High School. Races by grade in the three Men's Divisions and Women's Varsity and Junior Varsity races over the same three levels make for a morning of big action.

Jesus Gutierrez (Pasadena), Jim Ortiz (Barstow), and J.P. Hall (La Salle, Pasadena) duelled in the 12th grade Division III race, with Gutierrez edging away during the last mile to run a Course Record 14:16 over Ortiz (14:29), and Hall (14:36).

Tustin blasted some good Women's teams with four in the top five for 20 points and an amazing 88:40 team time in Division I. Tustin's "B" team was a close second in the Division II Varsity Women's race.

Hawthorne, a school which has complete Track and Field and Cross-Country program, showed the strength of its distance crew here with the fastest Men's team time (top five from all grades combined) at 77:29.

#### Results

**Men - Div. I 9th Grade:** 1. Luao (Valencia) 16:36, 2. Killen (Val) 16:42. **10th Grade:** 1. Alcaraz (Valley, Santa Ana) 15:35. **11th Grade:** 1. Sanchez (La Salle) 15:37. **12th Grade:** 1. Mitchell (St. Francis, La Canada) 15:09, 2. LeGrand (Val) 15:24, 3. Lostellea (San Marcos, SD) 15:27. **Div. II 10th Grade:** 1. Fretz (Saugus) 15:53. **11th Grade:** 1. Kelly (Dana Hills) 15:20, 2. Whitworth (Hawthorne) 15:31, 3. Yaross (Saug) 15:32. **12th Grade:** 1. Craiton (Mira Costa) 14:54, 2. Rubio (Hawth) 14:58, 3. Johnson (MC) 15:19. **Div. III 10th Grade:** 1. Saucedo (Esperanza) 16:00. **11th Grade:** 1. Combs (Newport Harbor) 15:51. **12th Grade:** 1. Gutierrez (Pas) 14:16 (Course Record), 2. Ortiz (Barst) 14:29, 3. Hall (La Salle, Pasadena) 14:36, 4. Toro (Barst) 14:48, 5. Thomson (Ocean View) 15:07, 6. Escobar (Rolling Hills) 15:09, 7. Morton (Barst) 15:14. **Team Scores: (top 5 all grades)** 1. Hawthorne 77:29, 2. Barstow 77:33, 3. Newport Harbor 77:37, 4. Dana Hills 78:27, 5. Mira Costa 78:39, 6. Millikan 79:06, 7. Rolling Hills 79:28, 8. El Toro 79:49, 9. Valley (Santa Ana) 79:48, 10. Tustin 79:49. **Women - Div. I:** 1. Kenney (Valencia) 18:29, 2. Tackelt (Brea) 20:10. **Team Scores:** 1. Valencia 56 (103:46), 2. Brea-Olinda 69 (106:15). **Div. II:** 1. Helm (Laguna Hills) 17:57, 2. Worden (Saug) 18:08, 3. Molina (Los Altos) 18:08, 4. Cohenour (Arlington) 18:14, 5. Ehrhard (Arl) 18:16, 6. Daly (Mission Viejo) 18:19. **Team Scores:** 1.

Hawthorne 126 (95:39), 2. Tustin "B" 130 (96:03), 3. Dana Hills 154 (96:52), 4. Rowland 157 (96:52), 5. Norco 165 (97:39), 6. Arlington 181 (97:43), 7. Mission Viejo 190 (98:02). **Div. III:** 1. McCormick (Tustin) 17:19, 2. Scott (Tust) 17:22, 3. Ritchoy (Edison) 17:30, 4. Fleagle (Tustin) 17:54, 5. Miller (Tust) 17:59, 6. Snyders (Edis) 18:03, 7. Eager (Vista) 18:05, 8. Mazowiecki (Tust) 18:06. **Team Scores:** 1. Tustin 20 (88:40), 2. Edison (Huntington Beach) 66 (92:10), 3. Newport Harbor 78 (93:12), 4. Esperanza 137 (96:07).

photo by Burt Davis



KEN FETTERS  
Upland

## Royal Invit.

#### Moorpark College, Sept. 24.

Varsity team battles between always strong Palos Verdes and improving Buena of Ventura Men and Women's squads, and most of the top individuals from Northern La, Ventura, and Santa Barbara counties featured this meet at Moorpark College.

Coach Gordon Steward's Buena guys tied with Joe Kelly's Palos Verdes Men at 89 points in the Large Schools Men's race, with Buena winning on a 6th man tie-breaker (39th to 41st place). Pat Watson (Palos Verdes) had the day's fastest time over the Santa Barbara duo of Danny Holmes (15:39) and Lamberto Esparza (15:40).

Palos Verdes (39) won over the Buena girls (68), as new Buena Coach Steve Blume has done a good job with a talented group. Kirsten O'Hara (Palos Verdes) led this race and when she took a wrong turn that left out an 1100 yard loop the other 70 girls followed. No one came close to Kristen's 14:14. Hart's (Newhall) Lisa Rizzo took a Medium School race at 18:15.

#### Results

**Men - Large Schools:** 1. Watson (PV) 15:25, 2. Hoimes (SB) 15:39, 3. Esparza (SB) 15:40, 4. Maemura (No. Torrance) 15:51, 5. Myers (Westlake) 15:51. **Team Scores:** 1. Buena 89 (83:06), 2. Palos Verdes 89 (82:28), 3. Thousand Oaks 106

(83:44), 4. Westlake 120 (84:18), 5. San Marcos (SB) 125 (84:34), 6. Dos Pueblos (Goleta) 137 (85:32), 7. Newbury Park 142 (85:28). **Frosh-Soph:** 1. Hacci (TO) 16:54. **Team Scores:** 1. Westlake 40. **Medium:** 1. Ramirez (Lompoc) 15:44, 2. Block (Lomp) 15:48, 3. Pemintal (Huen) 16:00. **Team Scores:** 1. Hart 94 (85:25), 2. Crespi 103 (85:20), 3. Lompoc 107 (85:13), 4. Righetti (Santa Maria) 120 (86:21). **FS:** 1. Castellanos (Burroughs, Burbank) 17:01. **Team Score:** 1. Burroughs 24. **Small Schools:** 1. Keese (Miraleste, Palos

photo by Burt Davis



PAT WATSON  
Palos Verdes

Verdes) 16:28. **Team Scores:** 1. La Canada 49 (85:24), 2. Cabrillo (Lompoc) 89 (86:58), 3. Fillmore 101 (87:37). **FS:** 1. Mareno (St. Bonaventure) 17:24. **Team:** 1. La Canada 87.

**Women - Large Schools:** 1. K. O'Hara (PV) 14:14 (short course), 2. McCarty (Buena) 14:53. **Team Scores:** 1. Palos Verdes 39, 2. Buena 68, 3. Dos Pueblos 100, 4. Thousand Oaks 113, 5. Westlake 116, 6. Santa Barbara 126. **JV:** 1. Palos Verdes 15. **Medium:** 1. Rizzo (Hart) 18:15, 2. Donahue (Torrance) 19:20, 3. Rich (Lompoc) 19:41. **Team Scores:** 1. Lompoc 33 (103:38), 2. Torrance 62 (108:17), 3. Hart 62 (106:19). **JV:** 1. Righetti 23. **Small:** 1. Mayfield (Cabrillo) 18:43, 2. Shottliff (Moorpark) 19:25. **Team:** 1. Cabrillo 76 (104:50), 2. Louisville (Woodland Hills) 79 (105:25), 3. San Luis Obispo) 95 (110:25). **JV:** 1. Louisville 35.

## Sonora H.S. Invit.

#### Craig Park, Fullerton, Sept. 24.

Foothill (Santa Ana) took Division II team victories in both the Men's and Women's Varsity divisions here. The Knights' Amy Cox raced the fastest Women's two mile clocking at 11:39.

Mater Del (Santa Ana) took the Division I Men's Varsity title quite easily with 32 points and 80:01 team time (last year the Monarchs won at 76:55). A slightly revised University of Irvine Women's team took the Division I 2 mile title with 34 points

(61:54). Last year's State Leading Uni squad raced 59:50 here.

Sunny Hills (Fullerton) junior Andy Wright was the day's fastest male runner at 15:20.

#### Results

**Men - Div. I:** 1. Wright (SH) 15:20, 2. Dolan (MD) 15:40, 3. Ree (Kennedy, La Palma) 15:45, 4. Younk (MD) 15:48. **Team Scores:** 1. Mater Dei 32 (80:01), 2. Rowland 73 (81:49), 3. Sunny Hills 86 (81:58). **Div. II:** 1. Feliciano (Cypress) 15:33, 2. Quintana (Lakewood) 15:42, 3. Franco (Foothill) 15:56. **Team Scores:** 1. Foothill 48 (81:55), 2. Lakewood 66 (82:02), 3. Montebello 81 (83:47).

**Women - Div. I:** 1. Fields (SH) 11:46, 2. Dudley (Univ) 12:02, 3. Patino (Loara) 12:11, 4. Hilgert (In) 12:13. **Team Scores:** 1. University 34 (61:54), 2. Sunny Hills 60 (63:41), 3. Mater Dei 81 (65:01). **Div. II:** 1. Cox (Foothill) 11:39, 2. Silver (Foothill) 11:51, 3. Skair (Corona Del Mar) 11:57, 4. Carney (Foothill) 12:00, 5. Nosier (Foothill) 12:03. **Team Scores:** 1. Foothill 24 (60:06), 2. Corona Del Mar 41 (61:30), 3. Paramount 105 (64:35).

## Menlo-Atherton Invitational

from Plato Yanicks

Atherton, Sept. 26. 2.2 Miles.

#### Overall Winners - Boys

1. Aaron Lopez (Menlo-Atherton) 10:48  
2. Mike Mathews (Santa Clara) 10:49  
3. Ben Valpey (Menlo-Atherton) 10:49  
4. Kirk Mansfield (Lynbrook) 10:55  
5. Mike West (Lynbrook) 10:59  
6. Chris Barto (Menlo-Atherton) 11:00  
7. Jim Kaustreter (TerraNova) 11:23.5

#### Team Scores

1. Menlo-Atherton 27, 2. Lynbrook 51, 3. Terra Nova 63, 4. Palo Alto 99, 5. Santa Clara 105, 6. Wilcox 144, 7. Menlo 157.

#### Overall Winners - Girls

1. Lori Wilson (Terra Nova) 12:19  
2. Michelle Seck (Lynbrook) 12:44  
3. Becki Van Zant (Wilcox) 12:49  
4. Alice Deisinger (Palo Alto) 12:59  
5. Sandrine DeMarval (Menlo-Ath) 13:03  
6. Nora Williams (Menlo-Ather) 13:10  
7. Ann Petersen (Palo Alto) 13:15

#### Team Scores

1. Menlo-Atherton 55, 2. Palo Alto 63, 3. Terra Nova 85, 4. Lynbrook 111, 5. Wilcox 125, Santa Clara and Menlo (Incomplete).

## Costa Mesa Invitational

Costa Mesa H.S. October 1.

A number of Orange County schools and assorted outside area schools met at Costa Mesa H.S. in what has annually been a top quality meet.

The Tustin girls raced to a super 92:18 team time to mark yet another big Invitational win in 1983. Donna Fleagle of Coach Tom Coffey's "best in section" group cruised a 17:42 best time.

Coach Bob Richardson's Mater Dei Men's group continued its improvement with a 77:55 fastest of day team time with Sean Dolan leading the Monarchs with his 15:03.

#### Results

**Men - Div. I:** 1. Gonzalez (Magnolia, Anaheim) 15:32. **Team Scores:** 1. Rancho Alamitos 81:27, 2. Woodbridge (Irvine) 81:38, 3. Norco 81:50. **Div. II:** 1. Hayne (Costa Mesa) 15:17, 2. Vargas (South Hills, Covina). **Team Scores:** 1. Villa Park 79:12, 2. Corona Del Mar 79:44, 3. South Hills 80:35, 4. Costa Mesa 80:52. **Div. III:** 1. Dolan (MD) 15:03, 2. Quintana (Lakewood) 15:06, 3. Younk (MD) 15:19, 4. Perez (Lakew) 15:23, 5. Anderson (Corona Del Mar) 15:23, 6. MacDonald (Tustin) 15:27. **Team Scores:** 1. Mater Dei 77:55, 2. Lakewood 79:35, 3. Tustin 80:14.

**Women - Div. I:** 1. Williams (Norco) 18:54. **Team Score:** 1. Norco 100:40. **Div. II:** 1. Harkins (La Quinta, Garden Grove) 18:32.

2. Oslinker (SH) 18:46. **Team Scores:** 1. University (Irv) 99:42, 2. La Quinta 101:05. **Div. III:** 1. Fleagle (Tustin) 17:42, 2. Scott (Tustin) 18:14, 3. McCormick (Tustin) 18:25. **Team Scores:** 1. Tustin 92:12, 2. El Toro 98:46, 3. Mater Dei 107:08.

## Kenny Staub Invitational

Crescenta Valley Park, Oct. 1.

The rain threatened to, but did not succeed, in washing out this annually fine Invitational on the moderately challenging Crescenta Valley Park course. The Palos Verdes squads were, as usual, in real prominence in both the Men's and Women's Divisions, taking the Sweepstakes titles in both (top seven times from all Divisions). This is the first time this has been done in this meet that annually draws a number of the top teams in the Section. The Palos Verdes girls ripped Edison (Huntington Beach) 48:49, with Kristen O'Hara taking down Laura Cattivera and Patience Unger's 18:14 Course Record with her own 18:04. Hawthorne took the Division I Men's race at 88 points with the next five squads bunched between 111 and 117 points. Jesus Gutierrez (Pasadena) continued undefeated with a 15:10 individual victory.

#### Results

**Women - Div. I:** 1. K. O'Hara (PV) 18:04 (CR), 2. Mosqueda (San Gabriel) 18:13, 3. Ritchot (Edison), 4. McCarty (Buena) 18:55. **Team Scores:** 1. Palos Verdes 96:56, 2. Edison (HB) 97:40, 3. Buena 99:41, 4. Hawthorne 102:49, 5. Dos Pueblos (Goleta) 104:38. **Div. II:** 1. Donahue (Torrance) 19:27. **Team Scores:** 1. Newbury Park 87 (107:20). **JV Div. I:** 1. Palos Verdes 26 (104:58). **S-F:** 1. Dixon (Burrroughs, Burbank) 19:32 (CR). **Team Score:** 1. Edison 29 (105:22).

**Men - Div. I:** 1. Gutierrez (Pas) 15:10, 2. Palma (Glendale) 15:26, 3. Watson (PV) 15:35, 4. Rice (Newbury Park) 15:47. **Team Scores:** 1. Hawthorne 88 (82:23), 2. Newbury Park 111 (82:26), 3. Buena 112 (83:56), 4. Rolling Hills 113 (83:58), 5. Mira Costa 117 (83:54). **Div. II:** 1. Mitchell (St. Francis, La Canada) 16:17. **Team Score:** 1. La Canada 67 (85:40). **Div. III:** 1. Hoffman (St. Bernards, Playa Del Rey) 15:56. **Team Score:** 1. Alemany 72 (87:10). **Frosh Div. I:** 1. Thomas (Edison) 17:28, 2. Arnds (Edison) 17:30. **Div. II:** 1. Mascorro (Rosemead) 17:29.

## Esperanza Invitational

Yorba Regional Park, Oct. 1.

A number of good teams met up at Yorba Regional Park in Anaheim on a wet Saturday morning to run on a flat, quick course in the Esperanza H.S. (Anaheim) Invitational.

Newport Harbor 40 (78:54) and Dana Hills 45 (78:41) were Men's Varsity race winners, while El Modera's 4:17.57 miler Victor Valen (14:57) edged Bill Feliciano (14:59) for the day's fastest individual clocking.

Irvine 35 (94:55) took Division I in the Women's, while the leaders in Division II just kept right on going after a wrong turn and sucked the entire 40 girl race through an extra mile or so before getting back on course where Newport Harbor won with 34 points. Laura Chapel (Irvine) took Race I with an 18:22 clocking, while Maura Daly (Mission Viejo) eventually returned at 24:49 in the elongated Race II.

Dana Hills and Newport Harbor took Division Sweepstakes honors, where Men's Varsity and Soph and Women's Varsity scores were added up.

#### Results

**Men - Div. I:** 1. Valen (El Mo) 14:57, 2. Feliciano (Cyp) 14:59, 3. Wright (Sunny Hills) 15:01, 4. Maemura (No. Torrance) 15:23. **Team Scores:** 1. Dana Hills 45 (78:41), 2. El Modera 81 (79:41), 3. Esperanza 106 (81:14). **Div. II:** 1. Valenzuela (Buena Park)

15:24, 2. Walters (Newport Harbor) 15:26. **Team Scores:** 1. Newport Harbor 40 (78:54), 2. Buena Park 63 (79:57), 3. El Dorado 83 (81:10). **F-S:** 1. Welch (Irvine) 16:25. **F-S II:** 1. Gilmore (BP) 16:58. **Women - Div. I:** 1. Chapel (Irv) 18:22, 2. Bullard (Esp) 18:43, 3. Everts (EM) 18:49. **Team Scores:** 1. Irvine 35 (94:55), 2. Esperanza 57 (97:41), 3. Alta Loma 88 (98:36), 4. Dana Hills 107 (99:58). **Div. II:** 1. Daly (MV) 24:49. **Team Scores:** 1. Newport Harbor 34, 2. Mission Viejo 46, 3. El Dorado 86.

photo by Burt Davis



LISA RIZZO  
Hart

## Bell-Jeff Invit.

Magnolia Park, Burbank, Oct. 1.

This meet, sponsored by Coach Jim Couch's IA Burbank parochial school, features a race involving most of the top smaller, IA, schools, and races for larger schools that attend Atascadero (104-83:21), led by the brother combo of Sam (3rd) and Tony (6th) Grijalva, edged four other schools at 125 or less in the IA race. Morro Bay, scoring a miniscule 28 points (98:20), easily took the Women's IA run. Simi Valley, Loyola (LA), and Paraclete (Landcaster) took other Men's Varsity titles, while Westlake was an easy winner in the other Women's race.

#### Results

**Men - Div. I:** 1. Deckard (St. Genevieve, Van Nuys) 16:41. **Team Score:** 1. Paraclete 99 (92:15). **Div. II:** 1. Mawhorter (Lutheran, LaVerne) 15:20.6, 2. Hall (Morro Bay) 15:32, 3. S. Grijalva (Atasc) 15:46, 4. Zoida (Chaminade) 15:54, 5. Swanson (Lutheran, Orange) 15:58. **Team Scores:** 1. Atascadero 104 (83:21), 2. Maranatha 110 (84:10), 3. Morro Bay 112 (83:51), 4. Cathedral (LA) 115 (84:24), 5. Bellarmine-Jefferson 125 (85:05), 6. Fillmore 142 (85:33), 7. Lutheran Orange 171. **Div. III:** 1. Nitti (Loyola) 15:29, 2. Tregillis (Harvard) 15:44. **Team Scores:** 1. Loyola 40 (81:27). **Div. IV:** 1. Myers (Westlake, WV) 15:22, 2. Zimmer (Simi) 15:26, 3. DeSota (Canyon, CC) 15:26, 4. Badgett (Saugus) 15:39. **Team Scores:** 1. Simi 44 (79:29), 2. Saugus 78 (81:51), 3. Westlake 78 (81:53), 4. Hart (Newhall) 85 (82:13). **Frosh Div. I:** 1. Alexander (Atasc) 16:53. **Div. II:** 1. Kemp (Burbank) 17:57. **Div. III:** 1. Welch (Westlake) 16:33, 2. Ansell (Hart) 16:35.

**Women - Div. I:** 1. Lewis (MB) 18:51, 2. McKrell (Atasc) 19:09, 3. Sholliff (Moorpark) 19:15, 4. Ogle (MB) 19:17. **Team Scores:** 1. Morro Bay 28 (98:20), 2. Maranatha 91 (106:34), 3. Bell-Jeff 117 (109:10), 4. Atascadero 121 (108:39), 5. Paraclete 169 (113:12). **Div. II:** 1. Rizzo

(Hart) 18:07, 2. Wellington (Simi) 19:00, 3. Warden (Saugus) 19:08, 4. Fuess (West) 19:18. **Team Scores:** 1. Westlake 37 (99:19), 2. Simi 62 (103:44), 3. Saugus 65 (103:18), 4. Hart 68 (103:17).

## Watsonville Invit.

from Keith Conning

Pinto Lake Park, Oct. 8.

Pinto Lake Park, October 8-Troy Curran (York, Monterey) set a new course record of 15:24, and defeated Marc Goulet (Soquel) by 19 seconds.

Soquel won the boys' team title with 63 points. Freshman Kelly Ilnicki (Harbor, Santa Cruz) won the girls' race.

North Salinas won the girls' title. Fourteen schools competed.

#### Results - Men

1. Troy Curran (York) 15:24CR  
2. Marc Goulet (Soquel) 15:43

#### Team Scores

1. Soquel 63, 2. Palma 73, 3. North Monterey County 73, 4. Watsonville 93, 5. North Salinas 97.

#### Results - Women

1. Kelly Ilnicki (Harbor) N.T.  
2. Kelly Blafield (Harbor) N.T.  
3. Lori Iland (Soquel) 20:35  
4. Christi McCutcheon (Soquel) 20:40

## Menlo-Atherton Invitational

from Plato Yanicks

Atherton, Oct. 3. 2.2 Miles.

Atherton, October 3-Menlo-Atherton's Aaron Lopez, a sophomore, remained undefeated and for the third consecutive week improved his time. Lopez covered the 2.2-mile course in 10:42.7, an improvement of more than five seconds over last week's time.

In the girls' race, another M-A sophomore, Sandrine DeMarval, virtually ran alone and captured that race. DeMarval, who finished fifth in the Central Coast Section Region I finals last year, came in almost one minute ahead of the second-place finisher.

Menlo-Atherton won both races.

#### Top Three - Boys

1. Aaron Lopez (Menlo-Ather) 10:42.7  
2. Ben Valpey (Menlo-Ather) 10:43.5  
3. Stan Carroll (Woodside) 10:45.5

#### Team Scores

1. Menlo-Atherton 21, 2. Woodside 40, 3. El Camino 67.

#### Top Two - Girls

1. Sandrine deMarval (Menlo-Ath) 13:17.5  
2. Carla Holmes (Menlo-Ather) 14:13

#### Team Scores

1. Menlo-Atherton 17, Castilleja (Palo Alto) incomplete.

## San Ramon Invitational

from Bob Vincent

San Ramon H.S. Oct. 8. 1 7/8 Miles.

San Ramon High School, Danville, October 8-The meet was postponed one week this year, because of a heavy rain the week before.

Senior Jim Howard (Northgate, Walnut Creek) defeated Mike Goralka (Livermore) by three seconds in the large school race-9:13 to 9:16-over the 1 7/8 mile course.

San Ramon (Danville) won the large school boys' race with 33 points. Senior Scott Savage (Foothill, Pleasanton) set a new small school boys' record of 9:12, the fastest time of the day.

Encinal (Alameda) led by Alex Lopez (2nd) and Boone (3rd), won the small school boys' title.

continued on next page. . .

# Prep Notes

Laura Carter (San Ramon, Danville) edged teammate Vonda Vandaveer by one second-11:17 to 11:18-to win the large school girls' race.

San Ramon (Danville) won the girls' small school race with 42 points.

Thomas (Alameda) won the girls' small school race in 11:49.

Alhambra (Martinez) won the girls' small school team title with 47 points to 49 points for Las Lomas (Walnut Creek).

### Overall Winners - Boys (Large Schools)

- |                                   |      |
|-----------------------------------|------|
| 1 Jim Howard (Northgate)          | 9:13 |
| 2 Mike Goriaka (Livermore)        | 9:16 |
| 3 Bart Stephens (San Ramon)       | 9:21 |
| 4 Jim Hamera (Livermore)          | 9:30 |
| 5 T. J. Dearborn (Clayton Valley) | 9:33 |
| 6 Chuck Lewis (San Ramon)         | 9:35 |
| 7 Eric Hayes (San Ramon)          | 9:37 |
| 8 Chris Prease (San Ramon)        | 9:39 |
| 9 Barry Tonge (San Ramon)         | 9:43 |
| 10 Adam McAbey (Miramonte)        | 9:45 |
| 11 Sather (Antioch)               | 9:46 |

### Team Scores

1. San Ramon 33, 2. Livermore 75, 3. Clayton Valley 102, 4. College Park 104, 5. Northgate 119, 6. Antioch 122, 7. Miramonte 129, 8. Concord 180, 9. Novato 258, 10. Ynacio Valley 264, 11. Irvington 335.

### Overall Winners - Boys (Small Schools)

- |                           |        |
|---------------------------|--------|
| 1 Scott Savage (Foothill) | 9:12CR |
| 2 Lopez (Encinal)         | 9:21   |
| 3 Boone (Encinal)         | 9:25   |
| 4 Stone (Las Lomas)       | 9:28   |
| 5 Latting (Alhambra)      | 9:28   |

### Team Scores

1. Encinal 37, 2. Las Lomas 84, 3. St. Mary's 91, 4. Alhambra 95, 5. Foothill 105.

### Overall Winners - Girls (Large Schools)

- |                                     |         |
|-------------------------------------|---------|
| 1 Laura Carter (San Ramon)          | 11:17CR |
| 2 Vonda Vandaveer (San Ramon)       | 11:18   |
| 3 Michelle Barrier (Clayton Valley) | 11:27   |
| 4 Kelly Sobey (San Ramon)           | 11:38   |
| 5 Burns (Northgate)                 | 11:45   |
| 6 Spithe (Miramonte)                | 12:02   |
| 7 Krieger (Northgate)               | 12:06   |
| 8 Monica Lin (San Ramon)            | 12:10   |
| 9 Robbins (Antioch)                 | 12:12   |
| 10 Serna (Antioch)                  | 12:16   |

6 Tully (Alhambra) 12:30

### Team Scores

1. Alhambra 47, 2. Las Lomas 49, 3. Encinal 67, 4. California 115, 5. Liberty 125, 6. Rancho Cotate 127.

## Mt. Carmel X-C Invitational

From Dennis McClanahan

October 8, 1983: Mt. Carmel High School, San Diego. Mt. Carmel/Second Sole Cross Country Invitational.

Close competition and fast times were the order of the day as 49 schools gathered at Mt. Carmel for the second year. Almost perfect weather, cool and overcast, greeted the 1,100+ runners as they faced the demanding Mt. Carmel Hills in quest of the days fastest times.

The meet format pits schools' #1 & 2 runners together (3-4, 5-6, etc.) and the feature 1-2 girls race showed excellent competition. Four girls, led by Orange Glen's Pauline Stehly (13:36.6) cracked the 14 minute barrier on the hilly 2.2 mile course. However, that race was just a warmup for the boys 1-2 race. Three runners, defending champion Pat Green of LaJolla, Robert Fithen of Serra, and John Groulx of El Camino, stayed side by side throughout the race and entered the stadium together and sprinting for the finish. Groulx, a 1:57 half-miler, closed quickly from behind in the last 50 yards to win in 15:19.7 over 5,000 meters. Fithen was 15:19.9, and Green 15:20.2.

While no tea scores are kept in this meet, El Camino, Simi Valley, and Mt. Whitney made strong showings on the boys' side. On the girls side, both Vista and Bonita Vista raced well.

### Boys Results - 5,000 meters

- |                                 |         |
|---------------------------------|---------|
| 1 John Groulx (El Camino)       | 15:19.7 |
| 2 Robert Fithen (Serra)         | 15:19.9 |
| 3 Pat Green (La Jolla)          | 15:20.2 |
| 4 A. J. Zampardo (Hilltop)      | 15:28.1 |
| 5 Adolfo Garcia (Escondido)     | 15:35.7 |
| 6 Chris Vasquez (St. Augustine) | 15:40.4 |
| 7 Mike Garcia (Valhalla)        | 16:02.9 |

- |                                  |         |
|----------------------------------|---------|
| 7 Aimee Wellington (Simi Valley) | 14:19.6 |
| 8 Gloria Bates (Mira Mesa)       | 14:20.1 |
| 9 Renee Krumweide (Valhalla)     | 14:21.9 |
| 10 Cathy Guevarra (Chula Vista)  | 14:33.4 |

## Arlington H.S. Invitational

Arlington H.S. Oct. 8.

Twenty-seven San Bernardino and Riverside County schools competed in this meet sponsored by Coach Steve Wyper's Arlington group.

Coach Don Braden brought his Barstow Men's squad and led by the 1-2 of Jim Ortiz (15:29 Course Record), Ed Toro (15:41), and Henry Morton (16:14), they took Division III with 42 points (82:30). Rubidoux, led by the individual win of Trish Ramirez (19:05), pulled a mild upset with its Division III Women's win over Arlington 63 (103:01)-69 (104:46).

### Results

**Women - Div. I:** 1. Yeargin (Linfield Christian, Temecula) 23:47. **Div. II:** 1. Long (Corona) 20:32, 2. Pedorza (Indio) 20:41. **Team Scores:** 1. Corona 50 (108:55), 2. Perris 72, 3. Indio 93. **Div. III:** 1. Ramirez (Rub) 19:05 (Course Record), 2. Cohenour (Arlington) 19:21, 3. Good (Ari) 19:32, 4. DeSantiago (Ontario) 19:36. **Team Scores:** 1. Rubidoux 63 (103:01), 2. Arlington 69 (104:46), 3. Yucaipa 72 (105:54).

**Men - Div. I:** 1. Gonzales (Palm Springs) 17:29. **Team Score:** 1. Elsinore 60. **Div. II:** 1. Abrego (Cajon, SB) 16:27, 2. Nelson (La Sierra, Riv) 16:35. **Team Scores:** 1. Cajon 65 (88:19), 2. Arlington 82. **Div. III:** 1. Ortiz (B) 15:29 (CR), 2. Toro (B) 15:41, 3. Perez (Colton) 16:13, 4. Morton (B) 16:14, 5. Carlton (Perris) 16:33. **Team Scores:** 1. Barstow 42 (82:30), 2. Perris 49 (84:26), 3. Colton 54 (84:41). **F-S:** 1. Barnes (Corona) 17:34.

## Montebello Invit.

Legg Lake, Whittier, Oct. 8.

Hawthorne and Rowland (Rowland Heights) dominated this "by-grade" invitational sponsored by Montebello H.S.

Placencio (Rowland) 18:46, 3. Larios (Hawth) 19:21, 4. Frometa (Hawth) 19:25. **11th - 12th Grade:** 1. Eichler (Rowland) 18:33, 2. Hays (Rowland) 18:33, 3. Juarez (ER) 19:20, 4. Bernal (Montebello) 19:33. **Team Times (top 5 from all grades):** 1. Hawthorne 98:13, 2. El Rancho 101:31, 3. Montebello 102:23, (Rowland only three girls).

**Men - 9th Grade:** 1. Hernandez (El Monte) 16:30, 2. Vargas (Bell Gardens) 16:47. **10th Grade:** 1. Nelson (Loyola, LA) 15:58, 2. Sloan (Loy) 16:03. **11th Grade:** 1. Whitworth (Hawth) 15:32, 2. Placencio (Rowl) 15:41, 3. Howard (Beverly Hills) 15:47. **12th Grade:** 1. Rubio (Hawth) 15:08, 2. Acosta (Mountain View, El Monte) 15:25, 3. Frometa (Hawth) 15:32, 4. Gonzalez (Montel) 15:34, 5. Flores (MV) 15:43, 6. Carrasco (Rowl) 15:49. **Team Scores:** 1. Hawthorne 79:34, 2. Rowland 79:39, 3. Montebello 81:08, 4. La Puente 81:38, 5. Mountain View 82:18.

## Buena Park Invitational

Buena Park H.S. October 8.

Some good teams showed up for Coach Dan Hirsch's campus course invitational. In the featured Men's race 4A powers Villa Park and Newbury Park met the host school. Led by the 2-3 placings of 4,14,44c Kevin Green and Dave Parker, Coach Dave White's Villa Park squad prevailed 42 (79:05)-Buena Park 48 (79:33), and Newbury Park 50 (79:32). Newbury's 1:57.2 half-miler Chris Rice was the individual winner at 15:22. Irvine's girls continue to roll-here taking five of the top eight places in their race for 22 points (95:26).

### Results

**Men-Div. III:** 1. Rice (NP) 15:22, 2. Green (VP) 15:31, 3. Parker (VP) 15:32, 4. Valenzuela (BP) 15:41. **Team Scores:** 1. Villa Park 42 (79:05), 2. Buena Park 48 (79:33), 3. Newbury Park 50 (79:32), 4. Millikan 74 (80:36). **Div. II:** 1. Valen (El Modena) 15:34, 2. Reece (EM) 15:40, 3. Alcarez (Valley, Santa Ana) 15:47. **Team Scores:** 1. El Modena (Orange) 45 (80:13), 2. Wood-

photo by Keith Conning



SCOTT SAVAGE  
Foothill, Pleasanton

photo by Keith Conning



JIM HOWARD  
Northgate

photo by Doug Speck



PAT GREEN  
La Jolla

photo by Doug Speck



CHANTAL PLANTE  
Arroyo Grande

photo by Doug Speck



SYLVIA MOSQUEDA  
San Gabriel

photo by Burt Davis



JOE NITTI

### Team Scores

1. San Ramon 42, 2. Northgate 63, 3. Miramonte 95, 4. Clayton Valley 97, 5. Ygnacio Valley 109, Antioch 109.

### Overall Winners - Girls (Small Schools)

- |                     |       |
|---------------------|-------|
| 1 Thomas (Alameda)  | 11:49 |
| 2 Leary (Alhambra)  | 11:59 |
| 3 Stone (Las Lomas) | 11:59 |
| 4 Johnson (Encinal) | 12:03 |
| 5 Brown (Las Lomas) | 12:27 |

- |                             |         |
|-----------------------------|---------|
| 8 Mike Batis (El Camino)    | 16:10.8 |
| 9 Gary Nagel (Mt. Whitney)  | 16:13.4 |
| 10 Chris Bahr (Mt. Whitney) | 16:13.8 |

### Girls Results - 2.2 Miles

- |                                 |         |
|---------------------------------|---------|
| 1 Pauline Stehly (Orange Glen)  | 13:36.6 |
| 2 Heather Brooks (Bonita Vista) | 13:??   |
| 3 Megan Riker (Esoncdo)         | 13:43.6 |
| 4 Tiffany Gorman (Bonita Vista) | 13:52.4 |
| 5 Laura Cook (Santana)          | 14:10.0 |
| 6 Lesley Noll (Mt. Carmel)      | 14:17.2 |

Hawthorne's Voncille Brown set a soph record at 18:34, with teammates Ricardo Rubio (15:08-12th grade) and David Whitworth (15:32-11th grade) also winning their competitions.

### Results

**Women - 9th Grade:** 1. Casillas (El Rancho, Pico Rivera) 19:37 (Division Record), 2. Moreno (El Monte) 20:05. **10th Grade:** 1. Brown (Hawth) 18:34 (Division Record), 2.

bridge (Irvine) 69 (81:31), 3. Santa Ana Valley 86. **Div. I:** 1. Gonzales (Magnolia, Anaheim) 15:31, 2. Castro (Coachella Valley) 15:58. **Team Scores:** 1. Magnolia 50 (82:09), 2. Maranatha (Sierra Madre) 67 (83:51). **Soph-Div. I:** 1. Shields (VP) 16:48. **Div. II:** 1. Olson (Irv) 16:08, 2. Welch (Irv) 16:26. **Fresh-Div. I:** 1. Vargas (SAV) 17:27. **Div. II:** 1. Black (Irv) 17:09. **Women-Div. III:** 1. Hempstead (Millikan)

19:51. **Team Scores:** 1. Millikan (Long Beach) 28 (102:05), 2. Newbury Park 43 (104:31). **Div. II:** 1. Chapel (Irvine) 18:16, Everts (EM) 18:29, Wright (Irvine) 18:51. **Team Scores:** 1. Irvine 22 (95:26), 2. El Modena 86. **Div. I:** 1. Helm (Laguna Hills) 19:52. **Team Scores:** 1. Maranatha 43 (105:30), 2. Laguna Hills 47.

## Fountain Valley-Huntington Bch. High School Invit.

**Central Park, Huntington Beach, Oct. 8.**  
Another good group of squads showed up for the Fountain Valley-Huntington Beach H.S. Invitational. Top ranked in their Men's Divisions (4A) Mater Dei (Santa Ana) and (IA) Sherman Indian (Riverside) were Divisional Race winners. Ted Goodlake (Fallbrook) came north and cranked by far the top Men's time at 15:21. Newport Harbor 34 (97:25) nipped Foothill (Santa Ana) 40 (97:20) in the top Women's race.

### Results

**Men-Div. I:** 1. Christie (Mission Viejo) 16:01, 2. Dolan (MD) 16:01, 3. Allen (El Toro) 16:10. **Team Scores:** 1. Mater Dei 43 (82:00), 2. El Toro 59 (82:47), 3. Ocean View 95 (84:09), 4. Mission Viejo 96 (84:06). **Div. II:** 1. Goodlake (Fallbrook) 15:21, 2. Hobbs (Corona Del Mar) 15:50, 3. Hayne (CDM) 16:01, 4. Anderson (CDM) 16:03. **Team Scores:** 1. Corona Del Mar 50 (18:43), 2. Foothill 108 (84:20), 3. Newport Harbor III (84:29). **Div. III:** 1. Vargas (South Hills, Covina) 16:24. **Team Scores:** 1. Sherman Indian 35 (83:46), 2. South Hills 46 (84:35).

**Women-Div. I:** 1. Daly (MV) 18:40, 2. Harkins (La Quinta, Garden Grove) 19:07, 3. McGrann (Upland) 19:37. **Team Scores:** 1. El Toro 59 (103:03), 2. Mater Dei 81 (104:17), 3. Mission Viejo 85 (103:42), 4. La Quinta 92 (104:45), 5. Fountain Valley 96 (105:32). **Div. II:** 1. Henson (NH) 18:52, 2. Fedorchak (Fthill) 18:54, 3. Morris (NH) 19:13, 4. Cox (Fthill) 19:28, 5. Carney (Fthill) 19:30. **Team Scores:** 1. Newport Harbor 34 (97:25), 2. Foothill 40 (97:20), 3. Corona Del Mar 105 (102:36). **Div. I:** 1. Oslinker (SH) 19:16. **Team Scores:** 1. Westminster 26 (105:23).

## Hancock-Reghetti Invit.

**Waller Park, Santa Maria, Oct. 8.**

A number of Santa Barbara county teams had enough outside area visitors come along to make this an interesting meet. A top-ranked Section 2A squad, Louisville (Woodland Hills), raced to the fastest girl's team time at 101:23 in its small schools race win, while Deon Saraceno of the same school had the quickest individual time at 19:20. Santa Barbara, boosted by the quick duo of Dan Holmes (15:27) and Lamberto Esparza (15:27) had the day's best boys' team time at 82:32 in its large schools race win.

### Results

**Women - Small Schools:** 1. Saraceno (Louisville) 19:20, 2. Rudy (Righetti) 19:30, 3. Phillips (St. Josephs, Santa Maria) 19:51, 4. Poggel (Louisville) 19:54. **Team Scores:** 1. Louisville 23 (101:23), 2. Righetti (Santa Maria) 45, 3. St. Josephs 77. **Large Schools:** 1. Twist (No. Bakersfield) 19:21, 2. Heinrichs (Santa Barb) 19:47, 3. Crang (SB) 19:47, 4. Delaney (Crescenta Valley) 19:49. **Team Scores:** 1. Santa Barbara 29 (102:35), 2. Bakersfield 56, 3. Crescenta Valley (La Crescenta) 59.

**Men - Small Schools:** 1. Serna (McFarland) 16:00, 2. Brown (Coast Union) 16:26. **Team Scores:** 1. McFarland 38 (86:09), 2. Carpinteria 51, 3. Coast Union (Cambria) 62, 4. Paso Robles 65. **Medium Schools:** 1. Quinones (Righetti) 15:40, 2. Woodward (Righ) 16:01, 3. Padilla (Brawley) 16:21. **Team Scores:** 1. Righetti 30 (82:41), 2. Brawley 32. **Large Schools:** 1. Holmes (SB) 15:27, 2. Esparza (SB) 15:27, 3. Watson (No. Bakersf) 16:20. **Team Scores:** 1. Santa Barbara 41 (82:32), 2. Bakersfield 49, 3. North Bakersfield 51.

## Dos Pueblos Invitational

**Dos Pueblos H.S., Goleta, Oct. 8.**

The home school and visitor from the LA area, San Marino, created most of the fireworks in another "by-grade" meet run on the campus course of the hosting Goleta school. DP took the men's sweepstakes award (by adding up the three-deep scores from three grades) and won the 11th and 12th grade team titles. San Marino's David Baca had the day's best men's clocking with an easy 15:36 12th grade win. Cabrillo (Lompoc) was the only Women's squad in attendance that could put together three scoring grade-groups to win with 77 total points. Teresa Mayfield of the victorious Cabrillo group had the day's fastest clocking at 18:42.

### Results

**Men - 9th Grade (2 miles):** 1. Griffin (Hueneme) 12:02. **10th Grade:** 1. Donahue (San Marcos) 16:36, 2. Phillips (La Canada) 16:53. **11th Grade:** 1. Allan (San Marino) 15:45, 2. Thompson (San Marino) 15:59. **12th Grade:** 1. Baca (San Marino) 15:36, 2. Gully (Dos Pueblos) 15:57, 3. Nibbe (San Marcos) 16:03.

**Women - 9th Grade (2 Miles):** 1. Pollard (DP) 14:59. **10th Grade:** 1. Byers (San Marcos) 19:26, 2. Haro (DP) 19:42, 3. Arnold (Camarillo) 20:12. **11th Grade:** 1. Anderson (DP) 19:12, 2. Ribar (Camarillo) 19:57, 3. Bridges (DP) 20:03. **12th Grade:** 1. Mayfield (Cabrillo) 18:42, 2. Irvine (San Marino) 19:30, 3. Tressler (San Marcos) 19:59.

## Center Meet

from Keith Conning

**Crystal Springs, Belmont, Oct. 13.**  
2.9 Miles.

Crystal Springs, Belmont, October 13--Chris Becerra (Mills, Millbrae) defeated Shawn Ayers (Bellarmine, San Jose) by 16 seconds-15:23 to 15:39.

Bellarmine (San Jose) with 55 points edged Carlmont (Belmont) with 57 points and Menlo-Atherton (Atherton) with 63 points for the boys' title.

Sophomore Deirdre Kelly (Mitty, San Jose) defeated teammate Kim Thronson by 16 seconds-19:34 to 19:50.

Mitty won the girls' title with 50 points.

### Results - Men

1 Chris Becerra (Mills)	15:23
2 Shawn Ayers (Bellarmine)	15:39
3 Paul Ghidossi (Capuchino)	15:58
4 Ben Valpey (Menlo-Atherton)	16:00
5 Aaron Lopez (Menlo-Atherton)	16:17
6 Sangervasi (Carmont)	16:26
7 Aram (Hillsdale)	16:28
8 Piety (Carmont)	16:30
9 Bullock (Carmont)	16:31
10 O'Flaherty (Bellarmine)	16:32
11 Allen (Bellarmine)	16:38
12 Munoz (Aragon)	16:39

### Team Scores

1. Bellarmine 55, 2. Carlmont 57, 3. Menlo-Atherton 63, 4. Aragon 131, 5. Mitty 137, 6. Capuchino 141, 7. Sacred Heart 217, 8. Sequoia 223, 9. Hillsdale 260, 10. Mills 263, 11. San Mateo 264, 12. Palo Alto 291.
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### Results - Women

1 Deirdre Kelly (Mitty)	19:34
2 Kim Thronson (Mitty)	19:50
3 Yvonne Kendall (Mills)	19:52
4 Sandrine De Marval (Menlo-Ath)	19:54
5 Glenna Auerback (Aragon)	19:55
6 Concannon (Capuchino)	20:21
7 Watson (Carmont)	20:22
8 Brugger (Sacred Heart)	20:28
9 Rich (Palo Alto)	20:38
10 Williams (Menlo-Atherton)	20:42

### Team Scores

1. Mitty 50, 2. Menlo-Atherton 64, 3. Mills 88, 4. Aragon 125, 5. Carmont 127, 6. Sacred Heart 138, 7. Palo Alto 164, 8. San Mateo 195, 9. Capuchino 198, 10. Hillsdale 281.
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SAN MARINO HIGH SCHOOL'S Super Trio (left to right): Stuart Thompson (Jr.), David Baca (Sr.), and Andy Allan (Jr.). They went 1-2-3 in all but one league meet and place 1-2-4 in the League Championships. photo by Ted Wei, Jr.

## Foothill-St. Francis Invit.

from Keith Conning

**Foothill College, Los Altos Hills, Oct. 15.**

Foothill College, Los Altos Hills, October 15--Mountain View sophomores Craig Blockhaus and Shannon Clark and Saratoga's Connie Buckler took individual victories.

Blockhaus completed Foothill College's 2.9-mile course in 16:12 to win the sophomore boys' race, finishing 33 seconds ahead of St. Francis' Chris True.

Clark, who won the girls' Central Coast Section title as a freshman last year, breezed to victory in 17:46, one minute and 24 seconds ahead of runnerup Rebecca Chamberlain of Leigh. Mitty's Deirdre Kelly was third in 19:43.

Clark's victory led the Spartans to the team title with 44 points to Leigh's 52.

In the junior-senior girls' division, Buckler beat Wilcox's Becki Van Zant by 25 seconds to lead Saratoga to the team title.

In the senior boys' division, Chris Craig placed first in 15:24 to lead Leigh to the team title by 30 points over Willow Glen, 26-56.

Bellarmine, led by fifth-place finisher Shawn O'Flaherty, took the junior boys' title with 63 points.

### Senior Boys Results

1 Chris Craig (Leigh)	15:24
2 Rivera (Willow Glen)	15:56
3 Vennera (Leigh)	15:58
4 Clark (Mt. View)	16:05
5 Barren (Willow Glen)	16:07
6 Cottier (Leigh)	16:25
7 Hamm (Leigh)	16:30

### Team Scores

1. Leigh 26, 2. Willow Glen 56, 3. Bellarmine 64, 4. Mt. View 69.
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### Junior Boys Results

1 Vic Santa Maria (WillowGlen)	16:07
2 Pepper (Homestead)	16:13
3 Salazar (Saratoga)	16:21
4 Kohne (Gunn)	16:27
5 O'Flaherty (Bellarmine)	16:30



photo by Keith Conning

CHRIS CRAIG  
Leigh

### Team Scores

1. Bellarmine 63, 2. Willow Glen 74, 3. Lynbrook 79, 4. Prospect 107, 5. Homestead 113.
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### Sophomore Boys Results

1 Craig Blockhaus (Mt. View)	16:12
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### Junior-Senior Girls Results

1 Connie Buckler (Saratoga)	19:34
2 Van Zant (Wilcox)	19:59
3 Woods (Santa Clara)	20:04
4 Pentz (Homestead)	20:07
5 Hart (Homestead)	20:31

### Team Scores

1. Saratoga 35, 2. Palo Alto 42, 3. Wilcox 49.
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### Frosh-Soph Girls Results

1 Shannon Clark (Mt. View)	17:46
2 Chamberlain (Leigh)	19:10
3 Kelly (Mitty)	19:43
4 Kaue (Leigh)	19:51
5 Penny (Santa Clara)	20:15

### Team Scores

1. Mountain View 44, 2. Leigh 52, 3. St. Francis 81, 4. Mitty 94, 5. Willow Glen 115.
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# Prep Notes

## Hershel Miles Invitational

from Paul Williams

**Chichibu Park, Antioch, Oct. 15. 3 Miles.** Chichibu Park, Antioch, October 15--Senior Martin Higginbotham (Berkeley) won the large school boys' race by four seconds over Ethan Palo (Sacramento)-15:13 to 15:17. Junior Brian Vaughan (Berkeley) was third in 15:29.

Sacramento won the large school boys' title with 69 points (79:57). Clayton Valley (Concord) edged San Ramon (Danville) by three points (82 to 85) for second. However, San Ramon's team time of 81:07 was 11 seconds faster than Clayton Valley's.

Senior John Foley (Miramonte, Orinda) led his team to the small school boys' title. He won with a time of 15:32. Miramonte's team time of 81:27 would have placed them fourth in the large school race.

Junior Julie Rivers (Livermore) defeated junior Tina Goodykoontz (San Ramon, Danville) by 17 seconds-17:22 to 17:39. Sophomore Londa Mobley (Tracy) finished third in 18:19.

San Ramon won the girls' team title with 41 points. Northgate (Walnut Creek) was second at 102 and Alhambra (Martinez) followed with 119.

**Overall Winners - Boys (Large Schools)**

1 Martin Higginbotham (Berkeley)	15:13
2 Ethan Palo (Sacramento)	15:17
3 Brian Vaughan (Berkeley)	15:29
4 Chuck Lewis (San Ramon)	15:33
5 James Price (Sacramento)	15:34
6 Bart Stephens (San Ramon)	15:37
7 Eric Crump (Tracy)	15:40
8 T. J. Dearborn (Clayton Valley)	15:42
9 Doug Hanna (Sacramento)	15:45
10 Dennis Guertin (De La Salle)	15:49

**Team Scores**

1. Sacramento 69, 2. Clayton Valley 82, 3. San Ramon 85, 4. De La Salle 102, 5. Skyline 124, 6. Berkeley 135, 7. Tracy 143, 8. Santa Rosa 161, 9. Concord 224, 10. Ygnacio Valley 266, 11. Antioch 286, 12. El Cerrito 291.
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**Overall Winners - Boys (Small Schools)**

1 John Foley (Miramonte)	15:32
2 Adam McAboy (Miramonte)	15:41
3 Rob Lattling (Alhambra)	16:03
4 Robert Williams (Pittsburg)	16:06
5 Jeff Ryan (Miramonte)	16:11
6 I. Lawson (St. Mary's)	16:22
7 Jeff Lapak (Alhambra)	16:28
8 Doug Beach (Northgate)	16:35
9 Rich Cocomiglio (Alhambra)	16:47
10 Adam Muela (Northgate)	16:51

**Team Scores**

1. Miramonte 30, 2. Alhambra 53, 3. Northgate 73, 4. Las Lomas 91, 5. Pittsburg 113, 6. Redwood Christian 124.
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**Overall Winners - Girls**

1 Julie Rivers (Livermore)	17:22
2 Tina Goodykoontz (San Ramon)	17:39
3 Londa Mobley (Tracy)	18:19
4 Michelle Barrier (Clayton Valley)	18:33
5 Kate Leary (Alhambra)	18:40
6 Vonda Vandever (San Ramon)	18:43
7 Laura Carter (San Ramon)	18:49
8 Michelle Kelsey (Monte Vista)	19:03
9 Teresa Currie (Pittsburg)	19:20
10 Kim Whiting (Santa Rosa)	19:21

**Team Scores**

1. San Ramon 41, 2. Northgate 102, 3. Alhambra 119, 4. Tracy 133, 5. Las Lomas 137, 6. Miramonte 178, 7. Berkeley 185, 8. Clayton Valley 192, 9. Antioch 226, 10. Santa Rosa 236, 11. Carondelet 240, 12. Skyline 247, 13. El Cerrito 260, 14. Liberty 319.
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## Yucaipa Invit.

**Yucaipa H.S. October 15.** A good women's team race featuring a couple of the Section's better 3A Women's squads and Colton victory over

County rival Barstow in the featured Men's race were the highlights of this well-attended make-up of an earlier rain-out. Bishop Amat (La Puente) out-depthed a good Arlington (Riverside) group to win the top Women's race 38-51 after Sally Cohenour and Lori Good went 1-2 for Arlington. Barstow's Jim Ortiz and Eddie Toro went 1-2 for Barstow, but tooth surgery problems for third man Henry Morfon dragged the top-ranked 3A group down to third behind Colton and Mission Viejo in their Men's battle.

**Results**  
**Women - Div. I:** 1. Duncan (Beaumont) 20:30. **Team Scores:** 1. 29 Palms 50, 2. Rim of World (Arrowhead) 71. **Div. II:** 1. Walker (Yucaipa) 20:24, 2. Morin (La Sierra) 20:28. **Team Scores:** 1. Yucaipa 34, 2. La Sierra (Riverside) 59. **Div. III:** 1. Cohenour (Arl) 19:19, 2. Good (Arl) 19:31, 3. Maldonado (Amat) 19:39, 4. Gonzales (Amat) 19:55. **Team Scores:** 1. Bishop Amat (La Puente) 38, 2. Arlington 51, 3. Moreno Valley 89. **Div. IV:** 1. Long (Corona) 20:47. **Team Scores:** 1. Indio 40, 2. Corona 44.

**Men - Div. I:** 1. Schmitt (Covina) 16:14. **Team Scores:** 1. Covina 46, 2. 29 Palms 61. **Div. II:** 1. Rodriguez (Pomona) 16:24, 2. Nelson (La Sierra) 16:24. **Team Scores:** 1. Orange 42. **Div. III:** 1. Ortiz (Barstow) 15:22, 2. Toro (Barstow) 15:40, 3. Perez (Colton) 16:06, 4. Christie (Mission Viejo) 16:27. **Team Scores:** 1. Colton 49, 2. Mission Viejo 56, Barstow 56 (tie breaker). **Div. IV:** 1. Rios (Indio) 17:06. **Team Scores:** 1. Indio 46, 2. Corona 60.

## Atascadero Invit.

**Atascadero, October 15.** Central Section power Sanger came south and showed some awesome up-front strength in easily handling one of the Southern Section's top teams, Simi Valley, in this meet. David Naranjo, who cranked a 9:18.8 3200 as a frosh last year for Sanger, was the individual winner at 15:49.5, while Sanger's team time of 81:50 far outdistanced anything in the meet.

**Results**  
**Women - Large Schools:** 1. Wellington (Simi) 19:51, 2. Pollock (Westlake, WV) 20:19, 3. Rudy (Righetti). **Team Scores:** 1. Westlake (WV) 30 (105:39), 2. Simi 35 (105:55), 3. Righetti 89. **Small Schools:** 1. McKnell (Atascadero) 20:20. **Team Scores:** 1. Maranatha (Sierr Madre) 54 (111:00), 2. Lemoore 60, 3. Atascadero 65, 4. San Luis Obispo 89.

**Men - Large Schools:** 1. Naranjo (Sanger) 15:49, 2. Leal (Sanger) 15:53, 3. Hurtado (Sanger) 16:05, 4. Quinones (Righetti) 16:13, 5. Zimmer (Simi Soph) 16:16. **Team Scores:** 1. Sanger 40 (81:50), 2. Simi Valley 56 (83:49), 3. Righetti 91, 4. Mt. Whitney 100, 5. Westlake 119, 6. Madera 120. **Small Schools:** 1. Serna (McFarland) 16:14, 2. Escobar (Shafter) 16:14, 3. Grijalva (Atascadero) 16:30. **Team Scores:** 1. Maranatha 64 (84:39), 2. St. Francis (La Canada) 87 (87:08), 3. Shafter 96. **Frosh-Soph Large Schools:** 1. Welch (Westlake) 17:53. **Small Schools:** 1. Mueller (Morro Bay) 18:42.

## Del Mar Invit.

from Keith Conning

**Del Mar H.S., San Jose, Oct. 15.** Del Mar High School, San Jose, October 15--Senior Tom Legan (Del Mar, San Jose), the Central Coast Section mile champion, defeated sophomore Scott LaForce (Los Gatos) by 31.1 seconds-10:26.5 to 10:57.6.

Del Mar won the boys' title with 29 points. Sophomore Sabrina Han (Westmoor, Daly City) defeated Henry (Los Gatos) by 22 seconds-12:30.0 to 12:52.0. Los Gatos won the girls' title with 21 points.

**Results - Men**

1 Tom Legan (Del Mar)	10:26.5
2 LaForce (Los Gatos)	10:57.6
3 Schall (Del Mar)	N.T.
4 Rivera (Newark Memorial)	11:01.0

5 Machado (Lick)	11:03.2
6 La Plante (Del Mar)	11:07.1
7 Breckenridge (Los Gatos)	11:08.5

**Team Scores**  
 1. Del Mar 29, 2. Los Gatos 40, 3. Newark Memorial 106, 4. Fremont 116, 5. Lick 117, 6. Westmoor 130, 7. Washington 185.

**Results - Women**

1 Han (Westmoor)	12:30.0
2 Henry (Los Gatos)	12:52.0
3 Davis (Del Mar)	12:56.3
4 Daley (Los Gatos)	12:57.1
5 Fisher (Los Gatos)	12:57.6
6 Wimmer (Los Gatos)	13:17.4
7 Jauregui (Newark Memorial)	13:25.1

**Team Scores**  
 1. Los Gatos 21, 2. Westmoor 57, 3. Newark Memorial 79, 4. Lick 118, 5. Valley Christian 128, 6. Mt. Pleasant 141.

## Robert Louis Stevenson Inv.

Pebble Beach, October 15--Marc Goulet (Soquel) ran away from the field and led the Knights to a third place finish.

Goulet, who has finished second at the Watsonville and Artichoke Invitionals this season already, finished the three-mile course with a winning time of 16:36.

La Canada of the Southern Section won the large school varsity division.

Aptos won the girls' large school division. Kelly Ilnicki of Harbor, running in the large school race, won in 20:36.

The Aptos Mariners won as a team behind Diane Kitayama, Dasmir Leguillon, Danielle Karnian, Liz Keyser and Tara Locke-Paddon, who finished 7-9-10-11-13, respectively.

More than 20 schools participated in the event.



SHANNON CLARK  
Mt. View

## Center Meet

from Keith Conning

**Crystal Springs, Belmont, Oct. 20. 2.9 Mi.** Crystal Springs, Belmont, October 20--James Green (Gunderson, San Jose) defeated Richard Clark (Mt. View) by 32 seconds-15:22 to 15:54. Sophomore Aaron Lopez (Menlo-Atherton) held off

sophomore Craig Blockhus (Mt. View) for third place-16:06 to 16:11.

Carlmont (Belmont) won the boys' team race with 64 points to 78 points for Menlo-Atherton (Atherton).

Sophomore Shannon Clark (Mt. View), Richard's sister, defeated sophomore Sabrina Han (Westmoor, Daly City) by 18 seconds-17:58 to 18:16.

Mt. View won the girls' team title with 67 points.

**Results - Men**

1 James Green (Gunderson)	15:22
2 Richard Clark (Mt. View)	15:54
3 Aaron Lopez (Menlo-Atherton)	16:06
4 Craig Blockhus (Mt. View)	16:11
5 Hales (Leland)	16:15
6 Piety (Carlmont)	16:16
7 Sangervasi (Carlmont)	16:28
8 Paul Hoover (Mt. View)	16:35
9 Carroll (Woodside)	16:39
10 Bullock (Carlmont)	16:42
11 Barto (Menlo-Atherton)	16:45
12 Schubert (Leland)	16:47
13 Matthews (Santa Clara)	16:50
14 Cattanaach (Pacific Grove)	16:50
15 Mansfield (Lynbrook)	16:57

**Team Scores**  
 1. Carlmont 64, 2. Menlo-Atherton 78, 3. Leland 91, 4. Mountain View 93, 5. Gunderson 142, 6. Lynbrook 153, 7. Gunn 194, 8. Woodside 205, 9. Pacific Grove 216, 10. Los Altos 237, 11. Westmoor 258, 12. Santa Clara 295, 13. Palo Alto 333, 14. Sequoia 344, 15. Burlingame 420, 16. Menlo School 424.

**Results - Women**

1 Shannon Clark (Mt. View)	17:58
2 Sabrina Han (Westmoor)	18:16
3 Laurie Chapman (Gunderson)	19:04
4 Adams (Gunderson)	19:27
5 Becki Van Zant (Wilcox)	19:48
6 Toni Hartlaub (Burlingame)	20:01
7 Sandra Woods (Santa Clara)	20:08
8 Marta Champeny (Santa Clara)	N.T.
9 Watson (Carlmont)	20:23
10 Pentz (Homestead)	20:31
11 Wollenberger (MenloSch)	20:34

**Team Scores**  
 1. Mt. View 67, 2. Palo Alto 87, 3. Leland 109, 4. Gunderson 132, 5. Westmoor 149, 6. Sacred Heart 159, 7. Carlmont 165, 8. Lynbrook 175, 9. Wilcox 207, 10. Burlingame 207, 11. Castilleja 242.

## Soquel Inv.

Soquel High School, October 22--Senior Matt Giusto (San Mateo), the defending Central Coast Section cross country champion, defeated sophomore David Naranjo (Sanger) by 7.6 seconds in the boys' large school race-12:29.6 to 12:37.2.

In the boys' large school race Sanger of the Central Section with 48 points defeated Bellarmine (San Jose) of the Central Coast Section with 87 points, Clovis of the Central Section with 93 points, and Redwood (Larkspur) of the North Coast Section with 144 points. Sanger placed four runners in the top ten--Naranjo 2nd, Hurtado 3rd, Leal 8th, and Bernal 10th.

Freshman Kelly Ilnicki (Harbor, Santa Cruz), who is undefeated in seven races this season, defeated junior Lori Wilson (Terra Nove, Pacifica), the small school winner at the Artichoke Invitational, by 12.5 seconds-15:21.7 to 15:34.2.

The Clovis girls' team of the Central Section easily won with 66 points over St. Francis (Mt. View) of the Central Coast Section with 125 points, Terra Linda (San Rafael) of the North Coast Section with 139 points, Bella Vista (Fair Oaks) of the Sac-Joaquin Section with 178 points, and Lowell of the San Francisco Section with 182 points.

Chris Becerra (Mills, Millbrae) won the small school boys' race by 22.2 seconds in 12:48.3, the third best time of the day.

Terra Linda (San Rafael) paced by senior Kevin Thayer, who placed second in 13:10.5, won the boys' small school title with 52 points.

# SJAA Invitational

from William Rothschild

Oak Grove Park, Oct. 23. 3.1 Miles.

## Boys Results

1 Danny Valdez, Merced	15:55
2 Darin Slade, Valley	15:59
3 Craig Sawyer, Grace Davis	16:02
4 Ethan Palo, Sacto	16:05
5 Chris Allen, MiraLoma	16:10
6 John Shaw, Modesto	16:13
7 Eric Crump, Tracy	16:19
8 Sean Howard, Merced	16:23
9 Allen Bradley, Merced	16:30
10 Doug Hanna, Sacto	16:32

## Team Scores

1. Merced 57, 2. Sacramento 79, 3. Lincoln 93, 4. Modesto 112, 5. Valley 125.

## Girls Results

1 Colleen Donovan, Lodi	18:58
2 Londa Mobley, Tracy	19:42
3 Kelly Donaldson, Merced	19:55
4 Alix Tubman, Grace Davis	20:09
5 Doris Chin, Turlock	20:24
6 Regina Rowan, Turlock	21:04
7 Tina Beye, Lincoln	21:13
8 Stephanie Simonsen, Tracy	21:22
9 Gina Rios, Colfax	21:31
10 Julie Leach, Turlock	21:39

## Team Scores

1. Merced 63, 2. Turlock 65, 3. Tracy 73, 4. Lincoln 125, 5. Lodi 132.

# Mt. SAC Invitational

from Doug Speck

Walnut, Oct. 28-29th.

On Friday, October 28th, and Saturday 29th, the Preps once again took over the Mt. SAC Cross-Country facility for competition involving seventy one races and some 6000 athletes. As usual the level of competition was super, with the Meet providing its usual showcase of California's talent statewide. The competition was divided into Division I (10th-12th enrollment 1099 or less-Friday), Division II (1100-1599-Saturday), and Division III (1600 plus-Saturday), with individual and team sweepstakes races along the way to bring top squads and individuals together. Cool weather held both days to make for good racing conditions.

Headlining the Meet was a titanic Individual Sweepstakes race for the Men on Saturday. Jesus Gutierrez (Pasadena), Jim Ortiz (Barstow), and Calvin Gaziano (Castro Valley), all have two mile track pr's around 9:00, and Gutierrez and Gaziano were undefeated thus far in their half of the State. Ted Goodlake (Fallbrook, San Diego) did most of the pace work through a 4:41 mostly flat first mile before the pack hit the challenging switchback loop. It was during the up-and-down of this challenging section that makes up most of the second mile that Gutierrez and Ortiz edged away from their northern challenger. As the Southern Cal duo crested the final Reservoir Hill Ortiz edged away to perhaps a ten yard lead on the downhill section. With a bit over a quarter mile left on the flat on into the chute Gutierrez edged up to Ortiz, and in the final 330 yards moved away to a 14:49-14:53 triumph. Gutierrez' mark helps him as the third fastest All-Time on the course (with the 5th fastest run ever), with Ortiz now fourth All-Time on the course. Gaziano, a junior, recorded an excellent 15:01 (equal number twelve All-Time, and tied for the best ever non-Southern Section athlete's performance at Mt. SAC). This race had to be among the best ever in-season prep competitions ever, as 17th place was 15:50 (worth about 15:00 on a flat course).

The Men's Team Sweepstakes had the same intersectional nature. Most of the Southern Section's top squads were present, led by the 2A top-ranked Arroyo of El Monte squad. An eager Arroyo group took the pace out the first mile, led by Mike Perez. The Monte Vista (San Diego) duo of Martin Sandoval and Ari Schauder moved to the front during the second mile, and a

Jesuit (Sacramento) group eased up through the pack as the race wore on. The San Diego stars edged away to a fine 1-2 sweep, and the Sacramentoans continued to move up during the third mile to their eventual team win with 70 points (79:48). Arroyo was 2nd at 95 (80:24), and Monte Vista used its up-front power for third at 104 (79:57). With the Soph twins of Mark (3rd-15:43) and Eric (7th-15:47) Mastalir, and with anyone else of quality returning the next year or two on the Jesuit squad it would seem capable of going after the 78:08 Mt. SAC team time record of Helix San Diego 78:08 from 1977.

The Young Women's Team Sweepstakes featured the individual duel between Joni Mooney (Vacaville) and Chantal Plante (Arroyo Grande). The duo was separated by a second at the Stanford Invitational, but the Mt. SAC hills seemed much more to the liking of the powerful San Francisco Bay area star, as Mooney powered away up a steep grade just prior to two miles during a 17:58-18:21 victory over Plante. Mooney becomes only the second non-Southern Section athlete under 18:00 (and the 11th All-Time) with her run. San Gabriel's Sylvia Mosqueda paced a good 18:13 in winning Saturday's Individual Sweepstakes race. Tustin continued to roll over everyone, clocking 95:20 with 64 points to take the Team Sweeps (number eight All-Time team clocking here). El Dorado (Placencia) clocked 96:57 in an Individual Sweeps win fueled by super frosh runners Julie Cooper (19:08) and Beth Rospajja (19:10) behind senior Marcia Escobosa (18:54).

Top performers in Friday's Smaller Schools action was El Camino (Oceanside) at 82:13 and a Team Sweepstakes victory with 70 points. The Wildcats' John Groulx at 15:44 equalled the time of Adolfo Garcia (Escondido) for Friday's top individual clocking. San Maritro (103:12) scored a Women's Team Sweepstakes win on Friday, with Cheryl Oslinger (South Hills, Covina) at 19:01 edging Carol Doody (Webb, Claremont) 19:02 for that day's quickest Women's clocking.

## Results - Men

1 Jesus Gutierrez(Pasadena)	14:49
2 Jim Ortiz(Barstow)	14:53
3 Calvin Gaziano(CastroValley)	15:01
4 Ted Goodlake(Fallbrook)	15:07
5 J. P. Hall(LaSalle,Passa)	15:10
6 Dan Palma(Glendale)	15:13
7 Greg Fontaine(Serra,S.D.)	15:16
8 Ed Toro(Barstow)	15:17
9 Dan Holmes(SantaBarb)	15:18
10 Martin Sandoval(MonteVista)	15:21
11 Ethan Robert(Serra,D.D.)	15:22
12 Frank Ramirez(Lompoc)	15:23
13 Andy Wright(SunnyHills,Fulert)	15:26
14 Pat Green(LaJolla)	15:34
15 Ari Schauder(Monte Vista)	15:36
16 John Bass (CastroValley)	15:37
17 Lamberto Esparza(SantaBarb)	15:40
18 Mark Mastalir(Jesuit,Sacto)	15:43
19 John Groulx(El Camino,Ocnisd)	15:44
20 Jose Quintana(Lakewood)	15:44
21 Mike Perez(Arroyo,ElMonte)	15:47
22 Dennis Block(Lompoc)	15:47
23 Ricardo Rubio(Hawthorne)	15:48
24 Billie Christie(MissionViejo)	15:48
25 David Baca(San Marino)	15:49
26 Paul Burroughs(Agoura)	15:49
27 Rob Barrios(Univ.Irvine,Frosh)	15:49
28 Eric Mastalir(Jesuit,Sacto)	15:49
29 Greg Houlgate(BishopMontgy)	15:50

## Team Scores

1. Jesuit, Sacto 79:48, 2. Monte Vista, El Cajon 79:57, 3. Arroyo, El Monte 80:24, 4. Barstow 80:34, 5. Mater Dei, Santa Ana 81:29, 6. El Toro 81:49, 7. Buena, Ventura 82:03, 8. Hawthorne 82:08, 9. Mira Costa, Manhattan Beach 82:10, 10. Castro Valley 82:12, 11. El Camino, Oceanside 82:13, 12. LaSalle, Pasadena 82:13, 13. Mission Viejo 82:19, 14. Valhalla, El Cajon 82:29, 15. Simi Valley 82:21, 16. Costa Mesa 82:33, 17. Hart, Newhall 82:35, 18. Lakewood 82:37, 19. Dana Hills 82:48, 20. Westlake, Westlake Village 82:50, 21. Thousand Oaks 82:56, 22. Santa Barbara 82:57, 23. El Capitan, San Diego 82:59, 24. Millikan, Long Beach 83:00, 24. Rowland 83:00.



photo by Burt Davis

Leaders of the individual sweepstakes, girls varsity at Mt. SAC (large schools)

## Results - Women

1 Joni Mooney(Vacaville)	17:58
2 Sylvia Mosqueda(SanGabriel)	18:13
3 Chantel Plante(ArroyoGrande)	18:21
4 Heather Brooks(BonitaVista)	18:26
5 Jenni Scott(Tustin)	18:29
6 Maura Daly(Mission Viejo)	18:29
7 Jenny McCarty(Buena,Ventura)	18:33
8 Pauline Stehly(OrangeGlen)	18:34
9 Lori Good(Arlington)	18:38
10 Joanne Maldonado(BishopArmat)	18:42
11 K. McCormack(Tustin)	18:45
12 Laura Chapel(Irvine)	18:46
13 Stephanie Federchak(Fallbrook)	18:47
14 Lisa Rizzio(Hart,Newhall)	18:50
15 Maryanne Bullard(Esperanza)	18:51
16 Sylvia DeSantiago(Ontario)	18:51
17 Marcia Escobosa(ElDorado)	18:54

18 Julie Morris(NewportHarbor)	18:54
19 Maggie Hensen(NewportHarbor)	18:57
20 Laura Cook(Santana,S.D.)	18:58
20 Christy Farrell(ThousandOaks)	18:58

## Team Scores

1. Tustin 95:20, 2. El Dorado, Placencia 96:57, 3. Irvine 97:21, 4. Buena, Ventura 97:32, 5. Newport Harbor 98:08, 6. Rowland, Rowland Heights 99:24, 7. Edison, Huntington Beach 99:43, 8. Dos Pueblos, Goleta 100:02, 9. Esperanza, Placencia 100:08, 10. Westlake, Westlake Village 100:30, 11. Valhalla, El Cajon 100:40, 12. Mission Viejo 102:15, 13. Arlington 102:43, 14. Saugus 102:47, 15. Bonita Vista, Chula Vista 102:48, 16. Norco 102:54.



photo by Burt Davis

JESUS GUTIERREZ  
Pasadena



photo by Burt Davis

JONI MOONEY  
Vacaville

## Prep Notes

### National Postals Regional

from Keith Conning

Los Gatos H.S. Oct. 29.  
2 Miles on Track.

Los Gatos High School, October 29--Senior Tom Legan (Del Mar, San Jose) passed senior Chris Craig (Leigh, San Jose) with a little more than a lap to go and held on to hand Craig his second defeat this week--9:11.7 to 9:12.0. Legan beat Craig in a dual meet on Monday by six seconds.

Doug Gollieher (Saratoga) led the first lap in 62.9. Then Craig took over with splits of 2:15.6, 3:27, 4:40.1, 5:47.8, 6:58.2. Legan led with a lap to go in 8:08.5 and passed 3,000 meters in 8:37.1.

Sophomore Laurie Chapman (Gunderson, San Jose) defeated junior Julie Rivers (Livermore) by 10.4 seconds--11:04.2 to 11:14.6. Lanette Davis (Del Mar, San Jose) led the first lap in 75 seconds. Sophomore Deena Adams (Gunderson, San Jose) led at the half mile in 2:38.4. Then Rivers took over with splits of 4:01.8, 5:27.1, 6:53.4, and 8:20.6. Chapman led with a lap to go in 9:47.3 and passed 3,000 meters in 10:22.3. She sprinted away from Rivers.

This is Chapman's first cross country season. She placed sixth in the Central Coast Section mile last spring in 5:13.8 and had a two-mile best of 11:29. She improved her time by 25 seconds today.

Both Craig and Legan were disappointed to find out that the defending Northern California 3200 meter champion Calvin Gaziano was absent. Meanwhile, Gaziano was placing third at Mt. Sac.

Craig let Legan pass with one lap to go, but made a courageous run down the stretch to try to catch him.

Legan said, "I wanted to make my move at 6 laps, but the conditions (high winds) changed my mind. My major goal is to win the State Meet 1600 meters."

#### Results - Men

1 Tom Legan (Del Mar)	9:11.7
2 Craig (Leigh)	9:12.0
3 Crowley (Overfelt)	9:13.3
4 Hill (Mission San Jose)	9:13.6
5 Gollieher (Saratoga)	9:17.7
6 Green (Gunderson)	9:28.0
7 Ayers (Bellarmine)	9:34.3
8 Tung (Saratoga)	9:38.6
9 Goulet (Soquel)	9:40.1
10 Allen (Bellarmine)	9:41.1
11 Cottler (Leigh)	9:42.4
12 Schall (Del Mar)	9:45.1
13 Valpey (Menlo-Atherton)	9:46.9
14 Santa Maria (Willow Glen)	9:47.3
15 Hamera (Livermore)	9:47.8
16 O'Flaherty (Bellarmine)	9:48.5
17 Beauchemin (Westmont)	9:49.9
18 Lopez (Menlo-Atherton)	9:50.0
19 Goriaka (Livermore)	9:50.1
20 (tie) Rivera (Willow Glen)	9:51.1
Hales (Leland)	9:51.1

#### Team Scores

1. Bellarmine 48:48, 2. Leigh 48:56, 3. Del Mar 49:14, 4. Saratoga 49:52, 5. Willow Glen 50:18, 6. Carmont 50:25, 7. Menlo-Atherton 50:33, 8. Los Gatos 50:43, 9. Westmont 50:45, 10. Soquel 50:56, 11. Overfelt 51:13, 12. Leland 51:29, 13. Serra 51:32, 14. Mitty 52:43, 15. Palma 53:12.
--

#### Results - Women

1 Laurie Chapman (Gunderson)	11:04.2
2 Rivers (Livermore)	11:14.6
3 Adams (Gunderson)	11:16.5
4 Chamberlain (Leigh)	11:21.3
5 Kim Himenes (St. Francis)	11:22.1
6 Davis (Del Mar)	11:24.5
7 Daley (Los Gatos)	11:26.7
8 Henry (Los Gatos)	11:36.2
9 Kelly (Mitty)	11:38.7
10 Buckler (Saratoga)	11:42.0

11 Opp (Santa Teresa)	11:50.1
12 Castello (Willow Glen)	11:51.6
13 Thronson (Mitty)	11:52.1
14 Champeny (Santa Clara)	11:52.8
15 Kaur (Leigh)	11:53.1
16 Seck (Lynbrook)	11:53.7
17 Rositano (St. Francis)	11:57.2
18 Hart (Homestead)	12:02.0
19 Wasley (Livermore)	12:06.4
20 Foster (Los Gatos)	12:09.9

#### Team Scores

1. Los Gatos 59:38 (5th all-time CCS), 2. St. Francis 60:41, 3. Leigh 61:37, 4. Gunderson 61:45, 5. Mitty 61:54, 6. Homestead 63:29, 7. Livermore 63:55, 8. Willow Glen 63:56, 9. Soquel 64:27, 10. Carmont 64:43, 11. Leland 64:57, 12. Del Mar 65:32, 13. Saratoga 66:34, 14. San Lorenzo Valley 72:05.
---

#### Results - Girls 2 mile

1 Shaw, Clovis West	11:44
2 Lewis, Clovis	12:03
3 Wagoner, Clovis West	12:12
4 Guajardo, Clovis	12:18
5 Shelley, Clovis	12:30

#### Team Scores

1. Clovis 24, 2. Clovis West 40, 3. Sanger 77, 4. Hoover 95.
--

## Kern Invit.

from Steve Ward

Hart Park, Bakersfield. Oct. 29.

All of the top rated girls teams in the Section (except for top ranked Clovis) squared off in what most coaches believed would be a preview of the section meet to be held here in 3 weeks. Clovis West secured it's hold on the number two ranking by claiming the team championship, despite a sub-par performance by their top runner Tiffany Shaw. Lori Cook continued her winning ways cruising to a 12 second win over rapidly improving Stacey Chavez.

Sanger continued to dominate the boys competition with their 1,2,3 finish. Sophomore David Naranjo continued his winning ways over Central Section competitors.

#### Results - Boys 3 Mile

1 Naranjo, Sanger	15:14
2 Hurtado, Sanger	15:26
3 Leal, Sanger	15:28
4 Escobar, Shafter	15:55
5 Watson, North	16:07
6 Bradburn, Madera	16:10
7 Bernal, Sanger	16:12
8 Morgan, Yosemite	16:14
9 Castellanos, Madera	16:17
10 Higlin, Bakersfield	16:20

#### Team Scores

1. Sanger 45, 2. Madera 74, 3. Shafter 99, 4. Bakersfield High 115, 5. North High 140.
--

#### Results - Girls 2 Miles

1 Cook, Golden West	11:50
2 Chavez, West	12:02
3 Cruz, Exeter	12:09
4 Shaw, Clovis West	12:31
5 Pinson, Redwood	12:37

#### Team Scores

1. Clovis West 83, 2. Redwood 85, 3. Golden West 147, 4. Lemoore 155, 5. Sanger 158, 6. West 188, 7. North 203.
---

## NYL X-C Championships

from Steve Ward

Woodward Park, Fresno. Nov. 4.

The top three cross country teams in the Central Section are all from the same league and what promised to be a preview of the section meet turned out to be the best 1,2 team performance in the history of the NYL. Clovis placed 5 runners in the top 8 to secure a 28 to 40 victory over Sanger. Clovis' time of 77:33 and Sanger's 77:46 were the top team times ever for the NYL at Woodward Park. Clovis High girls won their third straight league title placing 5 in the top 7 but were broken up by the strong performance of Clovis West's top two runners.

#### Results - Boys 3 mile

1 Leal, Sanger	14:54
2 Hurtado, Sanger	15:13
3 Lineau, Clovis	15:20
4 Williams, Clovis	15:20
5 Naranjo, Sanger	15:25

#### Team Scores

1. Clovis 28, 2. Sanger 40, 3. Clovis West 105, 4. Hoover 133, 5. McLane 140, 6. Fresno 159, 7. Roosevelt 195.
--



photo by Steve Ward

LISA LEWIS  
Clovis

## WYL X-C Championships

Kings River College, Reedley. Nov. 4.

#### Results - Boys 3 Miles

1 Nagel, Mt. Whitney	15:50
2 Bahr, Mt. Whitney	15:52
3 Lizotte, Mt. Whitney	15:56
4 Martinez, Mt. Whitney	16:03
5 Sibrian, Golden West	16:10

#### Team Scores

1. Mt. Whitney 20, 2. Reedley 66, 3. Lemoore 68, 4. Redwood 89, 5. Golden West 123.
---

#### Results - Girls 2 Miles

1 Cook, Golden West	11:49
2 Jungwirth, Redwood	12:13
3 Drew, Lemoore	12:26
4 Pinson, Redwood	12:28
5 Martinez, Reedley	12:29

#### Team Scores

1. Redwood 39, Lemoore 57, 3. Golden West 74, 4. Reedley 80, 5. Mt. Whitney 101, 6. Hanford 166.
--

## Sac-Joaquin Sub-Section I Championships

from Bill Rothschild

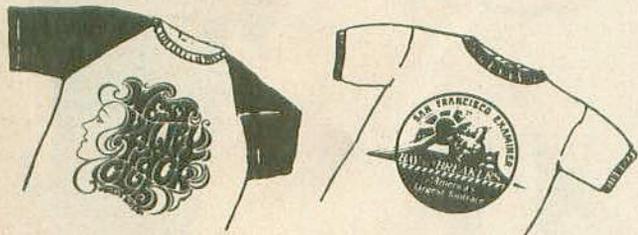
Oak Grove Park, Stockton. Nov. 4.

Merced senior Danny Valdez easily captured the individual title of the boy's varsity race and the Bears just as easily captured the team title over second place Lincoln. Lodi junior, Colleen Donovan ran away from the girl's field in a course record of 18:35. Merced senior, Kelly Donaldson upset sophomore Londa Mobley of Tracy to lead Merced's girls to a narrow 48-49 win over Tracy. Turlock

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made it a close team race, finishing third with 67 points behind senior Regina Rowon's 5th place finish.

**Results - Men**

1 Danny Valdez (Merced)	15:51
2 Craig Sawyer (Grace Davis)	16:08
3 Eric Crump (Tracy)	16:23
4 Eric Bookin (Lincoln)	16:27
5 Sean Howard (Merced)	16:38
6 Mike Crawford (Merced)	16:39
7 Steve Russo (Franklin)	16:40
8 Allen Brodley (Merced)	16:45
9 David Garcey (Merced)	16:47
10 Craig Sterni (Lincoln)	16:49

**Team Scores**

1. Merced 25 (82:40), 2. Lincoln 53 (84:44), 3. Franklin 74 (87:12), 4. Grace Davis 107 (90:24), 5. Turlock 110 (89:48).
--



**KELLY DONALDSON**  
Merced

**Results - Women**

1 Colleen Donovan (Lodi)	18:35
2 Kelly Donaldson (Merced)	19:05
3 Londa Mobley (Tracy)	19:26
4 Alix Tubman (Grace Davis)	19:50
5 Regina Rowon (Turlock)	20:09
6 Stephanie Simonsen (Tracy)	20:21
7 Alesha Duggins (Merced)	20:37
8 Doris Chin (Turlock)	20:43
9 Tina Beye (Lanolin)	20:53
10 Yvonne Mobley (Tracy)	21:00

**Team Scores**

1. Merced 46 (103:09), 2. Tracy 49 (103:15), 3. Turlock 67 (105:50), 4. Lodi 108 (111:40), 5. Lincoln 119 (112:31).
---

## Northern Section

from Chuck Sheley/Jim Echman

Shasta H.S., Redding, November 5.  
3 Miles.

Shasta High School, Redding, November 5--Sophomore Mike Wall (Lassen, Susanville) set a new course record of 15:53 over the hilly 3.0 mile course. He defeated Ernie Freer (Hayfork) by 27 seconds. Mike Dean (Lassen) was third in 16:31.

Jim Echman's Yreka team won with 51 points to 55 for Lassen. Yreka was paced by junior Bill Fields who placed fourth in 16:39.

Donna Martin (Enterprise) defeated Angela Bonomini (Red Bluff) by 7 seconds-19:30 to 19:37. Heather Hollahan (Enterprise) was third in 19:50.

Chuck Sheley's Chico girls' team with 50 points edged Shasta and Enterprise with 52 points.

**Results - Men**

1 Mike Wall (Lassen)	15:53
2 Ernie Freer (Hayfork)	16:20
3 Mike Dean (Lassen)	16:31
4 Bill Fields (Yreka)	16:39
5 Steve Scott (Shasta)	16:50
6 Sean O'Shea (Paradise)	16:59
7 Mike Weidlien (Anderson)	17:12
8 Randy Penn (Central Valley)	17:17
9 Greg Blevins (Lassen)	17:18
10 Luke Gilnes (Red Bluff)	17:21

**Team Scores**

1. Yreka 68, 2. Lassen 81, 3. Red Bluff 144, 4. Enterprise 147, 5. Shasta 160, 6. Plea-
---

sant Valley 205, 7. Central Valley 220, 8. Chico 223, 9. Anderson 318, 10. Las Plumas 325.

**Results - Women**

1 Donna Martin (Enterprise)	19:30
2 Angela Bonomini (Red Bluff)	19:37
3 Heather Hollahan (Enterprise)	19:50
4 Denae Duniap (Anderson)	20:12
5 Renee Rife (Portola)	20:20
6 Judi Manning (Central Valley)	20:32
7 Cori Gifford (Shasta)	20:50
8 Dani Feilner (Chico)	20:55
9 Sandy Magoon (Chico)	21:00
10 Mary Drake (Anderson)	21:02

**Team Scores**

1. Chico 50, 2. Shasta 52, 3. Enterprise 52, 4. Central Valley 100, 5. Pleasant Valley 108.
---

## South Area

Hart Park, Bakersfield, Nov. 10, 3 MI.

**Results - Men**

1 Serna (McFarland)	15:02.7
2 Watson (North)	15:28
3 Rizo (McFarland)	15:37
4 F. Gonzalez (McFarland)	15:42.8
5 Helton (Porterville)	15:43
6 Riple (Wasco)	15:44
7 Cepeda (McFarland)	15:47.5
8 Ortiz (Wasco)	15:49.1
9 E. Gonzalez (Highland)	15:50.9
10 Pearson (Porterville)	15:52.6

**Team Scores**

1. McFarland 54, 2. Porterville 77, 3. Shafter 102, 4. Bakersfield 108, 5. Wasco 120.
---

**Results - Women (2 Mile)**

1 Twist (North)	11:47.3
2 Chavez (West)	12:00.7
3 Randolph (Bakersfield)	12:08.1
4 Bujanda (McFarland)	12:09.9
5 Meyer (East)	12:17.1
6 Ford (North)	12:19.6
7 Ramirez (Foothill)	12:30.3
8 Perry (Highland)	12:33.8
9 Baker (Monache)	12:34.4
10 TaCarter (McFarland)	12:38.2

**Team Scores**

1. North 61, 2. Bakersfield 82, 3. Porterville 100, 4. West 115, 5. East 121.
---

## Central Area

Avocado Lake, Nov. 10, 3 Miles.

**Results - Men**

1 Hurtado (Sanger)	14:46.4
2 Martin Leal (Sanger)	14:54
3 Naranjo (Sanger)	15:12
4 Bahr (Mt. Whitney)	15:18
5 Bernal (Sanger)	15:22
6 Nagel (Mt. Whitney)	15:30
7 Aguilar (Parlier)	15:40
8 Cibron (GoldenWest)	15:44
9 Fernandez (Reedley)	15:47
10 Breckenridge (Immanuel)	15:48

**Team Scores**

1. Sanger 23, 2. Mt. Whitney 66, 3. Corcoran 118, 4. Reedley 126, 5. Lemoore 149.
---

**Results - Women**

1 Cook (Golden West)	11:52
2 Cruz (Exeter)	12:22
3 Jungwirth (Redwood)	12:27
4 Battles (Tulare/Union)	12:30
5 Drew (Lemoore)	12:31
6 Bird (Reedley)	12:31
7 Saenz (Reedley)	12:31.7
8 Tijerina (Sanger)	12:32
9 Lopez (Parlier)	12:34
10 Martinez (Reedley)	12:35

**Team Scores**

1. Redwood 62, 2. Lemoore 86, 3. Golden West 88, 4. Sanger 93, 5. Reedley 98.
---

## North Area

Woodward Park, Fresno, Nov. 10, 3 Mile.

**Results - Men**

1 Lienau (Clovis)	15:18
2 Jaurequi (Clovis)	15:31
3 Williams (Clovis)	15:35
4 Bryant (Clovis)	15:40
5 Porter (Clovis)	15:44
6 Morgan (Yosemite)	15:48
7 Bradburn (Madera)	15:52
8 Besser (ClovisWest)	15:58
9 Trevino (Madera)	15:59
10 Cummings (Madera)	16:00

**Team Scores**

1. Clovis 15, 2. Madera 51, 3. Clovis West 94, 4. Hoover 113, 5. McLane 113.
--

**Results - Women**

1 Shaw (Clovis West)	11:48
2 Lewis (Clovis)	11:56
3 Wagoner (Clovis West)	12:10
4 Guajardo (Clovis)	12:14
5 Montie (Clovis)	12:15
6 Stebles (Clovis)	12:24
7 Loeb (Clovis West)	12:34
8 Volkerts (Madera)	12:41
9 Prather (Sierra)	12:42
10 Orme (San Joaquin Mem)	12:44

**Team Scores**

1. Clovis 27, 2. Clovis West, 3. Hoover 103, 4. Memorial 110, 5. Sierra 138.
--

## North Coast Section 3A

from Keith Conning

PL Pinole Regional Park, Nov. 12.

6 qualify to meet of Champions.

Pt. Pinole Regional Park, November 12--On a very rainy day, senior Martin Higginbotham (Berkeley), the Richmond-Berkeley Athletic League Champion who placed 6th last year, upset Scott Hill (Mission San Jose, Fremont), the Mission Valley Athletic League champion who was fifth last year, by three seconds-14:54 to 14:57. The runners were covered by mud from head to toe. Senior Jim Howard (Northgate, Walnut Creek), the Diablo Valley Athletic League champion who was tenth last year, placed third in 15:16.

Three boys' teams-Livermore (3rd in 1982), Berkeley (1st in 1982), and San Ramon (4th in 1982)--tied for first with 94 points. The title went to Livermore, whose sixth runner placed 42nd. Berkeley's sixth man was 51st and San Ramon's was 55th. Junior Tina Goodykoontz (San Ramon), the East Bay Athletic League champion and fifth here last year, defeated junior Julie Rivers (Livermore), third in the EBAL by 15 seconds. Tom Cathcart of Dublin noticed that Rivers had wandered off the course and called her back. Tom's daughter Amy of Amador Valley, the defending champion, placed third in 18:27.

San Ramon (Danville), who was second last year, easily won the girls' title with 33 points. They had four finishers in the top six. Amador Valley (Pleasanton), 3rd in 1982, was second with 94 points followed by College Park (Pleasant Hill) with 97.

**Results - Men**

1 Martin Higginbotham (Berk)	14:54
2 Scott Hill (MissionSanJose)	14:57
3 Jim Howard (Northgate)	15:16
4 Brian Vaughan (Berkeley)	15:26
5 John Buck (Logan)	15:27
6 Stuart Wiseman (ElCerrito)	15:34
7 Mike Goralka (Livermore)	15:40
8 Scott Savage (Foothill)	15:46
9 Bobby Rivera (NewarkMemorial)	15:48
10 Alex Da Silva (ElCerrito)	15:50
11 Bart Stephens (San Ramon)	15:51
12 Chuck Lewis (San Ramon)	15:53

**Team Scores**

1. Livermore 94,(6th runner 42nd), 2. Berkeley 94,(6th runner 51st), 3. San Ramon 94,(6th runner 55th), 4. Clayton Valley 125, 5. Mission San Jose 169, 6. Antioch 177, 7. Granada 178, 8. College Park 180, 9. Newark Memorial 194,(6th runner 58th), 10. North Gate 194,(6th runner 74th), 11. Logan 215, 12. El Cerrito 222.
---

**Results - Women**

1 Tina Goodykoontz(SanRamon)	18:01
2 Julie Rivers (Livermore)	18:16
3 Amy Cathcart(AmadorValley)	18:27
4 Laura Carter (SanRamon)	18:47
5 Vonda Vandaveer (San Ramon)	18:58
6 Kelly Sobey (San Ramon)	19:01
7 Gina Jauregui(NewarkMemor)	19:03
8 Michelle Barrier(ClaytonVal)	19:04
9 Teresa Poy(ElCerrito)	19:05
10 Tresa Currie(Pittsburg)	19:16
11 Michelle Kelsey(MonteVista)	19:21
12 Kacey Burns(Northgate)	19:58

**Team Scores**

1. San Ramon 33, 2. Amador Valley 94, 3. College Park 97, 4. Livermore 105, 5. Northgate 111, 6. Clayton Valley 136, 7. Berkeley 157, 8. Mission San Jose 200, 9. Newark Memorial 202.
--

## North Coast Section A

from Keith Conning

Upper Lake, Nov. 12.

Middle Creek, November 12--Shawn Nisson of Lower Lake and Dana Pyorre of Fort Bragg were the top finishers in the boys' and girls' divisions.

Nisson, last year's runner-up to Fort Bragg's Sal D'Acquisto, beat D'Acquisto this year by 20 seconds. Nisson also defeated D'Acquisto in the Coastal Mountain Conference Championships last week. Sophomore Jim McManus (College Prep, Oakland) was third.

It was the third-straight Class A win for Pyorre and the second-consecutive win for the Fort Bragg girls' team. Pyorre, a four-time NCL I champion, edged last year's runner-up, Sally Carlson of Ferndale, by nine seconds.

University High of San Francisco won the boy's division, ending Fort Bragg's eight-year domination of the Class A title.

The three-mile course was changed prior to the race's start because of flooding at two nearby creeks following Friday nights heavy rains.

**Results - Men**

1 Shawn Nisson (Lower Lake)	20:04
2 Sal D'Acquisto (Fort Bragg)	20:24
3 Jim McManus (College Prep)	21:09
4 Juan Lopez (Upper Lake)	21:33
5 Craig Nelson(MarinAcademy)	21:38

**Team Scores**

1. University High(S.F.) 38, 2. Fort Bragg 40, 3. Clear Lake 72, 4. California School for Deaf 83, 5. Marin Academy 111.
--

**Results - Women**

1 Dana Pyorre (Fort Bragg)	25:12
2 Sally Carlson (Ferndale)	25:21
3 Heather Turney (Kelseyville)	26:18
4 Milissa Seale (Fort Bragg)	26:26
5 Western Bolimine (Willits)	26:27

**Team Scores**

1. Fort Bragg 23, 2. University High 39, 3. Clear Lake 73, 4. St. Vincent 113.
--

## North Coast Section 2A South

from Tim Kuta

Hayward H.S., Nov. 12.

4 Teams Qualify.

Hayward High School, November 12--Junior Calvin Gaziano (Castro Valley), the Hayward Area Athletic League champion and seventh last year, defeated his teammate junior John Bass, who was second in the league and second last year, by eight seconds-15:12 to 15:20. Senior John Foley (Miramonte, Orinda), the Foothill Athletic League champion, placed third in 15:53.

Miramonte (Orinda), fourth last year, won the boys' title with 55 points. Castro Valley, second last year, was a bridesmaid again with 87 points, but their team time was one second faster than Miramonte's. Encinal (Alameda), third last year, was third again with 94 points.

Senior Noreen de Bettencourt (Carondelet, Concord), the Catholic Athletic Champion and third in 1982, defeated Sally Wood (Piedmont) by 18 seconds-18:24 to 18:40. Senior Nancy Benson (Piedmont) was third in 19:02.

Piedmont, the Alameda County Athletic League champion and 4th in 1982, won the girls' title with 42 points. Acalanes (Lafayette), the Foothill Athletic League champion, placed second with 87 points and Miramonte (Orinda), the defending champion, was third with 99 points.

**Results - Men**

1 Calvin Gaziano(CastroVal)	15:12
2 John Bass(CastroValley)	15:20
3 John Foley (Miramonte)	15:53
4 Alex Lopez (Encinal)	15:57
5 Scott Machado (Moraéau)	16:04
6 Darrin Banks (Encinal)	16:09
7 Adam McAbby (Miramonte)	16:10
8 Greg Stephens (Acalanes)	16:15

continued on next page...

# Prep Notes

## Team Scores

1. Miramonte 55, 2. Castro Valley 87, 3. Encinal 94, 4. Moreau 118, 5. De La Salle 124, 6. Campolindo 137, 7. Las Lomas 193, 8. St. Joseph's 231, 9. Albany 234, 10. Hayward 239, 11. St. Mary's 277, 12. Arroyo 290.



**NOREEN DeBETTENCOURT**  
Carondelet

## Results - Women

- 1 Noreen deBettencourt(Carond) 18:24
- 2 Sally Wood (Piedmont) 18:40
- 3 Nancy Benson (Piedmont) 19:02
- 4 Sheelagh Murphy(NotreDame) 19:07
- 5 Thomas (Alameda) 19:10
- 6 Jana Jarosz (O'Dowd) 19:19
- 7 Katie Leary (Alhambra) 19:24
- 8 Sarah Hill (Piedmont) 19:29

## Team Scores

1. Piedmont 42, 2. Acalanes 87, 3. Miramonte 99, 4. Alhambra 111, 5. Carondelet 139, 6. Encinal 161, 7. O'Dowd 174, 8. Notre Dame 192, 9. Arroyo 214, 10. Castro Valley 227, 11. Moreau 269.

# North Coast Section 2A North

from Duncan MacSwain

Spring Lake, Santa Rosa. Nov. 12.  
4 Teams Qualify.

Spring Lake, Santa Rosa, November 12-Cardinal Newman's Ryan Gilliam and Ursuline's Julie Ruiz won individual honors, but the team titles went to two Marin County schools—the Redwood boys and Terra Linda girls—on a swampy course.

Also advancing to next Saturday's North Coast Section Meet of Champions are the runner-up and third place boys' teams from Piner and Montgomery and girls' teams from Redwood and Eureka.

Redwood easily won the boys' title with 55 points to Piner's 92 and Montgomery's 118. Terra Linda won the girls' championship with 72 points, with Redwood 101 and Eureka 105 following.

Gilliam, the North Bay League individual champion, rallied in the final half-mile to pass defending NCS 2A meet

champion Kevin Thayer of Terra Linda. Gilliam's time was 14:45, 10 seconds ahead of Thayer.

Gilliam, who finished behind Thayer in last year's NCS meet, didn't know he had Thayer to contend with this year until midway through the race. "We both thought Kevin had graduated," said Newman coach Pat LaFortune to the *Santa Rosa Press Democrat*. "The someone

photo by Keith Conning



**CARRIE COSTEMAGNA**  
Marin Catholic

yelled, 'Go, Kevin Thayer, go!' That's when he realized he was in for a tough race."

Ruiz, the 90-pound junior who likes to go out fast, forcing the pace from the start, ran away from the field in the girls' race, eventually winning in 18:21—a full minute ahead of second-place Carrie Costemagna of Marin Catholic.

## Results - Men

- 1 Ryan Gilliam (Newman) 15:45
- 2 Kevin Thayer(TerraLinda) 15:55
- 3 Pete Vincent (Montgomery) 16:02
- 4 Alex Britton (Redwood) 16:11
- 5 John Mann (Redwood) 16:18
- 6 Steve Miller (Piner) 16:23
- 7 Chris Klinger (Fortuna) 16:24
- 8 Tim Brauch (Tamaipais) 16:29

## Team Scores

1. Redwood 55, 2. Piner 92, 3. Montgomery 118, 4. Terra Linda 131, 5. Drake 145, 6. Eureka 149, 7. Arcata 188, 8. Analy 194, 9. Santa Rosa 216, 10. Cardinal Newman 224, 11. San Marin 236, 12. Healdsburg 274.

## Results - Women

- 1 Julie Ruiz (Ursuline) 18:21
- 2 Carrie Costamagna(MarinCath) 19:21
- 3 Kris McGee (MarinCath) 19:46.3
- 4 Sherri Minkler (Analy) 19:46.6
- 5 Susan Shaw (Eureka) 19:49
- 6 Heather Houston (Eureka) 19:50
- 7 Cathy Laughlin(TerraLinda) 19:51
- 8 Millie Burke(MarinCath) 20:02

## Team Scores

1. Terra Linda 72, 2. Redwood 101, 3. Eureka 105, 4. Ursuline 111, 5. Marin Catholic 136, 6. Fortuna 164, 7. Tamaipais 166, 8. Analy 192, 9. Ukiah 217, 10. Healdsburg 251, 11. Montgomery 293.

# Valley X-C Championships

Hart Park, Bakersfield. Nov. 19.  
Results - Boys 3 Miles

- |    |                       |       |
|----|-----------------------|-------|
| 1  | Bahr (Mt.Whitney)     | 14:36 |
| 2  | Leal (Sanger)         | 14:40 |
| 3  | Naranjo (Sanger)      | 14:50 |
| 4  | Hurtado (Sanger)      | 14:50 |
| 5  | Jaurequi (Clovis)     | 15:00 |
| 6  | Nagel (Mt.Whitney)    | 15:01 |
| 7  | Escobar (Shafter)     | 15:07 |
| 8  | Williams (Clovis)     | 15:13 |
| 9  | Lienau (Clovis)       | 15:13 |
| 10 | Serna (McFarland)     | 15:17 |
| 11 | Watson (North)        | 15:22 |
| 12 | Bradburn (Madera)     | 15:23 |
| 13 | Trevino (Madera)      | 15:25 |
| 14 | Porter (Clovis)       | 15:27 |
| 15 | Garcia (Shafter)      | 15:29 |
| 16 | Cribrión (GoldenWest) | 15:30 |
| 17 | Rizo (McFarland)      | 15:30 |
| 18 | Bryan (Clovis)        | 15:31 |
| 19 | Lizotte (Mt.Whitney)  | 15:32 |
| 20 | Fernandez (Reedley)   | 15:33 |

## Team Scores

1. Clovis 51, 2. Sanger 70, 3. Mt. Whitney, 114, 4. Madera 122, 5. McFarland 150, 6. Clovis West 155, 6. Wasco 207, 7. Shafter 214, 8. Bakersfield 258, 9. Hoover 261.

## Results - Girls 2 Miles

- |    |                        |       |
|----|------------------------|-------|
| 1  | Cook (Golden West)     | 11:47 |
| 2  | Lewis (Clovis)         | 11:49 |
| 3  | Shaw (Clovis West)     | 12:01 |
| 4  | Twist (North)          | 12:03 |
| 5  | Waggoner (Clovis West) | 12:04 |
| 6  | Chavez (West)          | 12:04 |
| 7  | Stebles (Clovis)       | 12:08 |
| 8  | Baker (Monache)        | 12:13 |
| 9  | Guajaro (Clovis)       | 12:15 |
| 10 | Shelly (Clovis)        | 12:17 |
| 11 | Loeb (Clovis West)     | 12:18 |
| 12 | Battles (Tulare)       | 12:23 |
| 13 | Ford (North)           | 12:24 |
| 14 | Prather (Sierra)       | 12:25 |
| 15 | Bird (Reedley)         | 12:25 |
| 16 | Lopez (Parlier)        | 12:27 |
| 17 | Montie (Clovis)        | 12:27 |
| 18 | Randolph (Bakersfield) | 12:28 |
| 19 | Jungwirth (Reedley)    | 12:29 |
| 20 | Cruz (Exeter)          | 12:30 |

## Team Scores

1. Clovis 45, 2. Clovis West 83, 3. Redwood 148, 4. Lemoore 172, 5. Sanger 175, 6. Bakersfield 228, 7. North 231, 8. West 235, 9. Golden West 237, 10. Hoover 239.



**LORI COOK**  
Golden West, Visalia



**CLOVIS HIGH SCHOOL GIRLS** (back row, left to right): Tracie Shelley (So.), Terrie Guajardo (Jr.), Cathy Stebles (Jr.). (front row, left to right): Lisa Lewis (Sr.), Gina Montie (Sr.), Brenda Laing (Sr.) and Danell Boyles (Jr.). Undefeated up until the Northern California meet.

photo by Steve Ward

# 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.

photo by Gene Cohn

## Pamakid Runners

555 John Muir, #721, San Francisco 94132

Tom Robinson placed 11th in the Perry's to Perry's 13.1 miler with a 1:14:33 over the challenging course. Leading the Pamakid women was Twyla Willis in 18th at 1:32:36.

Several Pamakids walked away with awards at the See the Sea 5-Miler. Tom Eng led the charge with a 5th place overall in 27:38. Pacing the women was Sally Savitz in 78th overall at 35:21.

About 12,000 runners joined the crew of KNBR and City Sports Magazine at the Bridge to Bridge Run, an eight mile extravaganza that has blossomed into one of the largest road races in the country.

Top Pamakid finisher was Michael Rodriguez in 60th with a time of 45:38.

Four Pamakid runners made the trek to New York for the Annual NY Marathon. John Medinger earned place 772 with his 2:48:41, Skip 3651 at 3:20:51, Abe Wasserman 9711 at 4:02:18, and Peter Warner 12,350 at 4:31:03.

## Time Machine USA

26401 Via Galicia, Mission Viejo 92691

The Bantam girls team of the Time Machine USA captured 2nd place in the TAC State (Region 13) Cross Country Championships held at U.C. Irvine Nov. 13. The powerful Santa Clarita Valley Striders edged the Time Machine, coached by Vernon Smith, by a 70-73 score.

Christie Engesser of Time Machine finished first in this State meet with an outstanding 11:13 over the 3000 meter TAC course. This coupled with her 1500m state track championship last June gives the Time Machine much to be proud of in their first year of competition.

Rounding out the winning Bantam girls team was Sonja Hildebrand in 6th place (three seconds behind the previously undefeated Santa Clarita girl), Courtney Leonard (19th), Cheri Smith (22nd), Laura Roundy (25th), Jamie Braun (29th), and Julie Miller (30th).

Other stellar performances were turned in by Brian Engesser, 3rd place in the sub-bantam boys; Laura Rathman, 9th place in the sub-bantam girls; and newcomer Shawn Restante was 26th in the bantam boys.

In the Midget Girls division Brittany Leonard of Time Machine was leading until a stomach cramp dropped her to a 5th place finish. She still collected a trophy, given to the top 15 youngsters in each age division, as did David Lacy (14th) in the Midget boys group.



HEIKE SKADEN  
Capital City Flyers

## Capital City Flyers

P.O. Box 1495, Fair Oaks 95628

The Flyers women's team won the recent cross country championships held in Pinole. This was their fourth PA-TAC championship in a row. Others included: 15K, 25K, and marathon. The masters team captured their first championship at the cross country meet; breaking West Valley Joggers and Striders streak of eight in a row.

At the September 11th Nike Marathon Patti Gray set a PR and club record with her Olympic qualifying time of 2:38:12.

Also on September 11th Andy Ferguson won the Billy Mills 10K in 30:55 as did Heike Skaden in the women's division with 36:48. Dan Halvorson (39:11) and Eric Skaden (43:28) were age division winners.

Other first place awards won by Flyers were garnered by Jerry Drew at the Santa Rosa Alumni Four Mile (20:27) and Sally Pinkner at the Bump-to-Bump 15K (1:41:07).

## Southern Calif. Striders

8306 Wilshire Blvd., #316, Beverly Hills 90211

Striders board president, H. Lewis Smith, has announced that Dr. Bruce Springbett is the 1983 winner of the Fourth Annual Alan Cranston Track Award.

Dr. Bruce Springbett, 51, a practicing dentist, and active member of the West Valley Track Club and President of the Los Gatos Athletic Association, was hailed by President Smith for his outstanding commitment to the promotion of Masters track and field.

The Cranston Award, which represents the Club's highest honor, recognizes individual statewide who have demonstrated an unusual commitment to participation in and administration of Masters track and field. The award was created 3 years ago in honor of Senator Alan Cranston (D, CA) who is also a masters athlete.

Past Cranston award recipients include Hilliard I. Sumner, Jr.; Hal W. Smith; and David P. Jackson.

## California Road Runners

2500 Hospital Dr., Bldg. 9, Mtn. View 94040

The California Road Runners running club was established in November 1978 by Dennis R. Zamzow, D.P.M. The club's objective is to bring people together who enjoy running. We have weekly fun runs every Saturday morning, 9:00 AM at Rancho San Antonio County Park near Hwy 280 between Los Altos and Cupertino. People are divided into 1, 3 and 6 mile running groups. The runs are not timed, so everyone can run the pace they feel the most comfortable at for the distance they wish.

The California Road Runners running club is unique in that since running for enjoyment and health is our only goal, we have people at all levels of running, from the beginning runner to the ultramarathoner. We stress comradery and fitness.

Events of the past have been an annual California Road Runners 5K and 10K and in October 1981 we put on the California Road Runners 100 Mile Endurance Run from Cupertino, California to the Pacific Ocean along the Skyline To the Sea Trail and back to Cupertino. Founder and president, Dennis Zamzow made 92 miles before having to drop out from tendonitis on top of the foot due to the tongue of the shoe having turned under.

continued on next page...

## Club News

### So. Calif. Roadrunners

The Southern California Roadrunners participated at the RRCA Age Group Cross Country Championships at Van Courtland Park, New York and came away with excellent results.

Marion Sepulveda won the 10-11 age group girls race while running at the bottom of the age group. Unlike most age group races, the RRCA age requires athletes to compete in their age groups the age they were the day of the race.

The 12-13 girls SCRR team placed first as a team with a score of 33 points. All 8 SCRR runners competing finished in the top 20 in the field of 180 competitors. Leading the team was Sheri Lawson with a 4th place finish, Laura Doering 5th, Toni Lopez 6th, and Amber Chavez finishing in 7th.

One week earlier, the SCRR team competed in the SPA-TAC district championships and came away with 4 district team championships and 5 individual district champions. Marion Sepulveda was the Bantam (9-under) division girls winner with a time of 11:40 over the 3000 meter course. Laura Doering was the Midget (10-11) girls division winner leading the team to a district team title. A big surprise came from Darby Grant who finished 4th in the race and led the SCRR B team to second place.

Sheri Lawson led the Youth (12-13) girls division with a time of 15:12 as the SCRR team captured another team title. Sharon Prince ran well to finish third in the race. David Longyear and Marco Ocegueda led the SCRR team to a Youth division team title with a one-two finish on the 4000 meter course. The final race of the day provided the Roadrunners with another district champion as Velma Vellarde captured the Sub-Bantam (7-under) division.

### West Valley Joggers & Striders

In WVJS we aren't afraid to use the word "joggers" in our name. Anybody and everybody is welcome in our club, whether they run 10Ks in 30 minutes or an hour and 30 minutes. Sometimes we jog and sometimes we stride, including some pretty hard and competitive workouts on Saturday mornings. Our masters team is tops in the region, with 1983 team championships at six distances. We keep our workouts relaxed but competitive, and everybody is free to find his or her level of competition. For example, our "Racer of the Year" contest has three divisions, based on individual ability.

On Saturdays at 7:30 a.m. we gather just above the West Valley College track for a three-mile warmup. At about 8 there's a scheduled workout — a road race of 3 to 6 miles every other Saturday, and a handicapped track session on the alternate weeks. Anybody's welcome, anytime.

Here are our workouts for the next few weeks:

- Dec. 31 4-loop, 1.6 mile relay(2-man teams)
- Jan. 7 6x1 mile Relay (2-man teams)
- Jan. 14 3.0-mile road race.
- Jan. 21 0.66-mile relay, 8 loops (2-man)

### Berkeley Runners' Club

5623 Oakgrove Ave., Oakland 94618

Congratulations to Laury Fisher who won a five mile race in Arnold, Calif. The big news for Laury, though, is that she is now running cross country for Merritt College - tough enough at the best of times. Laury is doing well, and came in 25 out of 140 running with women 19 years old, almost half her age. Laury also placed at the Nike Waterfront Run in October, as did Hilary Naylor. Also running that day were Paul Gruber, Roger Sharpe, Ruth Grimes, Vicki Brown Chase and Ken Chase. Ken ran his first 5 mile ever that day, and finished in 38 minutes with a big smile on his face.

Joe Le Blanc had a great few weeks this past October. First he ran a PR at the flat, fast Hayward Half Marathon, then ran a PR 10K at the Point Pinole Skunk Run (the TAC Cross Country Championship). The following morning he got up early, ran the Golden Gate Marathon and then went to work in the emergency room until midnight.

In smaller races last month, Roger Sharpe was the overall winner of the Kensington Fun Run, getting a turkey for his efforts. Ruth Grimes also ran, winning her division. Ruth also ran a PR at the 5 mile Lawyers and Judges Run this month, where Hilary Naylor was the first woman overall, winning champagne and a pair of shoes.

### Fleet Feet Running Club

1618 Montrose Way, San Jose 95124

The Fleet Feet Running Club of San Jose welcomes new runners and new members. Our membership now makes us one of the largest running clubs in Northern California. The purpose of the club is to promote running and fitness and to provide companionship and support to all runners. There are not compulsory races or runs to be a member of the club. We sponsor training and fun runs at many levels and distances. Weekday training runs are at 6 a.m. (5-8 miles) and Monday and Wednesday evenings 5:15 p.m. (5-8 miles); Saturdays 6:30 a.m. (8-12 miles) and 8 a.m. (1-3 miles). All runs start at Castilero Junior High School, Leyland Park Drive, ¼ mile S. of Camden Ave., San Jose. For more information call Ted 723-7223 or Judy at 269-9492.

Fleet Feet's Quicksilver Challenge ½ Marathon, in the beautiful hills of Quicksilver Mine Park, climbs to 1400 feet in the first 4 miles and offers a challenge to any runner. Several of our club members make it seem easy: They are: Bob Dalton (1:28:50); Kris Morrella (1:35:27) first woman to finish; Judi Shade, 2nd woman (1:36:53); Loretta Gutierrez (1:41:47) 3rd woman. In the masters division Bill Barclay captured first place with 1:39:12; Ron Wallace took 2nd (2:15:51) and Harry Webb third in 2:19:19. Diane Bromstead finished 2nd place in the 40-49 division with a 1:57:56.

As the year ends, we salute our national record holder — Ephraim Romesberg. He finished 1st in the masters (50-59) at Lake Tahoe 72 Mile Race with a time of 13 hours. Ephraim holds the national record in a 50 mile race. He ran 50 miles in 6 hours and 14 mins. He's getting older and better.

### Empire Runners

1981 Silverwood, Santa Rosa 95405

**PERRY TO PERRY ½ MARATHON.** By Morton Gray: It was fantastic! Starting off at the Marina in San Francisco and ending at Perry's in Mill Valley, naturally set the stage for a great course.

1500 runners started with a circle around Crissy Field, which makes up part of the Presidio Army base. After passing the 1½ mile mark we proceeded to make our uphill climb through the Presidio to the Golden Gate Bridge. The view is absolutely spectacular.

After leaving the bridge at Vista Point, we headed down to Ft. Baker. This was a downhill sweep on the only dirt portion of the course. We then headed out of Ft. Baker on an uphill climb to merge with the road down to Sausalito. Passing through Sausalito was a lot of fun, with people in front of the cafes drinking Bloody Mary's and wishing us good luck. We ran out Bridgeway Dr. and underneath Highway 101 to loop around Richmond Slough to Perry's Restaurant and the finish line.

The overall winner was Mike Pinochi from Lake Tahoe with an excellent time of 67 minutes. Overall women winner was Leslie McMullin in an excellent time of 78 minutes. I was lucky enough to finish 40th overall and first in my division with a time of 81 minutes.

### Sierra Slowpokes

116 High St., Grass Valley 95945

Congratulations to Dave Jones who did the Ironman Triathlon World Championship held in Kailua-Kona, Hawaii. His time was 13:27:10 which placed him 528 out of 843 finishers. About 130 people dropped out for various reasons.

Barry Turner recently went to an American Dental Association get-together and they just happened to have a 5K footrace the same weekend. First place overall in the ADA 5K with a time of 17:44 (250 entered) was... Barry.

Congratulations to Barry Turner and John Smallen who each finished 50 miles in the Ananda Jog-a-thon on October 22. A tremendous effort for them both.

### Club Hack

3101 Queensbury Dr., Los Angeles 90049

Cross country season was a good reason for the team to get together for races with good showings at the UCLA, Aztec, and Pomona Invitationals. The team of Jim Hogue, Bruce Thompson, Eric Gottesfeld, Rich Greifinger, Mark Ullog, and Lee Berg picking up the club award at Pomona. Jim (25:29) and Bruce (26:03) picked up 8K P.R.'s in the process.

The club runners who are still students at UCLA are looking to defend the team title (held 4 years) in the Intramural X-Country race on November 18th. Then comes the annual Mulholland Mountains Relay where the team hopes to improve on its 3rd and 8th place performances last year.

continued on next page...

# 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

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222 West 3rd St.  
CHICO

**Jogg'n Shoppe**  
708 9th Street  
ARCATA

**Jogg'n Shoppe**  
410 2nd Street  
EUREKA

**Jog-In**  
444 Gray Avenue  
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1528 Bonanza  
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**Runners Feet**  
1004 Oak Grove Avenue  
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**Runners Feet**  
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**Runners Feet**  
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**The Running Shop II**  
806 Sycamore Valley West  
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**The Running Shop**  
151 Towne & Country  
PALO ALTO

**Ryan's Sports Shop**  
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**Inside Track**  
1410 E. Main  
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**Loeschhorn's**  
10810 Warner Avenue  
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**Loeschhorn's**  
145 E. Duarte, Suite B  
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**Loeschhorn's**  
24176 Alicia Parkway  
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**Loeschhorn's**  
1542 Los Angeles Ave.  
SIMI VALLEY

**Marathoms**  
811 Silver Spur Rd.  
PALOS VERDES

**Marathoms**  
1434 W. 25th  
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**Nature's Image**  
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**Phidippides**  
16545 Ventura Blvd.  
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**Runners High**  
5519 E. Del Amo  
LAKEWOOD

**Runners Up**  
22939 1/2 Lyons Avenue  
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## Central California

**Bronzan Sports World**  
28 N. Tower Square  
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**City Sports Works**  
5114 Madison Avenue  
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**Fleet Afoot**  
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132 E Street  
DAVIS

**Fleet Feet**  
2408 J Street  
SACRAMENTO

**Harding Way News**  
113 West Harding Way  
STOCKTON

**Phidippides**  
420 Del Monte Center  
MONTEREY

## Southern California

**Beach Running & Sports**  
5059 Newport Avenue  
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**The Complete Runner**  
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**A Running Experience**  
5304 E. 2nd Street  
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**Second Sole**  
950 Aviation Blvd.  
HERMOSA BEACH

## Bay Area

**Fleet Feet**  
333 San Anselmo Avenue  
SAN ANSELMO

## Club News

### Visalia Runners

P.O. Box 3638, Visalia 93278

At the October meeting of the Visalia Runners, David Calderon was overwhelmingly elected to the post of club president. Dave has always been a popular member and famous for his quiet approach to everything. Dave has more recently been known for his ever increasing speed at races and his triathlon competition.

At the Lemoore NAS 6.5 Mile club founder Rob Stephenson was first overall and first senior man in 37:33. J.D. Fischer was second in this same division in 42:46.

The Selma Cancer Run took place between rain showers. The beautiful running day was appreciated by the 86 two milers and 50-some six mile runners. Visalia Runners was represented by Emily Munox (2nd 20-29) 49:28, Kathy Selsor (6th 30-39) 51:47, and Len Hansen (3rd 40-49) 41:59.

### Lake Merritt Joggers & Striders

230 Marlow Dr., Oakland 94605

At the Sierra Nevada Triathlon Joe Schieffer finished in 36th place overall out of approx. 400. As usual Joe was strong in the run, this year he passed 66 people during the half marathon. His final time was 6 hr., 2 min. Joe's wife, Cathy, also competed and her time was 8 hr., 40 min. At times this year the temperature was over 100 degrees.

Henry Bharwani ran a 5K PR on Sept. 11 at the Giants Candlestick Park Run, 21:10.

At the 10K around Lake Merritt on Sept. 25, Joe Schieffer ran a fabulous race, a PR, 32:18. John Monteverdi also ran a PR 33:46. Thom Trimble ran 31:37.

Valerie Doyle was 2nd woman overall at the Drakes Bay 50 miler, a very tough course. On Sept. 11 she sponsored the Golden State Womens 5 & 10K Runs. Elvin Blair won her age division in the 5K, Linda Koslowski ran, too, as a workout.

### Bakersfield Track Club

P.O. Box 10371, Bakersfield 93389

Bakersfield local Harry Maloney, running a fast 2:42:31, clinched first place honors in the November 5th Golden Empire Marathon, finishing over two minutes ahead of second place Joe King. Samantha Steinbeck shattered the existing women's course record by twenty-nine minutes with her 3:11 clocking.

It will take a tough go to break the half-marathon course record next year. Although Alberto Salazar's sizzling 1:02:26 fell forty-eight seconds short of a world record, both Salazar and overall second place finisher Dave Murphy considered the Golden Empire course a fast one.

Bakersfield Track Club member Brenda Villanueva, running slightly behind her previous year's record, covered the course in 1:26:43, to take top female honors.

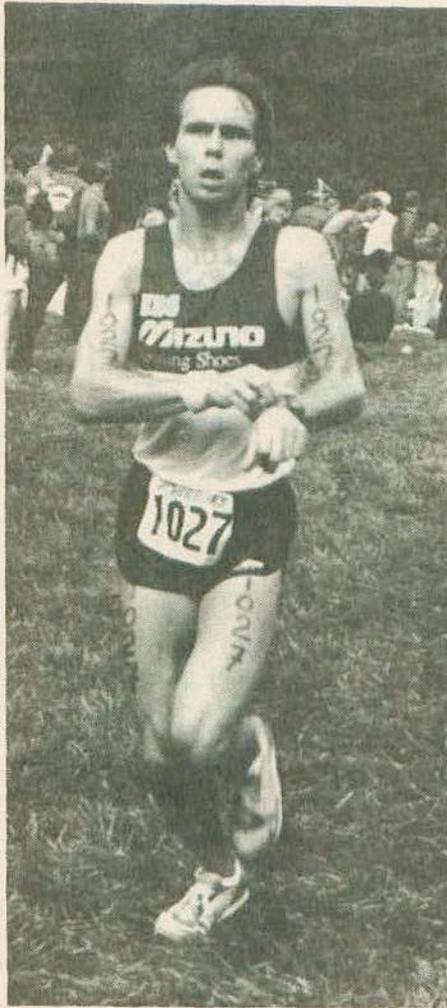
### Mizuno East Bay Striders

5742 Claremont Ave., Oakland 94618

East Bay Striders continue to be at or near the front of local races this Fall. Joe Schieffer, for example, grabbed second in the Hayward Half Marathon on October 23 with a time of 1:10:16. Also, Joe's time of 26:10 was good enough to win the Race Judicata 5 Miler in Berkeley on October 30.

Dann Brown took the lead in the Berkeley-Moraga 13.0 Miler in the first four miles of this hilly course which gains 1200 feet in the first five miles. Brown held on to win this October 9 East Bay traditional race in 1:12:30. Dwight Hendrix finished a strong third in 1:13:34.

photo by John Monteverdi



TOM TRIMBLE  
East Bay Striders

E.B.S.'s team of E. Williams, Stolp, Brown, Trimble and Schieffer battled occasional headwinds and nagging illnesses to finish fifth at the Pacific Division's TAC 10K Championships at the Pinole Skunk Run on October 29. Williams, Brown and Trimble also formed the second place team at the John Muir Run in Walnut Creek on October 23.

Dan Williams ran the running leg of the winning relay team at the Iron Horse Triathlon in Tilden Park on October 8. The running portion covered 10K of rugged hills

which Dan traversed in 35:30. Thom Trimble ran the same leg as a member of a mixed relay team and turned in the fastest time of the day on this hilly route, 34:17.

Matt Dowling won the Care Run 2 Mile in Walnut Creek on 29 October and also placed ninth in the John Muir 10K on October 23. John Monteverdi finished fifth and won the submaster's division at the Run for the Health of It in Hayward on November 6.

### Aggie Running Club

605 Cowper, Palo Alto 94301

The month of October was a big one for the Aggies as Carmelo Rios led the team with victories at Stanford's Great Race on Oct. 9. Carmelo covered the 10K course in 29:03 with teammates Ivan Huff and John Moreno in 29:04. Thirty-one Ags competed with six in the top ten. Connie Hester was first Aggie woman in sixth place with a time of 35:42.

The PA/TAC Cross Country Championships was won handily by the Aggies on Oct. 30 in Richmond. Carmelo led the fray with 29:42 on the rolling and wind swept course. Ivan Huff, Dan Harvey and Terry Gibson also placed in the top ten. Connie Hester again led the Aggie women, this time to a second place in the team standing with a 96th place overall in 36:48.

Three male Ags competed in streets of N.Y.C. and very well. Doug Avrit placed 20th in a club record of 2:13:57 followed by John Moreno (37th in 2:16:10) and Paul Sechrist (149th in 2:30:36).

Future events include Converse Ags showing up en masse at the Christmas Relays and a big New Year Celebration in Mt. View after the Converse All Star 5K at 11:20 p.m. at Foothill College. There will also be a 5K fun run at midnight followed by the musical wizardry of Mr. Green and the Men from Modesto.

### Seniors Track Club

3372 Dalhart Ave., Simi Valley 93063

SPA-TAC Long Distance Running Chairman Brian Pritchard is slowly but surely bringing back the golden days-of-old in the SPA. The SPA-TAC 25K Championships in Ventura on September 18, had the flavor of the more memorable championships of the past. Brian was so busy the awards were held up so that he could complete the signing of Jacki Hansen, former Women's world record holder in the marathon, to the SPA. Welcome back to the SPA, Jacqueline. Jacki won the 30-39 women's award—but was beaten by the 50-59 women's winner, Margaret Miller. Margaret, age 57, probably set a world record for the distance for her age group.

The STC team of Dave Parker, Richard Elizarraras, and Hal Winton took the 50-59 team award. Steve Chiplis was the only 60-plus STCer to show up. Dennis Parrish ran very well. Our STC president Hal Winton, in far form top shape for this distance on the roads, ground out the miles so that the STC could edge the Santa Clarita Runners for the 50-59 men's gold. Former STC President Dart Durand, coming back from a siege of headaches, gave what energy he had for the Santa Clarita losing cause.

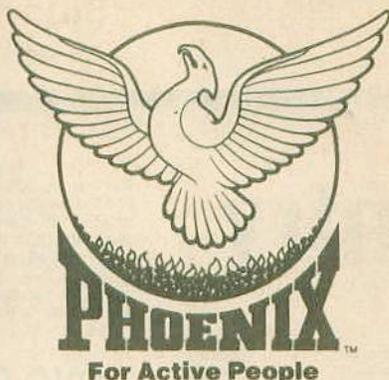
## Sub-4 Track Club

2620 Temple Hts. Dr., Oceanside 92056

October started off with a bang at the Run Against Crime 15K in El Paso, Texas. This race, run at altitude, starts in El Paso and travels through Juarez Mexico and finished back in El Paso. At the 10K mark there was a group of seven runners far ahead of everyone else. Nick Rose and Dave Long were running in third and fourth. At the finish Nick finished fifth, Dave sixth, Domingo Tibaduiza finished ninth, David Segura was fifteenth.

Domingo, how do you do it? Just three hours after his 9th place finish in El Paso, he hopped on a plane and flew to Canada for the Toronto Marathon. Domingo finished second in 2:15:48, but Benji Durden had to run a 4:34 last mile to secure the victory.

Domingo Tibaduiza, Dave Long, Ralph Serna, Mike Pinocci, Dave Secura, and over forty Team Sub-4 members started this rain soaked marathon. Tibaduiza ran to a personal record, 2:11:21 to finish 8th overall. Long finished in 2:12:57 for 16th, Serna suffered from cramping and finished 51st in 2:18:21. Dave Segura started losing body temperature at the 20 mile mark. Seeing an ambulance he dropped out at 24 miles with an 89 degree temperature. Rich Raybal was the first Team Sub-4 finisher at 2:32:16.



On October 9, Kailua-Kona, Hawaii, some of the best athletes from California made their way to victory in the 1982 Ironman Triathlon. Of the top ten finishers, five were using Phoenix vitamin supplements during their training. These athletes depend on our packets to provide them with 100% natural supplements of vitamins, minerals and digestive enzymes needed to help build, repair or strengthen their muscles and organs.

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California State University, Fresno

# 1984

## San Joaquin Valley 'Coach of the Year' Track & Field Clinic

### and the

## Junior Olympic Track & P.E. Development Clinic

Saturday, January 7, 1984

THE SAN JOAQUIN VALLEY 'COACH OF THE YEAR' TRACK AND FIELD CLINIC is designed to bring together the coaches of the San Joaquin Valley who will support each other and through a joint effort rekindle interest in track and field in this area. The clinic will give you a chance to hear some of the best track coaches and clinicians in this area.

THE JUNIOR OLYMPIC TRACK AND PHYSICAL EDUCATION DEVELOPMENT CLINIC is designed primarily for teachers and coaches of elementary and junior high school students. It will be a learn by doing clinic where each participant will go through the basic skills of track and field events and physical education activities. *No skills are required, only a desire to learn and develop confidence in your ability to demonstrate to your students is necessary.* Teachers who have participated in learn by doing clinics have been thrilled to learn how to high jump, pass the baton or long jump. Focus will be on the latest track and field techniques including diet, cardiovascular development, stretching and sound exercise principles.

FOR CLINIC INFORMATION CONTACT:  
Coach Bob Fraley... (209) 294-4097

# Results

## Cross Country

### SPA-TAC X-C District Champs.

Pierce College, Woodland Hills. Nov. 5. 10K.

#### Results - Men

1 Greg Beardsley(21)Brooks	32:29
2 Robert Traba(25)Tiger	32:39
3 Lance Packer(24)Tiger	32:45
4 Dave Babirack(30)Sub 4 TC	34:07
5 Steve Flynn(27)SCR	34:46
6 Mark Covert(32)	36:21
7 Herb Tanzer(31)	36:44
8 Jeff Jacobs(16)	37:20
9 Larry Walker(40)Vans Walkers	37:51
10 Gene Blankenship(41)SCR	38:53

#### Results - Women

1 Michele Hopper(28)Medalist	41:05
2 Sue Harmon(33)B.Blues	44:35
3 Sheila Hasham(41)CCAC	46:41
4 Margaret Miller(57)CCAC	47:02

11 L. Yazzie (Central,AZ)	20:45.8
12 J. Estrada (Pima,AZ)	20:46.5
13 M. Kunene (Porterville)	20:47.9
14 J. Harbell (El Camino)	20:49.0
15 T. Dugan (Scottsdale)	20:50.0
16 R. Anderson (Am.River)	20:50.6
17 V. Flores (Pima,AZ)	20:51.6
18 P. Hebert (El Camino)	20:52.2
19 F. Vasquez (LA Harbor)	20:53.0
20 M. Dibb (Glendale)	20:53.2

#### Team Scores

1. El Camino 1:43:45, 2. Hancock 1:43:55,
3. Central, Arizona 1:44:44, 4. Glendale 1:45:32, 5. Pima, Arizona 1:45:43, 6. American River 1:45:57, 7. Orange Coast 1:46:44, 8. Grossmont 1:48:00, 9. West Valley 1:48:10, 10. Saddleback 1:48:15, 11. LA Harbor 1:48:42, 12. Mesa, Arizona 1:50:19, 13. Fresno 1:51:01, 14. Mt. SAC 1:51:12, 15. Pasadena 1:51:14, 16. Porterville 1:51:31, 17. Sierra 1:52:22, 18. Monterey 1:52:24, 19. Citrus 1:52:24, 20. Cerritos 1:55:46.

#### Team Scores

1. Phoenix, Arizona 97:01, 2. Mt. SAC 97:43, 3. Mesa, AZ 99:25, 4. Golden West 99:32, 5. El Camino 100:44, 6. Orange Coast 101:25, 7. Bakersfield 104:29, 8. W. Valley 104:40, 9. Pima, AZ 104:45, 10. American River 105:37, 11. Long Beach 106:40, 12. San Bernardino 108:47, 13. Cerritos 109:28, 14. Fresno 111:13, 15. Merced 113:36.
--

6 Jim LaFuente (SJCC)	21:37
7 Gary Gomez (Chab)	21:58
8 Tracy Walker (Chab)	22:02
9 Gregory Fagan (CCSF)	22:07
10 Orlando Biggs (WVC)	22:08

Team Scores: West Valley College 34, Chabot 51, San Jose 74, Foothill 103, San Francisco 134, San Mateo 140, DeAnza 183.

#### Women's 5,000 Meters;

1 Carla Halford (WVC)	17:58
2 Jacqui Lewis (Foot)	18:13
3 Lisa Vanbuskirk (Chab)	18:33
4 Christine LoFranco (WVC)	18:39
5 Ann Kendrick (Foot)	18:49
6 Heather Rezowaili (Foot)	18:50
7 Annette Batley (Chab)	19:04
8 Barb Hasson (Foot)	19:07
9 Kathy Donofrio (CCSF)	19:18
10 Linda Matynen (Foot)	19:19

Team Scores: Foothill 31, Chabot 55, West Valley 87, DeAnza 90, San Mateo 122, San Francisco 144, San Jose inc.

### CVC Champs.

Woodward Park, Fresno. Nov. 5.

#### Results - Men 4 Mile

1 Mandia Kunene, Portvle	19:56
2 Leroy Rivera, Fresno	20:05
3 Robert Taylor, COS	20:11
4 Dwight Smith, Modesto	20:41
5 Ray Gomez, COS	20:50

#### Team Scores

1. COS 45, 2. FCC 53, 3. MJC 68, 4. PC 80, 5. MC 121, 6. KRC 145.
---

#### Results - Women 5,000m

1 Tammy Anderson, Modesto	19:19
2 Jill Canales, COS	19:22
3 Rosa Medina, Fresno	19:42
4 Chris Martinez, COS	19:58
5 Linda Hooke, Fresno	20:06

#### Team Scores

1. COS 27, 2. FCC 44, 3. MJC 49, 4. MC N.S., 5. PC N.S.
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### Southern Calif. Championship

From Ray Krings

November 10, Moorpark College. Southern California Community College Cross Country Championships, Division II Men. 4 miles.

1 Peter Brett (Hancock)	19:11
2 Stephen Barlow (Hancock)	19:26
3 Hector Romero (Moorpark)	19:47
4 David Trissel (Hancock)	19:50
5 Eugenio Cruz (LA Valley)	19:53
6 Christian Emmons (Hancock)	19:56
7 Jim Becker (LA Valley)	20:07
8 Jed Stupak (Santa Barbara)	20:18
9 Frederick Dost (Santa Barbara)	20:31
20 Tonaid Young (LA Valley)	20:36

Team Scores: Hancock 30, L.A. Valley 49, Moorpark 51, Santa Barbara 86.

### Golden Gate Conference X-C

From Rudy Pearson

November 4, Golden Gate Conference Cross Country Championships (Community College).

#### Men's 4 Mile:

1 Gary Lewis (SJCC)	20:49
2 John Singhdro (WVC)	21:10
3 Roy Garcia (WVC)	21:12
4 Larry Guinee (Foot)	21:19
5 Mike Livingston (WVC)	21:32

photo by Doug Speck



LEROY RIVERA  
Fresno CC

photo by Doug Speck



GUS QUINONEZ  
Orange Coast College

### Mt. Sac X-C Invit.

Community College Division  
October 21.

#### Results - Men

1 P. Brett (Hancock)	19:34.8
2 S. Barlow (Hancock)	20:14.6
3 G. Quinonez (OCC)	20:20.9
4 L. Rivera (Fresno)	20:26.0
5 T. Hernandez (El Camino)	20:27.5
6 L. Kipkirwa (Cent.AZ)	20:35.1
7 C. Davis (El Camino)	20:37.3
8 E. Cruz (LA Valley)	20:38.0
9 C. Emmons (Hancock)	20:40.7
10 N. Williams (Mt.SAC)	20:45.5

#### Results - Girls

1 M. Sote (Mt.SAC)	18:20.4
2 S. Hartsfield (Phoenix)	18:26.7
3 S. Radford (Monterey)	18:30.0
4 C. Halford (W.Valley)	18:49.0
5 K. Lucy (S.Monica)	18:49.6
6 L. Bohr (Gold West)	19:01.0
7 C. Westhafer (Mesa,AZ)	19:01.3
8 A. Williams (Grossmont)	19:13.0
9 C. Ramirez (San Bern.)	19:14.0
10 E. Kopecky (Phoenix)	19:15.7
11 K. Draper (Gold West)	19:16.0
12 C. Ehlers (Phoenix)	19:16.5
13 M. McGinnis (Bakersfld)	19:21.0
14 V. Turner (LBCC)	19:26.0
15 C. Lofrano (W.Valley)	19:28.0



1983 HANCOCK COLLEGE CROSS COUNTRY TEAM

## Hayward State Invitational X-C

Coyote Hills Park, Newark. Sept. 10. 4.5 Miles.

Top Ten Individual Winners	
1 Glenn Lee, SJS	22:49
2 Bret Baffert, SJS	22:51
3 Marco Ibarra, SJS	22:56
4 Marcel Kalma, SJS	22:59
5 T. Martinez, Hayward	23:14
6 A. DelaTorre, Hayward	23:37
7 Rudy Vega, SJS	24:23
8 Jeff Shaver, Unatt.	24:33
9 K. Kressler, Unatt.	24:38
10 C. Dougle, Hayward	24:45

## Westmont Invit.

Sept. 24.

Men's Results - 5 Miles	
1 Bob Adams, Fullerton	26:20
2 Scott Hakeman, Fullerton	26:20
3 Fernando Velasquez, Azusa	26:34
4 Frank Selvaggio, Pt. Loma	26:39
5 Bob Franks, Biola	26:43
6 Robert Scott, Westmont	26:53
7 Kurt Cook, Westmont	26:57
8 John Carrocco, Fullerton	26:58
9 Sean Delaney, USD	26:58
10 Tom Carlton, LMU	27:03
11 Stan Madrid, Fullerton	27:03
12 Mike Wood, Fullerton	27:09
13 Dave Maxwell, Cal Lutheran	27:17
14 Erik Farien, Fullerton	27:18
15 Dave DeLong, Pt. Loma	27:23
16 Tom Backsman, Azusa	27:23
17 Andrew Daniels, Azusa	27:25
18 Randy Bliss, Fullerton	27:30
19 Mark Smith, Azusa	27:31
20 Dave Dempsey, Pt. Loma	27:33

Team Scores	
1. Cal State Fullerton 34, 2. Azusa Pacific University 84, 3. Point Loma 97, 4. Westmont College 101, 5. Biola University 149, 6. California Lutheran 158, 7. University San Diego 174, 8. University of Santa Clara 175, 9. Loyola Marymount University 209, 10. Pepperdine University 321, 11. Chapman 351, 12. LA Baptist 359.	

Women's Results - 5,000 meters	
1 Tamsin Valdez, Fullerton	19:27
2 Maureen Corrigan, LMU	19:36
3 Barbara Rohman, Fullerton	20:03
4 Julie Fitch, Pt. Loma	20:29
5 Kathy McMillion, Westmont	20:39
6 Stacy Swanson, Westmont	20:41
7 Kelly McCoy, Azusa	20:43
8 Dayna Miller, Pepperdine	20:57
9 Anet Cooper, Fullerton	21:07
10 Linda Burden, Azusa	21:14

Team Scores	
1. Cal State Fullerton 49, 2. Azusa Pacific University 58, 3. Westmont College 70, 4. Loyola Marymount University 98, 5. University San Diego 133, 6. Point Loma 134, 7. Pepperdine 159, 8. Chapman College 204.	

## Western Collegiate Athletic Conference

Results - Women

1 Jacobs (S)	17:41
2 Wiley (S)	17:43
3 Nelson (AS)	17:50
4 Schubert (S)	17:50
5 Plumer (S)	18:06
6 Fischer (UCLA)	18:07
7 Stryker (UCLA)	18:10
8 Cook (UCLA)	18:25
9 Crips (SDS)	18:35
10 Gerum (A)	18:41

Team Scores	
1. Stanford 32, 2. UCLA 58, 3. tie between Arizona and San Diego St. 80, 5. Arizona St. 93, 6. Cal St. Fullerton 174, 7. Cal St. Long Beach 208, 8. USC 226.	

## All-Cal X-Country

San Diego. Oct. 1. 5 Miles. Men's Results

1 J. Marden, UCB	25:14.5
2 J. Barrett, UCD	25:35.7
3 M. McCollum, UCSB	25:45.8
4 G. Yuster, UCB	25:50.1
5 D. Clark, UCB	25:56.8
6 J. Hancock, UCD	25:57.9
7 J. Morse, UCB	26:02.9
8 P. Vannette, UCR	26:08.2
9 T. Silva, UCSB	26:10.4
10 D. Stefanisko, UCD	26:11.4
11 D. Lawler, UCSB	26:13.0
12 T. Watson, UCR	26:21.1
13 S. Johnson, UCR	26:24.0
14 R. Cook, UCR	26:34.1
15 D. Short, UCSB	26:35.4

Team Scores	
1. UC Berkeley 20, 2. UC Davis 60, 3. UC Riverside 63, 4. UC Santa Barbara 77, 5. UC Irvine 115, 6. UC San Diego 166.	

Women's Results - 5,000 Meters	
1 P. Gray, Davis	18:01.2
2 S. Negri, Davis	18:28.9
3 P. Tully, David	18:41.8
4 M. Whitmore, UCSB	18:45.4
5 M. Mason, UCSB	18:47.1
6 N. Riffel, Davis	18:54.5
7 N. Vallance, UCSB	19:01.6
8 T. Martin, UCSB	19:03.9
9 J. Whacher, Davis	19:06.5
10 K. Menge, Davis	19:09.7

Team Scores	
1. Davis 21, 2. UCSB 45, 3. UCSD 99.	

## Roadrunner X-C Invitational

CS Bakersfield. Oct. 7. 5,000m.

Top 15 Winners	
1 Laura Bass, Unatt.	17:09.1
2 Denise Ball, Unatt.	17:33.6
3 Holly Hering, USIU	17:45.9
4 Mary Klas, USIU	17:56.5
5 Diane Fairman, LB	18:02.9
6 Helen Arzu, UCR	18:12.4
7 Sue Ball, USIU	18:17.9
8 Jeanne Murphy, USIU	18:36.2
9 Julie Fitch, Point Loma	18:42.2
10 Tracee May, LB	18:42.8
11 Brenda Villaneuva, Unatt.	18:45.9
12 Anne Chavez, CSLA	18:54.5
13 Theresa Vallez, LB	18:57.3
14 Denny Miller, Pepperdine	19:01.1
15 Julie Hinrichs, LB	19:04.3

Team Scores	
1. United States Int'l. Univ. 37, 2. Long Beach State 44, 3. UC Riverside 84, 4. CS Los Angeles 97, 5. Point Loma 116, 6. U.Southern California 119, 7. CS Bakersfield 164.	

## Aggie Invitational Cross Country

From Bob McGuire

October 8, U.C. Davis. Aggie Invitational Cross Country Meet. Women' 5,000 meters.

1 Patty Gray (UCD)	16:57
2 Kathy Koudela (Hayward)	16:59
3 Jessica Spies (SJ Cindergals)	17:05
4 Barbara Genslen (ND)	17:25
5 Michele Phipps (Hayward)	17:29
6 Debbie Morris (Hayward)	17:36
7 Karen Menge (UCD)	17:44
8 Paige Tully (UCD)	17:55
9 Franci Negri (UCD)	17:58
10 Chris Manning (Hayward)	18:03
11 Jill Perry (UCD)	18:17
12 Nancy Reidel (UCD)	18:22
13 Tina Papas (UCD)	18:25
14 Ann Bertucci (UCD)	18:26
15 Deb Farynair (UCD)	18:26
16 Carole Stothers (Hayward)	18:35
17 Noelle Mangiapane (Hayward)	18:36

Team Scores: UC Davis 33, Hayward State 35, UC Davis "B" 78, Humboldt State 109, Foothill 147, College of Notre Dame 163, Santa Clara 192, UC Davis "C"	
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207, Woodside Striders 209, St. Mary's 273, Hayward "B" 320, USF 334, UC Davis "D" 337, Mills 339.

## Stanford Invit.

Stanford Golf Course. Oct. 8. 5,000m.

Women's Results	
1 Alison Wiley, Stanford	16:17.8
2 Patti Sue Plumer, Stanford	16:23.2
3 Regina Jacobs, Stanford	16:32.6
4 Ceci Hopp, Stanford	16:33.0
5 Amy Harper, CPSLO	16:37.3
6 Patsy Sharples, Idaho	16:39.6
7 Leslie White, CPSLO	16:49.4
8 Cory Schubert, Stanford	16:50.0
9 Sherrie Crang, Idaho	16:53.9
10 Marilyn Nichols, CPSLO	16:56.9

photo by Bill Leung, Jr.



STANFORD WOMEN'S CROSS COUNTRY TEAM

11 Marilyn Davis, Cal	17:06.4
12 Robin Root, CPSLO	17:07.4
13 Gladees Prieur, CPSLO	17:08.5
14 Nena Manriquez, CSNorthridge	17:12.0
15 Katy Dunsmuir, CPSLO	17:14.6
16 Lisa Gonzales, UC Irvine	17:15.2
17 Julie Thomas, Cal	17:16.1
18 Renee Wychoff, Fresno St.	17:23.2
19 Katie Manning, CPSLO	17:25.4
20 Lisa Kindelan, Idaho	17:26.2
21 Lorraine Mercado, UC Irvine	17:33.2
22 Michelle Anderson, Sonoma St.	17:35.3
23 Jeanette Allred, CSNorthridge	17:37.0
24 Judy McLaughlin, UC Irvine	17:38.4
25 Avrii McClung, BYU	17:38.8
26 Susan Zika, UC Irvine	17:40.3
27 Tara Statten, CSNorthridge	17:49.6
28 Jill Ellingson, CPSLO	17:50.5
29 Margaret Spotts, Cal	17:52.1
30 Suzi Tanner, BYU	17:54.3

Team Scores	
1. Stanford 18, 2. Cal Poly-SLO 47, 3. Idaho 94, 4. UC Irvine 116, 5. CS Northridge 121, 6. Cal 136, 7. Cal Poly-Pomona 213, 8. Fresno State 216, 9. Sacramento St. 228, 10. Sonoma State 258.	

Men's Results - 10,000 meters	
1 Ed Eyestone, BYU	30:13.6
2 Matt Blaty, CalPoly-P	30:20.5
3 Derrick May, Nevada-Reno	30:24.3
4 Tony Reyes, CalPoly-P	30:27.2
5 Jim Smith, Stanford	30:29.7
6 Ron Roberts, UCLA	30:37.0
7 Mark Rudas, UC Irvine	30:47.8
8 Syd Leibovitch, UCLA	30:48.4
9 Lin Whatcott, BYU	30:51.1
10 Mike Serna, LongBeachSt.	30:54.2
11 Adrien Emert, BYU	30:55.2
12 Jon Butler, UCLA	30:56.8
13 Brian Harold, SanDiegoSt.	30:58.5
14 Marc Olesen, Stanford	30:59.6
15 Simon Fielding, Nevada-Reno	31:02.7
16 Jay Marden, Cal	31:03.3
17 Gordon Duff, LongBeachSt.	31:04.9

18 Gary Borbon, CalPoly-P	31:10.5
19 Michael Carlton, UC Irvine	31:12.3
20 Mike Parkinson, UCLA	31:14.5
21 Mike McCullum, Cal	31:17.7
22 Jose Vega, SanDiegoSt.	31:18.7
23 Steve Chipman, BYU	31:19.6
24 Jerry Marsh, UCLA	31:20.0
25 Ed Callaway, Stanford	31:20.2
26 Glen Lee, SJS	31:21.1
27 John Morse, Cal	31:22.3
28 Ryan Stoll, Stanford	31:25.2
29 Sean Evans, UC Irvine	31:26.2
30 Phil Vannetta, UCRivers	31:27.4
31 Sammy Barraza, FresnoSt.	31:28.6
32 Nelson Grinnel, CPSLO	31:30.1
33 Chris Brenneman, UCRivers	31:31.0
34 Ramon Morales, HumboldtSt.	31:31.6
35 German Piranda, UNLV	31:34.6
36 Steve Fairman, FresnoSt.	31:34.8
37 Mike Parker, LongBeachSt.	31:35.5

Team Scores	
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1. UCLA 70, 2. BYU 93, 3. Cal Poly Pomona 105, 4. UC Irvine 135, 5. Stanford 138, 6. Nevada-Reno 156, 7. Long Beach St. 175, 8. Cal 199, 9. San Diego St. 225, 10. UC Riverside 264, 11. Cal Poly-SLO 268, 12. Fresno State 271.
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Team Scores	
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38 Brock Vaughn, CalPoly-P	31:36.0
39 Danny Martinez, UC Irvine	31:37.0
40 Bill Clevess, UCLA 'B'	31:40.9

Team Scores	
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1. UCLA 70, 2. BYU 93, 3. Cal Poly Pomona 105, 4. UC Irvine 135, 5. Stanford 138, 6. Nevada-Reno 156, 7. Long Beach St. 175, 8. Cal 199, 9. San Diego St. 225, 10. UC Riverside 264, 11. Cal Poly-SLO 268, 12. Fresno State 271.
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## Cal Poly SLO X-C Invitational

San Luis Obispo. Oct. 15. 5,000 meters.

Top 15	
1 Amy Harper, SLO-A	16:58
2 Lesley White, SLO-A	17:01
3 Gladees Prieur, SLO-A	17:07
4 Marilyn Nichols, SLO-A	17:13
5 Katy Manning, SLO-B	17:17
6 Robin Root, SLO-A	17:30
7 Jill Ellingson, SLO-B	17:45
8 Jeanette Allred, CSUN	17:50
9 Tara Statten, CSUN	17:52
10 Katie Dunsmuir, SLO-A	17:59
11 Leslie Pratt, CSUN	18:06
12 Dianne Hernandez, CSUN	18:10
13 Rogers, Oxy	18:14
14 Mary Mason, UCSB-A	18:18
15 Denise Ball, Unatt.	18:21

Team Scores	
1. Cal Poly San Luis Obispo-A 16, 2. Northridge 56, 3. Cal Poly San Luis Obispo-B 83, 4. UCSB-A 102, 5. Oxy 131, 6. UCSB-B 162.	

# Results

## Cal Poly Pomona Kangaroo X-C Inv.

Oct. 15.

### Men's Results

1	Larry Chumley, NAU	23:09.3
2	Chris Caldwell, NAU	23:26
3	Hector Cruz, NAU	23:32
4	Mark Souza, NAU	23:32
5	Dave Francis, Pomona Pitzer	23:34
6	Stuart Kirk, NAU	23:40
7	Sean Evans, UC Irvine	23:48
8	Klein, NAU	24:03
9	Greg Gonzales, UC Irvine	24:10
10	Andrew Daniels, Azusa Pac.	24:13
11	David Huddleston, CS Dom.Hls	24:14
12	Bob Adams, CS Fullerton	24:19
13	Mike Wood, CS Fullerton	24:21
14	Greg Rafijah, UC Irvine	24:23
15	Velasquez, Azusa Pac.	24:25
16	Tom Fitzgerald, UC Irvine	24:26
17	Scott Hakeman, CS Fullerton	24:27
18	Paul O'Neil, Cal Poly-P	24:32
19	Kent Lawrence, Cal Poly-P	24:33
20	Ruben Le Desma, SanDiego	24:38

### Team Scores

1. Northern Arizona University 16, 2. UC Irvine 70, 3. Cal State Fullerton 96, 4. Cal Poly Pomona 124, 5. Azusa Pacific 142, 6. Cal St. Dominguez Hills 148, 7. Pomona Pitzer 149, 8. San Diego State 164, 9. Club Hack 257.

### Women's Results

1	Angie Chalmers, NAU	13:26.7
2	Judy McLaughlin, UC Irvine	13:44
3	Laura McCracken, NAU	13:45
4	Susan Zika, UC Irvine	13:45
5	Lisa Anstberger, NAU	13:49
6	Rhonda Sterkenberg, NAU	13:53
7	Ann Ratto, NAU	13:59
8	Lorraine Mercado, UC Irvine	14:01
9	Tamsin Valdez, CS Fullerton	14:07
10	Julie Doering, CalPoly-P	14:09
11	Kim Pifilippo, Unatt.	14:22
12	Susan Zahradnik, UC Irvine	14:23
13	Terry Sweetman, CalPoly-P	14:27
14	Kelly Ringer, UC Irvine	14:33
15	Amy Phillips, Pomona Pitzer	14:34
16	Wendy Simmons, UC Irvine	14:35
17	Miste Garcia, CalPoly-P	14:37
18	Barbara Rohman, CS Fullerton	14:38
19	Cassie Hartzog, Pomona-Pitzer	14:46
20	Cathy Casserly, UC Irvine	14:48

### Team Scores

1. Northern Arizona University 38, 2. UC Irvine 38, 3. Cal Poly Pomona 91, 4. Cal State Fullerton 110, 5. Pomona Pitzer 125, 6. Long Beach State 141, 7. Loyola Marymount 206.

## Cal Invitational Cross Country

Golden Gate Fields, Albany, Oct. 15.

### Men's Results - 5 Miles

1	Derrick May, UN Reno	23:23
2	Rod Berry, Puma Energ.	23:28
3	Jim Smith, Stanford	23:30
4	Jeff Atkinson, Stanford	23:33
5	Jay Marden, Cal 'A'	23:35
6	Roy Kissin, Sub 4 TC	23:40
7	Tom Downs, Golden Bear TC	23:43
8	Mike O'Reilly, Golden Bear	23:43
9	Marc Oleson, Stanford	23:47
10	Ian Clark, Cal 'A'	23:55
11	David Frank, Stanford	23:59
12	George Yuster, Cal 'A'	24:00
13	Glen Lee, San Jose St.	24:00
14	Simon Fielding, UN Reno	24:06
15	Mike McCollum, Cal 'A'	24:09
16	Chris Davids, UN Reno	24:12
17	Ed Callaway, Stanford	24:15
18	John Morse, Cal 'A'	24:16
19	Charles Alexander, Stanford	24:25
20	Tom Schmitt, Golden Bear	24:27
21	John Hancock, UC Davis	24:28
22	Shawn Smallwood, UC Davis	24:37
23	Tom Borschel, Golden Bear	24:38
24	Pat Fox, Stanford	24:42
25	Bret Baffert, San Jose St.	24:44

### Team Scores

1. Stanford 48, 2. California 'A' 60, 3. Golden Bear TC 87, 4. Nevada-Reno 117, 5. UC Davis 130, 6. San Jose State 147, 7. California 'B' 214, 8. Mira Costa 272, 9. Greater San Francisco TC 297.

### Women's Results - 5,000 meters

1	Cathy Branta, UW	16:38.9
2	Alison Wiley, Stanford	16:42.3
3	Katie Ishmael, UW	16:58.4
4	Regina Jacobs, Stanford	17:02.7
5	Cory Schubert, Stanford	17:05.3
6	Vickie Cook, UCLA	17:15.7
7	Johanna Reneke, UW	17:19.2
8	Julie Thomas, Cal	17:21.4
9	Tania Fischer, UCLA	17:23.3
10	Kelly McMillen, UW	17:26.9
11	Jessica Spies, Unatt.	17:27.4
12	Joan Starrett, UNM	17:28.0
13	Polly Plumer, UCLA	17:31
14	Marilyn Davis, Cal	17:34.2
15	Louise Romo, Cal	17:39.2
16	Shannon Stryker, UCLA	17:46.6
17	Lisa Mitchell, UNM	17:52.1
18	Birgit Christiansen, UW	17:53.1
19	Kathy Pfeifer, UNM	17:56.4
20	Linda Mitchell, UNM	17:59.9
21	Mara Lazdens, MC	18:04.4
22	Carol Roybal, UNM	18:07.3
23	Margaret Spotts, Cal	18:13.3
24	Cynthia Valdez, UNM	18:13.7
25	Kelly Champagne, UNM	18:16.2

### Team Scores

1. Wisconsin 28, 2. UCLA 52, 3. New Mexico 70, 4. California 71, 5. Mira Costa College 135.

## Green & Gold X-C Invitational

Pomona, Oct. 22.

### Men's Results - 5 Miles

1	Frank Selvaggio, Point Loma	25:22.5
2	John Lee, CalPoly-P	25:25
3	Tomas Anderson, Pt.Loma	25:34
4	Tom Fitzgerald, UC Irvine	25:42
5	Matt Simpson, LongBch.St.	25:52
6	Chris Price, UC Irvine	25:55
7	Paul O'Neil, Cal Poly-P	25:58
8	Mike Fisher, Unatt.	26:00
9	Dave Dempsey, Pt.Loma	26:05
10	Dave Delong, Pt.Loma	26:07
11	Eric Rutherford, UC Irvine	26:09
12	Jim Reish, LongBch.St.	26:10
13	Brian Kleinsasser, Pt.Loma	26:13
14	Jeff Monical, CS Fullerton	26:14
15	Paul Gianetto, CalPoly-P	26:19
16	Mike Trujillo, CS Northridge	26:24
17	Steve Sherman, CS Northridge	26:25
18	Jim McKenzie, UC Irvine	26:35
19	Dave Murphy, UC Riverside	26:39
20	Curt Hughes, CS Fullerton	26:46

### Team Scores

1. Point Loma 33, 2. UC Irvine 52, 3. Cal Poly 64, 4. Long Beach State 83, 5. CS Fullerton 108, 6. USD 174.

### Women's Results - 3 Miles

1	Linsa Gonzales, UC Irvine	16:50
2	Susan Zika, UC Irvine	16:57
3	Judy McLaughlin, UC Irvine	16:57
4	Lorraine Mercado, UC Irvine	17:07
5	Helen Arzu, UC Riverside	17:23
6	Helen Reluga, UNLV	17:28
7	Janine Dube, UC Irvine	17:42
8	Wendy Simmons, UC Irvine	17:44
9	Jennifer Abraham, UC Irvine	17:52
10	Kelly Ringer, UC Irvine	18:04
11	Cathy Casseely, UC Irvine	18:15
12	Susan Zahradnik, UC Irvine	18:23
13	Beth Taft, UC Irvine	18:34
14	Karen Farley, Cal Poly-P	18:37
15	Therese Nolan, UNLV	18:43
16	Donna Curtis, USC	18:45
17	Denise Woodard, UC Riverside	18:46
18	Julie Sumpter, USC	18:53
19	Patty Kuffel, UC Riverside	19:11
20	Lisa Bassi, Cal Poly-P	19:27

### Team Scores

1. UC Irvine 16, 2. USC 65, 3. UC Riverside 78, 4. Point Loma 109, 5. USD 112.

photo by Bill Leung, Jr.



**MATT BLATY**  
Cal Poly Pomona

Fine Flicks by Don Gosney



**MARK RUELAS**  
UC Irvine

## 1983 Western Regional X-C Meet

Sacramento, October 29, 10,000m.

### Results - Men

1	Matt Blaty, Pom.	31:14
2	Tony Reyes, Pom.	31:30
3	Ramon Morales, Humb.	31:41
4	Philip Vannette, Rivers.	31:44
5	Gary Borbon, Pom.	31:49
6	John Spilman, North.	32:16
7	Hector Perez, SLO	32:31
8	Tim Watson, River.	32:23
9	David Loud, Pom.	32:27
10	Jeff Williams, Pom.	32:27
11	Matt Gary, Sac.	32:27
12	S. Dietch, River.	32:32
13	J. Barrett, Davis	32:33
14	C. Breneman, River.	32:35
15	N. Bernal, SLO	32:36
16	S. Perez, Pom.	32:38
17	K. Broady, SLO	32:40
18	J. Kaspari, Davis	32:42
19	J. Grubbs, Sac.	32:47
20	F. Fernandez, Sac.	32:49
21	La Greide, Port.	32:53
22	K. Smallwood, Davis	32:57
23	D. Stefanisko, Davis	32:59
24	T. Franse, Sac.	33:01
25	P. Reyes, Sac.	33:05

### Team Scores

1. Pomona 27, 2. Riverside 65, 3. San Luis Obispo 97, 4. Sacramento 99, 5. Davis 107, 6. Humboldt 160, 7. Hayward 240, 8. Portland 243, 9. Dominguez Hills 243, 10. Northridge 248, 11. Chico 280.

### Results - Women

1	Patricia Gray, Davis	17:15.6
2	Amy Harper, SLO	17:18.8
3	Lesley White, SLO	17:21.3
4	Robin Root, SLO	17:23.9
5	Kathy Koudela, Hay.	17:29.8
6	M. Nichols, SLO	17:38.3
7	Katie Dunsuir, SLO	17:38.8
8	Lisa Koelfgen, Seattle	17:40.3
9	Katy Manning, SLO	17:47.1
10	Gladees Prieur, SLO	17:49.4
11	M. Manrquez, North.	17:50
12	M. Anderson, Son.	18:08
13	Leslie Ramstad, Seattle	18:12
14	Debbie Morris, Hay.	18:16
15	Michele Phipps, Hay.	18:17
16	L. Prall, North.	18:20
17	S. Gunn, Chico	18:23
18	T. Statton, North.	18:23

19	C. Benson, Seattle	18:26
20	K. Menge, Davis	18:30
21	C. Tully, Davis	18:31
22	J. Miller, Port.	18:31
23	L. Shansby, Seattle	18:32
24	C. Manning, Hay.	18:39
25	Helen Arzu, River.	18:41

### Team Scores

1. San Luis Obispo 22, 2. Hayward 93, 3. Davis 93, 4. Seattle 100, 5. Northridge 102, 6. Sacramento 206, 7. Pomona 210, 8. Chico 226, 9. Humboldt 241, 10. Riverside 286, 11. Sonoma 300, 12. Los Angeles 338, 13. Dominguez Hills 375, 14. Chapman 413.

## Pacific Coast Athletic Ass'n. Men's X-C Championships

Craig Park, Oct. 29, 10,000m.

### Results

1	Mark Ruelas (UCI)	29:43.5
2	Melvin Thompson (UNLV)	30:02.9
3	Eric Vedeleer (NMS)	30:04.8
4	Mike Serna (LBS)	30:05.9
5	Mike Parker (LBS)	30:07.0
6	Gordon Duff (LBS)	30:07.0
7	German Aranda (UNLV)	30:10.3
8	Sammy Barasa (FSU)	30:17.3
9	Sean Evans (UCI)	30:22.4
10	Danny Martinez (UCI)	30:23.3
11	Brad Jensen (LBS)	30:25.7
12	Bob Adams (CSF)	30:28.4
13	Tyrus Deminter (LBS)	30:29.1
14	Mike Carlton (UCI)	30:26.6
15	Gary Gonzales (FSU)	30:33.0
16	Rick Dodson (UCI)	30:34.1
17	Dave Lehrman (FSU)	30:35.3
18	Lalo Terriquez (LBS)	30:36.3
19	Ron Castongway (UNLV)	30:37.4
20	Scott Hakeman (CSF)	30:38.6
21	Joe Rubio (UCI)	30:40.8
22	Pete Dinger (NMS)	30:49.1
23	Gary Vilas (UNLV)	30:54.8
24	Tim Silva (UCSB)	30:55.4
25	Barasa Thomas (FSU)	30:56.4

### Team Scores

1. Long Beach State 39, 2. UC Irvine 50, 3. Nevada, Las Vegas 80, 4. Fresno State 96, 5. CS Fullerton 119, 6. New Mexico State 149, 7. San Jose State 174, 8. UC Santa Barbara 180, 9. Utah State 238.



LONG BEACH STATE — PCAA CHAMPIONS (standing, left to right): Lalo Terriquez, Brad Jensen, Mike Parker, Mike Serna, Coach John Tansley, (front, kneeling): Gordon Duff, Tyrus Deminter.

## SCIAC Champs.

Redlands, Oct. 29.

### Results - Men

1 Francis (P)	23:37
2 Ziblatt (O)	23:51
3 Lindstrom (P)	24:02
4 Pettis (O)	24:12
5 Clary (R)	14:16

### Team Scores

1. Occidental 28, 2. Pomona 41, 3. Redlands 70, 4. Claremont-Mudd 133, 5. Caltech 136.
--

## Calif. Christian College Conf.

El Dorado Park, Long Beach, Oct. 29. 5 Miles.

### Results - Men

1 Frank Velazquez, APU	24:31
2 Kurt Cook, W	24:33
3 Robert Scott, W	24:35
4 Tomas Andersson, PLC	24:42
5 Dan Dietrich, W	24:46
6 Frank Selvaggio, PLC	24:51
7 Andrew Daniels, APU	25:02
8 Dave Dempsey, PLC	25:17
9 Brian Kleinsasser, PLC	25:26
10 Tim Wallen, W	25:32
11 Tim Stocker, PLC	25:36
12 Jon Gleason, B	25:44
13 Dave DeLong, PLC	25:50
14 Bob Franks, B	26:00
15 Max Cardona, PLC	26:06

### Team Scores

1. Westmont 36, 2. Point Loma 38, 3. Azusa Pacific 65, 4. Biola 94, L.A. Baptist, No Score.
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### Results - Women 5000m

1 Julie Fitch, PLC	18:19
2 Judy Thomas, APU	18:44
3 Stacey Swanson, W	18:53
4 Tammy Williamson, W	19:08
5 Maura Bookout, APU	19:22
6 Kathy McMillion, W	19:25
7 Sonja Cooper, APU	19:35
8 Karmen Stickney, PLC	19:41
9 Debbie Katekaru, W	19:50
10 Linda Burden, APU	20:15

### Team Scores

1. Westmont 34, 2. Azusa Pacific 39, 3. Point Loma 53.
--

## NAIA District III X-C Champs.

La Mirada Regional Park, Nov. 12.

### Results - Men's 5 Mile

1 T. Andersson (Pt. Loma Naz)	25:31
2 F. Velasquez (Azusa Pac.)	25:49
3 F. Selvaggio (Pt. Loma Naz)	25:53
4 R. Scott (Westmont College)	25:58
5 A. Daniels (Azusa Pac.)	26:06
6 T. Wallen (Westmont College)	26:25
7 A. Castle (Calif. Lutheran)	26:44
8 B. Kleinsasser (Pt. Loma Naz)	26:47
9 K. Cook (Westmont College)	26:59
10 D. Dietrich (Westmont College)	27:01
11 D. Dempsey (Pt. Loma Naz)	27:17
12 C. Spitz (Calif. Lutheran)	27:18
13 D. DeLong (Pt. Loma Naz)	27:28
14 D. Maxwell (Calif. Lutheran)	27:30
15 B. Franks (Biola University)	27:33

### Team Scores

1. Point Loma Nazarene College 36, 2. Westmont College 49, 3. Azusa Pacific University 80, 4. California Lutheran College 97, 5. Biola University 111, 6. California Institute of Technology 139, 7. Los Angeles Baptist College 205.
---

### Results - Women's 3 Mile

1 B. Gaenslen (Notre Dame)	18:09
2 L. VanHousen (Notre Dame)	18:48
3 S. Cooper (Azusa Pac.)	19:21
4 J. Thomas (Azusa Pac.)	19:23
5 J. Fitch (Pt. Loma Naz)	19:32
6 S. Swanson (Westmont College)	19:41
7 M. Bookout (Azusa Pac.)	19:50
8 T. Williamson (Westmont Col.)	20:03
9 J. Haase (Calif. Inst. of Tech.)	20:03
10 J. Armer (California Lutheran)	20:22

### Team Scores

1. Westmont College 52, 2. College of Notre Dame 53, 3. Azusa Pacific University 61, 4. Point Loma Nazarene College 79, 5. St. Mary's College 116, 6. Calif. Institute of Technology 137.
---



# Road Race Results

## Optimist Sports Festival 10K

Coronado, July 30.

### Top Ten - Men

1 Richard Brownsberger	30:25
2 Sean Evans	30:29
3 Willy Ayyad	30:29
4 Tom Lux	30:39
5 Robert Lusitana	31:01
6 Gilberto Alvarez	31:08
7 Dave Harper	31:10
8 Jose Vega	31:30
9 Steven Dietch	31:35
10 B. Davies	31:50

### Top Ten - Women

1 Elizabeth Baker	34:50
2 Lori Dierdorff	37:50
3 Debbi Lewis	38:20
4 Linda Copp	39:50
5 Karen Brown	39:51
6 Mary Burns	40:05
7 Patty Madrigal	40:30
8 Linda Gregg	41:10
9 Ursula Rains	41:45
10 Molly Barnum	42:00

### Division Results - Men

Under 15: 1. Barry Manuel 34:25, 2. David Ratliff 41:38, 3. Todd Brown 45:54, 4. Eric Kobrine 46:14, 5. Barry Oliver 47:38. 16-19: 1. Jose Vega 31:30, 2. Steven Dietch 31:35, 3. Joe Manuel 31:56, 4. A. Zampardo 32:21, 5. Chris Courter 33:10. 20-29: 1. Richard Brownsberger 30:28, 2. Sean Evans 30:29, 3. Willy Ayyad 30:30, 4. Robert Lusitana 31:01, 5. Gilberto Alvarez 31:08. 30-39: 1. Tom Lux 30:50, 2. Dave Harper 31:10, 3. Chris Cortez 33:15, 4. John Montgomery 34:15, 5. Rick Massaro 34:20. 40-49: 1. Rich Levy 35:17, 2. John Slater 37:09, 3. Jerry Stave 37:30, 4. Tom Morrow 37:45, 5. Steve Kimes 38:03. 50 & Over: 1. Fred Lehr 37:40, 2. Frank Goldberg 39:22, 3. Ron Clark 40:04, 4. Bud Blackwood 40:28, 5. Wayne Zook 41:41.
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### Division Results - Women

Under 15: 1. Yvette Miles 44:50, 2. Shirley Olivarez 51:23, 3. Candis Johns 52:15, 4. Monika Wittmann 55:20, 5. Cheri Hansen 56:32. 16-19: 1. Patty Madrigal 40:30, 2. Lynn Gottesman 42:15, 3. Pauline Esquibel 42:40, 4. Patricia Kiffez 43:00, 5. Margaret Scott 44:10. 20-29: 1. Elizabeth Baker 34:50, 2. Lorrie Dierdorff 37:50, 3. Debbi Lewis 38:20, 4. Karen Brown 39:51, 5. Mary Burns 40:05. 30-39: 1. Linda Copp 39:50, 2. Lynda Gregg 41:13, 3. Carol Franklin 44:30, 4. Beth Somer 45:10, 5. Sherri Stone 48:08. 40-49: 1. Ursula Rains 41:46, 2. Judy Splitgerber 43:40, 3. Virginia Dickerson 45:15, 4. Doug St. Denis 46:38, 5. Nancy Granquist 48:02. 50 & Over: 1. Mary Storey 44:12, 2. Nicki Hobson 45:22.
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## Alameda Run For The Parks

Date Unknown, Alameda, 10K.

1 Ivan Huff (25) Mtn. View	29:25
2 David Segura (24) Albuquerque	29:32
3 Rich McCandless (27) San Jose	29:48
4 Mark Conover (23) Arcata	30:00
5 David Rennelsen (25) Marysville	30:05
6 Brad Hawthorne (27) Pleasant Hill	30:07
7 Joaquin Leand (22) Reno	30:23

8 Doug Avritt (24) Mtn. View	30:27
9 Sal Vasquez (43) Alameda	30:34
10 Dan Murray (38) Modesto	30:42
11 Jeffrey Adkins (22) Martinez	30:49
12 Denis O'Halloran (30) Mtn. View	30:50
13 Rick Roybal (25) Albuquerque	30:54
14 Duane Harms (32) Mtn. View	30:56
15 Chris Pierson (24) Mare Island	30:58
16 John Mansoor (28) Fair Oaks	30:59
17 Tom Borschel (25) Pleasant Hill	31:00
18 Peter Sweeney (28) Pacific Grove	31:06
19 Ernie Rivas (35) Oakland	31:10
20 Dan Harvey (25) Los Altos	31:25
21 Gregory Brock (35) Corralitos	31:27
22 Jim Mosher (35) San Diego	31:28
23 Ed Cadman (38) Novato	31:30
24 Bradley Rowe (23) Menlo Park	31:44
25 Mike Warr (22) Napa	31:45
26 Calvin Gaziano (16) Castro Valley	31:48
27 Stacey Geiken (26) Mtn. View	31:49
28 Carmelo Rios (24) Mtn. View	31:50
29 Pedro Reyes (21) Sacramento	31:58
30 Charles Thompson (33) S.F.	31:59
31 Todd Martinez (18) Hayward	32:08
32 Robert Darling (34) S.F.	32:12
33 Dave Stalters (27) Alameda	32:14
34 Bill Sevald (37) S.F.	32:16
35 Michael Ernst (25) Santa Clara	32:18
36 Mitchell Greenberg (31) Oakland	32:20
37 Ken Grace (26) San Leandro	32:23
38 Alan Overholt (24) Santa Barbara	32:25
39 Antoni Ruggie (28) Chico	32:28
40 Tad Woliczko (32) Santa Cruz	32:30
41 Rory Ingalls (34) Occidental	32:31
42 Doug Chesnut (30) Lafayette	32:32
43 David Knab (33) S.W. Portland	32:40
44 Mike Wright (26) Chico	32:44
45 Mark Schilling (28) Mtn. View	32:46
46 Robert Miller (26) Davis	32:47
47 Michael Triplett (24) Long Beach	32:48
48 Sjl Pascale (35) San Carlos	32:49
49 Joe Mangan (26) Mtn. View	32:50
50 Mike Fritz (25) Menlo Park	32:50
51 David Garcia (32) San Jose	33:00
52 Chris Thomas (35) Sausalito	33:01
53 Martin Higginbotham (16) Berk.	33:01
54 Gary Ferre (31) Reno	33:03
55 Kent Mulkey (27) Oakland	33:04
56 Dirk Rohloff (27) Mtn. View	33:06
57 Darrin Banks (17) Alameda	33:08
58 Alexander Lopez (17) Alameda	33:09
59 Chris Johnson (33) Sausalito	33:10
60 Tad Beach (25) Emeryville	33:15

### Division Results - Men

13 & Under: 1. Fred Merclari 35:58, 2. Ernest Carter 38:29, 3. Jerome Daniels 41:30, 4. Michael Novak 41:47, 5. Joshua Novak 45:26.
14-18: 1. Calvin Gaziano 31:48, 2. Todd Martinez 32:00, 3. Martin Higginbotham 33:01, 4. Darrin Banks 33:08, 5. Alexander Lopez 33:09.
19-29: 1. Ivan Huff 29:25, 2. David Segura 29:32, 3. Rich McCandless 29:48, 4. Mark Conover 30:00, 5. David Rennelsen 30:05.
30-39: 1. Dan Murray 30:42, 2. Denis O'Halloran 30:50, 3. Duane Harms 30:56, 4. Ernie Rivas 31:10, 5. Gregory Brock 31:27.
40-49: 1. Sal Vasquez 30:34, 2. Jake White 33:30, 3. Tim Rostegge 33:36, 4. Donald Ardell 34:04, 5. Tom Mota 34:35.
50-59: 1. Joe King 37:36, 2. John Lemke 37:50, 3. Harry Jones 38:47, 4. Jess Chavez 38:49, 5. Richard Morgan 39:06.
60-69: 1. Paul Reese 41:03, 2. John Gilkey 42:09, 3. Charles Trautner 44:09, 4. Tom McGe 45:01.

continued on next page...

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## Results

Wichr: 1. Gary Kerr 27:49, 2. Junior Rice 27:50, 3. Michael Elix 33:14, 4. Allen Gravelle 34:03, 5. Dan Buchanan 35:27.

### Division Results - Female

13 & Under: 1. Gretchen Hill 42:23, 2. Jessica Bagley 42:28, 3. Francesca Fitzgerald 48:01, 4. Stacy Grange 50:45, 5. Andrea Hannes 52:29.

14-18: 1. Jill Perry 39:14, 2. Lori Hill 42:14, 3. Dawn Thomas 45:30, 4. Kristen Hamerback 48:51.

19-29: 1. Patti Gray 33:03, 2. Kathy Way 36:18, 3. Michele Phipps 36:30, 4. Linda Martinez 36:33, 5. Connie Hester 36:45.

30-39: 1. Laurie Binder 34:57, 2. Leslie McMullin 35:18, 3. Helen Fortunato 35:52, 4. Juana Stavolone 38:00, 5. Sharlet Gilbert 40:11.

40-49: 1. Gail Rodd 39:57, 2. Patricia Whittingslow 40:01, 3. Ann Grove 44:12, 4. Lillian Woodard 44:35, 5. Liz Ray 45:33.

50-59: 1. Marlon Irvine 39:01, 2. Sally Wolfer 42:53, 3. Hsaa Reichel 45:20, 4. Anita Levitch 50:20, 5. Kit Pickles 53:26.

60-99: 1. Els Tuinzing 52:48, 2. Frances Bradford 58:30, 3. Ada Thomas 59:03, 4. Gloria Giorgi 1:16:06.

Wichr: 1. Seta Kosman 38:57.

## Tetrack Trail 8 Mile Run

by Louis Hirsch

What will they do next? Six years ago the Griffith Park Athletic Club started the Tetrack Trail 8 Mile Run. An innocent race through the back trails of Griffith Park. Since the trails are boring they had to add something to make the race more interesting. The idea was to have a nude girl stand at the two mile mark. Last year they made the race more interesting for the females in the race by adding a nude man at the one mile mark.

# Race Clocks

**SPECIAL PRICE ON CHRONOMIX CC-811 DIGITAL CLOCKS** — We have several customers that are interested in selling their digital display clocks for \$895 (the original retail price was \$1295), so they can purchase the newer CC-601 (1350 normal retail). Also have nearly new Chronomix CC-721, the "big" one for \$1500. If you're interested in finding out more, please contact Jack Leydig at (415) 595-2249. These will probably go very fast at this price, so we suggest you respond immediately if you're at all interested. Prices are "negotiable." We also have an indoor display clock on sale for \$500.

This year, on a thankfully cool and cloudy August morning, the race committee added yet another attraction, an NFL cheerleader. Yes, a real NFL cheerleader. She wasn't the thin, blonde, blue eyed type. In fact she is a little on the heavy side. She was at the 1/2 mile mark holding up a sign that read "what did you expect, Bo Derek?" She was Pom-Pom Momma from the L.A. Rams. The race committee couldn't have picked a better person for the job. She was so enthusiastic it appeared like she had the energy and warmth of two of those then, blonde, blue eyed cheerleaders. Many of the runners described her as "Wonderful", and "Fantastic".

Now that you have read about the most exciting happening of the day, here comes the more mundane things. Going out on the course before the race you would have realized that there was no way a fast time would have been run. Twice the week before, including the night before the race, it rained heavily for August in Southern California, about a half inch for the week. The race course, a trail, was very muddy.

At 7:30 sharp the race began. There was a mad dash by one runner up the slippery trails. By the two mile mark he had a two minute lead over the rest of the field. The group there thought that he, Alvaro Palacios, cut the course. They were assured by a race committee member that there was no way of cutting the course. The race committee member should know the course, he runs it at least three times a week. The only explanation was that the lead runner was either a mountain goat or from some hilly South American country, such as Columbia. As it turns out Alvaro is not part mountain goat, but Columbia. He trained at altitudes of about 12,000 feet, good enough to make any runner into a good hill runner. He was the national cross country champion of Columbia in 1979. By Palacios' performance you could tell he was no slouch. He won the race by almost four minutes, 46:26, and missed the course record of 45:06 by a little over a minute. Quite an accomplishment considering the course conditions. He will be running cross country for the University of Utah this fall. What a change in terrain from Columbia.

The first place award for this race, needless to say is also unique. Instead of a trophy, a large mug, big enough to hold a six pack, was given to the winner. Mugs are given to all winners instead of trophies. This is nothing new. The winner of the race was given something to share the six pack with on those cold nights in Utah, an inflatable doll. Now that's strange.

What will they do next year? Only the race committee knows for sure. The only way to find out exactly which ideas the committee will use is to come out to the "race" next year.

See November issue for results of top 30 and age group places.

## Simi Run

from Mary Evelyn

August 28, Healdsburg. 10K & 4.24 Mile. 10K

1	Rory Ingalls (34)	32:52
2	Dan McCullough (26)	33:14
3	Ken Hurst (23)	33:36
4	James Rice (20)	33:54
5	Lewis Gregory (22)	34:33
6	Ryan Gilliam (17)	34:58
7	William Dunphy (24)	35:05
8	James Moore (47)	35:38
9	Stephen Miller (16)	35:54
10	Mark Richtman (28)	35:58
11	Bill Mullan (33)	36:03
12	Brendon Hutchinson (40)	36:10
13	Roy Castro (17)	36:17
14	John Kirm (34)	36:36
15	John Anderson (30)	36:54
16	Scott Myers (17)	36:57
17	Rick Blackmon (26)	37:28
18	Daniel Silva (25)	37:59
19	John Mure (41)	38:10
20	John McIntosh (38)	38:30

31	Merry Humphreys (29)	40:02
56	Nancy Markey (30)	42:28
65	Janet Buckendahl (49)	43:22
67	Howard Young (51)	43:32
89	Loy Bise (5)	43:40
76	Carol Ferrari (31)	44:21

### 4.25 Mile

1	Steve Schram (17)	23:34
2	John Hogan (18)	25:37
3	Hank Fragoza (53)	26:07
4	Joe Dana (47)	26:30
5	Jack Kegg (18)	26:43
6	Ben Rosales (24)	26:54
7	Ken Wilson (18)	26:54
8	Mary Grace Maloney (19)	27:18
9	Paul Zorabedian (30)	27:18
10	Ralph Harms (47)	27:44
19	Eldrith Gosney (42)	29:20
17	Michelle Fountain (17)	29:48
27	Margret Moore (28)	32:30
30	Robyn Corwin (27)	33:50

## Couples Relay

Ventura. Sept. 5. 5K Each.

Inside Tracks 3rd annual Sweatheart 10K had 74 couples participating. Each couple (male/female) ran a 5K. The ages shown are combined ages of couple.

1	McCarty & Ysaia (1st-30-39)	33:17
2	Gladev & Zaragoza (1st-40-49)	33:29
3	Johnson & Tuttle (1st-60-69)	34:43
4	Kent & Torres (2nd-40-49)	35:27
5	Blum & Blum (1st-Married)	36:02
6	Armer & Corero (2nd-30-39)	36:09
7	Plante & Plante (1st-F/D)	36:55
8	Askin & Foodman (1st-70-79)	37:03
10	Maison & Scobey (1st-50-59)	37:51
18	Kent & Lasky (1st-0-29)	39:51
21	Cushman & Black (1st-80-89)	40:31
30	Richards & Richards (1st-100+)	42:43
38	Taylor & Taylor (1st M/S)	44:42

## Love Run

Fresno. Sept. 5.

Age Group 2 Mile Results - Men

12 & Under:	1. Alex Cordovan 12:49.1, 2. Mike Hernandez 13:18.1, 3. Steve Miller 13:24.0. 13-18: 1. Mathew Lara 10:04.1, 2. Arnel Douglas 10:19.5, 3. Mike Miller 10:26.0. 19-29: 1. Kelley McCaig 10:03.5, 2. Danny Santellano 10:41.8, 3. Bill Bachicha 11:25.1. 30-39: 1. John Volkman 10:46.8, 2. James Quinn 11:37.4, 3. Jim Sale 12:35.1. 40-49: 1. Ric Zamarripa 10:51.5, 2. Pete Santellano 11:26.5, 3. John Pius 11:29.4. 50-59: 1. Dwayne Schramm 13:35.2, 2. Raymond Madrigal 13:58.0, 3. Dave Cummings 17:09.1. 60 & Over: 1. Bob Musso 12:23.7, 2. Woody Cape 13:39.8, 3. Teja Dillon 16:50.9.
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Age Group Results - Women

12 & Under:	1. Jennifer Newmeier 14:09.2, 2. Leslie Williams 14:48.1, 3. Chris McCraw 14:59.2. 13-18: 1. Erin Valdez 13:20.5, 2. Jennifer Sharp 15:14.2, 3. Rosa Del Cid 17:45.2. 19-29: 1. Naomi Czipka 15:33.1, 2. Rosa Richard 15:48.1, 3. Marlam Grieving 15:54.0. 30-39: 1. Jan Alcock 12:44.1, 2. Elizabeth Jones 13:30.3, 3. Audrie Krause 15:42.4. 40-49: 1. Dorothy Allison 16:45.9, 2. June Elliott 18:35.6, 3. Lois Rudolph 18:58.0. 60 & Over: 1. Evelyn Koremben 19:32.6.
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Age Group Results 10K - Men

12 & Under:	1. Chad Elder 43:13.0. 13-18: 1. David Narajo 32:30.6, 2. Tom Morgan 34:37.9, 3. Ramon Fernandez 34:56.0. 19-29: 1. Alfred Cordova 32:39.2, 2. Mike Evanheilo 34:30.2, 3. Kevin Swain 34:50.3. 30-39: 1. Kenneth Drew 34:44.9, 2. Tony Dominguez 36:50.6, 3. David Bialock 37:39.4. 40-49: 1. Ronald Quitoriano 38:17.6, 2. Evan Orme 39:43.2, 3. Grant Sharp 40:07.6. 50-59: 1. Len Thornton 36:04.9, 2. Dick Cain 37:07.8, 3. Will Moore 39:45.5.
Wheelchair:	1. Jim Brooks 40:17.7, 2. Daniel Hernandez 40:20.6, 3. Jason Torosian 1:13:55.3.

Age Group Results 10K - Women

13-18:	1. Salli Orme 58:34.2, 2. Lisa Vartanian 1:02:35.2. 19-29: 1. Hermin Youssefian 45:25.3, 2. Darlene Gaffney 48:32.0, 3. Colleen Fast 53:03.9. 30-39: 1. Rosa Medina 40:09.7, 2. Sharon Madsen 48:24.0, 3. Randy Robinson 50:30.0. 40-49: 1. Margot Partlow 46:27.6, 2. Judi Rober 1:06:46.5.
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## Artichoke Festival

Castroville. Sept. 10. 10K.

Top 40 Overall Winners

1	Dan Gruber	30:41.8
2	Gregory Brock	32:17.6
3	Jose Alsipuro	32:17.8
4	Tony Munoz	32:34.8
5	Malcolm Cleary	32:41.1
6	Dan Rueckert	32:45.9
7	Lori Dunlap, Sr.	32:48.8
8	James Nelson	33:14.4
9	Bill Dunn	33:15.3
10	Glynn Wood	33:27.3
11	Gilbert Munoz	33:32.5
12	Juan Serrano	33:40.5
13	Jim Scattini	33:45.8
14	Michael Bazarnick	33:49.8
15	Raul Espinoza	34:04.6
16	Emile Allen	34:19.3
17	Jeff Rawlings	34:23.3
18	Miguel Herrera	34:51.5
19	Rafael Tierrafria	34:54.8
20	Jay Cook	34:59.8
21	Richard Leutzinger	35:00.6
22	Craig Hanson	35:20.1
23	Arnold Martinez	35:34.6
24	P. Bousquet	36:14.6
25	Bob Phillips	36:14.9
26	Sherman Martinez	36:26.2
27	Michael Sosnowski	36:26.5
28	Jonathan Hesse	36:30.7
29	Robert Gonzales	36:37.9
30	Allan Boehne	36:39.2
31	Erik Vanderberg	36:39.6
32	Greg Scattini	36:50.7
33	Bob Brown	36:54.9
34	Arthur Gabudad	36:57.8
35	Joey Ramirez	36:58.3
36	Brian King	36:58.7
37	Danny Mcuicar	36:59.4
38	Jesse Santana	37:00.1
39	Peter Marseguerra	37:05.9
40	Bill Dunston	37:49.8

## State Bar Convention 5/10K

Orange. Sept. 11.

Division Winners - Men 5K

Under 20: 1. Josh Kurtzell. 21-30: 1. Cory Ciambella. 31-35: 1. Jim Kenworthy (overall winner 17:51). 36-40: 1. William Kershaw. 41-45: 1. Fred Morrison. 46-50: 1. Wendell Mortimer. 51-55: 1. James McMillon. 61 & Over: 1. Kneeland Lobner.

Division Winners - Women 5K

30 & Under: 1. Dannelle Sakoda. 31-35: 1. Lois Curl (overall winner 20:25). 36-40: 1. Carolyn Slade. 41-45: 1. Rila Bonfa. 51-55: 1. Joanne Haag.

Division Winners - Men 10K

30 & Under: 1. Rob Duncanson. 31-35: 1. A. O. Martinez. 36-40: 1. O. Canche (overall winner 35:37). 41-45: 1. Timothy Wright. 46-50: 1. John Hill. 51-55: 1. Marvin Warren. 56-60: 1. Larry Banuelous. 61 & Over: 1. Richard Whitney.

Division Winners - Women 10K

30 & Under: 1. Susan Champlin. 31-35: 1. Janet Whitney. 36-40: 1. Margaret Johnson. 41-45: 1. Ida Henrick (overall winner 50:08).

## Run-To-Homeplate

San Francisco. Sept. 11. 5K.

First place winners receive round trip airfare and hotel accommodations to Honolulu marathon this December.

Top three finishers receive Giants autographed baseball.

First 300 finishers receive medals.

Over 1,500 runners participated. Partial proceeds benefited the Peninsula Oral School For The Deaf.

Results - Men

1	Ivan Huff, SanLuisObispo	14:08.0
2	Larry Lawson, Reno, NY	14:27.7
3	Tim Gruber, Aptos	14:38.5

Results - Women

1	Patricia English, SanAnselmo	17:05.5
2	Connie Hester, Lafayette	17:21.4
3	April Powers, LosAltos	18:19.7

## Mount Tam Hill Climb

Mill Valley, Sept. 11. 6.4 Miles.

Name (Age, Handicap)	Time
1 Steve Ottaway (30 1:00)	45:00
2 Fred Frauens (29 0)	45:03
3 Darryl Beardall (46 3:00)	48:42
4 Jim Owen (36 1:00)	46:59
5 Chris Johnson (33 1:00)	47:13
6 Phil Bellan (22 0)	46:43
7 George Frazier (36 1:00)	48:17
8 Russ Kiernan (45 3:00)	50:24
9 John Cobourn (36 1:00)	48:26
10 John Swyers (43 3:00)	50:30
11 Steve Lyons (42 3:00)	50:58
12 Jim Myers (34 1:00)	49:28
13 Art Banos (40 3:00)	51:45
14 Ron Rahmer (46 3:00)	52:02
15 Eve Pell (46 12:00)	61:21
16 Mike MacKenzie (39 1:00)	50:37
17 Mark Barbour (14 3:00)	52:58
18 Robert Eichstaedt (36 1:00)	51:08
19 Wally Strauss (56 6:00)	56:14
20 Florianne Harp (35 8:00)	58:31
21 Peter Franks (37 1:00)	52:05
22 Mike Hoy (41 3:00)	54:20
23 Peter Laskier (38 1:00)	52:24
24 Don Pickett (55 6:00)	57:42
25 Jim Furman (36 1:00)	52:46

## Pearblossom To Punchbowl

From Dick Durand

Pearblossom, Sept. 11. 8.2 Miles.

Steve Durand won this race for the second year in a row. He was off the course record by a mere 5 seconds despite warmer weather. Jeanette Wells was also a 2-time winner and broke her existing CR by a full minute.

Beautiful scenery greeted the participants after their tough 2,000 ft. climb up to the Devil's Punchbowl, a scenic rocky depression in the foothills of the Sierra Madre. Most everyone made the transition from the North American Tectonic Plate to the Pacific Tectonic Plate without faltering, even though the latter is moving northwest several inches per century.

Why this race doesn't attract thousands of runners is a mystery.

### Results

1 Steve Durand (1st 20-29)	53:27
2 Stephen Whitmore (2nd 20-29)	55:45
3 Dave Winter (3rd 20-29)	56:41
4 Vern Biehl (1st 30-39)	58:03
5 Cordell Telford	59:10
6 Joe Hampton	59:12
7 Brice Hammerstein (2nd 30-39)	59:50
8 Marcelo Guiscardo (3rd 30-39)	61:06
9 Mike Danaher	61:45
10 Glenn Deines	62:09
11 Jan Barglowski (1st 19 & U)	62:44
12 Dan Welly (1st 40-49)	63:03
13 Dick Durand (1st 50-59)	63:29
14 Earl Beverly (2nd 40-49)	63:55
15 Greg Ward	63:55
21 Jeanette Wells (1st-F 40-49)	67:42
29 Sylvia Aceves (1st-F 30-39)	72:18
33 Cindy Scott (1st-F 20-29)	74:17
46 Renee Barlowski (1st-F 19&U)	83:55

## Run For Gold

Auburn, Sept. 17.

### Division Winners - Men 10K

**13 & Under:** 1. Joey Anderson 42:41, 2. Michael Andreani 42:42, 3. Benjamin Ayers 45:20.  
**14-18:** 1. Mark Vollmer 37:20, 2. Ty Nickel 38:02, 3. Scott Yarchow 38:08.  
**19-29:** 1. Dennis Rinde 32:05, 2. Mike McQueeney 32:44, 3. Bob Loux 33:38.  
**30-39:** 1. Gregory Yewell 35:23, 2. Nick Vogt 36:33, 3. Ron Ferrell 37:25.  
**40-49:** 1. Doug Rennie 36:18, 2. James Ballantine 37:33, 3. David Ragsdale 40:32.  
**50 & Over:** 1. Don Bradford 43:52, 2. Douglas Roach 45:19, 3. Richard Carp 46:02.

### Division Winners - Women

**14-18:** 1. Stacy McAfee 41:21, 2. Edie Vogit 44:40, 3. Sharon Buy 50:43.  
**19-29:** 1. Peggy Macke 46:10, 2. Jody Williams Garrard 47:06, 3. Kari Scribner 47:24.  
**30-39:** 1. Rita Fagundes 40:34, 2. Jean Spirlock 47:29, 3. Sandy Amara 48:00.  
**40-49:** 1. Bjorg Anstheim Smith 45:16, 2. Carol Egoroff 55:45, 3. Joyce Reilly 57:12.  
**50 & Over:** 1. Marian McKone 49:28, 2. Peggy Ewing 56:01, 3. Mariys Njoes 56:19.  
**Division Winners - Men 5K**  
**13 & Under:** 1. Shawn Whitney 20:07, 2. Brennan Mulligan 22:24, 3. Dennis Shelgrin 22:39.  
**14-18:** 1. Chuck Veylupek 16:54, 2. Mark Vallmer 17:01, 3. Allen Williams 17:04.  
**19-29:** 1. Stephen Childers 17:15, 2. John Bowler 19:58, 3. Dante Vitale 20:07.  
**30-39:** 1. Dean Raymond 16:45.3, 2. Curt Duff 17:12, 3. Gene Thiebeateet 17:41.  
**40-49:** 1. Jim Jordan 17:14, 2. Ed Stromberg 17:45, 3. Dan Alarid 18:15.  
**50 & Over:** 1. Dan Halvorson 19:21, 2. Gordon Hall 19:48, 3. Richard Kuphaldt 21:55.  
**Division Winners - Women 5K**  
**13 & Under:** 1. Ann Kuphaldt 21:12, 2. Aysha Head 22:28, 3. Kim Ryan 25:07.  
**14-18:** 1. May Kuphaldt 20:22, 2. Diane Shelgrin 23:14, 3. Leslie Raldan 24:10.  
**19-29:** 1. Janise Laughler 23:30, 2. Sandra Knopp 23:47, 3. Susan Kerber 25:04.  
**30-39:** 1. Maureen Lance 20:49, 2. Leslie Mattingly 21:34, 3. Janet Lake 21:40.  
**40-49:** 1. Bjorg Anstheim Smith 20:28, 2. Karen Mulligan 24:15, 3. Denise Stein 24:25.  
**50 & Over:** 1. Po Adams 29:06, 2. Lorraine Brown 31:04, 3. Elaine Reese 34:05.



STACEY McAFEE  
A Run for Gold winner

## Jim Thorpe 5K & 10K

Lomita, Sept. 17.

### Results - Men's 5K

**10 & Under:** 1. Terrel Reyes 20:48.4, 2. Joseph Young 23:22.7, 3. John Young 24:33.8, 11-15: 1. Dave Delgado 16:48.2, 2. Bill Bentz 17:08.4, 3. Carlos Moya 17:54.6.  
**16-18:** 1. Luis Pinon 16:22.6, 2. Pete Armes 21:41.3, 3. Brent Havens 22:17.4, **19-24:** 1. Fernando Vasquez 15:33.1, 2. R. Hailes 16:18.5, 3. F. Peters 16:25.9, **25-29:** 1. Pete Mogg 15:27.8, 2. Stephen Harris 16:19.0, 3. Joe Olivas 16:20.3, **30-34:** 1. Groll Guerrero 16:40.1, 2. Jack Cochran 16:45.2, 3. Jim Jenkins 17:27.0, **35-39:** 1. Allan Johnson 16:25.9, 2. Arthur Martinez 17:15.0, 3. Manny Burrola 17:35.3, **40-44:** 1. Dan Ashimine 17:46.4, 2. Dave Peck

# RUNNERS' FEET

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Polypropylene Undershirts (new miracle fabric keeps you warm and dry)

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### OAKLAND

3008 Lakeshore Ave.  
(between 580 Freeway & Lake Merritt)  
465-1070

### SAN FRANCISCO

9 Sutter Street  
Upstairs  
(corner Market, Sutter)  
391-5103

### HAYWARD

875 D Street  
(across from Library)  
886-2777

### BURLINGAME

1004 Oak Grove at Carolan  
(across from Burlingame H.S. Track)  
343-4242

### WALNUT CREEK

1286 S. Main Street  
(parking lot behind I. Magnius)  
932-6664

18:46.8, 3. Mike Bartelt 19:10.3, **45-55:** 1. Lee Van Leeuwen 18:12.6, 2. Tom Hanson 18:39.0, 3. David Thomas 19:12.1, **56-64:** 1. Larry Banuelos 19:07.3, 2. Bill Toomey 19:14.2, 3. Leonard Kulbachi 20:59.4, **65 & Over:** 1. Frank Morales 23:20.7, 2. N. Fitzgerald N.T., 3. W. Wilson 31:00.

### Results - Women's 5K

**10 & Under:** 1. Kristina Magnuson 25:40.6, 2. Alexis Gameraoz 31:13.6, 3. V. Hughes 32:05.4, **11-15:** 1. Suzanne Castroita 18:53.1, 2. Jeanne Young 25:40.1, 3. Lisa Haught 27:43.7, **16-18:** 1. Michelle Liptak 20:34.8, 2. Julin Sehing 21:48.8, 3. Julia Legaspi 22:53.3, **19-24:** 1. Lucrecia Escalzo 20:28.2, 2. Lori Sloan 23:47.4, 3. Martha Siggeirod 24:32.6, **25-29:** 1. Sheila Josephsen 20:34.2, 2. V. Brown 22:08.7, 3. Nora Legaspi 22:54.2, **30-34:** 1. Judy Rivas 21:49.6, 2. Eileen Krimholz 22:42.3, 3. Annette Gem 24:12.7, **35-39:** 1. Olga Montoya 22:22.9, 2. Nancy Ishind 23:21.6, 3. Mary Brooks 23:31.5, **40-44:** 1. Janet Shanta 23:48.6, 2. Donna Olshaugnessy 25:34.1, 3. Jeanette Lopez 25:43.6, **45-55:** 1. Mickie Shapiro 22:51.6, 2. Sheri Lewis 25:04.9, 3. Patricia Sloan 26:52.7, **56-64:** 1. Lavonne Abney 31:34.1, 2. Marie Taylor 37:22.9, 3. Lii Hasduk 37:57.3, **65 & Over:** 1. Irene Mandeville 32:48.0.

### Results - Men's 10K

**10 & Under:** 1. Tito Diaz 1:00:07.1, 11-15: 1. Morgan Roarty 40:58.6, 2. Chris Mejia 42:23.0, 3. Ronald Long 43:13.1, **16-18:** 1. Ray Saintisleban 37:53.1, 2. Lonnie Tubbs 38:32.8, 3. R. Dantani 39:30.0, **19-24:** 1. Gary McGraw 33:36.8, 2. Eddie 34:35.7, 3. Phil Smith 35:10.9, **25-29:** 1. Jerry Alexander 32:07.0, 2. Phil Vannette 32:29.4, 3. Jan White 33:47.7, **30-34:** 1. Herb Tanzei 35:43.1, 2. Jack Cochran 36:24.6, 3. Jon Hiroshima 37:13.6, **35-39:** 1. Octavio Cancu N.T., 2. James Akers, N.T., 3. Manny Burrola, N.T., **40-44:** 1. Bart Coventry 34:50.9, 2. Joe Bird 36:28.0, 3. Florenzio Vargas 36:48.7, **45-55:** 1. Merl Glauser

35:54.3, 2. Richard Leslie 39:51.5, 3. Ken Wong 39:58.9, **56-64:** 1. Larry Banuelos 41:02.9, 2. Bill Stowell 43:47.4, 3. S. Simon 45:56.5, **65-74:** 1. Al Milligan 1:14:39.1, **75 & Over:** 1. Fred Frederking 1:18:14.1.

### Results - Women's 10K

**10 & Under:** 1. Sara Reyes 56:39.8, 11-15: 1. Cinda Reyes 45:16.2, 2. Pat Grissom 1:04:45.2, **16-18:** 1. Hanna Kolezan 50:50.2, 2. Karen Griebel 1:53:07, **19-24:** 1. Vera Ramirez 45:51.8, 2. Kathleen DeFrance 48:54.7, 3. Lori Porterfield 50:20.2, **25-29:** 1. K. Parks 41:12.6, 2. Diane Hattori 44:29.7, 3. Kerry Newhall 52:12.0, **30-34:** 1. Jan Delaney 47:53.1, 2. Maria DeLeon 56:49.2, 3. Villarreal 58:06.0, **35-39:** 1. Cynthia Stansbury 53:11.6, 2. Donna Hodge 54:46.9, 3. B. Suto 56:01.7, **40-44:** 1. Kathryn Owen 46:41.0, 2. Diana Gonzales 50:00.5, 3. Karin Handsaker 50:56.2, **45-55:** 1. Shirley Blush 45:55.0, 2. Michie Shapiro 48:32.3, 3. Jeanne Carrier 54:17.4.

## Crossroads Five Mile

from Debbie Bradburn

Carmel, Sept. 17.

### Results

1 Troy Curran	27:45
2 Jim Poulos	28:43
3 Peter Kieffer	28:49
4 Glynn Wood	28:55
5 Vasilie Kondylis	28:55
6 Dan Beck	29:02
7 Gilbert Cosio	29:20
8 Miguel Herrera	30:06
9 Kevin White	30:07
10 Harold Smith	30:13
11 Tim Carmichael	30:31

continued on next page...

## Results

### Police & Friends 6 Mile Run

from Raul Saldana

Fresno, Sept. 25.

#### Division Results - Men

**13 & Under:** 1. Egan Titus 38:42, 2. Alex Cerdov a III 42:50, 3. Michael Santellano 43:02, 14-19: 1. David Naranjo 30:24, 2. Tom Morgan 33:06, 3. Hector Sepulveda 34:54.7, 20-29: 1. Tony Ramirez 29:36, 2. Jim Hartig 29:59.3, 3. Alfred Cordova 32:14, 30-39: 1. Al Lomeli 32:03, 2. Gary Campbell 32:26, 3. Bob Lindsey 32:27, 40-49: 1. Frank Padilla 34:14.5, 2. Frank Delgado 35:16, 3. Fernie Montanez 36:04, 50-59: 1. Dick Cain 35:18, 2. Will Moore 38:12, 3. Sid Toabe 38:18. **60 & Over:** 1. Bob Musso 40:34, 2. Harry Harder 41:34.4, 3. George Leavitt 45:06. **Wheelchair:** 1. Jim Brooks 36:59.

#### Division Results - Women

**13 & Under:** 1. Jennifer Tracy 52:30, 14-19: 1. Rosa Del Cid 1:06:41.3, 20-29: 1. Shirley Johnson 41:08, 2. Elizabeth Layous 42:56, 3. Evangelina Lopez 43:06, 30-39: 1. Marie Connelly 42:41, 2. Mary Ann Barroso 43:21, 3. Sandy Jacob 43:28, 40-49: 1. Margot Partlow 42:47, 2. Carolyn Campbell 43:01, 3. Lynn Scheel 43:29, 50-59: 1. Isabel Verduzco 44:03, 2. Dorothy Thomas 47:02, 3. Bessie Mae Stallings N.T. **60 & Over:** 1. Lucy Faretta N.T.



AL LOMEI

A Police & Friends winner

### Bay Pacific 15K

from Stephen C. Schwartz

Golden Gate Park, S.F. Sept. 25.

Despite heavy competition from Perry's to Perry's run, the event was well attended and included some of the Bay Area's

top runners. Each of the first through third place sixteen divisional winners received an engraved trophy. In addition, the top 100 finishers received bronze commemorative medals/ribbons. All finishers received T-shirts and participated in a large merchandise raffle at the close of the race. A portion of each race fee went to the Friends of Recreation and Parks for the Golden Gate Park Maintenance fund.

The new certified 15K course winds through and around Golden Gate Park and is one of the few of its kind in the San Francisco Bay Area. The course is fast and challenging as evidenced by the times, many personal records, recorded in the race.

#### Division Results - Men

**17 & Under:** 1. Bart Bombay 1:00:44, 2. Van Robbins 1:00:08, 3. Cesar Chavez 1:04:34, 18-29: 1. Henry Perez 46:41.3, 2. Tom Borschel 47:41.5, 3. Mike Warr 48:47.5, 30-34: 1. Mike Graves 50:31.6, 2. George Green 50:46.7, 3. Wolf Schmulewicz 52:47.2, 35-39: 1. Bill Sevald 50:18.6, 2. David Kadish 51:49.9, 3. Max Rios 53:30.1, 40-44: 1. Sal Vasquez 48:03.1 (a PR for Sal on a 15K course), 2. Jake White 51:52.3, 3. Joachim Vorlaender 54:48.1, 45-49: 1. Bill Catanese 54:25.3, 2. Peter Todd 57:47.1, 3. Arnold Schulz 58:07.2, 50-59: 1. James Nicholson 1:00:02, 2. John Gregson 1:01:13, 3. Karl Bollinger 1:02:17. **60 & Over:** 1. John Gilkey 1:04:55, 2. Don Wilkus 1:13:07, 3. Morris Kadish 1:13:31.

#### Division Results - Women

**17 & Under:** 1. Angela Leung 1:03:27, 2. Ellen Maruoka 1:12:02, 3. Cheryl Brown 1:18:51, 18-29: 1. Kim Rupert 1:04:08, 2. Deborah Norton 1:04:16, 3. Stephanie Hanson 1:04:33, 30-34: 1. Lolly Hess 1:03:21, 2. Ifoema Mbanugo 1:07:55, 3. Susan Aulik 1:09:28, 35-39: 1. Karen Deveney 1:06:21, 2. Leslie Browne 1:06:42, 3. Lynda Powell 1:08:29, 40-44: 1. Pat Whittingslow 1:02:26 (overall winner), 2. Barbara McEvoy 1:03:33, 3. Linda Sampsel 1:05:33, 45-49: 1. Rosemary Jones 1:15:10, 2. Jess Nourse 1:16:50, 3. Margaret Johnson 1:17:58, 50-59: 1. Laura Catz 1:27:52, 2. Alice Musante 1:29:59, 3. Jean Sutherland 1:38:28. **60 & Over:** 1. Jaclyn Caselli 1:14:17, 2. Arlene Fitzgerald 1:34:43, 3. Ada Thomas 1:35:30.

### Seagull Half-Marathon

San Diego, Sept. 25.

#### Top Ten - Men

1	Tim Varley	1:07:12
2	Gilbert Alvarez	1:09:03
3	Jeff Blackford	1:10:23
4	Ted Van Arsdale	1:12:43
5	Graeme Shirley	1:14:58
6	Andy Mackay	1:15:58
7	Gary Flynn	1:16:15
8	David Mitchell	1:16:31
9	Eric Contreras	1:16:39
10	Alex Tovar	1:17:03

#### Top Ten - Women

1	Oonagh Bruni	1:24:38
2	Susan Hurlburt	1:31:51
3	Ursula Rains	1:32:49
4	Pat Dokos	1:34:53
5	Marlene Young	1:35:07
6	Joan Wilson	1:35:46
7	Diane Ainsworth	1:36:21
8	Barbara Woods	1:37:31
9	Anne Johnson	1:38:04
10	Sheila Charlton	1:41:08

#### Division Results - Men

**18-29:** 1. Tim Varley 1:07:12, 2. Gilbert Alvarez 1:09:03, 3. Jeff Blackford 1:10:23, 30-39: 1. Ted Van Arsdale 1:12:43, 2. Graeme Shirley 1:14:58, 3. Andy Mackay 1:15:58, 40-49: 1. Neil Dottedy 1:18:37, 2. Wally Johnson 1:19:17, 3. Bob Mackel 1:22:42, 50-59: 1. Swan 1:34:54, 2. John Green 1:35:55, 3. Hal McGrady 1:39:37, **60 & Over:** 1. Wayne Zook 1:34:23, 2. Louis Harris 1:40:13, 3. Walter Irey 1:54:08.

#### Division Results - Women

**18-29:** 1. Oonagh Bruni 1:24:38, 2. Diane Ainsworth 1:36:21, 3. Joyce Smith 1:44:28, 30-39: 1. Susan Hurlburt 1:31:51, 2. Pat Dokos 1:34:53, 3. Marlene Young 1:35:07, 40-49: 1. Ursula Rains 1:32:49, 2. Barbara

Woods 1:37:40, 3. Phyllis Smith 1:43:55, **60 & Over:** 1. Anne Johnson 1:38:04, 2. Sheila Charlton 1:41:08, 3. Nicki Hobson 1:41:40.

### 9-West Women's 4 Mile Run

Griffith Park, Sept. 25.

#### Results

1	Pamela Morris(25)S.Pasadena	22:30
2	Jaynie Studenmund(29)LaCan.	23:17
3	Mary Tracey(23)SantaMonica	23:33
4	Ann Gladue(21)Ventura	23:50
5	Judy Kewley(39)Simi Valley	24:07
6	Evelyn Silvey(26)SantaMonica	24:09
7	Julie McKinney(27)RedondoBch	24:44
8	Katie Cunningham(27)SanPedro	24:52
9	Carol Doody(14)Upland	24:56
10	Brenda Kars(26)PlayaDelRey	25:13
11	Catherine Lecleire(30)L.A.	25:21
12	Jeanne Kawashima(26)L.A.	25:21
13	Kat Prince(12)Riverside	25:24
14	Amber Chavez(12)W. Covina	25:28
15	Margaret Miller(57)1000 Oaks	25:46
16	Terr Goodreau(33)No.Hollywd	25:51
17	Marion Sepulveda(10)Rialto	25:55
18	Lari Amey(22)Brentwood	25:59
19	Diane Castillo(12)BaldwinPk	26:04
20	Marita McGoldrick(26)RedondoB	26:05

#### Division Results

**12 & Under:** 1. Kat Prince 25:24, 2. Amber Chavez 25:28, 3. Marion Sepulveda 25:55, 13-15: 1. Carol Doody 24:56, 2. Camille Flores 27:56, 3. Becky Bresnick 29:19, 16-18: 1. Stacy Brewer 34:38, 2. Heather Williams 39:11, 3. Kathy Vidovich 39:42, 19-24: 1. Mary Tracey 23:33, 2. Ann Gladue 23:50, 3. Lari Amey 25:59, 25-29: 1. Pamela Morris 22:30, 2. Jaynie Studenmund 23:17, 3. Evelyn Silvey 24:09, 30-34: 1. Catherine Lecleire 25:21, 2. Terri Goodreau 25:51, 3. Terry Thompson 26:39, 35-39: 1. Judy Kewley 24:07, 2. Marjane Mitchell 27:04, 3. Lisa Winfield 27:16, 40-44: 1. Rachel Gardona 31:53, 2. Olivia Coria 32:17, 3. Carolyn Plozman 32:33, 45-49: 1. Dobi McDougall 26:06, 2. Joyce Momita 28:11, 3. Lotte Krause 30:57, 50-54: 1. Betty Flood 28:32, 2. June Uharriet 37:17, 3. Waltraud Cunliffe 44:44, 55-59: 1. Margaret Miller 25:46, 2. Diane Fritz 31:33, 3. Loudeam Andrews 32:24, 60-64: 1. Liz Cotton 38:21, 2. Isabel Estrada 40:31.

### Waterford Heritage Day Run

from Don Lundberg

Waterford, October 1.

#### Division Results - Men 10K

**12 & Under:** 1. Cliff Busler 49:57, 13-19: 1. Richard Johnson 36:20, 2. Patrick Ketchum 40:10, 20-29: 1. Ray Bettencourt 34:08, 2. Frank Garcia 37:10, 30-39: 1. Tom Holliday 34:37, 2. Morris Scoggin 35:39, 40-49: 1. Edwin Hoag 39:20, 2. Jerry Ogden 42:17, 50-59: 1. Charlie Rogers 38:38, 2. Jim Hurst 43:17, **60 & Over:** 1. Jack Plummer 50:57, 2. Frank Saylor 54:58.

#### Division Results - Women 10K

**13-19:** 1. Betty Chavez 42:10, 20-29: 1. Consuelo Garcia 43:36, 2. Jeniane Gee 51:06, 30-39: 1. Irene Cattanchad 49:59, 2. Sharon Bacon 50:39, 40-49: 1. Carol Ewin 49:43, 2. Anita Walker 50:01, 50-59: 1. Mary Ross 63:48.

#### Division Results - Men 2 Mile

**12 & Under:** 1. Eric Keeney 16:50, 2. Samuel Webb 18:04, 13-19: 1. Brian Braaten 11:43, 2. Tarry Ward 13:14, 20-29: 1. Isidro Suarez 10:36, 2. Michael Rench 11:16, 30-39: 1. Glen Jenkins 10:29, 2. Paul Birmingham 11:29, 40-49: 1. Gerry Holmes 11:22, 2. Ray Nicholl 12:06, 50-59: 1. Bill Lawson 16:22, **60 & Over:** Ray Mahannah 15:22, 2. James Higgins 15:52.

#### Division Results - Women 2 Mile

**12 & Under:** 1. Nikki Bacon 20:32, 13-19: 1. Jennifer McAulay 13:32, 2. Tammy Ward 14:12, 20-29: 1. Maureen Robello 12:21, 2. Brenda Duerfeldt 14:55, 30-39: 1. Dee Dee Graluis 14:30, 2. Gayle Pettinger 16:33, 40-49: 1. Veronika Jones 14:48, 50-59: 1. Harriet Higgins 18:10.

### Selma Cancer Run

from Tony Dominguez

Selma, October 1.

#### Division Results - Men 6 Mile

**12 & Under:** 1. Shon Wilson 51:10.1, 13-19: 1. John Blanchette 35:58.2, 2. Javier Garcia 36:09.2, 3. Mark Berry 46:18.9, 20-29: 1. Rod Moruin 33:05.4 (Overall winner), 2. Baldemar Betancourt 34:01.2, 3. Isaalas Luna 34:29.2, 30-39: 1. Alex Orasco 35:29.4, 2. Bruce Johnson 37:14.2, 3. Lawrence Alderete 37:25.3, 40-49: 1. Ric Zamarripa 35:21.0, 2. Paul Perez 40:25.5, 3. Len Hansen 41:59.7, 50-59: 1. Dennis Grisso 38:48.2, 2. Richard Aspen 46:08.9, 3. Rey Lazade 47:03.7. **Wheelchair:** 1. Jim Brooks 42:53.8, 2. Jason Torosian 1:02:21.2.

#### Division Results - Women 6 Mile

**20-29:** 1. Shara Greenwood 48:16.7, 2. Emily Munoz 49:28.4, 3. Alice Burbury 49:39.4, 30-39: 1. Elizabeth Jones 46:44.8 (Overall winner), 2. Leslie Moradian 48:03.7, 3. Judy Carol Weddle 49:08.7, 40-49: 1. Diane Vargas 49:37.9, 2. Connie Schroyer 50:39.0, 3. Julie Wilson 51:26.0.

#### Division Results - Men 2 Mile

**12 & Under:** 1. Alex Cordova 12:55.0, 2. Michael Santellano 13:24.6, 3. Augie Santellano 13:27.6, 13-19: 1. Ramon Fernandez 10:01.7, 2. Greg Ono 14:55.0, 20-29: 1. Jim Tifford 9:59.9 (overall winner), 2. Juan Puentes 11:13.8, 3. Danny Martinez 11:37.8, 30-39: 1. John Volkman 11:04.9, 2. Wayne Campbell 11:22.2, 3. Mike Montes 11:25.2, 40-49: 1. Grant Sharp 11:57.1, 2. Jim Raymond 12:22.9, 3. Arthur Kaitangian 12:35.4, 50-59: 1. John Paredes 13:17.0, 2. Frank Paraies 15:05.0, 3. Tony Campbell 15:08.1, **60 & Over:** 1. Bob Musso 12:44.0.

#### Division Results - Women 2 Mile

**12 & Under:** 1. Crystal Herrera 18:37.6, 2. Cheryl Raymond 21:19.4, 3. Kara Leeson 22:30.7, 13-19: 1. Erin Valdez 13:28.6, 2. Dana Jacobsen 13:38.7, 3. Jennifer Sharp 15:24.5, 20-29: 1. Evangelina Lopez 13:22.4, 2. Christy Lanxon 15:51.2, 3. Connie Valencia 17:41.3, 30-39: 1. Jan Alcock 13:05.2 (overall winner), 2. Alfreda Hall 14:32.1, 3. Claudette Moore 16:38.0, 40-49: 1. Marianne Popp 15:11.8, 2. Shirley Main 19:13.8, 3. Sandra Browning 19:54.6.

### AVHMC 10K

Lancaster, October 1.

#### Results - Men 10K

1	Garry Everson (HDCR)38	34:19
2	Enrique Flores (Pacoima)33	34:45
3	David Riel (Bakersfld)26	35:08
4	Dave Borjon (CSUN)24	35:14
5	Shawn Elmore (HDCR)17	35:37

#### Division Results

**12 & Under:** 1. Chad Cieslik 42:17, 13-15: 1. Jess Perez 38:53, 2. Chris Yergensen 57:25, 16-18: 1. Shawn Elmore 35:37, 2. Damon Collier 49:17, 19-29: 1. David Riel 35:08, 2. David Borjon 35:14, 30-39: 1. Garry Everson 34:19, 2. Enrique Flores 34:45, 40-49: 1. Freddie Perez 37:05, 2. Bud Chrisman 37:57, 50-59: 1. C. Armstrong 42:50, 2. J. C. Mefeetors 45:37, **60 & Over:** Jim Talley 42:42.

#### Results - Women 10K

1	Jeanette Wells (HDF)	40:22
2	Sylvia Aceves(HDCR)34	43:13
3	Cindy Scott (HDCR)28	43:34
4	Robin Ferguson (HDCR)19	44:44
5	Anne Lawrence(LongBeach)24	45:20

#### Division Results

**18 & Under:** 1. Cheryl Cieslik 61:06, 19-29: 1. Cindy Scott 43:34, 2. Robin Ferguson 44:44, 30-39: 1. Sylvia Aceves 43:13, 2. Beryl Knauth 48:36, **Over 40:** 1. Jeanette Wells 40:22, 2. Shelby Good 51:56.

#### Results - Men 5K

1	Mark LaPlant (AVC)19	16:19
2	Robert Corlew(AVC)19	16:37
3	Victor Fonseca (Pacoima)22	16:46
4	Pedro Ponce(Sylmar)37	16:58
5	Scot Duval (HDCR)29	17:13

#### Division Results

**12 & Under:** 1. Craig Cieslik 20:01, 2. Jeremy Gocke 20:42, 13-15: 1. Justin

Christensen 20:15, 2. Steve Chipman 20:18. 16-18: 1. David Swift 22:25. 19-29: 1. Mark LaPlant 16:19, 2. Robt Corlew 16:37. 30-39: 1. Pedro Ponce 16:58, 2. Phil Horn 18:12, 40-49: 1. Ken Hamrick 18:26, 2. Bob LaPee 20:04. 50-59: 1. Marv Powers 19:29, 2. Lee Montoya 22:56. **60 & Over:** 1. Frank Ashe 27:53.

**Results - Women 5K**  
 1 Liz Duc (Lancaster)23 23:03  
 2 Rosa Maria Diaz (CalCity)34 24:26  
 3 Rita Street (AVC-Rosemead)19 24:29  
 4 Barbara Morris (Palmdale)24 24:36  
 5 Kathy Butler (Lancaster)25 24:53

**Division Results**  
**15 & Under:** 1. Tracey Alberty 28:56, 2. April Addic 29:02. **16-18:** 1. Jennifer Watson 27:07, 2. Tracy Rice 57:51. **19-29:** 1. Liz Duc 23:03, 2. Rita Street 24:29. **30-39:** 1. Rosa Diaz 24:26, 2. Rene Howard 25:16. **40-49:** 1. Margaret Chipman 25:11, 2. Karen Morris 25:36. **50 & Over:** 1. Dorothy Lightner 26:42, 2. Jeanne Grant 29:50.

## Harvest Festival 10 Mile Run

from Chuck Fellows

Arroyo Grande, October 1.

**Results**  
 1 Phil Sosa (21) 53:46  
 2 Steve Jones (23) 54:46  
 3 John Ernatt (19) 56:32  
 4 Steve Paduganan (31) 56:55  
 5 Paul Lee (22) 57:16  
 6 Jim Hurley (27) 57:58  
 7 Keith Handley (42) 58:58  
 8 Richard Quintero (29) 59:00  
 9 Don Steiner (33) 1:00:01  
 10 Brad Rhodes (19) 1:00:18  
 16 Vickie Bray 1:02:57  
 18 Maria Pedersen (25) 1:04:44  
 20 Heidi Ertl (19) 1:05:42  
 24 Chantal Plante (17) 1:07:29  
 29 Carrie Walters (27) 1:09:09

## Run Against Crime

El Paso, TX, October 1. 15,000M.

**Results - Men's Open**  
 1 Gidamla Shahanga, Tanzania 44:13  
 2 Michael Musyoki, Kenya 44:13.5  
 3 Zak Barie, Tanzania 44:29  
 4 Gabriel Kamau, Kenya 44:31  
 5 Nick Rose, Great Britain 44:32  
 6 David Long, Great Britain 44:36  
 7 Jose Gomez, Mexico 44:48  
 8 Sam Ngatia, Kenya 45:29  
 9 Domingo Tibaduliza, Columbia 45:42  
 10 Dave Murphy, Great Britain 45:43  
 11 Ben Moturi, Kenya 45:48  
 12 Maximino Vega, Mexico 45:49  
 13 Heriberto Morales, Mexico 45:51  
 14 Porfirio Huerta, Mexico 45:58  
 15 David Segura, Albuquerque, N.M. 46:06  
 16 Demitrio Cabanillas, Mexico 46:10  
 17 Stann Vernon, Dallas, TX 46:13  
 18 Luis Barreto, Mexico 46:14  
 19 Filbert Bayi, Tanzania 46:25  
 20 M. Motshwarateu, Botswana 46:35  
 21 Mohammed Rutginga, Tanzania 46:36  
 22 Thomas Raunig, Eugene, OR 46:39  
 23 Juan Zetina, Dallas, TX 46:53  
 24 Adrian Leek, Great Britain 46:54  
 25 Antonio Villanueva, Mex. 46:58  
 26 Rodolfo Gomez, Mexico 46:58.5  
 27 Rick Roybal, Albuquerque 46:59  
 28 Ralph King, Raleigh, N.C. 47:01  
 29 Bob Hodge, Boston, Mass. 47:06  
 30 Samuel Montoya, Alamosa, Col. 47:25

**Women's Open**  
 1 Regina Joyce, Ireland 51:56  
 2 Eleanor Simonsick, Baltimore 52:07  
 3 Kellie Cathey, Greeley, Col. 52:20  
 4 Debbie Eide, Salem, OR 52:41  
 5 Ellen Hart, Boulder, Col 53:10  
 6 Glenys Quick, New Zealand 53:20  
 7 Barbara Moore, Denver, Col. 53:28  
 8 Maureen Custy, Denver, Col. 53:38  
 9 Marjorie Kaput, Tucson, AZ 53:43  
 10 Nancy Conz, Boston, Mass. 53:47  
 11 Elizabeth Baker, Encinitas, CA 53:54  
 12 Monica Joyce, Ireland 54:12  
 13 Maria Trujillo, Mexico 54:20  
 14 Carol Urish, Houston, TX 54:41

15 Cindy Dalrymple, Washington, DC 55:15  
 16 Linda McLennan, Gainesville, FL 56:30  
 17 Eileen Claugus, Sacramento 56:33  
 18 Elaine Kirchen, New York, NY 58:15  
 19 Vanessa Vajdos, Houston, TX 58:18  
 20 Shirley Matson, Solana Bch, CA 59:18

**Male Masters**  
 1 Antonio Villanueva (43) Mex 46:58  
 2 Sal Vasquez (43) Oakland 49:09  
 3 Stephen Lester (40) Salt Lake City 49:27  
 4 George Keim (40) Waynbro, PA 49:46  
 5 Don Colfman (40) Frankfort, KY 49:50  
 6 Herb Lorenz (44) Phil. Penn. 50:35  
 7 Norm Green (51) Wayne, Penn 50:51  
 8 Bob Fischer (43) Newark, NJ 50:58  
 9 Mike Heffernan (43) Portland, OR 51:03  
 10 Bob Packard (47) Flagstaff, AZ 51:53  
 11 Kirk Randall (42) Boston, Mass 52:05  
 12 Ray Hatton (51) Bend, OR 52:11  
 13 Dan McCaskill (42) Solana Bch, CA 52:25  
 14 Ernie Billups (46) Chicago, IL 52:43  
 15 Jim Ewing (44) Clinton, Miss. 52:57  
 16 Bob Jenkins (43) Roanoke, Vir. 53:23  
 17 Jim O'Neill (58) La Jolla, CA 55:07  
 18 Jim McClatchie (42) Houston, TX 56:10  
 19 Ross Smith (55) Reno, NV 56:23  
 20 Don Longenecker (67) Silver City 58:23  
 21 Richard Kania (54) Czech. 58:23.5  
 22 Herb Kania (54) Warwick, NY 58:24  
 23 Olive Davies (68) Tillamook, Or 58:33  
 24 Hyke VanDerWal (45) Canada 59:16  
 25 Dave Theall (52) Fairfax, Vir 60:58  
 26 George Sheehan (66) Redbank, NJ 65:35  
 27 Ed Benham (75) Ocean City, Md 68:53  
 28 Johnny Kelley (76) E. Dennis, Ms 71:29  
 29 Robert Boal (71) Raleigh, NC 76:39  
 30 Paul Spangler (84) SLO, CA 98:50

**Female Masters**  
 1 Cindy Dalrymple (41) Wash. DC 55:15  
 2 Elaine Kirchen (40) New York, NY 58:15  
 3 Shirley Matson (42) Solana Bch 59:29  
 4 Wendy O'Donnell (40) Portland 59:38  
 5 Christa Romppanen (44) Malibu 60:26  
 6 Ann Diaz (43) Chicago, IL 60:33  
 7 Vickie Bigelow (48) S.F., CA 60:55  
 8 Sue Johnston (41) Oakland 61:23  
 9 Shirley Weaver (41) Great Falls 61:24  
 10 Pat Thomas (43) Seattle 61:38  
 11 Marian Irvine (53) S.F., CA 62:36  
 12 Karen Scannell (45) S.F., CA 62:41  
 13 Mila Kania (52) Warwick, NY 64:19  
 14 Ruth Anderson (54) Oakland 69:08  
 15 Ruth Rothfarb (82) Cambridge, Ms 105:41

**Wheelchair**  
 1 Rick Hansen, Vancouver BC 44:32  
 2 Gary Kerr, San Jose, CA 45:00  
 3 Laverne Achenbach, Houston 45:20  
 4 Randy Snow, Arlington, TX 46:03  
 5 Junior Rice, San Jose, CA 46:53

## Run For Your Breakfast

Palo Alto, Oct. 2. 10K.

**Overall Results**  
 1 Alan Scott (24) 33:31.6  
 2 Fred Tileston (36) 34:08.1  
 3 Ed Klotz (23) 35:46.9  
 4 Not Available  
 5 Ron Tanaka (37) 36:34.9  
 6 Warren Yeend (47) 37:13.9  
 7 Mack Winitz (33) 37:43.1  
 8 Alan Steeples (26) 38:57.6  
 9 Thierry Duhamel (28) 39:26.8  
 10 Don Carpenter (55) 39:27.1  
 17 Mark Ricard (53) 41:34.0  
 22 John Gilkey (61) 42:47.1  
 38 Summer Peters (F-39) 46:08.1  
 44 Kaye Donnelly (F-39) 47:45.9  
 46 Mary Favret (F-24) 48:09.3  
 47 C. Standish-White (F-28) 48:12.6  
 50 Chantal Vivier (F-25) 48:43.8

## Mt. Diablo Trail Classic

from Valerie Doyle

Clayton, October 2. 13.5 Miles.

**Results**  
 1 Dan Williams (34) 1:47:18  
 2 Mark Dylehouse (30-39) 1:48:07  
 3 Jeffrey Cowling (18-29) 1:49:23  
 4 Tony Scardina (18) 1:50:08  
 5 Gary Broad (24) 1:53:53  
 18 Geneen O'Brien (25) 2:09:21  
 28 Coleen LeDrew (21) 2:17:35

## AMJA Ultramarathons

Chicago, Oct. 2. 50 Miles and 100K.

**Results - Men - 50 Mile**

**Open**  
 1 James King (26) Costa Mesa 5:19:41  
 2 Steve Warshawer (26) Albuquerque 5:33:32  
 3 Ray Krolewicz (28) Pontiac SC 5:34:43  
 4 Roger Rouiller (45) Atlanta GA 5:40:46  
 5 Charlie Hoover (35) Sepulveda 5:52:43  
**29 & Under**  
 1 James King (26) Costa Mesa 5:19:41  
 2 Steve Warshawer (26) Albuquerque 5:33:32  
 3 Ray Krolewicz (28) Pontiac SC 5:34:43  
**30-39**  
 1 Charlie Hoover (35) Sepulveda 5:52:43  
 2 Don Kirby (34) Fargo ND 6:15:20  
 3 David Urban (34) McKean PA N.T.  
**40-49**  
 1 Roger Rouiller (45) Atlanta GA 5:40:46  
 2 Ron Berby (41) Ypsilanti MI 6:41:25  
 3 Al Edmunds (44) Hamilton OH 6:49:28  
**50-59**  
 1 John Sullivan, Holliston MA 6:00:29  
 2 Clarence Richey (51) Milwaukee WI 7:26:47  
 3 Roberto Randall (52) Chicago 7:50:06  
**60 & Over**  
 1 Howard Henry, Knox IN 9:02:01  
 2 Gujote Walter (61) Tulsa, OK 9:26:36  
 3 Paul Garfield (65) Atlanta TX 10:35:00

**Results - Women - 50 Miles**

**Open**  
 1 Kimberly Beaulieu (28) Standish 6:30:05  
 2 Mary Hanudel (23) Toledo OH 6:51:36  
 3 Karina Nequin (30) Northbrook 7:17:10  
 4 Judith Santoni (35) Brighton MI 7:17:36  
 5 Lorna Richey (25) Monclova OH 7:46:48  
**29 & Under**  
 1 Kimberly Beaulieu (28) Standish 6:30:05  
 2 Mary Hanudel (23) Toledo OH 6:51:36  
 3 Lorna Richey (25) Monclova OH 7:46:48  
**30-39**  
 1 Karina Nequin (30) Northbrook 7:17:10  
 2 Judith Santoni (35) Brighton MI 7:17:36  
 3 Patty Twardowski (39) Erie PA 7:47:25  
**40-49**  
 1 Melba Hopper (42) Brownsburg 9:04:06  
 2 Gloria Bassler (47) Palos Verdes 9:23:03  
 3 Anita Berkey (40) Glen Ellyn 10:40:31  
**60 & Over**  
 1 Helen Klein (60) Hopkinsville 9:53:45

**Results - Men 100K**

**Open**  
 1 Ray Krolewicz (28) Pontiac 7:14:03  
 2 Roy Frizzell (24) Nashville 8:36:56  
 3 Jim Yost (38) Champaign IL 8:44:57  
**29 & Under**  
 1 Ray Krolewicz (28) Pontiac 7:14:03  
 2 Roy Frizzell (24) Nashville 8:36:56  
 3 John O'Halloran (25) Palatine 11:32:27  
**30-39**  
 1 Jim Yost (38) Champaign 8:44:57  
 2 Marty Sprengelmeyer (37) 8:48:49  
 3 Walter Crawford (34) Chicago 8:56:14  
**40-49**  
 1 Jack Sheridan (45) Kingwood 8:53:20  
 2 Harlan Martin (41) Glen Ellyn 9:13:26  
**50-59**  
 1 Clarence Richey (51) Milwaukee 10:46:16  
 2 Sy Mah (57) Toledo OH 11:11:46

**Results - Women 100K**

**Open**  
 1 Karina Nequin (30) Northbrook 9:53:50  
 2 Jean Gunkel (38) Brookfield 12:12:06  
 3 Helen Klein (60) Hopkinsville 13:01:44  
**30-39**  
 1 Karina Nequin (30) Northbrook 9:53:50  
 2 Jean Gunkel (38) Brookfield 12:12:06  
**60 & Over**  
 1 Helen Klein (60) Hopkinsville 13:01:44

## Bridge to Bridge

from Isabelle Lemon

San Francisco, Oct. 2. 8 Miles.

Steve McCormack, 23, a track star at UCLA, beat out Dirk van der Herten, 26, of Belgium in the last quarter mile of the Seventh Annual KNBR 68/City Sports Bridge to Bridge Run Sunday, October 2nd. McCormack's time was 38:45, winning him a trip for two on Pan Am to Tokyo. Van der Herten, recent winner of the Brussel's 20K, came in at 38:51, followed by Chuck DeGarmo, 23, of Ft. Collins, Colorado. DeGarmo's time was 39:11.

Nancy Ditz, 29, of Menlo Park is making the Bridge to Bridge her race. She repeated her 1982 victory as the first woman across the finish line in a time of 45:04, cutting nine seconds off her 1982 time, and winning a trip to Sydney.

Pat English, 30, of San Anselmo was the second fastest woman finisher in a time of 46:24, followed by Sue Vinella-Brusher, 29, of Oakland in a time of 46:24, followed by Sue Vinella-Brusher, 29, of Oakland in a time of 49:14.

An estimated 12,000 runners took part in what is called "America's Most Beautiful Race," a benefit for Big Brothers and Big Sisters of San Francisco.

In the 5K Fun Run, Tom Craig, 30, of Oakland won himself a trip for two to Disneyland in a time of 16:38. Second was Matthew Dowling, 25, in 17:46, and third was Tony Munoz, 28, of Watsonville, 18:08.

**Top Ten Finishers**

1 Steve McCormack (23) L.A. 38:45  
 2 Dirk van der Herten (26) Brussels 38:51  
 3 Chuck DeGarmo (23) Ft. Collins 39:11  
 4 Patrick Sullivan (24) St. Paul 39:23  
 5 Henry Perez (27) Stockton 39:28  
 6 Brad Hawthorne (27) Pleasant Hill 39:35  
 7 Jonathon Richards (19) Unit. King. 39:49  
 8 Roy Kissin (26) S.F. 40:08  
 9 Richard McCandless (28) Alameda 40:18  
 10 Tim Ball (24) Oakland 40:39

## Northwood Classic

from John Wilson

Napa, Oct. 2.

**Results - Men's 8K**  
 1. Kent Thompson 26:53, 2. Alan Smith 26:55, 3. Bruce Phinney 28:56.  
**Results - Women's 8K**  
 1. Ann Bertucci 29:59, 2. Deb Fariniaz 30:09, 3. Michelle Loveday 31:08.  
**Results - Men's 1 1/2 Mile**  
 1. Alan Smith 7:00, 2. Kent Thompson 7:08, 3. Pantelaki Constantinou 7:54.  
**Results - Women's 1 1/2 Mile**  
 1. Liz Norris 9:54, 2. Jennifer Arrieta 9:57, 3. Diane Dekker 10:03.

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## Results

### Harvest Fair 10K

Santa Rosa, Oct. 2.

#### Division Results - Men

14 & Under	
1 Greg Archuleta, Santa Rosa	37:19.3
2 David Feniger, Cotati	39:29.2
3 Jason Eiserich, Sebastopol	41:45.6

1 Anthony Burke, Santa Rosa	33:47.3
2 Stacy VanHorn, Santa Rosa	34:25.4
3 Tom Macken, Santa Rosa	35:49.5

1 Robert Tapia, San Jose	32:05.3
2 Scott Leonard, Santa Rosa	32:13.8
3 Armand Moreno, Santa Rosa	32:51.8

1 Butch Alexander, Sonoma	32:11.1
2 Rory Ingalls, Occidental	32:24.9
3 Dan Donohoue, Davis	33:05.7

1 Giovanna Licari, Vacaville	35:17.5
2 Mike McGuire, Santa Rosa	35:24.0
3 Dave Sjostedt, Bodega	36:32.5

1 Darryl Beardall, Santa Rosa	33:29.4
2 Jon MacPherson, Santa Rosa	34:39.8
3 Michael Milewski, MillVly	35:18.6

1 Kristie McCall, Santa Rosa	46:27.7
2 Wendi Simmons, Santa Rosa	47:15.5
3 Nika Horn, Santa Rosa	54:36.5

1 Kim Whiting, Santa Rosa	42:21.8
2 Catherine Dubay, Santa Rosa	42:57.2
3 Rebecca Nieto, Santa Rosa	42:59.9

1 Merry Humphreys, Santa Rosa	39:19.9
2 Cindi Williams, Glen Ellen	40:04.5
3 Hermine Terhorst, Santa Rosa	41:42.7

1 Peggy Smyth, San Anselmo	36:39.7
2 Carol Ferrari, Petaluma	41:28.4
3 Nadine Soffer, Forestville	41:38.1

1 Sally Harvey, Petaluma	44:09.4
2 Kathy Faherty, Santa Rosa	44:49.5
3 Julie Schreck, Santa Rosa	45:16.9

1 Molly Hynes, Tiburon	43:13.5
2 Katherine Singer, Novato	45:16.0
3 Jan Adams, Santa Rosa	46:25.7

1 Angela Chadwick, Petaluma	52:16.8
2 Jacqueline Leach, Sebastopol	54:20.2
3 Bernice Ferrari, Santa Rosa	54:21.7

### Carousel To Coaster

Santa Clara, October 2. 10K.

First place finisher in the second annual 10 kilometer "Carousel to Coaster" race at Mariott's Great America was Tim Gruber, a 23-year-old Sunnyvale runner who represented "Runner's World" magazine. He completed the course in 30 min., 20 sec., leading the field of 1,920 competitors.

Leading woman's finisher was April Powers, from Los Altos, who also was the top woman's winner in last year's race. Powers finished in 39th place in the 1983 competition, with a time of 36:22.06. Last year she finished 12th, with a time of 35:36.00.

Darrel Cox, from Fresno, last year's overall winner, finished in 4th place, with a time of 32:48.08. He also failed to beat his 1982 time of 31:35.00.

#### Division Results - Men

16 & Under: 1. Jeff Dewitt 36:04.07, 2. Mike Tapia 36:11.14, 3. Ignacio Hernandez, N.T. 17:29; 1. Joe Mangan 31:23.07, 2. Glenn Lee 31:31.05, 3. Alex Gonzales 32:24.05, 30-39: 1. Darrell Cox 32:48.08, 2. Jim Owen 33:12.02, 3. Bill Dunn 33:28.08, 40-49: 1. Jack Wheeler 36:10.01, 2. Kim Graham 37:20.08, 3. Bob Barber 37:50.02, 50 & Over: 1. Ulrich Kaempe 34:55.01, 2. Bob
---

Farrington 36:48.05, 3. Bill Barclay 39:47.04.

#### Division Results - Women

16 & Under: 1. Serina De La Cruz 38:30.03, 2. Sabrina Han 39:10.06, 3. Lori Hill 39:54.03, 17-29: 1. April Powers 36:22.06, 2. Linda Martinez 36:41.04, 3. Amand Goldner 39:14.03, 30-39: 1. Paula Martinez 36:33.05, 2. Kathy Smith 43:23.06, 3. Marta Van Loan 48:38.07, 40-49: 1. Sylvia Jessen 42:21.02, 2. Karen Gudelassen 47:38.00, 3. Lulse Muller 48:37.04, 50 & Over: 1. Patricia Hellman 44:48.07.

### Harvest Run

from Hans Albrecht

Hopland, Oct. 2. 10K.

Wayne Hurst won the battle, but Greg Durbin won the war, at the McDowell Valley Vineyards "Harvest Run" on Sunday, Oct. 2, during the final race of the California Vintage Run Tour '83.

Sandra Marshall was victorious in the fourth consecutive race of the California Vintage Run Tour to win the women's division.

Hurst of Los Gatos, also a four time winner on the tour, won the McDowell "Harvest Run", but Durbin of Ukiah won the overall tour championship. The difference was that Hurst did not run in one of the races, while Durbin was consistently one of the top finishers in each of the five runs held this summer.

Hurst won the McDowell Harvest Run's men's division with a time of 33 minutes, 13 seconds over the 6.2 mile course around the McDowell Valley Vineyards at Hopland, near Ukiah.

Marshall of Goleta was first in the McDowell's women's division in 39:13.

Winners in the men's open division for the California Vintage Run Tour '83 were Durbin, 68 points; Hurst, 60; Michael P. O'Connor of San Jose, 48; John P. O'Connor of San Jose, 45; and Ken Nowell of San Jose, 36.

Open women tour winners were Marshall, 60 points, followed by Vickie Torres of Los Gatos and Linda Lee Mobley of San Luis Obispo, tied for second at 49, with Elisa Fisher of Los Gatos fourth at 31, and Liz Keehn of Hopland fifth with 26.

In the masters men division, the tour championship was decided by only two points. Frank Stempki of San Jose compiled 57 points in the five races, to edge James Erbes of San Jose with 55. George Burtness of Santa Clara and Jerry Jacobs of Santa Barbara tied for third at 45, with Gary Wheeler of Carmichael fifth with 40. Yvonne Burtness dominated the tour's masters women division, with 59 points. Second was Judy Messick of Santa Barbara, 45, followed by Stell McPherson of Los Gatos, 43; Lois Cook of Ukiah, 41, and Ellen Jasnosz of San Jose, 39.

In the McDowell Run men's division, the top five finishers were Hurst, 33:13; Arthur Kuebel of Olympia (WA), 33:20; Durbin, 35:09; Michael O'Connor of San Jose, 36:49, and Andy Messick of Santa Barbara, 37:44.

Women's winners at McDowell were Marshall, 39:13; Cyndy Smith of Mercer Island (WA), 41:16; Linda Lee Mobley of San Luis Obispo, 44:13; Sandy Pickering of Ft. Bragg, 46:43, and Liz Keehn of Hopland, 48:22.

Hurst won four of the five California Vintage Run Tour '83 races, the Fitzer Vineyards "Run for the Wine" on May 29, the Aug. 13 race at Mark West Vineyards in Forestville, the Sept. 10 San Martin Winery "Twilight Run" and at McDowell. Durbin won the second race of the tour, the Firestone Vineyard "Steeplechase Run" at Los Olivos on July 10.

Marshall was the women's victor at Firestone, Mark West, San Martin and McDowell.

The first 15 finishers in the men's and women's open and masters (40 and over) categories in each of the five California Vintage Run Tour races received points toward the tour championships.

"The final race of the California Vintage Run Tour was an enjoyable, distinc-

tive, quality running experience in the state's scenic wine country," said Hans Albrecht, tour director.

#### Top Five - Men

1 Wayne Hurst, Los Gatos	33:13
2 Arthur Kuebel, Olympia WA	33:20
3 Greg Durbin, Ukiah	35:09
4 Michael O'Connor, San Jose	36:49
5 Andy Messick, Santa Barbara	37:44

#### Top Five - Women

1 Sandra Marshall, Goleta	39:13
2 Cyndy Smith, Mercer Is. WA	41:16
3 Linda Lee Mobley, SLO	44:13
4 Sandy Pickering, Ft. Bragg	46:43
5 Liz Keehn, Hopland	48:22

#### Age Group Winners - Men

21 & Under: 1. Michael O'Connor 36:49, 21-25: 1. Charles Hench 40:45, 26-29: 1. Wayne Hurst 33:13, 30-34: 1. Ken Nowell 41:13, 35-39: 1. John O'Connor, 40-44: 1. Frank Stempki 38:09, 45-49: 1. James Erbes 38:46, 50-54: 1. George Burtness 43:28, 55 & Over: 1. Vic Crossetti 42:56.
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#### Age Group Winners - Women

Under 21: 1. Sandi Pickering 46:43, 21-25: 1. Cyndy Smith 41:16, 26-29: 1. Linda Lee Mobley 44:13, 30-34: 1. Ramona Hill 50:48, 35-39: 1. Sandra Marshall 39:13, 40-44: 1. Judy Messick 45:25, 45-49: 1. Mariys Hayden 44:02, 50-54: 1. Yvonne Burtness 54:50.
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#### California Vintage Run Tour '83 Final Results

OPEN MEN:	
1 Greg Durbin, Ukiah	68
2 Wayne Hurst, Los Gatos	60
3 Michael O'Connor, San Jose	48
4 John M. O'Connor, San Jose	46
5 Ken Nowell, San Jose	36

OPEN WOMEN:	
1 Sandra Marshall, Goleta	60
2 Vickie Torres, Los Gatos	49
2 Linda Lee Mobley, SLO	49
4 Elisa Fisher, Los Gatos	31
5 Liz Keehn, Hopland	26

MASTERS MEN (40 & Over):	
1 Frank Stempki, San Jose	57
2 James Erbes, San Jose	55
3 George Burtness, Santa Cruz	45
3 Jerry Jacobs, Santa Barb.	45
5 Gary Wheeler, Carmichael	40

MASTERS WOMEN (40 & Over):	
1 Yvonne Burtness, Palo Alto	59
2 Judy Messick, Santa Barb.	45
3 Stell McPherson, Los Gatos	43
4 Lois Cook, Ukiah	41
5 Ellen Jasnosz, San Jose	39

### Bell Race

Merced, Oct. 5.

#### Results - 15K

1 Fred Villegas, MTC	49:51
2 Greg McKinstry, MTC	51:35
3 Daniel Rusk, MTC	52:35
4 Mike Hood, Atwater	54:07
5 Edward Jarrett, CAFB	54:22
6 Randy Cagle, MTC	54:36
7 Curt Royer, MTC	55:08
8 John Aldrich, MDA RR	55:33
9 Joe Day, MTC	55:43
10 Andres Patlan, MCD	55:44

#### Division Results - Men

17 & Under: 1. Robert Zunino 70:11, 18-29: 1. Fred Villegas 49:51, 30-39: 1. Randy Cagle 54:36, 40-49: 1. Ken Schwisow 55:52, 50-59: 1. Charlie Rodgers 60:29.
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#### Division Results - Women

17 & Under: 1. Ginger Connoley 73:09, 18-29: 1. Nancy Galarneau 67:15, 30-39: 1. Mauriel Olsen 66:11, 40-49: 1. Ida Nankeville 70:45, 50 & Over: 1. Pat Castellucci 94:12.
--

#### Division Results - Men 3K

17 & Under: 1. David Garcez 10:10, 18-29: 1. Tim Stevens 9:37, 30-39: 1. Louis Phillips 9:48, 50-59: 1. Payson Taylor 12:21, 60 & Over: 1. Ray Mahannah 13:33.
--

#### Division Results - Women 3K

17 & Under: 1. Jenny Beltz 13:02, 18-29: 1. Tammy Chapman 13:48, 30-39: 1. Becky Randall 13:39, 40-49: 1. Carol Ewin 13:41, 50 & Over: 1. Alma Kollmann 17:01.
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### Great Grape Run

Delano, October 8.

#### Division Results - Men 5K

13 & Under: 1. Seth Nidever 17:57, 14-20: 1. Francisco Rizo 16:50, 21-29: 1. Adrian
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Huerta 17:23, 30-39: 1. Ozzie Osgood 17:01, 40-49: 1. Arnold Buchannan 18:50-59: 1. Ben Nagatani 23:08, 60 & Over: Gusmaro Reyes 33:33.

#### Division Results - Women 5K

13 & Under: 1. Maria Huizar 21:12, 14-20: Michelle Atchison 22:13, 21-29: Kathleen Malone 25:15, 30-39: 1. Alfre Hall 22:40, 40-49: 1. Ola Buchannan 25:50-59: 1. Lou Komelos 28:13, 60 & Over: Anita Foose 31:16.

#### Division Results - Men 10K

13 & Under: 1. Chris Chapman 43:14-20: 1. Jaime Pimentel 35:30, 21-29: Humberto Rameriz 33:29, 30-39: 1. Jim Aguilar 35:18, 40-49: 1. Bill Peck 37:50-59: 1. Carlos Gutierrez 39:25, 60 & Over: 1. Harry Harder 45:33.

#### Division Results - Women 10K

21-29: 1. Deanna McDanniel 40:39, 30-39: 1. Susan Rubin 47:09, 40-49: 1. Jean Hoagland 46:29.



JOHN VOLKMAN  
A Sanger Striders winner

### Sanger Striders Columbus Run

from Dave Dodson

Sanger, Oct. 8.

#### Division Results - Men

15 & Under: 1. Mark Barry 43:06.3, 16-19: Martin Leal 32:06.7, 19-29: 1. M. Evangelho 33:54.3, 30-39: 1. J. Volkman 36:10.3, 40-49: 1. John F. 37:38.2, 50-59: 1. Jess Rivera 38:33.4, Over: 1. Frank Horn 50:54.8, Wheelch 1. Jason Torosian 1:36.5.

#### Division Results - Women

16-18: 1. Dana Jacobson 46:57, 30-39: Leslie Moradian 49:10, 40-49: 1. Cor Schroyer 51:33.

### Mare Island Ru

Vallejo, October 8. 10K.

The overriding comment by the run in the Second Annual Mare Island centered around "the hill" nickname "Graveyard Hill", it starts at the his naval cemetery and winds up highspot on Mare Island where runners receive a spectacular view of the quince Straits, and off in the distance

### Golden Gate Bridge.

"That was a little bit tougher than I thought it might be" said Lt. Chris Pierson winner of the 10 kilometer run. Both Pierson and the top female finisher, Bev Callaway had a home field advantage on Mare Island where they can train on the hill. "I knew what it was going to be like and it still tired me out", said an out of breath Callaway. "I know the hill claimed some victims".

A field of over 300 runners competed in this event which covers many historic and scenic areas of Mare Island Naval Shipyard. A special feature was a formation run by Marines from different bases. Running to a constant cadence the marines kept a steady pace, and after finishing the race provided onlookers with a demonstration of military calisthenics.

Pierson's time of 31:26 was followed by Leroy Kotchevar at 31:40 with Dave Muels finishing third at 32:34. Top female finisher, Bev Callaway had a time of 42:48 followed by Shirley DeLeon at 43:20 and Karen Houston at 43:21. The race is



photo by Keith Conning

**LEROY KOTCHEVAR**  
2nd at Mare Island

directed by Jay Lowden of the Boy Scouts along with Commander Jim Callaway and Bill Carey.

#### Men's Results

**Open:** 1. Chris Pierson 31:26, 2. Leroy Kotchevar 31:40, 3. Dennis Bauks 33:28. **Sub Master:** 1. Dave Muels 33:24, 2. Dan Hollis 33:46, 3. John King 38:56. **Masters:** 1. Bob Goodrich 35:17, 2. Mark Smith 36:10, 3. Anthony Helfel 36:30. **Senior:** 1. Hank Fragoza 37:09, 2. Ed Londakel 39:33, 3. Gough Reinhardt 40:42.

#### Women's Results

**Open:** 1. Sarah Gallagher 44:01, 2. Theresa Daniels 46:41, 3. Gail Tiffany NT. **Sub Master:** 1. Shirley DeLeon 43:20, 2. Karen Houston 43:21, 3. Maureen Monroe 46:13. **Master:** 1. Barbara Robben 47:46, 2. Cersica Marcucci 54:56, 3. Julie Hahl 59:17. **Senior:** 1. Evelyn Carlson, NT.

## Queen of the Valley 5 and 10K

### West Covina, October 8, 5K - Results

1 Rudy Chavez	15:10.8
2 Peter Mogg	16:01
3 Fred Doubell	16:31
4 Robert Lopez	16:53
5 Nemeth	16:54
6 Nanovich Lankarami	16:58
7 Patrick Miller	17:01
8 Andy Analos	17:03
9 Downtown Brown	17:11

10 Wesley Miller	17:14
22 Michelle Gonzales	18:48.9(F)
24 Amber Chavez	18:56
28 Darlene Flores	19:12
40 Michele Liptak	20:07
46 Michele Plinedo	20:43

### 10K - Results

1 John Frankman	34:48
2 Roman Espinola	36:33
3 John L. Thalman	36:58
4 Manouch Lankarani	36:54
5 Keith Chesney	37:26
6 Kham Phonmaohanh	37:56
7 Joe Ortiz	38:35
8 Chris Soller	38:59
9 Gutierrez	39:00
10 Ross Heaton	39:30
17 Sandy Knowlton	40:30(F)
23 Melody Fowler	41:36
25 Patricia Duenes	42:01
28 Jamie Smith	42:48
40 Susan Connolly	44:16

## Fullerton Fall Classic

### Fullerton, October 8.

#### Division Results - Men

**14 & Under:** 1. Andy Elam 18:47, 2. Kes Jusionis 18:54, 3. Mike Dixon 20:11. **15-18:** 1. Brian O'Neil 16:50, 2. Scott Noseworthy 17:28, 3. Langenwacter 17:36. **19-24:** 1. Ismael Serratos 16:03, 2. Ted Snavely 16:26, 3. Enrique Camacho 18:04. **25-29:** 1. Howard Burgess 15:10, 2. Holland Honz 15:33, 3. Gary Carlin 15:57. **30-34:** 1. D. Ocona 15:46, 2. Walt Hill 15:59, 3. Ferol Kimble 16:24. **35-39:** 1. Michael Sayward 16:05, 2. Dale Fairchild 16:57, 3. Gerry Mescall 18:16. **40-44:** 1. T. Kickson 17:53, 2. Steve Woltner 17:55, 3. Kenneth Leonard 19:13. **45-49:** 1. Sam Mayo 18:08, 2. Jim Gould 19:38, 3. Al Vareia 19:46. **50-59:** 1. Bob Donaldson 20:06, 2. Robert Perry 21:09, 3. Ollie Harker 21:38. **60 & Over:** 1. David Cohen 21:05.

#### Division Results - Women 5K

**14 & Under:** 1. Susan Round 20:50, 2. Erin Case 50:53, 3. Laurel Looney 22:21. **15-18:** 1. Kathleen Orrick 26:31, 2. Tiffany London 26:43. **19-24:** 1. Ellen Cox 20:17, 2. Becky Sanchez 25:28, 3. Cynthia Richard 25:44. **30-34:** 1. Lois Curl 41:07, 2. Marlene Young 42:29, 3. Ellen Nicols 45:26. **35-39:** 1. Dana Jusionis 41:57, 2. Lonnie Horn 46:47. **40-49:** 1. Elaine Havens 43:28, 2. Chris Trevanthen 46:27, 3. R. Calhoun 49:14.

#### Division Results - Men 10K

**14 & Under:** 1. Brett Killeen 36:18, 2. Billy Emmel 37:46, 3. Jeff Bernat 38:48. **15-18:** 1. Raul Serratos 31:40, 2. Paul Gianetto 32:42, 3. John Brannon 47:14. **19-24:** 1. Joey Gomez 30:03, 2. Greg Beardley 30:11, 3. Lance Packer 30:41. **25-29:** 1. Robert Traba 30:57, 2. Howard Burgess 32:45, 3. Holland Bonz 33:43. **30-34:** 1. Enrique Serratos 31:54, 2. Terry Willis 32:17, 3. Jack McQuown 33:47. **35-39:** 1. Bill Sumner 33:33, 2. Harry Hartley 33:56, 3. Michael Sayward 33:57. **40-44:** 1. Jim Chenoweth 34:37, 2. Bill Elam 34:54, 3. Pete Ganulin 37:54. **45-49:** 1. Roy Schmidt 38:00, 2. Elgin Edwards 38:59, 3. Les Chapman 40:17. **50-59:** 1. Dick Bellis 39:65, 2. Carl D. Barnes 41:23, 3. Tom Wilson 41:24. **60 & Over:** 1. Casey Poole 44:15, 2. Steve Chipilis 44:20, 3. J. Licata 58:35.

#### Division Results - Women 10K

**14 & Under:** 1. Heather Killeen 45:34. **15-18:** 1. Roma Antoniewicz 38:43, 2. Penny Miller 40:26, 3. Carol Faris 1:00:52. **25-29:** 1. Tina Costantino 39:10, 2. Jeannie Kawashima 40:11, 3. Carolyn Wagstaff 41:40. **30-34:** 1. Sharon Dietz 22:05, 2. Maureen Nishion 22:11, 3. Lori Clark 24:58. **35-39:** 1. Judy Clark 23:01, 2. Deborah Dowler 25:02, 3. Joan Little 26:21. **40-49:** 1. Marilyn Patten 24:13, 2. Brenda Baily 24:50, 3. Jerri Glenn 27:29. **50-59:** 1. Janile McAteer 25:10, 2. Pat Johnson 25:13, 3. Mary Dyer 28:22. **60-69:** 1. Stella Ramirez 30:56.

## Zoo Zoom 5K-10K

from Maria Baker

### Sacramento, October 9.

#### Division Results - Men 5K

**16 & Under:** 1. Doug Hanna. **17-29:** 1. Steve Short. **30-39:** 1. Craig Atterson. **40-49:** 1. Paul Holmes. **50-59:** 1. Tak Iseri. **60 & Over:** 1. Allen Weatherwax.

#### Division Results - Women 5K

**16 & Under:** 1. Carrie Yeager. **17-29:** 1. Bev Marx. **30-39:** 1. Judy Wessel. **40-49:** 1. Janet Jamieson. **50-59:** 1. Barbara Neyens. **60 & Over:** 1. Dee Kolafa.

#### Division Results - Men 10K

**16 & Under:** 1. Malcolm Keefe. **17-29:** 1. Steve Haase. **30-39:** 1. Randy Marx. **40-49:** 1. Robin Hudson. **50-59:** 1. Gordon Hall. **60 & Over:** 1. Bob Mason.

#### Division Results - Women 10K

**17-29:** 1. Reggie Binham. **30-39:** 1. Jean Rice. **40-49:** 1. Beverly Richardson. **50-59:** 1. Kathy Iseri.

## Golden Gate Bridge Run

from Gene Cohn

### San Francisco, Oct. 9, 10K.

#### Division Results - Men

**16 & Under:** 1. M. Barbour 37:10, 2. M. Ordonez 40:45, 3. K. Hickey 46:00. **17-29:** 1. K. Krall 36:46, 2. J. Taylor 37:01, 3. M. Tuohy 39:33. **30-39:** 1. P. Freeman 33:27, 2. C. Johnson 34:26, 3. W. Kocisak 35:02. **40-49:** 1. J. Swyers 38:07, 2. S. Ojeda 39:18, 3. J. Frey 39:45. **50 & Over:** 1. A. Knepper 40:15, 2. D. Pickett 40:32, 3. K. Bollinger 41:01.

#### Division Results - Women

**16 & Under:** B. Friedrich 44:01, 2. M. Zech 50:36. **17-29:** 1. J. Biddulph 41:27, 2. J. Sheils 43:47, 3. J. Stephens 44:23. **30-39:** 1. A. Forsham 47:04, 2. B. Hoyle 49:03, 3. M. Allaire 49:53. **40-49:** 1. G. Rodd 42:05, 2. R. Chaney 49:00, 3. D. Terry 51:14. **50 & Over:** 1. M. Hayhurst 52:07, 2. K. Lawson 53:47, 3. K. Rampton 1:01:22.

## Quicksilver Half-Marathon

### San Jose, Oct. 9.

#### Age Group Results - Men

**Overall Winner:** Tim Gruber 1:18:28  
**19-29:** 1. Tim Gruber 1:18:28, 2. Mike Holst 1:19:29, 3. Paul Bousquet 1:27:29. **30-39:** 1. Keith Jeffers 1:22:41, 2. Rod Christensen 1:22:50, 3. Jim Moyles 1:25:51. **40-49:** 1. Ron Nelson 1:26:22, 2. Bill Stacy 1:27:56, 3. Mike Hicks 1:27:59. **50 & Over:** 1. Bill Barclay 1:39:12, 2. Ron Wallace 2:15:51, 3. Harry Webb 2:19:19.

#### Age Group Results - Women

**Overall Winner:** Kristine Morrello 1:35:27  
**19-29:** 1. Debbie Ferry 1:54:36, 2. Colleen Fox 1:55:49, 3. Suzi Saito 1:59:39. **30-39:** 1. Kristine Morrello 1:35:27, 2. Judi Shape 1:36:53, 3. Loretta Gutierrez 1:41:47. **40-49:** 1. Ruth Waters 1:53:35, 2. Diane Bromstead 1:57:56, 3. Miriam Clair 1:59:28. **50 & Over:** 1. Etta Palmer 2:24:07.

## Run For Your Life

### Santa Cruz, October 9, 10,000m.

#### Top Ten Finishers

1 Fritz Watson	35:33
2 Marty Kruger	37:27
3 George Delucchi	37:37
4 Bill Jenkins	39:28
5 Benjamin Sawyer	40:39
6 Terry Wilson	41:02
7 Mike Cronk	41:10
8 Jim Cruddas	41:58
9 Gray Buzz	43:00
10 B. Robinson	43:23

#### Age Group Results - Men

**18 & Under:** 1. Geoff Rashe 40:39. **19-29:** 1. Marty Kruger 37:27, 2. George Delucchi 37:37, 3. Rick Melrosa 43:32. **30-39:** 1. Fritz

Watson 35:33, 2. Bill Jenkins 39:28, 3. Terry Wilson 41:02. **40-49:** 1. Benjamin Sawyer 40:39, 2. Mike Cronk 41:10, 3. B. Robinson 43:23. **50 & Over:** 1. David Peterson 45:41, 2. William Roger 51:42.

#### Age Group Results - Women

**19-29:** 1. Jennifer Hinshaw 44:32, 2. Kathy Crocker 47:09, 3. Pat Voeth 48:27. **30-39:** 1. Julie Reiner 50:51, 2. Patricia Wiscoat 58:01, 3. Ester Arney 1:09:34. **40-49:** 1. Barbara Hinshaw 50:51. **50 & Over:** 1. Betty Peterson 1:05:19.

## The Grape Race

from Beverly Haffner

### Lodi, October 9, 10K.

#### Division Results - Men

**11 & Under:** 1. Ross Sakata 1:01:12. **12-16:** 1. Guy Terra 38:33.1, 1. Rolf Athern 39:05.3. **30-39:** 1. Lon Kincannon 34:13.8. **40-49:** 1. Mark Gallo 36:28.8. **50 & Over:** 1. Vernon Kaiser 41:45.5.

#### Division Results - Women

**12-16:** 1. Colleen Donovan 42:43.4, **17-29:** 1. Joan Redfearn 43:42.1, **30-39:** 1. Lynda Winter 45:51.4, **40-49:** 1. Chiyo Shingu 51:02.2. **50 & Over:** 1. Erma Marak 52:20.9.

## SPA/TAC 20K

from Gene Blankenship

### Valencia, October 9.

80 runners came out to race 12.4 miles up San Francisquito Canyon on a delightfully overcast Sunday morning. Overall winners were Steve Flynn (1:07:07) and Sue Harmon (1:23:12). Interestingly nearly 60% of the runners were over 40 years of age and they were clearly not your usual run-of-the-mill 40+ runners—they were fast! Seven of the top 15 finishers were over 40, and Marshall Matye of the Basin Blues finished second overall in an excellent time of 1:08:04.

The race was a TAC (The Athletics Congress) South Pacific division championship. It featured team divisions although only the Santa Clarita Runners, the Seniors Track Club, and the Culver City Athletic Club managed to field complete teams. Steve Flynn won by nearly a minute and improved his time over last year by as much. He ran unattached but joined the Santa Clarita Runners following the race. Sue Harmon, also a SCR, won easily by over 6 minutes.

#### Results

1 Steve Flynn (1st 19-34)	1:07:07
2 Marshall Matye (1st 40-44)	1:08:04
3 Tim Hampton (2nd 19-34)	1:09:39
4 Barry Martin (3rd 19-34)	1:10:12
5 Ron Smith (1st 35-39)	1:11:24
6 Jim Kner (1st 45-49)	1:12:28
7 Steve Durand (4th 19-34)	1:13:25
8 Gene Blankenship (2nd 40-44)	1:13:27
9 Earl Beverly (3rd 40-44)	1:13:29
10 Dennis Parrish (4th 40-44)	1:13:59
17 Pat Devine (1st 50-54)	1:17:56
31 Sue Harmon (1st 30-39F)	1:23:12
32 Dale Kroeger (1st 18 & Under)	1:23:43
49 Lisa Rizzo (1st 19 & Under)	1:29:44
51 Sheila Hasham (1st 40-49F)	1:29:58
57 Steve Chipilis (1st 60 & Over)	1:34:20
58 Maynard Michelson (1st 55-59)	1:35:13
75 Gladys Martin (1st 20-29F)	1:50:28

## Great Race

### Stanford, October 9, 10K.

In the most exciting finish in the six year history of the Great Race, John Moreno, Ivan Huff and Carmelo Rios entered the Stanford stadium in a tight pack just after the 6 mile mark. Huff took the lead from Moreno on the back stretch. Coming out of the last turn with 80 yards to go it looked like the end of a 440 dash—it was anyone's race. Rios swung wide and out kicked his roommate Huff to take first place in 29:03.9. One second flat separated first place from third place. Last year's second place female

continued on next page...

## Results

finisher, Nancy Ditz, had an easier time of it competitively as she ran to a personal best of 34:14.7, ahead of Leslie McMullin (34:59.9). Nancy regretted that fellow world class runners Laurie Binder, Eileen Claugus and Kim Schnurpfell were sidelined because of injuries. "If they'd been there to push the pace, I am sure we would have gotten into the 33s", said Olympic hopeful Ditz.

### Results - Men

1 Carmelo Rios (23)	29:03
2 Ivan Huff (24)	29:04
3 John Moreno (28)	29:04
4 Larry Lawson (30)	29:29
5 Dan Harvey (25)	29:35
6 Doug Avrit (24)	29:50
7 Jonathan Richards (19)	29:52
8 Patrick Sullivan (24)	29:52
9 Terry John Gibson (24)	29:55
10 Duncan McDonald	30:02

41 Helmer Aslaksen (23)	32:14
42 Chris Turney (25)	32:16
43 Tom Hussey (24)	32:21
44 Skip Houk (41)	32:22
45 Skip Brown (34)	32:28
46 Raymond Taketa (31)	32:34
47 Mark Williams (31)	32:37
48 John Novitsky (24)	32:40
49 Stacy Geiken (27)	32:43
50 Bill Clark (39)	32:48

### Division Results - Men

12 & Under: 1. Jeff Spaulding 44:10.0.
13-18: 1. Tom Logan 32:13.6. 19-29: 1. Carmelo Rios 29:03.9. 30-39: 1. Larry Lawson 29:29.5. 40-49: 1. Sal Vasquez 30:59.4. 50-59: 1. Ulrich Kaempf 34:49.9. 60 & Over: 1. Floyd Carley 39:30.7. Oldest: 1. Ivor Welch 1:29:00.

### Results - Women

1 Nancy Ditz (29)	34:14
2 Leslie McMullin (32)	34:59
3 Rainey K. Stolp (25)	35:06
4 Heike Skaden (21)	35:23
5 Charlene Gilroy (26)	35:39
6 Connie Hester (23)	35:42
7 Barbara Gaenslen (19)	35:43
8 Kathryn Way (23)	36:11
9 April Powers (25)	36:18
10 Ingrid Hemenway (27)	36:32
11 Juana Stavolone (37)	36:33
12 Linda Martinez (21)	36:36
13 Karen Lanterman (39)	36:48
14 Lynn Macy (28)	37:13
15 Loretta Polsdorfer (35)	37:18
16 Jeannie Gutsche (27)	37:42
17 Vicki Bigelow (48)	37:48
18 Allison Snow (22)	37:58
19 Katherine Schlein (23)	38:29
20 Mary Swan (22)	38:43
21 Pearl Anit (23)	38:43
22 Linda Mantynen (35)	38:44
23 Denise Bigelow (21)	38:44
24 Sarah Tabbutt (24)	38:47
25 Jane Sowersby (32)	38:52
26 Joan Ulyot (43)	39:09
27 Ann Locke (20)	39:18
28 Judy Leidig (32)	39:21
29 Ellen Cook (23)	39:22
30 Joan Reiss (46)	39:44

### Division Results

12 & Under: 1. Karen Longyear 41:32.4.
13-18: 1. Katy McCandless 40:47.7. 19-29: 1. Nancy Ditz 34:14.7. 30-39: 1. Leslie McMullin 34:59.9. 40-49: 1. Vicki Bigelow 37:49.4. 50-59: 1. Ruth Anderson 43:29.5. 60 & Over: 1. Jaclyn Caselli 46:34.5. Oldest: 1. Jaclyn Caselli 46:34.5.

## Rosita-Si Half Marathon

Visalia, Oct. 15.

### Results

1 Ed Taylor 1st (25-29)	1:13:17
2 Gary Campbell, 1st (30-34)	1:16:28
3 Freddy Castillo, 1st (20-24)	1:17:04
4 Isaias Luna, 2nd (25-29)	1:18:34
5 Harry Maloney, 1st (35-39)	1:19:14
6 Danny Santellano, 2nd (20-24)	1:19:49
7 Raymond Rodriguez, (20-24)	1:19:50
8 James Finley, (30-34)	1:23:14
9 John Forenti, (35-39)	1:25:48
10 Stan Rosenfield, (35-39)	1:26:59
11 Tanis Leyendekker, 1st(F-20-29)	1:27:28
12 Bob Kearney, 1st (40-44)	1:27:33
13 Tommy Upton, 1st (45-49)	1:27:38
14 Will Moore, 1st (50-59)	1:27:38
23 Harry Harder, 1st (60+)	1:36:45
25 Cherie Stephenson, 1-F(30-39)	1:38:16
42 Mary Wight, 1-F(60+)	2:09:34

## Milpitas Fun Run

from Karen McNamara

Milpitas, Oct. 15. 3.8 Miles.

### Results

1 Gilbert Brooks, 1st (21-30)	19:39
2 Fred Huxham, 2nd (21-30)	20:01
3 Mark Lane, 3rd (21-30)	21:29
4 Dale Coad, 1st (31-39)	22:41
5 Manuel Franco, 4th (21-30)	23:37
17 Margie Stephens, 1st (F 31-39)	29:24

## Toys For Tots

Woodward Park, Fresno, Oct. 15. 10K.

### Results

1 Bryan Foley	31:46.1
2 Paul Petty	34:00.6
3 Hector Sepulveda Jr.	34:25.8
4 Danny Oroscro	34:57.9
5 Toni Waller	35:01.6
6 Jesse Almaquer Jr.	35:45.8
7 Joey Castillo	35:54.6
8 Rick Hernandez	35:56.9
9 Alan Richardson	36:31.7
10 Jesus Jasso	37:11.4



BRYAN FOLEY  
Toys for Tots winner

photo by Christopher Lee

### Division Results - Men

10-17: 1. Danny Oroscro 34:57.9. 2. Joey Castillo 35:54.6. 3. Alan Richardson 36:31.7. 18-26: 1. Bryan Foley 31:46.1. 2. Hector Sepulveda Jr. 34:25.8. 3. Jesse Almaquer Jr. 35:45.8. 27-39: 1. Paul Petty 34:00.6. 2. Tom Waller 35:01.6. 3. Capt. Pete Simoncini 38:19.8. 40-49: 1. Lupe Cruz 41:14.7. 2. Dennis Duffy 41:39.5. 3. LtCol John Murray 43:46.4. 50 & Over: 1. Jess Rivera 40:46.6. 2. Ray Barries 46:58.5. 3. Geo S. Leavitt 47:26.9.
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### Division Result - Women

10-17: 1. Tiffany Shaw 40:47.4. 2. Erin Valdez 42:42.1. 3. Maria Madrid 43:04.7. 18-26: 1. Evangelina Lopez 45:35.7. 2. Rebecca Simoncini 46:13.9. 3. Kelly Krieger 52:24.9. 27-39: 1. Ellen Atwood 42:41.4. 2. Kippur Spears 46:48.5. 3. Leslie Moradian 50:36.5. 40-49: 1. Carolyn Campbell 42:40.3. 50 & Over: 1. Virginia Martin 1:00:47.2.
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### Marine Finishers

1 Jesse Almaquer Jr.	35:45.9
2 John Brogley	38:44.5
3 Terrance Morrow	39:44.4

## Silverado Days 10K

Buena Park, October 15.

### Age Group Results - Men

14 & Under: 1. Manuel Rosales, 37:46.5.
15-18: 1. Brad Smithling 38:33.1. 19-29: 1. Ralph Serna 30:57.8. 30-39: 1. Jerry Willis 32:02.2. 40-49: 1. Jim Chenoweth 34:30.4. 50-59: 1. Patrick Devine 36:45.3. 60 & Over: 1. Casey Poole 43:30.2. Cardiac: 1. Eugene Leshkar 46:42.1.

### Age Group Results - Women

14 & Under: 1. Michele Jones 46:21.0.
15-18: 1. Lea MacFarlane 44:01.8. 19-29:

1. Rhonda Davidson 40:37.2. 30-39: 1. Lois Curl 40:26.7. 40-49: 1. Cecily Parke 44:42.7. 50-59: 1. Chris Hodowski 56:42.9. 60 & Over: 1. Lucille Adney 1:09:57.2.

## Rum Run

Playa del Rey Beach, Oct. 16.

### Division Results - Men 5K

18 & Under: 1. Richard Bernal 1#13, 2. James Dye 17:09. 3. Efrain Vargas 17:28.
19-29: 1. Steven Berry 15:39. 2. Anton Gonzales 16:06. 3. Julius Morinaka 17:38.
30-39: 1. Arthur Holloway 18:12. 2. Jesse Hernandez 19:09. 3. Larry Hazen 19:55.
40-49: 1. George Cohen 17:23. 2. John Cosgrove 17:47. 3. Catarino Gonzalez 18:11.

50-59: 1. Sam Srisombati 18:49. 2. Micky Fridley 21:06. 3. Joe Zoller 21:45.

60 & Over: 1. Allan Filas 22:34. 2. La Chapelow 27:20. 3. Salvador Avila 27:23.

### Division Results - Women 5K

18 & Under: 1. Debbi Fredericks 21:30. 2. Katherine Caulfield 22:34. 3. Tanisha Lyons 23:00.
19-29: 1. Ellen Cox 20:42. 2. Rosibel Pais 21:02. 3. Kathleen Parks 21:18.
30-39: 1. Judith Vivian 18:04. 2. Becky Miller 19:49. 3. Josephine Stiles 21:02.
40-49: 1. Marilyn Clark 24:45. 2. Jeanette Lopez 25:43. 3. Eva Caulfield 25:47.
50-59: 1. Jean Windishar 28:14.

### Division Results - Men 10K

18 & Under: 1. Matthew Wittbrodt 33:09. 2. Fernan Juarez 37:19. 3. Richard Gostin 38:25.
19-29: 1. Vincent Fleming 30:43. 2. Tom Carlton 32:50. 3. Richard Wittbrodt 33:44. 4. Mark Silva 34:27. 5. Carl Jones 34:34. 6. Hans Van Koppen 34:38. 7. David Wallace 34:54. 8. Joseph Fials 34:57. 9. Javier Lara 35:15. 10. M. Guzman 35:32.

30-39: 1. Ed Avol 32:57. 2. Giovanni Bartolini 33:52. 3. Ed Wehan 34:12. 4. Nicholas Maben 35:44. 5. Paul Garnett 36:09.

40-49: 1. Christopher Bourke 36:27. 2. Girls Ozoling 36:33. 3. Ronald McLean 36:40. 4. Kenneth Fletcher 37:13. 5. Ed Moore 38:41.

50-59: 1. Pete Mundle 38:00. 2. Robert Smith 42:41. 3. Jim Ryan 43:46.

60 & Over: 1. Eddie Lewin 40:39. 2. Jack Kettler 43:15. 3. M. Miltonbasset 45:01.

### Division Results - Women 10K

18 & Under: 1. Shauna Hensley 45:07.
19-29: 1. Shannon Courage 39:01. 2. Elizabeth Ganer 41:39. 3. Amy Aiello 44:07.
30-39: 1. Laurel Hyde 44:50. 2. Jean Gudas 45:14. 3. Judi Ryan 45:21.
40-49: 1. Maureen Benice 47:48. 2. Mary Farrell 49:18. 3. Amy Galbraith 50:33.
50-59: 1. Vila Hancock 58:59.

## Young At Heart Runs

Santa Rosa, October 16.

### Division Results - Men 3.4 Miles

13 & Under: 1. Reed Colfax 20:19. 2. Mike Carlson 21:31. 14-19: 1. Ryan Gillian 16:21. 2. Mark Vollmey 17:11. 20-24: 1. Emery Mitchell 16:03. 2. Armand Moreno 16:19. 25-29: 1. Drew Jerold 16:08. 2. Jay Withgmoon 17:19. 30-34: 1. Edward Schelegie 16:28. 2. Rory Ingalls 16:46.
35-39: 1. George Mason 18:28. 2. Ron Kiyono 18:47. 40-44: 1. John McGourty 19:56. 2. Dale Trowbridge 19:57. 45-49: 1. Ralph C. Harms 21:33. 2. Jerry French 22:58. 50-59: 1. Jess Chavez 20:16. 2. Carl R. Jackson 20:48. 60-69: 1. Richard Kaegley 24:36. 2. Arnold Scott 24:44. Wheelchair: 1. Bill Hendershot, N.T.

### Division Results - Women 3.4 Miles

13 & Under: 1. Kristie McCall 26:30. 2. Karin McCall 25:48. 14-19: 1. Sherrie Hinkler 20:58. 2. Suzanne Roberts 23:22. 20-24: 1. Susan Locke 20:37. 2. Ella Quan 24:31. 25-29: 1. Ingrid Hemenway 18:18. 2. Merry Humphrey 19:25. 30-34: 1. Peggy Smyth 18:23. 2. Beckie Simmie 19:59.
35-39: 1. Linda Mantyma 20:03. 2. Judy Wetch 22:31. 40-44: 1. Gretchen Covington 24:06. 2. Sharon Gale 25:56. 45-49: 1. Susan Trott 21:15. 2. Ginger Burrola



CARMELO RIOS  
Great Race winner

photo by Jim Engle

11 Dirk Vanderherten (26)	30:04
12 Brad Hawthorne (27)	30:04
13 David Rennelsen (28)	30:15
14 Mike O'Reilly (23)	30:23
15 Leo Lenting (25)	30:41
16 Joe Fabris (25)	30:43
17 Tom Roth	30:44
18 Joe Mangan (26)	30:46
19 Robert Anex (24)	30:47
20 Mark Young (26)	30:56
21 Brock Hinzmann (30)	30:57
22 Gregory Brock (35)	30:58
23 No Name Available	30:59
24 Sal Vasquez (43)	30:59
25 Paul Secrist (24)	31:19
26 Jeffrey Adkins (22)	31:30
27 John Sup (24)	31:39
28 German Aranda (26)	31:39
29 Robert Coyle (28)	31:46
30 Bill Gail (25)	31:50
31 Joseph Green (25)	31:55
32 Steve Strangio (23)	31:56
33 Rich Hornstra (26)	31:56
34 Michael Graves (34)	32:02
35 Leonard Sperandeo (23)	32:06
36 Ed Cadman (38)	32:07
37 Daniel Buck (24)	32:08
38 Eric Sappenfield (21)	32:08
39 Doug McLean (29)	32:11
40 Tom Legan (17)	32:13

24:22. 50-59: 1. Alice Waco 29:28, 2. Doris Rogers 29:40. 60-69: 1. Margaret Kegley 29:22, 2. Maria Carlsen 31:17.

#### Division Results - Men 7 Miles

13 & Under: 1. Mike Tebo 48:37, 2. Joe Brosnan 49:49. 14-19: 1. Iain Coggins 40:53, 2. Ed McCullough 41:54. 20-24: 1. Andrew Ferguson 35:48, 2. Keith Golding 37:36. 25-29: 1. Brad Hawthorne 34:57, 2. Peter O'Reilly 36:23. 30-34: 1. Richard Govi 36:52, 2. Butch Alexander 37:30. 35-39: 1. Harold Nordvoid 43:03, 2. Jim Miner 44:31. 40-44: 1. Martin Jones 40:23, 2. John Muro 43:25. 45-49: 1. Daryll Bear-dall 39:09, 2. Jim Manwaring 43:10. 50-59: 1. Bill Van Horn 47:29, 2. Hoel Berger 49:32. 60-69: 1. C. Wayne Collier 54:32, 2. Ted Flagg 58:55. 70 & Over: 1. Charles Mayhew 69:77.

#### Division Results - Women 7 Miles

14-19: 1. Catherine DuBay 46:45, 2. Doris Chin 49:32. 20-24: 1. Gerylann Tripp 46:01, 2. Darlene Kitajima 46:38. 25-29: 1. Anita Olson 46:28, 2. Karen Schelegle 48:58. 30-34: 1. Patricia English 41:15, 2. Carol Ann Ferrari 47:12. 35-39: 1. Sally Harvey 50:12, 2. Sandra Karos 54:12. 40-49: 1. Edda B. Stickle 54:29, 2. Gail Graser 56:11. 45-49: 1. Edie Roland 62:56, 2. Elaine Peterman 63:50. 50-59: 1. Marlys Green 56:33, 2. Mardak 58:31. 60-69: 1. Helen Kuziara 68:59.

## Sunrise Hospital 10K

Las Vegas, NV, Oct. 16.

Sunrise Hospital and TV 5 sponsored the first annual 10K two mile fun run at Sunse, Park in Las Vegas, Nevada. The 700 registered runners made this the largest ever first time run in the state of Nevada. The day's events started with stretching exercises under the direction of Sue Houghton, the director of physical medicine at Sunrise Hospital Medical Center. The two mile fun run came next with James Dudman coming in first with a time of 11:01. Second was Richard McArthur at 11:03, and third was Russel Johnson at 11:09. Women's division was Sydney Sawyer at 14:18, Kim Pursel at 15:07, and Sandy Mulky at 15:13. The final event was the 10K run that ended with Frank Plasso winning with a time of 30:40. John Shulze was second and Carlos Munoz was third with times of 31:23 and 32:12 respectively. The women winners were Tim Jefferies, Desiree Hall and Diane Siebert with times of 39:54, 41:18 and 42:45. The race was coordinated by Mike Berman.

## Toro Fall Classic

From Mitch Harmatz

October 17, Cal State Dominguez Hills, Carson, Toro Fall Classic 10K.

1 John McGovern	31:42
2 Fred Randall	34:19
3 Eddie Edwards	34:28
4 Geoff Guerrero	35:08
5 Gustavo Pichardo	35:11
6 Doug Burke	35:16
7 Joe Bird	35:45
8 Dave Holland	36:01
31 Donita Morris	46:25
33 Linda Bird	46:33
34 Sharon Rhodes	47:01

## Bud Light Ironman Champ.

### An Interview with Dave Scott

by Ken Lehman

Kona, Hawaii, Oct. 22.

2.4 Mile Swim, 112 Mile Cycle, 26.2 Run.

Dave Scott, a week after his 3rd Ironman Victory, summarized his 9:05:56 effort as one of "supreme concentration". And judging from his appearance as he ran the final 100 meters of the marathon, it was obvious that only the single minded intensity of a champion kept him going. With just 10 meters to go he weakly raised his hand to acknowledge the screaming crowd that pressed along both sides of the finish chute. As he did so, his eyes rolled up and his head fell back suddenly; a startled expression crossed his face as if even he was surprised at the apparent frailty of his body.

Scott had driven himself into such a narrow trance-like state that his nervous system couldn't tolerate any new range of motion. That single, simple effort of raising his arm almost totally disrupted the tenuous control he struggled to maintain over his body. He quickly dropped his arm and trotted the remaining distance without expression.

There was no sign of relief as he crossed the line, just a vacant look of exhaustion.

The final 8 miles of the run had, in Scott's words, "been pulled out of his fingernails". And I believe him. I saw all the top men and women finish, and without exception, Scott had pushed the hardest. He had to 2nd place finisher Scott Tinley, 6½ minutes down in 43rd place after the swim had passed Scott near the end of the bike leg and started the run with a 30 second lead. By mile 1 Scott regained the lead and, even though it was very early for a marathon, continued to push hard in an effort to break contact and discourage Tinley. By mile 18 he had established a lead of 3 minutes, 50 seconds. It was a gutsy and aggressive move that provided just enough margin to eventually hold off the stronger looking Tinley.

Over the final 6 miles Tinley gained back over 3 minutes to finish a scant 37 seconds behind Scott. In contrast to the almost limp Scott, Tinley charged powerfully into the finish chute with teeth clinched in grim determination.

Both men ran a superb race; consider the fact that Mark Allen was 15 minutes back in 3rd place and Marc Tompson in 4th was 43 minutes behind Scott. In short: Scott and Tinley ran away with it.

An interesting note on the bike ride. With about 30 miles remaining in the cycling leg Scott picked up one of the infamous carpet tacks. After knocking it off with his glove he noticed a gradual softening of the tire. Rather than risk a 3 to 4 minute tire change he gambled and kept on riding. The tire continued to deflate but it did get him to the bike-run transition. A short time after Scott dismounted the tire was completely flat.

A week after the race I questioned Dave about his background, the '83 racing season, and his future.

In high school Dave played football, basketball, swam, and made All-American in water polo. He continued swimming and water polo at UC Davis

and graduated with a Phys. Ed. degree with an emphasis in physiology in 1976.

After 3 Ironman Victories he is acknowledged as "The Man" by his fellow competitors. However, he had a disappointing '83 short-course season which prompted rumors of burnout, fatigue, etc. After Hawaii of course, they were immediately replaced with "knowledgeable" explanations that he had trained through the short tris in preparation for Hawaii.

Dave's explanation is that because of some unrelated problems he did not maintain a consistent training program. Also, giving credence to some rumors, he did find it difficult to get mentally "up" for the short races. But rather than discourage him, Scott said his lackluster



DAVE SCOTT: Exhausted, but joyful following Ironman victory



photo by Gordon Keller

season, coupled with a 27th place finish in the USF National at Bass Lake, served to motivate him to win the big one.

As a result of his less than ideal training and subpar season, Dave felt that he was not as physically and mentally prepared as he had been for Hawaii '82 when he blasted the field by 20 minutes with the fastest split in each leg. "I was not in optimum physical shape going into the race, but I felt emotionally and mentally ready to press myself to the limit." He knew that only if everything clicked could he win again.

Regarding Scott's future, he sees no physical limitations for several years but is a little hesitant regarding his desire to maintain the mental intensity and dedication necessary for world class competition. He intends to lecture internationally, become involved in triathlon team coaching, and pursue his interest in biomechanical and physiological research.

In addition to training, Scott is a fitness consultant who designs individual training, tactical, and nutritional programs for triathletes. (Speaking of nutrition: yes, he really does wash his cottage cheese). With so much devoted to training, he enjoys the mental stimulation of consulting and intends to expand his programs.

Although this article is based on my observation of and interview with Dave Scott, it is impossible not to pay tribute to the Puntous Twins, Sylviane and Patricia. I honestly believe that they herald a new era of excellence in women's triathlons. Sylviane won in 10:43:34 smashing last years record by 20½ minutes while Patricia, delayed by about six minutes repairing a "lack flat", finished second in 10:49:25, also breaking last years record.

While the early swim and bike leaders, Jennifer Hinshaw and Jackie Shaw faded in the run, the Twins ran with technical smoothness and strength that clearly set them apart from 99% of the athletes, men and women.

Sounds like hyperbole? Get this: Sylviane and Patricia split 3:22:28 and 3:22:35 in the marathon, a time that was

bettered by only 8 men in the world's most elite Triathlon field. The only woman who can race with the Twins is Linda Buchanan, the 1983 Nice Triathlon winner. (The Twins did not race in Nice.) But if Buchanan continues to skip Hawaii as she did this year, Sylviane and Patricia are destined to dominate for years to come.

As for the men's race next year I look for Scott to win his 4th Ironman. His technical and intelligent approach to diet, training, and competition; his extraordinary powers of concentration; and most important on race day, his superior desire to win all mark Dave Scott as "The Man" to watch in '84.

#### Splits - Top 3 Men

1. Dave Scott, Swim: 50:52, Cycle: 5:10:48, Run: 3:04:16, TOTAL: 9:05:56.  
2. Scott Tinley, Swim: 57:21, Cycle: 5:03:58, Run: 3:05:08, TOTAL: 9:06:33.  
3. Mark Allen, Swim: 52:08, Cycle: 5:13:32, Run: 3:15:26, TOTAL: 9:21:05.

#### Splits - Top 3 Women

1. Sylviane Puntous, Swim: 1:00:28, Cycle: 6:20:40, Run: 3:22:28, TOTAL: 10:43:34.  
2. Patricia Puntous, Swim: 1:00:31, Cycle: 6:26:12, Run: 3:22:35, TOTAL: 10:49:25.  
3. Eva Ueltzen, Swim: 1:02:48, Cycle: 6:05:13, Run: 3:53:48, TOTAL: 11:01:49.

#### Overall (Unofficial) Results

1. Dave Scott 9:05:56, 2. Scott Tinley 9:06:33, 3. Mark Allen 9:21:05, 4. Marc Thompson 9:49:05, 5. Robert Roller 9:56:22, 6. Mark McIntire 9:57:15, 7. Thomas Boughey, Bob Curtis 10:01:58, 9. Mac Martin 10:04:25, 10. Kurt Madden 10:05:19, 11. Steve Sine 10:07:23, 12. Dean Harper 10:08:07, 13. Gregor Stam 10:08:33, 14. Chris Hinshaw 10:09:21, 15. Klaus Barth 10:13:56, 16. Kenny Langone Jr. 10:24:51, 17. Mike Blue 10:24:52, 18. Marc Landry 10:25:21, 19. Emile Van Der Merwe 10:27:08, 20. David McCallum 10:28:21, 21. Earl Owens 10:28:29, 22. Eric Coiston 10:32:33, 23. Barry Makarewicz 10:33:37, 24. Glenn Town 10:34:01, 25. Gary Petersen 10:34:25, 26. Colin Brown 10:35:12, 27. Charles Griggs 10:35:56, 28. Mike Wagstaff 10:40:12, 29. Donald Seymour 10:41:13, 30. Erik Schmidt 10:41:46, 31. Tom Warren 10:41:59, 32. Craig Farson 10:42:16, 33. Barry Brown 10:42:50, 34. Sylviane Puntous 10:43:34, 35. Gary Shields 10:43:47, 36. Bruce Holder 10:44:05, 37. Treacy McCamey 10:44:33, 38. Daniel Gammill 10:44:42, 39. David Blakely 10:45:12, 40. Rich Adams 10:48:03, 41. Garry Castelli 10:46:39, 42. Murray Banks 10:47:47, 43. David Knox 10:48:55, 44. Patricia Puntous 10:49:25, 45. Evan Unger 10:50:44, 46. Cully White 10:50:51, 47. Steve Griffith 10:51:13, 48. George Yates 10:51:37, 49. James Grail 10:51:49, 50. Thomas Charles 10:53:19.

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# Results

## San Gabriel Valley 5K & 10K

**Alhambra, October 23.**  
**Division Results - Men 5K**  
**12 & Under:** 1. Daniel Limon 23:09, 2. Bobby Aceves 24:07, 3. Ryan Munoz 31:03.  
**13-18:** 1. Raul Gonzales 16:23, 2. Terry Allen 16:32, 3. Guillermo Cedano 17:14.  
**19-29:** 1. Jeff Ambos 15:22, 2. Phillip Stinson 15:04, 3. Jose Torres 16:52.  
**30-34:** 1. Larry Galton 18:26, 2. Barry Witter 18:46, 3. Martin Ulloa & Victor Chavez, N.T.  
**35-39:** 1. Frank Meza 17:08, 2. Bruce Horiguchi 17:25, 3. Joe Jacobsen 17:28.  
**40-44:** 1. Alfonso Villanueva 19:44, 2. Tom O'Hara 22:04, 3. David Olson 22:44.  
**45-49:** 1. Raul Chavez 18:07, 2. Rick Hirata 20:04, 3. John Carmack 21:12.  
**50-54:** 1. Jim Brownfield 17:37, 2. David Carr 22:09, 3. Louie Vega 22:30.  
**55-59:** 1. Walter Atcheson 19:35, 2. Patrick Mulvihill 20:39, 3. Nick Guido 23:45.  
**60-69:** 1. Leo Popofregoso 24:06, 2. Joseph Sullivan 27:42, 3. Art Alvarez 28:53.  
**70 & Over:** B. L. Vlasak 38:43, 2. Charles Martinet.

**Division Results - Women 5K**  
**12 & Under:** 1. Bridget Loeffler 30:30, 2. Lupe Villanueva 32:45, 3. Veronica Aceves, N.T.  
**13-18:** 1. Sylvia Mosqueda 17:50, 2. Darlene Flores 20:11, 3. Karen Gorman 20:39.  
**19-29:** 1. Magdalena Gonzalez 21:28, 2. Evelyn Acuna 21:58, 3. Kathy Hart 22:04.  
**30-34:** 1. Hollie Woods 27:41, 2. Teresa Schmidt 30:47, 3. Chris Dickey 37:35.  
**35-39:** 1. Gloria Santillan 23:13, 2. Chiye Horiguchi 23:18, 3. Nancy Ishino 24:07.  
**40-44:** 1. Cecily Parke 22:11, 2. Olivia Coria 24:16, 3. Pauline Rogers 25:31.  
**45-49:** 1. Alice Evavold 25:44, 2. Sara Fonspen 28:27, 3. Jean Sutton 29:58.  
**50-54:** 1. Cecilia Nash 34:07.  
**60-69:** 1. Diana Smith 34:56.

**Division Results - Men 10K**  
**12 & Under:** 1. Darryl Tuttle 58:31, 2. Bobby Dial 59:45.  
**13-18:** 1. Sergio Valenzuela 32:48, 2. Tim Carrasco 36:19, 3. Peter Rudholm 36:28.  
**19-29:** 1. Tony Martin 33:21, 2. Julian Saavedra 34:03, 3. Steve Kirchoff 34:11.  
**30-34:** 1. Bill Silverman 33:36, 2. Ted Stecheson 35:24, 3. William Leroux 37:52.  
**35-39:** 1. Phil Ryan 33:55, 2. Faustino Campos 38:23, 3. Jerry Gutierrez 40:00.  
**40-44:** 1. Alex Meade 35:52, 2. Fred Mascorro 36:02, 3. John Rodriguez 36:12.  
**45-49:** 1. Parker Williams 38:01, 2. Dave Arntson 38:59, 3. Sam Gee 40:23.  
**50-54:** 1. Aurelio Camacho 38:47, 2. Tim Treack 40:01, 3. Mike Carter 42:05.  
**55-59:** 1. Patrick O'Brien 45:00, 2. Jack Green 45:34,

3. Raymond Armijo 59:10.  
**60-69:** 1. William Dietrich 45:10, 2. Fred Bruecker 50:43, 3. Cyril Tobias 50:52.  
**70 & Over:** 1. Jim Bole 50:06.

**Division Results - Women 10K**  
**13-18:** 1. Kathleen Ball 44:10, 2. Edith Arguillas 46:47, 3. Anabel Fregozo 51:24.  
**19-29:** 1. Pamela Morris 35:33, 2. Michelle Hopper 35:58, 3. Robbie Schipper 39:18.  
**30-34:** 1. Sylvia Aceves 43:06, 2. Rosemarie Guzman 49:09, 3. Elsa Aguirre 49:50.  
**35-39:** 1. Anita Bugge 46:11, 2. Susan Hurst 49:24, 3. Nancy McPherson 49:32.  
**40-44:** 1. Sally De Vose 52:30, 2. Beatrice Martin 58:05, 3. Frances Prado 56:30.  
**45-49:** 1. Missy Jenning 46:49, 2. Eloisa Alaniz 52:00, 3. Elaine Hemenway 54:58.  
**50-54:** 1. Adela Diaz 47:34, 2. Lupe Molina 56:20, 3. Erica Fleischer.  
**55-59:** 1. Barbara Campbell, N.T., 2. Hortense Carrillo 55:31.

## Leukemia Soc.- Coronado Bridge 10K

by Richard Lee Slotkin

**San Diego, Oct. 28.**  
 This race was designated by TAC as a national championship; a men's national championship, this is. It used to be that all the hot shoes would show up for something like this, but in this day of big bucks, prize money, appearance money, under and over the table money, the top runners just don't show any more.

Unless there's money. Well, there isn't going to be any at a TAC championship, so you can kiss your field goodbye.

But, wait a minute! What do you mean? You call Thom Hunt, Harrison Koroso, Mark Nenow, Allan Scharsu, Rick Musgrave and Jim Ryun a bunch of no-names? Why, that's a great field!

Yeah, it would be except for two things. Number one, even with a lineup like that, that's only about 10% of what should have been there. Number two, none of these guys were really ready to run. Not that they didn't give it all they had, but look what they were up against: Nenow-ran over 100 miles in the 7 days prior to the race; he trained through it, rather than key on it, Hunt-recovering from injury, Musgrave-several tough races recently, not really ready. Ryun-a legend, even in his time, but this isn't his time. Not that a 33-21 is jogging, but you don't win national championships with it. And so on. Some of the guys were there only because their sponsor asked them to show the colors.

So, to his surprise, Steve McCormack, former UCLA, found himself in control by 4 miles. And got himself a nice win. He also got a nice plaque and a \$60 gift certificate. Compare that with the \$20,000 Mike Musyoki picked up a couple of weeks later in the Pro-Comfort 10K. Also compare the fields in the two races. (Ed. note: The Pro-Comfort 10K will appear in the next issue of CTRN).

Nevertheless, it was an interesting race. Starting at the Coronado end of the



PATTI HURL  
Coronado Bridge winner

photo by Richard Lee Slotkin

Coronado bridge and ending in Balboa Park, the race was almost all uphill. The only down was coming off the bridge, with its spectacular view of San Diego's big bay. The leaders took it pretty easy going up the bridge at the start. As they crested and headed down, Johnny Halberstadt broke away and got out about 25 yards. No one was especially worried, as they related later because some guys just run very fast downhill, and there wasn't going to be much of that in this race. Sure enough, after leaving the bridge, the lead pack began to reel Halberstadt in and a little past 2 miles, he was part of the pack again. The 2 mile split was about 9:30. No one ever heard a one mile time. We don't even know if there was one, but near as anyone could tell, it was a tick or two over 5 minutes. Slow, but don't forget the bridge: a long uphill.

By 11 minutes the lead pack was down

to 9, and the more prominent among them were Steve Bishop, who had a 2 step lead, Nenow, Hunt, Scharsu, McCormack and a lone black whom no one could identify. No one on the press truck, that is. The runners knew it was Harrison Koroso of Kenya, now living in Tucson. We all figured it was some guy jumping up front to get on TV. The sponsors were taping the race. By 3 miles we began to wonder. He was hanging right up in front and looking no worse than anyone else.

Three miles was reached in 14:13 and Hunt was no longer in sight. The pack was down to 5 and included Koroso, Bishop, McCormack, Tom Smith and Nenow, running almost in a line abreast. At 16:30 McCormack took the lead but only briefly. Smith made a move, which also turned out to be brief. The course was all uphill now, and except for a short stretch at the finish, would pretty much stay that way, with only an occasional respite.

At 17:20, McCormack was back in the lead. He wasn't surging or even making a break. The others were just not keeping up. McCormack said, later, he hadn't come to win. He just wanted to hang with the leaders as long as he could and finish as close as he could. Well, now he was the leader. At 5 miles, the press truck stopped so we could get a look at some of the rest of the field. At that time Koroso and Bishop were running side by side in second place. As they went by the truck, one of the reporters, totally frustrated over not knowing who this guy fighting for second was, leaned over the side and called out, "Hey! What's your name?" Obviously, it wasn't our day as Steve Bishop turned his head back towards us and called out, "Bishop!"

Thanks, Steve. So, McCormack did it. Came home in 29:58. Koroso got second, outlasting Bishop by 4 seconds in 30:11. AW's Tom Smith was 4th and Nenow was 5th with 30:28 clocking.

Patti Hurl, a pretty good local, was the first female, running her second 10K of the weekend. Her time was only 38:37, but all things considered, the course, he race the previous day, it wasn't bad. There wasn't anything any better, in an case. There was one almost as good though, and that was Ellen Turkel who took second. Hurl said that Turkel is very good hill runner and she knew the she was being pushed by Turkel up the final hill to the park. But, she held on for 9 second win. This wasn't a women's championship, so there wasn't any dept at all to the women's field. In fact, Hurl and Turkel were the only ones to break 4 minutes. No one else was even close. That's unusual for San Diego, but most of the better runners had raced the day before.

A rather ugly dispute developed over the team standings. It appeared the Athletics West won the team championship, but Maccabi Union claimed the were by virtue of having the first finishers. That plus their next 2 finishes gave them the lowest total time. Not so said AW. McCormack doesn't run for you Who says? We says.

And, I says, says McCormack. In fact, neither does Koroso. McCormack runs for adidas and Koroso runs for Converse West. But, and here's where things really get gooeey, McCormack has once been registered with Maccabi, although he reregistered later with adidas he never officially disassociated himself from Maccabi. And, Maccabi entered him in the race on their team. So, according Ken Bernard, head of the San Diego area TAC, McCormack's divorce isn't final. A protested, and apparently, despite misgivings on TAC's part, the protest was disallowed. AW may protest to the National office.

Actually, it would hardly pay. Tee Champion in a turnout like this doesn't really mean much. In fact, doesn't mean diddly. I mean, like, no one was there. Sure, 10 years from now, someone looking through the records might be impressed, but for anyone who was there-or wasn't there, for that matter-deal! McCormack was really stoked

## ARE YOU HOSTING A RUN OR MEET?

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

Date of Event \_\_\_\_\_ Location of Event \_\_\_\_\_  
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 Type of Event: long distance run track meet cross country other \_\_\_\_\_  
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 Other Important Info \_\_\_\_\_  
 Contact Person \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070

about his personal win at first, but after awhile reality set in. He'll take it, but he knows it's not quite as good as it looks. Too bad it had to end that way, because it really was a nice event. There were close to 7,000 entrants. They had so many race day entrants that the start was postponed 15 minutes, something almost unheard of in San Diego because of their unusually stringent controls over such things as course control and start times.

One lesson that must have been driven home, however, was that TAC will have to do something to guarantee more competition in their national championships. Prize money is one obvious answer. Now that trust accounts are legal and flourishing, AND pioneered by TAC in the first place, maybe it's time for TAC to take advantage of the very loophole they created.

#### Results - Top 20 Men

1 Steve McCormick (23)	29:58
2 Harrison Koroso (30)	30:11
3 Steve Bishop (24)	30:15
4 Tom Smith (26)	30:23
5 Mark Nenow (25)	30:28
6 Jim Stintzi (25)	30:37
7 Ferron Fields (22)	30:42
8 Ken Martin (25)	30:52
9 Randy Reina (23)	30:53
10 Johnny Halberstadt (34)	31:03
11 Art Acevedo (26)	31:17
12 Alan Scharu (23)	31:22
13 Rich Musgrave (24)	31:23
14 Robert Yara (28)	31:32
15 Thom Hunt (24)	32:11
16 Gilberto Alvarez (25)	32:35
17 Frank Haralson (25)	32:38
18 Jeff Blackford (19)	32:39
19 James Press (34)	32:42
20 Athol Barton (35)	32:44

37:38, 2. Michael Hook 38:19, 3. Warren Osborn 39:42. **50-54:** 1. Marsh Haraden 38:32, 2. Jose Vigil 39:05, 3. Dick Robinson 39:47. **55-59:** 1. Jack Smothers 47:12, 2. G. A. Ludwig 48:12, 3. Langdon Smith 48:38. **60-64:** 1. Javier Ruiz 40:40, 2. Donald Dilworth 43:50, 3. Jimmie Meza 47:15. **65-69:** 1. John Holoubek 42:41, 2. John Lafferty 47:10, 3. Wayne Zook 54:35. **70 & Over:** 1. Walt Kuetzing 60:50, 2. Paul Spangler 69:20.

#### Results - Top 11 Women

1 Patti Hurl (35)	38:37
2 Ellen Turkel (29)	38:46
3 Diane Riley (28)	41:40
4 Jackie Fields (16)	42:22
5 Lynne Hangartner (27)	43:20
6 Wanda Gunderson (25)	43:42
7 Rene Wheeler (27)	44:37
8 Sabina Bednarski (14)	44:38
9 Suliana Nowian (22)	44:50
10 Kim Satterlee (33)	45:07
11 Marlayna Madruga (17)	45:22

#### Division Results - Women

**17 & Under:** 1. Jackie Fields 42:22, 2. Sabrina Becharki 44:38, 3. Marlayna Madruga 45:22. **18-29:** 1. Ellen Turkel 38:46, 2. Diane Riley 41:40, 3. Lynne Hangartner 43:20. **30-34:** 1. Kim Satterlee 45:07, 2. L. Hutchison 46:15, 3. Elizabeth Somer 46:24. **35-39:** 1. Patti Hurl 38:37, 2. Karen Chettle 46:26, 3. Carol Carter 50:20. **40-44:** 1. Barbara Woods 45:17, 2. Patty Pastori 45:22, 3. Joy Colbourne 49:25. **45-49:** 1. Grace Rome 46:13, 2. Doug St. Denis 51:20, 3. Nan Granquist 51:34. **50-54:** 1. Nicki Hobson 47:10, 2. Sheila Charlton 48:55, 3. Wanda Scott 58:45. **55-59:** 1. Roberta Hennings 58:15, 2. Vera Ybarra 80:42, 3. Elisabeth Cogoill 84:00. **60-64:** 1. Cathy Hargos 61:59, 2. Jeanne McKinley 63:49. **65-69:** 1. Judy Simon 62:30. **70 & Over:** 1. Bess James 69:22.

## Jon Douglas 10K

by Richard Lee Slotkin

Santa Monica, Nov. 6.

On a day when there were six sanctioned races on the TAC schedule in the L.A. area, it didn't figure that any of them would draw enough people to claim all the medals. Jon Douglas did okay, though. They had a little over 1600 finishers, which is very respectable on a day when you're the only game in town.

As usual, this run draws heavily from its area: Santa Monica and the west side of L.A. Also, as usual, the Santa Monica Track Club picked up more than its share of the awards. But, right up in the front, from about the first mile on, there was a strange face. Not more than 3 people in the county knew who it was, and two of them were his relatives. His name was Jerzy Kowohl and he is the record holder in the 10,000 meters, on the track-in Poland.

Poland? What's he doing here? And in the Jon Douglas 10K, of all places? Well, it seems that he came to the USA to run the New York Marathon. At 30 km, he dropped out with an injury, apparently in his thigh. So, being as he was over here, he decided to come out to California and visit his brother, who lives in L.A., and whom he hadn't seen in 5 years. And, while he was here, he figured he might as well try to make up for the bad luck in the Big Apple. He sure did. By 2 miles, he was all alone, and though a customary ferocious final surge by Santa Monica's Bob Macias narrowed the gap somewhat, Kowohl had it all to himself, and finished in 29:40, over a minute ahead of, and out of sight of, Macias. To be fair about all this, Kowohl caught Macias on the mend from a leg injury of his own. Still, give the guy credit: He won it fair and square.

Sheila Ralston, who used to do her running for nearby UCLA, got out pretty quickly and lead the whole way to be the first female. Pat Story never saw Ralston until about the 5K, because of the crowd around her, and she thought that she was in the lead. When she saw Ralston, it was too late. She went for it, but Ralston proved too strong on the downhill second half. At the mile, Story was only 5



photo by Richard Lee Slotkin

GEORGE KOWAHL  
Jon Douglas winner

seconds behind Ralston, but completely unaware of her, she settled into what she felt was a pretty good cruising speed. Ralston didn't know who was behind her or how close, but kept her mind on hanging with some of the men who were just ahead of her. Toward the end, she let herself ease in. As she put it, "I didn't kill myself at the end." She finished in 35:03, Story in 35:32. Michelle Hopper was 3rd. Time was 36:54.

Looking at the men again, Macias finished in 30:42, followed by teammate Rich Hornish in 31:09. In all, SMTCC took 6 out of the first 10 places. Well, why not? It's their home turf. They run every day on most of the course.

One item of note was the T-Shirts. They were about as nice as you'll ever see. The runners were given a bright crimson T-shirt with what looked like a hand painted (it wasn't, but it looked like it) running shoe in white and black. Very striking. But not quite as much as the ones the race officials and staff got. Theirs was the same thing except the color was bright green. Gee, they were nice!

#### Results - Men

<b>Overall Winners:</b>	
1 Jerzy Kowohl (Poland)	29:40
2 Bob Macias (Santa Monica TC)	30:42

3 Rich Horish (Santa Monica TC) 31:09

#### Age Group Results

**12 & Under:** 1. Jon Douglas Jr. 42:44, 2. Michael Stern 47:02, 3. Brian Timmerman 47:20.

**13-18:** 1. Greg Hausen 32:56, 2. Junior Lacara 33:59, 3. Aaron Ceniceros 34:16. **19-29:** 1. Richard Taylor 31:14, 2. Chris Schallert 31:21, 3. Cleveland Whalen 31:25.

**30-34:** 1. Tom Bryant 32:02, 2. Mark Rafferty 32:06, 3. Tom Lowry 32:35.

**35-39:** 1. Tom Findley 34:22, 2. Ron Milne 34:58, 3. Pat Cady 36:03.

**40-44:** 1. Roy Gardner 36:15, 2. Lynn Borland 37:00, 3. Ed Moore 38:07.

**45-49:** 1. Christopher Bourice 36:18, 2. Norman Cohen 36:29, 3. Richard Flores 38:42.

**50-60:** 1. John Racely 38:24, 2. David Hirschon 39:58, 3. Marcel Diraison 40:56.

**60 & Over:** 1. James Oleson 42:49, 2. Stanley Neufeld 43:32, 3. Murray Cohen 46:37.

#### Results - Women

<b>Overall Winner:</b>	
1 Sheila Ralston	35:03
2 Pat Story (Team Tiger)	35:32
3 Michelle Hopper	36:54

#### Age Group Results

**12 & Under:** 1. Sirie Palmos N.T., 2. Abbey Marget N.T.

**13-18:** 1. Lisa Garnett 42:48, 2. Dede Rosales 45:55, 3. Michelle Morava 47:49.

**19-29:** 1. Roma Antoniewicz 38:39, 2. Katy Greely 38:42, 3. Diana Hurtado 38:48.

**30-34:** 1. Bev Lowe 39:39, 2. Roberta Troxel 41:17, 3. Susan Milne 42:33.

**35-39:** 1. Mary Jane Mitchell 42:07, 2. Lisa Winfield 42:29, 3. Ann Jeffery Jones 42:35.

**40-44:** 1. Kathleen Kusner 43:31, 2. Norma Limp 45:09, 3. Evelyn Egger 45:23.

**45-49:** 1. Atsuko Fujimoto N.T., 2. Sue Ellen Douglas N.T., 3. Carol Lee Wright 55:18.

**50-60:** 1. Helen Dick 42:34, 2. Ann McDonough 49:15, 3. Cathleen Vento 54:30.

## BAY AREA



## THE ROAD RACER'S REFERENCE

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

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## NRDC News

# '83 Half Marathon Rankings

From Ken and Jen Young, National Running Data Center  
P.O. Box 42888, Tucson AZ 85733 • (602) 326-6416

These rankings represent interim 1983 rankings for the half marathon, based on race results received by October 9, 1983. So far for 1983, we have received results for 25,603 finishers from 25 races. This compares to last year's total of 38,909 from 53 races. We have not received official results from the Super Summer (Tacoma, WA) and New Bedford (MA) races nor from the quite recent Philadelphia Distance Classic or Dayton (OH) River Corridor Classic. We have only partial results from Coronado (CA) and America's Finest City (San Diego, CA).

The National Running Data Center is an independent, non-profit organization devoted to the collection, analysis, publication and dissemination of long distance running information. The NRDC processes all applications for US road records. Records approved by the NRDC are then submitted to the RRCA and TAC for official recognition. The NRDC is supported by donations from individuals, clubs, race organizations, companies and the national governing bodies.

### OPEN MEN

1:03:51	Mark Curp (24) Kansas City, MO	June 5, MO
1:03:56	Ed Mendoza (30) Flagstaff, AZ	July 4, CA
1:04:06	Odin Sanders (24) Freeport, NY	July 4, CA
1:04:09	Rick Musgrave (28) Boulder, CO	August 21, CA
1:04:21	David Gordon (23) Eugene, OR	August 21, CA
1:04:32	Duncan Macdonald (34) Menlo Park, CA	Feb 6, CA
1:04:37	Daniel Grimes (24) Arcata, CA	August 21, CA
1:04:41	Thomas Raunig (23) Great Falls, MT	August 21, CA
1:04:48	Bruce Teague (28)	January 8, GA
1:04:52	Tim Varley (22) San Diego, CA	April 10, CA
1:04:53	Randy Thomas (30) Newton, MA	September 17, VT
1:04:57	Gary Romesser (32) Bloomington, IN	January 8, GA
1:05:10	Bill McClement (26) Kirkland, WA	August 21, CA
1:05:16	Don Clary (25) OR	March 13, NY
1:05:16	Rich Brownsberger (7) El Cajon, CA	July 4, CA
1:05:16	Guy Stearns (24) Dover, NH	September 17, VT
1:05:22	Sal Vega (25) W. New York, NJ	March 13, NY
1:05:23	Tom Ansberry (19) Tucson, AZ	July 4, CA
1:05:28	Kevin McCarey (29) San Diego, CA	August 21, CA
1:05:29	John Potts (25) Ann Arbor, MI	May 28, MI
1:05:29	Jon Butler (20) Huntington Beach	July 4, CA
1:05:34	Steve McCormick (?) Santacinto, CA	July 4, CA
1:05:50	Hal Schulz (24) San Anselmo, CA	March 27, CA
1:05:50	Sean Evans (21) San Diego, CA	July 4, CA
1:05:53	Rudy Munoz (25) Reno, NV	February 6, CA

### BOYS 7 AND UNDER

2:01:34	Wade Glass (7) Gallion, AL	February 19, GA
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### BOYS 8 AND 9

1:36:24	Brett Corbett (8) N. Bennington, VT	September 17, VT
1:37:14	Chuckie Eisele (8) Atco, NJ	March 27, DE

### BOYS 10 AND 11

1:20:48	Bannon Corbett (11) N. Bennington, VT	September 17, VT
1:26:12	Hunt Dickson (10) Demopolis, AL	February 19, GA
1:32:18	Jerry Lee Hillhouse (11) Hahira, GA	February 19, GA

### BOYS 12 AND 13

1:15:40	Jeff Evans (13) Martinsville, IN	May 29, IN
1:19:38	John Beall (13)	March 27, CA
1:20:22	Chris Venesky (13)	January 8, GA

photo by Gene Cohn



photo by Richard Lee Slotkin



photo by Gene Cohn



photo by Richard Lee Slotkin



<b>BOYS 14 &amp; 15</b>		
1:13:00	Brian Vaughan (15) Berkeley, CA	February 6, CA
1:15:45	Jeff Allison (14) Redmond, WA	September 5, WA
1:18:18	Daniel Vega (15) Clovis, CA	February 6, CA

### BOYS 16 AND 17

1:10:30	Ari Schauder (17)	July 4, CA
1:10:56	Dale Green (17) Tucson, AZ	July 4, CA
1:11:23	Patrick Green (17)	August 21, CA

### MEN 18 AND 19

1:05:23	Tom Ansberry (19) Tucson, AZ	July 4, CA
1:10:14	Dan Rechner (19) NY	June 19, NY
1:11:14	Kraig Vanderbeek (18) Lincoln, NE	June 5, MO

### MEN 35-39

1:08:55	Peter Hallop (36) Ann Arbor, MI	May 28, MI
1:08:59	Jerry Jobski (39) S. Lake Tahoe, CA	August 21, CA
1:10:02	Ben Wilson (35) Claremont, CA	July 4, CA
1:10:30	Ricardo Martinez (36) Las Vegas, NV	July 4, CA
1:10:32	Arthur Hall (36) Staten Is., NY	March 13, NY
1:10:42	Robert Vanier (35) Lebanon, NH	September 17, VT
1:11:03	Greg Jewett (36) Berkeley, CA	February 6, CA
1:11:05	William Dunn (35) Campbell, CA	February 6, CA
1:11:12	Robert Day (38) Del Mar, CA	July 4, CA
1:11:35	Abby Ebrahimi (36) San Jose, CA	February 6, CA

### MEN 40-44

1:09:30	Bob Fischer (42) Newark, NJ	January 8, GA
1:10:06	Sal Vasquez (43) Alameda, CA	February 6, CA
1:10:24	Jim Bowers (44) Santa Rosa, CA	August 21, CA
1:10:26	Peter VanGarderen (42) Glens Falls, NY	Sept. 17, VT
1:10:53	Jerry Lynch (40) Santa Cruz, CA	February 6, CA
1:11:34	Jerry Smith (40) Syracuse, NY	September 17, VT
1:11:48	Joe Becerra (40) Burlingame, CA	March 5, CA
1:11:49	Stephen Lester (40) Magna, UT	August 21, CA
1:12:05	Mike Mahler (40) Santa Monica, CA	August 21, CA
1:12:06	Don Sleeman (44) Ann Arbor, MI	May 28, MI

### MEN 45-49

1:11:00	Ken Winn (45) Stone Mt., GA	January 8, GA
1:12:05	Jim Gallup (47) Honolulu, HI	May 15, HI
1:13:09	William Johnson (45) Salt Lake City, UT	August 21, CA
1:14:25	Clyde Davidson (45) Emporia, KS	June 5, MO
1:14:36	John Dugdale (48) Ridgely, CT	September 17, VT
1:15:13	Rex Perrine (46) Garden City, MI	May 28, MI
1:15:37	Gerald Koch (48)	January 8, GA
1:15:52	Doug Latimer (45) Redwood City, CA	March 27, CA
1:17:02	Jerzy Sulek (46) Brooklyn, NY	August 28, NY
1:17:33	Wolf Mashon (47)	September 5, WA

### MEN 50-54

1:12:10	Norman Green (51) Wayne, PA	August 21, CA
1:14:17	Bill Fouk (50) West Lebanon, NH	September 17, VT
1:15:48	Norman Eastman (52) Lansing, MI	May 28, MI
1:15:55	Ulrich Kaemp (52) Los Altos, CA	March 27, CA
1:16:30	Gaylon Jorgenson (54) Highland, UT	August 21, CA
1:17:23	Everett Riggole (50) Chico, CA	March 5, CA
1:18:37	Norman McAbee (51) San Francisco, CA	July 4, CA
1:18:44	Jim Brownfield (50)	July 4, CA
1:19:01	Eugene Silver (52) San Jose, CA	February 6, CA
1:19:05	Bob Brock (50) Marcellus, NY	September 17, VT

### MEN 55-59

1:18:09	Jim O'Neil (58) San Diego, CA	July 4, CA
1:20:21	Don Dixon (55) Hastings, NY	March 13, NY
1:21:29	Orlo Keniston (56)	September 5, WA
1:23:09	Fred Holappa (55) Plymouth, MI	May 28, MI
1:23:44	Jerry Morrison (59) Parkville, MO	June 5, MO
1:24:35	Scott Hamilton (55) Honolulu, HI	May 15, HI
1:25:19	Bart Holm (57) Wilmington, DE	September 17, VT
1:25:31	Don Carpenter (55)	March 27, CA
1:25:41	Harry Berner (59) Lyndhurst, NJ	June 19, NY
1:26:17	Herman Grotheer (57)	January 8, GA

### MEN 60-64

1:24:48	Jim McCown (61) San Diego, CA	April 10, CA
1:25:25	Harold Daughters (62) Upland, CA	July 4, CA
1:28:12	Art Holzman (60)	July 4, CA
1:29:04	Hugh Short (61) Chittenden, VT	September 17, VT
1:29:12	Michael Bertolini (62) Bridgeton, NJ	March 27, DE
1:31:49	Thomas Gibbons (62) Belerose, NY	August 28, NY
1:33:52	George Sheehan (64) Red Bank, NJ	August 28, NY
1:33:53	Bob Rogan (61) Shrub Oak, NY	June 19, NY
1:33:55	Peter Mahta (61) New York, NY	March 13, NY
1:34:02	John Gilkey (61) Los Altos, CA	March 27, CA

### MEN 65-69

1:27:49	Paul Reese (65) Sacramento, CA	March 5, CA
1:28:27	Wayne Zook (66) San Diego, CA	April 10, CA
1:29:57	John Holoubek (66) Lompoc, CA	April 17, CA
1:32:28	Fleetwood Fesmie (65) White House, TN	January 8, GA
1:35:09	John Woods (65) Washington, DC	May 8, NC
1:36:30	Wilfredo Rios (66) Belerose, NY	March 13, NY
1:39:50	Wilson Vible (65) Wilmington, DE	March 27, DE
1:41:36	Mac Osborn (69) Danville, CA	March 5, CA
1:44:42	Morris Kaish (65) San Francisco, CA	February 6, CA
1:47:27	George Jaffe (67) Brooklyn, NY	March 13, NY

### MEN 70-74

1:36:03	William Brobston (70) Saugerties, NY	September 17, VT
1:47:00	Vernon Geary (70) Williamsburg, VA	April 13, VA
1:53:11	Mel Shine (73) Lafayette, CA	February 6, CA
1:55:57	Norman Bright (73) Seattle, WA	September 5, WA
1:57:49	Leon Ivin-Rybak (71) Bronx, NY	June 19, NY
1:59:20	John Stout (72)	September 5, WA
1:59:21	Luis Martin (71) Upr Montclair, NJ	June 19, NY
2:05:17	Howard Calkin (72) Oregon, MO	June 5, MO
2:05:44	Nixon Caldwell (70)	May 8, NC
2:09:24	Frederic Webster (71) S. Pomfret, VT	September 17, VT

### MEN 75-79

1:37:51	Ed Benham (75) Ocean City, MD	April 13, VA
1:56:37	Max Popper (79) Flushing, NY	March 13, NY
2:15:21	William Brown (79) Brooklyn, NY	March 13, NY

### MEN 80-84

1:59:21	Max Popper (80) Flushing, NY	August 28, NY
2:25:40	Paul Spangler (84) San Luis Obispo, CA	April 17, CA

### OPEN WOMEN

1:13:19	Cathy Schiro (16) Dover, NH	September 24, NY
1:13:55	Nancy Conz (26) Southampton, MA	September 17, VT
1:14:32	Nancy Ditz (29) Menlo Park, CA	August 21, CA
1:14:35	Joanne Johnson (26) Las Vegas, NV	August 21, CA
1:14:37	Elizabeth Baker (25) Rancho Santa Fe, CA	August 21, CA
1:14:41	Anne Hird (23) Cranston, RI	March 13, NY
1:15:36	Susan Schneider (27) Minneapolis, MN	September 17, VT
1:15:44	Isabelle Carmichael (33) New York, NY	September 24, NY
1:16:08	Gabriele Anderson (38) Sun Valley, ID	August 21, CA
1:16:13	Cindy Wuss (25) New Brunswick, NJ	March 13, NY
1:16:19	Laurie Binder (36) Oakland, CA	September 24, NY
1:16:29	Karen Dunn (20) Durham, NH	September 17, VT
1:16:53	Sally Ann Hales (22)	September 24, NY
1:17:38	Doreen Ennis-Schwarz (26) Bimfid, NJ	March 13, NY
1:17:47	Marilyn Hulak (25) Brooklyn, NY	September 24, NY
1:17:51	Susan Gelly-Berenda, San Diego	August 21, CA
1:17:54	Debbie Chaddock, San Diego	August 21, CA
1:18:10	Debbie Porter, Oceanside	July 4, CA
1:18:20	Carol Gephart (27) Midland, TX	May 28, MI
1:18:33	Beth Walker (31)	January 29, TX
1:18:36	Patty McGovern (22)	September 24, NY
1:18:43	Sally Strauss (23) Somerville, MA	September 24, NY
1:18:50	Eileen Claugus (27) Sacramento, CA	March 5, CA
1:18:56	Paula Morrell (23)	September 24, NY
1:19:00	Cindy Bass (32) Houston, TX	January, TX

### GIRLS 7 AND UNDER

1:48:16	Heather Dickson (7) Demopolis, AL	February 19, GA
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### GIRLS 8 AND 9

1:35:25	Tabitha Francks (8) Sewell, NJ	September 24, NY
1:45:46	Rashida Wiggins (8)	September 24, NY

### GIRLS 10 AND 11

1:25:52	Stephanie Paparelli (10) San Antonio, TX	January 29, TX
1:38:09	Rhonda Sandellus (11)	September 5, WA
1:44:45	Rebecca Kramer (11)	September 24, NY

### GIRLS 12 AND 13

1:27:41	Monica Scarborough (12) Brooklyn, NY	March 13, NY
1:36:26	Shannon Poskon (13) Indianapolis, IN	May 29, IN
1:37:00	Tammy Friley (13)	January 29, TX

### GIRLS 14 AND 15

1:33:37	Amy Mahan (14)	January 29, TX
1:35:42	Darla Stelzer (15) Houston, TX	January 29, TX
1:38:05	Lori Haske (15) Allen Park, MI	May 28, MI

### WOMEN 16 AND 17

1:13:19	Cathy Schiro (16) Dover, NH	September 24, NY
1:29:00	Laura Meyer (17)	August 21, CA
1:31:39	Amelie Woolfolk (16)	January 29, TX

### WOMEN 18 AND 19

1:21:42	Adrienne Lorvick (19) Seattle, WA	September 5, WA
1:22:38	Mary Galfield (19) Berkeley, CA	February 6, CA
1:25:24	Mary Shaffer (18) Kansas City, KS	June 5, MO

### WOMEN 35-39

1:16:08	Gabriele Anderson (38) Sun Valley, ID	August 21, CA
1:16:19	Laurie Binder (36) Oakland, CA	September 24, NY
1:19:04	Madeline Harmeling (38) Merrick, NY	September 24, NY
1:21:06	Kathleen Kaiser (36) Chico, CA	March 5, CA
1:22:44	Judy Dodge (36) San Diego, CA	July 4, CA
1:23:29	Karen Lanterman (38) Hillsborough, CA	February 6, CA
1:23:38	Bobbi Rothman (37) Miller Place, NY	June 19, NY
1:24:39	Joanne Portaro (35) NY	September 24, NY
1:24:41	Judy Kewley (38) Simi Valley, CA	July 4, CA
1:25:28	Margaret Desau (36) New York, NY	September 24, NY

**WOMEN 40-44**

1:19:33	Cindy Dalrymple (41) New York, NY	June 19, NY
1:26:18	Patty Lee Parmalee (43) New York, NY	September 24, NY
1:26:34	Joyce Gibbs (41) Cupertino, CA	February 6, CA
1:27:55	Lina Connors (41) New York, NY	September 24, NY
1:28:02	Anna Thornhill (42) New York, NY	March 13, NY
1:28:37	Elizabeth Burt (41) Ann Arbor, MI	May 28, MI
1:28:49	Jean Shuler (41) Livermore, CA	February 6, CA
1:29:12	Birthe Kirsch (43) Kensington, CA	February 6, CA
1:30:09	Nancy Courter (40) Bonita, CA	April 10, CA
1:30:40	Erlene Michener (40) Oxford, PA	March 27, DE

**WOMEN 45-49**

1:26:23	Mimi Lerner (46) St. James, NY	September 24, NY
1:26:47	Helene Bedrock (47) Cliffside Pk., NJ	Sept. 24, NY
1:28:06	Heidi Skaden (45) Sacramento, CA	March 5, CA
1:28:35	Nancy Heiliger (47) Steilacoom, WA	September 5, WA
1:31:01	Faye Heidoorn (46) San Diego, CA	April 10, CA
1:31:16	Karen Holappa (46) Plymouth, MI	May 28, MI
1:32:43	Gudrun Phillips (47) New York, NY	September 24, NY
1:33:17	Susie Bartels (46) Kailua, HI	May 15, HI
1:34:39	Mary Van Camp (46) Ann Arbor, MI	May 28, MI
1:34:50	Joyce Marel-Fletcher (48) New York, NY	Sept. 24, NY

**WOMEN 50-54**

1:31:44	Margarete Deckert (50) Lagrangeville, NY	Sept. 24, NY
1:32:01	Toshiko D'Elia (53) Ridgewood, NJ	March 13, NY
1:33:46	Anne Johnson (54) Olivenhain, CA	July 4, CA
1:34:23	Alicia Moore (52) New York, NY	March 13, NY
1:35:16	Dorothy Stock (50) La Mesa, CA	April 10, CA
1:36:32	Ruth Anderson (53) Oakland, CA	February 6, CA
1:38:18	Nicki Hobson (52) Del Mar, CA	July 4, CA
1:38:57	Alma Kunes (50) Levittown, PA	September 24, NY
1:39:31	Christa Curtis (52) Durham, NH	September 17, VT
1:40:29	Elizabeth Ross (52) Los Gatos, CA	March 5, CA

**WOMEN 55-59**

1:38:48	Mary Storey (59) Riverside, CA	July 4, CA
1:39:46	Billie Murphy (56) Tacoma, WA	September 5, WA
1:43:01	Anne Trigg (58) St. Petersburg, FL	January 8, GA
1:51:03	Ruth Painter (56) Williston, VT	September 17, VT
1:57:17	Shirley Tobin (56)	April 10, CA
2:00:31	Sue Kuschner (55) Baldwin, NY	September 24, NY
2:01:40	Phyllis Solberg (55) Dearborn, MI	May 28, MI
2:02:22	Eva Brown (57)	January 29, TX
2:02:29	Jane Nightingale (57) Dallas, TX	September 17, VT
2:04:28	Luisa Hansen (55) Walnut Creek, CA	February 6, CA

**WOMEN 60-64**

1:46:26	Jaclyn Caselli (61) San Jose, CA	February 6, CA
1:51:00	Harriet Wever (61) Okemos, MI	May 28, MI
1:55:31	Margaret Wright (61) Folly Beach, SC	January 8, GA
1:55:59	Althea Wetherbee (64) Huntington Str., NY	Sept. 24, NY
1:57:46	Mary Rodriguez (61) Rego Park, NY	March 13, NY
2:00:31	Virginia Reinhardt (60)	January 8, GA
2:03:48	Margaret Lee (63) Honolulu, HI	May 15, HI
2:04:31	Victoria Small (61)	March 27, CA
2:06:00	Florence McTaggart (60)	January 29, TX
2:11:45	Imy Ernst (61) Independence, MO	June 5, MO

**WOMEN 65-69**

2:23:28	Evelyn Havens (66) New York, NY	March 13, NY
2:37:52	Mayme Bdera (68)	September 24, NY
2:46:17	Althea Jureidini (65) Brooklyn, NY	September 24, NY
3:02:22	Ruth Hasenstab (66) Honolulu, HI	May 15, HI

**WOMEN 70-74**

2:20:15	Bess James (73) San Jacinto, CA	July 4, CA
2:20:20	Felicita Salazar (74) San Diego, CA	July 4, CA

# P.R.'s

P.R. of the month goes to Christa Romppanen. In fact she got two P.R.'s and set pending U.S. age 44 records in both of them: One, a Half Marathon and the other, a 5 miler.

Angie Adkins(SCRR)Blue Angels Inv. X-C 4000m	*19:18
Angie Adkins(SCRR)SCRR Inv. 4000m	18:00.7
Becky Adkins(SCRR)Blue Angels Inv. X-C 4000m	*19:31
Becky Adkins(SCRR)SCRR Inv. 4000m	18:25.7
Craig Alexander(VPHS)Tri Meet vs. Foothill, S.A. Valley 3m X-C	15:35
Jose Alonso(SCRR)SCRR Inv. 3000m	*15:09.3
Sandra Alonso(SCRR)SCRR Inv. 3000m	*19:28.8
John Alvarez(NHTC)Coliseum 10K	55:26.3
John Alvarez(NHTC)Run At Ranch 5K	25:16.0
Wendy Barber(SCRR)SCRR Inv. 3000m	*13:38.9
Pam Bardwil(SCR)Santa Monica Half Marathon	*1:43:25
Steven Bardwil(SCR)Santa Monica Half Marathon	*1:43:26
Jamie Barnes(SCRR)SCRR Inv. 4000m	*17:25.0
Erika Bernheimer(SMTC)Institute for Cancer & Blood Research 5K	21:59.5
Chris Black(SCRR)SCRR Inv. 3000m	*14:58.2
Mike Blaha(SCR)Santa Monica Half Marathon	*1:43:55
Roger Boedecker(SLDC)Redwoods Marathon	3:11:58
Roger Boedecker(SLDC)Morro Bay Mile	5:28.0
Ann Boyd(SCR)Santa Monica Half Marathon	*1:45:26
Becky Bresnick(SCRR)SCRR Inv. 4000m	18:16.4
Al Carr(PFF)Panda Marathon	3:32
Diane Castillo(SCRR)SCRR Inv. 4000m	16:21.3
Carrie Chavez(SCRR)SCRR Inv. 3000m	12:02.5
David Chebatah(SCRR)SCRR Inv. 3000m	*12:12.7
Charles Coco(PFF)Mt. Baldy Run to the Top 8m	1:51:32
Charles Coco(PFF)Santa Monica Half Marathon	1:37:33
Dennis Comfort(SCR)Harbor Light Half Marathon	1:50:40
Mike Craigie(SMTC)Harbor Light Half Marathon	1:10:53
Ricky Cummins(SCRR)SCRR Inv. 3000m	14:57.9
Stanley Da Costa(SCRR)SCRR Inv. 3000m	*18:48.1
Olga De Costa(SCRR)SCRR Inv. 3000m	*17:46.7
Glen Deines(SCR)SPATAC 20K	*20:22
Jose De La Cruz(SCRR)SCRR Inv. 3000m	*17:20.6
Alfonso Delatorre(SCRR)SCRR Inv. 3000m	*15:15.1
Martha Delatorre(SCRR)SCRR Inv. 3000m	*18:18.3
David Delgado(PFF)Run L.A. 5K	16:57
Merry DeLucia(PFF)Marineland 10K	61:25
Bill Earl(SCRR)SCRR Inv. 3000m	*19:10
Kye Eanven(SCRR)SCRR Inv. 3000m	*16:18.3
Joe Eastman(USN)EIDorado Park 5K	19:15
Gretchen Eichholz, Jon Douglas 10K	*45:09
Lucretia Escalzo(PFF)Panda Marathon	3:30
Gary Farris(SCRR)SCRR Inv. 3000m	16:40.6
Terry Farias(SCRR)SCRR Inv. 3000m	*19:42.5
Camille Flores(SCRR)SCRR Inv. 4000m	*16:58.1
Tony Gibbons(SCRR)SCRR Inv. 3000m	*12:38.8
Shannon Gill(SCRR)SCRR Inv. 4000m	*20:05.7
Demetrius Gonzales(SCRR)SCRR Inv. 3000m	*12:30.0
Kevin Green(CPHS)Tri Meet vs. Foothill, S.A. Valley X-C(1st Place)	14:45
Gary Gregory(SMTC)KAKE-TV Wichita Marathon(1st place)	2:18:18
Jay Hakomaki(SCRR)SCRR Inv. 3000m	*14:56.2
Reggie Hampton(SCRR)SCRR Inv. 3000m	13:02.9
Todd Harbour(SMTC)Waco, TX 10K	29:09
Scott Hardy(SCRR)SCRR Inv. 3000m	*14:32.0
Chris Hart(VPHS) Tri-Meet vs. Foothill, S.A. Valley X-C 3m	15:12
Billy Harvey(SCRR)SCRR Inv. 4000m	*16:54.3
Greg Hauser(SMTC)Institute for Cancer & Blood Research 5K (2nd)	14:43.6
Sharon Hegetschweiler(PFF)Panda Marathon	*3:46
Bernie Heinz(SCR)Arco Run L.A. Coliseum 10K	44:10
Bernie Heinz(SCR)Santa Monica Half Marathon	*1:43:15
Caroline Heinz(SCR)Arco Run L.A. Coliseum 10K	46:16
Caroline Heinz(SCR)Santa Monica Half Marathon	*1:44:30
Chuck Hernandez(NHTC)Coliseum 10K	51:52.6
Chuck Hernandez(NHTC)Run At Ranch 5K	25:52.0
Jim Hogue(CH)Cal Poly Pomona X-C Inv. 8K	25:29
Lamont Houston(SCRR)SCRR Inv. 3000m	*12:57.9
Keith Kanouse(PFF)Marineland 10K	38:13

Noah Kanter(BHS)RBAL JV Race 2.2 mile	*12:41
Noah Kanter(BHS)Berkeley Waterfront 5 Mile Run	*32:12
Patti Lacie(PFF)Panda Marathon	3:56
Karen Lanterman(WVTC)Stanford Great Race 10K	36:48
Tami Lawler(SCRR)SCRR Inv. 4000m	*15:40.3
Thomas Leong(VPHS)Tri Meet vs. Foothill, S.A. Valley X-C 3 m	15:49
Bill Levy, Steve Garvey Diet Pepsi 10K	*42:08
David Longyear(SCRR)SCRR Inv. 4000m	14:12.5
Karen Longyear(SCRR)The Great Race 10K(1st-12&Under)	41:32
Toni Lopez (SCRR) SCRR Inv. 4000m	*15:40.0
Wayne Matsumura(SMTC)Jon Douglas 10K	33:17
Jason McKellips(SCRR)SCRR Inv. 3000m	12:51.0
Ryan McKellips(SCRR)SCRR Inv. 3000m	19:27.9
Bill Meyer(VPHS)Tri Meet vs. Foothill, S.A. Valley X-C 3 m	15:05
Carrie Michelson(SCRR)SCRR Inv. 3000m	*14:44.3
Bill Montgomery(SCRR)SCRR Inv. 3000m	*19:27.5
Christian Muro(SCRR)Blue Angels Inv. X-C	*21:20
Marco Oceguera(SCRR)SCRR Inv. 4000m	*14:11.4
David Parker(VPHS)Tri Meet vs. Foothill, S.A. Valley X-C 3 Mile	15:09
Lou Pinon(PFF)Run L.A. 5K	16:28
Sharon Prince(SCRR)SCRR Inv. 4000m	*16:02.5
Dianan Quaker(SCRR)SCRR Inv. 3000m	*13:13.6
Jason Riddell(SCRR)SCRR Inv. 3000m	*14:18.1
Jennifer Rigney(SCRR)SCRR Inv. 4000m	*16:33.3
George Romero(SCRR)SCRR Inv. 3000m	12:57.6
Jose Romero(SCRR)SCRR Inv. 4000m	*18:28.1
Christa Romppanen(CC)Harbor Light Half Marathon(Age 44-AR)	1:23:48
Christa Romppanen(CC)Tokai Bank/AIA 5 Miler(Age 44-AR)	30:45
Randy Rosales(SCRR)SCRR Inv. 3000m	*14:33.6
Cathleen Selleck(SCRR)SCRR Inv. 4000m	*18:04.3
Joanna Sepulveda(SCRR)SCRR Inv. 3000m	12:27.7
Marion Sepulveda(SCRR)SCRR Inv. 3000m (1st F-9&U)	11:26.2
Jay Shuttleworth(SSP)Run for the Gold 10K	53:12
Jay Shuttleworth(SSP)Grizzley 10K	51:00
Ray Sigala(PFF)Marineland 10K	41:08
Ray Sigala(PFF)Lomita 10K	39:26
Jessie Silvas(SCRR)SCRR Inv. 3000m	*15:04.2
David Sternaman(SCRR)Blue Angels Inv. 4000m X-C	*24:13
Trina Strang(SCRR)SCRR Inv. 3000m	*12:35.8
George Tail(SCRR)SCRR Inv. 3000m	*15:03.1
Jackie Thomas (SCRR) SCRR Inv. 3000m	15:11.1
Bruce Thomson(CH)Cal Poly Pomona X-C Inv. 8K	26:03
Tom Thrasher(VPHS)Tri Meet vs. Foothill, S.A. Valley X-C 3 Mile	15:36
Mike Tuffley(SDTC)Youth At Risk Breakthrough 10K	35:50
Leslie Turner(PFF)Marineland 10K	54:18
Fernando Vasquez(PFF)East L.A. 10K	30:50
Danny Vega(SCRR)SCRR Inv. 3000m	*11:23.3
Velma Veliarde(SCRR)SCRR Inv. 3000m	12:26.2
Randy Wilson(SCRR)SCRR Inv. 4000m	*14:50.7

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 \_\_\_\_\_

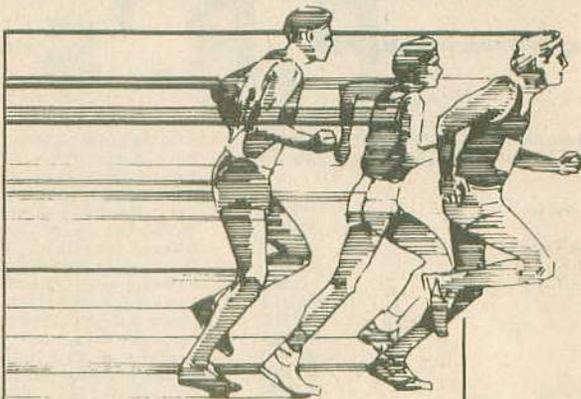
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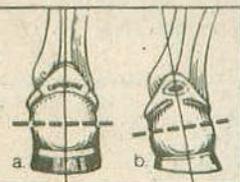
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# GOOD NEWS FOR BAD KNEES.

At Converse®, we've developed two new shoes to help reduce the risk of a problem that has become painfully evident to many runners: knee injuries.

The shoes are called Phaeton™ and Selena™. And they're based upon an exclusive design philosophy which no other running shoe

has adopted. We call it the Stabilizer Bar—a design concept we consider so innovative we've applied for a patent.



a. Normal pronation.  
b. Excessive pronation.

Simply put, what this new Converse Stabilizer Bar does is help control pronation, the brutal side-to-side motion that occurs with every step you take as your foot rolls inward at heelstrike.

A twisting motion, more to the point, that your ankle and leg telegraph directly to your knee.

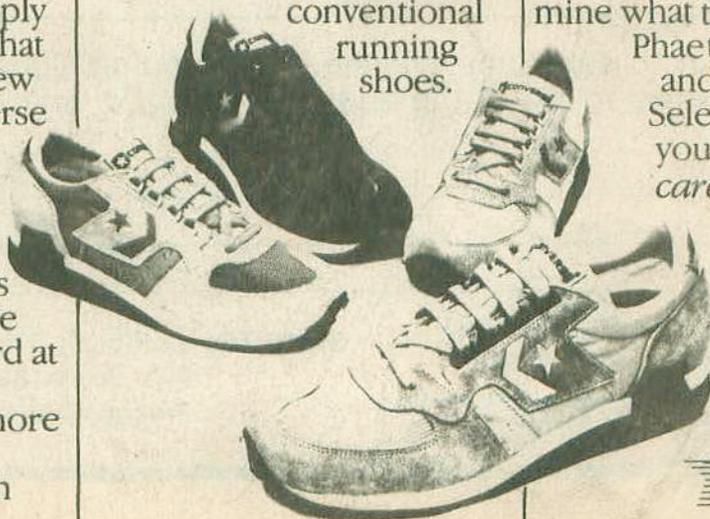
Our Stabilizer Bar gently helps "brake" your foot as it pronates, with the result that it helps lessen the twisting motion. So less of it reaches your ankle, less

reaches your leg and obviously, less reaches your knee.



The Converse Stabilizer Bar. It acts as a brake during pronation.

The Stabilizer Bar is not the only advantage the Phaeton and Selena enjoy over conventional running shoes.



The shoes also have Scotch Lite® Reflective Fabric\* for night running safety which, under normal circumstances, allows you to be seen in all directions from over 200 yards away.

And they weigh a mere 270 grams in Size 9.

But superlatives aside, there really is only one way to determine what the

Phaeton and Selena can do for you: run, *very carefully*, down to your nearest Converse dealer and try a pair on.



Scotch Lite fabric can be seen from over 200 yds. at night.

