

FEBRUARY 1986

ISSUE NO. 111

CALIFORNIA

Track & Running News



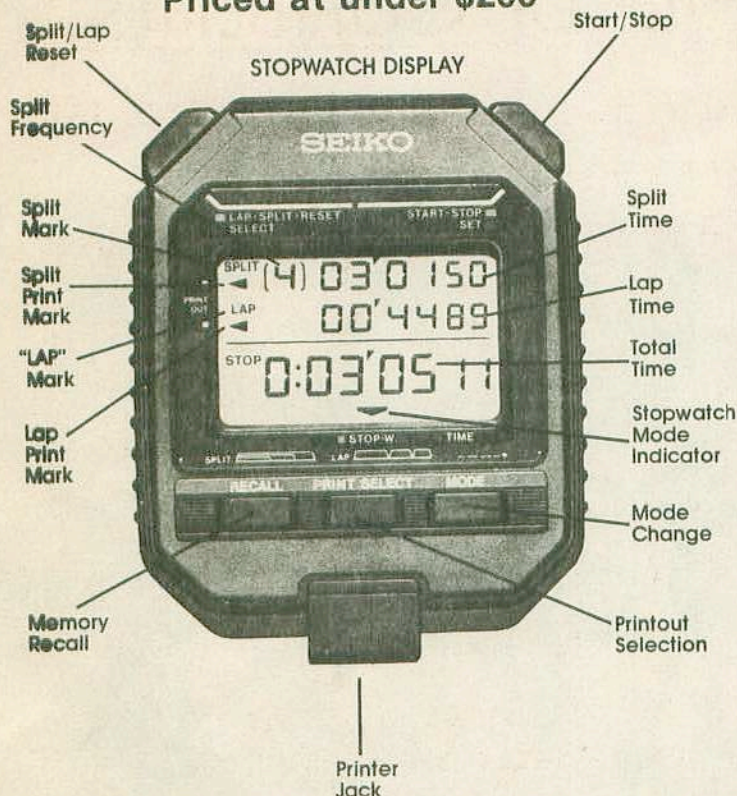
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Digital Quartz Stopwatch With Printer, SP11

Priced at under \$200



System Printer

The following data is printed permanently on tape:

1. Year, Month, Date and Time are automatically printed
2. Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
3. Places: printed to "99," then start again at "0"
4. Printed Data: printed out immediately as measured, or printed later from the memory function of the stopwatch

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```
1984  9 25
START 9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 55
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 96
8-0:30'53 60
```

```
1984  9 25
START 10:00
SPLIT / LAP
1-0:00'45 38
0:00'45 38
2-0:01'30 48
0:00'45 10
3-0:02'16 36
0:00'45 88
4-0:03'01 23
0:00'44 87
```

Applications

The Seiko Digital Quartz Stopwatch with Printer is a multipurpose system that can be used for timing and training in a variety of activities including: cross country, track, road races, swimming, bicycling, triathlons, cross country skiing, football drills, physical education and intramural sports.

Specifications

Time Base & Accuracy:

Quartz oscillator, ± 0.5 seconds (24 hours/70°F)

Printout:

9 hours, 59 minutes, 59.99 seconds maximum, then repeats. Prints 300 to 600 lines per roll depending on print selection.

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

6 digits Split/Lap Time; 7 digits Running Time; 1 digit shows Place or Lap Number.

Modes:

Split Time and Split/Lap Time; time of day and calendar.

Temperature:

Accuracy guaranteed range 23°F to 104°F; operational range 5°F to 131°F.

Dimensions:

Stopwatch: 2.25"W x 2.85"L x 0.7"D

Printer: 3"W x 5"L x 1.0"D

Weight: 12 ounces with batteries, paper and cord

Batteries:

Stopwatch: 1 miniature battery, Maxell SR-44W, U.C.C. 357 or Sony Eveready 357 (3-year maximum life). System Printer: 3 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815; Duracell MN1500. Will print approx. 6000 lines.

Construction:

Both Stopwatch and Printer cases are high impact plastic with Hardlex stopwatch display crystal.

Standard Accessories:

- Multifunction stopwatch with battery and lanyard
- System printer
- 3 AA batteries for printer
- Connecting cable (SC11)
- Deluxe carrying case with belt
- Printer carrying strap
- 2 rolls of thermal paper (S-950)
- Instruction manual
- One year warranty

Optional Accessories:

- S-950 Seiko thermal paper in 5-roll boxes

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CALIFORNIA

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California Track & Running News is published 11 times per year - one issue per month except December which is combined in a double issue with November. Each issue is mailed about the first of the month.

California Track & Running News has an average circulation of between 5,000 and 10,000 copies; these consist of paid subscriptions, store sales, and promotional copies.

California Track & Running News is mailed third class bulk rate and is not forwardable. When you move please let us know at least 4 weeks in advance.

SUBSCRIPTION RATES: 1 year (11 issues) \$15; 2 years (22 issues) \$28; 3 years (33 issues) \$39. Add \$6 per year for first class. Foreign rates on request.

ADVERTISERS: Closing date the first of the month previous to cover date. Send for current rate card. Special rates for meet/race ads.

**P.O. Box 6103
Fresno, CA 93703
(209) 264-5847**

MEMBER OF RUNNING USA

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ON THE COVER: The waiters led the way for the 10th Annual Perrier Beverly Hills 10K on December 8th. Close behind the 40, formally attired waiters, were the racewalkers and 3,100 eager-to-go runners. Mike Dubuc, of the Terrace Restaurant, in Vancouver, British Columbia, won the waiters 5K division with a time of 17:40, earning him a Guinness World Book Record. Bill Rodgers (inset) was the first finisher for the third consecutive year with a time of 29:14. See page 43 for results.

Schedule

By JACK LEYDIG

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

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

Road Racing

February 1 (Saturday):

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

Bakersfield: Bud Light Marathon & Half Marathon. Cal-State Bakersfield, 8 am. Bakersfield TC, P.O. Box 10371, Bakersfield 93389. (805) 399-5750.

Azusa: Cougar Classic. 2K, 5K & 10K, 8:30 am. Terry Franson, Azusa Pacific Univ., Azusa 91702. (714) 596-4128, after 3 pm.

Las Vegas, Nevada: Las Vegas Marathon. 7:30 am. Al Boka, c/o The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496. \$12,000 in prize money.

Alta Loma: Chaffey College Triathlon. 5K run, 15K bike, 200 yd. swim. 8 am. Mike Dickson, c/o Chaffey College, 5885 Haven Ave., Alta Loma 91707. (714) 986-7686.

February 2 (Sunday):

San Francisco: DSE Windmill Run. 6.5 mile (& 0.875 mile kids' run at 9:30 am), Kennedy Dr. at Beach (Golden Gate Park), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (408) 980-2323.

Palm Springs: Heart of Palm Springs 10K Run. Palm Springs High School, 8 am. Kennan Barber, MD, Box 1639, 45-120 San Pablo, Suite 2C, Palm Desert 92261. (619) 346-8109.

San Dimas: Winter Heat Series Super Ride & Tie. 20 mile, Bonelli Park, 9:30 am. Bill Fulton, The Complete Runner, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Long Beach: Long Beach Marathon. 3000 E. Ocean Blvd., 7:30 am. Joe Carlson, 1825 Redondo St., Long Beach 90804. (213) 494-2664.

February 8 (Saturday):

San Jose: Fleet Feet-Round Table San Jose Marathon. City Hall, 8 am. Fleet Feet, 1375 Blossom Hill Rd., San Jose 95118. (408) 723-RACE.

CANCELLED - Sacramento: Converse 20K. Cal State Sacramento, 10 am. Chris Graser, P.O. Box 1495, Fair Oaks 95628. (916) 966-6185.

Grover City: Run for Your Heart. 2 & 6 mile, 10:30 am. Grover City Recreation Dept., 1230 Trouville, Grover City 93433.

Lompoc: Lompoc 5 & 10K Winter Runs. Time TBA. Lisa Norcutt/Fran Brodison, Lompoc Valley D.C., P.O. Box 694, Lompoc 93438.

Santa Barbara: Santa Barbara Partner's 2x4 Mile Relay. Palm Park, 8:30 am. Ethel Byers, 5079 Rocoso Way, Santa Barbara 93111. (805) 967-8822.

Pomona: "Go For It" Biathlon. 4 mile run, 11.5 mile bike. Cal Poly Pomona Univ., 8 am. Jim Mejia, Cal Poly Rec. Dept., 3801 W. Temple Ave., Pomona 91768. (714) 598-4523.

Palo Alto: Kids Triathlon. Distances TBA. Rinconada Park, time TBA. Anne Cribbs (415) 329-2429.

Trinidad: Trinidad-Clam Beach Run. 8.75 mile, 1 pm. Trinidad Chamber of Commerce, P.O. Box 731, Trinidad 95570. (707) 677-3448.

February 9 (Sunday):

Davis: Davis Marathon & Half Marathon. Davis Sr. High School, 14th & Oak, 9 am. Fleet Feet, 132 E St., Davis 95616. (916) 758-6453.

Oakland: Valentine Day Run. 5 & 10K, Lakeside Park (Boathouse, Bellevue Ave), 10 am. Valentine Day Run, Box 5157, Oakland 94605. (415) 632-9606.

Napa: Valentine's Day 8K. La Cancha Health Club, 10 am. Mark Proteau, 1850 Soscol, Napa 94558. (707) 252-8033.

San Francisco: DSE Mission Rock Run. 3.5 mile, 3rd St. at Mission Rock, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (408) 980-2323.

Los Angeles: Firecracker 10K Run. Chinatown (No. Broadway & College St.), 8:30 am. L.A. Chinatown 10K Race Committee, Box 4732, Terminal Annex, Los Angeles 90051. (213) 613-1959.

Rancho Santa Fe: San Dieguito Half-Marathon, San Dieguito County Park (Solana Beach), 8 am. Sal Cisneros, North Coast Family YMCA, P.O. Box 907, Encinitas 92024. (619) 942-9622.

Santa Cruz: Sri Chinmoy 10K Run. Loudon Nelson Center (Laurel & Center Sts.), 8 am. Giribar DeAngelo, 2438 - 16th. Ave., San Francisco 94116. (408) 996-8036.

February 15 (Saturday):

Durham: Almond Blossom Run. 5 & 10K, Durham High School, 10 am. Bob Gassin, 9312 Lott Rd., Durham 95938. (916) 891-5991.

Gilroy: Sweetheart 10K. Christmas Hill Park, 9 am. No Contact.

El Dorado: Lovers Run. Half Marathon, 10K and 1 Mile kids' run. Poor Ed's Bar-B-Q (Hwy. 49), 8:30 am. Alicia Truffer, 460 Main St., Placerville 95667.

Santa Rosa: Sweetheart Run 10K Twosome. Willowside School, 9 am. John Anderson, 2065 Peterson Ln., Santa Rosa 95401. (707) 527-0886.

Pine Valley: Pacific Crest Trail 50 Miler. Buckman Spring Rd., 5 am. Feb. 1 deadline, limit first 50. Jeff Bleyra (619) 481-5725.

Atascadero: Citicorp Savings Park to Park Half Marathon. Time TBA. Dave Catherina, Atascadero Recreation Dept., P.O. Box 747, Atascadero 93423.

San Dimas: Snow Summit Southern California Biathlon Championship Series. 8K run, 24 mile bike. Bonelli Park, 10 am. Dave Spangler, 1009 W. Brooks St., Ontario 91762. (714) 983-5871.

Woodland Hills: Heart of the Valley 5 & 10K. Marriott Hotel, 8:30 am/5K, 9 am/10K. Marriott Hotel, Director of Sales, 21800 Oxnard St., Ste. 770, Woodland Hills 91367. (818) 887-4800.

February 16 (Sunday):

San Francisco: DSE Fort Point Run. 3.8 mile. Little Marina Green, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (408) 980-2323.

West Sacramento: Jediah Smith 50 Mile Classic. Port of Sacramento Industrial Park, 8 am. Abe Underwood, 4531 Capri Way, Sacramento 95822. Jeff or Sandy: (916) 332-6453.

Willits: Willits Classics, 5K and 10 Mile. Recreation Grove, 11 am. Jim Gibbons (707) 459-9547.

Los Angeles: Wilshire Police Council Run Against Crime, 5 & 10K. Wilshire Center (3780 Wilshire Blvd. at Western), 8 am/5K, 8:15 am/10K. W.C.P.C., Box 19586, Los Angeles 90019. (213) 485-4020 or 485-6809.

Hermosa Beach: Sand and Strand 2.5 & 5 Mile Runs (short race for Hermosa, Redondo & Manhattan Beach residents only), 8 am. Dept. of Community Resources, 710 Pier Ave., Hermosa Beach 90254. (213) 379-3312.

Irvine: Sweetin' Sweethearts 10 Mile Twosome, 2 x 10 mile. Mason Park, 8 am. Dave Pelham, Loeschhorn's R.C., 10810 Warner Ave., Fountain Valley 92708. (714) 964-4567.

Yucaipa: Senior Masters Old Fashion 4 Mile Run (55 & Over only). Calimesa Park, 9 am. CSA 63 Recreation Dept., Box 337, Yucaipa 92399. (714) 795-0284.

Valencia: Valentine's Day 10K. Santa Clarita Park, 8 am. Runners Up, 22946 Lyons Ave., Newhall 91321. (805) 254-1833.

■ February 21 (Friday):

San Francisco: Fleet Feet Fun Run. 5K and 1 mile, Golden Gate Park (Polo Fields), 7 am. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

■ February 22 (Saturday):

Martinez: Martinez to Port Costa Brickyard & Back Run, 8.4 mile. Rankin Park, 10 am. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (415) 685-5185.

Santa Cruz: Clam Chowder Chase, 5 mile. The Boardwalk, 9 am. Santa Cruz Park & Rec., 346 Church St., Santa Cruz 95060. (408) 429-3777.

Orange: City of Orange Spring Games 5 & 10K Runs. El Modena High School (3500 E. Chapman), 7:30 am/5K, 8 am/10K. Spring Games, c/o Santa Ana College, 17th at Bristol, Santa Ana 92706. (714) 532-0383.

San Diego: L'Eggs/YWCA Women's 10K Run (& 2 mile fun run). Balboa Park, 8 am. San Diego YWCA, 1012 "C" St., San Diego 92101. (619) 239-0355.

Huntington Beach: Great American Adventure Run, 2 and 5 miles. *Cross country runs.* Central Park, 8:30 am. Finish Line International, 5302 Clark Circle, Westminster 92683. (714) 848-4799.

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

■ February 23 (Sunday):

Oakland: **CANCELLED** Oakland Marathon & Half Marathon. Mayor's Office, time TBA. Oakland Marathon, Box 32103, Oakland 94604. Daryl Jobe (415) 236-5154.

Foster City: Sri Chinmoy 7 Mile Race. Recreation Bldg. (Shell Blvd. near Hillsdale Blvd.), 8 am. Giribar DeAngelo, c/o 2438 - 16th Ave., San Francisco 94116. (408) 996-8036.

San Francisco: DSE Golden Gate Promenade Run, 7.13 miles. Dolphin Club, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (408) 980-2323.

Eureka: Sequoia Park Race, 2 & 4.5 mile. 1 pm/2 mile, 1:45 pm/4.5 mile. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 826-0616.

Westlake Village: SPA-TAC 5K (Men's & Women's District Championship). 9 am/women, 9:30 am/men. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

St. Paddy's Day Dash!



SATURDAY, MARCH 15, 1986

Sponsored by Summa Health Plan and the Central California Blood Bank to benefit the American Lung Association of Central California.

- * 3K & 10K runs through Downtown Fresno
- * Awards in each age category
- * Free long-sleeve t-shirt
- * Pre-registration is \$6

Entry forms can be obtained at most sporting goods outlets and from the American Lung Association, by calling 233-6125. Help us by entering early!

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs. 5, 10 & 15K, Lake Merritt Old Boathouse, 9 am. LMJS, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

San Luis Obispo: Black Sheep 5K Run. The Creamery, time TBA. Vicki Sacksteder, P.O. Box 1164, San Luis Obispo 93406.

■ March 1 (Saturday):

Ft. Cronkhite: Run for the Seals, 4 mile. Rodeo Beach (GGNRA, Marin Headlands area), 9 am. California Marine Mammal Center, Ft. Cronkhite 94965. (415) 331-SEAL.

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

Lancaster: Antelope Valley Hospital Benefit 5 & 10K Runs. 1600 W. Avenue J, 9 am. Running Promotions Unitd., Box 128, Lancaster 93534. (805) 942-3820.

Santa Barbara: Santa Barbara 6 & 10 Mile Winter Road Runs. Cabrillo Arts Pavilion, 8:30 am. Irwin Sorkin, 2024 Anacapa St., #2, Santa Barbara 93105. (805) 687-7473.

San Diego: Sue Krenn 15K. South of Hilton, 7:30 am. Laurie Olson (619) 483-0772.

Modesto: Run for Hunger. 5 & 10K and 1 mile. Centipede race, 8 am. Harry Gualco, c/o World Outreach, P.O. Box 4309, Modesto 95350.

Huntington Beach: CALMAN Triathlon. 1 hour surf, 65 mile bike, 3 hours downhill ski. 7 am. Curt Eury, 16152 Ballard, Huntington Beach 92649. (714) 846-1562.

■ March 2 (Sunday):

Los Osos: South Bay 20K (RRCA Western Regional & Calif. State Championship), time TBA. Tom Hampson, 347 Garden St., Los Osos 93402. (805) 528-0872.

Arcata: Foggy Bottoms Race, 2 mile, 4 mile & 10 mile. 12:30 pm/2 mile, 1 pm/4 & 10 mile. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 826-0616.

Long Beach: American Spirit of Leadership 5 & 10K Runs. Cal State Long Beach (Parking Lot B), 8 am. AMA, CSULB Run Committee, 1250 Bellflower, Long Beach 90840. (213) 498-5370.

Playa Del Rey: Food & Fitness 10K & 1 Mile Fun Run. 7:45 am/10K, 8 am/1 mile. Richard Cota, P.O. Box 3506, Santa Monica 90403.

San Dimas: Winter Heat Series Ride, Bike & Paddle. 5 mile run, 25 mile bike, 1 mile paddleboard. Bonelli Park, 9:30 am. The Complete Runner, Attn: Bill Fulton, 2654 E. Garvey, West Covina 91791. (818) 331-0169.

Hornitos: Gold Trail Half Marathon. In the foothills, from Hornitos to Snelling, 10 am. Merced Track Club, P.O. Box 3275, Merced 95344. (209) 723-6579.

Fresno: San Joaquin Biathlon. 4 mile run, 12 mile bike. Woodward Park, 8 am. Pat Moss, Fleet Feet Triathlete, 3870 N. Cedar, #101, Fresno 93726. (209) 221-8181.

San Francisco: DSE Kennedy Dr. Run, 4.7 mile (& 0.875 mile kids' run at 9:30 am). Golden Gate Park (So. side of Polo Fields), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (408) 980-2323.

Vallejo: Vallejo Channel to Lake Run. 10 mile, Florida & Mare Island Blvd., 9 am. Vallejo Chamber of Commerce, 2 Florida St., Vallejo 94590. (707) 644-5551.

Visalia: End of the Trail 15K. Mooney Grove Park, 8 am. Richard Rodriguez, 444 No. Linwood, Visalia 93277. (209) 625-1347.

Fontana: Fontana Track Club 5K. 8:30 am. Tony Black, 17062 Pinedale, Fontana 92335. (714) 829-8735.

■ March 8 (Saturday)

Manhattan Beach: A.M. Good Morning 5K Run. American Martyrs School, 8 am. American Martyrs School, 1701 Laurel Ave., Manhattan Beach 90266. (213) 545-7107 or 316-0941.

■ March 9 (Sunday)

San Francisco: DSE South Embarcadero Run. 6.25 mile, Dolphin Club, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Pt. Reyes: Linantour Split. 10K & 10 mile, Limantour Beach Parking Lot, 9 am. *Trail runs, hilly.* Handicaps. Team Challenge, 4967 Santa Rita Rd., Richmond 94803. (415) 841-1190.

□ Schedule

Stanford: Foot & Fitness Run. 10K, Stanford Univ. Stadium, 8:30 am. Stanford University Hospital, Dept. of Dietetics, C-108, Stanford 94305. (415) 497-6904.

Pleasanton: Soccer City Run. 5 & 10K, Hacienda Business Park, 10 am. Mike Milton, 3586 Whitehall Ct., Pleasanton 94566. (415) 846-5512, eves.

Alameda: Sri Chinmoy 4 Mile Run. 8 am. Giribar DeAngelo, 2438 - 16th Ave., San Francisco 94116. (408) 996-8036.

Fresno: Easter Seals Telethon 10K. 8 am. Jack Voice, P.O. Box 12464, Fresno 93778. (209) 485-1521.

Fullerton: Titan Road Classic. 2K, 5K & 10K, Cal-State Fullerton, 8:15 am/2K, 8:30 am/5K, 9 am/10K. CSUF Athletic Dept., Cal-State Fullerton, Fullerton 92134. (714) 773-3490.

Redlands: Run Through Redlands. 5 & 10K and Half-Marathon, time TBA. Susie Whiteman, P.O. Box 391, Redlands 92373.

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FEATURES:

Sports Activity Show, Music, Celebrities, World
Class Runners, Hawaii Trips, Many Prizes,
T-Shirts, P/R Party Friday Evening

San Diego: Buick 10K, 4th & G Sts., 7:45 am (also 2 mile fun run). Lynn Flanagan (619) 275-0996.

Davis: Blue Devil Classic 5K & 10K. Davis High School, 9 am. Don Winters, Davis High School, 14th & Oak Sts., Davis 95616. (916) 756-3131.

Los Angeles: Los Angeles Marathon. Coliseum, 9 am. Mike Patrick, 5985 W. Century Blvd. #322, Los Angeles 90045. (800) 562-411 in Calif. or (800) 826-2984 outside Calif.

Los Alamitos: Los Alamitos Marathon & 10K. 7:30 am. Michael Karuch, Box 3147, Los Alamitos 90720. (714) 827-9010.

Napa Valley: Napa Valley Marathon. Calistoga, 7 am. Chuck Hall, 4516 Dry Creek Rd., Napa 94558. (707) 255-0608.

■ March 15 (Saturday)

Piedmont: Piedmont Middle School Feet Meet. 5 & 10K, Piedmont Comm. Center, 711 Highland Ave., 9 am. Kate Hogan, 1416 Grand Ave., Piedmont 94611. (415) 547-2266.

Modesto: YMCA of Stanislaus County St. Patrick's Day Run. 1 mile, 5 & 10K, 2700 McHenry Ave., 8 am/1 mile 8:30 am/5 & 10K. Maureen Robello-Boynton, c/o YMCA, 2700 McHenry Ave., Modesto 95350. (209) 578-9622.

Fresno: St. Patrick's Day Dash. Downtown Fresno, 3K & 10K, 8:30 am. Bob Schumacher, American Lung Association, P.O. Box 11187, Fresno 93772. (209) 233-6125.

Arroyo Grande: St. Patrick's 20 Kilometer Great Race. time TBA. Father Michael O'Sullivan, P.O. Box 860, Arroyo Grande 93420.

Porterville: St. Patrick's Day Marathon & Half Marathon. Porterville, time TBA. Milt Stowe, Box 432, Porterville 93258. (209) 784-1400, x461. *Listed last issue on March 9 in error.*

Riverside: Green Belt 5 & 10K. Arlington High School (Lincoln & Jackson), 8 am. Athletic Express T.C., 8938 Driftwood Dr., Riverside 92503. (714) 788-4425, eves.

Newhall: Knights of Columbus 5 Mile Run. "Camping World," 8:30 am. John O'Dwyer, 19762 Merryhill St., Canyon Country 91351. (805) 251-0656.

Barstow: Barstow to Calico 30K Run. Time TBA. Wade Himmelrick, c/o Barstow Park & Recreation District, 841 S. Barstow Rd., Barstow 92311. (619) 256-5617.

San Dimas: Snow Summit Southern California Biathlon Championship Series. 10K run, 31 mile bike. Bonelli Park, 10 am. Dave Spangler, 1009 W. Brooks St., Ontario 91764. (714) 983-5871.

San Diego: St. Patrick's Day 10K and 2 Mile Fun Run. South of Hilton Hotel, 7:30 am. Ernie Dickerson (619) 437-4556.

■ March 16 (Sunday)

San Francisco: DSE Twin Peaks Run, 3.36 mile, Portola & Twin Peaks Blvd., 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Santa Maria: Santa Maria Triathlon. 1/2 mile swim, 15 mile bike, 3 mile run. Ellis Field, 7:30 am. City Parks & Recreation Dept., Minami Community Center, 600 W. Enos Dr., Santa Maria 93454. (805) 925-0951, x208. *Enter by March 10.*

Fremont: City of Fremont 10K. Central Park Swim Lagoon, 9 am. Sarah Cole, P.O. Box 5006, Fremont 94537. (415) 791-4324.

Mill Valley: Tennessee Valley Waltz. 8.2 mile, Tennessee Valley Rd. Parking Lot, time TBA. Team Challenge, 4967 Santa Rita Rd., Richmond 94803. (415) 841-1190.

Napa: Napa Rotary Run, 5 & 10K, Yountville Park, 7 am. Chuck de Lorimier, 3434 Villa Ln., Suite 110, Napa 94558. (707) 255-0555.

San Francisco: Bonne Bell 10K. *Women Only.* Golden Gate Park (Band Shell), 9 am. Pamakid Runners, P.O. Box 16276, San Francisco 94116. (415) 681-2322.

Torrance: Tom Sullivan St. Patrick's Day 10K. Del Amo Shopping Center, 8 am. Linda Youngs, c/o Vistas, Box 7000-251, Redondo Beach 90277. (213) 375-2626.

Westlake Village: Dick Durand 8K Trail Run. 9 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

■ March 22 (Saturday)

Castaic Lake: Cycle World Biathlon Series. 4 mile run, 27 mile bike. Castaic Lake Recreation Area, 8 am. Ron Sande, 16161 Ventura Blvd., #C-784, Encino 91436. (818) 366-7828.

Irwindale: Masters & Munchkins Triathlon. (13 & under -- 100 yd. swim, bike 4 mile, run 1 mile; Masters -- 200 yd. swim, bike 8 miles, run 3 miles), Santa Fe Dam Recreational Area, 8 am. Robert Hogan, Events Services, 7211 Ramona Ave., Alta Loma 91701. (714) 989-6512.

San Marino: San Marino Rotary 5 & 10K Runfor Fun. 8 am. Jim Thompson, 1480 Avonlea Rd., San Marino 91108. (818) 441-4343.

Westlake Village: Calvary's Reach Out & Care 5 & 10K and 1 Mile. Calvary Church (31293 Via Colinas), 7:30 am. Steve Polley, 2609 La Paloma Cir., Thousand Oaks 91360. (805) 492-8264.

Santa Catalina Island: Catalina Island 10K. Time TBA. Hans Albrecht, 25108-B Marguerite Pkwy., Suite 209, Mission Viejo 92692. (714) 858-9808.

Manteca: Great Valley Race. 10K and 2 mile, time TBA. Lindbergh Center (311 E. North St.). Bob Belz, P.O. Box 125, Manteca 95336. (209) 823-5209 or 465-2800.

Santa Maria: 4 Person 10 Mile Relay. Santa Maria, Waller Park. Jim Batterson, 412 West Orchard St., Santa Maria 93454.

■ March 23 (Sunday)

San Francisco: DSE Golden Gate Vista Run. 5.04 mile. Legion of Honor (34th Ave. & Clement). 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415) 585-7772.

San Jose: San Jose Mercury News 10K. Civic Center. 9 a.m. San Jose Mercury News, Public Relations Dept., 750 Ridder Park Dr., San Jose 95190 (408) 920-5755.

☐ Schedule

Fort Bragg: Whale Festival Run. Half marathon, 10K & 2 mile. 10 a.m. Ft. Bragg-Mendocino Coast Chamber of Commerce, P.O. Box 1141, Ft. Bragg 95437 (707) 964-3153.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Run. 5, 10 & 15K. Lake Merritt (Old Boathouse). 9 a.m. LMJS, 745 Arimo Ave., Oakland 94610 (415) 834-3110.

Oakland: Couple's Relay. 10K (2 legs of 5K). Lake Merritt (Old Boathouse). 9 a.m. Len Goldman, 745 Arimo Ave., Oakland 94610.

Stanford: Fifty-Plus 5-Miler. Time TBA (for runners 50 and over only). Fifty-Plus Runs Ass'n, P.O. Box D, Stanford 94305 (415) 497-6254, x46.

Fresno: Roeding Park 6 Mile Run. Roeding Park. 9 a.m. Frank Delgado, 1560 N. Durant Way, Fresno 93728 (209) 233-3631.

Los Osos: Three Mile Island Run. Time TBA. Tom Hampson, 347 Garden St., Los Osos 93402.

Ventura: Ventura County Symphony 10K. Buena Ventura State Beach Park (Pierpoint Blvd. & San Pedro Ln.). 8 a.m. Ventura County Symphony Ass'n, Box 1085, Ventura 93002 (805) 643-8646.

Valencia: SPA-TAC District 20K Championship. Near Magic Mountain Pkwy. 8 a.m. Santa Clarita Runners, Box 298, Saugus 91350 (805) 252-9476.

Riverside: Tri-County Dental Society Sugarless 5 & 10K. 8 a.m. Tri-County Dental Ass'n, 6860 Brockton Ave., Riverside 92506 (714) 686-3368.

Santa Catalina Island: Catalina Island Marathon. Time TBA. Hans Albrecht, 25108-B Marguerite Pkwy., Suite 209, Mission Viejo 92692 (714) 858-9808.

Irwindale: L.A. Spring Triathlon. 3 mile run/9 mile bike/200 yard swim. Santa Fe Dam. 8 a.m. Robert Hogan 7211 Ramona Ave., Alta Loma 91701 (714) 989-6512.

■ March 27 (Thursday):

Las Vegas, Nevada: Tropicana/Las Vegas Eastern Run. (March 27-28-29) Half marathon, 10K, 2 mile. \$5000 prize money. Thomas Sports Enterprises, 6765 Grandola Dr., Las Vegas, NV 89103 (702) 368-2885.

■ March 29 (Saturday):

Marina: Marina 5-Miler. City Park (3200 Del Monte). 9:30 a.m. Parks & Recreation Dept., 211 Hillcrest, Marina 93933 (408) 384-3715.

Delano: Delano Fools Run. 5 & 10K. Senior Citizens Center. 8 a.m. Jim Nagatani, 1319 Main St., Delano 93215 (805) 725-9105.

Lompoc: Bud Robinson Memorial 5 & 10K Runs. Time TBA. Leo Aragon, Lompoc Valley Distance Club, P.O. Box 694, Lompoc 93438.

Morro Bay: The Embarcadero Mile. 9 a.m. Doug Moon, Morro Bay Recreation Dept., 535 Harbor St, Morro Bay 93442.

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Glendora: Pride Eight 2K, 5K, 10K and Half Marathon. Foothill Presbyterian Hospital (250 S. Grand). 8 a.m. Pride 8, Box 221, Glendora 91740 (818) 331-0169.

Camarillo: Camarillo Kiwanis 10K. 8 a.m. Contact Steven Michel (805) 482-0711 or James Hardman (805) 482-6488. Camarillo Kiwanis, P.O. Box 533, Camarillo 93011.

Gilroy: Veterans of Foreign Wars 10K Race. Christmas Hill Park (Miller Ave.). 9 a.m. Toby Solorzano, 445 Burke Dr., Gilroy 95020 (408) 842-4098.

■ March 30 (Sunday):

San Francisco: DSE Easter Sunday Egg Run. Mt. Davidson (Riordan High School, 175 Phelan Ave.). 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415) 585-7772.

Foster City: Sri Chinmoy 10 Mile Run. Recreation Bldg. (Shell Blvd. near

Hillsdale). 8 a.m. Sri Chinmoy Marathon Team, Attn: Giribar DeAngelo, 2438 16th Ave., San Francisco 94116 (408) 996-8036.

Fresno: Easter Celebration Jog. 3 mile/2 mile jog/1 mile walk. Woodward Park. Sunrise. Bill Cockerham, PO Box 6103, Fresno 93703 or Harry Harder (209) 638-5007, eves.

Westlake Village: Conejo 5 & 10K. 7:30 a.m. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361 (805) 496-0088.



ARE YOU HOSTING A RUN OR MEET?

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

Date of Event _____ Location of Event _____

Name of Event _____

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

Starting Time _____ Distance if a running event _____

Other Important Info _____

Contact Person _____ Phone _____

Address _____ Street _____ City _____ State _____ Zip _____

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070



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☐ Schedule

Looking Ahead

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

APR 5. Pt. Reyes: California '49er to Ft. Baker (Sausalito) (Hilly, dirt terrain). Time TBA. Dave Horning, 21 Live Oak, Berkeley 94705 (415) 540-7008.

APR 6. Modesto: Modesto Marathon & Half Marathon. Carpenter & Blue Gum Rds. 8 a.m. David Dennis, 1529 Swarthmore Dr., Modesto 95351 (209) 578-6608.

APR 6. Los Angeles: Jimmy Stewart Marathon Relay. Griffith Park (5 x 5.2 miles) 9 a.m. Jimmy Stewart Marathon Relay, St. John's Hospital, 1328 22nd St., Santa Monica 90404 (213) 829-8969.

APR 13. Sacramento: American River 50 Mile. Finishes in Auburn. Time TBA. Nancy Marsh, Fleet Feet, 107 S. Harding, Roseville 95678 (916) 783-4558.

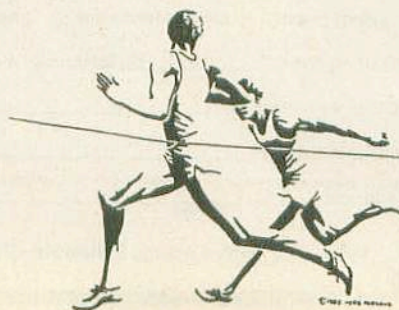
APR 13. San Luis Obispo: San Luis Obispo Red Cross Marathon. 7 a.m. Chris Connors, American Red Cross, 1216 Morro St., San Luis Obispo 93401.

APR 19. Sacramento: American River Relays 20K (3-person teams, iron-man) Discovery Park. 9 a.m. American River Relays, c/o Balfrey & Abbott, 1210 'G' St., Suite 2, Sacramento 95814 (916) 447-8899.

APR 19. Castaic Lake: Steamroller Ultra 100K. Time TBA. Hans Albrecht, 25108-B Marguerite Pkwy., Suite 209, Mission Viejo 92692 (714) 858-9808.

APR 21. Boston: Boston Marathon. Hopkinton. Noon. B.A.A., Boston Marathon, 17 Main St., Hopkinton, MA 01748.

APR 27. Big Sur: Big Sur International Marathon, Pfeiffer Big Sur State Park. 8 a.m. William Burleigh, Box 222620, Carmel 93922.



College/Open Track & Field

The January issue of *California Track & Running News* listed 120 college/open & masters track & field meets for the entire season, all the way thru June. Listed here are some corrections and changes to that schedule. We will run the track & field schedule again in the March issue.

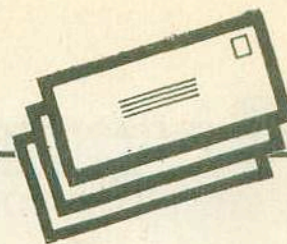
Changes to the Track & Field Schedule:

FEB 22: City of Orange Spring Games. Masters meet, Santa Ana College, 1 pm. Spring Games, 17th at Bristol, Santa Ana 92706. (714) 532-0383.

MAY 17: Oregon Twilight Meet. Change meet from "men only" to Coed.

MAY 24: Oregon Twilight Meet. Change name to **Chris Brathwaite Memorial**. University of Oregon, 5 pm. Oregon Int'l Athletics Team, 1587 Agate St., Eugene, OR 97403. (503) 683-5115.

JUN 14: L.A. Search All Comers Meet. Bosco High School, Rosemead, 7:45 am. ½ mile, 1 mile and 2 mile for men, women and kids. Jim Granados, 2310 Havenbrook St., West Covina 91790. (818) 338-9685.



NCAA REGION 8 MEET CORRECTIONS

Dear Editor:

We have enjoyed reading *California Track & Running News* over the last three years. However, there are a couple of mistakes in your last issue which I hope you will acknowledge in your next issue.

In the collegiate cross country section of the January issue, you listed Washington as the runner-up team in the Women's NCAA Region 8 Meet in Seattle. In fact, Washington State was the 2nd place team (one point behind). This distinction is important for a number of reasons, but I would ask you to appreciate the fact that four seasons ago we could not field a complete team for want of participants.

Another mistake I would like to correct is the listing of Washington State (women) in 8th place in the NCAA National Championships in Milwaukee, Wisconsin. We finished in a tie for seventh. No tie breaking method was used.

Lastly, we notice that you regularly feature California athletes in your magazine with profile columns. We have an athlete from Daly City who has done very well for herself and has a good future in track. She is a junior college transfer from Skyline Community College. Linda Spaargaren came in with bests of 2:12.04 in the 800, 4:34.5 in the 1500 and 10:09.2 in the 3000. Her best today include 2:05.15, 4:25.4, and 9:31.21. The 1500 and 3000 times were a result of only two efforts during the season in those events. She is a NCAA qualifier in the 1000 meters indoors and the 800 meters outdoors. She is a senior with only indoor eligibility remaining. She is a successful student and will graduate after student teaching in the spring. Linda never qualified for NorCal as a high schooler and we are not ever sure of her times at that level. We hope you will give consideration to featuring Linda in your magazine. Thank you for your attention to these matters in advance.

Rob Casselman
Track & Field Coach
Washington State University

RIVERSIDE POLY GIRLS

Dear CT&RN

Your coverage of the H.S. cross country season is outstanding and I thoroughly enjoyed the great coverage in the January issue. I was interested in the article (SSCIF champs) which mentioned how Palos Verdes 4A girls peaked for the championships and how true that was. It was a terrific team effort.

I realize that when you put your top 10 teams and honorable mention you have to go head-to-head in the championship meets and I believe that's the only way to do it. However, I would just like to mention one thing about the Riverside Poly girls team—10th place 4A.

At Mt. SAC Invitational, we ran as a team (106:31). We geared for league championships and ran 1:24-7-9-10-14. At Prelims we ran 103:01. At Finals we ran 102:00—Kat Prince was ill (finished 34th) while Brigid Freyne picked up for a 9th place team finish (10th overall). I know it's only conjecture, but if Kat had been healthy that day, I'm positive our girls were ready for 7th place.

I just wanted you to see a peak effort by a group of girls who committed themselves to do the best they could.

Keep up the good work.

Gary Hunt
Riverside

HOW ABOUT SOME NCAA III COVERAGE?

As a senior in high school last year (Torrance High School), I enjoyed your magazine's coverage of prep cross country and track very much since it was very comprehensive and informative. In regard to prep meets, you have carried on this fine tradition of excellent coverage in the issues I have seen so far this fall. Since I know many of the

runners in SoCal, this is very meaningful to me, especially since newspaper coverage is so poor in SoCal.

I have noticed that your magazine gives NCAA Division III colleges very little coverage. I know we don't have quite the glamour of preps or Div. I meets, but we still have some fine athletes, many of whom were the ones who filled out the top ten in the big prep invites. Of last year behind the Harvaths, Meyers, Stonerocks, etc. I hope you will be willing to look into this situation.

Thank you very much for your time and keep up the good work with *Cal Track & Running News*—the finest running magazine published (I love stats!).

Michael Scott
Harvey-Mudd College
Claremont

ENCOURAGING WORDS

This is just to say that in the past, I have subscribed to several running magazines. As far as I'm concerned, yours is the best.

Bob Nemeth
Woodland Hills

WORDS OF CRITICISM

I almost didn't renew this as your future dates for 10K racing, etc., for Southern Cal area (LA) isn't complete as it used to be. I'll try one more time.

Fred Garson
La Crescenta

IMPROVING PREP RUNNER

Dear CT&RN,

We received a sample copy at a run recently and, much to our surprise, we found our daughter's name in it!!

My fifteen-year-old daughter is really improving (she's been running a year now and I think your magazine will help).

Staci [Brunton] ran the Care Run IV and broke the course record plus her own personal record; she did the two mile in 12:10.1. The next day she ran the Foot Feet VII two mile and was the very first female across the line in 11:50.1 (with hills!).

I'm just a proud Mom! I realize that there are better runners, but when she found her name on page 42 in the Kennedy Classic (June issue), it made her feel like all her efforts were doing some good and I think she's trying harder.

Thank you!


Joyce Brunton
Martinez

A NOTE TO NANCY CLARK/ OF THE ATHLETE'S KITCHEN

Dear Ms. Clark,

I subscribe to *California Track and Running News*, and each month I look forward to your Athlete's Kitchen articles. I have been appointed head men's and women's track coach here at Monroe Community College. I believe a coach must be a teacher first. By publishing your articles monthly, *California Track and Running News*, is reinforcing the fact that proper nutrition is, not only conducive for good health, but also for optimal training and competitive consistency which is something I would like to educate my student-athletes about correctly.

L. Jarrett



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Medical Notes for Runners

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



The Doctor Answers the Mail

Dear Dr. Subotnick:

I have a bump/hyperplasia on my left heel which has been diagnosed by an orthopedist in Reno as bursitis. It developed last January, possibly as a result of the tight-fitting heel cup of the Nike Terras I used to wear for track workouts.

Since I still want to get back to the point where I can compete on at least a local level in cross country and track, I've worked out a method, through trial and error, of getting in some of the training required. From doing only fast walking for 3 weeks back in February, I'm now up to running 10 steady miles on Monday, Tuesday, and Wednesday each. Thursday and Friday I reduce the running to about 7 miles, with 1 to 4 miles of race-walking. Saturday I just bike, Sunday (which I've only begun doing) I do 2-3 miles of intervals after a 3 mile warmup, followed by 4-6 miles of race-walking.

That alone would cause considerable swelling and aching of the heel, but I've found that I can keep the inflammation and irritation down to a tolerable level, at least to now, by doing something each night. This sometimes consists of placing a soft piece of rubber against the bump, then wrapping an Ace bandage around the foot to hold the rubber and apply some pressure. Sometime during the night the binding will wake me up, and then I'll take it off.

Can I do better? A medical doctor here in Las Vegas believes some calcification has taken place where the Achilles tendon inserts into the calcaneus. He is of the opinion that the only effective treatment is resting the area as required. I firmly agree with his recommendation that no anti-inflammatory injections be made into the site.

Incidentally, the shoes I wear now while running or walking have soft heel cups: Tiger Extenders and Brooks 470. Any suggestions or recommendations you may have I'd surely appreciate.

Sincerely,

Grover Prowell
Las Vegas, Nevada

Reply to Grover Prowell:

This runner complains of a bursitis at the back of his left heel. He states that he developed it, last January, doing track workouts with a tight pair of Nike Terras.

He has rehabilitated himself to the point where he can now do ten mile runs, three days a week, with shorter runs in between and some track workouts. The intervals, of course, cause most of the pain. He handles this with compression in the evening, utilizing a soft piece of rubber and an ace bandage. He has been told not to get a Cortisone injection around the Achilles tendon, where there may be some calcification. He also does race walking. He is running in Tiger Extenders and Brooks 470's.

The condition being described is that of retrocalcaneal bursitis and associated tendo Achilles intratendinous calcification. This, most likely, is secondary to the track workouts, which put tremendous strain on the Achilles tendon, where it inserts into the heel, the calcaneus. This is evidenced by the fact that this runner can do relatively well, despite the problem, with longer runs; and most of his problems are secondary to the track workouts. Certainly one knows that the faster you run, the more the foot is plantarflexed and more force goes through the tendo Achillis and calf muscle.

The race walking, as well as doing the longer runs every other day and only three days a week, is an excellent idea. Swimming and biking would also be helpful.

Taking ace bandages, soaking them in water, and putting them in the refrigerator—not the freezer—is a good idea for cold compression at the end of workouts. Sponge rubber, or even a household sponge, can be put in water, put in the refrigerator, and likewise, the cold sponge can be placed over the inflamed area and then secured with the ace wrap.

Homeopathic remedies are also helpful for this type of problem. I suggest Rhus Tox or Rhodo. Bromelain, a pineapple enzyme anti-inflammatory medication, is also helpful. I tend to stay away from the stronger anti-inflammatory medications due to their side effects. Aspirin is usually safe, and one can try taking two to three pills a day.

I'm in agreement that Cortisone injections should not be given around the tendo Achillis. At times, however, if there is a discrete bursitis or bursa present, which is between the tendo Achillis and the bone, and the physician feels that an injection can be given into the bursa only without affecting the tendo Achillis, this is permissible. By and large, if there is any doubt, don't get an injection.

At times, orthotics or heel lifts are helpful, depending upon the foot type and the running mechanism.

As a last resort, surgery can be tried, but as long as you are running well long, slow distance and the only problem is with track workouts, it doesn't seem as though surgery is warranted. If there were problems with just walking, and running was impossible, then I might consider surgery. The surgery would consist of removing the excessive bone on the back of the heel and excising the bursa.

It sounds like this runner is doing fairly well on his own and only needed a few more suggestions, such as those above.

Best of luck.

Very sincerely yours,

Steven I. Subotnick,
DPM, MS

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SoCal Diary

By BILL MINARIK

Track & Field Predictions:

PAC 10

Washington State's big point men should make the difference here, although UCLA & USC have strengthened their teams and should close the gap in 2nd and 3rd respectively.

- | | |
|----------|-----------------|
| 1 WSU | 6 Arizona |
| 2 UCLA | 7 Arizona State |
| 3 USC | 8 Oregon State |
| 4 Oregon | 9 Stanford |
| 5 Cal | 10 Washington |

CCAA - MEN

As usual, this conference will be a dog fight; however I'll go with CPSLO on tradition if nothing else. Cal State L.A. appears to be ready for 2nd with the rest of the spots up for grabs.

- | | |
|------------------|----------------|
| 1 CPSLO | 5 CP Pomona |
| 2 CSLA | 6 UC Riverside |
| 3 CS Northridge | 7 CSUDH |
| 4 CS Bakersfield | 8 Chapman |

CCAA - WOMEN

CPSLO should continue their dynasty here with C/S Northridge a solid second.

- | | |
|-------------------|-------------------|
| 1 CPSLO | 5 C/S Los Angeles |
| 2 CS Northridge | 6 UC Riverside |
| 3 Cal Poly Pomona | 7 CSUDH |
| 4 C/S Bakersfield | 8 Chapman |

PCAA - MEN

Fresno State's overall strength should be the key here with San Jose State again runner-up. UC Irvine's distance strength should propel them into 3rd.

- | | |
|------------------|------------------|
| 1 Fresno State | 5 Utah State |
| 2 San Jose State | 6 CS Long Beach |
| 3 UC Irvine | 7 New Mexico St. |
| 4 UCSB | |

PCAA - WOMEN

Newcomer San Diego State may be too strong for the rest of this conference, but will have to prove that to perennial power UNLV.

- | | |
|-------------------|-----------------|
| 1 San Diego State | 5 UCSB |
| 2 UNLV | 6 CS Long Beach |
| 3 UC Irvine | 7 CS Fullerton |
| 4 Hawaii | |

SCIAC - MEN

Oxy again appears as the team to beat here with Pomona-Pitzer 2nd and Redlands a fast closing 3rd.

- | | |
|-----------------|------------|
| 1 Oxy | 5 Caltech |
| 2 Pomona-Pitzer | 6 Whittier |
| 3 Redlands | 7 LaVerne |
| 4 Claremont | |

SCIAC - WOMEN

Oxy will probably be a repeat winner here, but the rest of the pack should close the gap considerably from last year.

- | | |
|-----------------|------------|
| 1 Oxy | 5 Whittier |
| 2 Claremont | 6 Caltech |
| 3 Redlands | 7 LaVerne |
| 4 Pomona-Pitzer | |

PAC-WEST

UCLA has lost superstar Jackie Joyner but an outstanding recruiting year should keep the Bruins # here ahead of rival USC which has significantly upgraded its womens program.

- | | |
|------------|-----------------|
| 1 UCLA | 4 Arizona |
| 2 USC | 5 Arizona State |
| 3 Stanford | |

NAIA DIST. III MEN

Azusa Pacific lost a lot from last year, but their strength in the Nationals should carry over into this season over the sheer numbers of Cal Lutheran.

- | | |
|-----------------|------------|
| 1 Azusa Pacific | 4 Westmont |
| 2 Cal Lutheran | 5 Biola |
| 3 Pt. Loma | |

NAIA DIST. III WOMEN

Based on their numbers and win in the cross country meet, it could be Azusa for a double team championship.

- | | |
|----------------|------------|
| 1 Azusa | 4 Pt. Loma |
| 2 Westmont | 5 Masters |
| 3 Cal Lutheran | |

SOCAL COMMUNITY COLLEGE MEN

Taft appears to be loaded again and must be given an edge over Long Beach CC and Pasadena CC which showed it was ready to get back into the big time by snatching away superstar quarter-miler Damon Lee from El Camino.

- | | |
|--------------|-------------|
| 1 Taft | 4 Mt.Sac |
| 2 Long Beach | 5 El Camino |
| 3 Pasadena | |

SOCAL COMMUNITY COLLEGE WOMEN

I look for Mt. SAC to edge out El Camino which was hit hard by graduation, and for Orange Coast to take the show position.

- | | |
|----------------|--------------|
| 1 Mt. SAC | 4 Mira Costa |
| 2 El Camino | 5 East L.A. |
| 3 Orange Coast | |

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□ Athletes of the Year

also earned her *Track & Field News's* female high school Athlete of the Year.

Others: Leslie Maxie was next in line followed by Chewuakii Knighten, Muir's 1600 relay team, and Hawthorn's 400 relay squad.

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, Natalie Kaaiawahia 1983, Leslie Maxie 1984.

High School Girls Cross Country

LAURIE CHAPMAN: Undefeated until the Kiney National Championships where she was 9th. Big win at Kinney Western.

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, Kirsten O'Hara 1983, Rebecca Chamberlain 1984.

J.C. Men Track & Field

DENNIS LEWIS: The Long Beach high jumper won the SoCal and State Meet Championships and soared a J.C. record 7-8 1/4.

Others: Joe Richardson's horizontal jumping had him in a close second. Others getting good points were: Sheldon Blockburger, Joey Bunch, Mike Dexter, Tony Dobbins, Matt Gallo and Damon Lee.

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, All Miller 1983, Ed Frazier 1984.

J.C. Men Cross Country

ALPHONSE SWAI: The State Championship made up for earlier inconsistencies and brought Swai the award in a close vote.

Others: Close behind in the voting were Martin Sandoval and Jody Fisher.

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, Mandla Kuene 1983, Eugene Cruz 1984.

J.C. Women Track & Field

MYRA MAYBERRY: Her 11.45 and 23.8 with a State Meet double was good enough to bag the Athlete of the Year title.

Others: Next highest vote getter was national triple jump record setter Jan Diggs, followed by Jill Harrington and Margaret Hemmons.

Previous Selections: Gail Douglas 1977, Ruth Caldwell 1978, Ruth Caldwell 1979, Donna Mayhew 1980, Valerie Brisco 1981, Barbara Moro 1982, Gervaise McCraw 1983, Zelda Johnson 1984.

photo by Richard Lee Slotkin



SYLVIA MOSQUEDA

photo by Keith Conning



MARC OLESON

Fine Flicks by Don Gosney



REGINA JACOBS

J.C. Women Cross Country

SYLVIA MOSQUEDA: SoCal and State Meet champion.

Others: Kim Stewart and Kathy Kiernan received the next highest votes but none were close enough to challenge.

Previous Selections: Ruth Caldwell 1977, Ruth Caldwell 1978, Renee Ortiz-Wyckoff 1979, Sue Gellely 1980, Renee Wyckoff 1981, Kim DeVetis 1982, Mara Lazdens 1983, Leslie Hawkins 1984.

College Men Track & Field

DANNY HARRIS: The former Perris High star, now at Iowa State, was the NCAA champion and top intermediate hurdler in the world.

Others: Close in the voting was Innocent Egbunike followed by other big vote-getters: Darwin Cook, Henry Andrade, and Kjell Bystedt.

Previous Selections: Dwight Stones 1976, Mike Tully 1977, Clancy Edwards 1978, James Sanford 1979, James Sanford 1980, Andre Phillips 1981, Milan Stewart 1982, Felix Bohni 1983, Danny Harris 1984.

College Men Cross Country

MARC OLESON: PAC-10 and Dist. 8 champion plus fourth in NCAA championships.

Others pulling down good votes were: Brian Abshire, Jon Butler, Rusty Knowles, Jay Marden and Steve Perez.

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, Mark Ruelas 1983, Marc Oleson 1984.

College Women Track & Field

JACKIE JOYNER: You name it, she's done it and then put it all together in the heptathlon. Good marks and places in several events in NCAA.

Others: Only Latanya Sheffield was close. Sherri Howard and Laura DeSnoo also had good points.

Previous Selections: Alice Brown 1980, Karin Smith 1981, Jackie Joyner 1982, Jackie Joyner 1983, Carol Cady 1984.

College Women Cross Country

REGINA JACOBS: District 8 champ and second in the NCAA championships.

Others: Next closest were Polly Plumer and Kirsten O'Hara in that order.

Previous Selections: Maggie Keyes 1980, Ceci Hop 1981, Ceci Hopp 1982, Regina Jacobs 1983, Regina Jacobs 1984.

Open Men Track & Field

WILLIE BANKS: World record, TAC and World Cup champ.

Others: Big vote getters were Johnny Gray and Andre Phillips.

continued on next page...

Athletes of the Year

photo by John Rembo



NANCY DITZ

photo by Gene Cohn



VALERIE BRISCO-HOOKS

photo by Richard Lee Slotkin



WILLIE BANKS

photo by Jim Reynolds



photo by Maurice Wilson



MONICA JOYCE

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, Edwin Moses 1983, Edwin Moses 1984.

Open Men Cross Country

IVAN HUFF: Tops on the local scene plus 34th place at TAC Championships.

Others: No other big vote getters.

Previous Selections: Bob Thomas 1976, Dave Babaracki 1977, Larry Lawson 1978, Duncan Macdonald 1979, Steve Scott 1980, Thom Hunt 1981, Thom Hunt 1982, Rod Berry 1983, Carmelo Rios 1984.

Open Women Track & Field

VALERIE BRISCO-HOOKS: Great sprint marks and performances.

Others: Nobody close.

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, Evelyn Ashford 1983, Valerie Brisco-Hooks 1984.

Open Women Cross Country

MONICA JOYCE: The San Diego resident picked up Athlete of the Year almost by default, however, her 12th place finish in

the World Cross Country Championships in Portugal last March did the trick.

Others: None

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, Connie Hester 1983, Maggie Keyes 1984.

Men's Road Racing

JOHN MORENO: 2:12 and 2:13 marathon times plus fast 10K victories won a narrow victory over Tom Wysocki.

Others: Right with Moreno was Tom Wysocki. Other point getters included Bill Donakowski, Ivan Huff and Thom Hunt.

Previous Selections: Gary Tuttle 1974, Gary Tuttle 1975, Gary Tuttle 1976, Gary Tuttle 1977, Gary Tuttle 1978, Dave Babiracki 1979, Gary Tuttle 1980, Kirk Pfeiffer 1981, Duncan Macdonald 1982, Carmelo Rios 1983, Ivan Huff 1984.

Women's Road Racing

NANCY DITZ: 2:31 marathon, 54:52 10 mile and 34:42 10K.

Others: Good points picked up by Monica Joyce and Janine Aiello.

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, Julie Brown 1983, Patti Gray 1984.

Masters Men 40-44 Track & Field

JOHN DOBROTH: High hurdle and high jump champ at PTAC, SPTAC and Regional TAC, plus 2nd. HJ and 3rd. HH at world games.

Other big point getters were Lloyd Higgins, Chris Loosely, and Brian Oldfield. Note: Athlete of the Year status is determined by a combination of quality of mark, records set and titles won. Brian Oldfield's shot put mark of 70-3 is certainly superior to John Dobroth's 6-6 high jump. Dobroth however scored the big places at the big masters meets.

Previous Selections: Dave Jackson 1977, Ken Dennis 1978, Nick Newton 1979, George Cohen 1980, Walt Butler 1981, Walt Butler 1982, George Cohen 1983, Ed Burke 1984.

Masters Men 45-49 Track & Field

GEORGE COHEN: SPA, TAC Regional and TAC National 800 Champion with world record.

Others: Close behind in the voting were Ed Burke, Darryl Horn and Gary Miller.

Previous Selections: Bill Fitzgerald 1974, Peter Mundle 1975, Shirley Davisson 1976, Herm Wyatt 1981, Dave Segal 1982, Gary Miller 1983, Larry Stuart 1984.

Masters Men 50-54 Track & Field

PARRY O'BRIEN: World champ in the discus with 184-10 and second in the shot put.

☐ Athletes of the Year

Others: Nick Newton, Dave Jackson, Phil Presber, Dave Stephenson, and Herm Wyatt.

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, Bruce Springbett 1983, Parry O'Brien 1984.

Masters Men 55-59 Track & Field

HUEL WASHINGTON: Double national champ in 100 and 200, with district championships and times of 12.1 and 25.7.

Others: Harry Hawke, Del Picharts, and Jerry Withers were the next closest in votes.

Previous Selections: Tom Patsalis 1977, Tom Patsalis 1979, Tom Patsalis 1981, Bill Fitzgerald 1982, Jim O'Neil 1983, Bill Fitzgerald 1984.

Masters Men 60-64 Track & Field

JIM O'NEIL: National 5,000 and 10,000 champ and second in both in World Games.

Others: Bill Bangert, Ted Rademaker.

Previous Selections: Jack Thatcher 1976, Payton Jordan 1977, Payton Jordan 1978, Harry Koppel 1979, Bob Hunt 1980, Burl Gist 1981, Tom Patsalis 1982, Tom Patsalis 1983, Burl Gist 1984.

Masters Men 65-69 Track & Field

BURL GIST: National champ in the high jump with world record 5-0. Hurdles champ in World Games, second in high jump.

Others: Dan Aldridge, Bob Hunt, Jim Vernon.

Previous Selections: Harry Koppel 1981, Payton Jordan 1982, Dan Aldrich 1983, Dan Aldrich 1984.

photo by Robert & Carol



GEORGE COHEN

Masters Men 70-74 Track & Field

CAROL JOHNSON: National champ in high jump and pole vault. World record vault.

Others: Harry Koppel, Ed Stotsenberg.

Previous Selections: Josiah Packard 1977, Winfield McFadden 1978, Tony Castro 1981, Tony Castro 1982, Tony Castro 1983, John Satti 1984.

Masters Men 75-79 Track & Field

KEN CARNINE: Ken Carnine: World champ in discus and javelin. World record in pentathlon.

Others: Vernon Cheadle, Robert MacConaghy.

Previous Selections: Paul Spangler 1976, Josiah Packard 1979, Winfield McFadden 1980, Winfield McFadden 1984.

Masters Men 80+ Track & Field

WINFIELD McFADDEN: World champ in hurdles, high jump and triple jump.

Others: Sing Lum, Paul Spangler.

Previous Selections: Josiah Packard 1984.

Masters Women 40-44 Track & Field

FRAN CONLEY: 90-2 javelin throw and national champ. Turned 45 in August.

Others: Ronnie Griese, Judy Kewley, and Carol Stroud.

Previous Selections: Irene Obera 1977, Irene Obera 1979, Cherrie Sherrard 1981, Jeanne Carter 1982, Jeanne Carter 1983, Jeanne Carter 1984.

Masters Women 45-49 Track & Field

JEANNE CARTER: Injured much of the year but still recorded times of 14.1, 28.9 and 65.5.

Others: Fran Conley, Marilyn Harbin and Lori Maynard.

Previous Selections: Shirley Dietderick 1978, Irene Obera 1980, Christel Miller 1981, Christel Miller 1982, Vicki Bigelow 1983, Marilyn Harbin 1984.

Masters Women 50-54 Track & Field

IRENE OBERA: National and world champ in 100, 200 and 400, with world records in 100 (12.9) and 200 (27.3).

Others: Alice Leicht and Christel Miller the only other big vote winners.

Previous Selections: Shirley Kinsey 1981, Shirley Kinsey 1982, Ruth Anderson 1983, Irene Obera 1984.

Masters Women 55-59 Track & Field

MARION IRVINE: Second in World Games 5,000 and 10,000. American record and championship at 400 (78.23).

Others: Ruth Anderson and Shirley Kinsey only ones close.

Previous Selections: Helen Dick 1981, Helen Dick 1982, Shirley Dietderich 1983, Shirley Kinsey 1984.



FRAN CONLEY

Masters Women 60-64 Track & Field

JACLYN CASELLI: 12:57 for 3,000, 22:44 for 5,000, and 48:48 for 10,000.

Others: Thelma Rubin only one close.

Previous Selections: Jaclyn Caselli 1981, Josephine Kolda 1982, Jaclyn Caselli 1983, Jaclyn Caselli 1984.

Masters Women 65-69 Track & Field

JOSEPHINE KOLDA: National champ in 200 and 400 plus American record in 200 at 34.2.

Others: Marjorie Hunt and Judy Simon.

Previous Selections: Alice Werbel 1981, Kay Atkinson 1982, Josephine Kolda 1983, Josephine Kolda 1984.

Masters Women 70-74 Track & Field

EDITH MENDYKA: Double world champ with great field marks in Shot, discus and javelin.

Others: Dorothy Stotsenberg.

Previous Selections: Bess James 1981, Bess James 1982, Bess James 1983, Bess James 1984.

Masters Women 75+ Track & Field

BESS JAMES: World champ in 200, 800, 1500 and 5,000.

Others: Marilla Salisbury.

Previous Selections: First year for category.

continued on next page.

photo by Gregor Robin

photo by Gene Cohn



TRACY SMITH



PAUL SPANGLER

Masters Men 40-44 Road Racing

TRACY SMITH: Big return to racing, now as a master, with a 47:40 15K mark at Cascade Run Off.

Others: Bill Clark, Gary Goettelman, Hal Gorforth, and Dan Murray.

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, Sal Vasquez 1983, Sal Vasquez 1984.

Masters Men 45-49 Road Racing

SAL VASQUEZ: Top in his new age group. 30:51 for 10K.

Others: None close.

Previous Selections: John Brennand 1981, Jim Knerr 1982, Doug Latimer 1983, Jim Bowers 1984.

Masters Men 50-54 Road Racing

JIM KNERR: Consistent at the top in local races with a solid 34:24 10K.

Others: Several very close: John Brennand, Fred Kiddy, Mike McGie, and Glynn Wood.

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, Ulrich Kaemph 1983, Wally Ingram 1984.

Masters Men 55-59 Road Racing

PAT DEVINE: Many division wins with top times capped by 57:10 for 15K.

Others: None close.

Previous Selections: Jim O'Neil 1980, Jim O'Neil 1981, Jim O'Neil 1982, Jim O'Neil 1982, Jim O'Neil 1984.

Masters Men 60-64 Road Racing

JIM O'NEIL: None can touch him in his new age group. Top times of 34:26 for 10K and 1:18:14 in half marathon.

Others: none close.

Previous Selections: John Montoya 1976, Chuck Seekins 1977, Chuck Seekins 1978, Ed Lewin 1979, Ed Lewin 1980, Harold Daughters 1981, Harold Daughters 1982, Jim McCowen 1983, Larry Banuelos 1984.

Masters Men 65-69 Road Racing

PAUL REESE: New American age-68 records at 25K (1:53:04) and 50 miles (7:40:55).

Others: Very close behind was Eddie Lewin.

Previous Selections: Ed Lewin 1981, Ed Lewin 1982, Paul Reese 1983, Paul Reese 1984.

Masters Men 70+ Road Racing

PAUL SPANGLER: Still very active as an 85-year old, he ran a 10K in 59:38 and set a new single-age American record for the half marathon in 2:16:24.

Others: Dean Scofield and Walt Keutzing.

Previous Selections: Paul Spangler 1976, Monty Montgomery 1977, Monty Montgomery 1978, Monty Montgomery 1979, Monty Montgomery 1980, Paul Spangler 1981, Paul Spangler 1982, Mel Shine 1983, Mac Osborn 1984.

Masters Women 40-44 Road Racing

SHIRLEY MATSON: Most of her top marks, like her 35:32 10K, came after she became 45 on November 7. Also had 8K in 28:47 and half marathon in 1:20:25.

Others: Sue Peterson, and Harolene Waters close for second most voting points.

Previous Selections: Mike Gorman 1979, Sandra Kiddy 1980, Karen Scannel 1981, Shirley Matson 1982, Christa Rompannen 1983, Shirley Matson 1984.

Masters Women 45-49 Road Racing

VICKI BIGELOW: 1:43:28 for age 49 25K record. 38:01 10K, 18:11 5K.

Others: Sandra Kiddy was close behind in second, with Gina Faust and Joan Reiss also getting good votes.

Previous Selections: Vicki Bigelow 1981, Vicki Bigelow 1982, Sandra Kiddy 1983, Karen Scannell 1984.

Masters Women 50-54 Road Racing

ALICE ROSE: 41:19 for 10K plus 1:29:21 for half marathon.

Others: Very close over Martha Maricle and Janet Buckendahl.

Previous Selections: Marion Irvine 1981, Marion Irvine 1982, Marion Irvine 1983, Marion Irvine 1984.

Masters Women 55-59 Road Racing

ANNE JOHNSON: Fastest 10K in the nation in age group (42:00). Also recorded 34:28 for 8K and 1:37:07 for half marathon.



SAL VASQUEZ

Others: Very close over Margaret Miller. Ruth Anderson also picked up good points.

Previous Selections: Margaret Miller 1981, Margaret Miller 1982, Margaret Miller 1983, Margaret Miller 1984.

Masters Women 60-64 Road Racing

HELEN DICK: As a 60 year old, she set a single age American record for the half-marathon (1:35:01) and had the best performances of the year in her age division for both 8K (34:58) and 10K (42:40).

Others: Jaclyn Caselli and Mary Story were the only ones close.

Previous Selections: Kay Atkinson 1981, Jaclyn Caselli 1982, Jaclyn Caselli 1983, Mary Storey 1984.

Masters Women 65-69 Road Racing

JUDY SIMON: 58:01 10K.

Others: Grace Schweitzer.

Previous Selections: Kay Atkinson 1982, Evelyn Koinig 1983, Ada Thomas 1984.

Masters Women 70+ Road Racing

BESS JAMES: At age 75, she was a prolific road racer; her performances included 10Ks of 1:01:08, 1:02:31 and 1:03:16.

Others: Close in the voting was Mavis Lindgren.

Previous Selections: Bess James 1981, Bess James 1982, Bess James 1983, Bess James 1984.

■ Technique & Training

By ROY STEVENSON



Weight Training for the Distance Runner

Recently there has been a trend amongst the Health and Fitness minded population to weight (resistance) training. Accordingly, I am being asked for more and more information on weight training for runners.

Is weight training "good" for distance runners? Will it improve running performances in training and racing? Are there some special points that runners should be aware of when taking up weight training to supplement their running programs?

Are there exercises which runners should concentrate on?

The answer to all of these questions is yes.

WHY DISTANCE RUNNERS SHOULD USE WEIGHTS.

An intelligent weight training program can directly improve a distance runner's performances by strengthening neglected upper body musculature. This strengthening enhances the runners ability to withstand fatigue towards the end of races, and "holds him/her together" during long or fast training runs. Women especially need strength training because they can be up to 80% weaker than men in some regions.

There are now a high percentage of elite road runners in the U.S.A. incorporating weight training into their schedules. Rod Dixon, one of New Zealand's top road racers now residing in the U.S.A., does a lot of resistance training. He feels that it helps integrate the runners upper and lower extremities, helping the body perform as a whole unit, rather than just "heart, lungs and legs."

Most universities have had their endurance athletes on weight training programs during the conditioning phases for dozens of years.

WEIGHT TRAINING FOR INJURY PREVENTION AND TREATMENT.

It is now commonly accepted that weight training helps correct muscular imbalances caused by distance running. For example, distance runners experience large strength imbalance ratios between the Hamstring/Quadriceps group, and upper vs. lower body.

Sports Medicine Clinics (and Physical/Occupational therapy clinic) generally prescribe the use of light weights for rehabilitation and therapy of injured or disabled patients.

HOW WEIGHT TRAINING HAS HELPED ME.

Speaking from experience, I have found it no coincidence that after doing weight training consistently for several months, I have gone on to get my best Track, Road and Cross Country performances. In fact I'm positive it is the reason why I went from being one of Auckland's top Junior (under 20) 3,000 meter Steeplechasers in 1975, to go straight to the New Zealand Senior Championships in 1976. I also did my 2:42 marathon in 1974 as a 19 year old, right in the middle of a solid weight training program.

A typical comment that I hear from local distance runners who have added weight training to their running program, is "I am able to finish 10K races with a longer, sustained drive, and a strong finish." Other runners have claimed that weight training has helped them relax their arms during the early and middle stages of their races.

Thus, resistance training seems to have some merit for improving performance, general strengthening, and the prevention or treatment of injuries.

Now that I've sold you on the benefits and advantages of strength training, let me point out a few things that it won't do (before you go charging off to a Nautilus Club to sign up).

SOME MYTHS OF WEIGHT TRAINING.

Weight training won't directly improve your aerobic or cardio-respiratory systems. Any "Instructor" who tells you that weight training will improve your Oxygen Uptake ($\dot{V}O_2$ Max.) is revealing his/her own ignorance of basic physiology. Weight training is almost purely anaerobic (without Oxygen).

Secondly, you needn't fear that you will put on unneeded muscle bulk or body weight if you perform your weight training exercises in a certain way. (This is one of

the special points that runners should be aware of, which I alluded to earlier.

Weight training will not get a national class runner into the International arena (sheer genetic ability usually determines this), but all of you rank-and-file and semi-serious runners out there can experience some excellent improvements. This is because you stand to improve on your potential more than the (already) elite runner can. They have a smaller amount to improve.

What's more, it's not necessary to put in two hour "grunt and groan" workouts with weights, for them to be effective and improve your distance running. Remember, weight training is an additional or more advanced training mode which you are using to enhance your running performances. Be careful though, it's easy to get "hooked" on weights.

WEIGHT TRAINING FOR GENERAL FITNESS.

If you have taken up running for its obvious health and fitness benefits, consider the fact that "most runners aren't fit in the ways all-round fitness is usually measured. Running is a specialized, incomplete exercise yielding only one-dimensional fitness..." as Joe Henderson writes in the September issue of *Runners World Magazine* (p.42). He goes on to state that "... it (strength training) does make you a better balanced person by working muscles that are along for the ride when you run."

You don't even need to pump large, heavy weights to improve your distance running. Light or medium weights, with high repetitions for muscular endurance will help you a lot more than the unnecessary development of pure, brute strength. Leave that to the professional "heavies" that you see in every weight room. (You know, the ones that look at you and you can just tell they are thinking "wimpy runner"!). Give them a chance though. They usually will help "spot" for you, once you have apologized for being a wimpy runner!

Anyway, its time to dispense some "how to" advice for you if you are considering

taking up a weight training program to supplement your running, or if you merely want to re-evaluate your current program.

SELECTION OF A WEIGHT TRAINING SYSTEM.

There are several different types of weight training systems available to you. (See the "Health & Fitness Clubs" listing in this issue for more details). There are free weights, Universal Systems, Nautilus Systems, Cam II Systems, Hydrofitness Systems, all of which use different types of resistance. i.e. Air, water, friction, pulleys, straight gravity, or combinations. The bottom line is "it really doesn't matter." All you are trying to do is tone up and develop muscular endurance in your upper body to help your distance running.

You can get whatever you want to pay for. You can pay as much or as little as you like, but the benefits are similar. (Ideally a combination of modes is best but who wants to belong to three fitness clubs to use their different weight training systems?!).

THE MAIN PRINCIPLES OF STRENGTH TRAINING.

Overload: Muscular strength/endurance is most effectively developed when we overload the muscle group at a given percentage of its maximal strength. To elicit these gains the overload must be higher than 20%.

PRINCIPLE OF PROGRESSIVE RESISTANCE

An overloaded muscle gains in strength from weight training. Eventually this initial overload will no longer provide an adequate workload for continued strength gains. Thus we must continually increase the weights or repetitions when the resistance "gets easy."

Endurance: As distance runners we want to develop the ability to continually perform muscular contractions. So we need very little actual brute strength, but muscular endurance.

PRINCIPLE OF ARRANGEMENT OF EXERCISES.

Exercises in a weight training program should be arranged so that larger muscle groups are exercised before the smaller ones. Smaller muscles fatigue sooner and

Do's:

1. Do weight training after running.
2. If weight training before running, make it several hours before.
3. If you insist on doing weight training for your legs, do high repetitions with light weights. (See section on strengthening exercises for legs).
4. Do weight training when rehabilitating injured legs.
5. Weight training should be done 2-3 times weekly for good gains.
6. Use weights that are light enough for you to perform the exercise 10-15 times. (Repetitions).
7. Do two to three sets of each exercise.
8. Do a warm-up set at 80% of your maximum weight, for each exercise.
9. Do some stretching before, during and after weight training.

Don'ts:

1. Avoid weight training for your legs. They are doing quite enough work from your running. The added stress to your legs of resistance training contributes to a high injury risk potential.
2. Don't do too much weight training. It's only a supplement to your distance running and should be treated that way.
3. You don't need to do more than 30-45 minutes for your workout.
4. Don't hold your breath as you do weight training. This is dangerous and can play havoc with your blood pressure. If you are a hypertensive, get medical clearance before you commence a weight training program.

GENERAL ADVICE:

Breathe in as you push or pull, and exhale as you lower the weights.

You can do "split" workouts if you can't handle a full weight training workout in one session. i.e. Split the workout into two, and do weights on two consecutive days.

If you don't have access to elaborate weight systems, you can do lots of resistance training at home.

Carl King, Director of the YMCA First Interstate Fitness Center, recommends "the big three". i.e. Sit-ups, pull-ups, and push-ups. These exercises work out three of the largest muscle groups in the body. i.e. Abdominals, chest and arms, upper body and arms.

"...Resistance training seems to have some merit for improving performance, general strengthening, and the prevention or treatment of injuries."

more easily than larger muscles. Thus we exercise the larger muscles first.

Your weight training program should not involve the same muscle groups for two consecutive exercises for this reason.

Some Do's, Don'ts and General Weight Training Advice.

All conventional weight training exercises can be performed with rubber surgical tubing too. (The resistance is not as much as normal weights, but the price is right!). Tubing workouts are also a lot of fun.

Safety Points:

- Don't lift weights in bare feet!
- Always ensure that the collars which lock

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the barbells onto the bar, are locked securely. Likewise with Universal pins.

Curl your thumbs so that they oppose your four fingers, when lifting weights. This ensures that the bar won't slip out of your grip and squash you. Never lift weights which are too heavy for you.

Use a "spotter" (someone who can lift the weights away from you if you get into trouble).

Have feet about 18" apart for a good base when lifting weights.

If you have lower back problems, use a wide weight training belt for lumbar support.

SOME WEIGHT TRAINING EXERCISES FOR RUNNERS.

Bench Press: Place weight on the barbell. Lie on a bench with the barbell held about an inch above your chest. Push the barbell smoothly towards the ceiling, until your arms are straight. Return the bar to its original position. Repeat 12-15 times.

Bent Over Row: While bending over forwards, hold barbell in front of you, down at arms length. You can support your head on a table if you wish. Using a shoulder width grip on the barbell, raise it to your chest. Return the barbell to the floor and repeat.

Overhead (Military) Press: Straddle a bench in sitting position, with legs apart for support. Hold barbell at chest level and raise it above your head to full arms length while keeping back straight. Return barbell to original position. Exhale each time you push the bar up.

Bicep Curl: Pick up the barbell with an underhand grip. Keep hands shoulder width apart. Keeping your elbows at your sides and using only your lower arms, raise the bar to your chest. Return to starting position. Repeat.

Tricep Curl: Grasp barbell in the middle, with hands 12" apart. Raise the bar over your head, extending your arms. Then lower the barbell behind your neck. Raise to straight above your head again, repeat.

Upright Rows: Stand straight and hold the bar in the middle, with a narrow grip. Use an overhand grip. Keeping your back straight, pull the bar up to your chin with your elbows up and out to the side. Return to starting position and repeat.

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An Interview With...

PETE PFITZINGER

By Gregor Robin

World Cup, Pfitzinger raced in the Elby's Distance Race, a tough 20-kilometer run. He struggled home in 22nd place after injuring his ankle on one of the downhills. Since then he's been on the comeback trail. Patient but still looking for another taste of glory.

Running 70 miles a week, half the per-week amount he did in an eight week period before his Olympic trials victory, Pfitzinger is in the hibernation state. But he seems to be positive about his comeback.

The 28-year-old Boston resident stopped in Santa Barbara on Monday, Dec. 2 on his way to Hawaii to help promote the Honolulu Marathon the next Sunday. From Hawaii he'll fly to New Zealand where he will up his mileage again until March. Then he'll return to Boston where he'll run the Boston Marathon in April. Prize money is being offered for the first time at Boston and Pfitzinger has that, as well as a solid training schedule on his mind.

As he sat in the Second Sole running store and talked with the small crowd of runners gathered around him, Pfitzinger might have been a University of California at Santa Barbara grad student. One who'd ride his bike to campus with his backpack, go to his few classes, and then house himself in the library until dark.

His blond hair was messed up from the four mile night run he'd just gone on and all the traveling he did to get to Santa Barbara, but his eyes were clear and his manner was that of a friendly athlete. His ego was in check as he answered questions. He laughed freely with the gathering and talked for over an hour. He is married and his wife is a fine distance runner herself.

When he travels to New Zealand this time, he says he won't hit 140 miles a week, but he will keep it at around 120 if all goes well.

CTRN: Your personal record for the marathon?

PFITZINGER: 2:11:43 and I've run 2:12 four times.

CTRN: When did you decide to make your move in the Olympic trials marathon?

PFITZINGER: I saw the halfway time and said it was a little bit slow and then moved up to the lead. So I lead until 25 miles and at 25, John Tuttle went by me. About a quarter mile after that Salazar went by.

CTRN: And you just hung in there?

PFITZINGER: I hung on for dear life in third figuring that three make the team and my mind-set really was that I'm in third trying to stay as close to these guys as I can and be ready to have to sprint like mad for some other guy going by me so I don't end up fourth, cause I sort of had this feeling all along that I was going to get fourth in my training. Cause you're there training and you figure how many people there are training with the same goal. And you look at all the guys and I'd run a couple of two-twelves but I wasn't one of the favorites. And I thought, "I'll train like crazy and have a great race and I'll get fourth."

It got to the end of the race and that's why I was so determined at the end, because I didn't want to get fourth. I wanted to make sure I made the team and it ended up, in my concentrating and being ready to sprint, I was able to sprint and win the thing. But it wasn't that I was planning on winning. I was planning on not being fourth.

CTRN: Do you look back on that a lot now? On your daily runs do you think about it?

PFITZINGER: I do sometimes, particularly when I was hurt and depressed about being hurt and, "Oh it's not that bad, it was only a year ago that I was riding high." But it goes in ups and downs. You get sick then you run great for awhile then you get hurt then you run great for awhile, then you get sick again and then you run great for awhile.

CTRN: Did you run the day after the Olympic trials?

PFITZINGER: No I didn't. I went for a swim and I went for a long walk. I only slept for about three hours. I slept from like one

Patience is a key word in marathon-ing. Not only is it important in the race, but patience runs throughout the whole lifestyle of a marathoner.

For Pete Pfitzinger his patience is being tested now, but he seems to be holding up. He's been battling back from an injury he suffered six months ago. He was the American to beat in the marathon just over a year ago, and now he's trying to be patient, let his body heal and return to the form which got him national attention.

On May 26, 1984 the 5-9, 131 pound runner was riding high. That day he won the Olympic trials marathon in 2:11:43 after a fantastic race-ending duel with Alberto Salazar and John Tuttle. Pfitzinger went on to finish 11th in the 1984 Olympic Marathon in August in 2:13:53. He was the first American finisher.

Since then he's run a few quality races. His last marathon was the World Cup in Hiroshima, Japan on April 14. He finished in 18th place in 2:12:28 behind one of the fastest mass finishers in history.

On May 25, just over a month after the

to four. Got up at four and went for a really long walk around Buffalo, the lovely streets of Buffalo. Came back and my mom drove my wife and I back to our home town which is Rochester which is only about an hour-and-a-half away from Buffalo. We went over to a friend's pool and had a swim and sat around. I didn't try to run. I think the next day I tried to run. I was pretty sore.

CTRN: Did you say anything to Salazar before or since the Olympics?

PFITZINGER: I spoke with Al about three weeks before the Olympics and we pretty much just talked about the training. He was very concerned about the heat.

CTRN: He went overboard.

PFITZINGER: Yeah he did go overboard. He asked me where I'd been training and I said Gloucester which was where I was living at the time. It's on the coast near Boston. It's actually a little bit cooler there than Boston. He said, "What about the heat," and I said, "Well you know it's hard to really train all out in the heat. I think I'm getting enough heat." He was down in Houston and I think in hammering himself in Houston in that sort of heat it made it tough.

CTRN: How has the Olympic trials win and the 11th place in the Olympics affected your life financially?

PFITZINGER: Well it's helped financially. The big difference is I used to work full time for New Balance in the office. Now I'm able to work parttime and do some promotions like this one. And I also am able to get appearance money at races which helps. I don't get something like Alberto or Bill Rodgers, but it helps quite a bit. My wife and I just bought a house. Definitely it helps.

CTRN: How much running are you doing now?

PFITZINGER: Well right now I'm coming off this injury that all stemmed from the ankle injury. So right now I'm at 70 miles a week and building back up to where I'll get up to about 120.

CTRN: Once you get back to New Zealand?

PFITZINGER: One good thing is when I'm in New Zealand I train on grass a lot. So I don't get injured as much.

CTRN: Are these long overdistance runs on grass or are they loops?

PFITZINGER: Well we've got a four-and-a-half mile loop so we do that a various number of times and various permutations in Auckland.

CTRN: Is Rod Dixon living there?

PFITZINGER: Yeah, I see Rod living there. It's summer there now. Last summer he wasn't running. He was doing bike training. I work at Dick Quax's running camp when I'm down there and I see Anne Audain and Lorraine Moller quite a bit.

CTRN: What did you take at Cornell University?

PFITZINGER: Undergraduate I was economics and I got an MBA in marketing. I figured if they were dumb enough to let me in the first time I'd go back a second time. Grad school is great. You're working hard but you do it when you want. You have like four hours of class a day and you can fit it around your running and just do your studying the rest of the time.

CTRN: You're going to Hawaii, passing through Santa Barbara.

PFITZINGER: I have good memories of Santa Barbara. I lived here for three weeks before the Olympics. The U.S. team had a training camp at UCSB. We stayed at the Santa Ynez apartments. So I know the town a little bit.

CTRN: How would you say you fit in the running scene? Shorter and Rodgers came out years ago with the boom. Then you took over for Salazar. Now all these foreigners are dominating the marathon.

PFITZINGER: I don't give myself quite that lofty a position with Shorter and Rodgers. I won the trial. I guess I have more of a position like (Tony) Sandoval did in '80. He won the trial in '80. Maybe a little bit bigger because all the people were there. But I've only done the one at that level. I've run four 2:12's to back it up but I haven't won four New Yorks and four Bostons like Billy and I haven't won four Fukuokas, and an Olympic Gold and Olympic Silver like Frank. So it's quite a different level. But I think that I'm one of the seven or eight good U.S. marathoners. I think we have about seven or eight who can compete internationally and I consider myself one of those.

CTRN: Why are the foreigners - the English, Geoff Smith, Steve Jones and all the Africans, why are they doing so much better than we are now?

PFITZINGER: If you look at the population of the world, the U.S. is not the majority of the world so we do OK. If you take Shorter, Rodgers and Salazar beating the world's best, we have not done as well in the past two years, but we've done as well up to then and I think that within the next two years somebody else will be doing very well. When Bruce Bickford (27:37.17) runs his first marathon he might run 2:07. I mean he's that kind of a talent. He can beat Steve Jones on the track and I've done 18 miles runs with him. I would say it's sort of a short term lull rather than anything wrong with what we're doing in general.

Bickford doesn't touch the ground when he runs, even more so than Rodgers so he

CTRN: Your advice to novice runners in town here in Santa Barbara?

PFITZINGER: I say don't concentrate on the marathon if your long term goal is to do well in it, particularly for the high school and college runners. (They should) stay away from it for awhile. Cause if you don't work on maximizing your speed, getting everything you can out of yourself you'll just end up as a plodder. It's great to be the best high school runner at the Sacramento Marathon coming up but it doesn't have much long term potential.

It'd be much better to be the 17th best California high school miler and eventually go on to be a good marathoner seven or eight years down the road.

I guess that's the thing and is one thing that the running boom has hurt a little bit is that road racing has become much more popular than track racing. And I think if you kids can stay with the track a bit longer then they'll ultimately be much better when they do move up to the marathon.

CTRN: What do you think about the process of selling yourself like Rodgers and Shorter have done, like coming out with a line of clothes?

PFITZINGER: Nobody could spell it! That would be the problem. I think the potential for that is gone. I think the problem is the running boom. This mass multiplication of the number of people running each year is over. Now there's a fairly steady number of people running. So the chance to start up a company and have it blossom like Billy's did and to a lesser degree Frank's did, that potential doesn't seem to be there anymore.

CTRN: Your best week of training before the trials, what did you do?

PFITZINGER: I'd say before the trials I had eight weeks in a row averaging 140, and that was from mid-January through mid-March. Then I came back to the U.S. and dropped down to between 100 and 110. When I got to that I was doing two speed sessions a week and a couple of road races. And although that still sounds like quite a bit, when I was doing 140 I was waking up

"I've run four 2:12's to back it up but I haven't won four New Yorks and four Bostons like Billy. . . But I think that I'm one of the seven or eight good U.S. marathoners."

should have no problem in the marathon. But then again I thought Jon Sinclair would be a phenomenal marathoner but he hasn't proved it yet. But I'm pretty confident Bickford will be. He can trash me in training and I'm not bad, so it will be interesting to see what he has.

But I think it's just sort of a short term lull. I don't think the U.S. has any problem in the marathon or problem in our philosophy of training or anything. I just think we don't have the one big guy. The U.S. is used to having one big guy.

fresh, so the 140 really set me up so that when I dropped down to 110 I was feeling good. The only problem with getting up to 140 is that you risk getting injured and I was lucky. This past year I was doing 140 before the World Cup and I was getting some injury problems, which have sort of come throughout this year. But it worked that one time and hopefully I'll be able to get my biomechanics good enough so that I can do that again in the future.

continued on next page...

"...I like the clear-cut way the information is presented. There's no ridiculous jargon thrown in to confuse readers."
—Bill Rodgers

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□ Pfitzinger, continued:

CTRN: So there is luck involved?

PFITZINGER: Yeah, there's definitely luck involved. There is a lot of luck. When I toed the line at the Olympic trials I was one of probably eight or nine people good enough to make the team and three of them woke up on the right side of the bed and made the team and the other six didn't. And I could have been one of those six but I was fortunate to be one of the three. I really believe that to a high degree it's luck.

You look at the world series and it goes down to seven games. Well if it was one game which is like the trials, it might have been the team that won the best of seven or it might not have.

CTRN: What were you telling yourself when you were leading the Olympic trials.

PFITZINGER: I felt good and strong but I was concerned that there was a group of about 10 or 11 runners behind me.

CTRN: Not just the average guys either.

PFITZINGER: It's somewhat easier to run in a group and I felt that they might suck me up and go right by. I was just trying to concentrate and stay relaxed.

CTRN: There you are out in front of Salazar and all the top guys. There must have been some real inner confidence. Were you looking back on the 140 mile weeks or were you just feeling good.

PFITZINGER: Well I knew I could do what I was doing. I was running 4:58 a mile and I knew I could run that. Beyond that I guess I didn't let myself think about who those guys were and what was going on. I concentrated so I didn't become unnerved. And I was confident in my ability to run at the speed I was running. I was not confident in my ability to win the trials. I wasn't thinking I was the best guy there, but I knew that I could run a 2:10 to 2:11.

CTRN: The Africans, what do you think about them in the future.

PFITZINGER: Once they get some reasonable shoes and some reasonable training and some reasonable food they get amazing. Then they start to think about it. People tell them, "Hey you're good and you run really fast you must be really tired," and they think, "Yeah, I guess maybe I am."

Look at the Djibouti runners. They do anything, but it will be interesting to see what they do now. There's going to be pressure on them for one thing and another thing, they understand it now. They unders-

tand running so many miles a week and doing speedwork, where as before they just ran.

CTRN: What did you learn from your buildup to the Olympics after the Olympic trials?

PFITZINGER: I learned a lot. If I make the team in 1988 and I know if Tuttle or Alberto make the team all of us will train differently. The third week after the trials Tuttle got tendinitis on the inside of his ankle and he never took off enough time. How can you wake up in the morning and not go on a run when you know in two months you're running an Olympic marathon?

Myself, the third week after the trials I ran 152 miles. That just doesn't make sense. I look back and think, that's kind of stupid but at the time I was thinking I was fit for the trials and I've got to get even fitter so you run 152 miles and you get tired.

CTRN: Are you on a comeback routine.

PFITZINGER: Yeah, I'm gradually getting stronger getting ready for Boston. I won't go as high as 140 but I will go up to 120 miles a week.

CTRN: Who are you worried about at Boston?

PFITZINGER: It's too early to know. If Steve Jones runs he would have to be the favorite because he's sort of co-world record holder right now.

CTRN: How many marathons can one run a year?

PFITZINGER: If Steve Jones keeps running two a year like he's doing now he won't last too long, but he'll be wealthy and he can retire next year because he's made a lot of money real quick. I guess John Treacy's a good example. He ran the Olympic marathon. You have not seen him run another one. He's gonna run one in '86. But he'll probably run just one and then run one in '87. He's taking it at a very slow sort of pace which takes a lot of discipline because it's no secret that there's more money in the marathon than in the other events. But John has enough confidence and ability that he said after the Olympics, "I'm not going to run another one until '86," and he's showed he had the discipline to do that.

Gregor Robin is a freelance writer and 2:35 marathoner from Santa Barbara.

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■ The Athlete's Kitchen

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



Sweet Cravings

Athletes and sportsactive people commonly crave sweets - M&Ms, chocolate chip cookies, oreos, Haagen Dazs, Coke - anything sugary! They think they're hopelessly addicted to sugar; that something's "wrong". As a registered dietitian, I believe they are **not** addicted and that they can be "cured". In fact, I've resolved the problematic "sweet tooth" easily and painlessly for many of my sportsactive clients.

If you frequently experience uncontrollable sweet cravings that both overwhelm your basic interest in eating healthfully and leave you feeling a bit overweight, the following case studies/solutions might give you some insight into how

to peacefully tame the "cookie monster" within you.

Case #1. "I have the worst sweet tooth. I manage to fight sugar cravings all day. But then at night, I inevitably succumb to chocolate chip cookies ... and blow my diet."

Marathoner Jean Johnson

Sweet cravings generally occur when you become ravenously hungry due to an inadequate amount of food at meals. For example, I commonly talk to marathoners who skip breakfast ("No time"), run six miles at lunch, eat only a light snack afterwards ("I'm not hungry after I run") ... and then experience an overwhelming urge for

chocolate chip cookies on the way home from work ("I just can't escape the call of the cookie store when I leave the office"). Prior to the cookie raid, they've eaten perhaps 200 of the estimated 2200 calories (women) to 3200 calories (men) they may be "entitled" to eat for the day. Hence, they are physiologically starved, probably have low blood sugar, feel fatigued, often irritable, concentrate poorly, and are driven to resolve the situation with quick energy foods -- sugar! And away they go, gobbling down at least 600 to 1000 nutritionally empty calories.

If this sounds familiar to your eating patterns, keep in mind that you can prevent this "sweet attack" -- simply eat a substantial breakfast and lunch. Trade in the 1000 cookie-calories for 500 calories of cereal, juice and banana at breakfast; 500 calories of soup, sandwich and milk for lunch. These wholesome meals will prevent you from becoming physiologically "starved" -- and uncontrollably hungry for sweets.

Case #2. "My diet is atrocious ... I simply love sweets. I'm perfectly content to have brownies for lunch with a Snickers for dessert."

High school athlete, Paul Kline

Some people simply love sweets. They need no excuse to indulge in sugary goo. They eat sweets daily - three times daily. Chocolate donuts with hot cocoa for breakfast; jelly sandwiches (with a token amount of peanut butter) for lunch with cookies for dessert; sweet and sour pork for dinner, followed with an ice cream cone. Needless to say, this over-consumption of sweets results in marginal nutrition -- and probably an excessively high dental bill!

As a registered dietitian, I recognize that you can enjoyably incorporate some sweets into a "well balanced diet" without compromising your health. For example, if you want to have a cookie for dessert after having eaten a wholesome lunch, you won't commit a "nutritional sin". However, if you feel guilty about the amount of sweets that you eat, I encourage you to evaluate how you eat them ... Are they a First Food, that replaces meals, or a Fun Food that you enjoy in moderation?

Nancy Clark, MS, RD, author of *The Athlete's Kitchen* (Bantam Books; available at Dalton Bookstores), is a nutritionist at Boston-area's Sports Medicine Brookline. She specializes in wellness and weight control for sportsactive people.

□ Technique & Training

Continued from page 19:

Side Bends with Dumbbells: Hold dumbbells in both hands and keeping back straight, lean as far as possible to one side. Return to original position, then lean the other way. Repeat.

Sit-Ups: Keep feet tucked under couch for support and hands behind neck or crossed in front of chest. Have 90 degree angle at knees. Pull yourself up using your abdominal muscles. Take your elbows up to your knees, relax and lower yourself back to the ground. Repeat.

Pull-Ups: Hold onto bar with grip shoulder width apart. Pull yourself up to the bar until your chin reaches it. Lower back down and repeat as many as you can do (which won't be many!).

Push-Ups: Everyone knows this one. Keep your back straight and push your body away to full arms length from the floor. When you lower back down, touch your chest to the floor. Repeat.

LEG STRENGTHENING AND REMEDIAL EXERCISES.

Even when your running is going well without a hint of injury, it is a good idea to perform some extra strengthening exercises to help correct the muscular imbalances in our legs. Here are some easy exercises.

Forward (Straight) Leg Raises: Jane Fonda made this one famous. Lie on back and raise one leg straight up in front of you and

lower back to the floor. Repeat until legs is fatigued, then switch to the other leg.

Side Leg Raises: Lie on one side and raise one leg up sideways and lower back. Repeat until leg is fatigued, then switch legs.

Inside Leg Raises: Support one foot on a chair or bench about 2' high. Raise other leg up to it while lying on side. Repeat to fatigue then change round.

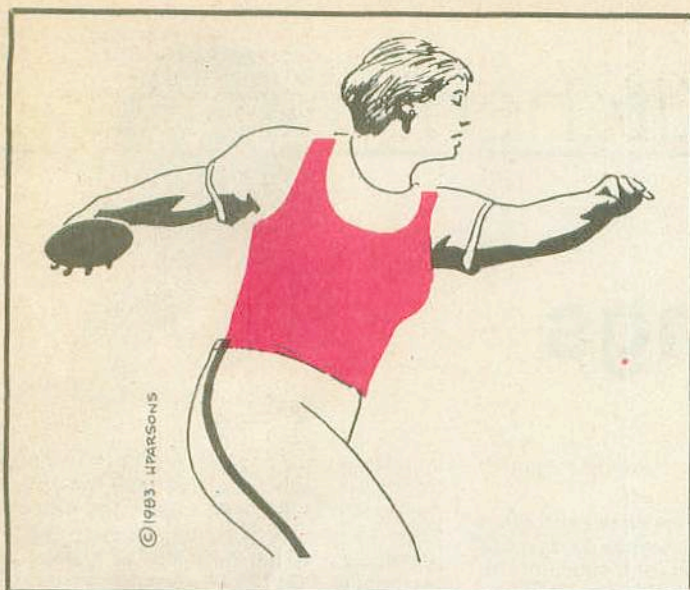
The best weights for these exercises are "Soft Weights" produced by M. L. Rand Corporation (Phone 282-3031 for their free catalog on runners weights). They consist of comfortable, adjustable ankle and leg weights that fill in the void between one and twenty pounds, where weight machines come in. I strap mine over my foot and perform these exercises diligently. I have noticed that my legs seem lighter the next day.

Hopefully this overview of strength training, and its performance improvement and injury prevention benefits will motivate you to attempt it, even if only for a while. Such a process can be educational and enjoyable to the runner, when armed with a little background knowledge.

See you at the Gym, wimps!

* Repetitions: How many times each exercise is performed without stopping.

* Sets: How many groups of repetitions of each exercise is performed, e.g. Three sets of ten repetitions of Bench Presses.



California Women Best Marks 1985

by Calvin Brown

100 METER HURDLES

(Hand Time + 0.24 = Auto Time)

12.94	(1)	Tonja Brown (WC) Koblenz + 0.0	8-28
13.00w	(3)	Jackie Joyner (WC) Austin + 4.1 (13.07) 6-1	
13.02	(1)	Pam Page (LATC) Modesto + 1.4	5-11
13.15w	(H2)	Gail Devers (UCLA) Austin + 2.7 (13.13) 5-30	
13.31	(4)	Jeanette Bolden (WC) UCLA -0.01	5-18
13.1w	(2)	Karen Cannon (CA) MSAC + 3.9 (13.46) 6-3	
13.39	(H4)	Gayle Watkins (SCC) Ind. + 2.0	6-14
13.2w	(1)	Carol Lewis (SMT) Houston (13.52) 8-9	
13.47	(2)	Cece Chandler (CPSLO) Tempe 4-6	
13.54	(M)	Jane Frederick (AW) Gotzls 5-25	
13.62	(4)	Missy Jerald (WC) Surich + 1.4	8-21
13.72	(3)	Lori Smith (CA) CPP 4-20	
13.75	(2)	Janet Y. Harvey (S&S) Stan. -0.10	3-30
13.76	(2)	Natalie Day (CSS) CSLA + 0.5	5-23
13.76w	(2)	Sandra Farmer (CSLA) UCI + 2.5 (13.86) 5-4	
13.86	(2)	Rolann Byrd (CSH) CSLA + 0.2	5-23
13.89	(4)	Latanya Sheffield (SDSU) UCLA -0.1	5-11
13.91	(3)	Helga Hallorsdottir (CAL) Aug. 6-16	
13.97w	(1)	Junea White (ECC) Modesto + 3.4 (14.24) 5-18	
14.03w	(2)	Sonya Smith (Sac. C) Mod. + 3.4 (14.63) 5-18	
14.06w	(3)	Valerie Fleming (UNLV) UCI + 2.5 (14.21) 5-4	
14.09	(3)	Yvette Bates (USC) UCLA + 0.85	5-4
14.16	(2)	Margo Edwards (Redlands) MSAC 4-26	
14.19w	(1)	Shann Kern (MSAC) SA (14.32) 4-19	
14.21	(H2)	Gayle Kellon (UCLA) UCLA 5-10	

400 METER HURDLES

54.66	(1)	LaTanya Sheffield (SDSU) Austin 6-1	
54.86	(3)	Tonja Brown (WC) Rome 9-7	
55.05	(4)	Jackie Joyner (UCLA) WC/Bussels 8-30	
55.75	(2)	Sandra Farmer (CSLA) UCLA 5-18	
57.73	(1)	Leslie Maxie (ML) Pullman 7-21	
57.76	(1)	Gayle Kellon (UCLA) UCLA 4-13	
58.44	(5)	Helga Hallorsdottir (CAL) OSLO 7-16	
58.74	(4)	Pam Board (Stan) UCLA 5-11	
59.12	(1)	Roberta Eccles (CAL) Pullman 5-18	
59.26	(1)	Gail Devers (UCLA) UCLA 2-23	
59.73	(1)	Anne King (UCI) UCI 5-14	
60.73	(4)	Margaret Hemmans (ECC) Tempe 4-6	
60.89	(3)	Kathy Halpin (CSH) SJCC 4-20	
61.48	(3)	Marlene Harmon (Puma) UCLA 4-6	
61.61	(1)	Janice Farwell (WS) USC 3-23	
61.65	(2)	Sharon Hatfield (USC) USC 3-23	
61.76	(1)	Julia Pickslay (SDSU) MSAC 4-26	
61.81	(1)	Margaret DeMorest (Stan) MSAC 4-26	
61.94	(2)	Julie Fricke (CSF) Stan. 3-29	
62.01	(1)	Sandy Springer (OCC) SMCC 5-3	
62.11	(1)	Teresa Chavez (FS) Fresno 4-20	
62.12	(2)	Shann Kern (MSAC) BC 5-11	
62.20	(2)	Laurie Hagan (CPSLO) SD 3-2	
62.30	(2)	Jennifer Cottingham (MC) SMCC 5-3	
62.57	(3)	Christine Standley (MSAC) SMCC 5-3	

100 METERS

(Hand Time + 0.24 = Auto Time)

10.92	(1)	Merlene Ottey-Page (LATC) MSac + 1.04-27	
11.00	(1)	Florence Griffith (WC) Rome + 0.5	9-7

11.01	(1)	Valerie Brisco-Hooks (WC) Zur. -1.4	8-21
11.02	(1)	Alice Brown (WC) Koblenz + 0.0	8-28
11.09	(H2)	Jeanette Bolden (WC) Zurich -0.6	8-21
11.15	(3)	Pam Marshall (LATC) Modesto 5-11	
11.19	(1)	Gail Devers (UCLA) UCLA + 1.8	5-4
11.19w	(H1)	Jennifer Inness (Atom) Ind + 4.3 (11.34) 6-14	
11.21	(1)	Angela Bailey (UCLA) Ottawa + 0.9	8-4
11.23	(3)	Diane Williams (Puma) Ind. + 0.6	6-15
11.29w	(1)	Inger Peterson (UNLV) L. Vegas (11.61) 3-2	
11.34	(H3)	Sharon Ware (ASU) Austin + 1.6	5-30
11.45w	(1)	Myra Mayberry (ECC) Mod. + 2.3 (11.69) 5-18	
11.46w	(H4)	Monica Taylor (Sac. C) Ind. + 5.0 (11.68) 6-14	
11.47	(4)	Zelda Johnson (Wash) MSac + 1.0	4-27
11.48w	(1)	Carrie Franklin (Muir) MSac + 3.4 (11.61) 5-18	
11.50	(2)	Lori Smith (CA) UCI + 0.9	4-13
11.52w	(2)	Pam Qualls (Ather) TC Mod. + 4.0 (11.95) 5-11	
11.52w	(1)	Tesha Giddens (Locke) Sac + 4.2 (11.84) 6-1	
11.53w	(2)	Tami Stiles (Hawth) MSac + 3.4 (11.7) 5-18	
11.53w	(H5)	Janet Burke (Puma) Ind. + 5.0 (11.74) 6-14	
11.3	(1)	Gwen Gardner (Hawaii) Hawaii + 1.8	3-14
11.55w	(1)	Andralette Gill (CSB) CSLA + 2.3 (11.60) 5-11	
11.57	(1)	Robin Simmons (USC) MSac + 1.8	4-26
11.58w	(3)	Dede Wheeler (Hawth) MSac + 3.4 (11.8) 5-18	
11.58w	(2)	Patrice Carpenter (SLO) CSLA + 2.1	5-23

200 METERS

21.93	(1)	Merlene Ottey-Page (LATC) Ind. + 0.9	6-16
21.7	(1)	Pam Marshall (LATC) MSac (22.39) 6-3	
21.98	(1)	Valerie Brisco-Hooks (WC) Zur. -1.1	8-21
22.46	(1)	Florence Griffith (WC) Cologne + 0.0	8-25
22.65	(4)	Alice Brown (WC) Cologne + 0.0	8-25
22.88w	(3)	Sherri Howard (CSLA) Aus. + 2.1 (23.76) 5-31	
22.7	(2)	Roberta Belle (Puma) MSac (23.3) 6-3	
23.02	(1)	Angela Bailey (UCLA) Ottawa + 0.9	8-4
23.37w	(1)	Tami Stiles (Hawth) MSac + 2.5 (24.1) 5-18	
23.2	(1)	Gervaise McCraw (USC) Tempe 3-16	
23.2	(1)	ChooChoo Knighten (Locke) CSLA + 0.7 3-16	
23.55	(1)	Patrice Carpenter (SLO) CSLA + 1.31 5-11	
23.58w	(H4)	Nedrea Rodgers (UA) Aust. + 2.56 (23.4) 5-29	
23.59	(M)	Jackie Joyner (UCLA) LSU -1.3	7-27
23.60	(SF3)	Janet Burke (Puma) Ind. + 2.7	6-16
23.4	(X)	Leslie Maxie (ML) Cal 1-5	
23.64w	(6)	Jennifer Inness (Atoms) UCLA + 3.39 5-18	
23.69	(1)	Sharon Ware (ASU) SDSU 5-4	
23.74	(2)	Renee Ross (SDSU) USC 3-23	
23.79w	(1)	Inger Peterson (UNLV) L. Vegas (24.38) 3-2	
23.79w	(2)	Tesha Giddens (Locke) SAC + 3.6 (24.17) 6-1	
23.89	(1)	Diane Williams (Puma) UCI + 1.6	4-13
23.93w	(2)	Kim Grant (Hawth) MSac + 2.5 (24.08) 5-18	
23.7	(1)	Andralette Gill (CSB) Fresno 4-6	

400 METERS

49.45	(1)	Valerie Brisco-Hooks (WC) W. Berlin 8-23	
50.89	(2)	Florence Griffith (WC) LA Coliseum 6-9	
50.95	(1)	Sherri Howard (CSLA) Austin 6-1	
51.33	(3)	Renee Ross (SDSU) LA Coliseum 6-9	
51.41	(1)	Pam Marshall (LATC) CAL 6-23	

51.72	(D4)	Roberta Belle (Puma) LA (52.41) 6-9	
52.17	(3)	ChooChoo Knighten (Locke) UCLA 5-18	
52.19	(4)	Denean Howard (CSLA) UCLA 5-18	
52.19	(4)	Sharon Dabney (CSLA) Ind. 6-16	
52.37	(1)	Merlene Ottey-Page (LATC) SMCC 3-30	
52.44	(6)	Kim Gallagher (LATC) UCLA 5-18	
52.73	(5)	Angela Bailey (UCLA) LA Coliseum 6-9	
53.09	(1)	Latanya Sheffield (SDSU) S.D. 4-20	
53.10	(2)	Linetta Wilson (Muir) HS SAC 6-1	
53.45y	(1)	Kellia Bolton (Puma) Tenn. 1-19	
53.66	(2)	Veronica Storvick (CPSLO) CSLA 5-25	
53.76	(4)	Arlise Emerson (Puma) MSac 4-27	
53.90	(2)	Alice Brown (WC) UCLA 4-13	
54.06	(1)	Lawanda Cabell (USC) UCLA 5-4	
54.10	(4)	Sandra Farmer (CSLA) Lausanne 7-10	
54.32	(2)	Monica Phillips (UCLA) UCLA 5-4	
54.41	(1)	Jeanene Vickers (Pomona) HS MSac 5-18	
54.64	(3)	Gayle Kellon (UCLA) UCLA 5-4	
54.66	(1)	Gwen Gardner (Hawaii) UCI 5-11	
54.66	(3)	Princess Benneth (Compton) HS MSac 6-1	

400 METERS ON RELAY LEG

(2) = Leg on Relay

50.8	(2)	Renee Ross 5-29	
50.87	(4)	Jackie Joyner 5-29	
51.0	(2)	Merlene Ottey-Page 4-6	
51.14	(2)	Sherri Howard 5-29	
51.3	(4)	Latanya Sheffield 5-29	
51.7	(1)	Sharon Dabney 5-4	
51.8	(1)	Kim Gallagher 5-4	
52.2	(4)	Linetta Wilson 5-18	
52.3	(2)	Patrice Carpenter 5-25	
52.30	(3)	Gail Devers 5-29	
52.3	(1)	Roberta Belle 6-22	
52.4	(2)	Faye Robinson 4-6	
52.53	(3)	Denean Howard 5-29	
52.6	(4)	Alice Brown	
52.98	(2)	Angela Bailey 6-1	

800 METERS

1:56.90	(1)	Mary Decker-Stanley (AW) Bern 8-16	
1:59.63	(2)	Louise Romo (LATC) Ind. 6-16	
1:59.9	(X)	Robin Campbell (Stan) TOL Gatos 7-11	
2:00.85	(1)	Kim Gallagher (LATC) Modesto 5-11	
2:02.0	(1)	Ruth Wysocki (Brooks) Bremen 6-30	
2:02.88	(3)	Renee Ross (SDSU) UCLA 5-18	
2:03.39	(H2)	Dorlane Lambelet (AW) Ind. 6-15	
2:03.98	(6)	Gail Conway (SMT) Oslo 6-27	
2:05.12y	(3)	Rose Monday (Puma) N.Y. 2-22	
2:04.58	(H3)	Donna Curtis (CSA) Austin 5-29	
2:04.59	(H3)	Kerri Zaleski (CA) Ind. 6-15	
2:05.8	(1)	Regina Jacobs (Stan) Stanford 4-13	
2:06.06	(3)	Trena Hull (UNLV) Rice 5-25	
2:06.19	(2)	Sharon Dabney (CSLA) MSac 4-27	
2:06.87	(2)	Michelle Hopper (Puma) UCLA 4-6	
2:07.42	(2)	Frannie Castro (Unatt.) CAL 3-24	
2:07.90	(3)	Connie Culbert (CA) UCLA 5-26	
2:08.00	(-)	Lesley Noli (Mt. Carmel) HS	

2:08.3	(7)	Marlene Harmon (Puma) Modesto	5-11
2:08.60	(1)	Gladees Prieur (CPSLO) CSLA	5-11
2:08.82	(1)	Veronica Storvick (CPSLO) MSac	6-3
2:09.06	(-)	Darcy Arreola (Grossmont)	
2:09.17	(-)	Laura Chapel (Univ. City HS)	
2:09.1	(3)	Laurel Hacche (NB) USC	4-19
2:09.40	(2)	Deanne Gutowski (Lam) MSac	6-3

1500 METERS

3:57.24	(1)	Mary Decker Slaney (AW) Brussels	8-30
4:06.12	(2)	Ruth Wysocki (Brooks) Oslo	6-27
4:10.38	(7)	Louise Romo (LATC) Ind.	6-16
4:15.41	(H1)	Regina Jacobs (Stan) Austin	5-30
4:15.54	(1)	Michele Bush (Roos) Budapest	7-29
4:16.78	(1)	Gladees Prieur (CPSLO) CSLA	5-25
4:18.31	(3)	Monica Joyce (CW) MSac	4-27
4:19.05	(1)	Polly Plumer (UCLA) UCLA	4-13
4:20.4	(1)	Robyn Campbell (Puma) Stanford	3-30
4:21.73	(2)	Michele Hopper (Puma) Forum	2-8
4:23.0	(8)	Maggie Keyes (AW) Des Moines	4-27
4:23.74	(1)	Lori Lopez (CPSLO) CSLA	5-11
4:24.3	(9)	Denise Ball (UCLA) UCLA	5-18
4:25.4	(4)	Kristen Dowell (Santa Theresa) CAL	6-23
4:26.61	(7)	Dorlane Lambelet (AW) MSac	4-27
4:26.6	(2)	Sheila Ralston (CW) UCLA	5-26
4:26.76	(1)	Trena Hull (UNLV) UCI	5-11
4:26.83	(3)	Nancy Brown (UCLA) UCLA	5-4
4:27.06	(2)	Jennifer Abraham (UCI) UCI	5-11
4:27.0	(3)	Frannie Castro (Unatt.) Stanford	3-30
4:27.2	(1)	Monica Zieschang (CSH) SF	5-4
4:27.39	(4)	Miller (CSH) USLA	5-25
4:27.59	(5)	Manning (CSH) CSLA	5-25
4:27.96	(6)	Nanette Garcia (CPP) CSLA	5-25
4:28.31	(1)	Bird Ward (SMTCC) CPP	3-23
4:28.31	(1)	Jill Harrington (OCC) Modesto	5-18

3000 METERS

8:25.83	(1)	Mary Decker Slaney (AW) Rome AR	9-7
8:49.93	(1)	Ruth Wysocki (Brooks) N.J.	2-9
8:50.54	(1)	Francie Larrieu Smith (NB) SJCC	5-25
9:00.05	(2)	Monica Joyce LaPlant (CW) Cork	7-9
9:01.85	(3)	Pattie Sue Plumer (Stan) N.J.	2-9
9:14.05	(9)	Michele Bush (Roos) Ind.	6-16
9:14.1	(5)	Sheila Ralston (CW) MSac	4-26
9:15.97	(4)	Maggie Keyes-Kraft (AW) SJCC	5-25
9:16.2	(7)	Gladees Prieur (CPSLO) MSac	4-26
9:20.89	(9)	Louise Romo (LATC) MSac	5-27
9:23.0	(10)	Lori Lopez (CPSLO) MSac	4-26
9:24.65	(1)	Joan Hansen (LATC) S.D.	5-24
9:26.4	(15)	Denise Ball (UCLA) MSac	4-26

9:27.84	(2)	Alison Wiley (Stan) UCLA	5-10
9:28.6	(1)	Kirsten O'Hara (CAL) Stanford	5-4
9:29.0	(-)	Tania Fischer (UCLA) MSac	4-26
9:32.6	(2)	Joann Howard (CPP) CSLA	5-11
9:35.41	(1)	Michele Hopper (Puma) UCI	5-4
9:36.1	(2)	Monica Zieschang (CHS) SJCC	4-20
9:37.17	(4)	Julie Seleine (ASU) UCLA	5-10
9:38.6	(1)	Jennifer Abraham (UCI) UCLA	2-23
9:38.7	(-)	Nancy Brown (UCLA) MSac	4-26
9:39.5	(1)	Allison Snow (CW) MSac	4-26
9:39.8	(3)	Robyn Root (CPSLO) CSLA	5-11
9:41.47	(2)	Vicki Bray (CW) Fresno	4-6

5000 METERS

15:06.53	(1)	Mary Decker-Slaney (AW) Eugene AR	6-1
15:46.8	(6)	Kirsten O'Hara (CAL) Austin	6-1
15:55.9	(-)	Ellen Lyons (Stan) (16:17.5)	
16:01.88	(5)	Joan Hansen (LATC) Ind.	6-15
16:04.74	(2)	Robyn Root (CPSLO) CSLA	5-25
16:16.58	(1)	Monica Joyce LaPlant (CW) Birm.	7-26
16:20.9	(1)	Lisa Gonzales (NB) S.D.	5-24
16:23.9	(1)	Stacey O'Hara (CAL) Stanford	5-4
16:30.1	(1)	Gladees Prieur (CPSLO) Bakers.	2-9
16:34.87	(3)	Patti Gray (UCD) CSLA	5-25
16:38.0	(2)	Joann Howard (CPP) CAL	3-24
16:44.99	(2)	Magdalena Manriquez (CSUN) CSLA	5-11
16:47.46	(2)	Marilyn Nichols (CPSLO) S.D.	3-2
16:51.4	(3)	Carol Gleason (CPSLO) CAL	3-24
16:52.06	(2)	Pat Story (South Bay TC) Tempe	4-6
16:55.2	(3)	Vicki Bray (CW) Stanford	3-29
16:57.05	(3)	Alison Wiley (Stan) UCLA	5-11
16:58.6	(1)	Hawkins (Monterey CC) Modesto	5-18
17:00.49	(1)	Jennifer Abraham (UCI) UCI	2-16
17:01.33	(4)	Perry (UCD) CSLA	5-23
17:02.73	(2)	Chris Bergeron (CW) N.H.	1-4
17:03.57	(1)	Kathy Kiernan (OCC) SMCC	5-3
17:03.7	(-)	Kathy Smith (Stanford)	
17:05.0	(-)	Michelle Mason (Stanford)	
17:05.20	(1)	McGrann (UCI) UCI	5-4

10,000 METERS

32:18.29	(1)	Francie Larrieu Smith (NB) Ind.	6-14
32:40.76	(2)	Kirsten O'Hara (CAL) Ind.	6-14
33:12.86	(6)	Robyn Root (CPSLO) Ind.	6-14
33:27.27	(9)	Patti Gray (UCD) Ind.	6-14
33:37.2	(6)	Ellen Lyons (Stan) MSac	4-28
34:07.8	(1)	Pat Story (So. Bay TC) CPP	3-23
34:20.8	(7)	Michele Bush (Roos) MSac	4-28

34:35.8	(1)	Marilyn Nichols (CPSLO) Stan	3-29
34:46.0	(12)	Michelle Mason (Stan) MSac	4-28
35:00.6	(2)	Kathy Smith (Stan) Stanford	3-29
35:28.5	(3)	Linda VanHousen (CND) Stanford	3-29
35:35.40	(3)	Shannon Stryker (UCLA) UCLA	5-10
35:43.8	(5)	Alexandra Aguirre (CSUN) Stan	3-29
36:31.1	(7)	Dianne Hernandez (CSUN) Stan	3-29
36:31.1	(8)	Julie Thomas (CAL) Stanford	3-29
37:36.5	(1)	J. Walker (CSUN) CSLA	5-10
38:06.3	(9)	Hillary Eilin (Stan) Stanford	3-29
38:23.9	(3)	Brodie (CPSLO) CSLA	5-10
39:29.6	(9)	Wanda Johnson (SDSU) UCLA	5-11
39:42.4	(10)	Kathryn Kozak (Stan) UCLA	5-11
40:19.3	(11)	Colette Colner (UCLA) UCLA	5-11
41:49.7	(12)	Roseann Nardon (USC) UCLA	5-11

4X100 RELAY

43:29	(1)	West Team, LSU	7-27
		(Taylor, Brown, Briscoe, Bolden)	
43.65	(1)	World Class, Stanford	3-30
		(Briscoe, Griffith, Bolden, Brown)	
43.99	(4)	UCLA, Austin	5-31
		(Bailey, Joyner, Phillips, Devers)	
44.86	(H4)	USC, Austin	5-29
		(Williams, Simmons, Cabell, McGraw)	
45.02	(3)	SDSU, Tempe	4-6
45.11	(1)	Puma TC, M Sac	4-27
		(Burke, Belle, Williams, Bolden)	
45.19	(2)	Puma B, Ind.	6-16
		(Burke, Belle, Howard, Simone)	
45.36	(1)	Hawthorne HS, MSac	5-18
45.47	(5)	CPSLO, Tempe	4-6
		(Saville, Storvick, Farnum, Carpenter)	
45.58	(2)	Muir HS, MSac	5-18
45.76	(2)	CSLA, UCI	5-4
45.76	(3)	UCSB, UCI	5-4
45.77	(1)	El Camino, Modesto	5-18
		(Austin, Pugh, Mayberry, Hemmans)	
46.64	(H4)	CS Hayward, CSLA	5-22
		(Baker, Byrd, Bradley, Warrick)	
46.85	(2)	SAC, CC, Modesto	5-18
46.89	(2)	MSac, BC	5-11
		(Compton, Price, Jiau, DeVega)	
47.00	(2)	Oakland HS, SAC	6-1
47.16	(1)	Fresno State, Fresno	5-4
		(Aragon, Veliz, Jackson, Boulware)	
47.30	(3)	Compton HS, MSac	5-18
47.32	(4)	SJCC, Modesto	5-18
47.43	(2)	USIU, Fresno	4-6
47.45	(-)	SD Morse HS	
47.4	(1)	SFSU, SF	4-6
47.55	(5)	SMCC, Modesto	5-18
47.84	(-)	SJ Independence HS	

4X400 RELAY

3:30.25	(H3)	CSLA, Austin	5-29
		(Dabney, Howard, Howard, Howard)	
3:30.57	(H4)	SDSU, Austin	5-29
		(Nilson Ross, Robinson, Sheffield)	
3:32.26	(H2)	UCLA, Austin	5-29
		(Phillips, Kellon, Devers, Joyner)	
3:33.09	(1)	LATC, Tempe	4-6
		(Romo, Otley, Marshall, Gallagher)	
3:36.35	(2)	Puma, Ind.	6-15
		(Howard, Cuthbert, Howard, Griffith)	
3:36.37	(1)	CPSLO, CSLA	5-25
		(Saville, Carpenter, Jordan, Storvick)	
3:38.0y	(1)	World Class, Stanford	3-30
		(Griffith, Briscoe, Bolden, Brown)	
3:37.69	(1)	Muir HS, MSac	5-18
		(Cantrell, Caddell, Franklin, Wilson)	
3:40.82	(4)	El Camino, Tempe	4-6
		(Mayberry, Hemmans, Pugh, Willis)	
3:41.21	(2)	Hawthorne HS, MSac	5-18
		(Amy, Allen, Oates, Stiles)	
3:43.82	(2)	USC, UCLA	5-4
		(Cabell, McCraw, Curtis, Ransom)	
3:45.0y	(1)	Stanford, Stanford	5-4
3:44.15	(3)	CS Hayward, CSLA	5-23
3:45.4y	(2)	CAL, Stanford	5-4
		(Cole, Eccles, Zulaica, Halldorsdottir)	
3:46.41	(3)	Puma B, Ind.	6-15
		(Simone, Belle, Castro, Shurr)	
3:47.12	(2)	Fresno State, MSac	4-26
		(Veliz, Ruden, Winder, Wilson)	
3:47.36	(3)	Compton HS, MSac	5-18
3:48.27	(3)	UCSB, MSac	4-25
3:48.94	(3)	Oakland HS, Sac	6-1
3:50.93	(1)	Ganesha HS, MSac	5-18
3:51.47	(4)	USIU, MSac	4-26
3:52.23	(4)	LB Poly HS, MSac	5-18
3:52.24	(5)	Beverly Hills HS, MSac	5-18
3:53.64y	(3)	Coast Athletics, Forum	2-8
		(Pugh, Hemmans, Willis, Mayberry)	
3:52.45	(2)	CPP, CSLA	5-11

Fine Flicks by Don Gosney

photo by Richard Lee Slotkin

photo by Richard Lee Slotkin



VALERIE BRISCOE-HOOKS



MARY DECKER



FRANCIE LARRIEU

continued on next page...

Ranking

HIGH JUMP

6-4 1/4	(1)	Colleen Sommer(AthertonTC) NY	2-22
6-4 1/4		Katrena Johnson(UA) Austin	6-1
6-2 1/4	(1)	Latrese Johnson(Clovis HS)	3-15
6-2	(1)	Carina Westover(AtherTC) LosGatos	5-18
6-2	(1)	Phyllis Blunston(Puma) LA	6-7
6-2	(4)	Pam S. Marquez(LATC) LA	6-9
6-1 1/4	(6)	Sue McNeal(SSTC) SJCC	5-25
6-1	(1)	Lori Clark(Adidas) UCI	6-9
6-0 1/4	(m)	Janet Nicolls(Unatt) Ind.	6-17
6-0 1/2	(3)	Jackie Joyner(UCLA) UCLA	5-11
6-0 1/2	(m)	Jane Frederick(AW) Gotzis	5-25
6-0 1/2	(2)	Sue Patterson(CSUN) LA	6-7
6-0	(1)	Yleana Carrasco(AnaheimHS)Arcadia	4-13
6-0	(5)	Tonya Alston(SCC) MSac	4-28
6-0	(1)	Lisa Bernhagen(Stan) Stanford	5-4
6-0	(Q)	Tonya Mendonca(FS) Austin	5-30
5-11 1/2	(1)	Wendy Brown(USC) UCLA	5-4
5-11	(1)	Ursula Lovely(Kennedy HS)	4-12
5-10 1/4	(1)	Yvette Maufas(CSLA) CSLA	3-30
5-10	(1)	Jennifer Schwartz(AP) Pt. Loma	3-2
5-10	(1)	Tsai Li-Jiau(MSac) MSac	4-25
5-10	(2)	Beth Vidakovits(St. FrancisHS)SAC	6-1
5-10	(4)	Lashawn McBride(LB Poly HS) SAC	6-1
5-9 1/4	(m)	Denise Gaztambide(Stan)UCLA	5-10
5-9	(2)	Jenny Linderman(UCI) UCI	5-4
5-9	(-)	Michelle Wooten(Bella Vista HS)	
5-9	(-)	Celia Willis(Clovis West HS)	

LONG JUMP

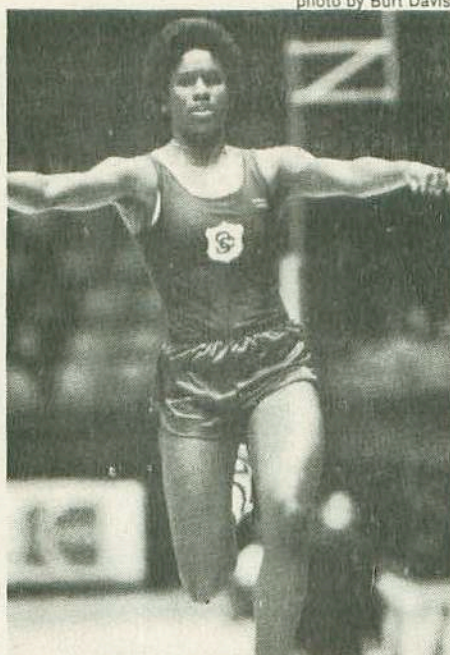
23-9	(2)	Jackie Joyner(UCLA/WC) Zurich AR	8-21
23-1 1/4	(5)	Carol Lewis(SMT) Zurich AR	8-21
21-6w	(1)	Sabrina Williams(USC/CA) Brussels	7-28
21-5 1/2	(2)	Wendy Brown(USC) Brussels	7-28
21-5 1/2w	(m)	Jane Frederick(AW) Ind.(21-0 3/4)	6-18
21-4 1/4	(1)	Jennifer Inniss(Atoms) CSLA	3-17
21-1 1/4	(1)	Janet Y. Harvey(SSTC) Tempe	4-6
20-10 1/2w	(3)	Veronica Bell(SCC) Modesto	5-11
20-9w	(Q4)	Gwen Loud(CA) Ind.	6-14
20-8 1/2	(2)	Gail Devers(UCLA) UCLA + 0.06	5-4
20-7 1/4	(1)	Yvette Bates(USC)	4-6
20-7 1/4	(4)	Robyne Johnson(Texas)Fayetteville	5-18
20-7	(Q4)i	Sheila Nicks(UNLV) Syracuse	3-8
20-5 3/4w	(1)	Shari Milton(Wash.) Seattle(19-11 1/4)	5-23
20-3w	(1)	Vivian Riley(SJCC) Modesto	5-18
20-1w	(Q1)	Rosalyn Mitchell(DiamondBar)SAC	5-31
20-0 1/2	(2)	Renita Robinson(ECC) Modesto	5-18
19-11 1/4	(-)	Renee Jackson(FS)	
19-10 1/2	(1)	Cece Chandler(CPSLO) CSLA	5-22
19-10	(1)	Brenda Bertillon(CAL) SJ	4-20
19-10	(-)	Yvette Roberts(Wash.Union) Fresno	
19-9 1/4	(4)	Lori Smith(CA) SD	2-15
19-9 1/4w	(4)	Jodi Anderson(LATC) Modesto	5-11
19-8 1/2w	(Q2)	Madette Smith(QuartzHill)SAC + 8.2	5-31
19-7 1/2	(1)	Angela McKnight(ECC) BC	5-11

TRIPLE JUMP

44-6 1/4	(Q1)	Wendy Brown(USC) Austin -0.9 WR	5-30
43-4	(Q2)	Jackie Joyner(UCLA) Austin + 0.8	5-30
43-1	(1)	Yvette Bates(USC) Forum WR	2-8
42-1 1/4	(5)	Robyne Johnson(Texas)Austin -1.3	6-1
41-10w	(1)	Sheila Hudson(RioLindaHS)SAC + 3.4	6-1
41-8	(1)	Janis Diggs(Hartnell CC) Modesto	5-18
41-5 1/2w	(Q1)	Jackie Anderson(Mt. Miguel)SAC	5-31
41-3 1/2w	(1)	Sha-ri Pendleton(Neb.)BatonRouge	3-23
40-11	(3)	Jewell Lovelady(CSB/RRTC) Forum	2-8
40-10w	(2)	Renita Robinson(ECC) Modesto	5-18
40-6 1/2	(1)	Carole Jones(AZ) Provo	5-18
40-1 1/4	(3)	Lori Costello(CSUN) CSLA	5-25
39-5 1/4	(1)	Kim Taylor(ValenciaHS) Arcadia	4-13
39-3 1/4w	(Q3)	Jamie Kirven(WoodbridgeHS) SAC	5-31
39-2	(2)	Lynette Farnum(CPSLO) UCLA	4-13
39-1 1/4	(1)	Carolyn Norman(UCLA) Stanford	3-30
39-1 1/4w	(Q4)	Martin(Turlock HS) SAC(37-7)	5-31
39-0 1/2	(3)	Miloe McCall(CSH) Fresno	4-6
38-11 1/2	(1)	Sheila Nicks(UNLV) UCI	5-11
38-11	(1)	Bess(Chapman) CSF	4-13
38-10 1/4	(2)	Yvette Roberts(WashUn)Arcadia	4-13
38-10	(1)	Tippi Hall(UNLV) UCI	3-23
38-9 1/2	(1)	Kim Turner(CSUN) CSLA	4-13
38-9	(1)	Sabrina Williams(USC) UCI	3-30
38-8 1/4	(4)	Gail Devers(UCLA) UCLA -0.01	5-11

SHOT PUT

62-9 1/4	(1)	Ramona Pagel(SDSU) UCLA	5-26
62-7	(1)	Bonnie Dasse(CA) UCI	5-4
57-7 1/2	(2)	Peggy Pollack(CA) Ind.	6-16
55-1 1/4	(1)	Lorraine Costanzo(AZ) Tucson	3-23
54-4 1/4	(5)	Carol Cady(LATC) Ind.	6-16
52-10 1/4	(2)	Diana Clements(USC) UCLA	5-26
52-8 1/4	(6)	Dot Jones(Fresno St) Ind.	6-16



WENDY BROWN

51-0 1/4	(7)	Pam Dukes(Stan) Austin	6-1
50-8 1/4	(4)	Laura DeSnoo(SDSU) UCLA	5-10
50-5 1/4	(1)	Jacque Norton(CA) LB	3-2
50-0 1/2	(4)	Glenda Ford(CW) MSac	4-26
49-11 1/4	(m)	Jane Frederick(AW) Gotzis	5-25
49-10	(1)	Natalie Kaaliwahia(Pollitab)Tucson	3-2
49-9 1/4	(2)	Toni Lutjens(UCLA) UCLA	5-4
48-10	(1)	Sharen Hamilton(Unatt) CPP	3-23
48-3 1/2	(6)	Susie Ray(Florida) BatonRouge	2-23
48-3 1/2	(m)	Jackie Joyner(UCLA) LSU	7-27
48-3 1/4	(1)	Cindi Durschlag(CAL) CAL	4-6
48-0	(5)	Diane Oswalt(CSH) Modesto	5-11
47-8	(1)	Laura Mills(UCI) UCI	3-23
47-2 1/4	(1)	Kris Larson(UCLA) MSac	4-26
46-11 1/4	(1)	Elaina Oden(Irvine HS)	5-4
46-9 1/2	(1)	Heidi Adams(Mission Viejo HS)	4-18
46-2 1/2	(1)	Shawn Roy(SMCC) BC	5-11
46-2	(3)	Jill Cristler(CSUN) CSLA	2-2

DISCUS THROW

206-9	(1)	Carol Cady(StanfordTC)Modesto	5-11
200-5	(2)	Lorna Griffin(Nike) MSac	4-27
194-3	(2)	Leslie Deniz(LATC) SJCC	5-25
194-0	(1)	Ramona Pagel(Adidas) UCI	4-13
190-6	(1)	Laura DeSnoo(SDSU) Austin	5-31
182-9	(1)	Lacy Barnes(FS) Fresno	4-20
181-3	(3)	Glenda Ford(CW) SJCC	5-25
181-2	(4)	Karen Nickerson(Stan) SJCC	5-25
180-3	(2)	Jacque Norton(CA) UCI	4-13
180-1	(1)	Toni Lutjens(UCLA) UCLA	4-13
178-10	(1)	Gale Zaphiropoulos(Wt.City)Ottawa	8-4
175-11	(4)	Pia Iacova(N.CA/Unat.)UCI	6-9
174-11	(1)	Diane Oswalt(CSH) CSLA	5-25
172-4	(1)	Wendy Robinson(Wt.City) SF	5-4
169-10	(1)	Bonnie Dasse(CA) UCI	3-23
168-4	(2)	Kris Larson(UCLA) UCLA	4-13
165-3	(3)	Ronda Loshonchoi(SDSU) SD	5-13
165-1	(1)	Kim Kessler(CAL) Eugene	4-27
164-11	(2)	Brenda Westbrook(UCI) UCI	3-23
164-7	(2)	Cindi Durschlag(CAL) Stanford	5-4
163-0	(1)	Natalie Kaaliwahia(Unat.) Tucson	3-2
162-2	(1)	Lilili(Nogales HS) SAC	6-1
160-0	(2)	Mary Dentinger(CSS) Stanford	3-29
159-9	(4)	Janet Flewell(Blue RibbonTC)LB	3-2
159-8	(4)	Diana Clements(USC) SD	3-2

JAVELIN THROW

197-8		Cathy Sulinski(ML) Ind.	6-15
187-5		Lynda H. Sutfin(LATC) Ind.	6-15
185-1		Susie Ray(Florida) Austin	6-1
179-3		Michelle Oliveira(CSLA) SD	3-2
175-10	(2)	Liz Mueller(SDSU) SD	3-2
171-3	(1)	Joanne Davis(Unat.) UCSB	4-6
170-5	(3)	Mary Hyder(Puma) Modesto	5-11
170-4	(1)	Deena Bernstein(CPSLO) Stanford	3-30

photo by Burt Davis



RAMONA PAGEL

168-10	(1)	Jacque Nelson(Unat.) i. Sac	6-3
167-3	(m)	Jane Frederick(AW) Gotzis	5-26
167-2	(1)	Laura Mills(UCI) UCI	3-23
165-0	(2)	Loreana Anderson(Unat.) Fresno	4-6
164-4	(1)	Cathie Wilson(FS) Fresno	4-20
162-11	(1)	Chris Johnson(USIU) MSac	4-26
162-8	(2)	Debbie Williams(CA) UCI	5-4
162-3	(Q1)	Jeanine Miller(CSS) CSLA	5-22
158-10	(1)	Toni Lutjens(UCLA) UCLA	5-4
157-5	(2)	Jackie Joyner(UCLA) UCLA	5-4
156-8	(2)	Brenda McIntyre(CA) MSac	4-26
154-1	(4)	Denise Gaztambide(Stan) MSac	4-26
151-6	(1)	Elaine Sundby(Unat.) Modesto	5-11
150-6	(1)	Pelton(Hartnell CC) Modesto	5-18
150-0	(1)	Slater(MSac) BC	5-11
149-11	(1)	Edwards(Redlands) Oxy	5-4
149-7	(-)	Elizabeth Archer(Stanford)	

HEPTATHLON

6718	(1)	Jackie Joyner(UCLA/WC) LSU	7-27
13.32, 5-11 1/2, 48-3 1/2, 23.59, 21-11 1/2, 147-9, 2:11.46			
6666	(1)	Jane Frederick(AW) Gotzis	5-25/26
13.54, 6-0 1/4, 49-11 1/4, 24.19, 20-8, 167-3, 2:12.25			
5546	(2)	Debra Larsen(CPP) CPP	4-19/20
5511	(3)	Janet Nicolls(JTTC) CPP	4-19/20
5422	(1)	Natalie Day(CSS)	
5405	(1)	Sharon Hatfield(USC) UCLA	5-10/11
14.85, 5-5 1/4, 38-4, 25.55, 18-10 1/4, 131-7, 2:21.43			
5404	(6)	Sue Brownell(SB Outreach) Ind.	6-16/17
13.99w, 5-3 1/4, 37-4, 25.69, 19-2 1/4w, 112-5, 2:16.56			
5382	(3)	Chris Davenport(LV) MSac	4-25/26
14.54, 5-5 1/4, 36-11 1/4, 25.46, 18-1, 138-0, 2:22.27			
5378	(4)	Janet Y. Harvey(SSTC) CPP	4-19/20
5233	(1)	Joan Russell(CA) UCLA	5-25/26
5218	(3)	Sharon Hanson(CPSLO) CAL	3-22/23
14.34, 39-6 1/2, 5-1 1/4, 26.02, 16-8 1/4, 136-10, 2:18.79			
5203	(2)	Denise Gaztambide(Stan) UCLA	5-10/11
15.47, 5-9 1/4, 27.03, 17-5, 151-5, 2:26.16			
5176	(1)	Shann Kern(MSac) Modesto	5-17/18
5144	(2)	Crystal Young(MSAC) Modesto	5-17/18
5109	(3)	Tsai(MSAC) Modesto	5-17/18
5095	(5)	Sue Patterson(CSUN) CSLA	5-20/21
5057	(6)	Trish King(Unat/Eugene) MSAC	4-25/26
15.33, 5-8, 32-9 1/2, 26.01, 18-1 1/4, 128-6, 2:30.62			
5054	(6)	Christina Glenn(CPP) CSLA	5-20/21
4996	(4)	Rachel Davis(Miracosta) Modesto	5-18/19
4922	(6)	Veronica Bell(SCC) CPP	4-19/20
15.37, 5-1 1/4, 33-3 1/4, 25.22, 19-6 1/2, 98-0, 2:28.68			
4955H	(2)	Jennifer Schwartz(APU) Oxy	3-23
15.0, 5-8 1/4, 34-0, 25.7, 18-2 1/4, 101-11, 2:32.5			
4768	(4)	Deanne Johnson(SDSU) UCLA	5-10/11
15.06, 5-8, 35-1 1/4, 26.87, 18-2 1/4, 98-3, 2:41.60			
4743	(5)	Pat Espinoza(Ela) Modesto	5-17/18
4615	(6)	Baker(Shasta) Modesto	5-17/18
4482	(4)	Durelle Schimek(GrassVly) Ill.	6-21/22



THE ATHLETICS CONGRESS USA 1986 JUNIOR & SENIOR WOMEN'S QUALIFYING STANDARDS REQUIREMENTS

SENIOR INDOOR				SENIOR OUTDOOR			JUNIOR OUTDOOR	
EVENTS	FAT	MANUAL		EVENTS	FAT	MANUAL	FAT	MANUAL
50y	6.04	5.8	(1)	*100m	11.64	11.4	*12.04	11.8
50m	6.54	6.3	(1)	100y	10.64	10.4	11.04	10.8
55m	7.04	6.8	(1)	*200m	23.74	23.5	*24.54	24.3
*60y	7.04	6.8		220y	23.84	23.6	24.64	24.4
60m	7.64	7.4	(1)	*400m	53.54	53.4	*55.54	55.4
70m	8.04	7.8	(1)	440y	53.84	53.7	55.84	55.7
200m Ind.	24.94	24.7	(2)	*800m	2:05.50	2:05.5	*2:11.00	2:11.0
200m Out.	24.54	24.3	(2)	880y	2:06.50	2:06.5	2:12.00	2:12.0
*220y Ind.	25.04	24.8		*1500m	4:19.00	4:19.0	*4:34.00	4:34.0
220y Out.	24.64	24.4		1600m	4:37.80	4:37.8	4:52.80	4:52.8
300y Ind.	35.84	35.7	(3)	1 Mile Run	4:39.00	4:39.0	4:54.00	4:54.0
300m Ind.	39.34	39.2	(3)	*3000m	9:18.00	9:18.0	*9:58.00	9:58.0
400m Ind.	55.04	54.9	(4)	3200m	9:58.00	9:58.0	10:38.00	10:38.0
400m Out.	54.04	53.9	(4)	2 Miles	10:03.00	10:03.0	10:43.00	10:43.0
*440y Ind.	55.34	55.2		*5000m	16:15.00	16:15.0	-----	-----
440y Out.	54.34	54.2		*10000m	34:30.00	34:30.0	-----	-----
500y Ind.	1:05.60	1:05.6	(4)	*100m Hur. (33")	13.74	13.5	*14.64	14.4
500m Ind.	1:13.50	1:13.5	(4)	100m Hur. (30")	-----	-----	14.34	14.1
600y Ind.	1:22.40	1:22.4	(5)	110y Hur. (33")	-----	-----	14.34	14.1
600m Ind.	1:30.90	1:30.9	(5)	*400m Hur.	58.94	58.8	*62.64	62.5
800m Ind.	2:08.00	2:08.0	(6)	300m Hur.	-----	-----	43.64	43.5
800m Out.	2:06.00	2:06.0	(6)	*400m Relay	47.14	47.0	*48.14	48.0
*880y Ind.	2:09.00	2:09.0		440y Relay	47.44	47.3	*48.44	48.3
880y Out.	2:07.00	2:07.0		*800m Med. Relay	# 1:44.00	# 1:44.0	*1:50.00	1:50.0
1000y Ind.	2:29.30	2:29.3	(6)	880y Med. Relay	# 1:44.50	# 1:44.5	*1:50.50	1:50.5
1000m Ind.	2:44.80	2:44.8	(6)	*1600m Relay	# 3:46.00	# 3:46.0	*3:58.00	3:58.0
1500m Ind.	4:23.00	4:23.0	(7)	1 Mile Relay	# 3:47.20	# 3:47.2	*3:59.20	3:59.2
1500m Out.	4:18.00	4:18.0	(7)	*3200m Relay	# 9:15.00	# 9:15.0	*9:25.00	9:25.0
*1 Mile Ind.	4:43.00	4:43.0		2 Mile Relay	# 9:18.00	# 9:18.0	*9:28.00	9:28.0
1 Mile Out.	4:38.00	4:38.0		3K Walk	-----	-----	*17:00.00	17:00.0
3000m Ind.	9:23.00	9:23.0	(8)	5K Walk	-----	-----	30:00.00	30:00.00
3000m Out.	9:18.00	9:18.0	(8)	*10K Walk	54:45.00	54:45.0	-----	-----
*2 Mile Ind.	10:08.00	10:08.0		*High Jump	1.84m	6-0 1/2	*1.75m	5-9
2 Mile Out.	10:03.00	10:03.0		*Long Jump	6.30m	20-8	*5.85m	19-2 1/4
50y Hur.	6.84	6.6	(9)	*Triple Jump	12.40m	40-8 1/4	*11.58m	38-0
50m Hur.	7.34	7.1	(9)	*4K Shot Put	15.24m	50-0	*12.95m	42-6
55m Hur.	8.04	7.8	(9)	*Discus	52.00m	170-7	*41.76m	137-0
*60y Hur.	8.04	7.8		*Javelin	51.50m	168-11	*40.84m	134-0
60m Hur.	8.74	8.5	(9)	*Heptathlon	5300 FAT	5350 MT	*4100 FAT	4150 MT
70y Hur.	9.24	9.0	(9)					
1500m Walk	7:20.00	7:20.0	(10)					
*1 Mile Walk	7:50.00	7:50.0						
*4X160 Relay (11)	# 1:14.00	# 1:14.0						
800m Med. Relay	# 1:51.50	# 1:51.5						
*880y Med. Relay	# 1:52.00	# 1:52.0						
1600m Relay	# 3:52.80	# 3:52.8						
*1 Mile Relay	# 3:54.00	# 3:54.0						
High Jump	1.81m	5-11 1/4						
*Long Jump	6.10m	20-0 1/4						
*4K Shot Put	14.39m	47-2 1/2						
8# Shot Put	15.00m	49-2 1/2						
*Pentathlon	No Standard	No Standard						
Heptathlon	No Standard	No Standard						

*Denotes Championship Event

- (1) Qualifies for 60y
- (2) Qualifies for 220y
- (3) Qualifies for 220y & 440y
- (4) Qualifies for 440y
- (5) Qualifies for 440y & 880y
- (6) Qualifies for 880y
- (7) Qualifies for 1 & 2 Miles
- (8) Qualifies for 2 Miles
- (9) Qualifies for 60y Hurdles
- (10) Qualifies for 1 Mile Walk

Note: Relay teams must have attained the qualifying standard or be capable of the time. Relay team athletes must be registered members of that club.

QUALIFYING STANDARDS GUIDELINES

1. Senior Indoor Track & Field Qualifying Dates: December 1, 1985 - February 23, 1986
2. Senior Outdoor Track & Field Qualifying Dates: June 1, 1985 - June 15, 1986
3. Junior Outdoor Track & Field Qualifying Dates: June 1, 1985 - June 22, 1986
4. Senior Outdoor Heptathlon Qualifying Dates: January 1, 1985 - June 15, 1986
5. Junior Outdoor Heptathlon Qualifying Dates: January 1, 1985 - June 22, 1986

FOR ANY QUESTIONS REGARDING WOMEN'S QUALIFYING STANDARDS, PLEASE CONTACT:
BOB SEAMAN, 1217 LAKME AVENUE, WILMINGTON, CA 90744. TELEPHONE: (213) 835-8177.

Prep Notes

By KEITH CONNING

California Interscholastic Federation

College Choices

By Keith Conning

BOYS

TRAVIS AKINS (Wilson, Hacienda Hts.)
MT. SAC — 7th GWI 800 1:53.0

HENRY BARBA (Lick, San Jose)
SAN JOSE CITY — 4th State 100 Heat
1 10.74w, best 10.53w

BRIAN BLUTREICH (Capistrano Vly, MV) 67
UCLA — 1st State SP 68-4 meet
record, 1st State DT 203-4 meet record,
1st GWI SP 67-5½ and DT 202-1, 1st IPI
SP 69-3¼ and DT 198-4, best 69-6½ and
210-8

DEAN BOLE (Crawford, San Diego)
SAN DIEGO STATE — Did not start
State 1600, best 4:16.10y +

JAMES BROWNE (California, Whittier)
ABILENE CHRISTIAN — Best TJ
49-4¼w

KENNY BURKE (Westlake, Westlake Vlg)
TEXAS A&M — 1st State HJ 1984 7-0,
best 7-2 1984

JOHN CRONIN (Mission Viejo)
CAL STATE SACRAMENTO — 3rd
State 800 1:53.91, 8th GWI 800 1:53.6,
best 1:53.13

DAVE DANGLEIS (Azusa) 66
AZUSA PACIFIC — 2nd JR TAC Dec.
6790

STANLEY DAVIS (Inglewood)
CAL STATE LONG BEACH — Best
10.44 (at altitude) 1984

ELLIS DEL SOL (Hilltop, Chula Vista)
NORTHERN ARIZONA — 16th State
3200 9:25.0, 6th GWI 3000 8:44.4, best
8:30.4, 3000

LAWRENCE DIXON (Eisenhower, Rialto)
MT. SAC — Best 6.1y indoors

JOE DUARTE (Notre Dame, Sherm Oaks)
UCLA — 4th GWI Dec. 6201

DANNY EVERETT (Fairfax, LA) 66
UCLA — 2nd State 400 46.37, 9th
State 200 22.49 (short rest), 1st GWI 400
46.06, 1st IPI 400 45.76, 2nd IPI 200 20.97

ANTHONY FORD (Compton) 67
CAL STATE LONG BEACH — 2nd
State 100 10.53w and 200 20.89w, best
10.63 and 21.18

CALVIN GAZIANO (Castro Valley) 67
TEXAS A&M — 2nd State 3200
9:03.16, 9th State 1600 4:20.91, 8th IPI 2
mile 9:23.30, best 1500 3:55.7

ROMAN GOMEZ (Belmont, LA) 66
USC — 1st State 1600 4:15.93 and
3200 9:03.05, 1st GWI mile 4:07.09, 3rd
IPI mile 4:09.74, best 1:53.22 800 and
3:52.78 1500

MICHAEL GRAHAM (Hawthorne) 67
USC — 2nd State 300IH 36.56, 3rd IPI
300IH 37.13, best 400H 53.76

KENNY HALL (Ganesha, Pomona)
MT. SAC — 3rd State 300IH 36.71

GREG HARPER (Sante Fe, SF Springs)
USC — 11th State trials TJ 45-7, best
49-1¼

MIKE HARRIS (Fairfield) 67
CALIFORNIA — 8th State TJ 48-7½,
7th GWI TJ 47-7¼, best 50-7

ELGIN HAYNIE (Morro Bay)
SAN FRANCISCO STATE — best 23-6
LJ

SEAN HICKEY (Fallbrook, San Diego)
SAN DIEGO STATE — 4th State PV
14-8, best 15-3

ALFRED JACKSON (Tul. West., Tulare) 67
SAN DIEGO STATE — State trials TJ
45-11½, best 49-6½

SCOTT JOHNSTON (Mt. Carmel, SD) 66
NORTHERN ARIZONA — 7th State PV
14-8, best 15-1

SEAN KELLY (Hawthorne) 67
TEXAS — 8th State 800 1:56.4, best
1:50.94

JOHN KNIGHT (Oak Park, Agoura) 67
SAN DIEGO STATE — 3rd State SP
59-9, best 60-10½

SEAN LANGER (Bakersfield) 66
OHIO STATE — 1st State 800 1:51.75,
5th GWI 1:52.2

MICHAEL MARSH (Hawthorne) 67
UCLA — 1st State 200 20.83w, 5th IPI
200 21.60, best 20.82

JACK MOHR (Los Altos)
BYU — 2nd State SP 60-4½, 6th GWI
SP 59-3, best 60-8¼

LAWRENCE NELSON (Simi Valley)
FRESNO STATE — 1st State LJ
24-3¼w, best 24-3½ and 37.59 300IH

DARRON NORRIS (El Camino, Oceanside) 66
TEXAS — 2nd State 200 1984 21.09,
6th State 100 Heat 3 1985 10.68w, best
10.45 and 21.09 in 1984

GEORGE PORTER (Lompoc) 66
USC — 1st State 300IH 35.50 meet
record, 1st IPI 300IH 35.57, best 21.42
200, 14.14 110H, 35.32 300IH, 53.23 400H

photo by Keith Conning



CATHERINE PAYNE

photo by Keith Conning



RUSSELL HILL

ZOO RUN

San Francisco, January 12. Junior Catherine Payne (Berkeley) won the three-mile race in 18:58. Payne finished eighth in the North Coast Section 3A cross country championship this fall.

Payne took up cross country running just two years ago. "I wasn't very good at other sports," said Payne to the *Berkeley Voice*. "so I thought I might be good at running."

Unfortunately for Berkeley High track

fans, Payne is leaving in February for the south of France, where she plans to spend a semester abroad. She will return to the Yellow Jacket cross country team next fall.

Steve Lopez (Silver Creek, San Jose) placed second in the seven-mile race in 35:31. Russell Hill (Silver Creek, San Jose) was third in 36:45.

Four thousand people ran the three-mile race, 2000 the inaugural 7-mile race. The runs raised \$60,000 for the San Francisco Zoo.

ROBERT READING (St. Mary's, Berkeley)
USC — 1st State 110H 13.88, 7th GWI
14.00, best 37.41 300IH

BRANDON RICHARDS (San Marcos, SB)
UCLA — 1st GWI PV 18-¼, 1st IPI
17-3¼, best 18-2 HSR

CHIP RISH (Marina, Hunt. Beach) 67
ARIZONA STATE — 1st State 400 45.7
meet record, 3rd GWI 200 21.03, best
21.01

JEFF ROGERS (Overfelt, San Jose) 67
CALIFORNIA — 3rd State HJ 6-8, 2nd
GWI 7-2, best 7-3

JOHN STEEN (Santa Ana)
UC IRVINE — 10.71 100

DAMON THOMAS (Pasadena)
CAL STATE LOS ANGELES — 5th
State 110H 14.27, best 13.95, 13.79w

HENRY THOMAS (Hawthorne) 67
UCLA — 1st State 100 1984 10.44 and
200 20.77, best 10.25, 20.69, 45.09

PETER THOMPSON (Cupertino)
UCLA — 2nd State DT 190-0, 4th GWI
189-1

MARK TRIPLETT (Marshall Fund., Pasa)
ARIZONA — 3rd State TJ 50-2w, 4th
GWI 49-0

RAY VALLADAO (Atwater)
NEBRASKA — 4th State SP 58-9½,
5th State DT 179-5, best 59-1¼

TONY VICKERS (Pomona)
MT. SAC — 37.7 300IH

ERIC WHEELWRIGHT (Huntington Bch)
UTAH — 6-10 HJ

GREG WHITELEY (University, Irvine) 67
BROWN — 5th IPI 2 mile 9:08.69, best
3:56.99 1500, 8:29.7 3000

JAMES WILLIAMS (Coalinga) 67
FRESNO STATE — 2nd State TJ
51-2½w, best 49-7

GIRLS

HEIDI ADAMS (Mission Viejo)
USC — 2nd State SP 45-9½, 5th State
DT 142-4, best 46-9, 148-0

GAYLEN AMES (El Modena, Orange) 66
SAN DIEGO STATE — 7th State TJ
1984 36-11½, best 38-10 1984

TRISH AUBUCHON (Espenanza, Anaheim) 66
KANSAS — 7th State 400 56.2, best
24.66w 200, 55.80

MICHELLE BANKS (El Dorado, Placentia) 67
UCLA — 55.44 400 1984

PAULETTE BLALOCK (Compton) 67
TENNESSEE — 1st State 200 1984
23.59, best 23.54, 53.20 400 1984

ANGELA BONOMINI (Red Bluff) 67
OREGON — 7th State 1600 5:05.31,
best 4:38.1 1500

NIKKY CADDELL (Muir, Pasadena) 67
NEBRASKA — 14.05 100LH, 43.64
300LH

LANA CANTRELL (Muir, Pasadena) 67
NEBRASKA — 1st State 100LH
13.57w, 3rd State 300LH 42.36, best
10.7yw 100, 13.76

CRISSEY CERKE (Redwood, Larkspur) 67
CALIFORNIA — 4th State LJ 18-3½,
3rd JR TAC TJ 35-½, best 19-3

LORI COOK (Golden West, Visalia)
CAL STATE SACRAMENTO — 12th
State 3200 no time, 5:02.0 + y mile

KRISTEN DOWELL (Santa Teresa, SJ) 67
UCLA — 1st State 800 2:10.07, 2nd
State 1600 4:50.71, best 2:08.45, 4:25.4
1500

DENISE ERVIN (El Cerrito)
CALIFORNIA — 9th State 100 12.20w,
best 12.00, 24.2 200

CARRIE FRANKLIN (Muir, Pasadena) 67
UNLV — 2nd State 100LH 13.58w, 3rd
State 100 11.72w, best 11.61, 13.65

NANETTE GARCIA (Silver Crk, San Jose)
HOUSTON — 2:11.84 800 1984, 4:28.2
1500, 9:54.9 3000, 17:54.6 5000

DIONNE GARNER (Valencia, Placentia)
SAN DIEGO STATE — 8th State 200
25.03w, best 12.00w, 24.64w

TESHA GIDDENS (Locke, LA) 67
TEXAS — 1st State 100 11.52w, 2nd
State 200 23.79w, best 11.81, 23.94

KIM GRANT (Hawthorne) 67
CALIFORNIA — 4th State 200 24.30w,
8th State 100 12.19w, best 11.87, 24.08

SONJA GREEN (Menlo-Ath, Atherton) 67
UNLV — 11.7 100, 23.99 200 (Valley,
Las Vegas) 1984

MICHELLE HALL (Millikan, Long Beach)
CAL STATE LONG BEACH — 8th
State 300LH 44.45, best 43.97

STACY HOM (Cordova, Ranch Cord) 67
CAL STATE LOS ANGELES — 2nd
State DT 147-7, 3rd JR TAC 146-5, best
158-4

LATRESE JOHNSON (Clovis) 66
FRESNO STATE — 1st State HJ 6-2
meet record, best 6-2½ HSR

JAMIE KIRVEN (Woodbridge, Irvine)
USC — 4th State TJ 38-7½w, best
38-3¼

CHEWUAKII KNIGHTEN (Locke, LA) 67
UCLA — 1st State 400 52.72, 2nd
State 100 11.59w, 3rd State 100LH 13.87,
1st JR TAC 53.45, 2nd JR TAC 23.98,
best 11.66 100, 23.2, 52.17, 13.49 LH

DANIELLE KNOX (Vacaville)
CALIFORNIA — 14.18 LH

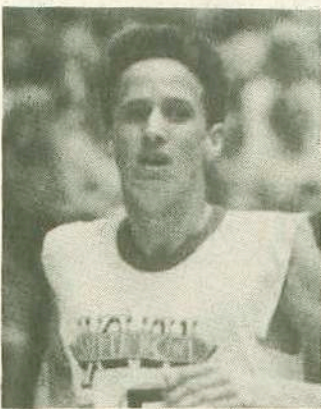
LESLIE MAXIE (Mills, Millbrae) 67
1st State 300LH 41.80, 1st JR TAC
400LH 59.84, best 23.4 200, 53.07 400,
13.87 LH, 55.20 400LH, 5-9 HJ

MICHELLE MILLER (Muir, Pasadena)
NEBRASKA — 5th State 200 24.32w,
6th State 100 11.96w, best 12.04, 24.65

SHERRI MINKLER (Analay, Sebastopol) 67
CAL POLY SAN LUIS OBISPO — 4th
State 3200 10:37.78, best 9:52.1 3000

LESLEY NOLL (Mt. Carmel, San Diego) 67
USC — 4th State 800 2:12.11, best
55.82, 2:08.00

photo by Burt Davis



GREG WHITELEY

CELESTE PAQUETTE (Ran Alam, GarGr) 67
CAL POLY SAN LUIS OBISPO — 8th
State DT 141-8, best 148-0

PAM QUALLS (Burbank, Sacramento) 66
WASHINGTON STATE — 2nd State
100 1984 11.63, 2nd State 200 1984
23.77, best 11.52w

JENNIFER SHEFLO (Poway)
CAL POLY SAN LUIS OBISPO —
4:35.16 1500 1984

STEPHANIE SMITH (Yreka) 67
OREGON — 3rd State DT 146-3, 8th
State SP 41-4

BETH VIDAOKOVITS (Mountain View) 66
CALIFORNIA — 2nd State HJ 5-10

JODIE WERTZ (Redwood, Larkspur)
GEORGETOWN — 2nd State 800 Heat
2:21.84, best 2:12.9

LINETTA WILSON (Muir, Pasadena) 67
NEBRASKA — 2nd State 400 53.10,
4th State 300 LH 42.76, best 41.54

SALLY WOOD (Piedmont) 67
CALIFORNIA — 6th State 3200
10:42.45, best 9:52.5 3000

KERRI ZALESKI (Millikan, Long Bch) 67
CAL STATE LONG BEACH — 2nd
State 800 1984 2:05.87, best 55.43 400,
2:04.59

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

19th Arcadia Invitational

Track and Field Meet for
High School Men & Women

Saturday Evening APRIL 12, 1986

"Come Run With the Best in the West"

★ 1985 Meet featured entries from every
State Male Champion individual and relay
team (seven state champs did not win their
event in the 1985 Arcadia Meet).

★ 1985 Meet featured entries from 13 of the 15
eventual California State Female individual
and relay champions.

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

★ Sanctions applied for all California
Sections, Arizona, Oregon and
Nevada schools.

MEET RECORDS:

Men: 10.40 - 20.79 - 46.79 - 1:49.9 - 4:06.7 - 8:45.2
-14.04 - 36.42 - 41.18 - 3:13.1 - 10:13.6(DMR) - 7'1"
-24'10" - 16'5" - 66'10¼" - 204'11" - 50'11¼".

Women: 11.57 - 23.77 - 52.90 - 2:10.33 - 4:50.74
-10:18.44 - 13.71 - 42.32 - 45.80 - 3:46.3 -
11:59.11(DMR) - 6'0" - 20'4¾" - 50'10" - 172'4" -
41'9¼"(TJ).

Metric Distances
Accutrack Timing

For Meet Information:
Greg Jones • Doug Speck
Arcadia High School
180 Campus Dr. • Arcadia, CA 91006
(818) 446-0131

All-California Cross Country Team

By Keith Conning

This year we have gone back to ranking the top twenty-four individuals. I would like to thank Jesse Malkin, a junior at Berkeley High, for his assistance in the ranking process.

We looked at the overall records of athletes with particular emphasis on the end of the season championship competitions.

We have also included an honorable

mention section for those athletes who finished among the top 32 Californians and the Kinney Western Regional, in the top 16 at the Northern California Championship, or had an outstanding section performance.

As before we recognize eight athletes on each team, the same as is done at the Kinney Meet.

BOYS FIRST TEAM

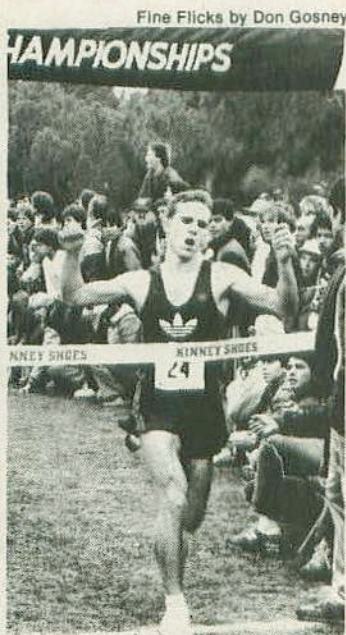
1. **MARK MASTALIR** (Jesuit, Sacto) Age: 17
09/14 1) Jesuit 14:47
4th performer, 5th performance, Rocklin
09/20 1) Cordova 13:30
09/28 1) Clovis 15:04
10/05 1) Nevada Union 15:00.7
10/12 1) Crystal Springs CV 14:37.3
10/26 2) Mt. SAC TS (8th performer) 14:57
11/08 1) SJS Sub II 15:08
11/15 2) SJS 14:41.4
4th performer, 4th performance, Rocklin
11/30 1) Nor Cal 14:40.5
12/07 1) Kinney W (1st Calif.) 14:53
12/14 2) Kinney N 14:41.3

2. **MARK DANI** (Valhalla, El Cajon) Age: 17
10/26 2) Mt. SAC IS 15:00.3
11/27 1) SDS 2A 14:44
12/07 2) Kinney W (2nd Calif.) 14:55
12/14 3) Kinney N 14:50.9

3. **ERIC MASTALIR** (Jesuit, Sacto) Age: 17
09/14 2) Jesuit 14:48
5th performer, 6th performance, Rocklin
09/20 2) Cordova 13:31
09/28 2) Clovis 15:05
10/05 2) Nevada Union 15:03.9
10/12 2) Crystal Springs CV 14:38.2
10/26 1) Mt. SAC TS 14:38.0
2nd performer, 2nd performance
11/08 2) SJS Sub II 15:09
11/15 1) SJS 14:28.1 CR
11/30 dnr) Nor Cal
12/07 3) Kinney W (3rd Calif.) 14:57
12/14 9) Kinney N 14:56.4

4. **MARC DAVIS** (San Diego) Age: 16
10/26 1) Mt. SAC IS (10th perf.) 14:58.0
11/27 2) SDS 2A 15:03
12/07 8) Kinney W (5th Calif.) 15:08
12/14 8) Kinney N 14:54.6

5. **DAREN STONEROCK** (Saugus) Age: 18
09/07 1) Arroyo Grande 15:41
09/14 1) Woodbridge 14:41 CR
10/12 1) Fountain Valley-H.B. 11 15:00
10/19 1) L.A. Co. 15:28
10/26 3) Mt. SAC TS 15:04.3
11/19 1) SS 3A (6th performer) 14:54
12/07 6) Kinney W (4th Calif.) 15:01
12/14 19) Kinney N 15:17



MARK MASTALIR

6. **ADAM McABOY** (Miramonte, Orn) Age: 17
09/28 1) San Ramon LS 9:38
10/07 2) Stanford "A" 15:46.9
10/19 1) Mariner L 15:22.3
11/16 3) NCS 2AS 14:23.4
11/23 2) NCS 14:54.9
11/30 2) Nor Cal 14:52.3
12/07 9) Kinney W (6th Calif.) 15:09

7. **MASON MYERS** (Vallejo) Age: 17
09/28 1) Chico 15:15MR
10/07 1) Stanford A 15:38.3
10/12 1) Ed Sias 15:22.9CR
10/19 1) Rio Linda L 15:18.2
10/26 5) Mt. SAC TS 15:11.3
11/08 4) SJS Sub II 15:17
11/15 3) SJS 14:54.0
11/30 3) Nor Cal 14:55.3
12/07 12) Kinney W (9th Calif.) 15:15

8. **DAVID NARANJO** (Sanger) Age: 18
09/27 1) Sanger 14:50.1
Hanford Sr. 15:15
10/26 1) Soquel L 12:15.4
11/22 5) CS 15:11
11/30 4) NorCal 14:58.1
12/07 10) Kinney W (7th Calif.) 15:13

- 10/12 1) Arlington 1 15:55
10/26 4) Mt. SAC IS 15:41.4
11/19 3) SS 3A 15:32
12/07 18) Kinney W (13th Calif.) 15:26



ERIC MASTALIR



MARK DANI



DAREN STONEROCK

Fine Flicks by Don Gosney

SECOND TEAM

9. **PAUL THOMAS** (Jesuit, Sacto) Age: 17
09/14 3) Jesuit 15:08
09/20 3) Cordova 13:39
09/28 3) Clovis 15:28
10/05 7) Nevada Union 16:14.6
10/12 3) Crystal Springs CV 15:01.1
10/26 6) Mt. SAC TS 15:19.2
11/08 3) SJS Sub II 15:15
11/15 6) SJS 15:02.7
11/30 34) NorCal 15:51.4
12/07 11) Kinney W (8th Calif.) 15:14

10. **ROBERT ROBERTS** (Casa Robl) Age: 17
10/05 5) Nevada Union 15:55.5
10/07 4) Stanford A 15:52.0
10/12 1) Maria Duncan 15:49
10/19 5) Rio Linda L 15:49.7
11/08 3) SJS Sub III 15:25
11/15 4) SJS 14:56.5
11/30 5) NorCal 15:00.2
12/07 14) Kinney W (11th Calif.) 15:17

11. **SCOTT LaFORCE** (Los Gatos) Age: 17
09/28 8) Clovis 15:57
10/05 1) Artichoke L 11:30
10/19 3) Palos Verdes 11:23
11/02 2) Postal 9:25.5
11/26 1) CCS 14:53.7
11/30 8) NorCal 15:14.4
12/07 17) Kinney W (12th Calif.) 15:24

12. **CHRIS HOEPKER** (Encinal, Alameda)
09/28 1) San Ramon SS 9:35
10/07 1) Stanford B 15:24.7
11/16 1) NCS 2AS 14:16CR
11/23 1) NCS 14:50.8
11/30 6) NorCal 15:11.0

13. **CAMERON MITCHELL** (NevdU) Age: 17
09/20 4) Cordova 13:39
10/05 3) Nevada Union 15:29.5
1) Cougar Relays 13:38.4
11/08 2) SJS Sub III 15:20
11/15 5) SJS 15:01.8
11/30 16) NorCal 15:23.9
12/07 13) Kinney W (10th Calif.) 15:16

14. **RICHARD ERBES** (Glendale)
10/05 2) Kenny Staub 1 15:41
10/19 1) Alemany L 15:00
10/26 3) Mt. SAC IS 15:22.2
11/19 1) SS 4A 15:20
12/07 29) Kinney W (18th Calif.) 15:40

15. **KURT STONEROCK** (Saugus) Age: 18
09/07 2) Arroyo Grande 15:42
10/12 2) Fountain Valley-HB 11 15:02
10/19 2) L.A. Co. 15:33
10/26 4) Mt. SAC TS 15:08.3
11/19 2) SS 3A 15:24

16. **RAUL SERRATOS** (Moreno Vly) Age: 18
09/14 1) Woodbridge D III 15:43
1) Yucaipa D I 16:11

THIRD TEAM

17. **ROBERT LOPES** (Monte Vis, SV) Age: 17
10/19 1) Palos Verdes 11:14
10/26 7) Mt. SAC TS 15:32.9
11/27 1) SDS 3A 15:40
12/07 19) Kinney W (14th Calif.) 15:27

18. **JASON LIENAU** (Clovis) Age: 16
09/28 7) Clovis 15:56
10/05 2) Artichoke L 11:33
10/26 8) Mt. SAC TS 15:41.0
11/22 2) CS 15:02
11/30 9) NorCal 15:17.3
12/07 21) Kinney W (16th Calif.) 15:31

19. **SCOTT MACHADO** (Moreau, Hay.)
09/28 9) Clovis 16:04
10/05 2) Artichoke S 11:14
10/07 3) Stanford A 15:51.1
10/19 3) Mariner L 15:41.7
11/02 4) Postal 9:31.4
11/16 4) NCS 2AS 14:30.4
11/23 5) NCS 15:29.5
11/30 7) NorCal 15:13.1
12/07 38) Kinney W (27th Calif.) 15:49

photo by Burt Davis



ADAM McABOY

Prep Notes

photo by Burt Davis



GREG HONIG

20. GREG HONIG (BellaVis, FO) Age: 17

09/14 4)	Jesuit	15:24
09/20 5)	Cordova	13:56
09/28 6)	Clovis	15:54
10/05 4)	Nevada Union	15:52.2
10/12 1)	Crystal Springs IV	15:08
10/26 7)	MT.SAC IS	15:54.7
11/08 1)	SJS Sub III	15:10
11/15 7)	SJS	15:14.8
11/30 15)	NorCal	15:23.0
12/07 20)	Kinney W (15th Calif)	15:29

21. CHRIS LUGO (Valencia)

09/14 1)	Woodbridge D11	15:22
09/28 1)	Dana Hills III 11th	15:18
11/19 1)	SS 2A	15:32

22. JORGE CASTRO (Ramona)

10/25 2)	MT.SAC R20	16:36.5
11/27 1)	SDS 1A	15:54
12/07 25)	Kinney W (17th Calif)	15:35

23. MIKE WALL (Lassen, Susanville)

09/14 5)	Jesuit	15:31
09/21 1)	Yreka	15:49.9
09/28 2)	Chico	15:27
10/05 5)	Artichoke L	11:44
10/07 5)	Stanford A	15:56.3
10/12 1)	Lassen	16:39
10/19 2)	Rio Linda L	15:29.3
11/02 1)	Northern S	16:25
11/30 10)	NorCal	15:18.2
12/07 30)	Kinney W (19th Calif)	15:41

24. JESS LLANEZ (McLane, Fresno)

09/28 4)	Clovis	15:39
1)	Hanford Sr.	14:59
11/22 1)	CS	14:47
11/30 11)	NorCal	15:19.6
12/07 31)	Kinney W (20th Calif)	15:43

HONORABLE MENTION

(Listed Alphabetically)

Cort Armstrong	(Carlmont, Belmont)
Craig Blockhus	(Mountain View)
Mark Callon	(Bellarmine, San Jose)
Paul Cummings	(Montgomery, Santa Rosa)
Tom Estes	(Lassen, Susanville)
Manuel Gomez	(Belmont, Los Angeles)
Cary Gregorio	(Monte Vista, Spring Vly)
Russell Hill	(Silver Creek, San Jose)
Richard Hirschman	(Torrance)
Stephen Imlay	(Temple City)
*Brian McInnes	(Cordova, Rancho Cordov)
*Kevin Munoz	(Lassen, Susanville)
*Shawn Noonan	(Moreau, Hayward)
*Lance Nunes	(Tennyson, Hayward)
Jarren Sand	(University, Los Angeles)
*Jonathan Smith	(Miramonte, Orinda)
*John Trafecanty	(Cathedral, L.A.)
Jim Zimmer	(Simi Valley)

GIRLS

FIRST TEAM

1. LAURIE CHAPMAN (Gunderson) Age: 17

10/05 1)	Artichoke L	13:06
10/12 1)	Crystal Springs	17:00.0
10/19 1)	St. Francis-Foothill Sr-Jr	17:16
11/02 1)	Postal 2-Mile	10:33.1
11/19 1)	CCS RII	17:08
11/26 1)	CCS	16:43.6
11/30 1)	NorCal	16:47.6CR
12/07 1)	Kinney W (1st Calif)	17:10
12/14 9)	Kinney N	17:22.5

2. MELISSA SUTTON (NewburyPk) Age: 16

09/07 1)	Arroyo Grande	17:39CR
09/14 1)	Woodbridge DIII	18:04
09/21 1)	Moorpark L	18:24
10/12 1)	Buena Park DIII	17:54
10/18 13)	Ventura Co.	19:43
11/19 1)	SS 4A	17:32
6th performer, 7th performance		
12/07 2)	Kinney W (2nd Calif)	17:28
12/14 6)	Kinney N	17:20.4

3. REBECCA CHAMBERLAIN (Leig) Age: 18

09/28 1)	Clovis	18:33
10/07 2)	Stanford A	18:24.9
10/12 2)	Crystal Springs	17:26
10/26 1)	MT.SAC IS (8th perf.)	17:45.2
11/02 2)	Postal	10:55.9
11/26 2)	CCS	17:00
11/30 2)	NorCal	17:35.9
12/07 3)	Kinney W (3rd Calif)	17:29
12/14 12)	Kinney N	17:34.7

Fine Flicks by Don Gosney



LAURIE CHAPMAN

4. TRACEY WILLIAMS (Mt. View) Age: 14

09/28 1)	Bell-Jeff D1	17:21
1)	Yucaipa D2	18:39
10/26 2)	MT.SAC IS	18:17.8
11/19 1)	SS 2A (7th perf)	17:37
12/07 5)	Kinney W (4th Calif)	17:46
12/14 23)	Kinney N	18:09.6

5. KIRA JORGENSEN (Vista) Age: 14

10/19 5)	Palos Verdes	13:58
10/26 4)	MT.SAC TS	18:50.2
11/27 2)	SDS 3A	14:46
12/07 6)	Kinney W (5th Calif)	17:56
12/14 14)	Kinney N	17:53.5



Left to Right: Kira Jorgensen, Tracey Williams, Melissa Sutton

5. LAURA CHAPEL (Univ., S.D.) Age: 17

10/26 6)	MT.SAC TS	18:52.5
11/27 1)	SDS 2A	14:52
12/07 7)	Kinney W (6th Calif)	17:56
12/14 28)	Kinney N	18:37.4

7. AMY DABUL (Temple City) Age: 17

09/14 2)	Woodbridge D11	17:35
10/05 1)	Kenny Staub 1	18:08
11/19 2)	SS 2A	18:13
12/07 8)	Kinney W (7th Calif)	18:02
12/14 29)	Kinney N	18:44.3

8. BUFFY RABBIT (Newport Harbor) Age: 17

09/14 3)	Woodbridge D11	17:47
09/28 2)	Dana Hills 1	17:26
10/05 2)	Kenny Staub 1	18:15
10/12 2)	Fountain Valley HB 1	18:02
10/19 2)	Orange Co. 1	17:50
11/19 2)	SS 4A	18:06
12/07 10)	Kinney W (8th Calif)	18:07

SECOND TEAM

9. DARCY ARREOLA (Grossmont) Age: 17

10/12 1)	Fountain Valley-H.B. 11	18:05
10/26 3)	MT.SAC TS	18:19.2
11/27 1)	SDS 3A	14:39
12/07 12)	Kinney W (10th Calif)	18:09

10. LISA RIZZO (Hart, Newhall) Age: 17

09/21 1)	Moorpark M	19:19
09/28 3)	Bell-Jeff D1	17:52
10/05 3)	Kenny Staub 1	18:22
10/19 1)	L.A. Co.	18:27
10/26 1)	MT.SAC TS	18:21.4
11/19 5)	SS 3A	18:47
12/07 11)	Kinney W (9th Calif)	18:08

11. SUZETTE BASORE (Pasadena) Age: 15

09/21 1)	Rosemead	19:01
10/26 5)	MT.SAC IS	18:41.2
12/07 13)	Kinney W (11th Calif)	18:09

12. ANGELA STEARNS (Silver Crk) Age: 16

09/28 1)	Ram	15:04.9
10/05 2)	Artichoke L	14:17
10/12 11)	Crystal Springs	18:51
10/26 3)	Soquel	15:13
11/02 4)	Postal	11:09.4
11/26 4)	CCS	17:46
11/30 4)	NorCal	17:59.5
12/07 14)	Kinney W (12th Calif)	18:13

13. ANN KUPHALDT (Bella Vista, F.O.)

09/14 1)	Jesuit	18:28
09/20 4)	Cordova	16:59
10/05 1)	Nevada Union	19:09.6
10/12 4)	Crystal Springs	17:48
10/26 4)	MT.SAC IS	18:38.7
11/08 1)	SJS Sub III	18:12
11/15 1)	SJS	17:49.5
11/30 13)	NorCal	18:38.7
12/07 15)	Kinney W (13th Calif)	18:13

14. HEATHER SCOBIE (Saugus) Age: 15

09/07 3)	Arroyo Grande	18:29
09/14 1)	Woodbridge D11	17:34CR
10/12 3)	Fountain Valley-H.B.11	18:30
10/26 13)	MT.SAC IS	19:40.0
11/19 2)	SS 3A	18:14
12/07 16)	Kinney W (14th Calif)	18:14

15. CHRISTY FARRELL (Thousand Oaks)

09/21 3)	Moorpark L	19:01
09/28 4)	Bell-Jeff D1	18:01
10/05 5)	Kenny Staub	19:08
10/12 2)	Fountain Valley-H.B.11	18:20
10/18 1)	Ventura Co.	18:07
10/19 1)	Palos Verdes	13:41
10/26 2)	MT.SAC IS	18:29.0
11/19 3)	SS 4A	18:12
12/07 27)	Kinney W (20th Calif)	18:33

16. MICHELLE LEWIS (Buena, Ven) Age: 16

09/21 4)	Moorpark L	19:17
10/12 3)	Fountain Valley-H.B.1	18:15
10/18 2)	Ventura G	18:24
10/26 9)	MT.SAC TS	19:24.5
11/19 6)	SS 4A	18:32
12/07 17)	Kinney W (15th Calif)	18:14

Fine Flicks by Don Gosney



AMY DABUL

continued on next page...

☐ Prep Notes

photo by Burt Davis



Molly Burke

THIRD TEAM

17. **KATY McCANDLESS (Castill)	Age: 15	
10/05 2)	Artichoke S	
10/07 1)	Stanford B	18:43.4
10/12 3)	Crystal Springs	17:42.0
10/26 2)	Soquel	14:50.0
10/31 1)	Center Meet	16:56.0
11/02 3)	Postal	11:07.3
11/19 1)	CCS RI	17:53.0
11/26 3)	CCS	17:29.0
11/30 5)	NoCal	18:04.2
12/07 22)	Kinney W (17th Calif)	18:22.0

18. SHANNON CLARK (Mountain View)		
10/24 2)	Center Meet	18:21
10/31 4)	Center Meet	17:48
11/19 2)	CCS RII	18:04
11/26 5)	CCS	18:02
11/30 3)	NorCal	17:56.1
12/07 26)	Kinney W (19th Calif)	18:32

19.*MARY MENDOZA(Presentatn)Age:16
 11/19 2) CCS RI 18:02
 11/26 6) CCS 18:03
 11/30 7) NorCal 18:15.0
 12/07 21) Kinney W (16th Calif) 18:20

20. MOLLY BURKE (MarinCath)Age:18		
09/21 1)	Lowell	20:30
09/28 2)	Clovis	19:12
10/05 1)	Artichoke S	13:55
10/07 2)	Stanford B	19:00.4
10/19 1)	Mariner S	18:43
10/26 1)	Sequel	14:46.3
11/16 1)	NCS 2AN	19:25
11/23 1)	NCS	18:03.9
11/30 10)	NorCal	18:35.2
12/07 24)	Kinney W (18th Calif)	18:28

21.***SANDRA ACOSTA (Walnut)		
09/21 3)	Chaffey	19:17
10/25 2)	Mt.SAC R25	18:58.61
11/19 1)	SS 3A	18:14

22. MARY KUPHALDT(BellaVista,F.O.)		
09/14 2)	Jesuit	18:52
09/20 3)	Cordova	16:41
10/12 6)	Crystal Springs	18:25
11/08 3)	SJS Sub III	18:27
11/15 7)	SJS	18:41.0
11/30 8)	NorCal	18:17.3
12/07 29)	Kinney W (21st Calif)	18:34

23. MONICA DALEY (Los Gatos)		
09/28 3)	Clovis	19:27
10/05 3)	Artichoke L	14:23
10/12 10)	Crystal Springs	18:46
10/19 3)	Palos Verdes	13:51
11/02 6)	Postal	11:28.6
11/26 7)	CCS	18:06
11/30 6)	NorCal	18:05.6
12/07 32)	Kinney W (24th Calif)	18:43

24. WANDA BAILEY (Fairfield)		
09/14 3)	Jesuit	19:20
11/15 2)	SJS	17:59.1
11/30 11)	NorCal	18:36.1

HONORABLE MENTION

(Listed Alphabetically)

Kristy Armstrong	(Newbury Park)
*Jo Ann Arnold	(Palo Alto)
Jennifer Baker	(Monache)
Julie Castello	(Willow Glen, San Jose)
Betty Chavez	(Modesto)
*Kathy Dalton	(Sonoma Valley, Sonoma)
**Michelle Dillon	(Bella Vista, Fair Oaks)
**Shamen Dugger	(Coronado)
Carltn Gabor	(Palisades, Pacific Palisad)
Kristen Hansen	(Monte Vista, Danville)

Maggie Henson (Newport Harbor, N.Bch)
 ** Mary Lopez (Madera)
 * Nicole Nugent (Torrey Pines, Del Mar)
 Kerry Panno (San Pasqual, Escondido)
 ** Sharon Plante (Arroyo Grande)
 Sherri Smith (Woodbridge, Irvine)
 Stacey Wainwright (Merced)
 Megam ¼ warmer (Del Oro, Loomis)
 * Lisa Williams (Mountain View, El Monte)

Key: * Junior, ** Sophomore, *** Freshman

Top Finishers at Kinney Western by Grade

BOYS

Senior: Mark Mastalir (Jesuit, Sacramento) 1st 14:53
Junior: Marc Davis (San Diego) 8th 15:08
Sophomore: Virgil Thomas (Gallup, NM) 28th 15:39
Top Calif. Sophomore: Dennis Hernandez (Mission San Jose, Fremont) 58th 16:03
Freshman: Scott Hempel (Walnut) 59th 16:03

Fine Flicks by Don Gosney



MARC DAVIS

GIRLS

Senior: Laurie Chapman (Gunderson, San Jose) 1st 17:10.
Junior: Melissa Sutton (Newbury Park) 2nd 17:28
Sophomore: Tracey Williams (Mountain View, El Monte) 5th 17:46
Freshman: Kira Jorgensen (Vista) 6th 17:56

Fine Flicks by Don Gosney



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CALIFORNIA

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Racing Report

By RICHARD LEE SLOTKIN

I don't know if I'm getting lazy or old or both, but it seems to be getting more and more difficult to get these stories out. Part of the reason is that getting at my typewriter is an exercise that would do justice to a Bekins crew. I have to move more stuff and climb over more things than a burglar in a junkyard. Another problem is sheer lack of energy. I have finally bitten the bullet and gotten into marathon training again, because, hallelujah!, I am temporarily injury free. But, the two-a-days leave me beat and uninspired. One of these days I am going to get me one of those minicomputers that they call notepad types and I'll be able to carry it with me everywhere and even when I'm home it will be easy to get at. Then, maybe I can be more up-to-date.

I should be reporting upon at least three races this issue, although, if I get really inspired, which means if I get a PR, I'll include the Culver City Marathon.

SPA-TAC

October 13. The first item to be noted is the SPATAC district cross country championship. This was, incidentally, my first shot at cross country and I could hardly have picked a tougher course to debut on. Just across the Golden State Freeway from Magic Mountain sits the College of the Canyons. They should call it the College of the Hills. The course starts at the foot of one of the shallower hills and heads up for about a half mile, on paved road and through parking lots. Then, an abrupt right turn and it's roller coaster city. Not one yard of level ground. There were two favorable factors from my standpoint: One, that half mile uphill start became a half mile downhill finish ... eventually. Two, being right in the middle of my marathon training, I knew that even as the gun went off, I didn't have that much to go. The race was split into two sections: Under 40 and 40 & Over. There were 72 finishers in the former and 47 in the latter. That in itself is quite disappointing because this was a district championship. It would have been nice to have seen a hundred and fifty or more in each race. More than that would be a bit too crowded maybe, but not unwelcome. The first race, the one for the youngsters, turned out to be a dogfight between Steve Blum and Roman Gomez. Blum runs for the hosting club, the Santa Clarita Runners and is quite familiar with the course. Gomez, a freshman at USC, but running this day for the Corredores de Aztlan, is just a kid but a real comer. SC was lucky to get him. Well, he and Blum took the lead early on and then traded the number one spot several times. Coming back, near the sharp left turn to start the last downhill stretch to the finish line, Blum had built up about a 7 yard lead. Going through the turn, though, he saw, to his dismay, Gomez suddenly cut inside him and his 7 yard lead became a 2 yard deficit. The really dismaying thing about it was that Gomez's move was illegal. What he had done was actually go inside the trail itself. The turn was clearly marked with white chalk and pre-race instructions were explicit about NOT cutting that corner. But, to be honest, the cut was so tempting, and it even LOOKED as though it ought to be legal ... a path had been worn through the weeds bordering the turn ... that it really took all of one's concentration to remember the instruc-

photo by Richard Lee Slotkin



SHEILA RALSTON

tions at that point. Especially when you're duking it out for first place that late in the race.

Well, Blum gave it all he had but just couldn't make up the difference. As they went through the finish chute, there were some words. Gomez became very upset and ripped up his finish card. Blum felt a bit funny about the whole thing himself. On the one hand, he didn't win, but on the other, well ... he might have won. The margin he lost by was less than what Gomez picked up on the shorted turn.

In the end, because they were clocked in identical times it was agreed to award them both a tie for first with a time of 16:23, which is Blum's PR for the course. You think he wasn't trying? Both seemed satisfied with that. Aztlan took the team title, beating out the home team Santa Clarita Runners by about a minute and a half. Ten of the first eleven places went to those two clubs.

Sheila Ralston, to no one's surprise, was the first female finisher. She, like Blum, knows the course well, having run several of the SCR summer series races there. Her time was 19:20. Second was Pam Thompson of the, who else?, SCR in 19:40.

In the masters' race, race director Gene Blankenship took the point for the first half mile or so, but as we swung into the unimproved real estate, Charlie Pondella

photo by Richard Lee Slotkin



ROMAN GOMEZ, just 2 yards ahead of Steve Blum at the tape.

moved out in front and when it was all over, he had gotten himself a win in the time of 18:37, 16 seconds ahead of second placing Art Aurand. Again, SCR took the team title. Well, it is their home course and the field was loaded with SCRs. In all, SCR took 5 team firsts, Aztlan, Santa Monica and Seniors taking one each. Of course, Aztlan had the last laugh, in a way, because they took the open or overall team title. There were only 3 women in the masters race and they took the last three places. That's kind of unusual these days, but despite the numbers, or lack of them, the men who were there were all ready to run. Still, had there been a more representative number of women there, their placings would undoubtedly have been more representative also.

Anyway, after finally qualifying for a couple of awards, yours truly, among others, still had to leave emptyhanded because the SPATAC hadn't delivered them to the race director. It's ok, though. They mailed them out about 2 weeks later.

1	Steve Blum (1st 30-34)	16:23
1	Roman Gomez (1st 19-29)	16:23
3	Eizic Waian	16:38
4	Raul Diaz	16:43
5	Enrique Castro	16:45
6	Mark Van Leeuwen	17:00
7	Rich Burns	17:13
8	George Marquez	17:16
9	Ed Chaidze	17:36
10	Raul Hernandez	17:36
11	Steve Durand	17:59
12	Robert Hollingsworth	18:02
13	David Bauman	18:02
14	Francisco Garcia	18:04
15	Ed Lopez	18:04
16	Brian Nelson	18:12
17	Barry Foose (1st 35-39)	18:13
18	Hugh Schenkel	18:28
19	Tim Hampton	18:49
20	Carl Fout	18:54
26	Sheila Ralston (1st 19-29F)	19:20
28	Pam Thompson (2nd 19-29F)	19:40
31	Darryl DeLaVega (1st 18u)	19:59
33	Bryan McCanna (2nd 18u)	20:04
50	Sue Simms (1st 35-39F)	22:51

51	Ann Boyd (1st 30-34F)	23:02
58	Sherry Weaver (3rd 19-29F)	25:12

Master's Race

1	Charlie Pondella (1st 40-44)	18:37
2	Art Aurand (2nd 40-44)	18:53
3	Earl Beverly (3rd 40-44)	19:14
4	Eugene Blankenship (4th 40-44)	19:23
5	Norm Towers (5th 40-44)	19:28
6	Mike Mench (6th 40-44)	19:31
7	Jerry Hackett (1st 45-49)	19:33
8	Pat Devine (1st 55-59)	19:43
9	Jim Armantrout (2nd 45-49)	19:55
10	Denis Trafecanty (7th 40-44)	20:08

Jon Douglas 10K

October 20. Moving along, a week later came the Jon Douglas 10K in Santa Monica. This year as with so many other races, a 5K was added. Joe Nitti led that one all the way to get an easy win. He was quite pleased, in fact you could say jubilant, as he ran in the last 150 yards. Red shirting at UCLA because of injury, he had been recently working out with the team and getting thrashed, "... so it felt good to get an easy win," Nitti allowed. He said that he took off hard and just listened for breathing behind him. After about a half mile he realized that he was alone and if he kept the pace up he wouldn't be caught. With a 4:55 mile and 9:52 two mile, he wasn't challenged. The winning time was 15:11, almost 40 seconds worth of margin. However, when Nitti was reminded that his mile and two mile splits were slower than in the 10K, he said, "I know. I'm embarrassed." He ought not to have been, though. The guy

photo by Richard Lee Slotkin



JOE NITTI

setting those splits in the 10K is eight years older than Nitti's 19, and a national class runner.

Before we get to that, a look at the women's part of the race. That one was no cakewalk for the winner, Darcy Bowden. Starting out in about 15th place, so she said, she had to really go after it. By the second mile, she had caught everyone but S.M.T.C. teammate Andrea Ward, and the two of them battled it out over the second mile. Bowden finally pulled away at the end of the second mile and built up a ten second lead which she held at the finish. Considering that most of the talent was local, and that there was no prize money or other major inducements, you might find yourself taking a second look at the results. The first four women were under 18 minutes. No wonder Bowden was nervous in the early going. That was a very competitive 5K.

photo by Richard Lee Slotkin



MICHELLE AUBUCHON

The 10K was also competitive, but the competition that winner Mark Anderson faced was the clock. By the two mile mark he had a 25 yard lead that kept getting bigger all the rest of the way. The only questions were how much he would break the course record by and would he break 29 minutes. Well, he broke the course record by nearly half a minute and missed going under 29:00 by just 5 seconds.

The plan was to hang back for about 2 miles and then make a break for it. But, despite a game try by unknown Bonito Cruz, the early pace was just too slow for the two time U.S. cross country team member from Boulder, Colorado. Going through the mile in 4:44, Anderson was already a step in the lead, and at exactly eight minutes into the race, going up a slight grade, he made his break and never looked back. Cruz, meanwhile, was the real surprise. As the early leader and a "no-name", he was expected to fold early and never be heard from again. It turns out that he isn't quite the no-name that everyone thought. A product of L.A. Valley College, he had a 10K PR of around 30:15. Trouble was, no one knew who he was. Well, now we do. Cruz held on to second place for the whole rest of the race and missed running his first sub-30 by an eyelash. His time was 30 flat. That put him eight seconds ahead of Ron Roberts, who had been chasing him for most of the race after Anderson made his big move.

Michelle Aubuchon was running in second behind a girl in pink shorts and a blond pony tail. Then, at the 5K, the mystery girl dropped out and, like Cruz, she was never seen again, and Aubuchon went on for an uncontested win. The Cal State Hayward grad, now attending UCLA for an advanced degree, won by almost two minutes with a time of 36:27. Tori Pleasant was second at 38:13. Marie Earl at 39:07 and Arlene Ucin-Ski finishing in 39:32 were the only other F's to break 40 minutes.

10K

Top 3 Male

1	Mark Anderson (27)	29:04
2	Benito Cruz (20)	30:00
3	Ron Roberts (24)	30:08

Division Results-Men

12&u:	1. Scott Anderson (10) 46:50. 13-18:					
	1. Andy Guss (16) 35:20. 19-29:	1. Mark Anderson 29:04, 2. Benito Cruz 30:00, 3. Ron Roberts 30:08. 30-39:	1. Porfirio Huerta (31) 31:52, 2. Ron Kurrle (37) 33:19, 3. Daniel Bartlett (33) 33:45. 40-49:	1. Lynn Borland (43) 36:06, 2. Russ Omev (41) 36:18, 3. Daved Leaton (40) 37:11. 50-59:	1. Rich Flores (50) 36:58, 2. Frank Greene (50) 37:59, 3. Wm. Hopkins (50) 39:20. 60 & over:	1. Eddie Lewin (69) 42:05, 2. Matt Allen (63) 44:28, 3. Joseph Rossi (61) 50:42.

Top 3 Female

1	Michele Aubuchon (25)	36:27
2	Tori Pleasant (20)	38:13

photo by Richard Lee Slotkin



DARCY BOWDEN

12&u:	1. Sandra Hernandez (12) 42:49. 13-18:	1. Cathy Irwin (17) 44:05. 19-29:	1. Michele Aubuchon 36:27, 2. Tori Pleasant 38:13, 3. Marie Earl 39:07. 30-39:	1. Arlene Ucin-Ski (32) 39:32, 2. Pauline Stevens (38) 42:06, 3. Pam Elliott (32) 42:09. 40-49:	1. Bonnie Robinson (45) 40:10, 2. Deanna Holleman (43) 41:13, 3. Kathie Rosvall (42) 44:18. 50-59:	1. Kathleen Vento (55) 56:33, 2. Mary Gutierrez (57) 1:00:49, 3. Sue Hughey (52) 1:02:21. 60 & over:	1. Katy Campbell (60) 1:07:18.
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5K

Top 3 Male

1	Joe Nitti (19)	15:11
2	Barry Weaver (28)	15:49
3	Peter Mogg (31)	15:56

Division Results-Men

12 & u:	1. Kipp Ortenburger (12) 17:12. 13-18:	1. Robert Ortiz (16) 16:54. 19-29:	1. Joe Nitti 15:11, 2. Barry Weaver 15:49, 3. Mark Gause (24) 16:18. 30-39:	1. Peter Mogg 15:56, 2. Henry Lange, Jr. (36) 16:21, 3. Mike Tipping (33) 16:34. 40-49:	1. James Murphy (46) 16:40, 2. Mel Elliott (47) 16:44, 3. George Cohen (45) 16:46. 50-59:	1. Ron Poston (51) 17:02, 2. Ken Gaskell (51) 17:44, 3. Sonny Monioz (50) 19:05. 60 & over:	1. Russ Stumpus (63) 21:28, 2. Fred Rimmerman (63) 27:32, 3. Fred Shanley (71) 27:40.
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Top 3 Female

1	Darcy Bowden (35)	17:13
2	Andrea Ward (25)	17:23
3	Mary Tracey (25)	17:34

Division Results-Women

12 & u:	1. Molly Holmes (11) 20:37. 13-18:	1. Wendy Logsdon (17) 18:07. 19-29:	1. Andrea Ward 17:23, 2. Mary Tracey 17:34, 3. L. Bright (25) 17:57. 30-39:	1. Darcy Bowden 17:13, 2. Michelle Tiff (34) 18:28, 3. Aine Lynam (32) 19:46. 40-49:	1. Rita Gilmore (45) 19:42, 2. Mary Martin (41) 21:35, 3. Alice Travis (42) 22:05. 50-59:	1. Louisa Mackie (52) 33:58, 2. Estella Hodes (51) 39:52. 60 & over:	1. Doris Breeding (60) 25:57.
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Sepulveda Basin

October 27. A week later at the Sepulveda Basin in the San Fernando Valley was a cherry picker's paradise: The Valley Temple Beth Shalom Festival of Lights 10K. This is a flat course and should be fast, but for some reason isn't. They don't draw a lot of the regulars here so you really do have a good chance to pick up an award if you're someone who is usually two or three minutes out of the money. Last year I paced a friend to a 43:50 PR and she got the 3rd place plaque in the 30-34 age group. My probable time of 41:30, had I run for myself, would have gotten me 2nd in my age group.

Well, needing a last shot tune-up before the Western Hemisphere Marathon, I decided to do it here. Besides, I love the logo and long-sleeved T-shirts they give. So, award or no, I lined up at 8:00 a.m. on that cool, overcast October 27th morning. There were about 800 people there, but 400 of them were on hand for the 2 mile fun runs which was run first. That meant that the visibility in the 10K would be good. I would be able to keep the leaders in sight for a while. That is, until the first turn at about three-quarters of a mile. After that, of course, old lead-legs here, began to be left so far behind by the leaders, both male and female, that he stopped looking and started working on his own race. Before that happened, though, I could see a trio consisting of Robert Hollister, Chuck Smead and Yehuda Tzadai breaking away from the crowd. As they rounded the first turn, about three-quarters out, it was evident that the winner would come from that group. Shortly after that, still tantalizingly close, went the lead women, Mary Tracy had a short lead over Jaynie Studenmund and Joyce Klausmier. Hollister, meanwhile, hit the mile at 4:30. Would you believe I was already two minutes behind by the time I got there? However, I still had the first females in sight, but barely.

Hollister had moved into the lead by the mile. No one responded to his surge, so he stayed with it. He had come down from Santa Barbara for this race because he heard they had good prizes. He didn't think he had a chance of winning, he said, so he must have been feeling pretty excited by the 5K, which he blazed through in 14:46 on his way to his fastest time this year; by over a minute yet. How does 29:48 sound to you? Sounded pretty good to Hollister. Good enough for the win, by over 30 seconds. Tzadai, a transplanted Israeli outlegged Smead for second.

Meanwhile, Tracey was grooving, pulling away from Studenmund, who was then passed by Klausmier near the mile mark. It was all Tracey then, who finished 23rd overall out of 407 finishers. The time was 35:35, with Klausmier second in 36:57. Michel Tiff was 3rd, outlasting Studenmund who finished 4th, just nine seconds behind Tiff and only one place back, 34th overall to Tiff's 33rd. In open races, when the girls start getting down to around 43 minutes for a 10K, they begin to notice there aren't very many women around them. But for Tiff and Studenmund, it was ridiculous. There weren't even any men around.

Unknown to the runners, the chronomix timer and its backup both malfunctioned and everything had to be done by hand. But race director Charlie Hoover and his crew pulled one out of the hat. Somehow, they processed the results about as fast as if the chronomixes were working. With only 400 people to sort out, it wasn't too bad of a job, but with everyone anxiously waiting, it was a bit of a pressure cooker. They never did compute results for the 2 Mile fun run which preceded to 10K.

With every mile marked, great refreshments at the finish line and nice plaques for all the award winners, this

continued on next page...

photo by Richard Lee Slotkin



From Left: BONITO CRUZ, PORFIRIO HUERTA, PAT EWING, MARK ANDERSON, RON ROBERTS, MARK LEUVANO (with dark glasses).

Racing Report

really is a well managed race. Even the heads are classy. No porta-potties here. They bring in a pair of mobile rest rooms, just like the stars get when a TV show goes on location. They give you a nice T-shirt, too. So, somebody asked me to say something nice. Well, why not? Hoover is a very good runner, runs a lot of races, mostly marathons and ultras. He's part owner of a Phidippides and has made a lot of friends in the West Valley with all the extras he provides in the way of service. He knows what people expect from a race and I think he, his wife Ava, partner Craig Chambers and all the rest of the crew really do a pretty good job.

If nothing else, you get to pig out at the goodie tables.

Division Results - Men

12 & Under: 1. Matthew Werley 41:23, 2. Abraham Acuna 45:34, 3. Dan Komaromi 47:15. **13-17:** 1. Chris Furie 34:56, 2. Kris Depew 35:16, 3. Jay Resnick 39:19. **18-29:** 1. Robert Hollister 29:48, 2. Yehuda Tzadok 30:22, 3. Chris Weston 30:37. **30-39:** 1. Chuck Smead 30:33, 2. Jim Ulvestad 32:40, 3. Ray Bagby 33:24. **40-49:** 1. Larry Walker 33:34, 2. Eino Ramponnen 34:29, 3. Don Hepner 37:23. **50-59:** 1. Stan Block 40:30, 2. John Van Edmond 40:49, 3. Richard Slotkin 41:32. **60 & Over:** 1. Dick Bates 44:17, 2. Stan Stafford 49:12, 3. Jack Mehlman 50:42.

Division Results - Women

12 & Under: 1. Tiffany York 43:22, 2. Jennifer Ross 44:05, 3. Veronica Chavez 47:51. **13-17:** 1. Michelle McGowan 54:51. **18-29:** 1. Mary Tracey 35:35, 2. Joyce Klausmeier 36:57, 3. Miriam Vandelbosh 41:27. **30-39:** 1. Michel Tiff 37:27, 2. Jaymie Studenmund 37:36, 3. Pauline Brown 37:40. **40-49:** 1. Gina Faust 38:34, 2. Carol Coffey 48:25, 3. Luanne Cooper 52:58. **50-59:** 1. Luana Schmidt 1:00:26, 2. Edie Comis 1:02:20, 3. Frances Baumgarten 1:06:56. **60 & Over:** 1. Daisy Wong 53:30, 2. Helga Carden 54:15, 3. Dorothy Lineberry 1:00:28.

Western Hemisphere Mara.

November 24. Time seems to have left the Western Hemisphere behind. Thirty-eight years old now, it's the second oldest continuously run marathon in the country. It has seen some pretty good days. In 1964, it served as the trials for the Tokyo Olympics. And it has attracted some great runners such as Olympians Billy Mills and Pete McArdle and folks like Gary Tuttle, Norm Higgins, Merle McGee, Bill Scobey, who still holds the course record of 2:15:21, back when 2:15 was pretty damned respectable. But in the past several years, if a guy could go under 2:30, even by a few seconds, he'd not only win it, but he'd win BIG. And a couple of times, you didn't even have to go that fast.

How come they've fallen upon such hard times over there in Culver City, my adored home town? Well, for one thing, up until a few years ago, awards were scarce. None at all for age groups and women. Thankfully, that's been remedied but, and this is now the critical factor, there never has been, and still isn't, any money. No prize money, no appearance money, not even merchandise awards. And, nit-pickingly, a lot of people claim the course isn't any good. Too dull.

Well, the complaint about the course is a bad rap. It's not bad. In some places, yes, it's dull. But, in some places it's quite exciting and picturesque, such as one long stretch overlooking the beach, not to mention the point where it passes my apartment. That leg of the course, incidentally, is part of the 1984 Olympic Marathon route, and that does add a bit of mystique. I mean, for about a mile

you're treading in the very footsteps of Joan Benoit and Carlos Lopes.

Anyway, for the past 2 years, Steve Flynn has been beating up on the competition with times like 2:28 and 2:29, and he was back again looking to turn the hat trick. In August, he was an easy winner, a very easy winner, down the street in Santa Monica with a 2:30, in the middle of a godawful heat wave. Today, the weather wasn't going to be a problem. It was cold, overcast and threatening to rain. Unless there was a ringer out there, this should be easy.

As a matter of fact, as we lined up for the start, Flynn saw a strange face perched atop a very lean body. Introducing himself, Flynn, trying to make it look very casual, asked the fellow, whose name is Harold Ketting, what kind of time he was looking for. I didn't hear what Ketting said. I sidled up to Flynn and said, "Checking out the competition?"

"I like to know who I'm running against."

"What did he say?"

"Something under 2:20."

"Who is he? Can he really do that?"

"We'll see."

"Nervous?"

"Not me . . . much."

Flynn was a bit nervous, but a guy doesn't usually come out of nowhere and run 2:20. Neither of us had heard of Ketting, so although a bit apprehensive, we were a bit skeptical too.

It turned out that this was the 31 year old Ketting's first marathon in sixteen years, and the first time, he said, that he trained seriously. It was my first one in 5 years, so I know what he was up against.

Okay, so now you have the background and the situation at start time. Oh, one other item: in keeping with the hard times upon which the W.H.M. has fallen, there were, maybe, 300 starters.

Eight o'clock, bang goes the gun, and off we go. Do you know what it's like to start a marathon, knowing you have over 26 miles to go? Actually, it feels great if you've trained properly. You're in fantastic shape and a mile, two miles, 5 miles even, and you haven't even started to breathe hard. Especially when the weather is so great. Naturally, I soon lost sight of Flynn and Ketting, who went to the lead together. Planning to run a 7:30 pace, I was taking it easy, real easy, as everyone seemed to be passing me, including 61 year old Helen Dick. Well, Helen has gone under 3:10, so there was no surprise there. So, you can imagine my shock when I passed through the first mile in 6:47. Split caller, Bruce Robinson, without even looking up at me, droned, "Too fast, Richard!" I slowed down some and now I felt as though I was barely jogging; Helen was disappearing in the distance; more runners were passing, including San Luis distance club's Stan Rosenfeld, who said he was planning on something under 3:10, maybe a bit too fast for me; and went past the two mile mark in 14:10. At that rate I'd either hit 3 hours or the wall. And my money was on the wall.

But, it was up front where the action was. From about mile 6 to mile 10, it was Flynn and Ketting sharing the lead, Flynn said they talked a lot.

"About what?"

(Laughs) "Just talked about the weather."

After the race, Flynn said that he didn't have a serious attitude, coming into the race. I have to tell you, though, every time I've interviewed him he says that. Anyway, he was here at Culver City's request. If he could turn the hat trick, they were going to set up a permanent trophy for him honoring the feat. Flynn admitted

that it would be a big deal to pull that off.

So, with that in mind, a move would have to be made somewhere, and going into Playa Del Rey, at 10 miles, Flynn surged. That did it. By the time I reached that point, going up the hill on Vista Del Mar into Playa Del Rey, I saw Flynn coming down. He had a big lead on Ketting, at least 200 yards. Ketting was leading Charlie Hoover by about the same and Hoover was a zip code ahead of 4th. That part of the race tightened up later, but Flynn just kept pulling further and further ahead, heading for a 2:23:21 PR and a lead that ended up at over 10 minutes. Ketting held on to second, finishing nearly 5 minutes ahead of Hoover in a time of 2:34:03, not bad for a 16 year layoff. Flynn had only one complaint: the wind. It wasn't all that strong, but it seemed to be in his face no matter which way he was going. "I thought I'd be out of it when I reached the turnaround," said Flynn. "But it seemed to change direction with me."

Meanwhile, at 11 miles, I found myself in an unusual situation. I was ahead of all the women, having just reeled in Helen Dick. Heading back from the turnaround on Vista Del Mar, with its great view of the beach, I saw Sandra Kiddy had also passed Helen and was now the 1st female. Sandy, preparing for a hundred mile in Florida a few weeks hence, where she set a women's American Record, was taking it pretty easy or she would have been about a half mile ahead of me by then, headed for something like 2:58. But, today was basically a long workout and she was content with a 3:16:01. Boy, was she content! It got her the first place trophy. She was almost embarrassed, because even at Culver City they usually get one or two women to break 3 hours. At worst, someone goes under 3:10.

She'll take it.

And, husband Fred beat me out for 1st place in our age group, as he too added some hardware to the family collection. Fred outleaned me at the tape by 22 minutes. But, I'm happy. 2nd place medal and PRing by 5 minutes goes a long way towards making your day.

Well, I don't care what they say, I still like this marathon. My best and worst marathons are here, and it was where I ran my first one, which, up until this year, was my best. I talked to race director Jack Naknishi afterwards and he said that they hope to have sponsor money next year. Flynn's time this year brings

the race back to the fringes of respectability. Hopefully Flynn will be back in 1986. He was invited to do just that at the awards ceremony. And by this time next year he could be going under 2:20. He's only 27, so there's lots of room for improvement. And with sponsors, they will probably pull in a few more good ones, both M's and F's.

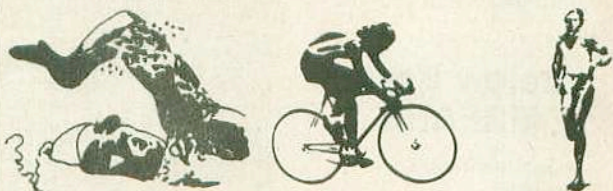
So, Culver City's Western Hemisphere Marathon could be on its way back. It deserves to. You can PR on this course. It's got tradition. They do a pretty good job of managing it. They even have a stew lunch afterwards, just like that other marathon - the only one that's older than Culver City. And, it goes past my house.

Hey! don't laugh. There's beer in the fridge. Stop by at 3 miles or at 24 miles, and we'll drink one to The Western Hemisphere Marathon!

Overall Results

1	Steve Flynn (27) Pismo Bch	2:23:21
2	Harold Ketting (31) Marina D.R.	2:34:03
3	Charlie Hoover (37) Sepulveda	2:38:57
4	David McEvoy (28) Tucson	2:39:28
5	Frank Womack (22) Hawthorne	2:41:57
6	Gianni Carpani (38) L.A.	2:42:43
7	Dave Orlowski (28) ElSegundo	2:42:59
8	Ian Karkoschke (37) Waterloo	2:44:47
9	Jack McQuown (33) ElTor	2:45:19
10	Joe Gassmann (45) Hawthorne	2:45:56
11	Ron Navarrette (46) Placentia	2:46:12
12	Paul Garnett (37) Topanga	2:48:05
13	John Fedoroff (16) Redondo Bch	2:48:27
14	Charles McClung (45) Reseda	2:49:00
15	Roger Shanley (33) Tucson	2:49:12
16	Alex Meade (41) Monterey Pk	2:49:21
17	Pablo Orobony (40) Long Bch	2:49:34
18	Gary Williams (39) Huntington B	2:49:41
19	Jim O'Brien (32) Sierra Madre	2:51:21
20	Fred Kiddy (51) Palm Springs	2:51:51
21	Patrick Shelton (38) Anaheim	2:51:55
22	Steve Funke (24) L.A.	2:53:16
23	Phil Hood (24) Westchester	2:54:41
24	Nahum Gat (37) Hermosa Bch	2:54:48
25	Michael Jacobs (18) Northridge	2:55:52
26	Peter Saccone (42) El Cajon	2:56:34
27	William McCarthy (34) L.A.	2:56:44
28	Tom Adams (28) L.A.	2:57:03
29	Bill DeMucci (41) Palos Ver	2:57:13
30	Simon Robin (43) P.V.E.	2:57:14
31	Richard Slotkin (52) Culver City	3:13:33
32	Sandra Kiddy (48) Palm Springs	3:16:01
33	Raymond Penkert (60) El Cajon	3:18:50
34	Helen Dick (61) L.A.	3:25:58
35	Jain Fletcher (36) L.A.	3:26:20
36	100 Bodee Maxwell (25) S. Monica	3:29:56

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Results

Track & Field

UCLA Fall T&F Invitational

December 7, UCLA, Los Angeles.
Men's Results

100m: 1. Raymond Young, UCLA, 10.86, 2. James Harris, AATC, 11.16, 3. Maurice Anderson, Compton, 11.41. 200m: 1. Raymond Young, UCLA, 22.17, 2. Dwayne Gregory, UCLA, 22.88, 3. Derrick Knight, Unat., 23.1. 400m (A): 1. Kevin Young, UCLA, 47.5, 2. Anthony Washington, UCLA, 48.2, 3. Mike Marsh, UCLA, 48.3. 400 (B): 1. Ed Simmons, Unat., 49.7, 2. Dennis Batucal, UCLA, 50.1, 3. Brian Estwick, Unat., 50.7. 800m: 1. John Stanich, UCLA, 1:59.1, 2. Scott Lewer, UCLA, 2:01.7, 3. Donnell Simon, Compton, 2:03.2. Mile: 1. Jim Ortiz, UCLA, 4:07.1, 2. Tony Young, CSLA, 4:10.1, 3. Andy Sims, UCLA, 4:17.7. 2 Mile: 1. Robert Mackey, Mt.SAC, 9:23.6, 2. Sal Rodriguez, N.B., 9:31.1, 3. Dean Miller, Unat., 10:21.5. 110 HJ: 1. Pat Brantley, LBCC, 14.1, 2. Michael Honnick, Marine, 14.7, 3. Dwayne Gregory, UCLA, 15.1. 4x400 Relay: 1. UCLA "A", 3:12.12, 2. Unat., 3:12.6, 3. UCLA "B", N.T. Javelin: 1. Douglas Fernandez, RE, 202.9, 2. Carl McMahon, UCLA, 183.6, 3. Don Babbit, Unat., 183.1. Shot Put: 1. Tambi Wenj, LBCC, 51.5, 2. Douglas Fernandez, RE, 43.9, 3. Peter Thompson, UCLA, 42.2. Long Jump: 1. Kevin Young, UCLA, 23.3, 2. Tyrus Jefferson, Unat., 23.3, 3. John Harris, LBCC, 22.9. Discus: 1. Douglas Fernandez, RE,

157.9, 2. Mike Nishanian, LBCC, 155.0, 3. Tambi Wenj, LBCC, 152.1. Triple Jump: 1. Dwayne Washington, UCLA, 50.7, 2. Anthony Lewis, Unat., 43.11. Pole Vault: 1. Jerry Mulligan, 17.0, 2. Anthony Curran, Unat., 16.6, 3. Tom Hintous, 16.6. High Jump: 1. Troy Haines, UCLA, 7.0, 2. Tyrus Jefferson, LBCC, 6.10, 3. Victor Nehring, UCLA, 6.8.

Women's Results

100m: 1. Renate Keilbach, LBCC, 15.9. 400m: 1. Dori Fullerton, Kanga., 65.9, 2. Crickett Morgiewicz, TK, 67.5. 800m: 1. Monica Keegan, UCLA, 2:22.1, 2. Stephanie Brennan, UCLA, 2:23.6, 3. Heidi Gartner, UCLA, 2:23.7. Mile: 1. Nancy Brown, UCLA, 5:19.50, 2. Kiki Laborteaux, UCLA, 5:20.75, 3. Luz Aguilar, UCLA, 5:22.58. 2 Mile: 1. Anne Albertazzi, UCLA, 13:03.91, 2. Collette Coiner, UCLA, 13:29.7, 3. Debbie Williams, UCLA, N.T. 4x400 Relay: 1. Nicole Thompson, Nikki Williams, ChooChoo Knights, Sara Parros, 3:50.6, 2. Michelle Banks, Gail Devers, Monica Phillips, Kiki Laborteaux, 3:50.9, 3. Kristen Dowell, Monica Keegan, Lora Womack, Karen Brown, 4:13.6. Javelin: 1. Toni Jutjens, UCLA, 134.4, 2. Kris Larson, UCLA, 134.1, 3. Tami Richardson, UCLA, 108.10. Shot Put: 1. Annette Noel, LasVir., 35.8, 2. Nikki Williams, UCLA, 16.5, 3. Tiffany Smith, UCLA, 15.6. Discus: 1. Annette Noel, Las Vir., 90.10.

Berkeley All Comers Meet

January 11, Edwards Stadium:

ALL-COMERS

At Edwards Stadium, Berkeley
MEN: 55—McNeil 6.4, 200—Thorbs 21.6, 400—Gibson 49.5, 800—Richardson 1:52.8, 1500—Smith, Athletics West, 3:44.9, 5000—Heller, Greater SF TC, 15:27.1, 85 HH—Boyd 7.5, HJ—Crumby, Arizona, 7-2, LJ—Pitterman, Cal, 24-1/4, TJ—Kimble, Bay Area Striders, 52-9/4, SP—Schmidt, Ather TC, 53-3/4, DT—Gravelle 174-3, HT—Williamson, Cal, 164-4, JT—Shepard 164-1.

WOMEN: 55—Jones 7-5, 400—Williams 1:06.1, 1500—Hemingway, Rabok, 4:41.6, 55 LH—Ford 8.9, 300 LH—Szezo 48.2, SP—Eades, Cal, 35-5/4, DT—Parker 168-4, JT—Sundby, Athletes in Action, 169-10.

PREP BOYS: 55—Kenon, Vallejo, 6.7, 200—King 23.1, 400—Pickett, Encinal, 52.0, 800—Fitzgerald, St. Ignatius, 1:55.5, 1500—McAboy, Miramonte, 4:01.3, 3200—Hartmann, Moreau, 10:21.0, 300 LH—Pickett, Encinal, 43.1, HJ—Robertson, Northgate, 6-4, PV—Burns, Acalanes, 16-0, LJ—Smith, McAteer, 19-10, TJ—Smith, McAteer, 43-5, SP—Hyland, De La Salle, 49-7.

PREP GIRLS: 400—Herzog, Hogan, 1:02.1, 800—8. Thatcher, Encinal, 2:31.6, 1500—Burke, Marin Catholic, 4:58.0, 300 LH—Smith 50.8, SP—Harris, Kennedy-Richmond, 30-7/4.

Berkeley All Comers Meet

January 18, Edwards Stadium:

ALL-COMERS

At Edwards Stadium, Berkeley
MEN: 55—Tie, House and Mayes, 6.4, 200—Hunter, Merritt College, 22.0, 400—Gibson 49.7, 800—Richardson 1:51.8, 1500—Buttinghausen 3:59.0, 5000—Axinn, U. Chicago TC, 15:25.4, 55 HH—Pat Duffy, Cal, 7.4, 300 HH—Amerson 40.5, HJ—Trujillo, Nevada-Reno, 6-9/4, SP—Tafrales 63-9, DT—Gravelle, Skyline College, 175-10, JT—Webb 166-2.

WOMEN: 55—Jones 7.3, 200—Jones 26.2, 400—Vidakovits 59.1, 800—Brennan 2:23.6, 1500—Brennan 4:48.7, 55 LH—Ford 9.1, SP—Trask, Skyline Col., 39-11/4, DT—Trask 124-5, JT—Trask 104-5.

PREP BOYS: 55—Goode 6.7, 200—Smith, Skyline, 23.5, 800—Fitzgerald, St. Ignatius, 1:54.6, 1500—Cuthbertson, Piedmont, 4:02.2, 3200—Hernandez, Mission San Jose, 10:08.1, 55 HH—Cox 8.2, 300 LH—Pickett, Encinal, 42.3, 400 Relay—Emery 47.2, HJ—Adami, Las Lomas, 5-4/4, SP—Cavallaro, Logan, 48-4, DT—Cavallaro 132-4, JT—Hyland, De La Salle, 132-10.

PREP GIRLS: 1500—Eisenman, Calistoga, 5:17.3.

Road Racing

Fleet Week Challenge 5 Mile

October 13, San Francisco.

When ships of the Pacific Fleet sail into the Port of San Francisco each year, the City turns out a huge welcome mat for a week long celebration which includes a Challenge Foot race along the waterfront.

This years event which saw over 2300 runners was hotly contested in both the individual and team competition. Running for a special trophy given in honor of Lieutenant Commander Mike Gershon, a Blue Angel pilot killed in an air accident last year, Robert Darling of the Army's Presidio team and Tom Kelley of the USS Carl Vinson waged a classic duel over the flat and fast five mile course which ended at Pier 30-32. Darling lead most of the way over roads he knew like the back of his hand while Kelley dogged his heels and waited for the final 200 yards before making his bid. Employing a strong final kick, Kelley edged past Darling for a 25:19 to 25:23 victory. Third place went to David Stallers of the US Coast Guard who failed in his bid to repeat as first place finisher. His most respectable time of 25:30 makes him a strong contender for next years race barring transfer.

Jacqueline Braisted, running for the Impala Racing Team, ran an uncontested

29:01 to finish 54th overall. Her closest competitor, Kathy Dalton, finished in 29:32.

Overall Results - Men

1 Tom Kelley	25:19
2 Robert Darling	25:23
3 Dave Stallers	25:30
4 Butch Alexander	25:51
5 Bruce Cyra	25:55
6 Joseph Hernandez	25:56



TOM KELLEY

7 Stanley Zetotarski	25:56
8 Tony Scardina	25:57
9 Steven Gregory	26:08
10 Robert Lindsey	26:19
11 Roberto Mender	26:26
12 John Anderson	26:30
13 Lon Kincannon	26:36
14 Kevin Mears	26:53
15 Glenn MacDougall	26:57
16 Jim Kiori	26:58
17 Dan Rueckert	27:00
18 Eugene Beauchemin	27:11
19 Tony Stefani	27:12
20 Bruce Phinney	27:14
21 Robert Gattrell	27:19
22 Brian Peterson	27:31
23 Larry Morales	27:37
24 Damon Starring	27:44
25 Michael Penney	27:48

Overall Results - Women

1 Jacquelyn Braisted	29:01
2 Kathy Dalton	29:32
3 Peggy Lavelle	31:10
4 Eileen Brennan	31:18
5 Kris Tiret	31:57
6 Vicki Chase	32:33
7 Kim Rupert	32:41
8 Donna Johnson	32:42
9 Alison Murray	32:44
10 Birthe Kirsch	33:05
11 Valerie Coppes	33:18
12 Janice Lecocq	33:29
13 Barbara Frank	33:33
14 Rebecca Taylor	33:43
15 Chelsea Hernandez	34:12
16 Lisa Stringfellow	34:14
17 Evelyn Martinez	34:36
18 Margaret Ervin	34:42

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Results

19 Laura Adams	34:44
20 Nadine O'Connor	35:16
21 Karen Scannell	35:31
22 Hoburg	35:33
23 Jan Hampshire	35:37
24 Diane Lazzari	35:41
25 Shirley Brown	35:55

Rutherford Duster 10 Mile

October 27. Rutherford.

Catherine Isham of Walnut Creek and Leroy Kotchevar of Crockett were the overall winners in the inaugural Inglenook Napa Valley "Rutherford Duster" 10 mile run, held at the Inglenook Winery. Kotchevar, running for the Zephyr Athletic Club, took a large early lead and battled unseasonable heat to out-distance Berkeley's Peter Churney, who finished second with a time of 54:04. Third place went to Jeff Porto of Hayward with 55:34.

In the women's division, Isham held off challenges from two local women to clock 1:06:22 to take the overall title. Second and third places went to Napa's Eileen Smith and Laura McGinn who clocked 1:07:31 and 1:08:53, respectively.

Master winners were Doug Butt of Fairfield with 56:24 and Barbara Magid of Mill Valley, who ran 1:12:10.

Women's open team winner was the Silverado Striders with a combined time of 3:31:15 (top three women), while the Zephyr Athletic Association captured the men's team title with a time of 2:48:25. Master titles went to the Silverado Striders women with 3:54:51 and the Zephyr AA men's team title with a time of 2:48:25. Master titles went to the Silverado Striders women with 3:54:51 and the Zephyr AA men with 3:22:07.

In all, 214 runners finished the 10-mile race.

Overall Results - Men

1 Leroy Kotchevar(31)Crockett	53:10
2 Peter Churney (30) Berkeley	54:04
3 Jeff Porto (25) Hayward	55:34
4 Bob Blackman (26) Napa	55:55
5 Kent Thompson(24)EISobranite	56:20
6 Doug Butt (40) Fairfield	56:24
7 Steve Ottaway (37) SanAnselmo	56:51
8 Daniel Hollis (35) Pinole	57:40
9 Wayne Johnston(30)Vacaville	58:26
10 Allan Smith(25)BoyesHotSp.	58:55
11 Gary Beck (31) Sacramento	59:13
12 Mike Tyler (18) Napa	59:24
13 Jim West (25) Hayward	59:38
14 Wayne Miles (38) DiamondSp.	1:00:23
15 Peter Laskier (41) MillVly	1:10:42

Overall Results - Women

1 Catherine Isham (22) WalnutCk	1:06:20
2 Eileen Smith (29) Napa	1:07:31
3 Laura McGinn (25) Napa	1:08:53
4 Cecilia Saleme (21) Cupertino	1:09:15
5 Evelyn Martinez (37) S.F.	1:11:34
6 Barbara Magid (42) Mill Vly	1:12:10
7 Tracy Christopher(23)Davis	1:12:45
8 Anne Shikuma (25) SantaCruz	1:14:20
9 Yoka Zwetsloot (46) Napa	1:14:42
10 Lisa Backer (28) Napa	1:14:51
11 Kathleen Feltz (34) Sunnyvale	1:15:02
12 Pam Bjornberg (30) Orland	1:15:18
13 Donna Troyna (31) SanJose	1:15:18
14 Barbara Zoldan (38) Fremont	1:15:26
15 Carol Daniels (37) Napa	1:17:20

Division Results - Men

18 & Under: 1. Michael Tyler 59:24. 20-29: 1. Jeff Porto 55:34. 30-34: 1. Leroy Kotchevar 53:10. 35-39: 1. Steve Ottaway 56:51. 40-44: 1. Doug Butt 56:24. 45-49: 1. John Meyers 1:07:51. 50-59: 1. Gard Leighton 1:03:42. 60 & Over: 1. Karl Bollinger 1:13:18.

Division Results - Women

20-29: 1. Catherine Isham 1:06:20. 30-34: 1. Kathleen Feltz 1:15:02. 35-39: 1. Evelyn Martinez 1:11:34. 40-44: 1. Barbara Magid

1:12:10. 45-49: 1. Yoka Zwetsloot 1:14:42. 50-59: 1. Margaret Houston 1:19:07.

Team Divisions - Men

Open (39 & Under): 1. Zephyr Athletic Association 2:48:25. Master (40 & Over): 1. Zephyr Athletic Association 3:22:07.

Team Divisions - Women

Open (39 & Under): 1. Silverado Striders Running Club 3:31:15. Master (40 & Over): 1. Silverado Striders Running Club 3:54:51.

Restaurant Team Division (two men, one woman): 1. Plumed Horse 3:14:18.

Pumpkin Day Run

October 27. Fairfield. 5K.

Overall Results

1 Mike Wright (28)	15:44
2 Ed Ettel (17)	15:46
3 Paul Beisser (33)	16:32
4 Jerry Glover (31)	16:46
5 Not Available	17:04
6 Robert King (17)	17:13
7 Dan McCampbell (31)	17:34
8 Randy Souther (20)	18:00
9 Rick Souza (25)	18:15
10 John Silva (34)	18:33
11 Robert Barnett (41)	18:40
12 Stephen Kachuck (15)	18:40
13 Bob Curtis (45)	18:57
14 Sam Bailey (48)	19:09
15 Richard Lacuna (17)	19:14
17 Wanda Bailey (15)	19:35
18 Tom Collins (43)	20:01
20 Laurie Sullivan (22)	21:13
28 Clariza Agullon (16)	21:25
29 Shirley Brown (31)	21:38
38 Cynthia Yarbort (29)	22:57
39 Marcia Barnett (41)	22:58
40 Howard Jennings (51)	23:04
41 Mayrene Bates (51)	23:07
42 James Bates (54)	23:08

Newport Classic

October 27. Newport Beach. 10K & 5K.

Overall Results - Men's 10K

1 M. Ruelas	31:20
2 Bob Adams	31:24
3 Gus Mojarro	31:40
4 Waian	31:57
5 Marco Ochoa	32:03

Overall Results - Women's 10K

1 Julia McKinney	41:31
2 Oliva Dennis	41:35
3 Rostagno	41:47
4 Brenda Lunsford	41:52

Division Results - Men's 10K

14 & Under: 1. Brent Parton 38:52. 2. Minero 41:54. 3. Scott Andes 47:59. 15-18: 1. Dan Cohen 35:08. 2. David Garcia 36:57. 3. Cerda 37:27. 19-24: 1. M. Ruela 31:20. 2. Bob Adams 31:24. 3. Gus Mojarro 31:40. 25-29: 1. John Holton 32:48. 2. Clyde Matsumura 33:32. 3. Richard Grefinger 33:35. 30-34: 1. J. Willie 33:40. 2. Rudy Krause 34:02. 3. J. Whitson 34:40. 35-39: 1. Chuck Foot 34:50. 2. H. Hartley 34:54. 3. Lee Burditt 35:11. 40-44: 1. David Carter 35:05. 2. Millard 36:30. 3. Toby Larson 38:37. 45-49: 1. Frank Russo 38:29. 2. Dave Hurlburt 38:32. 3. Curt Curtis 39:34. 50-59: 1. Lyle Deem 41:10. 2. Carl Ingles 42:13. 3. John Boark 43:32. 60 & Over: 1. Bob Cuyler 51:44. 2. Irwin Young 56:50. 3. C.W. Hood 59:04.

Division Results - Women's 10K

14 & Under: 1. Erin Cunningham 46:07. 15-18: 1. Madalyn Schmute 43:59. 2. Franzy Massare 51:00. 19-24: 1. Rostagno 41:47. 2. Junko Nishiguchi 43:07. 3. Claudia Gold 43:08. 25-29: 1. Julia McKinney 41:31. 2. Oliva Dennis 41:35. 3. Melia Lon 43:46. 30-34: 1. Retha Evans 43:11. 2. Sheila Garberth 43:36. 35-39: 1. Valerie Kenney 48:15. 2. Ohoo Ginez 48:28. 40-49: 1. Brenda Lunsford 41:52. 2. Joan La Pierre 44:52. 3. S. Barr 48:10. 50-59: 1. Phyllis Kersha 48:34. 2. Aileen Bryans 1:19:00.

Overall Results - Men's 5K

1 Gonzales	15:16
2 Stuart Calderon	15:38

3 Ed Mundo	15:42
4 Mike Cooper	15:44
5 Jafus Erektus	15:50

Overall Results - Women's 5K

1 Lisa Gonzalez	17:29
2 Shirley Matson	17:32
3 Harolene Walters	17:58
4 Carol Carrigan	18:47
5 Sherri Fox	20:14

Division Results - Men's 5K

14 & Under: 1. Collins 18:14. 2. Jeh Hildebrand 18:44. 3. David Cain 19:20. 15-18: 1. Jamie Oman 15:56. 2. Charlie Yu 16:41. 3. Greg Hinton 18:36. 19-24: 1. Gonzales 15:16. 2. Ed Mundo 15:42. 3. Mike Cooper 15:44. 25-29: 1. Stuart Calderon 15:38. 2. C. Christensen 16:10. 3. Magnus Winebeck 16:35. 30-34: 1. Calvin Rossi 17:48. 2. Charlie Chochrane 18:11. 3. Pat Petre 18:54. 35-39: 1. Bill Sumner 16:31. 2. Steve Bashey 16:51. 3. Wayne Church 18:40. 40-44: 1. George Davis 16:46. 2. Dan McCaskill 16:49. 3. Ken Mazur 17:25. 45-49: 1. J. Herrern 17:41. 2. Steve Waltner 17:44. 3. Frank Russo 17:59. 50-59: 1. Leo Prado 19:35. 2. Ernie Miller 19:56. 3. Edward Thorp 20:51. 60 & Over: 1. Lucile Adney 34:32. 2. Marjorie Tind 43:07.

Division Results - Women's 5K

14 & Under: 1. Traci Ruble 21:51. 2. Denisha Bendz 23:06. 3. Carrie Wilson 26:15. 15-18: 1. Rebecca Robboy 22:47. 2. Monica Ramirez 24:58. 3. Kathy Shives 27:54. 19-24: 1. Carol Carrigan 18:47. 2. Sherri Gray 22:16. 3. Chandrika 22:27. 25-29: 1. Lisa Gonzalez 17:29. 2. Sherri Fox 20:14. 3. Lisa D'Andrea 20:54. 30-34: 1. Vauthrin 22:43. 2. Felice Crutchfield 22:53. 3. Connie Dodge 23:30. 35-39: 1. Cheryl Carnall 20:10. 2. Friedmark 22:32. 3. Monica Fortie 22:34. 40-49: 1. Shirley Matson 17:32. 2. Harolene Walters 17:58. 3. Marcia Martyn 21:55. 50-59: 1. Martha

Furst 26:33. 2. Salvara Meade 27:16. 3. Carroll Hochschild 27:34. 60 & Over: 1. Lucile Adney 34:32. 2. Marjorie Tind 43:07.

photo by Gene Cohn



NANCY DITZ

IAAF Women's World 15K Road Race

November 2. Gateshead, England.

Overall Results

1 Aurora Cunha (Por)	49:17
2 Judi St. Hilaire (USA)	49:25
3 Carole Bradford (GBR)	49:59
4 Lyudmila Matveyeva (URS)	50:28
5 Paula Fudge (GBR)	50:36
16 Nancy Ditz (USA)	51:57
19 Carol Urish-McLachie (USA)	52:13

Team Scores

1. Great Britain 19. 2. Soviet Union 20. 3. United States 36. 4. West Germany 42. 5. Portugal 43. 6. Italy 50. 7. Australia 79. 8. France 85. 9. Finland 87. 10. Denmark 89.

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□ Results

Holiday Bowl Heart of San Diego Mara.

November 3, San Diego.

Overall Results - Men's Marathon

1. Agapius Masong, Texas 2:16:58
2. Leodgard Martin, Texas 2:19:35
3. Kevin McCarey, San Diego 2:23:29
4. Ken Wilson, Albuquerque 2:24:01
5. Paul Cummings, Orem, UT 2:27:04

Overall Results - Women's Marathon

1. Gabriele Anderson, SunVly, ID 2:42:27
2. Liz Baker, R Santa Fe 2:47:01
3. Carrie Morrison, San Diego 3:02:12
4. Peggy-Joy Whan, San Diego 3:04:49
5. Gloria Shepard, L.A. 3:07:59

Overall Results - Men's 10K

1. Steve Scott, Fallbrook 29:20
2. Thom Hunt, Coronado 29:26
3. Ron Corneli, San Pedro 29:39
4. Don Janicki, Tucson 29:50
5. Armando Siqueros, Irvine 29:54
6. John Koningh, L.A. 30:00
7. Gabriel Kamau, El Paso, TX 30:08
8. Sergio Sanchez, Tecate, BC 30:10
9. Gary Tuttle, L.A. 30:21
10. Sean Evans, Irvine 30:26
11. Robert Lusitania, San Diego 30:30
12. Richie Brownsberger, San Diego 30:32
13. Ron Roberts, L.A. 30:35
14. Gilbert Alvarez, San Diego 30:36
15. Danny Martinez, L.A. 30:44

Overall Results - Women's 10K

1. Zola Budd, G.B. 33:15
2. Lynn Nelson, Phoenix, AZ 33:29
3. Sue Berenda, San Clemente 33:58
4. Sylvia Mosqueda, Alhambra 34:23
5. Patti Gray, Phoenix 34:25
6. Ngaira Drake, New Zealand 34:59
7. Donna Chin, L.A. 35:54
8. Lisa Gonzales, San Clemente 36:75
9. Diane Swick N.T.
10. Kathy Kinane, San Diego 37:15

The Estrella 10K Harvest Run

November 3, Paso Robles.

The 4th Annual Harvest Run at Estrella River Winery in Paso Robles took on Sunday morning and attracted runners from various California locales. The 400 entrants were rewarded with a sunny and warm day along with a challenging course which wound and twisted through the 550 acres of recently harvested vineyards.

Winning the race for the 4th year in a row was Terry Gibson of San Luis Obispo, who led the field with a time of 32:52, beating his nearest challenger by more than a minute. Leading the women with a time of 41:08 was Mary Ryner of Paso Robles, who finished 39th overall.

All runners were challenged to "Beat the Winemaker." Tom Myers, Myers, who placed 168th finished the course with a time of 50:00.8, improving his time by 3.5 minutes over last year. Each runner outpacing the winemaker received an Estrella t-shirt.

Afterwards participants and spectators were treated to plenty of refreshments and appetizers and winetasting while awards were given to the top three finishers in each age division.

Division Results - Men

- 20 & Under: 1. Ted Brown 37:51, 2. Josh Ellingwood 39:12, 3. Ronnie Holstine 39:19, 21-29: 1. Terry Gibson 32:52, 2. Malcolm Maxwell 33:56, 3. Keith Golding 34:20, 30-39: 1. Frank Hutchinson 35:23, 2. Al Kolofier 37:07, 3. John Blair 37:21, 40-49: 1. Larry Jamison 38:41, 2. Jim

Brown 39:28, 3. Brian Kemp 39:31, 50 & Over: 1. Len Thornton 38:14, 2. Dick Gain 40:04, 3. Tommy Upton 42:02.

Division Results - Women

- 20 & Under: 1. Shannon Felix 48:14, 2. Angela Orfice 49:30, 3. Michele Kenney 49:43, 21-29: 1. Gae McClenathen 42:21, 2. Marion Fiorentino 43:08, 3. Shannon Dial 43:54, 30-39: 1. Mary Ryner 41:08, 2. Gerri Cardillo 47:05, 3. Liz Cecchi-Ewing 47:11, 40-49: 1. Gudrun Fink 48:00, 2. Angie Fuhrmann 48:05, 3. Susan Hood 50:49, 50 & Over: 1. Marilyn Rehorn 53:10.



LEN THORNTON
50 & Over Winner
at Estrella 10K

Breakers and Butterflies

from John S. Miller

November 10, Pacific Grove, 10K.

Division Results - Men

- 12 & Under: 1. Bill Donaldson 42:45, 2. Mark Eby 77:24, 13-17: 1. Ruben Covarrubias 37:01, 2. Nick Long 37:09, 18-29: 1. Tim Minor 31:37, 2. Peter Kiefer 33:14, 3. Jorge Torres 34:33, 30-39: 1. Jim Paulous 34:50, 2. David Fitzpatrick 36:05, 3. Stephen Swan 36:33, 40-49: 1. Gary Baxel 36:41, 2. Doug Essary 38:07, 3. John Brazinsky 38:54, 50-59: 1. Tom Lehmkuhl 40:06, 2. Conrad Lahr 40:40, 3. Jose LaFayette 40:50, 60 & Over: 1. Howard Powers 48:05, 2. Lopaka Schubert 50:56.

Division Results - Women

- 13-17: 1. Leticia Ancheta 49:21, 2. Patricia Richardson 58:55, 18-29: 1. Patty Selbicky 39:27, 2. Elizabeth Sotoodeh 45:21, 3. Lauren Left 48:35, 30-39: 1. Julie Sigourney 41:39, 2. Katy Scott 42:02, 3. Diane McKelvey 42:31, 40-49: 1. Cindy Hutcherson 51:24, 2. Ann Feld 51:50, 3. Marian McEwing 58:18, 50-59: 1. Iona Scapple 60:32, 2. Barbara Neyens 66:39.

Arcata Bottoms Race

November 10, Arcata, 8 Mile & 2.5 Mile.

The freezing rain in the morning probably kept people from the '85 Arcata Bottoms race. But the hard-core group that showed up turned in some good times in what were excellent race conditions, cool with little wind. Greg Zentner won in a fine 41:38 and Carlana Richcreek was the first woman with a 58:59. Greg Heistuman showed he is getting back in shape as he ran 42:50 in second. Some good age group times were run but they were overshadowed by amazing George Herd whose 45:41 broke his own 50's record and more impressively was 14 seconds ahead of Dick Meyer's 40:49 record set in '81. George is in a class by himself and it has been suggested that some older runners that we establish a separate category for him. Aaron Krohn is still on the comeback trail as he ran his second race in as many weeks. Bran Collingwood's fine 48:40 gets him a nomination for most improved runner of the year. Rich Gilchrist is in better shape than his time indicated, but he was hobbled with a hamstring pull. Bob Dickerson beat daughter Cathy but she appeared no to be racing. Old Bill Morris ran a good 47:49 but had young Bill out of sight in front. Thanks to Karen Angel, Jim Griggs, and Ken Yanosko for helping with the finish.

Overall Results - 8 Mile

1. Greg Zentner (26) 41:38
2. Greg Heistuman (30) 42:50
3. Mike Pigg (21) 44:59
4. Billy Morris (20) 45:04
5. George Herd (50) 45:41
6. Ron Flenner (38) 46:19
7. Bill Morris (43) 47:49
8. Bran Collingwood (39) 48:40
9. Ron Ross (44) 49:12
10. Hal Jackson (52) 49:36
23. Carlana Richcreek (32F) 58:59
28. Kris Mechals (29F) 62:24
29. Cathy Dickerson (27F) 62:24
30. JoAnn Joy (37F) 63:48

Winners of 2.5 Mile

1. Mike Holt (36) 12:54
2. Yoshi Uemura (31) 14:12

Lemucchi's Tam O'Shanter Pedal & Plod

from Margaret Lemucchi

November 10, Bakersfield.

Division Results

- 2 Man Team: 1. Norm Hoffman, Jose Garcia 1:25:45, 2. John Stephenson, Thomas Vales 1:27:27, 3. Dave Morrison, Juan Garcia 1:30:05, 2 Woman Team: 1. Shari Lobsinger, Janis Schmidt 1:52:46, 2. Vicki Townsend, Leslie King 1:57:19, 3. Kari Foy, Linda Ross 2:00:49, 2 Person Mixed Team: 1. Paul Bowman, Brenda Villanueva 1:35:36, 2. Mark Szyzborski, Claire Wiswall 1:42:23, 3. Jim Walker, Tammy Jones 1:42:48, Tin Man: 1. Scott Hislop 1:35:16, 2. Neville Clarke (44) 1:36:11, 3. Ron Lessley 1:37:03, 6. Reynold Kalstrom (40) 1:39:28, 7. Gary McCain (47) 1:39:54, Tin Woman: 1. Judi Thompson 1:51:22, 2. Lupe Eberly 1:51:34, 3. Anne Shkuma 1:52:23, 5. Corrine Schratz (41) 1:55:38, 11. Susan Lucas (43) 1:59:32, 12. Elizabeth Saba (48) 2:02:11.

Leukemia Society of America 10K

November 16, Irvine.

Division Results - Men

- 15-19: 1. Steve Spatjan 34:26, 2. Rick Heri 34:35, 3. Greg Hinton 39:15, 20-29: 1.

Margo Ochoa 31:02, 2. Curtis Hughes 31:21, 3. Scott Hakeman 31:25, 30-39: 1. Jerry Willis 32:11, 2. Jim Whitston 32:59, 3. Dan Thomas 33:21, 40-49: 1. Ken Mazur 34:53, 2. Roy Fussell 35:11, 3. Bob Hu 35:24, 50-59: 1. Buddy Beishe 39:02, 2. Ernie Miller 40:01, 3. Tracy Brown 40:04, 60 & Over: 1. Li Bannelos 39:28, 2. Leonard Kulbacki 44:04, 3. Scotty Donald 47:08.

Wheelchair: 1. Bud Harris 30:40, 2. Ed Ramirez 36:30.

Division Results - Women

- 14 & Under: 1. Regina Schuhudlid 43:50, 2. Kelly Sullivan 58:53, 15-19: 1. Clare Macaulay 42:35, 2. Kelly Keegan 43:00, 20-29: 1. Sherry Fox 38:39, 2. Shirely Batlik 46:14, 3. Shelley Hamen 46:27, 30-39: 1. Candy Clark 39:41, 2. Michelle Gardy 49:14, 3. Pinky Davis 49:49, 40-49: 1. Viola Philips 40:01, 2. Marin Rodriguez 48:14, 3. Joan Norris 57:13, 50-59: 1. Jane McMickle 53:03, 2. Carol Hochschild 57:09, 3. Lee Liddle 1:00:58.

San Felipe Triathlon

November 16, San Felipe.

Overall Results - Men

1. Hans Dieben (46) 5:57:10
2. Mikey Morera (25) 6:00:53
3. Marc Mone (26) 6:06:00
4. Reynold Kalstrom (40) 6:09:19
5. Larry Goodman (28) 6:11:37

Overall Results - Relays

1. Team Debbie Starks 5:25:11
2. Team Antonio Rivero 5:31:38
3. Team Edna Flores Carrado 5:38:45

Donner Lake Turkey Trot

November 17, Donner Lake.

For three years Jeff Townsend has been chasing the backside of Denis O'Halloran. In the ninth annual Donner Lake Turkey Trot it was finally O'Halloran chasing Townsend. In a stirring duel, Jeff broke Denis by surging just past the four mile mark, and won in a time of 34:55. Denis was second in a time of 35:19 easing up at the finish line. Third place was taken by Martti Rizzo (37:21) and fourth by Ron Richardson (37:38).

In the ladies division Anne Chippendale won in a time of 46:21. Second was Kate Santich in 49:01 and Michele Winoate was third in 56:23.

Overall Results - Men

1. Jeff Townsend 34:56
2. Dennis O'Halloran 35:19
3. Marti Rizzo 37:21
4. Ron Richardson 37:38

Division Results - Men

- 14 & Under: 1. Jeromy Mills 41:36, 15-19: 1. Frank Towle 53:13, 2. Chris Atcheson 106:20, 20-29: 1. Jeff Townsend 34:55, 2. Ron Richardson 37:38, 3. Paul Gossi 37:59, 30-34: 1. Denis O'Halloran 35:19, 2. Martti Rizzo 37:21, 3. John Minaberry 37:52, 35-39: 1. Dave Lincicome 38:29, 2. John Coburn 38:41, 3. Frank Towle 42:45, 40-49: 1. Rick Sylvester 42:11, 2. Ken Pulver 42:18, 3. Frank Lemos 1:09:01, 50-59: 1. Mac Moezzi 50:46, 2. Keith Bayne 50:53, 3. Jack Frandson 51:23, 60 & Over: 1. John Durham 1:27.

Overall Results - Women

1. Ann Chippendale 46:21
2. Kate Santich 49:21
3. Barbara Sutherland 50:23

Division Results - Women

- 20-29: 1. Anne Chippendale 46:21, 2. Kate Santich 49:01, 3. Michele Wingate 56:23, 30-34: 1. Barbara Sutherland 50:23, 2. Patti Moxham 55:32, 3. Deborah Del Uecchid 55:34, 35-39: 1. Marilyn McCormick 52:01, 2. Ann Burnisky 54:56, 3. Kathy Schult 55:14, 40-49: 1. Jane Thompson 54:54, 2. Hedda Facchino 56:23, 3. Susan Graham 58:35, 50-59: 1. Barbara Durham 1:08:56, 2. Maria Hardon 1:09:01.

Results

Clarksburg Pepsi 20 Mile Run

November 17, Clarksburg.

Overall Results - Men

1	Domingo Tibaduiza (\$500)	1:44:24
2	Rob Anex (\$300)	1:44:30
3	Jerry Drew (\$200)	1:47:11
4	Thomas Cushman	1:47:23
5	Nick Yray	1:48:30
6	Glenn Madden	1:49:44
7	Fred Villegas	1:50:34
8	Matt Yeo	1:51:01
9	Timothy Powell	1:51:47
10	Jon Klinkman	1:52:02

Overall Results - Women

1	Shariet Gilbert (\$500)	2:01:46
2	Laurie Binder (\$300)	2:01:59
3	Ann Trason (\$200)	2:03:29
4	Heike Skaden	2:09:22
5	Luanne Park	2:11:53
6	Peggy Smyth	2:11:54
7	Theresa McCourt	2:13:46
8	Anita Johnson	2:16:35
9	Jody Garrard	2:21:50
10	Laura Tavernier	2:23:23

Division Results - Men's 20 Mile

11 & Under: 1. Dino Daniels 2:23:59. **12-9th Grade:** 1. Kenny Locke 3:19:30. **H.S. Soph:** 1. Joe Sertic 2:41:41. 2. Richard Northam 4:00:56. **H.S. Jr/Sr:** 1. John Armenta 2:09:17. 2. Ron Lemen 2:13:45. 3. Joe Sanchez 2:17:36. **18-29:** 1. Rob Anex 1:44:30. 2. Jerry Drew 1:47:11. 3. Glenn Madden 1:49:44. **30-39:** 1. Domingo Tibaduiza 1:44:24. 2. Thomas Cushman 1:47:23. 3. Nick Yray 1:48:30. **40-49:** 1. Jim Bowers 1:54:56. 2. Joe Cavanaugh 1:59:40. 3. Dan Alarid 2:02:03. **50-59:** 1. Gard Leighton 2:09:08. 2. Everett Riggie 2:12:23. 3. Al Kirkman 2:15:54. **60-69:** 1. Jim O'Neil 2:05:12. 2. Paul Reese 2:29:45. 3. Ulysses Ratti 2:56:58. **70-79:** 1. Abe Wasserman 3:01:45. **80-89:** 1. Dr. Paul Spangler 3:44:31. **Wheelchair:** 1. Taylor Carey 2:04:17. 2. Rick Valentine 2:20:04.



SHARLET GILBERT
Clarksburg Champion

Division Results - Women's 20 Mile

18-29: 1. Ann Trason 2:03:29. 2. Heike Skaden 2:09:22. 3. Luanne Park 2:11:53. **30-39:** 1. Shariet Gilbert 2:01:46. 2. Laurie Binder 2:01:59. 3. Peggy Smyth 2:11:54. **40-49:** 1. Bjorg Austheim-Smith 2:27:55. 2. Joan Reiss 2:29:46. 3. Barbara Miller 2:33:59. **50-59:** 1. Alice Rose 2:28:47. 2. Ardie Annis 2:54:44. 3. Kathy Iseri 3:06:18. **60-69:** 1. Kit Pickles 3:24:55. 2. Po Adams 3:36:02. 3. Marjorie Lawson 3:43:08.

Overall Results - Men's 5 Mile

1	Mike Wright	25:14
2	Tim Williams	25:16

3	Scott Brock	25:55
4	Luke Glines	26:21
5	Doug Butt	26:26

Overall Results - Women's 5 Mile

1	Angela Tibaduiza	29:16
2	Laura Rinde	30:02
3	Kim Filler	30:41
4	Consuelo Garcia	31:49
5	Vonille Brown	32:23

Masters Men's 5 Mile

1	Doug Butt	26:26
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Masters Women's 5 Mile

1	Judy Press	36:43
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San Juan Trail 50 Mile

November 17, San Juan.

1	John Loeschhorn (41)	6:44:17
2	Steve Warshawer (20)	6:51:11
3	Herb Tanzer (33)	7:04:42
4	Chris Ackerman (28)	7:39:00
5	Rick Spady (33)	7:47:09
6	Jeff Jensen (24)	7:51:38
7	Richard Provost (39)	7:54:09
8	Bob Silverman (38)	7:55:41
9	G. E. Jensen (47)	7:58:38
10	Herb Tanimoto (37)	8:05:53
11	Charles Savage (37)	8:10:35
12	Bill Kissell (32)	8:12:12
13	Phil Galdi (29)	8:12:30
14	Chris Libby (27)	8:14:25
15	Eric Edmunds (32)	8:14:37
16	Russell Moore (46)	8:17:36
17	Bob Karwasky (30)	8:21:18
18	Ken Price (42)	8:23:23
19	Fred Shuffelbarger (37)	8:26:07
20	Maurie Bousquet (43)	8:27:27
33	Jack Rohde-Moe (56)	9:02:49
36	Abbie Rockwell (32F)	9:09:58
38	Gavin Callinan (53)	9:11:11
39	Richard Bellante (33)	9:14:27
47	Diane Eastman (43F)	9:29:49
53	Nancy March (38F)	9:38:29
56	Judy Palmer (40F)	9:40:54
57	Sheila Hasham (43F)	9:41:23
59	Pam Rowland (36F)	9:43:24

CRI Long Beach Half Marathon

from Judy Combs

November 17, Long Beach.

Over 2,000 participants ran along the Long Beach shoreline, in the 2nd Annual CRI Long Beach Half Marathon and Three Mile Fun Run. The event was a fund raiser for Community Rehabilitation Industries, a non profit vocational training center for the disabled.

The race started at the Long Beach Convention Center with Valerie Brisco-Hooks as the official starter. The starter gun sent the wheelchairs off with Jim Knaub, Honorary Race Chairman driving the lead vehicle. "I wanted to be assured of crossing the finish line first," Knaub said. He was last year's winner in the wheelchair division.

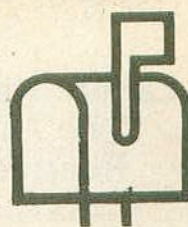
First to cross the finish line, with a spectacular time of 55:39, was nationally acclaimed 38 year old wheelchair athlete, George Murray from St. Petersburg, Florida. Allen Just, a senior engineering major attending California State University/Long Beach ran the course in 1:05:30; an excellent time as well. The first female across the finish line was Michele Auchubon with a time of 1:18:14.

Overall Results - 2.5 Mile

1	Roger Nava (15)	12:42
2	Bill Sumner (37)	12:51
3	Ramon Cabrera (16)	13:20
4	Chanel Jones (26)	13:30
5	Norman Barred (20)	14:07
6	Juvenal Herrera (49)	14:16
7	Chris Neilson (14)	15:04
8	Dave Rupp (34)	15:19
9	Hector Mejia (14)	15:31
10	James Stinnett (15)	15:34

Address Change?

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Division Results - Men's 2.5 Mile

14 & Under: 1. Chris Neilsen 15:04. **15-19:** 1. Roger Nava 12:42. **20-24:** 1. Norman Barred 14:07. **25-29:** 1. Chanel Jones 13:30. **30-34:** 1. Dave Rupp 15:19. **35-39:** 1. Bill Sumner 12:51. **40-49:** 1. Juvenal Herrera 14:16. **50-59:** 1. Sam Dobbs 19:24. **60 & Over:** 1. James Doyle 21:00.

Division Results - Women's 2.5 Mile

14 & Under: 1. Nicole Cortz 17:00. **15-19:** 1. Jane Quaal 19:14. **20-24:** 1. Deary 16:28. **25-29:** 1. Loreen Mizutani 17:53. **30-34:** 1. Carol Donnelly 18:07. **35-39:** 1. Michal Crowley 20:13. **40-49:** 1. Wendy Harp 19:05. **50-59:** 1. Yvonne Whalley 24:39. **60 & Over:** 1. Ina Jeanne Davison 32:19.

Wheelchair 13.1 Mile

1	George Murray (38)	55:39
2	Tom Foran (27)	59:08
3	Vern Achenbach (43)	59:09
4	Marty Ball (48)	1:01:24
5	Junior Rice (32)	1:01:43
11	Candace Brooke (31)	1:05:59
14	Sherry Ramsey (26)	1:09:47
18	Ann Cody (22)	1:13:05

Overall Results - 13.1 Mile

1	Allen Just (23)	1:05:30
2	Pat Ewing (24)	1:05:53
3	Ron Roberts (24)	1:06:36
4	Joe Nitti (19)	1:07:52
5	Monte Brothwell (30)	1:08:06
6	Ruben Haro (27)	1:09:58
7	Mark Shreckengast (24)	1:10:35
8	Bill Aragon (33)	1:10:36
9	Donald Ocana (35)	1:10:41
10	Rafael Sanguino (19)	1:10:42
11	Tom Cupp (24)	1:11:17
12	John Carrasco (25)	1:12:00
13	Carlos Nava (18)	1:12:52
14	Alex Miranda (25)	1:13:34
15	Al Siddons (34)	1:13:38
16	Tom Burns (42)	1:13:43
17	Keith Berta (28)	1:14:12
18	Ken Arriola (21)	1:14:35
19	Jose Uribe (21)	1:14:45
20	Gaylon Jorgensen (56)	1:14:47
21	Fred Ortega (39)	1:14:55
22	Tom Carras (39)	1:15:06
23	David Bower (30)	1:15:27
24	German Alonso (34)	1:15:35
25	George Guerrero (32)	1:15:38

Division Results - Men's 13.1 Mile

14 & Under: 1. Brent Parker 1:26:56. 2. Si Ton 1:36:46. 3. Jarrod Kennelly 1:37:56. **15-19:** 1. Joe Nitti 1:07:52. 2. Rafael Sanguino 1:10:42. 3. Carlos Nava 1:12:52. **20-24:** 1. Allen Just 1:05:30. 2. Pat Ewing 1:05:53. 3. Ron Roberts 1:06:36. **25-29:** 1. Ruben Haro 1:09:58. 2. John Carrasco 1:12:00. 3. Alex Miranda 1:13:34. **30-34:** 1. Monte Brothwell 1:08:06. 2. Bill Aragon 1:10:36. 3. Al Siddons 1:13:38. **35-39:** 1. Donald Ocana 1:10:41. 2. Fred Ortega 1:14:55. 3. Tom Carras 1:15:06. **40-49:** 1. Tom Burns 1:13:43. 2. Bill Elam 1:17:56. 3. George Wright 1:20:50. **50-59:** 1. Gaylon Jorgensen 1:14:47. 2. Wally Evertz 1:21:52. 3. Frank Greene 1:24:11. **60 & Over:** 1. Jack Green 1:35:27. 2. Casey Poole 1:39:29. 3. Edward Johnstone 1:41:30.

Division Results - Women's 13.1 Mile

14 & Under: 1. Angela Guerrero 1:48:57. **15-19:** 1. Rene Munoz 1:24:31. 2. Cheri Carpenter 1:39:02. 3. Jodi Kemp 1:43:31. **20-24:** 1. Jacqueline Lewis 1:24:30. 2. Rhonda Davidson 1:26:48. 3. Sue Corea 1:29:20. **25-29:** 1. Michele Aubuchon

1:18:14. 2. Sharon Maley 1:28:55. 3. Jennifer Buckley 1:29:36. **30-34:** 1. Mary Blish 1:25:34. 2. Joan Van-Blom 1:25:37. 3. Joan VanBlom 1:25:37. 3. Julie Losser 1:36:50. **35-39:** 1. Claudia Emorales 1:25:48. 2. Debbie Wilkinson 1:27:45. 3. Chrissy Purkiss 1:34:43. **40-49:** 1. Brenda Rae Lunsford 1:37:02. 2. Jean Perricelli 1:39:53. 3. Missy Jennings 1:40:54. **50-59:** 1. Audrey Hauth 1:46:31. 2. Anita Calhoun 1:49:04. 3. Antoinette Hill 1:53:22. **60 & Over:** 1. Lucile Adney N.T.

Avoid the 13 Run for Safe Driving

November 23, Campbell. 10K.

1	Tim Stewart (30) S.Rosa	35:56
2	Mark Neubieser (28) Campbell	36:16
3	Frank Rudna (40) SanJose	36:35
4	Daniel Rosenthal (20) Fremont	36:39
5	Dave Waterman (28) SanJose	37:04
6	Thomas Reitman (25) Saratoga	37:09
7	Tom Eller (26) Campbell	37:17
8	Tom Martuscelli (26) SanJose	37:35
9	Sammy Castillo (40) SanJose	37:43
10	Francis La Poll (26) RedwoodCy	37:47
11	Steve Tietz (29) SanJose	37:54
12	Arlin Smith (49) SanJose	38:00
13	Heidi Perham (27) S.F.	38:03
14	Dan Belarmino (33) SanJose	38:10
15	Juana Stavolone (39) SanJose	38:16
16	Thomas Worrell (45) SanJose	38:21
17	Al Delaroché (31) SanJose	38:25
18	John Bulash (41) Campbell	38:32
19	John Denery (16) Saratoga	38:33
20	Mike Corrick (40) SanJose	38:38
21	Anita Johnson (23) MenloPk	38:41
22	Daniel Seibo (30) SanJose	38:44
23	Tim Seibo (24) SanJose	38:44
24	Phil Henderson (33) Fremont	38:50
25	Roger Zolldan (38) Fremont	38:51
26	Joe Martinez (42) SanJose	38:53
27	Errol Yamat (37) San Jose	39:02
28	Ken Rendina (38) WalnutCK	39:02
29	Salgado Mateo (32) SanJose	39:16
30	David Samsel (43) SanJose	39:18

Division Results - Men

17 & Under: 1. John Denery 38:33. 2. David Bradley 40:35. 3. Bryan Smart 43:43. **18-29:** 1. Mark Neubieser 36:16. 2. Daniel Rosenthal 36:39. 3. Dave Waterman 37:04. **30-39:** 1. Tim Stewart 35:56. 2. Dan Belarmino 38:10. 3. Al Delaroché 38:25. **40-49:** 1. Frank Rudna 36:35. 2. Sammy Castillo 37:43. 3. Arlyn Smith 38:00. **50-59:** 1. Bob Farrington 39:18. 2. Robert Meyer 41:27. 3. Ron Goodman 41:48. **60 & Over:** 1. John Gilkey 41:42. **Wheelchair:** 1. Dave Spencer 39:32.

Division Results - Women

17 & Under: 1. Kelli Spencer 55:35. **18-29:** 1. Heidi Perham 38:03. 2. Anita Johnson 38:41. 3. Monika Moeschl 42:35. **30-39:** 1. Juana Stavolone 38:16. 2. Gail Campbell 41:29. 3. Barb Zolldan 42:17. **40-49:** 1. Madelyn Vassigh 44:12. 2. Diane Bromstead 45:52. 3. Jutta McCormick 46:28. **50-59:** 1. Florence Stage 1:07:20. **60 & Over:** 1. Maryellen Lentz 54:45. **Wheelchair:** 1. Helen Atwell 49:57.

Results

Ladera Heights Civic Ass'n. Road Run

from Frank Ramirez

November 23, Los Angeles.

Division Results - Men's 5K

14 & Under: 1. Mario Gonzales 21:33, 2. Andrew Spitzer 24:08, 3. Mike Koffler 24:49, 15-19: 1. Michael Harris 20:10, 2. Leo Surprenant 21:25, 3. Andrew Fogg 27:20, 20-29: 1. Michael Trujillo 15:11, 2. Bill Cottles 16:35, 3. Phil Hood 17:15, 30-34: 1. Carl Allen 17:14, 2. Lenny Webb 18:03, 3. Macel LaCroix 18:51, 35-39: 1. Salvador Gonzales 16:40, 2. Gregory Washington 21:01, 3. Nate Thibodeaux 21:21, 40-44: 1. Catinio Gonzalez 16:27, 2. Albert Allen 21:20, 3. Robert Primm 21:44, 45-49: 1. Kenneth Fletcher 18:15, 2. James Ludgood 22:01, 3. Tom Hamilton 26:04, 50-59: 1. Gunnar Bricker 18:17, 2. Ignacio Mariscal 20:25.

Division Results - Women's 5K

14 & Under: 1. Krystal Tucker 27:41, 2. Raja Lahti 30:57, 15-19: 1. Cecilia Hanson 28:06, 20-29: 1. Tammy Wold 18:39, 2. Jamie Oxman 24:23, 3. Marta Lear 25:21, 30-34: 1. JoAnn Taylor 22:03, 2. Debby Smith 24:13, 3. Kim Hayashi 27:56, 35-39: 1. Adell Williams 23:14, 2. Janet Tucker 28:13, 3. Kerry Shuman 30:26, 40-44: 1. Judy Johnson 25:27, 2. Vera Curtis 26:27, 3. Karen Hellwig 36:53.

Turkey Trot Fun Run

November 23, Arroyo Grande.

Division Results - Boys

1/4 Mile: 1. Chris Felix 1:29, **1/2 Mile:** 1. Patrick Garrity 2:59, **3/4 Mile:** 1. John Zeigler 4:12, **2 Miles:** 1. Rick Wilkinson 12:24, **4.2 Miles:** 1. Carmelo Rios 21:05, 2. Leo Lenting 21:21, 3. Tom McKeown 22:12, 4. Don Runnels 22:14, 5. Matt Arnbruster 22:34.

Division Results - Girls

1/4 Mile: 1. Cory Marple 1:38, **1/2 Mile:** 1. Laura Ellingwood 3:04, **3/4 Mile:** 1. Angela Orefice 4:24, **2 Miles:** 1. Paula Shearer 12:59, **3.3 Miles:** 1. Mary Ryzner 20:57, 2. Gail Howenstein 23:45, 3. Sandy Golding 24:52, 4. Vicki Berguira 25:05, 5. Anne Barber 25:29.

Bell Thru The Bunker

November 24, San Pedro. 5 Mile.

Chilly winds and cloudy skies did not keep Kathy Kanes from finishing first woman overall for the third year and breaking her course record in the Fourth Annual Bell Thru The Bunker 5 mile run held Sunday, November 24, in San Pedro.

Proceeds from the run sponsored by the Los Angeles City Department of Recreation and Parks and Natural Light (Bay Beer Distributors) benefit recreation centers in the Harbor District.

Overall Results - Men

1. Luis Pinon, Jr. 25:45
2. Fernando Vasquez 27:09
3. Robert Polk 27:20
4. Steve Harris 27:31
5. Andre Tocco 28:16

Overall Results - Women

1. Kathy Kanes 29:18
2. Mary Blish 32:04
3. Laura Lopez 32:51

4. Maryjane Mitchell 33:08
5. Julieann Harmatz 33:20

12 & Under - Boys

1. Gary Herrera, 2. Jason Wells, 3. Alex Dederer.

12 & Under - Girls

1. Julie Butterfield, 2. Jody McCoy, 3. Katherine Carlson

Tram Road Challenge

November 24, Palm Springs. 6K.

Leading the pack of nearly 300 runners in the third annual Tram Road Challenge was a new face to the race but certainly not a newcomer to racing.

Surprise entrant Gary Tuttle, 38, of Ventura and second-place finisher at this year's Boston Marathon shattered the course record by more than a minute as he covered the 3.7 mile route in 26:22.8.

The 6K course climbs 1,970 feet or 532 feet per mile as it winds its up the Tram Road from the start near Palm Canyon Drive to the Valley Station of the race sponsor, the Palm Springs Aerial Tramway.

The first woman up the hill was Mary Ann Brettell, 29, of Leucadia. She completed the course in 36:30.3.

All the previous winners of the Challenge returned for the November 24 race.

Winner of the 1983 race, Rob Slick, 30, of Orange ran a 29:31.1 to finish sixth overall and second in the men's 30-39 age group.

Slick's 27:35.9 in 1983 was the course record until this year.

Torin Rotstein, 27, of Santa Cruz, the 1984 winner, was fifth overall and fourth in the 20-29 age group.

Nancy Baird, 35, of Upland, who won both the 1983 and 1984 women's races, ran a 36:34.1 for first in the 30-39 age group.

Division Results - Men

14 & Under: 1. Anthony Wyman 39:45, 15-19: 1. Michael Connors 31:05, 20-29: 1. Steve Cabillas 28:04, 30-39: 1. Gary Tuttle 26:22, 40-49: 1. Leslie Christian 31:48, 50-59: 1. Gary Smith 38:27, 60 & Over: 1. Delmar Gourley 44:05.

Division Results - Women

19 & Under: 1. Charlene Getchell 52:03, 20-29: 1. Mary Ann Brettell 36:30, 30-39: 1. Nancy Baird 36:42, 40-49: 1. Corrine Schwartz 43:02, 50-59: 1. Alice Krueper 44:44.

Blind Ducks Race

from Keith McConnell

November 24, Oakland.

Sunday morning, Nov. 24, 1985 will be remembered as the wettest Blind Duck Relays in memory. A total of 15 running teams and three walking teams braved the constant downpour to make the event mostly a success. Shortly after 8 a.m. there seemed to be more helpers than runners, but by the time the teams were formed at 8:45 there was an energetic crowd of racers warming up and trying to stay dry. Thank goodness for the trees!

The team of Kathy Kennedy, Mike Axim, and Doug Smith ran to victory in 55:48 followed by Vicki Bigelow, Ken Whistler, and Glenn Parker in 57:45. Herb Childress (whose Second Sole donated 3 certificates for prizes), Grant Hansen, and Tracy Hill were awarded three soon-to-be antique, horse-head broom sticks to assist them in next year's relays; they brought up the rear in a respectable 70:16.

In the all-men's category, David Reichel, Robert De Chene and Robert Gomez burned up the course in 58:50.

For the first time there was a walkers category, two per team, each doing one lap of the lake for a total of 10K. Rich Hansen and Don Janowsky took this division in good race-walking form in 68:35.

Overall Winners

1. Kennedy, Axim, Smith 55:48
2. Bigelow, Whistler, Parker 57:45
3. Hauck, Roach, Ramirez 59:58
4. Blair, Mitnick, Groyon 60:07
5. Schwartz, Gollnick, Naylor 61:19

Merced Track Club Turkey Trot

from Dave Olsen

Merced.

One hundred and fifty runners participated in the Eleventh Annual Merced Track Club Turkey Trot held at Applegate Park in Merced.

Merced's Greg McKinstry was once again on hand to retain his record of being the only competitor to have participated in all eleven events.

Only one record was set in this year's edition. The Heavyweight Division title was captured by Charles Nichols in a time of 37:32. This bettered the record set by Joe Day in 1984 of 38:12. Heavyweight runners must tip the scales at greater than 185 lbs.

Fastest times in the 10K event were run by Doug Twilleager, completing the course in 32:34, while in the women's division Anne Lizard ran a fast 41:33. In the 1.9 mile fun run Zachary Taylor continued his string of wins in 1985 with a time of 8:37. Jessie Noyola was the first female finisher in 12 minutes flat.

Overall Results - 10K

1. Doug Twilleager 32:34
2. Shane Parmer 33:19
3. Mario Cuevas 34:53
4. Pat Valenzuela 34:56
5. Daniel Valdez 35:00
6. John Zunino 35:05
7. Dennis Yarnitski 35:31
8. Louis Phillips 36:06
9. Curt Royer 36:22
10. Dick Domant 37:02

Division Results - Men

17 & Under: 1. Doug Drace 45:53, 2. Randy Drace N.T., 18-29: 1. Doug Twilleager 32:34, 2. Shane Parmer, 3. Mario Cuevas, 30-39: 1. John Zunino 35:05, 2. Louis Phillips, 3. Curt Royer, 40-49: 1. Gerry Holmes 37:25, 2. Mark Haymond, 3. Ken Schwisow, 50-59: 1. Charles Rodgers 40:49, 2. John Kaufman, 3. Al Short, 60 & Over: 1. John Hannah 49:53, 2. Payson Taylor.

Division Results - Women

18-29: 1. Kelly Berthold 44:07, 2. Marianna Ragdale, 3. Ruth Hiles, 30-39: 1. Anne Lizard 41:33, 2. Joni Noto, 3. Barb Nichols, 40-49: 1. Maryann Clark 46:07, 2. Jackie Ryle, 3. Jean Schwisow, 50 & Over: 1. Sylvia Ovellette 58:50, 2. Marvella Taylor.

Overall Results - 1.9 Mile

1. Zachary Taylor 8:37
2. Tim Stevens 8:59
3. Tony Webb 9:26
4. Tony Hinojosa 11:43
5. Jim Belton 11:56

Oxnard Bud Light Turkey Tri

November 30, Oxnard.

425 yd. swim, 11.2 mile bike, 2.6 mile run. The first big winter rain storm cleared just in time and beautiful weather greeted 70 plus competitors to take part in the second annual super sprint event. Jim Davis of Oxnard and Melinda Wallace of Thousand Oaks were overall winners in this triathlon that features distances that are 1/10 of the famed Ironman.

Davis who is an improving swimmer and an outstanding cyclist and runner gained time that he lost in the pool on the bike portion and then won the race on the run leg of the race. Butch Stinton of Simi and Ken Reeves tied for second at 58:03.

Melinda Wallace, 24, was an easy winner in women's division despite racing with a bike that had high upright handle bars. Thirteen year old Kiki Vogel of Oxnard, an upcoming local triathlete was second and sister Renee just 10 seconds behind her.

Identical twins, Pat Ramirez and Kathy Tamashiro, put on a Puntous-like performance by finishing at 1:39:27 and 1:40:02 respectively in their first triathlon.

Richard Davis, 63, was the oldest triathlete and finished the course in a time of 1:30:16.

Overall Results - Men

1. Jim Davis (31) 56:40
2. Butch Stinton (33) 58:03
3. Ken Reeves (35) 58:03
4. Rob Fukutomi (31) 58:15
5. John Rodgers (21) 58:19
6. Tom Sardo (24) 58:29
7. Greg Seale (19) 58:38
8. Eric Bear (21) 59:46
9. Mark Ellis (18) 1:01:10
10. Rick Kern (29) 1:01:39

Overall Results - Women

1. Melinda Wallace (24) 1:11:03
2. Kiki Vogel (13) 1:17:45
3. Renee Vogel (19) 1:17:55

Quadruple Dipsea

from Jack Cover

November 30, Mt. Tam, Marin County. 27.4 Mile.

Moving the date of the Quadruple Dipsea to the Thanksgiving weekend prompted a record turnout for the third annual running of the Dipsea Trail. Sponsored by the Bay Area Ultra Runners, the race saw a half-dozen no-shows who probably thought that the 3 inches of rain at Pan Toll the previous day would make the footing impossible. However, 82 hardy souls lined up at the start in Mill Valley's Old Mill Park. This compares to 15 finishers last year and a smaller number the first year. Over the next nine hours, seventy runners completed the 1985 Quadruple Dipsea with 43 runners breaking the old course record of 5:52.

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Results

The course has a reputation as being dangerous to life and limb even under the best of weather conditions. Fortunately with the rain holding off until the next day, the runners found the trail runnable though slippery in spots. Most find the mountain unrelenting. Right from the start the runners are faced with three flights of stairs totalling 671 steps. The trail climbs several steep hills with names such as Suicide, Dynamite, Cardiac and Insult. The descent through Steep Ravine can be treacherous when the rocks and railroad ties are wet. After reaching Stinson Beach, the runners return to Mill Park to complete the first Double Dipsea. The Quadruple Dipsea is two round trips—a Double/Double Dipsea.

This year's winner was 35-year-old Bob Bunnell of Kentfield, a Marin County native. He led throughout the race and finished in course-record time of 4:02:26. He looked remarkably fresh when crossing the finish line. Somebody said, "He looks like he just stepped off a bus."

Melinda Creel of San Anselmo won the women's division with a course-record time of 5:06:23. After the race, she was heard to comment that the Dipsea Trail is not her kind of run because the hills are so steep that she cannot cruise them. Three other women completed the race: Evelyn Martinez, Pam Hinchcliffe and Shirley Cover.

Critical to the successful finishing ratio (85%) were the four aid stations at Mill Park, Muir Woods, Old Mine Trail and Stinson Beach. Some runners got lost, though not for very long. Some took some spills, but everybody looked good at the finish even though a few had to walk down stairs backwards for the next few days.

Overall Results

1 Robert Bunnell, Kentfield	4:02:26
2 Brian Purcell, Oakland	4:14:30
3 Michael MacKenzie, CorteM.	4:21:23
4 Roger Daniels, Novato	4:22:02
5 Ralph Pilley, S.F.	4:32:57
6 Dan Barger, SLO	4:32:57
7 Dane Larsen, San Rafael	4:33:40
8 Russ Kiernan, MillVly	4:34:25
9 Milano Zeman, SanAnselmo	4:36:13
10 Bob Dalton, SanJose	4:40:39
11 Steve Corona, SanPedro	4:43:30
12 Jeff Pecsar, SanAnselmo	4:46:37
13 Dave Stevenson, LosAltos	4:53:46
14 David Innes, MillVly	4:54:10
15 Gard Leighton, Napa	4:54:36
20 Melinda Creel, SanAnselmo	5:06:23

West End Race

from Six Rivers Running Club

December 1, Arcata.

A warm rain was falling. Stu Scholl celebrated his return to the West Coast by coming down from Crescent City and outkicking Mike Williams and Dave Figueiredo to gain a one-second win in the 1985 West End Race. Stu covered the 4.5 mile point-to-point (and net uphill) course in 24:06. Sandy Waters was first woman in 31:40, and Ken Yanosko was last at 42:27.

Overall Results - 2 Mile

1 John Slavin	9:58
2 Billy Honsal	11:45
3 Ben Cannon	12:19

Overall Results - 4.5 Mile

1 Stu Scholl (31)	24:06
2 Mike Williams (24)	24:07
3 Dave Figueiredo (27)	24:07
4 Mike Holt (36)	24:42
5 Ron Fienner (38)	26:35
6 Bran Collingwood (39)	27:09
7 Lance Baker (28)	27:48
8 Randy Carrico (34)	27:58
9 Bill Daniel (41)	28:14
10 Bob Stewart (41)	29:12

Westwood Village Runs

December 1, Westwood Village.

Division Results - Men's 10K

12 & Under:	1. Chris King 45:38, 2. Jose Botello 1:00:03, 3. Patrick Karayan 1:05:34, 13-15: 1. Peter Delacerta 36:37, 2. Bill Callender 38:55, 3. Roberto Chavira 39:15, 16-18: 1. Bryan Portillo 34:09, 2. Richard Nava 35:23, 3. Dave Kahan 36:23, 19-29: 1. Barry Weaver 33:37, 2. Manuel Tinoco 34:47, 3. Jim Misener 35:45, 30-34: 1. Jose Rodriguez 36:09, 2. Antonio Sequeira 37:10, 3. John Millman 37:41, 35-39: 1. Nolan Smith 34:42, 2. Nicholas Brown 35:14, 3. Jim Gensichen 36:09, 40-44: 1. Donald Gillman 36:12, 2. Wayne Mitchell 38:08, 3. Timothy Bird 39:38, 45-49: 1. Skip Witt 38:58, 2. Warren Moorman 40:45, 3. Ronald Boegeman 43:32, 50-54: 1. Ken Gaskell 38:28, 2. Louis Kwiker 40:49, 3. Keith Fitch 42:10, 55-59: 1. Robert Strobel 43:09, 2. Bill Stowell 43:35, 3. Bry Thorne 44:58, 60-64: 1. Larry Banuelos 41:37, 2. Bob Page 45:03, 3. Joseph Michaud 53:07, 65-69: 1. Eddie Lewin 44:14, 2. Bill Horimoto 50:26, 3. Carlton 1:01:25, 70 & Over: 1. Fred Wing 51:48, 2. Fraser MacMinn 55:21, 3. Jacob Bishin 1:18:51.
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Division Results - Women's 10K

12 & Under:	1. Veronica Chavez 51:12, 13-15: 1. Lianne Chu 50:33, 2. Lisa Harris 53:31, 3. Martha Maldonado 59:09, 16-18: 1. Nansi Klein 50:43, 2. Cathie Rodgers 54:29, 3. Leslie Bunnage 58:27, 19-29: 1. Adrienne Trader 43:38, 2. Rita Stumps 43:49, 3. Angie Stempel 45:11, 30-34: 1. Jan Blacher 44:01, 2. Connie Dodge 47:14, 3. Laura Kondra-Sigto 48:44, 35-39: 1. Chris Daly 48:25, 2. Adell Williams 49:24, 3. Barbara Koga 50:04, 40-44: 1. Michele Maullin 52:28, 2. Judith Ashmann 55:29, 3. Victoria Wilbanks 58:24, 45-49: 1. Joyce Momita 45:39, 2. Ada Rubin 57:55, 3. Bobbie McAlpine 1:03:51, 50-54: 1. Atsuko Fujimoto 45:38, 2. Allen Rosen 48:24, 3. Jaime Martinez 48:49, 55-59: 1. Doris Gordon 53:58, 2. Kathleen Vento 57:38, 3. Selma Mehman 1:05:48.
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Division Results - Men's 5K

12 & Under:	1. Chuck Forsch 21:21, 2. Luis Lepe 26:05, 3. Dae Kim 27:21, 13-15: 1. Michael Thomas 17:31, 2. Richard Pesqueira 17:38, 3. Christopher Waight 17:55, 16-18: 1. Scott Lynch 16:56, 2. Jose Haro 17:18, 3. Daron Michael 17:59, 19-29: 1. Michael Lawrence 17:00, 2. Kyle Korch 17:28, 3. Eddie Avalos 17:31, 30-34: 1. Michael Banks 17:03, 2. Mike Craigie 17:15, 3. Scott Wingo 17:37, 35-39: 1. Richard Miller 17:33, 2. Burnin Bushey 17:36, 3. Brian Oldham 18:15, 40-44: 1. Charlie Pondella 17:34, 2. Dan Ashimine 17:45, 3. David Leaton 18:06, 45-49: 1. Derek Fernee 17:25, 2. George Kingsley 17:28, 3. Brian Fernee 17:36, 50-54: 1. Aldo Mora 18:10, 2. Sonny Monio 19:05, 3. John Ghini 19:22, 55-59: 1. Jerry Withers 19:24, 2. Leo Prado 20:08, 3. Leonard Walts 20:10, 60-64: 1. Stanley Neufeld 23:01, 2. Joseph Rossi 24:11, 3. Norman Pell 25:16, 65-69: 1. David Cohen 22:02, 2. Phil Jones 22:38, 3. Chuck Pettingall 28:11, 70 & Over: 1. Eddie Howard 25:03, 2. George Feinstein 27:01, 3. Dean Scofield 27:57.
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Division Results - Women's 5K

12 & Under:	1. Sandra Hernandez 21:50, 2. Nicole Kennerley 24:54, 3. Kamara Mayberry 22:23, 13-15: 1. Doreen Horasanian 24:31, 2. Sonia Renteria 26:04, 3. Kristen Graves 27:20, 16-18: 1. Julie Eilertson 21:26, 2. Lauren Susman 27:18, 3. Cynthia Herrera 27:26, 19-29: 1. Maureen Corrigan 19:25, 2. Tammy Wold 19:29, 3. Fran Gilmore 20:20, 30-34: 1. Freyda Chalett 20:34, 2. Aine Lynam 20:36, 3. Rita Schnepf 21:37, 35-39: 1. Pauline Stevens 20:16, 2. Sharon Grant 21:16, 3. Ann Scherffius 26:55, 40-44: 1. Alice Travis 22:46, 2. Angelita Llerena 23:42, 3. Carol Dougherty 24:15, 45-49: 1. Rita Gilmore 20:55, 2. Liz Bennett 26:29, 3. Carol
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Forster 26:31, 50-54: 1. Barbara Winfield 32:27, 55-59: 1. Patricia Pruitt 25:47, 2. Carol Miller 38:08, 3. Opal Shearin 41:01, 60-64: 1. Helen Dick 22:12, 2. Joyce Fuller 34:37.

Run To The Far Side

December 1, San Francisco. 10K.

Overall Winners

Jay Marden 30:26.

Ingrid Hemenway 36:47.

Division Results - Men

18 & Under:	1. Steven Lopez 32:36, 2. Russell Hill 33:22, 3. Andrew Huggins 33:27, 19-29: 1. Jay Marden 30:26, 2. Roy Kissin 30:47, 3. Tom O'Neil 31:54, 30-39: 1. James Tracy 31:27, 2. James Moyles 32:12, 3. Dan Sauers 32:19, 40-49: 1. Jeff Wall 33:57, 2. Daryl Zapata 35:03, 3. Gene Gilligan 35:36, 50-59: 1. T. Walsh 37:58, 2. Geoff Bardsley 38:29, 3. Tom Lehmkuhl 38:52, 60 & Over: 1. Robert DeChene 45:12, 2. Howard Powers 48:02, 3. J. Kirkpatrick 48:07.
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Division Results - Women

18 & Under:	1. Amanda Wood 41:39, 2. G. Anderson 47:32, 3. Doria Bishop N.T., 19-29: 1. Ingrid Hemenway 36:47, 2. Heidi Perham 36:47, 3. Stephanie Coleman 36:50, 30-39: 1. Jacqueline Braisted 36:47, 2. S. Vinella-Brusher 37:55, 3. Wink Luskin 38:29, 40-49: 1. Juana Stavolone 38:14, 2. S. Coffey 40:04, 3. Joan Ulyot 41:04, 50-59: 1. Janet Buckendahl 41:55, 2. Marian Irvine 41:58, 3. Ruth Waters 46:16, 60 & Over: 1. Kit Pickles N.T., 2. Arline Fitzgerald 1:07:16, 3. Laura Katz 1:07:24.
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Villa Park Half Marathon

December 1, Orange.

This annual event held the Sunday after Thanksgiving each year to benefit Jr. High Cross Country is sponsored by the Orange Flyers Track Club and Villa Park Sunday Fun Runners and is directed by Bill Holt.

As winner Bill McDermott of Catalina Marathon fame commented, this is a fun event reminiscent of races 20 years ago, drawing many of the same runners each year.

The fun ends with the camaraderie once the run starts as the course is quite hilly. Bill, who ran at 1:10:30 at AFC and is an excellent hill runner, broke the course record with a 1:12:25, proving the deceptive difficulty of the course. Bill, who is 34, turns 35 in April which will add a real quality runner to an age group that continues to get deeper in talent as more quality runners continue to compete into their late 30's and 40's. Kevin Smith won the 19-29, placing 2nd in 1:14:46.

Another runner who will add depth to the masters division in June is 39 year old Ozzie Osgood. His time improved 1 minute 24 seconds from last year when he placed 7th in 1:16:20. His 1:14:56 this year was good for third overall easily capturing the 35-39. (Ironically, a 1:16:20 would have placed 7th again this year).

First woman was Susan Gimbel in 1:32:02 who placed 37th overall in the field of 140 plus.

Overall Results - 1/2 Marathon

1 Bill McDermott	1:12:25
2 Kevin Smith	1:14:46
3 Ozzie Osgood	1:14:56
4 Joe Kinder	1:15:26
5 Tim Brown	1:15:44
6 Jeff Rubiac	1:16:05
7 John Kulisch	1:18:27
8 John Aravo	1:18:40
9 Kie Soultou	1:20:17
10 Vic Bello	1:20:32
11 Scott Roley	1:21:08
12 Steve Hoyer	1:22:05
13 Bob Hill	1:22:41
14 Walter O'Brien	1:23:13

15 Sean Kelly	1:23:19
16 Pete Rildes	1:23:47
17 Carlos Nara	1:24:41
18 Steve Waltner	1:26:18
19 Vince Lopez	1:27:37
20 John Franco	1:27:41
37 Susan Gimbel	1:32:02

Division Results - Boy's 1/2 Mile

5 & Under:	1. Dwayne Ramos 5:06, 6-7: 1. Tom Coffey 4:29, 8-9: 1. David Shelton 4:11.
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Division Results - Girl's 1/2 Mile

5 & Under:	1. Sarah Miller 5:43, 6-7: 1. Joy Anderson 5:28, 8-9: 1. Kathy Peterson 4:28.
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Division Results - Boy's 2 Mile

9 & Under:	1. Mathew Brady 14:33, 10-12: 1. Burt Lockadoo 12:23, 13-18: 1. David Delgado 10:00, 19-29: 1. Jon Meyers 10:14, 30-39: 1. Robert Slick 10:06, 40 & Over: 1. Randall Shelley 11:09.
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Division Results - Women's 2 Mile

9 & Under:	1. Aimee LaFont 21:47, 10-12: 1. Stephanie Palowski 12:57, 13-18: 1. Lesha O'Malley 16:26, 19-29: 1. Susie Meyers 11:40, 30-39: 1. Maria Rodriguez 14:49, 40 & Over: 1. Noreen Walters 11:18.
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Division Results - Men's 5 Mile

12 & Under:	1. Don Clark 31:34, 2. Jayson Tonkin 43:09, 3. Stephen Reese 43:15, 13-15: 1. Gabriel Sanchez 26:35, 2. Antonio 27:01, 3. Alex Amaya 30:27, 16-18: 1. Jim Sorensen 26:26, 2. Robert Polk 28:27, 3. Ramon Cabrera 28:49, 19-29: 1. Michael Trujillo 25:48, 2. Larry Hand 26:10, 3. Dave Cangelosi 26:14, 30-34: 1. Al Siddons 26:36, 2. Robert Slick 27:01, 3. James Whitson 27:38, 35-39: 1. Roberto Sanchez 28:02, 2. Salvador Gonzalez 28:11, 3. Wayne Church 31:21, 40-44: 1. John Shelton 29:20, 2. Randall Shelley 31:13, 3. Stan Baker 32:16, 45-49: 1. Joaquin Granado 30:08, 2. Fred Alexander 31:54, 3. Bob Norton 32:21, 50-59: 1. Gunnar Brickner 31:53, 2. Andy Beall 32:39, 3. Tracy Brown 33:21, 60 & Over: 1. Jack Green 34:19, 2. Ellery Slick 38:26, 3. Jack King 46:03.
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Division Results - Women's 5 Mile

13-15:	1. Nora Carney 35:21, 2. Traci Ruble 35:27, 3. Sara Stone 38:13, 16-18: 1. Twelda Nava 36:14, 19-29: 1. Susie Meyers 32:01, 2. Michelle Dawson 34:44, 3. Susan Jeffreys 36:45, 30-34: 1. Lori Smith 37:15, 2. Maria Rodriguez 43:35, 3. Andrea Kay 46:35, 35-39: 1. Maria Rodriguez 39:43, 2. Betty Spurgeon 46:09, 3. Bobbin Vandenberg 46:51, 40-44: 1. Georgina Nuttall 37:59, 45-49: 1. Margaret Shields 38:54, 2. Elizabeth Carr 44:35, 3. Johanna Oremus 44:59, 50-59: 1. Martha Miser 48:47, 2. Nancy McShane 53:07, 3. Arlene Simon 54:48.
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Division Results - Men's 1/2 Marathon

13-15:	1. Patrick Lee 1:36:51, 2. Tony Marshall 1:55:21, 16-18: 1. Carlos Nava 1:24:41, 2. John Franco 1:27:37, 3. Mike Benner 1:28:36, 19-29: 1. Kevin Smith 1:14:46, 2. Tim Brown 1:15:44, 3. Jeff Rubiac 1:16:05, 30-34: 1. Bill McDermott 1:12:24, 2. Joe Kender 1:15:26, 3. Sean Kelly 1:23:19, 35-39: 1. Ozzie Osgood 1:14:56, 2. John Kulisch 1:18:27, 3. Vince Lopez 1:27:37, 40-44: 1. Bob Hill 1:22:41, 2. Ali Shirazi 1:27:56, 3. Jerry Cooper 1:29:28, 45-49: 1. Steve Waltner 1:26:18, 2. Larry Esau 1:27:46, 3. Fred Glover 1:28:22, 50-59: 1. Jack Resh 1:32:24, 2. Otto Hafner 1:33:11, 3. Richard Elizararas 1:33:41, 60 & Over: 1. Sam Simon 1:59:16, 2. Bert Williams N.T., 3. Jack Davison N.T.
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Division Results - Women's 1/2 Marathon

13-15:	1. Jennifer Juerner 1:51:23, 19-29: 1. Laura Lazo 1:34:04, 2. Kathryn Arreguin 1:48:29, 3. Karen Fildes 1:49:00, 30-34: 1. Edy Rodriguez 1:41:13, 2. Marilyn Ganahl 1:50:00, 3. Katie Hill 2:00:46, 35-39: 1. Susan Gimbel 1:32:02, 2. Shellay Zobel 1:44:43, 3. Candis Flamm 1:44:55, 40-44: 1. Linda Grisman 1:40:09, 2. Donna Allred 1:42:29, 3. Joyce Tucker 2:06:08, 45-49: 1. Patti Kopych 2:00:18.
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Results

Hawaiian Gardens Runs

December 7. Hawaiian Gardens, CA.

Division Results - Men's 10K
13-16: 1. James McGuire 35:42, 2. Shawn Randles 37:00, 3. Mike Gutierrez 38:30.
17-20: 1. Joaquin Rojas 33:57, 2. Paul Freedland 35:34, 26-29: 1. Holland Bunz 32:38, 2. Bob Wilder 32:44, 3. Fernando Rameriz 33:10, 30-35: 1. Stephen Harris 32:45, 2. Thomas French 33:37, 3. Adolfo Serrato 35:31, 36-40: 1. Warren Young 35:11, 2. Salvador Gonzalez 36:29, 3. David Bussiere 37:20, 41-45: 1. Catarina Gonzalez 35:05, 2. Lee Baca 35:46, 3. David Loomer 38:27, 51-55: 1. Sham Mayo 40:51, 2. John Clement 42:55, 3. Bob Donovan 44:18, 56-59: 1. Bob Landry 40:32, 2. Fred Lovell 46:07, 3. Shan Dobbs 51:15, 60 & Over: 1. Jim Sands 50:25, 2. Robert Young 56:02, 3. David Eagleson 56:52.
Wheelchair: 1. Budd Harris 30:33, 2. Ed Rameriz 37:24.

Division Results - Women's 10K
17-20: 1. Sheila Jordan 44:42, 30-35: 1. Barbara Langer 57:43, 2. Rosie Lopez 58:28.

Division Results - Men's 5K
12 & Under: 1. Burt Lookadoo 20:33, 2. Mario Gonzalez 22:19, 3. Tacho Rios 23:11, 13-16: 1. Shanon Windelman 16:40, 2. Zac Loomer 16:41, 3. Mark Edwards 17:46, 17-20: 1. Reginald Greene 15:52, 2. Raymond Santisteban 17:17, 3. Brian Dupand 17:19, 21-25: 1. Kennie Arriola 15:46, 2. John Schultz 17:07, 3. Nick Toroz 17:13, 26-29: 1. Filemon Rojas 17:11, 2. Chanel Jones 18:02, 3. John Lopez 18:20, 30-35: 1. Rob Slick 15:56, 2. Carl Allen 17:48, 3. Rick Ferguson 17:52, 36-40: 1. Jim Kenworthy 17:27, 2. Jarrett Williams 17:48, 3. Jerry Skinner 18:13, 41-45: 1. John Gonzalez 17:29, 2. Randall Shelley 18:13, 3. Stan Baker 18:41, 46-50: 1. Ray Hughes 17:38, 2. Sonny Munoz 18:20, 3. Lorenzo Tyner 19:22, 51-55: 1. Fred Castaneda 20:06, 2. William Lakin 21:32, 3. Bill Melvin 22:21, 56-59: 1. Gunner Bricker 18:47, 2. Bernard

Gleavon 20:20, 3. Bruce Bruce 20:33, 60 & Over: 1. Jack Green 21:26, 2. Ellery Slick 22:36, 3. Bernie Hodowski 25:19.

Division Results - Women's 5K
12 & Under: 1. Claudia Chavez 32:45, 2. Olivia Chavez 36:39, 13-16: 1. Erin Cunningham 21:20, 2. Roberta Chavez 36:37, 17-20: 1. Marie Santisteban 19:22, 2. Hella Ramirez 22:20, 21-25: 1. Anet Caper 17:51, 2. Mary Pierce 22:29, 3. Lisa Iverson 24:43, 26-29: 1. Becky Bunch 24:12, 2. Shelley Green 24:34, 3. Shiela Croaskaile 32:51, 30-35: 1. Sally Kurtz 20:28, 2. Maria Rodriguez 23:59, 3. Janet Coleman 25:05, 36-40: 1. Solange Stramler 21:04, 2. Moreno Foratie 23:17, 3. Scotty Searcy 29:56, 41-45: 1. Georgia Nu Hall 22:33, 2. Laurie Burnham 24:16, 3. Lorraine Silver 24:32, 60 & Over: 1. Chris Hadowski 28:22.

California Int'l. Marathon

December 8. Folsom.

Blessed with near perfect running conditions for the third year in a row, the 1985 California International Marathon produced three new course records, the second and third fastest times for all American women for the year 1985, and the third fastest winning men's time for all U.S. Marathons!

Nancy Ditz of Menlo Park, Calif., captured the women's title as well as the United States National Marathon title with a personal best clocking, and new course record eclipsing Katy Schilly's record of one year ago, with a 2:31:36 performance. Nancy was quite pleased with her run, as she accomplished her pre-race goals of establishing herself as a top American, as well as taking home the \$10,000 in prize money for first place. Nancy finished seventh in the U.S. Olympic trials in 1984 and has her heart set on making the U.S. team in 1988. Nancy's win did not come easy though as early in the race Maureen Custy of Boulder Colorado set a fast pace and led through six miles. Both Maureen and Nancy came through ten miles in under 2:30 pace. Maureen would eventually finish in 3rd place, one place better than her 1983 CIM performance, and clocked a new personal best of 2:34:17. Nancy took over the pace making duties after six miles, and passed the halfway point in 1:15:30. Nancy extended her biggest lead, 56 seconds, over Janis Klecker, by the twenty mile mark. At that point Janis began her charge to run Nancy down. Janis, who used the opposite strategy in the 1984 CIM when she led early and finished in fourth place at 2:37, closed the gap between herself and Nancy at the rate of about ten seconds per mile in the last three miles. Unfortunately for Janis it was a case of too little too late as she couldn't overhaul Nancy. She did however run her personal best time recording a 2:31:53 and established herself as the third fastest American woman for all of 1985.

The men's race had more lead changes than the women and in the final results produced two new marathoners for the world to watch. Fraser Clyne and Graham Laing both of Scotland took the field out at 4:49 for the first mile, 24:19 for five miles, and 49:20 through ten. Both were vying for the final spot on the Commonwealth team. Fraser, who finished in second place in last year's CIM, said later he felt comfortable with the fast early pace and only slowed due to blisters that developed from new orthotics he had worn to help a slight new problem. Fraser would eventually finish in seventh place at 2:14:26.

Canadian Peter Butler wished to run a fast time here to establish his reputation as the top Canadian runner. Peter took over the lead at twenty two miles, then took the race home from there finishing in the third fastest winning time for all U.S.

Marathons in 1985. He also clocked the second fastest Canadian time ever, as well as the fastest Canadian time in the last decade (Butler's time may be indeed the fastest time ever by a Canadian as the best performance was done prior to the new measuring standards which have resulted in more accurate (longer) courses today). Butler crossed the finish line in 2:10:56 which broke the previous course record set one year ago by Ken Martin.

Top Ten Winners - Men
1 Peter Butler (27) Canada 2:10:56
2 Alan Zacharesen (30) Denmark 2:11:40
3 Geoffrey Koech (26) Kenya 2:12:13
4 George Malley (30) Eugene, OR 2:12:23
5 Larry Barthlow (28) Boston, MA 2:13:57
6 Domingo Tibaduiza (36) Col. 2:14:01
7 Fraser Clyne (30) Scotland 2:14:26
8 Guyula Borka (28) Hungary 2:14:53
9 Michael Buhman (28) IL 2:15:33
10 Allan Just (26) Gardena 2:17:20

Top Ten Winners - Women
1 Nancy Ditz (31) MenloPk 2:31:36
2 Janis Klecker (25) Hopkins, MN 2:31:53
3 Maureen Custy (30) Denver, CO 2:34:17
4 Margaret Cooke (29) Berkeley 2:35:39
5 Sue Schneider (29) Minneapolis 2:35:59
6 Deborah Raunig (30) Montana 2:36:24
7 Eileen Claugus (30) Sacto 2:40:04
8 Ann Trason (25) Berkeley 2:40:55
9 Gillian Beschloss (26) N.Y. 2:41:23
10 Leslie McMullin (35) Oakland 2:42:42

Nathan Pritikin SCA-TAC 8K

December 8. Woodley Park, Encino.

Overall Results
1 Danny Martinez (27) So. Pasadena 24:14
2 Roman Gomez (19) L.A. 24:31
3 Jim Triplett (28) S. Barbara 24:48
4 George Marquez (20) L.A. 25:09
5 Enrique Castro (26) L.A. 25:10
6 Raul Diaz (23) No. Hollywood 25:26
7 Larry Montag (33) Ventura 25:28
8 Steven Schuman (23) L.A. 25:46
9 Raul Hernandez (23) So. Pasad. 25:49
10 Ed Aval (34) ManhattanBch 25:56
11 Marshall Matye (42) Sylmar 26:00
12 Greg Houlgate (18) RedondoBch 26:37
13 Rabah Touat (29) RedondoBch 26:59
14 Eduardo Lopez (26) L.A. 27:04
15 Paul Marcel (36) RedondoBch 27:12
16 Mark Silva (23) ManhattanBch 27:20
17 Barry Foosse (38) LakeviewTerr. 27:20
18 Steve Durand (29) Canyon Co. 27:24
19 Eddie Mora (29) Lawndale 27:35
20 Rick Graf (30) Newhall 27:36
21 Jim Gensichen (36) L.A. 27:40
22 William Lovelace (38) CanogaPk 27:43
23 Troy Swetey (18) Burbank 27:51
24 Earl Beverly (42) Valencia 27:56
25 Hugh Schenkel (19) Canyon Co. 28:05
26 Steve Barnard (28) ManhattBch 28:06
27 Charlie Pondella (44) ShermanOk 28:09
28 John Mossbacher (40) Encino 28:12
29 Bobbie Schipper (26) L.A. 28:13
30 Michael Mench (40) Newhall 28:18
31 George Cohen (45) L.A. 28:20
32 Antonio Sequeira (34) Glendale 28:20
33 Mark Bell (23) CanogaPk 28:26
34 Derek Furukawa (24) Monrovia 28:29
35 Gary Meunier (33) VanNuys 28:33
36 Rick Weindrich (35) Encino 28:34
37 Glen Deines (40) Valencia 28:36
38 Roberto Lopez (14) L.A. 28:39
39 A. Valdez (44) Camarillo 28:40
40 John Thrane (27) Torrance 28:45
41 Jerry Hackett (45) CanyonCo. 28:48
42 Ron Poston (52) ManhattBch 29:22
43 Ken Gaskell (51) Thous.Oks 29:24
44 Art Sylvester (47) Goleta 29:25
45 Patrick Devine (57) SanPedro 29:27
46 Pauline Brown (30) WestlakeV 29:58
47 Michael McKane (52) Newhall 30:02
48 Bill Winstanley (56) GranadaH 30:42
49 Aurelio Camacho (55) PicoRivera 31:07
50 Linda Fox (29) L.A. 31:15
51 Gina Faust (48) Woodland H 31:21
52 Lisa Allen (40) ManhattBch 31:53
53 Ray Gil (61) Lompoc 32:07
114 Diane Eastman (43) L.Alamitos 32:30

138 Claudia Velletri (31) ManhattanB 33:30
141 Cecily Parke (46) Sierra Madre 33:44
143 Delmar Gourley (61) Laguna Bch 33:44
158 Miriam Verderbosch (29) SoPasad 34:22
160 Pamela Donesley (39) MahattBch 34:22

St. Joseph Medical Center Runs

December 8. Los Angeles. 5/10/15K.

Division Results - Men's 5K
17 & Under: 1. Jamie Oman 16:20, 2. Bob by Queen 17:39, 3. Rick Ruggles 17:56
18-29: 1. Manuel Castanon 16:40, 2. Case Jones 16:58, 3. Ralph Vanbergen, Jr 19:24, 30-39: 1. Rob Slick 16:01, 2. Car Allin 17:40, 3. Steve Tomasini 17:42, 40-49: 1. Randall Shelley 18:44, 2. Tony Torris 20:20, 3. Gary Osborn 20:38, 50 & Over: 1. Robert Ploos 23:29, 2. John Depoy 26:08, 3. Eugene Ralph 26:20.

Division Results - Women's 5K
17 & Under: 1. Jamie Stratford 29:33, 2. Lisa Grall 34:45, 3. Julie Baltierra 35:15
18-29: 1. Tiffany Loebs 23:54, 2. Terese McLaughlin 24:06, 3. Kim Carr 24:14
30-39: 1. Sylvia Toste 24:58, 2. Pat Bates 26:19, 3. Patricia Rea 26:21, 40-49: 1. Nancy McDonnell 25:24, 2. Joan Stevenson 27:10, 3. Lily Garcia 28:00, 50 & Over: 1. Jean Windishar 27:56, 2. Barbara Morris 30:02, 3. Emma Rodriguez 39:41.

Division Results - Men's 10K
17 & Under: 1. M. Marcovilla 49:28, 18-29: 1. Jeff Deltmeier 31:34, 2. Bob Caro 33:28, 3. Manuel Tinoco 33:50, 30-39: 1. Nolar Smith 33:42, 2. Bob Hunt 39:07, 3. Steve Stedry 39:12, 40-49: 1. Bill Frick 38:10, 2. Joe Macias 40:11, 3. Jojoan Guerrero 41:36, 50 & Over: 1. John Roark 42:57, 2. Rodney Farris 43:38, 3. Robert Kruse 45:36.

Division Results - Women's 10K
18-29: 1. Wallie Barsuhn 47:59, 2. Linda Amrikhas 48:28, 3. Wendy Wolfe 1:04:00
30-39: 1. Carol Fishburn 52:57, 2. Carolyn Hodapp 53:42, 3. Tricia Suellflow 53:57, 40-49: 1. Joann Bally 52:53, 2. Joan Potter 1:00:47, 3. Elizabeth Mickelton 1:01:46.

Division Results - Men's 15K
17 & Under: 1. Steve Sahlender 55:48, 2. Steve Peppard 58:06, 3. Albert Martinez 59:06, 18-29: 1. Ken Lemus 51:27, 2. James Moore 53:55, 3. Omar De Leon 1:00:00, 30-39: 1. Jose Rodriguez 53:40, 2. Jay Uretsky 54:24, 3. Faustino Campos 55:53, 40-49: 1. Philip Wright 59:39, 2. Jeanpierre Theveny 1:00:54, 3. Sal Torres 1:01:13, 50 & Over: 1. George Marrett 1:05:59, 2. Robert Hardaway 1:06:32, 3. Larry Mose 1:10:57.

Division Results - Women's 15K
17 & Under: 1. Nancy Klein 1:13:48, 18-29: 1. J. Anderson 1:08:30, 2. Leonora Long 1:08:50, 3. Julie Jaross 1:12:46, 30-39: 1. Katy Stewart 1:17:04, 2. Jeane Gerard 1:17:31, 3. Mary Kincaid 1:19:48.

Burlingame Recreation Dept.

December 8. Burlingame. 5K.

Overall Winners - Men
1 Walt Kohnert 18:30
2 Ray Montalvo 18:51
3 Harvey Schwartz 19:21
4 Danny Gonsalves 19:33
5 Bob Kohnert 19:40

Division Results - Men
10 & Under: 1. Kurt Eckhardt 28:16, 16-20: 1. Joe Carboni 28:18, 21-30: 1. Danny Gonsalves 19:33, 2. Dean Jansen 21:34, 31-39: 1. Walt Kohnert 18:39, 2. Ray Montalvo 18:52, 3. Bob Kohnert 19:40, 40-49: 1. Harvey Schwartz 19:27, 2. Dan Robertson 21:17, 3. Ed Murray 21:41, 50 & Over: 1. John Trevenen 21:52, 2. Patrick Wickman 24:35, 3. Andy Musante 27:41.



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Results

Overall Results - Women

1	Debbie Norton	19:48
2	Doerte Murray	22:35
3	Gail Rinaldi	23:53
4	Sheri Dushane	24:00
5	Shirley Carlton	24:12

Division Results - Women

21-30:	1. Gail Rinaldi 23:53, 2. Shirley Carlton 24:12, 31-39: 1. Debbie Norton 19:48, 2. Sheri Dushane 24:00, 40-49: 1. Doerte Murray 22:35, 2. Rita Giesker 26:56, 3. Pam Eckhardt 28:04, 50 & Over: 1. Alice Musante 27:41, 2. Lenore Bouras 28:23.
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BILL WOODY
Cal Bowl 40-44 Champ

California Bowl

December 8, Fresno, 10K & 2 Mile.
Overall Results - Men's 10K

1	Jim Hartig (30)	30:46
2	Tony Ramirez (30)	31:32
3	Steve Gilbert	31:39
4	William Lybeer (25)	31:42
5	Jay Farrior (25)	31:50
6	Bryan Fahnenbach (25)	32:12
7	James Williams (19)	32:34
8	Elias Dias (20)	33:48
9	Dave Vaughn (19)	33:23
10	Philip Buckley (15)	33:56
11	Hermilo Guerrero (30)	34:05
12	Guy Scholt (20)	34:06
13	Eddie Buehner (19)	34:12
14	Greg Donson (19)	34:17
15	Robert Taylor (25)	34:20
16	Tom Davidson (23)	34:22
17	John Lane (24)	35:22
18	Burt Pope (25)	35:25
19	Frank Padilla (45)	35:30
20	John Gibbons (20)	35:32
21	Craig Newport (35)	35:48
22	Will Breckenridge (18)	36:15
23	Curt Elia (35)	36:27
24	Craig Elia (35)	36:28

Overall Results - Women's 10K

1	Tanis Leyendekker (25)	36:37
2	Kelly Buzza (20)	37:16
3	Rosa Medina (35)	38:07
4	Tammie Moore (20)	38:20
5	Gina Montie (19)	38:51
6	Shannon Battles (15)	38:55
7	Diane Fairman (20)	40:02
8	Maurie Potts (33)	40:05
9	Lisa Lewis (19)	40:56
10	Eileen Dyck (19)	41:47

Division Results - Men's 10K

14 & Under:	1. Carlo Sanchez 42:21, 2. Jeff Stahl 42:52, 15-19: 1. James Williams 32:34, 2. Dave Vaughn 33:23, 20-24: 1. Steve Gilbert 31:39, 2. Elias Dias 32:48, 25-29: 1. William Lybeer 31:42, 2. Jay Farrior 31:50, 30-34: 1. Jim Hartig 30:46, 2.
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PAULA RAMIREZ
Cal Bowl 2 Mile Champ

Tony Ramirez 31:32, 35-39: 1. Craig Newport 35:48, 2. Curt Elia 36:27, 40-44: 1. Bill Woody 37:59, 2. Gerald Alexander 38:21, 45-49: 1. Frank Padilla 35:30, 2. Don Trout 36:50, 50-54: 1. Dick Cain 36:38, 2. Rick Zamarripa 37:16, 55-59: 1. Len Thornton 37:06, 2. Ray Barrios 43:18, 60 & Over: 1. Franz Weinschenk 46:13, 2. John Bergey 46:36.

Division Results - Women's 10K

14 & Under: 1. Heather Reid 45:40, 2. Deann Jackson 53:31, 15-19: 1. Gina Monte 38:51, 2. Shannon Battles 38:55, 20-24: 1. Kelly Buzza 37:16, 2. Tammy Moore 38:20, 25-29: 1. Tanis Leyendekker 36:37, 2. Katie Lowe 43:32, 30-34: 1. Maurie Potts 40:05, 2. Rosanne Schiedel 43:00, 35-39: 1. Rosa Medina 38:07, 2. Sandy Jacob 43:31, 40-44: 1. Carolyn Campbell 42:11, 2. Dianne Reimer 47:10, 45-49: 1. Jackie Ryle 46:32, 2. Faye Daly 51:49, 50-54: 1. Joy Delianina 52:34, 2. Josie Smith 67:00.

Overall Results - Men's 2 Mile

1	Joseph Carnegie (15)	9:22
2	Gary Gonzales (22)	9:23
3	Darin Jauregui (19)	9:25
4	Jess Llanes (17)	9:26
5	John King (20)	9:35

Overall Results - Women's 2 Mile

1	Paula Ramirez (25)	11:43
2	Diane Vartanian (20)	12:23
3	Denise Wilson (14)	12:42
4	Doria Ford (18)	12:49
5	Julie Holland (15)	12:50

Division Results - Men's 2 Mile

14 & Under: 1. Scott Curtis 12:06, 2. Nathan Trout 12:57, 15-19: 1. Joseph Carnegie 9:22, 2. Darin Jauregui 9:25, 20-24: 1. Gary Gonzales 9:23, 2. John King 9:35, 25-29: 1. Rob Brenner 10:08, 2. Mark Perry 10:45, 30-34: 1. Domingo Pena 11:37, 2. Michael Durham 11:40, 35-39: 1. David Cords 10:11, 2. Don Stiner 10:42, 40-44: 1. Dennis Duffy 11:05, 2. Mark Haymond 11:09, 45-49: 1. Fernie Montanez 11:18, 2. Fred Keenon 11:39, 50-54: 1. Tommy Upton 11:43, 2. Grant Sharp 12:02, 55-59: 1. Jesse Rivera 12:05, 2. Fred Fitchorn 14:22, 60 & Over: 1. Bob Musso 13:00.

Division Results - Women's 2 Mile

14 & Under: 1. Denise Wilson 12:42, 2. Keri Crosby 15:41, 15-19: 1. Doria Ford 12:47, 2. Julie Hollahan 12:50, 20-24: 1. Diane Vartanian 12:23, 2. Kelly Osterkamp 14:40, 25-29: 1. Paula Ramirez 11:43, 2. Kimberly Dougherty 18:09, 30-34: 1. Natalia Bolanos 14:45, 2. Denise Kinder 14:54, 35-39: 1. Beatrice Mitchell 16:36, 2. Olga Salazar 17:29, 40-44: 1. Mary Ann Barroso 15:03, 2. Lynn Moss 16:31, 45-49: 1. Heidi Fialho 17:01, 2. Barbara Giles 17:05, 50-54: 1. Theanne Woodruff 18:21, 2. Barbara France 20:32, 55-59: 1. Elaine Clark 21:00, 2. Mildred Schmidt 26:32.

Perrier 10K

December 8, Beverly Hills.

Division Results - Men

15 & Under:	1. Ken Gibson	33:38
	2. Bryan Damesworth	34:17
	3. Chad Malesich	35:53
16-18:	1. Jim Zimmer	32:14
	2. Cary Gregorio	33:22
	3. Travis Briggs	33:24
Open:	1. Bill Rodgers	29:14
	2. John Konlignh	29:21
	3. Gary Tuttle	29:26
	4. Jon Butler	29:43
	5. Ron Roberts	29:44
	6. Andy Gerkell	29:45
	7. Sean Evans	29:53
	8. Chris Schallert	29:59
	9. Chuck DeGarmo	30:00
	10. Mark Luevano	30:05
	11. Thom Vernon	30:08
	12. Gustavo Mojarrro	30:19
	13. Mike Parkinson	30:40
	14. Gordon Christie	30:43
	15. Tim Minor	30:47
	16. Mike Palmquist	30:52
	17. Mark Ruelas	31:04
	18. Brian Russell	31:12
	19. Dave Parsel	31:16
	20. Jim Sterling	31:25
	21. Greg Gonzales	31:29
	22. Mark Shreckengast	31:30
	23. Peter Von Haug	31:36
	24. Marco Ochoa	31:39
	25. Roland Weedon	31:45
	26. Henry Chio	31:46
	27. Dane Costley	31:51
	28. Yehuda Tzadok	31:52
	29. Luis Sanchez	31:53
	30. Mike Trujillo	31:58
	31. Eddie Mundo	32:08
	32. Barry Weaver	32:17
	33. Peter Puhek	32:27
	34. Mark Hammond	32:34
	35. Edward Toro	32:49
	36. Joshua Kaufman	32:50
	37. Dean Lofgren	32:52
	38. Clyde Matsumura	32:53
	39. Terry Mack	32:56
	40. Al Siddons	33:04
	41. Wayne Matsumura	33:06
	42. Michael Oh	33:09
	43. Dave Loud	33:12
	44. Daniel Barlett	33:14
	45. German Alonso	33:19
	46. Michael Lawrence	33:23

47	Jon Root	33:30
48	Alex Miranda	33:36
49	Richard Greifinger	33:49
50	Bruce Thomson	33:54

35-39:

1	Peter Kanfer	30:18
2	John Merhaut	32:57
3	Mike Lozoya	33:40
4	George Green	33:42
5	T. Dennis Joe	34:08
6	Henry Lange, Jr.	34:13
7	Bob Henderson	34:30
8	Richard Miller	34:47
9	Jack McDowell	35:02
10	Rick Hallblom	35:09

40-49:

1	Tom Burns	32:41
2	Steve Close	33:08
3	Dan McCaskill, Jr.	34:07
4	Derek Fernee	34:14
5	Jon Monet	34:43

50-59:

1	Jim Brownfield	35:51
2	John Ghini	37:47
3	Sonny Monioz	38:24
4	Chris Bourke	38:41
5	M. Gauerke	38:53

60 & Over:

1	Larry Banuelos	39:17
2	Eddie Lewin	43:05
3	Russ Stumpus	44:15

Racewalkers:

1	Aristo Cortez	45:20
2	Enrique Flores	45:21
3	Keith Ward	45:47

Division Results - Women

15 & Under:	1. Lorena Ramirez	39:02
	2. Deena Drossin	39:23
	3. Sandra Hernandez	44:32
16-18:	1. Carman Chavez	36:37
	2. Margaret Barlog	39:50
	3. Aimee Wellington	45:56

Open:

1	Robyn Root	33:38
2	Mary Tracey	34:36
3	Kathy Kanes	35:00
4	Judith Vivian	35:24
5	Andrea Ward	35:31
6	Kim Stewart	35:34
7	Michele Hooper	35:57
8	Laurie King	36:04
9	Gretchen Lohr	36:15
10	Pam Morris	36:22
11	Alexandra Aguirre	36:41
12	Torie Pleasant	37:07
13	Patricia Almendariz	37:36
14	Cassie Hartzog	37:43
15	Lari Bright	37:51
16	Ruth Vomund	37:52
17	Renee Williams	38:02
18	Kathy Hildebrand	38:19
19	Kim Currie	38:25
20	Juliette Christie	38:31

35-39:

1	Darsie Bowden	35:41
2	Terri Goodreau	37:47
3	Claudia Morales	38:38
4	Pauline Stevens	39:57
5	Elinor Accampo	42:28

40-49:

1	Harolene Walters	36:28
2	Judy Kawley	38:38
3	Bonnie Robinson	40:47
4	Rita Gilmore	40:48
5	Marie Stevenson	42:42

50-59:

1	Nelly Williams	46:37
2	Jacqueline Parriaux	51:07
3	Jane McMickle	54:05

60 & Over:

1	Heien Dick	42:58
2	Fenya Crown	64:13
3	Dorothy Rask	72:18

Racewalker:

1	Jolene Steigerwalt	66:45
2	Linda Hunter	63:31
3	Colie Greene	66:41



Results

Christmas Tree Runs

from Maureen Robello-Boynton

December 14. Modesto.

December 14th brought record cold to Modesto, yet 220 runners arrived at the Stanislaus County YMCA. The YMCA and Golden Bear Sports Injury Center co-sponsored the fourth annual 5K and one mile Christmas Tree runs. First prize? you guessed it... a Christmas Tree.

The one mile event is ever popular with the junior crowd, since several divisions enable the children to go home as winners. Still a school girl, Heather Mings ran a female course record 6:06. Her age group track rival, Stacy Skov, followed in 6:29. Teenager Martha Austin also broke 7 minutes in the 24 degree weather. The first finisher over 18 years was Michelle Hultberg in 7:15.

Zachary Taylor was first in the open division and won the one mile handily in 4:46. Second place Mike Boyer was chased to a 5:04 by Raoul Perey (5:08).

The one mile was definitely a family affair with the Bullock, Amen, Thompsen, Biglow and Collins boys all running well. Sisters ran too: Amy Bullock completed one mile, as did the Ash, Hall and Lemke sisters.

Dwight Smith smashed the 5K course record by running a 5:29. Even though the foggy morning had warmed to 31 degree, he still failed to break a sweat. Former Modesto Junior College team mate Bill Martin followed Dwight in 15:38, breaking his own course record of 15:40. Runners from Stanislaus State and M.J.C. rounded out the top five, with Angel Tejada and Shane Parmer cracking 16 minutes.

Turlock High School standout Christine Boyd topped the women's field as the sophomore ran 19:40. School teacher and former U.C. Santa Barbara Cross Country runner, Paula Martelli, ran an easy 20:54 for second. Third place was a just-turned-thirty Carol Ovalle, running a 21:28. Two more high schoolers, Lisa Wade and Kelly Pinheiro, completed the top five women as they raced along the TAC-certified course.

Arcata to Willow Creek 40 Miles

from Burnie Kemp

December 14. Arcata.

With temperatures in the 40's, twelve hopefuls toed the starting line for the 13th annual Arcata to Willow Creek run.

With current record holder Howard Labrie out of the country, and no obvious outside entry threats, it shaped up to be a duel between Rich Stewart and former winner Bill Daniel. Mike Addis stated he was 20 lbs. overweight and didn't feel all that competitive.

Dark horses were Forrest Williams, Gerald Hoopes and George Crandell.

As expected, it was Stewart and Daniel through Blue Lake and North Fork, followed by Addis and Williams. Crandell dropped out with leg cramps around the 10 mile mark.

Stewart and Danile were leading Addis, Williams and Hoopes by 3 to 5 min. at Lord Ellis. At Berry Summit (30 miles) Stewart led Daniel and Addis by 2:25 and 3 min.

The next several miles saw Stewart and Daniel dropping out with cramps, giving the lead to Addis. Mike ran the last 10

miles in 61:50. Hoopes' bid to overtake Williams for 2nd place over-all or 1st Master, fell short by 43 seconds.

The favorite in the women's division was current record holder Jan Levett along with Sandra Stepp, Sherry Skillwoman and Colleen Fox from Vacaville.

This could be a show-down between Jan, who has the record, Colleen with 93 marathons and 16 ultras to her credit, Sandra Stepp with the best percentage of finishes and Sherry Skillwoman who seemed to be in great shape.

At North Fork it was Jan followed closely by Sherry, Sandra and Colleen.

Lord Ellis took its toll with Colleen slipping to 4th, Sandra 3rd, Sherry 2nd and Jan 1st. At the finish it was Jan Levett with the win and new record of 5:54:14, Sandra 6:49:48, Colleen Fox 6:52:36, with Sherry dropping out after Redwood Creek.

Overall Results

1	Mike Addis (35)	4:49:50
2	Forrest Williams (51)	5:15:46
3	Gerald Hoopes (44)	5:16:29
4	Jan Levett (34)	5:54:14
5	Jim Griggs (30)	6:24:40
6	Sandra Stepp (36)	6:49:48
7	Colleen Fox (31)	6:52:36
8	Don Chorley (51)	7:03:42
9	Richard Stewart (37)	DNF
10	Bill Daniel (41)	DNF
11	Sherry Skillwoman (37)	DNF
12	George Crandell (53)	DNF

Hunter S. Thompson 50 Milers

from John Medinger

December 14. San Francisco.

"Fear and loathing" on the 49-mile Scenic Drive. With that as part of the race announcement, how could any self-respecting ultra runner resist?

Named in honor of the famed "gonzo" journalist, this race starts and finishes atop Twin Peaks in San Francisco. The large loop is all on city streets on the 49-mile Scenic Drive that meanders through San Francisco. In order to make the race an even fifty, the runners were given a choice: a) they could depart the course on Telegraph Hill and run to Coit Tower and back (hilly), or b) they could depart the course in the Presidio and run to Fort Point and back (hilly), or c) they could run two laps around Stow Lake in Golden Gate Park instead of one (again, hilly).

The course transverses just about every one of San Francisco's famous hills. After a relatively flat first ten miles, it goes over Cathedral Hill to Japantown. Then, in rapid succession, it goes over Russian Hill to Union Square, up the Grant Street hill to Chinatown, up California Street to the top of Nob Hill, back down to North Beach and then up and over Telegraph Hill to Fisherman's Wharf. After a couple of flat miles along the Northern Waterfront, it continues up and over the Presidio, down the Great Highway to Lake Merced and back to Golden Gate Park. And then comes the hard part, an arduous last two miles, climbing 900 feet to the Twin Peaks finish.

A foursome of Mike Fanelli, Bruce Labelle, Chris Batteate, and John Medinger pushed the early pace, trading leads as they forged their way through heavy Christmas-shopping traffic on a clear and cool Saturday morning. By 20 miles, the pace had gradually been increased by Fanelli and Labelle. Medinger dropped out with plantar fascia problems at 31 miles, and soon thereafter Batteate fell back. Fanelli, the race organizer and a 2:25 marathoner, and Labelle, former second place finisher at Western States, ran the rest of the race together, virtually

sprinting the entire last hill in a successful effort to break eight hours.

Hollis Lenderking ran conservatively in the early stages of the run as he had run a marathon PR just six days earlier. As the race progressed, he began to gain ground on Batteate, but could never close the gap entirely, and finished fourth.

Pam Hinchcliffe, who had finished second in the Philadelphia to Atlantic City 100K a month earlier, had Maryann Hoburg as an early pacer. Hoburg had intended on running only 20 miles or so but got caught up in the event and hung in the entire way to finish her first ultra in a tie for first.

All four male finishers broke the old course record of 9:02:30. As no women had previously completed the course, a new women's record was also established.

Overall Results

1	Bruce Labelle	7:58:43
1	Mike Fanelli	7:58:43
3	Chris Batteate	8:35:44
4	Hollis Lenderking	8:45:27
5	Pam Hinchcliffe	10:40:21
5	Maryann Hoburg	10:40:21

Rudolph Runs

December 14. Lancaster. 10K & 5K.

Overall Results - 10K

1	German Alonso (34)	33:40
2	Shawn Elmore (20)	33:40
3	Gary Everson (40)	34:12
4	Bobby Bans (16)	34:45
5	Jim Misener (25)	34:57
6	Brian Stansauk (33)	36:44
7	Frank Sakelarios (16)	36:46
8	Mark Fischer (38)	36:49
9	Steve Peppard (16)	37:26
10	Greg McClester (32)	37:37
11	Stanley Bratt (23)	37:40
12	Mark Husband (24)	38:40
13	Frank Ogawa (48)	38:46
14	Gary Stansauk (35)	38:54
15	Ross Stacer (32)	38:56
16	Glenn Crabtree (41)	39:56
32	Oliver Biederman (54)	42:13
35	Jim Talley (64)	43:13
39	David Behlinger (50)	45:57
41	Susan Breidenbach (34F)	46:23
44	Glenda Kimmerly (34F)	46:53
46	Heidi Stacer (27F)	47:11
47	Lori Ansell (25F)	47:15
49	James Harvey (53)	47:36

Overall Results - 5K

1	Alex Miranda (25)	16:46
2	Kerzie Todd (17)	16:55
3	Hugh Schenkel (19)	17:09
4	Scott Denham (18)	17:40
5	Phillip Horn (32)	17:49
6	Jeff Parkhurst (25)	18:05
7	Ted Kerzie (15)	18:42
8	David Ploatto (30)	19:04
9	Tom Jimerson (37)	19:10
10	Brandon McMahon (23)	19:24
11	Richard Cooper (42)	19:28
12	Shane Keller (15)	19:29
13	Martin Duhansky (21)	19:31
14	Rod Harrington (13)	19:36
15	Chad Cieslik (11)	19:36
17	Kath Thome-Britcliffe (30F)	20:15
23	Robert Decker (57)	21:20
25	Ronald Hunt (41)	21:31
30	Arlene Ward (12F)	22:13
34	Kimberly Washburn (13F)	22:47
38	Jean Harvey (13F)	23:01
39	Harry Quinn (49)	23:06
40	Margaret Reilly (15F)	23:13
41	Dorlie Berry (16F)	23:13
45	Al Friedman (55)	23:42

Coyote Hills Race

December 14. Fremont.

Division Results - Men's 3.4 Mile

13 & Under:	1. Dino Daniels 21:04, 2. Willis Staszko 22:30, 3. Louis Calliullo 26:12.
14-18:	1. Eric Hartman 17:43, 2. Mike

Roach 18:23, 3. Matt Bogdanowicz 19:44. 19-29: 1. Bobby Rivera 17:18, 2. Matthew Dowling 18:25, 3. Don Lotz 20:59. 30-34: 1. Bob Garcia 19:45, 2. Brett Jones 23:31, 3. David Causey 26:44. 35-39: 1. Julios Ratti 17:58, 2. David Garcia 19:52, 3. Bo Crane 20:18. 40-44: 1. Roger Sharpe 19:47, 2. Dale Bodtken 21:32, 3. Gilbert Moreno 21:52. 45-49: 1. Lee Goyon 20:42, 2. Edward Lem 25:40, 3. Richard Garcia 27:25. 50-59: 1. William Flodberg 21:01, 2. Bruce Oliver 21:48, 3. E. Mehmedbasich 22:31. 60 & Over: 1. Ulysses Ratti 24:38, 2. Frank Jancoski 25:25.

Division Results - Women's 3.4 Mile

13 & Under: 1. Robin Lindsay 29:29. 14-18: 1. Eugenia Jauregui 19:51, 2. Cecilia Jennings 22:34, 3. Harpreet Kaur 23:04. 19-29: 1. Laura Tavernier 21:25, 2. C. Mehmetbasich 22:43, 3. Bert Marguette 23:53. 30-34: 1. Rosalee O'Neill 31:45, 2. Linda Krlitich 50:01, 3. Ruth Grimes 23:39. 40-44: 1. Johanna Binneweg 48:25. 45-49: 1. Diane Bromstead 24:53.

Division Results - Men's 6.8 Mile

13 & Under: 1. Rodney Lynch 43:02, 2. Michael Grimes 58:24. 14-18: 1. Jeff Kent 38:48. 20-29: 1. Steve Lewis 37:47, 2. Chris Ward 38:37, 3. Phil Jensen 38:47. 30-34: 1. John Grabowski 35:59, 2. Colin Fleming 40:14, 3. Jerry Ratti 40:44. 35-39: 1. Dennis Tracy 38:16, 2. Jacques Pittett 38:31, 3. Bubba Talco 39:37. 40-44: 1. Rich Stillon 39:37, 2. Dale Severy 39:52, 3. Mike Schoelz 39:55. 45-49: 1. Ted Vincent 47:29, 2. Fred Lynch 49:44, 3. Bill Silver 49:45. 50-59: 1. Don Ertel 46:06, 2. Jack Hodges 46:25, 3. Frank Nolte 49:10. 60 & Over: 1. Howard Powers 52:25, 2. Tony Marshal 67:32.

Division Results - Women's 6.8 Mile

14-18: 1. Pam Brands 50:48, 2. Glorybelle Cendana 54:14, 3. Kim Homes 55:05. 19-29: 1. Suzanne Kowalski 45:48, 2. Peggy Foster 46:51, 3. Rachel Bates 52:15. 30-34: 1. Karen Johnston 51:54. 35-39: 1. Susan Paris 57:17. 40-44: 1. Carolyn Thompson 48:39, 2. Nan McDonnell 57:54, 3. Frances Massey 59:15. 50-59: 1. Barbara Roisben 54:20, 2. Bernice Carter 62:03. 60 & Over: 1. Bille Breish 66:54.

The Palm Springs Fifty

from John Emig

December 15. Palm Springs.

Craig Davidson of Phoenix led for the first 45 miles of the Palm Springs Fifty, running at a pace that would have brought him to the finish line in 5:35. A hamstring problem slowed Craig with five to go, allowing Ed Wehan of Santa Monica to come from a strong second place to take the lead and win the race in 5:49:42.

Craig's lead had been so great that, even walking and jogging, he was able to finish second, crossing the line in 6:05:35. Ron Lowy of Corona was third and Alan Bowman of Phoenix was fourth.

Winning the women's half of the race was Sigrid McAllister of Yucca Valley, a small community in the high desert. Sigrid, in her first running ultra (she was first in her age group in the 1985 Ironman), ran a 7:52:27.

Second woman was Pam Smith of Riverside who turned in a PR 8:48:58.

The Palm Springs Fifty was run on a 2-mile flat loop that was 45 percent concrete bike path, 45 percent hard-packed dirt and 10 percent asphalt.

Overall Results

1	Ed Wehan (41)	5:49:42
2	Craig Davidson (31) AZ	6:05:35
3	Ron Lowy (42)	6:49:14
4	Alan Bowman (27) AZ	6:56:53
5	Eric McCready (35)	6:58:38
6	Tom Perry (40)	7:11:57
7	Craig Leventhal (20)	7:34:45
8	Ruben Alarcon (41)	7:36:26
9	David Condit (46)	7:46:26
10	Mike McMahan (37)	7:48:43

Results

Run Across Los Angeles 10 Miler

by Richard Lee Slotkin

After a steady diet of 10K's and 5K's weekend after weekend, it was a nice change to see a major effort directed towards a ten miler. An urban ten miler at that, not some lonely road out in the boonies or a sparsely settled suburb. This one started in fancy schmancy Century City, continued over a couple of main thoroughfares and finished downtown in front of the swank Bonaventure Hotel.

To complete the picture the field was laced with some strong talent and a big crowd was attracted: There were over 2000 starters. Stretched out over ten miles, the road might not have looked all that populated, but they were there. Even the weather was good. Nice and cool, but with clear skies, which made it nice for runners and photographers alike.

Most importantly, though, there was a good field. Olympians Steve Scott and Carmelo Rios (Puerto Rico), Ron Cornell, Tom Wysocki, Brian Russell, John Koningh, Jim Hill from Oregon and Ireland's Dave Taylor. The women's field was mostly local but it was a good one too. Ruth Wysocki was the favorite, but Mary Tracey, Donna Chin and Sherrie Roach were expected to keep up a lot of pressure. And, there was a sleeper in the form of 19 year old Sylvia Mosqueda, a product of San Gabriel and East L.A. Community College, a good little runner but not as well known as the others.

Or as experienced.

This was, in fact, her first 10 miler.

The course was sneaky tough. Only a couple of hills early on, but with a net elevation gain. That meant that there were some long grades, and they were up. Mercifully, there was a short, sharp downhill in the last half mile. As the crowd lined up at the start line, the elite runners filtered towards the front, looking for a good spot to be in when the starting gun was fired. Scott, Cornell, both Wysocki's, they were all there. Whenever Ron Cornell runs, he's easy to find in the early part of the race. He'll be at, or at least near, the front. And, unless he's having a good day, he won't be there long. This was one of his good days. He got out fast and took the early lead, and although he eventually faded, he was in it most of the way. But we're getting ahead of ourselves.

A big lead pack formed as soon as the gun went off. There were more than 20 guys in it. Cornell seemed to be cooling it this time, content to cruise along a step or two behind the front of the pack. By three minutes, though, it was vintage Cornell, 10 yards in front. The pack was down to a dozen now, including Wysocki, Scott, Hill, Koningh, Rios, Taylor, Russell, Chris Schallert, Andy Gerken, a guy without a number, and the pride of USC's distance corps, Roman Gomez, who, unfortunately was *un bandido* for this one.

Near the mile mark, going uphill, the pack began to reel. Cornell in. They went through the mile in about 4:35. Strange to say, in fact, shockingly, there were no split callers anywhere on the course, the only major flaw in this otherwise well operated race. A bike riding course official quickly pedaled to the spot mile marker and called out splits for the leaders, but he was about eight seconds too fast.

Near a mile and a half, Wysocki and Koningh seemed to be having a conversa-

tion. Koningh seemed to be having a conversation. Koningh looked as though he were smiling. Wysocki looked quite casual, too. All through the race he looked as though it was just a moderate quality workout for him. It didn't feel that way, he insisted. At seven minutes, Gomez moved into the lead. Scott, wearing shorts with a loud design, Cornell, Wysocki and Hill followed closely. Then Cornell retook the lead and the pack was down to: Cornell, Gomez, Scott, Hill, Wysocki, Rios, Taylor, Koningh and Gerken. Gomez was the first to be dropped, a little before two miles. Gerken was next. A pack of seven went through two miles in 9:05, which meant the pace had picked up to a 4:30 for the second mile. At this point, Cornell and Wysocki looked quite good. Scott was already into a routine of falling back and surging to get back into contact.

The pack was running single file like a row of ducks, with Wysocki, Hill and Cornell in the lead.

At 12 minutes, we still had a pack of seven, but Rios, Taylor and Koningh were showing signs of just hanging on.



Left to Right: Jim Hill (#12), Steve Scott (#3), Ron Cornell (#5), David Taylor, Tom Wysocki (#2), and Carmelo Rios.

At 15 minutes, Taylor and Koningh were dropped and by 17 minutes, Rios was fading back. Scott was still in it, but barely. Cornell looked great, running effortlessly. Wysocki, wearing number 2, (wife Ruth had number 1), was looking all round, as though he were checking out the store windows along the Miracle Mile District of Wilshire Boulevard. Hill was the only one who looked labored, but he was, as he said later, pretty comfortable.

From then on until about mile seven, Cornell and Wysocki trade the lead at least a half dozen times, while Hill just tagged along. Meanwhile, at about four and one half miles, Scott, loud shorts and all, moved up to the front. It was a bit early for a real move, but everyone felt, "this is it!" Recalling the moment, Wysocki said, "I train with him all the time... it's tough when Steve Scott comes back on you!"

But Scott had a different version: "I was hurting from the very start. I was never able to get comfortable... so, they'd drop me, then I'd come back, they'd drop me, I'd come back and then finally... between six and seven miles they just dropped me and I couldn't get it back..." So, now it was a three man race: Wysocki, Cornell and Hill. Hill accomplished 1500 and 5000 meter trackster is not a familiar face down here; no one on the press truck knew who he was.

Then, near eight miles, Cornell began to fade. Having looked so good for so long, it was a surprise to all concerned, including Wysocki. In fact, even as the

gap opened Cornell continued to look good.

But, it was a two man race now. A very good road runner and a very good track man who was running his first ten miler.

You figure if the track guy hasn't been broken by now, he's just going to have too much speed if it comes down to a kick. It did come down to a kick, less than a half mile from the finish. Coming down that short, steep hill where Wilshire crosses the Harbor Freeway, Wysocki burst out to what became a five second lead when he broke the tape. His time was 47:38, with Hill second.

Steve Scott may have been a bit worn, but he wasn't worn out. He hung in back there, caught Cornell at nine miles and took third place in 48:05. Cornell was fourth 26 seconds later.

When Carmelo Rios crossed the line in 49:50, he was the last runner to break 50 minutes. But he was also the 9th one to do it, which gives you an idea of how deep this field really was.

About six minutes later, the public address system announcer, Barry Spitz, excitedly announced that the first woman

photo by Richard Lee Slotkin

seconds, to take second. Tracey didn't do too badly. Her 57:31 was a PR, and in case no one has been noticing, this lady has become an awfully good runner. It's getting tougher and tougher to beat her.

So, it's over but let's hope it's not done with. This is a race that has promise. It could turn out to be one of the highlights of the racing calendar. For sure, it's off to a good start.

Overall Results

1	Tom Wysocki (29)	47:38
2	Jim Hill (24)	47:43
3	Steven Scott (29)	48:05
4	Ron Cornell (26)	48:31
5	John Koningh (29)	49:07
6	David Taylor (25)	49:16
7	Andy Gerken (24)	49:36
8	Chris Schallert (26)	49:44
9	Carmelo Rios (26)	49:50
10	Greg Whiteley (18)	50:11
11	John Lenihan (25)	50:17
12	Jeff Holyfield (21)	51:10
13	Joe Nitti (19)	51:44
14	Brian Russell (27)	52:10
15	Jim Hartig (31)	52:21
16	Carlos Navarro (23)	52:24
17	Vernon Morris (23)	52:42
18	Stephen Brandt (25)	52:57
19	Mike Mathewson (23)	53:04
20	Pete Von Haug (26)	53:19
21	Tim Tobin (31)	53:52
22	Ken Lemus (28)	54:05
23	Jim Ulvestad (30)	54:11
24	Joe Carlson (34)	54:30
25	Tim Wallen (22)	54:41

Division Results - Men's 10 Mile

18 & Under:	1. Greg Whiteley 50:11, 2. Bryan Portillo 56:27, 3. John Mora 58:02, 19-29: 1. Tom Wysocki 47:38, 2. Jim Hill 47:43, 3. Steven Scott 48:05, 30-34: 1. Jim Hartig 52:21, 2. Tim Tobin 53:52, 3. Jim Ulvestad 54:11, 35-39: 1. Fred Ortega 55:08, 2. Mike Chambliss 55:18, 3. John Merhaut 55:20, 40-44: 1. Marshall Matye 54:43, 2. Phil Ryan 55:24, 3. Michael Figueroa 56:26, 45-49: 1. James Murphy 59:54, 2. Dave Arntson 1:00:59, 3. Nelson Crader 1:02:25, 50-59: 1. Wally Evertz 1:01:41, 2. Bill Winstanley 1:04:17, 3. Dane Macomber 1:05:18, 60 & Over: 1. Larry Banuelos 1:08:57, 2. Jack Green 1:11:54, 3. Jack Kettler 1:12:52.
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Overall Results

1	Sylvia Mosqueda (19)	56:31
2	Ruth Wysocki (28)	57:24
3	Mary Tracey (26)	57:31
4	Donna Chin (25)	59:15
5	Sherrie Roach (25)	1:01:35
6	Michele Tiff (35)	1:01:49
7	Alexandria Aguirre (21)	1:02:01
8	Claudia Morales (35)	1:02:36
9	Tori Pleasant (26)	1:03:46
10	Judy Kewley (41)	1:04:31
11	Katie Cunningham (29)	1:04:44
12	Doreen Assumma-Fay (27)	1:05:22
13	Lari Bright (25)	1:05:25
14	Terri Goodreau (36)	1:05:39
15	Carolyn Richards (20)	1:05:49
16	Molly Thayer (42)	1:06:08
17	Marie Perez (26)	1:06:23
18	Julie McKinney (29)	1:06:25
19	Aine Lynam (32)	1:07:25
20	Wendy Watson (41)	1:07:41
21	Cheryl Boessow (25)	1:08:01
22	Georgia McLean (17)	1:08:50
23	Jennifer Henderson (27)	1:09:10
24	Beverly Lowe (32)	1:09:12
25	Arlene Ucinski (32)	1:09:24

Division Results - Women

18 & Under:	1. Georgia McLean 1:08:50, 2. Sandra Hernandez 1:13:01, 3. Sharla Smith 1:13:57, 19-29: 1. Sylvia Mosqueda 56:31, 2. Ruth Wysocki 57:24, 3. Mary Tracey 57:31, 30-34: 1. Aine Lynam 1:07:25, 2. Beverly Lowe 1:09:12, 3. Arlene Ucinski 1:09:24, 35-39: 1. Michele Tiff 1:01:49, 2. Claudia Morales 1:02:36, 3. Terri Goodreau 1:05:39, 40-44: 1. Judy Kewley 1:04:31, 2. Molly Thayer 1:06:08, 3. Wendy Watson 1:07:41, 45-49: 1. Rita Gilmore 1:10:18, 2. Shirley Blush 1:13:51, 3. Kathy Kusner 1:18:51, 50-59: 1. Atsuko Fujimoto 1:14:32, 2. Nelly Williams 1:19:20, 3. Irene Olberz 1:20:52, 60 & Over: 1. Helen Dick 1:12:52, 2. Feyna Crown 1:46:08, 3. Lucile Adney 1:56:41.
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Schedule

The Christmas Carol Charity Run

December 15. San Francisco.

Division Results - Men

16 & Under: 1. Jason Karp 40:24, 2. DeWayne Jones 45:04, 3. Jacob Dean 45:08.
17-29: 1. Dan Marinelli 32:15, 2. Robert Lange 32:40, 3. Thom Trimble 33:17. **30-39:** 1. Jim Moyle 31:53, 2. Eddie Lanzarin 32:47, 3. Raymond Taketa 33:21. **40-49:** 1. Fred Gedrich 36:20, 2. James Feltz 36:46, 3. Bob Butsic 37:23. **50-59:** 1. Tom Lehmkuhl 37:30, 2. Bryan Holmes 38:04, 3. Rocco Fazio 40:13. **60 & Over:** 1. Erik Stenstedt 44:01, 2. Charles Hansen 47:33, 3. Ted Flagg 49:50.

Division Results - Women

16 & Under: 1. Katie McKinley 47:44, 2. Stephanie Quay 59:09, 3. Jessica Bentley 1:07:16. **17-29:** 1. Heidi Perham 35:43, 2. Sarah Tabbutt 35:48, 3. Laura Tavenier 37:54. **30-39:** 1. Marilyn Taylor 38:08, 2. Florianne Harp 39:33, 3. Honor Fetherston 40:00. **40-49:** 1. Joan Ulyot 40:51, 2. Joan Don 45:09, 3. Doerte Murray 45:29. **50-59:** 1. Peggy Kane 48:02, 2. Foa Mae Berg 48:52, 3. Betty Bickhart 57:16. **60 & Over:** 1. Arline Fitzgerald 1:02:19.

1st Place Co-ed Team: Pacific Telesis Group (Jim Moyle, Tom Lehmkuhl, Edda Stickle), 1:55:36.

1st Place Women's Team: Pacific Telesis Group (Honor Fetherston, Doerte Murray, Susan Condon), 2:11:35.

1st Place Men's Team: Pacific Telesis Group (Dan Martinelli, Eddie Lanzarin, Bryan Holmes), 1:43:06.

Last 10K 1985

December 15. Spring Lake, Santa Rosa.

Overall Results

1 Dan Aldridge (29)	30:50
2 Randy Moser (28)	32:53
3 Steve Schermann (30)	33:29
4 Chris Thomas (37)	33:37
5 Darryl Beardall (49)	33:58
6 David Lieberman (20)	34:08
7 Bubba Doughty (18)	34:13
8 Don Stewart (24)	34:22
9 Tim Stewart (30)	34:36
10 Bryan MacKay (16)	35:00
11 Steve Willis (24)	35:12
12 Jay Aliff (24)	35:48
13 Frank Gaitan (21)	35:52
14 Andy Cavaghetto (30)	35:57
15 Wayne Hinrichs (38)	36:25

Division Results - Men

13 & Under: 1. David Reuser 54:35, 14-18: 1. Bubba Doughty 34:13, 2. Brian MacKay 35:00, 3. Brian Wallace 39:36. **19-24:** 1. David Lieberman 34:08, 2. Dan Stewart 34:22, 3. Steve Willis 35:12. **25-29:** 1. Dan Aldridge 30:50, 2. Randy Moser 32:53, 3. Mike Hettner 36:58. **30-34:** 1. Steve Schermann 33:29, 2. Tim Stewart 34:36, 3. Andy Cavaghetto 35:57. **35-39:** 1. Chris Thomas 33:37, 2. Wayne Hinrichs 36:25, 3. Larry Haynes 37:23. **40-44:** 1. Brenden Hutchinson 36:43, 2. Walt Vennum 36:51, 3. Walt Bales 37:19. **45-49:** 1. Darryl Beardall 33:58, 2. Jim Mannering 39:01, 3. Jim Minkles 40:55. **50-54:** 1. Chadwick 43:21, 2. Steve Machel 46:09, 3. Ralph Harms 46:43, Bob Buckendahl 46:43. **55-59:** 1. John LeBarron 52:30, 2. Tim Corneli 56:35. **60 & Over:** 1. James Reyes 48:19, 2. Jason Guerson 56:33.

Division Results - Women

13 & Under: 1. Lucia Gallagher 1:14:08, **14-18:** 1. Sheila O'Hanlon 47:37, **19-24:** 1. Elizabeth Mosier 43:35, **25-29:** 1. Cindy VanoNatta 40:27, **30-34:** 1. Debbie DeSoto 45:53, 2. Kataryn Schram 56:59, 3. Marcy Jeffers 58:56, **35-39:** 1. Patty Sanders

46:53, 2. Vicki French 47:36, 3. Judy Welch 47:37. **40-44:** 1. Joyce Bennett 46:54, 2. Vicki Greenbaum 55:19, 3. Sharon Mecherikoff 58:56. **50-54:** 1. Janet Buckendahl 44:36, 2. Judy Lindberg 57:12. **60 & Over:** 1. Maria Carlsen 1:02:26.

Sanger Striders Pre-Christmas Run

from Dave Dodson

December 21. Sanger.

Division Results - Men's 6 Mile

15 & Under: 1. George Zepeda 41:03, 16-18: 1. Jose Hurtado 36:23, **19-29:** 1. Isaias Luna 32:26, **30-39:** 1. Hermilo Guerrero 32:45, **40-49:** 1. John Pius 39:38, **50-59:** 1. Grant Sharp 40:36.

Division Results - Women's 6 Mile

15 & Under: 1. Molly Dowis 46:39, 16-18: 1. Carmen Zepeda 46:42, **19-29:** 1. Katie Lowe 41:19, **30-39:** 1. Charlene Enoch 49:52, **40-49:** 1. Bonnie Pius 50:04, **50-59:** 1. Sydney Loo 57:26.

Division Results - 3 Mile Prediction

1 Gustavo Armenta	19:49.2/5.8
2 Norm Takeuchi	19:03.7/13.7
3 Natalia Bolanos	23:19.8/19.8
4 Frank Ortega	17:25.4/20.4
5 Dave Meyer	18:24.7/24.7

George Guerrero 8K

December 21. Legg Lake.

Overall Results

1 Robert Slick (30) Orange	26:24
2 Frank Peters (25) Glendale	26:37
3 Alonso German (34) L.A.	26:52
4 Jose Garcia (20) L.A.	26:54
5 Richard Nava (16) Montebello	26:54
6 John Araujo (27) Pico Rivera	26:58
7 Spencer Walch (18) Burbank	27:01
8 Rudie Krause (31) Lynwood	27:02
9 Jose Haro (17) S. Fernando	27:08
10 Jose Rodriguez (31) L.A.	27:21
11 George Guerrero (32) Hacienda	27:24
12 Darren McIntosh (17) Montebello	27:25
13 Raymond Perez (15) Rosemead	27:26
14 Raul Chavez (32) Santa Ana	27:28
15 William Swezey (18) Burbank	27:31
16 Adolfo Serrato (31) El Monte	27:34
17 Andy Casillas (17) Pico Rivera	27:38
18 Eddie Lopez (26)	27:44
19 Mike Devaney (35) S. Bernardino	27:46
20 Ray Hughes (46)	27:47
28 Richard Flores (50) Monterey Pk	29:22
51 Carrie Garritson (9F) Fullerton	29:53
70 Mary Mitchell (38F) Sunland	30:53
76 Larry Banuelos (61) Pico Rivera	31:20
83 Lupe Casillas (16F) Pico Rivera	32:22
89 Rayna Cervantes (15F) Montebello	33:17

Paramount Ranch 5K Cross Country

December 29. Agoura.

Overall Results

1 Benito Deck (20) Agoura	15:29
2 Reggie Cuzzard (18) Panorama C	16:27
3 Steve Brumwell (27) Van Nuys	16:28
4 Rob Slick (30) Orange	16:50
5 Mark Covert (35) Burbank	17:17
6 James Garritson (10) Fullerton	18:31
7 Kathleen Manning (20) Encino	18:34
8 Matthew Thomson (17) Agoura H	18:41
9 Charlie Pondella (44) Sherman O	18:43
10 Tina Krebs (22) Clemson, SC	18:47
12 Tony LaMorte (45) NV (145-49)	19:27
14 Carrie Garritson (9F) Full (112&U)	19:32
15 Gunnar Brickner (59) MDR (155-59)	19:32
17 Barry Truex (51) Panor C (150-54)	20:19

34 Ed Stotsenberg (71) Mali (170&O) 23:36
35 Rita Schnepf (31) Malibu (1F30-34) 23:54
36 Meaghan Shaffer (14) Ful (1F13-15) 24:21
41 Jane Dods (50) N. Holywd (1F50-54) 26:11
53 Evelyn Rosenberg (37) (1F35-39) 31:20
54 Mariann Lamorte (42) NV (1F40-44) 34:53

New Year's Eve Midnight 10K

December 31. Encino.

Male Winner: Mike Mathewson 32:02

Female Winner: Harolene Walters 37:27

Family Midnite Fun Run

December 31. Lompoc. 4.8 Mile.

Overall Results

1 Malcolm Maxwell (26) S. Maria	23:58
2 Alan Anzai (19) AF Acad.	26:38
3 Steven Padugan (34) Guadalupe	28:06
4 Andrew Hecker (30) Ventura	28:49
5 Kenny Doss (29) LVDC	29:40
6 Martin Briones (33) S. Maria	30:39
7 Luke Roundy (12) SLO	30:49
8 Ron Roundy (42) SLO	30:50
9 Christopher Eakes (30) Lompoc	30:54
10 Curt Cruthirds (30) LVDC	32:42
11 Rod Rodenberger (56) Orcutt RR	32:52
15 Gudrun Fink (41F) LVDC	33:55
20 Alan Kitt (35) LVDC	37:10
32 Phyllis Rodenberger (52F) Orcutt	46:16

Resolution Run

January, 1986. Ukiah. 15K & 3.6 Mile.

Overall Results - 15K

1 Jerold Drew (27) Iliaj	51:57
2 Chris Thomas (37) Sausalito	52:32
3 Robert Clay (38) Kelseyville	54:27
4 Bill Davis (30) Ukiah	57:18
5 Grant Niceswanger (41) Redwd Vly	59:09
6 Mike Cannon (31) Ukiah	59:10
7 Robert Clark (35) Calpella	61:38
8 Robert Borba (40) Willits	62:58
9 Mike Seppeno (41) Ukiah	65:05
10 Liz Black (27) Ukiah	66:13

Overall Results - 3.6 Miles

1 Jim Gibbons (41) Willits	20:13
2 Bob McWilliams (32) Hopland	21:06
3 Tony Troia (32) Ukiah	22:58
4 Glen Westlund (36) Upper Lake	23:13
5 Richard Troia (15) Ukiah	23:14
6 Bob Compton (50) Ukiah	23:23
7 Rodger Schwartz (32) Nice	23:42
8 Kameha Barnette (26) Redwd Vly	23:57
9 Rob Anderson (43) Ukiah	24:38
10 Victor Quiroga (30) Ukiah	25:04

West Coast Univ. Holiday Ultras

from Lee Preble

January 3. Orange.

Thirty runners started in one or more of three races of 24, 48 and 72 hour duration. This was the only 48-hour race held in Southern California this year, and apparently the only 72-hour race ever conducted in the United States as a separate event. The idea was to provide ultrarunners an opportunity to participate in a multi-day track race short of the 6-day format.

Many of the performances were excellent. In the 24-hour race, Pete Saccone, 42, of San Diego had a winning total of over 132 miles, a U.S. single age record. Even more impressive were seven -- yes, seven -- U.S. Master's track records set by John Loeschhorn, 41, of Irvine at the "shorter" distances. A relative newcomer to ultrarunning, Loeschhorn



LEE PREBLE setting a 50-plus American record for 48 hours of 172 miles, 498 meters.

was attempting his first ever track ultra and succeeded in weaving his way around and though the 29 other runners to establish new standards at every distance from 20 kilometers to 50 kilometers.

Overall Results - 24-Hour Race

1 Pete Saccone (42) CA	132 Miles
2 Lee Preble (51) CA	109 Miles
3 Bill Fitzpatrick (33) CA	101 Miles
4 Guldazyke (44) MO	100 Miles
5 Del Sharffenberg (40) OR	98 Miles
6 Russ Shinabarger (38) CA	95 Miles
7 Bob King (44) CA	94 Miles
8 John Radich (31) CA	94 Miles
9 Ted Epstein (50) CO	90 Miles
10 Lance Goss (40) CA	89 Miles
11 Barbara Basta (42F) CA	84 Miles
16 Annette Gonzalez (26F) CA	71 Miles

Overall Results - 48-Hour Race

1 Lee Preble (51) CA	172 Miles
2 Del Sharffenberg (40) OR	156 Miles
3 Guldazyke (44) MO	152 Miles
4 John Radich (31) CA	143 Miles

Overall Results - 72-Hour Race

1 Lee Preble (51) CA	224 Miles
2 John Radich (31) CA	217 Miles
3 Guldazyke (44) MO	211 Miles
4 Bob King (44) CA	200 Miles

Avalon Benefit 50 Mile Run

January 4. Avalon.

Overall Results

1 Richard Provost (39)	6:22:30CR
2 Bruce Wise (37) AZ	7:01:13

□ Schedule

3 David Calderon (26)	7:22:39
4 Bob Silverman (38)	7:27:15
5 Steve Corona (24)	7:28:01
6 Gary Ruttenberg (40)	7:33:50
7 Tom O'Hern (30)	7:46:01
8 Rob'ole goat/Volkenand(55)OR	7:47:33
9 Chris Cole (23)	7:55:53
10 Bill Harns (40)	7:59:24
12 Nancy McCord (35F)	8:13:39
13 Kent Holder (46)	8:15:56
14 James Warnemuende (45)	8:15:56
15 Ted Winters (46)	8:17:48
20 Hal Winton (54)	8:32:04
23 Jan Levat (34F)	8:37:47
25 Linda Papermaster (35F)	8:45:29
29 Nanci Taylor (33F)	8:49:21
32 Barbara Spahr (42F)	9:03:46

The Epiphany Ultra

January 4: San Francisco. 35 Miles.

Thunder and lightning heralded the start of the second annual Epiphany Ultra. A heavy duty winter Pacific storm had invaded Northern California during the night, and by race time a torrential rainstorm was in progress. Despite the inclement weather, which not only drenched the competitors but created several miniature lakes along the course, twenty hardy souls turned out for the annual celebration of John Medinger's birthday. John was turning 35, so this year the run would be 35 miles.

The race itself featured some unusual results. Foremost was the fact that it was won outright by a woman, Abbie Rockwell of Los Angeles. And Mike Taheny tied for first place men's honors with his teammate Jim Pommier. But perhaps the most impressive performance was turned in by 72-year-old Steve Cole, who finished in an impressive time under truly miserable conditions. Afterwards, all agreed that they were glad that it wasn't Steve's birthday we were celebrating.

Abbie Rockwell forged a two minute lead by the first crossing of the Golden Gate Bridge at eight miles. Defending champ and birthday boy John Medinger, along with last year's second place finisher Jeff Weiss maintained a steady tempo close behind. Upon reaching Sausalito, they had caught up and the three ran virtually together for several miles. Approaching the turn-around in Mill Valley, Abbie again pulled ahead, and reached the turn in 2:28, about a minute ahead of Weiss and two minutes ahead of Medinger.

She increased her lead coming back through Sausalito and had a three minute lead at the bottom of the long hill up to the Golden Gate. Up to and across the two-mile span, Medinger surged and passed Weiss, narrowing Rockwell's lead to only a minute at the 28 mile point. At this point, Rockwell found renewed strength and pulled away once again, and was never seriously challenged thereafter.

Medinger and Weiss began to pay the piper for their early racing, and both slowed noticeably during the last five miles. At this late stage, Taheny and Pommier, who had run more conservatively early on, passed them both before the last hill at Fort Mason. Pommier, who set an American age-group record for 24 hours last summer, is locally famous as a master of pacing, and his patience paid off. Taheny, running only his second ultra ran with Pommier the entire way as they had done the previous year.

But Rockwell, fighting fierce headwinds on the last few miles, was first to the finish.

After collectively inhaling a birthday

cake at the finish, the mob sang a boisterous but truly awful rendition of "Happy Birthday to You" to the host, and resolved to return next year when the weather will hopefully be better and the race, of course, will be one mile longer.

Overall Results

1 Abbie Rockwell	5:10:00
2 Jim Pommier	5:17:13
2 Mike Taheny	5:17:13
4 John Medinger	5:22:58
5 Jeff Weiss	5:25:47
6 John Formale	5:26:47
7 Joan Starlinski	5:42:03
8 Jerry Fishman	5:47:20
9 Antonio Rossmann	5:47:48
10 Martha Maricle	5:55:24
11 Steve Cole	6:14:38
12 Bob Thimsen	6:24:41
13 Jerry Anderson	6:52:07

Garfield Medical Center 10K

January 11, Monterey Park.

Overall Results

1 Joel Hope (28)	31:23
2 Rob Slick (30)	31:45
3 Phil Ryan (41)	33:03
4 Cleofas Esquivel (23)	33:55
5 Catarino Gonzalez (43)	34:00
6 Carlos Mendoza (27)	34:16
7 Kyle Korcha (19)	34:20
8 Jay Uretsky (35)	34:25
9 Derrick Powers (15)	34:51
10 Anton Gonzales (30)	34:57
11 Salvador Gonzalez (38)	34:58
12 Bruce Horiguchi (38)	35:05
13 William Johnston (36)	35:11
14 Aldo Mora (51)	35:16
15 Alex Meade (43)	35:19
16 Edward Mantini (33)	35:29
17 Dan Ashimine (42)	35:40
18 Fernando Diaz (16)	35:49
19 Victor Canel (25)	36:10
20 Tori Pleasant (22)	36:24

Division Results - Men

16 & Under: 1. Derrick Powers 34:51, 2. Fernando Diaz 35:49, 3. Mike Thomas 37:20. **17-19:** 1. Kyle Korcha 34:20, 2. Efrén Garcia 36:48, 3. Peter Rudholm 37:15. **20-29:** 1. Joel Hope 31:23, 2. Cleofas Esquivel 33:55, 3. Carlos Mendoza 34:16. **30-39:** 1. Rob Slick 31:45, 2. Jay Uretsky 34:25, 3. Anton Gonzales 34:57. **40-49:** 1. Phil Ryan 33:03, 2. Catarino Gonzalez 34:00, 3. Alex Meade 35:19. **50 & Over:** 1. Aldo Mora 35:16, 2. Patrick Devine 36:52, 3. Eugene Black 37:17.

Division Results - Women

20-29: 1. Tori Pleasant 36:24, 2. Shirley Batlik 43:36, 3. Carol Adragna 44:18. **30-39:** 1. Diana Tracy 39:06, 2. Linda Lee 46:41, 3. Susan Walker 48:26. **40-49:** 1. Barbara Reukema 45:39, 2. Toni Burke 49:18, 3. Virginia Hoey 53:31. **50 & Over:** 1. Betty Jones 55:37, 2. Vickie Young 1:02:18, 3. Lucile Adney 1:11:42.

Conejo 3X5K Relay

January 12, Westlake Village.

Division Results

First Male Team: 1. Bob Wilder (27), 2. Fernando Vasquez (22), 3. Luis Pinon Jr. (21), 46:47. **First Male 81-110:** 1. Mark Covert (35), 2. Tom Wilkinson (20), 3. Steve Brumwell (27), 49:07. **First Male 111-140:** 1. Larry Esau (47), 2. Micks Purnell (36), 3. Joe Farris (28), 52:41. **First Mixed 50 & Under:** 1. Kara Olsen (16), 2. Robert Polk (17), 3. David Delgado (17), 52:44. **First Female Team:** 1. Carol Forster (48), 2. Teri Ingram (23), 3. Carol Dougherty (43), 72:32. **First Mixed 171 & Over:** 1. Ed Stotsenberg (71), 2. Dorothy Stotsenberg (71), 3. Ron Baumsteiger (44), 75:00.

Cossack Classic

January 12, Rohnert Park. 13.5 Mile.

Overall Results

1 Steve Scharmann, Santa Rosa	1:16:59
2 Ted Pawlak, Rohnert Park	1:18:30
3 Darryl Beardall, Santa Rosa	1:20:26
4 Jon MacPherson, Santa Rosa	1:21:01
5 Jacques Pittet, Fremont	1:22:02
6 Eric Bohn, Sebastopol	1:22:10
7 Terry Goetzel, Sebastopol	1:23:27
8 Craig Roland, Santa Rosa	1:23:59
9 Brendan Hutchinson, S. Rosa	1:25:27
10 John Sensenbaugh, Napa	1:27:02
11 John Anderson, Santa Rosa	1:27:39
12 Jay Aliff, Rohnert Park	1:30:27
13 Tamara Gonzalez, San Rafael	1:30:51
14 Dennis Gustafson, San Rafael	1:31:20
15 Kevin White, Cotate	1:33:43

Division Results - Men

18 & Under: 1. Joey Burtner 1:38:52, 2. Andrew Farquharson 1:51:30, 3. Mike Kassartiah 2:01:55. **19-29:** 1. Ted Pawlak 1:18:30, 2. Eric Bohn 1:22:10, 3. Jay Aliff 1:30:27. **30-39:** 1. Steve Scharmann 1:16:59, 2. Jacques Pittet 1:22:02, 3. Terry Goetzel 1:23:27. **40-49:** 1. Darryl Beardall 1:20:26, 2. Jon MacPherson 1:21:01, 3. Brendan Hutchinson 1:25:27. **50-59:** 1. Craig Roland 1:23:59, 2. Leo McMillan 1:36:47, 3. Esteban Silveira 1:38:50. **60 & Over:** 1. Stashu Geurtsen 2:09:36, 2. Steve Cole 2:15:45.

Division Results - Women

18 & Under: 1. Katie Long 2:21:27, 19-29: 1. Tamara Gonzalez 1:30:51, 2. Sherri

Laudenslager 1:39:52, 3. Kim Frayer 1:49:01. **30-39:** 1. Carol Witwer 1:47:46, 2. Carol Morley 1:56:52, 3. Diana Samhradh 2:01:04. **40-49:** 1. Laura Stage 1:50:24, 2. Joyce Bennett 1:56:59, 3. Edda Stickle 1:57:02. **50-59:** 1. Janet Buckendahl 1:37:19, 2. Marty Maricle 1:42:57, 3. Ruth Anderson 1:50:05. **60 & Over:** 1. Maria Carlsen 2:33:45.

S.F. Zoo Runs

January 13, San Francisco.

Seven-Mile Race

MEN — 1. Brad Hawthorne (Oakland) 33:55, 2. Steve Lopez (San Jose) 35:31, 3. Russel Hill (San Jose) 36:45. **WOMEN —** 1. Liz Jones (Burlington) 45:30, 2. Yumi Takahashi (San Francisco) 46:00, 3. Vicki Chase (Berkeley) 47:12.

Three-Mile Race

MEN — 1. Butch Alexander (Sonoma) 15:30, 2. Paul Beisser (Travis Air Force Base) 15:46, 3. Robert Guvi, 16:01. **WOMEN —** 1. Catherine Payne (Berkeley) 18:58, 2. Susan Quid (Hayward) 19:28, 3. Lisa Vance (San Francisco) 19:35. **Notes:** Four thousand people ran the three-mile race, 2000 the inaugural 7-mile race ... Hawthorne was last year's (3-mile) winner ... The runs raised \$60,000 for the S.F. Zoo.



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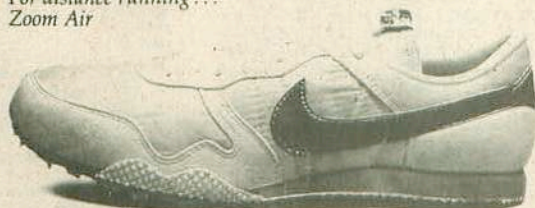
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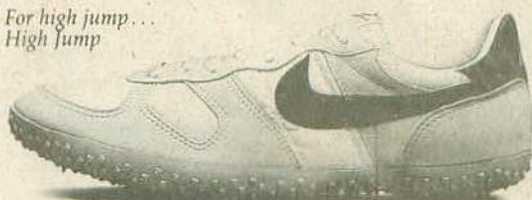
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