

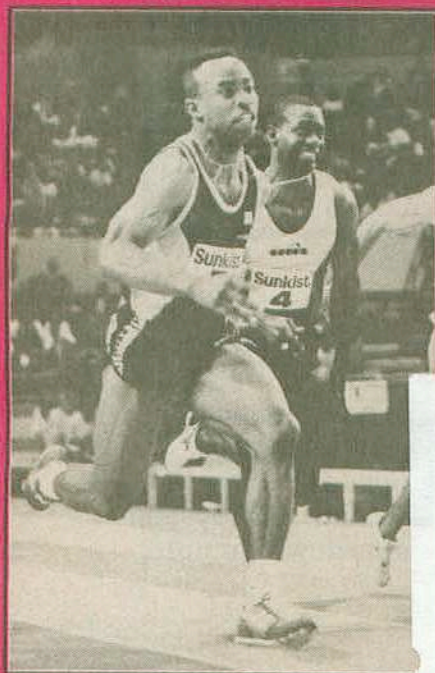
FEBRUARY 1991

ISSUE NO. 166

CALIFORNIA

Track & Running News

- ✓ Sunkist
- ✓ Western Hemisphere
- ✓ Cal International
- ✓ 1990 All-Cal High School Cross Country Team
- ✓ Schedule, Results...



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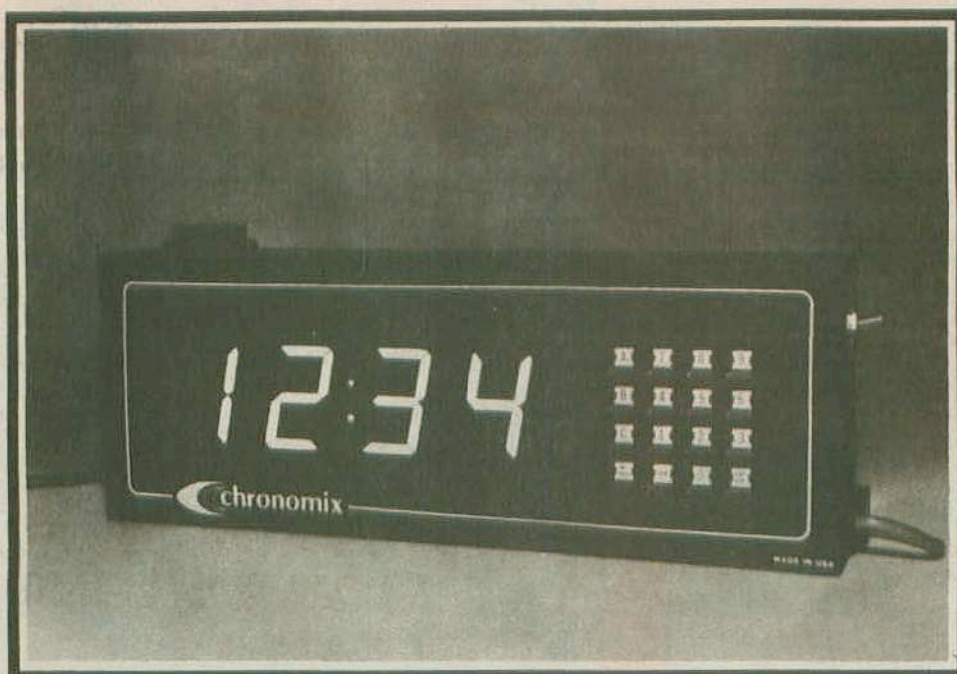
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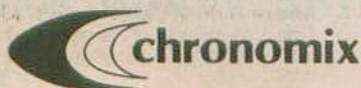
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CALIFORNIA

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Bill Cockerham
Editor & Publisher

Judy Cockerham
Production/Advertising Manager

Elaine Fraley
Production Assistant

Keith Conning
High School Editor

Jack Leydig
Scheduling Editor

Mark Winitz
Features Editor

Richard Lee Slotkin
Long Distance Editor

Gregor Robin
Central Coast Features Editor

PHOTOGRAPHERS: Gene Cohn, Keith Conning, Bill Cottles, But Davis, Rich Gardner, Don Gosney, Kirby Lee, Bill Leung, Jr., Elaine Rosenfield, Richard Lee Slotkin, Doug Speck and Mark Winitz.

SENIOR EDITORS: Nancy Clark (Athlete's Kitchen); Steve Fagundes (Sac-Joaquin High School); Percy Knox (Masters Men Track & Field); Dennis McClanahan & Jeff Rigdon (San Diego High School); Bill Minarik (Southern California); Doug Speck (Southern California High School); Dr. Steve Subotnick (Medical); Steve Ward (Central Section High School); Bob Womack (High School All-Time Lists).

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FAX (209) 255-4904

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FROM THE EDITOR

CHANGING TIMES

Notice anything different about this issue? The differences are subtle, but they are there; and they do represent the beginning of some new things, or new ways of doing things, here at *California Track & Running News*. Most of you like what we've been doing for the past 17 years with CTRN, otherwise you would not be reading it right now. I think we have been providing a valuable service to the sport(s) and to those who participate in and/or enjoy it from a fan standpoint. At times, I even think we are doing a pretty good job. However, I know we can do an even better job of giving you what you want in a regional track and/or running magazine. We have our limits, of course, especially from a time and money standpoint, but we would like to maximize our potential. Our sport is dynamic, continuing to evolve and improve with time. We want to keep up and make improvements (hopefully any changes will be seen as improvements) if and when possible.

So, what are the changes? First, the beginnings of dividing the magazine into two separate entities: a road running portion in the front of this month's issue, and a track/cross country portion in the back. Tentative plans call for a complete separation by next September.

Second, is the absence of a feature we have carried in the February issue for the past 10 years: Athletes of the Year. This feature took a lot of time and usually filled 10-12 pages of space. It was something I enjoyed doing, but it did have its problems, the biggest of which was being accurate and fair in all of the many categories represented by track and running at the many levels. It was always the focus of much controversy. Not that controversy of itself is bad. The complaints showed us the futility of trying to be thorough in the more than 50 Athlete of the Year categories.

What was the basis for these changes? It was you, the reader. Do you remember the full page Reader Interest Survey we conducted last year? You proba-

bly wondered what happened to all that feedback we collected. It took awhile to collect them and to categorize and interpret the data provided by you. The response was overwhelming, in terms of the number of surveys received, in the support of a regional magazine and in opinions, comments and suggestions. In that survey we asked you to rank in order of importance about 40 features we do or could cover. One of the lowest ranked features was the Athlete of the Year. So, why put in all that time and take up all that space on something most of you don't consider very important? If we get a lot of support for it in the future, we can always add it back.

Another interesting finding from the survey was the bi-polar nature of our readers. It became obvious we were serving two audiences. One audience was really into road racing and cared little about track and field. The other audience was really into track and cross country and wasn't that interested in regional road running stuff. Hence the beginning of the division between these two segments in this issue.

Look for further changes in each coming issue. As always, we welcome your feedback. It is your magazine. We want to give you what you want. Let us know.

See you at the Arcadia Invitational track meet, the Los Angeles Marathon and the Big Sur Marathon.

Bill

ON THE COVER: Triumphant California miler STEVE SCOTT (photo by Kirby Lee) and sprint headliners ANDRE CASON and BEN JOHNSON (Photo by All-sport/Bill Leung, Jr.) -illustrate the excitement at 1991's Sunkist Indoor Meet. Story begins on page 48.

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.

February 9 (Saturday):

Muir Beach: John Muir Monumental 5K & 7.2 Mi., Muir Beach (Hwy 1, GGNRA), Time TBA. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Bakersfield: Hart Park Fun Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

So. El Monte: San Gabriel River 3 Mi. Valentine Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: Sweatin' Sweethearts 10K, Tule Springs (Floyd R. Lamb State Park), 9 a.m. Info: (702) 878-8414.

Sacramento: Jedediah Smith Ultra Classic, 50K & 100K (+50 Mi. on Feb. 10th), Gibson Ranch Park, 6 a.m./100K, 8 a.m./50K. Norman & Helen Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

Placerville: Lover's Run Half-Marathon, 5 & 10K and Kids' Mile, Time TBA. New Morning Youth & Family Services, 6765 Green Valley Rd., Placerville 95667. (916) 622-5551.

Playa del Rey: Sweetheart Run, 5 & 10K, Dockweiler Beach, 8 a.m./5K, 8:30 a.m. TRI-SYNC, P.O. Box 385, Manhattan Beach 90266.

San Diego: Dragon Run, 1K & 5K, Balboa Park, 7:30 a.m. Info: George Yee (619) 437-4556.

Santa Barbara: Valentine's Day Couple's Relay, Distance TBA, Palm Park, Time TBA.

Info: John Brennand (805) 964-2591.

Woodside: Woodside 10K, Half-Marathon & Marathon, Huddart Park (Kings Mt. Rd.), 8 a.m./Mara., 9 a.m./10K & H-M. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Pasadena: Aztlan Hill Challenge, 2K & 5K, 8:30 a.m./2K, 9 a.m./5K. Info: (818) 799-5079.

Trinidad: Trinidad-Clam Beach Run, 8.75 Mi., 2 p.m. Jim Gullet, P.O. Box 389, Trinidad 95570. (707) 677-3316.

Alta Loma: Chaffey College Triathlon, 3 Mi. Run, 9 Mi. Bike, 200 Yd. Swim, Time TBA. Info: Mike Dickson (714) 941-2129.

February 10 (Sunday):

San Diego: Guys & Gals (couples only), 4 Mi., Santa Fe & Damon, 8 a.m. San Diego T.C., P.O. Box 7853, San Diego 92107. Kendall Webb (619) 268-1932.

Pacific Grove: Together With Love 10K, Lover's Point, 9 a.m. Monterey Rape Crisis Center, P.O. Box 2630, Monterey 93942. (408) 373-3389.

Sacramento: Jedediah Smith Ultra Classic, 50 Mi., Gibson Ranch, Time TBA. Norman & Helen Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

San Francisco: DSE Windmill Run, 6.5 Mi., Golden Gate Park (Kennedy Dr. at Ocean Beach), 10 a.m. Info: (415) 585-6048.

Bakersfield: LAFR 10 Mile, 3 p.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Bakersfield: NBRPD Biathlon (1 1/2 Mi. Run, 10 Mi. Bike, 1 1/2 Mi. Run), Round Mountain Rd. (Approx. 2 1/2 Mi. east of Gordon's Ferry), 11:10 a.m. No. Bakersfield Rec. & Park District, 405 Galaxy Ave., Bakersfield 93308 (805) 392-2000.

Ventura: Ventura 30K (SCA/TAC District Championships), Mission Park, 8 a.m. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

Woodland Hills: Heart Run, 5 & 10K, Warner Center Marriott, 8 a.m./5K, 8:45 a.m. Race Central, P.O. Box 828, Rialto 92377.

Oakland: Valentine Day Run/Walk, 5K & 5.8 Mi., Lakeside Park (Sailboat House), 10 a.m. American Heart Assoc., 11200 Golf

Links Rd., Oakland 94605. (415) 632-9606.

Irvine: 2nd Annual Cupid's Quest, 1K & 5K, 8 a.m. Sportsbarr, 4187 Campus Dr., Suite M170, Irvine 92715. (714) 854-1565.

Hermosa Beach: 39th Annual Sand and Strand 2.5 & 5 Mile Runs, 8 a.m., Pacific Coast Hwy to Pier Ave., west to Hermosa Beach Pier. Carol Belser, Dept. of Community Resources, 710 Pier Ave., Hermosa Beach 90254. (213) 318-0280.

Napa: La Cancha Run for Hearts 5 & 10K, La Cancha Health Club, 8 a.m. Mike Tarvid, c/o La Cancha Health Club, 1850 Soscol Ave., Napa 94558. (707) 252-8033.

San Diego: Guys & Gals Couples Only Run (1 Male, 1 Female), 4 Mi., Santa Fe at Damon, 8 a.m. Kendall Webb, 10866 Avenida Playa Veracruz, San Diego 92124. (619) 268-1932.

February 16 (Saturday):

Nicasio: Cancelled! Marin Biathlon #2, 2 Mile Run, 12 Mile Bike, 2 Mile Run, Location & Time TBA. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Juan Bautista: Mission 10 Miler, Mission Plaza, Time TBA. Jim Pleyete, 514 Monterey, Hollister 95023. (408) 637-1618.

So. El Monte: Legg Lake Falcon Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: Las Vegas T.C. 2 & 5 Mi., Silver Bowl (Russell Rd. & Boulder Hwy.), 9 a.m. Info: (702) 878-8414.

Bakersfield: LAFR 14 Mi., 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Stinson Beach: Ode to Olema Half-Marathon & Marathon, 9 a.m./Mara. (Stinson Beach), 10 a.m./H-M (Mt. Tam/Ridgecrest Rd. & Bolinas-Fairfax). Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

San Diego: Pacific Crest Trail 50 Mile Run, Cleveland National Forest, 6 a.m. Trent Small, 4847 Hart Dr., San Diego 92116. (619) 284-0896.

Huntington Beach: Great American 2.8 & 4.8 Mile Cross Country Runs, 8 a.m. Oscar Rosales, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

Santa Barbara: Santa Barbara News-Press 8K, 8 a.m. Info: (805) 966-6147.

SCHEDULE

Sun City: Bess James 10K, 8 a.m. Info: Kathy Loper (619) 437-4556.

February 17 (Sunday):

La Selva Beach: Bay View Cross Country 10K, Monterey Bay Academy (Gym), 9:30 a.m. Gary Eggers, 783 San Andreas Rd., La Selva Beach 95076. (408) 728-1481, x371.

So. El Monte: Legg Lake 5K Crow Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Bakersfield: Ultimate Fun Run, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

San Francisco: DSE Land's End Run, 5 Mi., Balboa Ave. & Great Hwy., 10 a.m. Info: (415) 585-6048.

Palm Springs: 14th Annual Heart of Palm Springs 10K Run, 8 a.m.. Keenan Barber, M.D., Box 1639, 45-120 San Pablo, Suite 2C, Palm Springs 92261. (619) 346-8109.

Los Angeles: Run Against Crime, 2K, 5K & 10K, 8 a.m. Wilshire Community Police Council, 4861 Venice Blvd., Los Angeles 90019. (213) 485-4020.

February 18 (Monday):

So. El Monte: Legg Lake 8K President's Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

February 23 (Saturday):

Cathedral City: Exceed/Desert Princess Run-Bike-Run World Championship Series, 3K Run, 15K Bike, 3K Run, Time TBA. Klein Clark Sports Production, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

So. El Monte: Legg Lake 5K Rain Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: Phyllis & Coach Plasso 50th Anniversary 5K, Location & Time TBA. Info: (702) 878-8414.

Ripon: Almond Blossom Run, 8K & 1 Mi., Mauvis Stouffer Park (Manley Rd.), 8:30 a.m./Mi., 8:45 a.m./3K. Jeannie Rudd, P.O. Box 537, Ripon 95366. (209) 599-3026.

Bakersfield: LAFR 10 Mi., 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Chino: City of Chino Triathlon, 5K Run, 17K Bike, 100m Swim, Time TBA. Glenn Benham, Chino Community Service Dept., P.O. Box 667, Chino 91708. (714) 591-9834.

San Diego: Torrey Pines 5K, Torrey Pines H.S., 8 a.m. Info: In Motion (619) 268-5882.

Death Valley: Death Valley Trail Half-

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Marathon & Marathon, 8 a.m. (Pre-Reg. Only-Limited). Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Martinez: Martinez to Port Costa Brickyard Run, 8.4 Mi., Rankin Park, 10 a.m. Luka Sekulich, 1485 Darlene Dr., Concord 94520 (415) 685-5185.

San Rafael: Marin Biathlon II, 2.8 Mi. Run, 11 Mi. Bike, 2.8 Mi. Run, St. Sylvester's Church (1115 Pt. San Pedro Rd.), 10 a.m. (Limit 350) (Tentative). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Francisco: Run to the Top (825 steps), Justin Herman Plaza (#4 Embarcadero Center), 8:30 a.m. Ian Bellais, 55 Hawthorne St., Suite 510, San Francisco 94105. (415) 543-9821.

Los Alamitos: Los Alamitos Runs, 5K & 10K & 5K Walk, 8 a.m./5K & Walk, 8:45 a.m./10K. Los Alamitos Runs, P.O. Box 3147, Los Alamitos 90720. (213) 430-1073.

Ojai: American Heart Association Ojai 5 & 10K, Sarzotti Park (510 Park Rd.), 8:15 a.m./5K, 9 a.m. American Heart Assoc., 711 Foot-hill Rd., Ojai 93023. (805) 640-1114.

February 24 (Sunday):

Ft. Cronkhite: Tennessee Valley Waltz, 5 & 10 Mi., near Rodeo Lagoon, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante

94803. (415) 841-1190.

Stockton: ~~Cancelled!~~ NorCal Duathlon Series #1, 5K Run, 30K Bike, 5K Run, 9 a.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616. (916) 757-6017.

Stockton: Jackets Fun Run, 2 Mi. & 10K, Louis Park (Mt. Diablo Ave., 1 Mi. west of I-5), 9 a.m./2 Mi., 9:30 a.m. Richard Johnson, 9875 N. Davis Rd., Stockton 95209. (209) 477-0943, 466-4331.

So. El Monte: Legg Lake 5K Green Grass Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, Couples Relay, 2 x 5K (Male/Female), Lake Merritt (14th & Lakeside), 9 a.m. Info: (415) 530-9151.

San Francisco: DSE North Embarcadero Run, 6.3 Mi., Embarcadero & Berry St., 10 a.m. Info: (415) 585-6048.

Bakersfield: NBRPD 5K & Triathlon (600 Yd. Swim, 10 Mi. Bike, 5K Run), Round Mountain Rd. (Approx. 2 1/2 Mi. east of Gordon's Ferry), 11:10 a.m./5K, Time TBA/Triathlon. No Bakersfield Rec. & Park District, 405 Galaxy Ave., Bakersfield 93308. Paul Mackie: (805) 392-2000.

Rancho Cucamonga: Winterfest '91, 5 & 10K, Terra Vista, 8 a.m. Info: (714) 941-2342.

San Diego: Mardi Gras 10K & 2 Mi., Mission Bay Park, 7:30 a.m. San Diego County Safety

SCHEDULE

Council, 3320 Kemper St., Suite 100, San Diego 92110. (619) 466-3127.

Santa Cruz: Great Chowder Chase, 4.5 Mi., 8:45 a.m./Men, 9:30 a.m./Women. Great Chowder Chase, 307 Church St., Santa Cruz 95060. (408) 429-3477.

Newport Beach: Spirit Runs, 5K & 10K, 7:30 a.m. Elite Racing, 1904 Church St., Ste. B, Costa Mesa 92627. (714) 548-4897.

Montebello: Pop Marty Runs, 2 Mi, 5 Mi & 10 Mi., Grant Rea Park, 8 a.m. Rozanne Barron, City of Montebello, 1600 West Beverly Blvd., Montebello 90640. (213) 725-1200 x 430.

Aptos: Northwind Promotions Invitational Biathlon, 2.5 Mi. Run, 16 Mi. Bike, 2.5 Mi. Run, Valencia Elementary School, 9 a.m. Patrick Gilbert, Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072.

Los Angeles: Firecracker 5/10K Run, Chinatown (No. Broadway near College St.), 8:20 a.m./5K, 8:30 a.m./10K. L.A. Chinatown Race Committee, c/o Race Central, P.O. Box 828, Rialto 92377. (213) 578-8866.

Alta Loma: Chaffey College 5 & 10K Runs, Chaffey College, 8 a.m. Info: Gordon Reed (714) 941-2342.

March 2 (Saturday):

Marin Headlands: Run for the Seals, 4 Mi., Rodeo Beach Lagoon (Ft. Cronkhite), 9 a.m. Calif. Marine Mammal Center, GGNRA, Marin Headlands, Sausalito 94965. (415) 331-SEAL. Note: Pre-Reg. Only!

San Jose: Mt. Hamilton Marathon & Half-Marathon, Time TBA. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Chico: Bidwell Classic Half-Marathon & 3 Mi. Fun Run, Bidwell Park, Time TBA. Chico R.C., P.O. Box 1182, Chico 95927. David Welch (916) 342-9214.

Bakersfield: CAHPERD Runs, Distances, Locations & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384. (805) 832-6639.

So. El Monte: Legg Lake 5K 0'99ers Sprint Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Sue Krenn 15K, South of Hillton, 7:30 a.m. San Diego T.C., P.O. Box 7853, San Diego 92107.

San Juan Capistrano: 13th Annual Follow the Swallow Runs, 5K & 10K, 7:30 a.m./10K, 8:30 a.m./5K. SJC Runs, 31421 La Matanza St., San Juan Capistrano 92675. (714) 493-5911.

Gonzales: Taylor California Cellars Grape

Stampede 10K, 800 So. Alta St., 10 a.m. Carla Pew, Gonzales Recreation Dept., P.O. Box 647, Gonzales 93926. (408) 675-5000.

Santa Barbara: UCSB Intramural 5 & 10K, Campus Lagoon, 8:30 a.m./5K, 9:15 a.m. Info: Greg Hecht (805) 893-3253.

March 3 (Sunday):

San Francisco: DSE Stern Grove Run, 4 Mi., 33rd Ave. & Wawona, 10 a.m. Info: (415) 585-6048.

Ferrdale: Foggy Bottoms Milk Run, 2 Mi., 4 Mi. & 10 Mi., 1 p.m./2 Mi., 2 p.m. Dennis Sousa, 2237 Graham Rd., Bayside 95524. (707) 822-4067.

So. El Monte: Legg Lake 5K Eagle Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Vallejo: Channel to Lake 10 Mile, #2 Florida St., 9 a.m. Vallejo Chamber of Commerce, #2 Florida St., Vallejo 94590. (707) 644-5551.

Sacramento: Camellia Classic 5 Mi. Run/Walk, Kid's Event, William Land Park (near Sacto City College), 9 a.m. Carol Cassaday, Chemical Dependency Center for Women, 1507 21st St., Suite 100, Sacramento 95814. (916) 448-2951.

✓ **Los Angeles:** Los Angeles Marathon VI, Memorial Coliseum, 9 a.m. (Entries accepted until 5 p.m., Mar. 2). Los Angeles Marathon, 11110 W. Ohio Ave., #100, Los Angeles 90025. (213) 444-0075.

March 9 (Saturday):

Bakersfield: Hart Park Fun Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Lompoc: Memorial Runs, 5 & 10K, Ryon Park (Ocean & O St.), 9 a.m. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. Leo Aragon (805) 736-6773.

So. El Monte: Legg Lake 5K Hawks Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Stinson Beach: Bolinas Ridge Wild Boar Runs, 9 & 18 Mi., 9 a.m./18M (Five Brooks Trailhead, So. of Olema), 10 a.m./9M (Ridgecrest Blvd./Bolinas-Fairfax Rd.). EnviroSports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Carmel: Serra's Run, 10K, Carmel Mission, 9 a.m. Will Franke, 2992 Lausen Dr., Carmel 93923. (408) 647-1550.

Palo Alto: Monte Bello One-Third Marathon & 5 Mi. Trail Runs, Monte Bello Open Space (Page Mill Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Irvine: Run for Hungry Children, 1K, 5K & 10K, 7:30 a.m. Kathy Rooney, South Coast Community Church, 5120 Bonita Canyon, Irvine 92715. (714) 854-7600 x 580.

Redding: Redding Rotary Bridge to Bridge Runs, 10K & 2 Mi., Caldwell Park, 8:15 a.m./10K, 8:30 a.m. Judy Graves, Cystic Fibrosis Research, 3712 Sunflower Dr., Redding 96001. (916) 243-1665.

March 10 (Sunday):

Callistoga: Napa Valley Marathon, Rose-dale Ln. & Silverado Trail, 7 a.m. Napa Valley Marathon, 1325 Imola West, Napa 94559. (707) 255-2609.

San Jose: San Jose Mercury News 10K, Park Ave. & Almaden Blvd., 9:15 a.m. Debra Hall, San Jose Mercury News 10K, 750 Ridder Park Dr., San Jose 95190. (408) 920-5533.

Stockton: Stockton 4 Mi. & Team Challenge, Grupe Park, 9:30 a.m. Dave Valentine, 1802 Crestwood Circle, Stockton 95210. (209) 951-8941.

Willits: Willits Classic, 5K & 10Mi., Willits Recreation Grove, 11 a.m. Jim Gibbons, P.O. Box 1262, Willits 95490. (707) 459-6142.

So. El Monte: Legg Lake 5K Hawks Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Fremont: Run for Recreation, 10K & 2 Mi., Central Park (Lake Elizabeth), 8:30 a.m. Joanna Lohkamp, City of Fremont Leisure Services, P.O. Box 5006, Fremont 94539. (415) 791-4363.

Sacramento: NorCal Duathlon Series #2, 5K Run, 30K Bike, 5K Run, Location TBA, 9 a.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616. (916) 757-6017.

San Francisco: DSE Diamond Heights Run, 2.99 Mi., McAtter H.S. (Portola & O'Shaughnessy), 10 a.m. Info: (415) 585-6048.

Two Harbors, Catalina: Catalina Island Marathon, Time TBA. Info: (213) 433-4557.

March 16 (Saturday):

San Francisco: Irish Sprint & Stride, 4.5 Mi., Lake Merced (Sunset Blvd. Parking Lot), 9:30 a.m./Striders, 10 a.m./Runners. Jeff Benes, 347 Keeler Ct., San Jose 95139.

Oakland: Run Against Drugs 5K, Lake Merritt Boathouse, 9:30 a.m. West Coast Knights, P.O. Box 23731, San Jose 95153. (408) 281-4599.

Bakersfield: Daley 50K Ultra, Time TBA. Info: (805) 399-2215.

So. El Monte: San Gabriel River 10 Mi.

SCHEDULE

USA Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Montebello: The Mile, Grant Rea Park, 7:30 a.m. The Mile, 2310 Havenbrook St., West Covina 91790.

Riverside: Green Belt 5K & 15K, 8 a.m. Green Belt Runs, P.O. Box 56473, Riverside 92517. (714) 796-0836.

Big Water, UT: Lake Powell Marathon & 10K, (Note: 10K in Page, AZ), 7 a.m./Marathon, 8:30 a.m./10K (Note: Entries must be postmarked by Feb. 15). Lake Powell Marathon, P.O. Box 3148, Page, AZ 86040. (800) 835-4671.

San Diego: St. Patrick's Day 10K & 2 Mi., South of Hilton, 7:30 a.m. Info: Jim Cerveny (619) 437-4556.

Boulder Creek: Big Basin Marathon, Half-Marathon & 4 Mi., Big Basin Redwood State Park HQ, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Newhall: 11th Annual Knights of Columbus 5 Mile Run, 8:30 a.m. Mike McSkane, 23806 Daisetta Dr., Newhall 91321. (805) 259-4384.

Malibu: Malibu Trail 50 Mile Run, 6 a.m. Phil Shattuck, 810 Ranch Rd., Thousand Oaks 91361. (805) 495-2248.

Soquel: Anybody's Triathlon, 500 Yd. Swim, 10 Mi. Bike, 3 Mi. Run, Soquel High School, 8:30 a.m. Patrick Gilbert, Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072.

Clovis: St. Paddy's Day Dash, 2 Mi. & 10K (& 1K Kids Run), Clovis High School (Fowler & Barstow Ave.), 7:30 a.m. American Lung

Assoc., 234 N. Broadway, Fresno 93701. (209) 266-5864 or (800) 367-5864.

Ontario: Ontario Auto Center Biathlon, 2 Mi. Run, 9 Mi. Bike, 2 Mi. Run, Ontario Auto Center, 8 a.m. OACB, 2058 N. Mills Ave., #307, Claremont 91711. (714) 625-4667.

March 17 (Sunday):

Daly City: San Bruno Mountain Wildflower Runs, 5 & 10K, San Bruno Mt. State/County Park (Guadalupe Pkwy.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Yountville: Napa Valley 5 & 10K, Yountville Park (Yountville Exit), 8:30 a.m. Napa Valley 5/10K, P.O. Box 10407, Wine Valley Station, Napa 94581. (707) 257-2488.

Sacramento: Pocket Pursuit Biathlon, 5K

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SCHEDULE

Run, 30K Bike, 5K Run, Promenade Shopping Center, 8 a.m. American River Bike Shop, 6391 Riverside Blvd., Sacramento 95831. (916) 427-6199.

Bakersfield: Ultimate Fun Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

So. El Monte: Legg Lake 5K St. Patrick's Day Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Ventura: Run for the Music, 5K & 10K, 8 a.m. Ventura County Symphony Ass'n., Box 1088, Ventura 93002. (805) 643-8646.

Fullerton: Save Your Vision Runs, 5K & 10K, 7:30 a.m. Info: (714) 572-1189.

Torrance: Tom Sullivan Run, 10K, 8 a.m. Vistas, P.O. Box 7000-251, Redondo Beach 90277. (714) 548-4897 or (213) 544-4294.

San Francisco: DSE Golden Gate Bridge Toll Plaza Run, 7.46 Mi. (Plus 0.875 Mi. Kids' Run), 9:30 a.m./Kids' Run, 10 a.m. Info: (415) 585-6048.

Calabasas: Calabasas High School March Hare Runs, 2K, 5K & 10K, 22855 Mulholland Hwy., 8 a.m. Kerry Schmidt, c/o Kacey Management Co., 23801 Calabasas Rd., #2050, Calabasas 91302. (818) 887-2771.

Long Beach: CSULB 16.2 & 4.1 Mi. Runs, Cal-State Univ., 7 a.m. Long Beach Marathon, 1827 Redondo Ave., Long Beach 90804. (213) 494-2654.

March 23 (Saturday):

Fairfield: On The Edge Tough 5 & 10K, Rockville Inn (Rockville Rd. & Suisun Valley Rd.), 9 a.m./10K, 9:05 a.m. On The Edge Sportswear, P.O. Box 2702, Fairfield 94533. (707) 427-EDGE.

Manhattan Beach: Manhattan Mile (22 Races), 15th St. & Valley, 7:30 a.m. (1st Race). Manhattan Mile, P.O. Box 3431, Manhattan Beach 90266. Charlie Van Etten (213) 545-6437.

So. El Monte: Legg Lake 5K Jack Bishin 90th Birthday Run & SCA/TAC District Championships, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Malibu: 2nd Annual Stotsenberg Runs, 5K & 10K, 8 a.m. Jeff Bliss, Pepperdine University, Malibu 90263. (213) 456-4138.

Santa Ana: Golden City Runs, 5K Run/Walk & Half Marathon, 8 a.m., Centennial Regional Park, Santa Ana. Community Events Center, P.O. Box 1988 (M86), Santa Ana 92702.

Sausalito: California 49'er Double Marathon & Marathon, Limantour Beach (Double), Mt. Tam (Pan Toll Ranger Sta.) (Marathon), 6:30 a.m./Double, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Tomales: Marin Biathlon III, 1.4 Mi. Run, 16 Mi. Bike, 1.4 Mi. Run, Tomales High School (off Tomales-Petaluma Rd.), 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

March 24 (Sunday):

Sausalito: Houlihan's to Houlihan's 12K, 8 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

So. El Monte: San Gabriel River 3 Mile Spring Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K, 10K & 15K, Lake Merritt (14th & Lakeside Dr.), 9 a.m. Info: (415) 530-9151.

Stanford: Fifty-Plus Runners Assoc. 8K Run/3 Mi. Walk, Stanford Stadium, 8:30 a.m./Walk, 9 a.m./Run. Fifty-Plus R.A., P.O. Box D, Stanford 94309. (415) 723-9790.

Thousand Oaks: Domino's Pizza 5 & 10K Run for the Future, Thousand Oaks H.S., 8 a.m. CYES, 80 E. Hillcrest Dr., #207, Thousand Oaks 91360. (805) 373-0745.

Irvine: Orange County 4 Mi. Stride, Mason Regional Park, 8 a.m. OCFED, Box 9118, Fountain Valley 92708. (714) 963-1430.

March 30 (Saturday):

So. El Monte: Legg Lake 5K Carrera del Pascua, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Fairfield: On The Edge Tough 5 & 10K, Rockville Inn (Rockville Rd. & Suisun Valley Rd.), 9 a.m./10K, 9:05 a.m. On The Edge Sportswear, P.O. Box 2702, Fairfield 94533. (707) 427-EDGE.

Redding: Redding Rotary Bridge to Bridge 2 Mi. & 10K, Caldwell Park, 8:15 a.m./10K, 8:30 a.m. Judy Graves, Cystic Fibrosis Research, 3712 Sunflower Dr., Redding 96001. (916) 243-1665.

Mountain View: Shoreline Park 5 Miler, Shoreline Park (Shoreline Blvd. exit off Hwy. 101), 9 a.m. Norman Shaskey, 600 Rainbow Dr., #166, Mt. View 94041. (415) 964-6367.

Delano: Delano Fools Run, Distance, Location and Time TBA. Info: (805) 725-2209.

SCHEDULE

Camarillo: Camarillo Kiwanis 5K, 10K & 1 Mi., Community Center, 7:30 a.m./5K, 8 a.m./10K, 8:15 a.m./1 Mi. Kiwanis, Box 533, Camarillo 93011. Jim Graf: (805) 484-0534.

Westlake Village: Reach Out and Care 5 & 10K and 1 Mi., Hyatt Westlake Plaza Hotel, 7:30 a.m./10K, 8:40 a.m./5K, 9:45 a.m./1 Mi. Steve Polley, 376 Castilian Ave., Thousand Oaks 91360. (805) 499-4434.

San Diego: Fairbanks Ranch 5K, 8 a.m. Info: Kathy Loper (619) 437-4556.

Glendora: Pride of the Foothills Spring Run, 2K Fun Run/Walk, 5K, 10K & 13.1 Mi. Half Marathon Championship of Southern California, 8 a.m. Starts in front of Foothill Presbyterian Hospital, PRIDE-13, P.O. Box 221, Glendora 91740. (818) 963-8411 or (714) 592-0198.

March 31 (Sunday):

So. El Monte: Legg Lake 5K Easter Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Redwood City: Wildflower Wilderness Run, 4 & 7.5 Mi., Edgewood County Park (Edgewood Rd. & Club Dr.), 9 a.m. Team Challenge, P.O. Box 863, El Sobrante 94803. (415) 841-1190.

San Francisco: DSE Easter Sunday Egg Run, 3 Mi., Riordan H.S. (175 Phelan), up Mt. Davidson & back, 10 a.m. Info: (415) 585-6048.

Seal Beach: Seal Beach 10K, 211 Marina Dr., 8 a.m. A Running Experience, Box 3209, Long Beach 90803. (213) 439-6875.

April 3 (Wednesday):

San Francisco: Rites of Spring, Distance, Location & Time TBA. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

April 4 (Thursday):

So. El Monte: Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

April 6 (Saturday):

Saratoga: Summit Rock Sky Run, 4.5 & 11.5 Mi., Sanborn-Skyline Santa Clara County Park (end of Sanborn Rd.), 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Modesto: Run for Health, 5 & 10K and 1 Mi., Moose Park, Time TBA. Jeff Radakovich, 830 Scenic Dr., Modesto 95354. (209) 525-7000.

Bakersfield: Rally For Clean Air, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Santa Barbara: Chardonnay 5K & 10 Mi. Runs, 8 a.m. Chardonnay, 3836 Pemm Pl., Santa Barbara 93310. (805) 965-6652.

Fontana: Fontana Half-Marathon & 5K, 8353 Sierra Ave., 8:15 a.m./H-M, 8:30 a.m./5K. Fontana Recreation Dept., 9460 Sierra Ave., Fontana 92335. (714) 350-7635.

Cerritos: Cerritos 5K and Triathlon (5K Run, 15K Bike, 200m Swim), Cerritos Park East, 7:30 a.m./5K, 8:30 a.m./Tri. Cerritos Chamber of Commerce, 19141 Bloomfield Ave., Cerritos 90701. (213) 809-2262.

Lake Hughes: Steamroller 100K, 5 a.m. (100 limit). Rich Dinges, 7718 Yarmouth Ave., Reseda 91335. (818) 345-8751.

So. El Monte: Legg Lake 5K Water Cup Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

El Cajon: El Cajon 20K, Madison & Fourth, 7:30 a.m. Info: Judi Richardson (619) 444-3785.

April 7 (Sunday):

San Francisco: Bonne Bell Women's Classic 5 & 10K, Golden Gate Park, Time TBA (For Women Only). Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

San Francisco: Legion of Honor Run, 4.3 Mi. 34th Ave. & Clement, 10 a.m. Info: (415) 585-6048.

San Jose: Spartan Gold Rush 5 Mi. (& 2 Mi. Walk), Hellyer Park, 9 a.m. Spartan X-C and Track Club, P.O. Box 612352, San Jose 95161. (408) 971-8764.

Campbell/Palo Alto: Super Cities Walk for Multiple Sclerosis 15K, 9 a.m. (2 sites). Santa Clara Co. M.S. Society, 2255 Martin Ave., Suite H, Santa Clara 95050. (408) 988-7557.

Solano County: Nor-Cal Duathlon Series #3, 5K Run, 30K Bike, 5K Run, Location TBA, 9 a.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

Fresno: Vital Signs Challenge, 2 Mi. & 10K, Woodward Park, 7:30 a.m. VMC Foundation, P.O. Box 1152, Fresno 93715. (209) 453-4941.

Bakersfield: BTC Rio Bravo 10 Miler, Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

San Luis Obispo: Cuesta 50K Biathlon, 10K Run, 40K Bike, Cuesta College, 8 a.m. Warren Hansen, Cuesta College, P.O. Box

8106, San Luis Obispo 93403. (805) 546-3207.

So. El Monte: Legg Lake 5K Fitness Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Coronado Bay Bridge Run, Distance (?), San Diego to Coronado, 7:30 a.m. Info: Kathy Loper (619) 437-4556.

April 11 (Thursday):

So. El Monte: Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

April 13 (Saturday):

Descanso: Cuyamaca 50K Trail Race, 6:30 a.m. Jerry Mitchell, 709 Hanson Ln., Ramona 92065. San Diego 92126. (619) 530-1674.

Bakersfield: Hart Park Fun Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Bakersfield: Cancer Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

So. El Monte: Legg Lake 5K Fishermen's Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Medford, OR: Pear Blossom Run, 10 Mi. & 2K, Time TBA. Pear Blossom Run, P.O. Box 146, Medford, OR 97501. (Entry Deadline: 3/10) (503) 772-6293.

Carlsbad: Junior Carlsbad, 1 Mile (12 & Under), State & Elm, 8 a.m. Info: Tim Murphy (619) 275-5440.

April 14 (Sunday):

San Francisco: DSE Polo Field 5 & 10K Lotto Runs and 1/4 Mi. Kids' Run, Golden Gate Park (South Parking Lot, Polo Fields), 9:30 a.m./Kids' Run, 10 a.m. Info: (415) 585-6048.

San Francisco: Kimochi Cherry Blossom Run, 5 Mi., Golden Gate Park (41st Ave. & M.L. King, Jr. Dr.), 9 a.m. Kimochi Sr. Citizen's Center, 1840 Sutter St., #208, San Francisco 94115. (415) 931-2294.

Los Gatos: Holy City Dash, 10K, Los Gatos High School (Parking Lot), 9 a.m. Bruce Springbett, Los Gatos Lions Club, 55 W. Main St., Los Gatos 95030. (408) 354-7365.

Pleasant Hill: Pleasant Hill Community Challenge Run, 5 & 10K, College Park H.S., 201 Viking Dr., 8:30 a.m. Pleasant Hill Rec./Parks, 147 Gregory Ln., Pleasant Hill 94523. (415) 827-2255.

Sebastopol: Apple Juice Run, 2 Mi. & 10K, Analy High School, 8 a.m. Teresa, P.O. Box

SCHEDULE

178, Sebastopol 95473. (707) 823-3032.

So. El Monte: Legg Lake 5K Fishnet Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Valencia: Run for the Health of It 5K Run & Walk, 23845 W. McBean Pkwy., 9 a.m. Tamra Schneider, HMNMH, 23845 W. McBean Pkwy., Valencia 91355. (805) 253-8082.

Los Angeles: Jimmy Stewart Relay Marathon, (Note: 5-Person Teams), Griffith Park, 8 a.m. St. John's Hospital & Health Center Foundation, 1328 22nd St., Santa Monica 90404. (213) 829-8968.

Carlsbad: Carlsbad 5K, State & Elm, 7:30 a.m./Open, 9:15 a.m./Invit. Info: Tim Murphy (619) 275-5440.

April 15: (Monday):

Hopkinton, MA: Boston Marathon, Noon. Boston Marathon, P.O. Box 1991, Hopkinton, MA 01748. (508) 435-6905. (Qualifying Times for Various Age-Groups).

April 18 (Thursday):

So. El Monte: Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

April 20 (Saturday):

San Francisco: Ruth Anderson 100K, Lake Merced (Sunset Parking Lot), 6:30 a.m. (Apr. 13 Deadline with proof of 50 Mi.+ race in prior year). Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

San Francisco: Ocean Beach 5K, Balboa St. & Great Hwy. (on beach), 10:30 a.m. Ocean Beach Charity Classic, 153 Lunado Wy., San Francisco 94127. (415) 587-3227.

Pinole: Three Valleys Half Marathon & 5K, Pinole Valley H.S., 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

No. Highlands: Ruby Jubilee Park to Park Run/Walk, 5K & 1 Mi., Planehaven Park, 9 a.m. Theresa Muth, N. Highlands Rec. & Parks, 6040 Watt Ave., No. Highlands 95660. (916) 332-7440.

Bakersfield: Cal-State Univ. "U-TRI", Distances & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384. (805) 831-5900.

Arvin: Arvin Wildflower Runs, Distance & Time TBA. Info: (805) 845-0757.

Santa Barbara: UCSB Intramural 5 & 10K, Campus Lagoon, 8:30 a.m./5K, 9:15 a.m./10K. Info: Greg Hecht (805) 893-3253.

Thousand Oaks: Conejo Valley Days 2K,

5K & 10K Rabbit Runs, Cal-Lutheran College (Olsen & Mountclef), 7:30 a.m./5K, 8 a.m./10K, 9:30 a.m./2K. Jim Gilmore, 2909 Raleigh Pl., Thousand Oaks 91360. (805) 492-4592.

So. El Monte: Legg Lake 5K Sports Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Temecula: Vintage 5 & 10K, 8 a.m. Info: H.E. West (714) 676-3628.

April 21 (Sunday):

San Francisco: DSE Potrero Hill Run, 4.5 Mi., 17th St. & Arkansas, 10 a.m. Info: (415) 585-6048.

San Francisco: May Day Run, 5 & 10K, Golden Gate Park (So. Side of Polo Fields), 9 a.m. Shannon O'Neill, American Heart Assoc., 120 Montgomery St., Suite 1650, San Francisco 94104. (415) 433-2273.

San Jose: The Tortoise & Hare 10K Run & 5K Walk, Union Middle School, 8:30 a.m. The Good Samaritan League, 2425 Samaritan Dr., San Jose 95124. (408) 559-2555.

Fremont: Coyote Hills 10K Run (& 2-3 Mi. Stride) for S.A.V.E., Commerce Dr. & Ardenwood Blvd., 8:30 a.m. S.A.V.E., P.O. Box 8283, Fremont 94537. (415) 794-6056.

Napa: Run to Literacy, 5K & 1 Mi. Fun Run, Napa City-County Library, 9 a.m. Project Upgrade/Napa City-County Library, 1150 Division St., Napa 94559. (707) 253-4283.

Healdsburg: Fitch Mountain Footrace 3 & 10K, Downtown Plaza Park, 8 a.m. Mark Graham, Healdsburg Parks/Rec. Dept., 126 Matheson St., Healdsburg 95448. (707) 431-3301.

Corralitos: Big Head Biathlon, 2.8 Mi., 18 Mi. Bike, 2.8 Mi. Run, Bradley Elementary School, 8:45 a.m. Patrick Gilbert, Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072.

Lompoc: Women's 5K Run, Time TBA. Bill Graham, 1309 E. Palmetto, Lompoc 93436. (805) 736-9646.

So. El Monte: Legg Lake 5K Wolf Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Canoga Park: Annual Hunters Runs, 2K, 5K & 10K, Fallbrook Square, 8 a.m./5K, 8:45 a.m./10K, 9:45 a.m./2K. Hunters Run, 7930 Vicky, West Hills 91304. (818) 340-5158.

Del Mar: La Jolla Half Marathon & 2 Mi. Fun Run, Del Mar Fairgrounds to La Jolla Cove, 7:30 a.m. Breaking Forty: (619) 272-8316.

April 24 (Wednesday):

Chico: Humpday 5K, Bidwell Park, 6 p.m. A

Change of Pace, 221 "G" St., Suite 205, Davis 95616. (916) 757-6017.

April 25 (Thursday):

So. El Monte: Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

April 27 (Saturday):

Treasure Island (S.F.): Nimitz Run, 5 & 10K, 9:30 a.m./10K, 9:45 a.m. Daryl Madery, 4290 Dorman Rd., Pleasanton 94588. (415) 846-7482.

Vacaville: Solano Strider Annual Run, 5 & 10K, Pena Adobe, 9 a.m. Solano Striders, P.O. Box 1778, Vacaville 95696. (707) 448-1154, (707) 449-6105.

Larkspur: Larkspur's Madrone Canyon Race, 5K Run & 3K Walk, Dolliver Park (Magnolia & Madrone), 9 a.m. Larkspur Rec. Dept., P.O. Box 585, Larkspur 94977. (415) 927-5031.

Nevada City: Nevada City Spring Run, 5K Run/Walk, 433 Broad St., 8:30 a.m. George Hagel, 17647 Shoshoni Trail, Nevada City 95959. (916) 265-9764.

Bakersfield: CAP Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Montecito: (Date Changed from Feb. 16): Are You Tough Enough 100K Ultra & Relay, Montecito to Solvang, 5 a.m. Bob Huebel, 3959 State St., Santa Barbara 93015. (805) 967-2614.

So. El Monte: Legg Lake 5K Woodchuck Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Altadena: Run for the Sycamores, 1K, 5K & 10K, Altadena Country Club, 7:30 a.m./5K, 8:15 a.m./10K, 8:20 a.m./1K. Tom Boomer, 1163 Beverly Way, Altadena 91001. (818) 791-5168.

Glendale: Glendale Memorial Kaleidoscope Run, Distance & Time TBA. Glendale Memorial Health Foundation, Central & Los Feliz, Glendale 91225. (818) 502-2375.

April 28 (Sunday):

✓ **Carmel:** Big Sur International Marathon, Pfeiffer Big Sur State Park, 7 a.m. (3,000 Limit), BSIM, Bill Burleigh, Box 222620, Carmel 93922. (408) 625-6226.

San Francisco: DSE Ferry Building Run, 3.83 Mi. & 0.875 Mi. Kids' Run, 502 Jefferson St., 9:30 a.m./Kids' Run, 10 a.m. Info: (415) 585-6048.

Oakland: Lake Merritt Joggers & Striders

SCHEDULE

4th Sunday Run, 5K, 10K & 15K, Old Boat-house (14th & Lakeside Dr.), 9 a.m. Info: (415) 530-9151.

Stanford: MBA Challenge for Charity 5 & 10K, Stanford Stadium, 8 a.m. Bob Fan, 601 Coleman Ave., Menlo Park 94025. (415) 327-0546.

San Jose: San Jose Japantown Run, 8K & 1 Mi., Fifth & Jackson, 9 a.m. CODY Productions, P.O. Box 160, Cupertino 95015. (408) 294-2505/days, (415) 964-6356/eves.

Discovery Bay: Rally Around the Lake 5K, Discover Bay Swim/Tennis Club, 9:30 a.m. Phil Paulson, 5514 Marlin Ct., Byron 94514. (415) 634-6654.

Windsor: Run & Ride for Sight, 10K Run, 40K Bike, Windsor Middle School, 7:30 a.m. Ed Marks, 914 Jack London Dr., Santa Rosa 95409. (707) 539-9546.

Davis: Nor-Cal Duathlon Series #4, Distance TBA, 9 a.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616. (916) 757-6017.

Shingle Springs: Marshall M.A.S.H. Run, 5 & 10K Run and 1/2 Mi. Kids' Run, 8:30 a.m./Kids' Run, 9 a.m./5 & 10K. Public Relations, Marshall M.A.S.H. Run, Marshall Hospital, Marshall Way, Placerville 95667. (916) 626-2675.

So. El Monte: Legg Lake Wildflower Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Santa Clarita: Santa Clarita Runners 10K Run, 8 a.m. Vince McGrath, 21618 Farmington Ln., Saugus 91350. (805) 296-8898.

Redlands: Run Thru Redlands, P.O. Box 1702, Redlands 92373. (714) 793-3721.

May 11 (Sat.): Aptos: Nisene Marks Marathon, Half-Marathon & 5K, Aptos Village (Nisene Marks State Park), 8 a.m. Valerie Johnson, P.O. Box 2477, Santa Cruz 95063. (408) 458-9984.

May 11 (Sat.): Pleasant Hill: 24-Hour Heartbeat Challenge (Marathon, 6-Hr., 12-Hr. & 24-Hr.), Individuals or Relays, 9 a.m. Jack Riley, c/o AHA, P.O. Box 6181, Concord 94524. (415) 827-1600.

May 11 (Sat.): San Jose: Mike Popolizio Quick Silver 50K & 50 Mi., Quicksilver County Park (Mockingbird Ln.), 6 a.m. Steve Tietz, 6363 Firefly Dr., San Jose 95120. (408) 268-1683.

May 19 (Sun.): San Francisco: Examiner Bay to Breakers, 12K, Howard & Spear Sts., 8 a.m. Examiner Bay to Breakers, 110 Fifth St., San Francisco 94103. (415) 777-7773.

May 25 (Sat.): Aptos: Aptos Marathon, Half-Marathon & 10K, Nisene Marks State Park (Aptos Village), 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

June 2 (Sun.): Fremont: Ohlone Wilderness Trail Run, 50K, end of Stanford Ave., 6:30 a.m. John Vonhof, 4438 Gibraltar Dr., Fremont 94536. (415) 797-8169.

June 9 (Sun.): Mill Valley: Dipsea Race, Time TBA (Send S.A.S.E. for entry. .all entry forms mailed on April 1 only). Dipsea, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

Track & Field

Feb. 9 (Sat.): CS Northridge: All-Comers Meet, 11:00 a.m.

Feb. 16 (Sat.): CS Northridge: Five-Way Non-Scoring Meet, 11:00 a.m.

Feb. 16 (Sat.): Sunkist Stadium, Visalia: Sequoias All Comers T&F Meet, Field Events 11:00 a.m., Track Events 12:30 p.m.

Feb. 23 (Sat.): Santa Ana: Masters Spring Games. Rancho Santiago College. Fields events 12 noon; running events at 1 p.m. 5-year age divisions. Info: (714) 564-6900.

Mar. 16 (Sat.): CS Northridge: Northridge-Alemany High School Invitational, 9:00 a.m.

Mar. 23 (Sat.): San Jose: Millard Hampton / Andre Phillips Classic. High School & age group. San Jose City College Stadium. Contact Bob Poynter, Silver

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Looking Ahead

(Marathons, Relays, Important Dates, Major Events, Etc.)

May 4 (Sat.): San Jose del Cabo, Baja, CA: Los Cabos Half Marathon & 5K., 7 a.m.. Los Cabos Clinic Foundation, P.O. Box 40520, Bakersfield 93384. (805) 831-9150.

May 5 (Sun.): Weott: Avenue of the Giants Marathon, Dyerville Bridge (2 1/2 Mi. north of Weott), 9 a.m. A.G. Marathon, 281 Hidden Valley Rd., Bayside 95524. (707) 443-1226.

May 5 (Sun.): Long Beach: Long Beach Marathon, Time TBA (4500 Limit). Joe Carlson, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

Creek High School, 3434 Silver Creek Rd., San Jose 95121.

Mar. 24 (Sun.): Santa Barbara: Santa Barbara Easter Relays, (University Division), Robin Paulsen, Santa Barbara CC, 721 Cliff Dr., Santa Barbara 93109. (805) 965-0581.

Mar. 26 & 27 (Tues./Wed.): Warmerdam Field, Fresno: FSU Decathlon & Heptathlon, 10:00 a.m.

Mar. 30 (Sat.): Sacramento: Panther Invitational JC, 10:00 a.m.

Mar. 31 (Sun.): CS Northridge: Northridge Invitational, 9:00 a.m.

Apr. 5-6 (Sat.) Fresno: Fresno Relays, 8:00 a.m. Ratcliffe Stadium. Contacts: Dan McNamara (209) 299-7211 (High School); Ken Dose (209) 442-4600 (JC); Bob Fraley (209) 294-4098 (College/Open/Invit. Men); Tom Pagan (209) 294-4097 (College/Open/Invit. Women).

Apr. 6 (Sat.) Los Altos Hills: Foothill College/St. Francis High School

Books...

- ☐ **Basic Track & Field Biomechanics -- \$11.50**
Tom Ecker. 1985. 208 pgs. Illustrated.
- ☐ **Ed. Fern's Flight School -- \$8.50**
Ed. Fern. 72 pgs. Illustrated. Ready August 1990.
- ☐ **Getting Started in Track & Field -- \$6.50**
A Coaching Manual. R. S. Parker. 1976. 128pgs. Illustrated.
- ☐ **High School Cross Country -- \$5.00**
Joseph McLaughlin. 1983. 96 pgs. Illustrated.
- ☐ **How High School Runners Train -- \$5.00**
ed. by Frank P. Calore. 2nd ed. 1982. 128pgs. Illustrated.
- ☐ **Peak When It Counts: Periodization for American Track & Field -- \$12.00**
William H. Freeman. 1969. 111 pgs. Illustrated.

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Track & Field Carnival. Call Joe Mangan (415) 949-7358.

Apr. 13 (Sat.) San Mateo: Carlmont CSM Invitational. College of San Mateo. High School. 9 a.m. John Nguyen (415) 358-8721 (home).

✓ **Apr. 13 (Sat.) Arcadia. Arcadia Invitational.** High School. Doug Speck/Mary Lou Guy (818) 446-0131.

Apr. 26 (Fri): Porterville: CVC Championships (JC), 2:30 p.m.

Apr. 27 (Sat.): San Francisco: Johnny Mathis International Invitational T&F Meet. San Francisco State University, Cox Stadium. Entry Deadline by April 17, No Exceptions. Harry Marra, Head Coach, T&F Office, Athletics, San Francisco State Univ., San Francisco 94132. (415) 338-1561.

Apr. 30 (Tues.): Fresno: NorCal Hep/Dec Championships (JC), 10:00 a.m.

May 3 (Fri.): Modesto: NorCal Trials, 12:00 noon (JC).

May 4 (Sat.): Northridge: Northridge Open-TBA.

May 10 (Fri.): Sacramento: JC NorCal Finals, 4:00 p.m.

May 17, 18 (Fri/Sat.): Sacramento: JC State Meet, Time TBA.

May 23 (Thurs.) Fresno: Taco Bell Last Chance Meet at Warmerdam Field, Time TBA.
June 7 (Fri.): Fresno: Central California TAC Championships at Ratcliffe Stadium, 5:30 p.m.

Camps

March 27-31: San Luis Obispo: Sky Jumpers Presents: "The Russians Are Coming". Soviet pole vaulters Rodion Gataullin and Grigoriy Yegorov will be present at this special camp. For more information: Jan Johnson, 3000 Colima, Atascadero 93422. (805) 466-8119.

Aug. 5-11 (Mon./Sun.): Lake Tahoe: Fleet Feet Sports Camp, Sugar Pine Point State Park, Lake Tahoe. Info: Camp Fleet Feet (916) 442-3338.

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Road Running Round Up

By PHIL STEWART

National Columnist, Running International

Tabled for Further Study

The passions at the TAC Convention in Seattle, WA over Rule 185.5 (the "Boston Rule") which sets limits on the slope and start-finish separation on courses in order to be considered for records ran so high on both sides, that after a cliffhanger 23-20 vote in favor of the rule by the Men's Long Distance Running Committee all three sports committees (Men's, Women's and Masters) agreed to set up a committee to give the matter more thought. The Boston lobbyists filled the meetings with physiological data aimed at proving that tired runners are likely to be more affected by hills late in a race like Boston and athlete's testifying that they don't go to Boston to run fast times, while the Road Running Technical Committee members relied on physics data perhaps best summarized by their questioning if anyone would want to run the Boston course backwards.

The committee may find its task about as easy as trying to push together the walls of the Grand Canyon. The issue has been hashed and rehashed over the last year to no avail. It's likely that TAC may revert to the old system of keeping both point-to-point and loop course records.

Cassell Emerges Intact

TAC Executive Director Ollan Cassell would probably just as soon forget the last six-months of 1990 during which he faced an unprecedented challenge to his leadership of U.S. track and field long distance running's governing body and was injured in an automobile accident in June. At the year's end, however, he received a vote of confidence from the TAC's Executive Committee in Seattle, although the committee will be hiring two directors to work under him as part of the mandated restructuring of the national office. Both directors should be in place by the end of

1991.

So Much for Any Rules About Training

Systems offering a single answer to help everyone run faster are as plentiful as discarded cups after an aid station. When Margaret Groos and Nancy Ditz, American's 1-2 finishers in the 1988 Olympic Marathon trials, revealed their current training strategies before this year's New York City Marathon it became apparent that these two top women have dissimilar approaches to staying on top. Groos, now training with Bob Sevens, is packing in the miles, highlighted by two long runs of 16 and 20 miles each week. For Groos, "Stamina" is the key word. For Ditz, the "S" word is "Speed". Under new mentor Brooks Johnson, she is running short intervals on the track with tracksters including PattiSue Plumer. The only common thread for both of these runners appears to be another "S" word--"Success".

Sudden Death In Road Races

Medical directors from over a dozen international marathons tackled this sensitive issue at a fall meeting in New York. While lamenting that there had been little systematic effort to gather data from races, the group heard presentations from a number of doctors who had had deaths in their events. This anecdotal material reinforced the generally-held notion that most deaths involve runners who have congenital heart problems (most of which can not be detected in advance without elaborate and costly screening) or have advanced heart disease such as atherosclerosis. While the overall risk of death in races remains small, race directors do need to be vigilant as the running boom population ages and becomes at greater risk in general for heart problems.

Cierpinski After the Wall

At the 1976 Olympics in Montreal an unknown East German runner Waldemar Cierpinski ran down American's two running superstars, defending gold medalist Frank Shorter and American's fastest runner Bill Rodgers. As the running boom exploded in the West, Cierpinski disappeared behind the Iron Curtain only to reappear in the agate type four years later when he won a second gold medal in the 1980 Moscow Olympics which the U.S. didn't recognize. Both the man and the so-called East German track machine remained an enigma until the Wall crumbled and Germany reunified during 1990. Now a master with a recent 51-minute 10-mile time and hoping to improve in the future, Cierpinski spoke out about life in East Germany and the 1976 Olympics. In what may seem surprising to Westerners, Cierpinski, while embracing the new openness, feels insecure about the freedom. "We were educated for 40 years on the socialist condition," he said. "Now to be confronted with a new condition is different." He hopes that the unified Germany will preserve some of the old East German methods of identifying and assisting talented athletes from an early age, but is not certain it will be a priority for the new Government. "Germany will have a good and powerful team if more of the East German system will be adopted," he said.

Regarding the 1976 Olympics Cierpinski said he studied and emulated the training and racing tactics of Frank Shorter in order to know how to beat him. He noted Shorter's strategy of pushing hard about two-thirds of the way through his marathons, and he trained specifically to be able to cover such a move when it happened. He worried less

continued next page...



about Bill Rodgers for the simple reason that Rodgers had not won a gold medal. While members of America's fledgling running movement were stunned, Cierpinski was merely carrying out his plan.

World Records with Some Rather Serious Hole

There should be shouting along the roadways around the world as the IAAF Council voted to recognize world road records (using TAC's criteria for certification, downhill slope, and start-finish separation). But the track-dominated IAAF Council decided to exclude keeping road records at the popular distances of 5K and 10K simply because they thought there would be confusion with 5000-meter and 10,000-meter track events! Imagine, a runner can have a world record for the relatively infrequently-competed distance of 25K, but not for 10K, the most popular road race distance in the world. It's like the NFL deciding to keep statistics for Monday Night Football while ignoring all the games played on Sunday.

Just How Hard Is It Being a Race Director?

This fall, 1984 Olympic marathon silver medalist John Treacy got involved in organizing a 5K road race in his hometown of Providence, RI. The first-time event drew over 3000 runners. When asked afterward if he would rather be a runner or a race director, Treacy answered without a moment's hesitation, "I'd rather be a runner."

Parting Thought

With today's trend toward bigger and more sophisticated races, I enjoyed receiving a note from Norm Patenaude, director of the 150-runner Voyageur Marathon in Ontario, Canada. "This race is not big business, just a fun simple event. Motels 1/4 mile -- 1 mile from the start, free camping in our backyard (100-meters from the start/finish)."

Phil Stewart is Editor and Publisher of Road Race Management, a monthly newsletter for race directors and others with a keen interest in the sport of long distance running. Address comments on this column or requests for information about Road Race Management to Phil Stewart, Road Race Management, 2101 Wilson Blvd., Suite 437, Arlington,

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California's Winter Marathons

California International Marathon

(PA/TAC Championship)

By Mark Winitz

December 2

Folsom-Sacramento

Make that another good rap for the eighth edition of the annual Cal International Marathon. Illustrating a consistency that few other events can claim, CIM again brought out its best in 1990. If you have any doubts, please make note of the following: Weather: With the exception of the "hurricane year" in 1987, the race's conditions have been perfectly predictable. Low to mid 30's at the 7 a.m. start, rising to no more than 50 by finishing time. A little

wind some years; this year barely any. Field: 2,000 runners, plus or minus a hundred or so, has been the recent standard. Not too crowded; neither too lonely. Course: Unchanged, fairly fast, from the Folsom Dam to downtown Sacramento. Competitors learn quickly that with all the hills in the first half, this is a good place to "negative split." Organization: The best that you can find. Not a single stone goes unturned in planning each year's race. Top Competition: Operating on a budget substantially less than some races like the New York City Marathon's, CIM still recruits a solid, world class field. The race is especially known for attracting top veterans, along with a host of up-and-comers who have made the

race their marathoning springboard.

Californians have seen a lot of Minnetonka, Minnesota's fastest dentist, Janis Klecker, in the past year. She definitely likes racing here, especially at this particular marathon. 1990 was her fourth tour of the course. But following a low-key fall that came on the heels of two summer marathons (Grandma's and City of San Francisco), the 1988 National Marathon Champ didn't really expect to top either her PR, or CIM's CR, both of which came in 1985 when Klecker ran 2:31:53—17 seconds behind Nancy Ditz' win in a course record. Yet there was time for one more go at 26.2 before Klecker and her husband, Barney, laced on the old snowshoes for the long

continued next page...

Western Hemisphere Marathon

From Richard Lee Slotkin

December 2. Culver City.

There was something of a new look at Culver City this year. A few weeks before the race a banner was placed across Overland Avenue right over the brick strip finish line. And, get this, a balloon archway was put up spanning the whole works just before start time. Looked great; really festive.

If it sounds good so far, it didn't stay that way, folks.

For one thing, the people who have the talent to do justice to the race, meaning running sub-2:20, just don't take this race seriously. They show up either out of shape or having just come off a hard race, sometimes even another marathon, only two weeks ago, or a hard 5K yesterday. They figure they'll go out and if they feel okay they'll go for it. Otherwise, back off and drop out at 20 miles, or earlier and consider the whole thing a workout. Even worse, if they are in fact in the elite class, they may find themselves

with a big lead late in the race *despite* themselves.

That's what happened last year when Alfredo Rosas won it quite handily even though he was struggling to hold an 8:30 pace at the end. Alfredo had run a 2:21 marathon just two weeks earlier.

Same thing this year. Different face, but same pattern. Even from the same club. Seems that people don't have a lot of respect for this race.

Well, that was just one part of it.

There were other problems. Traffic control, for example. Some parts of this course are so narrow that there isn't room for a pace car; one segment is just wide enough for runners to go through single file. And, the motorcycle escort often gets in the way of the pace car, causing the lead runner to have to pass it, a rather hazardous situation, and this year causing a wheelchair to bump against it. But, there was a race out there so let's get to it and find out what happened.

Although it was quite chilly as late as 7

a.m., by start time at eight, it was getting warm and promising, threatening, really, to get warmer yet; to damned warm for a marathon. So, marathoners being of the intellectual bent for which we are famous, the whole front of the pack took off at the sound of the gun as though it were the 400 meters. I mean to tell you that there were people bordering on oxygen debt before the race was 30 seconds old. There wasn't a single familiar face up there and none of those who might have been expected to finish in the top ten were even in sight. And I was peering through a telephoto lens, wearing my high powered contacts.

What a bunch of knuckleheads. Every race has some. One guy was even wearing a full set of sweats, Sheesh!

As you surely guessed, it wasn't long before most of this nonsense was over. Most, but not quite all, because Minor Estrada, leading a Dorsey High contingent, who is apparently too young to know better and Bill Entz, a veteran who should have known better, were still

continued next page...

California's Winter Marathons

CIM

Minnesota winter. Other ladies to watch were 1990 Soviet National Champ Alevina Naumova with 2:29 credentials—who arrived in town late Friday night after a Soviet exit visa delay—San Jose's Rosa Gutierrez, who was intent on qualifying for the Olympic Trials and possibly lowering her 2:35 PR set in Sacramento last year, and locally-residing Brazilian Angelica de Almeida, sporting a 2:37 best.

Naumova negotiated the first half at the fore at about 5:45 pace, as her Soviet coach rode in the press truck, far out of sight ahead. Klecker followed closely, knowing that energy saved through the rolling hills, especially from miles 8 through 13, would pay off on the flatter second half.

"I've run my three fastest marathons here," said Klecker shortly after completing her fastest one. "And I think knowing the course definitely helped. It's not a course to go out real hard on. I could tell the Soviet girl was getting

a little tired, so I pressed the pace at half-way. Until then I was hearing 5:47 splits; then they became 5:43 and 5:44, so that was good. I ran pretty evenly effort-wise."

Klecker's effort yielded a 2:30:42 win (worth \$8,000), a personal best, and new course record (worth an additional \$5,000), as she gained almost four minutes over second-placer Naumova (2:34:20, \$3,000) in the final 13.1 miles. Klecker had used the same exact strategy in winning last July's marathon in San Francisco. She tailed leader Jannine Aiello over the similarly hilly first half before taking the lead near halfway.

As for the rest from hard racing and training? Did it help the woman who has sometimes received comments of over-racing in the past? "Yes, I think, so," Klecker said succinctly with a smile. Winning this last race on the ARRA Championship Circuit, "Dr. J" received double points and passed leader Ma-

rio Trujillo in the final standings.

Behind the front two, local Ryans Racing Team teammates Gutierrez and Karen Scholte ran 3-4, clicking off even 6-minute miles per the instruction of their coach, Gary Goettelmann. That strategy gave 27-year-old Gutierrez a 2:36:36, 3rd place, and \$2,000. Scholte (4th, 2:38:29, \$1,000), 24, improved her marathon best by over 4 minutes, while also running a superb race. While nine women ran under the 2:45:00 women's Olympic Trials standard, Debra Sharp (10th, 2:45:22, Pt. Hueneme, CA), and Chris Iwahashi (11th, 2:45:29, Fair Oaks, CA) just missed.

The men's field wasn't quite as easy to decipher as the women's. A host of men with sub-2:15 credentials appeared as though they could snatch it, although history books provided a tangible clue. Back in 1984 Ken Martin had turned in a 2:11:24 win at CIM coming off of a strong steeplechase back-

continued next page...

WHM

pushing the pace from the front as they approached the first mile. As they went through it in 4:59-pure lunacy—they had a little guy by the name of Hector Lopez with them. Running hard with his head tilted too far back, Lopez looked as though he'd by lucky to make it to ten miles. As a matter of fact, despite the fact that he began to fade as soon as he reached the front, he held on for a respectable 2:51:09, good enough for 13th overall.

Entz fared somewhat better, finishing 10th in 2:48:50, but as he seems to do every year, he probably spent too much energy with his early bid for glory.

And Estrada and the other Dorsey brothers don't even show up in the final results.

So, who's left?

Funny you should ask. There was Samson Obwacha, an NCAA Division 2 distance champion who has run a 2:19, but won't today because a) he's not in shape for a marathon and only planning to go 20 miles anyway, and b) he ran, and won, a hard 5K race yesterday!!! C'mon guys, isn't anyone serious?

Then, there's Alfredo Rosas. He won last year in 2:25 and something, but he's only going 20 miles, if that. Unless he finds himself with a big lead like last year.

He won't

There's Pete Kaplan, from Newberry Park. Says he ran 2:30 here last year but I can't find

it in my set of results.

No matter. None of these guys are even in sight, and remember: I'm wearing my high powered contacts and looking through a telephoto lens.

So, who is there? We see a guy wearing 463 who started making a move about 7 minutes into the race. By that point, Estrada had already faded to the point of being written off, Entz had a 5 yard lead over Lopez and there was a no-number in 3rd. 463, who turned out to be Enrique Alvares was about 30 yards back and moving past the no-number. By about 2 1/2 miles, Alvares, running topless, was 40 yards ahead of Entz who was about the same ahead of Lopez. The feeling now was: forget both of them. But what about this Alvares guy? It turns out he was 5th here last year with a 2:35:37 and since then ran a 2:23 in the Vegas Marathon. We didn't know any of this at the time, of course. We didn't even know his name.

And, we didn't expect him to last.

We were right, but for the wrong reasons. Anyway, we couldn't see anything to threaten him from behind. Come to think of it, where was Obwacha; or Rosas? They should have in sight, at least, with the pace we were seeing: 5 mile in 26:50. (Yeah, we missed the splits at miles 2, 3 and 4. Another problem with this year's Western Hemisphere Mara-

thon. There were more; later.) It was somewhere between miles 3 and 4, on Higuera St. where it crosses Ballona Creek, that Bob Ashlock, a wheelchair racer, bumped us. There was a nearly 180 degree turn onto Higuera and a narrow passageway coned off. So, between having to slow for the turn, the narrow passage and slow moving police motorcycles, we found ourselves being passed first by Alvares and then by Ashlock. Ashlock didn't quite make it, and made slight contact. It was enough to burst his water bottle, which spewed whatever that green stuff which was in it was. It was kind of scary because it looked at first as though it was coming from him.

Anyway, Ashlock lost a bit of composure, not to mention control of the chair and bounced once off the curb. We managed to get ahead of him and he managed to regain control and composure, although he was highly, uh, let's say, disturbed about the whole thing. Eventually we passed Alvares too, a move we had to make several times before the day was over, and still, except for a fading Entz and Lopez, we couldn't see anyone back there.

Well, this went on for another 3 miles or so. "This" meaning nobody to look at but Alvares and struggling for position with the police cycles, Ashlock and Alvares. Meanwhile, the

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California's Winter Marathons

CIM

ground. In 1990's version, a certain Peter Renner, 30, a 1988 Olympic steeplechaser with an 8:14 PR from New Zealand, was entered. His first marathon had been a 2:14 in Sydney, Australia in 1987.

The tall runner (Renner) accompanied a big pack led by Dan Aldridge through the first gently downhill five miles at a conservative 5:05-5:10 pace. The first uphill in the next mile would drop a few. At six miles, the half dozen in the lead included the aforementioned two, plus Tom Wood, Kenya's Sammy Rotich, Canada's Jim Perry, and darkhorse Brad Hudson. Mexican "space cadet" Jesus Valdez, and Brazil's Jose Silva worked together about 50 meters behind. Aldridge was dropped at 9 miles. By 12 miles (59:40) Wood also went out the back end. At 14, Renner pulled 24-year-old Hudson—a Pac-10 cross country champion while at the University of Oregon whose only other marathon was a 2:17 at 19 years

old at '85 Chicago—along with him. For the next 9-1/2 miles this duo matched steps, as Hudson threw in a couple of small surges at 19 miles (1:35:54) to test the waters.

"With 2-1/2 miles to go I thought it's here or never," said Renner. "In a marathon you don't want it to come down to a final sprint. So I lowered the pace down to sub-fives and was able to pull away."

At that point, Hudson, who was headed for Chicago before falling ill, and subsequently got in only one long two-hour workout in the six weeks before CIM, started looking behind him. Renner proceeded to the \$8,000 tape, hit in 2:12:35, while Hudson scored an impressive 2:13:24.

"My legs just crunched up," said Hudson. "The last month or so, my training has been (messed up). So I'm really happy with my effort and the \$4,000. I need the money. With better training I think I'm good for 2:10. I

think I can really do something, you know?"

We know, Brad. After the race, he was already making plans for Houston's Tenneco Marathon this month.

As for Runner Renner, the big man who owns a lumber contracting business in New Zealand and works the chain saw 50 hours a week between workouts—he also has some big plans.

"I'm 31 now, so it's time to move up from the track. The new challenge for me is the marathon. I'm a strength runner, and at my age I think I can improve on my best. I think that I'm medalist potential for the (1992) Olympics. If I can get down to 2:08 or 2:09, I'll look at the Olympics because anything can happen on the day."

Using wait and catch 'em tactics, Silva (3rd, 2:14:42, \$3,000), plus a group of Californians and one Canadian, captured top ten places. San Diego's Steve McCormack (5th, 2:18:06,

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WHM

pace, which had been pretty respectable at 6 miles was slowly deteriorating. From 5:09 at 6 miles to 5:17 at 7, to 5:19 at 8 and 5:26 at 9 miles. In fact, Alvares seemed to be grimacing from the time we first saw him near mile 1. Back then, though, he was running well and opening up the big lead. Now, not only was he slowing, but at 6 1/2 miles, we could see the 2nd place runner. At least, we thought we could see him.

A little after passing 7 miles, the doubt was gone. Second was back there and gaining. We wondered who it might be. I know it *should* have been Obwacha.

By mile 9, whoever it was was about 300 meters back and it appeared to be Obwacha. For sure he was Gardena Valley because we could see that yellow stripe across the chest.

About this time we learned via cellular phone that Jennifer Henderson had reached 6 miles and was the leading the women.

Between miles 9 and 10 the course goes over a 2-lane bridge and the cones were lined up so close to the curb that there barely room for a runner let alone a pace car. With the lead runner moving along about 11 miles an hour and the pace car in the traffic lane, it wasn't long before there was a line of cars with very annoyed drivers tailing us. So, one of the motorcycle cops ordered us to the side and there we sat while Alvares disappeared into the dis-



SAMSON OBWACHA at 24 miles. Tired, lonely, but 1st! *Photo by Richard Lee Slotkin*

tance at 11 mph. However, we could now see Obwacha, yes, it was he, coming up at 12 mph. Well now, things were taking shape. The story was quite simply that Obwacha, a true elite runner would catch Alvares and that would pretty much take care of that. But what would the Kenyan do at the 20 mile mark? It's not only a good distance to stop at if you're not in top marathon shape, but for this race it just happens to be a few yards from the finish line area where everyone's cars are parked. And, looking back from our vantage point on the top of the bridge, 3rd place was not yet in sight. If this were still the situation at mile 20, Obwacha would have to continue and finish. I mean, you don't think he'd pass up on the \$250 1st place prize and the honor of having his name on the permanent roster of marathon winners in front of the Veteran's Memorial Center by the start/finish line do you?

I didn't think he'd pass on that and neither did he. Of course, that's exactly the way it went. With Alvares down to a 5:33 mile, Obwacha caught him just after 14 miles, rode his shoulder for a few minutes to see what Alvares would do, and then at 14 1/2 miles pulled ahead. Alvares made an attempt to pull even, then tried to hang on, but it was all over. "I tried... I tried, but he's a world class runner," Alvares said, admiringly, afterwards.

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California's Winter Marathons

CIM

\$1,000) anchored a pack that also included San Luis Obispo's Joe Rubio (6th, 2:18:08), Oakland's John Barrett (7th, 2:18:53), Canada's Bruce Deacon (8th, 2:19:40 in his first marathon), and Imperial Beach's Matt Clayton (9th, 2:19:08, also first marathon). Oly Trials for more Californians!

Reno's Ewar Gordillo (2:31:31) and Janet Jordan (2:53:38) of Portland, OR were first masters. Jim Press (40, 2:33:51) and Barbara Miller (50, 3:08:54) both went the distance to put the cap on their PA/TAC LDR Grand Prix Masters titles. CIM was the last event on the Grand Prix.

Men's Overall Results

1. Peter Renner (31) New Zealand 2:12:35, 2. Brad Hudson (24) Eugene, OR, 2:13:24, 3. Jose Silva (26) Brazil 2:14:42, 4. James Perry (26) Canada 2:17:46, 5. Steve McCormick (30) San Diego 2:18:06, 6. Joe Rubio (27) San Luis Obispo 2:18:08, 7. John Barrett (27) Oakland 2:18:53, 8. Bruce Deacon (23) Canada 2:19:40, 9. Matt Clayton (25) Imperial Beach 2:19:48, 10. David Petersen (35) Bend, OR, 2:20:03, 11. Jesus Valdez (26) Mexico 2:22:40, 12. Richard Hanna

(26) Sacramento 2:24:24, 13. Mark Hoefer (28) S.Lake Tahoe 2:24:41, 14. Dean Rinde (26) Orangevale 2:25:30, 15. Andrew Ferguson (30) El Cerrito 2:25:51, 16. Christopher Fuller (31) St. Paul, MN, 2:26:01, 17. Robert Arkes, Jr. (30) Portland, OR, 2:27:36, 18. Andreas Sotker (30) Germany 2:27:51, 19. Kelly Britz (32) Kirkland, WA, 2:27:58, 20. Ralph Havens (31) San Diego 2:28:16.

21. Unofficial 2:28:46, 22. Waheed Karim (25) Afghanistan, El Cajon, 2:28:46, 23. Paul J. Harshman (29) Seattle, WA, 2:29:00, 24. Per Lindberg (29) Berkeley 2:29:17, 25. John Mendoza (29) Sacramento 2:29:43, 26. Larry Edckles (32) Simi Valley 2:29:47, 27. Michael White (27) San Jose 2:30:30, 28. Thomas Cardle (29) Canada 2:30:44, 29. Emar Gordillo (45) Reno, NV, 2:31:31, 30. Herb Tanzer (38) Topanga 2:31:59.

Women's Overall Results

1. Janis Klecker (30) Minnetonka, MN, 2:30:42(CR), 2. Alevtina Naunova (29) Soviet Union 2:34:20, 3. Rosa Gutierrez (27) San Jose 2:36:36, 4. Karen Scholte (24) Santa Clara 2:39:29, 5. Kim Drvden (32) Seattle, WA, 2:40:32, 6. Angelica De Almeida (25) Brazil 2:43:39, 7. Marian Teitsch (28) Ft. Collins, CO, 2:44:07, 8. Carrie Booth (29) Hermosa Beach 2:44:15, 9. Grace Wilson (33) Atlanta, GA, 2:44:16, 10. Debra Sharp (36) Ft. Hueneme 2:45:22.

11. Christine Iwahashi (35) Sacramento 2:45:29, 12. Jeanine Urness (28) Mather AFB 2:46:12, 13. Bev Marx (37) Fair Oaks 2:48:06, 14. Kimberly Bruyn (29) So. Lake Tahoe

2:48:34, 15. Tracey Robinson (27) Tempe, AZ, 2:48:38, 16. Denise Foote (31) Portland, OR, 2:49:04, 17. Janet Keeney-Valenza (30) Houston, TX, 2:49:15, 18. Theresa McCourt (31) Sacramento 2:50:10, 19. Betsy Swan (25) Palo Alto 2:51:39, 20. Honor Fetherston (36) Mill Valley 2:52:30.

21. Cynthia Gorman (28) Rancho Mirage 2:52:43, 22. Luanne Park (30) Redding 2:53:02, 23. Janet Jordan (41) Portland, OR, 2:53:38, 24. Barbara Frank (32) Hollister 2:54:44, 25. Stacey McAlee (33) Clovis 2:57:03, 26. Tina McCandless (27) Hayward 2:58:36, 27. Donna Okono (30) LaJolla 2:59:06, 28. Connie Kondo (32) Folsom 2:59:21, 29. Lisa Boyle (33) Placerville 3:00:08, 30. Janet Norea (33) Pasadena 3:00:23.

Division Results - Men

19 & Under: 1. Scott Brayton 3:01:39, 2. Adam Beno 3:05:43, 3. Tom Rennie, Jr. 3:15:25, 20-24: 1. Brad Hudson 2:13:24, 2. Bruce Deacon 2:19:40, 3. Joel Silverman 2:33:57, 25-29: 1. Jose Silva 2:14:42, 2. James Perry 2:17:46, 3. Joe Rubio 2:18:08, 30-34: 1. Peter Renner 2:12:35, 2. Steve McCormick 2:18:06, 3. Andrew Ferguson 2:25:51, 35-39: 1. David Petersen 2:12:03, 2. Herb Tanzer 2:31:59, 3. Barney Klecker 2:33:03, 40-44: 1. Dennis Urriaga 2:32:19, 2. James Press 2:33:51, 3. Michael Chambliss 2:37:52, 45-49: 1. Emar Gordillo 2:31:31, 2. Perry Hayden 2:40:22, 3. Denis Trafecanty 2:44:33, 50-54: 1. Don Watson 2:49:10, 2. Don Spickelmier 2:49:44, 3. Richard Leutzinger 2:49:51, 55-59: 1. Michael McGie 3:01:08, 2. Paul Mitchell 3:16:51, 3. Phil Phytian 3:21:12, 60-64: 1. Ephraim Romesberg 3:20:14, 2. Richard

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WHM

Alvares still kept on but he was passed at mile 20 by Pete Kaplan and by mile 21 his hamstrings began to tighten and he dropped out soon after.

By now, Obwacha's needle was beginning to flirt with the E. Yeah, he had passed the 20 mile decision point with the big lead and now it was sort of too late to cop out. The pain was there, intensified by the knowledge that there was still about 6 miles to go. That's a long time to suffer, but forever is even longer and that's how long the pain would have lasted if he had quit before finishing. How do we know he was in pain? Hey, just look at his face. And if that's not enough, try this: Obwacha was running about the same pace Alvares would likely have been at when he reached this spot had he stayed in the race, about a 6:15 mile. Wow! Just like his Gardena Valley Runners teammate Rosas last year. Maybe the Jefferson Jinx will claim a victim this year after having been cheated last year. Can't anyone win Culver City without being peeled off the wall?

Before we bring this thing to its exciting conclusion, let's backtrack a bit to mile 18 where we heard this interesting conversation on the cellular.

Central: The Port-a-potty at Mile 17 is still locked.

Volunteer: I only unlocked the ones at Mile 13.

Central: You were supposed to unlock them all.

Volunteer: I didn't have enough gas.

Central: Well, go get some.

Volunteer: I don't have any money for gas.

Sure enough, as we passed mile marks, we saw that the potties were either still locked or, in the case of earlier mile stations, which we were seeing because we were on a loop course, broken into. Looked like King Kong had torn the locks off. The power of desperation. Not to mention lackluster race management.

Well, that was about all the excitement that was left except for the time, just after the 23rd mile, when a car almost took Obwacha out. Tried to get into the runner's lane. The motorcycle escort was too far ahead to be of use. Typical of the race: either too close or too far.

Obwacha, relieved of having to race, now had to merely struggle with a long, tiresome workout. Whoever was second wasn't close enough to be seen and if the pace was slow, there wasn't far to go. Mile 24 was covered in 6:12 and Obwacha was in neither the mood nor the condition to hurry. Mile 25's 6:25 would have been downright leisurely if it hadn't been for the weariness. Obwacha said that all he wanted was to break 2:30 and he

knew he would do that. He did but it wasn't that easy. His time of 2:29:26 didn't give him much cushion.

But, it was better than anyone else could do. A good 4 1/2 minutes better.

And that was good enough.

Second best was Pete Kaplan. He passed Alvares at 20 miles, before Alvares had to quit. He confirmed Alvares' story, saying that Alvares looked okay to him at that time. However, he too was having calf problems. Seems he ran a 50 miler 2 weeks ago.

Now, I remember Jim Howard running a 2:19 in the San Francisco Marathon for 2nd place some years ago, just 2 weeks after winning the Western States 100. But these guys aren't Jim Howards. Of course, it's not their fault. Anyone can enter a race. It just seems to me that a marathon owes it to itself to have enough talent out there so that someone who hasn't keyed his training to it will not be a threat to win it, or even be in the top three. Unless a Carlos Lopez or a Steve Jones just happens to be in the neighborhood. Short of that, the winners should be, if nothing else, in marathon shape.

We can't throw any mudballs at Jennifer Henderson. She was in marathon shape. The best she's ever been in, in fact, because she PR'ed with her first sub-3 hour finish. She led, as we knew from the cellular, almost all

continued next page...

CIM

Laine 3:27:48, 3. Claude Belcourt 3:41:50, 65-69: 1. Gary Toji 3:48:04, 2. Bill Wallace 4:09:00, 3. Richard McGough 4:19:39.

Division Results - Women

19 & Under: 1. Angie Moser 3:52:11, 2. Rhonda Monroe 4:19:17, 3. Alena Pape 4:38:51, 20-24: 1. Karen Scholte 2:38:29, 2. Stacey McAfee 2:57:03, 3. Rebecca Daczka 3:05:49, 25-29: 1. Alevina Naumova 2:34:20, 2. Rosa Gutierrez 2:36:36, 3. Angelica DeAlmeida 2:43:39, 30-34: 1. Janis Klecker 2:30:42, 2. Kim Dryden 2:40:32, 3. Grace Wilson 2:44:16, 35-39: 1. Debra Sharp 2:45:22, 2. Christine Iwahashi 2:45:29, 3. Bev Marx 2:48:06, 40-44: 1. Janet Jordan 2:53:38, 2. Nelly Wright 3:01:28, 3. Kathy Kennedy 3:10:26, 45-49: 1. Laury Fisher 3:19:04, 2. Rusty Barnett 3:26:01, 3. Sara Megargee 3:26:57, 50-54: 1. Joan Ulliot 3:05:16, 2. Barbara Miller 3:08:54, 3. Khatoon Tudhope 3:42:00, 55-59: 1. Myra Rhodes 3:42:01, 2. Gloria Dake 3:48:58, 3. Jean Lalever 4:17:01, 65-69: 1. Helen Klein 4:13:05, 2. Po Adams 4:39:21.

Wheelchair Division

1. Craig Blanchette 1:45:10, 2. Chris Mogensen 2:01:50, 3. Don Caron 2:01:51, 4. Chris Houde 2:11:44, 5. Jim Schoenherr 2:15:30, 6. Taylor Carey 2:17:00, 7. Michael McIntyre 2:33:19, 8. Kenneth Wright 4:14:14.

Jeff Galloway's Vacations

"My best vacation!"

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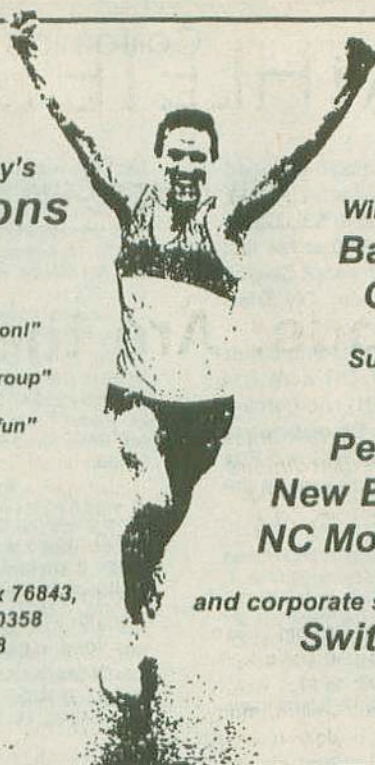
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WHM

the way, finishing 3 1/2 minutes ahead of local favorite Karen Carpani. Carpani just keeps flirting with 3 hours. She missed it at the L.A. Marathon this year by about 17 seconds and today by 54. One of these days.

Third F was Pamela Haskell, who was actually the leader for the first 2 miles. She was 5 minutes behind Carpani, but 18 minutes ahead the 4th F.

That pretty much covers it. Even the masters didn't show us much. Only four of them broke 3 hours. We're all getting older, aren't we? Andre Tocco, as usual, won his age group, 55-59, and he was just 7 seconds behind Henderson, but about 15 minutes slower than his usual times. It wasn't age but the fact that he had run the Hawaii Marathon 2 weeks ago that slowed him.

Wait til next year.

Overall Results

1. Sam Obwacha (35) \$250 2:29:26, 2. Pete Kaplan (30) \$150 2:33:50, 3. Brian Nelson (30) \$100 2:35:27, 4. Ronald Kronlage (31) 2:39:23, 5. Amauri Vitor (32) 2:40:50, 6. Jaime Ortiz (24) 2:44:02, 7. Ricardo Gutierrez (26) 2:46:05, 8. David Castenholz (35) 2:48:10, 9. Barry Molony (35) 2:48:37, 10. Bill Entz (36) 2:48:50.

11. Eric Huss (19) 2:50:17, 12. Rodolfo Arellano (24) 2:50:39, 13. Hector Lopez (23) 2:51:09, 14. George Serrano (22) 2:51:44, 15. Clyde Matsumura (31) 2:51:58, 16. Randy Kuwahara (21) 2:53:08, 17. Jamie Magin (30) 2:53:18, 18. Jeffrey Johnson (19) 2:55:12,

19. John Andersen (35) 2:56:04, 20. Simon Rubin (48) 2:56:46.



JENNIFER HENDERSON with one block to go.

Photo by Richard Lee Slotkin

21. Wayne Stanfield (40) 2:56:55, 22. Jennifer Henderson (30F) \$250 2:57:13, 23. Andre Tocco (55)

2:57:20, 24. Gary Cohen (30) 2:57:35, 25. Michael Smith (30) 2:58:46, 26. Bob Ulloa (40) 2:59:25, 27. Mark Aguilar (36) 2:59:27, 28. Robert Lopez (39) 3:00:07, 29. Kenneth Moffitt (35) 3:00:30, 30. Karon Carpani (30F) \$150 3:00:54.

31. Todd Haskell (30) 3:01:47, 32. Dennis Huffman (41) 3:03:55, 33. Jerry Davila (40) 3:04:29, 34. Ross Smith (41) 3:05:16, 35. Pamela Haskell (30F) \$100 3:05:52.

Division Results - Men

18 & Under: 1. Jeff Arechiga 3:39:48, 2. Jose Vargas 4:21:02, 3. Eufemio Contreras 4:31:45, 19-29: 1. Jaime Ortiz 2:44:02, 2. Ricardo Gutierrez 2:46:05, 3. Eric Huss 2:50:17, 30-34: 1. Pete Kaplan 2:33:50, 2. Brian Nelson 2:35:27, 3. Ronald Kronlage 2:39:23, 35-39: 1. Sam Obwacha 2:29:26, 2. Barry Molony 2:48:37, 3. Bill Entz 2:48:50, 40-44: 1. Wayne Stanfield 2:56:55, 2. Bob Ulloa 2:59:25, 3. Dennis Huffman 3:03:55, 45-49: 1. Simon Rubin 2:56:46, 2. Bigfoot Wells 3:16:31, 3. Eric Gans 3:23:18, 50-54: 1. Sonny Monioz 3:11:21, 2. Jayro Dyer 3:24:18, 3. Jerome Dobson 3:27:57, 55-59: 1. Andre Tocco 2:57:20, 2. Gordon Watson 3:19:02, 3. Ken Calvin 3:26:39, 60-64: 1. Patrick Devine 3:09:11, 2. Luis Cordova 4:03:32, 3. Mas Sadahiro 4:26:15, 65-69: 1. Fred Nagelschmidt 3:19:10, 2. Tom Edwards 4:11:12, 3. John Thompson 4:26:21, 70 & Over: 1. Clyde Ailing 4:35:22, 2. Oscar Borgen 4:46:50, Wheelchair: 1. Keith Dyson 1:52:23, 2. John Fackler 1:53:34, 3. Bob Ashlock 2:27:23, Walkers: 1. William Nader 4:56:25, 2. Ronald Brown 5:10:36, 3. Michael Dipippo 5:17:56.

Division Results - Women

19-29: 1. Nancy Nunn 3:42:33, 2. Kelly Duenckel 4:08:06, 3. Amanda Clarke 4:12:18, 30-34: 1. Jennifer Henderson 2:57:13, 2. Karon Carpani 3:00:54, 3. Pamela Haskell 3:05:52, 35-39: 1. Sharon Mordorski 4:07:32, 2. Pamela Nagami 4:07:53, 3. Karen Blagmon 4:19:33, 40-44: 1. Marygail Brauner 3:18:40, 2. Marquita Zevin 3:47:53, 3. Cathy Kaspersky 3:51:24, 45-49: 1. Nancy Mustard 3:32:52, 2. Theresa Riley 3:48:36, 3. Gabrielle Bruveris 3:50:11, 50-54: 1. Christina Matso 4:19:03, 2. Sarah Jones 5:46:49, Walkers: 1. Karen Helms 5:24:48.

THE ATHLETE'S KITCHEN

By Nancy Clark, MS, RD.



Diet Foods: Are they worth it?

What about diet soda. . . I drink at least five cans per day? . . . "Do diet dinners have any nutritional value?" . . . "What makes diet bread 'diet'?" . . . "Do diet foods work. . . ?"

Although most athletes are far from obese, many are weight conscious and strive to be lean and light. In their efforts to lose weight and/or maintain their desired weight, many wonder about the benefits of calorie-reduced foods. They commonly ask about diet soft drinks, frozen dinners and lite breads, fantasizing that if they eat them, they'll more easily lose weight. If you have wondered about the role of diet foods in your sports nutrition program, the following may offer some insights and guidelines.

Diet Soft Drinks: Without a doubt, the unquenchable thirst of sportsactive people helps to support the diet soda industry. I'd guess that each of us knows at least one person who drinks five or more cans of diet soda per day. Some choose diet soda as an alternative to "boring water"; others as a calorie-free alternative to "sickening-sweet sugary beverages". And then, there are those who don't touch the stuff, either because they prefer the taste of the *real* thing, or because they choose to consume only *all natural* foods.

Diet soda fans commonly ask about the health risks of artificial sweeteners, wondering "Is all this stuff going to kill me in a few years???" To date, research indicates no health hazards associated with the sweetener aspartame (Nutra-sweet). Yes, a few people do experience headaches and other negative reactions after consuming Nutra-sweet, but some people also experience negative reactions after eating peanuts, strawberries, fish and other foods considered to be wholesome and all natural.

Aspartame is simply made from two naturally occurring amino acids: aspartic acid and phenylalanine. Phenylalanine is the question-

able compound. It is found in many foods: the sweetener Equal has 35 milligrams of phenylalanine/packet; diet soda -- 180-200 mg/12-ounce can; skim milk -- 400 mg/cup; tuna -- 900 mg/3 oz. (half-can); beef -- 1,300 mg/4 oz. It seems unlikely that one or two cans of diet soda per day would have any negative health effects. Never-the-less, you do have to keep in mind that aspartame is a relatively new product that has yet to be consumed by generations of people and thereby pass "the test of time". Hence, if sugar-free soft drinks are an enjoyable part of your diet, the safest advice, as you might expect, is to drink them in moderation.

Diet Dinners: *Weight Watchers, Lean Cuisine and Healthy Choice* name but a few brands of the low calorie frozen meals that are conveniently ready-and-waiting for you to pop into the microwave or conventional oven. The question arise "Are frozen diet dinners worth the money? . . . Do they have any nutritional value? . . . Are they filled with all sorts of questionable additives?"

For the most part, these tasty, convenient dinners are nutritious, healthful and low in fat. Some have a relatively high sodium content, but this can be of little concern to athletes who lose sodium in sweat and tend to have low blood pressure. From my perspective as a sports nutritionist, the major problem with diet dinners, apart from their cost, is they are too *small*. I commonly counsel weight-conscious athletes who polish off a 300-calorie diet dinner (which seems a mere appetizer) and then are still hungry. They inevitably eat sweets for dessert. In terms of both calories and nutrients, they would have been better off with two diet dinners. . . or one low fat "real meal".

Based on my counselling experiences, most sportsactive women can comfortably lose weight on 1,500-1,800 calories/day (i.e., 500-600 cal./meal); the men 1,800-2,100 cal./meal). Hence, the 300-calorie dinners either need to be supplemented with bread, salad and milk, or else traded in for a heftier meal.

Diet Bread: "Diet bread is great! It tastes the same as the real stuff, and it helps me to enjoy a sandwich guilt-free" reported Paula, a dancer. What Paula failed to recognize is that her 300-calorie diet-sandwich contained 220 calories of protein and fat (tuna with mayo), and only 80 calories of carbohydrates (bread). Only 36% of the sandwich's calories came from carbohydrates; this misses the sports diet target of 60-70% carbohydrates. I recommended that Paula buy the 100 calorie/slice breads: the hefty, hearty, wholesome choices that become the "meat" of the sandwich, not the air-filled slices of diet fluff that may look like "real bread" but lack substance.

"Real bread" both fills your stomach and fuels your muscles with the carbohydrates you need for optimal glycogen storage. By eating a higher calorie sandwich made with hearty bread, you'll fill-up on wholesome carbohydrates and be less likely to "blow your diet" on sweets afterwards.

Conclusion: Despite the plethora of diet foods, Americans continue to get fatter and fatter. Obviously, eating diet food has no effect upon weight reduction. Satiety comes not with the volume of food you eat, but rather with the amount of calories you consume (i.e., you can fill your stomach with diet soda and still be hungry, but eat a tiny piece of high-calorie cheesecake and feel stuffed). Most athletes end up eating double portions of low-calorie foods, or else sweets for dessert. Perhaps they'd be better off eating appropriate portions of "the real thing"?

Nancy Clark, MS, RD, nutritionist at Boston-area's SportsMedicine Brookline, coaches athletes how to be successful with food. Her popular books *The Athlete's Kitchen* (\$7; '81) and *Nancy Clark's Sports Nutrition Guidebook* (\$15; '90) are available through New England Sports Publications, P.O. Box 252, Boston 02113.

RESULTS

Road Racing

Bell Race

October 14. Marred. 3K & 15K.
Overall Results - 15K

1. Fred Villegas (30-39) 50:58, 2. Greg McKinstry (30-39) 52:38, 3. Matt Crabbe (18-29) 55:12, 4. Curt Royer (30-39) 56:50, 5. Sargon Nona (30-39) 57:09, 6. Dick Domant (40-49) 57:49, 7. Clyde Dlig (30-39) 58:56, 8. Ken Schwisow (50-59) 58:56, 9. Frank Miranda (30-39) 60:09, 10. John Mason (40-49) 60:31.

Overall Results - 3K

1. Brian Wilkinson (13-17) 9:17, 2. Daniel Rusk (30-39) 9:24, 3. Stephen Dunbar (13-17) 10:42, 4. Jeff Hamel (13-17) 10:43, 5. Jenne Hamel (13-17) 11:08, 6. Eric Espinoza (18-29) 11:21, 7. Kyle Royer (10-12) 11:27, 8. Jacqueline Newman (18-29) 11:36, 9. Frank Russell (50-59) 11:40, 10. Becky Smith (18-29) 11:56.

Division Results - Men's 15K

17 & Under: 1. Noah Dye 1:01:39, 2. Jeff Michelson 1:01:48, 18-29: 1. Matt Crabbe 55:12, 2. Hector Lucio 1:04:57, 3. Matthew Sidenor 1:09:22, 30-39: 1. Fred Villegas 50:58, 2. Greg McKinstry 52:38, 3. Curt Royer 56:50, 40-49: 1. Dick Domant 57:49, 2. John Mason 1:00:31, 3. Bill Schwartz 1:00:34, 50-59: 1. Ken Schwisow 58:56, 2. Robert Smith 1:26:05, 3. Lue Verhaar N.T. 60-69: 1. Richard Fosse 1:05:06, 2. Charlie Rodgers 1:06:53, 3. Lee Thomas 1:23:55.

Division Results - Women's 15K

18-29: 1. Teri Craft 1:17:01, 2. Maia Pucay 1:25:59, 3. Huang Phan 1:26:00, 30-39: 1. Colleen Werner 1:11:59, 40-49: 1. Margaret Gong 1:10:36, 2. Barb ara Duenes 1:12:36, 3. Marilyn Arguelles 1:18:02, 50-59: 1. Deborah Schwartz 1:22:06, 2. Heidi Fialho 1:28:26, 3. June Elliott 2:16:04, 60-69: 1. Dorothy Thomas 1:23:54.

Division Results - Men's 3K

9 & Under: 1. Jeremy Larosa 13:39, 10-12: 1. Kyle Roger 11:27, 13-17: 1. Brian Wilkinson 9:17, 18-29: 1. Eric Espinoza 11:21, 30-39: 1. Daniel Rusk 9:24, 40-49: 1. Roger Hawkins 14:58, 50-59: 1. Frank Russell 11:40, 60-69: 1. Mel Elliott 12:12.

Division Results - Women's 3K

9 & Under: 1. Anna Baldwin 23:28, 10-12: 1. Liz Larosa 13:21, 13-17: 1. Jenne Hamel 11:08, 18-29: 1. Jacqueline Newman 11:36, 30-39: 1. Sheila Miller 16:37, 40-49: 1. Mary Ann Foster 14:57, 50-59: 1. Maruele Taylor 21:01.

Colors of Autumn

October 14. Santa Fe Dam, Invidale. 5K & 10K.

Division Results - Men's 10K

18-23: 1. David Rose N.T. 24-29: 1. Greg Winslow, 2. Armando Salinas, 3. Darren Pham, 30-34: 1. Tome Odem 35:19, 2. Patrick Staley 36:45, 3. Jonathan Bouché 37:47, 35-39: 1. Danny Martinez 38:05, 2. B.P. Clarke 38:23, 3. Venson Dulaney 40:08, 40-44: 1. Kurt Dietrich 36:28, 2. Mike Cockrell 36:50, 3. David Kirkpatrick 37:48, 45-49: 1. Bill Woolson 40:06, 2. Juan Arcos 41:18, 3. Bill Gervais 43:32, 50-54: 1. Joe Cuevas 39:04, 2. Frank Vasquez 41:35, 3. Robert Ahrens 49:35, 55-59: 1. Antonio Gonzales 37:32, 2. Aurelio Camacho 39:36, 3. David Trowbridge 46:01, 60 & Over: 1. Leo Prado 45:19, 2. Lono Tyson 48:14, 3. Jim Hehes 49:60.

Division Results - Women's 10K

13 & Under: 1. Nohemi Luna 44:44, 18-23: 1. Candy Robedo 46:43, 30-34: 1. Kathy Johnson 47:06, 2. Cristy Steele 44:00, 3. Brenda Seltz 44:58, 35-39: 1. Lynn Clay 40:02, 2. Ginger Reynolds 47:45, 3. Alicia Fuentes 51:33, 40-44: 1. Elizabeth Blair 41:30, 2. Norma Severon 49:18, 3. Joan Ortega 53:11, 45-49: 1. Diane Thomas 53:54, 2. Sylvik Trovbridge 54:36, 3. Cheryl West 57:30, 50-54: 1. Marlene Sereno 54:42, 55-59: 1. Norma Martin 65:00.

Division Results - Men's 5K

13 & Under: 1. Jono Recce 18:29, 2. Hector Diaz 19:13, 3. Danny Mossberg 22:29, 14-17: 1. Ezequiel Tirado 18:12, 2. Joe Leeds 28:46, 18-23: 1. James Doering 17:14, 2. Kirk Pastorek 19:24, 24-29: 1. John Caro 18:21, 2. Eric Jenkins 21:39, 3. Arthur Blain 22:10, 30-34: 1. Eugene Muslar 15:39, 2. Ernesto Camacho 16:53, 3. Neal Bojko 18:15, 35-39: 1. Mike Grober 18:05, 2. Greg Peel 18:55, 3. Kent Hamlin 19:11, 40-44: 1. Joe Alvarado 15:40, 2. Bill Sumner 16:14, 3. James Sackett 17:02, 45-49: 1. George

Mason 17:19, 2. Glen Corelick 19:09, 3. Stephen Cousino 21:09, 50-54: 1. Booker Washington 19:07, 2. Joseph Umbro 19:19, 3. Jerry Van Meter 19:28, 55-59: 1. Jim Andres 20:25, 2. Abram Yates 24:17.

Division Results - Women's 5K

14-17: 1. Jeri Whitson 43:29, 18-23: 1. Michelle Gallagher 32:27, 24-29: 1. Carrie Titon 24:20, 2. Yolanda Cortez 25:21, 3. Siomone Brand 26:29, 30-34: 1. Marie Cevigni 24:47, 2. Jamie Dumant 32:04, 3. Mary Sue Lange 35:38, 35-39: 1. Kathy Hamlin 21:55, 2. Rosie Mota 26:11, 3. Jodie Martin 27:24, 40-44: 1. Martha Cisneros 23:44, 2. Robin Charin 23:55, 3. Shelly Cockrell 30:27, 45-49: 1. DeAnne Dulya 26:03, 2. Ros Neece 26:38, 3. Susie Newton 33:49, 50-54: 1. Theresa Lancey 32:52, 2. Ann Alexander 43:13.

Mt. Burdell Challenge -

October 14. Novato. 5K & 10K.

Division Results - Men's 10K

14 & Under: 1. B.J. Simundson 1:02:24, 15-19: 1. Manola Gonzalez 56:57, 20-29: 1. Mark Simi 44:00, 2. Paul Patocchi 45:45, 3. Dieter Lemcke 46:37, 30-39: 1. Frances Galson 38:40, 2. Jon Kinkman 40:18, 3. Michael Lopez 40:51, 40-49: 1. Tim Morris 43:30, 2. Donn Deangelo 43:50, 3. Don Scioi 44:52, 50-59: 1. John Russell 51:18, 2. Elmer Sandborn 51:57, 3. Norman Clampi 52:53, 60-69: 1. S. Hirabayashi 57:32, 2. Charles Hartman 59:07, 3. Harry Webster 1:01:59, 70 & Over: 1. William Neill 1:06:08.

Division Results - Women's 10K

14 & Under: 1. Moriah Underhill 56:44, 15-19: 1. Kristin Nelson 55:23, 20-29: 1. Crystal Jones 1:08:46, 2. Melissa Falls 1:09:42, 3. Cynthia Leiker 1:11:52, 30-39: 1. Beth Davidson 54:45, 2. Denise Valkema 55:02, 3. Terry Somers 55:14, 40-49: 1. Katherine Singer 57:02, 2. Meredith Misakian 57:41, 3. Kathy Colletto 58:12, 50-59: 1. Katie Martin 1:03:06, 2. Brita Lacey 1:20:49.

Division Results - Men's 5K

14 & Under: 1. Brian Chiara 21:42, 2. Alec Zwiaska 24:05, 3. Chris Whitmore 24:18, 15-19: 1. Pat Cornwell 19:33, 2. Donald Yelle 20:15, 3. Samuel Haas 20:28, 20-29: 1. David Stompe 23:21, 2. Matt Odetto N.T. 30-39: 1. Carlos Lopez 18:36, 2. Gary Helsey 21:56, 3. Gary Bures 22:13, 40-49:

1. Jerry Neall 19:55, 2. Fred Liebes 19:58, 3. Bob Sarabia 22:08, 50-59: 1. John Leonard 24:02, 2. Al Pitzer 24:06, 3. Hank Newell 24:19.

Division Results - Women's 5K

14 & Under: 1. Pamela Richardson 21:28, 2. Julia Stamps 22:13, 3. Emily Taylor 23:55, 20-29: 1. Mary Stompe 24:09, 2. Tamara Madson 24:36, 3. Leslie Bradley N.T. 30-39: 1. Tamara Gonzales 19:41, 2. Lynn Diezi 23:52, 3. Michele Boyer 23:53, 40-49: 1. Judith Gottlieb N.T., 2. Elaine Sierra N.T., 3. Connie Lain 28:06, 50-59: 1. Sandi Hetner N.T., 2. Geri Johnson N.T., 3. K. Bambrowski N.T. 60-69: 1. L. Pellegrini N.T.

Mt. Diablo Relay

October 14. Clayton. 48 Miles.
Division Results

Men:

1. Lawn Furniture 4:36:50, 2. Diablo Memorial Team 4:52:26, 3. Health Nuts 5:21:08.

Women:

1. Dry Heavettes 6:08:33, 2. Red Devil Runners 6:37:30.

Coed:

1. Church of Perpetual Thirst 4:58:47, 2. Risse's Thirsty Pieces 5:23:15, 3. Buddy Holly and the Crickets 5:26:04.

Corp:

1. San Jose Police 5:27:32.

Napa Old Town Run

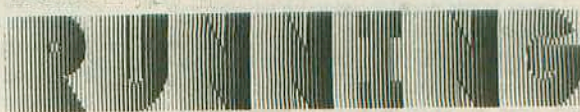
October 14. Napa. 5 Mile.

Overall Results

1. Leon Shordon (Moraga) 26:14, 2. Mike Tarvin (Napa) 29:15, 3. German Sierra 29:35, 4. Inocencia Valderama (Napa) 30:07, 5. Patrick Lecourt (Angwin) 30:23, 6. Tom Schetter (Napa) 30:37, 7. Vic Franco (Napa) 30:49, 8. Bud Arras (Napa) 30:52, 9. John King (Napa) 31:10, 10. Jeff Gallup (Napa) 31:13, 11. Ralph Harms (Santa Rosa) 31:24, 12. Fernando Loza (Napa) 31:29, 13. Richard Vogt (Walnut Creek) 31:44, 14. Bob Honer (Napa) 31:05, 15. Jake Ruygt (Napa) 32:08, 16. DeWayne Murphy (Napa) 32:32, 17. Carl Altamura (Napa) 32:47, 18. Jose Dias (Napa) 32:58, 19. Kevin McCarten (Sonoma) 32:59, 20. George Roach (San Francisco) 32:59.

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RESULTS

Run the Ranch

October 14, Orange County, 5K & 10K

Division Results - Men's 5K

Overall Winners: 1. Keith Witthauer 15:56, 2. Gabriel Sanchez 16:11, 3. Mike Maynard 16:32. **8 & Under:** 1. Ryan Vance 21:21, 2. Nate Dederer 25:55. **9-10:** 1. Jacob Dederer 22:35, 2. Angel Valenzuela 22:55, 3. Joey Laney 26:29. **11-12:** 1. Alex Dederer 18:48, 2. Sheldon Salvary 20:45, 3. Brett Cook 20:46. **13-14:** 1. Jim Underman 19:32, 2. Clay Chilcott 20:02, 3. Bret Ohrzda 20:58. **15-18:** 1. Eric Martin 17:03, 2. Mike Peikert 17:42, 3. Errol Sosa 19:09. **19-24:** 1. Gabriel Sanchez 16:11, 2. Mike Maynard 16:32, 3. Jose Cuautle 19:04. **25-28:** 1. Marty Callahan 16:54, 2. David Dennis 17:00, 3. Mike Friedl 18:23. **30-34:** 1. Keith Witthauer 15:56, 2. Darrell Riggs 18:00, 3. Randy Thiele 18:28. **35-39:** 1. Walter Veliz 17:29, 2. Steve Kellmyer 17:39, 3. Bill Ramsey 18:27. **40-44:** 1. Rex Hall 17:24, 2. Robert Bohle 20:16, 3. Cliff Cunningham 20:49. **45-49:** 1. Terry Swets 18:31, 2. Denny De Simone 18:51, 3. Steve Schumacher 19:19. **50-54:** 1. Bob Norton 18:57, 2. David Rusher 19:03, 3. Merle Lauderdale 20:19. **55-59:** 1. John Giffol 20:34, 2. Dvian Coley 26:40, 3. Vito Liddi 27:07. **60-69:** 1. Frank Buxton 20:06, 2. Hank Medina 27:30, 3. Clarence Murphy 36:50. **70 & Over:** 1. Bill Nice 23:58.

Division Results - Women's 5K

Overall Winners: 1. Sue Davis 18:42, 2. Diane Haney 19:18, 3. Trish Pierson 19:34. **8 & Under:** 1. Kimberly Utterson 21:49, 2. Maria Aguirre 25:46. **9-10:** 1. Erin Spaulding 21:55, 2. Karen Walkden 24:43, 3. Lisa Young 28:09. **11-12:** 1. Lindsay Thompson 22:44, 2. Jennifer Mestyaneck 26:35, 3. Katherine Allen 28:22. **13-14:** 1. Briana Frigo 20:57, 2. Kacey Laney 22:31, 3. Mandy Reigle 22:47. **15-18:** 1. Debbie Henderson 20:43, 2. Joanna Faunce 26:25, 3. Jennifer Tuntland 32:24. **19-24:** 1. Afton Wilson 24:16, 2. Wendy Eatherly 25:34, 3. Stephanie Castaneda 27:51. **25-29:** 1. Sue Davis 18:42, 2. Diane Haney 19:18, 3. Jody Dempevolf 22:02. **30-34:** 1. Lynne Scott 21:20, 2. Carriel Henderson 21:29, 3. Dede Vance 22:00. **35-39:** 1. Trish Pierson 19:34, 2. Thea Fox 20:01, 3. Carol Richardson 21:02. **40-44:** 1. Cheryl Carnall 20:16, 2. Barbara Cook 22:09, 3. Carolyn Slade 22:21. **45-49:** 1. Alicia Morrow 24:00, 2. Shirley Konya 25:15, 3. Yulonda King 27:48. **50-54:** 1. Joan Jeter 20:44, 2. Carolyn Hickey 23:54, 3. Ida Hendrick 23:57. **55-59:** 1. Margaret Roberts 28:24, 2. Betty Pagenkopf 32:58, 3. Ruth Murphy 38:30. **60-69:** 1. Mary Storey 24:09, 2. Patricia Pruitt 27:16, 3. Margaret Gill 28:39.

Division Results - Men's 10K

Overall Winners: 1. Mark Junkermann 30:26, 2. Bryan Postma 32:48, 3. Jaime Guerro 33:29. **11-12:** 1. Tom Coffey 41:03, 2. Ryan Downey 41:38. **15-18:** 1. Erik Starkey 33:44, 2. James Buckley 35:24, 3. Jeff Anderson 39:04. **19-24:** 1. Jaime Guerro 33:29, 2. Daniel Dozal 33:41, 3. Carlos Nava 34:01. **25-29:** 1. Mark Junkermann 30:26, 2. Bryan Postma 32:48, 3. David

Depew 35:35. **30-34:** 1. Charles Page 36:25, 2. John Yeager 37:05, 3. Vincent Miller 37:33. **35-39:** 1. Irv Ray 35:25, 2. Dave Zeitter 35:28, 3. Ian Bell 37:39. **40-44:** 1. Mark Hemphill 36:02, 2. Fred Pichay 39:29, 3. Richard Aronson 39:30. **45-49:** 1. Wayne Mitchell 37:05, 2. Ron Hanson 37:33, 3. Don Kalmar 39:36. **50-54:** 1. Ron Walters 41:49, 2. Ralph Smith 42:45, 3. Robert Rojas 43:38. **55-59:** 1. Paul Saucedo 40:40, 2. Russell Peltz 44:49, 3. Ed Judy 46:51. **60-69:** 1. Bob Kay 48:12, 2. Leonard Sirota 49:29, 3. Gilbert Nelson 50:23.

Division Results - Women's 10K

Overall Winners: 1. Jennifer Bessel 38:49, 2. Harlene Walters 40:42, 3. Michele Riss 42:02. **8 & Under:** 1. Kipp Downey 56:54. **11-12:** 1. Shalynn Fullove 46:44, 2. Ashley Caro 49:08. **13-14:** 1. Jaime Nix 1:08:42. **15-18:** 1. Ginger Anderson 47:27. **19-24:** 1. Jennifer Bessel 38:49, 2. Marcia Vandersall 42:06, 3. Jackie O'Brien 42:33. **25-29:** 1. Shirley Batlik 45:05, 2. Lisa Patte 45:18, 3. Brook Dery 46:32. **30-34:** 1. Michele Riss 42:02, 2. Virginia Unold 42:52, 3. Susan Takata 43:44. **35-39:** 1. Kim Meggison 42:55, 2. June Gessner 43:29, 3. Sue Fitzpatrick 48:03. **40-44:** 1. Joan Robert 42:28, 2. Michelle Loomis 46:57, 3. Diane Tindal 49:31. **45-49:** 1. Harlene Walters 40:42, 2. Sandy Pirkie 49:05, 3. Christian Cole 55:13. **70 & Over:** 1. Lois Edds 57:43.

Strawberry Canyon Run

October 14, Berkeley, 5.5 Mile

Overall Winners

Men: 1. Andrew Boudreau (20) 34:55.
Women: 1. Johanna Renecke (29) 40:52.

Big Apple Run

October 20, Springfield, 5K & 10K

Division Results - Men's 5K

1. Joe Caregie 16:02, 2. Herve Pastre 17:31, 3. Tony Rangel 19:15. **13 & Under:** 1. Alfredo Ayala 23:56, 2. Steve Stephens 26:25, 3. Francisco Navarette N.T. **14-16:** 1. Andy Wetzel 30:00, 2. Jason Wetzel 35:17. **21-29:** 1. Tony Rangel 19:15, 2. Roger Drummond 19:58, 3. Keith Souval 21:39. **30-39:** 1. Jose Luis Castro 19:20, 2. Sid Graber 22:19, 3. Mark Phillips 22:45. **40-49:** 1. Herve Pastre 17:31, 2. Robert Taloya 19:35, 3. Dan Macey 19:45. **50-59:** 1. Terry Manning 23:46, 2. Richard Lopez 29:31. **60 & Over:** 1. Mel Elliott 22:32, 2. Robert Reynaga 27:00.

Division Results - Women's 5K

1. Deanna Voelker 21:42, 2. Dyan Graber 22:20, 3. Jill Misko 22:34. **13 & Under:** 1. Sylvia Gualardo 24:12, 2. Patricia Ayala 24:37, 3. Natasha Castillo 24:47. **14-16:** 1. Charmaine McDermott 24:33. **21-29:** 1. Jill Ardit 23:51, 2. Gia Pizzina 26:28, 3. Lucie Gonzales 28:59. **30-39:** 1. Dyan Graber 22:20, 2. Jill Misko 22:34, 3. Leanna Frame 29:00. **40-49:** 1. Carol Manning 26:14, 2. Sally Henry 26:24, 3. Christine Simeral 27:20. **50-59:** 1. Margaret Castro 40:06, 2. June Elliott 43:11. **60 & Over:** 1. Carol Lapham 33:00, 2. Mary Melsel 37:09.

Division Results - Men's 10K

Overall Winners: 1. Alfred Lara 33:00, 2. Luke Merrill 36:30, 3. Amador Avon 37:58. **14-16:** 1. Anthony Barajas 49:54. **21-29:** 1. Luke Merrill 36:30, 2. Amador Agar 37:58, 3. Chris Haddow 41:23. **30-39:** 1. Ron Lewsley 40:46, 2. Ray Bacus 42:22, 3. Adrian Huerta 42:26. **40-49:** 1. Roger Sebert JOE



JOE CARNEGIE

Photo by Bill Cockerham

43:02, 2. Gil Meachum 44:22, 3. J.D. Fischer 45:49. **50-59:** 1. Bill Dougherty 53:46, 2. Percy Turner 66:34. **60 & Over:** 1. Mel Kindel 50:04.

Division Results - Women's 10K

Overall Winners: 1. Helen Moreno 41:27, 2. Gillian Drummond 42:28, 3. Julie Lyonhardt 43:17. **21-29:** 1. Gillian Drummond 42:28, 2. Karen Gray 52:00. **30-39:** 1. Julie Lyonhardt 43:17, 2. Kathy Rouze 46:10, 3. Paula Lambdin 48:22. **40-49:** 1. Diane Pokrajac 52:26, 2. Charise Shanes 59:05. **50-59:** 1. Sheryl Holt 63:58, 2. Marjorie Turner 67:38.

Coca Cola Classic

October 20, William Ford Park, Sacramento

Overall Results - Men's 5K

1. Darin Slade 15:21, 2. Ron Sheehan 16:04, 3. Tom Faulmer 16:23, 4. Bob Ournier 16:44, 5. Freddy Cohan 17:11, 6. Tom Kenney 17:37, 7. Peter Bluerie 17:40, 8. Ramon Jaime 17:59, 9. Todd Grames 18:10, 10. Armando Ayala 18:22.

Overall Results - Women's 5K

1. Patty Smith 19:00, 2. Joan Lewis 19:14, 3. Andrea Cordove 21:35, 4. Amber Wright

21:42, 5. Cindi Kiehn 21:44, 6. Athena Gould 21:45, 7. Sherry Hite 22:50, 8. Susie Fitzpatrick 23:06, 9. Vicki Harris 23:09, 10. Karen Coates 24:29.

Overall Results - Men's 10K

1. Leonard Sperandio 31:50, 2. Bob Unishirt 34:26, 3. Thom Pearman 34:37, 4. Brad Lael 34:55, 5. Bradford Gould 35:43, 6. Mark Romala 36:58, 7. Tom Cooper 37:33, 8. Joe Domek 37:33, 9. Ian Schotfield 37:34, 10. Alfonso Lopez 37:52.

Overall Results - Women's 10K

1. Kristin Jacobs 39:10, 2. Jeanne Landrum 39:11, 3. Penny Goldthorpe 41:08, 4. Kim Swayze 41:26, 5. Cathie Simonsen 42:00, 6. Helen Hull 42:45, 7. Beth Dillon 44:32, 8. Geanette Morgan 44:47, 9. Tracy Warr 44:50, 10. Julie Havelock 44:52.

LOVARC

Walk-Jog-A-Thon

October 20, Lompoc, 5K & 10K

Overall Results

Men's 5K:

1. Ed Grand 18:08, 2. Thomas Carrillo 18:41.

Women's 5K:

1. Lynette Hirnen 23:33, 2. Autumn Snow N.T.

Handicapped:

1. James Oberlin, 2. Kevin Kurz, 3. Charles Alan Schickram.

Men's 10K:

1. Dan Torp 37:42, 2. Jon Johnson 39:48, 3. Ron Levy N.T.

Women's 10K:

1. Linda O'Brien 62:25, 2. Ellen Atwood 61:07, 3. Danelle Fuggs N.T.

Bud Light U.S. Triathlon Series National Championships

October 20, Las Vegas, NV.

Performing with the polish and well-timed execution of any Las Vegas superstars, Mike Pigg, Arcata, and Erin Baker, Boulder, CO., introduced championship triathlon to the Entertainment Capital of the World by winning the 1990 Bud Light U.S. Triathlon Series National Championship.

Pigg, the master cyclist, overcame a concerted challenge from Andrew Carlson, Irvine, to capture the inaugural Las Vegas Challenge in a time of one hour, 56 minutes, 20 seconds. Pigg's powerful performance was 13 seconds faster than Carlson giving him seven USTS victories this season and his third USTS national championship in the last four years.

Baker, the indomitable New Zealander who now lives with her accomplished triathlete/husband Scott Molina in Colorado, cruised by defending USTS national champion Joy Hansen, Newtown Square, Penn., to record a winning time of 2:09:18 over the grueling course.

Hansen, who finished in a time of 2:12:18, wrapped up the prestigious Coke Grand Prix title for 1990 with her runnerup finish. Harold

RESULTS

Robinson, Santa Rosa, needed his fifth place finish in Las Vegas to secure the 1990 Coke Grand Prix men's championship. It was the first Grand Prix title for both triathletes.

Competing in a 9-mile swim on the choppy waters of Lake Mead, an uphill 23.9-mile bike race around Boulder City and finishing with a picturesque 6.2-mile run through Boulder City, the Las Vegas Challenge, presented by Las Vegas Events, Inc., had over 2,200 entered in the national championship event. The Las Vegas Challenge also saw competitions from several foreign countries, including: Australia, New Zealand, Canada, Mexico, Japan and Brazil.

Said Pigg after winning, "This definitely puts the icing on the cake. This is the most excellent race course I've ever seen. It has a tough swim and a gnarly bike ride. I was going 44 miles an hour down hill on the bike. On the swim we were breaking one to two feet of water. We were bobbing up and down like corks. It was rough seas and tough hills. That brings the best out of people."

Jonathan Bold, Falmouth, Mass., was 22nd overall and the first amateur with his time of 2:05:19. Seattle's Joan Hansen, Joy Hansen's twin sister, was 12th overall and the first female amateur in 2:22:59.

Overall Results

1. Mike Pigg (Arcata) 56:20, 2. Andrew Carlson (Irvine) 1:56:33, 3. Jim Picotello (Tucson, AZ) 1:57:53, 4. Stephen Foster (Richmond North, Australia) 1:59:02, 5. Harold Robinson (Santa Rosa) 1:59:15, 6. Brad Kearns (Los Angeles) 2:00:27, 7. Scott Molina (Boulder, CO) 2:00:44, 8. Campbell Clark (Lawrence, Kan.) 2:00:57, 9. Macedo Leandro (Brasilia, Brazil) 2:01:34, 10. Clark Brooks (Newtown Square, Penn) 2:01:36.

Division Results - Men

15-19: 1. Ben Travis 2:10:17, 2. Mike Swan 2:10:58, 3. Jeff Kitchen 2:31:31. 20-24: 1. Cameron Hill 2:06:37, 2. Nathaniel Uerandi 2:07:28, 3. Barry Knight 2:08:53, 25-29: 1. Jonathan Bold 2:05:19, 2. Craig Hopps 2:11:10, 3. Tim Sanderl 2:11:18. 30-34: 1. Jim Butts 2:09:54, 2. Jonathan Grinder 2:11:02, 3. Chris Ward 2:13:49. 35-39: 1. Leslie Woods 2:11:45, 2. Kent Christy N.T., 3. Jon Spar 2:15:29, 40-44: 1. Bill Leach 2:14:46, 2. Steve Becker 2:16:11, 3. John McAndrew 2:16:29, 45-49: 1. Ed Busch 2:25:04, 2. William Dutton 2:25:18, 3. Bill Sublette 2:26:42. 50-54: 1. Hans Dieben 2:26:22, 2. James Koenig 2:33:44, 3. Rolan Samuelson 2:37:22. 55-59: 1. William Smith 2:35:25, 2. Colby Chuchman 2:40:57, 3. Jack Haase 2:44:11. 60-64: 1. Dick Robinson 2:41:25, 2. David Stevenson 2:45:16, 3. Alan Carlisle 3:00:21. 65-69: 1. Dixon Hemphill 3:13:30, 2. Bill Schweizer 3:15:17, 3. James Dettar 3:25:23. 70 & Over: 1. William Hamm 3:29:46, 2. James Ward 3:46:54.

Overall Results - Women

1. Erin Baker (Boulder, CO) 2:09:18, 2. Joy Hansen (Newtown Square, Penn) 2:12:18, 3. Karen Smyers (Medford, Mass) 2:13:58, 4. Colleen Cannon (Nederland, CO) 2:14:41,

5. Liz Downing (Portland, OR) 2:16:31, 6. Melissa Mantak (Denver) 2:17:09, 7. Jan Rippe (Baton Rouge, LA) 2:17:26, 8. Janet Hatfield (Bloomington, Ind) 2:17:46, 9. Laurie Samuelson (Cupertino) 2:17:48, 10. Donna Landerville-Peters (Seattle) 2:18:01.

Division Results - Women

15-19: 1. Jolene Plubb 2:46:51, 2. Molly Renner 2:58:32, 3. Kimberly Hart 3:01:11. 20-24: 1. Stacie Brennie 2:23:24, 2. Melissa Patterson 2:27:52, 3. Christine Rowley 2:28:53. 25-29: 1. Holly Stevenson 2:25:34, 2. Donna Kay 2:25:49, 3. Karen Brems 2:26:26. 30-34: 1. Joan Hansen 2:22:59, 2. Betsy Sewright 2:28:50, 3. Alisa Goughnour 2:30:35. 35-39: 1. Jody Schmidt 2:29:15, 2. Joanne Garuccio 2:30:50, 3. Miss La Strange 2:31:45. 40-44: 1. Jane Snyder 2:28:22, 2. Diane Ito 2:38:04, 3. Margo Schneider 2:40:28. 45-49: 1. Susan Lucas 2:54:58, 2. Linda Bird 2:57:33, 3. Barbara Alvarez 2:57:46. 50-54: 1. Joan Jetter 2:47:04, 2. Val Gracie 3:07:16, 3. Sue Hutchison 3:11:45. 55-59: 1. Louise Taylor 3:10:27, 2. Dorothy Dorion 3:42:26, 3. Del Wright 4:22:14. 60-64: 1. Madonna Buder 3:20:21, 2. Joannita Reed 3:20:28. 65-69: 1. Raye Johnson 4:14:33.

Hayward Half Marathon

October 21, Hayward.

Overall Results

1. Gilbert Munoz 1:09:26, 2. Rod Denzine 1:09:34, 3. Terence Boynton 1:11:10, 4. Michael Plummer 1:11:15, 5. Dennis Uriaga 1:11:24, 6. Rod Johnson 1:11:26, 7. Ken Grace 1:11:57, 8. Joe Mancan 1:12:11, 9. Humberto Arroyo 1:12:38, 10. Gilbert Uresti 1:13:16. 11. Eric Hartmann 1:13:38, 12. Tony Munoz 1:13:47, 13. Jaime Sandoval 1:13:48, 14. Guillermo Cazares 1:16:34, 15. Mike Deatherage 1:17:19, 16. Don Jedovec 1:18:06, 17. Chris Nuwez 1:18:29, 18. Doug Butt 1:18:33, 19. Andy Cross 1:18:39, 20. Jim Wisener 1:19:06.

21. Joseph Johanson 1:20:15, 22. Tong Fong 1:20:41, 23. Arnold Ramos 1:21:03, 24. Erwin Lynch 1:22:01, 25. Roberto Mendez 1:22:06, 26. Gary Czerwinski 1:22:16, 27. Nicholas Ratti 1:23:04, 28. Don Hokman 1:23:30, 29. Gino Mendoza 1:23:32, 30. Bob Barrer 1:23:39.

Humboldt Marathon

October 21, Humboldt Marathon & Half Marathon.

Division Results - Men's Half Marathon

Overall Winners: 1. Brian Presson 1:05:36, 2. Joe Rubio 1:05:37, 3. John Barrett 1:05:49. 5 & Under: 1. Schuyler Van Fleet 2:14:12. 6-19: 1. Jimmy Faulkner 1:21:29, 2. Jason Sharpley 1:34:16, 3. Ben Fordham 1:37:23. 20-29: 1. Brian Presson 1:05:36, 2. Joe Rubio 1:05:37, 3. John Barrett 1:05:49. 30-34: 1. Miguel Tibaduza 1:06:13, 2. Rob Anex 1:06:58, 3. Tim Minor 1:07:00. 35-39: 1. John Moreno 1:08:25, 2. Denis O'Halloran 1:09:05, 3. Greg Helstman 1:09:43. 40-44: 1. James Press 1:10:48, 2. William Krapp 1:13:32, 3. Robert Darling 1:14:18. 40-44: 1.

Bob Morgan 1:16:03, 2. Jim Howe 1:16:10, 3. Terry Butler 1:16:29. 45-49: 1. Ewar Gordillo 1:10:11, 2. Frank Ruona 1:14:55, 3. Jim Gibbons 1:15:24. 50-54: 1. Tim Rostege 1:15:36, 2. Tim Jordan 1:16:01, 3. Richard Leutzinger 1:20:39. 55-59: 1. George Herd 1:19:39, 2. Alex Derieux 1:22:08, 3. Phil Phythian 1:30:24. 60-64: 1. Orio Keniston 1:24:29, 2. Richard Laine 1:30:06, 3. Bill Stowell 1:35:16. 65-69: 1. Tony Kelly 1:59:20. 70-74: 1. Howard Powers 1:48:13, 2. Horner 1:53:06, 3. D. F. Wichelman 1:58:42. 75-79: 1. John Holubek 1:40:41, 2. Paul Smith 2:21:47, 3. Charlie Swingrover 3:10:44. 75-79: 1. Bill Van Fleet 2:14:14. 80-84: 1. Mel Shine 1:58:28.

Division Results - Women's Half Marathon

Overall Winners: 1. Rossy Tibaduza-Cardenas 1:18:07, 2. Bev Marx 1:18:34, 3. Theresa McCourt 1:18:48. 6-19: 1. Kris Rose 3:06:33. 20-29: 1. Rossy Tibaduza-Cardenas 1:18:07, 2. Becki Kriege 1:18:23, 3. Betsy Swan 1:21:36. 30-34: 1. Theresa McCourt 1:18:48, 2. Lura Damiano 1:19:28, 3. Barbara Frank 1:20:17. 35-39: 1. Bev Marx 1:18:34, 2. Honor Fetherston 1:19:36, 3. Mary Wells 1:25:07. 40-44: 1. Nelly Wright 1:23:17, 2. Kathy Kennedy 1:24:42, 3. Cyndi Calvin 1:31:24. 45-49: 1. Shirley Matson 1:20:55, 2. Joan Colman 1:30:40, 3. Gail Rood 1:30:50. 50-54: 1. Barbara Miller 1:27:04, 2. Margaret Cooke 1:34:51, 3. Marilyn Elmer 1:51:58. 55-59: 1. Marty Maricle 1:43:52, 2. Myra Rhodes 1:47:59, 3. Arty Brown 1:53:08. 60-64: 1. Joan Wilson 3:19:17.

Division Results - Men's Marathon

Overall Winners: 1. James Washington 2:33:15, 2. Howard Labrie 2:38:55, 3. Terry Nephew 2:44:49. 20-29: 1. Eddie Huchro 2:48:39, 2. David Briney 3:00:16, 3. Dan Clark 3:05:14. 30-34: 1. Michael Smith 2:57:09, 2. Matthew Hagemann 2:58:46, 3. Olof Carmel 3:06:41. 35-39: 1. James Washington 2:33:15, 2. Terry Nephew 2:44:49, 3. Doug Rasmussen 2:47:44. 40-44: 1. Howard Labrie 2:38:55, 2. Timothy Martin 2:48:47, 3. Leon Devold 2:55:18. 45-49: 1. Bill Gardner 2:55:43, 2. Bill Wettig 3:00:56, 3. Bill Daniel 3:02:52. 50-54: 1. Ellsworth Pence 2:58:16, 2. Don Savant 3:13:05, 3. Tom Kaisersatt 3:16:15. 55-59: 1. Anthony Castagna 3:17:01, 2. Michael McGie 3:25:56, 3. Scott Jackson 3:34:47. 75-79: 1. Thomas Cullen 6:18:36.

Division Results - Women's Marathon

Overall Winners: 1. Darlene Wallach 3:10:54, 2. Sharon Jennings 3:15:01, 3. Mary Ciley 3:20:01. 20-29: 1. Sharon Jennings 3:15:01, 2. Pamela Brown 3:24:02, 3. Renee Punzi 3:26:01. 30-34: 1. Mary Ciley 3:20:58, 2. Mary Halley 3:26:01, 3. Cheryl Lloyd 3:26:12. 35-39: 1. Darlene Wallach 3:10:54, 2. Debbie Nicholson 3:28:03, 3. Mindy Hendricks 3:47:03. 40-44: 1. Karen Kelley-Day 3:25:16, 2. Jessie Stratton 3:26:16, 3. Barbara Elisinger 3:51:50. 45-49: 1. Barbara Miller 3:45:11, 2. Betty Krapel 3:55:13, 3. Susan Edwards 3:59:09. 50-54: 1. Marge Dunlap 3:28:47, 2. Karen Budlisen 4:14:16. 65-69: 1. Helen Klein 4:21:42.

Arturo Barrios 10K

October 21, Chula Vista, 10K.

Overall Results - Men

1. John Halverson (Norway) 28:23, 2. Aaron Ramirez (USA) 28:32, 3. Bill Reifsnider (USA) 28:49, 4. Mark Platjes (So. Africa) 28:51, 5. Martine Pitayo (Mexico) 28:56, 6. Steve Jones (Wales) 28:57, 7. Farron Fields (USA) 29:05, 8. Ricardo Zamora 29:22, 9. Mark Olesen (USA) 29:35, 10. Bo Reed (USA) 29:41.

11. Tim Gargiulo (USA) 29:47, 12. Silvio Guerra (Ecuador) 29:48, 13. JP Ndayisenga 29:48, 14. Benny Cruz (USA) 29:55, 15. Steve McCormack (USA) 30:04.

Overall Results - Women

1. Shelly Steely (USA) 32:48, 2. Olga Nazarkina (USSR) 33:21, 3. Nancy Ditz (USA) 33:26, 4. Sylvia Mosqueda (USA) 33:38, 5. Nadezhda Ilna (USSR) 33:52, 6. Kathy Kanes (USA) 34:08, 7. Anne Haré (New Zealand) 34:25, 8. Sammie Godowski (USA) 34:54, 9. Priscilla Welch (England) 35:01, 10. Lynn Nelson (USA) 35:25.

Grizzly Runs

October 21, Garden Valley, 5K & 10K.

Overall Results - Men's 10K

1. Greg Coit 36:43, 2. Gene Gilligan 37:47, 3. Mike Buzbee 38:24, 4. Bruce Van Borstel 38:36, 5. Pat Whyte 38:42, 6. David Ragsdale 39:55, 7. Bill Nicholson 40:59, 8. Walter Spiller 41:43, 9. Darrell Reeder 43:13, 10. Jim Memiliard 44:45.

Overall Results - Women's 10K

1. Mary Brook 40:21, 2. Jean Spillock 43:49, 3. Nancy Jessup 46:16, 4. Stephany Dawson 48:36, 5. Liz Kattelle 50:30, 6. Andrea Wang 50:43, 7. Nancy Marsh 52:22, 8. Donna Shaw 53:13, 9. Karen Hayden 53:29, 10. Diane Galvin 53:40.

Division Results - Men's 10K

(No Times Available)

14 & Under: 1. Chris Moll, 15-18: 1. Rob Dawson, 19-20: 1. Mark Rebela, 30-39: 1. Greg Coit, 40-49: 1. Gene Gilligan, 50-59: 1. David Ragsdale.

Division Results - Women's 10K

14 & Under: 1. Beth Hall, 15-19: 1. Darnell Horney, 20-29: 1. Andrea Wang, 30-39: 1. Mary Brook, 40-49: 1. Jean Spillock.

Overall Results - Men's 5K

1. Mike Ammon 17:06, 2. Neal Chappell 17:31, 3. Mark Cardin 18:15, 4. Tom Petty 19:43, 5. Ken Dyer 19:58, 6. Matt Sampson 20:07, 7. Frank Morris 20:51, 8. Mark Boone 23:28, 9. John Westoby 24:59, 10. Bob Veerkamp 25:03.

Overall Results - Women's 5K

1. Darlene Jackson 28:20, 2. Virginia Nicholson 23:20, 3. Shelly Gorin 23:50, 4. Elyse Martin 23:52, 5. Lea Landry 28:15, 6. Bev Martin 28:34, 7. Doris Gorin 28:40, 8. Diane McKnight 29:04, 9. Keola Lind 29:19, 10. Katherine Haines 30:07.

Division Results - Men's 5K

15-19: 1. Matt Sampson, 30-39: 1. Steve Smith, 40-49: 1. Mike Ammon, 50-59: 1. Neal Chappell, 60 & Over: 1. John Pine.

Division Results - Women's 5K

11 & Under: 1. Shelly Gorin, 15-19: 1. Tanya

RESULTS

March 30-39: 1. Darlene Jackson. 40-49: 1. Lea Landry. 50-59: 1. Virginia Nicholson. 60 & Over: 1. Gerry Sullivan.

High Desert Classic

October 21. Victorville. 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Vernon Morris 15:27, 2. Ed Garduno 15:54, 3. Chris Rodriguez 16:26. **12 & Under:** 1. Anthony Fontanez 20:04, 2. Brent Evans 20:59, 3. Mack Green 22:12. **13-17:** 1. Oscar Gonzalez 16:33, 2. Cliff Curtis 17:06, 3. Jeff Hansen 17:10. **18-24:** 1. Ed Garduno 15:54, 2. Chris Rodriguez 16:26, 3. Joksan Alcala 18:38. **25-29:** 1. Vernon Morris 15:27, 2. Dane Wington 16:44, 3. John Lunt 17:17. **30-34:** 1. Juan Gallinger 17:50, 2. Ray Graham 19:20, 3. Brett Saari 20:19. **35-39:** 1. Rick Garrison 16:55, 2. John Saril 17:10, 3. Ron Wall 18:41. **40-44:** 1. Kenneth Wertz 17:47, 2. John Scribner 19:44, 3. Wayne Taylor 19:48. **45-49:** 1. Mike Scott 16:31, 2. Mike Fuller 18:19, 3. Niles Bugman 19:54. **50-59:** 1. Bill Crum 18:37, 2. Jim Wolfe 19:55, 3. Alan Banks 20:25. **60-69:** 1. Efrain Sanchez 20:48, 2. Aldace Crow 24:15, 3. Carl Mathews 25:21. **70 & Over:** 1. Otis Fosmo 38:45.

Division Results - Women's 5K

Overall Winners: 1. Jennifer Henderson 17:48, 2. Sandy Robbins 19:32, 3. Christal Smith 20:21. **12 & Under:** 1. Megan McGowan 20:27, 2. Becky Trafecanty 20:57, 3. Andrea Smith 23:50. **13-17:** 1. Christal Smith 20:21, 2. Kathleen Castruita 20:24, 3. Diana Pacheco 20:37. **18-24:** 1. Holly Burrows 24:30, 2. Laurissa Wetzig 26:07, 3. Lori Ann Zimora 27:13. **25-29:** 1. Trisha Critchfield 22:21, 2. Angela Anguiano 22:30, 3. Celia Lewis 23:23. **30-34:** 1. Jennifer Henderson 17:48, 2. Sheri Goltmitz 22:31, 3. Maggie Orchard 22:56. **35-39:** 1. Sandy Robbins 19:32, 2. Jean Hall 21:10, 3. Lea Thirkette 22:01. **40-44:** 1. Kathy Taylor 23:00, 2. Merrie English 25:34, 3. Pam Whites 25:41. **45-49:** 1. Anne Coy 22:38, 2. Deanna Lugo 23:32, 3. Helen Quintana 26:26. **50-59:** 1. Wendy Harp 26:25, 2. Lou Asmuth 27:27, 3. Ira Norris 29:51. **60-69:** 1. Mari Ann Moffett 31:06, 2. Nyka Acok 37:45, 3. Margaret Burdick 43:17. **70 & Over:** 1. Averta Chilson 56:29.

Division Results - Men's 10K

Overall Winners: 1. Vernon Morris 32:29, 2. Mark Pashky 32:36, 3. Ron Perez 33:22. **12 & Under:** 1. Brett Rightmer 49:39. **13-17:** 1. Juan Jimenez 37:16, 2. Edrey Erano 37:28, 3. Jody Cap 38:10. **18-24:** 1. Ron Perez 33:22, 2. Antonio Carreno 34:24, 3. Mark Bothu 43:55. **25-29:** 1. Vernon Morris 32:29, 2. Todd Nott 33:49, 3. Scott Wray 37:15. **30-34:** 1. Mark Pashky 32:36, 2. Scott Kissick 38:00, 3. Pascual Martinez 39:27. **35-39:** 1. Lee Sena 40:00, 2. David Cross 40:09, 3. John Kane 40:22. **40-44:** 1. John Allen 38:00, 2. Dennis Christy 40:50, 3. Michael Wood 41:21. **45-49:** 1. Jim Sydnor 38:05, 2. John Rodriguez 39:04, 3. Charles Morton 39:36. **50-59:** 1. Bill Crum 39:47, 2. Bill Noyes 41:28, 3. Don Moore 43:33. **60-69:** 1. Hu Goldstein 46:41, 2.

Robert Edmonson 55:51, 3. George Butler 1:09:55. **70 & Over:** 1. Eddie Levin 46:49.

Division Results - Women's 10K

Overall Winners: 1. Carol Carrigan 37:31, 2. Brenda Myers 41:23, 3. Shalynn Fulove 42:37. **12 & Under:** 1. Shalynn Fulove 42:37, 2. Shannon Steele 43:31, 3. Ashley Caro 45:29. **13-17:** 1. Emily Steele 43:57, 2. Enna Koskinen 57:09. **18-24:** 1. Carrie Chavez 47:46, 2. Renae Sudbeck 58:19, 3. Kelsie Radtke 1:02:21. **25-29:** 1. Carol Carrigan 37:31, 2. Brenda Myers 41:23, 3. Lorrie Schmidt 49:21. **30-34:** 1. Tamara Morales 43:04, 2. Vicki Sparks 43:38, 3. Karen Maness 49:29. **35-39:** 1. Toni Stermole 43:23, 2. Lori Smith 45:07, 3. Jean Hall 46:29. **40-44:** 1. Laurie Crosson 59:00, 2. Nancy Downey 59:07, 3. Lupe Olivas 1:05:13. **45-49:** 1. Theresa Riley 48:06, 2. Elena Gulsa 53:34. **50-59:** 1. Carole Plinker 56:15, 2. Iona Scapple 59:12.

Salinas Skyclimb 1990

October 21. Toro Park, Salinas. 7.5 Mile.

Division Results - Men

18 & Under: 1. Jeremy Cowdrey 1:02:54, 2. Jarrod Westerlund 1:05:44, 3. Lee Yoneyama 1:10:21. **20-29:** 1. Mark Hunt 49:48, 2. Scott Thompson 54:41, 3. P.J. Hayes 55:28. **30-39:** 1. Peter Churney 50:22, 2. Patrick Buzbee 51:47, 3. Rich Hart 56:39. **40-49:** 1. Jose Garcia 50:17, 2. Richard Provost 55:59, 3. Jan Valencia 56:30. **50-59:** 1. William Rodberg 1:01:39, 2. Gay Dyck 1:05:16, 3. George Nyue 1:06:34. **60-69:** 1. Carlos Jimenez 1:21:08. **70 & Over:** 1. Pierre Delfausse 1:36:00.

Division Results - Women

18 & Under: 1. Nina Hinares 2:12:00. **20-29:** 1. Laura Sanchez 57:03, 2. Noel Grandrath 1:09:54, 3. Laura Dubree 1:19:19. **30-39:** 1. Patty Selbicky 1:04:22, 2. Olga Valdez 1:05:43, 3. Paula Ramirez 1:07:46. **40-49:** 1. Noelle Waddell 1:12:10, 2. Sally Walters 1:18:35, 3. Teri Bradley 1:23:32. **50-59:** 1. Gloria Dake 1:17:59, 2. Jan Holloway 1:23:06, 3. Jackie Vosbrink 1:29:54.

Golden Gate Park Cross Country Series

October 21. San Francisco.

Overall Results - Men

1. Daniel Grimes 19:39, 2. Michael Dudley 20:34, 3. Randy Accetta 20:37, 4. Parker Kelly, Jr. 20:57, 5. Tim Wallen 21:06, 6. Arthur Welch 21:09, 7. Scott Buttinghausen 21:14, 8. Bret Kimple 21:20, 9. Paul Cummings 21:27, 10. Steven Lopez 21:29. **11.** Rod Coker 21:34, **12.** Bob Loux 21:35, **13.** Peter O'Reilly 21:39, **14.** Sieg Lindstrom 21:43, **15.** Kevin Anderson 21:53.

Overall Results - Women

1. Robyn Berry 23:42, 2. Nancy Benson 24:28, 3. Lisa Geoffrion 24:30, 4. Margaret Lang 25:08, 5. Pam Alie-Morrill 25:15, 6. Bonnie Zapata 25:45, 7. Beckie Simmie-Kesecker 25:56, 8. Patty Brauer 26:30, 9. Dorothy Foster 26:34, 10. Mary Rees 26:57.

Software Publishing Biathlon

October 27. San Jose.

Marty Liquori was there. So was Frank Shorter. They came to watch the inaugural Software Publishing Biathlon. Staged in San Jose with a \$5,000 purse and featured coverage on Liquori's ESPN show, Danskin Running & Racing, the Software Publishing Biathlon attracted a competitive national field of endurance athletes. Liquori was there, of course, to cover the event; Shorter, in the Bay Area via his sponsors for the following day's Alamo Alumni Run in San Francisco, seemed equally curious about the field of competitors as of Software Publishing's new biathlon format.

Speculation of the outcome of the Software Publishing Biathlon was varied enough to stump a Las Vegas oddsmaker. What kind of multi-sport athlete would gain the winning edge with this simple and innovative 12-mile bike/5-mile run format? Brad Kearns and Michael Smith came up from L.A. Earlier in the month Kearns had won the Huntington Beach Triathlon and placed second in the U.S. Swim & Fitness Challenge all in one weekend; Smith had already finished in the top 5 of 11 biathlons and triathlons in 1990. They were fit and experienced. On the other hand so was Shane Cleveland of Albuquerque; he hadn't lost a triathlon in New Mexico in three years and was ranked 5th in the 1990 Coors Light Biathlon Series. Some observers, including Race Director Dave Rhody of RhodyCo Productions, speculated however that this biathlon format would favor running specialists; and, with his 29:01 10K and 2:16 marathon PR's Mike Scannell of Arizona might just have an edge over even the seasoned biathletes.

The women's race conjured up even more questions. Many of the top women had just competed in the USTS Championships in Las Vegas one week before the Software Publishing Biathlon. Had they peaked or were they ready for a grand finale to their season? Karen Chequer-Pfeiffer of Los Altos, had already won 5 triathlons and a biathlon in California in 1990. Laurie Samuelson of Cupertino was the 5th ranked woman professional triathlete in the World in 1989. But Karen Brems of Mt. View, although coming off an injury with little competition in 1990 (one triathlon that she won) had additional incentive to win—she works for the Software Publishing Corp., the title sponsor for the event. Maddy Tormoen was the woman with the running edge; a top marathoner; she also had the upper-body bike strength—she set a World Rowing Record in February of 1990.

The most asked pre-race day question had to do with the Software Publishing Biathlon starting with the bike race. How would 800 cyclists be started smoothly and safely? The answer: multiple waves and a moving start. Cyclists were broken into 9 waves, with the elite athletes in the first wave. Each wave started a minute apart (results were generated with computer adjusted times). Each wave's starting speed was controlled

upfront by race officials on BMW motorcycles who led riders out of the Coyote Heliport Park staging area, letting the race begin out on the open road, a quarter mile from the starting line.

Once underway the Software Publishing Biathlon bore up to all pre-race speculation and expectations: Eight men completed the first of the two-loop 12-mile bike course with roughly a 13 minute split. That same group finished the bike race within a minute of each of each other, with Benton Hart, an unexpected race day sign-up, the first in followed by Brad Kearns and John Devere together. A full minute behind the leader and 8th overall heading out on the run, was Mike Scannell from Arizona.

Over the next 5-miles Mike Scannell and Brad Kearns proved two things. One, the bike/run format did offer some edge to a running specialist. And, two, a good biathlete wins by being good at both running and cycling. Scannell passed five runners on the "out" portion of the 5-mile out-and-back running trail. And, just after Benton Hart lost his battle for the lead to Kearns, Scannell too overtook Hart and started to eat up the difference between he and Kearns. In the final portion of the run, around a large pond known as Cottonwood Lake, Mike Scannell opened up his stride like a quarter-miler in a championship track meet. Kearns' lead visibly shrank until he saw the finish line and opened up his own gait to beat Scannell by 50 seconds (26:49 run/27:30 bike/54:19 total). So while seven bike finishers lost positions to Scannell's running speed, Scannell had gained only 10 seconds on Kearns during the five-mile run.

The women's race had fewer surprises in bike/run position changes, but provided a major surprise in the overall competition. Maddy Tormoen had who just recently refocused her training from rowing to biathlons came off the bike race in 30:01 tied with Karen Chequer-Pfeiffer, then quickly opened up a lead on the run that she did not relinquish. She cruised into the finish running a 30:56 five mile race, 1:16 ahead of Karen (Maddy's total: 1:00:57). While most of the other lead women coming off the bike held their positions in the run, the one who didn't was still a surprise in the final standings. Karen Brems, spurred on by her comrades at Software Publishing Corporation, came off the bike in second place, and although she dropped to 5th overall after the run she proved herself to be a top female competitor in just her 3rd multi-sport event in 1990.

As all good competitions do, the Software Publishing Biathlon yielded hundreds of personal disappointments, individual victories and heartrending stories. After his anticipation all the way from New Mexico Shane Cleveland had a flat tire on the bike course and did not finish. In a post-race warmdown ride 5th place woman Karen Brems accidentally locked handlebars with her boyfriend, she suffering major "roadrash" and he ending up in the hospital with a broken clavical. Mother/daughter competitors Terrie Christiansen, age 40, and Diane Ogilvie, age 71,

RESULTS

both won their divisions. The first place mixed relay team of Sue Gyorey and Paul Wilson finished just 40 seconds behind the winning all male team of Andres Eulate and Grant Foster. Most of the 765 competitors experienced personal victory!

Perhaps the biggest winner of the day was the beneficiary, the Champs Foundation. At awards ceremonies attended by Champs founders Kurt Robinson and Keena Turner of the San Francisco 49ers and the Software Publishing Corporation President and CEO Fred Gibbons, the Champs Foundation was presented with a check for \$6,000. Future years of the annual Software Publishing B-athon promise to offer even more for the "Champs" — the Foundation and the competitors.

Overall Results - Men

1. Brad Kearns 54:19, 2. Michael Scannell 54:26, 3. Benton Hart 54:50, 4. John Devere 55:45, 5. Michael Smith 55:54, 6. Chris Willis 56:04, 7. David LeVan 57:35, 8. Frances Gailson 58:25, 9. Jon Moens 58:33, 10. Thomas Carney 58:42.

Overall Results - Women

1. Maddy Tormoen 1:00:57, 2. Karen Chequer-Pfeiffer 1:02:13, 3. Lauren Alexander 1:02:22, 4. Laurie Samuelson 1:03:39, 5. Karen Brems 1:04:43, 6. Shari Rodgers 1:06:14, 7. Joan Alley-Smith 1:07:36, 8. Sue Miller 1:08:22, 9. Elizabeth Keyser 1:08:53, 10. Lori Elwood 1:09:35.

Masters Results

Men: 1. Rick Niles 1:02:06, 2. Wayne Glusker 1:03:01, 3. Walter Radloff 1:03:01, 4. David Eastland 1:03:50, 5. Robert Harvard 1:03:54.

Women: 1. Terrie Christiansen 1:09:48, 2. Noelle Waddell 1:15:49, 3. Kathy Frank 1:15:57, 4. Carol Rinehart 1:17:31, 5. Diane Titzer 1:19:47.

Stinson Beach Marathon

October 27, Stinson Beach, Mar., Half-Mar., 7 M.

Overall Results - 7 Mile

1. Karl Gripenburg (52) Petaluma 1:03:53, 2. Dimitris Sklavapoul (44) Mill Valley 1:07:24, 3. Michael McCartney (41) Mill Valley 1:08:30, 4. James Taylor (24) Orinda 1:11:08, 5. David Sudlow (31) Stinson Beach 1:11:15, 6. William Cummings (43) Bolinas 1:11:50, 7. Sarah Weston (29) Stinson Beach 1:13:10, 8. Laura Weyman (24) Menlo Park 1:14:50, 9. Jennifer Nelson (20) Woodacre 1:18:14, 10. Katharine Vila (29) San Francisco 1:18:54.

Overall Results - Marathon

1. Charles Greene (55) Oakland 3:19:56, 2. Mike Sahlein (34) Redwood City 3:48:10, 3. Jeff Ashworth (26) Palo Alto 3:57:35, 4. Eldritch Gosney (49) Vallejo 4:09:27, 5. Andrew Rhine (31) Mill Valley 4:10:20, 6. Howard Daniel (57) Oakland 4:28:30, 7. Bob O'Connor (41) San Jose 4:35:04, 8. Raul Leckie (23) Los Altos 4:46:06, 9. Peggy Tikka (36) Pleasant Hill 4:51:00, 10. Christine Powell (44) Carmichael 5:56:01.

Overall Results - Half Marathon

1. Todd Broberg (25) San Francisco 1:45:04, 2. Tim Fitzpatrick (29) San Fran-

cisco 1:50:58, 3. Craig Kendall (29) Auburn 1:52:20, 4. John Gunion (47) Davis 1:54:48, 5. Malcolm Crawford (40) Lake Oswego 1:56:15, 6. Steve Moerlein (38) Clayton 1:56:20, 7. Michael Powell (48) Paradise 1:56:45, 8. Michael Lintz (31) Richmond 1:57:38, 9. Penny Demoss (41) Oakland 1:59:12, 10. Don Kaiser (43) San Anselmo 2:01:27.

Halloween 10K

October 27, Gilroy.

Gilbert Munoz of Watsonville triumphed for the second time in six days by winning the Halloween 10K at Christmas Hill Park in Gilroy. After running nearly stride for stride during the first six miles, Munoz had to catch back up with his nearest competitor during the last seven miles before passing him in the final 200 yards. Gilbert Munoz had missed the 1989 Hayward Half Marathon because of the Loma Prieta Earthquake's impact on Watsonville. In comparison, the 10K race in Gilroy was a laugh as Gil finished nearly four minutes ahead of his friend and fellow Watsonville native, William Kunz.

Division Results - Men

19-29: 1. Vincent Gomez 39:22, 2. Danny Velasco 40:46, 3. Gerardo Vargas 42:22, 30-39: 1. Gilbert Munoz 32:34, 2. William Kunz 36:27, 3. Jerry Nine 39:58, 40-49: 1. Ron Kiyono 36:37, 2. Roger Zoldan 37:06, 3. Doug Holkinson 41:30, 50-59: 1. Thomas Gutierrez 46:31, 2. Charles Barrena 55:47, 60 & Over: 1. Toby Solorzano 66:25.

Division Results - Women

19-29: 1. Laurie Davis 43:13, 2. Melanie Tucker 43:48, 3. Rita Luna 53:17, 30-39: 1. Karen Fogerson 40:19, 2. Beth Froid 46:19, 3. Tob Brown 47:11, 40-49: 1. Barbara Zoldan 45:59, 2. Michelle Bailey 50:18, 50-59: 1. Judith Nielson 50:16, 2. Leona Beerup 61:04, 60 & Over: 1. Margaret Barham 86:45.

Kings Mountain Ascent

October 27, Woodside, 7 M. & Half Marathon.

Overall Results - 7 Mile

1. John Mumm 47:42, 2. Andy Burr 48:54, 3. Patrick More 49:29, 4. Patrick McKennon 53:09, 5. Erik Bratton 53:26, 6. Peter Wood 55:12, 7. John Ingram 55:30, 8. Donna McKennon 58:45, 9. Penny Gonzales 58:52, 10. Beebe Rutledge 1:00:43, 11. Malcolm Stewart 1:01:33, 12. Jerry Ratti 1:01:43, 13. Greg McKinley 1:03:52, 14. Anne Shikuma 1:04:09, 15. Andrea Rutledge 1:04:51.

Overall Results - Half Marathon

1. Larry Huyde 1:33:36, 2. Ed Creighton 1:44:13, 3. Nick Nickols 1:44:21, 4. Patrick Wiegand 1:45:29, 5. Stanbridge 1:56:42, 6. Ed Willard 1:58:30, 7. Rex Kamp 1:58:59, 8. Robert Batsford 2:00:07, 9. Brad Christie 2:00:24, 10. Richard Laine 2:00:40.

Laguna Challenge

October 27, Sacramento, 5K & 10K.

Division Results - Men's 5K

Overall Winner: 1. John Litschert 15:07, 13-

18:1. John Pike 17:58, 2. Eric Hensel 18:06, 3. Tom Felding 19:38, 19-29: 1. John Litschert 15:07, 2. Rod Coker 15:39, 3. Kenrick Mock 16:47, 30-39: 1. Rich Gori 15:41, 2. Ron Sheehan 16:06, 3. Kevin Cimini 16:54, 40-49: 1. Tom Nussbaum 16:35, 2. Dan Alarid 18:58, 3. Jim O'Neil 19:15, 50-59: 1. Michael Otten 20:17, 2. John Brown 22:04, 3. Bill Wov 22:15, 60 & Over: 1. Orlo Keniston 18:40, 2. Gene Pumphrey 20:45, 3. Bob Burns 22:47.

Division Results - Women's 5K

Overall Winner: 1. Tina Petershagen 17:40, 13-18: 1. Martha Guzman 29:30, 2. Sandra Guzman 32:04, 3. Jean Freeman 36:54, 19-29: 1. Tingo Petershagen 17:40, 2. Ricky Lazaran 21:02, 3. Lynn Norrington 22:32, 30-39: 1. Kim Swayze 19:45, 2. Donna Pane 21:24, 3. Irene Powell 23:05, 40-49: 1. Beatrice Hildebrand 25:30, 2. Carol Lacert 25:46, 3. Claire Hanamoto 26:33, 50-59: 1. Barbara Johnson 24:06, 2. Margie Chin 27:53, 3. Geri Brown 29:23, 60 & Over: 1. Grace Gammill 28:43, 2. Georgina Burton 30:50, 3. Ellen Van Ardenne 37:03.

Division Results - Men's 10K

Overall Winner: 1. Jason Mayeroff 31:29, 19-29: 1. Jason Mayeroff 31:29, 2. Lin Whatcott 31:56, 3. Engel Avalos 32:11, 30-39: 1. Anoy Fergus 31:54, 2. Al Michel 35:37, 3. Steven Yee 37:16, 40-49: 1. Jack Hildebrand 37:08, 2. Robert Whitehead 38:29, 3. Steve Beck 38:33, 50-59: 1. David Ragsdale 38:50, 2. Chuck Conway 40:36, 3. Ken Matson 41:20, 60 & Over: 1. Hans Van Ardenne 1:05:32.

Division Results - Women's 10K

Overall Winner: 1. Christine Iwakoski 39:05, 19-29: 1. Lisa Downey 44:35, 2. Beckie Starsky 46:32, 3. Waiman Yip 47:33, 30-39: 1. Christine Iwakoski 39:05, 2. Helen Hull 42:08, 3. Dale Phillips 43:50, 40-49: 1. Sally Edwards 40:34, 2. Lily Frawley 46:10, 3. Greta Cariger 46:17, 50-59: 1. Louise Walters 47:27, 2. Leone Nenow 50:03, 3. Atsuko Takeda 52:07.

Red Ribbon Run

October 27, Lake Arrowhead, 5K & 15K.

Division Results - Men's 5K

13-18: 1. Tyler Mars 1:11:58, 2. Eric Levine 1:16:34, 3. Aaron Frankel 1:20:31, 20-29: 1. Vernon Morris 53:01, 2. Todd Nott 56:17, 3. Michael Martin 1:02:04, 30-39: 1. Charles Perry 58:48, 2. Rick Garrison 59:36, 3. Steve Tarbell 1:01:18, 40-49: 1. Mike Fuller 1:02:56, 2. Rhio Gillon 1:04:35, 3. Robert Long 1:05:13, 50-59: 1. Don Van Dyke 1:03:19, 2. Bill Noyes 1:08:02, 3. Sam Mayo 1:09:20, 60 & Over: 1. Harold Daughters 1:16:45, 2. Ward Speaker 1:17:01, 3. Clarence Camaham 1:27:53.

Division Results - Women's 5K

13-18: 1. Halima Ruzgani 1:17:14, 2. Nicole 1:39:52, 20-29: 1. Shelley Bancroft 1:07:32, 2. Susan Lipton 1:20:36, 30-39: 1. Jennifer Henderson 1:00:46, 2. Mary Burton 1:06:28, 3. Doreen Fay 1:10:34, 40-49: 1. Theresa Riley 1:16:00, 2. Sheila Robino 1:24:54, 3. Elena Gula 1:30:55, 50-59: 1. Carolyn Hickey 1:25:08, 2. Carole Pirker 1:41:44, 60 & Over: 1. Mary Storey 1:20:42.

Division Results - Men's 5K

12 & Under: 1. Danny Bublitz 21:49, 32. Cyle McCorkle 22:03, 3. Wes Ulman 24:14, 13-19: 1. Justin Pearod 18:16, 2. Scott Kahutek 19:26, 3. Jeff Bracamonte 19:35, 20-29: 1. John Hunt 16:51, 2. Paul Schwarz 16:58, 3. Stephen Turner 18:24, 30-39: 1. John Lerner 16:14, 2. Randy Mitchell 17:53, 3. Tim Hampton 18:23, 40-49: 1. Michael Kologg 18:42, 2. Niles Baughman 18:08, 3. Russ Carleton 23:57, 50-59: 1. Bill Crum 17:21, 2. Roger Wilman 18:33, 3. Tom Prendergast 20:07, 60 & Over: 1. Stan Perrine 24:43, 2. Bob White 25:05, 3. Jack Green 25:18, 3. David Kleckner, 2. Darryl Bowles, 3. John Teiken.

Division Results - Women's 5K

12 & Under: 1. Andrea Smith 24:00, 2. Angela Cortez 33:03, 3. Jennifer Bublitz 35:47, 13-19: 1. Carrie Garritson 17:05, 2. Christa Smith 19:14, 3. Shelley Tucker 23:59, 20-29: 1. Clare Martinez 24:19, 2. Kathy Jennings 25:19, 3. Jo Morris 26:19, 30-39: 1. Sandy Robbins 18:31, 2. Cheryl Davis 22:52, 3. Debra Bublitz 24:07, 40-49: 1. Connie Chamlee 24:37, 2. Mary Knudson 28:21, 3. Nancy Farr 32:30, 50-59: 1. Judy Glasgow 33:05, 2. Mary Plazony 33:21, 3. Joyce Wood 37:10, 60 & Over: 1. Barbara Camahan 35:29, 2. Ruth Buechler 44:32, 3. Florence Kelley 51:23.

Shoes & Spokes

September 27, Fresno, 2 M. & 10K.

Division Results - Men's 2 Mile

Overall Winner: 1. Ray Garcia 9:51, 2. Bobby Rodriguez 9:56, 3. Lui Ramon 10:13, 13 & Under: 1. Travis Keller 11:47, 2. John Hackney 13:31, 3. Donny Jones 14:23, 14-18: 1. Joey Ruiz 10:24, 2. Thom Sabatino 10:28, 3. Steve Garzenhuber 10:34, 19-24: 1. Bobby Rodriguez 9:56, 2. Ramon Lui 10:13, 3. Gus Prado 10:20, 25-29: 1. Jay Geary 10:48, 2. Rosendo Garza 11:06, 3. Marvin Ashcroft 11:40, 30-34: 1. Reynaldo Garza 11:04, 2. Gerry Valverde 11:36, 3. Jim Lowe 11:50, 35-39: 1. Robert Garcia 11:07, 2. Bruce Anderson 11:12, 3. Michael Miles 11:30, 40-44: 1. Craig Elia 10:54, 2. Curtis Elia 11:17, 3. Gary Hall 11:37, 45-49: 1. Gustavo Armenta 11:34, 2. Dennis Duffy 11:54, 3. Robert Perry 11:58, 50-54: 1. Fernie Montanez 12:19, 2. Earl Bradford 12:33, 3. Dale Sprinkle 13:33, 55-59: 1. Mickey Kaitangan 13:29, 2. Ralph Rodriguez 13:44, 3. Fred Fitchborn 15:56, 60-69: 1. Ed Thomasson 12:18, 2. Bob Fries 12:36, 3. David Fung 13:58, Wheelchair: 1. Thai Young 11:30, 2. Austin Snyder 14:00, 3. Jim Brooks 14:11, Wheelchair-Quadriplegic: 1. Beryl Lang 30:25, 2. Eddie Ash 17:11.

Division Results - Women's 2 Mile

Overall Winner: 1. Jennifer Neumeier 12:44, 2. P.J. Carmen 12:55, 3. Marcy Ambrose 13:01, 13 & Under: 1. P.J. Carmen 12:55, 2. Jessica Byrd 14:36, 3. Erin Hight 14:48, 14-18: 1. Alison Stewart 15:55, 2. Shannon Forrester 16:30, 3. Kimberly Camody 17:49, 19-24: 1. Heather Lara 13:11, 2. Kathy Reid 15:48, 3. Becky Franklin 16:20, 25-29: 1. Marcy Ambrose 13:01, 2. Cynthia Cavalos 15:48, 3. Dee Anna Montag 15:49.

RESULTS

30-34: 1. Evangelina Aldape 15:32, 2. Cindy Montgomery 16:42, 3. Theresa Romine 18:04. **35-39:** 1. Ann Phillips 13:30, 2. Renetta Helms 16:35, 3. Flora Bell 18:09. **40-44:** 1. Mary Ann Hackney 13:34, 2. Lesley Winagert 14:09, 3. Trish Brazil 15:31. **45-49:** 1. Hally Schaffer 14:36, 2. Joanne Robinson 16:39, 3. Pat Caffrey 19:36. **50-54:** 1. Glenda Morgan 15:37, 2. Gay Taira 17:46, 3. Connie Schroyer 18:01. **55-59:** 1. Theanne Woodruff 18:24, 2. Mary Jo Fitchhorn 24:40. **60-69:** 1. Elaine Clark 21:36. **70 & Over:** 1. Laura Rothaas 25:39, 2. Ruth Robinson 37:21. **Wheelchair-Paraplegic:** 1. Becky Guirreso 18:13, 2. Amanda Petty 41:50.

Division Results - Men's 10K

Overall Winners: 1. Joe Carnegie 30:29, 2. Jim Hartig 31:58, 3. Greg Pope 32:01. **14-18:** 1. Justin Torres 38:16, 2. Nathan Freeland 39:52, 3. Mikel Osborn 42:56. **19-24:** 1. Eddie Buehner 36:33, 2. Rod Freeland 38:26, 3. Kevin Roberts 42:55. **25-29:** 1. David Lennon 32:48, 2. Shawn West 34:07, 3. Jessie Quintana 36:16. **30-34:** 1. Greg Pope 32:01, 2. Baldemar Betancourt 32:36, 3. Greg Miller 33:12. **35-39:** 1. Jim Hartig 31:58, 2. Al Lomeli 33:10, 3. Hermilo Guerrero 33:14. **40-44:** 1. David Solano 34:01, 2. Ralph Smith 34:40, 3. Steve Levy 36:24. **45-49:** 1. Mark Haymond 37:34, 2. Bill Woody 37:56, 3. Isaac Melo 40:10. **50-54:** 1. Frank Delgado 37:51, 2. James Fusselman 50:36, 3. Frank Hendrix 53:58. **55-59:** 1. Doug Eudaly 44:01, 2. Juan Sobenes 45:51, 3. Richard Robinson 45:59. **60-69:** 1. Len Thornton 39:34, 2. Lee TGHom 50:00, 3. Kenneth Sager 54:09. **70 & Over:** 1. Harry Harder 50:10.

Division Results - Women's 10K

Overall Results: 1. Stacey McAfee 36:05, 2. Mary Ann Alvarez 38:29, 3. Melanie Meneses 38:37. **14-18:** 1. Jennifer Nichols 43:05. **25-29:** 1. Mary Ann Alvarez 38:29, 2. Melanie Meneses 38:37, 3. Marlene Parra 42:32. **30-34:** 1. Nellie Gonzales 40:22, 2. Katie Lowe 40:43, 3. Melissa Ortiz 40:55. **35-39:** 1. Dorothy Cromolini 45:34, 2. Heather Van Wagenen 49:11, 3. Vicky Wall 50:34. **40-44:** 1. Carol Aldorf 40:35, 2. Barbara Duenes 44:04, 3. Margaret Gong 46:04. **45-49:** 1. Margie Lindsey 40:10, 2. Sharon Shaw 46:57. **50-54:** 1. Deborah Schwartz 51:28, 2. Heidi Relho 56:09. **55-59:** 1. Sydney May Loo 57:20. **60-69:** 1. Dorothy Thomas 53:30.

Twilight's Last Gleaming Cross Country Challenge

October 27, Ventura.

With buzzards circling overhead, 71 living souls followed one another into black desolation for a unique experience in suffering. The smell of death filtered through the smoky darkness. A description of a haunted house or some halloween ritual? No its the setting for the Twilight's Last Gleaming Cross Country Challenge—a difficult, hilly running race held in the fire ravaged Arroyo Verde

Park in Ventura. While suffering the oxygen debt caused by trying to race up the steep hills on the course, many participants might have thought the buzzards were waiting for their demise rather than the unfortunate squirrels and rattlesnakes that were the victims of Tuesday's brush fire.

Through the eerily silent canyon, Ventura's Derek Turner and Eric Kirkegaard battled for the lead, with Turner victorious in a time of 24:57 for the difficult four mile race. His time was the third best ever in the five year history of the event, while Kirkegaard's 25:30 was good enough for sixth all time, but only second in the 24-29 age division. Many of the 71 entrants were veterans of this event, though most skied from previous attempts and no course records were set, probably due to the unseasonably hot, dry conditions and the loosened soil and charred rocks left from the firefighter's efforts. Many experienced runners returning to take the upper age groups including the female overall winner, four-timer Kathy Sanders of Newbury Park in 31:09, who took the 36-41 division. The only five-time participants, Ken Gerry of Camarillo (36-41) and Horst Lutz of Thousand Oaks (54-59) took their divisions in the race that features odd six-year age divisions. Other veteran division winners were Arturo Frausto from Santa Paula (42-47), Charles Feyh from Ventura (48-53) and Dick Durand from Thousand Oaks (60-65).

In the younger age divisions, newcomers excelled with David Thompson from Port Hueneerne (30-35) third overall, David Tryk from Santa Paula (18-23) fourth overall, Kathy Finney from Port Hueneerne (30-35) second female and Caroline Prikosovits (24-29, female) taking their various groups.

Overall Results

1. Derek Turner (24-29) 24:57, 2. Eric Kirkegaard (24-29) 25:30, 3. Larry Thompson (30-35) 26:50, 4. David Tryk (18-23) 26:55, 5. T.J. McGreevy (24-29) 27:31, 6. Greg Hart (30-35) 27:35, 7. Arturo Frausto 27:37, 8. Kevin Ryan (30-35) 27:43, 9. Mike Smith (24-29) 28:08, 10. Ken Gerry (36-41) 28:17.

11. Pat Harlan (42-47) 28:27, 12. Brian Bloom (30-35) 28:40, 13. Gene Sharp (36-41) 28:55, 14. Moses Galindo (18-23) 29:08, 15. Alex Yanez (24-29) 29:16, 16. Brian Stansauk (36-41) 29:18, 17. Mike Hertenstein (18-23) 29:28, 18. Tom Hart (18-23) 29:33, 19. Steven Sayward (18-23) 29:50, 20. Horst Lutz (54-59) 31:11.

Coors Light Biathlon

October 28, San Diego. (3.10 MI. Run, 16.40 MI. Bike, 3.10 MI. Run).

Overall Results

1. Brent Steiner (29) Tempe, AZ. 1:07:42, 2. Lance Armstrong (19) Plano, TX. 1:08:23, 3. Joel Thompson (31) Encinitas 1:09:44, 4. John Grouk (23) Oceanside 1:09:59, 5. John Wessels (28) Boulder, CO. 1:10:08, 6. Graeme Pearson (30) Rotorua, New Zealand 1:10:57, 7. Darren Wood (23) Newport Beach 1:11:09, 8. Shane Cleveland (26) Albuquerque, NM. 1:11:15, 9. Craig Reynolds (25) LaVerne 1:11:28, 10. George

Pierce (31) Thousand Oaks 1:11:33.

Division Results - Men

16-18: 1. Chad Thomas 1:22:19, 2. Daniel Martinez 1:22:40, 3. Jose Arce 1:23:09. **20-24:** 1. John Grouk 1:09:59, 2. Jer Burns 1:13:45, 3. Kyle Bailey 1:15:37. **25-29:** 1. Jonathan Bold 1:13:05, 2. Terry Sedgewick 1:14:44, 3. Ron Callison 1:15:38. **30-34:** 1. Bob Bistodeau 1:13:38, 2. Chuck Shelok 1:15:15, 3. Nathan Smith III 1:16:09. **35-39:** 1. Robert Benedetti 1:15:03, 2. Robert Duncan 1:16:00, 3. George Mason 1:16:33. **40-44:** 1. Dennis Kasischke 1:18:38, 2. Gary Chamberlain 1:19:45, 3. Robert Langan 1:21:12. **45-49:** 1. Bud Chrisman 1:21:40, 2. Joe Jacobsen 1:21:58, 3. James Brienon 1:25:03. **50-54:** 1. Hans Dieben 1:20:20, 2. Bob Tarozzi 1:24:08, 3. Tom Morrow 1:28:36. **55-59:** 1. Tom Purkiss 1:26:42, 2. Lefty Miller 1:36:49, 3. George Kezas 1:37:57. **60-64:** 1. Wally Evertz 1:27:30, 2. Dick Robinson 1:28:53, 3. Bill Miller 1:39:21. **Elite:** 1. Brent Steiner 1:07:42, 2. Lance Armstrong 1:08:23, 3. Joel Thompson 1:09:44.

Division Results - Women

16-18: 1. Heather White 1:47:00, 2. Jennifer Weintraub 2:11:19. **20-24:** 1. Elise Sachs 1:23:36, 2. Robyn Benincasa 1:28:17, 3. Debbie Williams 1:28:52. **25-29:** 1. Shelley Tozer 1:26:52, 2. Sue Chek 1:27:04, 3. Tracy Gaston 1:27:06. **30-34:** 1. Amy Williams 1:25:09, 2. Julie Oh 1:34:26, 3. Lynn Pressey 1:37:18. **35-39:** 1. Thea Fox 1:32:09, 2. L. Whitehurst 1:32:23, 3. Christine Kelly 1:37:15. **40-44:** 1. Dinae Ito 1:26:55, 2. Marti Ray 1:31:42, 3. Angela Davis 1:32:19. **45-49:** 1. Meeri Bodelle 1:29:37, 2. Corinne Schratz 1:44:26, 3. Bonnie Gabriel 1:52:27. **50-54:** 1. Diane Whitt 1:46:31. **55-59:** 1. Sally Byram 1:43:37, 2. Pam Baker 2:20:57. **60-64:** 1. Fran Farrer 2:09:43. **Elite:** 1. Sally Grand 1:18:05, 2. Madeline Tormoen 1:19:33, 3. Catherine Donovan 1:20:04.

Alamo Alumni Run

October 28, San Francisco.

Overall Results - Men

1. Greg Whiteley (23) San Francisco 23:34, 2. Stephen Schader (24) Palo Alto 23:39, 3. Bud Coates (33) Emmaus 23:56, 4. Bill Rodgers (42) 23:58, 5. David Frank (28) Los Altos 24:13, 6. John Barrett (27) Oakland 24:18, 7. Randy Accetta (27) Oakland 24:52, 8. John Hancock (26) Stockton 24:58, 9. Rick Brauer (27) Mt. View 25:00, 10. Parker Kelly (22) Davis 25:08.

Division Results - Women

1. Nancy Ditz (35) Woodside 26:36, 2. Patty Plummer (28) 27:44, 3. Angelica Almeida (25) San Francisco 27:47, 4. Judy McLaughlin (25) Palo Alto 29:38, 5. Betsy Swan (25) Palo Alto 29:52, 6. Carol Bagley (26) Sunnyvale 33:34, 7. Debbie Martin (24) San Francisco 33:39, 8. Annette Adams (25) Walnut Creek 34:45, 9. Virginia Delapuerto (26) Point Richmond 35:03, 10. Normandie Ramirez (32) San Francisco 36:05.

Division Results - Men

Open: 1. Greg Whiteley 23:34, 2. Stephen Schader 23:39, 3. Bud Coates 23:56. **Masters:** 1. Bill Rodgers 23:58, 2. Frank Shorter

25:42, 3. Mark Graves 26:07.

Division Results - Women

Open: 1. Nancy Ditz 26:36, 2. Patty Plummer 27:44, 3. Angelica Almeida 27:47. **Masters:** 1. Marian Lyons 37:43, 2. Barbara Robben 39:29, 3. Marty Marice 40:06.

Team Results

Men:

Open: 1. UCD (Barrett, Hancock, Kelly, Rainey, Boddgett) 2:07:24, 2. SF St. (Lizaraga, Levangie, Martinelli, Cruikshank, Verhoek) 2:11:39, 3. Wes U (Accetta, Sutherland, Broad, Holt, France) 2:33:27.

Masters: 1. Wes U (Rodgers, Buddington, Hastings, Masterson) 1:53:16, 2. UCB (Tracy, Smith, Fox, Chinn) 2:16:59.

Women:

Open: 1. Stan U (Ditz, Plummer, Swan) 1:24:12, 2. UCD (Bagley, Delapuerto, Misrahy) 1:50:16, 3. Wes U (Martin, Mortimer, Aganon) 1:54:01.

Masters: 1. CCSF (Harris, Fregly, Hagivara) 2:18:06.

Escape From Alcatraz

October 28, San Francisco-Sausalito. (1.5 MI. Swim, 1 MI. Run, 20 MI. Bike, 16 MI. Run.)

Overall Results

1. Mike Pigg (15) 3:19:38, 2. Scott Tinley (30) 3:22:33, 3. Nick Martin (30) 3:26:12, 4. Bryan Fahrenbach (30) 3:29:22, 5. Harold Robinson 3:30:40, 6. Mike Llerandi (15) 3:38:36, 7. Nick Taylor (15) 3:42:44, 8. Mark James (15) 3:44:56, 9. Chris Hudey (15) 3:46:11, 10. Michael Lyle (30) 3:46:51, 11. Bruce Mace (30) 3:50:54, 12. Ruben Barajas (15) 3:51:38, 13. Chris Ward (30) 3:51:53, 14. Mark Loos (15) 3:51:55, 15. Murphy Reinschreiber (30) 3:58:47, 16. Gene Sykes (30) 3:59:23, 17. Rip Esselstyn (15) 4:01:49, 18. David Watanabe (30) 4:02:12, 19. Gregory (15) 4:02:51, 20. Vincent Fausone III (15) 4:03:00.

Division Results - Men

15-29: 1. Mike Pigg 3:19:38, 2. Harold Robinson 3:30:40, 3. Mike Llerandi 3:38:36. **30-39:** 1. Scott Tinley 3:22:33, 2. Nick Martin 3:26:12, 3. Bryan Fahrenbach 3:29:22. **40-49:** 1. Gregory Bradford 4:15:42, 2. Hal Moorehead 4:26:06, 3. Royal Aaby 4:27:23. **50 & Over:** 1. Jim Cullen 5:06:47, 2. David Stuh 5:11:49, 3. Drummond King 5:16:20.

Division Results - Women

15-29: 1. Terry Schneider-Egger 4:03:47, 2. Krista Whelan 4:05:59, 3. Fernanda Keller 4:09:49. **30-39:** 1. Janet Stamper 4:21:13, 2. Sherry Thorburg 4:37:40, 3. Janet Calmes 5:22:03. **40-49:** 1. Cathleen Caballero 5:01:00, 2. Judy Glynn 5:11:54, 3. Cricket Banks 5:50:52. **50 & Over:** 1. Joan Jeter 4:44:37.

Halloween Race

October 28, Larkspur. 5 Mile.

Overall Results

Men: 1. Bob Bunnell (Kentfield) 28:19, 2. Bruce Phinney (San Rafael) 28:38. **Women:** 1. Lynn May (Larkspur) 32:14, 2. Sue Alb (Corte Madera) 34:13.

RESULTS

Monster Mash Dash II

October 28, Santa Ana, SK

Division Results - Men

Overall Winners: 1. Joey Gomez 14:58, 2. Bobby Ervin 15:06, 3. Rich Medellin 15:10. **12 & Under:** 1. Tom Coffey 19:44, 2. Ryan Downey 20:10, 3. Ryan Emenaker 20:17. **13-15:** 1. Luis Erande 17:53, 2. Jeremy Northam 18:00, 3. Adeli Bitterlich 18:08. **16-18:** 1. Nina Ghaderi 16:11, 2. Raymond Estrada 16:13, 3. James Buckley 16:18. **19-24:** 1. Bobby Ervin 15:06, 2. Jaime Lug 15:15, 3. Bradley Brann 15:22. **25-29:** 1. Joey Gomez 14:58, 2. Allen Just 15:26, 3. Tom Fitzgerald 15:28. **30-34:** 1. Rich Medellin 15:10, 2. Mike Hamilton 15:31, 3. Rob Slick 15:57. **35-39:** 1. Gary Shapiro 15:47, 2. Oscar Aguirre 17:13, 3. Ernie Maravilla 19:08. **40-44:** 1. Darryn Morales 17:37, 2. Greg Vigoren 18:21, 3. Bud Ohrazda 19:45. **45-49:** 1. Mike Scott 16:06, 2. Dave Lance 19:38, 3. Antonio Gutierrez 20:22. **50-54:** 1. Ron Walters 19:41, 2. Joseph Alaniz 21:22, 3. Fred Chavez 21:29. **55-59:** 1. Paul Saucedo 18:54, 2. Jesus Rivero 19:11, 3. John Giloi 19:48. **60 & Over:** 1. Frank Buxton 19:32, 2. Marvin Warren 20:22, 3. Mel Elliott 20:53.

Division Results - Women's SK

Overall Winners: 1. Jennifer Thomas 16:48, 2. Tracy Rose 17:26, 3. Theresa Hilker 18:45. **12 & Under:** 1. Maria Aguirre 23:45, 2. Alyson Marquand 23:47, 3. Ann Harrison 25:01. **13-15:** 1. Tiana Fenske 19:37, 2. Allison Reigle 22:29, 3. Christie Alviso 24:01. **16-18:** 1. Lena Dahbour 19:57, 2. Katie Page 21:58, 3. Carrie Chavez 22:05. **19-24:** 1. Patricia Murphy 22:17, 2. Karen Barr 22:50, 3. Kirsten Conklin 22:59. **25-29:** 1. Jennifer Thomas 16:48, 2. Tracy Rose 17:26, 3. Theresa Hilker 18:45. **30-34:** 1. Georgina Ried 19:47, 2. Kathy Honeywell 20:13, 3. Leslie Lehman 20:14. **35-39:** 1. Trish Pierson 18:54, 2. Hilary Willett 20:52, 3. Harriet Braverman 20:57. **40-44:** 1. Joan Robert 20:27, 2. Terry Ramirez 21:27, 3. Carolyn Slade 22:00. **45-49:** 1. Harolene Walters 19:41, 2. Diane Rosentreter 22:54, 3. Gerry Wardle 26:17. **50-54:** 1. Brenda Lunsford 21:34, 2. Judy Demenna 24:07, 3. Connie Faltys 26:21. **55-59:** 1. Joan Heine-mann 42:16, 2. Alice Hernandez 48:09. **60 & Over:** 1. Teresa Ramirez 31:31, 2. Estela Cardina 32:28, 3. Anna Griffith 33:34.

Bureaucratic Shuffle V

November 3, Sacramento, SK & 10K

SK Results

Men: 1. Darin Slade, 2. Bob Johnson, 3. Ron Sheehan.
Women: 1. Rita Pickett, 2. Elaine Sledge, 3. Patricia Leary.

10K Results

Men: 1. Leonard Sperando, 2. John Hancock, 3. Karl Yamauchi.
Women: 1. Ramona Gutierrez, 2. Jeannie Bakeslee, 3. Nancy Galindo.

Rosarito Beach Holiday Run

November 3, Rosarito Beach, Baja, CA., Mexico, 10K & SK

Division Results - Men's 10K

14-17: 1. Laurentino Diaz 36:05, 2. Juan Jimenez 37:30, 3. Jairo Duran 42:00. **18-23:** 1. Manuel Torres 34:42, 2. Jose Acosta 35:09, 3. Arturo Nunez 36:55. **24-29:** 1. Gerardo Diaz 32:53, 2. Salvador Vargas 34:47, 3. Gustavo Villaseor 37:04. **30-34:** 1. William Barnett 35:09, 2. Pascual Martinez 39:16, 3. Phil Fuji 41:08. **35-39:** 1. J. Cruz Maumolejo 38:17, 2. Sam Leggett 39:35, 3. Ron Swain 42:08. **40-44:** 1. Gilbert Varela 38:33, 2. Jose Sandoval 40:07, 3. Chris Campbell 40:53. **45-49:** 1. Mike Fuller 38:39, 2. Ned Underwood 39:50, 3. L.A. Jervik 42:27. **50-54:** 1. Maury Bunn 46:14, 2. Jim Griffiths 49:37, 3. John Peters 49:20. **55-59:** 1. Frank Vasquez 42:13, 2. Edmundo Duffley 49:05, 3. Hugh Massey 51:13. **60 & Over:** 1. Stanley Perine 47:32, 2. Frank Quinn 49:54, 3. Roger Martin 49:12.

Division Results - Women's 10K

14-17: 1. Nohemi Long 45:14. **24-28:** 1. Krisi Pitts 42:10, 2. Jane Osmus 53:17, 3. Nancy Gagner 56:59. **30-34:** 1. Jean Besta 49:52, 2. Karen White 57:44, 3. Felicitas Ricardez 62:00. **35-39:** 1. Martha Brieden 52:18, 2. Jackie Lawson 56:59, 3. Lynda Choumar 58:46. **40-44:** 1. Karin Quinn 54:25, 2. Lydia Ramos 58:34. **45-49:** 1. Molly Thayer 40:40, 2. Theresa Riley 54:08. **50-54:** 1. Carole Felker 53:58. **55-59:** 1. Kathleen Smith 57:00. **60 & Over:** 1. Jean McClean 64:00.

Division Results - Men's SK

13 & Under: 1. Hector Diaz 19:15, 2. Justin Marrojo 20:43, 3. Danny Mossberg 22:40. **14-17:** 1. Andreas Bitterlich 17:47, 2. Roberto Aguirre 17:52, 3. Alberto Bross 17:56. **18-23:** 1. Sergio Magana 16:10, 2. Leonardo Garcia 16:51, 3. Juan Soto 17:50. **24-29:** 1. Martin Callahan 16:00, 2. Ron Esparaza 16:00, 3. John Schovanec 20:13. **30-34:** 1. George Ortiz 17:59, 2. Juan Zuniga 18:58, 3. David Beach 20:21. **35-39:** 1. Ted Varnarsdale 17:24, 2. Salvador Martinez 18:22, 3. Mario Molina 19:33. **40-44:** 1. Steve Myhro 16:12, 2. Lee Spadoni 17:24, 3. Jay Uretsky 19:07. **45-49:** 1. Juan Cabeza 16:49, 2. Juan Sanchez 19:29, 3. Luis D'La Cruz 19:36. **50-54:** 1. Sam Provenzano 18:19, 2. Ron Helfner 20:00, 3. Carlos Vega 20:03. **55-59:** 1. Martin Hicks 20:47, 2. Jesus Nuno 21:53, 3. Kent Berge 24:10. **60 & Over:** 1. Lloyd Williams 22:39, 2. Ted Homer 25:02, 3. Jack Bruce 28:59.

Division Results - Women's SK

13 & Under: 1. Layla Sisney 24:48, 2. Monica Mossberg 27:39. **14-17:** 1. Valerie Gonzales 29:00. **18-23:** 1. Maria Rodriguez 19:42, 2. Marchelle Boyer 20:29, 3. Gloria Arana 20:30. **24-29:** 1. Karen Barnett 21:26, 2. Victoria Aguilera 22:48, 3. Lynn Brassfield 24:01. **30-34:** 1. Rosa Herrera 22:16, 2. Cindy Royed 22:40, 3. Sylvia Vielma 22:56. **35-39:** 1. Raquel Flores 19:19, 2. Jeri Martinez 24:50, 3. Frances Minorini 28:10. **40-44:** 1. Guillermina Ames 23:28, 2. Kathy Povluk 24:48, 3. Pamela Dugan

25:05. **45-49:** 1. Deanne Dulyea 25:07, 2. Linda Eachus 28:45, 3. Carolyn Boe 32:11. **50-54:** 1. Sylvia Crise 24:22, 2. Dolores Vega 25:18, 3. Dorica Wood 30:28. **60 & Over:** 1. Verian Bruce 28:59, 2. Inge Fuchs 33:58, 3. Carole Moreno 51:00.

Stuntmen's Run

November 3, Los Angeles, SK & 10K

Division Results - Men's 10K

Overall Winners: 1. Gideon Thembu 30:35, 2. Jim Triplett 31:35, 3. Frank Gonzalez 33:45. **14 & Under:** 1. Neil Solomon 40:05, 2. Jaime Bastidas Jr. 43:44. **15-19:** 1. Wilfredo Hernandez 39:22, 2. David Leija 42:33, 3. Jose Navarro 43:33. **20-24:** 1. George Marquez 34:57, 2. Javier Flores 35:12, 3. Dariush Moghanaki 36:02. **25-29:** 1. Gideon Thembu 30:35, 2. Cesar Vasquez 34:05, 3. Chris Spears 34:23. **30-34:** 1. Jim Triplett 31:35, 2. Frank Gonzalez 33:45, 3. Grant Cochran 35:00. **35-39:** 1. Randell Sturgeon 33:59, 2. Bob Streets 35:06, 3. Mark Gross 35:53. **40-44:** 1. Terry Cammack 35:32, 2. Roger Weingartner 36:08, 3. James Sackett 36:27. **45-49:** 1. Wayne Mitchell 36:48, 2. Larry Powell 37:10, 3. Byron Melendy 39:59. **50-54:** 1. William Thurston 45:22, 2. Bob Torgersen 46:21, 3. John Towey 47:02. **55-59:** 1. Ben Bernal 44:02, 2. Rod Legate 46:11, 3. John Sizer 46:13. **60 & Over:** 1. Ruben Esqueda 44:06, 2. Luis Marroquin 48:36, 3. Richard Sonheim 54:05.

Division Results - Women's 10K

Overall Winners: 1. Donna Okino 37:13, 2. Marie Perez 38:41, 3. Robin Mackenroth 40:54. **14 & Under:** 1. Melissa Pelote 42:26, 2. Karen Walkden 59:10. **15-19:** 1. Sara Vilata 1:00:17. **20-24:** 1. Denise Severloh 48:17, 2. Gigi Nickas 48:42, 3. Felicia Bushman 54:51. **25-29:** 1. Robin Mackenroth 40:54, 2. Janet Lam 40:56, 3. Shanti Kahn 48:49. **30-34:** 1. Donna Okino 37:13, 2. Marie Perez 38:41, 3. Janine Sabie 45:38. **35-39:** 1. Cindy Neale 47:45, 2. Cindi Martin 48:35, 3. Julie Robotham 49:19. **40-44:** 1. Mary Guinto 47:18, 2. Lisa Johnstone 49:09, 3. Norma Severloh 49:35. **45-49:** 1. Ria Flogg 46:44, 2. Christie Holubek 56:23, 3. Ed Berres 58:09. **60 & Over:** 1. Lillian Esqueda 1:01:08.

Division Results - Men's SK

Overall Winners: 1. Wes Ashford 14:23, 2. Danny Bustos 14:25, 3. David Ohara 14:51. **14 & Under:** 1. Brandon Del Campo 18:00, 2. Gabriel Borlean 18:50, 3. Aaron Amlich 19:34. **15-19:** 1. Eliazar Herrera 15:20, 2. Bruce Tyner 16:29, 3. Tony Chavira 17:02. **20-24:** 1. Jim Robbins 15:33, 2. Noe Hernandez Jr. 19:33, 3. Sean Clemens 19:48. **25-29:** 1. Wes Ashford 14:23, 2. Danny Bustos 14:25, 3. David Ohara 14:51. **30-34:** 1. Eugene Muslar 15:59, 2. Glen Madden 16:07, 3. Jose Curiel 17:41. **35-39:** 1. Jim Uren 16:56, 2. Richard Rodriguez 17:05, 3. Walter Veliz 17:11. **40-44:** 1. James Sackett 17:00, 2. Michael Smith 17:08, 3. Joe Cahoun 17:36. **45-49:** 1. Lee Baca 17:07, 2. Steve Crouch 17:29, 3. Miguel Mendez 17:58. **50-54:** 1. Ed Donoghue 17:17, 2. Peter Johnson 18:56, 3. Harry Keramidas 20:16. **55-59:** 1. William O'Donnell 19:22, 2. Roger Bartlett

20:17, 3. Ron Tucker 21:01. **60 & Over:** 1. Jerry Withers 20:53, 2. Tsuneto Maki 25:27, 3. Robert Lehmann 26:28.

Division Results - Women's SK

Overall Winners: 1. Kim Gluckman 18:50, 2. Gloria Santillan 20:41, 3. Linda Iacoboni 20:44. **14 & Under:** 1. Julia Kernochan 25:05, 2. Holly Harris 26:23, 3. Lori Kane-shiro 26:54. **15-19:** 1. Corey Crosby 21:12, 2. Joanne Cox 21:23, 3. Vanessa Gomez 21:52. **20-24:** 1. Kim Gluckman 18:50, 2. Mary Seavright 21:31, 3. Gloria Palma 22:04. **25-29:** 1. Cindy Anderson 23:23, 2. Katherine Yamell 23:49, 3. Julie Levange 24:23. **30-34:** 1. Linda Iacoboni 20:44, 2. Marlene Falconi 22:05, 3. Andrea Durivage 22:32. **35-39:** 1. Karen Blagmon 23:52, 2. Kathy Kennedy 24:18, 3. Cheryl Mussack 24:38. **40-44:** 1. Gloria Santillan 20:41, 2. Becky Parker 22:41, 3. Cindy Miller 22:57. **45-49:** 1. Fran Smith 25:06, 2. Sylvia Trow-bridge 26:47, 3. Harriet Arita 28:33. **50-59:** 1. Elaine Murphy 23:20, 2. Atsuko Fujimoto 24:48, 3. Barbara Vickers 30:13. **60 & Over:** 1. Cathy Bosch 31:42.

Apple Hill Harvest Run

November 4, Camino, 8.0 MI. & 3.5 MI.

Overall Results - Men's 8.0 Mile

1. Dennis Rinde (32) 42:38, 2. Ty Nickel (21) 43:10, 3. Erling Eia (35) 43:45, 4. Joe Sertic (20) 43:56, 5. Peanut Harms (39) 44:51, 6. Gary Johnsrud (34) 45:43, 7. Peter Kaimar (33) 45:48, 8. Dwight Miller (33) 45:59, 9. Chuck Harris (33) 46:17, 10. Brett Radangi (24) 46:33.

Overall Results - Women's 8.0 Mile

1. Allison Orofino (29) 48:07, 2. Linda Castella (27) 52:43, 3. Debbie Devine (28) 53:00, 4. Sven Gallanty (34) 53:13, 5. Betty Gray-Grant (29) 56:17, 6. Debbie Walker (37) 56:34, 7. Nancy Jessup (38) 56:38, 8. Lani Haddock (36) 56:53, 9. Alice-Marie Laverdiere (28) 57:35, 10. Diane Kato (35) 58:42.

Overall Results - Men's 3.5 Mile

1. Dan Lavery (34) 18:32, 2. Chip Anderson (21) 18:44, 3. B. Peoples (23) 20:07, 4. Mark Drake (34) 20:33, 5. Ben Butcher (14) 20:35, 6. Jesse Adams (16) 20:36, 7. Ron Vogel (43) 20:49, 8. Terry Tubb (43) 21:01, 9. Aaron Turner (4) 21:26, 10. David Allured (22) 21:29.

Overall Results - Women's 3.5 Mile

1. Marisa Adams (13) 19:54, 2. Ellen Lucas (35) 21:07, 3. Joan Lewis (28) 21:31, 4. Patty Smith (28) 21:32, 5. Gayle Brockett (22) 24:20, 6. K. Lefebvre (22) 24:39, 7. Jody Bryan (36) 25:55, 8. Andrea Cordova (12) 25:59, 9. Marge Peldszus (36) 26:18, 10. Tasman Dwyer (10) 26:42.

Heart and Sole Classic

November 4, Sonoma, 6.2 Mile.

Overall Results

1. Mike Sullivan 36:28, 2. Kim Liot 36:55 (1st Masters), 3. Michael Ruiz 37:02, 4. Keith Maurer 37:04, 5. Howard Painter 37:58, 6. John Evans 38:13, 7. Leon Casas Jr. 39:25, 8. Mathew Camacho 39:26, 9. Louie Phillips 39:28, 10. Chuck Carleton 40:21.

RESULTS

11. Tim Hicks 40:56, 12. Jeanette Emery 40:51 (1st Woman), 13. Richard Munger 41:12, 14. Greg Dorman 41:39, 15. Tom Reed 42:21, 16. Keith Petrey 42:31, 17. Ron Aschwarden 42:42, 18. Mike Garelo 42:58, 19. Bill Hartman 43:10, 20. Lonnie Johnstone 44:07.

21. Gabriel Behymer 44:08, 22. Michael Gaisford 44:36, 23. James Stewart 45:24, 24. Unknown 45:44, 25. John Spoto 45:45, 26. Danny Anderson 46:02, 27. John Deacon 46:03, 28. Bryon Gill 46:25, 29. Steve Boyack 46:26, 30. Jeff Taylor 46:48.

Marina Breakers

November 4, Marina del Rey, 5K & 10K

Division Results - Men's 10K

Overall Winners: 1. Alfredo Rosas 32:31, 2. Ron Gee 32:31, 3. Dave Orlovski 33:53. **12 & Under:** 1. Samuel Harang 45:59, 2. Michael Chalekson 50:55, 3. Martin Flores 1:01:49. **13-18:** 1. Gabriel Garduno 41:51. **19-24:** 1. Diego Ramirez 35:37, 2. Gabriel Flores 38:00, 3. Mark Priola 38:26. **25-29:** 1. Steve Schuman 34:48, 2. Ricardo Gutierrez 35:06, 3. John Oheam 36:07. **30-34:** 1. Alfredo Rosas 32:31, 2. Dave Orlovski 33:53, 3. Marty Horan 35:42. **35-39:** 1. Ron Gee 32:31, 2. Dya Khalsa 37:49, 3. Rafael Antonio 38:00. **40-44:** 1. Jesus Figueroa 36:21, 2. Steve Schlendering 39:28, 3. John Sloan 42:35. **45-49:** 1. Eriberto Landa 37:58, 2. Bill Demucio 39:23, 3. Ernest Chalekson 40:59. **50-54:** 1. Claude Bruni 41:37, 2. Thomas Johnson 41:48, 3. John Williams 45:56. **55-59:** 1. John Rudberg 39:18, 2. Joe Anderson 45:58, 3. Richard Rodgers 46:33. **60-64:** 1. Milo Sather 44:42, 2. Ellis Reyness 45:32, 3. Luis Cordova 50:17. **65 & Over:** 1. Ruben Heredia 49:02, 2. Mel Schewe 53:06, 3. Frank Esgru 54:29.

Division Results - Women's 10K

Overall Winners: 1. Darsie Bowden 37:55, 2. Renee Fontno 38:04, 3. Denise Green 40:24. **19-24:** 1. Michele Gravel 43:30, 2. Michele Scofield 47:01, 3. Jennifer Oldham 50:02. **25-29:** 1. Renee Fontno 38:04, 2. Denise Green 40:24, 3. Kara Kelly 41:17. **30-34:** 1. Lorraine Hofmann 44:31, 2. Karla Ingraham 45:12, 3. Shaune Renaud 48:13. **35-39:** 1. Joan Parkos 49:58, 2. Kathy LaPlant 50:00, 3. Tricia Silas 52:35. **40-44:** 1. Darsie Bowden 37:55, 2. Terry Koch 52:41, 3. Peggy Goddard 54:03. **45-49:** 1. Carol Gomez 49:49, 2. Anne Harris 54:48, 3. Vionette Bryson 55:20. **50-54:** 1. Lorraine Seidmeyer 49:58, 2. Marilyn Quark 52:01, 3. Marj Mayo 58:08. **55-59:** 1. Jacqueline Parriaux 53:25, 2. Chris Cromer 54:07, 3. May Musenga 1:12:50. **60-64:** 1. Peggy Hone 1:11:39.

Division Results - Men's 5K

Overall Winners: 1. Bradley Brann 15:51, 2. Big Daddy 16:27, 3. Bobby Fardin 16:47. **12 & Under:** 1. Thomas Gaul 22:25, 2. Thomas Craig 26:03, 3. Scott Kend 26:16. **13-18:** 1. Bobby Fardin 16:47, 2. Jeffrey Larson 17:25, 3. Michel Hane 17:44. **19-24:** 1. Bradley Brann 15:51, 2. Big Daddy 16:27, 3. Ernesto Delaluz 17:41. **25-29:** 1. Edward Williams 17:50, 2. Chris Olsen 19:30, 3.

Steve Grupenhagen 19:41. **30-34:** 1. Joseph Hesketh 17:44, 2. Roberto Ortega 18:26, 3. Ryan Edge 20:01. **35-39:** 1. Mike Tipping 17:13, 2. Michael Hodgson 17:46, 3. Jeffrey Adams 18:13. **40-44:** 1. Gary Pealer 18:59, 2. Philip Gnesin 19:49, 3. Charles Debus 20:43. **45-49:** 1. Glenn Gorelick 19:04, 2. Terry Ainsworth 19:45, 3. Rolf Palma 19:56. **50-54:** 1. Ray Hughes 18:45, 2. Tom Rodda 20:26, 3. Rick Pearce 20:33. **55-59:** 1. Ron Poston 18:30, 2. Steven Colman 24:31, 3. Kiley Stolz 25:22. **60-64:** 1. Mel Elliott 21:10, 2. Bob Berg 27:05, 3. Bert Jacobs 29:43. **65 & Over:** 1. Jack Mehlman 26:33, 2. Allen Ragg 28:10, 3. Dean Scofield 33:05.

Division Results - Women's 5K

Overall Winners: 1. Glades Prieur 17:25, 2. Katie Cunningham 18:52, 3. Rosie Duenas 19:06. **12 & Under:** 1. Cyndi Condon 25:40, 2. Kristi Werman 27:29, 3. Lela Gharache 34:12. **13-18:** 1. Angela Thomas 26:07, 2. Christine Larson 27:45, 3. Alice Jacobs 29:36. **19-24:** 1. Jen White 20:45, 2. Stefanie Berts 22:16, 3. Toni Maynard 22:56. **25-29:** 1. Glades Prieur 17:25, 2. Jill Kuper 23:51, 3. Anna Dickey 25:06. **30-34:** 1. Katie Cunningham 18:52, 2. Rosie Duenas 19:06, 3. Joyce Morgiewicz 19:24. **35-39:** 1. Robin Weaver 21:53, 2. Ann Young 22:20, 3. Laura Krasnow 23:32. **40-44:** 1. Catherine Owen 21:55, 2. Jody Karren 25:07, 3. Barbara Hamel 26:11. **45-49:** 1. Shirley Stephenson 25:40, 2. Betty Krolak 25:50, 3. Joyce Brunile 27:10. **50-54:** 1. Anne Geller 27:28, 2. Grace Maynard 27:45, 3. Barbara Larsh 30:01. **55-59:** 1. Nelly Williams 28:17, 2. Louise Smith 33:03, 3. Rey Hoxter 44:06. **60-64:** 1. Gilda Plakshin 24:44, 2. Selma Mehlman 32:02, 3. Dora Vallarta 36:26. **65 & Over:** 1. Helen Dick 23:17, 2. Anna Griffith 38:10, 3. Thelma Anderson 41:03.

Turkey Trot

Nov. 4, Menard, 10K & 1.9 MI.

Overall Results - 10K

1. Fred Villegas 33:08, 2. Nestor Ayala 34:28, 3. Greg McKinstry 35:03, 4. Matt Crabbe 36:16, 5. Charles Pittel 37:38, 6. Curt Royer 37:59, 7. Dick Domant 38:07, 8. Ken Schwisow 38:39, 9. Frank Miranda 39:24, 10. Tom Diehl 40:27.

Overall Results - 1.9 Mile

1. Bill Hurst 10:03, 2. Bill Goldfoos 10:11, 3. Michael Rensch 10:52, 4. Kyle Royer 11:28, 5. Steve Freeland 11:37.

Waterfront 10

November 4, San Francisco, 10 Mile.

Division Results - Men

Overall Winners: 1. John Litschert 52:16, 2. Ron Denzine 53:16, 3. Luiz Coutinho 53:54. **6-10:** 1. Jeff Schlarosch 1:03:55, 2. Bill Lordan 1:08:31, 3. Jason Herman 1:11:56. **20-24:** 1. Marc Sexton 57:55, 2. Dave Tigert 59:33, 3. Doug Fontaine 1:00:32. **25-29:** 1. John Litschert 52:16, 2. Jose-Maria Lizaraga 53:56, 3. Ruben Macedo 56:55. **30-34:** 1. Ron Denzine 53:16, 2. Luiz Coutinho 53:54, 3. Ken Danz 54:14. **35-39:** 1. Dan Anderson 55:48, 2. Eddie Lanzam 58:04, 3. Glenn Vencil 57:22. **40-44:** 1. Michael Dove

57:51, 2. Stephen Freitas 58:10, 3. Jim Howe 59:01. **45-49:** 1. Guillermo Barron 1:00:08, 2. Dennis Mihora 1:02:08, 3. John Demers 1:02:57. **50-54:** 1. Stephen Lyons 1:00:31, 2. Bill Catanese 1:02:46, 3. Rolf Nebeking 1:03:56. **55-59:** 1. Ed Mooney 1:13:59, 2. Fred Martin 1:16:10, 3. Norman Ciampi 1:16:53. **60 & Over:** 1. Lee Jones 1:11:49, 2. Ed Reyna 1:14:44, 3. Peter Royce 1:15:30.

Division Results - Women

Overall Winners: 1. Honor Fetherston 1:01:23, 2. Lisbet Engberg 1:01:51, 3. Christine Meis 1:03:37. **6-10:** 1. Hilary Prescott 1:39:48, 2. Mindy Cosimano 1:46:03. **20-24:** 1. Christine Meis 1:03:37, 2. Susan Fox 1:09:18, 3. Caren Asinow 1:09:18. **25-29:** 1. Lisbet Engberg 1:01:51, 2. Pamela Brown 1:07:13, 3. Anne O'Brien 1:07:49. **30-34:** 1. Janet Smith 1:03:39, 2. Joan Fowler 1:05:58, 3. Laurie Rebeleg 1:06:34. **35-39:** 1. Honor Fetherston 1:01:23, 2. Janet Murnford 1:08:42, 3. Sbylle Whittam 1:09:30. **40-44:** 1. DeeDee Galus 1:06:45, 2. Maureen Luca 1:07:36, 3. Maggie Fillmore 1:09:15. **45-49:** 1. Estela Stanton 1:17:39, 2. Sharon Healy 1:17:51, 3. Jane McClure 1:18:29. **50-54:** 1. Ginger Bryan 1:10:38, 2. Annette Horwitz 1:28:57, 3. Susan Dove 1:30:59. **55-59:** 1. Harriet Kelly 1:38:22, 2. Barbara Neyens 1:40:27. **60 & Over:** 1. Dorothy Griggs 1:35:00, 2. Annabel Marsh 1:58:18.

Full Moon Biathlon

November 10, Las Vegas, NV, 5K Run, 20K Bike.

The 3rd annual Full Moon Biathlon was as competitive as any multisport athlete would hope for, with 3 of Nevada's top athletes battling wire to wire. Danny Murphy led after the 1st 5K run followed closely by Bruce Balch and Dave O'Neill. The 3 were neck and neck for the entire multi-loop 20K bike win plus Balch edging out O'Neill by 1 second in a sprint finish. It was Balch's 3rd consecutive victory in this race.

Overall Results - Men

1. Bruce Balch 45:31, 2. Dave O'Neill 45:32, 3. Danny Murphy 45:37, 4. Stefan Zender 47:10, 5. Jack Pheteneuer 47:25, 6. Eric Fusch 49:20, 7. Terry Allen 48:27, 8. Breck Bannion 48:35, 9. Al Guin 50:26, 10. Rick Gosse 50:28.

Overall Results - Women

1. Charlotta Beltrage 56:53, 2. Clarice Meyer 59:12, 3. Carrie McCalvin 1:00:58, 4. Catherine Palmer 1:01:50, 5. Ellen Goldsmith 1:02:05.

Masters

Men: 1. Tony Gerardi 50:32, 2. Bill Christensen 51:15.
Women: 1. Ellen Goldsmith 1:02:05.

Pescadero Half-Marathon Trail Blazers

Nov. 10, Pescadero, Half & 5 Mile.

Overall Results - Half Marathon

1. Terence Brynton (31) Cupertino 1:28:34, 2. Nick Nickols (30) Menlo Park 1:36:39, 3.

Vince Digneo (27) Portola Valley 1:42:18, 4. Brad Curry (31) Los Altos 1:42:53, 5. Ken Gregorich (32) Oakland 1:44:03, 6. Jim Butera (42) Fremont 1:45:30, 7. Anna Marie Hagans (30) Menlo Park 1:45:35, 8. Eric Tucker (25) Oakland 1:51:09, 9. Steve Murphy (29) Sunnyvale 1:51:20, 10. Jerry Mills (39) Aptos 1:52:15.

11. Ed Willard (39) San Francisco 1:53:02, 12. Larry England (34) Morgan Hill 1:54:09, 13. Mike Joyce (34) San Francisco 1:55:27, 14. Casey Beyer (35) Santa Cruz 1:55:41, 15. Rob Gailey (26) Menlo Park 1:55:49.

Overall Results - 5K

1. Nikos Mourtos (33) San Jose 30:32, 2. Michael Dean (21) Modesto 30:47, 3. Doug Yost (37) Menlo Park 31:04, 4. Jesus Garcia (30) Half Moon Bay 31:44, 5. Greg Burke (44) San Jose 31:46, 6. Ernesto Ulloa (17) College City 32:15, 7. Manuel Villanueva (16) 32:23, 8. Denny Gonsalves (35) Belmont 33:56, 9. Margaret Lang (29) La Honda 34:12, 10. Ray Montalvo (38) San Carlos 35:58.

ESL Runaway 5 Mile

November 10, Sunnyvale.

Overall Results - Men's 5 Mile

1. Timothy Dooling (31) 24:16, 2. Jaime Sandoval (26) 26:28, 3. Fernando Casas (29) 26:36, 4. Kenneth Ramney (28) 26:55, 5. Charles Lighty (35) 26:57, 6. Erik Vandenberg (26) 27:04, 7. Bill Clark (46) 28:03, 8. Don Jedovick (36) 28:13, 9. Bill Meinhardt (50) 28:17, 10. Ed Klotz (30) 28:24.
11. Gabor Bartha (28) 28:36, 12. Scott Mainwaring (36) 28:48, 13. Steve Stearns (41) 29:14, 14. Mike Blinsky (36) 29:32, 15. David Rissmiller (45) 29:50, 16. Robert Penland (29) 30:02, 17. Bert Johnson (47) 30:09, 18. Bill Simmons (38) 30:16, 19. Malcolm Stewart (52) 30:53, 20. Ron Alonzo (41) 31:09.

Overall Results - Women's 5 Mile

1. Judy McLaughlin (25) 29:14, 2. Karen Rowen (29) 29:50, 3. Janet Bowie (20) 30:02, 4. Kathleen Atkins (31) 30:41, 5. Susie Blake (25) 30:42, 6. Jayne Hahn (24) 30:46, 7. Rebecca Chamberlain (23) 30:48, 8. Barbara Wipfler (24) 32:28, 9. Maggie Fillmore (40) 32:55, 10. Kathleen King (37) 34:36.

11. Caroline Peck (35) 34:50, 12. Monica Chodar (38) 34:58, 13. Linda Johnson (43) 35:47, 14. Sandra Ellis (36) 35:58, 15. Karen Feder (31) 36:33, 16. Joyce Tanaka (36) 36:39, 17. Carol Ellis (36) 36:47, 18. Jennifer Horwe (24) 37:08, 19. Cecilia Marguevicius (30) 37:35, 20. Susan Cronk (43) 37:38.

Overall Results - Boys Teddy Bear Run

1. Danny Midstoke (10) 6:30, 2. Sean Mount (10) 6:42, 3. Sam Gor, Jr. (11) 6:51, 4. Allyn Abad (9) 7:00, 5. Kevin Dines (12) 7:28, 6. Luis Cabezzs (10) 7:29, 7. William Barnett (12) 7:31, 8. David Kochman (11) 7:52, 9. Seamus Oullnan (9) 8:11, 10. John Stearns (8) 8:16.

Overall Results - Girls Teddy Bear Run

1. Natalie Grambow (12) 6:56, 2. Chrissy Cados (12) 6:57, 3. Laura Uhllos (8) 7:07,

RESULTS

4. Taryn Pierce (12) 7:12, 5. Angelica Cortez (10) 7:13, 6. Kathy Anenson (11) 7:39, 7. Gianina Bann (9) 7:51, 8. Terra Briones (12) 7:53, 9. Alecia Cados (10) 7:53, 10. Michelle Hobson (9) 7:59.

King of the Hill Biathlon

November 11. Contra Loma Regional Park, Antioch.
(2 MI. Level Run, 10 MI. Mt. Bike, 2 MI. Level Run).

Overall Results

1. Team Lopez 54:48, 2. Mike McQueeney (32) 55:43, 3. Rick Gentry (35) 55:45, 4. Fred Boos (24) 56:12, 5. Sean Schilling (22) 57:33, 6. Joe Cosgrove (25) 57:57, 7. Michael Thomas (33) 58:47, 8. Robert Martinez (28) 59:07, 9. Justin Laguna (20) 59:13, 10. Rich Bergins (32) 1:02:45.
11. Kevin Hirsch (24) 1:04:09, 12. Bob Glynn (44) 1:05:13, 13. Sue Miller (32) 1:05:14, 14. Mark Banister (30) 1:05:28, 15. Mike Cooke (27) 1:05:34.

Columbus Marathon

November 11. Columbus, OH.

Overall Results - Men

1. Steve Spence (28) Chambersburg, PA. \$27,300 2:12:17, 2. Mark Culp (31) Lee's Summit, MO. \$17,300 2:12:39, 3. Don Janicki (30) Louisville, CO. \$11,300 2:13:07, 4. Steve Taylor (25) Fincastle, VA. \$9,300 2:13:57, 5. Bill Reifsnider (28) Albuquerque, NM. \$6,300 2:14:49, 6. Budd Coates (33) Emmanaus, PA. \$4,300 2:14:58, 7. Robert Pierce (30) Denver, CO. \$3,800 2:15:20, 8. Gary Gargasz (34) Volant, PA. \$2,800 2:15:25, 9. Craig Young (34) Rockford, IL. \$2,300 2:15:59, 10. Ron Johnson (25) Sandusky, MI. \$1,800 2:16:23.

11. Dan Grimes (31) Santa Rosa \$1,300 2:16:34, 12. Rich McCandless (34) Hayward \$1,100 2:16:39, 13. Jerry Marsh (27) Santa Monica \$800 2:16:54, 14. Jim Hage (32) Lanham, MD. \$700 2:17:20, 15. John Glidewell (33) Woodbridge, VA. \$500 2:17:26.

Overall Results - Women

1. Lisa Kindelan (27) Beaverton, OR. \$13,000 2:35:44, 2. Jennifer Martin (29) Erie, PA. \$10,000 2:37:15, 3. Ursula Noctor (25) Dublin, Ireland. \$7,500 2:39:25, 4. Kiri Rauts (28) Finland \$5,000 2:39:57, 5. Laura Konantz (31) Toronto, Canada \$3,000 2:40:38, 6. Debbie Wagner (39) Pottsville, OH. \$2,500 2:42:06, 7. Judy Chamberlain (32) Golden, CO. \$2,000 2:43:26, 8. Debbi Kilpatrick (27) Strongsville, OH. \$1,000 2:45:18, 9. Brenda Webb (36) Austin, TX. \$800 2:46:57, 10. Cynthia Woods (34) Bowlingbrook, IL. \$600 2:48:47.

Masters Results

Men: 1. Ken Judson (40) Pittsburgh, PA. \$1,000 2:24:10, 2. Ken Sparks (45) Chagrin Falls, OH. \$750 2:29:11, 3. Dan Soucoup (41) Halifax, Nova Scotia, Canada \$250 2:34:28.

Women: 1. Laura Lynn (40) Goudais River, Ontario, Canada \$1,000 2:54:30, 2. Nina Bovio (44) Brighton, MI. \$750 3:01:44, 3. Karen Bestul (48) Lincoln, NE. \$250 3:08:00.

California Finishers

11. Daniel Grimes (31) Santa Rosa 2:16:33, 12. Rich McCandless (34) Hayward 2:16:38, 13. Jerry Marsh (27) Santa Monica 2:16:54, 35. Steve Bishop (31) Los Alamitos 2:22:14, 52. Tyrus Deminter (27) Los Angeles 2:27:24, 106. Isaac Silva (31) Anaheim 2:35:41, 115. David Ronco (27) Seal Beach 2:37:04, 130. Danny Aldridge (34) Santa Rosa 2:39:11, 206. Seth Bovio (23) Manhattan Beach 2:46:25, 550. Paul Strahm (30) La Jolla 3:03:55.

562. Dave Cunningham (38) Walnut Creek 3:04:22, 583. William Lovelace (43) West Hills 3:05:14, 1954. Jyl Auzter (33) Corona del Mar 3:38:59, 2503. Jeff Anderson (28) Long Beach 3:52:10, 3052. Deborah Seale (39) Irvine 4:06:46, 3112. George Keen (34) San Mateo 4:09:03, 3113. Kim Keen (31) San Mateo 4:09:04, 3430. Jennifer Lytle (27) Sunnyvale 4:20:38.

The Fox Trot - Fresno's Half Marathon

Nov. 11. Fresno. Half Marathon.

Overall Results

1. Al Lara (33) Fresno 1:07:59, 2. Scott Peterson (23) San Luis Obispo 1:10:18, 3. Alberto Salazar (32) Eugene, OR. 1:11:53, 4. Greg Pope (30) Fresno 1:13:52, 5. Michael Young (32) Tulare 1:15:01, 6. Richard Parris (21) Fresno 1:16:02, 7. Hermilo Guerrero (35) Clovis 1:17:41, 8. Terry Nephew (39) Clovis 1:18:54, 9. Robert Kapner (26) Fresno 1:19:03, 10. Steve Sharp (21) San Luis Obispo 1:20:05.

11. David Lennon (25) Fresno 1:20:20, 12. Jose Alvarado (30) Madera 1:20:50, 13. Rocky Sanchez (17) Madera 1:21:35, 14. Art Ramos (23) Fresno 1:21:38, 15. Shawn West (25) Fresno 1:22:06, 16. Kim Debban (36) Fresno 1:22:16, 17. Thom Sabatino (18) Fresno 1:22:43, 18. Jim Lambe (38) Fresno 1:23:04, 19. Julie Matteson-Guzman (35) Brentwood 1:23:32, 20. Michael Roybal (32) Fresno 1:23:50.

21. Patrick Flint (19) Fresno 1:25:06, 22. Gary Demko (37) Auberry 1:25:09, 23. John Robinson (33) Fresno 1:25:22, 24. Robert Garcia (36) Clovis 1:25:22, 25. Bill Woody (48) Fresno 1:25:32.

Division Results - Men

15-17: 1. Rocky Sanchez 1:21:35, 2. Orlando Carranza 1:34:05, 3. Nathan Freeland 1:37:13. **18-20:** 1. Scott Peterson 1:10:18, 2. Richard Parris 1:16:02, 3. Robert Kapner 1:19:03. **30-34:** 1. Al Lara 1:07:59, 2. Alberto Salazar 1:11:53, 3. Greg Pope 1:13:52. **35-39:** 1. Hermilo Guerrero 1:17:41, 2. Terry Nephew 1:18:54, 3. Kim Debban 1:22:16. **40-44:** 1. John Minney 1:28:13, 2. Roger Tsuruda 1:29:32, 3. Rich Jones 1:31:36. **45-49:** 1. Bill Woody 1:25:32, 2. Roger Drazie 1:26:06, 3. Darsh Sanders 1:26:50. **50-54:** 1. Kenneth Schwisow 1:26:12, 2. Earl Bradford 1:33:02, 3. Michael Palko 1:42:40. **60-69:** 1. Len Thornton 1:30:58, 2. Ed Thomason 1:32:56, 3. David Fung 1:54:22.

Division Results - Women

15-17: 1. Robyn Cooper 1:55:29. **18-20:** 1. Barbara Gibeau 1:40:43, 2. Marlene Parra

1:45:48, 3. Maia Pucay 1:48:33. **30-34:** 1. Nellie Gonzales 1:31:38, 2. Melissa Ortiz 1:32:16, 3. Katie Lowe 1:33:55. **35-39:** 1. Julie Matteson-Guzman 1:23:32, 2. Anne Lerner 1:38:00, 3. Ann Phillips 1:42:19. **40-44:** 1. Phyllis Palko 1:39:00, 2. Kathy Berry 1:43:34, 3. Margaret Pnuelas 1:43:47. **45-49:** 1. Margie Lindsey 1:29:36, 2. Jean Schwisow 1:45:40, 3. MaryAnn Barroso 1:53:15. **50-54:** 1. Jackie Ryle 1:54:35, 2. Deborah Schwartz 2:03:23, 3. Lily Viveros 2:13:19. **60-69:** 1. Liz DeMonte 2:00:52, 2. Dorothy Thomas 2:14:10. **Walkers:** 1. Virgie Cordle, 2. Maureen Krauthammer, 3. Jeanne Arakelian.

Mission Inn Runs

November 11. Riverside. 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Daniel Reed 15:14, 2. Ron Davis 15:39, 3. Mario Ortiz 16:09. **11 & Under:** 1. Jarrod Garrison 19:16, 2. John Kawough 20:44, 3. Michael Walton 21:22. **12-15:** 1. Jose Dassow 18:54, 2. Mike Szobonya 19:20, 3. Patrick Lynch 18:20. **16-18:** 1. Jason Ramirez 16:53, 2. Chris Walter 17:33, 3. Kent Gonzalez 17:47. **19-24:** 1. Warren Beem 16:32, 2. Kelly Beck 16:47, 3. Russell Fortin 17:00. **25-29:** 1. Daniel Reed 15:14, 2. Mario Ortiz 16:09, 3. Todd Nott 16:16. **30-34:** 1. Ron Davis 15:39, 2. Dan Burton 17:26, 3. Steve Lucero 17:44. **35-39:** 1. Rick Garrison 17:01, 2. Carlos Turnes 17:38, 3. Kendall Scott 18:04. **40-44:** 1. John Allen 17:46, 2. Vincent Graves 17:55, 3. Jim Smith 18:22. **45-49:** 1. Mike Fuller 18:09, 2. Fred Linsley 18:09, 3. Bobby Roberts 19:25. **50-54:** 1. Joaquin Granado 19:07, 2. Tony Gomez 19:38, 3. Frank Ogawa 20:04. **55-59:** 1. Bill Crum 18:03, 2. Mr. Mac 22:18, 3. Lyle Deem 22:53. **60-69:** 1. Charles Hanson 19:40, 2. Ollie Harker 22:53, 3. Mac McCombs 22:53. **70 & Over:** 1. Bob Kroger 24:36, 2. Glen McGuire 25:08, 3. Bill Cornett 26:40.

Division Results - Women's 5K

Overall Winners: 1. Carrie Garritson 17:53, 2. Laura Held 19:01, 3. Sandy Robbins 19:38. **11 & Under:** 1. Heather Garritson 20:03, 2. Sarah Van 24:51, 3. Grisela Acosta 25:40. **12-15:** 1. Carrie Garritson 17:53, 2. Varessa Lebsack 24:04, 3. Stephanie Patton 24:15. **16-18:** 1. Vanessa Gomez 20:43, 2. Alison Rice 22:30, 3. Janae Jeannequin 23:50. **19-24:** 1. Rose Broghamer 20:23, 2. Katherine Roger 23:30, 3. Wendy Olson 23:50. **25-29:** 1. Use Narath 24:09, 2. Julie Garcia 24:28, 3. Gretch Brown 24:44. **30-34:** 1. Laura Held 19:01, 2. Ynez Slaymaker 22:57, 3. Dianne Turner 23:09. **35-39:** 1. Sandy Robbins 19:38, 2. Mary Ann Mera 20:17, 3. Ellen Coleman 20:44. **40-44:** 1. Kathy Taylor 23:15, 2. Norma Humphrey 24:32, 3. Denise Kunz 25:11. **45-49:** 1. Sharon Greiner 21:38, 2. Penny Fleming 25:33, 3. Lauri Massey 27:11. **50-54:** 1. Jean Patelle 25:17, 2. Barbara Herzberg 31:55, 3. Deanna Ashford 36:28. **55-59:** 1. Sylvia Hay 27:27, 2. Sharon Cordaro 29:26, 3. Carol Lynch 30:26. **60-69:** 1. Ruth Deak 31:09, 2. Natalie Mes-

tas 33:13, 3. Modena MacFarlane 37:49. **70 & Over:** 1. Helen Ritter 44:43.

Division Results - Men's 10K

Overall Winners: 1. Daniel Reed 32:17, 2. Anthony Williams 33:51, 3. Jonathan Brand 34:51. **15 & Under:** 1. Paul Cortez 36:50, 2. Michael Macias 37:20, 3. Lee Cannon 39:55. **16-18:** 1. Eric Wellmeyer 37:04, 2. Enrique Montiel 39:00, 3. Michael Villegas 39:10. **19-24:** 1. Anthony Williams 33:51, 2. Jonathan Brand 34:51, 3. Edward Gallup 38:42. **25-29:** 1. Daniel Reed 32:17, 2. Mario Ortiz 36:31, 3. Jerry Johnson 40:11. **30-34:** 1. Pedro Santoni 36:46, 2. Randy Mitchell 39:14, 3. Peter Perez 39:36. **35-39:** 1. Mel Sanchez 37:30, 2. Alan Reich 37:40, 3. Horst Gerke 37:46. **40-44:** 1. Miguel Salas 39:07, 2. Terry Vargas 39:58, 3. Jim Nixon 40:29. **45-49:** 1. John Shelton 38:28, 2. Jim Sydnor 38:43, 3. Mike Sanchez 39:11. **50-54:** 1. Don Van Dyck 39:49, 2. Jess Maxcy 40:08, 3. Angelo Alvarez 44:37. **55-59:** 1. Wally Ingram 41:09, 2. Don Moore 44:00, 3. Charles Harworth 47:14. **60-69:** 1. Frank Ramos 47:16, 2. James Wilkie 49:40, 3. Allen Bergman 52:57.

Division Results - Women's 10K

Overall Winners: 1. Carol Carrigan 38:03, 2. Doreen Fay 40:50, 3. Brigid Freyne 41:26. **15 & Under:** 1. Ginger Anderson 47:13, 2. Joanna Bengtson 58:47, 3. Jaime Nix 1:11:20. **16-18:** 1. Paula Robinson 46:44, 2. Carrie Chavez 54:12. **19-24:** 1. Brigid Freyne 41:26, 2. Maria Montoya 41:46, 3. Kim Platero 46:04. **25-29:** 1. Carol Carrigan 38:03, 2. Shelley Bancroft 42:31, 3. Lisa Holloway 46:37. **30-34:** 1. Doreen Fay 40:50, 2. Marianne Hommel 50:36, 3. Linda Nellany 51:44. **35-39:** 1. Patricia Suppe 53:01, 2. Brenda Lamph 57:05, 3. Anne

IF YOU ARE MOVING...

...let us know as soon as possible. CT&RN is mailed third class bulk rate and is NOT forwardable.

Thank you!

RESULTS

Watkins 59:16. **40-44:** 1. Lisle Pottorff 44:20, 2. Kim Anderson 50:02, 3. Elena Guisa 54:52. **45-49:** 1. Linda Brown John 52:34, 2. Theresa Riley 53:43, 3. Elarice Rower 54:30. **50-59:** 1. Carole Pinkner 59:31, 2. Jean Juell 1:05:30, 3. Ann McNutt 1:12:31.

Morro Bay Relay

November 11. Morro Bay State Park, Morro Bay.

Division Results

P/C: 1. Miller's Millers (Eric & Lee Miller) 20:48, 2. Swart and Swart (Aubree & Ron Swart) 24:28, 3. The Running Reyeses (Sergio & Melissa Reyes) 27:23. **Women:** 1. Blue Wave (Rehee Roemling/Sarah Rosenthal) 25:03, 2. Mustangs (Angela Lilley/Vicki Peterson) 25:43, 3. Berry Babes (Sara Moreno/Jenmiller Alexander) 26:16. **Men:** 1. Older Than Most (Edd McSorley/Glenn Banderlind) 25:34. **Coed:** 1. Its (Rebecca Jordan/Kevin Sage) 27:51, 2. Barry & Patty Sugarman 29:40, 3. SLO Roadrunners (Scott Smith/Stephanie Rainwater) 30:45.

Exercise Your Options

November 11. Golden Gate Park, San Francisco. 5K.

Division Results - Women

16 & Under: 1. Autumn Skutty 28:34, 2. Frances Switkes 31:19, 3. Danielle Hunt 32:10. **17-20:** 1. Mario Montalbano 26:00. **21-29:** 1. Nicki Hinshaw 18:37, 2. Martha Merz 18:53, 3. Mary Rees 19:52. **30-39:** 1. Margaret Kritzer 21:23, 2. Laurie Shulman 21:25. **40-49:** 1. Marian Lyons 22:03, 2. Phyllis Nabhan 22:53, 3. Susan Swisher 23:25. **50-59:** 1. Lorelei Ray 26:11, 2. Margaret Johnson 26:27, 3. Mary Nettler 27:47. **60-69:** 1. Ann Singer 33:34, 2. Cynthia Swanson 35:29, 3. Annmarie Roache 37:08. **70-79:** 1. Mary Chu 31:31, 2. Jessie Mickle 39:35, 3. Raymonde Patton 44:43.

New York City Marathon

Nov. 14. New York City.

Overall Results - Men

1. Douglas Wakihuri (27) Kenya 2:12:39, 2. Salvador Garcia (27) Mexico 2:13:19, 3. Steve Brace (29) Great Britain 2:13:32, 4. Juma Ikangaa (30) Tanzania 2:14:32, 5. John Campbell (41) New Zealand 2:14:34, 6. Peter Maher (30) Canada 2:15:05, 7. Fleman Lopez (32) Mexico 2:16:33, 8. Yakov Tolstikov (31) USSR 2:16:38, 9. Herbert Steffny (37) Germany 2:16:47, 10. Pedro Ortiz (34) Colombia 2:16:57.

11. Rafael Zepeda (29) Mexico 2:17:01, 12. Jouni Kortelainen (33) 2:18:39, 13. Juan Crespo (24) Spain 2:18:43, 14. A. Ech-Cheraoui (21) 2:19:55, 15. Marti ten Kate (31) Netherlands 2:19:10.

Overall Results - Women

1. Wanda Panfil (31) Poland 2:30:45, 2. Kim Jones (32) USA 2:30:50, 3. Katrin

Dorre (29) Germany 2:33:21, 4. Grete Waitz (37) Norway 2:34:34, 5. Tatyana Zuyeva (31) USSR 2:35:48, 6. Jocelyne Vileton (36) France 2:36:12, 7. Zoya Ivanova (38) USSR 2:36:29, 8. Nancy Ditz (36) USA 2:37:15, 9. Evi Palm (48) Sweden 2:38:00, 10. Lisa Vail (27) USA 2:38:05.

11. Veronique Marot (35) Great Britain 2:38:40, 12. Odette Lapiere (35) Canada 2:38:48, 13. Julie Isphording (28) USA 2:42:21, 14. Luzia Sahi (34) Switzerland 2:44:09, 15. Sinika Keskitalo (39) Finland 2:44:13.

Division Results - Men

18-19: 1. Miguel Oscar (19) Spain 2:46:09. **Veterans (40-49):** 1. John Campbell, New Zealand 2:14:34, 2. Ryszard Marczak, Poland 2:20:51, 3. Julien Grimon, Belgium 2:24:45. **Masters (50-59):** 1. Jim O'Neill, USA 2:32:36, 2. Walter Koch, Germany 2:34:13, 3. Giuseppe DeMaria, Italy 2:37:52. **Seniors (60-69):** 1. Derek Turnbull, New Zealand 2:47:25, 2. Ivar Bozonovich, USA 2:58:30. **Golden Age (70-79):** 1. Andrew Neidig, USA 3:45:42. **Diamond Age (80 & Over):** 1. John Childs, USA 5:07:40.

Division Results - Women

18-19: 1. Takako Ishizaki, Japan 3:22:20. **Veterans (40-49):** 1. Evi Palm, Sweden 2:38:00, 2. Nadezhda Gumerova, USSR 2:52:07, 3. Claudia Clavarella, USA 2:54:01. **Masters (50-59):** 1. Else Bloement, Netherlands 3:13:27, 2. Wen-Shi Yu, USA 3:18:18. **Seniors (60-69):** 1. Marianne Sandvik, Norway 3:26:23. **Golden Age (70 & Over):** 1. Pat Dixon, USA 4:41:09.

Racewalkers Results

Men: 1. Tim Berrett, Canada 3:24:12, 2. Carlos Mercenario, Mexico 3:26:28, 3. Bo Gustafsson, Sweden 3:30:31. **Women:** 1. Susan Liers, USA 4:03:21, 2. Teresa Vail, USA 4:07:39, 3. Patti Ditzel, USA 5:06:29.

California Finishers

111. Harold Schulz (32) Fairfax 2:36:49, 229. Jeffrey Vannini (31) Valencia 2:44:38, 243. Franck Tardivot (25) San Francisco 2:45:13, 279. Dominique McAree (28) Redondo Beach 2:46:31, 327. Herbert Tanzer (38) Topanga 2:48:24, 328. Charles Chun (29) Santa Monica 2:48:24, 335. Armand Crespo (22) Monterey Park 2:48:45, 338. Trevor Nelson (21) Berkeley 2:48:48, 428. Ronald Kubokawa (37) El Cerrito 2:51:23, 473. Mark Rickard (30) Temecula 2:52:27.

508. Joe Carlson (39) Long Beach 2:53:23, 723. Robert Wilder (32) Paramount 2:57:50, 788. Jonathan Maskow (35) San Francisco 2:58:53, 801. Chatham Ross (31) Alameda 2:59:06, 828. Achim Krauss (31) Irvine 2:59:37, 905. Scott Davis (37) West Covina 3:01:12, 918. Stephen Tuck (28) San Francisco 3:01:29, 1007. Austin Hartman (37) Santa Monica 3:02:57, 1145. Brad Catcott (36) Carlsbad 3:05:19, 1148. David Watanabe (35) Venice 3:05:22.

1222. Walter Paulsen (29) Los Angeles 3:06:40, 1227. Willie Roy (36) Sacramento 3:06:46, 1280. Gary Greenberg (31) Torrance 3:07:39, 1303. Christopher Taylor (36) Santa Monica 3:08:02, 1310. Mike McCune (36) San Francisco 3:08:05, 1339.

Christopher Crawford (29) Bakersfield 3:08:32, 1352. Matthew Baxter (20) Berkeley 3:08:41, 1424. Luis Varga (52) Tarzana 3:09:45, 1438. Rick Hirsch (34) Orinda 3:09:53, 1456. Dave Cunningham (38) Walnut Creek 3:10:06.

1475. David Collins (31) Novato 3:10:22, 1590. Joseph Bugbee (34) Westminster 3:11:44, 1638. Dirk Stegemann (31) Berkeley 3:12:14, 1746. Thomas Waters (44) Anaheim 3:13:23, 1773. Norm Bornstein (50) Carlsbad 3:13:35, 1821. Rodney Nevels (32) Los Angeles 3:14:17, 1893. Horst Gerke (36) Riverside 3:15:03, 1945. Robert Charles (34) Mill Valley 3:15:35, 1948. Ric Munoz (32) West Hollywood 3:15:35, 2006. Gregory Talbot (36) Irvine 3:16:11.

2086. Bob Karwasky (35) Glendale 3:16:51, 2204. James Dobbe (40) Torrance 3:18:09, 2211. Jonathan Bracy (33) San Francisco 3:18:12, 2251. Michael Levine (44) Mill Valley 3:18:33, 2335. Wayne Wightman (43) Palos Verdes Est. 3:19:17, 2502. David Jones (30) Los Angeles 3:20:47, 2533. Francisco Alvarado (42) Los Angeles 3:21:01, 2559. Thomas McGrath (31) Santa Ana 3:21:16, 2604. Anthony Cuellar (24) Los Angeles 3:21:33, 2642. Harry Douglas (28) Venice 3:21:57.

Over the Hill Half Marathon

November 17. Ridgecrest, Half & 3 Mile.

Overall Results - Half Marathon

1. Bryan Ogilvie 79:06, 2. Joe Oliver 83:09, 3. Steve Dalke 84:11, 4. Dan Purdy 85:56, 5. Chip Keyes 89:51, 6. James Furnish 90:10, 7. Paul Goodwill 90:47, 8. Charles Bittel 91:04, 9. Mark Ramkey 91:26, 10. Bill Enoch 92:17.

11. Robert Burke 94:44, 12. Mark Lambert 94:44, 13. Tim Benshoof 96:28, 14. Tom Miller 96:46, 15. Dianne Lucas 96:46, 16. Dennis Burge 99:44, 17. Mel Miles 103:19, 18. Elaine McMahon 103:28, 19. Aaron Aldridge 104:13.

Division Results - Men

20-29: 1. Steve Dalke 84:11. **30-39:** 1. Paul Goodwill 90:47. **40-49:** 1. Joe Oliver 83:09. **50-59:** 1. Dennis Burge 99:44. **60 & Over:** 1. Bill Norris 110:56.

Division Results - Women

30-39: 1. Elaine McMahon 103:28. **40-49:** 1. Valerie Keller 136:06.

Davis Turkey Trot

November 17. Davis. 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Jeff Atkinson 14:02, 2. Greg Whiteley 14:06, 3. Brian Abshire 11:12. **18 & Under:** 1. Bob Rozumowicz 16:24, 2. David Bruns 16:45, 3. Erik Supnet 16:45. **19-24:** 1. Greg Whiteley 14:06, 2. Harry Green 14:14, 3. Brian Presson 14:26. **25-29:** 1. Jeff Atkinson 14:02, 2. Brian Abshire 14:12, 3. Marc Olesen 14:17. **30-34:** 1. Miguel Tibadulla 14:30, 2. Rob Anex 14:31, 3. Andrew Ferguson 14:51. **35-39:** 1. Jeff Clark 14:27, 2. David Amster 15:10, 3. Frances Gailson 15:21. **40-44:** 1. Mark Graves

15:28, 2. Steve Ferraz 15:31, 3. Kent Oglesby 15:46. **45-49:** 1. Ewar Gordillo 15:23, 2. Jim Gibbons 16:21, 3. Frank Ruona 16:28. **50-54:** 1. Sal Vasquez 15:52, 2. Tim Rostegge 16:44, 3. Timothy Jordan 16:50. **55-59:** 1. George Herd 17:45, 2. Everett Ragle 18:42, 3. Phil Phythian 19:48. **60-64:** 1. Ross Smith 18:11, 2. Mort Ward 20:40, 3. Peter Yuen 23:40. **65-69:** 1. Rex Dietrich 22:42, 2. Howard Powers 22:56, 3. Vic Lyons 24:16. **70 & Over:** 1. Lyman Glenn 24:19, 2. Ernie Klann 30:06, 3. Larry Viglerzone 36:20.

Division Results - Women's 5K

Overall Winners: 1. Linda Somers 16:52, 2. Bev Marx 17:14, 3. Jeannie Unness 17:25. **18 & Under:** 1. Heather Trout 19:50, 2. Andrea Cordova 21:01, 3. Tabitha Stull 21:31. **19-24:** 1. Jeannette Marique 20:18, 2. Jennifer Scott 20:45, 3. Lori Siemens 21:02. **25-29:** 1. Linda Somers 16:52, 2. Jeannie Unness 17:25, 3. Melissa Martel 17:27. **30-34:** 1. Connie Kondo 19:01, 2. Brenda Green 19:14, 3. Holly Noack 20:54. **35-39:** 1. Bev Marx 17:14, 2. Ellen Lucas 18:34, 3. Kim Swayze 19:33. **40-44:** 1. Linda Martynen 18:02, 2. Jeannie Kral 20:14, 3. Barbara Zoldan 21:03. **45-49:** 1. Marilee Valencia 21:06, 2. Carolyn Ward 25:08, 3. Mary Pat White 25:25. **50-54:** 1. Elba Kreis 26:02, 2. Geri Brown 28:23, 3. Nova Poff 28:37. **55-59:** 1. Myra Rhodes 23:02, 2. Beverly Thayer 31:19, 3. Kay Stumpf 32:19. **60-64:** 1. Midge Porter 28:05, 2. Joan Moses 30:18, 3. Gerry Sullivan 31:56. **65-69:** 1. Ellen Van Ardenne 35:14.

Division Results - Men's 10K

Overall Winners: 1. Randy Accetta 30:55, 2. John Hancock 31:00, 3. Leonard Sperandio 31:05. **18 & Under:** 1. Ken Rhoades 32:28, 2. Scott Brayton 35:49, 3. Greg Byard 36:25. **19-24:** 1. Eric Walker 31:27, 2. Joe Sertic 32:56, 3. Matt Matuska 36:10. **25-29:** 1. Randy Accetta 30:55, 2. John Hancock 31:00, 3. Rich Dissly 31:24. **30-34:** 1. Leonard Sperandio 31:05, 2. Ken Cox 33:58, 3. Kevin Cimini 34:49. **35-39:** 1. Frances Gailson 31:31, 2. Thomas Cushman 32:25, 3. Bob Wishart 34:05. **40-44:** 1. Don Murdoch 35:42, 2. Tim Frawley 35:49, 3. Richard Sonne 35:57. **45-49:** 1. Doug Butt 34:36, 2. Jack Gurion 38:24, 3. Stephen Topper 38:38. **50-54:** 1. Tsuneyuko Yamazaki 35:19, 2. Jim Moore 35:40, 3. David Ragsdale 38:06. **55-59:** 1. Michael McGie 38:02, 2. Irvin Herlihy 45:15, 3. Graham Shoemaker 46:20. **60-64:** 1. Ray Helm 46:57, 2. Jesse Harvey 52:17, 3. Bill Leek 59:52. **65-69:** 1. Jim Lymann 52:44, 2. Hans Van Ardenne 1:05:27, 3. Heber Holbrook 1:10:58. **70 & Over:** 1. Paul Camerer 53:31.

Division Results - Women's 10K

Overall Winners: 1. Christine Iwahashi 36:13, 2. Theresa McCourt 36:59, 3. Rosa Ribadulla-Cardenas 37:01. **18 & Under:** 1. Saman Nazarian 40:15, 2. Emily Schmauch 44:56, 3. Shannon McMillen 51:22. **19-24:** 1. Susan Fox 41:36, 2. Kerri Winters 41:31, 3. Meg Remers 43:21. **25-29:** 1. Rosa Cardenas 37:01, 2. Mary Parlange 37:42, 3. Fit Ghobadian 38:16. **30-34:** 1. Theresa

RESULTS

McCourt 36:59, 2. Marianne Zerebko 37:44, 3. Janet Smith 38:56. **35-39:** 1. Christine Iwahashi 36:43, 2. Pat Koehler 39:50, 3. Kay Bolla 39:53. **40-44:** 1. Cyncl Calvin 41:00, 2. Tonya Prescott 43:22, 3. Susan Lancaster 44:00. **45-49:** 1. Patty Redkey 44:13, 2. Julia Yaffee 45:14, 3. Linda Witter 48:55. **50-54:** 1. Khartoon Tudhope 47:11, 2. Audrey Veirs 49:00, 3. Dina Fields 49:33. **55-59:** 1. Leona Nenow 50:36, 2. Jean La Fever 51:30. **60-64:** 1. Marian McKone 51:28.

Jet to Jetty

November 17. Playa del Rey. 5K & 10K.

Overall Results - 5K

Men: 1. Ron Gee 15:10, 2. George Marquez 15:19, 3. Peter Mogg 15:43.

Women: 1. Laura Cattivera 16:05, 2. Carol Keller 16:47, 3. Annie Seawright 17:16.

Overall Results - 10K

Men: 1. James Ortiz 29:58, 2. Elton Lewis 30:16, 3. William Johnson 30:32.

Women: 1. Ellen Lyons 34:18, 2. Claudette Groenendaal 34:58, 3. Julie Matteson 35:54.

Racewalkers

Men: 1. Keith Ward, 2. Art Grant, 3. Mike Padovich.

Women: 1. Brenda Long, 2. Vera Chang, 3. Brenda Tuttle.

Run for Sobriety

November 17. Acton. 5K & 10K.

Overall Results - 5K

1. G. Serrano 16:02, 2. J. Bedortha 17:00, 3. L. Cohen 17:33, 4. M. White 17:40, 5. A. Parish 20:37, 6. R. Romo 20:41, 7. M. Dos Santos 21:00, 8. M. Powers 21:58, 9. T. Mayo 22:43, 10. K. Whitehead 22:54.

Overall Results - 10K

1. R. Farley 34:10, 2. S. Tellez 34:55, 3. S. Whitmore 34:59, 4. D. Collier 36:33, 5. R. Cooper 36:52, 6. M. McCavley 37:40, 7. M. Ray 37:52, 8. C. Holm 38:48, 9. C. Bennington 38:49, 10. N. Reisz 39:23.

Overall Results - 1 Mile

1. R. Boven 10:39, 2. B. Lindsay 12:20, 3. J. Kurtz 12:40, 4. J. Kurtz 13:52, 5. J. Cox 13:52.

Sri Chinmoy 24-Hour Race

November 17. Oakland.

Overall Results

1. Bernd Leupold (48) Foresthill 130 Mi., 2. Steven Derenzo (48) Pinole 116 Mi. 918 Ft., 3. Ryochi Morita (40) Madera 108 Mi., 4. Joann Hull (33) Modesto 105 Mi. 801 Ft., 5. Robin Smit (53) Madera 104 Mi., 6. Pipasa Glass (28) San Francisco 103 Mi., 7. Dave Damas (42) Turlock 102 Mi., 8. Jack Klingman (31) Sacramento 101 Mi., 4299 Ft., 9. Frank Rodriguez (65) San Lorenzo 95 Mi., 1104 Ft., 10. Michael Gomez (43) Oakland 95 Mi., 809 Ft.

Stevens Creek Trail Run

November 17. Stevens Creek. 12K & 5.5 M.

Overall Results - 12K

1. Tim O'Rourke (32) 48:49, 2. Patrick McNenny (24) 49:25, 3. Brad Curry (31) 49:53, 4. Nikos Mourtos (33) 51:23, 5. Jason Yingling (15) 51:54, 6. Ed Klotz (30) 52:06, 7. Bert Johnson (47) 54:00, 8. Ivan Schofield (38) 55:11, 9. Mark Carroll (25) 56:49, 10. Mark Cavallaro (22) 57:36.

11. Malcolm Stewart (52) 57:56, 12. Byron Young (28) 58:32, 13. Warren Racine (38) 58:35, 14. Jerry Ratti (38) 58:57, 15. David Callender (35) 59:18, 16. Rich Wilder (34) 1:00:34, 17. Steve Connolly (34) 1:01:51, 18. Phil Darnall (46) 1:01:52, 19. Anne Shikuma (30) 1:02:03, 20. Richard Lynch (36) 1:02:37.

Overall Results - 5.5 Mile

1. Nick Nichols (30) 39:55, 2. No Name 44:54, 3. Kathy Frank (42) 50:14, 4. Jim Champion (48) 51:39, 5. Jim Austin (36) 53:03, 6. Dawn Erikson (25) 54:05, 7. Richard Otte (51) 54:09, 8. Jim Sandstrom (47) 55:24, 9. Terry Tersh (28) 56:43, 10. Elizabeth Altrens (26) 56:43.

Turkey Trot

November 17. Santa Barbara. 5K & 10K.

Overall Results - 5K

1. James Triplett 32:09, 2. Paul Goodrich 34:26, 3. John Barry 35:12, 4. Mark Cunnert 35:58, 5. Patrick Foy 37:21, 6. Jim Kennett 38:16, 7. Hoyt Walker 39:38, 8. Deenesa Sohori 39:48, 9. Melissa Maarssted 39:53, 10. Asa Van Gelder 40:13.

Overall Results - 10K

1. Jim Knox 17:25, 2. Ray Yokoi 17:48, 3. Dana Staggs 18:11, 4. Jon King 18:41, 5. Sandy Sachs 19:06, 6. Aaron Moore 19:07, 7. John Shields 19:08, 8. Curtis Gray 19:43, 9. Tony Leon 20:15, 10. Joseph Calderon 20:47.

11. Kurt Achtenhagen 20:53, 12. Bill Fraser-Smith 21:11, 13. Gregory Gin 21:35, 14. Mickey Cochrane 21:54, 15. John Shepherd 21:55.

Valley of the Flowers

November 17. Lompoc. 5K.

Overall Results

1. Paul Lee (29) 16:14, 2. Tony Guest (32) 18:19, 3. Frank Cobos (40) 19:21, 4. Bruce Betty (34) 19:56, 5. Tad Weber (31) 20:07, 6. Eric Lathrop (27) 20:37, 7. Ray Gil (66) 21:00, 8. Paige Lathrop (27F) 21:06, 9. Mike Saunders (50) 21:44, 10. Raphael Delgado (23) 22:06.

11. Noel Pasqua (27) 22:17, 12. Dots Fredeu (28F) 22:42, 13. Bruce Betty Jr. (10) 22:51, 14. Rocky Taylor (12) 22:57, 15. Marlin Panther (48) 23:09, 16. Charles Mash (29) 23:30, 17. Tanya Mooney (14F) 23:48, 18. Brian Greene (25) 24:22, 19. Robert Bustamante (37) 25:19, 20. Lewo Aragon (53) 25:22.

Walkers: 1. Jim Long (46) 33:57, 2. Kathy Wilkinson (28F) 40:36, 3. Tracey Gurchhoff (29) 44:41, 4. Doty Andrey (26) N.T.

Coastal Classic

November 18. Carlsbad. 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Paul Huddle 16:08, 2. Jeff Reid 16:25, 3. Frank Whittemore 16:26. **12 & Under:** 1. Epifanio Flores 21:07, 2. Chris McCann 21:14, 3. Ryan Halsey 25:40. **13-17:** 1. Peter Damaud 17:30, 2. Gonzalo Olvera 18:13, 3. Will Buck 18:14. **18-24:** 1. Carre Philippe 17:51, 2. Alex Floeds 19:28, 3. Douglas McGeachy 23:42. **25-29:** 1. Paul Huddle 16:08, 2. James Minardi 16:56, 3. Marc Carlos 17:27. **30-34:** 1. Jeff Reid 16:25, 2. Lance Davis 16:33, 3. Robert Fagnant 18:04. **35-39:** 1. Frank Whittemore 16:26, 2. Jerry Leggett 17:02, 3. Steve Rohde 17:09. **40-44:** 1. Rex Hall 17:15, 2. Lee Spadoni 18:03, 3. Lee Fitzgerald 18:41. **45-49:** 1. Steve Dornish 18:50, 2. George Kern 17:13, 3. Bob Hill 17:58. **50-59:** 1. Carl Petersen 18:49, 2. Pete Nichols 19:09, 3. William Wuth 20:20. **60-69:** 1. Marsh Haraden 20:03, 2. Harry Cromer 24:24, 3. Jack Pomeroy 24:46. **70 & Over:** 1. Donald Dilworth 23:17.

Division Results - Women's 5K

Overall Winners: 1. Mary Ryzner 18:21, 2. Kathleen Kinane 19:22, 3. Stacy Kneeshaw-Rucker 19:25. **12 & Under:** 1. Jill Talbot 24:36, 2. Nina Buck 26:25, 3. Karla Munoz 27:56. **13-17:** 1. Kim Walker 25:02, 2. Stephanie Burnell 25:26, 3. Michele Cox 25:44. **18-24:** 1. Andra Patag 20:37, 2. Kay Thompson 22:40, 3. Janeane Matthews 24:00. **25-29:** 1. Stacy Kneeshaw-Rucker 19:25, 2. Karen Harris 19:36, 3. Cindy Rota 23:08. **30-34:** 1. Kathleen Kinane 19:22, 2. Erin Marshall 22:39, 3. Debbie Mills 23:36. **35-39:** 1. Mary Ryzner 18:21, 2. Debby Jenkins 20:54, 3. Nancy Orth 25:33. **40-44:** 1. David Gestri 21:27, 2. Kim Larose 22:19, 3. Cherie Robertson 24:15. **45-49:** 1. Joyce Copeland 24:41, 2. Suzanne Miles 26:02, 3. Jan Baker 27:02. **50-59:** 1. Chris Cromer 26:08, 2. Connie Fowler 26:41, 3. Joann Oliver 27:56. **60-69:** 1. Margaret Gill 27:48, 2. Joyce Gathas 45:10, 3. Marjori Taylor 45:35. **70 & Over:** 1. Marjorie Easton 50:19, 2. Virginia McDonald 57:32, 3. Jane Turnquist 1:04:09.

Division Results - Men's 10K

Overall Winners: 1. Matt Clayton 31:19, 2. Henry Chio 32:05, 3. James Sheremia 32:13. **12 & Under:** 1. Chris Kobya 44:14, 2. Peter DiManno 54:07, 3. Troy Baker 1:09:38. **13-17:** 1. Erik Burgan 36:14, 2. Travis Sandoval 39:07, 3. Mark Gabarra 42:18. **18-24:** 1. Jeff Desorbo 36:08, 2. Jeff Hooker 37:17, 3. Matthew Allardyce 38:35. **25-29:** 1. Matt Clayton 31:19, 2. James Sheremia 32:13, 3. Steve Hastings 34:29. **30-34:** 1. Henry Chio 32:05, 2. Corky Ewing 35:31, 3. Alfonso Osorio 36:44. **35-39:** 1. Wayne Buckingham 33:41, 2. Jim Berka 35:36, 3. Dean Osborn 36:38. **40-44:** 1. Dennis Bergen 37:58, 2. Dave Brady 38:08, 3. Larry Pryor 38:42. **45-49:** 1. John Brechtel 37:31, 2. Ruben Sandoval 37:38, 3. David Lesley 37:47. **50-59:** 1. Gary Peterson 43:48, 2. Tony Farrow 44:38, 3. Phillip Campbell 44:47. **60-69:** 1. Chuck Anderson 42:58, 2. Raphael Aulet 48:22, 3. Norte Oliver 53:58.

70 & Over: 1. Donald Dilworth 47:00, 2. Walt Kuetzing 55:26.

Division Results - Women's 10K

Overall Winners: 1. Pennie McLaughlin 36:49, 2. Missy Patterson 37:10, 3. Denise Hertsch 37:14. **13-17:** 1. Pamela Lehr 52:45, 2. Dawn Weinstein 57:07, 3. Michelle Duff 59:02. **18-24:** 1. Missy Patterson 37:10, 2. Denise Hertsch 37:14, 3. Jennifer Cullen 46:23. **25-29:** 1. Pennie McLaughlin 36:49, 2. Karen Kelly 38:25, 3. Rachela Fruge 43:04. **30-34:** 1. Joan Vincent 42:20, 2. Linda Riley 45:29, 3. Sharon Wexler 47:04. **35-39:** 1. Beverly Dexter 39:58, 2. Ka. Pce 41:32, 3. Marian Schmidt 43:17. **40-44:** 1. Chris Purkiss 41:46, 2. Jerrilyn Sober 45:16, 3. Laura Armstrong 45:33. **45-49:** 1. Meri Bodelio 39:00, 2. Ann Walker 42:11, 3. Kathy Stickrad 50:26. **50-59:** 1. Patti Kopcho 53:55, 2. Bev Foell 54:19, 3. Wilma Roland 58:28. **60-69:** 1. Betty Roberts 1:08:20, 2. Rosemarie Balfour 1:29:56, 3. Juanita Patterson 1:31:41.

Turkey Trot

Nov. 18. Pleasant Hill. 8.1 M.

Overall Results - Men

1. Thom Turkey (31) Concord 47:55, 2. Damien Curry (26) Castro Valley 49:56, 3. Jeff Testers (31) Livermore 50:45, 4. Brian Davis (35) Livermore 50:52, 5. Leroy Kotchevar (36) Rodeo 51:08, 6. Jeffrey Cowling (31) Brentwood 51:20, 7. Carl Cranberry (28) Berkeley 52:03, 8. Steve Stuffing (40) Concord 53:40, 9. John Giblet (44) Oakland 55:57, 10. Peter White (48) Moraga 57:07.

Overall Results - Women

1. Turkey Kluge (31) Moraga 59:45, 2. Hilary Holiday (30) Martinez 1:01:56, 3. Teresa Trimmings (28) Pacheco 1:02:30, 4. Cathy Patrick (30) Albany 1:04:26, 5. Pamkin Pie (29) Martinez 1:05:25, 6. Giovanna Rosenlicht (30) Berkeley 1:06:09, 7. Judy Glynn (42) Walnut Creek 1:09:05, 8. Joan Case (31) Concord 1:09:34, 9. Nora Smiriga (54) Berkeley 1:10:28, 10. Karie Scardaci (34) Concord 1:12:29.

Division Results - Men

12 & Under: 1. Carl Lederman 1:13:00. **13-14:** 1. Ryan Demal 1:14:12, 2. Matt Glynn 1:17:11. **20-29:** 1. Damien Curry 49:56, 2. Carl Cranberry 52:03, 3. Jerry McMurphy 1:15:11. **30-39:** 1. Thom Turkey 47:55, 2. Jeff Teeters 50:45, 3. Brian Davis 50:52. **40-49:** 1. Steve Stuffing 53:40, 2. John Giblet 55:57, 3. Peter White 57:07, 4. Peter White 57:07. **50-59:** 1. Bryan Holmes 1:01:02, 2. Elmer Sanborn 1:05:15, 3. Bruce Oliver 1:09:47.

Division Results - Women

20-29: 1. Teresa Trimmings 1:02:30, 2. Pamkin Pie 1:05:25, 3. Susan Lang 1:22:26. **30-39:** 1. Turkey Kluge 59:45, 2. Hilary Holiday 1:01:56, 3. Cathy Patrick 1:04:26. **40-49:** 1. Judy Glynn 1:09:05, 2. Judy Harte 1:13:20, 3. Betty Jordan 1:15:10. **50-59:** 1. Nora Smiriga 1:10:28, 2. Mai-Britt Molrand 1:28:14.

RESULTS

Turkey Trot

November 18. Puente Hills East, City of Industry, SK.

Division Results - Men

9 & Under: 1. Steve Orona 24:11, Nick Yamasaki 26:21, 3. Enrique Herrera 26:32. **10-14:** 1. Joey Hernandez 16:53, 2. Ben Clerly 17:27, 3. Jeff Doris 18:21. **15-19:** 1. Tony Bergman 15:38, 2. Luis Ruiz 16:55, 3. Peter Griego 18:12. **20-29:** 1. Matt Ebner 14:39, 2. Wade Watkins 16:41, 3. Tony Copp 16:47. **30-39:** 1. Frank Ebner 15:17, 2. Leonard Aquila 16:10, 3. Jim Copp 16:31. **40-49:** 1. Terry Cammack 16:59, 2. John Shelton 17:45, 3. Larry Fabela 18:01. **50-59:** 1. Ted Alarcon 18:41, 2. Aurelio Camacho 18:53, 3. Henry Perez 21:30. **60 & Over:** 1. Jack Green 22:30, 2. Rao Paladuga 22:36.

Division Results - Women

9 & Under: 1. Christina Cruz 25:08, 2. Patricia Soriano 25:44, 3. Reyna Ramirez 29:39. **10-14:** 1. Lena Huera 21:01, 2. Lisa Diliberto 21:29, 3. Lisa Cruz 23:47. **15-19:** 1. Kristi Tribble 19:25, 2. Monica Comparan 20:31, 3. Francis Cardenas 21:16. **20-29:** 1. Carmen Maldonado 17:18, 2. Sonja Sutherland 19:16, 3. Eileen Miller 19:36. **30-39:** 1. Catherine Molinos 20:23, 2. Tina Lane 22:27, 3. Barbara Moses 22:43. **40-49:** 1. Sandy Cammack 22:07, 2. Raquel Magana 24:22, 3. Nancy Grough 25:17. **50-59:** 1. Karen Masters 24:36, 2. Elsa Van Vlear 27:32, 3. Barbara Pizzo 31:27. **60 & Over:** 1. Sisle Parks 40:33, 2. Maria Buckland 45:24.

Run to the Far Side

November 23. San Francisco. 5K & 10K.

Pat Porter and Laura Lamena were the first place 10K winners in this year's Run to the Far Side. Both Pat and Laura set new course records for the run and won a new Geo car as their grand prizes awards.

Overall Results - Men's 5K

1. Matt McGuirk 14:33, 2. Osterberg 14:48, 3. Randy Accetta 15:04, 4. Kevin Jones 15:25, 5. Tim Wallen 15:30, 6. David Goodrich 15:34, 7. Eric Taylor 15:41, 8. Jose-Maria Lizarraga 15:45, 9. Steve Ferraz 15:49, 10. Richard Reitz 15:51.

11. Larry Trovinger 15:51, 12. Terry Milby 15:59, 13. Dale Londres 16:00, 14. Kenny Brown 16:05, 15. Ray Brown 16:06, 16. Eric Hartman 16:08, 17. Mark Piccolo 16:09, 18. Matt McMenerry 16:12, 19. Craig Blockhus 16:13, 20. Kyle Foster 16:16.

Overall Results - Women's 5K

1. Sabrina Man 16:36, 2. Nancy Ditz 16:52, 3. Janine Aiello 17:09, 4. Robyn Berry 17:15, 5. Melissa Martel 17:46, 6. Betsy Swan 17:57, 7. Shirley Matson 18:00, 8. Laura Bruess 18:03, 9. Susan Banfield 18:31, 10. Laurie Kirkpatrick 18:44.

11. Pamela Bragg 18:46, 12. Laurie Schuster 19:56, 13. Becky Jauns 19:02, 14. Suzie Lister 19:22, 15. John Wilson 19:43, 16. Donna Chan 19:48, 17. Denise Bigglov 19:54, 18. Tina Toona 20:08, 19. Danielle Galletta-Leong 20:09, 20. Virginia Woodson 20:13.

Division Results - Men's 5K

Youth: 1. Kevin Briet 17:01, 2. Joe Maxey 17:16, 3. Caleb Anderson 18:03. **Open:** 1. Matt McGuirk 14:33, 2. Osterberg 14:48, 3. Randy Accetta 15:04. **Masters:** 1. Steve Ferraz 15:49, 2. Harvey Franklin 16:40, 3. Jim Gibbons 16:56.

Division Results - Women's 5K

Youth: 1. Lauren Tatsuno 20:36, 2. Michelle Kiyono 20:53, 3. Julie Schuster 22:40. **Open:** 1. Sabrina Han 16:36, 2. Nancy Ditz 16:52, 3. Janine Aiello 17:09. **Masters:** 1. Shirley Matson 18:00, 2. Jane Forbes 20:29, 3. Laurie Fisher 20:33.

Overall Results - Men's 10K

1. Pat Porter 29:16, 2. Antoni Niemczak 29:26, 3. Noel Berkeley 29:26, 4. Marc Olesen 29:33, 5. Hector Perez 29:37, 6. Mark Conover 29:51, 7. Greg Whiteley 30:00, 8. Jeff Atkinson 30:07, 9. Peter Renner 30:34, 10. Martin Stroschein 31:24.

11. Mike Spencer 31:33, 12. Victor Santamaria 32:00, 13. Charles Thompson 32:03, 14. Thom Trimble 32:04, 15. Rod Coker 32:06, 16. Rod Denzine 32:12, 17. James Kaspari 32:15, 18. Artie Huff 32:24, 19. Mark Sullivan 32:27, 20. Chris Jagers 32:36.

Overall Results - Women's 10K

1. Laura Lamena 33:24, 2. Terry Schmidt 34:00, 3. Lynn Nelson 34:27, 4. Teresa Barrios-Scott 34:51, 5. Linda Somers 35:25, 6. Laurie Binder 36:27, 7. Lize Brittin 36:36, 8. Jennifer Thatcher 36:44, 9. Christine Iwahashi 36:51, 10. Judy Silverstein 37:19.

11. Pam Alie-Morrill 37:22, 12. Karen Rowen 37:43, 13. Sharon Swann 38:01, 14. Dianne Baldwin 38:26, 15. Joan Fowler 38:27, 16. Sue Vinella-Brusher 38:47, 17. Kathi Berman 38:59, 18. Rebecca Dalzka 39:25, 19. Laurie Chapman 39:26, 20. Gloria Barron 40:02.

Division Results - Men's 10K

Stroller: 1. Ryan Carroll 1:10:49. **6-13:** 1. Beebe Rutledge 39:00, 2. Rickie Bonds 44:54, 3. Zak Martinez 46:09. **14-19:** 1. Artie Huff 32:24, 2. Cory Davis 34:08, 3. Shawn Lawler 34:18. **20-29:** 1. Pat Porter 29:16, 2. Noel Berkeley 29:26, 3. Marc Olesen 29:33. **30-39:** 1. Antoni Niemczak 29:26, 2. Mark Conover 29:51, 3. Peter Renner 30:34. **40-49:** 1. Charles Thompson 32:03, 2. Skip Brown 34:20, 3. Milton Howe 35:10. **50-59:** 1. Tim Postage 35:06, 2. Rolf Nebelung 38:53, 3. David Woody 39:17. **60 & Over:** 1. Jeff Bardsley 42:23, 2. Ephraim Romesberg 42:33, 3. Dick Yaeger 46:40.

Division Results - Women's 10K

6-13: 1. Andrea Rutledge 42:33, 2. Theresa O'Brien 43:02, 3. Angela Lindsey 46:56. **14-19:** 1. Lucia Navarro 43:58, 2. Kamilia Gardner 51:43, 3. Laura Maries 57:29. **20-29:** 1. Laura Lamena 33:24, 2. Lynn Nelson 34:27, 3. Teresa Barrios-Scott 34:51. **30-39:** 1. Terry Schmidt 34:00, 2. Christine Iwahashi 36:51, 3. Judy Silverstein 37:19. **40-49:** 1. Laurie Binder 36:27, 2. Dianne Baldwin 38:26, 3. Maureen Luca 41:42. **50-59:** 1. Betsy Frasersmith 44:42, 2. Harriet Anderson 50:58, 3. C.S. Hall 53:26. **60 & Over:** 1. Janis Baker 42:51, 2. Ruth Bortz 52:36, 3. Val Eggleston 1:02:32.

Exceed/Desert Princess World Duathlon Championship

November 24. Cathedral City.

Under perfect weather conditions in the California Desert, Ken Souza and Thea Sijbesma put their names in the record books as the first ever I.T.U. World Duathlon Champions by winning the Exceed/Desert Princess World Duathlon Championship.

Souza of the U.S.A. trailed a tough Benjamin Paredes of Mexico off the first run, but passed Paredes early in the bike to take the lead. George Pierce put a little scare into Souza by getting within 30 seconds of him on the bike, but Souza controlled the race to win in 2:35:43, with Pierce second in 2:37:22 and Paredes third in 2:37:34. The women's race was a surprise to almost everyone, as European Champion Thea Sijbesma of the Netherlands, with a strong ride and then the fastest second run of the day, passed Donna Landreville-Peters in the last two miles of the run to win the Championship in 2:58:13, with Landreville-Peters second in 2:58:35 and Sylviane Puntous third at 3:00:55.

In the International Team Competition for the men, the United States was first, Mexico second and New Zealand third. The women, United States first, Canada second and New Zealand third.

Overall Results - Men

1. Ken Souza (25) US 2:35:43, 2. George Pierce (31) US 2:37:22, 3. Benjamin Paredes (Mexico) 2:37:34, 4. Jeff Devin (26) US 2:38:22, 5. Scott Tinley (34) US 2:39:16, 6. John Wessels (28) US 2:39:39, 7. Andreas Rudolph (33) Germany 2:40:03, 8. Graeme Pearson (31) New Zealand 2:41:12, 9. Paul Granger (30) Canada 2:41:44, 10. Andrew MacNaughton (28) Canada 2:42:52.

11. Mark Koks (25) Netherlands 2:43:48, 12. Oliver Bernhard (22) Switzerland 2:44:17, 13. John Devere (30) US 2:45:02, 14. Phil Ponebshek (31) US 2:45:19, 15. Brad Kearns (25) US 2:45:23, 16. Russell Haswell (30) New Zealand 2:46:01, 17. Mac Williamson (25) US 2:46:21, 18. James Lauck (25) US 2:46:32, 19. Daniel Fisher (27) Canada 2:47:04, 20. Jonathan Bold (25) US 2:47:07.

21. Mark Montgomery (34) US 2:47:14, 22. Arturo Sanchez (Mexico) 2:47:39, 23. Emilio DeSoto (30) US 2:48:08, 24. Pedro Martinez (Mexico) 2:48:17, 25. Eric Squires (25) US 2:48:34.

Overall Results - Women

1. Thea Sijbesma (30) Netherlands 2:58:13, 2. Donna Landreville-Peters (28) US 2:58:35, 3. Sylviane Puntous (29) Canada 3:00:55, 4. Patricia Puntous (29) Canada 3:00:59, 5. Madeline Tormoen (28) US 3:01:12, 6. Doloretta Gerber (22) Switzerland 3:06:53, 7. Cheryl Brady (31) US 3:07:29, 8. Shariene Ryan (34) New Zealand 3:07:37, 9. Lynn Polk (29) US 3:08:56, 10. Colleen Gallagher (23) US 3:09:27.

11. Shari Rodgers (26) US 3:11:21, 12. Frith Brown (28) New Zealand 3:12:21, 13.

Carolyn Hubbard-Brougham (23) Canada 3:13:08, 14. Josie Sinclair (31) New Zealand 3:13:12, 15. Fernanda Keller (27) Brazil 3:13:25, 16. Diane Ito (43) US 3:15:08, 17. Missy LeStrange (38) US 3:16:28, 18. Gina Simon (25) US 3:17:18, 19. Karl Tivomisto (28) US 3:17:46, 20. Heidi Alexander (17) New Zealand 3:19:37.

21. Simone Koller (38) Canada 3:19:47, 22. Merri Bodell (46) Sweden 3:21:00, 23. Marci Cantu (23) US 3:21:17, 24. Jill Vanbloemenwaanders (29) US 3:21:46, 25. Lauren Peard (23) US 3:23:29.

Quadruple Dipsea

November 24. Marin County.

Overall Results

1. Bill Brown (35) Estes Park, CO. 4:10:04, 2. Dow Mattingly (39) Walnut Creek 4:20:46, 3. Dan Barger (25) San Jose 4:25:34, 4. Harry Kent (35) Estes Park, CO. 4:26:35, 5. Michael Burton (29) Beecroft, Australia 4:37:51, 6. Gary Hillard (36) Corte Madera 4:38:52, 7. Bob Bunnel (40) Kentfield 4:39:58, 8. Frederick Stout (40) San Francisco 4:44:44, 9. David Roth (37) San Diego 4:45:38, 10. Larry Castano (37) Novato 4:47:30.

11. Kate Bricker Kent (28F) Estes Park, CO. 4:49:16, 12. Dave Stevenson (38) Los Altos Hills 4:49:39, 13. David Innes (42) Tiburon 4:54:48, 14. Harold Carling (56) Chico 4:55:18, 15. Dimitris Skavapoulos (45) Mill Valley 4:56:39.

Ginder Grinder

Nov. 29. El Sobrante. 5K & 10K.

Overall Results - 10K

1. Michael Plummer 38:53, 2. Nick Nickols 39:41, 3. James Owen 40:59, 4. Nikos Mourtos 41:29, 5. Nick Ratti 41:35, 6. Jeff Buhl 43:37, 7. Thomas Arbuckle 44:18, 8. Alisdair McGregor 44:41, 9. Noah Dye 44:57, 10. Jennifer Cubillas 44:57.

11. Conrad Will 46:06, 12. Brad Christie 46:39, 13. Peter Hendricks 46:58, 14. Dave Hudson 47:06, 15. Jerry Ingledue 47:15, 16. Jerry Ratti 48:12, 17. Rich Wilder 48:24, 18. Ron Long 49:01, 19. Paul Sasse 50:01, 20. Karen Well 50:29.

21. Elmer Sanborn 50:48, 22. Steve Michich 51:00, 23. Jess Pontious 51:14, 24. Duane Stinson 51:15, 25. Dan Schoenholz 51:19.

Overall Results - 5K

1. Kevin Brett 19:38, 2. Kenrick Mock 19:27, 3. Kevin Cubillas 20:33, 4. Mike Rotondo 22:04, 5. Steve McCluhan 22:07, 6. John Brandt 23:15, 7. Karen Slakey 23:34, 8. Brian Whitford 24:39, 9. Rob Sears 24:51, 10. Bill Whitford 25:22.

11. Kenny Pedigo 25:34, 12. Dan Welsh 25:58, 13. Lee Sheldon 26:01, 14. Kevin Carson 26:03, 15. Roger Newland 26:05, 16. Jerry Dietrich 26:11, 17. Richard Giaramita 26:42, 18. Wolf Hillesheim 26:42, 19. Daniel Smith 26:51, 20. Frank Lozano 26:55.

RESULTS

Christmas Tree Run

December 8. Modesto. 1 Mile & 5K.

Overall Results - 1 Mile

1. Mike Boyer (22) 4:56, 2. Michael Dean (21) 5:04, 3. Raoul Perez (41) 5:08, 4. Adam Carson (15) 5:23, 5. John Peters (17) 5:45, 6. Andre Del Curto (30) 5:46, 7. Paul Birmingham (45) 5:56, 8. Joanna (14) 5:59, 9. Steve Pierson (19) 6:02, 10. Jason Noriega (13) 6:03.

Overall Results - 5K

1. Benton Hart (35) 15:41, 2. Tim Colburn (19) 16:05, 3. Gary Brenner (33) 16:20, 4. Richard Johnson (25) 16:41, 5. Fred Frank (33) 16:56, 6. Matt Crabbe (29) 17:04, 7. Darren Holman (15) 17:12, 8. George Shoemaker (29) 17:13, 9. Eric Lopez (18) 17:15, 10. Mateo Salgado (37) 17:19, 11. Doug Yost (37) 17:22, 12. Charles Pittel (32) 17:24, 13. Roger Zoldan (43) 17:27, 14. Raoul Perez (41) 17:51, 15. Ken Hurst (30) 18:13, 16. Ken Valentine (23) 18:16, 17. Gerry Holmes (47) 18:18, 18. Michael Dean (21) 18:39, 19. Bill Hurst (32) 18:43, 20. Hector Lucio (29) 19:01.

Hunter S. Thompson Fear & Loathing 50

December 8. San Francisco. 50 Mi. & 50K.

Overall Results - 50 Miles

1. (tie) Ann Trason/Carl Andersen 6:13:54, 3. Gary Hillard 6:35:47, 4. Jeff Teeters 7:58:52, 5. Tom Sloan 8:08:16, 6. Jim Wholey 8:17:56, 7. Richard Laine 8:42:34, 8. Doug Andrews 9:22:25, 9. Chad Chatham 9:24:30, 10. (tie) Joan Szafranski & Dan Whittemore 9:34:55.

Overall Results - 50K

1. Tim Fitzpatrick 4:05:21, 2. Bruce Mace 4:12:46, 3. Ray Piva 4:15:34, 4. Hollis Lenderking 4:17:15, 5. John Medinger 5:06:53, 6. (tie) Larry England & Bob Thimsen 5:33:26, 8. Keith Gardiner 5:41:52, 9. Tony Rossmann 5:50:28, 10. John Mortell 6:02:50.

Honolulu Marathon

December 8. Honolulu, HI.

Division Results - Men

12 & Under: 1. Yui Kawada Japan 3:25:18, 2. Rei Ando Japan 4:15:59, 3. Raymond Vegas, Jr. Kailua, HI. 4:17:26. **13-19:** 1. Tesfaye Bekele, Ethiopia 2:28:41, 2. Dino Daniels, Union City 2:44:52, 3. Tadashi Negishi, Japan 2:49:25. **20-24:** 1. Simon Robert Naali, Tanzania 2:17:29, 2. Thomas Robert Naali, Tanzania 2:18:03, 3. Masaki Oya, Japan 2:20:22. **25-29:** 1. Masami Hirai, Japan 2:28:57, 2. John Smith, Honolulu, HI. 2:31:48, 3. Nobuaki Ono, Japan 2:32:46. **30-34:** 1. Hans Oosterwijk, Netherlands 2:30:18, 2. Moses Murphy, Cromwell, CT. 2:32:54, 3. David K. McGregor, New Zealand 2:33:19. **35-39:** 1. Tetsushi Hasegawa, Japan 2:34:37, 2. Michael Georgi, Honolulu, HI. 2:35:11, 3. Yoshiji Ishii, Japan 2:36:02. **40-44:** 1. Akio Negishi, Japan 2:34:46, 2. Gary Ranney, Kailua, HI. 2:37:25, 3. Frank Shorter, Boulder, CO.

2:40:20. **45-49:** 1. Mike Piper, New Zealand 2:46:32, 2. Thomas Fedale, Spokane, WA. 2:48:36, 3. Bjorn Videfors, Sweden 2:53:13. **50-54:** 1. Kyoto Nagata, Japan 2:51:47, 2. Peter K.H. Springborn, Germany 2:53:12, 3. Hideo Shinohara, Japan 2:55:42. **55-59:** 1. Stan Gryzik, San Francisco 2:42:07, 2. Tsuneaki Takahashi, Japan 2:45:14, 3. Carl Ellsworth, Kailua, HI. 3:02:42. **60-64:** 1. Keizo Yamada, Japan 3:06:50, 2. Edoard Salvi, France 3:08:49, 3. Takeji Shimazaki, Japan 3:12:56. **70-74:** 1. Hiroshi Onuma, Japan 3:39:35, 2. Jean Lafon, France 3:45:37, 3. Rudolf Meyer-Wilmes, Germany 4:06:08. **75-79:** 1. Naomii Kuriki, Japan 4:22:07, 2. Peter-Georg Kroch, West Germany 4:34:16, 3. Dutch Benedetti, Monterey Park 4:38:46. **80-84:** 1. Shiro Fukunaga, Japan 5:21:59, 2. Tadao Hashimoto, Japan 6:57:03, 3. Shintaro Sekiguchi, Japan 7:10:27. **85 & Over:** 1. Masayoshi Nakatomi, Japan 7:51:07.

Division Results - Women

12 & Under: 1. Rihoko Yabuki, Japan 4:45:02, 2. Paula Ota, Honolulu, HI. 5:25:26, 3. Masae Sugimoto, Japan 5:41:30. **13-19:** 1. Akane Nakamura, Japan 4:02:41, 2. Venus Otaes, Honolulu, HI. 4:17:17, 3. Kaori Yamanishi, Japan 4:22:17. **20-24:** 1. Yoshimi Hoshino, Japan 2:50:18, 2. Rie Nakajima, Japan 3:06:45, 3. Yukari Abe, Japan 3:24:06. **25-29:** 1. Misako Miyahara, Japan 2:34:51, 2. Kathy Hadler, Ann Arbor, HI. 2:50:14, 3. Carolyn S.C. Darrow, Honolulu, HI. 3:03:15. **30-34:** 1. Tuja Toivonen, Finland 2:43:28, 2. Ritva Lemettinen, Finland 2:43:49, 3. Ingrid Clancy, Portland 2:53:53. **35-39:** 1. Carla Beurskens, Netherlands 2:33:34, 2. Lisa Hokyo, Honolulu, HI. 2:59:41, 3. Noriko Akimoto, Japan 3:01:48. **40-44:** 1. Natasha Costello, Australia 3:07:57, 2. Marcia Winger, Canada 3:10:45, 3. Diane Ridgway, Honolulu, HI. 3:14:55. **45-49:** 1. Minoru Muramoto, Japan 3:11:26, 2. Claire Bowker, Australia 3:28:00, 3. Hatsuko Suzuki, Japan 3:29:18. **50-54:** 1. Elaine Atwell, Australia 3:30:50, 2. Lou Kiltzie, Yigo Guam 3:31:12, 3. Mae Palm, Canada 3:31:24. **55-59:** 1. Mausli Gantenbein, Luxembourg 3:33:01, 2. Masako Shimazaki, Japan 3:43:39, 3. Erika Krueger, Germany 3:45:27. **60-64:** 1. Ritsuko Nedachi, Japan 3:46:58, 2. Kiyoko Yasunaga, Japan 3:54:15, 3. Barbara Zamparelli, Aiea, HI. 4:22:50. **65-69:** 1. Ruth Munro, Honolulu, HI. 5:41:14, 2. Sugi Namiki, Japan 5:41:55, 3. Annabel Marsh, San Francisco 5:53:41. **70-74:** 1. Margaret Lee, Honolulu, HI. 4:53:42, 2. Judy Golding, San Mateo 4:57:57, 3. Torii Akiyoshi, Japan 5:54:23.

Harbor Bay Biathlon

December 15. Alameda.

Overall Results

1. Fred Boos (24) 45:56, 2. Eric Zaltas (28) 46:24, 3. Christopher Phipps (20) 47:03, 4. Derek Rhodes (19) 47:07, 5. Brennan Agajan (34) 47:17, 6. William Alexander (35) 48:12, 7. Chatham Ross (31) 48:33, 8. Rick Hirsch (34) 49:15, 9. Eric Giesen (26) 49:30, 10. Oskar Vuskaln (29) 49:32.

11. Tim West (41) 49:33, 12. Terry Milby (29) 49:37, 13. Peter Hendricks (35) 49:40, 14. Robbie Whittemore (17) 50:16, 15. Darren Marela (26) 50:16, 16. Dave Hill (29) 50:25, 17. Bob Zurino 50:25, 18. David Williams (31) 50:36, 19. Greg Murray (28) 50:57, 20. Jeff Purcell (27) 51:21.

Las Vegas Mini-Marathon

December 15. Las Vegas, NV.

Overall Results

1. Gordon Christie (29) Santa Barbara 1:04:31, 2. Henry Rono (38) Las Vegas 1:04:41, 3. Frank Plasso (31) Henderson 1:04:51, 4. James Jackson (24) Lewisville, Tx. 1:05:11, 5. Sam Sitorik (35) Las Vegas 1:05:49, 6. Bruce Gardner (23) SLC 1:06:57, 7. Brian Larson (34) Phoenix, AZ. 1:07:32, 8. Daniel Chaska (28) Plano, TX. 1:07:43, 9. Art Castle (25) Las Vegas 1:09:04, 10. Anthony Miller (22) Lewisville, TX. 1:09:23.

11. Binesh Prasad (27) W. Valley City, UT. 1:09:34, 12. Steve Greenspan (32) Phoenix, AZ. 1:09:06, 13. John Schieter (19) SLC 1:09:44, 14. Keith Witthauer (35) Apple Valley 1:10:10, 15. Carlton Odom (32) Dallas, TX. 1:10:17, 16. Brian Appell (30) Albuquerque, NM. 1:10:21, 17. David Jansen (34) Ragstaff, AZ. 1:10:44, 18. Olga Appell (27) Albuquerque, NM. 1:11:20, 19. Jesse Sturgeon (36) San Antonio, TX. 1:11:37, 20. Terry Schmidt (34) Reno 1:11:46.

Division Results - Men

Masters: 1. Bill Strachan 1:11:51. **18 & Under:** 1. Jamie McGeary 1:13:26, 2. Justin Finday 1:15:29, 3. Eric Davis 1:20:54. **19-24:** 1. James Jackson 1:05:11, 2. Bruce Gardner 1:06:57, 3. Anthony Miller 1:08:23. **25-29:** 1. Daniel Chaska 1:07:43, 2. Art Castle 1:08:04, 3. Binesh Prasad 1:08:34. **30-34:** 1. Brian Larson 1:07:32, 2. Steve Greenspan 1:09:06, 3. Carlton Odom 1:10:17. **35-39:** 1. Sam Sitorik 1:05:49, 2. Keith Witthauer 1:10:10, 3. Jesse Sturgeon 1:11:37. **40-44:** 1. Michael Bernstein 1:14:34, 2. Tony Gerardi 1:15:47, 3. Edward Preciado 1:21:18. **45-49:** 1. Mike Scott 1:14:20, 2. Tom Curry 1:14:53, 3. Donnie Lawrenson 1:21:19. **50-54:** 1. Neal Chappell 1:19:59, 2. Edwin Hagerman 1:20:41, 3. Jim Way 1:23:21. **55-59:** 1. Battista Locatelli 1:30:36, 2. Fred Wall 1:35:41, 3. Leslie Gaal 1:38:21. **60-69:** 1. Ruben Vigil 1:28:18, 2. John Cahill 1:31:47, 3. Ed Mighell 1:32:00. **70 & Over:** 1. Mathew Corona 2:06:03. **Wheelchair:** 1. Michael Trujillo 44:53, 2. Eric Neitzel 45:01, 3. Brad Carlson 53:02.

Division Results - Women

Masters: 1. Harlene Walters 1:27:31. **18 & Under:** 1. Julie Kyriacou 1:40:46. **19-24:** 1. Julie Short 1:58:57, 2. Rhonda Litt 2:03:26, 3. Cynthia Brownrigg 2:09:03. **25-29:** 1. Carol Carrigan 1:19:49, 2. Alene Rambisell 1:22:49, 3. Brenda Corona 1:32:02. **30-34:** 1. Jennifer Henderson 1:18:55, 2. Tammy Sargeant 1:20:03, 3. Teresa Slimak 1:29:35. **35-39:** 1. Leigh Morrow 1:26:05, 2. Kathleen Granger 1:26:21, 3. Jacqueline Bruce 1:31:02. **40-44:** 1. Jan Robinson

1:29:55, 2. Amy Fredericks 1:35:02, 3. Robin Logston 1:39:16. **45-49:** 1. Jeanette Rusk 1:49:13, 2. Mickey Cruz 1:49:48, 3. Sue Rankin 1:56:42. **50-59:** 1. Karen Keith 1:49:08, 2. Genie Salerno 1:57:00, 3. Suzanne Murphy 1:57:18. **60-69:** 1. Marybelle Russell 2:06:48.

Happy 3rd Birthday Run

Dec. 15. Santa Clarita. 3 Mile.

Overall Results

1. Dave Hartman 15:09, 2. Peter DeLaCorda 15:12, 3. Dan Berkland 15:34, 4. Rosendo Sobal 16:01, 5. Keith Meter 16:49, 6. Jeff Pearlman 16:52, 7. Manny Delcon 16:52, 8. Eric Shranz 16:53, 9. Tommy Givens 16:53, 10. Dan Powers 16:54.

11. Gustavo Sobal 17:32, 12. Frank Rice 17:55, 13. Peter Bozek 17:55, 14. Pernille Evans 18:08, 15. Tim Day 18:17, 16. Robert Newton 18:20, 17. Aldo Arca 18:21, 18. Pat Harlan 18:30, 19. Levi Locke 18:37, 20. Robin Heidt 18:39.

21. Robert Kaplan 18:44, 22. Donald Lucid 18:51, 23. Jeffrey Vanni 18:52, 24. Richard Rioux 19:30, 25. Lou Bernal 19:32.

Pre-Christmas Run

December 15. Sanger. 6 Mi. & 3 Mi.

Division Results - Men's 6 Miles

19-29: 1. Erasmo Quintanilla 38:32. **30-34:** 1. Joe Lopez 42:15. **35-39:** 1. Daniel Gonzalez 42:15. **40-44:** 1. John Minney 37:49. **45-49:** 1. Doug Sprinkle 43:49. **50-59:** 1. Juan Sobenes 44:14. **60-69:** 1. Chuck Freuler 49:40.

Division Results - Women's 6 Miles

30-34: 1. Sharon Brown 46:49. **40-44:** 1. Margaret Pinuelos 48:30.

3 Mile Time Prediction

1. Lessica Leal 2:09 (-6 sec. off), 2. Nathan Freeland 22:08 (-8.7 sec. off), 3. Steve Freeland 22:10 (-9.2 sec. off).

Run for the Roses

December 16. Pasadena. 5K & 10K.

5K Results

Men: 1. Alfredo Vallejo 14:59, 2. Mark Laplant 15:12, 3. Coley Candale 15:17.

Women: 1. Devon Martin 18:00, 2. Rosie Duenas 18:24, 3. Katie Cunningham 18:25.

10K Results

Men: 1. Gary Borbon 30:58, 2. Yehuda Packer 32:24, 3. Rich Medellin 32:58.

Women: 1. Jill Metzger 40:58, 2. Linda Iacoboni 41:42, 3. Robin Mackenroth 41:45.

Legg Lake Runs

Green Tree Run

Nov. 3. So. El Monte. 5K.

Overall Results

1. Brian Richter 15:50, 2. Paul Hoffman 16:08, 3. Nate Miller 16:13, 4. David Louis 16:37, 5. Colin Wale 16:47, 6. Raymond Kirk 17:02, 7. Fred Doubl 17:57, 8. Gerardo Mateos 18:38, 9. Craig Brumbaugh 19:33, 10. Art Reyes 19:38.

RESULTS

Catfish Run

Nov. 4. So. El Monte. 5K.

Overall Results

1. Hugo Diaz 17:49, 2. Brian Bloom 18:32, 3. Marcelo Tapia 18:34, 4. Christopher Garcia 19:13, 5. Henry Avalos 20:50, 6. Arthur Martinez 20:55, 7. Jesse Gonzalez 21:08, 8. Ronald Ostergaard 21:21, 9. Noel Toqueso 21:01, 10. Leo Prado 22:05.

San Gabriel River Grizzly

Bear Run

Nov. 10. So. El Monte. 3 Mile.

Overall Results

1. Pedro Garcia 15:40, 2. Robert Slick 15:48, 3. Fabian Grassini 16:23, 4. Armando Hernandez 17:17, 5. Mark Beran 18:20, 6. Bob Braunhardt 19:38, 7. Bill Knoke 19:52, 8. Mike Crosby 20:01, 9. Dave Griffin 20:19, 10. Daniel Budorick 20:26.

11. Robert Buchanan 20:31, 12. Jay White 20:36, 13. Schery Braunhardt 20:43, 14. George Razo 21:00, 15. Barry Hamilton 21:17, 16. Al Ray 21:23, 17. Ignacio Banuelos 21:25, 18. Barbara Farran 21:51, 19. Luigi Schiavo 21:55, 20. Mandy Nazem 21:59.

Veteran's Day Run

Nov. 11. So. El Monte. 5K.

Overall Results

1. Nolan Smith 16:19, 2. Dave Melissa 16:44, 3. Kenneth Klewbeck 17:15, 4. Don Peterson 19:32, 5. Henry Avalos 20:38, 6. Ruben Esqueda 20:44, 7. Fouts Williams 21:20, 8. Arthur Martinez 22:21, 9. Mike Lakum 23:42, 10. Steve Soffer 23:57.

San Gabriel River Turkey

Trot

Nov. 18. So. El Monte. 3 Mile.

Overall Results

1. Nolan Smith 15:42, 2. John Leach 16:59, 3. Armando Hernandez 17:12, 4. Arthur Martinez 19:53, 5. Dave Griffin 20:29, 6. Steve Soffer 20:33, 7. Dwight Smith 20:39, 8. Nati Carrasco 21:15, 9. Jesse Gonzalez 23:31, 10. David Villegas 25:06.

Turkey Trot

Nov. 24. So. El Monte. 5K.

Overall Results

1. Chris Perez 15:49, 2. Brieten Loven 16:11, 3. Robert Slick 16:41, 4. Fabian Grassini 16:48, 5. Ozzie Osgood 17:13, 6. Dan Burton 17:24, 7. Humberto Ramirez 17:35, 8. Keene Natsuda 17:43, 9. Armando Hernandez 17:48, 10. James Casey Jr. 17:54.

11. Tiburcio Contreras 18:03, 12. Jeff Hansen 18:18, 13. Michael Griffith 18:23, 14. Jose Hernandez 18:25, 15. Vincent Montes 19:18.

Avocado Run

Nov. 25. So. El Monte. 5K.

Overall Results

1. Jesus Palacios 17:00, 2. Mark Whittlesey 17:29, 3. Simon Sanchez 17:39, 4. Rob-in Seidler 17:50, 5. Jose Ortiz 17:55, 6. Francisco Ortiz 18:20, 7. Jeff Hansen 18:26, 8. Don Peterson 18:56, 9. Joe Ciccone 19:10, 10. Bob Arellanes 19:20.

San Gabriel River USA Run

Dec. 1. So. El Monte. 3 Mile.

Overall Results

1. Peter Jansson 15:13, 2. Rick Csintalan 15:31, 3. Vicente Rivera 16:33, 4. Hernando Moises 16:46, 5. Jim Casey 16:48, 6. Filiberto Cortez 16:49, 7. Jim MacLeod 17:14, 8. Mevryn Karlsson 17:36, 9. Peter Tissier 17:59, 10. David Nunez 18:16.

San Gabriel River Clear

Stream Run

Dec. 8. So. El Monte. 3 Mile.

Overall Results

1. Alex Miranda 16:28, 2. David Nunez 18:06, 3. Gerald Werner 18:27, 4. Jarrett Williams 18:48, 5. Leonard Walts 20:18, 6. Ruben Esqueda 20:45, 7. David Brown 21:13, 8. Leo Prado 21:30, 9. Luigi Schiavo 21:43, 10. Richard Vasquez Jr. 21:45.

Rainbow Trout Run

Dec. 9. So. El Monte. 5K.

Overall Results

1. Jim Casey 17:48, 2. Don Wakefield 18:12, 3. Ray Gardner 18:33, 4. Richard Azarelo 19:11, 5. Bob Staley 19:17, 6. California Le 20:05, 7. Dave Griffin 20:35, 8. Arthur Martinez 20:43, 9. Fouts Williams 20:59, 10. Stephen Sessa 21:45.

George Guerrero Run

December 15. So. El Monte. 8K.

Overall Results

1. John Leach (29) 29:27, 2. Jay Peters (29) 31:11, 3. Gerald Werner (44) 31:16, 4. Don Peterson 31:27, 5. Carl Kinnoin (31) 31:55, 6. Ken Dunn (42) 32:35, 7. Sandy Krausert (27) 33:24, 8. Arthur Martinez (43) 33:52, 9. Dennis Fallow (42) 35:47, 10. John Klostad (53) 35:48.

Mistletoe Run

December 16. So. El Monte. 5K.

Overall Results

1. Ozzie Osgood (44) 16:59, 2. Roy Gardner (47) 18:29, 3. Bill King (42) 22:09, 4. Alvin Kern (29) 23:30, 5. William Rosecrance (31) 24:30.

Angel Run

December 17. So. El Monte. 5K.

1. Chanel Jones (32) 18:47, 2. Jarrett Williams (43) 19:58, 3. Joe Englebrecht (41) 20:19, 4. Mike Lakum (46) 24:12.

Feliz Navidad Run

December 22. So. El Monte. 5K.

Overall Results

1. Dan Streble 15:57, 2. Raymundo Cruz (25) 16:50, 3. Hector Cruz (22) 16:56, 4. Terry Jagers (32) 17:25, 5. Victor Estrada (21) 18:15, 6. Catarino Gonzalez 18:15, 7. Salvado Gonzalez 18:41, 8. Gerlad Werner (44) 19:03, 9. Robert Culling (55) 19:16, 10. Milton Ganyard (47) 19:31.

Santa Run

December 23. So. El Monte. 5K.

Overall Results

1. Alex Sabio (19) 16:56, 2. David Zweig (28) 17:21, 3. Luis Castro (22) 17:40, 4. Daniel Zepeda (27) 18:06, 5. Edgar Lelva 19:47, 6. Kent Wedin (37) 20:06, 7. Vincente Guerrero (13) 20:12, 8. Frank Ogawa 20:18, 9. Nati Carrasco (31) 21:23, 10. Daniel Shoaf (45) 21:29.

Christmas Eve Run

December 24. So. El Monte. 5K.

Overall Results

1. Bill Fanselow (24) 18:42, 2. Benjamin Crouch (24) 19:05, 3. Pat Devine 19:32, 4. Milton Ganyard (47) 19:59, 5. Pete Savitz (51) 20:19, 6. Mike Crosby (34) 20:33, 7. Nati Carrasco (31) 21:00, 8. Richard Coriveau (14) 21:14, 9. Juan Arcos (45) 21:16, 10. Richard Coriveau (49) 21:28.

Red Nose Reindeer Run

December 25. So. El Monte. 5K.

Overall Results

1. Victor Estrada (21) 17:28, 2. Steve Ware (39) 17:49, 3. Joseph Ciccone (33) 20:11, 4. Rebecca Kropp (26) 20:23, 5. Michael Brannon (36) 20:27, 6. Jim Baker (38) 20:52, 7. Leonard Walts (61) 20:57, 8. Dwight Smith (45) 21:17, 9. John Tyrrell (46) 22:12, 10. Mike O'Haver (45) 22:29.

Fin De Ano Run

December 29. So. El Monte. 5K.

Overall Results

1. Chris McCormack (17) 15:38, 2. Creighon Harris (18) 15:38, 3. Matthew Sadleir (18) 15:48, 4. Andrew Colvin (18) 16:10, 5. Brad Fraser (16) 16:15, 6. Daniel Green (16) 16:16, 7. Sean Cribb (16) 16:27, 8. David Jones (15) 16:30, 9. Bruce Hogg (16) 16:48, 10. Michael Stevens (16) 17:08.

11. Adam Degnan (17) 17:08, 12. John Araujo (32) 17:11, 13. Aaron Tonkin (17) 17:32, 14. Robert Spurr (15) 17:46, 15. Jodie Young (17) 17:49, 16. Matthew Bisley (17) 18:10, 17. Scott Robinson (16) 18:03, 18. Gretchen Cruz 18:05, 19. Lance Meyer (39) 18:25, 20. Stephen Martin (17) 18:34.

Resolution Run

December 30. So. El Monte. 5K.

Overall Results

1. Mark Junkermann 14:19CR, 2. Christian Cushing 14:59, 3. Elton Lewis 15:23, 4. Ibrahim Okash 15:45, 5. John Araujo (32) 16:46, 6. Annette Luevano 16:58, 7. Ozzie Osgood (44) 17:22, 8. Jim Perez (27) 18:04, 9. James Monahan (35) 18:18, 10. Edward Reyes (34) 19:14.

11. Agustin Gaytan (19) 19:14, 12. Daniel (27) 19:18, 13. Vicente Guerrero (13) 19:51, 14. Jerenias Valdez (29) 19:57, 15. Abel Contreras (33) 20:01, 16. Frank Ogawa 20:03, 17. Kent Wedin 20:10, 18. Roger Davidson (44) 20:28, 19. William Wall (58) 20:41, 20. Sebastian Cortes (14) 20:45.

San Gabriel River New

Year's Eve Run

December 31. So. El Monte. 3 Mile.

Overall Results

1. Gargiel Ramirez (43) 18:38, 2. Albert Diaz (14) 18:58, 3. Frank Ogawa 19:23, 4. Leonard Walts (61) 20:26, 5. John Tyrrell (46) 20:59, 6. John Cinquegrani (51) 21:37, 7. Richard Moore (58) 21:38, 8. Alex White (58) 21:57, 9. J. Montecalvo (39) 22:55, 10. Natalie Montecalvo (41) 26:11.

San Gabriel River Run

January 1. So. El Monte. 3 Mile.

Overall Results

1. Mark Newton (40) 17:27, 2. Harry Hunt (40) 17:43, 3. Michael Griffith (42) 17:49, 4. Booker T. Washington (53) 19:00, 5. Bill Schwartz (43) 19:10, 6. Adolfo Padilla (40) 19:22, 7. Adrian Rodriguez (27) 19:34, 8.

Walt Hitt (40) 19:57, 9. Stan Preston (40) 20:09, 10. Bill King (42) 20:10.

San Gabriel River

Cougar Run

January 5. So. El Monte. 5K.

Overall Results

1. Benny Cruz 14:46CR, 2. Dave Brunken (25) 17:14, 3. Sean Yoder (18) 18:19, 4. Bob Culling (55) 19:25, 5. Gabriel Ramirez 19:52, 6. Pete Savitz (51) 20:14, 7. Frank Ogawa 21:08, 8. Steve Morris 21:33, 9. Gerry Cox (46) 21:38, 10. Leonard Walts (61) 21:41.

San Gabriel River Bass Run

January 6. So. El Monte. 3 Mile.

Overall Results

1. Joe Alvarado 16:11, 2. Terry Jagers (32) 16:47, 3. Gaytan Agustin (13) 17:45, 4. Daniel Zepeda (27) 17:47, 5. Roy Gardner (47) 17:59, 6. Gerald Werner (48) 18:13, 7. Don Peterson 18:35, 8. Gilbert Castro (13) 18:39, 9. Pat Devine 18:40, 10. Sebastian Cortes (15) 18:44.

11. Frank Ogawa (55) 19:15, 12. Vicente Guerrero (13) 19:30, 13. David Rodriguez 19:48, 14. Terry Huffman (37) 19:52, 15. Emmanuel Sanchez (15) 20:07, 16. Cliff Stolba (54) 20:10, 17. Edward Gutierrez (14) 20:34, 18. Nati Carrasco (31) 20:42, 19. William Rothgart (57) 21:11, 20. Alex White (58) 21:52.

Cambell's Soup First Run

January 1. San Francisco Presidio. 2 Mile.

Division Results - Men

Overall Winner: 1. Greg Whiteley (23) 8:59, 18-39: 1. Greg Whiteley 8:59, 2. Dan Gonzales 9:11, 3. Kevin Osterberg 9:15, 40 & Over: 1. Sal Vasquez 10:06, 2. Christian Svendsgard 11:11, 3. Steve Schur 11:34, Wheelchair: 1. David Elsner 11:48.

Division Results - Women

Overall Winner: 1. Lisa Lopez 11:47, 10-39: 1. Lisa Lopez 11:47, 2. Carolyn Horingsworth 12:30, 3. Virginia Woodson 12:38, 40 & Over: 1. Susan Stavish 13:58, 2. Lynn Schur 14:48, 3. Marion Lyons 15:24.

The Charlotte Observer Marathon

January 5. Charlotte, N.C.

Division Results

Men's Marathon: 1. Ric Sayre (37) Ashland, OR. (\$5800) 2:16:21, 2. Gary Gargas (34) Volant, PA. (\$2000) 2:17:16, 3. Doug Kurtis (38) Northville, MI. (\$500) 2:20:16.

Women's Marathon: 1. Lisa Presedo (25) Baton Rouge, LA. (\$5800) 2:43:53, 2. Kim Goff (29) Esmond, RI. (\$2000) 2:47:22, 3. Julie Shea Graw (31) Raleigh, N.C. (\$565) 2:51:04.

Men's Masters Marathon: 1. Ryszard Marczak (45) Buydogoszcz, Poland (\$2,750) 2:23:02, 2. Bob Schlau (43) Charleston, SC. (\$1065) 2:29:16, 3. Bruce Robinson (40) Manasquan, NJ. (\$250) 2:31:11.

Women's Masters Marathon: 1. Nancy Grayson (40) Columbia, SC. (\$2815)

RESULTS

2:55:31, 2. Judy Greer (44) Orlando, FL. (\$1000) 2:56:53, 3. Linda Manning (42) Charleston, SC. (\$285) 3:02:28.

Men's Open 10K: 1. Brian Diemer (29) Kentwood, MI. (\$5000) 29:02, 2. Keith Brantly (28) Gainesville, FL. (\$2000) 29:07, 3. Gary Westgate (24) Toronto, Ont. (\$500) 29:08, 6. Tom Wood (27) Truckee (\$200) 29:22.

Women's Open 10K: 1. Francie Larrieu-Smith (38) Dallas, TX. (\$2250) 34:18, 2. Janis Klecker (30) Minnetonka, MN. (\$2000) 34:22, 3. Marie Boyd (31) Rochester, MN. (\$500) 34:26, 4. Priscilla Welch (46) Boulder, CO. (\$400) 34:38.

Masters Men 10K: 1. John Campbell (41) NZ (\$2250) 30:09, 2. Domingo Tibaduiza (41) Reno, NV (\$1000) 30:28, 3. Wilson Waigwa (41) El Paso, TX. (\$250) 30:35, 4. Bill Rodgers (43) Sherborne, MA (\$200) 30:39, 5. Gary Romesser (40) Indianapolis, IN (\$150) 31:16.

Masters Women 10K: 1. Priscilla Welch (46) Boulder, CO (\$2250) 34:38, 2. Laurie Binder (43) Oakland (\$1000) 35:33, 3. Nancy Oshier (42) Rush, NY (\$250) 36:36.

Avalon Benefit 50-Mile Run

January 5, Avalon.

Overall Results

Men: 1. Dan Wimsatt 6:55:57, 2. Jim Pellon 7:07:09, 3. Gil Cornell 7:11:09.

Women: 1. Carol Mortier 7:51:10, 2. Terry Crawford 8:22:45, 3. Saralie Sigamian 8:23:04.

Orange County Half Marathon

January 12, Irvine.

Division Results - Men

Overall Winners: 1. Paul Williams 1:04:59, 2. Adolfo Garcia 1:08:26, 3. Fredson Mayiek 1:08:39. **17 & Under:** 1. Kevin Bean 1:19:24, 2. David Bowles 1:24:25, 3. John Kenfield 1:24:40. **18-29:** 1. Adolfo Garcia 1:08:26, 2. Fredson Mayiek 1:08:39, 3. Gus Hermes 1:10:03. **30-34:** 1. Paul Williams 1:04:59, 2. Joe Young 1:13:21, 3. Tom Bertsch 1:13:49. **35-39:** 1. Carey Simons 1:09:36, 2. Keith Witthauer 1:11:36, 3. Bill Entz 1:12:55. **40-49:** 1. Robert Langan 1:20:37, 2. Bob Goodson 1:22:49, 3. Wayne Mitchell 1:23:06. **50-59:** 1. Carlos Valle 1:18:03, 2. Dave Arntson 1:23:49, 3. Hans Dieben 1:24:21. **60-69:** 1. Ruben Vigil 1:31:49, 2. Bob Kohler 1:33:05, 3. Sal Chaidze 1:50:20. **70 & Over:** 1. John Rodriguez 2:27:21. **Runners:** 1. Ed Bouldin 2:03:33, 2. Richard Nester 2:11:00, 3. Craig Droz 2:15:34.

Wheelchair: 1. Bob Molinatti 58:08, 2. Keith Dysert 58:09, 3. Eric Neitzel 1:00:07.

Division Results - Women

Overall Winners: 1. Mary Button 1:22:30, 2. Gretchen Cruz 1:24:03, 3. Rosa Cazares 1:25:19. **17 & Under:** 1. Heather Salisbury 1:56:05, 2. Natalie Lupia 2:05:07, 3. Candice Nelson 2:45:49. **18-29:** 1. Rosa Cazares 1:25:19, 2. Kristin Harkins 1:26:21, 3. Tracy Merrill 1:26:51. **30-34:** 1. Mary Button 1:22:30, 2. Gretchen Cruz 1:24:03, 3. Keren McQuilkin 1:26:46. **35-39:** 1. Arlene Fichman 1:32:26, 2. June Gessner 1:33:17, 3. Ursula Hill 1:34:58. **40-49:** 1. Patricia Sher 1:31:17, 2. Elizabeth Blair 1:31:26, 3. Sally Adam 1:33:56. **50-59:** 1. Yvette Lavigne 1:34:33, 2. Bobbi Gold 1:48:08, 3. Carolyn Hickey 1:49:54. **60-69:** 1. Nyla Cook 3:04:56, 2. Joan Gunn 3:18:00. **Runners:** 1. Linda Hiltunen 2:34:30, 2. Cheryl Kincaide 2:35:30, 3. Marsha Tupper 2:44:32.

Overall Results - 5K

Men: 1. Kernan Morrow 16:12, 2. Patrick Hill 16:13, 3. Irv Dawson 16:43.

Women: 1. Grisca Torres 19:13, 2. Junko Cheng 20:26, 3. Renee Bergeron 21:39.

Cal-10 Race

January 13, Stockton.

Division Results - Men

Overall Winners: 1. James Sapienza 51:27, 2. Kenney Brown 53:58, 3. Terence Boynton 54:41. **18 & Under:** 1. Clint Stevens 57:38. **19-29:** 1. James Sapienza 51:27, 2. Kenny Brown 53:58, 3. Richard Johnson 55:58. **30-34:** 1. Terence Boynton 54:41, 2. Louis Garcia 55:04, 3. Nick Nickels 57:11. **35-39:** 1. Dan Anderson 54:57, 2. Chris Enfante 57:21, 3. Lon Kincannon 58:52. **40-44:** 1. Dennis Uriaga 57:20, 2. Doug Huff 58:33, 3. Charles Crumpton 58:52. **45-49:** 1. Doug Butt 58:00, 2. Patrick Welch 1:05:43, 3. Bruce Hilger 1:07:10. **50-59:** 1. Jim Rostegge 58:43, 2. Stephen Lyons 58:56, 3. John Shelgren 1:00:53. **60-69:** 1. Hank Fragoza 1:06:00, 2. John Dotson 1:15:23, 3. Frank Cunningham 1:15:56. **Wheelchair:** 1. Jerry Deets 47:46.

Division Results - Women

Overall Winners: 1. Shirley Matson 1:00:24, 2. Rebecca Chamberlain 1:01:29, 3. Kathy Ward 1:02:26. **20-29:** 1. Rebecca Chamberlain 1:01:29, 2. Rachel Procter 1:07:45, 3. Isabelle Gaston 1:10:21. **30-39:** 1. Kathy Ward 1:02:26, 2. Janet Smith 1:03:15, 3. Tori Strong 1:08:04. **40-49:** 1. Lynda Winter 1:22:59, 2. Patty Jacquez 1:23:21, 3. Karen Hunsaka 1:23:51. **50-59:** 1. Shirley Matson 1:00:24, 2. Dina Fields 1:25:17, 3. Jean Lefever 1:27:12.

"The Finest In-Season Prep Invitational In the Nation"

-- Jack Shepard, *Track & Field News*

24th ARCADIA INVITATIONAL

Track and Field Meet for
High School Men & Women

**SATURDAY
APRIL 13, 1991**

"Challenge Yourself Against The Best"

- 1988 & 1990 Meet featured on ESPN's "Scholastic Sports America," 1989 Meet on "CIF Sports Beat."
- 1990 Meet entrants from fourteen states. Sixteen event winners recorded nation-leading performances; twenty-one California State leading efforts.
- 1990 Meet featured entries from 29 of the 31 eventual individual and relay California State Champions (17 did not win their event at the Arcadia meet).
- Fourteen 1988 U.S. Olympic Track & Field team members competed in the Arcadia Invitational as preps.
- Twenty-four 1990 *Track & Field News* High School All-Americans (ranked among top 3 in their event nationally) in '90 Arcadia Invitational.
- Six national high school records in the last thirteen years.
- Sanction applied for all California sections, Arizona, Oregon, and Nevada schools.

MEET RECORDS:

Men: 10.40--20.79--46.57--1:49.9--4:07.7--8:45.3--13.70--36.42--40.79--3:11.33--10:09.71 (DMR)--7'2"-17' 3 1/4"-25' 3 1/4"-51' 0 3/4"-71' 1 1/4"-224'3".

Women: 11.57--23.57--52.90--2:10.33--4:48.59--10:18.44--13.71--42.32--45.80--3:46.3--11:59.11 (DMR)--6'0"--20' 3/4"--41'9" (TJ)--50'10"--172'4".

Metric Distances ■ *Accutrack Timing*
Nine Lane All-Weather Facility

For Meet Information:

Doug Speck / Mary Lou Guy
Arcadia Invitational--Arcadia High School
180 Campus Drive, Arcadia, CA 91006
(818) 446-0131

Editor's Note: Many of you requested a larger type-size for the results-- we agree. We increased the size a bit in this issue, which should aid readability. We appreciate your comments.

Running Faster Without Training

By JEFF GALLOWAY

Taylor Murray had done his homework. His 6 month training program included all of the elements necessary for a sub 40 minute 10K: Long runs that gradually increased to 16 miles every-other-week, a weekly hill workouts which eventually topped out at 20 x 440 in 90:92 seconds. On non long run week-ends he had run two 5K's in 18:55 and 18:51 which are equivalent performances to a sub 40 minute 10K. Taylor was ready!

At the crack of the starting pistol, Taylor Murray took off like a champion. Without straining, he ran 18 seconds faster than goal pace in the first mile, 10 seconds faster the second mile and third mile, and then struggled up the worst hill on the course to finish the fourth mile split exactly at goal pace. But in spite of his 38 second "cushion", Taylor slowed by 20 seconds on the 5th mile and slowed even more on the last one to finish 12 seconds off his goal.

Taylor could have run 20-30 seconds faster—he was fit enough. Let's look at his mistakes, and hopefully learn from them.

1. Going out too fast:

The first mile was flat and slightly uphill. Taylor felt so good that he didn't realize that he was running too fast. The 18 seconds too fast (uphill) took its toll—particularly when he continued to run too fast for the next two flat miles. Most Personal Records are set by running the last half of the race faster than the first half. The easier pace would have conserved fluids, energy sources and reduced damage, allowing a strong finish during the last (downhill) mile of the race.

2. Pushing up the hills:

Taylor felt so strong on the first mile that he challenged a 300 yd. hill and cruised over the top. On the fourth mile, as he was getting tired, he pushed hard up a 400 yd. hill just to

stay at his goal pace. These two efforts were the equivalent of sprinting for those distances on a flat course. By shortening stride up hill, Taylor could have kept his breathing rate as it was on the flat and thus maintained even EFFORT up hill. The slight slowdown could have been countered by a faster turnover on the downhill stretches of the course.

3. Overstriding:

To make matters worse, Taylor lengthened his stride as he surged up the hills, and when he got tired on the last mile. By overstriding, he used up energy resources which he could have used later. As each leg reached out in front of him, the hamstrings overstretched and then tightened up. On the last mile, Taylor's legs felt dead—due to a loss of strength and flexibility. Instead, Taylor should have reduced stride length and quickened the turnover rate—to reduce the slowdown and to preserve resources. This technique is most effective when it is practiced regularly on hilly courses every week.

4. Believing the negative messages:

In spite of all of his problems on the last mile, Taylor may have still reached his time goal. When he crested the last little hill and looked downhill to the finish, he already felt finished. The left brain was feeding him a stream of negative but logical thoughts: "I'm too tired to reach my goal, slow down and feel better, I feel awful. . ." We almost always got those messages when we are running at capacity, near the end of the race. If we listen to and believe the negative—then we will make the messages come true. Taylor could have probably minimized his slowdown by ignoring the messages, relaxed with a slightly shortened stride and focused on the

turnover of his feet. By shifting into the intuitive right brain, he could have gotten the job done—if it was possible on that day.

After learning of his mistakes, Taylor followed the same training program for the following year. He ran the same race in 39:47.

Note: US Olympian Jeff Galloway conducts running vacations and various training seminars. He has written the nation's best-selling running book Galloway's Book on Running and encourages your feedback for future books and articles; P.O. Box 76843, Atlanta, GA 30358.



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CALIFORNIA

Track & Cross Country

✓ PREP NOTES

✓ 1990 ALL-CALIFORNIA
HIGH SCHOOL CROSS
COUNTRY TEAM

✓ SUNKIST INDOOR MEET

✓ SoCAL DIARY

✓ RESULTS



TIFFANY YORK -- Sunkist's 4x880 Relay
Photo by Kirby Lee



Start of 1990 JC State X-C Championships

Photo by All-sport/Bill Leung, Jr.

PREP NOTES

By KEITH CONNING

● Role-Model for our Youth?

Houston, Texas, January 12--Olympic gold-medalist Carl Lewis was charged with drunken driving after police said they saw his car strike a curb while making a turn, blowing out two tires on the black Audi. Authorities said Lewis was taken into custody after failing a field sobriety test. A test administered at the police station put Lewis' blood-alcohol level at 0.12. In Texas the legal limit is 0.10. Lewis was charged with driving while intoxicated, a misdemeanor punishable by a fine of up to \$1,000 and up to six months in jail.

Lewis sprinted from a police substation to an awaiting car and was driven away hiding his face after being charged with driving while intoxicated.

Lewis (Willingboro High School, NJ) set the national high school record (according to *Track & Field News*) for the long jump of 26-8 1/4 on July 7, 1979 in San Juan, Puerto Rico. His record lasted until June 23, 1989 when Dion Bentley (Penn Hills, Pittsburgh, PA) jumped 26-9 1/4 at Santa Fe, Argentina.

● North Coast Section Cross Country Management Committee

January 16. College Prep High School, Oakland--The North Coast Section has decided to continue the same format used in 1990 to allow for a better opportunity for evaluation.

The North Coast Section does not allow teams to move from one division to another. They must compete according to their school population.

● Track and Field Results Wanted

Please send track and field results from Northern and Central California to Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823 or to Keith Conning, Assistant Track Coach, Berkeley High School, 2246 Mil-

via Street, Berkeley, CA 94704.

Southern California results should be sent to Doug Speck, 563 North Willow Grove Avenue, Glendora, CA 91740.

● Notes From Doug Speck

National Team Honors for California Prep Track & Field Squads

How do you think California's best High School Track & Field teams would fare against the top squads from the rest of the nation. *School Marks*, a publication put out by Jack Pfeifer of Baltimore, Maryland, ed a ranking of the top prep dual meet teams nationally this Fall, using marks achieved during the 1990 indoor and outdoor season. This is a niche of prep statistics that has not been attempted previously, and the very respected Mr. Pfeifer's work had some interesting results and good news for Golden Staters.

The top-ranked squad nationally on the Boys side was Ellison HS of Killeen, Texas, with Tilden HS of Brooklyn, a visitor to California last spring at the Arcadia Invitational, the Girls winner. Ellison is scary tough, with 10.54 - 21.24 - 46.34 - 1:54.87 - 4:07 (1500m) - 14.13 - 38.3 - 40.92 - 3:14.60 - 6-8 - 24-3 1/2 - 48-3. (TJ) - 54-11 1/4 front line people and some depth to back that crew up. Tilden had a frightening crew in the middle distances, with 48.21 - 1:39.78 - 3:43.57 - 9:10.91 in the 4x relay events and a snappy 11:57.74 distance medley relay squad.

California teams Bakersfield and Muir (Pasadena) were ranked #2 and #3 on the Girls side, strong honors for two super groups last spring. The highest placing California Boys group was Bellarmine of San Jose in 6th, a team which had a good group on the track and strong weight team. Mt. Carmel of San Diego was 7th on the Girls side, with Morningside (Inglewood-Girls) and Washington (L.A.-Boys) rounding out the top tens nationally.

When programs (Boys and Girls) were combined, Muir HS of Pasadena was declared the best in the nation over Tilden HS of Brooklyn.

The Mustangs of Coach Clyde Turner and Jim Brownfield have a super tradition, with such recognition probably long overdue for the Pasadena-based school. Bakersfield HS was recognized as the #5 combined program nationwide, with Locke (L.A.) 7th, and Mt. Carmel (San Diego) 9th. California was the most prolific state in Mr. Pfeifer's rankings.

Anyone who would like information on the publication, *School Marks*, can write Jack Pfeifer at 906 Gorsuch Ave., Baltimore, MD 21218.

Hawaii Young Women's High School Ekiden Relay

A special group of young female runners from California had a chance to run for an Ekiden Relay team in a race sponsored by the Lion Corporation from Japan in Hawaii on December 30th. The Ekiden road-relay race, where a sash is passed between runners, was held over the Honolulu Marathon course. The event had teams from twelve countries in attendance. California preps who competed were Jeannie Rothman (Westlake HS in Westlake Village), Veronica Barajas (Channel Islands HS in Oxnard), Milena Glusac (Fallbrook HS), Shelley Taylor (Edison HS, Huntington Beach), Jennifer Lacovara (Morro Bay HS), Jessica Graham (Westlake HS), and Susan Scott (Mt. Carmel HS, San Diego).

The group had a great week in Hawaii, taking in the sights and preparing for the competition which is a very popular New Year's Eve television production in Japan. The actual race has the 30 kilometer Honolulu Marathon course divided up into six legs that vary in length from just under two miles (3.11 kilometers) to just over four miles (6.89 kilometers). A team from Kenya was the event winner in a stirring competition against two squads from Japan, with the trio of teams within a hundred yards at the finish line after 26 miles of running.

The team Rothman, Barajas, Glusac, and Taylor competed on finished in twelfth place. Rothman raced 24:43.9 for her 6.89 km lead-off leg for 14th, Barajas was 11:15.6 for her 3.11 km second leg for 13th overall on her segment, with Glusac 21:21.3 for a 5.8 km

continued next page...

PREP NOTES

California Track & Cross Country Coaches Alliance

✓ ISSUE OF THE MONTH

From Will Wester
San Pasqual High School

There exists an issue in girls' high school cross country about which I have held concern for quite some time. I have regularly brought up this issue in our local conference and the San Diego Section C.I.F. meetings, and have seen growing support for the position to which I hold. This issue involves the distance which the girls race in most California C.I.F. sections. While most California sections compete at the three mile (5,000 meter) distance, San Diego has, up to now, held the line at a distance between 2.25 to 2.75 miles. This race distance has been held despite constant pressure from some coaches and the C.I.F. commissioner to line up with the state and lay out three mile (5,000 meter) courses.

It is my personal sentiment that the high school girls' cross country programs would be best served if the maximum distance of all California Sections girls races would become two miles. There are several reasons why I feel this would be advantageous for our sport.

NOTES, continued

4th leg (8th fastest time there), and Taylor bringing the team in at 12:16.4 for a 3.5 km leg, the 12th time for that final portion. Lacovara was 23:04.6 for her 6.0 km fifth leg for her team, the 16th fastest time recorded for that segment, with her squad placing sixteenth overall in the competition. Graham raced as part of an "International Friendship" team with the athletes from other nations, recording a 12:45.5 for the final 3.5 km leg attempt (16th overall there), with Scott 22:26.7 for her 5.8 km fourth leg for another Friendship squad (the 16th fastest time run on that leg). The friendship and camaraderie that came from the time in the island with the athletes from all of the nations in attendance was truly the experience of a lifetime for the California preps.

I will attempt to share these reasons, realizing that there certainly exist arguments against my recommendations.

I realize I am bucking the recently published ideas of Marc Bloom, editor of *The Harrier* magazine, but my sentiments are hardly based upon a "women's rights" or "equal rights" issue. I think that first, we as coaches must take into consideration what is best for most high school female runners, because essentially as we recommend, so go the decisions to which these young harriers must adhere.

First, it is my belief that most high school age girls are not physically capable of "racing" three miles. While certainly many can run three miles, as I watch the three mile races at Mt. SAC it is quite apparent that many less than half the field are actually "Racing." When I compare this to the tempo the boys can hold over three miles, it becomes evident to me that this strength factor certainly plays an important role in the girls' performances. It also seems extremely inconsistent to me to require 14 and 15 year old youngsters to race the same distance the college and universities ask their 18 to 22 year old racers to cover. This is certainly not in line with the graduations their male counterparts are allowed in transition to post high school competition. (Counter: college women should upgrade to 10,000 meters).

Secondly, a major number of high school girls' programs in San Diego County have difficulty fielding teams at two or three levels (JV & Frosh). In fact many of them can barely field a varsity that can run the race (without walking). A check of results from Mt. SAC indicates this is not just a San Diego area problem, and further study indicates that only a few frosh, soph, and JV girls' teams can post fairly competitive team times. While the three mile distance may not be the only obstacle, it certainly may be considered one likely reason. Some ideas possibly related to this include:

- From my experience most sprinters say that three miles is "too far" for them -- while they might consider two, three is out of the question. Result: less track recruits.
- Extremely high drop-out rate from frosh to senior year. My observation is that the drop-out rate at girls' levels just about doubles that of boys' teams. My theory: it's too hard--bad experience.
- From my teams' reaction, especially at the JV-Frosh level, they dislike the L.A. area

three mile races, and rejoice when I enter them into 1 mile (frosh) and 1 1/2 mile (soph-JV) races I locate early in the year. Keep in mind the goal for the young runners is to achieve success, so they'll still be around as seniors. I would like to point out that my Varsity athletes have no fear of the three mile distance and do well when running three miles.

Thirdly, the team entries from San Diego into the California State Meet have traditionally done quite well. San Diego girls only run 2.7 miles (or less) at their league finals and C.I.F. meets. While this may seem insignificant at first thought, it is my belief that the San Diego area gals have a decided advantage over their L.A. area rivals in that they did not race the demanding Mt. SAC course the previous weeks. This disparity does not seem to hold true on the boys' side. Advantage: Fresh legs.

Please understand, my concern emanates from a worry that girls cross country may not be best serving our high school girls. I would like to point out that my concern addresses primarily the team aspect of this sport. I tend to see many programs with one, two or three quality competitors, and often no quality runners to back them up. I feel that the star runners can handle anything reasonable thrown their way, but with the lesser talented runners there seems to be a greater struggle making adjustments. It is also my belief that shortening the races would have little or no negative effect on the finish results of the top rated female racers, while it would facilitate the performances of the lesser developed runners.

It is my hope that the results of this letter will stimulate discussion on a statewide level. It would be interesting to find out if others hold a similar concern, or if other avenues of concern not covered in this letter might be revealed. The progress of running in the state of California has come a long way. It is my hope that this trend may continue so that we may lead the nation in producing the Olympians of the future.

The California Track & Cross Country Coaches Alliance welcomes your response to this issue. Please send your comments to C.T.&R.N., 4957 E. Heaton, Fresno, CA 93727.

California Track and Cross Country COACHES ALLIANCE

1990 Membership Update:

In its second year the California Track and Cross Country Coaches Alliance will continue to expand its scope, involvement, and improvement regarding our two sports within the state.

Why Should I Join The Coaches Alliance?

The California Track and Cross Country Coaches Alliance is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field.

Provides a unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows a group consensus helps to bring about change more effectively than isolated individual concerns.

Last year the Coaches Alliance was directly involved in helping to create a change in the State Cross Country meet format from three divisions to four.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the Coaches Alliance sponsored a clinic in San Francisco for Northern California coaches.

What Do I Receive For My Membership?

- ✓ Coaches Alliance members will receive monthly editions of California Track and Running News, the official publication of the Alliance. Each month members will be kept current with happenings around the state in the Coaches Alliance section of the magazine. Both cross country and track will be covered.
- ✓ Coaches Alliance meetings organized around the CIF Reebok State Meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.
- ✓ Discounts at the Coaches Alliance sanctioned clinics held in different locations throughout the state. These clinics are:
 1. San Joaquin Coach of the Year Clinic in Fresno.
 2. Southern California Coaches Clinic at Artesia High School in Los Angeles.
 3. California Track and Cross Country Coaches Alliance Clinic to be held in San Francisco.
- ✓ Participation in the Reebok Coaches Clinic (co-sponsored by the Coaches Alliance) to be held on the Saturday morning of the CIF Reebok California State Track Meet weekend.
- ✓ \$50.00 off on a coach's registration fee at Skyjumpers Vaulting Camps, 1990-1991. Camp good for coaching certification.

If you would like to join, please fill out the following: (Please Print)

Name: _____

School: _____ Section: _____

Address: _____

City: _____ Zip: _____

Phone: Home (____) _____ School (____) _____

Dues for 1990/91 year (Tax Deductible) **\$25.00** Make out to Coaches Alliance

Send To: Dennis McClanahan-Treasurer, Mt. Carmel High School
9550 Carmel Mt. Road, San Diego, Ca. 92128

1990 All-California High School Cross Country Team



Start of Artichoke Invitational 1990 -- Small Schools Varsity Boys

Compiled by Keith Conning

The athletes are listed in the order of their best time at Woodward Park during the California Interscholastic Federation/Reebok State Meet or the Kinney Western Regional.

Abbreviations: - =Senior, * =Junior, ** =Sophomore, *** =Freshman, A.L. =Athletic League, D =Division, Fr =Freshman, H =Heat, IS =Individual Sweepstakes, Jr =Junior, J/S =Junior/Senior, LAS =Los Angeles Section, Lg = Large School, M =Medium School, N =National, NCS =North Coast Section, R =Race, SDS =San Diego Section, S-JS =Sac-Joaquin Section, Sm = Small School, So =Sophomore, Sr =Senior, SS =Southern Section, TS =Team Sweepstakes, W =Western.

Top 25 Boys:

1. -Louie Quintana

(Arroyo Grande)

14:14	1) Seaside Jr/Sr	09/08
15:06	1) Big Ditch Lg	09/15
14:56	1) Clovis Lg	09/22
15:27	1) Virginia	09/29
14:57	1) Stanford DI	10/06
14:40	1) Mt. SAC TS	10/20
14:47	1) SS DI-A H1	11/10
14:43	1) SS DI	11/17
<u>14:47</u>	1) State DI	11/24
14:49	1) Kinney W	12/01
15:07	1) Kinney N	12/08

2. -James Menon

(San Luis Obispo)

15:42	2) Big Ditch Lg	09/15
15:41	1) Clovis Sm	09/22
16:07	1) Agoura DII	09/29
15:31	1) Stanford DIII	10/06



LOUIE QUINTANA

Photo by Bill Cockerham

15:28	1) Mt. SAC IS	10/20
15:37	1) SS DIII-A H2	11/10
15:14	1) SS DIII	11/17
15:26	2) State DIII	11/24
<u>15:01</u>	2) Kinney W	12/01
15:33	9) Kinney N	12/08

3. -Dave Hartman

(Canyon, Canyon Country)

14:33	2) Seaside Jr/Sr	09/08
14:54	1) Mt. Carmel DI Sr	09/15
15:11	1) Royal Lg	09/22
15:37	1) Santa Clarita Lg	10/13
14:51	2) Mt. SAC TS	10/20
15:24	1) SS DI-A H2	11/10
15:07	2) SS DI	11/17
<u>15:04</u>	2) State DI	11/24
15:04	3) Kinney W	12/01
15:21	3) Kinney N	12/08

4. *Angel Martinez

(San Gabriel)

<u>15:09</u>	7) Kinney W	12/01
15:43	16) Kinney N	12/08

5. *Jeff Wilson

(Newbury Park)

15:28	1) Woodbridge Sm 11	09/15
15:26	2) Royal Lg	09/22
15:50	1) Kenny Staub DII	10/06
15:51	1) Mt. SAC R59	10/20
15:25	1) Ventura County	10/26
16:16	1) SS DIII-AA H2	11/10
15:34	2) SS DIII	11/17
<u>15:15</u>	1) State DIII	11/24
15:23	16) Kinney W	12/01

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Cross Country Team

6. **Daniel Das Neves

(Helix, La Mesa)

15:36	2) SDS DII	
15:38	4) State DII	11/24
15:19	11) Kinney W	12/01

7. *Todd Tressler

(San Marcos, Santa Barbara)

15:22	7) Seaside Jr/Sr	09/08
16:11	5) Big Ditch Lg	09/15
14:53	1) Bell-Jeff DIII	09/29
15:33	2) Mt. SAC IS	10/20
15:49	1) SS DII-A H2	11/10
15:32	1) SS DII	11/17
15:34	3) State DII	11/24
15:21	12) Kinney W	12/01

8. Tesfaye Beyene

(Newark Memorial, Newark)

10:21	1) Monte Vista	09/14
15:05	1) Mariner Lg	10/20
16:13	1) Mission Valley AL	11/01
14:57	1) NCS DII	11/17
15:29	2) State DII	11/24
15:23	17) Kinney W	12/01

9. -Robert Walker

(San Pasqual, Escondido)

15:41	1) Mt. SAC R14	10/19
15:27	1) SDS DII	

15:25	1) State DII	11/24
15:26	20) Kinney W	12/01

10. -Ben Mesfen

(Venice, Los Angeles)

14:41	1) Bell-Jeff DI	09/29
15:27	1) Kenny Staub DI	10/06
15:30	4) LAS	11/17
15:53	11) State DI	11/24
15:26	22) Kinney W	12/01

11. -Jorge Barajas

(Fillmore)

15:12	4) Seaside Jr/Sr	09/08
14:50	1) Ojai	09/15
16:10	1) Royal Sm	09/22
15:16	2) Bell-Jeff DIII	09/29
15:57	2) Mt. SAC R14	10/19
15:43	3) Ventura County	10/26
16:15	1) SS DIV-AA H2	11/10
15:52	2) SS DIV	11/17
15:43	2) State DIV	11/24
15:32	24) Kinney W	12/01

12. -Daniel Niednagel

(Dana Hills, Dana Point)

15:13	1) Laguna Hills Lg Sr	09/22
14:51	1) Dana Hills DI Sr	09/29
15:19	1) Orange Co. 12th	10/13
15:29	4) Mt. SAC TS	10/20

15:48	2) SS DI-A H2	11/10
15:27	3) SS DI	11/17
15:37	3) State DI	11/24
15:33	25) Kinney W	12/01

13. *Jim Zachary

(DeLaSalle, Concord)

10:45	5) Monte Vista	09/14
10:26	3) Ed Sias	09/22
09:55	1) San Ramon Lg	09/29
15:52	2) Stanford DII	10/06
15:27	2) Mariner Lg	10/20
15:50	1) Bay Valley A.L.	10/31
15:30	2) NCS DII	11/17
15:48	8) State DII	11/24
15:34	27) Kinney W	12/01

14. -Steve Gonzales

(Carson)

15:42	3) Mt. SAC IS	10/20
15:06	2) LAS	11/17
15:41	5) State DI	11/24
15:34	28) Kinney W	12/01

15. -Josh Gerry

(Camarillo)

16:24	2) SS DII-AA H1	11/10
16:02	9) SS DII	11/17
16:02	14) State DII	11/24
15:36	30) Kinney W	12/01



JAMES MENON
Photo by
Elaine Rosenfield



ANGEL MARTINEZ
Photo by Kirby Lee



DAN NIEDNAGEL
Photo by Bill Cockerham



STEVE GONZALES
Photo by
All-sport/Bill Leung, Jr.



ROMAN RENDON
Photo by
All-sport/Bill Leung, Jr.



DANIEL DAS NEVES
Photo by Keith Conning

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Cross Country Team

16. -Rene Arellano

(Belmont, Los Angeles)

16:04	2) Santa Clarita Lg	10/13
15:51	15) Mt. SAC TS	10/20
14:58	1) LAS	11/17
<u>15:40</u>	4) State DI	11/24
15:46	42) Kinney W	12/01

17. -Brian Singleton

(Harte, Altaville)

16:16	4) Jim Frank	09/08
16:13	1) Stanford DIV	10/06
16:06	3) Mt. SAC R14	10/19
15:56	2) S-JS DIII & IV	11/09
<u>15:41</u>	1) State DIV	11/24
15:47	45) Kinney W	12/01

18.-Hector Hernandez

(Mar Vista, Imperial Beach)

15:41	1) Mt. Carmel DII Sr	09/15
15:59	3) SDS DII	
<u>15:41</u>	5) State DII	11/24
15:45	39) Kinney W	12/01

19. -Israel Pose

(Torrance)

15:09	1) Woodbridge M 12	09/15
15:21	1) Fountain Vy DII	10/06
15:57	1) Mt. SAC R61	10/20
16:10	1) SS DII-AA H1	11/10
15:45	2) SS DII	11/17
<u>15:41</u>	6) State DII	11/24

20. **Mike Love

(Katella, Anaheim)

15:45	2) Woodbridge M 10	09/15
No Time	4) Fountain Vy DII	10/06
15:42	1) Orange Co. 10th	10/13
16:11	3) SS DII-A H1	11/10
15:55	5) SS DII	11/17
<u>15:42</u>	7) State DII	11/24
15:42	38) Kinney W	12/01

21. *John Castner

(Oak Park, Agoura)

16:05	2) Mt. SAC R12	10/19
16:06	9) Ventura County	10/26
16:44	1) SS DIV-A H2	11/10
15:46	1) SS DIV	11/17
15:50	6) State DIV	11/24
<u>15:42</u>	36) Kinney W	12/01

22. -Brian White

(Antioch)

10:21	7) San Ramon Lg	09/29
16:26	2) Bay Valley A.L.	10/31
15:26	2) NCS DI	11/17
<u>15:44</u>	6) State DI	11/24
15:49	49) Kinney W	12/01

23. -Roman Rendon

(Banning, Los Angeles)

15:44	6) LAS	11/17
<u>15:45</u>	7) State DI	11/24

24. -Steve Guerrini

(Santa Rosa)

10:52	5) Ed Sias	09/22
15:33	3) Mariner Lg	10/20
15:30	1) North Bay League	11/02
15:12	1) NCS DI	11/17
15:52	10) State DI	11/24
<u>15:45</u>	40) Kinney W	12/01

25. -Richie Boulet

(Drake, San Anselmo)

11:41	1) Artichoke Sm	10/06
16:36	2) NCS DIV North	11/10
15:28	2) NCS DIV	11/17
<u>15:46</u>	3) State DIV	11/24

17:49	1) SS DII-A H2	11/10
17:27	1) SS DII	11/17
17:28	1) State DII	11/24
<u>17:16</u>	2) Kinney W	12/01
17:38	2) Kinney N	12/08

3. ** Milena Glusac

(Fallbrook)

16:27	1) Mtg. Carmel DI So	09/15
17:15	1) Laguna Hills Lg So	09/22
17:08	1) Dana Hills DI So	09/29
17:45	4) Mt. SAC IS	10/20
14:30	1) SDS	
17:54	3) State DII	11/24
<u>17:25</u>	3) Kinney W	12/01
17:59	7) Kinney N	12/08

4. ***Carrie Garritson

(Rim of the World, Lake Arrowhead)

18:50	1) Colton Fr/So	09/08
18:03	1) Yucaipa DI	10/06
18:40	1) SS DIII-AA H1	11/10
18:09	1) SS DIII	11/17
18:01	1) State DIII	11/24
<u>17:36</u>	4) Kinney W	12/01
18:18	11) Kinney N	12/08

Top 25 Girls:

1. -Deena Drossin

(Agoura, Agoura Hills)

17:11	1) Seaside Jr/Sr	09/08
17:04	1) Woodbridge M	09/15
17:47	1) Kenny Staub DI	10/06
17:16	1) Mt. SAC TS	10/20
17:24	1) Ventura County	10/26
17:54	1) SS DI-AA H1	11/10
17:23	1) SS DI	11/17
17:29	1) State DI	11/24
<u>17:07</u>	1) Kinney W	12/01
17:53	6) Kinney N	12/08

2. -Jeannie Rothman

(Westlake, Westlake Village)

17:23	2) Woodbridge M	09/15
17:55	1) Royal L	09/22
17:55	1) Kenny Staub DII	10/06
17:25	1) Mt. SAC IS	10/20
17:36	2) Ventura County	10/26



DEENA DROSSIN

Photo by Kirby Lee

5. **Shelley Taylor

(Edison, Huntington Beach)

17:29	1) Laguna Hills MJ/So	09/22
17:02	1) Dana Hills DI J/S	09/29
17:54	2) Fountain Vy DII	10/06
17:37	2) Mt. SAC IS	10/20

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Cross Country Team



STEFANIE JENSEN
Photo by Bill Cockerham



(L to R): **MARIBELLA APARICIO, NIAMH ZWAGERMAN & JENNIFER LACOVARA**
Photo by Elaine Rosenfield



VERONICA BARAJAS
Photo by Kirby Lee



ERICA SUMI
Photo by Bill Cockerham

18:27	1) SS DII-AA H2	11/10
17:54	2) SS DII	11/17
17:46	2) State DII	11/24
17:42	6) Kinney W	12/01
18:21	12) Kinney N	12/08

6. *Veronica Barajas

(Channel Islands, Oxnard)

17:28	2) Seaside Jr/Sr	09/08
18:14	2) Royal Lg 09/22	
18:25	1) Agoura DI	09/29
18:39	1) Stanford DI	10/06
18:02	2) Mt. SAC TS	10/20
18:02	3) Ventura County	10/26
18:27	1) SS DI-AA H2	11/10
17:47	2) SS DI	11/17
17:44	2) State DI	11/24
17:47	8) Kinney W	12/01
17:47	5) Kinney N	12/08

7. **Erica Sumi

(Wilson, Long Beach)

18:56	1) Bronco	09/08
17:32	1) Woodbridge Lg	09/15
18:35	1) Clovis Lg	09/22
17:33	1) Bell-Jeff DI	09/29
18:31	3) Mt. SAC TS	10/20
18:36	2) SS DI-AA H2	11/10
18:21	3) SS DI	11/17
18:08	3) State DI	11/24

17:44	7) Kinney W	12/01
18:29	18) Kinney N	12/08

8. -Jennifer Lacovara

(Morro Bay)

21:52	1) Morro Bay	09/08
17:33	2) Ojai	09/15
19:01	3) Clovis Sm	09/22
18:42	1) Stanford DIV	10/06
18:58	1) SS DIV-AA H1	11/10
18:40	1) SS DIV	11/17
18:05	1) State DIV	11/24
17:57	10) Kinney W	12/01

9. -Niamh Zwagerman

(Tamalpais, Mill Valley)

18:45	2) Stanford DIV	10/06
18:24	1) Serra	10/13
17:42	1) Mariner Sm	10/20
18:31	1) NCS DIV North	11/10
17:37	1) NCS DIV	11/17
18:15	3) State DIV	11/24
18:06	13) Kinney W	12/01

10. ***Kay Nekota

(Woodbridge, Irvine)

17:58	7) Woodbridge M	09/15
18:18	1) Laguna Hills M Fr	09/22
17:26	1) Dana Hills DII Fr	09/29

17:49	1) Orange Co. 9th	10/13
18:43	1) Mt. SAC R55	10/20
18:42	2) SS DII-A H1	11/10
18:08	4) SS DII	11/17
18:07	4) State DII	11/24

11. -Stefanie Jensen

(South Tahoe, So. Lake Tahoe)

18:51	2) Jim Frank	09/08
18:22	2) Clovis Sm	09/22
19:02	3) Nevada State AAA	11/10
18:07	15) Kinney W	12/01

12. -Martha Pinto

(Katella, Anaheim)

17:34	3) Woodbridge M	09/15
18:01	1) Sonora DI	09/22
17:28	1) Fountain Vy DII	10/06
17:26	1) Orange Co. 12th	10/13
17:44	3) Mt. SAC IS	10/20
18:06	1) SS DII-A H1	11/10
18:08	3) SS DII	11/17
18:38	6) State DII	11/24
18:10	16) Kinney W	12/01

13. **Maribella Aparicio

(Fillmore)

17:54	2) Seaside Fr/So	09/08
17:15	1) Ojai	09/15

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Cross Country Team

18:44	1) Royal Sm	09/22
19:29	1) Bell-Jeff DIII	09/29
18:29	1) Mt. SAC R17	10/19
18:23	4) Ventura County	10/26
18:44	2) SS DIV	11/17
<u>18:11</u>	2) State DIV	11/24

14. -Tiffany York

(Agoura, Agoura Hills)		
17:58	3) Seaside Jr/Sr	09/08
17:51	6) Woodbridge M	09/15
19:07	2) Kenny Staub DI	10/06
19:02	9) Mt. SAC TS	10/20
18:41	5) Ventura County	10/26
18:53	2) SS DI-AA H1	11/10
18:32	5) SS DI	11/17
<u>18:14</u>	4) State DI	11/24
18:51	32) Kinney W	12/01

15. -Becky Spies

(Livermore)		
18:07	1) Clovis Small	09/22
17:42	1) UC Davis Aggie	09/29
17:50	1) Stanford DII	10/06
19:15	1) East Bay A.L.	11/01
17:58	1) NCS Div. III SE	11/10
17:33	1) NCS DIII	11/17
18:21	2) State DIII	11/24
<u>18:15</u>	19) Kinney W	12/01

16. *Kate Sweeney

(Leigh, San Jose)		
19:13	4) Clovis Sm	09/22
19:13	3) Stanford DIII	10/06
18:34	1) CCS DIII H1	11/07
18:03	1) CCS DIII	11/14
18:30	3) State DIII	11/24
<u>18:18</u>	22) Kinney W	12/01

17. *Krissy Look

(Shasta, Redding)		
11:00	3) Chico	09/29
18:52	1) NS	11/08
<u>18:20</u>	5) State DII	11/24
18:25	25) Kinney W	12/01

18. *Jessica Graham

(Westlake, Westlake Village)		
19:43	5) Royal Lg	09/22
19:19	4) Kenny Staub DII	10/06
19:34	2) SS DII-A H2	11/10
19:08	7) SS DII	11/17
18:43	7) State DII	11/24
<u>18:27</u>	27) Kinney W	12/01

19. *Angela Orefice

(Arroyo Grande)		
18:52	5) Seaside Jr/Sr	09/08
19:30	2) Big Ditch Lg	09/15
19:44	8) Clovis Open	09/22
20:11	11) Virginia	09/29
19:10	3) Stanford DI	10/06
18:42	6) Mt. SAC TS	10/20
18:49	7) SS DI	11/17
<u>18:31</u>	5) State DI	11/24
19:01	44) Kinney W	12/01

20. **Kelly Roda

(Irvine)		
18:05	3) Woodbridge Lg	09/15
18:17	2) Laguna Hills Lg So	09/22
17:52	1) Dana Hills DII So	09/29
17:56	1) Orange Co. 10th	10/13
18:38	5) Mt. SAC TS	10/20
19:07	2) SS DI-A H1	11/10
18:26	4) SS DI	11/17
<u>18:34</u>	6) State DI	11/24

21. *Diana Harlick

(Mills, Millbrae)		
18:55	3) Serra	10/13
19:20	15) Mt. SAC TS	10/20
18:44	4) CCS DIII	11/14
19:24	13) State DIII	11/24
<u>18:34</u>	28) Kinney W	12/01

22. ***Magi Martinez

(Wood, Vacaville)		
11:39	8) Chico	09/29
No Time	1) Mt. SAC R29	10/20
19:04	2) S-JS DIII & IV	11/09
18:49	6) State DIV	11/24
<u>18:37</u>	31) Kinney W	12/01

23. *Mailee Ferguson

(La Jolla)		
17:36	1) Mt. Carmel DII Jr	09/15
19:03	2) Stanford DIII	10/06
15:59	4) SDS DIII	11/24
<u>18:42</u>	4) State DIII	11/24

24. -Amy Diulio

(Anderson)		
10:37	1) Chico	09/29
19:32	2) NS	11/08
<u>18:43</u>	4) State DIV	11/24

25. *Deanna Hadley

(San Pasqual, Escondido)		
15:14	2) SDS DII	11/24
<u>18:43</u>	8) State DII	11/24
18:57	1) Kinney Jr/Sr	12/01

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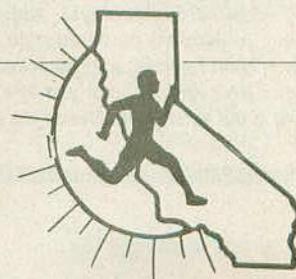
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Sunkist Invitational

Indoor Track & Field Meet

By Doug Speck

January 18.

Los Angeles Sports Arena.

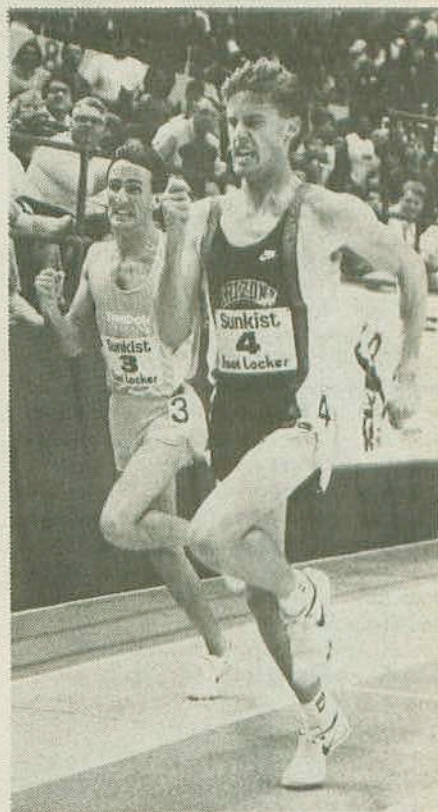
A very entertaining Thirty-Second Annual Sunkist Invitational Indoor Track & Field Meet put the sport into 1991 in fine style, with 12,438 fans enjoying the action. The Meet was headlined by the appearance of Ben Johnson of Canada, in his second meet back from a two year suspension for steroid usage. The affair featured a number of very exciting events, with fans leaving at the end of this evening feeling very satisfied that they had witnessed action in a sport that was far from dead locally.

Ben Johnson was awarded some \$30,000 for his 50 Meter race here. Based upon his performance he may soon be wearing out his financial welcome, but he certainly did pull the fans in despite the obvious distraction of war in the Middle East. After a loss to Daron Council in a meet the week previous in Canada, it was figured that the former World Record holder would have the kinks worked out by this appearance. You sure could not miss Ben and entourage as they came onto the arena floor meet evening, with security and TV cameras following his every move for a time. The #8 (Andre Cason), #9 (Henry Neal), and #10 (Jeff Williams) ranked American 100 meter runners from 1990 were in the field, with the short Cason, a former Texas A & M star who now competes for the Florida Clippers, a dangerous starter. Ben's introduction was to mixed cheers and boos, with the Canadian the last to step off the track into the blocks when the runners were called to their marks. At the gun Cason had among the best starts in the history of the sport (with his hands not moving off the line until there was smoke from the gun in TV slow-motion replays), with Johnson jumping up as is his patented style, but there was no power forward, with Ben close to a meter down on everyone after just five of the fifty meters in the race gone. Cason did not lean at

the finish, with Johnson and Frank Fredericks (BYU/Nambia) closing strongly, but finishing close to a meter back at the finish. Cason's 5.69 time was a Meet Record with Ben 5.74 and Fredericks 5.75 after the photo was sorted out. A loser never received more attention, with forty to fifty photographers following Ben out of the tunnel and over to the interview area. Ben indicated that he felt his problem the previous weekend when he was defeated in Canada was that he had jumped forward at the start, and he may have over-compensated this week by leaping up at the start, with it obvious to all that he did not generate the necessary power forward off the blocks. There is a frightening amount of pressure on Johnson every second, and one wonders if he will ever be able to truly relax around a competition for a long, long time. Stay tuned.

A number of other events real crowd-pleasers. Steve Scott was facing a good field that included Jeff Atkinson, among others. San Diego's Paul Greer led the event through the 880 at 2:02.8, with Scott taking over at that point. Pushing the pace through a 60.8 third 440 (3:03.1), Scott gradually increased the pace during the final three laps, having a five yard lead over John Quade with a lap to go. The local favorite sailed the last lap in fine style (55.0 pace) to run away to an eighteen yard victory at 4:00.25, just missing his 137th sub 4:00 mile.

On the Women's side Suzy Favor is fast becoming America's darling of the middle distances. Another good field, including Teena Colebrook, Alicia Harvey-Hill, PattiSue Plummer, and Devon Martin participated. Favor and Harvey-Hill led that pack of five through 72.3-2:26.1 and 3:38.5 quarter posts, with the action starting with two laps to go. Favor led the acceleration and refused to let Harvey-Hill get by, with the former Wisconsin star really powering the final lap to come in ahead



**BRIAN ABSHIRE (left)
& MARC DAVIS**

Photo by All-sport/Bill Leung, Jr.

of runner-up Colebrook by fifteen yards in 4:39.39. Favor's final 440 was 60.9 with her final 160 yard lap covered at 57.2 440 pace. The development of Wisconsin Coach Peter Tegan's star seems to continue. Favor's bright pink outfit and obvious good looks certainly do not detract from attention to the event.

Former San Diego High prep Marc Davis, now at the University of Arizona, was a main actor in an exciting two mile and kind of made a break-through into the big time. Doug Padilla, Brian Abshire, and a good group would challenge. Jim Ortiz led the field through a 4:16.5 mile, with Abshire taking over through a 5:20.4 mile and a quarter. Davis and Abshire pulled away from the pack by the mile and a half at 6:24.5, with Marc leading at the mile and three-quarter post at 7:30.8. The racing really started over the final 160 yard loop, with the determined Davis staying just ahead of Abshire, with the pace for that final lap at 54.8 for a full 440. Davis did edge in ahead at 8:31.85 to 8:31.98, with Marc con-

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tinuing to show signs of true brilliance, with long-term consistency probably the only thing between the San Diegan and World Class level consideration.

Michelle Finn (Mazda TC) looked very good in the 50 Meter Dash, never trailing after a good start, and holding off surprising late entrant Teresa Neighbors (formerly of Texas/San Antonio) 6.25-6.26, with the times the #6 and #7 times ever run by Americans. National High School Track athlete of the year Chris Nelloms, a prop 48 athlete at Ohio State, raced against vet Antonio McKay at the 440 distance. Nelloms won the World Junior title at 400 Meters (45.36 best) and had a 44.2 relay split in that competition. McKay let the youngster have no part of the pacing, rocketing away through the first turn and holding a five meter lead most of the way. Nelloms tried to mount a charge over the final turn, but McKay was the winner 48.09-48.68. Diane Dixon continues to make the Women's 440 event her own, stretching a five meter lead after the first lap to 20 at the finish in a 53.25 win.

Tony Dees looked great in the 50 Meter Hurdle event. The 6-4 athlete continues to amaze indoors, giving a slight margin away to Andrew Parker at the start before charging away after the first hurdle on the way to a 6.43 Meet Record meter and a half victory. There was some good field event action. Rick Noji, University of Washington grad, is really amazing in the High Jump at 5-8 tall. Here, Charles Austin (7-8 1/2 for Southwest Texas last year) joined Noji in clearing 7-4 1/2, with Rick amazing with a 7-6 1/2 clearance (that's 22 1/2 inches above his head!) on his third attempt. In the Pole Vault, Hungarian Istvan Bagyula, a student at George Mason University, was part of an exciting competition, having five Americans join him in clearing 18-0 1/2. Istvan was the only athlete to clear 18-4 1/2, and then impressed with a third attempt clearance of 18-8 3/4. The European closed his evening with three attempts at a lofty 19-0 1/4. Gordon McKee took the Long Jump at 25-7 1/4.

In the Men's 880 a huge field of eleven had Olympic Champion Paul Ereng (Kenya) get bumped to the rear at the start, with vet Stanley Redwine taking the pace through a 54.7 440 as Ereng had moved himself to within two yards at that point. When the running became serious on the last lap Redwine surprisingly continued to edge away, winning by seven yards at 1:51.39 over the obviously not in top shape Ereng. The Women's 880 was exciting,

Sunkist's Prep Section

From Doug Speck

January 18. Los Angeles Sports Arena.

A stunning National Record in the Triple Jump by Juliana Yendork (Walnut), National Best equalling 50 meter run by Marion Jones, and victory over a field of



JULIANA YENDORK

Photo by All-sport/Bill Leung, Jr.

the best prep milers gathered from across the U.S. by Louie Quintana (Arroyo Grande) were the highlights of the prep portion of the Thirty-Second annual Sunkist Invitational Indoor Meet. The event marks the turning of a new year in the sport of Track and Field in the Southern California area, and 12,438 viewed a solid Open and Prep Meet on a Friday evening.

Yendork had shown impressive speed in All-Comers outdoor action already this winter, with results on the Long and Triple Jump runway here looked forward to with interest by many. The Long Jump was the evening's first event for the statuesque Walnut High senior, with Juliana having big step problems despite the impressive 19-10 winning jump. Her series included four fouls (the last of which was well over 20-0), with her only other fair jump 16-11 1/4. The Walnut athlete did compete in the Prep 50 meter event, recording a fine 6.68 for second behind Marion Jones. Her best event came later in the evening, with Yendork opening up at 42-3 1/4 to take down her Meet Record of 42-3 set last year and establish a tone for the evening. A 41-1 1/2 second jump was followed by a pass, with the Ghanan native who became a U.S. citizen last spring mustering all of her energy for the fourth attempt. The result was a very impressive 42-11 1/2 jump, taking down her 42-5 1/2 National Indoor Best from last year's National Indoor Prep affair, with the leap also

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with Canadian Charmaine Crooks able to pass both Diana Richburg and Meredith Rainey on the inside with a lap and a half to go, then holding Meredith off on the run-in 2:06.30-2:06.36.

Men's Results

50 Meters: 1. Cason (Florida Clippers) 5.69MR, 2. Johnson (Canada) 5.74, 3. Fredericks (BUI) 5.75,

4. Neal (Blint JC, TX) 5.80, 5. Dunn (Goldwin) 5.85, 6. J. Williams (S & S) 5.89.

50 Meter Hurdles: 1. Dees (Florida Clippers) 6.43, 2. Parker (Jamaica) 6.57, 3. Diamond (Reebok) 6.62, 4. Reading (Nike Texas) 6.67, 5. Campbell (BeeFit) 6.69.

440 Yards: 1. McKay (NYAC) 48.09MR, 2. Nelloms (Accusplit) 48.68, 3. Graham (Unat) 49.97, 4.

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better than the best ever prep outdoor legal effort of 42-10 1/2 by Wendy Brown (Woodside, CA) from 1984. Effort number five was well over 43-0, but was a narrow foul, with our star finishing the evening with a fine 42-8. In conversation after the record leap Yendork indicated that she is in better shape than ever, with an equal emphasis on speed, technique, and weight work in practice having her very optimistic about continued improvement. 22-0 in the Long Jump and 45-0 in the Triple Jump are seasonal goals, with Juliana originally aiming at 44-0 here before the Long Jump step problems caused she and her father to reduce expectations to 43-0. The Walnut star had slight nagging injuries most of last spring, with some big things assured if she can remain healthy. Her combination sprint/jump abilities certainly make her one of the top recruits in the sport in the nation.

Marion Jones appears to have grown an inch or two since last year, with the Rio Mesa (Oxnard) soph currently a star on the Varsity Basketball team, a fact which makes her effort here over 50 meters even more impressive. Against a very good group Jones had a false-start charged to herself, gave Latasha McKinney, an 11.90 100 meter star from Monte Vista in Spring Valley, a narrow margin at the start, then proceeded to rocket away from the field to win by three meters in 6.43. The time was a full tenth faster than Marion recorded here last year, and the time equals the National Best for the distance of 6.43 by Jeanette Bolden (Centennial, Compton) from 1977. The most

common sprint distance run nationally is the 55 meter event, with Marion's time here extrapolating out to 7.07 for that full distance (the NR there is 6.72). For someone concen-



MARION JONES

Photo by All-sport/Bill Leung, Jr.

trating on roundball the 6.43 is still a heck of a time.

Footlocker assisted with gathering a Boys National Championship High School Mile field together, led by local Kinney National Cross Country champion Louie Quintana (Arroyo Grande). Somalians, Ibrahim Aden (Fork Un-

ion, VA) and Jama Bile (Georgetown Prep, MD), brothers of World Class milers, Jama and Abidi, respectively, would lead good opposition. Joe Reinisch (Bishop Montgomery, Torrance) tried to rabbit out at the start, but the field ignored his 21.3 first 160 yard loop, with Quintana leading a close pack at 22.9. By the 440 (63.4) Louie continued to lead, with everyone close in tow. During the second 440 Louie started to really push it and pull away from the field, racing a 62.4 for that quarter to come by at 2:05.8. In an unfortunate incident just past the 880 (with the duo at 2:07.2 in 2nd and 3rd), Ibrahim Aden cut off David Gurry (Blanchet, Seattle, WA) and the duo tripped and fell. Ricky Gallegos (Crystal City, TX) and Jama Bile now led the pursuit of Quintana. The Arroyo Grande star continued to look like he was in another world compared to preps, pressing the third quarter at 62.9 (3:08.7) with Bile closest at 3:11.6. Louie continued to look great, sailing through the 1500 meter mark in 3:56.2 (Bile 3:58.9), with some fatigue showing on the California over the final half lap as Bile screamed the final 120 meters down the backstretch and through the turn to close to a surprising five meters at the finish, 4:14.20-4:14.89. The duo will meet again at Millrose, with a decision by Bile to follow a bit more closely early on possibly creating a very interesting event.

Sarah Schwald (Rogers, Spokane, WA), 9th in the World Junior Track Championships over 3000 meters at 9:22.57, came to town to meet the local Girls over

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Little (US West) 50.07, 5. DeSilva (Trinidad) 50.54.

880 Yards: 1. Redwine (Nike West) 1:51.39, 2. Erang (Kenya) 1:52.20, 3. Johnson (SoCal Cheetahs) 1:52.59, 4. Marsala (Unat.) 1:52.68, 5. Armour (West Chester TC) 1:52.95, 6. Hemale (Riverside CC/Zimbabwe) 1:57.40.

Mile: 1. Scott (Tiger TC) 4:00.25, 2. Smith (NYAC) 4:02.64, 3. Quade (Nike West) 4:03.11, 4. Stowkowski (Nike North) 4:05.12, 5. Van Deldon (Nike Texas) 4:06.09, 6. Aden (Somalia) 4:07.32, 7. Atkinson (Nike West) 4:07.5.

Two Mile: 1. Davis (Arizona) 8:31.85, 2. Abshire (New West) 8:31.98, 3. Junkermann (Santa Monica TC) 8:38.55, 4. Diemer (Nike North) 8:39.39, 5. Padilla (Nike West) 8:40.53, 6. Nelson (AIA) 8:40.77, 7. Krohn (NYAC) 8:46.71.

Law Enforcement 4x180 Yd. Relay: 1. CHP 1:09.2, 3. LA Police Dept. 1:10.1, 3. Federal Bureau of Prisons 1:19.5.

Midget 4x160 Yard Relay: 1. West Valley Eagles 1:20.1, 2. LA Jets 1:20.7.

High Jump: 1. Noj (Bee Fit) 7-6 1/2, 2. Austin

(Unat.) 7-4 1/2, 3. Stanion (S & S) 7-2 1/2, 4. Dudley (Goldwin) 7-0 1/2, 5. Eatmon (Unat.) 6-10 1/4.

Long Jump: 1. McKee (Unat.) 25-7 1/4, 2. Jai (Georgia/Germany) 25-1 1/2, 3. Knox (Arizona) 24-9, 4. Greene (NYAC) 24-6 1/2, 5. Carter (Unat.) 24-5 1/4, 6. Etheridge (Kansas ST) 24-1, 7. Stewart (SoCal Cheetahs) 23-7 1/4.

Shot Put: 1. (Outdoors West LA College) (First competition) 1. McDermott (NYAC) 63-9 1/2, 2. Quirke (Leland) 57-4 1/4, 3. Frazier (S & S) 55-11 1/4, 4. McKee (American Big Guys) 55-8 1/4. (Compe-

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PREPS...

a mile. A strong field deferred to Sarah in the early pacing, bunching closely behind casual 76.5 (440) and 2:32.6 (880) pace. Sarah upped the ante slightly during the third 440, recording 73.2 for that portion, and coming by the 1320 at 3:45.8 with two yards over Nikki Shaw (Fillmore) and Deena Drossin (Agoura). The threesome accelerated in tandem over the final two one hundred and sixty yard laps, with Sarah leading through the 1500 meter mark at 4:39.7 with five meters over Drossin, with the Agoura star closing to within three meters down the final homestretch. Schwald clocked 4:59.7, Drossin 5:00.1, with Shaw 5:00.9. Sarah will head east to battle the best there in the Millrose Mile, with the Washington lass probably appreciating some help with the early pacing there.

A good group of Boys field events were held. Tim Rucks (Milpitas) took the High Jump at 6-10 over the 6-8 lifetime best leaps from Chris Olson-O'Neil (Rubidoux, Riverside) and Roel Bello (Damien, La Verne). Rogue Belina (Mt. Carmel, San Diego) started his senior track season in fine style, taking the Long Jump at 23-6 1/4, with football star Tyron Edwards (Nogales, La Puente) 2nd at 23-4. Offord Rollins (Wasco) was the Triple Jump winner at 48-9 3/4 over the Canyon Springs (Moreno Valley) duo of Kenny Johnson (48-8 1/4) and Larry Jones (48-3 1/4).

The story of the Pole Vault was interesting. When one arrived at the arena in the late afternoon all looked well, but then one noticed that the prep vaulters were warming up with no pit. It seems the truck delivering the landing pad was stalled on the

freeway. When it finally arrived the Open event was held, with the preps finally starting at 11:00 p.m. Surprisingly, a few remained to watch it, with Sha Lang (Wylie, Abilene, TX) taking the event at 15-0.

Ryan Kieling (Crespi, Encino) looked good in taking a 50 Meter Hurdle event at 6.98 out of Lane 1, a race marred by an ugly spill on the other side of the track involving Isaac Carson (Jefferson, Daly City) and Adrian Brown (Huntington Beach). In the Football Star 50 Meter sprint, Junior Riley Washington (Southwest, San Diego) gave huge Derek Sparks (Mater Dei, Santa Ana) a meter at the start, before rocketing by on the way to a win at 5.91. The San Diegan has absolutely no wasted motion in a running action that carried him to an impressive 10.53 100 meters last year as a soph. Tim Martin (San Clemente), the son of a career military officer, sweating out dad's assignment to the Middle East, took the Boys 50 meter event at 5.99 over the 6.01 by Scott Hammond of San Diego Lincoln. In the first Boys 500 Yard race, Derrick Shepard (Lincoln, San Francisco) and Alex Bynoe (Gunn, Palo Alto) battled past the 440 Yard mark at 50.7 before the duo collided at the head of the homestretch. Brian Jenkins (Canyon Springs, Moreno Valley) charged by to win at 1:01.0. Roshawn Sims (Esperanza, Anaheim) looked strong on the way to a 1:00.1 Race two win. Bob Ryser (Carson City, NV) moved strongly near the end after Angel Martinez (San Gabriel) led through a 4:46.8 mile with the Nevadan winning at 9:28.7 over the San Gabriel athlete's 9:29.9. The Reyes family of Lakewood H.S. (dad Terrel is the Coach) looked sharp over a mile, with T.J. taking the lead through 2:11.2 (880) and 3:15.9 (1320) posts on the way to a Boys' 4:21.9 win over the 4:23.8 of

Todd Tressler (San Marcos, Santa Barbara). Sister Lucinda held the 20 yard lead she had through a 2:31.8 880 on the way to a 5:07.5 win over Melissa Freeberg (California, San Ramon) 5:10.1. Chris Alaveras (Columbine, Littleton, CO) raced 2:01.8 for the quickest 880. Crenshaw (L.A.) was quickest in the 4x160 event at 1:06.8. Muir (Pasadena) took the Seeded 8x160 race at 2:16.3 over Long Beach Poly's 2:17.6. Jerrald McCladdie (Centennial, Compton) looked good on a 50.3 anchor leg for his school's 4x440 team, with Wilson (Long Beach) at 3:29.1 the quickest time of the evening. Oscar Sanchez brought Madera from way back on his anchor leg with a 2:04.1 to come within a tenth of a second of Palos Verdes 8:27.2 in Race 1 of the 4x880 event, Upland's raced 8:33.4 in taking Race 2.

Allison Dring (Mt. Carmel, San Diego), one of the nation's top 400 meter runners last spring at 54.29, looked very strong over 500 yards here, despite giving her athletic emphasis to the school's soccer team at the moment. The tall, lithe San Diegan left the field far behind through a 57.5 440, then raced in at a fine 1:07.9 for the 500 yard distance. The Girls 880 was interesting, featuring Shalynn Carr, who raced 2:11.66 last year for 800 meters in the eighth grade, and had a 2:13.7 outdoors already this winter. The Bonita frosh led by 15 yards at the 440 here at 62.6 over Nicole Teter (West Valley, Cottonwood). With a lap and three-quarters to go Shalynn continued to look strong, but took a step off the track onto the cement infield and seemed to go into shock, jogging

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tion Two) 1. McDermott 63-6, 2. Quirke 57-6 1/2, 3. Frazier 56-1, 4. McKee 54-9 1/4.

Women's Results

50 Meters: 1. Flint (Mazda) 6.25MR, 2. Neighbors (Unat) 6.26, 3. Opara Thompson (Team World) 6.28, 4. Theagwam (SoCal cheetahs) 6.34.

440 Yards: 1. Dixon (Atoms) 53.25, 2. Dendy (Reebok) 55.87, 3. M. Guialdo (Unat) 58.31.

880 Yards: 1. Cloaks (Canada) 2:06.30, 2. Rainey (Atoms) 2:06.36, 3. Richburg (Gazette Int'l.) 2:07.51, 4. Taylor (SoCal Cheetahs) 2:10.92, 5. Chapel (UCLA) 2:13.44, 6. Morgan (CS Long Beach)

2:13.85, 7. Toney (Arizona St) 2:14.7.

Mile: 1. Favor (Reebok) 4:39.39, 2. Colebrook (Nike Coast) 4:41.11, 3. Harvey Hill (SoCal Cheetahs) 4:41.13, 4. Plumer (Nike Int'l.) 4:45.17, 5. Cativiera (Nike) 4:49.51, 6. Bayles (Unat) 4:54.9.

Midget 4x160 Yard Relay: 1. Los Angeles Jets 1:21.6, 2. Southern California Sports Club 1:22.6, 3. West Valley 1:23.3, 4. South Bay Panthers 1:29.6.

Co-Ed Medley Relay: 1. Security Pacific National Bank 4:54.5, 2. Rockwell 5:07.4.

C.T.&R.N....

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and field highlights

PREPS...

slowly for a time before resuming her pace. Meanwhile, Teter raced by, and romped in at 2:16.2 with Carr next at 2:19.5. Top team in relay action was Morningside of Inglewood, with a fine returning group recording a 1:12.9, and outstanding age-group sprinter Tai-Ne Gibson (now a 9th grader) showing up to anchor a 4:06.9 mile relay group with a 58.9 leg. Long Beach Poly took the 8x160 event at 2:33.9. Agoura's #2 ranked nationally Cross Country group was without leader Deena Drossin, but still recorded the evening's quickest 4x880 time at 10:04.0 in a race win, with Keri Sanchez taking Santa Teresa (San Jose) to victory in Race 2 at 10:08.4 with her 2:23.2 anchor leg.

High School Boys Results

50 Meters: 1. Martin (San Clemente) 5.99, 2. Hammond (San Diego Lincoln) 6.01, 3. Noriega (Pasadena) 6.02, 4. Thomas (Quartz Hill) 6.03, 5. Madu (S.F. McAteer) 6.11, 6. Green (LA Washington) 6.14.

Football 50 Meters: 1. Washington (San Diego Southwest) 5.91, 2. Sims (Carson) 6.03, 3. Lawrence (San Diego Morse) 6.04, 4. Woods (Locke) 6.11, 5. Carter (Granada Hills Kennedy) 6.20, 6. Sparks (Mater Dei) 6.23.

50 Meter Hurdles: 1. Kiehl (Crespi) 6.98MR, 2. Bell (San Diego Castle Park) 7.06, 3. Carson (Daly City Jefferson) 7.33, 4. Defoslers (Birmingham) 7.44.

500 Yards (Race 1): 1. Jenkins (Canyons Springs) 1:01.0, 2. Hughey (Rubidoux) 1:01.7, 3. Shepard (SF Lincoln) 1:02.9, 4. Lowsley (Hanover, NH) 1:02.9. **(Race 2):** 1. Sims (Esperanza) 1:01.1, 2. Bradley (Plus X) 1:00.7, 3. Holcomb (Westlake Village, Westlake) 1:00.9, 4. Duenas (San Pedro) 1:02.3, 5. Landtiser (Canyon Country, Canyon) 1:02.3, 6. Buck (Dana Hills) 1:02.6.

Seeded Mile: 1. Quintana (Arroyo Grande) 4:14.2ht, 2. Bile (Rockville Georgetown Prep, MD) 4:14.89, 3. Gallegos (Crystan City, TX) 4:21.61, 4. Alewas (Lakewood, Columbine, CO) 4:26.33, 5. Gary (Seattle Blanchet) 4:26.61, 6. Hernandez (Imperial Beach Mar Vista) 4:27.1.

Rated Mile: 1. Reyes (Lakewood) 4:21.9, 2. Tressler (Santa Barbara San Marcos) 4:23.8, 3. Ella (Dos Pueblos) 4:24.9, 4. Gonzales (Carson) 4:29.0, 5. Wilson (Newbury Park) 4:30.3, 6. Wyler (Monroe) 4:34.8.

Two Mile: 1. Rysor (Carson City, NV) 9:28.7, 2. Martinez (San Gabriel) 9:29.9, 3. Werva (Oxnard) 9:35.1, 4. Rendon (LA Banning) 9:38.6, 5. Barajas (Fillmore) 9:39.6, 6. Lynch (Laguna Hills) 9:40.1.

4x160 Yard Relay: (Race 1): 1. Crenshaw 1:06.8, 2. Lakewood 1:08.5, 3. Locke 1:08.6. **(Race 2):** 1. Carson 1:07.5, 2. Morningside 1:07.6, 3. Dominguez 1:09.3, 4. Compton 1:11.1. **(Race 3):** 1. Saddleback 1:07.4, 2. Beverly Hills 1:07.5, 3. Hawthorne 1:08.1, 4. San Bernardino 1:10.2. **(Race 4):** 1. Granada Hills Kennedy 1:07.5, 2. Woodland Hills, Taft 1:09.8, 3. Westlake Village, Westlake 1:09.8, 4. Birmingham 1:09.9.

4x440 Yard Relay: (Race 1) 1. Long Beach Wilson 3:29.1, 2. Nogales 3:30.1, 3. Buena 3:38.2, 4. Venice 3:41.2, 5. Compton Centennial 3:59.3. **(Race 2)** 1. Visalia Redwood 3:36.7, 2. Hawthorne 3:36.9, 3. Dominguez 3:40.6, 4. Santa Monica 3:42.4, 5. Mission Viejo 3:43.0.

4x880 Yard Relay: (Race 1) 1. Palos Verdes 8:27.2, 2. Madera 8:27.3, 3. Saddleback 8:35.5, 4. Glendale Hoover 8:35.7, 5. El Toro 8:38.0. **(Race 2)** 1. Upland 8:33.4, 2. Glendora 8:35.7, 3. Westlake Village, Westlake 8:35.7, 4. El Modena 8:39.1, 5. Rosemead 8:39.1, 6. Canyon Country, Canyon 8:39.2.

Seeded 8x160 Yard Relay: 1. Muir 2:16.3, 2. Long Beach Poly 2:17.5, 3. Locke 2:17.9, 4. Rubidoux 2:17.9, 5. Dorsey 2:26.3.

Rated 8x160: (Race 1) 1. LA Banning 2:22.0, 2. Locke 2:24.0, 3. Loyola 2:24.1, 4. Channel Islands 2:29.2, 5. Duarte 2:32.1. **(Race 2)** 1. Thousand Oaks 2:20.3, 2. Eisenhower 2:22.0, 3. Westchester 2:27.4.

Seeded 4x440 Yard Relay: 1. Buena 3:38.7. **880 Yards:** (Race 1) 1. Alaveras (Lakewood Columbine, CO) 2:01.8, 2. Robinson (Santa Barbara) 2:03.6, 3. Wet (Pleasanton, College Park) 2:03.8, 4. Lindsey (Palos Verdes) 2:05.5. **(Race 2)** 1. Salisbury (Artesis) 2:04.3, 2. Heaney (Hanover, NH) 2:04.3, 3. Sierra (Venice) 2:05.3, 4. Lopez (Fillmore) 2:05.9.

Long Jump: 1. Belina (Mt. Carmel) 23-6 1/4, 2. Edwards (Nogales) 23-4, 3. Hammond (Lincoln, SD) 23-1, 4. Sims (Carson) 22-6 1/4, 5. Woods (Locke) 22-3 1/4, 6. Foster (Muir) 22-4 1/2, 7. Sullivan (Sunny Hills) 21-10 1/4.

High Jump: 1. Rucks (Milpitas) 6-10, 2. Olson-O'Neil (Rubidoux) 6-8, 3. Bell (Damien) 6-8.

Pole Vault: 1. Lang (Albalene Wylie, TX) 15-0, 2. Davenport (Fork Union, VA) 15-0, 3. Tetreach (Arroyo Grande) 14-6, 4. Fulk (Norte Vista) 14-0, 5. McCauley (Grass Valley, Nevada Union) 14-0, 6. Lyett (Esperanza) 14-0.

Triple Jump: 1. Rollins (Wasco) 48-9 1/2, 2. Johnson (Canyon Springs) 48-8 1/4, 3. Jones (Canyon Springs) 48-3 1/4, 4. Harrison (Wasco) 46-11 3/4, 5. Evans (Alta Loma) 45-4, 6. Bartley (Lynwood) 44-11 1/4, 7. Green (Muir) 44-9.

High School Girls Results

50 Meters: 1. Jones (Rio Mesa) 6.43, 2. Yendork (Walnut) 6.68, 3. McKinney (Spring Valley Monte Vista) 6.69, 4. Bradfield (Dominguez) 6.70, 5. Cornwright (Hawthorne) 6.71.

500 Meters (Race 1): 1. Dring (San Diego Mt. Carmel) 1:07.9, 2. McLin (Eisenhower) 1:10.1, 3. Sanchez (San Jose Santa Teresa) 1:10.1, 4. Hanson

(St. Bernard) 1:10.7, 5. Sutton (Hesperia) 1:14.5.

800 Meters: (Race 1) 1. Teter (Cottonwood West Valley) 2:16.2, 2. Carr (Bonita) 2:19.5, 3. Scott (San Diego Mt. Carmel) 2:21.2, 4. Mayberry (St. Bernard) 2:21.4, 5. Moses (Riverside Ramona) 2:21.5, 6. Bindel (Eureka) 2:22.7, 7. Engessor (Ocean View) 2:30.2. **(Race 2)** 1. Graham (Westlake Village, Westlake) 2:25.9, 2. Ellison (San Ramon, California) 2:26.2, 3. Spolereder (Denver Lutheran) 2:27.8, 4. Schoene (La Jolla) 2:28.1, 5. Woolheater (Petaluma, Casa Grande) 2:28.3.

Seeded Mile: 1. Schwald (Spokane Rogers, WA) 4:59.7, 2. Drossin (Agoura) 5:00.1, 3. Shaw (Fillmore) 5:00.9, 4. Orlando (Carson City, NV) 5:06.5, 5. Glusac (Fallbrook) 5:14.3, 6. Rothman (Westlake Village, Westlake) 5:14.9, 7. Barajas (Channel Islands) 5:15.2.

Rated Mile: 1. Reyes (Lakewood) 5:07.5, 2. Freeberg (San Ramon, California) 5:10.1, 3. Aparicio (Fillmore) 5:10.5, 4. Auer (Thousand Oaks) 5:17.2, 5. Snowbeck (LA University) 5:21.1, 6. Ferguson (La Jolla) 5:21.3, 7. Riley (Moraga Campolindo) 5:24.5.

4x440 Yard Relay (Race 1): 1. Morningside 4:06.9, 2. Muir 4:12.6, 3. Visalia Redwood 4:20.1, 4. Rancho Cordova 4:55.6. **(Race 2)** 1. Hawthorne N.T., 2. Dominguez N.T., 3. Mission Viejo N.T.

Seeded 8x160 Yard Relay: 1. Long Beach Poly 2:33.9, 2. Hawthorne 2:38.3.

Rated 8x160 Yard Relay: 1. Mission Viejo 2:39.3, 2. Thousand Oaks 2:43.1, 3. Westlake Village Westlake 2:47.0, 4. Pomona 2:51.9, 5. Yucaipa 2:58.2.

4x160 Yard Relay: (Race 1) 1. Morningside 1:12.9, 2. Muir 1:14.5, 3. St. Bernard 1:17.9. **(Race 2)** 1. Rio Mesa 1:15.9, 2. Canyon Springs 1:18.4, 3. Bishop Montgomery 1:18.5, 4. Alameda Encinal 1:21.9. **(Race 3)** 1. Duarte 1:17.3, 2. Palmdale 1:20.3, 3. Fresno 1:21.1, 4. Plus X 1:24.8.

4x880 Yard Relay: (Race 1) 1. Agoura 10:04.0, 2. Buena 10:18.6, 3. Upland 10:21.2, 4. Palos Verdes 10:24.8, 5. Fillmore 10:31.5. **(Race 2)** 1. San Jose Santa Teresa 10:08.4, 2. Long Beach Wilson 10:13.8, 3. Rubidoux 10:35.1, 4. Alta Loma 10:37.7, 5. Tustin 10:38.8, 6. El Modena 10:38.6.

Triple Jump: 1. Yendork (Walnut) 42-11 1/4, 2. Sutherland (Muir) 37.8, 3. Graham (Mission Viejo) 36-9, 4. Hawthorne (Rancho Cordova) 35-8, 5. Montgomery (Fresno, Clovis West) 34-9 1/2.

Long Jump: 1. Yendork (Walnut) 19-10, 2. Haynes (Bishop Montgomery) 18-8, 3. Burton (Yuma, AZ) 18-6 1/2, 4. Burnham (Rio Mesa) 17-5 1/4, 5. McDonald (Mater Dei) 17-3, 6. Mitchell (Rohnert Park, Rancho Cotate) 17-2 1/2, 7. Bryant (LA Banning) 18-10 1/4.

SoCAL DIARY

By **BILL MINARIK**

November 12

C.I.F. qualifying dominated the prep scene over the week-end with all top Southern Section teams advancing safely to next weeks finals. At the L.A. City Section prelims, Belmont indicated that they may turn next weeks finals into an intra-squad meet as both their boys and girls teams posted runaway wins.

The Mt. SAC men served notice that they intend to take the state meet next week as they outran Long Beach 58-72 at the SoCal Championships held at Irvine. The El Camino women also became SoCal titleists with a 57-86 win over runner-up Mt. SAC.

At the Division III Regionals, Occidental kept their momentum with men and women's titles by scores of 23-86 and 39-51 over runner-up UCSD.

The Division I Regionals at Woodward Park saw the Lady Anteaters from U.C. Irvine just miss upsetting Oregon 49-50 as UCI's Buffy Rabbitt took individual honors at 16:44. The men's race went to Arizona 50-59 over Washington thanks to a 1-2-4 finish lead by individual winner Marc Davis.

November 19

At the Southern Section Championships, Arroyo Grande's Luis Quintana ran away from the field in a time of 14:43, while boys teams from Hart, Saddleback, Agoura, La Habra, Palos Verdes, San Marino, Fillmore and Maranatha captured Divisional Championships. On the distaff side, Deena Drossin, as expected, posted the fastest individual time of the day at 17:23 to lead her Agoura team along with Arroyo Grande, Canyon (Anaheim), Westlake, San Marino, Foothill, Nordhoff and Maranatha to Division titles.

At the L.A. City Section, Belmont as expected destroyed both the boys and girls fields by reported scores of 32-115 over Taft and 19-108 over San Pedro. The quote of the year comes from Mel Hein, the coach of the boys apparent runner-up Taft, who stated after the meet, "we were lucky to finish second." The fact of the matter was that the boys meet scoring of Taft 115, Garfield 117, was done by displacing scoring teams with non-scoring runners. Two days later when the error was

discovered, the meet was re-scored with Garfield being placed 2nd 107-107 on a tie-breaker. Unfortunately, everyone in the L.A. City Section with the exception of the two affected teams was advised of the error. Since only two teams from this section went to the state meet, Taft headed north for the meet, while Garfield assumed its season was over and didn't find out about the score change until after the state meet had been run. C.I.F. commissioner, Hal Harkness indicated he has taken precautions to see that a disaster like this isn't repeated. The moral to this story is that if the score is close in a meet like this, the coach should check the scoring for error.

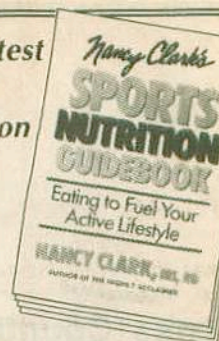
The State Community College Championships saw the men from Long Beach City College upset Mt. SAC 66-71 on Mt. SAC's course. The Vikings, better known for their track exploits, did it with that time-tested formula of putting 4 runners in the top 10. Glendale's Allan Garcia finished a season where he was only second once by winning the individual race comfortably by 10 seconds. The women's team competition was just a rerun of the SoCal Meet with El Camino defeating Mt. SAC 77-89.

The NCAA Division III Nationals saw the Occidental men take 5th overall behind the 6th and 8th place finishes of Marcial Beltran and Emmet Hogan with a score of 137. The Oxy gals were 10th; being paced by Laurie Schuster's 13th place finish.

November 25

They called it the "State" high school cross-country championships; however it may just as well have been called the SoCal championships as every divisional winner in either boys or girls competition was from either the Southern or San Diego Sections. They included boys teams from Hart, San Pasqual, San Marino, and Fillmore along with girls teams from Agoura, San Pasqual, La Jolla, and Nordhoff. As expected, Luis Quintana from Arroyo Grande was the fastest boy of the day at 14:47, while Westlake's Jeanne Rothman edged out Deena Drossin by 1 second at 17:28 to record the top girls time on the Woodward Park course.

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RESULTS

Cross Country

NAIA District 3 XC Championships

November 3, San Diego.

Men's Results

Teams: 1. Point Loma 30, 2. Fresno Pacific 55, 3. Westmont 85, 4. Azusa Pacific 103, 5. Cal Lutheran 114, 6. Biola 181, 7. The Masters 200, 8. SCC 211, 9. CCI 231.

Individuals: 1. Jason Lindholm (FPC) 28:05, 2. Scott Lardner (PLNC) 26:13, 3. Sean O'Hara (PLNC) 26:29, 4. Richard Pernman (PLNC) 26:35, 5. Bob Gorman (West) 26:39, 6. Naver Swift (FPC) 26:54, 7. Harrison Noroge (APU) 26:59, 8. Rich DeLeon (CLU) 27:04, 9. Monte Mickley (West) 27:05, 10. Gustavo Arce (PLNC) 27:18.

11. Jim Michaelian (PLNC) 27:23, 12. Jeff Aschrenner (CLU) 27:23, 13. Rich Paris (FPC) 27:28, 14. Jose Sanchez (FPC) 27:33, 15. Andy Yeager (TMC) 27:34, 16. Robert Keter (PLNC) 27:39, 17. Tony Bergman (APU) 27:41, 18. Matt Griffin (CLU) 27:51, 19. Gordon Watt (APU) 27:53, 20. Douglas Ravasdy (PLNC) 28:07.

21. Brian Purcell (FPC) 28:13, 22. Ben Beechick (West) 28:15, 23. Tim Dekes-kamp (CLU) 28:23, 24. Beto Puita (West) 28:24, 25. Aaron Tabor (West) 28:25, 26. Sean Stehman (FPC) 28:27, 27. Joe Feyn (FPC) 28:28, 28. Troy Bailey (SCC) 28:39, 29. Steve Girard (APU) 28:45, 30. Jeff Fox (West) 28:46.

Women's Results

Teams: 1. Point Loma 30, 2. Fresno Pacific 55, 3. Westmont 85, 4. Azusa Pacific 103, 5. Cal Lutheran 114, 6. Biola 181, 7. The Masters 200, 8. SCC 211, 9. CCI 231.

Individuals: 1. Jenae Ellis (APU) 18:22, 2. Sherri Hall (SCC) 18:27, 3. Vanessa Couch (PLNC) 18:40, 4. Sonya Weir (APU) 18:44, 5. Christy Grimsley (Biola) 18:48, 6. Amber Coley (SCC) 18:55, 7. Patty McNulty (West) 18:55, 8. Beth Mercier (West) 19:04, 9. Sally Sauer (PLNC) 19:12, 10. Margaret Neal (Biola) 19:18.

11. Gretchen Gies (CLU) 19:18, 12. Michelle Lubinsky (West) 19:24, 13. Janelle Tozer (West) 19:33, 14. Heidi Peterson (CLU) 19:45, 15. Jeannette Charity (APU) 19:45, 16. Sandi Cuevas (PLNC) 19:48, 17. Anette Ronnerman (PLNC) 19:50, 18. Guadalupe Ambriz (PLNC) 19:52, 19. Marlys Newey (TMC) 19:57, 20. Marissa VanDerValk (CLU) 20:06.

21. Colleen Green (West) 20:07, 22. Kimberly Brown (APU) 20:09, 23. Lisa Askins (CLU) 20:16, 24. Bethany Markee (MSM) 20:25, 25. Tabi Bahu (West) 20:32, 26. Meridee Ewert (Biola) 20:40, 27. Patricia Fulmer (CLU) 20:46, 28. Kelly Sailors

(TMC) 20:49, 29. Julie Mehrtens (CLU) 20:53, 30. Melissa Mabe (PLNC) 20:59.

5K XC Classic 8K TAC District Championship

November 4, San Bernardino.

Division Results - Men's 8K

Overall Winners: 1. Dave Ortiz 27:38, 2. Vernon Morris 27:52, 3. Todd Nott 28:13, 12-15: 1. Oscar Gonzalez 31:57, 2. Anthony Conniff 32:12, 3. Daniel Hansen 33:31, 16-19: 1. James Buckley 28:57, 2. Samuel Zemul 32:03, 3. Travis Hansen 33:02, 20-24: 1. Jesse Villa 36:26, 25-29: 1. Dave Ortiz 27:38, 2. Vernon Morris 27:52, 3. Todd Nott 28:13, 30-34: 1. Fidel Diaz 31:37, 2. Joseph Thornell 32:22, 3. Peter Perez 33:34, 35-39: 1. John Lenar 29:46, 2. Bob Dillman 31:06, 3. Ron Wall 34:12, 40-44: 1. John Allen 31:53, 2. Jim Smith 32:11, 3. Joseph Liscano 34:39, 45-49: 1. Mike Scott 29:18, 2. Bryce Larkin 33:50, 3. Tony Coccolia 34:35, 50-54: 1. Charles McClung 31:24, 2. Dane Amtson 32:48, 3. Don Vandyke 32:55, 55-59: 1. Bill Crum 30:33, 2. Frank Ogawa 37:04, 3. William Phillips 42:32, 60-64: 1. Sam DeLuca 38:06, 2. Ward Speaker 39:31, 3. Clarence Carnahan 43:48.

Division Results - Women's 8K

Overall Winners: 1. Carol Carrigan 32:08, 2. Jennie Gilbert 35:36, 3. Christal Smith 37:24, 12-14: 1. Christal Smith 37:24, 16-19: 1. Renee Acosta 40:25, 2. Melissa Gunderson 48:59, 25-29: 1. Carol Carrigan 32:08, 2. Lorrie Schmidt 41:11, 3. Trad Dworshak 44:36, 30-34: 1. Jennie Gilbert 35:36, 2. Corinne Devore 38:23, 3. Kathy Barton 39:19, 35-39: 1. Rebecca Aus 39:34, 2. Gail Albert 43:38, 40-44: 1. Ann Bruce 43:52, 2. Kathleen Wilson 48:58, 50-54: 1. Carol Ellestad 46:26.

NCAA Division III Western Regional XC Championships

November 10, Bonelli Park, San Dimas.

Men's Results

Teams: 1. Occidental 25, 2. UC San Diego 86, 3. Whittier 94, 4. Pomona-Pitzer 113, 5. Redlands 117, 6. Claremont-Mudd 126, 7. CalTech 169, 8. Menlo 198, 9. CS San Bernardino 201.

Individuals: 1. Beltran (Occ) 26:04, 2. Hogan (Occ) 26:29, 3. Garcia (Occ) 26:29, 4. Henderson (Whittier) 26:40, 5. Wagner (Redlands) 26:45, 6. Barnes (Claremont-Mudd) 26:53, 7. Kindreich (Occ) 27:14, 8. Garrett (Redlands) 27:25, 9. Maurice (Claremont-Mudd) 27:25, 10. Anker (Occ) 27:34.

Women's Results

Teams: 1. Occidental 39, 2. UC San Diego 51, 3. Pomona-Pitzer 59, 4. CS San Bernardino 96, 5. Whittier 129, 6. Menlo 152, 7. Mills 174, 8. CalTech 239.

Individuals: 1. Schuster (Occ) 18:02, 2. McKennon (Menlo) 18:12, 3. Redfield (Pomona-Pitzer) 18:13, 4. McFayden (UC San Diego) 18:20, 5. Corley (UC San Diego) 18:32, 6. Kopchik (Occ) 18:44, 7. Snider (CS San Bernardino) 18:23, 8. McKrell (Occ) 19:26, 9. Unger (Pomona-Pitzer) 19:27, 10. Longyear (UC San Diego) 19:29.

California Community College XC Championships

November 17, Mt. SAC.

Overall Results - Women

1. Dina Farage, West Valley College 17:40, 2. Eugenia Paramo, Oxnard College 17:50, 3. Tracy Rose, Long Beach CC 17:53, 4. Louise Ronnerman, Mt. SAC 18:02, 5. Christy Melton, Orange Coast College 18:04, 6. Sharette Garcia, El Camino College 18:11, 7. Jean Harvey, Antelope Valley

18:43, 13. Mary Ludlow, El Camino College 18:44, 14. Paula Reading, Santa Rosa College 18:52, 15. Andrea Johnston, Sierra College 18:52, 16. Yvonne Looney, Rio Hondo College 18:54, 17. Luisa Ronquillo, Riverside CC 18:56, 18. Christy Oliveria, Shasta College 19:00, 19. Barbara Hood, Consumnes River 19:02, 20. Rachel Austin, American River 19:04.

21. Dena Deangelo, Modesto College 19:07, 22. Leticia Melgosa, Moorpark College 19:08, 23. Tricia Mathesen, Moorpark College 19:09, 25. Evie Barry, San Jose CC 19:12, 26. Pam Fuller, Moorpark College 19:18, 27. Robin Stovall, Santa Rosa College 19:20, 28. Anje Miranda, Riverside CC 19:24, 29. Janet Hanna, San Diego Mesa College 19:25.

30. Eva Belt, American River College 19:27, 31. Staci Brunton, Diablo Valley College 19:29, 32. Suzy Donofrio, Diablo Valley College 19:35, 33. Tania Acosta, El Camino College 19:36, 34. Diana Chamberlain, West Valley College 19:38, 35. Michele Sitapence, Chaffey College 19:39, 36. Audra Brinkerhoff, Taft College 19:40, 37. Becky Petty, College of Sequoias 19:40, 38. Jack-



DINA FARAGE

Photo by Al Sport/Fill Leung, Jr.



MARCIAL BELTRAN

Photo by Kitty Lee



LAURIE SCHUSTER

Photo by Kitty Lee

18:13, 8. Karen Talamantes, Mt. SAC 18:14, 9. Suzanne Castruita, Mt. SAC 19:18, 10. Mari Benavides, Orange Coast College 18:26.

11. Missy Patterson, San Diego Mesa College 18:33, 12. Mary Shelton, Riverside CC

13. Dineen, Riverside CC 18:41, 39. Noelle Richter, Moorpark College 19:43, 40. Mary Redlitz, El Camino College 18:44.

Teams: 1. El Camino College 77, 2. Mt. SAC 89, 3. Riverside CC 92, 4. Moorpark College 101, 5. Orange Coast College 109,

RESULTS

6. West Valley College 133, 7. Santa Rosa College 163, 8. American River College 170, 9. Diablo Valley College 208, 10. College of Sequoias 229

Overall Results - Men

1. Allan Garcia, Glendale College 19:25, 2. Oscar Gonzalez, Long Beach CC 19:35, 3. Peter Woods, Allan Hancock College 19:40, 4. Edgar Montes, Mt. SAC 19:54, 5. David Baptiste, Mt. SAC 20:01, 6. Francis O'Neill, Long Beach CC 20:16, 7. Oved Aguirre, Glendale College 20:19, 8. Martin Morales, Pasadena CC 20:23, 9. Mike Farrell, Long Beach CC 20:23, 10. David Haskell, El Camino College 20:24.

11. Pat Donnelly, Sierra College 20:25, 12. Troy Rowtham, El Camino College 20:30, 13. Jose Pina, Long Beach CC 20:33, 14. Yared Berhane, American River College 20:35, 15. Luis Escaruela, San Bernardino Valley College 20:36, 16. Jeff Hughes, Grossmont College 20:39, 17. Dave Kopeck, West Valley College 20:42, 18. Melford Hornela, Riverside CC 20:43, 19. Juan Romero, Bakersfield College 20:45, 20. Dan Zoldak, West Valley College 20:46.

21. Jeremy Redding, Shasta College 20:46, 22. Tony Castellon, Mt. SAC 20:48, 23. Jose Padilla, Pasadena CC 20:53, 24. Matt Haugem, College of Redwoods 20:55, 25. Eric Taylor, American River College 20:56, 26. Jim Swinson, San Diego CC 20:57, 27. Ryan Winn, El Camino College 20:58, 28. Julio Moreno, El Camino College 21:00, 29. Jordan Carroll, West Valley College 21:01, 30. Art Molina, Citrus College 21:03.

31. Eric Rorer, American River College 21:06, 32. Jeff Townsend, Foothill College 21:07, 33. Larry Trivinger, Diablo Valley College 21:08, 34. Buddy Jones, Mt. SAC 21:10, 35. Dave Rivera, West Valley College 21:11, 36. Richard Raya, El Camino College 21:12, 37. Pedro Garcia, Rancho Santiago College 21:13, 38. Artie Huff, American River College 21:16, 39. Bobby Rodriguez, Fresno CC 21:17, 40. David Virgil, Grossmont College 21:19.

Teams: 1. Long Beach City College 66, 2. Mt. San Antonio College 71, 3. El Camino College 76, 4. American River College 106, 5. West Valley College 108, 6. Glendale College 139, 7. Grossmont College 158, 8. Taft College 177, 9. Diablo Valley College 219, 10. College of Siskiyous 246.

Track & Field

California Senior Olympics

November 4, Palm Springs.

Men's Results

100 Meters:

(50-54) 1. Bill Knoke 12.61, 2. Stan King 12.95, 3. Dave Doerr 13.43 (55-59) 1. Bill Wright 13.07, 2. Jim Caldwell 14.07, 3. Frank Kishi 14.62 (60-64) 1. Claude Long 14.30, 2. Solomon Jamerson 14.41, 3.

Grant Cotter 17.84 (65-69) 1. Gene Harte 13.29, 2. Johnny Gibson 15.09, 3. Bruce Bradbeer 15.25 (70-74) 1. Bill Morales 14.90, 2. Andy Collins 15.58, 3. Philip Dettmer 16.09 (75-79) 1. Conrad Shuck 14.20, 2. Jerry Wible 16.50, 3. Doug Wilson N.T. (80-84) 1. Joe Caruso 17.75 (85 & Over) 1. Willard Benton 24.43.

200 Meters:

(50-54) 1. Bill Knoke 25.50, 2. Stan King 26.64, 3. Everett Murdoch 28.75 (55-59) 1. Bill Wright 26.98, 2. Frank Kishi 30.67, 3. Duane Sauvage 31.17 (60-64) 1. Robert Watanabe 27.45, 2. Ted Vick 28.63, 3. Louis Beadie 28.74 (65-69) 1. Gene Harte 27.48, 2. Tom Miller 32.06, 3. Johnny Gibson 32.65 (70-74) 1. Felix Junonville 32.46, 2. Andy Collins 33.36, 3. Philip Dettmer 33.66 (75-79) 1. Conrad Shuck 31.46, 2. Jerry Wible 36.39, 3. Doug Wilson 37.83 (85 & Over) 1. Willard Benton 37.81.

400 Meters:

(50-54) 1. Bill Knoke 58.93, 2. Stan King 1:02.01, 3. Onomatopoeia Legend 1:08.38 (55-59) 1. Duane Sauvage 1:17.34, 2. Ronald Rasmus 1:24.30 (60-64) 1. Robert Watanabe 1:03.52, 2. Louis Beadie 1:04.06, 3. Solomon Jamerson 1:08.45 (65-69) 1. Gene Harte 1:02.83 (70-74) 1. Pete Ganahl 1:17.12, 2. Andy Collins 1:24.53, 3. Harlyn Lange 1:29.06 (75-79) 1. Jerry Wible 1:20.41 (80 & Over) 1. Willard Benton 2:05.00.

800 Meters:

(50-54) 1. Wilbert Kuopus 2:59.49 (55-59) 1. Robert Culling 2:30.44, 2. Lloyd McGuire 2:37.22 (60-64) 1. Marshall Haraden 2:35.52, 2. Marcel Dirlson 2:55.78, 3. Robert Blakely 3:38.61 (65-69) 1. Delmar Gourley 2:54.44 (70-74) 1. Pete Ganahl 3:06.05, 2. John Rodriguez 3:52.19, 3. John Irwin 3:53.03 (75-79) 1. Jerry Wible 3:30.87, 2. Barron Haley 3:41.53 (85 & Over) 1. Willard Benton 4:44.10.

1500 Meters:

(50-54) 1. Dave Doerr 5:17.94, 2. Wilbert Kuopus N.T. (55-59) 1. Robert Culling 5:00.00 (60-64) 1. Marshall Haraden 5:20.85, 2. James Franklin 5:41.91, 3. Marcel Dirlson 5:45.43 (65-69) 1. Delmar Gourley N.T., 2. Joe Fleischmann N.T. (70-74) 1. Donald Dirlworth 6:21.85, 2. H. Rick Elrick 6:50.42, 3. Ormer Rudrud N.T. (75-79) 1. Jerry Wible 7:08.06 (80-84) 1. Legrand Nelson N.T. (85 & Over) 1. Willard Benton N.T.

5000 Meters:

(50-54) 1. Richard Abadeely 22:42.00, 2. Wilbert Kuopus 23:39.00 (55-59) 1. Ralph Hams 20:56.15, 2. Tom Gent 24:29.00, 3. Jim Caldwell 25:51.00 (60-64) 1. James Franklin 22:02.92, 2. Marcel Dirlson 22:22.94, 3. Robert Blakely 26:26.00 (65-69) 1. Joe Fleischmann 24:00.00 (70-74) 1. Donald Dirlworth 25:21.00, 2. Steven Martin N.T.

5000 Meter Race Walk:

(No Times Available)

(50-54) 1. Gerald Brenneman (55-59) 1. Bob Meador, 2. Ted Greiner, 3. Richard Guthery (65-69) 1. Don Cotner, 2. Richard Hansen (70-74) 1. Jorge Newbery, 2. Harlyn

Lange, 3. A. Youngblood (75-79) 1. Conrad Shuck, 2. Jerry Wible, 3. Robert Burnett.

10K Run:

(50-54) 1. Jay Kepner 53:59.16 (55-59) 1. Carlos Valle 36:59.76, 2. Wally Ingram 40:25.37, 3. Ken Calm 40:40.88 (60-64) 1. James Franklin 44:18.59, 2. Loren Prohaska 52:59.31, 3. Jerome Leinhard 53:30.62 (65-69) 1. Gerald Hopkins 44:42.56, 2. William Corbet 49:57.77 (70-74) 1. Donald Dirlworth 48:34.51, 2. Carl Reiterman 1:00:17.84 (75-79) 1. Tertius Chandler 1:02:15.47.

Long Jump:

(50-54) 1. Dave Doerr 16-0 1/2, 2. Onomatopoeia Legend 16-0, 3. Everett Murdoch 14-1 (55-59) 1. Phil Mulkey 15-9, 2. Jim Caldwell 13-3, 3. Al Sheahan 10-8 (60-64) 1. Bill Butterworth 14-3 1/2, 2. Ray Arnold 14-3, 3. Grant Twitchell 13-4 (65-69) 1. Artemi Jaago 11-9, 2. Johnny Gibson 11-7, 3. Bruce Bradbeer 11-6 (70-74) 1. Philip Dettmer 11-8 1/2, 3. Clarence Thahan 11-6, 2. John Mays 9-10, 3. Tom Tera-da 9-5 (80-84) 1. Joe Caruso 10-2-3.

High Jump:

(50-54) 1. Everett Murdoch 4-2 (55-59) 1. Jerry Sullivan 5-0, 2. Phil Mulkey 4-10 (60-64) 1. Bill Butterworth 4-6, 2. Michael Orlich 4-4, 3. Arnold Unger 3-6 (65-69) 1. Bruce Bradbeer 4-2, 2. Doug Cochran 4-0, 3. Artemi Jaago 3-8 (70-74) 1. Burl Gist 4-6, 2. Mark Henderson 4-2, 3. Philip Dettmer 4-0 (75-79) 1. John Mays 3-6.

Low Hurdles:

(50-54) 1. Bill Knoke 15.29, 2. Dave Doerr 16.52, 3. Onomatopoeia 21.24 (55-59) 1. Phil Mulkey 15.72, 2. Bill Ader N.T. (60-64) 1. Robert Watanabe 14.81, 2. Ulric Grigsby 18.12, 3. Jack Doran 20.93.

Discus:

(50-54) 1. James Hart 137-6, 2. Dave Doerr 98-7 (55-59) 1. Bill Miller 126-1, 2. George McGinnis 100-0, 3. Robert Eldridge 84-2 (60-64) 1. Harry Hawke 157-3 1/2, 2. Arnie Gaynor 133-5, 3. Michael Orlich 129-1 (65-69) 1. Artemi Jaago 114-9 1/2, 2. Doug Cochran 111-3 1/2 (70-74) 1. Stanley Adofsky 136-0, 2. Mike Castaneda 117-3 1/2, 3. Arnie Gaynor 107-3 (75-79) 1. Ross Carter 116-7, 2. Bob Boucke 87-4, 3. John Mays 80-0 (85 & Over) 1. Earl Salisbury 58-11.

Shot Put:

(50-54) 1. Mike Farris 430-5 1/2, 2. James Hart 44-9, 3. Dave Doerr 34-2 1/4 (55-59) 1. Phil Mulkey 43-9.9, 2. George McGinnis 39-8, 3. Devon Lauderbaugh 35-2 (60-64) 1. Michael Orlich 42-6, 2. Arnie Gaynor 41-5, 3. Wellesley 35-10 (65-69) 1. Artemi Jaago 33-8, 2. Doug Cochran 30-6, 3. Bruce Bradbeer 24-8 (70-74) 1. Stanley Adofsky 40-6 1/3, 2. Mike Castaneda 38-3, 3. Mark Henderson 37-9 (75-79) 1. Ross Carter 40-8 1/2, 2. Bob Boucke 32-2 1/2, 3. John Mays 29-10 1/3 (80-84) 1. John Baker 24-6 1/3 (85 & Over) 1. Earl Salisbury 20-7.9.

Women's Results

100 Meters:

(55-59) 1. Nina Wood N.T. (60-64) 1. Sumiye Leonard 16.52, 2. Helen Lange 22.00 (70-

74) 1. Wilma Davenport 20.56, 2. Helen Robinson 22.06, 3. Gerda Ader 22.44 (75-79) 1. Natalie Gammey N.T. (80-84) 1. Marilla Salisbury N.T. (85 & Over) 1. Rose Monda N.T.

200 Meters:

(55-59) 1. Rita Kerr 36.04, 2. Nina Wood 39.49, 3. Patricia Willis 48.04 (60-64) 1. Sumiye Leonard 40.00, 2. Helen Lange 55.96 (70-74) 1. Wilma Davenport 51.95 (75-79) 1. Natalie Gammey 1:15.34 (80-84) 1. Marilla Salisbury 1:33.96.

400 Meters:

(55-59) 1. Nina Wood 1:34.63, 2. Patricia Willis 1:53.73 (60-64) 1. Sumiye Leonard 1:28.66 (70-74) 1. Wilma Davenport 2:21.55 (80-84) 1. Marilla Salisbury 3:34.91.

800 Meters:

(55-59) 1. Rita Kerr 3:09.19, 2. Patricia Willis 4:31.74 (60-64) 1. Sumiye Leonard 3:35.57, 2. Ella Crabtree 4:57.55 (70-74) 1. Wilma Davenport 5:50.85 (80-84) 1. Marilla Salisbury 7:51.26.

1500 Meters:

(55-59) 1. Patricia Willis 8:24.05 (60-64) 1. Sumiye Leonard 7:20.60, 2. Helen Lange N.T. (70-74) 1. Margaret Gill 7:28.34 (80-84) 1. Marilla Salisbury 15:31.70.

5000 Meters:

(55-59) 1. Rita Kerr 25:52.20, 2. Norma Martin 31:58.00, 3. Patricia Willis 34:59.00.

5000 Meter Race Walk:

(55-59) 1. Phyllis Guthery (60-64) 1. Dorothy Ward, 2. Martha Maxwell, 3. Sue Youngblood (65-69) 1. Jean Cotner, 2. Jewel Hoffman, 3. Rose Ploum (70-74) 1. Aline Witten (80-84) 1. Marilla Salisbury (85 & Over) 1. Rose Monda.

10K Run:

(65-69) 1. Virginia Terry 58:17.25, 2. Roberta Morgan 1:04.45.

Long Jump:

(55-59) 1. Magdalena Kuehne 11-2 (60-64) 1. Shirley Kinsey 9-5 (65-69) 1. Adele McCormick 7-3 (70-74) 1. Wilma Davenport 7-8 (85 & Over) 1. Rose Monda 4-10.

High Jump:

(55-59) 1. Christele Miller 4-0 (60-64) 1. Barbara Brandt 3-6, 2. Shirley Kinsey 3-4.

Discus:

(50-54) 1. Pat Butterworth 57-5 (55-59) 1. Christele Miller 76-4 1/2, 2. Magdalena Kuehne 55-11 (60-64) 1. Shirley Kinsey 67-4 1/2, 2. Barbara Brandt 65-4 (65-69) 1. Adele McCormick 49-9 (70-74) 1. Wilma Davenport 36-0 (75-79) 1. Natalie Gammey 18-5 (80-84) 1. Marilla Salisbury 19-11.

Shot Put:

(55-59) 1. Christele Miller 29-11, 2. Magdalena Kuehne 23-6, 3. Barbara Covert 20-5 (60-64) 1. Barbara Brandt 21-9 (65-69) 1. Adele McCormick 18-1 (70-74) 1. Wilma Davenport 21-2 (80-84) 1. Marilla Salisbury 11-6 1/3 (85 & Over) 1. Rose Monda 15-5.8.



-FRESNO RELAYS-

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April 5-6, 1991

Ratcliffe Stadium, Fresno, California

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