

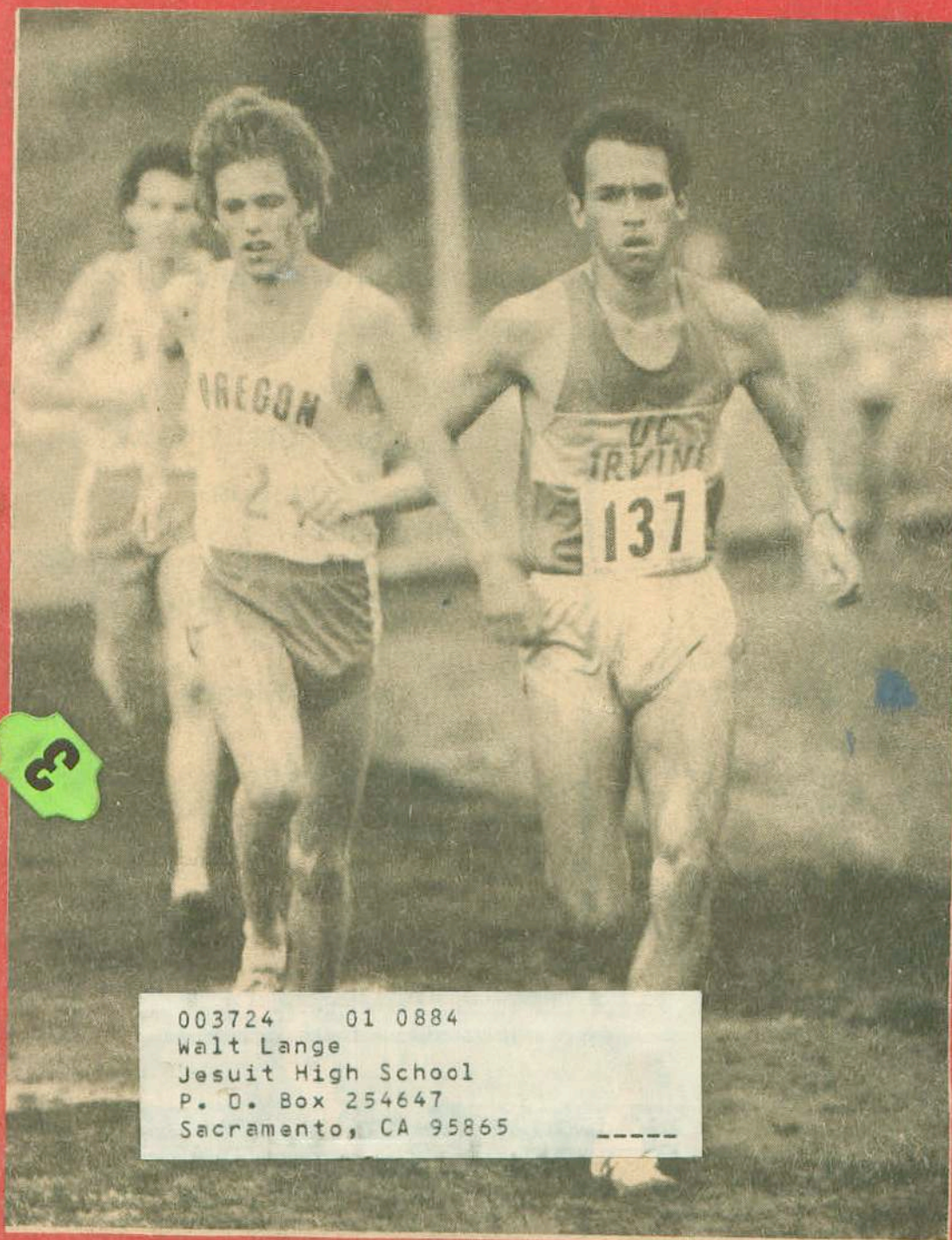
# CALIFORNIA

## TRACK & RUNNING NEWS

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FEBRUARY 1984

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



# California Track & Running News



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**Ken & Jen Young/NRDC**  
LDR Statistics

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

**Senior Editors:** Calvin Brown (Girls and Women Track & Field); Steve Fagundes (Sac-Joaquin High School); Percy Knox (Masters Men Track & Field); Bill Minarik (Southern California); John Ortega (Special Features); Doug Speck (Southern California High School); Gary Tuttle (LDR Column); Bob Womack (High School All Time Lists).

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

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## ON THE COVER:

U.C. Irvine's Mark Ruelas (right) was the first Californian at the NCAA Division I Cross Country Championships, the NCAA District 8 Championships and the PCAA Champion. These performances led to his being selected 1983 College Cross Country Athlete of the Year. See the Athlete of the Year selections beginning on page 10. See a feature on UC Irvine cross country on page 20.

photo by Bill Leung, Jr.



# CALIFORNIA TRACK & RUNNING NEWS



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# 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.

## FEBRUARY

**FEB 11: Mission 10.** 10 miles, Mission San Juan Bautista, 10 am. Mission 10, c/o 811 Carpenter Dr. Hollister 95023. (408) 637-3126 after 6 pm, Ed Singleton.

**FEB 11: Trinidad Clam Beach Run.** 8 mile? Trinidad, noon. Sue & Greg Anderson, c/o Chamber of Commerce, P.O. Box 426, Trinidad 95570. (707) 822-3507.

**FEB 11: Valentine's Day Run.** 2 & 10 mile, Stockton, 9 am. Don Hoffman, c/o P.O. Box 5500, Stockton 95205.

**FEB 11: Natural Light MDA 5 & 10 Milers.** Folsom, 10 am. Art Baudendistel, Engle Road Physical Therapy, 4718 Engle Rd., Suite A, Carmichael 95608-2271. (916) 363-2632.

**FEB 11: Crime Alert Run.** 5 mile, Sacramento (Glen Hall Park, Carlson Dr.), 9 am. Chris Hadley (916) 449-5237, or Theresa Kessler (916) 449-5635.

**FEB 11: Lovers' Run.** Half-Marathon, 10K & 1 mile, El Dorado, time TBA, Linda Sadler, 460 Main St., Placerville 95667. (916) 622-5551.

**FEB 11: Lynwood 5 & 10K.** Lynwood, time TBA. Lynwood Chamber of Commerce, P.O. Box 763, Lynwood 90262.

**FEB 11: Santa Barbara 2x4 Mile Couples Relay.** Santa Barbara (Palm Park), 8:30 am. SBCR, Box 6616, Santa Barbara 93180. (805) 964-2591.

**FEB 11: Fun for Your (Valentine) Heart Beach Run.** 2 & 6 miles, Grover City (Pismo State Beach), 10:30 am. Doug Perrin/Ann Boeser, P.O. Box 550, Arroyo Grande, CA 93420. (805) 489-1075 or (805) 489-0158.

**FEB 11: Sweetin' Sweethearts Male/Female Team Race 10K.** Las Vegas, Nev. (Racquet Club), 10 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101.

**FEB 11: Run in the Sun 10K & 2 Mile Fun Run.** Holtville, 10 am. Larry Lewis, Optimist Club of Holtville, 861 Fig Ave., Holtville 92250. (619) 356-4275.

**FEB 12: AMI/French Hospital Love Your Heart Run.** 5 & 10K, San Luis Obispo (Meadow Park), 9 am. Jane Frein, Cardiac Rehab Center, P.O. Box AMI, San Luis Obispo 93406.

**FEB 12: Valentine's Run.** 5 & 10K, St. Helena (Crane Park), 9 am. Tobe Wolf, St. Helena High School, 1401 Grayson, St. Helena 95474.

**FEB 12: Chinatown YMCA New Years Run.** 8K, San Francisco (Sacramento & Grant), 8 am. Sylvia Mack, c/o YMCA, 855 Sacramento, San Francisco 94108. (415) 982-4412.

**FEB 12: Valentine Day Run.** 5 & 10K, Oakland (Lake Merritt Boathouse), 10 am. American Heart Ass'n, P.O. Box 5157, Oakland 94605. (415) 632-9606.

**FEB 12: World Runners Valentine's Day "Have a Heart - Run for Hunger" 5 & 10K.** Santa Cruz (Natural Bridges State Beach, Delaware & Natural Bridges Dr.), 8:30 am. Gary Upham, 1153 La Madrona Dr., Santa Cruz 95060. (408) 426-4572.

**FEB 12: DSE Mission Rock Run.** 3.5 mile, San Francisco (Mission Rock & 3rd St.), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**FEB 12: Valentine's Fun Run.** 10K, Campbell (The Factory), 9:30 am. John Araujo, Community Services Dept., Campbell 95008. (408) 378-8141, x252.

**FEB 12: Max Chabolan Memorial Road Race.** 6 mile & 2 mile prediction, Tulare (Live Oak Park), 1:30/2:00 pm. Tulare Youth Service Bureau, P.O. Box 202, Tulare 93275. (209) 688-2043.

**FEB 12: Hidden Valley Marathon.** Listed Feb. 11th in error last issue. (Also half marathon and 10K). 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 Fongler, North Coast YMCA, P.O. Box 907, Encinitas 92024. (619) 942-9622.

**FEB 18: Up the Estuary in February Half-Marathon & 5K.** Santa Ana (Centennial Park), 7:30/8:00 am. NBRA, 1162 Dorsett Ln., Costa Mesa 92626. (714) 966-0556.

**FEB 18: Walk/Jog/Run for Your Heart.** 5/10K, Whittier, time TBA. Presbyterian Hospital Run, 12401 W. Washington Blvd., Whittier, 90602. (213) 698-0811, x2492.

**FEB 18: Park to Park Half-Marathon.** Atascadero (Brothers Shopping Center), 9:30 am. Park to Park Race, c/o Citicorp Savings, 7109 El Camino Real, Atascadero 93422. (805) 468-6550.

**FEB 18: SNA/TAC 15K Championships.** (& 5 Mile Run), Las Vegas, Nevada (Sunset Park), 10 am. The Running Store, 602 Maryland Pkwy., Las Vegas, NV 89101.

**FEB 18: Smile San Diego 10K & 2 Mile.** Mission Bay, 7:30 am. Sally Wellington (619) 483-8959.

**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: Sweetheart Fun Run Couples Relay.** 1.2 & 2.4 mile legs. 1 pm, Arcata (St. Mary's School). Bill Daniel (707) 822-8050.

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

**FEB 19: Willits 10 Mile Classic (& 3 Mile).** Willits (Recreation Grove Park), 11 am. North Coast Striders, P.O. Box 1556, Ukiah 95482. (707) 462-7047.

**FEB 19: DSE Lake Merced Run.** 4.5 mile, San Francisco (Sunset Circle Pkg. Lot, Lake Merced), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**FEB 19: Sri Chinmoy 10 Mile.** Foster City (Recreation Center), 8 am. Sri Chinmoy, 2438 16th Ave., San Francisco 94116. (415) 731-2722.

**FEB 19: Santa Monica Mountains 50-Mile Run.** Santa Monica (Adohr Dairy, Pleasant Valley Rd.), 6 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

**FEB 19: Conejo 5/10K Run.** Westlake Village (Westlake Elem. School), 7:30 am. Conejo TC, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

**FEB 19: Valentine's Couples Relay.** Distance TBA, Santa Clarita, 8 am. Santa Clarita Runners, Box 481, Newhall 91321. (805) 252-4755.

**FEB 19: Fast Five Miler & 2 Mile.** Fountain Valley (Mile Square Park), 8 am/2 mile, 8:45 am/5 mile, So. Coast Runners Ass'n. 3857 Birch, #442, Newport Beach 92660. (714) 646-3452.

**FEB 19: USA Cross Country Team Trials.** 12K senior, 8K junior. Meadowlands, E. Rutherford, New Jersey. Allan Steinfeld, NYRR, 9 E. 89th St., New York, NY 10028.

**FEB 25: Martinez to Port Costa Brickyard (& Back) Run.** 8.4 miles, Martinez, 10 am. Raceday - Registration Only. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (415) 685-5185.

**FEB 25: Falcon 8K.** Visalia (Mooney Grove Park), 9 am. Gary Campbell (209) 734-8824.

**FEB 25: Clam Chowder Beach & River Run.** 5 miles, Santa Cruz (Boardwalk, in front of miniature golf bldg.), 8 am. Clam Chowder Run, c/o Parks & Recreation Dept., 346 Church St., Santa Cruz 95060. (408) 429-3663.

**FEB 25: One-Hour Run.** Univ. of Nevada, Las Vegas (track), 10 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101.

**FEB 25: Parkside Half-Marathon.** Santa Rosa, Howart Park, 9 am. Nancy Crawford, 1981 Silverwood St., Santa Rosa 95405. (707) 526-0661.

**FEB 25: Almond Blossom Run.** 8K, Ripon (Mavis Stouffer Park), 8 am. Toni Raymus, c/o 130 W. Main, Ripon 95336. (209) 599-2194.

**FEB 25: L'eggs/YWCA 10K.** San Diego (Balboa Park), 8 am. Women Only. San Diego YWCA, 1012 "C" St., San Diego 92101. (619) 239-2902.

**FEB 25: Trail's End Marathon.** Seaside, Oregon, 11:30 am. Seaside Chamber of Commerce, P.O. Box 7, Seaside, OR 97138. (503) 738-6391.

**FEB 26: DSE Presidio Gate Run.** 3.3 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**FEB 26: SPA/TAC 30K Championships.** Yorba Linda, 8 am. Fleet Feet, 5102 Wagon Wheel, Yorba Linda 92686. (714) 970-8425.

**FEB 26: Startest 10K.** Los Angeles (Griffith Park), 8 am. CRR, Box 891, Tarzana 91356. (213) 888-5526.

**FEB 26: Toro 10K.** Carson (Cal State Dominguez Hills, Olympic Velodrome), 9 am. Mitch Harmatz, c/o Athletics, 1000 E. Victoria, Carson 90747. (213) 516-3513.

**FEB 26: Pop Marty 5/10K & 10 Mile.** Montebello (Grant Rea Park), 8/9 am. Charles Gloria, 1600 W. Beverly Blvd., Dept. of Parks & Recreation, Montebello 90640. (213) 725-1200, x439.

**FEB 26: Sequoia Race.** 2 & 4.5 mile. Eureka 1/1:45 pm. Harry Cottrell (707) 839-4654.

**FEB 26: LMJS 4th Sunday Run.** 5, 10 & 15K, Oakland (Lake Merritt, Old Boathouse), 9 am. Lake Merritt Joggers & Striders (415) 834-3110.

**FEB 26: Tri County Dental Society 5 & 10K.** Riverside, 8 am. 6860 Brockton Ave. No. 9, Riverside 92506.

## MARCH

**MAR 3: Run for the Seals.** 4 mile, Ft. Cronkhite (GGNRA), Marin Headlands, 9 am. CMMC, c/o Brian Boxer, Ft. Cronkhite, Marin Headlands 94565. (415) 331-7325.

**MAR 3: Bidwell Classic Marathon, Half-Marathon & 3 Mile Fun Run.** Chico (Bidwell Park), 8 am/3 mile 9 am. Walt Schafer, P.O. Box 1182, Chico 95927. (916) 343-6857.

**MAR 3: Grape Stampede.** 10K, Gonzales (Taylor California Cellars), 9:15 am. children's 1 mile, 10 am. Carla Pew, P.O. Box 94, Gonzales 93926. (408) 675-2321.

**MAR 3: A Run to Remember.** 5/10K, Long Beach (El Dorado Park), 8:15/9 am. A Run to Remember, Suite 6800-A241, 1686 Tustin Ave., Costa Mesa 92627. (714) 645-8710.

**MAR 3: Malibu 10K.** Malibu (Zuma Beach State Pk.), 9 am. Malibu 10K, Box 716, Malibu 90265. (213) 457-3485.

**MAR 3: Run for Hunger.** 5K & 1 mile, Modesto, time TBA. First Baptist Church, 1309 12th St., Modesto 95354. (209) 521-0181.

**MAR 3: 24-Hour Relay.** Sequel High School (track), Sequel, 10 am. Buzzard Buzzards R.C., 919 Capitola Ave., No. 46, Capitola 95010. (408) 475-0579.

**MAR 3: End of the Trail 15K.** Visalia, time TBA. Craig Newport, P.O. Box 3638, Visalia 93278.

**MAR 4: Food & Fitness 10K.** Los Angeles, 8 am. Carolyn Caesar, P.O. Box 3506, Santa Monica 90403. (213) 543-5375.

**MAR 4: Channel to Lake Run.** 10 mile, Vallejo, 10 am. Patti Baron, Vallejo Chamber of Commerce, 2 Florida St., Vallejo 94590. (707) 644-5551.

**MAR 4: DSE Kennedy Drive Run.** 4.7 mile, San Francisco (Golden Gate Park, Polo Fields), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**MAR 4: Wintergreen 5 & 10K.** Woodland Hills (Pierce College), 8 am. Jerry Kalman, c/o Informatics, 21031 Ventura Blvd., Woodland Hills 91364. (213) 887-9040.

**MAR 4: South Bay 20K.** Los Osos (Los Osos Jr. High School), 8:30 am. (RRCA Western Regional & Calif. State Championship), Tom Hampson, 347 Garden St., Los Osos 93402. (805) 528-0872.

**MAR 4: Hyatt-Oakland/Be On Broadway Run.** CANCELLED.



**MAR 4: City of Fremont 10K Run.** Fremont (Central Park Swim Lagoon), 8:30 am. Sarah Cole, P.O. Box 5006, Fremont 94537. (415) 791-4324.

**MAR 4: Foggy Bottoms Milk Run.** 2, 4 & 10 miles. Ferndale, David Wells, 1522 Panorama Dr., Arcata 95521. (707) 822-8258.

**MAR 4: Maui Marathon.** Maui Mall, Hawaii, 6 am. Valley Isle Road Runners, P.O. Box 888, Kilahe, HI 96753. (808) 242-6042.

**MAR 4: Gold Trail Half Marathon.** 13.1 miles, start at Hornitos, 10 am. Dave Olsen, Merced Track Club, P.O. Box 3275, Merced 95341. Dave Olsen (209) 723-6579 eves, or (209) 384-6290 days.

**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.

**MAR 10: Loeschhorn's 5 & 10K.** Fountain Valley (Mile Square Park), 8:30 am. Newport Beach R.A., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

**MAR 10: Spirit 10K & 2 Mile Fun Run.** San Diego (Mission Bay), time TBA. E.O.L. Race Consulting, 1013 Park Place, Coronado 92118. Karen McMillan (619) 293-7370.

**MAR 11: Run for Love.** 5 & 10K. Simi Valley High School, 8:30 am. Scott Lipsett, 1863 Darrah St., Simi Valley 93063. (805) 583-2258.

**MAR 11: 5-Person Team Relay Marathon.** Los Angeles (Griffith Park), 8 am. CRRC, Box 891, Tarzana 91356. (213) 888-5526.

**MAR 11: Courthouse Run.** 8K, location TBA, time TBA. Len Wallach, 1060 Continentals, #104, Belmont 94002. (415) 593-2788.

**MAR 11: Napa Valley Marathon.** St. Helena to Napa, 7 am. Napa Valley RC, 3377 Solano Ave., #439, Napa 94558. (707) 252-1871. 1300 Limit or Feb. 13.

**MAR 11: DSE Legion of Honor Run.** 4.5 mile, San Francisco (Legion of Honor), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**MAR 11: Bash 10K Relay.** 3-person teams, approx. 2 mile each, Modesto (Central Catholic H.S.), 9 am. Frank Bushakra (209) 576-7755.

**MAR 11: Dick Durand Trail Run.** 8K, Westlake Village, 9 am. Conejo T.C., 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

**MAR 11: Soccer City Run.** 5K & 10K. Pleasanton (Hacienda Business Park), 10 am. Cindy Wilson, Soccer City Run, P.O. Box 5194, Pleasanton 94566. (415) 434-4466, days.

**MAR 11: Blue Devil Classic Half-Marathon, 5K & Kids Fun Run.** Davis, 9 am. Don Winters, Davis High School, 14th and Oak Ave., Davis 95616. (916) 756-3131.

**MAR 17: St. Patrick's Day 10K.** Oakland (Lake Merritt Sailboat House), 9 am. Terry Mann, 391 Valley Run, Hercules 94547. (415) 372-2242, days.

**MAR 17: Ross Valley Run for the Women's Foundation.** 15K, Fairfax (downtown), 8 am. Fleet Feet, 333 San Anselmo Ave., San Anselmo 94960. (415) 456-8220 or 454-RUNR.

**MAR 17: Shamrock 10K.** Pacifica, City Hall, 9 am. Dave Berry, City Hall, 170 Santa Maria Ave., Pacifica 94044. (415) 877-8631.

**MAR 17: Indian Valley X-Country.** 5.01 miles, Novato (San Jose Jr. H.S.), 10 am. Novata Recreation & Park Dept., 917 Sherman Ave., Novato 94947. Jim Platt (415) 897-8792.

**MAR 17: Feet Meet.** 5 & 10K, Piedmont, 9 am. Marlene Brown, 480 Wildwood Ave., Piedmont 94611. (415) 655-1273.

**MAR 17: Irish Sprint.** 4.6 miles (San Francisco, Lake Merced), time TBA. Len Wallach, 1060 Continentals, #104, Belmont 94002. (415) 593-2278.

**MAR 17: Porterville Marathon (& Half-Marathon?).** Porterville, 8:30 am. Milt Stowe, Porterville Parks & Recreation Dept., P.O. Box 432, Porterville 93258-0432. (209) 784-4600, x461.

**MAR 17: Mockingbird Canyon Run.** 5 & 10K, Riverside (Calif. Baptist College), 8/8:30 am. Randy Galloway, Cal Baptist Running Club, 8432 Magnolia Ave., Riverside 92504. (714) 689-5771, x229.

**MAR 17: The Wildflower Women's Run.** 2, 5 & 10K, Morgan Hill (Watsonville Rd. & Santa Teresa Blvd.), 10 am. Kae Jenny-Spencer, 17125 Aspen Way, Morgan Hill 95037. (408) 779-0981.

**MAR 17: St. Patrick's 20K Great Race.** Lopez Lake to Arroyo Grande (St. Patrick's Church), time TBA. Father Michael O'Sullivan, P.O. Box 860, Arroyo Grande 93420.

**MAR 17: KJUG 10K, Visalia, time TBA.** Craig Newport, P.O. Box 3638, Visalia 93278.

**MAR 17: Catalina Road Run.** 10K, Avalon, time TBA. Molly Leuschel, NIKE, Inc., 3900 S.W. Murray Blvd., Beaverton, OR 97005.

**MAR 17: St. Patrick's Day 10K & 2 Mile.** San Diego.

**MAR 17: Redwood Empire 24 Hour Relay.** Santa Rosa J.C. track, 10 am. Empire Runners (707) 526-0661.

**MAR 18: Vichy Springs Ribbon Runs.** 2, 4 & 8 miles, Napa Area (Silverado Country Club, Atlas Peak), 9 am. Jim Potter, 3151 Los Altos, American Canyon 94590. Race-day Registration only.

**MAR 18: San Jose Mercury News 10K.** San Jose (Mission & First St.), 9 am. Mercury News 10K Race, 750 Ridder Park Dr., San Jose 95190. (408) 920-5533.

**MAR 18: Sri Chinmoy Fifty-Plus 5-Mile.** Must be 50 years or older. Stanford (Angel Field), 8 am. Sundari Michaelian, 2438 -16th Ave., San Francisco 94116. (415) 731-2722.

**MAR 18: DSE "Peak Busters" Benefit 7-Miler.** San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**MAR 18: Tom Sullivan St. Patrick's Day 10K.** Torrance, 8 am. Cheryl La Brucherie, c/o Vistas, Box 7000-251, Redondo Beach 90277. (213) 375-2813.

**MAR 24: Run 'em Out of Town.** 15K & 2 mile, near Stockton (O.H. Close School), 9 am. Olympic Travel Fund, Box 5500, Stockton 95205. (209) 944-6391, Don.

**MAR 24: Westside Bank's Great Valley Race.** 2 mile & 10K, Manteca (Lindbergh Center), 9 am. Quicksilver R.C., P.O. Box 125, Manteca 95336. (209) 823-5209.

**MAR 24: Waller Park Ten-Mile Relay.** 4x2½ miles, Santa Maria (Waller Park), 9 am. Jim Batterson, 412 W. Orchard St., Santa Maria 93454. (805) 922-0856.

**MAR 24: Fitness Fair 2 Mile (?)** Visalia, time TBA. Craig Newport, P.O. Box 3638, Visalia 93278.

**MAR 24: Livermore 8.56 Mile Run.** Lawrence Livermore Lab., 10 am. Bryan Bonner, Box 121, Livermore 94550.

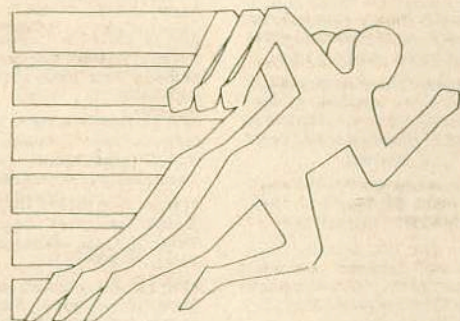
**MAR 25: Catalina Marathon.** Catalina Island (Isthmus, Two Harbors), 7 am. (\$60 entry fee). Hans Albrecht, 25108-B Marguerite Pkwy, Suite 209, Mission Viejo 92692. (714) 859-8644, 300 limit.

**MAR 25: SPA/TAC Women's & Men's 5K Championships.** Westlake Village, 8 am/women, 8:30 am/men. California Condors, 32926 Mulholland Hwy, Malibu 90265. Enter raceday only.

**MAR 25: Martin Luther King Games/YMCA Half-Marathon.** Stanford University, 8 am. Janet Napier, Palo Alto YMCA Fitness Center, 755 Page Mill Rd., Bldg. B, Palo Alto 94304. (415) 858-0661.

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## Schedule

**MAR 25: Couples Relay.** 2x5K. Oakland (Lake Merritt, Old Boathouse), 9 am. Lake Merritt Joggers & Striders (415) 834-3110.

**MAR 25: National TAC 20K Championships/Capitol City 20K.** Sacramento, 8 am/women, 10:30 am/men. TAC Office, P.O. Box 1495, Fair Oaks 95628. (916) 966-6185.

**MAR 25: Bonne Bell 10K. Women Only.** Date Changed. San Francisco (Golden Gate Park), time TBA. No race day registration, 5000 limit. Scott Thomason, P.O. Box 27385, San Francisco 94127. (415) 681-2322.

**MAR 25: Black Sheep 5K.** San Luis Obispo (The Creamery), time TBA. SLDC, P.O. Box 1334, SLO 93406.

**MAR 25: Whale Festival Runs.** Half-marathon, 10K & 2 mile. Ft. Bragg (Pentecost Hall), 10 am. Attn: J. Bogue, c/o Chamber of Commerce, P.O. Box 1141, Ft. Bragg 95437. (707) 964-3153.

**MAR 25: DSE So. Embarcadero Run.** 6 miles. Dolphin Club, San Francisco, 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**MAR 25: Los Angeles Lite Marathon.** City Hall, 8 am. Jim Gilbert, c/o 200 No. Main St., Los Angeles 90012. (213) 485-4871.

**MAR 25: March of Dimes 5 & 10K Spring Runs.** Los Angeles (Griffith Park), 8 am. Mary Clarke, March of Dimes, 1111 So. Central Ave., Glendale 91204. (213) 956-8585.

**MAR 25: (check the date) Delano Fools' 5 & 10K Runs.** Delano, 8 am. Jim Nagatani, 1319 Main St., Delano 93215. (805) 725-9105.

**MAR 25: Nor Cal Run 10 Mile.** Redding(?), 9 am(?), Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**MAR 25: Redwood Wild River Race.** 5 & 10K at Jed Smith State Park (near Crescent City), time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**MAR 25: Run thru Redlands.** 5 & 10K, Redlands Mall, 8 am. Race Central, Box 828, Rialto 93276.

**MAR 31: Minton 10K.** Mountain View, time TBA. Runner's World Road Club, 1400 Sterlin Rd., Mtn. View 94043. Mark Reynolds (415) 965-8777.

**MAR 31: Bud Robinson Memorial 15K.** Lompoc, time TBA. Art Schickram, LVDC, P.O. Box 694, Lompoc 93438.

**MAR 31: Run Into Spring 5 & 10K.** Irvine (Mason Park), 8:15/5K, 9 am/10K. South Coast Runners Ass'n, 3857 Birch, #442, Newport Beach 92660. (714) 646-3452.

**MAR 31: San Marino Rotary Run for Fun.** 5 & 10K, San Marino, 8 am. Bill Payne, Box 8301, San Marino 91108. (213) 810-8427.

## APRIL

**APR 7: (Date TBA) Run with the Warriors.** Distance TBA, Oakland, time TBA. Ted Jablonski, 7717 Edgewater Dr., Oakland 94621. (415) 568-0132.

**APR 1: Red Cross Marathon & 10K.** San Luis Obispo (Meadow Park), 7:30 am/marathon, 8:30 am/10K. Red Cross Marathon, 1218 Morro St., San Luis Obispo 93401. (805) 543-0696.

**APR 1: Modesto Marathon & Half-Marathon.** Modesto (Blue Gum & Carpenter Rd.), 8 am. Shadowchase R.C., P.O. Box 3605, Modesto 95352. (209) 526-4829.

**APR 1: DSE April Fool's Run.** 4.5 mile, San Francisco (17th St. & Arkansas), 10 am. Walt Stack, 741 Kansas St., San Francisco 94107.

**APR 1: KEZR April Fool's Parade 7-Mile.** Saratoga (Saratoga & Campbell Aves.), time TBA. KEZR, P.O. Box 2337, San Jose 95112.

**APR 1: Cotati Co-op 5 & 10K.** Cotati (Veteran's Memorial Park), 9 am. Anu de Monerice, 65 W. Cotati Ave., Cotati 94928. (707) 795-8584.

**APR 1: Zonta April Fools Day Run.** 10K, Berkeley, 9 am. Leila Ayres, P.O. Box 5093, Berkeley 94705. (415) 531-7568.

**APR 1: Houlihan's to Houlihan's 8-Mile Bay Race.** San Francisco (Fisherman's Wharf), time TBA. Limit 2000 entries. Info. (415) 771-4333.

**APR 1: The Foolish Five.** 1.5 & 5.0 mile, Princeton (Prospect Way & Broadway), 8:30/9:00 am. Half Moon Bay Coasters R.C., 637 Buena Vista St., Moss Beach 94038.

**APR 1: El Camino College 5 & 10K.** Torrance, 8 am. Erlinda Scroggins, 16007 Crenshaw Blvd., Torrance 90506. (213) 532-3670, x214.

**APR 1: Easter Seals Half-Marathon & 10K.** Carpinteria, 8 am. Theodore Banks, 351 S. Hitchcock, Suite B-185, Santa Barbara 93105. (805) 682-1112.

**APR 1: April Fool's Race.** 1 mile, 5K & 10K, Eureka area, 9 am. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**APR 7: Masters Nat'l TAC 10K Road Championships.** Date changed from April 17th listing Jan. issue. New York. Bob Fine, 22 Prospect Pl., Brooklyn, NY 11217. (212) 789-6622.

**APR 7: Pride of the Foothills Half-Marathon.** Glendora (Foothill Presbyterian Hospital), 8 am. Foothill Presbyterian Hospital, 250 S. Grand Ave., Glendora 91740. (213) 963-8411.

**APR 7: Run for Relief.** 10K & 2 mile fun run. Fresno (Fresno Pacific College), 6:30 am. Run for Relief, c/o Mennonite Relief Sale, Inc., West Coast MCC, 1108 "G" St., Reedley 93654. (209) 638-6847.

**APR 7: Ironman-84 5 & 10K.** Twenty-nine Palms, 8 am. Twenty-nine Palms Chamber of Commerce, 6136 Adobe Rd., Twenty-nine Palms 92277. (619) 367-3445.

**APR 7: Whittier YMCA Legg Lake Lark 5 & 10K Runs.** Whittier, 8 am. Marilyn Grant, Health & Fitness Dir., E. Whittier YMCA, 15740 E. Starbuck, Whittier 90603. (213) 943-7241.

**APR 7: Conejo Valley Days Rabbit Runs.** 5 & 10K, Thousand Oaks (Cal Lutheran College), 9 am. Jim Gilmore, 2909 Raleigh Pl., Thousand Oaks 91360. (805) 492-4592.

**APR 7: Los Angeles Triathlon Championship Series.** 1K swim, 38K bike, 8K run, San Dimas (Bonelli Park), time TBA. Bill Fulton, c/o 2658 E. Garvey Ave. So., West Covina 91791. (213) 331-0169.

**APR 7: Masters Race 10K.** Eureka (Redwood Acres), noon. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**APR 8: Run for Life 10K.** Stanford Univ. (Stadium), 9 am. Suzanne Allayaud, American Heart Ass'n, 3003 Moorpark Ave., San Jose 95128. (408) 247-8555.

**APR 8: Run for Daylight 10K.** Walnut Creek (Alamo Plaza), 9 am. American Cancer Society, P.O. Box 4295, Walnut Creek 94596. (415) 934-7640.

**APR 8: Livermore Fitness Day 5 & 10K.** Livermore (The Barn on Pacific Ave.), 9:30 am. Bev Hamlin, 3529 Wind Cave St., Pleasanton 94566. (415) 846-1455.

**APR 8: Apple Juice Runs.** 2 mile and 10K, Sebastopol (Analys HS track), 9 am. Chamber of Commerce, Box 178, Sebastopol 95472. (707) 823-3032.

**APR 8: Pigeon Pass Marathon.** Loma Linda (Gentry Gym), 7 am. Jim Perry, P.O. Box 495, Loma Linda 92354. (714) 824-1779, eves.

**APR 8: Crenshaw YMCA 5 & 10K.** Baldwin Hills, 8 am. Steve Roberts, YMCA, 3820 Santa Rosalia Dr., Los Angeles 90008. (213) 292-9195.

**APR 8: Fitness Runs.** 5 & 10K, Fountain Valley (Mile Square Park), 8:00/8:45 am. Fitness Run, 1686 Tustin Ave., Suite 6800-A241, Costa Mesa 92627. (714) 556-9611.

**APR 8: Mother Lode Biathlon.** 40 mile bike, 10 mile run (ind. & relay), El Dorado Hills, time TBA. City Sports Works, 5114 Madison Ave., Sacramento 95841. (916) 332-6453.

**APR 8: Run for Sun.** 2.8 & 7.2 miles, Eureka/Arcata area, 10 am. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**APR 14: Nimitz Runs.** 5 & 10K, Treasure Is., San Francisco, 8:30 am(?). Info: NROTC (415) 642-3551.

**APR 14: Bodega Bay Fisherman's Festival Runs.** 1, 3 & 6 mile, Bodega Bay (Bay Flat Road), 9 am. Bob or Barbara Brown, #1 Colman Valley Rd., Bodega Bay 94923. (707) 875-2115.

**APR 14: San Francisco Airport Police Officers Ass'n Hot Pursuit 5K.** S.F. International Airport (frontage between Old Police HQ & Hilton Hotel), 9 am. SFIAPOA, P.O. Box 8097, San Francisco 94128. Jim Janakis (415) 876-2480 or 2424, days.

**APR 14: City of Duarte 5 & 10K Runs for Fitness.** Duarte (Royal Oaks Elem. School), 8:30 am. Duarte Parks & Recreation, 1600 Huntington Dr., Duarte 91010. (213) 357-7931.

**APR 14: Sun Run VI.** 5 & 10K, Irvine (Mason Park), 8 am. Newport Beach RA, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

**APR 14: Leatherneck Marathon.** POSTPONED INDEFINITELY. MCAS El Toro (Santa Ana).

**APR 14: New Astley Belt/Holiday Ultra.** 24-Hr., 48-Hr., & 6 Days Runs (& others?), San Diego area. Jerry Dietrich, P.O. Box 2684, Spring Valley 92077. (619) 440-3749.

**APR 14: Ron's Biathlon.** 10K run, 35K bike, (Relay & Ind.), Pioneertown, time TBA. Ron Wallace, P.O. Box 146, Pioneertown 92268. (619) 365-7371. Entry deadline is Apr. 1.

**APR 14: Herc-Dynamite Run.** 4 Mile, Hercules (Regugio Valley Park), 10 am. Steve Justice, c/o Fleet Feet, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188.

**APR 15: DSE Ferry Bldg. Run.** 4 miles, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**APR 15: Christian Brothers Classic.** 10K, Moraga (St. Mary's College), 10 am. Sean Fottrell, 75 Partridge Ct., Danville 94526. (415) 837-2858.

**APR 15: Run With the Wind.** 10K & 3.2K, Pleasanton, 9 am. Amador Valley Athletic Club, Mary Beth Leitch, 7090 Johnson Dr., Pleasanton 94566. (415) 846-5347.

**APR 15: Bay Pacific 15K.** San Francisco (Golden Gate Park, Polo Fields), 9 am. Maria Orth, 407 Molino Ave., Mill Valley 94941. (415) 388-1080.

**APR 15: Vineyard Runs.** 3, 10 & 30K, Geyserville (Geyser Peak Winery), 8 am/30K, 8:30 am/3K, 9 am/10K. Mary Harrington, 1811 Fourth St., Santa Rosa 95404. (707) 542-5045.

**APR 15: Race for Kicks.** 3 & 10K, Santa Rosa (Piner Elem. School), 9 am. Race Director, P.O. Box 8208, Santa Rosa 95406. (707) 525-0973.

**APR 15: Kwik-Kopy Printing 10K & 2 Mile Fun Run.** Fresno (1st & Herndon), 7:30 am. Kwik-Kopy Run, 1085 E. Herndon, #106, Fresno 93710. (209) 431-3028.

**APR 15: Volunteer Triathlon.** 6 mile run, 20 mile bike, 440 yard swim. Clovis (Clovis West High School), 8:00 am. Franz Weinschenk, 304 Crocker Bank Bldg., Fresno 93721. (209) 237-3101.

**APR 15: Simi Valley Freedom 5 & 10K.** Simi Valley, 8 am/5K, 8:30/10K. Loeschhorns for Runners, 1542 Los Angeles Ave., Simi 93065. (805) 583-0933.



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**APR 15: Finnspport 10K.** Northridge (Cal State), 9 am. Paul Majamaki, 5520 Norwich Ave., Van Nuys 91411. (213) 786-8644.

**APR 15: Santa Monica Pier 5 & 10K for the Special Olympics.** Santa Monica, 9 am. Santa Monica Parks & Rec., 1685 Main St., Rm. 210, Santa Monica 90401. (213) 393-0463.

**APR 15: Precision Gem Half-Marathon.** Irvine (Mason Park), 8 am. Half-Marathon, 3941-B So. Bristol, #101, Santa Ana 92704. (714) 645-8710.

**APR 15: Hunt Loop.** 1.6 and 7.2 miles, Arcata, 1 pm/1:45 pm. 6 Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**APR 15: American River 50-Miler.** Sacramento area, time TBA. Fleet Feet, 107 So. Harding Blvd., Roseville 95678.

**APR 16: Boston Marathon.** Hopkinton, MA, noon. BAA, 17 Main St., Hopkinton, MA 01748. (617) 435-6905.

## LOOKING AHEAD

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

**APR 29: SPA/TAC 100K Championships.** (Also 20 mile & 50K runs), Camarillo, 6:30 am. Connie Rowdewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

**MAY 5: Good Ol' Country 50K.** Near Folsom, 7 am. Pete Schoener, 4221 N. Canyon Rd., Camino 95709. (916) 644-1002.

**MAY 5: Maranatha Marathon & Half Marathon & 20K.** Sacramento (Goethe Park, nr. Rancho Cordova), 8 am. Art Baudendistel, 4718 Engle Rd., Suite A, Carmichael 95608. (916) 488-5241.

**MAY 5: Good Old Country 50K.** Folsom to Apple Hill, 7 am. Pete Schoener, 4221 N. Canyon Rd., Camino 95709. (916) 644-1002.

**MAY 6: Devil Mountain Run (PA/TAC Sr. Men's Champs).** 10K, Danville (Town & Country Center), 9 am. Nancy Lewis, P.O. Box 727, Alamo 94507. (415) 837-9187.

**MAY 6: Avenue of the Giants Marathon.** Weott, 9 am. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-3136. Limited to approx. 2,000 entrants.

**MAY 6: Heart CAAN 10K & Marathon.** Ventura, 7 am. American Heart Ass'n, 1367 Del Norte, Camarillo 93010. (805) 485-4300.

**MAY 6: Wild, Wild West Cross-Country Marathon.** Lone Pine (Tuttle Creek Campground), 7 am. Robert Frickel, P.O. Box 352, Lone Pine 93545. (619) 876-6671.

**MAY 6: Masters National Marathon Championships.** Lincoln, Nebraska, Jim Lewis, 2900 John Ave., Lincoln, NE 68502. (402) 489-4030.

**MAY 12: Women's US Olympic Marathon Trials.** Also Sr. Women's Nat'l TAC Marathon Championships. Olympia, Washington. Olympic Trials Marathon, 420 Wall St., #205, Seattle, WA 98121. (206) 682-8113.

**MAY 12: California 50-Mile Endurance Run.** Santa Rosa (Annadel State Parking Lot), 6 am. Tom Crawford, 1981 Silverwood St., Santa Rosa 95405. (707) 526-0661.

**MAY 13: SPA/TAC 50 Mile Championships.** Camarillo, 6 am. Philippides, 16545 Ventura Blvd., Encino 91436. (213) 988-8686.

**MAY 19-20: Sunkist Gold Rush (2-Day 100K).** 2x50's (one each day), Rescue to Rancho Murieta, time TBA. Limited to 50 entrants. Paul Reese, Box 585, Auburn 95603.

**MAY 20: Aptos Creek Marathon.** Aptos (The Forest of Nisene Marks), time TBA. Hans Albrecht, 25108-B Marguerite Pkwy, Suite 209, Mission Viejo 92692. (714) 859-8644.

**MAY 20: Examiner Bay to Breakers.** 12K, San Francisco (Howard & Spear Sts.), 8 am. Terri Robbins, c/o S.F. Examiner Bay to Breakers, 110 Fifth St., San Francisco 94103. (415) 777-7770.

**MAY 26: Men's US Olympic Marathon Trials.** Buffalo, New York. John Chew, 4 Symphony Circle, Buffalo, NY 14201. (716) 885-7223.

## College/Open Track & Field

**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 92182.

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

**MAR 3: Sacramento Women's Relays.** Cal State Sacramento. Jerry Colman, Women's Track Coach, CSU Sacramento, 6000 J St., Sacramento 95819.

**MAR 10: Oregon Open Meet.** Women only. University of Oregon. Tom Heinonen. (503) 686-3395.

**MAR 10: Santa Monica City College J.C. Meet.** Tommie Smith, Track Coach, Santa Monica CC, 1900 Pico Blvd., Santa Monica 90405. (213) 450-5150.

**MAR 10: Cal Poly Pomona Meet.** Jim Sackett, Track Coach, Cal Poly Pomona, 3801 West Temple Ave., Pomona 91768. (714) 598-4600.

**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: Sacramento State Relays.**

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

**MAR 17: Oregon Invitational.** Men only. Bill Dellinger, Athletic Dept., Univ. of Oregon, Eugene, OR 97403. (503) 686-5465 or 686-5438.

**MAR 17-18: Meet of Champions Decathlon.** UC Irvine. Kevin McNair, UC Irvine Athletic Dept., Irvine 92717. (714) 833-6304.

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

**MAR 24-25: Golden Bear Meet of Champions (Women).** UC Berkeley. Tony Sandoval, Hearst Gym., Room 177, Berkeley 94720. (415) 842-9447.

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

**MAR 24: 48th Annual Easter Relays.** Santa Barbara (La Playa Stadium). Junior College/High School. Tom Lionvale, Track Coach, SBCC, 721 Cliff Dr., Santa Barbara 93109.

**MAR 24: Willie Williams Classic.** Tucson, AZ.

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

**MAR 31: Taft Invitational.** Taft. Junior College.

**MAR 31: Stanford Invitational?**

**MAR 31: St. Francis-Foothill TF Carnival.** Special running events for open/college. Peanut Harms (415) 948-8590.

**APR 6: Hancock Metrick Meet.** Santa Maria. Junior College.

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

**APR 7: Los Gatos Twilight Meet.** Los Gatos High School. (408) 395-5825.

**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: Woody Wilson Relays.** UC Davis.

**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: Sacramento Women's Invitational.** Cal State Sacramento. Jerry Colman, Track Coach, CSU Sacramento, 6000 J St., Sacramento 95819. (916) 454-8208.

**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 17-21: California Wheelchair Games.** Fresno. Melissa Roberts (209) 488-1117.

**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 Bonano, San Jose CC Track, 2100 Morpark 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: Ed Adams Invitational.** Salinas. Junior College.

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

**APR 26-27: Mt. SAC Relays Heptathlon & Decathlon.** Rich Ede, 1424 Lynoak 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 4: Western States Conf. Champs.** Bakersfield.

**MAY 4-5: Oregon Relays.** University of Oregon. John Gillespie, Athletic Dept., University of Oregon, Eugene, OR 97403. (503) 686-5438.

**MAY 5: Los Gatos All Comers.** (408) 395-5825.

**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) 856-6342.

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

**MAY 5: Arizona "Last Chance" Meet.** Tucson, AZ.

**MAY 9-12: NCAC Conference Championships.** Chico State.

**MAY 10-12: NAIA District 3 Championships.** UC Santa Barbara. Russell Smiley, 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: Los Gatos All Comers.** (408) 395-5825.

**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 12: Oregon Twilight Meet.** John Gillespie, Athletic Dept. Univ. of Oregon, Eugene, OR 97403. (503) 686-5438.

**MAY 13: UCLA Pepsi Invitational.** UCLA, 11 am. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 855-9326.

**MAY 18: Southern Calif. J.C. Championships.** Cerritos College.

**MAY 18-19: PAC 10 Championships.** Pullman, Washington.

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

**MAY 19-20: PA-TAC Open & Masters Championships.** Los Gatos. Los Gatos High School. (408) 395-5825.

**MAY 19-20: TAC Sr. Women's Heptathlon Champs.** UCLA. Rich Ede, 1424 Lynoak 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: SPJ Jr. Women's & Sr. Men's Championships.** UCLA, 9 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

**MAY 22-26: NCAA Div. II. Missouri.**

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



## Schedule

**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 26: California Junior College State Championships.** Bakersfield.

**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 2: 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 Chmps.** L.A. Coliseum. Benny Wagner, U.S.A. TAC, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

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

**JUN 30: Los Gatos All Comers.** (408) 395-5825.

**JUL 7: Los Gatos All Comers.** Los Gatos High School (408) 395-5825.

**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.** UC Berkeley. Dave Maggard, Athletic Director, UC Berkeley 94720. (415) 642-5316.

**JUL 14: Los Gatos All Comers.** (408) 395-5825.

**JUL 15: International Pre Olympic Meet.** Mt. San Antonio College, Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

**JUL 19-21: TAC National Junior Olympics Championships.** Baton Rouge, Louisiana. Sams Seemes, Track Coach, Louisiana State, P.O. Box AS, LSU Station, Baton Rouge, LA 70893. (504) 388-8627.

**JUL 21: Los Gatos All Comers.** (408) 395-5825.

**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.

**JUL 25: Mt. SAC International Pre-Olympic Tune-up.** Open to International Olympic Team members only. Don Ruh, Track Coach, Mt. SAC, Walnut 91789. (714) 594-5611.

**JUL 29: International Pre-Olympic Invitational.** Mira Costa College, Oceanside. San Diego Athletic Assoc., 9389C Discovery Way, La Jolla, CA 92037. (619) 455-9422 (Robin Williams).

**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.

## Masters Track & Field

**FEB 25: Spring Masters Games.** Santa Ana College. Larry Sallinger, 203 E. Monroe, Orange 92667.

**MAR 24-25: TAC National Indoor Masters Championships.** Princeton, New Jersey. Ron Salvio, Squan Rd., Clarksburg, NJ 08510.

**APR 14: Central California TAC Championships.** Fresno State University. Hugh Adams, 7904 S. McCall, Selma 93662.

**APR 15: Mt. SAC Relays.** Mt. San Antonio Junior College, Walnut. Some masters events. Hal Smith, 18720 Oxnard St., No. 404, Tarzana 91356. (213) 342-1174.

**APR 28: Sacramento Relays.** Cal State Sacramento. Bob Cooper, 24 College Park, Davis 95616. (916) 756-4088.

**APR 28-29: Olympic Legends Meet.** UCLA. Bill Adler, LAVAC, 1801 Ave. of the Stars, Suite 415, Los Angeles 90067. (213) 557-2422.

**MAY 4: TAC National Masters Pentathlon Championships.** Raleigh, North Carolina. Parks & Recreation, P.O. Box 590, Raleigh, NC 27602.

**MAY 5: West Coast Masters Classic.** Visalia. Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030.

**MAY 12: Redlands Evening Kiwanis Meet.** Howard "Buzz" Wagner, 1522 Margarita Dr., Redlands 92373.

**MAY 19-20: PA-TAC Masters Championships.** Los Gatos High School. Bruce Springbett, P.O. Box 1328, Los Gatos 95030. (408) 354-7333.

**MAY 26: Anteaters Masters Meet.** UC Irvine. Dave Lewis, 505 Begonia Ave., Corona Del Mar 92625. (714) 673-2025.

**JUN 9: USC Masters Meet.** Cromwell Field, USC, Los Angeles. Jim Vernon, 1147 W. Rowland Ave., West Covina 91790.

**JUL 7: Northern California Seniors Classic.** Berkeley. Mark Grubel, P.O. Box 4512, San Francisco 94101.

**JUL 7-8: TAC National Masters Decathlon & Heptathlon Championships.** Indiana University, Indiana. Henry Hopkins, 833 N. Center Rd., Indianapolis, IN 28651.

**JUL 13-15: Taco Bell Open & Masters.** Fresno State University. Red Estes, CSUF Athletic Dept., Fresno 93740. (209) 294-4097.

**AUG 17-19: TAC National Masters Championships.** Eugene, Oregon. Oregon Track Club Masters, P.O. Box 10085, Eugene, OR 97440. (503) 687-0122.

**OCT 6: Club West Masters.** Goleta. George Adams, P.O. Box K, Goleta 93116.

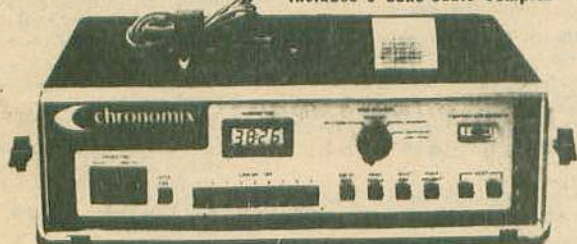
*Please check College/Open Track & Field Schedule for All Comers Meets, as many have special masters divisions and/or encourage masters participation.*



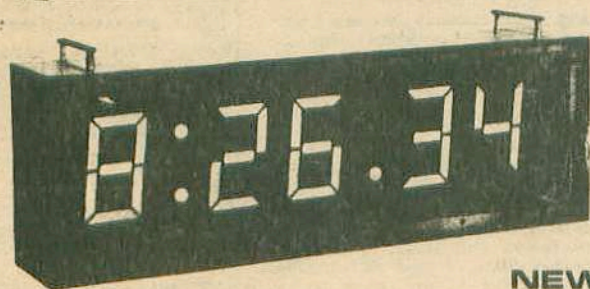
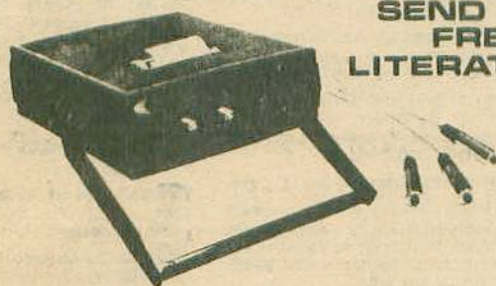
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### CC707 Economy Printing Timer (Middle Photo)

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### CC801 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.

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**A benefit for PLEASANTON YOUTH SOCCER**  
**Sponsored by HACIENDA BUSINESS PARK \***

**PLACE:** HACIENDA BUSINESS PARK  
Pleasanton, California

**DATE:** March 11, 1984

**TIME:** 10:00 AM

**ENTRY FEE:** Pre-registration \$7.50  
Race Day \$9.00



**REGISTRATION:** Pre-registration is encouraged. Please do not mail pre-registration form later than February 24, 1984. Race packets will be mailed to pre-registered runners.

**COURSE:** 5K and 10K races 100% flat, road surface.  
10K Race sanctioned by TAC.  
Both races will be run within Hacienda Business Park.

**ADDITIONAL INFORMATION:** Contact: Cindy Wilson, daytime (415) 434-4466  
Mike Milton, evening (415) 846-5512

**THE RUN WILL START PROMPTLY AT 10:00 AM--RAIN OR SHINE--PLEASE ARRIVE EARLY**

**DIVISIONS:** Men and Women

OPEN (39 and under) 5K and 10K  
MASTER (40 and over) 5K and 10K  
JUNIOR (17 and under) 5K and 10K

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**OFFICIAL ENTRY FORM**

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(LAST) (FIRST) (MIDDLE)

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

DIVISION: \_\_\_\_\_ AGE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_ SEX: M/\_/F/\_/5K/\_/10K/\_/

T-SHIRT SIZE: S M L XL

I would like to order \_\_\_\_\_ additional T-Shirts @ \$6.50 each. Amount \_\_\_\_\_

Indicate quantity desired ( ) S \_\_\_\_\_  
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I also enclose my pre-registration fee in the amount of: \_\_\_\_\_

TOTAL AMOUNT \_\_\_\_\_

Entry fees are non-refundable.

MAIL ENTRY FORM TO: SOCCER CITY RUN, P. O. BOX 5194, PLEASANTON, CA 94566  
MAKE CHECKS PAYABLE TO: SOCCER CITY RUN  
ALL ENTRANTS MUST SIGN WAIVER

\*\*\*\*WAIVER\*\*\*\*

In consideration of your accepting my entry, I, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims against all persons and/or organizations associated with the Soccer City Run, the officials, the County of Alameda, City of Pleasanton, State of California, The Prudential Insurance Company of America, Callahan-Pentz Properties, Fast Finish Race Services, and any and all sponsors of the race, volunteers and committee members while participating in or traveling to or from the Soccer City Run, March 11, 1984. I further attest that I am over 18 years of age or am the parent/legal guardian of the entrant and that the entrant is physically fit and has trained sufficiently for this event.

DATE: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_  
(OVER)





# California Track & Running News

## Athletes of the Year

1984 looks to be the most exciting ever in the history of California track and field. Not only will we have the usual slate of invitationals and championships, but the addition of the TAC Championships, the Olympic Trials, Pre-Olympic Tune-ups, and the Olympic Games will create a track fans year of all years.

Before we are totally swept up by the events and athletes of 1984, we must still put the final touches to 1983 with the annual *California Track & Running News* Athlete of the Year selections. This marks the tenth year of these awards. An interesting note in looking back to the 1974 Athletes of the Year is that Julie Brown was the Athlete of the Year in the Open Women Cross Country Category; this year she picks up the same award in the Women Road Racing division. Two other well-known Athletes

of the Year from that inaugural selection were Mary Decker in High School Girls Track & Field and James Robinson in J.C. Men Track & Field.

Again this year ballots were mailed out to our panel of selectors. They rated the top athletes in each category of their specialty from one to five. A first place vote received 10 points, a second place vote received 6 points, third 4, fourth 2, and fifth 1 point. Then it was just a matter of adding up the points to determine who the athlete of the year was in that particular category. Simple enough. Not really.

With nearly 50 categories of voting, selecting the top athletes in California is no small job. It's impossible for any one person to know everything about all aspects of this game in California. We think our panel had broad enough representation to sort it

all out and come up with worthy selections.

The following experts were solicited to vote in one or more of the categories: Ruth Anderson, Calvin Brown, Jim Bush, Scott Chism, Bill Cockerham, Keith Conning, Bob Cooper, Chuck Debus, Ken Dose, Rich Ede, Eino, Fran Errota, Red Estes, Gordon Fitzer, Steve Haas, Peanut Harms, Lance Harter, Jon Hendershott, Dave Jackson, Payton Jordan, Allen Kolling, Percy Knox, Fred LaPlante, Bob Larsen, Bob McGuire, Gary Miller, Bill Minarik, Peter Mundle, Don Ruh, Tom Pagani, Mike Plant, Marty Post, Brian Pritchard, Tony Sandoval, John Mansoor, Paul Reese, Bob Seaman, Al Sheahen, Jack Shepard, Dick Slotkin, Doug Speck, Bruce Springbett, Bill Stock, Gary Tuttle, Len Wallach, John Wenos, Howard Willman, and Bob Womack.

photo by Dave Stock



NATALIE KAAIAWAHIA

### High School Boys Track & Field

**MAURICE CRUMBY:** State high school champion and national junior champion. The Balboa High (San Francisco) senior broke the national prep record with his 7-4½ at the King Games (since been broken).

Others: Eric Reynolds was the next highest point getter, with a tight bunch consisting of Mark Boyd, Mike Kibort, Henry Thomas and Danny Harris next in line. Others receiving votes were Doug Fraley, Larry Walker, and Ken Thomas.

Previous Selections: Rich Kimball 1974, Dedy Cooper 1975, Larry Doubly 1976, James Sanford 1977, Dave Porath 1978, Bill Green 1979, Charles Mayfield 1980, Pete Richardson 1981, Steve Kerho 1982.

### High School Boys Cross Country

**CALVIN GAZIANO:** Undefeated in Northern California. The Castro Valley junior was the top Californian at the Kinney Western Regional with a near win behind Oregon's Tracy Garrison. Only Californian to beat him at Kinney Nationals was surprise winner Matt Giusto.

Others: See the All California Prep Cross Country Team rankings elsewhere in this issue.

Previous Selections: Ralph Serna 1974, Thom Hunt 1975, Tim Holmes 1976, Frank Assumma 1977, Jeff Nelson 1978, John Frank 1979, Jay Marden 1980, Harold Kuphaldt 1981, Eric Reynolds 1982.

### High School Girls Track & Field

**NATALIE KAAIAWAHIA:** Undefeated in the shot put, setting national high school and American junior records. The Fullerton senior was state champion in both the shot put and the discus.

Others: Nearly grabbing Athlete of the Year honors away from 4-time state shot champion Kaaiawahia, was Gayle Kellon the national high school and American record holder in the 300 and 400 hurdles. Cory Schubert was the only other one even close.

Previous Selections: Mary Decker 1974, Cathy Sullinski 1975, Freida Cobb 1976, Ann Regan 1977, Cheri Williams 1978, Sherri Howard 1979, Sherri Howard 1980, Denean Howard 1981, Denean Howard 1982.

### High School Girls Cross Country

**KIRSTEN O'HARA:** Undefeated until the Kinney National Championships where she placed fifth and was the first finisher from the West.

Others: See the All California Prep Cross Country Team rankings elsewhere in this issue.

Previous Selections: Debra Johnson 1974, Suzanne Keith 1975, Vicky Bray 1976, Susan Sanchez 1977, Roxanne Bier 1978, Vickie Cook 1979, Vickie Cook 1980, Vickie Cook 1981, Cory Schubert 1982.





GERVAISE McCRAW

### J.C. Men Track & Field

**AL MILLER:** Earned a first (100), a second (200) and a third (relay) at the state meet. His 10.25 aided his ranking as 10th best American in the 100 meters for 1983. The Mt. SAC sprinter also had a 200 best of 20.56.

Others: Close behind Miller was San Jose's Todd Kaufman who earned a first and two seconds at the state championships. The only other athlete close was Taft's Mike Dexter.

Previous Selections: James Robinson 1974, Grant Niederhaus 1975, Millard Hampton 1976, Houston McTear 1977, Kenneth Hayes 1978, Andre Phillips 1979, Joe Staub 1980, Tyke Peacock 1981, Sandy Chapman 1982.

### J.C. Men Cross Country

**MANDLA KUENE:** The Porterville harrier came on when it counted in the big one, winning the J.C. state championship.

Others: The other top point getters followed their order at the state meet: Gary Lewis next behind Kuene, followed by Huggins, Davis, Brett.

Previous Selections: Bob Thomas 1974, Henry Perez 1975, Bob Paulin 1976, Tim Holmes 1977, Bill Hurst 1978, Rick Rose 1979, Jeff Nelson 1980, Rodney Rivera 1981, Rich Brownsberger 1982.

### J.C. Women Track & Field

**GERVAISE McCRAW:** Four gold medals in the state meet (200, 400 and both relays). The Mt. SAC sprinter had bests of 11.4w, 23.16 and 54.64.

Others: Next highest point getter was Tammy Anderson of Modesto, followed by Sheila Nicks, Dot Jones, Diana Clements, and Zeldia Johnson.

Previous Selections: Gail Douglas 1977, Ruth Caldwell 1978, Ruth Caldwell 1979, Donna Mayhew 1980, Valerie Brisco 1981, Barbara Moro 1982.

### J.C. Women Cross Country

**MARA LAZDENS:** The Mira Costa sophomore snatched the state championship and thus the Athlete of the Year title on top of it.

Others: The votes piled up in order of finish at the state meet with Bernadette Torrez next, followed by Lori Shanoff, Susan Radford, Elaine Triplett, etc.

Previous Selections: Ruth Caldwell 1977, Ruth Caldwell 1978, Renee Ortiz-Wyckoff 1979, Sue Gellay 1980, Renee Wyckoff 1981, Kim DeVetis 1982.

### College Men Track & Field

**FELIX BOHNI:** California's only NCAA champion. The San Jose State pole vaulter was ranked seventh in the world with a best of 18-8 3/4.

Others: Right together behind Bohni were UCLA's John Brenner and Azusa Pacific's Mike Barnett. Others receiving votes included: Bill Green, Ed Tave, Innocent Egbunike, Chris Whitlock and Ronnie McCoy.

Previous Selections: Dwight Stones 1976, Mike Tully 1977, Clancy Edwards 1978, James Sanford 1979, James Sanford 1980, Andre Phillips 1981, Milan Stewart 1982.

### College Men Cross Country

**MARK RUELAS:** The UC Irvine senior was the first Californian at the NCAA meet, the District 8 meet and was the PCAA champion.

Others: Matt Biaty and Andy DiConti were close together in second place balloting, followed by Ron Roberts, Jim Smith and Jon Butler.

Previous Selections: Dave Taylor 1974, Terry Williams 1975, Terry Cotton 1976, Thom Hunt 1977, Thom Hunt 1978, Thom Hunt 1979, Steve Ortiz 1980, Graeme Fell 1981, Tom Downs 1982.

### Collegiate Women Track & Field

**JACKIE JOYNER:** The one-woman gang from UCLA set a collegiate record for the heptathlon in winning the NCAA championship. Was also third in the NCAA long jump.

Others: Just a hair behind Joyner in the voting was Cal State Los Angeles sprinter Diane Williams, followed tightly by Florence Griffith, Leslie Deniz, Carol Cady, Amy Harper, Denean Howard, Marlene Harmon and Michelle Bush.

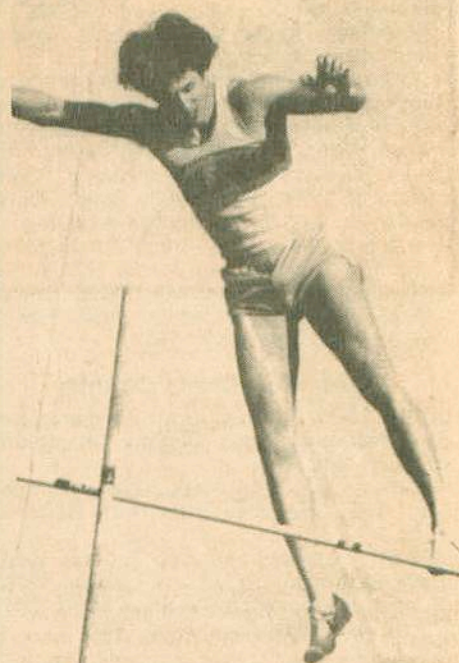
Previous Selections: Alice Brown 1980, Karin Smith 1981, Jackie Joyner 1982.

### College Women Cross Country

**REGINA JACOBS:** The top California finisher at the NCAA championships with her 9th. The Stanford runner was also 5th in the District 8 meet as well as winning the WCAA.

Others: Jacobs was closely followed in the voting by her teammates Alison Wiley and PattiSue Plumer plus Cal Poly star Amy Harper. The only others receiving votes were Cory Schubert, Patti Gray and Vicki Cook.

Previous Selections: Maggie Keyes 1980, Ceci Hopp 1981, Ceci Hopp 1982.



FELIX BOHNI

Fine Flicks by Don Gosney



REGINA JACOBS



## Open Men Track & Field

**EDWIN MOSES:** Number one in the world in his event and, possibly, overall. 47.02 intermediate hurdle world record. World champion.

Others: It wasn't even close for Athlete of the Year in this category. It was a close finish, however, for the next closest vote getters Greg Foster and Tom Petranoff. Other big vote getters included: Tyke Peacock, Steve Scott, Willie Banks, Dave McKenzie, Sam Turner and Dave Laut.

Previous Selections: Bruce Jenner 1974, John Powell 1975, Bruce Jenner 1976, Arnie Robinson 1977, Mac Wilkins 1978, Edwin Moses 1979, Edwin Moses 1980, Edwin Moses 1981, Steve Scott 1982.

## Open Men Cross Country

**ROD BERRY:** First California finisher at the TAC National Cross Country Championships in 12th place.

Others: Bill Donakowski, Danny Grimes, and Greg Beardsley, Ivan Huff, Carmelo Rios.

Previous Selections: Bob Thomas 1976, Dave Babiracki 1977, Larry Lawson 1978, Duncan Macdonald 1979, Steve Scott 1980, Thom Hunt 1981, Thom Hunt 1982.

## Open Women Track & Field

**EVELYN ASHFORD:** Even though she was injured at Helsinki, her world record in the 100 and her TAC championship pulled out the Athlete of the Year votes for her for the fourth time in five years.

Others: Robin Campbell, Coleen Sommer, Rosalyn Bryant, and Jane Frederick.

Previous Selections: Francie Larrieu 1974, Jane Frederick 1975, Kate Schmidt 1976, Kate Schmidt 1977, Jodi Anderson 1978, Evelyn Ashford 1979, Jodi Anderson 1980, Evelyn Ashford 1981, Evelyn Ashford 1982.

Fine Flicks by Don Gosney



EVELYN ASHFORD



EDWIN MOSES

## Open Women Cross Country

**CONNIE HESTER:** The Aggie Running Club member placed 3rd in the PA-TAC Cross Country Championships, but came back to be top non-collegian at TAC National Championships with her 52nd place.

Others: Kim Schnurpfell, Ellen Lyons, Michelle Hopper and Jessica Spies.

Previous Selections: Julie Brown 1974, Julie Brown 1975, Julie Brown 1976, Judy Graham 1977, Julie Brown 1978, Maggie Keyes 1979, Francie Larrieu 1980, Julie Brown 1981, Julie Brown 1982.

## Men's Road Racing

**CARMELO RIOS:** Many local wins plus best times of 28:32 for 10K and 48:13 for 10 miles.

Others: Close behind Rios was last year's winner Duncan Macdonald. The other votes were scattered between Bill Donakowski, John Moreno, Hal Schultz, Brian Russell, Gary Tuttle, Ron Ysais, Doug Avrit and Ivan Huff.

Previous Selections: Gary Tuttle 1974, Gary Tuttle 1975, Gary Tuttle 1976, Gary Tuttle 1977, Gary Tuttle 1978, Dave Babiracki 1979, Gary Tuttle 1980, Kirk Pfeffer 1981, Duncan Macdonald 1982.

## Women's Road Racing

**JULIE BROWN:** Didn't run often but when she did it was fast. 2:26:24 is world record for women only race. Fast 10K's at 32:21 (short), 32:59, and 34:15.

Others: Just a few votes behind Brown were Nancy Ditz and Laurie Binder. Farther back were Eileen Claugus, Liz Baker and Rainey Stolpe.

Previous Selections: Jackie Hansen 1974, Jackie Hansen 1975, Miki Gorman 1976, Miki Gorman 1977, Marty Cooksey 1978, Kathy Mintie 1979, Laurie Binder 1980, Laurie Binder 1981, Julie Brown 1982.

## Masters Men 40-44 Track & Field

**GEORGE COHEN:** Double victories at Western and National TAC Championships. 3rd and 6th at World Games. Best marks of 23.8, 51.57, 1:56.39, 4:07.2.

Others: John Dobroth, Walt Butler, Doug Smith and Richard Schupback.

Previous Selections: Dave Jackson 1977, Ken Dennis 1978, Nick Newton 1979, George Cohen 1980, Walt Butler 1981, Walt Butler 1982.

## Masters Men 45-49 Track & Field

**GARY MILLER:** Two firsts (one relay) and a second at TAC National Championships. A first (400m IH 58.66) and second (pentathlon 4028) at World Games.

Others: Ken Dennis, Al Henry, Phil Conley, Gary Bane, Ira Davis, Nick Newton.

Previous Selections: Bill Fitzgerald 1974, Peter Mundie 1975, Shirley Davisson 1976, Herm Wyatt 1981, Dave Segal 1982.

photo by Keith Conning



CONNIE HESTER





GARY MILLER

### Masters Men 50-54 Track & Field

**BRUCE SPRINGBETT:** Three gold medals at TAC Nationals. Two second places at World Games. Best marks of 11.62(WR), 11.3, 23.60, 55.11.

Others: Herm Wyatt, David Jackson, Marion Sanchez.

Previous Selections: Bill Fitzgerald 1975, Bill Fitzgerald 1976, Tom Patsalis 1977, Peter Mundle 1978, Tom Patsalis 1979, Shirley Davisson 1980, Don Cheek 1981, Dave Jackson 1982.

### Masters Men 55-59 Track & Field

**JIM O'NEIL:** Two firsts at World Games. Best marks of 16:58.0(5K) and 35:18.88(10K).

Others: Gunnar Linde, Robert Watanabe.

Previous Selections: Tom Patsalis 1977, Tom Patsalis 1979, Tom Patsalis 1981, Bill Fitzgerald 1982.

### Masters Men 60-64 Track & Field

**TOM PATSALIS:** Three first places at World Games. Best marks of 12.4, 27.9, 15.4HH, 19-1 1/4(LJ), 38-3 3/4(TJ).

Others: Burl Gist, Jim Vernon, George Ker.

Previous Selections: Jack Thatcher 1976, Payton Jordan 1977, Payton Jordan 1978, Harry Koppel 1979, Bob Hunt 1980, Burl Gist 1981, Tom Patsalis 1982.

### Masters Men 65-69 Track & Field

**DAN ALDRICH:** Two firsts and a third at the World Games. Best marks of 47-2(SP), 160-2(DT), 153-7(JT), 122-8(HT).

Others: Payton Jordan, Jim Vernon, Al Guidet.

Previous Selections: Harry Koppel 1981, Payton Jordan 1982.

### Masters Men 70 + Track & Field

**TONY CASTRO:** 4th and 2nd at World Games, 1st and 2nd at TAC Nationals, 2 first at Regional and Dist. TAC. Best marks 13.8 and 29.1.

Others: Burt DeGroot, Harry Koppel, Don Pierotti, Lefty York, Red Doms, Paul Spangler.

Previous Selections: Paul Spangler 1976, Josiah Packard 1977, Winfield McFadden 1978, Josiah Packard 1979, Winfield McFadden 1980, Tony Castro 1981, Tony Castro 1982.

### Masters Women 40-44 Track & Field

**JEANNE CARTER:** Three national titles- 100 (13.5), 200 (28.7), and 400 (62.7).

Others: Carol Stroud, Fran Conley.

Previous Selections: Irene Obera 1977, Shirley Dietderrich 1978, Irene Obera 1979, Irene Obera 1980, Cherrie Sherrard 1981, Jeanne Carter 1982.

### Masters Women 45-49 Track & Field

**VICKI BIGELOW:** Undeclared at Western Regional, Nationals and World Games, including a world record 38:19.8 10,000 meters.

Others: Irene Obera, Gretchen Snyder, Cherrie Sherrard, Christel Miller.

Previous Selections: Christel Miller 1981, Christel Miller 1982.

### Masters Women 50-54 Track & Field

**RUTH ANDERSON:** Two golds at TAC Nationals, a gold and silver at World Games. Best times of 2:52, 5:47, 21:07 and 41:59 for 800, 1500, 5K and 10K.

Others: Shirley Kinsey, Alice Leicht.

Previous Selections: Shirley Kinsey 1981, Shirley Kinsey 1982.

### Masters Women 55-59 Track & Field

**SHIRLEY DIETDERICH:** 24.16m javelin throw.

Others: No other nominations.

Previous Selections: Helen Dick 1981, Helen Dick 1982.



JEANNE CARTER

### Masters Women 60-64 Track & Field

**JACLYN CASELLI:** 22:19.4 for 5,000 and 46.56 for 10K.

Others: Marjorie Hunt.

Previous Selections: Jaclyn Caselli 1981, Josephine Kolda 1982.

### Masters Women 65-69 Track & Field

**JOSEPHINE KOLDA:** Consistent first placer at all levels in 100.

Others: No other nominations.

Previous Selections: Alice Werbel 1981, Katy Atkinson 1982.

### Masters Women 70 + Track & Field

**BESS JAMES:** Numerous National TAC Championship and World Games medals.

Others: Edith Mendyka.

Previous Selections: Bess James 1981, Bess James 1982.

### Masters Men 40-44 Road Racing

**SAL VASQUEZ:** Many masters victories, including first place overall at Dipsea. At least four 10K under 31:00 with a best of 30:32.

Others: Jim Bowers

Previous Selections: Bill Gookin 1974, Jerry Smartt 1975, Truman Clark 1976, Kent Guthrie 1977, John Brennand 1978, Joe Burgasser 1979, Jim Bowers 1980, Jim Bowers 1981, Sal Vasquez 1982.

### Masters Men 45-49 Road Racing

**DOUG LATIMER:** 1:15:52 half marathon plus 18:15 for 100 miles. Always tough from 10K up.

Others: Jim Knerr, Darryl Beardall.

Previous Selections: John Brennand 1981, Jim Knerr 1982.



GEORGE COHEN

photo by Bill Leung, Jr.



### Masters Men 50-54 Road Racing

**ULRICH KAEMPH:** 1:15:55 half marathon.

Others: No other nominations.

Previous Selections: Jim O'Neil 1975, Jim O'Neil 1976, Jim O'Neil 1977, Ed Almeida 1978, Jim O'Neil 1979, Ulrich Kaemph 1981, Ulrich Kaemph 1982.

### Masters Men 55-59 Road Racing

**JIM O'NEIL:** Consistent and unbeatable in his age group.

Others: No other nominations.

Previous Selections: Jim O'Neil 1980, Jim O'Neil 1981, Jim O'Neil 1982.

### Masters Men 60-64 Road Racing

**JIM McCOWEN:** 39:00 minute 10K, 1:24:48 half marathon.

Others: Harold Daughters, Art Holzman, John Gilkey, Flory Rodd.

Previous Selections: John Montoya 1976, Chuck Seekins 1977, Chuck Seekins 1978, Ed Lewin 1979, Ed Lewin 1980, Harold Daughters 1981, Harold Daughters 1982.

### Masters Men 65-69 Road Racing

**PAUL REESE:** 32:49 8K, 40:23 10K and 1:27 half marathon. Races often, placing high in division.

Others: Ed Lewin, Wayne Zook, John Holoubek, Ray Mahannah.

Previous Selections: Ed Lewin 1981, Ed Lewin 1982.

### Masters Men 70 + Road Racing

**MEL SHINE:**

Others: No other nominations.

Previous Selections: Paul Spangler 1976, Monty Montgomery 1977, Monty Montgomery 1978, Monty Montgomery 1979, Monty Montgomery 1980, Paul Spangler 1981, Paul Spangler 1982.

### Masters Women 40-44 Road Racing

**CHRISTA ROMPPANEN:** 17 first places including 2 overall. Best times 30:42 5 mile, 38:02 10K, 58:31 15K, 1:23 ½-marathon, 2:59 marathon.

Others: Shirley Matson, Joyce Gibbs.

Previous Selections: Miki Gorman 1979, Sandra Kiddy 1980, Karen Scannell 1981, Shirley Matson 1982.

### Masters Women 45-49 Road Racing

**SANDRA KIDDY:** 2:56:36 marathon, 15:40 10 mile.

Others: Vicki Bigelow, Joan Reiss, Heidi Skaden.

Previous Selections: Vicki Bigelow 1981, Bicki Bigelow 1982.

### Masters Women 50-54 Road Racing

**MARION IRVINE:** 2:51:01 Olympic Trials qualifying marathon. 38:36 10K and 58:42 15K.

Others: Dorothy Stock, Anne Johnson, Ruth Anderson.

Previous Selections: Marion Irvine 1981, Marion Irvine 1982.



DOUG LATIMER



MARION IRVINE

### Masters Women 55-59 Road Racing

**MARGARET MILLER:** 40:36 10K, 64:48 15K, 3:14:10 marathon.

Others: Helen Dick, Mary Storey, Dorothy Stock.

Previous Selections: Margaret Miller 1981, Margaret Miller 1982.

### Masters Women 60-64 Road Racing

**JACLYN CASELLI:** 45:01 10K, 75:06 15K, and 1:46:26 ½-marathon.

Others: Gerry Davidson.

Previous Selections: Kay Atkinson 1981, Jaclyn Caselli 1982.

### Masters Women 65-59 Road Racing

**EVELYN KOINIG:** 52:04 for 10K.

Previous Selections: Kay Atkinson 1982.

### Masters Women 70 + Road Racing

**BESS JAMES:** 27:25 5K, 61:11 10K, 2:20:15 ½-marathon.

Others: Mavis Lindgren.

Previous Selections: Bess James 1981, Bess James 1982.

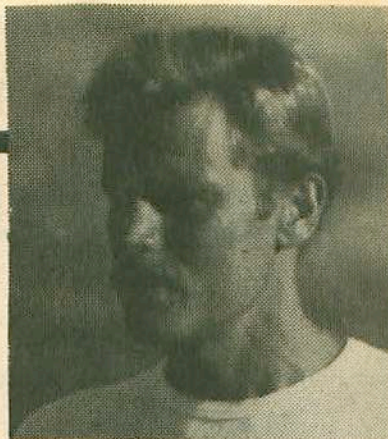
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# Ironman Insights

By DEAN HARPER

## The Road to Rio



Last Thanksgiving weekend I competed in the second annual Golden Cup Triathlon in Rio de Janeiro, Brazil. It was an enjoyable experience and an example of how far the sport has come in a few short years.

When I participated in my first triathlon in the summer of 1981, in Lodi, California, I had no idea the sport would grow as fast and spread as far as it has. Triathlons have grown numerically from a handful to thousands and have expanded geographically from California to Europe, South America and Asia. Indeed, the sport has become a world-wide phenomenon.

### FITNESS-MINDED BRAZILIANS

I was somewhat surprised by the sports-consciousness of the Brazilians. In a four mile stretch along the famed Copacabana and Ipanema beaches, a variety of sports activities are continually in progress during daylight hours. And from sun up to sun down runners, some in bare feet, pass along the 20 foot wide sidewalk which parallels the beach. And on the beaches there are countless, and seemingly endless, volleyball and soccer games. And finally, for the machismo set, pull-up bars abound.

The newest sport to hit this Brazilian resort area is triathlons. There were over four hundred participants in the Golden Cup triathlon. And although the three American men (Rob Poller, Kurt Madden and myself) captured the top three spots in the 1 mile swim, 30 mile bike, 9 mile run, a few Brazilians were in hot pursuit and only minutes behind.

A chauvinistic culture by American standards, Brazilian women are a little reticent to try their hand at this new endurance activity. Out of the 400 plus entrants, only a dozen were women. Julie Moss easily defeated the other Brazilian women, finishing 9th overall. However, Kurt, Rob, Julie and I convinced at least a couple women to start training for next year's race.

### THE BRAZILIAN CULTURE

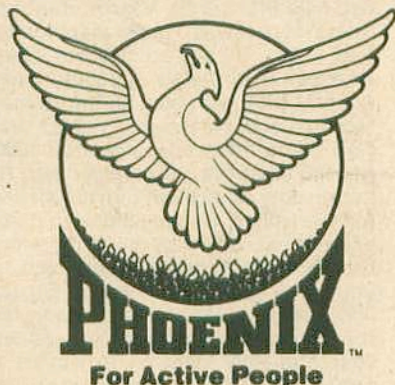
America has had a great influence on the way of life of the average middle-class Brazilian. Except for the language barrier (Portuguese) and the 90 degree outdoor temperature, the local shopping mall, already in the pre-Christmas motif, was not unlike most suburban California shopping malls at this time of year. On the streets and in the market places T-shirts bearing "Lake Tahoe", "California", "Texas", etc. abound. And most middle class Brazilians

rarely miss the weekly episodes of Magnum P.I. or Dallas. Perhaps in part because of this infatuation with American "culture", the Brazilians were extremely hospitable and friendly toward the four visiting "Americanos".

### AN EXPENSIVE ROAD?

With the exception of the \$1000 airfare, a trip to Rio can be extremely inexpensive. There are fine hotels on Copacabana Beach for \$20 a night, including a fruit and roll buffet in the morning. And the devalued

Brazilian cruziero has lowered the price of dinners in many fine restaurants to under \$5. One night we dined at an all-you-can-eat pizza parlor for \$2.50 each. All of us brought home a few pounds of rich Brazilian coffee which sold for 85 cents a pound. So if you have about \$1200-\$1400 to spare next year, and you want to compete in the Third Annual Golden Cup Triathlon, or even the annual Rio Marathon, the road to Rio can lead to an enjoyable and memorable experience.



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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# Ivan Huff and Carmelo Rios

Ivan Huff and Carmelo Rios of the Converse Aggie Running Club have spent the better part of the last three years trying to prove who is the better runner between the two of them. This is no small task since the two of them have risen to the top of the



IVAN HUFF

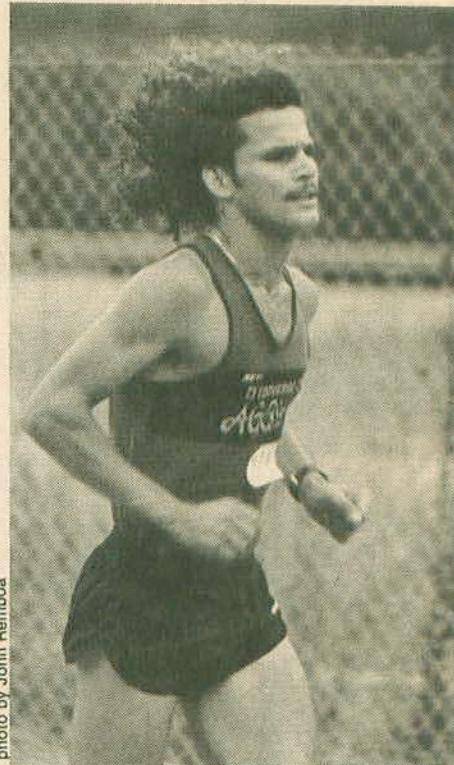
California track and road racing scene. Just when Carmelo gets a string of victories over Ivan, Ivan turns around and does the same to Carmelo. Since the two of them first became teammates at Cal Poly SLO in 1980, neither has given the other a competitive

inch. But this rivalry that has developed between them stems from a deep friendship. In fact, Carmelo will be Ivan's best man when Ivan marries Carol Adams this March. The two train together, socialize together, and race together. Both call the steeplechase their event, and they are only an eyelash apart with PR's of 8:28.88 for Rios and 8:29.88 for Huff. But for all their closeness, both on and off the track, these are two very different people who came from two completely different backgrounds.

Ivan is a small town boy. Born and raised in Paso Robles, California, about a half hour north of San Luis Obispo, Ivan's personality reflects the town of Paso: quiet, conservative, and proud. He is the youngest of a family of six children. His immediate brother, Eric, an NCAA II All-American in track and cross country, served as a running role model. Ivan took pride in breaking all his brother's high school records, and when the two get together, he likes to remind Eric of these facts. Ivan left high school in 1977 with a mile PR of 4:23 and a two-mile PR of 9:20. Nearby Hancock JC in Santa Maria was Ivan's stop for the next two years. In his sophomore year there, Hancock won the small-school state cross country title, with Ivan as fourth man in fifteenth place. He finished his JC years with fifth place finishes in both the 1500m and the 5000m at the state track meet. His PR's improved to 3:49:99 in the 1500m and 14:45 for the 5000m. Staying close to home, Huff enrolled at Cal Poly in 1979, joining his brother Eric's senior year, and coming under the guidance of coach Steve Miller. Ivan places a lot of his success today on the foundation provided by Miller. That year, Cal Poly went on to win its second straight NCAA II cross country title, with Ivan placing 25th and garnering All-America honors. This was followed by a fifth place finish in the 5000m at the track nationals, which Cal Poly won for the third straight year. The next year, Carmelo joined the Cal Poly tradition.

For a story that is a little bit different, Carmelo Rios was born in Puerto Rico, one of thirteen children. By his second birthday, he was living in New York City. Spending a good portion of his youth on the streets, he became a streetwise joker. Rios has a knack for mimicry and does a fair job of keeping a party lively. Outgoing and friendly, he is often the center of attention. He moved with his mother to California in time to attend Los Angeles' Lennox High School. A running sensation from his freshman year at Lennox, a school not necessarily known for its distance stars, Carmelo graduated in 1978 with PR's of 4:22 in the mile, and 9:10 in the two-mile. His freshman and sophomore years of college were spent at Long Beach City College, a track

powerhouse. As well as running good cross country, Carmelo was also the two-time state champion in the steeplechase, leaving JC with a steeple PR of 9:01.1. Despite his successes, running had lost its luster to Carmelo, and he was ready to give up run-



CARMELO RIOS

ing and school and look for a job. It took a great deal of persuasion and persistence from Steve Miller to get Carmelo to come up to Cal Poly and give it one more try.

Now the two runners were teammates for the first time. After a dismal cross country season in 1980, one which they would both like to forget, the seeds of a duel emerged. It was the track season of 1981 in a meet against Bakersfield. For a change of pace, Ivan decided to try the steeplechase. He ran and won in 8:52, nearly a school record. The next week, at the Bruce Jenner Invitational, he ran another one, this time in 8:42 and a new school record. Carmelo had skipped both of these races, but the rivalry sprouted. The next week, at the halfway mark of the season, Huff was downed with mononucleosis. He did not race again that season until the national meet at Macomb, Illinois. At the final waterjump, with only 120 meters to go, Ivan led the race, with Carmelo hot on his heels. A strong drive

photo by John Remboa

photo by John Remboa



## A Look At Ivan Huff and Carmelo Rios

down the homestretch gave Rios the victory, but an elated Huff was a delighted second. Coach Miller could not believe his eyes. The rivalry grew.

It has been over the last year that the two have done the most racing. Carmelo finished his eligibility at Cal Poly and followed Ivan and other Poly alumni into the Converse Aggies. The Aggies have a reservoir of athletes training in San Luis Obispo. Along with the two steeplechasers are 2:13 marathoner Doug Avrit, sub-four milers Mark Schilling and Joe Fabris, and sub 1:50 half-miler Vern Sallaz. Along with a few others, there is a nice training group in that small town. Both Ivan and Carmelo are quick to point to the club cohesiveness of the Aggies and the Aggie's coordinated racing efforts as stepping stones to their continued improvement in the sport of running.

The track season of 1983 was a banner year for Huff and Rios. Ivan spent the

season one-upping Carmelo all year long until the TAC national meet in Indianapolis. Roommates at the hotel, they were also heat-mates in the heats. In probably the fastest and closest heat in the TAC meet history, both Carmelo and Ivan set their current PR's. Carmelo placed ninth, just edging Huff in tenth. Unfortunately for Huff, Rios grabbed the last spot into the finals, where he placed eleventh.

While Ivan returned to SLO to train for next year, Carmelo traveled to Puerto Rico. It seems that Carmelo's Puerto Rican birth gave him the privilege to compete for Puerto Rico in both the World Championships in Helsinki, and the Pan Am Games in Venezuela. From Helsinki, all Carmelo brought home were good memories. But from Venezuela, he brought home the silver medal.

This brings the story up to the fall of last year. Back in SLO together, Rios and Huff placed 14th (28:31) and 18th (28:44) respectively, at the LAAC Arco run at the Coliseum. Then came the Great Race at Stanford, with Rios winning in 29:03 and Huff

placing second in 29:04. At the PA-TAC cross country meet, Rios won in 29:43. Huff was third with a 29:45. Huff turned the tables at the Steve Miller Two Mile at the Cal Poly track, taking the tape in 8:58 to Carmelo's 9:00. In their last meeting of the year, the TAC cross country championship at Penn State, Huff (21st) and Rios (26th) led the Aggies to their highest placing ever, fifth, ahead of the Sub 4 Track Club. Two weeks later, without any forethought or special preparation, Ivan ran his first marathon, the International Marathon in Sacramento. He placed fifth in 2:14:48, the 14th fastest time ever by a Californian. Now Rios is dying to run a marathon.

Both are busy now training for the 1984 track season. Rios has been assured a spot on the Puerto Rican squad. Ivan is trying hard to do the same for the United States. It would be interesting to see both of them line up together at the Games starting line, knowing that there is more at stake than a medal there, there is friendly rivalry.

## The Athlete's Kitchen

by Nancy Clark, M.S., R.D.  
Nutritionist, Sports Medicine Resource, Inc.

### The Starving Athlete

"I generally cleanse my system by fasting for one or two days each month. I drink only water . . . maybe a glass of apple juice" preaches marathoner Peter Marshfield.

"I live for the Banana Day. Every other day I let myself eat a banana" admits anorexic dancer P.C."

"When I have to drop weight for wrestling, I eat only an egg for breakfast, a can of tuna for lunch, and some lettuce for dinner" reports high school wrestler Dan Simone.

Although we tend to think that malnutrition exists primarily in Blafra, India and other under-developed countries, malnutrition prevalently exists in certain athletic circles. Many intelligent athletes knowingly starve themselves. They may call it "fasting", "making weight", "going on a diet" or "cleansing"—but to their body the effect is starvation. Perhaps you've wondered if food deprivation harms your health or if it simply cleanses you and makes you healthier?

Some people starve themselves for a religious-type experience. Fasting, for them, connotes power, control and purification. They may claim they feel euphoric, light and energized. Although they may experience seemingly positive psychological benefits, they simultaneously experience negative physiological detriments. For example, if you severely restrict your food intake, you also severely restrict your vitamin, mineral and protein intake. You continue to utilize these nutrients during your fast, yet you don't replace them. You dip into your nutrient reserves and start to deplete them.

Fasting depletes not only your vitamin and mineral reserves but also your energy reserves. Most people have plenty of fat to spare, but have limited glycogen stores. Fasting reduces the glycogen—and the ability to exercise at your best. According to exercise physiologist Joseph Knapik at the US Army Labs in Natick, MA, active people who fast for one to three days:

- deplete their glycogen stores, which they need for hard exercise.
- break down their muscles as an alternative fuel.

Knapik, who studied the effect of a three day fast on walking endurance, found that fasted subjects had 18% less endurance than when they were better fed. They could walk briskly for only 120 minutes, as compared to 140 when fed. For energy, the subjects relied more heavily on protein, burning 40% more than usual. Knapik suspects they broke down their muscles and liver—their bodies' largest protein reserves. Hence, muscle degradation is a second example of how fasting can deplete your body.

If you fast or crash-diet as a means to quickly lose weight, you'll probably just lose and then regain the pounds. Fasting tends to be an unsuccessful way to lose weight because it contributes to certain biochemical changes that, in the long run, actually encourage weight gain. One change relates to the increased activity of an enzyme called Lipoprotein Lipase (LPL) which helps fat cells take up fats from the blood. When a crash-dieter eats after having abstained from food for a week or so,

the LPL seemingly tries to replace all of the lost fat. Fat research indicates that the LPL becomes less active only when the fat cells are well refilled. Fasting as a means to lose weight is a "big loser"—health loser, not fat loser!

Nancy Clark, MS, RD, author of the book *The Athlete's Kitchen* (CBI'81; Bantam'83), counsels anorexics, food obsessed, and dieters at Sports Medicine Resource, Inc., Brookline, MA.

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# News & Notes

## Northridge Cancels Home Meets

Due to the unsafe and unsuitable condition of the California State University, Northridge track and field facility, Dr. Sam Winningham, Chair of the Physical Education and Athletics Department, has instructed track coaches Bill Webb and Don Strametz to cancel all competitive events on the track, including the entire 1984 home schedule. "As responsible people we can't use the track in its present condition," Dr. Winningham said.

The problem on the 20-year-old facility, which is covered with an all-weather "Chevron 400" surface, is the inside lane is in disrepair. It has numerous cracks and crevices, the surface is nearly down to the asphalt base and on the far (north) turn, bumps and bubbles can cause an athlete to fall and seriously injure himself. Lane No. 2 is also in disrepair and is in danger of falling into the same condition. A representative of the Laykold Corporation, the resurfacing company, has indicated that unless the track is repaired soon, there is the possibility of a domino effect to all eight lanes. The Laykold Corporation gave CSUN an estimate of \$91,775 to do the necessary repairs which are said to be the minimum to bring the track back to United States Track Association standards.

Winningham places the blame for lack of funds to repair the track directly on the state. "The government doesn't recognize that it takes millions of dollars to operate any state university, and that as a result of that shortsightedness, CSUN does not have the money to make the repairs to the track. We cannot absorb the cost in our annual or replacement budget."

## World's Largest Foot Race

The world's largest footrace will be held in the streets of San Francisco for the 73rd time on Sunday, May 20, 1984. The San Francisco Examiner Bay to Breakers, the oldest consecutively run race in history, will host almost 100,000 competitors, including top-seeded runners from all over the world. Race Director Terri Robbins announced the 12K run will attract Olympic hopefuls including the 1983 New York Marathon champion Rod Dixon.

The 7.6 mile race begins at 8:00 a.m. at Howard and Spear Streets, proceeds through the Financial District, up the infamous Hayes Street Hill and through Golden Gate Park to the finish line on the beach near the Cliff House.

The race entry fee is \$8.00. For applications, send a SASE to: Examiner Bay to Breakers, P.O. Box 42000, San

Francisco, CA 94142. Applications must be received by the Examiner no later than midnight, May 1, 1984. For more information, call Race Director Terri Robbins at (415) 777-7770.

## Bud Light Track America

World-class track and field stars Mel Lattany, James Butler, Larry Myricks, Jeff Buckingham, Beth Farmer and Stephanie Hightower are among the U.S. Olympic hopefuls who will compete as members of the newly formed "Bud Light Track America" team in all major national and international events leading up to the 1984 Summer Games in Los Angeles. The new team has its origin in "Athletic Attics," U.S. national track club champions in 1981 and 1982.

"Our association with Bud Light will provide the resources for a majority of our team members to compete in a maximum number of top meets against world-class competition as they prepare for the '84 Games," said Bud Light Track America President Max Clark. "There is no substitute for head-to-head competition against the same athletes we'll be facing in Los Angeles, and this sponsorship will enable them to do just that."

For more information regarding the team contact: Track America, P.O. Box 20592, Tallahassee, FL 32316; or call Terry N. Long (Coach Coordinator) at (904) 375-2457.

## Descente Star Test Nationals

The first Descente STAR Test Nationals - the culmination of the inaugural season of the Descente STAR Test 10K Series - are scheduled for March 24, 1984, in Las Vegas, Nevada. The Descente STAR Test Nationals are open to any runner, regardless of prior participation in the Descente STAR Test 10K Series. As in all STAR Test events, award pins will be distributed to runners on the basis of time in relation to the national STAR Test standards.

The Nationals will culminate the inaugural year, and signal the beginning of the second year, of the Descente STAR Test program. A total of 34 races were staged nationwide, and runners took home thousands of bronze, silver and gold awards. Up to 75 Descente STAR Test 10K races are anticipated across the country next year.

For information and/or entry forms for the Descente STAR Test Nationals, write to Mindy Van Orden, Sports-Star USA, 3333 Iris, Boulder, CO 80301. Telephone: (303) 447-1247.

## Runners Ranking Service

They've got your number at the Levi's/TAC Runners Ranking Service, an organization developed, administered, and endorsed by The Athletics Congress (TAC). Using a computer to collect data from hundreds of races nationwide, the service will be able to rank all runners throughout the United States at all performance levels. The program will allocate quality points based upon time and place to all runners participating in TAC-certified races ranging in distance from five kilometers to 28 miles. Recreational runners can be evaluated in age group, regional, occupational, and overall categories.

Although everyone who participates in ranking service races will contribute to the data base, only members of the service will receive a bimonthly newsletter reporting their performance evaluations.

Levi Strauss & Co. have made a substantial long-term commitment to the ranking service, emphasizing their involvement in the sport. In addition to their primary support, they intend to initiate an awards program which would reward the ranking service member for achievement in his or her age group.

Membership to the service is \$15 per year, which includes an annual TAC fee. For more information, call (216) 861-RACE; or write to Levi's/TAC Runners Ranking Service, One Erieview Plaza, Cleveland, OH 44114.

## New Training Pole Developed

A highly adaptable training pole vault pole that can be used by vaulters of all ages and ability levels has been introduced by Cata-Pole. The new product, named the CPT Training Pole, will result in significant cost savings for high schools and other purchasers of training poles, according to Phil D. Mitchell, Cata-Pole Marketing Manager.

"The CPT Training Pole is designed to be used by athletes who weigh between 110 and 160 lbs.," Mitchell explained. "Consequently, almost all the members of a typical high school vaulting team can use a single pole for training purposes. This eliminates the need to buy several more expensive, standard poles to accommodate each individual vaulter's weight and ability."

The CPT pole bends much more easily and has a slightly slower reaction than most poles, Mitchell pointed out. This is a tremendous advantage to beginning vaulters, since it is easier to grasp the basic techniques of vaulting in this "slowed-down" performance situation. They can develop good vaulting techniques before moving on to larger, stiffer vaulting poles.

For more information contact: Ampro Corporation, 1340 N. Jefferson St., P.O. Box 6300, Anaheim, CA 92807. Telephone Larry J. Acosta (714) 524-8750.

## Indianapolis Gets 1985 Nationals

The USA/Mobil Outdoor Track and Field Championships will return to Indianapolis in 1985. The 1985 meet will determine the American squad for the 4th World Cup track and field event, scheduled for Canberra, Australia, in October of that year.

The 1985 meet will take place at the Indiana University Track Stadium, site of the 1983 event. Hoosier track coach Sam Bell will be the meet director. Bell also directed the 1983 meet.

This year's USA/Mobil Championships are scheduled for San Jose, California. See schedule section.

## SPA/TAC LDR Committee News

Gene Blankenship has moved into the position of Masters Chairman for the Southern Pacific Association of the Athletics Congress Long Distance Running Committee. Gene, was previously vice-chairman before the resignation of Ray Schmidt. Gene and his club, the Santa Clarita Runners have done a lot to help revive the local running program. Anyone interested in becoming the new vice-chairman or in the SPA masters programs, contact Gene at: (805) 252-4755.

The BK Championships, put on by the Seniors Track Club, were an outstanding success and attracted over 500 runners, the largest field in a championship in many years. This should be the shape of things to come.

The next meeting will be held in Yorba Linda Regional Park on Sunday, February 26 directly after the 30K Championships. The March meeting will be in Westlake Village on Sunday, March 25 after the 5K Championships.



SAN FRANCISCO EXAMINER BAY TO BREAKERS.

photo by Tracy Frankel



## Mile Record on the Line

The Michelob Invitational will be the only opportunity of the year for San Diego sports fans to see world class track and field competition. The Michelob meet has been the site of more world record miles than any other indoor track meet. Eamonn Coghlan, who is expected to compete in the 1984 Michelob meet, has broken the mile world record twice in San Diego.

Many foreign competitors regularly make the Michelob track meet a stop on their indoor circuit, including Dr. Thomas Wessinghage of West Germany and John Walker of New Zealand. Doug Padilla, Evelyn Ashford, Steve Scott, Carl Lewis and Billy Olson are a few of the athletes expected to compete in the 1984 Michelob meet.

High school events begin at 5:30 p.m., with invitational events scheduled for 7:15 p.m. Ticket information is available at (619) 224-4171.



EAMONN COGHLAN

## World X-C Comes to U.S.A.

A spectacular gathering of close to 1,000 athletes from around the world will take place at the Meadowlands in New Jersey, Sunday, March 25, 1984 when the XII IAAF World Cross Country Championships sponsored by Xerox makes its United States debut. The three division event is heralded as the greatest team competition in all of track and field and road running. Fred Lebow, president of the New York Road Runners Club — the organizing committee — stated that aside from the sheer numbers of athletes, world-class runners such as Rod Dixon, Geoff Smith, Alberto Salazar, Rob deCastella and Eamonn Coghlan could be among the competitors in the 12K event. Grete Waitz, five time winner of the women's title for the 5K event, is expected to defend her title.

Allan Steinfeld, the meet director and Lebow have been diligently working over the past four years to bring the Championships to the United States. In the event's 71-year history, Europe has been the traditional host, with Morocco being the only exception.

## Olympic Torch Relay

Americans from all walks of life will have a chance to be torchbearers for the 1984 Olympic Games and help create a \$30 million legacy for youth athletic programs when the Olympic Flame is relayed across the United States this year.

In an unprecedented nationwide effort to enhance sports programs for boys and girls from the ages of 12 to 17, the Los Angeles Olympic Organizing Committee (LAOOC) has earmarked 10,000 kilometers of the Olympic Torch relay route "Youth Legacy Kilometers." Any individual, community organization, group or business making a commitment of \$3,000 can designate a torchbearer for a "Youth Legacy Kilometer." The proceeds will go to Boys Clubs of America, Girls Clubs of America and Family YMCA's, who in turn will develop Olympic sports programs for young people across the nation.

"Youth Legacy Kilometers" will be available on a first-come, first-served basis. Applications can be obtained from participating Boys Clubs, Girls Clubs and Family Ys and the LAOOC Olympic Torch Relay Foundation in Los Angeles. Each participant must be able to cover the distance in not more than seven minutes.

The mailing address for the LAOOC Torch Relay Foundation is: The Torch Relay, Los Angeles Olympic Organizing Committee, Los Angeles, CA 90084. Telephone: (213) GO TORCH.

## Keeping Track

A workshop titled *Maximizing Your Sports Potential* is scheduled for Saturday, February 25, 1984 from 9:00 am to 5:00 p.m. at the Center for Human Communication, 15405 Los Gatos Blvd, Suite 201, Los Gatos. The workshop

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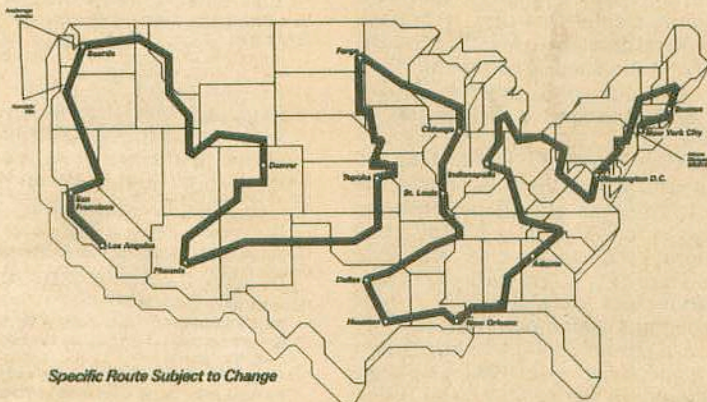
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## Route of the 1984 Olympic Torch Relay



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centers on learning patterns and skills leading to optimal performance and mental preparation for training and competition. For more information call: Dan Blaettler (408) 358-3866 ... How about a running camp in Hawaii with Jon Anderson (winner of the Honolulu, Boston, NIKE/OTC, and Antwerp Marathons)? *Mid Pacific Road Runners Running Camp* provides just such a situation from March 8th through March 11, 1984. For more information call Dan Tompkins (808) 262-9292 ... Former U.C. Irvine All-American and now with the Sub-4 Track Club, Dr. John Koningh has opened up his chiropractic practice in Corona del Mar, California. Koningh, who attended the Pasadena College of Chiropractic, finished his studies in May 1983. He attended U.C. Irvine from 1974 to 1978 and majored in Biology. After receiving his Bachelor's of Science degree, he went on to the Pasadena College of Chiropractic in 1979, after working a year for a major medical supply company. Koningh, who ran a 13:47 for 5,000 meters on the track in 1983, is orienting his practice towards athletes and their sports related problems. For more information call (714) 673-6070 ... Former world class distance runner *Dave Babiracki* has been named distance coach for the Cal State Northridge track team, head track coach Bill Webb reports. Babiracki was a member of the United States national track team in 1975 which competed against the Soviet Union and toured Europe. He was also on the U.S. national cross country team in 1976 ... Former Santa Barbara City College track and cross country coach *Les Stevens* is now at Central Missouri State University and invites any athlete interested in attending school in the midwest to contact him at Central Missouri ... A new publication sprang up in 1983 - *The Cross Country Journal*. Published six times a year, *The Cross Country Journal*, in newsletter format features informative articles on the harrier sport. For information contact: Cross Country Journal, Sunrise Valley Press, Route 1, Box 98A, Wright City, MO 63390. Subscriptions are \$9 per year ... It was a long time coming, but worth the wait. We're talking about the complete results of the *San Francisco Marathon*. A 64 page magazine style production is a valuable souvenir and very informative with lots of pictures. We don't know if they are available to the general public, but you can try by contacting the San Francisco Marathon at: P.O. Box 27385, San Francisco, CA 94127.





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## Collegiate Notes:

# UC Irvine Cross Country Program Making Strides to the Top

By Irv Ray



The 1983 U.C. Irvine Cross Country program has taken big strides in establishing itself as a major distance running institute. Under the two year leadership of Vince O'Boyle both the mens and womens teams have come a long way to establish themselves as a real Cross Country and track power among Division I schools.

The results were most dramatic with the women's team finishing 10th last year at the Regional Meet. The 1983 team, with some excellent recruiting and a summer mileage program, was ready for the season, opening with a 4th place finish at UCLA Invitational, a 3rd place at Aztec and a 4th place at Stanford, a 1st place at the Bronco Invitational and then winning the first PCAA Cross Country Conference title. In Eugene for the Regional Qualifying Meet for the Nationals, Irvine finished a dramatic third knocking off perennial powers, UCLA, Berkeley and Washington State just to name a few.

At the NCAA Nationals, a first time experience and lack of national exposure, the thinclads finished an acceptable 16th but not the hoped for 10th. All in all not a bad second year for U.C. Irvine women's team to qualify and compete in the National Championship in the schools history.

All season the Anteaters were lead by senior Liza Gonzales, who in herself is a 100% turn about runner for 1983. Lisa placed consistently in the top 10 in all Invationals and a 17th at the Regionals.

The rest of the squad that followed closely are: freshman Judy McLaughlin, junior Lorraine Mercado, freshman Sue Zika, sophomore Wendy Simmons, senior Susan Zahradnik and freshman Jennifer Abraham.

With five of the top seven returning plus some top recruits, U.C. Irvine's womens team should be one of the top in the nation in 1984.

As for the men's season, other than a one day let down U.C. Irvine's harriers were always among the top of the mens teams in the West, third at UCLA Invitational, sixth at the Aztec Invitational, fourth at the Stanford Invitational and then a disappointing second, an upset by Long Beach State at the PCAA Conference Meet. But they capped off a solid year with a fourth place at the Regional Meet with only three mens teams qualifying for the Nationals. U.C. Irvine was a mere 13 points from qualifying. This solid men's team was, for the last two seasons, led by mark Ruelas, Vince O'Boyle's 1-A recruit four years ago. He won the PCAA Conference for the 2nd year running and then a 3rd place individual at the Regional Meet, then a 30th place, 14th All American at the NCAA National Championship in Bethlehem, PA., a testimony to the hard work by Mark. Never before has a 1-A CIF athlete accomplished so much at the Division I level. This is a witness to the special working relationship that has developed between Mark and Vince.

Mark has also been recognized for his 1980 23:44 - 5 miler as a junior world record at the Runners World Invitational.

Other outstanding harriers for U.C. Irvine are junior Sean Evans, junior Mike Carlton, senior Danny Martinez, sophomore Rick Dodson, junior Joe Rubio and junior Greg Rafijah.

Congratulations coach Vince O'Boyle and U.C. Irvine Anteaters for a great year.  
**GO ZOT!**



By KEITH CONNING

## ✓ OLYMPIAN HINES IN COMEBACK

Olympic gold medalist Jim Hines says he is on the comeback trail, and he hopes to bring Oakland's athletic programs for youth with him.

Hines announced that he will attempt to qualify for the 1984 U.S. Olympic team. He says he is also establishing a foundation to help support amateur sports in Oakland.

The 37-year-old sprinter has been running two to three miles a day and doing stretching exercises in his training for this spring's Olympic trials.

"When I won the 100 meters in 1968, they told me I was 10 years ahead of my time," Hines said. "I'm 37 now, so that makes me 27 in terms of running."

Hines is a graduate of Oakland's McClymonds High School and currently lives in Oakland. For the past seven years he has worked as a recreation supervisor for the city of Austin, Texas.

To kick off the new Jim Hines Track and Field Foundation, there was a 5-kilometer and 10-kilometer run in Oakland on January 8th.

One of the foundation's major goals will be to re-establish the Oakland All-Comers Track and Field Meet, which was discontinued due to city economy measures in 1978, said Gill Patterson of the Oakland Park and Recreation Department.

Hines ran in the All-Comers Meet in high school, where he had the chance to compete with talented athletes from around the country.

In the 1964 State Meet at the Los Angeles Coliseum, Hines easily won the 100 and 220 in 9.7 and 21.5.

## ✓ LYNN SWANN WINS SETTLEMENT

San Francisco, January 4 — The San Francisco Police Commission has approved a \$225,000 settlement in a 1974 lawsuit filed by former professional football player Lynn Swann in connection with a Union Street scuffle involving four police officers.

If the Board of Supervisors approves the settlement reached by the commission, Swann, his two brothers, and a cousin will each receive more than \$40,000 initially awarded them by a Superior Court jury in 1979.

The lawsuit stems from an incident in which Swann, his brothers Brian and Calvin Swann, and a cousin Michael Henderson, were stopped by officers Walter Cullop and Dennis McClelland for running a red light.

In a 1974 trial, Swann testified that an argument developed, leading to a police attack of the men. The four men, who are black, said they were taken to Northern Station, where they were further beaten and called racial names.

Swann of Serra High School in San Mateo won the long jump at the 1970 State Meet with a leap of 24-2 1/4. His all-time best leap in high school was 24-10.

## ✓ JENNER TO RELAY TORCH

Lake Tahoe, January 6 — A group of Lake Tahoe area businessmen have put together a substantial contribution to the L.A. Olympic Committee to assure that the Olympic Torch Relay will go through their community, and Bruce Jenner has agreed to carry the torch over the California border.

Officials outlined plans this week for that area's role in the nationwide relay that will bring the symbolic torch to the Games site in Los Angeles.

Jenner won the decathlon gold medal in the 1976 Olympics at Montreal, the last time the U.S. competed in the Summer Games, and remains one of the nation's best known Olympians.

The L.A. Olympic Organizing Committee has set up the Torch Relay as a fundraiser for such youth athletic programs as the Boys Clubs of America, Girls Clubs of America and family YMCAs.

The idea is to find people willing to put up \$3000 to sponsor a runner for each of the relay's 10,000 "Youth Legacy Kilometers."

If all the one-kilometer segments were to be sold, the program would yield \$30 million for the development of youth sports.

Thus far, the sort of community-wide involvement demonstrated in the Tahoe area has been relatively rare.

Originally the Torch was to pass through all 50 states. Now it may end up reaching only half that number.

The flame is lit in Greece, where the modern games were begun in 1896, and then flown to New York. The continuing flame will be passed from runner to runner, starting May 8 and arriving in Los Angeles for the start of the Summer Games, July 28.

## ✓ SOUTH AFRICAN BREAKS MARK

Stellenbosch, South Africa, January 5 — South African Zola Budd ran nearly seven seconds under the world record in the women's 5,000-meter race with a clocking of 15:01.83 in a meet against an overseas junior team.

However, the performance by the white 17-year-old who runs barefoot will not be considered for world recognition because of the South African government's race segregation system.

The world record in the 5,000 is 15:08.26, set by Mary Decker of the United States in 1982.

The national high school record of 16:13.7 was set by Mary Shea (Cardinal Gibbons, Raleigh, North Carolina) in 1979.

The national age 17 record of 16:45.6 was set by Betty Springs (Bayshore, Bradenton, Florida) in 1979.

The California record of 16:54.4 was set by Denise Ball (Newbury Park) in 1982.

## ✓ ERIC SNELSON (ANTIOCH) ALL-AMERICAN

Eric Snelson (Antioch), the North Coast Section 3A shot put champion, was selected as a wide receiver/tight end on the *Parade Magazine* All-America High School Football Team.

Snelson is 6-4 and weighs 240. Last track season he threw the shot 55-11.

## ✓ CHARLENE GILROY

Many Olympic Marathon Trials qualifiers enjoyed success in other sports before turning to running. In Charlene Gilroy's case, she was a forward in field hockey in college and later with a field hockey club. Even now, one suspects the 5', 107-pounder would be as quick on the field as on the macadam where she turned in a 2:48:33 PR at Boston to qualify for Olympia in just her third marathon. Gilroy graduated from high school in 29 Palms, California, has a degree in education from San Jose State, and teaches second grade in San Jose. Gilroy just turned 26 on September 7, and is coached by Gary Gottleman, one of the area's top submasters. She runs for the Ryan's Sports Shop Racing Team and often trains with local talents Nancy Ditz, Eileen Claugus and Sue Munday.

## ✓ CATHY SCHIRO

Junior Cathy Schiro (Dover, New Hampshire), who placed third in the Kinney National Cross Country Championships in San Diego, won the Avon Half Marathon in New York City on September 24 in 1:13:19. This was a national record for all women under 19.

Schiro was selected as the #1 high school long distance runner in the nation last year by *Track & Field News*. She was the national leader at both 5,000 (16:25.48) and 10,000 (34:01.1). She placed 6th in the TAC Junior 3,000.

## ✓ NATIONAL HIGH SCHOOL HALL OF FAME

The late Jesse Owens is among 17 people selected for induction into the National High School Hall of Fame and Historical Center in Orlando, Florida. Owens dominated the 1936 Olympics and was a standout athlete at East Tech High School in Cleveland, Ohio. Other inductees include Jim Ryun, who ran a 3:55.1 for the mile at Wichita East High in Kansas, and basketball greats Bill Bradley and Oscar Robertson.

## ✓ HIGH SCHOOL HARRIER WINS RIGHT TO COMPETE

South Charleston, West Virginia — Eddie Gannon, a high school harrier from South Charleston, went to court to win the right to compete in the 15-mile Charleston Distance Classic.

A rule in West Virginia states that a scholastic athlete may not compete in a non-scholastic event in the same sport in which he or she is a member of a school team. Attorney Tod Kaufman had to argue in court that road racing and cross country are different sports.

The judge decided that the key issue was whether an agency of the state educational system may constitutionally restrict students away from school. He ruled that to prohibit the boy from competing was an unconstitutionally broad application and therefore was invalid and unenforceable.

## ✓ DARIN MAGGARD (ACALANES, LAFAYETTE)

Lafayette, January 12 — Darin Maggard (Acalanes, Lafayette), the son of 1968 Olympic shot putter Dave Maggard, has announced that he will not attend the University of California at Berkeley. His father is the athletic director and his older brother Dave Jr. is a student there.

Darin put the shot 54-1/2 and threw the discus 156-2 last year as a junior.

## ✓ JIM HINES OLYMPIAN RUN

Lake Merritt, Oakland, January 8 — 10K: 18 & Under: Adam McAbey (Maramonte) 34:14.0. 8. Julie Rivers (Livermore) 38:59 (1st female). 5K: 16 & Under: Bryan Rivers 18:04. Sally Wood (Piedmont) 18:48 (1st female).

this summer in the 400 hurdles. With her speed, endurance, and hurdling ability she has a good shot.

The top mark of the day belonged to Maurice Crumby (Arizona Balboa High School, San Francisco) with his 7-3 high jump. He got good competition from John Morris (California/Fairfield High School), who finished second at 7-1.

Sharon Ware (Arizona State/Berkeley High School), ranked ninth in the U.S. at 100 meters last year by *Track & Field News*, won the 55 meters in 7.0.

## High School Results

Open Division: 200: Kenny Henderson (Berkeley) 22.1. High School Boys: 55: Donald Davis (Berkeley) 6.5. 200: Anthony Usher (Berkeley) 23.0. 400: Andre Hunter (Berkeley) 50.5. 800: Noah Hinkston (Oakland Tech) 2:02.2. 1500: Ron Symons (Drake) 4:14.7. 3200: Luke Merriman (Mills) 10:19.8. 55HH: John Gash (Santa Rosa) 7.9. 300HH: Darin Turner (Drake) 42.7. 4X100: Berkeley (Billy Stanberry, Anthony Usher, Ben Strickland, Andre Hunter) 45.4. PV: Gash 13-3. LJ: Marc Sako-Ram (Albany) 19-11. TJ: Terry Calloway (Oakland) 42-9 1/2. SP: Charlie Smith (Serra) 37-10 1/4. High School Girls: 200: Jackie Baker (Berkeley) 26.4. 400: Josie Alexander (Oakland) 62.2. 800: Ann Hribar (Drake) 2:35.2. LJ: Yvette Bates (Berkeley) 18-4. TJ: Bates 36- 3/4.

# Race Clocks

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## All-Comers

Berkeley, January 7 — Leslie Maxie (Mills, Milbrae), the defending State Meet 400 meter champion, ran the first five hurdles of the 300 hurdle race. She is going to try to qualify for the Olympic Trials



## 1983 High School

# All-California Cross Country Team

by Keith Conning

Doug Speck ranked the Southern and Los Angeles Sections. Steve Fagundes ranked the Sac-Joaquin Section. Keith Conning ranked Northern California and did the overall California ranking.

It was very difficult selecting the All-California team this year. In the future I am thinking of basing the selection on the Kinney Western Regional meet. There is very little competition between athletes in the north and the south. In many cases the Fresno meet is the first time that the athletes meet each other. The NCAA All-America team is based on the finish at the national championships. One

difficulty that we have is that some preps do not run in the Kinney meet.

This year I have selected seven athletes for the All-California team. Then fourteen athletes were selected for the Northern and Southern California teams.

Doug Speck based his rankings on the overall season with a particular emphasis on the Sectional competition. He believes that people should be rewarded for Kinney competition, but not so terribly penalized if they do not do that well there.

Calvin Gaziano (Castro Valley) is the top ranked cross

country runner in California this fall. He defeated Matt Glusto (San Mateo), the national champion, in four of their five meetings. Jesus Gutierrez (Pasadena), who became the third fastest performer of all-time at Mt. SAC, is ranked third.

Kirsten O'Hara (Palos Verdes), the Southern Section 4A champion, was undefeated against California opponents. Joni Mooney (Vacaville), the Sac-Joaquin Section champion, also won the team sweepstakes race at Mt. SAC. Sally Pinkner (Davis), the Northern California champion, placed second at the Kinney Western Regional.

## All-California Boys Team

Fine Flicks by Don Gosney

### 1. \*Calvin Gaziano, 16 (Castro Valley)

08/14	1)	Kaiser Lake Merritt 5K 15:19.3
08/21	1)	Run For The Parks 10K 31:48 18&U
09/21	1)	v. Mission San Jose 17:16
09/24	1)	Ram 12:16 CR
10/01	1)	Artichoke L 11:16.0
10/10	1)	Stanford L 15:24.1
10/29	3)	Mt. SAC IS 15:01
11/03	1)	HAAL 14:42 CR
11/12	1)	2A So 15:12
11/19	1)	MOC 14:43
11/26	1)	Nor Cal 14:43.5
12/03	2)	Kinney W 14:54.2
12/10	10)	Kinney N 15:18

### 2. Matt Glusto, 17 (San Mateo)

10/01	3)	Artichoke L 11:18.7
10/08	2)	Crystal Springs V 15:11.7
10/10	3)	Stanford L 15:40.6
11/1	1)	PAL 14:40 @ Crystal Springs
11/15	1)	Region I 14:56.1
11/22	1)	CCS 15:04.1
11/26	2)	Nor Cal 14:45.5
12/03	3)	Kinney W 15:01.9
12/10	1)	Kinney N 14:54

### 3. Jesus Gutierrez, 18 (Pasadena/Sierra Madre)

09/22	1)	San Marino's Lucy Park 14:44 CR
09/24	1)	Dana Hills 12th 14:16 CR
10/29	1)	Mt. SAC IS 14:49 (3rd fastest all-time)
11/12	1)	4A R3 13:25
11/19	2)	SS 4A 15:01
12/03	20)	Kinney W 15:36.7

### 4. Patrick Watson, 18 (Palos Verdes, Palos Verdes Est.)

09/17	1)	Millikan LS Sr 15:08
09/24	1)	Royal L 15:25
11/12	1)	4A R2 13:45
11/19	3)	SS 4A 15:09
12/03	8)	Kinney W 15:12.9
12/10	12)	Kinney N 15:21

### 5. Chris Craig, 17 (Leigh, San Jose)

09/24	1)	Granada 15:00 MR
10/01	2)	Artichoke L 11:17.5
10/10	2)	Stanford L 15:25.3
10/15	1)	Foothill-St. Francis S 15:24
10/24	2)	v. Del Mar & Los Gatos 10:14
10/29	2)	Postal 9:12.0
11/16	2)	Region III 15:55.8
11/22	2)	CCS 15:28.8
11/26	3)	Nor Cal 15:04.8
12/03	24)	Kinney W 15:41.0

### 6. Pete Vicencio, 17 (Del Oro, Loomis)

07/31	1)	Pear Fair 10m u19 58:07.06
09/24	1)	Chico 15:30
10/01	1)	Nevada Union 15:33.1
10/10	4)	Stanford L 15:46.0
11/04	1)	Sub 4 15:16
11/11	1)	SJS 15:23.2
11/26	4)	Nor Cal 15:13.9
12/03	8)	Kinney W 15:16.0
12/10	18)	Kinney N 15:40



CALVIN GAZIANO

### 7. Patrick Green, 17 (La Jolla, San Diego)

08/21	1)	Americas Finest City-1/2 Mar. 17u 1:11:22
09/24	1)	South Bay 15:39
10/08	3)	Mt. Carmel 15:20.2
11/18	1)	1A H1 15:36
11/23	1)	SDS 1A 15:41
12/03	10)	Kinney W 15:19.1

## Northern California Boys

Selected by Keith Conning

### FIRST TEAM

#### 1. \*Calvin Gaziano (Castro Valley)

#### 2. Matt Glusto (San Mateo)

#### 3. Chris Craig (Leigh, San Jose)

#### 4. Pete Vicencio (Del Oro, Loomis)

#### 5. \*John Bass, 17 (Castro Valley)

09/21	03)	v. Mission San Jose 17:29
09/24	02)	Ram 12:25
10/01	04)	Artichoke L 11:22.7
10/10	09)	Stanford L 16:03.1
10/29	14)	Mt. SAC IS 15:37
11/03	02)	HAAL 15:13
11/12	02)	2A So 15:20
11/19	02)	MOC 14:53
11/26	DF)	Nor Cal

#### 6. Rod Grieve (Jesuit, Carmichael)

07/31	02)	Pear Fair 10m u19 58:17.08
09/14	01)	Non-scoring scrimmage 16:00
09/24	04)	Clovis 15:27
10/02	03)	Nevada Union 15:59.5
10/08	02)	Crystal Springs CV 15:12.0
10/29	13)	Mt. SAC TS 15:58
11/04	04)	Sub 2 15:46
11/11	02)	SJS 15:27.0
11/26	14)	Nor Cal 15:31.0
12/03	42)	Kinney W 15:53

#### 7. Nick Sparks, 17 (Bella Vista, Fair Oaks)

09/24	01)	Sierra College 15:30
10/01	02)	Nevada Union 15:47.4
10/08	01)	Crystal Springs V 15:00.0
11/02	01)	Sub 3 15:28
11/11	04)	SJS 15:36.3
11/26	05)	Nor Cal 15:17.0

### SECOND TEAM

#### 8. \*\*David Naranjo, 16 (Sanger)

08/06		Sierra Pines 5.6m 31:14
08/20	01)	Bass Lake Run Thru Pines 18u 1:11:45
09/21	01)	Mt. Whitney 15:05 CR
09/23	01)	Sanger 14:35.8 MR
09/25	03)	Police & Friends 6m 30:24
09/30	01)	Hanford Soph 8:49.9
10/01	07)	ARCO Run LA 10K 30:49(short 252')
10/15	01)	Atascadero 15:50
10/22	02)	Soquel L 12:37.2
10/29	01)	Kern 15:14
11/04	05)	NYL 15:25
11/10	03)	Central Area 15:12
11/19	03)	CS 14:50
11/26	07)	Nor Cal 15:19.6
12/03	43)	Kinney W 15:54
12/10	05)	AAU JO 15:16 15:40



8. Miguel Hurtado (Sanger)  
 08/06 01) Sierra Pines Jr. Boys 5.6m 30:26  
 09/21 02) Mt. Whitney 15:21  
 09/23 02) Sanger 14:53.4  
 09/30 01) Hanford Sr. 14:22  
 10/15 03) Atascadero 16:05  
 10/29 02) Kern 15:26  
 10/22 03) Soquel L  
 11/04 02) NYL 15:13  
 11/10 01) Central Area 14:46.4  
 11/19 04) CS 14:50  
 11/26 06) Nor Cal 15:18.6  
 12/10 24) AAU JO 17-18 15:41

10. \*\*Mike Wall, 15 (Lassen, Susanville)  
 09/24 01) Chico JV 9:16 CR  
 10/01 01) Artichoke LS f/s 11:54.4  
 10/15 02) Rio Linda 15:49.9  
 11/05 01) NS 15:53  
 11/26 08) Nor Cal 15:24.2  
 12/03 47) Kinney W 15:56

11. John Foley (Miramonte, Orinda)  
 09/11 04) Indian Ridge Run 5K 16:57  
 10/15 01) Miles S 15:32  
 11/03 01) FAL 16:22.3  
 11/12 03) 2A So 15:53  
 11/19 03) MOC 15:15  
 11/26 09) Nor Cal 15:26.7

12. James Green, 17 (Gunderson, San Jose)  
 10/01 06) Artichoke L 11:38.0  
 10/20 01) Center 15:22  
 10/29 06) Postal 9:28.0  
 11/15 01) CCS RII 15:07.7  
 11/22 05) CCS 15:39.2  
 11/26 12) Nor Cal 15:29.8  
 12/03 34) Kinney W 15:49

13. Christopher Bahr, 18 (Mt. Whitney, Visalia)  
 09/21 04) Mt. Whitney 15:49  
 09/24 18) Clovis 16:00  
 10/08 10) Mt. Carmel 16:13.8  
 11/04 02) WYL 15:52  
 11/10 04) Central Area 15:18  
 11/19 01) CS 14:36  
 11/26 16) Nor Cal 15:35.0  
 12/03 30) Kinney W 15:46

14. Greg Rivera (Willow Glen, San Jose)  
 09/24 03) Lake Cunningham 11:28.7  
 10/01 07) Artichoke L 11:47.8

10/08 06) Crystal Springs V 15:37.6  
 10/15 02) Foothill-St. Francis 15:56  
 10/29 14) Postal 9:51.1  
 11/15 10) CCS RII 16:07.0  
 11/22 06) CCS 15:46.6  
 11/26 10) Nor Cal 15:28.4  
 12/03 51) Kinney W 15:58

## Southern California Boys

Selected by Doug Speck & Keith Conning

### FIRST TEAM

1. Jesus Gutierrez (Pasadena)

2. Patrick Watson (Palos Verdes)

3. Patrick Green (La Jolla)

4. Ted Goodlake, 17 (Fallbrook)  
 09/24 01) South Bay 15:31  
 10/08 01) Fountain Valley-HuntingtonBch.D2 15:21  
 10/29 04) Mt. SAC IS 15:07  
 11/18 01) 3A H1 15:19  
 11/23 01) SDS 3A 15:18  
 12/03 11) Kinney W 15:20.2

5. Edward Toro, 17 (Barstow)  
 09/17 02) Colton 15:27  
 09/24 04) Dana Hills 12th 14:48  
 10/08 02) Arlington D3 15:41  
 10/15 02) Yucaipa D3 15:40  
 10/29 08) Mt. SAC IS 15:17  
 11/12 02) 3A R1 13:56  
 11/19 01) SS 3A 15:02  
 12/03 13) Kinney W 15:23.8

6. James Ortiz, 18 (Barstow)  
 09/17 01) Colton 12th 14:59  
 09/24 02) Dana Hills 12th 14:29  
 10/08 01) Arlington D3 15:29 CR  
 10/15 01) Yucaipa D3 15:22  
 10/29 02) Mt. SAC IS 14:53  
 11/12 01) 3A R1 13:54  
 11/19 02) SS 3A 15:09  
 12/03 54) Kinney W 16:00

7. Daniel Holmes, 18 (Serra, San Diego)  
 09/24 02) Royal L 15:39  
 10/08 01) Hancock-Righetti L 15:27  
 10/29 09) Mt. SAC IS 15:18  
 11/12 02) 4A R3 13:31  
 11/19 01) SS 4A 15:00  
 12/03 26) Kinney W 15:41

### SECOND TEAM

8. Robert Flithen, 18 (Serra, San Diego)  
 07/10 01) Lions-Padres 10K 13-17 32:52  
 09/24 05) South Bay 15:53  
 10/08 02) Mt. Carmel 15:19.9  
 10/29 10) Mt. SAC IS 15:22  
 11/18 02) 3A H1 15:30  
 11/23 02) SDS 3A 15:22  
 12/03 25) Kinney W 15:41

9. Adolfo Garcia, 19 (Escondido)  
 09/24 10) South Bay 16:14  
 10/08 05) Mt. Carmel 15:35.7  
 11/18 01) 2A H2 15:45  
 11/23 01) SDS 2A 15:27  
 12/03 15) Kinney W 15:28.6

10. J. P. Hall (La Salle, Pasadena)  
 09/17 01) Woodbridge 1A Sr 15:33  
 09/24 03) Dana Hills 12th 14:36  
 10/29 05) Mt. SAC IS 15:10  
 11/12 01) 1A R1 13:49  
 11/19 01) SS 1A 15:16  
 12/03 16) Kinney W 15:31.0

11. Chris Rice, 18 (Newbury Park)  
 09/17 05) Millikan Sr 15:42  
 10/08 01) Buena Park D3 15:22  
 11/12 03) 4A R3 13:40  
 11/19 05) SS 4A 15:15  
 12/03 14) Kinney W 15:28.2

12. \*Roman Gomez (Belmont, Los Angeles)  
 07/16 02) ARCO Run LA 5K 16-18 15:47  
 08/21 02) Beat The Heat 5K 15:28  
 10/01 01) ARCO Run LA 10K 30:07 (252' short)  
 12/10 01) LAS

continued on next page...

photo by Keith Conning



CHRIS CRAIG

photo by Burt Davis



CHRIS RICE

photo by Burt Davis



JESUS GUTIERREZ

photo by Burt Davis



PAT GREENE

photo by Keith Conning



NICK SPARKS



13. David Anderson, 17 (Corona del Mar, Newport Bch)  
09/17 01) Woodbridge 2A Sr 15:08  
10/01 05) Costa Mesa D3 15:23  
10/08 04) Fountain Valley-HB D2 16:03  
11/12 03) 4A R1 14:05  
11/19 04) SS 4A 15:19  
12/03 39) Kinney W 15:52

14. Frank Ramirez (Lompoc)  
09/24 01) Royal M 15:44  
10/29 11) Mt. SAC IS 15:23  
11/12 02) 2A R3 13:53  
11/19 01) SS 2A 15:24  
12/03 35) Kinney W 15:50

## All-California Girls Team

1. Kirsten O'Hara, 17 (Palos Verdes, PV Est)  
09/17 01) Millikan Sr 17:56.5 CR  
09/24 01) Royal L 14:14 (short course)  
10/01 01) Kenny Staub D1 18:04 CR  
11/12 01) 4A R2 15:33  
11/19 01) SS 4A 17:17  
12/03 01) Kinney W 17:25.6  
12/10 05) Kinney N 17:38.7

2. Joni Mooney, 18 (Vacaville)  
09/16 01) Onion Classic 17:54  
09/24 01) Chico 10:25  
10/01 01) Nevada Union 18:10.7  
10/06 01) Crystal Springs 17:34.3  
10/10 01) Stanford L 18:29.1  
10/15 01) Rio Linda 18:04.0  
10/29 01) Mt. SAC TS 17:58  
11/04 01) Sub 2 17:45  
11/11 01) S-JS 17:40.0  
11/26 10) Nor Cal 18:11.8  
12/03 13) Kinney W 18:26.4

3. Sally Pinkner (Davis)  
09/16 02) Onion Classic 18:07  
09/18 02) Buffalo Stampede 10m 1:03.33  
09/24 02) Clovis 17:48  
10/01 02) Nevada Union 18:32  
10/10 04) Stanford L 18:52.9  
10/15 02) Rio Linda 18:17.5  
10/26 01) Delta League 18:18  
11/04 02) Sub 2 18:01  
11/11 02) S-JS 17:57.7  
11/26 01) Nor Cal 17:23.1  
12/03 02) Kinney W 17:51.4  
12/10 13) Kinney N 17:58.1

4. Sylvia Mosqueda, 17 (San Gabriel/Rosemead)  
09/24 01) Azusa 12th 17:23 CR  
10/01 02) Kenny Staub D1 18:13  
10/29 01) Mt. SAC 18:13  
11/12 01) 3A R2 16:02  
11/19 01) SS 3A 17:53  
12/03 03) Kinney W 17:56.3  
12/10 23) Kinney N 18:23.5

5. Chantal Plante, 18 (Arroyo Grande/Grove City)  
09/10 01) Nipomo 17:58 MR  
09/17 01) Bellpepper 18:42  
09/24 01) Clovis 17:30  
09/30 01) Northern League Quad 17:50  
10/10 02) Stanford L 18:30.2  
10/29 02) Mt. SAC TS 18:21  
11/12 01) 2A R3 16:12  
11/19 01) SS 2A 18:32  
12/03 05) Kinney W 18:00.4  
12/10 25) Kinney N 18:33.6

6. \*\*Shannon Clark, 15 (Mt. View)  
10/01 02) Artichoke L 13:34.7  
10/10 03) Stanford L 18:35.6  
10/15 01) Foothill-St. Francis 17:46  
10/20 01) Center 17:58  
11/15 01) Region II 17:44.3  
11/22 01) CCS 17:44.8  
11/26 02) Nor Cal 17:26.7  
12/03 06) Kinney W 18:01.1  
12/10 17) Kinney N 18:08.7

7. Noreen de Bettencourt, 17 (Carondelet, Concord)  
09/11 01) Indian Ridge 10K 11:16 42:32.0  
10/01 06) Artichoke S 14:32.7  
10/10 56) Stanford A 21:19.3  
10/29 08) Mt. SAC #51 19:22  
11/05 01) CAL 19:39  
11/12 01) 2A So 18:24  
11/19 01) MOC 17:47.1  
11/26 30) Nor Cal 19:01.8  
12/03 09) Kinney W 18:17.4



KIRSTEN O'HARA Fine Flicks by Don Gosney



## Northern California Girls

Selected by Keith Conning

### FIRST TEAM

1. Joni Mooney (Vacaville)  
2. Sally Pinkner (Davis)  
3. Shannon Clark (Mt. View)  
4. Noreen de Bettencourt (Carondelet, Concord)  
5. \*\*Monica Daley (Los Gatos)  
10/01 05) Artichoke L 14:20.1  
10/15 04) Del Mar 12:57.1  
10/29 07) Postal 11:26.7  
11/15 03) Region III 18:47.3  
11/22 02) CCS 18:21.1  
11/26 04) Nor Cal 17:49.3  
12/03 25) Kinney W 18:42  
6. \*\*Sabrina Han, 15 (Westmoor, Daly City)  
06/23 01) Burlingame 5K 19:21  
07/09 27) Good Sport Couples Relay  
09/03 78) Breakers To Bay 10K 48:40  
09/17 01) Lowell 19:48 MR  
09/24 01) Ram 14:55  
10/08 03) Crystal Springs 18:24.3  
10/15 01) Del Mar 12:30.0  
10/20 02) Center 18:16  
11/15 01) Region I 17:51.6  
11/22 03) CCS 18:24.5  
11/26 03) Nor Cal 17:47.1  
12/03 29) Kinney W 18:48  
7. \*Tina Goodykoontz (San Ramon, Danville)  
09/22 01) v. Livermore 13:01  
10/15 02) Miles 17:39  
11/03 01) EBAL 18:27.9  
11/12 01) 3A 18:01  
11/19 04) MOC 18:09.7  
11/26 05) Nor Cal 17:58.1

### SECOND TEAM

8. Stacey McAfee, 17 (Del Oro, Loomis)  
09/24 02) Chico 10:34  
10/02 04) Nevada Union 19:12.3  
10/10 06) Stanford L 19:11.2  
11/04 01) Sub 4 17:56 at Sierra College  
11/11 05) S-JS 18:18.3  
11/26 06) Nor Cal 18:01.9  
9. \*Julie Rivera (Livermore)  
08/14 02) Kaiser Lake Merritt 5K 18:36.1  
09/10 04) Sugar City 2m 12:04.6  
09/22 02) v. San Ramon 13:08  
09/24 01) Granada 18:40 MR  
10/15 01) Miles 17:22  
10/29 02) Postal 11:14.6  
11/03 03) EBAL 18:56.1  
11/12 02) 3A 18:16  
11/19 02) MOC 17:58.3  
11/26 07) Nor Cal 18:05.2  
10. \*\*\*Kelly Inickl (Harbor, Santa Cruz)  
10/08 01) Watsonville  
10/15 01) Stevenson 20:36  
10/22 01) Soquel 15:21.7  
11/16 01) Region IV 18:52.1  
11/22 05) CCS 18:34  
11/26 08) Nor Cal 18:08.2  
12/03 39) Kinney W 18:58  
11. \*\*Laurie Chapman, 15 (Gunderson, San Jose)  
10/01 03) Artichoke L 14:03.7  
10/08 04) Crystal Springs 18:43.8  
10/20 03) Center 19:04  
10/29 01) Postal 11:04.2  
11/15 02) Region II 18:18.3  
11/22 06) CCS 18:35.6  
11/26 09) Nor Cal 18:08.6  
12/03 14) Kinney W 18:26.7  
12. \*Sally Wood, 18 (Piedmont)  
10/01 03) Artichoke S 14:21.2  
10/10 04) Stanford S 19:52.2  
11/02 01) ACAL 18:45  
11/12 02) 2A So 18:40  
11/19 05) MOC 18:20.9  
11/26 11) Nor Cal 18:13.7  
12/03 15) Kinney W 18:29.7  
13. \*Colleen Donovan, 16 (Lodi/Merced)  
09/24 01) Frogtown 18:23  
10/23 01) SJAA 18:58  
11/04 01) Sub 1 18:35



11/11 03) S-JS 18:11.7  
11/26 15) Nor Cal 18:23.9  
12/03 19) Kinney W 18:34.2

14. **\*\*Rebecca Chamberlain, 16 (Leigh, San Jose)**  
09/24 03) Granada 19:22  
10/01 08) Artichoke L 14:30.3  
10/10 25) Stanford L 19:58.5  
10/15 02) Foothill-St. Francis 19:10  
10/29 04) Postals 11:21.3  
11/16 02) Region III 18:43.5  
11/22 04) CCS 11:29.3  
11/26 12) Nor Cal 18:19.5  
12/03 24) Kinney W 18:40.6

## Southern California Girls

Selected by Doug Speck & Keith Conning

### FIRST TEAM

1. Kirsten O'Hara (Palos Verdes)
2. Sylvia Mosqueda (San Gabriel)
3. Chantal Plante (Arroyo Grande)
4. **\*\*Lisa Rizzo, 15 (Hart, Newhall)**  
09/24 01) Royal M 18:15  
10/01 01) Bell-Jeff D2 18:07  
10/29 05) Mt. SAC IS 18:50  
11/12 01) 3A R1 16:11  
11/19 02) SS 3A 18:08  
12/03 18) Kinney W 18:33.8
5. **\*\*Maura Daly (Mission Viejo)**  
10/01 01) Esperanza D2 24:49(wrong turn)  
10/08 01) Fountain Valley-HB D1 18:40  
10/29 02) Mt. SAC TS 18:29  
11/12 02) 3A R2 16:34  
11/19 03) SS 3A 18:11
6. Frances Silva (Kennedy, Granada Hills)  
12/10 01) Los Angeles Section
7. Lori Good (Arlington, Riverside)  
10/08 03) Arlington 19:32  
10/15 02) Yucaipa D3 19:31  
10/29 03) Mt. SAC IS 18:38  
11/12 01) 3A R3 16:28  
11/19 04) SS 3A 18:27

### SECOND TEAM

8. Jenni Scott, 17 (Tustin)  
09/17 02) Woodbridge 3A 18:20  
09/24 02) Dana Hills DIII 17:22  
10/01 02) Costa Mesa D3 18:14  
10/10 10) Stanford L 19:20.8  
10/29 04) Mt. SAC TS 18:29  
11/12 02) 4A R1 16:31  
11/19 02) SS 4A 18:32  
12/03 16) Kinney W 18:30.8
9. Claire Felt, 18 (Mater Del, Santa Ana)  
11/12 02) SS 3A R1 18:25  
11/19 05) SS 3A 18:31
10. Pauline Stehly (Orange Glen, Escondido/S.D.)  
09/24 02) South Bay 11:52  
10/08 01) Mt. Carmel 13:36.6  
10/29 01) Mt. SAC R51 18:34  
11/18 01) SDS 2A H2 11:48  
11/23 01) SDS 2A 11:50  
12/03 21) Kinney W 18:35.2
11. **\*Heather Brookes, 16 (Bonita Vista, Chula Vista)**  
06/12 01) Rancho Bernardo 10K 14-15 39:59  
07/10 01) Lions-Padres 10K 13-17 38:00  
09/10 01) Bishop Amat Jr. 19:14  
09/24 01) South Bay 11:47  
10/08 02) Mt. Carmel  
10/29 03) Mt. SAC TS 18:26  
11/18 02) 2A H2 12:10  
11/23 05) SDS 2A 12:11  
12/03 20) Kinney W 18:34.9
12. **\*Tammy McCarty (Buena, Ventura)**  
09/24 02) Royal L 14:53  
10/01 04) Kenny Staub D1 18:55  
10/29 05) Mt. SAC TS 18:33  
11/12 03) 4A R3 16:49  
11/19 03) SS 4A 18:38
13. Marcia Escobosa (El Dorado, Placentia)  
10/29 07) Mt. SAC IS 18:54  
11/12 03) SS 3A R1 16:34  
11/19 06) SS 3A 18:39
14. Cheryl Oslinker, 17 (South Hills, Covina)  
09/17 04) Millikan S 19:42  
09/24 02) Azusa 12th 18:52  
10/01 02) Costa Mesa D2 18:46  
10/08 01) Fountain Valley-HB D1 19:16  
11/12 01) 2A R1 16:53  
11/19 03) SS 2A 18:46  
12/03 12) Kinney W 18:26.0

### Key

Name, Age on 12/3/83, (High School, City/Hometown)  
AAU - Amateur Athletic Union  
ACAL - Alameda County Athletic League  
CCS - Central Coast Section  
CR - Course Record  
CS - Central Section  
CV - Championship Varsity  
D - Division  
DNF - Did Not Finish  
EBAL - East Bay Athletic League  
FAL - Foothill Athletic League  
f/s - Fresh/Soph  
H - Heat  
HAAL - Hayward Area Athletic League  
IS - Individual Sweepstakes  
JO - Junior Olympics  
JV - Junior  
JV - Junior Varsity  
K - Kilometer  
L or LS - Large Schools  
LAS - Los Angeles Section  
m - Miles  
M - Medium Schools  
MOC - Meet of Champions  
N - National  
NS - Northern Section  
NYL - North Yosemite League  
PAL - Peninsula Athletic League  
S - Small Schools  
SDS - San Diego Section  
SJAA - San Juan Athletic Association Invitational  
S-JS - Sac-Joaquin Section  
So - South or Sophomore  
Sr - Senior  
SS - Southern Section  
Sub - Sub Section  
TS - Team Sweepstakes  
u - Under  
v - Versus  
V - Varsity  
W - Western  
WYL - West Yosemite League  
11th - Junior Race  
12th - Senior Race  
\* - Junior  
\*\* - Sophomore  
\*\*\* - Freshman

photo by Burt Davis



TAMMY McCARTY

photo by Keith Conning



NOREEN DE BETTENCOURT

photo by Doug Speck



(left to right): MARCIA ESCOBOSA, SYLVIA MOSQUEDA, MAURA DALY

photo by Keith Conning



LAURIE CHAPMAN



## All Time List: Mt. SAC & Crystal Springs X-C

The following listings are the All-Time Top Marks for the two most popular California cross country courses: Mt. SAC in the south and Crystal Springs in the north. The Mt. SAC course is 3.0 miles while the Crystal Springs layout measures 2.93 miles. Both are considered tough, hilly courses.

The top ten performances are listed as well as about the top 25 performers for both individual and team times. Team times are based on the top five athletes total times.

Special "Thanks" to Doug Speck, Mike Kennedy and Howard Willman for their efforts in compiling these listings. We hope to feature other prep cross country course all-time lists in the future. Anybody want to work on Woodward Park or Sierra College?

### Mt. SAC X-C Course

Researched by Doug Speck and Mike Kennedy

#### BOYS INDIVIDUALS:

1	Jeff Nelson (Burbank) 1978	14:32
2	Eric Reynolds (Camarillo) 1982	14:39
	Reynolds 1982	14:44
	Reynolds 1982	14:46
3	Jesus Gutierrez (Pasadena) 1983	14:49
	Gutierrez (Pasadena) 1982	14:53
4	Jim Ortiz (Barstow) 1983	14:53
5	Jon Butler (Edison, Huntington Beach) 1980	14:55
6	John Gerhardt (Costa Mesa) 1977	14:56
	Ortiz 1982	14:56
7	Chuck Assuma (Eisenhower, Rialto) 1977	14:57
8	Paul Medvin (University, LA) 1978	14:58
	Eric Sappenfield (Santa Barbara) 1979	14:58
	Mark Junkermann (Los Alamitos) 1982	14:58
11	Jeff Holyfield (Cres. Vly., La Crescenta) 1981	15:00
	Dan Holmes (Santa Barbara) 1983	15:00
13	Rick Rose (Helix, San Diego) 1977	15:01
	Calvin Gaziano (Castro Valley) 1983	15:01
15	Ed Toro (Barstow) 1983	15:02
16	Ken Ernst (El Dorado, Placentia) 1978	15:04
17	Jay Marden (Mission San Jose, Fremont) 1979	15:05
18	Joe Young (Costa Mesa) 1977	15:06
	Steve Webb (Kennedy, La Palma) 1977	15:06
	Mike Melandaz (Norco) 1978	15:06
	Rich Read (Mission San Jose, Fremont) 1979	15:06
	Eugene Cruz (Burbank) 1982	15:06
23	Ted Goodlake (Fallbrook) 1983	15:07
24	Martin Sandoval (Monte Vista, San Diego) 1982	15:08
25	Marc Keller (Helix, San Diego) 1977	15:09
	Richard Diaz (Redondo Beach) 1978	15:09
	Mike Parkinson (South Pasadena) 1979	15:09
	Pat Watson (Palos Verdes) 1983	15:09
29	Gary Gonzales (Clovis) 1980	15:10
	Scott Hakeman (El Dorado, Placentia) 1982	15:10
	J.P. Hall (LaSalle, Pasadena) 1983	15:10

#### BOYS TEAMS:

1	Helix (San Diego) 1977	78:08
2	South (Eugene, Oregon) 1978	78:23
3	Barstow 1983	78:39
4	Mission San Jose (Fremont) 1978	78:54
5	Mission San Jose (Fremont) 1979	78:56
6	Mater Dei (Santa Ana) 1982	79:08
7	El Modena (Orange) 1982	79:09
8	Barstow 1982	79:11
9	Arroyo (El Monte) 1983	79:16
	Mater Dei (Santa Ana) 1982	79:19
10	Mater Dei (Santa Ana) 1981	79:21
11	Eisenhower (Rialto) 1977	79:24
	Thousand Oaks 1979	79:24
	Palos Verdes 1982	79:24
14	Crescenta Valley (La Crescenta) 1981	79:25
15	El Dorado (Placentia) 1982	79:26
16	Costa Mesa 1977	79:29
17	Monte Vista (San Diego) 1982	79:30
18	Foothill (Santa Ana) 1977	79:39
19	Marina (Huntington Beach) 1977	79:40
20	Burroughs (Burbank) 1978	79:42
21	Palos Verdes 1977	79:44
22	Kearney (San Diego) 1977	79:47
	Monte Vista (San Diego) 1978	79:47
24	Jesuit (Sacramento) 1983	79:48
25	Montebello 1982	79:52
26	Monte Vista (San Diego) 1983	79:57

#### GIRLS INDIVIDUALS:

1	Kirsten O'Hara (Palos Verdes) 1983	17:16
2	Katie Dunsmuir (Pacific Palisades) 1982	17:25
3	Laura Cattivera (Mira Costa, Mhntn Bch.) 1982	17:26
4	Polly Plumer (University, Irvine) 1981	17:27
5	Tania Fischer (Chaminade, Canoga Park) 1981	17:29
	Fischer 1981	17:31
	Fischer 1982	17:32
	Cattivera 1982	17:33
	Fischer 1982	17:33
6	Vickie Cook (Alemany, Mission Hills) 1981	17:39
7	Teresa Barrios (University, Irvine) 1981	17:43
8	Sandy Blakeslee (Vista) 1982	17:46
9	Claire Felt (Mater Dei, Santa Ana) 1982	17:52
10	Sylvia Mosqueda (San Gabriel) 1983	17:53
11	Lesley White (Sonora, La Habra) 1981	17:54
12	Denise Ball (Newbury Park) 1981	17:56
13	Joni Mooney (Vacaville) 1983	17:58
14	Kathy Ebner (Bishop Amat, La Puente) 1982	17:59
15	Lori Lopez (Sacred Heart, LA) 1981	18:00
16	Julie Seleine (University, Irvine) 1982	18:07
17	Lisa Rizzo (Hart, Newhall) 1983	18:08
18	Katie Manning (Louisville, Woodland Hls.) 1982	18:09
19	Maura Daly (Mission Viejo) 1983	18:12
20	Ann Bensch (Palos Verdes) 1981	18:16

#### GIRLS TEAMS:

1	University (Irvine) 1981	92:25
	University 1981	92:26
2	University (Irvine) 1982	93:33
3	Mira Costa (Manhattan Beach) 1982	94:40
4	Foothill (Santa Ana) 1982	94:59
	Foothill 1982	95:00
5	Palos Verdes 1983	95:01
	University 1982	95:19
6	Tustin 1983	95:20
	Tustin 1983	95:28
7	El Dorado (Placentia) 1983	95:59
8	Mission Viejo 1983	96:20
9	Foothill (Santa Ana) 1981	96:28
10	Costa Mesa 1981	96:52
11	Edison (Huntington Beach) 1982	97:07
12	Tustin 1981	97:20
13	Irvine 1983	97:21
14	Palos Verdes 1982	97:24
15	Millikan (Long Beach) 1982	97:27
16	Buena (Ventura) 1983	97:28
17	Tustin 1982	97:39
18	Bishop Amat (La Puente) 1982	97:46
19	Newbury Park 1981	98:03
20	Thousand Oaks 1982	98:05
21	Newport Harbor 1983	98:08
22	Rolling Hills (Palos Verdes Est.) 1982	98:29
23	Rowland (Roland Heights) 1983	98:35
24	Arlington 1982	98:40
25	Mira Costa (Manhattan Beach) 1981	98:48
26	Walnut 1981	98:50
27	Saugus 1982	98:51
28	Dos Pueblos (Goleta) 1982	98:58

### Crystal Springs Course

Compiled by Howard Willman

#### BOYS INDIVIDUALS:

1	Mitch Kingery (San Carlos) 1973	14:28
	Jay Marden (Mission San Jose, Fremont) 1980	14:28
	Kingery 1973	14:37
3	Barasa Thomas (Santa Barbara) 1979	14:37
4	Andy DiConti (La Canada) 1979	14:40
	Matt Giusto (San Mateo) 1983	14:40
	Marden 1979	14:41
	Kingery 1973	14:42
	Kingery 1973	14:42
6	Bob Paulin (Camden, San Jose) 1975	14:42
	Mike McGlade (NW Christian, Spokane, WA) 1979	14:42
8	Tom Downs (Skyline, Oakland) 1978	14:43
	Jesse Torres (Independence, San Jose) 1980	14:43
10	Steve Crowley (Gunn, Palo Alto) 1972	14:44
11	Fernando Balderas (San Jose) 1979	14:45
	Rich Read (Mission San Jose, Fremont) 1979	14:45
	Mike McCollum (Palo Alto) 1980	14:45
14	Carl Cattarin (Carlmont, Belmont) 1972	14:46
	Kevin O'Connor (Carlmont, Belmont) 1979	14:46
	Sam Hooker (Las Lomas, Walnut Creek) 1980	14:46
17	Jon Butler (Edison, Huntington Beach) 1979	14:47

18	Pete Brown (Burlingame) 1972	14:49
	Mike Pyeatt (Issaquah, WA) 1979	14:49
	Harold Kuphaldt (Bella Vista, Fair Oaks) 1980	14:49
21	Ron Fritzke (Leigh, San Jose) 1973	14:51
	John Frank (Central Valley) 1979	14:51
	Nelson Bernal (Westmont, Campbell) 1980	14:51
24	Matt Yeo (San Carlos) 1972	14:53
	Bob Barnett (Hillsdale, San Mateo) 1973	14:53
	Bob Love (Carlmont, Belmont) 1976	14:53

#### BOYS TEAMS:

1	Mission San Jose (Fremont) 1978	76:15
2	Leigh (San Jose) 1973	76:57
3	Mission San Jose (Fremont) 1979	77:17
	Leigh 1973	77:28
4	Pacific Grove 1975	77:33
5	Jesuit (Carmichael) 1983	77:39
6	Leigh (San Jose) 1977	77:41
7	Serra (San Mateo) 1975	77:50
	Serra (San Mateo) 1976	77:50
9	Mt. Pleasant (San Jose) 1975	78:09
	Carlmont (Belmont) 1977	78:09
11	Bella Vista (Fair Oaks) 1980	78:10
12	San Carlos 1972	78:14
13	St. Francis (Mountain View) 1976	78:16
14	Leigh (San Jose) 1979	78:21
15	Mission San Jose (Fremont) 1980	78:22
16	Los Gatos 1980	78:23
17	Jesuit (Carmichael) 1976	78:25
18	Clovis 1983	78:29
19	Half Moon Bay 1975	78:31
20	Carlmont (Belmont) 1976	78:33
21	Jesuit (Carmichael) 1980	78:36
22	Carlmont (Belmont) 1975	78:37
	Homestead (Cupertino) 1976	78:37
	Willow Glen (San Jose) 1982	78:37
25	Monte Vista (Cupertino) 1980	78:41

#### GIRLS INDIVIDUALS:

1	Ellen Lyons (Bishop Kelly, Boise, ID) 1979	16:30
2	Vickie Cook (Alemany, Mission Hills) 1979	16:49
3	Eryn Forbes (Sunset, Beaverton, OR) 1975	k18:53
4	Roxanne Blier (Independence, San Jose) 1978	17:01
5	Eliza Carney (McClintock, Tempe, AZ) 1979	17:10
6	Debbie Quatler (Edmonds, WA) 1975	k17:11
7	Robyn MacSwain (Terra Linda, San Rafael) 1980	17:14
8	Cory Schubert (Del Mar, San Jose) 1982	17:23
9	Shannon Clark (Mountain View) 1982	17:26
10	Kathy Keenan (Los Amigos, Ftn. Valley) 1979	17:27
11	Kerry Brogan (Los Altos) 1979	17:32
12	Cathy Dremmelmaier (Lynbrook, San Jose) 1979	17:34
13	Joni Mooney (Vacaville) 1983	17:35
14	Maria King (Ayer, Milpitas) 1979	17:36
15	Linda Van Housen (Sacred Heart, MP) 1980	17:37
16	Laurie Hollingworth (Piner, Santa Rosa) 1980	17:38
17	Irene Crowley (Overfelt, San Jose) 1977	17:40
18	Diane Harrel (Palos Verdes) 1979	17:42
19	Joan Fox (Homestead, Cupertino) 1978	17:47
20	Kim Schnurpfel (San Mateo) 1978	17:48
21	Kathy Koudela (Monte Vista, Cupertino) 1978	17:49
	Mary Gaffield (El Cerrito) 1979	17:49
23	Cindy Crow (Twin Falls, ID) 1979	17:51
	Sabrina Han (Westmoor, Daly City) 1983	17:51
25	Kathy Knowlton (Bellarmine, Tacoma, WA) 1979	17:52

K = time recorded on 5000m course (280m longer than 2.93 miles)

#### GIRLS TEAMS:

1	Miramonte (Orinda) 1980	93:05
2	Carondelet (Concord) 1980	95:02
3	St. Francis (Mountain View) 1982	95:34
4	Cordova (Rancho Cordova) 1980	96:13
5	St. Francis (Mountain View) 1981	96:21
6	Drake (San Anselmo) 1979	96:35
	St. Francis 1981	96:49
	St. Francis 1981	97:01
7	St. Francis (Mountain View) 1980	97:19
	Los Gatos 1983	97:19
9	St. Francis (Mountain View) 1983	97:42
10	Carlmont (Belmont) 1979	97:50
11	Half Moon Bay 1978	98:10
12	Mira Loma (Sacramento) 1980	98:21
13	Nova (Redding) 1980	98:34
14	Skyline (Oakland) 1980	98:46
15	Los Altos 1980	98:57
16	Gunn (Palo Alto) 1979	98:59
17	Los Gatos 1979	99:40
18	Half Moon Bay 1977	99:43
19	Homestead (Cupertino) 1978	99:47
20	Gunn (Palo Alto) 1980	99:54
21	Los Gatos 1980	99:59



photo by Dave Stock



JEFF NELSON

photo by Burt Davis



LAURA CATTIVERA

photo by Keith Conning



JAY MARDEN

photo by Bill Leung, Jr.



ROXANNE BIER

"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



# Results

## All Comers Track & Field

## CSLA All-Comers

Los Angeles, December 10.  
Results - Men

**High Jump:** 1. John Valentine 7-3/4, 2. Joe Raden 7-3/4, 3. Jerome Carter 6-8 1/2. **Long Jump:** 1. Calvin Goodson 21-10, 2. Henry Green 21-7. **Triple Jump:** 1. Robert Cannon 52-10, 2. Jose Salazar 51-8 1/2. **Shot Put:** 1. Darren Hall 43-9. **Discus:** 1. Darren Hall 132-3. **60HH:** 1. James McCraney 7.30, 2. Angelo Booker 7.43. **60 Yards (Flight 1):** 1. Stan Davis 6.53. **(Flight 2):** 1. Pancho Morales 6.60. **200:** 1. James McCraney 21.74, 2. Darwin Cook 21.95, 3. Angelo Booker 21.97. **300 (Flight 1):** 1. Steve Brodi 34.70. **(Flight 2):** 1. Pancho Morales 34.3. **500:** 1. Jaime Gonzales 1:08.3. **800 (H.S.):** 1. Robert Clark 2:06.0. **1000m:** 1. Andy Clifford 2:27.9. **3000:** 1. Eric Aquire 9:19.0, 2. Alonzo Granados 9:25.0. **4 X 100 Relay:** 1. Wolfe TC 45.3.

### Results - Women

**High Jump:** 1. Sue Patterson 5-6. **Shot Put (4K):** 1. Molly Koffman 37-6. **Discus:** 1. Molly Koffman 108-8. **60 Hurdles (33"): 1. Sandra Farmer 8.34. 60 Yards:** 1. Tesha Giddens 7.32. **200:** 1. Sandra Farmer 25.52. **300m:** 1. Tesha Giddens 42.3. **500m:** 1. Donna Curtis 1:16.4, 2. Robin Simmons 1:16.7. **800:** 1. Christi Olson 2:24.0. **1000m:** 1. Kim Ojeda 3:18.9. **3000:** 1. Michele Hopper 9:43.7.

## CSLA All-Comers

Los Angeles, December 17.  
Results - Men

**High Jump:** 1. Joe Radan, S&S, 7-2, 2. John Valentine, Unat., 7-2, 3. Greg Denby, Unat., 7-0, 4. Francel Jones, PCC, 6-10. **High School High Jump:** 1. Guido Golliday, Fremont, 6-0, 2. Ricky James, Hawthorne, 5-8. **Masters High Jump:** 1. John Dobroth 6-4. **Long Jump:** 1. Francel Jones, PCC, 19-9 1/2. **Triple Jump:** 1. Frank Eaton, Fremont, 45-4 1/2, 2. Randy Williams 44-9 1/4, 3. Trent Miller, Fremont, 40-5 1/4. **Shot Put (16):** 1. Keith Robertson, Marine Corps, 39-1 1/2. **Shot Put (12):** 1. Chuck Reep, Arroyo, 40-8 1/4. **Discus, High School:** 1. Chuck Reep, Arroyo, 123-3. **Pole Vault:** 1. Mike Rodriguez, Arroyo, 12-6. **60 HH (F1):** 1. James McCraney, CSLA TC, 7.0, 2. Angelo Booker, PE, 7.1. **60 HH, High School:** 1. Anthony Reynolds 7.7. **200 (F1):** 1. Henry Thomas, Hawthorne, 21.5. **200 (F2):** 1. James McCraney, CSLA TC, 21.7, 2. Randy Williams 21.8, 3. Joseph Hart 21.9. **300 (F1):** 1. Poncho Moore 34.6, 2. Lorenzo Brown 35.0, 3. James Gilkes, Unat., 35.0. **300 (F2):** 1. Edmund Cooper, ECC, 34.8, 2. Terry Turner, Unat., 35.2. **300 (F3):** 1. Kevin Hawkins, ECC, 34.8, 2. Dorwin Freeman, ECC, 35.1. **300 (H.S.):** 1. Keith McDaniel, Locke, 36.2, 2. Tom Witherspoon, Manual Arts, 36.2. **500 (F1):** 1. Jaime Gonzalez, USMC, 1:06.0, 2. Joseph Hart 1:06.6. **800 (F1):** 1. Sean Kelly 1:55.3, 2. Lance White 1:56.4, 3. Nolan Smith 1:56.8. **1000m:** 1. Ed Daily 2:33.4, 2. Allen Goff 2:34.0. **3000:** 1. P. Andy Clifford, AIA, 8:32.1. **10,000:** 1. Tim Wilson, Camp Pendleton, 32:57.1. **4 X 100 Relay:** 1. Hawthorne High School 42.0, 2. Locke High School 42.9.

### Results - Women

**Long Jump:** 1. Catherine Williams 17-5. **Triple Jump:** 1. Renita Robinson, MAHS 37-9 1/4. **Shot Put (4K):** 1. Colleen Kevany, El Camino 34-1 1/2. **Discus:** 1. Colleen Kevany, El Camino 101-11. **Javelin:** 1. Colleen Kevany, El Camino 119-8. **60YH (33"): 1. Debbie LaPlante Smith, CA 7.7. 200:** 1. Lisa Hopkins, PE 24.6. **200 H.S.: 1. Choo Choo Knighten, Locke, 25.2. 300 (F1):** 1. Sandra Howard, PE, 40.2, 2. Deanny Amy, Hawthorne HS, 41.8. **300 (F2):** 1. Felicia Saville, ECC, 41.6. **500:** 1. Sandra Farmer, Unat., 1:14.8, 2. Myra Maycrovry, 1:16.1. **500 (H.S.):** 1. Choo Choo Knighten, Locke H.S., 1:13.0. **800 (F1):** 1. Trescia Palmer, CAL, 2:12.8, 2. Sylvia Mosqueda, San Gabriel H.S., 2:19.3. **1000m:** 1. Rose Monday, PE, 2:52.6. **5000 (1 lap short):** 1. Sylvia Mosqueda, SGHS, 16:10.2, 2. Michele Hopper, PE, 16:44.0. **10,000:** 1. Michele Hopper, PE, 35:51.8. **4 X 100 Relay:** 1. Hawthorne H.S., 50.4.

## CSLA All-Comers

Los Angeles, December 24.  
Results - Men

**60HH (F1):** 1. Angelo Booker, PE, 7.5. **(F2):** 1. Anthony Reynolds, Fremont, 7.5, 2. Frank Knocke, Unat., 7.5. **60 Yds:** 1. Greg Washington, Kansas TC, 6.1, 2. James Gilkes, 6.3, 3. Ed Tave, 6.3. **200 (F1):** 1. Greg Washington, Kansas TC, 21.3, 2. Gregg Holmes, Unat., 21.9. **300 (F1):** 1. Greg Washington, Kansas TC, 33.5, 2. Steve Brodi, 400 TC, 34.2, 3. James Gilkes, CSLA TC, 34.5, 4. Ray Willingham, Unat., 35.0, 5. Randy Williams, Unat., 35.4. **500:** 1. Victor Myles, Fremont TC, 1:06.2, 2. Lindel Hodge, CSLA TC, 1:07.2. **800 (F1):** Andy Clifford, AIA, 1:54.3, 2. Nolan Smith, SC Striders (30 plus), 1:55.9. **1000m:** 1. Alex Espinoza, Montebello HS, 2:39.3. **3000:** 1. Jr. Lacara, Wilson, 9:37.6.

**5000:** 1. Tim Wilson, 15:11.6. **10,000:** 1. Bradley Lakin, Unat., 32:30. **High Jump:** 1. Francel Jones, PCC, 6-10. **Long Jump:** 1. Ray Willingham, Unat., 22-7. **Triple Jump:** 1. Randy Williams, Unat., 47-9. **Shot Put:** 1. Frank Reilly, AA, 53-1 1/2. **Discus:** 1. Frank Reilly, AA, 182-0. **Hammer:** 1. Frank Reilly, AA, 154-10.

### Results - Women

**60YH 33":** 1. Sandra Farmer, Unat., 8.2. **400 MH:** 1. Jackie Campbell, MAHS, 69.8. **60 Yds:** 1. Jennifer Inniss, CSLA, 6.8, 2. Lisa Hopkins, PE, 6.8, 3. Tesha Giddens, Locke HS, 6.9. **200:** 1. Choo Choo Knighten, Locke, 24.9. **300:** 1. Sandra Farmer, Unat., 39.7, 2. Jennifer Inniss, CSLA, 40.4. **500m:** 1. Choo Choo Knighten, Locke, 1:12.0, 2. Rose Monday, PE, 1:12.5. **800:** 1. Jeanie Arnold, CAL, 2:33.9. **1000m:** 1. Sharon Dabney, CSLA, 3:02.0. **3000:** 1. Rosa Aceres, 12:34.3. **10,000:** 1. Michele Hopper, PE, 37:45. **High Jump:** 1. Kim McRae, MAHS, 4-10 3/4. **Long Jump:** 1. Kim McRae, MAHS, 14-1 1/4. **Triple Jump:** 1. Jackie Campbell, MAHS, 32-3 1/2. **Shot Put:** 1. Bonnie Dasse, CA, 54-1 1/2. **Discus:** Bonnie Dasse, CA, 150-8. **Javelin:** 1. Sue Patterson, Unat., 111-10.

## All-Comers Meet

from Keith Conning

Berkeley, January 7.

### Open Men

**55:** Michael McRae, 6.3. **200:** Kenny Henderson, BEBTC, 22.1. **400:** Neil Gadison, 48.6. **800:** Allan Smith, Zephyr TC, 1:56.1. **1500:** Rich Nichols, 4:10.5. **5000:** Nathan James 15:37.7. **55HH:** Al Borden 7.7. **300H:** Al Borden, 40.4. **HJ:** Maurice Crumby, Arizona, 7-3, John Morris, Cal, 7-1. **LJ:** Michael McRae, 23-9. **TJ:** Raymond Kimble 50-5 1/2. **SP:** Paul Rosati, Cal, 54-3 1/4. **DT:** John Garvey, Maryland, 176-5. **JT:** Mike Ostrom, DVC, 198-9.

### Open Women

**55:** Sharon Ware, Arizona St., 7.0. **200:** Freida Cobbs, BEBTC, 25.4. **400:** Josie Alexander, 1980 TC, 62.2. **800:** Ann Hribar, Arete West, 2:35.2. **1500:** Erika Watson, 5:48.9. **55LH:** Sherifa Sanders, Ok., 8.1. **300H:** Stella Edwinston, MLTC, 43.3. **LJ:** Yvette Bates, BEBTC, 18-4. **TJ:** Yvette Bates, BEBTC, 36-0 1/4. **SP:** Julie Hadnot, 34-6 1/4.

### High School Boys

**55:** Donald Davis, Berk., 6.5. **200:** Anthony Usher, Berk., 23.0. **400:** Andre Hunter, Berk., 50.5. **800:** Noah Hinkston, Oakland Tech, 2:02.2. **1500:** Ron Symons, Atete West, 4:14.7. **3200:** Luke Merriman, Jefferson, 10:19.8. **55HH:** John Gash, Santa Rosa, 7.9. **300LH:** Darin Turner, Arete West, 42.7. **400R:** Berkeley (Billy Stanberry, Tony Usher, Ben Strickland, Andre Hunter), 45.4. **LJ:** Marc Sako-Ram, Albany, 19-11. **TJ:** Terry Calloway, Oakland, 42-9 1/2. **SP:** Charlie Smith, Serra, 37-10 1/4.

## CSLA All-Comers

Los Angeles, January 14.  
Results - Men

**HJ:** 1. Mel Baker, Unat., 7-0, 2. John Valentine, Unat., 7-0, 3. Keith Nelson, Unat., Jason Meisler, Unat., Francel Jones, PCC, Mel Embree, CA, all at 6-8. **LJ:** 1. Danny Torres, LBCC 23-5 1/4, 2. Ron Young, LBCC 23-3. **TJ:** 1. Robert Cannon, Unat., 52-7 1/4. **SP:** 1. Bob Frahm, SCS, Masters 40-5. **H.S. Shot Put:** 1. Mark Guzman, Eagle Rock HS 50-8 1/4. **JT:** 1. Dan Gilmartin, 178-10. **110HH:** 1. Angelo Booker, PE, 13.8. **60Y:** 1. James Gilkes, Unat., 6.4. **100m F1:** 1. James Gilkes, Unat.,

10.7, 2. Andre Freeman, ECC, 10.8. **100m F2:** 1. Poncho Moore, ECC, 10.7, 2. Daniel Torres, Unat., 10.7, 3. Terry Turner, Unat., 10.8. **100m F3:** 1. Stan Davis, FM, 10.6. **200:** 1. Kevin Hawkins, ECC, 21.8, 2. Terry Turner, Unat., 22.1, 3. Gordon Hinds, PE, 22.2, 4. Anthony Van, ECC, 22.2. **400:** 1. Steve Brodi, Unat., 48.2, 2. Anthony Van, ECC, 49.8, 3. Gregg Holmes, Unat., 49.9. **800:** 1. David Williams, ECC, 2:00.6. **1500:** 1. Ron Bahara, SFVTC, 3:55.8, 2. Roman Gomez, Belmont HS, 4:01.7. **3000:** 1. Richardo Villaneda, CSLA, 9:30.9.

### Women's Results

**HJ:** 1. Kim McRae, Manual Arts HS, 4-9. **LJ:** 1. Kathy McMillan, CA, 19-10 1/4, 2. Sandy Crabtree, CA, 19-0 1/4. **TJ:** 1. Maureen Wiley, Unat., 37-2. **SP:** 1. Colleen Kevany, ECC, 35-4. **JT:** 1. Colleen Kevany, ECC, 125-1. **60YH:** 1. Deby L. Smith, CA, 7.4. **100mH:** 1. Janea White, ECC, 15.4. **60Y:** 1. Jennifer Inniss, CSLA, 6.6, 2. Lisa Hopkins, PE, 6.6. **100m F1:** 1. Deborah James, ECC, 12.0, 2. Lawanda Cabell, ECC, 12.2. **200:** 1. Lisa Hopkins, PE, 23.8, 2. Sandra Howard, CSLA, 24.1, 3. Jennifer Inniss, CSLA, 24.1. **400:** 1. Trudy Palmer, FMWHS, 57.4, 2. Felicia Saville, ECC, 58.6. **800:** 1. Kerri Zaleski, CA, 2:11.4, 2. Evelyn Ashford, PE, 2:15.2, 3. Lawanda Cabell, ECC, 2:16.6. **1500:** 1. Rose Monday, PE, 4:32.2. **3000:** 1. Michele Hopper, PE, 9:33.0.

## All-Comers Meet

from Keith Conning

Berkeley, January 14.

### Men's Results

**55:** Wandle McNeil, 6.4. **200:** Bill Green, 21.4. **400:** Neil Gadison, 48.3. **800:** Allan Smith, Zephyr TC, 1:55.2. **1500:** John Sup, Ryan's Sports, 3:52.3. **5000:** Brad Hawthorne, 15:11.4. **55HH:** Malcolm Dixon, Converse West, 7.4. **300LH:** Scott Martin, 39.7. **HJ:** John Morris, Cal, 7-1. **PV:** Steve Blagden, Maccabi, 13-0. **LJ:** Michael McRae, 25-5 1/2. **TJ:** Raymond Kimble, 51-5. **SP:** Paul Rosati, Cal, 53-6. **DT:** Rosati, 154-2. **JT:** Tom Silva, 190-8.

### Women's Results

**400:** Jo Barry, Cal, 61.4. **800:** Ann Hribar, Arete West, 2:30.4. **1500:** Ingrid Hemenway, Greater SFCT, 4:36.5. **55H:** Cheryl Hawthorne, 8.5. **300LH:** Leslie Maxie, Millbrae Lions, 42.2. **1600R:** Arete West 43:1. **HJ:** Amy Brewer, JCTC, 5-2. **LJ:** Yvette Bates, BEBTC, 18-10.

### High School Boys

**55:** Donald Davis, Berk., 6.6. **200:** Anthony Usher, Berk., 22.5. **400:** Andre Hunter, Berk., 50.6. **800:** Noah Hinkston, Oakland Tech., 2:04.5. **1500:** Martin Higginbotham, Berk., 4:10.9. **3200:** Adam McAboy, Miramonte, 9:53.1. **55HH:** John Gash, Santa Rosa, 8.0. **300LH:** Gash 39.4. **400R:** Vallejo, 45.5. **HJ:** Derek LaSalle, Kennedy-R, 6-0. **PV:** Elliott Diaz, Capuchino, 13-6. **LJ:** Henry Jordan, Ceres, 18-9 1/4. **TJ:** Jordan, 45-4 1/4. **SP:** Paul Troppy, Santa Rosa, 47-2. **DT:** Troppy, 140-8. **JT:** Gash 155-9.

## CSLA Throwers Meet

Los Angeles, January 15.

### Javelin:

1. Paul Kulak, Unat., 232-10, 2. Dave Stephens, CSUN, 215-6, 3. Shaun Denton, Unat., 215-0.

### Hammer:

1. Arron Buckholtz, CSUN, 173-10.

### Discus:

1. Hank Langee, CSUN, 142-0.

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## CSLA All-Comers

Los Angeles, January 21.

### Men's Results

HJ: 1. Reynaldo Brown, AA, 7-0, 2. John Valentine, AA, 7-0, 3. Chris Bonner, Unat. 6-10, 4. Mel Embree, CA, 6-10. LJ: 1. Randy Williams, USMC, 24-4. TJ: 1. Brian Kotinek 47-2 1/4, 2. Randy Williams, USMC, 47-1. SP: 1. Frank Reilly, AA, 53-3, 2. Richard Weyers, CSUN, 53-2 1/2. SP: 1. Mark Guzman, Eagle Rock HS, 50-7. DT: 1. Frank Reilly, AA, 180-5, 2. Rick Weyers, CSUN, 165-7. PV: 1. Brad Nachtigal, AA, 15-7, 2. Robert Pullard, 15-7, 3. Greg Hassapakis 15-0. Hammer: 1. Aaron Buckholtz, CSUN, 177-0, 2. Frank Reilly, AA, 166-6. 110MH: 1. James McCrany, CSLATC 13.6, 2. Angelo Booker, PE, 13.7. High School 39": 1. Derrick Amos, Fremont, 13.8. 400MH: 1. Michael Dawson, ValleyCC, 56.1. 100M F1: 1. Randy Williams, USMC, 10.6, 2. Jouko Lehtinen, Finland, 10.7, 3. James Gilkes, Unat. 10.7, 4. Marion McCoy, Maccabi, 10.8. 100M F2: 1. Michael Sanford, Unat. 10.4, 2. Barrett Gee, Unat. 10.8. 100M F3: 1. Frank Williamson 10.8, 2. Eugene Driver, AA, 10.9. 200 F1: 1. Steve Brodie, 400TC, 21.1, 2. Marion McCoy, Maccabi, 21.7, 3. Mike Washington, CA, 21.9. 200 F2: 1. Eric Williams, Unat. 21.6, 2. Anthony Perry, Unat. 21.9. 400 F1: 1. Alfonso Averbahl, Unat. 47.5, 2. Steve Brodie, 400TC, 48.5, 3. Jouko Lehtinen, Finland, 49.1, 4. Phillip Pipersburg, Belize, 49.3. 400 F3: 1. Bobby Deary, Unat. 49.4, 2. Tommy Anderson, Unat. 49.6. 800: 1. Ash,

Unat. 1:54.1, 2. Nolan Smith, Striders, 1:54.7. 1500: 1. Mark Luevano, SMT, 3:57.5, 2. Cleveland Whalen, Unat. 4:04.1. 3000: 1. Kevin Bagley, PCC, 9:22.5. 10,000: 1. Roman Gomez Jr. Echo Park, 34:26.0.

### Women's Results

HJ: 1. Caren Dunn, Arroyo Grande HS, 5-0 1/4. LJ: 1. Dina Loya, Arroyo Grande HS, 13-10. TJ: 1. Terrie Diars, AGHS, 32-10. SP: 1. Lorna Griffin, AW, 54-6. DT: 1. Lorna Griffin, AW, 190-0, 2. Leslie Hoerner, AIA, 148-2. JT: 1. Liz Mueller, CA, 150-5. 100MH 33": 1. Rene Felton, PE, 14.7. 100MH 30": 1. Jackie Campbell, MAHS, 16.6. 400MH: 1. Annette Speak, MAHS, 69.8. 100m: 1. Stephanie Brown, Unat. 11.8, 2. Leleith Hodges, PE, 11.9, 3. Lisa Hopkins, PE, 11.9. 200: 1. Stephanie Brown, Unat. 25.3, 2. Teri Brown, CSLA TC, 25.7. 400: 1. Robin Stinson, 62.0. 800: 1. Jackie Campbell, MAHS, 2:33.0. 1500: 1. Amber Chavez, SCRR, 5:11.4, 2. Sharon Plante, Unat. 5:14.7.

## All-Comers Meet

from Keith Conning

Berkeley, January 21.

### Open Men

55: 1. Mike McRae 6.3, 2. Windle McNeal 6.4, 3. Anthony Lockhart 6.6. 200: 1. Dedy Cooper 21.6, 2. Mike McRae 21.8, 3. James Cooper 21.9. 400: 1. Michael Crittenden 50.3, 2. Rod Lewis 51.2, 3. N. Davis 53.0. 800: 1. Kimmie James, Auburn, 1:55.2, 2. Larry Guinee, Aggie RC, 1:55.6, 3. Allan Smith, Zephyr TC, 1:56.2. 1500: 1. Sam Skinner, Golden Bear TC, 4:02.7, 2.

Harvey Franklin, West Valley TC, 4:11.3, 3. Mike McManus, Golden Bear TC, 4:15.9. 5000: 1. Bryan Mayberry, GBTC, 15:21.3, 2. Bob Darling, Excelsior TC, 15:22.5, 3. Mark Piccillo, Oakland, 15:39.2. 55HH: 1. Dedy Cooper 7.3, 2. Greg Veatch 7.4, 3. Ron Kennedy 7.6. 300LH: 1. Martin 39.5, 2. Adams 42.7, 3. Sampson 44.6. HJ: 1. Alan Wright, Diablo Valley College, 6-0. LJ: 1. Michael McRae, BAS, 24-11, 2. John Haynes, BAI, 22-6. PV: 1. Joe Sandrini 12-0. SP: 1. Brian Faul, Weight City, 58-6 1/2, 2. Ron McKee, Weight City, 57-1/2, 3. Dave Maggard, Cal, 55-1. DT: 1. Dave Maggard, Cal 156-5, 2. Paul Rosati, Cal, 155-2, 3. Sanders, Cal, 137-0. HT: 1. Chris Dumbadse, SRJC, 125-11, 2. Bob Stone, NCS, 99-2, 3. Rod Scinto, SRJC, 90-3. JT: 1. Mark Richardson, Cal 195-6, 2. Alan Wright, DVC, 145-11, 3. Bill Burbrow, Cal 144-9.

### Open Women

55: 1. Qwen Ward 7.2, 2. Michelle Wright 7.3, 3. Tonya Wood 7.5. 200: 1. Rhonda Brooks, 1980 TC, 25.3, 2. Qwen Ward 25.9, 3. Denise Ervin, ElCerritoHS, 25.9. 400: 1. Freida Cobbs, BEBTC, 56.7, 2. Louise Romo, Cal 57.1, 3. Jeanne Arnold, Cal, 57.3. 800: 1. Ingrid Hemenway, SFTC, 2:15.9, 2. Julie Thomas 2:21.0, 3. Stacy Dossman 2:35.0. 1500: 1. Bonnie Dwyer, GSFTC, 4:47.7, 2. Jane Sowersby, GSFTC, 4:59.2, 3. Karen Haller, Cal 5:03.3. HJ: 1. Deanne Malvino, Sonoma St., 5-6. LJ: 1. Yvette Bates, BEBTC, 19-5 1/4. SP: 1. Cindy Durschlag, Cal, 46-8 1/4, 2. Glenda Ford, Converse, 45-11 1/4, 3. Diane Oswald, Hayward St. 43-6. DT: 1. Diane Oswald, Hayward, 163-2, 2. Glenda Ford, Converse, 160-11, 3. Kim Kesler, Cal, 150-0. JT: 1. Elaine Sundby 140-8.

### High School Boys

200: 1. Anthony Usher, Berk., 22.6, 2. Cooper 23.0, 3. Donnie Haley, Kennedy-R, 23.2. 400: 1. Anthony Usher, Berk., 50.6, 2. John Gash, SantaRosa, 51.2, 3. Roshell Brewer, Berk., 52.0. 800: 1. Noah Hinkston, Oakland Tech, 2:03.6, 2. Martin Higginbotham, Berk., 2:05.0, 3. Marc Spina, Mont., 2:05.0. 1500: 1. Adam McAbay, Miramonte, 4:08.3, 2. Martin Higginbotham, Berk., 4:10.0, 3. Denis Gustin, DeLaSalle, 4:20.7.

3200: 1. Martin Higginbotham, Berk., 10:02.2, 2. Alex DaSilva, ElCerrito, 10:11.0, 3. Noah Hinkston, Oakland Tech, 10:51.8. 300LH: 1. John Gash, Santa Rosa, 39.3. HJ: 1. Paul MacFarland, Salesian, 6-0. PV: 1. Mark Slutzkin, Piedmont, 11-0. LJ: 1. Mike Sweeney, ClaytonValley, 20-6 1/2, 2. Shawn Collins, Enterprise, 17-5, 3. Tony Daniels, Kennedy, 16-8 1/4. TJ: 1. John Tan, Westmoor, 35-3. SP: 1. Paul Troppy, SantaRosa, 49-5 1/4, 2. Bill Rohovit, Washington-F, 45-6 1/4, 3. Dave Vola, DeLaSalle, 41-3. DT: 1. Paul Troppy, SantaRosa, 139-1, 2. Dave Vola, DeLaSalle, 118-11, 3. John Gash, SantaRosa, 111-4. JT: 1. John Gash, SantaRosa, 166-11.

### Masters

55: 1. Bill Simmons (NCS) 7.3, 2. Dr. George Rhoden, 7.5. 200: 1. Bill Simmons (NCS) 24.6, 2. Josiah Packard (NCS) 32.9 (WR age 80). 400: 1. Bill Simmons (NCS) 56.0. 1500: 1. Richard Higgins (NCS) 5:37.0. Marilyn Harbin 5:06.2. DT: 1. Bob Stone (NCS) 94-5.

# P.R.'s

A little bit skimpy, but December is always a slow month (no pun intended, but it does fit).

P.R. of the month: How about the Lewises? Carol with her Long Jump A.R. in Osaka and brother Carl with a W.R. at the Milrose Games.

We have to mention Rusty Garman's 2:20:39 marathon debut and 43 year old Shirley Matson's OTQ time at the same event: Mission Bay.

Sylvia Aceves (HDR) Western Hemisphere Marathon	3:35:42
Bill Balcer (HA) National AAU 10K	39:39
Lee Berg (HACK) Western Hemisphere Marathon	2:49:08
Earl Beverly (SCR) Fiesta Bowl Marathon	2:20:57
Ann Boyd (SCR) SPATAC Seniors 8K	36:41
Jeff Boyd (SCR) Fiesta Bowl Marathon	3:09:25
Jeff Brandt (SCR) Santa Clarita Valley 10K	40:13
Dave Brown (SCR) Fiesta Bowl Marathon	3:13:10
Kevin Browning (SCR) Fiesta Bowl Marathon	3:08:58
Chuck Cunliffe (SCR) Fiesta Bowl Marathon	3:11:27
Glen Deines (SCR) SPATAC Seniors 8K	29:18
Patrick Devine (HA) SPATAC 8K 1st-age group	28:57
T. R. Eddy (SDTC) Lake Murray 50 Miller	7:31:27
Charlie Fretz (SCR) Fiesta Bowl Marathon	3:11:17
Mike Fretz (SCR) Santa Clarita Valley 10K, 1st-13-15	34:35
Diane Gale (SCR) SPATAC Seniors 8K	32:29
Rusty Garman, Mission Bay Marathon, 2nd-O/All	*2:20:39
Bob Gerlach (SCR) Las Vegas 25K	*1:53:12
Terry John Gibson (Conv.Ag) Runner's Den 10K	29:48.8
Irene Gilbert (SCR) Santa Clarita Valley 10K	51:06
Marcelo Guiscardo (SCR) Fiesta Bowl Marathon	2:48:23
Jerry Hackett (SCR) SPATAC Seniors 8K	28:31
Beverly Harju (SDTC) Mission Bay Marathon	3:29:50
Jim Howard, Fiesta Bowl Marathon, 2nd O/All	*2:15:24
Diana Johnson (HA) SPATAC 8K, 1st-Age Grp.	32:31
Willard Krick (HA) National AAU 10K	39:17
Jessie Malkin (BHS) Martin Luther King Birthday, 5K Run	19:26
Shirley Matson (SDTC) Mission Bay Marathon, 3rd F	2:50:03
Shirley Matson (SDTC) American Trails 10K	36:22
Shirley Matson (SDTC) Fastest Master's 10K, 1st F	35:58
Becky Miller (HA) Western Hemisphere Marathon	3:18:30
Becky Miller (HA) National AAU 10K	39:28
Steve Morgan (HA) National AAU 10K	39:41
Carlene Nightengale (HA) National AAU 10K	44:15
Janet Peitler (SCR) Fiesta Bowl Marathon	*4:47:19
Joe Posadas (HA) Steve Garvey 5K	23:22
Gail Rodd (WVTC) Sacramento Marathon	3:07:42
Louis A. Ruggiere (STCRK) Livermore Marathon	2:58:54
Brian Russell (SSTC) Steve Garvey/Pepsi Challenge 10K, 1st-O/All	29:25
Mike Sather (HA) Sub-4 Back Bay 8K	36:30
Mike Sather (HA) National AAU 10K	45:52
Chris T. Sato, Million Dollars Marathon, Las Vegas	3:41:47
Graeme Shirley (SDTC) Mission Bay Marathon	2:31:08
Graeme Shirley (SDTC) SDTC 25K, Age 38 AR	1:24:19
Jackson Steffes (HA) National AAU 10K	47:13

Ellen Turkel (SRT) Fiesta Bowl Marathon, 3rd F	2:47:14
Joan Uliyot (WVTC) 5 Mile Computer Run, NYC	*30:22
Tim Varley (USIU) Fiesta Bowl Marathon, 1st O/All	2:14:14
Durrant Walker (SCR) Fiesta Bowl Marathon	*3:51:45
Dustin Watson (WRAC) Officer Sokola Memorial 5K Run	23:14
Frank Werman (HA) Fiesta Bowl Marathon	3:12:52
Pat Winstanley (SCR) Fiesta Bowl Marathon	*5:20:00

\* = 1st time at distance

### FIELD EVENTS

Carl Lewis (SMT) Milrose Games, LJ	28-10 1/4 WR
Carl Lewis (SMT) Int'l Indoor Meet, Osaka, Japan, LJ	21-10 1/4 AR

### Club Abbreviations

Adi - Adidas Regional Team	NHIC - New Horizon T.C.
AW - Athletics West	PFF - Point Fermin Flyers
BHS - Berkeley H.S.	RR - Ratti Runners
BOLT - Lightning Bolt T.C.	SCR - Santa Clarita Runners
C.C. - California Condors	SCRR - Southern California Road Runners
CCF - Capital City Flyers	SDTC - San Diego T.C.
CHART - Team Chart House	SMT - Santa Monica T.C.
CH - Club Hack	SRT - Saucony Racing Team
Conv Ag - Converse Aggies	SSP - Sierra Slowpokes
GH - Grenada Hills H.S.	SSTC - Stars and Stripes Track Club
HA - Hughes Aircraft R.C.	STCRK - Stevens Creek Stryders
HACK - Club Hack	USN - U.S. Navy
HARC - Hughes Aircraft Running Club	VPHS - Villa Park H.S.
HDR - High Desert Runners	WAC - Will's A.C.
LAS - Los Angeles Saints T.C.	WRAC - Westside Road Runners A.C.
MTC - Merced Track Club	WVTC - West Valley Track Club

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

Name \_\_\_\_\_

Event \_\_\_\_\_

Mark \_\_\_\_\_ Club/School \_\_\_\_\_

|| Check if first time



# Results

## Road Racing

### Villa View 10K

San Diego, October 7.

#### Division Results - Men

12 & Under: 1. Matthew Sturken 44:00, 2. Chris Shaffer 48:05, 3. Nick Spicuzza 49:21, 13-17: 1. Jon Rice 35:00, 2. Christopher Hoolihan 46:19, 3. Mike Torbett 58:56, 18-29: 1. Richard Brownsberger 30:10, 2. Jeff Blackford 31:52, 3. Gary Flynn 34:00, 30-39: 1. Dave Harper 31:41, 2. Scott Hurst 33:04, 3. Ronald Wells 35:21, 40-49: 1. Gary Novak 34:17, 2. Peter Saccone 36:18, 3. Robb Latz 39:54, 50 & Over: 1. Antonio Gil 39:46, 2. Wayne Watson 41:30, 3. John Holladay 43:45.

#### Division Results - Women

17 & Under: 1. Shirley Alvarez 44:00, 2. Debra Sauer 61:59, 3. Sheri Sauer 68:40, 18-29: 1. Terry Swettzer 44:17, 2. Patricia Koutz 44:46, 3. Carey Griffin 46:00, 30-39: 1. Geri Cadava 47:30, 2. Christina Morrison 47:55, 3. Sheila Tuler 51:08, 40-49: 1. Ursula Rains 41:50, 2. Virginia Dickerson 48:16, 3. Judith Zyskind 53:38, 50 & Over: 1. Selma Mahiman 61:54.

## Salute To Navy

### 5 Mile Run

National City, October 9.

#### Division Results - Men

Navy: 1. Brian Colles 26:35, 2. Randall Johnson 26:40, 3. Ron Altmeier 26:45, 13 & Under: 1. Eric Billmeyer 25:42, 2. Rodney Graves Jr. 32:17, 3. Dennis Campbell 33:25, 14-19: 1. Erik Wald 23:54, 2. Ron Magel 25:27, 3. Gregory Greiner 29:02, 20-29: 1. Franklin Haralson 23:10, 2. David Brandon 24:00, 3. Lawrence Indiviglia 25:30, 30-39: 1. David Hunter 24:20, 2. Graeme Shirley 24:40, 3. Russ Webster 26:59, 40-49: 1. Ray Sablan 26:38, 2. Bill Dani 27:10, 3. Steve Gregg 27:53, 50-59: 1. Dick Robinson 28:14, 2. T. P. Eddy 28:25, 3. Paul Smith 32:10, 60-69: 1. Donald Dilworth 31:00, 2. Jimmie Mesa 33:20, 3. Robert Lane 35:24, 70-79: 1. Walt Ruetzing 37:15, 2. Salazar Lucian 51:58.

#### Division Results - Women

Navy: 1. Cora Collette N.T. 13 & Under: 1. Yvette Niles 31:55, 2. Maria Mantono 39:21, 3. Kelly Montido 41:41, 14-19: 1. Lisa Beth Brooks 36:18, 2. Dianna Decker 38:10, 3. Carol Tapia 41:42, 20-29: 1. Wanda Gunderson 30:45, 2. Wendy Brookshire 37:23, 3. Mary Dilley 38:53, 30-39: 1. Patti Hurl 27:55, 2. Linda Copp 28:03, 3. Diane M. Smith 31:27, 40-49: 1. Joyce Zillner 39:30, 2. Kira Bauman 43:21, 3. Lori Grebor 43:57, 50-59: 1. Olga Finney 46:34, 60-69: 1. Jean McClean 41:20, 70-79: 1. Felicias Salazar 51:58.

## Pumpkin Festival

### Run - 8K

Half Moon Bay, October 16.

#### Overall Results - Men

1 Bob Perkins, Mt. View 26:11  
2 Fred Tileston, Belmont 26:46  
3 Mark Hines, HalfMoonBay 26:59  
4 Rick Cairo, DalyCity 27:04  
5 Rudy Mongradon, (1-40)Hayward 27:09  
6 Luke Merriman, Colma 27:11  
7 James Thompson, HalfMnBay 27:12  
8 James Moyle, RedwoodCity 27:38  
9 Lon Kincannon, S.F. 27:43  
10 Ken Bunton, Pacifica 27:56  
11 Jake Niebaum, HalfMoonBay 28:04  
12 Kevin Grady, S.J., S.F. 28:27  
13 John Dye, HalfMoonBay 29:09  
14 Steve Dean, (2-40)DalyCity 29:26  
15 Robert Solorio, Hayward 29:28  
16 Kit Aullisio, ElGranada 29:52  
17 Scott Hunt, HalfMoonBay 30:06  
18 Keith Kramer, RedwoodCity 30:22  
19 San Vandenburg, (3-40)Aptos 30:33  
20 Mike Ordenez, Daly City 30:41  
59 Chuck Holmes, (1-50)MenloPk 34:30

#### Overall Results - Women

1 Bonnie Dwyer, S.F. 30:21  
2 Sister Marion Irvine, S.F. (1-50) 31:16  
3 Lorena Ferreira, HalfMoonBay 33:00  
4 Grace Voss, Sunnyvale (1-40) 33:45  
5 Lolly Hess, S.F. 33:55  
6 Alison Murray, Belvedere 34:18  
7 Susie Faigle, HalfMoonBay 34:41  
8 Nancy Bryant, ElGranada 34:59  
9 Caria Holmes, MenloPark 35:18  
10 Sally Rowe, SanGregorio 35:26  
11 Kim Carbone, Pinole 35:38  
12 Katie Kelley, Santa Cruz 35:39  
13 Marilyn Drexler, DalyCity 35:50  
14 Leslie King, HalfMoonBay 36:17  
15 Kim Scott, Santa Clara 37:31  
19 Vonya Morris, SanMateo (2-40) 38:07  
23 Sharon Allen (3-40) 39:28

## Santa Barbara

### Women's Run

Santa Barbara, October 16.

#### 10K Results

1 E Campo-Triplett (32)SantaB 36:49  
2 Pamela Cox (24)SantaBarb 37:30  
3 Catherine Grain (21)SantaBar 37:40  
4 Judy Kewley (39)SimiValley 37:42  
5 Joyce Klausmeyer (27)SimiVal 37:52  
6 Julie McKinney (27)RedondoBch 38:23  
7 Sandra Marshall (35)Goleta 38:37  
8 Sharon Maley (23)Goleta 39:04  
9 Christa Romppanen (44)Malibu 39:11  
10 Susan King (29)Bishop 39:17  
11 Mary Ryzner (29)SantaBarb 39:25  
12 Kathleen Cunningham (27)S. Pd 39:55  
13 Margaret Miller (57)1000 Oaks 41:05  
14 Stephanie Welch (36)SantaBar 41:18  
15 Cheri Kantor (28)SantaBarb 41:50  
16 Monica Mocny (27)Northridge 42:23  
17 Trina Nagele (39)SantaBarb 42:38  
18 Marilyn Hammond (34)1000 Oaks 43:17  
19 Dinny Harter (32)SantaBarb 43:46  
20 Deborah Mustard (29)Goleta 43:56

#### Division Results

18 & Under: 1. Andrea Byers 44:33, 2. Rosalind Emmett 52:57, 3. Karen Peterson 57:20, 19-24: 1. Pamela Cox 37:30, 2. Catherine Grain 37:40, 3. Sharon Maley 39:04, 25-29: 1. Joyce Klausmeyer 37:52, 2. Julie McKinney 38:23, 3. Susan King 39:17, 30-34: 1. E Campo-Triplett 36:49, 2. Marilyn Hammond 43:17, 3. Dinny Harter 43:46, 35-39: 1. Judy Kewley 37:42, 2. San-Marshall 38:37, 3. Stephanie Welch

## Hayward Half

### Marathon

Kennedy Park, October 23.

#### Overall Results

1 Gary Kerr (29)Campbell 1:06:48  
2 Troy Durham (49)Hayward 1:06:50  
3 Mark Young (26)Berkeley 1:09:00  
4 Joe Schieffer (32)Oakland 1:10:16  
5 Mike Wheeler (34)Oakland 1:10:19  
6 Ken Grace (26)San Leandro 1:10:37  
7 Charles Thompson (33)S.F. 1:11:24  
8 David Kadish (31)S.F. 1:12:18  
9 Rudy Mondragon (40)Hayward 1:12:45  
10 Tad Beach (25)Emeryville 1:13:09  
11 Doug Butt (38)Fairfield 1:13:16  
12 Jerry Lynch (41)Santa Cruz 1:13:34  
13 Dennis Tracy (37)Hayward 1:13:40  
14 Derek Assis (22)Hayward 1:13:42  
15 Jeff Porto (23)Hayward 1:13:46  
16 Bill Meinhardt (42)Los Gatos 1:13:51  
17 Allan Stanbridge (36)Burling. 1:13:57  
18 Jay Kassabian (24)Alamo 1:14:46  
19 Thomas Cathcart (45)Piesantn 1:15:06  
20 Guillermo Barron (31)Oakland 1:15:11  
21 Jerry Glover (29)Berkeley 1:15:15  
22 Don Dugdale (38)SanJose 1:15:23  
23 Dave Willis (32)Castro Valley 1:15:26  
24 Glenn MacDougall (28)DalyCity 1:15:29  
25 Gordy Vredenburg (39)EldorHls 1:15:32  
26 John Clary (37)Danville 1:15:36  
27 Tom Laris (43)PaloAlto 1:15:45  
28 Kevan Shetter (34)Oakland 1:15:54  
29 Julios Ratti (33)Oakland 1:15:55  
30 Arturo Ramirez (31)SanLorenzo 1:15:59  
31 Rainey-Kay Stolp (25)Concord 1:16:06  
32 Dennis Uriaga (34)UnionCity 1:16:19  
33 Noah Rollins (34)Oakland 1:16:33  
34 Ron Nelson (40)SanJose 1:16:36  
35 Phillip Duncan (21)CastroVly 1:17:01  
36 Ken Gurley (36)Healdsburg 1:17:21  
37 Steve Selbrede (32)San Jose 1:17:34  
38 Ben Tucker (40)Oakland 1:17:34  
39 Terry Butler (33)Oakland 1:17:36  
40 Robert Plant (40)Woodside 1:17:38  
41 Joe Montoya (32)Burlingame 1:17:46  
42 Ralph Duckett (39)Hayward 1:17:48  
43 Dennis Coulter (27)SanLeandro 1:17:49  
44 Mike Hottot (29)Antioch 1:17:52  
45 Ken Noel (45)SanJose 1:17:59  
46 Theodore Wong (34)Oakland 1:18:10  
47 Fred Montanez (39)Oakland 1:18:20  
48 Delma Jones (32)Oakland 1:18:32  
49 Philip Hager (46)Larkspur 1:18:32  
50 Knut Frostad (43)SanRamon 1:18:38  
51 Michael Tapia (15)Fremont 1:18:46  
52 Joseph Taylor (37)Oakland 1:18:54  
53 Mark Lane (29)Pittsburg 1:19:08  
54 Dave George (26)S.F. 1:19:20  
55 Richard Kananen (34)LosGatos 1:19:28  
56 Ken Allen (49)CastroValley 1:19:41  
57 Vernon Easley (24)PsdioMont. 1:19:54  
58 Miguel Briones (21)Oakland 1:19:55  
59 Paul Orgeron (34)Oakland 1:20:12  
60 Patrick Shurtle (25)SantaCruz 1:20:13  
61 Ken Napier (51)LosGatos 1:20:16  
79 Karen Lanterman (39)Hillsboro 1:21:43  
97 Shariet Gilbert (32F)Richmond 1:23:00  
103 Bob Gehl (55)SanMateo 1:23:40  
116 Jack Hodges (51)Fremont 1:24:57  
158 Judy Leydig (32F)SanCarlos 1:27:18  
169 Tamara Gonzalez (23F)CastroV 1:27:54  
188 Carol Stroud (40F)Saratoga 1:28:52  
199 Jeanne Shuler (41F)Livermore 1:29:27  
221 Laury Fisher (38F)Oakland 1:30:32  
247 Grace Voss (40F)Sunnyvale 1:32:11  
252 Sue Francis (30F)Cupertino 1:32:18  
254 Geneen O'Brien (25F)Berkeley 1:32:19  
377 Patrick Dundon (63)Alameda 1:38:22

## Steve Garvey

### Runs

Calabasas, November 6.

#### Division Results - Men 10K

12 & Under: 1. Tom McKean 36:32, 2. Travis Briggs 37:53, 15-19: 1. Frank Acosta 32:57, 2. Paul Barks 33:27, 20-29: 1. Brian Russell 29:25, 2. Farron Fields 29:33, 3. Ron Ysaia 30:18, 4. Danny Bustos 31:17, 5. Ron Russell 31:32, 6. Steven Duarte 32:21, 7. Jose Castellanos 32:31, 8. Adolfo Huerta 32:54, 9. Henry Nunez 32:59, 10. Steven Durand 33:29, 30-39: 1. Ron Kurrie 32:08, 2. Jim Hughes 33:35, 3. Herman Rodriguez 33:56, 40-49: 1. James

Murphy 33:57, 2. Charles McClung 34:28, 3. Arthur Raefsky 36:25, 50 & Over: 1. Jack Thomas 37:55, 2. Eric Burton 40:17, 3. Kenneth Nelson 40:59.

#### Division Results - Womens 10K

14 & Under: 1. Natasha McCann 50:29, 15-19: 1. Katie Joanson 39:53, 20-29: 1. Anne Bennett 40:41, 2. Jackie Lueck 41:33, 3. Carol Dicapillio 42:24, 30-39: 1. Wendy Bass 40:52, 2. Terry Thompson 42:11, 40-49: 1. Christa Romppanen 38:02, 50 & Over: 1. Daisy Wong 50:31, Wheelchair: 1. Jan Burkhart 38:01.

#### Division Results - Men 5K

1. Dave Kelley 16:57, 15-19: 1. Javier Estrada 16:07, 20-29: 1. Ron Bahara 14:37, 2. Charlie White 15:01, 3. Steve Wulf 15:08, 30-39: 1. Rick Eichner 15:30, 2. Robert Wilson 16:18, 3. Salvador Paniagua 16:20, 40-49: 1. Lonnie Griffin 16:57, 50 & Over: 1. Jim McGinn 18:52.

#### Division Results - Womens 5K

14 & Under: 1. Darlene Flores 18:32, 2. Karrie King 18:37, 3. Carrie Chavez 19:37, 15-19: 1. Andra Martinez 17:57, 2. Mia Myricks 18:22, 3. Kim Ojeda 18:58, 20-29: 1. Patricia Gamboa 20:11, 30-39: 1. Lynda Huey 21:43, 40-49: 1. Jan Archibald 20:37, 50 & Over: 1. Doris Gordon 26:30.

## San Pasqual

### Vineyards 10K

San Pasqual Winery, Escondido, Nov. 6.

#### Division Results - Men

20 & Under: 1. Chris Price 34:35, 2. David Huey 38:50, 3. David Keizer 39:24, 21-29: 1. Terry Cotton 31:33, 2. Tim Varley 32:30, 3. Norberto Avila 34:32, 30-39: 1. Kevin Heaton 34:54, 2. Herman Fountain 35:42, 3. Dan Dierken 36:25, 40-49: 1. Jim Williams 36:24, 2. David Schubert 39:22, 3. Peter Gray 39:55, 50-59: 1. Bob Mangrum 41:30, 2. T. R. Eddy 42:18, 3. Rod Johnson 42:21, 60 & Over: 1. Donald Dilworth 44:28, 2. Roy George 51:07, 3. Rich Garlock 51:23.

#### Division Results - Women

20 & Under: 1. Annie Stawicki 65:32, 21-29: 1. Diane Riley 39:00, 2. Wanda Gunderson 44:03, 3. Maria Picchi 45:02, 30-39: 1. Mindy Ireland 38:12, 2. Kathy Marshall 43:25, 3. Judi Richardson 45:00, 40-49: 1. Faye Helderorn 48:03, 2. Lynn Flanagan 48:44, 3. Sherry Price 49:30, 50-59: 1. Anne Johnson 47:46, 2. Sheila Charlton 49:42, 3. Dorothy Stock 50:56, 60 & Over: 1. Gerri Davidson 55:32, 2. Jane McClain 65:50, 3. Clementina Thompson 83:30.

## Santa Barbara

### Marathon & Half Marathon

Santa Barbara, November 6.

#### Overall Results - Half Marathon

1 Bill Donakowski (33)Pasadena 1:04:23  
2 Jim Triplett (26)SantaBarbara 1:09:48  
3 Tom Grewe, Carpinteria 1:19:52  
4 Clyde Matsumura (23)S. Monica 1:11:31  
5 Michael Mahler (40)S. Monica 1:12:26  
6 George Aguirre (26)S. Barbara 1:13:16  
7 John Jones (34)SantaBarbara 1:13:21  
8 Jim Masterson (29)Gardena 1:13:43  
9 Dale Nickel (28)SantaBarbara 1:13:59  
10 Gus Hermes (20)SantaBarbara 1:14:11  
11 Stan Heinrichs (24)S. Barbara 1:14:26  
12 Perry Forrester (31)CulverCity 1:14:44  
13 Jack Cochran (32)PalosVerdes 1:14:59  
14 John Prather (24)CanogaPark 1:15:10  
15 Steve Bushey (33)SantaBarbara 1:15:26  
16 Francisco Garcia (27)Whittier 1:15:34  
17 Hans Van Koppem (28)Ventura 1:16:13  
18 Mike Keese (17) 1:16:18  
19 David Dickinson (26)S. Barbara 1:17:01  
20 Ed Wehan (39)Santa Monica 1:17:17  
21 Donald Faith (29)Carpinteria 1:17:26  
22 Jon Jackson (24)Chico 1:17:31  
23 Charles Stock (30)Goleta 1:17:48  
24 Richard Holly (37)Ojai 1:18:46  
25 Larry Pontinen (42)Ventura 1:19:03  
26 Rick Hallblom (34)SantaBarb 1:19:04  
27 Paul T. Garnett (35)Topanga 1:19:45  
28 Curtis Riddling (47)SantaBarb 1:20:06



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29 Gary Schwager(41)S.Monica 1:20:17  
30 Steve Gutsche(36)SantaBarb 1:20:25

#### Division Results - Men

**18 & Under:** 1. Mike Keese 1:16:18, 2. Colin Wolfe 1:20:54, 19-34: 1. Bill Donakowski 1:04:23, 2. Jim Triplett 1:09:48, 3. Tom Grewe 1:10:52, 35-39: 1. Ed Wehan 1:17:17, 2. Richard Holly 1:18:46, 3. Paul Garnett 1:19:45, 40-44: 1. Michael Mahler 1:12:26, 2. Larry Pontinen 1:19:03, 3. Gary Schwager 1:20:17, 45-49: 1. Curtis Ridling 1:20:06, 2. James Brusstar 1:23:40, 3. Morrie Kaz 1:24:18, 50-54: 1. Eddie Swan 1:34:41, 2. Joe Hadden 1:35:58, 55-59: 1. H. Goldstein 1:37:19, 60 & Over: 1. John Holovbek 1:29:49.

#### Division Results - Women

**19-29:** 1. Pamela Morris 1:20:34, 2. Pamela Cox 1:25:25, 3. Sharon Maley 1:26:02, 30-39: 1. Dee Keese 1:38:30, 2. Debbie Blum 1:41:01, 3. Mimi Baranowski 1:42:56, 40-49: 1. Barbara Terhune 1:42:35, 2. Floreida Lanes 1:38:28, 3. Elizabeth Cushman 1:42:35, 50-59: 1. Amy Goldstein 1:53:33, 60 & Over: 1. Alice Aspinwall 2:19:19

#### Overall Results - Marathon

1. Matthew Wittbrode(18)L.A. 2:40:13  
2. Marcus Canipe,Jr.(29)Aurora 2:43:54  
3. Jim Scott(29)Santa Monica 2:43:55  
4. Richard Wittbrode(26)S.Oaks 2:51:37  
5. Steven Paduganan(31)San.Mar. 2:53:07  
6. Michael Termine(42)Irvine 2:57:57  
7. Ric Hatch(28)Ventura 2:59:44  
8. Bill Wagner(47)ConogaPk 3:01:08  
9. John Stafford(22)Syamar 3:01:21  
10. J. Devorak(33)L.A. 3:01:35  
11. Jean Theveny(39)L.A. 3:01:44  
12. Dana Kahn(27)Northridge 3:02:46  
13. Anette Connell(37)F.S.Barb 3:05:21  
14. Delbert Pearce(50)Oxnard 3:05:30  
15. Robert McPherson(42)Ventura 3:05:36

#### Division Results - Men

**18 & Under:** 1. Matthew Wittbrode 2:40:13, 19-34: 1. Marcus D. Canipe Jr. 2:43:54, 2. Jim Scott 2:43:55, 3. Richard Wittbrode 2:51:37, 4. Steven Paduganan 2:53:07, 5. Ric Hatch 2:59:44, 35-39: 1. Jean Theveny 3:01:44, 2. Grant Foster 3:18:05, 3. Dick Kentro 3:28:40, 40-44: 1. Michael Termine 2:57:57, 2. Robert McPherson 3:05:36, 45-49: 1. Bill Wagner 3:01:08, 2. Joe Valdez 3:16:50, 50-54: 1. Delbert Pearce 3:05:30, 55-59: 1. Vincent De Ciutis 4:48:01, 60 & Over: 1. Al Horanzy 4:44:38.

#### Division Results - Women

**19-29:** 1. Dana Kahn 3:02:46, 30-39: 1. Anette Connell 3:05:21, 2. Sandra Marshall 3:08:08, 40-49: 1. Gaby McQuilty 3:28:01, 50-59: 1. Melda Dean 4:07:29.

## The Stockton Marathon - Half Marathon

from Don Hoffman

Stockton, November 6.

The Stockton Marathon is earning a reputation as one of the faster half-marathons as most of the invited runners elected the "shorter" distance. Mike Pinocci's course record of 65:23 wasn't threatened but the South Lake Tahoe runner again travelled down from the altitude to find a different sort of a race. At least 10 runners, two wheelchairs, lead bicycles, and a pace car made up an elongated pack for about 10 miles. Pinocci and fellow Tahoe resident Jerry Jobski forged a small lead but not enough to discourage Stockton's Matt Bruni who surged by at mile 10. Pinocci responded and the two battled for a mile before Bruni dropped off. The excitement wasn't over as the next several runners were all pulled to 67:00 minute performances, five of them finishing within 24 seconds of Pinocci's 67:19. Jobski was 5th in 67:43 good enough for second in the sub-master's division behind Adam Ferreria, but more importantly good enough for a new national age-39 record. Master's champion Sal Vasquez, nursing a foot problem, ran close to the leaders but eventually dropped back to finish 8th in 69:58. Wheelchair racer Gene Howard was first across the line in 66:59.

Marion Irvine, training harder than ever

for what she calls "the impossible dream" (an attempt at an Olympic qualifying marathon time at age 54) showed she is right on schedule by setting the second national record of the day. She lowered her own mark by nearly 3 minutes with a 3rd place finish of 1:23:27. Stockton's Kathy Way has already earned her trip to Olympia and the Converse-aggie/Sundancer showed she's also on schedule with a 1:20:32. San Franciscan Juana Stavolone was 2nd in 1:22:11. Richmond's Sharlet Gilbert, coming back after a summer of difficulty, ran 1:24:33 for 4th. A record field of 402 finished the half marathon.

With most of the invited runners ahead at half marathon pace, course record holder David Chairez and Bradley Brown weren't far behind. The two had agreed to make their Olympic qualifying attempts together but Chairez "dropped out" after 9 miles and finished the half marathon in 1:11. Brown made the turn and headed away from University of the Pacific's Spanos Center minutes ahead of the field and still on qualifying pace but by mile 20 he had slowed enough that it was clear he was going to have troubles. His lead was so great that Ray Garcia didn't catch up until mile 23 but by that time Brown was struggling and he would eventually run in for a fifth place finish. First time marathoner Garcia had entered at the last minute when the US Army cancelled their plans to send him to the Marine Corps Marathon. The Fort Ord soldier probably assured his spot on the all-Army marathon team with his 2:30:47 win. He said afterwards that the last two miles were more painful than he had ever imagined. He was nearly 7 minutes ahead of 2nd place Jim Bordonni who ran 2:37:22. Hilary Naylor was the women's winner in 3:08:42. The San Franciscan inherited the lead when Janice Ohme dropped out with blisters. Stockton's Karen Sanguinetti repeated as runner-up with a PR of 3:10:26. Only 126 marathoners finished under perfect conditions. A traditional high percentage of PR's seems to insure that the race will survive. In its 3rd year the Sundance Running Club has continued to attract sponsorship and the name of the event, reflecting new supporters, is now the "Big Valley Classic".

#### Division Results - Men Half Marathon

**Under 20:** 1. Joss Walter 1:13:25, 2. Richard Johnson 1:20:54, 3. Dan Jucutan 1:22:33, 20-29: 1. Mike Pinocci 1:07:19, 2. Monty Schafer 1:07:37, 3. Matt Bruni 1:07:38, 30-39: 1. Adam Ferreira 1:07:32, 2. Jerry Jobski 1:07:43, 3. Rich Langford 1:09:58, 40-49: 1. Sal Vasquez 1:09:58, 2. Tim Rostegge 1:13:38, 3. Jerry O'Hanlon 1:21:47, 50-59: 1. Carter Squires 1:20:04, 2. Ralph Moran 1:22:03, 3. Dan Halvorson 1:23:23, 60 & Over: 1. Otto Sommerauer 2:19:20, 2. James Tominaga 2:21:26, 3. Eddie Zoma 2:22:47, **Wheelchair:** 1. Gene Howard 1:06:59, 2. Wendell McCall 1:21:53.

#### Marathon

**Under 20:** 1. Peter Levonian 3:52:02, 20-29: 1. Ray Garcia 2:30:47, 2. Richard Brown 2:38:04, 3. Mark Nozares 2:39:48, 30-39: 1. Jim Bordonni 2:37:22, 2. Al Mosar 2:49:23, 3. Igar Hermann 2:52:02, 40-49: 1. Stan Wegner 2:54:05, 2. Ken Gaal 2:56:19, 3. Don Hoffman 2:59:36, 50-59: 1. Jess Chavez 3:05:41, 2. Joe Wakabayashi 3:18:15, 3. Jose LaFayette 3:25:30, 60 & Over: 1. Bob Manly 4:08:54.

#### Results - Women's Half Marathon

**Under 20:** 1. Daria Wigginton 1:46:48, 2. Nikki Strong 1:54:38, 3. Nancy Novak 2:12:13, 20-29: 1. Kathy L. Way 1:20:32, 2. Laura Rinde 1:22:15, 3. Debra Loomis 1:38:42, 30-39: 1. Juana Stavolone 1:21:11, 2. Sharlet Gilbert 1:24:33, 3. Delores Bazua 1:27:15, 40-49: 1. Kelleen Yocum 1:35:58, 2. Sharon Miller 1:39:27, 3. Diana Thompson 1:44:08, 50-59: 1. Marion Irvine 1:23:27, 2. Marian McKone 1:48:58, 3. Peggy Ewing 2:03:53.

#### Marathon

**20-29:** 1. Margee Dickason 4:02:29, 2. Valerie Schumann 4:05:20, 3. Sandra Johnson 4:10:36, 30-39: 1. Hilary Naylor 3:08:42, 2. Karen Sanguinetti 3:10:26, 3. Loretta Gutierrez 3:16:10, 40-49: 1. Janis Beltran 3:31:12, 60 & Over: 1. Annabel Marsh 5:04:29.

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## Results

### La Mesa Turkey Trot 10K

La Mesa, November 12.

#### Division Results - Men

12 & Under: 1. Done Prey 54:41. 13-17: 1. Greg McKasson 46:43. 18-29: 1. Victor Lurz 41:43. 2. Harold Werner 42:12. 3. Mike Dixon 42:20. 30-39: 1. Ed Whittier 34:27. 2. Patrick Barringer 37:54. 3. Larry Smith 38:20. 40-55: 1. Jim Williams 33:56. 2. R. Sablan 36:16. 3. Jerry Wathe 40:21. 56 & Over: 1. Phil Martin 47:03. 2. Jack Maughner 53:41. 3. Robert Owens 56:30.

#### Division Results - Women

17 & Under: 1. Tammy Kniffing 42:27. 2. Sally Mester 52:34. 18-29: 1. Donna Chin 35:14. 2. Kathleen Kinane 36:57. 3. Diane Riley 37:32. 30-39: 1. Joni Pendleton 39:40. 2. Cindy Lemon 41:55. 3. Etiole Grace 48:37. 40-55: 1. Judy Larkin 51:36. 56 & Over: 1. Judy Simon 55:58.

### La Jolla Bank 10K

Oceanside Pier, La Jolla, November 13.

#### Division Results - Men

17 & Under: 1. Eric Billmeyer 35:00. 2. Bill Mijagawa 42:53. 3. Benny Math 43:58. 18-29: 1. Frank Haralson 32:15. 2. Vince Hernandez 33:58. 3. Mario Chappins 35:08. 30-39: 1. Martin Nolasco 34:18. 2. Gary Shapiro 34:35. 3. Paul Pace 38:07. 40-49: 1. Keith Reed 39:01. 2. Don Foster 39:39. 3. Bill Best 40:38. 50-59: 1. Jim O'Neill 36:34. 2. Homer Rhoades 38:35. 3. G. Graham Murray 42:49. 60 & Over: 1. Dick Breen 49:58. 2. Manuel Cano 51:30. 3. John Donnelly 64:05.

#### Division Results - Women

29 & Under: 1. Bruni Conagh 38:04. 2. Debbie Portere 39:48. 3. Yvonne Yanke 41:33. 30-39: 1. Patsy Miller 46:13. 2. Karen Harris 48:55. 3. Mary Carter 49:20. 40-49: 1. Caroline Murray 49:45. 2. Anne Johnston 50:12. 3. Dennice Sandler 69:50. 50 & Over: 1. Rosalie Hailey 60:32.

### CRRC 15 & 30K

Tarzans, November 19.

#### Results - Men - 15K

13-18: 1. Elgin Smith 54:08. 19-29: 1. Bruce Thompson 52:24. 30-39: 1. Tony Nielsen 52:49. 40-49: 1. Jeri Kelch 1:08:39. 50-59: 1. Phillip Bottolfsen 1:08:11. 60 & Over: 1. Fred Bruecker 1:19:58.

#### Results - Women - 15K

13-18: 1. Lauren Abo 1:20:30. 19-29: 1. Beth Milewski 56:16. 40-49: 1. Julie Holcomb 1:35:27. 50 & Over: 1. Esther Tapelband 1:35:31.

#### Results - Men - 30K

13-18: 1. Troy Swezey 2:24:21. 19-29: 1. Robert Proctor 1:38:21. 30-39: 1. David Lopez 1:52:21. 40-49: 1. Charles McTaggart 2:00:36. 50-59: 1. Bob Larkin 2:20:35. 60 & Over: 1. Harold Daughters 2:05:04.

#### Results - Women - 30K

19-29: 1. Bobbie Schipper 2:04:25. 30-39: 1. Pat Story 1:59:04. 40-49: 1. Mary Elwell 2:23:08.

### Turkey Run For Heart

Spring Lake, Santa Rosa, Nov. 19.

#### Division Results - Men

High School: 1. Todd Wilson 39:29.1. Open: 1. Bob Tapia 31:50.6. 2. Peter O'Reilly 32:55.3. 3. Stacey VanHorn 34:12.9. Sub-Master: 1. Don Madronich

40:48.9. Masters: 1. Dale Trowbridge 39:58.1. Seniors: 1. Carl Jackson 43:00.2.

#### Division Results - Women

Open: 1. Annette Shearer 43:54.8. 2. Debra Dairs 49:02.7. Sub-Master: 1. Kimberly Bricker 43:47.7. Masters: 1. Jeanne Hennesy 40:09.0.

### Turkey Trot 5 & 10K Runs

Lompoc, November 19.

#### Overall Winners - 5K

1 Bradley Rhodes(19)LVDC 16:13  
2 Kirk Spry (31) SantaMaria 17:31  
3 Richard Quinter (29) ORR 17:34  
4 Steven Paduganan (31) ORR 17:36  
5 Dennis Grossini (36) LVDC 17:41  
10 Joe Carey (65) SBAA 21:49  
12 Bob Lane (53) ORR 22:28  
16 Patrick Denne (14) SantaMaria 24:33  
17 Deborah Namdar (27) LVDC 24:40  
19 Don Gates (48) VandenbergAFB 25:22  
21 Candy Jacobs (35) SantaMaria 26:03

#### Overall Winners - 10K

1 Scott Mayfield (22) Aggies 33:25  
2 Steve Jones (23) LVDC 33:54  
3 Steve Harney (36) ORR 34:03  
4 Richard Quintero (29) ORR 37:07  
5 Alfred Helm (23) LVDC 37:29  
8 Art Schickram (54) LVDC 38:50  
9 K. Uma (40) Lompoc 39:15  
12 John Holoubek (67) LVDC 39:52  
24 Lydia Harney (37) LVDC 46:01  
33 Carole Farina (25) Lompoc 50:44  
38 Olga Quinones (45) LVDC 52:57

### Run For The Eagles

from M. Patricia Noel & Art Anthonilz

Cucamonga, November 19.

#### Division Results - Men 5K

14 & Under: Chad Feilberg 18:34. 15-18: Mark Boen 16:11. 19-29: Ralph Milrow 17:04. 30-39: Richard Kenniger 16:49. 40-49: Tom Richards 17:18. 50-59: Walter Atcheson 18:13. 60 & Over: Ed Rumble 21:54.

#### Division Results - Women 5K

14 & Under: Ruth Arnold 27:07. 15-18: Diane Wiseman 22:04. 19-29: Lupe Sanchez 21:05. 30-39: Stella Madsen 23:36. 40-49: Lillian Johnson 21:54.

#### Division Results - Mens 10K

14 & Under: Brian Kriezel 43:26. 15-18: Steve Kreps 35:51. 19-29: Dale Schoolmeester 33:14. 30-39: John Allen 36:22. 40-49: Martin Balding 35:36. 50-59: R. B. Strophe 47:29.

#### Division Results - Womens 10K

19-29: Lori Smith 47:25. 30-39: Catherine Duerks 43:12. 40-49: Rita Leos 44:53.

### Million Dollar Marathon 10K

Las Vegas, November 20.

#### Overall Results

1 Frank Plasso, Jr.(23) Las Vegas 30:18  
2 Michael Lohman(30) Ft. Collins 30:48  
3 John Schulze(28) Las Vegas 32:15  
4 Larry Jones(21) Chinle, AZ 32:28  
5 Tony Gerardi(37) Las Vegas 33:42  
6 Jeff Demeny(23) Las Vegas 34:16  
7 Dennis Frioly(38) Las Vegas 34:41  
8 Dan Dierken(34) Escondido 34:45  
9 Robert Ranney(16) Las Vegas 35:01  
10 Darrell Hirtiges(27) AppleVly 35:14  
11 Edward Kanarowski(33) Ft. Worth 35:22  
12 Bill Schaefer(40) Las Vegas 35:43  
13 Peter Vidal(25) Las Vegas 35:48  
14 Kurt Williams(15) Las Vegas 36:07  
15 Jack Lippincott(37) Houston 36:08  
16 Paul Long(45) Toronto, ON 36:12  
17 Martin Gultero(25) Las Vegas 36:20  
18 James Dudman(21) Las Vegas 37:18  
19 Bert Jankowiak(17) Las Vegas 37:18  
20 Ross Martin(40) Terrey Hills, AU 37:29  
21 Harry Davis(22) Chinle, AZ 37:33  
22 Tony Pryatel(38) Las Vegas 37:33  
23 Glen Jensen(38) Las Vegas 37:38  
24 Mike Fuller(40) Big Bear City 38:36  
25 Ruben Vigil(56) Albuquerque, NM 38:40

### Run For Soviet Jewry 10K

Rancho Park, West L.A. November 20.

#### Division Results - Men

17 & Under: 1. David Greenberg 36:42. 2. Aaron Dement 37:09. 18-29: 1. Cleveland Whalen 31:55. 2. Dave Murphy 34:02. 30-39: 1. Curtiss Kellogg 35:24. 2. A.J. Siemen 36:01. 40-49: 1. Joe Gassmann 35:55. 2. Roy Gardner 36:44. 50-59: 1. Martin Greenberger 41:24. 2. William Gumpert 46:12. 60 & Over: 1. Eddie Lewin 41:04. 2. Alfred Schlesinger 52:40.

#### Division Results - Women

17 & Under: 1. Suzy Sway 49:41. 2. Jacq Lasher 51:00. 18-29: 1. Tema Aguado 44:42. 2. Karen Spector 44:48. 30-39: 1. Yaffa Zaray 42:58. 2. Gummer Fein 44:26. 40-49: 1. Nancie Pillus 47:07. 2. Elle Litov 47:30. 50-59: 1. Sandra Kenworthy 50:12. 2. Kate MacKinlay 50:42.

#### Division Results - Men 5K

17 & Under: 1. Christian Prieur 16:13. 18-29: 1. Greg Hauser 15:25. 30-39: 1. Patrick Cady 17:09. 40-49: 1. Mel Elliott 18:16. 50-59: 1. Gunars Grabis 20:25.

#### Division Results - Women 5K

17 & Under: 1. Pam Miller 24:24. 18-29: 1. Jacqueline Jacobs 27:18. 30-39: 1. Leslie McMullin 17:43. 40-49: 1. Wanda Whitmire 25:36. 50-59: 1. Carol Cartwright 23:08.

### Sunland-Tujunga Rotary Runs

from Ted Mertz

Sunland, November 20.

#### Division Results - Mens 10K

12 & Under: 1. John Rieger Jr. 57:59. 2. Hector Arevalo 1:01:30. 13-19: 1. John Gelleson 39:25. 2. Jeff Maroz 39:42. 3. Tom Luna 42:00. 20-29: 1. Richard Brown 31:40. 2. John McGovern 32:50. 3. Bill Entz 35:56. 30-39: 1. Dave Lopez 35:48. 2. Pedro Ponce 36:00. 3. Arthur Martinez 36:36. 40-49: 1. Freddie Perez 37:11. 2. Salvador Torres 38:13. 3. Mitch Pickens 38:40. 50-59: 1. John Racely 40:30. 2. Robert Gerlach 41:41. 3. James Shrader 47:04. 60 & Over: 1. Paul Richel 47:35. 2. Louis Koster 50:33.

#### Division Results - Womens 10K

13-19: 1. Donna Jackson 47:52. 20-29: 1. Judy Orach 39:33. 2. Elizabeth Gauer 41:15. 3. Crickett Morgiewicz 44:13. 30-39: 1. Patty Robinson 43:26. 2. Carol Lacy 45:00. 3. Ellen Beauchamp 56:00. 40-49: 1. Jane Dods 47:12. 2. Carmen Connolly 47:53. 3. Maria Fribourg 51:33. 50-59: 1. Virginia Taneja 50:10. 2. Daisy Wong 52:09. 3. Elizabeth McClellan 57:17.

#### Division Results - Mens 5K

12 & Under: 1. Daniel Limon 22:40. 13-19: 1. Raul Gonzalez 18:30. 20-29: 1. Wes Ashford 15:36. 30-39: 1. Fred Doubell 18:43. 40-49: 1. Bill Tosetti 18:37. 50-59: 1. Jim McGinn 19:32. 60 & Over: 1. David Cohen 20:42.

#### Division Results - Womens 5K

12 & Under: 1. Tamie Robinson 22:32. 13-19: 1. Carolyn Richards 20:46. 20-29: 1. Veronica Browne 22:24. 30-39: 1. Marjane Mitchell 19:50. 40-49: 1. Maree Field 21:47. 50-59: 1. Elaine Whittington 29:18. 60 & Over: 1. Liz Cotton 30:18.

### KNBC Peacock 10K

Los Angeles Zoo, Nov. 26.

#### Division Results - Men

12 & Under: 1. Ramon Fuentes 44:50. 13-15: 1. Danny Acosta 36:15. 16-18: 1. Mike Whitehead 32:12. 2. Sergio Valenzuela 32:43. 19-24: 1. Jeff Atkinson 29:54. 2. Joey Gomez 30:02. 3. David Frank 30:33. 4. Hector Perez 31:00. 5. Tim Wallen 31:50. 25-29: 1. Brian Russell 29:49. 2. William Foley 30:36. 3. Joel Hope 31:41. 4. Ron Russell 31:45. 5. Brian Nelson 32:40. 30-34: 1. Greg Switzer 33:11. 2. R. Doshi

34:23. 3. Salvador Paniagua 34:43. 35-39: 1. Ron Kurrie 32:37. 2. Jim Minami 33:57. 3. Curtiss Kellogg 34:38. 40-44: 1. James Murphy 33:28. 45-49: 1. James Murphy 33:28. 45-49: 1. Kenneth Fletcher 37:34. 50-54: 1. Wally Ingram 34:56. 2. Jim Brownfield 35:11. 3. Aurelio Camacho 37:38. 55-59: 1. Larry Banuelos 39:17. 60 & Over: 1. Eddie Lewin 40:04.

#### Division Results - Women

12 & Under: 1. Linda Perez 56:03. 13-15: 1. Danica Lisiewicz 42:05. 16-18: 1. Kim Ojeda 37:34. 2. Eileen Ebner 38:56. 3. Valerie Lisiewicz 39:56. 19-24: 1. Allison Hollington 38:41. 2. Irene Suzuki 41:40. 3. Marie Perez 41:46. 25-29: 1. Julie McKinney 37:35. 2. Anne Bennett 39:50. 3. Karen Evans 40:32. 4. Lynne Finley 41:29. 5. Crickett Morgiewicz 41:35. 30-34: 1. Lois Curi 38:23. 2. Gayle Cory 42:51. 3. Judith Giampietro 42:57. 35-39: 1. Betsy Sauer 44:10. 40-44: 1. Kathy Kusner 43:04. 2. Jan Archibald 43:48. 3. Cecily Parke 43:51. 45-49: 1. Gina Faust 41:35. 2. Joyce Momita 42:54. 3. Atsuko Fujimoto 44:40. 50-54: 1. Yukie Mochida 47:39. 2. Nelly Williams 51:36. 3. Patricia Puritt 53:51. 55-59: 1. Barbara Campbell 53:59. 60 & Over: 1. Lois Edds 49:18.

### Santa Clarita Valley

Newhall, November 26.

#### Results - 5K

1 Fidel Martinez (1st 16-18) 16:02  
2 John Brady (1st 19-29) 16:13  
3 Brian Parkhurst (2nd 19-29) 16:32  
4 Dave Winter (3rd 19-29) 16:50  
5 Daren Stonerock (2nd 16-18) 17:00  
6 Marcelo Guiscardo (1st 30-34) 17:01  
7 Earl Beverly (1st 40-44) 17:11  
8 Gregg Allen (3rd 16-18) 17:23  
9 Freddie Escovar (4th 16-18) 17:34  
11 Larry Stevens (1st 35-39) 17:56  
12 Sam Mayo (1st 45-49) 18:01  
23 Ronn Hawes (1st 50-54) 19:17  
25 Joe Natoli (1st 13-15) 19:33  
27 Jeanette Wells (1stF 45-49) 19:48  
29 Ulysses Gomez (1st 12&U) 20:16  
37 Susan Smolinski (1stF 19-29) 21:41  
38 Maynard Mickelson (1st 55-59) 21:52  
41 Ruth Grimes (1stF 30-34) 22:24  
52 Julie DeVita (1stF 16-18) 23:38  
65 Cheryl Cieslik (1stF 13-15) 25:08  
76 Cindy Courtemarsh (1stF 12&U) 26:58  
83 Patty Carmody (1stF 50-54) 29:51  
88 Larry Kelbie (1st 60&O) 34:26

#### Results - 10K

1 Tim Watson (1st 16-18) 31:25  
2 Mark VanLeeuwen (1st 19-29) 31:52  
3 John Jones (1st 30-34) 32:53  
4 Mike Fretz (1st 13-15) 34:35  
5 Steven Whitmore (2nd 19-29) 34:47  
6 Pedro Ponce (1st 35-39) 35:23  
7 Mike Mench (2nd 35-39) 36:13  
8 Dana Pilioli (3rd 19-29) 36:24  
9 Felix Randel (2nd 16-18) 36:52  
10 Steve Watanabe (2nd 30-34) 37:03  
11 Roy Pellerin (1st 45-49) 37:13  
17 Jerry Stearns (1st 40-44) 37:43  
36 Sue Harmon (1stF 30-34) 40:21  
40 Preben Poulsen (1st 50-54) 41:22  
41 Dick Durand (1st 55-59) 41:34  
44 Cindy Scott (1stF 19-29) 41:57  
47 Andrea Rakov (1stF 13-15) 42:20  
53 Craig Cieslik (1st 12&U) 44:14  
55 Barbara Shields (1stF 40-44) 44:51  
59 Suzanne Worden (1stF 16-18) 45:33  
79 Marsha Martin (1stF 35-39) 50:28  
87 Daisy Wong (1stF 55-59) 52:54  
89 Elaine Pellerin (1stF 45-49) 53:43  
98 Liz Cotton (1stF 60&O) 64:46

### Sugar Loan Ridge Race

from Butch Alexander

Kenwood, November 26.

#### 5K Results

1 Dave Rodrigues (21) Berkeley 18:40  
2 Shawn Dudgeon (21) GlenEllen 19:14  
3 Fred Kenyon (30) Sebastopol 20:13  
4 Robert Thomas (19) SantaRosa 20:44  
5 Jim Toney (37) SantaRosa 21:18  
10 Jacqueline Andrews (16) S.Rosa 26:28



# 5K Results

1 Dan Buck (24) S.F.	29:05
2 Stacy VanHorn (20) S.Rosa	29:37
3 Butch Alexander (30) Sonoma	30:17
4 Pete Vincent (17) Santa Rosa	30:22
5 Tim Henke (27) Napa	30:37
6 Darryl Zapata (38) S.F.	30:52
7 Bill Stainbrook (30) Sacto	31:25
8 Larry Meredith (26) Santa Rosa	32:07
9 John MacPherson (42) Santa Rosa	32:30
10 Unidentified Runner	
11 John Kruger (19) Santa Rosa	33:05
12 Bruce Phinney (23) San Rafael	33:15
13 Jerry Bourne (37) Sonoma	34:49
14 Darryl Beardall (47) San Rosa	34:53
15 Greg Lehman (33) Petaluma	35:04
16 Don Madronic (38) Sebastopol	35:10
17 Jason Schaumburg (16) Santa Rosa	35:32
18 Dan Turek (28) Santa Rosa	35:59
19 Fred Kenyon (33) Sebast.	36:53
20 Greg Jones (29) Santa Rosa	37:12
27 Anne Burr (26) Santa Rosa	38:01

## Bell Thru The Bunker 5 Mile

from Darlene Galindo

San Pedro, November 27.

Weather and scenery could not have been more perfect November 27 for the Second Annual Bell Thru The Bunker 5 Mile Run in San Pedro, to benefit recreation centers in the Harbor District of the Los Angeles Department of Recreation and Parks. The course runs along the Pacific through a historic bunker and finishes at the Korean Bell of Friendship.

Some runners come in costume like "Moose" Dobra, Mr. and Mrs. "Mouse" Bernardi, "Clown" Frank de Lucia, the "Shrunken Head", "Wolfman" Ricky Lynn and the eight lady centipede from the Point Fermin Flyers Running Club, Roberta Rodin, Sue Hayden, Bonnie Winters, Diane Johnson, Berly Obando, Carol Baardsen, Peggy Taylor and Judy Kordich.

### Results - Men

1. Tom Bryant 25:52, 2. Fernando Vasquez 26:12, 3. Pat Watson 26:18, 4. Harry Staalberg 26:26, 5. Luis Pinon 26:53, 6. James Arquilla 26:57, 7. John Barrett 26:58, 8. Ron Kurrie 27:19, 9. Vincent Calderone 28:13, 10. Hector Sanchez 28:18.
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### Results - Women

1. Katherine Kanes 29:22, 2. Leslie McMailin 29:42, 3. Mary Blish 32:10, 4. Judy Orach 32:14, 5. Sherry Simmons 33:49, 6. Mia Myricks 35:02, 7. Crickett Morgiewicz 35:22, 8. Teresa Knapp 35:39, 9. Anet Cooper 35:59, 10. Priscilla Braham 36:01.
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## Sri Chinmoy 3 Mi.

Santa Barbara, November 27.

1 Alan Overholt (24)	15:09
2 Kevin Nibbe (17)	15:37
3 Steve Close (40)	15:43
4 Duncan Thomas (35)	15:58
5 Eric Carman (18)	16:09
6 Steve Bushey (33)	16:14
7 David Carl (17)	16:16
8 Philip Grant (38)	16:21
9 Charles Johnson (17)	16:26
10 Peter Fessler (17)	16:31

### Division Winners - Men

39 & Under: Alan Overholt 15:09, 40-49: Steve Close 15:43, 50-59: Art Schikram 17:41, 60 & Over: Stephen Gibbens 23:08.
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### Division Winners - Women

39 & Under: Pamela Cox 18:53, 40-49: Patricia Kelly 22:21, 50-59: Patty Frankus 24:17, 60 & Over: Grace Schweitzer.
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## Holiday Five K

Visalia, December 3.

Tanis Loyendekker and Bryan Foley were the women's and men's winners of the fourth annual Holiday Five Kilometer Run. Loyendekker of Peregrine Athletic

Club ran 18:17 setting a new race record. Foley of the Aggie Running Club ran 14:51 to break the old record.

Robert Taylor and Terry Taylor both of Peregrine A.C. finished second and third overall to finish first and second in the 20-24 division. Their times were 15:32 and 16:02 respectively.

### Division Results - Men

14 & Under: 1. Ken Avilla 17:48, 15-19: 1. Jack Patino 16:59, 20-24: 1. Robert Taylor 15:32, 25-29: 1. Bryan Foley 14:51, 30-34: 1. Larry Nava 17:08, 35-39: 1. John Forenti 17:00, 40-44: 1. Jesses Rodriguez 18:31, 45-49: 1. Frank Padilla 17:19, 50-59: 1. Jess Rivera 18:20.
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### Division Results - Women

14 & Under: 1. Holly Eddinger 23:01, 15-19: 1. Suzy Sway 22:07, 20-29: 1. Tanis Loyendekker 18:17, 30-39: 1. Hall 21:34, 40-49: 1. Judy Tom 25:44, 50 & Over: 1. Lucia Huerta N.T.
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## Laguna Niguel Scenic 10/5K

Laguna Niguel, December 3.

### Division Results - Men 10K

14 & Under: 1. Brett Killeen 36:41, 2. Ken Vandley 36:52, 3. Danny Ma 38:56, 15-18: 1. Steve Waythomas 35:21, 2. Rob Belo 35:29, 3. Jeff Heameier 35:50, 19-24: 1. Lance Packer 30:56, 2. Jim Nagel 33:02, 3. Dave Ciccarelli 35:08, 25-29: 1. Robert Traba 30:36, 2. Kim Uille 33:25, 3. Gary Carlin 33:45, 30-34: 1. Bill Aragon 31:30, 2. Dave White 32:05, 3. Jack McQuown 34:00, 35-39: 1. Tom Carras 33:48, 2. John Loeschorn 34:11, 3. Mary Hartley 34:48, 40-44: 1. Frank Duarte 32:36, 2. Bill Eiam 35:25, 3. Chad Ehlers 35:54, 45-49: 1. Mike Hook 36:37, 2. Stan Price 37:35, 3. Andy Bailey 41:45, 50-59: 1. Robert Coburn 41:31, 2. Tom Wilson 41:56, 3. Doug Maljala 42:40, 60 & Over: 1. Steve Chipilis 43:22, 2. Glen Ward 44:29, 3. Ferdi Gonzales 45:08.
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### Division Results - Womens 10K

14 & Under: 1. Heather Killeen 43:24, 2. Joyce Belo 58:03, 3. Susan Covington 56:49, 15-18: 1. Ann Helm 40:39, 2. Maureen Quinn 42:20, 3. Kelly MacKenzie 51:35, 19-24: 1. Roma Antoniewicz 37:49, 2. Rosemarie McCabe 47:08, 3. Maria Delgado 50:09, 25-29: 1. Tina Costantino 39:26, 2. Kim DiFilippo 40:01, 3. Debbie Heald 44:41, 30-34: 1. Lois Curl 40:13, 2. Shirley Bloomers 46:52, 3. Debra Moore 48:56, 35-39: 1. Sandi Polis 45:21, 2. Lonnie Horn 45:33, 3. Anita Bugge 47:52, 40-49: 1. Dianne Simpson 48:02, 2. Kay Stodd 53:08, 3. Carroll Hochschild 56:04.
---

### Division Results - Mens 5K

14 & Under: 1. Joel Bender 19:06, 15-18: 1. Raúl Serratos 15:49, 19-24: 1. Dan Partelow 16:30, 25-29: 1. Howard Keeley 16:43, 30-34: 1. Walt Hitt 16:09, 35-39: 1. Bob Hill 16:51, 40-44: 1. Pete Petersen 16:40, 45-49: 1. Juvenal Herrera 17:39, 50-59: 1. Jim Clappett 19:45, 60 & Over: 1. Dave Lewis 21:40.
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### Division Results - Womens 5K

14 & Under: 1. Carl Young 21:30, 15-18: 1. Stacey Skele 20:32, 19-24: 1. Cynthia Richards 26:38, 25-29: 1. Patti Paschel 18:51, 30-34: 1. Linda Purrington 20:41, 35-39: 1. Sue Peterson 18:22, 40-49: 1. Carolyn Dcty 18:51, 50-59: 1. Diane Micholson 38:15, 60 & Over: 1. Shirli Allen N.T.
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## Santa Maria Half Marathon

Santa Maria, December 4.

### Overall Results

1 R. Hernandez (32)	1:10:00
2 D. Trissel (19) AHC	1:14:17
3 J. Hurley (27)	1:16:06
4 P. Lee (22) SLDC	1:16:27
5 M. Hamer (22)	1:17:12
6 T. Brown (15) SLDC	1:17:59
7 R. Quintero (29) ORR	1:18:13
8 J. Brown (41) SLDC	1:19:10
9 S. Paduganan (32) ORR	1:20:32
10 C. Sepko (39) ORR	1:21:46
14 G. Berg (51) J.T.T.	1:22:36

20 R. Medina (33) TCC	1:25:46
26 J. Holoubek (67) LVDC	1:29:07
34 C. Henney (24)	1:33:30
37 G. McQuitty (46) ORR	1:34:08

photo by Paul Spinelli



DASSIE BOWDEN  
Perrier Beverly Hills 10K winner

## Perrier Beverly Hills 10K

from Jane Lazgin

Beverly Hills, December 4.

### Overall Results - Men

1 Bill Rodgers, Sherborn, MA	28:59
2 Brian Russell, L.A.	29:28
3 Ray Cook, Riverside	29:40
4 Jon Butler, L.A.	29:50
5 Ben Wheeler, Ojai	30:00
6 Patrick Ewing, Redondo Bch	30:14
7 Christopher Schaler, N.Holywd	30:24
8 Carey Simons, S.Pasadena	30:29
9 Cleveland Whelen, Venice	30:48
10 Richard Hornish, L.A.	30:49

### Division Results

40-49: 1. Ron Robertson, Gisborne, NZ 30:54, 2. Steve Close, Santa Barbara 33:35, 3. Jim Murphy, Burbank 33:52, 50-59: 1. Jim Brownfield, Alhambra 35:20, 2. Jim O'Neill, LaJolla 35:25, 3. Jerry Withers, L.A. 37:46, 60 & Over: 1. Eddie Lewin, Brentwood 39:59, 2. Dick Bates, N.Hollywood 44:10.
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### Overall Results - Women

1 Dassie Bowden, Santa Monica	35:45
2 Cathy Pedroza, L.A.	36:52
3 Mary Tracey, Santa Monica	37:11
4 Roma Antoniewicz, Santa Monica	37:35
5 Bev Lowe, Pacific Pal.	37:59
6 Judy Orach, El Segundo	38:48

7 Terri Goodreau, N.Hollywood	39:08
8 Laura Saavedra, L.A.	39:37
9 Jenny Green, L.A.	39:41
10 Carol Osness, Seattle, WA	40:15

### Division Results - Women

40-49: 1. Cecily Parke, Sierra Madre 44:34, 2. Kathryn Owen, Redondo Beach 45:12, 3. Sharon Hettig, Topanga 45:26, 50-59: 1. Helen Dick, L.A. 41:33, 2. Betty Flood, Palos Verdes 44:18, 3. Carol Cartwright, Reseda 46:31, 60 & Over: 1. Fenya Crown, Beverly Hills 1:06:20, 2. Dorothy Rask, L.A. 1:07:05.
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### Results - Men 5K

1 Mike Day, Ottawa, Can.	17:52
2 Ned Radojvch, Beverly Hills	18:05
3 Roger Bourbon, Beverly Hills	18:43

### Results - Women 5K

1 Leslie Thomlinson, VancBC	20:43
2 Lynn Kobayaski, Toronto, Ont.	21:33
3 Laura Radojvch, Bev. Hills	22:18

## Sixth Great American Smokeout

Riverside, December 4.

Division Results - Men Half Marathon
13-18: 1. Andy Shomph 1:32:11, 19-29: 1. Bobby Adams 1:09:38, 2. Louie Terrones 1:10:54, 3. Ricky Medina 1:15:26, 30-39: 1. James Press 1:08:50, 2. T. Gebre-Hawariat 1:18:36, 3. Robert Fulton 1:19:41, 40-49: 1. Fred Kiddy 1:18:27, 2. Joaquin Granado 1:18:45, 3. Richard Tufts 1:21:11, 50-59: 1. Lyle Deem 1:34:00, 2. Frank Ramos 1:34:10, 3. Robert Olvera 1:34:28, 60-69: 1. Caser Poole 1:33:53.

Division Results - Women Half Marathon
13-18: 1. Shannon Duncan 1:40:45, 19-29: 1. Carol Carrigan 1:27:55, 30-39: 1. Mary Ann Mera 1:41:11, 40-49: 1. Sandra Kiddy 1:25:36, 50-59: 1. Diane Deno 2:01:30.

### Division Results - Men 10K

12 & Under: 1. Brian Reynolds 42:45, 13-18: 1. Jason Mills 35:33, 2. Eric Rigney 36:50, 19-29: 1. Mark Castro 31:24, 2. Chris Breneman 31:25, 3. Steve Johnson 32:19, 30-39: 1. Nolan Smith Jr. 33:34, 2. James Clendaniel 35:38, 3. Dan Andrews 39:48, 40-49: 1. Frank Duarte 33:21, 2. Gerry Robb 35:57, 3. Frank Ogawa 36:01, 50-59: 1. Wally Ingram 36:21, 2. Jack Goertzen 43:15, 60-69: 1. John Goodyear 43:26, 70-79: 1. Tony Perona 51:47, 80 & Over: 1. Jacob Bishin 1:10:29.
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### Division Results - Women 10K

12 & Under: 1. Jennifer Rigney 42:29, 13-18: 1. Carol Doody 40:00, 19-29: 1. Patricia Escamilla 41:21, 2. Margaret Hammack 41:30, 30-39: 1. Carol Richardson 42:25, 40-49: 1. Kathy Adams 52:11, 50-59: 1. Eva Kaus 55:01, 70-79: 1. Lucile Adney 1:08:34.
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### Division Results - Men 2 Mile

12 & Under: David Chebahtah 12:49, 13-18: Brian O'Neill 10:58, 19-29: Steven Dietch 9:59, 30-39: Michael Figueroa 10:56, 40-49: Anthony Gomez 11:51, 50-59: Donald Kitchin 12:38, 60-69: Bill Cornett 14:25.
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### Division Results - Women 2 Mile

12 & Under: Mary Shomph 16:05, 13-18: Jinli Anglin 13:15, 19-29: Julie Wong 14:37, 30-39: Vaneen Parker 14:48, 40-49: Carol Taylor 16:52, 50-59: Dolores Bezenah 18:43, 60-69: Vyia Cook 24:28.
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## Western Hemisphere Mar.

Culver City, December 4.

### Results - Men

1 Steve Flynn (27) Sepulveda	2:27:42
2 Richard Brown (22) Arleta	2:34:26
3 Michael Hunt (25) Oxnard	2:34:43
4 Jim Kneer (49) Simi Valley	2:35:48
5 Jim Scott (29) Santa Monica	2:36:05
6 Marshall Matye (40) Sylmar	2:36:13
7 Jim Minami (39) Sun Valley	2:36:49
8 Craig Storey (35) Calgary	2:40:03
9 Bill Scobey (38) San Luis Obispo	2:40:28
10 Ed Wehan (39) Santa Monica	2:41:23

continued on next page...



# Results

## Division Results

### 18 & Under:

1	Cayetano Delacruz(18)LA.	2:50:27
2	Rafael Sanguino(17)CulverCity	3:21:07
3	Michael Jacobs(16)GranadaH.	3:24:53

### 19-29:

1	Steve Flynn(27)Sepulveda	2:27:42
2	Richard Brown(22)Arlita	2:34:26
3	Michael Hunt(25)Oxnard	2:34:43

### 30-34:

1	David Lopez(32)MissionH.	2:41:41
2	Dennis Huffman(34)N.Holywd	2:45:46
3	Mike Miller(34)Orange	2:46:01

### 35-39:

1	Jim Minami(39)SunValley	2:36:49
2	Craig Storey(35)Calgary	2:40:03
3	Bill Scobey(38)SanLuisObispo	2:40:28

### 40-44:

1	Marshall Matye(40)Sylmar	2:36:13
2	Stanley Ruby(40)Valencia	2:44:42
3	Jesse Cook(43)ThousandOaks	2:48:40

### 45-49:

1	Jim Knerr(49)SimiValley	2:35:48
2	Girts Ozolins(46)Torrance	2:48:58
3	Dennis Parrish(42)Tujunga	2:47:51

### 50-54:

1	Delbert Pearce(50)Oxnard	3:03:02
2	David Parker(53)Sylmar	3:04:47
3	Granville Wilson(53)LomaLinda	3:11:57

### 55-59:

1	Fred Nagelschmidt(59)Ventura	3:02:03
2	Raymond Penkert(58)ElCajon	3:26:25
3	Ruben Heralda(59)LA.	3:34:44

### 60 & Over:

1	Harold Daughters(62)BlueJay	3:15:05
2	Paul Jernstrom(62)RolingHis	3:39:44
3	Stanley Neufeld(60)SantaMon	3:42:49

## Results - Women

1	Beth Milewski(25)Northridge	2:57:06
2	Debbie Wilkinson(35)MissionV	2:59:30
3	Marian Mallory(22)ThousandO	3:04:20

4	Anne McGreevy(29)VanNuys	3:06:24
5	Catherine LeClaire(31)LA.	3:11:44
6	Jan Burkhardt(21)Chatsworth	3:12:58

7	Sue Harmon(33)Van Nuys	3:13:45
8	Nancy Medved(22)LA.	3:17:56
9	Becky Miller(34)El Segundo	3:18:30
10	Gail Gill(30)El Toro	3:22:15

## Division Results

### 19-29:

1	Beth Milewski(25)Northridge	2:57:06
2	Marian Mallory(22)ThousandO	3:04:20
3	Anne McGreevy(29)Van Nuys	3:06:24

### 30-34:

1	Catherine LeClaire(31)LA.	3:11:44
2	Sue Harmon(33)Van Nuys	3:13:45
3	Nancy Medved(22)LA.	3:17:56

### 35-39:

1	Debbie Wilkinson(35)MisnVjo	2:59:30
2	Nella Ruiz(36)LA.	3:36:05
3	Nancy Buchmanan(39)FntnVly	3:51:28

### 40-44:

1	Norma Limp(41)SntaMonica	3:33:32
2	Linda Polin(40)LA.	3:41:43
3	Kathy Kuener(43)W.Holywd	3:44:36

### 45-49:

1	Atsuko Fujimoto(48)PacPalia	3:42:56
2	Dorothy Kobayashi(47)RolHIEs	4:13:56
3	Emma Williams(46)Lamont	4:25:14

### 50-54:

1	Ingrid Zamfirescu(54)SanPedro4	4:49:38
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zky 44:20, 2. Mickie Shapiro 45:32, 3. Virginia Dickerson 46:04. **50 & Over:** 1. Nicki Hobson 45:26, 2. Bryna Haber 56:06, 3. Verna Jorgensen 65:23.

photo by Richard Lee Slotkin



STEVE MCCORMACK  
Festival of Lights winner

## Rudolph 5/10K

Lancaster, December 10.

### Results - 5K

1	Fidel Martinez (1 14-18)	15:49
2	Casey Jones (1 19-29)	16:01
3	Robert Corlew (2 19-29)	16:07
4	Danny Bartlett (2 14-18)	17:18
5	Keith Power (3 14-18)	17:24
6	Phil Horn (1 30-39)	17:40
14	Rick Keller (1 40-49)	18:57
15	Chad Cieslik (1 9-13)	19:04
20	Sylvia Aceves (1F 30-39)	20:03
25	James McFeetas (1 50-59)	20:52
31	Kathy Butler (1F 19-29)	22:05
38	Clint Cieslik (1 8&u)	23:22
48	Margaret Chipman (1F 40-49)	24:29
50	Cheryl Cieslik (1F 9-13)	24:34
85	Jennifer Little (1F 8&u)	46:14

### Results - 10K

1	Mark LaPlant (1 15-18)	33:58
2	Tony Whitmore (1 19-29)	34:11
3	David Lopez (1 30-39)	35:03
4	Peter Saccone (1 40-49)	35:27
5	Richard McGuire (2 15-18)	35:47
17	Frank Sakelarios (1 14&u)	40:14
20	Marvin Powers (1 50-59)	40:37
21	Jim Talley (1 60&u)	40:40
25	Karleen Bricker (1F 20-29)	42:32
41	Becky Pulford (1F 30-39)	53:26
43	Maria Gonzales (1F 40-49)	54:34

Fashion Island Shopping Center. Those who preregistered were notified, but the folks expecting to sign up race day found themselves looking for a race. Including some photographers and writers. The only difference between the courses was the scenery. The new one was just as much of a roller coaster as the original.

Another change was to combine the open race with the invitational. That meant both races started at 8 a.m. It also meant that a lot of people expecting to be in the open race found themselves spectators, and all they got to see was the real slow folks. Most, however, managed to get to the start line in time, but they had to hustle, foregoing warming up and those last minute pit stops.

The excitement wasn't over. At the start, just after the gun went off, there was a spectacular pile up, and several runners went down. The major casualty was the guy who started all the excitement last year, Bill Donakowski. Looking as though he stepped on a bangalore torpedo, or came out of a knife fight, Donakowski struggled for about 50 yards, said, "that's it!" and walked out from the middle of the mob that was now surging around him. Steve Bishop, who runs these things at a sub-5:00 pace also went down, and then, "... somebody fell on top of me ..." eventually he got loose, got up and got going. Finding some room on the inside, a foot away from the curve, Bishop started working his way forward, liberally dispensing "excuse me's." Andre Tocco, one of the best masters in the hemisphere figured lining up behind Donakowski ought to be as safe as anyplace. Well, Andre finished in 27:18 and won his division. But he looked as though he was "the other guy" in the Donakowski knife fight.

"It hurts!" he groaned afterwards.

Bishop came out of it with minor abrasions, which also hurt, but, "they hurt right up here!" he said, pointing to his head and reflecting upon his 17th place finish, quite impressive under the circumstances.

tified runner, unkindly referred to in writing circles as a no-name, was also up there, along with Scrutton, Matt Centrowitz, Bruce Bickford, Gary Gregory, Barie and John Koning, to form a 7 to 8 man front. The invitational runners soon separated themselves from the common folk and Mr. No-Name was gone by a half mile. Through a mile in about 4:19, Scrutton, Barie and Randy Reina from Texas, were the point men. Kigen was hanging back a step or two. Shahauga was several yards back, cooling it, as was Steve Scott just a few steps ahead of him.

Near a mile and a half, it was Scrutton, Barie and Kigen, while the New Balance boys, Curp and Bruce Bickford were showing the colors just behind them. No definite trends yet.

Two miles in 9 flat. Kigen and Barie were now sharing the lead. Scott was a little behind them, as was Scrutton and the rest of the hot shoes. There were about 16 in the hunt at this point, stretching only about 20 yards from front to back. A minute later, Barie tried a little move, but nothing came of it.

Just before the 3 mile mark, the course turns uphill. Kigen and Barie, still in front, tried a surge to break loose. The New Balance boys went with them. Scott, Scrutton and a few others lost a bit of ground here, but got it back after cresting. The rest, however, were effectively out of it. The hill separated the contenders from the also-rans.

Then, 3 miles in 13:28. Same four in front, Scott in 5th. Scrutton now 7th. He said he lost his rhythm around 2 1/2 miles and never got back into it. Shahauga was in his rhythm, though. Up in the lead pack, now considerably diminished, he had become noticeable. But Simeon Kigen was about to make a move.

It was near 3 1/2 miles. Coming down hill, Kigen suddenly spurred to a 20 yard lead. Barie, Shahauga, Curp and Bickford watched him go, as did Scott and Scrutton, who trailed those four by a few yards. Kigen passed the 4 mile point in 18:04, ten seconds ahead of the others.

photo by Richard Lee Slotkin



SUB-4 BACK BAY (from left): Kigen, Bickford, Barie, (Curp behind Barie), Scott, Shahauga, Scrutton.

Well, after all that, the rest of the morning was almost dull. If anyone noticed, the weather was beautiful. It was sunny and clear and quite cool. The crowd was big and they seemed enthusiastic. Of last year's top five finishers, Scrutton, Donakowski and Larry Cuzzort were back. And Gidamus Shahauga, Marti Curp, Zakaria Barie and Simeon Kigen were more than adequate replacements for the missing Joseph Nzau and Nick Rose. As last year's winner, Scrutton wore number "1".

When the mob surged forward, quickly swallowing the spill and pile up, Harrison Koroso took the early lead, an uniden-

Now Shahauga began to move. When Kigen first took off, Shahauga waited to see if anyone else would "respond". No one did. "We couldn't," according to Paul Gorman. So Shahauga "responded." Of course, that was the signal for everyone else to go too. Barie tried to hang on to Shahauga. Curp, Bickford and Scott, especially Scott, all fired up the after-burners. Shahauga was already on A.B. And Kigen was in trouble. His early fast pace and bid for the lead were now coming back to haunt him. He was slowing down, but he thought he could hang on long enough to win.

## Festival of Lights

San Diego, December 4, 10K.

### Division Results - Men

17 & Under:	1. Patrick Green 31:09, 2. Mike Horberson 32:51, 3. Clark Sandknop 38:00.
18-29:	1. Steve McCormack 29:41, 2. Brian Harold 29:56, 3. Rick Brownberger 30:14, 4. Jeff Woodland 30:21.
30-39:	1. Ted VanArsdale 32:01, 2. Chris Corter 33:22, 3. Mac Larson 34:17.
40-49:	1. Jim Duncan 35:50, 2. Don Shanahan 36:02, 3. Salvador Jimenez 36:06.
50 & Over:	1. Fred Lehr 37:47, 2. Bill Cookin 39:04, 3. Raymond Spencer 40:05.

### Division Results - Women

17 & Under:	1. Aichera Ciemechan 42:05, 2. Katherine Ann Riddle 42:07, 3. Sue Jones 43:16.
18-29:	1. Kathleen Kinane 36:32, 2. Janice Frickel 36:52, 3. Rufus Schweider 38:40.
30-39:	1. Kay Harpold 37:55, 2. Lynda Gregg 41:30, 3. Diana Dann 42:15.
40-49:	1. Beverly Lynn Lipet-

## Sub-4 Back Bay 8K

by Richard Lee Slotkin

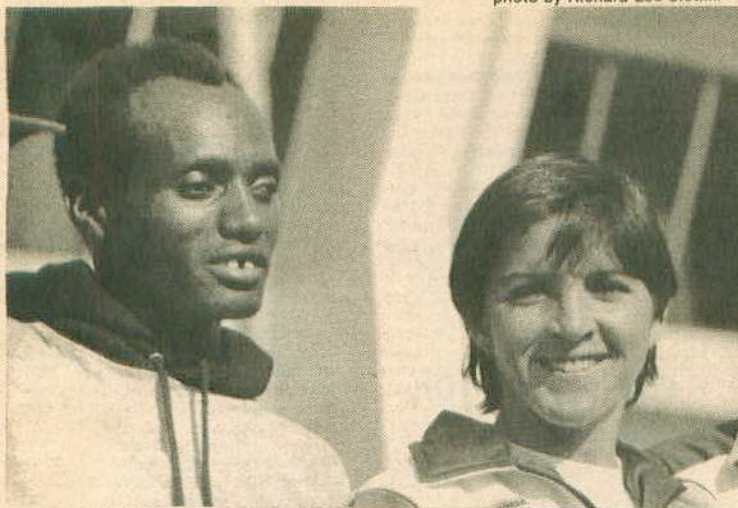
Newport Beach, December 10.

After last year's wild finish, in which five different guys had the lead in the last 300 yards all of whom broke the world record, who knew what to expect this year? Whatever, it would be worth checking out. Even if it did mean getting up at 4:30 in the morning and driving 50 miles. What the heck, it's mostly freeway.

As it happened, it was a good race, very good, in fact. But, most of the real excitement came at the beginning. Some of it even came before the race. Three days before.

That was when a rainstorm washed out part of the course, the "Back Bay" part. So, at the last minute, the race was shifted about a half mile south to the





GIDAMUS SHAHANGA &amp; MONICA JOYCE

He was wrong. Shahanga went by him with about 200 yards to go, catching him by surprise. It didn't matter. Kigen didn't have enough left to do anything about it. And with maybe 20 or 30 yards left, Barie passed him. But, they ran out of road before Scott could catch him.

Shahanga's time was 22:28, three seconds ahead of Barie. After that, they came across the line mostly only one or two seconds apart. Some were even closer than that. Scrutton and Curp were both timed in 22:37 for 6th and 7th places. Scrut put on a late surge, despite feeling lousy, for the sake of his team, 4 Corners Track Club. It worked. They got second.

Gerald Jones and Harrison Koroso also came in as a pair, as did Domingo Tibaduiza and Dave Daniels. And so did Tom Bryant and Carey Simons. None of these guys were going for ties either. It was a matter of a lot of very competitive people in the same place at the same time.

Sub-4 still isn't going after the same kind of depth in the women's field as they do for the men. But they do get a few good ones. Monica Joyce and last year's winner, Ellen Hart were the class of the field, both fresh off the IAAF Women's World Championship 10K the week before. Jan Merrill, Sue Addison and Jeanie Lasee-Johnson added some depth. But in the end, it was all Monica Joyce. She had edged Hart by a second at San Diego the previous week and she was sure she could do a little better than that this time.

After slipping around the pileup at the start, Joyce moved out to a 5 minute first mile. Hart, Lasee-Johnson, Addison and Merrill were with her. Merrill was dropped at the hill and Lasee-Johnson took a shot at the lead. She was then dropped at the second hill and it was Joyce and Hart. At 4 miles, Hart went for it and Joyce decided to bide her time for a bit. She watched Hart move out to a 30 yard lead. When the lead stopped growing, Joyce figured she'd done the right thing and would be able to reel Hart back in. As they crested the last hill, "I couldn't hold back anymore, so I just went; I just blasted..."

She sure did. "She came by me as if she had wings on her feet!" said Hart. By then, it was only a 500 yard dash to the finish, and Joyce had it all to herself. Crossing the line in 26:18, she was 12 seconds ahead of Hart. And she got it all in about 500 yards. That's a textbook example of a kick.

Third place went to Sue Addison, who got by Lasee-Johnson after L-J wore herself out with her bid for the lead. But, she was 20 seconds behind Hart, (and 14 seconds ahead of Lasee-Johnson). Merrill was 5th and UCI's Lisa Gonzales was 6th. Unlike the men, there were long waits between the female finishers. That is because there just weren't enough of them. The previous week, at the IAAF

Championship, the girls came in just like the guys did here: Zip! Zip! Zip! Blink your eyes and you miss someone.

New Balance, led by Curp and Bickford took the team title and Four Corners was second, thanks to Scrutton's kick. UTEP Track Club was third, despite Shahanga's win and Barie's 2nd. Miller Filbert Bay's 31st overall is what killed them. Host Sub-4 had to settle for 4th. That was their "A" team led by Steve Scott's 4th place finish. The "B" team was 10th.

Eighteen year old Jesus Gutierrez was 43th overall, right in the middle of the invited runners. His 24:18 made him the winner of the open race. Runner-up at the San Francisco marathon, Joel Hope got that spot again here, finishing in 24:38 in the open. However, he was 1st in his age group.

Thirty-five year old Tisha Whitney was the 1st female in the open crowd, checking in at 29:00. Angie Tibaduiza, Domingo's honey, was 2nd, was seven seconds back. Awhile later, 18 year old Clare Felt was the last female to break a half-hour. By 4 seconds.

Sweepstakes winner Shahanga earned the right to drive an 84 Red Porsche for a year. Sounds great but the word floating around was that he doesn't have a U.S. driver's license. Well, the way he runs, the Porsche would only slow him down anyway.

#### Division Results - Men

13 & Under: 1. Joe Pavine 30:16, 2. Kes Jusonis 30:27, 3. Hugh Wooden 31:08. 35-39: 1. Ron Kurrie 25:39, 2. Geoff Zehnder 26:13, 3. Steve Dornish 26:44. 40-44: 1. Frank Duarte 25:38, 2. Chad Ehlers 27:40, 3. Dick Tufts 28:39. 45-49: 1. Andre Tocco 27:18, 2. Lee Miller 28:08, 3. Roy Pellerin 28:56. 50-54: 1. Jim Brownfield 27:53, 2. Alan Dugard 29:22, 3. Aurelio Camacho 30:26. 55-59: 1. Larry Banuelos 30:49, 2. Jerry Soto 30:53, 3. Tracy Brown 31:04. 60 & Over: 1. Donald Dilworth 32:59, 2. Jack Kettler 33:40, 3. Casey Poole 34:10.

#### Division Results - Women

40-44: 1. Carolyn Doty 31:57, 2. Mary Cullen 34:14, 3. Barbara Shields 34:46. 45-49: 1. Gina Faust 33:07, 2. Marcia Martyn 34:10, 3. Joyce Momita 34:31. 50-54: 1. Betty Folid 35:08, 2. Nicki Hobson 35:26, 3. Yukie Mochida 38:09. 55-59: 1. Mary Storey 35:53, 2. Ann Priddy 37:58, 3. Donna Spradlin 42:36. 60 & Over: 1. Lois Edds 39:41, 2. Marjorie Zimmerman 47:08, 3. Liz Cotton 48:12.

#### Overall Results - Men

1. Gidamus Shahanga 22:28  
2. Zackarie Barie 22:31  
3. Simeon Kigen 22:32  
4. Steve Scott 22:34  
5. Bruce Bickford 22:37  
6. Mark Scrutton 22:40  
7. Mark Curp 22:41  
8. Craig Virgin 22:48  
9. Paul Gorman 22:49  
10. Dave Murphy 22:50

11. Dan Aldridge 22:51  
12. Don Janicki 22:53  
13. Todd Harbor 23:02  
14. Matt Centrowitz 23:03  
15. Hank Pilefle 23:05  
16. Tom Smith 23:08  
17. Steve Bishop 23:08  
18. Gerald Jones 23:09  
19. Harrison Koroso 23:10  
20. Larry Cuzzort 23:11  
21. Dave Barney 23:11  
22. Domingo Tibaduiza 23:17  
23. Dave Daniels 23:19  
24. John Prashun 23:21  
25. Martin Brewer 23:24  
26. John Stokka 23:26  
27. Bill McGrath 23:27  
28. Mark Ruelas 23:28  
29. Jim Stintzi 23:29  
30. Manny Bautista 23:30  
31. Filbert Bayi 23:32  
32. Chris Fox 23:37  
33. John Koningh 23:37  
34. Armando Siqueiros 23:41  
35. Don Clary 23:46  
36. Roy Kissin 23:51  
37. David Segura 23:56  
38. Gary Gregory 23:57  
39. Randy Reina 23:59  
40. Jon Butler 24:10  
41. Phil Vallette 24:15  
42. Greg Beardsley 24:16  
43. Sean Evans 24:18  
44. Kim McDonald 24:18  
45. Jesus Gutierrez 24:20  
46. Jeff Turningham 24:22  
47. Tom Bryant 24:22  
48. Carey Simons 24:26  
49. Dave Babiracki 24:30  
50. Ron Cornell 24:32  
51. Chris Brennerman 24:34  
52. Pat Ewing 24:37  
53. George Mason 24:38  
54. Joel Hope 24:42  
55. Terry Drake 24:46  
56. Tim Watson 24:49  
57. Mike Carlton 24:54  
58. Frank Sharkey 24:56  
59. Steve Perez 25:02  
60. Gonzalo Huggins 25:04  
61. Fletcher Thornton 25:04  
62. Hal Hays 25:05  
63. Raul Serratos 25:07  
64. John McGovern 25:08  
65. Mark Castro 25:22  
66. Jim Nagel 25:38  
67. Frank Duarte 25:39  
68. Ron Kurrie 25:40  
69. Randy Kilpatrick 25:42  
70. Alan Overholt 25:48  
71. Ty Strange 25:50  
72. David Loud 25:54  
73. Greg Hauser 25:55  
74. Arthur VanVeen 25:58  
75. Adrain Royal 25:59

#### Overall Results - Women

1. Monica Joyce 26:18  
2. Ellen Hart 26:30  
3. Sue Addison 26:50  
4. Jeanie Johnson 27:04  
5. Jan Merrill 27:20  
6. Lisa Gonzales 28:13  
7. Tisha Whitney 29:00  
8. A. Tibaduiza 29:07  
9. Melissa Martel 29:13  
10. Clare Felt 29:56  
11. Carol Carrigan 30:40  
12. Anne Ingalls 30:44  
13. Bev Lowe 30:48  
14. Becky Thomas 31:09  
15. Lois Curl 31:21  
16. Dalva Jusonis 31:23  
17. Melissa Gano 31:27  
18. Kelly McCormick 31:28  
19. Julie Vogt 31:36  
20. Judy Orach 31:43  
21. Pam Thompson 31:45  
22. Ann Helm 31:46  
23. K. D. Mattox 31:55  
24. Carolyn Doty 31:57  
25. Diane Versteeg 32:03  
26. Allyson Teot 32:16  
27. Penny Burnstein 32:18  
28. Donna Fleagle 32:27  
29. Cheryl Butchers 33:04  
30. Gina Faust 33:24  
40. Marcia Martyn 34:10  
41. Mary Cullen 34:14  
44. Joyce Momita 34:31  
48. Barbara Shields 34:46  
54. Betty Flood 35:08  
65. Mary Storey 35:53

## Holiday Bowl 10K

San Diego, December 17.

#### Division Results - Men

12 & Under: 1. Matthew Sturken 41:35, 2. Dana Freeman 47:31, 3. Zak Schwank 48:10. 13-17: 1. Patrick Green 31:10, 2. Ellis Delsol 32:09, 3. Kerry Langley 33:15. 18-29: 1. Graeme Fell 29:31, 2. Brian Russell 29:39, 3. Richard Brownberger 29:41. 30-39: 1. Chris Cortez 32:10, 2. Carlos Goday 32:49, 3. Andy Mackay 32:52. 40-49: 1. Dah McCaskill 33:29, 2. John Hale 33:59, 3. Roy Koehn 35:08. 50-59: 1. Marsh Haraden 36:59, 2. Fred Lehr 37:20, 3. Sam Mayo 38:05. 60 & Over: 1. Jim McCown 39:32, 2. Luis Ojeda 40:33, 3. John Lafferty 41:48. Racewalk: 1. Edgar Ricci 59:15, 2. Ted Greiner 60:50, 3. Irving Maurer 69:30.

#### Division Results - Women

12 & Under: 1. Bruni Rains 52:35, 2. Debra Lyn Savel 56:30, 3. Sheri Lynn Savel 57:08. 13-17: 1. Jennifer Sheffo 39:55, 2. Patty Madrigal 40:36, 3. Fileen Dyer 41:00. 18-29: 1. Mary Burns 35:51, 2. Barb Ludovise 36:54, 3. Debbie Porter 37:20. 30-39: 1. Patti Hurl 37:47, 2. Lynda Gregg 40:07, 3. Leslie Mahr 41:28. 40-49: 1. Shirley Matson 35:58, 2. Ursula Rains 40:20, 3. Nancy Courter 43:00. 50-59: 1. Dorothy Stock 41:55, 2. Nicki Hobson 44:35, 3. Sheila Charlton 44:57. 60 & Over: 1. Frances Kemp 41:45, 2. Davidson 49:10, 3. Judy Simon 55:40. Racewalk: 1. Jolene Steierwalt 57:10, 2. Kathleen O'Classen 69:10, 3. Judy Lewis 74:40.

## Sanger Pre-Christmas Run

from Dave Dodson

Sanger, December 17.

We had a fine turn-out with 75 finishers. Two records in the 3-mile time prediction and 40-49 men.

Sanger High School's Martin Leal won the six mile race in an excellent 30:46.9 and was closely followed by Miguel Hurtado at 30:58.6.

Carmen Zepeda was the overall women's winner at 42:32.1. She was only 5.2 seconds off the course record.

The weather was cold and foggy.

#### Division Results - Men

15 & Under: 1. Jesus Lionez 33:22. 18-18: 1. Martin Leal 30:46, 2. Miguel Hurtado 30:58, 3. Tom Morgan 33:05, 4. Rick Bernal 34:58. 19-29: 1. Jose Renteria 32:43. 30-39: 1. David Williams 34:32, 2. John Volkman 35:43. 40-49: 1. Frank Ortega 33:00, 2. Fernie Montanez 36:50, 3. John Plus 36:57. 50-59: 1. Rick Zamarripa 35:20, 2. Bob Fries 35:36.

#### Division Results - Women

15 & Under: 1. Carmen Zepeda 42:32. 18-18: 1. Elda Tijerina 43:58. 30-39: 1. Charlene Enoch 53:56.

## Coyote Hills Race

Fremont, December 17.

#### Division Results - Men 3.4 Miles

10 & Under: 1. J. Goularte 28:09. 11-19: 1. B. Rivera 17:53. 20-29: 1. G. Szanto 17:20. 30-39: 1. S. Costello 18:12. 40-49: 1. C. Tuck 25:02. 50-59: 1. W. Fiodberg 21:31. 60 & Over: 1. J. Guinee 27:08.

#### Division Results - Women 3.4 Miles

10 & Under: 1. E. Moore 34:19. 11-19: 1. D. Roach 23:44. 20-29: 1. C. Friedrichs 26:34. 30-39: 1. B. Zoldan 25:15. 40-49: 1. E. Gooney 24:54. 50-59: 1. B. Peterson 28:29.

#### Division Results - Men 6.8 Miles

11-19: 1. G. Beavers 40:35. 20-29: 1. J. Marden 35:38. 30-39: 1. D. Bail 39:02. 40-49: 1. L. Walder 39:22. 50-59: 1. J. T. Bail 39:41. 60 & Over: 1. J. Gilkey 48:25.

#### Division Results - Women 6.8 Miles

20-29: 1. A. Crespo 52:14. 30-39: 1. L. Mantynen 44:39. 40-49: 1. D. Bromstead 51:06.



# Results

## Las Vegas Marines 10K

Las Vegas, December 17.

### Overall Results

1 Frank Plasso	31:00
2 Getachew Gebreyes	34:08
3 John Dixon	34:17
4 Jeff Demeny	35:38
5 Robert Ranney	35:51
6 Guadalupe Zamora	36:02
7 Michael Naylor	36:03
8 Bill Schaefer	36:06
9 Dennis Jensen	36:06
10 Matt Johnson	36:14
11 Jaime Nunez	36:41
12 Larry Clark	36:58
13 Rarriga Fedirico	37:02
14 Thomas Andrew	37:24
15 Don Betowski	37:43

### Division Results - Men

14 & Under: 1. Jack Keller 39:33, 2. Henry Gutierrez Jr. 40:37, 3. Eric Ott 43:28. 15-19: 1. Robert Ranney 35:51, 2. Albert Jankowiak 38:39, 3. Steve Wilson 40:25. 20-29: 1. Frank Plasso 31:00, 2. John Dixon 34:17, 3. Jeff Demeny 35:38. 30-39: 1. Getachew Gebreyes 34:08, 2. Michael Naylor 36:03, 3. Dennis Jensen 36:06. 40-44: 1. Bill Schaefer 36:06, 2. Thomas Andrew 37:24, 3. John Moore 39:11. 45-49: 1. Ray Ottoway 39:52, 2. Doug Hall 41:04, 3. Hank Gordon 41:11. 50 & Over: 1. Dave Bernal 39:05, 2. William Pike 40:24, 3. Bill Kinnel Jr. 41:25.

### Division Results - Women

14 & Under: 1. Michelle Hales 48:48, 2. Phyllis Zambito 50:55, 3. Cathy Laporte 57:21. 15-19: 1. Deanna Hernandez 46:36, 2. Kathleen Felts 47:52, 3. Theresa Delisle 53:02. 20-29: 1. Desiree Hall 39:28, 2. Pam Watson 43:20, 3. Laurie Cooper 50:42. 30-39: 1. Denise Pepin 45:35, 2. Patty Mulcahy 48:06, 3. Terry Ruton 48:25. 40-44: 1. Judy McGlothlin 41:40, 2. Karen Anderson 57:35, 3. Gert Barnat 57:37. 45-49: 1. Jane Dods 45:21, 2. Karen Wall 48:14, 3. Carole Ball 53:43. 50 & Over: 1. Marybelle Russell 58:01.

## Central Coast Lite Marathon & 10K Run

San Luis Obispo, December 18.

This year's Central Coast Lite Marathon and 10K provided road fans with a quartet of interesting races and battles for blue ribbons. In the marathon itself, Tom McKewon, representing the Marine Corps, broke away early, cruising to a 2:23:09, bettering Gary Tuttle's old mark by over a minute.

At the same time a fierce struggle was being waged for the women's crown. Diane Dixon held a 200 yard lead over Mary Ryzner at the 20 mile mark, but Mary slowly closed and surged to the lead with less than a mile to go, recording a 3:11:33. Dixon held on for a strong second and a 6 minute P.R., 3:13:24.

Over in the 10K, former Cal Poly All-American Mike Lansdon locked horns with Hancock J.C. ace Chris Emmons and Rudy Hernandez, a one time 4:08 prep miler. At the 5 mile mark, Lansdon and Emmons broke free from Hernandez; however, the race itself wasn't decided until the final 200 meters when Lansdon outkicked the Juco star, Emmons, winning in a time of 31:11.

In the women's division it was an All-American match-up. All-American, Robyn Root, moved past Arroyo Grande's prep All-American, Chantel Plante at the 3 mile mark enroute to a 36:11 clocking. Plante finished second in a strong 36:44.

In the random draw Diane Dixon and David Calderon were the winners and

will be sent to the Boston Marathon courtesy of American Airlines and the Hyatt Regency.

Overall, 360 participants enjoyed the Central Coast's clear sky, beautiful scenery, and Miller Lite, in what is rapidly becoming one of the state's finer runs.

### Results - Marathon

1 Tom McKewon	2:23:09
2 Jerry Alexander	2:30:19
3 Frank Hutchinson	2:38:40
4 Dave Carlson	2:38:53
5 David Trissel	2:42:12
6 Steve Dornish	2:44:08
7 David Calderon	2:44:27
8 Paul Lee	2:44:35
9 Craig Newport	2:48:12
10 Robert Williams	2:48:46
11 Jeff Hayes	2:49:17
12 Jim Hurley	2:50:12
13 Paul Cross	2:50:33
14 Grant Harris	2:58:15
15 Steven Raduganan	3:00:46

### Results - 10K

1 Mike Lansdon	31:11
2 Christin Emmons	31:22
3 Rudy Hernandez	31:45
4 Peter Roske	32:50
5 Craig Lowrie	33:29
6 Granville White	33:31
7 Louie Casana	33:33
8 Jon Rout	34:02
9 Ted Brown	34:14
10 Paul Rodriguez	34:26
11 Art Sanchez	34:43
12 Art Froese	35:04
13 Cris Caines	35:08
14 Mark Pupich	35:11
15 Matt von Ruden	35:16

## Westlake Village 20 Mile

Westlake, December 18.

### Overall Winners

1 Martti Kilhola (1 30-34)	1:53:37
2 Jon Black (1 19-29)	1:53:48
3 James Barbaruolo (2 19-29)	1:55:28
4 Stanley Heinrichs (3 19-29)	1:55:49
5 Jose Castellanos (4 19-29)	1:57:19
6 Jim Minami (1 35-39)	1:57:41
7 Charlie Hoover (2 35-39)	1:59:06
8 Brian Nelson (5 10-29)	1:59:23
9 Andy Ligeti (6 20-29)	1:59:52
10 Michael Hunt	2:01:26
15 Dan Ashimine (1 40-44)	2:04:21
18 Gary Putter (1 18&U)	2:05:30
24 Bill Wagner (1 45-49)	2:08:14
41 Judith Vivian (1F 30-39)	2:14:34
53 Julie McKinney (1F 19-29)	2:17:30
61 Jack Thomas (1 50-54)	2:20:45
66 Molly Thayer (1F 40-44)	2:21:20
90 Richard Elizarras (1 55-59)	2:31:29
121 Art Schneider (1 60&O)	2:39:52
166 John Wiley (1 Whch)	2:58:27

## Herald/AAU 10K

Playa del Rey, December 18.

Overall Leaders: Men: 1. Steve Bishop, Long Beach 29:44, 2. Kim McDonald, Great Britain 30:41, 3. Terryjohn Gibson 30:51. Women: 1. Gillian Horowitz, Beverly Hills 36:34, 2. Ann Ingalls, L.A., 37:31, 3. Kat Prince, East L.A. 38:11.

Men age group winners: 11-12: Jim Brown, L.A. 35:33. 13-14: Ken Venveley, West L.A. 36:56. 15-16: Mike Hasci, Van Nuys 34:35. 17-18: Greg Houser, Santa Monica 32:53. 19-29: Bishop, 30:34; Greg Galiak, Long Beach 31:56. 35-39: Ron Kurrie, Santa Ana 32:41. 40-49: James Murphy, L.A. 34:17. 50-59: Patrick Davine, L.A. 36:35. 60-69: Robert Page, Van Nuys 41:23. 70 & Over: Chick Dahistein 44:54.

Women age group winners: 11-12: Amber Chavez, East L.A. 41:47. 13-14: Kat Prince, East L.A. 38:11. 15-16: Olga Juarez, East L.A. 42:56. 17-18: Janet Burnham, Beverly Hills 48:25. 19-29: Horowitz, 30:34; Janice Gannon, Marina del Rey 39:10. 35-39: Mary Jean Mitchell, L.A. 39:02. 40-49: Nancy Piccus, Beverly Hills 44:56. 50-59: Pat Russell, Hollywood 49:59. 70 & Over: Bess James, L.A. no time.

Racewalker winners: Men: Ed Bouldin, Beverly Hills 51:30. Women: Sylvia Hill, L.A. 1:22:24.

Wheelchair winners: Men: Chip Parnelly, Diamond Bar 30:41. Women: Jennifer Smith, Dayton, Ohio 38:25.

Club Championships: Open Club (Men's): San Fernando Valley Track Club. Open Club (Women's): East Los Angeles Track Club. Corporate Cup (Men's): Hughes Aircraft. Corporate Cup (Women's): Hughes Aircraft.

5K Fun Run leaders: Men: 1. Richard Bernal, East L.A., 16:01. 2. Paul Marcci, L.A. 16:12. 3. Jorge Gulloqui, East L.A. 16:33. Women: 1. Mary Tracey, Beverly Hills, 18:06. 2. Evelyn Silvey, Malibu 19:36. 3. Pamela Donesely, East L.A. 20:56.

## CRRC Christmas 10K

Venice/Marina, December 18.

### Overall Results

1 Richard Brown (22)	31:15
2 Steve Brown (31)	31:15
3 Zeke Rodriguez (22)	31:49
4 Terry Drake (26)	32:27
5 John McGovern (20)	33:24
6 Dan Davies (26)	33:25
7 Perry Forrester (31)	34:03
8 Tim Dougherty (23)	34:12
9 Chris Monroe (20)	34:26
10 Frank Acosta (18)	34:30
11 Henry Lange Jr. (34)	34:57
12 Elsin Smith (18)	35:05
13 Rafael Moran (25)	35:12
14 Manuel Ortiz (19)	35:14
15 Aaron Mascorro (14)	35:23

### Division Results - Men

12 & Under: 1. Peter Griffiths 39:08. 40-49: 1. Arthur Mortell 36:36. 50-59: 1. Aurelio Camacho 38:57. 60 & Over: 1. Eddie Lewin 41:36. Wheelchair: 1. Richardo Escamilla 43:47.

### Division Results - Women

12 & Under: 1. Brittany Leonard 42:22. 13-18: 1. Daria Costa 42:25, 2. Valerie Lisiewicz 42:55. 19-29: 1. Judy Orach 39:14, 2. Monica Sote 39:14, 3. Anne Standley 39:20. 30-39: 1. Daiva Jusionis 41:49. 40-49: 1. Joyce Momita 43:31. 50-59: 1. Betty Flood 45:00. 60 & Over: 1. Esther Tapelband 59:55.

## Holidays Fat-Ass 50 Miles

from John Lehrer

Half Moon Bay, December 26.

The number of fools willing to run 50 miles down a lonely, windswept highway the day after Christmas hasn't dwindled significantly. This was proved by the third edition of the Fat-Ass 50, in which 35 ultrarunners participated this year, only one runner fewer than in 1982. (And these runners were prepared. Thirty-one intended to go the entire distance and 30 made it; the one who didn't "only" ran 35 miles.)

The weather that greeted the Fat-Assers was pretty decent, at least at first. The temperature at the 7 a.m. start was in the 50s, the wind was nonexistent to mild, and it looked like it might not rain, for a change. Skies stayed overcast and temperatures moderate all day, and the rain held off until about 1 p.m., becoming quite heavy at times after that.

Mike Sullivan of Sacramento came out to run for the third year and acquitted himself quite well. He passed Western States veteran Bill Finkbeiner in the 29th mile and ran unheeded, to finish in 7:04. Sullivan was first across the line in '81 and second across last year. Finkbeiner followed in 7:12, and Dave Manske of San Jose was next in 7:34.

Carol LaPlant was sixth to finish (first woman) in 7:54, about 20 minutes better than she ran last year. (She was disgustingly cheerful and energetic at the end, by the way, appearing to have run no more than about 10 miles. Her husband, Pierre, had acted as her crew and accom-

panied her on a mountain bike for much of her sojourn.) Kathy Donofrio of San Francisco kept a steady pace throughout the run to finish in 8:23, second woman and ninth overall.

People who serve time in prison, are released and later return to serve more time are termed "recidivists." Well, this run has its share of those, too. Dick Collins and John Buenfil were back, as were Bill Casteel and Pete Galloni. Chief Crazy Horse came from his tepee on Black Mountain, and Phil Hengen came (again) from San Diego. All to run an event with no prizes or trophies, no entry fee and no aid stations.

The last finishers came in, looking good, in 10 hours on the nose. A great benefit of this run is that it finishes right in front of The Upper Crust pizza parlor in Santa Cruz, so people hang around, eat pizza, swap running lies and fall asleep for hours after they finish. The camaraderie that developed afterward ensured a faithful starting field for next year's run.

### Overall Results

1 Mike Sullivan, Sacramento	7:04
2 Bill Finkbeiner, Rancho Cordova	7:12
3 Dave Manske, San Jose	7:34
4 Kyle Meintzer, Danville	7:43
5 Tom Galbraith, San Pedro	7:53
6 Carol LaPlant, Berkeley	7:54
7 Phil Hengen, San Diego	7:56
8 Paul Bendheim, San Francisco	8:13
9 Kathy Donofrio, San Francisco	8:23
10 Chris Storey, Redwood City	8:35

## SPA-TAC 10K

Westlake Village, December 31.

### Overall Results

1 Martti Kilhola (1 19-34)	30:09
2 Tom Cheese (2 19-34)	31:05
3 Ken Gerry (3 19-34)	31:38
4 Chris Weston (4 19-34)	31:44
5 Steve Flynn (5 19-34)	31:47
6 James Barbaruolo (19-34)	31:49
7 John McGovern	31:57
8 Frank Duarte (1 40-44)	32:13
9 Anton Gonzales	32:37
10 Al Siddons	32:36
11 Mike Lozoya	32:39
12 Tom Burns (2 40-44)	32:46
13 Tim Hampton	32:50
14 Eric Faiz	33:03
15 Steve Close (3 40-44)	33:10
16 Mike Mahler (4 40-44)	33:12
17 Jim Masterson	33:22
18 Jim Scott	33:26
19 David Lopez	33:35
21 Dave Loud (1 16-18)	33:47
23 Bob Hill (1 35-39)	33:52
28 John Brennan (1 45-49)	34:09
39 Mike Fretz (1 15 & U)	35:14
45 Pat Devine (1 55-59)	36:10
51 Hal Winton (1 50-54)	37:14
81 Lois Curl (1 F)	39:39
84 Sue Breidenbach (2 F)	40:03
57 Steve Chielis (1 60 & O)	41:31

## Fiesta Bowl 10K

Phoenix, Arizona, December 31.

### Men's Results

1 Steve Scott	28:32
2 Robbie Perkins	28:52
3 Harrison Koro	29:22
4 Steve Plasencia	29:23
5 Keith Morrison	29:30
6 John Prasuhn	29:41
7 Don Janicki	29:44
8 Dave Barney	29:50
9 John Konigh	29:51
10 Randy Espinoza	29:56
11 Rick Bohl	30:19
12 Jim Howard	30:29
13 Frank Richie	30:31
14 Chuck ?	30:43
15 Jim Walker	30:43
16 Thom Hunt	30:47
17 Gilberto Alvarez	31:07
18 Larry Martinez	31:24
19 Jim Klein	31:40
20 Glass	31:45
21 David Bosley	31:49

### Women's Results

1 Marjorie Kaput	34:02
2 Angela Chalmers	35:37



3	Eyenne Carter	36:04
4	Angela French	36:41
5	Karen Kunz-Taley	37:24
6	Liza Phful	37:33
7	Ann Wallach	37:44
8	Scmiedbauer	38:11
9	Cynthia McGohan	38:22
10	Rhonda Sterkenburg	39:10
11	Trina Leopold	39:13
12	Kathy Hildebrand	39:31
13	Angie Gipson	39:41
14	Claudia Johnson	39:42
15	Lisa Kessler	39:53
16	Leal Howard	39:57
17	Nancy Keatings	40:00
18	Lori Anonsen	40:17
19	Celeste Gratzka	40:30
20	Katie Roose	40:42

## Midnight Family Run

Lompoc, December 31.

### Results - 1 mile

1. David Boyle 7:04.4, 2. Robbie Kirker 7:58.1, 3. Mark Kirker 7:59.8, 4. Liz Boyle 8:34.6.

### Results - 4.5 miles

1. Paul Harker 27:12.8, 2. Doug Sims 27:23.9, 3. Andrew Hecker 28:47.3, 4. Chris Eakes 29:01.3, 5. Barry White 29:48.5, 6. Bruce Betty 31:39.9, 7. Lee Heinz 32:10.9, 8. John Voehl 33:52.5, 9. Gudrun Fink 34:14.

## New Year's Resolution Run

Santa Barbara, January 1.

### 5K Results

1	Gary Tuttle(36)Ventura	14:48
2	Steve Blum(28)Ventura	15:32
3	Daniel Wojcik(28)Goleta	15:48
4	Brian Nelson(26)Ventura	15:50
5	Terry Howell(28)SantaBarbara	16:00
6	Brian McKee(17)Ventura	16:12
7	Donald Faith(29)Carpinteria	16:18
8	Steve Close(40)Montecito	16:20
9	Duncan Thomas(35)SantaBarb	16:37
10	David Lopez(32)MissionHills	16:39

### Division Results - Men 5K

12 & Under: 1. Alex Little 25:40, 2. Jermaine Cherot 25:47, 3. John Williamson 28:38, 13-15: 1. Richard Roekenbach 21:02, 2. Ben Brown 22:05, 3. Robbie Porter 23:15, 16-18: 1. Brian McKee 16:12, 2. Anthony Lopez 17:41, 3. Rich Hurlbut 19:03, 19-34: 1. Steve Blum 15:32, 2. Daniel Wojcik 15:48, 3. Brian Nelson 15:50, 35-39: 1. Gary Tuttle 14:48, 2. Duncan Thomas 16:37, 3. Michael Parfit 17:13, 40-44: 1. Steve Close 16:20, 2. John Patterson 17:55, 3. Tony Urwick 18:58, 45-49: 1. Art Sylvester 18:47, 2. Jack Ucci 19:29, 3. Douglas Campbell 20:46, 50-59: 1. James Vanmanen 20:07, 2. Ray Gil 21:57, 3. Robert Carman 22:24, 60 & Over: 1. Malcolm McCabe 24:28.

### Division Results - Women 5K

12 & Under: 1. Yasmin Alam 29:42, 2. Naima Cherot 35:16, 3. Natalie Cherot 35:17, 13-18: 1. Schatzi Vandehel 20:56, 2. Connie McCarthy 22:38, 3. Adriane King 25:10, 19-29: 1. Ann Gladue 17:51, 2. Pamela Cox 17:58, 3. Bobbi King 20:04, 30-39: 1. Terry Thomas 21:23, 2. Debbie Blum 21:27, 3. Grisele Little 21:47, 40-49: 1. Patricia Kelly 24:07, 2. Ethel Byers 25:35, 3. Susan Emmel 26:35, 50-59: 1. Patty Frankus 25:47, 2. Margie Himmelwright 29:34.

### 10K Results

1	Tom Phillips(29)SantaBarbara	32:31
1	Richard Torres(25)Oxnard	32:31
1	Stan Heinrichs(24)SantaBarbara	32:31
1	John Jones(34)SantaBarbara	32:31
5	Dan Davies(26)Northridge	32:52
6	Daniel Holmes(18)SantaBarbara	33:04
7	Lamberto Esparza(17)SantaBarb	33:18
8	Mike Hunt(25)Oxnard	33:35
9	Russell Bester(22)SantaBarbara	34:33
10	David Lopez(32)Mission Hills	34:48

### Division Results - Men 10K

12 & Under: 1. Grant Burrows 44:10, 2. Rick Blum 44:20, 3. Nicolas Nocker 47:24.

16-18: 1. Daniel Holmes 33:04, 2. Lamberto Esparza 33:18, 3. Eric Carman 34:56, 19-34: 1. Tom Phillips 32:31, 2. Richard Torres 32:31, 3. Stan Heinrichs 32:31, 35-39: 1. David Bour 36:16, 2. Jeff Salem 37:31, 3. Robin Taliaferro 38:15, 40-44: 1. Kemp Aaberg 38:45, 2. Bill Frick 38:51, 3. Roy Rosales 39:40, 45-49: 1. Ron Wise 35:50, 2. Curtis Ridling 39:18, 3. Paul F. Ellison 40:26, 50-59: 1. Jack Wilson 39:55, 2. Larry Miller 43:42, 3. Gene Welch 44:21, 60 & Over: 1. Bob Page 48:52, 2. John Schweitzer 54:29, 3. Paul Gilbert 1:05:45.

### Division Results - Women 10K

1. Jessica Little 1:00:07, 13-18: 1. Tammy McCarty 39:16, 2. Suzanne Gordin 42:05, 3. Janet Mortensen 43:46, 19-29: 1. Sylviane Puntos 35:28, 2. Patricia Puntos 35:28, 3. Allison Unterreiner 38:11, 30-39: 1. Ariadne Delon 44:20, 2. Deborah Mustard 44:25, 3. Trina Nagele 46:33, 40-49: 1. Jean Wise 44:05, 2. Lyn Henderson 48:51, 3. Marleann Strait 52:12, 50-59: 1. Jean Reiche 59:30, 60 & Over: 1. Grace Schweitzer 30:48.

## Resolution Run

from Vic Crossetti

Ukiah, January 1.

### Division Results - Men 3.6 Miles

13 & Under: 1. Reed Colfax 22:34, 2. Keith Lincoln 32:58, 14-19: 1. Chris Owens 22:34, 2. John Case 24:50, 3. Dan Lowman 26:05, 20-29: 1. Tim Wallen 19:17, 2. Larry Morton 21:36, 3. Brian Giammichele 21:42, 30-39: 1. Dex Keehn 22:14, 2. Bob Borba 22:48, 3. Bill Fox 24:38, 40-49: 1. Andy Jensen 21:17, 2. Arnold Cleveland 23:11, 3. Bill Speake 24:24, 50-59: 1. Al Bellon 22:23, 60 & Over: 1. Jim Welcher 36:12.

### Division Results - Women 3.6 Miles

13 & Under: 1. Kristin Weldon 32:25, 14-19: 1. Angie Cupp 28:09, 20-29: 1. Gretchen Owens 24:54, 2. Michele Owens 30:14, 3. Nancy Bramlett 31:48, 30-39: 1. Romona Benner 29:22, 2. Sarah Elizares 30:36, 3. Patricia Mohl 33:14, 40-49: 1. Jan Verner 36:12, 2. Christine Speake 37:51, 50-59: 1. Lois Cook 32:17.

### Division Results - Men 15K

14-19: 1. Erik Verner 58:15, 2. Eric Kroesen 64:32, 3. Matt Maurer 73:55, 20-29: 1. Tim Souze 55:38, 2. Mark Watham 59:17, 3. Sid Maurer 60:21, 30-39: 1. Jim Gibbons 52:48, 2. John Kirn 54:16, 3. Bob McWilliams 56:19, 40-49: 1. Lanny King 61:09, 2. Paul Jepson 63:01, 3. Fritz Dilsaver 73:27, 50-59: 1. Joseph Pawl 58:45, 2. Vic Crossetti 63:36, 3. Ken Falconer 67:10.

### Division Results - Women 15K

20-29: 1. Mary Ellen Maurer 98:52, 30-39: 1. Cecilia Peters 65:17, 50-59: 1. Lois Davis 96:56.

## Heart of Palm Springs 10K

from Sherry Vasquez

Palm Springs, January 8.

The Sixth Annual Heart of Palm Springs Race was held January 8. The 10 kilometer race, a benefit for the American Heart Association Riverside County Chapter, drew 615 entrants, including several members of the SCOR Jogging Club. SCOR stands for Specialized Cardiac Outpatient Rehabilitation, a program designed by the Heart Association to help former heart patients recuperate.

A special "cardiac division" was established for those patients running with doctor's approval. Bill Lowry of Cherry Valley took first place in that category with a time of 38:23.7.

The first place overall winners were Jim Press of Norton Air Force Base with a time of 31:22.5, and Doreen Assumma of Rialto with a time of 36:55.1.

Other winners are: 30-39 Women: Ellen Coleman, Riverside, 41:35.7, 40-49 Men: Fred Kiddy, Palm Springs, 34:55.3, 40-49 Women: Sandra Kiddy, Palm Springs, 38:27.5, 50 & Over Men: Wally Ingram, Hemet, 36:50, 50 & Over Women: Mary Storey, Riverside, 44:49.2.

## Daily News Print Sprint

From Rita Escalante

Van Nuys, January 8, 10K.

Brian Russell, 25, a former track star from UCLA, was winner of the Daily News New Year Print Sprint 10-kilometer this morning in the Sepulveda Dam Recreation Area in the San Fernando Valley.

Russell of Studio City ran the 6.2-mile race in 30:13. He edged out race favorite Steve Brown, a meter reader for the City of Los Angeles, who finished second with 30:19. Brown, 31, was followed by his younger brother, Rich, 22, in 30:33.

The Brown brothers are both from Van Nuys.

Terri L. Goodreau, 34, a Hollywood housewife, won the women's division with a time of 39:24. Goodreau is training for the Boston Marathon.

The winners were crowned during the awards ceremony with rose-covered pressmen's caps by Daily News president Byron Campbell.

Top finishers in the wheelchair category were Bud Harris and Jan Burkhart, both of Los Angeles.

Winners of the two random drawings for trips to Greece were runners Bill Pitkin, a Glendale schoolteacher, and Pierre Geneux, a food executive from Playa del Rey.

A portion of the proceeds from the Daily News Print Sprint will benefit the March of Dimes.

The race was sponsored by the Daily News of Los Angeles in conjunction with Best-Way Distributors of Sylmar and Lite Beer from Miller.

### Men's Results

1	Brian Russell	30:13
2	Steve Brown	30:19
3	Richard Brown	30:33
4	Ron Gee	30:36
5	Ray Cook	30:53

### Women's Results

1	Terri Goodreau	39:24
2	Crickett Morgiewicz	39:59
3	Barbara Terhune	41:00
4	Gina Faust	41:15
5	Patricia Gordon-Reedy	41:42

## Santa Clarita Women's 8K

Newhall, January 8.

### Overall Results

1	Sheryl Snyder (1 30-34)	29:39
2	Joyce Klausmeier (1 25-29)	30:14
3	Becky Thomas (2 25-29)	30:24
4	Lisa Rizzo (1 13-17)	31:02
5	Brandia Villanueva (1 18-24)	31:14
6	Pam Thompson (2 13-17)	31:40
7	Mary Ryzner (2 30-34)	31:42
8	Dianne Gale (1 35-39)	31:56
9	MariJane Mitchell (2 35-39)	32:29
10	Jeanne Kawashima (3 25-29)	32:55
11	Sue Harmon (3 30-34)	33:20
12	Suzanne Worden (3 13-17)	33:40
13	Gayle Cory (4 30-34)	33:51
14	Victoria Erwin (5 30-34)	33:55
15	Mary Kilpatrick (6 30-34)	34:09
16	Ruth Hemming (1 40-44)	34:48
36	Atsuko Fujimoto (1 45-49)	36:56
43	Marjorie West (1 50-54)	37:40
49	Hope Haefliger (1 12&U)	38:30
71	Daisy Wong (1 55-59)	40:14
142	Liz Cotton (1 60 & Over)	47:49

## Jamaica Int'l 10K

Montego Bay, January 14.

Top distance runner Geoff Smith ran a 29:51 for first place in the Jamaica International 10K on January 14th in Montego Bay. The race was his first since finishing second in the 1983 New York City Marathon. Behind Smith was Grete Waitz, female winner of the 1983 New York City Marathon, clocking 32:28. The 10K was part of the first annual Jamaica International Race Week in Montego Bay, sponsored by Guinness, Jamaica; Air

Jamaica; and Sunburst Holidays. The other featured event was Jamaica's first-ever marathon, held on the 13th.

Jamaican distance runner Keith Laing was clocked at 32:38 for third overall in the 10K, with Kathleen Daley of Wilton, Ct. finishing second in the women's division in 42:43 for 72nd overall.

Also among the 183 participants in the 10K were two wheelchair competitors, Donovan Thame from Miami and Tyrone Vance from New York. They finished in 46:57 and 1:00:57, respectively. In addition, one-legged runner John Paul Cruz of New York completed the course in a personal best of 1:11:32 and was definitely a crowd pleaser.

Other runners included Jan Anderson of Norway, Grete Waitz's brother, who finished sixth in 33:54 and Jack Waitz, Grete's husband, who clocked 35:16 for 13th overall.

In the marathon, Dave Hoover of Normal, Illinois, won with a time of 2:35:44 over a fairly hilly and difficult course. Second place honors went to Derrick Adamson, a Jamaican now living in Glassboro, New Jersey, who clocked in at 2:38:25. Gary Fanelli of Philadelphia was third in 2:48:52, and the first woman across the line was Marlene Sparkes, a 16 year old Jamaican who ran a 4:29:30 first marathon in her bare feet, finishing 47th overall. A total of 70 runners from the U.S. and Jamaica started the race, 55 of whom finished.

Other race week activities included clinics on "Women and Running" and "Competitive Running" conducted by racers Grete Waitz and Geoff Smith, as well as sessions on "The Medical Aspects of Running" and "Stretching" conducted by the Jamaica Sports Medicine Association and Marianne Dickerson.

In addition, the traditional pasta party was held prior to the marathon, where competitors consumed pounds of Buitoni spaghetti and fresh Bellacico Italian bread frozen in specially for the event.

The prizes awarded to age-group winners combined an island spirit with a running theme, ranging from free trips back for Jamaica Race Week 1985 to running watches and cases of Guinness Stout.

## China Cup Opener

Fountain Valley, January 14.

### Division Results - Men 5K

14 & Under: 1. Billy Davenport 16:39, 2. Eddie Lavelle 17:04, 15-18: 1. Romney Mowhorter 15:37, 2. Jose Torres 16:17, 3. Jan Nowotny 16:43, 19-24: 1. David Taylor 14:07, 2. Zeke Rodriguez 14:49, 3. Art Vanveen 15:19, 4. Dave Contreras 15:40, 5. Randy Hales 16:01, 25-29: 1. Dave Cook 16:03, 2. Danny Rubio 16:20, 3. Fran Delach 16:38, 30-34: 1. Walt Hitt 16:00, 2. Henry Lange 16:31, 3. Jesus Morales 16:58, 35-39: 1. Bruce Horluchi 16:51, 2. Jim Kenworthy 16:57, 3. Robert Fulton 17:03, 40-44: 1. Manouch Lankaraini 17:36, 2. Harry Hunt 17:37, 3. Don McWilliams 17:41, 45-49: 1. Juvenal Herrera 17:15, 2. Tatsun Lin 19:12, 3. Jim Gould 19:58, 50-59: 1. Sam Mayo 17:34, 2. Jerry Withers 18:00, 3. Walter Atcheson 18:00, 60 & Over: 1. Tom Mathews 20:45, 80+: 1. Jacob Biskin.

### Division Results - Women 5K

14 & Under: 1. Laura Doering 19:31, 2. Jamie Barnes 20:44, 15-18: 1. Doris Painter 19:40, 2. Amy Dalton 21:18, 3. Kristy Jimenez 21:21, 19-24: 1. Karen Kirch 21:21, 2. Maureen Muleady 22:58, 25-29: 1. Norma Thornton 24:30, 2. Barbara Blowers 24:56, 30-34: 1. Kathleen Burke 21:05, 2. Barbara Welsh 24:19, 35-39: 1. Morena Fortle 22:14, 2. Chyi Horluchi 22:56, 40-49: 1. Carolyn Plowman 23:00, 2. Kathy Adams 23:50.

### Division Results - Men 10K

14 & Under: 1. Halssam Sabra 35:10, 15-18: 1. Mark Junkermann 31:19, 2. Raul Serratas 31:40, 19-24: 1. Sean Evans 29:29,

continued on next page...



## Results

2. Mike Fisher 30:38, 3. Gilbert Cortez 30:39, 4. David Jackson 31:53, 5. Art Cendejas 32:13, 6. Wade Dehart 32:22.  
**25-29:** 1. Jon Stokka 29:45, 2. Thom Veron 30:46, 3. Armando Cendejas 31:25, 4. Dave Parsel 32:47, 30-34: 1. Dave White 32:17, 2. Enrique Serratos 32:27, 3. Rex Power 32:46, 4. Jack McQuown 32:52.  
**35-39:** 1. Harry Hartley 34:15, 2. Pete Heaton 34:16, 3. Jim Reilly 35:37, 40-44: 1. Frank Duarte 32:43, 2. Dan Ashimine 34:43, 3. Bill Elam 35:32, 45-49: 1. Tom Hanson 36:42, 2. Oscar Rosales 38:12, 3. Jim Scarborough 38:58, 50-59: 1. Tracy Brown 39:08, 2. John Warner 39:10, 3. Robert Coburn 40:54, 60 & Over: 1. Bob Page 41:22, 2. Jena Dopierala 47:57.

**Division Results - Women 10K**  
**14 & Under:** 1. Christi Emgesser 40:46, 15-18: 1. Jenni Scott 40:46, 2. Cheryl Oslinker 41:33, 19-24: 1. Carol Carrigan 38:07, 2. Donna Stoccer 39:02, 3. Jamie Jones 41:04, 25-29: 1. Jaynie Studenmund 37:44, 2. Kimberly DiFilippo 38:50, 3. Connie Garbarini 39:28, 30-34: 1. Lois Curl 39:17, 2. Candy Clark 40:34, 3. Ellen Nichols 41:12, 35-39: 1. Tisha Whitney 36:11, 2. Mary Jane Mitchell 39:42, 3. Delva Jusioris 40:36, 40-49: 1. Gina Faust 41:31, 2. Marcia Martyn 42:37, 50-59: 1. Jane Tolley 3:00:17, 60 & Over: 1. Lucile Adney, N.T.

## San Francisco Zoo Run

Around and Thru the S.F. Zoo, Jan. 15.

**Men's Results - 4 Miles**  
 1. Mike Warr, Napa 19:58  
 2. Dan Martinelli, Daly City 20:00  
 3. Nathan James, San Francisco 20:25  
**Women's Results - 4 Miles**  
 1. Sabrina Han, Westmoor Hl. 24:28  
 2. Stevie Hanson, San Mateo 24:54  
 3. Karen Johnson, Berkeley 25:22

## YMCA Runs

San Bernardino, January 15.

**Division Results - Men 5K**  
**14 & Under:** Daniel Bakhoidin 18:16, 15-19: Jaime Pimentel 15:51, 20-24: Dave Contreras 15:57, 25-29: Casey Jones 15:38, 30-34: Wayne Taylor 16:32, 35-39: Robert Luna 18:22, 40-49: Bill Crum 16:38, 50-59:

Walter Atcheson 17:45, 60 & Over: Al Scarzo 22:38.

**Division Results - Women 5K**  
**14 & Under:** Kat Prince 18:14, 15-19: Tauna Brown 36:58, 20-24: Andrea Johnson 21:39, 25-29: Debi Canada 22:41, 30-34: Marlene Ripple 21:33, 35-39: Betty Walsh 23:19, 40-49: Linda Capriola 26:28, 50-59: Joyce Wood 31:19, 60 & Over: Nyla Cook 36:25.

**Division Results - Men 10K**  
**14 & Under:** Curt Waggoner 48:58, 15-19: John Oxider 38:35, 20-24: Bill Bleber 38:58, 25-29: Francisco Olguin 38:36, 30-34: Robert Opliger 36:33, 35-39: John Merkel 38:50, 40-49: Frank Ogawa 35:34, 50-59: John Baird 45:02, 60 & Over: John Goodyear 43:44.

**Division Results - Women 10K**  
**14 & Under:** Marion Sepulveda 40:06, 15-19: Laura Ott 54:42, 25-29: Stacy Bryant 46:43, 30-34: Lydia Ramos 45:21, 35-39: Elizabeth Marsden 39:25, 40-49: Myra Lauder 45:14, 50-59: Audrey Singer 54:24, 60 & Over: Lucile Adney 1:02:12.

**Division Results - Men 1/2 Marathon**  
**14 & Under:** Vince Hernandez 1:17:34, 15-19: John Randall 1:22:08, 20-24: Rudy Medina 1:23:43, 25-29: Joel Hope 1:10:38, 30-34: Jim Arquilla 1:13:35, 35-39: Robert Heaton 1:24:06, 40-49: Joaquin Granado 1:21:10, 50-59: Pat Devine 1:22:49, 60 & Over: Robert Kroger 1:40:15.

**Division Results - Women 1/2 Marathon**  
**20-24:** Catherine Isham 1:29:30, 25-29: Maureen Nichioka 1:47:28, 30-34: Nancy Kummel Baird 1:30:51, 35-39: Debbie Heaton 1:24:01, 40-49: Patricia Del Turco 1:50:07.

**Division Results - Men Marathon**  
 15-19: Eric Gleason 2:51:16, 20-24: Antonio Martinez 2:58:40, 25-29: Jim Scott 2:37:32, 30-34: Bill Fitzpatrick 3:10:51, 35-39: Gene Baynon 3:07:36, 40-49: Gary Schwager 2:59:16, 50-59: Marvin Powers 3:26:11, 60 & Over: Sam Simon 3:54:45.

**Division Results - Women Marathon**  
**20-24:** Katherine Kanes 3:01:55, 30-34: Barbara Konec 3:54:25, 35-39: Susan McMaster 4:01:37, 40-49: Dorothy Kobayashi 4:12:04, 50-59: Barbara Innes 5:10:17.

## Martin Luther King Birthday Run

from Anthony Charles

Oakland, January 15.  
**Results - 5K**  
**Men:** Mike O'Reilly, Berkeley 14:50.6.  
**Women:** Elena Spight, Orinda, 20:57.

## Results - 10K

**Men:** Bill Sevald, San Francisco, 31:22.  
**Women:** Sharlet Gilbert, Richmond, 38:02.

## Milpitas Fun Run

Milpitas, January 21, 3.8 Miles.

**Overall Results**  
 1. Christopher Stuart (1st 21-30) 19:51  
 2. Martin Bernstein (1st 31-39) 21:19  
 3. Pilo Rodriguez (2nd 21-30) 23:14  
 4. Eddie Granada (1st 11-15) 23:29  
 5. Steve Rooks (1st 40-49) 23:30  
 11. Arnold de la Rosa (1st 50-59) 24:30  
 26. Erin Bellamy (1st 5-10) 27:26  
 36. Jean Toth (1st 31-39) 30:46

## Solidarity Run

by Joe Barry

San Francisco, January 22.

Once again the run, sponsored by COSANDES, a Committee (of the Amer. Fed. of Teachers, #2121) in Support of ANDES (the teachers union of El Salvador) was both larger (nearly 300) and lucky with the fickle January weather. In an overcast 50-55 degrees with no wind and an unusual reverse 5K course, ending downhill, around Golden Gate Park's Polo Fields, a number of runners bettered their personal records for 5 or 10K. A 1K for kids provided both entertainment for all, child care for adult runners and a good introduction for the kids as well.

## Results

**Men-10K:** 1. Bill Sevald, 31:32, 2. Mike Fannelli, 32:55, 3. Peter Freeman, 33:39.  
**Women-10K (times lost)** 1. Linda Mantynen, 2. Amy Eddy, 3. Renee Hicks.  
**Men-5K:** 1. Tim Crain, 16:18, 2. Rob Wickstrom, 16:21, 3. Steve Flatland, 16:35.  
**Women-5K:** 1. Denise Dunbar, 19:18, 2. Krishna Banerjee, 20:21, 3. Cynthia Mik, 21:11.

## Pico Rivera Anniversary 5K

Pico Rivera, January 22.

## Division Results - Men

**Elementary:** 1. Juan Valdez 20:48, **Junior High:** 1. John Trafecanty 16:54, **High School:** 1. Paul Serratos 15:21, 2. Eugene Cruz 15:35, 3. Noel Santoyo 15:58, **Open:** 1. Sal Casillas 15:15, 2. Dennis Forthoffer 15:19, 3. Rudy Chavez 15:30, 4. Raul Gonzales 15:55, 5. Rafael Meran 15:56, 30-39: 1. Fred Doubell 16:31, 2. Larry Fabela 16:48, 40-49: 1. Lee Baca 17:08, 50 & Over: 1. Larry Banuelos 18:38.

## Division Results - Women

**Elementary:** 1. Lorena Ramirez 19:14, **Junior High:** 1. Lucy Figueroa 18:36, **High School:** 1. Lupe Perez 18:37, 2. Kim Ojeda 19:05, **Open:** 1. Sylvia Mosueda 17:28, 2. Alex Aguirre 18:09, 3. Laura Saavedra 18:52, 4. Kathy Pugh 18:52, 30-39: 1. Neva Ingersoll 19:39.



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# Eino's Notebook

By EINO

Since I'm going to give you some coaching tips in my column some time, I'd like you to know a little bit more about me. I have grown up as a perpetual runner. I started running in 1947 and came from Finland to the U.S. in 1962. I was coached by Igloi in 1966-67. I've been coaching middle and long distance running for ten years. Some of the people that I'm working with right now include: Martti Kilholma, Stan Mavis, Kirk Pfeffer, Chuck Smead, Ron Ysals, Marian Mallory, Margaret Miller, Christa Romppanen, and Michelle Soderberg. Also I'm the founder and race director for the Lasse Viren Finnish Invitational. What I'm trying to tell you is that I'm totally dedicated to long distance running.

One of the things that I don't know too much about is ultradistance running, but I've done lots of thinking about it. I've wondered what would happen if a person like Chuck Smead were to become an ultramarathoner. How would he train to become the best? I know some ultramarathoners use 50-mile training runs, and I've found some of you dazed by the side of the road during my runs.

Every winter Martti Kilholma stays at my place to train and race. We had another Finnish runner, Jussi Hamalainen, who came to visit us for one week. I've seen him run Boston and New York and I always thought he'd make a good ultramarathoner, since he finished a marathon in 2:25 and still seemed fresh and ready to roar! So we were planning to run the recent Mulholland Highway Relay as a team with the California Condors and have Jussi run with us. But for different

reasons, a couple of the runners couldn't run. So Martti and I convinced Jussi to go and see how far he could run as a solo ultramarathoner in this 54-mile race. The nice thing was that he was a little confused on the difference between miles and kilometers! So Jussi agreed that if he could run the Westlake 10K on Saturday in 35 minutes, he'd attempt the solo run the next day. The only problem I saw was that he had to catch a 5 p.m. plane on Sunday afternoon back to Finland. I told him he'd have to stop the run around 2 p.m., no matter where he was. Also Jussi was not aware that Mulholland Highway has treacherous up and down hills all the way from Hollywood to the sea. That made his attempt more difficult.

We got to Hollywood Bowl at 6 a.m. The first 22 miles, Martti ran with Jussi and tried to keep the pace relatively slow. Martti and I were betting just how far Jussi would run before totally collapsing - he'd only been training 40 miles a week! From the 22-mile mark, I started to run with Jussi and at that time he was in fourth place. Soon he moved into third, then second. Around 30 miles he started to see the leader, Timo Pellon, a well known ultramarathoner. When we caught Timo, he told us that he had run the 50-mile championship in Washington the week before. Timo also spoke to Jussi in Finnish, telling him that 30 miles was nothing in a 54-mile race, and that some of the most difficult parts of the course were still ahead. At that time, Martti and I were amazed at how well Jussi was running. We told him he could make ten more miles to

my house, which is right on the course. Jussi promised to try to run until then. When we got to my place, he'd taken the lead and left Timo two or three minutes behind already. Now Martti and I realized that Jussi had made fools of us! We started encouraging him to finish the race, since he was leading and running well under the deadline for the time I'd set previously. Jussi was getting the runner's high; if anything his leg speed increased. But still I was a little bit worried he'd run out of energy, as he didn't have any sort of special preparation, loading, and so on.

Jussi won the race in 6 hours and 46 minutes, 18 minutes ahead of Timo and well ahead of the eight hour limit we'd set. I didn't realize how much the race took out of him until we took him to the airport. I asked him to write his name and address. He misspelled his name! Then he started saying, "Oh my God! I just ran two marathons in a row, and how they were up and down, up and down!"

So, my friends, you ultramarathoners, somewhere in this story there must be some kind of message to you. I want you to think about what Jussi did and how he did it. Compare his training to yours. The question naturally comes: What would he do if he would train like you do? And what would you do if you would train like him?

So long.

This month's questions: When did women compete in the Olympics for the first time? In which event did an American woman win the first gold medal?

Answers: 1928. Elizabeth Robinson in 100 meters.

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